



Advertiser
Monday 29 August 1994

JUST CHAMPION ... Greg Mandile is delighted with his win. Pictures: PIP BOD.

Mandile's the master

By TANYA LEWIS

Greg Mandile led home a Victorian trifecta on the way to his first ever marathon win in yesterday's Adelaide Marathon.

Mandile, who slashed almost three minutes from his personal best time, completed the course around Adelaide's parklands in 2 hrs 28 mins 41 secs to hold off a challenge from fellow Victorians Ian Nash in 2:29:17 with Ian Cornthwaite third in 2:31:44.

After a fourth placing in last year's Adelaide Marathon, a better-prepared Mandile set out with the leaders yesterday and held his front position to cap off a successful year of competition.

"To win a marathon and run all that way, this would have to be the best result for me so far," Mandile said after the race.

"Everyone gets tired towards the end but this is the best finish

I think I've had to any marathon.

"I knew someone was catching me so I just put in a bit more to make sure I held him off."

The win follows 33-year-old Mandile's success in May as a member of the Smith Family team which won Victoria's noted Otway Classic, a gruelling relay-style race through the Otway Ranges.

"I've had a fairly big year running the Otway Classic in the winning team and the Melbourne Marathon in June and now it's coming toward an end and this is a good result," Mandile said.

"I was confident of breaking 2:30:00 and I thought anyone that breaks 2:30:00 today would probably win it."

Mandile passed the halfway mark in 72 minutes and continued to lead from that point.

In the women's field, Canadian exchange teacher Lorraine Lees-

McKeough was the winner in 3:20:12 but crossed the finish line with little fanfare as her placing was confused among groups of women's half-marathon and 10 kilometre finishers also included in the race as part of the Adelaide Marathon Festival.

The ultra marathon specialist, whose time yesterday was outside her personal best, had not specifically trained for the shorter distance after recently completing a 100 kilometre event in Japan.

Local runner Steve Guy was the first South Australian to finish the marathon in 2:35:16 with UK runner Alan Chilton the winner of the men's half-marathon, Susan Peter the women's half-marathon winner and Matthew Stephen and Yuli Gowling the respective winners of the men's and women's 10 kilometres.

A technical hitch with com-

puter equipment marred the closing stages of the Marathon Festival - which attracted approximately 700 runners - when presentations to the winners were abandoned after times and final placings could not be collated immediately.

In SYDNEY, South African Zithuele Singe handed out a stinging rebuke to his country's selectors with a clearcut win in the inaugural Sydney international marathon.

Singe, who failed to gain selection for the Commonwealth Games in Canada, beat a field of more than 2000 in two hours 14m 13s with former Australian Danny Boltz 16 seconds behind and Marcelino Crisanto of Mexico another 50 seconds back.

American Tammy Slusser came from behind to win the women's division in 2h38m29s from Russians Alla Doudaeva (2h41m52s) and Tatiana Titova (2h43m53s).



WINNER ... Lorraine Lees-McKeough.



FITNOTES

AUSTRALIA'S LARGEST RUNNERS CLUB

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

NEWSLETTER NO.89

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October 1994

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SARRC WOMEN SHOW HOW IT IS DONE

Through torrential rain and over long, steep hills a women's SARRC team of Lee Clayfield (team Co-ordinator), Heather Paynter, Barbara Hill, Linda Lane, Merran Finnis, Marita Aldridge, Jill Denney, Sue Tyson, Teresa Birdseye, and Alana Dare, ran a 10 x 10 km relay event from Adelaide Town Hall to Victor Harbor in the time of 8:16.26. The team was sponsored by friends, family, Cunningham's Warehouse (T-shirts), Classic Color Screenprinters (printing of T-shirts), Make a wish Foundation, in order to grant a wish to a child with a life threatening illness. If you ask any of us, we will be happy to show you our winning medals.

What a great effort women, WELL DONE!

PRESIDENT'S BRIEF

At last we can all breathe a sigh of relief; the Daihatsu Marathon Festival is over for another year and what an event it was! Letters and 'phone calls have poured into the SARRC office to support the view that this was indeed the biggest and best Marathon event for quite a few years.

The Muscular Dystrophy Association has already expressed its pleasure with the increased participation in the Qantas Muscle team. They have also predicted record funds are likely to be raised by those participants who gained sponsorship.

Daihatsu gained a good deal of exposure through the media coverage this year, and in fact the event has been described as the most publicised and promoted marathon in South Australia since the mid-eighties.

