



FOOTNOTES

AUSTRALIA'S LARGEST RUNNERS CLUB

SARRC Office,
Cnr. King William,
1 Sturt Street
Adelaide. 5001
Ph: 213 0666

NEWSLETTER No. 71

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DECEMBER, 1991

Many runners experienced the Airport Run (record number of entries) and the womens run as a great finish to a good year. Special thanks go to Race Directors Sally Piccinato and Bronwyn Carmen (Airport) Karen Janiszewski and Jenny Dabinett and their many helpers - many women runners have commented how supportive the men at drink stations and watching the event were.

It is interesting to note that our club has the largest percentage of women runners in Australia.

The next big event is the Glenelg 10k on Sunday 23 February 1992 at 8:00 am. Race Directors David Bridges and Euan Downing have designed a new and better course which is waiting for you to record your personal best. Forward planning for 1992 is well established with 90% of our events for next year having Race Directors and Committees in place.

BIG CHANGES TO SUNDAY MORNING:

A big thank you to Kevin Lynch who has organised our Sunday morning runs for the last five years (I am pleased that Kevin has indicated that he will conduct the Clean-away run after the 1992 Marathon).

The planning of training runs on Sunday morning will now be done by Peter Allmand who, with a small group, is planning some new runs including mystery runs - this will take effect in the New Year. As we are no longer able to store equipment, the Jarvis Ford Van has become our moving cupboard.

The 'Van Roster' has become a critical part of the success of Sunday mornings. The following people are to be thanked for working on a roster basis under the co-ordination of Simon Trangmar. They are Dave Birkett, Alan Morton, Sue Mellors, Tony Ashwell, Sally Piccinato, David Bridges, Euan Downing, Peter Tyson, Jill Denny, Peter Allhand and me. Please turn up a little early on Sunday mornings, and help them set up trestles, drinks, breakfast etc. - it's a matter of sharing the load. The breakfast and tea and coffee system is working well and Francis, (the woman with the clothes for sale - "Francis Pants") keeps an eye on our belongings while we are running, thanks also to Jeanette for bringing out ice for those who need it after a run.

GENERAL INFORMATION:

Congratulations to Gary Nicholls who has now achieved Senior Qualified Course Measuring status, and Simon Trangmar who has recently graduated as a Course Measurer for our Club.

Adelaide Marathon and Half Marathon will be held on the

30 August 1992 and will incorporate the State Marathon Championship it will not be held on the same days as the Adelaide Show or Fathers Day. I have recently talked to Steve Condous about the event being a tourist attraction and gaining the co-operation of Tourism SA - the mind boggles, we might have the World Managing Director of Daihatsu fly from Japan to Adelaide to start the event!

FINANCE AND THE BOARD OF MANAGEMENT:

In the last two years we have turned the finances of this Club from a projected deficit of \$31,000 to now at least having some money in the bank and being able to comfortably forward plan. We have also lowered the Club's membership fee and built in a further reduction for renewing immediately. Incorporating a package for family membership and encouraging pensioners, students and the unemployed to be involved. Our policy to encourage under 18 participants in our shorter events is still being evaluated.

The Club's commitment to conduct more shorter events has been well received. I welcome Heidi Litkowitch and Peter Tyson to the Board as they have joined since the last copy of Footnotes. Their contribution has already been noticed.

I have indicated that I am prepared to stand again for President and I am pleased that Brian Goodhind is available for another term as Secretary. Some Board Members will be retiring and have indicated their intentions to continue with other duties for the Club.

As there will be some vacancies, please contact me or the Secretary if you are interested or know of a suitable person to nominate for the Board at the AGM in February 1992.

CHRISTMAS ACTIVITIES FOR RUNNERS AND WALKERS:

Parkside (Galaks - have you seen their T-shirt?) 11 December 1991 5:30 pm at Parkside Primary Road corner Glen Osmond Road and Young Street Dinner at 8:00 pm at La Caffe Malvern Shopping Centre, Malvern on Unley Road.
Athelstone (Mob) 18 December 1991 6:00 pm at Roger's place 6 Justin Grove Athelstone (ph: 458994) BYO food, drink and bathers.

O'Halloran Hill 19 December 6:00 pm O'Halloran Hill YMCA BYO food, drink and small present.

I enjoyed all of these shows last year and wouldn't miss them this year.

Happy Christmas. Love to you all
ROBERT FREAK

Konica BUSINESS MACHINES

THE NEW BREED OF PHOTOCOPIERS & FACSIMILES

TEL: (08) 231 2911

FAX: (08) 231 4578

EDITORS NOTE

With 1991 drawing to a close, it is an appropriate time to thank our major sponsors and the many organisations, businesses and individuals who have supported the club in 1991 with money, donations of prizes for random draws and support in kind. Our major sponsors this year have been:

CLEANAWAY, DAIHATSU AUSTRALIA, FOUNDATION SA, JARVIS FORD, KONICA BUSINESS MACHINES, PICCADILLY NATURAL SPRINGS, SAN REMO MACARONI, TRAVELODGE, VENEZIA PASTA EXPRESS.

Members, remember to support these businesses and tell them you are a Road Runner. It is the only tangible way we can demonstrate our appreciation to them.

Finally have a great Christmas and Happy New Year.

WOMEN'S 5/10KM CLASSIC

After months of hard work by a very dedicated committee Sunday 24th November had finally arrived. From before dawn volunteers prepared for this race, by the time the starting gun was fired most were very tired yet all the volunteers we soldiered on and by the time the presentations were over we gave a sigh of relief and realised that we had completed our original task and what is more it seems it was a successful day despite some rather hot conditions.

Thankyou to the large turnout of volunteers, this event would not have been possible without you. I would also like to thank our various sponsors:

Daihatsu Australia, Asics, Joggers World, Boulderstone Hornibrook, Physical Care Group, Scaffold Hire, Max Barnes, Dynamix, Sportslover, Ashwell Frames, West End, Cleanaway, Piccadilly Natural Springs, 3M, Gordon and Gotch, Better Body Gyms, Filsel Fruit, Foundation SA, Peter & Robert Hairsalons, Wallis Cinemas, Piccadilly Cinemas, Travelodge, Shiels Jeweller, Marion Recreation Centre, Adelaide Aquatic Centre, Glenelg Cinemas, Brighton Kawanis, Birdwood Mill, Highbury Hotel, Australian Runner and Paul Mensforth Pharmacy.

A special thankyou should also go to Adelaide City Council, SA Police Force and St. Johns for their support.

We were extremely grateful to Councillor Ninio for starting and giving his support to the race. Also a thanks to Angela Conduis, Colleen Hutchinson and Sheila Saville for participating in the race.

Clare and her office volunteers did a great job, thankyou.

There are also some ladies who worked extremely hard and without them the race would not have proceed. My special thanks to

JILL CRUMP, JENNY DABINETT, LEONIE FISCHER, MARG GRICE, HEATHER PAYNTER, HEATHER ROSE AND MARCIA SHEER.

RESULTS

	5KM	10KM
1st	Jenny Flynn	Bev Lucas
2nd	Ross Hnacock	Sonya Ronson
3rd	Kirsty Longford	Julie Cummins

One last thankyou to my husband who gave me a lot of support and offered some very good advice.

Again my thanks to everybody who helped and participated

Karen Janiszewski

CHRISTMAS OFFICE CLOSEURES

The office will be closed from Friday 20th December and will be reopened on Monday 13th January 1991.

CLUB MERCHANDISE

There is a range of singlets and t-shirts available at the office, in a range of colours including white. All very reasonably priced.

Also our own SARRC Cloth Badge to sew on your track top, windcheater or basically anything. Only \$3.50.

MEMBERSHIP RENEWALS

Many members took advantage of the \$5.00 reduction and renewed their membership within 30 days. Thank you. If you have forgotten to renew on time it is still not too late.

Lost your membership renewal form? Ring Clare on 213 0615 or call into the office and pickup another.

CAUSE FOR CELEBRATION

Romance blooms in the strangest places. Surely it is not during the runs, it must be in the social atmosphere afterwards.

Road Runners join in congratulating Malcolm Adam and Helen Holmes on their recent engagement. Wedding Bells rang recently for Viv Palmer and Graham Pring and also Maria Surace and Ian Minter.

On a rather sad note Lee Barradell will be returning to New Zealand soon. Lee has written a rather long farewell letter but because of lack of space we are unable to reproduce it in Footnotes. The letter is in the office with Clare for all those who would like to read it.

SPEED TRAINING ATTRIBUTED TO RACE VICTORY!!!

John Duck

I would like to announce that I attribute my victory in the Goolwa to Victor Harbour Half Marathon on 10/11/91 completely and indisputedly to BOB ANSELL's "speed training" session the day before.

Yours Sincerely,
John Duck

PS It was nice to catch up with other SARRC members too!

CHRISTMAS GREETINGS

Peace and happiness at the Christmas Season and in 1992 to everyone. I would like especially to thank all the board members, office volunteers, instructors, the editor of Footnotes and the team who copy and send out footnotes, race directors, marshalls, drink station attendants and other volunteers, photographers, those on microphones and no names, but a BIG THANKYOU and Congratulations to the Road Runners club on a very successful year.

