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Sydney Striders

Marathon and Road Runners Club



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Sydney Striders

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EDITORIAL

By Charles Coville

1983 looks set to be another successful year for the club.

Success means different things to different people. However, as a Striders generalisation, potential success could be measured as follows:-

1. A large member participation rate.

Our internal half on 13th February saw 68 club members competing with a further 10 assisting on the day.

2. A high level of fitness at STARS.

Not only are STARS being well attended (record: Rushcutters Ramble: 60), but most members are opting for the longer course and are competently negotiating the 30/32 km distances.

3. An enthusiasm for the Yomix Half Marathon.

Member response in offering their services to the Organising Team and to general assistance on race day has given credence to our "By Runners for Runners" mottoes.

4. An enlarged and capable committee.

New committee members John Evennett, Steve Cornelius and Bryce Courtenay will be an invaluable asset to our club direction and control.

(Our thanks to John Jeston for his tireless services during 1982).

So 1983 should be a bumper year for all members old or young, slow or fast.

Keep on Striding.

CHARLES COVILLE.



MEMBERSHIP

As at Sunday 27th February, our membership stood at 123 (9th January - 130).

An injury free welcome to our new members who have joined since the last Blister (No. 13).

Peter Copley	Bret Nichols
Neil Comerford	Geoff Pearl
Ian Cross	Gerald Smith
David Donnelley	Wayne Stanton
Peter Donnelley	Robert Stuart
Robert McLeland	John Turner
Bruce Murray	

Would members please advise our treasurer, John Edwards, of any changes of address/telephone numbers or errors on labels.

SUNDAY TRAINING RUNS (STARS) AND CLUB RACES

SUNDAY TRAINING RUNS (STARS) and CLUB RACES

by Steve Cornelius

DATE	VENUE	ORGANISER	ATTENDANCE
16/1/83	Tourist Trot	Sam Daher	57
23/1/83	Port Botany Panter	The Flanagan Family	46
30/1/83	North Head Trek	John Evennett	43
6/2/83	Rushcutters Ramble	Brent Waters	60
13/2/83	Club Internal ½-marathon race	Steve Cornelius	68
20/2/83	Willoughby Wander	Sue Hill	53

STAR ATTENDANCES

As you can see from the above figures, attendances at Sunday Training Runs have taken off like the graph of a rigged political opinion poll. This is a reflection of a number of factors, not least the recent increase in club membership, but also presumably the proximity of the marathon season in general and the Nike Canberra Marathon in particular. The upsurge in attendances has caused something of a problem for STAR hosts, in that it's sometimes difficult to estimate how many drinks to provide, and even more difficult to carry them from supermarket to car to fridge to STAR venue. We are working on solutions to this problem; volunteer helpers may soon be called for, to lessen the load on individual hosts, large plastic bins are now available to put drinks and ice in, and arrangements can now be made to buy back drinks surplus to requirements (i.e. no STAR host need now be lumbered with 4 dozen Cokes after their run!). To STAR hosts we say thank you again for your efforts on behalf of the club, bear with us, and if you have any problems don't be afraid to shout for help!

LANDMARKS

Sam "Banana" Daher's Tourist Trot had the honour of being the first ever STAR run to attract over 50 runners. Besides this, we discovered (too late, unfortunately) that it was the 100th STAR run in the club's history. Humble apologies to Sam for not celebrating the occasion in fitting fashion, but we promise to schedule his popular run as the 150th STAR on condition he brings along the Dom Perignon.

Only three weeks later a brand new run, Brent Waters' Rushcutters Ramble, saw 60 runners turning up, and that's where the record stays at the time of writing.

THE "SLOW" GROUP

Part of the credit for the increasing roll-up on Sunday mornings must go to the so-called "slow" group, whose numbers have also been swelling, and to whom I myself owe a debt of gratitude. Returning in January from a 4-month absence from training, I was incapable of running more than a couple of kilometres with medium-pace group, but found the pace, ambience, and good humour of the slow group very much to my liking. It has been suggested that they be renamed the Florence Nightingale group, as their potential for nursing crook or unfit faster runners back to form is huge. Personally I'd say the Dot Flanagan Roadshow, or Tommy Smith's Fusiliers, or the Hazlewood Harriers might be more appropriate titles. For those medium-pace runners who need a bit of nursing in pleasant company, I wholeheartedly recommend joining the 6 o'clock starters.

THE STAR REPERTOIRE

It's gratifying to see that the willingness of club members to design new STARS and to act as STAR hosts has increased in direct proportion with the growth in membership. At the time of writing we have 12 fully active, tried and tested runs; plus 1 dormant run (the Collaroy Classic) which may soon be revived; plus one new run in the final stages of preparation which will appear in the latest itinerary; plus another in the preliminary design stages. Never before has the club had so many Sunday runs to pick from.

Unfortunately one of the old favourites, Bill Hunter's Bobbin Head run, is about to make its farewell appearance, as Bill is going overseas. This is the run which topped the popularity poll in 1981-2, quite deservedly so, and Bill and May Hunter's barbecued sausages have produced a "Pavlov's dogs" reaction in many a weary hungry Strider. It has been (let us say) reliably rumoured that a couple of bottles of champers may turn up at St Ives on Good Friday as a thank-you to the Hunter family for all their matchless hospitality in the past.

The Bobbin Head run will be admirably replaced by Max Henderson and Pam Hazlewood's new Turramurra Trail, which will follow Brent Waters' Rushcutters Ramble and Bryce Courtenay's Vaucluse Viewfinder as the third new STAR run of the year. If Turramurra seems a long way to travel from the Eastern Suburbs, it may be worth remembering that the Upper North Shore is a major source of Striders members (28 members lived north of Chatswood at the last count), and many of them show up quite regularly at the STAR runs south of the Bridge. Max and Pam's new run will certainly be worth the trip, and there's a backyard pool to belly-flop into afterwards too.

RUNNING PACE OF STAR GROUPS

In recent weeks we have been attempting to persuade runners to form groups before the start of STAR runs (e.g. "fast" group, "medium long" group). This has not been done in an attempt to discipline or excessively formalise STAR runs, which should remain essentially mouldable to the needs of individual runners. It is mainly a reaction to the large increase in the turn-up most weeks, because we were beginning to find that a huge mob of 40 or 50 runners were taking off together and understandably stringing out into nothing like recognisable groups. In those circumstances, some runners were being dragged along at an unaccustomed fast pace, others were being left behind. STARS, while being designed to fulfil the needs of the individual runner, should also be group events, and runners are reminded that all members of the club should feel at least some responsibility for their fellow runners; this applies especially if a fellow runner seems to be lagging behind, so much so that he or she is likely to lose their way in a difficult bush section up ahead.



YOUR CO-OPERATION PLEASE

One further point about the large numbers of runners at the average STAR run: large numbers of runners have large numbers of voices, and large numbers of cars. Please try to keep noise to an absolute minimum, especially before starting to run. As far as possible these days, we are trying to start STAR runs from parks rather than private houses, but it isn't always possible. Even in parks and reserves we have sometimes had complaints from irate residents (for example, Neil Plevy had to summon all his considerable powers of diplomacy at the last Iron Cove Bay run, when a resident of Formosa St understandably objected to being woken up at 6 a.m.).

We all enjoy our lunatic pastime, pounding the streets at the crack of dawn (well, if we don't, what the *\$!@%* are we doing out there?), but please take into account the fact that some people like to (inexplicably) sleep on Sunday morning!

THE ORIGINAL FUN RUN

JOHN EVENETT

Those Striders who have their eyes at least half open at 6.00am or 6.30am at STAR starts might be aware of the influx of a growing group of individuals, variously athletic, who appear to have an endless array of singlets and T-shirts emblazoned with the symbols HHH or something vaguely similar.

Those amongst us who are better read will know that HHH is the universally accepted abbreviation for the HASH HOUSE HARRIERS (or HARRIETTES if you're a female variety), less of those amongst you, and in general amongst the running community know very much about this growing but diverse group and some explanation is overdue.

Despite being relatively difficult to find in many cities the HASH HOUSE HARRIERS are finding that the concept of Hashing is being mentioned more frequently in international media. Runners World (Feb 82) described the 'HASH' as "an international, but loosely aligned and deliberately disorganised group dedicated to the fine arts of true cross country running and gluttony". Ruby Burfoot's description is one which few Hash persons would find argument.

The HASH HOUSE HARRIERS have been variously described also as 'jogging run amok,' 'a base form of orienteering' and as 'a social drinking running club'. All are true and many members close to the original philosophy of Hashing would place less emphasis on the athletic phrase, preferring to emphasise the conviviality and comradeship which the founders of modern Hashing primated.

The general concept of 'hares and hounds and cross country paper chases' has been recorded in many parts of the world for many years. References to the 'Thames hare Hounds Cluba merry company of athletic pedestrian sportsmen' may be found as far back as 1869. Similarly, there are references to a 'Paper Chase in Kutchung' (East Malaysia) during early 1923. In Malaysia there is also evidence of similar harrier groups in Kuala Lumpur (mixed sexes and on Sundays) and to the south in Malaka however no continuity to the present day remain. Even through China in the late 1920's references exist to similar concepts pursued by the expatriate community.

However, during the late 1930's, the modern concept of Hashing came into being through certain members of the Selangor Club Chambers, Kuala Lumpur (then Malaya), now capital of Malaysia. Some early history has been recorded in letters written by a founder member C. H. (Curly) Lee:

"The Hash House Harriers were founded in a moment of post prandial inspiration at the Selangor Club Chambers about 1937/38 by a number of inmates. A. S. Gispert of Evatt & Co was the real founder - a man of great wit and charm who was killed on Singapore Island in February 1942 whilst serving with the volunteer Argylls, only just having returned from leave in Australia....Gispert was not an athlete, and stress was laid on subsequent refreshment etc as on the pure and austere running. It was non-competitive, and abounded in slow packs. Life was then conservative rather than competitive. "The name was a mock illusion to the institution that at that time housed and fed us. (The Selangor Club Chambers). Later some order came out of chaos - a bank account, balance sheet and some system. But we prided ourselves on being rather disorganised - or the minimum organisation sufficed".

Though the Hash ceased to operate through World War 2, it started again post war and continued to spread throughout the Malaya peninsula and through the emergency period in Malaya."

The Hash was eventually forced to register as a Society in Kuala Lumpur and Cecil Lee was the founder member whose association with the Hash lasted the longest, being a regular attender 1938/41, 1946/51 and 1954/57 after which he ran infrequently before retiring to the U.K. in 1961.

We hope some Striders members show such longevity.

Hashing then spread with the British & Commonwealth forces through Sth. East Asia to Singapore in 1962 and later to Hong Kong, Indonesia, Thailand and Korea. It reached Australia in 1966, initially to Hobart and to Sydney the following week! There are now in excess of 40 Hashes throughout Australia and the philosophy is alive and growing in the U.K. and Western Europe, South Africa, the Middle East, the Pacific Basin and blossoming in the U.S.A.

Modern Hashing closely follows the original concept whereby for 2 'hares' (drawn in turn from all members) survey and then lay a trail using diced paper, flour, chalk etc in a manner meant to confuse the following pack and to level the athletic capabilities of all 'hounds'. The trail may include loops, checks (where the trail ends before commencing in another direction), false trails etc, with runs usually, but not limited to loop concepts. In all cases an integral, and to many the most important, part of Hashing is the beer and food which follows the run. This may be consumed at a pub, a lower cost restaurant, a member's residence or in the bush or countryside especially after summer running.

Though Hashes are most commonly held on Monday evenings many more recent additions have selected other nights or weekends to suit particular geographic and climatic factors. Most Hashes number their runs from inception, thus the founding Kuala Lumpur Hash hosted their 2,000th run last November with all the revelry and whatever that is expected on such an occasion. Around 2,000 Hashpersons turned up!

Though Hash's founding fathers might well turn in their graves, since 1978 all world Hashes have been invited to attend a bi-annual 'Interhash' - broadly described as an international Hash convention covering 3-4 days of eating, drinking, entertainment and even some running for those 'who stand the pace'. Around 1,300 turned up in Jakarta in October last year for the Third Interhash.

In my Hashing years I've run knee deep through rice paddies and mangrove swamps, been temporarily lost in primary jungle in Malaysia, followed arrows through the foyer of the Peninsula Hotel in Hong Kong and seen more of the surrounds of Sydney than 99.9% of residents. It takes rather extra-ordinary circumstances to keep a dedicated Hashman away from his Monday evening activity. Hashing remains a unique and truly international experience and in fact extremely elitist in many Asian cities with long waiting lists for membership.

Whilst Gispert's original philosophy absolutely excluded any pretence of athleticism one can now find Hash members ranging from once a week joggers up through ex-champions and sub 2.40 marathoners. Somewhere in between are a few fellow Striders.

Hashing has not only lured many into more serious running forms as us Striders members, but also is claimed to be responsible for bringing many former athletes back into the running form.

A case in point was mentioned recently in Runners World magazine. Historians of road running may know the name of Julia Chase, frequently referred to as the first woman of road running. It is generally accepted that Julia's efforts along with those of Christine McKenzie and Dianne Lechasseur finally eroded American A.A.U. barriers against women in open road running events

when the trio competed (unofficially) in the November 1961 Manchester (New England U.S.A.) 5 mile roadrace. By 1962 weight of public opinion had caused the A.A.U. to rescind its former ruling.

In mid 1980 after a 15 year layoff from road running, Julia Chase turned up with the New York Hash House Harriers and has been a regular ever since. As she has been recorded in saying 'Nothing else I've done as a grown-up has been such unadulterated fun, it is in fact the ultimate fun-run!'

We don't really need any more members in Sydney Hashes but this short treatise may give many of you some insight into what arguably is the most international running form apart from graded athletics.

In any case when you hear the work Hash on a Sunday morning you won't see anyone smoking it!



FLANAGAN'S MUM

By Bryce Courtenay

Brenda, Alex and I, our eyes bouncing wearily off our kneecaps, landed at a cool, rainy Honolulu airport. Alex said nothing, Brenda ditto and I said; "Ho-ho-ho! Good sub-three Marathon weather!" "You and Flanagan's Mum!" Alex snorted. "Nobody does a P.B. in the Honolulu, it's too bloody hot."

Just then, in a typical piece of Hamill one-upmanship, a ninety-seven foot black limousine pulled up and announced us into it. Alex proceeded to enter into an animated discussion on last week's American college football results with the fat driver.

This, I thought, was not a very kosher thing for a street brat from Balmain to be doing. Who cares, anyway, whether the University of Pennsylvania (isn't that where Dracula lived?) wipped the pants off the local Uni. Any bloke who gets his head filled with that sort of parochial crap probably didn't have the concentration to run a sub-three anyway.

The main drag along Waikiki Beach was a mixed parade of middle aged couples from the land of the sky blue rinse and Japanese honeymooners in uni-sex gear (you could tell which one was the female by the Gucci handbag).

There didn't seem to be too many runners about.

It was the Wednesday before the Sunday and as the kid from Balmain has been given the job of writing all the preliminary stuff, (see previous Blister) I shall leap straight onto one of the toilets at the start of the Marathon.

For organisation, the Honolulu gets eleven out of ten.

If restaurants get rated in stars then marathons should be rated in toilets. You can tell a well organised marathon by the toilet facilities. The Honolulu is a five-star toilet marathon, the Big 'M' is a minus no star marathon.

We arrived at the start in the dark to be met by a marshall carrying a

large printed board which said 3 to 3.30 runners, follow this sign. We followed the sign and were led into a large hall which contained only the 3hr. to 3.30 runners.

At the end of the hall I counted twenty two portable dunnies with the longest queue no more than a couple of minutes.

Not that's class!

Standing in the queue I chatted with a guy from California called Bill Rogers (not The) who knew more about Rob de Castella than I did and reckoned he'd be too much for Salazar if the two ever met. Naturally I agreed, but with a certain amount of modesty.



