

# Marathon effort from Petkovic

By WARREN PARTLAND

Adelaide runner Joe Petkovic is an amazing man.

The Adelaide Harriers athlete yesterday captured the Daihatsu Adelaide Marathon, his second victory over the gruelling 42.2km distance in just seven days following his State title win last weekend.

It is an incredible effort, even for a person considered an iron man in the torturous world of distance running.

Adding further to the brilliance of the performance is the fact that it was his third marathon in five weeks, having been the first South Australian home in the national title on the Gold Coast last month.

And his winning time of 2 hrs 35 mins 18 secs illustrated just how consistent he has been. On

the Gold Coast he clocked 2:34 and last week 2:35.

Yesterday he needed all his dogged determination to overcome a classic marathon battle with Noel Bray.

Hampered by calf muscle soreness from the State title, Petkovic clawed his way to the front at 35km after Bray had skipped away to a lead of more than a minute.

"It was a worry as my calves were hurting," Petkovic said. "I wasn't running well. I was going through the motions but I couldn't push off because of my sore calves."

"The organisers had originally planned to run the State title and the Festival marathon together but then they split them into two races. I wanted to win both so I decided to run today."

Melbourne runner Angela Bonser, 25, whose background in the

sport extends only three years, triumphed in the women's section in 3:14.52. It was her fourth marathon and a personal best for the distance for Bonser, who finished 13th at her previous attempt two years ago.

"I moved to Melbourne from Perth about four years ago and decided to have a go at running," she said. "In Perth I'd been involved in teams sports but I didn't know any people in clubs in Melbourne, so I took up running."

"I love it. This marathon course is also a good one. Last year I twisted an ankle in training and missed the race, but I'll be back next year."

However, not all runners were elated with their times.

The Premier, Mr Bannon, who is one of an elite group to have contested all Festival marathons,

clocked 3:19, well down on his expected time.

"I hit the wall at 34km. I was under three-hour pace but my legs got wobbly and that was it," he said.

Italian William Govi, a man who uses marathons as an excuse to travel the world, completed his 164th race over the journey in 3:28.

The 35-year-old contested the event to achieve a goal of running marathons on five continents.

Govi also has competed in the Florence 100km race every year from 1980 to 89.

**Results — Men:** Joe Petkovic 2 hours, 35 mins, 18 secs. Noel Bray 2:35.47, Rob Wendel 2:39.05, Andrew Thomas (Ballarat). **Women:** Angela Bonser 3:14.52, Merran Finnis 3:16.29, Alison Sanders 3:19.32. **First wheelchair:** Mike Letch (Canberra) 2:10.02. **Half marathon — Men:** David Dowd 1:11.49, D. McCormack 1:12.15, Michael McAuliffe 1:13.22. **Women:** Bev Lucas 1:19.38, Jeanette Mase 1:22.14, Jill Crump 1:25.37.



Joe Petkovic: showed tremendous fight.

## PRESIDENT'S REPORT

### The Daihatsu Marathon and Half Marathon - A Great Success

A special thankyou to the Race Director, Tony Ashwell, and his team. The excitement started at the media launch at the Travelodge on August 26th. The Chief Executive Officer of Daihatsu Australia, Mr. Leon Kratsas, flew in from Sydney specifically for the event, which John Bannon launched.

This was followed by a fantastic Carbo party, at which over 200 people were in attendance, including 14 sponsors, the Daihatsu Marketing Manager, Nick Munting, Daihatsu State Manager, Alan Morton, and John and Angela Bannon. I was able to interview the state marathon champion, Joe Petkovic (who went on to win the Daihatsu Adelaide Marathon), John Crafter, Roger Nickson and David Standeven. The hype was high and the motivation was running. As many stories were shared, medals were shown, Tip Top Hi-fybe bread and other gifts were given away. (Make a note in your diary for next year - don't miss this event!)

Sunday September 1st, saw some 700 starters, one third of whom were from overseas or interstate, including ten people from New Zealand, one from New York and William Govi from Italy, who at the age of 35 years, ran his 164th marathon here in Adelaide and can't wait to return next year with a number of his friends.

The post-race party at 6.30pm on race-day was a wonderful way to reflect on the event and share what was a sunny, special day for most of us. It is our intention to develop this post-marathon party next year.

Congratulations to every finisher and every marshal who made it such a wonderful success.

The media coverage around the event, both on television and in print, was most pleasing.

### Results

Men: Joe Petkovic 2 hours, 35 mins, 18 secs; Noel Bray 2:35.47; Rob Wendel 2:39.05; Andrew Thomas (Ballarat). Women: Angela Bonser 3:14.52; Merran Finnis 3:16.29; Alison Sanders 3:19.32. First Wheelchair: Mike Letch (Canberra) 2:10.02.

Half marathon: Men: David Dowd 1:11.49; D. McCormack 1:12.15; Michael McAuliffe 1:13.22.

Women: Bev Lucas 1:19.38; Jeanette Mase 1:22.14; Jill Crump 1:25.37.

