

In striving
for anything
we challenge
our limits.

Being healthy
extends them.



Photo Credit: Adelaide Freelande



Athletics S.A.

**THE BALFOURS
ROAD & CROSS
COUNTRY SEASON
HANDBOOK 1998**

PROUDLY SPONSORED BY:



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ENTRY FORM
 STATE ROAD, CROSS COUNTRY
 & WALKS CHAMPIONSHIPS

COMPETITION FEES

Senior & Veteran.	\$8	U/20, U/18, U/16, U/14.	\$6
Late Entries	\$16		\$12

Circle Appropriate Age Group: U/14 U/16 U/18 U/20
 OPEN VETERAN

Circle Appropriate Gender: MALE FEMALE

CHAMPIONSHIP DATE:...../...../..... CHAMPIONSHIP DISTANCE:.....km

COMPETITORS SURNAME:..... DATE OF BIRTH:...../...../.....

GIVEN NAMES:.....

CLUB:..... ASA REG NO:.....

ATHLETICS ASSOCIATION OF SOUTH AUSTRALIA INC.

SANTOS STADIUM, PO BOX 84 TORRENSVILLE PLAZA 5031
TELEPHONE: {08} 8238 3200 FACSIMILE: {08} 8238 3222

ASSOCIATION OFFICE STAFF

EXECUTIVE DIRECTOR: Sophie Keil.
DEVELOPMENT OFFICER: Derek McFadden.
FIELD OFFICER: Graham Davis.
ADMINISTRATION OFFICER: Barbara Stephens.
REGISTRAR: Kaye Carlin.
RECEPTIONISTS: Brenda Pearl OAM.
Rosemary Billett.

PRINCIPAL OFFICE BEARERS

PRESIDENT: Barry Stanton.
VICE PRESIDENT: Graeme Sargent.
Road & Cross Country: Gaetano Aiello.
Track & Field: Tony Diercks.
Finance: {to be announced}.
Club Council Chairman: Peter Brebner.
Marketing: Daniel Aschberger.
State Coach: Graham Boase.
Development: Bob Hunter.
Technical: John Hamann.
Officials Club: Brenda Pearl OAM.
Athletes Representatives: David Gerrard (Summer)
Jane Mudge (Winter)
Road & Cross Country Committee: Des Paul, Trevor Miller, Roy McFadden.
Selection Committee: Roy McFadden (Walks).
to be announced (Road & XC Senior).
Trevor Wiseman (Schools XC).
Referee: Des Paul Starter: Don Dohnt.
Time Keeper: Ron O'Neill. Recorder: Betty O'Neill.

Mrs.M. Cattu OAM	Mr.P.S.McCavanagh	Mrs.B. Wilson	Mr.K.A.Dalton
Mr.J.McDermott	Mr.L.R.Vollugi	Mrs.A.Deering	Mr.E.Jolly
Mr.J.Weber			

HONORARY LIFE MEMBERS.

Mrs.D.Burge	Mrs.G.Nunn-Cearns OAM	Mrs.N.Sheperd
Miss G.Colquhoun	Mrs.A.Ryan	Mrs.J.Stewart

DECEASED HONORARY LIFE MEMBERS.

Mrs.R.Bolton	Mrs.E.Durbridge	Mrs.L.Hendry
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MERIT AWARDS.

Mr.G.Adair	Mr.D.Dohnt	Mrs.B.Pearl OAM	Mr.M.R.Aitkin
Mr.A.K.Gordon	Mr.G.Peters	Mrs.J.Barnes	Mr.P.Hart
Mr.J.D.Purdie	Mr.J.D.Bell	Mr.R.W.Hussey	Mr.J.Russell
Mr.G.Boase	Mr.J.Jarver OAM	Mrs.A.Ryan	Mrs.B.Boswell
Mr.M.D.Kemp	Mr.M.Savis	Mrs.M.Cavanagh	Mr.R.E.Leedham
Mrs.N.Shepherd	Mr.R.L.Colquhoun	Mr.K.O'Brien	Mr.J.P.Walsh
Mr.E.A.Crisp	Mrs.B.O'Neil	Mr.K.Turnbull	Mrs.V.Crisp
Mr.R.O'Neil	Mr R Hunter	Mr B Stanton	

DECEASED MERIT AWARD HOLDERS.

Mr.A.A.Digance	Mr.E.R.Graham OAM	Mr.A.H.McIvor
Mr.P.Syme	Mr.L.R.Vollugi	Mr.O.W.F.Montgomery MBE

SA Road Walking Champs

Salisbury South, Saturday 17th May 1997

U/20 Men 10km

1. Liam Murphy	Sals	44.23
2. Vincent Riviere	Sals	53.40
3. Tyson Davey	Eliz	1.00.42.

U/20 Women 10km

1. Lara Kara-Ali	Sals	51.43
2. Natalie Crooks	Sals	54.21

SA Road Walking Champs

Regency Park, Saturday 31st May 1997

Open Men 20km

1. Liam Murphy	Sals	1.37.48
2. Richard Everson	Ind	1.44.08
3. Rob McFadden	Sals	1.46.28

Veteran Men 20km

1. David Bryson	Elz	2.03.12
2. Brian Murphy	Sal	2.10.40
3. Bill Star	Vet	2.18.39

U/16 Men 5km

1. Vincent Riviere	Sals	25.47
2. Tyson Davey	Eliz	27.20
3. Peter Bryson	Eliz	32.11

Open Women 10km

1. Jenny Crooks	Sals	50.48
2. Lara Kara-Ali	Sals	52.30
3. Natalie Crooks	Sals	56.44

Veteran Women 10km

1. Sandra Kramer	Elz	52.56
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U/16 Women 5km

1. Claire Woods	EH	27.17
2. Yvette Becker	Sals	30.46

SA Road Walking Champs

Salisbury South, Sunday 29th June 1997

Open Men 30km

1. Darren Bown	Eliz	2.49.39
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Veteran Men 30km

1. George White	Vet	2.54.08
2. David Bryson	Elz	3.09.29
3. Brian Murphy	Sal	3.14.20

U/18 Men 8km

1. Vincent Riviere	Sals	42.36
2. Peter Bryson	Eliz	55.14

U/14 Men 3km

1. Tyson Davey	Eliz	15.45
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Open Women 20km

1. Jenny Crooks	Sals	1.55.54
2. Lara Kara-Ali	Sals	2.05.11

U/18 Women 8km

1. Claire Woods	EH	44.36
2. Natalie Crooks	Sals	48.05
3. Bianca Davey	Eliz	49.56

U/14 Women 3km

1. Yvette Becker	Sals	17.49
2. Tamara Hunt	Ind	19.02



OFFICE: Suite 22 Fawknor Towers 431 St Kilda Road Melbourne 3004
TELEPHONE: {03} 9820 3511 FACSIMILE: {03} 9820 3544

President: Prof Terry Dwyer.
Executive Director: Martin Soust.
Competition Manager: Brian Roe.
Business Manager: Geoff Rowe.
Senior Member Services Officer: Jason Hellwig.

INTERSTATE ASSOCIATION

ACT ATHLETICS ASSOCIATION

Executive Director: Phil Spring
President: Brian Gleeson.
Sports House Maitland St. Hackett ACT 2606
Ph: {02} 6247 1504 Fax: {02} 6247 1507

ATHLETICA (formally The Athletic Association of WA)

Chief Executive Officer: Chilla Porter
President: Rod Carter
Suite 85, Plaistowe News.
West Perth WA 6005.
Phone: {08} 9485 0444 Fax: {08} 9485 0455

ATHLETICS NEW SOUTH WALES

Chief Executive Officer: Malcolm Harrison.
President: Ralph Doubell.
PO Box 723, Glebe NSW 2037
Sports House, Wentworth Park Raceway
Ultimo NSW 2007
Ph: {02} 9552 1244 Fax: {02} 9552 1987



ATHLETICS NORTHERN TERRITORY

General Manager: Sam Nash.
President: Brian Webb.
PO Box 105 Sanderson NT 0812
Marrara Athletic Field, Marrara 0812.
Ph: {08} 8945 1979 Fax: {08} 8945 2172

ATHLETICS TASMANIA

General Manager: Pat Scammel.
President: Prof Terry Dwyer.
GPO Box 2051 Hobart TAS 7001
Domain Athletic Centre, Glebe 7000
Ph: {03} 6234 9551 Fax: {03} 6231 1056

ATHLETICS VICTORIA

Executive Director: Don Blyth.
President: John Higham.
No 1 Ground Olympic Park,
Swan St Melbourne VIC 3002
Ph: {03} 9428 8195 Fax: {03} 9427 9183

QUEENSLAND ATHLETICS ASSOCIATION

Office Manager: Brent Hudlow.
President: Gary Bourne.
PO Box 249 Sunnybank 4109
QEII Stadium, Kessels Road, Hathan OLD.
Ph: {07} 3343 5653 Fax: {07} 3349 6218

CLUB DIRECTORY

ADELAIDE HARRIERS

Contact: Laurie Hanafin, PO Box 101 Goodwood 5034.
Phone: {08} 8276 1581
Training Venue: Cnr South Tce and King William St, Adelaide.
Uniform: White and red singlet/top, with red & white shorts/briefs.

ELIZABETH

Secretary: Glen Harvey, 19 Osmond St, Elizabeth Downs 5113.
Phone: {08} 8278 2018
Uniform: Red, white and blue striped singlet, with blue shorts.

ENFIELD HARRIERS

Secretary: Don Dohnt, PO Box 807 Prospect East SA 5082
Phone: {08} 8269 3768
Training Venue: St Albans Reserve, Clearview.
Uniform: Green and black singlet, with black shorts/briefs.

Male Individual Splits 2,000m

1. Jonathon Creasey	5:59.0
2. Linden Wyatt	6:12.0
3. Kym Barnett	6:28.0
4. David Gerrard	6:30.0
5. Holger Tandler	6:31.0
6. David Clark	6:32.0
7. Darren Abbott	6:35.0
8. Gavin Kwas	6:42.0
9. Michael Lange	6:51.0
10. Adam Bishop	6:57.0
11. Paul Butler	6:57.0
12. Claudio Sboro	7:05.0
13. Philip Green	8:13.0
14. Paul Henderson	7:32.0
15. Noel Bray	7:38.0
16. Cameron Bennett	8:17.0
17. Stan Miller	8:42.0
18. Peter Gregg	10:47.0



1997 Winter Premierships

Final Scores

Open Men A Grade

Flinders	168
Adelaide Harriers	160
Enfield Harriers	86
Western Districts	78

Open Men B Grade

Adelaide Harriers	92
Flinders	69
Western Districts	49
Enfield Harriers	10

Open Men C Grade

Adelaide Harriers	60
Tea Tree Gully	48
Salisbury	46

Open Men D Grade

Adelaide Harriers	60
Western Districts	36

Over 35 Men

Adelaide Harriers	124
Western Districts	96
Enfield Harriers	57
United Collegians	20
Tea Tree Gully	16
Salisbury	13

U/20 Men

United Collegians	56
Flinders	20
Port Adelaide	16

U/16 Men

United Collegians	60
Western Districts	20

Open Women A Grade

Port Adelaide	145
Enfield Harriers	131
Adelaide Harriers	62
Flinders	23

Open Women B Grade

Enfield Harriers	96
Port Adelaide	40
Enfield Harriers (2)	16

U/20 Women

Enfield Harriers	118
Salisbury	108
United Collegians	40

U/16 Women

Enfield Harriers	104
United Collegians	40
Hills Districts	40

Veteran Men 10,000m

1. Gary Zeuner	WD	34:11.0
2. Alistair Muir		35:39.0
3. Edward Darby	WD	35:49.0
4. Tony Checker		35:54.0
5. Gary Pearce	AH	36:22.0
6. Peter Sandery	AH	36:28.0
7. Greg Dorey		36:38.0
8. Noel Bray	TTG	37:24.0
9. Trevor Betts	WD	39:00.0
10. Ian Denham	TTG	39:25.0
11. Michael Butler	WD	39:27.0
12. John Bannon	AH	40:55.0
13. Laurie Hanafin	AH	43:35.0
14. Roger Cumow	AH	44:07.0
15. Stan Miller	AH	45:48.0
16. Gary Goodwin	WD	48:08.0
17. Allan Plunkett	Sal	49:47.0
18. John Pearce	EH	52:27.0
19. Trevor Miller	EH	53:18.0
20. Peter Gregg	Sal	59:23.0

