



# RUNNING

JOURNAL OF THE AUSTRALIAN ROAD RUNNERS CLUB INC. - No. 8



**Everyone Run**

**Festival City Marathon**

**Eyewitness Corporate Cup**

Registered Australia Post Publication No. 380-1998

SOUTH AUSTRALIA

# RUNNING

A journal of the



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**Cover:** The start of the YMCA Couples Fun Run in the picturesque parklands of Adelaide.

# Editorial

This Special Christmas edition of *SA Running* is another forward step in the growth and development of SARRC. We intend in future to produce a colour annual each November as a feature of the year's highlights.

Our Journal will return to its normal format in February '84, but for this issue you will notice we have excluded a contacts guide, a medical page, opinion page, up front and other usual articles. I would like to sincerely thank our contributors throughout 1983 and record a special mention to the willing workers who carried the journal from its modest beginning to our present publication.

I hope a later issue can record our thanks more fully.

The Festival City Marathon through its outstanding success has grown to be the flagship of the SA Road Runners. We are justly very proud of the high standard of organisation, the friendly atmosphere, large field of runners and high percentage of finishers. A large content of this issue focusses on the marathon as a souvenir for 1983. It celebrates the last Gawler to Adelaide run; a new course announcement for 1984; and the giant 150th Jubilee planned for 1986.

A warm welcome to all our new members, local, country and interstate and each of the corporate cup runners. May your run into '84 be a pleasant one. Merry Christmas.

Several articles and letters could not be printed in this issue due to a lack of space. Thank you for your contributions.

# PRESIDENT'S PAGE

## OUR MARATHON JOINS THE WORLD'S BEST

The big news is the fantastic new course approved for the sixth Annual Sunday Mail Festival City Marathon next year. Why so?

There are several ingredients that make a marathon good — first class organisation and a friendly, caring race atmosphere; and the ingredient that makes a marathon great — a fast and spectacular course.

The new course moves the event to centre stage. We are literally taking over the city on the last Sunday in August. Major roads will be closed. The course is traffic-free, such is the goodwill and support for the event by the SA Police, Councils and sponsors. No other city in Australia can boast such a course which boldly takes in its highlights.

We can now join New York, London and the scores of big cities throughout the world that stage an annual traffic-free, centre-city marathon. Excuse our pride of Adelaide if we boast that our course is one of the most spectacular and beautiful — exactly like Adelaide itself!

The marathon has become the flagship of the long distance running and jogging. It represents the tip of the iceberg. Of an estimated 84,000 adult joggers in our State (population 1.3 million), only about 2,500 have ever run a marathon. However, the mass marathon movement both here and world-wide, has helped to raise the status of running and jogging in the community generally. To many people, finishing a marathon is just the inspiration needed to take on running as a sport and a means of healthy exercise.

When the New York City Marathon moved out of Central Park in 1975 to the city streets, it gave the marathon the extra dimensions of style, visibility and thoroughly international flavour. Who would have predicted that watching a marathon footrace would catch the imagination of millions of New Yorkers in such a way?

London Marathon Race Director and 1956 Olympic steeplechase gold medallist, Chris Brasher eloquently describes what makes the London Marathon an "absolutely magic day." In doing so, he gives us a set of ready-made objectives for our own event.

"First, it is a world-class sporting event for both men and women . . . . Second, it provides 'Sport for All' in an event that represents the spirit of the Family of Man . . . . Third, it mixes the elite with the rest of us in what makes it unique in the annals of sport . . . ."

Brasher asks, "Can you go out on to the pitch at Lord's and strike a ball in an England versus Australia match? Can you compete against Seb Coe and Steve Ovett at Crystal Palace? . . . . No," he said, "but you can take part in the very same marathon race with the best in the world and add your unique colour and flavour."

With the Olympics now a battleground of ideology, Brasher proposes that the mass marathon movement has become the repository of Baron de Coubertin's great Olympic idea, ". . . . the important thing is not to win, but to take part, just as the important thing in life is not the triumph, but the struggle. The essential thing is not to have conquered, but to have fought well."

Brasher was inspired by his own running in the 1979 New York City Marathon to write, ". . . . millions of us, competitors and spectators alike had seen a vision of the human race, happy and united, willing their fellow human beings to a pointless but wonderful victory over mental doubt and human frailty." From this experience, the London Marathon was born.

And that is why our new course is so fantastic. Moving to centre stage will bring 100,000 or more spectators by 1986. It shifts our event into the category of Johnny's Christmas Pageant and Grand Final Day as an annual South Australian people's spectacle.

