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Oz Export '83

'THE SPORTING EXHIBITION'

Sydney Wool Centre
 Yennora
 JULY 15th - 24th, 1983

Sydney Striders

Marathon and Road Runners Club



NO. 16 MAY/JUNE



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INDEX

	PAGE
1. EDITORIAL....Charles Coville	5
2. ERRATUM	6
3. NEW MEMBERS	6
4. SITUATIONS VACANT	6
5. SUNDAY TRAINING RUNS (STARS)....Steve Cornelius	7
6. THE LINDFIELD LOPE REVISITED....Jim Donovan	10
7. QUEENSLAND REPORT NO. 7....Tony McCall	11
8. LACTIC CRACKENBACK....Richard Bevan	13
9. THE SYDNEY TRIATHON....Bill Flanagan	14
10. LEGAL & GENERAL/HARBORD DIGGERS MARATHON RESULTS	15
11. JOGGER GETS TRAFFIC TICKET	15
12. FUN RUN RESULTS (Hurstville Rotoract)	16
13. COMMODORE COMPUTER STATE MARATHON RESULTS	16
14. N.S.W. STATE MARATHON METRONOME....Peter Copley	17
15. EUREKA....David Williams	18
16. TERRIGAL TO GOSFORD SURF TO CITY....Geoff Cox	19
17. 2 STATE 2 STEP HARRISON INDIANA U.S.A....Robert Harrison	20
18. ADELAIDE'S GREENBELT HALF MARATHON....Sue Hill	20
19. COMPARISONS OF THE YOMIX & GREENBELT ADEL. HALF MARATHON	21
20. A NON-STRIDING STRIDER....Dennis Cooley	22
21. INTERNAL CROSS COUNTRY RECORDS TUMBLE....Dave Blackhall	22
22. SITUATIONS VACANT	23
23. THE COMRADES MARATHON PROFILE	25
24. THE COMRADES MARATHON....Charles Coville	25
25. FUN RUN RESULTS (Bridge To Bay)	26
26. MARATHON BLUES FOR RUNNERS....Leonie Lamont	28
27. CITY OF CHRISTCHURCH INTERNATIONAL MARATHON....Mike Foster	28
28. TO SEMINAR OR NOT TO SEMINAR	29
29. THE WANG AUSTRALIAN MARATHON RESULTS	31
30. ALL THE WAY AT 5 MINUTE Ks....Malcolm McDonald	32
31. UNIQUE TRAINING METHOD REVEALED....John Hill	34
32. HOW AND WHY IN THE WANG....Terry McIver	34
33. BOSTON OR BUST....Gai Cunningham	35
34. INSPIRATION WITH A DIFFERENCE....Derrick Titmus	36
35. MISSED BUS BOT NOT OUT OF GAS....Robert Ward	37
36. THE WANG - A VIEW FROM AN ARMCHAIR CRITIC....Geoff Cox	38
37. RUN HOW YOU FEEL....Wayne Stanton	39
38. THE BIG HURDLE....Chris (GUNNA) Porter	41
39. MY FIRST P.B. (AND I STILL FEEL GOOD)....Ian Millar	41
40. MARATHONING - THE LONG & SHORT OF IT....Steve Knight	42
41. 3:07 AND I'M IN HEAVEN....Keith Barnett	44
42. STRIKE YOUR HEEL DONNELLEY....Terry McMahon	45
43. JIM (SCOTTIE) TRAVERS EAT YOUR HEART OUT....Alistair Mackie	45
44. HOME RENOVATIONS AND A P.B....Bob Cheetham	46
45. A P.B. AND A SUB-3 - WHAT NOW....Winston Marsden	47
46. RUNNING MARATHONS IS THE BEST....Peter Hersey	48
47. YOU NEVER KNOW WHO YOU'LL MEET AT NORTH SYDNEY....Alex Hamill	49
48. NEW CLUB RECORD AT MACLEAY MARATHON	50
49. ALL RUNNERS HIT THE WALL....Keith Canard	50
50. MARATHON DAY ESSENTIALS....Charles Coville	51
51. DEHYDRATION....Dr. Irwin Light	51
52. LET'S HEAR IT FOR THE LADIES....Sue Thomson	52
53. FUN RUN RESULTS (Apex 10)	54
54. MIDNIGHT SUN MARATHON....Susan Womersley	56
55. LETTER TO THE EDITOR	57
56. THE SUN CITY TO SURF TEAM SURVEY....Sam Daher	57
57. STRIDING ON	60
58. MARATHON LADDER	62
59. STRIDERS IN TRAINING	66
60. MARATHON SURVEY	70

EDITORIAL

by Charles Coville

The week end of the Wang Australian Marathon was an important landmark in the history of the club.

At the Friday evening carbo-loading party at the South Sydney Juniors Leagues Club, Philip Caldwell accepted the Road Runners Association Awards of excellence trophy for race organisation in the category 15k to 40k races. The Yomix Half Marathon had been voted, along with the City to Surf (up to 15k) and the Nike/Avon Marathon (over 40k) as the 3 best organised races in Australia.

Considering the age of the City to Surf (12 years old) and the Nike/Avon (8 years old), the award reflects a concerted team effort from the club in the 2 year history of the Half Marathon.

The second important feature of the June week-end was the performances of Striders in the inaugural Wang Australian Marathon.

Nike/Avon in April had produced numerous disappointing/disillusioned performances. Many STAR regulars were querying the STAR format and their own approach to the very kernel of marathon training - long Sunday Training runs (STARS).

While not everyone ran P.B.'s at the Wang, most pre-determined goals were achieved.

Many Striders, realising that a P.B. was not on, set a realistic target to regain confidence both in oneself and ones own training programme.

Feed-back suggests that the words of advice echoed in the last Blister were noted and implemented.

So, it would seem, most emerald and white runners are back on course.

With only 4 local marathons remaining on the calendar for 1983, members should carefully consider the wisdom of aspiring to another P.B. Both the size of the field and the type of course should be considered.

Alternatively, the P.B. aspirations could be placed in the bottom drawer until 1984 and those other shorter races could be enjoyed without the pressure of a marathon P.B. hanging over your head.

By all means run the remaining marathons, but let's not get hooked up on too many P.B.'s in one year.

Talking of P.B.'s, Keith Canard rounded off the week-end by establishing a new club marathon record up in Kempsey of 2:32:33, having taken 1:13secs off the old record held jointly by himself and Robert Harrison.

Keith also became the first Strider to win a marathon. Congratulations Keith.

Charles Coville

ERRATUM

BLISTER JUNE EDITION NO. 16

- * Blister Cover - The cover should have been printed March/April No. 15
- * Jerusalem to Jericho - 'Vast Woman' should read 'Fast Woman'
- * Nike - Striders Results - The Striders summary reflected a high 25% (16) non-finishers. This statistic should have been qualified. It included many members (sick, injured, etc.) who entered officially and started, but had no expectation or intention of completing the distance. The value represented the balancing figure to arrive at the total of 63 starters.

NEW MEMBERS

As at Sunday 19th June, our membership stood at 155 (17th April - 138)

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

Keith Barnett	Philip Halpin	Jenny McCoy
Harvey Blue	John Hill	Terry McMahon
Jeff Burgess	Peter Keeble	Ken O'Connor
Gai Cunningham	Carol Luddington	Christine Porter
Bryan Fenn	Herb Luddington	Paul Roberts
Mike Foster	Merri Mack	Jenny Walker
Godfrey Franz	Peter Markham	Andrew White

SITUATIONS VACANT

Our roving reporter John Dawes has in recent times spread his allegiances between a Cheetah and a Swan.

The Sydney Swans have recruited John as editor of their monthly newspaper. Congratulations John, we knew that your Blister training would stand you in good stead for the future.

While not completely relinquishing his role with the Blister, a vacancy has arisen to assist in the compilation of your magazine. In particular, the role of New Member Profiles requires a new roving reporter. This regular column is considered to be an essential feature of the magazine, but alas, we have no-one to interview our new members.

A few other minor requirements accompany this position (e.g. updating the ladder). Why not call John Dawes 398.5391 or Charles Coville 476.6440 for more details on the ultimate tax avoidance position (no income - no tax).

SUNDAY TRAINING RUNS (STARS)

by Steve Cornelius

Date	Venue	Host	Attendance
17 April	North Head Trek	John Evennett	40
24 April	Rushcutters Rocks	Brent Waters	78
1 May	Turramurra Trail	M.Henderson/P.Hazlewood	55
8 May	Port Botany Panter	Bill Flanagan	26
15 May	Harbourside Hike	Steve Cornelius	75
22 May	Cross-Country	Dave Blackhall	50
29 May	Vaucluse Gallop	Bryce Courtenay	80
5 June	Tourist Trot	Sam Daher	80

Attendances at STARS have continued to be generally good, in spite of sometimes adverse conditions. The large numbers now attending STARS have forced the abandonment of the old attendance-sheet, which was originally designed for the now-defunct Clubrunner competition, and was becoming impossible to fill in with any accuracy. So the attendance figures quoted above are approximate, but fairly accurate. Totals in the 70's and 80's are now becoming quite common, and one is tempted to ask, where will it all end? One of my more nightmarish flights of fancy sees City-to-Surf-like gatherings every Sunday, with 25000 Striders pounding down some major highway, levelling tracts of virgin bush, with drink-stations and brass bands along the way and a 22-carat stoush at the finish as all 25000 of them fight for the right to get into Bryce Courtenay's spa pool!

Perhaps I overestimate the pervasiveness of the running boom (I always was prone to hyperbole) but there is no doubt that the growing membership of the club has forced us to do a bit of re-thinking here and there. Start/finish venues for STAR runs are being moved to parks and reserves, except where hosts have large back-yards and tolerant (or deaf) neighbours. Catering arrangements these days are sometimes the work of two or more people, whereas one person used to be able to cope easily.

But perhaps the most serious problem arising from the swelling numbers is the question of runners' personal safety. Even with the field divided into three groups, there are sometimes as many as 50 runners taking off at once, and the resultant congestion seems to cause some of them to believe they are immortal. On a number of occasions recently, very large groups of Striders have been seen to coast along the middle of a street in decidedly cavalier fashion. Soon after the start of the recent Vaucluse Gallop, for example, one committee member risked making himself unpopular by stopping a group of almost fifty runners and begging them to have a little care for their own safety.

Literally two minutes later, I began to wonder why he had bothered, because there they all were again, hogging the centre of the road, sitting ducks for any car which happened to come round the corner. Some of the runners concerned have been with the club for many a month now; they weren't all newcomers. Hadn't they heard him?

Let's put it this way. The club doesn't carry insurance, nor do we feel that we should be obliged to. We don't want to act like Gestapo, because the STARS are meant to be pleasant social runs that everyone can relax and enjoy. But we certainly don't want to finish up scraping one or more of our members off the tarmac. It's up to you.

CROSS-COUNTRY

To lighter topics. Thanks are particularly due to Dave Blackhall and his organising team, who once again provided us with a memorable cross-country on 22 May. I have to admit that I did my level best to convince everyone that it would be an easy, flat, pleasant run through attractive bushland. In the event, about five weeks of continuous rain preceded this race, making it rather less like an easy run and rather more like a biathlon, but most participants seemed to take at least some masochistic pleasure in the dreadful conditions. Just one question: which malevolent person arranged for Sam "Abominable Snowman" Daher to be lurking in the bushes 3 km from the finish, for the second consecutive year? This time he even exceeded last year's teeth-gnashing and growling performance, and chased me all the way up the hill to the shopping centre, scaring the living bejesus out of me. Next year I will refuse to participate unless armed with a stout cudgel to fend off such attacks. Anyway, many thanks to all the marshals and other helpers who turned out in the rain and helped to make the day a success.

NEW STAR

This itinerary saw the addition of one new STAR run, the Turrumurra Trail, hosted by Max Henderson and Pam Hazlewood. This was also a most enjoyable, if slightly damp, event. Only two Striders felt bold enough to brave the cold of the swimming pool afterwards. However, at Bryce Courtenay's residence a few weeks later there were a great deal more subscribers to the warm, bubbling spa pool; only a very few Iron Men ventured into the pool proper. The next itinerary will probably see the addition of a new Bobbin Head run to replace Bill Hunter's old favourite, and there is even some talk of a new jaunt in the Frenchs Forest area. For those of you who feel inspired to add to the club's repertoire, we are still sadly lacking in the Inner Western suburbs.

RUNNING PACE (AGAIN!)

One last word; I have been asked to stress that the new "slow-medium" group has been specifically instituted for those runners who wish to run at about 5 minutes per km. This group should suit particularly those who would expect to complete a marathon in 3:15 to 3:40. If you are significantly faster than that over the marathon distance, and you elect to join this group, would you please run at about the pace mentioned above? Otherwise, you are wrecking the group by prematurely splitting it up, thus defeating the very purpose of a STAR run, namely to provide a GROUP run. The "fast-medium" group is really not all that daunting, and has even on a number of occasions recently been seen to actually run slower than the slow-mediums!

SOCIAL EVENTS

On the social scene, Stuart Greaves, Bill Flanagan and Lynne Evans provided us with a memorable evening's video entertainment ten days before the Aussie Marathon. Highlights from seven or eight great races were shown, and we were provided with yet another opportunity to analyse the "Courtenay Stagger" at the finish of last year's Honolulu Marathon (twice!). Then on June 11, the night before the marathon, over 40 people rolled up to the Italo-Australian Club to stuff themselves with pasta, and most of them had to be rolled down the stairs afterwards. The Striders' inaugural Carbo-bash was officially declared a great success.

AUSTRALIAN MARATHON TEAMS ENTRIES

Five six-man team entries were submitted for the Australian Marathon. One of these teams (named "STATE-COMM STRIDERS") consisted of State and Commonwealth Public Servants, and was entered in the Government Departments category. The other 24 members were divided strictly on the basis of marathon personal best times into 4 more teams, and entered in the Sporting Clubs category.

The original intention was to enter non-public-servants in the Business Houses category, in an attempt to better the club's chances of picking up a prize or two. However, after much discussion it was decided, in the interests of fairness, not to exploit the apparent loophole in the rules. It was felt that implicit in the category name "Business Houses" was the assumption that all members of such a team should actually work for, or at least have some relationship with, the business house concerned, and that failure to comply with this implicit obligation would lay the club open to the charge of "fixing" that we have laid against certain other organisations in the past.

The composition of the teams was as follows:

STATE-COMM STRIDERS (Govt. Depts category)

Bill Flanagan	Sam Daher	Ray Doran
Harvey Blue	Laurie King	John Dawes

SYDNEY STRIDERS A TEAM

Brian Fenn	David Donnelley	Charles Coville
Bob Shaw	John Evennett	Dick Cleland

SYDNEY STRIDERS B TEAM

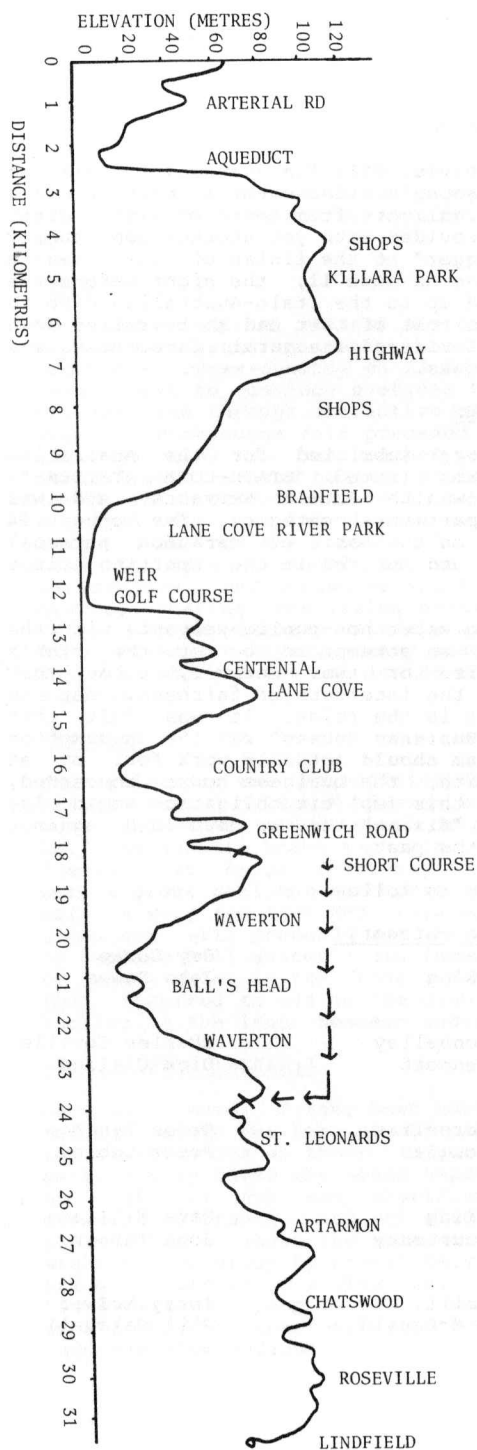
Russell Black	Steve Cornelius	Brian Lynch
Brian Colwell	David Douglas	Peter Cobley

SYDNEY STRIDERS C TEAM

Russell Hammond	Bernie King	Dave Williams
Robert Waterreus	Bryce Courtenay	John Turner

SYDNEY STRIDERS D TEAM

Wayne Stanton	Alex Hamill	Terry McIver
Peter Hersey	Malcolm McDonald	Phil Caldwell



The first Lope, in 1981, was widely criticised for its toughness. "At least 35K", said one. "Like running uphill for three hours", said others. One normally-keen runner finished the course in a train! In response to general feeling, the course was reduced by: a) removing Watlie and Powell Streets, Killara. b) replacing Burns Bay, Longueville and Northwood Roads with Landers-Phoenix and the Country Club.

With the help of our new Trumeter, the course has been accurately surveyed. The distances are 26km (short) and 31K (Long). The profile shows just how hilly the course is, particularly after the 12km mark.

by Jim Donovan

THE LINDFIELD LOPE REVISITED

QUEENSLAND REPORT No. 7

by Tony McCall

This month I've done something a little different. Most of us are interested in other people's training methods. I managed to corner one of Queensland's top distance and fun runners, Mike Pullinger, and coerced him into an interview.

Few athletes in this State would be able to tolerate his tough week-in/week-out training routine. While not having quite the basic speed of the Austins, Andrews, etc. he gets good results through sheer hard work. Mike, who will be 28 this year, has been running since he was 14. I include a list of P.B.'s over various distances for interest.

800 metres	-	1:53:8
1500 metres	-	3:52:0
5000 metres	-	14:53:7
10000 metres	-	31:23:0
10 miles	-	50:30:0
Marathon	-	2:26:20 (1980)

Q. How did you first get into running?

A. I started off involved in High School Schools athletics and was chosen in the 4x100 metres relay, never being quite good enough for the individual 100. Subsequently, I looked for an event where I could represent the school and that's where I started running 800's. The very first 800 I ran I beat the guy who was chosen to represent the school and so from then on I was running that distance for the school. My next door neighbour was athletics coach for Nundah Athletics Club and he saw me running an 800 in the school championships and suggested that I join his group. I started off with him not thinking that I'd last very long because he was the sort of bloke where you had to train every day or not at all. I found that I enjoyed it and developed from there, running 800's and 1500's at school and c/c, in winter.

