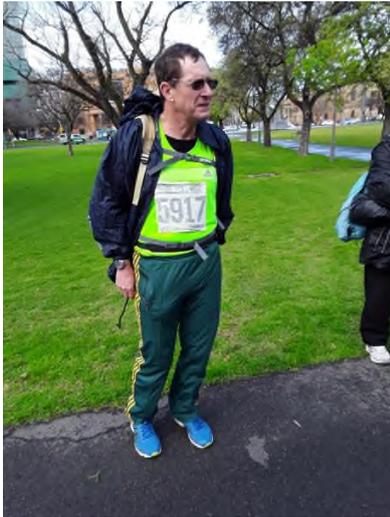


CENTENARY MARATHON REPORTS

From **Michael Fraser**, Friday 21 August 2020

Hello Ian, Great story on the ABC news tonight. Thank you for organising the event, although I am very sore I did enjoy completing the historic event. It makes up for not running the Melbourne Marathon in October. I will go back to my normal minimalist training regime for my next and make sure to include some lsd. Extremely underdone for today, only about 21 km fit. Do you drink wine? If so, can buy you a bottle?

Michael



Photos by Ian Hill

Michael Fraser with his Big M Melbourne Marathon number from the early 1980s; starting with Jim Docking and David Billett

From **Tony Ayris**, Saturday 22 August 2020

Hi Ian first of all I just want to say a very big thank you for putting on such an amazing event yesterday! The Time and effort you put into this must have been staggering. From marking out the course all of the research and providing us with beautiful medals at your own expense! It really was a very kind and special thing to do. To see everyone come together and also be presented with a medal by Grenville Wood is something I will always remember as I was always hearing his name and achievements back when I started my marathon and running career. To be able to catch up with everyone after the event and hear stories and share time together was amazing! I was very proud to be a part of it and very grateful for what you have done. After the loss of the 6 day it was just what I needed to get back in the saddle again so to speak. Also I have found a clip from you tube from the 1988 Marathon I do believe that is you at the 38 second mark and also at 2.28 also! You finished fourth that year? Anyway take a look on you tube I only found it today. Cheers mate and have a great run on the course tomorrow!

LINK to Adelaide Marathon 1988: *(link removed because pdf version said it was "dangerous" - Ian)*
Kind regards Tony Ayris.



Photos by Peter Kotsoglous



Tony Ayris about to finish with Darren Linney following; receiving his medal from Grenville Wood

Part of my reply to Tony:

Hi Tony,

Thanks for all your kind words. Yes, for much of the past three months I've put aside everything else I do to make this marathon happen and it was successful way beyond my expectations. A couple of people have said it was a welcome diversion to the doom and gloom of this year's uninvited intruder, the corona virus. While all sporting and other planned activities became chaotic and unpredictable, this event was a rock of sorts because of its definition, a centenary celebration tied to a specific date, August 21st. It became a certainty because of its small number of participants and no-one in authority bothered us.

Regarding the YouTube clip, I'm responsible for that. I used to tape all the news reports of anything to do with athletics for many years. I used to be on Cool Running and about 10 years ago a bloke called Michael Grech asked for any old VHS tapes of marathons and I sent him about twenty, a few at a time, for him to put up on YT. A couple of years ago the SARRC got excited when they found them. But thanks Tony - you had no way of knowing that!

I was third in that 1988 marathon. There was also a wheelchair finisher before me which caused the first reporter to say I was fourth. I got to the podium by default because about four people dropped out ahead of me as it was a warm day.

I'm looking forward to tomorrow.

*Regards
Ian*

From **Peter Kotsoglous**, Monday 24 August 2020

Hello Steve (and Ian!),

A huge thankyou for your support on Day3 of the Centenary Marathon. It was a wonderful 3 days and much credit to Ian Hill. Well done to the script writer who created an amazing and gripping climax to the weekend ; the star and creator of the event is the last entrant to set off on the 're-enactment' , has a fall 26km into the event whilst on a cracking pace , is extremely lucky to have another runner with him who had already done the Centenary run, this runner probably saves Ian from smashing his head into the pavement by cushioning his fall enabling Ian to resurrect himself like the Griffin from the flames and hobble on one leg at an impressive 5km/hr to the finish line !!! The drama was up there with that of another Empire Games moment, that being in 1954 with Jim Peters collapsing metres from the finish but Ian didn't have a grandstand of enthusiastic supporters to cheer him on to the finish ; he had to rely on raw guts and determination and the spirit of the occasion to get him there . Quote 1000m from the finish: Ian Hill – 'I remember the disappointment of withdrawing from an Adelaide Marathon and I have always regretted not finishing it , **I WILL FINISH THIS!**'

I guess the moment got the better of me so I had to try a glass of your wine to celebrate what was an awesome event . The wine is fantastic - thankyou!!!

