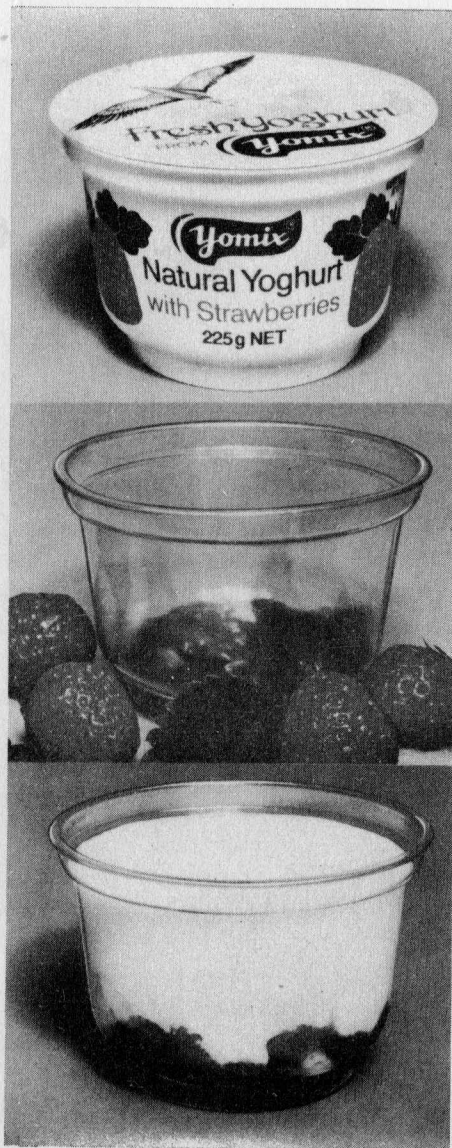




NEW!
Yomix
Natural
Fruit
Bottomed
(& Plain)
Yoghurts
 *20% Fruit!
 *No added
 Sugar!
Yomix®
The Yoghurt
Yoghurt Lovers
& Runners
Love!

Sydney Striders

Marathon and Road Runners Club



JUNE EDITION NO. 16

Sydney Striders



Marathon and Road Runners Club,
P.O. Box N119, Grosvenor Street,
SYDNEY. N.S.W. 2000

EDITOR: Charles Coville 476.6440 (H); 2.0572 x 474 (B)
PUBLISHER: Bryce Courtenay 337.3052 (H); 922.6877 (B)
ROVING REPORTERS: John Evennett 982.7493 (H); 70.0400 (B)
John Dawes 398.5391 (H); 290.7473 (B)

APRIL/MAY EDITION

CIRCULATION: (165 and growing)

ADVERTISING RATES: \$ 30 per page per edition.

\$150 per page per annum (6 editions)

BLISTER NO. 16 MAY/JUNE

DEADLINE DATES:

Untyped Articles - Sunday 19th June
Typed Articles - Wednesday 23rd June
Release Date - Sunday 3rd July

(Typed articles: Small black type, single spacing, A4, 1cm margin all sides)

BLISTER NO. 17 JULY/AUGUST

PROVISIONAL RELEASE DATE - 4th September

CLUB EMBLEM: CHEETAH

<u>CLUB COMMITTEE:</u>	<u>RESIDENCE:</u>	<u>BUSINESS:</u>
<u>PRESIDENT:</u> Charles Coville	476.6440	20572 x 474
<u>VICE PRESIDENT:</u> John Evennett	982.7493	70.0400
<u>SECRETARY:</u> Brian Colwell	664.1644	
<u>TREASURER:</u> Vacant		
<u>YOMIX HALF MARATHON MANAGER:</u> Phil Caldwell	427.6350	239.0600
<u>ITINERARY MANAGER:</u> Steve Cornelius	437.6491	
<u>SOCIAL MANAGER:</u> Lynne Evans	51.3365	
<u>LITERATURE MANAGER:</u> Bryce Courtenay	337.3052	922.6877



INDEX

	PAGE
1. EDITORIAL Charles Coville	5
2. NEW MEMBERS John Dawes	7
3. NEW MEMBER PROFILES John Dawes	8
4. SUNDAY TRAINING RUNS Steve Cornelius	10
5. A STAR IS BORN John Evennett	12
6. THE 1983 A.G.M. John Evennett	15
7. FORTHCOMING EVENTS Steve Cornelius	16
8. STRIDERS ON THE MOVE Charles Coville	18
9. FOR SALE/WANTED/FOUND/LOST/ANYTHING ELSE?	18
10. LETTER FROM BRIAN ROE Aust. Marathon Director	19
11. VIDEO NIGHT Pre-Australian Marathon	20
12. SUCCESS AT VETS. Derek White	21
13. SITUATIONS VACANT	22
14. 1982 HONOLULU MARATHON - STRIDER'S RESULTS	22
15. DIAMOND HEAD REMEMBERED Sue Thomson	23
16. STRIDERS TEAM FOR STATE MARATHON	26
17. LIGHT ON THE SUBJECT Dr. Irwin Light	26
18. SUTHERLAND HALF MARATHON Stuart Greaves	28
19. YOMIX HALF-MARATHON - "A TRIUMPH"	29
20. YOMIX HALF - TV BROADCAST	32
21. NIKE CANBERRA/AVON MARATHON - STRIDERS RESULTS	33
22. SMILEY COMES THROUGH Bryce Courtenay	34
23. TALE OF A TYRO'S MARATHON John Turner	36
24. POMMIE POWER AT NIKE John Pratt	38
25. 2:55, THAT OUGHTA BA A SHOCK Wayne Stanton	39
26. OH MY ACHING LEGS Laurie King	40
27. WHO ME? AN 18 MINUTE P.B. Bernard King	41
28. A VISIT TO THE FAMILY Jim Donovan	42
29. A P.B. AND PROBLEMS - NIKE REVISITED John Evennett	43
30. THAT DAMNED ELUSIVE 3:00 David Williams	45
31. FIVE OVER 40'S HAVE TO BE BEAT Keith Canard	46
32. A NON-SERIOUS RUN Geoff Pearl	47
33. TIME FADES THE MEMORY OF THE WALL Karl-Heinz Topfer	48
34. THE MARATHON ENIGMA David Douglas	49
35. BOOK REVIEW Charles Coville	50
36. THE BENEFITS OF SPEEDWORK Sam Daher	51
37. COMPUTERISED SPLITS? Harvey Blue	52
38. THE IRON COVE INTERNAL HALF HANDICAP Steve Cornelius	54
39. THE IRON COVE HALF RESULTS Steve Cornelius	54
40. THE LONLINESS OF A LONG DISTANCE WINNER M. McDonald	55
41. JERUSALEM TO JERICHO Derek White	56
42. OO HE DID IT, CLAD ONLY IN SINGLET AND SHORTS A. Thomson	57
43. JIM (SCOTTIE) TRAVERS P.B.'S IN POMMIE MARATHON	58
44. RUN FOR FUN OR DASH FOR CASH Vince Engels	59
45. ON, ON IN NIPPON Alex Hamill	60
46. PRE-NIKE 11.1K PARK PADDLE - RESULTS	62
47. RESULTS - WEST SYDNEY ROTARY 10K	63
48. RACE REVIEW FORM	64
49. MARATHON LADDER	65
50. STRIDERS IN TRAINING	70

EDITORIAL



by Charles Coville

How history repeats itself!

Blister No. 2 Vol. 2 (Old reference for August 1981 edition) dealt with the question of not running 42K Stars.

1982 Nike produced some motley performances - some impressive, some disappointing. Again the suggestion of 42K Stars was raised (by those who were disappointed), and again an emphatic no was discussed in Blister No. 9.

Since the 1983 Nike, the 42K Star has predictably been questioned by disappointed members, so it seems appropriate to analyse the 1983 A.C.T. performances in very general terms.

Striders bombed at Nike because:

1. The final week did not see a complete tapering of mileage. I know of members who only marginally reduced their training. Tapering means a 50% reduction in weekly K's, achieved by gradually reducing each day's distance, and perhaps not running on the Friday and Saturday.

2. They did not drink water adequately throughout the race i.e. at every drink station.

3. They experimented with staminade when this product had not been consumed before in training.

4. The early pace was too fast! Members who were below budget at 5K did not immediately amend their pace by slowing down, but rather persisted at the quicker speed. I believe that the pace for the first 5K's is a critical influence on the entire race.

5. Carbo loading was interpreted as carbo overeating rather than a swapping of 'other' foods for carbohydrates.

6. Goals set weeks earlier were not realigned for changed circumstances where members had setbacks (injury or illness). A revised goal should have been formulated.

Many P.B.'s were run at Nike by members whose pre-race tactics in the last week and race tactics on the day were analysed and adhered to (assuming no changed circumstances). Novices once again achieved a 100% success rate.

I was most satisfied with my performance and reflect as follows:

1. I tapered substantially during the last week and did not run on Friday or Saturday.

2. I drank water and sponged myself at every opportunity.

3. I did not drink Staminade. I don't drink it on Stars nor during races.

4. My early pace was exactly (to the second!) according to plan. I budgeted on 21 minutes for the first 5K. That was my slowest 5K split from the start until 35K. After 5K I slotted into a 20 minute 5K split and maintained that to half way. I marginally increased the pace to 30K, held 4 minute per K pace to 35 when my expected fade set in.

5. I ate normal quantities of food leading up to the marathon and merely substituted carbohydrate where possible.

6. My performances at both the Internal Half Marathons were disappointing - I was not as fit as I had imagined. On Good Friday I shrugged off a cold. I immediately revised my budget from a sub 2:50 to a 2:50/2:55 - I recorded 2:52:15.

I believe that most members were not overtrained. The race itinerary offered between February and March was adequate (2 internal halves and a 10K). Members who competed in these races had not over-raced. The races merely filled an important gap (sharpening up) when open races were not available.

To those Striders disappointed with their performances, I suggest that you reconsider your pre-race and race tactics. 42K training runs would not have resolved the problem.

While I continually stress "what fits the goose may not fit the gander", I believe that very few marathoners can benefit from such an exercise.

Consider the following:

1. Because it will be run as a training run, up to an extra half an hour could be spent on the road. Little benefit here, as you will exceed the ultimate marathon requirement and would be tending towards LSD training. You must ultimately run slower than you would in a marathon.

2. After 35K's you would probably encounter the 'wall', the depletion of energy zone. Not only is this a stressful time for the body, but also a mental strain. I would not like to train through this.

3. Long runs require recovery. The 'wall' zone and marathon distance could demand anything up to 2 weeks of scaled down training. This scaling down would occur at a critical time when training should be approaching a peak.

4. Most races, including marathons, psyche the runner up. A goal that has been set up to 12 weeks ahead for dedicated training extracts an all out effort and discipline on the day. A training run would certainly not produce the same enthusiasm - so necessary for those long hours on the road.

5. Most marathons would have large fields. Fellow runners are an easy source of distraction in helping those minutes tick by. Out on the road with fewer runners to distract you would place more of a mental strain on your resources.

6. It is a fallacy to believe that by merely running slowly you won't 'suffer'. Even excluding the wall, those last 7K's could be exhausting.

To all those who are disappointed, all is not lost.

1. You have established a good 32K training base between January and April.

2. The first marathon of the season is always hard - you have not completed one for up to 9 months and have almost forgotten about walls etc. Nike was a subtle reminder.

3. Many of you will have either run marathons, but not raced them previously, or raced them but at a slower pace.

By aiming at a P.B. you will be obviously running faster than you ever have before (over 42K). You will thus have entered a new long distance speed zone. The chances of bombing are therefore greater and you are therefore more vulnerable to disappointment.

Fortunately, you are now 42K's wiser and have experienced that increased pace.

4. There are many more marathons on the calendar for 1983 - time is on your side.

5. You will probably race shorter races between your second or third marathon in 1983 so that edge towards speed will have been attained.

Let us not forget that a marathon is not a STAR. It is still an event that requires that little bit extra for most after 35K. That is why it will always be a challenge and a goal that so few will ultimately achieve.

A NEW BABY FOR STRIDERS

Enclosed with this month's Blister is a new Strider's venture - 'Striding on' a monthly newsletter aimed at the running fraternity.

Striding On is an attempt to fill the spot not catered for by the Australian running magazines, that is, to bring both local and international road running results with short comment to the interested runner on a timely basis.

Striding On will also carry advice and general comment of interest to long distance runners.

News is presented in capsule form, sparing both style and details in the interests of brevity.

Available by subscription at \$11.00 for 11 issues, Striders need not subscribe as copies of Striding On will be incorporated with the Blister.

Issue No. 1 will be free and will be distributed within the Race Results Book sent out to runners in the Yomix Half-Marathon.

Please encourage your friends to subscribe.

Editorial Contributions to Bryce Courtenay - 922.6877 or Club Address.



NEW MEMBERS

As at Sunday 17th April, our membership stood at 138 (27th February - 123).

An injury free welcome to our new members who have joined since the last Blister (No. 14A).

Alan Farrell, Gerry Greenland, Alan Jewell, Mike McGuirk, Alistair Mackie, Maureen Mullins, Michael O'Hearn, Derek Titmus, Alan Tucker, Robert Ward, Robert Waterreus, Nobby Young.

Would members please advise the secretary, Brian Calwell of any changes of address/telephone numbers or errors on labels.

NEW MEMBER PROFILES

by John Dawes

ROBERT WATERREUS

From the country in which Deeka ran his now famous marathon comes Robert Waterreus.

Robert and his wife migrated from a Dutch winter to an Australian summer, arriving on Christmas day last.

Robert loves running and it wasn't long before he was hitting the streets and by-ways around town. Next he was running our half marathon (he was that impressed by our organisation and aims, he immediately joined) and more recently he attempted the Canberra Nike. He DNF'd in the latter.

He feels he hasn't quite adapted to the local conditions. Sydney is hilly, Holland is flat. And over the last summer he had found the heat very debilitating. Undaunted, he is tackling the State Marathon on May 18 and, if he's up to it, the Australian Marathon on June 12.

He has completed two marathons to date, both in Holland, with a PB of 3:12:32. His plan is to run a sub-3hr this year, or the next. A half-marathon specialist, he has run 14 with a PB of 1:25.

Robert points out that running is very popular in Holland and there are more events than here. As an observation, a lot more younger competitors have taken to distance running here compared to Holland.

This is second time round for Robert here; having lived in Sydney for two years between 1971-72. Robert, 32, is an out-of-work mechanical draughtsman and presently lives with his parent-in-laws at Kenthurst.

WAYNE STANTON

In many ways Wayne Stanton follows in the footsteps of president Charles Coville. Wayne, like Charles, is an accountant. They also link up in Sam Daher's School of Fartlek and the Corporate Cup in the Domain.

They work in the same city location, the Plaza Building, Australia Square. Wayne is employed by Lend Lease Investments, and is situated one floor below Charles, who works for Environ Mechanical Services. (Both subsidiaries of the Lend Lease Group)

Wayne, 26 on June 18, has been a regular runner since his school days. He has played football of the rugby kind and ran to keep fit for it. But consistently racked with injury from the bruising game, his sport these days is long distance running.

Wayne was a novice before the last Nike. He ran a 3:23:38. He was a shade disappointed with his time. Indeed, in the light of his 81:57 and 4th placing in our internal half-marathon, and including regular 120K's a week in training, he expected to finish under 3 hours.

He lives at Forresterville, and often runs to or from work a 1½-2hr run, depending if he runs an extra loop or not. And one day of the week he can be found at the HCF Gym in York Street, City.

Come Saturdays he and his wife Debbie, an occasional runner, head for Dee Why where they enjoy a few km shuffle along the sands there.

Wayne is a dedicated runner and now is a regular face at our STARS.

PETER DONNELLEY

Sydney Striders now have a large contingent of Hash House Harriers. Add another. Peter Donnelley.

After "blowing-up" at the 1981 Harboard Diggers Marathon, and barely able to walk for a week, Peter realised that regular long distance training was what a good and comfortable time was all about.

He now joins other Hashmen in our Club; like John Evennett, Max Henderson, Gavin Carr, Dave Peterson, cousin Dave Donnelley (a new member) and a few others.

Peter has run a few STARS now and he is quietly confident that come June 12, and the Australian Marathon, he can break-through the 3hr barrier.

Peter, who is 40, is an outdoors type. An orienteer, he is a member of the Bennelong Club. In 1972 he was the winner of the open division in the first NSW State Orienteering Championship. He also plays golf and is a member of the Pymble Golf Club.

Work-wise he keeps busy too. In partnership with his brother, he runs a building company, Donnelley Constructions Pty. Ltd. The operation specialises in the commercial and industrial area.

Peter is married with three children and lives at St. Ives.

JOHN TURNER

Very few runners can claim to have beaten Herb Elliot over the mile, but new Strider John Turner can!

He recalls how as a 16 year old student at Aquinas College, Perth, WA (where Elliot also attended) he ran second in a mile race. Elliot, a 15 year old at the time ran third.

John points out, however, that Elliot had just won a 880yd event minutes before and immediately backed-up for the mile race to run the third behind John!

Nevertheless at the sports oriented college, John ran regularly and can boast of a 4.45mile.

At 47 years of age, John has only recently entered into long distance running. In fact, his first experience over the longer journey was last year in the City to Surf, where he clocked 71 minutes.

Come weekday mornings, John teams up with fellow Striders Harvey Blue, Bob Mann and Bob Stuart. Together they take the 12K out-and-back course along the scenic cliff-edge footpath from Bondi to Bronte. On return at Bondi its a splash in the surf with flippers for about 20 minutes.

John has a rapport with the sea. He belongs to the Bondi Surf Club and swims in the ocean all year round.

Come Saturday mornings John and his weekday running mates take on a tough and hilly 19K-24K circuit around Watsons Bay, Bellevue Hill and Centennial Park.

On Sundays they back-up for the STAR.

John also keeps fit playing competition squash for the Universities and Schools Club. His wife Tina also plays squash, but unlike John, limits herself mainly to this type of exercise. John also plays social tennis occasionally.

An engineer by trade, John has his own management consultancy business. He lives at Paddington.

At Nike on April 10 he ran his first marathon and timed 3:19:00.

BRET NICHOLS

Bret Nichols says he is in no hurry to run a marathon. Yet he enjoys the Strider training runs and long distance running in general.

He has come to the Striders via the Sydney Hash House Harriers, and was introduced to the club through Max Henderson and John Evennett. Bret is currently trail master in that group of 'original fun runners'.

Bret runs in the HHH's Monday nights, and most week-nights does a 1¼-1½ stint in the Davidson/Belrose area. Bret, 31 on June 28, is single and lives at French's Forest.

He is a New Zealander and has taken up permanent residency here. He got involved in HHH's in hometown Auckland in 1978. He also played basketball in NZ for a year or two, and did some cross-country running at school.

He is a keen windsurfer, and earns a living from the sport. Although he is a trained architect, he is presently employed as a salesman for Tradewinds Sailboards at Warringah Mall.



SUNDAY TRAINING RUNS

by Steve Cornelius

DATE	VENUE	HOST	ATTENDANCE
27.2.83	Vaucluse Viewfinder	Bryce Courtenay	60?
6.3.83	Harbourside Hike	Steve Cornelius	72
20.3.83	Lindfield Lope	Jim Donovan	60?
26.3.83	Tourist Trot	Sam Daher	46
1.4.83	Bobbin Head Hunter	Bill Hunter	69

STAR ATTENDANCES

Attendances at STARS have continued to be double what we would have expected this time last year, and in fact it is becoming increasingly difficult to keep an accurate count of runners these days. This accounts for the question marks beside the attendance figures above, where the host of the day has made a valiant (but probably vain) effort to count everyone. One thing we can say for sure, however, is that the attendance record for a STAR was beaten once again, when 72 people showed up for the

Harbourside Hike. I don't expect that record to last long, given the way things are going!

STARTING TIMES

The huge numbers have prompted us to rearrange the STAR starting times again, because it has become obvious that some medium-pace runners are being dragged along at an uncomfortably fast pace. As from 15th May, and at least until the end of itinerary #19, STARS will have 3 separate starts, at 6.30, 6.45 and 7 o'clock. The 6.30 start is for Florence Flanagan's Fusiliers, sometimes known as the slow group. The 6.45 start has been instituted at the request of a group of slow-medium runners who tend to run marathons in the 3:15 to 3:40 range, and who would like to make their Sunday training pace 5 mins per km (8-minute miles) and no faster.

If your usual marathon finishing time is better than 3:15, we would ask you to start with the 7 o'clock group; the aim is that this group should become not so much a "fast" group as "fast-medium". The last time we instituted a fast group as such, it had to be disbanded for lack of support! What we are trying to do here is to create an intermediate group between the slows and the fast-mediums.

