

Mr Bannon, 49, ran the marathon in three hours and nine minutes.

Beating the clock, now for the fallout

The man of the moment beneath what may be a sign of things to come.

As speculation grows about whether he will finish 1992 as Premier or 1992 will be the finish of him, Mr Bannon crossed the line in the Daihatsu Adelaide Marathon yesterday in the respectable time of three hours and nine minutes — 40 minutes behind the winner, former top Yugoslavian marathon runner Dragan Isailovic, of Melbourne.

Mr Bannon, 49, was classed as a veteran in the event and he is one of only eight runners to have completed all 14 Adelaide marathons.

The Premier squeezed his 50km-a-week training schedule between appearances at the State Bank Royal Commission and preparation for what he admitted was the most difficult State Budget of his career.

With the commission's interim report expected within the next six weeks and the Opposition pushing for an early election, Mr Bannon's most gruelling test of year may be yet to come.

● PAGE 14: Bateup's
view

Marathon champ plans to run as an Aussie

Former top Yugoslavian marathon runner Dragan Isailovic has set his sights on representing Australia.

Isailovic, (pictured) a resident of Melbourne for the past two years, told of his ambitions after yesterday ignoring atrocious weather conditions to triumph over 350 competitors in the Daihatsu Adelaide Marathon.



Running solo for the final 18km of an event made even more gruelling by the strong winds and rain, Isailovic clocked 2 hrs 29 mins 29 secs to beat Victorian Jeff Sharam, by almost three minutes with last year's winner, Joe Petkovic third.

The women's section was dominated by Hindmarsh Island's 45-year-old mother-of-five, Bev Lucas, who clocked 2:53 and finished almost 13 minutes ahead of her nearest female competitor.

Results: Men — Dragan Isailovic (2:29.29), Jeff Sharam (2:32.36), Joe Petkovic (2:35.05); **Women** — Bev Lucas (2:53.31), Leah Wright (3:09.29), Allison Saunders (3:13.22).

Half marathon: Men — Peter Lomman (1:13.39), John Leopold (1:15.18); John Rigante (1:15.25); **Women** — Tanya Warrick (1:22.19), Trudi Fenton (1:28.12), Debbie Cowell (1:29.28).

□ □ □

DAIHATSU ADELAIDE MARATHON

In cold, wet and windy conditions, the Adelaide Marathon was won by Dragan Isailovic. Isailovic, former Yugoslave champion and former holder of 6th place in the World Marathon Title is now resident in Melbourne.

Heavy rain overnight left centimetres of water over the roadway in South Terrace and Greenhill Road but this was one of the lesser problems for runners who were beset by wind gusts and driving rain as they covered the otherwise scenic course.

Although 700 entries had been received for the Marathon and Half Marathon, only 545 runners completed the event. Isailovic ran with 2nd placegetter Jeffrey Sharam for the first half of the race but around 26k on the hill from War Memorial Drive into Mills Terrace he pulled away and from then on increased his lead comfortably as the kilometre markers were passed.

3rd placegetter was Joe Petkovic of Adelaide Harriers in a time of 2:35:05. Joe was first placegetter in the State title which was incorporated in this event. It is Petkovic's 9th State Title.

PLACEGETTERS:

MARATHON:

1st Male	Dragan Isailovic	2:29:29
2nd Male	Jeff Sharam	2:32:36
3rd Male	Joe Petkovic	2:35:05

1st Female	Bev Lucas	2:53:31
2nd Female	Leah Wright	3:09:29
3rd Female	Alison Saunders	3:13:22

HALF MARATHON:

1st Male	Peter Lomman	1:13:39
2nd Male	John Leopold	1:15:18
3rd Male	John Rigante	1:15:25

1st Female	Tanya Warrick	1:22:19
2nd Female	Trudi Fenton	1:28:12
3rd Female	Debbie Cowell	1:29:28

MARATHON WALKERS:

1st	Josephine Borg	5:22:59
2nd	Robert Humphries	5:34:18
3rd	Joan Foster	5:45:50
4th	Jennifer Prider	5:55:22

MESSAGE FROM THE MARATHON DIRECTOR

This will have to be relatively brief as I'm still recovering from the event - when I take over editing Footnotes next edition, I intend to produce numerous anecdotes which should be quite an insight.

For the meantime, I must cover the essentials which are to say how proud I am of all those who have assisted me.

thirty water station helpers, the Race Committee, the Club Board and the Office Helpers (very much the 'unseen heroes'!

under the expert guidance of our co-ordinator extraordinaire, Clare Cotton.

I believe that the weather may have actually contributed somewhat to the atmosphere by bringing out the 'battler' element present in runners and helpers alike.

I reserve the final spotlight for the Police and Adelaide City Council for the many hours spent with me giving excellent advice and guidance. To see them in action on the day revealed how incredibly organised they are.

So now I've achieved my ambition and have earned the title "Race Director". Despite the awesome responsibility involved, I got a terrific buzz out of it and look forward to my 'retirement' along with the relatively quieter environment of producing race entry forms and Footnotes.

Oh yes, I intend to start training for a 2.45 in next year's marathon!

Simon Trangmar

THANK YOU

Dear Simon,

I participated in last Sunday's Adelaide Daihatsu Half Marathon. This is the second time I have run in this event and although I did not run a personal best or enjoy the weather conditions, I would like to thank you and your team for running such a top class event. In particular, I would like you to pass on to the volunteers who marshalled the course my thanks for being there on the day.

I too have been a volunteer marshal and know what a long and thankless job it can be. The volunteers for last Sunday's run were outstanding in their cheerfulness in the face of the dreadful weather conditions. I really appreciated the encouragement and support they offered.

Thank you once again and I look forward to participating next year in better weather conditions.

Yours sincerely,

RUTH PARBS

A PLEA FOR ASSISTANCE

Hi, my name is Hugh. I am 22 years old and have an intellectual disability and am clinically blind, although I do have some sight and can manage quite well. I live in the suburb of Rostrevor. I am interested in joining the South Australian Road Runners Club. I am only a beginner but look forward to the challenge. Unfortunately, as a result of my disabilities, I require a "buddy" to assist me. If anyone is interested in helping me to achieve my goal, they can ring Graham Cooper on 365.2153 and he will provide more information.

