

Sydney Striders

Road Runners' Club
Australia



Edition No. 101: November 06 - April 2007

Two fantastic Striders performances!

Hats off to **Tony Fatorini** and **David Criniti** for two outstanding performances, early this year.

The modest Tony Fatorini was genuinely surprised after setting a new race record for the Striders Six Foot Track event in February. He shouldn't have

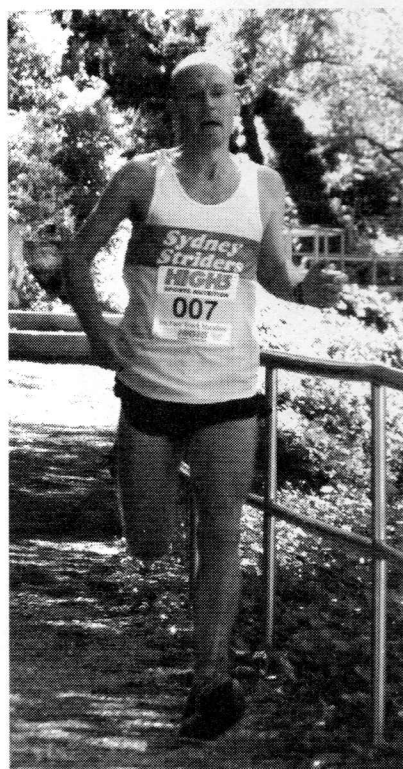
been, given his Mountain run wins and placings over the last year. Tony's parents were visiting from England at the time and witnessed him also take out the Partners Prize for the event with **Amanda Underwood**.

The still-improving David

Criniti managed a third in the Canberra Marathon but went on to do the extra 8km to win the 50k, setting a new race record!

The Ultra runner credits his bike work for speed and strength.

For his efforts he wins a trip to Italy. S.W. Bag will act as valet.



INSIDE BLISTER NO 101:

Brent Cubis does the London Marathon, the biggest ever

Tony and Amanda Challenged by the Kepler in NZ

World Long Course Triathlon Championships

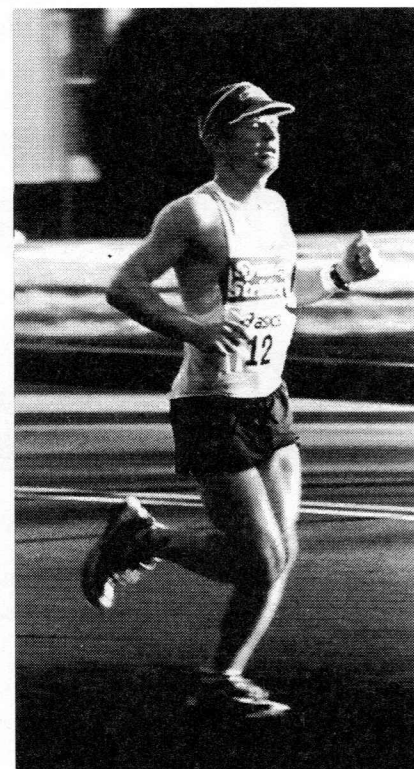
Sue Hill reflects on a long career

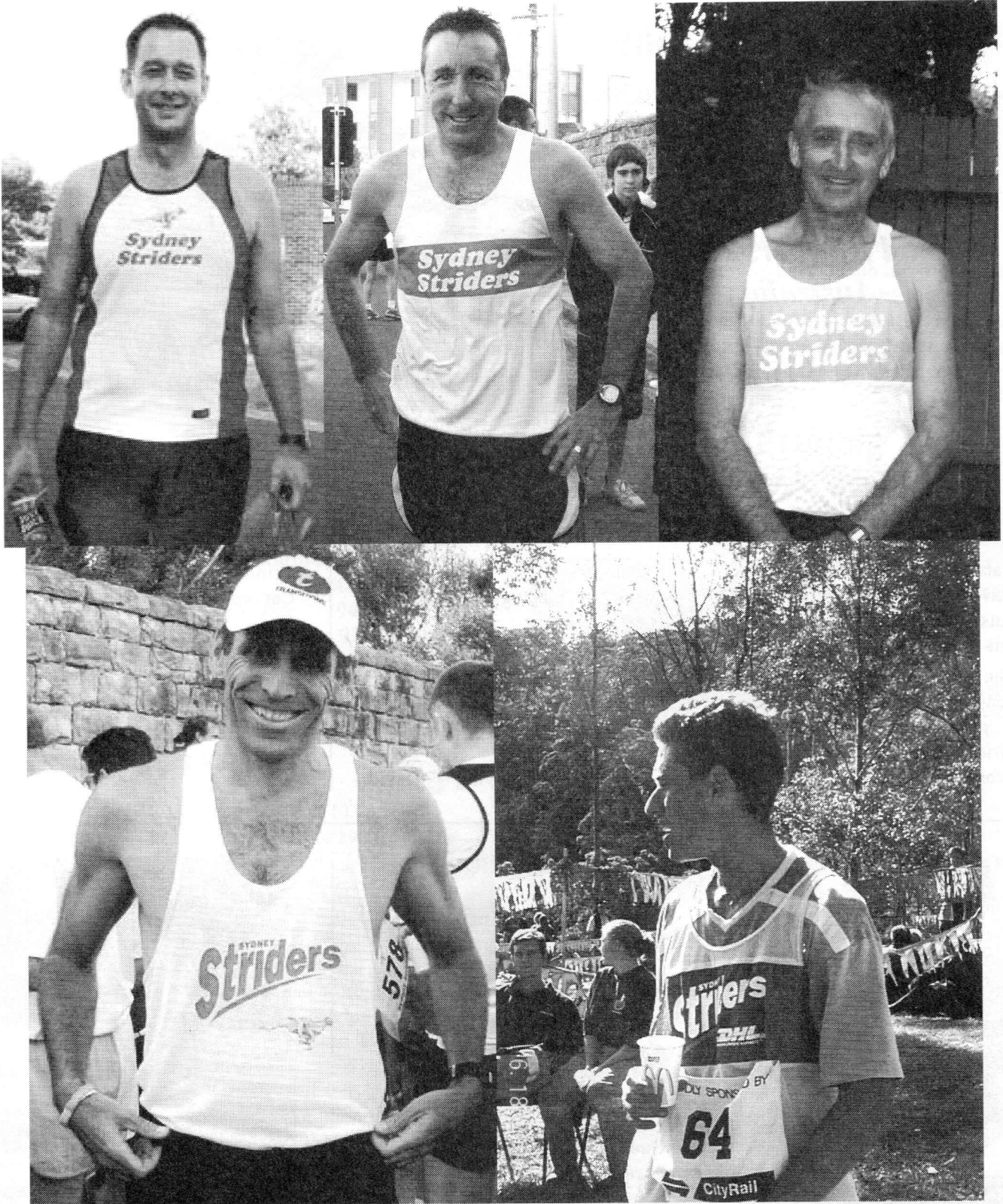
Two Striders take on Mark Webber in Tasmania

A new member tries the 6FT

The sub 10 hour Triathlon

And more!





After the recent controversy

Some of the club's many top-male-models provide reason for strong debate at Striders outings as they proudly exhibit the styles of the various sub-factions to which they are affiliated.

We think there are more styles out there, including the female variations, so if anyone can snap a pic of someone wearing another Striders alternative and send it to us, we'll publish what others wouldn't dare

London Marathon 2007 (my 2nd marathon in 20 yrs!)

By Brent Cubis

As you all love to run, I thought you might like a story about the amazing "high" you get from doing the London Marathon. I could not recommend the race highly enough. Once in your life; experience 500,000 plus spectators cheering 36,000 runners from start to finish. What adds to the "party" atmosphere is the variety of fancy dress runners. I've never seen so many *Scooby Doo's*, *Supermans*, *Spidermen* & stuffed animals in my life.

As most of the runners have their names on their singlets, you'll receive cheers of encouragement from strangers you've never met or will see again. Every pub along the way has a band or music of some kind, with a few Elvis impersonators as well. As you come down the last few miles with Westminster and Big Ben in front of you, and turn into the Mall approaching Buckingham Palace, the rows of people (ten deep) on either side are yelling & screaming. An experience you'll never forget!

I did the Sydney marathon in 1986, at 23 yrs of age. It went from North Sydney out to Mascot and finished at the Sydney Athletics field near Moore park, I didn't particularly enjoy the race after hitting

particularly as I saw parts of Sydney I had not run around for many years and, sometimes, for the first time.

Running through our Sydney summer, in the heat and humidity (& a few hills), was excellent preparation for one of the hottest London marathons in the 27 year history of the event. That's if you call 22 degrees HOT (perhaps that's why their cricketers suffered so much last summer)! The poor old poms suffered in the heat, which I found was not an issue as the humidity was still quite low, and with no hills to worry about, I was able to take in the sights of London along the way without experiencing too much pain and managed to finish in 3 hr 42m.

The organisation of the event was first class, from the registration process (via the charity) to the expo. The race day itself included free use of the underground transport system, water & energy drink stations, finish & meeting places. I also found that raising money for the charity provided an extra incentive to train, as did not letting the sick kids down you were raising funds for. Plus, it was a different "sell" compared to local events which got sponsors attention. If you were not running for a charity you would feel out of place really, as nearly

the wall at 35km. A result of not enough slow long runs and (also) a fairly boring course. At least I had ticked it off my list, and would feel satisfied running half marathons and City to Surfs and other fun runs in the future.

It was when my wife said she had to go to London for work last October and suggested, "Why don't we do the trip and you can combine the London marathon", she got my interest up. I had read much about the London race over the years and felt I could motivate myself to do an overseas marathon. After registering via a charity spot and securing a place (all very easy to do), I now had to figure out how to avoid my experiences of 20 years ago and make sure I found a running group who ran "long" distances. Luckily enough, Striders STARS provided the perfect solution.

Having this group to run with ensured getting that 3 hr long slow run under the belt each week. Also, a group of dedicated runners who would push you along when you needed it & provide advice as well. The variety offered by running different courses around Sydney was also an added benefit, every runner had some charity singlet on. Last year they raised over GBP 40 million (that's \$A 100 million!!). So, you can see the community support it gets in the UK.

So, thank you STaRS for providing such an excellent base for the London event and I look forward to joining you again hopefully in the future when taking on more marathons overseas.

The biggest ever

The 2007 Flora London Marathon was the biggest ever in the 27-year history of the event.

A record 36,396 people started the marathon in Blackheath this morning, the biggest ever field since the London Marathon began in 1981. By 6.45pm 35,674 runners had crossed the finish in the Mall, a London Marathon record by more than 400 people.

As many as 125,000 people originally applied to run in this year's race, the second highest number of applicants ever, and 49,963 applications were accepted. Nearly 37,000 people had registered by 5.00pm on Saturday. Lel crossed the line in 2:07:41, just three seconds ahead of Morocco's Abderrahim Goumri who finished second, and six in front of the defending champion, Felix Limo of Kenya, who was third, while two other athletes were also inside 2:08.

Snow Capped Peaks and Forest Trails

Tony Fatorini and Amanda Underwood

"The diversity of the phenomena of nature is so great, and the treasures hidden in the heavens so rich, precisely in order that the human mind shall never be lacking in fresh nourishment"

Johannes Kepler

The 60km Kepler Track in the Fiordland region of New Zealand's South Island was built to relieve pressure on two famous nearby walking tracks (the Milford and Routeburn tracks). It opened in February 1988 for New Zealand's National Park Centennial Celebrations, and has since become a popular 3 or 4 day walk, attracting around 8000 trampers each year. The track, and the mountain range it traverses, are named after the 17th century mathematician, physicist and astronomer Johannes Kepler who developed the early laws of planetary motion and laid the foundations for Newton's law of gravitation. Kepler received little recognition for his work whilst alive, but as a man who marvelled at nature, physics and the universe, it is fitting that he is remembered in an area of outstanding beauty.

"The Kepler Challenge"

The Kepler Challenge race was originally held as a one-off fundraiser by the Fiordland Athletic Club in 1988 as part of the National Park Centenary Celebrations. The track was not fully completed at the time and several kilometres above the Luxmore Hut were run on virgin tussock! Nevertheless the event attracted 149 competitors, and it was decided to make it an annual event. It has since become, arguably, the premier mountain running event in New Zealand, with a capped field of 400 runners and stiff competition for a place on the starting line. In 2006 the online entries filled within 30mins, and the authors had to wait for several months until places became available due to withdrawals.

The Course

The Kepler Track begins on the shores of Lake Te Anau and follows a 60km loop of forest trails, boardwalks and narrow mountain tracks. The first 5.6km follows a soft, flat trail along the shores of the lake to Brod Bay and the first aid station. At Brod Bay the track turns inland from the lake and starts to climb the lower slopes of Mount Luxmore. It is an 8.2km climb with 800m rise to the next aid station at the Luxmore Hut, beyond which is the highest point of the course (1400m). The track is narrow, exposed and at times quite precarious; however the views to the lake and forest in the valley below are spectacular!

On the other side of Mt. Luxmore the track drops into the Forest Burn Saddle, and another aid station at an Alpine shelter. More dramatic ridge running brings competitors to the Hanging Valley Alpine shelter, and the last aid station before the steep descent off the mountain tops. The drop starts with a series of steep wooden steps covered in chicken wire, which give way to a never-ending series of tight switchbacks as the track heads below the tree line. Gradually the rocky trail turns into a damp forest track, and at the bottom of the descent is the Iris Burn Hut and the 5th aid station.

From here to the finish line it is 32km of relatively flat running on leafy forest trail and the occasional boardwalk. This would be heaven on fresh legs, but for most it is tough going. Five more drink stops are dotted along this section to help the weary runners home.

Tony regrets forgetting his sled



Tony's Race

The bombshell arrived one Friday afternoon in early November: due to withdrawals from the event I now

had a place on the start-line of the Kepler Challenge – just four weeks away! I was so far down the waitlist I'd pretty much given up, so quickly making plans for a 4 hour training run in the mountains that weekend I sent off the entry fee and started panicking about flights, accommodation & compulsory gear. I was in reasonable shape from a couple of long trail races (Mt. Wilson to Bilpin and The Fitzroy Falls Marathon) so hoped that I could finish the race, my longest yet, without too much difficulty.

Arriving at Te Anau, the first thing that was obvious was snow covering the peaks surrounding the beautiful lake. It really is a stunning place, but it was also obvious that we'd have some interesting conditions on the mountain tops. This was confirmed at the pre-race briefing, a very jovial affair which covered race rules, weather, track conditions and medical advice with humorous asides about our mental capacity and the pain and suffering we were about to endure. Once we had signed in and had our gear checked, we headed off to our very comfortable lake-side cabin and a pre-race dinner of pizza, garlic bread & wine. Te Anau is not exactly a gourmand's paradise, but there are a couple of nice cafes and a decent bakehouse.

Race day started very early, very dark and very very cold. We drove to the start line in our thermals, beanies & ski jackets, and headed down to the water's edge with several hundred others. The atmosphere was friendly but nervous with a few surreal touches like the 4 running Santas and an old chap shooting oranges into the lake with a DIY mortar! Almost as bizarre were all these runners before sunlight in sub-zero temperatures absolutely plastered in sun cream! It seemed like a very strange dream and I was sure I would soon wake up in a warm bed in Sydney.

As we lined up I worked my way to somewhere near the front at the 6 hour marker. There was plenty of space and no pushing and shoving: self-seeding the way it ought to work. Very soon we were wished good luck and sent on our way by the starter. I settled into a spot somewhere around 20th at a comfortable easy pace. The track was nice and soft, and within a few minutes I was nicely warmed up and took off my gloves. Clothing management is an interesting challenge in this event as the temperatures range from ball-freezing cold to stinking hot & sunny. It's also very important not to lose any gear because it is checked once on the course and again at the finish. If anything is missing your race is over.



