



FOOTNOTES

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

NEWSLETTER NO.97

PRINT POST APPROVED NO.PP565001/25

December 1995

SARRC BOARD 1995

President	Helen O'Connor	Editorial & Promotions SARRC Objects Working party. Training & Education
Vice Pres.	Sue Tyson	
Secretary	Brian Goodhind	
Treasurer	Simon Fry	Finance Committee
	Josie Borg	Walkers Committee
	Jill Denney	Chr. Editorial Comm.
	Robert Freak	Runs & Editorial Comm.
	Chris Romanowicz	Chr. Promotions
	Richard Sjoerdsma	Office Liaison
	Michael Slagter	Runs Committee
	John Twartz	Runs Committee
	Michael Ward	Chair Runs Committee



A Very Merry Christmas and a Successful New Year To you all



PRESIDENT'S BRIEF

My term in the office of President of SARRC draws rapidly to a conclusion and I ask myself just two questions:

1. Have I made a difference?
 2. Was my contribution positive for the club?
- I know my own answers to these questions but it's really up to you as members to judge. I accept that your verdicts will be mixed. I also accept that for some, the pace of change and the amount of change might have been too great. Not every member has welcomed the required changes to the marathon, changes to the footnotes, the financial cutbacks and my whole hearted support and encouragement for increased participation of women. However there has been a strong group of supporters who have helped to bring about the necessary changes. The SARRC board has, for two years, been united in it's purpose and goals. We have certainly had our debates and individual differences of opinion but my respect and admiration for the tireless effort and sheer hard work put in by each Board Member, has increased with every month of my term. Of course among the general membership there has always been that silent majority who just get on with their running and hope that things don't change too much or too fast.

I look back to October 1980 when I went down to the Corporations Commission (after placing a public notice in The Advertiser) to register the new club " South Australian Road Runners Club" and I realise that we've come a long way. Many of the longer term changes have been for the better. Many leaders have come and gone since Bruce Abrahams first took up this position in 1981, but the club has remained and proven itself to be far stronger than any individual leader. However, within the next two years the club will undergo a dramatic change. Firstly, the constitution will, I believe, be changed to include walkers and within a year I predict that a name change for the club will be implemented. Who knows what we might become - perhaps the "South Australian Striders or "South Australian Runners and Walkers" or " Runners and Walkers SA branch." Whatever we choose it will be a change for the better. In 1980 when four of us sat down to draw up the constitution for the proposed club, Roger Pedrick, Bruce Abrahams, Michael Brennan and I, didn't write the rules on stone tablets and then carry them down from the mountains. We wrote them (on paper) knowing full well that the newly

formed club would change and adapt them to suit it's needs. Knowing also that the collective wisdom of club members at the AGM would ensure that the club would survive and adapt to the changing needs of the South Australian community in the years to come.

SARRC has been through some rough times throughout it's 15 year history with rapid and large drops in membership numbers and financial problems that seemed almost insurmountable, but the club has survived and although it's somewhat leaner and meaner these days it is a very much stronger club.

Soon I'll be taking a back seat or returning to my position as the club "sweeper" while I put my energies into other areas of my life. Maybe one day when I have more time I might be in a position to stand for election to the board. But for now it's au revoir and thank you everyone for your support and the interesting and constructive debates. I've relished it all! Thank you in particular to the Board, each of whom worked so hard and to all the volunteers who have made events and administration of the club so successful throughout my term as club President.

Helen O'Connor

SPONSORSHIPS TO CONTINUE IN 1996

GIO Australia has agreed to continue its sponsorship of the Adelaide Marathon in 1996 to the same level as this year. This sponsorship is very valuable to SARRC, as without it we simply could not afford to put on an annual marathon.

Joggers World has agreed to provide new, more durable membership cards and to encourage membership use of these by occasionally advertising 'members 'only' bonuses and/or give-aways (through 'Footnotes'). Members will be expected to present cards or membership numbers (post only) when claiming members' concessions in SARRC events.

Piccadilly Natural Springs and Adelaide Fresh Fruiters continued to sponsor the club throughout this year and we look forward to their agreement to continue in 1996 and beyond.

I ask all members to consider supporting the organisations that sponsor our club. When making purchases or seeking services, please check to see if our club sponsors can't give you an equivalent or better deal. I urge all members to continue to show our club sponsors some benefits for their sponsorship of the S.A.R.R.C. Thank you for demonstrating this club loyalty in the past, as this factor has been used to convince potential sponsors.
Helen O'Connor.

DATES FOR YOUR DIARY

- 10/12/95 SARRC Findon Road 20 Km or Port Road 10 Km
- 10/12/95 Tea Tree Plus 5/10Km
Contact: J.Haddad 264 9383
- 17/12/95 SARRC Hazelwood Pk.15 or Marden 10 Km
- 24/12/95 SARRC Felixstowe 15 or Marden 10 Km
- 26/12/95 Two Jetties Fun Run 8 Km.
Contact: Des Paul 298 5005
- 31/12/95 SARRC Port Road Plus 16 or Port Road 10 Km
- 07/01/96 SARRC Hazelwood Park 15 or Victoria Park 10 Km
- 14/01/96 SARRC Around Town 14.6 or 10 K
- 21/01/96 SARRC Greenacres 15.4 or Marden 10 Km
- 26/01/96 Australia Day Breakfast Fun Run
Contact: Lesley Fischer 085 754214
- 28/01/96 SARRC City Squares 19 or 10 Km
- 30/01/96 SARRC Twilight 4.5 Km
Contact: 213 0615
- 04/02/96 SARRC Beaumont Common 17 or Glenunga Reserve 10 Km
- 06/02/96 SARRC Twilight 6 Km
Contact: 213 0615
- 13/02/96 SARRC Twilight 9 Km
Contact: 213 0615
- 25/02/96 SARRC Piccadilly 10Km Classic
Contact: 213 0615





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TWILIGHT RESULTS

1st Event	2nd Event	3rd Event
Stephen Nicholls	Stephen Nicholls	Stephen Nicholls
Darren Thomas	David Schutz	David Schutz
Lachlan Graham	Robert Freak	Alan Morton
Carol Brennan	Nikki Ellis	Nicole Ellis
Sandy Looker	Carol Brennan	Carol Brennan
Barbara Hill	Alsion Martin	Barbara Hill

OVERALL AGREGATE WINNERS

Stephen Nicholls	Ag. time 1:15.46
Carol Brennan	Ag. time 1:35.28

APOLOGIES

To entrants mostly walkers who missed out on certificates at the end of the 3rd event. Available from the office if required.

