

Happiness of a long-distance novice

Thornton daring in race debut

By WARREN PARTLAND

Gary Zeuner and Clair Thornton yesterday claimed their first Adelaide Marathon titles.

But the victories were a contrast, with Zeuner a narrow winner and Thornton easily the first woman home.

Zeuner had just eight seconds to spare at the end of the 42.2km, establishing a mid-race buffer before holding off fellow Adelaide runner Andrew Burns to win in 2hrs, 32mins, 6secs. Darryl Whiting was third in 2:37.41.

Thornton produced an outstanding performance at her marathon debut to clock 3:10.44, more than nine minutes ahead of Catherine McDonald, with Natalie Woods third in 3:26.

Third in the Adelaide half marathon last year, Thornton decided to test herself in the more gruelling full marathon distance, which started and finished in Elder Park and took runners to the Patawalonga and on a loop of Botanic Park.

"It was quite an experience... I've never experienced anything like that before," Thornton said.

"The last six kilometres was really hard, but I enjoyed the race till then. What they say is right - mentally it gets very tough and I wanted to walk.

"But I was determined not to walk and I made sure that I ran across that finish line."

Thornton performed above expectations, having entered the event hoping to run 3:15.

Aided by "perfect" weather, the novice marathoner said she was pleased with her time, although unsure if there would be another attempt at the distance.

"I've been training on my own and it was a bit of a stab in the dark," she said.

"Having never run a marathon it was all new to me, so I'm happy with the way it went. But you would have to ask me in a few days if I will be doing another one.

"My top half is okay but at the moment my legs don't want to know me.

"I might run the Adelaide Marathon again next year but I'm too sore to think about that now."



TRIUMPHANT DUO ... Clair Thornton and Gary Zeuner with their trophies after yesterday's marathon victories.

Pictures: PIP BLACKWOOD.





ADELAIDE MARATHON BUMPER EDITION

PRESIDENT'S BRIEF

Many of us take the marathon for granted. It's been there even longer than the Club itself (since 1979) and it's been recognised as the Club's premier event since its inception.

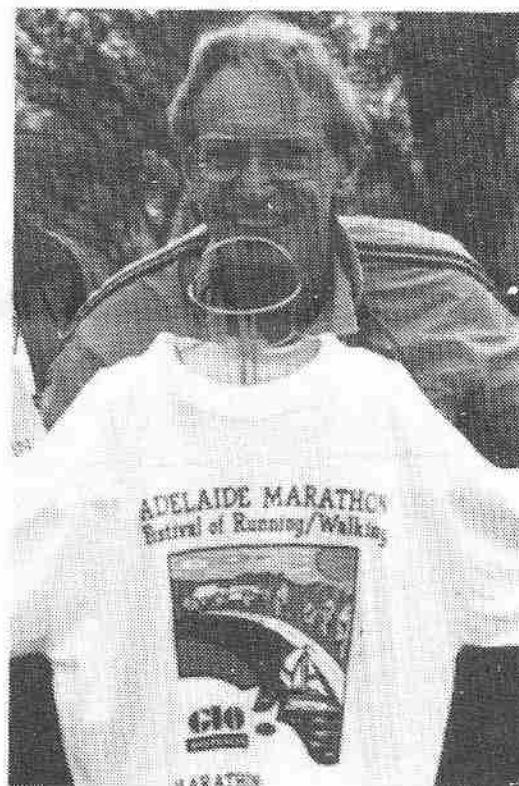
Therefore, it wasn't exactly an enjoyable experience when, less than 10 months ago, the SARRC Board was confronted with the daunting prospect of finding a new race director, a new sponsor, a new course (to be approved by the Police) and a new date for the 1995 Marathon Festival. We all would have preferred to stick with the "old" Marathon but unfortunately, we had little choice in that respect.

However, the 1994 Board saw this as a challenge and rose magnificently to the occasion. Within a relatively short time after losing the Daihatsu sponsorship (through no fault of our own), the Board had a new agreement with GIO Australia, an improved course which met all police requirements, a new marathon date which avoided the clash with the Sydney Marathon and finally a new Race Director. Graham Pring our former Secretary was entirely responsible for planning and negotiating the new marathon and half marathon courses with the Police. We all recognised and welcomed his skills and knowledge when he agreed to be the Race Director for the 1995 event. However, because of the entirely new course, all printed information including race instructions, course marshal's instructions, entry forms and course maps had to be completely redone, along with course measuring and marking. Start and Finish banners, kilometre markers and course signage had to be re-made to advertise the new sponsor GIO Australia. In fact, very little material from past marathons could actually be recycled. Even new race numbers for participants featuring the GIO Australia logo were printed in different colours, coded for each separate even, in order to avoid the confusion of the 1994 finish system.

Few members could possibly imagine the time and effort put in by individual club members, to tasks such as measuring and marking the new courses, negotiating packages for overseas and interstate participants, planning media releases, advertising, stuffing finisher bags and preparing race packages as well as re-writing all printed material. Because of all that had to be done, race day rolled around far too quickly for those of us who had responsibilities for making it all happen. Of course the rest is history.

ESTIVAL RESULTS

<u>MARATHON</u>	<u>MALE</u>		<u>FEMALE</u>	
1st	Gary Zeuner	2:32.05	Claire Thornton	3:10.44
2nd	Andrew Burns	2:32.13	Cath. McDonald	3:19.55
3rd	Darryl Whiting	2:37.41	Natalie Wood	3:25.38
Walker	Merv Lockyer	4:57.24	Sandra Kramer	3:58.32
<u>SARRC MEMBER-FIRST MARATHON</u>				
	Stephen Nicholls	3:05.05	Mandy Wellman	3:36.15
<u>HALF MARATHON</u>				
1st	Shane Johnson	1:13.13	Susan Peter	1:26.47
2nd	Mike McAuliffe	1:13.40	Leah Wright	1:28.27
3rd	Claudio Sboro	1:16.14	Merry McAvaney	1:28.31
Walker	Warren Scarman	2:26.43	Sandra Roffey	2:36.24
<u>12K</u>				
1st	Drew Farrington	0:41.43	Susan Michelsson	0:43.37
2nd	Tom Newman	0:41.59	Vicki Allen	0:51.50
3rd	Marc Howard	0:42.15	Sally Natt	0:53.41
Walker	Wayne Jones	1:19.02	Janet Taylor-Hughes	1:23.53
<u>MEDIA CHALLENGE</u>		NWS9		3:23.51



Euan Downing displaying our GIO Australia Adelaide Marathon tee shirt



Presidents Brief cont.....

The event itself attracted about 650 participants and by any standard was world class. Perhaps those most qualified to assess the event are the participants themselves and judging from their responses so far, this was indeed a highly successful event.

Thank you Graham and the large team of hard working volunteers who helped to put this event together. Thank you to GIO Australia for their assistance and advice and thank you to our other sponsors and voluntary organisations which helped to make this event a memorable occasion.

THE NEXT CHALLENGE

I have about 5 months of my term as President of SARRC left to serve. So far putting together an entirely new marathon and getting the Club's financial expenditure back into the black for the first time in a number of years, have been the greatest achievements of the 1994/5 Board. I would of course prefer that the final months of my term are not quite so demanding but perhaps our next hurdle is to find an appropriate Club member who is willing and able to lead our Club forward towards the 21st Century as the new SARRC President. Regretfully, my other commitments will prevent me from standing for re-election at this stage in my life. I believe that the Club has been well served by its 1994/95 Boards which have made or put into place most of the major changes needed to ensure the Club's continued existence. At our next AGM we shall be seeking to make the SARRC constitution more inclusive of walkers and hopefully it won't be long before the Club agrees to adopt a more inclusive name.

This has been a period of change but I am sure that it won't be long before the Club can settle back into a period of consolidation and steady progress. So any of you potential leaders out there, I would like to get ready to pass the baton. So, please think about it.

Helen O'Connor

HEYSEN TRAIL REPORT

As at the 9th August at Bethany, we have run 371 km of the 1200km trail..less than 830 km to go!!!

The next Heysen Trail on the 10th September will be an opportunity to sample the local grape juice when we run from Bethany to Greenoch.

Details - Peter Allmand on 362 5463

WOMAN DIRECTOR FOR WOMEN'S RUN

Robyn Downey, with fresh enthusiasm from Townsville, Queensland is the new director of the Women's Classic 5/10Km run on November 19th. She has been director of Townsville's biggest event the "Mother's Day Fun Run" with 360 entrants. In this run there were teams of many different combinations - mothers/daughters/granddaughters/sisters etc. She is keen to encourage women to perform either running or walking. One way she sees is to provide women a platform to compete in a non-threatening way. She feels that women also need special opportunities to run and walk because they often have family ties and commitments. If they have a special event to train for, they are more likely to become involved. Robyn is an audiologist, who has lived in many different places. When living in Washington she was ranked number 4 in her age group for running. She has completed 4 marathons, the Washington Marine Corps Marathon, 2 Townsville marathons and the McKay marathon. Her best time for a marathon is 3:15 and 0:41.01 for 10Km. Her goal for running has been to keep fit and maintain her weight, but she is also working towards a 90 min. half marathon, 3:10 marathon and a 0:40.0 10 Km. She is currently training 6 days a week (30-40 mins. + a longer run), as she is only just settling into living and working in Adelaide and mainly runs by herself, but does prefer to run with groups. When in Townsville she varied her training with hill, track and medium paced work. While in America she was in a women's running club called Runtlers. Such is her dedication to involve women in running, that she has taken "Learn to run" classes for women for the Townsville Running Club. When previously living in S.A. she participated in S.A. Women's Keep Fit classes. However she was an instructor in Canberra. So, come on women let's get behind Robyn for the Women's Classic Run

Jill Denney (Editor)

DATES FOR YOUR DIARY

20/08/95 SARRC Felixstowe 15K or Marden 10K. Kuitpo Forest Bus Run.