My run; Elapsed time 5:48:03
Moving time 5:29:24

(Happy to leave it at that Ian & not adjust for the extra 500m or so I might have run)

Approx 2:30 for the first half and 3:00 for the second ... moving time.

Very happy – look fwd to doing the course again but not in any rush!

Thanks again Steve, it was an honour to have your presence and support on the weekend.



Peter at the end of his marathon



David Billett, Ian Hill and Steve Guy

From **Rick Jenkner**, Saturday 22 August 2020

Hi Ian,

Thanks again for organizing this day of fun. I understand how you feel about the costs, but I will be pleased and honoured to shout you your favourite beer if you let me know what it is. Best of success for your running of the course.

Certainly it is the oddest marathon I've ever run, and I can't think of any training runs I've ever done with so many stops. It must have been much easier to run that course in 1920, as there were probably no traffic signals and very few cars on the roads! I was running a second watch as a check, and a couple of times I forgot to stop it when I stopped, but I had to make approx. 45 stops, mostly for traffic. The toilet at Page Park was occupied, and I had given up and was waiting at the light when it vacated, and then I had to wait at the light again. My longest period of continuous running was just under 21 minutes, and my total stoppage time was 39:30. My GPS device has auto-pause, but I was unable to stop it when I went off course to the toilets (4x) so it recorded 42.51km in 4:57:50 for an average pace of 6:59, which was my best-case goal. Adjusting at this pace for 42.2km gives 4:54:42. Make your best judgment on what time to record as my finishing time.

Cheers, Rick

and Tuesday 25 August 2020

Well that doesn't include the adjustment for the extra distance covered. I was out there for 5:37:20. And I should correct another error I made in my bio. Memory plays tricks; when I looked up my PB, it was actually 3:00:39, and in 1999, not 1998. In '98 I ran 3:15, and 3:10. Those were the days.....

Congratulations on your finish. I loved your outfit! Give yourself one of those special awards for apparel! You did warn us to be careful about the shocking pathways on Cross Rd. When I was running with Tim he had a couple of stumbles, but I was lucky.

/R



Photo by Ian Hill



Photo by Peter Kotsoglous

Rick at the start with Tim Horton; at the finish after receiving his medal from Grenville Wood, behind him

From **Peter Allcroft**, Wednesday 26 August 2020

Dear Ian

My moving time was 4.02:27 and my elapsed time was 4.31:23;

It may well have been me running down Portrush at around the 2 hour mark; it was a nice change from that long gentle climb to the waterfall, and I was feeling ok.

OG Rd was tough as it seemed to go on forever; I found the little brick paving hard work;

the maps and toilet stops etc were fantastic;

The loo at the Burnside pool was welcome;

It must have been a fabulous run 100 years ago through farmland and open space;

Thank you for your organising of the event;

ABC News gave good coverage;

Did you end up running on the Sunday?

Peter

and Sunday 30 August 2020

The pavement along many of the sections was quite lethal;

I often found it easier to run on the edge of the paths on the gravel sections;

I will be hopefully doing the Half with my daughter if I can get someone to cover me at the Hospital for a couple of hours, as I am on call all that week;

The long weekend I am running Cape Jervis to Victor with my Son in law;

I looked at some of the Friday times; They were a quick group on Friday afternoon.

Once again thankyou very much for your organising efforts.

Best Wishes.

Peter

From **Chris Glacken** Sunday 23 August 2020

Ian just want to say a huge thankyou of appreciation for organising and all the background research that went into the Centenary Marathon. Thankyou also to Peter for his oncourse support.

I certainly wasn't in the best condition to attend this event and should not have ran but wouldn't have missed it for anything.

