



SPECIAL MARATHON EDITION

PRESIDENT'S BRIEF

What a lot has happened since my last message. I am sure you will all agree that Piet Crosby and all the volunteers put on a superbly organised Marathon and Festival of Running and Walking. The whole event went extremely smoothly, including a quick re-routing of the course to bypass a flooded section of the Torrens. I will say no more, as I don't want to steal Piet's thunder. Congratulations Piet.

You may all recollect that I had deserted Jill, leaving her to organise the 6/15/30K while I trekked around Tasmania with my son. I am happy to report that she did a great job, especially as it was her first effort at directing a race.

As you may have gathered from the enclosure in last weekend's Advertiser, the Opera in the Outback is scheduled for a years time, and the SARRC has been appointed to organise the Devils Peak Dingo Run and a couple of shorter races for the Thursday of the Opera weekend. Piet will also be writing about this event, as there will be opportunities for Club Members to participate and contribute.

Also included in this mailout, is a brochure from "Club Life. Be In It". This brochure offers subscribers an opportunity to share in a wide variety of savings. I encourage you all to consider joining, especially as our Club will receive a portion of the fee.

A major factor in our ability to put on events such as the Adelaide marathon, is the contribution of our sponsors. For the last two years, GIO has been a generous supporter of the Adelaide Marathon and the Festival of Running and Walking. Unfortunately they are unable to continue into next year, but I would like to express my sincere appreciation to GIO and their State Manager Bernard Carney for their support.

The Board is currently putting all its efforts to finding a new sponsor for next year and beyond; however I am sure

(Continued on page 2)

MARATHON FESTIVAL OF RUNNING RESULTS

MARATHON			
MALE	1st	Andrew Burns(SA)	2:37.57
	2nd	John Duck(Vic)	2:40.22
	3rd	Glen Harvey (SA)	2:41.46
WALKER	1st	Noel Heinrich (SA)	5:12.15
	2nd	Peter Derrick (SA)	5:36.25
	3rd	John Smyth (SA)	5:51.46
FEMALE	1st	Linda Christison (NSW)	2:53.03
	2nd	Patricia Galvin (Vic)	3:03.04
	3rd	Catherine McDonald (SA)	3:26.48
MEMBER FIRST MARATHON			
MALE		Paul Rugless(SA)	3:26.42
FEMALE		Rebecca Page(SA)	4:11.00
HALF MARATHON			
MALE	1st	Brendan Sharp(SA)	1:16.00
	2nd	Scooter Howe(SA)	1:17.27
	3rd	Peter Daish(SA)	1:18.31
WALKER	1st	Barry McDermott (SA)	2:10.32
	2nd	Malcolm Withers(SA)	2:25.29
	3rd	Wayne Russell(SA)	2:28.44
FEMALE	1st	Bev Lucas(SA)	1:20.49
	2nd	Lisa Wright(SA)	1:25.26
	3rd	Merran Finnis(SA)	1:26.39
WALKER	1st	Sandra Roffey(SA)	2:34.25
	2nd	Angela Slagter(SA)	2:50.59
	3rd	Lynne Wise(SA)	3:26.15
12Km			
MALE	1st	Mark Howard(SA)	0:40.44
	2nd	Kym Barnett(SA)	0:42.13
	3rd	Gary Zeuner(SA)	0:42.23
WALKER	1st	Andrew Thorpe(SA)	1:14.00
	2nd	Wayne Jones(SA)	1:18.34
	3rd	Tom Barry(SA)	1:26.28
FEMALE	1st	Cynthia Kaschagen(SA)	0:47.21
	2nd	Trudy Fenton(SA)	0:48.15
	3rd	Maria Kosztovits(SA)	0:50.09
WALKER	1st	Dian Goodger(SA)	1:19.07
	2nd	Janet Taylor-Hughes(SA)	1:19.16
	3rd	Rhonda Whyatt(SA)	1:26.14

CONGRATULATIONS TO YOU ALL

Australia, Girl Guides issuing Piccadilly Springs water en route, great restorative efforts from our physios, sports trainers and podiatrists, the charged atmosphere running from finish lines to tents between showers, their names being called by a 5ADFM radio personality, and the sight of our dedicated bands of volunteers gradually making the transition from enthusiastic supporters to competitors to satisfied sippers of

(Continued on page 2)



Linda Christison

1966 GIO Australia Adelaide Marathon Festival of Running Report

Sunday 4th August dawned gloomy, wet and windy. It wasn't surprising to hear that several entrants had chosen to stay in bed, less surprising to see the collection of rain gear worn by the walkers striding into the dark at 5.45. Even less surprising to see hordes of marathon runners leaping from cars barely before 6.45. Not even surprising to hear the Torrens had flooded part of the track after pre-race checking, requiring use of the premeasured alternative. Just some of the challenges in this year's race.

Having started gloomy it got better. 555 of the 642 entrants (90 walkers) braved the weather and finished the event. Three were from overseas, many from interstate. Despite the conditions most finished smiling, saying they had enjoyed the run (well, except for the face on gale along the Glenelg esplanade...), and pleased to have finished. They enjoyed a terrific jazz band, free breakfast from Adelaide Fresh Fruiters and GIO



Andrew Burns

you will all appreciate that it is very difficult in these times for organisations to find sponsorship dollars to support sporting events such as ours. If any Members have any ideas or contacts within organisations capable of sponsoring our Marathon, I would be very pleased to hear from you.

Coming up we have two important events, being the Airport Run in October and the Women's Run in November. I encourage all of you to either enter these events or support them by volunteering to assist. Why not take some extra entry forms and invite friends and family to enter?

Finally, I am looking to see if you, the members, would like to see some more social events associated with the Club. If you have an opinion one way or the other, please let me know. If you would like to work with me on organising any events, I would be delighted to have a chat.

I hope you are all enjoying the wonderful spring weather. See you on the track!

Yours in running, Michael Ward

(Continued from page 1)

champagne. Next year can only be better!