Of course, without the assistance of many volunteers there could be no marathon at all. In fact the Club, as a service provider and as a non-profit making organisation relies heavily on its volunteers at all levels, many of whom never gain any public recognition or thanks. I therefore would like to use this premium front page space to say a special thank you to the following people:

Finish System

Chris Acton	Annie Ashwell
Dave Chapman	Brian Goodhind
Ray Haese	Faye Nicholls
Des Paul	John Sheer
Barry Sims	Bette Sims
Stella Salter	

Race Committee

Tony Ashwell	Laurie Hannafin
Rod Martin	Dave O'Connell
Heather Paynter	Ray Paynter
Sally Piccinato	Chris Romanowicz
	Cont.....P.2.



Ross Martin enjoys the 'real thing' after finishing all 16 Adelaide Marathons..

WELCOME TO NEW TREASURER
Nick Birdseye has resigned as Treasurer, and has been replaced by Simon Fry. Thank you Nick for serving SARRC well during your term.

DATES FOR YOUR DIARY

- 22/23.10.94 Sri Chinmoy 12/24 hr. run at Adelaide Harriers Track, Sth Terr. Adelaide. Sipra Lloyd 239 0690. Some SARRC members have entered this event, so come along and encourage them as they run around the track.
- 23.10.94 Heysen Trail No.11. Last for this year. Mt. Lofty to Cherryville(Moores Rd.) approx. 29Km. Meet at eastern end of Moores Road at 8.00 a.m.
- 23.10.94 Caithness Country Run 5/10Km. Mount Barker Primary School. Chris Freeman 391 1507
- 30.10.94 FAC Airport Fun Run 5/10Km. SARRC 213 0615
Race Director: Brian Goodhind.
- 13.11.94 PLEASE NOTE THAT THE HALF MARATHON HAS BEEN CANCELLED. They still have the Port Elliot to Victor fun run though, which has been rescheduled for the 20th November, 1994
- 20.11.94 Women's Classic 5/10Km. SARRC 213 0615
Race Director: Peter Tyson.
- 04.12.94 Family Frolic 5Km. to Celebrate the International Year of the Family. Race Organiser: John Twartz.
A souvenir commemorative SARRC glass for each family team of 3 or more.
- 10.12.94 TRAINING SEMINAR. How to become a Race Director. Contact SARRC 213 0615.
- 11.12.94 Summer Bus Run. Starting & finishing at Hutt St. clubrooms. Mt. Lofty to Hutt St. via. Chambers Gully. A BBQ brunch and farewell to Sally Piccinato (who is off to Canada for a year exchange teaching) will follow the run, so mark it in your diary NOW!

Office Volunteers

Marita Aldridge	Viv Edwards
Eric Fazackerley	May Fazackerley
Jenny Prider	Richard Sjoerdsma
Angela Slagter	Marie Slagter
Sue Tyson	Jacky Whitting

Drink Stations & Marshals

Plus all other unnamed volunteers who lent a hand.

At a debriefing meeting held soon after the event it was unanimously agreed that the Marathon Festival this year was a huge success and the problems were relatively minor. However, as the President of the Club (with whom the 'buck stops'), I take full responsibility and would like to say how sorry I am that the presentation of trophies and medals had to be postponed. An advertisement publicising the winners was published in The Advertiser on Saturday 10th September as promised and a special cocktail party was held on Tuesday 27th September at Muscular Dystrophy Association for presentation of all trophies and awards. Measures are being taken to ensure future Marathon Festivals are bigger and better with even fewer hiccups. This year our Race Director Tony Ashwell, has expressed his regret that at the present time he is unavailable as a future race director. Tony, thanks from all of us for two excellent marathons 1993/94. You have certainly left some rather large shoes to fill.

Helen O'Connor

WELCOME TO THE 43 NEW MEMBERS WHO JOINED DURING THE JUNE-SEPTEMBER PERIOD.



ON THE TRACK

A letter was received from Colin Maddocks, living and working in Irian Jaya, Indonesia. Most of his running is mountain (not hill) work. To all his SARRC friends, Colin sends his best regards and hopes to be running with them in Adelaide around Christmas time. Anyone wishing to write to Colin, his address is C/o IATVEP: A Australian Embassy, Jakarta Airbag, Private Bag 40, Queen Victoria Terrace, Canberra, A.C.T. 2600

F FOUNDATION S.A. WOMEN'S CLASSIC 5/10 Km

At this event on the 20th November, two perpetual trophies will be awarded. the May Fazackerley trophy for the first club member finishing the 10Km walk and the Pat Edwards trophy for the first woman over forty years of age finishing the 10Km running event. Additionally there will be trophies awarded to the three placegetters in both running events and a trophy for the first veteran finishing the 5Km event.

Once again the Fireplace & Slate Centre have kindly donated \$50 prize money for the first veteran female in the 10 Km. Bev Lucas must know her thank you letter off by heart now!

I look forward to seeing you all participating.

Peter Tyson.

JOGGERS WORLD RUNNING LAB

Joggers world is now providing its customers with a video gait assessment programme.