Once warmed up I started to pick up the pace. By this stage we were heading inland and onto the lower slopes of Mount Luxmore. I tend to find I can pass people on hills, and was very pleased to pass quite a few with relative ease over the next few kilometres. Approaching the tree line I caught Martin Lukes. I didn't know it at the time, but Martin had come second in this race three times (2007 was to be his fourth 2nd place!). We had a quick chat but I was probably running too hard as I pulled ahead of him a little and arrived at the Luxmore Hut in 3rd place. A quick drink, gear check and I resumed my climb. After this point the track became treacherous due to snow that had softened and then re-frozen with walkers' foot holes in it. I picked my way up the hill as best I could, just making sure I didn't fall.

Coming around the side of Mount Luxmore we were hit by a freezing cold wind, but I had someone on my tail so I couldn't stop to fish out my beanie. Being fairly challenged in terms of natural head insulation my head froze quickly and I was keen to get out of the wind. We descended into a saddle and onto an amazing narrow ridge with 900 metres drop to the lake on one side and the forest on the other. I've never been anywhere so stunning during a race. It was tempting to slow down a bit just to enjoy the view, but mostly my eyes were pinned to the next few metres of snowy, muddy, icy trail.

The next two aid stations were based at tiny Alpine shelters (basically small corrugated steel sheds) in very exposed locations. The poor volunteers looked freezing by the time we reached them and they still had several hours to go. It is amazing that people are so generous with their time and efforts. At the second shelter I filled my handheld bottle with Leppin to try to get some fuel and water on board on the way down to the valley below.

The descent was a mixture of stairs and tight zig-zags, both of them sapping the energy in my quads and giving me knee pain by the time we reached the valley floor. As we dropped under the cover of trees

the ground became damp and we were surrounded by interesting birdsong and lush green foliage. This is one of the few areas where kiwis still exist in the wild, but being naturally very shy they are rarely spotted. Not far from the bottom of the descent the track arrives at The Iris Burn Hut. This marks the end of the ups and downs, and the start of a long flat slog back to the start.

On approach to the Iris Burn Hut I was caught by Lukes who barely stopped, making his move as I dithered and filled my bottle. I chased after him, but a couple of minutes later he put in a surge which I couldn't match and disappeared into the distance. This marked the start of my troubles. I was exhausted, sore, and alone in fourth place. I became convinced that any moment I would be caught by faster runners from behind and rapidly lose ground. I started to slow and spent a lot of time trying to work out how far I had left to go. Of course when I discovered it was actually further than I first thought it came as a devastating blow. Little setbacks make a big difference when you're exhausted.

The next thing that happened came as something of a surprise: I saw someone running slowly up ahead and starting to gain on him. I pulled up alongside but he made no attempt to stay ahead. Then I saw his legs – all scratched and bloody. It was Aussie expat John Winsbury, who had been the first runner to reach the Luxmore Hut (King of the Mountain) but had taken a slide on the snow and badly strained his groin. We exchanged a few words, he charitably wished me a good run and I pushed on ahead. Now back in 3rd place my spirits lifted a little, but I think my speed stayed very much the same.

The trail seemed to go on forever. It was beautiful, ranging from boardwalks over wetlands to muddy river bank and strange moss covered forest floor. All very "Lord of the Rings", but I was running on empty and hadn't shaken the negative thoughts. I was waiting to be passed. But it didn't happen. Gradually I made more progress, concentrating on the next kilometre or so, and certainly not thinking any further than the next aid station. This worked well, and still nobody appeared to challenge me. After what seemed like an eternity I pulled into the penultimate drink stop with 5km to go and all of a sudden everything changed. With just 5km between me and the finish line I knew I could make it hard for anyone to catch me, and I realised how pissed off I'd be to lose that place now.

I left the aid station with a new determination and started a charge for the finish. Amazingly, when I picked up the pace I started to feel good. Despite

being shattered and sore I could still run hard, and it felt good to run hard! Those last 5km went really fast. I was powering along, and soon I could hear the announcer at the finish. I dumped the contents of my bottle to save weight and put everything I had left into a final dash for the finish. It was the best feeling in the world to see the finish line ahead, hear the announcer and cross that line!

The atmosphere at the finish was fantastic, and the race organisers had generously included a local beer in the post-race goodie bag! I felt much better after that and a triple-shot coffee, a banana and some lollies. It was a great place to sit, relax and watch smiling people finish their race. The biggest smile seemed to be on the face of Amanda who looked as happy as I have ever seen her as she cruised across the finish line in her unmistakeable style.

Amanda's Race

Entering my first "real" ultra (apparently Six Foot track is only a beginner's ultra) seemed like a great idea in July, with 5 months to train for the 60km Kepler Challenge in December 2006. So it was with more excitement than real consideration that I agreed that Tony should get up at 4.30am to submit entries for us both. Unfortunately, it soon emerged that the race entries were filled within 30 minutes, so that we were placed right at the end of a very long waiting list.

Training plans and intentions were therefore set aside until November, when we both received an email from the race organiser advising us that our entries had been accepted. Panic now slightly outweighed excitement. Four weeks didn't seem like a very long time to shake my current lethargy, let alone train for a 60km mountain race. Still, sometimes you just have to take the opportunities that you are given in case you never get the chance again.

Four weeks later we arrived in Te Anau. My preparation consisted of one 4 hour run and a fairly solid taper. Te Anau was distractingly beautiful, and the pre-race briefing on the night before the race was reassuringly relaxed and friendly, as well as displaying the kind of unique fashion choices that I have come to associate with ultra running. High-waisted jeans and running shoes as formal wear, anyone?

The next morning we arrived at the race start at the Control Gates of Lake Te Anau and I looked anxiously through the freezing fog at what seemed to

be quite a large hill. I was well-entrenched in my usual pre-race routine of telling myself how crap I was and how badly I had prepared when Tony gave me a mental slap, saying "*this is what we do*". The reminder that I was here to do something that I loved, and that I had made the choice to be there, put things back in perspective.

The starter gun went off soon afterwards and I deliberately tried to keep to a very relaxed pace. The first 6km is an easy, fairly flat path beside the lake, and the soft ground and shaded, mossy path was very pleasant. The path then started to become a steep uphill trek, at which point I started walking, my always-dodgy calves regularly protesting. The trees and bushes started to thin and were replaced with patches of snow. At this point I was very happy to be wearing my thermal gloves and beanie.



Amander shows her style

Upon reaching the top, the path became a narrow, winding single track which was completely exposed to the wind. We ran (or walked) along frozen ground and boardwalks and, on the approach to Luxmore Hut, were told that it was minus 5 degrees on the top of the mountain. It certainly felt pretty cold, so I put on another thermal top. Luxmore Hut involved a compulsory gear check and a handful of jelly beans.

My journey, which had not been fast to begin with, slowed further at this point as we were now traveling along a narrow snow covered path, in which "tramper's" earlier footsteps had been frozen. It made the path extremely slippery and was quite nerve-wracking. I slipped and fell several times, and was frustrated by the fact that people I had overtaken

earlier were managing to pass me on the steep downhills. I'm used to being passed on the uphill but being passed on the downhills really annoyed me. Finally, the snow cleared, so that the path was now muddy. I had another fall, just to test the difference between the mud and the snow. The mud was a softer landing, but undeniably messier.

At around the 22km mark, the path began to wind steeply downhill. I took a moment to look around me and saw the most incredible view – snow capped mountains on all sides, with stunning blue lakes below them. I thought about the Central Coast half marathon that was to be held the next day, and realised that it had taken me around 3 hours to travel the same distance. I felt very happy with my choice! I really couldn't think of a better way to spend my Saturday morning.

The downhill section involved a series of steep, tight switchbacks, which proved to be tough on my ITB and quads. At the bottom of the hill was the Iris Burn hut, which marked the unofficial half way point: I grabbed a piece of fruit cake and realised that I felt great. I told a few people around me how good I felt, and they replied through gritted teeth that they were very happy for me. I took off, happy in the knowledge that I only had a STaR to go.

And what a STaR it was. Gently undulating, perfect packed dirt surface, lake views, people to pass, bird sounds, more sugary treats at aid stations. I felt like I could have gone on forever. This feeling didn't last, of course, but it still stuck with me for most of the remainder of the race.

The last 17km or so felt hillier, and the temptation to walk became stronger, but the beautiful scenery was a constant distraction. A further distraction was created when, at the aid station 10kms from the finish, my garmin had emotional issues, and started recording 3min/kms, and some as fast as 60 seconds. Obviously my training with Sean Williams at SWEAT was paying off.

I passed through the second last aid station (5kms out) and was told that I was the 16th female. I was quite pleased with this, as 16 is my favourite number, and 16 out of 100 or so women was much better than last. This perked me up for a few kilometres, until I got "end of race fatigue", which always causes me to slow down when the finish line is near. True to form, as soon as I could hear the announcer at the finish line, I had a bit of a walk, possibly to save some energy for walking to the shops after the race. I finally managed to pull myself

together with about 800m to go and ran to the finish line with a massive smile on my face and an intention to do this race many more times.

End result was 7.57.26, which was slower than the 7.20 I was secretly hoping for. Still, having set myself a secondary goal of not coming last, I was quite pleased to find I was 15th female, and 120th overall. And it's something to work on next time.

For anyone who has considered doing this race – do it. I can't recommend it highly enough for course, scenery, organization and atmosphere. Just make sure you get your entry in as soon as they open!

Race Details

The Kepler Challenge
Distance: 61km approx.

Date: Early December (2007 online entries open 28th July and are expected to fill up in less than an hour!)
www.keplerchallenge.co.nz

Travel & Accommodation

There are direct flights to Queenstown, from which it is a 1 hour drive to Te Anau. These flights may be expensive. We found it cheaper to fly to Dunedin with Freedom Air, from which it is a scenic 3.5 hour drive to Te Anau.

Te Anau has plenty of accommodation to suit all budgets, and the race organises discounted rates with several local businesses.

World Long Course Triathlon Championships 2006

Living a Dream

Mark Fiore

Remember when you were a kid, dreaming of representing your country? Depending on the season and what sport was on TV, sometimes it was at football, sometimes cricket, sometimes tennis and when Rob De Castella came along, it was at long distance running. As you get older, reality sinks in.

In the world of Triathlons there are two major organisations that dominate the sport. The first of these is **The World Triathlon Corporation** (WTC) who has the rights to Ironman Triathlon (3.8 km, 180km, 42km). Over the years they have built a major business around the Hawaii Ironman Triathlon. A number of Ironman races around the world enable qualification for Hawaii, in 5 year age groups. They call Hawaii the 'World' Ironman Championships, though in reality it is an elite race with qualification based on an individual race and you are not really representing your country. Recently WTC started another series: the Half Ironman (they call it **70.3** as it is based on miles) with the World Championships being held in Florida.

The second organisation is the International Triathlon Union (ITU). This is the worldwide affiliation of national triathlon federations. It plays a similar role to organisations such as FINA

(swimming), FIFA (football) and ITF (athletics). It creates rules for the sport and organises different events around the world and, since Sydney 2000, gained entry for the sport into the Olympics. The ITU has World Championships for Triathlon and Duathlon annually which are held in the various member countries. Again, they are open to professionals plus age groups. For Triathlon they have two World Championships, the Olympic distance (1.5 km, 40 km, 0km) and Long Distance (4km, 130 km, 30 km).

For the first time, the ITU decided to have the World Long Distance Championships in the southern hemisphere and chose Canberra for the November 2006 event. To get to the World Championships you have to gain access through your national federation. Each country has its own selection process and obviously, when the World Championships are in your own country, there is more competition for the places on the team. For the 'Worlds', in Canberra, there were 18 places for each age group and the selection process included a number of races around the country.

The opportunity to represent my country at a World Championships was very alluring. Unfortunately due to my brother-in-law's 50th birthday celebration, I



was unable to compete in the main qualification race and thus, thought my chance of being selected was low. I still submitted an entry based on my recent record in other long distance races. When the team was initially announced I missed out, but was named as a reserve.

Fortunately for me, one of the selected athletes in my age group and fellow Strider, Steve Hume decided not to race, opening up a spot for me. I was ecstatic and a little nervous. Being the last one selected for the team, I hoped that I would not let anyone down.

In the months prior to November I dedicated myself to getting in the best possible shape I could. I trained very hard, spending a lot of time with fellow competitor and Strider legend, Charles Coville. I decided to get my diet in order and went to a nutritionist. I always thought I ate a healthy diet, but soon found out I was kidding myself. After completely revamping my diet I dropped 2-3 kgs in a couple of weeks and felt very lean.

I competed in a number of lead up Triathlons and performed very well, doing PBs in each and at the Port Macquarie Half Ironman, qualified for next year's World Half Ironman champion-ships in

Florida. I was starting to feel more confident about my position in the team.

The World Championships were two weeks away and, at 44 years of age, I was in the best shape of my life. I was going to represent my country and I was going to give it my best shot. The basic goal was to justify my selection in the team and not be the last Australian in my age group. When the team uniform arrived, like a kid at Christmas, I ripped open the package and tried it all on. I realised the dream was coming true. I was really going to represent my country!

There was a cold snap leading into the race. Three days beforehand, the morning temperature in Canberra was 1 degree Celsius. The water temperature of Lake Burley Griffin was not much more. I travelled down to Canberra on the Wednesday night. We had an Australian team breakfast at the War Memorial on Thursday and a private tour. It was quite moving to hear about the real heroes of our nation.

Other activities we enjoyed in the days before the race included a tour of the AIS, an athlete's parade through the centre of Canberra, a pasta party and meeting the overseas competitors. It was a great feeling to be part of an Australian team. There were masseurs, physios, doctors and bike mechanics to look after us. I had suffered from plantar fasciitis in my right foot for the previous 3 months and the physio and doctor were a great help to me in getting to the starting line in reasonable shape. They had an attitude that all the Australian athletes deserved proper attention, no matter who they were.

Over 600 athletes had entered the race with 65 in my age group (40-44). Fortunately for us, the temperatures started to rise whilst we were in Canberra. Unfortunately for the overseas competitors they were rising quite fast and the forecast was now for plus 30 degrees.

Race morning came and I put on that Australian uniform. It felt good. I made my way to the race start and I could feel the buzz in the air. It was cool, but clear. There was a good crowd at the start and transition area. A lot of friends from my triathlon club and Striders had come to provide support. At race start the National Anthem played and it had an extra feel about it. Very soon we were in the water. It was cool but bearable. The swim was fairly calm and uneventful. There was plenty of space and I was soon in a nice rhythm. Whilst not a great swimmer, I am competent and felt I was going OK. Four kilometres is a long way, but I was soon on the 2nd

lap and heading for Transition. I left the water in around 68 minutes and was very happy with my position. I was soon on the bike.

The cycle course was four laps of a 32km loop. It was flat around the lake, but then went into a very hilly section that had a fast descent into Coppin's Crossing and a long hard hill out. I felt I was riding well for the first lap. On the 2nd lap I was lapped by the leading professional men. Those guys really fly on the bike. I still felt good and thought I was well positioned. I had passed a few guys that I recognised from my age group.

By the 3rd lap the wind was starting to pick up and it was getting hotter. My only criticism of the race was that there was only one aid station on the bike course. I was running out of drinks by the time I reached that aid station. Spectators were awesome, cheering and encouraging everyone and the 'Go Aussie' shout would give me a boost to keep pushing hard. The 4th lap was more windy still, it was hot and it was getting very hard. Again I ran out of water with about 5kms to go on the lap and was feeling fatigued when I headed into transition to start the run after spending just over 4 hours on the bike.