### Membership Renewal

For over half of our members it is membership renewal time. An incentive has been built in if you renew straight away. Please make an effort to gain new members. When the Board contracts with sponsors, and I write submissions to Foundation SA, a

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large number of members is absolutely essential in gaining sponsorship. Look for membership renewal information in the body of Footnotes.

### **Thredbo - National Running Week (1992)**

From Friday January 10th to Monday 20th, it will be on again for the 12th time at Thredbo Alpine Village, Kosciusko National Park. Runners and families from all over Australia and some visitors from overseas will be there. Much fun, socialising, tennis, volleyball, mountain-bikes, etc, is all organized for you. You don't have to be a good runner to enjoy it, in fact, you don't have to run at all if you don't want to. Last year, some 15 people went from SARRC. This year I hear a whisper that it will be over 20. Contact me if you want more information.

### **Long Week-end, January 1992**

Do you want to do something new?....be a pioneer? Next year you have the opportunity, in the SY- Quest Keel-boat Tri-athlon. Our club has the opportunity to be part of this inaugural event, co-ordinated by "Life. Be in it". It involves a 1.2km swim at North Haven, followed by a 2.5km run to the Royal SA Yacht Squadron Headquarters, a 35 nautical-mile sail across the gulf to Stansbury, a 21km run around the set course at Stansbury, then sail 60 nautical-miles to American River on Kangaroo Island, where the event will conclude with a 90km bicycle ride. There is already a small group in our club who are interested, including David Standeven, who has already talked to me about this event. Please let me know if you are interested. You can participate in one leg of the event.

### **Come and Try Running**

Our club, with "Life. Be in it", have been running this campaign this month, and hopefully it will attract many new people to our club. It also leads into our next round of Start Running courses, which commence in the next 2 weeks. This is your chance to encourage your friends to become involved.

### **Air-port Run 5-10 km on October 20th**

I look forward to seeing you all there, supporting our new Race Directors for that event, Bronwyn Cameron and Sally Piccionato.

I wish you the best of health and happiness.

**Robert Freak**  
President

### **EDITORS NOTES**

The Marathon is over for another year and I think all those who participated in The Daihatsu Adelaide Marathon and Half Marathon would appreciate the time and effort that Tony Ashwell as Race Director and Clare Cotton in the office put into making it a successful event. There are many people who helped prior to the event and on the day and these people are very worthy of thanks for without them there would not have been an event.

I would also like to thank the people who help with the copying, folding and distribution of footnotes. Their efforts mean that you receive a regular newsletter from the club.

### **AIRPORT RUN**

The Race Directors and Committee are working away at a blinding pace for this event on Sunday, October 20th. With exceptional random draw prizes and a good run, it is an event not to miss! If you can't run through injury or other circumstances the Race Committee would be grateful if you could volunteer to help on the day. This is a great way of participating in events.

Blue Entry forms for this event are enclosed in with your footnotes.

### **WOMEN'S 5 & 10 KM CLASSIC**

The Women's 5 & 10km Classic is lining up to be a big event this year, on Sunday November 24th. The Race Committee of women beaver away at making it a successful event. There are quite a few celebrities competing this year including State Parliamentarians, Media Personalities and the Lady Mayoress.

The Race Committee would be grateful to anybody who could volunteer to help both prior to the event and during it. For gentlemen who wish to get a run in before hand a pack will be leaving at 6.00am from MacKinnon Parade.

A green entry form for this event is enclosed. Make sure you enter the right event!

### **AIMS HANDBOOK**

AIMS, The Association of International Marathons and Road Races, made available a year book 1991/2 for every finisher of the Marathon/Half Marathon. Additional copies of the yearbook are available at the office if you missed out. The book contains a calendar of events worldwide, a list of members and interesting articles and statistics.

### **COME'n TRY**

In conjunction with Life Be In IT, SARRC has again embarked on a Come 'n Try program on Sunday's throughout September.

## MEMBERSHIP RENEWALS

The Board has made some significant changes to the fee structure for memberships for the coming year:

FULL MEMBERSHIP	\$40.00
ASSOCIATE	\$20.00
JUNIOR, STUDENT	
PENSIONER, UNEMPLOYED	\$10.00
COUNTRY, INTERSTATE, OVERSEAS	\$15.00

If your envelope bears the message "**your membership expires 30.9.91**" your membership renewal is due. As an incentive to you to renew on time we are offering a \$5.00 reduction if your renewal is received by the office BY THE END OF OCTOBER. MEANING YOU PAY \$35.00. A membership renewal form is included in your envelope with footnotes.

This \$5.00 reduction will apply to all membership renewals if received within one month of the due date. Remember membership now runs from the time of joining for 12 months.

## DOGS ON CLUB RUNS

You may be aware that the Board took a decision this year to ban dogs from running in the Daihatsu Adelaide Marathon. This decision was taken in the safety of all human entrants.

Some club members run with their dogs regularly on Sunday mornings, please be aware that complaints have been made against this practice. If you do run with your dog it is important to keep it on a short lead at all times and be aware of runners coming from behind who are unsure of the movements of your dog and are fearful of interference.

