

**UP AND
RUNNING...**



**BIG
DISCOUNTS TO CLUB MEMBERS-**
Immediate delivery on - Laser - all models
XE Sedans, Wagons, Fairmont, Ghias, LTDs
Fairlanes and Lite commercials - Wide range
of quality used cars - **PLUS 15% OFF**
PARTS & SERVICE

DL 6629

Westline
can do it everytime



744 Canterbury Road, Belmore, 759 4622

Sydney Striders

Marathon and Road Runners Club



REGISTERED BY AUSTRALIA POST

PUBLICATION NBQ 5422



PUBLICATION DETAILS

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

EDITOR: Charles Coville 476.6440 (H)
PUBLISHER: Bryce Courtenay 337.3052 (H); 922.6877 (B)
ROVING REPORTERS:
Dot Flanagan, Carol Ludington, Bruce Murray

BLISTER NO. 17 SEPTEMBER/OCTOBER (This Edition)

CIRCULATION: (200 and growing)
ADVERTISING RATES: \$ 30 per page per edition
\$150 per page per annum (6 editions)

BLISTER NO. 18 NOVEMBER/DECEMBER (Next Edition)

DEADLINE DATES:

Untyped/Typed Articles - Sunday 23rd October
Release Date - Sunday 6th November
(Typed articles: Small black type, single spacing,
A4, 1cm margin all sides)

BLISTER NO. 19 JANUARY/FEBRUARY

PROVISIONAL RELEASE DATE - Sunday 7th January

CLUB EMBLEM: CHEETAH

CLUB COMMITTEE: RESIDENCE: BUSINESS:

PRESIDENT:

Charles Coville 476.6440

VICE PRESIDENT:

John Evennett 982 7493 70.0400

SECRETARY:

Brian Colwell 664 1644

TREASURER

Bob Mann 337.2439

YOMIX HALF MARATHON MANAGER:

Phil Caldwell 427.6350

ITINERARY MANAGER:

Steve Cornelius 427.3604

SOCIAL MANAGER:

Vacant

LITERATURE MANAGER:

Bryce Courtenay 337.3052 922.6877

INDEX

	PAGE
EDITORIAL	Charles Coville 4
KNOCKERS AND ILL INFORMED ARE INFLUENTIAL	C. Coville 6
NEW MEMBERS	6
SUNDAY TRAINING RUNS	Steve Cornelius 7
STATE MARATHON TEAMS ANALYSIS	8
NEW MEMBER PROFILE (R. COGHILL, L. LEAR)	8
YOU'LL NEVER KNOW TILL YOU TRI	Alex Hamill 9
MIDNIGHT SUN MARATHON (THE WORLD'S TOUGHEST) ...	D. Sacks 11
NEW MEMBER PROFILE (P.Fraser, K. Barnett, H. Turner)	14
THE WANG AUSTRALIAN MARATHON	Gerry Greenland 15
THE WANG TEAM RESULTS	16
NEW MEMBER PROFILE (J. McCoy)	16
THE LESS CONGESTED 14K	17
SPORTSPULSE	17
TAKE A CLOSER LOOK	18
FAREWELL MT. PRITCHARD/WARRAGAMBA DAM	Steve Cornelius 19
SYDNEY'S SPEEDIEST RACE RESULTS	20
HOSPITABLE CAMPBELLTOWN	Nigel Hadgskiss 21
STEVE KNIGHTS WINE REVIEW	Steve Knight 22
NEW MEMBER PROFILE (G. Cunningham)	23
NEW MEMBER PROFILE (N. Comerford, Peter Keeble)	24
STRIDING ON SUBSCRIPTION	25
AVON WOMEN'S FUN RUNS	Chris Porter 26
RACE RESULTS	27
SHOULD HAVE BROUGHT THE CAMERA	Geoff Cox 30
STRIDER IN GLEBE WEEKLY	31
NEW MEMBER PROFILE (Philip Halpin, Bryan Fenn)	32
NEW MEMBER PROFILE (John Hill, Merri Mack)	33
CITY TO SURF RESULTS	Sam Daher 34
CITY TO SURF ANALYSIS	Steve Cornelius 35
RUNNING WOMAN'S FACTS WRONG	Steve Cornelius 36
NEW MEMBER PROFILES (Herb. and Carol Ludington)	37
LETTER TO THE EDITOR	Dennis Cooley 38
SHOE SURGERY	Dr. Irwin Light 39
GILLAWARNA RACE RESULTS	39
WHAT'S A POOR GIRL TO DO?	Carol Ludington 40
GILLAWARNA - HERE I COME	Brenda Hamill 41
TAKE A CLOSER LOOK	43
NEW MEMBER PROFILE (Chris Porter, Ken O'Connor)	44
YOMIX LETTER	45
CITIES MARATHON	Wayne Stanton 46
NEW MEMBER PROFILE (Terry McMahon, Eric Spilstead)	48
QUEENSLAND REPORT	Tony McCall 49
STOP PRESS -FAR NORTH COAST MARATHON	50
NO SNO, BUT FUN IN THE SUN	Bernie King 50
WOLLONGONG - SYDNEY 50 MILER	51
NEW MEMBER PROFILE (Robert Ward)	52
MARATHON LADDER	Wayne Stanton 53
STRIDERS IN TRAINING	John Evennett 56

EDITORIAL

..... on spring and summer training

It seems that twice a year I repeat myself in editorials.

After disappointing marathon performances when P.B.'s were not attained in Canberra last April, I stressed that STARS of 42.2K are unnecessary - they would not have given you a P.B. It is now the time of year for the second repeat.

With the serious and competitive marathon and road race season over for most of us, it is time to ease back both in kilos and dedication. The remainder of the year should be a time for less discipline - sleep in, miss that occasional run, run short course STARS etc. After injury, staleness is the runners greatest enemy.

By January 1, most runners should be enjoying their low key running with a dedicated goal of 3 months serious training for Nike/Avon (Olympic trials) up in Canberra ahead of them.

Every year I see my advice ignored by some members who train intensively throughout summer (excluding track), run a good Nike/Avon and then lose their appetite for the remainder of the season through staleness.

Please restrain yourself in summer. The competitive season from January to September is longer than you realise.

..... getting amongst the results

Many of you will wonder why your name and times do not appear in some of the race results. Quite simply you did not send in your Race Results form No. we do not peruse every race results for our 180 members. Actually obtaining race results from most organisers is like hitting the wall - few respond.

..... your new roving reporters

A vote of thanks to Carol Ludington, Dot Flanagan and Bruce Murray for volunteering to roving report on member profiles. The position of social organiser still remains open.

..... new direction from the helm in 84

The rumours around that the club president may be standing down at the next A.G.M. are true. A new job and family commitments are the main reasons. Serious consideration should be given by all members to standing for the committee in 1984. Interested office bearers could even make their presence felt now by attending meetings (to assess how the club operates) and/or getting involved in small projects on an ad hoc basis. I am informed that the president of the St. George Athletics Club has held the positions for over 50 years. I believe that new blood is needed regularly on the committee.

..... MCP's are not a protected species

Contrary to a couple of other rumours on sex discrimination within the club, females do get equal treatment in club affairs. If some females do not respond to opportunities then it is certainly not due to any sexist attitudes at committee level. We welcome female participation in our affairs and have always strived to have at least one female on the committee (Sydney Striders)

I've got 2 daughters so I am outnumbered at home and have to listen!

On rumours, I am constantly amazed at how rumours are accepted, including the damaging ones, without promptly getting the facts from the horses mouth.

..... Striders Track and Tar Time Trials

Our newest baby - Thursday Track and Tar Time Trials (The 5T's) at the Rotary Field West Chatswood has all the ingredients for success provided members respond to the request for roster assistance. Please complete the enclosed questionnaire. We hope to be up and running by the end of October.

..... A.A.A. affiliation a reality

3 years ago we spurned affiliation to the N.S.W. A.A.A. - we could foresee little advantage for levying \$12 upon each member for full A.A.A. status. Today things are different. Our members compete overseas and need to be affiliated (New York Marathon); many Striders have shown an interest in competing on the track; our rising stars (not STARS) could well win a State Marathon title, but lose it by default; etc., etc.

We have made application for a specialist (not full) club affiliation (specialist being marathon, and not the number of foreign members) thus allowing each member the opportunity of individually affiliating or not affiliating. Before joining another club for A.A.A. "benefits", please consult the secretary for our latest position.

..... loss of Yomix sponsorship

Yomix Yoghurt, sponsors of our 1983 Half Marathon have permanently withdrawn all future sponsorship of the event. (See letter) We thank Yomix for their substantial and co-operative sponsorship as they allowed us the freedom to promote the type of event as we saw fit.

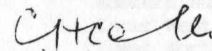
..... shoulders to the wheel for the Children's Hospital

Brent Waters applied his skills obtained as Half Marathon Time Recording Manager and Managing Editor of Striding On to organise the first Telethon Bed Push. Almost 20 Striders "put their shoulders to the wheel" to push an unlicensed, unroadworthy, Stam-inade injected pronating hospital bed from the Children's Hospital (Camperdown) to Channel 7 Studios (Epping). Over \$1000 was raised in what could well become an annual event.

..... Striding On

Striding On has been well accepted by runners, race organisers, sponsors and the press. It is serving well the missing link in prompt, topical, outspoken, independent reporting. It is financially viable and is here to stay. Bryce Courtenay and Brent Waters are performing admirably at the helm, with Phil Caldwell supplying the research on the race results. Members are reminded that subscription is \$11 p.a. (\$1 per copy) and that it is no longer issued free with the Blister.

Keep on Striding,



C.H. COVILLE
EDITOR



KNOCKERS AND ILL INFORMED

The TV Guide, Sydney Morning Herald, August 8th.

SPORTS SPECIAL: FIRST WORLD ATHLETICS CHAMPIONSHIPS FROM HELSINKI (7) at 11 pm:
Highlights from day 4. Watch the Aussies get beaten by the world's best. At least they'll improve by the time the L.A. Olympics get under way.

Editor:

The unfortunate aspect of ill advised jurnos is that their articles get read and often believed.

How can a country hope to progress in sport when those who are more influential than most deride our top sportsmen. If its not a jurno then its a politician who wants to turn off the financial tap that funds the Institute of Sport in Canberra.

Watching the Deek special on TV recently made my blood boil. An Aussie TV interviewer confronted Deeks after his creditable 6th placing in the World Cross Country Championships in Gateshead (UK). Obviously obsessed with Deeks marathon performance, he inquired if he had come 6th because he had only treated it as a "training run"!



NEW MEMBERS

As at Sunday 5th September our membership stood at 175 (19th June 155).

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

RODGER ADAMS
IAN BOWDEN
GARY BUCKLAND
BARRY BYRNES
R. COGHILL
RON CORDEN
MIKE DONNELLEY
PAULA FRASER
WAYNE GARLAND
BRIAN GATFIELD

BRYAN HOLLIDAY
LESLEY LEAR
ROBERT LUMSDEN
LEIGH PASCOE
OKSANA PYLPIAK
P. RUSSELL
BARRY RUTHERFORD
FIONA TURNER
HARRY TURNER
MARGARET TURNER

SUNDAY TRAINING RUNS (STARS)

by Steve Cornelius

Date	Event	Host	Attendance
19 June	Iron Cove Bay Run	Neil Plevy	61
26 June	Willoughby Wander	Sue Hill	65
10 July	Chatswood Chase	Steve Cornelius	50
31 July	North Head Trek	John Evennett	40
14 Aug	Lindfield Lope	Jim Donovan	30

The massive STAR attendances achieved earlier in the season have not been maintained over the past couple of months, probably because the calendar has been crowded with races of all distances for members to get their teeth into. In June, July and the first half of August, the Striders itinerary featured 9 races, ranging from 14 km (City-to-Surf and Diggers' Scenic Run) through to full marathons (Australian, Campbelltown and Gillawarna). With all this competition, one could imagine tired Striders wanting a Sunday morning in bed now and again.

My apologies are due to Eastern suburbs members for the lack of recent STARS in their area. Most itineraries will contain more north-side STARS because almost 60% of our members live north of the Bridge and because there are more existing STARS in that area. However, we do always try to schedule in a reasonable proportion of Eastern suburbs runs, given that about 30% of our members come from the East. In the June-July-August period, the East side has been under-represented, and this situation will be corrected in the future. At present, the club has 13 STAR runs to pick from, distributed as follows:

Eastern Suburbs 4 (Rushcutters, Cent'l Pk, Maroubra, Vaucluse);
Inner West 1 (Drummoyne);
Lower North 3 (Willoughby, Chatswood, Naremburn);
Upper North 3 (Lindfield, St. Ives, Turramurra);
North. Beaches 2 (Clontarf, Frenchs Forest).

New hosts are at present needed for 2 runs, based in or near Willoughby and Turramurra. Sue Hill has ably hosted the Willoughby Wander for some years, and is taking a well-deserved break. Max Henderson and Pam Hazlewood, who designed and hosted the Turramurra Trail, have recently moved house. Many thanks to all of the above for their efforts on behalf of the club. These are both established runs over tried and tested courses, but simply in need of a new starting venue and host. Anyone who can help out, please give me a ring. You will not be lumbered with map-drawing, I promise you.

Wayne Stanton, who lives in Forestville and seems to know a thing or two about the Northern Beaches, has recently designed a brand new course starting in Frenchs Forest, which we will be featuring on the fixture-list soon. It takes in Dee Why and Harbord beaches, and finishes with a 3 km climb from Manly Vale up Allambie Road.

Thanks are also due to John Hill, from Northbridge, who has kindly volunteered to take over as host of the Chatswood Chase, (the revamped Artarmon Amble which we ran on July 10).

STATE MARATHON

NSW MENS MARATHON TEAMS CHAMPIONSHIPS

HOLSWORTHY 8TH MAY, 1983

WESTERN SUBURBS	18
SUTHERLAND NO. 1	29
ST. GEORGE NO. 1	34
*SYDNEY STRIDERS	54
RYDE - HORNSBY	60
RANDWICK - BOTANY	64
SYDNEY MARATHON CLINIC	73

*Assumption - If Sydney Striders were a registered club, it's placing in the State Marathon Championship would have been 4th.

NEW MEMBERS PROFILE

ROBERT COGHILL

Rob age 34 has been running for 16 years as he was overweight and keen to be fit. This concept of fitness was reinforced during his time in the National Service forces - as he describes it, "a very physical environment." These days Rob runs an hour a day, 6 days a week and is a member of the Hash Harriers and the City Tattersalls Harriers. He races with the latter in Centennial Park on Sundays and takes part in fun runs as well. Though Rob was inadequately trained and poorly prepared, he was very happy to finish the Australian Marathon (his first) in 3.37. He plans to run the Blacktown Marathon next as another step towards his ultimate aim of a 3 hour run. Members of "the Hash" introduced him to the Striders and the idea of making running a shared experience appealed to him; to that end he is looking forward to running the STARS soon. Rob has a demanding job as the Director of a Public Unit Trust Company, but he still finds time for wining and dining at good restaurants, listening to music and attending the theatre and parties.

LESLEY LEAR

At age 31, Lesley, a receptionist, graduated to running a year ago. She has previously spent some time on a weight training programme, in which she is still interested, and cycling. Lesley is now running 14 kms four or five times a week and she mostly runs alone in Centennial Park. Lack of transport makes the attendance at the STAKS difficult but she hopes to get to some of these runs soon. Lesley is running the Honolulu Marathon this year and she may attempt the Sydney one first. In 1984 she plans to run a few marathons and is very confident that she can achieve her goal of a 3 hour run. Her secret ambition is to travel the world, running a marathon in each major city but she realizes that this is "such stuff as dreams are made on!" Lesley is very particular about food and considers that "you should be careful of what you put into your system" and so she advocates moderation in food and alcohol consumption. Her week is rounded off by a little weight training, a gym class and cycling, so a fit Lesley should toe the line at Honolulu this year.

YOU'LL NEVER KNOW TILL YOU TRI

by Alex Hamill

It may have been runner's menopause or simply the fact that I was about to turn 40, but maybe I wasn't enjoying my running as much and I decided to have a go at a Triathlon. After all, I reasoned, I used to swim a lot, I'd run a couple of marathons and bike riding can't be that hard.