HUGH

Hugh is already running on his own, has a good level of fitness, but for his safety he needs a companion. Any runners, spouses or family members interested???...It would be a great help to Hugh.....Ed..

COMING EVENTS

September 20 CITY - BAY FUN RUN
October 4 MYSTERY RUN
October 18 F.A.C.AIRPORT FUN RUN
November 1 GOOLWA-VICTOR HALF
MARATHON
November 22 WOMEN'S CLASSIC 10
& 5K FUN RUN
December 13 MT.LOFTY BUS RUN

CROSS TRAINING

Cross training has long been considered an important ingredient to any well rounded sports training program and with the increasing popularity of triathlons, many runners are using cycling and swimming to assist with their preparation for running. Running tends to concentrate muscle development in the lower body area and does little to tone the stomach,chest,shoulders and arms, so the ideal cross training activity is swimming. Barry Hutchison from the Unley Swimming Centre is offering special discounts for SARRC members.....so see the enclosed flyer for details.

The Unley Swimming Centre

Ethel Street, Forestville. SA.5035 Ph. 293 7216

OPEN EARLY OCTOBER -- LATE MARCH

Olympic size pool : Toddlers pool: Wading pool

ALL POOLS HEATED TO 26 DEGREES

Family oriented atmosphere with grandstand seating and shade facilities

LAP AND FITNESS SWIMMERS FULLY CATERED FOR

OPENING TIMES

WEEKDAYS: 6:00AM - 6:00PM
WEEKENDS & PUBLIC HOLS 12 NOON - 5:30 PM
EVENINGS Lap swimming only session. 6:00PM - 8:00PM MON - THURS

ADMISSION CHARGES

ADULTS \$ 2.50
CHILDREN,PENSIONERS
UNEMPLOYED & STUDENTS \$ 2.00
LAP SWIMMING SEASON PASS \$ 120.00

**DISCOUNT LAP SWIMMING SEASON PASS
AVAILABLE FOR S.A.R.R.C. MEMBERS**

BREADS & CEREALS

You probably should be eating more



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



FOOTNOTES

AUSTRALIA'S LARGEST RUNNERS CLUB

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

NEWSLETTER No. 75

PRINT POST APPROVED
No. PP565001/0025

SEPTEMBER, 1992/4

PRESIDENTS REPORT

IS THERE LIFE AFTER THE MARATHON OR 1/2 MARATHON?

YES, The Cleanaway Event on the 6th of September. As Race Director I had the fun of asking people to run without their watches and estimate their time for 10 km. Congratulations to ..

- | | |
|-------------------|-------------------------------|
| (1) David Cox | 2 seconds off estimated time |
| (1) Sonia Toehoe | 2 seconds off estimated time |
| (3) Colleen Dehey | 3 seconds off estimated time |
| (4) Kaye Green | 10 seconds off estimated time |
| (4) Merran Finnis | 10 seconds off estimated time |

Thank you to Kevin Lynch for his assistance and donating the first two prizes. Thank you to Ben, Tim and Peter Allmand, Nick Birdseye, Sue and Peter Tyson for being marshals and riding bikes etc.

DAIHATSU ADELAIDE MARATHON AND 1/2 MARATHON

Congratulations to all finishers and a personal thank you to Simon, all helpers and particularly the volunteers in the office.

I thoroughly enjoyed MCing the Carbo Party Dinner on the Friday before. It was a full house. Many people got to know each other and were fed and motivated to produce their best on the day.

MERCHANDISE

If you were a finisher in either event and you wish to order a Singlet, T Shirt or Windcheater, please notify the office immediately.

SPECIAL OFFER

With any left over merchandise we will be removing the word Finisher making it possible for anybody to purchase a Daihatsu Marathon or 1/2 Marathon article of merchandise. We have had a considerable number of requests already. If you are interested please notify the office immediately.

YOUR CLUB ON THE MOVE

The board of the Road Runners has set the club a goal of obtaining 200 new members in the next three months. The two main target areas are the City Bay and the Corporate Cup. If you can assist in either of these two areas and/or other target areas please notify the office immediately.

Part of our new drive and image is:

NEW SARRC MERCHANDISE

Singlets, T Shirts and Windcheaters with the SARRC logo on the front and back of very colourful Merchandise eg Jade, Turquoise, Gold, White,

Comflower, Black and Blue. This merchandise is available at your Suburban Running Group, Sunday mornings and in the office.

NEW BOARD MEMBER

Tonita Swann who is a relatively new member to the club will provide us with freshness, and help represent the needs of slower runners - welcome to Tonita. Angie Marshall has also indicated her interest and will be attending board meetings.

MORE SARRC EVENTS IN THE BOTANIC PARK

After some 18 months of negotiating I am pleased to announce that we are now able to have 5 events instead of the previous limit of 2 through the Botanic Park. YES this means that the Women's Run on the 22nd of November 1992 and next year's Green Belt 1/2 Marathon will be going through the Botanic Park. Although this has been a concerted effort by several people, I would particularly thank Karen Janiszewski for her persistence and enthusiasm for this endeavour.

AIRPORT RUN OCTOBER 18TH.

Sally and Denise Evans are the Race Directors and the event is offering fantastic random draw Prizes. (Trip for two to Singapore, Single Trips around Australia by Ansett and Australian PLUS more random draws)

ENCOURAGING AND PROMOTING SHORTER EVENTS

This summer there will be a twilight series consisting of runs as short as 4, 6 and 8 km to be held approximately 6pm on weeknights along the Linear Park, starting at Elder Park. This is your chance to test yourself out during summer, but most importantly invite a friend and introduce people to running.

A SPECIAL THANK YOU

I would particularly like to thank Peter Allmand for working out the training runs on Sunday morning. On the 4th of October he has an extra special mystery run which includes a bus trip at the beginning - don't miss it!! Peter has also been prepared to be the editor of this issue of Footnotes and will assist Simon in the future. Thank you Peter.

Book now for Thredbo - See YOU there.

Happiness is feeling good and making contact with others.

Robert Freak
President

South Australia



Foundation
S.A.

15/30K LINEAR PARK RACE

It was a cold and rainy morning.....

