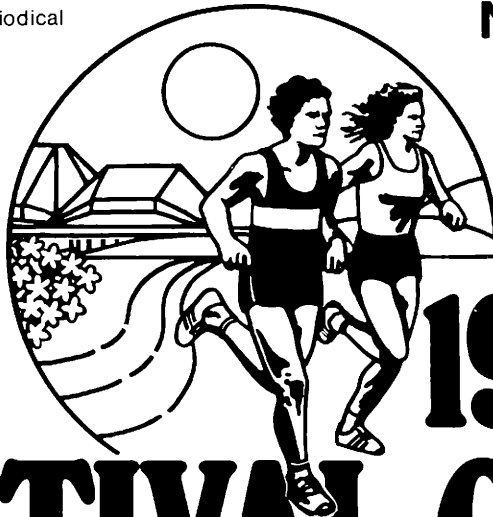


Festival City Runner

Registered for Posting as a periodical
— Category 'B'

NOVEMBER
1980

PRICE 50c



1980 FESTIVAL CITY MARATHON

42.2 kilometre Gawler to Adelaide
Labor Day Weekend
Sunday October 12

RESULTS RECORD

The Festival City Marathon is conducted in association with

QANTAS
THE SPORTING AIRLINE



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AIRLINES OF AUSTRALIA

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Festival City Runner

NOVEMBER 1980

Journal of the Distance Runners' Club of SA Inc (DRC)

The Distance Runners' Club of South Australia Inc.

The Distance Runners' Club of South Australia is a Specialist Club affiliated with the Amateur Athletic Association of South Australia. Membership is open to all registered Amateur Athletes who are members of affiliated clubs. Enquiries regarding registration and club membership can be made with Brian Chapman, Executive Director AAASA, Olympic Sports Field, Kensington, 5068. Phone 332 8352.

President of the D.R.C.: Phil Afford, P.O. Sandy Creek, 5350. Phone 25 9812 (w) (085) 24 4149 (h).

The DRC is responsible for the organisation of some Saturday afternoon competitive runs from April to October in conjunction with the AAASA and affiliated clubs.

The Festival City Runner

Journal of the Distance Runners' Club of S.A. Inc. This issue distributed to entrants in the 1980 Festival City Marathon and members of the D.R.C. Additional copies 50¢ or \$1.00 (inc. postage).

Another issue of the Festival City Runner will be produced in March, after which D.R.C. membership registrations for the 1981/82 season is due.

Editor: Bruce Abrahams, 30 High St, Glenelg 5045. Phone 294 3248 (h).

The 1980 Festival City Marathon

The 1980 Festival City Marathon has been organised by a committee of the Distance Runners' Club of SA Inc Bruce Abrahams (Convenor), Jean Beaumont (Treasurer), Ray Beaumont, Mike Brennan, Brian Chapman, Brenton Hancock, Dave Walker, Maureen Cooke (Administrator).

Postal Address: 30 High St., Glenelg 5045

1980 Festival City Marathon Officials

Race Director: Bruce Abrahams

Start Co-ordinators: Phil Afford and Marty O'Dea

Course and Aid Stations Co-ordinator: Brenton Hancock.

Medical Co-ordinators: Dr. Gavin Beaumont and St. John.

Adelaide Oval Set-Up: Mike Brennan

Timing and Finish System: Don Dohnt, Bruce Warnock and RAAF.

Results: Jean Beaumont, Maureen Cooke, Sylvia Ferris, Jan Vade.

Computer: Dave Walker (using IBM 5120)

Announcer: Brian Chapman

Awards: Ray Beaumont

The 1981 Festival City Marathon

The 1981 Festival city marathon and associated clinics and training forums will be organised by the newly formed South Australian Road Runners Club Inc.

Membership will be open in January 1981 to any person interested in long distance running as a sport and a means of healthy exercise.

All entrants in the 1980 Festival City Marathon, DRC members and Run South Australia Run Clinic members will be contacted in January 1981 with further information about the Club and membership application forms.

Enquiries can be made with:

President: Bruce Abrahams, 30 High St. Glenelg 5045, Phone 294 3248

Secretary: Tony Ashwell, 19 Leabrook Drive, Para Hills 5096, Phone 258 0159

Education and Training Committee

Convenor: Helen Morris 12 Thistle St, Hallett Cove.