27/08/95 SARRC Ridge Park 18K or Parkside 10K.

02/09/95 S.A.Vets 5/10Km Host Day
Contact: Des Paul 298 5005

03/09/95 SARRC TIME TRIAL 10K
Contact: 213 0815

10/09/95 SARRC South Parklands 19K or 10K. Heysen Trail. Bethany to Greenoch. Peter 362 5463

10/09/95 Enfield Harriers couples fun run. University Loop.
Contact: Anna McKay 345 5375

10/09/95 Col.Light.Gdns. Fun Run
Contact: Julie West 276 1523

17/09/95 SARRC Regency Park 18K or Renown Park 10K.

17/09/95 City to Bay/
Contact: Des Paul 298 5005

24/09/95 SARRC Stonyfell 21K or Tusmore Park 10K.

1/10/95 SARRC Waterfall Gully 23K or Alexandra Avenue 10K.

1/10/95 Adelaide-Victor Ultra 100K.
Contact: Des Paul 298 5005.

8/10/95 SARRC Darley Road 20K or Walkerville 10K.

8/10/95 Sri Chinmoy Peace Run.
Contact: Prabudda Nicol 269 1985

15/10/95 SARRC FAC AIRPORT RUN 5/10Km
Contact: 213 0815

21.22/10/95 Sri Chinmoy 24 hr. run
Prabuddha Nicol 377 0239

22/10/95 Caithness Country fun run
Contact: B.Ridge 391 0761

29/10/95 Yorketown Annual Fun Day. Half Mar, 10 and 6km.
Contact: H.Twartz 088 8521250

RIVER RUN

The River Run to celebrate 1995: The Year of the Torrens had it all.

It had a fallen tree almost blocking off the track, a grave size hole half the width of the track and it had rain. Running past the hole the day after, I noticed that it was filled with sand; hope no-one fell in during the run. It had leader cyclists; Ian for the 30K, who gave up a longer ride to help and Tim after many very late nights lead the 15K runners amazingly along the correct course.

Doug Holloway of SAFRRA and his 5 helpers set up and attended the drink stations and turnaround points along the track. He was pleased to report that many competitors thanked him and his group enjoyed the experience. I thank him for all of his help. I also thank all the competitors who waited patiently in the wet to receive their certificate and Year of the Torrens sticker. It was a slower process than planned as a couple of people let me down, fancy sleeping in on such a day! Thanks to Eric for volunteering and doing a marvellous job. Graham was his usual big help, doing many many jobs.

It also had many random draw prizes, thanks to Coca-Cola, fruit thanks to Adelaide Fresh Fruiterers and water from above and from Piccadilly Natural Springs. Thanks to the office staff for the enormous effort in deciphering rain smudged sheets to prepare the results sheets. Please excuse any omissions and errors.

One stroke of luck, if the event was the week after, competitors would have had to swim across the first wooden bridge as it was entirely under water!

John Twartz, Race Director.

RESULTS	MALE			FEMALE	
6k 1st	Mark Karran	0:21.35		Danielle James	0:27.24
Walker	Norman Hamling	0:45.37		Donna Goodger	0:47.18
15k 1st	Claudio Sboro	0:54.00		Vicki Allen	1:07.06
2nd	Darren Wintulich	0:54.32		Jenny Kemp	1:07.54
3rd	Chris MacFarlane	0:54.42		Alison Matheson	1:08.02
Walker	Noel Heinrich	1:45.13		Dian Goodger	1:33.38
30k 1st	Glen Harvey	1:51.00		Cath. McDonald	2:21.14
2nd	Terry Ellis	1:52.41		Jane Bennett	2:22.47
3rd	Mark Taylor	1:52.50		Mandy Wellman	2:25.13
Walker	Merv Lockyer	3:01.04		Debbie Lee	3:31.43

PICHI RICHI MARATHON/HALF MARATHON

The pilgrimage to Pichi Richi again took place with all bus passengers feeling safe and secure in the care of Dave O'Donnell. The bus was again full to capacity which says it all for this well loved trip. We stopped (as is the norm) for lunch (and other things) at Clare and squeezed into the popular tea room for an excellent lunch. Back on the bus and bets were placed for estimated finish times in the event. Icecream stop etc. at Laura and it was on to Port Augusta. Pasta dinner was provided by the Lions Club and a weigh-in was conducted by Betty for anxious runners who thought they had killed their chances by eating the pudding and custard. Those who were underweight took their supply in doggybags ready for breakfast.

Sunday.....A perfect morning for running; cold, overcast and no wind. The marathon runners were dropped to the start complete with tea cosies, snow gloves and garbage bags (very attractive). One male runner was very high in spirits and shot off from the start with a bang. (Ask him what room he stayed in!) Half marathoners were delivered to their start where we saw Graham Venus come through streets

ahead of the marathon field. One runner in particular had great difficulty in making up his mind what to wear: short sleeves?, long sleeves?, singlet?, well may as well wear the lot. No, perhaps not, wardrobe mistress will be mobile and can supply change on the run! Very disrupting for runners behind, upsetting their concentration. Tony tried tactics of his own to slow other competitors by wearing a very stylish outfit (not all coordinated, what's new) complete with sandwiches rolled in the top of each sock, he obviously wasn't going for a PB. The event was extremely well organised with ample drink stations complete with choice of port for those who needed a lift, special drinks, and plenty of support from the locals. It was hoped that the hills had been flattened over the last year but unfortunately they were still there to challenge the runners and walkers and from all accounts everybody conquered the twists and turns and dips and ditches to finish very happy with their efforts. Michael Slagter and Peter Sandery were our star performers (Michael also winning the bet with SARRC members taking out some age categories and making a huge dent in the random draw prizes. Kate and Helen both won Citizen watches. Kate hasn't mastered her pink

watch yet so we ensured instructions were supplied in English and large print. Afternoon tea at The Willows complete with post mortems (why was Michael 8 seconds too slow??) was next with resolutions of 'next year I will do better on those.....hills'. A great time, a great event and great company will ensure that Dave will have a full busload next year.

Heather Paynter

TIME TRIAL - 3rd SEPTEMBER

This is an ideal 10Km run 2 weeks before the City to Bay 12Km. Terrific Random Draw Prizes. A float in a Float Tank. Free entries into City to Bay. Shiatsu session (massage). Executive Fitness Management - 1 month free (worth \$100). Bottles of win. T-shirts. DONT MISS IT. You can arrive just before you are due to run. Hoping for a fun race. See you on the day.

Race Director. Rob Freak.

COMMUNITY LOTTERY

A big THANK YOU to everyone who sold tickets for this lottery, and helping SARRC to raise \$885 profit. A good job well done!

CITY-BAY FUN RUN

Sunday 17th September

Please note that the start-times for the above event are as follows:

Runners start 08.00

Walkers start 07.40

Full information can be found in the race pack sent/given to entrants.

MARATHON RANDOM DRAW WINNERS

Trip to London courtesy of Qantas

Trent Brumby No.166

\$1000 cash from GIO Australia

Dennis Knight No.48

\$500 cash from GIO Australia

Peter Slagter No.98

CONGRATULATIONS



Piccadilly Natural Springs

Tel: 43 3155

THE FIRST IS OVER

Mandy Wellman has now completed her first marathon in 3: 36.15. Well done Mandy. And yes, she is aiming to finish another marathon in under 3:30.0 and without a sore leg. The Hutt Road dinner group thinks she is training for another marathon so husband Bob has to keep doing the housework.

What made Mandy run a marathon? She says it was the encouraging Hutt Road group. Mandy enjoyed the scenic course and seeing everyone out on the course. She said it had helped her listening to everyone's experiences at the carbo loading dinner at The Grosvenor. She even gave an impromptu speech herself, for which her table gave her 10/10. Mandy's preparation for the marathon was 95km maximum a week, with speedwork Saturday mornings once a week. She had run 9-30 kilometre long runs, with a very memorable 36 kilometre training run. For breakfast on the morning of the marathon, she had 2 big hunks of toast and marmalade and a cup of tea.

For the present Mandy is now working on her 10 kilometre times, but she prefers to be running long runs. Mandy would like to thank everyone on the course for their encouragement and to thank the 3 Bobs, her coaches (especially coach/husband Bob) for their support, advice and getting her there. **WELL DONE MANDY.**



Mandy Wellman confidently running her first marathon.



