



# FITNOTES

AUSTRALIA'S LARGEST RUNNERS CLUB

SARRC Office,  
Cnr. King William,  
1 Sturt Street  
Adelaide, 5001  
Ph: 213 0615

NEWSLETTER No. 79

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MAY, 1993/2

## PRESIDENTS REPORT

Congratulations to Rod Martin on his achievements with the Greenbelt half Marathon and 10km event, his first effort at race directing. I also take this opportunity to thank him, Tony Ashwell and Jenny Dabinett for another excellent run and social event on Good Friday morning at Athelstone.

I enjoyed another pleasant run and social event with O'Halloran Hill on Easter Sunday. Thank you to Eric and May Fazackirley and Horst and Leonie Fischer.

## Runners Forum

There will be a runners forum at COPE on Monday the 12th of July at 5.30 p.m. for 6.00p.m. start. Drinks and nibbles will be available.

Four presenters have been arranged and the forum will have some new content for all runners. We intend to extend an invitation to other running clubs to join in with us on this occasion. More information in the next newsletter.

## Daihatsu Adelaide Marathon and Half Marathon

Daihatsu is sponsoring this event for the 3rd year and as a condition of its sponsorship this year there will be prize money for the first four male and female finishers in the Marathon and Half Marathon. The pasta dinner will be held this year at the Travel Lodge on Friday the 27th of August.

## Would you like to go for a long or short walk on a Saturday?

Tony Ashwell is currently preparing a walk from Wellington Square North Adelaide. It will include walking to Colonel Light's statue which gives a view over our city to Mount Lofty. Tony takes you on a 4 hour walk through a most interesting route to Mount Lofty. There will be opportunities for people to walk shorter distances and return. Tony estimates that the complete venture will take approximately 8 hours.

## Vacancy on the Board.

With the resignation of Tonita Swann due to study commitments there is a vacancy on the board. We advise you that as a member you can register your interest in writing stating previous experience and goals that you would like to achieve and submit it to the office as soon as possible.

## Gossip Section

Is there something about becoming a board member and then shifting home? Well, it's happened to Nick Birdseye, Sally Piccinato and Peter Tyson. Anyone good at moving furniture after a Sunday run?!

It looks as if Colin Maddocks is going to return to Adelaide from his two years in Indonesia. Colin has

maintained his membership during this time and who knows could be a good contender for the vacancy on the board.

## General information from the Board

In the future the training and education committee will supply start running class pupils with a folder which will replace the previous booklet. This has the advantage of being able to have relevant information that can be constantly updated. Information about lifestyle, diet etc will be added.

The minutes of board meetings, once approved by the following board meeting will be available on a notice board at the office and Sunday morning runs.

A promotional brochure giving information about our club is currently being designed by board members and hopefully will be available in the forthcoming months.

The board is considering a Womens 5/10km classic in 1994 to coincide with International Womens Day. Your response to this would be welcomed.

A questionnaire to gain feedback from members is being designed to be sent to club members with their renewal notice.

A thank you to Gary Nicholls (senior course measurer) will be given in the form of an inscribed tankard and a club T Shirt. Many of you may not realise that Gary works with each race director to measure all of our courses, usually at ungodly hours of the morning, sometimes it is very cold and wet.

The continued practice of board members being available once a month to have free tea and coffee with members after Sunday runs is continuing to prove successful. We have had many positive comments made about the club and I am pleased to report that some 75% of board members have attended the March and April sessions.

## Support Venezia and make money for SARRC

For \$20 you can purchase a card which will effectively give you 36 opportunities to have discounted meals. For each card purchased our club receives \$5. Please enquire at the Road Runners Office or Venezia 121 Pirie Street Adelaide, phone 232 3423 or ask Jackie Whitting.

By the time you read this report I will be either in Hong Kong, Greece or Italy. I will be making some contacts with other running clubs. Enjoy your walking and running.

**Robert Freak  
President.**

## THE 21ST. CITY to BAY FUN RUN

**CALLING ALL WALKERS** This annual event is on again on Sunday 19th September and Josie Borg, the well known and popular member of our walking group, would like to enter a SARRC walking team in the City -Bay and is looking for interested walkers. A team consists of 21 people so everyone is invited to join in the fun...Josie is also planning some fun training walks on a Sunday so please register your interest with her on 266 1580 or leave a note with Stella at the office.

Incidentally, Josie has just become a hero of the walking set by winning the trophy for 1st Female walker in the Greenbelt Half Marathon in a time of 2:27. She would like to say thanks to all the helpers and particularly to those brave souls who set up the drink station by the Aquatic Centre at 6:30 am!!