Braving the conditions and preparing the start area with a small band of helpers, were Alan erecting the Daihatsu tent and Peter erecting his scaffolding. Clare and her assistant were busy taking late entries and handing out numbers. Just after 8 am, about 250 runners were on their way, following the leader bikes, ridden by Simon for the 15k and Tim for the 30k. Fortunately the rain stayed away during the run. Some runners found the headwind on the way to Westbeach a little tiring but many appreciated the tailwind on the way back! Unfortunately, some 15k runners missed the turnaround just past the toilet block. Perhaps we could do 2 laps next year to avoid any confusion. (Your comments are welcomed) Many entrants reported that they enjoyed the run and found it suitably organised. Thanks to the two drink station organisers and their helpers, to the marshals, Geoff, Alf, Cathy and Brian, to Peter, Simon, Michael, Tricia and Warren at the finish. Once again, thanks to all those assisted a first time race director.

JOHN

RESULTS

15K	FEMALE	MALE
1st	Jeanette Venhoek 1:05:52	Tony McCool 53:29
2nd	Anne Martin 1:08:54	David Barber 54:49
3rd	Jennifer Todd 1:11:23	Michael Flynn 59:07
15K Walk		
1st	Sandra Kramer	Ashley Kramer
30KM		
1st	Leah Wright 2:09:53	Joe Petkovic 1:48:40
2nd	Robyn Roocke 2:13:53	Ian Hill 1:49:37
3rd	Alison Saunders 2:16:08	Kevin Ward 1:51:06
30K Walk		
1st	Jennifer Prider	Robert Humphries

SURBURBAN RUNNING GROUPS

Over the next few issues, we will feature a report from each of the suburban running groups so you may be encouraged to join in on a midweek run. This time we start with the :

PARKSIDE GALAHS

On Wednesday nights at 5:15 pm for a 5:30 pm start, a group of SARRC members meet at Parkside Primary School for various scenic runs. These include Brownhill Creek, Stoneyfell, North Adelaide, Hazelwood Park and Beaumont and cover distances from 8 to 18 km. This "stunning" group are not only friendly and welcoming, there are also some good runners!!

(And many not so good !!!) ED.

The other attraction of Wednesday nights is the food afterwards...healthy snacks and drinks following the run and later some runners eat out at various cheap restaurants around town.

New members, please feel free to join us, introduce yourselves, and enjoy the company. We welcome Tim Kilgariff and Debby Brown, our latest new running members and also the dedicated band of walkers who have joined our latest "start running" classes.

For more information, please ring Sally Piccinato 362 5963 (a/h) or Ray Paynter 332 3550 (a/h) or 362 9388 (b/h)

NATIONAL RUNNERS WEEK

THREDBO, NEW SOUTH WALES

JANUARY 8 - 18TH, 1993

S.A.R.R.C. is organising a bus trip to Thredbo.

For information please ring -

Dave O'Donnell 224 6229 (work)

Sally Piccinato 362 5963 (A/H)

It will be the best 10 days of your life.

Don't worry if you don't know anyone, you soon will!!

A MARATHON LAMENT

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 marshalls 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 year's marathon 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



ITEMS FROM THE OFFICE

We apologise to Ian Hill and his wife for pre-empting the birth of their first child, in the 'Mara Fun Newsletter' sent out to all Marathon and Half Marathon entrants. We hope that very soon we will be able to break the good news (again).

1993 LONDON MARATHON:

Already there are 9 names on the list for guaranteed places in the 1993 London Marathon which is to be run on April 18th. The guaranteed places come to us through the membership of our Adelaide Marathon in the international body, AIMS.

1993 LOS ANGELES MARATHON:

The office has entry forms for this event to be held in March 1993, if you are thinking of being there.

OBITUARY:

Many of you will have heard recently of the death of Graeme Searle in Zurich, where he was hospitalised following a tragic accident in St. Petersburg.

A graduate of Adelaide University, Graeme did his PhD at ANU. He was a senior lecturer in the Department of Physical & Inorganic Chemistry in Adelaide.

He was better known to SARRC members as a keen runner. We assisted him with the arrangements to participate in the 1992 London Marathon and he was one of a group of SARRC members who met together prior to the event for their own Carbo Loading Party in London.

Weeks later, Graeme met with an accident in St. Petersburg and subsequently died from the effects of the injuries he sustained. Graeme is survived by his wife Elizabeth and two sons. He will be missed by his running friends.

SPORTS MEDICINE AWARENESS COURSE

This course, originally scheduled for 8th Sept, was cancelled due to illness. It will now be held on **Tuesday 6th. October. 7 - 10pm** at the SA Sports Medicine Centre, 70 South Terrace, Adelaide. Bookings are essential and can be made on

Ph 211 8002. The cost of \$10 includes a certificate and entry in a random draw for a pair of Asics Gell 120 shoes.

THE THREE BEARS

Over the past few years I have run a few marathons and have come to some conclusions regarding the enjoyment of participating in the event.

ONE TOO BIG!

Melbourne's new marathon course is a flat out-and-back-type course with some interesting park and seaside scenery and is particularly good for a P.B. However, due to the large numbers competing (over 3,500 this year) there is no personal touch and everything except the giving of the finishers medals is on a self-serve basis. It's a good run, and extremely well organised, with "wall to wall" runners.

ONE TOO SMALL!

The Pichi-Richi marathon (Pt Augusta to Quorn) is a well-organised laid-back-style with no need for military operations as there are only 30-40 runners. The course is uphill one way surrounded by some of South Australia's best scenery, but definitely not recommended for a P.B. An enjoyable run, but due to the low number of entrants it can be a long, lonely run with only the comfort of a passing ambulance driver checking up on you like a vulture waiting for its prey. If you like isolation, this is the run for you.

ONE JUST RIGHT!

The Adelaide Daihatsu marathon I consider to be an extremely well-organised event with a friendly character in a class of its own. Maybe I am biased, but I would like to try and give you some idea of the special atmosphere this creates year after year. I will write as a runner in the 1992 Daihatsu marathon. Names have been deliberately omitted to try to make this article interesting for everybody.

At 6.55a.m. being 5 minutes before the start, I took off my track suit and threw it towards the baggage trailer. It was caught by the attendant who brightly wished me a good run. This was the start of the cheerful friendliness that was shown by all marshalls, drinks station attendants and helpers along the 42k route.