From the start of the run, I could certainly feel the temperature and also knew I was pretty dehydrated. I felt cramps through my legs and knew I needed to get into the drinks at the first few aid stations. After 5-6 kms I started to feel better and got into a nice rhythm. I was doing a bit better than 5 min kms, but I knew that this would be hard to keep up. Again, the crowd along the shores of Lake Burley Griffin were great. The cheering as we passed the start/finish area was awesome. My support crew were fantastic and the 'Go Aussie' chants were really pushing me along and they especially felt good as I passed another Yank or Pom. The run course was 3 laps of 10kms, which was mainly flat, but there were a couple of nasty little climbs. By the second lap a lot of athletes were suffering in the heat, for it was now well into the 30's. I kept up my 5 minute km rhythm, though by the end of the 2nd lap I was starting to fall off the pace a little as my foot started to ache. By the third lap, even though I was slowing, I knew I was doing pretty well. I had gauged that I had moved up a few places and I could see many overseas athletes were really struggling and a lot were now walking during different parts of the course. The cramps in my legs were coming back, the foot was very sore and I was struggling to hold my pace. As I hit the hills on the far end of the course for the last time, I kept telling myself to push hard. I was representing my country and there was no way I was going to walk. Some

spectators gave me a 'Go Aussie' shout and I gritted my teeth. I thought about the dream I had as a kid, representing my country. Here I was living that dream and there was no way I was going to stop or walk. That is not how the dream went.

I pushed on to the finish and the last 2 kms felt great in a weird sort of way. I was in pain, but I was happy. The pain was worth it. It is supposed to be this way. I finished the 30kms in 2 hours 37 minutes, for an overall time of 7 hours and 46 minutes. At the end of the race the Aussie team again did a great job in looking after me. I had a great massage and again visited the physio to look at my foot and to help with my cramps.

When the race results came through later in the day the smile on my face broadened. I was the 7th fastest Australian in my age group and came 15th in a World Championships. I had lived my dream.

Striders results

Darren Benson

30-34: 17th

Total time: 7h 23m

30k time: 2h 43m

Stephen Firth

45-49: 7th

Total time: 7h 27m

30k time: 2h 34m

Mark Fiore

40-44: 15th

Total time: 7h 46m

30k time: 2h 37m

Charles Coville

55-59: 7th

Total time: 8h 33m

30k time: 2h 41m

Broken Wing Club

Jenny McKenna, who raced and trained with Striders last year was involved in a very serious cycling accident during the Canberra Cycling tour in early May. We wish her the best.

I also have to report myself, here, for an accident involving an angle grinder and a foot. Tendon, muscle, bone and veins were cut, so don't expect too much from me for a while. I work hard to humour you.

Ed

Personal Profile – Sue Hill

Interviewed by Andrew Smith



Sue joined the Striders in mid 1980 and is our longest-serving female member. Sue was Director of Physiotherapy at Westmead Hospital and now, semi retired, does a little part-time work as a physiotherapist. Between 1978 and 1986 Sue ran 36 marathons, 10 of them under 3 hours.

How did you get started in running?

To get fit for cross-country ski racing. Prior to the ski racing I must have been reasonably fit as I used to do various ski trips on the Main Range in the days of cable bindings and (ski) skins from the University Ski Lodge at Guthega. I was also doing a lot of orienteering and bushwalking at the time. In my mid-30s I joined friends in a City-to-Surf team and did better than expected. I then tried a few fun runs and in 1977 started running all year round. The running gradually took over from skiing as it was an easier sport to pursue as work got busier and driving to the snow each weekend became arduous. My best running was before the Striders – my first marathon, in 1978, was in a time of 3h 15m 32s, and in 1979 I got more serious and started doing some good times.

Any family influence?

No, although my father ran for Glasgow University and Scotland in cross-country and middle distance races. He was never any good at short distances.

How did you come across the Striders?

I found an information leaflet from Charles Coville on

my car windscreen after a race (in July 1980) and went

to one of the first Striders runs from Charles' unit in Artarmon. I had been finding it hard to find people to train with as I got more serious about running. Up until then, I'd been training with my skiing friends.

I invited a X-C skiing friend and her partner to my second Striders run on a course through St.Ives, Terrey Hills and Akuna Bay. Maps and run directions were a bit vague on those early runs - they got lost and vowed never to run with that confused group again. Apart from a good sense of direction, I knew the area so was fine. But we did lose a few potentially good members at a time when we needed them.

Were there many other women running and were you first female on a regular basis?

In the early days, even running around the streets training, I got a few comments. However, there was a core group of women at the Harbord Diggers running good times. In 1979 I was first at Harbord Diggers and 2nd in the Avon Marathon (a "women only" marathon for women from all around Australia – the selection event for Germany) In 1980 I was first at Canberra and at Harbord and think I placed at Hamilton, NZ.

Your Avon Marathon 2nd place got you one of three Australian places at the Avon World Championships near Dusseldorf in Sept. 1979....

It was a big field with women selected from all over the world – but no Ethiopian or Kenyan women then (and this was in the days before Commonwealth Games and Olympic marathons for women) It was September and quite cold. With a 2pm marathon start, it got colder as the race progressed. I'd never before (or since) experienced finishing a marathon frozen. This was my fastest marathon, so would have to be my favourite. Being an international event I was a good bit lower down the pecking order than any other races I'd done. However, I was thrilled with my time, was second Australian in 19th place overall in 2:52:01, and the Australian team placed 3rd (beaten by the UK and USA teams).

And then an invitation to Tokyo...

This was the first women's marathon in Tokyo, again cold, as it was November. It was a Sunday and as all the traffic along the route was stopped for the race,

there were strict cutoff times for every 5k so the streets could be re-opened ASAP. Thus only about half the field managed to make it to the race finish in the Tokyo Olympic Stadium. I ran 2:53:35 to finish 15th. I still keep in touch with an English runner, Gillian Adams, now living in the USA and who was still running 2:30/2:40s marathons in her 50s.

These were exciting but demanding years but also slightly disruptive as at this time I'd also been appointed to set up and manage a new teaching hospital Physiotherapy department at Westmead Hospital – everything was happening at once.

Was there prize money?

No, but all my overseas marathons were funded from various sources. I do remember one Sutherland-to-Surf race where the winning men's team won running shoes while our winning women's team were awarded Pavlova plates! We used them as frisbees - I think the message got across!

Your PB is given as 2:52:01, wasn't there a faster time?

I did a 2h 48m in the 1981 Sydney Marathon and was 1st female, but the course was short – we don't know by how much. I certainly knew as I crossed the line that the course must have been a bit short (given my time) and said so. There were many angry people at not getting the full marathon distance but as I was running several marathons a year I just found it laughable. It might have been a PB if a full course – but who knows?

What sort of mileage/training were you doing to run 2:52?

It depended how busy I was at work – between 85 and 100k. I ran a lot of fun runs to get my speed up but found any other speed training too boring to bother.

Your last marathon was in 1986....

I gradually eased back and my run in the London Marathon '86 was an abysmal one. I must have run 5k before the start just trying to find my correct starting area. I did 3h 32m 58s which was a disappointment, and enough to make me decide "no more marathons". I have done many other long runs since then, mostly bush, Brindabella two or three times, Brisbane Waters Bush Bash a few times, Mt Wilson to Bilpin, and Six Foot Track three times. I was joint first woman in Six Foot in 1987 in 5:11:20, which included a delay for a TV interview at the Pluviometer. I ran with a friend

with the agreement that we would finish together – so it was an equal first. We walked across the line to ensure we got the same time.

You ran in the Sydney-Wollongong?

No, the race was then the NSW 50-mile (80k's) Road Championship from Sydney to Sutherland/Audley and back, with a few laps of Centennial Park at each end. I intended to just run a marathon distance and a friend would pick me up. He slept in and as I was running in good company and was the leading woman, I kept going and finished in 7h 19m 51s. I wasn't popular with 2 or 3 other women who thought I wasn't going to run the whole thing.

You were on the committee..

Two stints, one in the early days and more recently as New Members Organizer in 01-02. I also hosted Willoughby, the Pymble Pushover, the Harbourside Hike, and devised my own STaR – the Church Point Challenge.

You also run with Gojog (as do a number of Striders)...

They run predominantly bush in a very relaxed, non-competitive, social environment.

You still attend STaRs regularly...

Yes – no-one sees me because I'm well behind, and am usually gone before most get back. I run with a few other Striders who like to run at a slow pace for 12-18km

Would you say Striders have always had problems with pace of groups and members running on their own?

Yes, always and it won't change. Pace of groups wasn't a problem for me when I ran faster, but I do think I tried to keep the group together, and when faster, I ran with a faster group. Running with others is all about socialising and meeting and talking to people so it's important to stay as a group. My suggestion to Striders being left behind is to be more assertive (vocally!), and if all else fails, use my tactic of shouting "wrong way" – this stops people in their tracks – and given most Striders' poor sense of direction I then change the course slightly to regroup. From the early days of Striders I've made some very good friends with whom I share interests outside running. I've been walking in the Himalayas and on bushwalks in Victoria and N.T. with Striders including Tina Campbell, John Ayliffe, Graham Butler, Robin

Russell, and Roger Rigby (Roger has also helped me enormously in the printing my mother's memoirs). I run and have breakfast once a week with some 'old' Striders.

1978

NSW Marathon Champs	3-15-32
Harbord Diggers Marathon	3-14-57
Canberra Marathon	2-59-28

1979

Harbord Diggers Marathon	2-59-54
Avon Marathon, Sydney	2-56-58
Avon World Champs, Dusseldorf	2-52-01 (19th)
Tokyo International Women's Marathon	2-53-35 (15th)

1980

Harbord Diggers (Colonel's)	2-59-44
Canberra Marathon	2-55-17
Gold Coast Marathon	3-00-22
Avon Marathon, Sydney	2-55-19
Lake Gillawarna Marathon	3-16-50
Hamilton Marathon, NZ	3-02-21

1981

Avon Marathon Sydney	2-59-46
Cities Marathon	3-00-07
Lake Gillawarna Marathon	3-07-26
Big M Marathon, Melbourne	3-04-10

1982

Cities Marathon	3-04-29
NSW Marathon Champs	3-00-08
Sydney Marathon	3-03-44
Campbelltown Marathon	3-05-14
Avon Marathon, Sydney	3-05-28

1983

Gold Coast Marathon	3-09-15
Big M Marathon, Melbourne	3-11-05
Cities Marathon	3-10-39
Harbord Diggers Marathon	3-10-06
Sydney Marathon	3-23-22

1984

Canberra Marathon	3-05-19
Fletcher Marathon, Rotorua, NZ	3-01-31
Wang Marathon, Sydney	2-59-16
WA Marathon	3-08-45
Fiji Marathon, Suva	3-03-18

1985

Wang Marathon, Sydney	3-11-11
Anzac Marathon, Sydney	3-15-48
Fiji Marathon, Suva	3-25-34

1986

London Marathon	3-32-58
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Sydney Striders MTG (Marathon Training Group)

Jim Moody (MTG Coordinator Retired)

A now retired leader of the MTG, I have had the very great pleasure of being involved with the group for quite a while. Having passed the reins on, I thought I would put pen to paper about some of the experiences and the people who have graced the group with their company and advertise for anybody contemplating their first 42.195 k's.

One of the first things I can say, without a doubt, is that it is a fantastic innovation. The MTG was originally started by Kevin O'Kane over ten years ago and if you look around the club now there are still a large number of current members who were part of it at some stage, myself included.

When I took over the leadership of the MTG one of the earlier coordinators and leader for my first Marathon, Michael Bailey, offered me some very good advice, "don't try and do what others have done, do it in your own way". This has proven an excellent philosophy, it brings alternative ideas, adds what has gone before and increases the general knowledge base that those future Marathoners need on their first real adventure into long distance running.

Each of the MTG leaders has given the group their particular stamp, some of which have carried forward to following groups, for instance the reputation for the MTG getting helplessly lost or running the wrong way and meeting various groups coming from opposite directions was definitely not of my doing, it dates back into the mists of time and the original perpetrator(s) shall remain nameless. I would guess though, that there are a number of runners from my MTG's who might disagree, maybe!! In the future I fully expect that this phenomena will continue, the main reason being that the quicker runners in any MTG are usually out in front and for some strange reason don't believe in carrying maps, usually relying on their fearless leader for directions (in my case the map is something I carry to give to other people so they can tell me how lost I really am).

The MTG is not about training elite runners; rather it is specifically targeted at those of us who are somewhat less athletically gifted. The other side of

that statement is that there have been a number of members who are now representing the club on our Athletics NSW team who ran with the MTG and have since gone on to great feats of athletic prowess. The entry level for the MTG is the ability to run 10 k's in less than 60 minutes. To many of you this may seem comparatively easy however it is also the entry level for runners who wish to join the club. The aim of the MTG is to turn these 60 minute runners into Marathon runners with a target time of between 4 and 4 ½ hours. The training for this is based on a 24 week program that begins with around 25 km's a week and builds to 80 plus at it's peak. The gradual buildup, on a week by week basis, allows the members to adjust their personal time to suit what will become, over the 24 weeks, a demanding training schedule and get them to the finish feeling as close to human as possible. That was the basis I used and I am sure that future leaders will have their own theories and with any luck they may discover the easy way to run a Marathon based on 20 km's a week, without all the hard work. We live in hope.

Success stories are not always about beating 3 hours, although I am sure we would love to be in that zone; it's about finishing, whatever time it takes. During my time there have been first time members of the MTG who have run 3:20's or better. There have also been some great successes for those who have run 5 plus hours. The well deserved feeling of accomplishment when you cross the finish line of your first Marathon is something that you'll never forget, no matter what your time was. One of the notable things about our club is that at no time would anyone make a comment that would diminish someone's achievement, no matter what time they took to finish. The support from fellow club members is always freely and enthusiastically given!

In a club full of over-achievers we have more than our fair share of characters; the MTG being no different and actually a microcosm of the club in general. One of the interesting characters who ran with us was Louis St Laurent. Louis was on the Canadian Olympic team as a 100 metre swimmer (unfortunately Louis never had the opportunity to swim in the Olympics as he was selected in the year that the games were boycotted by a number of countries) and at 180mm plus in height and 100 kg's he was not actually the ideal lithe form that you come to expect of long distance runners. He joined in with the training and became one of the more quirky members and on many runs had us in stitches

with his antics. His eventual time for the Canberra Marathon was outside the 4 hr mark however as far as he was concerned this was a formidable feat and from my point of view to see him finish was the sort of result that made it all worthwhile

During the course of any MTG there are incidents that help the run pass more quickly. An event that springs to mind concerns one of our number had been reading about carbo loading and had decided that this was definitely the way to go. On the Saturday preceding a 30 k STaR he consumed copious volumes of Gatorade thinking it would be the ideal method of accomplishing this. The result was one of the longest 30 k runs we ever managed to do. We didn't actually get lost but had to make our way home via a series of loo's most of which weren't marked on any map.

The commitment to complete your first Marathon is quite daunting. The training required can appear overwhelming for a first timer. Your average 60 minute, 10 k runner probably runs two or three times a week maxing out at about 30 km's weekly. If you told them that they would be training 5 times a week and, in that time, cover eighty to one hundred km's they would be off and away so quickly you wouldn't see them for the dust (like any sensible person). Over a period of time, we have developed a kind of bluff, we tell them that if it becomes too difficult they can always back off with nothing lost and if they do they will have benefited from the time and effort of running with the group. By the time they have been at it for about 8 weeks, they have become immersed in the club culture and there is never a question about pulling out. We are more likely to be asked when the next Marathon is even before they have finished their first.

As a final comment, I would like to thank all those who put their trust in us and have been part of the MTG. You have made it fantastically enjoyable! A special thank you to the STaR Hosts who patiently await the return of the MTG on their 30 k Sunday runs. To those members of the club who have offered advice and assistance during my tenure, I give my thanks and to Kevin O'Kane; congratulations on your earlier foresight for such a great innovation and last, but not least, to Phil and the future MTG leaders, enjoy being involved in something special and being a part of the progress of each person as they develop.

