

# SYDNEY STRIDERS ROAD RUNNERS' CLUB AUSTRALIA

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## Ponton premieres in pole position

**A**s Australians, we probably have many reasons to thank the Air Force. As Striders, we can be grateful that the Air Force's decision to post nurse Marnie Ponton to Sydney has added another great runner to our athletics team. Marnie made her debut in the green and white at the NSW Cross Country Championships at Willandra on 21 June 2008, winning the tough 8km event in a time of 29.26.

Although new to Sydney, Marnie has been running since she was 8 years old, and started racing in steeplechase in the under 18 division. She particularly enjoys hill and mountain running, and is drawn to steeplechase for its combination of speed and strength. Marnie is currently based in Glenbrook, so has plenty of opportunity to test her hill running. She also manages to fit her training sessions around her weekend job as an emergency nurse.

Marnie's weekly mileage is 90 - 110km, which includes two track sessions, a hill session and a long run of 20 - 25km. Her favourite events are the 3km steeplechase



and cross country events of between 8km and 14km. She is currently focused on smashing her City to Surf PB (which she set the first and only time she did the race!) of 50.40, as well as building a strong base for the track season. Marnie is yet to race a marathon, but is keen to test herself over that distance. She also plans to come to Sydney to run a STaR shortly, so look out for this new Striders champion at your next race or run.

**Left: Marnie employs her unique technique for keeping shoes clean when running in muddy areas**

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### *I N S I D E B L I S T E R 1 0 5*

*Mr Never Rest runs very ragged over Everest*

*The nitty gritty on the witty Criniti*

*Tim Cochrane takes time to trip to tortuous Comrades*

*No nonsense grab on notorious Great Nosh*

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**Font:** Cambria 10pt**Photos:** If posting, it's best not to send your only copy. Send as a separate jpg file when emailing your stories**An ex-President speaks...**

At a recent STaR I headed out with the 6:10 group, but as I had only just got to the start in time, I had to stop a few km down the road for 30 seconds. As I chased down the pack, I caught a Strider who had fallen off the back of the pack (already) and as I ran along side of her I made a comment about the pack in the near distance. No response. Surprised, I made a slightly louder comment, and then, in the darkness, noticed the white cables and earphones. Her gaze was straight ahead, obviously bopping away to a tune, totally oblivious to my feeble attempts at conversation. So, I took off, muttering under my breath about the unsocial character of iPods, and caught up to the group.

About 90 minutes later we were charging through the bush, catching one of the earlier groups, when our path was blocked by yet another Strider with earphones firmly attached. It was a narrow track and our progress was blocked by this Strider obviously in deep concentration on the sounds emanating from the earpieces. He eventually realised we were there, and as I passed I started to make disparaging remarks about the incompatibility of iPods and group runs, when he shot back "you're un-Australian!". Taken aback, I slowed and was quickly put in my place. Not music, cricket. All of a sudden, all was well again. Music bad, cricket good (insert any Aussie sport being played here). A couple of minutes was then spent cruising through the bush discussing the merits of the West Indian and Aussie cricketers before we went off at our different paces.

Moral of the story? iPods for solo runs, radios for information for the group!

By **STEPHEN JACKSON**

The Himalayas are big, really big. And Mt Everest is the biggest of the lot!

And when you have run in a lot of places and are looking for something a bit different - a race just doesn't come any bigger, or any higher, or for that matter, seem longer than the Tenzing-Hilary Mt Everest Marathon.

It is approaching 7am at Everest Base Camp, it is about minus 10 degrees and I'm on the Khumbu Glacier standing on the highest Marathon starting line in the world. I am surrounded by incredibly high, rugged peaks towering over 2000m or more above me, even though at Everest Base Camp I am standing at 5364m above sea level (How high is that? Put it this way if you fell out of a plane at that height you would get 3 minutes of freefall before you hit the earth!) Oxygen at this altitude is 50% of that at sea level. It has taken us 14 days just to get to the start-line, and I have been sleeping on the Khumbu glacier for the last two nights. Now I'm going to run a marathon of international standard length of 42.195km (or 26.2 miles) following a route which will take me back to Namchee Bazar.

7am strikes and the Nepalese guide Domch who is the official starter yells "Go!" and 120 hardy souls take off like a pack of startled Gazelles (ok not quite startled but definitely a little upset gazelles). In the race there are 78 Nepalese and 42 foreigners representing 18 different countries. Not surprisingly, the Nepalese lead the push and are out of sight before you can say "Ice Fall", the rest of us in pursuit. To give you an idea of how hard this is going to be, I usually can complete a marathon in about 3 and half hours or so, today it will take me over 8 and half hours, even though running down hill is not too bad, the very technical terrain of rocks, ice, boulders and dusty loose scree and rubble, along with steep drops and sheer rises means that this is a tough ground to run on at sea level - never mind at altitude - but hey! that is why I am here; if was at sea level anybody could do it!

The first 5 km is spent just getting off the glacier on to the wall and climbing to about 5450m and then following the glacier wall past Kala Pata onto the village of Gorek Shep. As we race, the locals come out to cheer us on. Here

By **STEPHEN KIBBLE**

in the mountains, this is a special event as it celebrates the 55<sup>th</sup> Anniversary of Hilary and Tenzing summiting Everest, and they see us, I think, as a special kind of madness that transcends mountaineering. (Ok and whoever said I was sane. ☺) All along the course, the locals move aside to cheer and pat you on the back as you run by, despite the fact that they would have seen the front runners go by, sometimes, hours earlier. Here in friendly Nepal all participants get the same enthusiastic cheers.

Through Gorek Shep, continuing to follow the ice flow wall for the next 11 km, to the cemetery at Thokla Pass that celebrates those brave souls who attempted to climb Everest and other mountains but did not return. Up over

the end of the glacier and then a steep plunge down the front of the glacier and then I encounter a uniquely Himalayan problem in this race; a Yak train coming up the hill at me. Yaks are about the size of a cow, are woolly, are pack animals and have huge, sharp, pointy horns! I check my speed, run around, then to cries of "Namaste" and "go" from the owner I am through the 14 km check-point at Dugla (4620m) and down to the river.

After crossing the river is the first of the big climbs. This one leads to the plateau

above Dingboche, (4500m) running along the plateau on the undulating fields is pleasant and very scenic as the snow capped mountains tower all around and far below in the valley is the pretty village of Periche (4270m). Across the helicopter landing pad, a short, sharp climb to the Stupa (A religious marker to the Buddha found all over this region and, for luck, you always go around them in clock-wise direction.) then a long downhill to the village of Dingboche (4410m). I go around the top of the village and through it, my is number noted, I pick up water and away I go.

As I hit the half waypoint at Samsogma (4190m) I have now descended some 1200m in net loss, but also have some big climbs done - but the big TWO are still a few km ahead of me. This is now the middle stage of the race and this is often a hard part of any marathon for many racers as even though you are over half way, you are still a long way from the end.

## The Mount Everest Marathon

ONE REALLY LONG 42.2 KM !!



Trick photography: by standing on a very high stack of crates, Stephen creates the illusion that the 7.5k mountains are merely shoulder height.



## In all ultra races and marathons you do reach a point where you question your own sanity and ability to finish – it happened here.

With the field now spread out over 15 or more km, I am very much by myself and I feel very small and lonely compared to the scale of the mountains and alien rock strewn, glacier-ridden landscape around me (in the whole race, after the first 13km or so, I did not really see or meet another competitor until the finish line – and there are no race course markers so it is often on blind faith that I navigate and keep going and do not turn off the course somewhere).

But the kilometres and the time do pass and in retrospect, pass quickly. Through the village of Pangboche I am now below 4000m and the trees are starting to fill the landscape. I go down another ravine and cross a bridge and start the first of the really big climbs up to the Tengboche Monastery (one of the highest in the world at nearly 3900m). The climb is hard work and I slow right down as I ascend from the bridge at 3500m to get to the monastery in the next two

kilometres at 3860m. It is here that I get the biggest boost over the race, due to the celebrations going on; there are a lot of visitors camping out including a bunch of Aussies. As I approach the hill, someone yells, "It's the Aussie coming up!" (I have a flag sticking out the small pack I'm wearing and I'm the only Australian in the race) Out of the tents, they pour. They stand along the route and pat my back, cheer and take my photo – heck! I now think I'm winning – but maybe it is the dehydration, the 30km I have completed so far and the fact I have now been going non-stop for 5 hours!!!

Down the other side losing over 600 m in elevation, down to the river and then it starts!! This is the big climb, over the next 3 or 4 km I will gain 800m in elevation to get from about 3100m, at Phunki Tenga Bridge, to 3900m at the top of Khumjong village. This climb will take me over 2 hours to do, and at my lowest personal point in the race. In all ultra races and marathons you do reach a point where you question your own sanity and ability to finish – it happened here. So I'm about 2/3 of the way up and I get overtaken - by a lady carrying her baby!! As she goes by, she smiles (Nepalese are always smiling at you) and says how well I'm doing and pats me on the back..... But all is not lost! I beat her to the top, because she stopped to feed the baby – worn out racer, 1 lady feeding baby, 0!! Go, me!!! ☺

If it is possible, this hill gets crueller. I get into Khumjong and it is not over, some local kids point the way up around the top of the village so, up I go. The locals stop to watch me pass up and around this village that spreads across the valley floor in the shadow of the sacred mountain called Khumbi Yui Lha. Up to the Kunde hospital, around the old ice flow, past the Hilary Foundation High School and the last climb! Up these old stone stairs, and, while not exactly bouncing, buoyed by the knowledge that this is the last up and then it is only about 3km to the finish in an old potato field in Namchee bazaar.

This is a dangerous decent; it is very steep and very slippery with dust and rocks and the track is concealed under small juniper bushes. I lose about 400m in elevation. In my mind I am telling myself, "Lift your feet, you are so close to the end now."

At last I hit the top track in the village that leads to the end, around the last prayer rock, down the alley between two buildings, avoid the last yak, into the field and across the line. After 8 hours, 36 minutes and 59 seconds, I get my finishers medal and tracksuit and I have completed the highest marathon in the world...

Hmm, now what is the next extreme race I can do? ☺



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By DAVID CRINITI

## Running to plan...B

**G**ee I love the finishing chute at the Canberra Marathon. I'm not sure of the type of trees that line the NSW Crescent (where the race both starts and finishes), but their tall grey, overhanging branches and yellowing autumn leaves frame it well, leaving the last 200m of dead straight, pancake flat road, something to really savour.

...and it was something I wanted to savour twice – once at the end of the marathon, and again at the completion of the 50k. The goal was to finish the marathon in 2.26.00, and to come in on the right side of three hours for the 50k, after missing that mark by a mere 12 seconds at this race in 2007.

The goal was put to paper, in the form of a laminated wrist-band, bearing the cumulative times at which I needed to pass through each kilometre in order to run an even-paced 2.26.00. From there I had no more pace guidelines for the last 7.8k. I just planned to hold on as best as I could at that stage. The question just remained, would the plan go to plan?

Training had certainly gone well, including a 32.04 at the March edition of the Striders' 10k series at North Head. That boosted confidence, as I hadn't cracked the 33 minute mark in the lead up to last years' Canberra Marathon where I'd run my marathon and 50k pb. Not so encouraging was the fact that I had to miss the April edition of the 10k series, only one week out from the marathon, with blister problems.

Thankfully, my podiatrist took care of those issues, and I got down to Canberra on race eve, feeling confident and relaxed...and just hoping that we'd get some good weather for race day.

So...race day dawned somewhere behind the clouds, and I woke to the pitter patter of rain on the roof. Such is life eh!

Having said that, the rain didn't dampen the runners' spirits as they went through their final preparations outside the Telopea Park School. Barbara Becker stood

out as one who was beaming particularly brightly in anticipation of starting her debut marathon. If my spirits weren't buoyed by Barbs, they certainly were when the beautiful Sue Horsburgh gave me a hug to warm me up as the rain continued to fall in the minutes before the start. That almost made me think that I wish it would rain before more of my races! ☺

Well, the time soon approached where I just had to join the pack in the drizzle as we waited for our gun to fire. Prior to that it was fired for the solitary wheelchair competitor. We cheered as he left, and then recommenced shivering for the next couple minutes, but



With not much else going to plan, thankfully, all David's weight training had finally kicked in

it didn't take long until we were also on our way down the NSW Crescent.

I weaved my way through the gentle jostle of the first few hundred metres, and gradually moved through the throng of faster starters as we turned left onto Telopea Park East after a few hundred metres, and then onto Bowen Drive, a further few hundred metres down the road.

Bowen Drive marks the start of the first smaller loop, which winds its way anti-clockwise around Parliament House and for the first 10 or so kilometre of the race. When we turn around at the end of this loop, it also marks the start of the bigger, 15k loop which takes runners to the northern side of Lake Burly Griffin – this one to be completed twice.

My first trip up Bowen Drive saw me settle into stride

with Jeremy Horne for company, and a few others, including Andrew Tuckey and Anthony Farrugia on our heels. Mark Tucker and Magnus Michelsson were running together behind the lead car about 100m up the road.

The fact that this distance didn't change (and if anything, decreased) as we rounded Parliament House and made our journey back to Bowen Drive was surprising, as these were two runners who were well out of the Dave Criniti / Jeremy Horne marathon league.

Keeping a close eye on my watch, I also noticed that Jeremy and I were losing a couple seconds each km on my planned time. This was the beginning of the end of plan A.

There was a strong desire to make up those seconds, which would have seen me catch Mark and Magnus, but I was already feeling that I was pushing too hard at this stage of a marathon, and knew that any such attempt would do my overall time no good. I figured that perhaps the fact that the road was slippery, or that I was probably running a couple kilograms heavier due to being waterlogged from the start, may have contributed to this. Whatever the reason, I wasn't going to increase my tempo at this stage.

### **...Andrew Tuckey now looked like more of a threat than Jeremy, so I made a mental note to look out for him...**

I was, however, going to keep an eye on our pace each km, and make sure that I didn't drop off the mark too far anyway. If I couldn't manage 2:26:00, I could hopefully still top last years' 2:28:38 marathon effort, and hopefully still dip under 3:00 for the 50k.

The 10k mark was reached not long before the turnaround on Bowen Drive which signified the beginning of the first big loop. From memory, this was reached in just under 35 minutes, 20 odd seconds down on my projected 2:26:00 pace.

By this stage Magnus and Mark were starting to pull away, and the others had dropped back, but Jeremy and I continued together as we crossed Lake Burly Griffin, and started heading north-west along the Parkes Way to the turnaround at the Glenloch interchange.

There are a few undulations close to this turnaround, which is around 19km into the race on the first big loop. I think the slipping and sliding of my foot within my shoe as I descended some of these, contributed to the padding on my sole working its way loose. The rain had now eased, but I was now wondering whether I'd have to stop to get rid of this padding which was no longer in place, but was now floating around in my sock, uncomfortably.

In a way, it acted as good motivation, and I surged away from Jeremy, thinking that if it did force me to stop, I'd try and stop a few hundred metres ahead, so even if he passed me while I was getting it out, he'd probably still be in sight by the time I got going again.

However, I wanted to avoid stopping if at all possible, and I made it past half way in 1:14:34 without doing so. The padding was starting to become less of a distraction now, but perhaps I look for distractions, because my mind was now occupied with a pain in my stomach.

This was a similar to a problem to one I'd faced at the same stage of the race last year. In that race I'd held on until we'd crossed back onto the south side of Lake Burly, and I found shelter in some trees as we turned off Commonwealth Avenue, and looped under it. I again took refuge in the same cluster of trees, and emerged about half a minute later with Jeremy about 50m in front, but feeling much stronger.

I pegged him back along King Edward Terrace and began to feel more confident of stringing together a good time now that the padding had worked its way into a comfortable position, and my stomach issues were behind me. The crowd on Bowen Drive lifted my spirits further, and I went into and out of that section on a high.

However, I'd got to half way 34 seconds down on my projected 2:26:00 split, and I'd lost a bit more time on that with my pit stop near the 23k mark. I was making up a couple seconds here and there, but 2:26:00 looked like it just wasn't going to eventuate today.

The sights were still set on a P.B. though, and maintaining 3<sup>rd</sup> place. As I got onto the Parkes Way, at the 28k mark, Dave Kane told me that Andrew Tuckey now looked like more of a threat than Jeremy, so I made a mental note to look out for him after I turned at the Glenloch interchange for the final time with about 9 or so km to go.

It's a while after the race as I write this, but from memory it was about 40 to 45 seconds after the turn that we passed each other, meaning I had close to 90 seconds on him. However, that sort of lead can disappear in a flash in the dying stages of a marathon, so I kept pushing while trying to leave something – anything – in the tank with which to attack the last 7.8k after the marathon was finished.

By this stage I was passing a few people who were on their way back towards Bowen Drive to complete their first lap. There were mutual attempts by myself and these runners to offer congratulations and encouragement; though I think my attempted "Well done"s and "Keep it up"s often came out as nothing more than a garbled grunt.

Somewhere along this stretch I saw Magnus too, which was surprising, given that when he was heading back from the Glenloch interchange alongside Mark Tucker, well before I got there, he was looking comfortable.