**IF YOUR DOG IS THE CAUSE OF AN ACCIDENT, IT IS YOU THE OWNER WHO MUST ACCEPT FULL RESPONSIBILITY.**

## 1991 HONOLULU MARATHON - SUNDAY 15 DECEMBER

Qantas, in conjunction with Jetabout Holidays has a fantastic offer for the Honolulu Marathon this year, at prices comparable with 10 years ago -

8 days/7 nights from \$1099 (ex Melbourne)

For further details contact the SARRC office or Qantas direct on 237 8424.

Everybody who has participated in this event will tell you what a great experience it was and how much fun they had. The whole island gets behind the event and make you feel very special. So if your considering a holiday and a run this is it.

## RACE ENTRIES/RACE RESULTS

With limited manpower in the office, we would appreciate your care in filling out entry forms. Omission of your Date of Birth/Age on Day of Race causes a problem with computer entry, you may have noticed a number of 10 year olds entrants in some races. It also makes a nonsense of some of the age category results.

If you do not wish to admit your age that is fine, but please fill in a fictitious date/age, otherwise you may find yourself in the 60 - 99 age category.

Computing race results always creates a headache in the office because of the shortage of time to check and double check. Apologies to John McNally who ran the 25km in 1:41:49, finishing 25th overall. 30km amendments - Frank Wolff 2.08.00, Alured Faunce de Laune 2.16.01 and Les Bolton 2.59.47.

## 10TH ANNUAL SRI CHINMOY 24 HOUR TRACK RACE OLYMPIC SPORTS FIELD, KENSINGTON 8.00am 28TH SEPTEMBER

This is a qualifying event for the world championships in Basel, Switzerland in 1992 and will attract many of Australia's top ultra distance runners.

If you can help with lap counting for a period at the event please contact Prabuddha on 239 0690 or 356 5020(AH). Or you may like to go along and give the competitors some encouragement, they will really need it!

## MARATHON STORIES

If you have an interesting story to tell about yourself or a run in which you've participated, write to Footnotes c/- SARRC Office. We hope to be able to publish some items from members when space permits.

## LOST AND FOUND

Dot Partridge has lost a white SARRC crush jacket phone 251 3372

A camera case (front only) for a Pentax was left at the checkin for the Marathon. Also a pair of cyclists gloves by a very late entrant. These items can be collected from the office.

## COMRADES ULTRA MARATHON 1991 - SOUTH AFRICA

Ian Brenner writes that he has an edited version on video of this great race. "If any fellow enthusiasts would like to borrow it, they may contact me" Phone Ian on 212 6333(wk).

## ULTRA MARATHON - DARWIN TO ADELAIDE

Well known runner, Murray Cox leaves Darwin on October 19th to run a 32 day ultra marathon to Adelaide for the Life Education Centre.

Covering 3,200km, this event will be a world record. This run has been attempted several times but to date has not been completed. Murray is confident that he can fulfil his dreams and raise funds for the Centre's Drug Education Program for Primary Schools.

You can support this event by running with Murray as he approached Adelaide. Join him at the 50km point (Lower Light) 6.00am on Friday 22 November, 25 km (Virginia) or 10 km (Gepps Cross). Schoolchildren will join him at 5, 2, and 1km as he enters the City of Adelaide, finishing at the Town Hall at approximately 11.00am. It is hoped that Premier John Bannon will join him in the last 50 km.

Entry forms are available at the SARRC Office.

### MOTOR CYCLES RIDERS ASSOCIATION - CHRISTMAS TOY RUN

In conjunction with the Salvation Army the MRA holds an annual toy run to collect toys for children of needy families. "These days due to the recession, there are a lot more families needing help."

If any members would like to donate a toy please bring it into the office or leave it with Rob Freak on a Sunday. Or you can join the fun on Sunday 8th December at Woodside oval. "This is a family day, and don't be put off by the 6000 motor cycles we are expecting."

### ADT LONDON MARATHON - SUNDAY 12TH APRIL 1992

10 guaranteed entries for the 1992 London Marathon have been received by the SARRC office. Places in the London Marathon are balloted early in January. However, these guaranteed entries, if directed through Keith Prowse Travel (in Sydney) are not subject to the ballot. The 10 entries will be offered on a strictly first come basis to SARRC members. Contact Clare in the office for further information.

### QUOTABLE QUOTES

"Whoever you are, whatever you do, don't say you haven't the time to run". Premier John Bannon

What an inspiration it was to see John Bannon complete his 13th Adelaide marathon along with the other members of that illustrious group.

### START RUNNING CLASSES

Classes commenced on 18th September at Parkside, 19th September, O'Halloran Hill and 6th October, North Adelaide. These classes are free of charge to club members.

### 1991 DAIHATSU ADELAIDE MARATHON

Now the dust has settled....CONGRATULATIONS TO ALL FINISHERS IN THE MARATHON AND 1/2MARATHON.