This all sounds, on re-reading, incredibly complex, but at least we can't be accused of not responding to popular demand. We accept the fact that the format of the starting-times needs adjustment from time to time, and always welcome your suggestions on how we can mould the STAR program to fit runners' needs.

Apologies in advance to the slow group, who will be starting in semi-darkness for a few weeks in mid-winter.

BYE-BYE BOBBIN HEAD

Good Friday saw the final appearance of one of the club's most popular runs, Bill Hunter's Bobbin Head jaunt; a sad occasion, and an appropriate time to thank Bill and his wife May for all their amazing hospitality over the last few years. Bill and May are soon going overseas for awhile, and we wish them the best of luck wherever they go. The memory of barbecued snags and porridge, after the long haul up the hill from Bobbin Head, will take a long time to fade. We hope soon to persuade another resident of the Upper North to incorporate Bobbin Head in a new STAR run, to appear on itineraries in the not too distant future.

SAFETY FIRST

A number of people have asked me to mention, some Striders are not paying very close attention to their own safety on the roads these days. Indeed, on occasions, I have witnessed huge mobs of runners (particularly soon after the start of STAR runs) careering down the middle of the road, totally oblivious to traffic hazards and danger to themselves, let alone inconvenience caused to motorists.

At the risk of sounding like a stern school-teacher admonishing a naughty child, this has to be said: we don't own the road, and if it comes to that, we don't own the foot-path either. It may appear elementary, but the following guidelines have to be stated:

- 1) Wherever possible, run on the footpath.
- 2) Respect the rights of other pedestrians.
- 3) Where it's impossible to run on the footpath, keep to the right hand side of the road, facing the traffic.
- 4) Don't run 6 abreast, right across the road: motorists are quite likely to be surprised at encountering large groups of runners early in the morning, and equally likely to assume they have the right of way.

- 5) When crossing major highways as a group, don't use weight of numbers to force your way across.

In addition, here are a few rules of courtesy towards fellow runners which might not go astray at this point:

- 6) If there are stragglers in your group, try to wait for them.
- 7) Look after your health by stopping at all the drink stops and re-hydrating your body.
- 8) If another runner is injured, or looking over-fatigued, especially if that runner is new to our group and possibly not used to long distances, offer your help; this could take the form of advising them to wait where they are and driving back to pick them up after your run.

In general, please let common sense prevail. None of you would like to see the club learn its lesson at the expense of a death or serious injury. When you're running, you're not in an impregnable bubble!



A STAR IS BORN

by John Evennett

When you squash the radio-alarm and drag yourself from your bed at 5.30am, pull on and tie your favourite shoes and launch off into the dawn on your weekly STAR, you should be doing it for a damn good reason. Not just that as a SYDNEY STRIDER you have an obligation to STAR once a week or because the Pres. has said it's good for your next PB attainment.

You should know why you run those roads and paths and trails for 2 hours plus, tho' after speaking with many fellow runners, it has surprised me how little is understood about that weekly long run.

Endurance of course is the basis of many sports and is the prime aspect of distance running and especially the Marathon. Almost everyone knows that, but the aspects of how endurance capacity is influenced by training, are much less widely understood.

Not everyone of us was born with the genetic make-up of a world class marathoner - blame your parents, and their parents, etc. for that! For those few who are however, they will be blessed with the precise biomechanics necessary for endurance performance at world class effort. In essence the combination of muscle mass and type, and ability to make efficient use of body fuel at a consistent high oxygen uptake places those few at potential world class. Whether the potential is realised is another matter altogether as diet, lifestyle and psychology, dedication and ambition are all necessary in addition to that desired genetic make-up in order to rate as national or world class.

Though the running majority may lack the precise balance of physical and biomechanic traits necessary to achieve great marathoning feats, there is much that we can individually achieve, in order to refine our bodies for performing well in endurance events.

Science has recently shown that athletic excellence very much depends on the type of muscle fibres distributed through our bodies, whether they be FT (fast twitch), ST (slow twitch) or IT (intermediate twitch) types. More importantly, the distribution

of fibres, or rather the muscle fibre profile, varies dramatically from individual to individual even for the same muscle. Broadly, the thigh muscles of a sprinter will have a high percentage of FT fibres whilst the long distance exponent will have many more ST fibres.

Whilst the ST fibres are not as powerful or as quick to respond as the FT variety, the ST fibres have one most important advantage - resistance to fatigue. They can contract over and over again. A recent study of the percentage of ST fibres in a nationally rated distance runner, a good quality miler and a top rated 100 metre sprinter was analysed (in the lateral thigh muscle) as 75, 55 and 26 respectively.

As far back as 1926 the fact that FT and ST muscle fibres existed was known, if only by colour differentiation, however, only recently has it become possible to detect biochemical differences between the muscle fibre groups. Emerging from these studies is that FT fibres rely on local fuel supplies available in the muscle itself, whereas ST fibres can use nutrients from the blood stream nearby. Thus the almost limitless supply of oxygen and blood nutrients can power the ST fibres for long periods. So long as the glycogen supply in the liver, the greatest reservoir, holds good, and that's around 2 hours, then the ST fibres continue to contract. In time however, they do slow up.

But what we want to know is can any type or amount of training overcome the handicap of having an imbalance of muscle fibre with respect of our chosen sport? It has recently been shown that aerobic training (typically the STAR type run) does not increase the number of ST fibres. The benefit of such training, however, is that the IT fibres (which have the power and speed of FT types but cannot be segregated from them under the microscope) are changed in character in as that they begin using oxygen and blood sugar for their energy. In summary, with aerobic programming, they become more like the ST type without changing their appearance under the microscope.

This reprogramming takes time. Capillary networks need be expanded to accommodate the extra demand for oxygen whilst enzymatic changes have to take place to make energy production more efficient and to reduce lactic acid production.

Thus by exercising, by building up aerobic mileage especially through the STAR concept over a period of time, it is possible to activate all those intermediate fibres that combine the best characteristics of both FT and ST types. The reverse, however, is not true. A class weight-lifter cannot change his few FT fibres, no matter the exercise program. Thus the adage 'You can train a sprinter to become a distant runner, but you can't make a sprinter out of a marathoner, has its support in the basic muscle fibre profiles.

Endurance capacity is therefore, the capacity of your muscles to store and burn both muscle and blood borne fuel, and in a related manner the ability of your system to deliver oxygen to the muscle mass as this is required to burn the fuel efficiently.

That carbohydrates are the primary fuel for hard exercise and endurance is no secret to the distance runner. The body stores these as glycogen in the muscle and in the liver as the primary energy source.

Secondary energy sources take the form of fat reserves and blood sugars. Other limiting aspects to endurance performance then are lack of oxygen (hypoxial), resultant buildup of lactic acid (the breakdown product of exercise without oxygen) and heat buildup in the muscle called hyperthermia. As our muscles cannot take in enough energy producing products during exercise to replace what is used up, then obviously if your muscles have the ability to store larger than average glycogen reserves, you will have greater endurance.

There is however an upper limit to the amount of glycogen which any muscle (and the liver) can store and even peak marathoners will undergo ultimate depletion at some point, probably 22-25 miles. At this point endurance performance is solely related to the secondary energy sources, the fat reserves and blood sugar reserves. Ask David Donnelly about Nike last year!

In 1939 the Swedish physiologist, Erik Christensen, demonstrated that if an athlete exercised his muscles to exhaustion, to deplete glycogen, then two things resulted. Initially, that his body became more used to converting to burning the secondary energy sources and also that with a follow-up carbohydrate rich diet, he could substantially increase the amount of glycogen that muscles could hold and in turn the workload could perform.

Whilst the wisdom of the secondary diet depletion, in the week prior a marathon, is now open to much question, there is little doubt that the frequent depletion phase through the long distance run, provides a greater ability for sustained effort in endurance sports.

As we have already seen, the efficiency by which muscle glycogen and fat are converted into energy is closely related to the availability of oxygen at the point of glycogen consumption. Oxygen is delivered to the muscles through the bloodstream by the red blood cells.

Crucial factors in the utilisation of oxygen include the ability of the heart to push blood to the muscles and thence the ability of the muscles to extract oxygen from the blood. Through endurance training our oxygen utilisation is improved by:

- * strengthening the heart muscle so that a greater volume of blood is delivered with each beat.
- * enlarging the arteries so that more blood can flow through them and thence into the improved capillary network.
- * increasing the number of red blood cells so that the blood oxygen-carrying capacity is increased.
- * increasing the rate at which enzymes in the muscles extract oxygen from the blood.

Whilst the maximum ability of your body to deliver oxygen to the muscles is limited by your genetic make-up you can, through extended aerobic exercise, lift your peak rate of oxygen intake and use, to that allowable within your genetic parameters. This is commonly referred to as your VO_2 max. U.S. research studies carried out in the early 70's during Frank Shorter's competitive peak showed the following comparison:

	VO_2 max (cc/kg x mins)	Heart Rate max (per min)
Av. untrained males	38.4	191
Frank Shorter	71.3	195

Modern day training programs have assumed work loads unheard of only a few decades ago with the result being seen in endurance performance not only at world class but also at graded level at which most Striders now perform.

When glycogen is burned it is broken down to a chemical called pyruvate. With ample oxygen available, pyruvate converts to CO_2 and water which are then blown off from the lungs. With a deficiency of oxygen at the burning site, pyruvate converts to lactic acid, initially building up in the muscle before release into the bloodstream. As Sam Daher will relate, lactic acid impedes muscle contractions, making it increasingly

difficult for them to move and resulting in rapid fatigue. The ultimate result is intense pain and cramping.

This shortage of oxygen is called 'oxygen debt' and every athlete incurs an oxygen debt and builds up some quantity of lactic acid during a hard competitive workout. It has however been shown that trained muscles can continue to contract at much higher levels of lactic acid than would untrained muscles. In addition the trained muscle responds more quickly when oxygen is again available, converting the lactic acid back to pyruvate, thence back to CO_2 and water. And so you feel reasonably good again!

In summary, I now propose that during those cold July or August mornings when you're grinding back up from Balls Head, or above Manly Dam, or up from La Perouse on the 'Flanagan Run' and your body is suggesting 'I ache all over and what the hell am I doing here on this STAR' then you spare some positive thoughts.

Think about all those IT fibres being moulded towards the good ST types, think about those new capillary networks being created, think about your primary energy sources being depleted ready for the changeover, think about how you are now realising your genetic VO_2 maximum and think about leaving the lactic acid to Sam.

Or rather think about how little you would be achieving dormant and cosy in a warm bed



THE 1983 A.G.M.

by John Evennett

MINUTES OF PREVIOUS A.G.M. were accepted as a correct record.

PRESIDENT'S AND TREASURER'S Reports were presented and accepted.

PROPOSED AMENDMENTS TO CLUB CONSTITUTION were proposed and accepted.

CLUBRUNNER COMPETITION. Sam Daher received a good response to the questionnaire placed in the BLISTER late last year. It was felt that many of the issues raised were complex and beyond the scope of the Meeting to resolve and that Sam, in concert with the Committee, would decide on future direction changes.

ENTERTAINMENT FOR 1983. A number of good ideas were proposed - more carbo loading nights, more picnics, more film and video nights and also consideration of the Thredbo running week as a formal club event. The social Manager and Committee will give all items strong consideration.

GENERAL BUSINESS

Patron. A number of proposals were received and substantial discussions followed with no chance for resolution on the day.

During the following Committee Meeting (February 28), Bryce Courtenay proposed that Sir William Keys be approached and gave reasons to support his stance. Phil Caldwell reiterated the need for such a figure.

Sir William Keys has since been approached and has agreed to act as Patron for our Club. A profile of Sir William appears in the next issue of the BLISTER.

½ Marathon. It was proposed that the ½ Marathon be continued as an annual event as the showpiece of the Club. It would be marketed as a quality road run rather than the fun run concept. Though the Lane Cove River Park venue meant that field restrictions were likely to continue, this factor may become a hallmark of roadrunning in the years ahead.

The race would remain a lead-up to the Nike Canberra Marathon.

Internal ½ Marathon. Some race fees from members were still unpaid. As all fees were placed towards refreshments and breakfast following the event, would any members owing \$2 please see Stuart Greaves.

STAR Runs. Substantial discussion evolved concerning STAR organisation and the need to run in a safe manner on the road. Some points such as Group leaders have already been invoked.

Increasing numbers of STARS are causing some extra problems to organisers and this and related matters are also discussed in this BLISTER.

Future Blister Articles. Ideas were put forward concerning -

Shoes: pros and cons of various brands as per members experiences and where the best deals are

Injuries: a regular column should be attempted.

These points will be addressed to the BLISTER Sub Committee.

Privacy. It was reiterated that the Committee endeavoured to maintain privacy for all members' personal details and these were not for disclosure to outside bodies.

Thanks were expressed to the 1982 Committee and also to Bob Pierson for arranging the use of the Hall for the A.G.M.

The function of the General Committee, and through its liaison with other sub Committee (Blister Committee, ½ Marathon Committee, etc.) is very much dependent on the level of input and activity of all members and as such we welcome any suggestions from members concerning the direction of, and the everyday running, of the Club.



FORTHCOMING EVENTS

by Steve Cornelius

Your attention is drawn to the following open events which will probably be featured in the near future on the Striders' itinerary. Where closing dates are known, they have been included; please keep in touch with the notice board (at most STAR runs) for future developments concerning all these events, especially with regard to procedure for team entries. Entry forms for most of these events should be available soon from the club secretary.

JUNE 12, AUSTRALIAN MARATHON

No STAR run will be scheduled for this day, as we anticipate a fairly large turn-out of Striders for this new event on the calendar. Team entries are being co-ordinated by Steve Cornelius; please hand your entry to him or to any committee member at STAR runs

or send it to the Striders' P.O. box, not forgetting to include your \$10 cheque. THE ENTRIES WILL BE GROUPED AND HANDED IN ON WEDNESDAY MAY 4, or very soon afterwards, so if you wish to enter in one of the Striders' teams, get moving! Teams are allowed to have a maximum of seven members, the first four finishers to count. There is a possibility that some of the Striders' teams may be entered in the "Public Service" or "Business Houses" categories, so please express your preference if you wish to join one of these; prizes may be a little easier to win in these groups than in the "Sporting Clubs" category.

JULY 3, MOUNT PRITCHARD TO WARRAGAMBA

A 33.4 km run with a sting in the tail. It is reported to be well-organised, and in previous years it has always clashed with some other fixture. Even this year, it falls on the same day as the Diggers' 14km Scenic Run to North Head, but for those who want a good long testing run, it is recommended. Postal entries close 3 days before the event, and entries will be accepted on the day with a small administrative surcharge. Smorgasbord lunch if required at Mount Pritchard afterwards. The official starting time is 8am, but slower runners who wish to see the finish are welcome to start at 15-minute intervals any time from 5.30 onwards.

JULY 3, HARBORD DIGGERS' SCENIC RUN

A 14 km event from Harbord Beach to North Head and back for those who prefer a shorter run or don't want to make the trip all the way to Mount Pritchard. Usually well-organised. Entries will be accepted on the day.

JULY 17, THE GREAT NOSH FOOTRACE

A difficult 15km course organised by orienteers, and well recommended by those who have run it. Entry fee \$2, but increases to \$5 if submitted after June 30. NO ENTRIES ON THE DAY.

JULY 17, CAMPBELLTOWN MARATHON

Fixture congestion has caused the organisers to abandon their usual May date. They're a friendly bunch at Campbelltown, and their marathon deserves to be better supported than it usually is. An out-and-back course on almost traffic free country roads, possibly not a PB course, but worth a shot anyway. Postal entries close July 8, but entries will be accepted on the day up to 7.45 am. Drinks (alcoholic, that is), barbecue meats and salads can be purchased afterwards at reasonable prices (please don't BYO, the organisers say), and the presentation is held in a pleasant picnic atmosphere.

JULY 24, THE WOODFORD TO GLENBROOK

A great favourite with Striders for the last two years. In 1981 the club won its first-ever team trophy here, and retained it in 1982. The hat-trick looks likely if our contingent is anything like as strong as last year's. It's a rough and rocky 25km, culminating with a barbecue and picnic in pleasant surroundings. Meet at Glenbrook Station (time to be announced later), where registration takes place; your entry fee includes the train-fare to Woodford, and you run back along a fire-trail through the bush. The Blue Mountains Joggers Club have, in the past, proved excellent organisers, and it's a good day out for the family too. Last year I seem to remember we co-ordinated our team entry in advance, but I am informed that entries are also accepted on the day. Keep your ears open.

JULY 24, RANDWICK RUGBY RUNNERS' 22K

Once again, fixture congestion is the curse of the age. The Woodford-to-Glenbrook will probably prove more popular with most Striders, but for those who can't make the trip up the mountains, and those who prefer to run on roads rather than rough bush trails, this one can be recommended. Starts at Coogee Surf Club, 8a.m., and the course goes to La Perouse and back. From memory, entries are accepted both in advance and on the day. There will be no STAR run scheduled for this day.

AUGUST 7, CITY-TO-SURF

Team entry arrangements will be announced in the next Blister and/or itinerary, around the beginning of July.



STRIDERS ON THE MOVE

by Charles Coville

About fifty percent of Striders are new-Sydneysiders; and many of us travel interstate and overseas on business and leisure. While we generally create our own STAR's to savour our new surroundings, and strike up acquaintances along the way, we usually miss out on the best routes and company.

Recently the club has approached Runners World, Australian Runner and New Zealand Runner to establish a listing of club contacts in popular cities to encourage running visitors to strike up new contacts and run the best of the area. We would like to establish our own register of interested interstate and international contacts so Striders can travel prepared. In this issue of The Blister, we announce our first contact; in Auckland N.Z. Perhaps other Striders have contacts elsewhere which will allow us to lengthen the list. Addresses and details should be passed on to Brent Waters or Charles Coville.

VISITORS TO AUCKLAND, N.Z.

North Shore Bay Club invites Striders passing through to join them on their Tuesday and Club Day runs. Contact Barry Jones on 478.9373 (home) or 48.8109 (work).



FOR SALE/WANTED/FOUND/LOST/ANYTHING ELSE

FOUND: - XL T-Shirt, Man's handkerchief, after March Lindfield Lope.

FOR SALE: - 3 ft. Fish Tank, Wrought-Iron Stand \$45.00 - Jim Donovan 439.4777 (Work)
467.2459 (Home)

FOR SALE: - Pair of Brooks Vantage running shoes, size 5½. As new. Worn once and found to be too small. \$30.

FREE: - Pair of Brooks Vantage, Size 7. These have run a few miles, but have many good miles still left in them. They are too small for Adam and too big for me, and I'd rather see them go to a good home than the garbage tin. - Sue Thomson 929.6292.

WANTED: - A JOB - Sub-5 hour marathoner, now reduced to selling her old running shoes to stay alive, is in search of employment. I graduated from UNSW in 1980 with a B.A. Honours degree in Sociology, and since then have had a number of research positions (all temporary). I finished the last one just before going to Honolulu last December. Before going to university I had many years experience as a secretary in advertising, broadcasting, insurance and with a pair of land sharks who went on to Long Bay soon after I left to further my education. I spent a number of years in Europe and the Middle East during the 1960's, living for awhile in a Greek island

village and working for a longer while on an Israeli kibbutz, where I gutted fish and tied sacks over bunches of bananas (to keep them warm in winter). I am not anxious to perform either of the last two tasks again, but apart from that I am very flexible. I like doing research and have some excellent references, but am prepared to consider other areas of work. I have two languages (in moderation): French and Modern Greek. I can type at 60 w.p.m. and take shorthand at 100 w.p.m. I can't tap-dance, but am willing to learn. For further details and a full Curriculum Vitae, please phone Sue Thomson on 929.6262.

FOR SALE: - (Owner Shooting Through) - Bill Hunter's white short wheelbase Ford F100 Reg. December 83. V8 Auto, Air Conditioning, Canopy, Bullbar, Long Range Tanks, Bucket Seats, Wide Wheels, Full Instruments, Many Extras, Low Mileage, Good Condition. \$6,900. Phone Bill Hunter 44.4903 (Home) or 32.4469 (Work).

SPECIAL: - Here is your chance to stock up on some premium carbohydrate loading wine from the Master Hunter Valley Winery of Tyrell's wines. These wines are still winning show awards and offer real value for matured quality wines.

3 bottles 1977 Vat 70 Cabernet	\$25
3 bottles 1978 Vat 70 Cabernet	\$20
3 bottles 1979 Vat 70 Cabernet	\$15
3 bottles 1980 Vat 70 Cabernet	\$15
3 bottles 1978 Vat 1 Riesling	\$20
3 bottles 1979 Vat 1 Riesling	\$20
3 bottles 1980 Vat 1 Riesling	\$20
3 bottles 1978 Vat 47 Pinot Chardonay	\$40
3 bottles 1979 Vat 47 Pinot Chardonay	\$35
3 bottles 1980 Vat 47 Pinot Chardonay	\$30

Phone Chris Staples 922.5999 (work)



LETTER FROM BRIAN ROE

Dear Sir,

Re: Australian Marathon

We refer to your letter dated 2nd March 1983 and apologise for the delay in replying. We advise that we have perused with interest the comments contained therein.