Anyway, he was walking, injured, but still offered encouragement as I moved into second, despite the disappointment of his race finishing early.

As I crossed the bridge for the last time, and headed onto King Edward Terrace for the last time, there were more and more first lap runners around, and more spectators now that the finish was approaching and the rain had subsided. The atmosphere was building and I was pumping my first and thanking the big Striders and Coolrunning cheer squads as I headed off Bowen Drive onto Telopea Park West.

Soon I was rounding the corner onto NSW Crescent, with the finish line in sight. Fist pumping, yahooing, and high fiving were the order of the day, and I jubilantly made my way up the finishing straight to a P.B. time of 2.27.34.

It was indecision about whether to continue for the 50k that cost me the sub 3 hour time I should have got last year, so I made amends this year by pushing straight through without stopping, continuing around NSW Crescent until it emerged onto Telopea Park West a few hundred metres later. Running the opposite way to the marathoners who were completing their last kilometre, I passed Jeremy, who didn't have one of his better days that day, finishing 4<sup>th</sup> in 2:32:35.

Mark was way in front, out of sight and out of mind, and I just concentrated on doing what I could to get under 3:00:00 as I headed across Bowen Drive and onto the bike path that led out to the final turnaround point of the day. Mark passed me a couple long minutes before I reached that, and thankfully, I didn't pass anyone for several minutes after I made my own turnaround.

Knowing I was going sub 3 - and knowing there was no one threatening to take second from me - made the last couple of kilometres more relaxing and enjoyable as I somehow managed to find the energy for another round of celebrations as I continued down NSW Crescent for the final time, finishing in 2:58:21.

The wrap up? Well, I honestly think that my preparations were so much better in '08 than '07 that I should have come away with more than a one minute and four second P.B. in the marathon. However, what should happen and what does happen are often worlds apart. I strongly believe that if I'd stuck to the A plan, and gone through half way in 1:13:00 flat, I would not have come away with a P.B. at all. Perhaps there's a lesson in there about listening to your body...on the other hand, maybe I'm just too soft?

By DENNIS WYLIE

## the Toughest age group

If you are male and in your late 40's, don't have any more birthdays. If you do, you'll end up being in Striders' toughest age group, 50 plus.

Recently, I ran the Woodford to Glenbrook (25k in the bush) and, in spite of a pretty good time: 1hr 40 mins, I was 4<sup>th</sup> in my age group - despite a 17<sup>th</sup> overall! That's four 50 year olds, 1 to 17! There were 3 Striders in that 4. The outsider was Trevor Jacobs, World Masters Mountain Running Champion (he was 3<sup>rd</sup> and 15<sup>th</sup> overall). First in this group was our best performed "weight for age athlete", Keith Bateman (5<sup>th</sup> overall) and second, Stephen Jackson with a sizzling 1hr 36 minutes for 9<sup>th</sup> overall.

Keith is a running "Giant", He's a National record holder for 3000m. Being a record holder means that you didn't just beat the people in this or that race: it means you beat all comers over all time! He is currently ranked no 1 in the World for 1500m. Having broken his own records several times, he has 4 Australian records

If you look at the "age and gender adjusted" (AGA) results on our website, you'll see that Keith has some very high

numbers for his races, 900 plus. I'm reliably told that this equates to international status and 800 plus relates to national status. Keith is definitely World Class. Unless anyone can prove otherwise, he is currently Australia's top 50 year old over all distances, from 800m to the marathon. To put this into perspective, Glenn Guzzo has mainly high 800's in AGA with a rare 900 now and then. Other top Striders such as David Criniti don't have a 900 to their name as yet.

Tony Fattorini got 923 points when he broke the Six Foot Track record last year, so that's the kind of thing it takes to get over 900, yet, Keith does it over and over again. So how about the next highest level, the 800 plus pointers?

Guess what? There's not a lot of them (about 20 in the whole club) and those who have done it this year are well represented in 50 plus! There's Chris Dwyer, Frank Zeichner, Ron Schwebel, Stephen Jackson and me: six out of twenty two, to be precise! That's almost one third!

Why so? Partially, it's because the people who are now over 50 correspond to a time in history when running was at its apex: the 1980's. They were good then, enjoyed

it and either stuck around or came back for more. Also, at the age of 50, a lot of people are no longer committed to, or responsible for, dependant family. They can now involve themselves in sports or hobbies to a greater degree. Then there's competition. Nothing drives effort quite like it. As Ron pointed out recently, the sort of time you run in the City to Surf these days might place you say,

200<sup>th</sup>. That same time 20 years ago would place you 400<sup>th</sup>. It shows that the harder the competition, the better the results.

We oldsters know how hard we have to work. We have to work that way to stay in the game. To be blunt, you youngsters simply aren't pulling your weight!

By **INGRID GRACE**

## Paris Marathon

I was looking up race results on the internet. So was everyone else. They wouldn't download. I started wasting time browsing running sites and saw a promotion for the Paris Marathon down one of the sidebars. *"I'd like to do that, that would be exotic. Other runners do marathons at various destinations around the globe, I wonder how they organise it?"*, I thought to myself.

Reading further, I discovered that the promotion was to raise funds for the Heart Foundation. *"How much do I need to raise? \$12,500.00. Mmm.that's a lot."* Then I started thinking about how many people have assisted me, requiring nothing in return other than for me to assist in turn when needed. Take Sydney Striders for instance. The best thing I ever did was to join up. On that first approach, walking up the hill to the rotunda on Observatory Hill, I was a bit bothered by the idea of all those very good fast runners finding me wanting, but I needn't have been. I got an no-nonsense, happy welcome, asked my 10km time, handed a map, given the low-down on the run about to happen and instructed to leave my keys in the ice cream bucket so that someone would know if I hadn't made it back home and needed to be found somewhere on the streets of Sydney.

On that first run, I could never have imagined that I would be doing what I am doing right now. I wanted to run a marathon, but a marathon in Paris and raising funds for the Heart Foundation? I must have flipped out. It must be on account of the running. I must keep my brain in my feet. That must be how it got straightened out and put to good use.

The Heart Foundation reckons that the average person can raise \$12,500. I'm average, but that's a lot of funds. However, I've taken up the challenge and decided to bring all the different aspects of my life together - from



running, library and information, a touch of music, to drawing. I have stopped messing around. So far the funds raised stand at \$4,504.00.

I am running toward my easel. An exhibition/auction, *'Room For Life'*, a collection of life drawings, is my major fund raising event to be held on the 7<sup>th</sup> August 2008, at 7 pm in the Waverley Library Foyer. There will be champagne, food, music and twenty drawings going under the hammer. Proceeds will be donated to the Heart Foundation.

If there are sponsors out there, I need to find them. Or they can find me

at [ingridgrace200@yahoo.com.au](mailto:ingridgrace200@yahoo.com.au). Or a donation can be made via my Heart Foundation home page at [www.everydayhero.com.au/Ingrid\\_Grace](http://www.everydayhero.com.au/Ingrid_Grace)

I hope to see you at the auction. It would be fabulous to have a bunch of Striders to swell the numbers and maybe even boost the bidding. See you running,

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## Hatches, Matches, Dispatches

Kate White (nee Topp) and husband Tom have been joined in Scotland by Huon Patrick, born weighing 4.04kg, on 9 June, measuring 54cm and kicking vigorously!

"We have a bun in the oven, due date 19 September (...date of Sydney Marathon)", says Nick Brewster, presciently. By forecasting now and announcing it again after the event, he cunningly gets to say it twice in preparation for his new job in the lemma government. Yes, he is retiring from his old job as the Pink Wiggle!



Thanks to the AURA points competition in 2007 I was subsidized to travel to South Africa for what is undeniably the largest (and many would say greatest) ultra-marathon in the world. It certainly is an experience that you can get nowhere else in the world of ultra-running. Starting with a handful of runners in 1921 to commemorate the death of South African soldiers in World War One, it grew to a race with thousands of competitors. It has declined slightly in recent years but still had over 11,000 entrants this year. The race

alternates in direction 'up' from Durban on the coast to the inland city of Pietermaritzburg in even years and 'down' from Pietermaritzburg to Durban in odd years. 2008 was an 'up' year. The distance has varied slightly over the years as minor course changes have occurred but it's generally 86-91km. 2008 was 87km.

I arrived in South Africa seven days prior to the race and stayed in Johannesburg for 3 days before moving on to Durban where the race was to start. On Thursday the race expo began. After registration one could immerse oneself in a huge variety of sporting and other products at a huge variety of stands. The Victorian Road Runners group with whom I was spending a lot of time went on a spending spree, buying almost every possible piece of merchandise. On Friday the organizers arranged a bus tour of the route for all first time entrants. We set off early and soon it became apparent why it is called the 'up' run, as the first 38 odd km was almost relentlessly uphill. There wasn't anything steep, but a continuous gradual climb with only brief periods of respite. At halfway the bus stopped at the wall of honour, a brick retaining wall on the side of the road lined with plaques which previous runners had purchased to celebrate their achievement. After halfway it became flatter and mildly undulating but there were still some significant hills, including two of the big five. Traditionally, Comrades is said to have five major hills- Cowie's Hill at approx 16-



Ignoring Bruce Fordyce's advice about baggy shorts, Tim had barely made it to the finish and due to the money he found en route and carried in his side pocket over such a long distance, had developed a slight lean to one side.

## Comrades *Marathon* 2008

By TIM COCHRANE

visit to the Comrades Museum, we returned to Durban. I was still confident that despite the hills I could run a good time and thankful that it was an up run, as running down those hills is not all that enticing.

Race day was predicted to be fine and warm with a cool start of about 13°C and a maximum of 27°C but it actually reached 31°C. The start was lit with huge flood lights set up for the local TV coverage. SABC covers the event non stop from the start until after the final cut-off gun at the 12hr mark and thousands around the country watch this and thousands of locals line the route. This race is a South African institution and only 518 of the competitors were not South African. At the start, excerpts of the national anthems of many of the overseas athletes were played, followed by the South African national anthem (which very few of the South Africans sung) and then the unofficial anthem 'Shosholoz' (made famous at the 1995 rugby world cup), which all the South Africans sung at the top of their voices. It was 5:30am at the start and still dark. I started cautiously due to the crowd and darkness as only dim street lights lit the early part of the route. I did not want to fall. I had drunk too much pre race and soon needed a pit-stop and lost thousands of positions in the process but as the hills kicked in I made steady progress through the field. At the top of Cowie's Hill I'd progressed though to 306<sup>th</sup> place, although I had no idea where in the field I was at the time. Aid stations were

18km, Field's Hill at 25-27km, Botha's Hill at 38-40km, Inchanga at 45-47km and Polly Shortts at 77-79km. Polly Shortts is infamous as the hill that makes Comrades winners and breaks so many other Comrades runners. The runner who reaches the top of Polly Shortts first has won every 'up' run ever despite it being 8km from the finish. We stopped again at the Ethembeni School for orphaned children and they sang and danced for us and donations raised a significant amount of money for the school. After a morning tea and a

fantastic, with water and Energade in sachets and food at later stations, although I would have liked food a little earlier. At half way I'd moved through to 168<sup>th</sup> in 3:05 but on Inchanga hill a group of about 15 runners passed, including the female leaders. Despite this, I still picked up places and was 136<sup>th</sup> at Cato ridge with 30km to go. Just after this time-point I passed Magnus, who was struggling after a fast start and cursing himself as an idiot.

Things started to fall apart at about 25km to go. The terrain was relatively flat but I was struggling to find energy to run. I ate and drank as much as I could and sprayed myself with water from the sachets. It was warm but there was a cool breeze and it didn't seem all that unpleasant. Magnus passed me on the approach to the highest point of the course and moved ahead. After 7 or 8km in the doldrums things started to improve on the descent prior to Little Polly's (a small hill just before Polly Shortts) and I picked up the pace and managed to run Little Polly's and up almost all of Polly Shortts, taking only two short walks to conserve myself for the run through to the finish. From here it was 8km to go and it was mostly downhill or flat and I was feeling good. I ran

this section at approx 4min/km pace and passed many runners, none of whom even tried to speed up and come with me. It felt good and made me run even faster. Magnus too was again running well, not quite as well as me, but good enough to finish 48seconds ahead. In the end I finished in 6:44:34 and 91<sup>st</sup> place. Not quite what I'd hoped for but none the less a satisfactory result. There were 8613 finishers within the twelve hour cutoff, which is strictly enforced. However, only around 3500 had finished by 10hrs and close to 2000 finished in the final half hour. The final hour was inspiring, as a continuous stream of runners moved toward the finish and those who did not make it were very disappointed. The crowd support for those who were struggling was very encouraging. One man took several minutes to do the last 50metres with cramps and the crowd watching on the sidelines or the big screen let out a large cheer when he finally made it.

There were approx 70 Aussies in the field. It was a great experience and certainly a race to be recommended to any runner with a realistic expectation to be able to finish in 12hrs.

## BOOK REVIEW

### Peter Snell: From Olympian to Scientist

Penguin ISBN 978-0-14-302086-8

Co-written by Peter Snell and Garth Gilmour, this book details, in a straight forward manner, the life of, but mainly the running life of a New Zealander who was World famous in the 1960's and probably only overshadowed by Sir Edmund Hilary as the country's most famous individual.

This was in an era when Sportsmen were modest (unless they were American); an era that came to an end in the 1980's. Snell gave the appearance of being an almost shy man. I can report with less shyness, since we are now past the 1980's, that he once, probably, witnessed me run. I'll never know for sure but my father pointed him out to me when we wandered through the crowd prior to my running a mile in Wanganui in about 1966 at the age of about 14. Those were the days when Athletics attracted huge crowds.

During the 1960's, bettering the latest sub-four minute mile time had more importance than the efforts of runners of any other distance. Today it is all about the 100 metres (or the marathon, perhaps) Peter Snell came to eminence closely following Herb Elliott's career. He started as a Half Miler and won gold at the Tokyo Olympics. Four years later in Rome, he won the 800 and 1500 metres.

The most outstanding thing about Snell was his amazing sprint finish. He would usually spring from 4<sup>th</sup> position with 150 metres to go and in that brief distance, put his

competition 30 metres behind! He reveals that, without competition, he had no explosive finish. It makes you wonder what he might have done if he was more aggressive.

Snell and Lydiard did not get on but they were able to tour and conduct business together. Lydiard thought Snell was a lazy runner who wouldn't do all he was told when left to his own devices but the thing that really offended him was a perception that Snell thought he knew more than Lydiard because of a statement he once made to the press. Today, Lydiard's coaching methods are adopted throughout the World following his amazing success with local runners. At the time of Snell, New Zealand had a number of other leading World class runners including Marathoner Barry MacGee and Three miler, Murray Halberg – all trained by Lydiard.

Rather than being the Saint I imagined him as, strangely, Snell was employed by a tobacco company and smoked a pipe! He also involved himself with South African sport when there was an emerging attitude that South Africa should be boycotted to encourage the then Apartheid government to adopt democracy, ie: allow the majority black population to vote. But those were different times. He reveals that he used the tactic of "boxing in" other runners and says it wasn't a very nice thing to do. He also suffered

this tactic applied by others, himself. "Boxing in" means you stay on the shoulder of another runner who is behind someone else so the only way they can overtake is by dropping back first. They may have to drop back behind any number of runners and may not be able to at all if there are others behind them. Often, in this situation tripping and spiking occur when someone tries to break free. If they do drop back, you take off, leaving them behind before they can pick up speed but usually they don't even try, hoping for a break to open when one of the other runners makes a move. After all, everyone is pretty stretched in the closing stages of a race. Snell coped when it happened to him, though. He'd get fired up and by the tactic, drop back, go around and still have the goods to beat everyone.

After athletics, Snell took up study in human performance and researches it today in an American University and is currently the "over sixty" American Orienteering Champion. The back half of the book is taken up with this.

Although I said Snell wasn't a Saint, he certainly wasn't a Demon either. That's where the book suffers. There isn't a great insight into private thoughts. He is portrayed as a one dimensionally excellent human being. To be more interesting he should have got pissed, been into a few fights, been wounded in a gun battle, been chased by Police or, at least, refused a breath test.

Dennis Wylie

By STEEL BEVERIDGE

## Bananacoast Ultramarathon

GRAFTON TO COFFS HARBOUR 2008

**K**elvin Marshall became the only man to post four wins in the history of the event with his victory in this year's edition of the Bananacoast Ultramarathon. He covered the 83 kilometres in 7 hours 14 minutes and nine seconds to add 2008 to his wins in 1996, 1998 and 1999. Arguably Australia's most prolific Ultramarathoner this event marked his 199<sup>th</sup> Ultramarathon. He intends to post number 200 next week with a 'little' 50 kilometres in the Glasshouse Mountains. The week before his run down the back road from Grafton to Coffs Harbour Marshall had competed in another 80kms event in Victoria.

All of the above could also be said to be something of a 'warm-up' for the next couple of months when he will run an 1,100 kilometre stage race in France and a 100mile race across Death Valley in the U.S.A.