THANKS TO ALL THE VOLUNTEERS WHO HELPED IN THE OFFICE, without your help the event would simply not be run. For every paid hours of office time there is a volunteer hour spent. I am considering running myself next year. It couldn't be as taxing as running the event. I'm sure Tony would agree with this. (Clare)

We have received a number of letters and messages of thanks from participants and congratulations on a well run event..

"It was my 26th marathon. It is an interesting course and conducive to fast times, this was my fastest to date "Geoff Wheelc". Victoria.

"I would like to commend you and your committee volunteers and helpers on the magnificent effort you put into organizing and "running" the first Daihatsu Adelaide Marathon. I and the others (from Mt. Gambier) thought the marathon was excellent, the atmosphere, the weather, all the drink station crews, the Police and the spectators were great and made the marathon the success it was." Jeanette Mase

"I have always been impressed by the professional manner in which your organisation has run all races I have competed in.. Friday night's Carbo Party was no exception" Roger Nickson

A letter of thanks has been received from Steve Condous thanking the club for its donation to the Lord Mayors Appeal for Street Kids "I say no to drugs campaign"

"The Corporation is more than happy to be of assistance with the Adelaide Marathon and my only regret is that I was unable to be present last Sunday." Lord Mayor, Steve Condous.

From St. John's Ambulance a letter of thanks also for the Club's donation to the operation branch in thanks for their welcome presence at our events.

We also copped some brick bats and some constructive criticisms. We are always prepared to listen to criticisms and act upon reasonable suggestions. If you have any comments which would help the organizers of next years event now is the time to speak up.

### DAIHATSU ADELAIDE MARATHON AND HALF MARATHON FROM THE RACE DIRECTOR TONY ASHWELL

The weather provided glorious conditions for this event on Sunday, September 1st. Entries were received from interstate, New Zealand, America and Italy. Congratulations to the winners as listed in the Presidents message and to all the participants. A special mention must surely go to Joe Petrovitch, who ran first in the marathon a week after winning the state marathon.

It was a great disappointment to me, that after all the preparations to ensure that all the entrants had adequate directions around the course, the wheelchairs were inadvertently led along a short cut. I'd like to take this opportunity to publicly apologize to these entrants and mention my admiration for those who turned around at the finish line and returned to complete the course.

Thankyou to the wonderful turnout of volunteers, this event would not have been possible without you. Many have contacted me to say how much they enjoyed themselves and offering their services in the future, this response is very much appreciated. I would like to thank all our sponsors, who will get a special mention in the results booklet which will be printed within the next few days. However, I will take this opportunity to thank our major sponsor Daihatsu, the club could not have even considered organizing this event without them.

When I agreed to be Race Director I was unaware that this was the 13th Adelaide Marathon, superstition may have prevented me from accepting the challenge. However, in retrospect it was a worthwhile challenge and experience.

# MARATHONS & MULTIS

## DAIHATSU ADELAIDE MARATHON & HALF MARATHON — September 1

In glorious conditions some 700 starters toed the line, a third of whom were from interstate or overseas, including ten people from New Zealand, one from New York, and William Govi from Italy, who at the age of 35 years ran his 164th marathon and can't wait to return next year with a number of his friends. However, it was South Australian Joe Petkovic who achieved an incredible 'double' by taking out the event just one week after winning the State Marathon.

### RESULTS

**Marathon:** J. Petkovic 2.35.18; N. Bray 2.35.47; R. Wendel 2.39.05. Female—A. Bonser 3.14.52. Wheelchair—M. Letch 2.10.02.  
**Half Marathon:** D. Dowd 1.11.49; D. McCormack 1.12.15; M. McAuliffe 1.13.22. Female—B. Lucas 1.19.38.

## GLOUCESTER (NSW) MOUNTAIN MAN TRIATHLON — September 8 by TONY LOWER

This 'triathlon with a difference'—consisting of a 22km mountain-bike leg, an 11km paddle and a 10km run—certainly lived up to its name. Unfortunately the weather also decided to be different, inflicting an unseasonably warm day on the 117 competitors. However, it obviously suited the Maund couple, who took out both the male and female categories in this inaugural event.

### RESULTS

B. Maund 2.50.07; P. Hinds 3.15.40; D. Baker 3.20.26. Female—K. Maund 3.26.33; S. Macquire 3.49.34; S. Weller 4.17.39.

## CENTRAL COAST DUATHLON — Peats Ridge (NSW), September 15 by GARY TONER

Followed by nearly 500 competitors, Clinton Barter just missed his own race record to take out the third race of the series in the fastest field so far. The women's event gave Jane Despas her first win with a PB of 1.43.48.

### RESULTS

**Long Course:** C. Barter 1.28.14; R. Smith 1.30.39; G. Webster 1.31.11; B. Mills 1.31.59; T. Unicomb 1.32.05; S. Wood 1.33.02; R. Boyd 1.33.08; G. Wilding 1.33.24; M. Lynch 1.34.16; S. Manson 1.34.30. Female—J. Despas 1.43.48; L. Edmonston 1.47.36; S. Idema 1.50.10.  
**Short Course:** J. Gover 40.52; D. Craig 41.46; G. Lill 41.58. Female—J. Bowles 47.59.