PRESIDENT'S BRIEF

Congratulations Michael Ward!

At the time of my writing this President's Brief I am aware that Michael Ward will be elected unopposed at the Club's A.G.M in early February. Michael is, without doubt the right person for the club at this point of time. To those of us who know him, Michael is a calm (almost unflappable) friendly, easygoing person who has been with SARRC for a long time. In the early seventies I remember Michael as a strong basketball player for the Adelaide University. Later (in the early eighties) I met him as a regular runner with the seven o'clock pack on Sunday mornings and in 1994 he joined the SARRC Board and became the chairperson of the SARRC Runs Committee. I know that Michael Ward has what it takes to be a very good President for SARRC and I urge all members to support him in his new role.

At the A.G.M. three ordinary Board members will stand down. They include Josie Borg, member of the Runs Committee and Chairperson of the Walkers Committee. Josie has worked tirelessly behind the scenes over the past four years as an organiser of volunteers and marshals in all major club events as well as volunteering to help out occasionally in the office. Michael Slagter who is also a member of the Runs Committee has spent hours and hours of his own time, on weekends and holidays, measuring and checking the Marathon course, the half marathon course and numerous other club races. Michael would like a break from formal Board meetings to train firstly for the Boston Marathon, and then for other competitive events over the next year or so. In fact I've heard he's even had a go at triathloning recently. Good luck Michael, we all wish you well.

Finally Jill Denney, Editor of Footnotes will also be retiring after two years on the SARRC Board. Thank you to each of the retiring members and thank you for those who have chosen to continue on. Jill Ward will take Josie's place as a Walkers' representative and I hope that at least two other volunteers can be encouraged to put their hands up to serve their club as Board Members. How about it, Marita?

Helen O'Connor



JOGGERS WORLD

123 PIRIE ST ADELAIDE S.A. 5000
PHONE 2236744

Joggers World have a sale coming up in April, and would like to give SARRC members first choice at some fantastic specials. Remember, this is what your membership card is for. No card - no special price!

	Was	Now
Saucony Grid 9000 95 model M & W	\$150	\$119
Brooks Beast 95 model Mens	\$145	\$129
Asics 2010 95 model Mens	\$136	\$129
Adidas Lexicon 95 model Mens	\$120	\$99
Saucony Jazz 5000 95 model M & W	\$96	\$59
New Balance 351 XT Mens		\$69
Asics Gel Classic Netball	\$87	\$69

**REMEMBER - SUPPORT
YOUR SPONSORS AND YOU
WILL CERTAINLY BENEFIT.**



MARATHON COUNTDOWN

February 25 Week 23

Total weekly mileage 47 Km
Glenelg Classic 10 Km

March 3 Week 22

Total weekly mileage 47 Km

March 10 Week 21

Total weekly mileage 30 Km

March 17 Week 20

Total weekly mileage 47 Km

March 24 Week 19

Total weekly mileage 50 Km

March 31 Week 18

Total weekly mileage 54 Km

April 7 Week 17

Total weekly mileage 59 Km

April 14 Week 16

Total weekly mileage 66 Km

April 21 Week 15

Total weekly mileage 68 Km

**AUGUST 4
GIO AUSTRALIA ADELAIDE
FESTIVAL OF RUNNING AND
WALKING**

HEYSEN TRAIL

Heyesen Trail run/walks will resume on 17th March with the Hamilton to Marrabel section and continue on the third Sunday of each month. In May we intend to use the Adelaide Cup long weekend (18,19,20th) to travel to Wilpena Pound and commence attacking the trail back towards Adelaide. It is also hoped to have another long weekend later in the year for another Flinders trip so stay tuned.

Peter Allmand.

THREDBO

Thredbo was again enjoyed by everyone who went. Here are some of the highlights:

There were 87 runners who ran up Mt. Crackenback. Some SARRC members completed this steepest footrace in Australia. Eric Fazackerley won his age group in this event. Another fun event was the Hash Run with On! Ons! and runners following false trails.

On Monday was a walk to the summit of Kosciusko. On top of Mr. Kosciusko there was a bagpiper filling the country with sound.

Alfresco Pizza Mixed Seeded Relays were 1 Km around the village green, with Brian Lenton calling out which team won pizzas, as he had the winning teams' numbers written on his arm before the race.

At the quiz night 132 participants racked their brains over trivia questions such as "How many P.O. boxes are there at Thredbo post office?" Wednesday was the Robinson Epic, where you run, walk, scrambled or crawled 32 Kms. around the mountains.

Thursday was a very pleasant 30 min. out and then back 'Dingo Run' along the rough Dead Horse Gap trail. There was Eric & May Fazackerley's Fun Run for Veterans. This very pretty run up the trim track and back along the riverside track was most enjoyable. There were also fast and slow golf, a swim championship, women's fun run, Vic. Vets. Vintage Venture and lots more.

A SARRC group formed a singing and dancing act with Rock Hard (Tony Ashwell) and the Crystals (the girls) which I hear can be booked for next year at the right price.

As you can see Thredbo was again lots of fun. If interested in going, look at the photos taken by SARRC members. They will entice you to go next year to the 17th Thredbo National Running Week, Friday Jan 10th to Monday 20th

1997. Lyn Crosby us going back so she can win the Handicap Sprint Event. Thanks again to Brian Lenton for a well organised and great time. Below is a photo of some of the members who attended.



NOTICE BOARD

ANNIVERSARY-100TH BOSTON MARATHON

Some SARRC members Michael Slagter, John Bannon, John Auld, Ton Naylor, Rod Martin, Jacky Whitting, Peter Sandery and Les King are going over to Boston to run the anniversary of the 100th Boston Marathon. We hope you all have a great run and it is a memorable event for you.

A week later, Rod and Michael are going over to run the London Marathon as well. When you are overseas, why not run 2 marathons in a week?