A speaker box that didn't sound like someone crunching Smith Chips announced that we should get ready to be moved into a place at the starting line and shortly afterwards, led by a perfectly splendid marine band, we all marched out of the hall onto the road and into an area marked out for the 3 to 3.30 runners.

What style!

When the 'Elites' had finally been marched to the front of the field the race marshall standing on a huge wooden tower announced the national anthem. Now the difference between Aussies and Yanks is that they know the words to their anthem and they don't splutter around mumbling the odd words they remember. They open up and sing with passion every word clear as a New England Church Bell. It was

very moving to hear some 8,000 Americans singing, The Stars and Stripes Forever.

I was moved to early morning tears, whereupon a little Jewish runner next to me who'd introduced himself simply as 'Hi, Sydney Strider, I'm Sol from Brooklyn, PB 3.27 going for 3.15", looked at me and said, "Enjoy!", "It could be worse, it could be the Russian National Anthem".

We then had the countdown from Ten to Zero and with the 'Kapow' of the starter Howitzer came a spectacular display of fireworks. We set off along a concourse marked with flares, hot yellow flames trying to lick the night away into dawn. Splendid stuff.

Alex turned around to me after we'd been running a 'K' or so. Christ, you're sweating," he said. I was leaking like a collander, although he and Brenda still looked fairly comfortable.

Trying to stick to my splits I lost both of them shortly afterwards. I'd written my splits in inch high letters stretching from the inside of my wrist to the top of what is laughingly referred to as my biceps.

Christ! It was hot!

And then the rain came. Buckets and buckets of the bloody stuff, tepid tropical rain driving down so hard that visibility was down to six feet, (in my case Japanese feet) in front of me. I'd put on a pair of thick socks and they soaked up the water to add around 5 kilos extra to each leg.

The rain lasted about 40 minutes and stopped as suddenly as it had started just before we got to the turn-around at 15 miles.

I was feeling pretty miserable but still seemed to be running reasonably well, taking as much water as possible at every drink station.

But! I was not prepared for the famous Honolulu Sauna effect.

It seems that when the sun (87° - Humidity 98%) comes out immediately after the rain the roads begin to steam, creating a sauna effect. What was left of my form was quickly sapped by this piece of local sabotage. I was getting the first of those nasty little twitches that indicate to you that your body is trying to tell you a spot of bad news. "What the hell, it's probably a new kind of twitch cramp you get in the tropics". I told myself without too much conviction.

The crowd were terrific. I guess there would have been 40 thousand people lining the entire route and they yelled all the way.

"C'mon Sydney Strider, you're doing just great!"
"You're looking good Aussie!"

Every few paces someone yelled a word of encouragement, I'd never experienced anything like this before, every runner a hero. It would not be possible to quit in this marathon one would be letting down the crowd.

At about the 17 mile mark I saw Flanagan's Mum still on the first leg out, but running with a smile on her face looking real pleased with herself. Her socks didn't look soaked. The effects of the natural sauna didn't seem to be telling on her. Flanagan's Mum was running a beautiful race, wearing her green and white colours with a nice easy rythme.

I went through where the wall is supposed to be with spasms getting more frequent, rather than hitting the wall I seemed to be brushing against it. But at 24 miles the wall, which had obviously been shadowing me for three miles finally decided to run over me.

Two miles to go and I was in dead trouble, more dead than just trouble. I was out of glycogen and my body was doing nothing about turning my available fat into life saving sugar. About a thousand people passed me in the next mile or so, I stumbled on with enormous encouragement from the crowd who evidently could see that I was in a spot of bother, the wobble from one side of the road to the other must have been a dead giveaway. The pain is not worth describing, we've all felt it or will one day, that soundless primeval gut scream.

Just then I heard an Aussie voice, "C'mon Sydney Strider, leave the bloody Kamakaze act to the Japanese. Run you stupid bastard!" I looked up ahead and in the distance I could see the flags at the finish line. I'd blown a sub-three by miles, I couldn't see anymore, a stumbling advertisement for pain. The crowd were screaming... screaming, I suddenly realised, at me. I was moving, but only just and mostly sideways. Once I fell on my bum... and ten thousand voices screamed at me "Get Up! You can do it! C'mon Sydney!...C'mon Strider!"

I had about a hundred metres to go and slowly, each movement returning to me as if a long forgotten action, I started to run, slow motion on an endless trampoline of pain. And then, like looking through binoculars from the wrong end, arms were held out at the end of a tunnel.

Someone was putting a potassium drip into my arm, while others were smothering me in iced towels. Between the pain the cool felt wonderful.

"I'm OK," I said, ashamed at having made such an arse of myself.

"Sure, Buddy" said the Medico calmly.

"Thanks, I can walk now," I said.

"I'll give you a thousand bucks if you can", he replied.

He would have won the bet.

An hour or so later I was able to hobble out of the field hospital back to the finishing line. Just as I got there, who should be coming over, you guessed it, Flanagan's Mum!

Dot looked good. Tired but good.

Flanagan's Mum had come to run her first marathon and she'd not only finished but finished strong, looking good and smiling.

The kid from Balmain had been right, my time while a P.B. was twenty-one minutes short of a sub-three and achieved with no style whatsoever.

Bill Flanagan ran a good race, but was a little disappointed, so were Alex and Brenda all around 10 minutes or so below their best times. I didn't get the rest of the Honolulu gang's times, but they all finished. They all found it a hard race, all accept Flanagan's Mum, the novice Queen of the 10th Honolulu Marathon.

MERRY CHRISTMAS AND ALOHA BILL

Sun. December, 28

Have you heard what the Irishman gave his mother for Christmas?

Well, Bill Flannagan gave his mother, Dorothy, a trip to Hawaii for two weeks.

Sounds terrific, doesn't it, but I did say Bill was an Irishman even if it does take a while to trace his antecedents to the Emerald Isle.

There was a catch - Dorothy, 47, had to run a marathon over the 26 odd miles in 98 per cent humidity.

And Bill gave the same present to his sisters Jane, 8 and Anne, 15.

The four flying Flannagans joined more than 10,000 other running freaks in the Hawaiian Marathon in humidity, heat and rain.

"It was like Melbourne weather," Bill said. "All the seasons in an afternoon."

I can understand why blokes like Robert de Castella run umpteen miles every day.

Robert will make a fortune out of running before he's finished, but all Bill has to show for 10 years pounding the pavement are a couple of trophies from runs in the bush.

"Some people say it must be like hitting your head with a hammer," Bill said.

"Yes, we do, don't we," I said.

"Well some days it is a slog running 10 to 15 miles a day, but you get enjoyment out of it," Bill said.

Bill runs every Sunday with the Sydney Striders Club, a group of 40 people who pace it out over 33 km.

"Every week we run a different course. We have about eight runs mapped out," Bill said.

"It's a great way to discover new parts of Sydney."

I suggested Bill could try driving a car, but Bill reckons that's the easy way out.

The Flannagans all finished the marathon in Hawaii with Bill running a creditable two hours 47 minutes and Dorothy four hours 42 minutes.

That's a great effort by a mother and son combination and a particularly fine achievement for Dorothy, a 47 year old running her first marathon.

No wonder they gave themselves a week to recover and see Hawaii before coming home.

It was Bill's second Hawaiian marathon and he reckons it's well worth the trouble going there.

"With more than 10,000 runners there's always hundreds around and that makes it easier," Bill said.

I can understand that. I mean the dogs would have so many targets they wouldn't know who to bite and there's every chance you could get through without a hole in your strides and a barking dog on your heels.

Naturally, Bill started running in The Sun's City to Surf and has competed in the last 10.

At 22, he's now run 10 marathons, too, and is wearing out five pairs of running shoes a year.

But I found even Irishmen don't run on Christmas Day.

"I'm having a letdown at the moment," Bill said. "I'm giving myself a reward."

Bill, I have a letdown 12 months a year although to this day I can't figure out what I'm rewarding myself for.

DID YOU KNOW?

Ethiopian athlete Abebe Bikila won the marathon in the Tokyo Olympic Games in 1964 in world record time: 2 hrs 12 min 11.7 sec, only four weeks after an operation for appendicitis and became the first man to win two olympic marathons!

There was a major scandal in the 1904 Olympic Marathon, held at St. Louis, USA, when an American called Lorz got a clandestine 10 mile lift in a car in the middle section of the race and naturally arrived at the Stadium first. When the truth dawned, wild applause soon thinned to heckling and immediate expulsion.

The Marathon commemorates the legendary feat of a Greek soldier, Philippides, who in 490 BC is supposed to have run from Marathon in the north to Athens, a distance of about 40 k, to bring news of the Athenian victory over the Persians. Appropriately, the first modern marathon winner at the 1896 Olympic Games held at Athens was a Greek one Spyridon Louis, a post office messenger from Marusi near Athens. He was one of the 21 Greek starters over the 24 mile 1503 yd (40 k) course.

The 1924 Olympic marathon distance was standardized at 42, 195 metres, or 26 miles, 385 yards. The additional 385 yards stems from a decision of the British Olympic Committee to start the 1908 Olympic race from the royal residence at Windsor Castle and finish it in front of the royal box in the stadium at London.

The distances run at Olympic Marathons in other years were:

1896	and 1904	24 miles	1,503 yards	40,000 metres
1900		25	28	40,260
1906		26	18	41,860
1912		24	1,723	40,200
1920		26	991	42,750

In the 1908 Olympic Marathon Dorando Pietri of Italy finished 1st but was disqualified for assistance by officials over the final few hundred yards.

BREATHING

Edited from 'Youth and Beauty Secrets of the Orient'



There is in fact little in Western concepts and pursuits of physical culture to suggest that the development of controlled breathing was ever considered to be of more than passing relevance to performance. Breathing was, after all, something completely natural that automatically took care of itself - the more you exercised, the more heavily you breathed - there was considered to be no more to it than that. But there is, of course. The way in which we draw breath, what we do with it once it is inhaled, and how we expel it, can have a marked effect on our health and physical capacity.

Yet we find few who accept proper practice for the development of breath control as a logical prerequisite to physical progress. How many of those who regularly jog, play squash or participate in other sporting activities will set aside a little time to concentrate on the process of breathing? Has your doctor ever asked you when you last took a good deep breath? The practice of breath control is generally considered to be the province of those who depend upon it professionally, such as singers and musicians specialising in wind instruments. A Chinese opera singer, for instance, will practise her sing-song incantations before a high wall, never allowing the echo to die away. An Aboriginal youth selected by his elders to play the sacred didgeridoo at tribal corroborees will be taught first to build up his lung capacity by blowing through a straw into a pool. Not until the stream of bubbles remains uninterrupted for minutes on end is he considered ready to learn the instrument.

While the Westerner has taken breathing for granted, it has been recognised and nurtured in the East for thousands of years as the springboard of physical power, the foundation of health and harmony and the true secret of eternal youth. Although little has been written on the subject of breathing for health, and there are slight variations in detail in the records which do exist, certain vital aspects remain constant. All are identical in their concept of the values and goals of correct breathing, although the names may differ - to the Chinese it is Ch'i; to the Japanese it is Ki; to the early Egyptians it was Kai; and to the Hindu Yogi it has always been Prana. But the meaning remains the same - intrinsic energy, youth breath, universal life force, the power within. More subtle than air, although air is its source; more complex than energy, although a power to create and override obstacles within.

Perhaps it is more easily understood in the West simply as 'inner strength' - that reservoir of energy we draw on in times of danger and emergency; the final gathering of human resources that decides victory or defeat. We have all known that moment of truth when danger or competition has triggered the adrenal gland to move us faster, lift us higher and give us the strength of survival or victory. This is a powerhouse inherent in us all, which, when harnessed and controlled by that mental discipline, that positive thinking we often talk of but seldom do anything about, is unbeatable.

The origin of the 'Youth Breath' is as fascinating as the tales of the Arabian Nights and its rewards as priceless as the contents of Aladdin's Cave. It dates back to the sixth century BC, when Oriental healers carved its precious secrets on twelve jade tablets. They had long before discovered the therapeutic and rejuvenating benefits of properly performed breathing, and considered it the answer to all spiritual disorders, a direct call on the universe for salvation and a link that, once forged, could not be severed. They called it Prana - the Universal Spirit.

This is the way of the Youth Breath. Prana (air) is taken in through the nose as a cooling draught to the throat. When it is taken in it expands (inhalation). When it expands it is guided downwards (by the diaphragm, or Tan Tien - the source of Ch'i). When it is guided downwards it lies quiet (the breath is held). When it has lain quiet it becomes real (concentration of the mind on the Tan Tien). When it has become real it begins to live (the pressure of oxygen - Ch'i or Prana). When it is alive it begins to grow (the channelling of oxygen into the bloodstream). When it has grown it must be distributed wisely (control of breath). When it has been wisely distributed it will press the crown of the head and below it will root into the earth (brain nourishment and strong balance). Those who take in Prana by these principles live truly.

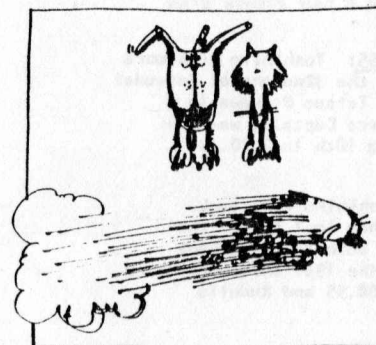
Those who do not, die without having truly lived.

Most of us are mean or stingy breathers. We take in just enough oxygen to keep us going and cheat ourselves of our true share. Because of this the entire system becomes starved and undernourished, we feel listless, run down and easily tired in exactly the same way that any other mechanism would deteriorate if deprived of fuel. Those few who take in an adequate supply of oxygen and know how to distribute it properly are constantly recharging their body cells, the source of all creation.

It is alarming how little most of us know about our lungs. We are probably only aware of them in the sense of two elastic bags inside a protective rib cage which goes up and down as we inhale and exhale. In fact the lungs are probably the most intricate pieces of apparatus in our bodies, incredible networks that each hold as much air as a football. As they have no muscles of their own, the function of breathing is controlled by the thoracic muscles that manipulate the rib cage, and by the diaphragm, a muscular division which separates the chest and abdominal cavities. When we inhale the ribs move up and out, and the diaphragm moves downwards, thereby expanding the volume of the chest cavity. Air flows into the lungs which expand to occupy the increased space made available. Exhalation is brought about by a reversal of this process, and the contents of the lungs are literally squeezed out as the rib cage contracts and the diaphragm moves upwards.

Oxygen from the air is filtered from the lungs into the maze of the arterial system, and is transported by the blood to the more than 75 trillion cells of the body. Our bodies contain approximately five litres of blood travelling endlessly along almost 100 000 kilometres of blood vessels ranging from arteries 25 mm in diameter to capillaries so narrow that blood cells have to pass through in single file. More than 5000 litres of blood are pumped through the heart each day, with the round journey from the heart and back taking less than a minute.

(To be continued)



He's one of your elites.
Only takes on sub 2.20's.

INTERNATIONAL DATELINE

by Phil Caldwell and John Dawes

SEVENTH FASTEST WOMEN'S MARATHON TIME: Carey May of Ireland won the Osaka Women's Marathon in Japan in 2.29.23, the world's seventh fastest time. The 23 year old Irish student beat Charlotte Teske of West Germany, the favourite, by more than 6 minutes. Placings: 1. Carey May (Ire.) 2.29.23; 2. Charlotte Teske (W.Ger.) 2.35.44; 3. Kathryn Binns (Brit.) 2.37.01; 4. Julie Isphording (US) 2.38.01.

DE CASTELLA 4TH IN GALTER GRANGE CROSS-COUNTRY: Robert De Castella finished 4th in the 10K. Galter Grange International cross-country race in Fermoy, Ireland. The winner was Leon Schots in 32.14, who beat John Treacy of Ireland and England's David Lewis.

BERMUDA MARATHON TO A SCOT IN 2 HR. 19 MIN.: Placings: 1. A. Robertson (Scot) 2.19.9; 2. B. Moturi (Ken) 2.19.32; 3. D. Faircloth (Brit) 2.20.58. Women: 1. K. Ricica (Can) 2.50.42.

