

Conditions take their toll in trying Adelaide marathon, but . .

# Tucker, Mase battle to victory

By MICHELLE STAMPER

Victorian Morgan Tucker battled oppressive weather conditions to win the Adelaide marathon yesterday.

The gutsy Traralgon runner battled the unusually hot conditions to cross the finish line one minute 30 seconds ahead of his nearest rival to capture his fourth marathon victory.

"It was pretty hot out there," Tucker said after the win.

"I'm not used to this sort of heat - it's much cooler in Traralgon.

"Because of the humidity I tried to conserve my energy and keep with the main bunch before I made my break.

"My aim was to run around 2:26, but it was just a bit too hot for me."

The 32-year-old distance runner made a break at the 24km mark of the gruelling 42km course to take the lead of the 637 marathon and half-marathon field.

Despite constant pressure from fellow Victorian Ian Nash and reigning champion, South Australia's Joe Petkovic, Tucker maintained his almost four minute kilometre pace, monitored by his wrist watch alarm, to cut the victory tape in 2:30.29 - seven minutes slower than his personal best.

While Tucker and Nash (2:32.03) finished first and second respectively, Petkovic's third place in 2:33.06 still won him the State championship, as the first SA competitor home - his 10th State title win.

Mt Gambier's Jeanette Mase went one better than in 1989 to be the first woman over the line.

Like Tucker, Mase, 40, found the heat draining, finishing in 2:58.59.

"When you consider it was a maximum of 11 degrees in Mt Gambier this morning, I really found the heat hard to handle here," she said.

Garry Zeuner (1:12.44) and Bev Lucas (1:20.33) were the first male and female home in the half-marathon.

In SAPPORO, Japan, Tadesse Gebre, of Ethiopia, spurted in the last



**Morgan Tucker:**  
Beat energy-sapping  
humidity to win

11 kilometres yesterday to win the men's race, while Japan's Nobuko Fujimura captured the women's race in the '93 Hokkaido Marathon.

The 23-year-old Gebre, who lives in Japan, covered the 42.195 km through the streets of Sapporo in northern Japan in 2 hours, 15 minutes, 34 seconds for his first marathon triumph.

Compatriot Girma Uirge, who also lives in Japan, finished second in 2:18:09 in clear, windless, 28-degree weather.

Japan's Kazuyuki Sato finished third in 2:19.02.

"It was a hard race because it was so hot, but I ran better than I had expected," Gebre said.

The 27-year-old Fujimura, running her second marathon, led all the way and covered the same distance in 2:33:10.

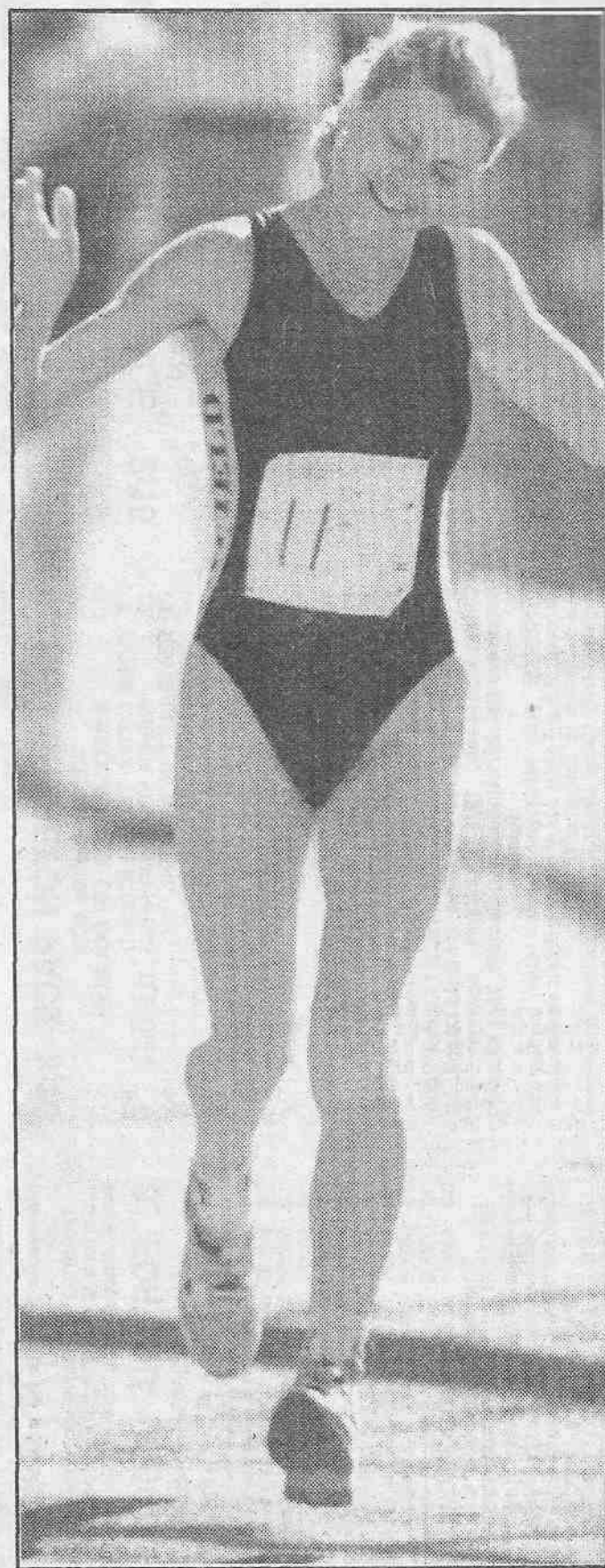
Lyubov Klochko of Ukraine, who won the Los Angeles Marathon in 1993, was second in 2:35:30.