The first thing you learn about a bike is that everything costs \$100 (excluding the bike itself which is worth many times that). Shoes ... hundred bucks, trick shorts and jumper ... hundred bucks, racing saddle and helmet ... the same. Running spoils us because even the best shoes don't cost an arm and a leg.

Undaunted, I accumulated the necessary gear and started a spasmodic training schedule that involved about 65K a week running, swimming every second day and a long ride in Lane Cove National Park on weekends to get used to the strange demands that bikes make on your body (particularly the backside part). I wasn't and am still not prepared to ride in traffic so Lane Cove is perfect.

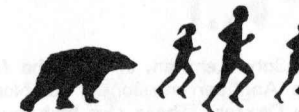
I had anticipated that I might try the Nepean event at the end of the year. Russell Black changed all that, informing me that Cronulla Surf Club had one scheduled for May 22. 2K swim - in the surf! 30K bike and a quick 12K run to finish. Russell was going into it as part of his Hawaii training and on the basis that I would do it simply to finish in reasonable health, I decided that 5 weeks training might just see me through.

The one saving grace was that the family were booked into Noosa for a holiday, returning to Sydney two days before the event. During the two weeks I trained in a couple of sports every day, mixing them up and on two occasions put the three together in a mini-triathlon. Great holiday for my body, not too good for Brenda and the kids.

As an ex-surf club member I should have realised that the race would have been designed by Cronulla to suit a swimmer. The big favourites were Clayton Stephenson - a quietly spoken 16 year-old triathlete who has really made his mark in the sport and who hopes to compete in a future Olympics - and 34 year-old John Holt - the original Iron Man.

The day could not have been worse - Sydney in its pre-winter depression - grey, cold and very, very rainy. I'd learnt from Russell, Peter Foulsham and Bill Flanagan the importance of having your gear organised and the aid of seconds to help you at the changes. Brenda, my two sons Marcus and Joshua, and Bryce Courtenay were coaxed into the role.

On arrival at Cronulla it was obvious that the first leg was going to be tough. The sea was choppy and running a 1-2 metre swell. The triangular course went south down to Wanda, out to sea, then back to a buoy off North Cronulla and back to the beach. A shark cat covered the route for those shivering 150 competitors huddled on the shore before the event. You don't realise how far away a kilometre is till you see the boat disappearing into the distance. The thing you do realise is that everyone around you is young, big and fit! The first problem encountered is that my carefully chosen swim goggles were not in my sweaty palm. I'd already managed to lose the only essential accessory required to make the swim even close to comfortable. Russell did manage to find me a replacement pair which naturally fell off as soon as I dived into the sea. Then I learnt my first lesson - the swim event is very loney and in the rough conditions it's difficult to judge pace.



THE WORLD'S TOUGHEST MARATHON

Turning the far bouy and struggling to maintain hold of a pack of 5 or 6 swimmers we suddenly realised that we could see the last mark about 200 metres away. Then we were confronted by a guy on a surf ski informing us that we had to turn back and round a buoy out to sea. I figure it added at least another 500 metres to the already gruelling distance. Russell fared no better and probably had to cover a lot extra. My planned easy 40 minute swim turned into 55 minutes and I wasn't helped by the severe leg cramps that caused me to fall over in the shallows until Bryce practically carried me out of the water. Brenda poured coffee down my throat, rubbed the legs and helped my shivering body accumulate some clothing. I learned later than a number of competitors were taken to hospital suffering from hypothermia and many others simply found the cold, rough water too much to endure.

I climbed slowly onto my gleaming million dollar bike, which had been serviced just the day prior (at least it looked OK) and set off on a wobbly start in the pouring rain. After 50 metres I realised that the handle bars had not been tightened after the service. They wobbled so much I spent the next hour or so unable to get any real leverage - lesson: check your bike thoroughly, yourself! At least I was starting to warm up.

Unfortunately the bike route was badly marked and I took two wrong turns - that wasn't as bad as Russell who, not being content with the extra swim distance, added 3K to his bike.

It's a strange sensation jumping off a bike and attempting to run straight away. The legs have no feeling of ground contact for the first 20 minutes. Once again, the trusty seconds - soaked to the skin mind you - were there to help me into running gear. If I've learnt anything out of my previous marathons, it's the value of the Charles Coville theory of the slow start. Not that I had much choice after the swim/bike, but slow was the way I started.

Much to my surprise I actually started to feel human despite the rain, lack of company (the field was spread all over Sutherland), lack of drink stations (one only). I finished the last couple of Ks at 4.30 pace and the high I felt running down the coastline to Wanda Surf Club was enormous. 3 hours 18 minutes and it was over. Not as hard as some previous marathons and despite a relatively disappointing 99th place out of 132 finishers, I knew I'd have a go at another triathlon - hopefully learning a lot from this event.

I don't think I've ever felt as relaxed and comfortable as I did that afternoon in front of a cosy log fire attempting to break the world beer drinking record - I didn't win that, but I didn't finish 99th either.



Marathon running, that wonderfully addictive sport (some call it a drug) has blossomed all around the world with fields of between 10 and 20,000 competing in cities such as London, New York, Montreal, and Paris. The marathon has even touched the Far North in Canada's High Arctic. Here for the past five years a group of 75 "marathon junkies" have gathered every year for the Nanisivik Midnight Sun Standard and Ultra Marathons (26 and 52 miles).

This incredible event is organized by retired businessman and avid runner, 65 year old Joe Womersley -- affectionately known as "Arctic Joe". The marathon is the highlight of an exhilarating four-day excursion in July to Canada's High Arctic, with the number of entrants being restricted to 75 -- primarily because of the limited accommodation available at the Nanisivik zinc mine (managed by Strathcona Mineral Resources).

The entrants from all parts of North America, gathered together in the muggy 31° centigrade heat of Montreal for the seven hour flight via Frobisher Bay to the northern tip of Baffin Island. We headed north over the lush green forests of Quebec, but after two hours flying, the vegetation thinned out rapidly and soon we were beyond the tree-line and over the Arctic Tundra. Flying toward Baffin Island, one could see huge ice packs drifting across the Hudson Strait and further north the ocean appeared almost totally frozen over.

At Nanisivik, we were greeted by frigid air (-2° centigrade), with just a trace of snow -- enough to wake and/or sober up this enthusiastic group of runners. Accommodation was either in barracks or with miner's families and, from the moment of our arrival in the tiny village (population 370) we could feel the warmth and enthusiasm of the local people.

The four days were crammed with activity and nobody got close to reading all the books they had brought with them -- presuming there was nothing to do in the Arctic! Highlights included a tour of the mine (the first mine to operate in permafrost and, until recently, the most northerly mine in the world), trips to the only town within several hundred miles -- an Eskimo village called Arctic Bay (population about 300), hikes through the barren yet spectacular countryside, and lots of running talk under the midnight sun.

The standard marathon starts at Arctic Bay and, after climbing a total of 3,397 feet (1056 metres) and dropping 2,321 feet (753 metres) over extremely rough, rocky roads, finishes in Nanisivik. To give an indication of the toughness of the course, the record is 2 hours 57 minutes by a runner who normally breaks 2 hours 25 minutes (Bob Russell, in 1981). The Ultra repeats the course -- starting and finishing in Nanisivik, a total altitude climb of 6,800 feet with the record being 6 hours 40 minutes.

Only 7 runners initially entered the 1983 Ultra. However, after much cajoling and several beers, four more masochists were persuaded to "give it a go". I was one of the four, although I had last run a similar distance back in 1979 at the Comrades Marathon. (The Comrades Marathon is an extremely popular 54 mile race held in South Africa every year -- with over 6,000 runners in 1983.)

The winner of this year's Ultra, John Lehman, crossed the finish line in 7 hours 46 minutes, closely followed by the Anglican missionary for Northern Baffin Island and the Eastern Arctic, Rev. Laurie Dexter. These two had fought an exciting cat and mouse battle all the way, culminating at "The Crunch" -- a 1,000 foot climb in the last 3 kilometres from the shoreline of Strathcona Sound to Nanisivik. John, one minute ahead at the bottom of "The Crunch" was able to watch every move of Laurie on the winding road to the finish line and thereby held onto his lead.

The race certainly lived up to its billing as "the toughest marathon course in the world" -- Frank Bozanich, a top U.S. Ultra marathoner who holds the record for the Midnight Sun Ultra, says it is even tougher than the famous Pike's Peak "Marathon/Mountain Climb" in the U.S.A., and it is certainly tougher than the Comrades Marathon.

However, it is possibly even more challenging from a mental aspect -- there are no spectators lining the route and, with the small field, it is quite likely that you will be totally on your own for over 7 hours, running through an Arctic desert (northern Baffin Island receives only ten inches of snow per year), with virtually no sign of life once the course moves inland from Arctic Bay up two apparently never-ending hills, aptly called by the runners "A Pain in the Ass" and "Marathoners Madness". The route peaks at Terry Fox Pass -- an altitude of 1,749 feet. This point is marked by a large cairn as a memorial to the legend of Terry Fox, the 21 year old one-legged cancer victim who ran 26 miles a day for five months and crossed more than halfway across Canada before being attacked once again by cancer, which soon after resulted in his tragic death.

The plaque at the Terry Fox cairn states "HE NEVER GAVE UP"

This, too, has become the motto of the "Midnight Sun Marathoners". There was a 100% finish rate in 1983 not only in the Ultra, the Standard Marathon, and the 20 mile race, but also in the 6 and 10 kilometre events -- the 6 kilometre being dominated by young, enthusiastic Eskimo kids having their first go at the addictive sport called "long distance running".

Editor: This article was written by DENNIS SACKS. Dennis and I attended the same Uni in Johannesburg (Witwatersrand) and ran for the same club. We both ran ultras together back in the early 70's. Dennis now resides in Toronto, Canada.

1983 RACE RESULTS

	84KM	42KM	32KM	10KM
1st	J. LEHMANN 7.46.03	R. MOXON 3.13.19	B. TYSEN 2.12.44	S. FREEMAN 38.36
2nd	L. DEXTER 7.49.16	N. MOORE 3.17.27	L. HENICK 2.25.26	D. FOX 39.16
3rd	P. LYMAN 8.01.27	D. DOYLE 3.27.05	S. FREEMAN 2.41.26	M. JALONEN 40.57
4th	D. SACKS 8.04.01			

FINISHERS:

11 8 12 40



"Arctic Joe" Womersley, the organizer of the run, and the one and only mountie in Northern Baffin Island at the start of the standard marathon. The mountie started all the races by firing a live round!

Temperature 6°C (minor heatwave) July 3rd, 1983 (mid-summer)



Typical terrain on the Midnight Sun Marathon Course. The hill in the distance is known as "Marathoners Madness" -- a steep 135 metres climb in 1km followed by a gradual 178 metres climb in the next 5K.

PAULA FRASER

Although Paula is often seen decked out in running clothes sporting the red maple leaf, she is from Ireland. She first came to Australia in 1981, and, when her working visa expired in March, 82, she travelled home via N.Z., Fiji, U.S.A. and Canada. It was in Canada that she first became seriously interested in distance running, which explains her penchant for Canadian running gear.

She ran her first marathon in last year's Dublin City Marathon, and recommends it to Striders as one of the best. It's run through the streets of Dublin, and it receives tremendous crowd support. Any Strider wanting to compete in it this year should see Paula immediately, as it is held in October.

Paula's sporting activities are not restricted to running. She plays competition tennis and first grade hockey, and she swims and cycles. She also finds time for reading and the theatre.

Since joining Striders, Paula has become interested in running another marathon, but is not yet prepared to neglect her other sports to do the necessary training. "Perhaps next year", she says. "Perhaps London".

KEITH BARNETT

Keith, aged 30 and single, began his running career at Easter last year. He wanted to get fit, and, in his job as a computer programmer, he didn't get enough exercise.

Since then, he has run 2 half-marathons (Yomix and Gillawarna) and 2 marathons (Nike, 1983 in 3-32 and Wang in 3-07). His aim is to break 3-00 (What is it about round figures that appeals to runners when most of them look like bean poles?!); he is considering competing in this year's Sydney marathon in an attempt to achieve that time.

Keith first heard about Striders on a Wednesday evening run from Talay's shop when his running companions were Ian Miller and Bill Flanagan. Besides running, Keith's other interests are bush-walking and cycling.

HARRY TURNER

Aged 41, Harry is one of a family of 3 recent recruits to Striders. He is primarily a swimmer, and is interested in competing in triathlons. His desire to improve the running section of these was a major reason for joining Striders. He has competed in 3 triathlons, and his aim is to compete in the Hawaiian version - a gruelling event which finishes with a run of 26.2 miles.

He swims regularly with A.U.S.S.I. (Masters swimming in Australia) and has been national champion in his age group. He cycles with the Northern Suburbs Cycling Club. In the Sydney triathlon, held in January this year, he finished 12th in a field of 158 in the swimming leg, was 50th in the cycle and 85th in the run for an overall placing of 59th in a time of 4 hrs 7 mins.

Harry's wife, MARGARET, and daughter, FIONA, are the other new members of Striders. Margaret, a physiotherapist, is interested in keeping fit and does alot of swimming, but, as she is currently involved in post-graduate study, she is not seriously "into" running. Fiona, aged 12, runs at school.



AUSTRALIAN ATHLETIC UNION

WANG AUSTRALIAN MARATHON

THE WANG AUSTRALIAN MARATHON - 12TH JUNE
by Gerry Greenland

Next year I'm going to write to the organisers of the Australian Marathon Championships requesting that they refrain from placing the final 7k. markers progressively further apart as it places a certain amount of mental stress, let alone physical stress on novice marathoners like me. Other than that my first marathon produced the elation at this finish that the pundits said it would.

Running into the stadium and around the red track to the finish line produced more pleasure for me than it had for any of the elite runners that had arrived much earlier and had long gone home.

With the crowd cheering and urging us on we mere stumblers were elevated to the ranks of the olympian, thrusting the last hundred metres to the line and relief. Nothing could stop us; we had done it; we had conquered; we had arrived. On through the gate at the finish, forgetting to look at the clock, and into a sea of smiling faces. The gremlins who had been with me for the last 5k. hitting my thighs and calves with nail studded lead pipes ceased their torment and the blinkers fixed to my head with an ever tightening steel band fell away.

"What time?" gasped the character in front of me in the queue at the recording table. Our eyes rose to the Seiko timer blinking its relentless message: 3:20:41. Pure joy, ten minutes faster than I had trained for. Wife waving from the stand, medal around neck, can of Coke, pat on the back, Cliff Young asking me how I did, Bliss!

I trained on a six month plan aimed at a 3 hr. 30 min. marathon for novices. The system started with 5 k. and 10 k. runs on alternate days, six days a week, with a rest on the seventh day. The distances increased fortnightly over a period of four months to 10 k. and 16 k. on alternate days with the sixth day building up to a long 32 k. and the seventh a rest day. All running was at the same pace - 5 min./k.

Now I've completed my first marathon, perhaps I'll wear a watch on the next one.



"We do this every year when business is slow."

NEW MEMBERS PROFILE

JENNY MCCOY

Until Jenny ran the Australian Marathon, she felt she had never achieved anything in sport, having been always relegated to the left-right-out position in team games. How she ran so well on such little training is an achievement in itself! Jenny works as Secretary to the Accountant of the AJC and trains alone in Centennial Park after work. She runs an hour a day, 5 days a week and the Yomix was the only time she ran longer before the marathon. Although she had heard previously of the Striders from Brian Colwell, the atmosphere and organisation of the Yomix prompted her to join on the spot. Jenny has a refreshing attitude to running - you can sense that she really enjoys it and that racing is not the most important aspect. At age 29 and with six years running behind her, she is full of enthusiasm for her other interests. These include looking after 9 year old daughter Belinda, her job at the AJC, competition squash, a weekly exercise class and making tracksuits (learnt at a recently completed "Knitwit" course). Lack of transport stops her attending STARS but Jenny still plans to run in the Sydney Marathon "just for the experience." She is a welcome member to that small but elite sub-group of Striders - the "Marathon Mums."