Welcome back to Australia, Sally Piccinato. She tells us it is easier running here than in the cold environment of Vancouver, Canada.

Dates for receiving articles for "Footnotes"

- March 15
- May 15
- July 15
- September 15
- November 15

Lost something ????

The Sunday run "key box" contains the following lost items which are looking for a safe and happy home:

- One pair of glasses in a brown wool case
- One set of 2 keys with "Pearl Coast Zoo" tag
- One key with "horseshoe" tag
- Two keys with "Formica" tag-in office.

We also have a motley collection of singlets, T shirts and windcheaters in the lost property box in the van. These will be going to a charity bin in two weeks time.

LOCAL RUNNING GROUPS

We have a large number of members who would love to run with others,, but we do not have a running group to cover their area. For example, the northern suburbs, Mt. Barker, Murray Bridge, Mannum, Riverland. All it needs is for someone to organise a meeting place. The Board have agreed to register all local Running Groups of 10 or more financial members. All you have to do is to register your interest to run one of these groups with the SARRC office by ringing 213 0615. You will be sent all the necessary information, regarding the assistance for which you could eligible.

Get together with a few friends over the holidays, choose a spokesperson, and **MAKE THAT PHONE CALL!**

HUTT ROAD

Red brick building east side of Hutt Road on parklands between South Tce. and Greenhill Road. Meet every Wednesday at 5 30 p.m.

ATHELSTONE

Athelstone Primary School, Brookside Road. Meet every Wednesday at 5.55 p.m.

O'HALLORAN HILL

This group meet every Thursday 6.00 p.m. at the Y.M.C.A. Recreation Centre, Candy Road, O'Halloran Hill. They like to run various undulating courses - in fact they run any place as long as there are hills. Be warned there are also often prevailing head winds.

They have 2 groups running - Horst Fischer leads the faster group over 14 Kilometres, while Bette Sims takes the slower group for 10 Kilometres.

Eric & May Fazackerley are the 'mum and dad' of the group looking after everyone. Many of the group have run numerous marathons, with the combined total of marathons run by the group totalling well over 200 marathons.

(Continued on page 4)



I would like to reflect on the influence Helen O'Connor has had on The Club for the past two years in her position as President. Helen, as many of you would know may be regarded as one of founding members of the club; she was involved in the drawing up of the constitution, but from the early 80's assisted as 'the sweeper' in marathons and associated events. After an extended period of being no more than an ordinary member she came to the conclusion that she had something to offer, perhaps a change of direction. She stood for President, was elected, and for the past two years has worked tirelessly with the aid of a supportive board to promote the club, and has not missed a single board meeting of the 24 held under her auspices as President. Perhaps it would be appropriate to list, in rough chronological order, some of the achievements of Helen and the board during her tenure. Acted as race director of the inaugural Women's Suffrage Run in which 700 participated and negotiated a cash sponsorship of \$3000 from City Mazda. Established a 10 Km event as part of the marathon race. Was instrumental in finding a new sponsor for the marathon in the form of GIO who donated \$6000 towards this event and securing Adelaide Fresh Fruiterers who very kindly sponsored the 1995 Half Marathon race in cash and kind. To the credit of Helen and your board, both of these businesses have agreed to sponsor the same events in 1996. Helen was also instrumental in re-establishing

sub-committees to oversee the affairs of the Club. These committees had a particular interest in the following; finances, competitive runs, training, education and promotions. These committees worked remarkably well, no doubt due to the enthusiasm displayed by the board members. The setting up of a workshop on strategic planning. This was established to examine the Club's priorities for the tenure of her Presidency and beyond, and to examine areas by which the constitution may be altered to be more in line with today's demands of our members. Giving greater recognition to the increasing numbers of walking members is one that comes to mind. Suburban running groups were registered as official club groups; investigation revealed that one group of runners were referring to SARRC as their club but had not one club member running at the time. Helen undertook to update the club's publicity and promotional brochure and liaised with our major sponsors and the media in conjunction with Chris, our erstwhile promotions manager. She managed to elicit an additional grant of \$1500 from Foundation SA to fund the training and education seminars. These seminars have been well attended. Her initiative in having Joggers World sponsor our 1994 membership card was well received. She built on this involvement to encourage them to provide us with a 1996 membership card of professional quality. She, along with other members of the Board was

instrumental in having the Women's 10Km Classic retained as a feature race on our 1995 calendar. The race was an outstanding success, attracting over 300 participants which in no small way was due to the untiring efforts of our first time race director Robyn Downey. Lack of space prevents me from detailing other initiatives that Helen has been involved in over the past two years; I do know too well however of the enormous amount of time and energy she has put into filling her position, and as the Club's Vice President she has my heartfelt thanks. Her methods and honest aggressive approach may upset some members now and then, but it is an unalienable fact that she leaves the Club with a legacy of financial strength and infrastructure that will take the organisation into the twentyfirst century.

Sue Tyson

DATES FOR YOUR DIARY

- 25/02/96 SARRC Piccadilly 10Km Classic
Contact: 213 0615
- 10/03/96 SARRC I.W.D. 5 Km Fun run/walk
Contact: 213 0615
- 10/03/96 Hub-a-Dash 4/10Km Fun run
- 17/03/96 Happy Valley 5/10 Km Fun run/Walk
Contact: Peter Gilkes 370 6628
- 17/03/96 SARRC Nth Adelaide Heritage 17 Km or 10 Km. Also Heysen Trail.
- 17/03/96 Walkerville YMCA 6/10 Km Run/Walk
Contact: Tony/Allyson 344 3811
- 24/03/96 SARRC Ridge Park 18 Km or Victoria Park 10 Km.
- 24/03/96 Walk Against Want 4/11/20 Kms
Contact: Jo Thorpe 223 3405
- 24/03/96 Sri Chinmoy Women's 5/10 Km
Contact: Karen Metcalf 344 2907
- 31/03/96 SARRC South Parklands 19 Km or 10 Km.
- 31/03/96 City to Port 12 Km Fun run
Contact: Glen Powell 233 1611
- 07/04/96 SARRC Darley Road 20 Km or Walkerville 10 Km
- 14/04/96 SARRC Brownhill Creek Reserve 22 Km or Parkside 10 Km.
- 20/04/96 Cross Country Host Day 2/4/6/8 Km
Contact: Enfield Harriers 345 5375
- 21/04/96 SARRC Top of the Town 22 Km or Glenunga Reserve 10 Km. Also Heysen Trail.
- 25/04/96 Anzac Miles
Contact: Des Paul 298 5005
- 28/04/96 SARRC Heritage/Round Town 21 Km or St. Helen's Park 10 Km.
- 28/04/96 Hills Athletics 10Km Fun run.
Contact: Alan Graham 278 3741