A qualified expert will assess your foot and leg mechanics with the aim of prescribing the right running shoe for you. If serious problems show up, the appropriate advice will be given and we will suggest the best way to improve your performance. The cost is \$25-00.

Bookings are essential. The assessment will take approximately 30 minutes and you may bring your own VHS tape to keep as a record if you wish. We are very excited about this very important service to customers where all the guesswork can be taken out of shoe selection, and you can discuss your specific problems during the assessment. Call now for an appointment: (08) 223 6744

Advert.

LETTERS TO THE EDITOR

I thought you might appreciate some feedback on the Marathon day. I ran in the 10Km run and would like to compliment you on a very organised day and a great atmosphere. The different starting times worked well. It was good watching the leading marathoners run past whilst waiting to start the 10km. A job well done. Thank you.P.Trabilsie.

Tony Ashwell, you're a legend! Anyone willing to undertake the mammoth task of organising a marathon has my respect and admiration. My sincere thanks to you personally and to your team of helpers. After running the Adelaide marathon in other years, I have always intended, but not actually got around to, write a thank you for the organisers. In recent years Adelaide really is, and has been a well organised event. My comment is based on some experience as I have now run marathons on ten different courses, and the Adelaide course 8 times in my 'career' as a veteran marathoner.....Thanks also to the police, all marshals, helpers at the start & finish and the 'cheer squads' along the way. A few cheers really do help to keep the willpower going till the finish line has been crossed.....I find I am a very satisfied middle order marathon runner and a long term member of SARRC. Thank you again..... P.T. Gallasch

As a runner in the half marathon event, I'd like to pass on my appreciation to all volunteers who assisted. The marshals were exceptional. I don't think there was one point I passed through that someone didn't call out and give me a boost (believe me, I needed it), and the drink station helpers were certainly organised and efficient. The course was well marked....and I had no trouble in finding them. I thought the count down for the half marathon people was a good idea....I thought the staggered start worked welland the finish felt great, having heaps of runners finishing with you.....Heather Paynter.

EDITOR: Sorry space did not permit the full letters to be published.

GOLDEN RULES OF BEGINNING

1. Plan to attend classes regularly.
 2. Begin slowly - take it gently at first. It is very common to overdo it in the early stages.
 3. Do not push yourself too hard in any one session.
 4. Compete with yourself and progress gradually.
 5. Buy the correct footwear.
 6. Watch the weather - take it easy in hot/cold weather.
 7. Restarting after a break. the benefits of improved aerobic functions are only achieved with regular practice. Regularity is interrupted for various reasons - accidents, illness, travel, etc. Whatever the reason, care should be taken regarding one's fitness.
 - (a) After a long break (3 months plus) start exercising as if you were beginning all over again. Work up to 3 classes/week. Work at a moderate H.R.: 130 - 145 B.P.M. Build up intensity gradually. Take special note of leg muscles. Allow them to re-acustom themselves to the workload. If they feel 'strained', take it easy.
 - (b) After a short break - 2 weeks to 2 months. It is again important to start slowly especially after the 'flu or a cold. Take 5 or 6 classes to work up to your earlier level. If you feel 'bad' after exercise you know you are doing too much too soon. (Listen to what your body tells you about its response to exercise). Younger people will recover quicker than older people.
 - (c) You can always make a come-back after a break no matter what your age or the reason for your break.
 - (d) Incidental activity assists a come-back.
 - (e) Consult your doctor if illness was the cause of your lay-off.
- Reproduced from the Start Running Manual published by the SARRC Education and Training Committee

A FIRST MARATHON

The evening before the marathon, I sat in an Unley Road, Malaysian restaurant, pitifully picking at a bowl of steamed rice and munching 'roti' bread whilst my friends shovelled in the most blissfully spicy, aromatic curries, unconcerned as to the intestinal turbulence to come in future hours. With my first marathon barely ten hours away I was in a 'monk' mode - no wine, plain food, no funny business and the last thing on earth I needed was 'the runs' and butterflies to see me through my ordeal. All too soon, the alarm sounded at 4.15 a.m. Sunday 28th August. I sprang out of bed, a picture of apprehension, dressed and went about preparing and forcing down my pre-race brekkie. Stuff butterflies in the stomach, these were dirty great bats! The morning was pressing on and soon it was time to leave the house. Dave played the 'Chariots of Fire' on the stereo as we left. How corny! The bats were dancing a mazurka in my tum upon our arrival at the Adelaide Oval gates, but once I saw Sue & Barb they seemed to settle into a waltz. Following numerous toilet visits by yours truly, all were called to assemble at the start and then we were off! Excited chatter filled the air for the first 15 or so minutes and then at Anzac Highway it was down to business. I slotted in behind Barb & Sue "we're just going to do a slow marathon", Tyson; "This will be painless", Hill, until they both sped away from me near the Morphett Road turnaround point. As per Doug's instructions, I kept drinking and walking at each water station (thanks Doug!) and was terribly glad at each of these short breaks. My partner, Dave, kept meeting me along the way with bottled water, a smile, well meaning advice and encouraging words until near the end he thought it wise to leave me to my own devices, to avoid having his lips ripped off and shoved down his throat. I was very surprised at the emotions this event stirred up in myself and others, especially in the final stages. It was at approximately the 23km mark that the deficiencies in my training program (due to unforeseen circumstances) began to tell. Coming over the Morphett St. Bridge I felt distinctly queasy, ready to 'go for the heave' any second but had recovered on the downhill by Montefiore Hill where I spied Euan Downing. He told me the rest would be easy - yeh sure, Euan! I felt myself definitely slowing down at the zoo bridge where Jenny Prider was marshalling (thanks

