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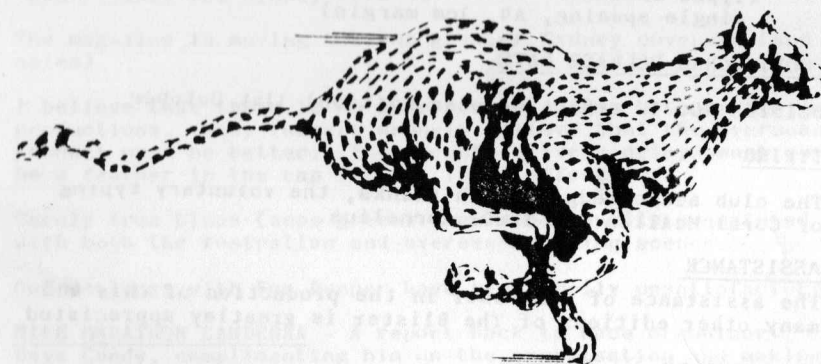
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Sydney Striders

MARATHON & ROAD RUNNERS CLUB



The Blister

NO 10

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P.O. BOX N119 GROSVENOR STREET SYDNEY 2000

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The club acknowledges, with thanks, the voluntary typing
of Coral McAllan and Steve Cornelius.

ASSISTANCE

The assistance of Sam Daher in the production of this and
many other editions of The Blister is greatly appreciated

CLUB EMBLEM - CHEETAH

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	* * * * *		
STAR ORGANISOR	STEVE CORNELIUS	437-6491	-

Editorial

The second quarter of 1982 has seen the club cement some
worthwhile contacts/relationships within the running fraternity.

HALF MARATHON - Satisfied competitors have spread the word.
The spin off is renewed support for the 1983 event, favourable
publicity locally and inter-state, and additional membership.

ROAD RUNNERS ASSOCIATION - This organisation is now well
established to cater for the many needs of the running community
in general. A committee comprising competent administrators
and runners from the jogger to a 2.20 marathoner augers well
for the future. Our interests should be well catered for by the
appointment of John Jeston as Vice President.

AUSTRALIAN RUNNER - A recent meeting with the editor of the
Melbourne based magazine was most fruitful. With a big question
mark hanging over the future of the quarterly produced "Fun
Runner", it is logical for the Australian Runner to make a
"push" into the Sydney market.

The magazine is moving towards greater Sydney coverage (and
sales)

I believe that there is an unfortunate stigma attached to local
productions. Many runners wrongly believe that the overseas
product must be better. The recent delivery delays must surely
be a feather in the cap for any local effort.

Surely true blues (oops green) should be equally acquainted
with both the Australian and overseas running scenes.

Our dealings with Fun Runner have been wholly unsatisfactory.

NIKE MARATHON CANBERRA - A report back to race organiser
Dave Cundy, complimenting him on the organisation and making
a few constructive suggestions has resulted in the establishment
of a worthwhile relationship. As it is essentially a Sydney
supported event, our correspondence has been of value to his
organisation.

Both Terry O'Halloran (Australian Runner) and Dave Cundy
(Nike Marathon) have requested to be placed on The Blister mailing
list - essential communications at grass routes level.

1988 BICENTENNIAL CELEBRATIONS

Representations have been made by Striders to the Australian
Bicentennial Authority for the inclusion of a marathon in the
celebrations. (Suggestions closed on the 31st May)

Charles Coville

Sunday Training Runs (Stars) and Races Analysis

DATE	VENUE	EVENT	ATTENDANCE
2.5.82	DIGGERS MARATHON	MAR	8)
2.5.82	BOBBIN HEAD HUNTER	STAR	25)
9.5.82	IRON COVE BAY RUN	STAR	29
16.5.82	NORTH HEAD TREK	STAR	23)
16.5.82	CAMPBELLTOWN MARATHON	MAR	15)
23.5.82	GAP GALLOP	STAR	36
30.5.82	X COUNTRY CHAMPIONSHIP	RACE	31
6.6.82	LINDFIELD LOPE	STAR	42
13.6.82	MANLY DAILY GIANT JOG	RACE	28
20.6.82	CITY SCRAMBLE	STAR	44

- Quite a mixture in this 8 week period, with six STARS plus a good Striders turnout in two races and two marathons - and some excellent results, so congratulations to those concerned.
- Attendance figures are continuing at a high level and with two new STARS coming into the next itinerary, the variety of runs will be maintained. These will be in the Eastern Suburbs and Lower North Shore; the relatively flat 'Port Botany Panter' courtesy of the Flanagan family and the 'Harbourside Hike' which Steve Cornelius promises will be 'fairly hilly'.
- The different group starts are now well established, with the bulk of runners opting for the 6.45 am start - if you want to run at about 5 minute km pace, this this group is for you. However, if you want to run any harder, YOU SHOULD BE IN THE 7 O'CLOCK GROUP. Please remember this, as to run 'fast' in the 6.45 am group only tends to string out the runners and destroy the concept of 'group training' which we aim to provide. For those who run at approximately 6 minute km pace, another small group often sets off even earlier at around 6.30 to 6.35 am and I'm sure they would be happy to have more company. If this pace appeals to you, please contact Dot Flanagan on 661 4451 (home) or 290 8205 (bus) for further details. In any case, whatever your pace - Keep on Striding!

"STAR" Revision

WHERE DO YOU LIKE TO RUN?

by Steve Cornelius

Having just taken over responsibility for drawing up the Sunday Training Run itinerary from Brian Colwell (thanks are due to Brian, incidentally, for doing that job so efficiently for so long in addition to his many other contributions to the club), I feel I ought to consult the members about where they prefer to run.

By the time you read this, the itinerary will have been drawn up to cover the Sundays up to the end of August, but for subsequent itineraries I would welcome any opinions you care to express.

Late last year, Phil Caldwell conducted a survey on the existing STAR runs, and published the results in Blister no. 8. In his report, he stated that there was at that time strong support for the existing STAR program. "Locational support", he wrote, "reflected the preponderance of runs on the North Shore, where a majority of members reside. This presents some problems for members south of the harbour and is one aspect of the program that probably needs to be subjected to regular review".

Quite sq. And in view of the fact that (I am now informed) half the Striders' membership comes from south of the harbour, perhaps the time has come for one of those regular reviews.

The situation is this. Including "Billy's Bush Bash", which I must admit I don't know a lot about (at time of writing), and including the new Naremburn-based "Harbourside Hike", which I have been mapping out recently, we have a total of 8 regular STARS on the north side, compared with only 4 southside. If you include the Striders' 1/2-marathon course and Striders' Cross-Country course, the figures are 10-4 in favour of the north.

Looking over the last four itineraries, from 17 Jan to 11 July, we have had a total of 12 northside STARS (4 Northern beaches, 4 Upper North and 4 Lower North) plus 3 other club events on the northside (the 1/2-marathon internal trial, the 1/2-marathon itself, and the cross-country). South of the bridge, the score is 8 (6 Eastern suburbs and City, 2 Inner West). So that's 15-8 in favour of the north.

I guess it could be argued that the 3 Lower-North-based STARS are not so much of a problem for southsiders, as their respective starting-points in Naremburn, Chatswood and Willoughby are literally 5 minutes from the Harbour Bridge via the expressway. But being a northside resident myself, I'm not entitled to make this assumption, and would therefore like to hear it from the horse's mouth.

If any of you (northside residents as well as southsiders) have any thoughts on this matter, please give me a ring on 437-6491 (home) any weekday afternoon, or contact me on the run on Sunday mornings. We'd like to see the club serving the interests of members as far as possible, so speak up if you've an idea or two.

Marathon Report

FROM CANBERRA TO NEWCASTLE
by Mark Hanlon.

I am penning this short account of my first scrape with the Marathon(Canberra Nike '82) after having once more gloated over the official photographs of myself from the race. Head flung back, eyes rivetted still forward as I careered over the finish line. I remember very clearly having to pull up abruptly, starting to splutter and cough, but as soon as my wife and father reached me my face lit up and they knew instantly how happy I was with having finished and my performance. Jim Donovan, thankfully, led me by the arm(I was a bit bewildered by it all, especially the finish line scene) to the time table officials.

On the marathon itself I was really caught up in the whole atmosphere even though I was worried that I had gotten practically no sleep the night before. At 5a.m. just to keep occupied I tried a couple of barley sugars. The night before due to an unfortunate but eventually amusing turn of events I had carbo-loaded on a large plate of 'salad' - have you ever gone searching through lettuce leaves and under celery looking for calories - oh for some carbohydrate to sink my teeth into. In these 'minor' matters I am sure I contradicted some pundits views on pre-race preparation, and whilst I would agree with them I was basing my chances on all the training behind me, and on my heightened will to accomplish the marathon.

Many factors helped and stirred me on during the race:
*Seeing other 'Striders' members along the course, both the experienced ones going for the P.B.'s and those like me having their debut, simply acknowledging their presence was a big support as was feeling a part of their efforts.

*The crowd of well wishers, I particularly remember a number of couples near the end clapping every single runner, very personalised encouragement it seemed.

*I found the last four miles hard going due to sharp pains in my right leg which restricted my movement, I kept recalling Charles Coville's advice(Blister No.8:p 25):

"You must finish on your 1st attempt.No ifs or buts."
That thought was dispatched down to my tired leg muscles to ward off any rebellious notions they might have.

The whole affair was a memorable one and I certainly recommend a weekend in Canberra for a marathon, once in a while. On training I consider myself fortunate that I had no injury of proportions that prevented me from running within two and a half months of the Nike, unlike some friends in Striders. I only really started running 'with intent' around November '81. I was introduced to Talays' Wednesday runs and as things go, one stride led to another. At the end of January, I was turning in 35-45 mile weeks and was quite pleased with this, then, on revealing this to a very seasoned runner he let me know smartly I needed to pick this up unless I was prepared for quite a deal of pain in the marathon. As with a number of other aspects of my running over these early months I readily modified my perceptions and picked up my weekly mileage to a steady 60-70 miles. I did this partly by increasing

my number of running days per week from 5 to 6. I adjusted to this change quite well, apart from the extra day of dirty washing, but I was not prepared to run every single day and employed that day off, both as a reward and as a marker-buoy for the weeks progress. Anyway back to the present.

I have moved to Newcastle now so I am unable to participate in the Sydney Star runs, which I miss already as they quickly became a regular feature of my weekend with those early risings and all.

Unless anyone has already claimed the role, I would like to be a sort of Newcastle correspondent for the Striders so that if there is any interesting running event up here or other happenings on the running scene in Newcastle I will pass it on. I still hope to make an occasional Sunday run to keep in touch. Unfortunately that right leg I mentioned that was paining me at Canberra turned out to be quite a severe injury so I haven't run for over six weeks now, and you guessed it, I tried four weeks ago to run on it, too early, only succeeded in slowing up the long term mending. Perhaps someone might be prepared to collate contributions on specific injuries people have had, and how they treated them(e.g., time off running), if such an approach to injury knowledge and management is seen as helpful? Anyway keep on running and I hope to see you all again soon. Actually I am a little grateful I have an excuse not to be out in the 'cold' and 'wet' pounding along.