We advise that the Australian Athletic Union is organising the marathon in conjunction with News Limited and Wang Computers. We advise that the Union has appointed the writer as full time Race Director of this event.

In relation to editorial we advise that since the appointment of the writer we have attempted to ensure that editorial copy is appropriate. However, you will appreciate that as with most big organisations, what goes in at one end does not always come out at the other. Our inclusion of the series of articles written by Chris Wardlaw, quite clearly someone with an understanding of long distance running, is an example.

As to the entry form, these were completed before the appointment of the writer as Race Director. As they were printed in such large numbers it was not possible to alter same for the 1983 race. We advise the 1984 entry form will be vastly different to that for 1983.

We note your offer to re-write the entry form.

You will no doubt be pleased to know that this office has already re-designed the entry form for 1984. In addition we advise that we have received many other suggestions similar to yours.

We advise however, that it was in fact too late to get a second distribution of entry forms out into the market, mainly due to the amount of money tied up in the original production.

We advise that all entrants in the event will receive a full information sheet with their race number early in May. This hopefully will compensate for any deficiency in the entry form.

We thank you for your comments and your interest in the Australian Marathon. As you suggest it is always wise to listen to the suggestions of others. In fact this not only applies when one lacks personal experience. One never stops learning and the suggestions of others should always be heeded.

You are certainly correct in suggesting that many administrative lessons can be learned from events like Nike and Yomix, two superbly organised races.

We would advise that your letter is one of many in a similar vein received by the writer since his appointment. We thank you for your trouble and interest in writing.



VIDEO NIGHT

7PM WEDNESDAY JUNE 1ST - GORMAN LECTURE THEATRE, 5TH FLOOR, RENWICK BUILDING, SYDNEY HOSPITAL.

Videos of 1983 Nike & Rotterdam Marathons, 1983 Yomix Half-Marathon and 1982 Honolulu Marathon.

Forum on Carbo loading and scaling down mileage/k's.

Light refreshments provided. \$3.00 charge (\$1.00 for students/unemployed)



SUCCESS AT VETS

by Derek White

All events were held at Hensley Athletic Field, Pagewood, except for the 10,000M Walk which was run in Centennial Park. The Championships were conducted over the three days Friday, Saturday and Sunday 18th to 20th March, 1983.

Apologies for any errors or omissions; the following was prepared from provisional sheets issued over the weekend by Alex Hutt and his marvellous band of helpers, including our Flanagan family.

FRIDAY EVENING - Fine and cloudy, light SSE breeze, cool with low humidity.

5,000 Metres

M 40	D. Cooley 6th - 17m 09.9s	R. Doran 8th - 17m 26s
M 45	M. Cooley 5th - 17m 17s	
M 55	D. White 1st - 19m 45.5s	B. Jones 3rd - 20m 36s

400 Metres

M 55 D. White 3rd - 70.2s

SATURDAY AFTERNOON - Fine and cloudy, light SE breeze, warm and humid.

5,000 Metres Walk

M 55 B. Jones 1st - 29m 16s

2,000 Metres Steeplechase

M 55 D. White 1st - 8m 57.1s

SUNDAY - Rain, light to heavy and almost continuous. Moderate to strong Easterly breeze with occasional stronger gusts. Warm and humid (naturally!)

10,000 Metres Walk

M 55 B. Jones 1st - 58m 00.5s

10,000 Metres

M 35	M. Edwards 6th - 37m 47s
M 40	D. Cooley 10th - 36m 29s
M 45	B. Cooley 5th - 36m 37s (P.B.)
M 55	D. White 2nd - 41m 33.7s



SITUATIONS VACANT

Club Treasurer John Edwards has been forced, through changed business commitments, to resign his Committee position.

With immediate effect, the position of Club Treasurer is now vacant and open to all fully paid Club members.

The requirements of the position are.

1. Bank Club receipts.
2. Pay Club accounts.
3. Maintain books of account (Ledger and Cash book).
4. Maintain membership list and address labels (retained on word processor).
5. Present to monthly committee meeting a statement of funds and membership (i.e. Monthly Update). Note: It is not necessary to attend the meetings.

Would interested members please contact Charles Coville or John Edwards for further details.



1982 HONOLULU RESULTS

Place	Name	Time	Division	Place in Division (No. of finishers in Division)
123	Bill Flanagan*	2:47:04	M 20-29	47 (2222)
1250	Bryce Courtenay	3:26:49	M 40-49	224 (1537)
1659	Alex Hamill	3:35:00	M 30-39	677 (2980)
2150	Brenda Hamill	3:42:59	F 30-39	59 (855)
2338	Eric Willcock	3:45:55	M 50-59	107 (514)
5988	Adam Thomson	4:40:18	M 13-19	142 (292)
6131	Dorothy Flanagan	4:42:56	F 40-49	145 (304)
6782	Sue Thomson	4:53:50	F 40-49	170 (304)
7801	Valerie Willcock	5:16:24	F 50-59	40 (91)
8185	Jane Flanagan	5:27:56	F 13-19	69 (121)
9398	Anne Flanagan	6:21:13	F 13-19	98 (121)

* Bill was the second Australian to finish.

Family Division (Aggregate Times)

Husband-Wife:	22	Alex & Brenda Hamill	3:38:58
	46	Valerie & Eric Willcock	4:31:08

Family: 7 Flanagans 4:49:46

Mother-Son: 6 Sue & Adam Thomson 4:47:03

Total number of finishers: 10,023 (2,212 Female and 7,811 Male)

Median finish time: 4:24:47

Last finisher: 10:08:40



DIAMOND HEAD REMEMBERED

by Sue Thomson

7am Saturday 4th December, 1982: Our plane landed in Honolulu after leaving Sydney at 3.30pm that afternoon. (Well, it's one way to grow half a day younger!) The sun was just rising over Diamond Head to welcome us - a beautiful sight. As soon as we stepped off the plane we started encountering the "aloha spirit" the Hawaiian's justifiably pride themselves on. Everyone was so friendly and helpful. Met our first local runner while going through Customs, where we discussed predicted finishing times and running shoes with the official. Then a taxi ride through the city to Waikiki, picking out important sights like the Aloha Tower and marathon course on the way. Saw some early morning runners. More welcoming faces as we checked into our hotel: "Oh, you're here to run the marathon? Our manager's running in it too."

Then a few hours sleep and out to lunch, which we couldn't finish. Oh God, is all American food this awful? Thankfully, it wasn't, and that was the only bad meal we had there. Adam headed for the beach and the massive inch-high waves. (Not having trained for the marathon at all, and having announced that he had no intention of doing any training runs before the actual day, he planned to spend his entire stay on the beach.) I couldn't wait to check out the Diamond Head Hill, to see how bad it was, so I set off in my new thongs to walk over it, dodging runners along the way. Hours later I returned to the hotel with very sore feet.

Rang Val and Eric Willcock who had also arrived that morning and arranged to meet for an early morning run the next day. Somehow missed them amongst the hundreds of runners who were out that morning (I later discovered that the Honolulu Marathon Clinic has its "depletion" 15 miler the Sunday before the marathon) but ran and chatted with an American woman with a charming southern accent. We got back to Kapiolani Park in time to cheer for the finishers in the Wheelchair Marathon.

Eventually met up with Val and Eric at the number pick-up in the park later that morning, and then went back to have coffee in their beautiful apartment. Val, one of my fellow slow-group runners, ran her first marathon at the age of 49, and this was to be her fourth, although her first since joining the Striders and becoming a grandmother. (She says the two events are not connected!)

The rest of the week was taken up with sightseeing and pre-race fun runs and social events. The highlight for me was the "Meet Dick Beardsley" evening where I won the lucky door prize of a Gore-Tex running suit. The Carbo-loading night was memorable for the T-Shirt swap, which was loads of fun, but not for the food, which was a plate of luke-warm, not very tasty spaghetti dumped on top of a few wilted lettuce leaves, which didn't seem much for \$10. However, when we got the official result book recently, I saw that the Carbo party is one of the major fund-raising activities for

the Honolulu Marathon Association, and the net profit was \$6,800. This helps reduce the cost per runner of \$25.73, only \$10 of which is covered by the entry fee.

I did my own very successful carbo-loading throughout the week, after I discovered American breakfasts: beautiful blueberry pancakes smothered in blackberry syrup and cream! By the end of the week I had assumed the proportions of a well-fattened Christmas turkey.

But the fun and games were drawing to an end, the day of reckoning was about to dawn. Went to bed about 9pm the night before, after booking a 3am wake-up call from the switchboard. I then learned the truth of the first maxim of marathon running: You will not sleep the night before! My mind was racing, I couldn't relax. I tried the trick of counting backwards from 100. That took about 5 seconds. Then I tried counting from 500 - still not enough. Eventually I had success when I started at 1000, and fell asleep somewhere along the way. I woke up in plenty of time to answer the wake-up call: "Good morning, aloha, and good luck in the marathon!" Drank about half the tin of Sustagen I had brought from Sydney, not being able to stomach solid food at that hour of the night. Adam had breakfast at one of the all night restaurants on the way to the bus pick-up point at Kapiolani Park. Hundreds of runners were walking the streets, but even at that hour they weren't the only ones. One young Australian man (not a Strider) was accosted as he left his hotel by a young lady (not a runner) who asked if he'd like a good time. He told her not unless she was prepared to run 26 miles with him first, which only goes to prove the findings of the Runner survey printed in Blister No. 14, page 21. As we waited in line for our bus, we were entertained by a chorus from the lions in the zoo across the road.

Then we were there. I wasn't as lucky as Bryce in regard to toilet queues. I didn't see any in the 4 to 4½ hour hall, so had to queue outside for about 20 minutes, and then discovered something I hadn't realised before (since I'd never used one in dark) Super-Loos (or Porta-Potties as the Americans call them) are not equipped with lights. Consequently several hundred of its previous users had not been able to see where to aim and the floor was awash but enough of that.

Then we were marched to the start and it began to rain. The announcer told us that meant good luck, and that the gods were smiling on us. I can't remember what my thoughts were at that stage. I think I wanted the first hour to be over, so I could settle into a steady stride. When the crowd stood stiffly to attention and sang the national anthem, I was stunned. Bryce found it very moving - I found it very amusing (but managed to keep a straight face). Give me the healthy larrikanism of a City-to-Surf start any day. And apart from the fireworks, I have found City-to-Surf starts far more exciting.

Well, here we go, God help me - please! Ran at a slow pace - found running in the dark rather disconcerting (soon after the start, the streets were not very well-lit) and not long after I knew I needed a pit-stop. Where to go? There were runners and spectators everywhere. Luckily we soon came to a small park, where I ducked behind a palm tree and then re-entered the crowd, feeling much more comfortable. Soon we were running through Waikiki and being cheered by the crowds - that was wonderful, and I was still feeling good enough to enjoy it and wave back to them. Then up around Diamond Head - not hard at all, and the light rain was a godsend. Clouds hid the sunrise, and I was glad - they kept the temperature down. Kept running at a steady pace, about 10 mins. per mile, and stopped at every drink station. Soon after the start I had felt hungry, but the Coke fixed that, and I alternated Coke and water from then on. I really felt good and was running strongly (thanks to STARS) but being careful not to push the pace. Along the Kalanianaʻole Highway we had the excitement of seeing the lead runners on their way back, and then some Striders, first Bill, then Bryce, and just before I went into the Hawaii Kai loop, Alex.

Hawaii Kai is where you start to find out what running a marathon means. You enter it at the 13½ mile mark and emerge at 17½ miles, and somewhere in there it stops being a breeze and becomes a bit of an effort. I kept Charles' words in my mind: "You mustn't start walking, once you do it's very hard to start running again". Since I was stopping at every drink station (and they came about every 2 miles) I said to myself "You must keep running between them". But at about the 19th mile, the effort to keep running was more than I was willing to make. I discovered that Charles was wrong about one thing: "You cannot over-hydrate in a marathon" - believe me, you can, and I had three pit-stops between there and the finish to prove it. Not that I minded - anything to give my legs a rest!

And so I plodded on, running and walking, but increasingly less of the former and more of the latter. And then the sun came out, but I couldn't complain, I was thankful it had taken so long to appear. At the 23 mile mark, when I was doing some strange squatting exercises at the side of the road to ease my aching leg muscles, a voice called out: "Come on Sue, keep going". I couldn't believe that there were actually Striders behind me at that stage, but there was Dot. I was not surprised to see her looking so strong, just amazed that I'd kept in front of her for so long. As I joined her I uttered my famous remark about never running a marathon again and tried to run with her for a while, but could not maintain her pace, and dropped off and walked again.

The thing that got me was my incredibly sore leg muscles - apart from that I felt quite good: my breathing was OK, my running had been good, even the humidity didn't bother me, but I was simply not prepared to tolerate pain in what I thought should be in the main an enjoyable experience. The only emotion I felt was extreme anger, not at anyone or anything in particular, just anger that I was feeling such discomfort. But I never doubted that I would finish - I just wondered how many hours later that would be.

At last the top of the Diamond Head Hill - now come on Sue, you've got to run from here, it's all downhill. So I ran (after a fashion) and then I found that my legs weren't the sorest part of me after all. As a result of running without a bra (too hot and constricting) I was stricken by a condition that I can only describe as terminal boob bounce! Oh God did it hurt! But on I went. At last Kapiolani Park came into sight with crowds of cheering spectators, but at that stage nothing could cheer me up. I just wanted the damned thing to be over. A sign: "Smile, you're being photographed" - I managed a sickly leer. (They must have had a special rose-coloured filter on the camera, because the proof photo showed a bright and smiling face). Then that cruellest of all signs, when you think you're nearly there: "½ a mile to go". (Surely a runner couldn't have thought of that?) On and on, oh God please let it be over, and then it was.

No feelings of joy, triumph, jubilation (or in fact any of the things Val had promised me - I'll see her later) just immense relief that at last it was over. The fact that I didn't leap into the air, laugh or cry must have aroused the suspicions of the finish line officials, who kept asking if I was all right. Got my shell lei then stumbled into the park and was handed, joy oh joy, a full-strength Coke with ice! Then I was photographed again - walked to the nearest tree, leaned against it, and very slowly edged my way down to a sitting position. Yes, I know you're supposed to keep walking after a marathon: that's all very well for you sub-3 or even sub-4 hour marathoners, but us sub-5's have been a long time on our feet. From the time I got up before 3am until I reached that three at about 11am I had been on my feet for 8 hours! and believe me my legs had had it.

Once seated, I faced the problem of getting up again - the park was so crowded and airless and I knew I'd have to get back to the hotel somehow. Eventually got up like a combination of a camel and a crab and almost immediately saw Adam (a miracle in that crowd). He had proven the benefits of not training by beating me by 13 minutes.

Together we staggered to the street where we hailed a pedicab for the short trip back to the hotel, where we collapsed thankfully into bed.

Well, 4 months have passed since then. Do I still swear I'll never run another marathon? I've got an open mind about it, but the balance is, I think, on the negative side. I feel rather like the friend of mine who, having produced one child, said she felt she'd proved her point. I'm slowly getting back into training, and will see how I go in the coming fun run season before making a decision.

Last Sunday I stood in a street in Ultimo with a few hundred other fun-runners who had stayed up half the night to help Deek make it to the finish line. No-one sang the national anthem. A large council cleaning truck pushed its way through the crowd and barged straight into the Start sign. The sign retaliated by knocking a light off the top of the truck. The crowd cheered. I knew I was home.



STRIDERS TEAM, STATE MARATHON

The N.S.W. State Marathon seems to have suffered somewhat this year owing to the profusion of marathons to be held in Sydney. The popularity of the Canberra Marathon as a curtain raiser to the season, and the appeal of the untried Australian Marathon in June, have left the previously well-subscribed State Marathon like the proverbial shag on the rock, sandwiched between the two (if you'll forgive the mixed metaphor). This is a shame, because the State is a tried and tested, well-organised event, which deserves better than to be eclipsed by a multi-million dollar publicity machine.

Entries for the State were supposed to close at noon on April 19, but at the time of writing, only 24 hours before that deadline, there are rumours that the time might be extended in view of the small response. However, this has not been confirmed positively, especially as regards the team entries, and so the Striders' team entry will be submitted on time as planned.

The Striders this year will be ably represented by the only 5 members who have fronted up with their five bucks: Peter Cogley, Russell Black, Harvey Blue, Brian Lynch and Steve Cornelius. These worthies will be doing their level best to retain the team trophy gained in 1982, when a very large contingent of Striders made the trip to Holdsworth.



LIGHT ON THE SUBJECT

by Dr. Irwin Light

Muscle cramps are a common complaint afflicting long distance runners. Most often the legs and in particular the quadriceps are involved, but of course any muscle group in the body is susceptible.

A broad approach to some of the causes and suggested remedies follows:

1. Muscle cramps can be caused by loss of mineral ions - potassium and sodium are the commonest. Now although we lose sodium and potassium all through our training in long and short runs (even in cool conditions) most of us concentrate on replacing the salts only on marathon day by which time it is far too late and I therefore suggest taking extra salt in your every day diet - unless this is contra-indicated for some other medical condition-and in addition trying to eat foodstuffs which are known to have high potassium content such as bananas, Coke and Tab. I re-emphasise that it is pointless to try and exhort your body to absorb vast quantities of sodium and potassium on a day when you expect it to carry you through a marathon ie. keep your bank balance up all the time and this prevents the unpleasant consequence of being overdrawn.

2. With blood diversion from most parts of the body to your legs, cramps in other muscles, due to lack of blood perfusion, commonly occurs and this is a suggested cause of abdominal cramps. Slowing down or even walking should help here.

3. One must not forget that cramp in the quadriceps muscles is often due to muscle fatigue. Many athletes and their coaches have an inherent respect for muscular strength in endurance events. Muscle fatigue is due in part to poor perfusion and to the extent that a strong muscle is easier to perfuse than a weak one, the strengthening of muscles could conceivably minimise the extent of muscle pain and loss of skill as exhaustion is approached. Thus if the end-point of a marathon runner's effort is muscular pain, then a selective gain of strength in the most active muscles is very likely to improve performance. Costill (he's the man who did all the clever pioneering work with the caffeine/fatty acid relationship) has drawn attention to the fact that marathon runners habitually operate just below the threshold at which they begin to get pain from lactate deposition and taking his postulate one step further, it follows that if by taking caffeine in the recommended amount before a marathon, one can delay the onset of fatigue, this will delay the onset of whatever pain is due to muscular fatigue and also that which is due to lactate deposition. Therefore caffeine - rich substances such as coffee, coke, tab, chocolates, tea etc. will also help to prevent muscle cramps.

To summarise:

1. Don't wait until you get thirsty - start drinking water early and keep well hydrated throughout your run.
2. Maintain a relatively high diet content of sodium and potassium all the time, not only on marathon day.
3. Training should include some strength as well as flexibility orientated muscle training.
4. Train adequately.
5. It won't hurt to take some caffeine - unless if you're running in the Olympic marathon where caffeine has been listed as a prohibited drug.
6. A note of warning - there are a few medical conditions which can produce muscle cramps in their own right so if your problem persists or occurs when not related to exercise - consult your doctor.



SUTHERLAND HALF-MARATHON

by Stuart Greaves

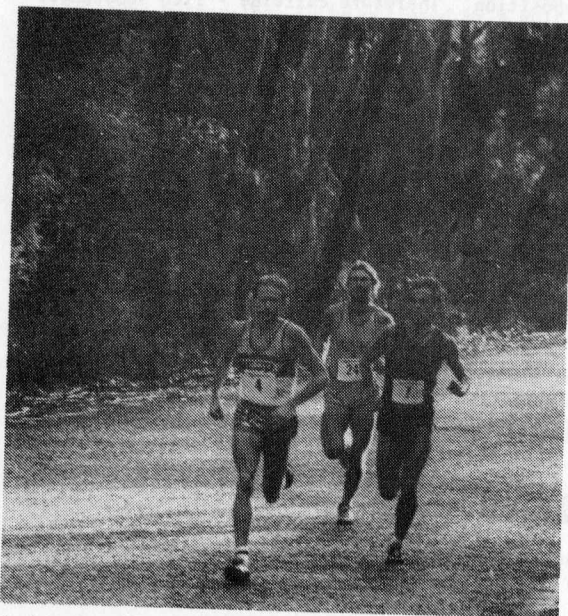
Saturday, 16th April, 1983.

Only an occasionally blustery southerly detracted from perfect autumn weather conditions for the twelfth annual Sutherland $\frac{1}{2}$ marathon. 411 runners tackled the mildly undulating, scenic out-and-back course.