THE LESS CONGESTED 14K

HARBORD DIGGERS 14k - 3RD JULY

(Roving Reporter: Charles Coville)

- | | | |
|----|------------|-------|
| 1. | T. GIBBONS | 47.11 |
| 2. | S. POLLARD | 47.28 |

STRIDERS

KEITH CANARD	47.51	LEO LEADER	57.53
WYNNE HENDERSON	50.05	TERRY McMAHON	58.32
DAVE COX	51.30	ROBERT WATERREUS	59.35
SAM DAHER	51.44	GERRY GREENLAND	59.38
ALAN FARRELL	51.50	IAN MILLAR	60.11
RAY DORAN	52.24	MALCOLM McDONALD	60.35
TREVOR ROBERTS	52.40	JEFF BURGESS	60.41
CHARLES COVILLE	53.11	BILL FLANAGAN	62.28
STEVE KNIGHT	54.15	GEOFF PEARL	63.48
DAVID DOUGLAS	54.53	CHRIS PORTER	64.26
BERNARD COOLEY	55.05	ADAM THOMSON	65.13
GARY BUCKLAND	55.16	JOHN DAWES	66.58
JOHN EVENNETT	55.26	ERIC WILLCOCK	67.11
WINSTON MARSDEN	55.30	ANNE FLANAGAN	72.00
LAURIE KING	55.39	DOROTHY FLANAGAN	76.08
PETER FOULSHAM	55.51	VALERIE WILLCOCK	80.16
BRIAN COLWELL	57.31	SUE THOMSON	81.31

TEAMS

1st WOMEN OVER 40

Dorothy Flanagan, Valerie Willcock, Sue Thomson

Sportspulse

THE BACKGROUND

Previously certain running services and products have been provided by individuals and organisations with little or no interest in running other than the profit motive.

Not unlike the Sydney Striders club, its Half Marathon and Striding On, Sportspulse was formed in December, 1982 to service the needs of runners, by runners.

Sportspulse was formed as a Sports consultancy, independently of Sydney Striders, by Charles Coville and Philip Caldwell, specialising in services and products directed towards marathoning and road running.

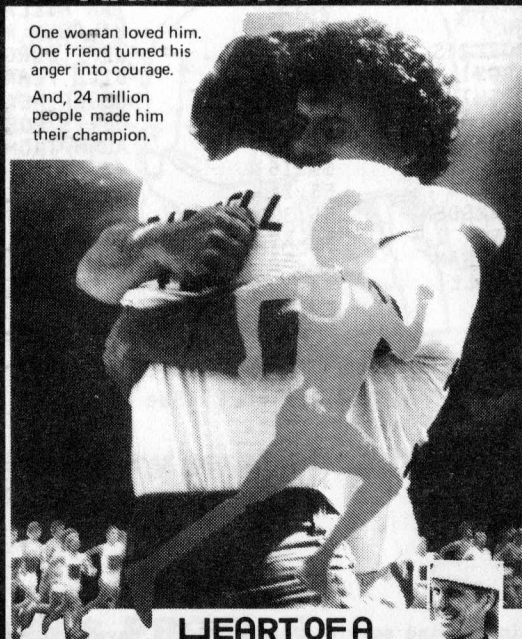
CURRENT PROJECTS

- * 1983 Marathon Tours
 - . Winstone Marathon Nov. 20
 - . Las Vegas \$1 Million Marathon Nov. 20
 - . Honolulu Marathon Dec. 11
- * Sportspulse Runners Logbooks
- * International Marathon agency
- * Marketing of sports gear
- * International Runner, an in-house newsletter for the running tourist.
- * The 'support your specialist running store' promotion campaign launced in co-operation with each of Australia's specialist running stores.

MARATHON OF HOPE!

One woman loved him.
One friend turned his
anger into courage.

And, 24 million
people made him
their champion.



**HEART OF A
CHAMPION**
"THE TERRY FOX STORY"

ROBERT COOPER PRODUCTIONS presents "THE TERRY FOX STORY"
Starring Robert Duvall, Christopher Makepeace, Rosalind Wiseman, Michael Zelnick and Eric Fryer as Terry Fox
Music by Bill Conti - Story by John Kastner and Rose Kastner - Screenplay by Edward Hume
Executive Producers Michael Levine and Gurston Rosenfeld - Produced by Robert Cooper
Lenses and Panaflex Camera by Panavision - Corporate Sponsor: Bank of Montreal
Directed by Ralph Thomas

**COMMENCES AT LYCEUM THEATRE, 210 PITT STREET
ON THURSDAY, OCTOBER 13.**

FAREWELL MT. PRITCHARD / WARRAGAMBA DAM

MOUNT PRITCHARD TO WARRAGAMBA DAM 32.4 3rd JULY
By Steve Cornelius

Mount Pritchard Joggers Club are to be congratulated on staging a well-organised race, over one of the most challenging non-marathon courses in NSW. The 32.4 km course is largely undulating territory up to Wallacia (approx. 27 km) but the last 5 km up the hill to Warragamba are a real killer.

Forewarned is forearmed on a course like this, and I took the trouble to make enquiries as to the exact length and nature of the notorious hill. My strategy was to attack the first 20 km at a reasonable pace, then ease back a little for the remaining 7 km to Wallacia, so as to conserve strength for the final lung-igniting gasp up the hill.

These tactics worked fairly well, although I have to admit to being slightly below my best on arrival at the finishing line in 2:20:58; I seem to remember swearing that I was "giving this *&# game away" too, but reconsidered my decision after a couple of glasses of cheap cask riesling and a pleasant picnic lunch.

Murray Halls smashed the race record by nearly 3 minutes, finishing in an unbelievable time of 1:49:42. First woman to finish was the irrepressible Pat Marshall, who sailed past me in Wallacia and blasted up the hill at a rate that made me very jealous; her time of 2:17:29 beat the 2nd female finisher by almost half an hour!

Only a few Striders made the trip for this highly enjoyable race; one presumes that the Diggers' Scenic 14 km presented an irresistible alternative to many runners. Most impressive Striders performances came from Alan Powys and Russell Hammond. Unfortunately this was the last time the Mount Pritchard to Warragamba will be run; next year, because of traffic difficulties, it will be replaced by a half-marathon. Results (Striders on right):

1: Murray Halls	1:49:42	Alan Powys	2:08:12	(11th)
2: Graeme Heape	1:52:59	Russell Hammond	2:12:10	(17th)
3: Horst Wegner	1:56:08	Steve Cornelius	2:20:58	(40th)
1st Vet: Alistair Wallace	2:12:46	Wayne Garland	2:24:02	(50th)
1st Woman: Pat Marshall	2:17:29	Derek Titmus	2:55:12	(141st)
		Herb Ludington	3:04:28	(150th)
		Carole Ludington	3:08:24	(155th)

Just a small mention for what is, in my humble opinion, one of the best races of the season, the Woodford-to-Glenbrook. In 1981 and 1982, Striders won the team trophy (and last year, so many other trophies it almost became embarrassing), but this year were soundly thrashed by a very strong Springwood team. The entry fee included the train-ride from Glenbrook to the start at Woodford, and the course itself is a roughish 25 km along a beautiful fire-trail in the Blue Mountains. Hardly a vehicle in sight, and quite often no other sound except footfalls and heavy breathing. The breathing sometimes gets exceptionally heavy in the first half, where there are numerous testing hills, but it flattens out into a fast slightly-downhill slope for most of the second half. The organisers put on a bit of a barbeque at the picnic spot near the finish, and the event is, for me, one not to be missed.



9TH GREAT NOSH FOOTRACE - 15k - 17th JULY

1	STANLEY BRIDGER	59.07
2	GEOFF THORSEN	61.13
3	MIKE ROBINSON	61.36

STRIDERS

12.	DAVE DONNELLEY	65.49	150	DAVE DOUGLAS	81.01
15.	CHARLES COVILLE	66.16	165	BRIAN CALWELL	81.56
19	SAM DAHER	67.30	169	MIKE DONNELLEY	82.13
40	JOHN EVENNETT	70.57	187	CHRIS PORTER	83.56
47	LAURIE KING	71.46	190	JIM DONOVAN	84.16
59	DAVE INGHAM	72.53	203	GEOFF PEARL	86.06
75	JENNY WALKER (1st female)	74.03	218	IRWIN LIGHT	87.48
82	TERRY McIVER	75.02	221	LEO LEADER	87.57
97	GAI CUNNINGHAM	76.32	224	DEREK WHITE	88.17
115	GERRY GREENLAND	77.59	261	FRANK ASSENZA	97.13
116	ADAM THOMSON	78.08	272	MAX HENDERSON	100.37
122	IAN MILLER	78.26	277	OKSANA PYLPIAK	101.24

302 TOTAL NO. OF FINISHERS

Congratulations to Alan Cole and his team for another well organised event and getting the race results mailed out within 4 days.

Our condolences to the family of Tom Bassett who passed away while competing in the Nosh. Tom was a friend of Strider Rodger Adams who told me of Tom's love for running.

9 years ago in his early thirties Tom had undergone Open Heart Surgery. He took up running via the Sydney Adventist Hospital in Wahroonga. He was soon hooked on the sport and ran from his home in Carlingford to the city twice a week. He became a regular City to Surfer and Nosh participant. It was ironic that he always rated his favourite course as the Nosh.

DAVID DONNELLEY	2nd 40 to 49 Males
JENNY WALKER	1st 21 to 35 Females
GAI CUNNINGHAM	2nd 21 to 35 Females

(WANG TEAM RESULTS PUBLISHED NEXT BLISTER)

BIRTH NOTICE

TO TONY and ALISON McCALL a daughter and sister for AMANDA. KATE LOUISE born 21 July at 3.45a.m. 9lbs (without NIKES)

HOSPITABLE CAMPBELLTOWN

THE CAMPBELLTOWN MARATHON

Sunday, 17th July 1983

by Nigel Hadgkiss

It's a long drive on a cold Winter's morn all the way to Campbelltown. However, that purified country air together with the warmth of the Campbelltown Joggers' Club hospitality, somehow seemed to make it all so very worthwhile. Even those not intent on aiming at P.B.'s could quite easily just enjoy a morning training run amongst the splendour of the rural surrounds.

And that is what resulted for the Striders who attended - P.B.'s and hard training runs. In the latter category were Herb Luddington (minus his charming wife, Carol) Steve Cornelius and Dave Williams (we know they're good friends but if they come over the line together again people'll start talking about them) and Alan Powys (not a bad training run - 3.01.57).

The former category gained not only P.B.'s but also silver medals for their age categories - Bryan Hayden (over 50's), Wayne Stanton (open) and myself (31-39). This may indeed be a Striders' course because I seem to recall that last year we took out 3 medals - Bill Hunter, Bruce Usher and Robert Harrison. Unfortunately, there may be no repetition next year as the organisers talk of a half-marathon instead. This is a result of the poor attendance.

A special congratulations to Bryan Hayden not only for his medal and P.B. but also for becoming the holder of the Striders/Masters' Title - a position he takes from a worthy title holder, Bill Hunter.

It is sincerely hoped that Campbelltown Joggers' Club continue with their run.

RESULTS

1.	H. Wegner	2.25.06
2.	G. Wilson	2.36.15
3.	G. Beale	2.40.47

Striders

7.	N. Hadgkiss	2.49.09	P.B. by 6.48
10.	W. Stanton	2.50.34	P.B. by 4.45
20.	B. Hayden	2.58.42	New Strider Master no.1
24.	A. Powys	3.01.57	
50.	D. Williams	3.24.27	
50.	S. Cornelius	3.24.27	
71.	H. Luddington	4.01.47	

STEVE KNIGHT'S WINE REVIEW

A wine page in a Running Magazine, what's all this about you may ask?

Well! - on the Star runs I have participated in, while everyone is still fresh, and running at a pace I can keep up with, (usually at the start I may add) much talking occurs. New people are introduced, formalities exchanged and excess wind from last night's Dinner Party passed!

After these formalities are over, hobbies and occupations are discussed. It would appear I am paid hard cash for work that most people class as a pleasure of life, - I taste, comment and recommend wines.

Now, this sounds all well and good and people are usually quite envious, but let me tell you it's not all "wine and roses" as the saying goes! For every wine I taste, enjoy, and recommend, I have inflicted upon me 20 that are not so palatable!

I've answered questions "on the run" so to speak on quite few occasions. There are many people in the club a lot more eloquent and informed than myself concerning the art of running, but drinking, and eating? Well now, we are getting to my subject!!

From now on, with the gracious blessing of our beloved Editor, I will be assisting you in your search for excess calories in both food and alcohol. In each edition I will pass on information about good value for money wine, sometimes prior to their release; also basic information concerning areas, grape varieties, wine styles, and the combination of food and wine.

But you have to assist! To save energy on the runs I participate, instead of talking to me, post any questions you have on the subject; your cellars, wines of interest, where to get your requirements, how to handle your precious little "children" - anything that you are not sure of.

If the cost of a stamp is too high after purchasing your new pair of 'New Balance' just hand in your questions on Sunday to Editor or myself and I will endeavour to answer in words that are no larger than two syllables, and it will hopefully clear up some of the mystique about wine.

I recently attended a Wine Press Club function at the Australian Wine Centre in the Rocks. The theme was a sneak preview of 1983 White Wines, and also a couple of reds, just for good value. Below I list the wines that impressed, and my approximation of retail price. The wines were 'tank samples' and had not been bottled, or labelled at the time.

1983 HARDY'S KEPPCOH SEMILLON Approx \$5.00

Matured in both French, and Portuguese oak, a full, robust style which is at present wood dominated, but not extractive. An attractive, full bodied White Burgandy style.

1983 SEPPELT BLACKLABEL RHINE RIESLING Approx. \$7.50

Big, powerful, aromatic wine. Excellent "old style" Rhine, it will age for 6-8 years if needed, but can be drunk young. Not over-sugared like many "commercial" wines of this style.

1983 MOONDAH BROOK VERDELHAO Approx. \$5.80

Now owned by Hardys Wines. An excellent commercial style. Unusual grape variety usually used in the making of Madeira, but well known in the Margaret River area of West Australia. An aromatic, perfumed wine, but still crisp and dry. Short term cellaring, 1-2 years.

1983 BROKENWOOD SEMILLON Approx. \$9.50

"Hard to get" first commercial white release from small Hunter Vineyard part owned by wine writer James Halliday. Brian Croser of Petaluma fame consulted as wine maker.

Superb, austere, crisp semillon reminiscent of classic Lindemans Hunter River Chablis style, excellent for cellaring 6 years plus.

1983 HARDY'S OLD CASTLE RIESLING Approx. \$4.50 cheaper on 'Specials'

Easy drinking commercial wine, a touch of residual sugar, but no "off" characters. Some Rhine evident, everyday drinking wine, good value.

1983 SAXONVALE BIN 1 CHARDONNAY Approx. \$10.50

A touch of sugar fills out the middle palate. Powerful wine with good acid, full bodied with excellent varietal character with good wood integrations. Short term forward drinking style (I'm drinking my 1980's now.).

1980 KILLAWARRA CABERNET SAUVIGNON Approx \$5.60 (Cheaper on Special)

Light, fresh, "Beaujolais" style wine for summer drinking, preferably served chilled. Excellent value for barbecues, without that aggressive tannin and high alcohol.

Non Vintage ROTHBURY "SOFT BLEND" RED Approx. \$4.50

A blend of 80% Hunter Shiraz and 20% Coonawarra Cabernet. A new style, akin to Beaujolais, should be served chilled, but don't be fooled - it's 12% alcohol!!

I recently attend the Beaujolais Tasting run by Marketing Synergy for L'Union Inter-professionnelle Des Vins Du Beaujolais (U.T.D.V.B.) at the Sydney Hilton. Some excellent wines were on show from a style we could do well to copy as an easy drinking summer red. I have listed the wines, and shippers that are worth looking out for, they are between \$6 - \$10 per bottle.