## PERTH TO BUNBURY (WA) ULTRAMARATHON (202km) — October 5/6

by BOB JOHNSTONE

Saturday morning saw eight runners line up at Perth's Burswood Casino for the long run down the coast to Bunbury. The best credentialled of the runners were Perth's Joe Record and Albany's George Audley.

With approximately 20k remaining there were five runners left in the race, and three of them were within striking distance. Joe Record was not to be denied on this day, and calling on his considerable talent and experience, he ran away from the competition to win in 20hrs 37min 8sec.

### RESULTS

J. Record 20.37.08; K. Boothman 21.04.18; P. Pearce 21.29.02; D. Hedley 22.18.02; G. Audley 27.28.20.

## VICTORIAN PEOPLE'S MARATHON — Port Melbourne (Vic), October 6 by JOHN PUNSHON

The Distance Runners of Victoria are to be congratulated for providing runners with the opportunity to run a marathon on a date long associated with the event. They chose early October for the inaugural Victorian People's Marathon, a date formerly occupied by the Melbourne Marathon.

The temperature at the start was an uncomfortable 20°, but mercifully a cool change brought rain and cooler conditions. The course, a flat four-lapper, provided spectators with plenty of opportunity to follow the progress of the race and encourage the runners.

Brian Simmons quickly went to the lead and was a good 200 metres ahead throughout the race. Frank Mahoney sat in second place, just ahead of Lew Harvey, with Brendan Norden and Laurie Brimacombe together behind him.

Little changed until the final lap, when Mahoney dropped out, leaving Harvey in second place, and former Coburg footballer Brimacombe shook off Norden to take third.

Debbie Cowell was a worthy winner of the women's race. Mary Edwards was second for much of the way but succumbed to a strong final lap by seasoned veteran Lavinia Petrie.

### RESULTS

B. Simmons 2.33.34; L. Harvey 2.35.57 (1st vet); L. Brimacombe 2.38.37; B. Norden 2.39.16; P. Shone 2.40.34; J. Hall 2.42.08; R. Morisi 2.42.55; R. Gray 2.43.00; G. Hewitt 2.46.39; M. Fraser 2.46.46. Female—D. Cowell 3.12.27; L. Petrie 3.15.01 (1st vet); M. Edwards 3.15.14.



# FITNOTES

AUSTRALIA'S LARGEST RUNNERS CLUB

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NEWSLETTER No. 73

PRINT POST APPROVED  
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MAY, 1992/2

## FROM THE PRESIDENT

Congratulations to Tony Ashwell, Rod Martin in the Athelstone Group for staging a well conducted Green Belt 1/2 Marathon and 10km on the 3rd May, which saw a record number of entries for the two events.

## PRESIDENT'S CHALLENGE

One of my goals when I became President was to find a way of having personal contact with club members and learning as many of your names as possible. Easter time has proven in the past a good opportunity to do this. Once again I visited the Athelstone's famous Easter Friday Fun Run to find a record number of people assembled at 8 am at the Athelstone Primary School. We broke into two groups. I ran with the group that went up, up, up eventually to Blacks Hill and then down, down, down. My children Michael and Rosanne sold raffle tickets. We all had hot cross buns and fruit and experienced good fellowship. Thank you Jenny Dabinett and Rod Martin (and Ashwell Frames for the hot cross buns).

On Sunday morning at 7.30 I arrived at O'Halloran Hill. It was good to meet and run with many of the people from that region. However, this time I was asking my body to run some 24 to 26 kilometres while it was still trying to get over running down hill from the Friday before. More hot cross buns, fellowship and raffles were had and an opportunity to meet new people and catch up with old friends. Thank you to Eric and Betty and the O'Halloran Hill Group.

## SARCC ASSISTS WITH WHEELCHAIR CHAMPIONSHIPS

With two and a half weeks before the Australian Wheelchair Marathon our club was asked to assist with the clock, the bunting, measuring a suitable course - basically be the race director and supplying all the goods. I made the request to club members and people like Simon Trangmar, Neville Snook etc responded well and we helped provide a high standard marathon for wheelchair athletes who were competing to represent Australia at the Barcelona Olympics.

## SOUTH AUSTRALIAN SPORTS INSTITUTE

In an effort to lift their image the South Australian Sports Institute is thinking of conducting an open day on Sunday July 26th. They have come to our club with the request of us conducting a Fun Run as part of their open day.

While there hasn't been time to discuss this at a board meeting, those that I have consulted feel that assisting the Sports Institute is the right way to go. If you, as a club member, are interested in helping us conduct a 5km event starting at 10.00 or 10.30 am on Sunday the 26th of July at Underdale, please notify the office or me personally as soon as possible.

## SARCC MERCHANDISE

Singlets and T-shirts with SARCC logo, in some cases on the front and back, are selling well. New stocks have been ordered and we are trying to meet the request of providing a larger range of colours.

