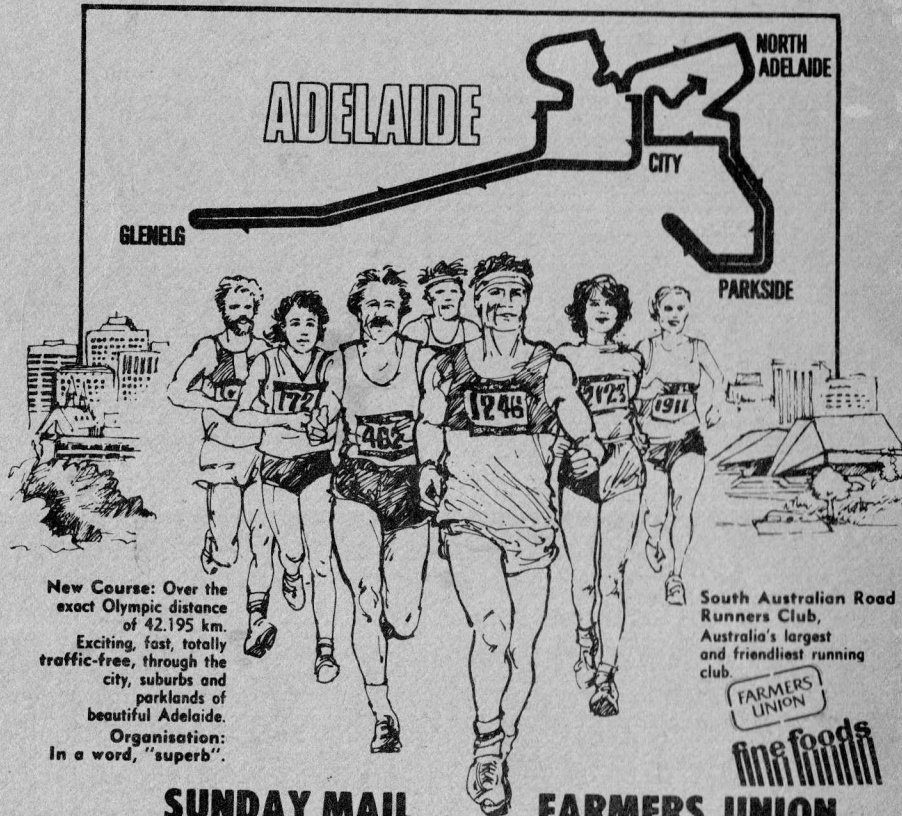


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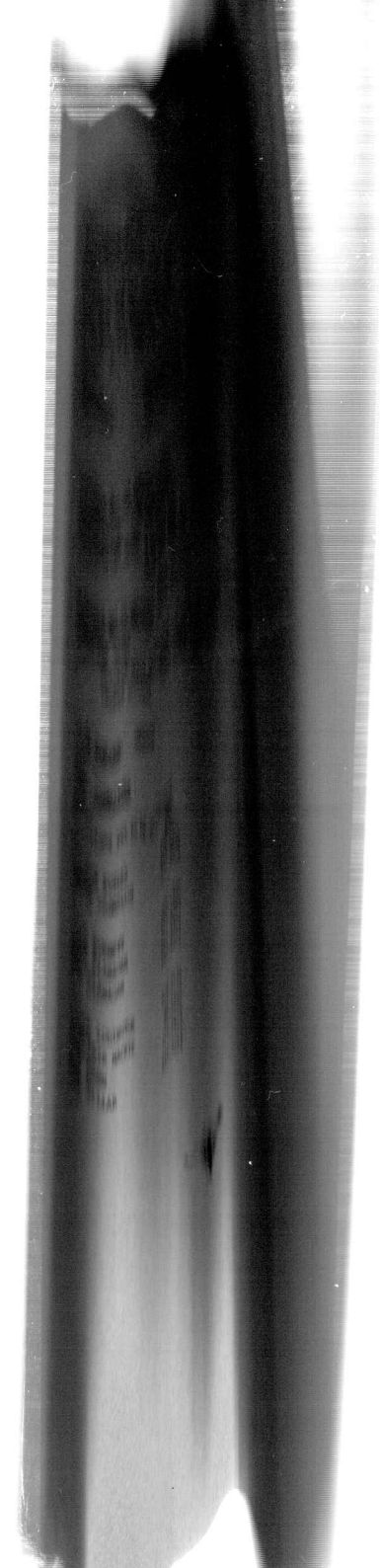
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Entry forms available from May 1984 printed in the Sunday Mail.

Sydney Striders

Marathon and Road Runners Club





PUBLICATION DETAILS

Sydney Striders
Marathon and Road Runners Club
P.O. Box 119, Grosvenor Street,
SYDNEY, N.S.W. 2000

EDITOR: Charles Coville 476.6440 (H)
PUBLISHER: Bryce Courtenay 337.3052 (H); 922.6877 (B)

BLISTER NO. 18 FEBRUARY/APRIL (This Edition)

CIRCULATION: (220 and growing)
ADVERTISING RATES: \$ 30 per page per edition
\$100 per page per annum (4 editions)

BLISTER NO 19 MAY/JULY (Next Edition)

DEADLINE DATES :
Untyped/Typed Articles - Sunday 22nd April
(Typed articles: Small black type, single spacing, A4, 1 cm margin all sides)

CLUB EMBLEM: CHEETAH

NEW COMMITTEE :

Positions yet to be allocated.

	RES.
GRAHAM BUTLER	451.5971
STEVE CORNELIUS	427.3604
JOHN EVENETT	982.7493
BILL FLANAGAN	661.4451
DOT FLANAGAN	661.4451
CAROL LUDINGTON	524.3731
ALASTAIR MACKIE	85.1802
BOB MANN	337.2439
IAN MILLAR	665.3254

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EDITORIAL

A belated 1984 welcome to Striders.

The 6th and final edition of the Blister did not eventuate for a number of reasons (too boring to detail).

1984 will see a change in direction of the Blister. Previously it has always been critical to get the Blister out on time. Not only were there messages and dates which had to be communicated promptly, but the Calendar, (nee Itinerary) also included in the mail out.

Getting the Blister out on time became increasingly difficult. A major problem was the paste up of articles (a full day's job). Even with the invaluable services of Harris, Robinson & Courtenay, we were really pushing uphill.

So to the rescue came Steve "Ultra" Cornelius. "Ultra" referring not to his marathons, but to his services on the Calendar and STAR organisation.

The Calendar is now mailed bi-monthly and includes a separate sheet of notes relating to those super urgent messages and dates.

It is more important to get the Calendar out on time (rather than the Blister) - and since this is a smaller publication its deadlines are more easily attainable (Don't be fooled - co-ordinating hosts for STARS is more difficult than running the Lindfield Loop).

The Blister will be published either 4 or 5 times per annum. It will be better edited (hopefully) than before and will contain less duplication of articles. As always member contributions are welcome (and accepted).

So 1984 should see a separate mail out almost monthly keeping you in touch with the club.

END OF AN ERA

1984 sees the departure of the 4 C's - Philip Caldwell, Brian Colwell, Bryce Courtenay and Charles Coville, from the committee.

Philip has served as Yomix/National Panasonic Race Manager for the past two years. While he will continue in his role for a further year, he will not serve on the committee. The Race Manager function falls under the umbrella of the Events Director on the committee.

Brian served his apprenticeship as STAR organiser for 2 years forming a solid foundation upon which the backbone of the club was based. He also served as Secretary for 2 years.

Bryce, in his short spell with the club, has published the Blister, edited Striding On and supplied priceless services through his ad. agency (Do you know how expensive their services are when they charge?) Bryce served a year on the committee and he believed, "everyone should do their bit to help run the club."

My term as President has run its course after 3½ years. Obviously, I'll still be around to help out.

First signs of member involvement in 1984 are most encouraging. At the February A.G.M., 6 new committee members were elected to work alongside the remaining 4 1983 members.

The new members are;

GRAHAM BUTLER, BILL FLANAGAN, DOT FLANAGAN, ALAISTAIR MACKIE, IAN MILLER,

while

STEVE CORNELIUS, JOHN EVENNETT, BOB MANN, KEN O'CONNOR, continue into 1984.

New positions will be allocated at the next committee meeting.

An encouraging response was received from members who wished to serve on a 1 project basis without committee involvement.

So roll on 1984 and a new Striders era.

CHARLES H COVILLE
EDITOR

NATIONAL PANASONIC HALF MARATHON



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January 27, 1984.

THE HALF MARATHON TEAM NEEDS YOUR HELP PLEASE ACT NOW

ASSISTANCE ON RACE WEEKEND/T-SHIRT SIZES

March 17 & 18 is that one time of the year when we are asking for a commitment from each and every Striders member - when individually and as a club we put something back into the sport of running.

Would all members please telephone Philip or Carol Caldwell on 427-6350 (during business or after hours) and advise:

1. Whether you are available for:
 - (a) Race-day duties on Sunday March 18 (5.30AM-12 NOON approximately)
 - (b) Pre-race working bee on Saturday March 17 (1-5PM)
2. If available on race-day your T-shirt size (12, 14, 16, 18 or 20)

VACANCIES WITH ORGANISING TEAM

We have urgent need for members to join the organising team in the following capacities:

COURSE SUPERVISOR for upper section of course within park.

SPECTATOR CATERING MANAGER/ESS at Start/Finish venue.

PARKING MANAGER at Start/Finish venue.

Please call the Half Marathon Hotline 427-6350

BERNIE KING NEEDS YOUR ASSISTANCE

Could all those 'scrounges' within the club please call Bernie King on 84-7685(P) or 449-6677(B) A.S.A.P. if you can assist with any of the following equipment:

Utilities/Vans * Motor bike to act as pace vehicle across the weir and return * Vehicle with CB radio to act as pace vehicle * Traffic cones (large numbers) * 6,000 plastic cups * Coffee/tea cups (2,500) * Electrical extension cords * Hot water urns * Marquees * 5,000 sponges * 5 Litre plastic bottles * Megaphones/2 way radios * Jazz Band.

MEMBERS WILL BE ADVISED OF THEIR FUNCTION(S) FOR RACE WEEKEND WITH THE NEXT ITINERY

Philip Caldwell

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URGENT...URGENT...URGENT...
WE STILL NEED HELPERS. LATE VOLUNTEERS
DON'T QUALIFY FOR FREE T-SHIRTS !!!!!

NEW MEMBERS

As at Sunday 1st January, our membership stood at 195 (5th September 175).

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

WINFRIED AHLMANN
PETER ARNOLD
JOHN BLONDIN
KERRY BRAY
GRAEME BUTLER
ROBERT CAPLICE
HAROLD FRENCH
ROBI HANCOCK
JOHN KLEINMAN
ROBERT KLIMA

PETER LARK
SCOTT LAWRENCE
PETER LEONARD
ROD McLEAN
ROBYN MURRAY
DAVID ROBINSON
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December 9, 1983

Mr. Philip Caldwell
Marathon & Road Runners Club
PO Box N119, Grosvenor St.
Sydney, N.S.W. 2000
Australia

Dear Mr. Caldwell:

Thank you for sending us your club newsletter, Striding On. We would be delighted to exchange publications with you, and I have entered your club on our 1984 complimentary membership list. If you would do the same for us that would be fine. Please address your newsletter directly to the New York Road Runners Club Library so that all our visitors can enjoy keeping up with news from Australia.

