



SARRC BOARD MEMBERS

President: Michael Ward
Vice President:
Secretary: Brian Goodhind
Treasurer:
Ord. Member: Piet Crosby

Ord. Member: Richard Sjoerdsma
John Twartz
Michael Walker
Jill Ward

PRESIDENT'S MESSAGE

President's Report to the 1997 SARRC AGM

I think it is important to start my presentation, by acknowledging the many member volunteers without whom the Club would not operate.

Firstly, I would like to mention those who enable our basic weekly runs and walks to happen. These are the members who drive the van and set up the tables on Sundays as well as the person who organises the roster, they are the members who arrange for fruit, drinks and nibbles on Wednesday nights at Hutt Rd., they are the members who organise the routes of the runs and walks, they are the members who organise the Athelstone and O'Halloran Hill Groups, they are the members who organise the speed training on Saturday mornings, and they include Francie who keeps an eye on our gear on Sunday mornings, where we have no convenient place to store it.

Next we have the members who contribute considerable effort by directing our many events. Of course, the events would not be able to proceed without the other members who are willing to get to the event early enough to take late entries, put up tents, lay down cones, and set up drink stations. Then we need the marshals and drink station attendants. Finally, we need help in the cleaning up and packing away of the equipment. There is also a very important group of our volunteers who we rarely see, but without whom our prestige events such as the marathon and half marathon could not proceed. I am talking about the course measurers, who are often up at unearthly hours like 4 am to ride over the up to 42K course numerous times to ensure that the distance is accurate. This has included heroic efforts like riding ahead on Marathon day to re-route the course (accurately) to avoid a flooded river.

Where would we be without the office volunteers who help Stella every day, including running the office on her day off. What about the Start Running instructors who are there year after year helping our new members to learn how to run and walk safely and enjoyably.

Finally I must acknowledge the magnificent contribution of the members of the Board, who work very hard in service of the Club. In particular I should like to acknowledge the contribution over a number of years from the retiring board members.

Sue Tyson has worked very hard on the Training Committee in particular and I have appreciated, as I am sure Helen did when she was President, the support of Sue as Vice President. Sue has been particularly good at picking up responsibility at short notice.

Chris Romanowicz has worked very hard for the Club over a number of years. In particular she has contributed greatly to the Promotion of the Club and worked

well with our Sponsors.

Simon Fry has been a very effective Treasurer during a stressful personal time of starting a young family.

Rob Freak was President of the Club during some particularly difficult years and worked very hard to ensure that the Club survived.

Lyn Crosby over the past year has worked soundly on the Membership committee and performed a particularly important function in supporting the Marathon Director during his sleepless nights preceding the marathon.

CHRISTMAS FROLIC

By now you may be planning your running/walking program for the year. One event last year which proved successful was the Christmas Frolic. It was successful in a number of ways. A good number of participants frolicked, enjoyed the challenge and had a good time. We also raised nearly one thousand dollars for the Xmas Toy appeal which the Sunday Mail was most grateful to receive as they badly needed funds.

There was about an equal number of participants in all events, i.e. 5K and 10K, runners and walkers. It was pleasing to have such support and trophies were given to the top 3 placegetters (both male and female) in all events. Many random draw prizes were given out, which included 6 packs of coca-cola and Clipsal products from Gerard Industries. Many children were happy to receive SARRC T-shirts. The pair of running shoes from Joggers World was won by a 10K walker, who received them soon after she staggered across the finish line.

After the participants finished, they enjoyed fruit from Adelaide Fresh Fruiterers and Fruity Bix from Sanitarium.

I must thank my small band of helpers, many board members and the usual regulars as they made my job so much easier. On behalf of the children who benefited from your support, I thank you for your participation.

John Twartz (Race Director)

P.S. Seriously consider this event this year!

TROPHY WINNERS**5Km - Runners**

Male		Female	
Tony Wilson	18.07	Amber Tomas	22.50
David Schutz	18.33	Jemma Wilkinson	23.39
Ryan England	18.38	Maree Laird-Hicks	23.44

5Km - Walkers

Tyson Davey	30.12	Bianca Davey	29.49
Tom Barry	35.14	Dian Goodger	32.05
John Smyth	37.06	Cindy Clarke	36.18

10Km - Runners

Rob King	36.31	Merran Finnis	42.33
Dean Jones	39.26	Sarah Bradley	43.28
Gary Weiher	39.37	Elsbeth Begg	43.33

5Km - Walkers

Merv Lockyer	65.48	Sandra Kramer	58.32
Noel Heinrich	66.06	Tracy Sinkinson	60.04
Peter Cox	69.00	Susan Mellors	70.05

There has been a major loss of experience and energy from the Board. It is important that we find new members who are willing to replace that energy and with time, gain the experience to take our Club into the next millennium.

I encourage you all to consider joining the Board. With all Board Members contributing, it is not an onerous responsibility, and you will gain much experience that will serve you well, as well as meeting a great bunch of people. We currently have opportunities for Vice President, Treasurer, and Ordinary Board Members. As they say in the Mitsubishi ad, "Please Consider".

Another group, without which the Club would not be able to operate, is the sponsors. I would like to acknowledge the invaluable support provided by Living Health (formerly Foundation SA), GIO, Adelaide Fresh Fruiterers, Piccadilly Springs, Joggers World, as well as the many smaller contributions from many other organisations.

During 1996, the Club conducted many successful events, including the Marathon Festival which was yet again subject to adverse weather, the very popular Airport Run, which in addition was the venue for the launch of Asthma Awareness Week by Bob Such, and the Family Frolic, which with the support of the Sunday Mail gained over 500 entries.

A feature of our events during 1996, was the increased involvement with charities, with worthwhile amounts of money being raised by organisations such as Muscular Dystrophy, Asthma Foundation, Anti-cancer Foundation, Sisters of Charity, and the Xmas Toy Appeal.

(Continued on page 4)

**COMMUNICATION UPDATE**

SARRC IS NOW ON THE INTERNET!!

Our World Wide Web page is in the process of being set up, 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

NOTICE BOARD

CASUAL VACANCIES ON THE BOARD

As mentioned in the President's report in this issue there are a number of vacancies on the Board as a result of the number of nominees for election to positions at the AGM being less than the number of vacancies. The Board has some ideas of members who might be approached to join the Board, but it is important that membership of the Board be drawn from the wide spectrum of Club Members. In particular we are looking for someone with accounting or bookkeeping knowledge to serve as Club Treasurer. For the other positions the only qualifications required are an interest in serving the Club and a willingness to contribute. We currently have opportunities for Vice President, Treasurer, and Ordinary Board Members. As they say in the Mitsubishi ad, "Please Consider".

HEYSEN TRAIL

After following the Heysen Trail reports for the past 4 years, several members have enquired about starting again at Cape Jervis and following in the footsteps of the original group who are now into the mid north of the state. Now that we have much more experience, detailed track notes and section maps, this should be an easier task for runners or walkers. The first section reopens on the 1st May although the next section from Newlands Hill is open a month earlier on 1st April, so this gives us plenty of time to prepare. If you are interested, please register your name and phone number with Chris Romanowicz on 8369 1552 or Stella at the office and we will assist in getting a new group under way later in the year.

Peter Allmand

APOLOGIES

I unreservedly apologise to Olive Butler and John Smyth and any other of our members who competed in the Masters Games in Alice Springs last year and who won medals but were not mentioned in the last "Footnotes". I made several telephone calls to ascertain our medal winners, with the result that some were missed out from the article. Not deliberately, but because I had not been told of their achievements. In future, I would like to hear of members' achievements away from 'home' so that they can be included in future editions. After all, if I don't know how can I publish?

Stella (Office Co-ordinator)

DO YOU HAVE CHILDREN WHO LIKE TO RUN/WALK?

Why not encourage them to enter our events of 10 Km and under? It only costs just \$2-00 for all children aged under 16 years to enter these events.

DATES FOR YOUR DIARY

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

02/03/97 SARRC Heywood Park (17) or Hyde Park 10Km Training Runs

09/03/97 SARRC INTERNATIONAL WOMEN'S DAY 5 Km RUN/WALK

09/03/97 Hub-a-Dash 4/10Km
Contact: Peter Gilkes 8370 6628

16/03/97 SARRC North Adelaide Heritage Around Town (21) or 10Km Training Runs.

16/03/97 Happy Valley 5/10Km Fun Run/Walk
Contact: Matt Julian 8270 3900

16/03/97 Walk Against Want
Community Aid Abroad-Vicki 8223 3405

23/03/97 SARRC Ridge Park (18) or Victoria Park 10 Km Training Runs

30/03/97 SARRC South Parklands 19 or 10Km Training Runs.