Marshall was not alone in making history in this year's Bananacoast event as Meredith Quinlan re-established a female presence in the race after an eight year hiatus. She came to the run from a totally different perspective to all the men running, especially Marshall. Firstly it

was her first attempt at a distance longer than 45 kilometres and, secondly, she was the youngest in the field of six that set out from Grafton Post office at 6.00a.m. She began with the intent of keeping as close to seven minute kilometers as she could and her finish time of 10.12.50 showed that she dropped very little time in the later stages. She becomes only the sixth female to complete the full Bananacoast event.

Second spot across the finish at the Coffs Harbour Hotel went to Glenn Lockwood, whose time of 8.17.18 represented a massive personal best of one hour and 26 minutes. Third placed Robert Boyce, although an experienced Ultra runner, was having his first attempt at

the Grafton-Coffs run. He was a bit disappointed with his time of 8.44.55 but the time on his legs should stand him in good stead for another tilt at the famous Comrades event in South Africa. The final male finisher was Bruce Webber, another first-timer on the course, who finished his journey in 9.54.36. It is worth noting that the times posted by all the men could have won the race on some other occasions.

Possessed of the strength to casually bend street sign poles without trying, he is regarded as a public nuisance by many Queensland Councils.





**When did you take up running?**

In 1989 at age 64 when I joined the Sydney Striders. I'd been playing a bit of tennis and had a heart condition. My doctor told me not to do exercise that was too violent or explosive. My son Philip was running with the Striders and I asked him if there were any slow runners there. My first run was from Shelley Beach with Wendy Downes, Ian Whitfield and a few others. I went alright until we got to the hills. I found I would have to learn to run hills.

**When was your first Marathon?**

Within 12 months of joining the Striders I ran the Anzac Marathon in 3:28:46 in 1990 at age 65. There was no O-60s category in Striders, I think I was the only one. (Ron won the Striders Fastest Debut Marathon Award that year).

**How many Marathons have you run?**

Only three – I also ran Canberra at age 70 (3:38:50, 2nd O-70) and the Olympic Host City at age 75 (3:55:50). I'd had a quadruple bypass 20 months before Host City and came 2nd in the 75+ Age-Group. Training for marathons knocked me about a

bit and I needed my rest days. The most I ran was 65-67km a week or I got too tired. I ran a lot of Halves in my first few years of running. I ran Six Foot Track in 1993 (6:23:57) but was frightened of falling over. I stood aside at the escarpment after the start to let everyone go past. Kevin O'Kane saw me and said he'd never seen anybody pull out after 1km. I went down the escarpment last but overtook people after that. I didn't go too well because of a problem in my sciatic nerve which switched to the other leg by the time I got to the river but I was alright after the Pluviometer.

**How much training do you do now?**

40-50 km a week, I run 4 or 5 days a week. My wife and I live at the Landings Retirement Village near Bobbin Head tollgate and I run Bobbin Head with Kevin O'Kane and Manfred Fiedler on Tuesdays. I used to run with Woodstock a bit as well. Striders Lesley Maher and Lorraine Spanton also run with Woodstock.

**Did/do you do any other sports?**

I played basketball when I was young and quick. In the last 3

**Interview by ANDREW SMITH**

*Ron served with the RAAF in WW2 and then ran his own plumbing business for 45 years. He has three sons, two daughters and five grandchildren. Ron hosted the Western Wanderer STaR for 12 years.*

**Personal Profile – Ron Daly**

94:50 at age 68 was pretty good and another I was happy with was 103 mins for the Half at 73. And my 42:49 in the Striders 10K at Centennial Park aged 66. My son, Philip, won the Striders O-40s Half Championship the same year as one of my O-60s wins. Philip did well (76 mins) he had to beat runners like Warwick Selby to win. The most satisfying was breaking 4 hours in the Host City Marathon.

**PBs:** Marathon 3:28:46 1990 age 65, Half 94:50 1993 age 68, City to Surf 64:16 1992 age 67, 10K 42:49 1991 age 66, Six Foot 6:23:57 1996 age 68. In 2005 a new Striders age category of Legends (O-80s) had to be set up to accommodate Ron. In 2006, Ron set the Legend 10K record for the Striders at 53:37.

**Awards:** Ron won Striders Seniors (O-60) awards in 1995 for both Marathon and Half (1:42:22), Seniors Marathon award in 2000, Super Seniors (O-70) Half in 2003 (1:59:03), Legends (O-80) Half award in 2005 (2:01:39), 2006 (2:03:39, 3rd O-70), 2007 (2:14:00, 3rd O-70). Ron has completed 30 Half marathons and 14 City-to-Surfs.

months I've taken up kayaking with Jim Screen and Manfred. It doesn't tire me as much as running.

**Any plans to stop running?**

This might be my last SMH Half. I've been oldest finisher for the last 5 years. I struggled a bit last year (had a bit of chest cold) and I don't like to run and disappoint myself.

**What keeps you going? Do you get any running injuries?**

I'm just happy and lucky to be still going. I've had osteo-arthritis in both hips for 15 years but it doesn't seem to have got any worse. I don't really get injuries – just a few niggles that come and go. I'm weak on hills now – hill training doesn't make me better any more – just tired.

**Have you a favourite race?**

I used to like the 'Twosomes' in Centennial Park and Parramatta. Lesley Maher and I won the 'Combined Age 100 yrs +' category a few times.

**Which race are you most proud of?**

My second SMH Half in

**World first has implications for us all...**

Excellent news: A monkey has been cloned! The implications for humanity are immense!! Once the technology is applied to humans, no longer will we have to learn lots of names, or remember faces. They will all be the same. Shoe stores won't have sales on shoes that are not our size; one size would fit all. The President of America will declare no more wars against 'Rogue States' because we'd all be on the same side. One could easily impersonate the PM or Queen and get right royal

treatment. It will cause some problems, however. All runners will finish their 10k races at the same time and that will stuff up our timing system as we all surge through the finish at once. No point reading a book because we would have written it and already know it's contents. We won't go to a movie because we like the actor. There'll only be one actor, and it'll be us! At least there'll be no trouble getting an autograph!

Ed

By HEIKO SCHAEFER

100<sup>TH</sup> BOSTON MARATHON WITH THE HAMILLS (The Sequel)Nightmare on *Boylston* Street**Preamble**

This is a tale of two legends. One is Sydney Strider Alf Field (AF) and the other is an American by the name of Buddy Beinloser (BB).

Honestly, who of the current generation of Striders knows that a fellow Strider has won the Boston Marathon? No, not in a wheelchair and not as age category winner either..... but outright!!!!

So you think I may be pulling your leg? No Siree, it's all documented in the annals of the club's history aka the Blister archives.

The occasion of this unique achievement by a Strider was the 100<sup>th</sup> running of the Boston marathon, the world's oldest. There were a number of Striders present on that auspicious third Monday of April when every year Massachusetts celebrates Patriots Day and the Boston Red Sox traditionally schedule their Major League game for that public holiday day to be played in the morning so fans can watch the finish of the Marathon after seeing their team in action at Fenway Park.

The hero of that day is none other than our own AF. Not

only did AF beat a select field of elite runners that day, but his report of the race still heads the field in the art of race reporting by a large margin.

To read AF's report for its own sake will serve as a shining example to young players of how race experiences can be vividly brought to life to capture the drama of a race in general as well as how to relate the bigger picture to the runner-cum-writer's own feelings and emotions before, during and after the race. Simply brilliant!

To fully appreciate or even just comprehend what I'm about to tell, I strongly urge you to read AF's report before continuing any further. I must admit that without having read AF's work first, I would have difficulties in understanding the following myself.

Be warned, it is not a pretty story but a seminal one nevertheless. It illustrates brilliantly the hard won reputation of Striders as masters of skulduggery and flimflammy or, as a last resort, just plain old-fashioned subterfuge in the face of the toughest of personal challenges.

For your information, AF's report is archived here:

<http://www.sydneystriders.org.au/blister/blister61b.shtml>

While you are still digesting this rich lashing of Strider lore, you might well ask who are the eponymous Hamills, and where are they now? I have no idea to be honest. Not that it matters all that much. Despite featuring in the report title, they were, after all, only bit players in the drama; although Brenda Hamill may have been something of a femme fatale in the tragi-comic chain of events that ensued following AF's arrival in the States. Other Striders names are mentioned by AF as having participated in 100<sup>th</sup> running of the Boston, but they seem to have disappeared from the running scene or else are keeping a low profile. Who can blame them? I hear Bryce Courtenay still gets a mention in literary circles but sadly, AF himself now seems to be only a shadow of the man seen in full flight on that fateful Patriots Day, 1996 in Boston Massachusetts. In this case it may well be true, as is claimed by some, that runners have only one really outstanding marathon in them.

**Back to the Future**

I must admit that prior to reading AF's race report, the thought of running Boston had not entered my mind. But, by accidentally coming across AF's story in the archives of the Striders website shortly after I joined the club in 2000, I felt curiously compelled to run in AF's larger than life footsteps on this most famous of marathon courses. Not that I believed every single word in AF's report. But I

was soon to be reassured completely about AF's integrity.

**The story of Buddy Beinloser**

No sooner had I and my support crew of one arrived in Boston for the running of the 107<sup>th</sup> Boston Marathon (2003), than we made contact with our sister club, the Heartbreak Hill Striders (HHS). Having played a part in establishing that relationship, yours truly was also the

first Sydney Strider to experience the wonderful hospitality of HHS. That night, I sat next to the club's legendary coach, Jim Carroll (JC) at the club's pre-race pasta dinner. JC has run so many Boston marathons that anything he doesn't know about the race is not worth knowing. To break the ice, I somewhat nervously began to tell him about AF's exploits in the centenary year of 1996. JC immediately pricked up his ears and pointed out that there was indeed a potentially damaging scandal involving a double amputee in 1996. There were rumours that he had tried to scam a number of unsuspecting foreign entrants and then trading on his disability tried to extract money by threatening legal action against them. JC was pretty sure that an Aussie runner named Alf Field or somebody with a similar name was among the alleged victims. Apparently only those affected and the race organizers ever knew about the

You could have knocked me down with the proverbial feather and inwardly I had to give credit to AF for artfully weaving together spectacular facts with what seemed to be just the odd bit of fiction in his report.

That night, I lay awake for what seemed an interminable length of time, probably due to the combination of too much pasta in my tummy and the AF and BB stories swirling around in my mind like alphabet soup. No matter how hard I tried, I could not fall asleep. My fevered mind was panicking that pre-race nerves had got to me and that I would not get any sleep at all that night. That made me feel even more panicky. Thankfully, I fell asleep around 2 o'clock in the morning. But with an early wake-up call to catch transport to the out-of-town start, it was not the ideal conclusion to a preparation that I was hoping would lead to the marathon experience of my life.



## RACE DAY

### Pre-race

I woke bright-eyed and bushy-tailed to a sunny Boston spring morning. I was astonished to feel so refreshed after no more than 3 hours of sleep. Minibuses and cars laid on by HHS took us from a central rendezvous to the 'clubhouse', a HHS member's residence a couple of miles from the race start in Hopkinton (see picture).

Here we roughed in comfort and watched on TV the thousands of peons who had been bussed from Boston early in the morning to the open-air "athletes village", where they were now frying under what had become, by now, a quite fierce sun.

affair. The whole unsavoury thing was hushed up, the guy given an indefinite ban (not unlike the Swans' Barry Hall) by the Boston Athletic Association (BAA) and not much more has been heard of him since.

The guy's name was Buddy Beinloser (BB) and he was indeed a double leg amputee; the missing arms being, perhaps, AF adding that extra bit of colour to an already colourful character.

Apparently BB was a professor of cybernetics at MIT. He was also quite a good distance runner in his day. As the result of a car accident he had received a significant compensation payout for the loss of his two legs below the knees. This payout had enabled him to develop his own prototype pair of high-tech, high-performance, carbo-fibre running prostheses. These had electronic sensors taped to his body, which automatically monitored his heart rate and his own natural muscle output and then fed the information back into his prostheses, which kinaesthetically adjusted their output to move in the most efficient harmony with the rest of his body. When the sensors detected tiring of his natural muscles, electrical impulses would be sent to those muscles to stimulate more blood flow and maintain effort.

When the time came, we answered last minute calls of nature to avoid the partaloos at the 'athletes village'. Then we hopped into our buses and cars again, drove up to the race barricades and sauntered the last few meters to our respective starting corrals. It was now about 20 minutes to the start.

Around me, several conversations were going on. One group were discussing a bombshell announcement made earlier about a double amputee with artificial intelligence prostheses being in the race. He was going to start just a couple of corrals behind us. This was too much of a coincidence. I butted in on the conversation and introduced myself. I told the group that a Sydney Strider friend of mine had run the Boston in 1996 and that he had met a double amputee at the time. I didn't think it opportune to mention the fact that my fellow Strider had also taken out the race that year by not entirely legal means.

Just then the announcer went through the list of the invited elite runners. Every name was greeted with a big cheer. At the end of that long list of illustrious names the crowd became restless and some started to chant 'We want Bud ..... we want Bud'.



The announcer quickly caved in to the popular demand and asked if Bud would be so kind to say a few quick words to his many fans. Bud didn't have to be asked twice. With, literally, a spring in his step he quickly made his way to the stage and, ignoring the steps, with the greatest of ease jumped up about 5 feet and straight on to the podium. I was dumbfounded.

He looked decidedly wild-eyed as he cast his eyes backwards and forwards across the crowd. He wasted no time in declaring that he was finally back following the horrific injury he had suffered here in 1996 (That punch must have been much more of a blow than AF was prepared to admit, or else, the Boston Athletics Association's ban had lasted longer than Bud had bargained for). BB crowed that he was back with a vengeance, plus a major sponsor which had allowed him to stomp up for a new improved version of his original racing pins. In a quite insincere tone of voice, he expressed the wish to catch up with old acquaintances, particularly anybody from Australia. He said it would give him great pleasure to race and **beat** (said with a nasty smirk) anybody from that Sydney runners club he had enjoyed meeting here in 1996. While saying this, he stared straight at me and for much longer than I thought was accidental. Even though it was noon by now and the sun quite hot, a chill ran down my spine. I was determined to take no chances and to run the race of my life in order to keep well ahead of BB. At last, BB raised his two arms in a victory salute and sprang from the podium. He gave me another piercing look as he walked close by me on the way back to his corral. The band played Yankee Doodle Dandy one more time, the US Air Force made their last fly-past and then the gun went. We were off.

### The race itself

The first half of the race is a long, gradual downhill to Newton Lower Falls. I was fairly flying down the road with the five-deep crowd being just a blur in the corner of my eye. Framington and Natick passed in no time flat. I felt good and was well ahead of my projected PB time. But alas, the fast downhill inevitably took its toll later when it mattered most.

Just before the half-way mark came Wellesley (Womens) College and the famous 'tunnel of screams', a tradition as old as the Boston Marathon itself. All able-bodied college girls down to the last freshman line the road and scream their lungs out at the runners, creating an unbelievable volume of high pitched noise. Alberto Salazar has described it as being physically painful while other lesser runners have admitted to turning around to experience the 'ordeal' again. I saw many runners holding up mobile phones to record the sight and sound of this amazing scene.

And it was here at Wellesley that I became aware of it for the first time. Even though the tunnel of screams was just an incredible cacophony of noise, there was persistent and rhythmic chanting which could be distinguished

from the rest of the generic screaming. And then there were the signs and T-shirts with the slogan reading 'I think I can ... I think I can', but instead of a little red engine there was a figure, with double prostheses just like BB's, running up the hill. There could be only one explanation for this. While I was running too fast downhill towards Wellesley, BB was too far behind for me to notice any cheering for him coming from the crowd. But now that the course had levelled out and I was slowing down, BB was speeding up and I could hear the crowd enthusiastically anticipating his imminent appearance.

I told myself to keep calm. Don't panic. You have trained well for this. I even tried to utilise the slogan I saw at Wellesley by adapting it to my own advantage. 'I know I can...., I know I can' I kept repeating this over and over as my legs carried me onwards to the series of uphills known as the Newton Hills. Amongst them is the original Heartbreak Hill the longest and most famous of them. The term was coined by the Boston Globe sports writer Jerry Nason after the 1936 race when the then leading runner, local hero and incumbent champion Johnny Kelley, was decisively overtaken by the eventual winner in Ellison 'Tarzan' Brown at this very same hill. Of course, that is another story altogether.

Approaching the hill, I am thrilled to see the smiling faces of my new friends from HHS (see picture) who traditionally volunteer to man the aid station at the foot of Heartbreak Hill.



"It was her". "No, it was him". "No, it was him". "No, her". "Him, her..."

To demonstrate the close relationship between our two clubs, they snuck me an extra chocolate Power Bar gel (one with caffeine) to help me get to the top of 'their' hill!

Reaching the top, near Boston College, I had bottles of beer thrust at me by the lads. I grimaced and took a few swigs to show my appreciation of their unselfish support. It wasn't Red Bull for sure, but it still seemed to give me wings for a little while at least.