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CONGRATULATIONS TO ALL FINISHERS

And my best wishes next time to all other entrants who did not make the finish line this year.

By all accounts the 1980 Festival City Marathon was a great success.

Of 909 entrants, 726 started the event and 691 finished. This is a 95% completion rate which is possibly the highest of a large-entry field in Australia.

The overall standard of finish times showed a significant improvement over 1979. There were 69 sub-3-hour times (24 in 1979) and the median time was 3:36.35 compared with 3:49.50 in 1979.

Yet the spread of finish times was greater, indicating a wider range of distance running abilities.

In particular, participation by women distance runners was much greater and of higher standard than 1979.

The organisation of the 1980 Festival City Marathon started immediately after the 1979 inaugural event. Special thanks are due to my fellow Committee members for their time and patience.

On Marathon Day itself and during the immediate

days preceding, many hundreds of helpers were involved. To aid station personnel, Police, St. John Ambulance, Australian Citizen Radio Monitors, RAAF and all other officials as well as our sponsors, thank you very much indeed.

Almost universally, runners have praised your enthusiasm and goodwill.

Next year, I have proposed a possible change of date, principally to avoid the inevitable hot-weather (and the associated early start), as well as the unfortunate clash with the Big M.

The most likely date is early August which will enable cooler, safer weather conditions, a later start and more spectators, as well as the opportunity for both S.A. and Victorian runners to enter the big event of each State.

The final decision will be made in late November by the organising committee after consultation with sponsors and other authorities concerned.

Bruce Abrahams
Race Director



Study of runners at the start 5.58 am October 12, 1980.

UP FRONT

By Brian Chapman

The 720-odd who toed the line at Gawler on October 12 were greeted by sub-10 degree temperatures, intermittent rain and the eerie half-light of dawn.

Pre-race prognostication had state champ and national silver medalist, Grenville Wood, a prohibitive favourite. However strong support had also been expressed for "iron man" Bob Lange, making his marathon debut, and super-vet Gerry Hicks, 47, who was rumoured to be "burning" on the training track.

On the women's side, it was a matter of "How far, Desiree?" with the news that potential threat Maureen Moyle had opted to run just to finish with a 3.15 in mind. A late entry from 3.04 marathoner, Linda Thompson, heightened speculation about a close race but it was not to be. Off they went at the end of the countdown, wave upon wave of runners with varying degrees of fitness and aspiration. Alan Short, in his Easy Rider-style wheelchair, brought up the rear as the mob surged into the semi-darkness.

At the mile (5 min's 28 sec's), Malcolm Mackay of the local Flinders Club and Sydney-sider Ian Graves were disputing the lead about 20 metres ahead of a 15-strong pack containing all the "guns".

Injury had forced the 21 year old Mackay to lay low for six months following his splendid third place (first South Australian) debut at the Whyalla Marathon in May. However today he looked fresh and confident as he built up a 30 metre lead to pass the 5 km. mark in 17.30. The strongly built Graves, 36, now in second spot, had won a NSW marathon earlier this year in 2.25 and was obviously not to be discounted. However most still felt the eventual winner would emerge from the chasing pack, now reduced to nine members and trailing by 150 metres (18.05 at 5 km.). Sheltering from a cross-wind that would eventually develop into a nasty head-wind were Wood (Western Districts), Lange (Enfield Harriers) and Hicks (Veterans/Adelaide Harriers) together with state marathon team rep's Dave Martin (AH), Alan Hanley (WD), the vastly-improved Roger Frisby (AH), SA 800 metre ace Mike Farrelly (Central Districts), former Victorian star Martin Thompson and unknown Tony McCool of Aldgate. They were followed in single file by impressive novice marathoner Liam Hanna (AH), former Enfield ace Brian Whinnen (Canberra) and Whyalla's veteran champ Iain Dobbie.

Letherby, the national 10km titleholder led the women through the 5 km. in 21.30, some 70 seconds ahead of Thompson and 1979 Festival City Marathon champion Robyn Brown (EH).

Then followed newcomer Avis Pearce (23.45) and promising Josie Mifsud (24.35). At the 10 km. mark in Smithfield, Mackay was looking good at 34.16, ten seconds ahead of the equally impressive Graves.