The marathon was a slogging affair, and again was won by a local. Andrew Burns, second last year, won in 2.37.57, breaking away at the start, and just keeping going into conditions he described as the worst he had ever run in. John Duck, a four times Adelaide winner, was second (2.40.22), running alone from 8 km, and Glen Harvey third (2.41.46). Linda Christison (2.53.03) was first woman, with Pat Galvin second (3.03.04) and Catherine McDonald third (3.26.48). In the co-event ASA State Championships Andrew was followed by Steven Guy of Mildura (2.42.27) and Terry Leach (2.54.44). Jane Bennett (3.41.49) won the open women's section, and Barb Hill (4.10.09) the vets. Noel Heinrich won the marathon walk (5.12.15), followed by Peter Derrick (5.36.25) and John Smyth (5.51.46).

Our magnificent seven; John Auld, John Bannon, Terry Buxton, Len Freeth, Ross Martin, Peter Slagter and Peter Worley all kept their records of having done all 18 Adelaide Marathons.

Congratulations! Ken Matchett was the oldest in the field, winning the 70 plus age category in 4.24.53. He even rang to check if we had such a category! Now that the secret's out we expect some competition next year! Roy Zimmerman was first over 60 in 3.36.44.

The half marathon was altogether nicer: more protected, later, warmer and drier. Brendan Sharp won (1.16), ahead of Scooter Howe (1.17.27) and Peter Daish (1.18.31). The women's race was a battle of notable locals. Gold Coast marathoner Bev Lucas won in 1.20.49. Lisa Wright, training for the Melbourne marathon, was second (1.25.26) and Merran Finnis third (1.26.39). Lead male walkers were Barry McDermott (2.10.32), Malcolm Wilkes (2.25.29) and Wayne Russell (2.28.44) and lead females Sandy Roffey (2.34.25), Angela Slagter (2.50.59) and Lynne Wise (3.26.15). Over 60's winners were Anne Young (1.49.45) and Sean Sinkins (1.58.18).

The men's 12 km was won by Mark Howard (40.44), ahead of Kym Barnett (42.13) and Gary Zeuner (42.23). Cynthia Kaschagen, usually a track runner, won the women's race in 47.21. Triathlete Trudy Fenton was second (48.15) and Maria Kosztovits third (50.09). Lead walkers were Andrew Thorpe (1.14), Wayne Jones (1.18.34) and Tom Barry (1.26.28). Dian Goodger was first female in 1.19.07, ahead of Janet Taylor-Hughes (1.19.16) and Rhonda Whyatt (1.26.14). We had two over 70's finishers: Tom Barry and George Michell.

We believe the conditions helped us retain our reputation as Adelaide's friendliest marathon. (Even the fish came up to say hi!). The race featured

(Continued on page 8)

LETTERS TO THE EDITOR

I very much appreciate receiving the trophy for my first marathon. I will never forget fighting against the wild winds along the beach, and the effort to keep on over the last few kms.

Thank you to the people who encouraged me, to SARRC, the sponsors and the police for their good work. Thank you everyone.

Noel Heinrich

Editor: Noel, who is deaf, is one of our newer members, and is already making his mark in our walking events. Well done Noel.

To all Organisers, helpers and marshals - we appreciate you very much. On behalf of all runners and walkers in the GIO Australia Adelaide Marathon, Half Marathon and 12K events, you all deserve medals for turning out on such a horrible day. Thanks from all of us.

Peter Gilkes

Extract from letter received from Marty Brice, member No. 302.

I will be in Washington State, USA on a teacher exchange with a runner from USA. Her name is Deborah McWhorter and I believe she has run 3 marathons in USA. She will be living in Balaklava and I'm sure she will be keen to learn about SARRC, and participate in fun runs. If she does come to a Sunday morning run, I'm sure the club will make her feel comfortable and at home. Let me know of any runners' clubs on file anywhere in Seattle so I can find out early when/how to join. See you sometime in 1998.

(If any members have any information which might help Marty, please let me know, and I will pass it on. Stella)

Once again thanks must go to the volunteers who gave their time and effort in helping to stage the Adelaide Marathon. Year after year these people rise early and give the race participants encouragement. I have no doubt that it is greatly appreciated. We recognised the volunteers contribution this year by entering them all in the Kangaroo Island raffle (a holiday, not the Island). Eric Fazackerley, our first life member won the random draw. Congratulations Eric!

Sue Tyson, V.P.



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CATHAY PACIFIC MUSCLE TEAM

We have all been thrilled with the activities at the Olympics of recent weeks and no doubt there were many inspired athletes who took the challenge to be part of the Adelaide Festival of Running and Walking held recently by the South Australian Road Runners Club. The day was the culmination of many months of hard work by volunteer committee and many volunteers who shifted tables, stood on corners in the freezing rain, who timed the participants, rubbed their aching muscles, and a hundred other activities that made the day a huge success. If people think that voluntarism's dead, have a look at this great group of people.

There were 64 participants in the Cathay Pacific Muscle Team (CPMT), and they are all busy raising money for us. All who raise over \$70 are entered into the random draw for a trip to London flying Cathay Pacific and are entered in the London Marathon. That will be drawn on 17th September at 251 Morphett Street*. There was a random draw for all of the GIO Festival entrants on the day of the race and this too was a return trip to London sponsored by Cathay Pacific. It was won by Terry Hilder who states that he is still enjoying his running at 60 years of age, and recently ran a time good enough to qualify for the Boston Marathon. When speaking to him about his prize his excitement and enthusiasm were indeed Olympian.

We are grateful for the support of Cathay Pacific who sponsored us and look forward to a continued association. Indeed it was really good to see some of the staff all dressed up in the new CPMT singlets and stepping out to support the cause. Space is not available to tell the stories about the people who joined the CPMT, but they are a great group of people running for those who can't.

Thanks to all who ran, sponsored, cheered on etc. You really are making a difference to people living with Muscular Dystrophy.

(Extract from M.D.A. News Bulletin Spring 1996 Edition)

***STOP PRESS** This was won by SARRC member, Andrew McComb. Lucky man!!

As is their custom the Muscular Dystrophy Association held a cocktail party on the 17th September to thank the runners and walkers who participated in the Cathay Pacific muscle team. Some 45 participants raised a total of almost \$5000 to aid the association and SARRC cheques totalling \$3250 were presented on the evening by our president, Michael Ward.

The trip to London and entry into the marathon was drawn on the evening and won by a long term club member Dr. Andrew McComb. We wish him well in his preparation for this premier event.

