

Race Director's Report

This year's race was held in ideal conditions along our wonderfully scenic Torrens Valley course, which Steve Moneghetti chose as one of his top ten running trails in Australia, and afterwards enjoyed goody bags, marathon medallions, massages and the carnival atmosphere in Elder Park. The sounds of the jazz band made for a wonderful finish area atmosphere that was enjoyed by finishers and spectators alike.

This year's competitors include four visitors from Japan, two from the U.K., three from the United States, one from Canada, and Dave Corrie who completed his 145th marathon, 129 of which have been in South Africa. The men's marathon looked like a match race between last year's winner, Andrew Burns, and Brendan Sharp, who both predicted times of about 2.30, and so it proved to be, with Brendan breaking away early to win in 2.32.20, and Andrew running 2.34.52, a good effort after running the Gold Coast three weeks earlier. Third was Japanese runner Michihito Murio in 2.41.03. Jeanette Mase won the women's marathon in 3.04.19, with Lisa Wright second in 3.18.31, again great efforts after being part of SA's victorious Gold Coast State Team three weeks before. Their Gold Coast team-mate Leah Wright ran third in the women's half marathon in 1.32.25, coming in behind Susan Peter who won with 1.24.20 and Merran Finnis (1.30.57). Mark Howard dominated the half marathon field to win in 1.12.02, followed by Nigel Pietsch (1.18.38) and Terry Ellis (1.19.08). In the 12 km event Paul Clarken won in 41.53, with Kym Morgan second in 44.32, and Simon Little third in 44.40. Cynthia Kasehagen won the women's 12 km in 48.34, with Melinda McCullough second in 49.09 and Christine Lubke third in 53.50. Mercedes College won the inaugural Half Marathon Schools Relay in 1.25.04, closely followed by their second team in 1.28.45. All seven runners who had competed in all Adelaide's previous eighteen Festival City Marathons made it 18 this year, with ex state premier John Bannon leading the bunch with 3.06.53, and Ross Martin deciding to try walking for variety. The oldest marathoner was Victoria's Ken Matchett, who completed his 97th Marathon in 4.38.49. Unsurprisingly an age group prize will be in the post! Club Stalwart Noel Heinrich (4.48.23) won the Marathon walk, followed by Malcom Withers (4.58.51) and Wayne Russell (5.12.54). The Half Marathon walk was dominated by newcomer Tracey Sinkinson, who was first in 2.09.29, followed by Sandy Roffey (2.36.52) and Helen Robinson (2.41.00). Tracey's mother was to make it a family affair, winning her age category. Stan Choimes was first male in 2.24.13, ahead of Barry McDermott (2.27.06) and Warren Scarman (2.27.08). The 12 km walk was a close affair, with Tyson Davey (1.19.24), just edging out Wayne Jones (1.19.57). Tom Barry (1.28.29, and at 77 our oldest competitor overall) was third. Bianca Davey (1.12.16) was first woman, with Rhonda Whyatt second in 1.24.40 and Deb Himsworth third in 1.27.15. Great efforts!

Our congratulations to all who took part. We would like to thank all sponsors, and especially Living Health whose banners promoted self care and whose tents gave us some shade; Cathay Pacific, who will be flying two people to London, one as a lucky random draw winner and one to run the London Marathon in recognition of muscle team fund raising for the Muscular Dystrophy Association. Once again we raised several thousand dollars for MDA. The water from Piccadilly Springs was especially appreciated in the warm weather, the fruit from Adelaide Fresh Fruiterers made for fine post race refreshment, and long term sponsor Joggers World were there with their usual great display. We were a community event, and the work of our 97 club and friend volunteers, the SA Police, St Johns, Sports Medicine Australia, Girl Guides (water stations) and many other groups made it both possible and wonderful. See you next year.

Piet Crosby,
Race Director.



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

President's Report

I must start this message by congratulating Piet Crosby and all his helpers for putting on a fantastic Marathon Festival. Even the weather behaved this year. Piet was getting a reputation as a rain producer. I understand that the Farmers Federation had a contract ready for signing, to get Piet to organise an event every month through winter for the next 10 years to ensure good rain. Unfortunately this offer was withdrawn when Marathon Day came up with the sun shining.