06/04/97 SARRC Darley Road (20) or Walkerville 10Km Training Runs

06/04/97 City to Port Run/Walk
Contact: YMCA 8223 1611

13/04/97 SARRC Brownhill Creek Reserve (21) or Parkside 10Km Training Runs

13/04/97 Walkerville YMCA Run/Walk
Contact: Allyson 8344 3811

20/04/97 SARRC Top of the Town (23) or Glenunga Reserve 10Km Training Runs

27/04/97 SARRC North Adelaide, Heritage Around Town (21) or St. Helens Park Training Runs

27/04/97 Stirling Hills 5/10Km Run/Walk
Contact: Alan 8278 3741

04/05/97 SARRC GREENBELT HALF MARATHON/12Km RUN/WALK

11/05/97 SARRC Findon Road (20) or South Road Cemetery 10Km Training Runs

11/05/97 Whyalla Half Mara/10K Run/Walk
Contact: Chris 08 86493032

11/05/97 Seacombe/Brighton 6/10Km Run/Walk. Contact: Allyson 8344 3811

18/05/97 SARRC Waterfall Gully (23) or Alexandra Ave 10Km Training Runs

18/05/97 Ashford Hospital 5/10Km
Contact: Life. Be in it 8231 1754



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Torrensville, 5031

PLAY SAFE SPORT

THREDBO 1997

National Running Week is an institution, and as usual, was well attended by South Australians. Anyone who has been will be familiar with the format (one or two running events per day, punctuated with tennis, volleyball, golf, partying, sleeping in, trips off horseriding and sightseeing), and with the rules of reporting (events only!). This year was much as previous years, except with better weather, better music (a Blues Festival coinciding) and with S. Aussies winning more (especially in the tennis and volleyball).

Event one was the Crackenback Challenge, Australia's steepest footrace; 2 km straight up under the chairlift. Dave Osmond had his 8th win, in 20-18. Peter Sandery led the SA contingent in 25-25 (1st over 50), followed by occasional SA visitor Owain Tilley (26-04), Piet Crosby (29-44), Mike Walker (31-24), Ross Haslam (32-14), Dave O'Donnell (32-21), Ian Vagg (38-37), Rob and Roseanne Freak (38-44; Roseanne 1st under 20 female), Eric Fazackerly 39-14 (1st over 70), and Lyn Crosby (44-20, 1st female over 40).

The Jindabyne Pharmacy Fun Run is about 6 km, two laps of the village. The official results record Peter Sandery 21-20, Piet Crosby 23-41, and Owain 23-49 in the first 40 males, and Julie Whitehead 29-32, Lyn Crosby 29-43 and Kerryn Taylor (29-52) in the first 20 female finishers. An absolute flood of other SA people, but as your reporter doesn't have all the times or names, it would be unfair to rely on memory.

The GOSH HASH run was, as usual, a buzz. About 3 km of traversing, reversing and getting lost around the village to the sounds of trumpets, bugles and plaintive calls of on...on...on back... looking... looking..... Lots of winners, with Madeleine Woolley, Lyn Lambert, Gaylene Button, Kym Farnham, Keely Whitehead and Mike Walker getting first timers drinks.

Peter Sandery was South Australia's only entrant in the invitation mile, finishing well in 4-53, but out of the placings, and then ran the fun run mile to coach Mike Walker to a PB and a huge grin. He'll tell you!

This year's 32 Km Robinson Epic was run, walked, limped and opted out of on the worst day of the week. Winds of over 60 knots at the chairlift were nothing like it around the side of Mount Carruthers. Piet Crosby and Peter Sandery reported personal firsts; never having been able to run up this peak before, this year, with wind at their backs they sprinted it! Piet was lucky enough to have left early and only got rained on for the last 13 km. Not so lucky were Julie Whitehead, Gaylene Button, Sandy and Doug Handley and Mike Walker, who earned the looking after each other awards in atrocious conditions. Peter S. earned the brains award; bailing out at Charlotte's Pass.

Thursday is Dingo run and Biathlon day. The Dingo run is an out for half an hour and back effort enjoyed by all, especially those who won massage vouchers from Noel Harris. The Biathlon was Mike Walker triumph day. Third out of the water he took third place in the Phil Aungles Swimming Championship, SA's first ever placegetter, before continuing on the run that completes the Biathlon. Owain Tilley pipped both Mike, Piet and Dave O'Donnell for first male over 40. Roseanne Freak also did well in this event, well on the way to having competed in every event available. (Great effort Roseanne)

Thursdays at Thredbo are novelty days, with time trials for men and women, and Eric and Mae's runs. Roseanne Freak won the women's event, predicting her 3 km time to within 2 seconds. The men's has SA runners nowhere; you needed to be within 4 seconds to make the first 9! Eric and May Fazackerly have sponsored a fun run with support from SARRC for many years. Its famous as the one with the most prizes, and this year was no exception. It was run along an absolutely beautiful course, with only two SA runners falling over, by probably the week's biggest field. The bottles of red wine, white wine, SARRC T-shirts, and mystery dips were well appreciated, but no-where near as much as the effort of Eric and Mae in putting this event on. Congratulations Eric and Mae; two absolute champions!

This year was unique in that, for the first time in three years the tennis tournament was completed. Sheer weight of numbers from SA ensured that we would do well, but the class of the Gonyang Group in the finals was outstanding; Three semi finalists before Debbie Taylor partnered Mike Lenton to beat Ross Haslam and Janelle Cook 6-5 on killer point in the grand final. Kerryn Taylor was Gonyang's third finalist. Schuss, the other large SA venue, was just as dominating in the Volleyball. They had Kim Farnham, travelling with Julie Whitehead, in the winning team, Mike Ward in the runners up, and Gaylene Button in a losing semi-finalist. Schuss also showed their class with teams coming first and second in the quiz night, having had an excellent practice warmup beating Gonyang by one point in a Mike Walker chaired late night sojourn.

The Classic is Australia's Highest Footrace, starting at Rawson's Pass, heading 3 km down to the Snowy River, and then 5 km back to finish at the summit of Mount Kosciusko. Dave Osmond made it a double in 30.49. Peter Sandery led the SA folk, winning the over 50 category in 35.36. Piet Crosby 40-06, Mike Walker 44.37, Dave O'Donnell 44.53, Ross Haslam 47.58, Ian Vagg 52.20 and Roseanne Freak 53.34 followed.

The afternoon sprint heats saw two notable SA achievements: Dave O'Donnell collecting two sought after scalps in one day (the other in the morning's Classic), and Lyn Crosby making it to the finals. She ran a very creditable fourth next day, beating all the men home, but not the winning women.

And so to the final day: most of us left early. Lyn stayed to contest the finals of the sprint. What we all left behind were great memories; most of us will be there next year. There are a lot of names in this report. Any of them will share experiences with you. Most of them anyway. If you want to go next year this is a great time to start thinking about it.

Annual Score-card

Best restaurant: Credos
 Best Value Meal: Altitude
 Best Corkage Price: Altitude
 Best organised run: Eric and Mae Fazackerly
 Most scalps in one day: Dave O'Donnell (don't ask)
 Most fines: no comment
 Best wins: Debbie Taylor (Tennis) and Kim Farnham (Volleyball)
 Best participation: Roseanne Freak.
 Most age group prizes: Peter Sandery (Just ahead of Eric)
 Best news: Owain and Viv Sandrini have a wonderful little baby boy.
 Best Book Launch: Brian Lenton (Again)

Branches at:

Prospect Road, Prospect

West Lakes Mall

Jetty Road, Glenelg.

Jan Street, Newton

Golden Grove Village Shopping Centre

SUPPORT YOUR SPONSOR!



The Whyalla Harriers invite runners and walkers to compete in the Santos Lighthouse Half Marathon, the Avco 10 Km Classic and the B.H.P. Community walk on Sunday 11 May. The events start and finish at The Point Lowly Lighthouse cottages situated 34 kilometres north of Whyalla on the Port Augusta Road. Accommodation for up to 25 people is available in the lighthouse cottages which is free to competitors and \$10 for non-competitors.

For those who like their comfort, a special room rate of \$45 (sleeps 3) has been arranged with the Westlands Hotel/Motel in McDouall Stuart Avenue, Whyalla.

For more information ring Chris McCann on 0886488319 (work) or 0886493032 (home).

WOMEN'S CLASSIC RUN/WALK

Seems like ages ago now, but Nov 17th, 1996, overcast, cool and still - perfect for running and walking. Nearly 400 women and girls took advantage of this in the

Play Safe Sport**Women's 5/10km Classic Fun Run/Walk**

Starting with an energising aerobic warmup led by Wendy from Sheldons Gym (also 'enjoyed' by some local residents apparently!), the Walkers left at 7.30am and the first two 5km participants sped home before the Runners left at 8.00am!

Winning the 10km run outright was veteran Bev Lucas in a fast 37:43min, with Merran Finnis second in 38:53 and Catherine McDonald third in 42:09. The 5km Run was won by Kim Van Den Heuval in 18:14min, close second was Stacey McMahon in 18:17 and third, Cynthia Kasehagen in 20:42.

The 10km Walk was won by Jenny Crooks in a speedy 52:49min and the 5km by Claire Woods in 26:32.

