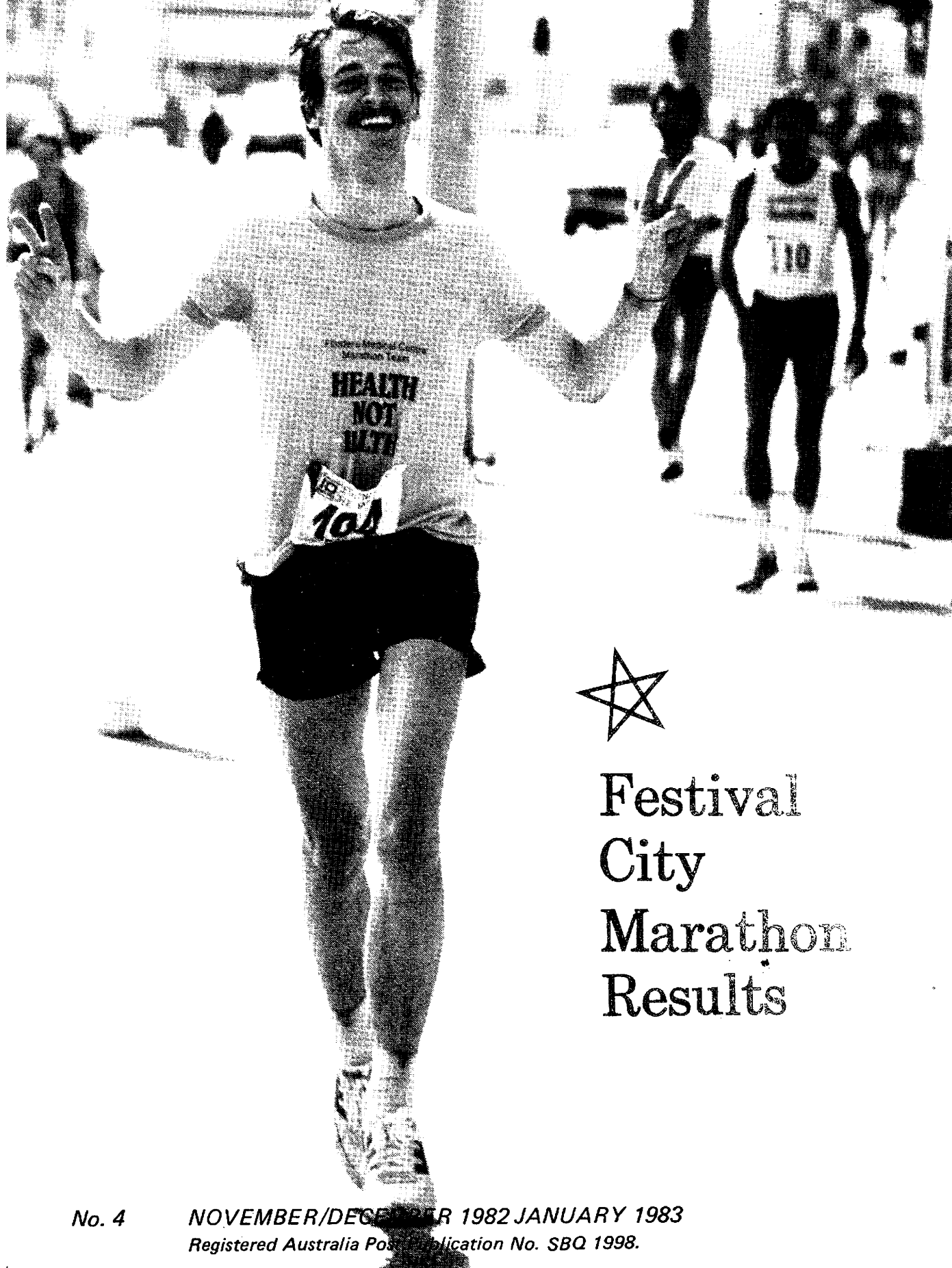


SOUTH AUSTRALIA
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Festival
City
Marathon
Results

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Festival City Marathon

by Brian Chapman



At 7.50 am on August 29, whilst 99.5% of South Australians slumbered peacefully towards premature senility, 929 real human beings prepared to test their bodies against the heartless Gawler to Adelaide road.