Clare Cotton.

NOTICE REGARDING THE AGM

Notice is hereby given that the Annual General Meeting of the South Australian Road Runners Club will be held on Monday 17 February at 6.30pm at COPE, 116 Hutt Street, Adelaide.

Among the business on the agenda will be the following item, of which the members must be given notice:

ELECTION OF BOARD MEMBERS

The clubs constittion provides that the board shall consist of

The President
A Vice President
Secretary
Treasurer
Not more than eight(8) financial members

The board currently comprises:

Rob Freak (President), Dave Birkett (Vice President), Brian Goodhind (Secretary), Vacant (Treasurer), Tony Ashwell, Leonie Fischer, Karen Janiszewski, Heidi Litkowitch, Ray Paynter, Simon Trangmar and Peter Tyson (plus one vacancy).

The following members are required, under the provisions of the constitution, to retire but are eligable for re-election:

Rob Freak, Brian Goodhind, Tony Ashwell, Leonie Fischer and Karen Janiszewski.

Nominations are accordingly called for the following positions:

President
Secretary
4 Ordinary Board Members

Nominations for any position on the board shall be dated, signed by the noimator and the seconder and accepted by the nominee and shall be lodged with the secretary, SARRC, 1 sturt street, Adealide, on or before Friady 24 January. A nomination form is enclosed with this notice. Further copies may be made available by photocopying or are available from the club office. Names of persons so nominated will be published in the "Public Notices" column of 'The Advertiser' on Friday 31 January 1992.

Brian Goodhind
Secretary

13/11/91

RESULTS

Airport Fun Run and Women's 5/10km resylts are available at the office. Apologies to Josephine Borg 0839 (Airport 10km), her time was 1:09:50, Overall 420.

Daihatsu Adelaide Marathon Results are finally out. Thanks for your good patience, we alos hope you are pleased with your finishers photo. Get your orders in to as soon as possible. Thanks too Bette Sims who does a fanatastic job co-ordinating this mailout.

START RUNNING

10 Week courses for beginners commencing at:

North Adelaide, Sunday 2nd Feb,	8.00am,
Runners & Walkers	
Parkside, Wednesday 5th Feb,	5.45pm,
Runners Only	

If you know anyone who wants to get started in 1992 the application forms are in the office. Courses are scheduled to start immediately the holidays are over and school goes back. A good time too get fit for 1992.

FUN, FITNESS, FREINDSHIP START RUNNING

We are currently running a series of ads in the press promoting SARRC and our summer programme, inviting people to join our suburban running groups. We get a lot of enquiries in the office from people who want to join a group. I am sure they will be accomodated if they turn up at one of the venues and eventually we hope that they will jion the Road Runners Club.

SUNDAY RUNS

DEC 8 South Parklands St Peters
DEC 15 Ridge Park Heritage
DEC 22 Beaumont Common 10km
DEC 29 Hazelwood Park 10km

Many thanks to Kevin Lynch who has been producing this Sunday Program for the club and is now retiring from this position. Peter Allmand has bravely taken over this job.

AUSTRALIAN RUNNER

It is not too late to subscribe to Australain Runner and take advantage of the free offer of a free training Diary. Forms are available at the office.

CALENDER OF EVENTS

TWO JETTIES 28/12/92 , 9.00am STARTS GLENELG JETTY

AQUATHON 29/12/91 GLENELG MALCOLM ROBERTSON 272 0052

WHALERS INN CLASSIC 12/1/92 - 9KM START GRANITE ISLAND - ALSO 3KM EVENT
Entry Forms SARRC Office

TRIATHOLON 19/1/92 GLENELG PH: MALCOLM ROBERTSON 272 0052

KINGSTON SE TRIATHOLON 16/2/92 - ENTRY FORM AT SARRC OFFICE

GLENELG 10KM CLASSIC 23/2/92, 8.00AM SARRC EVENT
CHANGE TO COURSE ON ENTRY

HUB-A-DASH 8/3/92 10/4KM ENTRY FORM AT SARRC OFFICE

ADELAIDE MARATHON 30/8/92

A complete calender of events for 1992 will be available early in the new year and will be sent with the next footnotes. Interstate events are published in the Australian Runner calender. The office recieves information and many entry forms for overseas marathons, so please enquire if you need information.

THIRD ANNUAL FAMILY FITNESS FUN DAY - YORKETOWN

A great day was had by some 98 participants in one of three events being a 6 or 10km fun run or a 42.2 km cycle. The event finished with a picnic at Weavers Flat Reserve, where random draws, medallions and finishers certificates were presented. This great event was promoted etc. by the Twartz family, well known Road Runners and winners in the family section of the City to Bay.

THE BERLIN MARATHON 1991

David Edyveansupplied us with a detailed account of the Berlin Marathon. We haven't got room to reprint it all but a copy is in the office for those who are interested.

"I retired from distance running in 1989... Prior to the marathon I didn't do much training only 10 - 15km every 4 - 5 days, while travelling in Europe... On Saturday morning before the race , there was a breakfast for all the foriegn runners. A 6km run finishing in Berlin Olympic Stadium, 1936 Olympic Games Site, with Breakfast... On the Saturday afternoon a pasta party was "Carbo Loading" and also a bus trip over the course.

Sunday Setember 29, marathon day- the weather was ideal, approx 12oC and overcast with light winds. Because of previous good marathon times I was allocated an area near the start.. Because of poor preparation I estimated I would take just under 4 hours expecting to walk the last part. There was a good crowd along the route and they gave plenty of encouragement to all runners. In the crowd in East Berlin I saw a large green boxing Kangaroo being waved... I didn't have to stop and walk at all but was sure glad to see the finish banner and crossed the line in 3:21:38. I was suprised and very pleased with this time. The finish is the Kurfurstendamm, a major city street.500metres of The street was closed to all traffic for the finish area.Some 22800 runners started. It was a well organised race at the start, during the race and the finish."

Quit



Foundation S.A. proudly sponsors S.A. Roadrunners Club Inc.



FITNOTES

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NEWSLETTER No. 72

PRINT POST APPROVED
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FEBRUARY, 1992

FROM THE PRESIDENT

Our club commenced '92 with two well attended activities:

1. Annual General Meeting at COPE on 17th Feb.
2. a record number of entrants (over 600) at our Glenelg 10km event on 23rd February.

Thankyou David Bridges, Race Director, assisted by Evan Downing. Congratulations to the first three males and females:

Marcia Sheer, 35:27	Grenville Wood, 32:35
Tudy Fenton, 36:25	Michael McGlone, 32:57
Trish Maude, 38:32	Michael McAuliffe, 33:29

At the AGM we thanked and said goodbye to the following board members:

Tony Ashwell,
Leonie Fischer
Karen Janiszewski.

One of the strength of our club is that there are many members, in addition to board members, contributing. These three ex-board members will continue to carry out important functions for the club although not now on the board, and for that and their past service we thank them.

The new members we welcome to the board are:
Nick Birdseye (an accountant who will be able to assist the Treasurer), Sally Piccinato and John Twartz.

The current board is:

President:	Robert Freak
Vice President:	Dave Birkett
Secretary:	Brian Goodhind
Treasurer:	Malcolm Adam Heidi Litkowitz Simon Trangmar Peter Tyson John Twartz Sally Piccinato Ray Paynter

We have one casual vacancy which we believe should be filled by a female, preferably with an interest in one of our suburban running groups. Please contact me if you, or someone you know, would be suitable for this position.

CONGRATULATIONS

To Malcolm (our Treasurer) and Helen Holmes (previous mother to the Parkside group), who were married on 1st March. We look forward to you both blossoming, and your timing (I mean times) improving.

RAFFLE TICKETS - MONEY FOR OUR CLUB

Yes, the Sports Lottery tickets are available in books of 10, for a \$1 ticket option of winning two cars, plus other good prizes. 75 cents of each ticket goes to our club. Last year we raised about \$2,500. We were the first club to collect the tickets. You will have no trouble selling them (they tend to sell themselves) particularly if you do it quickly before the other sporting clubs get their allocations.

SHARING THE LOAD

Although the club is extremely well organized, eg. we have all the Race Directors for this year in place, except one. Simon Trangmar is the Race Director for the marathon this year (congratulations Simon). This means that we do not have a Race Director for the 10-25km and relay event. If you are interested in being trained, supported, encouraged, etc, or can assist in that area, please contact any board member or the SARRC office as soon as possible.

SPECIAL HAPPENINGS

Sun 29th March: Jarvis Ford Mystery Run (a free car wash voucher for each runner who finds the mystery place)

Good Friday, 17th April: 8am Athelstone (a run, a lot of fun, and hot cross buns)

Sunday 3rd May: Greenbelt 1/2 Marathon and 10km. We aim to have a record entry for both events, so please start talking your friends and office workers into training for the 10km event on that day.

THANKYOU TO:

- Jill Andrews and Maggie Pultridge, for typing in the 10km results
- Horst Fischer, owner/manager of Brighton Crash Repairs for repairing our club van.
- Peter Allmand for planning our training runs on Sunday mornings.