I wish to commend this very worthy fund raising event to members. Cathay Pacific Airways have indicated that they intend to support this event next year and they deserve your consideration. As for the benefits of joining the muscle team, it would be remiss of me not to point out that participants had a one in fortyfive chance of winning a two thousand four hundred dollar prize in this year's draw!! All for the sum of seventy dollars. It beats the hell out of playing the pokies!

V.P. Sue Tyson

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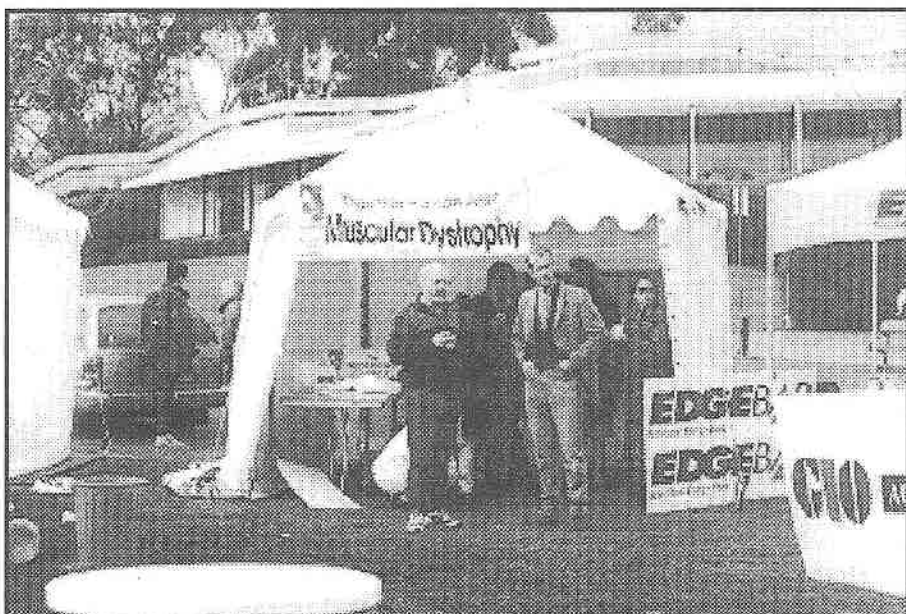
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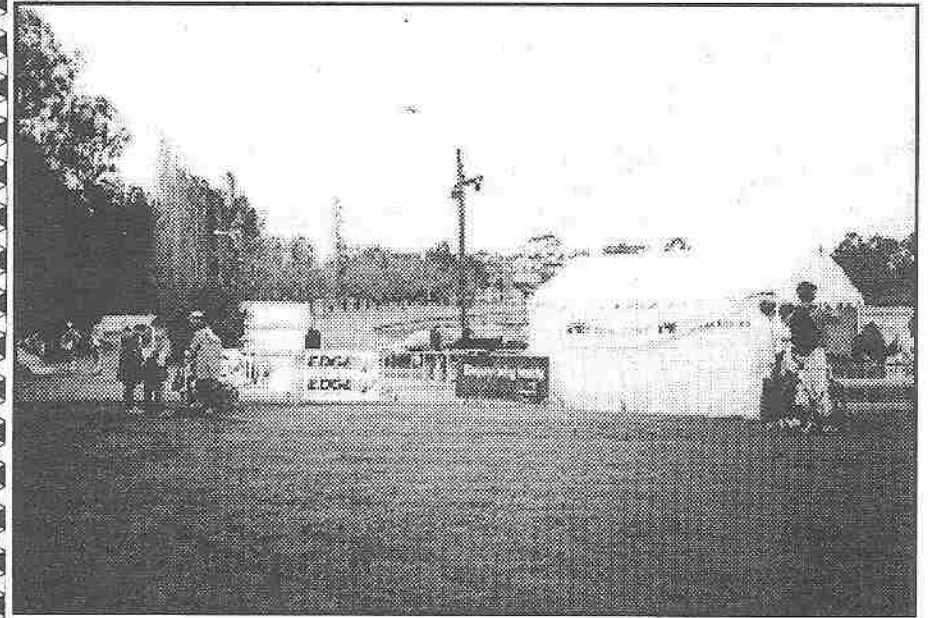
As mentioned in the President's Report, Life. Be in it have organised a Club, and are offering organisations such as SARRC the opportunity to fundraise for specific projects, such as a new double-sided clock for our races. For every family membership sold, we will receive \$5. As total membership costs just \$20 or \$10 if you are already a member of Mutual Community this is an excellent commission! Now, you are asking "What will I get for my money?" Firstly, a really interesting 160 page handbook full of great ideas, hints, advice etc for you and your family to get into Life as healthier, fitter people, plus every three months a 'CLUB Life' newsletter. Plus:

- Lots of free offers, over \$200 worth of free or discount vouchers for health clubs, parks, entertainment, sporting, leisure and L.B.i.i. functions.
- Be one of the first to join and you will receive a FREE family Alcatel HB160 pocket mobile phone. (Some conditions apply)
- Your own family 'Voice-Mail' box, which also acts as a message bank. (Rent would normally cost \$365 per year).
- Your 'CLUB LIFE' membership card is also a 'Cash Back' card. Show your card and you could soon be receiving cheques averaging about 5% of your spend.

In all, over \$1000 worth of 'FREEBIES'. You don't even have to pay postage to send your form back!!

There are two forms enclosed specially coded to show the money raised is to go to SARRC, one for your family and one for friends/relatives. To be in on the ground floor of this exciting new concept, send in your application NOW to the Reply Paid address, before the 12th October. If you all co-operate, we will soon have that clock!

If there are any queries, please call (08) 8366 0560. As they say, LIFE. BE IN IT.



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**NOTICE BOARD**

The world is divided into two distinct groups, those who always know where they are and how to get to anywhere from there, and those who are permanently geographically challenged. For those road runners who belong to the latter category, Peter Allmand has been literally a guiding light for a very long time. Having followed him over many a hill, it never ceases to amaze me that he actually knows what we will see from the top before we arrive, not to mention the longest and shortest routes home. On top of that, he is such a nice guy that he will, with only the minimal grovelling and pleading, show you the shortest! Not only does Peter know where he is at all times, but every Sunday morning, he has provided maps for the rest of us, whether we wanted to run 10 or 30 kms, so that the correct distance is covered, and we can all eventually arrive back at the clubhouse. A great deal of time, thought and effort has gone into planning these routes, so that the rest of us can just turn up and run.