The May Fazackerly Perpetual Trophy was won by Maureen Lynch and the new Pat Edwards Perpetual Trophy by Marie Hunt. The previous Pat Edwards Trophy was presented to Bev Lucas to keep, by Bevan Roberts, as she has won it for the last few years. The new Trophy is for first 10km SARRC Veteran Runner who has not won the trophy before.

Some participants were competing for the first time, but many were returning from last or previous years, having enjoyed the friendliness, sense of achievement and camaraderie of participating in a healthy and fun 'all girls' activity. Thanks to the Club's and all participants' generosity over \$2000 was raised for the Anti Cancer Foundation for Breast Cancer Research. Well Done all!!

Other highlights of the 1996 Classic included trophy

presentation by Atlanta Olympic Rower, Tory Toogood; the delicious complimentary breakfast; the Huge Random Draw sending many of the participants and volunteers home with great prizes generously donated by our wonderful sponsors; and who could forget the unique spectacle of 'Mum-To-Be' giraffe cruising by, on War Memorial Drive, en route to the Maternity ward at Adelaide Zoo!!

A big **Thankyou** to all who supported this very special Event especially to the Committee members, Sue Tyson, Josie Borg, Chris Romanowicz, Sue Bardy and Helen O'Connor and all the volunteers who worked willingly, tirelessly and with such expertise and without whom this and all other Road Runner Events would cease.

Robyn Downey Race Director

RESULTS

<u>5Km Runners</u>		<u>5Km Walkers</u>	
1 Kym Van der Heuval	18.14	1 Claire Woods	26.32
2 Stacey McMahon	18.17	2 Bianca Davey	27.04
3 Cynthia Kasehagen	20.00	3 Natalie Crooks	28.44
Team:		Team:	
Enfield Harriers		Lady Mayoress' Com.	
<u>10Km Runners</u>		<u>10Km Walkers</u>	
1 Bev Lucas	37.43	1 Jenny Crooks	52.49
2 Merran Finnis	38.52	2 Sandra Kramer	52.59
3 Catherine McDonald	42.09	3 Lara Kra-Ali	53.37
Team:		Team:	
Enfield Harriers		Annesley College	
<u>Perpetual Trophies</u>			
Pat Edwards Trophy		Marie Hunt	44.04
May Fazackerley Trophy		Maureen Lynch	71.15

(Continued from page 1)

SARRC has now made it onto the Internet, having an Email address and a World Wide Web page(s) design being substantially progressed currently.

Other worthwhile achievements during 1996 were the production of a Members Booklet, which will be distributed with the next Footnotes, the conduct of a Board Planning Day, and the establishment of a Memberships Committee, charged with looking at ways of retaining and acquiring members.

The Heysen Trail group has made it to Burra, which is over one third of the way to the end.

It is important at times like these to acknowledge problems and other issues facing the Club. An issue that has existed for some time, is how walkers should fit within and have their needs met by the Club. Clearly a title of SA Road Runners Club does not obviously invite participation by walkers. It is important that the issue of this title be discussed within the Club, and it is my intention that the opinions of all Club members be canvassed during 1997, and a plebiscite be conducted regarding alternative names. The only forum in which the name of the Club could finally be changed, is a General Meeting, but I think it is essential that the desires of the 500+ members who do not attend AGMs be considered in this important matter.

There are a number of other critical issues that the incoming Board will have to grapple with this year. In the current economic climate, it is proving increasingly difficult to gain sponsorship, and at this stage we do not have a confirmed major sponsor for the marathon. In addition, we have not yet gained confirmation of a sponsor for the Half marathon. Through their involvement with MDA, Cathay Pacific will be offering the London flights as part of the Marathon. The other major Club supporters such as Living Health, Piccadilly Springs and Joggers World still have ongoing commitments with SARRC.

As you will have heard from the earlier part of my presentation, there are many members who make contributions vital to the continuation of our Club. I can only encourage everyone to commit at least a few hours every year in support of their Club. Without an increased and wider support, the risk is that existing volunteers will cease their contribution and not be replaced. I think you will find that all volunteers feel that their greater involvement in Club matters is very rewarding.

In conclusion, I would like to say how much I have enjoyed serving the Club in my capacity as President and how much I am looking forward to working with the new Board in 1997.

Michael Ward

JOGGERS WORLD

123 Pirie Street
Adelaide
Tel: (08) 8223 6744

PLAY SAFE SPORT



SARRC BOARD MEMBERS

President: Michael Ward
 Secretary: Brian Goodhind
 Ord. Member: Robyn Downey
 Sandy Handley
 Richard Sjoerdsma
 John Twartz

Vice President: Piet Crosby
 Treasurer: Rod Williams
 Ord. Member: Michael Walker
 Jill Ward
 Lyn Whitby
 Vacant

PRESIDENT'S MESSAGE

At this year's AGM, a motion was passed, requiring the Board to investigate the issue of the Club's name. I do so now, not only because of the motion, but also because I fully agree with all of the concerns put by Helen O'Connor, my predecessor as President. Helen expressed a concern about the continued decline in Club numbers, which have diminished from over 3,000 in the mid-80s to the current level of just less than 600.

Now, there are many reasons for this decline, most of which are beyond our control, but if we wish to reverse this trend we cannot afford to continue exactly as we have done in the past. I am not trying to suggest that SARRC Boards preceding this one have done nothing. On the contrary, there have been many attempts to increase membership, but no long term success in changing the trend.

Increased membership should not be a Club goal in its own right. There are valid reasons for attempting to increase membership, such as being able to maintain services like the Club Office, and of course, sponsors are very interested in membership numbers when considering whether to support one of our events.

Finally, we have to look at the changes in makeup of our membership and the participants in our events. It is undeniable that walkers are making up an ever increasing proportion of our membership and event participants. However, the very name of our Club seems to deny acceptance and accommodation of the needs of walkers.

It is possible that a different name would make our existing walker members feel more accepted and attract additional walker members to the Club. It is therefore my sincere wish that you the members of SARRC make your feelings known. I encourage any Club member to let me know, preferably in writing, how you feel about a possible change in the name of our Club.

I can promise that no change will proceed without the opportunity for all Club members to have their say and to participate in the decision process. What I ask for now is feedback on your attitude to a potential change in the name of the Club. Also I would like to hear about potential names that we could adopt that would be more inclusive of our walker members and encourage new walkers, without disillusioning our existing runner members or discouraging potential runners from joining.

Perhaps a tough call!

The only forum in which a name change can be adopted is a General Meeting of the Club. The 1997 AGM passed a motion requiring consideration of this matter (including the option of retaining the current name) by the 1999 AGM. I think we can progress this matter faster than the above schedule, but please be aware, to do nothing at all is not an option. I would like to conduct

a formal survey of members attitude to a name change, including a preference for alternative names, this year. So please get involved. I promise to make space available in Footnotes for a range of attitudes to be expressed over the next few editions.

After the most recent AGM, there remained a number of vacancies for the Board. I would like to welcome a number of new appointments. Firstly welcome to Rod Williams, our new Treasurer. Rod is a fairly recent member of the Club, but he comes to the position very well credentialed. In

addition, welcome to Sandy Handley, Robyn Downey and Lyn Whitby as ordinary Board members. I look forward to their contribution, as they bring much enthusiasm to their new roles. Finally, I am delighted to welcome Piet Crosby to the role of Vice President. I am sure you will all agree with me that Piet is an absolutely first class choice for this very important position. With Piet's ascension to the Vice President's position, we remain one Board member short. If anyone is interested, please contact me in person or via the office.

The Board has established a new sub-committee this year. It is the Social Committee and their role is to organise opportunities for Club members to enjoy each others company at a range of different social functions. Currently in planning stage are a Quiz Night, a Bush Dance and a "Mini Thredbo" weekend away from Adelaide. They welcome any other suggestions.

Hasn't the weather been fantastic recently. If Autumn isn't the best time to enjoy our type of exercise, then I don't know when.