## SUBURBAN RUNNING GROUPS

Do you some extra motivation to do that extra bit of training during the week? Maybe one of our local running groups is the answer.

**ATHELSTON GROUP** meets every Wednesday, 5:55pm at the Athelston Primary School, Brookside Rd. Athelston. Phone Jenny Dabinett on 344 7637 for details.

**PARKSIDE GROUP** have had a change of venue, so now meet each Wednesday, 5:30 pm at Linden Park Primary School, Hay Rd. Linden Park. Phone Sally on 362 5963.

**O'HALLORAN HILL GROUP** meets at the Hills Community Centre, Candy Rd. O'Halloran Hill, on Thursday 6:00pm. Contact Leonie Fischer 381 6010 or Eric Fazackerley on 381 3558.

## MILDURA ANYONE?

Euan Downing is intending to enter the Tip Top 1/2 Marathon in MILDURA at the end of July. This sounds like a perfect wind down in preparation to Adelaide Marathon, so if you are interested, contact Euan on 342 7279 BH.

## COMING EVENTS

Please note that our "Calendar of Events and Fun Runs" and our "Sunday Runs Program" are both available at the office or on Sundays.

### **EVENTS:**

#### **May**

2nd GREENBELT 1/2 MARATHON & 10k  
9th Meeting for Heysen Trail run  
16th HEYSEN TRAIL 1  
30th Barossa 1/2 Marathon & 5k

#### **June**

6th Melbourne Marathon  
Terry Fox Run 5 & 10k  
20th Mars Olympic Fun Run  
26th National 1/2 Marathon  
27th PICCADILLY SPRINGS 10/25K  
RELAY CHALLENGE

#### **July**

4th Pichi Richi Marathon & 1/2 Marathon  
11th HEYSEN TRAIL 2 (Note change of  
date)  
18th LINEAR PARK RUN 15/30K  
25th Tip Top 1/2 Marathon MILDURA

#### **August**

1 Jade Marathon  
29 DAIHATSU ADELAIDE MARATHON & 1/2 MARATHON

#### **September**

5th CLEANAWAY TIME TRIAL 10K  
12th HEYSEN TRIAL 3  
19th 21st City Bay 12k

PLEASE NOTE: The office has full details of all the above events, should you wish to enter.

## VOLUNTEERS

I would be most appreciative if anyone has any spare time that they can spend in the office on a call-out basis. There are times, when the office can get extremely busy, especially pre-race time, when an extra pair of hands, or telephone voice, would be fantastic. If you can spare any time at all, not necessarily on a regular basis, please give me a ring, so that I may contact you in cases of emergency.

Stella Ph 213 0615

## SUNDAY TRAINING RUNS

#### **May**

2nd GREENBELT 1/2 MARATHON & 10K  
9th Top of the Town 22 Round Town  
10k  
16th Paradise 24 North  
Parklands

also Heysen Trail 1  
23rd Henley Beach Rd 25 Port Road 10k  
30th Waterfall Gully 26 Victoria Park

#### **June**

6th Darley Rd/Port Rd 30 Marden 10k  
13th Panorama 26 Alexandra Ave  
20th Morialta 28 Dudley Park  
10k

27th PICCADILLY SPRINGS 10/25K  
RELAY CHALLENGE



Over the past few years Piccadilly has become one of our most valued sponsors and every week members enjoy clean clear and healthy Piccadilly Spring water after our Sunday training run. Our next event is the Piccadilly Springs 10/25k Relay Challenge so please support those who support your club when next you purchase water.



July		
4th	Brownhill Creek 29 (top gate)	Heritage 10k
11th	Tea Tree Plaza 32 also Heysen 2	St Helens Park
18th	LINEAR PARK RUN 15/30 K	
25th	Morialta 31	.Golf Links
Loop	via Botanic Park	

### NEW MEMBERS

The following new members, who have joined recently, are welcomed to our club.