Lorraine Moller of New Zealand, the 1992 Olympic marathon bronze medallist, placed third in 2:37:24.

Mexican Olga Appell's bid to win the Hokkaido Marathon for two consecutive years failed when she finished eighth in 2:50:03.

"I was determined to win the race. I felt comfortable at the start so I ran with a quick pace from the start, but my legs got stuck after the 40 km point," said Fujimura.

A field of 1,600 runners competed.



**JOYFUL JEANETTE ...** Mt Gambier's Jeanette Mase, delighted with victory.

Picture: NICHOLAS WILSON.





# FOOTNOTES

AUSTRALIA'S LARGEST RUNNERS CLUB

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SEPTEMBER 1993

## PRESIDENTS REPORT

### Daihatsu Adelaide Marathon & Half Marathon

Congratulations to Tony Ashwell for directing his 2nd marathon in 3 years. Congratulations is also extended to all finishers, marshals and helpers. It was pleasing to have more entrants than last year.

The Carbo party was great - put your name down for next year.

### Cleanaway 10K Time Trial

I enjoyed conducting this event. See me if you haven't collected your watch.

The following people were the winners for finishing closest to their nominated time:

John Mann	diff.	3 secs.
Brian Hill		4 secs.
Michael Pascoe		5 secs.
Ross Martin		6 secs.
Richard Wiseman		9 secs.
Kevin Ward		14 secs.
Andrew McKay		15 secs.
Frank Wolff		16 secs.
Robert McDill		19 secs.
Kay Green		19 secs.
Doug. Handley		19 secs.
Jacky Whitting		23 secs.
Graham Hall		24 secs.
Brian Crafter		28 secs.
Des Solly		30 secs.

Steven Dobie estimated 36 minutes and was the fastest finished in 37.26 mins.

A special thank you to Sergio's Bistro & Caffe Zanni at 81A Flinders Street, Adelaide, Tel: 232 1985 for providing a random draw prize of a meal for 2 people.

### Womens 5/10Km - 21st November

To make sure this event is conducted, the following people have stepped in to help at short notice.

Please do all you can to help them.

Bob Ansell  
Nick Birdseye  
Rob Freak  
Graham Pring  
Peter Tyson

### Late Entry Fees

The office carries out the Club's policy, which is - where late entry fees are stated, they apply. Thank you for your co-operation and understanding.

### Adelaide City Council and Charges

Our Club is now being charged for events that involve A.C.C., e.g. Greenbelt Half Marathon, Daihatsu Adelaide Marathon and Half Marathon, 10/25K Relay,

Womens 5/10K. This adds up to several thousand dollars each year. The Board has written to the A.C.C. and made representations to the Lord Mayor and heads of departments of A.C.C.

This has resulted in the Lord Mayor, Henry Ninio agreeing to cover the Council's cost of the Womens 5/10K event, and the possibility of our Club receiving training to carry out the erecting of barriers etc. under the supervision of Council, which should reduce the costs significantly in the future.

Would you like to volunteer to be trained for this work? If so, please contact either the office or myself.

### Thredbo National Runners Week 7 - 17th January 1994

If you want information please contact either Sally or myself - don't miss out on a terrific experience.

### New SARRC Clubrooms in Parklands

This may be a possibility. The Board is currently looking into this. Further information will be advised when available.

### Meet the Board

On Sunday 26th September after our training run is the next opportunity for you to meet and chat with your Board members over a free cup of tea or coffee. We are available to you for suggestions/comments etc.

Looking forward to seeing you at the Airport Run on the 17th October, 1993

**Rob Freak**

## FROM THE EDITOR

This month it is really pleasing to see the number of contributors to Footnotes as it certainly makes the task of editing a lot easier when there is plenty of copy to start with. Thanks to Rob Freak, John Twartz, Stella Salter, Sally Piccinato, Kate Buckley, Sharolyn Reed and John Button.

**Peter Allmand.**

South Australia



15/30K LINEAR PARK EVENT

What a great day for a run and a great group of runners. Times were good with the female placegetters beating last years times. there were many exciting finishes, such as the 15K male walk, with Warren Scarman coming in 1 second ahead of 2nd. place. A special mention must go to Trystan, the 7 year old who walked the 15K. The event seemed to go smoothly, thanks to a great group of helpers...David and Vivienne,Jenny who was first to arrive and last to leave and Barbara and Sally who both had their daughters manning the two drink stations. As usual, our board members were a great help with Sally, Ian, Graham, Brian, Chris, Gaylene, Nick and Rob all contributing. The Daihatsu tent was also available, but thankfully, not required. Good running and many PB's to you.