The lemming-like march from the race course to the Start resembled a 'lambs to the slaughter' situation with the important exception that these gladiators were there voluntarily.

Most pre-race discussion centred on the problem of "how fast to go out?" With 28° heat forecast, the consensus etched on everyone's face was to hold back, with the winning time predicted to be 2 hours 30 minutes (men) and 3 hours (women).

In a nutshell, great for the spectators, lousy for the runners.

One-eyed local fans hoped that middle-distance specialist Bob Sweet would pull the hotly-favoured interstate entrants into the trap of a fast first mile and resultant exhaustion.

Unbackable Anne Mann appeared foolish in predicting a personal best time since she had recently run in the National Marathon and could not have recovered completely.

As the hordes lined up, a group of "Ride Against Roxby" demonstrators appeared on bikes from the sidelines, intent on using the event as a vehicle for their protest. The immediate thought was that running 'has arrived' as a major sport if it can attract that sort of attention.

At 7.59 am the popular 'wheelies' got going, minus champion Robert Turner who couldn't wend his way through the milling masses to the front line in time. Fortunately, his deficit was reduced when the mob decided that the countdown ended at "ten" instead of "zero" — and to hell with the Starter's gun.

Those of us planning to get to the legendary mile mark had to move swiftly to avoid being engulfed by the raging torrent of humanity that proceeded to make a shambles of Gawler's main road.

State reps Sweet and Peter Schultz, together with world-ranked orienteer John Williams, shared the lead at the mile (5 minutes 22 seconds) while Mann and fellow SA teammate Helen Alderson led the women through in 6.25.

"Too fast" was everyone's reaction, as a huge pack set in behind the leaders.

Entering Smithfield (10km) the scene had changed dramatically with 25-year-old Canberra runner Colin Neave emerging from the ruck to battle the surprising Williams, who was maintaining pace at 33.06. By this time wheelchair ace Bob Turner was minutes ahead.

Neave had finished among the top six at the National Marathon so he had to be respected.

Sweet and Schultz had been joined by experienced Big V aces John Duck and Paul O'Hare (33:40) but then it was single file to RAAF pilot Robert Rohrig (33.48), NSW 'iron man' Hans Visch (34.12), State reps Bob Barnard (34.22) and Wayne Chettle (34.42), and unknown Nick Papas (35.24).

Victorian Dick Kumnick and improved local runner Ian Hill passed Smithfield in 35.50 ahead of ambitious Brian Hicks (35.58).

Canberra pair Phil Aungles and Geoff Moore were teaming with State reps Dave Martin and Trevor Mitchell together with Road Runners Club star Andrew Chittleborough and newcomer Kym Jordan (36.26).

Mann led the women in 39.50 with globetrotter Aija Svencis bowling along nicely at 42.06, ahead of Australia's number 11 Helen Alderson (43.12), over-40 superstar Avis

Pearce (44.35), middle-distance convert Jess Lea (45.56) and unheralded 18-year-old Barbara Lat (46.21).

At the Salisbury Park 20km mark, Neave (65.44) had ridden a fresh tail-wind to a race-winning break over the still-impressive Williams (67.14). However, neither was any match for wheelchair ace Robert Turner (60.30) whose Smithfield-Salisbury split was awesome.

O'Hare (67.54) and Schultz (68.30) came through without their earlier compatriots Duck, who lurched to a halt due to flu after-effects, and Sweet, whose feet were shattered with pain.

Barnard (68.36) had made a big move, while Rohrig (68.44), Visch (69.32), Chettle (70.22), Papas (71.30) and Hill (72.20) were simply maintaining position.

Moore (73.12) had dropped the surprising Hicks (73.40), Augles (73.44), Mitchell, Chittleborough and Martin (each 73.46).