1982 Fleurie De Quatre Vent (Duboeuf)

1982 Beaujolais (Mommessin)

1982 Fleurie (Mommessin)

1981 Brouilly Chateau de la Chaize (Roussy de Sales)

1982 Fleurie (Dufouleur Pere et Fils)

1982 Beaujolais Villages (Sylvain Fessy)

These are not cellaring wines, but made to be enjoyed young, fresh, and chilled.

One last recommendation for lovers of sweeter wines such as Moselle or Sauternes. An excellent sweet white from the Rhone Valley in France called Muscat Beaumes de Venise by Jaboulet-Isnard. It is rich, heavy and luscious, as only the French can produce and although not cheap by Australian standards, it comes highly recommended and can be purchased from the importers, Cellarcraft, by the dozen for \$10 per bottle. Get a few friends and share a case! Telephone 997-2029 I'm buying a dozen!!

NEW MEMBERS PROFILE

GAI CUNNINGHAM

Gai, aged 31, started running about 12 years ago, but lost interest after several years. She returned to running 4 years ago with Hash House Harriers and ran with them once a week plus a run every lunch hour. Lately, she has increased her distances, and this year has run 2 marathons - State in 3-48 and Wang 5 weeks later in 3-06. Her aim is to break 3 hours and to run Boston, perhaps next year.

Her other interests are aerobic exercises (2 to 3 times weekly), tennis, and she is studying for the Higher School Certificate. She is heavily interested in the thought processes of one Samuel Taylor Coleridge; so if you catch up with her on a Star run, a good topic of conversation might well be the intricacies of Kubla Khan or The Ancient Mariner.

NEW MEMBERS PROFILE

NEIL COMERFORD

It is often said that those who are the busiest are the ones who are able to find time for other activities. So it is with Neil Comerford who works long hours as a butcher and devotes a lot of time to his wife and four young children, yet still finds time to run.

Neil, who has been running for six to seven years, was influenced to join the Sydney Striders by a conversation he had with John Jeston some time ago. He lives at Gladesville and his training runs, usually around 10 km and local, tend to take him into Woolwich and back to Gladesville.

At 30 years of age, Neil is in no hurry to run a marathon, but will eventually get around to it. Actually, he has already started in a marathon, The Nike, in Canberra, and reached the 20 mile mark, which is the longest distance he has run.

The general philosophy behind Neil's running is to keep himself fit and healthy so that he can enjoy life. He also plays squash which helps to enhance his fitness, but this is about the limit of his activities, with the heavy demands on his time.

PETER KEEBLE

The ranks of South Africans within Sydney Striders have been enlarged by Peter Keeble becoming a member of the Club. He is now well entrenched in Australia after having left South Africa 16 years ago, and is entering into marriage for the second time.

Peter, a runner for several years, has been accompanying Alex Hamill on training runs and, also knowing Bryce Courtenay and having a love for running, it was only a matter of time before he joined Sydney Striders. His training runs, usually 10 - 20 km, can be from work in the City to his home at Hunters Hill or around the Haberfield area, and generally amount to about 60 km a week. After some earlier difficulties, he is now managing to adapt his work as an advertising writer to fit in with his running activities.

With four marathons behind him and a best time of 3 hrs. 29 mins. in the 1982 Nike, Peter is looking forward to the 1984 Nike, with his aim, like many other club members, being to eventually get his time under three hours.

Peter, who is 40 years old, has been a keen bike rider for many years, with his other activities including rock climbing and writing short stories

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 _____

ADDRESS _____

_____ P/Code _____

Send to:

Striding On,
P.O. Box N119,
Grosvenor Street,
Sydney, 2000



AVON WOMEN'S FUN RUNS RACE RESULTS

by Chris Porter

The Annual AVON Women's Fun Runs were held on 24th July, 1983. The 10 KM Run was conducted from Frenchs Forest (AVON's headquarters where we were able to try many of AVON's products in the Ladies Room before running - it must have been the best smelling race of all times) to Manly Beach. The weather conditions let the organisers down as it literally poured all morning until about 8.30 a.m. and then fined up to a sunny day - but too late as many women did not turn up. The course was fast and mainly downhill - causing many women very sore backsides in days to come. My time was 42.00 minutes and I felt like backing up for the 3 KM run to follow but was persuaded not to by my sister Gai - obviously I did not put enough into my 10 KM run as usual.

The 3 KM event was held along the Esplanade at Manly and return - naturally this was flattish.

Both events were extremely well organised - as usual by AVON - and I would strongly recommend women to compete in AVON runs.

10 KM RACE

1.	M. MAIN	34.47.7
2.	J. CAMERON	35.24.2
3.	P. JUST	35.29.9

3 KM RACE

1.	M.R. VINCE	10.04
2.	D. CLEASBY	10.06
3.	M. PEEK	10.24

STRIDERS (ONLY IN THE 10 KM EVENT)

J. WALKER	38.22.6	(12TH)
M. MACK	38.30.8	(13TH)
G. CUNNINGHAM	39.21	(19TH)
C. PORTER	42.00	(30TH)
O. PYLPIAK	48.17	

A total of 266 women competed with 197 in the 10 KM event and 69 (strange number !) in the 3 KM event. Hope to see more STRIDER WOMEN there next year.



RESULTS

SUTHERLAND TO SURF - 11k - 10th July

1.	J. Andrews	31.38
2.	M. Little	
3.	J. Kearns	

Striders

17.	Neil Plevy	35.21
	Dave Williams	39.36
	Mike Edwards	39.52
	Gary Buckland	40.35
	Nobby Young	41.12
	Ken O'Connor	42.20
	Terry McMahon	43.54
	Eric Willcock	52.41
	Valerie Willcock	58.55

MOSMAN MINI MARATHON - 10k - 17th July

Striders

	Peter Foulsham	40.23
	Brenda Hamill	41.24

Y.M.C.A. FUN RUN - 10.6k - 17th July

A small fun run, held yearly. Starts and finishes in the Domain. Goes around Mrs. Macquarie's chair, through city streets, across the harbour bridge and back. Quite well organised although runners are left to cope with the traffic in the streets by themselves. Luckily, early Sunday morning there was not a lot of traffic.

Results

1.	J. Kearns	35.22
38.	S. Cook	40.52

1st woman

Striders

30.	M. McQuirk	40.30
55.	B. Flanagan	42.28
93.	R. Waterreus	44.36
109.	M. McDonald	45.46
155.	J. Flanagan	48.33
199.	D. Titmus	50.36
213.	E. Willcock	52.16
260.	D. Flanagan	54.33
275.	J. McCoy	55.38
302.	V. Willcock	59.15

1st woman over 50

354 Total no. finishers

CESSNOCK KING OF THE MOUNTAINS - 25k - 23rd July

Strider

24.	Cecil Ford	1.39.17
-----	------------	---------

GRACE BROS. CHARITY RUN, BROADWAY - 10k - 24th July

Striders

	Eric Willcock	44.54
	Anne Flanagan	48.44
	Dot Flanagan	49.28
	Valerie Willcock	51.14

1st Female over 50

RANDWICK RUGBY CLUB - 21k - 24th July

Striders

Mike Edwards	82.13
Laurie King	83.38
Bernie King	84.21
Ken O'Connor	87.20
Gary Buckland	89.30
Frank Assenza	115.02

AROUND THE BAY, IRON COVE - 7.3k - 31st July

Striders

12. Geoff Cox	23.50	
167. Gerry Greenland	27.32	
Brenda Hamill	31.24	1st Female

UNIVERSITY OF NSW - HEART FUN RUN - 8k - 31st July

Results

1. L. Whitty	23.17	
L. Herrick	29.30	1st woman

Striders

M. McQuirk	28.30
M. Edwards	28.45
M. Giuffre	28.53
B. Cooley	29.06
A. Thomson	31.35
C. Porter	33.58
W. Marsden	34.36
P. Hersey	35.37
E. Willcock	36.03
J. Dawes	38.35
A. Flanagan	40.23
V. Willcock	41.01
J. Brenchley	41.16

1184 Total no. finishers

NEWCASTLE HERALD FUN RUN - 10.2k

1. David Forbes	31.02
-----------------	-------

Striders

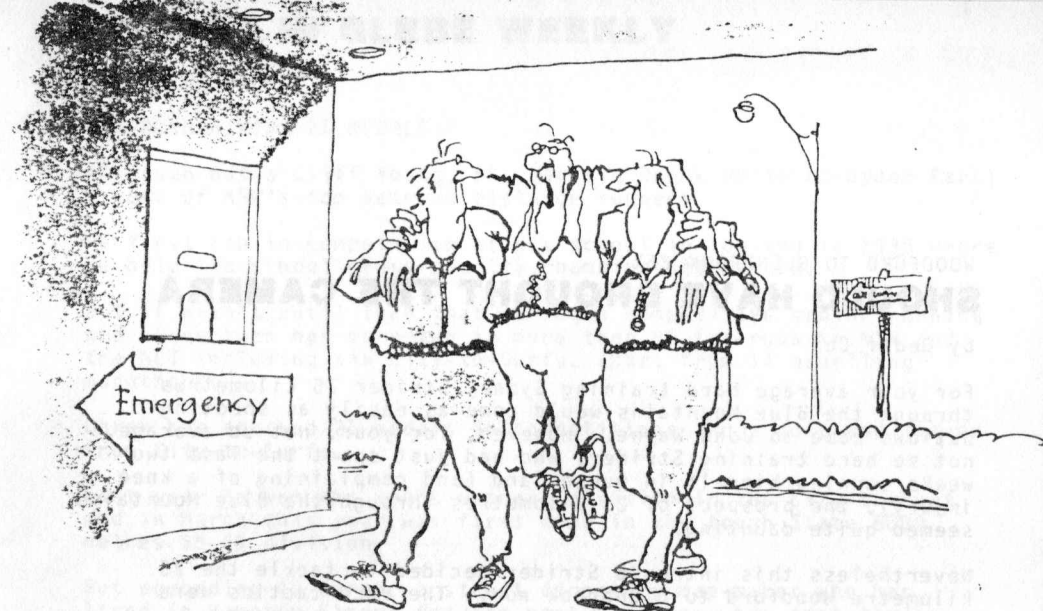
15. Michael O'Hearn	35.10
---------------------	-------

A.A.A. EVENTS

Jenny Walker

8k C.C. Lansdowne	4th	31.47
12k C.C. Springwood	3rd	48.40
10k Road Botany	4th	38.13
Parramatta Open 10 mile	3rd	61.40
Australian 10k Road		
Champs. Adelaide	15th	37.13

Jenny is currently holding an unbeatable lead in the NSW A.A.A. - 'NSW Distance Runner of the Year' Pointscore.



"My doctor said I'd never get a heart attack if I ran in a marathon . . . but he never said anything about stomach cramps, shin splints, blisters, muscle spasms or nausea."



WOODFORD TO GLENBROOK - 24K - 24th July

MALES

1. MIKE IVERACH	1.17.03
2. GLEN SOCKHILL	1.20.58
3. KEVIN SKELTON	1.20.58

STRIDERS:

KEITH CANARD	1.23.36 V
VINCE ENGEL	1.21.30 O
CHARLES COVILLE	1.28.34 O
BRYAN FENN	1.28.54 O
VINCE SHERRY	1.25.15 O
TREVOR ROBERTS	1.31.17
RAY DORAN	1.28.59 V
GEOFF COX	1.33.59
NOBBY YOUNG	1.34.59
DICK CLELAND	1.36.06 V

FEMALES

1. SUE CLARK	1.36.33
2. FIONA WHELAN	1.44.49
3. H. GOLEBROWSKY	1.47.53

STEVE CORNELIUS	1.37.28
PETER FOULSHAM	1.41.51
DAVE WILLIAMS	1.42.09
TERRY McMAHON	1.43.20
ALEX HAMILL	1.44.00 V
PHIL CALDWELL	1.47.32
BRENDA HAMILL	1.49.58 (1st female Vet.)
CAROL LUDINGTON	2.07.48
HERB LUDINGTON	2.19.07

189 TOTAL NO. OF FINISHERS

TEAMS PLACINGS - O: 2ND MENS OPEN V: 2ND VETS.

FUN-RUNNER WINS 21 MEDALS

Although not a Cliff Young, 55 year old Derek White (Croydon Park) is one of NSW's top veteran distance runners.

He first ran in competition at his school in England in 1935 where he held the school cross-country championship record.

But it wasn't until 1974 that he began competitive senior running and since then has competed in more than 90 fun-runs in NSW and the ACT including six City-to-Surfs, apart from 14 gruelling marathons.

Derek has amassed 21 medals in competitions and a gold and silver from City-to-Surfs.

Last year he won the men's veteran division in the City-to-Surf and in March this year was first home in the tough State 5000 metres 55-59 division.

But according to Derek, a street directory map-maker who has lived in Hampton Street for the past 23 years, his most tiring event was last year's Ultra Marathon over 80km from the Sydney Town Hall to Wollongong Town Hall.

"The race had 30 starters and only 20 finished. I was last home," he said.

"I love to run because it's an easy sport. You can run on your own or with thousands."

Derek runs from his Croydon Park home to his work at St. Peters every day.

If he doesn't run he rides his push bike to maintain peak condition averaging 80 kms a week training.

Derek admits to being the oldest runner in Woodstock Runners (Burwood) and has been with the group for only 12 months.

Being the second oldest runner in the Sydney Striders' Club doesn't worry him and he hopes to still be running competitively when he is eligible for the men's 75 age division.

Apart from running he also plays squash and golf, has played soccer and rugger and participated in boxing, rifle shooting, motor sport and cricket and he also loves the occasional swim.

In his best recent achievement Derek finished second in the State Veteran's cross country championship at Centennial Park in May.

For his time of 33 min and 57 sec for the 8 kms he received a silver medal in the 55-59 division.

He is now training for next year's veteran national titles in Canberra and hopes to represent NSW in the steeplechase, his favourite event.

It takes hard work and a lot of kilometres to prepare for such an event but I am hopeful of making the team Derek said.

WOODFORD TO GLENBROOK 25K

SHOULD HAVE BROUGHT THE CAMERA

by Geoff Cox

For your average hard training Sydney Strider 25 kilometres through the Blue Mountains would come as easily as shooting outlaws came to John Wayne. However, for your, not so average, not so hard training Strider, who had just spent the last two weeks sunning himself in Queensland (and complaining of a knee injury), the prospect of 25 kilometres through the Blue Mountains seemed quite daunting.

Nevertheless this intrepid Strider decided to tackle the 25 kilometre Woodford to Glenbrook run. The race tactics were simple, start slowly, run slowly, and see what happens.

The run began with some gentle and some not so gentle undulations. These the intrepid Strider moved over without too much trouble, in fact it was a highly enjoyable experience.

There were panoramic views from parts of the course, for a Strider, running easily, what was needed was a camera. Unfortunately he didn't have one, and so he ran on: past half way in just under 50 minutes (4 minutes a kilometre).

After half way a number of runners who had obviously been taking it easy passed our Strider. Undeterred (although still cursing himself for not bringing the camera) he ran on at the same consistent pace, past 15 and 16 kilometres, then at about 17 kilometres, still feeling good, he decided that he might try to catch some of these fellows who had been passing him.

Picking up the pace, on what was now a continuous downhill run, our Strider began to catch and pass a number of runners. Then he began to experience what is known to those who read Runners World and/or wear Nike's as a 'runners high'. He increased the pace, so as to experience an even greater high (and to pick up a few more places into the bargain.)

Finally the finish at Euroka Clearing came into view, down the last hill and through the finish in 36th position, (in a time of 1 hr 33.59, a second half split of 44 minutes).

A number of Striders had already crossed the line some minutes before. Nevertheless our Strider had had a great run, although he still wished he had brought his camera, after all he still had half a film to use up after his trip to Queensland.



NEW MEMBERS PROFILE

PHILLIP HALPIN

People are motivated to run by various factors, and common ones such as enjoyment of running and benefit to health apply in Phillip's case, but he is also influenced by a most unusual factor, and that is a desire to gain much needed relaxation from the pressures of working as the lead singer and guitarist for the band known as 'The Hurt'.

Phillip, aged 26, single and a resident of Willoughby, is yet another runner attracted to join the Sydney Striders through competing in the Club's annual half marathon. A runner, spasmodically, since he was a school boy of 12, Phillip does training runs of five miles and ten miles locally on his own, but plans to join Sydney Striders members on runs in Lane Cove National Park.