Are Jacky and Merran Praying for good weather?



Please support our sponsor and buy your fruit & veg. from the following **Adelaide Fresh** shops:

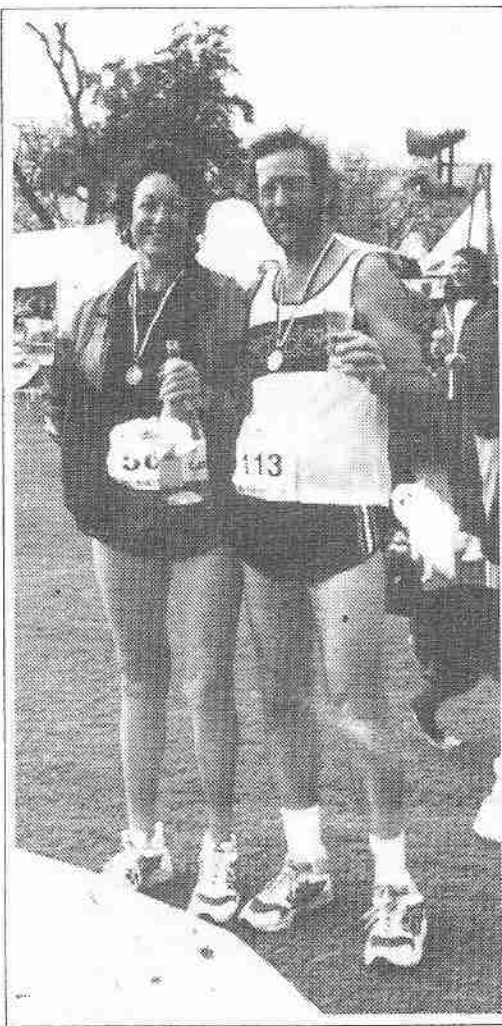
- Prospect Road, Prospect.
- Golden Grove Village Shopping Centre
- West Lakes Mall.
- Jan Street, Newton.
- Jetty Road, Glenelg.



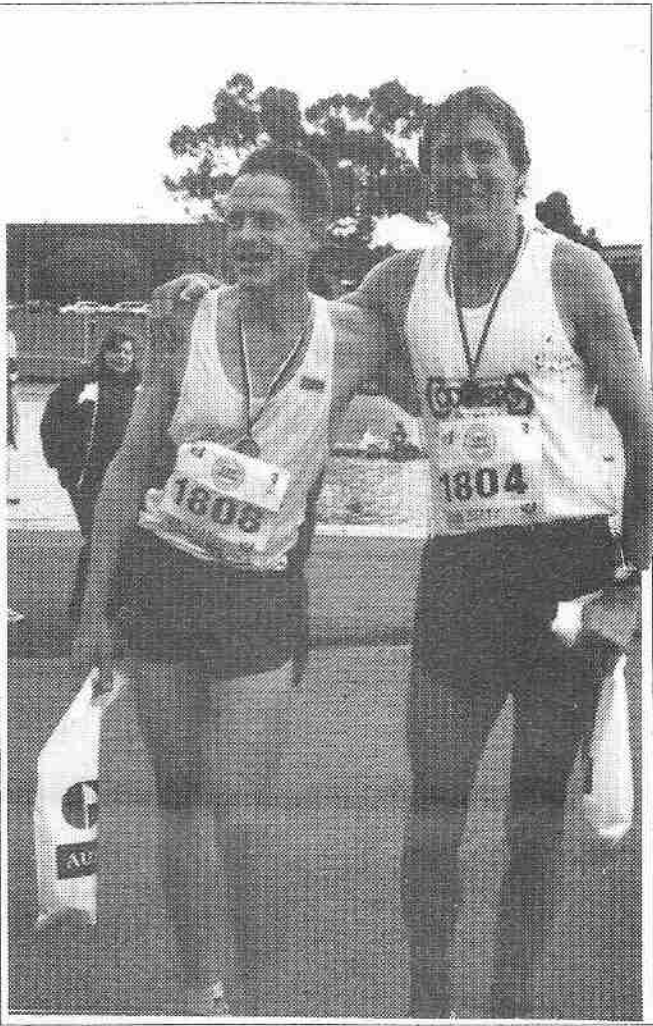
Nick Birdseye to the rescue!

After the Sunday morning run to T.T.P. on 23rd July, volunteer van driver Kym Williams, who has never before rated a mention in Footnotes, got bogged attempting to drive the van out. Even with the help of a couple of strong runners, the van would not budge. Nick, with Teresa, jogging by offered to tow it out. In no time at all the van was free. We have been advised that on wet days like that we are to leave the van on the Uni loop so the oval area is not damaged.

P.S. Kym was doing van duty even though his knee prevented him from running.



Andrew & Gary in the lead at Glenelg



Right - Marathon Winner, Gary Zeuner No.1804, & runner up Andrew Burns No.1808

Photo above shows Sheena & John Backhouse celebrating Sheena's first marathon

Right
Sandy Roffey, winner of the Half Marathon Walk

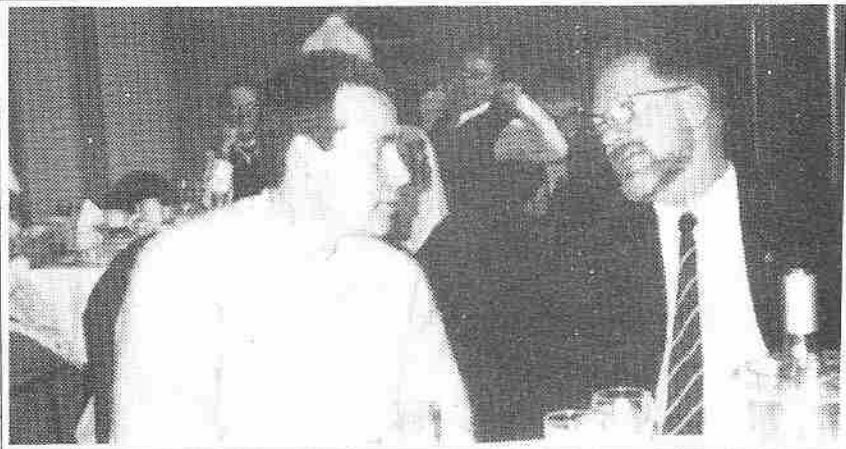


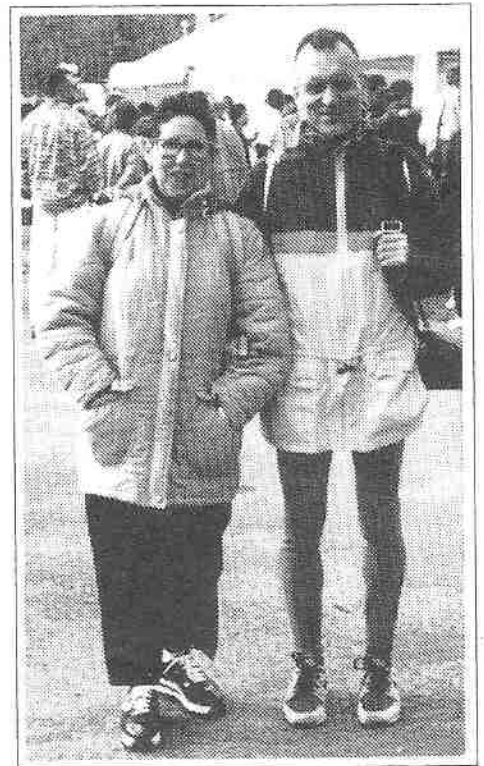
Interstate and Overseas visitors enjoying the Post Party at the Gouger Palace

Right: "Have I remembered everything?" Graham seems to be asking Les Rauert, ASA

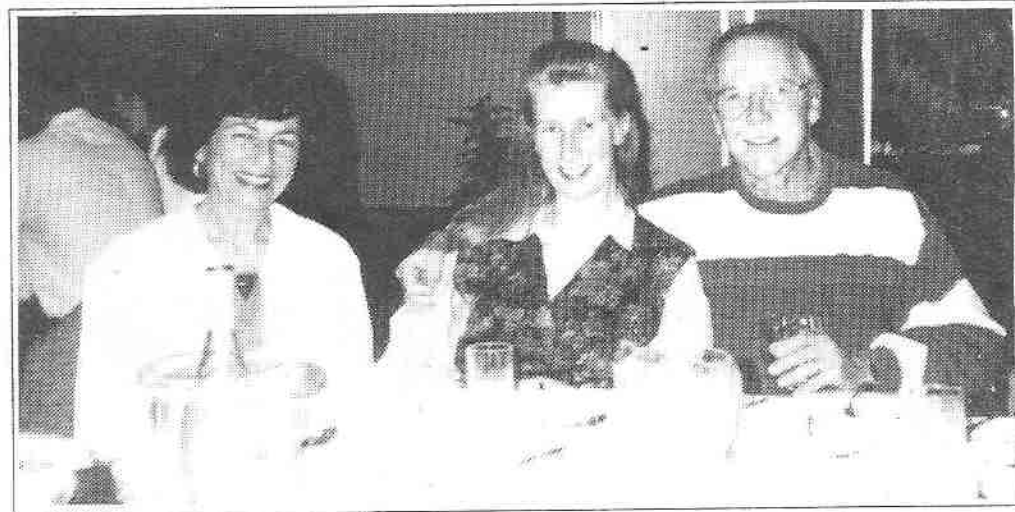


Left:
"No Peter- The end is not in sight"





Above: Josep Luis Turrion and his wife all the way from Spain.