LETTERS TO THE EDITOR

Getting the Record Straight

After 4 years as the Club President from 1990 to Feb. 1994, I returned as a Board member in 1995 on the Runs Committee and the Editorial Committee of Footnotes. It has been during the last year that many people have expressed their concern about the accuracy of the content of the President's statements and one or two other articles in Footnotes. I wish to make it clear that the Board or the Editorial Committee do not see or sanction what the President writes. In fact, the Editorial Committee have not met. I have also, been disappointed at some of the comments made in Footnotes and do not support or agree with them. I came onto the Board with the aim of encouraging co-operation, involvement and equality and I have appreciated many of the Board members individual contributions. However, I have found it a stifling and non-inclusive environment, that has seen Board members resigning (ask me for names if you wish) and in some cases being talked into staying for the benefit of the Club and the new President (who starts on the 7th Feb.) Generally, in the last two years entries to events have dropped, we have lost most of our volunteers and most alarmingly, there are no Race Directors for our events this year. Yes, that includes the Greenbelt 1/2 Marathon, the Marathon, Glenelg 10K etc. Credit must go to the Runs Committee who have in conjunction with Race Directors held the events together in 1995. Several of us have made sure that the TWILIGHT series will happen and we are doing out best for the Glenelg 10K event. It is a new year, new President and some new Board members. Therefore, it is the right time to consider:

1. more people being involved
2. having fun again and connecting with each other
3. more random draws
4. volunteering ideas and energies
5. being part of a team that puts on events
6. contributing to the office which is a central part of our Club.

I care about the Club and its future and as a Board Member I welcome you to help rebuild the membership and get back the energy and enjoyment into our club again. I look forward to being part of a team which recognises and appreciates the efforts of its members.

Robert Freak

Dear Robert, I stand by the accuracy of all articles written by me for Footnotes. The fact that your letter is printed is clear evidence that members' input is neither censored nor sanctioned. I trust that you will uphold and protect the right of members to express views contrary to your own and when I am no longer a member of the editorial committee of Footnotes.

Helen O'Connor



(Continued from page 2)

Beginner running classes are starting at O'Halloran Hill with Eric Fazackerley and Pam Satchell taking these groups. Everyone who runs pays a dollar and after the thirsty run they all enjoy juicy oranges. They also have an Easter Run with Hot Cross Buns. I hear also that a lot of the group are forming cycling groups, so it is a good group to join if you are training for marathons. So, if you are looking for a group to run with down south, join the O'Halloran Hill Group. Photo below



Front Row L to R: Pam Satchell, Eric Fazackerley, May Fazackerley. Dog - Fleur
Back Row L to R: Graham Venus, Horst Fischer, Tony Parish, Peter Wright, Bette Sims, Alan Danton, Des Coulter, Peter Gilkes, Rick McGuigan, Graham Broad, Ingrid Hewlett.

Message from the New President

During my twelve years or so as a member of SARRC I have seen many changes. During the mid-1980's, it seemed that the running boom would never end. We had several thousand members and over 2000 entries in our flagship event, the 1986 Jubilee Marathon. Since then times have changed and the numbers of our members and our events have declined along with similar events such as the City to Bay.

However, this is not intended as a message of gloom, merely a recognition of changing times. The people of South Australia are still interested in exercise and friendship and these are two of the many things that the SARRC has to offer in copious quantities.

Over the past few years, our Club has made a number of changes and adjustments to reflect the needs of our members and the people of South Australia. Quite clearly the proportion of the total population and SARRC members interested in walking as their preferred form of exercise is growing greatly. This trend is reflected also in other events such as the City to Bay which in 1995 had as many walkers entered as runners.

This trend is not without its challenges, such as the adjustments necessary in the organisation of events. but I welcome the participation and contribution of walkers to our Club. I am also highly conscious of the needs and desires of the SARRC runners. It is important that both these sets of needs are catered for in our Club.

During my term as President I aspire to increasing the membership of the Club, by identifying and then meeting the needs of our existing members and by providing services and events that are desired by the South Australian public. It is not my belief that all good ideas can or should come only from the Board of the Club. I will welcome all ideas and contributions from any of our members.

As mentioned in an earlier message from Helen O'Connor, a major challenge facing the Club is to gain contribution to the running of the Club and its

events from a wider cross-section of Club members. Being a (mostly) volunteer driven organisation, the SARRC could not function without the generous and enthusiastic support of our Office and other volunteers. I am keen to pursue ideas for broadening the base of contributors to the running of the Club and its events.

I should like to express my appreciation to the retiring President Helen O'Connor for her tireless efforts on behalf of the Club. She has made a lasting impact upon the Club and I thank her. The other retiring Board members, Josie Borg, Michael Slagter and Jill Denney have also made significant contributions in their respective roles. Thank you also to them.

Two other Board members whose terms have expired have re-nominated, for which I am grateful. Brian Goodhind as Secretary and Richard Sjoerdsma as Office Liaison have performed their roles with distinction and I look forward to working with them and the other continuing Board members over the next two years.

Finally, to those members of SARRC who do not know me, I look forward to meeting you all in the near future. In case you are wondering what I look like, I do stand out a bit in a crowd (particularly runners) being 195 Cm tall with a beard. Good for basketball, not so good for running (despite the long legs). If you see someone looking like that come up and say hello.

Yours in running,
Michael Ward,
President

START RUNNING CLASSES

Dates for the next classes are as follows:-
North Adelaide 12/05/96 and 15/09/96
Hutt Road 15/05/96 and 18/09/96
These classes are also suitable for walkers.