U/18 Men 5,000m

1. Gavin Kwas	AH	17:06.3
2. Ryan Johnson	AH	17:27.3
3. Alex Fahey	UC	17:37.6

U/16 Men 5,000m

1. Adam Didyk	PA	18:20.8
2. Paul Butler	WD	18:24.3
3. Adam Bishop		18:25.9
4. Paul Morgan	UC	19:12.3
5. Brett Light	Hills	19:50.8
6. Paul Henderson	TTG	19:52.3
7. Cameron Bennett	EH	21:02.1

Kensington Park Relays

Olympic Sports Field Kensington Park
Sunday 28th September 1997

Team Results**Open Women A Grade****(2km, 4km, 2km)**

1. Port Adelaide	31:30.5
2. Enfield Harriers	36:21.9

Open Women A Grade**(2km, 4km, 2km)**

1. Enfield Harriers	37:05.5
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U/20 Women**(2km, 4km, 2km)**

1. Salisbury	32:29.9
2. Enfield Harriers	36:04.9

Open Men A Grade**(2km, 4km, 4km, 2km)**

1. Flinders	39:09.5
2. Adelaide Harriers	39:24.5
3. Western Districts	41:13.3
4. Enfield Harriers	46:22.2

Open Men B Grade**(2km, 4km, 4km, 2km)**

1. Flinders	41:07.8
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Open Men C Grade**(2km, 4km, 4km, 2km)**

1. Tea Tree Gully	44:43.2
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Female Individual Splits 4,000m

1. Vicki Freebom	16:05.0
2. Lindy Nolan	16:59.0
3. Jane Mudge	17:49.0
4. Emma Krieg	17:59.0
5. Chantelle Ferraro	18:44.0

Female Individual Splits 2,000m

1. Kathy Barnes	6:54.0
2. Cynthia Kasehagen	7:28.0
3. Nicole Butterfield	7:56.0
4. Cassandra Backer	8:14.0
5. Louise Smith	8:20.0
6. Sara Crompton	8:31.0
7. Bianca Wytkin	8:58.0
8. Claire Woods	9:00.0
9. Cheyne Ferraro	10:08.0
10. Sharon Howe	11:04.0

Male Individual Splits 4,000m

1. Stephen Thurston	13:05.0
2. Ryan Cox	13:09.0
3. Shane Thiele	13:17.0
4. David Dowd	13:43.0
5. Gary Zeuner	13:50.0
6. Tim Callahan	13:50.0
7. Michael McAuliffe	14:01.0
8. Louis Debling	14:05.0
9. Hamish Hamilton	14:35.0
10. Ryan Johnson	14:47.0
11. Daniel Judd	14:58.0
12. Adam Zur Eich	15:07.0
13. Adam Didyk	15:10.0
14. Gaetano Aiello	15:43.0
15. Tom Marshall	16:07.0
16. Ian Denham	16:12.0
17. Timothy Musson	19:20.0
18. Allan Plunkett	20:22.0

FLINDERS

Secretary:

Phone:

Training Venue:

Uniform:

Mike McAuliffe, 4/26 Part Street, Hyde Park 5061.

{08} 8272 7871

Flinders University Oval, Cnr Sturt and South Rd, Bedford Park.

Light blue singlet with dark blue and white panel on side, with dark blue shorts/briefs.

HILLS DISTRICTS

Secretary:

Phone:

Training Venues:

Uniform:

Steve Tully, PO Box 162, Kensington 5068.

{08} 8396 4265

Heathfield High School, Longwood Rd, Heathfield. Ascot Park Primary School, Marion Rd, Park Holme.

Navy singlet with green and grey vertical stripes down right side, with black or navy shorts.

PEMBROKE

Secretary:

Phone:

Training Venue:

Uniform:

Maggie Osborn, 6 Paragon Av, Aberfoyle Park 5159.

{08} 8270 4621

Pembroke School Oval.

White singlet with green, yellow and blue vertical stripe, with blue shorts/briefs.

PORT ADELAIDE

Secretary:

Phone:

Training Venue:

Uniform:

Michelle Kays, 10 Gardner Ave, West Croydon 5008

{08} 8212 7780

Iverson Athletic Reserve, Langham Place, Port Adelaide.

Black and white vertical striped top, with black shorts/briefs/bodysuit.

SALISBURY

Secretary:

Phone:

Training Venue:

Uniform:

Allan Plunkett, 12 Ormsby Av, Parafield Gardens 5159

{08} 8258 7323

Rundle Reserve, Salisbury.

Green singlet with yellow horizontal strips, with green or black shorts/briefs.

SOUTHERN

Secretary:

Phone:

Training Venue:

Uniform:

Narelle Craig, 4 Vynland Dr, Flagstaff Hill 5159,

{08} 8270 3252

Wirreanda High School,

Wheatsheaf Rd, Morphett Vale.

Green and white singlet, with blue shorts/briefs.

ST PETERS COLLEGIANS

Secretary: Hans Van Bavel, 2 Auburn Ave, Myrtle Bank 5064.
Phone: {08} 8379 8454
Training Venue: Lloyd Oval, St Peters College, Hackney.
Uniform: Blue singlet, with white shorts.

TEA TREE GULLY

Secretary: Dave Turner, PO Box 43, St Agnes 5097.
Phone: {08} 8251 8946
Training Venue: Bulkana Oval, Spring Cres, Banksia Park.
Uniform: Aqua singlet with maroon and white panels, with aqua or maroon shorts.

UNITED COLLEGIANS

Secretary: Miriam Doyle, 8 Bethune Ave, Glenunga 5064.
Phone: {08} 8379 2643
Training Venue: Mercedes College, 540 Fullarton Rd, Springfield.
Uniform: Red singlet with yellow piping, with navy shorts/briefs.

UNIVERSITY

Secretary: Karen Walker C/- Lady Symon Building, University of Adelaide 5005.
Phone: {08} 8303 5915
Training Venue: Park 20, South Park Lands, Adelaide.
Uniform: Black singlet with blue/black/white strips on side, with black shorts/briefs.

VETERANS

Secretary: Beverly Bryne, 20 Acacia Ave, Hawthorndene 5051.
Phone: {08} 8278 8537
Training Venue: Park 20, South Parklands, Adelaide.
Uniform: Blue singlet with red and yellow vertical panel, with red shorts/briefs.

WESTERN DISTRICTS

Secretary: Kym Barnett, 195 A Sturt St Adelaide 5000.
Phone: {08} 8231 4748
Training Venue: Ellis Park, West Terrace Adelaide.
Uniform: Gold singlet with black shorts.

Veteran Women 6,000m

1.	Bev Lucas	EH	23:10.1
2.	Cynthia Kasehagen	EH	25:17.5
3.	Cheryl Zeuner	WD	29:36.2
4.	Sharon Howe	EH	38:48.4

U/20 Women 6,000m

1.	Melinda McColough	UC	25:22.4
2.	Kirsty Meekins	WD	26:21.7
3.	Nicole Butterfield	Sal	27:28.6
4.	Claire Woods	EH	27:51.3
5.	Buffy Smith	Sal	29:56.8

U/18 Women 3,000m

1.	Emma Krieg	EH	13:26.4
2.	Emma Watts	Pem	14:13.9
3.	Cheyne Ferraro	EH	14:53.0
4.	Carly Tucker	EH	16:15.5

U/16 Women 3,000m

1.	Sarah Brooks	Hills	11:26.6
2.	Anna Roesler		11:33.7
3.	Jodi Bean	Flin	12:11.4
4.	Chantelle Ferraro	EH	12:14.5
5.	Amelia Harris	UC	12:14.8
6.	Meghann Wilson	Flin	12:25.0
7.	Zoe Cormack	UC	12:32.5
8.	Penny Harris	UC	12:33.2
9.	Brooke Townsend	TTG	13:03.5
10.	Bianca Wytkin	EH	14:54.0

U/14 Women 3,000m

1.	Abbey Dunn	WD	12:33.7
2.	Louise Smith	EH	12:34.1

SA Marathon Championships

Adelaide, Sunday 10th August 1997

Open Men

1	Andrew Burns	2.34.52
2	James Nicolson	2.44.39
3	Adam Zureich	2.45.06

Veteran Men

1	David Standeven	2.51.32
2	John Bannon	3.06.53
3	Allan Plunkett	3.37.09

Open Women

1	Jeannette Mase	3.04.19
2	Lisa Wright	3.18.31

SA Road Championships

West Lakes, Sunday 7th September 1997

Open Women 10,000m

1.	Marcia Sheer	AH	36:52.0
2.	Stacey McMahon	EH	36:56.0
3.	Vicki Freebom	PA	38:05.0
4.	Leah Wright	AH	39:39.0
5.	Lee Dowd	AH	40:03.0
6.	Sharon O'Sullivan	Flin	40:24.0
7.	Rachel Plunkett	PA	42:48.0
8.	Kathy Barnes	PA	44:30.0
9.	Sara Crompton	PA	44:31.0
10.	Penny Bennett	TTG	48:40.0
11.	Sharon Howe	EH	56:09.0
12.	Leah Torzyn	EH	58:27.0
13.	Jill Denning	EH	1:09:40.0

U/20 Women 5,000m

1.	Jane Mudge	EH	20:42.8
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U/18 Women 5,000m

1	Nicole Butterfield	Sal	21:05.8
2	Emma Krieg	EH	21:30.8

U/16 Women 5,000m

1	Louise Miller	Hills	20:24.8
2	Frances Carter	Hills	20:50.9
3	Stephanie Glue	EH	21:58.4
4	Katie Martin	Hills	22:53.7
5	Louise Smith	EH	22:54.0
6	Bianca Wytkin	EH	26:11.0

Open Men 10,000m

1.	Nicholas Howarth	Flin	31:28.0
2.	Ryan Cox	AH	31:37.0
3.	Phillip Fernley	AH	31:59.0
4.	Grenville Wood	WD	32:27.0
5.	Shane Thiele	Flin	32:59.0
6.	Tim Callahan	WD	33:23.0
7.	Louis Debling	Flin	33:30.0
8.	Linden Wyatt	Flin	34:20.0
9.	Michael McAliffe	Flin	34:30.0
10.	David Talbot	AH	35:20.0
11.	Holger Tandler	Flin	35:28.0
12.	James Nicholson	AH	35:34.0
13.	Adam Zur Eich	EH	35:44.0
14.	Claudio Sboro	WD	36:25.0
15.	Michael Lange	EH	37:34.0
16.	Gaetano Aiello	WD	37:40.0
17.	Trevor Howe	EH	39:04.0
18.	Grant Ward	WD	39:08.0
19.	Peter Hooper	AH	39:27.0
20.	Timothy Musson	EH	49:47.0

Veteran Women 8,000m

1. C Kasehagen	EH	34.50
2. S Howe	EH	53.03
3. J Denning	EH	58.47

U/20 Women 4,000m

1. L Nolan	Sals	16.22
2. C Woods	EH	19.03
3. B Smith	Sals	19.31
4. J Burns	Sals	20.31

U/18 Women 4,000m

1. N Butterfield	Sals	17.59
2. A Cloke	TTG	18.37
3. E Krieg	EH	19.27
4. C Bishop	EH	21.01
5. C Tucker	EH	21.28

U/16 Women 4,000m

1. S Brooks	Hills	16.50
2. J Bean	Flin	17.14
3. A Fitzsimons	Pem	17.26
4. Z Cormack	UC	17.31
5. K Mutton	UC	17.47
6. M Wilson	Flin	17.51
7. S Thompson	UC	18.27
8. A Dunn	WD	18.33
9. A Harris	UC	18.34
10. B Townsend	TTG	18.57
11. S Glue	EH	20.09
12. B Wytkin	EH	24.22