From one marathoner to another. John Bannon, leader of S.A. Opposition probably the fittest politician in Australia (2:50.43), congratulates Desiree Letherby, first woman 3:01.23.

The trailing pack had now disintegrated to Wood, Lange, Hanley and Frisby while Whinnen had moved up to join them. At 34.40, this quintet was already closing on the two breakaways.

Hicks and Farrelly had now teamed up to pass 10 km. in 35.24, ten seconds ahead of Thompson. Then followed McCool (35.50) and Martin (35.57).

Letherby had not pulled away from her pursuers at all as she passed 10 km. in 41.43 ahead of Thompson and Brown (43.04), Pearce (46.16), Mifsud (46.30), a relaxed looking Moyle (47.18) and state rep. Linda Lange (48.10).

A dramatic change came over the race as the leaders passed through Elizabeth.

As expected hot favourite Wood began to assert his superiority, passing Graves at 16 km. and catching Mackay by 18. At that stage Wood looked in excellent shape and a certain winner.

Behind them Hanley had tacked on to Graves, then followed a lone Frisby and further back Hicks and Farrelly.

Lange pulled out in Elizabeth and Whinnen seemed to have no answer as the moves were made left, right and centre.

At the halfway post coming out of the dip at the Old Spot Hotel, however, young Mackay had sensationally broken away again. He passed in exactly 1 hour 12 minutes, just 26 seconds ahead of Wood who, it was later revealed, began to suffer stomach cramps. Graves was next at 1:12.34 ahead of the plucky Hanley (1:12.40), a resurging Whinnen (1:13.00), Frisby (1:14.30), Hicks and Farrelly (both 1:14.50), a distant Thompson (1:16.28), Hanna and Canberra runner Ross Burns (both 1:17.10), then Dave Martin (1:17.30).

Letherby led the women more comfortably now, passing the halfway mark in 1:26.29. Brown was emerging as her real danger, clocking 1:31.12, with Thompson (1:31.40) looking determined, Mifsud

stopping at 1:34.56, then Pearce (1:37.04) and Moyle (1:39.00).

The real sensation came at "The Wall", the 20 mile mark at the base of the Bridge Road hills.

Graves, then Hanley, had surprisingly passed the cramp-plagued Wood back in Para Hills and now they went by Mackay who had apparently started too quickly. The two new leaders passed 20 miles in 1 hour 50 minutes, just 30 seconds ahead of Mackay.

Wood took one look at "The Wall" and decided to call it a day at 1:51.50. Thus it was the unheralded Whinnen (1:52.30) who came over the top in fourth place, followed by the still-cooperating Hicks and Farrelly (1:55), Frisby who had also "over-started" decided to sit out "The Wall" till 1981, but Hanna (1:57) and Thompson with Burns (1:57.25) came over the top in good shape.

The last 10 km. was exciting stuff as Graves, looking more like a ruck-rover than a marathoner, gradually eased away from the flailing Hanley. At Regency Road, the margin was 30 metres, by the parklands 60 metres and at the finish 200 metres.

Graves recorded a good 2:27.03 to take three minutes off Wood's 1979 race record. Apparently he turned to marathon running five years ago after an undistinguished career over the shorter distances.

Hanley came back to form with a vengeance clocking 2:27.46, just short of his PB. Since his year had been ruined by injury — they even found him laying semi-conscious on a railway track on one occasion — his was a superlative performance.

Mackay slugged on well for his 2:32.52 and third spot. A seven minute PB, the performance stamped the youngster as SA's brightest hope on the marathon scene since Grenville Wood emerged in 1974.

The consistent Hicks unshackled himself from Farrelly late in the piece and actually gained four minutes on Mackay over the last 10 km. to fly home in 2:33.36. For Hicks, runner-up in the state title marathon this year, the prize as first veteran to finish was a well-deserved reward. Whinnen (2:34.05) "died" over the final kilometres but is nevertheless one to watch.

Besides Hicks, the biggest moves of the race came from Darryl Turner (2:35.16) and George Tallis (2:35.27) who both came "from the clouds" to record PBs, Tallis by 11 minutes.

Burns (2:35.34), Thompson (2:36.05) and Hanna (2:36.30) plugged on courageously while Andrew Both (2:37.33), 19, was the first junior to finish.