John Twartz. Race Director

RESULTS

15K FEMALE

- 1.Bronwyn Cameron
- 2.Sandra Zeile
- 3.Merran Finnis

15K Walk

- 1.Sandra Kramer

30K

- 1.Louise Abraham
- 2.Leah Wright
- 3.Lisa Wright

30K Walk

- 1. Mervyn Rogers

MALE

- Malcolm Robertson
- Ross Colthorpe
- Ghetano Aigello

- Warren Scarman

- Rob Wendle
- Terry Ellis
- John Feijen

\*\*\*\*\*

SUNDAY RUNS

As Sunday run director, I am always looking for new ideas and routes to make our program interesting, so I would welcome input from anyone. Of particular interest at present are our 10k runs which, I feel, are becoming old and are repeated too often. If you have any thoughts or ideas, please have a chat to me any Sunday.

PETER ALLMAND

CALENDAR ADDITIONS/ALTERATIONS

October 10 Man from Snowy River Marathon & Half Marathon..Contact: Philip Jamieson 064 522962

October 16th. Sri Chimnoy 24 Track Race  
Contact:Sri Chimnoy

October 17\*\* FAC Airport Fun Run 5K & 10K  
Contact: SARRC, 213 0615

October 24\*\* Goolwa-Victor Harbor Half Marathon & Pt.Elliott-Victor Harbor..Contact: Rod Anderson 085 521100(H)

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

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

November 14 Wilson Parking Three Peaks Fun Run  
Contact: Don Korner 231 1754

\*\*PLEASE NOTE THESE ARE CHANGES OF DATES

DAIHATSU ADELAIDE MARATHON & HALF MARATHON RESULTS

Marathon Half Marathon

Male:		
1st	Morgan Lee Tucker	Gary Zeuner
2nd	Ian Nash	Tony Symons
3rd	Joe Petkovic	Darren Smith

Female		
1st	Jeannette Mase	Bev Lucas
2nd	Louise Abraham	Robyn Roocke
3rd	Leah Wright	Merry McAvaney

Open Walk		
1st	Josephine Borg	Sandra Kramer

1st Marathon SAARC Member	
Male:	Rob Altschwager
Female	Simone Wirkus
1st SAARC Member	Andrew Burns

Whilst on the subject of Marathons, does anyone have a copy of the Marathon Results for 1982, 1983 and 1984, they could give or loan to the office?



SUNDAY TRAINING RUNS

September		
19	Felixtow 15	North Parklands
	also City Bay Fun Run	
26	Ridge Park 18	Heritage
October		
3	Mystery Run	
10	South Parklands 19	Victoria Park
17	FAC AIRPORT FUN RUN	
24	Stoneyfell 22	Golf Links Loop
31	Findon Rd 20	Marden
November		
7	Darley Road 21	St Helens Park
14	Waterfall Gully 23	Gilberton
	also Heysen Trail 5.	
21	WOMENS CLASSIC 10 & 5 KM	
28	City Squares 19	City Squares 11
December		
5	SUMMER BUS RUN	
12	Ridge Park 18	St Peters
19	Hazelwood Park 15	Heritage
28	Felixtow 15	Marden

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## 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.

AUCKLAND Citibank International Marathon  
24.10.93

MACAU Macau International Marathon  
05.12.93

\* Entry forms available in office.

## NEW MEMBERS

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

Brett Bridges,	Tania Coombs,
Gregory Dare,	Laura Dare,
David Dare,	Elizabeth Davidson,
Adrian Eley,	Bronte Elliott,
Joanne Foreman,	Joan Foster,
Lynda Hamilton,	Lynda Hamilton,
Denis Hansen,	Avril Hill,
David Hunter,	Helen Manou,
Wal Matson,	Colin Navin,
Thomas Naylor,	Gordon Nolan,
Margaret Richards,	Ian Robertson,
Annetta Ronis,	Warren Scarman,
Schwartz, Sue	Tordoff, Simon



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## HEYSEN TRAIL 2, 3 & 4.

**Heysen Trail 2**, between Tent Hill and Tunk Head, proved to be a long, difficult run, walk, climb, but just as much fun as the first. The highlight would have to be a climb from the beach at Tunk Head straight up for 300 metres. Fortunately, there was a fence to hang on to - because it would have to be the steepest hill (mountain) I've ever climbed. It made Crackenback at Thredbo look like a gentle incline! Peter, once again, came to the rescue with coffee at the end of the run to revive our spirits.

The storm that preceded the **Heysen Trail 3** almost had me cancelling out but I was gently persuaded and ended up joining the others at Yankalilla. The 50 knot wind was luckily behind us all the way and apart from wading waist high through two rivers, the trip was relatively dry. Ian Kennett "swam" the most I think. Barb Hill joined us for the first time, so Sandy Handley and I were pleased to see her (someone else to share the teasing from all these males!).

Lunch back at Waitpinga at 1.30p.m. saw us close to the end of map 1 and 75km along the 800km track.