U/14 Women 4,000m

1. L Smith	EH	18.03
2. C Becker	Sals	18.17
3. K McKenzie	Hills	18.51

State Cross Country ChampsOakbank Racecourse, Sunday 3rd August 1997**Opne Men 12,000m**

1. Stephen Thurston	Flin	40:02.7
2. Ryan Cox	AH	41:04.0
3. David Dowd	AH	41:35.0
4. Shane Thiele	Flin	42:36.4
5. Linden Wyatt	Flin	43:00.7
6. David Talbot	AH	43:22.1
7. Michael McAliffe	Flin	43:35.1
8. Daniel Custance	AH	43:46.3
9. Kym Barnett	WD	44:14.5
10. Stephen Nelson	AH	44:50.3
11. Daniel Judd	TTG	45:15.7
12. Adam Zur Eich	EH	45:16.0
13. Claudio Sboro	WD	45:23.4
14. Holger Tandler	Flin	45:25.0
15. Laurie Hannafin	AH	47:17.8

16. Daren Thomas	Flin	48:11.1
17. Gaetano Aiello	WD	48:26.2
18. Hamish Hamilton	TTG	48:34.4
19. Michael Lange	EH	49:51.7
20. Trevor Howe	EH	53:03.8

Veteran Men 12,000m

1. Gary Zeuner	WD	42:50.8
2. Andrew Bums	AH	43:48.6
3. Tony Checker		43:52.7
4. David Standeven	AH	47:13.6
5. Gary Goodwin	WD	47:48.1
6. Greg Dorey	UNA	47:48.1
7. Noel Bray	TTG	48:31.3
8. Robert Pearce	TTG	49:29.8
9. John Bumell	Vets	50:50.6
10. Michael Butler	WD	53:40.1
11. Stan Miller	AH	59:20.0
12. Allan Plunkett	Sal	1:00:11.7
13. John Pearce	EH	1:07:56.0
14. Peter Gregg	Sal	1:17:54.0

U/20 Men 6,000m

1. Adam Starrs	Uni	21:12.3
2. Mark Emery	UC	21:41.8
3. Kristian Didyk	PA	23:35.7

U/18 Men 6,000m

1. Paul Martin	Pem	19:42.0
2. Gavin Kwas	AH	20:53.2
3. Nicholas Collingwood	EH	20:56.4
4. Kym Morgan	UC	21:55.2
5. Christopher Mattingly	Hills	22:03.3
6. Michael Banning	UC	22:21.7
7. Cameron Scarce	Pem	22:28.4
8. Ben Everett	UC	22:39.5

U/16 Men 3,000m

1. Adam Didyk	PA	10:35.8
2. Paul Butler	WD	10:37.2
3. Adam Bishop		10:51.6
4. Paul Morgan	UC	11:08.8
5. Cameron Bennett	EH	11:43.0
6. Nicholas Mangos	UC	12:07.3

U/14 Men 3,000m

1. Daniel Wilson		12:32.0
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Open Women 6,000m

1. Kim Van Den Heuvel	EH	22:48.7
2. Stacey McMahan	EH	23:00.0
3. Vicki Freeborn	PA	23:06.7
4. Rachel Plunkett	PA	24:52.4
5. Kathy Barnes	PA	25:34.8
6. Jane Mudge	EH	30:22.8

Specialist Clubs & Associations:**AMPUTEE ASSOCIATION OF SA**

Address: 3 Heather Ave, Manningham 5086.
 Phone: {08} 8369 1264
 Fax: {08} 8369 0462

DISTANCE RUNNERS CLUB

Secretary: Des Paul, PO Box 102, Goodwood 5034.
 Phone: {08} 8296 0507

PARAPLEGIC & QUADRIPLLEGIC SPORTS ASSOCIATION

Contact: Richard Llewellyn, PO Box 283 Kilkenny 5009

SA ATHLETIC LEAGUE

Secretary: Mary Karutz, 1 Sturt St, Adelaide 5000.
 Phone: {08} 8213 0618

SA OFFICIALS CLUB

Contact: Brenda Pearl, 12 Warren Ave, Glenelg North 5045.
 Phone: {08} 8295 5218

SAPSASA & SASSSA

Contact: West Beach Primary School, Woodhead St,
 West Beach 5024.
 Phone: {08} 8235 0850 {Primary Schools, Neil Brook}
 {08} 8235 0411 {Secondary Schools, Paula Neilson}
 Fax: {08} 8353 5722

SASRAPID {SA} Inc

Contact: Marie Little, PO Box 632, North Adelaide 5006.
 Phone: {08} 8267 1868

SA WALKERS CLUB

Secretary: Zoe Bryson, 3 Endama Court, Craigmore 5114.
 Phone: {08} 8252 3865

SPECIAL OLYMPICS

Secretary: Chris Hart, PO Box 1050, Blackwood 5051.
 Phone: {08} 8258 2070 {wk} 8278 4447 {ah}

TRACK & FIELD COACHES ASSOCIATION

Secretary: Mrs K. Blute, 683 Grange Rd, Grange 5022
 Phone: {08} 8353 0495

WHEELCHAIR SPORTS

Secretary: John Crossley, PO Box 144, Greenacres 5086.
 Phone: {08} 8349 6366

CALENDAR OF EVENTS

1998 ROAD & CROSS COUNTRY SEASON

APRIL

Sun 5 th	Messenger City-Port.
Wed 22 nd	DRC Night Run.
Sat 25 th	DRC Anzac Day Miles - Adelaide Harriers Track.
Sun 26 th	Stirling Hills Fun Run/Walk - Heathfield Oval.

MAY

Sat 2 nd	ASA Suhard & Western Shields - SANTOS STADIUM. ✓
Sun 3 rd	SARRC Greenbelt Half Marathon - Adelaide.
	AA Australian Mountain Running Champ's - Hobart TAS.
Sat 9 th	Enfield Host Day - Carisbrook
Sat 16 th	DRC 15km - Regency Park.
Wed 20 th	SASSA Cross Country Championships - Oakbank.
Wed 20 th	DRC Night Run.
Sat 23 rd	ASA Pat Relays - Glenelg.
Sun 24 th	Whyalla Marathon & Half Marathon - Whyalla
Sun 31 st	ASA Barossa Light Half Marathon - Tanunda.
Sun 31 st	Terry Fox Fun Run - Whyalla.

JUNE

Thur 4 th	ASA All-Schools Cross Country Championships - CBC Oval.
Sat 6 th	Western Districts Wilson Memorial - Adelaide.
Mon 8 th	Queens Birthday Yacht Handicap - Adelaide.
Sun 14 th	ASA Road Championships - Santos Stadium Mile End.
Wed 17 th	DRC Night Run.
Sat 20 th	DRC Cross Country - St.Mary's.
Sun 21 st	AA Australian Half Marathon Champ's - Lake Macquarie NSW.
	ASA 5km Olympic Fun Run - Victoria Park Racecourse.
Sat 27 th	ASA Mountain Running Championships - Anstey Hill.



CBC Oval Relays Total Team Time

Open Men A Grade (4 x 6,000m)

1	Flinders	1.16.05
2	Adelaide Harriers	1.16.14
3	Western Districts	1.18.14
4	Enfield Harriers	1.28.23

Open Men B Grade (4 x 6,000m)

1	Adelaide Harriers	1.21.03
2	Flinders	1.21.36
3	Western Districts	1.25.02
4	Enfield Harriers	1.53.18

Open Mens C Grade (4 x 6,000m)

1	Adelaide Harriers	1.25.35
2	Tea Tree Gully	1.29.29

Open Men D Grade (4 x 6,000m)

1	Adelaide Harriers	1.35.16
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Veteran Men (4 x 6,000m)

1	Adelaide Harriers	1.05.16
2	Enfield Harriers	1.11.10

U/20 Men (3 x 4,000m)

1	United Collegians	42.06
2	Port Adelaide	43.28

U/16 Men (3 x 4,000m)

1	United Collegians	44.44
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Open Women A Grade (3 x 4,000m)

1	Enfield Harriers	43.44
2	Port Adelaide	45.16
3	Flinders	47.11
4	Adelaide Harriers	50.06

Open Womens B Grade (3 x 4,000m)

1	Enfield Harriers	54.44
2	Enfield Harriers II	1.03.44

U/20 Women (3 x 4,000m)

1	United Collegians	48.39
2	Salisbury	49.54
3	Enfield Harriers	57.23

U/16 Women (3 x 4,000m)

1	Enfield Harriers	52.19
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State Cross Country Champs

Carisbrooke Reserve, Sunday 13th July 1997

Open Men 8,000m

1.	S Thurston	Flin	27.19
2.	N Howarth	Flin	27.42
3.	S Thiele	Flin	28.00
4.	P Martin	Pem	28.28
5.	L Wyatt	Flin	29.09
6.	K Barnett	WD	29.34
7.	M McAuliffe	Flin	29.36
8.	S Johnson	AH	29.42

9.	A ZurEich	EH	30.02
10.	D Dowd	AH	30.03
11.	E Melky	AH	30.20
12.	H Tandler	Flin	30.56
13.	C Sboro	WD	30.59
14.	L Hanafin	AH	32.35
15.	R McFadden	Sals	33.29
16.	M Lange	EH	33.55
17.	T Howe	EH	35.50
18.	K Miller	EH	35.56
19.	P Szell	AH	36.08
20.	A Plunkett	Sals	40.48
21.	S Miller	PA	42.03
22.	T Musson	EH	43.00

Veteran Men 8,000m

1.	G Zeuner	WD	29.11
2.	T Checker		30.31
3.	B Gardner	EH	31.09
4.	G Dorey		33.08
5.	J Bumell	Vet	33.57
6.	D Tate	WD	36.34
7.	J Pearce	EH	46.40

U/20 Men 8,000m

1.	D Clark	AH	29.05
2.	A Stars	Uni	29.57
3.	M Ellis	PA	33.07

U/18 Men 4,000m

1.	G Kwas	AH	14.03
2.	A Fahey	UC	14.15
3.	K Morgan	UC	14.31
4.	C Mattingly	Hills	14.43

U/16 Men 4,000m

1.	N Collingwood	EH	14.21
2.	C Scarce		14.41
3.	A Didyk	PA	14.53
4.	B Willis	UC	15.07
5.	B Everett	UC	15.16
6.	P Butler	WD	15.44
7.	B Steele	UC	15.59
8.	P Morgan	UC	16.00
9.	N Mangos	UC	16.11
10.	C Bennett	EH	16.15

U/14 Men 4,000m

1.	M Batten	TTG	17.08
2.	D Wilson		17.43

Open Women 8,000m

1.	S McMahan	EH	31.26
2.	K Van Den Heuvel	EH	32.26
3.	V Freebom	PA	33.34
4.	V Carvill	PA	33.46
5.	R Plunkett	PA	34.33
6.	S O'Sullivan	Flin	34.56
7.	M Faunt	EH	49.40