Sincerely

Mimi Fahnestock

Mimi Fahnestock
Librarian



SUNDAY TRAINING RUNS (STARS)

by Steve Cornelius

Date	STAR	Host	Attendance
21 Aug	Port Botany Panter	Bill Flanagan	30
28 Aug	Bobbin Head Revisited	Irwin Light	40
4 Sept	Rushcutters Rocks	Brent Waters	50
11 Sept	Iron Cove Bay Run	Neil Plevy	50
18 Sept	Chatswood Chase	John Hill	35
25 Sept	Vaucluse Gallop	Bryce Courtenay	65
2 Oct	Harbourside Hike	Steve Cornelius	50
9 Oct	Tourist Trot	Sam Daher	45
16 Oct	Port Botany Panter	Bill Flanagan	45
23 Oct	North Head Trek	John Evennett	40
30 Oct	Mosman Meander	Alex & Brenda Hamill	50
6 Nov	Rushcutters Rocks	Brent Waters	55
13 Nov	Forest Frolic	Wayne Stanton	45
20 Nov	Tourist Trot	Steve Cornelius	40
27 Nov	Western Wanderer	Alistair Mackie	50
4 Dec	Lindfield Lope	Jim Donovan	40
11 Dec	St. George Stroll	Ian Bowden	40
18 Dec	North Ryde Ramble	Dave Williams	40
26 Dec	Sue's Mystery Tour	Sue Hill	40
2 Jan	Carol's Canter	Carol & Herb Ludington	55
15 Jan	Port Botany Panter	Bill Flanagan	45
22 Jan	Chatswood Chase	John Hill	65
29 Jan	Gap Gallop	Bryce Courtenay	65

Attendances in the 40's and 50's have been the norm during this period, but of course Bryce's Vaucluse affairs brought all the lay-abeds out; obviously the spa-pool is too much to resist! The record attendance still stands at about 80, set last year by the Rushcutters Rocks, Tourist Trot and Harbourside Hike, but we expect this to be beaten between now and Easter as members get in trim for the Canberra Marathon. 1984 could be the year when a STAR, for the first time, attracts 100 runners.

NEW AND REDESIGNED RUNS

I've been pleasantly surprised recently by the number of members who have come forward and offered to design and host new STARS. It's good to see the work-load being shared round, and this is surely the mark of a thriving club. The last Blister mentioned Wayne Stanton's new Frenchs Forest run, which proved to be hard but attractive. Since then, there have been further developments:

* Alex and Brenda Hamill have taken over Sue Hill's run, and the course has been re-designed to start at Balmoral instead of Willoughby. The course still includes all the bushtracks round the Zoo and Cremorne Point, but now also gives runners the opportunity of a swim afterwards. It's quite a hard, hilly run, but worth the effort for



the views. A big thank you to Sue Hill, whose ideas gave birth to the run, and to the Hamills, who now travel from Gladesville to be hosts.

* Alistair Mackie has done some hard work to provide us with a much-needed second run in the Inner West. This one starts at Drummoyne (from the same point as Neil Plevy's Iron Cove Run) but heads out along the waterside to Cabarita. One of the flattest runs on the club's repertoire, and probably a good choice for the week before a big marathon.

* Dave "Ultra" Williams has taken the old Turramurra Trail, shaken it about a bit, and now hosts it from Marsfield. The area from Hunters Hill to North Rocks has seen the greatest percentage increase in membership during 1983 (one in nine Sydney-based Striders now live in this area) and it seemed like a good time to acknowledge this growth.

* Ian Bowden has designed another course in territory as yet unexplored by Striders. It starts at South Marrickville and takes in Brighton Beach and some other attractive parts of the St. George area. Another fairly flat run, but with a sting in the tail.

* Jim Donovan put on a clean shirt to do some work on his notorious Lindfield Lope. We were treated, in December, to the wonders of what Jim calls "Middlecrag", an imaginary suburb he has probably conjured up from the other side of a time-warp. However, the Lindfield Lope Mark III proved to be a little too long for most tastes, and version 4 will be produced some time in 1984. No golf courses from now on, we promise! (This applies to all STAR courses).

* After a successful New Year bash in the Royal National Park, Carol and Herb Ludington have offered to host a STAR in that area, probably starting in Sutherland. This is, admittedly, an experiment, because it's well outside the area where most Striders live. But Carol points out that 2 runners who attended their New Year run came from Frenchs Forest and Vaucluse in 60 and 40 minutes respectively, so it's not all that far. Make an effort to support this one when it comes up.

Thanks also to Dr. Irwin Light, for taking over where Bill (Barbecue) Hunter left off in St. Ives; consultations on the run, however, will be charged at the standard rate (2 Mars Bars). And indeed to all STAR hosts who have put themselves out to help the club in 1983, a very big vote of thanks: without you, there wouldn't be a Sunday Training Program, and without that, there wouldn't be much of a club at all.

WHERE THE MEMBERS ARE

Just for the record, the breakdown of membership into areas, as at September 1983, was as follows (Sydney-based members only, figures rounded to the nearest whole number):

Upper North Shore (from Roseville northwards)	19%
Lower North Shore (Chatswood to Harbour Bridge to The Spit)	24%
Frenchs Forest area and Northern Beaches	6%
Eastern Suburbs	24%
Inner Western Suburbs	11%
North-West area (Hunters Hill to North Rocks)	12%
Other parts of Sydney	4%

We try, as far as possible, to make the distribution of STARs reflect the geographical distribution of membership, and it is for this reason that we are beginning to spread westwards a little. Marathon and road-running clubs in Sydney tend to have "catchment areas", probably more by accident than design; the existence of Harbord Diggers, for example, explains why we don't get too many members in the Northern Beaches. Out west, the Marathon Clinic and Western Districts seem to have sewn up the market. But there does appear to be room for expansion in the Inner West and North West (Ryde) regions; witness the fact that almost a quarter of our membership now comes from those two areas.

PAYMENT FOR DRINKS

Would all members attending STARs please ensure that they pay for their refreshments afterwards. Some STAR hosts recently have noticed that their kitty has been a few dollars short. It's easy to forget to pay, when you're dying of thirst and your money's in the car, but please remember that it's the host who bears the cost if you're backward in coming forward.

HOW LONG ARE THE STARs?

Recent feedback from members suggests that some of our newly-designed STARs are perhaps a little over-long and tiring. As you are perhaps all aware, the second half of 1983 has been a period of major revision of the STAR repertoire, and unfortunately it has not been possible to accurately measure most of the new runs. This is a process which must take place over a period of time, and we are grateful for your comments which help us perfect the runs so that they fulfil the training needs of as many Striders as possible. We now have a total of 15 runs (8 Northside, 4 Eastern, 3 Inner West), and our hope is that early in 1984 we will be able to polish and perfect these so that members are not faced with new runs to learn so often. Bear with us; over-long runs will be shortened, and there will always be adequate shorter options. Also, on the latest edition of the Striders' Calendar we have attempted to give some indication of the hill-and-bushtrack content of each STAR run. We hope runners will find this information useful in deciding just which distance option to pick on a Sunday morning.

HANDS OFF THE BLACK JELLY BEANS

Finally, just a word of warning: it has been reported that certain members have been deliberately cutting their Sunday runs short so as to get back to base early and steal all the black Jelly-Beans thoughtfully provided by the host. This is seriously antisocial behaviour, and threatens not only the survival of the club as a viable entity, but also the family, the church, all reasonable standards of decency and morality, the ANZAC tradition, and probably the continued existence of the free enterprise system and law and order as we know it. I won't mention any names, but it was Dave Williams. We're watching you, buddy.

RACE RESULTS

YELLOW PAGES 14KM, 21st August

STUART GREAVES	49.04
FRANCIS CHAN	50.39
SCOTT LAWRENCE	51.03
CHRISTINE PORTER	63.09
ERIC WILLCOCK	65.45
ERIC SPILSTED	66.32
FRANK ASSENZA	73.14
VALERIE WILLCOCK	75.50

GOSFORD BAY TO BREAKERS 11K, 21st August

GEOFF COX	37.48
-----------	-------

SANDY POINT 10K, 4th September

ERIC WILLCOCK	54.18
VALERIE WILLCOCK	60.03

N.S.W. VETERANS' CROSS COUNTRY, CENTENNIAL PARK 12K, 9th September

MERRI MACK	53.02 (1st 35-39 yrs.)
------------	------------------------

SYDNEY MARATHON, 11th September

PAUL RUSSELL	3.06.34
ALEX HAMILL	3.09.19
ROBERT WATERREUS	3.18.58
BRENDA HAMILL	3.23.00
BRYCE COURTENAY	3.30.19
BRUCE MURRAY	3.32.40
CHRISTINE PORTER	3.37.09
ERIC SPILSTED	3.40.10

DARLING DOWNS HALF MARATHON, 18th September

J. BURGESS	1.35.49 (93rd)
------------	----------------

MOUNT MACEDON CHALLENGE 14.5K, 18th September

FRANK ASSENZA	1.24.39
---------------	---------

CARNIVALE FUN RUN 10K, 18th September

FRANCIS CHAN	33.48 (13th)
--------------	--------------

LIVERPOOL FUN RUN 10K, 8th October

MERRI MACK	41.00 (2nd female, 1st female over 35 yrs.)
------------	---

MORUYA TOWN TO SURF FUN RUN 8K, 9th October

BRIAN COLWELL	30.02 (8th)
1st Kim Broomhead	} times not published
2nd Mark Norman	
3rd Michael Pearsall	

JOGGING INTO SPRING 10K, 9th October

GEOFF COX	36.26 (11th)
STUART GREAVES	38.03 (20th)

(NOTE: Stuart ran wearing black suit, coat, tie, trousers, homburg and sunnies!)

BIG M MARATHON, MFLBOURNE 9th October

PAUL RUSSELL	2.54.15
ROBERT WATERREUS	3.21.12
CHRISTINE PORTER	3.28.26

WOLLONGONG TO SYDNEY 50 MILER, 16th October

STEVE CORNELIUS	8.21.19 (23rd)
DAVE WILLIAMS	8.22.22 (24th)
LAURIE KING	8.40.00 (26th)

STOP PRESS...STOP PRESS...
IF YOU WISH TO HAVE YOUR RACE
RESULTS PUBLISHED IN THIS
COLUMN PLEASE COMPLETE &
FORWARD YOUR RACE RESULTS FORM

QUEENSLAND REPORT

by Tony McCall

In running marathons I'm only interested in one thing - running PB's. So far, in that respect, my record is 100%. I've improved every time and it's become a personal thing for me not to run until I'm ready. Running 42k just to be seen or to have a chance of running a place is not my style.