DEEK SLASHES 15K WORLD RECORD: Robert de Castella set a new world record of 42.46 for a 15 K. road race in defeating a strong field in Tampa, Florida. De Castella went to the lead at the start and was never passed, outrunning the previous record holder, Mike Musyoki of Kenya, and top U.S. road runner Greg Meyer. Meyer recorded 43.07 for record (a U.S. record) with Musyoki, a Commonwealth Games medallist at both 5,000 m. and 10,000 m. in 1978, third in 43.27. De Castella earned \$5,000 for first place and a \$2,000 bonus for setting a world record.

In the 12,000-strong field the times and places were :

1st Robert de Castella	42.46
2nd Greg Meyer (USA)	43.07
(Winner '82 Chicago Marathon)	
3rd Mike Musyoki (Kenya)	43.27
(previous record-holder)	
4th Adrian Leek (Wales)	43.37
5th Gabriel Kamau (Kenya)	43.43
1st Woman	
Wendy Smith-Sly (England)	48.18
2nd Grete Waltz (Norway)	48.28
(previous world record-holder and defending champion)	

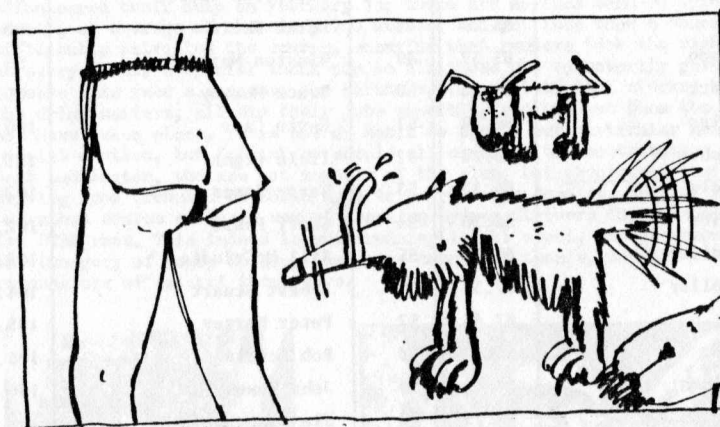
BETSUDAI MAINICHI MARATHON TO LOCAL RUNNER IN 2.13.55: Yoshihiro Nishimura of Japan outdistanced a field of 359 runners to win the 32nd annual Betsudai Mainichi Marathon in Tokyo in 2.13.55. Second was Tetsuo Urakawa in 2.16.52. Wally Saeger, a 30 year old U.S. Air Force Captain, was the first of five foreign runners in the race, finishing 10th in 2.20.19.

FOURTH FASTEST MARATHON TIME TO SEKO: Japan's Toshihiko Seko took the lead in the last 2 miles to win the Tokyo Marathon in 2.8.38, the fourth fastest time recorded. Seko, 27, has been bothered by a knee injury and had not run in a marathon since winning the 1981 Boston Marathon in 2.09.26. Takeshi Soh of Japan was second in 2.08.55 and Rudolfo

Gomez of Mexico, winner of the 1982 Golden Marathon in Greece and runner-up in the 1982 New York Marathon, was third in 2.09.12. Both Soh and Gomez bettered their best times in a race paced by Juma Ikangaa of Tanzania, who led to the 38 K. mark. Ikangaa, runner-up to Robert de Castella in the 1982 Commonwealth Games Marathon weakened to 5th in 2.10.54. Two-time Olympic champion Waldemar Cierpinski of East Germany was 7th in 2.12.40.

BAHRAIN MARATHON TO BRITISH VETERAN: Ron Hill, 44, the 1970 Commonwealth Games gold medallist who ran his first international marathon 21 years ago, has won the Bahrain International Marathon in 2.25.25. Hill finished two minutes ahead of his closest challenger.

ALLISON ROE 3RD IN NAGOYA WOMEN'S 20K: First place went to E. Hart (US) in 68.58, with N. Sasaki (Japan) second in 69.00 and Allison Roe third in 69.28. New Zealand's W. Hancock finished sixth in 71.41. (SMH 28/2/83)



He's always had a weakness for a pretty.....

SYDNEY STRIDERS INTERNAL HALF MARATHON

13th February

POS.	STRIDER	TIME	POS.	STRIDER	TIME
1	Keith Canary	76.11	35	Steve Knight	91.53
2	Wynne Henderson	80.47	36	Lynne Evans	92.28
3	Sam Daher	81.27	37	Alex Hamill	92.43
4	Wayne Stanton	81.57	38	Peter Cobley	92.45
5	Ron Feeney	82.58	39	Ian Newlands	92.53
6	Bruce Usher	83.10	40	Bob Mann	93.01
7	John Evennett	83.24	41	Brian Lynch	93.22
8	Dennis Cooley	83.35	42	Max Henderson	93.28
9	Bernie Liebmann	83.47	43	Brian Colwell	95.16
10	Russell Hammons	84.11	44	Bob Cheetham	95.26
11	Bernard Cooley	84.24	45	Brenda Hamill	96.27
12	Charles Coville	84.37	46	Leo Leader	97.58
13	Bill Flanagan	84.51	47	Karlheinz Topfer	98.18
14	Ivan Freys	85.20	48	Derek White	98.45
15	Osten Hansson	85.57	49	Winston Marsden	99.07
16	Russell Black	86.13	50	Bruce Murray	99.44
17	David Douglas	86.19	51	Gavin Carr	100.21
18	Peter Foulsham	86.28	52	Irwin Light	101.19
19	Brett Nichols	86.32	53	Barry Jones	102.19
20	Chris Staples	86.36	54	Geoff Pearl	102.35
21	David Donnelley	86.59	55	Bill McCrindle	102.58
22	Peter Donnelley	87.30	56	Robert Stuart	104.26
23	Ray Doran	87.45	57	Peter Hersey	108.17
24	Terry McIver	88.38	58	Bob McLeland	106.25
24	David Williams	88.38	59	John Dawes	106.26
26	Richard Cleland	89.15	60	Jim Donovan	106.36
27	Brent Waters	89.32	61	Eric Willcock	107.32
28	Nigel Hadgkiss	89.53	62	Jane Flanagan	107.38
29	Dave Ingham	90.13	63	Gerard Smith	108.23
30	Bryce Courtenay	90.30	64	Ian Cross	111.10
31	Steve Cornelius	90.49	65	Malcolm McDonald	120.07
32	David Peterson	91.03	66	Dot Flanagan	122.09
33	John Turner	91.25	67	Pamela Hazelwood	124.47
34	Dave Blackhall	91.49	68	Tom Smith	128.07
			68	Valerie Willcock	128.07

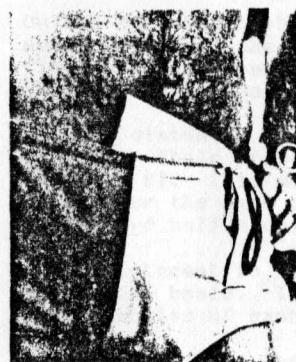
THE INTERNAL HALF MARATHON RACE

On 13 February, club members had their big chance to run the course of the Striders' Open Half-Marathon, and 68 members and a few others availed themselves of the opportunity. On a sticky, humid morning, and on a course which could certainly not be described as flat, Keith Canary's winning time of 1:16:11 can only be called excellent. He carved the field apart, winning by over 4 minutes from Wynne Henderson (2nd in 1:20:47) and Sam "Yeti" Daher (3rd in 1:21:27).

The other prizes were taken by Lynne Evans (1st woman to finish, 1:32:28), Denis Cooley (1st veteran in 1:23:35), and Brian Colwell (closest to his estimated finishing time, only 16 seconds difference — 1:35:16). Wayne Stanton (4th in 1:21:57) and potential Pommy deportee Ron Feeney (5th in 1:22:58) are also deserving of recognition.

The Internal Half-Marathon taught us a few lessons about the peculiarities of the course, and for those of us who will be officiating on the day (I hope that's most of us) it gave us a few clues about the way runners will be feeling at various stages of the race. I think the major lesson we have to learn from the exercise is that not everyone who will be entering the Open event on March 27 is an experienced long-distance runner; this is a hard course at the best of times, probably requiring 50 or 60 percent more stamina and effort than the City to Surf. Not everyone will be able to negotiate it with ease, and we are all going to have to be ready to help entrants if they require assistance.

It's also quite a twisty course, and marshals are going to have to be on their toes to prevent runners getting lost. All credit to the skeleton crew of marshals who volunteered their help on February 13; there are no less than 30 turns on this course, an average of one every 700 metres, and yet less than a dozen marshals efficiently patrolled the course, ensuring that runners took the right directions at every point. A special thank you to all those who voluntarily gave their time to make this race a success: the marshals, the registration clerks, the timekeepers, the drink-waiters, all did their jobs superbly, and without them the event would not have taken place. It is not my habit to single out particular helpers for special mention, but I think we should all consider the contribution of Carole and Herb Luddington, who are not members of the club, but absolutely insisted on driving from Cronulla to North Ryde to patrol some desolate part of the half-marathon course as their way of thanking Sydney Striders for welcoming them on a few STAR runs. This indeed is what running is all about, and it compares well with the thuggery of Rugby League, the prima donnas of tennis, and the tobacco-sponsored razzamatazz of cricket these days.



Do it yourself refreshments — A B.Y.O. Sponge.



Brian Lynch (R) finds it all too boring as a Hamill domestic brews over whether the course was a 45° or 55° average gradient.

INTERNAL RACES AND PACING

By Charles Coville

Sitting at my desk on Monday morning licking my wounds from the previous day's Internal Half, I reflected upon the benefits of 2 internal races leading up to Nike.

Without doubt STARS are what marathon training is all about. Regular weekly 2 to 2½ hours on the road provides the type of conditioning necessary to RUN marathons.

The illusion however, is that STARS do not necessarily train you to RACE marathons. Gaining racing experience comes from competing in races.

Many Striders found out the 'sore' way on Sunday the 13th that the Internal Half was a difficult event to race.

An important key to running a pre determined goal is pace. The varied terrain of the Half threw many Striders out of their pace with the result that many were just 'hanging in' after 15k. The fact that it was the first race for 1983 too (excluding Palm Beach 30k) did not help either.

Races are good levelers. They bring you back to earth with a thump, let you know where your weaknesses are and make sure that the Nike P.B. goal is not unrealistic.

Even those finer points are ironed out e.g.

- i) What to eat/drink before the event.
- ii) How to Vaseline properly.
- iii) How to hang in behind your fellow runner.

If you have not found the solution to those problems, you have one more chance to experiment before N day.

On the 13th March the Iron Cove 21k will be offered to members. Since the course can be likened to Nike for its flatness (as opposed to Lane Cove River Park) and repetition (3 laps of 7k), it is the perfect pre Nike event.

Certain distances will be marked out to enable members to slot into their proposed Nike pace (hopefully 1k, 2k, 3k and the last k). This pace should be retained to half way. Thereafter the pace could be picked up slightly so that the second half should be marginally faster than the first.

To add interest to the event, the 21.1k race will be run on a handicap basis. In theory all runners should finish within a few minutes of each other.

So Striders, take the Iron Cove 21k seriously. Experiment with those race tactics that you want to employ. You could come away with a realistic revised goal for Nike that will ensure you enjoy the event and do not end up disappointed, having set, and missed an impossible goal.



Bret Nichols - How to overcome pinning your race number to your chest.



Recorder STUART GREAVES (R)
Co-Organiser PHIL CALDWELL (L)



Sam Daher (R) explains to President Charles Coville (L) the key to his 3rd placing - "Fartlek & Bananas."

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CANBERRA COUNTDOWN - STRIDERS IN TRAINING

LYNNE EVANS

Lynne Evans' PB marathon time of 3.26.06 (State 1982) is the third best-ever time for women after joining the Strider Club. (Sue Hill has the best time of 2.59.46, and the late Maria Geminis-Cruickshank had done 3.02.20).

In many respects Lynne is disappointed with her lead-up to Nike; although she feels she is running better than ever. She just hasn't found enough hours to put into her training. She was averaging more kilometres last year. Over those 12 months she averaged 84 ks. a week. However, for the first two months of this year she is flat out to scrape in as many. Ideally, she would like to be running at least 110 ks. a week for her marathon preparations.

Family commitments have meant that Lynne has had to revise her training schedule for Nike. Lynne, a clinical nurse specialist at Sydney Hospital, has given over many hours to her brother, 30, who is seriously ill.

If she can find the hours, Lynne's typical training week is the following:

Monday: Two running sessions from her Newtown home to her work place in Macquarie Street. 14.4 k.
Tuesday: Again, to and from work. But this day via Centennial Park. 21.7 k.
Wednesday: One way from home to work via Centennial Park. 7.2 k.
Thursday: Run in Centennial Park and to Bronte and back. 18.5k.
Friday: Run to work via Sydney Uni. or Centennial Park. 13 k.
Saturday is normally a rest day.
Sunday: Strider Star. Long course up to 34 k.
Overall, a total of about 110 k.

Once a week Lynne does some solid and repetitious hill work; usually in the Domain behind the Art Gallery, or a section of the cross-country course in Centennial Park.

Lynne, who turns 38 on March 25, believes she is putting more quality into her running now. A regular Sunday Strider, she has been able to build-up her strength in the long Star runs. No loafer is Lynne now. In fact, in our Internal Half Marathon on February 13 she clocked a creditable 92.28. (4.37 min. pace).

Lynne is a firm believer in lots of sleep to revitalize the body and likes to get 7½ to 8 hrs. sleep a night. Dietwise, she goes little for red meat, would like to be a vegetarian, and tries to avoid junk food. She is also very conscious of her weight. At 167.64cm. (5'6") she is 57 kilos. The last few days before Nike she will carbo-load, to a point, and leave the depletion-diet out altogether.

In running shoes, Lynne's favourite are her Nike Tailwinds. Although she finds them a bit on the weighty side she is able to wear them without socks. She also has a pair of Brooks, but for Nike she will most likely run in Laser Sceptres. With these shoes she will have to wear socks and put up with bruised toes. She is prepared to grin and bear it because the Lasers are lighter than her Nikes.

At Nike she conservatively estimates her time of arrival at Telopea Park High School at about 3.15, but she has a gut feeling that her time may be more like 3.10 - a personal best improvement by 5 min. for Lynne.

CANBERRA COUNTDOWN - STRIDERS IN TRAINING

LAURIE KING

By increasing his kilometres considerably and running seven days a week, Laurie King is setting himself to smash the 3 hr. barrier at Canberra on April 10. A sub-3 will mean a 15 min. improvement on his PB of 3.15.27, achieved at the Veteran's Marathon last year.

The best way Laurie has found to increase his kilometres is by running to and from work. He lives at Matraville and works in the City for Defence Service Homes, 77 York Street - a round trip of 22.5 k. On Monday mornings he takes a bus into town, taking with him clean clothes for the week. He runs home that night. The rest of the week he runs to and from work, except Fridays, when he runs to work and goes home by bus, taking his week's washing home with him.

Laurie started serious training for Nike three months ago. He reckons he just had to put in many more hard hours of training if he was going to get past the 'wall'. In previous marathons he had been running comfortably and honing-in on a sub-3 hr. time when, without exception, he had gone to pieces at about the 32 k. stage.

Training for a marathon this time around he has been more consistent. In the past he would knock-up 110-130 ks. one week, 70-80 ks. the next. Now he is running a regular 130 ks. Apart from running to work, the kilometres are tallied-up by joining in the Sam Daher School of Fartlek in the Domain once a week. On Saturday mornings he again links up with Sam and also Brian Colwell, Mick Edwards and Steve Knight in 13 k. and 16 k. runs in Centennial Park. Working on building up his strength, stamina and endurance, Laurie also attends a City gym and does weight-training two or three times a week.

Daily and determined training is already paying dividends for Laurie. He is noticing how much stronger he is in the Sunday Star, which he attends religiously every week. He is able to manoeuvre his way up front with the speedsters in the group and can finish relatively intact in body, mind and spirit.