I am certain that Piet will make mention of all of the volunteers and sponsors without whom, it would be impossible to put on such a successful event. I can only add my gratitude.

A couple of Footnotes ago, I solicited opinion and feedback from Club members regarding a potential change of name for the Club to one more inclusive of our total membership. From the communications I received, I can only conclude that a change of name is basically seen as non-controversial and inevitable by most members. Almost all suggestions regarding a name change were a modification of the existing name, not a completely new name. Very little negative comment was received.

As I have constantly emphasised, I consider it essential that all Club members feel that they have had an opportunity to participate and contribute to this matter. It is consequently my next intention to conduct a plebiscite of Club members. The Constitution clearly mandates that only a General Meeting of Club members can change the Constitution as would be required to effect a name change.

A plebiscite (non-binding survey of opinions) would carry no legal obligation regarding a change in name, but would obviously carry substantial moral weight.

With the next Footnotes, you will be given a "voting" form providing a series of choices regarding possible future names of the Club. The results of this exercise will form the basis of a name change proposal at the next AGM.

Michael Ward



Winners of the inaugural Half Marathon Schools Relay
Mercedes College Team 1

Adelaide Festival City Living Health Marathon**Race Director's Report**

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(Continued on page 3)

LETTERS TO THE EDITOR

Dear President Michael Ward

I wish to express my appreciation to the organisers, sponsors, marshals, helpers and police who were responsible for the Adelaide Festival City/Living Health Marathon and other events on Sunday August 10. It was a successful and well-run event.

Secondly, I strongly support the name change to "S.A. Road Runners and Walkers Club" or similar, so that we walkers will get more recognition.

Noel Heinrich (1st male marathon walker)

NOTICE BOARD

Calendar Correction

Please note that the Sri Chinmoy 16th National 24 hr. event is on the 4/5 October this year and it will be at the Olympic Sports Field. The 12/24 hr. participants start 8.00 a.m. 4th October. This year it includes a 100 Km race, starting 12 noon and a 6 hour race starting 2.00 p.m. All of you marathoners give the 6 hr. a go.

John Twartz (for Sipra Lloyd)

The Search for a NEW NAME for the CLUB

Names suggested so far show just how difficult a task it is to find a new name for the club. Many members have searched through their dictionary or thesaurus in search of a suitable name. Changing to a name such as Striders does not suggest to the public the nature of the club nor give recognition to our walkers. Striders is good for Sydney. Other names suggested do not describe the club or they have other meanings, e.g. Road Conquerors, Road Cruisers, Road Rooters (or is it Routers?), Emus etc. In a letter to the What's Your Problem section of the Advertiser a walker inquired about fun runs and walks around the city. The Advertiser suggested many organisations but did not mention SARRC.

Our new identity should recognise walkers, without losing our heritage and the name has a useable acronym.

P.S. Next step an acronym.

John Twartz.



It is with sadness that I print this note from the wife of one of our overseas members.

It is with great sadness that I need to inform you that Mark passed away from melanoma cancer May 3rd, in Luxembourg. He thoroughly enjoyed the short time he was able to run as a member of your club. We visited S.A. in July-August 2 years ago both ran in your River Run. Mark then ran the Adelaide Marathon. We both found your club members welcoming to a stranger - not always the way I can tell you from experience! - You've created a warm, friendly atmosphere and helped to make Mark's 2nd last marathon a happy one! He managed one last marathon - the Boston 100th Anniversary. Should I one day return to S.A. I'll definitely look you up.

With many thanks - your Newsletters posted to Mark always made his day and he was so excited when you published his letters.

Robyn Fitzgerald with apologies for delay.

MEMBERSHIP SURVEY

The Board is concerned about ensuring we are providing the membership with the services and events it requires. In pursuit of this aim you will find enclosed a Survey Form (one for each member regardless of status) for completion and return in the enclosed Reply Paid envelope. Your feedback on this would help the Board to achieve their aim. Thank you.