So it was that with a week to go to the Far North Coast Marathon of N.S.W. I was feeling fit and raring to go and thereby entered the Burpengary fun run over 8k. It turned out to be a good indication of fitness and a psychological boost when I came in ahead of everyone in just on 28 minutes. If the time seems a little slow, it's because the course was more cross-country than anything else and a very slushy, muddy run it was too. That evening I ran another 20k at a comfortable pace and with that over, I entered into something I have no wish to try again for a long time - the dreaded carbo/depletion/loading scheme.

Previously, with other marathons I'd just stocked up more on what I already lived on - spaghetti, cakes etc. You know the story. Anyway, I gave myself the full treatment this time. For three days I battled through cottage cheese, fish and eggs and suchlike. God, I was a mess. I was almost unliveable with. Alison said it was like someone giving up smokes. Ah! But then bliss, now comes the good part. The days remaining up to the event after the depletion were taken up with rare hedonistic pleasures (little running, much eating). Seriously, it's not something I'd recommend. I can't really say if it was of any value at all, but it was an interesting experiment. No diet will be of any help if you lack fitness and confidence.

So on August 27th I arrived in Ballina and met up with Brian Colwell and also Brian Haydon whom I hadn't met before. We had entered as a team for the marathon. My planned time was 2.32. However, a blustery south westerly was to put paid to that. I decided to run as I felt but hopefully sticking close to my split times.

A group consisting of Bruce Sanders, the eventual winner, Kevin Skelton, Adolf Blonner, myself and a few others settled into a comfortable pace behind 42 year old Dan O'Connor. He was joined by Skelton at about 10k and Sanders had set off in pursuit also. This was only Sander's second marathon and at age 25 he has a good future in distance running. From Nelson Bay he has been running up to 125 miles a week and is being coached.

Back down the road I made my break and began to pick up after feeling a little sluggish at first. The wind made pace judgement rather difficult. The course was an out and back 14k done 3 times so it was easy to see how you were fairing in relation to others. I could sense O'Connor tiring and finally caught him at about 24k. He would go on to run 2.45.01. So after Skelton I went, who seemed to be running smoothly, although he'd been passed by Sanders at 20k.

Feeling good I began to reel him in and with only 2k to go, I sneaked by him. I couldn't catch Bruce however and his time was a creditable 2.33.54. I followed him in running a 2.34.52. It had turned out fairly close. Our team effort came to grief when Brian Haydon had to pull out at 28k. Our other Brian (Colwell) looked slightly worse for wear, but gutted through in 3.05.45. His training had been minimal.

Mary Murison was first lady home in a very fine 2.48.19 which placed her 13th overall. Kevin Skelton (the "flying fireman") was 3rd in 2.35.53. Finally, the event itself was perhaps the best put together marathon I've had the pleasure of being in. Nothing was lacking and people couldn't seem to do enough for you. I actually had my own special drink handed to me at the aid stations! Brian Richards deserves much praise in putting it all together. Brian got his reward in the Far North Coast Quadrathon. A pleasing run and a good day.

With the marathon out of the way, we had the pleasure of B. Colwell's company for several days of recuperative leisure. Brian is a nice guy, but his large frame needed much replenishing after his running ordeal. Our kitchen just happened to be in his way. His destruction of our larders and fridge was total and bore a singular lack of respect for his hosts. In all fairness, though, he had a small amount of assistance.

As per usual after a marathon, I came down with a chest infection which took weeks to completely shake off. I don't seem to recover quickly from marathons and can feel lethargic for weeks. I duly fronted the line at Cooranbong for their inaugural half-marathon. My chauffeur was our friend "Shovel Mouth" again. It was good to see old faces and meet some new ones and the green and white seemed well represented.

I was not at my best for racing and though my 1.15.16 was fair enough, it was humbling to finish back in the pack. Keith Canard and Bill Flanagan ran well. The event looked well organised, though the presentations went on for too long. Trophies were presented via Cliff Young.

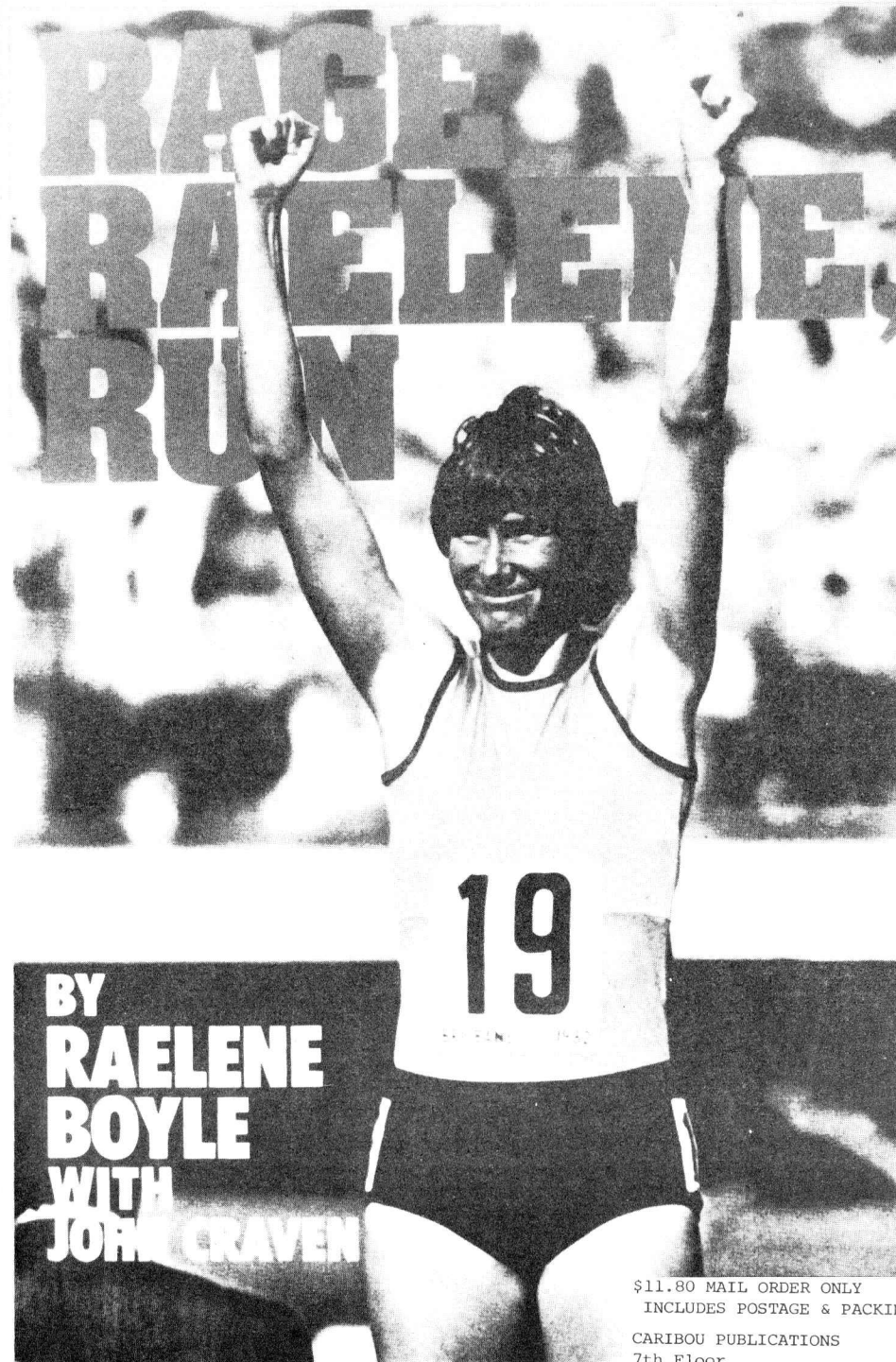
On October 9th I managed a third behind Peter Jones in the Banyo fun run which was supposedly 6k. My time of 18.34 suggests it may have been somewhat shorter. I still seemed to be running tiredly. The following weekend saw me at Lismore for the F.N.C. Quadrathon. Something new for me, I was in a relay team with two guys from work and an outside friend.

It went like this: I ran 25k, then after a half-hour break Jo Baxter paddled a kayak 26k, another half hour and Greg Tutton rode a bike for 43k, a break and then Phil Weightman swam 800 metres. Phew! There were individual sections also and Brian Richards won in fine style in just under 5 hours. A good runner, Brian obviously has been devoting time to other sporting areas.

I do know that Bob Beardslee won the running section over the hilly course with a time of 1.29.10. He was part of the crash-hot winning team. I gave our team a sporting chance by finishing second to Bob with 1.29.34. That meant that we were to have Jo, our kayaker going out only 24 seconds after the first team.

Unfortunately Jo only had a touring kayak and the guys in racing kayaks eventually flew past him. He eventually finished about 40 minutes behind the first paddlers to come in. Our team chances were shot, but Greg and Phil and Jo all did their best and out of 33 teams I think we finished in the first third. A long tiring day for all, but a success for the organisers, a novel experience for me.

I'll be doing some track racing through summer and any short funs that crop up. I shall not be resting on my laurels entirely though. Good training is consistent training. I wish you all happy running and happy new year. And Brian - real men don't eat quiche!



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SYDNEY MARATHON - THE GOOD AND BAD NEWS

BY ALEX HAMMILL

First the good news - there can be no better running city in the world than sweet Sydney. Someone once said "Sydney - that's a funny name to call a lady" but the old girl is at her best early Sunday morning at spring time. The Sydney Marathon offers it all - a great start at the Opera House, the Rocks, down George Street, past the University, beside Centennial Park to Bondi, through Double Bay, up some very difficult hills to the Cross, around Lady Macquarie's Chair and an exhilarating finish down Macquarie Street back to the Opera House.

Now the bad news - the organisers still adopt a holier than thou attitude, with little or no official encouragement along the route, confusion over correct times and an unbelievably bad presentation with no category prizes, no second or third, an arbitrary trophy given to some unknown guy as an encouragement award and a failure to draw the UK trip prize, publicly promising "we'll do it in the office next week".

Despite all that it's still a great run, although I'm rapidly coming to the conclusion that our feeling about marathons is largely dictated by when the stopwatch ticks to a halt.

I'd decided about 6 weeks prior to have a go at qualifying for Boston. At 40 that means a sub 3.10 which meant a 9½ minute improvement over my Wang performance. Brenda had already stated that she simply wanted a P.B. following a disappointing Honolulu time, due to the extreme heat and humidity, and followed by a stress fracture that meant the Sydney would be her first for '83.

My mileage didn't increase over the usual 75-90K a week. Two things did change dramatically. Two weeks prior to the race I spent over 4 hours pushing the world's heaviest bed with Brent Waters' team as a fund raising effort for the Children's Hospital. Some experts suggest that a long slow run is exactly what you need on that day.

For one week prior I kept off the booze and followed a strict deplete and load diet (expert advice from Peter Foulsham). I also loaded with potassium and salt for the last 3 days to try to avoid a previous severe cramp problem (expert advice from Irwin Light).