After the first three or four kilometres the runners stretched out so I was able to see the lead runners and many others on their return before the turnaround in Glen Osmond Road. The point for turning was manned (or personned?) by a lady with a placard but no markers, so you could grab her to assist in the 360 turn! Good fun for some! The water was across Greenhill Road so a friendly policeman pointed out the best place to cross, then a quick stop at the first of many friendly drink stations.

At the Anzac Highway turning point for the half-marathon runners, there was an attractive lady with a loud hailer cheerfully advising if one should turn or keep on going down the highway.

A lady at the last drink station in Anzac Highway was so enthusiastic, I thought she was offering me a brandy. The two people at the 14k Anzac Highway turnaround wished me well as three runners from the Mildura area caught up to me. We chatted, or should I say, they listened, for the next 8k. We returned back passed the lady with the loud-hailer who called out to me some words of encouragement - a nice personal touch. At the half-way mark a gentleman calls out each individual's time, the same person who called out the times at the 5k marker. Also at the half-way point was a dapper gentleman wearing a cap and holding a folded umbrella and he called out something unintelligible - I hope it was polite!

A marshall with a strong accent politely turns the runner into Currie Street. Many of the marshalls gave words of encouragement or clapped my performance even though I was timing my run on a 2 year calendar!

Through the North Adelaide hills it rained so hard, even the fish stayed indoors, but not our marathon marshalls who stood firm and waved me on! I say 'me' as it all seemed so personal. Near Calvary Hospital, I watched the change-over of, I think, Batwoman to Batman. It is hard to tell their gender when they are dressed in their Batperson's outfits. These people must be congratulated for their fund-raising for muscular dystrophy and also adding character to the event.

At the bottom of Montefiore hill there was a lady waving with one arm while holding a plastic-covered ghetto blaster which was playing Chariots of Fire. This inspired my running chemicals again after the hilly stretch.

A friendly "stick to the centre of the track - it's slippery - Good luck!" as I go down under King William Street bridge spurred me on and I noted one gentleman standing by to pick up fallen female runners. He said he'd rescued two already - what gallantry!

Next onto the marathon/half marathon turn-off point where a smiling face which I had seen at least twice before along the track appeared from behind a loud-hailer. We passed more cheerful marshalls and exchanged a comrade hand-slap with a near 80 year old marshall who had run 2 marathons earlier in the year. Onto the roundabout where a lady held the lucky dip jelly-bean bucket. I did not know that jelly beans contained so much energy.

Knowing that the 34-40k is mentally hard there were ex or resting marathon runners to give encouragement; one female was so cold she looked like a frozen, smiling, pencil while another gentleman ran a short distance with me to try and push my speed above a shuffle!

The breakfast-eating fence sitters at South Terrace got off their perches to inform me that due to my late arrival there were only cold croissants left. I think I forgot to thank them for their "kind offer".

A jelly-bean while entering Vitoria Park, good advice and more encouragement at the 40k marker and from then on I was guided by helpful, understanding police and marshalls to Victoria Drive where the cry went up "you're nearly there". I knew one of the voices from the Glen Osmond Road turnaround point. Under King William Road bridge and past the finishing line to a personal "by name" announcement on the P.A. system.

The only thing that did not smile all day was the sun!

Thanks to the organisers, marshalls, spectators and other entrants for making it such an enjoyable event.

Adelaide, you have got it just right!!

.....

SRI CHINMOY 11TH ANNUAL 24 HOUR RUN

This event will be run at the Adelaide Harriers Athletic Track (Sth. Parklands) on 24-25th October. Care to run or walk for a day ??? or maybe come down and cheer the entrants on or even help with lap scoring for your favourite ultra hero. A few fellow Road Runners will be embarking on this ultra event which starts 8:00am Saturday and finishes 8:00am Sunday.

P.S. Bring your sleeping bag and thermos..Ha.Ha!!

For info on either event call 239 0690 or 267 1675

NOTICE

Recently a "Training Manual", originally put together by SARRC instructors, was distributed by Robert Charles without the permission of the SARRC board, without acknowledging the source of the information and purporting to have the support of the club This copy of the manual has now been withdrawn and the SARRC board has undertaken to publish it in the correct form



FOOTNOTES

Print Post Approved #: PP565001/0025

ISSUE HIGHLIGHTS



Editor's Report

1

From The Office, Board &
Sundry Items

2

Airport Run - Report & Race
Director Profile

3

Behind The Scenes Of The
Daihatsu Adelaide Marathon

4 & 5

Annual General Meeting

6

Piccadilly Natural Springs
Sponsor Profile

7

Qantas Muscle Team

7

Women's 5 & 10 k Classic

8

EDITOR'S REPORT

I have taken a sabbatical from the hectic schedule of race directing and helping at events to assume responsibility for producing Footnotes and race entry forms. Despite having declared that, after the marathon, my organising days were over, there are others in the club (and at home....!) who claim to know me better and are taking bets on a none too distant come back! Your answers on a postcard please.....

It is an honour to be entrusted with this publication and I am looking forward to adapting the format as I become more conversant with the software. If anybody has articles, ideas, advice and suggestions on any aspect (especially the typesetting/layout), I would be most pleased to hear from you.

Forthcoming items for your diaries include: our next series of events, the 'Twilight Runs', which are Torrens based evening runs of 4, 6 and 8km commencing in January. These are designed to get you in shape for the Piccadilly Natural Springs Glenelg 10k on 21st February 1993. Watch out for Peter Allmand's notice inside, detailing a special Sunday run from Mount Lofty on 13th December 1992. Finally, the club's AGM will be held at COPE, Hutt Street on Monday 8th February 1993 at 6.00pm for a 6.30pm start.

May I take this opportunity to thank the numerous people connected with this club for their assistance in my areas of involvement over the past year. I wish all readers a peaceful Christmas and injury free New Year.

Simon Trangmar



ITEMS FROM THE OFFICE:

Christmas Closure

The office will be closed between 18th December 1992 and 15th January 1993. Urgent matters can be raised with any board member or the Footnotes Editor.

Membership Renewals - Free Singlets

Many subscriptions are due and those who renew full memberships (ie \$40) within a month of expiry date (as indicated on Footnotes envelopes) will be entitled to a **FREE** club running singlet.