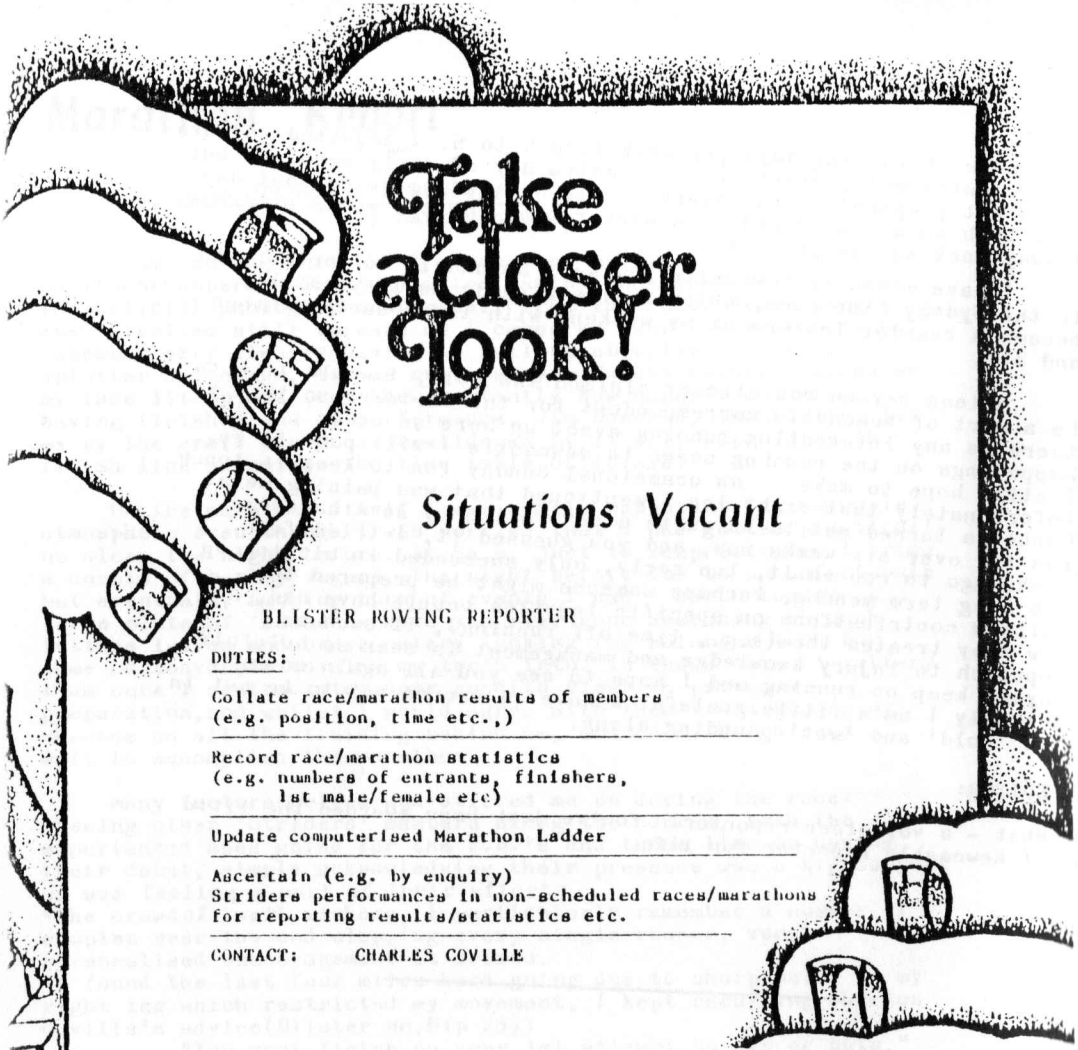
EDITOR:

What - a volunteer reporter! You've just been awarded the title of Newcastle Reporter for life.

Quotes of the Month

Bernie Liebmann (not again!)

"I prefer running into the city to my regular morning runs. Not only do I have my regular smoke when I get up, but I can also have another one in the car on the way to Turramurra Station to rendezvous with Charles and Dave (Ingham) for the city trek".



Take a closer Look!

Situations Vacant

BLISTER ROVING REPORTER

DUTIES:

Collate race/marathon results of members
(e.g. position, time etc.,)

Record race/marathon statistics
(e.g. numbers of entrants, finishers,
1st male/female etc)

Update computerised Marathon Ladder

Ascertain (e.g. by enquiry)
Striders performances in non-scheduled races/marathons
for reporting results/statistics etc.

CONTACT: CHARLES COVILLE

&&&&&!!!!!!????????

As the club grows and members run in races other than those scheduled in the itinerary, it is essential for members to advise The Blister of race results. Details that are required are:

- winner (male and female) plus times
- size of field
- striders members plus positions and times

So in the interests of an up to date club magazine remaining in touch with members' performances, please relay the details.



Nike Canberra Marathon
P.O. Box 144
Kambah, A.C.T. 2902
Australia

Telephone: (062) 31 8422 (a/h)
(062) 63 3538 (b/h)

22 May 1982

Mr. Philip Caldwell
Sydney Striders
P.O. Box N119
Grosvenor Street
SYDNEY NSW 2000

Dear Philip

Thank you for your constructive comments on the 'Nike' and a copy of "The Blister". From reading "The Blister" it is obvious that the Sydney Striders are a well organised unit with a sensible approach to catering for the needs of all runners.

I was in Sydney for the Diggers marathon and heard some very favourable comments about your half-marathon. Congratulations and continue the good work. I certainly support your directional guidelines for 1983 - Sydney most certainly does not need another marathon and the half-marathon is a great stepping stone to the full distance and still holds a certain mystique lacking in metric races like 20k, 25k and 30k. I would be wary of any association with a race like the Sydney 'marathon' though - I would think they will suffer for years from last year's mistakes. Concentrate on association with successful promotions. Your choice of dates for 1983 is great from my point of view - the ideal work-out for Nike entrants.

I must apologise for the absence of a race doctor to attend to Bruce Usher. We had 2 sports medicine specialists on-hand, plus a team of St. John's officers. Possibly we can make the doctors more recognisable next year or have a special area near the finish line for medical attention.

Thank you particularly for your comments about the Nursery - I have received little feedback on this aspect despite highlighting the problem in the programme. Subject to Police and the Department of the Capital Territory's approval, I have found an alternative to the Nursery, which not only will avoid the rough and narrow section of road but will add a new dimension for the spectators. The idea is to use a 5.6 kilometre loop at the start which will take runners out to the National Library, in front of Parliament House and approach the finish line from the opposite direction. Hopefully we will have a grandstand constructed at the finish line (to help control the over-enthusiastic spectators) and this will be a real lift for runners as they pass the large start/finish crowd an extra time. After this loop the race will proceed as before - out to Mundaring Drive for the first U-turn at approximately 8k, then out to Weston Park where the turn will be around a small block (not another U-turn). Runners will only run in one direction around the block - into Weston Park, anti-clockwise around this road and out of the park to join runners travelling in the opposite direction. The enclosed map should clarify the procedure. This modification reduces the number of corners on the course from about 58 to 24.

A.C.T. CROSS COUNTRY CLUB INC.

Your final area of concern re. the mile marks is unlikely to change. There are still some runners around who have not gone metric and they compete only in our marathon - it is too difficult for them to think in 5k splits! I anticipate continuing this service for these runners - others should simply ignore their watches when they pass the mile signs. Actually the provision of a time call at the one mile mark is one of the most popular features of our race and has subsequently been widely adopted by other marathons.

I also appreciated your comments about the internationals. I believe the 'elite' and the 'scrubbers' all need each other for a successful race. The mixture brings out the spectators who provide the atmosphere for good times. I hope that we will always be able to attract internationals to Canberra while at the same time continue to provide efficient service to all runners.

I have a lot of video film (not professionally taken) from the race and hope to put it all onto one tape soon. It will include the Capital 7 pre-race advertisement (very professional), the whole field passing at the 4k point, again at the drink station at 10k/15k and the whole finish to 4 hours. As I say, it is not a professional effort but most runners get a kick out of seeing themselves finish. The club will be welcome to borrow this tape when I find time to put it together.

Thanks again for your comments. One final comment of mine on a possible association of Striders and the Sydney 'marathon'. Maybe your club, or the new RRA, could take over the organisation and do it properly. Although I doubt that Striders would "maintain full effective control of organisation" and therein lays the problem.

I would appreciate receiving future copies of "The Blister". As the 'Nike' is predominantly a Sydney race (if the place of residence of our entrants is a guide!) it is important that I keep up-to-date with developments in your city.

Kindest regards

Dave Cundy
Dave Cundy
RACE MANAGER

EDITOR : PERHAPS REFERRING TO THE SYDNEY MARATHON WAS A BAD EXAMPLE. OUR COMMENT WAS THAT WITH A CONGESTED MARATHON CALENDAR IT WOULD BE LOGICAL TO GET INVOLVED IN AN EXISTING MARATHON. HOWEVER ITS ALL CONJECTURE ; WE ARE A LONG WAY OFF FROM GETTING INVOLVED IN A MARATHON.

Membership

As at 20th June our membership stood at 94.

An injury free welcome to our members who have joined since the last Blister.

FRANK ASSENZA	PAM HAZLEWOOD
RICHARD BEVAN	PETER HERSEY
GAVIN CARR	LAURIE KING
RICHARD CLELAND	ROBERT MANN
JOHN EVENNETT	DAVID PETERSON
MARIA GEMENTS-CRUCKSHANK	KEITH SQUIRES
RUSSELL HAMMOND	SUE THOMPSON

Would members please advise the secretary of any changes of address/telephone numbers, since the last Blister.

Marathon Report

HARBORD DIGGERS LEGAL & GENERAL MARATHON

Sunday 2nd May

WINNERS:

1	MALE :	Harry Gambrill	2.30.55
153	FEMALE :	Laurie Hopping	3.22.07

STRIDERS:

3	Keith Canard	2.35.05	Striders PB
	Dick Harris	2.53.06	All time PB
50	Peter Foulsham	3.00.47	All time PB
56	Dave Mill	3.04.51	All time PB
63	Dave Blackhall	3.04.51	
63	Stuart Greaves	3.04.51	
63	Bernie Liebmann	3.04.51	
242	Peter Ryan	3.41.02	All time PB

398 FINISHERS

For the three months leading up to the Legal & General marathon I had stuck fairly firmly to my training routine, apart from a week off, due to injury. The routine being a fairly basic one, as recommended by Charles Henderson, building up to an average of approximately one hour's training per day.

This was my second marathon, the first being the 1980 Harbord Diggers marathon - finishing in 3 hours 21 minutes. The training for this was more the "survival type" with no training longer than 12 miles.

Under the circumstances I thought the 3 hour barrier within my capabilities providing the pace and conditions were right.

I was awoken at approximately 1.30 a.m. race day by the sound of torrential rain. My thoughts turned to wet weather tactics!!! I re-ran the race again, finally getting back to sleep at about 4.00 a.m., much to the delight of my wife who does not share my enthusiasm and has no sympathy for my achilles tendonitis, schiatica, blackened toenails, and acute runner's knee.

The starting line was negotiated with the usual mixture of excitement and apprehension - Pace!!! mustn't run too fast, too early - but I must give myself a chance at 30 km. My splits were calculated and duly imprinted on the palm of my hand, but I had to curb my enthusiasm.

After having checked my pace I was right on target at 5 km. 21.50. Linking up with an American "professor type" running in bermuda shorts, I settled down to an even pace.

Running through 10 km. and 15 km. it became clear that I was running ahead of schedule, but I was running on a euphoric cloud as my goal became a possibility.

At the half way mark the time was 1 hour 25 minutes and I was running with 2.55 marathon runners. I was still feeling good, so why ease up?

Apprehension crept into my mind at Mona Vale Surf Club when I found that we had to run a further 200 metres - hard times ahead. I persisted with this early pace, drawn along by better runners, and went through the 30 km. mark in 2 hours 2.75. Suddenly the dreaded wall and I knew I would have to struggle. Running through Narrabeen the concrete road is not kind to sore quadriceps.

At the 32 km. mark I was dealt a harsh blow. My pre-arranged drink was not there. I craved the sugary sweetness of the sweetened coke.

Struggling through to Brookvale my pace had fallen right away but I was still going to break 3 hours.

Running alongside Warringah Golf course I was joined by a fellow sufferer "Come on we'll break 3 hours" was his gasp. I locked into a pace just one stride behind him and was immediately "picked up". This was short lived however, as my lift promptly fell over and vomited in the gutter.

At the last water station my quads had cramped right up and had to walk the next 100 yards. I was still going to make it, 13½ minutes, approximately a mile and a half. At North Steyne Surf Club I had 7 minutes to go but was hit by cramps again.

Crossing the line in 3 hours 47 seconds I was surprisingly (to myself) not that disappointed in not breaking 3 hours - hadn't I improved my personal best, certainly I'd proved to myself I can break 3 hours, but more importantly I learned a valuable lesson in pace.

In my post mortem on my preparation I decided that on my next assault on 3 hours I will try a St. Henri claret to accompany my spaghetti supper, as to the Kaiser Stuhl Bin 33 was not noted for it's long smooth finish!!!

Club Direction

"Our Club - A View from the Middle"

I belong to two running clubs, and I am struck constantly by their similarities, although as you will see, they are vastly different propositions. Let me try to explain.

Some time back, a small group of running enthusiasts met in a small apartment, and decided to form a small running club. Their aims were simple, or seemed so at the time. These runners simply wanted to create a supportive, friendly environment in which to indulge their avocation, amongst like-minded individuals. Naturally, they adopted a constitution, elected a committee, organised training runs, levied fees, acquired equipment, conducted races and recruited members. They were, in short, successful. But some of the members began to ask "Do we really want our club to be like this?". And some of the members decided they didn't and left the club. But realistically, running and the needs of runners dictated that the club continue to grow and to serve the members of the running community.