Prospect Road, Prospect
Golden Grove Village S/C
West Lakes Mall
Jan Street, Newton
Jetty Road, Glenelg

MEMBERSHIP DATABASE

I am in the process of setting up a new Membership database, and would appreciate the return of the enclosed form as quickly as possible.

You will note that we require an emergency contact and telephone number. This is for obvious reasons. Many members give their work address and telephone number which would be of no use if there were an accident over the weekend. It is also very helpful to know if you are a runner or walker. Notification of your occupation is voluntary. I enclose a reply paid envelope for your early reply.

Many thanks for your assistance.
Stella
Office Co-ordinator.



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	Lyn Crosby	
	Piet Crosby	Events Committee Convenor
	Robert Freak	Events & Editorial Comm.
	Chris Romanowicz	Chr. Promotions
	Richard Sjoerdsma	Office Liaison
	John Twartz	Events Committee
	Jill Ward	Walkers Committee
	Michael Walker	Marathon Committee



Foundation SA
PROMOTING A STATE OF HEALTH

PRESIDENT'S BRIEF

Only a couple of weeks until the GIO Marathon Festival of Running! You can be sure that the 1996 Marathon will be a fantastic event. Piet Crosby and his helpers have been working very hard to ensure that everything goes smoothly, which I am sure will be the case. Congratulations to Chris Romanowicz and all the volunteers who made the 10/25 event a big success. Again it shows how so many people can work together to achieve anything.

As I write this, Jill Ward is nervously awaiting her first effort at directing an event, the 6/15/30 River Run. I am deserting her in her hour of need by heading off to Tasmania for a week of walking along the Overland Track. I am very confident that I will come home to hear what a success it has been, which you will already know by the time you get this article.

I cannot let this opportunity pass without expressing my extreme gratitude for the immense contribution Peter Allmand has made to the Club over the years. He has recently decided to hand over the organisation of Sunday morning runs, having done a fantastic job for some years. Thank you Peter, your work has been appreciated.

We are very fortunate that a club member has already offered to take over Peter's Sunday duties. He is Rob Humphries. You may recognise him by the 'Rupert's Runners' singlet he often wears. Rob was one of the earliest (if not the first) winner of the London Marathon trip for the Muscular Dystrophy Muscle Team entrants in the Adelaide Marathon. Well done Rob! I look forward to going on some of your runs soon.

Speaking of Muscular Dystrophy, I hope lots of you are supporting them by getting sponsors for your run or walk in the GIO Festival of Running. All entrants who gain \$70 or more of sponsorship will be eligible for the random draw to get a free trip to London and guaranteed entry into the 1997 London Marathon. When you also add in the opportunity for all participants to get one return trip to London or two trips to the Gold Coast, I am sure you are all wondering why all of Adelaide hasn't already entered?

At this month's Board Meeting it was agreed that SARRC should progress discussions with Bob Lott, who is organising the 1997 "Opera in the Outback". He has asked us if we are interested in assisting with an event involving a run from

(Continued on page 2)

10/25 Km RUN/WALK/RELAY

RESULTS

10km RUNNERS

MALE		
1st	Robert Rigante	32.56
2nd	? Clarken	33.59
3rd	Matt. Stephens	34.06

FEMALE		
1st	Robyn Roocke	36.49
2nd	Leah Wright	38.09
3rd	Alison Ridgwell	38.32

WALKERS

MALE		
1st	Peter Derrick	1:09.63
2nd	Tom Barry	1:10.17
3rd	Stan Choimes	1:13.00

FEMALE		
1st	Dian Goodger	1:06.54
2nd	Rhonda Wyatt	1:09.50
3rd	Kath.Alexander	1:13.34

25Km RUNNERS

MALE		
1st	Rob King	1:32.52
2nd	Terry Ellis	1:33.29
3rd	David Standeven	1:35.23

FEMALE		
1st	Lisa Wright	1:39.59
2nd	Cath McDonald	1:52.49
3rd	Lisa Albinus	1:53.36

WALKERS

MALE		
1st	Robert Francis	2:45.32
2nd	Wayne Russell	2:58.53
3rd	Noel Heinrich	2:58.54

FEMALE		
1st	Sandra Kramer	2:43.54
2nd	Debbie Lee	2:45.43

See Race Director's report on page 2



MARATHON COUNTDOWN

July 21st Week 2
Total weekly mileage 46-77 Km

July 28th Week 1
Total weekly mileage 21-35 Km

AUGUST 4 - MARATHON DAY

GIO AUSTRALIA ADELAIDE FESTIVAL OF RUNNING AND WALKING



Get your orders in for Marathon Tee Shirts **NOW**. Long sleeves will also be available for only \$25.

(Continued from page 1)

Quorn to the top of Devil's Peak and return. I am sure you will all agree that this is an opportunity for SARRC to gain a lot of very healthy publicity and attract more members. All Board members are very excited at this opportunity. We have asked Piet Crosby to lead the SARRC proposal, and when a mutually advantageous agreement can be reached, to direct the event. Finally, I hope you are all enjoying the crisp mornings. Just remember that the days are already getting longer, and that Spring is only 8 weeks away!

Yours in running, Michael Ward

WHAT'S IN A WORD?

"Are you ?-ing tonight?" said Jill Ward to me as we left the Hutt Road Clubrooms after a Wednesday night run. Not catching properly what she'd said I asked "What was that?" "Are you coming round to the Fire Station with us?" she asked. Realising I'd missed some announcement about this through my late arrival for the run I said "I'll be in that", not really knowing what it was I was going to be in, but assuming it say, was, to have a drink at the Fire Station Social Club bar before going for our meal at the Vietnam Palace.

It now strikes me as odd that on arriving at the Fire Station I did not notice that all the others "going for a drink" were carrying their sports bags. We went in and I followed Michael Ward when he turned into the Changerooms, assuming he was going to have a pee before going to the bar. To my surprise he sat down and started taking his clothes off! What sort of a place was this Fire Station bar?

Noticing the disconcerted look on my face Michael asked "Do you have a problem?" It was then I spoke the words, oft to be repeated that evening, "What are we here for?"