It was now just another 4 miles or so of what would normally be easy running into downtown Boston and the long finishing straight in Boylston Street. Would I be able to make it before BB caught me? I was desperately trying to judge how close BB was behind me from the noise level of the cheers for him generated by the crowd. He

seemed to be getting closer, slowly but surely. I was briefly struck by the idea of discarding my Striders singlet. No use, he had looked me straight in the face at the start and had probably memorised my face. Furthermore, it would have been shameful to be exposed for a coward and bring the club colours into disrepute. There was nothing for it but to get to the finish before him and then quickly melt away into the crowd.

I tried to turn and look behind me, but I was still handicapped by a recent injury. I had badly damaged my right rotator cuff in a fall. It was still extremely painful to turn around sufficiently while running to get a good look to see who was behind me. Close to exhaustion, my severely befuddled brain now spawned a strategy involving running in a zigzag fashion along the road. This allowed me to have a partial look behind me but also earned me angry remarks from fellow runners like 'Darn Aussie' and "Watch where you are going, buddy'. The irony of being called 'buddy' wasn't lost on me entirely, but it only dawned on me after the race that the joke was on me when I realised that by zigzagging along the course I was covering a longer distance and thus playing right into BB's hands. Unlike me, he had obviously run 'the line'.

While this was going on, we had gone through Brookline, around Coolidge Corner and were approaching Kenmore Square where the already large spectator crowd that had been lining the course since the start in Hopkinton was swelled by huge numbers of baseball fans coming from Fenway Park where they had been watching the Red Sox playing the New York Yankees. I had no idea where BB was in relation to myself. In my pathetic attempts to look around, I had been unable to make him out among the throng of runners behind me. But it must have been very close by now. People were already chanting 'Bud-dy... Bud-dy ....Bud-dy' as I ran past.

Down broad Commonwealth Avenue, one foot in front of the other. Move your arms, the legs will follow. Right turn into Hereford, then left into Boylston. The finish banner just visible in the distance, less than 1k to go. You can do it. The spectator support is fantastic. I can hear go someone shouting 'Go Sydney' among the frantic 'Bud-dy' screams. It's nearly over.



Then shock, horror and finally disaster. Suddenly there is a peculiar sounding footfall right behind me, heavy breathing, a heavy hand on my shoulder and a rasping voice in my ear spitting out 'G'day Strider, make my day'. In panic I try to wrench myself loose from the vicelike grip, I begin to stumble and lose my balance completely. I desperately try to grab hold of the woman runner in front to steady myself. In vain, as I fall I hear the tearing of material in my hand. I black out as my head hits the pavement.

I don't know how long I have been with the fairies. When I come to and open my eyes it's pitch-black where there was bright sunshine and an eerie silence where before there was incredible noise.

I'm bathed in cold sweat and somebody has covered me with a blanket. Oh my God, I've lost both my sight and my hearing. I start yelling (thank goodness I still have my voice). With my arms flailing wildly I try to get to my feet. I hit something soft next to me, and then I hear the voice (thank goodness, my hearing has returned). But the voice sounds quite angry.

"What are you doing? Are you crazy? Stop hitting me at once?"

The voice sounds familiar, too familiar. It's familiar because it belongs to my partner Gerri (short for Geraldine in case anyone is wondering). Suddenly, a light goes on (thank God, I'm not blind, either).

"Look you have done my new pyjamas? You've torn them!" she wails.

"Sorry babes, I just had a bad dream. It's all AF's fault", I mumble.

I'm in no mood for lengthy explanations. I jump out of bed, throw on some clothes, grab my gear bag and run out the door to avoid further recriminations.

### **The aftermath**

I arrive at the rendezvous with the HSS runners with barely 2 hours of restless sleep to my credit and try desperately to get some sleep before the race although the adrenalin has already started pumping and sleep becomes an impossibility. Later during the race I feel as if I have been put through the wringer, and even though I manage to finish without mishap, I miss my BP by a full 10 minutes. Naturally I blame it on AF.

The post-race recovery party put on by our sister club in a restaurant a block away from the finish is a congenial affair (see picture).

I arrive late but I have a good excuse. Together with many other runners I had signed up for a research project conducted by the famous Boston Children's Hospital to study physiological changes in people under stress such as can be expected while running a marathon. Talk to me about stress! I have to give a blood sample and complete a lengthy questionnaire. In return, I come away with a T-shirt and a pair of sox. I smile to myself as

I try to picture researchers faces when they read some of my responses.

As I enter the restaurant, I pick out JC. He smilingly points to the only empty seat. It's between himself and a guy I don't seem to have met so far. As I sit down, JC introduces us:

"Sorry Heiko, but after listening to your preposterous story last night I couldn't resist pulling your leg a bit....., meet our club patron and runner extraordinaire ... Bud Beinloser ..... or BB to his friends. BB couldn't race today because he wasn't able to get his new racing prostheses correctly programmed in time."

I have to pinch myself to make sure I'm not dreaming this time.

#### Author's note

Since our first meeting, BB and I have become good friends, real buddies so to speak. BB is indeed an extraordinary person; a legend on his own racing prostheses; just as our AF has become a legend in his own race report.

To anybody thinking of running Boston I say, go for it, experience the legend and continue the tradition. It requires running a qualifying time but with a bit of hard training and the Strider spirit you can do it. Good luck!

To find out more about our sister club, the fabulous Heartbreak Hill Striders, go to:

<http://www.heartbreakhill.org/>

## They should have just shot me 2

**A**s we survey the green and white figures warming up, a novel sensation overwhelms us. What is this feeling? It's so strong, so pure, and strangely exhilarating as we acknowledge raw signs of total detestation. Greenford FC. Think Cardiff Vs Swansea or Melbourne Victory Vs Adelaide United, and today's match holds even more fervour - the semi-finals of the Southern Region Cup.

Approaching the 87th minute, it is 1-1, only 2 yellow cards have been issued (a commendable tally given previous bouts against Greenford) and extra time is imminent. When Louise Walker (as seen in Bend it Like Beckham) receives the ball on her left, knocks it to her right, and strikes through perfectly with her laces to drive it dogmatically towards the Greenford goal. Whoops of joy, and growls of "yes" are ejaculated prematurely from mouths of the Slough players, as the ball rubs noses with the white goal line. The triumphant thoughts of stepping out for a Cup final are abruptly severed, as Jess Baker (as *not* seen in Bend it Like Beckham) in her utter...um...excitement?...passion?...rhythm...? I (still) don't know, somehow, falls onto the ball (later the ground was scrutinized - unsuccessfully - for divots and other anomalous stimuli) stopping it dead on that gate to glory. Faces are grasped by hands, and transmogrify into looks of incomprehension and then horror, as, for what seems like a blurry eternity, Jess Baker flounders around trying to get her bum up off from the ball, but alas, to no avail; Jess' spirit joins her in the muddy goal mouth with a thud, as the Greenford defender manages to kick the ball clear.

It goes into extra time. They score. We lose. And still, to this day, it'll be one of the first stories bought up in the

pub on an evening out with the Slough Ladies Football Club.

*Anyone else fancy dredging up their claim to fame in an humiliating sports scene...contact Jess Baker, and we'll get it written up in the next Blister issue for you. Be a saviour - schaudenfraude!!* **Jess Baker** [ikabika@hotmail.com]

### Guzz Buzz

Amid a lot of complaint and discussion about the transport system, Sydney radio station 2MMM organized a challenge by various modes of transport to see which was fastest in peak morning traffic. This involved a time trial in travelling from Epping to the city. For the 24k journey, a bus, a car and a runner were pitted against one another. We're not sure who the car and bus driver were but the runner was our Glenn Guzzo!

Naturally, we Striders knew who would win but, the rest of Sydney had to find out. And the times?

**Bus: 2hours**

**Car: 1hr 45min**

**Glennmobile: 70 minutes**

If you want to see a quick video grab of the challenge go to

<http://www.triplem.com.au/sydney/shows/theshebang/video/eppingroadchallenge/index.html>



**When did you join the Striders?**

**B**efore the 2002 Canberra Marathon - I started showing up in 2001. I'd just moved to Sydney and didn't really know where to run. I hadn't done much running before - on and off at school and uni. My runs back then were 4km and I wanted to do the City-to-Surf - I wasn't thinking of doing a Marathon.

I ran with the Striders 7am Group which had a lot of MTGers in it and I met Julie McGaw who suggested we run with the MTG for 15k as they ran our pace. People kept asking what marathon I was training for and I'd give them a blank look - I just wanted to run the C2S! But each week we ran further and before we knew it we'd done all the training for a marathon. Jim Moody was in my MTG group and Michael Bailey was the leader. Michael kept the group together and got everyone through. My first marathon was around 4:30.

**Did you play any other sports?**

No.... a bit of netball, I play sport if it's around....touch footy at one workplace. I prefer running to team sports as I'm not very fast.

**Your running has come on in leaps and bounds in last few years - any reason?**

I started doing ultras and something shifted in my head and I thought a marathon wasn't far any more. I'd just finished Trailwalker and most of the training for the Great North Walk 100 Miler was slow bush and I felt guilty running a Marathon (Sydney) - a mere 42km on road when I should have been doing 50-60km bush. So I tried to run well (without a watch) to make up for it and broke 4 hours for the first time - after many attempts. I went from 4:08 to 3:38, when I'd previously been wondering how I could cut off 8 minutes.

**How many Marathons is that now?** 3 Canberra, 3 Gold Coast, 3 Sydney

**Your 2005 Trailwalker got my attention...**

Trailwalker 2005 was my first real ultra. On the day before the race, I saw an ad in Cool Running and I got in.

I had applied for another team earlier but got rejected (they went with a more experienced runner). My heart had jumped at the idea of running Trailwalker and when I was rejected I hadn't realised I wanted to do it so much - I'd never run further than Six Foot Track.

My (last-minute) team had to accept me as they couldn't start without a 4th person. Long-time Strider Tim Austin was our strongest runner, we ran really well as a team

and stayed together. At Crosslands (50k) I remember thinking "This is the furthest I've ever run". As I had never done Trailwalker I listened to what the others said. They made sure I ate and drank and finished my water bottle by the next drink station. I was lucky being with such sensible people. We were all about the same age group and I had something in common with each one of them. Tim was a Strider, there was another girl in the team, and another guy was doing his first Trailwalker.

I'd had no taper as I'd done Mount Wilson-Bilpin the week before and the gym the night before. I'm a bit lazy for myself but tried hard for the team. I thought I was the weakest link, which made me try harder, but I found there is no strongest person. It's always fluctuating through the team as to who's strongest. A team event is completely different to running for yourself. It was the best thing I could have done.

I was now allowed into Robin Cameron's Trailwalker 2006 team - an all-girls team with Sharon Callister and Jill Reich - a different experience. But each year my Trailwalkers are getting slower!

Interview by **ANDREW SMITH**

## Personal Profile - Allison Lilley

Winner of Maria Gemenis-Cruikshank  
Outstanding Achievement Award for 2007

**You do triathlons?**

I just did Ironman - one on my list of things to try. It's a big challenge because I'm not a swimmer or a biker. But 'never say never' - this year Ironman dropped the necessity of a qualifying time so I thought 'now's the time' as they might bring it back and I could never

get in if I had to qualify. It was harder than I thought. Before my first Ironman I had to do a Half Ironman. I did Port Macquarie and found running fitness doesn't get you through. I nearly didn't make the bike cutoff and I had nothing else to give. I got a real fright and had to rethink my plan of getting through Ironman on running.

I also did Huskisson - that's almost a Half - (80 bike instead of 90, 20km run instead of 21 and 2km swim instead of 1.8 -all so they don't have to keep to IM guidelines). I was last on the bike, nearly last on the swim, but caught some in the run. I'm not one of those Striders who are 'real' triathletes, I'm a runner who has a go at a triathlon. It's all a lot more showy with the bike and the gear and that's not me.

**What was your Tri training?**

I never swim a lot because it's boring - one pool session pw of up to 4km (2km is good). I did some ocean swims but it takes the whole day when I need to fit in a long ride or run. If I went in the pool 4 or 5 times pw I could knock 10 mins off my time but I would go insane. I did 3 sessions pw on the bike of 140k up to 180k - at Akuna Bay or Mount White. I did 4 runs pw. I do more running

than biking. I was doing STaRs of 30k as I was also training for Six Foot Track.

### Who did you train with for Ironman?

Whoever I could, there wasn't always somebody available. I trained with Marie, whom I met at Great North Walk, but she was much faster than me on the bike so I couldn't do bike with her. I tried Karen Kaehne but she also dropped me on the bike. I did a lot of training with a friend Vania who was training for a Half Ironman while her husband Nick was doing the full Ironman. It's difficult training on bike with a bloke, girls are slower as we don't have the muscle mass. (I don't like bike training).

### The Bike...

I borrowed a lighter bike at the last minute which you are not supposed to do. It was all last minute, most people sort it out 6 months before.

I was still learning to use cleats, I got the wrong cleats for my shoes so they were not coming out and I ended up on a car bonnet at one stage.

**A moving car?** No - stationary at lights, I leant on it then ended up laying across the bonnet.

That's why I like the run at Ironman - I'm not going to drown or fall off my bike. It's easy - just put one foot in front of another whereas others are fazed by the marathon.

### And you do ultras...

My first ultra was the 100k Trailwalker, although the real hard core don't count it. Great North Walk was my first 100 miler. Then four weeks later I did the City-to-Surf. The balls of my feet were still sore four weeks later so I don't recommend GNW straight before C2K. I will do C2K again but Great North Walk is the right event for me. It runs from Newcastle (where I'm from) to Patonga (near Sydney) and links the two cities through the bush. I might do the 100k (as opposed to 100 mile) if also doing the City-to-Surf. When you are running the 100 mile and the others drop out at 100k you are in a different dimension - it's a different headspace if you are doing the 100 miler. On the occasion I did the race and dropped out at 100k I didn't just get to 100k and decide to finish, I'd decided what I could do at 50k (although others tried to get me to continue and said I looked alright).

### What's your training?

Never really high mileage. I get ITB and knee problems

that flare up if I do high mileage. For a 100 miler - 45-50k at weekend, 3 x 10k in the week, so a total of 80-100k pw. It's low for an ultra runner. I find it hard to say no to a social run so I do the Equaliser course and the Summer Series Orienteering in the evening for fun. The Orienteering has a 45minute time limit - so that's my only speed training.

### Do you run many STaRs?

I like to do STaRs but when training for hilly bush it doesn't always suit. I've run them all now so I pick and choose.

### Training partners?

A few Cool Runners in Trailwalker - Danielle McCormack and Clare Holland. The Equaliser with Julie McGaw and Jenny Quinn. I train with people doing the same race to do training that suits the race.

### What preparation did you do for the Coast-to-Kosci?

- I did my preparation for Trailwalker and Great North Walk and tried to recover from GNW with 2 weeks on 'light duties' - 1 week running and 1 week taper. I did no special training. I was worried because I didn't know much about it - I don't like road-running and I was worried I wouldn't like it. In fact it was very scenic and not like running roads. I was originally going to help out as a runner to accompany the competitors at night and support them and I hadn't thought about doing it until Paul Every, the organiser, suggested it after GNW. Then a girl I met on GNW talked about it - so all these people sowed the seed. I thought about it, then made enquiries - which is always dangerous, then asked Clare Holland if she would crew for two.

### What's the next target?

It's only 3 weeks since Ironman! Trailwalker again. Another ultra but not decided which. City-to-Surf, Great North Walk and I may do the Glasshouse 100 miler.

**Bogong-Hotham?** I'd be worried I wouldn't meet the cutoffs.

### Kepler?

You have to be organised in advance as the slots fill up quickly. I read the Michael Bailey Blister article which brought it to my attention. I just read about Marathon de Sables and thought it isn't my thing.

**Spartathlon?** I've only done one 100 miler so want to get my confidence up before I go overseas. Trailwalker has many checkpoints but most ultras don't. Great North

#### Allison's PBs

Coast-to-Kosciuszko	2007 - Female course record of 40:27:54
Great North Walk	2007 100 miles - 2nd Female
Trailwalker	2006 100km (6th outright and 2nd F - but unofficially as entered for 100 mile)
Six Foot	'Phantom Torsos' team 16h 51m - 14th place
Marathon	5h 11m (in 2008 - one hour off the previous year)
Half	3h 37m (I'm scared to do another in case I don't get a time anywhere near.)
10k	1h 52m (I did 1h 46m for half of the Sydney marathon so it's soft at the moment.)
	45m 46s (down from 50 mins last year).

Walk has 30k between some checkpoints so it can be 5-6 hrs before you see someone. You have to be confident about map reading, keeping warm, and eating and drinking right.

#### Does work help or hinder?

Shame I've got a job ! I'm a finance broker in a small company. It's close to home so I can train in the morning.

#### Are you running the SMH Half?

I had no vision past Ironman, I'm not fast on a Half. I do the longer stuff because it's too hard to run fast.

#### What's your recommended first ultra?

Trailwalker is really good because you can get so much support. There are so many people on it you can't get lost and can pick up or drop clothes. For a Tri – Huskisson or Newcastle Sparky Helmore (500m swim, 20k bike, 4k run) – small ones to start.

#### Any tips?

'Have a go' - if you want to, you can. Just work out what you need to do to get there and pick the brains of others for your own confidence.