Some of you might think that sounds a bit like the Sydney Striders Marathon and Road Runners Club, in recent times. But actually I'm referring to the New York Road Runner's Club, the other club to which I belong.

The N.Y.R.R.C. was founded in 1958 by Ted Corbitt and a few friends in New York City. There were 42 financial members at the end of 1958. In 1981, some 20 odd years later, there were 19,000 members. The N.Y.R.R.C. sponsors 150 organised races each year with events from 400 metres to the famous New York Marathon, and beyond. The N.Y.R.R.C. continues to be a non-profit organisation. Despite this, via fees and generous corporate sponsorships and funding, the N.Y.R.R.C. publishes a bi-monthly glossy magazine called "New York Running News", that rivals "Runners World" for professionalism. In January, 1981, the N.Y.R.R.C. purchased a three storey brownstone building facing Central Park on 89th Street and Fifth Avenue, which has now been developed into the International Running Centre. So it's fair to say that the N.Y.R.R.C. would probably be one of the most successful sporting clubs in the world, and probably the single most successful running club.

For Sydney Striders to be as successful, adjusting for population differences, we'd need to have 6,000 members and organise 50 races a year! But of course, running is not as popular as that in Australia.

In our own way, however, we have faced important issues in just the same sequence as the N.Y.R.R.C. - and in many respects we have arrived at similar directions and solutions.

In common with N.Y.R.R.C., we started as a small group of enthusiasts, seeking the right environment. And in line with our constitution, we have grown in members and experience to the point where our weekly STAR runs are the best organised and attended marathon training runs in Sydney. And of course, the Striders Half Marathon was generally received as one of the best-organised events in Sydney - and that reaction was put in writing to us by runners and club secretaries.

With growth, comes problems. I am a foundation member of the Club. In fact, I served on the first committee, initially as treasurer, later as secretary. I carried the membership records in a brown notebook. Today we use a computer. Once we ran a different course each week, and made arrangements by telephone on the Thursday beforehand. Now we have itineraries two months out, maps, organised drinks, carefully selected courses with known drink stations. Unless you've been lost in the Ku-Ring-Gai Chase, waterless and three hours into a run from St. Ives, you can't know what a God-send the STARS are. But we pay the price in terms of lack of spontaneity, and necessarily some organization.

Running is an individualistic past-time. And it is therefore not without its idiosyncratic personalities. So we are always going to have runners who aren't happy with all aspects of the Club. But my message is simply that you can't stop progress. And progress is what S.S.M. and R.R.C. is experiencing, just as the N.Y.R.R.C. did.

Organisation is a major by-product of the type of progress I have been referring to. Like the housework, it has to be done everyday - and most runners have a healthy attitude - "Anyone can do it, as long as it isn't me - all I want to do is run!" Unfortunately, that attitude is a little like the attitude most Australians bring to a lot of things - jury duty, politics, charity work - "don't get involved - it isn't for me".

In our club, we're well off. We have some super work-horses, and of course our members have responded well when asked for a specific effort.

As the club continues to grow and expand, we must never lose sight of our constitutional aims, and we certainly must not waver from our manifest responsibility to repay the sport for the many well-organised events we have run in by organising our own races and thus providing other runners with the running experiences we have had.

There is, of course, a very valid opposite view on all this. Stated simply, some people see a need to do away with anything that suggests overt concern for club-type rules, ladders of performance, competitions and like arrangements. They preach the doctrine of "let's keep it simple", which is a most laudable aim. They argue for a club unbound by rules, and organisationally loose, which, in their view, would better serve the low key objectives most runners have. Running, they argue, is after all an avocation, not a vocation, for almost all of us. We run because we like the way we feel when we do it, and any argument based on the idea of more freedom to run and enjoy it finds fertile ground with me. I just wonder if, like Charles Churchill these runners will one day learn that "... by different methods, different men excel..." and so come to a recognition that the club's structure is only there to be used as long as it has utility to each one of us.

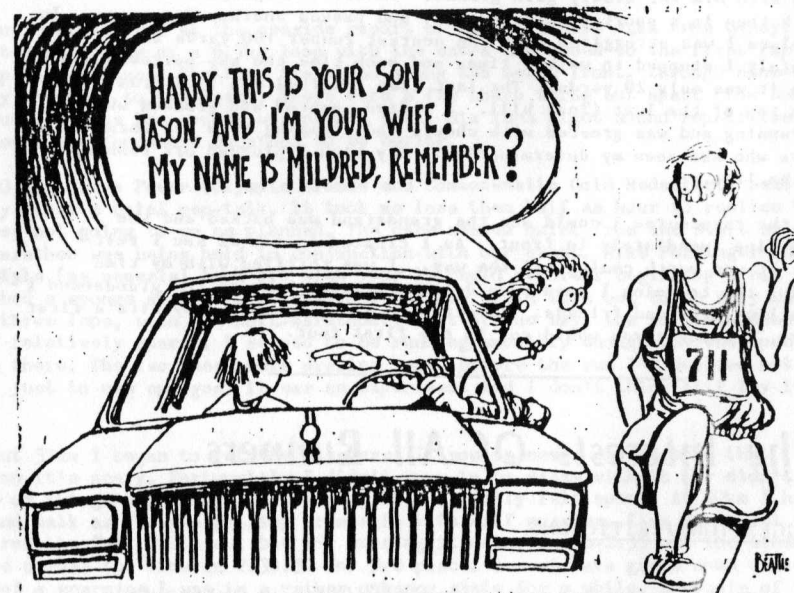
When I run, I usually wind up around the middle of the field. And that's where I'm at on the club's future. The view from the middle looks pretty good to me. We must remain a club "for all seasons" capable of handling the requirements of most members. But we must at all times strive to improve our organisation, professionalism,

sponsorships, race calendar, promotions and range of activities. It will perhaps be a while before we need a full-time paid Club Secretary, but I fully expect to see it happen in my running life time. And for the sceptics, talk to Coville, Leibmann etc. about just how quickly that happened in South Africa, to Clubs that started just like ours.

No running club, whether it's N.Y.R.R.C. or Sydney Striders, is meant for the rugged individualist who wants to continually get high on L.S.D. and travel some "pain-filled garden of his mind" completely oblivious of the poor toilers who man the committees, lay out the courses, print the maps, buy the drinks. No, to that type of runner I say the double yellow line starts outside the front door and Perth, I believe, is 4500 km away.

As for this talk about a debate on the Club's direction, let's have one by all means. Democracy being what it is, my experience is that debate leads to resolution which leads to constitution, which leads to committee, which leads to organisation, which ... wait a minute - we're back where we started !! Has anyone seen next week's itinerary?

DAVID BLACKHALL



Country Scene

SUNDAY 3RD MAY 1982 - MUDGEES FUN RUN - IVAN FREYS

This is my second try at Mudgee - the first having come about by accident last year. I was surprised to see so many familiar Sydney faces, and AAA Clubs represented - which included Mt. Pritchard, West Road Runners and several others.

The run started at 11am. I checked into the Mudgee Racecourse just out of town at 10.15am, picked up my number and boarded a free bus taking runners to a point 10k out - right outside the Montrose Wine Cellars. I called in to attend to my needs i.e. toilet & water. It was difficult, however, to leave the cellar being so easily tempted by the wines on show. I know this place by the affectionate name of "Mouldy tea-towels", but will not go into details - back to the run.

As I jogged to warm up I noticed that my running shoes, Red New Balance, were attracting some attention and observed that, as on the previous occasion, half the field were locals running in sandals etc. Anyone in Adidas, Nike etc is watched like a hawk. Speculation mounted and at 10.59am I jogged back from a final warm up, joined the line, and at 11am we were off. 10 or 12 runners joined in from the side of the road and opened up a 100 yard lead. I joined the second group and tried to pick them up. Soon I found myself in 10th place going quite easily. A Mt. Pritchard runner passed me. I decided not to go with him but slowly gain ground. 6K out I caught him and ran with him for 1k then in a spurt I sprinted away and passed another 3 runners. In seventh place I was struggling with the nearest runner 100 yards away. Unfortunately I stopped to walk 4 times and each time the gap narrowed and at one stage it was only 20 yards. The last time I walked was 1.5K from the finish on top of the last (2nd) hill. I puffed, panted and groaned when I resumed running and was greeted with cheers and clapping from the dozen or so spectators who had seen my determination. Sky high I plodded off running hard to the line.

Entering the racecourse I could see the grandstand was packed and the finishing line immediately in front. As I crossed in 33m 22 sec I felt terrific. It was worth coming all the way. I was thrilled with my time considering the training I have been doing. Limping back to the grandstand I saw my smiling wife and friends. Expecting a great reception my wife's first words were "I thought you would run in the first four."

In The Interests Of All Runners

CLUB SUGGESTIONS/CRITICISMS

Any suggestions/criticisms that members have on any aspect of the club should be put in writing to the secretary for discussion at a committee meeting. Such comments apply to The Blister as well.

Members are welcome to attend committee meetings, the dates of which are set out in the Bi-monthly Itinerary.

Inter State Report

QUEENSLAND REPORT No. 3 by TONY McCALL

THE BUNDABERG MARATHON, May 9th, 1982

It never ceases to amaze me. I devote my entire running energies to an upcoming race which may be months away. I build quality and quantity of mileage. I curb not-so-latent, gross social habits. In short, when the race arrives I'll be ready. That's the theory. Theories are fine; they are the stuff of which philosophers are made. Cold, hard facts/results can make realists of us all, however. The point I want to make is this - forecasting times (mainly marathon times) based on current or recent training patterns can only be a guess. With so many variables involved, the best preparation you've mustered may be meaningless on race day. As mine proved to be.

The Bundaberg Marathon had been uppermost in my mind for several months. With the advent of cooler weather after a torrid summer I found myself running my usual mileage with less effort. I'd already been doing one speed-work session per week of up to 25 200's. Try that on a hot day. At the beginning of the year I'd run a 5km fun-run in just under 16 minutes. Two months later when I hadn't run anything longer than 20km for months, I ran 1:32 in a 25km race. Not bad, considering. Three weeks before Bundaberg I ran a 20km time-trial over a hilly course in 1:13. I felt good at the end. Things augured well. Training as normal I entered a 5km race the weekend before Bundaberg over the same course as the previous 5km. My time was 16:17, good enough for a second place behind Peter Kyle who did 15:56. Twenty seconds down on my other time, though. Perhaps the long runs I'd finally been getting into were slowing me down. But I'd felt flat all the way and when I got the sneezes later that day I knew what was about to happen; I didn't stop sneezing for three days. The cold symptoms abated almost entirely by the big weekend but I still felt tired. Anyway, to Bundaberg.

The course itself was at the seaside resort of Bargara, some 14km from Bundy. It consisted of 6 laps of a 6.7km loop with the extra 2km added to the first lap to make up the distance. The loop travelled along the beach front, through cane-field country and back to the beach. There were a few sharp turns but apart from some minor undulations the course was pretty flat. Six laps might sound repetitive but I've never yet found the marathon to be boring.

At 5.30 a.m. Dave Power (Olympic Bronze and Commonwealth Gold Medallist) sent us on our way after a brief pep-talk. It took me less than half an hour to realise that this was not going to go as planned. The pace seemed quick from the start as a half-marathon was being held in conjunction with our event. Mike Pullinger and Peter Kyle (my nemesis) took off with your intrepid reporter beginning a bit slower. I grabbed a sponge at the first station. The day would turn out to be very warm. After three laps, with the half-marathoners out of the way, the course suddenly seemed relatively sparse. I seemed to be running smoothly enough but the speed wasn't there. The two ahead were drawing away. Before the run I'd decided not to drink, just to use sponges. It was an experiment and I don't think I'll try it again.

At about 37km I began to get the staggers. If you've never experienced that I can tell you it's scary. Fortunately I didn't seem to be dizzy with it (or didn't think I was) or things might have been worse. Then I really fell apart. At 40km I had to stop and walk as I began getting cramps in both calf muscles. I've never yet actually run the full distance, but I'm wearing it down. A sub-2:35 out the window, I hobbled across the line in 2:39:30 for 3rd place. I must have given some onlookers a bit of a scare as I was in a rather unhappy state for a while. A couple of med-icos massaged my legs and sponged me down as I lay on the ground with my ham-

-strings making some very unsavoury movements. I gradually recovered.