Thanks, Peter, for all of that - and for those of us who can't even follow a map(!) - just follow Pete.

From A.Follower

Mick Champion, a member who lives in Port Adelaide is interested in starting a new mid-week local running group in the Western suburbs. Anyone from the Port Adelaide, Semaphore, North Haven areas who would like to join in the group, please contact Mick on 83470468 (daytime) or 8476884 (evenings).

A local running group is urgently needed in the Northern suburbs also. Any one interested, please contact Stella in the office. Tel: 8410 1317.

The Stirling, Mount Barker area could also have a running group. Again, interested persons ring Stella in the office.

CHANGING LANES

A seminar has been organised by Sport SA, on October 23 at 7-10 p.m., about women on the move making active transitions - after retirement (from sport or work), adjusting your course after children, or getting back on track after injury, featuring special guest **Shane Gould**, with Michelle den Dekker, Helen Agostini, Jan Dale-Harris, Bev Lucas, Julie Nykiel, Valerie Beddoe, Coralie Churchett, Marg Ralston, Kay Haarsma and Jenny Cheesman. This promises to be very interesting with a registration fee of \$25 or \$15 concession. For details telephone Sport SA on 843 8775.

Someone knows how to keep our the wind and rain!

6/15/30K RIVER RUN/WALK

This was my first event as Race Director, the plan had been for Michael and I to co-direct but he headed off bushwalking in Tasmania to fulfil his ambition to do the Cradle Mountain walk in winter.

John Twartz provided excellent maps and race details which certainly helped to make my job easier. Rod Martin and Michael Slagter did a superb job organising the signs and putting out the drink station gear.

The team (Darryl, Brian, Gaylene and Michael Walker) at the start/finish line were magnificent and we all met in the dark and managed to put up the tents, sound systems and the clocks (with just a couple of hitches). Competitors and more volunteers arrived and the 30Km walkers and then the runners headed off with Peter Allmand leading them on his bike. Then off went the 15Kms. walkers and Mandy Wellman rode ahead of the 15Km runners. As the participants came past us on the way to the turn around point near the weir, the 6Km walkers and runners headed off.

The course along the river was voted a great run, a very scenic but challenging event.

I would like to thank all the volunteers who helped at the drink stations, the start/finish line team, loaded and unloaded the van, the fruit organisers and the marshals. It was a fantastic team and made me appreciate how wonderful it felt when people reacted positively when asked to help. Thanks to everyone - a great effort.

Jill Ward

RESULTS

30Km Male		30Km Female	
1 Terry Ellis	1:51.37	1 Jodie Barratt	2:47.19
2 Glen Harvey	1:53.05	2 Julia Palios	3:12.06
3 Rob King	1:54.42	3 Vicki Palios	3:12.06

WALKERS

1 Noel Heinrich	3:29.19		
15Km Male		15Km Female	
1 Paul Clarken	0:52.38	1 Maria Kosztovits	1:01.17
2 Matt White	0:54.19	2 Edith Kosztovits	1:02.17
3 Adam Johnson	0:57.40	3 Merran Finnis	1:02.52

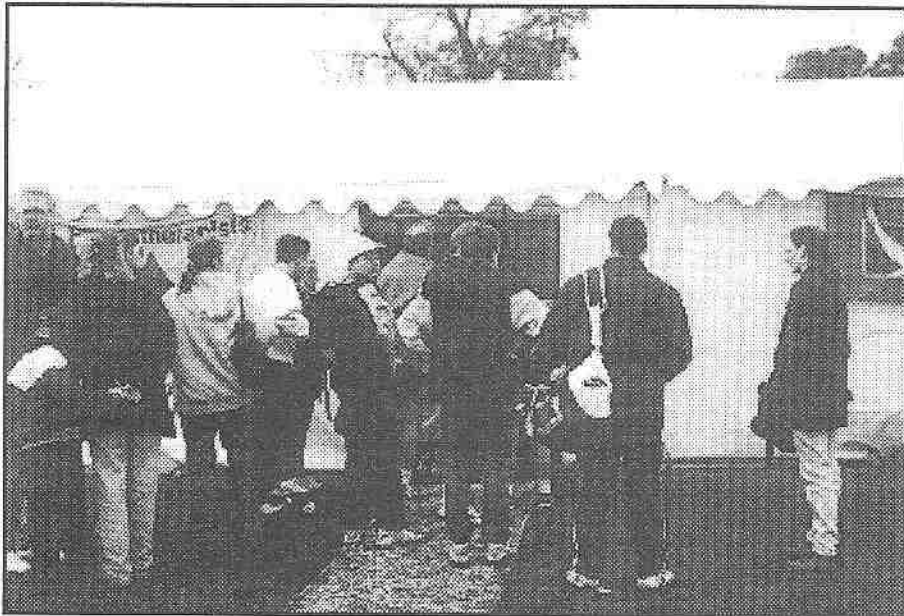
WALKERS

1 Tom Barry	1:48.30	1 Dian Goodger	1:15.57
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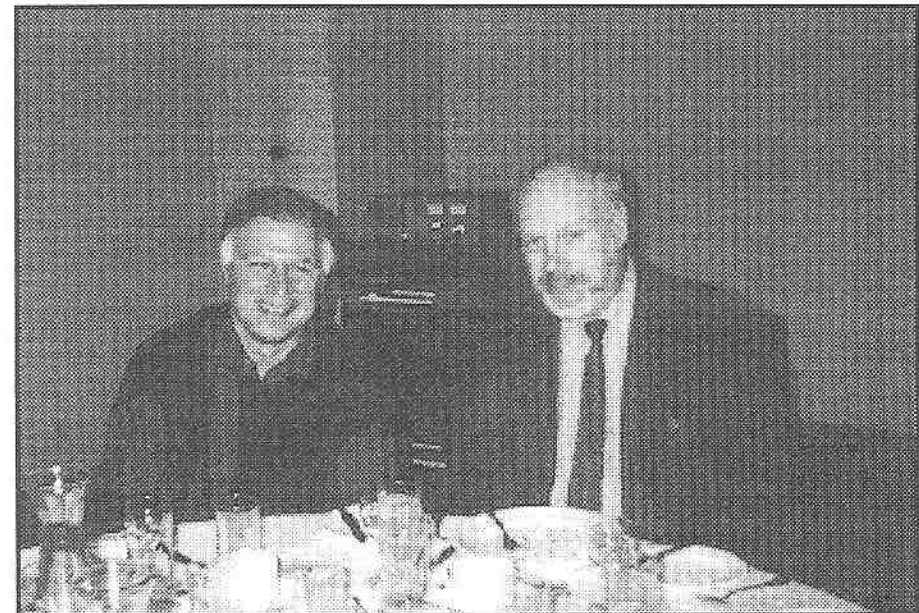
6Km Male		6Km Female	
1 Sam Moorhouse	0:23.16	1 Julianne McCarty	0:26.05
2 Andrew Cook	0:23.40	2 Christina Smith	0:26.20
3 John Alston	0:24.14	3 Jude Mills	0:28.17

WALKERS

1 Peter Fletcher	0:49.42	1 Anne Coles	0:45.15
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The physios and masseurs doing a roaring trade!