Michael Ward

ADELAIDE FRESH FRUITERERS GREENBELT HALF MARATHON AND 12KM RUN/WALK - RESULTS

HALF MARATHON

Runners

Male	Female
Mark Howard 1:10.37 *	Merran Finnis 1:29.22
Andrew Burns 1:12.46	Susan Spenceley 1:35.09
Joe Petkovic 1:16.56	Cath. McDonald 1:35.14

Walkers

Richard Everson 1:52.30 *	Vicki Stewart 2:47.25
Noel Heinrich 2:12.39	Cath. Reandon 2:47.21
Malcolm Withers 2:18.55	Wendy Davey 2:53.53

* Course record

Eric & May Fazackerley Trophy

First SARRC Member (not won by them previously)

Roger Boseley 1:20.08

12Km

Runners

Lynton Burns 43.54	Susan Peter 46.46
Simon Little 45.08	Christine Lubke 52.46
D. Chittleborough 45.24	Julie Cummings 53.02

Walkers

Joseph Colarich 1:17.39	Rhonda Wyatt 1:23.05
Peter Derrick 1:26.03	Deb. Himsworth 1:27.05
Tom Barry 1:29.28	Leola Harris 1:27.15

Age group winners

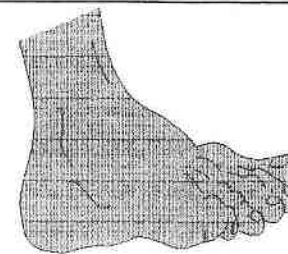
Half Marathon

U/20 Steve Millhouse 1:45.49	
20-29 Mark Howard 1:10.37	Sue Spenceley 1:35.09
30-39 Andrew Burns 1:12.46	Merran Finnis 1:29.22
40-49 Joe Petkovic 1:16.56	Jane Bennett 1:38.13
50-59 John McNally 1:29.03	Jacky Whitting 1:40.22
60+ Ron Hine 1:32.36	Jean Sinkinson 1:59.23

12K

U/20 Adam Bishop 49.49	Cath. Garside 1:43.55
20-29 Simon Little 45.08	Leah Torzyn 1:00.57
30-39 Lynton Burns 43.54	Susan Peter 46.46
40-49 Mal. Robertson 46.32	Marie Hunt 53.07
50-59 D. Chittleborough 45.24	Helen Vinall 1:06.51
60+ David Trembath 52.31	Mary Bigioli 1:37.59

Full race report in next "Footnotes"



Why is this foot bare? Perhaps the owner has already read the article on page 3!!
 (Thanks to Peter Allmand)

Living Health

COMMUNICATION UPDATE

SARRC IS NOW ON THE INTERNET!!

Our World Wide Web page is up and running, so keep your eyes open for our web site, for all the latest news on runs, results etc.

Our web site is located at:

http://www.sarrc.asn.au

Our Email address is:

sarrc@box.net.au

NOTICE BOARD

HEYSEN TRAIL

Our first outing for 97 is a trip to the Flinders on the Adelaide Cup long weekend. 17th, 18th 19th May we will travel by bus and stay at the Hawker Caravan Park in on site vans. Sundays run/walk is 26km from Jarvis Hill to Calabrinda Creek and Monday Wonoka to Jarvis Hill 16km. Approximate costs are \$90 p/h plus food. All runners and walkers welcome.

Peter Allmand for details 8362 5463 or 0414 550 230

We also have a new group who intend to start at Cape Jervis this year so leave your name with Stella at the office if you are interested. In the next few weeks I will arrange to get this group together and discuss the logistics of transport, maps, safety etc.

Peter Allmand

See 'Dates for your Diary' (at right) for dates and groups.

A further list of dates will be published in the next "Footnotes"

RICHARD, don't read this!

ORIENTEERING ON THE HEYSEN TRAIL!

One Tuesday, 2 experienced Heysen Trailers; John, who has done them all, and Richard, who wanted to do the section from Mt. Lofty to Cherryville. Parking Richard's car near Cherryville, we

(Continued on page 4)

LETTERS TO THE EDITOR

I am writing to express my appreciation for the prize, won by my husband Tony in the FAC Annual Fun Run, of two return air tickets to Sydney donated by Ansett. We recently used the tickets to spend a most enjoyable few days exploring Sydney. Fellow runners who when competing in the Melbourne marathon, have made the Y.W.C.A. Hotel their home, may be interested to note that Sydney has a similar facility. Called the "Y on The Park" it is located next to Hyde Park, which is much frequented by walkers and runners. This park extends into the Domain and Royal Botanic Gardens, from which runners can continue on a path that follows the waters edge of the Harbour.

The hotel is centrally located and we found most tourist attractions are in easy walking distance. Darling Harbour, Chinatown, The Rocks and Kings Cross are all within a 2k radius of the hotel.

The airport bus stops almost opposite in Oxford Street. along which the annual Gay and Lesbian Mardi Gras parades. We found it a treasure trove of affordable food, in both restaurants and grocery stores. A must for visitors on the run.

We were so taken by Sydney we are now trying to devise schemes whereby we can afford to return for the Sydney to Surf Fun Run. It is surprising that during our stay, no-one we spoke to was able to locate the course of this event! No doubt S.A.R.R.C. will be able to enlighten us.

Thank you again for the organisers of the Airport Run, Ansett (to whom I have also sent a letter) and S.A.R.R.C.

Yours in running, Annie Ashwell

I am writing to thank Michael Walker for his effort in organising the Glenelg 10Km Piccadilly event.

This was Michael's first stint as race director and he handled the job like a veteran. The possibility of winning a random draw prize was almost one in four and it was encouraging to see the marshals and support being being acknowledged with a separate draw on completion of official duties. And by the way Michael, what was in the rather large Esky sitting on the lawn? Medical supplies perhaps? Given that the park is a dry area, I presume that the marshals took their medicine elsewhere. Thank you to all who assisted.

Sue Tyson



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Torrensville, 5031

DATES FOR YOUR DIARY

11/05/97 SARRC Findon Road (20) or South Road Cemetery 10Km Training Runs

11/05/97 Whyalla Half Mara/10K Run/Walk
Contact: Chris 08 86493032

11/05/97 Seacombe/Brighton 6/10Km Run/Walk. Contact: Allyson 8344 3811

17-18-19/05/97 Heysen Trail weekend in Hawker. Contact: Peter 8362 5463

18/05/97 SARRC Waterfall Gully (23) or Alexandra Ave 10Km Training Runs

18/05/97 Ashford Hospital 5/10Km
Contact: Life. Be in it 8231 1754

19/05/97 Sri Chinmoy 5/10K Peace Race
Contact: Karen 83442907/0418 806450

25/05/97 SARRC Paradise (25) or Marden 10Km Training Runs

25/05/97 Barossa & Light Half Mara. +5/10K
Contact: Trevor 0885621257/018841706

01/06/97 SARRC Henley Beach Rd. (25) or Road 10Km Training Runs

01/06/97 Heysen Train beg.group. Cape Jervis. Contact: Peter 8362 5463

01/06/97 North Park Relays 4 x 5Km.
Contact: Roger Pederick 8260 4078

08/06/97 SARRC Panorama (25) or Unley Park 10Km Training Runs

09/06/97 Queens Birthday Yacht Handicap.
Contact: Des Paul 8322 6400

15/06/97 SARRC 10/25K RELAY EVENT.
CONTACT: SARRC 8410 1317

22/06/97 SARRC Morialta (28) or Dudley Park 10Km Training Runs.

22/06/97 Heysen Trail Main Group - Burra.
Contact: Peter 8362 5463

29/06/97 Vets 10K Champs. + 5/10K Fun Run
Contact: Des Paul 8322 6400

29/06/97 SARRC Brownhill Creek Top Gate (29) or Parkside 10Km Training Runs.

06/07/97 Pichi Richi Marathon & Half Marathon
Contact: Michael Hogg 088643 6369

06/07/97 SARRC Darley Rd./Port Road (30) or Walkerville 10Km Training Runs

13/07/97 SARRC RIVER RUN 6/15/30Km
CONTACT: SARRC 8410 1317

20/07/97 SARRC Tea Tree Plaza (32) or Port Road 10Km Training Runs.

PLAY SAFE SPORT

Piccadilly Natural Springs Glenelg 10km Classic - Race Directors' Report

This is a somewhat difficult report to write, simply for the fact that for me Sunday morning 23rd February 1997 is pretty much a blur. I have to admit to only just making it to the start line at 8.00 am. I sprinted across Wigley Reserve having fortunately glanced at my watch at 7.58 am whilst in the middle of either directing others, or personally erecting banners and/or umbrellas, speaking to St Johns Ambulance staff about emergency procedures, sorting out fruit cutting & distribution, checking on the finishing system etc. etc. All those who have directed a race before know the drill! And I did not even see the finish, but only heard it on the P.A. system.

I was getting pretty concerned about the weather by the Friday and Saturday prior to the race - hottest spell since what was the year again? And the woman I spoke to at the Bureau of Meteorology who'd said "You would have to be crazy to run a race in this weather!" did not fill me full of confidence just more worries. Should I have a doctor at the event? At what temperature do I call it off? Has it ever been called off before? Could I shorten it to a 5km race? Will I put an official extra drink station on the course? Will I need ice? How much ice? And so on. A couple of days of absolute panic and much discussion with previous Glenelg Directors and other experienced SARRC members!

The weather also took its toll on the numbers of entries which were down considerably from previous years (208 Runners, 29 Walkers, 1 Wheelchair). Having a rather large corporate team triathlon event at West Lakes the same day did not help either (Malcolm Robertson assures me that there will be no clash next year).