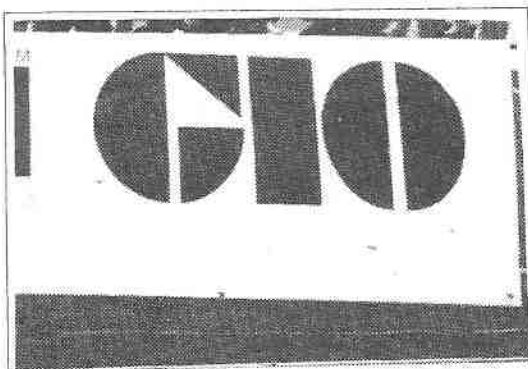


Above left: The finishing line looking good, waiting for the first runners

Left: Josie, Bronwyn (MDA) and Terry (Race Doctor) all enjoying the Pasta Party at the Grosvenor Hotel



Below right: The Physiotherapists were kept busy for most of the morning tending to the weary bodies of marathon runners



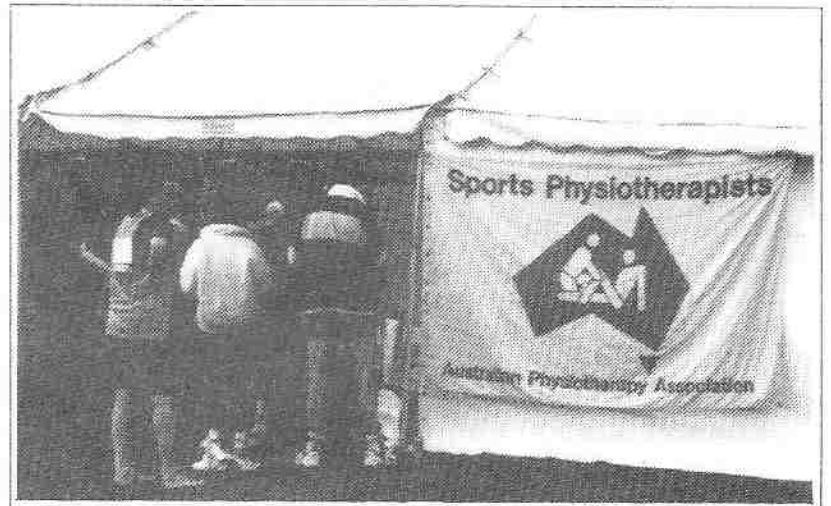
start



Left :A happy Peter Allmand after winning the raffle at the pasta party: How many tickets did you buy Peter?



Terry Aldridge sharing a smile with Bill Johnson after his first marathon



Above: Physiotherapists tent at Elder Park a welcome sight for many a marathon runner- the queue is already forming!



Left: Happy Helpers at the Finish system

Below : Drink station at Bonython Park.

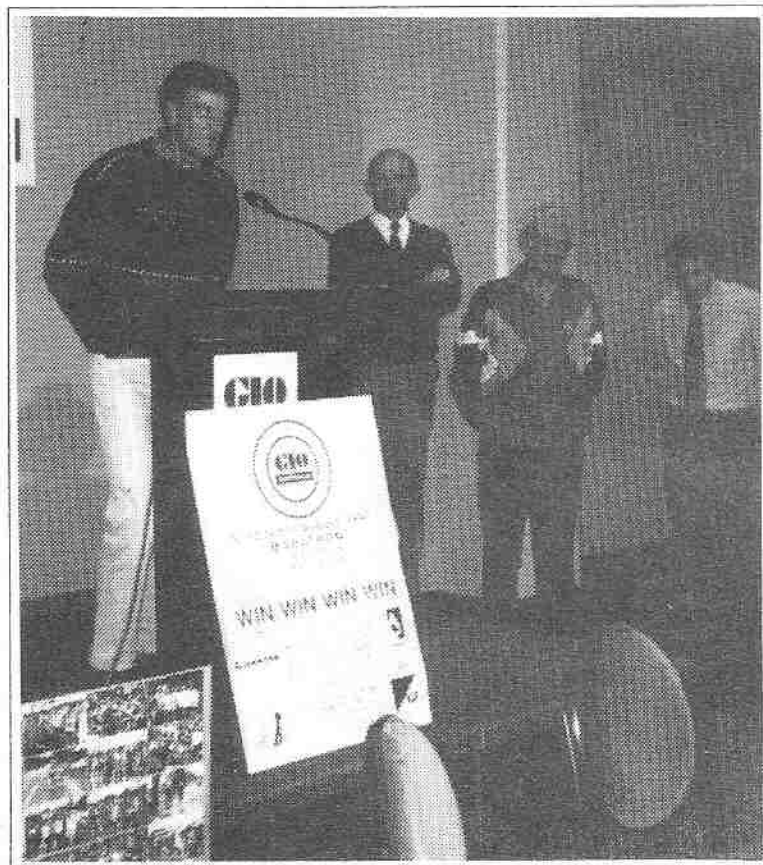




Left: A triumphant Terry Aldridge crossing the Finishing line upon the completion of his first marathon. Congratulations Terry

STOP PRESS : MARATHON
T-SHIRTS ARE STILL
AVAILABLE : ORDER NOW!

Below: Gary Zeuner, winner of the 1995 GIO Australia Festival of Running and Walking Marathon and the 1995 State Marathon, collects his trophy. Well done Gary!



Above : Terry Buxton saying a few words at the Pasta Party, looking on are Peter Slagter, Ross Martin and John Auld, all members of the Magnificent Seven who have competed in all 16 of the Adelaide Marathons.



Right: Jeremy Cordeaux and Chris Acton Talking at the presentation ceremony

A WINNERS VIEW OF THE LONDON MARATHON

Dear Members,

In September last year I attended the awards ceremony for the Adelaide Marathon. Much to my amazement I was lucky enough to win the MDA & Qantas trip to the London Marathon! Just when I thought I could take it easy for a few months I was back on the road for some serious training. Training through the summer months was not my favourite pastime. I'd much prefer cold weather. Never mind, plenty of that in London.

My husband George and I arrived in London on March 25, so we had a few days to acclimatise. It was a very cool start to the Marathon on April 2. Approx. 26,000 people started and it took me around three and a half minutes just to reach the starting-line. The atmosphere was fantastic, thousands of spectators lined the streets to cheer us on. Plenty of music and bands along the way, and some spectacular landmarks.

It was difficult to run with the enormous number of runners especially along narrow streets, and avoiding thousands of empty water-bottles on the road. The weather warmed up to 22°C on the day - the warmest weather they've had in 15 years! So my summer training was helpful after all.

Three hours, and thirty-two minutes later I crossed the finish line. I placed 6472 overall, and 64th in my age category. It was a well organised event, and most enjoyable, and thanks to S.A.R.R.C., Qantas, and M.D.A. for the great opportunity.

Yours in running, Jane Bennett.



Bernard Carney, (GIO Australia), Lord Mayor of Adelaide Henry Ninio, Chris Romanowicz SARRC Promotions Officer, and Jeremy Cordeaux Managing Director, 5AD Broadcasting.



Winner of the Girl Guides Aid Station prize.

ARE YOU CONTEMPLATING RUNNING A MARATHON?

The following is an extract from letter received from Ian Kennett on his experiences with training for this year's marathon, and how not to do it, from "an expert".

"I like to put a personal touch to everything I do, including modifications to the Adelaide Plan. I will start with the 18th June, I ran 52Km nice and slow took 4 hr.45 min, fine. The fun began next day doing a gentle 4 Km recovery jog. I was running at a golf course and I tripped in a hole that was obscured by the freshly mown grass. I did not fall over, but stumbled. I should have fallen because I hurt the muscles on the inside of my left knee, it was a bit sore but you run through injuries don't you? 4 Km on Tuesday and the knee seemed okay I should have stopped then I suppose. No Way - Wednesday 6 Km in the a.m. was fine but 18 km in the afternoon and I could hardly walk for an hour or so afterwards. Thursdays run became a walk.