Jenny), then Big Mike zoomed past with a cheery "I'm feeling great!". Hackney Road, Dequetteville Tce. and eventually to Frome Road was just yuk (was I imagining it, or was it a humid day?), but a minute later, a true Kodak moment occurred. At the Uni. corner waited my parents, watching my exhausted form lurch towards them. Finally, the end was around the corner and I, at that point reflecting on the merits of golf, managed a weak sprint to the line to finish in 4:12.14. From this point on everything is a rather white, achy haze. I saw white for a while - white grass, white trees, white people, I'm told my face looked pretty white too - thin little white lips in the midst of a deathly pallor. A big thank you to all those who congratulated my effort - Mike Pascoe, Michael Ward, Tony Nelson and many other well known faces. I felt really drunk with happiness at having achieved my goal, even if virtually my whole body ached - even my belly button hurt! What a fantastic milestone of a day. I ran the marathon and survived!

Lee Clayfield.

Tom Ostle

Some members may well remember Tom, who unfortunately died whilst running the Whyalla Marathon earlier this year. His wife would like members to know that Tom had an undiagnosed extremely rare heart complaint, where the first symptom is usually the last! She wanted everyone to know that Tom died doing something he loved - running.



Piccadilly Natural Springs supply all of our spring water, and are a major sponsor. Please support them, and when you order your spring water, mention that you are a member of the South Australian Road Runners Club.

NOTICE BOARD

CONGRATULATIONS to newly married SARRC member Bob Ansell & wife Susan. All the best in your life together.

10+ tee shirts

Have you run 10 Adelaide Marathons and not received your tee shirt for this? If so, please notify SARRC office.

EDUCATION & TRAINING COMMITTEE

If anyone would like to become a member of this committee please let Sue Tyson know. To build up our Club we need people to help. Tel: 272 0808

SIGNWRITER NEEDED

Is there a signwriter out there? We would like to have a banner made that we can display. Please contact a Board Member or the SARRC office.

STOP PRESS

URGENTLY REQUIRED a volunteer willing and able to pick up (in a ute. van or trailer) approx. 50 bottles of Piccadilly Springs water 4 or 5 times a year. Piccadilly Springs is located at Torrensville, and the water is stored at Hutt Road.



S PEED TRAINING
Have you ever thought of "speed training"? If not, why not give it a try!

Speed training is available to all club members on Saturday mornings at 8.30 a.m. Meet at Finniss St. opposite I.F.R.T. You need not be an athlete to participate. Only the desire to run a little quicker than your 'normal' pace. Listed below is a brief outline of a typical year's schedule showing variation throughout the year. Join in on 'Saturday Social Sprints' and watch your times improve.

Training programme is available from the SARRC office.

PS. Editor - Do you know what shuttle relays are? If not, come to speed training and find out what fun they are. I think the social aspect of Saturday Speed Training is in the coffee shop afterwards.

THREDBO

Do you enjoy:

Running	YES	NO
Walking	YES	NO
Bush Walking	YES	NO
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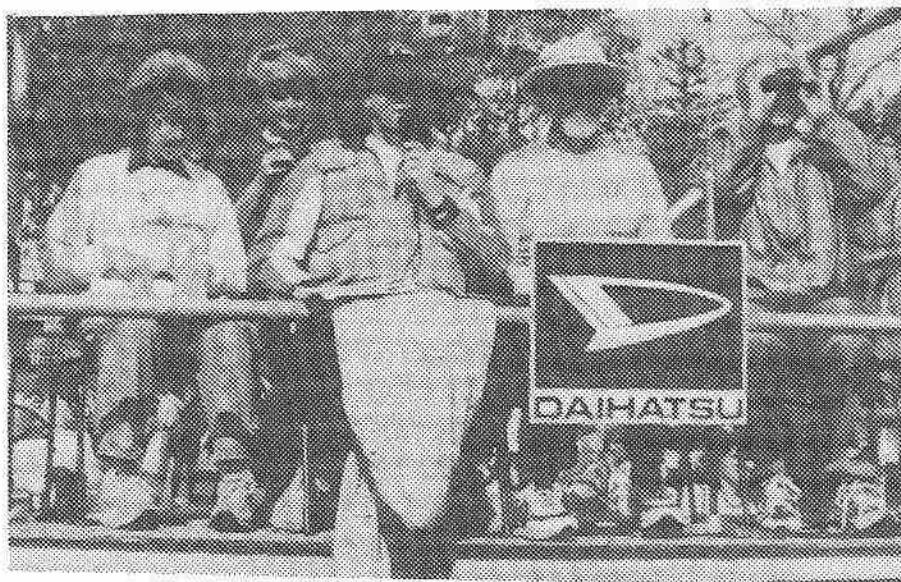
If you answered YES to at least one of these questions then you should be at THREDBO from 13th to 23rd January for National Running Week.

You don't have to be a runner to enjoy yourself. Several of my non-running friends had a great time last year and will be back again. We have booked a SKI LODGE to stay in. To reserve a room, ring Dave O'Connell, work 326 2051 or home on 346 0348 before 16 November.

Don't muck around in fountains - come to THREDBO



Yavuz Sap, who came all the way from Turkey, crosses the finishing line in the Half Marathon. Well Done!



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AND

McKinnon Parade - near North West Shed - Tuesday - 6.00 p.m. Walkers also welcome for 10 km. walk

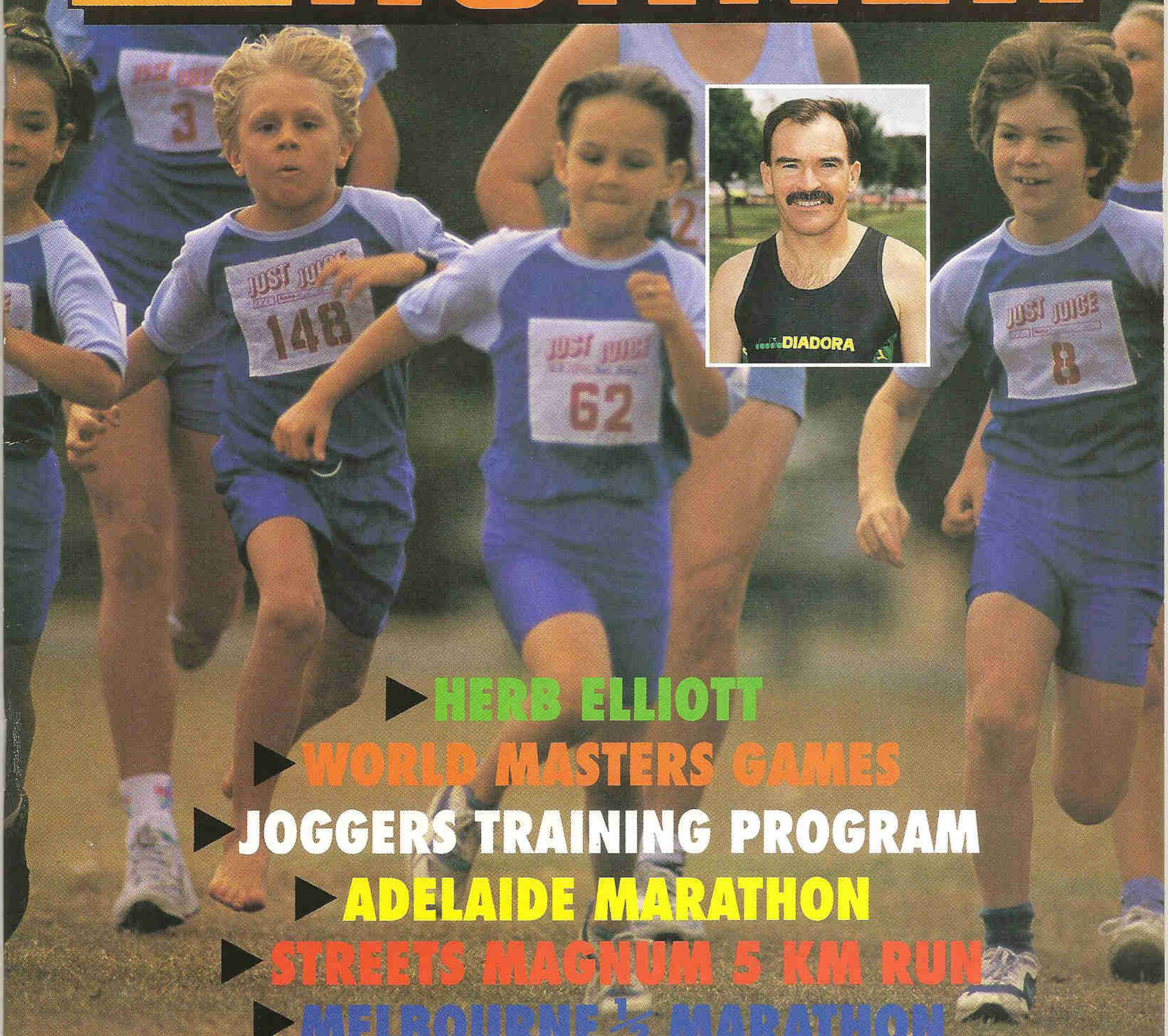
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02