There were other concerns as well. As this was the first time wheelchair athletes were to be included in the event, and it was a new (coned lane) course. I wondered, would the lane be wide enough (racing wheelchairs need a rather larger turning circle than a runner/walker) and would walkers, runners and wheelies give each other enough room on the course and still enjoy it? Well, thanks to all the participants we seemed to get through that one okay, apart from a few minor problems with the wheelchair and tram tracks and sand. I would especially thank Lyndon Halls for his participation as the only wheelchair athlete which helped us test the track's 'fitness for purpose.' Also, for showing the grit to be the only 'wheelie' out there with all the runners and walkers on a course he was unfamiliar with, well done!

I can only judge the success or failure of the event on the feedback received and so far I am happy to say that has only been positive. This is not too say that all was perfect and that improvements can't be made. But what it does prove is, that core of very hardworking and dedicated members, friends and family of this club who make these events work *do it so well that any shortcomings in planning by the race director on race day, are taken care of because these people know exactly what to do and make the Race Director look good !!*

My sincere thanks to all these people. Some people gave me advice, some people helped a little and some people helped a lot. I thank you all on behalf of SARRC, the race participants and me.

Thanks also to the Glenelg traders and other sponsors and supporters who really came through and we had close to \$1000 in random draw prizes on the day. Sponsors, Traders & Supporters included: Piccadilly Natural Springs, City of Holdfast Bay, S.A. Police Dept., St Johns Ambulance, Dept. of Defence, Glenelg Sailing Club, Living Health, Adelaide Fresh Fruiterers, Jiggers World, Jetty Road Glenelg Mainstreet

Board, Scaffold Hirers, Sirocco's at the Bay, Blaz'ae Fashion Boutique, Ella Bach'e Skin Fitness, Ellinis II Restaurant, HMS Buffalo, Fasta Pasta, Sparkles Fashion, National Pharmacies, Angus & Robertson Bookworld, Bitewell, Shades, Tandy Electronics, Windsurfing Glenelg, Glenelg Barbecue Sheskebab Inn, Wallis Theatres, Video Star, Casa Di Gianni Restaurant, Hogs Breath Cafe, Cafe Piccante, (If I have missed anyone, I am sorry and thanks a lot!). *NB: I urge all participants, members, families and friends to support these businesses when possible and to try and let them know that you appreciate their support of the Glenelg 10km Classic. It is in the good faith that we will reciprocate their sponsorship when possible that sponsors support us.*

A special thanks also to Mayor of Holdfast Bay, Brian Nadilo and to Katherine Sapauskas from Piccadilly Natural Springs, whose continued support of this event is tremendously appreciated.

To finish off this report I should give you the results of the race!

Women		Men	
10km Run:		10km Run:	
1st	Lisa Wright 37:51	Mark Howard	32:16
2nd	Leah Wright 37:57	Grenville Wood	32:22
3rd	Stacey McMahon 38:40	Andrew Burns	33:50

10km Walk:		10km Walk	
1st	Sandra Kramer 55:51	Tyson Davey	64:15
2nd	Bianca Davey 56:12	Noel Heinrich	64:23
3rd	Tracey-Lee Sinkinson 61:23	Robert Francis	65:25

10km Wheelchair:	
1st	Lyndon Halls 40:04

Age Group 10km Run:		Age Group 10km Run	
U/ 20 yrs	Stacey McMahon 38:40	Luke Quentin Goldup	43:14
20-29 yrs	Susanne Casanova 45:21	Mark Howard	32:16
30-39 yrs	Lisa Wright 37:51	Andrew Burns	33:50
40-49 yrs	Marie Hunt 44:16	Grenville Wood	32:22
50-59 yrs	Jacky Whitting 45:24	Peter Sandery	36:29
60-69 yrs	Olive Linda Butler 67:57	Terry Hilder	43:00
70-79 yrs	Marj Barry 90:57	Klaas Buys	64:22
80-89 yrs		George Mitchell	66:09

It was helpful to get some positive feedback from the elite end of the field regarding the new course. Any further comments to improve the race will be appreciated.


I probably should not miss from this report a plug for the South Australian Road Runners Club. I noticed going through the list of competitors results that many were not SARRC members. If you're reading this and not a member please consider! If you already are a member, but have friends, family or acquaintances (who are already keen walkers/runners, or wanting to start) please do try to persuade them to seriously think about joining SARRC. Event discounts alone will probably cover the outlay for membership which is \$40 maximum rate per annum for an adult. Think about it!!
Mike Walker, Race Director

P.S. When you enter club races, why not give yourself a bit of an extra challenge, that challenge being, to bring a friend along to each event, if you enjoy running/walking so might many of your friends.

" You never know until you ask them!"

Branches at:

- Prospect Road, Prospect
- Jetty Road, Glenelg,
- Jan Street, Newton
- Golden Grove Village Shopping Centre



SUPPORT YOUR SPONSOR!

Old training shoes may be worth big money
Matthew Gwyther, London Telegraph

London - Murray Partridge directs television and cinema commercials, so when it comes to deciphering the babble of popular culture, he's no slouch. But something that happened to him last year - in New York, of course - left him gasping for a proper interpretation. Ever conscious of the need to look the part, he had been rooting around in the back of his wardrobe when he found a pair of old training shoes: black, scuffed, but still with the three stripes of Adidas prominent on the side. In popular culture terms, they were paleolithic - he had bought them in the Seventies, and he recognised them now as a pair of Adidas Gazelles, not dissimilar to the kind of simple three-stripers being worn by Oasis and snapped up in fashionable shoe shops. He took them to New York, and strode out.

"I was walking around near Broadway," recalls Partridge, "when this man

(Continued on page 4)

REPORT ON TWILIGHT RUNS 1997

These runs stretched over 5 weeks instead of the intended 3 weeks due to adverse weather conditions. The first run held on 28th January was very pleasant with some 70 participants finishing including 7 walkers.

The next run planned for the 4th February was cancelled because as 'The Bard' says "Sometime too hot the eye of heaven shines". It was fortunate the run was postponed as it was given the 'KISS of death' by a noisy mob and their concert blocking the river path. It was not held until the 11th February, although some 4 or 5 runners still ran on the scheduled day! This second run had some 70 competitors finishing.

The third run planned for the 18th Feb. also had to be postponed because of the heat. Again a trusty band turned up determined to have a run. On the 25th February, with weather more conducive to running, the turnout was disappointing with only about 28 finishers. Approx. half of the entrants in the three runs came that evening.

Random draw prizes were drawn for the people who had entered all 3 runs, the main prize being a pair of running shoes donated by Joggers World, who also donated 5 pairs of socks. The shoes were won by Trudi McNamara, a recently joined member.

My thanks are due to the loyal band of helpers in particular Josie Borg who organised the marshals and helpers including her husband, Fred. Also, the reliable Alf Ryan, Sue Tyson and Nancy Horsell and those people who were willing to be of assistance. Also the generous support of Joggers World, Piccadilly Natural Springs and UltraTune of St. Peters.

Richard Sjoerdsma, Race Director

TWILIGHT SERIES - RESULTS**1st EVENT**

	MALE		FEMALE	
1st	Rob King	15.37	Catherine McDonald	18.45
2nd	Roger Boseley	16.02	Nicole Ellis	19.37
3rd	John Lovell	16.11	Amber Tomas	19.54

2nd EVENT

1st	Rob King	21.19	Catherine McDonald	25.12
2nd	Terry Ellis	21.43	Nicole Ellis	26.12
3rd	John Lovell	21.54	Amber Tomas	27.07

3rd EVENT

1st	Rob King	33.39	Catherine McDonald	39.08
2nd	Daren Thomas	35.08	Nicole Ellis	39.47
3rd	Douglas Smart	39.42	Elizabeth Slattery	42.06

TRIPLE

1st	Rob King	1:10.35	Catherine McDonald	1:23.05
2nd	Daren Thomas	1:15.26	Nicole Ellis	1:25.36
3rd	Douglas Smart	1:23.46	Elizabeth Slattery	1:30.08

(Continued from page 3)

came up to me and said, "Five hundred dollars for those cool sneakers." Five hundred dollars? Partridge was groovy, but not groovy enough to refuse £300. He prepared to walk back to the hotel barefoot, but the transaction foundered because the bidder did not have the cash with him. Perhaps recalling the New York phenomenon of "taxing", in which young turks have been killed for their trainers, Partridge declined the offer to accompany the purchaser back to his apartment to collect it.

Old equals money

But now, the meaning of the event is becoming a little clearer. Next month, the antique dealers' bible of prices, Miller's Collectables, will include two pages of "vintage trainers" for the first time, with descriptions you can almost hear being read out from the auctioneer's lectern. "A pair of Nike trainers, c 1971, worn. US size 9. £300-£350. A pair of Puma trainers. 1970s. US size 7. £55-£65. A pair of Adidas suede trainers with leather uppers, 1970s. US size 6. £25-£35." With their curled toe-ends and scarred sides they look more Oxfam-shop rejects than Christie's catalogue, but now it's official: these scuzzy shoes really are minor antiques.