Mann was still untouchable among the women (80.32) with the lightly-raced Svencis (86.56) still surprisingly holding off a string of State reps led by Alderson (88.00). Lat, prominent early, was slowly falling into a hole, while State runner Lea was already in it.

Meanwhile Neave, characterised by an almost backward head tilt, made every post a winner up Bridge Road, treating 'the wall' like a pimple on the bitumen and providing a brilliant display of controlled power-running along Hampstead Road.

Behind him, Schultz was first of the elite to collapse at 'the wall'. State rep Wayne Chettle was next to kark and then Aungles wasted his return air fare from Canberra by pulling out. No one has seen Jordan since Smithfield!

O'Hare (3rd to 2nd), Rohrig (6th to 3rd), Mitchell (14th to 6th) and Chittleborough (15th to 8th) made big moves over the last 10km at the expense of Williams (2nd to 4th), Hill (11th to 17th) and the dropouts.

However, it was all Neave, and his bulge at the finish was almost five minutes over the pursuers. In fact he broke the course record by an amazing six minutes, recording 2.21.10.

Turner actually crossed the line first to record one of the world's fastest wheelchair times for his category ever, 2.11.59.

Rohrig's performance as first South Australian to finish was popularly received by the parochial crowd.

Significantly, 18 of the first 23 runners were aged above 30 years, a fitting testimony to the wisdom of experience. (So if you are 18, come back in 1994!)

Anne Mann's overwhelming victory in the Women's Division was also commendable, even if she was one second shy of Desiree Letherby's course record. To do a 3 minute PB in warm conditions on an undulating course speaks volumes for her talent. In fact the second women, Alderson, finished almost 20 minutes behind after waging a ding dong battle with Svencis.

For the next two hours, runners came streaming across the line in ever-increasing states of incapacity. James Pivavaroff (6 hours 43 minutes) endured the heat for thrice as long as Turner and Neave; but no doubt the ecstasy of stopping was pretty much the same for all.

NEW FITNESS TESTING AND TRAINING ADVICE SERVICE OPENS

Roger Pederick has opened a fitness testing and training service at the South Australian Sports Medicine Centre on South Terrace. \$30.00 covers the cost of a fitness test, skinfold measurements to ascertain percentage body fat, and comprehensive training advice. Roger has been involved with running for 25 years and has competed in England, Sweden, Holland, U.S.A. and Mexico (and on rare occasions in Australia!) He has been coaching for over 15 years and has advised Lillian Board, Sue Muir, Maureen Moyle, Jenny Ward and Jo Walsh amongst others. Roger started one of Adelaide's first fun run groups in 1976 – the Institute of Fitness's "Runners Club". So whatever your needs or aspirations may be, you will receive appropriate advice. **Phone 51 3290 for an appointment.**

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OTHER COMPANIES:

Le Coq Sportif :: Penfolds Kaiser-Stuhl :: Arnott's Biscuits :: Nestle's :: Olympic General Products (sponges) :: Union Carbide (gear bags) :: Citrus Organising Committee :: H.L Banana :: Healthy State Shop :: Para Communications (officials' prize) :: Suburban Waste Services (bins at finish) :: 5DN :: San Remo Spaghetti

COMMUNITY ORGANISATIONS:

Adelaide Council :: S.A. Police Department :: St. John :: Apex Club of Salisbury (7 aid stations) assisted by Apex in Gawler, Elizabeth, Modbury, Tea Tree Gully, Prospect, Enfield, Campbelltown and Woodville :: Jaycees of West Torrens (7 aid stations) assisted by Lions Elizabeth, Broadmeadows Little Athletics Club, Central Districts Hospital, Elizabeth Field Junior Soccer Club, YMCA Flinderst St., Tea Tree Gully Athletics Club, St. Agnes Fitness Club and Police Running Group :: Gawler District Athletics Club (start) :: Gawler Rotary :: Australian Citizen Radio Monitors :: MG Car Club :: The Athletic Association of South Australia (finish system) :: The South Australian Women's Keep Fit Association (finish services) :: Australian Podiatry Association :: Sports Physiotherapy Group :: Centre for Physical Health (Uni Gym) :: 4 Military District Band :: Gawler and Barossa Jockey Club :: Gawler Town Band :: Elizabeth City Brass Band.