David French of Joggers World with Peter Fletcher, M.D.A.



Michael Slagter and Rod Martin, two of the Boston Marathoners, who also measured our course.

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SARRC Devils Peak Dingo Run Challenge

This article is written to let members know what is going on regarding this event and to invite participation..

The Opera in the Outback entrepreneur, Bob Lott, approached SARRC and asked us to consider running an event. Our proposal was that we would manage the race, for the basic sum of \$5000, plus an additional \$1 for each runner over 1000, on behalf of Bob's organisation, who would assume financial and legal responsibility for general costs, including our expenses in putting on the race, and take any profits made. We offered to negotiate further regarding T-shirts etc.

Why? Because we think this is a great opportunity to take part in an important SA event, to give the club some national and international publicity, to be on the ground floor of what will be even bigger in 2000, and because we think it offers club members the chance to have a great deal of fun and see some events cheaper as well!

We will present:

The Devils Peak Dingo Challenge

Over courses of 5,10 and 25 km, on the morning of Thursday September 18th 1997, utilising the Heysen Trail roads to the East of Quorn. All races will start simultaneously in Quorn and will finish at the school oval. We will provide

- Prior course design, measurement and layout
- A core team of eight to run the event, supplemented by SARRC and community volunteers on the day.
- SARRC equipment, especially start and finish banners and signs to supplement banners prepared with sponsorship logos, our club van to move equipment from start to finish, and to act as a mobile PA platform for the start and finish, timing and finishing system equipment and the SARRC tent as a focus for taking late entries and providing information concerning the events. As you can see, this ensures plenty of publicity up there, as well as media publicity that has already started!
- Organisation of marshalling, drink stations etc, with club members carrying out some of these tasks.

We asked for one night's accommodation and expenses for the prior course measurement team, and two nights for the core management team, who will need to be up early on the Thursday, and up late that night crunching results. We also asked for a free camping area for SARRC members during the week of the events that are on, and preferential booking. We want to make it possible for any club member to come up and be involved to at least some degree.

Right now I am looking for people interested in being on the core team, and also others who would like to come up and camp, and assist as marshals, finish system people or drink station attendants. If you are interested please ring me on 83799373, AND write to me at 10 Cross Road, Myrtle Bank, 5064 or (preferably) fax 83383558, as soon as possible; we have to let Bob know of booking implications. I would like to know what role/s you are interested in, and if you want to be in the core team, what expertise and experience you have in such a role, and what experience you have working effectively together with others under pressure. The written bit is to ensure fair selection of the core team.

The core team will consist of people playing the following primary roles, and also assisting with other tasks:

- 1 Race Director (I have been nominated by the Board)
- 2,3 Two course managers, who will need to go up for a separate trip before the event, and will be responsible for setting up the course, siting and training marshals and drink station attendants and collecting equipment afterwards
- 4 Supervisor of starting and finish areas
- 5 Starter and timekeeper for placegetters.
- 6 Finishing system coordinator
- 7 Entry and Results coordinator (Stella)
- 8 Race caller and communications

If you are interested in these roles please contact me. If you are interested in coming up and taking part on the day part (e.g. marshalling, drink stations, or timekeeping) please also contact me.

Bob has agreed that up to about 20 people assisting on the day will be guests at the Thursday night Country Concert, and to provide camping for people going up and assisting with the race (own tents or van). He is prepared to offer a group deal for other packages, but as bookings have opened we need to reply very quickly. If you want to be on the team, and if you want to book tickets (or have already) please contact me urgently.

If you would like to discuss any of this please call me on 83799373 evenings, after 7.30 or catch up with me on the track.

Piet Crosby,
Coordinator, Events Committee.

*Three of our
'Magnificent
Seven' who have
completed all 18
Adelaide
Marathons.
From left to
right:
Terry Buxton,
John Auld and
Peter Slagter, all
wearing their
special Marathon
caps.*



*Right guys, you
obviously enjoy a
challenge.
How many of you
are entering the
above?*

HEYSEN TRAIL

Since our last report, we have completed two further sections of the trail north of Marrabel. The July section finished at Braebrook, a cattle and sheep property in the shadow of the Tothill Range. Access to this point was interesting with a 3km drive along a very muddy track with two creek crossings. Both Barb Hill and Jill Denney handled their cars like rally drivers and drove straight through (well almost straight) while Trevor Gordon in the larger Commodore had more difficulty. The run was pleasant with a mixture of farm land and natural bush on the range and fine weather until the very end when a wind from the Antarctic brought stinging rain. August 18th saw 22 hardy souls (foolhardy?) head off from Braebrook on the Tothill Range to Tothill Gap. Rather than tackle the previously mentioned muddy track, we ran the extra 3km as a warm up to what was to be a testing 26km run/walk. The trail took us through some farm land, up over the range, via some pretty natural bush and back over the range to finish overlooking Apoinga lagoon. This was the morning when the Adelaide Hills were covered in

snow so we battled freezing winds on the high ridges and for the second month in a row, a violent hail storm blew out of the west and ruined our lunchtime picnic. Despite this end, all agreed...a tiring but great run! Many of us still marvel how Sue Tyson survived after starting with a huge, self inflicted, headache.

On the long weekend 5th, 6th and 7th October we are off to the Flinders Ranges to do a short 14 km Moralana Drive to Wilpena Pound section and a long 32km Wonoka Station to Moralana Drive section. We are camping at the Hawker Caravan Park and travelling by bus.