Unfortunately, injury will prevent Phillip from fulfilling his aim of running his first 26 miler in the Cities Marathon on August 28th and he will now set himself for the Nike Marathon next year. He is competitive by nature and hopes to break three hours, if not in that Marathon, then later.

Phillip is very sports minded, and besides having a keen interest in water skiing, acquits himself well at tennis and squash.

BRYAN FENN

Bryan has been in Australia for 5 months, and is another Strider who hails from South Africa. He is well known to President Charles as they attended University together in S.A.

Everyone has heard of children who ride or swim before they can walk. Bryan can probably be classed as the running equivalent of this, as he ran an ultra marathon (at age 17) before he ran a marathon. It was in South Africa, and he completed the distance of 54k in 4 hr. 20. At age 18, he completed the Comrades Marathon (90k) in 8½ hrs, and the following year, he reduced the time to 7.40. He has completed 9 ultras, and numerous marathons (probably over 50), including the Wang in Sydney this year. His best marathon time is 2.34 in Cape Town in 1980, and his aim is to better 2.30 (but not necessarily this year, he says).

Bryan ran in this year's City-to-Surf accompanied by his wife, Colleen. He gives his non-running interests as collecting and drinking wine.

Brian served as Club President of Celtic Harriers up until his departure for Australia. Celtic Harriers is the largest road running club in Cape Town (700 members).

His club also organised some of the best organised and most respected road races, including the Peninsula Marathon, the Foschini Women's Half Marathon, and the 2 Oceans Ultra Marathon. The 2 Oceans 56k Ultra Marathon is the largest Ultra after the Comrades Marathon, and is rated the most scenic and best organised in Southern Africa! Bryan served on the organising committee.

NEW MEMBERS PROFILE

JOHN HILL

John is a long term rugby player and, although he has been a runner for 7 - 8 years, this has had to take second place until recently. Having reached the age of 37, John at last seems to be recognizing the enjoyment and benefit of running and switching his emphasis, and in fact about 12 months ago he decided to compete in a marathon.

It was this decision, and perhaps with a bit of prodding from Mike Bingham, that led to John joining Sydney Striders. He duly ran in a marathon, the Australian in June 1983, and recorded the time of 3 hrs. 29 mins, but his aim is to eventually get below 3 hours.

John, a high school teacher in History and a resident of Northbridge, generally runs locally, with occasional runs around Kogarah and in Centennial Park. He trains on his own over distances of 10 - 16 kms and tends to "run hot and cold", training sometimes every day for a week and missing five days in a row at other times.

Studies have occupied a good deal of John's time with a law degree just having been finished following on the degree of Master of Education, and his family commitments are quite heavy at the moment with twin sons one year old, but John is looking forward to spending more time again at his hobby farm on the Central Coast.



MERRI MACK

Merri started running 11 years ago "as a joke" when Harboard Diggers formed a jogging club. There's nothing funny about her running now - in 1982 at age 37 Merri was placed 14th in the N.S.W. Women's Marathon Rankings and 7th in Female Distance Runner of the year. Of her 15 marathons, her 3.09.21 at Canberra last year is her best and Merri is very confident that she can achieve her aim of a sub-3 hour run. She runs 90kms a week, increasing to 120-130 kms when training for a marathon and Merri likes to run with others as much as possible as she enjoys the company of fellow runners. She feels that there is a special kindness and consideration for others engendered by running. Her contribution to the two 24 hour relays run by the Veteran Women has been immense and their recently achieved record of 214 miles 1135 yd is a proud achievement. Working as a Computer Coordinator, Merri still finds time to be an active member of the Toastmistress Organisation, to collect stamps and to promote, in the running world, a status for women equitable to that of men. Encouraged by Sam Daher's enthusiasm and her own enjoyment of "Pain in the Domain", Merri joined the Striders; she bemoans the fact that husband Richard is plagued by shin splints and so he can't enjoy running and its fringe benefits as she can.

CITY TO SURF RESULTS

Roving Reporter: Sam Daher

NAME	TIME	POS.	NAME	TIME	POS.
<u>MEN</u>					
SHAW R.	49.05	119	McIVER T.	58.48	1305
FARRELL A.	50.11	157	WHITE D.	58.53	1327
STAPLES C.	50.17	161	HAMILL A.	58.55	1334
HENDERSON W.	50.18	162	INGHAM D.	59.23	1441
STANTON W.	51.03	207	COLWELL B.	59.34	1475
COX G.	51.19	220	McMAHON T.	60.17	1662
DAHER S.	52.00	275	GREENLAND G.	60.47	1816
O'HEARN M.	52.05	282	TOPFER K.	60.52	1841
FREYS I.	53.07	366	GARLAND W.	65.04	3267
DORAN R.	53.21	384	BARNETT K.	65.10	3305
FLANAGAN B.	53.46	425	HERSEY P.	66.20	
GUIFFRE M.	54.03	463	DONOVAN J.	68.16	4744
MARSDEN W.	54.20	493	BEVAN R.	68.39	4896
COX D.	54.35	523	WILLCOCK E.	71.37	6452
FOULSHAM P.	54.42	539	CORNELIUS S.	80.00	*
CHAN F.	54.43	542	ASSENZA F.	80.43	11557
COOLEY B.	54.56	575	RYAN P.	84.30	13419
EVENNETT J.	55.01	584	LUDINGTON H.	95.24	17643
BLUE H.	55.27	645	LIGHT I.	104.02	19672
BUCKLAND G.	55.38	675			
FORD C.	55.41	682	<u>WOMEN</u>		
MACKIE A.	55.43	689			
KING L.	55.43	689	WALKER J.	57.00	
COLLUM N.	56.01	741	MACK M.	59.08	1387
TURNER J.	56.02	748	CUNNINGHAM G.	59.23	1441
CLELAND R.	56.07	763	HAMILL B.	64.20	2979
O'CONNOR K.	56.33	839	PORTER C.	64.46	3150
COVILLE C.	56.46	874	FLANAGAN D.	73.11	7354
YOUNG N.	57.02		STANTON D.	76.28	9137
NELSON D.	58.20	1183	WILLCOCK V.	82.52	12587
THOMSON A.	58.21	1189			

* 7.30 start City to Bondi 75
 8.45 start Bondi to City 75
 10.00 start City to Bondi 80

230 minutes

Congratulations to the following Sydney Striders (and family members) whose names appear in the provisional results published.

Merri Mack: Placed - 1st in Age Group

Valerie Willcock: Placed - 3rd in Age Group.

Gai Cunningham)
 Christine Porter) Placed - 3rd in Womens teams of three
 Debra Stanton) - category AH

Adam Thomson: Placed 3rd in schoolboys teams of three -
 category AM (Aged 14 - 15)

"The Courageous Clelands": Placed - 2nd in Parent & Child
 Richard and Son (Sam) category - child up to 11 years.

Wayne Stanton)
 Geoffrey Cox) Placed 3rd in Mens Teams of three
 Ray Doran) - category AG

CITY TO SURF ANALYSIS

by Steve Cornelius

The Thursday after the City-to-Surf, I obtained a copy of the newspaper containing all the results. My brother-in-law and fellow Strider Malcolm McDonald, being even more of a fruit-cake than me, had been the first competitor to arrive on Sunday morning, and was to be seen sitting in splendid isolation on a picnic chair, in the middle of Park Street, reading "War and Peace", at a quarter past seven. The newspaper had taken his picture for this, probably regarding him as one of those delightful eccentrics who roll out every August; but, to our great disappointment, the picture wasn't printed.

Having spent 30 cents on a useless paper, I didn't want it to go to waste, so I sat down with a calculator for half an hour and did a few sums, comparing the results with those taken from the equivalent publication in 1980. (This latter I had extracted from a disgusting cupboard full of worn-out running-shoes, tatty shirts, old STAR maps, certificates and other worthless memorabilia).

It was an interesting exercise. In those 3 years, officially recorded finishers rose from 15,609 to 23,944 (late entries do not get their names in the paper), an increase of 53%. But the number of runners achieving sub-50 times actually fell by 5.4% from 148 to 140.

I then started comparing results in 5-minute groups, and came up with the following:

	1980	1983	%
Sub-45 minutes	28	20	-28.6%
45-50 minutes	120	120	Equal
50-55 minutes	441	440	- 0.2%
55-60 minutes	940	1002	+ 6.6%
60-65 minutes	1563	1652	+ 5.7%
65-70 minutes	1941	2401	+23.7%
70-75 minutes	2115	2679	+26.7%
75-80 minutes	1856	2888	+55.6%
80-85 minutes	1629	2458	+50.9%
85-90 minutes	1185	2153	+81.7%

Where you might have reasonably expected a uniform 50% increase in all groups, the trend seems to have been that a smaller percentage are recording fast times, and the slower groups are getting bigger and bigger. Times between 110 and 115 minutes, for example, increased by 104.7%. And the median time of the field went from 76:40 in 1980 to 81:38 in 1983.

How is all this to be explained? Why is the average runner taking 5 minutes longer to run 14 km than only 3 years ago? Personally I can think of four possible reasons for this, and I submit them for the reader's consideration:

NEW MEMBERS PROFILE

HERB LUDINGTON

Although built like the front-row forward he once was (1st grade Rugby Union, St. George), Herb now restricts his sporting activity to surfing (in summer), golf and alot of running. With the aim of running in the Wollongong to Sydney 50-miler this year, Herb runs every day with 2 long runs every week.

Herb has been running for about 8 years, having started when his young son began training seriously for cross-country running, which entailed training in the dark. Herb decided to accompany him, and has been running ever since. In the 8 years, he has run 16 marathons, and has competed in a number of City-to-Surf races with a best time of 59.06.

Herb is a mechanical engineer and works at Kurnell for an American chemical company. His job entails occasional trips to the U.S.

Now aged 52 years, Herb's aims, beside completing a 50-miler, are to run for as many years as possible, and to get a little lighter. Herb is married to a runner and has 4 children whose interests encompass running, race-walking, golf, music (piano), shot-put and discus throwing.



CAROL LUDINGTON

Aged 48, Carol took up running about 6 years ago in order to keep fit and because her family were runners. She has been the subject of featured reports in the press and on television, accompanied in the latter case by her husband, Herb. (See article in the Sun entitled "Marathon Mum: Chasing a special present" by Tom Cantwell; it appeared just before the State Marathon this year, which was held on Mothers Day. For those who missed the TV coverage, Bill Flanagan has it recorded on video tape.)

The affable and sociable Carol is probably already well known to most Striders. Her friendly manner, her interest in and encouragement of other people's endeavours make her a welcome acquisition to the Club.

Carol has run 8 marathons, with a best time of 3.55; this was at the Gold Coast in 1981, where she won her age category against strong New Zealand competitors. Her aim is to eventually run a 50-miler.

Besides running, Carol is interested in the theatre, music (she plays the piano) and eating out. Her organisational skills are applied to the management of a household of 7 people.

- 1) Thirty thousand starters cause one hell of a crush, and unless you adopt Oddball McDonald's crack-of-dawn tactics it's becoming increasingly difficult to get a good start. I can personally vouch for the fact that the field these days takes a full eight minutes to cross the start-line; I know this because this year I was the very last starter!
- 2) The upsurge of the running craze has brought thousands and thousands of new and slower runners out into the streets to swell the number of finishers over 80 minutes. My theory is that most of the people who ran faster times were out there doing it already 3 years ago.
- 3) Some faster runners who used to regard the City-to-Surf as a good testing ground now don't compete any more because of the crowds, the attendant hassles, and the difficulty of getting a straight run.
- 4) The publicity given to marathons in the last 12 months has convinced a lot of people who otherwise wouldn't be competing that they ought to get out there and do a bit of running. After all, that nice Robert de Castella man makes it all look so easy, doesn't he, and it's great to be able to go into work on Monday morning and say you ran in the big marathon (i.e. City-to-Surf) yourself.

I'd be interested to hear if anyone has any more ideas on this.

"RUNNING WOMAN'S" FACTS WRONG

by Steve Cornelius

It was reported in the August-September issue of Fun Runner magazine ("Running Woman" column, written by a Striders member) that Sydney Striders "didn't submit a women's team (to the Australian Marathon) even though they had sufficient starters because it wouldn't have stood a chance against a male team".

The main point of the article was to show that the organisers of the marathon had treated women less than kindly in forgetting to include any women's team categories on the entry form, and with this sentiment I certainly agree.

Unfortunately, the phrasing of the article suggested that the Striders as a club decided not to submit a women's team, after having made a subjective judgment about their chances of winning a prize. This was not the case at all. I was responsible for putting together the Striders teams for that event, and the only reason no Striders women's team was included was that not a single entry form was received from a female Strider!

If I had applied the criterion suggested by the magazine article (evaluating each team's chances of a prize in its category), at least 4 out of our 5 male teams wouldn't have been entered at all! As a club, we try to encourage all marathon runners of whatever age, sex, or speed, to run with us on Sundays and to enter Striders teams for races, even if they have Buckley's chance of winning a prize.

The Editor,
The Blister,
Sydney Striders.

8th August 1983

Dear Sir,

Re: Golden Oldies

People are writing into the Blister these days about their various activities which seem to involve some form of running, at least in part eg: Triathlons etc, and so I must tell you of my latest activity which also involves some form of running, at least in part. Its called Rugby and in particular Golden Oldies Rugby. Yes, you guessed it! You're semi retired Strider decided to put his 1½ Stone weight gain, through non running, to good use and took the week off to play and reminisce.

When I first heard about the proposed Golden Oldies Rugby Carnival I decided then to have at least a run if I could get a game. It had been about 15 years since I had packed down in a scrum. My position was hooker - yes that's right - where all the action is, although over the years by wearing headgear and mouth guards, cauliflower ears and false teeth had been avoided.

Much to my surprise my old school, Waverley College, was going to field a team and at least 1/3 of them had been in my class. Now it was really getting exciting and I decided to take the week off. Indeed these became my annual holidays, being a self employed person, holidays are few and far between.

The day finally arrived and we played at Mackay Oval, Centennial Park, the first of three games, each game being of 1 hour duration with 3 x 20 minute periods. Although the game was keen, nevertheless it was played in the true rugger spirit. At the first break the team we were playing, The Crippled Crows from South Australia, passed around the port and they shared our champagne.

That night and the next morning I could hardly walk, even though I had only played for 20 minutes. It reminded me of the pains after a marathon. However on the second day I was better again - no marathon was ever that easy. Somebody had found out that I did some running and as two of our wingers had dislocated their shoulders (old age) it was decided to play me on the wing. I protested! "Who ever heard of a hooker playing on the wing", but to no avail. Well it served them right. There it was, 3 minutes to go and we were trailing by 2 points. Our centres made a break and with only 5 yards to go and the line wide open, the ball was passed to me. Yes, you guessed it - I dropped the ball. The excitement of scoring a try after 15 years was too much.

The final game was a lot of fun, if you don't mind referees and gorillas scoring tries and the final score being a draw at 40 each. All we oldies appreciated the low key approach to the last game which I understand was the general approach to the last football day of the whole competition.

The next Golden Oldies will be in London in September, 1985 and no doubt it will be a brilliant success. It would have been terrific if either the London or Paris Marathon was on at about that time, and I would have gone but it is not to be. However it was a lot of fun but now, with Spring approaching, one must put away these boy games and start training for that truly great event, Nike 1984.

DENNIS JOHN COOLEY.



LETTER TO THE EDITOR

SHOE SURGERY

SHOE SURGERY : THE HEEL TAB ECTOMY

By Dr Irwin Light



It has become popular in recent times to perform surgery on running shoes in order to make them more comfortable for the wearer. This has its basis in the undeniable fact that it is impossible to mass produce a running shoe which will suit every runner. Most people are familiar with the ploy of cutting away the top of the toe of the shoe to make space for the toes - and in particular, the great toe.