The Mark Webber Challenge 2006

Report by Mark Langsworth, Strider and Team Captain, RBS

The Event

The 2006 Mark Webber Challenge comprised a 600km Adventure Race involving running/walking/hiking, mountain bike riding, kayaking and a couple of "mystery" disciplines throughout some of Tasmania's wildest wilderness areas. The event was all for the benefit of 2 major charities, the national charity TLC for Kids and the Tasmanian Children's Cancer Foundation.

Twelve teams of four entered the event and included some renowned Australian and International Athletes. The following Teams were entered, listed in order of final placings and times:

1. Pure Tasmania. 28hrs 18min

This was Mark Webber's Team and included Webber himself, James Cracknell (Dual British Olympic Rowing Gold Medalist), Guy Andrews (Australia's pre-eminent "Ironman") and Matt Dalziel (Australian White Water Rafting Champion and 3rd place-getter in the Eco Challenge, the Worlds toughest Adventure Race)



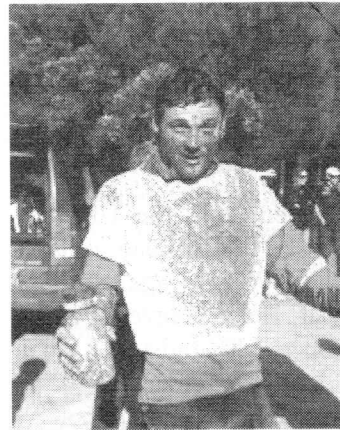
James Cracknell and Mark Webber "strategizing"

2. The AllStars Celebrity Team. 29hrs 9 min

A Team of elite athletes, led by Australia's leading middle distance runner, Craig Mottram and including Craig Walton (internationally renowned Olympic triathlete), Shane Kelly (World Champion Cyclist), Mike MacKay (Oarsome Foursome, dual Olympic Gold medalist), Brett Aitken (Olympic Gold medal cyclist), Matt Wells (Olympic Gold medal hockey), Syd Taberlay (Australian Mountain

Bike Champion), Alastair Lynch (AFL Star) and Hanny Alston (Australia's leading female orienteerer).

The AllStars Team were able to substitute team members as required, so that only 4 members competed in any one section.



The irrepressible "Buster" Mottram

3. Telstra Men: 29hrs 18min

Included three strong Ironman Tri-athletes, one of whom recently competed at the Hawaii World Championships. The 4th guy was a sub-3hr marathoner. The Telstra team was selected from thousands of Telstra employees around Australia. Fellow Strider, Richard Palmer was a late inclusion into this team.

4. The Royal Bank of Scotland ("Team RBS"). 33hrs 28min

Selected from a total talent pool of 55 employees in RBS Australia and basically involved Steve Williams, Managing Director, RBS Australia, asking people to put up their hand to do it. Only 4 hands went up: Nick Ellmore, Daniel Hanning, Mark Langsworth and Mat Simpson, and this intrepid four started and finished the journey together.

5. Cadbury (All Female Team). 33hrs 57min

Included former RPM host and Ironwoman, Grace McClure, Gillie Hilton and Gina Unwin both of whom have successfully completed the NZ Coast to Coast Adventure Race. Gillie has also kayaked across Bass Strait.

6. Fosters (Mixed Team) 34hrs 5 min

This team was also selected after vigorous selection trials around Australia for all Fosters employees. It included Charlene Machin, or "Storm" from the Gladiator series and also Australia's first World Karate Champion

7. MIA 36hrs 30min

Included Joe Young and John Saul who have completed the very rugged Cradle to Coast Adventure Race and the 3 Peaks Challenge in Tasmania

8. Hydro Tasmania (All Female Team) 37hrs 13min

These were 4 very experienced Tasmanian adventure racers

9. DWS 40hrs 56min

Included a couple of guys who had done the 10 day 2003 Mark Webber Challenge

10. Spinvox (All Female Team) 41hrs 6min

This was a team that traveled from the UK and included Dee Cafari who is the first woman to have solo circumnavigated the World against the prevailing winds and current, Helen Reeves, British Kayaking Olympic Bronze Medalist, Rachel Kadman, the Youngest British woman to have completed the 180km Libyan desert ultramarathon

11. Telstra Women (All Female Team) 41hrs 27min

All avid adventure racers, marathoners and triathletes.

12. SecureCorp 42hrs 15min

Included two Victorian policemen who recently successfully climbed Mount Everest (and recently featured on the ABC's Australian Story)

So all the teams (with the exception of ours, of course) had at least a couple of very well credentialed adventure race experts and were strong (if not elite, in some cases) athletes in their own right. However, as one of the main rules of this event was that all 4 team members were to remain no more than 100 meters apart at all times, this meant that you were only as strong (or as fast) as your weakest team member.

DAY 1.**Leg 1: Launceston Urban Challenge: 35km**

We started in cold rainy conditions in Launceston. The first leg of the Challenge was a 3k run through bushland to find our kayaks. Daniel twisted his ankle 10minutes into this first event. It immediately

swelled and was set to plague him for the next 6 days.

The run was followed by a 7km kayak, then another 7km run through Launceston Gorge, followed by a 3km push-scooter and finally a 15km Mountain Bike (MTB) back to the start. We were also required to find and mark off on our card, a number of check



RBS Team Members (Mark, Mat, Daniel and Nick) at the start

points (CP) en route. This meant you couldn't just go to each transition point via the fastest possible route, as each CP had to be marked-off, in the correct order.

To our surprise, we finished this first leg in about 3hrs 20min, in 3rd place (after the All Star Team missed the final CP and had to back-track to find it). All of a sudden the mindset for Team RBS had gone from one of just "competing and finishing" to actually "racing" the event.

Leg 2. Mountain Bike ride Bracknell to Liawane: 61km

This commenced at 3.00pm in the town of Bracknell and proceeded to immediately climb into the Tasmanian high country. This was a brute of a ride that ultimately took us 5 ½ hours and was basically uphill all the way, up some very serious climbs, some of which involved getting off the bike and walking. To put it in some perspective, Shane Kelly, Australian Olympic cycling medalist and World Champion, had to be towed, by his team mates up most of the Mountain Bike Cycling leg on Day 1. He was so shattered after that first day, he did not compete again for his Team until Day 4!

It didn't help matters that we took a wrong turn at one point which involved yet another large climb

upa mountain that actually could have been avoided. Fosters came with us up this wrong turn and rather than going back (as we did) they continued on, getting even more lost, eventually being chased out a remote farmer's property at gun-point!

We finished this leg in the dark and it was very cold and raining. I heard afterwards that Webber, on finishing, turned to the organizers and told them it was "too f**king long".

It became fairly obvious after that first day, that this 2006 event was a bit of a "guinea pig" for future Mark Webber Challenges, and to see just how far they could push the average (fit) corporate participant, which is ultimately the target group for this charity event. There were to be a number of on-the-run course changes over the next week, due to competitor injury and illness, as the organisers realized that the original format was going to be impossible to achieve for all but the elite athlete.

Fortunately, due to the lateness of the arrivals that day, (some Teams did not come in until after 10pm), the organizers had already set up our tents, so all we had to do was fill ourselves with food (mostly dehydrated meat and vegetables) and crawl into our sleeping bags at about 11pm.

DAY 2

Sore and tired from Day 1's adventures, we were awake at 5am the next day to very cold (below zero) temperatures, but at least the rain had stopped.

Leg 1 involved a walk/run/hike from Lake Ada to Walls of Jerusalem Car Park for 33 km. This is a very remote National Park, only accessible by foot and requiring solid map-reading and orienteering skills. Mat was our Team Leader for this endeavour. Along with three other Teams, after about 7km we became entangled in a river gully, with our only possible solution (aside from retracing our path) to go straight up and over a steep ridge, that we had previously been looking to skirt around. This was a total "bush bash" so it didn't pay to think about any of those breeding tiger snakes that we may have been disturbing underfoot!

We made it to the second-last checkpoint in about 6 ½ hours, again in about 4th place, and were told the final 7k were pretty much downhill. "Great", I thought, "should only take about an hour or so". At one point, I thought I was being chased down by another competitor, but it turned out to be a journalist from "The Scotsman". He was on holidays in Tasmania, and heard not only about the Event, but

also that Royal Bank of Scotland had a team competing. Accordingly he couldn't resist doing an "on-the run" interview. My teammates, not knowing who I was talking to, wished that I would stop nattering away and just get a move on!

That final 7k's took 2 hours with the last hour straight down a very steep and treacherous, rocky and wet single-track. It was bloody awful! This downhill section really played havoc with Mat's dodgy ITB strain in his leg, so much so that he said (much later) that he felt he would not be able to continue the event. However some solid work on it that evening by the Event's resident physio, seemed to do the trick and eased the pain somewhat.

The final legs for Day 2 comprised a 7km MTB to some rafts for another 7km to the finish over a white-water rafting course on the Mersey River. This was a bit of fun, although wet and very cold.

Fortuitously, the campsite had hot showers and the screams from the girls' showers told the story of a number of leeches that had attached themselves to various body parts throughout the wet environs encountered over the previous 10 hours or so. Team RBS emerged thankfully unscathed from these "wildlife" encounters, although Nick swears he found one still attached inside his boot 2 days later!

Again that night in the tents was very cold, with us waking to frozen icicles hanging from the tent roof.

DAY 3

At this point it became obvious that a number of teams were suffering either from a dose of a very virulent gastro bug, or an injury. Indeed, one of Webber's Team members, Guy Andrews, was ill with the gastro bug and physically could not compete. Accordingly the Race Director allowed Teams to run a 3-man format from Day3 onwards. This allowed myself and Daniel in Team RBS, to substitute each other over a number of legs. Pretty much all other Teams took advantage of this for the remainder of the Event.

Day 3 was more of a "sprint event", not only due to the tiredness of the Teams, but also because the weather had closed in around Cradle Mountain, forcing the cancellation of the kayaking on Dove Lake, and the return climb to the summit of Cradle Mountain. Instead, Stage 1 involved a 5k run (over boardwalks), followed by a 3k steep climb on the bikes up to Dove Lake, followed by a 7k run around Dove Lake to the finish. Team RBS ran well, and



A very muddy Nick, Mat and Daniel

finished, again, in 4th place behind the two elite teams and Telstra, but in front of the fast-finishing Cadbury's and Foster's Teams.

Leg 2 onward involved a bit of fun and comprised a very fast but VERY muddy 12km MTB ride through Montezuma Falls - competitors and their bikes had to be washed down at the finish (creating some interesting photo's!).

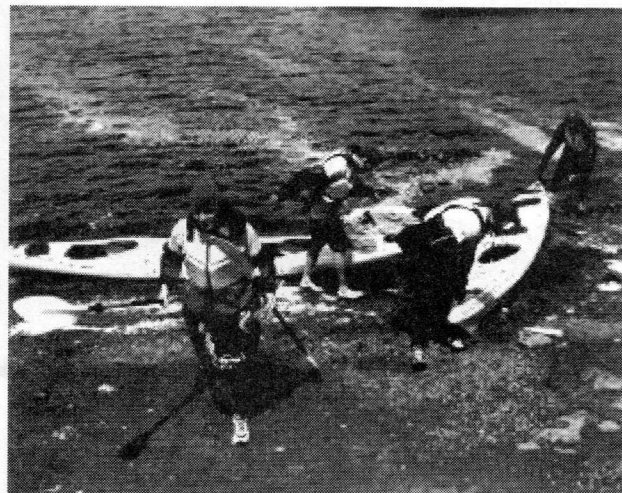
DAY 4

That night, I came down with the dreaded gastro bug, unable to keep anything in and having to get up a number of times through a very cold night. Accordingly we decided that Dan would do the first 2 legs and I would rejoin for Leg 3 and the whole Team would do the final kayak leg that Day.

The first leg involved a MTB ride down the beach at Strachan, which lasted for 8km and was straight into the teeth of a howling and very wet headwind. This leg was a battle, but our two power riders, Nick and Mat helped Dan along. This was followed by a boat trip across Hells Gates to do a 12k rogaie, picking up a number of different checkpoints. The AllStars Team, led by Craig Mottram, absolutely smashed this section, completing the 12k in a little over an hour and picking up some valuable time against Webber's Team.

After the rogaie, it was back into the boat across Hells Gates, where, for RBS, Mark took over on the 7k MTB ride to the kayaks, where Dan rejoined. The final 7k kayak was very wet, cold and windy with a number of small waves and "white tops" crashing into the kayaks. We also had to find 2 CP's

on different islands, requiring exiting from the kayaks (which Nick did) and almost resulted in their kayak, with only Daniel at the helm being blown out to sea, with Nick stranded on the island. Some hasty retrieval work from Mat and Mark in the second kayak averted a potential disaster. While we fell behind both the Cadbury Girls Team and the Fosters Team by the end of this day, we still had enough of a buffer from previous days to maintain our 4th position overall.



A wet and cold kayaking session comes to an end for Team RBS

DAY 5

Another bad night of gastro for myself, with two hours sleep (also for a long-suffering tent-mate, Mat) and a visit to the doctor, resulted in Team RBS running a 3 man team for the bike/run legs that day coupled with an essential substitution on the long kayak legs. Mat and Nick teamed up together and Daniel was supported by injured Testra Team member, Dave Moffat, who couldn't run, but could kayak.

The day consisted of a 7km kayak from Peppermint Bay across to Brunie Island, followed by a mixture of running, walking and MTB'ing around the Island, over a 20km course. A quick dinner at Adventure Bay was followed by 5km run back to the kayaks, and then a long 12km night-time kayak. Most teams did not get into camp until well after 10pm that evening. While Daniel's kayak, with Dave Moffat aboard, finished this leg strongly in 2nd place, our overall time was not taken until our second kayak came across the line about ½ hour later.

DAY 6

The final day was a 45k Urban Challenge around Hobart, which included runs (well walks!) up Mts Nelson and Wellington, followed by a relieving 5k MTB ride back downhill to Hobart to enter the city aqueduct. This involved a trip through the 2.5k Hobart Aqueduct (under the city, in darkness with headlamps!), finally emerging at Hobart Mall where Mark was "knighted" by "King" Boony (David Boon). He was one of the checkpoints that day. Our final task involved a row out into the harbour on a local surfboat, to mark off the final CP which was attached to an old sailing vessel, and finally we returned to Constitution Dock and across the finish line, some 5 hours after starting out in the kayaks. We maintained our 4th position overall - great result for Team RBS!

The support from many of the local schools along the way was fantastic, as many of the CP's were inside the school grounds with the kids forming a "guard of honour" for the competitors.



SUMMARY

The elite athletes-to a man and woman- were incredible. In particular "Buster" Mottram, Shane

Kelly and Matty White were fantastic fun to spend time with. Very funny guys, and not at all "affected" by their status. Mottram is a real scream-he did the whole event (ie. did not sub at any time) and was an incredible bundle of energy, very entertaining and a real character. These guys were a revelation, and said they were surprised how difficult they found it coping with the multi-discipline event.

There were 19 International journalists following the event at various times, including a film crew from UK TV Channel 4, who will be showing the event as part of their Adventure series at Christmas. I think this will also being shown on Foxtel in Australia . The profile of the Event was certainly enhanced by the elite athlete presence.

Would I do it again...personally, no chance! I would be happy to be involved, as either support crew, or team substitute, if this was allowed in future events. This was very much a "once in a lifetime" for this old weekend warrior, as I found the cross-training very draining on my and my family's time. Also, running is my "thing" and this event had too much biking and kayaking for my liking. As for my other (younger!) RBS colleagues....I'm pretty sure they would be up for it again.

It was an incredible experience though, and getting to meet some of the sick kids at some of the hospital checkpoints along the way really put it in perspective.

Most importantly, well over \$400,000, was raised directly for the Kids Charities-again, an incredible, and humbling, result.