New Members

A warm welcome is extended to the following new members:

- Trevor and Helen Ball and their daughter Bronwyn who at only 5 Months, is our youngest member yet...!

Marathon Merchandise

Just a reminder that we there is still a selection of the limited edition marathon merchandise - including key rings, T shirts and wind cheaters - available in the office. Forget Nike, Adidas et al - this is the ideal Christmas gift.

Lost Property

We are still holding one adult sized, dark blue wind cheater bearing the logo "Mildura Road-runners" and two pairs of cotton-knit gloves. All items were left behind at the marathon.

Congratulations Ian and Karen Hill

Upon the arrival of a son, Christopher James, on 16th September at the respectable hour of

11.00am. Having seen the scales reach 3.900kg and verifying Christopher's future marathon potential, Ian celebrated by running in the Corporate Cup soon afterwards!

ITEMS FROM THE BOARD:

Policy On Children

Following an enquiry from Kate Buckley, the Board confirms its policy that parents who bring children (under 14 yrs) to club events and/or meetings, are to take full responsibility for their safety and well being.

Promotions Officer

In order to achieve a high degree of consistency in material to promote the club and its events, the Board is looking for someone to take on this challenging but rewarding role. Those interested should contact any board member.

SUNDRY ITEMS:

National Runners Week Thredbo NSW 8-18th January 1993

Several club members will be travelling to this highlight of the running calendar. If you are interested in a great week in the mountains, please contact Sally Piccinato at Sunday runs or at home on 362 5963.

Marathon Marshall Vests

We are trying to locate five marshall vests loaned to us for the marathon by the Distance Running Club. They are the same as the SARRC ones except they are marked 'D.R.C.'. Please contact Simon Trangmar at home on 296 6001.

Old Running Shoes

Dear Robert (Freak)

On behalf of the Ernabella Aboriginal School and community, I would like to take this opportunity to thank you and the Road Runners Club for their kindness and generosity in donating shoes to us.

These were put to good use in sporting events, for warmth and casual wear.

Thank you again for your thoughtfulness and support.

Kind regards

Christine Ganzis.

Spastic Centres

Dear Sally (Piccinato)

On behalf of the Spastic Centres of South Australia, I would like to sincerely thank all the members of the South Australian Road Runners Club for support in arranging and participating in the Fun Run on 18th October 1992 at the Adelaide Airport.

Thank you once again for your support and we look forward to your continued association with us.

Yours sincerely

Rose Lawrence
Fund-raising Co-Ordinator

Marathon - An Apology

Unfortunately, the incorrect person was announced as the winner of the 1st SARRC member, first marathon. We apologise to Andrew Burns and confirm that he (and not Kevin Ward) won the award, completing the course in a time of 2:54:13.

Masters Games

Alice Springs

Three wearers of club singlets were spotted at the recent Masters Games! Who are you and let's hear from you! -Ed.

AIRPORT RUN:

On a fresh morning at the relatively respectable starting time of 9.00am, a field of 702 runners took part in the Federal Airports Corporation (FAC) 5 and 10k runs.

“The results for the 10k event DID include a deduction of 72 seconds to compensate.”

Several comments have been received and I advise that the starting procedure was conducted by the FAC, who recognised the shortcomings and will correct these next year. (The results for the 10k event DID include a deduction of 72 seconds to compensate.) Other slight time deviations will have occurred due to some finishers not following instructions to proceed into the chutes and/or not maintaining their relative positions once in the chutes.

The reason for assembly in the car park was a request by the SARRC finish co-ordinator (me! -Ed) to prevent starters trampling the cones of the finish system.

However, I now accept that it too caused inconvenience and this will be addressed next year.

Sally Piccinato

Race Director

Whilst awaiting the first runner home, I took the opportunity to have a few words with Sally about being a race director. "I guess it's the usual syndrome of you initially do it because someone has to", she said - "but once you see the runners setting off, you look on with a sense of pride and achievement".

When asked where she found the time to manage this and her other many responsibilities, she laughed and suggested that race directing seems to teach busy people the art of time management to an even higher degree!

When pushed, she had to admit to feeling momentarily dejected by the occasional rejection when asking for only modest assistance. "It's amazing how many shift workers (sic) nonetheless manage to attend and compete in the events after all... ! But I just bounce back and try somebody else".

"I also enjoy the social aspect, as you come into contact with many other club members and build up the friendships based on shared reliance and responsibility".

“Race Directing seems to teach busy people time management skills to an even higher degree.”

She concluded that her tasks often involve the role of club ambassador when liaising with people from external organisations such as the police, roads department, local councils and, in this instance, the airport authorities. "I must be a mug, but it's great fun and gives me a real buzz". (Copies of Sally's book are available in the foyer. Ed)

FORTHCOMING EVENTS:

Mount Lofty Run: (SARRC Event)

13/12/92 SARRC Office
☎ 213 0615
Refer advert on page 7

28/12/92 Two Jetties Fun Run
Des Paul
☎ ah: 298 5005

Twilight Runs: (SARRC Event)

26/1/93 4km: Entry Forms enclosed or can
9/2/93 6km: be collected from SARRC
16/2/93 8km: office or Sunday runs.

Glenelg 10k: (SARRC Event)

21/2/93 SARRC Office
☎ 213 0615
(Entry form in the next Footnotes)

When it rains, it pours, so the saying goes and the 1992 Daihatsu Adelaide Marathon bore this ample testimony. It says much for the club that the race was staged successfully despite such appalling weather conditions.

As a marathon runner myself, I thought the following anecdotes might reassure you next time you're at the 30km point, feeling lonely and despondent. There is a wealth of on-course support and back-up, not to mention a phenomenal amount of preparation by volunteers to stage a memorable and safe race, especially for you, the runner!



Having taken the Friday off to collect a huge truck complete with tables, chairs, tents galore, cups, sponges, sponsor banners, Piccadilly Natural Spring water - you name it - David O'Donnell arrived in Elder Park on a dreary Saturday morning. He and Ray Paynter led a team of volunteers to set up the finish area as the wind worsened and the rain beat down mercilessly.