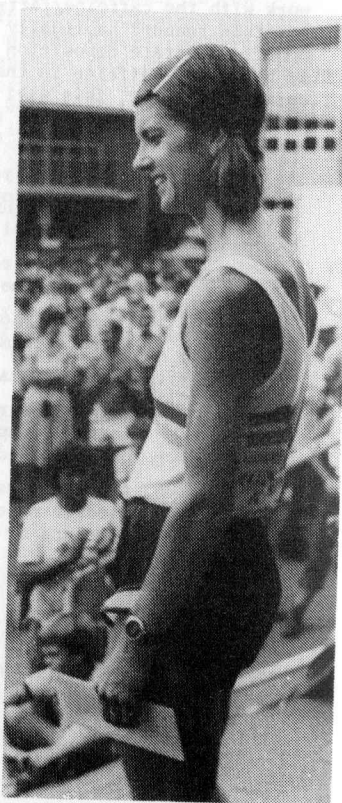
With his win in 63:40, John Andrews again demonstrated his startling return to form this year, destroying John Farrington's 10-year-old course record of 65:22 in the process. Andrews took the initiative at the start and had dropped the pack by 4km.

Only 21-year-old Danny Boltz tried to match the early 4:45 per mile (2:58 km) pace. Andrews however was never really threatened, despite some cramping of hamstrings soon after half-way, and consequent slowing. He won by 2:53 from local athlete Steve Poulton (66:33) and 21-year-old Robert Spilling (67:59) who ran in the shoes won three weeks earlier in the Yomix/Striders half-marathon.

35-39	Horst Wegner
40-44	Ziggy Ferderbar
45-49	John Brooks
50-54	Robert Piper
55-59	Tony Richards
60-64	Jim Lee
65-70	Bill Pease



Andrew Lloyd led right from the start and throughout the race.



Moira Main who set a new women's record to win in 55:43.

YOMIX HALF-MARATHON "A TRIUMPH"

Philip Caldwell reflects on the 1983 Yomix Half-Marathon.

There is no doubt in my mind that the 1983 Yomix Half-Marathon proved to be an outstanding success and further enhanced Striders' reputation.

Many congratulatory letters and personal approaches have been received from Clubs and individual competitors - from the elites through to the novices - conveying their appreciation for a job well done.

Andrew Lloyd, our outright winner, described the event as one of the three best he has competed in, either locally or overseas. Our first two self addressed envelopes for next year's entry forms were received within 48 hours of race day.

All this in the face of a threefold increase in our field size this year, large numbers of unofficial runners, a new start/finish venue and a revised course.

The reasons for our success were essentially fourfold.

Firstly, the strong foundation and high standards established in 1982 by Charles Coville, John Jeston and others.

Secondly, dedicated planning and hard work in the months and weeks leading up to this year's race by: Charles Coville, Stuart Greaves, Brent Waters, Gavin Carr, Bernie King, Sue Hill, Ray Doran, Dave Williams, Trevor Roberts and Nina and Robert Blackwell.*

Thirdly, the creative talents of Bryce Courtenay, Alex Hamill and Ian Newlands.

Last, but not least, a full commitment from each of the 150 strong team of Striders, their families and friends who put aside their running gear, or whatever, to officiate on race weekend.

Well done, we can all be proud to be a Strider!

Sunday, March 27th turned on near ideal conditions from both a runner's and organiser's viewpoint - a relief following several weeks of rain that saw the Lane Cove River Weir still overflowing on the Thursday prior to race day.

The overall results of the race were excellent, with 7.15am seeing 1,036 runners toe the start line out of 1,242 accepted entries. Total entries had numbered 1,546 compared to 451 in 1982. Of this field, 944 runners won over the course and conditions with only 6 runners finishing outside our official time limit of 2 $\frac{1}{4}$ hours. These figures speak well for the fitness of the competitors and the well stocked and manned drink stations.

New race records were set in all but two of the individual and teams categories, with 17 runners finishing inside last year's outright winning time by Bill Raimond. In the women's event, the three placegetters finished under Jenny Walker's 1982 winning time. These high standards certainly enhanced the event's appeal for both runners and spectators.

* Apologies to the Flanagan clan.

CONCLUSIONS TOWARDS 84

We have the confidence of runners, we have a unique venue and course, we have a prime time-slot on the running calendar and we now have an organisational structure that has been well tested.

We must not relax our standards and we must ensure that we do not become blasé in our approach, but continue to strive to meet the needs of athletes wherever possible because without their support there is no race.

There is still plenty of room for improvement. To this end, would those members of the organising team who have not yet submitted their review of procedures and recommendations for 84, please do so as a matter of urgency. Feedback from any other members on organisation would be gratefully accepted and will form part of our PROCEDURE MANUALS for 84.

NOW'S THE TIME TO VOLUNTEER FOR THE 1984 HALF MARATHON TEAM

'BY RUNNERS FOR RUNNERS'

Please advise Philip Caldwell 4276350 (R) or Eric Willcock 6604721 (R) or 275221 (B), if you wish to nominate for positions in any of the following areas:

SPONSORSHIP, COMPUTER SERVICES, DRINK STATION MANAGEMENT, CATERING-COMPETITORS, PHOTOGRAPHIC SERVICES, CREATIVE DESIGN - ENTRY FORM/RESULTS BOOK, RUNNERS KIT CO-ORDINATION, MEDICAL SERVICES, TREASURER, PUBLIC RELATIONS & PRESS COVERAGE, RECORDING/REGISTRATION, COURSE MANAGEMENT, GROUNDS MANAGEMENT, CATERING - SPECTATORS, P/A SYSTEMS CO-ORDINATION, MASTERS OF CEREMONY, EQUIPMENT SUPPLIES.

Nominations must be to hand no later than May 15th.

* * * * *

THE STRIDERS ½ FROM THE MIDDLE OF THE FIELD:

(Well, more towards the back actually!)

One of the exciting and unpredictable things about my running is that I'm never quite sure where the wheels will fall off! On this occasion, they fell off at 18K! I love that River Park, but I thought I was never going to get out of it ... half-way up Caravan Hill I convinced myself that if I could get to the 'first and last' aid station (licensee B. Courtenay) I could get home. EUREKA!! there was Bryce's red cap blurred in the distance. I was almost within reach, when 'BC' took off after a 'regular' with a middy of Rally 'New' ... it was too much, I came to a stumbling and immediate stop. I was just standing there (head down, hands on knees) thoughtfully observing my spotless TC's when Alex Hamill, with surgical precision, applied a cold sponge to the back of my neck and gave me a wack on the bum I was moving again Thanks mate!!

SO MANY GREAT MEMORIES!! 15 ice cold slices of watermelon, pips and all! (Sorry Phil) A squinting (naturally) Susan Hill telling me I was 'looking good' (a deliberate lie!) On the subject of looking good, Alex Watson did admit that he liked my outfit (Alex

would know.) The old bloke who stopped in front of me, no hand signals, to pick up 10¢ (true) 50¢ yes, 10¢ no way!! The delightful young woman runner in pink, walking by the roadside at about 6K crying! (Gavin Carr where were you?) then.... SUDDENLY... ANDREW LLOYD, powering through the gums at Fern corner in the pale early morning sunshine. Who is second I wonder, (no-one is!) One of the great things about the course is seeing the 'elite' (as they say) runners, gives you a big lift just being out there with them. Also gives you a chance to check out the position and state of health of the people you pretended you weren't racing (know what I mean?)

ONLY THE STRIDERS COULD PUT ON A RUN LIKE IT! Doubling the entry fee won't keep 'em away next year could finish up like the Sydney Cricket Ground (names put down at birth!) ONE THING: I did miss seeing the green and white of the 'Striders' (didn't seem right!) perhaps next year a few 'selected' runners could represent the club. Something I would not miss next year, would be all those 'unnumbered runners'. . ANOTHER THING: The photos of all finishers were tremendous, really great, however, a lot of people (most, I suspect!) won't get to see them at Macquarie Centre, why not include them with the results. A big new entry fee would cover it! FINALLY: the Striders ½ is a run that makes you wish you were a better runner!! maybe next year I will be!

MEANWHILE THANKS

Owen Denmeade.

P.S. Someone should speak to those bloody koala's they absolutely poured across in front of me, I estimate they cost me 3-5 minutes (depends who I'm talking to) Bob Talay reckons they were on their way to mass!! although some of 'em looked Jewish to me.

Congratulations for staging such a great run. It was excellent. Also, many thanks for giving us the opportunity to promote and advertise the State Marathon.

Peter Di Michiel
Promotions Officer
Sydney Marathon Clinic

Congratulations on an excellent event yesterday. I thoroughly enjoyed the run and the hospitality of your club. It was my first half-marathon and second run ever; it gave me an opportunity to meet lots of friendly people and it has provided me with more enthusiasm. I have included a S.A.E., so as soon as next year's entry forms are available, please send one to me.

Damien O'Neill

Footnote: Damien O'Neill finished 764th in 107:32

.....you've done it again, only this time bigger and better. Congratulations on behalf of the Western Districts Joggers and Harriers, it was a credit to you all and certainly the best organised run we have been in.

The top quality field made it very interesting for the runners like myself who usually only see their backs, but with your course we had the chance to see them all.

As for your club and army of helpers we can't speak highly enough of you all, and a special mention about your refreshment stands; everyone was so friendly and the service faultless; and you weren't out to rob people with your prices.

If you've got next year's entry forms can we have them now, only we know what response you will get. Good luck to you all!

Derrick Titmus

P.S. "Can you finish on a downhill stretch next year. I felt like dying coming up the school path, but with everyone watching had to put on a brave front and smile (when I felt like crying). Only joking, don't every change it!

Footnote: Derrick, who has since joined Striders, crossed the finish line in 104:55, a reported PB by more than 35 minutes. With a result like that Derrick might deserve watching by some of those 'burglars', the writer included, looking forward to our next handicap race.

.....congratulations to your club and all its members on the organisation of last Sunday's half-marathon.

Every aspect of the runners' needs were so well catered for not only throughout the run, but pre and post race. The atmosphere was wonderful and we greatly appreciated the music, the "runners to watch" sheet, photos and information tables from other groups.

The many friends with whom I spoke after the run expressed similar sentiments to my own, and I'm sure we'll all be there in 1984.

Happy running to you all!

Kerry Bray

Footnote: Kerry finished in 753rd place in the time of 106:57.



YOMIX HALF-TV BROADCAST

YOMIX HALF-MARATHON
CHANNEL 0/28
INTERNATIONAL SPORTS MAGAZINE
TUESDAY, MAY 10TH, 1983

The A.C.T. Cross Country Club Inc.

presents the



Incorporating the

AVON Women's Marathon

NIKE — STRIDERS RESULTS

CANBERRA, SUNDAY APRIL 10

STRIDER	TIME	PB IMPROVEMENT
Keith Canard	2:33:46	N/A
Vince Engel	2:42:30	N/A
David Donnelley	2:43:47	2:55
Bob Shaw	2:48:31	N/A
John Evennett	2:49:26	8:42
Trevor Roberts	2:51:16	6:23
Sam Daher	2:51:55	N/A
Charles Coville	2:52:15	N/A
Wynne Henderson	2:54:34	5:33
Ron Feeney	2:55:06	4:14
Dick Cleland	2:56:13	N/A
Bernard Cooley	2:56:20	N/A
Alan Farrell	2:57:20	3:55
Laurie King	2:57:58	17:20
David Douglas	3:01:52	Novice
Brian Lynch	3:02:44	N/A
Harvey Blue	3:03:22	N/A
Dave Ingham	3:03:30	N/A
Steve Knight	3:03:26	7:54
Michael McGuirk	3:04:07	6:45
Russell Hammond	3:07:15	2:25
Bernie King	3:07:53	17:07
Dave Williams	3:08:14	9:42
Bryce Courtenay	3:13:57	13:02
Leo Leader	3:14:05	1:09
Karl Topfer	3:14:31	32:21
Steve Cornelius	3:15:33	N/A
John Turner	3:19:00	Novice

Lynne Evans	3:19:18	6:48
Russell Black	3:20:45	N/A
John Dawes	3:22:12	5:22
Bob Cheetham	3:22:14	28:46
Bob Mann	3:22:20	15:40
Irwin Light	3:23:31	N/A
Wayne Stanton	3:23:38	Novice
Derek White	3:26:55	N/A
Alex Hamill	3:34:53	N/A
Richard Bevan	3:41:02	N/A
Geoff Pearl	3:43:29	Novice
Terry McIver	3:47:32	N/A
Derrick Titmus	3:49:31	48:25
Peter Hersey	3:50:00	Novice
Pam Hazlewood	3:55:25	1:36
Malcolm McDonald	3:57:16	Novice
Robert Stuart	3:59:00	N/A
Jim Donovan	4:05:30	Novice
Tom Smith	4:40:00	Novice

STRIDERS SUMMARY

PERSONAL BESTS	21	33%
NOVICE FINISHERS	8	13%
OTHER FINISHERS	18	29%
NON FINISHERS	16	25%

TOTAL 63



SMILEY COMES THROUGH

by Bryce Courtenay

Nike 1983 wasn't a good race for every Strider. In fact, the glazed eye wobble, a technique imported by Bryce Courtenay into Australia from Honolulu seemed to have been taken up with enthusiasm by a number of my running colleagues.

Now folks, let me tell you, that while this technique will get you on to television it doesn't actually improve your performance. Real stars finish smiling. They finish with their arms high in the air and smiling. Like de Castella.

I mean, if we can't run like him, we can at least finish like him. But let me begin at the beginning.

The kid from Balmain started on me three weeks before Nike. "We're running even splits," he said. "No more charging out under the mistaken belief that your body has somehow developed new resources you previously knew nothing about. Just remember you're nearly fifty, you've got legs like a canary and we haven't ever done more than 80k's a week this year."

"You're right, Alex. I absolutely promise that we'll run strictly to our splits, come what may."

"And, we'll run three fifteen or maybe three twenty, depending on how we feel after thirty kilometres?"

"Word of honour, Mate."

The kid made me repeat the promise about ten times so that it was properly programmed into my distinctly under-developed running brain.

"Just stay glued to Alex," I told myself all week leading up to the race. "Don't listen to your ego, listen to your mate."

So there it was; I knew that, providing I didn't come disastrously unstuck, we'd be coming in 'Siamesed' at around three twenty.

But typical of a kid who hasn't had a proper upbringing, Alex arrived at the starting line with a severe virus, the kind that keeps most people in bed. So much for my running mate. So much for all those carefully worked out splits.

Alex hastily wrote my splits on my arm and promised he'd run with me as far as he could. "Stick to those bloody splits you hunchbacked canary," he wheezed.

We ran off together, Alex, Bob Cheetham and myself.

Alex kept us rigidly to our splits, in fact we never varied by more than 12 seconds over the first fifteen kilometres. The dreaded flu was catching up with the kid and at around the eighteen k mark, I joined Irwin Light and Leo Leader, while Bob elected to stay with Alex a little longer.

Irwin declared that he would run as 'Hare' keeping us honest. It must be the first time in marathon history that two scrubbers like Leo and myself actually had our own hare. If I hadn't been so busy breathing I would have broken down with mirth.

Now the reason Irwin Light doesn't run around 2:50 every time he races is because of his running shoes. They were a free test sample given to him when the Tiger shoe company went into the running business twelve years ago and Irwin says he can't bare to part with them, after all they've clocked 50,000 k's together. If someone could persuade him to try on a pair of New Balance 420's he'd discover that his shoulder blades were not meant to smack him behind the ears every time his feet land.

Irwin slid back at around the 30K mark at about the time I too was beginning to feel a little weary. Leo and I continued on together. Leo, turning to me said: "I've got a Mars Bar buried around here somewhere."

He's running well enough, I thought, but obviously he's gone a bit woofy in the head.

At about 21 miles, when you know that the wall could be waiting for you around the next corner, I looked at Leo. "How's it feeling, mate?" "Good as gold," he replied. "But I should have found my Mars Bar and Coke by now."

"Christ! He really is gone, poor bugger!"

Just then a nice looking lady with a couple of kids was seen on the grass beside the road, holding up a Mars Bar and a can of Coke. Leo peeled off like a Spitfire in a dogfight. "Like to share?" he yelled, not really meaning it. "You're out of your #\$\$\$# mind," I thought, doing a bit of a surge in case he turned violent.

"I'll catch you later," he yelled after me.

"Not bloody likely," I thought, "that's the first runner I've ever burned off with a Mars Bar and a Coke.

The rest of the race was just a matter of sticking to my arm, that is, Alex's numbers written on my arm.

Over the last five or six k's I kept passing Striders who were limping home as well as some hundreds of other runners practising "Courtenay Collapse" or "Honolulu Finish". As I was still feeling human, I tried not to imagine how I knew they felt.

With a kilometre to go I started practising. I'd throw my hands up in the air and try to grin through the grimace on my face.

One guy on the sideline asked me if I was alright and then after I'd passed him I heard him say to his mate, "I think he's having some sort of a fit."

With 100 metres to go, I had enough strength to get my arms up above my shoulders and if there wasn't much of a smile on my face, at least the corners of my mouth moved east and west.

I crossed the line at 3:13:58, thirteen minutes better than my previous best.

Leo came in, munching and burping, only 5 seconds later! For him it had obviously been a delicious race and also a P.B. It takes all sorts to run a marathon.

Bob ran a beautifully judged 3:20 and Alex (they make 'em tough in Balmain) wheezing and grimacing, the muscles in his calves twitching like a junky doing cold turkey, crossed the line in 3:38. Alex's run along with Steve Cornelius, who also ran with a virul infection, if not the best performances of the day, were certainly amongst the most gutzy.

Well done all. It was lovely running with you.



TALE OF A TYRO'S MARATHON

by John Turner

For my long suffering wife, it confirmed her fears of my senile decline or at best, a disturbing case of male menopausal fanaticism. Reflecting on her own moderate programme of squash, yoga and John Valentine's, she had regarded my year-round beach jogging and surfing as fitness hysteria, particularly as it often meant my leaving a warm cot around 7am and returning a half hour later dripping icicles. Now she blames the Bondi surf club for my marathon.

She's right, of course. It happened this way. Joining the club last year meant hot showers. Talk in the showers revealed that some of my surfing mates had actually risen before 6am and run for an hour before cooling off in the Tasman. Before 6am! I ignored them till Christmas.

Through December the surf had been flat. Swimming was boring. Running might offer a mild diversion. That fateful day, I dusted off some old shoes, and tagged along behind the mob who ran the cliff path to Bronte and beyond. That was my first mistake. After that it was all uphill - to Nike.

For me, it was not so much a training programme, more a crash course in advanced masochism. In the beginning there was no thought of marathons. Why prove anything? At the age of 47 and 4kg overweight, my waistline only bulged in profile. No need to get serious about running.

The transformation came in a string of denied pleasures. The first was smoking (I'm a sportsman, I chanted grimly to myself). Another sacrifice was the extra hour in bed - particularly on wet Sundays. But probably the greatest pleasure running has both brought to my consciousness and simultaneously stripped from me is - absence of pain. During the last 5km of every STAR I long for the day when either the running demon leaves me, or I can finish like everyone else, it seems, free of those screaming quads and agonised hip joints.

And so marathon day roared up. Training comprised 6 morning runs a week (one left for squash), plus Sam's "Pain in the Domain" sprints whenever I couldn't think of a good excuse not to. About 100km a week, all up, plus a couple of half-marathons, each around 90 minutes.

Harvey said I should know about "time splits", and produced a colourful printout. It seemed like cheating. For Nike, two hundred minutes sounded like a nice round number to me, but on the day I wrote a 3h 15m time plan on my left hand in sheer bravado. Splits, planned and actual, were:

KM	Plan Rate	Plan Time	Actual Time
10	4:31	45:00	43:00
21.1	4:24	1:34:00	1:31:00
30	4:27	2:14:00	2:15:00
40	4:45	3:02:00	3:04:00
42.2	5:44	3:15:00	3:19:00

These figures don't tell the whole story. Novice, believe it! The wall does exist. For me it lurks beyond 35km. At 40km, you crawl. My original 200 min. target was only preserved by one macho instinct - aggro!

In the Canberra home straight, a slower runner I knew passed me with a leer so galling it was worth 2kg of reserve tank glycogen, and half an hour of crawl time saved.

My better (and saner) half caught me as I fell through the line, her presence inspired by the story of a fit friend who spent 2 days in hospital after his triathlon. She observed that my shade of facial green at the finish was a singularly unattractive match for my blue shorts and nursed me back to sallow pink within only 3 days. About that time I also began to walk upright again!

What to do differently next time? Just one thing. Follow Coville's advice - start slow. Will there be a next time? Admit it, Turner - you could really get to like it!