For spectators, it will be both dramatic and uplifting. There is no other running event quite like the marathon that brings such interaction between the crowd and competitors. And for us runners it will be both moving and activating — like kicking the winning goal on Grand Final Day.

No other sport can claim so many winners.

**Bruce Abrahams**

# Behind the Marathon

By Peter Haynes

For the past five years Adelaide's Festival City Marathon has worked at establishing and maintaining a reputation as Australia's friendliest marathon.

It has been successful in establishing that image while watching the event grow from a total entry of 695 runners in 1979 to the 1584 who ran this year.

It is a reputation which has inspired serious runners and plodders, families and work groups to compete, something born out of the fact that the field this year contained 11 per cent women, the highest proportion of any marathon in Australia.

That figure has been growing steadily but organisers say they will not be happy until it reaches 50 per cent.

The event has also helped build the pool of distance runners in SA, throwing up such figures as Australian cross-country representative Desiree Letherby and State marathon representative Jenny Flood who both started with top performances in the Festival City marathon.

It can also claim the fastest political figure in Australia in Premier John Bannon, whose time of 2 hours 44 makes him the fastest political leader in the world.

Supreme Court judge Justice Robin Millhouse, a sub-three hour performer is another regular competitor.

F.C.M. can claim, with some justification, to being one of the major reasons why Adelaide is gaining a reputation as being the most running-oriented capital of Australia.

But marathons don't just happen. They require careful planning and organisation, behind the scenes stuff which is rarely glamorous and often frustrating.

There are first aid and drink stations to be organised, start and finish line systems to be organised and improved as the field gets bigger, council approvals to be obtained, police approval and assistance to be organised and medical staff and pick up vans for those who cannot finish.

In 1982 entries topped the 1000 mark for the first time which meant alterations to the finish line system and the growth of the event to this year's 1564 meant computers will be called in to help at the finish next year.

1984 poses a real challenge for the organisers.

In order to make the Festival City marathon an international event by 1986, one of the long term aims of the committee, the course had to be changed from the point-to-point Gawler to Adelaide to an out and back run.

Work began on that before this year's marathon had been run.

A budget of \$20,000 was set and a double loop course taking in part of the city centre drawn up.

After six months discussion with Councils, police and others the new course has been approved.

Now follows the promotion, printing and distributing of entry forms, work in training clinics and work to attract crowds to watch and support the runners.

There is also a need to find about 500 volunteers to man the aid stations, run the finish and starts and handle the thousands of jobs which crop up during a run.

So far the event has been organised by enthusiastic runners in their own time.

The lack of complaints and the large number of compliments received indicates they are doing well.

But that will be just another step in the run's progression which can only be described as one of the real success stories of the state.

The organisers have done all they can to help everyone "overcome their own Mount Everest."