Cross Country Relay Champs

CBC Oval, Sunday 29th June 1997

Open Men 6,000m - Individual Splits

1. S Thurston	Flin	18.25
2. P Fernley	AH	18.27
3. G Wood	WD	18.49
4. R Cox	AH	18.53
5. S Thiele	Flin	18.59
6. D Dowd	AH	19.06
7. J Kavanagh	Flin	19.12
8. L Wyatt	Flin	19.20
9. T Symons	WD	19.31
10. N Howarth	Flin	19.39
11. D Custance	AH	19.40
12. J Creasey	AH	19.44
13. G Zeuner	WD	19.55
14. K Barnett	WD	19.59
15. M McAuliffe	Flin	20.00
16. L Debling	Flin	20.04
17. D Jury	WD	20.29
18. S Johnson	AH	20.35
19. A ZurEich	EH	20.47
20. A Burns	AH	20.47
21. E Darby	WD	21.02
22. E Melky	AH	21.05
23. M Lange	EH	21.23
24. D Judd	TTG	21.26
25. C Sboro	WD	21.29
26. G Kwas	AH	21.32
27. J Nicholson	AH	21.35
28. L Hanafin	AH	21.36
29. G Pearce	AH	21.40
30. H Hamilton	TTG	21.50
31. P Butler	WD	22.03
32. D Clark	AH	22.12
33. N Bray	TTG	22.53
34. S Howe	EH	23.01
35. T Howe	EH	23.12
36. I Denham	TTG	23.20
37. K Miller	EH	23.33
38. P Szell	AH	23.58
39. J Bannon	AH	24.49
40. R Cumow	AH	24.54
41. T Musson	EH	28.20
42. A Hore	EH	29.35
43. J Pearce	EH	31.50

Veteran Men 6,000m - Individual Splits

1. T Checker		20.24
2. B Gardner	EH	20.50
3. D Standeven	AH	21.05
4. C Ricketts		21.50
5. G Dorey		21.52
6. P Hooper	AH	21.57

7. M Hopkins	AH	22.14
8. T Marshall	EH	22.18
9. P Russell	EH	28.02

U/20 Men 4,000m - Individual Splits

1. M Emery	UC	13.39
2. A Didyk	PA	13.59
3. A Fahey	UC	14.10
4. K Didyk	PA	14.12
5. K Morgan	UC	14.17
6. M Ellis	PA	15.17

U/16 Men 4,000m - Individual Splits

1. P Morgan	UC	14.46
2. M Banning	UC	14.57
3. B Willis	UC	15.01

Open Women 4,000m - Individual Splits

1. S McMahon	EH	13.56
2. K Van Den Heuvel	EH	14.21
3. V Freeborn	PA	14.46
4. S O'Sullivan	Flin	14.55
5. Leah Wright	AH	14.59
6. V Carvill	PA	15.14
7. R Plunkett	PA	15.16
8. C Kasehagen	EH	15.27
9. Lisa Wright	AH	15.34
10. E Drew	Flin	16.07
11. K Koukourau	Flin	16.09
12. M McIntosh	EH	16.48
13. C Zeuner	WD	18.43
14. S Von Boltensstem	EH	19.20
15. E Crosby	AH	19.32
16. S Woodwiss	EH	19.36
17. M Faunt	EH	20.22
18. C Tucker	EH	20.43
19. S Thomas	TTG	22.13
20. S Howe	EH	22.39

U/20 Women 4,000m - Individual Splits

1. M McCullough	UC	14.59
2. L Nolen	Sals	15.22
3. Z Cormack	UC	16.17
4. N Butterfield	Sals	17.09
5. C Becker	Sals	17.22
6. S Thompson	UC	17.23
7. C Ferraro	EH	18.30
8. C Bishop	EH	19.07
9. B Wytkin	EH	19.52

U/16 Women 4,000m - Individual Splits

1. C Ferraro	EH	15.59
2. S Glue	EH	17.57
3. L Smith	EH	18.23

JULY

Sat 4th
Sun 5th
Wed 8th
Sat 11th
Sun 12th
Sun 12th
Sun 19th
Sat 25th
Sun 26th

ASA State Cross Country Champ's - Carisbrook.
Pichi Richi Marathon & Half Marathon - Port August
DRC Night Run.
DRC Phil Afford's Day - Sandy Creek.
AA Australian Marathon Champ's - Gold Coast Qld
SARRC River Run - Adelaide.
ASA Cross Country Relay Championships - CBC Oval.
Veterans Club Championship - Regency Park.
DRC Willunga Fun Run - McLaren Vale.

AUGUST

Sun 2nd
Sun 2nd
Wed 5th
Thur 6th
Sat 8th
Sun 9th
Sat 15th
Sat 15th
Sun 16th
Sun 16th
Sat 22nd
Sat 29th
Sat 29th

Sun 30th

ASA State Cross Country Champ's - TBA.
SA Litte Ath's Cross Country Champs.
DRC Night Run.
ASA All-Schools Cross Country Relay Champs - CBC Oval.
DRC King & Queen of the Mountain - Belair.
SARRC/ASA Adelaide Marathon - Adelaide.
DRC Bill Stratfold's Day - Blackwood.
Whyalla King & Queen of the Mountain.
Tour of Gawler - Gawler.
SARRC 10km Time Trial.
DRC Uni Loop - Adelaide.
Veterans Club Host Day - Corner Greenhill/King William Rds.
Sat Australian All-Schools Cross Country Championships &
AA Australian Cross Country Championships - Canberra.
DRC Ultra Marathon

SEPTEMBER

Wed 2nd
Sat 5th
Sun 6th
Wed 9th
Sat 12th
Wed 16th
Sun 20th
Wed 23rd
Wed 30th

DRC Winter Sprint Series.
Western Districts Host Day, Ern Jolly Memorial - Adelaide.
Enfield Harriers Fun Run - Adelaide.
DRC Winter Sprint Series.
ASA North Park Relays - North Park Lands.
DRC Winter Sprint Series.
City Bay 12km Fun Run - Adelaide to Glenelg.
DRC Winter Sprint Series.
SANTOS STADIUM
3km Track Race & Presentation Night.



ANSETT AUSTRALIA

GENERAL INFORMATION

COMPETITION FEES

State Championships:

Senior & Veteran.	\$8
U/20, U/18, U/16, U/14.	\$6
Late Entries	\$16 {Seniors & Vets} \$12 {Juniors}

Note: After 5pm on the Wednesday prior to the Championships, the administration will not accept any entries. Any athletes wishing to enter after this time, must enter at the venue on the day of competition, and incur a late entry fee.

Note: All State Championship medals will be presented on Wednesday the 30th of September, immediately following the final premiership event of the season.

Non Championship Events:

Senior & Veteran	\$5	ASA Relay Championships:	
U/20, U/18, U/16, U/14	\$3	Teams of 4 Athletes.	\$15
		Teams of 3 Athletes.	\$12

Note: Entries accepted on the day of competition.

- Juniors competing in Senior events must pay the required Senior fee.
- When age groups are combined, athletes can only enter one age category.

REGISTRATION FEES

Senior/Veteran.	\$80
U/20.	\$60
U/18, U/16 & U/14	\$50
E Grade.	\$30
Associate	\$20
Country	\$30
Officials	\$20
Little Ath's	\$15



Registration is valid from the 1st April 1998 to the 31st of March 1999

As Proof of registration each competing athlete shall wear a number securely attached on the front and back of the singlet. An athlete not wearing both numbers will not be allowed to compete. Athletes should note that the sponsorship logo forms part of the Registration number and must be clearly visible.

Loss of registration numbers: An athlete who loses their registration numbers must apply to their Club Secretary/Registrar, who will obtain a new set of numbers from the Association Registrar on payment of \$5.00

TRANSFERS

An athlete who is a registered member of any Affiliated Club may not transfer to any other Affiliated Club during the year of registration. In exceptional cases, following application, the Board may grant an exemption. Affiliated Clubs who do not participate in Winter Competition may approve their athletes competing for another club by written permission of the Club Secretary.

ACCREDITATION

An athlete wishing to compete anywhere in Australia that is within the jurisdiction of Athletics Australia, need only produce their current registration numbers. An athlete wishing to compete overseas, or to join an overseas club, must apply through their club to the Athletics SA office, which in turn will forward the accreditation to Athletics Australia which will forward it to the overseas country nominated. Overseas athletes wishing to compete for a club in Australia must apply to their previous club and have accreditation forwarded through their own governing body direct to Athletics Australia, which in turn will advise Athletics SA.

Open Women A Grade (3 x 5,000m)

1	Port Adelaide	58.16
2	Adelaide Harriers	1.00.11
3	Enfield Harriers	1.01.38
4	Flinders	1.02.38

Open Women B Grade (3 x 5,000m)

1	Port Adelaide	59.20
2	Enfield Harriers	1.29.41

U/20 Women (3 x 2,500m)

1	United Collegians	30.30
2	Salisbury	31.53
3	Enfield Harriers	34.39
4	Enfield Harriers II	35.41

U/16 Women (3 x 2,500m)

1	Hills Districts	30.20
2	Enfield Harriers	31.41
3	Wilderness	37.23

DRC Cross Country

Sheperds Hill Reserve, Saturday 14th June 1997

Open Men 10,000m

1.	P Fernley	AH	33.26
2.	N Howarth	Flin	34.03
3.	G Wood	WD	34.10
4.	J Kavanagh	Flin	34.27
5.	D Dowd	AH	34.35
6.	R Cox	AH	34.41
7.	D Custance	AH	34.50
8.	L Wyatt	Flin	35.11
9.	D Talbot	AH	35.16
10.	S Thiele	Flin	35.21
11.	J Creasy	AH	35.48
12.	S Johnson	AH	35.56
13.	T Newman	AH	36.13
14.	S Nelson	AH	36.31
15.	M McAuliffe	Flin	37.11
16.	A ZurEich	EH	37.20
17.	D Judd	TTG	38.18
18.	B Gardner	EH	38.33
19.	J Nicholson	AH	39.46
20.	D Thomas	Flin	40.49
21.	T Howe	EH	42.47
22.	I Denham	TTG	42.54
23.	D Whan	AH	48.01
24.	S Howe	EH	51.01

Veteran Men 10,000m

1.	R Boseley	WD	37.43
2.	E Darby	WD	37.51
3.	R Pearce	TTG	38.33
4.	R Wendel	Sals	40.21
5.	L Hanafin	AH	40.44
6.	P Hooper	AH	41.07

7.	B Wylid	UC	47.25
8.	R Cumow	AH	48.52
9.	A Plunkett	Sals	51.57
10.	G Goodwin	WD	57.31
11.	P Gregg	Sals	1.04.40

U/20 Men 6,000m

1.	B Rattray	Flin	20.41
2.	G Kwas	AH	22.17
3.	C Mattingly	Hills	22.25
4.	C Davis	Hills	25.48

U/16 Men 4,000m

1.	M Ellis	PA	15.18
2.	P Butler	WD	15.32
3.	C Bennett	EH	16.36

Open Women 6,000m

1.	S McMahon	EH	23.02
2.	K Barnes	PA	23.57
3.	L Davis	Hills	28.49
4.	M Faunt	EH	35.48

U/20 Women 4,000m

1.	N Butterfield	Sals	17.34
2.	C Becker	Sals	17.35
3.	C Woods	EH	19.41
4.	C Bishop	EH	20.19
5.	B Wytkin	EH	21.30
6.	C Tucker	EH	21.52

U/16 Women 4,000m

1.	S Brooks	Hills	16.43
2.	B Townsend	TTG	17.47
3.	Z Ledger	AH	18.50

Mountain Running Champs

Ansteys Hill, Saturday 21st June 1997

Open Men 8,000m

1.	P Martin	Pem	27.15
2.	D Talbot	AH	28.44
3.	S Nelson	AH	28.45
4.	T Newman	AH	29.57
5.	R Wendel	Sals	32.47
6.	C Ricketts	Vet	33.30
7.	A Plunkett	Sals	41.06
8.	S Miller	PA	43.01