"They are the collectables of the future," says Madeleine Marsh, the editor of Miller's. "Did you know 40 per cent of shoe sales in the United States are now trainers? The condition can be surprisingly good because style-conscious owners might have worn them for only a short period of time, until fashions changed and they were replaced by a trendier design."

If an antique must be soused in the spirit of its age, trainers pass the test with ease. From Kensington to Kazakhstan, they are essential to the young; they glue together the 20th-century obsessions of sport, fashion and technology. They bestride the track, the street, and the catwalk: when Alexander McQueen appeared after his Paris fashion show this year, he wore trainers with his suit. Nike is the largest manufacturer of any kind of shoes in the world; Adidas second; Reebok third.

.....to be continued

Thanks to Ultramarathon Home Page for this gem. <http://fox.nstn.ca/~dblaike>

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PLAY SAFE SPORT



(Continued from page 2)

set off from Mt. Lofty.

Richard, not John, recognising the first part of the track until we came to an intersection with one way to the botanical Gardens. We took the section leading up a hill to a main road. John asked a couple nearby what road it was, "Piccadilly Road" and which way to Cherryville. They pointed to the way we were headed. Running past Mt. Lofty Golf course, a Blackwood sign, the sun on the wrong side of the road, we ignored all of these signs. At Bridgewater, finally realising we were not heading to Cherryville, we did a 180° turn and returned to Mt. Lofty. Richard did tempt fate as he had the map from Mylor to Mt. Lofty as well as from Mt. Lofty to Cherryville. John left his glasses in the car.

John

P.S. Do not ask us about this as we promised not to say a word about it to anyone

The Hutt Road Running group suspect that a member has brought them a \$19,000 bottle of wine for their Christmas breakup. There is a photo for identification in the Clubrooms.

Ultra Tune

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& PAYNEHAM ROAD
ST. PETERS. S.A. 5069
TEL: 8362 2488


FOOTNOTES DATES

Closing dates for items for insertion in "Footnotes" for the rest of this year are as follows:

13th June, 1997 15th August, 1997
17th October, 1997 10th December, 1997



SARRC BOARD MEMBERS

President: Michael Ward
Secretary: Brian Goodhind
Ord. Member: Robyn Downey
Sandy Handley
Richard Sjoerdsma
John Twartz

Vice President: Piet Crosby
Treasurer: Rod Williams
Ord. Member: Michael Walker
Jill Ward
Lyn Whitby
Vacant

PRESIDENT'S MESSAGE

Firstly, I would like to welcome and acknowledge **LIVING HEALTH** as our major sponsor for the **Adelaide Festival City LIVING HEALTH Marathon and Festival of Running** for both this year and next year. **WELCOME ABOARD** Australia's friendliest marathon!

For the benefit of those members, who do not know, Living Health, formerly Foundation S.A. have sponsored the South Australian Road Runners Club since 1989, and we would be unable to run all our activities without their help and support. On behalf of the members, **THANK YOU.**

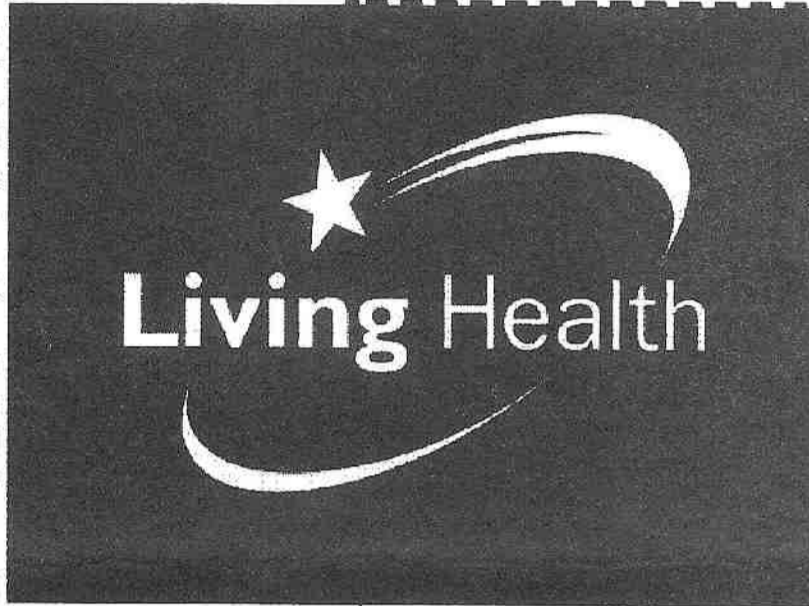
I am relinquishing the rest of my space, to allow letters received from members regarding the proposed change of name to be printed in the "Letters to the Editor" section. Please read and digest.

Michael Ward

COMMUNICATION UPDATE

CHANGE OF EMAIL ADDRESS

Please note that our email address has changed, however we can still be reached on the old one for a short time. Our new Email address is:
office@sarrc.asn.au



Pasta Night before the Marathon

I would like to recommend to all Club members and their partners, this excellent event which is held on the Friday night (August 8) before the Marathon as a great opportunity to win prizes, to meet and hear from the **MAGNIFICENT SEVEN**, other visitors from overseas and interstate as well as fellow club members. You may well be wondering who are the Magnificent 7!!! These are the courageous and infamous runners who have completed all the 19 Adelaide Marathons without a break. They are John Auld, John Bannon, Terry Buxton, Len Freeth, Ross Martin, Peter Slagter, and Peter Worley. I really enjoy talking to them

about how they have been able to obtain such a remarkable achievement and also the pressure they are under to keep competing each year. Glad it's not me!!!!!! The venue at the Grosvenor is excellent as it is very spacious and the food provided is ideal for "carbo loading" and great value for \$17.

Jill Ward

The Marathon is coming, The Runners getting fit.....

It's that time again and congratulations already to Piet and the crew for making the 1997 event a success. The Muscular Dystrophy Association is always grateful for the support they will receive and again this year Cathay Pacific are supporting us with two flights to London (and they will even bring you home again!).

Random Draw 1 will take place at the end of the Marathon for one of the entrants out of about 1000 entrants - that is **1 in 1000** chance of winning. That's better than Tatts Lotto!

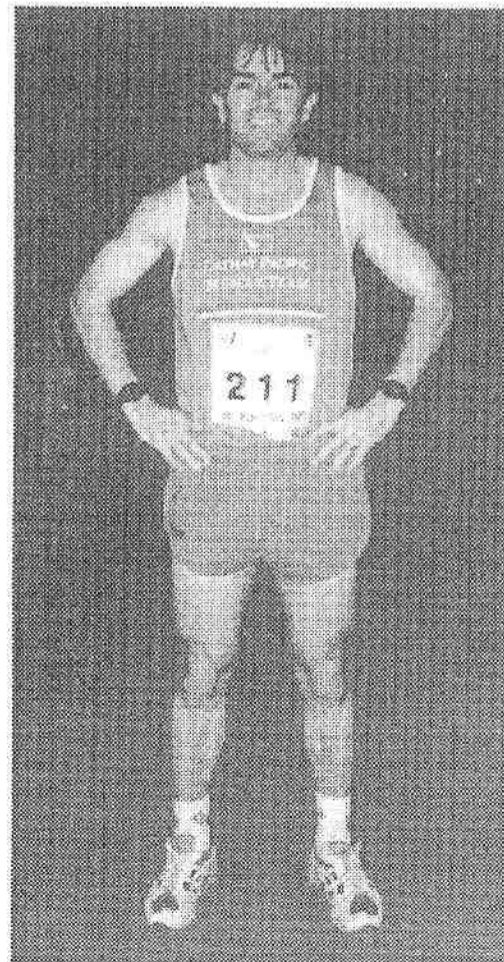
Random Draw 2 will be for members of the Cathay Pacific Muscle Team.

There is a brochure in this mail for you to register. All you have to do is run/walk/wheel in any of the events, wear your free Cathay Pacific Muscle Team singlet and raise \$70 or more in sponsorship. This then makes you eligible for a chance to win the return trip to London, flying **Cathay Pacific**, and a guaranteed place in the London Marathon. With about 100 **Cathay Pacific Muscle Team** members, the odds are very good for winning and you can also have the added bonus of really making a difference in the lives of people with Muscular Dystrophy. Many would love to run or walk in an event like this, but do not have the muscle strength to even think about it.

You can run or walk for those who can't by registering in the Cathay Pacific Muscle Team. **Do it today and begin to make a difference.**

See you on the road.

Peter Fletcher, Muscular Dystrophy Association



Gavin Fairbrother showing off his Cathay Pacific Muscle Team Singlet in the Marathon last year.



LETTERS TO THE EDITOR

Dear Michael

I am writing in response to your President's message about the proposal for a change of name for the Club.

I think the issue of having a name that is inclusive of all members needs to be kept separate from the issue of the Club's declining membership. We should not fool ourselves into thinking that by changing the name we will fix the shrinking membership problem.