Mike Pullinger won in 2:31:08, a fairly good time (the day was getting hot and a fairly stiff sou'wester had picked up). Peter Kyle was next over the line in 2:34:56. Peter tells me that he ran 140 miles three weeks before Bundy. That is, in one week. If I thought that sort of mileage was necessary just for a 2:35 I'd go back to playing golf. My time was a PB but I only felt a curious sense of deflation. With the presentations my spirits picked up. Pullinger won a trip to the Hamilton Marathon in New Zealand. Kyle earned himself a \$100 sporting goods voucher and yours truly a \$50 of the same. The three of us are members of the Wundah AAC so we also split another \$50 for the first team home. I haven't sold the Striders out, dear readers, but I still need to be in a registered club. The organisation, time calls (what I remember of them), sponsorship and everything else was first-class. It was as well-run as any other marathon I've been in, especially considering there was a half-marathon and a 7km fun-run to think about as well.

In analysing what went wrong I've realised that perhaps my preparation wasn't all I thought it was. For a start I probably left my real distance work until too near the race. Striders STAIRs are sorely missed. I also tend to be rather one-paced in long runs, relying mainly on my speed-work sessions for sharpness. More fartlek runs will now be introduced. I could have done with more racing, too. In Sydney, I'd race every couple of weeks and feel better for it. Three races in four months is certainly not enough. The cold could have happened any time, I suppose, but I'm suspicious when it happens when I'm trying to peak. Anyway, all I can do now is what we all do — have another go. That will take place in Maryborough on 11 July. But no predictions this time; no guessing. The final result is the only reality. It does the talking.

Keep striding, Striders.

THE GOLD COAST MARATHON

As the Gold Coast marathon is on August 29th I don't think it's too early to think of planning the trip for those of you who'll be entering it. I presume some will, of course. Whatever is decided I must stress that we have 3 single, very comfortable spare beds which could be put to good use....er, for sleeping, that is. I may only be running the half-marathon as I could be in Sydney in September for either the Sydney or the Gillawarna marathons. Whatever, let us know so we can arrange things. Accommodation isn't cheap these days and our rates are reasonable. My wife makes a damn good spaghetti, too. (Tony McCall)

Contact Brian Colwell for further details.

1983 Half Marathon Update

PHIL CALDWELL

.....MAJOR PROGRAMS IMPLEMENTED

Preliminary budgets are complete showing overall race expenditure approaching \$16,000 (based upon 1,250 entrants) financed basically 40/60 by entry fees and sponsorship.

Our 1982 sponsors have all responded favourably to our approaches for their renewed support in '83 and John Jeston and Charles Coville are jointly putting the finishing touches on a canvassing program of potential new sponsors. Any contacts that members might have in this regard would be greatly appreciated.

Negotiations are underway with Lane Cove River Park Trust and a new start/finish venue, which would overcome the parking and noise problems and enable elimination of the bushtrack/rubbish tip section of the course, is being pursued.

.....TAKING UP THE CHALLENGE

It's very pleasing to welcome Sue Hill, Steve Cornelius and Bruce Usher with their varied experience and talents, to key roles on the H/M sub-committee. Sue assumes responsibility for co-ordinating course marshalling and signs, Steve will manage the start/finish venue and Bruce control artwork/photography, the latter looming larger in importance this year.

We still, however, need volunteers for several positions with varying degrees of involvement. So, if you would like to get involved in some capacity (no matter how small) in our Club's one open event and see your efforts come to fruition next March please call me on 427-6350.

It is particularly vital that we fill the Computer Manager position as soon as possible, so, if you have DP/programming experience how about lending us your talents.

.....SUGGESTION BOX COMPETITION

We need your practical ideas and, more importantly, we are prepared to pay for them by offering a MYSTERY PRIZE to the best suggestion. Specific topic areas in need of responses are, firstly, cost-efficient ways of promoting the event and, secondly, means of creating a carnival type atmosphere (e.g. buskers) at the start/finish - pre and post-race and post-start for spectators. Suggestions on any other aspects of the event are acceptable, however.

Please send your suggestions, outlining the benefits and means of implementation to me care of our P.O. Box no later than 24th July. The winner will be announced in the next 'Blister'.

.....HALF MARATHON VENUE

Union problems (garbage collectors) could well be the stumbling block in obtaining Lane Cove Park for 1983. Although negotiations are presently under way, we must consider an alternative course. Any suggestions?

Club Direction

WANTED - SLOW RUNNERS

by Dorothy Flanagan

This is an attempt to attract runners to join the small slower group (average number 1.6 persons) who enjoy the Striders training runs every Sunday. I hope that this article will encourage slow or new or timid or tentative or intermittent runners to attempt the ostensibly gruelling distances that Striders run. As this appeal will probably reach the wives/girlfriends of the predominantly male Striders, and in view of the dearth of women runners in Striders, most of my comments will be directed to women runners.

1. Don't be put off by the distance of the runs as shown on the maps provided for each runner each Sunday (e.g. short course 24k, long course 30k). You don't have to be able to run 24k to take part. If you're running at the back of the field (as I often am), you set your own rules and run as short or as long as you feel. The miles I have chopped off training runs over the past 6 months would make your head swim. When everyone is out of sight and you've run enough, you use the excellent map provided to find the shortest route back to the finishing point where you relax in your car/on the lawn/in the swimming pool, reading the Sunday paper/day-dreaming/stretching your muscles and await the return of the others runners with an expression of surprise that they have taken so long. There is no need to be specific if questioned as to the distance you have run. Just say that you turned off at that little corner shop way down on that road (the name of which you have forgotten) and ask how their run went.

2. Do not exclude yourself from joining Striders if you are a slow runner. We cater for all speeds, and as the fast and medium-fast groups already have large numbers jockeying for position on the sometimes narrow bush tracks, and as the slow group is reduced to writing appeals such as this in an effort to boost its number to more than 3, you don't need to be a genius to guess which group will welcome you the most.

3. We of the small select slower group do not intend to stay slow, and that is why we are using Striders runs to increase our fitness and mileage and that is why we need other runners of similar pace so that we can encourage one another. We fully intend to match stride for stride with the fast group eventually and I would suggest that we can set our goal when you join us on your first Striders run. In the meantime however I consider it to be important that if you have a husband/boyfriend who runs, you do not adversely compare your performance with his until you have considered the following:-

- (i) Was he actively encouraged to take part in active sports while at school while you were discouraged from doing anything too strenuous? (In my youth, girls were not thought able to run a 440 yard race)
- (ii) Has he continued active sports into adulthood whilst you have not?
- (iii) Do you have sole or major responsibility for young children and/or household duties, while he has a job with regular hours and few out of work hours responsibilities? (Imagine how much training you could fit in if the positions were reversed)

4. I hope to see an influx of runners into the slower group next Sunday.

EDITOR:

With more and more Striders becoming visible up front in races, many outsiders still associate Striders with speed and fast running. I have already been told that "Striders run too fast on STARS!" by someone erroneously informed by an unknown third party. Presumably they thought that there was only 1 group - the fast one that produces the Bruce Usher and Bill Flanagan performances.

Dot Flanagan's sentiments are not those of a selfish desire for company but are actually an echo of what Striders is all about. Our 1st press release after formation in July 1980 stated,

".....The Club will represent all standards of marathon and road running - from the winner to the last man home; from the seasoned runner to the inexperienced novice...."

If you have any thoughts on how the Club can attract "slower" runners to attend STARS, please advise Dot or myself.

The Committee has always been aware of the problem of recruiting the "slower" runner. Any constructive suggestion would be welcome and acted upon promptly.



The
Australian
Bicentennial
Authority
70 George Street
Sydney NSW
GPO Box A151900
Sydney 2001
Phone (02) 236 1988
Telex 2 1988

Mr. C. Coville,
President,
Sydney Striders,
Marathon & Road Runners Club,
P.O. Box N119,
SYDNEY. 2001,

May 24, 1982.

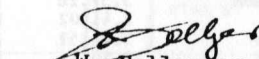
Dear Mr. Coville,

Thank you for your letter of May 19 in which you suggest that a Bicentennial Marathon be staged to celebrate the Bicentenary in 1988.

I have read with interest what you have said about the staging of Marathons and about jogging in particular.

Your suggestion has been noted and will receive consideration in conjunction with other proposals which have been put forward.

Yours faithfully,


W. Bellenger,
Acting Executive Director,
N.S.W. Bicentennial Council.

Marathon Ladder

(as at JUNE, 1982) (E.& O.E.)

The table below ranks only those marathon performances achieved by runners while they were members of Sydney Striders. Hence, results achieved prior to joining Striders are not taken into account.

However, where a member's best-ever, or only, marathon time was recorded prior to joining Striders, that result is shown in a separate column on the right-hand side of the table.

Please advise Charles Coville of any incorrect details.

STRIDER	TIME	MARATHON AS A STRIDER	DATE	MARATHON PRIOR TO JOINING STRIDERS
1. KEITH CANNARD	2.35.05	HARBORD DIGGERS	5/82	2.29.00 NSW STATE 1980
2. BILL FLANAGAN	2.36.47	NIKE	4/82	
3. ROBERT HARRISON	2.37.51	CAMPBELLTOWN	5/82	
4. DAVE COX	2.37.52	NIKE	4/82	
5. BRUCE USHER	2.38.45	CAMPBELLTOWN	5/82	
6. TONY MCCALL	2.39.30	BUNDABERG	5/82	
7. BRUCE ROBERTSON	2.39.40	GOLD COAST	8/81	
8. BOB SHAW	2.48.15	NIKE	4/82	
9. SAM DAHER	2.48.24	NIKE	4/82	
10. CHARLES COVILLE	2.48.53	TRANSSAAL STATE (RSA)	9/81	
11. DENNIS COOLEY	2.49.33	NIKE	4/82	
12. MIKE ANSCHUTZ	2.52.04	SOUTH AUST STATE	6/82	
13. DICK HARRIS	2.53.06	HARBORD DIGGERS	5/82	
14. BERNARD COOLEY	2.53.45	CAMPBELLTOWN	5/82	
15. STUART CREAVES	2.54.26	CAMPBELLTOWN	5/82	
16. OSTEN HANSSON	2.55.08	GOLD COAST	8/81	
17. NIGEL HADGSKISS	2.55.57	CAMPBELLTOWN	5/82	2.52.21 BLACKTOWN 1981
18. BENNIE LIEBMANN	2.56.05	N.S.W. STATE	6/81	2.40.00 TRANSSAAL STATE(RSA) 1978
19. CHRIS STAPLES	2.56.24	CAMPBELLTOWN	5/82	
20. NEIL PLEVY	2.56.46	HARBORD DIGGERS	4/81	
21. DAVE INGHAM	2.58.19	NIKE	4/82	
22. JOHN JESTON	2.58.48	NIKE	4/82	
23. RAY DORAN	2.59.23	GILLAWARNA	9/81	
24. BILL HUNTER	2.59.25	VETERANS	7/81	
25. MIKE BINGHAM	2.59.33	N.S.W. STATE	6/81	
26. SUE HILL	2.59.46	AVON	5/81	2.52.01 AVON W.GERMANY 1979
27. BRIAN LYNCH	2.59.55	NIKE	4/82	
28. WYNNE HENDERSON	3.00.07	HARBORD DIGGERS	4/81	
29. PETER FOULSHAM	3.00.47	HARBORD DIGGERS	5/82	
30. DAVE BLACKALL	3.02.24	N.S.W. STATE	6/80	
31. STEVE CORNELIUS	3.03.00	NIKE	4/82	
32. BRIAN COLWELL	3.03.07	GOLD COAST	8/81	
33. CRAIG JOHNSON	3.04.20	NIKE	4/82	
34. DAVE MILL	3.04.51	HARBORD DIGGERS	5/82	
35. MICK EDWARDS	3.06.53	NIKE	4/82	
36. MARTA GEMINIS-C'SHANK	3.08.07	CAMPBELLTOWN	5/82	3.05.00 GILLAWARNA 1981
37. KEITH LEGGETT	3.09.27	NIKE	4/82	
38. MARK HANLON	3.09.47	NIKE	4/82	
39. STEVE KNIGHT	3.11.20	HARBORD DIGGERS	4/81	
40. JOHN SNELSON	3.11.25	NIKE	4/82	
41. NEIL COLLUM	3.12.21	GILLAWARNA	9/81	
42. LEO LEADER	3.15.14	NIKE	4/82	3.05.00 CAPE PENINSULA(RSA)1980
43. PETER GARRETT	3.17.27	NIKE	4/81	
44. GEOFF MURRAY	3.20.45	N.S.W. STATE	6/81	
45. BARRY JONES	3.23.18	VETERANS	7/81	
46. IAN NEULANDS	3.24.54	NIKE	4/82	
47. IAN MILLAR	3.25.54	NIKE	4/82	
48. LYNNE EVANS	3.26.31	NIKE	4/82	
49. GEOFF COX	3.27.26	HARBORD DIGGERS	4/81	
50. JOHN DAWES	3.27.34	NIKE	4/82	
51. CHRIS BURKE	3.29.53	GILLAWARNA	9/80	
52. NEIL GUY	3.29.56	GILLAWARNA	9/80	
53. CARMEN BINGHAM	3.30.50	N.S.W. STATE	6/81	
54. JOHN OLDROYD	3.35.00	N.S.W. STATE	6/81	
55. JOHN FLYNN -	3.35.37	GILLAWARNA	9/80	
56. DWIGHT NELSON	3.37.26	HARBORD DIGGERS	4/81	
57. PETER RYAN	3.41.02	HARBORD DIGGERS	5/82	
58. KARL TOPFER	3.46.52	HARBORD DIGGERS	4/81	
59. DEREK WHITE	3.50.46	NIKE	4/82	3.26.34 NIKE 1981
60. JOHN CALE	3.49.27	ADELAIDE	8/81	
61. GLEN MCGREGOR	4.18.47	NIKE	4/82	
62. BOB PETERSON	4.33.40	HARBORD DIGGERS	4/81	