Open Women 8,000m

1.	K Van Den Huevel	EH	32.10
2.	K Barnes	PA	34.43
3.	V Carvell	PA	38.30
4.	V Freeborn	PA	38.30

52. A Plunkett	Sals	23.35
53. P Saridakis	EH	24.20
54. T Miller	EH	24.54
55. T Musson	EH	25.46

Veteran Men 5,000m - Individual Splits

1. T Checker		17.27
2. E Darby	WD	17.52
3. D Standeven	AH	17.52
4. B Gardner	EH	18.14
5. M Butler	WD	18.18
6. G Dorey		18.40
7. P Hooper	AH	18.44
8. J Belts		18.47
9. C Ricketts		18.48
10. L Hanafin	AH	18.52
11. R Wendel	Sals	19.05
12. T Barry	UC	19.47
13. P Dempsey	UC	21.04
14. A McKay	EH	21.07
15. P Green	TTG	21.17
16. B Wyld	UC	21.29
17. P Russell	EH	22.35
18. P Gregg	Sals	29.13

U/20 Men 2,500m - Individual Splits

1. P Jackson	Flin	8.07
2. B Rattray	Flin	8.17
3. K Morgan	UC	8.24
4. L Debling	Flin	8.27
5. A Fahey	UC	8.34
6. A Schultz	UC	9.26

U/16 Men 2,500m - Individual Splits

1. B Willis	UC	8.32
2. P Butler	WD	8.45
3. A Didyk	PA	8.53
4. B Steel	UC	9.00
5. P Morgan	UC	9.26
6. T Salmon	WD	10.12

Open Women 5,000m - Individual Splits

1. S McMahon	EH	18.18
2. K Barnes	PA	18.59
3. L Wright	AH	19.19
4. V Freeborn	PA	19.16
5. V Carvill	PA	19.36
6. R Plunkett	PA	19.48
7. S O'Sullivan	Flin	19.55
8. C Kasehagen	EH	20.16
9. L Dowd	AH	20.17
10. S Crompton	PA	20.28
11. S Bowler	AH	20.35
12. E Drew	Flin	20.43
13. K Meekins	WD	21.36
14. J Bean	Flin	22.00
15. S Von Boltensstem	EH	23.09
16. M Faunt	EH	27.27
17. S Howe	EH	30.00
18. J Denny	EH	32.14

U/20 Women 2,500m - Individual Splits

1. M McCullough	UC	9.29
2. C Becker	Sals	10.19
3. P Harris	UC	10.21
4. B Townsend	TTG	10.24
5. N Butterfield	Sals	10.34
6. E Morgan	UC	10.40
7. B Smith	Sals	10.58
8. S Glue	EH	10.59
9. L Smith	EH	11.09
10. C Bishop	EH	11.37
11. J Engelhardt	EH	11.53
12. C Tucker	EH	12.18
13. B Wytkin	EH	12.24
14. S Thomas	EH	17.15

U/16 Women 2,500m - Individual Splits

1. S Brooks	Hills	9.47
2. C Ferraro	EH	10.07
3. F Carter	Hills	10.14
4. L Miller	Hills	10.19
5. C Woods	EH	10.34
6. C Ferraro	EH	11.00
7. G Ellis	Wilderness	12.54
8. S Donoghue	Wilderness	12.08
9. E Gruling	Wilderness	12.21

North Park Relays Total Team Time

Open Men A Grade (4 x 5,000m)

1. Adelaide Harriers	1.04.59
2. Flinders	1.05.30
3. Western Districts	1.05.57
4. Enfield Harriers	1.15.33

Open Men B Grade (4 x 5,000m)

1. Adelaide Harriers	1.05.59
2. Western Districts	1.12.08
3. Flinders	1.13.54
4. Enfield Harriers	1.35.19

Open Men C Grade (4 x 5,000m)

1. Adelaide Harriers	1.10.15
2. Tea Tree Gully	1.14.39
3. Salisbury	1.18.52

Open Men D Grade (4 x 5,000m)

1. Port Adelaide	1.16.57
2. Adelaide Harriers	1.19.03
3. Western Districts	1.23.51

Veteran Men (3 x 5,000m)

1. Adelaide Harriers	55.28
2. Enfield Harriers	1.01.56
3. United Collegians	1.02.20

U/20 Men (3 x 2,500m)

1. Flinders	24.51
2. United Collegians	26.24

U/16 Men (3 x 2,500m)

1. United Collegians	26.58
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CLUB DUTY DAYS

The allocation of ASA events to clubs is now standard practice and clubs failing to carry out their duties in this respect will lose their incentive funding {\$120 for each event during the 1998 season} and may have points deducted from their premiership score.

1998 Duty Club Roster:

May 2 nd	Suhard & Western Shields	Western Districts.
May 23 rd	The Pat Relays.	Tea Tree Gully A.C.
June 14 th	ASA State Road Championships.	Flinders AC.
July 4 th	ASA Cross Country Championships.	Salisbury AC.
July 18 th	Cross Country Relay Championships.	Adelaide Harriers.
August 2 nd	ASA Cross Country Championships.	To be advised.
Sep 12 th	North Park Relays.	Enfield Harriers.

Duty Club Responsibilities:

- Nomination of a Race Director (to be in charge of the overall conduct of the event).
- Marking and Marshalling of Course.
- Cleaning up venue after the event and collecting the equipment (flags, bunting, stakes etc, and returning it to the equipment trailer after the event. The ASA trailer will have to be picked up and returned to Santos Stadium).
- Pick up keys to venues where applicable.
- Pick up Medals/Programs from ASA office in the week preceding the event.
- The supply of drinking water. (ASA will supply paper cups if required.)

STATE TEAM SELECTION

- * In order for athletes, to be selected in an ASA State Team, they must be registered with ASA.
- * The basis for selection will be the results of the relevant State Championships. In the case of the State Championships being held too close, before or after the National event, performance over the past 12 months may be considered.
- * Athletes who wish to be considered for selection in ASA State Teams but who do not compete in the respective State Championships, should submit details of performance in writing to the Association Office, no later than 21 days prior to the National Championships.
- * Athletes wishing to compete as additional competitors (not in state team) must notify the Association Office, no later than 21 days prior to the National Championships.

Australian Championships 1998:

May 9 th	Australian Mountain Running Championships.	Hobart TAS
June 21 st	Australian Half Marathon Championships.	Lake Macquarie NSW
July 12 th	Australian Marathon Championships.	Gold Coast Qld.
Aug 29 th	Australian All-School Cross Country Championships.	Canberra ACT.
Aug 29 th	Australian Cross Country Championships.	Canberra ACT.
Sep 6 th	Australian Road Walking Championships.	Brisbane Qld.



ANSETT AUSTRALIA

THE 1998 BALFOURS ROAD & CROSS COUNTRY PREMIERSHIPS

OPEN MEN, OPEN WOMEN & OVER 35 MEN

Premiership Events 1998

✓1	May 2 nd	Suhard & Western Shields.
✓2	May 23 rd	The Pat Relays.
✓3	May 31 st	Half Marathon. {Three per Team}
4	June 14 th	ASA State Road Championships.
5	July 4 th	ASA Cross Country Championships
6	July 19 th	Cross Country Relay Championships.
7	August 2 nd	ASA Cross Country Championships
8	Sep 13 th	North Park Relays.
9	Sep 30 th	Santos Stadium 3km Track Race.

POINT SCORING SYSTEM

- All Premiership events to score.
- Open Men's Grades: Four competitors per team. (Half-Marathon three per team)
 - A Grade:** Adelaide Harriers, Flinders AC, Western Districts AC.
 - B Grade:** Adelaide Harriers, Flinders AC, Enfield Harriers.
 - C Grade:** Adelaide Harriers, Tea Tree Gully AC, Western Districts AC.
 - D Grade:** All above clubs, plus any additional club, that fields a team in any Athletics SA Winter Premiership Event.
- Open Women's Grades: Three competitors per team. (All events)
 - A Grade:** Any club that fields a team in open women will be awarded points in A Grade.
 - B Grade:** If a club fields more than one team in an open women's premiership event, this/these team or teams will be awarded points in B Grade.
 - Over 35 Women will score points in the open women's premierships.
- Over 35's Men: Three competitors per team. (All events)
 - Age as at the 31st of December in the year of competition.
 - Additional teams will also score in the over 35's premiership.

Note:

- Team points are awarded only in the age group the athlete contested.
- Athlete can not contest two events concurrently.

Team Point Scoring:

- As per International Amateur Athletic Federation Handbook (Rule 167 section 8)
- The respective places of the scoring competitors of each competing team, are added together and the team having the lowest aggregate shall be declared the winner.
- In assessing the aggregate, finishing position of any individual runners (those not in a team) may be eliminated and subsequent finishing positions adjusted accordingly.
- In the event of a tie, it shall be resolved in favour of the team whose last scoring member finishes nearer first place.

Premiership Points: First 10 points, Second 8 points, Third 6 points, Fourth 4 points, Fifth 2 points. (All other teams will score 1 point).

North Park Relays

North Adelaide, Sunday 1st June 1997

Open Men 5,000m - Individual Splits

1.	R Cox	AH	15.52
2.	N Howarth	Flin	15.58
3.	P Femley	AH	16.00
4.	S Thiele	Flin	16.10
5.	T Symons	WD	16.18
6.	G Zeuner	WD	16.23
7.	D Custance	AH	16.26
8.	J Creasy	WD	16.27
9.	L Wyatt	Flin	16.30
10.	D Talbot	AH	16.40
11.	T Newman	AH	16.49
12.	C Benson	AH	16.51
13.	M McAuliffe	Flin	16.52
14.	E Melky	AH	16.53
15.	T Callahan	WD	16.59
16.	D Knowles	WD	17.03
17.	S Garreffa	UC	17.13
18.	D Dowd	AH	17.15
19.	S Nelson	AH	17.17
20.	K Barnett	WD	17.17
21.	S Johnson	AH	17.22
22.	G Doyle	Sals	17.34
23.	D Gerrard	Flin	17.39
24.	S Howe	EH	17.42
25.	A ZurEich	EH	17.43
26.	G Kwas	AH	17.49
27.	L Debling	Flin	17.57
28.	R Pearce	TTG	18.03
29.	D Judd	TTG	18.18
30.	S Travis	AH	18.19
31.	R Wendel	Sals	18.23
32.	P Jackson	Flin	18.26
33.	K Didyk	PA	18.29
34.	H Hamilton	TTG	18.31
35.	C Sboro	WD	18.38
36.	G Aiello	WD	18.41
37.	G Troina	WD	18.46
38.	M Hopkins	AH	18.49
39.	G Ward	WD	18.55
40.	A Didyk	PA	19.02
41.	S Wilson	Sals	19.20
42.	I Denham	TTG	19.47
43.	T Howe	EH	19.47
44.	J Jerram	Flin	19.52
45.	K Miller	EH	20.19
46.	C Bennett	EH	20.21
47.	J Bannon	AH	21.05
48.	R Cumow	AH	21.20
49.	M Ritter	WD	21.35
50.	D Potter	WD	21.44
51.	S Miller	PA	22.13

U/20 Men 6,000m

1.	B Rattray	Flin	19.54
2.	P Jackson	Flin	21.02
3.	A McPherson	EH	26.55

U/16 Men 6,000m

1.	M Ellis	PA	24.11
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Open Women 4,000m

1.	K Barnes	PA	14.28
2.	L Wright	AH	15.16
3.	R Plunkett	PA	15.20
4.	K Camp	PA	15.36
5.	S Bowler	AH	16.02
6.	A Ridgewell	WD	16.06
7.	M McIntosh	EH	17.34
8.	C Zeuner	WD	19.09
9.	M Faunt	EH	22.36
10.	S Howe	EH	22.38

U/20 Women 4,000m

1.	S McMahon	EH	14.46
2.	D Jorgensen	WD	16.31
3.	K Meekins	WD	17.31
4.	B Smith	Sals	18.22
5.	C Woods	EH	18.44
6.	M Doyle	Sals	19.14
7.	S Glue	EH	19.34
8.	H Jurgowiak	Sals	21.50

U/16 Women 4,000m

1.	B Townsend	TTG	17.42
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Half Marathon Championships

Tanunda, Sunday 25th May 1997

Open Men

1.	D Dowd	AH	1.13.27
2.	A Burns	AH	1.13.56
3.	S Johnson	AH	1.14.44
4.	S Howe	EH	1.18.20
5.	J Nicholson	AH	1.19.17
6.	R Boseley		1.21.52
7.	S Mee	AH	1.22.47

Veteran Men

1.	J Petkovic	AH	1.17.32
2.	D Standeven	AH	1.18.08
3.	G Pearce	AH	1.19.19
4.	L Hanafin	AH	1.22.17
5.	J Bannon	AH	1.33.08
6.	D Potter	WD	1.39.56
7.	A Plunkett	Sals	1.42.25

Open Women

1.	Leah Wright	AH	1.22.46
2.	Lisa Wright	AH	1.24.44

9. L Dowd	AH	5.26
10. S VonBoltenstem	EH	6.09
11. K Walker	Uni	6.32
12. E Crosby	AH	6.35
13. S Howe	EH	7.40
14. A Ridgewell	WD	11.34

U/20 Women 1,500m - Individual Splits

1. B Smith	Sals	5.52
2. J Burns	Sals	6.11
3. H Jurgowiak	Sals	6.29

U/16 Women 1,500m - Individual Splits

1. C Ferraro	EH	5.17
2. B Townsend	TTG	5.35
3. S Glue	EH	6.04
4. B Wytkin	EH	6.18
5. S Marriott	TTG	6.22
6. K Ward	WD	6.24

Gully Relay's Total Team Time.