Martin and, predictably, Farrelly both tied up badly over the last 10 km to just miss the 2:40 barrier, the qualifying standard for the 1981 National Marathon Championship.

The women's division saw outstanding results. Four runners came in under the state record that pioneer marathoner, Sipra Lloyd, set just one year ago.

Letherby, complaining of "lifeless" legs, coasted home in 3:01.23, four minutes outside her best time, but impressive enough at the end of a heavy winter racing campaign. The popular 34 year old dynamo will now



Ian Graves from N.S.W. First across the line. 2:27.03.

take a two week rest before embarking upon another buildup for the World Cross-Country Trials in February.

The mad rate of improvement that women's marathoning here is experiencing can perhaps best be seen when one considers that Letherby took an awesome 26 minutes from Robyn Brown's winning time of last year.

For her part, Brown could be well satisfied with 3:06.27. Her preparation was hindered by injury and a holiday, and a 13 minute PB (she ran 3:19 on the fast West Lakes course) is great whichever way you look at it. Avis Pearce plodded on mercilessly to pick up Thompson in the late stages and record an impressive 3:13.17. That performance stamps her national-class material and gave Enfield Harriers the enviable title of first club to provide 1st, 2nd and 3rd in the Festival City Marathon. Thompson's 3:13.55 was a sign of better things to come.

All in all, a great event providing further evidence that distance running, if not marathon running, will be Adelaide's major participant sport by 1985.



RACE

1980 FESTIVAL CITY MARATHON

STATISTICS

Weather Conditions

	6.00 am	12 noon
Temperature	10.8° C	14.0° C
Wind	W14	SW16
Rain	3.6 mm	

1980/1979 Comparisons

	1980	1979
Entrants	909	695
Starters	726	525
Finishers	691 (95%)	464 (89%)
Sub 3-hour	69	24
Median Time	3:36.35	3:49.50
Range	2:27.03	2:30.08
	to 6:06.23	to 5:34.43
First Marathon Finishers	407	n.a.
Personal Best (incl. First Mar)	618 (89%)	n.a.
Female Entrants	52	27
Female Starters	42	n.a.
Female Finishers	41 (98%)	14

First Three Male Runners

Ian Graves (36)	2:27.03
Allan Hanley (23)	2:27.46
Malcolm McKay (21)	2:32.52

First Three Female Runners

Desiree Letherby (34)	3:01.23
Robyn Brown (27)	3:06.26
Avis Pearce (40)	3:13.17

Random Draw Prize Winners

QANTAS/ANSETT Travel	
Brian Beck	3:32.03
Adrian Dunbar	4:08.18
ANSETT Travel	
Dianne Myles	4:48.08
SIMMONS Bed	
Terry Smith	4:22.06
RUNNERS INN	
Peter Cooke	3:00.05

Team Winners

(Note: only persons who entered as a member of a team are counted)

Athletic Clubs (Male)

1 Southern Districts Henry Early	2:41.30
-------------------------------------	---------

Trevor Mitchell	2:41.42
Roy Sutcliffe	2:50.12
2 Whyalla Harriers	
Peter Hendry	2:42.12
Alan Bain	2:49.58
Edward Drew	2:59.32
3 Adelaide Harriers	
David Martin	2:40.11
Terry Maloney	2:43.07
Paul D'Amico	2:59.40

Community/Sporting/Runners Groups (Male)

1 Centre for Physical Health	
David Walker	2:47.03
Peter South	2:47.52
David Parrott	2:48.54
2 'Officials' Team October 5	
Michael Brennan	3:18.09
Brenton Hancock	3:23.01
Bruce Abrahams	3:23.47
3 Alice Springs Fun Runners	
Terry Bell	2:52.23
Noel Harris	2:59.45
Peter Dean	3:39.59

Community/Sporting/Runners Groups (Female)

1 Women Road Runners	
Glynn Boyce	4:15.26
Elva Abrahams	4:53.06
Sue Forth	4:53.06

Services/Work/Trade Union Groups (Open)

1 Seaton High Road Runners	
Robyn Brown	3:06.26
Ross Martin	3:14.43
John Snelling	3:16.19
2 Northfield High	
Morris Allen	3:01.00
Gordon Cawrse	3:19.58
Peter Amey	3:23.16
3 Serg Heart Throbs	
Trevor Wiseman	3:17.56
Wayne Hoffman	3:24.30
Mark Nitschke	3:24.30