HARRY KARLIKOFF
JOHN EVENNETT
IVAN FREYS
RUSSELL HAMMOND
DAVID PETERSON
LAURIE KING
RICHARD BEVAN
JOHN EDWARDS
ROBERT MANN
KEITH SQUIRES
JANE FLANAGAN
BOB CHEETHAM

2.50.00 GILLAWARNA 1981
2.58.08 HONOLULU 1981
3.07.00 HARBORD DIGGERS 1979
3.13.53 HARBORD DIGGERS 1982
3.19.00 SINGAPORE 1982
3.21.00 HARBORD DIGGERS 1979
3.30.35 GUILDFORD (UK) 1980
3.32.52 NIKE 1980
3.38.00 HARBORD DIGGERS 1982
3.39.00 BLACKTOWN 1981
3.42.00 BIG M 1980
3.51.00 BIG M 1981

Clubrunner Championship

POINTS TALLY TO 20.6.82

Pos.	Name	Points	Pos.	Name	Points	Pos.	Name	Points
1	USHER B.	151	32	DAWES J.	48	62	ROBERTSON B.	18
2	FLANAGAN B.	118		TRAVERS J.			POWYS A.	
3	COLWELL B.	94	34	MCGREGOR J.	46		HENDERSON W.	
	DORAN R.			PIERSON B.		65	PETERSON D.	16
	MILLAR I.		36	CALDWELL P.	44		WHITE D.	
6	COVILLE C.	90	37	LEADER I.	40	67	RYAN P.	14
7	EVANS L. (F)	86	38	HADGKISS N.	39	68	PARKER D.	12
8	HARRISON R.	84	39	CANNARD K.	36		CARR G.	
9	CORNELIUS S.	81		DONOVAN J.		70	CHEETHAM R.	8
10	SHAW R.	79		MARSDEN W.	34		GALE J.	
11	JOHNSON C.	78	42	BINGHAM M.	33		KNIGHT S.	
12	HARRIS R.	75	43	FOULSHAM P.	29		MURRAY G.	
13	FLANAGAN D. (F)	74	44	STAPLES C.	28		NELSON D.	
14	BLACKALL D.	73	45	EDWARD J.			OLDROYD J.	
	HILL S. (F)			GARRETT P.			MACKIE A.	
	JESTON J.			KING L.			HAYDEN B.	
17	HANSSON O.	66		PIGOTT P.			BEVAN R.	
18	LYNCH B.	64		SNELSON J.			COX G.	
19	NEULANDS I.	60		TOPFER K.	26	80	GEMINIS-C'SHANK M.(F)	6
20	BLACKWELL D.	56	51	HALMY M.				
	INGHAM D.			MILL D.	24	81	KARLIKOFF H.	4
22	LIEBMANN B.	55	53	FREYS I.			NATHANSON M.	
23	FLANAGAN J. (F)	54		MCDONALD M.			STILLSON J.	
24	COOLEY D.	52 1/2		WELCH C.			BRIMFIELD M.	
25	EDWARDS M.	52		EVENNETT J.	21		DONNAN M.	
	HUNTER B.		57	HAMMOND R.	20		FISHER A.	
27	COLLUM N.	50	58	GIUFFRE M.			VISION J.	
	PLEVEY N.			HENDERSON M.			HERSLEY P.	
	HANLON M.			JONES B.			KINGSMILL N.	
30	COOLEY B.	49		HAZELWOOD P.(F)			RYAN B.	
	CREAVES S.							

POINTS FOR MANLY "GIANT JOG" 30K YET TO BE INCLUDED

Marathon Report

CAMPBELLTOWN MARATHON

Sunday 16th May, 1982

POSITION		TIME
4	Robert Harrison	2.37.51 All time PB
5	Bruce Usher	2.38.45 All time PB
8	Keith Cannard	2.43.40
17	Bob Shaw	2.49.55
23	Bernard Cooley	2.53.45 All time PB
25	Stuart Greaves	2.54.26 All time PB
28	Nigel Hadgkiss	2.55.57 Striders PB
29	Chris Staples	2.56.24 All time PB
31	Dick Harris	2.57.27
41	Ray Doran	3.04.07
44 1st female	Sue Hill	3.05.14
47 2nd female	Maria Gemenis-Cruickshank	3.08.07 Striders PB
54 1st senior	Bill Hunter	3.11.21
77	Mike Bingham	3.19.18
	Ian Millar	3.27.14

144	STARTERS
126	FINISHERS
38	SUB 3 FINISHERS
33	P.B.'s
19	NOVICES

1st Male	Paul Lockyer	2.30.13
1st Female	Sue Hill	3.05.14

THE CAMPBELLTOWN MARATHON

SUNDAY 16th MAY, 1982

ROBERT HARRISON: 2H37M51S

4am - out of bed and into the bath. Only 2 hours sleep under my belt and very tense. In Canberra in April I had decided that Nike would be the last one for 1982. "Any more and I'll have a nervous breakdown". So here I am about to run Campbelltown 6 weeks later - they call it Marathon Fever. Doug Martin (a friend) picked me up from Potts Point at 5.30am. He was injured so he planned to cycle the course, a great aid to me later on.

At Burwood we found a tree along the road side; Nerves and too much coffee! A service station at Liverpool was also useful. The temperature had fallen by 5°C out West. By the time we arrived in Campbelltown, it was bitterly cold.

I had made up my mind to run a good one, but I lost some confidence when I saw the mighty Horst Wagner, Bill Clingan and Bruce Usher. Bruce suggested that we run together. "Good idea" I thought. At the 10km mark, timed at 36.20, Bruce is behind. I am going too fast with Paul Lockyer (eventual winner) and Bill Clingan so I drop back relaxing or trying to, and viewing the scenery in sixth position. Suddenly my bowels erupt.

Do I pull out? Halfway is reached in 78.30. Even the cow lining on the road side did not worry me. Never mind all those nasty undulating hills; the unpleasantness is indescribable.

At the 25km mark I pass the fifth runner and many other runners coming the other way, "You look great Rob"; bloody liars. I shut my mind off and can only remember a few more details. 1.51.50 at the 30km mark. I pass the 4th runner at the 35km mark feeling as green as my striders singlet. At 37km I see a long hill and turn around. Bruce is catching me up so I grit my teeth and give everything I've got to come home quite strongly in 2.37.51 giving me 4th place.

As I said, the last part of the race was not too clear but generally, the marathon was well organised. All the drink stations were adequately manned and of course there were plenty of Striders out. Its not a P.B. course because of the hills. I was fortunate this time. I was very proud when I picked up a medalion for 4th place. No more marathons until next year so now I can rest.

R.I.P.
(Rise if possible)

P.S. I would like to thank cyclist Doug for his encouragement and assistance.

Marathon Review

Three* in Three** on Three***

Dick Harris

The "feat" that (together with shameless bragging) drew the invitation to share my experiences with Bliстер readers is simply recounted: 2:53:06 (a PB by 4 seconds) at Harbord Diggers (Legal and General) on 2 May, 2:57:10 at University of Queensland on 9 May, and 2:57:27 at Campbelltown on 16 May. Since the how of this triumph of quantity over quality is based on an idiosyncratic training regime I would not wish to encourage other Striders to emulate, let me start instead with the why.

I didn't really plan to run marathons three weekends in a row, and didn't know whether I would even be back in the Sydney area in time for Campbelltown until the Friday evening before the race, and didn't know whether Campbelltown Joggers would accept late entries until I showed up that Sunday morning. However, "3 on 3" is not inconsistent with my approach to marathoning, which stresses participation in place of performance, and always having plenty of alibis (e.g., "I ran one last week") ready to explain why I missed the course record.

It may also be related to having done most of my running in Albuquerque, New Mexico, USA. When I ran my first marathon back in 1968, there was only one marathon each year in New Mexico. (I believe, by the way, that I can claim a club record for Worst Marathon Debut, at 4:48. It took me three tries to break 4 hours, a dozen to get under 3:30, and 26 to run my first sub-three.) When a second marathon finally appeared on the N.M. calendar, it was scheduled the day before the traditional Tour of Albuquerque Marathon in Clovis, 250 miles to the east. I skipped that one, but have been to every subsequent Clovis Marathon (except for 1981, when I substituted the Woollongong/Sydney 50-Miler), each of which has been held 6 or 13 days before the TOA in October. Then, two years ago we got two more marathons within the state -- both in April, one week apart.

The main point is that New Mexico runners don't get very many opportunities to run marathons, especially if they're too picky about how much recovery time they want between marathons, so it seems downright wasteful to pass up any chance to run one. A major desideratum of any vacation plans is that they take the family to or through a town when a marathon is scheduled (whence my five Pikes Peak Marathons and three Amarillo Funfest Marathons), and whenever I'm to attend a conference I check Runner's World to see if there's a marathon scheduled in that town or somewhere along the route to or from the conference. (That's how I was able to add the University of Queensland run, though the information came this time from the Nike-Canberra program. It's also why I couldn't pre-register for Campbelltown, since we had to drive back to Sydney from Bundaberg -- a small detour after the conference ended--leaving noon Friday. We got back about 7 PM Saturday.)

The end result of these attempts to find marathons to run is that I had completed 42 runs of marathon length or longer before coming to Sydney last July, and found that Campbelltown would bring that figure to a nice, round half century. Since this was my last chance to run a marathon in Australia (we left Sydney June 12th), the temptation to run it if at all possible, was great. (The half-century count is open to challenge, since I've included the inaugural Sydney Marathon.)

To keep things in perspective, when I spent a year teaching in Columbus, Ohio, I ran a weekly workout with a group organized by Craig Harms, who accumulated 100 marathons in less than 4 years, primarily by making a habit of running two a weekend -- the first one for time and the second for fun. Also, a California runner (I don't remember his name, but he was written up in RW) ran a marathon every weekend for 52 consecutive weeks at an average time of under three hours. And we all know that Bruce Usher could run a marathon every day if he did them as slowly as I do.

That brings us to how. Primarily, the same way I've done the last 40 or so: with no major changes in my training routine until the week before each marathon (or, in the present case, the week before the set). In New Mexico I'd got into the habit of running a 15-20 miler on Sunday morning at 8-8:30 pace and maybe one 1-3 miler with my wife, Mary (who runs every day), at a slower pace sometime during the week, for an average of 20 miles per week. I like to concentrate my training into one

Dick Harris

Three in Three on Three (continued)

long run because (a) learning theory tells us that spaced practice is superior to massed practice; (b) it cuts down on the overhead involved in changing, showering, etc.; (c) it cuts down on injuries (only one injury-caused absence from running of more than a week in 14 years); and, above all (d) it provides a nice alibi. If I can break three hours on 20 miles a week, surely I would break one hour if I were training 60 miles a week instead. Here in Australia, however, a fellow UNSW staff member, Michael Young, introduced me to Bob Talay's Wednesday evening 10-mile runs, so that I've been putting in 30 miles most weeks since coming here. Moreover, some of the Striders among the Talay runners (notably Jim the Scotsman, but there were others) spoke so highly of the STAR runs that I went to the Bobbin Head run just before Christmas and joined Striders shortly thereafter. Thus I've been doing 30 miles at 7-7:30 pace instead of 20 at 8-8:30. While this hasn't lowered my PB to two hours, it has definitely helped to reduce my slow-down from 20 miles in.