Open Men A Grade (4 x 3,000m)

1 Adelaide Harriers	34.45
2 Flinders	36.23
3 Western Districts	36.53
4 Enfield Harriers	39.51

Open Men B Grade (4 x 3,000m)

1 Flinders	37.35
2 Adelaide Harriers	37.39

Open Men C Grade (4 x 3,000m)

1 Adelaide Harriers	37.57
2 Flinders	39.26
3 Tea Tree Gully	40.14
4 Salisbury	47.07

Open Men D Grade (4 x 3,000m)

1 Adelaide Harriers	41.56
2 Western Districts	46.35

Veteran Men (4 x 3,000m)

1 Adelaide Harriers	31.05
2 Tea Tree Gully	31.57
3 United Collegians	34.20
4 Enfield Harriers	38.29
5 Tea Tree Gully	40.09

U/16 Men (3 x 1,500m)

1 Western Districts	17.12
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Open Women (3 x 1,500m)

1 Port Adelaide	14.52
2 Port Adelaide B	15.25
3 Adelaide Harriers	17.11
4 Enfield Harriers	19.05

U/20 Women (3 x 1,500m)

1 Salisbury	18.32
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U/16 Women (3 x 1,500m)

1 Enfield Harriers	17.49
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Shuard & Western Shields

Ellis Park, Saturday 17th May 1997

Open Men 6,000m

1. N Howarth	Flin	18.41
2. P Fernley	AH	18.45
3. S Thiel	Flin	18.59
4. J Kavanagh	Flin	19.08
5. D Custance	AH	19.13
6. G Zeuner	WD	19.19
7. T Symons	WD	19.24
8. T Newman	AH	19.27
9. A Burns	AH	19.47
10. L Wyatt	Flin	19.51
11. M McAuliffe	Flin	20.08
12. K Barnett	WD	20.13
13. D Jury	WD	20.47
14. C Sboro	WD	20.50
15. E Darby	WD	20.52
16. T Callahan	WD	20.54
17. D Judd	TTG	20.56
18. D MacDonald	TTG	21.05
19. D Standeven	AH	21.15
20. S Howe	EH	21.21
21. L Hanafin	AH	21.30
22. T Gallagher	AH	21.35
23. R Wendel	Sals	21.45
24. M Butler	WD	21.47
25. T Checker		21.52
26. G Aiello	WD	21.58
27. P Hooper	AH	22.02
28. M Hopkins	AH	22.18
29. R McFadden	Sals	22.22
30. G Troina	WD	22.31
31. T Batts	WD	22.47
32. G Ward	WD	22.59
33. T Howe	EH	23.11
34. J Jerram	Flin	23.12
35. C Ricketts		23.02
36. P Szell	AH	24.53
37. D Potter	WD	25.21
38. P Russell	EH	26.49
39. A Plunkett	Sals	28.00
40. J Pearce	EH	29.31
41. P Gregg	Sals	34.59

Veteran Men 6,000m

1. D Knowles	WD	19.58
2. B Gardner	EH	20.22
3. P Sandery	AH	21.39
4. P Green	TTG	25.01
5. S Miller	PA	27.15
6. T Miller	EH	30.14
7. A Mckay	EH	30.34

ADELAIDE MARATHON

FESTIVAL OF RUNNING

Marathon, Half Marathon, 12km & 10km Wheelchair Event



INCORPORATING ATHLETICS SA STATE MARATHON CHAMPIONSHIPS

SUNDAY 9 AUGUST 1998

Enquiries & Entry Forms:

South Australian Road Runners Club

1 Sturt Street, Adelaide 5000.

Ph: {08} 8410 1317

Fax: {08} 8410 5303

THE BAROSSA & LIGHT HERALD

17th ANNUAL HALF MARATHON

10km & 5.5km Family Fun Runs



INCORPORATING

ATHLETICS SA STATE HALF MARATHON CHAMPIONSHIPS

Sunday 31 May 1998

Starting at 9.00am at the Tanunda Recreation Centre, Magnolia Road Tanunda.

Entry Fees:	5.5km	\$5	Race day	\$7
	10km	\$8	Race day	\$10
	21.1km	\$12	Race day	\$15

For further information contact Trevor Miller 0419 845 712 AH: {08} 8562 1257

JUNIOR PREMIERSHIPS 1998

FOUR GRADES:

- UNDER 20 MEN
- UNDER 20 WOMEN
- UNDER 16 MEN
- UNDER 16 WOMEN



Premiership Events 1998

- | | | |
|---|------------------------|------------------------------------|
| 1 | May 2 nd | Suhard & Western Shields. |
| 2 | May 23 rd | The Pat Relays. |
| 3 | June 14 th | ASA State Road Championships. |
| 4 | July 4 th | ASA Cross Country Championships. |
| 5 | July 19 th | Cross Country Relay Championships. |
| 6 | August 2 nd | ASA Cross Country Championships. |
| 7 | Sep 12 th | North Park Relays. |
| 8 | Sep 30 th | Santos Stadium 3km Track Race. |

POINT SCORING SYSTEM

All premiership events to score.

Age as at the 31st of December in the year of competition.

RELAYS: Under 20 & Under 16 (3 per team) Premiership points awarded as follows, First 10 points, Second 8 points, Third 6 points, Fourth 4 points, Fifth 2 points. (All other teams will score 1 point).

INDIVIDUAL RACES (CHAMPIONSHIPS & NON CHAMPIONSHIP)

- **Under 20 Premierships:** In each respective age group (Under 20 & Under 18) athletes will be awarded points on the following bases; 1st 10 points, 2nd 9 points, 3rd 8 points, 10th 1 point (all athletes completing the event will receive 1 point). Both age groups (U/20 & U/18) are then added together, with the team having the highest aggregate shall be declared the winner.
- **Under 16 Premierships:** In each respective age group (Under 16 & Under 14) athletes will be awarded points on the following bases; 1st 10 points, 2nd 9 points, 3rd 8 points, 10th 1 point (all athletes completing the event will receive 1 point). Both age groups (U/16 & U/14) are then added together, with the team having the highest aggregate shall be declared the winner.
- In assessing the aggregate finishing position of any individual runners (those not in a club) may be eliminated and subsequent finishing position adjusted accordingly.
- In the event of a tie, it shall be resolved in favour of the team whose last scoring member finishes nearer to first place.
- There is no minimum or maximum limit to team sizes in individual races.

RESULTS

FROM THE 1997 BALFOURS ROAD & CROSS COUNTRY SEASON

The Gully Relays

Banksia Park Saturday 3rd May 1997

Open Men 3,000m - Individual Splits

1.	S Thurston	Flin	8.42
2.	R Cox	AH	8.49
3.	J Creasey	AH	8.49
4.	S Thiel	Flin	8.52
5.	T Symons	WD	8.55
6.	D Abbott	Flin	9.00
7.	D Custance	AH	9.02
8.	T Newman	AH	9.03
9.	D Talbot	AH	9.05
10.	G Zeuner	WD	9.13
11.	P Jackson	Flin	9.13
12.	G Lyons	Flin	9.14
13.	C Benson	AH	9.15
14.	D Clark	AH	9.16
15.	K Bamett	WD	9.17
16.	T Callahan	WD	9.20
17.	G Wood	WD	9.25
18.	S Johnson	AH	9.25
19.	E Melky	AH	9.26
20.	J Kavanagh	Flin	9.27
21.	S Howe	EH	9.28
22.	A McAliffe	Flin	9.31
23.	D Gerrard	Flin	9.31
24.	R Johnson	AH	9.32
25.	H Hamilton	TTG	9.34
26.	B Gardner	EH	9.42
27.	S Nelson	AH	9.45
28.	S Thiel	Flin	9.45
29.	L Debling	Flin	9.48
30.	R Boseley		9.48
31.	G Doyle	Sals	9.51
32.	G Kwas	AH	9.51
33.	S Travis	AH	9.54
34.	T Checker		9.55
35.	A ZurEich	EH	9.57
36.	J Jerram	Flin	10.07
37.	D MacDonald	TTG	10.08
38.	D Judd	TTG	10.09
39.	C Sboro	WD	10.16
40.	L Debling	Flin	10.21
41.	T Stasinowsky	TTG	10.23
42.	G Pearce	AH	10.32

43.	P Hooper	AH	10.33
44.	R McFadden	Sals	10.35
45.	T Howe	EH	10.44
46.	A Didyk	PA	10.54
47.	D Potter	WD	12.15
48.	P Mayer	WD	12.51
49.	D McFadden	Sals	12.59
50.	A Plunkett	Sals	13.42

Veteran Men 3,000m - Individual Splits

1.	D Standeven	AH	10.00
2.	R Pearce	TTG	10.06
3.	E Darby	WD	10.20
4.	P Sandery	AH	10.24
5.	T Marshall	EH	10.28
6.	M Butler	WD	10.38
7.	T Barry	UC	10.40
8.	L Hanafin	AH	10.41
9.	N Bray	TTG	10.44
10.	I Denham	TTG	11.07
11.	B Wyld	UC	11.49
12.	P Dempsey	UC	11.51
13.	P Green	TTG	12.00
14.	D Turner	TTG	12.33
15.	S Miller	PA	12.47
16.	P Russell	EH	13.02
17.	D Paul	AH	14.34
18.	T Miller	EH	14.59
19.	M Butcher	TTG	15.36
20.	P Gregg	Sals	17.11

U/20 Men 3,000m - Individual Splits

1.	C Bennett	EH	10.58
2.	A McPherson	EH	11.26

U/16 Men 1,500m - Individual Splits

1.	P Butler	WD	5.10
2.	T Salmon	WD	5.25
3.	J Ward	WD	6.37

Open Women 1,500m - Individual Splits

1.	K Camp	PA	4.47
2.	K Barnes	PA	5.00
3.	V Carvill	PA	5.00
4.	R Plunkett	PA	5.04
5.	V Freeborn	PA	5.05
6.	L Wright	AH	5.10
7.	S McMahon	EH	5.16
8.	S Crompton	PA	5.21

AUGUST

- Sun 2nd AUSTRALIAN FEDERATION RACE WALKING CARNIVAL:
GEELONG VICTORIA
- Sat 8th S.A. Walkers Club - Rotary Park, Gorge Rd Athelstone.
2.00pm 4, 2 & 1 Lap Races.
- Sat 15th *S.A. Walkers Club - Birrallee Road, Regency Park.
2.00pm Open 10 km.
2.15pm Open 3 km.
2.30pm U/15 1.5 km.
- Sat 22nd S.A. Walkers Club, Handicap Races - Santos Stadium, Mile End.
2.00pm 12km, 8km & 4km {Nominations close Sat 15th of August}
- Sat 29th *Athletics SA Interclub Pennant Round 2 - Third Ave, Technology Park.
2.00pm Senior 8km
2.15pm Junior 3km
2.30pm U/16 2km

SEPTEMBER

- Sun 6th AUSTRALIAN ROAD WALK CHAMPIONSHIPS
{Brisbane}
- | | | | |
|-----------|------|------------|------|
| Open Men | 30km | Open Women | 20km |
| U/20 Men | 20km | U/20 Women | 10km |
| U/18 Boys | 8km | U/18 Girls | 8km |
| U/16 Boys | 5km | U/16 Girls | 5km |
| U/14 Boys | 3km. | U/14 Girls | 3km |
- Sun 12th S.A. Walkers Club Handicap Races - Rundle Road, Salisbury South
2.00pm Knight & Campbell Shields 10km & 5km
2.30pm McFadden Trophy U/15 H'cap 2km
{Nominations by 29th of August}
Followed by the S.A. Walkers Club, AGM & Annual Presentation of Awards.