Adelaide Marathon

By Helen O'Connor

Local disc jockeys Bazz & Pilko counted down amidst jokes about leaving the stove on and several coaching tips from genuine non-runners, before they finally managed to fire the gun to start the 1994 Daihatsu Adelaide Marathon Festival of Running and Walking.

Runners moved steadily forward in the early morning light, spreading out along King William Street. The sounds of 'Chariots of Fire' faded into the background, to be replaced with the pounding of regular foot steps, heavy breathing and the hushed murmurs of participants concentrating on finding their pace.

Further along the route runners started overtaking walkers, who had commenced an hour earlier. The lead pack surged back along the Anzac Highway towards the tail end of the field. Although the tail-enders smiled and cheered these leaders, very few of them acknowledged this distraction, as they pushed forward with grim determination.

The marathon wound its way around the green parklands and on through the beautiful, quiet old streets of North Adelaide. Sue Bardy, the oldest female participant (61 years old) deliberately took time out to jog into Calvary Hospital, where she works as a hospice nurse, to be showered with hugs and bananas from her colleagues, before tackling the final 'downhill' 14km.

Eighty year old Alf Ryan, who was competing in his third official marathon for 1994 slowed down for a leisurely stroll through the Botanic Park loop, gathering his energy for that final 10km surge.

Half marathon and ten kilometre runners swelled the field as they joined in the second half of the run. All moved in the same direction towards the finish at Elder Park on the River Torrens.

The mild temperature peaked in the low twenties and the lack of wind meant that there were very few natural excuses for those who rely on these sorts of things to blame. Live music, the smell of cooking food and the cheering crowd helped to create a carnival atmosphere to greet the weary walkers and runners in their struggle for the finish line. Some savoured the sheer relief of stopping, some walked straight over to the massage tent. Others just lay where they fell on the grass, content to relax in the sunshine, listening to the music, while they waited for the random draws of a return trip to London, \$1000 and \$500.

In fact there were very few complaints about the run itself. The general consensus was that the 1994 Daihatsu Adelaide Marathon Festival was a huge success. Some masochists were even overheard discussing tactics for next year's event.

The 1995 Adelaide Marathon Festival will be held on August 6. The event is a genuine people's Marathon Festival - not an elite event. The course is accurately measured, and because it involves three races in one, it caters for fun runners, joggers and walkers of all ages and abilities.

This is the world's friendliest marathon, hosting runners from all over the world. Teams from Germany, England, Holland, America and New Zealand joined individual participants from Western Samoa, Spain, France and Turkey, as well as Australian participants, of course.

Perhaps the most famous international visitors were Jamel Balhi, the Frenchman who was the first man to run around the world, and Turkish Yavuz Sap. Sap has run on all continents of the world - pretty significant when you realise that he runs with the aid of crutches. He managed to finish the marathon in very respectable time of 3:42.48. His stay in Adelaide was supported and hosted by the Australian Turkish Community.

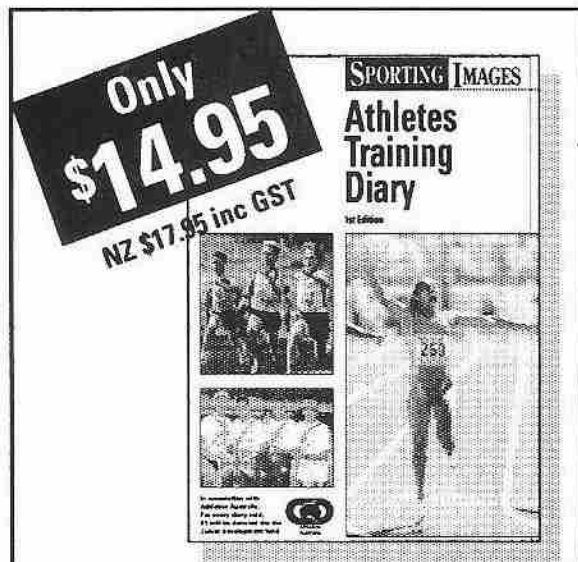
A Profile of the Daihatsu Adelaide Marathon Winner

Although the Ottway Classic was 33 year old Greg Mandile's main goal for 1994, he has also managed to turn in some fine efforts in marathons, including his victory in the Daihatsu Adelaide Marathon. Both Mandile and Ian Cornthwaite took up the early pace, running shoulder to shoulder for the first 20km, with Ian Nash a minute or so behind. Cornthwaite dropped off at this point, and was obviously suffering, dropping 77 seconds behind by 25km.