The day was cool (12° at the 6am start) and I was guaranteed company by Peter who had offered to jog along. I dispensed with any splits and simply decided to keep a comfortable pace and see where we were at 10K and half-way. There was a confusing 5K marker on a loop, where we didn't know whether it meant coming or going.

However a brisk pace saw us reach 10K in 42 minutes. At half-way we'd held the pace to make it 93 minutes and with plenty of company it had been a relaxing pace.

Before we had time to say "Hawaii Triathalon", out jumped Russell Black and Steve Knight to make sure we didn't slacken and to keep us on the 3.10 objective. You've seen the running nuns ... well these guys looked like running angels. They talked, cajoled, encouraged, nagged and pushed me all the way - particularly when it became obvious that I was only going to be a few seconds either side of the target.

The hill out of Double Bay came at about 35K and makes the Wang La Perouse hill look as flat as Tony Mundine's nose. Owen Denmeade claims that Eric Spilstead was putting his feet in front but actually going backwards at this stage. Up and over we went and passed countless runners at this stage. That has to be the greatest motivation of all. At Lady Macquarie's Chair I was really feeling the pinch and if it wasn't for the fact that Steve and Russell had me firmly jammed between their shoulders dragging me along, I may have been tempted to slow down. Instead I did the opposite and actually covered the last 3K in around 14 minutes.

As the finish came into view I also realised that I was going to achieve my goal and the tiredness gave way to elation. 3.09.19. One day Boston here I come.

And better still, P.B.s were contagious. Brenda in 3.23 for a very respectable 3rd Female overall (and winner of her non-presented category), Owen Denmeade (3.36) and Eric Spilstead 10 minutes faster than his Wang time (despite his slippery feet on the Double Bay hill).

I don't know whether I'll be back next year but I would not have missed this one for quids.

Alex Hamill



NEW MEMBER PROFILE

Jenny Walker

At 24 years of age, Jenny could be considered a veteran, having been a runner for 9 years. Her present programme leaves no time for any other interests, although she was playing soccer. (She never seemed to play very well after completing a hard 20 mile run in the morning, so she retired from the team!) To cover 130 kms a week in training, Jenny runs twice a day. Mornings are given over to solo runs and the afternoons to group work, where time trials, fartlek etc. are run. Cross country races are an aspect of running that she enjoys very much and Jenny is always highly placed in Championship events and in club races with Manly-Warringah.

Of the 6 marathons she has run, her time of 2.52 in New Zealand in 1981 is her best. Marathon training with a group attracted her to Sydney Striders but a hard club run Saturday means she sometimes misses the STARS. Throughout a distinguished athletic career, Jenny's most recent achievements were a second placing in the N.S.W. Marathon rankings (up to 31.12.82) and a fourth placing in the Female Distance Runner of 1982.

A student of nutrition and dietetics at Sydney University, Jenny will complete her course in mid 1984 and that year will be made doubly memorable by her participation in the Olympic Trial Marathon in Canberra. STOP PRESS: Jenny was first by 16 points in the Female Distance Runner of 1983.



RON THE POM 9 MONTHS ON

BY RON FEENEY

Hi all you Striders, I thought it was about time I made a contribution to the 'Blister' as it's now almost 9 months since I left Aussie.

Monday 11th April dawned, and I wasn't sure which was worse, the stiffness in my legs, or the throbbing inside my head! As Brian Colwell neatly summed it up, I was feeling a bit fuzzy round the edges! Undeterred I hopped on a bus to Brisbane and after a couple of weeks visiting friends in Queensland and Northern N.S.W., flew out of Sydney on the 21st, next stop Noumea.

Noumea was O.K., nice and warm although the Youth Hostel smelled as if it had a sewer running underneath it! Because of this Julia and I decided to stay out on the beach one night - not a good idea! It rained on us and our campsite was invaded by hundreds of snails, every time you rolled over there was a cold wet slimy one underneath you! So, it was back to the odorous but at least snail-free hostel! Had one short run while I was there, although there seemed to be a lot of runners about.

We stayed in Auckland for a couple of days and I had a couple of short runs around the Domain and down by the harbour and then we went up to the Bay of Islands. Both got jobs picking kiwi fruit and found a place to stay, boarding with a Maori couple near Keri Keri.

I didn't do too much running in Keri Keri but staying there with these two Maori's was very enlightening! They really looked after us, and the first week we were there we went to their son's 21st. They had a hangi and plenty of grog, and boy can these blokes sup their beer! Drinking beer seems to require almost as much endurance training as running, and these boys really train hard! We stayed in the Bay of Islands for 9 weeks, did a bit of touring around, Cape Reinga and the Waipova Kauri Forest were good apart from the rain. In 9 weeks I managed a grand total of 58 miles and two completely underwhelming performances for Keri Keri United Soccer team as well as copping a lot of stick about the Lions Rugby tour.

Back south, through Auckland, where we tried to get visas to get back to Aussie and couldn't, then on to Cambridge, Tauranga, Whakatane and Rotorua. Well, I thought the hostel in Noumea had been a bit hard on the nose but our first sniff of Rotorua when we arrived really was foul. It was as if the whole population had been on a diet of Baked Beans for the last month and this was the result! Anyway, after a couple of days we got used to it and spent some time looking at the thermal areas and the trout farm. Two more weeks and 14 more miles, hardly overtraining I thought!

On to Te Puke (pronounced Tee Puckee) and another kiwi fruit area, about 30 km south of Tauranga. We both got jobs easily and moved into a batch on the Orchard where Julia was working. "At last", I thought, "this is my chance, regular work, a place to stay, and 14 weeks to the Hamilton marathon!". I couldn't resist it, and anyway it would be nice to run one while I'm here I thought.

5 weeks and 200 miles later I was feeling a little fitter, although I was finding the long runs on my own a lot harder than they had been in the company of the Striders. I got in touch with the local Harrier Club and I ran with them on Saturdays. The emphasis seems to be more on shorter distances and involvement of the kids and wives. I arrived at the end of the cross-country season and the start of the road season. 8km time trials, a 10 mile bush run and a 12 mile relay broken into 2 mile legs were my introduction to Harrier running, and I really enjoyed myself. At the end of August I ran an unspectacular but untroubled 10km in Hamilton - the 'Round the Bridge' road race.

1st TONY ROGERS 30m 10s; 2nd STAN GRIME 30m 26s; 3rd EVAN ROBERTSON 30m 30s; 72nd RON FEENEY 37m 00s.

So, 8 weeks till Hamilton including a 20 mile road race in 3 weeks time and regular shorter races on Saturdays, anything from 5km to 12km, should see me right! (famous last words!).

Have enjoyed reading and re-reading the two editions of the 'Blister' I've had. Sometimes it really makes me want to get back over to Sydney, however, that will have to wait for a while. Hope that the coverage of the World Track & Field was

better in Aussie than it was here. We had to put up with the American's coverage (no offence Vince) which devoted almost as much time to 'How to build a sauna', 'How to take a sauna' and 'Helsinki as a tourist town' as it did to the Athletics. I really was cheesed off with it, especially after the Commonwealth Games and the coverage of the Rotterdam Marathon. Oh well, I suppose this is the price you have to pay, after all if De Castella had been a Kiwi it would have been me sitting in front of a live telecast of the Marathon!

Well, I expect you're all wondering when this article will end? Now! All the best to all Striders, don't forget to look out for Part 2, which promises to be just as uninteresting and badly written! Good luck & Good running,

Ron the Pom.

Editor - Ron finally ran a 2.47 P.B.



NEW MEMBER PROFILE

BILLY CAMPBELL

Brian, aged 36, is the Chief Executive of the Merchant Bank Schroder, Darling & Co., and lives at Glenormie. He has been running for 5 or 6 years and took it up to get into condition for competition squash. Unfortunately he suffered a back injury 2 years ago which put an end to squash, but this means that now he can devote all his time to running. He trains 40-70 kms. a week and has run 2 marathons: the Big K (1982) and the Wang (1983), his P.B. of 3:09 being achieved in the Wang. Brian is married and his wife also runs, competing in fun runs up to the City to Surf distance. His goal is to break 3 hours in the marathon, and then try for Boston. He lists his other interests as red wine, rearing and cigars!

Nobby Young

Nobby aged 37, a postman living at Gladesville with his wife Margaret and their 6 year old son Russell, began running a year ago to train for the 1982 City To Surf. He continued to run and joined the W.D.J.H. and S.M.C. clubs. Nobby also began running with the Lane Cove River Runners and through this group (and immediately after the Yomix) joined the Sydney Striders. Such club involvement led inevitably to marathons and he completed the 1983 State in 3:27:56 and the Australian in 3:10:41. Two great runs, but he considers his 37.51 for the Lake Gillawarna 10 kms and his 41.03 for the Sutherland To Surf to be his best races so far.

These times are achieved on an average of 80 kms per week, training mainly alone weekdays (although doing the Ironcove run Wednesdays with the Striders) and weekend club running. Nobby considers the STARS are "out on their own" for variety, organisation and friendly atmosphere; however his Chi exercises and meditation play an equal part in his regime. He says these exercises develop internal organs as well as muscles and meditation engenders a good approach to running. Add to all this a moderation in food and alcohol intake and we should see Nobby achieve his aim of a P.B. in the 1984 Los Angeles Marathon. (He admits to a fervent wish to "outlast Carol". What an optimist!)

It can be difficult to fit in running with other activities and the demands of work. This appears to be a problem confronting Jeff Burgess who is a competitive squash player and engages in this activity two days a week. He is also a keen swimmer and surfer and likes travelling, particularly back-packing (which has taken him through Central America), and needs to find time too for his duties as an analyst in chemistry at the Department of Agriculture.

With all these activities, Jeff has been able to devote a limited amount of time to his running and yet he has run three Marathons, with a best time of 3 hrs. 42 mins. in last year's Campbelltown Marathon. He lives at Annandale and trains locally, usually covering around 10 kms., with his total for the work being 50-60 kms.

Jeff, a resident of Queensland until early this year, is 30 years of age and single, and with only four years of serious running behind him and with the aim of increasing the extent of his training in the future, it is probably only a matter of time before he improves his Marathon performances. In fact, he is aiming to get below 3 hrs. 30 mins. in the Nike Marathon April. His enthusiasm for running derives from his desire to maintain his fitness for squash and to boost his health generally.

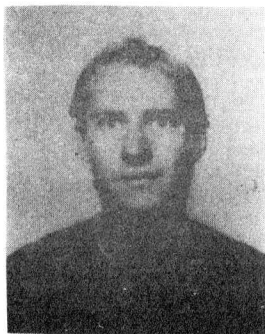
TOOWOOMBA HALF MARATHON

by Jeff Burgess

While in Queensland recently I was fortunate enough to run in the Toowoomba half marathon which must surely be over the most beautiful course in Australia. The race was held during the Carnival of Flowers weekend when the whole city becomes a huge garden.