On Sunday 12th September, **Heysen Trail 4** saw us back at Waitpinga Beach and heading along the cliff tops towards Victor Harbor. The weather was cool and windy, but gradually improved to be very pleasant for running/walking. The trail turned north, 2 kms from Victor and wound through gentle rolling farmland before heading west to Ferndale. The planned 22km finished up a few k's longer due to a navigation error (or was the map wrong??) but another good day was had by all.

If you would like to join our happy band of Heysen Trail Harriers please contact Peter Allmand on 362.5463 AH. It's lots of fun and very different running.

## SALLY PICCINATO

PS: The next Heysen Trail run is Sunday 14th November. Ferndale to Myponga. Approx 24km. Meet at Myponga post office at 8am.

## PITCHI-RITCHI BUS TRIP

What a great weekend - Thank you Dave O'Donnell for all your organisation, driving of the bus and support for runners along the way.

Apart from a flat tyre along the way up, the weekend went smoothly. the weather was perfect for running and SARRC had great success with David Standeven winning the marathon and the bus going home with many trophies. I ran a PB on a difficult course, so it made my weekend.

The regular Pitchi-Ritchi goers probably won't give up their seats, but if you can "win" a seat on the bus next year, I urge you to join in the fun.

Well done, Dave, keep up the great tradition.

## SALLY PICCINATO

PS Dave not only organises, drives the bus, books accommodation, the dinner etc. HE DOESN'T EVEN RUN IT!! (what a man!) SP

PPS: How come the bus won trophies?? Wot about the runners?? ED>

## MILDURA TIP TOP 1/2 AND 10KM

SARRC was well represented at Mildura on the 25th July. The course was scenic, reasonably flat, except for the last k and the event was very well organised. A convoy of cars left Adelaide on the Saturday morning, and there was some curiosity voiced about the wind burnt faces of Peter Allmand and Brian Goodhind. I'm told it was the result of having to travel from Adelaide to Mildura with their heads out of the car windows - MacDougall Cameron had curried cabbage and lentil pie for tea Friday night!! Saturday afternoon some of the group enjoyed a leisurely paddle-steamer cruise up the River Murray, whilst others fretted over the "incredibly long 10km course." This panic was alleviated when the whole troop drove over the course - it helps to have the map up the right way!!

We joined the Mildura runners for a delicious dinner Saturday night, where Euan "Krondorf" and his brother Peter "Krondorf" told many jokes - none repeatable in this publication.



At 4.00a.m. (SA time) Mildura finally ground to a halt with total silence, except for a lone wood chopper, who continued for an hour..until a booming roar echoed across the town "SHUT YOUR BLOODY NOISE UP, I HAVEN'T SLEPT ALL NIGHT"!!! One female SARRC member had finally lost patience!! Bronwyn still managed to win the 10km in 40:08, a matter of seconds behind the winning male. The 4am shock also spurred Barbara Hill into action and she won the "open womens half" while Viv Edwards, apart from running a fantastic time, won the major random draw prize of a \$100 shoe voucher.

Lamenting that "with a name like this you win nothing", I was suddenly announced to be the lucky winner of a carton containing 20 packets of crumpets! Upon opening the carton two days later, I found one lonesome packet of crumpets, use-by date the previous day, and three loaves of bread!

Thanks to Steve Guy and the Mildura Road Runners for a great event...a fun weekend well worth putting in your diary for next year.

KATE BUCKLEY



Dear Members,

Thank you for your prompt responses to my questionnaire. Quite a few people expressed interest in receiving feedback about the results of my research and I would be happy to write a short summary to be included in the newsletter towards the end of the year.

Thank you again for taking the time to fill in the questionnaire.

Hopefully I will be able to provide you with some useful feedback.

SHAROLYN REED

full of people. In Rome, the gardens of the Villa Borghese have grass and antiquities and upmarket joggers in designer tracksuits. There's plenty there to occupy the mind.

The word "jogging" is loosely used. It embraces a multitude of human activity. There are real runners who flash past you with a fanatical gleam in their eyes, serious joggers puffing along with a pained

expression on their faces, power walkers obsessed with style, and cautious shufflers, swaddled in thick clothing, who look as if they'll never make it home before dark. And then there are the "high tech" people, who jog with tape recorders or radios and look like real zombies.

The nice thing is that you can make your own pace, adapt your own style, and as you get older you can kid yourself a bit. "Where do you run?" people ask me in Melbourne. "Round the tan [the jogging track around the Royal Botanic Gardens]," I say with a flamboyant and imperial gesture, suggesting a quick marathon before breakfast.

Afterwards I recall guiltily that I don't go round the tan except at weekends. The rest of the week I take shortcuts through the Botanic Gardens. But there I can look at the plaques on the splendid old oaks, and the swans and ducks on the lakes, and feel good about Melbourne and the world.

Three weeks ago I was jogging in Central Park in New York. I stopped at a patch of grass to do some desultory push-ups. I was a little startled when a very large man emerged from the bushes nearby. He had a staff with a bundle tied in a red cloth at one end, and was dressed in a great coat. His long hair and beard, and bloodshot eyes, gave him the appearance of Moses at the end of the long trek.

He stood there looking at me for a few seconds then shouted, "The body returns to earth as dust, you fool. Go home and read your Bible." I said, "OK, OK", in that slow manner which Americans use when they mean: "I hear what you're saying. I don't quite understand, and I'd like time to think about it."