Q. Your mileage would've been pretty low in those days?

A. Perhaps 30-40 miles a week at most with a 5 to 6 miler on Sundays as my long run!

Q. You've obviously built up on that foundation; what do you prefer, c/c, track or road racing.

A. Without a doubt I'd say road races. Cross Country is good during winter and track is just something to keep me fit. I'd like to run some good track times, but I don't think my style suits good track performances. I much prefer road but c/c breaks into that nicely, too.

Q. What does a typical training week consist of?

A. Basically, I work on 30 week cycle, which usually begins in February and goes through till October. I increase my mileage month by month in that period and hit a mileage peak about May/June and try and maintain that the rest of the cycle. I'm fairly mileage conscious because I've found I need high mileage to get really fit and get results. The week itself begins with an 18 to 21 miler on Sunday at perhaps 6.30/mile pace. If I've had a race the day before, it's a good recovery run and it also starts the week off well. Sunday afternoon I may do 3-4 miles (Mike tends, like a lot of other runners to still think in miles). The rest of the week I do 4-6 miles in the morning at a pace dependent on how I feel. Monday night I do a fartlek session including some short sprints and a couple of fast miles with a 5 minute recovery in between. Tuesday night, another long run being from 12 miles at the start of the season building up to about 16 miles later on. Wednesday is track

night where I do long reps. maybe miles or even 2 miles and that's never slower than 5 min/mile pace. Within my season I end up peaking at 2 separate two milers and 2 or 3 separate miles with very short recoveries. It just means you're training at the pace and under conditions you'll be racing with. Thursday a 10-12 miler recovery and Friday night another 4-6 miler. I never taper for ordinary inter-club races, only State/National events or an important fun-run. I intend doing more hills this year also.

- Q. Your State 25k time at Kerry last year was outstanding (1:20:48 over a tough course) why haven't you run a better marathon time?
- A. In 1980 when I ran 2:26:20 it was my first serious marathon and it was run solely to make the Queensland team and I was astonished to run that time. Ever since then I believe my training and racing indicate that I'm faster than that time and every time I get ready for a marathon I'm confident of doing better. It seems, though, that on the day either the conditions have been against me or I've made bad tactical errors in going out too hard in an effort to kill that time. I believe, though, that my next serious marathon I'll beat that time by being more careful in the opening miles.
- Q. Do you do any stretching or lift weights?
- A. I did some weights at school and found them boring, even though along the way I was advised to use them. I'm a great believer in what Cerutti said "The best thing for running is running." Stretching I don't do much of. I might do some warm-up exercises, but really when I get home at night I have to get going otherwise the day has gone.
- Q. Ever had an injury which has stopped you from running?
- A. I had a stress fracture in 1972 which side-lined me for 3 months. It was caused by twisting my ankle in a c/c race. Otherwise, just the usual crop of niggling things which occasionally need an ice pack.
- Q. Do you ever miss a day simply because you're cheesed off?
- A. They'd be few and far between. I think the hardest part when you feel like that is putting your shoes on and getting going. I have cut sessions short because I just didn't have it, but otherwise I'll go. You've got to be flexible, however.
- Q. What's been your most memorable win?
- A. I won the State 12k c/c title in 1976. I'd been running number 2 to Gerrard Barrett all season and when he went to Sydney to run the City to Surf, I was fortunate enough to win the title. That was my first Senior title, but the most pleasure I've had was from my second placing in the 1980 State Marathon and my second in last year's State 25k.
- Q. How many State titles have you won?
- A. In the Senior ranks, I've won the 1976 State 12k c/c. the 1980 and 1982 State Ten Mile Ch/ship and various Junior championships.
- Q. What's been your biggest disappointment?
- A. Without a doubt, not beating that 2:26:20. It's a bugbear because I really like the marathon. I know I can do it, but until I do it doesn't matter.

My chat with Mike may help you with some of your own ideas on running. While it hasn't inspired me to run 100 mile weeks/13 sessions per week, I can see where I can perhaps broaden my training program. If it was of some interest I may do another interview with someone else later on. I have a couple of well-known people in mind.

For my own running, since last issue I've had one race, a half-marathon. Gary Mayor won in 1:12:19. I managed to catch Steven Grose in the last 800 metres for a second place in 1:15:42.

One last thing - my visitors for the Gold Coast Marathon, please place your bed booking now. If Brian Colwell is coming up, bring some tucker as well - we'll all need it.



LACTIC CRACKENBACK

3rd April, 1983

by Richard Bevan

The Thredbo Summit Run doesn't actually go quite as far as the summit of Mt. Kosciusko. But it does go all the way up to the top of the Crackenback chairlift, starting from the valley. 2k might seem on the short side for a race, except that this one includes 600 vertical metres. This is serious hill-running, even for a Sydney resident. And since the start is at 1,500 metres or so, there's not quite as much oxygen as usual.

So here I am, visiting for a relaxing Easter weekend, with some gentle walking and running on the agenda, when I learn that the annual epic is due to take place on the Sunday. Moreover, an attractive T-shirt is up for sale, and while this is available to all (whether or not they enter, let alone finish) there is something about earning a T-shirt. Well, to cut a not very long story even shorter, I fronted up at the appointed time, duly clad in Striders racing uniform, with team manager and medical adviser Cecil Ford ready to take the lift with clothing and sustenance for the finish. Cecil, with thoughts of the Nike, wisely forbore to enter for this scramble.

The course has some options. It's a race from the bottom of the lift to the top, via any route. Some go direct, others divert to the sides to ease the angle and (in theory) raise the overall pace. The ground right under the lift is mostly very rough, with loose earth and boulders in places. But this route is, of course, short. By contrast, the more circuitous routes are mostly up steep, but reasonably smooth grass. I learned that last year's winner took a semi-direct route, traversing the first (very steep) section. Everyone has to finish up the equally steep final rocky section, as the only alternative adds about half a mile.

It seems that no-one (or hardly anyone) runs the whole way. Many sections are simply so steep that each move is about like stepping-up onto a chair. Trying to run these would waste a lot of energy with little speed gain. But wherever the angle used the leaders were running.

The weather was beautiful: bright sun; a slight breeze; about 12C. 100 or so competitors turned out (no entry fee, by the way, thanks to good local sponsorship).

My strategy for the event was based on the idea that it would be impossible to start slowly enough. It worked, in that after the first third of the course, I was overtaking steadily, and only overtaken once. But talk about lactic acid. I'll have to join Sam's school. It was the Woolloomooloo steps 60 times.

I made it in just about 30 minutes of alternating step-ups and running (on the spot, it seemed) to be greeted by an enthusiastic crowd, blankets, and soft pasture to fall onto. Cecil, via chairlift and a steep scramble, arrived a few minutes later. He was reasonably glad, I think, to have satisfied his training requirements relatively aerobically on the Khancoban road earlier that morning.

Well, in due course we came back down the lift, met up with the rest of our party (who'd had an easy day with a seven hour walk across the Main Range) and returned to base in early evening. Awaiting was no less than a pewter mug, suitably engraved indicating that I'd come third in the 'under 50s' category. This means 40 to 50, and a generous interpretation of the age rule ('40 this year is close enough' they said) gave me something I thought I'd never achieve (except maybe in a club handicap): a running trophy.

I recommend the event for all Striders (except those in the 'under 50' category, since I plan to repeat my third place for the next several years). Just be sure to train with 10,000 step-ups a day.



THE SYDNEY TRIATHALON

by Bill Flanagan

NARRABEEN - February 28, 1983

While most Striders were sweltering through the inaugural Vacluse Viewfinder STAR, 4 Striders diversified into the Triathlon. The Shoreline of Narrabeen Lagoon was a hive of activity at daybreak with last minute preparation of bikes by the competitors and their seconds starting off with the swim. The swim was shorter than expected (thankfully), due to an error in buoy placement - 1.5km instead of 2.1km. It will be back to 2.1km next year.

The distances in this event are challenging enough, but with some big long hills like Mona Vale Rd and Powderworks Rd thrown in, it becomes frightening, especially in the heat. After battling through the swim and cycle, it was disconcerting to finally reach my 'speciality' stage and to feel that I'd be lucky to make the distance. However, once on the run, my spirits picked up when I started catching other runners who were obviously specialist swimmers or cyclists or who hadn't paced themselves.

All Striders made the most of their speciality leg by picking up a number of places on a course that resembled a battlefield as midday approached. While I did not "hit the wall", I felt that the final mile of this event was as hard as the final miles of a marathon, except that the pain could be felt from the neck, shoulders and back down to the legs instead of just in the thighs and calves - nothing a bit more training on the bike and in the water wouldn't solve though.

RESULTS	1.5k Swim (S.P*)	56K Cycle (S.P*)	(P.P*)	21.1k Run (S.P*)	Final Time
1 Tim Hall	23:02 (27)	1:42:16 (5)	(7)	1:23:16 (2)	3:28:47
STRIDERS					
55 Peter Foulsham	25:49 (49)	1:56:03 (75)	(64)	1:44:38 (55)	4:06:30
70 Russell Black	33:12(120)	1:54:44 (62)	(94)	1:45:51 (59)	4:13:27
89 Bill Flanagan	29:52(103)	2:07:10(128)	(123)	1:45:38 (57)	4:22:40
141 Cecil Ford	41:19(153)	2:21:08(149)	(152)	2:23:57(132)	5:26:50

*S.P. = Sectional Placing P.P = Progressive Placing

FASTEST

Swim	D. Purcell	19:49	Overall place 26
Cycle	M. Harris	1:38:32	Overall place DNF
Run	P. Godbee	1:20:26	Overall place 3

N.B. THE DATE FOR NEXT YEAR'S TRIATHLON IS 26 FEBRUARY, 1984

I would concede that running marathons at frequent intervals may be mainly of benefit to novices building up stamina and confidence. I guess that as the speed of running builds up, so does the physical stress and hence running them at too frequent an interval would be counterproductive. I am looking forward to the time when I can reach 30k, feel good and speed up over the last distance. Judging by the number of Striders who passed me around 20k and who kept on increasing their distance from me, I still have plenty of room for improvement. Perhaps the answer is heavy boots over longer distances as prescribed by C.Y. Incidentally, thanks to all the Striders for their encouragement. To me it is the difference between a good run and an enjoyable run.



MARATHON RESULTS

Sunday 1st May, 1983

1	Chris McLean	2:28:31
2	Steve Pollard	2:30:02
3	Bill Carlson	2:36:46

STRIDERS

7	Keith Canard	2:40:42
11	Vince Engel	2:47:17
18	Alan Powys	2:54:57
24	Russell Black	2:57:52
30	Alan Tucker	2:59:19
35	Alistair Mackie	3:01:35 Novice
41	Steve Knight	3:04:58
56	John Evennett	3:10:06
56	Sue Hill	3:10:06 First Female
82	Irwin Light	3:18:24
88	Dave Blackhall	3:19:37
97	Merri Mack	3:22:07
196	Gavan Carr	3:52:14

259 Total No. of Finishers

29 No. of Sub 3 Finishers (11%)

JOGGER GETS TRAFFIC TICKET

Newcastle Herald - Saturday 21.5.83

AUCKLAND, Friday - Craig McLeod, of Auckland, is probably the first New Zealander to receive a traffic ticket for jogging. 'I never imagined I would get a ticket for running', Mr. McLeod said today. He was booked for jogging too wide on the road and for failing to comply with a traffic policeman's instructions.

FUN RUN RESULTS (HURSTVILLE ROTORACT)

Hurstville Rotoract 8K - May 1st, 1983

Winner: Laurie Whitty - 24:22

1st Woman: Penelope Just - 29:13

Striders

Adam Thomson - 34:56

Sue Thomson - 47:19

commodore COMPUTER STATE MARATHON

RESULTS - Sunday 8th May, 1983

1	John Stanley	2:24:11
2	Horst Wegner	2:25:04
3	Greg Sockhill	2:27:03
	Pat Marshall	3:02:24 (1st Female)

STRIDERS

70	Peter Cobley	2:57:27 P.B. by 6:33)	THIRD IN THE MEN'S OPEN TEAM
84	Harvey Blue	3:00:41	) AWARD.
94	Brian Lynch	3:02:54	)
98	Ray Doran	3:04:46	
102	Osten Hansson	3:05:39	
111	Russell Hammond	3:08:26	
113	Alan Tucker	3:08:50	
114	Richard Cleland	3:09:23	
138	Jenny Walker	3:13:18 (2nd Female)	
165	Robert Stuart	3:18:16 P.B. by 41:39	
169	Ian Newlands	3:19:39 P.B. by 5:05	
184	Anthony White	3:22:32	
190	Robert Waterreus	3:23:42	
211	Terry McMahon	3:26:42 Novice	
213	Nobby Young	3:27:56 Novice	
225	Cecil Ford	3:31:27	
232	David Williams	3:32:12	
253	Bill McCrindle	3:38:04 Novice	
259	Derek White	3:39:57	
263	Barry Jones	3:41:21	
269	Richard Bevan	3:42:24	
278	Peter Hersey	3:44:11 P.B. by 6:24	
296	Herb Ludington	3:48:20	
299	Steve Cornelius	3:48:38	
302	Gai Cunningham	3:49:41 Novice	
305	Geoff Burgess	3:51:19	
371	Derek Titmus	4:14:52	
381	Carol Ludington	4:21:15	
397	Anne Flanagan *	4:48:12	
403	Dot Flanagan	4:58:19 P.B. by 93:01	

SUMMARY

No. of finishers - 404.

No. of Sub 3's - 79 (20%)

N.S.W. STATE MARATHON METRONOME

by Peter Cobley

The 1983 State Marathon on May 8th was my first Marathon as a Strider (third overall) and I was determined to beat 3 hours - my previous P.B. being 3:04 in the 1982 State Marathon.

My philosophy is that anyone can run a sub-3 hour Marathon if they are prepared to sacrifice their work and social life and train over 200 kms a week for several months. The challenge to me is to do it without disrupting my normal life (i.e.) only training up to 80km per week for 3 months.

My training started in earnest in January with the strategy of building up from 1982's mileage of 50km per week to 80km per week. (When I ran my P.B. of 3:04 in the 1982 State Marathon, some of the other runners had laughed when I told them I was only training 50km per week). Training revolved around a long run (28-32km) every Sunday morning, although I didn't start running regularly with the Striders until February, by which time I was running 60km per week. In March, I started running to and from work in the City once a week (26km round trip) and this extra distance brought my training up to 80km per week in March and April. My other training included Fartlek, some Friday 10km races with the Lane Cove River Runners and whatever else I could fit in.

With the extra distance I started developing some lower back pains. After consultation with the Striders Doctors, I introduced a shoulder stand stretching exercise after each training session. In Yoga terms, it is called the plough position and involves keeping the legs straight and lowering them back over the head until the toes touch the floor, and then holding the position for a couple of minutes. In addition, I religiously followed "Ten Easy Exercises to Prevent Injuries" as outlined in Runners World (Nov. 1982) and cannot stress their benefits too strongly.

Race day was Mother's Day and even at 6.00am there were dozens of flower stalls open on the way to Holsworthy Army Camp. The 8.00am start was nearly five minutes late as the howitzer and Mayor of Marathon were positioned for simultaneous blast-off. It was a warm sunny day and my tactics were to run 4:10km all the way and finish in about 2:56. In the past, I have tended to start pushing from about 25km and "hit the wall" around 37km. This time I was not going to increase pace before 30km however good I felt.

After 2km I teamed up with Osten Hansson and we ran like a metronome at 4:10 pace until 30km. In contrast, Harvey Blue had a magic formula of splits which took him backwards and forwards past us!

Between 30 and 35km the heat began to take its toll and we dropped back to 4:25 pace. Fortunately I had been taking two drinks at most drink stations and I had a second "wind" at 35km. I pushed ahead and started overtaking all those people who had dared to go past me in the previous few km. In reality I was probably only running at my original 4:10km pace because my final time was 2:57:27. I had not "hit the wall" and had done a P.B. by 6:33! Afterwards I did my stretching exercises, jogged for 2km and recovered with hardly any ill effects.

The race course is excellent for a fast time and the organisation of the race itself was good. However, the toilet facilities before the race and drink and shower facilities (icy cold water only) after the race, leave a lot to be desired.

* Category winner of Commodore Vic. 20 Colour Computer.



EUREKA

by David Williams

I have found the answer.

It all started after my recovery from the Nike Marathon in which I gave my "all" for a time of 3:08:14. In the hope of getting nearer to or, indeed breaking the 3 hour barrier in the Australian marathon, I made a decision to incorporate an "easy" marathon in my training schedule.

The most suitable marathon turned out to be the NSW State Marathon held at Holsworthy Barracks on 8th May. I completed the mandatory entry blank and arrived early for the start. I bumped into Steve Cornelius who announced his intention to not only run the marathon, but also an additional 8 ks. I don't usually talk to the lunatic fringe, but on this occasion, I quickly rejected his invitation to join him and, instead, relaxed in the car with a coffee and a cassette of Beethoven.

At the start of the race I fell in alongside a disturbingly fresh "Pinnocchio" Cornelius and we had a steady run for the first 30 kilometres, enjoying a relaxed conversation with each other and the various race officials. It was pleasant to stop at the various drink stations and leisurely taste their wares, rather than the usual frantic gulping when on the perpetual hunt for P.B.'s.

Crossing the finish line I felt strong and had not suffered any pain or stress of any kind throughout the run. I suddenly realised that my recent efforts to improve my marathon time had taken me a long way from the principal reason for my running - the sheer enjoyment of it all, to be at peace with my mind and my body and to get away from the eternal pressures of life. Yet there I was putting pressure on myself to obtain P.B.'s.

Sure it's good to find one's limits and to push one's self occasionally - but not every marathon, which includes the stress training necessary to peak for each event. With such pressures it is no wonder that many marathoners can only run two or three marathons a year. Under my new "Mahatma" philosophy, I intend to race one marathon a year and run for pleasure as many others as I can fit in. That way I think I will get the most out of my involvement with running.

I accept that I will always be a "hot dog" runner (here come the slow runners - let's get a hot dog!) and thus will miss much of the fame and all of the fortune - but I am certain that the pleasure I will get from running more and more marathons will be ample compensation.

Maybe this approach will eventually improve my performance in my annual hard race, but I'll have to wait and see. Perhaps I should review the first year's trial of this low key philosophy and see whether I have got the most possible out of my running - but in the meantime I can strongly recommend to you all the benefits of running easier marathons between the P.B. efforts.

Stop and smell the flowers along the way.



TERRIGAL TO GOSFORD SURF TO CITY

by Geoff Cox

On May 8th, the Gosford Apex Club put on their 11th annual Surf to City. The course begins at Terrigal beach and ends in Gosford.

There are normally a few Striders up for this run, on this occasion, however, I only saw one, that was Wayne Stanton (apologies to any others who were there). I guess the fact that the State Marathon was being held that day, and because the Australian Marathon was only a few weeks away, some runners decided to miss this "sprint" event.

However, if the Striders were not there in force the big names certainly were: John Andrews, Laurie Whitty, Danny Boltz, Steve Poulton and Andrew Lloyd were all out for a brisk Sunday run. A \$3000 Pacific Cruise for the winner may also have had just a little to do with it.

The race began at 10am, after about 50 metres you have to climb the first hill. I started with Wayne but soon edged slightly ahead. The first half of the course is over hills and then it levels out for a flat 5km run home. It was on this flat that Wayne Stanton came flying past at a rate of knots (it must be all those STAR training runs). I tried to go with him, but eventually I had to concede defeat. Anyway, he had helped pull me to my best time for the course (39.28). Wayne finished about 45 seconds faster.