IMPORTANCE OF CLUB MEMBERSHIP

We are negotiating with Foundation SA for sponsorship and, as with many other sponsors, one of the key questions that they ask is how many members are in our club. Also to assist the Administration of your club, please ensure you renew your membership immediately it is due, and just as important, remind friends that you run with to renew or to become members. You are the best ambassadors for our club. Constantly check with people whether they are members, or would like to be members. It helps us all.

See you on Saturday and/or Sunday mornings. Warm regards.

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 NOTES:

Roadrunners has been very fortunate in retaining the sponsorship of most of our major sponsors in very difficult times. Our current major sponsors are: Cleanaway, Daihatsu Australia, Foundation SA, Jarvis Ford, Piccadilly Natural Springs, San Remo Macaroni, Travelodge and Venezia Pasta. Members, please remember to support the businesses who support you and tell them you are a Roadrunner. Congratulations to David Bridges and Ewan Downing on a great race at Glenelg.

APOLOGIES: I must apologise for the lateness of Footnotes this time. There have been a few hiccups in my life lately which have led to some time difficulties.

WEDDING BELLS: Congratulations to Helen Holmes and Malcolm Adam (Treasurer) who "tied the knot" on March 1st....or should we say they have "cross tied their running shoes"

Karen Janiszewski.

FROM THE OFFICE

The office is running a lot more smoothly these days with the assistance of volunteers who now have a great deal of experience between them. Welcome to Jill Andrews and Maggie Paltridge who have filled vacancies on Mondays. With the typing and computer skills of these two, it is hoped to have results out sooner after events this year.

CALENDAR OF EVENTS & FUN RUNS 1992.

Enclosed you will find a Calendar of Events for 1992. A great deal of work has gone into getting it right this year. This required contacting all Fun run organisers for their dates and other information. SARRC is by default THE CO-ORDINATING BODY IN THIS STATE. Please let the office know of any changes so an amended version can be produced as required. This is one service that we provide for all runners at no cost. We are supplying the Calendar to Sports Stores and Clubs for display on notice boards.

ENTRY FORMS

It is our intention to print a course map on the back of all entry forms this year. Despite our best efforts mistakes occur. Be assured the lurid green form IS INTENDED for the 1992 Greenbelt 1/2 Marathon and 10k events.

LATE ENTRIES

This year the entries for events will close on the WEDNESDAY prior to the event. This is to allow

time for data to be entered on the computer and lists compiled for the Start/Finish systems. Again the Daihatsu Adelaide Marathon is an exception to this rule. Late entrants make it more difficult to administer the finish system, awarding of trophies on the day of the race, and fast compilation of results. Please bear this in mind and do the right thing whenever possible by entering ahead of time. It is also cheaper to enter on time.

COURSE MEASUREMENT

You will become familiar with this logo which will appear on all entry forms for SARRC events.



It is the mark of a quality event. It signifies that the course has been measured to the high standard of the Athletics Australia. Gary Nichols is a Grade 1 measurer and also has IAAF and AIMS credentials. Simon Trangmar is Grade 2 measurer together with Marcus Roberts of ASA. We appreciate the efforts of these people in doing a difficult job which requires a great deal of time (not to mention 5:00am starts.) Even minor changes to courses such as the recent Glenelg 10k require careful planning and execution.

DISTRIBUTION OF ENTRY FORMS

We have a considerable mailing list of Sports Goods Stores, fitness clubs and gyms who receive entry forms as soon as we have them available. If you know of a location where our forms could be placed for display and distribution, please let the office know. Better better still, yourself available to collect forms and take them there. Nothing succeeds more than personal contact. Many of the stores keep the forms under the counter and people need to be educated to ask for them. We cannot continue to subsidise mailing of forms to non-members who phone up to enquire.

RUNNER NUMBERS

Runner numbers will only be sent out if you include a stamped SAE with your entry. They are available to be collected at the office or on the day of the race. Please allow time, as for late entries on race day, and don't forget your pins.

RESULTS

The stated aim is to have results ready no later than 2 weeks after an event. We are asking entrants to let the office have a stamped SAE for results to be sent, or to collect them from the office. This will

not apply to the Greenbelt 1/2 Marathon and Daihatsu Adelaide Marathon and 1/2 Marathon. Results for those events will be sent to all finishers.)

WALKERS

It is intended to give recognition to Walkers in the Glenelg 10km, Greenbelt 10km, The 10km of the 10/25, the 15km of the 15/30, the 5km events in the Airport and Womens SARRC events this year, publishing separate results (overall) for those who indicate in the box on the form their intention to walk. Please understand that this is an honour system, and resist the urge to break into a run when the end is in sight.

John Smyth did not get a mention in the 1991 Marathon results as 1st (registered) walker - male in the event - time 6:02.32. Congratulations John.

1992 DAIHATSU ADELAIDE MARATHON

Simon Trangmar has taken on the daunting task of race director. Following on the heels of Tony Ashwell and Dave O'Donnell he has a high standard to maintain. Please give consideration to helping Simon or any of the other race directors by letting the office know if you can help with any event. The Marathon entry form will be ready by early April. Minor changes to the course this year will be clearly indicated on the map.

START RUNNING

The popular Start Running courses for beginners are attracting many new members to our Club. The classes are conducted in a friendly atmosphere and it seems new members make running friendships which, among other things, help to keep them motivated. Many people find it a useful way to get going again when interest has dropped off for some reason. Last year more than 60 people attended our classes. Thanks to Jenny, Reg, Greg and Rod for their enthusiasm which keeps this activity going. The next Start Running Courses will be -

Parkside (Runners only)

Wednesday 5pm 13th.MAY 1992

North Adelaide (Runners and Walkers)

Sunday 8:00am 10th. MAY 1992

MEMBERSHIP

We welcomed more than 200 new members in 1991 but there is a similar drop out rate, so membership stands around 850. Members who did not renew at the end of September for the 1992 year will have received a final reminder by way of a highlight on the envelope of this "Footnotes". Application forms

have been included. You may rejoin the Club and your membership will be for 12 months from the time of rejoining. This will be the last Footnotes sent to non-financial members. Remember, without the support of 850 individuals who are Club members, there would be NO SARRC, NO EVENTS and NO CO-ORDINATING BODY FOR FUN RUNNERS IN THIS STATE.

CLUB MERCHANDISE

Leonie Fischer has taken on the job of Co-ordinating the supply of SARRC singlets and T-shirts. There should be another order in a few weeks, prior to the Greenbelt.

JUNIOR MEMBERS

We have occasional enquires regarding suitable distance events for junior members to be running. I am advised by Dr Terry Farquharson, Race Doctor for the Adelaide Marathon, that insufficient research has been done into the effects of distance running at an early age on the bone and muscular development. Of course, individual distances and regular training routines must always be taken into consideration. The following are therefore only guidelines for consideration.

Under 9 year - 3km max. 9-11 years - 5km max

12-14 years - 10km max 15-17 years - 1/2Marathon

18+ years - Marathon

ADELAIDE 1998 COMMONWEALTH GAMES BID

If you have not already signed to show your support for the Adelaide bid for the 1998 Commonwealth Games, please do so when you are next in the office. The committee aims to collect 100,000 persons names and addresses to present to the delegates of the Commonwealth Games Federation Meeting on the 21st July in Barcelona as documentary proof of the largest number of supporters even obtained. (Will this get into the Guinness Book of Records, one wonders.)

AUSTRALIAN CENTRAL CREDIT UNION LOTTERY

Please give your generous support to the Lottery again this year and if you have not already been approached by Ray Paynter, let the office know how many books you can sell. There is a guaranteed return to SARRC of 72c per ticket sold. If all tickets are sold this can go as high as 80c and last year more than \$2,200.00 was raised for the Club. This is our ONLY fundraising effort and is very important to our continued healthy financial position.

JUNIORS:

Earn some pocket money by handing out brochures for AUSTRALIAN RUNNER MAGAZINE at fun runs. Two secondary students are needed to regularly attend events on Sundays. You would need your own transport or maybe travel with a parent who is running. For details, call Clare on 213 0615.

LOST PROPERTY. MITSUBISHI DRIVER:

A set of keys in a brown leather wallet was left in the ute at the Glenelg 10 km. Enquire at the office.

MARATHON FINISHER PHOTOS:

We still have a file bulging with photos waiting for collection from the office. Please ring first, as some late orders have not yet arrived.

GLENELG 10 KM CLASSIC

With 500 entries registered by Friday, things were looking good. Additional supplies of water were ordered in case of hot weather, but on the day we were blessed with mild (if not downright cool) weather with a max in the low twenties and a wind from the south west

A surge of late entries on the morning brought the total to nearly 600 which is a very good start to the season for runners and SARRC.

Race director David Bridges, assistant Euan Downing and their team did a fantastic job organising the event and thanks go to all those who were setting up before 6am and packing up well after the presentations. Marshalls and late entry processors did a good job to handle the numbers and a special thanks to Flinders Athletics Club for organising the finish system. They worked under great pressure as the finishers streamed in, in groups making identification at times difficult. Next year we will be aiming to reduce the wait for time registration.