By VANIA DAUNER

1 June 2008

## The Great NOSH Footrace

### L I N D F I E L D T O S E A F O R T H

For the past few years I've heard about this race – the one that is not an out and back and has a strange name. Two things didn't appeal to me: getting to Lindfield and finishing in Seaforth and then figuring out how to get back to Lindfield; the other was bush running – I'm a tad clumsy and not a regular bush runner so in my mind I had two good excuses to overlook The Great NOSH Footrace.

This year though would be different! My husband decided not to do this race so this meant I had a chauffeur to take me Lindfield and to then collect me at the end! Very good!

Race day: When I arrived at Lindfield Oval things were looking pretty good. The weather was cool with a bit of cloud cover which looked like rain but nothing serious. I walked up to the registration table and handed over \$20.00 (a bargain race entry!) and received in return a bib. As I prepared myself for the race more runners and familiar faces starting turning up – a good turnout of Striders and Cool Runners. 36 Sydney Striders in total!



Even though she had been prized from her new Sports car hours beforehand, Vania still felt very attached to it's gorgeous steering wheel.

At 9.45am runners started making their way to the start line. They made their way past the Lindfield Oval stand, past tennis courts and down onto a wide bush trail. I felt like I had walked about 500 metres by the time I reached the start line in the bush. I couldn't quite see the start line as I was in the middle of the running field. The start line was in an area named Soldiers Memorial Park. At 10am over 400 runners and 15 walkers set off on their morning journey to Seaforth.

The bush track remained wide and flat for nearly a kilometre and then slowly became narrower with a few stair climbs. By about the three km mark I had encountered three conga lines, where we stood and waited in line to clamber over a fallen tree and go up stairs. The first three kms were spent with runners closely in front and behind and jostling to get past. I kept my eyes firmly set on the path in front of me as I didn't want to trip over rocks or tree roots. I can honestly say for this part I missed a fair bit of the scenery from focusing so much on the ground.

Around four km to five kms the



trail was quite flat and became wide again in parts, allowing runners to spread out a bit more, and I managed to take the opportunity and look at the bush scenery around me. Running along I could see Middle Harbour and take in the great environment. At the 5km mark I reached the Roseville Bridge. This part involved power walking up the side of a hill, then walking along a footpath under the bridge, passing a homeless person who had set up a pretty large living area, as well as having the company of a very excited Labrador, who decided it was much more fun to abandon his owners and join the mad rush of runners on their way up to the top of the bridge. Running along the bridge was good – it was flat, no tree roots or rocks so I could safely look up again and check out the views around me.

Coming off the bridge, I passed the water station and was guided back into the bush by volunteers. As I went back into the bush, quite a few stairs were ahead, with this part of the run becoming a bit more technical and narrow. Once again I had to watch where I was putting my feet. Runners at this point were still nicely spread out, with very little overtaking occurring. We were also starting to make our way downwards, which meant an ascent would soon occur somewhere on the course.

Between the eight km and nine kms mark I found that we were now heading upwards and having to climb large rocks. A conga line started to form again, with most runners scrambling up rocks on their hands and knees. This was pretty tough going for most of us. When we finally scrambled up to the top to a road, seeing houses and flat grass was great – it gave the majority of us a chance to breathe and bring down our heart rates!

Soon enough we were guided back into the bush for some more technical bush running. I was able to pick up my pace again and around the 13km mark the track widened. This part of the track was strange to run on as it was mulched tree branches and twigs. It was soft to run on but you had to take care as tripping over the twigs and tree branches seemed like a real possibility. At the 14 km mark the bush trail narrowed with more technical running. It felt like it wouldn't end but very soon Seaforth Oval was appearing with flags and sign posts showing the finishing chute. It was a great feeling to get

#### Striders standout performances:

7<sup>th</sup> place – Richard Green – 66.14 – The first Strider to get to the finish line.  
 8<sup>th</sup> place – Tim Cradock – 67.20  
 9<sup>th</sup> place – Dennis Wylie – 67.27 – 1<sup>st</sup> in 50-59 males.  
 28<sup>th</sup> place – Jan Hales – 72.39 – 1<sup>st</sup> in 30-39 females.  
 69<sup>th</sup> place – Paula Shingler – 80.18 – 1<sup>st</sup> in 40-49 females.  
 180<sup>th</sup> place – Lorraine Spanton – 93.04 – 1<sup>st</sup> in 50-59 females.

out on to the oval and run to the finish – a hard run but a very satisfying one!

*Tim Cradock came from the back of the field to finish 8<sup>th</sup>. Remarkable, considering how difficult it would be to overtake for much of the race. Also two ex Striders featured in the top 10. Ed.*

## Athletics Report

By GLENN GUZZO

The month of June saw the State Cross Country Championships being held. The venue once again was the challenging course on Rod and Jan Gibbs' farm at Willandra, near Nowra on the south coast of NSW. The undulating course contains an infamously steep hill which can mentally break the toughest of athletes. This doubles as the NSW selection race for the National Cross Country Championships with the first 2 runners being automatic qualifiers.

In the women's race, Marnie Ponton, a newcomer to Striders, took out Individual gold in the Women's race, outclassing Eliza Stewart to win by 20 seconds. Marnie, a proven steeplechaser, has just recently built up her endurance and raced smartly over the 8km course. This means that Marnie will be selected to represent NSW and Striders at the National champs coming up on 23rd August in Geelong. Jenny Truscott came in 12th, Lisa-Anne Carey 18th, Ingrid Grace 29th & 2nd for 45+, Mary Stringer 34th & 3rd for 45+, Amanda Underwood 35th, Caroline Yarnell 41st, Bernadette Gregory 50th, Deanna Lum 55th. From a teams' perspective the women managed 4th in the Open and 1st in the 45+.

In the men's race, some solid performances saw a Gold teams result for the Open and a Silver for the 45+ team. Jeremy Horne came 4th, Andrew Tuckey 6th, Chris Truscott 8th, Tony Fattorini 17th, Tim Cochrane 21st (backing up from Comrades), Dennis Wylie 39th & 1st for over 50, Chris Dwyer 48th and 2nd for over 50, Frank Zeichner 55th, EJ Davie 89<sup>th</sup>, Peter Hibberd 101st.

With only 3 events left for the Winter season, Striders are currently Top of the Premiership table in 4 categories:  
 - Open Men (leading by 5 over Kembla Joggers)  
 - B grade Men (leading by 5pts over Kembla Joggers)  
 - 45+ Men (leading by 17 over Hills District)  
 - 45+ Women (leading by 24 over Bankstown)

With the Open Women team trailing Sutherland by 3 points, the season is destined to have a close finish.

Upcoming events are the Short Course Cross at Abbotsbury 19th July, Road relays in Wollongong 2nd August, and Sydney Marathon.

## President's Report

**I**t appears that we have survived to read another edition of the Blister and lo and behold I am still here. I'm not sure why, but I have not been able to offload the Presidency of Striders on eBay no matter how much I am willing to pay.

### What we have been up to

We have had an extremely busy time since the last publication. We have worked through two major events on our calendar and emerged from the other side with our reputation unblemished and probably somewhat enhanced. Firstly, we assisted with the running of the Athletics NSW 10km Road Championships, which was an unqualified success with some 700 runners, and followed that with our Annual Awards Dinner in May, which also exceeded expectations. I won't go into details here as I believe there are articles which will provide greater information later in this edition. However, there are a couple of points that you should be aware of. The first is that the Athletics NSW 10km event returned revenue to the club similar to what we would usually receive from our 10km races. Secondly, we probably had the largest turnout of members at a Club Awards Dinner since its inception. I would like to congratulate Glenn Guzzo and Chris Truscott for their efforts in making both events so successful and also say THANKYOU on behalf of the Club to all of the volunteers who assisted them.

Since the last edition of the Blister, we have had two Committee meetings and, even though we have had some major expenses, the largest of which was the Awards Dinner, our financial position is still looking good. As you are no doubt aware, the Committee sets a subsidy for the evening and the more members that attend the greater the cost to the club. With 233 attendees, it definitely made a dent in the finances however all feedback received indicated that it was money very well spent indeed. Chris already has plans for next year, although it will be a challenge for him to top this year.

The Committee is now coming to grips with what it means to manage an organisation with approximately 700 members. On their behalf, I would like to request that a little restraint might be in order when enquiring about your various concerns. We are all doing our best for you and if it takes us a little time to respond to your emails or letters, please understand that we also have private lives and responsibilities to our employers to satisfy.

The Committee has also made a couple of changes that will affect the way we operate and will also require a little more input from you, our members. The first change will be the renewal process each year. We had previously set up a renewal for multiple years but this created a number of problems in keeping track of those members who renewed their membership for a number of years but not their 10km race preregistration. There have also been members who have renewed and thought they had paid the previous year when in fact it was two years earlier, which then caused problems with the

publication of race results due to being unfinancial (this is checked automatically on the club database and is not something the members of the race volunteers have any control over). It has been a problem that we have not been able to unravel without going back into previous year's financial transactions to see who paid what and when, so the Committee has decided to only allow renewals for a single year for the future. Anybody who has already paid in advance will still be renewed in the usual way.

At the last meeting it was decided to set up a web page with references to other running clubs who our members have run with and are willing to vouch for or with other clubs who may be interested in participating. If you have run with any clubs, local or international, that you believe are worth contacting when we travel, drop a line to [info@sydneystriders.org.au](mailto:info@sydneystriders.org.au). Please provide details such as web site, email address and contact and location plus any comments about the club you believe may be of interest.

We have again been requested to provide Pacers for the Sydney Marathon and have received a great response to our request from the membership. We have also been approached by non-members to assist and have included them where we needed to make up numbers. A quick hello and thank you from Striders to those non-members on the day would be appreciated by all concerned.

During my recent trip to Singapore I had the pleasure of catching up with Past President David Bray. We had planned on a run in the jungle around MacRitchie Reservoir with the local wildlife (David advised that we wouldn't be the only monkeys on the track) but unfortunately rain, thunder and lightning made that somewhat implausible. Instead, we enjoyed a leisurely tourist style drive through the area and even managed to find a track that David ensured me he would be including for hill reps to prepare for next year's 6ft Track. Rob and I caught up with David and Justine and the family for dinner at their home and they have asked me to pass on their regards to you all and hope to see you on the road sometime soon.

### Committee Notes

The following points were discussed and agreed upon at recent Committee meetings;

- 1) The Committee has agreed to make a donation of \$500.00 to the Myanmar Relief fund.
- 2) The Club will again be sponsoring the Cheetah at Taronga Zoo. This had lapsed recently but, as the Cheetah is our mascot, it was deemed to be appropriate.
- 3) The club will be forwarding copies of the Blister to a select list of clubs of a similar nature to Sydney Striders.
- 4) We are seeing a drop in the number of new members who are joining into the Club's email LiSST. For those of you who are not on the LiSST and are concerned

about receiving SPAM and junk mail, please note that the email to members is monitored and that only emails that are specific to the club and are running related are forwarded to the membership. There are NO advertising or non-running related emails allowed through the system.

- 5) We have recently had a number of members whose membership had lapsed. In some cases this was due to the points mentioned above on multiple year renewals and for various other reasons. The Committee realizes that during the natural course of events we sometimes get injured or relocated work wise and similar events which mean that we are unable to run with the club for extended periods and don't renew our membership. To provide continuity for those of you in that position, we have agreed to allow a member to renew their membership as long as the renewal is within a two year period of their membership lapsing.
- 6) A special vote of thanks was given by the Committee to both Glenn and Chris for their work on the Athletics NSW 10km and our Awards Dinner
- 7) The Committee decided to purchase a video camera to record the finish of our races. This will mean that two positions previously requiring volunteers to record numbers at the finish chute will no longer be required. Just remember to SMILE when next you finish as these videos will be stored and at sometime in the far distant future your smiling face will be displayed on someone's TV or PC for the generations to come.

More information on this will be included in my next report.

We are still asking for any interested parties who are interested in managing the 10km series for us. Jo Cowan has very kindly taken on the role for the time being and is more than happy to show you the ropes of what happens and how it works at any of the upcoming races. It is still possible for you to run the race (as Jo currently does) as there is a very strong group of volunteers who help put the races together. Any interested parties can contact either Jo or myself at [info@sydneystriders.org.au](mailto:info@sydneystriders.org.au) and we will be more than happy to spend some time with you to explain what the job entails.

Brian Ogilvy has been trialling sending out upcoming race information. If the feedback we get from this is positive we will investigate making it a permanent feature and have it available on the web.

That's about it for now.

Cheers

Jim

This space contains the volume of foul language that had to be edited from Jim's report. Phew!!!

### **Adverts**

We are still looking for somebody to take over from Kevin Tiller as Race Director of the Six Foot Track Marathon. Kevin is staying on the committee for the ensuing year but, after 8 years at the helm, is looking to hand the race on to the next generation. The role is no longer as arduous as in previous years when Kevin virtually managed things single handed. There is now in place an experienced management committee that is also supported by the Club Committee so that, while there is still an amount of work to do, much can be delegated to the various committee members and additional assistance can be provided should it be necessary from the Club's Committee. Any interested parties can contact either Kevin or myself at [info@sydneystriders.org.au](mailto:info@sydneystriders.org.au) if they have any queries.

The Committee is looking into a temporary membership for interstate and international visitors who are likely to be based in Sydney for periods of two weeks to up to three months. This will also encompass prospective members who are interested in coming along to see what the club is about.

<b>Match the facts</b>	
<b>By Jess Baker</b>	
How well do you know your fellow Striders? The names on the left do NOT match the facts. Can you re-arrange them correctly?	
<b>NAME</b>	<b>FACT</b>
<b>Dale Thompson</b>	Gave up Hairdressing to become a Radio Announcer and once dated Tom Jones' niece/nephew.
<b>Robyn Moody</b>	Was held-up in a bank robbery in Barcelona!
<b>Bruce Inglis</b>	Was told by a Nobel prize winner to continue sparkling, started Henley Regatta one year, who's great great Aunt was lady in waiting to Queen Victoria (her 1865 haggis recipe is available on the web) and has different colour eyes!
<b>Sue Login</b>	Obtained sponsorship as a Motocross Rider
<b>Lee Baker</b>	Is a Second Dan Black Belt in Judo and taught Judo in Japan for 14 months!





**Above:** Filled with rising anger, the 45 minute bunch pursue Steve shouting, "Hume, hit the highway!"

**Above right:** Past and present Queens of the 10k Series.

**Right:** Two completely different styles of running, Arthur Lydiard (far right) and Arthur Murray (middle)

**Below:** The 40 minute crew train for their weekend part time Mafia jobs.



# 10k Series Pictorial

Gerry Arthur gets behind a camera at North Head this year





They come and they go, but the maddest of them come again and again! Within one race there are many smaller races, either against friends and equals or, against the self or the clock.



The 10k series is more popular than the STaRs because you can't get lost; there is always someone to follow. In this case, Jo Cowan leads Ray Doran and Danielle McCormack on the merry chase.

**Right:** The merry chase over, Richard Green, deeply shocked by Little John's, I mean Jaap Bakkar's quick time today, pines for Sherwood Forest.

**Far right:** E.J. doesn't know where to look and Tim Cochrane is bemused when Wayne Gregory's personal groomsman reaches across to clean out his nostrils.

**Top right:** Stephen Jackson checks the results as they happen.



## From The Archives

### 10 Years Ago

The front page story was the wedding of **Richard Wassell** and **Bronwyn Roberts** (so that must be a significant anniversary). The AGM (at North Sydney Rugby Union Club) was abandoned due to lack of quorum – **Mark Fiore** suggested scheduling a discussion on uniform to boost numbers! A good-looking young bloke called **Andrew Smith** was apparently first Strider home at the Club Championships in Canberra in 2h 49m 13s (this was 10 years ago!) followed by **Richard Briscoe** and **Kelvin Marshall**. **Joanne Cowan** was first female Strider in 2h52m00s followed by **Julie Wessels** and **Joan Bolz**. **Michael Bailey** wrote about his first two marathons and the importance of a steady pace with cautionary tales on the effect on your time from going out too fast. At the SMH Half, **John Young** was first Strider in 1:10:42 followed by **Dean Degan** and **Mathew Kaley** while **Joanne Cowan** recorded 1:18:52 followed by **Breda Kelly** and **Annaliese Williams**. The 'Committee Deliberations' included the problem of fast runners starting with earlier groups and causing the groups to split up (nothing changes!) The Striders Awards Night was at North Sydney Rugby Union Club and featured Strider **Bryce Courtney** as guest speaker. **Kevin O'Kane** and **Bill Blecha** were STaR Hosts of the Year, **Jonathan Trope** won the Blister Award with 'Only 70k to go', an account of an epic and over-long bike ride. **Joanne Cowan** won the Maria Gemenis-Cruikshank Outstanding Achievement Award. **Derek Smith** was reported to have had a heart bypass (and has completed many marathons and triathlons since). **Jonathan Worswick** sent an account of the Zane Grey Highline 50 mile trail run in Arizona where he was 4th. **Mark Fiore** wrote an inspirational account of his first Ironman - 'The Rookie'. **Amanda and Geoff Taylor** announced the birth of Peter William. **John Young** did a PB of 2:29 at the Gold Coast Marathon followed home by **Wayne Stanton** and **Kelvin Marshall**. Kelvin was first Strider in the Cities Marathon in 2:58 followed by **Richard Briscoe** and **Steve Urwin**. **Jim Screen's** 3h50m would have been faster if he hadn't had to wait four minutes for a train crossing the course. Leaders in the 10K Series were **Joanne Cowan**, **Anna-Greta Pearl**, **Annaliese Williams** and **Mathew Kaley**, **John Young**, **Richard Briscoe**. **Bronwyn Roberts/Wassell** was leading the handicap.