I thought I might write a bit about a feature of running shoes which to my mind is undoubtedly responsible for a great number of injuries and yet is still reproduced faithfully on every new pair of running shoes. The so called "achilles protector" or "heel tab" now appears on almost every running shoe available. Now what on earth does it protect the achilles from? If you think carefully at the end of every stride just at the point of toe off (ie. when your foot leaves the ground at the end of the stride) the ankle is flexed to the extent that the "achilles protector" digs into the achilles tendon in the most vulnerable area of that tendon and is thus a potent cause (or aggravator if the condition pre-existed) of achilles tendinitis. If the heel tab is soft, the damage could even be worse because the tab will fold over and a ridge will form in it which causes even more damage.

I therefore advise that the tab be cut off in the following manner:

Cut above the seam (A) of the heel tab from position to the equivalent position on the other side. If you now reflect backwards, the outer skin of the tab the "innards" will be exposed and these should be cut out down to the same level as you've cut down the seams.

Now fold the inside of the tab down backwards and glue it into position with a strong non water-soluble glue.

If this procedure is not clearly enough set out, ask me when you next see me and I'll demonstrate how I've "butchered" my new Tigers when I was, to my disgust and horror, unable to replace my old (ask Bryce Courtenay how old!) Tigers with a similar new pair.

GILLAWARNA RESULTS

GILLAWARNA MARATHON

1.	H. Wegner	2.21.59
2.	I. Graves	
3.	S. O'Connor	

STRIDERS

Chris Staples	2.49.57
Laurie King	2.50.37
Nobby Young	2.57.07
Peter Foulsham	2.57.39
Ken O'Connor	3.14.12
Dave Williams	3.23.42
Richard Bevan	3.27.01
Herb Luddington	3.57.40
Carol Luddington	4.03.20
Approx.	120 Finishers

HALF MARATHON

1.	S. Montague	1.08.39
----	-------------	---------

STRIDERS

Mike Edwards	79.52
Dick Cleland	80.18
Cecil Ford	80.57
Alex Hamill	85.30
Terry McIver	87.18
Gerry Greenland	87.18
Terry McMahon	88.04
Brenda Hamill	90.22
Approx.	300 Finishers

WHAT'S A POOR GIRL TO DO

What's a girl to do when she suffers such severe cramps in her last two marathons that she has to walk the last 5 kms? What's she to do when the doctor/runner from one of her clubs advises against extra salt in the diet and the doctor/runner from another of her clubs says if you don't have plenty of salt and potassium prior to the marathon, you'll cramp (and serve you right.) She doesn't know either of the doctor/runners well enough to consider if she has faith in their opinions, but she has complete confidence in her own doctor, who for 27 years has helped her and her family through every crisis from cut heads to confinements. She consults him and he lists the causes of cramps, eliminating in her case all except salt deprivation. (He doesn't consider potassium loss a very significant factor.)

The woman is convinced now and begins to douse her food with salt and to eat like a Vegemite-kid-look-alike. Just to be sure, she throws her case of Wolf Blass in the bin and stocks up on 12-packs of Tab. (Later, on sober reflection, she retrieves the W.B. unharmed and files it away for future reference.) Her family break up every time they see her with a can of Tab and keep quoting certain oft before-heard facts to her (as children will do when it suits them) eg "What about the artificial colouring and flavouring?" etc. To avoid these confrontations, she becomes a wardrobe drinker and consumes the Tab when her family is not at home. The week before the Marathon she drinks gallons of apple juice and Tab (by now her favourite tippie) and keeps up a steady diet of salt, Vegemite and Bonox.

Marathon day dawns cool and misty, with obvious indications of a warm sunny day to follow; the woman feels this will be a good test for her new therapy, as a hot day will exacerbate the cramping tendency. The first two hours are cool and pleasant but even after an hour, the sun is shining from a cloudless sky and she is to find later on that it is quite hot over the last 10 kms. (Perfect day for a picnic at Lake Gillawarna.) However, she has drunk water copiously from the very first drink station and she's feeling great. She cruises into the crucial 35 kms mark, exchanges a few words with Margaret and Russell Young and gets a time call from that dear little man. Our runner marvels at how comfortable she feels and so it continues with every successive km, with a strong finish over the last 2 kms. The woman is elated and truly overjoyed that she ran all the way at an easy pace and didn't have even a twinge, as she still recalls with horror the grotesque calf cramps of the '83 State Marathon. She has run faster marathons than this but she is so pleased to have run 4.03.20 and experienced no painful cramps, that the time is an unimportant feature of a friendly, enjoyable and, in her case, meaningful race.

As the woman's training programme and weight remain constant, she feels the significant factor in this marathon must have been the dietary change of added salt (she neither cooked with salt nor added it to her meals previously) and maybe the increased potassium level. The weather at the State Marathon was hotter for longer than at Lake Gillawarna, but she still thinks that it was sufficiently warm and sunny to have induced cramps had she not been so well prepared. This runner, therefore, thanks Irwin Light for his advice and publicly apologizes for doubting his wise counsel; she thanks all her Strider friends for their cheers during and after the race; and like all converts, she is now an even gelist - singing the praises of Saxa and Coca-Cola Bottlers.

This is a true story and the names haven't even been changed.)

Carol Ludington

GILLAWARNA HERE I COME

Our choice of Gillawarna instead of the Striders Sunday training run had basically been because, at long last, Peter Foulsham was going seriously for the Sub 3.

We knew if we did the half we could be at the finish to cheer Peter on to his new P.B.

This was the first year the marathon was to be run in August. Usually it has been a month later and although it is a flat double out and back course, the times recorded have not been good.

We made no special preparations. Had our usual take-away Italian dinner on Saturday evening. (Carbo loading is the first and most important marathon rule I learnt after joining Striders - a Godsend for the housewife who hates cooking and for her husband if he hates eating it.)

Sunday we were up early and out at the Start by 6.15. It was a foggy morning, temperature around 8 degrees. Perfect for Peter, who was already there looking fighting fit and raring to go. He had depleted and carbo loaded. Kept apologising for smelling of garlic. He'd try anything. Bryce Courtenay was in our group along with Terry McIver and Alex. It wasn't until later we saw how many other Striders were also there.

Alex was feeling fit. Terry still had knee problems and Bryce, because of his injuries, was kind enough to volunteer to run with me. After all this time I still have no idea of pace and really need someone early in the race to hold me back and later, unfortunately, to drag me home. Bryce did both admirably.

Bill Courtney (Western Suburbs) started the race in his normal jovial fashion. He is very keen to see the marathon staged again and even went to the trouble of telling us that the officials would be happy to give us correct times and certificates for any distance after the half we wished to complete.

The race started in the park and for the first five kilometres we were running on a winding track around part of the lake. The fog had lifted and for the first time we saw just how pretty the area was. Then we were out on the road for about four K's before going through what looked like a tip for dead cars. Again onto the road and although there were drink and sponge stations every five K's, it was not until here we bothered to have our first drink.

I was feeling good. Having Bryce for company was certainly doing the trick. We were now heading for the turnaround point and the lead runners were starting to pass us. I had no idea what ladies had entered the run and in fact the only one I recognised was Pat Marshall. After her were two younger women and then several minutes gap to a lady I have had no trouble beating in the past.

We started the homeward leg and within a kilometre, had caught the fourth lady. A little burst to get past her then off we set again at our even pace.

One more drink stop was all we needed. (The weather was staying cool). It was around fifteen kilometres. Only six kilometres to go and I was still feeling good.

The rest of the run was much the same except for the final leg where the lead runners started to again pass on their way out for the second time. It was now obvious that all three ladies had run the half. Still I was not disappointed to come home in 90 minutes, giving me fourth place with a P.B. of six minutes.

Once finished I found lots of other Striders had come in with very good times including Alex who had a P.B. of five minutes.

Peter had set out on the second leg looking strong and now came the wait. Alex went out to the thirty K mark with cans of flat coke and played nurse, dispensing it where necessary. He came back telling us Peter was well inside his time and Matthew (Peter's ten year old son) was finishing with him. Laurie King was the first Strider in with a P.B., something like six minutes. He was delighted. About two minutes later Peter came into sight. He was having some muscle problems in one leg but looked remarkably well for a guy finishing in 2.57. Said later there was no such thing as the wall.

Several other Striders finished the marathon, Herb Luddington and Dave Williams using it as a training run for their Wollongong to Sydney run. Carol Luddington came in third in the Ladies Marathon.

Now that the run is being staged in August instead of September, there is no reason why it shouldn't be one of the fastest marathon courses in Sydney. I will certainly be going for a P.B. next year and after the success of the Striders that entered, no doubt a number more like the Canberra contingent will be recorded from our club.

A great day made perfect by a win to Balmain and another run to remember by Deek.

Brenda Hamill

EDITOR'S NOTE:

A somewhat modest report by Brenda, who capped off a great few weeks by winning her age category at Gillawarna. On top of that she had already been placed 1st Open Lady Drummoyne Bay Run, 1st Ladies Team Mosman 10K and 1st Age Division Woodford to Glenbrook (record time).



RICHARD BEVAN

A quick note to catch the September edition. Beautiful morning, even, with a 4.15 a.m. wake up. Small field and friendly atmosphere, flat course but with rough patches in the park and not enough markers (a couple of people missed turnings). Excellent and frequent drinks stations and encouraging if laconic marshals. Altogether a refreshing change from the big events.

Plenty of Striders to greet on the double out-and-return course. Ran with David Williams (fresh from Hong Kong) until about 38km when it suddenly got a bit harder. Difficult last 4 (not helped by "2.2km to go" sign just before 39 km) but a good Striders cheering party for the last 100 metres to the line. Oxygen shortage prevented immediate acknowledgment, but very grateful to Bryce et al for the support. Succeeded in raising hands above head at finish, but had to hold together to keep arms up. Good run; delightful event; plan it for next year.

Take a closer Look!

WORD PROCESSOR REQUIRED

We urgently require the services of a Word Processor for the MARATHON LADDER and STRIDERS IN TRAINING. Once the information is keyed in, only bi-monthly updates necessary. It's time consuming and inefficient not being computerised! Phone Wayne Stanton

SOCIAL MANAGER/ESS REQUIRED

Since the resignation of Lynne Evans as Social Manageress, our social activities planning have come to an abrupt halt. So it's up to someone out there to volunteer now for this important, but not over-demanding, position on the committee. Phone Brian Colwell

NEW MEMBERS PROFILE

CHRISTINE PORTER

Chris has long been interested in fitness. About 10 years ago, she took up running, which was some time before the running boom began. To-day, she is still running, but more seriously than previously. She also attends fitness classes 3 times weekly, plays squash, wind-surfs, and would like to get involved in tennis.

It was Chris who encouraged her sister, Gai Cunningham, to take up running again after losing interest for some years. Chris is very proud of Gai's running achievements this year.

Chris works as a legal secretary in the city, and runs with Sam's Pain in the Domain runners and Corporate Cup in her lunch hours. She enjoys these runs as well as the Stars, mainly because of the people involved.

Chris's best marathon time was at this year's Wang when she did 3-42. She is hoping to reduce this time to about 3-15, possibly at Nike next year. Her ultimate aim is to run under 3 hours. She is interested in specific training in order to achieve this, and would welcome advice in this regard. She is also keen to know more about the relationship between nutrition and intensive training.



Ken O'Connor.

Ken, and his wife Julia are both teachers at the Sacred Heart College, Kensington. and though Julia doesn't run she supports Ken's running programme provided it doesn't interfere with work and home commitments ("Not a bit tired" of Tarramurra would drink to that!). At age 32 Ken has been a runner for 6 years, running mainly through winter and slackening off in the hot weather. This year he expects to run more in the summer as he will have company in the STARS. These scenic and safe courses appeal to him and the group training means making new friends who also help him over the dull patches of a hard 32 kms run. Ken picked up a STAR itinerary a year ago and became friendly with the "Scotsman" but only joined recently (probably took him that long to translate Jim's opinion of the STARS). He now trains 80-100 kms a week, running alone except for the Wednesday Ironcove with Nobby and the group run on Sunday. Julia and Ken were vegetarians for 6 years and now eat little red meat, drink beer very moderately and follow a diet similar to the Pritikin diet. They have travelled world wide and plan a tour of the Middle East this year. Ken's next trip however will take him along Henry Lawson Drive, when he attempts his first marathon at Lake Gillawarna.



YOMIX PTY. LIMITED
44 Alexander Ave., Taren Point
(P.O. Box 392, Caringbah)
N.S.W. 2229, Australia
Telephone: 525 6255

23rd August, 1983

Mr. Charles Coville,
Sydney Striders,
P.O. Box N119,
Grosvenor Street,
SYDNEY. NSW 2000

Dear Charles,

It is with great regret that I write this letter on behalf of Yomix Pty. Limited. I have received a directive regarding future marketing expenditures within Yomix for the 1984 year. As far as the directive pertains to Sydney Striders, it effectively states that Yomix cannot be involved in your 1984 1/2 Marathon. This is a total, not partial, negation of our sponsorship.

It has been stated that in no way does this action result from any actions or inactions on Sydney Striders' behalf. In fact, response from our 1983 sponsorship has been favourable. It may therefore seem incongruous to decline a 1984 sponsorship. All that I am at liberty to say is, that there has been a new strategic marketing plan implemented which does not incorporate sponsorship of any kind.

I would like to sincerely thank the Sydney Striders Club, the race organisers and especially yourself, for the efforts and considerations regarding Yomix. The professionalism with which these people, both liased and organised the 1/2 Marathon, was to an extremely high standard. This benefited Yomix in a multitude of ways, not the least of which was that the efficient organisation increased the effectiveness of our 1983 sponsorship.

Once again, it is with regret that I must state that Yomix cannot be involved, in any way, with the 1984 Sydney Striders 1/2 Marathon. Yomix do however, wish you the best and have no doubt that you will easily find a replacement sponsor.

Yours faithfully,
YOMIX PTY. LIMITED,
Nicholas J. Dryburgh
Nicholas J. Dryburgh,
PRODUCT MANAGER.

ND:lb



THE BLACKTOWN CITY COUNCIL IN CONJUNCTION
WITH THE BLACKTOWN CITY SPORTS COUNCIL



present

THE "CITIES" MARATHON

CITIES MARATHON 28th August

1. STEVE MONTAGUE 2.27.30
2. IAN GRAVES 2.30.37

STRIDERS

3. KEITH CANARD 2.32.31) 2nd Mens
5. BOB SHAW 2.48.46) Open Team
8. WAYNE STANTON 2.49.03) P.B. by 1.31
15. RUSSELL BLACK 2.55.51
19. OSTEN HANSSON 2.57.25
22. RAY DORAN 2.58.17
47. SUE HILL 3.10.39 1st Female
79. DAVE WILLIAMS 3.25.35
83. BARRY RUTHERFORD 3.26.00
101. ERIC WILLCOCK 3.33.15
102. BARRY SYRNES 3.33.24 Novice
112. LANCE DAY 3.44.55 P.B. by 2.05

154 TOTAL NO. OF FINISHERS

THE 'CITIES' MARATHON

BY WAYNE STANTON

After my 2.55 at the Australian I set my sights on breaking 2.50 at the Cities. During the eleven weeks between the two marathons I kept my mileage around 75 miles a week and raced frequently including a 2.50.34 marathon at Campbelltown 6 weeks prior to the Cities.

I decided to run the Cities because of the 6a.m. start which ensured a relatively cool run despite comments that the last half of the course was hilly.

Arriving at the start I was confident of a sub 2.50 despite the westerly wind which was to make the course a formidable opponent. At the starting line there was an abundance of "Green and White" which was obviously anticipated as the entry form actually had a box to tick if you were a Sydney Strider.

6.05 or so and we were off and running towards the west. I tucked in behind Bob Shaw and that was probably the reason I went thru 5K's in 18 mins flat rather than my proposed 20minute splits. Knowing that to continue this pace would be suicide, I slotted back to a 4 min/K pace.