The final Heysen Trail run for the year will be on 3rd November, Burra Creek to a point north of Burra.

Contact Peter Allmand 0414 550 230 for details.

DATES FOR YOUR DIARY

22/09/96 SARRC Stonyfell(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

27/10/96 Multiple Sclerosis 5/10Km
Contact: Des Paul 0412 392189

03/11/96 SARRC Iron Will Run Training Run

10/11/96 SARRC Round Town (15 or 10) Training Run.

10/11/96 United Way 5Km Run/Walk
Contact: Terri Atkins 8287 0400

17/11/96 SARRC WOMEN'S CLASSIC 5/10Km

24/11/96 SARRC Plympton (19) and Mile End Training Run.

01/12/96 SARRC CHRISTMAS FROLIC 5Km

08/12/96 SARRC Breakfast Run - Waterfall Gully. Starts 7.45am. Tel: 8332 9071

08/12/96 Tea Tree Plus Run/Walk
Contact: John Haddad 8264 9383

26/12/96 Two Jetties 8Km Fun Run
Contact: Des Paul 0412 392189

28/01/97 SARRC TWILIGHT 4.5 Km RUN/WALK

04/02/97 SARRC TWILIGHT 6 Km RUN/WALK

11/02/97 SARRC TWILIGHT 9 Km RUN/WALK

ON AGAIN THIS YEAR - BIGGER AND BETTER

I am referring to the 'unofficial Jade marathon'. From last years group of 10 people to 23 this year, largely due to the efforts of Peter and Michael Slagter. A bright sunny morning greeted runners and supporters as we assembled at Regency Park on Saturday morning August 25th. The first break in the wintry weather for several weeks so another great weekend was anticipated. A pleasant drive to Port Augusta for a lunch break at 'Ozzies' coffee lounge, then on to Jade motel for evening carbo meal. Heaps of pasta, salads, bread etc. finished off with my favourite fruit salad and ice cream. (Several helpings of each!)

Once again this year the weather was kind to us, a cool overcast morning with a side to tail wind from Cleve. Dave O'Donnell fired the starters gun at 7.00 a.m. sending off 11 marathoners, then followed their progress from the bus with the cheer squad of half marathoners yelling encouragement and travelling on to the half way mark to start the half marathoners at 9.00 a.m.

Rod Martin

MARATHON RESULTS

1	Peter Quigly	3:05.26
2	Michael Slagter	3:08.44
3	Rod Martin	3:25.34
4	John Twartz	3:28.34
5	Dave Van Zetten	3:51.58
6	David Ashfield	3:52.48
7	Tom Naylor	3:55.35
8	John Curnow	3:56.05
9	Peter Slagter	3:57.03
10	Helen O'Connor	5:00.00
11	Alf Ryan	6:03.40

HALF MARATHON RESULTS

1	Neil Brock	1:31.14
2	Carlos Zepeda	1:33.20
3	Eric Fazackerley	1:53.50
4	Kate Buckley	1:57.04
5	Glen Watson	1:57.04
6	Mick Wilkins	2:04.10
7	Betty Wilkins	2:04.10
8	Jill Denney	2:25.01
9	Rose Naylor	3:00.00
10	May Fazackerley	3:13.15



(Continued from page 2)

great community cooperation, especially from SA Police, local Councils, St. Johns, Girl Guides, SA Sports Medicine Centre, Scaffold Hirers, and about 100 volunteers, all of whom toiled mightily. Our sponsors, GIO Australia, the Muscular Dystrophy Association (for whom we raised several thousand dollars), Cathay Pacific, Adelaide Fresh Fruiterers, Joggers World, Adidas, 5ADFM, Piccadilly Natural Springs, Living Health, Edge Bar and Cafe Flash were magnificent and a pleasure to work with.

Next year's event is on August 10th. See you there.
Piet Crosby, Race Director.

AROUND THE MARATHON TRACK WITH A BIT ON THE END

Noted one lady started in a 'body bag' and was later seen walking through the cemetery. I realise you must be a bit macabre to run a marathon but is this behaviour normal?

One respectable gentleman who was running without his usual aids to vision because of the rain, heard an attractive female voice coming from a clump of bushes calling "Come this way". All thoughts of finishing the marathon disappeared as he ran to the bushes, only to be told the river track was flooded and he was still on the marathon track with runners behind him. Do men ever stop fantasising?

Who said as I crossed the finishing line "I must look young to you because you look 90 to me?"

David the truck driver always arrived ahead of me at each drink station. Next year I will give him a dozen of his favourite beer and remind him that one good favour deserves another. Get the idea!

The reception and medal hanging ceremony in the finishers tent was something to behold. Thanks ladies. Personally I would have appreciated the reception more if it had been at the start. Next year can we have ladies and gentlemen handing out starters medals? Perhaps a starters tent as too many runners are finished before they reach the finishers tents.

An excellent run. Thanks to Piet Crosby and all helpers.
U.Rann



So glad to see someone laughing at the weather!



Sue Tyson raising her glass to an exhausted finisher



PASTA PARTY

This was once again held at the Grosvenor Hotel, a venue that has proved to be popular with club members by virtue of a combination of good food, central location and pleasant ambience. Chris, our promotions officer put a great deal of time and effort into ensuring the evening was a success, helped by a number of amusing reminiscences from old and new participants and supported by an inspired speech by our race director, Piet Crosby. A number of random draw prizes were won on the evening, the basket of goodies going to Merran Finnis.

We are pleased to report that the evening was again well supported by club members and its importance cannot be understated in developing camaraderie between members and their partners. It is probably a little disappointing that from a club viewpoint, these dinners are not held more often.

Sue Tyson, V.P.



Richard Sjoerdsma, Chris Romanowicz & David Trembath



*Cheer up Sue,
It might never
happen!*

ASTHMA FOUNDATION OF S.A.

This very worthwhile Organisation has developed an 'Asthma First Aid Kit'. The club intends purchasing one of these to be kept in the Club Van, to be used when required. However, they must only be used by persons who have undergone training in asthma first aid.

Arrangements have been made for free training 'en bloc' as quickly as possible. Anyone interested in this course should telephone Sue Tyson on 8272 0808, or Stella in the office and give their preference of night or day, and which day of the week is most convenient. As numbers have to be limited, we would like to know by the end of September.