## WEAR THE CLUB LOGO AND WIN A PRIZE

Runners or walkers wearing Club Merchandise with the club logo clearly shown either on the front or back during our events or other major events are eligible to win a prize. This policy will continue for the next year, so take every opportunity to always publicize your club and put yourself in a position to win a handsome prize.

## CLUB T-SHIRTS FOR WALKERS

I was pleased to announce last Sunday that we now have T-shirts with the club logo with 'walker' written on it. Jenny Prider modelled the new look T-shirt last Sunday morning and we have already had quite a few enquiries (Not for Jenny but for the T-shirt).

## NEW MEMBERS

Welcome to all the members who have joined our club in the last two months. Please make yourself known to board members who will in turn give you more information about the club and introduce you to other runners or walkers.

## SUNDAY MORNING TRAINING RUNS

At 7.45 for 8am start. After the run tea and coffee and muesli are available for a small price. On June the 14th we will be supplying free coffee and tea and an opportunity for you to talk with board members about your running, the club itself or any suggestions you may have.

## OLD RUNNING SHOES

We are collecting old running shoes for the Ernabella Mission. Bring any you have out on Sunday and put them in the box.

## CALENDAR OF EVENTS

- |             |  |
|-------------|--|
| 31st May    | The Barossa 1/2 Marathon and 5km Fun Run.                                    |
| 21st June   | Olympic Fun Run.   |
| 28th June   | SARCC's 10, 25 km and 5 km Relay Event.                                      |
| 5th July    | Pichi Richi Marathon and 1/2 Marathon.                                       |
| 5th July    | 5 - 10 km Anti-Cancer Foundation Fun Run.                                    |
| 19th July   | SARCC's Linear Park 15 - 30km.   |
| 26th July   | SARCC's 5km in conjunction with S.A. Sport's Institute Open Day (Underdale). |
| 2nd August  | SARCC's 8km Parklands.   |
| 30th August | The Daihatsu Adelaide Marathon and 1/2 Marathon.                             |

Don't forget the Carbo Party on Friday the 28th August. An event not to be forgotten !!

Robert Freak  
President

# BREADS & CEREALS

You probably should be eating more



Proudly supported by the Bread Manufacturers of S.A. (Inc) and South Australian based Flour Millers

## Editors Comments

Well the Greenbelt is over for another year and it was yet again another successful event. We are fast approaching the 10/25km and I'm sure the Race Director, Nick Birdseye would love to hear from any body who could volunteer to help.

Many of you may feel that running in an event is hard work, but for those who have helped in or organised an event, they will tell you that it is far easier just to train and turn up and run than it is to organise. If you are injured or feel you would like to help in the organisation of events, you will always be welcome.

## Road Runners Picnic

On Sunday April 12th a group of Road Runners ventured to Belair National Park for the Road Runners Picnic. Although the weather was overcast and drizzly it proved to be a great day. It was also a good opportunity for runners to meet in a different setting and to introduce their families and friends to our crazy group. We were able to chat about our injuries. P.B.'s and D.N.F.'s with people who knew what we were talking about ! It was also great to see and to get to know new people to our club. Hopefully, next time we'll see even more people.

Happy running,  
Sally Piccinato.

## Begin Running Classes

Beginner Running Groups are continuing at North Adelaide and Parkside this year, although the numbers are down this year.

Congratulations to the 12 people who received Merit Certificates at the end of last term. We hope to see you out running on Sundays and participating in Fun Runs.

We also welcome the new members who have just joined the group. A special thanks should also go to the instructors who lend their support each week.

Jenny Prider

## Obituary

Our deepest sympathy is extended to Ross Martin on the death of his wife. Our thoughts are with you, Ross.

## Commonwealth Games Support

A letter has been received from Heini Becker, MP, Member for Hanson.

The letter thanks SARRC for its support of the 1998 Commonwealth Games Bid by collecting signatures of support for the Games Bid.

## Cool Down Exercises

We have it on good authority from a long time runner (Richard Sjoerdsma), that the best stretching exercises after running in an event is pulling down tents and helping pack up. So after the next race if you are feeling stiff and sore why not stay and help in the packing up and your bound to feel better the next day!

## Marathon News

Do you remember William Govi, the Italian entrant in the 1991 Daihatsu Adelaide Marathon? He sends postcards from time to time telling of his further successes. In 1991 he completed 20 marathons, many of them in Italy, others included Yugoslavia, Switzerland, Austria, Czechoslovakia and Luxembourg. His best time was 2:57.38. So far he has finished 4 marathons this year. \* Now 8 !!

News from the London Marathon - Brian Goodhind finished in just under 4 hours, a little behind the winner Antonio Pinto of Portugal who finished in 2:10.02. Brian took 6 minutes to cross the start line. Glynis Matten and Julie Sexton also finished but we have not heard their times yet. Results were published in the press the day after the event. Oh to have unlimited resources!

Our AIMS membership gains the club 10 guaranteed entries for the London Marathon. Applications for the 10 guarantee places in the 1993 London Marathon are being taken now. The application are treat on a first come basis. As yet the date for the 1993 event has not been confirmed. If you are interested please phone the office.