Ode Andresen	Louise Applebee
Grant Archer	Dee Aston
David Bates	Annette Beaven
Wayne Bird	Bernard Broom
Simon Capp	Timothy Capp
Gordon Cawrse	Graeme Cumming
Anita Daniel	Philip Davis
Nick De Martino	Pam Dilorenzo
Steven Dobie	Gary Dungey
Terry Evans	Gavin Fairbrother
Robert Ferguson	John Gzley
Grant Gibson	Brett Graham
Don Greer	Barbara Hampton
Bruce Hansford	Gary Hillier
David Horton	Barry Hughes
Peter Jannella	Amy Kruger
Lizel Maas	Harry Majcev
Anne Martin	Liddy Michell
Tom Ostle	Shari Pannell
Sandra Paterson	Rita Persico
Alison Saunders	Darren Schache
John Stokes	Penelope Stuart
Jodie Thomas	Kathy Vitkovsky
Suzy Vitkovsky	Paul Willoughby
Dallas Wilsdon	Garry Winter
Simone Wirkus	Peter Wood

### PICHI RICHI MARATHON & 1/2 MARATHON

Each year, many SARRC members make the drive north for this event which is organised by the service clubs of Port Augusta. Dave O'Donnell is again arranging a bus for a weekend trip to Pichi Richi so don't delay in booking your seat. A great way to see the Mid North!

### NATIONAL RUNNERS WEEK. THREDBO.

JAN 7TH TO 17TH 1994.

While this may seem a long way off, I am taking bookings for next years N.R.W. If you would like to stay at Schuss Ski Lodge (\$160.00 for 10 days) you need to get a deposit of \$80.00 to me by Sunday 30th May. Bookings are heavy and we cannot guarantee beds at Schuss after this date. Other accommodation is available in the village which you may like to arrange yourself. If you have never been to Thredbo, book your holidays now and see you there!!

Sally Piccinato 362 5963 (H) 379 3382 (W)

PS Last year there were 480 runners from all over Australia.

### LETTERS TO THE EDITOR:

I have been wondering if the SARRC board have recently discussed the idea of a marathon runners incentive scheme. Many SARRC members will be familiar with the Melbourne SPARTAN club where any person who has run 10 Melbourne Marathons, is entitled to wear an official "Spartan" singlet. This singlet is easily recognised as it is a distinctive green colour. I know of one talkative Adelaide runner who is a Spartan but has only run 2 or 3 Adelaide marathons. Either the Spartan incentive works very well, or he has a mistress in Melbourne !!

Maybe we could go one better and have a 3 tier system like:

First Marathon "I did it first in the Festival City"

Fifth Marathon "Festival City Fivers Club"

Tenth Marathon "Festival City Spartan"

OK, the titles may need some more thought, but I hope you get the idea.

If the SARC office does not have all the Marathon results then we could try canvassing old members to obtain a full set of finishers records.

Yours faithfully

Signed.

**A keen road runner.**

What ideas do other SARRC members have on incentive schemes ? Why not use Footnotes as a forum to express you thoughts to the board and the general membership ?

ED

### **Gran's gone**

Gran's gone.

Where did all the Grannies go?

Gran's we knew long ago?

Long dark gowns and lacy caps,

Darning baskets on their laps,

Seated in their old chairs, rocking,

Practised lovely arts like smocking.

Time to them slipped gently by-

Now it's "Sorry, I must fly!"

Where did all the Grannies go?

That's them jogging to an fro,

Every morning, nearing dawn-

See them with their tracksuits on.

For the Grannies we all know,

Now rock along with video.

Pretty leotards adorning,

They do aerobics in the morning.

Little fellow, standing there

Near an empty rocking chair,

"Tell me son, has dear Gran gone?"

"Yep, she's running in the marathon!"

This delightful poem was written by Gloria Milton of Two Wells, and is dedicated to all the lovely Gran's we have in our club. Thanks to Gloria for permission to reproduce her work..

## HUB-A-DASH '93

The 10th Anniversary of this popular Run/Walk was celebrated on Sunday 14th March in beautiful warm weather. Among the 200 entrants, many SARRC members competed and several figured among the winners. Congratulations to Peter Gilkes and his team of organisers for another great day. Next years Hub-a-Dash will be on Sunday 13th March.

## THANK YOU

Over the past 3 years, many of us came to rely on the help of our office co-ordinator CLARE COTTON and it was with regret that the board accepted her resignation in January this year. Clare resigned so she could devote her full energies into care of her invalid father. Since October 1990 she ran the office with the help of a dedicated band of volunteers in a very positive and constructive manner. Of particular value was Clares experience in dealing with the media and her work in that area clearly paid dividends with the excellent media coverage of the lead up to the 1992 Daihatsu Adelaide Marathon. Good luck for the future, Clare, and thank you for a job very well done.

## OVERSEAS MARATHONS

For those who are lucky enough to be travelling overseas, and are gluttons for punishment, the following marathon details are available in the office.