For the next 5km Mandile ran on alone and it wasn't until he was told that Nash had caught Cornthwaite and looked determined to reach the lead that he realised it was time to push the pace. With 7km to go Nash had closed the gap significantly, however Mandile held on to win the race by 36 seconds from his fellow Victorians.

"Breaking 2:30 has been a goal of mine for a while now," said Mandile after the event. "I knew I had a chance of winning because I was fourth last year, so I was fairly confident before the race."

Mandile's season had progressed well. As a part of the winning Smith



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“This is the world’s friendliest marathon, hosting runners from all over the world.”

Family team for the Ottways, a 17th place in the Melbourne Marathon two weeks later, Mandile prepared for the Daihatsu Adelaide Marathon with light ‘freshen up’ work outs with his training companions who include Richard Russell, Darren Wilson and Dave Owen. “Running around with those blokes definitely helps a lot,” said Mandile.

A member of the Old Paradians Athletic Club, Mandile is coached by Greg Hall.

In the new year Mandile hopes to put in a good track season, and prepare again

for the Ottways. Having run eight marathons, the first of which as a 16 yr old school boy in 1978, Mandile will again run the Adelaide race.

“I definitely won’t run the Melbourne Marathon again, it’s too soon after the Ottways. Looking back I probably shouldn’t have done it this year, but the conditions on the day were favourable and I went out hard instead of treating it as an easy jog,” he said. “Adelaide is a lot faster course than Melbourne, but unfortunately they don’t get the depth in the field.”

RESULTS

Daihatsu Adelaide Marathon Placegetters

Open Male

- 1 Greg Mandile Vic 2:28.
- 2 Ian Nash Vic 2:29.17
- 3 Ian Cornthwaite Vic 2:31.44
- 4 Steve Guy Vic 2:35.56
- 5 Andrew Burns SA 2:36.28
- 6 Stephen Hemy Vic 2:39.09
- 7 James Nicholson SA 2:39.27
- 8 Christopher Champion 2:42.09
- 9 Brendan Sharp SA 2:44.03
- 10 John Feijen SA 2:44.08

Open Female

- 1 Lorraine Lees-McGeough SA 3:20.13
- 2 Catherine McDonald SA 3:27.05
- 3 Jacky Whitting SA 3:35.10
- 4 Christine Lubke SA 3:37.00
- 5 Jane Bennet SA 3:39.05
- 6 Helen Bridges SA 3:40.39
- 7 Sue Tyson SA 3:44.19
- 8 Angela Moran SA 3:57.25
- 9 Barbara Hill SA 3:58.58
- 10 Bev Thomas SA 3:59.50

Daihatsu Adelaide Half Marathon Placegetters

Open Male

- 1 Alan Chilton UK 1:09.46
- 2 Shane Johnson SA 1:10.42
- 3 Robert Rigante SA 1:13.31

Open Female

- 1 Susan Peter SA 1:23.5
- 2 Trudy Fenton SA 1:24.28
- 3 Claire Thornton SA 1:24.54

Daihatsu Adelaide 10km Placegetters

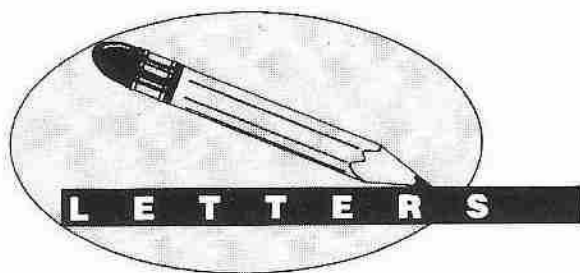
Open Male

- 1 Matthew Stephens SA 33.35
- 2 Peter Lonman SA 34.06
- 3 Matthew White SA 35.07

Open Female

- 1 Meran Finnis SA 43.43
- 2 Gloria Polson SA 44.17
- 3 Linda-Jane Kelly SA 46.00

FR.



Dear Editor,

I'm a 'late starter' in the walk/run game. When I became 65 (three years ago), I wanted to do something I hadn't done before, I was 65 in June and in July I went in my first half marathon! I have been in the last three Gold Coasters and have been to Sydney for three City to Surfs, no speed of course, but I love it and intend to enter as long as I can.