The course along the Toowoomba range (600m above sea level) was breathtaking, especially when running up the hills - too breathtaking after the seventh hill but the last half was nearly all downhill. After the race each of us was given a singlet and KR Darling Downs pork from the sponsors but I knew that this race meant more to me than times on a certificate or prizes. All the hard training, the pain of racing and even getting up at 6 a.m. to run STARS seemed to make sense because this Sunday had been magic. This is what running is all about.

Results: 1st Mike Pullinger 1 hr 10 mins (course record).
93rd Jeff Burgess 1 hr 35 mins (personal best).



J. BURGESS



B. GATFIELD



N. YOUNG

COORANBONG HALF MARATHON

by the Flanagan family.

This must be one of the best runs on the running calendar. (How could we think otherwise when 3 of the 4 running Flanagans did P.B.'s?!)

It was held on Sunday, 18 September, and was the first time the organisers of the shorter Coorabong fun runs had organised a half, and what a great job they did. Partisanship would not let us say that it excelled our own Yomix half, but it did indeed come close.

For the uninitiated, Coorabong is in the general direction of Newcastle, is west of Lake Macquarie, and is about 150 k from Sydney. We decided to make a week-end of it, and drove to Toronto (on the W. shore of the Lake, about 23 k E. of Coorabong). On Saturday, we stayed the night at a motel overlooking the lake, on which a yacht race was being contested. We did a bit of boating ourselves (actually Anne and Bill hired a rowing boat at Anne's behest and flexed their muscles for an hour or so while the other members of the family took a well-deserved siesta). We dined at the local RSL club (nothing to write home about, but pleasant service), and saw a wedding ceremony being conducted at dusk on the lake shore; with the principals all in traditional wedding gear, it was a charming scene.

Sunday dawned fine and warm. The race started at the Seventh Day Adventist Primary School (very impressive, with extensive grounds, and facilities which included showers and a vegetable garden!). The pre-race organisation was smooth. Team entries were taken on the day, and Brian Colwell was there making it easy for Striders to be allocated to a team. Race numbers, in plastic bags containing free samples, recipes, etc., were dispensed quickly and courteously; an effective PA system told runners everything they needed to know, and a handsome young man conducted warm-up exercises to stirring music to ensure you were quite ready for the race. Cliff Young, there to run, spent a lot of time signing autographs.

We ran out of the township into the country on an undulating traffic-free course. On the out and back course, we saw the leaders speed by, and it was great to see so much of the familiar green and white running gear in motion.

Post-race organisation was excellent. A variety of stalls were selling healthy drinks, fruit etc. Mini-trampolines were provided for experimentation purposes, for those still having energy. Awards were presented at the nominated time, with Cliff Young doing a good job, although keen to kiss each of the women award winners. Trophies were in the form of plaques, which was a change from the usual.

Sam Deher has suggested that next year Striders, en masse, journey to Coorabong for this event. We think that's an excellent idea.

COORANRONG HALF-MARATHON RESULTS

18 September, 1983.

1st three men overall :

M. Beisty 69-07
R. Spilling 69-45
B. Sanders 70-15

1st three women overall:

K. Salmon 82-52
L. Walton 83-41
S. Clark 84-42

STRIDERS

Overall position

13	Keith Canard	73-55	(2nd 40-44 yrs.)
16	Bill Flanagan	74-51	(3rd 18-24 yrs.)
21	Tony McCall	75-24	
29	Stuart Greaves	77-07	(5th 25-29 yrs.)
39	Bryan Fenn	78-51	
53	Dave Cox	80-49	
54	Charles Coville	80-49	
104	Brian Colwell	85-19	
166	Merri Mack	90-57	(6th female; 2nd 30-39 yrs.)
170	Jane Flanagan	91-06	(7th Female; 4th 18-29 yrs: PB by 7.31)
214	Gai Cunningham	94-20	(5th 30-39 yrs.)
261	Paula Fraser	98-02	
269	Chris Porter	98-45	
397	Dot Flanagan	112-09	
423	Anne Flanagan	116-24	(3rd under 18 yrs.)
439	Oksana Pylypiak	119-35	

STRIDERS TEAMS RESULTS

Women's Teams

2nd Wonder Women
Yvonne Cooper 88-27 (Non-Strider)
Merri Mack
Paula Fraser

4th Sydney Striders
Chris Porter
Gai Cunningham
Oksana Pylypiak

Men's Teams

5th Sydney Striders
Keith Canard
Tony McCall
Stuart Greaves
Bryan Fenn
Charles Coville
Dave Cox

Brother & Sister Category

1st Bill & Jane Flanagan



STRIDERS AT LOGGERHEADS BY JIM DONOVAN

Do you find it difficult to imagine Striders ever being at Loggerheads, especially on a Star? Well, some of them were. It happened on the South Coast Slog, which was run on Sunday 20th November from Harvey Blue's property Loggerheads near Barry.

We mustered there on the Saturday afternoon - with Brian and Joan Haydon, Maria Crusz, Rob Waterreos, Irene Bebbington, Bronwen Brunton, Nobby Young and family and Terry McMahon and family. The property is a 5-acre hillside, cleared except for a few trees around the creek. It supports three horses. The homestead and bunkhouse are built from split logs of radiata pine. There is a flat area of grass near the creek, ideal for Striders to pitch their tents on.

We had a barbecue and bonfire on the Saturday night but retired early so as to be ready for the Slog the following morning. At 7 a.m., ten Striders left Loggerheads and ran 2K to the foot of the hill. From then to the top, we climbed almost 600 metres in about 8K! The dog who joined our merry band at the 11K mark certainly got her morning's exercise.

The view from Drawing Room Rocks was magnificent - I wish I'd taken my camera! The name Drawing Room was inspired, it seems, by the curious table-and-stools configuration of rocks at the top caused by discs of firm rock protecting the softer rock below from weathering so that cylindrical pillars were formed.

From the top (15K) back to Loggerheads was an easy jog downhill. Yet, strangely, no-one felt like going to the beach afterwards.

We agreed it was Berry well organised by all the Blues. Thanks again, Harvey.

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Gazelle

MT. MACEDON CHALLENGE

FROM NOVICE TO VETERAN IN 86 MINUTES

(The Agony and the Ecstasy)

By: Frank Assenza

On the 18th September, 1983 I entered the Mt. Macedon Challenge as a novice in this event. 86 minutes and 39 seconds later I emerged from my trial a veteran of the mountain.

It all began when I received an invitation to attend a wedding in Melbourne on the 17th September. Before replying I consulted my running calendars to see what events the Running Capital of Australia had scheduled for that particular weekend.

Three options presented themselves, and I list them here in order of personal preference:

1. Forest Hill Half Marathon - Start 8.00 a.m.
2. Orienteering in the You Yang Hills near Geelong - Start 9.30 a.m.
3. The Mount Macedon Challenge of 14.5 km - Start 11.00 a.m.

Having got my priorities right, I accepted the invitation!

The wedding reception commenced at 6.00 p.m. and seemed to go on forever. The meal comprised five courses and in addition, there was a supper course around about mid-night. The beverages were beer, wine, and champagne - and I partook of them all. A loud band also played incessantly through the night.

For a while there, I thought the bride and groom would never leave, but finally they did and I made it back to my hotel bed (much the worse for wear) around about 2.30 a.m.

Although the half-marathon was my first choice, it started at 8.00 a.m. I decided not to set an alarm for 6.00 a.m. but instead, let my abused body decide what time I should wake in the morning.

I awoke at 8.10 a.m. The half-marathon had started ten minutes ago and was a good 45 minute drive from the hotel - so much for that.

My pounding head told me it would be useless calling on any mental capacity to orienteer through the You Yangs with map and compass. By default, therefore, it was to be the Mount Macedon Challenge.

I made two mistakes that day. The first was to follow the advice of a wedding guest who insisted that Macedon was on the road to Ballarat. By the time I got to Melton I knew something was amiss, having driven through Macedon some years ago. I asked a local and my fears were confirmed. Macedon is on the road to Castlemaine. I put the foot down and headed across-country, but the detour had added almost an hour to my journey.

I drove into the Mt. Macedon assembly area with 30 minutes to spare. It was in a rustic picnic ground with a rapidly flowing clear cool mountain stream running through it. Mt. Macedon towered above, but the peak was hidden in a black cold mist.

There was a cold wind blowing and every now and then the picnic ground was enveloped in a swirling damp mist which raced down the mountain side. Alternating with the mist was brilliant sunshine. It was difficult to know what to wear, but I decided on my newly acquired LIFA top. This allows perspiration to escape and keeps you warm and dry on the inside, when its cool and wet on the outside. It proved to be a wise choice.

The person on the microphone urged us not to drink the local water because it could cause an upset due to its harsh properties. No worries there, I had brought two bottles of Mt. Franklin Mineral Water and tossed one down immediately on arrival. We were told the water at the drink stations had been specially brought in.

A quick look at the course map suggested we would encounter dirt roads and even a little cross-country. So off with my New Balance 770's (great on tar but useless anywhere else - not enough grip) and on with my old battered Brooks Vantage with the Sorbathane inserts. Apart from this information, the course map gave up no other secrets. No distances were marked on it; nor was there an altitude profile. Perhaps this lack of data is intentional. Maybe you wouldn't enter if you knew what was coming!

At this point I made my second mistake of the day. I entered the Mt. Macedon Challenge!!! Nothing in my running career of six years had prepared me for what was to follow.

On the start line I found myself facing the wrong way along with about a dozen or so other Mt. Macedon novices. We were facing up-hill but the other hundred plus runners were facing down-hill! And down-hill it was. At least for a hundred and a bit metres. Then we turned right and started up a slight gradient. Then it was left into what was the first of many hairpin bends with the road becoming steeper and steeper and switching back upon itself with every turn. With a kilometre gone, I found myself at the rear of the field and..... walking!

My head and body were urging me to withdraw while the assembly area was still in sight. I was losing contact with the runner ahead of me and feeling very sorry for myself. Summoning up what little resolve was left, I cried out (mentally of course - I didn't have the breath to really shout) "Once more unto the breach dear friends, for Striders, Charles and St. George (ie. the building society variety)". With that, I picked up the pace and by judiciously walking and running appropriately to match the gradients, gradually pulled the runners ahead back to me. I even started passing some.

On a particularly steep grade, I decided to walk/run with a runner whom I had overtaken. My companion told me she was a local; had never run the Challenge before but had often ridden her horse up the road we were on.



We both commiserated with the horse!!! Running for a while with this lady helped me to settle into a rhythmic stride. Not wishing to have TAC Rule 65 invoked against her (that's the absurd one about being paced to run a faster time) I moved ahead and quickly passed another three runners.

By now we had left the sunshine and were entering the gloom of the cloud possessing the mountain. I continued to pass runners as the road went relentlessly upward. I passed a sign which said '3km to the top' and I reckoned I had only come 3km. (After the event, I learnt it was just over 7km to the top. Mt. Macedon is 1011 metres above sea level.)

The tar gave way to dirt and the road narrowed. There was a drink station just before we left the dirt road to cut across country up a steep muddy ascent where we were finally embraced by the thick foggy damp of the mountain. Using orienteering gait I managed to pass another three runners on this section.