He stood glaring at me for a moment, then turned around and marched off down the road. It was just as well. I was on the point of becoming a real runner with a fanatical gleam in my eyes.

I WAS in a car in Sydney. It was about six in the evening on that road which goes round the blunt end of Botany Bay. There were a lot people jogging on the track beside that road. I said to the driver, "There are a lot of joggers".

"If you want my advice, Senator, I'd stay clear of that stuff," he replied. "I've got a brother-in-law, who's an ambulance driver. Picks em up all the time. He's got a locker full of gym shoes."

It often happens. You try to make polite conversation, and strike someone dedicated to catastrophe. I decided he was probably lazy, with the professional car-driver's dislike of any alternative form of transportation. Even jogging is seen as a threat. Nonetheless, he'd made his point. It was six years ago and I remember it vividly.

Doctors are a bit the same. I have an overweight cardiologist friend, who sometimes gleams professionally at me over the rim of his beer glass and says, "I'm not too sure about the jogging. Bit of a worry." Orthopedic surgeons are more convincing. They give your figures about the jarring of bones and joints: how many pounds per square inch of pressure is inflicted every time you put your food down. But, of course, it all depends on how you do it, and where. And mostly they're talking about serious running.

In Canberra I used to ride a bike, until two cataclysmic events changed my life. The first occurred one day when I was riding along in a happy trance, and a vicious and territorial magpie struck me on the back of the head. Imagining I'd been shot, or hit by a flying saucer, I reacted by falling off the bike in a mangled heap on the roadway. Sadly the incident took place right outside the Treasury Building. As I picked myself up and examined my wounds, I looked up at the rows of Treasury windows. I imagined a hundred clerical assis-

tants staring out at me and muttering, "Serves him right. He was never one of the true believers."

More important, it was Don Chipp's bike. Shortly after my unhappy accident, Don left politics and sold the bike. I always felt I should have had first offer. But two messages in one month were enough. I gave up biking and reverted to jogging.

Jogging travels well. You can take it overseas with you. Sports like football and cricket don't travel to many countries. Golf does if you happen to be rich. Swimming is possible in certain places at certain times. But those six-metre hotel pools are even too short for me. And I've never been convinced that heavily chlorinated water with the consistency of warm saliva is actually healthy.

In Beijing, in the winter of 1988, I jogged one morning in the snow-covered grounds of the State Guest House. In the car, later in the day, the young Chinese protocol officer turned round from the front seat and said, "Exchelenzy, when you are jogging you look werry young." I swelled up like a balloon. This, I thought, is the wisdom of China. What a splendidly observant young man. Then he added, as an afterthought, "from the back". The balloon went down.

In Paris jogging in the early morning I first understood the French passion for fresh bread. Nothing was open except the bakeries. I saw people scurrying home for breakfast with long loaves clutched possessively under their arms, looking like Don Quixote with his lance. In London the grass in the great parks is soft on the legs and ankles and there's always a monument to aim for across the park. And you find the National Trust plaques on historic buildings, which you sometimes miss when the streets are





# FITNOTES

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NEWSLETTER No. 82

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NOVEMBER 1993

## PRESIDENTS REPORT

**REMINDER** - See you at the Women's 5/10k event Sunday 21st November, 1993

## FREE BREAKFAST

The Board has decided that on the 1st Sunday of each month (except Event days) to provide this opportunity to encourage the Club members to meet each other and introduce a friend to the Club over a free breakfast.

## WE WANT TO KNOW ABOUT YOU

Please let our office know if you have completed:

- 1) 10 or more Adelaide Marathons.
- 2) 20 or more SAARC Half Marathons (i.e. Greenbelt/Adelaide).
- 3) Whether you have held continuous club membership for 10, 15, or more years.

## CHAT & TENNIS

You are invited to a social fun afternoon at my home on Saturday the 4th December from 1.00 p.m. - dark, at 43 Oxford Terrace, Unley. B.Y.O. drinks and nibbles. I look forward to your company and introducing you to other club members.

## MEET BOARD MEMBERS OF YOUR CLUB

On Sunday the 28th November, with free tea and coffee.

## COURSE MEASURING TRAINING

If you are interested in this training, please contact me or the office.

## NEW CLUB ROOMS

This possibility is still alive as negotiations continue. The facility provides a true club room environment with notice boards, honour rolls, trophy cabinet, opportunity to hang photos. a kitchen, toilet and showers. It's location is on the east side of Hutt Street in the park lands between South Terrace and Greenhill Road. (The only road that the Marathon and Half Marathon passes three times!)

## TRIPLE CHALLENGE

I have had two preliminary talks with the race directors of the City-Bay and the City-Port runs with the aim of these 2 events, plus our 10km event of the 26th June, forming a triple-challenge with special random draws for people who pre-enter all 3 events. The aim is to lift the profile of running and walking to the average person, and provide a challenge for our club members.

## CONSTITUTIONAL CHANGES

The Board has been working on proposed changes to the Constitution which will be voted on at the next A.G.M. on 9th February, 1994. Please contact the office if you would like to see a copy of the present and proposed constitution.