APOLOGIES

This "Footnotes" was due to be sent out a couple of weeks ago, but due to technological problems this was not possible. SORRY!



For the BEST natural spring water,
telephone 13 1980

Piccadilly Natural Springs
70 Hardys Road,
Torrensville, 5031

DATES FOR YOUR DIARY

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 5/10Km
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

4-5/10/97 NATIONAL 24 HOUR EVENT
CONTACT: Sri Chinmoy Sipra Lloyd 83325797

05/10/97 SARRC Waterfall Gully(23) or
Alexandra Ave Training+Heysen Trail (1)

05/10/97 Adelaide-Victor Ultra 100K
Contact: Des Paul 8322 6400

05/10/97 Melbourne Marathon
CONTACT: 039819 6888

06/10/97 Sri Chinmoy Labour Day 5/10K
CONTACT: Karen/Fiona 8344 2907

12/10/97 SARRC AIRPORT 5/10K R/W
CONTACT: SARRC 8410 1317

19/10/97 SARRC Darley Road (20) or
Walkerville Training + Heysen Trail (2)

26/10/97 SARRC Beaumont Common (18)
or Glenunga Reserve Training Runs

26/10/97 M.S. 5/9.5K Fun runs
CONTACT: Des Paul 8322 6400

02/11/97 SARRC 3RD SPRING SERIES
5/10K. CONTACT: SARRC 8410 1317

09/11/97 SARRC Heywood Park (17) or
Hyde Park Training + Heysen Trail (1)

11/11/97 Sri Chinmoy Twilight 5/10K
CONTACT: Robin 8269 1985

16/11/97 SARRC WOMENS CLASSIC 5/10K
CONTACT: SARRC 8410 1317

16/11/97 United Way 5Km Fun Run/Walk
CONTACT: Terrie 8287 0400

23/11/97 SARRC Iron Will Training Runs+
Heysen Trail (2)

30/11/97 SARRC Plympton (19) or Mile End
Training Runs

PLAY SAFE SPORT

(Continued from page 1)

race refreshment, and long term sponsor Joggers World were there with their usual great display. We were a community event, and the work of our 97 club and friend volunteers, the SA Police, St Johns, Sports Medicine Australia, Girl Guides (water stations) and many other groups made it both possible and wonderful. See you next year.

Piet Crosby, Race Director.

Results at a glance:

<u>Men's Marathon:</u>		<u>Women's Marathon</u>	
Brendan Sharp	2:32.20	Jeanette Mase	3:04.19
Andrew Burns	2:34.52	Lisa Wright	3:18.31
Michihito Murio	2:41.03	Catherine McDonald	3:23.01

<u>Walkers</u>			
Noel Heinrich	4:48.23	Josephine Borg	5:35.49
Malcom Withers	4:58.51	Joanne Folland	6:16.07
Wayne Russell	5:12.54		

<u>Marathon Age Group Winners</u>				
18-29	Brendan Sharp	2:32.20	Susan Spenceley	3:28.43
30-39	Andrew Burns	2:34.52	Lisa Wright	3:18.31
40-49	Rob King	2:43.32	Jeanette Mase	3:04.19
50-59	John Bannon	3:06.53	Marlene Dobie	4:20.23
60-69	Richard Sjordsma	3:54.19	Sue Bardy	5:41.19
70+	Ken Matchett	4:38.49		

<u>Men's Half Marathon</u>		<u>Women's Half Marathon</u>	
Mark Howard	1:12.02	Susan Peter	1:24.20
Nigel Pietsch	1:18.38	Merran Finnis	1:30.57
Terry Ellis	1:19.08	Leah Wright	1:32.25

<u>Male Walkers</u>		<u>Female Walkers</u>	
Stan Choimes	2:24.13	Tracey Sinkinson	2:09.29
Barry McDermott	2:27.06	Sandy Roffey	2:36.52
Warren Scarman	2:27.08	Helen Robinson	2:41.00