Services/Work/Trade Union Groups (Female)

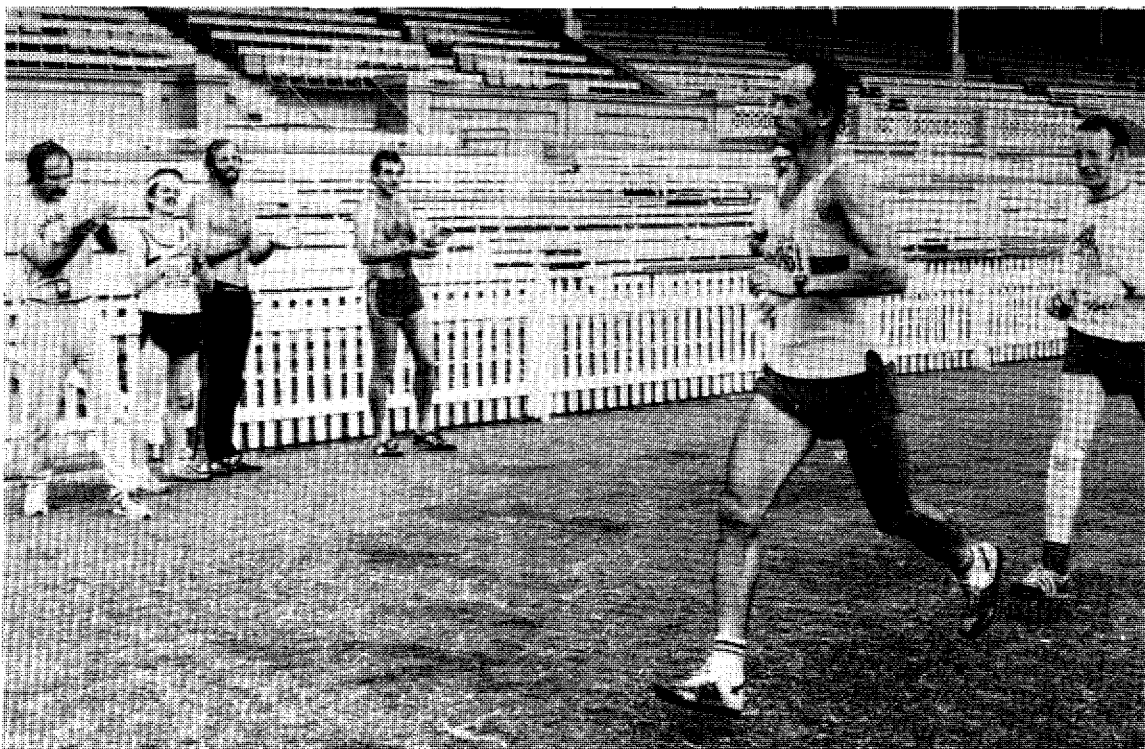
1 Women Teachers	
Helen Morris	3:36.54
Mary Rhodes	3:58.56
Jennifer Dabinett	4:15.02

DIVISION WINNERS

Abbreviations Used:

Female	Age Range	Division
	Under 20 years	F19
	20-24 years	F20
	25-29 years	F25
	30-34 years	F30
	35-39 years	F35
	40-44 years	F40
	45-49 years	F45
	Over 50 years	F50
Male	Under 20 years	M19
	20-24 years	M20
	25-29 years	M25
	30-34 years	M30
	35-39 years	M35
	40-44 years	M40
	45-49 years	M45
	50-54 years	M50
	55-59 years	M55
	60-64 years	M60
	65-69 years	M65
	Over 70 years	M70
	Wheelchair	WCH