## 15,000km RUN?! (JOIN HIM FOR THE FINISH)

South Australian John Moyle is at the time of writing this report, in Bendigo, Victoria. He so far has run for 285 consecutive days or more than 48km per day. He has passed the previous record of 13,383 km set by Ron Grant. John is collecting money for the Australian Downs Syndrome Association and will complete his around Australia run on **TUESDAY 30TH NOVEMBER** at 11.00 a.m. in the Rundle Mall.

Please join me (with your SARRC singlet) at the **Toll Gate, top of Glen Osmond Road, at 10.00 a.m.** to support John by running in with him. We congratulate John Moyle on an amazing feat. (and amazing feet!) ED.

## MEETING OF PRESIDENTS

I am pleased to report that with the support of our Club Board, I am meeting with the Presidents of S.A. Little Athletics Assn, S.A. Athletic League and Athletics S.A. This is a casual arrangement which allows us to learn about each other's Association and possible areas of co-operation and share concerns etc.

## MUSCULAR DYSTROPHY

This Association has presented our Club with a Certificate of Recognition for outstanding support for their Association and the Qantas Muscle Team, as part of the Daihatsu Adelaide Marathon. Frank Wolf's account of the presentation evening is elsewhere in this newsletter.

## FUND-RAISING AND YOU

SARRC will be taking advantage of the Australian Central Credit Union's Sports Lottery, which means we will have the opportunity to sell 2,000 \$1 tickets from which we will receive 80¢ per ticket. Please put your name down now to sell a book of just 10 tickets which will be available at the end of January. Get in first, and beat the other Sporting Bodies!

Rob Freak  
President



## **NEW MEMBERS**

### **SEPTEMBER/OCTOBER, 1993**

Marita Aldridge	Terry Aldridge
Bruno Bernardino	Mark Fabian
Jamey Foster	Michael Harding
Hanne Ide	Cathy Jackson
Michael Johnson	Michael Key
Stetica Key	Geoffrey March
Brian Martin	Andrew McCracken
James McCusker	Patricia McGrath
Anthony Ordelman	Michelle Parfrey
Allan Plunkett	Carolyn Polson
Alex Polson	Daniel Polson
Donna Richardson	Vic Robles
Bruce Schirmer	Graeme Southern
Michael Stepney	Elizabeth Storoschuk
Benedict Taw	Gregory Truman
Richard Twomey	Kerry White

A warm welcome to you all !

## **FITNESS FOODS**

We hope to have this section in each of the Footnotes, and welcome any contributions. We'll start off with something for those who can't face food first thing in the morning, and follow with something more substantial for later in the day.

### **LASSI**

A traditional Indian summer drink.  
Half fill a tall glass with crushed ice.  
Add a teaspoon rosewater, and fill to the brim with natural yoghurt.  
Stir to combine.  
You may make this savoury by adding salt with a dash of garam masala or sweet by adding sugar and a sprinkle of crushed cardamom.  
**Stella**

### **FRUITY PUMPKIN CAKE**

Combine 125g sultanas, 125g raisins, 125g mixed peel, 125g. finely chopped dried apricots with 1 tablespoon honey and 1 cup of unsweetened orange or apple juice in a saucepan, and bring to the boil.  
Remove from heat. Add 1 teaspoon bi-carb soda, and allow to cool.  
Meantime, lightly grease a 20cm round tin or line with foil, and heat oven to 325°F (165°C).  
Beat 4 egg whites lightly, add 1 cup of mashed cold pumpkin and fruit mixture and beat until smooth.  
Stir in 250g wholemeal flour and 1 teaspoon mixed spice, and again beat until smooth.  
Bake for 1.1/2 hours.  
For a more moist cake, soak the fruit in juice overnight.  
**Stella**

## **YOGHURT SLICE**

200g natural yoghurt  
2 beaten eggs  
2 tablespns sultanas/apricots  
4 teaspns sugar (optional)  
pinch cinnamon and nutmeg  
1/2 cup plain cottage cheese  
3 tablespns wholemeal flour  
3 tablespns unprocessed bran  
1/2 teaspn vanilla

Mix it all together, put in small, greased loaf tin, sprinkle with extra cinnamon.

Bake 190 degrees C for 45 mins.

Cool and refrigerate. Cut into 5 pieces.

**Sally**

## **SPICED APPLE WHOLEMEAL CAKE**

2 apples, peeled, cored & sliced  
3/4 cup water  
1215g butter  
1 cup raw sugar  
2 eggs  
1 cup wholemeal plain flour  
1 cup S.R. flour  
1/2 teaspn bicarb soda  
1 teaspn mixed spice  
1/4 cup walnuts, chopped  
1/2 cup raisins, chopped

1. Grease and line a 23cm round cake pan.
2. Cook apples in water until tender, remove from heat, puree until smooth, cool.
3. Cream butter and sugar in small bowl until light and fluffy. Add eggs, beat until combined.
4. Add 1/2 the sifted dry ingredients and half the apple mixture, beat on low speed until just combined. Add remaining dry ingredients and apple mixture, beat until combined. Stir in walnuts and raisins.
5. Spread mixture evenly into prepared pan. Bake in moderate oven for 40 minutes or until golden brown. Turn onto wire racks to cool.