Unusual for Laurie of late, he missed a Sunday run, in fact, the Internal Half Marathon on February 13. Although he is certainly staking his claim as an acceptor for the "Outstanding Achievement Award" in the Clubrunner competition this year, a stake has claimed him! A garden stake pierced his foot only days before the Half Marathon. Fit and healthy though, the foot is healing rapidly. And undoubtedly, Laurie will be on the road again when this article goes to press.

Laurie is fairly conscious of his diet. He wants to keep his weight down. For instance, foods high in sugar, such as soft drinks are out.

He feels lethargic at times with the regular grind of daily training, but is able to recover by running through his tiredness. He feels he doesn't need much extra sleep and finds six hours a night enough. Laurie, 38, lives with his father (who is concerned his son is overdoing the running bit) and his sister, a 5 k. jogger.

Laurie reckons he is a heavy-footed runner and needs running shoes that are good shock absorbers. Moreover, it is mandatory - although the nagging pain doesn't worry him over duly, he has a recurring left knee injury. With his variety of running shoes, he favours his Mizuno's; he finds them better shock absorbers than his Adidas.

Come April 10, you can bet London to a brick that with the dogged training he is putting into the Nike lead-up (and hopefully, free from injury or illness) Laurie is bound to beat the 3 hr. barrier.

CANBERRA COUNTDOWN – STRIDERS IN TRAINING

Wynne Henderson

After a lay-off from distance running for 12 months Wynne Henderson is back on the campaign trail again. At this only marathon, the '81 Harbord Diggers, he clocked 3.00.07. At this year's Nike he confidently predicts to run-down 2.45.

He began his training for Canberra in earnest last October, and since then has been running 80 to 90 ks a week. A member of the Striders since October 1980, Wynne lives at Avalon Beach and does most of his weekly work-outs with Go Jog and Harbord Diggers.

His week is as follows: Monday mornings - 12-14 ks around the 'Insular Peninsula' with Go Joggers. Tuesday mornings - a warm-up on Bilgola Beach and a swim in the sea pool there; he finds swimming a helpful and complementary activity to his marathon preparation. He loves the watery environment. It is therapeutic. It is an aerobic exercise that gives him strength in his arms and takes the tension from his muscles and joints. He also incorporates speedwork into his pool work.

Wednesday evenings - Harbord Diggers' 16 k North Head run. He treats this run as a semi-race. He will have to re-schedule this Wednesday run, however, to mornings as he has returned to his second year Marketing, evening studies. Thursday mornings - pool again; but he is thinking of re-allocating this day to running as Nike draws nearer.

Friday mornings - again, Go Joggers 12-14 k around the Northern Peninsula - basically a 1 hr. run. Saturday mornings - Harbord Diggers over 25-35 ks and again with the group on Sundays, sometimes over 12 k.

Wynne wants to get back into running with the Striders. However, in the past he had felt the pace at times too hot to handle. Wynne, like many other members, will be pleased to find now that with the introduction of the slow group starting ½ hr. earlier and the evolution of the medium and fast group, there are options. As Charles Coville made mention in the last Blister (No. 14)... "As some members prefer not to pre-determine their group (fast or medium) before the run, an option will exist to initiate a fast group during the STAR and the fast group will evolve after public announcement."

Wynne is marketing manager, Audio Visual Div. for 3M based at Pymble. And like most other long distance runners he would like more hours in the day to train. However, realising he's pushing to top 100 ks a week now with his studies, he's going to improve the overall quality of his running - with running harder being the key.

Wynne, 31, goes for the carbo-loading theory with emphasis on more fruit and vegetables (though he admits at being a bit of a carnivore - "Mum's influence"). His diet is well-balanced and he doesn't take multi-vitamins. His wife is a jogger that runs regular 10 ks and understands the long distance runner's needs.

With bias towards Brooks Super Villanova shoes, Wynne is still unsure what he'll be wearing at Canberra on April 10. He was originally happy with his Adidas TRX Competition's but found the toes scrubbed out very quickly and now only wears them mowing the lawn. He also has a pair of New Balance 420's that seem OK.

He believes he is suitably psyched-up to run 2.45 at Nike. His recent races certainly should have given him enormous confidence for his present mental state. Harbord Diggers, Palm Beach-Manly 30k:5th Strider home. Time 1.56.23. Striders Internal Half Marathon: 4th. Time 80.47. With these times Wynne Henderson is one of the Club's rising stars.

THE FADE AND THE SURVEY

By Charles Coville

I was somewhat amazed when Alex Hamill showed me an article in the Daily Mirror on marathon pacing that did not allow for any fade. To pace yourself you merely had to divide your forecast time by 2 to obtain your half way time!

I have not been following the regular articles leading up to the Australian Marathon and thus cannot comment on any previous bits of advice.

It is a lucky marathoner who does not fade in the 42.2 k event over the second half. Even on our "on days", a marginal fade should be expected.

My 1982 State was by my standards a perfectly judged race for my new P.B. of 2.46.56. Yet I nonetheless slowed by just over 1 minute on the home leg.

John Jeston prepared the club marathon pacing charts by adopting statistics from The Runner (U.S) magazine. A fade was logically incorporated.

I do not know the basis used by The Runner to calculate their fades. However it would be logical to assume that not all marathoners surveyed (hopefully that was the starting point) completed regular runs equivalent to our STARS.

For us to be more accurate in our calculations we are about to undertake a Fade Survey at Nike.

Striders will be followed up after the event for their times at half way. A single arithmetic calculation against final times will supply the fade.

However to perfect the survey, runners need to be analysed into categories, and separate fades calculated for each category e.g. Novice/ Intermediate/Experienced Marathoner/ Cautious/Competitive Run Regular/irregular STAR attendances Low/medium/high mileage runner etc.

A survey form will be devised for Nike, but please let us have your suggestions/comments before we finalise the form.

So while Dick Cleland may tell you that he has not experienced a fade during his 2 marathons, be warned, the majority of Striders will fade at Nike.



RACE RESULTS

Compilation of race results during 1982 proved to be increasingly difficult. Not only were race organisers dead slow in supplying results, but we did not always know which members had participated in the various races.

During 1983, two options will exist:

Option 1 - Major Races

At most major races the Striders banner will be hung. Members are requested to check in their times at the 'Striders Stall'. If you forget to advance your time, please complete your name and time on the Results Form and forward to our P.O. Box number.

Option 2 - Minor Races

Where no banner is evident, and no Strider is recording times, a Results Form should be forwarded as soon as possible to The Blister.

A little initiative too, wouldn't go astray if you acted as Results Reporter and collected the times of other known Striders at the race.

Results Forms are printed in The Blister and can easily be photocopied.

SYDNEY STRIDERS RACE REVIEW

RACE NAME: WHEELER, RICHARD L

DISTANCE: _____ RACE DATE: _____

TEAMS COMPETITION: YES NO

ORGANISING CLUB:

CONTACT NAME:

ADDRESS: _____

POSTCODE:

TELEPHONE: BUS. _____ RES. _____

NO. OF ENTRANTS/STARTS	FINISHERS
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OVERALL: MALES	1st	TIME
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2nd TIME

3rd TIME

FEMALES	1st	TIME
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STRIDERS

[illegible]

BLISTER DEADLINE: 03/20/2017 09:00 AM

N.S.W. VETERANS TRACK & FIELD

All veteran members (40 plus) are invited to compete in N.S.W. Vets Track and Field Championships at Hensley Athletic Field, March 18-20. Events will commence late afternoon on Friday March 18.

The Championships will cover the complete span of Track and Field including all sprint distances plus 500m, 1500m, 5000m, 10000m and 3000m steeplechase. The steeplechase distance for over 50's will be 1500m.

Entrants are accepted on a private basis requiring no affiliation with registered clubs etc.

Entrance cost is \$2.00 per event and medallions will be issued at the end of each days events.

Entrance Forms available from: Alex Hutt,
32 Beauford Road,
Caringbah.
Phone: 525 3442

HALF MARATHON UPDATE

by Phil Caldwell



JUST 22 DAYS TO RACE DAY

The next two weeks are crucial. If the countless hours that have been expended over the past nine months by the likes of Charles Coville, Stuart Greaves (computer services), Bryce Courtenay (entry form design), David Williams (public relations), Max Henderson, Pam Hazelwood (results book editors) and other members, are not to be squandered, we need a 100% commitment from each and every member of the organising team.

Our race day plans, procedures and equipment supplies must be complete no later than Friday February 18. This will ensure that the final 7 days are available for scrutineering procedures for possible oversights/contingencies and those all important briefings of each of your support teams. These briefings must not be left to race day.

If any problems arise or delays occur which cannot be promptly resolved would you please report them to the writer immediately. Additional manpower may be able to be allocated.

Everyone volunteering their services on the 27th will be advised of their function and to whom they are responsible within the next few days if they have not already been advised.

'BY RUNNERS FOR RUNNERS'

This catchphrase, which has been the central theme of our promotion campaign for this year's event, says it all about what our approach needs to be on race day.

The trebling of our field size on last year's numbers makes it more difficult, but that more essential, that every member, family or friend helping out on race day gives as much assistance and encouragement as possible to competitors and makes spectators, sponsors and other invited guests as welcome as possible.

GAVIN CARR AND BERNIE KING NEED YOUR HELP

Gavin and Bernie have joined forces on the all important role of equipment management.

If you can assist with providing any of the following please advise either Gavin (W929-5570 H969-4396) or Bernie (W449-6677 H84-7685) A.S.A.P.

20 CARDBOARD BOXES(LARGE)	MARQUEE(FIRST AIDE)	ROPE(VARIOUS LENGHTS)
4,000 PLASTIC CUPS	5 LITRE PLASTIC BOTTLES	SCAFFOLDING FOR FINISH
COFFEE/TEA CUPS(2,000)	MEGAPHONES	CARD TABLES
ELECTRICAL EXTENSION CORDS	1,400 SELF ADHESIVE NAME STICKEPS	300 TRAFFIC CONES
HOT WATER URNS	UTILITIES/VANS	3,000-4,000 SPONGES
6,000 SAFETY PINS	WHITEBOARDS	WALKI-TALKIS

RECENT DEVELOPMENTS

- * The number of entries (1,400 to date) have far surpassed our expectations and we were forced to close off entries some five weeks ahead of schedule. As our field is limited to 1,000 runners (a condition imposed by Lane Cove River Park Trust) we have already had to reject some 300 entries. Thus, the event will bring together the largest ever field for a long distance road race in N.S.W.

- * It will also arguably be the strongest half-marathon field ever in N.S.W. with almost every leading distance runner in N.S.W. expected to compete - Lawrie Whitty (1982 C'wlth Games 10,000 metres and marathon representative); Andrew Lloyd (3 times winner of the Big M Marathon); Ian Greaves (1982 State Marathon winner); Steve Montague (runner up in 1982 State Marathon); Steve Poulton (former State Marathon champion and in the Australian team which took second place at the 1982 Montreal Marathon) Alex Watson (Olympic Pentathlon representative); Andrew Hinwood (former Australian junior 25K champion); Colin Neave (winner of the 1982 Adelaide Marathon) and Gary Hand from the A.C.T.

On the female front, last year's winner Jenny Walker will face strong opposition from Pat Marshall, Mora Main and Sharon Dalton.

- * Television coverage has been arranged with Channel 0 thanks to the efforts of John Jeston and Alex Watson.
- * Seiko are supplying two double faced digital clocks, one for the pace car the other for the finish. The only other time these clocks have been used on the local running scene was at the 1982 Big M.
- * Max Henderson & Pam Hazlewood are putting the final touches to the 'mockup' for what promises to be a most informative Race Results book.
- * David Williams has been responsible for a number of articles on the event in the local press - more articles are to follow closer to race day.
- * Looking ahead, negotiations are underway with the Sunfresh Half Marathon in Auckland over reciprocation on travel and accommodation for major prize winners. The 1982 Sunfresh, held last October, was won by Paul Ballinger, last year's Fukuoka winner(2.10.15), in a breathtaking 62.45. Dick Quax was second in 64.43 and Derek Froude, last year's Nike winner fifth in 65.12. First woman home was Dianne Rodger, from Hamilton, in 78.18.
- * A herculean effort from Stuart Greaves has seen all entries raised on our Toshiba micro computer in readiness for results collation on race day.
- * Sue Hill has arranged for three physiotherapists from the Australian Physiotherapy Association to assist at the Finish.

MEDIFIT SPONSORSHIP ASSOCIATION SEVERED

After careful consideration, the unprecedented step has been taken of severing the relationship with Medifit Fitness Clinics. In our dealings on the Half Marathon we have been mindful of the need to adopt a professional approach at all times. If organisations are unable or unwilling to respond in a similar spirit Striders is better off without them.

RACE-DAY BRUNCH

Please don't forget that brunch will be provided to all helpers immediately following conclusion of the event and clean-up of the school grounds.

PRE-RACE WORKING BEE - SATURDAY MARCH 26(12 NOON TO 5PM)

We need assistance from twenty or so members on the Saturday afternoon preceding race day to assemble equipment at the Start/Finish venue and to handle registrations.

Please advise the writer A.S.A.P. if you are able to assist.

HALF MARATHON ORGANISING TEAM

RACE MGR: Phil Caldwell	SPONGE STATION MGR: Lynne Evans
ASSISTANT RACE MGR: Eric Willcox	GROUND'S MGR: Tom Smith
SPONSORSHIP MGR: Charles Coville	GROUND'S PRESENTATION: Vince Engel
PUBLIC RELATIONS: Charles Coville/ David Williams	PARKING MGR: Bob Peirson
COMPUTER MGR: Stuart Greaves	CATERING MGR(COMPETITORS): Ray Doran
RECORDING MGR: Brent Waters.	CATERING MGR(SPECTATORS): Trevor Roberts
PRIZE GIVING CO-ORDINATION: Sue Thompson	RESULTS BOOK EDITORS: Max Henderson Pam Hazlewood
COURSE MGR: Sue Hill	PHOTOGRAPHY MGR: Bruce Usher
COURSE SUPERVISOR A: John Evennett	CREATIVE DESIGN: Bryce Courtenay Alex Hammill Ian Newlands
COURSE SUPERVISOR B: Steve Cornelius	RUNNER KITS CO-ORDINATION: Dot Flannagan
COURSE SUPERVISOR C: Max Henderson	MASTER OF CEREMONIES: Dave Blackhall
POLICE LIAISON: David Douglas	SPECIAL PROJECTS: Jim Donovan
DRINK STATION MGR 1 & 7: Bryce Courtenay	MEDICAL SERVICES: Leo Leader Peter Hersey Irwin Light Cecil Ford
DRINK STATION MGR 2 & 4: Bernie Liebmann	
DRINK STATION MGR 3: Sam Daher	
DRINK STATION MGR 5 & 6: John Dawes	

UNCLASSIFIED CLASSIFIEDS

Did you know that as a paid-up individual member of the Sydney Striders you are entitled to free ads in the Blister on anything or everything you may want to sell. Businesses however have to pay - see advertising rates inside front cover.

John Dawes is co-ordinating this one, so pass on to him, in writing, whatever you want to sell at a Sunday Star, through another editorial member or the Strider PO Box.

Bryce Courtenay bought 2 pairs of Sorbithane heels and one pair of full soles at a sale in Honolulu at a bargain price. Heels \$9.00 a pair. Soles \$18.00. First calls in get them. Phone 922.6877.

NEW BALANCE 660 for sale. Size 12. As new - worn once. Top line running shoe - built for speed and comfort. Good price negotiated. Please see Mark Hanlon on a Sunday Star for fitting, or phone: (work) 049 694 022.

HALF MARATHON PERSONNEL ALLOCATION

You will be contacted personally by your supervisor before the 27th.