Before Striders my PB for the last 10K of a marathon (which I've come to think of as a 20-mile run plus a 10-K survival test) was 44 minutes, set in the race (Clovis, 1976) where I dropped my PB for the full run from 3:18+ to 2:58- and was flooded with adrenalin at the thought of having a shot at a sub-three. Between then and joining Striders I averaged 48 minutes for the last 10 K, with a particularly slow time in the Sydney/Blacktown Marathon, where, despite Jim the Scotsman's urgings and company, I couldn't manage the 30-minute last 7 K it would have taken to break three hours. Since joining Striders, I've done the last 10 K in 42- at Nike, close to 40 at Harbord Diggers, and right around 44 at Queensland University and at Campbelltown. Thanks, Striders!

As for that last week before a marathon, I've developed a "package" of superstitious behaviors distilled from all the fads ever mentioned in RW, to wit: (1) low carbohydrates from the preceding Sunday until I can take (2) a depletion run of about 10 miles on Tuesday or Wednesday (Talay's fitting the bill nicely here), (3) carbo loading of the grossest kind (oakes, candy, spaghetti, chips, bread, pizza, etc.) up to midnight or 1 AM of the morning of the race, and (4) a cup or two of strong, black coffee about an hour before the race. This superstitious behavior was forever engrained by the fact that the first time I put it all together coincided with the 20-minute improvement and first sub-three marathon I mentioned earlier.

I followed this package nearly exactly for Nike and Harbord Diggers, but had to modify it in a couple of ways for the following two runs. First, I deleted the depletion run, thinking that the preceding weekend's marathon would have left my glycogen supply pretty low and considering it more important to give my legs maximum opportunity to recover. Second, I couldn't do as thorough a job of carbo loading for either. We were on the road all day Thursday and Friday before the UQ run, and the protein (especially the tons of seafood) at the Australian Social Psychologists' conference (held at Duchesne College on campus) was just too good to pass up. And I didn't know we'd be back in time for Campbelltown until Friday night before that run, and didn't want to risk loading and then not running. (I made an especially big pig of myself before a scheduled El Paso-Juarez international marathon that was cancelled by a 6-inch snowfall, and I felt stuffed and heavy for a month afterwards.) Finally, I treated the preceding week's marathon as a substitute for the usual STAR run; i.e., I did no running, other than occasional very slow loosening-up stretches, between marathons.

As for the runs themselves: Harbord Diggers and Campbelltown had very heavy Strider participation (the familiar green uniforms are a big help in motivating a little faster pace), so I won't describe the course and organization for those two. The UQ run is put on by a UQ professor and physician, Dr. Semple (no relation to the Boston Marathon organizer, though the two have met), and seems to be almost entirely a local affair attended primarily by members of the local jogging club. Definitely not clique-ish, however; I was made very welcome, including Semple's taking a few minutes after the run to get my reactions. The course consists of an initial 2.195-K loop plus 8 5-K loops around a scenic part of the University of Queensland's riverside campus. There's a sizeable hill at about halfway, and again leading up to the turnaround/finish line. There were about 150 finishers (86 under 3:30), with a New Zealand trip for first male and first female and the barrel-draw winner, plus

merchandise prizes for the first three finishers in each of several age groups. My only complaint about the organization of the race was that age-group placings could not be figured out the day of the race but were delayed until the mailing of results (which arrived here about two weeks after the race).

The pattern for the three marathons was pretty well set at Nike, where I fell off my planned 4-minute kilometer (changed midstream to 6:30 mile) pace rather badly between the 13- and 20-mile marks, but was then surprised at how strongly I finished the last 10 K. For Harbord Diggers I just wanted to get close to three hours, since I suspected that the UQ field wouldn't be as tough. I completed the first "4 K" loop around the Manly area in about 17 minutes and settled into what I hoped would be about a 21-minute 5 K pace. (As in all my marathons, I carried a roll of hard candies in the pockets of my running shorts, popping one in every 5 K or so.) I hit the 5 K mark right at 21 minutes and 10 K at just under 42, picking up a first-time marathoner whose name I've now lost as an occasional talking companion and constant "marker" (drop behind on the uphill segments, catch up on the downhill) from 5 K to the turnaround. Other than a 20-minute time between 10 and 15 K, I held a pretty steady pace and effort to the 25 K mark. Having run the Collaroy STAR and having driven along the Avon course from Collaroy back to the finish line after that STAR helped give me a feeling of familiarity with the course. At the 25 K mark I was pleasantly surprised at a 5 K split of under 20:30 and that I felt good, so I started to pick up my effort a little (helped along a bit by a fellow 50-miler in the oncoming stream who told me I was in 45th), arriving at 30 K at about 2:04, whence I figured I must have passed 20 miles in about 2:13. As the 30 K mark was near the top of the last hill of any length, I picked it up even more (which for me means I slowed my decline), hitting the 40 K point right on 2:45. Recognizing that I had a chance at my PB of 2:53:10 (and that I had blown a good opportunity in Camberra with my 2:54:00), I started to try to build gradually towards a sprint. As the Esplanade Bricks came underfoot I saw some green Striders outfits ahead (and another familiar but nameless runner who usually trounces me) and began what for me passes for an all-out sprint, crossing the finish line in 2:53:06. (The previous PB was set on the fast Fiesta Bowl course in Scottsdale, Arizona, which drops about 1200 feet between miles 4 and 19, so the Harbord Diggers was a much better performance.) I wound up 20th overall, but only 8th in the tough 40-44 age group.

My strategy during the Queensland run was to try to hold a 21-minute pace as long as I could and then give up pace as slowly as possible. Except for one 22-minute lap, the plan went fairly well, again getting me to 40 kilometers at about 2:04. Along the way I pulled alongside several different people for exchanges of pleasantries and alibis and to receive compliments on my running attire. I also had the company of a fellow conference attendee (the course passed both behind and in front of Duchesne College) for half of one loop, as he was out for his Sunday run. It was very difficult to know one's relative standing, as there was a lot of lapping of slower runners. From 30 K on my calves began to tighten, but they never cramped, and I had a bald head I imagined to be in my age group to try to catch over the last 2.2 kilometers. A very enjoyable run.

I felt noticeably worse for wear (primarily tight calves) after the UQ Marathon than after Harbord Diggers, though I didn't have any injuries. The tightness in the calves was still with me the morning of the Campbelltown run, so I decided I would settle for anything under 3:15. However, I fell in with a group of Striders (including Mr. Doran and some other familiar faces whose names I'm not sufficiently sure of to commit to paper) early on. I had to stop briefly after about 2 kilometers to tie my boot lace (talk about careful preparation!) and then had the knot of Striders in the distance to run towards, so I was pulled along to a 21-minute first 5 K again, despite some very noticeable hills. I decided that I might as well revert to the strategy of the previous two weekends and stick pretty close to the 21-minute 5-K pace, though Doran and the others got away from me. My pace also varied over a wider range, as this was a much hillier course than the previous three, and I tend to run at constant effort rather than constant pace.

Shortly after the turnaround point I caught sight of Doran again. Since he and I had seesawed over the last few kilometers of the Striders' half-marathon club trial,

I especially wanted to catch him, which I did shortly after the 30 K mark (about 2:04 again). As it turns out, he was having problems with leg cramps. For a few moments I had thoughts of maybe getting under 2:55 again, but at around 35 K we hit a very hilly section of the course and I began struggling. A little before 40 K (2:48, as compared to 2:45 at Harbord Diggers) I began to get the kind of burning pains in the calves that I interpret as signs of slight muscle tears, and I tried to ease off some, but not so much as to give up on finishing under three hours. Naturally I couldn't resist a bit of a kick over the last hundred meters, but mostly I just felt relieved that I hadn't collapsed as much as I had anticipated. (As the Striders who ran it know, Campbelltown is almost all downhill from 40 K in, as opposed to a long, gradually uphill finish at UQ.)

After-effects: I definitely felt worse after each successive marathon, but it was only the Campbelltown aftermath that really worried me. I'm used to tightness and knots in my calves, and often use the appearance of a knot over the last 10 K as a "governor" to tell me when to ease off the pace and ask the other leg to do more of the work for a while. After my first sub-three (Clovis '78, remember?), which I finished as if running on stilts, I couldn't even jog a quarter mile at an Albuquerque Roadrunners meet the following day, but the tightness just gradually went away. The tear-like sensations were, however, new to me. I did the Talay's Maroubra run that Wednesday, but doubted the wisdom of that move when the burning pains pulled me up with about a mile to go.

The rule of thumb I usually follow is that if it feels better after a run than before, LSD is the cure; but if it feels worse, rest is the cure. I thus tried to stay off my feet, use the elevator (lift), etc. after the Wednesday run. Sunday I started the Gap Gallop STAR, intending to run just to North Bondi, and then discovered that Brian was also suffering from an injury (knees). The two of us and one of the other runners (please pardon my terrible memory for names again) did the short course at aleisurely pace, which indeed proved to be just what the doctor should have ordered. By the following Sunday even the tightness was gone for the club cross-country run over an invigorating course that made an excellent finish to my competitive running in Australia. (In fairness, I should confess that Doran beat me by a lot on the Turrumurra course.)

I'd better reiterate here that I am not urging anyone else to adopt my 30-mile training schedule as a base for running clusters of marathons. It happens to work well for me as a schedule designed to peak at age 72, but I've worked into it very gradually. If there is any lesson for other Striders in all this, it's probably to be found in the improvement that came (especially in last-10-K times) from the increase in mileage and from the benefits of running STARS.

What I certainly do want to say is a big "thank you". (I'd try "ta," but I can't seem to pronounce it right and I need to slip back into my Americanisms for the return home.) Thanks for scenic courses that added a lot to my acquaintance with the Sydney area, for stressing mutual help over competitiveness, and for interesting, friendly running partners who made the kilometers seem easy. I hope any of you who get to Albuquerque will be sure to call (of the several choices, I'm the Richard Harris on Rita Drive) and let me show you some of our local runs -- especially the trails through the Sandia Mountains. Best wishes for continuing success, both individually and as a club.

AUSTRALIAN RUNNER

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Club X Country Championship

ON SAFARI: THE STRIDERS' INTERNAL CROSS-COUNTRY CHAMPIONSHIP

TURRAMURRA, SUNDAY MAY 30th, 1982.

by Steve Cornelius

Shivering and shaking at the South Turramurra shopping centre, partly from the cold and partly from apprehension, I cast my mind back to the last cross-country race in my brilliant career. It was (at the risk of dating myself) almost twenty years to the day since I had lined up with 39 other spotty-faced 14-year-old urchins in a wind-swept, rain-soaked, mud-besmirched park in one of England's more desolate northern regions.

We had run, that auspicious day, some monstrous distance like 5 km, only we called it 3 miles in those days to make it sound less, and I had staggered in for a glorious 20th place wearing the shell-shocked expression of one who has just experienced the most chilling of Vietnam's horrors. Nobody told me I'd done well, nobody mentioned that I had been an asset to my team, and nobody witnessed my oath to my creator that I would never never never be so foolish as to enter a cross-country again, even if threatened with the cane for my refusal.

And yet, only twenty years on, here I was again, lurching towards the start-line in the early morning chill, asking myself why I voluntarily, and under no duress, was about to submit my body to the ultimate torture: a cross-country. In England, the very words were enough to strike terror into any schoolboy's heart. Devised invariably by fiendish and sadistic Phys Ed teachers, English school cross-country's claimed huge numbers of victims. If at least five percent of the field didn't disappear, never to be seen again, presumed dead; if at least another ten percent didn't lose at least one limb; if another twenty percent didn't receive psychological stress sufficient to render them vegetables for the rest of their days; and if another fifty percent didn't cross the line bleeding from at least two separate gashes; then the Phys Ed teacher was considered to have failed in his duty to the school, and was immediately shot behind the gym.

It was with all these things in mind that I joined 24 other masochists on Kissing Point Road, ready to tackle the Striders' course (15 km) devised by Dave Blackhall and Bernie Liebmam. The big guns pounded off up the hill from the start, and at this point I made a mental note that, unless some of the marshalls suddenly took leave of their senses, ambushing the leaders somewhere in the bush and tying them to trees, I would not be seeing Messrs Usher, Flanagan and Coville again for a week while. Fortunately this did not eventuate.