The race was won by John Andrews from Laurie Whitty in race record time. The bottle shop attendant at East Gosford Pub assured me that those two were flying when they came past. I think I would be flying too, if I was 2km from the finish and the difference between first and second was a Pacific cruise and a clock!

It is always a good day out, and run, up there, I recommend it highly to any Strider who is interested in the slightly shorter fun runs.

RESULTS

MEN :	1st John Andrews	31.40 record	WOMEN :	1st Penny Just	39.48
	2nd Laurie Whitty	31.48		2nd Julie Windred	41.16
	3rd Danny Boltz	33.20		3rd Kerryn Salmon	41.43
	4th David Forbes	33.48			
	5th Andrew Blackman	33.55	STRIDERS :	Geoff Cox	39.28 46th
	6th Steve Poulton	33.55		Wayne Stanton a few	places ahead.

ACKNOWLEDGEMENTS - Our thanks to Wayne Stanton for hours of club ladder updating. (See 'Situations Vacant' on pages 6 and 25 if you feel inclined to lessen the work load on the Blister).



2 STATE 2 STEP HARRISON INDIANA U.S.A.

by Robert Harrison

Dear Striders,

Just thought I would drop a line to say I am alive and kicking and am still wondering about all the Striders Marathon times throughout this year. I have been doing a lot of partying and (raging in the Australian language), grog drinking (booze in American) since I have been in U.S.A., but was conned into a 10km fun run while in Chicago a few weeks ago. Jogging a few miles in my Sydney Striders T-Shirt, someone else beside me appeared wearing the same T-Shirt as me. I thought I'd hit the wall on my jog.

After getting over the initial shock, he informed me it was a swap he made in Honolulu with one of us. Bob, his name, told me I must run the 2 State 2 Step, a run crossing from Indiana into Illinois, and back. So off the grog I went and concentrated on speed (the running type) and hills for 2 weeks prior to this run, unsure of how I would perform this 10km run.

After getting a train and a greyhound ride, I was met by Bob, who, in turn, drove me to the start of the race. I was more concerned with the pretty ladies who were blooming now that Spring had arrived, so I had no pre-race nerves.

Bang.

Black & White runners everywhere, an unfamiliar sight to my eyes, 1st mile 5:05, bit fast I wondered, 2nd mile 10:10, suddenly SPLASH, a black runner asked them to toss some water at him, they missed and I was in the way, but it was a godsend as the conditions were humid. So the race went on, 5 miles 27:03, sitting on the tails of a couple of tiny Mexicans, fine wind shield they turned out to be.

A quick calculation under 34 mins pace, feeling very strong, I kicked on to finish in 33 minutes 28 seconds. 9th place out of 1,000, P.B. by 42 seconds. Won a prize for furthest distance travelled to the race, Sydney Australia to Hammond Indiana.

So now back to the grog for a few more months before returning to Aussie.

Keep on Striding.



ADELAIDE'S GREENBELT ½ MARATHON

by Sue Hill

15th May, 1983

Though there seems no limit to the distance Sydney Striders will travel to run a marathon, obviously the ½ marathon doesn't have quite the same lure. However, I did spot one green & white singlet - that of Michael Anschutz who came a very creditable 13th overall.

What a contrast the route was to that in Lane Cove River Park. No need to supply a course profile - it was almost totally flat. But it was not without interest to

foreigners such as myself. With both visual and odouriferous qualities i.e. we passed everything from the Festival Theatre, Town Hall and Parkland to the Zoo & Racecourse stables.

Of a total of 1,150 starters, (including 181 women) 1,140 completed the race - and in conjunction with the ½ marathon, a further 738 ran the 6km fun run. Obviously this race could go on to bigger and better things. Next year, hopefully, the organisers will allow for the short sighted, like myself, by providing red obvious distance markers. (With some difficulty I spotted only four, or was it five). And with few supporters along the route, a bit more enthusiasm and jovial support from those at drink stations would add to the atmosphere.

Despite having just returned from a month in the U.K., Mora Main (who set a new women's record in the Striders ½ marathon) ran a consistent race, challenged by South Australian's Desiree Letherby and Maureen Moyle. She finally finished second to Desiree in 1:20:29.

In the men's division, winner Peter Brett took the lead at 6km, never to lose it, and won in 1:06:58, 1½ minutes ahead of second place getter, Robert Turner.

It was interesting to note that in the men's division, the times were slower than those in the Lane Cove River Park, despite the advertised flat fast course. Was it the quality of the field, the wind, the scenery - who knows. What excuse can I use for my own mediocre performance of 88 minutes - was it old age, lethargy, or the all too plentiful South Australian Wines?

Still, don't be deterred by the slow times - if you happen to be in Adelaide in May 1984 and the day is calm and cool, I'm sure fast times can be achieved.

EDITOR'S COMMENT: Modest Sue nevertheless did take out the women's 40-49 age category.



COMPARISONS OF THE YOMIX & GREENBELT (ADEL.) ½ MARATHON

	Greenbelt		Yomix
Entries Accepted	Male	1059	1093
	Female	201	149
	Total	1260	1242
Finishers	Male	960 (84%)	838 (89%)
	Female	180 (16%)	106 (11%)
	Total	1140	944
Finishers By Time			
60 - 70 minutes		3	10
70 - 80		47	88
80 - 90		233	246
90 - 100		307	282
100 - 110		276	183
110 - 120		158	96
120 - 135		92	34
135		24	5
Total		1140	944

	<u>Greenbelt</u>	<u>Yomix</u>
<u>STRIDERS</u>		
13 Mike Anschutz	1:14:23	
130 Sue Hill	1:28:30	
<u>Overall Males - Greenbelt</u>		
1 Peter Brett	1:06:58	1:05:58 Andrew Lloyd
2 Robert Turner	1:08:13	1:06:54 Colin Neave
3 Robert Sweet	1:09:45	1:07:28 Gary Hand
<u>Females - Greenbelt</u>		
1 Desiree Letherby	1:19:30	1:19:43 Mora Main
2 Mora Main	1:20:29	1:22:25 Pat Marshall
3 Maureen Moyle	1:21:24	1:23:07 Georgina Moor-Price



A NON-STRIDING STRIDER

by Dennis Cooley

I have heard along the grape vine that a few of the Striders have asked what's happened to me as I haven't been seen for some time. Well they will be pleased to know that I'm alive and well.

In fact, I have never been better. The self imposed rest from the daily run, interposed with speed sessions, has been marvellous. Indeed I almost wish it would not end. However there are two reasons why it can't go on forever, (1) conscience; (2) weight problems. The first I could almost live with, but the second I can't control, unless I stop enjoying life and go on a diet, but if that happened then the rest would no longer be enjoyable and I may as well go back to running. So for reasons beyond my control, nature has ordained that I soon start back striding with the Striders.

During my rest I was able to catch up on my office work which pleased clients no end. My own work at home stopped piling up as I was able to give it some attention. Late night T.V. could be watched without worrying about the early morning run.

Numerous bottles of wine have been consumed and my wine cellar, which had been neglected over the last few years, especially the whites, was being built up again. Indeed I noticed that Chris Staples was trying to "flog off" some wine, from Tyrells. I can tell Chris that if he has any 1981 Vat 47 Chardonnay at \$10.00 per bottle, then he can sell me a bottle or two or three or four.

As a matter of fact I'm getting quite bored with all this marathon training - not mine, it's non-existent, but my brother Bernard's whom I'm tipping will run a big one in the Australian marathon. There's a group of us waiting for the end of this race so we can all go out to a good B.Y.O. restaurant and open a few special wines, which we do each year. Last year I provided a 1961 Grange Hermitage. However there is no playing up while he is in training - such will-power! Unfortunately, all good things must come to an end.

I recently wrote a letter to Robert Harrison and he replied saying he will soon put a stop to this wayward life style. Apparently he is going in next year's London marathon and he insists that I train for Nike, so we can train together. I am not looking forward to this as he trains whether its rain, hail or shine, which is not my idea of fun.

So all you Striders, when you next see me on an Eastern Suburbs run and I look miserable, you will know why.

About that Jerusalem to Jericco race reported by Derek White, it was apparently reported in the Roman Press, "Tempi", I think, that Castellus and Baruch protested. What with all this wine changing and running on water, but because they had dehydrated because of the wine, they sent a messenger, the Arcangel Gabriel to lodge a protest.

The judges, the Three Wise Men, could find nothing in the rule book to cover what the young Rabbi had done, but admitted that his goings on were very strange indeed. However they decided that the wisdom of Solomon was required but as he was no longer around, the decision stood.

Good story Derek, I enjoyed it immensely.



INTERNAL CROSS COUNTRY RECORDS TUMBLE

by D.S. Blackhall

A record field of 49 runners faced the starter on May 22nd last for the 2nd Annual Sydney Striders Internal Cross Country Championship.

The field got away sharply at 8.00am under overcast skies and in almost ideal temperatures. The course was heavily rain affected with six deep creek crossings to be forded, and these brought more than a few runners undone.

The winner, in course record time, was new member Godfrey Franz. Godfrey, who joined the Striders during a recent visit to Australia, hails from Johannesburg in South Africa and showed local Striders a clean pair of heels in 54:55. He has promised to return as a resident at some near-future date, so we can expect to see him defending his title next year. Godfrey also has a marathon P.B. of 2:21 so it looks like some sharp rearrangements at the top end of the Club ladder are in the offing.

Second finisher (non-member) was Peter Spitzowsky who ran 55:14 also inside the old course record. Peter, a former A.C.T. Cross Country Club Member is planning to join Striders shortly. Second Strider home, and again inside Bruce Usher's former best mark (57:19) was expatriate Yank, Vince Engel in a smart 56:02. Wayne Stanton was 3rd place-getter in 58:40, again showing the remarkable talent which has taken him from jogger to leading club runner in a few short months.

Only four women members contested this year's ladies event, but again, Lynne Evans' old mark of 77:24 took quite a beating. First home was Gai Cunningham who ran a strong 68:45 to set a new record by 8 mins. 39 secs. Merri Mack, in her first outing on the Striders Cross Country was also inside the prior record with a solid 71:57. Dot Flannagan took 3rd place with 96:00, a SM P.B.!

In the special awards category, first Veteran was Peter Donnelly with a blistering 60:32, leading second place-getter and Marathon ladder leader Keith Canard in by over half a minute (61:06).

Terry McMahon took out the prize for the best pre-race time estimate. He ran 75:56. His estimate? Just one second more - 75:57!

The story of the day has to belong to last place-getter Julian Brenchly who ran 114:45 at his first attempt at that sort of distance. Julian, a student, had been cajoled into running with Striders after hearing great reports of the relaxed, friendly STAR runs, but chose the Cross Country to cut his teeth on. Julian remarked that he fully expected to hit "the wall" but didn't plan to have to part the Red Sea as well. Undeterred, Julian has joined up, and we can expect to see him at more traditional Striders Sunday outings in future.

The post-race repast was well up to normal Striders standards and all participants seemed well-pleased with the experience.

There was one post-race protest. Phil Caldwell voiced the opinion that President Coville actually DID walk across the top of the water at all creek crossings.

We hope to see you all again next year. A full list of results is appended. Good luck and good running.

FINAL RESULTS - 22nd May, 1983 - 15.3km Approx.

A. Race Statistics	* Starters	49 (course record)
	* Striders	45
	* Non-Members	4
	* Finishers	49
	* Male	45
	* Female	4

B. Place Getters

* OPEN	1st G. Franz	54:55 (course record)
	2nd V. Engel	56:02
	3rd W. Stanton	58:40
	- P. Spitzkowsky	55:14 (crossed second - non eligible)
* VETERANS	1st P. Donnelly	60:32 (course record)
	2nd K. Canard	61:06
* LADIES	1st G. Cunningham	68:45 (course record)
	2nd M. Mack	71:57
* BEST ESTIMATE	T. McMahon	1 second variance

C. Detailed Results

PLACE	NAME	1983 TIME	1982 TIME	PLACE	NAME	1983 TIME	1982 TIME
1	G. Franz (O)	54:55	N/A	23	B. Flanagan (O)	68:05	59:01
N/A	P. Spitzkowsky	55:14	N/A	24	D. Williams (P)	68:16	N/A
2	V. Engel (P)	56:02	N/A	25	R. Hayden (V)	68:28	N/A
3	W. Stanton (O)	58:40	N/A	26	L. King (P)	68:39	N/A
4	R. Shaw (O)	59:03	N/A	27	G. Cunningham (F)	68:45	N/A
5	G. Cox (O)	59:15	59:55	28	B. Colwell (P)	68:47	72:31
6	P. Donnelly (V)	60:32	N/A	29	A. Thomson (J)	69:35	N/A
7	R. Hammond (O)	60:58	61:44	30	B. Waters (P)	69:51	N/A
8	C. Coville (P)	61:03	59:12	31	B. Cooley (V)	71:30	66:18
9	K. Canard (V)	61:06	N/A	32	M. Mack (F)	71:57	N/A
10	B. Fenn (P)	61:12	N/A	33	D. Cleland (V)	72:13	68:40
11	B. Nichols (O)	61:13	N/A	34	G. Greenland (P)	72:26	N/A
12	D. Cox (P)	61:48	N/A	35	P. Caldwell (P)	72:43	71:05
13	W. Marsden (V)	62:01	N/A	36	L. Leader (P)	73:55	N/A
14	D. Douglas (V)	62:34	N/A	37	M. McDonald (P)	74:55	78:17
15	R. Doran (V)	63:04	63:33	38	J. Donovan (P)	75:37	N/A
16	P. Copley (O)	63:11	N/A	39	T. McMahon (V)	75:56	N/A
17	I. Freys (P)	64:15	N/A	40	G. Pearl (V)	76:43	N/A
18	S. Cornelius (P)	64:36	N/A	N/A	M. Donnelly (P)	78:57	N/A
19	S. Daher (P)	64:48	N/A	41	P. Hersey (V)	79:52	82:46
N/A	R. Carrick (O)	64:58	N/A	42	H. Luddington (V)	84:51	N/A
20	T. McIvor (P)	65:35	N/A	N/A	M. Hearn (O)	89:58	N/A
21	P. Foulsham (P)	66:42	N/A	43	D. Flanagan (F)	96:00	101:00
22	J. Turner (V)	67:43	N/A	44	S. Thomson (F)	98:09	N/A
				45	J. Benchley (J)	114:45	N/A

Memo: Winner's av. Pace = 33.35s/km (5:44/mls)



SITUATIONS VACANT

SOCIAL ORGANISER

Lynne Evans has recently resigned her role as social organiser. Our thanks to Lynne for her services over the past 1½ years.

This committee position is open for nominations. It involves organising events such as the video/film, carbo-loading and the annual prize-giving evenings as well as the December family day BBQ. It also allows for participation in Club decisions and planning the club's future.

AD HOC PROJECTS

Numerous ad hoc projects arise during the year that require involvement at a non-committee level (other than the final report back).

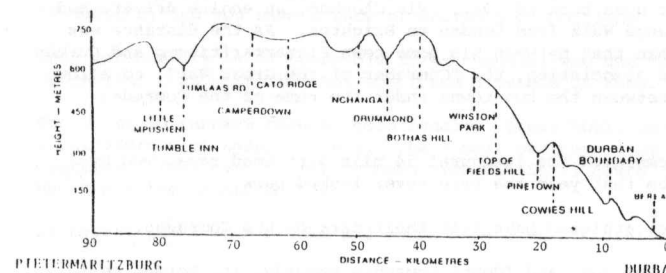
Recent projects included the research for the manufacture of club medallions and the 'negotiations' for the use of an athletic track for club purposes (details to be released shortly).

Please advise Charles Coville or John Evennett if you are interested in either the Social Organiser role or being listed for special projects.

SITUATION FILLED

Our thanks to John Edwards for his role as Treasurer over the past year. We welcome Bob Mann aboard as our new Treasurer.

COMRADES MARATHON PROFILE



The 1983 incredible journey of Comrade Bruce (See story on P. 26)

- 16K - One hour into race lying approximately 100th
- 45K - Half way, 40 seconds behind leaders
- 60K - Catches leaders
- 78K - 10 minutes ahead of field
- 88k - 15 minutes ahead and 9 minutes sliced off his own record.

1983 Strider - Alan Tucker - 8:18:00 approximately.



THE COMRADES MARATHON

31st May, 1983

by Charles Coville
(finisher of the event on 7 occasions)

Since sports boycotts were implemented against South Africa, the general awareness of the outside world of sport within South Africa has diminished.

Rebel touring sports teams do capture newspaper headlines, but the ongoing internal sports events receive little publicity.

Yet in the eastern province of Natal, a road race of unbelievable proportions has been quietly growing in leaps and bounds while most of the world's running fraternity have been none the wiser.

Every year on Republic Day (31st May), a 90k road race, the Comrades Marathon, is held alternatively between the coastal port of Durban and the sleepy inland provincial capital of Pietermaritzburg. While the distance may impress you, you will be even more amazed by the course profile and the size of the field.

In 1983 there were 6636 entrants, 5867 starters and a staggering 5322 finishers within the 11 hour time limit. That represents an official finishing rate of 91%.

South Africa is without doubt the ultra marathon capital of the world. The reasons are not hard to find. The Comrades Marathon is steeped in tradition, and since expulsion from international competition, including the Olympic Games, leading South African road runners have converted to an obscure distance which would not appeal to your marathon superstars in any other country.

The Comrades Marathon has become the ultimate ambition of most runners. The event is one of the annual sporting highlights where the winner becomes a household name.

The history of the event goes back to 1921. Vic Clapham, an engine driver, had read about a Stock Exchange Walk from London to Brighton. As the distance was only a few miles less than that between his home town Pietermaritzburg and Durban he asked the ex-soldiers association, the "Comrades of the Great War", to allow him to organise a race between the two towns under the name of the Comrades Marathon.

16 of the 34 starters completed the inaugural 54 mile dirt road race, won by W. Rowan in 8h 59m. From that year the race never looked back.

Over the years many super athletes have left their mark on the Comrades.

Arthur Newton held both the 'up' and 'down' Comrades records, the London to Brighton record, the world 50 mile and 100 mile records, as well as the world 24 hour record. He ran 9 Comrades and won 6 of them between 1922 and 1927.

Newton's mantle was taken over by Hardy Ballington who won 5 of his 7 Comrades during the 1930's.

The only unbeaten multiple winner, and at 46, its oldest winner, was Wally Hayward. In 1930 he won at the age of 21. He won again 21 years later at his second attempt as well as in 1951, 1953 and 1954.

Jackie Meckler won 5 Comrades in the early 1960's and held almost as many world endurance records as Newton.

During the middle 1970's Alan Robb established himself as the ultra superstar, with 4 victories.

It was in 1981 that Bruce Fordyce won his first Comrades, in the record time of 5.37.28 and gave warning that he was to dominate the early 1980's. He followed up his 'up' victory with a 5.34.22 for his 'down' run win in 1982.

However the way Bruce won this year's event was more stunning than his hat-trick of victories. The 27 year-old Wits University runner established himself as perhaps the greatest Comrade winner of all time by not only winning by 15 minutes from a star-studded field, but by also breaking the course record by an incredible 9 minutes and only missing the 'down' record, traditionally 10 minutes apart, by a mere 57 seconds.