<u>Half Marathon Age Group Winners</u>				
16-19	Adam Phillips	1:37.28	Zoe Morrison	1:50.17
20-29	Mark Howard	1:12.02	Tracey Fahey	1:37.18
30-39	Terry Ellis	1:19.08	Susan Peter	1:24.20
40-49	James Martin	1:24.32	Christine Love	1:44.52
50-59	Peter Retallack	1:33.32	Jacqueline Whitting	1:42.35
60+	Terry Hilder	1:34.28	Jean Sinkinson	2:04.41

<u>Schools Relay Half Marathon</u>	
Mercedes College I	1:25.04
Mercedes College II	1:28.45

<u>Men's 12 km event</u>		<u>Men's 12 km event</u>	
Paul Clarken	0:41.53	Cynthia Kasehagen	0:48.34
Kym Morgan	0:44.32	Melinda McCullough	0:49.09
Simon Little	0:44.40	Christine Lubke	0:53.50

<u>Male Walkers</u>		<u>Female Walkers</u>	
Tyson Davey	1:19.24	Bianca Davey	1:12.16
Wayne Jones	1:19.57	Rhonda Whyatt	1:24.40
Tom Barry	1:28.29	Deb Himsworth	1:27.15

<u>12 km Age Group Winners</u>				
16-19	Kym Morgan	0:44.32	Melinda McCullough	0:49.09
20-29	Paul Clarken	0:41.53	Kylie O'Dea	0:58.36
30-39	Leslie Fulton	0:46.25	Cynthia Kasehagen	0:48.34
40-49	Grant Giles	0:45.53	Sue Mellors	1:03.50
50-59	Peter Sandery	0:44.47	Marion Sohler	1:46.39
60-69	John Skewes	1:02.08	Jill Mazzini	1:46.05
70-79	Tom Barry	1:28.29	Hisako Myogan	2:05.08

6/15/30Km RiverRun Walk/Relay Results

6Km Runners

<u>Male</u>		<u>Female</u>	
Maxwell Bennett	22.06	Lisa Albinus	24.50
Adam Bishop	23.10	Shona Smith	26.53
Steven Darch	23.32	Elizabeth Slattery	28.38

6Km Walkers

Tyson Davey	34.05	Bianca Davey	34.05
Tom Barry	42.54	Elsa Zappia	49.57
Craig Stewart	56.23	Gerry Blair	49.59

6 Km Age Group

U/20 yrs	Adam Bishop	23.10	Zoe Morrison	28.40
20-29 yrs	Maxwell Bennett	22.06	Jodie Barratt	29.00
30-39 yrs	Brian McPhail	24.26	Lisa Albinus	24.50
40-49 yrs	Lynton Bishop	29.36	Christina Smith	29.17
50-59 yrs	Joseph Smith	27.53	Fleur De Laine	35.35
60-69 yrs	Andrew Little	29.09	Nancy Horsell	51.17
70-79 yrs	Tom Barry	42.54	Marj Barry	54.58
80-89 yrs	George Michell	41.22		

15Km Runners

Matt White	55.07	Amanda Allen	1:01.36
Terry Ellis	55.55	Tracey Fahey	1:06.07
Derek Barnes	58.47	Christine Lubke	1:07.47

<u>15Km Walkers</u>	
Joseph Colarich	1:39.31
Stan Choimes	1:40.16
Barry McDermott	1:40.18
Sandy Roffey	1:52.18
Helen Robinson	2:01.48
Carole Lamming	2:02.58

15 Km Age Group

U/20 yrs	Dale Bateman	1:01.12	Claire Treilibs	1:22.32
20-29 yrs	Matt White	55.07	Amanda Allen	1:01.36
30-39 yrs	Terry Ellis	55.55	Christine Lubke	1:07.47
40-49 yrs	Chris Horsell	1:04.20	Marie Schutz	1:14.25
50-59 yrs	John Hallifax	1:05.59	Helen Vinal	1:22.34
60-69 yrs	Terry Hilder	1:03.07		

30Km Runners

Brendan Sharp	1:46.52	Cath.McDonald	2:18.09
Rob King	1:50.24	Jane Powell	2:59.10
Glen Harvey	1:51.13	Chris Euripides	2:59.14

30Km Walkers

Noel Heinrich	3:18.28
Wayne Russell	3:41.36
Peter Derrick	4:20.50

30 Km Age Group

20-29 yrs	Brendan Sharp	1:46.52
30-39 yrs	Glen Harvey	1:51.13
40-49 yrs	Rob King	1:50.24
50-59 yrs	John Bannon	2:06.55
60-69 yrs	Richard Sjoerdsma	2:30.01
	Cath.McDonald	2:18.09
	Sheena Backhouse	3:01.10

Branches at:

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

SUPPORT YOUR SPONSOR!