All became clear in a flash when Michael explained that we were there for a spa and sauna! I hastened to get my bag and towel and joined the throng in the spa, where the "What are we here for?" story was told many more times as more spa-ing Roadrunners joined us.

So, when someone asks you "Are you?-ing tonight?" insist they repeat the words - accept no substitutes - but on the other hand that might spoil the fun.

Brian Goodhind

I am sure there are more funny stories and incidents that happen around our club. Please let me, Jill Denney, know about them, so they can be shared with the rest of the club in "Footnotes".

Editor



10/25Km RUN/WALK/RELAY

It was 6.00 on Sunday morning. The rain was gently splashing on my windscreen as I was on my way to Memorial Drive with a car full of fruit and a torch. The fruit was for the participants and the torch for me so that I could 'find' the finish line for the 10/25Km event. As I drove down Memorial Drive thinking how dark, cold and quiet it was, I saw 2 people standing at the stop sign on the corner of Memorial Drive and Frome Road - Lyn and Piet Crosby were 'closing off' the road. At last I felt part of a team. A fantastic team who all contributed to a successful event. Sue Tyson organising the van, Michael Walker, Gail Ireland and company on the finishing system, Gaylene and Alana were really great in the recorders tent. With Jill Ward and helpers on the late entries table which was quite hectic with 60 late entries. I would like to thank Rod Martin, Michael Slagter, Michael Ward, John Twartz, Richard Sjoerdsma, Ken Graham who was 'kidnapped' to give his expert advise on the drink station and Brian Goodhind. A big thank you also to Josie Borg and her volunteers. We can always rely on Josie.

I felt very honoured to be working with such a great team of people. Many people came up to me to say what a well-organised event. Once again it was great to see most Board members donating their time and efforts. To anyone that I have not mentioned by name, THANK YOU!

Chris Romanowicz, Race Director

LETTER TO THE EDITOR

Dear Jill,

Just a short note to thank Peter Allmand and all those involved in organising the wonderful weekend at Wilpena.

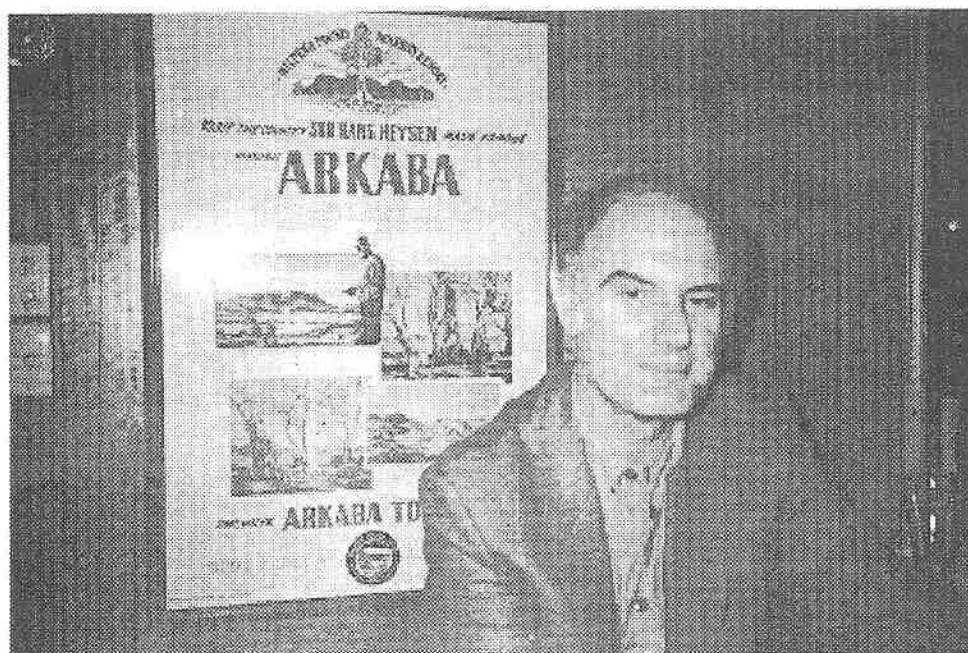
Special mention should also be made of the superb driving skills of Dave O'Donnell particularly on the Sunday morning after the rain.

Many thanks to all involved. Looking forward to the next trip.

Yours sincerely, Jill Grindle.

NONCE BOARDS

- ◆ Sandy Handley is not going to get lost again. On last Heysen trail, was seen with map carrier, compass and glasses hanging around her neck!
- ◆ Congratulations to Bob Wiese who completed the Comrades Run (88 Kms) in South Africa in 9.1/2 hours. Bob is pictured below.



PICHI RICHI BUS TRIP - 1996

This trip is growing in popularity, for this year 2 busloads went. The buses made it to the usual lunch stop-over at Clare. As we went merrily on our way, one bus began to lack power finally stopped due to fuel problems. Fortunately, we had 2 mechanics on board - Rex Martin and John Marsh - but we needed a new fuel hose. After breaking down 4 times, we were finally stranded on the middle road of Gladstone. Eventually we obtained a long hose and ingeniously the mechanics connected the hose straight from the fuel tank to the engine. Hoping that buses can run without fuel filters, we now made our way to Port Augusta. Carlos Zepeda did not even get lost (Carlo's lost story comes from Athelstone).

Boston 100th Marathon jackets were the fashion on the bus (worn by Rod Martin, Tom Naylor and Michael Slagter). It was said that 2 caps being worn and printed with Boston, London, Pichi Richi were jinxing the bus.

Sunday brought a perfect running morning. Unfortunately Ross Martin was ill, and unable to make it to the starting line, as he has done for every P-R Marathon.

Through the glorious Flinders Ranges people ran and walked the marathon and half marathon. Once again hot soup, lunch, tea and coffee were supplied at the finish in the Quorn Community Hall, and lots of people on the bus won trophies. Congratulations Michael Slagter and Marilyn Bevan who won the male and female 1996 Pichi Richi marathons.

Afternoon tea was again taken at the beautiful Willows Restaurant. Another great weekend away with SARRC. Thanks to the people on the bus who supplied home-made goodies and cakes. (The story goes that Rose Naylor bakes a great cake), and thanks to Dave O'Donnell, Rod Martin, Brian Goodhind who drove the buses and helped organize the trip.