NAME	FUNCTION	REPORT TO
ASSENZA Frank	Course Marshall	S. Hill
BEVAN Richard	Recording Table H(50 & over)	B. Waters
BINGHAM Mike	Time Recorder 2	B. Waters
Bon Pancho	Runners Catering	R. Doran
Bingham Carmen	Course Marshall	S. Hill
BLACK Russell	Recording Table A(17 & under)	B. Waters
BLACKHALL David	Race Announcer	
BLACKWELL Nina	Grounds Announcer	B. Waters
BLACKWELL Robert	Assistant Grounds Announcer	B. Waters
CALDWELL Philip	Problems Table	B. Waters
Caldwell Carol	Recording Table A(17 & under)	S. Hill
Hickey Evelyn	Course Marshall	S. Daher
Hickey Penny	Drink Station 3	S. Hill
CANARD Keith	Course Marshall	
CARR Gavin	Equipment Co-ordination	S. Hill
CHAN Francis	Course Marshall	S. Hill
Fitsimons Louise	Course Marshall	B. Waters
CHEETHAM Robert	Recording Table B(18-24)	B. Waters
Cheetham Kathy	Recording Table B(18-24)	B. Waters
CLELAND Richard	Recording Table C(25-29)	B. Waters
COLLUM Neil	Runner Escort	T. Smith
Collum David	Runners Gear Storage	T. Smith
Collum Meredith	Runners Gear Storage	B. Waters
COOLEY Bernard	Time Recorder 3	B. Waters
COOLEY Denis	Time Recorder 3	S. Hill
CORNELIUS Steve	Course Supervisor B	S. Hill
Cornelius Sally	Course Marshall	S. Hill
Behm Peter	Course Marshall	
COURTENAY Bryce	Drink Station 1 & 7	B. Courtenay
5 members	Drink Station 1 & 7	
COVILLE Charles	VIP Liaison/Presentation	T. Smith
Maureen	Childminding Centre	
DAHER Sam	Drink Station 3	S. Daher
Coral	Drink Station 3	S. Daher
Green Peter	Drink Station 3	S. Daher
One Other	Drink Station 3	
DAWES John	Drink Station 5 & 6	J. Dawes
6 non-members	Drink Station 5 & 6	B. Waters
DONNELLEY David	Recording Table F(40-45)	B. Waters
Whittaker Sue	Recording Table F(40-45)	B. Peirson
DONNELLEY Peter	Parking Marshall	
DORAN Raymond Snr	Catering Manager	R. Doran
6 non-members	Runners Catering	J. Evennett
DOUGLAS David	Course Marshall/Police Liaison	S. Hill
ENGEL Vince	Course Marshall	
EVANS Lynne	Sponge Station	
5 non-members	Sponge Station	S. Hill
EVENNETT John	Course Supervisor A	B. Waters
FEENEY Ron	Recording Table E(35-39)	S. Hill
FLANAGAN Anne	Course Marshall	P. Caldwell
FLANAGAN Dorothy	Problems Table	S. Hill
FLANAGAN Bill	Course Marshall	S. Hill
FLANAGAN Jane	Course Marshall	B. Waters
FLYNN John	Time Recorder 2	B. Liebman
FORD Cecil	Medic-Drink Station 2 & 4	D. Blackhall
FOULSHAM Peter	Time Splits-1K & 15K	D. Blackhall
Foulsham Mathew	Leading Runners Order-1K & 15K	S. Daher
FREYS Ivan	Drink Station 3	S. Hill
GARRETT Peter	Time Splits 5K	S. Hill
GERRAGHTY Nell	Course Marshall	S. Daher
GIUFFRE Michael	Drink Station 3	

GREAVES Stuart
HADCKISS Nigel
HAMMILL Alex
HAMMILL Brenda
HAMMOND Russell
HANLON Mark
HANSSON Osten
HAYDON Brian
Joan
HAZLEWOOD Pam
HENDERSON Max
HERSEY Peter
HILL Sue
HUNTER Bill
INGHAM Dave
JESTON John
Judy
Bill
Betty
Graham
JONES Barry
KING Bernard
Carol
KING Laurie
KINGSMILL Nigel
KNIGHT Stephen
LEADER Leo
LIEBMAN Bernie
LIGHT Irwin
LYNCH Brian
MANN Robert
Lachlan
MARSDEN Winston
Daniel
McDONALD Malcolm
Joanne
McIVER Terence
MILLAR Ian
NATHANSON Mike
NEWLANDS Ian
Scott
PIERSON Bob
PETERSON David
PICOTT Peter
PLEVEY Neil
Lynne
REED Nicholas
ROBERTS Trevor
Ian
ROBERTSON Bruce
SMITH Tom
STANTON Wayne
Debbie
THOMPSON Adam
THOMPSON Sue
TOPFER Karl
Bronwyn
USHER Bruce
WATERS Brent
Mary
Amina
WEBB Ian
WHITE Derek
Angela
WILLCOCK Eric
WILLCOCK Valerie
WILLIAMS David

Computer Operator
Time Recorder 4
Drink Station 1 & 7
Drink Station 1 & 7
Time Splits Halfway
Leading Runners Order-3K
Drink Station 5 & 6
Problems Table-Finish
Runners Gear Storage
Runners Gear Storage
Information Centre
Course Supervisor
Medic-Drink Station 5 & 6
Course Manager
Runner Escort
Drink Station 2 & 4
Pace Car Driver
Runners Catering
Runners Catering
Runners Catering
Runners Catering
Recording Table C(25-29)
Equipment Co-ordination
Spectator Catering
Drink Station 3
Recording Table D(30-34)
Course Marshall
Medic-Drink Station 1 & 7
Drink Station 3 & 5
Medic-Drink Station 3
Runner Escort
Recording Table E(35-39)
Computer Runner
Runner Escort
Computer Runner
Recording Table G(45-49)
Recording Table G(45-49)
Course Marshall
Course Marshall
Recording Table D(30-34)
Course Marshall
Course Marshall
Parking Manager
Time Recorder 4
Pace Car Driver(rear of field)
Team Results Manager
Runners Catering
Assistant to Course Manager
Spectator Catering
Spectator Catering
Drink Station 2 & 4
Grounds Manager
Recording Table(50 & over)
Course Marshall
Computer Runner
Prize Giving Co-ordination
Course Marshall
Course Marshall
Photography
Recording Manager
Spectator Catering
Spectator Catering
Parking Marshall
Course Marshall
Course Marshall
Time Recording 1
Time Recording 1
Information Centre/VIP Liaison

B. Waters
B. Courtenay
B. Courtenay
D. Blackhall
J. Dawes
B. Waters
T. Smith
T. Smith
P. Caldwell
S. Hill
J. Dawes
B. Waters
B. Waters
B. Liebman
S. Hill
R. Doran
R. Doran
R. Doran
R. Doran
B. Waters
-
T. Roberts
S. Daher
B. Waters
S. Hill
B. Courtenay
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S. Daher
B. Waters
B. Waters
S. Greaves
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B. Waters
R. Doran
S. Hill
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B. Liebman
B. Waters
S. Hill
S. Greaves
B. Waters
S. Hill
S. Hill
-
-
T. Roberts
T. Roberts
B. Peirson
S. Hill
S. Hill
B. Waters
B. Waters
C. Coville

THE 12TH JUNE AUSTRALIAN MARATHON (OR ANOTHER SYDNEY MARATHON)

By Charles Coville

I wrote an article for the Australian Runner Magazine (Feb/March, 1983) entitled "Aussie Marathon for Sydney". In surveying the Sydney marathon scene, and based on limited information available at the time of writing, I concluded that "the ultimate local marathon is at hand".

In the two months since that article was written my optimism has waned somewhat based upon the release of the entry form and upon a meeting with the full time race Director, Mr. Brian Roe.

1. Entry forms have not been distributed to all running stores. Sydney Striders, largest marathon club in N.S.W., was not on the mailing list.
2. The entry form has been directed towards elite runners (with little regard to the 99% who will not win prizes), and to the overseas market (two columns of glossy photos), without first capturing the local market.
3. Specific features on the entry form:
 - a) \$10.00 entry fee for inaugural marathon. No free T-Shirt, but all finishers to receive a medal and a results book. Nike, the No. 1 Marathon in N.S.W./A.C.T. (and perhaps Australia) also charges \$10.00, but does have a proven track record; it does not have \$1M sponsorship.
 - b) "Early entries will receive priority at the starting line!"

According to Brian Roe this will not apply.

- c) The general information in the form is almost non-existent. Two pages have been taken up with colour photos of Sydney.

There is no information on:

- i) Transport from start to finish of competitors gear.
- ii) Refreshment stations.
- iii) Time splits.
- iv) Toilets/Shower.

"Competition rules will be returned in a stamped addressed envelope". This would imply that i) to iv) above would still remain unanswered.

- d) The Yomix Half Marathon has seventy four (74) Category performance awards.

Prizes available at the Australain Marathon are:

1st Male/Female - Honolulu Marathon trip.

Fastest Team of 4 - Honolulu Marathon trip.

Other trophies:

Oldest Competitor (Male and Female)

First Junior (Male and Female)

First Paraplegic

4 Teams Divisions

- e) The entry form originally omitted the date of birth. Some were distributed without a correcting amendment. This will no doubt cause problems for prizes.

4. From the end of February, seventy four (74) days remain to race day. Much organisation has to be achieved, including all computer arrangements. Based upon the Yomix Half Marathon, time is the biggest obstacle.

5. According to Mr. Roe, neither himself nor Winged Foot (acting for News Limited) were involved in the preparation of the entry form. We hope that poor lines of communication will not manifest itself in the general race organisation.

While I still believe that the Australian Marathon will succeed (Murdoch doesn't like losing), perhaps 1983 should only be viewed as the experiment year, and that we should not expect too much after all.

STRIDERS ENTERING THE AUSTRALIAN MARATHON

Due to the many questions yet to be asked of the Australian Marathon, the following approach is requested from members:-

1. Submit completed Entry Form and fee to the club by Sunday 1st May, 1983.
2. Submit list of questions (in writing or telephone) by Sunday 1st May, 1983.

The club will then submit all entries together and simultaneously request answers to our questions.

By the time that a Strider lines up in North Sydney, he should be well versed in all aspects of the race and its organisation. \$10.00, hundreds of kilometres and hours spent training should not be wasted through lack of communication by organisers.

BRIAN ROE - RACE DIRECTOR - AUSTRALIAN MARATHON

Race Director, Brian Roe, is a 26 year old Tasmanian solicitor. As an athletics administrator he has worked on the AAU and as a competitor is a long jumper. He has set up office at News Limited in Surry Hills where he is a full time race Director representing the AAU.

AMATEUR ATHLETIC UNION OF AUSTRALIA

Marathon Course

- | | | |
|----|--|-----------|
| 1 | START: North Sydney Oval | 7.30 a.m. |
| | Corner Military Road and Miller Street | |
| 2 | Cahill Expressway | |
| 3 | Across Sydney Harbour Bridge | |
| 4 | York Street | |
| 5 | L. Grosvenor Street | |
| 6 | L. George Street | |
| 7 | L. Argyle Street | |
| 8 | R. Kent Street | |
| 9 | R. Windmill Street | |
| 10 | L. Pottinger Street | |
| 11 | R. Hickson Road | |
| 12 | L. Circular Quay West | |
| 13 | L. Alfred Place to Opera House | |
| 14 | L. Up Macquarie - Library, Houses of Parliament, Sydney Hospital | |
| 15 | L. Prince Albert Road - round Mrs Macquarie's Chair past Art Gallery of N.S.W., Botannical Gardens | |
| 16 | Back into Prince Albert Road | |
| 17 | L. College Street - Cathedral and Hyde Park | |
| 18 | Cross William and Park Streets intersection, Australian Museum, N.S.W. Police Headquarters | |
| 19 | L. Oxford Street | |
| 20 | R. Flinders Street | |
| 21 | Across Moore Park Road into bus per-way (Anzac Parade) | |
| 22 | L. Grand Drive | |
| 23 | Enter Centennial Park, around Centennial Park via Grand Drive. | |
| 24 | Exit Centennial Park at Darley Street | |
| 25 | R. Darley Street | |
| 26 | R. Alison Road past Randwick Racecourse | |
| 27 | L. Doncaster Road | |
| 28 | L. Anzac Parade to La Perouse | |

29. Anzac Parade and Rainbow Street) Intersections
30. Anzac Parade and Fitzgerald Street) crossed
31. Turn: Bare Island
32. La Perouse: Anzac Parade: Showground
33. Anzac Parade and Fitzgerald Street) Intersections
34. Anzac Parade and Rainbow Street) crossed
35. L. Alison Road into bus per-way (Anzac Parade)
36. R. into Lang Road
37. L. Driver Avenue
38. FINISH: Showground

The Annual Australian Marathon.



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SOUTH YARRA, 3141.

LIGHT ON THE SUBJECT

Dr. Irwin Light

NUMB TOES

I was interested to read Dot Flanagan's query regarding her numb toes in the last issue of the Blister. I'm sure she will have received about fifty different suggested cures by now but I may as well get in on the act. This is most often caused by tight shoe laces, in particular the lowest two "rungs" of lacing. One must remember that in the more "mature runner" the feet often swell a little during the course of a run and this leads to the lowest laces becoming relatively more tight than they were at the start. Thus the simple matter of either loosening the laces (a pretty good excuse for stopping when you cannot induce your shoelace to untie itself!) or else leaving the bottom hole or two unlaced often solves the problem.

Another common cause is excessive pronation of the foot when running. This causes the metatarsal bones (the long bones of the foot) to jam together with each pace, thus squeezing the interdigital nerves and causing pain and numbness in the distribution of these nerves. This can be corrected by using a simple orthotic; If you're already wearing an orthotic it might require adjustment.

Medical problems from members are called for. In future Blisters both the problem and the diagnosis/cure will be published. So please forward your problems to our P.O. Box number or 'phone me at work 27-2551 or 27-3028.

RUNNERS CURSE (FRICTION BLISTERS)

Strange as it may seem, a blister is not only an inferior magazine produced randomly at approximately two monthly intervals.

Friction blistering occurs commonly in all forms of sport particularly in hot and sweaty conditions. Runners often go straight out to compete or train in brand-new shoes and pay the inevitable penalty of friction blistering. As a prophylactic measure the direct application of zinc oxide or similar plaster without lint to pressure areas under the shoe may often prevent the appearance of blisters and the same applies to other sites on the body.

In the event of frank blistering a most effective way of minimizing the time lost from training and competition is for the blister to be thoroughly cleaned and then de-roofed in as near a sterile manner as possible and left to dry either in the open air, or with the, albeit painful application of spirit or tincture of iodine. Zinc oxide or similar plaster tape without lint is then applied direct to the whole blister area. While this may seem unduly painful in the short term, it is highly effective in the long term. There is no logic in applying layers of lint, etc which simply allows the persistence of rubbing between the skin layers and adjacent dressing and shoes.

The prophylactic application of surgical spirits to feet is a time-honoured habit which may be helpful in the prevention of blisters. I personally have found the application of vaseline to friction areas when first using new shoes to be extremely efficient in the prevention of friction blisters. Basically we should all be sensible people (if a runner can ever be considered to be sensible!) and wear in our new shoes slowly that is to walk jog in them for as long as possible before pressing them into the rigors of training or racing.

A LADY LEAVES THE STAGE

By Phil Caldwell and Charles Coville.

Have you ever braved the early hours to skirt the beaches, craggy cliffs and Port Hacking foreshore that encircle Cronulla, south of Sydney or, escaped the "maddening" crowd of pounding feet that invades Sydney's Botanical Gardens each lunchtime and, instead, tackled the challenging hills out to Rose Bay and back? If so, then you have no doubt had cause to envy the easy running style and likely experienced the charm and wit of Maria Gemenis-Cruickshank.

Maria only took up marathon running in her late 30's. This did not seem to disfavour her performances, for within just eighteen months she had established herself as one of the leading female marathoners in N.S.W.

Immaculately attired in all white, including peak cap, Maria breezed home comfortably in the 1981 Gillawarna Marathon in 3.05.57, her inaugural marathon.

For Maria that initial introduction had been an enjoyable confidence booster. I vividly recall her referring to her low mileage and not encountering any "wall", leaving me with the impression that a new local star had emerged on the Sydney marathon scene.