AIMS (Association of International Marathons and Road Races) events are acknowledged to be well organised, correctly measured courses with good time keeping and medical cover. Through our AIMS membership we receive many enquiries from overseas runners. We also can provide our members with information regarding overseas events. If you are planning a trip it really is worthwhile considering participating in a marathon or event.

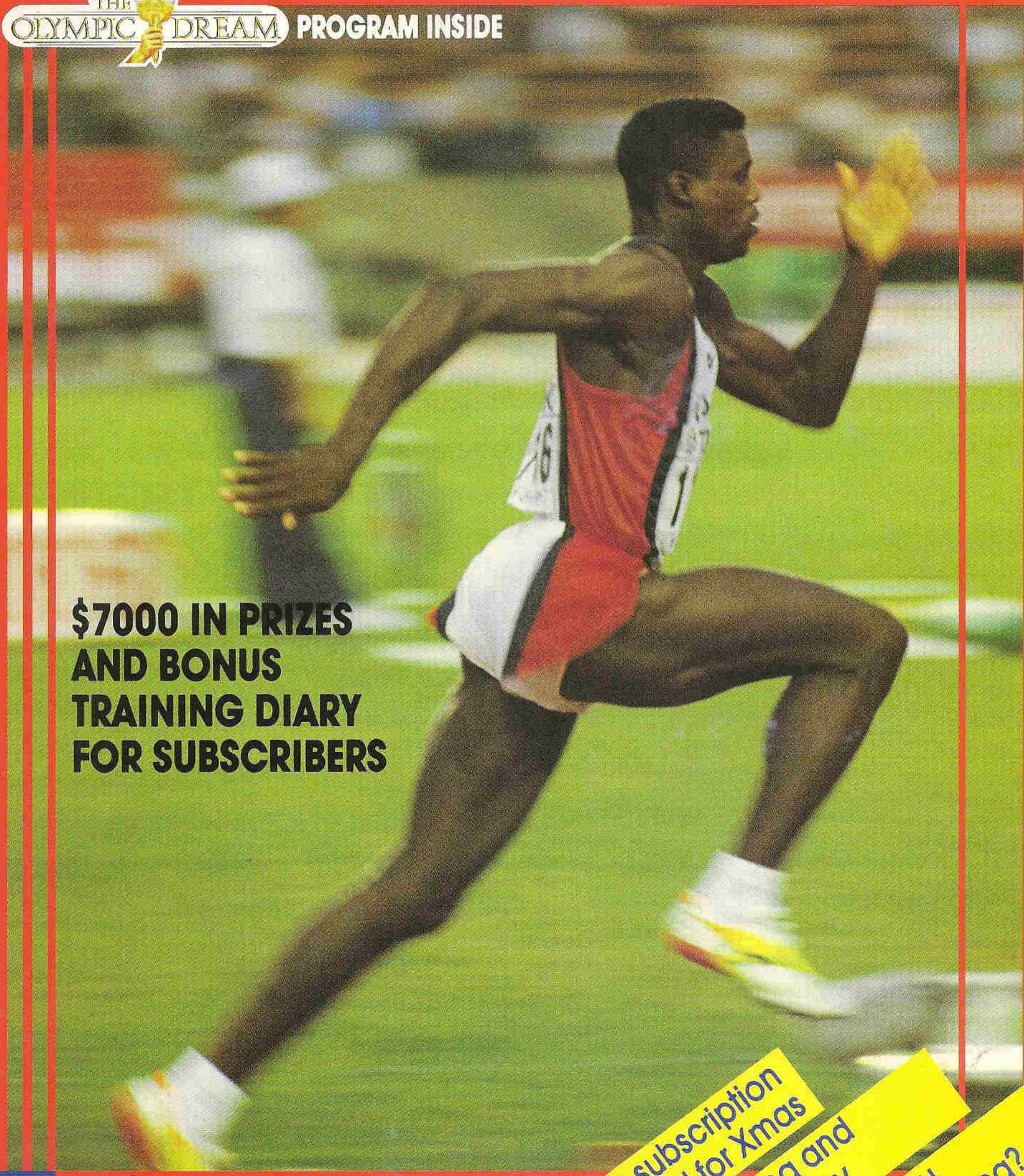


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*Note: the author was not identified*

## ADELAIDE MARATHON

The halls are alive with the sound of running feet. Or so it seems. The hotel concerned is one of the sponsors for the 1991 Daihatsu Adelaide Marathon and some of the guests are getting organised for the 7am start.

But it means an earlier rising for those at the hotel as the South Australian Road Runners' Club (SARRC) has organised taxis to take the foolhardy to the start of the 42.2km event on King William Road, opposite the Adelaide Oval, home of South Australian cricket.

There is something odd about taking a taxi to the start of a marathon, but it is part of SARRC's service. The previous day they had managed to find members to take some of those runners from out of town, including myself and two other New Zealanders, around the course. This proved invaluable the next day as the race unfolded, for it enabled me to get some landmarks and kilometre marks fixed in my mind.