THE VITAL STATISTICS

Winners

1st Male Runner:	Colin Neave (ACT)	2.21.10 (record)
1st Female Runner:	Anne Mann (SA)	2.52.24
1st Male Wheelchair:	Robert Turner (SA)	2.11.53 (Australian record)
1st Female Wheelchair:	Julie Russell (SA)	3.28.51
1st Male Racewalker:	Ian Fay (SA)	4.07.22
1st Female Racewalker:	Kathy Schultz (SA)	5.07.53
Slowest finisher:	James Pivovaroff	6.43.30

Clubs and Teams

1st Club:	Adelaide Harriers. A. Chittleborough, L. Merchant, I.Hill, D. Martin	10.50.17
1st Schools Team:	Northfield High. J. Lovell, M. Allen, G. Cawrse, G. Archer	12.32.00
1st Services Team:	Police. R. Jolly, B. Moyse, R. Stone, R. Williams	13.52.54
1st Works Team:	ETSA. B. Howell, F. Ortiz, G. Roberts, I. Rice	11.53.42
1st "Other" Team:	Bertie's Flyers. A. Chittleborough, L. Merchant, I. Hill, D. Martin	10.50.17

Greatest number of Finishers

Club	Adelaide Harriers, Veterans (35) equal
School	Strathmont, Northfield (6) equal
Services	Police (5)
Works	Flinders Medical Centre (7)
"Other"	Berties Flyers (6)

Air New Zealand/TAA Travel

Ross Martin 3.16.12, Kenneth McPartland 5.25.45, Alistair Whibley 5.21.01,
Russell Paterson 3.15.31 ("Big 3")

Statistics	1979	1980	1981	1982
Entrants	695	909	918	1176 (up 30%)
Starters	525	726	739	929
Finishers	464	691	707	878
Sub 3-hour	24	69	76	59
Average time	3.49.50	3.36.35	3.39.00	3.49.25
Female entrants	27	52	89	113
Average age	na	33	35	35
Temperature at 8.00 am			10°C	18°C
Temperature at 12 noon			13½°C	27°C (hottest day in 70 years)

From a survey of non-starters (247) and non-finishers (51), 72% (of the 110 replies received) said definitely they *would be entering* in 1983. Flu and pre-event injury were the two greatest causes of non-starting.

WHO IS HE?

His face is gaunt and wizened,
With a pallor unto death,
His mood morose and sullen,
And he suffers from bad breath!

Is he some wise old guru —
His span of life completed?
No, he is a crazy marathoner —
Who has just carbo-depleted!

Mary H

Balance sheet on the run

Income		Expenses (over 100 separate categories)	
Entry fees	11,660	Administration	3,397
Late Entries Addition	342	Printing	2,324
Coach Tickets	940	Advertising	2,473
*Sponsors (cash only)	3,700	The Course	985
		Finish Area	1,460
		Awards/Prizes	3,160
		Top Runners	225
		Marathon Clinic	88
		**Donations	2,530
	<u>\$16,642</u>		<u>\$16,642</u>

*Sponsors' contributions in products and services estimated in excess of \$10,000 (additional to above)

**Donations to community organisations assisting the event: South Australian Road Runners Club, Gawler District Athletic Club, Gawler Town Band, Salisbury Apex, Adelaide Jaycees, St. John, Australian Citizen Radio Monitors, Elizabeth City Brass Band, Athletic Association of South Australia, South Australian Women's Keep Fit Association, 4 Military District Band.

..... \$2,530

In addition, runners raised through sponsorship for the Channel 10 Xmas Appeal

..... \$2,031



**HIGHLIGHTS OF
THE BIG RACE**



A personal profile

by JOHN HAYNES



*Above: BEFORE – John at 85kg. in 1977 and
Right: AFTER – He finishes the 1982 Festival
City Marathon (3.13.21).*

Before and After

"After 20 years of alcoholic drinking and reaching 85kg, I was taken to hospital after having suffered an angina attack at work.