After the mud came tar again on a completely different road leading to the summit. The gradient had levelled out a little although still going up-hill. This was also the only 'loop' section on the course. Runners who had made it to the summit were now barely discernable running down-hill on the opposite side of the road. On a clear day you could probably see forever but today there was difficulty seeing the soles of the runner a few metres ahead of you.

At the summit parking area, I narrowly avoided running into the back of a parked tourist bus so dense was the fog. For a moment I thought the organisers had hired the buses to take us down-hill, but no such luck. The damp fog made breathing difficult. The consolation being that it was nice fresh country air fog and not the smoggy city type.

After the summit, there was an undulating stretch of tar road which I later estimated to be approximately 2.5km long. For the first time in the event, running became comfortable again. We were obviously now on the main road to and from the summit, because every now and then a car or bus would travel by with all headlights blazing and horn blaring. The fog was also becoming less dense so we were also losing altitude. On this stretch runners seemed to maintain their positions - that is, for those I could see immediately in front of me.

The lack of distance markers was a bother. On coming to the second drink station just below the fog line, I asked an official how far to go? Just over a mile she said. For the first time in the run, I looked at my watch.

It said: 60.01

I said: Impossible!

There was no way I could run this hellish 14.5km course in less than my best 14km time of 70.14!



I caught another runner and asked him whether he knew how far to the finish.

2km, he said.

Are you sure? I asked.

Yeah, the lady back there told me.

I still didn't believe it and my disbelief was confirmed shortly after, when another sign loomed up with the message; 5km to go. A road sign also announced 'Steep Descent' and steeply down-hill it was to be to the finish.

Employing my best down-hill technique, I ran as fast as I was able. In doing so, I developed a stitch and slowed to a walk. Two runners whom I had passed on the muddy up-hill section and a runner I had left at the back of the field shortly after the start now passed me. Incidental to this last down-hill stretch of 5km was the fact we had returned to sparkling sunshine even though the mountain top was still shrouded in mist. Amazing.

The road home took us through the pleasantly rural residential area of the mountain town. Through the area devastated by bush-fire on that fatal Ash Wednesday. Not only did the hills echo to the sound of waffle soles pounding on bitumen, but also to the sound of reconstruction as families and friends went about the business of starting over. Their challenge far surpassed ours.

I made it to the finish in 86.39 and felt much better than I had at the start. For a few days after, however, I suffered with sore quadriceps, hamstrings, buttocks, and a groin pull from the steep up and down-hill running. Nevertheless, I felt a deep satisfaction from having accepted and having overcome the challenge of Mount Macedon.

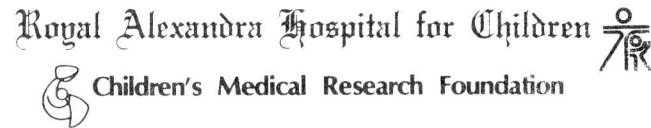
If circumstances conspire to have me in Victoria at any time this event is on, I'll be lining up at the start and facing down-hill with the rest of the Mount Macedon Veterans.

MT. MACEDON CHALLENGE 14.5KM 18.9.83

WINNER:	A. KINGSLAND	50.24
FIRST FEMALE:	C. JELLESS	71.27

* * * * *

ROYAL ALEXANDRA TELETHON



14th October, 1983.

Dr. Brent Waters,
Sydney Striders
P.O. Box N119
Grosvenor Street
SYDNEY 2000

Dear Dr. Waters,

In August you and your colleagues played a large part in ensuring the success of the Telethon which ATN Channel 7 televised for the benefit of this Hospital and the Medical Research Foundation. We are enormously grateful for the support received from the community and particularly wish to thank you for your contribution.

In all a little over \$1.3 million was finally pledged, and already more than \$1.1 million has been paid. This is a very high recovery figure at this stage, especially as we know of some substantial amounts still to be received.

The Sydney Striders formed the backbone of the Guildford Rotary Bed Push which raised more than \$1,000 towards the Telethon, and also drew a good deal of public attention during the epic journey. We appreciate how much hard work went into this venture and wish to thank you and all your members for your time and effort.

Shortly we will be advising you and all of our major supporters of the final outcome of the appeal, and of the projects which the appeal will fund.

Thank you for your support.

Yours sincerely,

J.A. DUNLOP,
PRESIDENT.



JOE AVERAGE GOES BUSH

by Brian Colwell

I always knew that one of these days I would achieve a position in single figures in a race - probably either because only 9 runners would turn up or I would surreptitiously manage to trip up most of the field as they went past. However, instead I achieved the unlikely by spending a weekend away on the south coast in the sleepy and pleasant little town of Moruya and entering their October 9th "Town to Surf" fun run - 8 rather hilly and (on the day) decidedly warm kilometres.

One hundred and seventy six other people and one jogging dog fronted up to keep me company and at 10 a.m., shepherded along by Bushfire Brigade trucks and police cars, we were under way. A pleasant run out to Moruya South Head on the road closed to traffic for the duration. Last year's winner Mark Norman (Batemans Bay) and Kim Broomhead (Moruya - placed 134th in the City to Surf) soon cleared out to a lead with the rest of the field strung out behind. I found myself about 14th at the first kilometre and gradually moved up to 8th by about 4km and from then on struggled to hold off the guy 15 metres behind me while making no impression on the guy 15 metres in front - and that's how we finished. Good local crowd support en route and a real buzz for this "Joe Average" to be running near the front. A little disappointing that no times were recorded and no certificates issued, but generally speaking a quite well organised little run. Who knows. Maybe next year I'll go back and perhaps if I don't spend the night before on the booze and the week before posting my highest ever mileage, I might even manage to come 7th!



STRIDERS ULTRA MARATHONERS RELAX ON THE CITY HALL STEPS
AFTER THE WOLLONGONG TO SYDNEY 50 MILER : ALL SMILES
Left to Right STEVE CORNELIUS, DAVE WILLIAMS & LAURIE KING

ULTRAS - I CAN ASSURE YOU IT HURTS

by Steve Cornelius

If God had intended us to run this sort of distance, she'd have created us with wheels. This thought occurred to me as I struggled along Broadway and through the cinema-crowds in George Street, at the end of the Wollongong-to-Sydney 50-miler.

By this stage, after more than eight hours on the road, sunburned and weary and footsore and sick, I didn't quite (in the words of Arlo Guthrie) "look and feel mah best". A few short minutes later, however, events took a dramatic turn for the better: I stopped running. I found difficulty remembering a time when I hadn't been running. Sitting on the steps of the Town Hall, swigging my long-awaited litre of milk, it seemed to me that I had emerged from the womb at a jog-trot, and had been doomed by some malevolent spirit to run ever since.

Three Striders, all of whom should have had enough sense to know better, tackled the 50-miler this year, and all three finished, in varying stages of bodily and psychological disintegration. I'd been aiming to finish in 8 hours, working on the theory that I could string together a couple of comfortable 4-hour marathons, but the sun, which appeared inoffensive enough early on, became my sworn enemy as I struggled through the St. George suburbs and crawled painfully up to Newtown. After walking a lot in the last few kilometres, I recorded a time of 8:21:19.

Much more impressive was the performance of Dave Williams, whose time of 8:22:22 saw him looking fresh enough to carry on up the highway to Newcastle. He would have done, too, if Brian Colwell hadn't brandished champagne bottles and proceeded to pop corks and begin to imbibe. (I politely declined the bubbly; juxtaposition of such effervescence with the delicate lining of my stomach at that moment might reasonably have been expected to produce technicolour results. I continued steadfastly to swig my moo-juice.)

At Tom Ugly's, Dave had been as much as 5km adrift of me. But from then on, his policy of energy-conservation early in the run (he walks for 5 minutes after every half-hour of running) began to pay dividends. Every report I got put him a kilometre closer, and I'm sure that if the race had gone as far as Wynyard he'd have steamed past me with plenty to spare.

Laurie King was the third cowboy mad enough to take it on, and displayed unbelievable fortitude in finishing. He later said he'd been very tired by Waterfall (the 4-way mark!) but had soldiered on regardless to finish in 8:40 something. How is this humanly possible? When you're battling with 42km to go, don't ordinary mortals give up and slump into their support car? I certainly would have. The man must be superhuman.

So what was it that made us all even try it? I can't speak for the other two, but personally the Wollongong-to-Sydney had interested me as much as three years previously. At that time, I reckoned a half-marathon was a pretty solid sort of distance, and hadn't even attempted anything like a STAR run. But if you allow a thought to thrash around in your mind long enough, eventually it'll have to escape (hence the old adage "you're talking through your hat") and this year the Ultra became more an obsession than a pastime.

My advice to potential 50-milers (apart from "Don't") is as follows: firstly, give up your job. You won't have time to go to work because of the extra training required, and even if you do manage to crawl in of a morning, you'll either be slumped over your desk snoring by 10 o'clock, or the quality of your work will be poor enough to get you the sack quick-smartish. Which employer wants a worker who, in the middle of a telephone call to an important client, drifts off into cloud-cuckoo-land somewhere out on the Princes Highway?

Secondly, if you're married, get a divorce. No normal spouse will tolerate being ignored for months on end before the race. Thirdly, begin to act very strangely, so that even the members of your marathon club begin tapping their heads. While everyone else is content to run the City-to-Surf once, you have to make a start at 7.30 a.m. and run the course three times (there, back, and there again). While the rest of the club goes for a pleasant 30km STAR run, you must join the other ultra aspirants and jog the 66km from Palm Beach to Cronulla (Dave, Laurie and myself actually did this a couple of months before the race, taking 7 hours about it). While most people are content to push a hospital bed with Mag wheels 27km (itself a less-than-sane thing to do) you must get out there and do an extra 13km, "just to bring the total to a nice round number".

And fourthly, get some support! This is the point where I start naming names, because without all of these people, I would definitely not have arrived at Town Hall. Let me say that again, because having a good support crew is of vital importance: I would not have made it without these people. Sally Cornelius, perhaps the most patient and understanding spouse in the galaxy, forgave me for ignoring her for the previous two months and, with the help of our friend Jenny Flatt, fed and watered and sponged me all the way from Wollongong. Malcolm McDonald and his mate Neil Bartlett not only got out of bed at 3.30 a.m. to drive to Wollongong and wish me well at the start, but nurse-maided me alternately from south of Waterfall, so that I always had someone to talk to, always had a word of encouragement when it was needed. And Brian (Brinkman) Lynch abandoned his old bomb of a truck in Carlton to run/crawl the last 15 agonising kilometres with me, clutching a soaking sponge. Without these five, it just wouldn't have happened.

Dave and Laurie will probably tell similar stories about their own support crews, who although not so numerous, worked like Trojans all day. Brian Colwell, Sam ("the man") Daher, and Mick Edwards, when they weren't busy helping their own proteges or even running with them, were out there encouraging the other Striders, offering drinks and sponges, passing on information, giving advice. The club spirit demonstrated on that day had to be seen to be believed, and in addition to the above we must thank John Evennett, Ray Doran, Bill and Jane Flanagan, Carole and Herb Ludington and Osten Hansson, (who turned up to give us their support on those difficult miles between Sutherland and home), and all the Striders lurking round the Town Hall steps to welcome us in.