At the AGM one of the names put forward was Adelaide Striders - despite its sounding an attractively all inclusive name this would make us appear one more of a world wide string of elitist running clubs which, I understand, require qualifying times for membership - the Sydney Striders for instance, does not admit walkers and has only 300 members. On the other hand Perth's West Australian Marathon Club, an exclusive name if ever there was one, has 1200 members. What is their secret?

I suggest that it is what our Club does that will attract and retain members not what it is called.

That said I support the move for an inclusive name for our Club - but I would prefer to avoid the length and clumsiness of something like The South Australian Runners and Walkers Club - how do you pronounce SARWC? I have thought hard and long about a one-word description for runners and walkers which could be used for our Club name but so far have no inspiration - a name something like the Adelaide Amblers is what I have in mind but this doesn't have the right dynamism about it. What do others think?

Yours sincerely, Brian Goodhind

Dear Michael

SARRC Namechange

Your clear and comprehensive outline in the latest Footnotes of an examination of a possible name change for the Club deserves the response you have invited.

In doing so, I am mindful of the correspondent who apologised for writing such a long letter because he did not have time to write a short one.

So I won't argue the case but simply put my conclusions that-

- The Club should be inclusive, welcoming and growing in numbers-rather than exclusive, intimidating and shrinking in size.
- De Castella always said that the hardest part of training was pulling on the shorts-in other words, getting started. So it can be for potential members of the South Australian Road Runners Club which name conjures up visions of walking into a group of weather-beaten, hardened athletes any of whom, if boiled down, wouldn't provide enough meat for a decent meal. Oh, that that were so! An acknowledgement in the Club's name of the presence of walkers would invite not only new walkers but also new, often hesitant runners into a Club of apparently broader spectrum and less intimidatory than our present name suggests.
- There are no sustainable grounds for concern that the formal acknowledgment in our name of the presence of walkers in the Club would disillusion existing runners or discourage 'serious' runners from joining. Any serious road runner will already be aware of the Club's *numero uno* credentials in training for and staging of road running events in this State, and I doubt that there is a member of the Club prepared to champion the argument that the presence of walkers in the Club has been detrimental to it.
- The Club's name should reflect the truth of what it is.
- In acknowledging the new, we should preserve the old.
- The best things in life are usually the simplest-including name changes.

I think we should change the Club's name as soon as possible - namely, at the 1998 AGM - to the **South Australian Road Runners and Walkers Club Incorporated.**

Regards, Rhys Roberts

Dear Ed

As long as I have been a member of the South Australian Road Runners Club (which I admit is only several years) I have pretty much agreed with some traditionalists and stalwarts who believe that a name change is totally unnecessary and will not draw new members. I have since changed this opinion.

As the current chairperson of the Membership Committee and a former member of the Events Committee, I have not only seen our membership sliding month by month, but have also noticed the rise in walker participation rates for our races and the club generally, and there are plenty more of them out there.

Runners should not be fearful of walkers joining the club, they should rejoice in the fact that we are surviving in tough times, as they have acted as a bulwark against falling membership. I have

(Continued on page 3)

DATES FOR YOUR DIARY

06/07/97 Pichi Richi Marathon & Half Marathon
Contact: Michael Hogg 088643 6369

06/07/97 SARRC Darley Rd./Port Road (30) or Walkerville 10Km Training Runs

13/07/97 SARRC RIVER RUN 6/15/30Km
CONTACT: SARRC 8410 1317

13/07/97 Gold Coast Marathon
Contact: 07 5527 1363

20/07/97 SARRC T. T. P. (32) or Port Road 10Km Training Runs+ Heysen Trail (1)

27/07/97 SARRC Paradise (25) or Marden 10Km Training Runs+ Heysen Trail (2)

27/07/97 Willunga Fun Run.
Contact: Des Paul 8322 6400

27/07/97 Perth Marathon
Contact: 09 409 7515

3/08/97 SARRC Lower Mitcham (21) or Hyde Park 10Km Training Runs.

10/08/97 SARRC ADELAIDE FESTIVALCITY LIVING HEALTH MARATHON FESTIVAL.
CONTACT: SARRC 8410 1317

17/08/97 SARRC 10Km TIME CHALLENGE
CONTACT: SARRC 8410 1317

23/08/97 King & Queen Mountain Run
Contact: Des Paul 8322 6400

24/08/97 SARRC Hazelwood Park (15) or Alexandra Avenue 10Km Training Runs.+ Heysen Trail (1)

24/08/97 Tour of Gawler.
Contact: A.S.A. 8332 8022

31/08/97 SARRC Regency Park (18) or Renown Park 10Km Training Runs+Heysen Trail (2)

31/08/97 Sydney Marathon
Contact: 02 9552 1244

7/09/97 SARRC SPRING SERIES 5/10Km
CONTACT: SARRC 8410 1317

14/09/97 SARRC South Parklands (19) or 10Km Training Runs+Heysen Trail (1)

18/09/97 SARRC DEVILS PEAK DINGO CHALLENGE 5/10/25Km
CONTACT: SARRC 8410 1317

21/09/97 SARRC Felixstowe (15) or Marden 10Km Training Runs+Heysen Trail (2)

21/09/97 City-Bay Fun Run.
Contact: Life Be in it 8410 1447

28/09/97 SARRC Stonyfell (21) or Tusmore Park 10Km Training Runs

PLAY SAFE SPORT



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(Continued from page 2)

also witnessed the transition of many of these walkers into fine runners once they 'found their feet, so to speak'.

Come the next AGM, I for one, will be voting for a club name that not only retains that 'tradition' of the South Australian Road Runners Club, but also looks to the future, is inclusive, and directs this new area of membership to the club. So when potential members open a telephone book, or see our name, they are left in no doubt what we represent and which club they want to ring. The **'SOUTH AUSTRALIAN ROAD RUNNERS AND WALKERS CLUB'**.

Mike Walker

Stepping into the future

Yes it is time to recognise the significant contribution of walkers amongst our members and participants in our events. We may all be joining them one day.

Many of us do not want to lose the identity of our club. Our founders did a good job setting it up and it has a good name in the community.

At the Airport event, the representative from the Asthma Foundation referred to the club as 'The Road Runners'. At the recent Barossa half marathon, as I struggled past the finish line on the second of 3 laps, I was referred to as another 'Road Runner'. In my micro-survey on what members call the club in general conversation, most referred to is as 'The Road Runners'. Perhaps we should refer to the club as 'The Road Runners and Walkers'.

John Twartz (on behalf of members seeking a smooth change into the future)

The following letters have been edited for space reasons:

Dear Michael

I am writing in response to your request regarding members' attitudes to a name change for the club.

I am not surprised at the decline in numbers from the mid 80's to the present, because the whole philosophy of the club has changed dramatically. I ran my first marathon in Adelaide in 1982. The support and enthusiasm was fantastic, and although at 7min/km pace everyone was there at the end, and the friendly attitude and warmth of fellow runners was paramount.

What has changed most is the attitude towards the ageing members. We are penalised by being pushed off the road, water stops and bunting disappeared and the finish and spectators are notable by their absence. I expect under these circumstances people will think their only option is to walk, or stop being a b..... old nuisance, give up and go home.

I recently tried race walking but found the technique most unnatural and ended up with an injury. As I am still faster than I was in 1982, it seems stupid to give up what I enjoy doing.

Name change suggestions:

Geoff - South Foot or Foot South

Olive - S.A. Fleet Feet Club

Yours in running(well jogging anyway), Olive Butler

Dear President Michael Ward

It is with joy I read from your message that walkers are making up a high proportion of members of the S.A.R.R.C. It is about time. Walkers are at last making their presence felt. I have been a great eager beaver for walkers to get their recognition at last.

Renaming the S.A.R.R.C. to a more practical name including walkers may be a hard decision but below I suggest names that may be considered:

1. South Australian Combined Athletic Club
2. Athletic Track Club of South Australia
3. South Australian Athletic Club
4. South Australian Walking & Running Club.

Yours in sport, Merv Lockyer

10/25Km Run Walk/Relay Race Directors' Report and Results

Sunday 15th June started, dark and very cold. Starting the walkers at 6.30 was done with help from the headlights of the car so we could read our watches.

A few runners were still a little confused as to where the runs started, but that was soon sorted out. A few changes were done this year as to alteration of the course, and most feedback has been positive. Thanks to those people who pointed out the direction of the turn around arrow. We have 12 months to turn in around the other way.

Congratulations to all runners and walkers, with the 25K race being taken out by Andrew Burns and Merran Finnis.

We would like to thank all those people who took part and a special thanks to all helpers and volunteers.