Results of those on bus

Marathon-Male		
1st	Michael Slagter	3:06.45
40-49	Piet Crosby	3:08.15
Marathon-Female		
1st	Marilyn Bevan	3:40.04
40-49	Jane Bennett	3:46.08
60+	Sue Bardy	5:47.33
Half Marathon-Male		
	Peter Sandery	1:21.04
Half Marathon-Female		
	Barbara Hill	1:50.22
50+	Jenny Prider	2:17.01
Walk		
18-29	Angela Slagter	2:46.03
50+	Di Davies	2:31.24

HEYSEN TRAIL

Our last section, the 22km from Hamilton to Marrabel, was completed on the 15th June in fine chilly weather by 47 of the 49 starters. Runners took around 3 hours and the walkers, 4 to 4. 1/2 hours to climb to the summit of Peter's Hill, sign the visitors book and descend to the flat plain around Marrabel. Just as we were arranging a search party, Sally Piccinato and Val Paltridge turned up having hitched a ride with a friendly farmer. It appears that persistent talking and a complete lack of map reading lead to a missed turn and only after an hour they realized that the trail markers had long since disappeared !!! A post mortem with the map revealed that they were 10km to the west of the trail when rescued by the country dude in a ute. Sal and Val...what a double !!!!

July 21st is our next outing from Marrabel to Tothill Range (Braebrook) 20km. Meet at Marrabel PO at 8am.

The following section, Tothill Range(Braebrook) to Tothill Gap 23km will be on August 18th.

Please note two changes to the published program for September and October.

Heysen Trail: now 22nd September not the 15th which is City Bay Run.

Heysen Flinders weekend is 5th,6th & 7th October (Labour Day W/E) not 20th. Details out soon! Any queries to Peter Allmand 362 5463 or 0414 550 230.

Peter Allmand



**UNOFFICIAL JADE MARATHON/
HALF MARATHON**

This is on again this year on Sunday 25th August. Those who missed out last year wished they hadn't.

- Accurately measured picturesque A-B course from Cleve to Cowell through undulating countryside on Eyre Peninsula.
- Three course meal (Saturday night), bus fare and accommodation included in the price (\$90).
- Depart from Metal Spinners P/L, 26-28 Pambula Street, Regency Park on Saturday 24th August at 9 a.m.. Secure parking available.
- No entry fee

Contact Peter or Michael Slagter on:
268 2928 (Work) 365 5118 (Home)

Only 32 seats available - book early to secure a seat for a fabulous weekend.

DATES FOR YOUR DIARY

21/07/96 Miidura Half Marathon.
Contact: Steve Guy 050 252303

21/07/96 SARRC TTP (32) & Port Road.
Training run. Also Heysen Trail.

21/07/96 Sri Chinmoy 5/10Km
Contact Sipra Lloyd 332 5797

28/07/96 SARRC Lower Mitcham (21) & Unley Training run

04/08/96 GIO MARATHON FESTIVAL OF RUNNING & WALKING

11/08/96 SARRC Hazelwood Park (15) & Alexandra Avenue Training run

18/08/96 Tour of Gawler 10.3Km Fun Run/Walk. Contact: 287 2018

18/08/96 SARRC Felixstowe (15) & Marden Training run

01/09/96 SARRC 10 Km Time Trial

02/09/96 S.A.Vets 5/10Km Host Day.
Contact: Des Paul 298 5005

08/09/96 SARRC South Parklands 19 or 10Km Training run

15/09/96 SARRC Regency Park(18) & Renown Park Training run

15/09/96 City to Bay.
Contact: Des Paul 298 5005

22/09/96 SARRC Stoneyfell(21) & Tusmore Park Training run. Also Heysen Trail.

22/09/96 Sri Chinmoy 5/10Km
Contact: Robin Beecher 269 1985

29/09/96 SARRC Waterfall Gully(23) & Alexandra Ave Training run.

06/10/96 SARRC Darley Road(20) & Walkerville Training run. Also Heysen Flinders Weekend..

06/10/96 Adelaide-Victor Ultra 100 Km.
Contact: Des Paul 298 5005

13/10/96 SARRC FAC AIRPORT 5/10 Km Run/Walk.

16/10/96 GIO City Miles
Contact: A.S.A. 332 8022

20/10/96 SARRC Beaumont Common (17) and Glenunga Reserve Training run.

20/10/96 International Peace Run
Contact: Prabuddha Nicol 267 1675

27/10/96 SARRC Heywood Park(17) and Goodwood Training Run



FLORA LONDON MARATHON 1996

After running Boston 6 days previously, it was hard to keep an open mind for the London Marathon. If you read Michael Slagter's article in the last "Footnotes". That was a 'hard act to follow' as they say in the movies. But, as we found, this would be a different event with it's own character and theme.

We landed in London's Heathrow airport at 7.30 a.m. Thursday, not much sleep on the plane so a bit tired. Temperature 14°C predicted. Collected our race packets at the Expo, found an Italian restaurant for a carbo meal on Saturday evening after checking out the sights of London for most of the day - not good preparation for running a marathon next day!