MARATHONS CAN BE FUN

In 1966 Shizo Kanakuri set a new record for the Olympic marathon. At Stockholm he completed the 26.2 mile course in an unbeatable fiftyfour years, eight months, six days, eight hours, thirtytwo minutes and 20.3 seconds, having started in 1912.

He had run several miles before passing a group of people having a very pleasant drink in their front garden. As he was suffering from chronic heat exhaustion at the time, he did the only sensible thing and tottered over to join them. Being a sociable sort of man, he stayed for a few more drinks, whereupon he changed his race tactics dramatically, caught a train back to Stockholm, booked into a hotel for the night, boarded the next boat to Japan, got married, had six children and ten grandchildren, before returning to the villa where he had stopped and completing the marathon for the honour of Japan.

Anon

A merry band of members at the Pasta Party



SARRC MEETING PLACE AT THE MELBOURNE MARATHON

Similar to the last two years, it is hoped to have a coffee/breakfast table within 50 metres of the finishing line. All runners and friends from S.A. are welcome. Even if you do not want refreshments come for a chat!

Family Fun Day
Come along for a...

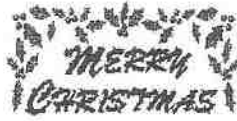
- 6km or 10km fun run
- aerobic-a-thon
- line-dance-a-thon
- live music
- children's entertainments
- sideshow
- food and drink stalls

fabulous day of fun and activities in Bonython Park for the whole family!

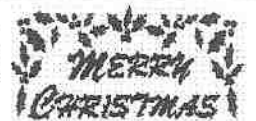
Sunday 10th November
Fun run starts 8am, walkers start 8.30 am
Prior registration \$5.00 per activity
Registration on the day \$7.00

contact: Special Events Co-ordinator
Royal Society for the Blind
Phone (08) 8223 6222
Fax (08) 8223 7836

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SPECIAL CHRISTMAS EDITION

**PRESIDENT'S MESSAGE**

This will be the last Footnotes before Christmas. Doesn't it sneak up on us every year at this time? Soon the silly season will start and we will be spending so much of our time at little (and not so little) celebrations when we spend time with friends we haven't seen all year, and have a drink and some nibbles with customers or suppliers. Whenever this time comes by, I think about two things. Firstly, I am so glad that I took up a lifestyle of health and fitness involving running and/or walking. This means that I am able to partake of the seasonal festivities without putting on too much weight, and I can be confident that I will be able to return to a more optimum state of health quickly in the new year. Secondly, I wish, as I am sure many of you do too, that the good will and festivities were actually spread over the whole year rather than packed into a couple of weeks.

As Christmas is approaching, it also means that it is not long until the next AGM. This is an opportunity for members to have their say, and more importantly, an opportunity to make an extra contribution to the Club by joining the Board. I urge all members who want to provide that extra bit of support to their Club, to consider nominating for the Board. Of course you don't have to join the Board to make that extra contribution. There are many other opportunities through directing events and assisting with event organisation, to helping in the office.

The identification of event Directors is always difficult. More difficult in fact than the actual directing itself. On a number of occasions this year, requests for potential event directors have been made, with limited success. At this time there are still plenty of events during 1997 requiring directors. Don't hold back! Put your name forward! By becoming more involved in the organisation of the Club and its events, you will truly understand that you get out of an organisation only what you put into it. The rewards of involvement more than compensate for the costs. If we cannot get directors, some events may have to be cancelled.

By the time you get this Footnotes, the Women's Classic would have been conducted. Robyn Downey and her team are all working very hard to ensure that this event is excellent. I am looking forward to assisting where I can and seeing the many participants enjoy their event.

Early in December, John Twartz will be directing the Christmas Frolic, a low key event intended to encourage whole families to participate. I urge all members to support this event by bringing along some of your less energetic family members and maybe they will catch the exercise bug too. This event also supports the Sunday Mail Christmas Toys Appeal.

This will be the last Footnotes of the year. Summer is approaching and with it the warmer weather. Please take care, and exercise early in the morning or in the evenings, away from the very hot midday sun. Finally, I hope all members and their families enjoy a Very Happy Christmas and a most Prosperous New Year!

Yours in Running and Walking

Michael Ward

CHRISTMAS BREAKFAST RUNWaterfall Gully Restaurant Car Park
Sunday 8th December at 7.45 a.m.

Runners/Walkers have enjoyed this location in the past as I am sure you will this year. Hopefully there will be the choice of—a short run/walk, a 'medium' or a longer run (depending upon the availability of experienced group leaders), followed by breakfast at the restaurant. Tickets can be purchased from Gaylene Button(8293 1563), at Bundeys Road on Sunday mornings, Hutt Road on Wednesdays at 5.35 p.m. Please buy your tickets early so numbers can be confirmed for catering. If you have any queries my home phone number is 8332 9071.

Rob Humphries

**Christmas Frolic
1st December, 8am**

This year we frolic for some needy children as part proceeds go to the Sunday Mail Xmas Toy appeal. You may win one of the many random draw prizes, which include running shoes and accessories from Joggers World and six-packs of cans from Coca-Cola. Make this your Sunday run/walk. Join the frolic, have some fruit and see if you have won a prize. If you want to go further, cruise along the track. You do not have to be at the presentation of trophies at 9.30 when the running shoes will be drawn, to win them. See you at the Frolic.

John Twartz. Race Director.

STOP PRESS STOP PRESS STOP PRESS
Gerard Industries have donated many Clipsal products which will be given as Random Draw prizes!!

AFTER THE FROLIC

Bring a plate of food with your own drinks and enjoy a Christmas get together with other members/friends meeting in the picnic area off War Memorial Drive at 10.00 a.m. (Same place as the start of the Christmas Frolic).



good people who arranged for the mobile drink stops on the way around. **Thanks again!**

It was like a long Sunday run, yet not like a Sunday run, in that, on a Sunday run other people out and about are very friendly and it's 'good morning', 'good morning' and so on. However, on Christmas Day, half the people are into the 'good morning' stuff and the other half just think you are downright 'nutters'. If running the **FANATICS RUN** on Christmas Day makes you a 'nutter', then we are, and we're

proud of it!