Glenelg Results:

1st. Male - Grenville Wood 32.35

2nd. Male - Michael McGlone 32.57

3rd Male - Michael McAuliffe 33.29

1st Female - Marcia Sheer 35.27

2nd. Female - Trudy Fenton 36.25

3rd Female - Trish Maude 38.32

Complete results are available at the SARRC office. Congratulations to all finishers. Thanks to Cleanaway, Piccadilly Natural Springs, and Jarvis Ford as major sponsors of our club and this event. Thanks also to the Glenelg Council and the SA Police. Did you see Sally's 3 girls at the SLURP STOP (drink station) in their smart new Piccadilly Springs tops? Remember to buy you spring water from Picadilly and tell them you are a Roadrunner.

NATIONAL RUNNERS WEEK THREDBO JANUARY 1992

National runners week is held every year at the Threbo Alpine Village NSW

The runs are many varied, mostly mountainous, and always picturesque and great fun. All I really need to say is "If you have never been - go next year as it's the best 10 days you'll ever spend". This year 8 happy souls from SARRC attended with 7 participating in the runs, the discos, the dinners, the happy hours and the frivolity while one spent the week in bed watching the tennis (she's going back next year to try again!!) SA didn't win the tennis or the volleyball but we tried hard and did win lots of friends and hearts !!.

See you there next year

Sally Piccinato

LONDON MARATHON 1992

Best wishes to the contingent of club members running the London Marathon on April 12th. They are Jeffery Wright, Julie Sexton, Glynis Matten, Geoff & Olive Butler, Jack Morrissey, Mr & Mrs White of Port Lincoln and our club secretary, Brian Goodhind. They are hoping to meet up in London after the event for a post mortem.

SUNDAY TRAINING RUNS

MARCH

15TH. Ridge Park 18k. Dudley Park 10k.

22nd. Stoneyfell 21k. Alexander Ave. 10k.

29th. Jarvis Ford Mystery Run 19k. 10k. or 8k.

APRIL

5th. Darley Rd. 20k. Gilberton 10k. (Also City Port)

12th. Brownhill Creek Reserve 22k. Golf Links Loop 10k.

19th. Waterfall Gully 23k. Marden 10k.

26th. Heritage/Round Town 21k. Heritage 10k.



FITNOTES

AUSTRALIA'S LARGEST RUNNERS CLUB

SARRC Office,
Cnr. King William,
1 Sturt Street
Adelaide. 5001
Ph: 213 0666

NEWSLETTER No. 73

PRINT POST APPROVED
No. PP565001/0025

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.

SARRC 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.

SARRC MERCHANDISE

Singlets and T-shirts with SARRC 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	SARRC'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	SARRC's Linear Park 15 - 30km.
26th July	SARRC's 5km in conjunction with S.A. Sport's Institute Open Day (Underdale).
2nd August	SARRC'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.

Good Friday at Athelstone

On Good Friday about 80 - 90 runners accepted the Athelstone Mobs invitation to join them in a run from Athelstone Primary School. They offered a choice of 2 run/walks.

Run 1

The River Run on the Linear Park between 10 and 14 km could be selected by turning back at designated points. This gave people the opportunity to cover parts of linear park not usually run on Sunday Mornings.

Run 2

"Athelstone Dead Flat Run", a challenging run/walk on fire tracks in Black Hill National park. Two water stops were provided, placed at strategic points so that the Spectacular views across Adelaide to the coast and beyond could be appreciated. A number of extremely stiff and sore people were witnessed on Saturday Morning.

Judging by the quantity of Hot Cross buns (thanks to Tony Ashwell), fruit, orange juice, tea, coffee and milo consumed, together with the buzz when the raffle was drawn an enjoyable time was had.

A special thanks to the kids who helped by selling tickets and buttering buns.

If you missed this year mark your diary for Good Friday 1993. Indications are for a better time next year.

See You There, Athelstone Mob

Barossa Fitness Club Visit

The Barossa Fitness Club will be venturing to North Adelaide on Sunday 7th June 1992, to join our Sunday Morning Group. It is their intention to also join the group for breakfast. So make this group feel very welcome!

Who's Pregnant

After a casual run around the river one Saturday morning a group of runners were having a chat. One runner, recently married, called his dog over and commented "she's pregnant you know?" The other runner was astounded, assuming he meant the new wife and exclaimed "What already!?" Totally confused the first runner said "Yes, the dog is". Several runners were heard to let out large sighs of relief.

Greenbelt Half Marathon and 10 km

In the "Wee" small hours of Sunday morning the 3rd of May, alarm clocks were sounding all over Adelaide to notify all volunteers and runners it was time to rise and shine to take part in the Green Belt. This happened in all households except one (the member of Adelaide City Council who had the keys to the toilets!). Oh well the run must go on! As far as I know it was the only hiccup for the day.

For over 500 competitors the morning was perfect with thin cloud cover and a light breeze. The temperature was a little humid for some. The course was well laid out and marked.

A special thanks to the SA police who did an excellent job on directing traffic and so to did the marshals assisting the runners on the course.

Without sponsorship events like this would be impossible to stage, so many thanks must go to the following :-

Joggers world	Evrigh Trophies
Adams Apple	Renniks Hire
Jarvis Ford	Scaffold Hire
West End	Daihatsu
Foundation SA	Piccadilly Natural Spring Water

On behalf of all the runners I would like to thank the Athelstone Group for organising this annual event especially Rod Martin, Jenny Dabinett and Tony Ashwell, as with out their help it would not have been possible.

I hope everyone achieved their personal goals.

Micheal Slagter

RESULTS

	Male		Female
1.	Brian Kennelly 1:13:50	Bev Lucas	1:20:04
2.	Ian Hill 1:14:30	Leah Wright	1:28:50
3.	Tony McCool 1:15:50	Robyn Rooke	1:32:09

10km

1.	J. Lisiewicz 31:46	K. Moncrieff	41:49
2.	P. Johnson 35:08	J. Flynn	42:00
3.	D. Barber 36:09	S. Frigorich	42:50

Wedding Bells

Congratulations to Jill Andrews (office volunteer) and Brian Grindale on their recent marriage

Fun Run to Aid Olympians

Want to do something to help our athletes strive for gold at this years Olympic Games in Barcelona?

Then why not enter the Mars Olympic Fun Run to be held in the eastern parklands of Adelaide on Sunday June 21.

All the money raised from the fun run will go towards sending our athletes to the games, which are scheduled to start on July 25.

Walkers, wheelchairs, individuals and teams are invited to take part. There will be four separate events: wheelchairs start at 9:30am, 3km walk/run at 10am, the 5km run at 10:30am and the 8km run at 11am.

Entry forms are available from all Australian Post Offices, leading sports stores, gyms, SARRC office or Athletics SA.

Children's Participation in Sport

Andrew Burns a SARRC club member has written the following article on children in sport. A full copy of the report is in the office.

Children produce more metabolic heat per unit mass than do adults during exercises. During exercises they have lower sweating capacities, reducing the capacity of the body to transfer heat from the core to the body surface. Heavy training in childhood does not appear to have any dramatic affect on those physiological parameters that are believed to improve running performance. Probably hereditary factors will be a stronger determinant of athletic potential rather than intense training.

VO2 max. increases with training in childhood but equal changes can be expected in young trained adults. However muscle enzyme levels remain lower in trained adolescents than in trained adults.

Skeletal changes during childhood have been observed, a child's bones are immature. During adolescences bony ossification is completed. "Skeletal maturation" is generally complete from ages 16 to 19.

Bow legs are common at birth but generally disappearing by age 2. Knock knee is also part of development tending to show by the age of 4 and disappearing by the age of 6 to 7. By about age 10 the legs should appear straight and the foot should appear perpendicular. The foot and leg are thus in a "functionally neutral" position. Gait should be neither in toeing or out toeing.

From research carried out it would appear that most great athletes do not specialize in their sports before that ages of 16 to 18. The majority of high achievers in a wide variety of sports were late maturers.

The overview is that distance and long training are not wise for children or young teenagers. Learning technique and stretching, participating in sprinting and team sports is probably better for children.

News from Canada

Some of you may remember the Canadian couple, Wendy Hanger and Robert Nagle, who visited South Australia recently and attended the Sunday Morning pack runs. They have sent a copy of the "Longboat Road Runners" Newsletter to SARRC, which details fun runs in Toronto. Robert also adds if any SARRC members are in Toronto to give him a call, Clare has his details in the office and the newsletter for anybody interested.

Walkers Say

John Smyth has written to Footnotes thanking SARRC for acknowledging the participation of walkers in our events.

"How good it is to know of your intention to give recognition to us the walkers in your/our club. You cite five open events and the women's event as recipients. Terrific! We walkers thankyou.... also thankyou to Footnotes for the homily about walking (at this level) being conducted as an honour system, was timely. Most people are basically honest given the environment to be so in; no one likes the only mug in a dog eat dog situation, but we walkers at SARRC are not in that situation, we are just a bunch of fairly normal people recreating in the way that suits us best.