EDITOR'S NOTE

Unfortunately, a late second article on this same event (with obviously similar content and format) was received but could not be run, additionally, due to size constraints. The author was Richard Palmer who was in the Telstra team. Richard's team came 3rd. Well done Richard! Hope to hear another report from you in the future!

Six Foot Track – 10 March 2007

By Zed Zlotnick

I thought I should send Peter Fitzsimons a note to say that he might give the Six Foot Track Marathon Director, Kevin Tiller, a call and then write a few lines about the race in the Fitz Files. A few lines about a uniquely Australian sporting experience and include every participant in that extraordinary race in his Team of the Week. Then I thought, as perhaps Peter himself might, "Bugger it, I'll write it myself".

So with a measure of trepidation, given the reverence that an event with such a proud tradition deserves, I set out to record a few personal observations of what was a truly memorable day.

I should first take you back a few years to 2003 when I was lying naked in a pile of kitty litter. I bet I have your attention now. Indulge me with my explanation. There is a bit of a read before you get to the "me-in-the-kitty-litter part", but please press on. I think I write for many people who participated on the 10th of March, pardon the presumption.

I am not an exceptional runner, I run perhaps because I am not an exceptional sportsman at all. I can kick a football, sell a dummy, bowl a ball, swing a club, and serve a double fault. None of which I have ever done at representative level, unless a school 4th XV or XI or a Sunday soccer comp counts as representative.

So mainly I ran. After all if you can walk you can probably run. It requires no co-ordination and no genetic advantage unless you want to go to the Olympics, that is.

And once I started running, which was a very deliberate decision and was apparently not innate, I discovered I have the running-bug-gene. I think that's what it is: either you get it or you don't. And I am so tired of comments like: "Doing the Six Foot mate, what for, why don't you just walk six feet from here to the bar and buy me a beer, ha ha ha ha...?" or "Yeah I ran round the block this morning and then kicked it back under the bed, ha ha ha..."

I also wanted to run because Emil Zatopek and I share the first and last letters of our surnames and because I saw a book on my father's bookshelf by Percy Cerutti which I totally misread as saying that jogging was a sport.

Anyway, not being especially athletic I had to go further if I couldn't go faster. As I got older I sought

out half marathons, full marathons and even the occasional ultra.

Over time I managed to clock up some respectable road times but also got lazy and let things slip... and mainly ended up playing park soccer for about 4 years; an unimaginably long time in retrospect.

Then I end up with a cast on my left foot for eight weeks thanks to an Achilles rupture. One morning, walking to the shower on my crutches, I contrived to slip on the floor and land in the cat shit outside the bathroom door. The missus came to inspect. She spared me further indignity by spinning on her heels leaving me to extricate myself from the mess.

Lying there feeling bloody sorry for myself I then realised how lucky I am to be able to run, irrespective of the times and the distances and the places in the races (with apologies to Dr Seuss) and I decided that I will be lazy no more.

So all of this really tells you that I really love running and I decided I was going to run again. I sought out that run, that singular event a la Comrades (I know I've only done 2) or Two Oceans that has a magical sense of community that makes you feel that all the work is worthwhile and somehow pulls you back for more.

The web searches began, the anecdotal evidence was collected and eventually I found that run.

Six Foot Track is that race. 45km, 100% off road from the Explorers Tree at Katoomba, down Nellies Glen, across Cox' river, up to Mini-Mini saddle, down to Alum Creek, up and up to the Pluviometer, beside the Murdering Range, along the Black Ranges Road, through the Deviation, crossing Caves Road and eventually plunging down to the Jenolan Caves. It's Kiplingesque.

It became a holy grail. I entered the Cool Running message boards as one might a private country club, wanting to be a member but not sure whether one can get in. There are rankings for the number of posts, there are PB's listed, there is some derision for those at the back of the field (four hours for a marathon is considered unimpressive) and this all bred uncertainty and dashed confidence. But, I soaked up as much as I could from a remarkable community of runners who have done it before.

My basic training regime was based on LSD, no quality, few hills, Coogee oval at 5 mins per k every now and then, and a few stairs. Not ideal, but enough to get by and build a base. Slowly but surely the nous increased, ran King of the Mountain, got down to Bulli for the Kembla Joggers mountain series. Ran up that bloody Rixon's pass. I saw occasional flashes of Tony Fatorini flying down as I was walking up. I joined Striders, got lost in the northern suburbs bush, ran slower than even Jim Moody, and introduced Phil K to the shuffle pace. I even ventured out on the Track once and got a taste of the road to Camelot, ate Allison Lilley's dust, and learned respect for Mini-Mini and Pluvi.

So, what for about 3 years remained only mythical, became a reality on that Saturday morning when I started the slippery descent down Nellies Glen.

I can still recall with clarity just about every landmark and footfall and it is tempting to resort to

clichés, but I'll spare you the pain. Save to say that we truly ran through God's country on that Saturday.

I guess because I am older now, have children, have mates who have died of cancer, have mates who are battling in all sorts of other ways as well, and can sort of see the bigger picture, that I am a tad more emotional than before, and so I shed a tear when I crossed the finish line.

I cried with relief that I had conquered the distance but more importantly because I had the privilege of traversing that formidable track with 800 other amazing people.

Its not only about the running, its also about the people and I wonder whether its really true to speak about the loneliness of the long distance runner?

Zed's time: 6hrs 24mins 49secs

"Ding Dong – the Witch is dead"*

Sub 10 hours for the Ironman at last.

Stephen Firth

When, at age 39, I decided to take up running as a means of losing weight and redeeming my health, I had two goals. The first was to go sub 3 hours for the marathon. The second was to go sub 10 hours for the ironman. It seemed to me that, with very limited ability and no background in athletics, I couldn't really hope for more.

As avid readers of this journal will know I realised my first goal at the 14th attempt when, at age 47, I ran the 2004 Sydney Marathon in 2:54:29. (See Blister No. 94 p.8.). What I didn't know was that my second goal would prove even more difficult to attain. This then is that story.

It all began at Forster back in 1998 when I anxiously toed the line at my first ironman triathlon. I remember thinking how fit everyone looked and seriously wondered what I was even doing there. Next to me in transition that year was another nervous novice Strider Mark Fiori. We hit it off right away and have been firm friends ever since. In fact, this April at Port Macquarie, we both went forward to receive an award for completing 10 consecutive Australian Ironman races. But I get ahead of myself. I went into that first race without any real

expectations and was pleasantly surprised to finish in 10:50. I was hooked.

The following year I brought my time down to 10:24 with a 3:53 run. As I loitered in the finishing shute lapping up the applause, I noticed a guy with an "E" on his calf, run purposefully by. I thought nothing of it at the time but was devastated later when I found out he was the last to qualify for Hawaii in my age group. I would be back.

I trained harder than ever for 2000 and was rewarded with my fastest ever bike split; 5:06. I faded in the run though and finished in 10:06. Surely that would be good enough for an Hawaii slot? Alas for me it wasn't. I missed out again; this time by a couple of minutes.

After three years of improvement, I carried a back injury into the 2001 race and had to be content with 10:46. In 2002 I suffered my first drafting penalty (10 mins) and came home in 10:24.

2003 was my first year in a new age division and so I decided to double my chances by contesting Ironman NZ as well. At Taupo, I was 3rd off the bike

but had serious problems on the run and finished in 11:15. A personal worst. I gave myself no chance of qualifying but overlooked the fact that Kiwis don't fly. To my surprise a slot rolled down to me and so, at the 5th attempt, I had qualified for the big dance; I was off to Kona!

A month later I backed up for Ironman Australia and, for once, could relax and take in the atmosphere. I rolled around in 10:25 and surprisingly won another slot to Hawaii. This time, with all the nonchalance I could muster, I allowed it to roll to the next finisher.

So in October 2003, in my 7th ironman, I lined up with the best in the sport to take part in the greatest triathlon in the world. Could this really be happening to me? A sporting tragic who came dead last in all the running races at school? Whose younger brother beat him in all the swimming races? In less than 5 years my life had been transformed. I was living the dream. I was ready. I finished my first Hawaii Ironman in 10:29 which placed me 15th in M45-49. I recall being a little disappointed at the time. I shouldn't have been. In three return visits to the Big Island since I have not gone close to that time.

As NZ had been kind to me the year before, I went back in 2004. This time I finished in 10:34 which qualified me for Hawaii. Again I could afford to relax at Forster and clocked 10:13. That was despite a six minute slower swim because wetsuits were banned that year for the first and only time. Hawaii 2004 was the hardest in years with ferocious headwinds on the bike. I could manage only 11:25. But three flats didn't help. That was also the year that Strider Dave Criniti ran the 2nd fastest run split of the day; 2:46!

In Dec. 2004 Ironman Western Australia made its debut and, of course, I had to be a part of it. With a flat bike and run course maybe this would be my best chance of going sub 10? I was off the bike in 6:20. I had to run 3:40 to do it. I gave it everything but missed by 33 seconds! 10:00:33. Bugger. I had however won my age group for the first time which was some consolation. As the category winners went up to claim their Hawaii slots they played "Simply the Best". I nearly cried.

2005 was my biggest campaign yet. I raced Forster in April for 10:18. Then it was off to Europe in July where I competed in the Quelle Challenge in Roth, Germany for a time of 10:17 and IM Switzerland a fortnight later for 11:25. In Switzerland I had 3 punctures; ran out of spares and lost over 40 mins.

trying to explain to onlookers in broken German that I needed a new wheel. In October it was back to Hawaii where I finished in 11:11, before going back to Busselton, WA where I stopped the clock in 10:24.

For 2006 I thought I would try something different and ventured to the island of Langkawi for Ironman Malaysia. And they say Hawaii is hot! I absolutely melted on the run, nearly squandering a big lead off the bike, but just managed to hang on to win the division in 10:57. That year Ironman Australia was held in Port Macquarie for the first time and I was very apprehensive about all the hills both on the bike and the run. I needn't have worried. I held together well to finish in 10:23. That was the year Strider Steve Hume won his division at the first attempt! My Hawaii race that year was a disappointment finishing in 11:12 despite very good conditions.

And so, as I headed over to Busselton for my 3rd attempt at Ironman WA in Dec 2006, I really had no great expectations. Whilst I still harboured hopes of going sub10, experience had shown that this was probably unrealistic. I was now 49. Time was running out. Race day dawned fine and for the first time the bay was like glass for the swim out and around the jetty. I was out of the water in 57:17: a good start but a long way to go. Whilst the bike course is flat, it is not that fast. In many ways it is quite hard because there is no coasting. If you stop pedalling you fall off. I was therefore very pleased to clock 5:11. With a 5 minute drafting penalty too! For the first time in years I was off the bike in under 6:10. This was it. A 3:50 marathon would be enough. I was in with a chance. I began the run at 4:30 pace and felt quite good. Whilst the sun was out it was not hot. I was even managing to keep some nutrition down. I went through half way in under 1:45. I was on track. But I was not getting carried away. I had faded too many times in the back half of the run for that. I went through 30k in 2:33. I could run 6 min. k's from there and still do it! But I knew this was where the race really starts. This is where all the time is lost. I had to hang on. And I did! I crossed the line in 9:53:30. I had run 3:44. I had gone sub 10 at last. It was my 21st attempt. Now I could contemplate retirement.....

* Master coach Jack Gibson to the gathered faithful outside Parramatta Leagues Club after their team finally won the premiership in 1981.

ANSW Report

By Shelley Howes

The ANSW Winter season has rolled around again.

This year we really would like to win the Open A Male and Female divisions after being narrowly beaten by Randwick-Botany for the last 2 years in a row!

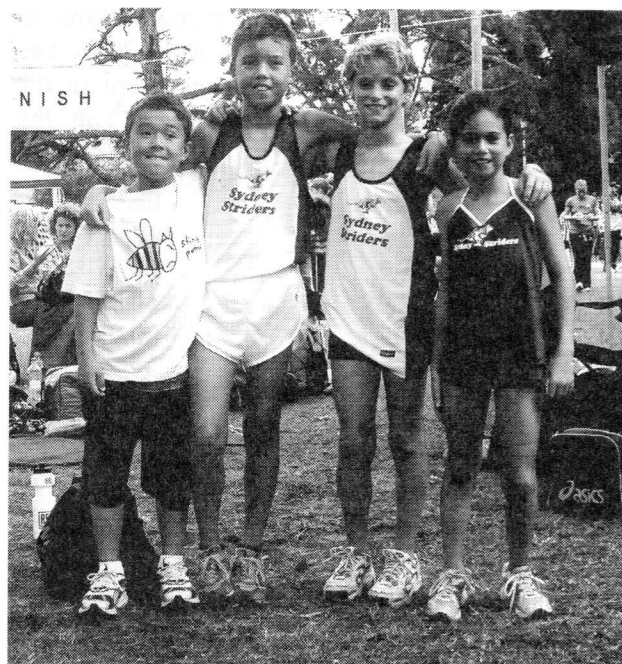
Our team has plenty of quality runners, but not always enough participation to get us over the line. If you have thought about running in any ANSW events, no matter what your level of ability, please sign up! It is not just for our faster runners. Running ANSW races gives you a great opportunity to run in some very well organised and fun events. The cross-country races make a nice change from racing on the road and the relays give you a great sense of camaraderie. Not to mention the thrill of winning state championship medals. Whilst the Open A and B divisions are quite competitive, the 35+, 45+ and over divisions are less so, and if we can manage to put together a team we are almost guaranteed to win a medal. At present we are 1 short of making up a team for the women's 45+ age group, so if you are interested, please send me an email (shelley Howes@hotmail.com). If you run in 3 closed events (does not include the half or the marathon) the club will reimburse your registration fees. Plus, the committee recently resolved to give all of our registered athletes a complimentary new singlet to ensure that we all look the part when we representing our club at these events.

Recruitment spiel over, now for the results....

To re-cap the results from last year's winter season, Striders again performed very well.

Striders were the winners of 3 of the Winter Premiership divisions – Male Open B, Female Open B and Male 45+ divisions. In the Male and Female Open A divisions Striders placed 2nd to our rivals Randwick-Botany. We were 4th in the Female 35+ division.

3 of our athletes also received individual recognition at the ANSW Annual Awards Dinner earlier this year. **Keith Bateman** was awarded the Masters Middle Distance Award, **Jenny Truscott** won the Dorris Magee Female Distance Runner of the Year Award and **Glenn Guzzo** won the GPS Parkes Male Middle Distance Runner of the Year Award.



Some younger Striders sport our new uniform

2006/2007 Summer Season

There were also some great results over the summer season.

The NSW State Masters Championships took place over the weekend of 24 and 25 March 2007 at Campbelltown Athletics Centre.

Keith Bateman took out the 50+ 1500m in 4:20.45. **Ron Schwebel** was the winner of the 50+ 5000m in 18:39.65.

Caroline Yarnell was first to finish in the 45 - 49 2000m steeplechase, but was unfortunately disqualified for sitting on the steeple! Caroline had better luck in the 1500m, winning the silver medal in 5:53.60.

At the Allcomers Meet at SOPAC on 17 March 2007 **Keith Bateman** was 1st in the 35+ 3,000m in 9:17.7.

In the NSW Mountain Running Championships **Tony Fattorini** our mountain running king, was 2nd in the Open 12k in 52:42. In the Senior Mens 45+ 8k event Ron Schwebel was the winner in 41:47.

There were plenty of other great performances over summer. Full results can be viewed at www.nswathletics.org.au.

2007 Winter Season

The first event of the 2007 winter series was the NSW Novice Cross Country Championships at Scarborough Park, Ramsgate on 28 April 2007. The men took out 2nd place in the teams event in the Novice 10k, whilst the women were 4th in the Novice 4k.