DIVISION	FUS	NAME	AGE	TIME
F19	1	TANIA ARERS	15	4:16.06
F20	1	CATRINA SMITH	24	4:17.35
F20	2	PAT HICKAN	23	4:45.02
F20	3	LEANNE HICKAN	22	4:55.02
F25	1	ROBYN BROWN	27	3:56.22
F25	2	LINDA THOMPSON	26	3:13.58
F25	3	MALREYN BOYLE	25	3:16.19
F30	1	DESIJLE LEIHERRY	34	3:01.23
F30	2	MARIE WILLIAMS	30	3:40.13
F30	3	MARILYN HOLLOWAY	31	3:57.15
F35	1	MARY RHODES	37	3:58.54
F35	2	JANE BROWN	39	4:04.07
F35	3	OLYMPIA BOYCE	38	4:13.26
F40	1	AVIS FEARCE	40	3:13.17
F40	2	LEONIE LAWSON	43	3:46.14
F40	3	MARGARET FIELD	40	4:18.22
F45	1	SARILA KALBUT	46	3:55.35
F45	2	ROSIE ROBERTS	47	4:33.30
F45	3	ANDREW ROTH	45	3:27.53
F45	4	SARAH HELPERSTALL	16	3:57.17
F45	5	KIRSTY BARNES	17	3:16.36
F45	6	ALLAN BARNES	22	3:07.46
F45	7	ANDREW HOCKEY	21	3:07.52
F45	8	DEBBIE TAYLOR	22	3:09.17
F45	9	BILLY WARDNER	24	3:04.05
F45	10	BILLY MORRIS	28	3:03.24
F45	11	GARRETT LILLES	29	2:47.40
F45	12	GARRETT LILLES	31	3:00.16
F45	13	GARRETT LILLES	34	3:06.00
F45	14	DAVID LLOYD	34	3:05.16
F45	15	IAN BROWN	36	3:07.40
F45	16	LEIGH JONES	36	3:14.56
F45	17	IAN WILSON	37	3:00.41
F45	18	FRANK SAINSBURY	42	3:05.26
F45	19	JOHN W. GUNDEL	44	3:01.32
F45	20	GARRETT LILLES	40	3:00.47
F45	21	GILBERT JONES	47	3:07.27
F45	22	JOHN LLOYD	47	3:05.23
F45	23	WILLIAM LEBUSOLE	49	3:05.28
F45	24	ROY SMITH	51	3:09.12
F45	25	BOB TERRY	52	3:09.09
F45	26	ROBIN HOLLOWAY	50	3:11.55
F45	27	ROSS BARRINGTON	57	3:08.41
F45	28	VICTOR BRADLEY	55	3:05.09
F45	29	ROBERT BEVIL	58	4:00.11
F45	30	HARRY SHILLING	54	3:34.29
F45	31	RAYMOND TUMBY	54	4:34.25
F45	32	THOMAS BERRY	61	3:45.39
F45	33	RICHARD BRYANT	69	4:46.56
F45	34	JAMES GREGG	65	4:05.53
F45	35	CYRIL NANCAROU	65	4:58.00
F45	36	HARRY PURVIS	70	4:50.00
F45	37	ROBERT TURNER	26	3:19.26
F45	38	ALAN COURT	50	3:24.30



October 5, 1980 9.23 am and 47 secs. Race Director running 4th in the "Officials" Festival City Marathon.