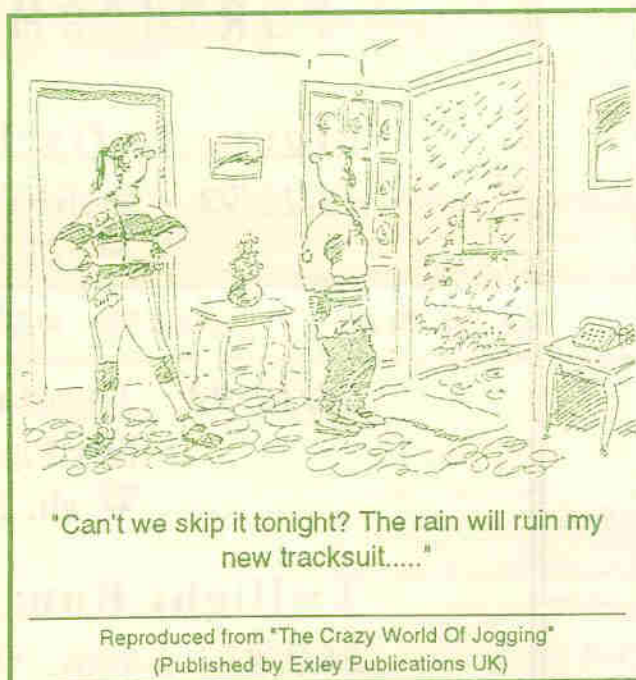
I never realised how infinitely variable the surface of Elder Park was. No sooner had a tent been secured on what we thought was away from the water-logged sections, than a puddle appeared in a corner and the tent had to be repositioned.

Meanwhile, Peter Tyson and Bronte Turner erected the scaffolding (generously provided by Peter's company, Scaffold Hirers) which was to support the finishing system, photographers,

banner and clock, loaned by the Distance Runners Club. The assembly looked rather bare as the numerous banners which had been arranged could not be attached as this would certainly have blown over the entire structure.

The park took on the appearance of a finish area by mid afternoon and I sheltered in my car, steaming its windows, waiting for the overnight security guard to arrive. He was equally upset about the weather, but for entirely selfish reasons. "This'll keep the hoons away", he mused, "and I haven't had the chance to hit anyone for ages...."

At this precise moment, the Daihatsu tent blew down as if it were made of paper and fastened by cotton. The main marquee was looking doubtful, but we had been reassured by Rennicks, who set it up, that it would be secure. To be safe, we took down the sides to allow the wind to blow through.



I think I spent most of the night looking at the sky and imagining I could see stars through the clouds. Nine months of preparation was in jeopardy.

At 5.00am, I had a 'phone call. It was Bronte and Chris Acton setting up the start area. There was no particular message, they just wanted to ensure that I was suffering too - such delightful people....!

At 5.30am, Ian Richardson had left home to set up the kilometre markers (fifty four in all) around the course and David O'Donnell was dropping off equipment for the water and sponge stations.

I arrived at the start area at 6.00am to be greeted by the news that the main tent was in danger due

to the soft ground not holding the guy pegs, it was too dangerous to attempt to set up the start banner and that South Terrace was entirely water logged. (More importantly, I had wet feet.)

The Athletics SA back-up team, led by Laurie Hanafin, lowered one side of the main tent and, despite the severely bent main struts, it became a most effective wind break.

The radios, on loan from the Metropolitan Fire Service and co-ordinated by Terry Davies, were circulated to key people as back up to a mobile 'phone network.

Before I knew it, the runners converged on the start line, seemingly from out of thin air and at 7.00am were off.

Brian Goodhind, armed with a mobile 'phone, radio and spare direction signs, was driving twenty minutes ahead ahead of the front runners. Spare marshalls from ASA were on stand by in case Brian reported back. The one thing I will really cherish about this event, was that despite the storms, he only needed to make one radio call for a spare marshal. 52 out of 53 marshals were in position and on time!

At about 8.00am, it became obvious that the Torrens was about to burst its banks and cover the electrical cabling for the results system, not to mention the finish line itself. The importance of a communications network soon became apparent. Using the radio network to contact Brian Goodhind, who in turn contacted a Policeman, who

radioed his base, who telephoned the Parks Department, who radioed a Weir attendant, the gates were opened completely and with only precious minutes to go. King Canute, eat your heart out, I thought.

If anybody noticed their name and other details being broadcast across the river as they passed under the King William Street bridge, this was no coincidence. Using a list which Clare Cotton had specially compiled, compere Chris Acton was in radio contact with Bronwyn Cameron (the marshal at the bottom of Montefiore Hill), who was relaying the numbers of runners going past her. A similar arrangement was in place with Jenny Humphries (the marshal just past Jolley's Boathouse).

I had catered for about twenty entrants to drop out and require transport back to the finish area. Both the St John and ACRM (Australian Citizens

Radio Monitors) were in attendance and had their own radio command centres in Elder Park, whereby it could be announced to any waiting and/or anxious friends/relatives that their champion would live to fight another day, but could be a little delayed! In the event, there were only two such cases. There was one medical emergency, but thankfully, the St John and the Medical Director, Dr Terry Farquharson and his volunteer team were given prior radio warning and coped magnificently.

Simon Trangmar RACE DIRECTOR

STATISTICS

700 entrants (in total)
570 finishers (in total)

70 police officers
53 marshalls
30 drink station attendants
30 Flinders AC results system
20 masseurs, podiatrists
20 St Johns & Doctors
10 ACRM
10 Elder Park support team
10 race committee
10 ASA back up marshalls

263 Volunteers

ie: 1 volunteer for every 2 finishers!



ANNUAL GENERAL MEETING



Monday 8th February 1993



COPE - Hutt Street Adelaide

6.00pm for a 6.30pm start

Notice is hereby given that the Annual General Meeting of the South Australian Road Runners Club will be held as above.

Among the business on the agenda will be the election of board members. The club's constitution provides that the Board shall consist of: the President, a Vice President, Secretary, Treasurer and not more than eight (8) financial members

The Board currently comprises

NAME:	POSITION:	CODE:*
Robert Freak	President	C
Dave Birkett	Vice President	R
Brian Goodhind	Secretary	C
Nick Birdseye	Treasurer	R
Heidi Litkowitch	Board member	R
Ray Paynter	Board member	R

NAME:	POSITION:	CODE:*
Sally Piccinato	Board member	C
Tonita Swann	Board member	C
Simon Trangmar	Board member	R
Peter Tyson	Board member	R
John Twartz	Board member	C
Vacant Position	Board member	R

* C : Continuing in these positions for next year

R: Retiring under constitution and eligible for re-election. Nominations invited.