I've developed a "slow-starting" technique (in imitation of my intransigent car, a notably slow starter) this year, which I have so far put into practice in four races. It's a handy psychological ploy which I can recommend to anyone who needs their ego boosted now and again. It involves waving goodbye to the field as they hammer off in the distance, cruising along easily for about two kilometres, then attempting to pick them off one by one. Obviously you don't finish up picking them all off, but then I wasn't about to win any of the races I've entered this year (or any year, for that matter). But psychologically it's great, because for most of the race you're passing other runners and being passed by virtually none, thus creating the impression, in your own mind if in nobody else's, that you're a top-grade runner.

That's how I tackled the cross-country. The precipitous initial descent screamed at me to go carefully, and I had visions of broken ankles, grazed knees and other horrors. But after about 2 km it seemed safe to increase the pace, and without any clue of how many runners were ahead, I set off to find some and hopefully pass them.

Down the valley of the Lane Cove River we went, in pleasant surroundings, and out into the streets of Marfield behind the Uni, where there were some fiendish little

hills to test the faint-hearted. I'd been lucky enough to catch a couple of blokes by this time, and could see a third up ahead. Across an open field, out onto the Epping Highway (briefly) where the startled occupants of cars looked at us as if we had recently arrived from Mars, and up a couple of devilish hills to North Epping.

I'd managed to catch and pass another runner by the time I waddled into the half-way drink-station. The friendly chappie who gave me my cup of "Rally" commented that I was "about 5th" at this point, which threw me into confusion. Fifth? Fifth? What had happened to all the blokes up front? Had they been arrested by ASIO agents for subversive activities? Had religious fundamentalists obstructed their path for running on the Sabbath? Had they had a Close Encounter Of The Running Kind and been whisked away by extra-terrestrials? Or was it something a lot more mundane, such as inability to follow the hundreds of white direction arrows thoughtfully painted on rocks and trees by the hard-working organisers?

My mind ran riot, and I took off down the hill at such speed as I have rarely achieved before. The most pleasant part of the course followed, a beautiful path through the bush with an easy smooth surface to run on, plenty of shade, and the accompaniment of kookaburras and other surprised wild creatures. This, I thought to myself, is what running is all about; not gasping and choking on carbon-monoxide-laden highways, not stumbling over the feet of 25000 other loonies in the City-to-Surf; but running comfortably and alone through countryside which might, for all I knew, have been 1000 miles from civilisation.

However, I had been warned before the start to watch out for a "shock near the end", and niggling doubts began to creep into my mind. What dreadful surprises had the organisers provided for us innocent runners? What horror was to confront us? I soon found out! About 3 km from home, an ogre beyond description loomed out of the woods towards me, gnashing its teeth and roaring. Was it the dreaded "Old Man Of The Forest", the troll which reputedly ate runners alive? Or was it the Yeti, magically transported from the Himalayas through some time-warp, the proverbial Abominable Snowman come to haunt us here in Australia?

Actually, it looked, upon closer inspection, remarkably like Sam Daher doing marshalling duty, but I wasn't about to stick around to verify this. Badly frightened now, I launched myself into the final hill with acceleration which would have delighted NASA Mission Control in Houston. Thanks to the lurking, gnashing ogre, I didn't even notice the fact that the last 2 km were uphill, and crashed across the line in 62:27.

Five minutes earlier the irrepressible Bruce Usher had done the same to take out 1st place (had he received an even greater shock from the ogre in the woods, I thought, propelling him even faster up the final hill?) followed by Bill Flanagan and El Presidente, Charles Coville. Geoff Cox was the only other runner to break 1 hour on a fairly tough, hilly course (an admirable bit of vintage brinkmanship with 59:55, Geoff), and soon the rest of the field were streaming in, in varying states of shock and breathlessness. In fact I'd come in 7th, which delighted me, but considering the fact that I hadn't seen another runner since being told I was "about 5th" at half-way, where had the other two runners crept in ahead of me? Had they secretly had access to the Channel 10 News helicopter? Or had they been travelling at such a rate of knots that I didn't even see them pass? Well, we'll probably never solve that one.

Thanks are due to the two fiends who devised and marked out the course (actually I'd expected it to be even tougher); it was a beautiful run, and I hope we'll be running it again soon. And let's not forget all the members, and wives, and friends

who gave their spare time to be marshalls, time-keepers, recording clerks and registrars on a coolish sort of a morning, when one might have expected them to find the prospect of a nice warm bed a lot more inviting. To everyone who made the effort to make this event (a) possible, and (b) enjoyable, thanks again. And to all members who couldn't make it to the Cross-Country, you missed a great run which I can recommend to you all for next time.

RESULTS IN FULL:

1	Bruce Usher	# 57:19	14	Bill Hunter	69:17
2	Bill Flanagan	59:01	15	Dennis Cooley	69:59
3	Charles Coville	59:12	16	Phil Caldwell	71:05
4	Geoff Cox	59:55	17	Brian Colwell	72:31
5	Alan Povys	60:39	18	Barry Jones	73:43
6	Russell Hammond	* 61:44	19	Derek White	76:14
7	Steve Cornelius	62:27	20	Lynne Evans	77:24
8	Ray Doran	* 63:33	21	Malcolm McDonald	78:17
9	John Evannett	63:36	22	John Dawes	81:11
10	Dave Petersen	66:14	23	Peter Hersey	82:46
11	Bernard Cooley	* 66:18	24	Dot Flanagan	101:00
12	Dick Harris	66:42	25	Jane Flanagan	
13	Dick Cleland	68:40			

PRIZES

- # Subscription to Australian Runner kindly donated by last years winner NEIL PLEVEY
- * T Shirts: Lucky Draw

Race Review

PALM BEACH TO MANLY GIANT JOG (OR GIANT1)

SUNDAY 13th JUNE 1982

The results of this 30K debacle were to be supplied by the organisers and reported in the Blister, but along with all other aspects of the race, it flopped.

"Computer problems", I was told by an organiser "prevented publication in the Manly Daily last week".

I was surprised to learn that they were even computerised, since they could not get their pencil act together for race registration!

A strong letter of complaint (along with suggestions) prepared by NEIL PLEVEY and myself was forwarded to the organisers.

A copy will appear on our noticeboard.

CHARLES COVILLE

The International Scene

THE COMRADES MARATHON POT POURRI

31st May, 1982

Distance: 91.4k

Entrants: 5461

Race Supplies:

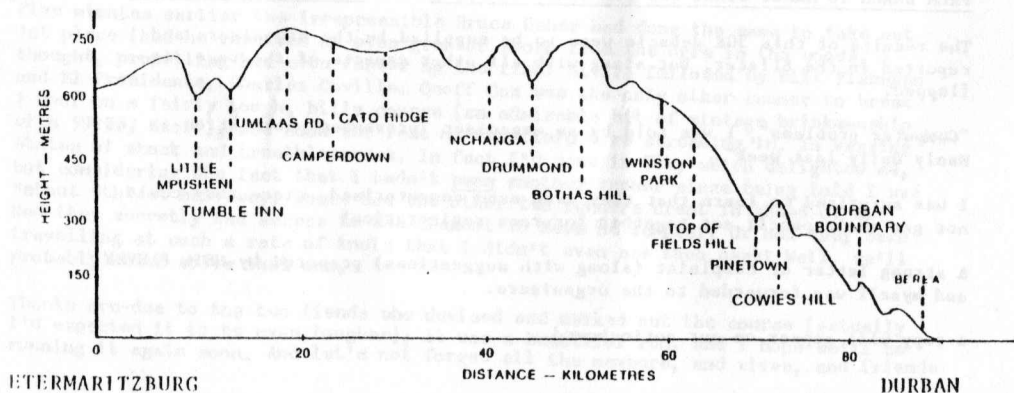
Plastic Bottles	250.000
Ice	25 tonnes
Sponges	70.000
Petroleum Jelly	150 kg
Soft Drinks	50.000 litres
Water	210.000 litres

Race Personnel:

- 1500 Helpers at 38 Refreshment Stations
- 200 Marshalls (30 on Motorbikes)
- 140 Traffic Policemen
- 150 First Aid Nurses
- 15 Doctors

Winner: Bruce Fordyce (Also won in 1981) ran the fastest ever "down" Comrades in 5 hr 36m at an average of 5.9 minutes a mile.

Race Personality: LIEGGE BOULLE oldest competitor (73 years old) who completed his 38th Comrades.



Technical Corner

RUN FOR THE ROSES

D.S. Blackhall

There must be nothing quite like leading home the field in a big and important race. It's an experience, quite obviously which few of us will ever enjoy. Like most fields of human activity, road racing has its share of gifted individuals who "run for the roses", whilst the rest of us just run.

But even so, many of us derive great satisfaction in achieving goals we have set ourselves, particularly in the area of personal best times. We, in effect, can set our own limits and aim at beating them, no matter our level of God-given talent, or lack thereof.

I set my own Marathon P.B. some two years ago, in 1980. For a number of reasons (business, injury etc.) 1981 was a year of non-achievement in the area of P.B.'s so I decided on a program for 1982 that would hopefully result in a new P.B. at the State Marathon in June. Unfortunately, a bout of Asian 'flu knocked me out as a starter at the "State", but I am still confident my program will produce a result this year.

Without covering a lot of ground which has been covered in these pages before, I have set out below the principles which I see as important in planning a program to run for your personal record.

Lay a Solid Foundation before you start racing. In my opinion, too many people race hard before they are ready. I came off a 3 month Achilles tendonitis problem in November 1981. I therefore figured the Nike at my first semi-serious race in April 1982. During that period I slowly built back to my pre-1981 fitness levels running 6 days a week and taking Monday's off. In this four month period I did no distance work beyond 28 kms, but I did do circuit training with Bankstown AAC and intervals with Roger Adams as part of his Boston build up. The majority of this running was relaxed and did no better than 4.75 mins/km.

Set Realistic Goals with a P.B. of 3.02.24, and a most recent time of 3.34.30, I knew I would have to put in a respectable time at Nike, but not a P.B. I therefore set myself splits to achieve between 3.15 and 3.20. I ran a 3.19.20. This was a tremendous confidence-builder because it

- got my body back on target for what 42.2kms is like physically
- proved that 3.34.30 was a bad experience based on lack of fitness
- got the mental attitude right
- proved my program was working

Progressively Tighten the Screws

My next 'goal' race was Harbord Diggers, a course not favoured by many runners. The timing, however, fitted into my program too well to pass it up.

In the month between these two races I increased my Sunday runs to 32km and added a mid-week run home from work of 26 km. I still took Mondays off and I dropped all intervals and the weight circuits because of work considerations.

Allowing for my improved fitness, I awarded the Harbord course a "difficulty index" penalty of 10 minutes over Nike, and estimated that I should run a 3.10.00 on the day. My 3.04.51 was only 2.27 outside my P.B. set on an easier course, so again my program seemed to have worked.

My plan to increase distance and "run for the roses" at the "State" fell in a heap only as a result of bad luck with a 'flu virus. And there are other races which will still be available a little later to bring the plan to fruition. I am still very confident of ending 1982 with a new personal benchmark.

Some other important factors which I think have a great deal to do with setting personal best times are

- run with a mate(s) who is quicker than you if possible. It helps over the last 10 km.
- choose the race carefully, but don't be put off by what other people describe as hard or difficult courses. If you're a 2.15 marathoner it may be significant, but if you're in the 3 hour brigade other things are more important. You've got to feel comfortable with the course.
- don't look for big things too early in the season.
- get your head right (by remembering that every run can't be a P.B.).
- be flexible i.e. don't run the goal race come hell or high water. Some people do get 'flu! If your base is right, there'll be plenty of other chances as the season progresses.

By following these basic principles most 3 hour runners can progress their P.B.'s from season to season in a satisfactory way.

Births

Congratulations to Narelle and John Oldroyd on the birth of a young Strider, Christopher, at Hornsby Hospital on 19th May.

Would members please advise The Blister of any known personal family achievements of fellow Striders.

"A A A" Calendar

N.S.W GROSS-COUNTRY CHAMPIONSHIPS

by Bill Flanagan.

25th April - MacQuarie University

Mens 16km			Womens 10km		
1.	L. Whitty	53.19	1.	J. Ganzevoort	41.20
2.	D. Beeson	54.47			
3.	C. Whiteman	55.15	14.	L. Evans	47.11
48.	R. Harrison	63.47			
49.	M. Halmy	64.05			
79.	D. Cooley	72.01			

22nd May - Bogabilla Reserve - Landsdowne

Mens 12km			Womens 4km		
1.	J. Andrews	37.07	1.	J. Ganzevoort	14.18
2.	D. Proude	37.33			
3.	Q. Morley	38.32			
			19.	L. Evans	16.46
19.	M. Halmy	40.35			

SUTHERLAND HALF MARATHON

Saturday 1st May 1982.