In simple terms that represents a 2h 35m marathon back to back plus an additional 8k's (over a course that can only be described as very difficult). His 1982 London to Brighton victory proved that he is a 'horse for all courses'.

The 58th Comrades also set records for the supplies required on race day (marathon organisers please note).

The 38 refreshment stations were sufficiently well stocked to cater for all runners' needs. Outside assistance and cars on the often narrow and winding road are prohibited. The stations consumed 300,000 plastic bottles, 30 tonnes of ice, 83,000 sponges, 180kg of petroleum jelly, 60,000 soft drinks and 250,000 litres of water.

Add to this the army of personnel on the course which included 1750 refreshment station helpers, 240 marshalls, 165 traffic police, 175 first aid nurses and 18 doctors, and you have a race of enormous proportions.

Race personality is 74 years old Liekge Boule, who was not only the oldest competitor this year, but has completed a record 39 runs.

The first 10 runners receive gold medals. These hotly contested awards require a performance of under 6 hours. The 3 hour marathon converts to a 7½ hour Comrades. 1983 saw 572 silver medalists within 7½ hours. Finishers under 11 hours receive bronze medals.

In recent years both blacks and women have been officially recognised.

Without doubt the cruelest feature of the race is its conclusion. As the 11 hour time limit is reached, a gun is fired to conclude the race. Each year athletes on the track, metres away from the official finishing line, hear the dreaded shot telling them that it's all too late. No medal, no certificate, no listing in the results book.

After 11 hours on the road, it's all over with nothing to show officially.

The Comrades is without doubt one of the world's toughest races. The distance, time constraints and hills make any finisher worthy of being a true Comrade.

FUN RUN RESULTS

BRIDGE TO BAY 8.5 km

29th May, 1983

1st: Laurie Whitty - 25:02.
2nd: Jodie Kearns (time unknown).

1st Woman: Mary Lawson (time unknown)

Striders (apologies to anyone left out).

Peter Donnelly	- 33:29
Adam Thomson	- 34:26
Brian Colwell	- 37:20
Frank Assenza	- 43:07
Max Henderson	
(and son)	- 44:00
Julian Brenchley	- 45:26
Sue Thomson	- 46:42



MARATHON BLUES FOR RUNNERS

by Leoni Lamont

Sun-Herald June 19, 1983

For marathon runners, a healthy mind and a healthy body may not be the real motivation for grinding their bodies over gruelling distances.

A Melbourne Niversity study was revealed that many men run marathons in an attempt to stave off mid-life blues, and in the process damage their health, work, and family relationships.

A research team led by a senior psychology lecturer, Dr. Jeff Summers, surveyed 459 of the 5,423 runners in the 1980 Big M marathon. They found that more than half the competitors were aged between 30 and 50, and that as the entrants got older, they pursued not only fitness, but goals such as mastery over the body.

"For people in mid-life crisis it is one way to achieve something, it represents a difficult physical challenge with a lot of social kudos attached" Dr. Summers said.

The team concluded that many runners were looking at ways to overcome their personal problems, and ways of improving their self esteem.

"The meaning of the marathon extends far beyond the event itself - it gives you a reasonably sure way to get an ego boost."

Thirty six percent of the surveyed runners suffered from what Dr. Summers called a "negative addiction". He said this was characterised by a compulsive need to run at least once a day or running when injured. It also involved neglect of home, work and family.

Emotions

He said runners in the 31-40 age group reported increased strain on personal relationships during training.

"Clearly the sheer time and energy involved in training for a marathon can lead to a certain degree of conflict in the relationship of married partners."

Two of the commonest reasons given for running in marathons was to improve fitness and to lose weight.

A runner's "high" was experienced by 42 per cent of those surveyed, generally during the 15-27km stage of the marathon, with runners reporting feelings of a trance-like state and psychological well-being.

Nearly 70 per cent said they gained some personal insight, citing self confidence, body control, and mind over pain. Older competitors mentioned this more than younger runners.

Apart from the mental motivations for running marathons, Dr. Summers said there was mounting medical evidence that running a marathon was physically harmful.

"I know of a number of runners who are crippled. I think the human body is built for running such a distance, but not over concrete pavements."

CITY OF CHRISTCHURCH INTERNATIONAL MARATHON

By Mike Foster

The marathon and half marathon were run on June 5, sponsored by the City of Christchurch. For those of you who have never been there, the place is running crazy and there seems to be a never ending procession of fitness fanatics out pounding the pavement.

The marathon course itself is the same one that was used for the 1974 Commonwealth Games. Essentially it is a very flat course commencing from the Q.E. 2 stadium and then proceeding along the Avon River, through the City, into Hagley Park and up Memorial Avenue to the Airport, which was the half-way mark, and then returning via the same route back to Q.E. 2 stadium (it sounds easy as I reflect on writing this article, but was to turn out to be anything but easy in practice).

From what I can gather there were about 1000 entries for the marathon and somewhere between 1500-2000 for the half marathon. The field was made up of essentially local runners. It was expected that Toshiko Seko of Japan would enter the race as apparently he was keen to break the "world record" on this flat course and better his own personal best of 2:08:38. Unfortunately for the organizers Seko didn't front and so it was left to the Kiwis plus one Sydney Strider to fight it out. As both races started from inside the stadium the two races were started separately with the full marathon starting at 10.00 am and the half marathon some 10 minutes later. The relatively late start I assumed was to let the mercury rise a few more notches. There was 3 or 4 degrees of frost on the morning of the race and by start time I estimate the temperature to have been around 4 or 5 degrees.

The race commenced on time and this Strider set off on his first marathon with a 3 hours - 3 hours 10 minutes objective. This was the moment of truth after a very solid build up of training runs and I had assessed the 3 hour time as being realistic.

After some sorting out during the first couple of kilometres I hit my planned pace and ran along the river and maintained my splits for the first 10 kms. So far so good, and the scenery and spirit of the race was good. Through the City and Hagley Park to the 15 km mark and still spot on schedule and enjoying the race. At this point I was feeling very warm and decided to discard my gloves. This proved to be a big mistake as I would soon find out. I should mention because of the conditions, which were much colder than this Aussie was used to, I was wearing a singlet, long sleeved lightweight woollen sweater with my racing singlet over this.

At the 16 km mark the course swung up Memorial Avenue for another 5 km to the turning point at the airport. Memorial Avenue is a straight, very wide road, and at this point we ran into a cold head wind of about 6 knots.

I reached the halfway point in 1 hour 27 minutes, some 20 seconds ahead of schedule, still feeling really strong and warm. How things were about to change.

At the turn we ran down Memorial Avenue on the other side of the road which was in the shade with the wind now blowing on our backs. This was our Strider's undoing. Conditions were now cold, so I am told, but I still felt hot. Actually, allowing for the wind chill factor, the temperature on this stretch of the race was probably about 2 degrees C.

At the 23 km mark I was starting to slow down. My brother-in-law, who is a doctor, saw me at the 24 km and later told me I was white. The further I ran the weaker I got. At 25 km I was 2 minutes over schedule and I remember thinking it surely couldn't be the wall at this stage of the race. After all, in training this distance presented no problem.

By 30 kms I was back in the City and down to jogging pace and any thought of a good time had disappeared. In fact my main concern was to finish, and believe me the way I felt this would be no mean feat.

After a few more kilometres I took my first walk. Although I kept fighting the urge to walk for a long time, I finally succumbed. The rest of the race was a series of walks and jogs back to the stadium.

And now for the finale. To finish this Sunday caper we needed to complete 1½ laps of the Q.E. 2 stadium. No way was I going to walk this section. Putting on a brave face I ran what to me was the longest lap and a half in the history of mankind.

At the end of the race my brother-in-law checked me out. I was icy cold although I felt warm. I was suffering from hypothermia which in simple terms means a loss in body temperature. When you lose body heat your blood vessels become smaller and hence the nice white colour and loss of strength. When I look back on it, I was lucky to finish. Oh yes, my time was 3:41:52 which was extremely disappointing.

After going to bed for a few hours after the race to get warm, I had recovered and was already planning my next race, which will be in a warmer climate and hopefully will be run closer to the 3 hour time goal.

I have learnt from my experience and for what it is worth to any of you who plan to race in a colder climate, here are a few tips:-

1. Dress warmly and wear gloves and a hat as it is the extremities of the body, i.e. hands and head where you lose body heat.

2. If you are sweating, change your clothes at the half-way point. The minute or so lost in changing is good insurance rather than run the risk of hypothermia.
3. Baby oil applied to the legs and other exposed areas helps protect against the cold.
4. Allow yourself enough time to acclimatise, i.e. arrive there 2 weeks before the race if possible.

I hope my experience won't turn any of you off this marathon which I rate very highly. It's well run and organized, a very pretty course, well controlled by the police, plenty of drink stations and toilets and plenty of enthusiastic spectators.

Anyone going to New Zealand in June should give this one a go.

Incidentally the winner was John Dixon in 2:17:33.

TO SEMINAR OR NOT TO SEMINAR

by Three Observers

At the Bill Rodgers seminar organised by the RRA last year a broad cross-section of runners came away feeling very disillusioned. Perhaps the legendary Boston Billy did not speak for long enough and was tired from his flight. However, excuses aside, his question/answer discussion left his fans disappointed.

What the RRA function highlighted was the difficulty of catering for both the serious marathoner and fun runners in a single forum. It also emphasised the importance of seminar organisers briefing their speakers on the needs and expectations of their audience.

The Australian Marathon Seminar in early June once again left most runners disappointed.

Pat Clohessy forgot (or hadn't been properly briefed) that most marathoners had spent months preparing for the big one. He approached the session as though 500 Norms had cast their tinnies aside, eased out of their armchairs and asked - how should I train for a marathon? With barely a week remaining, runners did not want to know how to start training. Would it really benefit Joe Runner to do 11 x 200 repeats 5 days before race day if his only ambition is to finish around 3½ or 4 hours?

The 'latest in carbohydrate loading' session should have had every runner ready to take notes. But it was not to be, with the crucial questions regarding carbo loading left unanswered. Most of us still do not know if the experts believe that carbo loading is anything more than an attempt to increase spaghetti sales.

Feminist Francine St. George did more damage than good to her cause by presenting a lengthy paper which had the audience falling asleep as she droned on and on resummaring her summaries. What a pity that the presenter of 'Woman - a special case?' could not update her notes with the new Woman's Marathon world record. It helps to convince your audience if your facts are current.

The remaining 2 speakers were on target (heat exhaustion and injuries). What a pity that the advice offered by Dr. Chrichton could not be easily implemented. His suggested fluid intake of 2 to 3 litres was difficult on race day due to miniature paper cups supplied at refreshment stations (see Dr. Irwin Light's article on Dehydration).

Thank goodness for Robert deCast ella. At the Carbo loading party 2 nights before the marathon, the well groomed Rotterdam Rocket spoke authoritatively, humorously and (most importantly) personally about himself and marathoning.

He had the large audience eating out of his hand as he made us all aware that we had a superstar of whom we could be most proud.

Finally, nothing irks runners more than condescending speakers who readily confess to be non-runners themselves and yet address runners on technical topics, or masters of ceremonies whose corny comments would have appeal to a non-running audience. Their level of communication invariably misses a beat. Ray Warren questioned Cliff Young on various topics that were old hat and which all runners know to be sensational nonsense. Cliff handled the league commentator with the skill of an ultra interviewee. "How many pain barriers did you go through?" (during the Westfield Ultramarathon) was a typical non-runner question (... but the audience was primarily runners!) that should really have been addressed to frustrated runners enduring boring speeches.

I hope that the seminar audience has not been switched off from attending future speeches/discussions. There are good topics/speakers around. My apologies to speakers if they were not properly briefed and presented a paper that did not reach their audience.

For myself, I'll stick to reading magazines and the correspondents' reports on the most recent seminars.



WANG AUSTRALIAN MARATHON - 12th June
OVERALL RESULTS (APPROX 2300 FINISHERS)

MALES (SUB 2.20)

1.	R. Tabb (USA)	2.10.53
2.	D. Murphy (UK)	2.11.17
3.	D. Edge (Canada)	2.14.25
4.	D. Matthews (USA)	2.15.18
5.	D. Froude (NZ)	2.15.18
6.	J. Anderson (USA)	2.16.49
7.	J. Stanley	2.17.03
8.	L. Whitty	2.17.04
9.	G. Hand	2.17.17
10.	S. Poulton	2.17.20
11.	L. Adams	2.18.01
12.	G. Clews	2.18.34
13.	N. deCastella	2.19.45

FEMALES (SUB 2.40)

1.	A. Loir-Leberton (France)	2.36.54
2.	M. Sloane	2.37.49
3.	J. Asgill (UK)	2.38.51
4.	J. Colwell	2.39.25

* * * * *

STRIDERS	WANG		NIKE	
No. of novices	6	9%	8	12%
No. of P.B.'s	26	36%	21	45%
Other	40	55%	18	43%
Total	72		47	



STRIDERS	TIME	P.B. IMPROVEMENT OR NOVICE	STRIDERS	TIME	P.B. IMPROVEMENT OR NOVICE
Bob Shaw	2.42.55	5.20	David Peterson	3.09.22	-
Charles Coville	2.47.51	-	Bernard King	3.11.41	-
Peter Cobley	2.50.00	7.27	Terry McMahon	3.11.49	1.15.41
Harvey Blue	2.50.16	6.44	Gavin Carr	3.12.39	-
John Evennett	2.51.14	-	Steve Cornelius	3.13.34	-
Chris Staples	2.51.28	4.56	Merry Mack	3.14.17	-
Alistair Mackie	2.52.24	9.11	Bob Cheetham	3.14.28	8.01
Steve Knight	2.53.00	10.36	Bill Flanagan	3.14.58	-
Sam Daher	2.53.08	-	Robert Waterreus	3.15.37	-
Bernie Liebmann	2.54.43	-	Ian Millar	3.16.03	9.51
Dave Douglas	2.54.43	7.10	Max Henderson	3.16.47	-
Wayne Stanton	2.55.19	28.20	Terry McIver	3.17.17.	30.15
Ray Doran	2.55.24	-	Irwin Light	3.17.38	-
Bernard Cooley	2.56.32	-	Alex Hamill	3.19.46	6.20
Brian Lynch	2.56.59	2.54	Robert Ward	3.20.00	Novice
Jenny Walker	2.57.39	-	Gerry Greenland	3.20.37	Novice
Winston Marsden	2.57.59	4.09	John Dawes	3.20.42	1.30
Russell Black	2.58.51	-	Bryce Courtenay	3.26.39	-
Alan Farrell	2.59.34	-	Peter Hersey	3.28.40	21.55
Sue Hill	3.00.29	-	John Hill	3.29.36	Novice
Peter Foulsham	3.00.43	0.04	Cecil Ford	3.30.17	
Richard Cleland	3.01.13	-	Richard Bevan	3.30.19	-
Anthony White	3.01.24	2.12	Geoff Pearl	3.32.23	11.07
Laurie King	3.02.59	-	Malcolm McDonald	3.33.14	24.02
Mick Edwards	3.04.51	2.02	Herb Ludington	3.40.26	-
Mick McGuirk	3.05.17	-	Peter Keeble	3.41.04	-
Brett Nichols	3.05.29	Novice	Derek Titmus	3.46.44	2.48
Gai Cunningham	3.06.56	42.42	Bruce Murray	3.47.16	-
Dave Ingham	3.06.57	-	Phil Caldwell	3.52.45	Novice
Keith Barnett	3.07.32	24.48	Eric Willcock	3.53.47	-
Russell Hammond	3.07.52	-	Jane McCoy	4.19.40	Novice
Brent Waters	3.07.59	-	Nigel Kingsmill	4.28.56	-
Dave Williams	3.08.31	-	Pam Hazlewood	4.51.08	-
John Turner	3.08.51	10.27			

ALL THE WAY ON 5 MIN K's

by Malcolm McDonald

The Australian Marathon gave me the opportunity to test two ideas developed following the Nike Marathon and after talking to club members. My time in Canberra of 3 hours 57 minutes had the usual stories many first-up marathoners experience. Going too fast early, a lack of liquids, the wall etc. etc.

I was naturally keen to improve this time and complete the course in Sydney. Herb Luddington gave me some very sound advice in estimating anticipated times for a marathon. Simply multiply your fastest 10km time by 5. In my case this was 42 mins. $\times 5 = 3\text{hrs } 30\text{min}$. This time would certainly be an improvement on my previous time and quite possible if I didn't experience "the wall" again.

It meant running 5 minute/km with no allowance for the fade which people talk about. Steve Cornelius talked about the psychological advantage of passing other runners during the last 10km. I felt this would greatly assist me as I had experienced the opposite in Canberra.

After deciding on a 4min/km pace, I had to work on my splits, great use was made of the markers in the Lane Cove River Park. A few Sunday runs were used to prove that I could cover 30kms at a 5 min/km pace and still have some energy to take me through to 42km. On the big day I did keep to the 5min/km pace from start to finish. The "magig" of passing so many competitors during the last 10km really did wonders. My time of 3:33 was really satisfying.

What I didn't include in the calculations were the 2 unexpected toilet stops and the 195 metres at the end



UNIQUE TRAINING METHOD REVEALED

by John Hill

The Wang Australian Marathon was my first attempt at such a distance. I followed a unique training programme. Not for me the advice of experienced runners. Not for me the tips in 'Blister'. I was guided solely by my sons. At nine months of age they dictated my training programme imperiously. They frequently over-ruled my decision for an early morning run by staying up most of the night bawling. Alternatively they over-ruled my planned evening run by driving their mother crazy during the day, requiring Dad to stay in and help. As a result my pre-race training was about half that which I had planned six months before as a lead up to the race.

I figured from my efforts on the STARS, and other shorter runs that I could amble along fairly comfortably at 5 minutes per kilometre. I thought that a three and a half hour marathon was respectable enough to disclose in public. So $3\frac{1}{2}$ hours became the target, telling myself not to be too disappointed if it blew out to 4 hours.

I was surprised on the day by the number of others who also claimed to be aiming for $3\frac{1}{2}$ hours who went out so quickly. Modesty perhaps. I intended to run a little under 5 min. per km for the first 25 to 30km, allowing a little over that for the rest, anticipating the fade. I found it difficult to keep the speed down for the first 20km. I was determined to run my own race, and not to be lured into going out too fast. The half way point came up in 101 minutes - it was easy and I felt great.

Things got more tiring, and boring, on the stretch to LaPerouse. I was met there by a friend (not a distance runner) who was going to keep me company. We took the hills easily, and 5 min. per km was still on.

Then came the 37 km mark. I did not hit any 'wall', but I was very weary. No discomfort, just that the body wanted to go slowly - that's not honest - the boyd wanted to stop! I couldn't work out the sums any more to see if I was on target, my friend did that! I used up the few minutes that I had in credit so far, and more. The $3\frac{1}{2}$ hour target seemed just a little out of reach.

The 40 km mark. I could smell the finish. Was it the smell of the crowd and the roar of the greasepaint? It seemed that I had tons of energy. I stepped up the pace, ending with a sprint - well it seemed like a sprint to me! - into the stadium and around to the finish. The clock said 3.30, and that was good enough for me.

I can't wait for the next marathon. I'm hooked. I just want to knock 10 minutes off that time.

Tips for novices ?