POMMIE POWER AT NIKE

by John Pratt

Although the British notoriously always talk about the weather, it is hard to see why when you compare our climate with yours. We would consider four weeks without rain a major climatic catastrophe - four years would be inconceivable. Similarly, when I arrived in Sydney in mid March it was obviously the monsoon season. It's hard to see how anyone could run in this climate.

The prospect of the Canberra Marathon was daunting, would it be my first underwater race, or would I evaporate in a heat wave?

On the day, of course, it was just like home. Overcast and what Australians would call cool (we'd call it a nice summer's day). We'd reached the capital in comfort on the Striders' coach - all splendidly organised by Neil, and survived the food and the electric hazards of the Regency Motel (the first establishment to offer British standard food).

The start of the race was a bit like the singing on the coach on the way back - everyone began at a different time. At any rate the women got away 11 seconds before the men because the gun misfired. It didn't make much difference except to those who beat their P.B.s by 10 seconds.

Off we went, past Parliament House - six times - back and forth along the lake shore, the tedium of repetition mitigated by the chance to see those in front and behind at each turn. I suppose the course is flat, except for the gentle gradient at the west end, which you encounter four times, progressively steeper.

It's pleasant to run in a high quality marathon with only 1500 starters. The London now has 18,000 and it gets crowded at every aid station, even if you're in the first 1,000. Unfortunately it didn't help me to go any faster, but after all, it's the taking part that counts isn't it?

by Meta van der Steege

The weather had also been one of my main concerns, but there had been others. As a 'mature' novice (who began running around the time of becoming a veteran) my main worry centred on how to last the 26 miles and on what tactics to use. My longest training run had been 21½ miles, and what to think about for the approximate 4 hours?

The latter problem was solved after reading an article in Running (U.K.) on association or disassociation whilst running. A group of elite runners had been asked about their thoughts and likewise a group of runners which could be called fun runners. It turned out that the former thought about their performance all the time, monitoring pain, thirst, need for a sponge and so on. This meant they were able to react immediately whether by drinking or slowing down or, indeed, going faster.

The second group concentrated on topics other than running, ranging from decorating the bedroom to mathematical problems and recalling pleasant moments of the past. By doing so, problems like overheating, the need for a drink or muscle aches were ignored, resulting in a much worse performance or pulling out altogether.

Whilst not even aspiring to be a world-class runner, I thought it might be interesting to try the 'association' approach. With the benefit of hindsight, it worked.

Memorable that the women's start was very different from the average men's. Instead of the usual eagerness to get close to the starting line, the field (+130) was positively spread out; some women looked as if they were suffering from withdrawal symptoms and 'after you' was the order of the day. (We also apologise when bumping into people during a race). This may be explained by the fact that there was a large number of first time runners.

The first kilometres were, inevitably, too fast and it was very helpful to have with me the splits Richard (Bevan) had worked out to finish in 3h.50m. or, if things went extraordinarily well 3h.30m. For the first 5k I had been running alongside 2 girls who wanted to do similar times. However, suddenly their pace increased and off they went: one of them dropped out at 15k, the other I overtook at around 30k and never saw again. I stuck to my own pace and continued to monitor the time as the kilometres slowly went by. At 25k I was approximately 10 minutes behind schedule (which was 2h.7m) but strangely enough my finishing time was 3h.50m, so at least the pace did not drop for the last 17k or so.

What exactly happened between 25 and 42k is a mystery to me now. The sort of pain in calves and feet I had anticipated did not materialise, but instead there was a new experience; both hips felt very stiff and sore (probably from the previous weekend's walking in the Snowy Mountains). It was maddening, but if anything, it settled my resolve to finish, no matter the time. After all, I had not come half way around the world for nothing! At 25k I also threw the splits to the wind, told myself to ignore the pain and repeated umpteen times, "I am not going to give up". Here it must also be said that I was running on a great deal of encouragement, both from fellow runners and the spectators. The few moments from the soundtrack of Chariots of Fire near the western end of the course were most uplifting too.

One final thought on the actual running: I never planned for more than the next corner or the next bridge which is much more manageable than the remainder of 26 miles, although I did think of the last 3 miles as just going around Hampstead Heath, our home training ground in London. Then there was the absolute necessity of finishing under 4 hours (3h 58m sounds so much better than 4h 1m) and my thanks for that go to the commentator plus crowds who pulled me through the final steps. The hours of sickness which followed have been forgotten, but the moment a medal was put around my neck was unforgettable.

I still can't believe it, but my thoughts are already turning to more training for an improved time in the next marathon. All my thanks and good wishes to the Sydney Striders!



"2:55 THAT OUGHTA BE A SNACK"

by Novice Wayne Stanton

"Nike" was my first attempt at a marathon.

My training started in October when I decided that I would join the 'Striders' in the new year. I gradually pushed my mileage up from 30 mpw in October to 50 mpw by Xmas. In January I joined the 'Striders' and my mileage further increased with the addition of the long Sunday runs.

My mileage for the 12 weeks prior to 'Nike' were 58, 62, 57, 39, 62, 71, 75, 60, 76, 76, 65 and 58. These weeks were generally made up of a long Sunday run, two mid-week runs of 16 miles and either a 4 mile race or Sams' Fartlek session with the remaining days being 4-6 miles at a recovery pace.

I completed both the internal and Iron Cove half marathon in 82 minutes with the Iron Cove run being an experiment for my pacing, rather than a race. As I finished quite fresh at Iron Cove, I thought a realistic target for 'Nike' would be 2:55.

I arrived in Canberra on Saturday feeling quite confident and in the back of my mind I thought a 2:50 may be possible if I didn't fade. The start went smoothly and I went through the first 5 ks in 21 minutes. I maintained a steady 4 mpk pace until 30 ks, although it was getting progressively harder to hang in from 20 to 30 ks. This was where I probably should have eased off, but instead I was thinking of a 2:50 and pushed on. By the time I had reached 35ks it was too late, as I had hit the wall and shuffled rather than jogged into the drink station. For the last 7 ks all I could manage was walking interspersed with the occasional 100 yards of a rather pitiful shuffle.

Erwin Light caught me with about 600 meters to go and managed to coax me into running the remaining distance to finish in 3:23. I gave my wife a bit of a shock at the finish, as I was quite pale and remained feverish for 4 hours after the race.

I had quite some time to reflect on the race over the last 7 ks (an hour, in fact) and the mistakes I feel I made were:-

1. Not sticking to my target, as at one stage during the middle of the race I ran 5 ks in 19 minutes, rather than by budgeted $20\frac{1}{2}$ -21 minutes.
2. Not paying enough attention to my diet over the last week, as I thought I had done enough training to avoid hitting the wall.
3. Running too much in the final week, especially a 4 mile run late Saturday afternoon.



"OH, MY ACHING LEGS"

by Laurie King

Courtesy of John Dawes, our roving reporter, I was one of the first in his new article spotlighting new and old Striders. In this article I outlined my training method in that I had been consistently maintaining an eighty mile a week average for six months leading up to the Nike marathon. It would have been embarrassing if after all the training I hadn't achieved a result, but luckily everything went right, I finished and got a P.B. for my troubles.

I was up at 5am and tried to relax, but pre-race nerves were getting the best of me. I'm usually fairly calm before a race, but this time butterflies were doing cartwheels in my stomach. I suppose I was worried something would go wrong. I was aiming at the 3h barrier. This was my ninth attempt at a marathon, I'd finished six, and I'd never come close to 3 hours before, but I'd also never trained as hard as this before.

Would all the training be in vain.

I calmed down by race time and started at the back. I wasn't in any rush. In previous races I would usually get drawn along with the front runners and do the first mile in an unbelievable time, usually 5 minutes 30. This may not seem fast, but on the track I can only run one mile in 5 minutes 40. This pace, of course, couldn't last and by half way I was always starting to fade to the point where the second half saw me getting slower and slower and just finishing was all I could do.

This time I wasn't going out too fast. I learned my lesson in my last marathon and running in those weekly STAR runs. The first mile went by in 6 minutes 58, a nice comfortable start. This time to give myself an extra chance at 3 hours I decided to run to 5km splits seeing that the times would be called in the race. I increased my pace gradually in the first 5 kms and at the first call I was only 30 seconds behind time. I kept this pace up. I thought I was accelerating as I kept passing runners, but at each 5 km mark I was still 30 seconds behind time. Half way was around 88 minutes. Not a startling time, but I was still going strong. I think I picked up my pace somewhere around here because my 30km time was a minute ahead of schedule but at 35km I was a minute behind and at 40km I was 20 seconds ahead. A fade was allowed for in my split times which accounts for the time differences. 40kms, only 2 kms to go. Thank God. I was still running strongly. My feet and legs were sore, but I never stopped passing runners, though not many by this time.

I think because I was passing so many runners that it gave me the incentive to maintain my pace. That last 2 kms were a long way and turning the corner to the finish I had enough left for a short spurt, not a sprint, and it felt great with the crowd cheering.

Oh my aching legs, but I did it 2 hours 57 minutes 50 odd seconds. I'd finally got under 3 hours. I'd run a very steady race. My second half was around 90 minutes, only 2 minutes longer than the first. I've heard of runner's high but it had never happened to me until now. I had a silly grin on my face when it finally hit me. I talked a lot, drank a lot, but it was worth it, a wonderful feeling, especially with everyone's congratulations.

I'd like to thank all those who cheered me throughout the race and gave me their encouragement and I'd like to thank my legs for giving me their support when the going was tough.



"WHO ME? AN 18 MINUTE P.B.!"

by Bernie King

I'm quite sure that when St. Paul was writing his epistle to the Greeks at Marathon, he didn't receive a letter from St. John Dawes asking him to pen a special Epistle about some fast Greek.

Maybe there weren't any fast Greeks. Maybe the Greeks were more democratic.

John has suggested that I may have something to offer following my experiences in Canberra for Nike '83. I only went there because I couldn't afford the fare to Greece.

On reflection, I enjoyed Canberra. My family enjoyed the weekend and we'll be back in '84 hopefully to go under 3 hours. I did go to Canberra though with some apprehension.

In '82 I had run my first three marathons. May last year was the Legal & General for a fast time of 3hr. 40m. The cities produced a 3h. 25m. I thought I was getting somewhere, so one month later, I ran the Tiger.

Undertrained with no plan, I went through halfway in 90 minutes, 30k in 2hr. 12m. and the full distance in 3hr. 27m. Crash!

A rare intelligent approach I thought would be to train better, plan and join a club. Enter the Sydney Striders.

Training, I believe, saw a poor start, too much too soon. Tendon trouble on one leg and ligament trouble on the other. Who knows what I would have scored had I been a horse.

Light running in January only to be scratched by the Vet. for 3 weeks in late January early February. Resumed from the spell on February 16 wondering whether I could get ready for Canberra. It probably helps being skinny.

Before the Vet. got hold of me, I was dreaming about doing a 3hr. 10m. in Canberra. This I later revised to a 3hr. 20m. which would still be a P.B.

After a few STAR runs, I began to feel a bit better about the whole business, although I didn't have much left after an 88m in the internal half marathon.

More STARS, generally the short run until Good Friday when 33k didn't seem all that bad. Canberra was a week away and after consulting our pacing guide, I set my sights on a 3hr. 15m.

Sunday, the weather was right. I was still apprehensive and remembered the crash at the Tiger. The organisation was terrific. Dave Cundy and his team should be congratulated. Cotterdam was obviously better than Rotterdam.

The starter's gun misfired, how embarrassing. We got going the second time. On each marker I seemed to be ahead of plan, yet I felt good. Half distance in 89m, 5m ahead.

The encouragement from fellow Striders is definitely a big help. The support from the spectators was a delight. The loneliness of the long distance runner does not exist in Canberra. At about 34-35k I began to wonder whether the Tiger crash was going to raise its ugly head. Thankfully, it did not.

Finish 3H. 7m. 51sec. or thereabouts. At the time of writing I haven't received the official results. A personal best of 18 minutes and I've already booked next year's accommodation.

P.S. I'm sick of spaghetti.



A VISIT TO THE FAMILY

by Jim Donovan

I went to Canberra on Friday 8th April. On that day, I saw my parents and visited my sister's place. On the Saturday, I visited my brother's place. On the Sunday I went home after lunch.

Just a minute! Where was I on the Sunday morning? Oh yes, that's right. I noviced in the Nike marathon. My training had been sketchy - little more than a few STARS.

Apart from them, I had bushwalked 10 miles on Easter Monday (does walking count?) and had done 4 laps of the local oval and half a Lindfield Lope early in the week prior to the race.

Striders say one should not train in the four days before the event. I avoided physical exertion altogether on the Saturday to the extent of having a nap before lunch. After lunch, I collected my race kit and was perplexed to discover that in a race where equality of the sexes was promoted, not only were the runners segregated at the start (giving a traffic-free half mile to runners of one sex, but not the other) but also that starters of one sex received a free T-shirt and finishers of one sex received a free medallion. Really! Perhaps the famous runningperson K.V. Switzer should be told.

On the Sunday, I breakfasted on a single mouthful of brown sugar and joined dozens of like-sexed Striders at the start. After asking round about paces, I decided to try and stay with Malcolm McDonald. He disappeared somehow, but Derek White and I stayed together, running at exactly 8 mph, until Malcolm turned up.

With minor fade only, I held this pace through the half-way, reaching 16 miles in front of Malcolm at about 2 hours 10. Then the troubles began. Occasional cramps in the forearms warned what was coming. By about 20 miles, cramps were intermittently affecting gastrocnemius muscles in each leg and fatigue was slowing me further. At 3 hours, on reaching Weston Park for the second time, I dropped to a walk. Pam and Malcolm then passed me.

The last five miles back went rather slowly and painfully. I walked and half-ran alternately until heaven sent a girl called Jenny who ran at exactly the right pace. We crossed the finish line together at 4 hrs. 5 m.

The slowest-healing hurt suffered that day was the cold I caught during the 7½ hours it took me to get home - as I write, all the stiffnesses and blisters are things of the past.

Will there be a repechage? Maybe.



A P.B. AND PROBLEMS — NIKE RE-VISITED

by John Evennett

It is primarily the cajoling of John Dawes that has made me put pen to paper and it's not for any degree of self adulation, but rather that some of you might learn from my experiences or that some light may be thrown on my 'little problem' as will be related.

It is always good to run a P.B., and probably only a little worse when that P.B. is only marginally down vs one's highest objective. To be fair my prior P.B. was in Honolulu in '81 and I had only made one serious attempt since. However, at Nike '82 I had a slight altercation with another competitor and ended up in the gutter about 22km. I was not keen to repeat the performance.

When I failed to get the Big M last year, I had a few weeks off to freshen up, then ran 55-60km/wk through to Christmas using the mid STAR distance plus 3x10km; One run being at a faster pace, usually 38-39 min. at Lane Cove.

Came January and I planned to log 80km/week with a first attempt at some interval work. January actually varied between 46-106km with a 67km average - way down on budget. February averaged 78km with a few ventures to Hensley when I took an early mark from the office. In March I aimed for 110/120 km average and achieved 95 with a best ever week at 115km prior to Easter. The intervals, though lonely in the dark at Chatswood Rotary, were feeling better.

I only ran 30km the week prior to Nike, finishing on Thursday with a fast 7km around Iron Cove after a 1km warmup.

And to Nike '83. My primary objective was to get below 2:50 hopefully in the 2:46/2:47 region, if I didn't fade badly. I ate rather sparingly to Wednesday without any real depletion effort, but packed in the fruit on Thursday, Friday and up to lunch Saturday. I also made a real attempt to drink 4-5 litres per day of water through the last month as my mileage built up.

By Sunday I felt 'toey' ableit a little heavy in the legs and as usual wishing that I could sleep well away from home. The plan was to run a slow first 5km around 20:15, then come down to 19:30 between 5 and 10km and hold it as long as I could with Ron Feeney as probably company and Sam somewhere just ahead.

Lesson one is don't pre-suppose what will happen in a marathon and thus it is suggested that you stick with your own plan for as long as possible.

Though I purposely held back early 5km came up in 19:20 running most of it with Dennis Cooley, with Sam and Dave Donnelly in view ahead. 10km was passed in around 39 running with Moira Wain and Sam and David a little closer in front. I recall pulling up to Sam about 15km and enjoying the company of Judith Hine for quite some time (the most enjoyable stage of the run as Sam would agree). The pace of the group seemed to fall of pretty soon and Sam & I regretfully departed, going through the ½ in 81:50. Sam appeared to be slowing around 25 and I moved away having no trouble passing 30 in 1:58 - pretty much on target. I had surprisingly passed Wynne Henderson (I think) and Bob Shaw and was running quite well, but lonely between the undulations and the nursery when I started to come apart.

It wasn't so much the matter of dead legs at that point, but rather an inability to maintain a consistent pace - I seemed to only be able to run 'fast' then stop for 30 secs or so and get my breathing in order and that's pretty much the way I survived the last 6-7 km with Bob Shaw re-passing me about 1 km from home. I really felt wacked over the ½km or so holding some small reserve till the line was in sight - or I hope it looked that way!

I think my time was 2:49:26, so I dropped about 3 minutes on 4km pace over the last 8-10 km which to me was really disappointing. I didn't feel that it was a good marathon effort, despite the P.B. at about 8:50.

After finishing, I quoffed a few staminades and walked around, waiting for my breathing to come back to normal. It didn't, and with a light head and numbing extremities, Gavin Carr laid me down in the Aid Tent were for the next hour various family Striders, Ambulance Officials coaxed me back to life with massage and hot sweet tea. Shades of Salazar I thought.

Lesson 2 - get some warm gear on as soon as you finish. It was only when I re-opened my eyes after midday and looked up into the underwear of a St. John's helper that I figured it was time to get up and see what the other half were up to. Once on my feet I was reasonably okay especially after the first Fosters!

If I can overcome that last 6/7km problem, I would still like to have a lash at 2:46 if job, family and time allows.

Congrats to Dave Donnelly who ran a 'very professional' 2:43:47 on about 6 weeks of solid training. Likewise congrats to all those who not only P.B.ed but found Nike a good experience. For those others who experienced problems, I just wish to state again that they were not alone.

Finally, it was great to have the Avon group with us and I take same poetic licence from Katherine Switzers' article in the Nike program - "If a lady passes you at 6 miles think her pretentious. If a lady passes you at 16 miles think her interested. If a lady passes you at 23 miles think about surging and being across the line and ready for the dinner and champagne".

I sincerely hope that one of us offered Judith Hine a Striders membership - the STAR numbers would definitely increase!



THAT DAMNED ELUSIVE 3:00

by David Williams

With my parents over from England on holiday, I decided to forego the varied delights of travelling on the Striders bus to Canberra and instead headed the family saloon southward on the Saturday morning preceding the race, keeping an ever watchful eye for the Striders' bus which was thankfully well behind me.

After reviewing my training schedule over the previous six months and keeping in mind my previous P.B. of 3hrs. 17 mins. I decided that to attempt to break the 3 hr. would be asking a little too much. Instead, I elected to go for 3 hours 5 minutes and tried a long "taper" down to race day. In retrospect, I think this worked quite well for me, as I was quite charged up for the race.

Despite the normal pre-race sleepless night, I arose at 6am and calmly sipped two cups of black, sugarless coffee and sauntered as casually as possible down to the bus on which I had bummed a lift to the start.

Feeling the nerves start to rise, waiting for the gun I was lucky to find other Striders who were going for around the 3hr. mark. The start came all too quickly with hardly enough time to say farewell to camera-happy family. After an easy start, I quickly settled into the right pace with Bob Cheetham. Terry McIver and Stuart Evennett, covering the first half of the race in good form, even if I did have problems pacing myself. This was the best part of the race and I got a real lift from running with the others.

At around 16 miles, however, I still felt very strong and decided to push on a little, as we had fallen a few minutes behind our planned time. Despite the somewhat oppressive conditions, I guess that I still held out hopes that I could beat the 3hr. time. I got a tremendous uplift from cheering family through the race, but at this point of time got a real kick out of passing de Castella, albeit Jolet(!) From here through to the sponges at 21 miles everything was feeling good with even enough energy to shout encouragement to other Striders.

After 21 miles I felt a gradual depletion although I continued to overtake runners who were beginning to suffer. At 23 miles I hit the 'wall' for the first time in my four marathons to date. It caught me totally by surprise and all that I can remember for the last few kilometres was a desperate anger (at what I don't know) and I would gladly have given in to the desire to walk if it hadn't been for shouted encouragement from unknown warriors along the way. Somehow I crossed the line in 3:08:15 and collapsed in the arms of two stewards who walked me over to the staminade table, where I met my smiling family and vowed I would never run another marathon.

After the initial disappointment with my time had worn off, I realised that I had at least achieved a P.B. and I began to talk about beating the 3hr. mark on the next occasionmaybe.