SWEDEN	Stockholm Marathon	05.06.93
GREENLAND	Nuuk Marathon	24.07.93
ICELAND	Reykjavik Marathon	22.08.93
BRUSSELS	Reebok Marathon	12.09.93
GERMANY	Berlin Marathon	26.09.93
ARGENTINA	Adidas Marathon	10.10.93
AMERICA	New York City Marathon	14.11.93
TOKYO	Women's Marathon	21.11.93
CUBA	Havana Marathon	21.11.93

## TERRY FOX RUN

As members know this event is run by the Anti-Cancer Foundation, and is a great cause to support. Simon Trangmar along with Des Paull are the race co-ordinators, and entry forms are now available in the office. Why not get together a SARRC team? Interested runners please give their names into the office for compilation. Entries close on the 3rd June.

South Australia



**Foundation  
S.A.**

## RESULTS OF GREENBELT

### SUNDAY 2ND MAY, 1993

#### HALF MARATHON

##### MALE

1ST	Greg Cocks	1:12:19
2ND	Mark Taylor	1:12:23
3RD	Joe Petkovic	1:13:20

##### FEMALE

1ST	Bev Lucas	1:20:49
2ND	Trudy Fenton	1:22:07
3RD	Robyn Roocke	1:24:34

#### WALKERS

1ST	Josephine Borg	2:27:30
2ND	Peter Derrick	2:28:47
3RD	John Smyth	2:34:29

#### 10KM RUN

##### MALE

1ST	Robin Levey	0:35:06
2ND	Alistair Muir	0:35:44
3RD	Flemming Bjerre	0:36:02

##### FEMALE

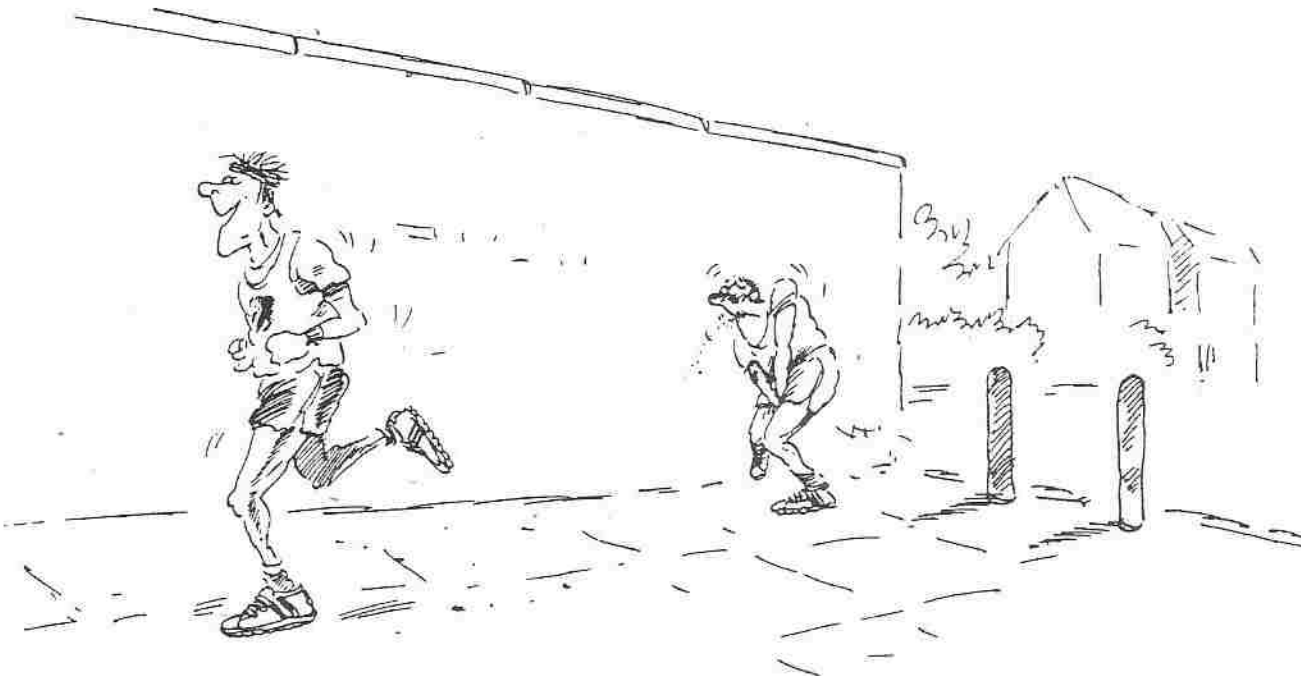
1ST	Sharon O'Sullivan	0:41:24
2ND	Sandra Zeile	0:41:38
3RD	Lisa Albinus	0:44:12