**Sally**



## **AIRPORT RESULTS**

As usual, the FAC Airport Run was a great success with more entries than any previous year. The rain stopped shortly before the start and held off until the presentations were made so the main battle was with the wind and our own previous training (or lack of it!)  
Congratulations to all finishers, Race Director Brian Goodhind, assistant Euan Downing and our sponsors, FAC and Singapore Airlines.



## FAC AIRPORT RUN RESULTS

<b>5K</b>		
MALE	BRETT WORLEY	18.07
	JAY TORNEY	18.54
	IAN RICHARDSON	19.23
<b>FEMALE</b>		
	CHERYLYN SKEWES	20.24
	KIM FARRANT	23.57
	JILL DENNY	24.04
<b>WALKER</b>		
	JOHN SMYTHE	33.42
<b>10K</b>		
MALE	GARY ZEUNER	32.52
	MICHAEL BERTELSMEIER	33.30
	JOE PETKOVIC	33.45
<b>FEMALE</b>		
	MARCIA SHEER	35.28
	LIZEL MAAS	36.06
	BEV. LUCAS	36.28
<b>WALKER</b>		
	SANDRA KRAMER	58.04

*Breathe life  
into your Sport ...*



PT314

## PROFILE - PETER ALLMAND

Peter began running eight years ago, to keep his wife Janette company while she jogged early in the morning. He was approaching 40 as an overweight, unfit, smoker and decided to do something about it. Janette's fitness campaign dwindled but Peter kept at it and now has three marathons to his credit, his PB being 3:30:11.

His first involvement with the club was in 1988 when Ingrid Kristenssen came to Adelaide to compete in the World Women's 15 km. He helped set up the course for this race and has been helping the club ever since.

He is the Sunday morning run director, responsible for mapping out these runs and has introduced Mystery runs, the Mt. Lofty Bus Run and the now famous Heysen Trail runs.

He has also edited and produced Footnotes for the past 18 months and manages to run every weekend as well.

Peter's most memorable race is the 1992 Glenelg 10km (the one in which he defeated Alan Morton and did a 43:30 at the same time!) and of course, his first marathon (Adelaide 91). His favourite training times are Saturday morning hills runs with Alan, Elan Downing, John Halifax, Sue Tyson and other club members.

## STATS ABOUT PETER

**Personality:** Friendly, witty, organised and quietly confident

**Shoes:** He currently runs in Asics, but he is about to return to New Balance, to try the new model.

**Favourite Food:** Sally P's Thai cooking!!

**Favourite Drink:** Red wine (Feed him red wine the night before a race if your ambition is to beat him)

**Star Sign:** Cancer (make what you will from this)

**Likes about the club:** The social side, the wide cross-section of people and that running is a leveller - individuals, occupations and incomes are irrelevant, it's how you enjoy the run that's important.

**Dislikes:** Insincere people

**Rumour:** I heard that Peter is secretly training and that he attended Bev Lucas' training camp at Hindmarsh Island and was home late!!

If you don't yet know Peter, introduce yourself, you won't meet a nicer person.

Sally Piccinato

## THREDBO REPORT

Shuss bookings are now closed.

We have 36 people from Adelaide going to Thredbo this year, which is more than we have had for many years. If you would still like to go but have forgotten to book, there is still room at Redbank (another ski lodge), but you need to book independently through the Thredbo Alpine Booking Agency in New South Wales.

See you there. Sally P

## SUMMER BUS RUN

**Sunday 5th December,  
8 a.m. from Bundys Road.**

SARCC bus tickets \$3.00 per head

Black Hill to North Adelaide - 22km

Black Hill to Paradise interchange - 12 km

This run commences with 6 km of undulating bush tracks around the back of Black Hill, crosses Gorge Road and follows the Torrens back to North Adelaide.

If you wish to do the 12km, bring an extra \$2 so you can catch an STA bus from Paradise back to Channel 7. STA buses leave Paradise at 15 min intervals.

Tickets available from Peter Allmand, Sally Piccinato, Alan Morton, or the Office.

The weather WILL be better than last year!!!



## SUNDAY TRAINING RUNS

### November

- |    |                         |                 |
|----|-------------------------|-----------------|
| 14 | Waterfall Gully 23      | Gilberton       |
|    | also Heysen Trail 5     |                 |
| 21 | WOMENS CLASSIC 10 & 5KM |                 |
| 28 | City Squares 19         | City Squares 11 |

### December

- |    |                   |           |
|----|-------------------|-----------|
| 5  | SUMMER BUS RUN    |           |
| 12 | Ridge Park 18     | St Peters |
| 19 | Hazelwood Park 15 | Heritage  |
| 29 | Felixtow 15       | Marden    |
- \*\*\*\*\*