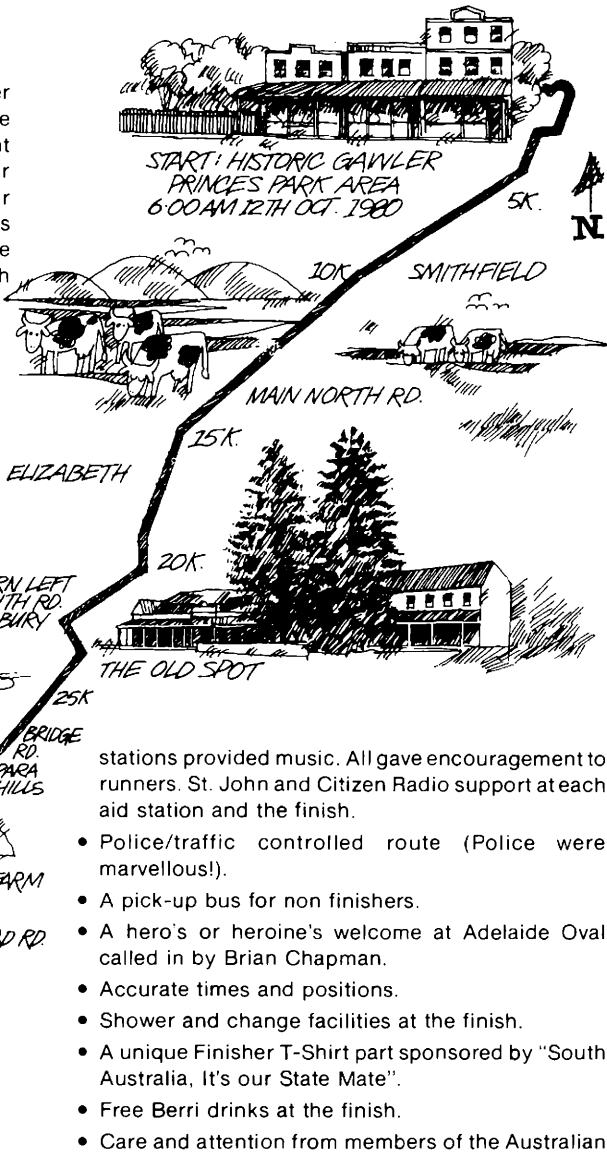
FOR THE RECORD

by Bruce Abrahams

Was it all worth it? Does it really cost \$5.00 per runner to organise a marathon? In fact, the budget for the event was around \$30,000 taking into account sponsors' direct and indirect contributions (for instance, Channel 7 provided over \$7,000 worth of air time) — and that is about \$33.00 per entrant! And this is **not** counting such items as Police and St. Johns time which was enormous and without which such community events could not function.

For the record, and to refresh your memories, this is what you received for your entry fee:—

- Training notes and discount vouchers
- Free admission to 8 Training Forums at the YMCA. Several hundred persons attended.
- Opportunity to join Sunday morning clinic training runs from April including several races (e.g. The City of Adelaide Half Marathon), pack runs, time trials and "bus runs" (one or two buses were hired to drop runners off along the marathon route to run in). Around 100 runners attended each Sunday, probably 200-300 different persons. Many stayed for a muesli breakfast afterwards.
- An accurately measured course marked clearly every kilometre.
- A pre-race Programme listing all entrants.
- Opportunity to gorge yourself at a Carboload dinner the Friday before.
- On Marathon day, a coach ride to the start. 270 runners used this service.
- Gear transported to the finish.
- A large undercover start marshalling area by courtesy of the Gawler Greyhound Racing Club. Toilet Facilities.
- A 6.00 am (precisely) start in the cool of the day.
- 13 aid Stations along route with water, diluted fruit juice (donated by Berri) and sponges. Some aid



stations provided music. All gave encouragement to runners. St. John and Citizen Radio support at each aid station and the finish.

- Police/traffic controlled route (Police were marvellous!).
- A pick-up bus for non finishers.
- A hero's or heroine's welcome at Adelaide Oval called in by Brian Chapman.
- Accurate times and positions.
- Shower and change facilities at the finish.
- A unique Finisher T-Shirt part sponsored by "South Australia, It's our State Mate".
- Free Berri drinks at the finish.
- Care and attention from members of the Australian Podiatry Association at the finish.
- Canteen/bar facilities at the finish.
- Over \$2000 random draw prizes from QANTAS, ANSETT and SIMMONS BEDDING.
- Division and team prizes presented at Awards Ceremony.
- A finish certificate.
- A finish photograph.
- A results record booklet.

The event is organised to ensure the best possible arrangements for all runners. The safety and comfort of runners is paramount. If you can think of other services, please let me know and we'll try to arrange it for 1981 (Martin Thompson has already suggested a free banquet for finishers in the European tradition — are there any sponsors out there?) See you in 1981!

COURSE MEASUREMENT

by Phil Afford, President Distance Runners' Club of S.A. Inc.

Over the past years I have raced over courses measured by car speedo's, with trammel wheels, by accurate survey methods and at times (I feel) by guesswork pure and simple. But does it really matter? The race after all is against the other competitors and the difference in road surface and terrain make it impractical to compare times on different road courses even if we ignore the ever variable weather. Further, runners are notorious for cutting corners (or at least running the minimum distance possible without actually cheating) so even the most accurately measured course will have a "runners path" that is short.

Still as a runner I am too lazy to want to run further than I have to, yet honest enough to feel that I must cover the full distance — I am annoyed by "fast" times over a short course (particularly if I have not run that race) or by being recorded as slower than I actually am because a course is long.