ROAD & CROSS COUNTRY RUNNING PROGRAM 1998

MAY

- Sat 2nd. **ASA Suhard & Western Shields. Santos Stadium, Mile End.**
2.00pm Start. Pack Run & 4km Race (all age groups).
- Sun 3rd. Green Belt Half Marathon. Adelaide. SARRC 8410 1317
- Sun 3rd. Australian Mountain Running Championships. Hobart Tas.
- Sat 9th. Enfield Harriers A.A.C. Host Day. R.Hunter, Ph 82893629.
Carisbrooke Reserve, Salisbury Park.
2.00 pm 2km U14, U16 Boys & Girls
2.20 pm 4km U18, U20 Men & Women
2.45 pm 8km Open & O35 Women
2.45 pm 10km Open & O35 Men
- Sat 16th. DRC Regency Park, Camira St., D.Paul Ph: 8296 0507
2.00 pm 1km U14 Boys & Girls
2.10 pm 3km U16, U18 Men & Women
2.20 pm 15km Open & O35 Men & Women
2.30 pm 8km Open & O35 Women
- Wed 20th. (SASSSA) Secondary Schools Cross Country Champs. Oakbank.
Ask yor PE Teacher for details or
call Paula Neilson at SASSSA Ph: 8353 5722
- Wed 20th. DRC Night Run. Venue to be decided D.Paul Ph: 8296 0507
Start Time 7.30pm 1500m 5000m.
- Sat 23rd. **Pat Relay Adelphi Tce. Glenelg.**
2.00 pm 3 x 1.5km Open, Under 20 & Under 16 Women
2.00 pm 3 x 1.5km Under 16 Men
2.30 pm 4 x 3km Open Men
2.30 pm 3 x 3km Over 35 Men, Under 20 Men
- Sun 24th. Whyalla Marathon and Half Marathon.
Port Lowly Light House.
- Sun 31st. **ASA State Half Marathon Championship.**
Magnolia Rd., Tanunda.
Trevor Miller Ph: (08) 8562 1257 Mobile 041 984 5712
9.00 am 21.1km Open & Over 35 Men.
9.00 am 21.1km Open & Over 35 Women.



June.

Thur 4th. Athletics S.A. All-Schools Cross Country Championships - CBC Oval.
Ask your PE Teacher for details or call Derek McFadden at ASA Ph: 8238 3200

Sat 6th. Western Districts Wilson Memorial. West Terrace, Adelaide.
2.00 pm 6km Sealed Handicap

Mon 8th. Queens Birthday Handicap. D.Paul Ph: 8296 0507
Adelaide Harriers Track, South Terrace, Adelaide.
10.00 am 4km All Age Groups.

Sun 14th. ASA Road Championships. Santos Stadium, Mile End.
8.00 am 5km Under 20, Under 18, Under 16 & Under 14 Men
8.00 am 5km Under 20, Under 18, Under 16 & Under 14 Women
8.15 am 10km Open & Over 35 Men
8.15 am 10km Open & Over 35 Women

Wed 17th. DRC Night Run . Venue to be decide. D.Paul Ph:8296 0507
Start Time 7.30pm 1500m, 5000m.

Sat 20th. D.R.C. St. Marys. D.Paul Ph: 8296 0507
Shepherds Hill Reserve, Ayliffes Rd., St. Marys.
2.00 pm 1km Underage
2.10 pm 4km U16 Men & Women, U20 Women
2.30 pm 6km U20 Men & Open Women
2.30 pm 10km Open & O35 Men

Sun 21st. Olympic Fun Run. (for more information call ASA on Ph: 8238 3200
Victoria Park Racecourse, Adelaide
9.00am 5000m Run & Walk

Sun 21st. SA Road Runner Club 5k, 10k, 20k Ph: 8410 1317

Sun 21st. A.A. Australian Half Marathon Championships. Lake Macquarie NSW.

Sat 27th. A.S.A. State Mountain Running Championships.
Anstey Hill Recreation Park, North East Rd., Tea Tree Gully.
Support Races: 1.30pm 4000m U18 Men & Women.
2.00pm .. 8000m Open Men & Women.

July.

Sat 4th. ASA State Cross Country Championships.
Carisbrooke Reserve, Main North Rd, Salisbury.
2.00 pm 8km Open, Over 35 & Under 20 Men.
2.00 pm 8km Open & Over 35 Women.
2.40 pm 4km Under 18, Under 16 & Under 14 Men.
2.40 pm 4km Under 20, Under 18, Under 16 & Under 14 Women.

JUNE

**Sun 7th AUSTRALIAN FEDERATION RACE WALKING CARNIVAL.
{CANBERRA}**

Sat 13th *S.A. Walkers Club, Club Championships - Birralee Rd, Regency Park.
2.00pm Open & Women 12km
Veteran, Men & Women 12km
U/20 Men & Women 12km
U/18 Boys 12km
2.15pm U/18 Girls 3km
U/15 Boys & Girls 3km
U/12 Boys & Girls 3km
2.30pm U/10 Boys & Girls 1km

Sat 20th S.A. Walkers Club, Track Walk. Santos Stadium Mile End.
2.00pm One Hour Walk.
2.30pm Half Hour Walk
2.45pm Quarter Hour Walk

**Sun 28th *Athletics SA State Championships - Rundle Road,
Salisbury Park.**

8.00am Open & Over 35 Men 30km
9.30am Open & Over 35 Women 20km
Under 20 Men 20km
10.15am Under 18 Boys & Girls 8km
11.00am Under 14 Boys & Girls 3km
S.A. Walkers Club, support race:
10.30am Open 2.5km/5km

JULY

**Sat 4th S.A. Walkers Club, Handicap Races - (Venue to be announced)
2.00pm Open 5km. {Nominations Close 28th of June}**

**Sat 11th *S.A. Walkers Club. Club Championships - Third Avenue,
Technology Park.**
2.00pm Open & Women 8km
Veteran, Men & Women 8km
U/20 Men & Women 8km
2.15pm U/18 Boys & Girls 5km
U/15 Boys & Girls 5km
2.30pm U/10 & U/12, Boys & Girls 1.5km

Sat 18th *Athletics SA Interclub Pennant Round 1 - Birralee Rd, Regency Pk.
2.00pm Senior 10km
2.15pm Junior 5km
2.30pm U/16 3km

Sat 25th S.A. Walkers Club, Handicap Races - Victoria Park.
2.00pm 15km, 6km & 3km. {Nominations Close 18th of July}

ROAD WALKING PROGRAM 1998

APRIL

- Sat 18th S.A. Walkers Club - Registration Day.
- Rundle Road, Salisbury South.
2.00pm Open 5km
2.10pm U/15 2km
- Sat 25th *S.A. Walkers Club - Third Ave, Technology Park.
2.00pm Open 8km
2.15pm Open 4km
2.30pm Open 2km

MAY

- Sat 2nd *S.A. Walkers Club, R.A.A.F. Trophy - Veictoria Park Race Course.
2.00pm Open Men 10km
2.15pm Open Women 5km
2.30pm U/15 1.5km
- Sat 9th *Athletics SA State Championships - Rundle Road,
Salisbury South.
2.00pm Under 20 Men & Women 10km.
S.A. Walkers Club, support races:
1.00pm Open Men 25km Club Champs
1.30pm Open Women 15km Club Champs
2.30pm Open 2km
- Sat 16th S.A. Walkers Club, Handicap Races - Santos Stadium, Mile End.
2.00pm Open 10km
2.30pm Open 3km {Nominations close 9th of May}
- Sat 23rd *Athletics SA State Championships - Birralee Road,
Regency Park.
1.30pm Open & Over 35 Men 20km
2.00pm Open & Over 35 Women 10km
2.15pm Under 16 Boys & Girls 5km
2.30pm S.A. Walkers Club, Support race, 3km.

- Sat 30th S.A. Walkers Club - Rundle Road, Salisbury Park.
2.00pm Guess the Distance Event
2.30pm U/15 3km track walk (nomination fee Sen \$2.00, U/15 \$1.00)
(followed by afternoon tea)

- Sun 5th. Pichi Richi Marathon & Half Marathon . Pt. August
7.30am Marathon Run & Half Marathon Walk.
9.00am Half Marathon Run. Start of all events at Saltia Crossing.
- Wed 8th. DRC Night Run. Venue to be decided. D.Paul Ph: 8296 0507
Start Time 7.30pm 800m, 3km.
- Sat 11th. DRC Phil Affords Day. Sandy Creek. D.Paul Ph: 8296 0507
2.00pm 3.2km All Age Groups
12.8km Open Men & Women
- Sun 12th. A.A. Australian Marathon Championships. Gold Coast Qld.
- Sun 12th. SA Road Runners Club. River Run 6km, 15km, 30km. Ph: 8410 1317

- Sun 19th. ASA Cross Country Relay Championships.
C.B.C. Oval Bartels Rd. Adelaide.**
10.00 am 3 x 4km Open, Under 20 & Under 16 Women
10.00 am 3 x 4km Under 20 & Under 16 Men
11.00 am 3 x 6km Over 35 Men
11.00 am 4 x 6km Open Men

- Sat 25th. Veterans Club Road & Walk Championships.
Camira St., Regency Park B. Byrne Ph: 8278 8537
2.00 pm 10000m Men & Women All Age Groups
- Sun 26th. DRC Willunga Fun Run. Main St., McLaren Vale.
10.00am Start D.Paul Ph: 8296 0507

August.

- Sun 2nd. ASA Cross Country Championships.**
12km Open & Over 35 Men
6km Open, Over 35 & Under 20 Women
6km Under 20 & Under 18 Men
3km Under 18, Under 16 & Under 14 Women.
3km Under 16 & Under 14 Men.
***Venue & Time Table to be advised.**
- Sun 2nd. Crosscountry Little Athletic State Championships.
- Wed 5th. DRC Night Run . Venue to be decide. D.Paul Ph: 8296 0507
Start Time 7.30pm 1500m, 5000m.
- Thur 6th. Athletics S.A. All-Schools Cross Country Relays Champs - CBC Oval.
Ask your PE Teacher for details or call Derek McFadden at ASA Ph: 8238 3200
- Sat 8th. DRC King & Queen of the Mountains. D.Paul Ph: 8296 0507
Start Belair Railway Station, Belair. Finish Mt Lofty Summit.
2.00pm 11km.