The highlight of the Canberra Nike Marathon to me, was the spirit generated by the Striders before, during and after the race and it is this, more than anything, which will get me back to Canberra in 1984.



"FIVE OVER 40'S HAVE TO BE BEAT"

by Keith Canard

Hi Striders,

Was it the Nike Marathon or the Striders International Marathon at Canberra? I've never seen as many Striders, I hope you all made it to the finish with some of you getting a P.B.

I have been training hard for some months, though the hot weather hasn't helped. After reading Arthur Lydiard's article in the March/April edition of the New Zealand Runner, I'm happy to say that his suggestions on balancing one's training appeared to pay off for me at Nike.

The idea of running 2hrs to 2:30 runs at a steady pace rather than two separate 1hr runs at a much harder pace seemed to suit my pre-race training.

I had noticed that five runners in the Nike competitors list had a better previous marathon time than me in the over 40's group, so I decided to make them my race target. I would run the entire marathon at race pace, though I tended to go a little easy for the first 8 miles.

I found myself running with a novice for the first 8 miles, which surprised me as he was obviously going out too fast. I advised him to go easy for the first 20ks at least and as a result he completed his first marathon quite well.

At around 8 miles I got going at full steam, I was having no trouble and was feeling good. I overtook a group of obviously fast runners and decided to run along with them for awhile, even picking up the pace a little.

As time progressed, three of this group dropped back leaving only one runner with me, he and I seemed evenly matched and even though I tried to surge from time to time he stayed with me.

At 24 miles, I decided to go full bore for the finish and giving it all I had I left my 'erstwhile' competitor behind. A feeling of elation gripped me as I thought how good it felt to go fast in the last half of a marathon and not be wiped out in the process.

The easy pace for the first 8 miles made the whole race feel like a 19 miler and when I pulled up the only damage seemed to be a sore calf muscle.

I'll be straight back into training next week and I am looking forward to the State Marathon where I'll be aiming for a 2:30 or a little better if all goes well.

I'll be eagerly awaiting the Nike results to see if I managed to beat the five runners in my age group with better P.B.'s than me.

In the meantime, keep up the longer runs and let's have even more Striders running Marathons.



A NON-SERIOUS RUNNER

by Geoff Pearl

"Well, I never really wanted to come anyway", I thought to myself. "I sort of 'drifted' here with the others." As I contemplated the scene around me I tried to evaluate my chances. Running conditions were ideal - cold, overcast and miserable - a fine Canberra day. The course was flat. The organisation was said to be perfect. But 42.2.k.....? I reviewed my original running plan (a seemingly modest 3:40) and considered replacing it by a more practical and somewhat more devious tactic. I could run about 5K at 4'50" pace, stumble, limp back to the start and retire with dignity, disappointment written all over my face, and my honour intact. "Yes, that's it", I thought. "But then, would anyone really believe me?" I reflected miserably.

"Anyway, it's nearly 8.00am and after all, I have done everything I should to prepare - at least up to the point where I was persuaded by Gavin to join him in the pub after dinner last night. My stomach's bloated from days of spaghetti bolognese, and I've had three glasses of water - I'm ready to go." Of course, staying awake all night to watch the Rotterdam Marathon and failing to sleep subsequently was not ideal - but hopefully Deeka's performance would "psych" me up. 7.58am. I could still picture the race in my mind: Deeks in the group of six runners leading the field. "Athletes", the commentator had called them. I suddenly remembered his description of the scene from the helicopter. "And there's a shot of the thousand or so non-serious runners" he had said. Or words to that effect. In fact, now I remember a number of references to non-serious runners. I suddenly felt outraged. NON-SERIOUS. Does this guy have any conception of what being a NON-SERIOUS runner entails.

I am prepared to concede that sixteen years of Hash House Harriering could be described as non-serious running, but for me all that had changed on Boxing Day 1982, when I ran in an unofficial STAR of 'only' 20K. Naturally, at that time 20K was quite out of the question, and I actually completed about 17K by short cutting the course and eliminating all hills with the judicious use of the sweat-soaked plan so thoughtfully provided by the organisers.

What had happened to me since? I had watched my habitual healthy glow disappear as my face hollowed and my weight came down. My social life had been seriously disrupted. Such energy as I had was used for running, leaving little for 'other things' - even if

I had the time. I was regularly in bed by 10pm in order to be up to run at 5.00am. In the three months preceding Nike I had followed 'more or less' the Striders' First Marathon Training Programme, running over 100K per week through March. I had worn out shoes, socks, shorts and my welcome in about that order. The Hash regarded me as a traitor. NON-SERIOUS RUNNER My reverie was suddenly interrupted by a car back-firing. The starting gun. No gentlemanly "Are you ready, Chaps?" or some such invitation to compete. We were off. From my unseeded position some sixty metres back, I could see movement at the start. My heart started to pound, a sense of excitement surged through my body. "Tally Ho!" I yelled at the top of my voice to my startled neighbours, and made a small, slow but perceptible forward movement

Compared to the agony of the minutes preceding the start, the race itself was relatively uneventful. For the first 30K I ran with Richard Bevin in the 8 minute mile group anticipating a slowish final 12K as I moved into the unknown. I was expecting to receive heaps of encouragement from other Hash competitors, but despite frantic waves and signs from me, it was quite clear that the Donnelleys, Evenetts, Hendersons, Petersons and Nicholls were in a different orbit not of this world and Gavin, while he could still speak, announced his early retirement. The encouragement from other Striders and the Spectators was tremendous, particularly during the last weary 8 K home. I ran, intending to finish, and always felt confident of doing so, even if, as in the event, it should be a slow 3:43.

I came up OK and managed a little paradoxical star-gazing around lunchtime. The weekend was a ripper. I think I may have the bug



TIME FADES THE MEMORY OF THE WALL

by Karl-Heinz Töpfer

My previous and only marathon was the Harbord Diggers in 1981. I finished that one in 3hrs. 46min. I had made impace with the Wall at about 35K and the last 7km were negotiated by alternating a slow jog with walking. A short while after the finish I experienced painful leg cramps. Since that lovely experience I have been content never to have to exceed 30kms in one run.

I still stuck to my regular training and tried to improve my speed. The runs were going well and time had faded the memory of that first experience enough for me to consider a second attempt. I set up my goals in order of priority; feel better during and after the marathon, no cramps, no walking and an improved finishing time. From all reports in the Blister, the Nike seemed the best one to go for. I analysed my training schedule for the 1981 Diggers and found a few problem areas. I had followed the 14 week Striders program but had found the distances a bit too much for my capabilities. On numerous occasions I had not achieved the weekly targets and most of the time I had been very tired. A week before the Diggers, I had finished the 30km STAR at a walk.

A while back I had read an article in the 'Running' magazine which had based its training schedule on the so-called Quality Mileage System. Space doesn't permit a detailed explanation of how the system works, but basically it's a system of allocating points for each of one's runs, depending not only on distance run but also on the level of training intensity i.e. average speed.

Harder runs get you more points than slow, easy ones of the same distance.

Moreover, not everyone gets the same amount of points for the same distance, as the less capable runner running at say 75% of his aerobic capacity uses more energy on the same run than the elite runner who is also running at 75% of his capacity. Because of the speed difference the slower runner has to run at the same level of intensity for a much longer period of time.

According to the article, experiments have shown that the average runner can train at a level of 200 points per week without undue fatigue. One normally exceeds 200 points per week in an intensive training programme and the points above that mark are called deficit points. The idea is to allow the deficit points to build up to a maximum of 250-300 two weeks before the race and then to taper off so that one has roughly zero deficit points the day before the race. Faster runners will obviously be doing more overall mileage during their training period than slower ones.

The whole thing made a lot of sense so I decided to give it a try. It's a very flexible schedule, but it still calls for that one long run a week to get you used to those long distances. The STARS remain all-important. Comparing my Diggers training with the Nike training is quite interesting. Final deficit points for the Nike were down to 120, still a bit high, but acceptable; for the Diggers they were 800 - far too high. Total distance run during the 12 weeks before the marathon was 960km for the Diggers and 684k for the Nike. At my level the full Striders program would have put me on 2300 deficit points, so no wonder I couldn't keep that up.

The Nike went very well for me. It's a very good course and the weather was ideal. I had worked out time splits to get me to the finish in 3½hrs. but I wasn't going to worry if I fell behind schedule, as long as I felt comfortable. At 10km I was 4 mins ahead of schedule and this steadily increased to 7 minutes at 20km and 10 minutes at 30km. I didn't slow down at any stage because the pace felt quite good. Naturally the legs started feeling a bit tired from about 30km onwards, and it got progressively worse, but there was no hitting the wall like the previous time. I managed to keep running all the way and finally made it in 3hrs. 14min. 33sec., an improvement of 32 minutes.

I felt fairly good at the end and was able to stay on my legs and walk around; no cramps this time. While factors such as the course and the weather must have played some part in my improvement, I believe that it's mainly attributable to a training schedule that's more suited to my capabilities.

For those runners who aren't yet aiming for a sub-3 marathon and who, like me, find it too much to stay at 100km per week, the Quality Mileage system might well be worth considering. It's a realistic program that is tailored to your capabilities and still uses the weekly STAR as the all-important factor. If anyone is interested I can probably obtain copies of the article which explains the system in full.



THE MARATHON ENIGMA

by David Douglas

Before losing my status of virgin marathoner, I'd listened meekly to the plethora of advice on "what you always wanted to know about running a marathon, but were afraid to ask."

Not any more.

Now I give the unsolicited advice, now I am the expert, now I am the voice of experience guiding, cajoling, and caressing those hell bent on masochism.

The truth of the matter is that most of the advice about running the first marathon is true: of course one must spend lots of time on the road; of course one must get plenty of rest; of course one must take care with footwear and diet; and of course, most importantly of all, one must not run too fast in the early stages of the race. The pity is that all but the strong willed ignore most, if not all, of this good advice.

But what does it really matter. Why take it all so seriously. None of us, given the incredible standards now being set up by the top men and women of all ages, are likely to actually win a major marathon. Yet taking it seriously, trying to do our best, overcoming our individual hangups is what the event is all about.

The marathon is the last great adventure which the ordinary mortal can reasonably expect to achieve. The adventure requires little money, and need not involve anybody else except the organisers of the event. It is an achievement which calls on extreme strengths of mental and physical endurance. And it matters not whether the time to complete the event is a shade over two hours or a shade under five hours.

All marathoners experience the same agonies and ecstasies: the tension and excitement before the start; the euphoria and camaraderie of competition; the desire, almost desperate desire, to do better than expected; and the great fluctuations of mood as the run progresses. And all this followed by instant recognition of the achievement by family and friends.

What other event can match it? What else can an individual do to reach such a sense of self-achievement?



BOOK REVIEWS

by Charles Coville

We all have our libraries on running. Fixx, Shehan, Lydiard the list goes on. The advice is ever plentiful. Many of us are subscribers, too, of the monthly and bi-monthly running magazines. Even the Blister has become a source of reference and advice.

Brian Lenton recently forwarded a copy of his "Off the Record" for review in the Blister. Brian, a Blister subscriber, is the organiser of the Thredbo Running Week and the nocturnal 'Do it yourself' marathon in Canberra in December.

I was pleasantly surprised with O.T.R. and can highly recommend it as a collectors item.

He interviews many famous Australians and New Zealanders of yesteryear and through his inimitable style has produced a book that has even been acclaimed in the U.S. running media.

So if you wish to be educated into the facts and finer points (including training) of the Superstars of yesterday, now is the time to purchase O.T.R. Only a few copies

of the original 1000 promoted remain.

A copy will be on display at the STARS and can be ordered via myself or by writing to Sportspulse, P.O. Box N286, Grosvenor Street, Sydney 2000 at the special price of \$8.99.



THE BENEFITS OF SPEEDWORK

by Sam Daher

FARTLEK/INTERVAL TRAINING

As many of you are aware Charles Coville, Phil Caldwell and myself have for the past 18 months incorporated a 30 minute lunchtime session of "Fartlek" into our training programme. This has become known as the Sam Daher School of Fartlek. I have thus been asked to expound on the virtues of this form of training, however, before I attempt to do so I must explain the differences between Fartlek and Interval Training.

Fartlek is a Norwegian word meaning Fast-Slow. The idea of Fartlek training is to govern your speed work or sprint entirely by your mood. That is, whilst you may be jogging primarily at a slow pace, you periodically choose a distant object such as a tree or telegraph pole and sprint towards that object (ensuring you do not ease up until you have reached your mark). The number of times you elect to sprint is governed entirely on your mood and feeling. It is therefore a relaxing form of uninforced speed work.

Interval Training on the other hand is sprint work over a defined distance with a defined recovery jog period.

Therefore in strict terms our "School of Fartlek" sessions are not Fartlek in the true sense of the term, rather a combination of Fartlek and Interval Training in that the sprints and recovery periods are pretty much set out but the participants choose which of the sprints, if not all, he/she wishes to go for.

The popularity of incorporating speed work into a Marathon training programme is reflected in the fact that our 'school' has mushroomed from 3 to 23.

On being asked to prepare this article I had very little material from which I could research the scientific benefits of Fartlek training. I only knew that under racing conditions it helped my breathing capabilities and also my ability to sprint and recover. However, I feel the answer is found in the description of lactic acid build up which is one of the causes of fatigue a runner may experience: "This is a by-product of rapid glycogen use accumulates in the muscles during short intense exercise (anaerobic running) where the body's need for oxygen is greater than its supply. Muscle pain is experienced and extreme shortness of breath as a result of this form of exercise.

Normally, the body burns fuel with the aid of oxygen. When you sprint however, your muscles burn the fuel available without sufficient oxygen and the result is an accumulation of hydrogen ions. If you ran at a relatively slow, conversational pace, oxygen would combine with these hydrogen ions, and they would be carried off as water. Without oxygen, these hydrogen ions accumulate in the muscles and form lactic acid.

This acid environment of the muscle blocks its ability to get energy and inhibits its ability to contract or at least develop as much tension. The discomfort or pain that a runner experiences in his muscles during a short distance event is generally associated with changes in acidity of the internal compartments of the muscle."

Therefore as I see it, speed training increases a runners ability to intake oxygen thus reducing the lactic acid build-up process and as a consequence increases his source of energy and speed capabilities.

Experts appear to agree that aerobic training (long slow distances-easy breathing) improves a runners ability to run farther but not faster. Runners seeking to run faster must incorporate anaerobic training (speed work - shortness of breath) into their training programme.



COMPUTERISED SPLITS

by Harvey Blue

Another of the not indispensible time wasting activities I cannot do without is playing around with a computer I recently bought. A program to do splits for a marathon! Just type in Target Time and fade and my SHARP P.C. 1500 will print out a complete race strategy. That I take no notice of it on the day, go out too fast and blow up is of no consequence. The desire to devote even more time to these crazy hobbies has been satisfied.

OK, so here we go. Start with the target time (TM). Better work in whole minutes that will make calculations easier. Now fade. The best way to work this out is by your time at half way (TH). Most marathons are marked out in 5 kilometres, so let's get the P.C. 1500 to print out the time for every 5k. It would be handy to know what pace you had to run in each of these splits. Let's get this out in minutes per kilometre. But I always judge my speed in minutes per mile. OK, so let's print that out too.

Most of the books and magazine articles I have read say you should go a little slow at the start, then pick up the pace in the middle and drop off sharply at the last. Crawl in hands and knees more likely! Let's call this feature the speed profile. In the eight and a bit splits we are considering in the 42.195k's let's do the first 5k two bits slower than average rate, the second 5k two bits faster than average, the third, fourth and fifth 5k sections three bits faster than average. That takes us up to 25k. For the next 5k we plan to go one bit faster than average. Then the wall! at 30k, so two bits slower than average. Should be hurting like hell now, better go 5 bits slower than average. Then for the last 2.195k's we'll come home as we can. This pace we will call W for walk. Let's call these fast and slow bits pace units (P.U.).

Now the slower bits must balance out the fast to arrive at the finish of the target time.

$$(-2 \times 5) + (2 \times 5) + (3 \times 5) \times 3 + (1 \times 5) + (-2 \times 5) + (-5 \times 5) + (-W \times 2.195) = 0$$

Clearly, you can now work out how many bits slower than average a walk is $W = 6.93$. Wow!! If you thought that was complicated just wait "you ain't heard nutting yet!"

We have to work out just how much faster and slower those pace units are if we are going to be at half way when we want to. Remember (TH). Half the target time minus the time at half way (TH) will give you your fade. It is assumed here that we all do fade. Only R. DeC. comes home faster than he goes out.

$TM/2 - TH = F$. Now look at how many pace units you have in credit at halfway from the speed profile.

$$(-2 \times 5) + (2 \times 5) + (3 \times 5) \times 2 + (3 \times 1.0975) = 33.2925$$

This enables the value of the PU to be established.

$$PU = F/33.2925$$

We are ready now to work out the split times for each 5k. Let's do it for that illusive 3 hours, and let's say TH is 1 hour 25 minutes.

TM = 180	TH = 85
F = 5	Average pace 4.27 min/k
PU = .15 minutes about 9 secs.	

The time at each 5k at average pace is first worked out, then the PU's in credit or debt are subtracted or added.

5K : 5 x 4.27 - (-2 x .15 x 5) = 22.85	22m 42s
10K : 10 x 4.27 - (-2 x .15 x 5) - (2 x .15 x 5) = 42m 42s	

You may notice that the PU's for the first two 5's cancel each other out.

15k : 15 x 4.27 - (3 x .15 x 5) = 61.8	61m 48s
etc	
40K : 40 x 4.27 - (9 x .15 x 5) - (1 x .15 x 5) - (-2 x .15 x 5) - (-5 x .15 x 5) = 168.5	2h 48m 33s

That means you have got 11m 27s to do the last 2.195k. That is at 5m 13s per kilometre.

Now we are getting near the end. Only have to work out the pace for each section. Let's call the slowness or fastness in each section the speed (S). These from the speed profile are -2, +2, +3, +3, +3, +1, -2, -5, -6.93 then the rate is

$$((TM / 42.195 \times 5) + (S \times PU)) / 5$$

Wasn't that easy? What it means is the time taken to run 5k's at average pace with the speed factor times the pace unit added and all divided by 5. Clear as mud. As this is minutes per kilometre just multiply it by 1.609344 to get minutes per mile.

Now what I suggest you do is throw all this away and go running instead. Your time will probably be much better spent.

IRON COVE RESULTS

by Steve Cornelius

On Sunday March 13 the club staged its first-ever handicap race, a three-lap course of approximately half-marathon length round Iron Cove Bay. Participants were allocated staggered starting times on the basis of their performances in the club's internal half-marathon race over the Yomix course at North Ryde some weeks previously.

The result was a triumph for certain members of the "slow" group, and the race provided the novel sight of some of our faster runners trailing in quite some distance behind the leaders.

Congratulations go to Malcolm McDonald, who seized his Great Opportunity For Fame with both hands, and carried off the gold medal in fine style. Robert de Castella himself wouldn't have caught Malcolm on that last lap when he realised he was in front. (Read Malcolm's own viewpoint elsewhere in this edition of the Blister).

Winston Marsden ran a very creditable second on his "home track", and Pam Hazlewood and Tom Smith came in 3rd and 4th respectively to complete a fine showing by the slow group. One of the most dramatic moments at the finish-line was provided by Valerie Willcock, who came in seconds ahead of the gasping, pounding, fire-breathing Sam Daher, to tumultuous applause.

The prize for the fastest run of the day went to the irrepressible Keith Canard, who burned round the three laps in 1.12.18. Vince Engel's 1:15:35 and Sam Daher's 1:17:58 are also worthy of honourable mention.

Thanks are due to Neil Plevy, who co-ordinated the event; this involved considerably more effort than the usual STAR run, and to all those marshals, time-keepers, drink-waiters, and other volunteers who made it all possible, grateful thanks. For those of a pedantic nature, who wish to compare their times with other half-marathon performances, each lap was 6,950 metres (measured with a trundle-wheel), so the total distance was 20,850 metres, or 250 metres short of a half-marathon.



THE IRON COVE INTERNAL HALF HANDICAP

by Steve Cornelius

The following list of results is about as accurate as we could get it, given the difficulty involved in timing an event such as this. Because of the handicap system, large groups of runners were finishing very close together, and we apologise for any inaccuracies or omissions from this list.

Apologies particularly to Dave Blackhall and Gerald Smith, whose times were not recorded. Runners are shown in the approximate order in which they finished the event, alongside their actual running-times.