# Festival City Marathon

Sunday  
Mail

# FINISH

2:51:16

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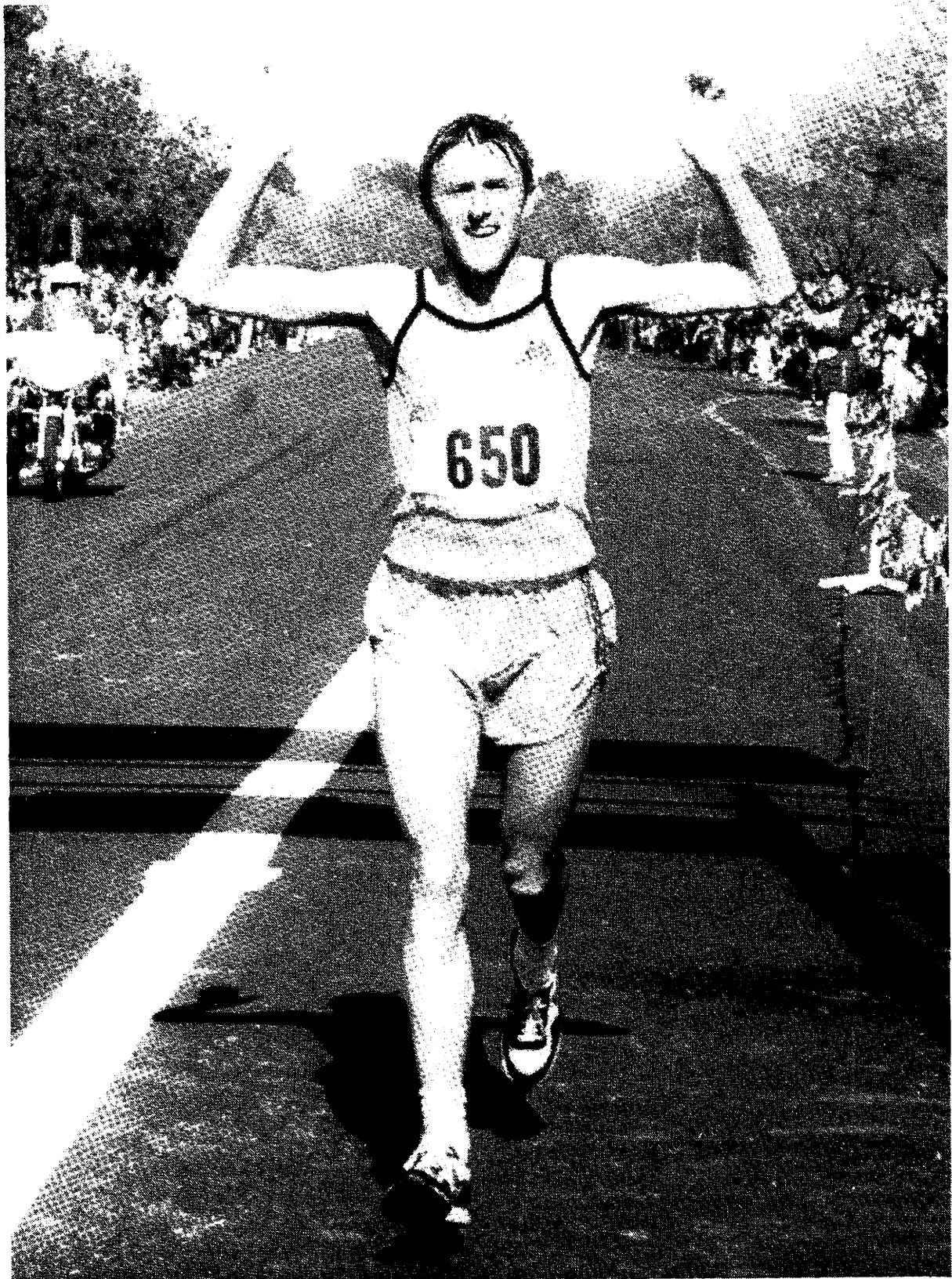