I think it's important not to lose one's sense of perspective about ultra-marathons and get carried away with them. One Strider from South Africa, where they take ultras more seriously than anywhere else on earth, often comments that he regrets becoming so involved in them; his performance in the standard marathon, he claims, never reached its full potential because of the amount of energy he expended on the longer runs. He's right, I'm sure. I certainly wouldn't like to think I was denying myself the chance of a marathon P.B. by becoming too obsessed with the long slow distance.

In fact, another thought occurred to me, somewhere near Tom Ugly's as I began to feel the strain: ultramarathons are fit for only three categories of person: (a) South Africans, (b) lunatics, (c) South African lunatics. Think carefully before you take it on, because I can assure you IT HURTS.

THE ULTRA FUN RUN

by Dave Williams

I don't know how the whole idea started but once the thought was in my head, to complete the 50 mile run from Wollongong to Sydney became irresistible. After Nike 1983 I started to uplift my weekly mileage gradually until around June I made the final commitment to myself to compete in this ultra-marathon. I was determined, however, that I would finish the 50 miles without any discomfort as well as ensuring that my training would cause as little disruption to my work and home life as possible.

To this end, therefore, I resolved to extend my daily run by only a few kilometres, but to ensure that every Sunday I ran a marathon or more as a training run. This was hard to achieve but my diary shows that I did in fact run 7 organised marathons and 2 longer distances (35 & 40 miles) as well as a few 20-25 milers throughout the winter. The speed at which I ran the long runs was important as I did not want to interrupt my daily runs nor did I wish to risk any injury or set-back.

In the training runs exceeding 30 miles I incorporated brief, but to my mind essential, walking spells. These walks consisted of 2-4 minute spells taken every half hour from the start of each run and did much to see me through the distance on each occasion. There is another school of thought on this subject, however, which says that you should run as far as you can before you have to start walking and then you should only walk when your body demands it. I listened to that argument with much interest, but decided to stick to my routine for the Wollongong-Sydney run, being my first ultra. As it turned out I am convinced that it was the right decision. Apart from one bad patch, at no time during the 50 miles was I in any distress and indeed was able to accelerate over the last 10 miles. I accept that my finishing time of 8 hours 22 minutes was fairly pedestrian but I did finish in the middle of the field and achieved my target of avoiding any great pain. I am convinced that my walk/run routine made this possible and would recommend it to anyone thinking of an ultra-marathon for the first time. For second and subsequent runs, however, I suppose it will all depend upon your experience and I think that this again adds weight to the argument of taking the first one fairly easily so as to be in a better position to judge how one should run the race, particularly the first half.

In addition to my long road runs I also supplemented my weekly mileage by regular weight-lifting at a local gym. Not heavy weights, just light weights with high repetition for endurance. This was certainly effective.

I used each long run to experiment with food and drink and eventually (after a number of upset stomachs) I decided that on the day I would do without food altogether, apart from the odd dry biscuit, but drink "de-fizzed" Coca-Cola to give me the sugar that my body would need in the run. Again, the food/drink decision was a very personal one and might not suit another person.

Finally, the most important decision is the selection of good "seconds" as their help is essential, particularly towards the end of the run. In this respect I was more than fortunate in having both Brian Colwell and Mick Edwards "volunteer" to second me. Apart from a couple of miles, one or the other ran and walked alongside me the whole way, whilst the other wrestled with drinks, sponges and water every 5 kilometres or so. Their efforts made the whole thing more enjoyable.

Finally, I am convinced that it is easier to run/walk 50 miles than to race a marathon - I hope that more of you will try it.

ULTRA ANECDOTES

MAKING LIGHT OF SERIOUS MATTERS

Heard on the run, about 20 km north of Wollongong:

1st Ultramarathoner: How yer battlin'?

2nd Ultramarathoner: Arr, OK, I suppose. Just got a touch of hip pain that's been giving me strife for a couple of weeks.

1st Ultramarathoner: That's no good.

2nd Ultramarathoner: No, and I didn't want to go and have treatment for it. Any doctor with any sense would've said "Well, you're certainly not running a 50-miler with that sort of pain".

1st Ultramarathoner: Arr, yer shoulda gone to see Irwin Light. He's not your average sensible doctor.

GOT TO GET YOUR PRIORITIES RIGHT

Analysis of "sports" coverage, Sydney Morning Herald, 18 Oct. 1983:

"Racing" (i.e. Horse Racing, i.e. Betting Report)	215 column-inches.
Trotting (i.e. Betting Report)	122 column-inches.
Cricket	69 column-inches.
Greyhounds (i.e. Betting Report)	43 column-inches.
N.S.W. 50-mile Road-Running Championship (i.e. Wollongong-to-Sydney)	1 column-inch.

Any further comment required?

TAKE ME TO YOUR LEADER, O EARTHMAN

Opposite Wollongong Town Hall is a dingy-looking pub. Out of this pub, at 4.30 a.m. on Sunday the 16th of October, staggered a pair of classic dingy-looking Aussie drunks, arms round each other, leaning at about 45 degrees to the vertical, peering into the half-light through eyes the colour of the Soviet flag.

Outside the Town Hall, to the great surprise of these drunks, who had naturally assumed they would be the sole occupants of Crown Street, about a hundred people were milling about, laughing and talking in loud voices. Half of them were semi-emaciated, worried-looking people clad in shorts and singlets, hopping from one foot to the other in anxiety.

The drunks gazed long and hard across the street, as if vowing to themselves that this time, finally, they'd have to give up the booze. Had Wollongong been invaded by beings from Mars? Or was it simply the effects of the last couple of dozen schooners of Jim Beam?

"Hey, matey, whather hell's going on?", one of them managed to mumble. I didn't have the heart to tell them. I mean, divorce yourself from marathon-running and look at the cold facts I could have presented to them: (1) 54 of these people are about to run to Sydney; (2) Another 54 are going to stop their cars every few kilometres for the next 7, 8, possibly 10 hours, and shovel water and Mars Bars into one of the runners; (3) The guy presently leaning on a car-bonnet handing out little cloth numbers is going to sit at a table on Sydney Town Hall steps, writing things on a bit of paper as runners arrive; (4) Then we're all going to go home, collapse into bed, and dream about next year. So which ones are the Martians?

All I could say to them was "Mate, if I told you, you wouldn't believe me". Three minutes later the air was split with the cacophony of inebriated laughter; another runner had told them whather hell was going on, and they didn't believe it.

NEW MEMBER PROFILE

RON CORDEN

Ron, aged 46 and a Company Secretary, comes from a family of runners, with two brothers being accomplished Marathon performers and another also having competed in a Marathon. There is obviously a great deal of rivalry among the brothers and, with Ron already having a time of 2 hrs. 55 mins. in a New Guinea Marathon to his credit, there is probably every prospect of his achieving his long time target of 2 hrs. 40 mins.

A resident of St. Ives and married with one daughter, Ron is from Liverpool in England and has only settled in Australia since May last after having spent a number of years in New Guinea and Nigeria before that. He has been running since 1955/56 apart from a break of seven years when he was engaged in bike racing. Like a number of other "Striders" he mixes in some cycling with his running, and he has intentions of competing in a triathlon.

When in full training Ron averages 140-160 kilometres a week, including runs in the Botanic Gardens and the Domain on week days and from his home to his office in the city on a couple of days. He is aiming to compete in the Coffs Harbour Marathon on 6th November but will not be looking for a personal best then.

Ron is keen on soccer and would like to play competitively if he can find a suitable team. His other interests include music, the theatre and reading.

Robert Lumsden

Robert 28 and his wife Deborah are New Zealanders - he has been running for the two years he has been in Australia and she is a potential Strider. Rob runs six days a week for 30-45 minutes at 7½-8 minute mile pace and running the Yomix this year gave him the opportunity of joining the Striders and of running with a group. The Australian was his first marathon and although he finished, he sustained an achilles tendon injury and is presently having orthotics tailored to correct the problem. When these orthotics are right, Rob will run the STARS as he plans another attack on the Australian Marathon in '84, hoping this time to run in 3½ hours or less.

Work, Church and running take up all of Robert's time. He is Marketing Manager for Coastline Hotels - the Bronte Inn is one of the chain and it is an executive health orientated hotel with gym, spa and sauna and a 3.4 km running circuit nearby. Deborah and Robert are deeply involved in the Christian Life Centre Church, which they attend twice on Sunday, as well as through the week. They live at Paddington, so STARS in the eastern suburbs will give them time to run and attend the morning service. Robert's ultimate aim is the Triathlon but in the meantime we hope to see him and Deborah at the STARS.

MARATHONING U.S.A. - PART I

by Bill Flanagan

Since my first marathon in 1978, and after reading countless U.S. running magazines, I've always wanted to run in some of the big American road races. The New York or the Boston particularly appealed to me. Running in the '80 and '82 Honolulu marathons just whetted my appetite for heading further afield. I decided in about February last year that I could manage to get to New York. I wanted to make it a lengthy tour rather than a hit and run visit. I got ten weeks off work and started looking closely at all the race calendars in order to arrange my holiday around as many races as I could.

By September, I'd entered for marathons in N.Y., Washington D.C., Las Vegas and Honolulu, and for a 10K in L.A.. The plan was to shoot for a P.B. at New York and play the rest by ear. It had been a slack year for me, without any consistency in my training, no serious marathon, no P.B. at any distance. With the trip looming, I had no trouble getting motivated for some good training weeks throughout August and September.

September 18, '83: Running a near P.B. at the Cooranbong Half Marathon, my confidence was high for a P.B. at N.Y..

October 4, '83: Suddenly, as I was easing my training down, it came to an end with a foot injury, which made running virtually impossible.

October 17: Left for N.Y., not knowing whether I would be able to run, because I had been unable to do so for 2 weeks; but there was no way I would not at least start the marathon.

October 19: Went for a 4 mile run in Central Park, then joined Bryce and Alex for another five. Thankfully the foot felt great although everything else ached.

October 21: With the marathon two days away, I was still in two minds whether to go for the P.B. in the hope that the rest had done me good; or to treat it like a STARS visit to race H.A. (for the number pick-up and an expo featuring major shoe and equipment manufacturers), had an instant psychological effect. The atmosphere, with continuous showing of major race videos and films, was infectious. I knew I would regret it for ever if I didn't give it my best shot.

October 22: To-day was the International Breakfast Run for foreign entrants, with runners from each country running behind their respective flags from the U.N. building to Central Park, and then enjoying a croissant and fruit breakfast.

October 23: Buses ferried runners to the start of the marathon. On arrival we had to wait in the marshalling area for 2 hours for the 10.45 am start, with the conditions getting cooler and with rain threatening. We were still in this area as 10.35, but somehow most of the 15,133 starters seemed to be in the starting area when the cannon sounded.