#### WALKERS

1ST	Carroll Naylor	1:13:34
2ND	Sandra Roffey	1:13:37
3RD	Dorothy Strauss	1:14:41

#### MOUNT GAMBIER

Mount Gambier Road Runners Club welcomes any of our members visiting the area. Persons to contact are: Chris Collins tel:087 249053, or Ron Horton tel:087 257616



*"Watch out for the bollards!"*





# FOOTNOTES

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NEWSLETTER No. 80

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JULY 1993

## FROM THE BOARD

There will be no president's report in this issue of Footnotes due to Robs extended overseas holiday. This lack of copy gives me an opportunity of airing a small gripe and summing up the Melbourne Marathon.

The strength of any club depends on the time and effort you, the members, are prepared to put into making the organisation function in a way that benefits us all. The Roadrunners have a panel of experienced race directors, mid week and weekend running and walking coaches, and of course, a dedicated group of honorary office staff.

Unfortunately, the same cannot be said for the majority of members who are not prepared to sacrifice a little of their time and volunteer as race marshalls. Surely of the some eight hundred financial members, there are a fair number who are not competing in any particular race and are not rostered for Sunday shift work. When asked to assist please make an effort to help your fellow runners, perhaps once or twice a year. thus sharing the workload.

As one of the blue ribbon events in Australia's distance running calendar, the Melbourne Marathon attracted considerable local interest. Some forty members of our club either flew, drove, hitched a ride or otherwise made their way to Melbourne for the June 6th race. The revised Melbourne course has a reputation for fast times thus encouraging participants looking to do a P.B. or perhaps as their first marathon attempt. Weather on the morning of the race was cool, overcast with a touch of drizzle and little wind, though the marathoners reported that conditions along the beach were less than perfect.

The event itself was organised professionally, as well it might be given the influence of a paid year round staff; a nice touch was the inclusion of time clocks at regular intervals on the course.

As to the results, the club's most notable performance was that of Jeanette Mace, a veteran runner who finished in the top five, running the distance in a touch over three hours. A fine achievement, given the quality of the field. Well done, Jeanette! David Standeven finished in front of our male contingent in the very creditable time of 2:45 followed by Ray Paynter on 2:48. Like some wine, Ray seems to be improving with age. I might add that David turned out for the club run on the Wednesday evening following the race and as usual ran with the leading group. He seems to thrive on unlimited K's.

When reflecting on performance Alf Ryan's name comes to mind. Our second oldest member and number one ticket holder, Alf ran his tenth Melbourne marathon at the age of seventy nine. Believe it or not his times are actually improving!

A quartet of the more serious female club members undertook a rigorous schedule based on the Adelaide Plan with a view of participating in their first marathon. To their credit, Tonita Swan and Alana Dare, finished the event in a shade over four hours, Heather Paynter opted for the half distance whilst Barbara Hill exceeded her own expectations with a 3:54. Barbara claims to have run 35 kms in three hours and the last 7 kms in 54 minutes. That sounds like hard work!

The ubiquitous Di Dutton runs half marathon after half marathon without undue stress. Perhaps a nightly gin and tonic followed by copious glasses of mineral water hold the key. In fact our "volunteer for everything", Sally Piccinato has assured everyone within earshot that she's off the demon drink. And the result? A 1:40 half marathon eclipsing luminaries such as our immediate past present, Dave O'Donnell, Denis Hacking and Jenny Prider. She can now rightly claim to be one of the club's most talented veterans.

Ray Paynter has been spreading rumours, unconfirmed by independent authority, of his dice with a runner named Steve. (His family name escapes me). It seems that Ray had the drop on Steve until the 35 km mark, where upon he was passed by this runner who was last seen running backwards whilst holding an impromptu press conference. I would suggest that's about as unlikely as jogging up Ayer's Rock on a rainy day wearing leather soled shoes.

On balance, the effort put in by our participating club members was exemplary and I apologise to the marathoners that haven't rated a mention: The Weises, Downings, Grices, Smiths, Marches, Naylor, Pascoes, Ashwells, Crosbys Whittings and others who made the effort to participate.

May our local marathon directed by the experienced Tony Ashwell be supported by as many interstate competitors as the Melbourne event. Entry forms are available now, be sure and support your club by your participation and assistance.