Sun 9th. SARRC Adelaide Marathon including the ASA State Marathon Championship.

Sat 15th. A.V. Victorian State Cross Country Championships. Bendigo.

Sat 15th. Whyalla King & Queen of the Mountain. 9.30am. Start.

Sat 15th. D.R.C. Bill Stratfolds Day D.Paul Ph: 8296 0507
Minda Home Farm, Coromandel Parade. Blackwood.
2.00 pm 4km Veteran Men & Women [Tiki / Owl Trophy]
2.00 pm 2km U14 Boys & Girls, U16 Girls.
2.15 pm 4km U16 Boys & U18, U20 Women.
2.15 pm 6km U18 Men.
2.45 pm 8km Open & O35 Men & Women, U20 Men.

Sat 22nd. D.R.C. Uni Loop War Memorial Drive, Adelaide. D.Paul Ph: 8296 0507
2.00 pm 2.2km U14 Boys & Girls, U16 Girls.
2.15 pm 4.4km U16, U18 Boys & U18, U20 Women.
2.15 pm 4.4km Open & O35 Men & Women, U20 Men.

Sat 29th. A.A. National Cross Country Championships. Canberra.
Incorporating: The Australian All-Schools Cross Country Championships.

Sat 29th. Veterans Host Day. Bev Byrne 82788537
Corner Greenhill Rd., & Peacock Rd., Adelaide
2.00 pm 5km Cross Country All age Groups
2.00 pm 5km Walk All age Groups
2.00 pm 10km Cross Country All age Groups
2.00 pm 10km Walk All age Groups

Sun 30th. D.R.C. Ultra Marathon D.Paul Ph: 8296 0507
6.00am. Adelaide Town Hall to Victor Harbor.

September

Wed 2nd. D.R.C. Winter Sprint Series. Venue to be decided. D.Paul Ph: 8296 0507
7.30pm. 60m / 600m / 200m / 4000m.

Sat 5th. W.D. Ern Jolly Memorial. West Tce. Adelaide
2.00pm 6000m Handicap All age Groups

Sun 6th. Enfield Harriers Fun Run. R.Hunter, Ph 8289 3629.
Uni Loop, War Memorial Drive, Adelaide.
4400m 10.00am. Start All age groups

Wed 9th. D.R.C. Winter Sprint Series. Venue to be decided. D.Paul PH 82960507
7.30pm. 100m / 800m / 300m / 3000m

Sat 12th. **ASA North Park Relays, Robe Tce. North Adelaide.**
2.00 pm 3 x 2.5km Under 20 & Under 16 Men.
2.00 pm 3 x 2.5km Under 20 & Under 16 Women.
2.40 pm 3 x 5km Open Women & Over 35 Men.
2.40 pm 4 x 5km Open Men.

SOUTH AUSTRALIAN AMATEUR WALKERS CLUB

PRESIDENT: Bill Star {Ph: 8354 0231}

SECRETARY: Zoe Bryson, 3 Endama Court, Craigmore 5114 {Ph: 8252 3865}

TREASURER: Tonia Lewry {Ph: 8276 8968}

Annual Club Fees {including the seasons race fees}

Seniors:	\$25
U/20 & U/18	\$20
Underage:	\$15
Associates:	\$2
Life Members season race fees:	\$20
Family Maximum	\$40

GENERAL RULES

- 1 Athletes should be registered members of Athletics SA
- 2 All athletes must be dressed in correct uniform of their registered club. Alternatively the uniform of the SA Amateur Walkers Club may be worn.
- 3 Current registration numbers should be attached to singlet/top. Walkers not meeting this requirement may have points deducted.

AWARDS

Trophy Points: One award in each category: Senior Men & Women.
Veteran Men & Women.
U/20 Men & Women.
U/18, U/15, U/12 Boys & Girls.

Races marked with an asterisk (*) will be the events to count towards Trophy Points.

Handicap Prizes: All Walkers Club members scoring above an approved number of handicap points will receive a prize. Points will be awarded in all the asterisk marked races {sealed handicap}, plus any handicap start during the season.

Points will be scored: 10, 9, 8, 7, 6, 5, 4, 3, 2, 1.

No members will be handicapped for more than one event on the same program.



DISTANCE RUNNERS CLUBS OF SA

MEMBERSHIP FEES

FAMILY \$6.00
A.S.A MEMBERS \$3.00
ASSOCIATE MEMBERS \$5.00

EVENT ENTRY FEES

MEMBERS \$2.00
NON MEMBERS \$4.00

PLUS \$7.00 INSURANCE IF NOT A REGISTERED MEMBER OF ATHLETICS SA.

BENEFITS OF MEMBERSHIP

- Cheaper nomination Fees, Trophies for each event.
- Choice of events; All events are open to all age groups, but awards & trophies are only given for the advertised age group for that event.
- Consistency and performance awards are awarded for overall season performances.
- Regular competition - accurate course distances - race results
- A welcome cup of tea and biscuits are available after each event
- Members gaining interstate selection can apply for D.R.C. subsidy for interstate trips
- By joining the D.R.C. you are supporting the development, growth and continuance of distance running in S.A.

ENTRIES CLOSE 15 MINUTES PRIOR TO RACE START TIME

Members financial before 30th. of June 1996 will have all performances prior to that included for Club Awards for the full season. Members who become financial after that date will only have those performances counted since becoming financial.

D.R.C. AWARDS AND TROPHIES

Scoring events for consistency trophies are all A.S.A. Championship and Premiership events and all D.R.C. events except fun runs. Competitors can only score in one event on any day.

Scoring for consistency trophies is:

FIRST 5 points. SECOND 3 points. THIRD 2 points EVERY FINISHER 1 point.

- The Club Consistency Award is presented to members who complete 21 A.S.A or D.R.C events.
- The Red Sore Feet badge is awarded to members who complete their First State Marathon.

CONSISTENCY TROPHIES

Veteran Male		Veteran Female
Senior Male (Ern Jolly Trophy)		Senior Female
U/20 Male (R.E.Graham Trophy)		U/20 Female
U/16 Male (D.Dohnt Trophy)		U/16 Female
U/14 Male (R.O'Neil Trophy)		U/14 Female

STANDARDS CERTIFICATES

Standards Certificates of Gold, Silver and Bronze are awarded in four divisions at the following events:

ANZAC Miles.	2 mile Phil Affords Day.
15km & 8km Regency Park.	10km. St. Mary's.
8km & 4km Minda Farm.	3000m & 5000m Track.

For further information contact Des Paul on Ph: 8322 6400.

Wed 16th. D.R.C. Winter Sprint Series.
Venue to be decided. D.Paul Ph: 8296 0507
7.30pm. 60m / 600m / 200m / 4000m.

Sunday 20th. CITY-BAY FUN RUN Hotline PH 8410 1447
D.Paul PH 82960507

Wed 23rd. D.R.C. Winter Sprint Series.Venue to be decided. D.Paul Ph: 8296 0507
7.30pm. 100m / 800m / 300m / 3000m

Wed 30th. Santos Stadium, Mile End.
3km Track Run & Presentation Night
***(including all championship medals)**
7.00 pm Under 20 & Under 16 Women
7.15 pm Under 20 & Under 16 Men.
7.30 pm C, D & Over 35 Men.
7.45 pm A & B Grade Open Women.
8.00 pm A & B Grade Open Men.
8.30 pm Seasons Presentions

October

Sun 4th & Mon 5th. 48hr Run
Sat 10th & Sun 11th. Heysen 100.
Sun 11th. SARRC 2nd Sprint Series. Airport Fun Run
14th. to 19th. IAAF Year of the Female Athlete.
Sunday 18th. Women's Classic
10000m Run & 5000m Walk. T. Miller Ph: (08) 8562 1257
Ekiden Relays. Mobile 041 984 5712
Sunday 25th. Multiple Sclerosis Fun Run D.Paul Ph: 82960507

November.

Sunday 1st. SARRC 3rd Sprint Series.
Saturday 22nd. SA Road Runners Club Women 10km Classic

December.

Sunday 6th. SARRC Christmas Frolic. 5km/10km.
Monday 28th. D.R.C. / VETERANS Two Jetties Fun Run D.Paul Ph: 82960507
Glenelg Jetty to Brighton Jetty and return
9.30am 8.4km.

ATHLETICS SA

ROAD, CROSS COUNTRY & WALKING

COMPETITION RULES

NOMINATION PROCEDURES

1. All Championship event nominations will close at 5pm on the Wednesday prior to the event. Entries must be on the appropriate form with the entry fee enclosed. Entries must be lodged with the Association Office, PO Box 84 Torrensville Plaza SA 5031 or presented personally at Santos Stadium, Mile End.

2. After 5pm on the Wednesday prior to the Championships, the administration will not accept any entries. Any athletes wishing to enter after this time, must enter at the venue on the day of competition, and incur a late entry fee. Athletes entering late will be eligible for both team and individual awards.

3. Correct Entry fee must accompany entries and NO phone nominations will be accepted.

4. It shall be the responsibility of all athletes competing to ensure that identification tags are worn during the conducted event and presented to the officials at the finish line.

PRE RACE PROCEDURE

All competitors must report no later than thirty {30} minutes prior to the start of the race to collect name tags which must be handed to the finish stewards at the completion of the race. Failure to comply with this may lead to the competitors performance not being recorded. Ten minutes prior to the start of each race, a warning command will be given.

AGE GROUPS

Senior: A Competitor twenty years or over on the 31st of December 1998.

U/20, U/18, U/16, U/14 On the 31st of December 1998.

Veteran Men & Women: Thirty five years and over on the 31st of December 1998.

CLUB TEAMS

All Cross Country and Road Championship/Premiership teams shall consist of registered members of that club. **Composite Teams**; are those teams comprising members of more than one club or, relay teams where an athlete runs more than one leg. Composite and incomplete teams may compete, but they will gain no official place, or team trophies. Individual members from these teams will be eligible for individual awards.

CLUB UNIFORMS

All athletes must be dressed in the correct club uniform with the current Registration Numbers attached to the singlet/top front and back by the four corners. Permission to compete in other than correct club uniforms must be obtained from the Road, Cross Country & Walks Director prior to the start of competition. An athlete and/or team so offending may be disqualified from the competition.

PROTESTS

Protests shall be made not later than thirty minutes after the conclusion of competition. Any such protests are to be made in writing to the referee or to the Director of Road, Cross Country and Walks, accompanied by the sum of \$10 before any action is taken. The \$10 will be forfeited if the protest is considered frivolous. {IAAF Rule 147}

DISPUTES

In the case where any dispute shall arise regarding the interpretation of the IAAF, AA or ASA rules pertaining to Road, Cross Country and Walks, or the rules of this Handbook and the conduct of the competitions under its jurisdiction, the matter shall be submitted to the Road and Cross Country Committee whose decision shall be final, subject to the right of appeal.

PACING

Pacing is strictly prohibited. Infringement by a vehicle, bicycle or any individual may disqualify the runner and/or the team being paced.

UNAUTHORISED RUNNING ON COURSE

No registered member shall run on a course being used for an event conducted by ASA during the running of the event except as a properly entered competitor. Any athlete so offending shall be reported to the Road and Cross Country Committee who shall take whatever action it sees fit.

OBSTACLES

All hurdles and any other obstacles on the course shall be properly negotiated by jumping, vaulting or climbing over the obstacle, it must not be avoided. Any athlete so offending shall be reported to the Road, Cross Country Committee who shall take whatever disciplinary action it deems fit.

ROAD RACING & RELAY RULES

- Unless otherwise directed by a Police Officer or the Race referee, competitors must run against on-coming traffic and as near as possible to the right hand side of the road. Any athlete or team so offending shall be disqualified.

- In the event of any competitor being forced by distress/illness to retire from the race, the next runner may run the remainder of that leg as well as the leg allocated to them, provided the approval of the referee is given.