Maria launched herself into the 1982 season with a strong second to Jenny Walker over the demanding Yomix Half Marathon course. The Avon Women's Marathon followed and it was here that Maria discovered that "wall". Inexperience saw her sharing the pace setting in trying conditions and posting a half-way time well under the three hour marathon mark. She managed to "hang-in" however, and finished a creditable 89th in 3.07.19.

Joining Sydney Striders in June, 1982, Maria continued to perform well in local runs, sharing the leading female spotlight on many occasions with experienced Sue Hill, a fellow strider.

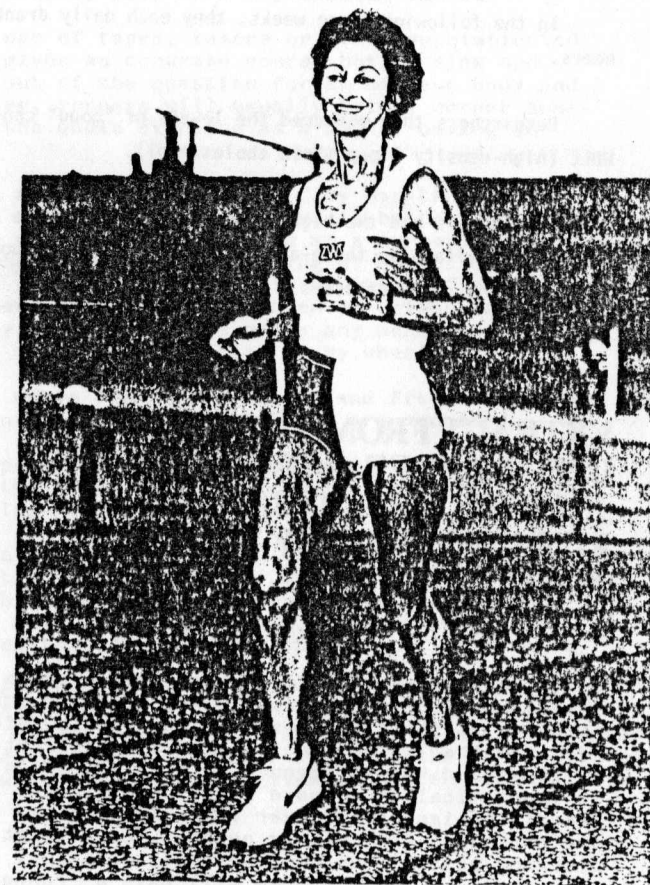
Between August and September Maria completed three marathons. At the Superfast Gold Coast Marathon her time of 3.03.31 was the second fastest for a female. Ultimate success soon followed with two impressive victories in the Cities Marathon - 3.02.20 (PB), and the Tiger Pulser Marathon - 3.07.09.

Besides her marathon achievements, the Cronulla Librarian turned her talents to race management, assuming the role of Sponsorship Manager for the 1983 Yomix Half Marathon.

It seemed inevitable that 1983 was to be the year of the sub 3.

Tragically, however, her athletic career was short lived. Following neurosurgery in December, Maria lapsed into a coma on Christmas Day and passed away six weeks later.

Maria had not only indelibly etched her mark on the Sydney marathon scene, but leaves many fond memories with those of us who knew her personally.



DRINK A HEARTY ALE FOR YOUR OWN GOOD

(Sunday Telegraph February 13th, 1983)

An ale ... or three ... a day may keep the doctor away.

Chug-a-lugging a few pints could be just as good for the heart as a daily jog around the block, doctors have discovered.

The beer appears to help raise the level of "good" cholesterol in the blood of those who did no exercise, a study from Chicago's Baylor College of Medicine has revealed.

In the study, 16 marathon runners, 15 joggers and 13 inactive men were taken off liquor for three weeks.

In the following three weeks, they each daily drank three, 12oz beers.

Researchers then measured the levels of "good" cholesterol - HDLC (high-density lipoprotein cholesterol).

Marathoners had the highest levels of HDLC before the experiment began. But after the three-ales-a-day period, the "good" cholesterol jumped in the non-exercisers.



EXTRACT FROM THE FESTIVAL CITY RUNNER (NOVEMBER 1980) JOURNAL OF THE DISTANCE RUNNERS CLUB OF SOUTH AUSTRALIA INC.

COURSE MEASUREMENT

Over the past years I have raced over courses measured by car speedo's, with trammel wheels, by accurate survey methods and at times (I feel) by guesswork pure and simple. But does it really matter? The race after all is against the other competitors and the difference in road surface and terrain make it impractical to compare times on different road courses even if we ignore the ever variable weather. Further, runners are notorious for cutting corners (or atleast running the minimum distance possible without actually cheating) so even the most accurately measured course will have a "runners path" that is short.

Still as a runner I am too lazy to want to run further than I have to, yet honest enough to feel that I must cover the full distance - I am annoyed by "fast" times over a short course (particularly if I have not run that race) or by being recorded as slower than I actually am because a course is long.

So how do the measuring methods compare.

1) The car odometer, probably the most common method of measuring long distances is very inaccurate. Errors are induced by such factors as tyre pressure and tyre wear changing the rolling radius of the wheel, the action of the differential, wheel spin etc. as well as the difficulty of deciding the exact point on the rotating disc to start and finish the reading - there are several other errors as well but that will do to illustrate why I have found speedo readings to be up to 5% short (1 in 20) or quite commonly 2.5% short.

2) The Trammel wheel is usually regarded as the last word in accuracy yet if you wheel one of the small hard tyred wheels over the same course several times you may have variations of up to 5 or 6 metres per kilometre caused by wobble, skid and spin. Rubber tyred wheels usually give more repeatable results.

3) Survey with the use of tapes, lasers or other sophisticated equipment obviously gives an accurate course but is slow and expensive - usually out of the question for an amateur body and as I suggested earlier, runners will usually trim a corner somewhere and so negate the whole exercise as a way of having an EXACT course.

The method I used to measure the Festival City Marathon was a combination of these methods which I believe is better than any one of them, because while not as accurate as a survey it makes some allowance for the legitimate shortening of curves by runners. As a trammel wheel I used the near-side front-wheel of my ancient Volkswagon. The speedometer of a Volkswagon is driven from this wheel, a marvelous system, as it eliminates any measurement error caused by the action of the differential or by wheel spin.

I removed the speedo cable from the odometer and fitted it into a specially made counter, so that wheel turns are recorded.

Then using a 100m tape, I measured 2 km along a straight section of road, drove over this and measured the number of wheel turns (not forgetting the last fraction of a turn).

After using this to calculate the number of turns for the marathon, I simply drove over the course at a time of low traffic taking care to avoid heavy braking that would cause wheel skid, and trimming the corners as I would if running. Then back to the measured 2 km to check that the calculation was still the same.

All told, I drove over the course 5 times, from exactly the same starting point (actually the race finish). The maximum variation between any of these movements was 2 metres. This doesn't guarantee accuracy (the tape measured calibration 2 km gives the accuracy), but it certainly shows that the system gives consistent results.

This year the start and finish were shifted about 250 m using a hand trammel wheel at each end, the variation induced by this would be insignificant.

I believe that the Festival City Marathon course is as accurate as you will get. You have run it, now run again next year and the next and the next etc and your times will vary according to your fitness and the weather. We all look for the perfect course on the perfect day when we are 100% fit. This is MARATHONING.

Phil Afford, President Distance Runners' Club of S.A. Inc.

NEW MEMBER PROFILE

VINCE ENGEL

For the personal best marathon time in the Club (prior to joining the Striders) Vince Engel's name heads the list. His 2.19.08 was set at Arizona, USA, in 1979.

Vince, 36, is an American from Santa Barbara, California, and now resident at Cremorne. An art director by occupation he is employed by an advertising firm at North Sydney.

Vince is an experienced practitioner of running and a source of sound knowledge on any facet of it. His University days were spent with well-knowns of the US middle-distance and long-distance circuit, Chuck Smead and Gary Tuttle.

Vince has clocked a 4.03 mile and 1.50.3 for the ½ mile. In 1977 he made the US World Cross Country Team which competed in Germany.

After graduating from Uni as an art teacher, Vince responded to the Australian Government's appeal for American teachers. He taught for two years in Melbourne from 1973-1975. Beating a path around the world for a while, Vince returned to the US. And with the encouragement from buddies Smead and Tuttle, he got back into serious running. He competed two marathons and also worked part-time as a running coach.

On arriving back in Australia 2½ years ago, Vince lined up with the Randwick-Botany Athletic Club. He completed one exhaustive season in competitive cross-country, track and road running. With the added pressure of work commitments, Vince opted for a more laid-back existence. He had virtually given running away.

And then an American buddy on vacation brought home a guernsey from the Harbord Diggers 30K run last year. He had traded his for the outstanding emerald and white. Vince found out more about the Sydney Striders through Alex Hamill. Lunch breaks these days he runs with Alex and colleague in the advertising game, Bryce Courtenay. His regimen may also include some morning runs up to 1hr. around Clifton Gardens and Lower Mosman and of course the occasional Sunday Star.

Vince is adamant about the value of speed-work and every Wednesday takes Bryce and Alex and others through their paces around a North Sydney football field.

If he can find the time to increase his k's to at least 160 a week, Vince is Canberra bound on April 10. He would like to get around 2.30. If he is a late scratching for this event he'll most definitely be a starter for the inaugural Australian Marathon set down for June 12.

NEW MEMBER PROFILE

GERALD SMITH

An article in the Sun newspaper by Tom Cantwell attracted Gerald Smith to the Striders. Cantwell had a series of articles in his regular column about the various running clubs around Sydney and what they had to offer. Gerald thought the Striders had what he wanted.

He reckons he might run a marathon one day, but he's in no hurry. At 57 years of age he has waited long enough for the ultimate in running, so a little longer won't hurt.

Gerald is reasonably fit. "Run for your life" is his motto, and he hopes to apply this principle for the rest of his days. He plays squash and tennis, but concentrates more on the occasional game of the latter. Back in his country of origin, England, he played rugby union until he was 32.

Two or three times a week, depending on the weather, either mornings or evenings he runs near his home at Lindfield.

Gerald is an agricultural scientist for the NSW Department of Agriculture.

He will be a most welcomed new member of our slow group.

NEW MEMBER PROFILE

ADAM THOMSON

Adam Thomson has the honour of being the youngest member of the Club. He is 15 and a year 10 student at North Sydney Boys High. Adam with mother Sue, who is also a member of the Club, took on the Honolulu last year.

Adam takes to the streets most days, taking in 6K to 15K around the North Shore area. Some days he might give Sue a 10min start, catching her up near the end of the run. Adam lives with mum at Kirribilli.

He actually started running 4 years ago. His running also goes hand in hand with orienteering. He belongs to the Bennelong Orienteering Club. He has run 4 City to Surf's, his PB is 62.15. At school this year he will be a candidate for the Combined High Schools Cross Country Championships, which are held in stages and at different venues leading to State and Australian finals.

In other sports Adam has a keen interest in Australian Rules Football. He has played for Willoughby Football Club Juniors, and the new Sydney Swans have won his support.

He thinks his running in the past has been a bit haphazard with no basic training given to him. And he admits he dreads the long Strider Star, but once on the road he enjoys the run and the company. Realising scheduled training is what a good marathon time is all about, he plans to build-up his road-work this year and be ripe and ready for the Big M in Melbourne in October.

With a lot of future ahead of him, Adam is testing himself as running material. He also has bold plans to work-out in higher altitudes, as a ski-instructor on the slopes of the world's snowfields.

BILL MCCRINDLE

The inaugural half marathon has really proven to be a successful recruitment medium. New members have been impressed by the organisational skills and objectives of the Sydney Striders Marathon and Road Runners Club on that March day last year. The event certainly hooked Bill McCrindle.

Finding the time to put in running hours is Bill's greatest bug bear. He has a very time-consuming job as marketing manager for Castrol Australia. Regular interstate and some overseas trips eat into his free time. He also lectures twice a week to marketing students. Though he can fit in a rare game of squash or golf (he is a member of the Pennant Hills Golf Club).

(On a trip to Russia recently Bill witnessed the high number of both men and women runners there. An article on his occasional jogs while in the USSR and other Eastern Bloc countries is in the pipeline from Bill soon.)

Bill, 51, has three City to Surf's under his belt, with a PB last year of 65min. This year he hopes to find time to complete his first marathon. Fancy times at this stage don't interest him. Finishing is his main pre-requisite.

Bill lives at Beecroft and generally manages to put a few k's in before breakfast around local Devlin's Reserve and tree-lined streets - some times in company with keep up-and-coming-runner, a son aged nine. He has two other children also.

Bill is no new face to one female Strider. At the last North Head Trek old acquaintances were renewed. It happened that Bill once stayed on her parents stone fruit orchard at Stanthorpe some 35 years ago. Bill, originally from Queensland, was a mate of her brothers. Of course Bill only knew the Strider as Dorothy Jones. But we all know her as the one and only Dot Flanagan.

NEW MEMBER PROFILE

BRUCE MURRAY

Observing how good the men and women in the Strider colours looked and performed in the runs around town, and how he enjoyed running in our unaugural half marathon, was an entree to the Club for Bruce Murray.

Bruce, who turns 50 in April, has done two marathons - completing both Sydney Marathons. His best time was in 1981 when he ran 3 hours 42 minutes. He has joined Striders to get the necessary training and wants to run a marathon reasonably well without suffering unduly for it. His target time is about 3½ - 3¾ hours.

This year Bruce plans to run the 42.2K Harbord Diggers and the well publicised Australian Marathon. He takes off on a 3-week overseas trip in March and only arrives back a few days before Nike. With his training schedule interrupted, he will have to miss the race this year.

Bruce lives at Wahroonga. On Saturday mornings he runs from 6.5K to 15.3K with Turramurra Trotters - also in company with fellow Striders Charles Coville, Dave Blackhall, Pam Hazelwood and others.. Other mornings - when not in training - he runs about 5K to 10K from his home.

Bruce has also played cricket for the Hornsby-Ku-ring-gai Club for a good many years. As an occupation, Bruce is an Administrative Officer for the Sydney Water Board.

NEW MEMBER PROFILE

Russell Black

When Russell Black wings East in October he will be taking on the ultimate in human endurance: The Iron-Man Triathlon World Championships held in Hawaii. The event consists of a 3.86k swim, 180k cycle and 42.2k marathon.

And working up to this Big One Russell has his '83 program worked out to a T. This year he will compete in six marathons. He will go all out to do good times in the following: Nike, NSW State and the Australian. While, he will treat as training runs only the following: Gillawarna, Blacktown and Sydney.

To date Russell has run six marathons. A perusal of his times will show he's pretty consistent too - except one: the '81 Big H where on an extremely hot day he reckons he went on the boil at 30k:

'81	Sydney Marathon	2.52.46
	Big H	3.29.30
'82	Nike, Canberra	2.52.23
	Nike, Christchurch	2.56.50
	NSW State	2.54.49
	Sydney	2.50.38 (PB)

Russell is now in training for Nike, Canberra, where he wants to break out of the wearisome 2.50s slot. He has his mind set on 2.45, which is just under a 4min/k pace.

Russell, 33, does most of his rigorous training around Centennial Park, not far from his home at North Randwick. At the moment he is running 130k and cycling 240k a week, increasing the pedalling to 400k nearer October. On occasions he cycles out-and-back to Waterfall, on the way to Wollongong, a 145k hike which takes him anything up to 3hrs to complete.

He swims 100 laps of the 50m Uni NSW pool, and does the 5k over three days of the week. He will increase the laps too when the Iron-Man event approaches.

Russell is no novice, however, to the triathlon. He has already completed two; although both abbreviated versions. In December, 1981, he took part in the Nepean Triathlon. This was a 800m swim, 42k cycle and 14k run. Apart from suffering through a pulled leg ligament and the extreme heat conditions, he clocked 2.54.20.