I'll get back to you shortly with a report on both the event and coastalfunruns. In the meantime for me to add results to the BRAVERUNNERS AUSNZ 100 Marathon Club I just need a few results of elapsed times. Not sure if you were considering publishing them but I can round up enough times to make it official if I need from a few other runners on the day.

For the record my elapsed time was 6:43:14 (moving time 6:05:11)

and Monday 24 August 2020

Cheers Ian and bugga re: the sprained ankle hope you recover fast. Yes I was worried somewhat for the people I saw out there running as that was my fear that someone may trip on a raised section of concrete path or pavers. I've seen it happen so many times. Another reason I always have my insurances up to date.

and Wednesday 26 August 2020

In a nut shell as soon as I found out about your event I knew I just had to participate even if on the day I was not feeling well at all. It was so well prepared and organised so that's a credit to you and all involved. I actually enjoyed that course so much I'll be running it alone in future as a training run occasionally. It was also awesome to run in the company of quite a few accomplished marathoners throughout the morning. Wish I could have stayed on after to chat to all and hear about their journeys. As I was running I was reflecting on how it must have felt for those running back in 1920 without all the traffic surrounding them. Some of the course were quite long up to 10km stretches. Reminds me of Portland marathons Cashmere Straight which was about an 8km straight run.

In early 2012 I started running marathons to raise money for cancer research. As we only had Adelaide & Pichi Richi available here in SA I had to spend many dollars travelling interstate to run.

I've now addressed that in part by offering low cost low key marathon events (as well as all other distances from 3km to 160km) as "coastalfunruns". I now raise money & awareness for both the Australian Cancer Research Foundation and Bravehearts. Current totals are around \$130,000 for Bravehearts & \$30,000 for ACRF. We have had in excess of 20 events per year since early 2016 including many different challenges for runners & walkers.

In late 2017 I also started at the request of others the Braverunners AUSNZ 100 marathon Club to address some issues with the existing 100 Club run initially by Bob.



Photos by Peter Kotsoglous



Tim Horton (left) and Chris Glacken near the finish line; thumbs up – completed the course!

From **Anthony Elder** Monday 24 August 2020

Afternoon Ian,

Thank you for sending through the photo.

I have taken a photo of the Strava output, see attached.

You can see I suffered due to excessive cold after being smashed by the rain and hail in the later part – plus didn't have my nutrition right. Something to work on next time.

Moving: 4:14:47

Elapsed: 4:56:43

I did stop at three servos along the way for ablutions (x1) and snack/drink stops (x2)

and Sunday 30 August 2020

Morning Ian,

Brilliant article, very well written. Thanks for the mention 😊

Dinner – thank you for the invite. September is a busy time of the year! Please accept my apologies *and later ...*

I did end up bitterly cold but wouldn't say hypothermia.

Main difficulty was my lack of training! Haha 😊

I was holding brilliant pace and felt fantastic until the rail hit and then I was struggling from then on. Probably a combination of things. Very cold yes ... did contemplate getting a hot chocolate from one of the cafes around Firle but thought the hot milk wouldn't sit well.

Thanks for your efforts, amazing job putting this together. My son took great pleasure in adding the medallions to the hallway collection 😊



Photo by Ian Hill

Anthony Elder soon after finishing in a PB of 4:14:57

From **Cecile Gouws**, Tuesday 1 September 2020

Hi Ian,

I want to thank you for helping me reach my goal of running my very first marathon under awesome conditions, that is putting aside the little bit of rain and rather cold morning 😊 My memory from running the Centenary marathon is all great and fantastic memories.

It has been a goal of mine since last year to work myself up to a full marathon. I decided to use the Adelaide Running Festival 2020 as my point in time to complete my first full marathon. I chose this event as two years ago, although now 2 and a half years ago, I completed my first half marathon at the same event. It was a nice thought to think I improved my running in 2 years.

Unfortunately COVID hit and most runs were either cancelled or postponed, which put my goal in the uncertainty category.

Thanks to you and Jim Docking, who told me about the event you were organising, I decided at very last minute to contact you and register for the event so I can tick off my goal. I recruited a friend of mine, Paul Bartsch, to join me as he is also an avid runner and a great motivator when it comes to running.