Nominations forms should be signed by both the proposer and the seconder. The nominations must then be accepted by the nominee and lodged with the Secretary at 1 Sturt Street, ADELAIDE SA 5000 on or before noon Friday 15th January 1993. Further copies of the form below may be photocopied and are also available in the club office.

Names of those so nominated will be published in the 'Public Notices' column of "The Advertiser" on Saturday 23rd January 1993.

Brian Goodhind
Secretary



NOMINATION FOR BOARD MEMBERSHIP

To: The Secretary - SA Road Runners Club

I, _____ of _____
(Proposer - must be financial member) (Address)

hereby nominate _____ of _____
(Name of Nominee) (Address)

to become a member of the SA Road Runners Club Board, filling the following position: (tick)

Vice President <input type="checkbox"/>	Treasurer <input type="checkbox"/>	Board Member <input type="checkbox"/>
---	------------------------------------	---------------------------------------

(Signature of proposer)

(Seconded by - must be financial member)

I agree to accept nomination

(Signature of nominee)

Dated:

PICCADILLY NATURAL SPRINGS:

'93 Glenelg 10k Sponsor

We are very fortunate, continuing to enjoy a major sponsorship from Piccadilly Natural Springs. They have supported the club for the past ten years with logistical advice for events and by donating, completely FREE, our entire water supply.

But what else is known about this generous firm, run by its owners, Rob, Jim and Paul Hurst? Established in 1979, it was the first such company to home deliver spring water in Australia and has achieved a customer base of 30,000 with over 20 distributors, making it the largest in the State.

The spring, situated on an elevated property in the Mount Lofty Ranges, was opened in 1953 after an earthquake and water is collected from 90 feet below ground level to avoid any surface contamination.

In order to overcome the inadequacies of street filling from truck mounted storage tanks, the company now operates its own bottling plant. It is therefore able to guarantee a fresh, hygienically

sterilised and sealed bottle complying, every delivery, with the exacting requirements of the International Bottled Water Association.

As club members, if you do buy mineral water, please return the gesture!

**Piccadilly is based at
95 Gilbert Street**

☎ 231 4388.

In addition to the convenient 11 litre sized bottles, Piccadilly Natural Springs has recently launched 500ml and 1.5 litre containers along with a range of hot and cold dispensers. They can also offer a comprehensive package for organisations.

COMPETITION:

How many 11 litre bottles of spring water would you believe the club will have used during the year ending this December?

The two people with the nearest guesses will receive a Piccadilly water well and two 11 litre bottles of water. Entries in writing to the Editor. Closing date is 18th January 1993.

MOUNT LOFTY BUS RUN

Sunday 13th December 1992

A casual walk or run back to Bundeys Road, featuring great scenery, bush tracks and with a choice of starting points:

Mount Lofty Summit	21.2km
Eagle On The Hill	14km
Beaumont Common	8.8km

Bus leaves Bundeys Road at 8.00am sharp and returns your gear bags. Entry by prepaid bus ticket (\$4.00) available from either Peter Allmand (on Sunday mornings) or SARRC office.

DON'T DELAY - ENTRY LIMITED TO 100

QANTAS MUSCLE TEAM:

Wow! What a fantastic effort once again this year by the Qantas Muscle Team. Over 100 participants braved the elements to complete the Daihatsu Adelaide Marathon and raised an amazing \$10,000 in sponsorship for the fight against Muscular Dystrophy.

Qantas, once again, sponsored this year's team, by providing the prize of a free flight and entry to the London Marathon for the winner of the Muscle Team raffle. SARRC member, Robert Humphries will be travelling to the UK next April, to be hosted by the Muscular Dystrophy group in England. Robert, known to your club as a walker, assures me that he now feels compelled to run the event!

The prize in the half marathon draw was won by Tracey Templeman who received vouchers for a luxury weekend for two at the Terrace Adelaide.

The Relay Team Perpetual Trophy, for the fastest team, was awarded to The Renaissance Warriors, who took 2:57:21 to complete the course.

I am delighted to announce that Qantas' Des Novak has confirmed the continuation of the scheme for the 1993 marathon - which will make six in a row.

On behalf of the association, I wish to express my thanks to both Qantas and the SA Road Runners for making such positive contributions to our work.

**Andy Esworthy
Muscular Dystrophy SA.**

WOMEN'S 5 & 10K CLASSIC:

As I breathe a sigh of relief that the event is over for yet another year, I must acknowledge that the day would not have been successful without the exceptional effort put into the organising by the committee consisting of: Jill Crump, Jenny Dabinett, Leonie Fischer, Marg Grice, Heather Paynter, Heather Rose, Marcia Sheer and Tonita Swann.

I'm sure all the participants would join the committee in thanking those who helped by erecting and dismantling the start/finish area, marshaling, attending water stations, compiling finish times and offering a hand in the smooth running of the event in what, sometimes, were trying circumstances.

The event also enjoys success thanks to the following organisations who donated time, goods and services:

Adelaide Aquatic Centre, Adelaide City Council, Adelaide Travelodge, Arnott Mottram Menz, Asics Sporting Goods, Better Bodies Aerobics Team and Body Biz Aerobic Centre, BP Australia, CCA Snack Foods, Charlesworth Nuts, Cleanaway, Country Fire Service, Daihatsu Australia, Dynamix Bodywear, Faulding Pharmaceuticals, Fire and Slate Place, Fruitolay, Glenelg Cinema Centre, Highbury Hotel, Highlander Hotel, Homestead Award Winning Homes, Hungry Jacks, Joggers World, Lasscocks Garden Centre, McDonalds Family Restaurants, Peter and Robert's Hair Salons, Physical Care Group, Piccadilly Cinemas, Piccadilly Natural Springs, Ridler Laboratories, SA Police Department, Scaffold Hirers, St John Ambulance, Time Warner Australia, Trak Cinemas and Wallis Theatres.