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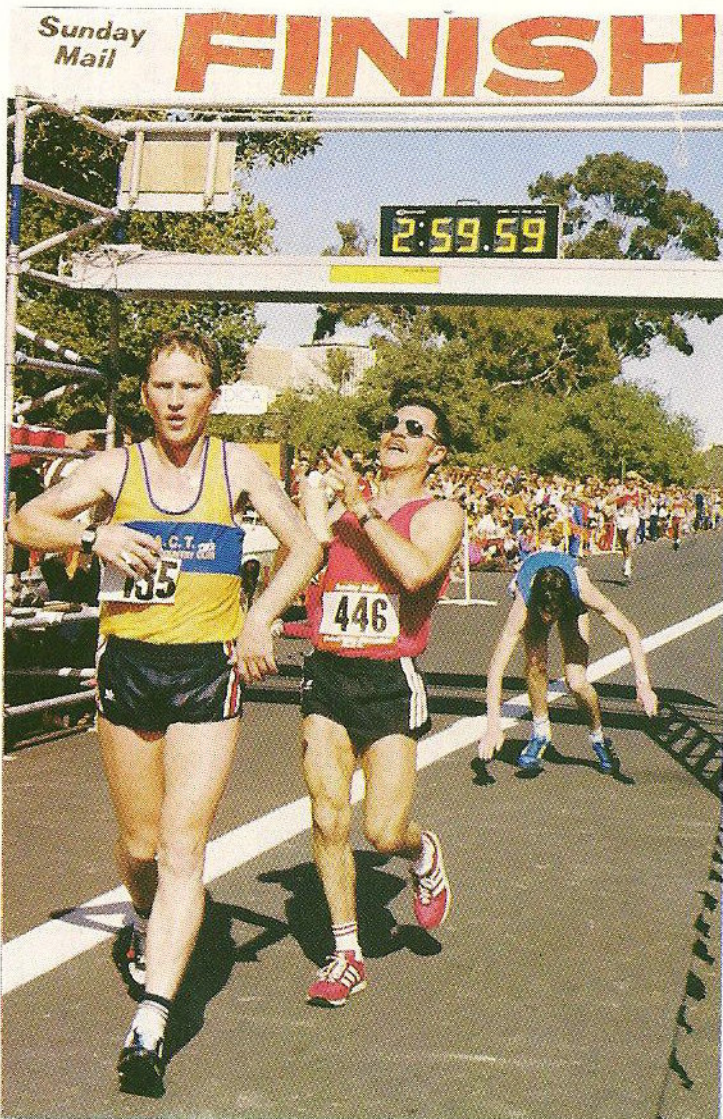
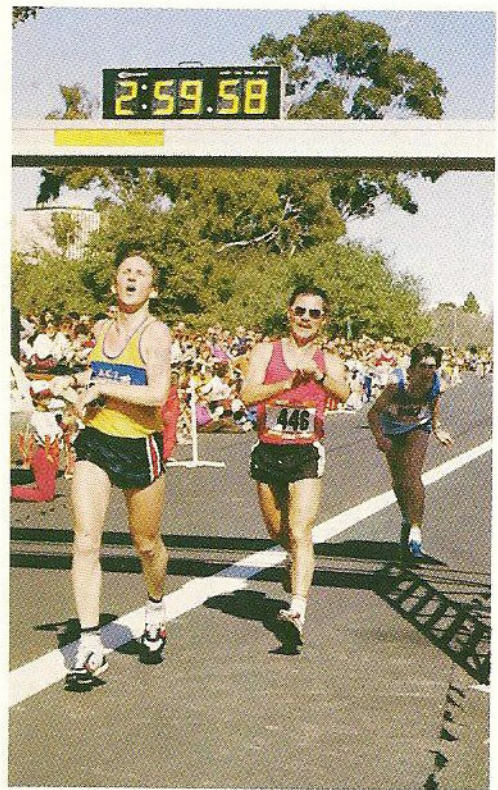
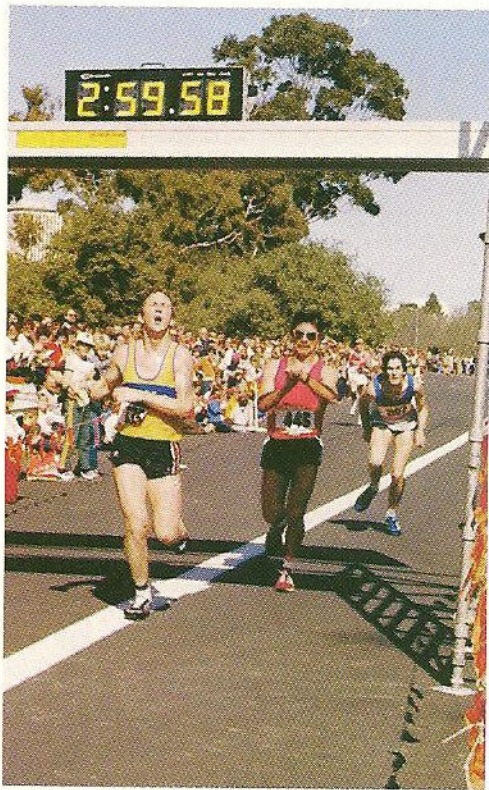
130