We each try to improve our best times, why not ? But at the end of the day the knowledge that you did your best without taking advantage of the situation is that best reward of all.

The established Race Walking clubs (ASA) with their unforgiving, even at veterans level of geriatric knees etc., say this cant be done; with their plethora of sometimes archaic rules and regulations to back them up they press on . They take the fun out of everything. I pity them don't you?



FITNOTES

AUSTRALIA'S LARGEST RUNNERS CLUB

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NEWSLETTER No. 74

PRINT POST APPROVED
No. PP565001/0025

JULY, 1992/3

PRESIDENTS REPORT

Congratulations to Nick Birdseye for directing his first fun run event - the 10-25 km and Relay on the 28th of June.

John Twartz our new race director for the forthcoming 15-30 km Fun Run on Sunday 19th July looks forward to you all doing his event. However there is one opportunity that you have to escape running, and that is to volunteer as a Marshal. John needs three more Marshals, so please ring the office and volunteer.

The parklands 8km on Sunday 2nd August was a great event last year thanks to Colin McGaffin. Colin has lost a few of his helpers from O'Halloran Hill due to the fact that they are running the Jade Marathon that weekend. This is your opportunity to hop in and help your club either by :

- 1) Helping before the event and still being able to run on the day or
- 2) Being a marshal etc on the day

Please leave your name at the Road Runners office for Colin to contact you.

RUNNERS FORUM

Monday 27th July

5.30 for 6.00pm start to conclude by 7.30pm.

at COPE 116 Hutt Street Adelaide 5000

5.30 to 6.00pm. Video of the London Marathon and drinks and nibbles. An introduction to people who you don't know in the club.

6.00pm. This is a forum for all runners and walkers whether you intend to complete the 8km event, the 1/2 marathon or the marathon, there is something there for you.

- Dealing With Injuries
- Having the right diet
- Personalizing and adjusting your training program

The evening will include an opportunity to find out where the changes in the marathon and 1/2 marathon course has been made.

There will be an opportunity to break into small groups of your specific interest and your questions will be answered. I look forward to joining you there.

VACANCY ON THE BOARD OF MANAGEMENT OF S.A. ROAD RUNNERS

We currently have one casual vacancy which I believe should be filled by a woman, preferably from one of our outer Suburban Running Groups to improve our gender balance on the board. If you are interested please contact me or register your

name at the Road Runners office. Thank you.

FREE TEA & COFFEE & MEET BOARD MEMBERS
Sunday the 9th of August is your opportunity to introduce yourself to Board members. Let us know who you are, what you would like and also what you already like about your club. While you are doing this, have a free cup of tea or coffee!
We look forward to getting to know you as one of our valued club members.

MARATHON MERCHANDISE

Yes this is going to be a collectors item!
Some puffed print a possibility of having it on a black windcheater spells uniqueness and style.

Enclosed with this copy of footnotes is a Merchandise Order Form. As there is a limited amount of merchandise made, the first people to order it are those that will receive it.

STOP PRESS

THANK YOU to all the people who donated money to sponsor Allan Morton in the Anti-Cancer Foundation Fund Run last Sunday. \$900 was raised. Allan is feeling supported in many ways.

THE DAIHATSU ADELAIDE MARATHON AND 1/2 MARATHON

Yes it's coming very soon!

Have you registered for the Carbo Party on Friday the 28th of August? If not, do so. Your opportunity to wear your medals. This is going to be a fun night with celebrities, sponsors, some past winners and some members who have completed all of the Adelaide Marathons so far.

Post Marathon Dinner. Yes there is one on Sunday night 30th August. After the event a chance to look at that new medal and share the experiences.

I will be your compare at both of these occasions and I look forward to looking after you, motivating you and most of all enjoying each others company and our running.

Robert Freak
President



Your Heart...
Nothing is more important.

BE SMOKI FREE



Editors Notes

This will be the last "Footnotes" which I will be doing. Simon Trangmar has offered to take over the production of "footnotes" after the Marathon, for which I am extremely grateful. There are some people who I feel deserve special mention for their effort and support during my time as editor. Clare Cotton has been a wonderful help not only answering all criticism but also with her band of helpers who have regularly ensured that you receive the finished product and extras in the mail. For the production of "footnotes", Heather and Ray Paynter, David Bridges and Rob Janiszewski deserve a large thanks. As do the people who have contributed regularly. Club members should be aware that "footnotes" is a team effort and would not be possible without a lot of people's help. Many Thanks and Goodluck Simon, Karen Janiszewski

15/30KM

The next event on the calendar is the 15/30 km on July 19th which John Twartz is busily organising and in need of help. If you can offer assistance please contact Clare in the Office.

Parklands 8 km

The picturesque parklands will be venue for this shorter run on the SARRC calendar. Mark Sunday 2nd August 1992 in your diary NOW for a light refreshing run around Memorial Drive, Melbourne Street and Bundeys Road. Due to the shorter length of the event a later starting time of 8.00am has been arranged.

This is an ideal event to bring along your friends and neighbours that you have been encouraging to join in a fun run. And note the cheap entry fees.

Where else has SARRC held an event with such a low fee? It is bound to entice all "makes and models" of runners, especially the younger age group. With the City to Bay (12km) just 6 weeks later, it is also an ideal time to test your training program. Random Draw Prizes will be available and a finishers certificate will also be awarded to all finishers. A trophy will also be awarded to the first male and female walkers.

Entry forms are included with this issue of Footnotes, so get them in early.

Melbourne Marathon

On the last weekend of May, 32 croweaters headed to Melbourne to do battle with the VIC's. No, the Adelaide Crows were not playing in Melbourne, the SA Road Runners were off to run the Melbourne Marathon and Half marathon. The course this year was a new one which wound through the city and nearby suburbs and along the beach for about a third of the distance. The general feeling was that the course was a good one and a great improvement on the old Frankston to Melbourne course. Certainly the event is a great one with so many entrants, spectators and with good organisation. Many of our members were resplendent in their SARRC singlets, although a little hard to spot amongst the other 3500 runners. An interesting addition to the field, were 600 Japanese of all ages, shapes and sizes who flew out for the race on a special Qantas charter. Just a few notable performances from the SARRC team were 2hr 53 from Ray Paynter, 2hr 55 from John Stevens and Geoff March, 3hr 04 from Paul Brown and Bob Wiess, 3hr 13 from Geoff Murch and 3hr 20 for Merrin Finnis, while first marathoner John Easfurth produced a credible 3:34 and Heather Paynter broke 4 hours. Di and Chris Dutton both ran PB's in the half and Alf Ryan (72 years Young) completed the full marathon in 5 hrs and 16. A special mention should go to Graham Venus who became a Spartan, yes he's now completed 10 Melbourne Marathons. Space does not permit me to mention everyone but congratulations to everyone who competed in Australia's largest Marathon. Peter Allmand

The Pink Watch

The story went something like this.....

Person A wanted a good running watch probably to demonstrate commitment and motivation.

Person B was going to Melbourne for the Marathon and offered to shop around and send back a suitable watch. Person B after much shopping around and deliberating with other runners purchased a pink watch with multiple functions and set the alarm for 4.30am. Everyone knows that all serious marathoners carbo load about 3 hours prior to a big event!

On the first morning that Person A had the watch the alarm of course sounded at 4.30am and Person A, being completely with it at this

hour answered the phone but no one was there, (I wonder why). Several days later she realised that this noise was the watch alarm but could not work out how to turn it off and placed it in a bag so she could not hear the alarm - no point in reading the instructions at this stage! Some time later person A saw Person B and mentioned the problem. No worries he could fix the problem and guarantee that the alarm would no longer sound at 4.30am. A day later the alarm sounded and Person A being highly motivated got out of bed and dressed in her latest high tech running gear and pink watch and headed for the door. As she approached a light she decided to check the time and found to her amazement that it was 3.30am.

The moral of the story is never let anyone else touch your pink running watch especially if it has an alarm function, or if you do, listen very carefully to what they tell you.

Greetings from your Marathon Race Director

Ever since completing my first marathon some years ago, it has been an ambition to be a Race Director of a major marathon. I have gained a multitude of experience with the club over the last two years and have some excellent people on my team. It may be a sobering thought that this event has been in the planning for about the same length of time as you should have been training for it!

I have accepted the enormity of the responsibility with both willingness and some apprehension and now ask you, those who will actually run and walk to do your part.

Don't worry, I'm not about to make the usual plea for Marshals etc - although I never would decline such an offer. My task is to ensure an accurate and safe course. Your task is to give it your best and enjoy the day.

Whilst on the course please look after yourself. By all means go for the PB but don't over do it. If you feel unable to continue, you can wait at any of the eight drink stations and transport will be provided. We can get a radio message back to the finish. Also be aware that the course has changed from last year. Details are on the back of the entry form and also on a separate sheet in the Club office.

Finally, I implore you please, please, please make an effort to acknowledge as many

Policemen, Marshals, water Station Officials, St. John's and Radio Monitors as possible - I'd like them back next year!

Have a safe and enjoyable run
Simon Trangmar

10/25Km Race Report

The 10/25km race was on Sunday 28th June in near ideal conditions. A burst of late entries resulted in all races being well attended, the total number of participants being in the region of 450.