He has also done the Ryvita Triathlon at Bondi: a 1500m swim, 30k cycle and 18k run. He timed 3.06.24. And Russell says these two triathlons weren't as exhausting as a marathon! (When this article goes to press he would've also completed the Sydney Triathlon held on Sunday, Feb 27).

His other credits include eight City to Surfs, with a PB of 53.36. Russell has also ran the famous Bay to Breakers, San Francisco. He finished in the top 500 out of 30,000 competitors.

Russell, an accountant, has become the fitness freak largely due to a nasty motorcycle accident 11 years ago. For six months after he could barely walk. A blood clot the size of a milk bottle had developed just below his left knee. Doctors told him he may never regain full flexibility in that leg. However, one Macquarie St specialist advised him sport such as squash or jogging was the best medicine. He took the advice. It worked, and he kept up the jogging side of it.

Obviously fully recovered from his injury of old, Russell is pushing himself to pass the ultimate test of his fitness and endurance. He says he gains great personal satisfaction from what he does and thrives on competition to bring out his personal best.

MARATHON LADDER

(as at 28th February 1983)

STRIDER	CAT.	TIME	MARATHON AS A STRIDER	DATE	MARATHON PRIOR TO JOINING STRIDERS
1. ROBERT HARRISON	O	2.33.46	BIG M	10/82	
2. KEITH CANARD	V	2.35.05	HARBORD DIGGERS	5/82	2.29.00 NSW STATE 1980
3. BILL FLANAGAN	O	2.36.47	NIKE	4/82	
4. NEIL PLEVY	O	2.37.24	STATF	6/82	
5. TONY MCCALL	O	2.38.01	MARYBOROUGH	7/82	
6. BRUCE USHER	P	2.38.45	CAMPBELLTOWN	5/82	
7. STUART GREAVES	O	2.41.21	BIG M	10/82	
8. CHARLES COVILLE	P	2.46.56	STATE	6/82	
9. BOB SHAW	O	2.48.15	NIKE	4/82	
10. SAM DAHER	P	2.48.24	NIKE	4/82	
11. FRANCIS CHAN	O	2.48.53	SYDNEY	9/82	
12. DENNIS COOLEY	P	2.49.33	NIKE	4/82	
13. DICK CLELAND	V	2.50.34	GOLD COAST	8/82	
14. MIKE ANSCHUTZ	O	2.52.04	SOUTH AUST STATE	6/82	
15. BERNARD COOLEY	V	2.53.45	CAMPBELLTOWN	5/82	
16. RAY DORAN	V	2.54.10	STATE	6/82	
17. OSTEN HANSSON	P	2.55.08	GOLD COAST	8/81	
18. STEVE CORNELIUS	P	2.55.31	STATE	6/82	
19. DAVE INGHAM	P	2.55.32	STATE	6/82	
20. TREVOR ROBERTS	P	2.55.49	BIG M	10/82	
21. NIGEL HADGKISS	P	2.55.57	CAMPBELLTOWN	5/82	2.52.21 BLACKTOWN 1981
22. BERNIE LIEBMANN	P	2.56.05	STATE	6/81	2.40.00 TRANSVAAL STATE(RSA) 1978
23. CHRIS STAPLES	O	2.56.24	CAMPBELLTOWN	5/82	
24. MAX HENDERSON	V	2.58.22	STATE	6/82	
25. JOHN JESTON	P	2.58.48	NIKE	4/82	
26. RON FEENEY	O	2.59.20	SYDNEY	9/82	
27. BILL HUNTER	M	2.59.25	VETERANS	7/81	
28. MIKE BINGHAM	P	2.59.33	STATE	6/81	
29. CECIL FORD	P	2.59.43	BIG M	10/82	
30. SUE HILL	PF	2.59.46	AVON	5/81	2.52.01 AVON W. GERMANY 1979
31. BRIAN LYNCH	P	2.59.55	NIKE	4/82	
32. WYNNE HENDERSON	O	3.00.07	HARBORD DIGGERS	4/81	
33. PETER FOULSHAM	P	3.00.47	HARBORD DIGGERS	5/82	
34. BRIAN COLWELL	P	3.01.47	BIG M	10/82	
35. WINSTON MARSDEN	V	3.02.08	STATE	6/82	
36. MARIA GEMENIS C'SHANK	PF	3.02.20	CITIES	9/82	
37. DAVE BLACKHALL	P	3.02.24	STATE	6/80	
38. DAVE MILL	F	3.03.00	HARBORD DIGGERS	4/82	
39. BRENT WATERS	P	3.03.01	BIG M	10/82	
40. IAN WEBB	P	3.03.38	BIG M	10/82	
41. CRAIG JOHNSON	P	3.04.20	NIKE	4/82	
42. DAVID PETERSON	V	3.04.53	STATE	6/82	
43. NICK EDWARDS	P	3.06.53	NIKE	4/82	
44. PETER GARRETT	P	3.07.20	WAGGA WAGGA	8/82	
45. IVAN FREYS	P	3.09.20	STATE	6/82	3.07.00 HARBORD DIGGERS 1979
46. GAVIN CARR	P	3.09.36	STATE	6/82	
47. RUSSELL HAMMOND	O	3.09.40	SYDNEY	9/82	
48. MARK HANLON	O	3.09.47	NIKE	4/82	
49. STEVE KNIGHT	P	3.11.20	HARBORD DIGGERS	4/81	

50. NEIL COLLUM	P	3.12.21	GILLAWARNA	9/81	
51. LEO LEADER	P	3.15.14	NIKE	4/82	3.05.00 CAPE PENINSULA(RSA) 1980
52. LAURIE KING	P	3.15.27	VETERANS	6/82	
53. JOHN EVENNETT	P	3.17.40	SYDNEY	9/82	2.58.08 HONOLULU 1981
54. DAVE WILLIAMS	P	3.17.56	BIG M	10/82	
55. GEOFF MURRAY	P	3.20.45	STATE	6/81	
56. PETER RYAN	M	3.21.45	BIG M	10/82	
57. BRYCE COURTENAY	V	3.21.50	HONOLULU	12/82	
58. RICHARD BEVAN	P	3.22.17	BIG M	10/82	
59. BARRY JONES	M	3.23.18	VETERANS	7/81	
60. IAN NEWLANDS	V	3.24.54	NIKE	4/82	
61. IAN MILLAR	P	3.25.54	NIKE	4/82	
62. ROBERT BLACKWELL	P	3.25.56	STATE	6/82	
63. LYNNE EVANS	PF	3.26.06	STATE	6/82	
64. GEOFF COX	O	3.27.26	HARBORD DIGGERS	4/81	
65. JOHN DAVES	P	3.27.34	NIKE	4/82	
66. NEIL GUY	O	3.29.56	GILLAWARNA	9/80	
67. JOHN OLDROYD	O	3.35.00	STATE	6/81	
68. ALEX HAMILL	P	3.35.00	HONOLULU	12/82	3.26.06 NIKE 1982
69. JOHN FLYNN	P	3.35.37	GILLAWARNA	9/80	
70. DEREK WHITE	M	3.37.27	VETERANS	7/82	3.26.34 NIKE 1981
71. BRENDA HAMILL	PF	3.43.00	HONOLULU	12/82	3.31.57 NIKE 1982
72. MIKE NATHANSON	V	3.43.58	NEW YORK	10/80	
73. ERIC WILLCOCK	M	3.45.00	HONOLULU	12/82	3.28.48 ADELAIDE 1981
74. KARL TOPFER	P	3.46.52	HARBORD DIGGERS	4/81	
75. JOHN GALE	O	3.49.27	ADELAIDE	8/81	
76. PAM HAZLEWOOD	PF	3.57.01	STATE	6/82	
77. BOB PETERSON	M	4.33.40	HARBORD DIGGERS	4/81	
78. DOT FLANAGAN	VF	4.42.00	HONOLULU	12/82	
79. SUE THOMSON	VF	4.52.00	HONOLULU	12/82	
80. VALERIE WILLCOCK	MF	5.16.00	HONOLULU	12/82	4.41.00 AVON 1981

MARATHON PRIOR TO JOINING STRIDERS (NO MARATHON RUN SINCE JOINING)

VINCE ENGEL	P	2.19.08	FIESTA BOWL, ARIZONA(USA)	1979
ANTHONY SAUERMANN	O	2.43.39	CAPE PENINSULA(RSA)	1980
DAVID DONNELLEY	P	2.46.02	NIKE	1982
ALAN POWYS	O	2.46.13	STATE	1982
RUSSELL BLACK	P	2.50.38	SYDNEY	1982
PETER COBLEY	P	3.04.00	STATE	1982
CORDON SARFATY	M	3.10.00	TYAB	1975
IRWIN LIGHT	P	3.10.38	BLUFF (RSA)	1977
PETER DONNELLEY	P	3.23.00	HARBORD DIGGERS	1981
BERNARD KING	P	3.25.00	BLACKTOWN	1982
ALAN SNOW	P	3.29.00	PRETORIA (RSA)	1978
NIGEL KINGSMILL	V	3.31.00	CITIES	1981
JOHN EDWARDS	P	3.32.52	NIKE	1980
TERENCE MCIVER	P	3.36.18	SYDNEY	1982
ROBERT MANN	V	3.38.00	HARBORD DIGGERS	1982
ROBERT STUART	V	3.40.00	HARBORD DIGGERS	1981
BRUCE MURRAY	V	3.42.00	CITIES	1981
JANE FLANAGAN	JF	3.42.00	BIG M	1980
BOB CHEETHAM	O	3.51.00	BIG M	1981
IAN CROSS	O	4.35.05	STATE	1982

N.S.W. PRESENTATION IN THE "TOKYO MARATHON"

Ian Millar

The Sun newspaper, Monday, November 29, 1982, carried an article - with photograph - of two young Sydney athletes chosen to take part in the "Tokyo Hatachino marathon" to be held on January 23, 1983. They were Sylvia Terranova and Bruce Graham.

I met Bruce through Orienteering: we are in the same club and have been competing for a similar time. Aside from events and training camps, we were both on the infamous "Stanthorpe or Bust" Australian Championships tour. Consequently I have seen something of Bruce's running ability and dedication to training - not to mention his eating habits: another Bill Rodgers? Bruce was due to be at the Budkavle Orienteering event at the Australia Day weekend and I thought it an ideal time to get an interview about how the trip to Japan had gone. There would be plenty of time to talk and so I went equipped with a tape recorder. If I couldn't collar him whilst at dinner in Berrima, then I could try before the event started at midnight in the Penrose State forest.

I thought the interview idea quite suitable for our magazine. Bruce's 1982 City to Surf time was 45-32 and he was second in this year's H.D. 30k race from Palm Beach to Manly. He was quietly thinking of 2 hr 25 at Tokyo and had been running more than 200k per week.

However, after all that lead-up the interview was just like the race: a disaster. (When I heard the news of the trip I was so shocked I forgot to get the tape recorder out.) The race, as Sylvia and Bruce learned a couple of days before leaving, was a 10k road race for 20 year olds. (The Japanese seem to celebrate reaching 20 years of age as we do for 21.)

In a field of some thousands (with many representatives from other countries) Bruce ran 32 minutes to place 19th - if my memory serves me. Sylvia ran 42 minutes but both seemed to feel the race was best forgotten. Neither got going properly: Bruce was a minute slower than usual while Sylvia had regularly run less than 40 minutes in training (her 1982 City to Surf time was 56-03). Aside from the months of work for the "marathon" the pair flew from Sydney's January temperatures to approximately 10°C in Tokyo. Race day dawned as the coldest day of the season (1½°C) with a wind chill factor lowering the effective temperature to below zero.

I can report that they enjoyed the week in Japan and the sight-seeing, etc. Their running "wardrobes" benefitted remarkably, I hear. I think it went like this,

T.V. Interviewer: Ah, Master Bruce, how you feel?
Bruce Graham: Aw gee, it's a bit cold isn't it?
(Sudden appearance of track suit.)

T.V.I: How you find weather?
B.G: Oh, it's a bit wetter than Sydney at the moment.
(Rain suit presented.)

T.V.I: What you do after run?
B.G: Oh, we gotta get some shopping done. We need some new running shoes and I'm going to look for a "Sony Walkman".
(Enter stage left ... etc.)

So when you hear someone say to Bruce, "What did you do in Tokyo?", and Bruce answers "Oh, I did 32 minutes", then you'll understand the questioner's blank look.



INTERNATIONAL VISITORS

Yoshiteru Katsahara, 22, from Osaka, Japan has been our guest for a number of Sunday runs. He came to Australia last June and has been learning English and working in a Japanese restaurant, the Kabuki, as a dishwasher.

"Yoshi", as he prefers to be called, lives at Rushcutters Bay. He likes to run the Rose Bay, City to Surf stretch, as well as in the Botanical Gardens, Centennial Park and on Wednesday evenings is a regular at Talays, Randwick. Whilst here he has run his one and only marathon - the Sydney. His soul purpose in that was to finish, which he did in 4.16.13.

Yoshi says the most popular running event in Japan is the Oume Marathon, held in Tokyo. It is over 30km and about 15,000 people take part. He has enjoyed very much the Sunday Stars...but, unfortunately, he returns home this month. High flying Striders who may happen to be in Osaka some time in the future can find Yoshi at:

1-5-5 Nagahashi
Nishinari-Ku
Osaka-City
Japan

He will be more than happy to take you on a sight-seeing run in this large port city in southern Japan.

British visitor to Australia for the past 12 months, and since June a Sunday Star regular is Ron Feeney. Ron is not only remarkable for his exuberance of our Aussie tucker, but also by his much improved marathon time. In his first marathon in 1981, the Pony British, he ran to finish in 3.42. Twelve months later in the Sydney Marathon he chopped 42.40 off for a time of 2.59.20 (see Ron's report of this race in the Blister No 13, page 14). At Nike next month he wants to take out a 2.45. Over the next few weeks he will be increasing his running periods and improving the overall quality to fulfill his objective.

A temporary resident of Queenscliff, he mainly runs around the Manly Beach area. On Tuesday nights he joins "Geordie George" and his 11km group at the Runnery. Ron, 21, has worked here as an electrician's offsider. But once his work visa ran out he had to quit. He is now operating on a tourist visa, but 11 days after Nike heads home. He cannot extend the required papers, nor does he want to over-stay his welcome with the government - he wants to see us and run with us again one day.