S.A.R.R.C. GRAND SALE

To reduce our stock of S.A.R.R.C. Merchandise, the Board has agreed to offer this at much reduced rates.

- Teeshirts \$5-00
- Singlets \$5-00
- Windcheaters \$6-00

There are no XL sizes.

BUY NOW-First come, first served

1st Spring Series 7th September

Spring Series 1the Cross Country featured a wet day, damp and slippery going, a small but intense field, free breakfast, and enough prizes to satisfy almost everyone! It was unique in that all the officials got to compete as well as organise, and was generally agreed to be a great innovation. Maybe asking was to the converted, but there was unanimity that Spring Series 3 should be another Cross Country. Rob King, Tracey Fahey, Noel Heinrich and Lyn Daly certainly think so!

Results as follows:

8Km Run Male

Rob King	29.02
Simon Little	30.07
David Chittleborough	30.46
Chris Collins	32.57
Piet Crosby	33.13
Rod Martin	33.50
Geoff Greenham	34.07
David Lamond	34.39
David Padget	34.51
Mike Walker	36.00
Doug Smart	36.23
Phil Laing	36.39
Trevor Gordon	37.06
Scott Cowie	37.09
Ross Haslam	38.31
Dave O'Donnell	38.53
Stefan Andrews	39.01
Roy Beaton	39.30
Stephen Wait	40.13
Denis Hacking	40.40
David Bridges	40.41
Phil Andrews	40.51
Marcus Downing	41.03
Nick Truscott	41.12
Jamie Sheppard	43.04
Michael Ward	43.31
Kieren Andrews	47.21

8Km Run Female

Tracey Fahey	35.22
Catherine McDonald	35.34
Kay Moncrieff	37.10
Karen Giles	38.00
Elizabeth Slattery	39.30
Marie Laird	39.53
Wendy Edwards	41.15
Chris Euripides	41.16
Lyn Crosby	42.19
Robyn Stoward	43.04
Trudi McNamara	43.33
Denise Fowles	43.42
Gaylene Button	45.56
Georgina Edwards	49.12

5.2 Km WALKERS

Male		Female	
Noel Heinrich	33.22	Lyn Daly	42.43
Tom Barry	38.35	Judy Hare	55.42
Peter Derrick	40.45	Ann Gardener	55.42
Terry Daly	47.22		

Piet Crosby, Race Director.

DO YOU HAVE CHILDREN WHO LIKE TO RUN/WALK?

Why not encourage them to enter events under 12 Km.? It costs just \$2-00 for all children aged under 16 years to enter our events. Children under 16 years are not permitted to run in half marathons.

Office Volunteers

As I am sure you all know that some members of the Club assist by working in the Office. There are opportunities for some more members to help in this manner.

If you are interested in working for half a day a week, or being available to be called when a bit of extra help is needed, please give Stella a call on the Office number or send an email. If you are able to use the computer - great!. We could do with someone to keep the internet information up to date!



?? Lonely Feet ??

From now on, this space will be reserved for 'training connections'. If you are a regular runner or walker and would like some company, here is your chance to advertise! For example

Name	Where	Days/Time	Pace/Distance
Sandy Handley	In the carpark at rear of Eagle on the Hill	Thursdays at 9.15 a.m.	Slow hills run/walk. Approx 8Km.

So, if you would like to join Sandy, simply turn up! If you would like to advertise yourself, then contact Stella in office hours



FOOTNOTES DATES

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

17th October, 1997 10th December, 1997



JOGGERS WORLD

123 Pirie Street
Adelaide
Tel: (08) 8223 6744