After discharge from hospital I spent a further 12 months of heavy alcoholic drinking convinced I was going to die a drunk. After a visit to my doctor for high blood pressure and various other ailments he arranged for a specialist to see me to sort out my problems. I was told then that I had to stop drinking, and get fit.

He introduced me to the book *The New Aerobics* by Kenneth Cooper, and so started a long slow recovery to health and fitness.

I hated running at first and would only do the 20 minutes every other day as suggested, not a minute longer. After 3 or 4 months, my weight started to come down and I gained a certain amount of fitness. Keeping up with new clothes was a problem at that stage because I was forever going out and buying smaller trousers.

Then someone at work kidded me into running the City to Bay. So I entered, and for the next two months really trained to complete the 12km run. Immediately after the run I was handed a copy of the SARRC journal *Festival City Runner*. I decided to join the Start Running classes because now I had to admit that I liked running. I then enjoyed the companionship and help of other runners so much that I decided I wanted to help others too. So I applied to do the Instructors course.

My weight is now down to 68 kg in just under 2 years and this year I've run Pitchi-Richi Marathon 3.43, the Festival City Marathon 3.13, and the Adelaide to Victor Harbor Ultra Marathon 8.52.48 (came 17th out of 38 finishers).

I would like to take this opportunity to thank Helen Morris and Jenny Dabinett who have both helped me immensely since I joined SARRC."

Wheels help keep pace



Julie finishing the 1982 Festival City Marathon.

JULIE RUSSELL . . . 30 . . . lives in Hyde Park . . . clerk with the Australian Public Service Board . . . contracted polio at the age of 16 months . . . paraplegic . . . walks with the aid of crutches and calipers . . . uses a lightweight wheelchair for sport (designed and built by husband Eric) . . . began her sporting career in 1977 with the S.A. Paraplegic and Quadraplegic Sports Club playing wheelchair basketball . . . then moved onto track events with encouragement from Ian Wardrop (coach with the Para. group) . . . now competes in National and International pentathlon events (javelin, discus, shotput, 200 metre and 1500 track races) . . . Silver Pentathlon Medallist Holland Disabled Olympics 1980, Gold Pentathlon Medallist Stoke Manderville, England World Championships 1982 and Silver Pentathlon Medallist, England 1982 . . . keen theatregoer and Norwood football supporter . . . Julie, Eric and Sheeba (their Labrador cross) run mainly in the mornings in the South Parklands . . . recently returned to Adelaide after living in Queensland for 2 years . . . "I was looking forward to coming back to South Australia because there is extra effort made here to encourage wheelchair competitors" . . . "I was especially pleased with the change to a hard surface finish for the marathon this year after the problems we had with the grass last year" . . . "We all really appreciate the attitude of the SARRC organisers and the other runners."

by Sue Forth

TONY ASHWELL . . . 47 . . . of North Adelaide . . . achieved notoriety as the first Australian arrested and jailed for running on the road . . . computer fanatic and pilot in his free time . . . used to smoke 60 cigarettes a day . . . at 42 started a course in unarmed combat with his son . . . black belt 1978 . . . Tony says, "Basically I was fit, but I didn't have the endurance. So I started distance running" . . . in 1979 ran the Festival City Marathon . . . best Marathon time 3.35 . . . tried to improve his performance by running faster and increasing his mileage . . . suffered every possible injury as a consequence he says . . . now more cautious and enjoys running slowly . . . "People say my marathon times are getting slower, but that's because I'm getting wiser" . . . the secret to his 1982 Sri Chinmoy Triathlon success (4.27, second veteran finisher) is a regime of a 15 min. run then a 5 min. walk . . . he enjoys cycling to and from work (300-400 km/week) . . . was SARRC Secretary 1980-82.



Tony with his steel steed outside the Uni. gym.