So how do the measuring methods compare.

1) The car odometer, probably the most common method of measuring long distances is very inaccurate. Errors are induced by such factors as tyre pressure and tyre wear changing the rolling radius of the wheel, the action of the differential, wheel spin etc, as well as the difficulty of deciding the exact point on the rotating

disc to start and finish the reading — there are several other errors as well but that will do to illustrate why I have found speedo readings to be up to 5% short (1 in 20) or quite commonly 2.5% short.

2) The Trammel wheel is usually regarded as the last word in accuracy yet if you wheel one of the small hard tyred wheels over the same course several times you may have variations of up to 5 or 6 metres per kilometre caused by wobble, skid and spin. Rubber tyred wheels usually give more repeatable results.

3) Survey with the use of tapes, lasers or other sophisticated equipment obviously gives an accurate course but is slow and expensive — usually out of the question for an amateur body and as I suggested earlier, runners will usually trim a corner somewhere and so negate the whole exercise as a way of having an **EXACT** course.

The method I used to measure the Festival City Marathon was a combination of these methods which I believe is better than any one of them, because while not as accurate as a survey it makes some allowance for the legitimate shortening of curves by runners. As a trammel wheel I used the near-side front-wheel of my ancient Volkswagon. The speedometer of a Volkswagon is driven from this wheel, a marvelous system, as it eliminates any measurement error caused by the action of the differential or by wheel spin.

I removed the speedo cable from the odometer and fitted it into a specially made counter, so that wheel turns are recorded.

Then using a 100m tape, I measured 2 km along a straight section of road, drove over this and measured the number of wheel turns (not forgetting the last fraction of a turn).

After using this to calculate the number of turns for the marathon, I simply drove over the course at a time of low traffic taking care to avoid heavy braking that would cause wheel skid, and trimming the corners as I would if running. Then back to the measured 2 km to check that the calculation was still the same.

All told, I drove over the course 5 times, from exactly the same starting point (actually the race finish). **The maximum variation between any of these movements was 2 metres.** This doesn't guarantee accuracy (the tape measured calibration 2km gives the accuracy), but it certainly shows that the system gives consistent results.

This year the start and finish were shifted about 250m using a hand trammel wheel at each end, the variation induced by this would be insignificant.

I believe that the Festival City Marathon course is as accurate as you will get. You have run it, now run again next year and the next and the next etc and your times will vary according to your fitness and the weather. We all look for the perfect course on the perfect day when we are 100% fit. This is MARATHONING.



The delight of it all! After 9 months following the Honolulu Marathon Clinic program, Community Health Nurses, Elva Abrahams (402) and Sue Forth (253) cross the line in 4:53.06. Jonathan Abrahams, aged 14, "ran all the way with mum", brings up the rear.

EXPOSÉE

by Roger Frisby

I have long suspected that Gerry Hicks is not really 47 years old.

I mean, just think about it. He was second in the State Marathon, won the 100 lapper at Adelaide Harriers in a record 2.28.04, won the Tiki Trophy at Blackwood etc. etc. What a bore! At the Veteran's Host Day he won the Veterans 10 kms. by a street, then ran a good race in the Senior 10 kms straight after, went Square Dancing all night, then went to work (midnight — 8 a.m. shift), then went straight to the Channel 7 Fun-Run on the Sunday morning and placed 5th. You don't believe it? — I don't believe it. Any bloke who can do all that can't be 47 years old.

Well! Finally on Festival City Marathon Day my doubts were proved correct. As Gerry passed me at the sixteen mile mark, I tried to be gracious, but found myself muttering such things as "You miserable old bugger" "Why don't you retire to play with your grandchildren like other decent people of your advanced age" etc.

It was too much for Gerry. His reply was "Don't feel too bad Rog. I'll let you into a secret. I'm really only 25."

Suddenly all of my suffering was worthwhile. I kept mumbling "Gerry is really only 25".



First veteran home. "25-year old" Gerry Hicks aged 47, 4th across the line in 2:33.46.

The moral of the story fellow-runners is this — Give up all plans of retirement and repeat after me, as that bandi-legged old coot disappears into the distance to win yet another race, "Gerry Hicks is really only 25".

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