1st Male	Q. Morley	65.40
1st Female	A. Quelch	81.28

Finishers 263

STRIDERS

29	Robert Harrison	73.55
54	Dennis Cooley	78.46
65	Nigel Hadgkiss	79.58
78	Bill Flanagan	81.29
106	Bernard Cooley	84.19
113	Maria Gemenis-Cruickshank	85.04
121	Bill Hunter	86.00
143	Peter Ryan	88.46
167	Lynne Evans	91.47
192	Barry Jones	96.43
254	Bob Peirson	119.01
257	Dot Flanagan	121.08

A hilly out and back course that takes in the beauty of the National Park, Ran over unsealed traffic free roads except for the first and last mile, with complete tree cover the whole way. Each kilometre marked and time given at halfway.

Great run by Rob Harrison continuing his amazing run of P.Bs during April, including the Nike Marathon.

N.S.W. ROAD CHAMPIONSHIPS

by Bill Flanagan

5th June - Pagewood.

Male 25km Road

Female 10km Road

L. Whitty	77.28	1. A. Quelch	35.36
B. Morgan	79.00	32. D. Flanagan	54.13
A. Hinwood	79.18		
B. Flanagan	83.53		
R. Harrison	89.50		
B. Cooley	96.46		
D. Cooley	96.53		

Laurie Whitty led home 113 finishers through the rain and strong winds blowing off Botany Bay to retain his 25km state title. Over mostly flat terrain, this is a very fast course, over which the Australian 25km Championships will be held on August 14th.

Although the course was well marked with splits at 10 and 20kms and with good traffic control — the police and officials outnumbered spectators — there was no drinks or sponges at the finish, and the presentations were the usual sloppy affair so Striders members oughtn't think they are missing anything by being ineligible to compete in State championship events. As Laurie was quoted afterwards 'There's more atmosphere in a Vegemite sandwich.' Anyway, they are good training for fun runs.

I was exceptionally happy with my P.B. over my favourite distance. It was certainly overdue as I hadn't regained real racing form since the Nike marathon, 8 weeks previously.

My splits were as I'd planned — 34 (10km), 68 (20km) and 17 minutes odd for the last 5km which works out at 5.32 mile pace. Laurie's winning time converts to a 5 minute mile pace. (He doesn't hang around!)

July	4	Veterans Marathon	42km
		L. Irwin 666-8533	
		Hardord Diggers Scenic Run	14km
		10am Freshwater Surf Club	
10		Far North Coast CC Championships	
		Brian Richards Box 677, Lismore 2480	
		066 29-7278	
		Road Race 7.00am	15km
		Liverpool South Squash Centre	
		Alf Lakin, 8 St Andrew's Blyd	
		Casula 2170 (601-2020)	
11		Sutherland to Surf 10.00 am	11km
		Entries Close: 25th June	
		Report: Sutherland Civic Centre	
		Eton Street, 8.15am	
		Start: Flora St. Sutherland	
17		Far North Coast 10 Mile Champ.	16km
		Brian Richards, Box 677	
		Lismore 2480 (066 29-7278)	
18		Great Nosh	16km
		Woodford to Glenbrook	25km
		Back to Bowra Family Fun Runs 11.00	4km
		12.30	10km
		Bowraville Recreation Field	
		Alvin Goodwin, Lot 6	
		North Arm Rd., Bowraville 2449	
		065 64-7268	
24		Australian Marathon Champ.	42km
		National Marathon, Brisbane	42km
25		King of the Mountain-Bathurst	
		1.00pm 063 31-3844	
		Randwick Rugby Club	22km
		Bam Coogee Surf Club	
		Entries Talays (02 399-3983)	
		Circular 7 Nowra Ken Henderson	7km
		044 21-5223	
		Macquarie University/Northern Std	10km
		10.00am Recreation Officer	
		Sports Assn	
		Macquarie Uni, Nth Ryde 2113	
		YMCA Fun Run 9.00am	10.6km
		Domain - Helen Quarrell YMCA	
		325 Pitt St, 264-1011	
		City of Dunedin Round the Harbour	42km
		Marathon, N.Z.	
		Central Highlands Marathon, Ballarat	42km
31		'Best in the West' S.M.C.	
		'Bridge to Beach' Fun Run Macksville	
		3.00pm P.D. Box 36	
		Nambucca Heads 2448	
		065 68-2046	17.2km
		1.00pm Mini Fun Run	4km

August 1	Far North Coast Marathon	42km
	7.00am Brian Richards	
	P.O. Box 677, Lismore 2480	
	066 29-7278	
	Heart Run - Uni of N.S.W.	8km
	10.00am Paul Tyne 662-3672	
8	City to Surf 20944	14km
	Sri Chinmoy Marathon Dromana (Vic)	42km
14	Australian 25km Road Champ.	25km
	Australian 10km Road Champ.	10km
15	Veterans 25km Champ.	25km
	Grafton Half Marathon 066 42-2599	21km
	Victorian Country Marathon	42km
21	Summerland House With No Steps	7.3km
	Angelo Jones 066 28-1117(w)	2km
	066 28-1114(h)	
22	N.S.W. Road Relay Champ.	
	Express Bay to Breakers 11.00am	11km
	Gosford to Terrigal	
	P.O. Box 1060 Gosford South 2250	
28	20k Road Race 7.00am	20km
	Liverpool South Squash Centre	
	Alf Lakin, 8 St Andrews Blvd,	
	Casula 2170 601-2020	
	Victorian Veterans Marathon	42km
29	Gold Coast Marathon	42km
	Cawler to Adelaide Marathon	42km
	Race Director	
	P.O. Box 96,	
	Glenelg 5045	
Sept 12	Sydney Marathon 337-4399	42km
18	Gillawarna Marathon & Half-Marathon	42km
	7.00am	21km
	Postal Entries Only-Marathon	
	Derrick Titmus 799-5124	
19	Fiji Marathon	42km
26	Bathurst Edgell Jog 10.30am	8km
	Margaret Wood, 46 Keppel St,	
	Bathurst 2795 063 31-2088	
	King Of the Rock 10.00am	7km
	The Rock Recreation Ground	
	Barry Armstrong 75 King St,	
	The Rock 2655	
	067 2015 and ask for 203	
Oct 8	Commonwealth Games Marathon	42km
17	Big M Marathon	42km
24	Mannings International Marathon N.Z.	42km
	New York Marathon	42km
31	Gillawarna Club Challenge 7.30am	10km
Nov 23	Fuji Marathon, Japan	42km
Dec 4	Do-It-Yourself Marathon A.C.T	42km
5	Fukuoka Marathon	42km
12	Honolulu Marathon	42km

What's Happening

TUESDAYS - Sam Daher's School of Lactic Acid (or All You Wanted to Know About Fartlek, But Were Afraid to Participate). Meet at the western end of the Domain at the Corporate Cup start/finish area (The Hospital Road entrance to the gardens - Opposite the Library of NSW and Bent St/ Cahill Expressway). (Contact Sam Daher H: 662 4292 B: 270 9509)

SUNDAY 18 JULY - WOODFORD TO GLENBROOK TEAMS CHALLENGE

Last year saw a Striders team triumph in a superb run on fire trails in the beautiful Blue Mountains. 13km of hilly terrain followed by 12km over smooth dirt on a slight downhill gradient to a BBQ picnic in scenic Euroka clearing, made for a great family day.

Meet at Glenbrook Station at 8am, or earlier if you will require transport from Euroka clearing to the station, which will be provided by Blue Mountains Joggers at 7.45 and 8.15 am. Entry fee will be \$3, contact Brian Colwell for further details.

SUNDAY 25 JULY - RANDWICK RUGBY CLUB 22 KM

A challenging course, an event that is reputed to be well organised, offering showers at the finish and a post race function at Randwick Rugby Club that we are advised is well worth staying for.

SUNDAY 1 AUGUST - FAR NORTH COAST MARATHON

Held at Lismore, 7.00 am start. Reported to be the flattest course in NSW, attracting a comparatively small field and thus offering a better chance of placing than most. Contact Brian Richards, PO Box 677, Lismore 2480, Phone (066) 29 7278.

SUNDAY 8 AUGUST - CITY TO SURF

If you're interested in entering as a Strider (and standing an excellent chance of winning a medal - refer Sam Daher's survey), remember to route your entry via the club.

(Contact: Sam Daher H 662 4292 B 270 9509)

Look out for fellow Striders who will be indulging in a picnic lunch after the event on the grass south of the Pavilion.

WEDNESDAY 8 SEPTEMBER - WINE TASTING

An event to titillate the tast buds! Steve Knight (who just happens to manage Len Evans cellars) will be organising an informative evening, presenting three red and three white wines for tasting - all good quality. Cheese and biscuits will be provided and additional bottles may be purchased at less than normal retail price for those who wish to drink a little more during the evening. It should be a great evening at a very moderate cost, so look out for further details in a future itinerary.

Marathon Survey

MARATHON, LOCATION	DATE: (i) OF RACE (ii) OF DEADLINE FOR ENTRIES	COURSE DESCRIPTION	COURSE RECORD
Veterans' Marathon, Papewood, SYDNEY	(i) 4 July (ii) 4 July	4 laps; flat, gently undulating, no big hills	
Tweed Byron Credit Union Far North Coast Marathon Championship, WARDELL (15 miles S.E. of Lismore)	(i) 1 August (ii) 28 July	Out and back thrice; Flattest course in NSW.	E. Krenkels 2.39.00 1981
Olympic Way, WAGGA, NSW	(i) 22 August (ii) 22 August	Mostly flat or gently undulating with some hills around 25 - 30k Junee to Wagga	J. Bell 2.29.00 1981
Festival City Marathon, ADELAIDE, S.A.	(i) 29 August (ii) 9 August	Mostly flat or gently undulating, with some hills around 25 - 30k Gawler to Adelaide	I. Graves 2.27.03 1980
Super Fast Gold Coast International Marathon, SURFERS PARADISE, QLD	(i) 29 August (ii) 13 August	Very flat, basically out and back twice	R. Lyons 2.24.04 1981
Gillawarna Marathon, Lake Gillawarna, SYDNEY	(i) 18 Sept (ii) 8 Sept	Out and back twice, very flat	H. Wegner 2.28.04 1981
Big M Melbourne Marathon Frankston, MELBOURNE, VIC.	(i) 17 October (ii) Late September	Mostly flat, with some undulations, Frankston to Melbourne	A. Lloyd 2.17.37 1980

For out of Sydney marathons, consult the club for transport, accomodation and
teams entries.

1981 SIZE OF FIELD: (i) STARTERS (ii) FINISHERS	1981 WINNERS (i) MALES (ii) FEMALES	1981 NO. OF SUB 3 HOURS	EMP. FEE	CONTACT (B) BUSINESS (R) RESIDENCE
(i) 72 (ii) 37	(i) S. Pollard 2.39.02 (ii) C. Luddington 4.01.18	9	\$2	Logan Irwin, (B) 666-8533
(i) 44 (incl. 7k event) (ii) 31 in Marathon	(i) E. Krenkels 2.39.00 (ii) P. Wilkins 4.15.00	15	\$5	Brian Richards, P.O. Box 677, LISMORE. (B) 066/29-7278
(i)&(ii) $\frac{1}{2}$ 100	(i) J. Bell 2.29.00			K. Scheuner, Commonwealth Bank, JUNEE. or Rod Dominisch (B) 439-4255
(i) 739 (ii) 707	(i) S. Guy 2.30.36 (ii) D. Letherby 2.52.23	76	\$10	Bruce Abrahams, P.O. Box 96, GLENELG, S.A. 5045 (R) 08/294-3248
(i) 480 (ii) $\frac{1}{2}$ 460	(i) R. Lyons 2.24.04 (ii) M. Reddan 2.58.33		\$6	Bob Martin, Super Fast Film Laboratories (B) 075/38-3355
(i) 152 (ii) 105	(i) H. Wegner 2.28.04 (ii) M. Gemenis- Cruick- Shank 3.05.57	28		Bob McMurdo, (R) 605-3401
(i) 5807 (Entrants) (ii) 3769	(i) A. Lloyd 2.19.03 (ii) J. Turney 2.42.12	362		Ms. Win May, Big M Marathon, Olympic Park Admin. Bldg., Swan St., MELBOURNE. 3002