The race director, Nick Birdseye and his team were faced daunting task of pacifying irate runners, some of whom stood at the starting line for 15 minutes in anticipation of the 7.30 start. It was resolved due to the incorrect time being published in the Advertiser that entrants would be given 15 minutes grace. That notwithstanding some runners appeared at 7.50, finding to their dismay that the race was well in progress. Better luck next year!

RESULTS

	Male	Female
25		
1	J. Petkovic 1:28:44	B. Lucas 1:37:02
2	R. Wendel 1:30:19	L. Abraham 1:44:46
3	A. McCool 1:30:22	L. Wright 1:46:21

Relay

1.	SNAGS 1:26:30	The Greatest 1:41:15
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10

1	A. Muir 33:21	M. Sheer 36:14
2	V. D'Cruz 35:00	C. Skews 41:58
3	C. Horsell 36:10	S. Baradakis 43:56

A full list of results may be obtained from the Office or send a self addressed envelope.

Australian Central Credit Union

As a result of lottery tickets in the Gigantic Sporting Lottery the club has raised in the vicinity of \$1760. I don't know what happened to my car (goodness nows I need a new one). The winning ticket number was 045595 in the name Russell of Willaston. Clare has a complete list of the prize winners but can't detect any SARRC members among them. Bad luck everyone but many thanks for selling all those tickets.

Australian Credit Union have asked that their brochures be distributed at club events and we urge members to support them in your financial dealings as you do all the sponsors and supporters.

Mention should also be given to Scaffold Hirers, who provide the scaffold for the race start and finish areas to all events. Thanks Peter Tyson.

Georg Winter recently donated \$50.00 to the club. Thanks Georg.

Sportslover

There is still some confusion about the discount cards that are given to all club members, these discounts are only available at Rundle Mall, Tea Tree Plaza (2 stores) and Marion.

Is running really good for you?

Graham Pring wrote a letter to the club about his experiences on starting out running and stress levels. Unfortunately we have not got room to publish the whole letter but it is in the office for those wishing to read it and it is extremely interesting.

Graham when first setting out on his running mania was warned about stress levels to the heart, he became so concerned about this that he arranged for Mutual Community Health management who carried out oxygen consumption test and a stress ECG. Graham was remarkably fit and with renewed enthusiasm he plunged head long into marathon training. Subsequently Graham ran the Adelaide marathon in 3:50:49, a great effort for your first time.

ShoeTags

In this mailing you will have received your blue shoe tag which denotes that you are a financial member. With the system of rolling membership there is no cut off date for membership so we are issuing shoe tags once a year to all financial members. New members joining the club will receive their shoetags as in past. Current membership stands at 744.

We have a sophisticated method of checking that the system is not being abused and allow unfinancial members 3 months grace before removing them from the membership list.

Congratulations to Nigel Titschmarsh who won the Sony Walkman donated by Sony to the

10/25km. The board decided to make this prize available to club members only.

Start Running

The next series of 10 weeks of Start running classes commences on Wednesday 23 September at Parkside (runners only) and Sunday 27 September, North Adelaide (runners and Walkers). These dates are timed to follow the City to Bay this year which is to be held on September 20 this year.

Instructors have "time - off" for a few weeks in the winter, however with the continuing of Advanced Beginners courses it is hardly a break. Thanks to the instructors for their untiring efforts.

For the Calendar

Our SARRC calendar for this year omitted the following run, so put it in your diary -

Enfield Harriers 2 & 6 Km on September 27 at 9.00am at Regency College of TAFE

Stop Press

William Govi sends news from Budapest that he has completed his 10th marathon for 1992.

Sunday Training Runs

Distance Run	Short Run
July	
12 Tea Tree Plaza 32	Heritage
19 LINEAR PARK 15/30 EVENT	
26 Morialta via Botanic Park 31	St. Helens P
August	
2 8KM FUN RUN NORTH ADELAIDE	
Last Section of Marathon 34	
9 West Beach 32	Golf Links
16 Tea Tree Plaza 32	Port Road
23 Lower Mithcham 21	Marden
30 DAIHATSU ADELAIDE MARATHON & HALF MARATHON	
September	
6 CLEANAWAY TIME TRIAL 10KM	
13 Hazelwood Park 15	Dudley Park
20 Felixstow 15	Nth Parkland
CITY TO BAY	
27 Ridge park 18	Heritage

MARATHON - FUN

WELCOME to entrants in the Daihatsu Adelaide Marathon and Half Marathon, especially to those running your first marathon, (more than 50 of you). Good luck. This year the State Marathon Championship is incorporated into the SARRC event.

We hope these selected items of interest keep your minds occupied when half way around the course.

THE GESTATION PERIOD

9 months go into your preparation as a runner and 9 months have gone into organisation to the last detail:

3200 SAFETY PINS required to attach runner numbers to runners' singlets

6000 PLASTIC CUPS for drinking water en route

1500 LITRES of Piccadilly Natural Spring Water to counter fluid loss.

3000 SPONGES for "cooling the hamstrings"!

800 CHIQUITA BANANAS to provide a quick energy pick up at the end of the race.

500 METRES OF RIBBON to attach to finishers medallions

70 MARSHALS who, together with Police, maintain safety

100 VOLUNTEERS to "make it happen" on the day.

RACE DIRECTOR - Simon Trangmar

Simon, aged 28, took up running to combat asthma which has affected him since childhood. Running has helped the complaint but more than that, it has become part of Simon's very busy lifestyle. He has run 10 marathons and 50 halves - most of them in the UK where he is a member of the British Marathon Runners Club. Members have all realised the goal of a sub 3 hour marathon.

Simon's PB was 2 hours 54 mins in the Adelaide Marathon in 1990. Heavily involved in Race Organisation, he has little time for his own running at present. His current ambition is simply to run in an event again which he is not responsible for organising! Longer term, Simon would like to have a crack at the State Marathon Title.

Major international events have a full-time paid Race Director with office and staff. Simon works from home after hours in his honorary position, supported by an understanding (and mostly sympathetic) wife and a committee of volunteers.

NOT JUST A BUNCH OF FUN RUNNERS

EVERY RUNNER HAS A STORY. MANY OF THESE REFLECT INCREDIBLE DETERMINATION AND ENDURANCE IN MEETING A PERSONAL CHALLENGE. FOR MANY, THIS IS YOUR BARCELONA!

THE DIRTY DOZEN

Have completed all 13 Adelaide Marathons

JOHN BANNON - (Runner No. 700) Premier John Bannon needs no introduction. He is respected in the running world for his record of completing all his marathons except 2 in sub 3 hours. Last year he was slightly over the 3 but if his training continues on target this year another sub 3 can be expected.

JOHN AULD - (3) John completed in 1991 "on one leg" in 3:24. He hopes to do better in 1992 and has been training since May. 1979 was John's first marathon which he completed in just under 4 hours. His PB was 3:07.41 in 1984.

In 1986 he completed the Ultra Triathlon then an Iron Man Triathlon in 1990 and 1991 (3.8k swim, 180k bike ride and a 42.2k Marathon). This event can take up to 12 hours. A marathon is child's play to John after that.

John's motto - "RUN TILL YOU DROP".

LEN FREETH - (4) Despite health problems Len put in an early entry for 1992 to indicate his intention to compete. Dirty Dozen members feel a strong group pressure to continue.

Last year Len arranged for Tip Top Bakeries to provide a loaf of bread for every finisher. One carbohydrate-depleted runner is known to have sat in her car and demolished the complete loaf slice by slice before driving home!

PETER SLAGTER - (2) Peter is pretty laid back in his running and is often seen at SARRC events putting out traffic cones and helping as a volunteer. Peter competed in the Jade Marathon on August 2. He will be running with son Michael and going for a sub-3 !!??

IAN HILL - (702) Biggest threat to Joe Petkovic in the State Title event, Ian has been preparing for this event and is in better form than in the last couple of years. Ian has just become a father. Congratulations.

DAVID GROAT - (5) Aged 70 and one of the oldest members of SA Road Runners, David hopes to complete this his 14th consecutive Adelaide Marathon.

TERRY BOSWELL - Family commitments require Terry to be in the UK this year so he is to run his Marathon in Scotland at almost the same time as the Adelaide event.

TERRY BUXTON - (8) Terry also runs ultra marathons. He completed the last two 24-hour events in Adelaide running a total of 142ks in 1992 (the equivalent of running 3+ marathons end-to-end). Wish Terry Happy Birthday as you pass him. Hw will be 53 on Race Day.

ALLAN FOX - A keen sportsman, Allan also competed in Triathlons in the mid 80s. Currently in Indonesia on business, Allan is a doubtful starter this year.

ROSS MARTIN - (6) Ross, aged 62, recently completed the Pichi Richi marathoneyear, Ross was battling on at one stage and mentioned to a mate that he'd love a cup of tea. Sure enough, at the next water station, there was his mate's car, door open and the seat looked most inviting. Refreshed by his cuppa, Ross emerged from the comfort of the car to finish his marathon.