1. Don't ask me, ask a good runner.
2. Well, you did read on - so, run your own race, don't allow yourself to be diverted from your race plan (provided it is well thought out, and appropriate to your ability).
3. Run the STARS, they are a fantastic and necessary build up for a marathon.

HOW AND WHY IN THE WANG

by Terry McIver

After training hard for Canberra - Striders 14 week program and not doing too well (severe stomach cramps at 25k and a time of 3 hours 37 minutes) - where did I go wrong?

I found out that, if you deplete the week before and are not used to it, the big change in diet can cause the cramps.

How

I kept on training but this time concentrated more on stretching as I was getting very tight in the legs and weak in my arms. Stretching and weight lifting before and after each run.

I made my next Marathon the "Wang".

I wanted to achieve a time between 3:30 and 3:15 and found a Strider with the same goal, namely Alex Hamil. We ran half the State Marathon together and came up with 3:20 time splits for the "Wang".

The week before I did not run, went to bed early in the week, ate normally until Thursday and then Carbo loaded, (not excessively).

Race Day

At home did stretching, weight lifting and Tai Chi exercises for 35 mins.

The Race

A good slow start, did not worry about time until 20K, then put a steady pace on, finishing in very good condition with a personal best of approximately 3:17.

Why

The extra time at home on Race Day stretching etc. The slow start (may try bit faster next one) and the company of fellow Strider in the run (and along the route).

Summary

1. Don't deplete unless used to it.
2. Do plenty of stretching before and after training and on race day.
3. Pick a sensible time to aim for. Talk to other runners and find somebody with the same ideals.
4. Run regular 'STAR'S' in slow medium group - "The Friendly One".

BOSTON OR BUST

by Gai Cunningham

After reading an article on the Boston Marathon I decided to make a long term goal in running - to qualify for the Boston Marathon for women a time of 3 hours 20 minutes.

My first marathon was the State in May, 1983 with a time of 3 hours 49 minutes, a marathon I'll always remember.

After my first, and definitely not my last, carbohydrate loading dinner(at the Italio Club the night before the race)I attempted to fall asleep at the early hour of 9.30 p.m. completely devoid of alcohol for 24 hours, to me the hardest part of my marathon training.

Breakfast was only a cup of white coffee, my memories of dashing off into the bushes at Holesworthy were still fresh in my mind. At Percy's Hotel, North Sydney I met my sister, Chris; luckily the hotel was shut as withdrawal symptoms were beginning to show.

My training consisted of an average of 100km a week; 14km Saturday morning with Turrumurra Trotters, 30km Sunday morning with the Striders, 8km a day through the botanical gardens at lunchtime, a weekly run to work, approx. 22km, Wahroonga to the city, usually Thursday and an average of two exercise classes a week. With this training behind me I was confident and determined to run a 3 hour 30 minute marathon and be a step closer to my Boston goal. The week prior to the race I eased up on my running, running only 8km every second day and attending exercise classes Monday, Wednesday and Friday to stretch and loosen my muscles for the race, followed by a spa-sauna.

My first 5km took 24 minutes, one minute ahead of my estimated time, but no-one could have held me back in that first 5km - running across the Harbour Bridge was an experience I'll always treasure. The remaining 37km were just as good as the first. A friend had suggested if I was to take 19 minutes off my previous time I should be at the half way point at 105 minutes and not talk the whole way as I had done previously.

At about 10km I met some runners who were aiming for a 3 hour 30 mins. time so I thought I'd stay with them. Next thing I knew I was with some new runners aiming for 3 hours 20 minutes, so with Boston in mind I thought I'd stay with them as long as I could.

After attending the seminar at the University of N.S.W. I forced myself to take a drink of water at every drink station, although the weather was so perfect I was hardly perspiring and the sponges, although refreshing, were at times freezing.

At half way I was 95 minutes, 10 minutes ahead of time, but I was feeling so strong that I decided to disregard all of my previous thoughts and plans and put all of my energy into the next half, even if it meant a "Bryce Courtenay" finish.

At 40km the marshall said 2 hours 57 minutes. It was at this stage I panicked, realising just how fast I had been travelling but there was nothing that was going to stop me from finishing the last two kilometres.

It is now exactly one week later and I am still in the clouds. I have no injuries and after another quiet week of running this next week I am looking forward to beginning another training programme for my next marathon.

I have read and believe that more people drop out of the training programme than the actual marathon and so if on the day of the race you have the miles behind you, then all you need is the determination to want to do the best you can.

My thanks to everyone in the Sydney Striders who without their support and encouragement, I could never have achieved such goals, and in whom I have made many close friends.

INSPIRATION WITH A DIFFERENCE

by Derrick Titmus

When asked to write this article on how I ran a P.B. in the Wang Australian Marathon, along with my training methods, I thought, well nobody would benefit from my training programme, as you've nearly all run better times than mine. I would like to tell you though who I owe my P.B. to. But first of all there is the build up work, and for that I thank all my friends at the W.D.J. & H., Woodstock Runners, and last but not least the STRIDERS, without whom I wouldn't be running marathons.

Our STAR runs are just tremendous, not only showing us our beautiful city and suburbs, but are the last word in marathon training. Then there's Charles Coville's Novices Guide to Marathoning, a must for any would-be marathoner, a special thanks to you, Charles.

Now for the person I owe so much to, she is 14 years old. Colleen Kenyon. I think you all know Colleen's story, and to have a girl like that waiting at the 30K mark to run the last 12 of a marathon with me was just fantastic. From then on it was a breeze, and that feeling as I came into the stadium with Colleen by my side, I know nobody could have felt any prouder than I was. The time didn't matter so much, we had finished and finished well. To hold back the tears was the hardest part, I mean you can't let a girl with all that courage see you cry, can you?

MISSED BUS, BUT NOT OUT OF GAS

by Robert Ward

D-Day the 12th June. 6.30 am, 5 degrees Celsius and the old Kingswood does not want to start!

6.35 am...the Cleveland St. lights are reluctant to change to green.

6.40 am...Driver Avenue where there are four buses filled with people...made it!

I thought. My wife drives away as I confidently approached the first bus to be informed by a Wang marshall "these buses are only for officials". I could not believe it!...pennyless, with six months solid training behind me, I was going to miss the start!

My despair was alleviated by the arrival of a fellow competitor in the same predicament, but with his own wheels.

7.15 am...at North Sydney Oval there are thousands of people and the Wang officials cannot tell me where to find the bus which will return our warm-up gear back to Marks Field. Lucky once again, I spy a friend who is there just to see the start of the race and promises to deliver my track suit to the finish line. I hope I will be there to collect it!

7.25 am...whilst doing my stretching exercises I review the instructions of my chief advisor, Lynn Evans.

7.30 a.m...the amount of truth, have I really done enough preparation for this?... Away with the mob, across the bridge. The mood is high, everyone is cheerful. As we turn around Mrs. MacQuaries Chair the pace is pretty fast, remembering Lynn's advice, go out easy, I slowed back a little.

Somewhere in Centennial Park as everything seemed to be going well and feeling strong, I suddenly felt a twinge in my left hamstring! Panic!... don't tell me, after all the trouble free miles of preparation, my leg is going to cramp up! What to do? Only one thing, slow up a little and ignore the message, if I don't believe it, it won't happen. Outside Long Bay Goal a fellow competitor just in front, whom I had seen and thought was running comfortably, suddenly staggered like a drunken sailor and crashed to the road unmoving. Running past the fallen warrior made me more determined to at least finish the course.

On the way back through Maroubra Junction, there seemed to be plenty of gas still in the tank, so, throwing caution to the wind, I thought I would increase by pace and try to sustain it to the finish.

Surprisingly I caught and passed numerous runners who had left me behind at Mrs. MacQuaries Chair.

As I ran through the back gate of Marks Field, every muscle in my body protesting at the strain, a mad woman in the crowd screamed...BOB, BOB, you made it...you made it!! I went through the finish line at the unofficial time, 3 hrs. 19, feeling immense relief and satisfaction.

THE WANG - A VIEW FROM AN ARMCHAIR CRITIC

by Geoff Cox

6.55 am the alarm goes off and I awakewondering why, then I remember, today is Australian Marathon day. So I pull myself out of bed, hike down to the kitchen, put the kettle on, and settled down for a hard morning in front of the tele.

The first half hour is taken up with views of the start, talking to Deeks and plenty of Wang commercials. Finally at 7.25 am the wheelchair athletes, along with Cliff Young, take off. I switch on the VCR and wait for the main start.

It looks pretty cold out there so I can't say I was feeling too upset about not being there. 7.30 am and they're away. I look around for any Striders, but I can't see any at this stage.

The coverage of the race is good, going over the Harbour Bridge I spot my first green and white singlets, there's Wayne Stanton running with an unknown Strider, unknown to me anyway. (Maybe it was the Strider who thought I was the unknown Strider at Lake Gillawarna last year).

The leaders set a strong pace through the Rocks, already it has become clear that it will probably be won by an overseas athlete.

Through the Domain they have a large coverage of the middle of the field runners, Brian Colwell moves intrepidly onward, and they interview a couple of nuns from the Runnery.

Up Oxford St., Wayne Stanton and who I think is the same unknown Strider, get their second chance to be TV stars. Just behind them (or was it ahead) was an unmistakable bobbing head, complete with green cap and t-shirt, of Sam Daher.

Unfortunately they were the last Striders to be seen, except for the headless one who ran past the wheelchair athlete who was being interviewed, towards the end of the race.

Around 10.30 am the race coverage finished. No doubt a few Striders were grabbing a staminade - or a beer - by this stage, others were still "striding" on. As for me, I managed to remove myself from my armchair, find my squash racket and pushbike, so I could have some exercise. As for the Australian Marathon, well maybe next year.

Finally a few comments about the race. It appears that Deek's win at the Commonwealth Games has popularised the marathon to such an extent, they they will take their place alongside other sports as regular features. This is to be commended. However, the interviewers didn't always show a lot of sense with their interviewing techniques. If I was running for a P.B. I don't think I would take too kindly to an interviewer a couple of guys dressed up as nuns but quite another to stop a girl who is running a sub 2.40. The other problem was cars, need I say anymore.

Those things apart it was an excellent marathon, and I didn't even hit the wall!

RUN HOW YOU FEEL

by Wayne Stanton

After my 3.23 at Nike I wasn't feeling too confident for the Australian so I set my sights on a 3.05, with the possibility of breaking 3 hours remote.

My mileage for the 12 weeks prior to the Australian were 76, 65, 58, 30, 26, 44, 65, 79, 62, 84, 66 & 46. These weeks were generally made up of two 20 mile runs and either a 4 mile race or Sam's Fartlek session with the remaining days being 6 miles at a recovery pace. The only changes to my training from that leading up to Nike being the addition of:

1. A 22-25 mile run per month
2. At least one race per month
3. A second 20 mile run per week

My lead up to the Australian was in complete contrast to Nike where I prepared as though it was a STAR run. For the Australian I went for a long run 10 days before the race and then tapered significantly, resting on both Friday and Saturday. I also paid a lot more attention to my diet, carbo loading the three days prior and drinking a double cup of coffee one hour before the race.

I started the race at an easy 3.05 pace and went through half-way on schedule for 3 hours, making sure to drink the sponge at every opportunity. From 25-35K's I eased up as Nike was still fresh in my mind. When I felt so fresh at 37K, I pushed the pace to 4m/k knowing that the wall wasn't going to appear. I crossed the finishing line in 2.55 with plenty left and only took 2-3 days to feel recovered.

As expressed in the "Novices Guide to Marathonning" it was a tremendous feeling to be increasing the pace after 35k and passing runners rather than the reverse.

The most important lesson from my two marathons to date is to run to how you feel (preferably evenly) and not stick strictly to splits. At Nike I stuck to a 4m/k pace when I should have slowed and because of my experience at Nike, in the Australian I slowed between 25-35k when I was feeling my strongest and could have maintained my pace.

So next time maybe an evenly run marathon.

UP AND RUNNING...



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THE BIG HURDLE

by Chris (GUNNA) Porter

Having made up my mind to compete in the Australian Marathon on the Wednesday beforehand (persuaded by John Evennett to have a go - I only wanted to book in for the Carbo-loading dinner on the Saturday night) I decided to give it my best shot.

My first attempt at the Big 42 was the Harbord Diggers Marathon in 1981 with a very disappointing time of 4 hours 45 mins. I had 'blown-up' at the 25km mark due to inadequate training. After this attempt I had quite a hurdle to jump to erase those memories from my mind and regain confidence.

Arriving at the start, with blisters (from new shoes) adequately protected by Scholl Adhesive Moleskin (a new discovery by me which really works) I felt well rested, strong and quietly confident that I could do it, although I had learnt from my previous experience to treat this distance with great respect.

The starting gun sounded and we were on our way. I had decided that I just wanted to run and to finish this one and probably 4 hours would be a realistic goal. I was determined not to be dragged along by the faster runners only to feel the fade at 30km. As I held a pace which was comfortable to me, the kilometres seemed to flash by and I settled back to enjoy the scenery and the companionship of many fellow runners and the inspiration of a wheelchair competitor.

Before I knew it, I was approaching the finish line and felt on top of the world. I completed the course in a time of 3 hours 42 minutes (a P.B. of 1 hour 3 mins) and I was still smiling.

I feel the following are the factors which helped me during the event and a speedy recovery after the event.

1. The pace I set for myself was within my training and my own capabilities.
2. The course and conditions on the day were ideal for me.
3. Regular participation in STARS and the support of Striders during the event. The warm support shown throughout the whole event by the many spectators was most encouraging to all participants.
4. The organisation on the day was excellent.
5. Stretching before and more importantly immediately after the race.

The wall I had previously experienced did not eventuate this time and I have now managed to jump that HURDLE after all. Now I look forward to the Sydney Marathon and hope to improve my time once again.

MY FIRST P.B. (AND I STILL FEEL GOOD)

by Ian Millar

Be warned that the following 'how I achieved a PB' is not some miracle programme: in fact miracle is probably sufficient description. After Nike and Campbelltown, early in 1982, I felt capable of churning out regular marathons, but desired some

variety in my activities. And so 1982 drew to a close with some STARS but no more marathons, lots of Orienteering, irregular track running with the Veterans, weekly gym sessions and squash, and a little bike riding.

The Harbord Diggers' 30k race in January 1983 showed me that I had been neglecting my STARS. For some indefinite reason "the wheel fell off" at 18k. I recovered from sore hamstrings but a hip injury lingered for 4 months. The TSTS world of "O" continued (i.e. Techniques, Skills, Tricks and Social-life) but STARS were uncomfortable as my hip ached after running for an hour.

The date clash between the Wang and the Queen's birthday 3-day "O" was resolved by two events: my hip injury disappeared at the start of May, and I became unemployed. (I had to keep up my average for running marathons whilst not working.) I managed to average 90k per week for the 5 weeks before the Wang but a race budget was guess-work. 3-20 became the goal chiefly due to one John Dawes whose NIKE '83 time bettered mine from 1982. John was a source of inspiration - if you know what I mean.

The race was great. An urgent pitstop at 39k lost 2 minutes but I can't complain with 3:16:02.

So, how did I achieve a PB of 9:52? Who knows - but thanks John.



MARATHONING - THE LONG & SHORT OF IT

by Steve Knight

The Wang Marathon!

As my friends in the wine and food industry commented - what a wang!!! - but they are fat and flabby, and I am trim and taut!

After the initial 3 years and two marathons, it is now six more months and three more finishes - always getting faster and easier - obviously the diet of '62 Chateau Margaux and black forest cake works - if you can afford it!

I can remember my inception to 'Club' running on Sunday mornings at Balmoral beach. My usual 3-4 mile sprint speed at the start, and having the ignominy of someone twice my age and half my weight waiting for me when I slowed to a crawl, got lost in Mosman 'Bush' and escorted me home!

Two attempts at Harbord Diggers marathon in '79 and '80 for 3:17 and 3:11 - however ran the second time after my vow in 1979 "Never Again" to touch a running shoe unless covered with Bernaise Sauce and called the Filet Mignon! Joining the 'Striders' in 1980 helped!

I used to work on the 'lazy mans' premise of fitness! Train for 3 months, trim taught and terrific - run a marathon; then with a clear conscience practice my 'Norm' act for the other 9 months of the year! The turning point was finding I needed orthotics! Let me tell you! - when you pay \$180 for bits of plastic to add half an inch to your height - you bloody-well get determined to have your money's worth from them!!!

So! from 40 miles per week in 1979 and 80 to 65 miles in 1983 - Well, actually 63. All articles state 1/3rd of race distance to be run each day for two months prior to race - (sounds like a vitamin allowance on the side of a cornflake package!) so - I threw in 2 extra miles to be on the safe side!

Here we are at Nike Canberra - cruising along - half way at 1:27:30, having a great time till someone nailed my feet to the ground at 23 miles and I started to feel like I was running in quicksand - 3:06:26 - obviously a badly measured course, why didn't anyone else notice and mention it to the officials! Not to mention the iron filings secreted in my thighs for three days!

Next! Three weeks later Russ Black and myself are "Harbord Digging" for a "Training Run" aiming at 3hrs 10mins.

Half way, 1:31:30 and the only reason I don't stop is 'there' is a shortage of cabs at Mona Vale beach 9am on Sunday mornings. But, lo & behold I finish home strong in 3:04:58 with intravenous Coca-Cola from Russ's wife - thank you Virginia! Still a long course! (When will these officials get decent measuring equipment?)

I don't seem to suffer at all after this, so a late entry into 'WANG' - well, for \$10.00 a guided tour of Sydney with drinks provided can't be bad I thought. Still I hope they remember the bus next time!

The one thing I've found is due to my weight (12 stone, 168lb, or 76 kilos whichever is lighter on the day!) I always have trouble with the last 2-3 miles - a five to one solution of coke and water in 250ml containers at 10, 15, 20, 25, 30 & 35k. One and a half litres altogether for my drinks should do!

So! To the big day. A good start! Such atmosphere, so many friends to say "Hi" to - but don't get carried away - no pun intended. Still hoping for a sub 3 hour, but getting a little 'Pissed Off' with all these long courses! I have planned to be at half-way in 1:28:30 and allow for a small fade.

Through 2K in 8:30 which is a good start, as it's mainly down hill - bloody cold though! 5k in 20:10 what's happened? It should be 21:15! 10k in 40:15, I'm two minutes early, now my watch is playing up as well! But I'm finding my drinks okay. Speaking to scrawny fit looking guys around me who are aiming at 2:45 - 2:50 times - obviously they are too slow!

The going is so easy, maybe I should speed up? Until I see half-way in 1:25:00 - but I'm 3½ minutes early! Bugger! If it's not long courses, I have to hit a short one! Still I feel good.

I slow a little because I can see a heap in the road at 35k and it looks remarkably like me!! But I can't slow down!! After turning at La Perouse and coming up the hill, well they told me it was a hill and people slowed down, but I didn't feel anything - time for some fartlek work - I'm a little cold!

I know something is wrong when I cruise past Russ Black at 35k (he runs 2:50's!) and Sam Daher at 39k! - 3k to go and 20 minutes for my first sub 3 hour run - I can almost do it at a walk, but I feel so strong!

Suddenly around the corner and there is the stadium! I thought there was 2k to go, I would have gone faster! A quick 4:40 passing 5 runners to hit the tape strong and fast in 2:52:42, shit - why did I hold back at half-way!!!