PETER TYSON

**STOP PRESS....**Jacky Whiting won her age group in the half marathon and has been invited to an award ceremony by the Lord Mayor of Melbourne, so is looking for a wealthy sponsor to pay for the trip. Well done Jacky! Ed.

## QUESTIONNAIRE

Enclosed with this Footnotes is a questionnaire on Running Shoes and Injuries. Please assist with this worthwhile project.

## CONDOLANCES

The Board joins with all members expressing their sympathy with Denise Evans in the recent loss of her mother.

## CONGRATULATIONS

Go to Jeanette and Trevor Peckham on the birth of their daughter Kelsi Michelle who became our youngest junior member at just 5 days old.



## LETTERS TO THE EDITOR:

Dear Editor,  
I think you spend far too much time hunched over the computer compiling the Footnotes newsletter each month. You should ask the board to get you an assistant or at least, double your salary.  
Signed  
Your loving mother.

Thanks Mum, I agree! . ED.

## HEYSEN TRAIL ONE REPORT

The fourteen "Heysen Harriers" have travelled the first 25 km of their 800 km journey. We met at Cape Jervis on Sunday 16th May and ran, walked, climbed along the first section of the trail to Tent Hill in the rugged Deep Creek Conservation Park.

The weather was perfect and the company great. Peter Allmand, team leader and organizer, kept spirits high with "Its only about 3 km to go" I think we heard that for at least 15 km ! If you would like to join us for some running of a different kind see the next section for details.  
Your roving reporter,  
Sally Piccinato

## HEYSEN TRAIL TWO

Sunday July 11th is our next Heysen Trail run/walk. This time we start at Tent Hill in the Deep Creek Conservation Park and travel approx 21 km through the Park and along Tunkalilla Beach to Tunk Head Rd. near Balquhidder. From experience we now know that it will take 3 to 4 hours if run/walking and up to 6 hours if walking. Accordingly we have changed the start time to 9am at the FINISH point. BYO maps, water and food. Contact Peter Allmand BH 269 7700 AH 362 5463 for map of start/finish points.

## PROFILE: JENNY PRIDER

Most members would know Jenny Prider as the small, cheery person seen at every club gathering, coaching, encouraging, taking late entries or generally helping out. She also seems to be working in the office every time I call in there! Married, with three adult children and living in Walkerville, Jenny works at nursing part time and volunteer community work almost full time.

Back in 1984, after attending a local fitness class, Jenny caught the running bug and wanted to go further with the initial aim of completing a run/walk marathon. With the 1985 Adelaide marathon under her belt, the '86 and '87 were relatively painless so the '87 Melbourne veterans marathon finished of the year. While recovering from a slight injury in 1988, this busy lady became a SARRC instructor and completed a Fitness Leaders course and has been running Start Running classes ever since.

Other running achievements have been various City Bay age awards and completion of the 1990 and 1992 Adelaide marathons. A tireless worker for our club, Jenny has put in one day a week in the office for years, assisting first Kaye, Clare and now Stella. Another great love is her voluntary work with the Department of Family and Community Services where she works with foster children assisting them to develop their own independence in the community. The Walkerville Community Centre and Neighbourhood Watch also take up more time each week while in between daily training runs, Jenny somehow manages to lead a bushwalking group on a hills hike every Thursday!!

We have all heard the saying "If you want something done, then ask a busy person"..but this is ridiculous! When asked what the future holds for her, Jenny proudly stated "To run as long as my fitness allows...I intend to wear out..not rust out!"

PETER ALLMAND





## LINEAR PARK RUN

The Linear Park run on 18th July will be run along the same track as last year. Each kilometre is marked on the left hand side of the track as you run out. We should have official drink stations every 6k but still need volunteers to operate them. If you are not running please consider volunteering yourself or a friend or relative to help your fellow runners. We desperately need a marshal at Frome Road. Even if you are running, please consider helping before the start, erecting the tent, taking late entries etc. or after the run at the finishing system. Please contact the office with your offer of help.

Presentations for the 15k run will be at 9.30 and for the 30k at 11.00 a.m.

Venezia Restaurant will be providing their delicious breakfast as usual' so bring a couple of dollars to replenish your energy.

For a change we have ordered good weather, no rain and a tail wind all the way for the run.

See you there, good running,.....  
.....John Twartz (Race director)

## COMING EVENTS

Please note that our "Calendar of Events and Fun Runs" and our "Sunday Runs Program" are both now available at the office or on Sundays.