PETER WORLEY - (7) Peter aims to finish "even if I have to walk all the way". This may well be, as Peter had knee surgery earlier this year. Take care, Peter.

BARRY McDERMOTT - (1122) A few weeks after the 1991 Adelaide Marathon 46 year old Barry suffered a heart attack.

"I was fit, and had done my training," says Barry. He suffered the heart attack riding his bicycle to work. Workmates, who had admired Barry for his fitness and healthy lifestyle, started asking why him. Barry's answer - "You are just like a time bomb. It could happen to any one of you at any time and no amount of tests could be guaranteed to reveal a problem."

Medical experts say Barry's level of fitness contributed to his survival. This year, having taken time to come to terms with his change in lifestyle, Barry has the specialist's OK to walk the Half.

Barry feels that he is privileged to have taken part in a sport that is quite unique. "You don't have to be a brilliant sportsman, or a high class athlete to compete. With the proper training, an average person like myself can do what many would consider impossible - compete in and finish a marathon."

"GO FOR IT MARATHONERS. YOU ARE ALL WINNERS."

126 MARATHONS - TRAINS WITH MONAGHETTI ?

Gerry Riley - (84) This is marathon 126 for Gerry, aged 61 years, from Ballarat. He has retired from work but finds he puts less time into running now than before. "I had to be more disciplined in those days to fit the running in" says Gerry.

Only one other Australian runner has completed more marathons than Gerry Riley, Jimmy Crawford, with a record of 130 marathons completed.

WORLD RECORD

BRITISH RUNNER STEVE EDWARDS - MARATHON WORLD RECORD HOLDER FOR MOST MARATHONS COMPLETED IN 1 YEAR.

TOTAL 87 MARCH 1991 - MARCH 1992
ACKNOWLEDGED BY THE GUINNESS BOOK OF RECORDS.

* * *

RUNNING IS A WAY OF LIFE

In the Slagter household, father, Peter, is a member of the Dirty Dozen. Son, Michael (91) aged 22, will be running in his 13th Marathon this year.

AIMS regulations do not allow runners under 18 years to compete in this gruelling event. Michael has thus only been running marathons for four years. His inspiration was his father. Finding he couldn't kick a ball or handle a cricket bat, he discovered running comes naturally to him

Michael recently took 2nd place in the Pichi Richi in 3:08. PB - 2:58 at the Cowell Jade marathon in 1991.

Marie Slagter is the mainstay of the household in the nervous days prior to the events. Pasta iwith a variety of appetising sauces is her speciality.

Marie is one of over a hundred volunteers who "make it happen" for runners on the day. When you collect your merchandise at the tent be sure to thank her.

MERCHANDISE

Please fill out and return to the SARRC Office the enclosed Merchandise Order Form so that we can have your order ready to collect on the day. If you are quick enough you may like to purchase a souvenir Key Ring for \$5. (Limited supply only).

**DON'T BE MISLED INTO THINKING THAT
WALKING A MARATHON IS EASY**

ROBERT HUMPHRIES (903) is preparing for his first marathon with all the seriousness of any runner. 2 years ago Robert was a 30 a day smoker. He found it hard to give up and in the process gained weight.

Robert cross trains, alternating a run of 10ks with walking. To only walk in training would simply occupy too much time. In training, Robert carries up to 6kg of weights to build his resistance and toughness.

"You have to allow your brain to control your life, not your ego" says Robert. "Too many runners end up with problems in later life because they did not heed medical advice and the warnings of their bodies. Preparation is the solution. It requires discipline and training to get the action right for a walker just as for a runner."

His goal for the Marathon is 5 :30 and to ensure he will be there at the end before the trophies are awarded, he plans a lonely start at 5:15am.

Also walking this year look for **Jenny Prider (900)** SARRC Instructor and **BIG JOHN Smyth (904)**.

WALKERS NUMBERS - 900 RANGE (1900 - HALF)

LOOK OUT FOR THESE RUNNERS

Tina Campbell (216) from NSW, 11 marathons PB 3:00.

Rex Wilson - (86) from Hawaii. Aged 51 years Rex is completing his 68th marathon. Welcome "Down Under"

Graham Venus -(222), 50th marathon last year. (includes 10 Melbourne marathons). This is marathon 55.

Stephen Baker (1000) from London on a visit to Australia is running in the Half Marathon. Good luck

Susan Worley - 12th successive Adelaide Marathon, believed to be the women's record. PB 3:20 in 1983.

Richard Abbott - (124) Auckland New Zealand. Last year we had several Kiwis in the event. This year they are sending just one "quality" entrant,

Eric Fisher (141) & Geoff Turley (142) WEARING THEIR DISTINCTIVE T-SHIRTS from HL Bananas, helped organise the bananas in the goodie bags. Please thank them.

Greg Pearce (212) 34 years old on 30 August. Happy Birthday. Go for it Greg and we hope you run a PB.

GO FOR GOLD !

EVERY MARATHON FINISHER WINS A MEDAL IN ADELAIDE

SALLY PICCINATO

Women will comprise only 10% of entrants in the Adelaide Marathon. This in part reflects the hours of training and the dedication needed to complete the course. Mothers who run, like Sally, mostly train at 5am. First marathon 1991 in 4:22.11.

"Last year I blew it" laments Sally, mother of 3. High on the pre-race surge of adrenalin, Sally partied on when everyone who has done a marathon could have told her a good night's sleep is essential.

In her spare time Sally is a member of the Board of the SA Road Runners Club and is Race Director of the FAC Airport Fun Run held in October. In January she will help organise the Whalers' Inn Classic and in February will be reviving the SARRC series of 3 Twilight Runs as Race Director.

"If you want something done, ask a busy person".

THE BONUS

MUSCULAR DYSTROPHY RESEARCH will benefit from Fund Raising by Marathon and Half Marathon participants. Sufferers with Muscular Dystrophy may not even be able to walk, let alone run.

Runners, join the Qantas Muscle Team and raise sponsorship money for this worthwhile cause! Qantas provides a prize of a trip to the London Marathon in April, with a free entry provided. Half Marathon prize is a weekend for 2 at a leading Adelaide Hotel.

"The SA Road Runners Club is a great support to the Muscular Dystrophy Association " says Executive Director, Andy Esworthy.

"Participants have raised in excess of \$60,000 in the past 6 years - we are expecting to raise a record \$20,000 this year."

Andy will be competing in a relay team event this year, pushing a wheelchair for someone who is unable to run.

Relay Team entrants may be identified by the sash they wear. Don't panic if one of them comes burning up behind you - they are each only completing one leg of the course. (Number series 800).

(For further information contact Andy Esworthy or Bronwyn Vickers at the Muscular Dystrophy Association Phone 212 6694)

HOW DO YOU RATE YOUR CHANCES?

Joe Petkovic - Well known veteran SA distance runner who last year won the State Marathon Championship in 2:35.00. The following week he won the Daihatsu Adelaide Marathon in almost exactly the same time. Over a period of 9 years Joe has won 8 State titles.

Ian Hill. - (702) In the recent 30K Linear Park run Ian led for a couple of Ks before Joe passed him. Back into serious training this year, Ian won the recent Pichi Richi Marathon.

Michael Bertelsmeier - (714) Michael won the State title the year Joe missed out.

Douglas Kewley - (709) winner of the 1992 Jade Marathon early in August in 2:38.52 Douglas will go into the event pretty relaxed.

Phillip Harris - PB 2:35 - Year not specified.

Andrew Burns, - (47) 6th place in the Linear Park 30k (1:56.22) going for 2:45, First marathon.

Kenneth Down - (221), age 39, 22nd marathon.
PB 3:23

WOMEN RUNNERS TO WATCH

Leah Wright (206) and twin sister Lisa (207), aged 26, have joined SA Roadrunners this season. Their first marathon.

Robyn Roocke (127) also a newcomer to distance running this season from Triathlons and Biathlons.

Alison Saunders (193) - 1st marathon in 1990. PB in 1991 3:18.00 (3rd overall, 1st age/cat). 3rd marathon - aiming for 3:10.

OVERSEAS ENTRANTS - HALF MARATHON

Abdelah Younes - (1085) 22, a New York Brooklynite from Morocco, winner, 1992 10 miler (NYRRC) and finished the recent 12th annual Brooklyn Half Marathon in 1:06.

Aadnani Hassan - (1084) coach of Younes, Moroccan, speaking Spanish. With commitments to marathons in Canada (October) and New York (November) they have entered the Half and their presence will certainly add excitement to this event.

They are expected in Adelaide only a few days prior, allowing time to acclimatise and to familiarise themselves with the course and conditions. They will be special guests at the Pasta Party.

PASTA PARTY

Rob Freak, SARRC President, will be MC at the Pasta Party. Please let us know in the office if you have anything interesting to add to the foregoing so the achievements of runners may be recognised.
Phone 213 0615 or Fax 211 7115.

If you wish to be driven around the course by a local runner prior to the race, arrangements can be made at the Pasta Party.

At the time of going to press entries have closed but knowing runners, there are bound to be a few surprises among the late entries. To catch up on the latest be sure to be at the Pasta Party.