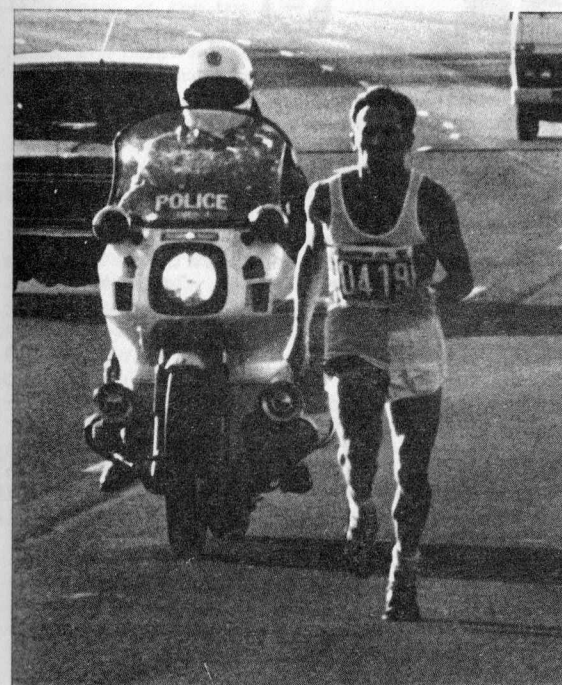
At 22K's I came across the first of the hills of which I had only two days previously commented, to my wife, were only 'slight rises', whilst we were driving over the course. It is amazing how much being behind the wheel tends to diminish hills which demoralise a runner.

By 25K's the hills had taken their first victim, as the runner I had been trailing for 20K's was slowing and upon passing him I was now in 9th place. Passing another 2 runners in the last 5K's I recorded 2.49.03 for 7th place and second in the teams with Bob Shaw and Russell Black. Sydney Striders had a top day with Keith Canard 3rd in 2.32.31, clipping a further 2 seconds off the club record and Bob Shaw 5th in 2.47.06.

This is the last one for 1983 and thanks to Sydney Striders, my introduction to marathon running was not only successful but also very enjoyable.



Top: Bob Shaw and Russell Black toe the line at the start of the Cities Marathon.



Left: Keith Canard on his way to a new club record of 2.32.31 and 3rd overall position

NEW MEMBERS PROFILE

TERRY MCMAHON

Before he started running 3 years ago, Terry was a 17¹ stone asthmatic. Now a trim 12 stone and still losing a bit, he finds his asthma has improved considerably. He actually missed 3 years of his first 6 years of school through asthma and so his enthusiasm for running and its fringe benefits are easily understood. Terry has a good attitude to racing - he is still elated over his 3.11 at the Australian Marathon but is not manic about improving on that time. He attributes this great run to his participation in the STARS but he aims to just continue enjoying running with a secondary aim of encouraging his nephew Michael to run. Unfortunately Michael's introduction to running was through the Strider's Cross Country race which was akin to "throwing him in at the deep end!" Terry runs 12 kms about 5 times a week as he is finding the renovations on his Balmain terrace home very time consuming. Now that he is fitter and lighter, he finds that though he enjoys beer he drinks about 4 times less than before. In fact, in the lowliest tribute to running and its benefits that I have ever heard, Terry said, "I have lived four lifetimes in the 12 months that I've been 12 stone." A workshop supervisor at the Container Terminal at Port Botany and at only 43, Terry should be striding on for years to come.



ERIC SPILSTEAD



TERRY MCMAHON

ERIC SPILSTEAD

Introduced to the Striders through Advertising Colleague Bryce Courtenay, Eric at age 49 has yet to run STAR. A casual runner for several years, he has been a serious runner for only 6 months and on a meagre training programme of 40 kms a week, ran 3.41 in the Australian Marathon. Eric's other interests leave little time for extensive running, but he plans to run Honolulu and hopes to run some STARS before then. Cross-country skiing, mountain climbing, bush walking, golf and Warringah RUFC make an impressive list of interests - his next project, planned for August '84, is a 400 kms walk along the Pacific Crest Trail in the Sierra Nevadas. Eric and a company will cover about 15 kms a day, having posted ahead food supplies to ranger stations. In April, '85 with a group of 5, he will undertake a 2000 kms bike trip from Paris to Athens. Kilimanjaro is on the agenda as well as "any other different adventures." (If Eric runs the Lindfield Lope, he can cross Kilimanjaro off the list). He's pretty much a vegetarian and he has nothing against alcohol consumption. So far Eric's wife Beverley and family Julie, Lyn and David don't run. Maybe I should talk to them....

QUEENSLAND REPORT

by TONY MCCALL

I've often noted with interest how athletes can come back from a layoff on an injury problem and perform as well as ever with a minimum of training. It seems that physical and mental rest for a period bring about a marked improvement in performance - at least for a while. Once normal training resumes some of that heightened ability is lost. So it was with this writer when in May I had to undergo a mastoidectomy which kept me off the road for nearly three weeks. My sense of balance had been slowly deteriorating for some weeks due to an old ear problem. It made running driving cars and other daily norms not only difficult but decidedly dangerous. So under the knife I went and after a successful operation and with balance slowly repairing I looked forward to resuming running again. Within a week of slowly building up the miles I found myself cruising over my shorter courses as fast as I'd ever done and with comparative ease. As I increased mileage this effect tapered off but my fitness continued an upward trend. It had been a bit of a shock to be bedridden for a while but since then I have not missed a day.

The middle part of the year has seen fun runs a-plenty and the cross country season concludes this weekend with the national titles at Nudgee College. A testing 3x4.1 K circuit it will be a hard, sloppy slog as we've had a fair amount of rain. I fear the stars from down south shall prevail as usual.

Fun runs here are being well patronised and lots of sponsors are becoming increasingly interested in using them as vehicle for advertising. The usual faces seem to be winning the races but minor places are becoming more open. There are quite a few rapidly improving runners. Earlier this year Rob Stones won the University of Qld. Marathon with a good time of 2.26.51 until sidelined with glandular fever for a prolonged period Rob was an Australian class distance runner. Seems like he's getting over his problems. Dick Sauders took out the State title in 2.28 and some seconds. He does not appear at races too often but obviously works hard in training. Defending State 25K champion Laurie Adams made it two in a row with a top effort of 1.20.20 over the difficult course at Kerry. Mike Pullinger was again runner-up in 1.21.45. Mike had some consolation another day when he won the State Ten Mile event at Beaudesert in 51.06. Mike also ran a PB at the National 25K with a 1.18.42. Good enough for fifteenth place. It's tough at the top.

After I'd built my base mileage up to an acceptable level again I began entering fun runs and subsequently have enjoyed some success and some hard running. Before my operation my last race had been the Sri Chinmoy 32K which Gary Vansleve won in 1.56.47. I was runner-up in 1.58.12. Since resuming competition the races have been short, but on purpose. My basic speed is pretty slow and I must improve over shorter distances to run the sort of marathon times I think I am capable of. With that here's a run down of my recent races.

VENUE	PLACE	TIME	WINNER	TIME
Hewlett Packard 20K	1	1.02.09	-	-
Sri Chinmoy 10K	1	33.39	-	-
Fig Tree Pocket 8K	4	28.38	Warwick Horsey	27.00
Nudgee State School	2	23.56	Joe O'Neill	23.39
Sri Chinmoy 5K	5	15.52	John Tuckey	15.32

That Hewlett Packard 20K (on paper) was actually something more like 17K or so and a very tough course. I've been running some 100 mile weeks around those races and the training has been consistent. This sort of mileage is ofcourse leading to the inevitable and on August 28th I shall be joining Brian Colwell and Brian Haydon at Alstonville (no kidding!) for the Far North Coast marathon. I'm looking for a PB and this time I want a decisive PB. I have not been running all those miles just to lop off a measly minute or so. The only reservation I have is that it will have been 13 months since my last marathon. Anyway, I shall be fronting the line hopefully as fit as I've ever been. No time prediction but I know what I'm shooting for. Salazar and I have nothing in common! I shall be visiting Sydney for a week in September so I hope to see old and new faces at whatever Sunday Star is on. Till then Alstonville here I come.

FAR NORTH COAST MARATHON

STOP PRESS

FAR NORTH COAST MARATHON - WARDELL - 28th AUGUST

1. Bruce Sanders	2.33.54	1st Male
13. Mary Murison	2.48.19	1st Female

STRIDERS

2. Tony McCall	2.34.52
36. Brian Colwell	3.05.45

Entrants: 79
Starters: 70
Finishers: 52 approximately



NO SNO, BUT FUN IN THE SUN

FCURTH THREDBO NATIONAL RUNNING WEEK

By Bernie King

SATURDAY, JANUARY 21 - MONDAY, JANUARY 30, 1984

Eleven weeks before Nike!

The last week of January should be put aside as eight days of running and funning for the beginning of a serious assault on the Nike in Canberra.

In very general terms, Running Week is an organised summer holiday in Thredbo for runners, mothers and others. Wives are certainly not forgotten, nor are children. Even though the week's programme is "organised", there is no reason why anyone should not depart from any particular activity and "do your own thing". From personal experience in 1982 and listening to participants in '81 and '83, it is obvious that you can run as much or as little as you like. One thing is certain, Thredbo, late in January, is a worthwhile holiday.

Running Week is arranged by Brian Lenton of Canberra although I am endeavouring to, in some way, co-ordinate any Striders interested in making the trip.

In more specific terms, I will be going, so will my wife and children. I think the week is too much of a good thing to pass up. If you are interested, please give me a ring on 84.7685 (home) or 449.6677 (business) for details on cost, accommodation etc. I should also be on most Star runs.

There is a chance that accommodation may be at a premium, like all good things, it's first in - first served.

WOLLONGONG TO SYDNEY 50 MILER

Good luck to our Striders competing on the 16th October :
STEVE "ITINERARY" CORNELIUS, DAVE WILLIAMS, HERB LUDINGTON, LAURIE KING and KEITH CANARD
If you would like to second(assist) one of the boys in green and white on race day, give Steve a ring. They need all the support that they can get.

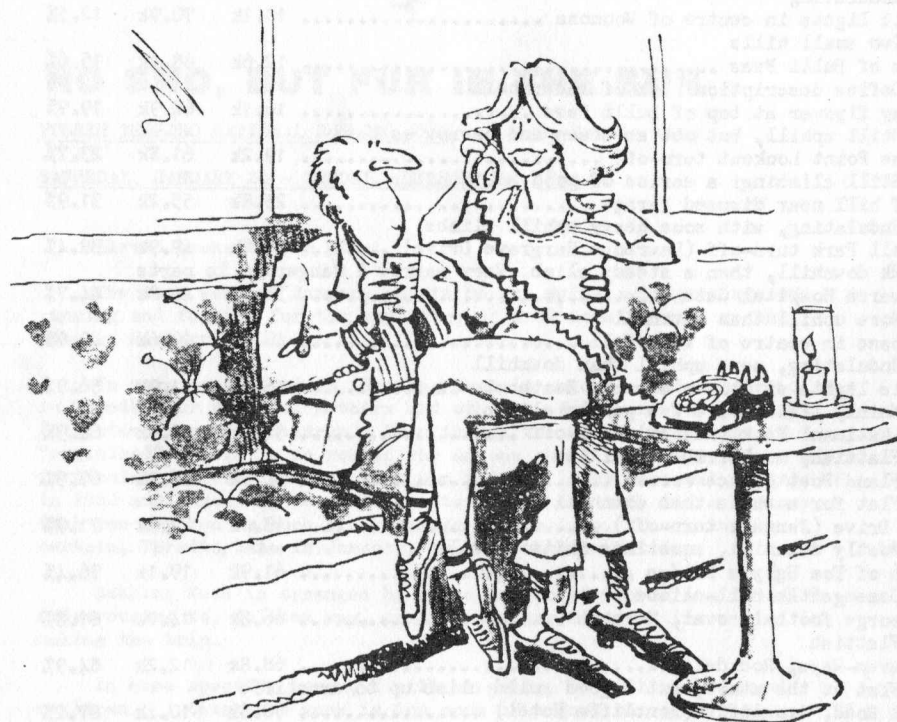
Wollongong-to-Sydney 50-mile race: summary of distances and terrain.

In each case, the name of the landmark is followed by 3 figures: the distance covered since the start, the distance remaining, and the percentage of the total distance covered. The line following each landmark-name describes the intervening terrain to the next point.

Wollongong Town Hall	0.0k	81.0k	0.0%
Flattish, only 1 small hill			
Mount Ousley Road turn-off	3.0k	78.0k	3.7%
Flattish			
Traffic lights at Corrimal Hotel	6.3k	74.7k	7.8%
Undulating			
Traffic lights in centre of Woonona	10.1k	70.9k	12.5%
Two small hills			
Bottom of Bulli Pass	12.6k	68.4k	15.6%
Defies description: 3½k of sheer hell			
Freeway flyover at top of Bulli Pass	16.1k	64.9k	19.9%
Still uphill, but not as steep and narrow as pass			
Sublime Point Lookout turn-off	19.2k	61.8k	23.7%
Still climbing: a series of good solid hills			
Top of hill near disused garage	25.8k	55.2k	31.9%
Undulating, with some heavy uphill climbs			
Stanwell Park turn-off (Lawrence Hargrave Drive)	31.1k	49.9k	38.4%
2k downhill, then a steady climb. Very narrow & dangerous in parts			
Garrawarra Hospital Gate	36.2k	44.8k	44.7%
More uphill than downhill			
Underpass in centre of Waterfall	40.4k	40.6k	49.9%
Undulating, more uphill than downhill			
Traffic lights at Oliver Street, Heathcote	46.1k	34.9k	56.9%
Mainly flattish, a few gentle climbs			
Royal National Park (Audley) turn-off	52.1k	28.9k	64.3%
Flattish, no horrible inclines			
Sutherland Post Office	54.7k	26.3k	67.5%
Flat for a while then downhill			
Bates Drive (Jannali turn-off)	58.1k	22.9k	71.7%
Mostly downhill, sometimes quite steeply			
Middle of Tom Ugly's Bridge	61.9k	19.1k	76.4%
Some gentle hill-climbs			
St. George football oval, Kogarah	66.3k	14.7k	81.8%
Flattish			
The Seven-Ways, Rockdale	68.8k	12.2k	84.9%
Flat at the start, but a good solid climb up to Arncliffe			
Forest Road, Arncliffe (Arncliffe Hotel)	70.6k	10.4k	87.2%
Flattish			
Canal Road, St. Peters	74.3k	6.7k	91.7%
Flattish			
Newtown Station	76.7k	4.3k	94.7%
Flattish, some gentle downhill			
Corner of City Road and Broadway	78.9k	2.1k	97.4%
Flattish, slight incline up George Street			
Sydney Town Hall	81.0k	0.0k	100.0%
Congratulations!			

ROBERT WARD

When Bob retired from playing hooker with Newtown R.L.F.C. 10 years ago, he decided to take up running to keep his spiralling weight gain in check. Betty his wife is a colleague of Lynne Evans and encouraged by both these ladies, he joined the Striders and decided "to have a bash at the Australian marathon". His time of 3:20 at age 45 was a "bobby dazzler" and he is still surprised and elated with that run. Living close to Centennial Park, Bob has the ideal training course and he runs his 60 kms a week there, where he can keep off the road prior to the marathon he ran 15 kms a day, running as he still does, alone and before work. We should see him back at the STARS now as he hopes to run another marathon this year. In 1976, Betty (a Nurse Educator at Sydney Hospital) attended a study course in England and USA and while she worked, Bob "was able to run in every major city of the USA and wasn't muffed" - both impressive achievements. Betty is very enthusiastic about his running and "was jumping up and down at the finish of the Australian Marathon". With that kind of support Bob should be a Strider for years to come and achieve his aim to just keep running.



"I'll be home soon, Honey. I'm on my last lap."