We set off at 6.30am on Saturday morning, 22 August. It was a rather chilly morning with heavy clouds hanging over us. I felt keen and excited to give this a go. I remember saying to Paul 'now remember, it needs to be an easy pace'. We set off and the first 5 or so kilometers were at between 5:15 and 5.30min/km pace.....way too fast, thinking we are going to crash towards the end.

We had our first stop at around 12km at an OTR where we got ourselves some drinks and energy food. Set off again at a much slower pace of around 6min/km. That was more what I had in mind. From around the 18km mark we slowed down quite a bit as Paul started to struggle with his calf. Concerned about that and to not risk an injury, we started to walk a bit, especially on the hills.

We had our second stop at around 27km at another OTR. More walking, stopping and stretching on Glynburn road. It was when we got onto Payneham road when Paul decided it is time to think of getting a cab or phone a friend as he no longer think it is a good idea to continue. That was when you found us and was kind enough to drive Paul home.

I set off on my own trying to make up some time and turn some of the slower km's into faster km's. I maintained a sub 6min/km pace for the last 10km, to finally finish it off in 4:23:01....let's not forget about the one second, right? 😊

Using the Centenary marathon event to mark my very first marathon ever, makes it extra special. To think 100 years ago, the first marathon in South Australia happened and now, 100 years later, little me complete her first 42km's. One of the best days of my life. I am even thinking to do the same run every year on the same day as an anniversary run. See how that intention goes.... 😊

Thank you for organising a super event. Your support before, during and after the event was superb. You really looked after us. Thanks to Jim Docking who suggested the run and for designing the medal. It will always be a special medal in my trophy case.

Last but not least, thank you for reading my story. 😊

Warm regards



Photos by Ian Hill

Cecile just after finishing on Saturday 22 August 2020 and with her medal

From **John Csongei** Wednesday 2 September 2020

Thanks for that Ian.

My race report: I saw a parkrun page Facebook post about the centenary run a week or so beforehand, and decided I needed to do it. I then did some research on the history of it with the intent on making a YouTube video of the run.

Two weeks before I had the Federation 50km Ultra and thanks to some ambitious pacing and general loss of form trying new training strategies through covid, the event pretty much wiped me out. I closed it out with being reduced to walking a few times in the final few flat kms with a tail wind, and required medical attention for some time afterwards. I've done 18 sub 3 hour marathons and 9 sub 2:40 (including overseas races), so I'd been in that way to varying degrees many times, and wasn't too worried. I pulled up with a lot of soreness, which relates to the centenary event because in my short recovery runs a few days before the event, my quads still weren't great.

So with this lead in, and also finding more information about the event brilliantly compiled on the Ausrunning page the day before, I set about documenting my run on Friday afternoon. I parked at the uni loop and walked to the start in clear but windy conditions. It rained briefly before my planned 1pm start, but I was able to film quite a few times throughout the run when it cleared.

I found the long stretches of the run very challenging, especially since the soreness returned in the early few kms going down Anzac Highway. I remembered that one of the reports from the original event was the roads were very hard on the legs. For me there was a massive tail wind going up Cross road and that plus the fact it was a gentle uphill meant the leg soreness eased. Having passed halfway by the top, I knew that despite being aerobically tired, I'd be able to get through to the finish due to the conservative but still steady pacing which I thought I'd gotten right.

As the run went on the small additional effort required to film and talk was for the most part too much, as the reality of running a marathon with increasing sore legs set in. Luckily the race reports from the 1920 event didn't include much about the last 15kms, so I could just focus on maintaining slow but forward momentum to the finish, much like I'd done two weeks before, and also a few times in the Pichi Richi marathon. My chosen speed had been 3hrs 10 min pace from the start until the last 10km, so a blow out to 3:13:59 wasn't too bad.

I'm happy to have achieved my main goals of the run, which was to have a moving time faster than the 1920 winning time, and produce an entertaining video. Thank you to everyone involved in the event - it's great that we are all part of history! The 10 minute video which I was able to edit and upload on the same day as the run, is at this link: <https://youtu.be/m-16tCNf2qs>

John Csongei



Photo by Peter Kotsoglous

From left, John Csongei, Ian Hill and Steve Guy