Ron's address in England is:
388 Pinner Road
North Harrow
Middlesex
Phone 01-861-0434

Marathon Survey

MARATHON	NIKE (INCOBP. AVON WOMENS) INTER- NATIONAL	HARBORD DIGGERS	NSW STATE (INCOBP. NSW VETERANS)
Marathon Location	Canberra	Manly/Warringah, Sydney	Holdsworthly, Sydney
Date of Race	April 10, 8 a.m.	May 1, 7 a.m.	May 8
Entry Deadline	Feb. 28	April 22	April 18
Course Description	Flat, Mild Undulations	Mostly Flat, Some Undulations	Mostly Flat, Some Undulations
Course Direction	Out and Back Twice	Out and Back	Out and Back Twice
Course Record	G. Kennedy 2.15.16 1981	J. Andrews 2.24.00 1980	S. Poulton 2.17.07 1981
1982 Field Size Starters Finishers	1134 810	620 398	610 487
1982 Winners Male Female	D. Froude 2.17.45 S. Barrett 2.45.12	H. Gambrill 2.30.55 L. Hopping 3.22.07	Ingyou Nam 2.17.15 P. Marshall 2.54.10
1982 No. of Sub 3 Hours	264 44%	47 12%	177 36%
1982 No. of Striders Finishers	31	8	23
Entrance Fee	\$10.00	\$5.00	\$5.00
Contact (B) Business (R) Residence	Dave Cundy (B) 062 63-3538 (R) 062 31-8422	Geoff Thorsen (B) 411-9258 (R) 939-1039	Keith Reynolds (B) 645-4440 (R) 637-2984

AUSTRALIAN MARATHON	CAMPBELLTOWN JOGGERS	FAR NORTH COAST	GOLD COAST
North Sydney	Campbelltown, Sydney	Wardell, N.S.W.	Surfers Paradise
June 12 May 30	July 11 July 1	July 31 (Subject to change) July 31	July 31 July 17
Expected to be Fairly Flat, Some Undulations	Gently Undulating	Flatteest in N.S.W.	Flat
North Sydney - La Perouse - Moore Park	Out and Back	Out and Back Thrice	Out and Back Twice
New Listing	H. Wegner 2.22.29 1981	B. Clingan 2.32.57 1982	S. Lazare 2.19.21 1982
New Listing	140 126	45 32	426 342
New Listing	P. Lockyer 2.30.13 S. Hill 3.05.14	B. Clingan 2.32.57 J. Sutton 3.16.50	S. Lazare 2.19.21 J. Colwell 2.43.35
New Listing	38 30%	15 47%	87 25%
New Listing	15	N11	3
\$50,000	\$5.00	\$5.00	\$7.50
Australian Marathon P.O. Box 700 STRAWBERRY HILLS 2013	Ken Saunders (B) 236-9309 (R) 046 25-2686	Brian Richards (B) 066 21-4422 (R) 066 29-7278	Dusty Lewis (075) 384680 or (07) 3978777

MARATHON	GILLAWARNA	WAGGA	CITIES
Marathon Location	Lake Gillawarna Sydney	Olympic Way Junee to Wagga	Sydney
Date of Race	14 August	21 August	28 August
Entry Deadline	Race Day	21 August	14 August
Course Description	Flat	25-28km Flat with undulations	Undulating and Flat
Course Direction	Out and Back Twice	Junee to Wagga	Sydney to Blacktown
Course Record	Horst Wegner 2.28.04 1981	John Bell 2.29.00 1981	Steve Montague 2.26.59 1982
1982 Field Size			
Starters	120	80	76
Finishers	116	48	67
1982 Winners			
Male	Gary Pope 2.42.03	John Bell 2.29.47	Steve Montague 2.26.59
Female	Yvonne Couper 3.06.44	No finishers	M. Geminis-C'Shank 3.02.20
1982 No. of Sub 3 Hours	5 (4%)	8 (17%)	13 (19%)
1982 No. of Striders Finishers	2	3	2
Entrance Fee	\$3.00	\$5.00	\$5.00
Contact	Tony Goldsmith	Harry Thompson	Ian Winton
(B) Business		(069) 241155	Blacktown City Council
(R) Residence	774-1450	c/- Oakvale OLD JUNEE 2593	(B) 621-0011(x216)

FESTIVAL CITY	SYDNEY	BIG M	
Adelaide	Sydney City & Eastern Suburbs	Melbourne	
28 August	11 September	9 October	
14 August		31 September	
Flat, with Undulating Hills at 30KM	Undulating with some Hills	Flat with incline at 39K	
Gawler to Adelaide	Circuit	Frankston to Melbourne	
Colin Neave 2.21.06 1982	Harry Ward 2.31.45 1982	Bill Rodgers 2.11.08 1982	
1300	370	5194 Entrants	
1175	308	3574	
Colin Neave 2.21.06 Ann Mann 2.52.29	Harry Ward 2.31.45 Sue Hill 3.03.24	Bill Rodgers 2.11.08 Sue King 2.37.57	
60 (5%)	38 (12%)	641 (18%)	
1	7	3	
\$10.00	\$7.50	\$5.00 (subject to conf.)	
Bruce Abrahams (08) 294-3248 Festival City Marathon P.O. Box 96 GLENELG 5045	Mike Agostini 337-4399 P.O. Box 109 Rose Bay 2029	Ms Win May Big M Marathon Olympic Park Admin Building Swan Street, MELBOURNE 3002	

Striders in Training

Please advise John Evennett (982-7493 Res) of any new groups or updates to existing groups.

TITLE	CONTACT	DAY/TIME	START/VENUE
Bixby Track Training	Neil Plevy Res.560-3474	Monday 5.00 pm and Wednesday 5.00 pm	No.2 oval (grass) Sydney University
Sam Daher's School of Fartlek	Sam Daher Bus.234-0390	Tuesday 12.45 pm every second Wednesday 12.45 pm (When Corporate Cup is not on)	Entrance to Domain opposite Mitchell Library
Talays	Bob Talay Bus. 399-3893	Wednesday 6.15 pm	Talays Runners Shop 38 Frenchmans Road Randwick
Corporate Cup	Bill Carlson Bus. 218-9515	Every second Wednesday between 12.00 am and 1.30 pm.	Domain, near public toilets, South of the Art Gallery
Chatswood Intervals	Phil Caldwell Res. 427-6350	Thursday 6.10 am	Rotary Athletic Field, Chr Mowbray and Epping Roads Chatswood West.
Lane Cove River Runners	John Evennett Bus. 700-400	Tuesday 5.30 pm and Friday 5.30 pm	Lane Cove River Park. Fullers Bridge Entrance.

COURSE	PARTICIPATING STRIDERS	DISTANCE/PACE
No. 2 grass oval	Bernard & Dennis Cooley Robert Harrison Neil Plevy	Varied speed training. Note: Jack Pross is specifically coaching a group of athletes. He has no objection to outsiders joining the group, provided that they make no individual demands upon him.
Botanic Gardens and Domain	Phil Caldwell Charles Coville Sam Daher Dot Flanagan Russell Hammond Laurie King Bruce Usher	Fartlek at sprinting pace
Randwick to Clovelly Either: 1) left to Bronte, Tamaranga, Bondi or 2) right to Coogee and Maroubra	John Dawes Bill Flanagan Sue Hill Ian Millar	2 courses of 5k, 8k and 16k run on alternate weeks. Competitive pace.
Botanic Gardens along water front to steps opposite Opera House and return.	Mike Bingham Phil Caldwell Charles Coville Sam Daher	6.6k Race. Runners leave every minute between 12.00 am and 1.30 p.m.
Rotary Athletic Field	Phil Caldwell Dave Cox Neil Collum Nicholas Reed	Race pace. 200 metres to 800 metres intervals
10 k route on south of river	John Evennett Max Henderson Gavin Carr Alan Powys Sue Hill Pam Hazelwood Brett Nicholls	Race pace - Tuesday. Medium STAR pace - Friday

Striders in Training

TITLE	CONTACT	DAY/TIME	START/VENUE
Wednesday Westerners	Bob Blackwell	Wednesday 6.30 pm	Alternating participants homes in inner Western Suburbs
Turramurra Trotters	Alan Cole Res. 46.3731	Saturday 7.00 am	Turramurra Station Car Park (off Eastern Road)
Centennial Intervals	Brian Colwell	Saturday 7.00 am	Randwick Technical College entrance to Centennial Park
Veterans Time Trials	Logan Irwin Res. 570-3529	Thursday 5.50 pm	Hensley Park, Pagewood.

Please advise John Evennett (982 7493 Res) of any new groups or updates to existing groups.

COURSE	PARTICIPATING STRIDERS	DISTANCE/PACE
Varying inner Western Suburbs, including Iron Cove Bay, Drummoyne, Pyrmont.	Rob & Nina Blackwell Peter Garrett Neil Gerraghty Neil Plevy Craig Welch	Between 15k and 20k at medium STAR pace
Course starts at 6.5k and builds up progressively to 15.3k. Turramurra, Wahroonga Waitara and Hornsby	Mike Bingham Dave Blackhall Francis Chan Charles Coville John Flynn Dave Ingham Pam Hazlewood Max Henderson Bill Hunter Bernie Lielmann Gavin Carr	Handicap race. Slowest runners start at 7.00 am. Faster runners leaving at 1 minute intervals thereafter. 6.5 k Aug 21 - Jan 8 8.8 k Jan 15 - Feb 19 10.4 k Feb 26 - Apr 2 12.2 k Apr 9 - May 14 14.4 k May 21 - June 25 15.3 k Jul 2 - Aug 6
Centennial Park	Brian Colwell Sam Daher Mick Edwards Laurie King	1 hour of varied speedwork
Track followed by additional track or road - Matraville and Botany	Bernard & Dennis Cooley Brian Colwell Ray Doran Sam Daher Bill Flanagan Laurie King Neil Plevy Derek White Alan Powys Ron Feeney	Varied speedwork; alternating weeks. 1st Week Track: 1 mile then Track: 3000 metres or Road: 4 miles 2nd Week Track: 800 metres then Track: 5000 metres or Road: 6 miles

RUNNING IN FIJI

by Mark Hanlon.

You'll have to allow a bit of journalistic license in this article as my total running time on Fiji soil amounted to a paltry 20 minutes, of my recent holiday.

Actually if you are looking about for an out of the way place to prime up your training schedule you'll find the tropical and relaxed environs of the Fijian Isles more than a match for your willpower. I did anyway and I recommend the seafood platter washed down with a glass of Fiji bitter or two.

Around the part of the island, Sigatoka on Viti Levu (the main island), that we stayed I saw no locals running for running's sake. I suppose you're thinking we slept in every morning, too late to see the runners, well I can tell you it is pretty tough waking up for room service to deliver your breakfast in bed each day. Team sport is very popular though for both Fijians and Indians alike, in particular soccer, Rugby and the late afternoon volleyball game. The local newspapers were full of early season training tips, encouraging footballers to run a mix of middle distance road runs (8-12kms), fartlek and sprints.

Some of the local shops sold running shoes including Adidas and New Balance at prices (after some bargaining) that make Australian prices seem a bit rude, and I can well imagine how those Striders who went to Hawaii felt when they were presented with a smorgasbord of top line running shoes at bargain prices to sort through.

For the distance runner tourist there is a shortage of tarred road and the local drivers seem hell bent on overtaking on the corners but with a bit of local knowledge you could readily find the right quiet track to take, and there are plenty of hills.

Anyway many thanks to the Campbelltown Fishers Ghost Run for the prize. See you in November at Campbelltown as we wait, fingers crossed, for this year's lucky draw to take place.

QUEENSLAND REPORT No. 6

TONY McCALL

Greetings to all from your northernmost representative.

Not a great deal to report, although inter-club has been in full swing.

I did see Mick Halmy's name in some newspaper results for a 1500m race at the Q.E.II NSW vs QLD meeting.

The clipping said he was leading as the runners got the bell for the last lap.

He didn't appear in the placings. "Where the hell'd you get to Mick?"

The track runners are easing into the cross-country season which restarts in April.

I too intend running some c/c also my delicate frame finds it rather taxing.

We've had a few fun runs this year and the QMRRC have started their road racing series.

Jan. 9th saw me run in the Byron Bay to Brunswick Heads Beach fun run.

If it sounds like a mouthful, you should have tried running it.

I recognised a few Sydney-ites in the event, obviously up here on holidays - Ernie Krenkels, Adrian Reynolds (who came second) and some others.

The run itself was 12.4 k along the beach, but on the hard sand. Flat all the way with only a shallow, tidal creek to cross at 3 k.

Laurie Adams crossed the line in 46.20, about a minute ahead of Reynolds. Last year's winner, Gary Mayor, placed third.

Sounds pretty slow, doesn't it?

Laurie is a sub 2.20 marathoner too!

I slow-motioned in for 8th place in 50.22. The times were slow owing to the most relentless, fiercest head wind I've ever run into.

Two weeks later the first of the monthly Suri Chinmoy fun runs was staged. A good run and they invariably have a good turn out.

The January run was over a flattish 5 k course and John Tuckey ran well to win with 15.25.

Once again, another 8th in 16.00 flat.

The shorter fun runs seem to bring the speed freaks out who can really burn out off with a quick start.

February 6th, Bob Beardsley won the Suri Chinmoy 8 k in 25.45.

Bob is the Queensland agent for Bill Roger's clothing.

I put in a bad one with a time of 26.50 but improved one place on the other races.

My form at this time of year always seems to be inconsistent. I've been training hard and maybe there's a lesson in that.

It has been very hot and I probably need more easy, recovery days. Gotta stop pretending I'm another Clayton.

One more run to tell of, the QMRRC 20 k at the Qld. Uni.

I didn't enter, but the ever consistent Rob Walker won in 60 minutes and some seconds.

These too are monthly runs (sometimes twice a month) in a series, with prizes at the end of the series for the winning performers.

I was hoping to run in the Harbord Diggers marathon on May 1st.

Two marathons is the plan for the year and perhaps the Brisbane/State marathon over the Games course might be the one other. One thing I am sure of, Bob Harrison's time, "ain't gonna last!"

One last word, dear Editor - would you please place a "P" next to my category on our marathon ladder. At 30 I guess this must mean I'm over the hill. But don't you believe it!

VIDEO ON RUNNING

The Club now has available video cassettes on running for hire. To add momentum to his idea, Bryce Courtenay has kindly offered his tapes on the Honolulu Marathon of '80, '81, '82 - Alex Hamill has one on Dr George Sheehan.

Cost of weekly hire is \$4 and this money will go towards buying new tapes. The tapes will be available by arrangement at the Sunday Star.

Perhaps you could organize a film night with other Striders from your locality - this would be one way to make the most out of this video hire service. Also, if you do happen to own any tapes related to running, how about loaning them to the club? They will only be used once!! This would be much appreciated.

Bryce Courtenay will be co-ordinating "Videos on running."

NEW YORK RUNNING NEWS

OCTOBER, 1982

THE FEMALE ELITE - TRAINING FOR THE 80's by JOAN BENOIT
(2.26.11 Eugene, Oregon September 1982 - American record)

"..... I do believe that there is no substitute for the long run of two hours or more. This run should be done over a week....."

"..... It should be noted that high mileage should never be a goal in itself....."

CARTOONS

Our canine Blister character RATBAG reappears after a XMAS vacation. Captions are called for from members.

Graham Smith will then put his talent to work via his pen and produce an appropriate cartoon.

Submit your caption now to Bryce Courtenay and see this final product in the next Blister.



THE WEST SYDNEY ROTARY RUN

10 KM

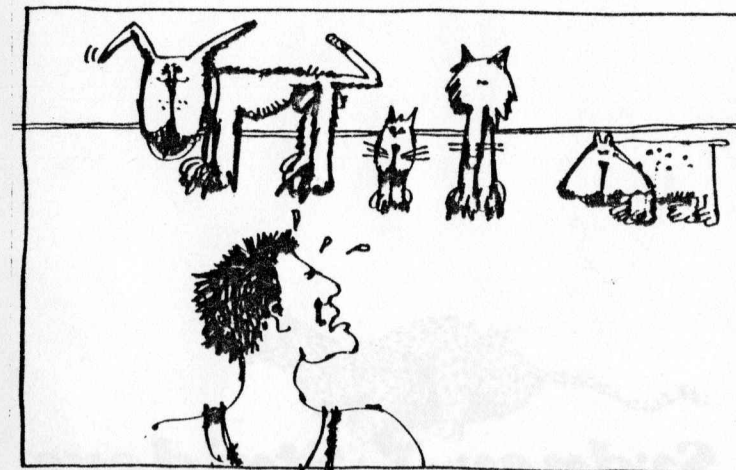
Last year this was called the 'Dairy Farmers Rotary Run' but it has had a change of name and sponsors this year. It is being held on Sunday, 10th April 1983 - the same day as the Nike Marathon - but despite this, it is hoped to attract plenty of runners. (Last year there were over 900 runners who hadn't gone to Canberra to run the Nike).

Starting time is 9.00 a.m. and the course starts and finishes at Wentworth Park and goes through the streets of Ultimo and Glebe. Entry fee is \$3.00 per adult and \$2.00 per child under 18 years (late entries on the day of the run, before 8.30 a.m. are \$4.00 and \$3.00 respectively).

Sydney Strider, Eric Willcock is one of the organisers of this run and if there are any Striders NOT going to Canberra they can obtain entry forms from most Sports Shops in the city or by 'phoning him at (W) 275221 or (H) 6604721. There are age category prizes as well as a special lucky draw prize of two return tickets to Cairns courtesy of TAA. The entry form contains a map of the run. Proceeds from the run go to assorted community causes including the Childrens Hospital.



THE WEST SYDNEY ROTARY RUN



No doubt about it. He's hit the wall.