25th June - a 100Km bike ride with only a twinge of pain. 4Km on Tuesday and no running the rest of the week. Only

23 Km this week to be ready for Heysen Trail on the 9th of July. At Mount Crawford I hurt the knee again. Again, stumbling instead of falling. I finished hurting and limping. I managed to run the Heysen Trail on Tuesday and Thursday. Tuesday was hard, it hurt and I was glad to see the cars at the finish. A glutton for punishment, I ran Thursday with my knee strapped, it still hurt but I did it. I did not run the 30 Km on Sunday, so I was the lead cyclist. Hurt the knee again running from Cuddlee Creek - Kersbrook. I had no problems riding my bicycle and on Wednesday I rode to and from the Mylor ride = 150 Km. Knee felt good until 18 Km run on Thursday. O.K. during the run but after, Oh hell! So, no running the Sunday TTP. I rode it twice and a few extra kms to make 70 Km in 2 hr. 20 mins. Only did a 12 Km walk on Wednesday. The Marathon was not looking good now. Tested the knee on Saturday, 4Km in under 18 min and Sunday 30th, 22Km was good. Marathon here we come - all stops out. Guess what? Taking my resting pulse Monday morning, it was high, 56 and it

is usually sub 50. Start vitamin C tablets, easy 4 Km run not bad. Resting pulse on Tuesday 58, still put in a good 12 Km. Wednesday and Thursday headache and backpain, voice going - virus. No marathon Sunday. Friday, someone at work mentioned a Sports Medicine Doctor who could fix the problem with vitamin C and B12 intravenously. I had this done and within an hour or two, I was fine.

Well, I ran the Marathon in a personal best time of 3 hr. 41 mins. I would like to thank everybody who assisted with the marathon going so smoothly. The new course is excellent, especially the linear park. I think the markers showing how far to go are great, being used to knowing how far I've been. I was able to do the sums as to how fast to run my four 10 Km runs with ease. I needed some assistance at the finish. Thank you everybody who helped make the Marathon the success it was.

P.S. I will be back next year to give 3.1/2 hrs. a go."

Yours sincerely, Ian Kennett



Results from 14th Barossa & Light Herald Half Marathon, 10Km and 5.5Km fun runs - 28th May, 1995
Half Marathon-State

M. David Dowd 1:07.44 C.R.
F. Leah Wright 1:22.44

Half Marathon-Open

M. David Dowd 1:07.44 C.R.
F. Robyn Roocke 1:20.59

10Km

M. P.Enright 0:38.05
F. L.Albinus 0:42.04

5.5Km

M. M.Emmerson 0:21.02
F. J.Schiller 0:23.26

For Full Results - Barossa Runners Club, P.O.Box 204, Nuriootpa, 5355

PLAY SAFE SPORT

MELBOURNE MARATHON 1995

Approximately 38 SARRC members travelled to Victoria for the Melbourne Marathon on 4th June. The weather was perfect with 7°C, overcast and zero wind for the start, got colder as the fog descended and then slowly warmed to 12°C later in the morning but thankfully, still no wind. The modified course was generally well accepted although a very congested start added to times and a short, sharp hill 400 metres from the finish tested many sore tired muscles. A novel innovation was a First Aid attendant on roller blades allowing fast response to those in need. A feature of our day was the hospitality table set up at the finish by our Chief Catering Officer, Euan Downing. Assisted by his lovely helpers Robin and Jan, Euan provided tea, coffee, muesli, toast and heaps of friendly encouragement for all the S.A. gang. A mannequin, resplendent in GIO Australia Marathon Tee shirt attracted a lot of interest with many entry forms for our big event distributed. thanks for all your work Euan.

Around 18 members ran the marathon, 8 the half and 2 the 8 km with notable performances from Cheryl Zeuner (3:42 first time marathon) , Mike Pascoe (2:58 for sub 3 hr.), Roy Zimmermann (3:25 aged 63) and Barb Hill (3:35).

Other attendees from S.A. were:

Peter Allmand, Bob Ansell, Helen Bridges, Kate Buckley, John Buijck, Alana Dare, Merran Finnis, Jo Kohler, Doug Kewley, James Martin, Rod Martin, Glynis Matten, Darryl Mewett, Tom Naylor, Heather Paynter, Ray Paynter, Allison Ridgewell, Angela Slagter, Marie Slagter, Michael Slagter, Peter Slagter, David Standeven, Sue Tyson, Frank Wolff, Geoff Woolridge, Michael Wright, and various spouses, friends and lovers. Long time SARRC members and now Melbourne residents, Karen and Rob Janiszewski, and Tonita Swann were also there to provide encouragement to the SARRC team.

Peter Allmand

LETTERS TO THE EDITOR

Dear Jill,

I did my first Adelaide Marathon on 6th August following the Adelaide Plan. It was a very enjoyable run and I was very pleased to run all the way. I would like to thank all the Road Runners who helped me through the months of training especially Tom, Faunce, John, Jacky, Bob and Kate.

The reception at the end was fantastic and I still haven't come down to earth, it's a day I will never forget.

Thank you all for being so friendly and helpful.....Sheena Backhouse.

To the Editor Footnotes.

Four great events, two great races!!!

Of course I am on about the half marathon, the 25k, 30k and the Adelaide Marathon - my first. When I arrived home after the half my exact words were, "The best race yet". I was super impressed by the organisation, even down to the weather. The 25k did not seem that far. Round in circles there was always someone to encourage or be encouraged by. The 30K hurt. Cramp, but I finished in spite of it. Not a good day weatherwise.

My first marathon. Was I good enough? Had I trained enough? Was it the right training? At the 30K mark (12 to go) I said to myself, "no mans land, how will I go?". With 4K to go I slowed to a walk for a drink but it hurt more to walk than to run, so I kept running. 4 hours, wow. Slow? Perhaps, but I will be older next birthday. Think how easy a PB will be next year. Thank you organisers.

Bruce Schirmer, Murray Bridge.

Dear Sir or Madam, Adelaide Marathon.

I write in appreciation of the organisation for Sunday's marathon. Having requested a 5a.m. start, it was great that Graham was at the start at 10 to 5 to greet me and to send me on my way at 5 a.m. That was very much appreciated, as I was the only entrant silly enough to front up at that time. I don't know how many walkers started at 5.45, but can only remember 5 or 6 passing me. It staggered me that most passed me with between 24 & 25 kilometres to go. Thanks for a memorable morning. Yours in appreciation..... Reg. L. Emes

Dear President,

I would like to express my appreciation to your club for the organisation and staging of the 1995 Adelaide Marathon.

As an interstate traveller arriving in an unfamiliar city by myself, I was grateful that my accommodation at the YMCA had been organised for me. the pre-race pasta night and post-race Chinese meal were excellent, I enjoyed the company as much as the food. The trip to Cleland Wildlife Park on Saturday provided a perfect way of easing "pre-race nerves", and I would especially like to thank the club members who gave up their time to take us out for the day. This was my second marathon. Not only did I enjoy it (perhaps enjoy is not quite the right word) more than my first marathon, I was also 13 minutes faster. Mixing with the Half marathon and 12K runners added incentive during the second half. These runners were always courteous and allowed me to pass without ever obstructing my passage. The encouragement from marshals and spectators was also heartening.....Cont. P.8.

HOW TO COPE WITH THE WEATHER

Heat can cause more problems than cold. When you exercise in the heat you will experience:

- vasodilation (widening of the blood vessels) in the skin, making an increased heat transfer from "core" to "shell" possible.
- activation of the sweat glands, and the evaporation of the sweat takes heat from the body.

Heat and humidity are the biggest threats to health that a runner will face. The four vital factors which determine a runner's responses to heat are:-

1. SPEED OF RUNNING

As you run faster, the body must decide whether to pump more blood to the muscles or to increase the blood flow to the skin to aid cooling. Faced with conflicting demands the body will pump blood to the working muscles. Therefore, whilst body heat production is increased, the ability to lose that heat is decreased.

2. HUMIDITY

As humidity increases, the ability to lose heat decreases until evaporation of sweat practically ceases, thus preventing cooling of the body.

3. ENVIRONMENTAL TEMPERATURE AND WIND SPEED

The air temperature and wind determine the amount of heat that can be lost from the skin by convection (that is the heating of the surrounding air by the skin).

4. DEHYDRATION

With sweating, fluid is removed from the body, causing dehydration. It is important to drink an adequate amount of fluid with exercise. Approximately 200ml should be taken not more than 30 minutes before starting a run. You should also drink approximately every 20 minutes during the run. Water is as good as anything, but NOT iced water, as it is not as readily absorbed.

It is worth remembering how much clothing can help you cope with the heat. Running gear that is loose and designed to let as much air as possible get to the skin will help the body lose heat by convection as well as cooling through the evaporation of sweat.

Other ways to help cope with the heat are:

- schedule compulsory "water stops before and at frequent intervals, approximately every 20 minutes, throughout the training session and after a run.
- reduce the workload (speed and duration) on hot and humid days.
- use the early morning and evening hours for training where it is possible.
- choose a running route which offers the most shade and run on the shady side of the road.
- acclimatise your body gradually to hot conditions. Start with light effort and gradually increase the intensity and duration as one becomes accustomed to the heat.

Cont.....

Cont. from p.7.

- if signs of heat exhaustion come on - find shade, lie down, remove clothing, cool the body with a wet towel or sponge. Drink fluid and in severe cases consult a medical practitioner.