AFTER THE RACE DON'T FORGET THE POST RACE PARTY. INTRODUCED LAST YEAR IT WAS A GREAT SUCCESS. NOEL ALLAN OF VENEZIA'S IS A RUNNER HIMSELF AND KNOWS HOW TO CATER FOR RUNNERS' APPETITES.

TO EASE THE PAIN THERE'S NOTHING LIKE TALKING OVER THE DAY'S EVENT WITH PEOPLE WHO UNDERSTAND AND ARE PREPARED TO LISTEN!

7:00pm AT VENEZIA'S, 121 PIRIE STREET on SUNDAY
30 AUGUST - NO RESERVATIONS REQUIRED.

THANKS TO OUR SPONSORS

Without these sponsors there would not be an event of the calibre of the Daihatsu Adelaide Marathon.

*DAIHATSU AUSTRALIA, FOUNDATION SA,
PICCADILLY NATURAL SPRING WATER,
CLEANAWAY, JARVIS FORD, EVRIGHT TROPHIES
ASICS - SPONSORS OF AIMS*

*SA POLICE
ADELAIDE CITY COUNCIL,
WEST TORRENS AND UNLEY CITY COUNCILS,*

Their support ensures a safe course for runners.

*SOUTH AUSTRALIAN SPORTS MEDICINE CENTRE - MEDICAL
COVER SUPPORTED BY ST JOHN AMBULANCE.*

*FINALLY - Thanks to the Marathon Committee,
volunteers, wives, families and supporters.*

Thankyou to members of the public.

*Everything is done to minimise inconvenience with
this event but some traffic delays are inevitable.*

THE MARATHON

Locating the discipline and then the shoes
Both on a cold May morning
Long before the day's civilised beginning
A brief look back to a bed ever beckoning

Thoughts abound
Methods to combat and ignore the aches, pains and stitches
Incessant renditions of "Eye of the Tiger"
Counting lamp-posts, monitoring split times
Anything!

The goal, half a year away, of personal victory
The mental glamour of going to the body's 'Red Line'
And beyond
That's for then, many miles yet
To be covered one step at a time
A long road stretching further than the eye - but not
the imagination - can see.

Then as the body is jarred into action and consciousness
The mind is jolted into hope
Sanity questionable, determination not.

Weeks evolve into months and a new person emerges
Fresh and inwardly aware following a winter's run
An intangible sense of not having yielded to the elements
And earned their respect in return.

The day arrives along with the nagging doubts
Borne by adequate training
Have I prepared sufficiently, am I ready?
I felt a tendon twinge.

Inevitable Start Line bravado
"Time?" - "Mate, I'm just aiming to survive"
Several hundred like-minded people
Collectively representing thousands of spent kilometers
Striving for the inner tranquillity
Silence - a minute to go

Suddenly the moment is upon us and nerves disappear along with the
Starting Gun's puff of smoke
A sea of colourful running gear
Considered expensive to non converts.
Kilometer boards flick by
A glance at a watch and an awareness that the schedule
is now a reality.

Just beyond the tenth kilometer, an elderly man walks his dog
Both enjoying a bright, crisp Sunday morning
They stop and can sense the atmosphere
His words of encouragement remain with us
This Anzac Parade in reverse, made possible by his generation.
At twenty kilometres, the almost inevitable hi-fi
"Chariots of Fire" at full volume - all windows open.

Thirty "K's" is time for positive thinking
Dream of friends at the finish
Dream of their respect, dream of your pride
God, how I ache!

The Thirty Eighth marker staggers by
Realisation sets in that energy is truly precious
No longer able to wave or thank marshals
4k to go, 4k to go, 4k to go
The goal is near, so very near
You're almost there, almost there
Dig in now and head for home.

Only the tune of "Eye of the Tiger" remains, the words exhausted an hour ago
Clapping and cheering are blurred noises and become peripheral
Oblivious to the pain as challenge engulfs the mind
A battle of concentration
As you proceed on will-power alone and develop mental tunnel-
vision
You focus on a single white line, fifteen minutes or so away

Not suddenly but over a period of some minutes
The runner notices something beyond the expectation of
fondness in hindsight
Breathing relaxes, style improves and stride lengthens
Gliding almost, in gradual descent to the target.

Forty Three kilometers, an emotional landmark
Choking back a tear, you attempt, in vain, to regain composure
Soon to fall into the arms of an ever faithful Marathon Widow
A story soon to tell, no mere anecdote.

The remaining hundred meters
Lined with yelling, pushing crowds
This segment of seconds, making the hours wholly worthwhile
One final effort to produce the sprint finish
That'll show 'em
Yet more shouting, cheering
Ten meters left, race photographer
Try to smile
Fail
Cross the line
It's over, it's over
No tomorrow
No today
Just now
Savour the triumph
And the moment
Which was fought for
And earned
No longer
A
Fun Runner
Now one
Of the
Clan.
A Marathon Runner.

SIMON TRANGMAR

To S.A. Road Runners Club,

It is with much regret that I inform you of my inability to compete in this years Festival City Marathon. As a member of the 'Dirty Dozen' it was a most regrettable and sorrowful decision that I had to make. Unfortunately, a heart attack in October last year has curtailed my marathon running ambitions, but my level of fitness at that time, has hopefully enabled me to overcome a most traumatic experience.

An expression of gratitude must go to the S.A.R.R.C. for giving me the opportunity to compete in marathons. You don't have to be a first class sports person, or a top class athlete to participate in marathons. With the correct training and guidance, even an average person like myself can do what many consider impossible - compete in and finish a marathon.

I would like to thank all those people who have competed in this marathon over the years. You don't necessarily know their names, but you know their faces, and you look for them. It would be most remiss of me not to thank the following: 1) The marshals and helpers who man the intersections and water stops, without them it would be impossible to stage the marathon. The same applies to the St John Ambulance Brigade and our police force. 2) The S.A.R.R.C. for having the foresight to start the marathons in 1979 and for continuing with them, and making them the best in Australia.

A special thanks to my wife and children, family and friends who have put up with many inconveniences over the years, during my training periods, but are always there to support me, and most importantly to be there to encourage and welcome me at the finish.

In closing, I would like to wish the remaining 'Dirty Dozen' runners, and in fact all runners, all the best in this years marathons and many more. Don't forget, "you're nearly there", "you're looking good"; go for it marathoners, go for it -- you're a special group of people -- you are all winners!!!

Most sincerely,
Ex 'Dirty Dozen' member

Barry McDermott

BARRY McDERMOTT



SIDE-BY-SIDE ... Leah (left) and Lisa Wright stretch their hamstrings and calf muscles before one of many training runs to prepare for next week's Adelaide Marathon.

Twins run together after a marathon effort to be different

By KAREN PHILLIPS

They have bleached and grown their hair in an effort to look as different as possible, have avoided the dress-alike syndrome and have chosen very different occupations.

But 26-year-old twins Leah and Lisa Wright will purposefully fulfil very individual goals next week — together.

By noon on August 30, each hopes she has been able to

complete her first marathon — the Adelaide Marathon — and that her sister also has been capable of running the 42.195km distance.

A former speed-skater and body builder, Supercentre gym instructor Leah Wright opted about 11 months ago to surrender the weights for treading the southern suburb footpaths.

The fanatical dieting necessary for competitive body building was a drag and a

couple of triathlons have persuaded her to try long-distance running.

"I didn't like triathlons. I detested the swimming leg — you get kicked and pushed so much it's scary," Leah said.

"But it sparked an interest in running. We've increased the distance, so the furthest we've done is 36km.

"Now, this marathon is the ultimate challenge."

Her sister admits she is the

slower of the two, often looking to Leah for motivation out on the road.

"Leah is faster than me, but she keeps me going," said Lisa, who took up running after returning from a slothful year spent working and holidaying in Europe.

● The Daihatsu Adelaide Marathon, incorporating the Half-Marathon, will begin on King William Road outside Adelaide Oval at 7am on Sunday, August 30. Entry forms will be accepted until 6.15am on race day.

Marathon mum goes on the run

SUPER Sally Piccinato is a marathon mum extraordinaire.

A vivacious mother of three daughters — Brigitte, 14, Sarah, 11 and Alice, 9 — Sally meets her personal Everest today as a competitor in the gruelling 42km Daihatsu Adelaide Marathon.

She's proof there's no limit — except in your mind — to what you can do. Women will make up about 10 per cent of the 800 entrants in the event.

A teacher at Linden Park Junior Primary School, Sally finished her first marathon last year in 4:17.11.

Now, with that painful experience well behind her, she's hell-bent on a sub-four-hour race today. "This time I will do 3:59.59, even if I have to crawl across the line," she quipped.

Sally, now in her thirties, has been rising at 5am and pounding the pavements on training runs of up to 100km a week even before her children wake.

"I'm back by 7am to get them up and organised for school. The children have been very supportive. They're wonderful." And what's it like to finish a marathon? Sally Piccinato is well qualified to talk of the ecstasy. "It's the best feeling in the world."



Marathon mum Sally Piccinato (second from left) with daughters Brigitte, Sarah and Alice