Novice 4k

(121 finishers)

7 th	Anna White	14:38
25 th	Shelley Howes	15:24
30 th	Lisa-Anne Davie	15:31
34 th	Ingrid Grace	15:38
75 th	Caroline Yarnell	17:00
78 th	Naomi Tancred	17:07

Novice 10k

(137 finishers)

5 th	Tom Highnam	33:21
7 th	Keith Bateman	33:28
8 th	Ray Wareham	33:43
27 th	Ewan Horsburgh	35:44
53 rd	Wayne Gregory	37:43
66 th	Paul Bruning	39:44
77 th	Glenn Lockwood	41:29
118 th	Richard Hewson	48:22

Invitation 10k

(49 finishers)

10 th	Chris Truscott	32:32
26 th	Tony Wong	40:02
35 th	Melanie Truscott	45:50
36 th	Peter Truscott	45:50

Invitation 4k

(132 finishers)

22 nd	Jenny Truscott	14:12
37 th	Jo Pai	14:44
60 th	Jo Cowan	16:16

Invitation 2k

(177 finishers)

21 st	Gus Wong	7:37
45 th	Drew Fisher Peel	8:08
111 th	Mikaela McNamara	9:19
113 th	Melanie Truscott	9:20
174 th	Tony Wong	
175 th	Kyle Wong	11:42

Kyle, Gus, Drew and Mikaela are some of our new Junior Members.

Caroline Yarnell has been instrumental in setting up the framework for our new junior members, with the new category of membership introduced at the AGM for the purpose of allowing junior members to compete alongside their parents at ANSW events. At the present time junior members are not able to participate in any of the Striders organised events, but can join the club and run at ANSW races, as long as they are accompanied by a parent or guardian.

If your children are interested in running, please get in contact with Caroline (yarnellecj@aapt.net.au), who is trying to organise relay teams for the various age groups.

The upcoming events in the winter series are

	NSW	Road
5 May 2007	Champion-	
20 May 2007	ships NSW Half Marathon Championships (in conjunction with SMH Half.)	
2 June 2007	NSW Cross Country Relay Championships (4 x 4k)	
23 June 2007	NSW Cross Country Championships (12k/8k)	
14 July 2007	NSW Short Course Cross-Country Championships (8.5k/5k)	
4 August 2007	NSW Road Relay Championships (4 x 4k)	
23 September 2007	NSW Marathon Championships (in conjunction with Sydney Marathon)	

Sydney Striders Running Club Inc

BALANCE SHEET AS AT 31/12/2006

Income-Operating Income	01/01/06	01/01/05
10 KM Series-Net Proceeds from 10 KM	25,511.98	26,157.65
Advertising-Advertising Income	99.50	1,151.00
Donations Rec.-Donations Received -	120.00	
Interest Rec.-Interest Receivable	2,028.43	1,719.11
Membership-Members' Subscriptions	28,780.00	26,202.45
STaR Net Procs.-STaR Net Proceeds	129.08	1,204.85
TOTAL Income-Operating Income	56,548.99	56,555.06
TOTAL INCOME	56,548.99	56,555.06
Expenses-Operating Expenses		
10km other	6,599.90	5,134.47
10km prizes	1,500.00	1,800.00
10km venue fees	2,759.00	4,056.23
Athletics NSW expenses	2,915.00	2,753.60
Awards Brunch	3,746.82	1,007.60
Awards Night-Awards Night	2,082.02	3,049.90
Blister - post	1,412.35	2,295.65
Blister - print	4,702.50	6,141.30
Calendars-Post	301.30	827.65
Calender-print	409.20	534.80
Credit card processing cost	1,367.71	1,503.12
Donations-Donations	1,250.00	3,500.00
Gen admin phone -	33.00	
Gen admin post	387.25	973.40
Gen admin print	647.60	1,632.40
Insurance-Insurance	3,895.73	3,388.85
Lodgement Fees-Lodgement Fees	61.00	64.00
Loss on gear-Loss on sale of gear	1,256.30	
M'thon Train Gp	117.00	208.98
Meetings-Meetings	660.00	667.49
Notices - post	614.20	264.50
Notices-print	798.16	
Tent hire-GC Marathon tent hire	1,270.00	1,202.00
Trophies-Trophies & Prizes	1,940.68	2,410.69
Web-Web site costs	325.09	155.00
TOTAL Expenses-Operating Expenses	41,018.81	43,604.63
TOTAL EXPENSES	41,018.81	43,604.63
OVERALL TOTAL	\$15,530.18	\$12,950.43

Treasurer's Report follows

Treasurers report

Financially the year has been a good one for the Club, with income exceeding expenses by \$15,530.

Membership numbers for the Club have continued at record levels. The continuance of the high level of membership renewals and the surplus derived from the 10k series are the foundation for the result for the year and the current strong financial position of the Club

Club costs were generally in line with budget – except for a higher contribution to the Club's functions and the support for the Club's Athletics NSW Registered athletes offset by lower costs for printing and postage for the "Blister" this year.

Also a tent was purchased for use at the 10k series and other Club activities – (\$2,488) – the cost of which has been expensed.

2 x \$300 (voluntary) payments were made to the St Johns Ambulance for their support at the 10k races.

With regard to Donations made – the same amount as last year (\$1,000) – went to the Friends of Lane Cove Park – (from the 10k charity race) – although last year was higher due to the Tusanami – (\$2,500). This year a donation was made (\$250) to the Motor Neurone Society – following Michael Wilson's death resulting from this disease – (previously advised in the Blister).

The uncertainty surrounding the cost of insurances for the Club has diminished with the Club's Athletics NSW affiliation and access to cover under the Athletic NSW umbrella policy for affiliated clubs. The increased membership of the Club has led to a modest increase to the cost of insurances for the Club. A similar increase has been budgeted for this year.

The Committee is budgeting for the Club to achieve a surplus of \$6,130 for the year ended 31 December 2007.

The Committee is budgeting for:

- 3 x Blisters for the year
- Support for registered athletes of \$3,500
- Tents for participants at the Canberra, Gold Coast and Sydney Marathons

General

Anyone considering submitting a story for publication in the future, is advised to notify the editor first. This will save us from the misfortune of duplication. There was one such incident for this issue. Yet, some items and events remain uncovered. We **do** want your stories and don't like to say no to anyone with an article. Even if you think you write poorly, don't fret: we can tidy it up for you! So, don't hesitate to submit.

Striders New Members List

Robert Amery, Esther Bedggood, Kristin Boesenberg, Francesca Boorer, Peter Boorer, Steve Bourke, Peter Brockington, Stuart Brown, Lisa Burns, David Burns, Jonathan Byrne,

Greg Cassis, Adrian Collins, Thomas Crast, Christina Criniti, Brent Cubis, Ron Day, Pascale Desouza Dromund, Ian Depree, Michael Ditte, Ashley Durrans, Steve Fermio, Peter Fogale, Sue Gabor, Greg Galstaun, Anthony Giblin, Dayna Gillespie, Sam Green,

Jan Hales, Paul Hannell, Christopher Harvey, Sue Hayward, Richard High, Mark Hill, Philip Hodgkinson, Scott Howells, Melanie Howlett, Sara Jacques, Michelle Jelleff, Natalie Jennings, Mathew Kaley, Tony Kellner, Eamon Kenihan, Stefica Key,

Nick Lange, Lisa Lee, Martin Lefmann, Tim Llandley, Martin Lord, Michael Lyttle, Paul Mackay, Gordon Mai, Daniel Mainka, Margaret Marion, Cathy Martin, Ria Matysek, Shelly Maxwell Smith, Joanne McCoy, Paul McDonald, Alan McLennan, Taras Mencinsky, Jennifer Mercer, Ben Micallef, Brian Norton, Peter Nuttall,

Derek Odonnell, Luke Porter Jeremy Rrankin, Paul Reader, Lucinda Rigby, Brett Ryan, Ian Sargent, Nicola Schmiede, Innes Smith, Debbie Smith, Paul Sowden, William Sparling, Gillian Stamand, Christopher Stamand, Tim Stanton, Angie Stephenson, Simon Sweetapple,

Craig Thom, Steve Thompson, Andrew Tuckey, Menno Van Zaanen, Genevieve Wallace, Kevin Walton, Colette Weber, Anna White, Joost ichgers, Tara Wilson, Denise Wilson, Peter Wylie, Zed Zlotnick

Olympic Games of 1896

The following is an extract from the official report of the Olympic Games of 1896

Researched by Darryl Chrisp

Fifth Day. March 29th.

Marathon Race

A large number of competitors had their names put down for this contest, but most of them, doubting their strength had retired at the last moment. Those competitors, who still clung to their purpose, to the number of 25, went the evening before the day appointed for the race to Marathon to spend there the night. They were accompanied by a special commission. On the important day at 2 pm precisely they assembled on the bridge of Marathon from where they were to start. They were placed in one line, each one at a certain distance from his neighbour. After a short allocution, Colonel Papadiamantopoulos, who had been chosen starter, gave the signal for starting by firing a revolver. The runners rushed forward and off they went accompanied by a troop of soldiers who had to watch the course of the race. At some distance from one another several carts followed in which medical men were seated, to be at hand in case of need.

In this race occurred several incidents of singular interest. As far as Pikermi, Mr Lermusiaux, a Frenchman, kept ahead. After him came in succession Mr Flack, Mr Black, Mr Kellner, a Hungarian, then 3 Greeks the foremost of whom was Mr Lavrentis of Maroussi. Mr Lermusiaux was 3 kilometres in advance of Mr Flack, he had run in 32 minutes from Marathon to Pikermi. The inhabitants of all the neighbouring villages were lining the road and waiting for the arrival of the runners with the keenest interest. With unfailing kindness they administered refreshments to the champions and encouraged and cheered them without making the slightest distinction in favour of their own compatriots.

At Pikermi however some of the runners broke down and had to give up the contest. When Louis, of Maroussi arrived at Pikermi. he enquired after those, who had preceded him, although informed of the great distance which separated them from himself, he said with the greatest coolness, "Never mind I will overtake them and beat them all." Mr Black gave up after the 23rd kilometre and Mr Vassilakos took his place then as third in the race. At Karvati Mr Lermusiaux was still so much in advance of Flack and the other runners that the country people

were so sure of his success that they offered him the victor's garland under the arch of triumph they had erected for the occasion. But after Karvati the ground rises perceptibly and in climbing the hill the valiant Frenchman showed signs of fatigue. Whilst his friend Mr Guisel, who had followed on a bicycle, tried to restore him, Mr Flack passed and overtook him, Louis also drew nearer and nearer accompanied by a great number of peasants who formed, so to say, a guard of honour for him. After the 32nd kilometres Mr Lermusiaux fell to the ground and had to be taken up by one of the carriages. At the 33d kilometre Louis came up to Flack, overtook him and kept ahead of him to a distance of about 20 steps till the end of the 36th kilometre. After Flack came Kellner, Vassilakos and Velokas showing no signs of failing strength. Just before the village of Ampelokipi, Louis pressed forward with greater energy and Flack, quite hopeless of ever overtaking him, gave up the contest. He also had to be taken up by one of the ambulance carriages.

Louis was the first to arrive at the Rhizari school, where he was greeted as victor. His arrival was signaled to the crowd in Athens.

In the Stadion meanwhile the expectations of the audience was raised to the highest pitch. After half past four, signs of impatience could no longer be restrained and nobody cared any longer for watching the interesting sport of pole-jumping. Suddenly the rumour spread that Mr Flack was first, Mr Goederich a bicyclist having brought the news. A morn silence fell on the audience but suddenly the starter entered the Stadion and walking up to the Royal seats announced to Their Majesties that Louis, a Greek, had won the race. The news spread with the rapidity of lightning and the excitement which followed is more easily imagined than described. The echoes of many thousands of voices resounded inside and outside the Stadion, when the signal announced the arrival of the victorious champion; it was in vain to expect that the spectators should keep their seats. Everybody stood up and all eyes were fixed on the entrance of the Stadion. At last the chief commissioner of the police arrived on horseback and announced with a loud voice that Louis of Maroussi was coming. After a few minutes of anxious expectations, the hurrahs resounding from outside the Stadion proved that the victorious champion was

near. All the officers and members of the Committee rushed to the entrance to receive the victor, who entered and continued running all along the right side of the Stadion till he arrived near the seats of Their Majesties. The two Princes as well as the members of the Committee ran at his side, waving their hats and joining in the general rejoicing. Louis, although his features betrayed great fatigue, was still bearing up well. His face was sunburnt, his white flannel suit covered with dust, thick drops of perspiration stood on his forehead, but he kept on, running firmly, till he reached the seat of Their Majesties. Here the Olympionic Victor was received with full honour; the King rose from his seat and congratulated him most warmly on his success. Some of the King's aides-de-camp, and several members of the Committee went so far as to kiss and embrace the victor, who finally was carried in triumph to the retiring room under the vaulted entrance. The scene witnessed then inside the Stadion cannot be easily described, even strangers were carried away by the general enthusiasm.

When the Greek flag had been hoisted on the mast at the entrance, the cheering continued in deafening shouts. Everywhere small Greek flags were waved joyfully by the enthusiastic Greeks. Amidst this general rejoicing, the first chords of the National Anthem struck up and its strains found an echo in the heart of every true Hellene. Meanwhile Louis was resting on his well earned laurels. He had made a run of 40 kilometres in 2 hours 58 minutes and 50 seconds. Some minutes after Louis, arrived Vassilakos, whose arrival provoked another burst of applause. He had run the same distance in 3 hours 6 minutes and 3 seconds. A young Athenian, Mr. Belokas was the third having run the distance in 3 hours 6 minutes 30 seconds. Three minutes after him arrived Mr Kellner, a Hungarian. As he entered the Stadion, surrounded by his friends, the audience gave him a particularly warm reception. Mr Kellner was the first of all the foreign competitors, after him arrived in close succession Mr Vretos Mr Papisimeon and Mr Delyanni. Those who had broken down on the road were conveyed to the dressing room, Where restoratives and hot baths were immediately applied to them.

6th Day March 30th.

All the morning papers on this day were full of the accounts of the preceding day; they exulted over the victory won by their countryman and extolled the victor. Every paper published an account of his life and his portrait; reproductions of which in lithography, photography or xylography were

exposed and sold in every shop window. Some shops even went so far as to adopt his name as an ensign. The victorious Louis himself was overwhelmed with attentions. Congratulating telegrams came from every part of the world, amongst the more substantial gifts he received, we may mention a field, presented to him by Greek residents in England, which was from henceforth to be called: Field of Marathon.

Names Of Winners Of All Athletic Contests:

Race of 100 metres: F. E. Burke, United States, America.

Race of 400 metres: F. E. Burke, United States, America.

Race of 800 metres: E. H. Flack, Victoria, Australia.

Race of 1500 metres: E. H. Flack, Victoria Australia.

Hurdle race 110 metres: T. P. Curtis, United States, America.

Marathon Race: S. Louis, Greece.