### **EVENTS:**

<b>July</b>	
4th	Pichi Richi Marathon & 1/2 Marathon
11th	HEYSEN TRAIL 2 (Note change of date)
18th	LINEAR PARK RUN 15/30K
25th	Tip Top 1/2 Marathon MILDURA
<b>August</b>	
1	Jade Marathon
29	DAIHATSU ADELAIDE MARATHON & 1/2 MARATHON
<b>September</b>	
5th	CLEANAWAY TIME TRIAL 10K
12th.	HEYSEN TRIAL 3
19th	21st City Bay 12k

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## **SUNDAY TRAINING RUNS**

### **July**

11th	Tea Tree Plaza 32	St Helens Park
	also Heysen Trail 2	
18th	LINEAR PARK 15/30 EVENT	
25th	Morailta (via Bot Park) 31	Golf Links

### **August**

1st	Last section of Marathon 34	Round Town
8th	West Beach 32	St Peters
15th	Tea Tree Plaza 32	Port Road
22nd	Lower Mitcham 21	Marden
28th	DAIHATSU ADELAIDE MARATHON & 1/2 MARATHON	

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## NEW MEMBERS

The following new members, who have joined recently, are welcomed to our club.

Peter Allcroft	Rob Altschwager
Peter Anastassiadis	Vivienne Cocks
Sonya Furey	Bud Goldsworthy
Graham Harris	Kyn Jordan
Thomas Latimer	Marlene Latimer
Barry Lynch	Carrol Naylor
Jane Manning	Robert Manning
Christine Michels	Christopher Miller
Christine Pascoe	Robin Paterson
Kelsi Peckham	Malcolm Robertson
Vivienne Sandrini	Dorothy Strauss
Rene Torney	Michael Wilks

## CALENDAR ADDITIONS/ALTERATIONS

**July 25** Willunga 7Km Fun Run\*  
Contact: P.Binns, P.O.Box 513, Willunga 5172

**August 8** City to Surf\*  
Contact: Sun-Herald City to Surf, Sydney.

**September 26** Regency Fun Run/Walk, incl. 2 & 6Km  
Contact: Enfield Harriers, 345 5375

**October 31** Yorketown 6, 10 or 21Km Walk/Run/Ride  
Contact: H.Twartz 088 521250

## **RUNNERS FORUM**

There is to be a Runners Forum on the 12th July at the COPE office, 116 Hutt Street, Adelaide commencing 5.30 p.m. The Forum will be opened by John Bannon, and speakers will be Dr. Fisher from Sportsmed, Aileen Jefferis, physiotherapist, and Andrew Burns, podiatrist.

This promises to be a most interesting evening and definitely not one to be missed. Bring a running friend. If this forum is successful, it could be the start of many more. **BE THERE!**



## PICCADILLY SPRINGS 10/25 RELAY RESULTS

### 25KM RUN:

#### FEMALE:

Bev Lucas	1.35.19
Leah Wright	1.42.01
Lisa Wright	1.43.37

#### MALE

Mark Taylor	1.27.45
Joe Petkovic	1.28.15
Andrew Burns	1.29.35

### 10KM RUN

#### FEMALE

Robin Roocke	34.21	
Catherine Roberts		36.26
Maureen Moyle	37.23	

#### MALE

Malcom Robertson	30.13	
Daniel Puckworth		30.22
Robin Levey	30.52	

### 25KM WALK

#### FEMALE

Paula Standen	2.26.14
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#### MALE

Robert Manning	3.58.24
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### 10KM WALK

#### FEMALE

Sandra Roffey	1.14.11
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#### MALE

John Smyth	1.08.16
Peter Derrick (equal 1st.)	1.08.16

### FEMALE RELAY TEAM

Rogers' Rabbits	1.39.09
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### MALE RELAY TEAM

APHS Bill Durries	1.33.09
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Thanks to Race Director, Nick Birdseye and his team of helpers, for the great weather and a great event.

## SUBURBAN GROUP REPORT

**LINDEN PARK GROUP:** The former Parkside group has made a relatively smooth transition to our new meeting place at the Linden Park Junior Primary School, 6 Hay Rd. We leave at 5:30 sharp each Wednesday and cover "hilly" distances ranging from the walkers who cover 5-8 kms, a jogging group that does around 10kms and the "elite" who cover 15-18kms most weeks.

An optional extra is our dinner group where we try a different cheap, restaurant each Wednesday after the run. New runners and walkers are always welcome.

Enquiries to Sally Piccinato 379 3382 bh or 363 2528 ah

## SUNSHINE ANYONE ??

On Sunday 25th July, the Mildura Road Runners Club is holding their TIP TOP Half Marathon - 10k Classic and 3k Fun run.