Following the run some people breakfasted in the park at West Lakes, and others went off to unwrap the pressies, or, I suspect, some may even have snuck home for a few extra winks before the days events unfolded. So, this year if you want to run off your Christmas Eve "dare I say it?" 'hangover', or, just want to feel fresh and revived for that lunch of lunches, come along and join the **FANATICS**.

**COMMUNICATION
UPDATE**SARRC IS NOW ON THE
INTERNET!!

Our World Wide Web page is in the process of being designed, so keep your eyes open for our web site, for all the latest news on runs, results etc.

Our web site will be called:
<http://www.sarrc.asn.au>

Our Email address is:
sarrc@satech.net.au

WHO ARE THESE FANATICS?

Well, once again some people from the crazier side of the SARRC gathered at 6 am on Christmas morning at West Lakes to give themselves an appetite for Christmas lunch and a little extra room for a second helping of pudding!

Yes! the **FANATICS** were doing their annual Marathon/Half Marathon run, and a pretty good turnout it was too, with some 20 or so runners fronting up. The conditions for the run were fine almost perfect, and thanks should go to those



NOTICE BOARD

ASTHMA FOUNDATION OF S.A.

In the last "Footnotes" I mentioned the possibility of free training in Asthma First Aid for any persons interested in learning this most important technique. Arrangements have now been made for a free course to be held on Sunday morning the 9th February, immediately after training, i.e. 10.00 a.m. If you have any queries, please telephone me on (08) 8272 0808. Sue Tyson.

HONDA AUSTRALIAN MASTERS GAMES

These Games were held from 19th - 26th October and are an Olympic Games for Seniors. A small team of SARRC members competed again this year, and fared extremely well, with 6 gold medals and two course records from just five competitors! Results as follows:

Eric Fazackerley - Gold in Half Mara+Course record, and 10K road race.
- Silver in 3000m, 1500m, 5K Cross Country, and Masters Mile.
Rod Martin - Gold in Half Mara, 10K road race+Course record.
- Silver in 5K Cross country; Masters mile.
Peter Slagter - Gold in Half Mara.
- Bronze in 5K Cross country.
Roger Williams - Gold in Squash.
Robert Freak - Silver in Basketball
- Bronze in Basketball.

Altogether 15 Medals!! WELL DONE ALL OF YOU.

ADELAIDE MASTERS (Regional Masters) will be held 5th - 13th April, 1997
AUSTRALIAN MASTERS will be held in Canberra from 24th - 31st October, 1997



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LETTERS TO THE EDITOR

(Extract)

I would like to thank SARRC for organising the Singapore Airlines/FAC Fun Run. Keith, I and the 2 children have just returned from Singapore on the 2 tickets donated by Singapore Airlines which I won in the lucky draw last year. We had a wonderful time. Singapore Airlines are indeed an excellent airline and have a great service to offer.

Yours faithfully, Colleen Dehey

Howdy,

Thanks for the Marathon Newsletter, it's great to be able to keep in touch with what happens down there in OZ. I must say though that I'm a little peeved at the times this year - my marathon times now are down to around 3:10 so I would've been first member home. Probably my only ever chance to shine and I was 12,000 odd kilometres away - bummer!!! It sounds like it wasn't a very nice day anyway but isn't it surprising the conditions that people who've trained hard for a marathon will run them in? I've been standing at start lines getting rained on, hailed on, and baked but we still keep going to the next one....After being my drink bottle catcher and car support for the Adelaide Marathon last year my brother was training to have a go this year but years of abuse of his hamstrings on the football field put paid to his debut before he really got too far - may be next year.

SARRC also had one more member at the 100th Boston Marathon - me. I didn't show up on the computer results as an Australian because I sent my entry from here and they apparently didn't bother to note my nationality even though I put the SARRC on the form as my club. One positive result though is the fact that I was the 9th runner home for the whole country of Luxembourg - it's only a small country. What a day - the worst marathon of my short career. I caught a cold as a result of the somewhat 'changeable' Boston weather and have never felt so weak. Any other marathon and I would've pulled out at 5k but the lure of the finishers medal drove me on. My time (which I don't divulge to same embarrassment) was well over an hour and a half outside my qualifying time - but what a nice medal. That's about all for now, keep up the fine newsletter.

Mark Fitzgerald, Luxembourg

Enfield Harriers Athletics Club greatly appreciates your support for our recent Couples Fun Run. We acknowledge the assistance you gave in the way of advertising the event or by allowing us to promote the run in your store by means of giving out our entry forms. The day was successful with many people not associated with athletic clubs competing. Thanks for your support. Robert Hunter, President, Enfield Harriers A.A.C.

(Continued on page 3)

DATES FOR YOUR DIARY

24/11/96 SARRC Plympton (19) and Mile End Training Runs.

01/12/96 SARRC CHRISTMAS FROLIC 5Km

08/12/96 SARRC Breakfast Run - Waterfall Gully. Starts 7.45am. Tel: 8332 9071

08/12/96 Tea Tree Plus Run/Walk
Contact: John Haddad 8264 9383

15/12/96 SARRC Hazelwood Park (15) and Tusmore Park Training Runs.

22/12/96 SARRC Felixstowe (15) and Marden Training Runs.

26/12/96 Two Jetties 8Km Fun Run
Contact: Des Paul 0412 392189

29/12/96 SARRC Port Road Plus (16) and Port Road Training Runs.

05/01/97 SARRC Hazelwood Park (15) and Alexandra Ave. Training Runs

12/01/97 SARRC Around Town (15) or 10Km Training Runs

19/01/97 SARRC Greenacres (18) and Marden Training Runs

26/01/97 SARRC City Squares (19) or 10Km Training Runs.

26/01/97 Australia Day 5/10Km Fun Run/Walk Meningie. Contact: Leslie Fischer 085 754214

28/01/97 SARRC TWILIGHT 4.5 Km RUN/WALK

02/02/97 SARRC Beaumont Common (18) or Glenunga Reserve Training Runs.

04/02/97 SARRC TWILIGHT 6 Km RUN/WALK

09/02/97 SARRC Glenelg-Brighton or Brighton Beach Training Runs

11/02/97 SARRC TWILIGHT 9 Km RUN/WALK

16/02/97 SARRC Tusmore Park (16) and Rose Park Training Runs

23/02/97 SARRC GLENELG 10Km RUN/WALK

PLAY SAFE SPORT

Happy Holiday