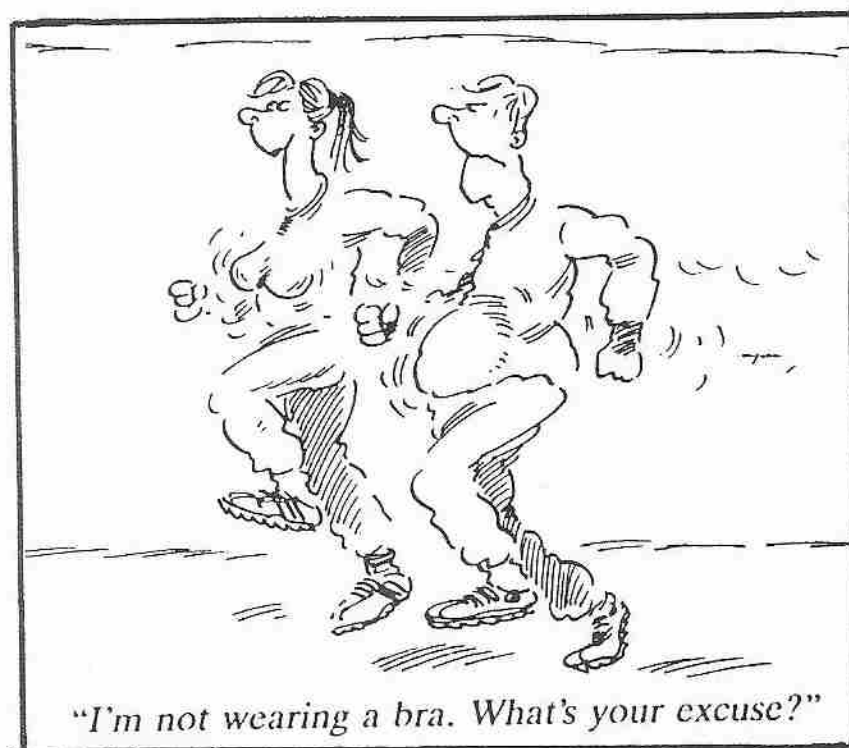
## WOMENS CLASSIC 5 & 10KM

21st NOVEMBER

entries close WEDNESDAY 17TH

## Your Heart... Nothing is more important.

Be Smoke Free • Enjoy a Healthy Diet  
Take Regular Exercise



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# The marathon battle hots up

By LEN JOHNSON

Jack Foster, the New Zealand distance runner who held the world over-40 marathon best for 16 years, had an iconoclastic approach to fluid replacement.

Foster once ran a marathon in Whyalla, in a doomed effort to qualify for New Zealand's 1978 Commonwealth Games team. Not surprisingly, to locals anyway, the race day temperature was 35 degrees. If Foster had been promised ideal marathon conditions, then it was the most monumental case of deception since Rick Blaine, the Humphrey Bogart character in the film 'Casablanca', alleged he was told to visit the Moroccan capital "for the waters".

Anyway, Foster reached the 35-kilometre mark of the race far off the required pace and, more imperatively, with a thirst you could photograph. A 44-gallon drum filled with water had been put out for the competitors' drinks. Foster dived into it. Whether he also drank was not recorded.

Foster was no mug. A former competitive cyclist, he finished eighth in the 1972 Olympic marathon, then ran two hours 11 minutes and 18 seconds for second place in the 1974 Commonwealth Games marathon at the age of 41.

The Foster story becomes relevant this weekend. The Australian Institute of Sport and Athletics Australia are holding a forum at

the AIS in Canberra to discuss issues related to the effect of environmental factors on performance in endurance events. Foremost among them will be preparation and performance for endurance races in hot and humid conditions.

Heat has been held to be the killer in every major championship marathon since Foster's day. No championship marathon has been won in a time faster than 2:10 since Carlos Lopes won the 1984 Olympic race in 2:09:21. The trend has worsened in recent years, with the championship races won in increasingly mediocre times by runners few would acknowledge as the world's best.

When Foster was running marathons, little was known of fluid replacement.

Since then, the store of knowledge has been vastly expanded by the twin impetus of more scientific study and a marathon mass market to which specialised replacement fluid can be sold. Today's marathoner knows how much he or she should drink, how often and what it should contain.

Trouble is, runners seem to be more aware of the problems, but less confident that they can be overcome. Where Jack Foster and his contemporaries drank when they felt thirsty, and then only water, now the timing, volume and content of a marathoner's fluid

replacement threatens to become an obsession. The drink stations and runners' access to their personal drinks have become tactical set-plays in major races.

Lisa Ondieki may have gone right over the top when she alleged her drinks were spiked in Barcelona. But other top marathoners have wondered — without their sanity being questioned — whether they imbibed so much plain water in the lead-up to a race that they flushed vital electrolytes out of their system, or alternatively, fell ill from an overdose of electrolytes and too little of the regular, straight-from-the-tap stuff.

It almost seems that marathoners have lost collective confidence in their ability to perform at their best in adverse conditions. Increased knowledge of the event seems to have been inhibiting, rather than liberating.

The genie can hardly be put back in the bottle. The challenge for athletes, coaches and scientists is to create a situation in which runners once again can treat a major championship as a race against other runners, rather than a battle against external factors.

The AA/AIS forum is about much more than marathoning, but if it can make some headway on that problem, Australia may steal a march on the rest of the world for Atlanta, not to mention Sydney 2000.