Warning signs of heat exhaustion are:

- nausea
- dizziness
- uncharacteristic loss in co-ordination and/or skill and/or stamina.
- mental confusion.

THIS MEANS THAT YOU MAY NOT BE AWARE THAT ALL IS NOT WELL, SO TAKE PRECAUTIONS AND DON'T WAIT UNTIL YOU ARE IN TROUBLE!!!

We feel that there is also another factor, upon which we are attempting to find some scientific data, and that is: **"THE POSITION OF THE SUN IN THE SKY"**.

What we have to see here at this point is purely anecdotal - based on our own experience. Running or racing at midday on a "mild", sunny day (20 degrees Celsius) may be more risky than running at sunset with a temperature of say, 25 degrees Celsius. Something to think about...

Reproduced from the Start Running Manual published by the SARRC Education and Training Committee

RUNS COMMITTEE REPORT

As Chair of the Runs Committee I felt it was time I made contact with Club Members to let them know some of the initiatives we are pursuing and to solicit feedback or other suggestions.

You will recall that the President has discussed the issue of recruiting sufficient volunteers to enable the Club to organise high quality events. A number of suggestions have been tabled and discussed at great length but there does not appear to be any easy solution. Accordingly, a decision was taken at the August Board meeting to offer a list of ways in which all members could assist the club at events or in other ways such as office volunteering etc. This list would be found on the membership renewal form. Over a period of 12 months, all renewing members would be able to select the form of assistance they would be able to provide.

Another decision was taken regarding the recording of finish times for participants in SARRC events. This is a major problem for all race directors. It has been decided that for all events except the marathon and half-marathon, an honour system would apply for the recording of times. This would mean that we would rely upon all participants noting the clock time as they finish events and going immediately to the time recorders' table to have their time

LETTERS TO THE EDITOR

Unfortunately, I will be overseas for the next few years and will not be able to return to Adelaide, but I will recommend your race to fellow runners here in Victoria before I leave. Hopefully I will be able to return to Adelaide for the marathon in 3-4 years time.

Yours sincerely,.....Steven White

Dear Helen,

Just a short note to congratulate you and your committee on such an excellent event last Sunday. All of us at GIO and our guests enjoyed the day very much and as you undoubtedly noticed, we didn't exactly hurry away afterwards. In fact, they ended up pulling down the GIO tent around us so we must have been enjoying ourselves.

Thanks also for the hospitality on Sunday evening and for the opportunity to celebrate the win with Gary.

With kind regards,Bernard Carney, General Manager, GIO Australia.

Dear Sir/Madam,

I congratulate your association for organising a very successful event on Sunday the 6th August, and I was very pleased to be able to take part as the Caterer for the day. Your preparation of the marquee and general area for our use was greatly appreciated, and our group quickly settled in, feeling at ease with the friendly organisers, athletes and visitors.

I thank you for choosing Healthy Options as Caterers for the S.A. Roadrunners event, and take this opportunity to register my interest in participating again at future events. Yours faithfully,.....Belinda Windsor.

Dear Jill,

I was interested in the fluid replacement article by Andrew Burns in the June Footnotes. However I would like to mention that 'regular consumption at 15-20 minute intervals does **not confirm** the 5Km placement of drinks stations is correct.' I run at around 5 mins/Km in endurance events & so it takes me 25 minutes to cover 5Km. there are those who run at 6 mins/Km & so take 30 minutes for that distance. Cheers.....John Backhouse.

Dear Jill,

I have always been intrigued by Terry Boswell's quest to be reinstated to a 'club' which by definition makes it impossible for him to be a member. It's not as if the group is an endangered species to be preserved at all costs. One thing to remember Terry, you will always be one of the Dirty Dozen. I wish Terry the best of luck with his retirement. I tried it and failed. I will be running the 1995 Adelaide Marathon.

Long live running and walking.

Yours faithfully.....Ian Hill

NOTICE BOARD

◆ **APOLOGIES** to Bill Johnson. The article on the Kuitpo Bus Run on page 6 of June Footnotes mentions the property of Bill Hennessy at Meadows. This of course should have read Bill Johnson. Sorry Bill.

◆ **CONGRATULATIONS** to Rachel and Simon Fry (SARRC Treasurer) on the birth of their daughter, Alexandra on July 23rd, 1995.

◆ **SALLY PICCINATO** sent a postcard to the Hutt Road Group. She is now "sleepless in Seattle", but is still thinking of us, runners.

◆ There was a heroic club walker out on the snow fields recently. Jill Ward, seeing her husband skiing out of control down the mountain, committed the brave act of stopping Mike's fall and suffered a broken leg. I think that is how the story went, and she is now well on the mend.....Ed.

◆ Please note that the Leisure Directions Resource Centre in Adelaide run by Recreation Sport & Racing has been closed due to Departmental restructuring.

recorded. Placegetters would be identified by 'spotters'.

Before implementing these procedures the Board felt it would be desirable to solicit feedback from the members. Please let us know what you think of these matters (or any others), particularly over the next few weeks before the next Board meeting, which will be held Monday 11th September.

Regards, Michael Ward,



FITNOTES

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Adelaide. 5001
Ph: 213 0615

NEWSLETTER NO.96

PRINT POST APPROVED NO.PP565001/25

October 1995

SARRC BOARD 1995

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	Michael Ward	Chair Runs Committee

HEYSEN TRAIL

As the result of a suggestion by Peter Allmand, a Motion was put to the Board on the 11th September "That the Club join 'Friends of the Heysen Trail' and that Peter Allmand be nominated as contact person". This motion was passed unanimously.

Peter has advised that there are already a number of SARRC members who are keen to be actively involved with the Heysen Trail maintenance etc. and see this as a complimentary activity to their SARRC membership. The added benefit to our Club is to raise the awareness of our activities within the Friends of the Heysen Trail.

A number of members are already aware of the uniqueness of this walking trail having walked/jogged/run something like 400 Km, with only another 800 to go!! Anyone interested in joining this merry band, should contact Peter on 362 5463.

PRESIDENT'S BRIEF

During my term as president of SARRC I have avoided using this column for critical purposes. However because of some rather interesting items of misinformation currently doing the rounds of the club I have decided to set the record straight with regard to certain achievements and shortcomings of the current Board of Management. I believe that we have always been open to fair criticism and we have been at all times fully accountable to the membership. I shall therefore deal with each of these rumours separately.

1. "Giving the club away to Charities"

For the past 2 years part proceeds of the Marathon Festival have been donated directly to the Muscular Dystrophy Association (i.e. \$5 per entrant). In return for this relatively small amount (a total of less than \$3500 per year) the club has received the following benefits;

- Return trip to London (from QANTAS) to be used as the major random draw prize.
- The Marathon Festival Launch provided by the Muscular Dystrophy Association.
- The cocktail Party Award ceremony - for age group and other category winners, provided by the Muscular Dystrophy Association.
- \$14000 worth of free Community service advertising offered by 5AD-FM as a direct result of the assistance to charity provided by the event.

- Community Goodwill generated by this worthwhile partnership between SARRC and MDA is the catalyst for many other donations made by different organisations towards this event.
- Financial and other support from the major sponsor GIO Australia, who have acknowledged the support for charity as being an important part of the deal.

The agreement between SARRC and the Federal Airport Corporation for the Airport Run was reached long before the current Board came into office(ie that half of the funds raised would be donated to the Spastic Centre of SA). Despite this agreement being adopted by the previous Board, it was not honoured by them in 1993. This is another example of a debt inherited from the previous Board, but I am proud to say that the current

Cont. P.2.

STOP PRESS

Health & Fitness Carnival-November 19th

The South Australian Road Runners Club has reached an agreement with the organisers of Olympic Heart Day-Walk to Atlanta for a jointly organised Health & Fitness Carnival on Sunday 19th November. The programme will be as follows:

- 7.30 a.m. Early start Women's 5/10Km Classic - Walkers.
- 8.00 a.m. Start Women's 5/10Km Classic Road Race.
- 9.00 a.m. Entertainment (likely to include music and organised games for the kids, free).
- 9.45 a.m. Presentation of trophies for Women's 5/10Km Classic. and Random Draw - Great Prizes.
- 10.00 a.m. Start Olympic Heart Day-Walk to Atlanta 5 Km walk along the river (whole family event).
- 11.30 a.m. Random Draw for minor prizes for Olympic Heart Day event (major prize a Ford Festiva, but draw will be Australia wide).

Food and drink will be on sale and free breakfast will be provided to participants. Entrants in the SARRC Women's 5/10 Km Classic will be entitled to enter the Olympic Heart Day walk at a reduced entry fee.

<u>Normal entry fee</u>	<u>Women's Classic</u>
\$7 individual	\$5 individual
\$5 Children U.16	\$3 Children U.16
\$15 Families	\$10 Families.

Children under 8 yrs of age are free. See entry form enclosed. Come along to this great family day. Bring your friends to join in the fun and have a picnic in the park.

AIRPORT RUN

Due to lateness of posting, members can enter up to Friday morning 13th October without penalty.