### 5 Years Ago

**Phil Hugill's** story of dunes, dehydration and blisters from the 250km Marathon de Sables was on the front page. **Jenny Truscott** won the NSW 10k Road Race Championship in 40m01s (**Jo Cowan** was first 40-49), **Jenny** also won the Mother's Day Classic 10k. The first Striders ANSW coordinator **Richard Sarkies** reported that

the new team had started with a bang coming 2nd in the NSW Road C'ships with **Jonathon Craig** first 0-40 and **Chris Truscott** placing 11th. **Charles Coville** told of the road (and obstacles) to his first Ironman (12h43m28s and 46th from 77 finishers). **Kylie Catchpole** found that a 6am Group runner can get a top three place in an international race – if you pick your race wisely. Kylie picked the World Conference on Solar Energy Fun run in Osaka and was 2nd female. **Phil Kennedy** found himself in Europe with a spare running weekend and the best offer was the Maas Marathon in Maastricht complete with Belgian beer at drink stations. First Strider in the SMH Half was **Darren Benson** in 1:13:03 (6th NSW resident) followed by **John Young** and **Stuart Chellis**, while **Jenny Truscott** ran 1:23:02 ahead of **Joanne Cowan** and **Catriona Cater**. **Barry Rutter** gave the race story of the 'Striders 200+' Trailwalker team as they set an 0-50s record in 18h 32m, with **Warwick Selby**, **David King** and **Darryl Chrisp** making up the team (and were 6th complete team to finish). **Jim Cryer** made the Sydney Morning Herald 'Health' section after a hospital stay with an infected foot from bugs in damp running shoes getting into cracked skin. **Joe Degabriele** lauded his '10km Angels' – the 10K Series support team and **Tina Campbell** wrote of a STaR in Forster when a group of Striders visited **Nick and Kirsten Thensen**. At Gold Coast first Striders were **Kelvin Marshall** (3:01:54) and **Joanne Barton** (3:39:08) – they were followed by **Bruce Craven**, **Neil Barker** and **Sharon Callister**, **Allison Lilley**. **Jenny Truscott** won an Australian Championship Bronze in the Half. We were short of STaR hosts with one set of hosts, **Richard Wassell** and **Brad Renshaw**, temporarily covering two STaRs. **Stephen Jackson** gave his first President's Report and **Kevin Tiller** supplied an appreciation of outgoing President **Jim Screen** (1997-2003) – Jim could be credited with organising insurance for the Striders at reasonable cost at a time when other clubs and many races were being damaged by high insurance premiums. Jim organised full affiliation of the Striders to Athletics NSW which saw the start of a Striders ANSW team. In the 10K Series leaders were **Joanne Cowan**, **Catriona Cater**, **Clara Vucetic** and **Darren Benson**, **Jonathon Craig**, **Steve Hume**. Super series leaders were **Darren Benson**, **Joel Mackay**, **Keith Bateman** and **Robin Cameron**, **Joanne Cowan**, **Allison Lilley**.

### To be announced

Coming from several sources recently is a suggestion that we should have a register of contacts between clubs. How this is to be conducted is being debated in the committee at present but one club recently affiliating with us is a Brisbane club, *Brisbane River City Runners*. They mention our club on their website as a "sister club" You can check them out at <http://www.rivercityrunners.net/events.html> if you are travelling that way



## ADVICE

*...from Auntie Joan Strider*

Send your questions to Auntie Joan, c/o The Blister Editor. We do not guarantee useful answers but we will protect anonymity.

Dear Auntie Joan,

As a female Strider, I have constant trouble finding a running top to suit. The new "unisex" top gapes at the sides, leaving me feeling an arctic chill and, no doubt, providing others with a view of my chest. The earlier "spaghetti strap" model may work for some, but not those that need support! And I know many of the male Striders hold the original "green stripe" top in great affection, but even if it was possible to get one these days, it just doesn't incorporate the latest in support technology or design either. How can I find a stylish and practical solution to this dilemma? Should I just give up and wear my own running tops?

Stylish and stymied

Dear Stylish,

Next time you are on a STaR, observe your fellow female Striders and the variety of approaches that have been adopted to deal with this problem. One enterprising Strider took her unisex top to a dressmaker and had it completely re-shaped. Others content themselves with wearing non-Strider tops but in shades of green approximating a Striders hue. Still others wear the tops as a second layer over more structured running gear. I can offer no better solutions.

Stylish, console yourself with the thought that the issue of running tops provides female Striders with hours of animated discussion whilst running STaRs and is a useful diversionary strategy when you find yourself flagging at about the 25K mark.

Dear Auntie Joan,

I've recently noticed that two members of the six o'clock group (one male and one female) have started regularly appearing together for the Sunday morning runs. Is it acceptable to gossip just a little to other runners about this observation, given that I don't know for sure that they have become a couple - perhaps they are just sharing a ride?

Gossiping and guilty

Dear Gossiping,

Naturally, it is acceptable on a STaR to speculate about such a topic. May I venture to hazard a guess that you have not long been a Strider, or you would have realised that

your observation provides perfect conversational fodder for a long run.

Dear Auntie Joan,

I ran Woodford to Glenbrook recently and took it easy, enjoying a lovely run. After finishing, I realised that most other Striders had pushed hard, many finishing in quite a physically distressed state. Then, I overheard a conversation between Striders on which the topic of vomiting whilst running was raised - the conclusion was that it could be quite a good thing because "it shows that you are pushing yourself to the limit".

Am I the only Strider that thinks that this behaviour is a bit mad?

Easyrunner

Dear Easyrunner,

Mad or not, you will find yourself in the minority in Striders. No matter what your intrinsic ability, pushing hard during a race is de rigueur in the club. However, after completing a race, it is usual to pretend that you took it easy and could in fact have performed much better had you really tried.

*A.J.S.*

### GUESS WHO, DON'T SUE

- Which up-and-coming star, originally hailing from Slough in the UK, recently put in a blistering time for the SMH half?
- Which busy legal eagle strider has recently been seen about town with one of our most popular female striders?
- Which well-known club couple recently returned from a European trip?
- Which committee member recently collected yet another trophy at the Shoalhaven King of the Mountain event to add to his extensive collection?

*A.J.S.*

## MARATHON TRAINING GROUP

MTG

### Corner

By PHIL SKURRIE

The Sydney 2008 Marathon Training Group kicked off in May this year and we have been running as a group at the Sunday STaRs since the start of June. The group has about 20 Striders who are all very enthusiastically embarking on their quest for their first marathon. We have had around 10 runners each weekend and recently ran the Woodford to Glenbrook as our first group race.

The group has moved to 25km Sunday runs for the month of July and will be stretching to 30-35km runs during August. Be sure to look out for us at the STaRs and, as always, we encourage more experienced Striders to join the group and pass on your valuable words of wisdom for the Striders' newest marathoners! So far we have got great support from the Canberra 2008 MTG, and it is great to see that group moving towards future marathons. Well done to Bruce and Sean for finishing the Gold Coast Marathon.

The Sydney 2008 MTG are also proud to announce that we have introduced a new STaR onto the Striders calendar. The STaR is called the "Sydney Marathon Sneakpreview" and will be run exactly 3 weeks before the Sydney Marathon. And it is now the only STaR on the calendar that offers a 5:30am start and a 35km long option!

The Sydney Marathon Sneakpreview STaR covers approximately 30kms of the actual Sydney marathon course, so if you are planning on running Sydney, you'd be mad to miss it!

And onwards towards Sydney 08 we run....

Phil Skurrie, MTG Co-Ordinator.

#### MTG Information:

If you want to receive weekly updates on the MTG, and to be informed of future MTG events, please send an email to [mtg@sydneystriders.org.au](mailto:mtg@sydneystriders.org.au).

#### Did you know?

Three of the Sydney 2008 MTG regulars are not training for the Sydney marathon. Fiona and Lenya are training to run the New York City marathon and Rika is running a marathon in Iceland! Does anyone have a freezer with a treadmill in it?

#### Quote of the Month:

"The marathon's about being in contention over the last 10K. That's when it's about what you have in your core. You have run all the strength, all the superficial fitness out of yourself, and it really comes down to what's left inside you. To be able to draw deep and pull something out of yourself is one of the most tremendous things about the marathon." - Rob de Castella

## Roll Of Honour

### 25 Years

Lesley Maher, Paul Russell, Robi Russell, Graham Butler,

### 20 Years

Malcolm Satchell, Ian MacArthur, Geoff Taylor, Joanne Cowan,

### 15 Years

Jonathan Worswick, George Herisson, Rod Lovel, Elizabeth Edmonds, David Solomon, Keith White,

### 10 Years

Graham Willis, Paula Shingler, Mark Shingler, Dean Gardiner, Stephen Ball, Jon Patrick,

### 5 Years

Rebecca Deane, Tim Deane, Gerard Donnan, Nick Woodhams, James Woodhams, Kerry Ross, Karin Kaehne, Cameron Arnold, Kerryn Parkinson, GerryArthur, Roger Cox, Richard Frykberg, Darren Benson, Stephen Kibble, Melanie Truscott, David Bray, Eric Schmierer, Ian Smith, Mohammed Alkhub, Rick Collins, Ross McCarty,

Katherine McSweeney, BenMcSweeney, Craig Dunn, Jaap Bakker, Shirley Rutter, Vivienne Kartsounis, Tom Silk, Dale Thompson, Philip Fleming, Andrew Fuller, Max Crossley, Amanda Underwood, Shaun Atchison, William Ward, Mike Morrissey, Robyn Moody, Suzanne Kelly, Christine Cullen, Maria DiMarco, David Criniti, Raymond Wareham, Mike Fowlds, Allan Wareham, David Ward

## Rumour has it...

**Frank Zeichner** has a great singing voice and was chosen to test out the acoustics at the Opera House! No, hang on,... that was Dame Joan Sutherland. Anyway, having turned down many offers from abroad, he is much in demand as a local Choral performer being a member of, not one but, two Gospel Choirs! Most of Frank's venues have installed showers so Frank can freshen up after running back and forth when he has to perform on the same night in both choirs in different parts of Sydney. Hence, all the training! The latest information to be leaked by Opera Australia names Frank as understudying to become the new Pink Wiggle. We wish him well.

By KEVIN O'KANE

## STaR Treks

*Throughout the history of the Club, the central plank in our training programs has been the long Sunday training run, oddly called the "StaR".*

*Over almost 30 years, many interesting, scenic and occasionally challenging courses have been developed, each with its own name and its own charms. And we even get a hosted breakfast at the end!*

### THE ROCKS PUSH

#### The Venue

Perhaps the most outstanding element of this StaR (and there are quite a few) is the venue. Perched high on Observatory Hill, the view extends over The Rocks to the Harbour Bridge and Sydney Harbour, an oasis of tranquility. Surrounded by lush parkland and Sydney Observatory, leaving the start might (almost) be the hardest part of the run.

#### The Course (long version)

Descending first through the historic Rocks area, past the old pubs and terraces, the course then follows Hickson Road through to Chinatown, then Darling Harbour. A tour past the Casino into the old Wharf precinct, now well into the process of gentrification, leads us through Pyrmont and the Fish Markets. After a visit to Central Station, we then head through Hyde Park to tightly packed Woolloomooloo. From there, it's up the Butler Stairs to Kings Cross, before the drop to Rushcutters Bay. Next we pass through the park beside the acres of sailing ships, to find the distinctive art deco architecture of Potts Point. Down the hill to Garden Island, we find the Harbour foreshore which we will now follow for most of the run. The strange allure of meat pie and mashed peas is on offer at Harry's Cafe de Wheels, before we come across the rebuilt Finger Wharf. Then



it's up to the Domain and Mrs. Macquarie's Chair, before following Sydney Cove round to the Opera House. Next the Circular Quay ferry terminals present a temptation to go short. But if you did, you'd miss the cruise over the Harbour Bridge, the visit to the Harbour again at Neutral Bay, and the return journey via Kirribilli, taking us past Kirribilli House, up beneath the Bridge to Milsons Point, before the final rewarding dash across the Bridge, taking in the magnificent view over the Opera House and Royal Botanic Gardens. Finally, the Rotunda welcomes you back.



Adding to the view rather than enjoying it

#### The Course (short version)

This StaR is a tour of Old Sydney and nearby areas. Both scenic and historic, highlights include the Sydney Fish Markets, Kings Cross, Harry's Cafe de Wheels, old terraces, renovated wharves and art deco architecture. Sydney Cove and the Opera House are particular favourites, and a dash over the Bridge to Kirribilli and Neutral Bay finishes off the run.

#### The hosts

Keith and Margaret White are long time Striders with a history of Club service. Best known to many for opening up their house in The Rocks for the Sydney Morning Herald Half Marathon, they have also hosted the Striders Picnic Relay in Centennial Park. Both are experienced marathoners and ultra-marathoners, and are only too happy to look after the runners.

WonderWoman's cape slips as she streaks past the World's best view.



By JAMES JEFFEREY

## Strider runs *B*oston 2008

**M**y plans to run the 2008 Boston marathon started back in 2006, when I travelled to Boston to run the race, only to come down with a sciatic nerve injury. On this occasion I started (foolishly) then hobbled along for 10 miles, at which point my leg totally gave out on me and I had to stop. To say I was disappointed would be an understatement.

My preparation for Boston this year was poor. Commitments with the Western Suburbs Little Athletics centre saw my weekends 100% occupied with Little A carnivals. My training for the April 21 event started on March 17, the day after the Little A's State Championships. All up I put in 3 longish runs, all STaRs. The best one for me was the Vacluse STaR. I say 'best one' very loosely! During this run I got left behind by the 6.20 group despite running as hard as I could and 'hit the wall' at the 20km mark. Things didn't look good. Still, I was determined to have a crack at Boston, knowing beforehand it was going to be a very long day at the office.

I arrived in Boston on April 18, the day before a work commitment in Boston. Our HP New England team arranges for the HP foreign teams to present at a local high school each year. This year, the Australian team presented at the Captain Samuel Douglas Academy in Brookline. The day at the school involved signing the kids' T-shirts that were given out by our New England team, lunching with the students, then fielding questions on marathon running and Australia. With hundreds of kids cheering as we left the school, I felt like the kids were expecting a top 10 finish from each of the HP team. Little did they know that our best times ranged from 2.59 through to 5 hours for the marathon.

The day before the marathon, our team co-ordinator in Boston organised a short fun run in Boston common to co-incide with the US Olympic marathon trials for women. After 2 hours sleep, I crawled out of bed and down to the lobby to meet the rest of the HP team. I hadn't slept well since arriving in Boston. We watched the Olympic hopefuls round Boston common on their first city loop of 3 miles before they headed out across the

bridge to Cambridge, where they ran a further 3 larger loops. We waddled around the park. I felt terrible but was determined to loosen up to run the next day. After the 2 mile fun run, I jogged down to the larger loop of the Olympic trial and watched the race. I hadn't been in such a large crowd watching a road race since the Sydney Olympic marathon. The atmosphere was electric. At the finish it was race favourite Deena Kastor who won, making up more than 2 minutes in the final quarter of the race.



Now having to hoof it, James finds out that one idle man, one can of spray paint and one Church don't come together to create happy Parishioners

Race morning and we had to meet in the lobby at 6.30am to jump on the coaches HP had organised to take us out to Hopkinton. Hopkinton is a small town about 26 miles west of Boston CBD where the marathon starts. The advantage of a private chartered coach was that there were toilets on board, which saved queuing at the porta-loos. Still, queues on the bus were lengthy as well, and lines for the porta-loos were huge. Many runners were trying to opt for a bush but were stopped by very determined officials, whose job it was to enforce the use of the porta-loos. I gave up on the lines both in the bus and porta-loos and decided to just start and stop at the first on course porta-loo. This was a good option with no queue.

Just prior to the start, the Star Spangled Banner rang out across the field of runners. I loved seeing how all the American runners put their hand over their chest and sang their national anthem with such pride. Then a squadron of fighter jets did a fly over, just to ramp up the excitement, if any ramping was required. A few minutes later we were off.