MARATHON LADDER

as at 1st September, 1983

STRIDER	CAT.	TIME	MARATHON AS A STRIDER	DATE	MARATHON PRIOR TO JOINING STRIDERS
KEITH CANARD	V	2.32.31	CITIES	8/83	2.29.00 NSW STATE
ROBERT HARRISON	O	2.33.46	BIG M	10/82	1980
TONY MCCALL	P	2.34.52	FAR NORTH COAST	8/83	
BILL FLANAGAN	O	2.36.47	NIKE	4/82	
NEIL PLEVEY	O	2.37.24	STATE	6/82	
DAVE COX	P	2.37.52	NIKE	4/82	
BRUCE USHER	P	2.38.45	CAMPBELLTOWN	5/82	
STUART GREAVES	P	2.41.21	BIG M	10/82	
VINCE ENGEL	P	2.42.31	NIKE	4/83	2.19.08 FIESTA
BOB SHAW	O	2.42.50	AUSTRALIAN	6/83	BOWL ARIZONA USA
DAVID DONNELLY	P	2.43.48	NIKE	4/83	1979
CHARLES COVILLE	P	2.46.56	STATE	6/82	
SAM DAHER	P	2.48.24	NIKE	4/82	
FRANCIS CHAN	O	2.48.53	SYDNEY	9/82	
WAYNE STANTON	O	2.49.03	CITIES	8/83	
NIGEL HADGKISS	P	2.49.09	CAMPBELLTOWN	7/83	
JOHN EVENNETT	P	2.49.26	NIKE	4/83	
DENNIS COOLEY	P	2.49.33	NIKE	4/82	
CHRIS STAPLES	O	2.49.57	GILLAWARNA	8/83	
PETER COBLEY	P	2.50.00	AUSTRALIAN	6/83	
HARVEY BLUE	V	2.50.16	AUSTRALIAN	6/83	
DICK CLELAND	V	2.50.34	GOLD COAST	8/82	
LAURIE KING	P	2.50.37	GILLAWARNA	8/83	
TREVOR ROBERTS	P	2.51.17	NIKE	4/83	
MIKE ANSCHUTZ	O	2.52.04	SOUTH AUST STATE	6/82	
ALISTAIR MACKIE	P	2.52.24	AUSTRALIAN	6/83	
STEVE KNIGHT	P	2.53.00	AUSTRALIAN	6/83	
BERNARD COOLEY	V	2.53.45	CAMPBELLTOWN	5/82	
RAY DORAN	V	2.54.10	STATE	6/82	
DAVE DOUGLAS	V	2.54.30	ADELAIDE	6/83	
WYNNE HENDERSON	O	2.54.35	NIKE	4/83	
BERNIE LIEBMANN	P	2.54.43	AUSTRALIAN	6/83	2.40.00 TRANSVAAL
ALAN POWYS	O	2.54.57	HARBORD DIGGERS	5/82	STATE (RSA) 1978
RON FEENEY	O	2.55.06	NIKE	4/83	2.46.13 STATE 1982
OSTEN HANSSON	P	2.55.08	GOLD COAST	8/81	
STEVE CORNELIUS	P	2.55.31	STATE	6/82	
DAVE INGHAM	P	2.55.32	STATE	6/82	
RUSSELL BLACK	P	2.55.51	AUSTRALIAN	6/83	2.50 SYDNEY 1982
BRIAN LYNCH	P	2.56.59	AUSTRALIAN	6/83	
NOBBY YOUNG		2.57.07	GILLAWARNA	8/83	
ALAN FARRELL	P	2.57.24	NIKE	4/83	
PETER FOULSHAM		2.57.29	GILLAWARNA	8/83	
JENNY WALKER	OF	2.57.39	AUSTRALIAN	6/83	2.52.48 HAMILTON
WINSTON MARSDEN	V	2.57.59	AUSTRALIAN	6/83	(NZ) 1981
MAX HENDERSON	V	2.58.22	STATE	6/82	
BRIAN HAYDEN	M	2.58.42	CAMPBELLTOWN	7/83	
JOHN JESTON	P	2.58.48	NIKE	4/82	
ALAN TUCKER	P	2.59.19	HARBORD DIGGERS	5/82	
BILL HUNTER	M	2.59.25	VETERANS	7/81	
BRYAN FENN	P	2.59.33	AUSTRALIAN	6/83	2.34.08 CAPE
MIKE BINGHAM	P	2.59.33	STATE	6/81	PENINSULA (RSA)
CECIL FORD	P	2.59.43	BIG M	10/82	1980
SUE HILL	PF	2.59.46	AVON	5/81	
ANTHONY WHITE	P	3.01.24	AUSTRALIAN	6/83	3.01.00 HARBORD
BRIAN COLWELL	P	3.01.47	BIG M	10/82	DIGGERS 1980

STRIDER	CAT.	TIME	MARATHON AS A STRIDER	DATE	MARATHON PRIOR TO JOINING STRIDERS	STRIDER	CAT.	TIME	MARATHON AS A STRIDER	DATE	MARATHON PRIOR TO JOINING STRIDERS
MARIA GEMENIS C'SHANK	PF	3.02.20	CITIES	9/82		MIKE NATHANSON	V	3.43.58	NEW YORK	10/80	
DAVE BLACKHALL	P	3.02.24	STATE	6/80		LANCE DAY		3.44.55	CITIES	8/83	
DAVE MILL	P	3.03.00	HARBOARD DIGGERS	4/82		DERRICK TITMUS	V	3.46.44	AUSTRALIAN	6/83	
BRENT WATERS	P	3.03.01	BIG M	10/82		BRUCE MURRAY	V	3.47.16	AUSTRALIAN	6/83	3.42.00 CITIES 19
IAN WEBB	P	3.03.38	BIG M	10/82		JOHN GALE	O	3.49.27	ADELAIDE	8/81	
MICHAEL MCGUIRK	P	3.04.09	NIKE	4/83		PHIL CALDWELL	P	3.52.45	AUSTRALIAN	6/83	
CRAIG JOHNSON	P	3.04.20	NIKE	4/82		PAM HAZLEWOOD	PF	3.55.31	NIKE	4/83	
MICK EDWARDS	P	3.04.51	AUSTRALIAN	6/83		ROBERT STUART	V	3.59.00	NIKE	4/83	
DAVID PETERSON	V	3.04.53	STATE	6/82		CAROL LUDINGTON	VF	4.03.20	GILLAWARNA	8/83	3.55.53 GOLD COAST
BRETT NICHOLS	P	3.05.29	AUSTRALIAN	6/83		JIM DONOVAN	P	4.06.57	NIKE	4/83	1981
GAI CUNNINGHAM	P	3.06.56	AUSTRALIAN	6/83		JANE MCCOY	O	4.19.40	AUSTRALIAN	6/83	
RUSSELL HAMMOND	O	3.07.16	NIKE	4/83		NIGEL KINGSMILL	V	4.28.56	AUSTRALIAN	6/83	3.31.00 CITIES 19
KEITH BARNETT	P	3.07.32	AUSTRALIAN	6/83		BOB PEIRSON	M	4.33.40	HARBORD DIGGERS	4/81	
BERNIE KING	V	3.07.53	NIKE	4/83		TOM SMITH	V	4.40.08	NIKE	4/83	
DAVE WILLIAMS	P	3.08.24	NIKE	4/83		ADAM THOMSON	J	4.40.18	HONOLULU	12/82	
JIM TRAVERS	O	3.08.18	WOLVERHAMPTON	2/83		DOT FLANAGAN	VF	4.42.56	HONOLULU	12/82	
JOHN TURNER	V	3.08.51	AUSTRALIAN	6/83		ANNE FLANAGAN	JF	4.48.12	STATE	5/83	
IVAN FREYS	P	3.09.20	STATE	6/82	3.07.00 HARBORD DIGGERS 1979	SUE THOMSON	VF	4.53.50	HONOLULU	12/82	
GAVIN CARR	P	3.09.36	STATE	6/82		VALERIE WILLCOCK	MF	5.16.24	HONOLULU	12/82	4.41.00 AVON 1981
MARK HANLON	O	3.09.47	NIKE	4/82		JANE FLANAGAN	JF	5.27.56	HONOLULU	12/82	3.42.18 BIG M 198
TERRY MCMAHON	V	3.11.49	AUSTRALIAN	6/83							
NEIL COLLUM	P	3.12.21	GILLAWARNA	9/81							
GARY BUCKLAND	P	3.12.54	AUSTRALIAN	6/83							
BRYCE COURTENAY	V	3.13.58	NIKE	4/83							
LEO LEADER	P	3.14.05	NIKE	4/83	3.05.00 CAPE						
KEN O'CONNOR	P	3.14.12	GILLAWARNA	8/83	PENINSULA (RSA) 1980	GODFREY FRANZ	O	2.21.36	BUFFALO - EAST LONDON (RSA)	1983	
MERRI MACK	PF	3.14.17	AUSTRALIAN	6/83	3.09.21 NIKE 1982	ANTHONY SAUERMAN	O	2.43.39	CAPE PENINSULA (RSA)	1980	
BOB CHEETHAM	O	3.14.28	AUSTRALIAN	6/83		ROGER ADAMS		2.50.35	HAMILTON, N.Z.	1961	
KARL TOPPER	P	3.14.31	NIKE	4/83		RON CORDEN	V	2.55.26	PORT MORESBY	1980	
ROBERT WATERREUS	P	3.15.37	AUSTRALIAN	6/83	3.12.32 AMSTERDAM 1982	PETER RUSSELL	P	3.01.36	AUSTRALIAN	1983	
IAN MILLER	P	3.15.03	AUSTRALIAN	6/83		PAUL ROBERTS	O	3.02.10	WELLINGTON (NZ)	1983	
TERRY MCIVER	P	3.16.58	AUSTRALIAN	6/83		LEIGH PASCOE	P	3.02.14	AUSTRALIAN	1983	
IRWIN LIGHT	P	3.17.38	AUSTRALIAN	6/83	3.10.38 BLUFF (RSA)	BRIAN GATFIELD	P	3.09.06	AUSTRALIAN	1983	
LYNNE EVANS	PF	3.19.30	NIKE	4/83		GORDON SARFATY	M	3.10.00	TYAB	1975	
JAN NEWLANDS	V	3.19.39	STATE	5/83		MIKE DONNELLEY	P	3.18.29	AUSTRALIAN	1983	
ALEX HAMILL	P	3.19.46	AUSTRALIAN	6/83		WAYNE GARLAND	P	3.15.52	AUSTRALIAN	1983	
ROBERT WARD	P	3.20.00	AUSTRALIAN	6/83		PETER DONNELLEY	P	3.23.00	HARBORD DIGGERS	1981	
GERRY GREENLAND	P	3.20.41	AUSTRALIAN	6/83		ALAN SNOW	P	3.29.00	PRETORIA (RSA)	1978	
JOHN DAWES	P	3.20.42	AUSTRALIAN	6/83		JOHN EDWARDS	P	3.32.52	NIKE	1980	
GEOFF MURRAY	P	3.20.45	STATE	6/81		R. COGHILL	P	3.40.00	AUSTRALIAN	1983	
PETER RYAN	M	3.21.45	BIG M	10/82		HARRY TURNER	V	3.42.10	BIG M	1982	
RICHARD BEVAN	P	3.22.17	BIG M	10/82		JEFF BURGESS	O	3.48.00	QLD UNI	1981	
BARRY JONES	M	3.23.18	VETERANS	7/81		PAULA FRASER	O	3.48.00	DUBLIN CITY	1982	
ROBERT BLACKWELL	P	3.25.56	STATE	6/82		OKSANA PYLPIAK	P	4.33.03	AUSTRALIAN	1983	
DEREK WHITE	M	3.26.56	NIKE	4/83	3.26 NIKE 1981	IAN CROSS	O	4.35.05	STATE	1982	
GEOFF COX	O	3.27.26	HARBORD DIGGERS	4/81		CHRISTINE PORTER	OF	4.45.00	HARBORD DIGGERS	1980	
PETER HERSEY	V	3.28.29	AUSTRALIAN	6/83							
JOHN HILL	O	3.29.36	AUSTRALIAN	6/83							
NEIL GUY	P	3.29.56	GILLAWARNA	9/80							
GEOFF PEARL	V	3.32.23	AUSTRALIAN	6/83							
MALCOLM McDONALD	P	3.33.14	AUSTRALIAN	6/83							
ERIC WILLCOCK	M	3.33.15	CITIES	8/83	3.28.48 ADELAIDE 1981						
BARRY BYRNES	P	3.33.24	CITIES	8/83							
JOHN OLDROYD	O	3.35.00	STATE	6/81							
JOHN FLYNN	P	3.35.37	GILLAWARNA	9/80							
BILL MCCRINDLE	M	3.38.04	STATE	5/83							
HERB LUDINGTON	M	3.40.26	AUSTRALIAN	6/83	3.31.51 STATE 1982						
PETER KEEBLE	V	3.41.04	AUSTRALIAN	6/83	3.29.56 NIKE 1982						
MIKE FOSTER	P	3.41.52	CHRISTCHURCH	6/83							
BRENDA HAMILL	PF	3.42.59	HONOLULU	12/82							

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

GODFREY FRANZ	O	2.21.36	BUFFALO - EAST LONDON (RSA)	1983
ANTHONY SAUERMAN	O	2.43.39	CAPE PENINSULA (RSA)	1980
ROGER ADAMS		2.50.35	HAMILTON, N.Z.	1961
RON CORDEN	V	2.55.26	PORT MORESBY	1980
PETER RUSSELL	P	3.01.36	AUSTRALIAN	1983
PAUL ROBERTS	O	3.02.10	WELLINGTON (NZ)	1983
LEIGH PASCOE	P	3.02.14	AUSTRALIAN	1983
BRIAN GATFIELD	P	3.09.06	AUSTRALIAN	1983
GORDON SARFATY	M	3.10.00	TYAB	1975
MIKE DONNELLEY	P	3.18.29	AUSTRALIAN	1983
WAYNE GARLAND	P	3.15.52	AUSTRALIAN	1983
PETER DONNELLEY	P	3.23.00	HARBORD DIGGERS	1981
ALAN SNOW	P	3.29.00	PRETORIA (RSA)	1978
JOHN EDWARDS	P	3.32.52	NIKE	1980
R. COGHILL	P	3.40.00	AUSTRALIAN	1983
HARRY TURNER	V	3.42.10	BIG M	1982
JEFF BURGESS	O	3.48.00	QLD UNI	1981
PAULA FRASER	O	3.48.00	DUBLIN CITY	1982
OKSANA PYLPIAK	P	4.33.03	AUSTRALIAN	1983
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. The Australian marathon results will be updated from the official results book.



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
San 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

COURSE	PARTICIPATING STRIDERS	DISTANCE
No. 2 grass oval	Bernard & Dennis Cooley Jane Flanagan Robert Harrison Michael McGuirk Neil Plevy	Varied speed training. Note: Jack Pross is specifically coaching a group of athletes. He has no objection to outsiders joining the group, provided that they make no individual demands upon him.
Botanic Gardens and Domain	Charles Coville Phil Caldwell Sue Daher Dot Flanagan Russell Hammond Laurie King Chris Porter Derrick Titmus	Intervals at Sprinting pace
Randwick to Clovelly Either: 1) Left to Bronte, Tamarama, Bondi OR 2) Right to Coogee and Maroubra	Keith Barnett Brian Colwell John Dawes Bill Flanagan Sue Hill Ian Millar Bob Shaw	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	Phil Caldwell Charles Coville Gai Cunningham Sam Daher Paula Fraser Russell Hammond Merri Mack	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

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
Turramurra Trotters	Alan Cole Res. 46-3731	Saturday 7.00am	Turramurra Station Car Park (off Eastern Road)

Thursday Track and Tar
Time Trials

WATCH THIS SPACE

COURSE	PARTICIPATING STRIDERS	DISTANCE
Centennial Park	Brian Colwell Sam Daher Mike Edwards Bill Flanagan Dot Flanagan Jane Flanagan Brian Hayden 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	Richard Bevan Bernard/Dennis Cooley Brian Colwell Ray Doran, Sam Daher, Mike Edwards Bill Flanagan Cecil Ford Rob Harrison Brian Hayden Mike McGuirk Laurie King, Neil Plevey, 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	Gavin Carr Bryce Courtenay Vince Engel Peter Foulsham Alex Hamill	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.
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 Pan Hazelwood Max Henderson	Handicap race. Slowest runners start at 7.00am. Faster runners leaving at 1 min. intervals thereafter. 6.5k Aug 21-Jan 8 8.8k Jan 15-Feb 19 10.4k Feb 26-Apr 2 12.2k Apr 9-May 14 14.4k May 21-June 25 15.3k July 2-Aug 6