Winner of the Women's Division  
(500) Desiree Letherby in 2:51:15 crosses the finish  
line with (130) Ray Spilling 2:51:15 and  
(414) Terry Rowe 2:51:16.

# SUNDAY MAIL/FESTIVAL CITY 1983 Marathon Winner



**PAUL O'HARE (VICTORIA) 2:20:27**



**2:59:58**

Two metres to go, legs collapsing, a sub-three-hour finish seems impossible for the third runner.

**2:59:58**

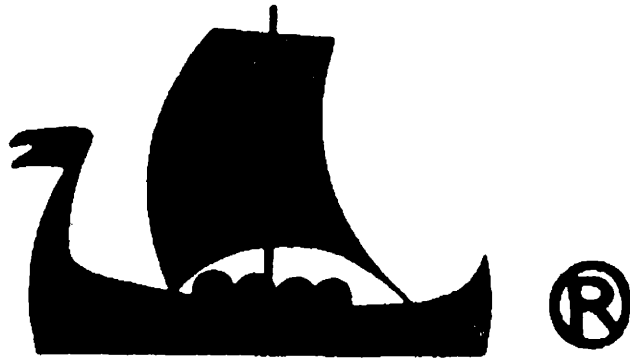
One step is like a mile.

**2:59:59**

Determination reaps its rewards — a personal victory for all three runners.

**Sub 3 hrs.**

The runners are (135) Terry Walsh, (446) Wilfried Lamprecht, and (1107) Ben Phillips. Congratulations.



# NORDICA

"THE GOOD TASTE"

## STATISTICS OF THE SUNDAY MAIL FESTIVAL CITY MARATHON Sunday, August 28, 1983

### Lord Mayor's Perpetual Trophies, "Nordica" Trophies

1st Male Runner	Paul O'Hare (Vic)	2.20.27 (rec)
1st Female Runner	Desiree Letherby (SA)	2.51.15 (rec)

### SARRC Trophies

1st Male Wheelchair	Peter Trotter (NSW)	2.01.59 (rec)
1st Female Wheelchair	Julie Russell (SA)	3.08.35 (rec)
1st Male Racewalker	Peter Fullager (SA)	3.50.15 (rec)

### "John Bannon" Veterans Perpetual Shield

1st Male 40-49 years	Frank Howitt	2.36.53
1st Female 40-49 years	Angela Stephen	3.32.56
1st Male 50-59 years	Allan Hartley	2.49.00 (rec)
1st Female Over 50 years	Sonia Simpson	3.26.17 (rec)
1st Male Over 60 years	Bill Caudle	3.23.35
Oldest Male — 72 years	Richard Bryant	3.59.11
Oldest Female — 58 years	Olive Snuggs	6.32.29

### Endurance "Hare and Tortoise" Award

Slowest Finisher	John Lodge	6.46.52 (rec)
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### Channel 10 Christmas Appeal Award

Most Money Raised — <b>\$614.00</b>	Simon Simms (fully clothed — in army gear)	4.46.40
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TOTAL AMOUNT RAISED BY RUNNERS **was \$13,234.07**

### SARRC club and Team Awards

Athletic Club — Adelaide Harriers	Peter Hooper	2.26.18
	David Patterson	2.28.57
	Roger Nickson	2.29.17
Female Team — SA Women Keep Fit	Avril Hill	3.04.58
	Mollie Whitehorn	3.09.49
	Anne Lindh	3.46.57
Corporate Team — Flinders Medical Centre	Andrew Chittleborough	2.34.24
	Kym Piper	2.45.05
	Philip Henschke	2.45.38
Family Team — Lamprecht Family	Wilfried Lamprecht	2.59.58
	Frank Lamprecht	3.18.30
	Bruni Lamprecht	3.31.51



# Aug. 28



## 1983

John Lodge, left, is presented with the Endurance "Hare and Tortoise" Award by the Chairman of the Marathon Race Committee Russell Paterson.

Corporate Team – Flinders Medical Centre	Andrew Chittleborough	2.34.24
	Kym Piper	2.45.05
	Philip Henschke	2.45.38
Family Team – Lamprecht Family	Wilfried Lamprecht	2.59.58
	Frank Lamprecht	3.18.30
	Bruni Lamprecht	3.31.51

### Marathon Statistics

	1979	1980	1981	1982	1983
Entrants	695	909	918	1176	1564
Starters	525	726	739	929	1384
Finishers	464	691	707	878	1330
% Finished	88%	95%	96%	95%	96%
Sub 3 hrs	24	69	76	59	170
Average Time	3.49.50	3.36.35	3.39.00	3.49.25	3.39.50
Female Entrants	27	52	89	113	164
% Female Entrants	3.9%	5.7%	9.7%	9.6%	10.5%
First Time Entrants		522	437	548	828
% First Time		60.7%	47.6%	46.6%	52.9%
Interstate/Overseas		24	70	89	76

Weather Conditions:	8.00 am Temperature	7.6°C
	12 noon Temperature	16.0°C
	Fine, sunny. Wind	9.00 am NE 8km/hr 12.00 noon NNE 10km/hr

### SARRC MARATHON COMMITTEE

Russell Paterson (Chairman), Fay Nichols (Secretary), Tom Matthews (Treasurer), Bruce Abrahams (Race Director), Bronte Turner, Eiva Abrahams, Bob Barnard, Dr Gavin Beaumont (medical coordinator), Margaret Thompson (SA Women Keep Fit), Barry Stewart (Salisbury Apex), Des Paul (Athletic Association of SA), Margaret Mason (Channel 10), Ron Longstaff (Sunday Mail), Brian Goodhind.