The first 2-3 miles of this course are downhill. All advice at the Boston marathon expo was to hold back, don't go out fast or you will pay for it later. I literally rolled down the hills, no effort whatsoever. Still, I was going too fast. You simply can't slow down. The crowd of runners surround as in the first 1km of the City to Surf. They simply push you along. I went through 5km in 20.25, 10km in 40.45. I thought I'd stuffed it. Through 15km in 1.01 and feeling quite good. Then, like most marathons, suddenly my running

style went from a smooth and flowing one to a 'Cliff Young' shuffle. I usually don't shuffle until the 37- 38km mark, so slowing down at the 18km mark was disheartening. However, despite feeling terrible, the crowds along the way encouraged me to keep on going. At one point, I was walking along past a group of 20-30 guys, all drunk, with letters painted on their stomachs. All at once they started chanting "run, run, run", so I lifted into a little run. They all cheered and let out a bellow like you'd hear at a football match. I ran a couple of hundred metres then walked again. In the last 15km I had this fun match with a few other guys having bad days. I'd jog past them while they were walking, then they would jog past me while I was walking.

Seeing that time wasn't an issue, I decided to stop for a while and stretch. Not a good idea. I stretched my quad only to cramp badly in my hamstring. So I sat down for a while until the cramp subsided. I also tried the old trick of running between drink stations. I'd stop at every drink station, have a drink then jog to the next. Sure enough,

there ended up being a lot more walking than running by the 35km mark. I finally got to the 25mile mark, where I assessed what sort of time I could run. Sub 3.40 seemed possible if I simply ran the last mile. So I set off and ran the last mile without stopping. I finished in 3.39.25. I was so sore. At the finish we had to walk a further 500 metres through the de-chipping/medal issuing area, then we received a silver towel wrap and a food pack. I sat down to de-chip, only to find I could not get back up again. I ended up swinging myself up by learning on the food table with one arm and the guard fence rail with the other. Finally I made it through the finishing area and walked across to the Park Plaza where I was staying and where HP was having an after party.

Some obvious lessons were learnt during my 2008 Boston campaign. One, you can't run a marathon off three 25km long runs and, two, you really need to give yourself at least a week overseas prior to running a marathon. I hope to get back to Boston at some stage and give it another go.

## Combined ANSW State Road Champs and Striders 10k series race 4

By **GLENN GUZZO**

At least 542 runners finished the 10k at Homebush last May, which doubled as the Athletics NSW State Road championships. There was a larger than usual focus on our club from the larger running community, as this was the first time that the two organisations have combined the event. It brought a number of running communities together. We also had a 5k for U18 & U16 Juniors which had 93 finishers, and a 2.5k for U14 and U12 Juniors which had 95 finishers.

We had a sub-30 10k male winner in Russell Dessaix-Chin running 29:44 and Women's winner Eliza Stewart running a 34:27, which I would hasten to guess would be the fastest times seen at a Striders 10k.

It was a magnificent morning out there, with many volunteers deserving thanks for their efforts and their ability to adapt to different roles and work in a pressurised environment.

6	Thomas Crasti	0.31.24	n
7	Harry Summers	0.31.27	n
8	Jeremey Horne	0.31.30	S
9	Ridings Liam	0.31.36	n
10	Michael Herlihy	0.31.49	n

### WOMEN

1	Eliza Stewart	0.34.27	n
2	Billinda Schipp	0.34.53	n
3	Noni Clarke	0.35.19	n
4	Anita Keem	0.35.49	n
5	Jenny Wickham	0.36.40	S
6	Verity Tolhurst	0.36.57	n
7	Lorraine Hince	0.37.14	n
8	Jenny Truscott	0.37.17	S
9	Angela Williams	0.37.20	n
10	Greta Truscott	0.37.49	S

### RACE 4 **HOME BUSH** MAY

#### MEN

1	Russell Dessaix-Chin	0.29.44	n
2	Ryan Gregson	0.30.17	n
3	Colin Johnston	0.30.59	n
4	Kale Simons	0.31.00	n
5	Simon Hurt	0.31.17	n

### VOLUNTEERS

**10k Equipment Manager:** Peter Woods

**Course Measuring & Layout & Pulldown :** Stephen Jackson, David Criniti, Ewan Horsburgh, Dennis Wylie and Tony Fattorini

**Set Up/Pack Down:** Allan Wareham, Peter Woods, Charles King, Ewan Horsburgh, Graham Willis

**Registrations:** Dale Thompson, Bruce Horsburgh, Sue Horsburgh, Liz Woodhams, Ross McCarthy, Lisa Carroli,

Chris Truscott, Brian Ogilwy, Anna White, Farah Jan, Pauline Evans, Mike Hansen, Paul Hannell, Jo Cowan

### Course Officials

1st Marshal at Wentworth Common – Gordon Mai

2nd Marshal Olympic Boulevard – Bruce Inglis

3rd Marshal Holker Busway – Andrew Tuckey, Chris Truscott

4th Marshal Holker Busway – Ken Smith

**Water Stop** : Peter and Rebecca Woods, Dean Gardiner

### Post Race Officials

Timekeepers: Amanda Harris

Recorders: Shirley Rutter, Ross McCarty

Callers: Robyn Moody, Brian Ogilwy, Lisa Anne Carey, Shelley Howes

Catcher: Dale Thompson, Barry Rutter, Linda Barwick

Race Timing & Results: Jim & Adam Moody

Bib return: Liz Woodhams

Badgers: Ron Schwebel, Sam Isbell

Finance: Charles King

Newspaper Results: Jo Cowan

On the positive side, I think Athletics NSW might like to keep this event on their calendar. If there are any improvements you would like to mention, drop us a line, and I will consider and present a report to our club Committee.

I also hope I haven't missed anyone who helped out, and I didn't take note.

Kind regards,

Glenn

## 10k Report for Race 5 and 6

As the newly appointed race director, I would firstly like to congratulate Barbara Becker for her outstanding work in putting this series together. She has created a wonderful manual full of all the information required so anyone could take over the role. Despite what you may think, being the race director is fantastic (except that you don't get to warm up and hence, my times are terrible) but despite that I have got to know so many more club members, which is great!

I believe it is important that you understand who the key people behind this event are. Firstly, there is the timing system which Adam and Jim Moody have worked on, tirelessly, to improve over recent years. It is working extremely well and we have plans to streamline registration, even more, in the future but more about that when it is organized. Another very important member of the 10k team is Peter Woods. Peter stores all the 10k tables, signage etc, etc, and brings them to every race! Now, that is a dedicated Strider for you. I don't know what we would do without Peter's help. Paul Hannell is newly appointed to look after our bibs and at the last 10k they were all cleaned and in number sequence. Thank you Paul. Finally to our catering hosts – thanks for providing great food and also to my band of volunteers who support you at every event. Names of those are listed below each race result.

I have looked after only 2 races since taking over, as Glenn Guzzo organized the highly successful joint race with ANSW for the State 10k Road Championships. A separate report about this is included. We have been so fortunate with the weather on both occasions – the days leading up to both were raining but someone looked down on us favorably and - no rain! It was even a little warm at the Homebush event on the 7<sup>th</sup> July. Now to race results!

### 7<sup>th</sup> June – North Head

We had 411 runners finish, and those numbers are amazing, it being a long weekend! It was a close race with

the 1<sup>st</sup> place getter Jeremy Horne and 2<sup>nd</sup> place getter Tom Crasti fighting it out for a .01 second difference. Following them was Peter Robertson who was 10 secs behind with Chris Truscott close on his heels, 7 secs later!!! In the women's race Jenny Wickham was a clear winner by 2 mins over Danielle Langsworth who is creating new PB's every time she races. Sally Taggart was in third position 1 min later.

A big thank you to all my volunteers who helped on the morning.

### RACE 5 NORTH HEAD JUN

#### MEN

1	Jeremy Horne	0.31.20S
2	Thomas Crasti	0.31.21n
3	Peter Robertson	0.31.31n
4	Chris Truscott	0.31.38S
5	Cameron Good	0.32.00n
6	Bryan Keane	0.32.16n
7	Matthew Robbie	0.32.21n
8	Sergio Carvalho	0.32.23n
9	Andrew Tuckey	0.32.30S
10	Tom Highnam	0.33.00S

#### WOMEN

1	Jenny Wickham	0.36.21S
2	Danielle Langsworth	0.38.22S
3	Sally Taggart	0.39.34S
4	Amy Stafford	0.39.40n
5	Kate Coburn	0.39.53n
6	Lisa-Anne Carey	0.39.56S
7	Carey Lynn	0.40.00S
8	Catherine Swindles	0.40.32S
9	Ingrid Grace	0.40.39S
10	Christine Wong	0.41.34S



**VOLUNTEERS**

Timing System Manager: Stephen Jackson

Equipment: Peter Woods

Bibs: Paul Hannell

**Marshalls:**

1st Marshall – U turn at the start – Dale Thompson

2<sup>nd</sup> Marshall - roundabout – Deanna Lum

3<sup>rd</sup> Marshall – up at the y section as the runners do a loop – Terry McIver

**Water stop** – near the start and finish- Bruce Renwick and Nicola Cowan, Ron Schwebel, and helpers

**Registration**

Striders – 4 people 2 x teams

6.00am to 6.30am –Peter Hibbard, Charlie Coville, Steficia Key

6.30am till 7.00pm – Loraine Spanton, Steve Laws, Anna White

Non Striders – 4 people 2 x 2 teams

6.00am to 6.30am – Ross Mccarty, Paul Hannell, Linda Barwick

6.30am till 7.00pm –, Steve Urwin, Greg Casis, Tony Fattorini

**Post Race – Dale Thompson – Co-ordinator**

scanners – x 2, Brian Ogilvy, Anna White

Catchers – Steficia Key,

Timer keeper – Benny Hegberg

Computer ; Steve Jackson, assisted by Dale Thompson

Caller – Kerry Ross

Results recorder – Bruce Renwick

**Pacers;**

40mins Steve Hume

45mins Richard Newell

50mins Paul Hannell

55mins John Binfield

**Hosts:** Ron Schwebel & Richard Green plus other striders like Barbera Becker, Paul Hannell and others who chopped fruit!

**5<sup>th</sup> July Homebush**

What a beautiful clear morning. With 339 finishers the race was fast, with Colin Johnston a clear winner in 31.28, which was 33 seconds ahead of Jeremy Horne, who was in turn followed by Charlie Low 24 seconds later. The women's race was very close also, with Melinda Vernon winning in a fast 35.51, followed closely by Liz Miller 28 seconds later and Jenny Dallaway 3 seconds behind Liz.



To add a special impetus and competitive incentive to performances on the day, the Timing Truck carried a single oversize jelly bean, always in sight of the front runners

We had a big band of volunteers helping at this event. Many of them multi tasked from the set up to registrations to marshalling and time keeping. It is great to see Terry McIver back at the club. Terry has been a member for many years and no longer runs and is now helping at these 10ks. Also Brian Ogilvy was fantastic, helping me with announcements, time keeping, badging and everything in between.

**RACE 6 HOME BUSH JUL****MEN**

1	Colin Johnston	0.31.28	-	-	
2	Jeremy Horne	0.32.01	M	Pre	1
3	Charlie Low	0.32.25	-	-	
4	James Matthews	0.32.26	-	-	
5	Ryan O'Neill	0.33.43	-	-	
6	Keith Bateman	0.33.45	M	Mst	1
7	David Criniti	0.33.48	M	Pre	2
8	Anthony Murrell	0.33.58	-	-	
9	Michael Killicoat	0.34.01	M	Pre	3
10	Clyde Rosanovski	0.34.07	-	-	



Edgecliff Centre, Shop 1B, 203-213 New South Head Rd  
Edgecliff.

Call Phil or Julian on (02) 9362 0422

**WOMEN**

1	Elizabeth Miller	0.36.28-	-
2	Jenny Dallaway	0.36.31-	-
3	Jenny Truscott	0.38.12F	Pre 1
4	Danielle Langsworth	0.39.20F	Vet1
5	Amy Stafford	0.39.27	-
6	Liz Vadas	0.39.38-	-
7	Sally Taggart	0.40.11F	Vet 2
8	Julia White	0.40.22	-
9	Kathryn Holloway	0.40.30F	Vet 3
10	Nicole Frykberg	0.41.57F	Vet 4

**VOLUNTEERS****Hosts:** Deanna Lum and Kerry Ross**Equip:** Peter Woods**Timing System:** Jim and Adam Moody**Race Numbers:** Paul Hannell

Sydney Running Centre: James Mathews

**Course Layout:** The Crinitis**Registration:**

Striders Session 1; Naomi Tancred, Mark Russell

Session 2: Zoe Cameron Guy Doulman

Non Striders Session 1 Lorainne Spanton, Peter Hibbard,  
Alex Douglas

Session 2 Dale Thompson,

**Signage and bib return:** Guy Doulman and Terry McIver**Pacers:** 40 mins Ewan Horsburgh

45 mins Tim Lindop

50 mins Mark Russell

55 mins Pete Hibbard

**Marshalls.**

1. Chris Dwyer

2. Terry McIver

3. Richard Lane

4. Glenn Lockwood

5. Ken Smith

6. Bruce Renwick

7. Philip Hodgkinson

Water stop (2) : Dale, Sean Atchinson's teenagers, Guy

**Post race**

Catcher Dale Thompson, Brian Ogilvy

Dag 1 Sam Isbell

Dag 2 Tony Fattorini and baby

Results recorder: Robyn Moody

It is great to see so many striders racing at these events. Thanks for your support and if you have any suggestions as to how we could improve these events please let me know. We are continually looking at ways to speed up registrations and to capture our results at the end. We recently purchased a video camera which now captures you with your time...pretty good eh! It means that if the computer system fails, we still have you on film.

Lastly don't forget our sponsor, the Sydney Running Centre. Julian and his team of experts will be able to give you all the advice that you need for the best shoes for your feet. Support the business that supports your club! Buy your shoes there and you will be happy that you made that choice.

Until the next 10k.....

Jo Cowan

**An email from John Turner, ex President.**

----- Original Message -----

**From:** John Turner**To:** Coville**Sent:** Tuesday, May 27, 2008 2:27 PM**Subject:** Re: Sydney Striders Awards dinner - 23 May 2008

Charles

Would you please accept, and pass on to the Club, my sincere thanks for including me in last Friday's dinner.

It was a real treat that evening to be so copiously reminded of the Club's enduring strength, and the healthy lifestyle and enjoyment it continues to provide to its members. I particularly enjoyed meeting up again with the many old friends who gave me such good support way back when I was still capable of reaching my own 'personal pinnacles of performance'. Those PBs and other challenging ventures would never have been in my sights without Striders - a very significant component of my well-being, then and now.

A special pleasure has been also to re-discover "The Blister". Take it from me - it sets new benchmarks of affinity group publishing excellence.

Clearly the Club exudes a great spirit of care and friendship, along with inspiring athletic endeavours and an organisational competence that belies its self-help base.

A credit to its founders and to all those who carry its traditions forward.

Thank you and my very best wishes for the Club's future,  
Sincerely  
John Turner

**A**nother milestone in the club's history was achieved on 23<sup>rd</sup> May 2008 when we had the largest-ever turnout of members and guests for the Annual Awards Presentations. These acknowledge the achievements of our members for 2007. We also had the pleasure of meeting and listening to Bruce Fordyce whom I am sure you have all heard of. For those of you who have not been to one of our evenings at the STaR City Casino's Grand Ballroom it is something that you should correct. It is a spectacular venue that offers excellent service amid spacious surroundings and, with the subsidy that the club committee arranges, it is an occasion not to be missed.

A special mention must be made to the organizational skills of Chris Truscott. Chris was the "man behind the scenes" who brought the event together. He coordinated with a small crew of volunteers who also deserve an honorable mention for the time and effort they put into the evening: Steve Cornelius, our Master of Ceremonies for the evening, Craig Dunn who arranged the web entry for voting and payments (while away on holidays I may add), Lisa Carolli organized the prizes, Charles Coville liaised with Bruce plus those regular members of the committee who collated, collected, posted, banked and generally made it all happen.

We were lucky enough to have the company of a number of Past Presidents who, over the years,



Andrew Tuckey bonded with Bruce Fordyce until a solvent for the superglue could be found.

## Striders Awards Night 2008

By JIM MOODY

have made this club what it has evolved into today. We are not as successful as we are by good luck but through the efforts of those Presidents and Committee members who have prepared the groundwork before us, and it was great to be able to share the evening with them.

All up, 233 attendees were rewarded with a memorable evening and given the chance to congratulate those of us who have achieved significant landmarks in their athletic careers or were recognized for their input to our club and, in so doing, the running community in general.

The trophies and awards were presented during the evening by our guest speaker, Bruce Fordyce, by our founder, Charles Coville, the Past Presidents and by club members who have been involved in the club's activities over the years.

The lucky door prize was donated back several times before an enthusiast finally kept the nativity scene.



Highlight of the evening: To the accompaniment of a soloist playing the recorder, the MTG Choir, song sheets in hand, hummed the National Anthem.



As much as we all enjoyed watching the recipients receive their awards the highlight of the evening was Bruce Fordyce. An introductory speech was made by Charles Coville which was followed by 40 minutes of interesting commentary by Bruce.

He spoke at length about his experiences while training for, and running, the Comrades Marathon and the characters who have been involved. His talk was interspersed with anecdotes, many of them very funny, about the do's and don'ts of long distance running, which we all related to. He suggested that the first time you run the race you should run the "downhill" version of Comrades, it being somewhat tougher than the "uphill". This will allow you to carry the post race limp for many more days which will provide far more opportunities to discuss at length what you did last weekend with any poor unsuspecting soul you may come across when they ask the unfortunate question, "Why are you limping?" Why does that sound so familiar?