Now, I enjoy the magazine, but wish your lot could encourage 'late starters' and also slow finishers! How about publishing the last time in for half and full marathon, no names, just times, (while on the subject regarding the Sydney Half Marathon, do they specify a finish time?) To know the last time might encourage some slow ones to 'just do it'.

Thank you for your time,

Yours faithfully,
Mrs Isa Jones,
Burleigh Heads, Qld.

Dear Wayne,

It's no wonder that top athletes around the world are extremely suspicious of the female Chinese runners whose track exploits have re-written the record books in such a devastating manner. It is now difficult to rationalise the situation by supposing that their performances might be due to new training methods, legal nutritional aids, or simply weight of numbers, when we discover that the similarly dominant female Chinese swimmers have been exposed as charlatans and cheats, despite their repeated claims (like the runners), that they were 'clean'.

In reality, we probably should not blame the athletes but point the finger squarely at the coaches, scientists, medicos and administrators who administer the pharmacological agents and illegal techniques to the athletes. It would not surprise me at all if the athletes in China at least knew nothing of the content of their potions or the illegitimacy of any other performance enhancing techniques.

We must hope that the swimmers' exposure will scare the hell out of the Chinese involved in attempting to take the short cuts to fame so that honest athletes around the world can achieve the success

they deserve.

Dick Telford,
Canberra, ACT.

Dear Editor,

I have been a reader of Fun Runner Magazine for the last two years. I have just taken running very seriously in the last three months. I have been running for one year. I find running enjoyable, keeps you fit and healthy. The fun runs that Fred Howe sponsor I try to compete in every one.

I am a person who likes to talk to people regarding running, especially the fitness side of it. Enjoyment, meeting runners, socialising is all about running.

What I have noticed in the last three fun runs I have competed in are the winners, for eg. Colin Dalton (Woodstock 1994 fun run), Wayne Larden (1994 Lane Cove Fun Run) and Tony Ventura who I know very well and is a very good runner.

These three people have given me the time in giving me advice and help through my running. The advice has given me a lot more motivation and I think my running has improved dramatically.

Laurie Whitty, who I met through Tony, has just given me advice and help with what running shoes I should be wearing. The Runners Shop at Randwick is a great place for any runners, professional or those who like to keep fit, and is the place to buy good running shoes.

Thank you for your time and consideration.

Regards,
Frances Francica,
Clovelly, NSW.

To: The Hard Rock Cafe
Fun Run organisers.

Dear Sir,

Re: Hard Rock Cafe 8 km Fun Run

My wife and I were fortunate enough to be entrants in your fun run and would like to write and let you know how much we enjoyed the entire proceedings. During the past 30 years we have competed in what must now be several hundred fun runs, in many parts of the world. Your event was by far the best in so many ways:

* Helpful and smiling officials at the entry desks. * Easy access to water before the start. * A great atmosphere... helped by your announcer. * Lots of helpful Police and marshalls all along the course. * A great welcome at the finish. * A very generous breakfast, again with smiles. * Excellent quality t-shirts. * Speedy announcement of the winners.

A special vote of thanks to all the Hard Rock Cafe staff who gave their time and

generated such an atmosphere of fun. The young man on the microphone is also worthy of special thanks, very entertaining and a professional, lively performance.

Thank you once again and already I look forward to next year's event. You have established a format that other Fun Run organisers would do well to follow.

Yours sincerely,
Stan & Sandra Fleck,
Bondi Junction, NSW.

Dear Editor,

I see the South Australian Road Runners Club, through its President Helen O'Connor, has given the Adelaide Marathon a promotion - from Australia's to the World's friendliest marathon. This was expressed in Ms O'Connor's article in Fun Runner. The tone of the article implied that because the Adelaide Marathon is a non-elite event, it is eligible to claim 'world's friendliest' status.

While the promoters of this (non deserved) claim may justify it as being a valid marketing ploy, I am concerned that such an exaggeration may backfire on what has been a pretty good event in the past and make Adelaide a laughing stock (if it is not already).

Consider the following occurrences of the 1994 event:

* No award ceremony for the winners/placegetters.

* No announcement of finishers after about the 3.30 mark because someone decided it was more important to have music.

* Marathoners being swamped by fresher runners of the other events over the last half of the course.

In its newsletter, the SARRC dismissed such occurrences as relatively minor problems and promised 'fewer hiccups' next time. I call them significant and 'marathoner-unfriendly'. For the first time in 40 marathons, I went away without seeing or knowing who the winners were.

It is ironic that this 'non elite' event pulled the plug on the very people (slower than 3:30) to whom it is marketing.

Hopefully the SARRC will stop deluding themselves, reinstate the marathoner as the true winner of the day and do away with the distracting fun runs, relays etc. Then the confusion about place getters will not occur and the Adelaide Marathon may again gain the respect it once had.

Yours faithfully,
Ian Hill,
Dernancourt, SA.

FR.