DATES FOR YOUR DIARY

15/10/95 SARRC FAC AIRPORT RUN 5/10 Km

Contact: 213 06615

21.22/10/95 Sri Chinmoy 24 hr run
Prabuddha Nicol 377 0239

22/10/95 SARRC Beaumont Common
17Km or Glenunga Res. 10Km

22/10/95 Caithness Country fun run
Contact: B.Ridge 394 0761

29/10/95 SARRC Heywood Park 17 Km or
Goodwood 10 Km.

29/10/95 Yorketown Annual run day. Half mar.
10 and 6 Km.
Contact: H.Twartz 088 8521250

29/10/95 Multiple Sclerosis Fairmont Homes
Fun Run 5/9.5 Km.
Contact: 266 2311

05/11/95 SARRC Iron Will run

12/11/95 SARRC Round Town 15 Km or 10 Km.

19/11/95 SARRC Women's Classic 5/10 Km.
Contact: 213 0615

26/11/95 SARRC Plympton 19 Km or Mile
End 10 Km

03/12/95 SARRC Family Frolic 5 Km
Contact: 01213 0615

10/12/95 SARRC Findon Road 20 Km or
Port Road 10 Km

17/12/95 SARRC
Hazelwood Pk.15 or
Marden 10 Km

24/12/95 SARRC
Fellxstowe 15 or
Marden 10 Km



President's Brief Cont.....

Board honoured this promise to the FAC by handing over the long overdue cheque for the 1993 run to the Spastic Centre. Again in return for this donation the club is given attractive random draw prizes and assistance in running and publicising the event.

Sponsorship forms for participants to voluntarily raise money for specific charities are now a regular feature of the Women's 10km Classic and the International Women's Day Fun Run. Assistance, in the distributing of entry forms, gaining prizes for random draws and publicising events has been provided by the charities with which we have been associated.

Because of such direct benefits to the club, the Board has seen fit to continue this practice of assisting charities.

SARRC however managed to make a genuine profit from its activities for the first time in over 5 years as a result of the new club sponsorship and goodwill resulting from these mutually beneficial links with charitable organisations. In fact the figures speak for themselves. From 1990-1994 SARRC spent more than it earned each year, causing an annual reduction in the club's savings by between three and five thousand dollars.

In February 1994 when I took office, along with the new Board, we inherited a wad of unpaid (deferred) debts including an account for roughly \$5000 for the club's insurance(public liability) policy which was for the previous 12 months. This year 1994/95 the club has not only run within budget for the first time in a number of years, but has actually made a genuine profit on it's operations. I therefore believe that the facts speak for themselves on this matter of the Club's link with charities.

2. "The Club's being taken over by walkers"

In 1993/94 (immediately prior to my election to the position of club president) SARRC membership fell from 754 members on December 1st 1993 to 683 members on January 31st 1994- a loss of 71 members in only two months. Many of these members have not returned. The current Board has implemented Strategies aimed at rebuilding club membership but this is obviously a long term process. For example the Club's recruitment brochure has been altered to include walkers and of course last year the AGM agreed to establish a working party to prepare recommendations for the 1996 AGM with regard to including walkers and walking in the clubs objects as set out in the constitution. These recommendations have been endorsed in principle, subject to minor editorial changes by the SARRC Board and will now be listed as an agenda item for the consideration of members at the 1996 AGM. Then it will be up to the membership to decide (not the board or the incoming President) but you as members will decide what you want your club to be like.

The facts are these;

-Club membership is only about 1/3 of the Club's original membership in the early eighties.

-the proportion of walking participants in the SARRC events has increased rapidly in the past 2 years.

-Many former runners have become walkers while only a few walkers "progress" to running..

-Club sponsorship is dependent on the number of members and the number of event participants.

We simply cannot afford to ignore these facts when we make a decision about our club's future. I look forward to participating in the debate at the 1996 AGM.

Finally for the record, all Board meeting minutes are available to members on request. Members are even invited to attend Board meetings through simply notifying the secretary. All decisions of the Board are clearly documented in the minutes. Perhaps the critics might care to cast their minds back to a major financial expenditure decision made in August 1992, to spend \$22,000 of the Club's savings on purchasing T-shirts. This decision was never minuted at the Board meeting and therefore presumably never approved by the former Board. Fortunately things have changed greatly since then. The Board sees itself as fully accountable to the membership and I personally believe that the membership has a right to know all the facts about their club and it's financial investments. The facts speak for themselves and I am proud to stand by the track record of the SARRC Board over the past 2 years of my leadership.

Yours in Running
Helen O'Connor.



John Hallifax, Merran Finnis and Mike Pascoe enjoying a quiet break between courses.

RUNNING AND FOOD

Is it necessary to eat a special sort of diet when you take up running?

The short answer to this is "No", provided the diet is a wholesome one. Runners eventually seem to seek out the best from their food because they want their bodies to work efficiently so that they can run better. It's best to eat a wide variety of foods chosen from the five food groups:-

1. bread and cereals
2. fruit and vegetables
3. milk and dairy products
4. lean meat, fish, poultry, seeds, nuts and legumes
5. fats, margarines, etc.

If your range is wide then you can be pretty sure that you are getting all of the protein, fat, carbohydrates, vitamins and minerals you need each day.

Remember that active people need complex carbohydrates, vitamins and minerals you need each day (bread, cereals, etc.) for their energy and for the valuable vitamin B group which helps to convert food into energy. If you want to lose weight while you are active, cut down on sugars, alcohol and fats.

Do you need to take vitamin supplements when you take up running?

A balanced diet i.e. lots of food from a wide variety of sources, should cover you for all the vitamin needs you will have. There is a lot of talk about electrolyte (mineral) losses from heavy exertion. Well, firstly let's say that any discussion about these losses would have to be in relation to prolonged heavy exertion. After this kind of exercise - your body needs water rather than electrolyte replacement drinks.

There is one area which is clouded with a little controversy - that has to do with the need for iron. When you first take up running remember that your blood is circulating at a much faster rate than it has done while you have been inactive. In your blood are red blood cells which carry haemoglobin (built from iron). This is what carries your oxygen to where you need it. With all this additional (and faster) movement, some red blood cells are knocked around and damaged and are then filtered out by the spleen. Now, this may not be enough to cause an iron deficiency (anaemia) in men, but, coupled with a dietary lack, it may in women - they store less iron in their bodies in the first place and are losing it in 60 - 125ml of blood each month. Lower iron and haemoglobin levels will mean a less efficient oxygen delivery service - you may be able to get air into your lungs but anaemic blood will absorb less oxygen, and therefore deliver less to your muscles. Women especially should make sure they eat iron rich food - meat, asparagus, raw leafy vegetables.

What and when should you eat before you run?

Foods and liquids empty from the stomach at different rates:

- | | |
|--|-------------|
| Liquids | about 1 hr. |
| (Varies according to concentration and temperature. Cold drinks empty faster, so have a cold drink before you run, but not iced because it is not as really absorbed.) | |
| Carbohydrates | 2 hours. |
| Proteins | 3-4 hours. |
| Fats | 4-5 hours. |

The best pre-run meal is low in fat and protein. Eat something easily digestible, preferably 3-4 hours before and not less than 2 hours before: e.g. dry toast or crispbread, a bowl of weeties, orange juice.

Don't eat anything sugary before you run or you will begin to manufacture insulin. Hard exercise and insulin manufacture both accelerate the

(Continued on page 3)

(Continued from page 2)

removal of glucose out of the blood and into the muscle cells. The combined effect of eating sugar and then beginning strenuous exercise may mean that more glucose is removed from the blood and given to muscle cells than can be provided by the intestine or liver. You would then experience a drop in blood sugar level i.e. not a "pick-me-up" but a "dump-me-down", a slump in energy. Now this is unlikely to happen at low levels of exertion - however it is worth remembering if you ever want to race or do long distance. Also, note that once strenuous exercise has been ongoing for a while, insulin production is suppressed and you would not then get the same effect by eating sugar. In fact, well into a run, sugar can be absorbed by the intestine and given over as needed fuel into the blood and from there to the muscles. Eating sugar at that point could help supplement glucose coming only from the liver.

What about liquid meals before you run? Well, they're OK., however remember they are "complete" meals, not an extra for an extra boost. Take some at half strength first - too much of the stuff can give you diarrhoea - not very pleasant if you want to run!

There are many books on diet and food, and we will leave it up to you to make your choice(s). However, we will provide you with a booklet and a pamphlet to help get you started.

Booklet - The 12345+ Food and Nutrition Plan: A Simple Guide to Healthy Eating & Weight Control, prepared by the CSIRO Division of Human Nutrition and the Anti-Cancer Foundation.

Pamphlet - Where to Find The Facts on Nutrition, prepared by the South Australian Health Commission and the CSIRO Division of Human Nutrition.

Reproduced from the Start Running Manual published by the SARRC Education and Training Committee

SARRC WOMEN

asked to display solidarity.