An improvement of 12 minutes 16 seconds and my easiest run by far. Only trouble is the short course! (But I won't tell them if you won't).

If ever I run another race this feeling will be indelibly printed on my mind for the rest of my life - this feeling is what makes all those hours and miles worthwhile!! Thank you all Striders for your help and companionship!

3:07 AND I'M IN HEAVEN

by Keith Barnett

What better way is there to start the day than with pancakes! Even if it is 5.30 am and you're getting ready for only your second marathon.

That's how my day started on June 12th. The pancakes were followed by a quick leg massage by a masseuse friend of mine, then it was off to catch the bus from the SCG. It was draughty on the bus, sitting on the stairs by the exit doors, and I was glad of my gloves and beanie.

I lost track of the time at North Sydney Oval, and was well down the field at the start. So was Bill Flanagan and some other Striders, I caught up to them half way down Miller Street and stayed with them over the bridge. They were aiming for around 3.30, but having done a 3.32 in my first marathon in Canberra and wearing 3.15 splits on my arm I left them and hoped I wasn't going out too fast. I soon found out I wasn't - at the 5k the time was 26 minutes, 4 down on the fading figures on my arm.

At Mrs. MacQuarie's Chair I caught up with a couple more Striders who were dead on their 3.25 schedule, I was now 3 minutes behind mine so I pressed on.

The halfway mark, 21k, and the time was 96 minutes. Only 2 minutes behind now so I knew I was catching up. I was feeling quite good, no bad aches or pains, so I kept going at the same pace. I seemed to be passing far more people than were passing me, and this worried me a little, but I decided not to slow down.

La Perouse - 30k - and 2.13. I was ahead of schedule at last! Back up the hill, still feeling good and no sign of the wall so I sped up just a little, partly to see what would happen, and partly to try to get under 3.10.

35k came and went. I had been taking drinks at every station as directed in the last 'Blister', and sponges too. Both had helped to keep me cool and refreshed and I could feel the benefit. 40k and 2.57, a 3.10 was definitely on! Up the hilly ramp into the stadium, passing Brent Waters as I did so. I sped up again, wanting to look good going over the finishing line, only to find I had another 400m or so to go. Passing the clock opposite the grand stand, can it really be only 10.36? Round the last bend and the timing clock ticks over another minute. A last spurt to the finish, the clock says 3.07, and I'm in heaven!



STRIKE YOUR HEEL DONNELLEY!

by Terry McMahon

Tipping the scales at 110kg in 1981, and suffering from repeated asthma attacks, led me into taking my first jogging steps, and athletic interest. Two years later at 79kg I am waiting for the start of my second Marathon, with 3.27 to beat.

For me, I think I wasted a lot of lonely kilometres, before joining the Striders, and gaining the benefit of group running. The Star runs I find invaluable, firstly as they save me a fortune Saturday nights, very little grog and no sumptuous feasting and secondly, they really help my running. For three nights before the Marathon, I had devoured reasonable serves of spaghetti, spuds and greens, hoping all this would pay off, with Sunday morning, coffee, toast and honey being the order of the morning.

As the gun went off and the stampede began, I tried to judge my time, but I went with the crowd, and my plans went out the window. One hour later I passed the 14km mark and felt I was going too fast, so my only plan then was to run as fast and as far as I could. At 34km Mike Donnelly, another new Strider member, called out "Gotcha" as he past me. 36km I smirked "Strike with your heel Donnelly", as I past him. 38km Mike gasped "What's up Doc" as he passed me again. 40km in extreme Painus Incredabilis I passed Mike again, we exchanged sweat stained glasses, nothing was said. Crossing the finish line in 3:11:40 with Mike hot on my trail. How much can the body stand? I guess it must be plenty! Great race, and congratulations to all Striders who participated.



JIM (SCOTTIE) TRAVERS EAT YOUR HEART OUT

by Alistair D. Mackie

I was running on my own in December '82 when after seeing an ad for the Wang this became my goal. During a Christmas party I was talked into running the Palm Beach Manly, (a Christmas "spirit" decision) by Bruce Murray. I did complete the run in 2hr. 32mins and felt like death, which was good for me as it was the motivation I needed to train harder. I was introduced to two members of the Striders which led me to joining the Club.

The immediate benefits of running in a group were disguised as for the first few runs I saw only the backs of my fellow Striders.

The next goal was the Legal & General in May and suddenly I was immersed in the daily build up of miles and a few Striders started seeing my back. The goal of course was break 3hrs to planned splits of 2.55, this was great until race morning when I bumped into Vince Engel and asked him if I could run with him to use his experience (say no more). I met the "Wall" and struggled to the end of South Steyne in 3hrs 1min 35 sec - result, failure.

Wang training intensified as of this event to 70+ miles weekly up until race week - a typical week's training followed a pattern something like -
 Sunday STAR 19m, Monday a.m. 5m easy, p.m. 7m Med/Fast.
 Tuesday p.m. 7m Fast, Wednesday a.m. 7m Easy, p.m. 7m Flat Out 38m P.B.
 Thursday 12m Med/Fast, Friday a.m. 5m Easy, p.m. 7m Med/Fast.
 Saturday 3mls Easy.

Race week I ran approx. 35mls. with no run Friday or Saturday (but I walked the dog).

My very patient wife prepared meals to my diet's requirements throughout training basically using protein foods, vegies, pastas, cereals & juices, in favour of too much meat, fats & salts. I use powdered glucose considerably and recommend a Race Day Breakfast, raw egg, juice & 4 tablespoons glucose stirred in a glass, lots of protein & energy plus easy to digest.

I suffered from pre-race nerves and tension which was good. I didn't notice the 30° temperature. I didn't plan specific splits but 2.55 was a firm goal. I started with Peter Cobley who was going for a 2.50. I thought, O.K., see how 4mins a Km feels (remembering Vince on May 1st). We were running strongly 1 minute ahead of time at 29k. Slowed slightly at 33/34km. This was a hard psychological barrier for me. Got through it but Peter left me (well done). At 37km starting to feel race pain and worry. Will I make it, with thoughts in my head like, have I gone too fast? Stay positive, relax. At 40km a low 2.50 still in sight but becoming distressed, talking to myself, I think you call it self motivation or is it insanity. A spectator (who I think) shouted at me, 800 metres to go you can do it. Suddenly it was stadium, finish line, hugging a complete stranger, going through satisfaction, happiness, euphoria.

With a silly smile and a 2.52 P.B. I met my wife and enjoyed her congratulations and thought, can I break 2.50?



HOME RENOVATIONS AND A P.B.

by Bob Cheetham

After running a P.B. at Canberra Nike, I guess I was keener than ever to run my next marathon which would be the Australian on June 12.

Unfortunately, my training programme leading up to the Australian was disrupted due to carrying out home renovations, which took most weekends following the Nike.

Missing the Sunday STARS knocked my weekly kms down to only 74km per week and I was doubting my fitness level for the Australian, so much so, that I didn't send my entry in until quite late.

The Sunday prior to the Australian I ran Sam Dahers Star and felt strong at 30km, and finishing the last week with a 5km run on Wednesday evening. I managed to achieve an average nine hours sleep per night for the two weeks prior to the marathon.

Dave Williams and I decided to run the Australian together, aiming for around 3:15. We ran together up to the Botanical Gardens where I found myself drawing away from Dave and running faster than our plan.

I passed through Taylor Square to a cheering wife and sister, through Centennial Park and into Anzac Parade feeling strong and slightly ahead of plan.

My half way was 1hr 29min and 2hr 11 min at 30km. Running around the La Perouse loop and back along Anzac Parade to Matraville I started to fade badly, with my legs starting to hurt like hell. At this point, fellow Striders started passing me including Dave Williams and Bob Mann.

I finished with a 3:14P.B. and Dave finished with a 3:08.

In summing up, I enjoyed the Australian, but I personally found several problems during the race. Firstly, finding water at drink stations (I can't drink Staminade or Gatroade) and when finding it, the cups were far too small. Secondly, the traffic along Anzac Parade really worried me, in fact I was honked off the road at one stage.

Congratulations to all the Striders who ran and look forward to joining you at our regular STARS.



A P.B. AND A SUB 3 - WHAT NOW?

by Winston Marsden

When I first joined the Striders in 1981, I had the general objective of maybe one day running a marathon. In June 1982 after two running seasons of build-up, I ran my first at the State in 3:02:08 (Blister No. 11, Page 24). Fortunately, I didn't achieve, nor try to achieve a Sub-3, so I was left with the subsequent objective of breaking 3 hours.

After the City-to-Surf in August 1982, I virtually stopped running, but I played a Spring Competition of squash which helped maintain my condition and keep me trim. Normally, over the summer months when hot weather and sailing predominate, I stop running completely. However, this past summer I still ventured out 2 to 3 times per week for an 8 to 10km run (usually at about 10pm at night) and thereby maintained some condition.

My training plan for a Sub-3 was fairly logical. I would follow a similar training programme to the previous year, but increase my weekly mileage. Also by starting with a higher initial fitness base, I should thereby reach a higher peak.

My current running philosophy is to run one marathon per year which I prefer to run in mid-winter. I consider that June in Sydney is the best month due to the cold weather and likelihood of fine and windless conditions. In reviewing the 1982 marathon calendar, the only available marathon in June was the Australian on the 12th.

My first training run in excess of 16km was the Striders Internal half-marathon in February which I ran at an easy pace in 99:07. This slow time allowed me to obtain a burglar's handicap for the Iron Cove 21km race in March where I ran 87:26, which was my limit at that stage of training.

My weekly training runs for the 10 weeks prior to the marathon were 58km, 76, 73, 69, 82, 99, 71, 110, 94 and 33km taper. My last training run was on the Wednesday evening prior to the marathon on Sunday.



YOU NEVER KNOW WHO YOU'LL MEET AT NORTH SYDNEY

by Alex Hamill

There I was, Tuesday after the Australian Marathon without any real problems (what a great run it was too) Arrived at the office about 11am following a morning meeting and still undecided whether to run at lunch time. And there it was a message from Bryce Courtenay, understated as only he could "Would you please pick up Ron Tabb at 12 outside the Sheraton and bring him to North Sydney as he'd like to join our Rugby Club to Mosman run".

A second message advised that Charles Coville and Phil Caldwell would like to come as well what a coincidence they would pick today for their first run with us over the Mosman course.

More surprises in store, for when we arrived at the hotel, Tabb was accompanied by Dave Murphy and Dave Edge. They weren't hard to pick standing amidst the businessmen in six-piece suits. All were dressed in t-shirts and track suits (are they ever dressed any other way?). The first impression you get is that these 2 hour 10 minute super-stars are really very normal human beings (some would argue that no marathon runner qualifies as "normal"). Despite the fact that all three had time to run a quick Yomix on top of their Australian Marathon by the time I made the climb into the E.S. Marks Stadium, they talked about their performance like any of us do. They even had sore legs.

As we arrived at the Rugby Club we met up with Bryce - his eager, shining eyes reflecting his normal enthusiasm were glowing like ET's finger. (He never looks that pleased to see me.) Vince Engel, in his own unassuming way, smiled a familiar hello to our visitors and off we set. As we all know, Phil Caldwell had completed his first marathon just two days prior, so he was still on a high, Charles had run a great 2:47, Bryce had beaten a typhoid strain that had attacked his body for the previous couple of weeks to stroll across the line in 3:25 (he would have paid money for that time prior to Canberra Nike) and I'd knocked 7 minutes off my P.B. for a 3:19, so we were all feeling pretty chirpy. Murphy, Tabb and Edge chatted on the whole way and actually managed to slow down to our pace. Tabb even took a photo of us all grouped outside the Club as a souvenir.

If you keep one of the Charles Coville designed Runner's Logbooks, you'll know that there's a column where you write in the names of your training companions for that day. Normally, I don't worry, but Tuesday June 14th reads clearly for all to see.

Quotable Quotes

Tabb: "There's no way they'll force me into a tactical race at Helsinki. If that happens De Castella and particularly Lopez will kill it. I'll run my own race."

Murphy: (after his 2:11:17 2nd place) "I was bloody disappointed."

Tabb again: "I never ever run hills, they only cause injuries."

Courtenay to Edge: "Put it out mate. I want to shake the hand of a living legend."

Caldwell to the group: "And I suppose you're vegetarians." - "No." - "Well then you only eat white meat of course." - "Rubbish. We love meat and potatoes."

Peter Foulsham (who normally never misses a lunch time run, but didn't make that Tuesday) to Alex Hamill: "You bastard."

Tabb yet again: "We only run marathons 'cause we're too slow for the mile."

In considering time splits for the run, I decided that I would try to have three minutes up my sleeve at 30km to allow for a reasonable fade plus some slack. I decided that an even pace to 30km would be ideal. This works out at a rate of 4:16 per km. After driving the course, I knew it was going to be difficult to judge the pace due to all the hills in the first 10km. On race day I decided to run as I felt. I carried the 3 hour even splits (accumulative) for every 5km so I could readily check how far I was ahead of even time throughout the race.

My actual approximate 10km splits were: 0-10km - 40:52; 10-20km - 41:30; 20-30km - 42:20; 30-40km - 43:30.

Half way time was about 86:50. At 30km I was 3:16 ahead of even time and then I faded a minute or so to the finish to record 2:57:58 - a P.B. by 4:10.

Being a once-a-year marathon runner and now having achieved a Sub-3, I don't know what will induce me to go out against the clock again. In the last few kilometres in Anzac Parade, I promised myself that this was it - now I'm not so sure.



RUNNING MARATHONS IS THE BEST

by Peter Hersey

For late starters (over 40's) my experience suggests that there is no substitute for training to run a marathon like competing in them. STAR training sessions are certainly essential but (in my case) they still did not prepare me for the final 10k which seems to be the back breaker in marathons. For example, my first marathon was the Nike in Canberra, April 1983, which I ran in 3:50:35. The second was the State Marathon at Holsworthy which I ran in 3:44:10. Not much difference in time I suppose, except that the second marathon was an armchair ride compared to the first. After the first marathon my legs were so painful it was 3 days before I could walk normally - certainly up and down stairs anyway. After the second I was back to normal the following day.

The Australian Marathon (ran in 3:28:30) was the third in 3 months and did not involve any special training - the usual stars on Sunday, running to and from work twice a week (24k round trip), plus Talays on Wednesday (night 16k) and squash once a week. After the first marathon, it was noticeable the runs to and from work became easier and the STAR runs were completed with less stress. This may have occurred if the maximum distance of training runs had been kept to 32k, but I am inclined to think the stress of the marathons built up reserves that the 32k training runs did not.

The main difference in the running of the 2nd (State) and 3rd (Australian) marathons was in the second half. The 21k mark was reached at 101 min on both occasions but instead of that gradual slowing down which Charles C. describes, I was able to maintain the pace reasonably well up to 38k at which time pain in the lateral aspects of the thighs and fatigue set in. I believe the better performance in the latter half of the 3rd marathon was from reserves built up by running the previous 2 marathons.

Another difference between the first and third marathons was drinking Coca-Cola at 20, 25 and 30k. It may have been psychological but I think it helped. Next time I will also try it at 35k. Perhaps the Coca-Cola company should be asked to sponsor marathon running as their drink at least seems more palatable than the salty tasting special drinks that are offered.



NEW CLUB RECORD AT MACLEAY MARATHON

Macleay Argus Report:

A Sydney runner broke the Macleay Marathon record by almost 20 minutes in the annual Kempsey to Trial Bay Goal run on Sunday 12th June. Keith Canard, 42, set a blistering pace leading most of the way to register 2:32 to beat runner-up Bevan French of Newcastle by about 2 minutes.

Thirty four competitors set off from McElhone Pool at 7am in chilly, still conditions with all but one runner finishing. The Macleay run was Canard's fourth marathon this year. He came 20th in the Canberra Nike international which included several overseas competitors.

He said that French was only 100 metres behind him on Sunday with 12km to the finish, however he was able to open a gap which French could not close. The taste of victory would have been that much sweeter for Canard because French had beaten him in the Canberra run. He said he had taken the lead after four kilometres to try and set a break on his rival.

Jim Bennington of Coffs Harbour, who won this year's Kempsey Cavalcade of Sport fun run, finished third with a personal best of 2:38. He won the marathon last year. Ron Clarke was the first Macleay runner to cross the line recording a personal best of 2:44.

More than 60 per cent of the competitors recorded their best time for the 42.2k race. Ross Foster, president of Kempsey Jogging Club, which organised the race, said that he was pleased with the number of entries. Fifteen runners competed in the inaugural Macleay Marathon last year.

Competitors had travelled from Brisbane, Sydney, Newcastle and Grafton for this year's event. Ross finished second(3:03)of the nine Kempsey runners who completed.



ALL RUNNERS HIT THE WALL

Keith Canard's Report:

Had a good week's holiday up at Port Macquarie including a marathon victory (and new club record) and a newspaper and TV interview. The Kempsey to Trial Bay Goal marathon is a flat course to 35k. Thereafter a series of hills. Excellent scenery.

My interview with the Macleay Argus described my race and tactics. It has to be the only marathon where all runners hit the wall. The race finishes at the goal wall - you can't go any further! The Kempsey Jogging Club organised an excellent event. All runners (and friends) received a free lunch, beer and tea. A unique presentation saw all finishers receive a trophy and certificate.

Mark it down for 1984.



MARATHON DAY ESSENTIALS

by Charles Coville

A survey amongst marathoners revealed those features considered to be the most important on marathon day.

1. Adequate toilets at the start.
2. Accurate course including distance signs every kilometre.
3. Refreshment stations at least every 5k with adequate water supplies both in large cups and in sponges.
4. Accurate finish times.
5. Adequate post-race refreshments, including hot drinks.

While it is not expected that races will obtain the organisational sophistication and numbers of the City-to-Surf, Yomix half marathon or Nike Marathon (recipients of the inaugural RRA awards of race organisation excellence) runners should expect a certain minimum level of 'benefits' depending upon size and status of the race entry fee and level of sponsorship.

Niceities such as medals, certificates and T-shirts should not be compromised for race essentials.

So how do you rate the State and Australian Marathons, both controlled and or influenced by the AAU and AAA? Seems as though the Nike/Avon Marathon is in a class of its own for marathon day essentials.

DEHYDRATION

by Dr. Irwin Light

I think it would be appropriate here to write a short piece about heat, sweat and dehydration in marathon runners.

Various estimates have been made of the actual amount of fluid lost during a marathon run. The amount lost depends obviously on a number of factors - chiefly the weather conditions (air, temperature, humidity and wind speed) and the body weight or skin surface area of the runner.

All the experimental findings suggest that we lose more than we could possibly take in during the course of a marathon. The maximal possible intake of an active person is still debated, but is probably in the region of 200ml every 15 minutes. Thus with a modest pre-loading of fluid (several days of high salt diet and 2 or 3 glasses of fluid shortly before competitions) and regular 200ml drinks every 15 minutes, dehydration has been known to have been prevented. (This work was done experimentally by Costill in the USA and Kavanough in Canada) Costill has also shown that no other fluid preparation has an advantage relevant to water in marathon events.

Another way to reduce fluid requirement is to reduce the early demand for sweating. This can be done by applying ice or cold water to the skin or clothing. It is more effective to wet the thighs than the trunk since the former have a greater surface area, are the main source of heat production and are exposed to a greater relative air

movement during running.

I have covered only a few aspects of this problem and there is perhaps more work done in this aspect of exercise physiology than in any other and it would be hopeless to try to condense it all into one article.