Roll of Honour

25 years membership

Steve Cornelius, John Plummer, Terry McIver, Alex Hamill, Brenda Hamill

20 years Membership

John Ayliffe, David Sill, Jeff Gissing, Raymond Skinner, Warwick Selby, John Hamilton, Paul Lunsman, Roger Rigby

15 years Membership

Mark Fiore, Stephen Jackson, Brad Renshaw, Geoffrey Caban

10 years membership

Gary Aitkenhead, Tim Austin, Brian Grant, Lynn Herisson, Jenny Truscott, Charles King, Carol Taylor, Robin Cameron, Catriona Cater, David King, Gillian Klevansky, Ross Sinclair

5 years Membership

James Cryer, Allison Lilley, Lisa Carroli, Anton Kapel, Paul Trainor, Paul Munro, Jenny Wickham, Michael Rees-Evans

The Archives:

10 Years Ago

Awards were presented at the 96 Xmas Brunch at the Middle Harbour Yacht Club. The 10K Series was won by Chris Truscott ahead of Andy Hallam and Andrew Smith, and Clara Vucetic ahead of Amanda Dawson (now Taylor) and Joanne Cowan; Amanda also won the Handicap. Open Marathon awards were won by – Darren Benson (2:33:19) ahead of John Young and Phil Hugill, and Joanne Cowan (2:47:22) ahead of Clara Vucetic and Cathy Dunworth. Cathy and John Young (in 2:35:30!) were fastest debutants and Darren and Clara won the sub-3 and sub-4 Hour Improver Awards respectively. Open Half was won by Joanne (1:20:32) and Chris Truscott (1:10:06). Vets winners were Joanne and George Lisson for Marathon and Joanne and Chris Dwyer for Half. Masters winners were Brenda Hamill and Jonathan Trope for Marathon and Wendy Downes and Ray Doran for Half. Neil McPherson was Seniors winner for both distances. Triathlete of the Year was Jonathan Worswick, Ultra Runners of Year were Dawn Tiller and Kelvin Marshall, Improver Award went to Jim Screen and Encouragement Award to Rozanne Green. In articles, David Sill told of his tortoise-and-hare clash with fellow UK-based Strider Carl Baker in the London-Brighton 88k. Warwick Selby was an Australian Age-Grp representative at the World Duathlon C'ships in Ferrera, Italy. Jonathan Trope ran the Rottneest Marathon and Keith and Margaret White were acclaimed as rain gods at the Striders Annual Picnic BBQ. 10K Race Director, John Hamilton, reported that a runner in the North Head 10k went into the bushes for a pit-stop and found a dead body (happily not a runner). Dawn Tiller was quoted on Kevin, 'his IQ drops 50 points every time he laces up a pair of running shoes'. In the first Willy-to-Billy, Dawn Tiller was first woman outright (2:52:13), Cathy Dunworth 3rd, and Bruce Inglis first Strider (13th 2:48:45). Dawn was 1st Female again at Brindabella, Paula Whitehouse 3rd; and Trevor Jacobs 2nd Male. In 1997 At the Striders Annual Dinner at Waverton Bowling Club, the Outstanding Achievement Award went to Chris Truscott, Mark Fiore won Best of Blister and the President's Award went to the Blister team – Steve Cornelius, Sarah Entwistle, Nick Themsen and Graham Butler. Ray Potter received a special award - the 'Nobel Prize for Medicine' after letting loose the first virus around the LiSt. Jim Screen took over from John Turner as President. Mike Ward reported on beating the Bogong-Hotham (60k) 5-

hour cutoff on his third attempt, accompanied by Murray Town. This was a mere sprint for Murray who had completed an ultra triathlon in Canberra – 15km swim (6h 53m), 400km cycle (16h 14m) and 100km run (10h 41m) – total 33h 49m. Articles included Alex Hamill's witty 'Boston by the Alphabet' from 'Arriving' to 'Zzzz' and Brian Colwell climbing Kilimanjaro and touring Africa. Joe Degabriele was also in Africa courtesy of his '95 10K Handicap prize of a flight to Sth Africa. Kevin Tiller ran the Fat Ass 54 in the UK in sub-zero temperatures in January, including buying a map in a shop after he'd strayed off course. Race rules said 'I will not complain that the North Downs are neither flat, paved nor lit and weather could be a little inclement'. All Striders entering the Callala Bay Half Ironman won age-grps – Merri Mack, Sarah Entwistle, Derek Smith and Paula Whitehouse. And at Forster Ironman Derek was 1st in A-G, and Sarah Entwistle and Brenda Hamill both 3rd. Both Alex and Brenda Hamill qualified for the ITU Triathlon World C'ships. Brenda got A-G firsts at Sri Chimnoy Long Course, St George Triathlon Tour Selection Race, Avia Sprint Triathlon and two of the Brooks Series. On the comeback- trail, Steve Cornelius disputed with bathroom scales and diet books as he sought to eliminate his 'proto-tits and lifebelt'. Fiona Pelly told us what to eat before and after a race and there was a letter from Mike Ward about a dog biting his bum. At Palm Beach-Manly, John Young and Joanne Cowan were outright winners, with Penny Smith, Ray Potter and Bruce Murray winning A-G awards. At Six Foot Dawn Tiller got a 1st in 4:16 with Carl Baker 3rd in 3:46. Dawn also came 7th in the US 50-mile C'ships (3rd in A-G), a Canberra PB of 3:03 and 1st in the Brisbane Water Bush Bash (course record) in which a number of Striders ran a bit extra and finished from the wrong direction. A new Kolumn appeared – 'Kaptain AnoraK' celebrating obscure records such as 'Earliest drink stop in a race' – Brian Colwell at 10 metres in the Internal Half at the 7k drinks table, and Paul Glare's 2500 day running streak (no missed days). Brenda Kearns and John Walker reported on the NZ Coast-to-Coast multi-sport 238km, including running, cycling and kayaking. Jim Donovan told of dodging security guards on a night run on the (under construction) M2 freeway. In 'The Show Must Go On', Steve Cornelius asked 20 Striders why on earth they ran the Akuna Bay Aaargh in a Force 10 gale. At 10K Series Race 4, placings were: Joanne Cowan, Jenny Truscott, Sally Taggart; and John Young, Chris Truscott, Andrew Smith.

S.W. Bag did not run the Dusseldorf Marathon

5 Years Ago

George Harrison and Maarlies Laaper ran in a very emotional NY Marathon – the first after 9/11. Volunteer firefighter Fiero Mammone paid his own tribute to his brother firefighters in NY with a solo marathon from his Liverpool fire-station to the US Consulate in Sydney running at exactly the same time as the NY Marathon. The Equaliser was won by Dean Degan (54:51) and Jo Cowan (69:20). Kevin O’Kane wrote a retrospective on organising the ‘Mona Vale Marathon’ (field of 16) for the MTG after the 1997 Sydney Marathon failed to happen. The Annual Xmas Brunch at the Middle Harbour Yacht Club saw the Open Marathon Awards going to Dean Degan (2:30:59) ahead of Chris Truscott and Andrew Gibbons; and to Marie O’Connell (3:17:55) ahead of Anne Muras and Marie Bleakey. Vets were Chris Dwyer and Tracey Love, Masters Peter Hammerschmidt and Kirsten Themsen and Seniors Heiko Schaefer. In the Open Half, awards went to Chris Truscott (1:08:58) ahead of Dean Degan and John Young; and Jenny Truscott (1:22:29) ahead of Joanne Cowan and Marie O’Connell. Vets were Chris Dwyer and Joanne Cowan, Masters Peter Hammerschmidt and Tina Campbell, Seniors Ray Doran. The 10K Series was won by John Young ahead of Tim Ashby and Peter Truscott, and Jenny Truscott ahead of Joanne Cowan and Caroline Yarnell. Mark Schaefer won the Handicap. In the Club Marathon C’ships in Canberra winners were Chris Dwyer (Open and Vet), Marie O’Connell (Open) Tracey Love (Vet), Peter Hammerschmidt and Penny Smith (Masters) and Heiko Schaefer (Senior). Top Debutants were Peter Cremen and Anne Muras, Improvers – sub-3 Andrew Gibbons, sub-4 Ralph Melano (also Improver of the Year), Encouragement Award was Nicolas Whealy. Ultra Runner of the Year was Jonathan Worswick and Triathlete Sarah Entwistle. In the Super Series Stephen Jackson and Joanne Cowan won both Open and Vets, with David King and Penny Smith winning Masters and Heiko Schaefer Seniors. Phil Kennedy reported on his 4:09 Fitzroy Falls (bush) Marathon, in which Wayne Stanton took 2nd place in 3:08. Other articles included Sean Greenhill on the Centrepont Race – ‘1550 Steps to the Top’, Brad Renshaw on the Medoc Marathon with drinkstop choices of local wine, oysters or a slice of beef off the spit. John Sparks told us about climbing Kilimanjaro (must be a 5-yearly Strider ritual); Alf Field and Manfred Fiedler met Peter & Cathy Baker at the Lake Tahoe Marathon; Frances Brown reported on the Sussan

Women’s Classic and we printed photos of Frank Dearn’s Custom Six Foot Track – Frank didn’t think he could make Six foot Track cutoff so did his own event with Kevin O’Kane, Michael Bailey and Steve Nordern.

Dawn Tiller again won Six Foot Track in 4:29:05, Jonathan Worswick finished 10th (4:00:08) and Striders won the first ‘Mob Run’ trophy. At the Annual Awards Dinner the Outstanding Achievement Award went to Dean Degan, Best of the Blister to ex-editor Nick Themsen, STaR Host Award to Nick and Kirsten Themsen and President’s Award to Keith and Margaret White.

Articles included Kevin O’Kane’s ‘What Rules?’ on breaking all known rules on race preparation for his Canberra effort; Alf Field running 6:24 in the Antarctic Marathon; Joanne Cowan on ‘Running through Pregnancy’; a Kevin O’Kane retrospective on the ‘Lost Long Runs’ – the now-defunct marathons of the 80s; Sean Greenhill on Cradle Mountain; Mat Kaley keeping us up-to-date with ‘Striders on Track’ including Jenny Truscott running 9th in the Commonwealth Games 1500m Trial in 4:26. Also a 14-year old Lachlan Renshaw was reported getting gold and silver in the NSW U-16 800m and 400m and then double gold in the Australian Youth C’ship U-16.

At 10k series Race 2 placing were: Joanne Cowan, Tracey Love, Clara Vucetic; Andrew Knox, John Young and Tim Ashby

Hatches, matches, dispatches

To Megan and Stephen Jackson, a son: Joshua William Jackson arrived @ 7:25pm, 16th April, weighing in at 3.86kg. 54cm long.

Another Strider is born! 5.15 am, Sunday 3rd December. Liam James Bullas to Kylie and Paul, brother to Hayley. Paul thinks, with a labour time similar to his 10 km time, Liam should be a sprinter.

Jean-Manuel Becker and Barbara Fabish married on December 10 at McKell Park in Darling Point, six years to the day after meeting at a picnic with friends at Bronte Beach. According to Barbara, Jean-Manuel get out of bed and into running shoes. He has also perfected the ‘knee-in-back-nudge’ to help his wife refined his Domain-Hunter St transitions over is, “a strong supporter of her running efforts, having several SMH Half Marathons as a sideline supporter.”

On 25 January 2007 Naomi Frank married Damian

Tancred (a fellow Strider - just a bit faster than her!) at Taronga Zoo. "We had been 'courting' for a period of five years, coinciding with the time I started running", she said, thinking it prudent to

learn to run if she ever wanted to see him!! Now she is hooked. They honeymooned in Noosa for ten days following the wedding. Now they are back into the routine, training for the Gold Coast half.

Canberra Marathon Results

A large contingent of runners and supporters headed to Canberra for the Award winning annual Canberra Marathon. There were many PB's on the day, including a great run by David Criniti.

3	David Criniti	2.28.38	PB of 0:03:06, 3rd fastest on Club Ladder"
15	Damian Tancred	2.46.18	PB of 0:02:54,
17	Guy Doulman	2.47.00	
21	Tim Lindop	2.48.28	PB of 0:03:45,
24	Gerry Arthur	2.51.36	
37	Paul Jack	2.54.55	PB of 0:04:55,
46	Steve Hume	2.57.47	PB of 0:04:11,
47	Chris Graham	2.57.47	
69	James Swadling	3.02.28	Debut as Strider
78	Paul Bruning	3.03.28	PB of 0:13:04, "
85	Malcolm Ferguson	3.05.01	PB of 0:14:33,
91	Bruce Renwick	3.05.52	
96	Danielle Langsworth	3.07.31	PB of 0:04:23, 7th fastest on Veterans Ladder"
96	Cameron Arnold	3.07.31	
107	Neil Anderson	3.08.51	
117	Ian Walsh	3.10.27	PB of 0:16:15,
132	Wayne Gregory	3.14.17	
162	Shelley Howes	3.18.44	
186	Thien Vuong	3.21.15	PB of 0:09:21,
238	Graham Sheargold	3.27.40	
277	Bruce Tomlinson	3.30.28	Debut as Strider
296	Peter Fogale	3.33.14	Debut as Strider
306	Peter Hibberd	3.34.26	PB of 0:05:34,
316	Robert Lutz	3.35.45	Debut as Strider
342	Robert Joscelyne	3.38.09	Debut as Strider
352	Leighsa Hill	3.39.36	PB of 0:08:42,
355	Luigi Criniti	3.39.47	
	5th fastest on Seniors Ladder		
356	Dean Harris	3.39.47	PB of 0:02:06,
371	David Stirk	3.40.48	Debut as Strider
380	Lisa Carroli	3.41.39	
389	Terry Coleman	3.42.16	
398	Natalie Jennings	3.43.26	Debut as Strider
403	Naomi Tancred	3.43.41	Debut as Strider
413	Glenn Lockwood	3.44.32	
471	Taras Mencinsky	3.51.16	Debut as Strider
477	Scott Williams	3.51.34	
518	Wayne Pryke	3.54.05	
534	Mervyn Cohen	3.55.10	
555	Phil Skurrie	3.57.25	PB of 0:09:22,
585	Chris Hogan	3.59.25	
586	Susan Login	3.59.26	PB of 0:04:57,
601	Stephen Firth	4.01.41	
606	Paul Honeywill	4.01.59	Debut as Strider
610	Tim Deane.	4.02.14	
620	Charles King	4.04.27	Debut as Strider
672	Mick Regan	4.12.27	
686	Stephen Mifsud	4.15.13	Debut as Strider
703	Karin Kaehne	4.17.09	
704	Darren Kaehne	4.17.10	
712	Sebastian Warmerdam	4.17.58	
721	Rick Collins	4.19.45	
779	Martin Smith	4.26.58	Debut as Strider
787	Brian Ogilwy	4.28.45	
798	Zed Zlotnick	4.30.26	Debut as Strider
800	Pauline Evans	4.30.36	
805	Todd Warwick	4.33.09	Debut as Strider
810	Clare Holland	4.34.09	Debut as Strider
811	Jamie Blackie	4.34.10	Debut as Strider
812	Allison Lilley	4.34.12	
819	Jeff Morunga	4.35.55	
844	Ken Smith	4.42.31	
881	Stuart Brown	4.54.00	Debut as Strider

Canberra 50km Results

1	David Criniti	3.00.12	PB of 0:07:01, improves fastest time on Club Ladder"
14	Paul Bruning	3.51.08	Debut as Strider, 5th fastest on Veterans Ladder"
15	Neil Anderson	3.54.46	PB of 0:11:13 , 8th fastest on Veterans Ladder"
16	Wayne Gregory	3.56.35	PB of 0:26:13 9th fastest on Veterans Ladder"
35	Glenn Lockwood	4.23.38	PB of 2:08:51
46	Terry Coleman	4.28.39	Debut as Strider
47	Lisa Carroli	4.29.04	Debut as Strider, 3rd fastest on Club Ladder"
48	Robert Lutz	4.30.16	Debut as Strider
51	Stephen Firth	4.37.05	Debut as Strider
62	Susan Login	4.58.17	Debut as Strider, 5th fastest on Club Ladder"
69	Karin Kaehne	5.11.58	
70	Darren Kaehne	5.11.58	
72	Sebastian Warmerdam	5.19.59	Debut as Strider
83	Allison Lilley	5.35.53	Debut as Strider,

6th fastest on Club Ladder"

84 Jeff Morunga 5.38.40

87 Ken Smith 5.50.54 Debut as Strider

10 fastest on Masters Ladder"