Lyn Crosby, Race Director

10Km Runners

Male		Female	
Matthew White	35.30	Lisa Wright	40.57
Simon Little	35.48	Chris Lubcke	42.24
Darren Wintulich	36.29	Christina Smith	44.03

10Km Walkers

Tyson Davey	59.30	Bianca Davey	1:00.30
Stan Choimes	1:04.07	Rhonda Whyatt	1:09.30
Ed Reynolds	1:04.07	Deb Himsworth	1:13.37

10 Km Age Group

U/ 20 yrs	Adam Bishop	38:54	Kim Farrant	52.33
20-29 yrs	Matthew White	35:30	Sonya Matthews	48.27
30-39 yrs	Mr.Dimitrak	41.07	Lisa Wright	40.57
40-49 yrs	Chris Horsell	40:06	Christina Smith	44.03
50-59 yrs	John Hallifax	40.58	Helen Vinall	53.49
60-69 yrs	David Trembath	43.16	Nancy Horsell	1:25.21
70-79 yrs	Klaas Buys	1:04.30	Marj Barry	1:25:29
80-89 yrs	George Michell	1:07.32		

25Km Runners

Andrew Burns	1:28.05	Merran Finnis	1:43.13
Rob King	1:31.49	Leah Wright	1:44.28
David Standeven	1:34.10	Cath. McDonald	1:51.14

25Km Walkers

Wayne Russell	2:59.04	Kaye Korber	3:51.48
John Smyth	3:19.43	Janet Howard	3:51.51
		Judy Harris	3:51.52

25 Km Age Group

20-29 yrs	Peter Gwynne	1:36.55	Susan Spenceley	1:36.55
30-39 yrs	Andrew Burns	1:28.05	Merran Finnis	1:43.13
40-49 yrs	Rob King	1:31.49	Sue Tyson	1:57.03
50-59 yrs	Tim Walsh	1:41.10	Heather Paynter	2:08.55
60-69 yrs	Richard Sjoerdsma	1:56.52		

25Km Teams

Social Running Club	1:41.29
Catch Us	2:06.22

Branches at:
Prospect Road,
Prospect
Jetty Road, Glenelg,
Jan Street, Newton
Golden Grove Village
Shopping Centre

SUPPORT YOUR SPONSOR!



New Running and Walking Group at the Crystal Wave-Grange

Catering for the needs of active people in the Western suburbs a new local running group commences operation on Wednesday 25th June at 6.00 p.m.

The Group will Run/Walk twice per week on the following times: Wednesday - 6.00 pm and Saturday 8.30 a.m.

The activities are based at the 'Crystal Wave' Coffee Shop at 673 Grange Road, Grange. The owner and staff are very supportive of our club and specialise in relaxation therapy; meditation; massage and excellent coffee and food. If you live in the Western suburbs and are looking for someone to run/walk with on these dark and cold nights, please contact Dave Birkett on 82053262 (aw) or 018 807524.

RIVER RUN - Sunday July 13

Great news! our president Michael Ward is race director for this event. Be in the event to witness our venerable leader in action. By popular request the course is the same one that has been used for the past 2 years, since it was introduced for the Year of the Torrens in 1995. Michael is the 3rd director of this event. Some participants of the 15/30K do not like the idea of passing the finish point with 6K to go. We believe it builds character and is useful for training, especially for the marathon. Michael has promised good weather (a rarity for the event) and plenty of random draw prizes, including the mandatory SARRC merchandise.

John Twartz (on behalf of M.W. and his assistant for the event)

FALLS CREEK ALTITUDE TRAINING

by
Mike Campion

Over the Christmas-new year period I was fortunate enough (or unfortunate, depending on how you look at it) to participate in the 'Falls Creek National Distance Running Camp'. This is a camp that seems to have evolved informally from athletes and their coaches taking advantage of the benefits of the altitude, isolation and spartan facilities at FC during the off season.

The camp is conducted under the auspices of Dick Telford and Chris Wardlaw and has attracted a certain prestige amongst distance athletes. This is evidenced by the notable names in attendance. Prominent was Steve Moneghetti who has been a regular for quite a number of years, and is regarded affectionately as an honorary local by the permanent population (total of approx.20). Other outstanding athletes in no particular order were Julian Paynter, 5000m Atlanta Olympian and '96 City to Bay winner. Julian also displayed great entrepreneurial instincts by running a thriving market in FC. 'Runners High' T shirts. Rod de Highden, Atlanta Olympian and 2nd placed Aust. in that marathon, 23rd overall. Sean Quilty, our 3rd Atlanta marathon runners finishing 34th. overall. Sue Malaxos from Perth, ran the women's marathon, injury detracting from her performance, 57th overall. Young Natilie Harvey, 5000m Atlanta Olympian and '96 Zatopek 10000m women's winner. Darren Wilson who, coming in 3rd behind Sean Creighton in the Zatopek 10000m men's event also broke Ron Clarke's 31 year old Aust. 10000m record.

Apart from these and other currently competing top distance athletes, also present as a guest speaker was Rob de Castella (he also joined in one of the Sunday pack runs). Another guest speaker and contemporary of Rob's as well as a past Olympian was Bill Scott who had some interesting anecdotes to tell. Gerard Barrett, another past Olympian was also there and still training as seriously as he did when Rob, Bill Scott and himself were rivals in the 70's and 80's. Of course Chris Wardlaw also an Olympian from that era (and long time coach of Mona's) managed to juggle his camp organising commitments with extensive coaching as well as participating in most of the regular runs. Dick Telford (quite a good distance runner in his own right) unfortunately was recovering from hip surgery and had crutches close at hand all week. The remaining 100 or so athletes were a good cross section of Australia's elite and club track and road, distance runners plus one, (me). Fortunately there was a contingent of Sth.Aussies and ex Sth. Aussies present so I didn't feel completely 'lost', (except on certain runs which I'll talk about later).

The weeks programme was quite solid with an organised group training session every morning at 9.30am, a 3.00pm theory or guest speaker

HEYSEN FLINDERS WEEKEND IN MAY

The Heysen trailers are on the move again!

On May 17th, 23 boarded the bus, stopping only for lunch and a bit of wine tastings at Clare, and then a shredded tyre. Luckily our bloke ratio was 1:1 mechanics to engineers, who soon fixed that problem, and then on to Hawker. The luxury of caravans awaited all but two hardy couples. The Devils Peak mob and some R.R.'s in cars increased our group to 34.

On Sunday we bussed to Calabrinda Creek to face a 26 Km run/walk to Jarvis Hill. The weather was warm, gradient slight, flies few and the company excellent. So what if the scenery was a little bit ordinary? The R-rated campfire made up for that.

A quiet and depleted lot began the final 16 Kms from Wonoka to Jarvis Hill. The first 8 was flat, then suddenly took on an Ayres Rock quality. The views from the ridge were wonderful, until the confusion of no trail markers caused all groups to become geographically embarrassed for varying lengths of time and distance.

At the finish awaited our anxious leader, Peter Allmand, who has done every Heysen Trail, (this is our 5th year) but was reluctantly forced out by an unrelated injury. We sympathise and gratefully thank you Peter, for organising the whole show. Thanks also to Dave O'Donnell who then safely drove us all home, and to all others who contributed to the enjoyment of another Heysen Trail.

Sandy Handley

session in the school house each day, followed by a 4.00pm informal 30-40min. run in the afternoons. If anyone has read Steve Moneghetti's book they could get a fairly accurate idea of the weeks training by studying his 1996 Training Programme near the end of the book. The only difference being we did his afternoon session in the morning and visa versa (except for Sat. & Sun. which remained the same). What immediately struck me was the very high standard of these runners. Even on their easy runs I was a long way behind the stragglers. On the tougher longer runs through the breathtakingly beautiful 'High Country' I fell so far behind that on one occasion in particular, I was lost and desperately looking for traces of running shoe tracks on the rugged mountainous trails that criss-crossed the slopes. After following promising looking shoe tracks for a while, suddenly an athlete came running towards me with a worried look. It turned out he had also fallen off the pace, taken a wrong turn, and was now back tracking. I'd been following his tracks, and now we were both lost, a bit scary actually. After some anxious retracing of our steps and scouring the various trails we very fortunately came across a group of backpackers who had seen the main body of runners and so we were very thankfully put back on track. Arriving back at the car park you would not have seen two more sheepish looking runners anywhere. Quite an experience though, lost in all that 'high country' with absolutely no sense of direction and miles from anything, very chilling.

Incidentally, the days were glorious with temperatures averaging between 20-25 degrees and usually clear blue skies. The mornings were usually a bit nippy about 6am with temps. around 2-3 degrees. On the last Tuesday morning it actually snowed for about an hour at least. That days morning 9.30am fartlek session seen all manner of cold and wet weather outfits on display-beanies, mittens, tights, jackets, waterproof suits, the lot. Who said running was an inexpensive sport!.....

May be concluded in next newsletter. Ed.

HELP- LOST!!

CD played at the Half Marathon in May "Aint nothin' going to break my stride". Very appropriate song which we would like to play at other events. Anyone with knowledge of whereabouts please contact the office on 8410 1317 or return to Lyn Crosby.

FOOTNOTES DATES

Closing dates for items for insertion in "Footnotes" for the rest of this year are as follows:

- 13th June, 1997 15th August, 1997
- 17th October, 1997 10th December, 1997

JOGGERS WORLD



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