Pauline and Jo present the egg and spoon race awards

**To finish, the committee wishes to say "THANKYOU" to all who attended, for supporting our club and, another "THANKYOU" to our Sponsors who donated the prizes we were able to present, all of which helped make this a memorable evening.**

### Charles Coville's Awards night remarks

## Where are they now? -

7 runners attended the first meeting of Sydney Striders Marathon and Road Runners Club on Monday 30 June 1980 at the unit of Charles Coville at 10/7 Broughton Road, Artarmon. Mike Cutcher, Ian Hutchison, Chris Burke, Peter Derig, Roslyn Keech and Peter Barnett responded to flyers handed out by Charles at local races promoting the establishment of the first ever marathon and road runners club in Sydney.

By 30 September 1980 there were 31 financial members, the date of the first ever membership stocktake.

Interestingly only 2 of the famous 7 were included in the list of 31 (Charles Coville and Chris Burke).

Only 3 of the 31 remain members today (Charles Coville, Sue Hill and Brian Colwell)

The first committee comprised

President / Blister editor - Charles Coville  
Secretary - Rhon Levine  
Treasurer - Dave Blackhall  
STaR co-ordinator - Mike Bingham  
Eastern Suburbs co-ordinator - Chris Burke  
Entertainment co-ordinator - Bernie Liebmann  
Female representative - Sue Hill

### Charles' opening remarks to Bruce Fordyce's speech

To put Bruce's presentation into perspective I would like to give a brief background on the Comrades Marathon particularly for those not familiar with the race.

The Comrades Marathon is a 89k race that alternates between 2 cities on the east coast of South Africa, Pietermaritzburg (650m above sea level), the capital of Kwa Zulu-Natal, and the coastal city of Durban (home of the Sharks, the Waratahs Super 14 opponent's tomorrow night).

It is considered to be the world's greatest ultra marathons and is rated by Runners World as one of the world's top 10 long distance races.

It was first run in 1921 and commemorates the spirit and camaraderie of soldiers who fell during the WW I, akin to our old ANZAC marathon.

It's an unbelievably tough, hilly course with unbelievably beautiful scenery. It includes the Big 5 hills that vary in length from 1.8k to 4k. In City to Surf we think of Heartbreak Hill as a tough 1k climb to the halfway point at 7k. In Comrades there is Polly Shorts.

**"This is the ultimate in heartbreak hills. On the up run it lies in wait 80 km away from Durban and is often the make or break point for even the top contenders. The climb is close to 2k in length and is a formidable obstacle to any runner who has just completed two back-to-back standard marathons".**

I attended the University of the Witwatersrand (Wits) in 1967 and joined the Hockey and Cross Country Clubs. Unable to make the cross country team to compete at the very social Uni Games, due to Springbok and State reps at the club, I put up my hand to volunteer for the first Wits team to compete at an obscure event, the 1968 Comrades Marathon, even though I had not run a standard marathon.

This obscure event was a race for slower / older runners and included the legends with 5 wins each - Wally Hayward, Hardy Ballington, Arthur Newton and Jackie Meckler.

Although only 468 finished in 1968, the race was about to explode in popularity due to in part to the running boom, the most watched sporting event on South African TV and to the phenomenal achievements of S.As favourite sporting son, Bruce Fordyce. It peaked at 19,000 finishers in 2000 when the finishing time was extended from 11 to 12 hours.

By 1972, the race had come to be dominated by young university students with Wits becoming the number one ultra marathon club in South Africa. Every day students with no great running credentials suddenly became ultra super stars. We had 3 runners in the top 10, including Dave Levick's 2<sup>nd</sup> place, but no winner.

That was until the arrival of a slight, long blond haired Bruce Fordyce. 43<sup>rd</sup>, 14<sup>th</sup>, 3<sup>rd</sup>, 2<sup>nd</sup> and then 9 firsts, 8 in a row. In Australia we think of records that will never be broken as St George's 11 premierships in a row from 1956, or Don Bradman's batting average of 99.94. Like those records, Bruce's record will never be broken. A few facts to put Bruce's wins into perspective

1) He did it when sports science and sports nutrition was in its infancy. Bruce became involved with Dr Tim Noakes (Lore of Running fame) research and was even involved in the early trialling of carbo gels.

2) Bruce was an amateur. Today the winners are pros and the winners purse is R220,000 (A\$45K). Top 10 share R1M.

3) Bruce's record is the equivalent of 2x 2h 32m standard marathons, or 3m38s / km; or running 9 x 36m 10k races.

4) Bruce's down run record of 5h 24m stood for 21 years. In the 80's, due to Apartheid sporting sanctions, SA runners of the equivalent of Deeks and Monners ran Comrades. Even Deek's biggest rival and ex world record holder, Alberto Salazar, competed Comrades, won it, but did not break his record. Bruce, a 2h 17m marathoner was competing against 2h 8m marathoners, yet he still won and his record remained.

5) When Bruce's record was finally broken last year by Russian Olympian, Leonid Shevtsov, it was only by just over 3 minutes, or a mere 2.2s per km.

In 22 days time Bruce will be running his 26<sup>th</sup> Comrades albeit at a pedestrian 10 hour race time.

Ladies and Gentlemen, the King of Comrades and the world's greatest ultra marathoner, Bruce Fordyce.

## Broken Wing Club

Paul Bruning says his foot is still injured. But he's not far away from running again.

Ex Strider Ray Potter had a serious cycling accident at Homebush in early July. He is in the spinal unit at the Royal North Shore Hospital after suffering a high cervical spinal injury and is on a ventilator. Our thoughts are with Ray and his family during this difficult period.

Others in Ron Schwebel's training group are not to be outdone. Dianne Aitken has Achilles Tendinosis and Anna White, Plantar Fasciitis.

*Ron says the surgical procedure to trim his meniscus may have been more effective had they used an angle grinder, following my apparent quick recovery from that incident.*

*Ed*

## Walking trails

Please see below link to new website that has been established by the Sydney Walking volunteers.

It contains some good maps (large pdfs) that show main walking trails all over eastern & northern Sydney as well

as lesser known routes that link them. A source for new Star suggestions (?) or at least for some Striders to try to navigate somewhere new (heaven help them).

<http://www.walkingcoastalsydney.com.au/>

Richard Green

## Alison's Bircher Muesli

**2-3T Raspberry/blueberry coulis**

**2C Rolled Oats**

**2C Yoghurt - plain, low fat (I use Jalna)**

**1C milk**

**3T Sugar**

**1/2 Lemon squeezed**

Stir the ingredients above together then add to taste:

Sultanas

Dried Fruit

Roasted almonds or walnuts

1 apple grated

Fresh fruit

*Sent in by Barbara Becker*

*Alison is a highly qualified Dr in her field and globally recognised expert BUT for the purposes of our Blister, she's another runner who was thrilled to complete her first half marathon in May.*

In the movies, guys can hold their breath underwater for about 20 minutes and see clearly without goggles. And, they don't get hypothermia on the ocean floor, even though the temperature is about -60! But the one I really love is when the hero plucks a flaming stick from a fire and carries it around for ages while it burns continuously with a solid plume of flame, lighting up a huge area. When I try it, first I have to start a fire so I can pluck a burning stick from it, then it burns with a pathetic flame that soon goes out and I wish I'd just gone down to the service station and bought a torch with batteries.

As well, I have to clean up the remains of the fire when it goes out and buy some more furniture because I'd used the kitchen table to provide the wood required for the fire in the first place.

Why can't real life be like the movies? Here's what happened at our awards night - in real life.

Many Striders were disappointed at the announcement that Eva Longoria wasn't to be up there on stage with me on Awards night. She was meant to read out the name after I ripped open the envelope. I was looking forward to having my ideal woman up there on the podium with me. But, two days beforehand, she rang and said, "What is this Striders 'thingee', anyway?"

I explained our Awards night to her and she said, "I can't do it! It's not my scene. I only do evenings where bunches of tuxedo clad, bearded guys get up to receive awards."

I did a quick mental whip around to see how many bearded guys there were within the club, whom I could tempt her with. Jim Moody, previously, had a resplendent beard, the equal of three ordinary beards but in that one selfish act of shaving it off last year he had reduced the club tally by 50%. Then, we were almost saved when Glenn had a sudden flourish of growth but then he disappeared before we could enjoy seeing it bloom into lustrous perfection. We simply couldn't summon enough beardies. My hands were tied.

I did what anybody else would do in my situation; I got out the *Who Weekly*. Not my first copy. I usually find the first copy only makes it to half way through the week before it becomes so dog-eared and well thumbed as to be practically useless. Apart from that, most of the ink has come off onto my hands. Or sometimes, onto my feet and face. For that reason, I always get two copies to last the whole week.

Delving into my second copy of *Who Weekly*, I gave brief thought to Amy Winehouse but then decided the potential risk outweighed the value of having an interesting evening. I settled on Jessica Alba. Following the usual protocols; my people speaking to her people etc, I got to speak to Jessica. Jessica said she'd love to do it but unfortunately, that night, she had a red hot date with a bearded guy! "What is it with the bearded guy!" I exclaimed. "I had a beard before that guy!" But, I realized I'd been, as usual, seriously uncool and that wasn't good. I promised myself to be cool.

By DENNIS WYLIE

## The Art of Cool

Winners of the Blister Article of the year. Tony Fattorini and Amanda Underwood with Beatrix.



I picked up the *Who Weekly* again. Just as I did, the phone rang. I picked up. It was Eva Longoria! She said she was sorry about not being able to do the show but it wouldn't look good on her C.V. "All those sweaty bodies!" she complained. I said they wouldn't be sweaty on the night in question but she

said that they will have sweated at some time and her publicist would know that. She couldn't do it. However, knowing how much it meant to me she thought she'd like to make amends. To wit, she would like to come over to my place with a bottle of Champagne, after the show, promising, "We can have some fun!"

Reminding myself to be cool, I answered, "Sure, and if I'm

late, let yourself in but, don't wait up for me, ok?" And I hung up quickly so she couldn't say no.

On the big night, I made no mention of all this. It was just "down to business". But, Eva Longoria-less, my stage performance suffered. I delivered my speech about the "best Blister article" with all the flair of a Font Row Forward wearing a Tutu. Afterward, I heard someone say, "Who was that brash, confident, brilliant speaker", and then point to Steve Cornelius.

### Three months later...

Eva hasn't been around, although I have spotted a limousine with blackened windows on several occasions. I assume it's her. But, she maintains a stony silence and I'm wondering just how many invitations, phone calls and text messages I should send her now that it is obvious that I had previously been *too* cool. It must have been the jump from uncool to super cool that phased her. There's just one question, I'd like answered. What would she really like for Valentine's Day?





## Sydney Striders Annual Awards dinner recognizing achievements of 2007

### Half Marathon Awards

Open Male Winner	Chris Truscott	1:10:50 SMH
Runner Up	Tom Highnam	1:12:21 Sydney Marathon festival - Half
Open Female Winner	Jenny Wickham	1:18:29 Sydney Marathon festival - Half
Runner Up	Jenny Truscott	1:22:40 SMH
Veteran Male Winner	Ray Wareham	1.12.38 Sydney Marathon festival – Half
Runner Up	Guy Doulman	1.16.06 Sydney Marathon Clinic
Veteran Female Winner	Joanne Barton	1.28.26 SMH
Runner Up	Dianne Aitken	1.29.37 Sydney Marathon festival - Half
Masters Male Winner	Christopher Dwyer	1.19.26 Christchurch
Runner Up	Dennis Wylie	1.21.24 Sydney Marathon festival - Half
Masters Female Winner	Joanne Cowan	1.31.38 Sydney Marathon festival - Half
Runner Up	Mary Stringer	1.35.27 Gold Coast
Seniors Male Winner	David Robinson	1.33.17 Sydney Marathon festival – Half
Runner Up	Ray Doran	1.33.39 SMH
Seniors Female Winner	Tina Campbell	1.52.17 Sydney Marathon festival – Half
Runner Up	Helen Wilson	2.00.45 SMH
Super Senior Male Winner	Manfred Fiedler	1.58.28 SMH
Runner Up	Frank Dearn	2.25.26 Sydney Marathon festival - Half
Legend Male Winner	Ron Daly	2.14.00 SMH

## Mountain Running Report

A number of Striders took part in the third season of the Kembla Joggers Mountain Running series, which began in September 2007 and ended in February 2008. The series is reassuringly low key and welcoming and is a great way to build strength for races such as the Six Foot Track. The races are scheduled either at 8am on a Saturday or Sunday morning, to allow runners from Sydney to get there without having to wake up at a ridiculously early hour, or at around 3.30 in the afternoon.

The series consists of a number of tough mountain races, with distances ranging between 5km and 35km, generally involving a challenging climb over the scenic heights of Bulli, Figtree and Wollongong. The following is a brief description of a few of the courses:

The Brokers Nose Goat Race is the shortest race of the series, at 5km, but is one of the toughest. It involves an ascent of approximately 400m, a number of (literally) staggeringly steep climbs, and at times requires participants to scramble on their hands and knees. Great fun!

The Bulli to Tarrawanna race is a 22km run consisting of an out and back course above Woonona and Corrimal. It is an “undulating” run, taking runners through rain forests and throwing in a number of mud holes as obstacles.

The Figtree to Mt Kembla race is fondly referred to by participants as “Stalky’s Horrible Half” as, despite being advertised as a 14km race, it soon became apparent that the race director, Geoff Stalker, had slightly underestimated the distance and understated the number of hills included! The longest run of the series is the Escarpment Classic, which starts and finishes at the Bulli Beach Kiosk. The 35km course includes a number of steep climbs which reward the runner with great views and fresh air and is definitely worth the trip from Sydney.

The 2007 – 2008 series was won by Tony Fattorini, who was rewarded with a lovely carved wooden trophy and sore legs.

The 2008 – 2009 series will commence in September 2008. For details of the races and the series schedule, go to CoolRunning or the Kembla Joggers website ([www.kemblajoggers.org.au](http://www.kemblajoggers.org.au)).

**Marathon Awards**

Open Male Winner	Glen Guzzo	2:24:57	Cities Marathon
Runner Up Marathon	David Criniti	2:28:38	Canberra
Open Female Winner	Jenny Wickham	2:50:18	Gold Coast
Runner Up	Danielle Langsworth	3:07:31	Canberra
Veteran Male Winner	Guy Doulman	2:47:00	Canberra
Runner Up River	Ray Wareham	2:47:29	Macleay
Veteran Female Winner	Danielle Langsworth	3:07:31	Canberra
Runner Up	Cheryl Hounslow	3:12:54	Gold Coast
Masters Male Winner	Bruce Renwick	3:05:52	Canberra
Runner Up	Stephen Jackson	3:15:08	Sydney
Masters Female Winner	Dianne Aitken	3:18:55	New York
Runner Up	Dale Thompson	3:40:27	Gold Coast
Seniors Male Winner	Luigi Criniti	3:37:20	Sydney
Runner Up	Heiko Schaefer	3:58:52	Berlin

**10k Handicap winner 2007** Craig Thom

**Equaliser winner 2007** David Criniti

**Debut Marathon Award**

Male Winner	Tim Cochrane	2:32:32	Melbourne
Runner Up	Andrew Tuckey	2:33:58	Sydney
Female Winner	Dianne Aitken	3:18:55	New York
Runner Up	Jo Pai	3:33:06	Chicago

**Sub 3-hour Marathon**

Winner River (PB of 0:10:54 - 5.84% improvement)	Nick Brewster	2:55:50	Macleay
Runner Up (PB of 0:04:11 - 2.34%)	Jaap Bakker	2:54:55	Gold Coast

**Sub 4-Hour Marathon Improver Award**

Winner	Phil Skurrie	3:25.23	Gold Coast
(PB of 0:41:24 - 16.78% mprovement)			
Runner Up	Allan Caulley	3:42.22	Melbourne
(PB of 0:42:13 - 15.96%)* **			

**Improver of the Year**

Winner Shelley Howes

**Encouragement Award**

Winner EJ Davie

**Triathlete Of The Year Award**

Winner Charles Coville

**Ultra Runner of the year**

Male Winner Tim Cochrane

Female Winner Allison Lilley

**Blister Article of the Year Award**

Winner Tony Fattorini / Amanda Underwood

**STaR Host of the Year Award**

Winner Ben McSweeney & co.

**Presidents Award for Excellence**

Winner Kevin Tiller

**Maria Gemenis-Cruickchank Outstanding Achievement Award**

Winner Allison Lilley

**SPECIAL MENTION**  
**Amanda Underwood** helped greatly during the compilation of this magazine while I was under work and other pressures. She did most of the editing and proof reading and also wrote the front and second-to-last page editorials. *Ed*

All sorts of items are suitable for inclusion in *Blister*. To be suitable, an item merely has to be about running or about a member (as long as it relates to running}. You don't have to write about the biggest or most remote race in the World. It could just be about training or injury. There are events on all the time. Even an event we all do can be of interest when it is presented from someone else's point of view.

Feel welcome to contribute to your magazine. *Ed*