Malcolm McDonald	1:38:57	Sam Daher	1:17:58
Winston Marsden	1:27:26	Dave Williams	1:26:01
Pam Hazlewood	1:55:04	Bob Shaw	1:18:43
Tom Smith	1:59:59	Terry McIver	1:26:44
David Donnelley	1:18:20	Dave Ingham	1:28:01
Bill McGrindle	1:35:33	Bernard Cooley	1:22:28
Nigel Hadgkiss	1:22:34	Charles Coville	1:24:06
John Dawes	1:38:53	Brian Lynch	1:32:11
Russell Black	1:19:09	Bob Mann	1:32:11
Ray Doran	1:21:34	Alan Powys	1:22:53
Peter Copley	1:26:53	Vince Engel	1:15:35
David Peterson	1:25:20	Wayne Stanton	1:22:05
Brent Waters	1:25:04	Lynne Evans	1:32:58
Bruce Murray	1:35:10	Brenda Hamill	1:36:58
Gavin Carr	1:35:20	Eric Willcock	1:49:18
Steve Cornelius	1:26:39	Jim Donovan	1:48:20
Steve Knight	1:28:05	Barry Jones	1:43:57
Keith Canard	1:12:18	Dick Cleland	1:34:30
Dennis Cooley	1:20:32	Bernie King	1:28:00
Peter Hersey	1:44:30	Trevor Roberts	1:21:28
Osten Hansson	1:22:34	Bernie Liebmann	1:26:47
Brett Nicholls	1:23:34	Alistair Mackie	1:28:43
Robert Stuart	1:40:36	Mick McGuirk	1:31:00
John Evennett	1:19:45	John Turner	1:31:24
Valerie Willcock	2:04:45	Geoff Pearl	1:40:00

THE LONELINESS OF THE LONG DISTANCE WINNER

by Malcolm McDonald

Winning the Striders' Handicap Race around Iron Cove Bay left me with some mixed feelings. There was certainly that unique honour of leading the field to the finish line. On the other hand, there was the guilty feeling that as I had performed so poorly in the club's half-marathon, any slight improvement during this event must rate me a big chance.

There were many factors assisting my improved time. The course around Iron Cove Bay was the flattest I had experienced. Having run many STAR runs, I was at a great advantage. Much of my training had taken place in the hilly Lane Cove River Park: the 10km round trip gives runners excellent training for most courses. Once one has decoded all the white dots on the road, progressive times can be calculated.

The Iron Cove run also offered a variety of surfaces: grass, bitumen, sand, concrete and steps. I feel that these variations would assist runners not experienced over this distance. Each lap of the course is approximately seven kilometres, and in running around three times one can virtually always see the start and finish.

It was certainly a pleasant change to see runners from the slow group completing the course ahead of others and recording personal best times. I'm convinced that the psychological advantage of being a front runner in any race is immense. As I completed the last lap the feeling of victory really drove me forward. So for a few short minutes I realised how our top runners must feel. This type of event would certainly

encourage new and less-experienced members.

Well having accomplished a half-marathon in just over one-and-a-half hours, the ultimate goal of completing a marathon is near**. Yes I'll be in Canberra with my supportive slow-group members and hopefully complete the course in a personally satisfying time. However, as I view the lake and watch the leaders pass by, I'll be wondering how much better I would have performed given the same start gained in the Iron Cove run.

(** Editor's note: Malcolm did indeed compete in Canberra, and is to be congratulated on completing his first marathon in 3:57 after being awake half the night watching the mighty Deek do his tricks in Rotterdam!).

JERUSALEM TO JERICHO

by Derek White

29 A.D.

This event was organised by the Roman Administration in an attempt to give the local populace an interest other than nationalistic and religious fervour. The day was quite a success and may become an annual fixture. The entry fee of two denarii (one for children) was considered modest and attracted a large field but there was a marked absence of male competitors from Bethlehem in the 25 to 30 years age group. The course was rough, but straightforward and almost traffic-free and guaranteed accurately measured by Roman engineers. The number of runners and the presence of legionaries acting as marshals deterred the muggers that sometimes infest this road. Drink Stations were manned by members of The Good Samaritan Club and The Daughters of Jerusalem, who offered runners the choice of water or figs.

Favourites to take out the race were Castellus the Centurion, Baruch The Zealot and a young Rabbi from Nazareth. Woman favourite was the reputedly very vast Mary of Magdala. The team events' top contenders were expected to be the Legion 'A' Team, the Sodom Striders or the Galilee Gallopers - a group of sturdy lakesiders in fishnet singlets.

At the start line Castellus looked a likely winner as he toed the mark in the dust in his waffle-soled racing sandals. He and some others complained about children pushing forward, but the young Rabbi only seemed concerned for their safety in the heat and the dust; their presence appeared to please him and he was undoubtedly their hero. Rumour had it that he had just put in a rigorous forty days' desert training and he certainly looked racing fit.

The Roman Governor performed the ritual start, washing his hands then clapping them together loudly as the signal while his surveyor started the water clock and sand glasses and observed the angle of the sun. The field streamed out of the city gate and down the Jericho road, with the favourites quickly drawing away. Castellus made a particularly fast start and lead for the first few kilometres but Baruch and the Rabbi were pressing him hard and at the first drink station only seconds separated the first three. It was after this that strange things began to happen and strange rumours began to fly about.

Firstly it was discovered that somehow the water at the drink stations had turned into wine, causing great merriment and some riotous behaviour involving The Daughters of Jerusalem. Then the marshal at the brook was derided because he reported that the young Rabbi had run OVER the water instead of through it. It was about this time, -

at about half distance, - that he took a clear lead and drew away from a steady Baruch with a tiring Castellus holding third place from Andrew, a young, strong fisherman. Hills, stony ground, the heat, nothing seemed to slow the Nazarene and he strode to the finish line an effortless winner.

Baruch and Andrew dead-heated and collapsed in second place; Castellus followed them in to the cheers of the legionaries. But it was the young Rabbi's day and he proved a popular winner.

At the presentation, when he was given his trophy, a handsome cloak, he modestly gave all the credit to his coach, Cousin John and his special diet plan of locusts and wild honey. The teams events were won by the Ten Lepers (men) and the 5+5 Virgins (women); nobody could touch them in their respective classes.

Mary of Magdala was the leading woman as expected but as a professional was disqualified and the prize awarded to Martha of Bethany.

The organisers were quite pleased, but will make a few changes for next year. The figs were found to be unsuitable and will be dropped. More sponsorship will be sought from The Sanhedrin, the Temple retailers, the Innkeepers and so on. The run may be reversed to go from Jericho to Jerusalem - a harder proposition, but offering a bigger centre for the finish.

Everyone who completed the course in under three hours received a scroll donated and enscribed by the Scribes.



"... HE DID IT CLAD ONLY IN SINGLET AND SHORTS"

by Adam Thomson

New York, New Year's Eve 1982

After running my first marathon in hot and very humid conditions in Honolulu. New York's New Year's Eve 8K Midnight Run was a great and welcome change. New York was for me a dream come true. I had heard so much about it and after the rather typical American cities we had been to I really felt at home there.

We called in at the New York Road Runners Club earlier in the day to enter. They have a terrific set-up there. Running posters, books, magazines (up to date for a change!) and even a few famous runners about. My mother decided it was too cold to run and so I entered, looking forward to running in Mum's newly won Gore-Tex suit.

We left our hotel at about 10pm and made our way out to the Tavern on the Green in Central Park. The whole city was really alive and people were everywhere. I got the feeling that everybody was having such a good time they weren't concerned with mugging anybody, especially us. We were lucky to get there in time as just about every taxi in the city was taken.

When we arrived there were people everywhere in all sorts of costumes and attire. There was a prize for the best fancy dress costume which was won by someone dressed as a Big Apple. About 3,000 had entered and just about all of them turned up. The temperature was a chilly 20 and I almost froze before the start at midnight.

We all moved down to the start at about 11.50pm and waited anxiously for the spectacular firework display. It went off at 12.00 exactly and almost deafened me.

The sky just completely lit up and I was stunned. The runners went off at an amazing pace, but I had hardly gone 200 metres when I heard screams and shouts of surprise. I looked to my side and saw a huge horse and carriage on their sides about 10 feet away.

Runners were lying under the wheels and the terrified horse. I was horrified and almost stopped running, but was pushed on by the crowd. Meanwhile the fireworks continued and I completely lost my pace. (I later discovered that no-one had been seriously injured, although some runners were taken to hospital with shock and a few cracked ribs.)

I got to the champagne stop at 3 miles in about 23 minutes and I think I passed it about 20 times (maybe that's why I was so slow!). I was wearing my Sydney Striders singlet over the Gore-Tex suit and I was constantly approached by other Aussies or Americans who were interested in Australian running. All along the route we were cheered on by rather inebriated New Yorkers, but they were encouraging in the cold conditions.

My finishing time was slow (39:00) but overall I enjoyed running in the world's biggest city.

The winning time of 23:14 by Greg Meyer was a great effort and it's amazing to think that he did it clad only in a singlet and shorts.



JIM "SCOTTIE" TRAVERS P.B.'S IN POMMIE MARATHON

by Jim 'Scottie' Travers

WOLVERHAMPTON MARATHON 1983

After spending a lot of time training for a marathon without getting set backs e.g. April 1981 lower back pain, Gillawarna special hot days of winter - ask Ray Doran, and ankle injuries for Big M.81, I thought I would never run a marathon.

So back to Scotland I came (I think some people in Australia think it is North England) with my suntan and my unusual Aussie accent, I have a little bit of Scots accent now. The weather has been not bad, it only rains six days a week and on the seventh the wind blows. It was very hard to train, but on I went.

I entered the Wolverhampton Marathon in England, so down to hard training hoping no harm would come to me!! I had head colds and flu, the flu put me out of running for one week, four weeks before my race. I had paid entry and hotel bills so the last three weeks were hard trying to get a bounce back in my legs. My mileage was 60-0-54-52 the last week easy running 20 miles.

5,000 started the race, I started very easy I thought, about 3-18 to 3-23 to finish in, but just to finish. My first mile was easy 8-15, second 16-30 to easy five miles 38 minutes by ten 75 minutes, still going easy.

I met a guy from Wales about now running with me so we got talking, yes, he could understand my Scottish accent. Asked if he had run one before - a few - 2-42 was his fastest. He was only out for an easy run, he was recovering from the flu, his wife was running so he ran easy for training.

The pace picked up a little, half marathon 1-38-20 going good, I did not look at my watch, too busy talking, 20 miles came 2-27-20 the clock read, I was getting worried, I missed the wall, so I set my mind on a six mile training run, we run in miles not kilometres, so I plodded along 23 miles on my own, the Welshman was tiring "go on Jock" he said, I thought I was back in Sydney, so I hammered on past 25 miles my legs getting heavy. I was dreading the last hill half a mile from the finish, kept my arms moving, head down passing a lot of people, the crowd were cheering and I died when I saw the clock at the top of the hill 3.07.35, at that time all I could think of was the Marathon Ladder in "The Blister" - what a funny thing to think of, so on I went arms pumping, legs moving not bad.

I crossed the line 3-08-18. I was high as a kite. I kept thinking, no wall, no pain - went for a shower, first one that week, met other people from my hotel, a few jogged back the 2 miles and I joined them.

My last six miles 385 yds in 41 minutes, not a way to run a race half/marathon 1-38-20 last half 1-30, so I am looking forward to my next marathon in August 1983 where maybe a 2-59 marathon may come, but I will have to get my pace right.

The winner was Chris Woodhouse (31) 2-17-04, his first ever attempt at the gruelling event. The weather was just as usual, cold and wet.

Thinking back on my stay in Honolulu, Bill Flanagan can drink beer and sing, so why don't you ask him for a song after one of the Sunday runs?

Will write again soon, so keep on running you people, round about 3 hours, Jock's after you. Place - 915.

Editor: Unfortunately arrived too late for the current ladder.



RUN FOR FUN OR DASH FOR CASH

by Vince Engel

We all shared in de Castella's brilliant victory in Rotterdam. Many of us also new the disappointment Salazar must have felt. For two hours and ten minutes they entertained us, with a spectacular exhibition of human endurance. Academy award winning performances in a leading role and a supporting role. A screenplay Sir Richard Attenborough couldn't buy.

The race is history now, but that last three kilometres will always be remembered. Now for some race background from our European reporter.

Australian A.A.U. officials saw to it that the race would not eventuate in Surfers so promoters just transferred it to Rotterdam. With T.V. rights secured, the big money was assured. As the I.A.A.F. turned a blind eye, a lot of money passed under the table. The competing shoe companies Nike and Addidas have already invested 'big' money in the hopes of a 'free' advertisement as their man crossed the line in their shoes.

That 'free' advertising costs the companies around \$50 - \$100,000 per year paid to the two athletes in overseas trips, athletic gear and cold hard cash as shoe design consultants. Then there is still the cash for just the one big Rotterdam event.

The papers said Robert came home with \$12,000 to place in a trust fund, but we are assured there's a bank account somewhere that's around five times bigger than that.

Had Deek or Salazar broken the world record, it would have meant another \$100,000 to the winner.

Races like Rotterdam don't just happen. Marathoning for money is now a media catch phrase, race promoters and athletes know it. de Castella and Salazar are big entertainment and worth big money.

We don't begrudge these athletes for earning money for athletics, especially knowing the effort that goes into it. They are entertainers and stars, by comparison, we wonder how much Ben Kingsley will ask for his next starring role?



ON, ON IN NIPPON

by Alex Hamill

The timing for my business trip could not have come at a worse time. Having decided to run Canberra Nike I'd already had problems maintaining anything like a reasonable schedule. A couple of nagging injuries, pressure of work, plus the unseasonably humid February combined to keep mileage to a minimum.

The prospect of ten days in Japan at a time when I should have been reaching a training peak did not delight me at all. Having travelled there many times over the past years I knew that it was not God's gift to runners. Apart from the fact that most business days start at around 8am and finish late into the evening (after the obligatory 6.30 dinner and 10.30 sake), there's virtually nowhere to run.

I arrived in Tokyo early in the morning, not exactly feeling a million dollars after a 2½ hour delay in departure adding to the other 9 in the air. Naturally at 8am my hotel room wasn't ready (in Japan if it says 10am check-in, it means 10am and not a micro-second before).

My first meeting was set for 12 noon, so I knew if I was to get any chance at a run it would have to be before I checked in. When I asked the front desk clerk at the hotel for somewhere to change, I'm sure he thought I simply wanted to put on a sweater, he directed me to the luggage storage room. It was probably the busiest room in the place. So amidst lots of giggling and shuffling I simply unpacked my bag, found my shoes and shorts and dropped my gear (Barry MacKenzie eat your heart out!).

Nearby the Imperial Hotel is the Emperor's Palace which is surrounded by a large moat (and countless police). The moat is at least 50 metres wide with enormously steep sides (how did Dawn Fraser ever get across there to get the Olympic flag?). There is also a footpath most of the way around which makes an ideal running track.

As I stepped from the sanctum of the air-conditioning, I realised that not only was it raining, but it was very cold - about 6°C in fact. I remembered to bring gloves and despite the chilly conditions was able to run comfortably in just shorts and T-shirt. The gloves made all the difference. Altogether the track is about 5ks, so a couple of times around, plus back to the hotel, makes it a convenient 11k run.

I didn't sight one other runner the whole time, but that wasn't surprising considering the weather and the fact it was during business hours. I repeated the same circuit on Friday afternoon despite feeling slightly tired and even more tempted to put my head down for an hour before the evening meeting. I had no idea how popular running was in Japan until the next day - Saturday.

In Tokyo early this year they ran their own version of the Commonwealth Games - not de Castella vs Ikanga but Seko vs Gomez. Mr. Seko is a well-known marathon runner and Gomez is of course the Mexican who came so close to beating Salazar in last year's New York Marathon.

The race was televised live and drew a massive audience. With 6k to go a group of five or six runners were all running in the lead group with anyone likely to win. Close to home Gomez broke free at the last hill and tried to clear out. Seko went with him and, to the enormous delight of the totally parochial crowd, went on to win in close to world record time.

Now every Japanese aspires to emulate Seko San and on the weekend around the Palace they were out in their thousands.

There are a number of differences that really stood out. The first is the runners' gear - Japanese are very label conscious and it shows out on the roads. They rustle past in their \$200 Gortex Suits, Bill Rodgers sweat bands, Nike mittens and the very ultimate in shoes. When they get too hot they simply discard their track tops on the side of the footpath and pick them up later - a more honest race you'll never find and nothing ever gets stolen.

I'd decided to make sure I ran at least 16-17ks and set off at a fairly low pace. Yet I was continually passing other runners. Then I learned something else - they're either very slow or very fast ... for just as I was feeling very superior I suddenly felt like Lenin's Tomb, so many people went past. Groups of runners were flying along and when I say groups, I mean it - 20-30 young men at a time. Locked together like they were running in an Olympic 400 metre track final, they were obviously serious.

At least 10 groups passed me with some even chanting a unison reply to the group leader, like we used to see troops training in the old U.S. Marine war movies. I extended my run and even found a small park where, for awhile, I jogged with trees on both sides, which is very unusual in the high density urban environment of Tokyo.

If Tokyo is a high density city, then my next stop, Osaka, would score at least half as many points again on any crowded scale score card. It wasn't easy, but I managed to find a route that ran beside the canal extension of the Ajikawa River down to Nakanushima Park. That's a pretty generous description of a barren cleared section of gravel-covered land about 10 metres wide and maybe a kilometre long. But at least it was away from traffic.

The problem was, in order to get anywhere near the solitude of this area, you had to run down the main road which was under construction. Result: the already high pollution was doubled in intensity by buses, trucks, jackhammers and thousands of Japanese workers. Not exactly a pleasant run and, as the week moved on, I found it more difficult to drag myself out.

At one stage I learnt that the hotel gymnasium had a jogging track and in sheer frustration I packed my gear and set out to find it. The jogging track, as it turned out, was simply a fake grass trail around the outside of the gym itself. As the gym was only about 30'x20' you can imagine it would take numerous circuits to even make up one small kilometre but, undaunted, many Japanese runners were using the track.

Around and around and around they went, with their bodies continually leaning over as they went in a continual circular pattern. Naturally there were clocks everywhere and I realised that I could do the circuit in 36 seconds. The only problem was that I was bored stiff after five minutes.

So if you want to visit Japan, fine. But think twice about taking your running shoes. And don't bother scheduling your trip just two weeks prior to the Canberra Nike.



PRE-NIKE PARK PADDLE

Twenty-two Striders and two guests got to a rain-soaked park at 7am for the pre-Nike 11.1k race. Three times around Centennial Park.

Assisted by Celia Jarvis, Brenda Hamill, Carol Luddington, The President, a table and five beach umbrellas, Bryce Courtenay got the race more or less looking serious.

Money was taken, numbers handed out and away they paddled, Vince Engel immediately taking the lead and splashing mud all over Sam 'Bananas' Daher and Nigel Hadgkiss who followed. Ray Doran and Ron 'The Pom' Feeney followed through the puddles while Peter Cobley, Terence McIver and Wayne Stanton, looking like a 3 man Motocross event slightly behind, fought it out between themselves.

The next threesome just out of splash range were Brett Nichols, Winston Marsden and Bernard Cooley with Laurie King running like a determined plough, close behind. Peter Foulsham with his characteristic high back kick splashing the back of his immaculate white shorts with mud led the next four runners, Brent Waters, Alex 'The Kid' Hamill and 'Crash' Courtenay of Honolulu fame.

Brian Lynch and Mark Hanlon having a terrific dual were followed by John Jeston, Bob Tucker and Bob Stuart, some way behind them. Peter Hersey, Brian 'Chat-On' Colwell and Derick Titmus treated the whole thing like a Sunday stroll, they were followed by Dennis Cooley and Dot Flanagan, Dot being the only member of the family to complete as after the first lap Bill, Jane and Anne were struck by a terrible compulsion to get in out of the torrential rain, so they did.

Vince finished the way he began and, considering the conditions, raced superbly to record 36:57 for the 11.1k event. All it earned him was a bottle of crook bubbly and a cold. Nigel got nothing for second and ditto for third to 'Bananas'.

It is hoped that next year this event may gain a little in prestige.