In summary, I think it is practical to:

- a) Drink early (before you're thirsty and before the race).
- b) Drink as often as possible and certainly at every drink station.
- c) Drink water in preference to anything else. It seems for some reason that carbonated water is absorbed better than "plain" water but most would find it uncomfortable to take it in this form.
- d) Take a sponge whenever it is offered and apply it to the thighs and clothing as well as to your head.
- e) Remember to rehydrate during training runs as well as on race day as chronic dehydration leading to poor performance on race day frequently occurs.

Anyone who went to the lectures given at the Uni of NSW on 3.6.83 and jointly promoted by the Australian Marathon organisers and the Australian Sport Medicine Federation must have been impressed with Dr. Ken Crichton's lecture on this subject which I thought was the best talk of the night and possibly the best summary of this complicated area that I've ever heard. It was therefore disappointing (and maybe even negligent) to find that the drink stations in the Australian Marathon were so badly organised - not taking the runners' needs into account.

Firstly, the cups were deplorably small and could not have contained more than 75ml the way they were filled on the day. Thus one had to try and drink at least 4 cups full at each station. This was made more difficult by the inexperience of the people manning the drink stations who thought they were helping you by standing in front of the table and handing out one cup at a time, when all we wanted to do was to get to the task and grab the cups as quickly as we could.

The inexperience of the helpers was epitomised at one table where I was made to feel guilty about taking 4 cups - "look he's taking 4 cups!"

Thankfully it was a cold day, otherwise the excellent medical staff on hand would have been more busy rehydrating runners than they already were.



LET'S HEAR IT FOR THE LADIES

by Sue Thomson

"Lack of imagination and unrealities are, of course, part of the female attitudes and 'act', even the most dedicated only 'playing' at their athletics in comparison with the standards as achieved by the attitudes of male athletes such as Peters, Pirie, Zatopek, Perry, Elliott and so many more.

The woeful times run by these often masculine-type, tall, almost bustless, females, and yet who find the greatest difficulty, apparently, in running a half mile in two minutes, a mile in four and a half minutes, even 100 yards in ten seconds, all school-boy standards and then second-class, surely demonstrates this disparity!

Truly are women's athletics only a caricature of men's athletics, and it is only because we, masculine speaking, live in a debased world of so many half-men that women and their futile performances are tolerated in the great athletic festival called the Olympic Games. The Greeks, from whom we inherited the Games, knew better.

I am not opposed to women taking part in gymnastics, which are much more suitable, because of the opportunity for grace, beauty and dexterity. Diving also permits women to demonstrate a grace and beauty far superior to anything possible by men, but running in races that cause exhaustion, distress, sweat and all that's ugly and non-feminine I, for one, am not impressed.

The girls who are attracted to these events are quite interesting and admirable types in themselves. Being much more masculine than the normal woman, they evince much more direct, honest and straightforward natures. Incapable of the customary feminine deceptions, flirtations, and in some cases, even the usually expected feminine graces, speaking for myself, I can never but view their athletic performance with amused tolerance, despite their dedication and masculine characteristics.

Many, of course, require medical attention and hormone treatment. One I know of, after competing as a woman in the Melbourne Games, decided to change sex. Others have to remove their hirsute evidence of masculinity. On the whole, not the most admirable characteristics if we would breed first-class women and mothers of the race.

The statement that most of these female athletes can breed their species does not mean, at least, to myself, that they are all the apex of motherhood. Some may be, and I am devoted to them, but I fear this devotion has over-ridden a natural antipathy and arises more from comparison than admiration of their athletic prowess.

After all, perhaps I see the underlying woman, and forgive her being a woman, from her characteristic, not only in athletics, but in many other activities not suitable to her sex, of aping the male animal.

Some day I hope to see women's athletics excluded from that, primarily, male athletic festival, the Olympic Games. Then, perhaps, women will appear more as women, be respected as such, honoured for being beautiful, comely, gracious, and above all as potential mothers of a superior race and not merely strongly-limbed, short-haired narrow-hipped, almost bustless parodies of the male. No wonder, with the views I hold, I beseech them, above all else, to be women first - NOT just athletes!"

Those enlightened and encouraging opinions came from Percy Cerutti, often referred to as one of Australia's (even the world's) "greatest athletic coaches", and are quoted from his book "Sport Is My Life", published in 1966. Percy is (sadly) no longer with us - would that he had survived long enough to see the last Boston Marathon, when a 5'3", 7½ stone woman finished in the magnificent time of 2:22:42! Joan Benoit's time would have been a world record up to 1952 (Jim Peters, 2:20:42), an Olympic record up to 1960 (Abebe Bikila, 2:15:17) and a Commonwealth Games record up to 1962 (Brian Kilby, 2:21:17). She would have beaten Emil Zatopek in the 1952 Olympic Games Marathon by 21 seconds.

I suppose Percy would never have dreamt, even in his worst nightmares, of women running marathons, but what about the times for shorter distances he mentions above? Let's compare them with the current women's world records:

100 metres (108.3 yards):- 10.8 (Marlies Gohr)
800 metres (13.3 yards less than half a mile): - 1:53:43 (Nad. Olizaryenko)
Mile: 4:17:44 (Maricica Puica).

Not as dramatic as the reduction in marathon times, but still a lot better than he thought women capable of. Thank God women athletes are no longer inhibited by conforming to some male "expert's" opinion of what they should and should not do, and are now beginning to realise their true potential.



FUN RUN RESULTS (APEX 10)

BELROSE-DAVIDSON APEX 10K - June 19th, 1983

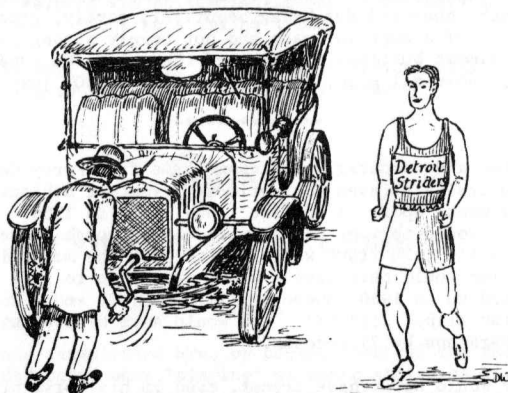
1st: Jodie Kearns - 29:44
 2nd: T. Gibbons - 32:01
 3rd: A. Cronin - 32:07
 4th: Keith Cannard- 32:12 (1st in Age Category)

1st Woman: Karen Peake - 36:45
 1st Woman over 35: Merri Mack - 39:27

Striders (other than Keith)

Adam Thomson - 39:42 (2nd in Age Category)
 Eric Willcock - 50:37
 Sue Thomson - 51:59
 Val Willcock - 54:14

WHO SAID RUNNERS WERE CRANKS?!



"EXERCISE IS BUNK. IF YOU ARE HEALTHY YOU DON'T NEED IT: IF YOU ARE SICK, YOU SHOULDN'T TAKE IT."
 ~ Henry Ford.

MOLSON (M)

★  ★
ARCTIC
Midnight Sun Marathon
 α σ ρ Α Γ Δ Ε Ζ Η Θ
Marathon Du Soleil Du Minuit

★ **COME RUN IN** ★
THE WORLD'S MOST
NORTHERLY RACES
720 KM (480 MILES)
NORTH OF CANADA'S
ARCTIC CIRCLE

June 30 — July 4th
 1983



MIDNIGHT SUN MARATHON

by Susan Womersley

Each year, on the northern shore of Canada's Baffin Island, 720 km (480 miles) north of the Arctic Circle, a group of runners gather to challenge the treeless pass that links the Eskimo Village of Artic Bay to the mining community of Nanisivik. The Midnight Sun Marathon and Road Races offers a variety of events: 10k, 32k, marathon and Ultra-marathon (84k).

Not for the faint of heart, the marathon is considered to be the toughest in the world. For those who really crave a challenge, the Ultra, which to date has only been conquered by a handful of men, doubles the already gruelling course.

THE COURSE - Starting at sea-level in Arctic Bay, the course winds its way through the Terry Fox Pass to an elevation of 1,749ft at the 15.5 mile mark, then drops 654ft. over the next 3 miles to the townsite of Nanisivik. It is at this point that the 20 miles race ends and the challenge of the marathon begins. Named "The Crunch" by those who have defeated it, the road drops 975 ft. over the next 3 miles, down to the dock of Nanisivik, and then loops back over the same steep and winding road to the townsite.

Barely qualifying to be called a road, the entire course is rough gravel that has been plowed out of the rock. Temperatures on race day can range from 25°F to 65°F.

THE TERRAIN - The hills are barren, except for a few tiny flowers that grow in the cracks of the endless expanse of rock. Distance loses all perspective, and a hill that appears to be a few miles away can actually be 20 miles distant. There is no sound, except for the wind, and virtually no sign of life.

This is the season of endless daylight, when the midnight sun burns 24 hours a day. Visitors to the area may feel somewhat disoriented at first, but are soon enraptured by its breathtaking beauty.

RACE INFORMATION - To date, runners from all over North America have competed in this event, held annually on the first weekend in July. Registration fee (which includes round-trip airfare from Toronto, or Montreal, Canada, accommodation and three meals a day for the five-day event) is \$659.00 (Canadian). Entrants are billeted with the miners families or placed in Government houses in Nanisivik, and consequently the number of applications is limited to 60.

AWARDS AND PRIZES - Marathon and Ultra Marathon Winners receive - Eskimo Carvings.

IMPORTANT NOTICE - Baggage handling is limited. Please bring minimum baggage. Soft luggage such as track or kit bags are excellent. Excessive baggage charge \$.80 lb. Please bring sleeping bags, towel & toiletries and adequate warm clothing (i.e. gloves, hats etc.).

(EXTRACT FROM THE OFFICIAL ENTRY FORM)



LETTER TO THE EDITOR

from "Not a bit tired" Turramurra

Dear Charles,

"Does your wife mind your running?" My surprise at this kind of enquiry opened up a whole train of thoughts on the subject of my husband's running. No, of course I didn't mind having him look even leaner, fitter and full of zest at his interest in this new sport.

Somewhere, however, on those miles of hard black tarmac, a fire has all but been extinguished. The self-induced joys and high moments may be wonderful for the runner, but they are NOT TRANSFERABLE to wives, lovers & such. We cannot exist forever on the side benefits of our man's good health.

Our vastly advanced society must, I feel, provide a solution to my dilemma. For all my hard thinking, I can only come up with three angles, none of them real answers, but here goes:

- Sports Medicine - lots is being discovered about human endurance, but are they interested in that all important subject?
- Marriage guidance counselling - I think I would have to go on my own as my husband would be too busy completing his 200 km per week.
- A legal order into restitution of conjugal rights - this one seems altogether too heavy. It was conceived in days before the running boom with reluctant femmes in mind. Alas, no help there either!

Do other readers of either sex have views on this. I feel I cannot be the only one.

So to my mind enquirer "Yes. I do mind!"



TEAM SURVEY

from Sam Daher

The Sun City to Surf this year offers forty-one different categories to enter, thus catering for a wide cross-section of the running fraternity. Because of the numerous categories, it is not as difficult to gain a team placing as one would imagine in an event comprising some 25,000 competitors. I'm not suggesting that it's easy, but it certainly is not out of reach of many club members, so don't consider that you may not be fast enough.

I have compiled a history of results in those categories club members are eligible to compete in. Members wishing to be placed in a team should ensure their entry is lodged through the club A.S.A.P.

I have excluded results pertaining to the categories for Registered Athletes, Various Business Houses, Family Teams and Veterans as the club will be placing Striders teams only. However, I hold results for each of these categories over the past seven years and anyone interested in a specific category should contact me and I will make available the statistics on that category. On the whole almost all of the omitted

categories are very competitive, especially the male veterans teams.

CATEGORY AF - MEN Teams of 3 (ONE registered athlete permitted)

1978	-	1st	141:16	Mick Simmons
		2nd	143:04	Total
		3rd	144:08	PTC of NSW
1979	-	1st	131:34	Mick Simmons
		2nd	137:28	NSW CCC
		3rd	139:06	PTC of NSW
1980	-	1st	140:34	NSW IT
		2nd	141:56	SRA V UTA NSW
		3rd	143:50	Dencorub NSW
1981	-	1st	137:06	Talays Runners Club
		2nd	164:24	Normo Nomad
		3rd	165:45	North Flood Flyers
1982	-	1st	140:02	Talays Runners Club
		2nd	149:10	Sydney Striders
		3rd		Not obtained

Comments - Sydney Striders team of Neil Plevy, Stuart Greaves and Russell Hammond were provisionally placed 3rd but promoted to 2nd on corrected placings (corrected 3rd placing not published)

Prior to 1981 an extremely competitive category made easier the past two years by the introduction of additional categories. Considered a good category for Sydney Striders to enter.

CATEGORY A.G. - MEN AGED 30 & OVER Teams of 3 (ONE registered athlete permitted)

1978	-	1st	146:30	Kembla Joggers
		2nd	149:18	Coca Cola
		3rd	152:18	Harbord Diggers
1979	-	1st	141:42	Randwick Runners Shop
		2nd	146:08	Commonwealth Bank
		3rd	146:50	Bronte S.L.S.C.
1980	-	1st	141:28	Talays Runners Shop
		2nd	142:28	Commonwealth Bank
		3rd	144:24	Harbord Diggers
1981	-	1st	141:56	Talays Runners Shop
		2nd	143:58	Commonwealth Bank
		3rd	157:16	Giovannis Restaurant
1982	-	1st	152:31	Sydney Striders
		2nd	159:39	Customs Joggers Canberra
		3rd		Not obtained

Comments - Sydney Striders team of Ivan Freys, Charles Coville and Bruce Usher were provisionally placed 2nd but promoted to 1st on corrected results (corrected 3rd placing not published).

Similar to the previous category this category has been made within reach of Striders over the past two years. Another good category to enter.

CATEGORY AH - WOMEN Teams of 3 (ONE registered athlete permitted)

1982	-	1st	190:50	The Runnery Sisters
		2nd	255:07	Drummoyne Joggers
		3rd	304:42	Total Teams

CATEGORY AI WOMEN AGED 30 AND OVER Teams of 3 (ONE registered athlete permitted)

1982	-	1st	330:49	Altona
		2nd	381:50	Patrician Bros Fairfield
		3rd		No result

Comments - The times shown are not in error. The newly introduced womens open categories AH & AI were by far the LEAST competitive of all categories. Whilst there can be no guarantee the situation would be the same this year, there can be no doubt that these categories are a must for female Striders. So girls make sure you enter through the club.

CATEGORY AJ - MIXED (MEN & WOMEN) Teams of 3 (ONE registered athlete permitted)

1978	-	1st	162:46	Norm Provans Cronulla Road Hogs
		2nd	169:50	E.S. P.O.W. & P.H. Hospitals
		3rd	174:26	Sydney Hospital Rum Runners
1979	-	1st	152:30	Go Jog (one)
		2nd	158:30	Go Jog (two)
		3rd	162:24	Norm Provans Discounts
1980	-	1st	147:10	The Kool Kentora
		2nd	158:42	T.N.T. Sport
		3rd	162:18	Cronulla Road Hogs
1981	-	1st	158:08	Commonwealth Bank
		2nd	162:06	ACPE Road Runners
		3rd	178:49	Talays Runners Shop
1982	-	1st	151:23	Talays Runners Shop
		2nd	155:57	Harbord Clubs Diggers
		3rd	159:00	Northside Gogos

Comments - Prior to 1982 this category was not over competitive and well within reach. Nevertheless, whilst on 1982 times a win may be extremely difficult, a placing is still a chance if the trend is held.

CATEGORY AX - SPORTING (OTHER THAN ATHLETIC CLUBS) Teams of 3

1981	-	1st	128:12	Runners Club 3
		2nd	136:22	Runners Club 1
		3rd	?	Sydney Striders
1982	-	1st	155:14	Kenso Sports
		2nd	166:05	Sydney Striders
		3rd	172:36	S.W.B. Orienteering

Comments - A very good category to enter teams.

STRIDING ON

AUSTRALIA'S FIRST MONTHLY RUNNING NEWSLETTER WRITTEN BY RUNNERS FOR RUNNERS.

Striding On is a Sydney Striders project. Its aim is to provide runners with an independent voice and an outlet to express any running opinion favourable or otherwise.

The need for such a publication has been heightened in recent times by the increased involvement of the major media organisations in road race sponsorships. Moreover it has become obvious that the media are not always willing to publish reports and air views that are not in their own interests.

To ensure its independence, Striding On has an independent editorial committee which is not accountable to any club, sponsor or event.

While certain Sydney Striders members contribute articles to Striding On, so too do non-Striders.

Overseas content is supplied by correspondents in the U.K., U.S.A., Europe and South Africa, while local content is received from contributors who have no interest in or allegiance to Sydney Striders.

Contributions to Striding On are welcome from any source.

Striding On will no longer be available to club members free of charge.

The high cost of publication has meant a decision to charge members \$11 p.a. - the same cost that outsiders pay (i.e. \$1 per edition).

Please send me 11 issues of Striding On at the annual subscription rate of \$11.00. I enclose my cheque/money order made payable to Striding On.

NAME _____

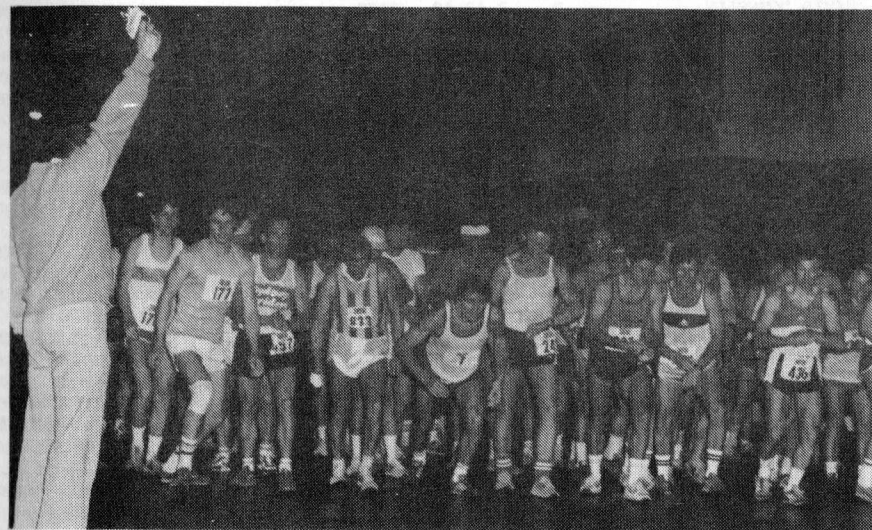
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Get set for THE 'CITIES' MARATHON



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!