Canberra 10K Results

19 Jenny Wickham 0.37.03 1st Female

20 David Kane 0.37.18

22 Peter Truscott 0.37.26

31 Geoff Sheargold 0.38.56

38 Chris Davis 0.39.27

50 Jenny Truscott 0.40.35

67 Danielle McCormack 0.42.47

29 Emma O'Reilly 0.47.47

137 Deanna Lum 0.48.09

206 Lesley Maher 0.52.18

211 Lorraine Spanton 0.52.30

223 Gillian St Amand 0.53.01 PB of 0:03:37

240 Kerryn Parkinson 0.54.38

241 Cameron Arnold 0.54.39

301 Denise Wilson 0.59.33

Canberra 5k

2 Chris Truscott 0.16.11

20 Greta Truscott 0.18.43

24 Jo Pai 0.19.14

63 Melanie Truscott 0.22.36

110 David Burns 0.27.13

133 Robyn Moody 0.29.49

139 Frances Brown 0.30.24

184 Neil Anderson 0.35.40

210 Peter Johnson 0.39.32

Awards Announced December 2006:**Marathon Championships****CANBERRA MARATHON IN APRIL**Open Male David Criniti 2.40.23
runner up: Cameron ArnoldOpen Female Suzanne Kelly 3.02.28
runner up: Jenny McKennaPreVet Male David Criniti 2.40.23
runner up: Cameron ArnoldPreVet Female Jenny McKenna 3.13.39
runner up: Shelley HowesVeteran Male Kelvin Marshall 2.58.32
runner up: Andrew LennoxVeteran Female Suzanne Kelly 3.02.28
runner up: Vivienne KartsounisMasters Male Bruce Renwick 3.02.01
runner up: Christopher Dwyer

Masters Female Pauline Evans 4.06.34

Seniors Male Derek Smith 3.59.57
runner up: Brian Ogilwy

Seniors Female no entries

Super Senior Male Frank Dearn 5.09.58

Super Senior Female no entries

Intl Handicap Half Marathon AwardOpen Ken Smith
runner up: Carol Taylor**Half Marathon Championships****SYDNEY MORNING HERALD HALF IN MAY**Open Male Glenn Guzzo 1.06.58
runner up: Jan-Willem SchaarOpen Female Jenny Truscott 1.20.12
runner up: Jenny WickhamPreVet Male Glenn Guzzo 1.06.58
runner up: Jan-Willem SchaarPreVet Female Jenny Truscott 1.20.12
runner up: Jenny WickhamVeteran Male Stephen Jackson 1.19.28
runner up: Andrew TaylorVeteran Female Dianne Aitken 1.28.17
runner up: Suzanne KellyMasters Male Keith Bateman 1.17.33
runner up: Dennis WylieMasters Female Jo Cowan 1.35.10
runner up: Deanna LumSeniors Male Ray Doran 1.29.49
runner up: David Robinson

Seniors Female no entries

Super Senior Male Manfred Fiedler 2.01.22
runner up: Frank Dearn**Equaliser Cross-Country Award**Open Male Raymond Wareham 0.55.11
runner up: Tony Fattorini

Open Female **Jenny Truscott** 1.04.14
runner up: Catriona Cater

The 10 Km Series Awards

The Middle Harbour Yacht Club Perpetual Trophy

10 events of 10k from February to November

Handicap	Graham Osborn
runner up:	Alistair McLean
Age and Gender Adjusted	Glenn Guzzo
runner up:	Dennis Wylie
Open Male	Glenn Guzzo
runner up:	Cameron Arnold
Open Female	Danielle Langsworth
runner up:	Jo Cowan
PreVet Male	Glenn Guzzo
runner up:	Cameron Arnold
PreVet Female	Shelley Howes
runner up:	Janna Robertson
Veteran Male	Ross Sinclair
runner up:	Stephen Laws
Veteran Female	Danielle Langsworth
runner up:	Suzanne Kelly
Masters Male	Dennis Wylie
runner up:	Brian Wilcockson
Masters Female	Jo Cowan
runner up:	Lesley Maher
Seniors Male	Ray Doran
runner up:	Luigi Criniti
Seniors Female	no entries
Super Senior Male	Frank Dearn
runner up:	Manfred Fiedler
Super Senior Female	no entries
Legends Male	Ron Daly
Legends Female	no entries
Fastest 10k Male	Glenn Guzzo
30.34 North Head	
Fastest 10km Female	Jenny Truscott
36.50 North Head	

The Super Series Awards

"10 events, 10k to 45k, from February to November"

Age and Gender Adjusted	David Criniti
runner up:	Dennis Wylie
Open Male	David Criniti
runner up:	Shaun Atchison
Open Female	Suzanne Kelly
runner up:	Shelley Howes
PreVet Male	David Criniti
runner up:	Shaun Atchison
PreVet Female	Shelley Howes

runner up:	Lisa-Anne Davie
Veteran Male	Stephen Jackson
runner up:	Wayne Gregory
Veteran Female	Suzanne Kelly
runner up:	Lisa Carroli
Masters Male	Dennis Wylie
runner up:	Barry Rutter
Masters Female	Pauline Evans
runner up:	Deanna Lum
Seniors Male	Luigi Criniti
runner up:	Brian Ogilwy
Seniors Female	no entries
Super Senior Male	Frank Dearn
runner up:	Manfred Fiedler
Super Senior Female	no entries
Legends Male	Ron Daly
Legends Female	no entries
Best Age and Gender	Glenn Guzzo
(891 points) Sutherland to Surf	
runner up:	Darren Benson

About the 10k Series

Reaching 400 starters at the North Head 10k Series race in May is a tremendous milestone in the history of the 10k Series. The first 10k race was held in September 1991 as part of a half marathon.

Nine years earlier, Sydney Striders held the first open half marathon for 341 runners in March 1982 at Lane Cove. By March 1985 the well organised annual half marathon peaked with 1,522 runners. A race of that size needed 100 club volunteers and the internal half marathon came about as a run for the club a week before the big one. In 1991 a 10k race was included for 215 runners while 692 did the half marathon. The initiative for the 10k distance came from Paul Russell and Mathew Kaley. Interest from runners and the availability of quality races in Sydney changed. The last open Strider half marathon was held in 1994 with 296 runners – but small 10k races continued. Certified courses, kilometre markers, site hire contracts and sophisticated timing systems were still to come.

Jonathan Trope was an early organiser of the 10k Series. He told Mark Fiore that if he was going to win the 1992 series he could organise it the following year. Ray Potter took over from Mark in 1995 followed by John Hamilton. By March 1996, 53 Striders ran a 10k course at Lane Cove – 56 was the average for the whole year. Mike Hansen then held the position for two years and at that time the series included courses at Marsfield, Shelly Beach

and Meadowbank. Richard Peacock organised a couple of races before his untimely death. Joe Degabriele carried the mantle for several years before he moved to Adelaide in February. All of these club members have added a piece to the 10k Series we enjoy today with a significant and long lasting contribution from Joe.

Setting up in beautiful parks at dawn, the amazing view over the start line pack, the excitement of runners thundering to the finish, and delighted announcements of a new PB are more fun than I bargained for. The 10k Series is now carried by the club members who help out as volunteers – permanent position holders, people who help before racing, injured runners and those of you who give up a race for the club. Improvements to timing (yes, it's going to get even better), courses and family participation are planned this year. Interesting new race categories have been suggested, some involving wheels, and we may test the innovative Médoc Marathon refuelling practices at club social events. Any volunteers?

Barbara Becker

The first 10 placegetters

Race 1

1	Colin Johnston	0.32.26	n	
2	Trent Wood	0.32.35	n	
3	David Criniti	0.32.44	S	
4	Robin Whiteley	0.32.57	n	
5	Tim Ashby	0.33.38	S	
6	Andrew Tuckey	0.33.38	S	
7	Jared Poppett	0.33.57	n	
8	Tom Highnam	0.34.06	S	
9	Tony Fattorini	0.34.45	S	
10	Ewan Horsburgh	0.35.13	S	
1	Jenny Wickham	0.36.21	S	F
2	Elizabeth Miller	0.36.49	n	F
3	Jenny Truscott	0.37.36	S	F
4	Lisa-Anne Davie	0.39.31	S	F
5	Shelley Howes	0.39.37	S	F
6	Cindy King	0.39.42	n	F
7	Danielle Langsworth	0.39.46	S	F
8	Ariel Stewart	0.39.57	n	F
9	Jane Miles	0.39.58	n	F
10	Shannon Daley	0.41.47	n	F

Race 2

1	Glenn Guzzo	0.31.16	M Pre	1
2	Paul Arthur	0.32.17	-	-
3	Jeremey Horne	0.32.19	-	-
4	Robin Whiteley	0.32.55	-	-

5	David Criniti	0.33.34	M Pre	2
6	Robbie Neill	0.33.37	-	-
7	Jared Poppett	0.33.41	-	-
8	Tim Ashby	0.34.20	M Pre	3
9	Tom Highnam	0.34.31	M Pre	4
10	Jake Shaw	0.34.58	-	-
1	Jenny Wickham	0.36.46	F Pre	1
2	Jenny Dallaway	0.37.39	F -	-
3	Charlotte Paul	0.38.35	F -	-
4	Lisa-Anne Davie	0.39.50	F Pre	2
5	Danielle Langsworth	0.39.53	F Vet	1
6	Anna White	0.39.59	F Pre	3
7	Joanne McCoy	0.41.49	F Vet	2
8	Anna Hellstrom	0.42.07	F -	-
9	Margaret Dietz	0.42.10	F -	-
10	Joanne Cowan	0.42.24	F Mst	1

Race 3

1	Colin Johnston	0.32.27	-	-
2	David Criniti	0.33.10	M Pre	1
3	Dean King	0.33.54	-	-
4	Tim Ashby	0.33.55	M Pre	2
5	Tom Highnam	0.34.11	M Pre	3
6	Raymond Wareham	0.34.22	M Vet	1
7	Thomas Crasti	0.34.29	M Pre	4
8	Klayten Smith	0.35.02	M Pre	5
9	Guy Doulman	0.35.27	M Vet	2
10	Richard High	0.35.35	M Pre	6
1	Jenny Dallaway	0.36.45	F -	-
2	Charlotte Paul	0.37.50	F -	-
3	Jane Miles	0.39.50	F -	-
4	Ariel Stewart	0.40.30	F -	-
5	Shelley Howes	0.41.47	F Pre	1
	Danielle			
6	McCormack	0.42.19	F Vet	1
7	Christine Wong	0.42.41	F Pre	2
8	Alicia Smith	0.43.09	F -	-
9	Megan Tummnello	0.43.17	F -	-
10	Anna Stewart	0.43.25	F -	-

Race 4

1	Andrew Tuckey	0.33.23	M Pre	1
2	Tom Highnam	0.33.26	M Pre	2
3	Tim Ashby	0.33.28	M Pre	3
4	Klayten Smith	0.34.04	M Pre	4
5	Richard High	0.34.44	M Pre	5
6	Michael Chay	0.34.49	-	-
7	Guy Doulman	0.34.53	M Vet	1
8	Andrew Wilson	0.34.58	-	-
9	Paul McClarnon	0.35.00	-	-
10	Brad Pamp	0.35.25	-	-
1	Jenny Wickham	0.36.38	F Pre	1
2	Charlotte Paul	0.37.50	F -	-
3	Anna White	0.38.12	F Pre	2
4	Jane Miles	0.38.45	F -	-
5	Elizabeth Edmonds	0.38.48	F Vet	1

6	Ariel Stewart	0.39.22	F -	-
7	Michelle Jelleff	0.39.33	F Vet	2
8	Joanne Barton	0.39.44	F Vet	3
9	Lisa-Anne Davie	0.40.16	F Pre	3
10	Shelley Howes	0.40.26	F Pre	4

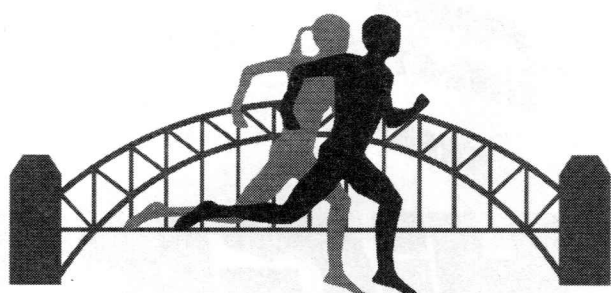
Race Volunteers

The Sydney Striders' committee is keen to promote volunteering and wishes to spread the load. Here, we acknowledge those who gave their time in the last few races to help run the 10k events. The races would be impossible to run without volunteers.

Race 1 – Lane Cove

3rd February – 356 Starters

Hosts: Barry and Shirley Rutter, **Equipment:** Peter Woods, **Course Layout:** Iain Martin, **Registration:** Mike Fowlds, Martin Foulkes, Danielle Langsworth, David Gayford, Lisa Carroli, David Burgess, Jo Cowan, Bruce Smith, Pennie Psaltis, John Snedden, **Marshals:** Jill Reich, Jim Barrett, Michelle Tonnet and kids, Ingrid Grace, Grahame Murphy, **Water Stop:** Graham Osborne, **Finish Line Officials:** Mick Regan, Sean Kennedy, Lorraine Spanton, Shirley Rutter, Robyn Moody, Michael Sharp, Bruce Smith, Pennie Psaltis, Guy Doulman, **Pacers:** Glen Guzzo, Gerry Arthur, Alistair McLean, Jim Moody, Andrew Lennox, **Results:** David Bray



SYDNEY RUNNING CENTRE

Phil Roux and Damian Tancred

Edgecliff Centre, Shop21,

203-233 New South Head Road, Edgecliff.

Tel. 9362 0422.

Race 2 – Sydney Olympic Park

3rd March – 363 Starters

Hosts: Katie Rowell, Deanna Lum, **Equipment:** Peter Woods, **Course Layout:** Stephen Jackson, **Registration:** Guy Doulman, Pennie Psaltis, Jo Cowan, Alan Smith, Mohammed Alkhub, Jude and Mark Gregory, **Marshals:** Dean Gardiner, Ralph Melano, Bruce Inglis, Sue Login, Ingrid Grace, Dean Harris, Amanda Underwood, Tony Fattorini, **Water Stop:** Robert Mulley & Brian Wilcockson, **Finish Line Officials:** Barry Rutter, Bruce Horsburgh, Shirley Rutter, Jude Gregory, Dean Gardiner, Mark Gregory, Mark Langsworth, Deanna Lum, Bruce Tomlinson, **Pacers:** Alistair McLean, Andrew Stone, **Results:** David Bray

Race 3 – The Domain

7th April – 308 Starters

Hosts: Danielle Langsworth, Lisa Davies, Naomi Tancred, Susan Login, Peter Hibberd, **Equipment:** Peter Woods & Ross McCarty, **Course Layout:** Stephen Jackson & Chris Yates, **Registration:** Pennie Psaltis, Naomi Tancred, Russell Johnson, Carey Lynn, Robert Mulley, **Water Stop:** Barry Rutter & Mark Fiore, **Marshals:** Stephen Parker, Bruce Horsburgh, Mark Russell, Brian Wilcockson, Ross McCarty, Robert Mulley, Carey Lynn, Gillian Klevansky, Carol Taylor, Mark Irwin, Charles Colville, **Finish Line Officials:** Dennis Wylie, Shirley Rutter, Robyn Cameron, Peter Woods, Stephen Parker, Bernadette Gregory, **Pacers:** Andrew Taylor, Steve Laws, Jim Moody, **Results:** David Bray

Race 4 – North Head

5th May – 404 Starters

Hosts: Jaap Bakker and Ron Schwebel, **Equipment:** Peter Woods & Ross McCarty, **Course Layout:** Chris Yates & Stephen Jackson, **Registration:** Naomi Tancred, Pennie Psaltis, Jo Cowan, Jill Reich, Peter Woods, **Marshals:** Bruce Horsburgh, Frank Dearn, Dennis Wylie, **Water Stop:** Keith Bateman, **Finish Line Officials:** Jill Reich, Danielle Langsworth, Shirley Rutter, Barry Rutter, Peter Woods, Dave Criniti, **Pacers:** Gerry Arthur, Stephen Laws, Brian Wilcockson, Peter Fahey, **Results:** David Bray

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The Blister

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