NAME	TIME	POSITION	NAME	TIME	POSITION
Vince Engel	36:57	1	Brent Waters	44:27	13
Nigel Hadgkiss	40:10	2	Bryce Courtenay	44:34	14
Sam Daher	40:20	3	Alex Hamill	44:34	14
Ray Doran	40:45	4	Brian Lynch	45:04	15
Ron Feeney	41:07	5	Mark Hanlon	45:14	16
Peter Cobley	41:47	6	John Jeston	48:51	17
Terence McIver	41:56	7	Bob Tucker	48:56	18
Wayne Stanton	41:56	7	Bob Stuart	48:58	19
Brett Nichols	42:39	8	Peter Hersey	49:49	21
Winston Marsden	42:50	9	Brian Colwell	49:49	21
Bernard Cooley	42:59	10	Derick Titmus	49:58	22
Laurie King	43:03	11	Dennis Cooley	51:00	23
Peter Foulsham	43:21	12	Dot Flanagan	58:27	24

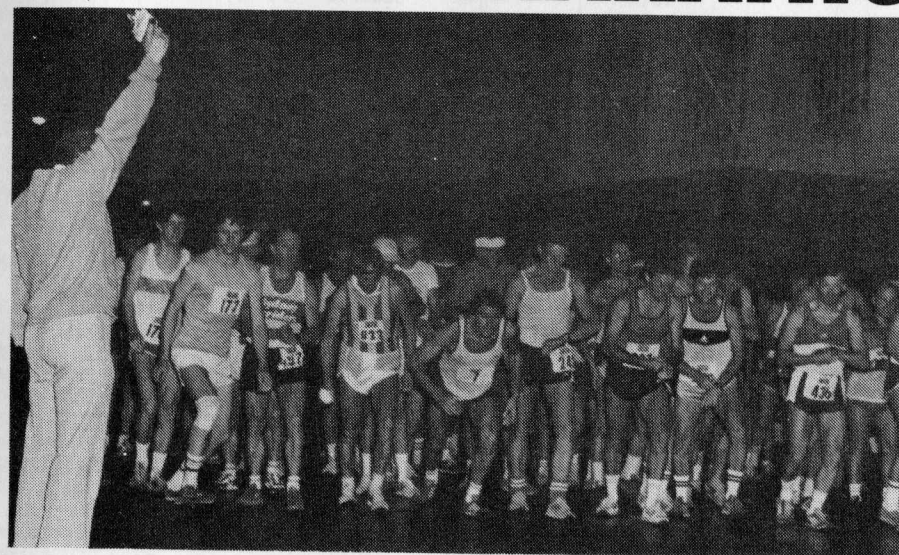
RESULTS — WEST SYDNEY ROTARY 10K

8TH APRIL, 1983

Winner:	Laurie Whitty	30:29 (Record)
Striders:	Jane Flanagan	46:49
	Anne Flanagan	51:32
	Dot Flanagan	52:20
	Frank Assenza	52:24
	Sue Thomson	66:08

FINISHERS - 400 Approximately

Get set for THE 'CITIES' MARATHON



Sydney to Blacktown
AUGUST 28, 1983
6 am start

Enquiries: Ian Winton,
Race Co-ordinator
Phone: 621-0011
Ext. 216.

ENTRY FORMS AVAILABLE - APRIL.

- * Following in the Footsteps of Australia's Pioneers along the Historic Route to the West.
- * This Route is the only A to B Marathon in N.S.W. Flat in nature, it is a good 'Runners' Course.
- * Hot Showers and Refreshments FREE at finish!

RACE REVIEW FORUM

If you attend a race where the club secretariat is not present and where you and other Striders participate, would you please forward the details to the Blister as quickly as possible using a facsimile of the form below. At races with the secretariat (Brian Colwell or delegated person) present, please give the Striders' official your race time at the race.

STRIDERS

POS.	STRIDER	TIME	POS.	STRIDER	TIME

BLISTER DEADLINE: _____

SYDNEY STRIDERS RACE REVIEW

RACE NAME: _____

DISTANCE: _____ RACE DATE: _____

TEAMS COMPETITION: YES _____ NO _____

ORGANISING CLUB: _____

CONTACT NAME: _____

ADDRESS: _____

POSTCODE:

TELEPHONE: BUS. _____ RES. _____

NO. OF ENTRANTS/STARTS	FINISHERS
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9
10	10
11	11
12	12
13	13
14	14
15	15
16	16
17	17
18	18
19	19
20	20
21	21
22	22
23	23
24	24
25	25
26	26
27	27
28	28
29	29
30	30
31	31
32	32
33	33
34	34
35	35
36	36
37	37
38	38
39	39
40	40
41	41
42	42
43	43
44	44
45	45
46	46
47	47
48	48
49	49
50	50
51	51
52	52
53	53
54	54
55	55
56	56
57	57
58	58
59	59
60	60
61	61
62	62
63	63
64	64
65	65
66	66
67	67
68	68
69	69
70	70
71	71
72	72
73	73
74	74
75	75
76	76
77	77
78	78
79	79
80	80
81	81
82	82
83	83
84	84
85	85
86	86
87	87
88	88
89	89
90	90
91	91
92	92
93	93
94	94
95	95
96	96
97	97
98	98
99	99
100	100

OVERALL: MALES 1st _____ TIME _____

2nd _____ TIME _____

3rd _____ TIME _____

FEMALES 1st _____ TIME _____

MARATHON LADDER

(As at April 10, 1983)

STRIDER	CAT.	TIME	MARATHON AS A STRIDER	DATE	MARATHON PRIOR TO JOINING STRIDERS
1. KEITH CANARD	V	2.33.46	NIKE	4/83	2.29.00 NSW STATE 1980
2. ROBERT HARRISON	O	2.33.46	BIG M	10/82	
3. BILL FLANAGAN	O	2.36.47	NIKE	4/82	
4. NEIL PLEVY	O	2.37.24	STATE	6/82	
5. TONY MCCALL	O	2.38.01	MARYBOROUGH	7/82	
6. BRUCE USHER	P	2.38.45	CAMPBELLTOWN	5/82	
7. VINCE ENGEL	P	2.41.05	NIKE	4/83	
8. STUART GREAVES	O	2.41.21	BIG M	10/82	2.19.08 FIESTA BOWL ARIZONA USA 1979
9. DAVID DONNELLY	P	2.43.47	NIKE	4/83	
10. CHARLES COVILLE	P	2.46.56	STATE	6/82	
11. BOB SHAW	O	2.48.15	NIKE	4/82	
12. SAM DAHER	P	2.48.24	NIKE	4/82	
13. FRANCIS CHAN	O	2.48.53	SYDNEY	9/82	
14. JOHN EVENNETT	P	2.49.26	NIKE	4/83	
15. DENNIS COOLEY	P	2.49.33	NIKE	4/82	2.52.51 BLACKTOWN 1981 2.40.00 TRANSVAAL STATE (RSA) 1978
16. DICK CLELAND	V	2.50.34	GOLD COAST	8/82	
17. TREVOR ROBERTS	P	2.51.16	NIKE	4/83	
18. MIKE ANSCHUTZ	O	2.52.04	SOUTH AUST STATE	6/82	
19. BERNARD COOLEY	V	2.53.45	CAMPBELLTOWN	5/82	
20. RAY DORAN	V	2.54.10	STATE	6/82	
21. WYNNE HENDERSON	O	2.54.34	NIKE	4/83	
22. RON FEENEY	O	2.55.06	NIKE	4/83	
23. OSTEN HANSSON	P	2.55.08	GOLD COAST	8/81	
24. STEVE CORNELIUS	P	2.55.31	STATE	6/82	
25. DAVE INGHAM	P	2.55.32	STATE	6/82	
26. NIGEL HADGKISS	P	2.55.57	CAMPBELLTOWN	5/82	
27. BERNIE LIEBMANN	P	2.56.05	STATE	6/81	
28. CHRIS STAPLES	O	2.56.24	CAMPBELLTOWN	5/82	
29. ALAN FARRELL	P	2.57.20	NIKE	4/83	2.52.01 AVON W. GERMANY 1979
30. LAURIE KING	P	2.57.58	NIKE	4/83	
31. MAX HENDERSON	V	2.58.22	STATE	6/82	
32. JOHN JESTON	P	2.58.48	NIKE	4/82	
33. BILL HUNTER	M	2.59.25	VETERANS	7/81	
34. MIKE BINGHAM	P	2.59.33	STATE	6/81	
35. CECIL FORD	P	2.59.43	BIG M	10/82	
36. SUE HILL	PF	2.59.46	AVON	5/81	
37. BRIAN LYNCH	P	2.59.55	NIKE	4/82	
38. PETER FOULSHAM	P	3.00.47	HARBORD DIGGERS	5/82	
39. BRIAN COLWELL	P	3.01.47	BIG M	10/82	
40. DAVID DOUGLAS	V	3.01.52	NIKE	4/83	
41. WINSTON MARSDEN	V	3.02.08	STATE	6/82	
42. MARIA GEMENIS C'SHANK	PF	3.02.20	CITIES	9/82	
43. DAVE BLACKHALL	P	3.02.24	STATE	6/80	2.57.00 HARBORD DIGGERS 1981
44. DAVE MILL	P	3.03.00	HARBORD DIGGERS	4/82	
45. BRENT WATERS	P	3.03.01	BIG M	10/82	
46. HARVEY BLUE	V	3.03.22	NIKE	4/83	
47. STEVE KNIGHT	P	3.03.26	NIKE	4/83	
48. IAN WEBB	P	3.03.38	BIG M	10/82	
49. MICHAEL MCGUIRK	P	3.04.07	NIKE	4/83	
50. CRAIG JOHNSON	P	3.04.20	NIKE	4/82	

51. DAVID PETERSON	V	3.04.53	STATE	6/82	
52. MICK EDWARDS	P	3.06.53	NIKE	4/82	
53. RUSSELL HAMMOND	O	3.07.15	NIKE	4/83	
54. PETER GARRETT	P	3.07.20	WAGGA WAGGA	8/82	
55. BERNIE KING	P	3.07.53	NIKE	4/83	
56. DAVE WILLIAMS	P	3.08.14	NIKE	4/83	
57. IVAN FREYS	P	3.09.20	STATE	6/82	3.07.00 HARBORD DIGGERS 1979
58. GAVIN CARR	P	3.09.36	STATE	6/82	
59. MARK HANLON	O	3.09.47	NIKE	4/82	
60. NEIL COLLUM	P	3.12.21	GILLAWARNA	9/81	
61. BRYCE COURTENAY	V	3.13.57	NIKE	4/83	
62. LEO LEADER	P	3.14.05	NIKE	4/83	3.05.00 CAPE PENINSULA(RSA) 1980
63. KARL TOPFER	P	3.14.31	NIKE	4/83	
64. JOHN TURNER	V	3.19.00	NIKE	4/83	
65. LYNNE EVANS	PF	3.19.29	NIKE	4/83	
66. RUSSELL BLACK	P	3.20.45	NIKE	4/83	2.50 SYDNEY 1982
67. GEOFF MURRAY	P	3.20.45	STATE	6/81	
68. PETER RYAN	M	3.21.45	BIG M	10/82	
69. JOHN DAWES	P	3.22.12	NIKE	4/83	
70. BOB CHEETHAM	O	3.22.14	NIKE	4/83	
71. RICHARD BEVAN	P	3.22.17	BIG M	10/82	
72. BOB MANN	V	3.22.20	NIKE	4/83	
73. BARRY JONES	M	3.23.18	VETERANS	7/81	
74. IRWIN LIGHT	P	3.23.31	NIKE	4/83	3.10.38 BLUFF (RSA) 1977
75. WAYNE STANTON	O	3.23.38	NIKE	4/83	
76. IAN NEWLANDS	V	3.24.54	NIKE	4/82	
77. IAN MILLER	P	3.25.54	NIKE	4/82	
78. ROBERT BLACKWELL	P	3.25.56	STATE	6/82	
79. DEREK WHITE	M	3.26.48	NIKE	4/83	3.26.24 NIKE 1981
80. GEOFF COX	O	3.27.26	HARBORD DIGGERS	4/81	
81. NEILL GUY	O	3.29.56	GILLAWARNA	9/80	
82. ALEX HAMILL	P	3.34.53	NIKE	4/83	3.26.06 NIKE 1982
83. JOHN OLDROYD	O	3.35.00	STATE	6/81	
84. JOHN FLYNN	P	3.35.37	GILLAWARNA	9/80	
85. BRENDA HAMILL	PF	3.42.59	HONOLULU	12/82	3.31.57 NIKE 1982
86. GEOFF PEARL	V	3.43.29	NIKE	4/83	
87. MIKE NATHANSON	V	3.43.58	NEW YORK	10/80	
88. ERIC WILLCOCK	M	3.45.55	HONOLULU	12/82	3.28.48 ADELAIDE 1981
89. TERRY McILIVER	P	3.47.32	NIKE	4/83	3.36.00 SYDNEY 1982
90. JOHN GALE	O	3.49.27	ADELAIDE	8/81	
91. DERRICK TITMUS	V	3.49.40	NIKE	4/83	
92. PETER HERSEY	V	3.50.00	NIKE	4/83	
93. PAM HAZLEWOOD	PF	3.55.25	NIKE	4/83	
94. MALCOLM McDONALD	P	3.57.16	NIKE	4/83	
95. ROBERT STUART	V	3.59.00	NIKE	4/83	
96. JIM DONOVAN	P	4.05.30	NIKE	4/83	
97. BOB PEIRSON	M	4.33.40	HARBORD DIGGERS	4/81	
98. TOM SMITH	V	4.40.00	NIKE	4/83	
99. ADAM THOMSON	J	4.40.18	HONOLULU	12/82	
100. DOT FLANAGAN	VF	4.42.56	HONOLULU	12/82	
101. SUE THOMSON	VF	4.53.50	HONOLULU	12/82	
102. VALERIE WILLCOCK	MF	5.16.24	HONOLULU	12/82	4.41.00 AVON 1981
103. JANE FLANAGAN	JF	5.27.56	HONOLULU	12/82	3.42.00 BIG M 1980
104. ANNE FLANAGAN	JF	6.21.13	HONOLULU	12/82	

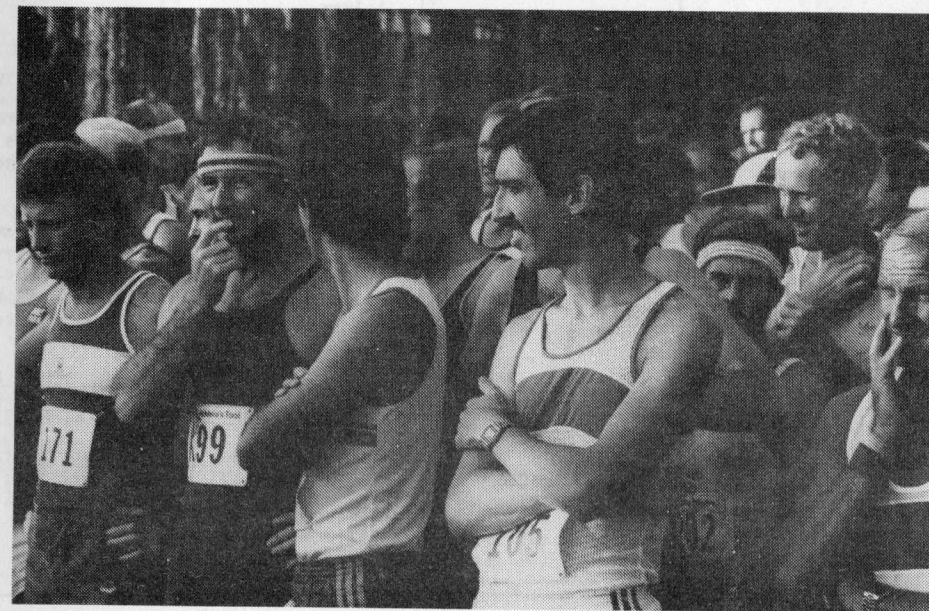
MARATHON PRIOR TO JOINING STRIDERS
(NO MARATHON RUN SINCE JOINING)

ANTHONY SAUERMANN	O	2.43.39	CAPE PENINSULA(RSA)	1980
ALAN POWYS	O	2.46.13	STATE	1982
PETER COBLEY	P	3.04.00	STATE	1982
GORDON SARFATY	M	3.10.00	TYAB	1975
ROBERT WATERREUS		3.12.32	AMSTERDAM	1982
PETER DONNELLEY	P	3.23.00	HARBORD DIGGERS	1981

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
BRUCE MURRAY	V	3.42.00	CITIES	1981
IAN CROSS	O	4.35.05	STATE	1982



Sue Thomson receives a Gore-Tex Suit as door prize from Dick Beardsley - Honolulu Marathon.



Runners waiting at the start of the 1983 Yomix Half-Marathon.



STRIDERS IN TRAINING

TITLE	CONTACT	DAY/TIME	START/VENUE
Bimbi Track Training	Neil Plevy Res. 560-3474	Monday 5.00pm and Wednesday 5.00pm	No. 2 Oval (grass) Sydney University
Sam Daher's School of Fartlek	Sam Daher Bus. 234.0390	Tuesday 12.45pm every second Wednesday 12.45pm (When Corporate Cup is not on)	Entrance to Domain opposite Mitchell Library
Talays	Bob Talay Bus. 399.3893	Wednesday 6.15pm	Talays Runners Shop 38 Frenchmans Road Randwick.
Corporate Cup	Bill Carison Bus. 218.9515	Every second Wednesday between 12.00am and 1.30pm	Domain, near public toilets, South of the Art Gallery.
Lane Cove River Runners	John Evennett Bus. 700.400	Tuesday 5.30pm and Friday 5.30pm	Lane Cove River Park. Fullers Bridge Entrance.
Wednesday Westerners	Bob Blackwell	Wednesday 6.30pm	Alternating Participants homes in inner Western Suburbs
Turramurra Trotters	Alan Cole Res. 46.3731	Saturday 7.00am	Turramurra Station Car Park (off Eastern Road.

Please advise John Evennett (982.7493) of any new groups or updates to existing groups.

COURSE	PARTICIPATING STRIDERS	DISTANCE/PACE
No. 2 grass oval	Bernard & Dennis Cooley Robert Harrison Neil Plevy	Varied speed training. <u>Note:</u> 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	Charles Coville Phil Caldwell Sam Daher Dot Flanagan Russell Hammond Laurie King Bruce Usher	Fartlek at sprinting pace
Randwick to Clovelly Either: 1) Left to Bronte, Tamarama, Bondi OR 2) right to Coogee and Maroubra.	John Dewes Bill Flanagan Sue Hill Ian Millar	2 courses of 5k, 8k and 16k run on alternate weeks. Competitive pace.
Botanic Gardens group 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 12.00am and 1.30pm
10k route on south of river.	John Evennett Max Henderson Gavin Carr Alan Powys, Sue Hill Pam Hazelwood Brett Nichols	Race Pace - Tuesday. Mediaum STAR pace - Friday.
Varying inner Western Suburba, including Iron Cove Bay, Drummoyne, Pyrmont.	Rob & Nina Blackwell Peter Garrett Neil Gerraghty Neil Plevy Craig Welch	Between 15k and 10k 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 Chen, Charles Coville, John Flynn, Dave Ingahm, Pam Hazelwood, Max Henderson, Bill Hunter, Bernie Lieb- mann, Gavin Carr.	Handicap race. Slowest runners start at 7.00am. Faster runners leaving at 1 min. intervals thereafter. 6.5k Aug 21 - Jan 8. 8.8k Jan 15 - Feb 19 10.4k Feb 26 - Apr 2 12.2k Apr 9 - May 14 14.4k May 21 - June 25 15.3k Jul 2 - Aug 6

TITLE	CONTACT	DAY/TIME	START/VENUE
Centennial Saturdays	Brian Colwell	Saturday 7.00am	Randwick Technical College entrance to Centennial Park
Veterans Time Trials	Logan Irwin Res. 570.3529	Thursday 5.50om	Hensley Park, Pagewood.
Vince's Vengeance	Bryce Courtenay Bus. 922.6877	Wednesday 12.15pm or Mon - Fri. 10K run 12.15pm	Northern Suburbs Rugby Club
Woodstock Runners	Kerry Bray Res. 74.9835	Tuesday and Thursday 6.00pm	<u>Tuesday:</u> Woodstock Community Centre, Church Street, Burwood. <u>Thursday:</u> Campbell Oval, Canterbury Park, Princess St., Canterbury.

Please advise John Evennett (982.7493) of any new groups or updates to existing groups.

COURSE	PARTICIPATING STRIDERS	DISTANCE/PACE
Centennial Park	Brian Colwell Sam Daher Mike Edwards Laurie King Steve Knight	12-20 km at medium/fast STAR pace
Track followed by additional track or road - Matraville and Botany.	Bernard/Denniss Cooley Brian Colwell, Ray Doran, Sam Daher, Bill Flanagan, Laurie King Neil Plevy, Derek White, Alan Powys, Ron Feeney.	Varied speed work; alternating weeks. <u>1st week: Track: 1 mile then, Track: 3000 metres or Road: 4 miles.</u> <u>2nd week: Track: 800 metres then, Track: 5000 metres or Road: 6 miles.</u>
Oval intervals plus Fartlek in the Park.	Alex Hamill Bryce Courtenay Vince Engels Peter Foulsham Gavin Carr	Wednesday: Intervals/Fartlek Mon - Fri - Medium pace 10.6k
Tues: Road Runs Thurs: Intervals and races on grass oval track.	Derek White	Usually 10k - Medium pace <u>Thursday: 3k down to 100m including relays. All times recorded.</u>