MARATHON LADDER

(As at June 26, 1983)

STRIDER	CAT.	TIME	MARATHON AS A STRIDER	DATE	MARATHON PRIOR TO JOINING STRIDERS
1. KEITH CANARD	V	2.32.33	KEMPSEY	6/83	2.29.00 NSW STATE
2. ROBERT HARRISON	O	2.33.46	BIG M	10/82	1980
3. BILL FLANAGAN	O	2.36.47	NIKE	4/82	
4. NEIL PLEVY	O	2.37.24	STATE	6/82	
5. DAVE COX	P	2.37.52	NIKE	4/82	
6. TONY MCCALL	O	2.38.01	MARYBOROUGH	7/82	
7. BRUCE USHER	P	2.38.45	CAMPBELLTOWN	5/82	
9. VINCE ENGEL	P	2.42.31	NIKE	4/83	2.19.08 FIESTA
10. BOB SHAW	O	2.42.50	AUSTRALIAN	6/83	BOWL ARIZONA USA
8. STUART GREAVES	O	2.41.21	BIG M	10/82	1979
11. DAVID DONNELLY	P	2.43.48	NIKE	4/83	
12. CHARLES COVILLE	P	2.46.56	STATE	6/82	
13. SAM DAHER	P	2.48.24	NIKE	4/82	
14. FRANCIS CHAN	O	2.48.53	SYDNEY	9/82	
15. JOHN EVENNETT	P	2.49.26	NIKE	4/83	
16. DENNIS COOLEY	P	2.49.33	NIKE	4/82	
17. PETER COBLEY	P	2.50.00	AUSTRALIAN	6/83	
18. HARVEY BLUE	V	2.50.16	AUSTRALIAN	6/83	
19. DICK CLELAND	V	2.50.34	GOLD COAST	8/82	
20. TREVOR ROBERTS	P	2.51.17	NIKE	4/83	
21. CHRIS STAPLES	O	2.51.28	AUSTRALIAN	6/83	
22. MIKE ANSCHUTZ	O	2.52.04	SOUTH AUST STATE	6/82	
23. ALISTAIR MACKIE	P	2.52.24	AUSTRALIAN	6/83	
24. STEVE KNIGHT	P	2.53.00	AUSTRALIAN	6/83	
25. BERNARD COOLEY	V	2.53.45	CAMPBELLTOWN	5/82	
26. RAY DORAN	V	2.54.10	STATE	6/82	
27. WYNNE HENDERSON	O	2.54.35	NIKE	4/83	
28. DAVE DOUGLAS	V	2.54.43	AUSTRALIAN	6/83	
28. BERNIE LIEBMANN	P	2.54.43	AUSTRALIAN	6/83	2.40.00 TRANSVAAL
30. ALAN POWYS	O	2.54.57	HARBORD DIGGERS	5/82	2.46.13 STATE 1982
31. RON FEENEY	O	2.55.06	NIKE	4/83	
32. OSTEN HANSSON	P	2.55.08	GOLD COAST	8/81	
33. WAYNE STANTON	O	2.55.19	AUSTRALIAN	6/83	
34. STEVE CORNELIUS	P	2.55.31	STATE	6/82	
35. DAVE INGHAM	P	2.55.32	STATE	6/82	
36. NIGEL HADGISS	P	2.55.57	CAMPBELLTOWN	5/82	2.52.51 BLACKTOWN
37. BRIAN LYNCH	P	2.56.59	AUSTRALIAN	6/83	1981
38. ALAN FARRELL	P	2.57.24	NIKE	4/83	
39. JENNY WALKER	OF	2.57.39	AUSTRALIAN	6/83	2.52.48 HAMILTON
40. WINSTON MARSDEN	V	2.57.59	AUSTRALIAN	6/83	(NZ) 1981
40. LAURIE KING	P	2.57.59	NIKE	4/83	
42. MAX HENDERSON	V	2.58.22	STATE	6/82	
43. JOHN JESTON	P	2.58.48	NIKE	4/82	
44. RUSSELL BLACK	P	2.58.51	AUSTRALIAN	6/83	2.50 SYDNEY 1982
45. ALAN TUCKER	P	2.59.19	HARBORD DIGGERS	5/82	
46. BILL HUNTER	M	2.59.25	VETERANS	7/81	
47. BRYAN FENN	P	2.59.33	AUSTRALIAN	6/83	2.34.08 CAPE
47. MIKE BINGHAM	P	2.59.33	STATE	6/81	PENINSULA (RSA)
49. CECIL FORD	P	2.59.43	BIG M	10/82	1980
50. SUE HILL	PF	2.59.46	AVON	5/81	
51. PETER FOULSHAM	P	3.00.43	AUSTRALIAN	6/83	
52. ANTHONY WHITE	P	3.01.24	AUSTRALIAN	6/83	3.01.00 HARBORD
53. BRIAN COLWELL	P	3.01.47	BIG M	10/82	DIGGERS 1980

-2-

STRIDERS	CAT.	TIME	MARATHON AS A STRIDER	DATE	MARATHON PRIOR TO JOINING STRIDERS
54. MARIA GEMENIS C'SHANK	PF	3.02.20	CITIES	9/82	
55. DAVE BLACKHALL	P	3.02.24	STATE	6/80	
56. DAVE MILL	P	3.03.00	HARBORD DIGGERS	4/82	
57. BRENT WATERS	P	3.03.01	BIG M	10/82	
58. IAN WEBB	P	3.03.38	BIG M	10/82	
59. MICHAEL MCGUIRK	P	3.04.09	NIKE	4/83	
60. CRAIG JOHNSON	P	3.04.20	NIKE	4/82	
61. MICK EDWARDS	P	3.04.51	AUSTRALIAN	6/83	
62. DAVID PETERSON	V	3.04.53	STATE	6/82	
63. BRETT NICHOLS	P	3.05.29	AUSTRALIAN	6/83	
64. GAI CUNNINGHAM	P	3.06.56	AUSTRALIAN	6/83	
65. RUSSELL HAMMOND	O	3.07.16	NIKE	4/83	
66. KEITH BARNETT	P	3.07.32	AUSTRALIAN	6/83	
67. BERNIE KING	P	3.07.53	NIKE	4/83	
68. DAVE WILLIAMS	P	3.08.15	NIKE	4/83	
69. JIM TRAVERS	O	3.08.18	WOLVERHAMPTON	2/83	
70. JOHN TURNER	V	3.08.51	AUSTRALIAN	6/83	
71. IVAN FREYS	P	3.09.20	STATE	6/82	3.07.00 HARBORD
72. GAVIN CARR	P	3.09.36	STATE	6/82	DIGGERS 1979
73. MARK HANLON	O	3.09.47	NIKE	4/82	
74. TERRY MCMAHON	V	3.11.49	AUSTRALIAN	6/83	
75. NEIL COLLUM	P	3.12.21	GILLAWARNA	9/81	
76. BRYCE COURTENAY	V	3.13.58	NIKE	4/83	
77. LEO LEADER	P	3.14.05	NIKE	4/83	3.05.00 CAPE
78. MERRI MACK	PF	3.14.17	AUSTRALIAN	6/83	PENINSULA(RSA) 1980
79. BOB CHEETHAM	O	3.14.28	AUSTRALIAN	6/83	3.09.21 NIKE 1982
80. KARL TOPFER	P	3.14.31	NIKE	4/83	
81. ROBERT WATERREUS	P	3.15.37	AUSTRALIAN	6/83	3.12.32 AMSTERDAM
82. IAN MILLER	P	3.16.03	AUSTRALIAN	6/83	1982
83. TERRY MCIVER	P	3.17.17	AUSTRALIAN	6/83	
84. IRWIN LIGHT	P	3.17.38	AUSTRALIAN	6/83	3.10.38 BLUFF (RSA)
85. ROBERT STUART	V	3.18.16	STATE	5/83	1977
86. LYNNE EVANS	PF	3.19.30	NIKE	4/83	
87. JAN NEWLANDS	V	3.19.39	STATE	5/83	
88. ALEX HAMILL	P	3.19.46	AUSTRALIAN	6/83	
89. ROBERT WARD	P	3.20.00	AUSTRALIAN	6/83	
90. GERRY GREENLAND	P	3.20.37	AUSTRALIAN	6/83	
91. JOHN DAWES	P	3.20.42	AUSTRALIAN	6/83	
92. GEOFF MURRAY	P	3.20.45	STATE	6/81	
93. PETER RYAN	M	3.21.45	BIG M	10/82	
94. RICHARD BEVAN	P	3.22.17	BIG M	10/82	
95. BARRY JONES	M	3.23.18	VETERANS	7/81	
96. ROBERT BLACKWELL	P	3.25.56	STATE	6/82	
97. DEREK WHITE	M	3.26.56	NIKE	4/83	3.26 NIKF 1981
98. GEOFF COX	O	3.27.26	HARBORD DIGGERS	4/81	
99. PETER HERSEY	V	3.28.40	AUSTRALIAN	6/83	
100. JOHN HILL	P	3.29.36	AUSTRALIAN	6/83	
101. NEIL GUY	O	3.29.56	GILLAWARNA	9/80	
102. GEOFF PEARL	V	3.32.23	AUSTRALIAN	6/83	
103. MALCOLM MCDONALD	P	3.33.14	AUSTRALIAN	6/83	
104. JOHN OLDROYD	O	3.35.00	STATE	6/81	
105. JOHN FLYNN	P	3.35.37	GILLAWARNA	9/80	
106. BILL MCCRINDLE	M	3.38.04	STATE	5/83	
107. HERB LUDINGTON	M	3.40.26	AUSTRALIAN	6/83	3.31.51 STATE 1982

STRIDERS	CAT.	TIME	MARATHON AS A STRIDER	DATE	MARATHON PRIOR TO JOINING STRIDERS
108. PETER KEEBLE	V	3.41.04	AUSTRALIAN	6/83	3.29.56 NIKE 1982
109. MIKE FOSTER	P	3.41.52	CHRISTCHURCH	6/83	
110. BRENDA HAMILL	PF	3.42.59	HONOLULU	12/82	
111. MIKE NATHANSON	V	3.43.58	NEW YORK	10/80	
112. ERIC WILLCOCK	M	3.45.55	HONOLULU	12/82	3.28.48 ADELAIDE 1981
113. DERRICK TITMUS	V	3.46.44	AUSTRALIAN	6/83	
114. BRUCE MURRAY	V	3.47.16	AUSTRALIAN	6/83	3.42.00 CITIES 1981
115. JOHN GALE	O	3.49.27	ADELAIDE	8/81	
116. PHIL CALDWELL	P	3.52.45	AUSTRALIAN	6/83	
117. PAM HAZLEWOOD	PF	3.55.31	NIKE	4/83	
118. JIM DONOVAN	P	4.06.57	NIKE	4/83	
119. JANE MCCOY	O	4.19.40	AUSTRALIAN	6/83	
120. CAROL LUDINGTON	M	4.21.15	STATE	5/83	3.55.53 GOLD COAST 1981
121. NIGEL KINGSMILL	V	4.28.56	AUSTRALIAN	6/83	3.31.00 CITIES 1981
122. BOB PEIRSON	M	4.33.40	HARBORD DIGGERS	4/81	
123. TOM SMITH	V	4.40.08	NIKE	4/83	
124. ADAM THOMSON	J	4.40.18	HONOLULU	12/82	
125. DOT FLANAGAN	VF	4.42.56	HONOLULU	12/82	
126. ANNIE FLANAGAN	JF	4.48.12	STATE	5/83	
127. SUE THOMSON	VF	4.53.50	HONOLULU	12/82	
128. VALERIE WILLCOCK	MF	5.16.24	HONOLULU	12/82	4.41.00 AVON 1981
129. JANE FLANAGAN	JF	5.27.56	HONOLULU	12/82	3.43.00 BIG M 1980

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

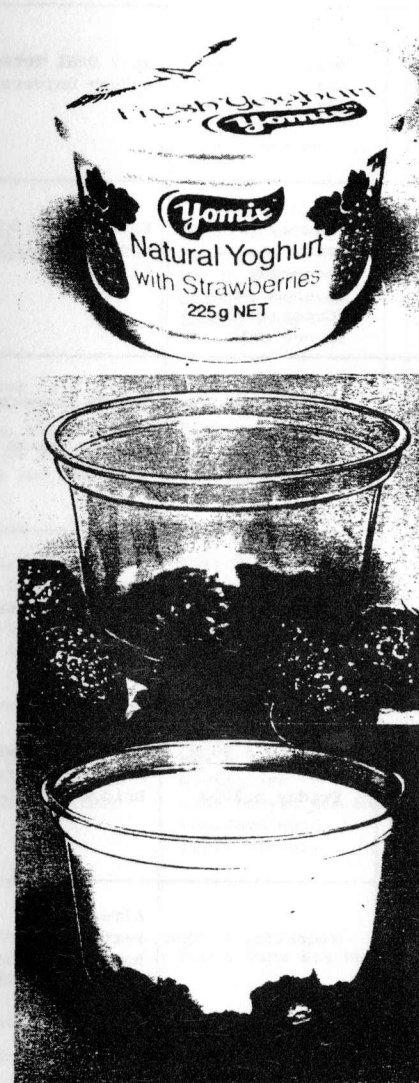
GODFREY FRANZ	O	2.21.36	BUFFALO - EAST LONDON (RSA)	1983
ANTHONY SAUERMANN	O	2.43.39	CAPE PENINSULA (RSA)	1980
PAUL ROBERTS	O	3.02.10	WELLINGTON (NZ)	1983
GORDON SARFATY	M	3.10.00	TYAB	1975
PETER DONNELLEY	P	3.23.00	HARBORD DIGGERS	1981
ALAN SNOW	P	3.29.00	PRETORIA (RSA)	1978
JEFF BURGESS	O	3.48.00	QLD. UNI.	1981
JOHN EDWARDS	P	3.32.52	NIKE	1980
IAN CROSS	O	4.35.05	STATE	1982
CHRISTINE PORTER	OF	4.45.00	HARBORD DIGGERS	1980

CATEGORY LEGENDS

J	=	Junior	-	Under 18
O	=	Open	-	18-29
P	=	Pre-Vet	-	30-39
V	=	Veteran	-	40-49
M	=	Master	-	50-59
S	=	Senior	-	Over 60

ERRORS/OMISSIONS

Please advise the ladder Co-ordinator in writing of any errors/omissions on the Club Ladder.



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STRIDERS IN TRAINING

TITLE	CONTACT	DAY/TIME	START/VENUE
Birubi 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 ("Pain in the Domain")	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 Carlson Bus. 218-9515	Every second Wednesday between 12.00am and 1.30pm	Domain, near public toilets, South of 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
No.2 grass oval	Bernard & Dennis Cooley Robert Harrison Neil Plevy Jane Flanagan	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 Sue Daher Dot Flanagan Russell Hammond Laurie King	Intervals at sprinting pace
Randwick to Clovelly Either: 1) Left to Bronte, Tamarama, Bondi OR 2) Right to Coogee and Maroubra	John Dawes Bill Flanagan Sue Hill Ian Millar	2 courses of 5k, 8k and 16k run on alternate weeks. Competitive pace.
Domain, along water front in Botanic Gardens to steps opposite Opera House and return	Mike Bingham Phil Caldwell Charles Coville Sam Daher Merri Mack Russell Hammond	6.6k Race. Runners leave every minute between 12.00am and 1.30pm
South of river. Fullers Bridge to Ryde Road return	John Evennett Max Henderson Gavin Carr Alan Powys, Sue Hill Pam Hazelwood Brett Nichols	Race Pace - Tuesday Medium STAR pace - Friday 10k
Varying inner Western Suburbs, including Iron Cove Bay, Drummoyne, Pyrmont	Rob & Nina Blackwell	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 Blackall Charles Coville Dave Ingham Pam Hazelwood Max Henderson Bernie Liebmann 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-Jun 25 15.3k July 2-Aug 6

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

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 5.50pm	Hensley Park, Pagewood
Vince's Vengeance	Bryce Courtenay Bus. 922-6877	Wednesday 12.15pm or Monday-Friday 10K run 12.15pm	Northern Suburbs Rugby Club
Woodstock Runners	Kerry Bray Res. 74-9835	Tuesday and Thursday 6.00pm	Tuesday: Woodstock Community Centre, Church Street, Burwood Thursday: Campbell Oval, Canterbury Park, Princess Street, Canterbury

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



MARATHON SURVEY

MARATHON	CAMPBELLTOWN JOGGERS	GOLD COAST	GILLAWARNA	WAGGA
Marathon Location	Campbelltown Sydney	Surfers Paradise	Lake Gillawarna Sydney	Olympic Way Junee to Wagga
Date of Race	July 11	July 31	August 14	August 21
Entry Deadline	July 1	July 17	Race Day	August 21
Course Description	Gently undulating	Flat	Flat	Flat with undulations
Course Direction	Out and back	Out and back twice	Out and back twice	Junee to Wagga
Course Record	Horst Wegner 2.22.29 1981	Alain Lazare 2.19.21 1982	Horst Wegner 2.28.04 1981	John Bell 2.29.47 1981
1982 Field Size				
Starters	140	426	120	80
Finishers	126	342	116	48
1982 Winners				
Male	Paul Lockyer 2.30.13	Alain Lazare 2.19.21	Gary Pope 2.42.03	John Bell 2.29.47
Female	Sue Hill 3.05.14	Jill Colwell 2.43.35	Yvonne Couper 3.06.44	No finishers
1982 Sub 3 hours				
No.	38	87	5	8
%	30%	25%	4%	17%
1982 Striders (Finishers)	15	3	2	3
Entrance Fee	\$5.00	\$7.50	\$3.00	\$5.00
Contact (B) Business (R) Residence	Ken Saunders 236.9309 (B) 046.25.2686 (R) P.O. Box 657 Campbelltown 2560	Dusty Lewis (075) 38.4680 (07) 397.8777 P.O. Box 5251, Gold Coast Mail Centre, 4217	Tony Goldsmith 774.1450 (R)	Harry Thompson (069) 24.1155 c/- Oakvale, Old Junee, 2593

ON ACCOMMODATION/TRANSPORT FOR OUT-OF-TOWN MARATHONS, PLEASE WATCH THE STAR NOTICEBOARD.

FAR NORTH COAST	CITIES	FESTIVAL CITY	SYDNEY	BIG M
Wardell, N.S.W.	Sydney	Adelaide	Sydney City & Eastern Suburbs	Melbourne
August 28	August 28	August 28	September 11	October 9
August 28	August 14	August 14		September 31
Flattest in N.S.W.	Undulating and Flat	Flat, with undulating hills at 30km	Undulating with some hills	Flat with incline at 38K
Out and back thrice	Sydney to Blacktown	Gawler to Adelaide	Circuit	Frankston to Melbourne
Bill Clingan 2.32.57 1982	Steve Montague 2.26.59 1982	Colin Neave 2.21.06 1982	Harry Ward 2.31.45 1982	Bill Rodgers 2.11.08 1982
45 32	76 67	1300 1175	370 308	5194 3574
Bill Clingan 2.32.57 Joan Sutton 3.16.50	Steve Montague 2.26.59 M.Geminis-C'shank 3.02.20	Colin Neave 2.21.06 Ann Mann 2.52.29	Harry Ward 2.31.45 Sue Hill 3.03.24	Bill Rodgers 2.11.08 Sue King 2.37.57
15 47%	13 19%	60 5%	38 12%	641 18%
111	2	1	7	3
\$5.00	\$5.00	\$10.00	\$7.50	\$5.00 (Subject to conf.)
Brian Richards (066) 21.4422 (B) (066) 29.7278 (R)	Ian Winton 621.0011(x216) (B) Blacktown City Council, Flushcombe Road, Blacktown, 2148	Bruce Abrahams (08) 294.3248 Festival City Marathon P.O. Box 96, Glenelg, 5045	Mike Agostini 337.4399 (B) P.O. Box 109 Rose Bay, 2029	Ms Win May Big M Marathon, Olympic Park Admin. Building, Swan Street, Melbourne, 3002