Marathon day, clear sky, warm, predicted temp. 20+°C. Caught the train to the start at Blackheath, travel was free for all competitors. Arrived approx. 8.15 for 9.30 a.m. start. People everywhere, lines of porta-loos and trucks for gear bags. Michael and I were lucky enough to secure a start in the British Championship area and as we soon found out it was quite an honour. There was an area divided off with officials at the entrance to check our chest number. Once inside we had access to our own toilets, a huge tent with tea, coffee, water and Isosport drinks. Buns etc. to eat and room to sit or lay down to await the start - about 1000 athletes in this area. Most of the athletes in this area were competing for championship points for their respective clubs, and all looked fit and fast runners. We were called to the start at five minutes to go, directly behind the elite pack of about 100, within 50 metres of the start line. We both knew we would not be able to take it easy, the starters gun was fired, no time to look about, it was go or get knocked over! I crossed the start line after only 12 seconds, with competitors bunching up, had to be careful not to get tripped in a crowd like this, or you would be trampled. The start is actually 3 starts situated on 3 separate roads all merging together at separate intervals, the last at about 4 miles. The course was marked out in miles, with a huge structure over the road decorated with the sponsor's name 'FLORA' and covered with green and yellow balloons, with a time clock at each one. Kilometres were in 5K intervals. The narrow streets of London kept the runners close together for the first 10 or 12 miles (16-17 Km), so it was best to go with the flow. Spectators along the course were mostly concentrated at the main focal points at Tower Bridge, Isle of Dogs, Tower of London and at the finish in front of Buckingham Palace. A party atmosphere was created by numerous bands playing, groups singing, and cheering spectators. The costumes worn by some competitors had to be seen to be believed - all types of animals and celebrities. I was quite happy to run in my 'Australian' tank top responding to the crowd as I passed. "Goodday mate" and "Good on you Aussie" called from the sidelines. I waved back my acknowledgment thanking spectators for their support. The course twists and turns, snaking it's way past most of the places you read about in books, following the Thames river past Westminster Cathedral, Houses of Parliament, to the finish line. Jogging the last 500 metres I crossed the finish line knowing I had completed one of the world's truly great marathons, experiencing all of the hype, glamour and companionship that a marathon of this magnitude can offer. After receiving space blanket, finisher T shirt, medal, fruit, gear bag etc. I walked towards Admiralty Arch and Trafalgar Square where we had decided to meet after the event. What a great day it had been, to be part of this event.

If you ever get the opportunity to participate in one of the world's big marathons, take it, you won't regret it. **The memories will last a lifetime!**

Rod Martin

7 Still to go!

John Bannon, Terry Buxton, John Auld, Len Freeth, Peter Worley, Ross Martin and Peter Slagter are the 7 who have run every Adelaide Marathon.

Peter Slagter

On entering Peter Slagter's office you will see a photo hanging up, taken of all the runners who had run every Adelaide marathon after the 10th one. Some faces are rubbed out, leaving only the faces of the 7 named above. When asked who will be the last face left, Peter replied, "Mine of course!"

Peter has been a member of SARRC almost since it's inception. At over 12 stone, too ashamed to wear shorts, he started a milk run. He lost 2 stones in 2 months. After finishing his milk run, his weight went back on, so he started jogging, ran the City-Bay and joined the Club. In those early days, Peter said there was no such thing as Nikes and road runners were a rare sight, and wore Valley sandshoes.

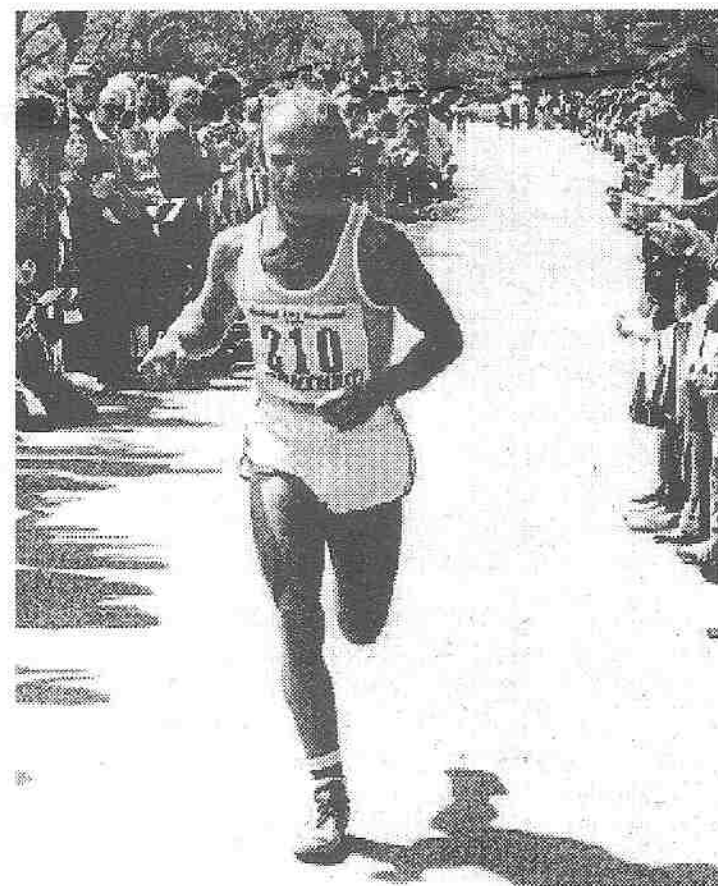
After running for 3 years, Peter decided to run the 1st Festival City Adelaide Marathon in 1979. He did not realise the distance was 42.2 Kms, but thought he could do it. The going was easy and his legs only stiffened up going through North Adelaide. He finished at the Victor Richardson gates in 3hrs.23 mins. A good time for his first marathon, although he found he could not sit down for 2 days!

Now up to his 32nd marathon and 18th Adelaide marathon, what has kept Peter going? The enthusiasm and friendship of fellow runners, the healthy lifestyle, running in the countryside, the fitness, enjoyment and challenge of long distance running. Peter likes to encourage other runners to enjoy this lifestyle, so he is organising a bus trip to Cleve for the unofficial Jade marathon and half marathon. If interested, please see page 3. I'm sure you will enjoy the bus trip.

Peter has run marathons from sub 3hrs to 5hrs. His most memorable marathon was his first sub 3hr, in 2hrs.57mins. in the Melbourne marathon, in 1982. It was the easiest one and gave him such a good feeling he nearly cried.

How does Peter do it?. He trains early mornings before work. The last 8 weeks before the marathon - running between 90-120 Kms. a week and also runs with the Athelstone group on Wednesday nights. His other enjoyment is barefoot water skiing. Peter's son Michael has just finished the Boston, London and Pichi Richi marathons. (In the Pichi Richi one Michael finished 1st and Peter last). Peter's wife Marie is a running widow, but is a good support for him. All the best on August 4th Peter. May you be the last face left on your photo, but I am sure there are 6 other runners who are saying you won't be!

Jill Denney



Top right: Michael Slagter and Rod Martin after finishing the London Marathon.

Right: Peter Slagter finishing the 1979 1st Festival City Marathon next to the Victor Richardson gate. 1996 will be a different finishing spot but the same hairdo!