On November 19th SARRC's annual Women's 5/10km Women's Classic Road Race will be conducted. This year it nearly didn't happen. Several(male) Board members decided to challenge the concept of a women's road race on the ground that participation rates are falling, club members do not seem to enter this event in great enough numbers and they feel that it would be of greater benefit to club members to have another general 5/10km road race for everyone. Thankfully this view was not supported by the majority of the board members, most of whom argued that this event is a special event for women club members as well as non club members. It is strongly supported by our club's major sponsor -Foundation SA, who have asked to be nominated as the major sponsor for this event for the last two years. For many club members the Women's 5/10 km Classic has great significance as their very first club event. In fact the event has been a club tradition since 1981. Women still make up less than 1/3 of the total membership of SARRC and so as merely a recruitment measure alone, it is seen as vital to have an event that women can win outright. This is the only such event (ie competitive road race for women) provided by the South Australian Road Runners Club.

This year I ask that SARRC women make a special effort to show their support for the

Women's 5/10km Classic. Otherwise our daughters and non walking/running sisters may never have an opportunity to experience the luxury of participating in Women's road races in future years.

Helen O'Connor

Your last chance for ordering Marathon tee shirts. Orders must be received by 20th October, 1995.

S.A.R.R.C.

STOCKTAKING SALE

CLUB WINDCHEATERS AND TEE SHIRTS BELOW COST

\$9.50 **\$12.00**

ADELAIDE FRESH FRUITIERS

Piccadilly BOTTLED SPRING WATER

LETTERS TO THE EDITOR

Howdy,

First of all let me say thank you for organising a great marathon and the best pasta party I've ever been to back in August. The atmosphere was considerably more genial than most of the runs I do over here in Europe. I didn't achieve my goal of qualifying for Boston 1996 but we'll put that down to the 'can't train and drink loads of beer with people you haven't seen for 4 years' syndrome. I could 't hang about for the post race party either as I needed to be back here by the 10th of August. I've been proudly wearing my club T-shirt in a number of races since I've been back, and this is my main reason for writing. My last race (1/2 marathon - Route de Vin along the Moselle River, won, incidentally by an African in 1:00.16) was a washout and my shirt is now covered in road grime that refuses to be washed out.....By the way, if any members desire to do any fun runs or marathons over here whilst on holidays or whatever, I'll be happy to provide all the information and help I can, so feel free to pass my phone number around. Thanks again.

Mark Fitzgerald, Luxembourg (Tel: 0011 352 455227)

Dear Sir,

THERE'S MONEY IN WALKING MARATHONS

On August 6th at 5.45 on a fresh burt not unpleasant morning I faced due South on the Western side of tree City Bridge with 42.195 kilometres of the rest of my life before me. As I headed down Burbridge Rd. along with four other walkers at a brisk pace I felt the pre event nervousness pass as I fell into a comfortable rhythm and felt quite pleased with myself that I had made it to the starting line and was on my way to completing the Marathon.

At about the 11K mark with the lead pack moving further away from me, I had to do some serious reassessing of my strategies. I had to convince myself that it was not a race, there was still a long way to go and if I was going to survive I had to pace myself for the rest of the race. I focused on the road immediately in front of me to consolidate my thoughts and to my great surprise there was a \$10 note in front of me. I knew then that that it was going to be a great day.

And it was a great day.

- all the drink station attendants and marshals were friendly and encouraging. It was greatly appreciated especially near the end of the course.

- **THANK YOU** to you all, especially those who were up early for us walkers.

- There was one woman who turned up throughout the course clapping and cheering as I passed-don't know who she was but it was great - a real boost - **THANK YOU.**

- **THANKS** to all the runners who passed me and offered me encouragement - it made me really feel part of the event.

As the kilometres slipped by and remaining k's got down to single digits I knew it was going to be a great day for me. Approaching the finish line my three children and niece and nephew ran up to me and were beside me to the finish line. I felt great.

Cont. from P.3.

Then crossing the line there was **Josie & Fred Borg** to place my finisher's medallion around my neck. **THANKS** to **Josie** for her encouragement over the last few years.

You too can have fun and make money - **WALK MARATHONS.**

Well done SARR&WC and GIO - I am looking forward to next year.

Rob Francis

Dear Sir/Madam,

I would like to thank the organiser of the 10 Km Time Trial on Sunday 3rd September 1995. I thought the organisation was excellent and the post race refreshments most welcome. This was especially appreciated considering the low entry fee.

The fact I "won" the event also helped.

Yours sincerely.....Robert Ferguson

WOMEN'S 5/10kmCLASSIC

The Adelaide Grand Prix will be extinct but the Annual Women's 5/10km Classic will endure!!!

Sunday, November 19, the weekend after the final lap - when the noise fumes and crowds have gone, our SARRC is holding The Women's 5/10km Classic Fun Run/Walk. This event is a wonderful opportunity for Women and Girls to participate in the other wise male dominated sport of jogging and running so that they can strive toward personal goals in competition with their peers, family, colleagues and friends without having to worry about such things as baby-sitting, providing the drink bottle etc.

This year we are, again, encouraging walkers and runners either in the 5 or 10 km distance and will have trophies for the first three places in each of these races.

Medals will also be sent to the placegetters in each age group category. The first vet runner in the 10km receives the Pat Edwards Perpetual Trophy and \$50 cash and the first 10km club member, who has not won it before, receives the May Fazackerly Perpetual Trophy.

For the First time, the 1995 Classic is sponsoring Breast cancer research through the Anti Cancer Foundation and the SARRC Board have generously agreed to donate part of the proceeds of the event as well as sponsorship donations raised by the participants to this worthy and relevant cause.

Participants who raise \$5 or more for the Anti Cancer Foundation will be eligible for a **HUGE Random draw** following the event. Fabulous prizes for the draw include - a return trip for 2 to Kangaroo island, a pair of ASCIS 123, a beautiful wrist watch, a Full Facial from Beauty Secrets, a gorgeous Floral Arrangement, computer software, dinner vouchers, hair care products, cinema, shoe and cab vouchers and more. Each participant receives a Goody bag and a Finishers certificate. There will be drinks and breakfast at the start /finish area.

So **BE IN IT** Ladies and Girls, encourage your friends, daughters, mums - form a team or make some new friends. Let's make 1995 the biggest year yet for our very own Women's Classic!!!!!!

RACE DIRECTOR, ROBYN DOWNEY

AUDIT REPORT

The 1993/4 Audit Report has been received from our new Accountants, and will be posted out with the final 'Footnotes' for this year, together with the 1994/5 Audit Report.

Simon Fry, Treasurer



A "CLAYTONS' MARATHON

How can you run a marathon when there isn't one?

ANSWER: You organise your own!

That's exactly what Peter and Michael Slagter did. When it was found that the Jade Marathon, run from Cleve to Cowell, was not being held this year, they decided to run it anyway. They have only missed one run since its inception six years ago.

Interest was shown from other club members and it was decided that a mini bus was the 'GO'. Phone calls were made, trophies produced and drink stops arranged.

So at 9.00 a.m. on Saturday 26th August, 1995 seven marathoners and three support crew set off from Metal Spinners at Regency Park. Lunch at 'Ozzies' Coffee Lounge at Pt. Augusta (thanks to some local knowledge from Kate Buckley). A carbo loading night at the Jade Motel at Cowell, then early to bed.

We awoke on Sunday to an overcast sky and cold to crisp morning, ideal running conditions. On the drive over to Cleve we positioned water stops at each 5 Km mark, to arrive a few minutes prior to the 7.00 a.m. start time. A quiet "Ready-Set-Go" and we were on our way, through some of our State's most picturesque farming country with gently rolling hills, very little traffic and a couple of inquisitive kangaroos at the roadside to keep us enthusiastic. The what silos of Cowell were a welcome sight, knowing it's all downhill from here.

Michael Slagter came in first (as expected) - finding it a little hard with the head wind over the last section in 3:10.22.

Rod Martin next in 3:20.30 (a negative split).

Glen Watson in 3:33.28 (saying he had started off too fast!)

John Twartz in 3:38.05 (looking as though he had just run around the block - good 24 hr. training).

Mick Wilkins in 4:07.57 (Mick said he couldn't run a full marathon, so he would jog from Cleve to the halfway mark, then run the remainder).

Kate and Peter Slagter came equal sixth place in 5:06.14 (looking good as they crossed the finish line).

Features of the Weekend

Accurate, picturesque course.

Fantastic food.

Great weather.

Loo stop 42 km long - after you clear the town limit.

Company of other runners.

No entry fee.

If you missed out this year, it will be on again in 1996, so get your names in early to Peter Slagter to secure your seat on the bus.

Rod Martin

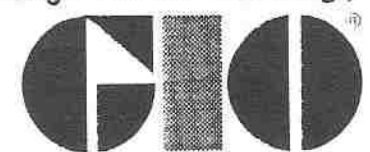
Photo on left:

Back row:

Glen Watson, Rod Martin, Kate Buckley, Michael Slagter, John Twartz, Mick Wilkins.

Front row:

Peter Slagter, Betty Wilkins, Marie Slagter. (Angela Slagter was out horseriding!)



AUSTRALIA