From reports around the course, the lead was tightly contested by several women, but at the finishing line, the results were:

10K:

- 1: Bev Lucas
- 2: Trudi Fenton
- 3: Sonia Ronson

5K

- Marcia Sheer
- Jenny Flynn
- Margaret MacIntosh

As space is at a premium in 'Footnotes', I will conclude by thanking all those who have helped, sponsored and participated in this year's event.

Karen Janiszewski
Race Co-Ordinator

WOMEN & HORMONES SURVEY:

The Interaction Between Sport & Female Athletes

The Department of Recreation and Sport, Women's Unit, invites you to participate in a statewide survey involving women athletes of all ages and abilities. The response to date indicates an urgent need for more information about the effects of hormone changes on sporting performance.

To share your views and find out more, contact Wendy Ey, Women's Advisor, Dept. Recreation & Sport. Tel 08-226 7322.

NEXT EDITION

Planned Features:

- President's Annual Report
- 1992 London Marathon Members' Results
- Foundation SA Article
- Profiles: Suburban Group Office Volunteers

Submission Date

All material for the February 1993 edition should be forwarded to me, preferably earlier but no later than Friday 15th January 1993.

Simon Trangmar - Editor
SA Road Runners Club
PO Box 6051
Halifax Street
ADELAIDE SA 5000

a/h : 296 6001
bus: 372 5700

'Footnotes' is edited and typeset by Simon Trangmar using Word For Windows v 2.0, Windows v 3.1 True Type Fonts and Windows Draw. I also acknowledge and recommend the excellent ideas contained within Katherine Shelly Pfeiffer's 'Word For Windows Design Companion' (published by Ventana Press).

I am extremely grateful to Dynamic Computer Solutions, 38 Greenhill Road (272 7755) for their guidance, patience and assistance.

SUN SMART



ANTI-CANCER FOUNDATION

Foundation S.A.

SLIP! SLOP! SLAP!

WIN A TRIP FOR TWO TO LONDON MARATHON

A
U
S
T
R
A
L
I
A
N

RUNNER

VOL 12 NO 4
NOVEMBER/DECEMBER 1992
\$4.00

PACE YOURSELF TO A PB

for distances
from 1500m
to the
marathon

FLUID
REPLACEMENT
FOR SUMMER
RUNNING

AMINO ACIDS
GIVE YOU
THE EDGE

RACE REPORTS:
City to Surf
Burnie 10
Adelaide Marathon

Pull-out national
calendar of events



Jo Bailey

bringing you reports and results Australia-wide

Storm brewing in Adelaide

In years to come we will look back and say, "do you remember the 1992 Adelaide Marathon?" Will we ever forget it! Weather conditions are so bad that on the day prior to the event runners are phoning to find out if the event has been cancelled.

Cancel the marathon!

Knowing the months of preparation put in by runners and the magnitude of the job done by the race director and his committee, I cannot countenance the idea of cancellation. Even the best organisation is subject to the whim of the weather.

The event will go ahead.

At 4:00am on race day I am awakened by rain pelting on the window. Outside, although dark, I can see the wind tearing at the trees. Runners too are awakened and mentally steel themselves for the morning's work ahead of them. At daylight parts of the course are under several centimetres of water.

Still no thought of cancellation.

At 6:58am serious runners shed their garbages. It is still only 11.4 degrees but the rain has stopped (28.4mm has fallen in the previous 12 hours). 7:00am - they are on the way - 42 gruelling kilometres lie ahead, with parts of the course under water, unpredictable wind squalls, the long heartbreaking stretch, out and back, of Anzac Highway to be conquered, the small hill on the approach to North Adelaide looming like some

great mountain and the pain to be dealt with on Brabham Straight, part of the Grand Prix course, where many will hit the wall.

My role as official AIMS course observer affords me a privileged position in the lead police car. More police are deployed to this event than any other single event in SA - and that includes any one day of the Australian Formula One Grand Prix! Without their support and that of the Adelaide City Council our course and our event would be in jeopardy.

Early in the race Dragan Isailovic, a Yugoslav now resident in Victoria, and Jeff Sharam, also from Victoria, take a comfortable lead, accompanied by the two front runners in the half marathon who peel off at their turning point leaving the two 300 metres ahead of the next knot of runners among whom I see the eventual placegetters in the state title jockeying for their positions.

After we turn at the end of the Anzac Highway stretch, the return journey allows me a view of the runners still flowing *en masse* down the highway, spreading out as the distance increases. Bev Lucas, top woman SA distance runner, has established an early lead and never looks like being challenged for her first place.

We cross the Torrens, a week ago a dry water course, now threatening to burst its banks. We are quite close to the finish area. Half marathon



Battling the elements in Adelaide.

finishers are crossing the line, but we are only 20km into the marathon.

I am listening on the police airwaves when urgent messages finally get through to the Adelaide City Council to open the weir gates on the Torrens before the track at the race finish is totally submerged. Thank you ACC. We need you too.

Isailovic pulls away strongly at about 25km on the rise into North Adelaide and increases his lead over Sharam as he eats up the kilometres out on Dequetteville Terrace. Again we turn and face the string of runners coming toward us. Now at 34km the distance is telling on them.

Isailovic wins comfortably in 2:29:29 with none of the signs of heat distress seen as the Olympic marathoners finished in Barcelona only a few brief weeks ago. Sharam is three minutes behind him. In third place finishing in 2:35:05 is SA runner, Joe Petkovic, Mr Consistent, who takes out his ninth state title in 10 years.

John Bannon (now ex-state premier) is still out on

the course, meditating on his future, hitting the State Bank wall . . . hard. His race is nearly over. He comes over the line in 3:09:26. Well done, John, for a race well run.

It's a good feeling to be at the finish. Runners are glad to get out of the rain, grateful for the medical team. Space blankets provide warmth and protection, masseurs rub down the tired muscles, podiatrists attend the feet - under the shelter of the remains of a marquee which blew down in the overnight storm!

There's even a complimentary banana and bush biscuit in the goodie bag. Instant energy replenishment is high on the list of immediate needs.

A total of 317 runners and walkers finish the marathon course (228 the half). Whether they finished their first marathon, achieved a pb or simply completed on the day under such conditions, they will surely look back on the 1992 Daihatsu Adelaide Marathon as one to be remembered.

Clare Cotton