Euan Downing has arranged a group to compete in this event, with the following suggested itinerary:

Sat 24th: Depart Adelaide (private vehicles) 8am  
Afternoon: Paddle steamer trip on Murray, or other sightseeing.

Evening: Informal "Pasta Party" with Mildura Road runners at Focal Point restaurant.

Sun 25th: Half Marathon 9 am Presentations 11:30am

Afternoon: Sightseeing and return to Adelaide.

Euan has info on various motel tariffs, ranging from \$36 for a double to \$56 for 1 double and 2 singles. Entry forms from the SARRC office or from Euan on 379 6697 ah 342 7279 bh.



"O K, the style's not much, but you have to admire his guts ..."



# Petkovic's routine annoys the purists

Marathon man Joe Petkovic does all the wrong things leading into a big event, according to most running experts.

Instead of following tradition and reducing training intensity leading up to the gruelling 42km marathon, Petkovic increases his workload.

But the Marleston runner, a veteran of 27 marathons, is certain he is doing something right after winning nine State titles.

Tomorrow the 43-year-old champion, who has competed in 12 Adelaide marathons, aims to beat a strong interstate and international field to claim his 10th State crown.

But Petkovic, veteran champion at the national marathon titles on the Gold Coast last month and winner of both the Adelaide marathon and State marathon last year (the races have been combined this year), refuses to let the pressure affect his performance.

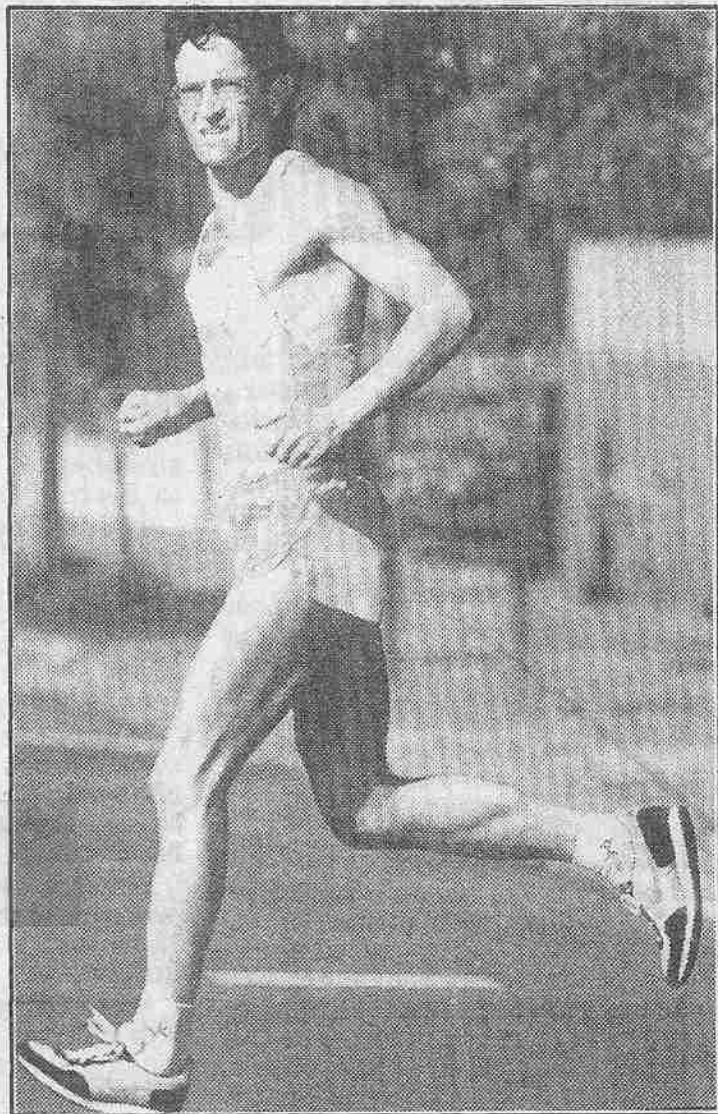
"Everyone says I do all the wrong things," Petkovic said.

"My heaviest running load has been this week, I ran 180km. Instead of tapering like everyone else, I run much further the week before the race.

"They all beat me over 10km, but I hold out to beat them in the marathons."

The marathon starts at 7am at Elder Park .

— Michelle Stamper



*MY WAY . . . Marathoner Joe Petkovic prefers his own training routine.*