The weather was fine for the start, a coolish five degrees celsius, ideal for running up Adelaide's main drag, a continuous stretch of King William Road into King William Street. At that time of the morning there are no people around to cheer the runners on, a deserted city of the heart, filled by 465 marathon runners and a further 260 runners who are tackling half the distance.

The runners connect up with the green belt that surrounds the central city area, and at 5km "Mad" Max, the timekeeper is singing out "5K, it's a beautiful day", like a bingo caller, before giving runners their time. He adopts the same style at the 21km mark.

One of the toughest parts of the race is the long drag down and back on Anzac Highway towards Glenelg, which takes up 14km, or one-third of the marathon. It's downhill on the way out, but not obviously so. The temperature at the start of this stretch has reached seven degrees, but on the way back it is a head wind, uphill (again not noticeably) and the temperature has hit 11 degrees.

It was on this stretch that Noel Bray (Tea Tree Gully, SA) caught the early

leader, Peter Quigley, while Joe Petkovic (Adelaide Harriers), who had taken the state's marathon title the previous weekend at Victor Harbour, was further back.

For me, most of the stretch back up Anzac Highway is spent sitting beside, or mostly behind a runner, whose name I learn later is Vince. We connect at about the 6km mark and he is running at the pace that suits me, just under four-and-a-half minutes per kilometre.

However, Vince throws in surges and finally loses me at 25km, on the first hill of the undulating North Adelaide section, a beautiful area of the city, with some fine old houses. But the undulations are just sufficient to break up a runner's rhythm.

Runners are then faced with another psychological barrier, the 29km mark is opposite the finish line across the River Torrens, 50m away, but with just over 13km still to run. To make matters worse the course then takes a loop around the Adelaide Zoo which contains the gibbering gibbons.

The last 10km includes running over part of the Adelaide Grand Prix course, probably the smoothest road surface ever used for a marathon, although the temperature is hotter around the sheltered Dequetteville Terrace, going into the mid-teens.

Nevertheless runners get a lift with less than 2km to go - Frome Street is downhill almost to the river and it is also tree-lined, giving an archway effect, enough to inspire tired feet.

It is at the 35km mark that Petkovic, who has been struggling with sore calves after his Victor Harbour efforts, finally nails Bray, going on to win in 2:35:18. This compares with his time of 2:35:30 at Victor Harbour, and his South Australian national title time of 2hr 34min on the Gold Coast in August.

"It seems everyone knew me on the course. I couldn't pull out," Petkovic said later.

Bray finishes in 2:35:47 from Robert Wendel in 2:39:05. Andrew Thomas from Ballarat, Victoria, Steve Moneghetti's town, was fourth.

In the women's section, Angela Bonser

from Melbourne set a personal best time of 3:14:52, from Merran Finnis, 3:16:29 and Alison Sanders, 3:19:32.

There is considerable interest in other competitors as well. One is William Govi, an Italian who does not speak a word of English, but who has flown to Adelaide to compete in the race - his 164th marathon. Govi, a 35-year-old industrial machine designer from the northern Italian city of Reggio Emilia even had hardened Adelaide marathon runners scratching their heads as he was to compete in a marathon on three consecutive Sundays after his effort in the Australian race.

Govi finished in 3hrs 28min, well short of his personal best of 2hrs 51min, set in Florence in 1988.

There is interest in the fate of those remaining out of the "Dirty Dozen", the initial 12 who completed the first Adelaide marathon 13 years ago and who are in the 1991 race. The most prominent is the State Premier, John Bannon. But in the week when he was under heavy political pressure in presenting the South Australian Budget, Bannon's marathon did not go well, finishing in his worst time in the race of 3hrs 19min. All but one of his previous Adelaide marathons have gone under three hours, and the other was just out by a few seconds.

Given the numbers, the Adelaide marathon is underrated, and out-of-state (and overseas) runners ought to consider the scenic South Australian event. It is extremely well organised; cars were excluded for more than four hours in the 1991 event and there were traffic police and marshals on every corner. The Adelaide runners were friendly with a great before-the-race pasta party and a post-race dinner as well.

Next year's marathon is expected to have more entrants as it is likely that the event will be combined with the state marathon championships.

I found the race tough, but also humbling. I discovered that Vince finished two minutes in front of me in 3hrs 10min, a pb. Later at the dinner I also discovered he is unemployed and had a family. Running a marathon comes down to the individual, but it is also about sharing experiences.

## DAIHATSU ADELAIDE MARATHON

1 September Run in perfect conditions. Clear skies and light breeze.

Results Men: Joe Petkovic 2:35:18, Noel Bray 2:35:47, Rob Wendel 2:39:05

Women: Angela Banser 3:14:52, Merran Finnis 3:16:29, Alison Sanders 3:19:32

Wheelchair: Mike Letch 2:10:02

Half Marathon: David Dowd 1:11:49, David McCormack 1:12:15, Michael McAuliffe 1:13:22

Womens' Half Marathon: Bev Lucas 1:19:38, Jeanette Max 1:22:14, Jill Crump 1:25:37