The first mile is just about the longest incline of the race, finishing in the centre of the Verrazano Narrows bridge. The pace was slow in the crush, and I reached the mile mark in around 7.20 instead of my planned 6 mins. The second mile, downhill from the centre of the bridge, was close to 5.20. By this time, there was persistent light rain.

Coming off the bridge into Brooklyn, we were met by the crowds, already thick and vocal. Finally getting away from the overcrowding, I settled into a pace of a fraction under 6 min. miles. Reaching half-way a touch under 1.18, I was on pace for a P.B., but felt a little uncomfortable despite the steady encouragement from the spectators, and dismayed that I thought were perfect marathoning conditions (if you didn't step into too many water-filled pot holes).

By the 14th mile, I was starting to fade, and feeling a bit tight in the upper legs. I managed to stave off a real crash, and even

picked up a bit on entering 1st Ave, where the crowds were at their thickest and most vocal.

Running through the sharply contrasting neighbourhoods, it is amazing to notice the totally different responses from the crowds - from the placid quietness of the Jewish neighbourhoods to the hysteria in Central Park and First Ave.

After really enjoying the experience of 1st Ave, my fading resumed, though I was still hopeful of a low 2.40: but on reaching 22 miles (in 2.20) in the centre of Harlem, I was suddenly running 10 min. miles and was starting to get cold because I was running so slowly. After a few walking spells of about 100 metres each through Central Park, and eating orange quarters offered by the crowd, I managed enough energy to run all the last 1 1/2 miles, but still at about 9 min. mile pace.

Despite the disappointment of a bad run, the experience of the last 1/2 mile cannot be beaten. The final stretch was lined by grandstands full of cheering (and wet) spectators, urging the ailing runners on with the help of an enthusiastic announcer.

After passing 1/2 way in 500th place, I was passed by 1,000 runners in the second half for a final time of 2-59.32 in 1,502 place. 1st place went to Rod Dixon in 2-08.59; first woman Grete Waitz in 141 place in 2-27.

Such an international race is this, that there were 4,671 entrants from 68 foreign countries, including 64 Aussies (4 Striders).

The only disappointing part of the occasion was the rain and cold, which persisted throughout the day and killed any chance of enjoying Central Park as the rest of the field filed in.

October 25: Visited the International Running Centre, headquarters of N.Y.R.R.O., a million-dollar property situated just off Fifth Ave. It is a drop-in centre for runners, ideally situated across the road from Central Park. The Club features a very extensive library, with a full catalogue of magazines from around the world, dating back to the 60's. Newspapers, clippings and videos are also plentiful. They even had a copy of the Blister.

October 27: Boston was always on my itinerary, but, at the time of leaving Australia, I knew of no runs there. Two days before arriving, I heard about a 4-miler called the Monster Dash as part of Halloween. I also heard and read sketchy details of a marathon.

On arriving in Boston, I found out about a marathon called the Bostonfest. Unlike the Boston Marathon, this was in its first year, was run entirely within Boston, and as an open event. I entered, and had two days to think about it.

October 29: The Monster Dash runs along the historic Boston waterfront. Everyone was dressed in Halloween costumes, and it was a great fun event.

October 30: Having run about 25 miles in the week, I felt good enough to start the Bostonfest with 2,000 others opposite Boston Common.

I decided to have a shot at 3 hours and set off at around 6.40 min/mile pace, which felt very comfortable.

The course was a very scenic one, not unlike Canberra in that it runs along tree-lined streets, beside water (Charles River), and you see the leaders twice. However, it was hilly between 10 and 21 miles.

I reached 1/2 way in 1.26 feeling good, but the downhill was hurting and jarring my legs (an obvious legacy from last week's run).

The marathon was also known as 'The Run for the Cars', as a Buick was on offer for the 1st male and female. These were won by Andy Palmer (2.16.25) and Martha White (2.39.40). I was very happy with my 2.53.46 for 189th place.

It sure wasn't N.Y.C., but it was a most enjoyable marathon in excellent conditions, and lots of groups of spectators.

November 6: Having enjoyed another week of the holiday (only 15 miles run though), and having done a city tour of Washington D.C. yesterday, I was about to do it again, this time in the 8th Marine Corps

Marathon.

This marathon is entirely run by the Marines as a P.R. exercise, with no other sponsors involved. This is a real people's marathon, with no 'name centers' present as no sponsorship/expense money is paid; thus it has a slowish course record, despite the cool conditions and despite its being the 3rd largest in the U.S..

About 11,000 started in a very cold 45°F. 60% were first-timers, and many seemed to be rejected entrants from the N.Y.C.M.

The course on water looks exceptionally confusing, twisting through Washington, passing such landmarks as the Pentagon, Lincoln and Jefferson Memorials, and the Capitol building, hence the nickname "Marathon of the Monuments".

The crowds gathered in a few areas, especially in the start/finish area which we reached at 7 miles. The course is pancake flat except for a sharp hill at 25 miles. A stiff head wind made it a tough haul between 17 and 19 miles; and slowed my pace after passing 1/2 way in 1.28. Despite troublesome stomach cramps at 24 miles, I just broke the 3 hour again, clocking 2.53.49 for 776th place.

For the first time the race was won by a Marine, Farley Simon; his time was 2.17.46. First woman in 266th place, was Suzanne Corden, with 2.45.55.

After 3 weeks and 3 marathons, some features stand out about U.S. marathons.

The organization is excellent, with plentiful drink stations and splits. The results services are superb, with N.Y.C. and Marines having full results in the next day's paper, and Bostonfest posting the computer sheet 1/2 an hour after I finished.

The crowds seem far more interested and knowledgeable than here.

All the courses were traffic-free, although they ran through city centres and major intersections.

With the deadline of the Blister getting too close for comfort, I'll finish Part I now and start writing Part II, beginning with my first run in snow, in Denver, Col.

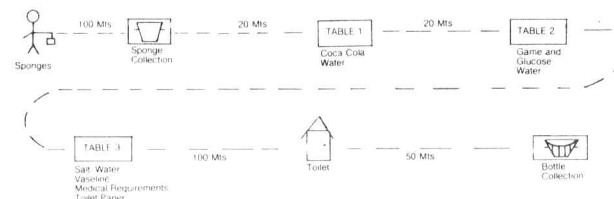
REFRESHMENT STATIONS - A MESSAGE TO WANG!

ARTHUR CRESSWELL MEMORIAL MARATHON
BERGVILLE TO LADYSMITH, NATAL, SOUTH AFRICA
53 KILOMETRES ULTRA MARATHON

ENTRANTS 1911
COURSE RECORD 3.04.59

An extract from the 1983 Race Programme:

"THERE WILL BE 22 REFRESHMENT STATIONS AND 3 SPONGING STATIONS.
ALL 22 STATIONS EXCEPT THE 3 SPONGING STATIONS WILL HAVE THE FOLLOWING LAYOUTS :



ATHLETIC TRAINING IN DAYS OF OLD

by Jim Donovan

St. Paul wrote, in his first letter to the Corinthians:

"Do you not know that in a race all the runners compete, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we are imperishable. Well, I do not run aimlessly, I do not box as one beating the air; but I pommel my body and subdue it, least after preaching to others I myself should be disqualified." (9 xxiv).

By "self-control", he was clearly referring to chastity.

"To the unmarried and the widows I say that it is well for them to remain single as I do. But if they cannot exercise self-control, they should marry. For it is better to marry than to be aflame with passion." (7 viii).

Presumably, Corinthian athletes were not aflame with passion. Nor were European athletes 19 centuries later - a conference in Belgium in 1902 was told by the great medical experts of the world that self-control was in every way commendable and compatible with the highest health.

The philanthropist Maurice Gregory wrote, in a booklet published in 1912:

"What the great medical experts have said (about self-control) is endorsed by the whole tradition of English athletes. Trainers have always been most careful of their men in these matters in every form of competition. Exactly the same is true of Australian athletes. There are well-known cases in the football and cricketing worlds where men have dropped out of the ranks owing to losing this faculty (of self-control)."

Gregory added that in the German Army and the French Army;

"Short service and thorough drill sends the men tired to bed with the best results to their health."

He compared the physique of the average British soldier in India with that of the masses around him and explained the difference in terms of the greater self-control of the former and the wise practice of the average Englishman not marrying until he is 25.

For 1984, what can be made of this? Perhaps the advice of a bishop who was irreverently asked the way to heaven: Turn to the right and keep straight on!

Editor's note: The views expressed in this magazine are not necessarily mine.

FOR SALE

FOR SALE.....FOR SALE.....FOR SALE.....FOR SALE.....

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NEW MEMBER PROFILE

DOROTHY SIEPMAN

Dorothy is one who enjoys a challenge, and in running terms she sees this in marathons such as the Midnight Sun (see article in last Blister entitled "The World's Toughest Marathon") and Pikes Peak, Colorado. She would like to take up the challenge of one or both of these one day.

Dorothy, aged 40, began running rather by chance. She attended a jogging clinic arranged by the Dept. of Sport and Recreation in May, 1981. Talks were given by Chris Wardlaw, Angie Cook, et al. After the talking, everyone went for a run, and Dorothy joined in. She was impressed by the enthusiasm of these well-known athletes, and took up running herself forthwith. She started running alone for about 1/2 hour per day around her neighbourhood, and eventually entered a fun run. From that, she progressed to marathoning, having now done 3, with a PB of 3-18 in the Big M this year. She has won a number of trophies in her age category, and this year, she competed in the Alf Lakin series of races at Liverpool, and won the women's section outright.

Dorothy does most of her training now in groups, which she enjoys. She works in the Accounting Section of the NSW Ambulance Service, and her other interests are reading and running, running and running.



DOROTHY SIEPMAN



KERRY BRAY

KERRY BRAY

Kerry's entry to the running scene was occasioned by her breaking a leg when playing netball. She started walking in order to help in the rehabilitation of her leg. From walking, she graduated to long slow running. Her son accompanied her, he became very interested in running and began entering fun runs. Kerry was not to be left out. Her aim was to be able to run 10k and to take part in fun runs also. She did that and more; she now has two marathons to her credit, with a PB of 3-46 in the Wang.

Kerry, aged 39, is married with 5 children whose ages range from 7 to 17. Besides running and managing a household of 7, Kerry plays squash, works as a laboratory assistant for 30 hrs. per week, and is involved with committees associated with her children's activities, which include golf, athletics, netball and soccer.

Kerry's short-term aim is to run Nike next year; her long-term aim is to run in a few of the larger marathons, and to enjoy running for as many years as possible.

THE DEPARTMENT OF INDUSTRIAL RELATIONS TRIATHLON

by Dorothy Flanagan

A great little triathlon was held in November at Heffron Park, Maroubra (practically in our backyard!). Organiser and participant was John Murn. Primarily a runner, John was keen to take part in a triathlon, so he organised one. It was intended mainly for first-time triathletes, and John set a ceiling of 20 participants. The event had no mass media publicity and I heard about it from John's flat-mate with whom I work.

Knowing my daughter Jane was keen to participate in a triathlon, I passed on the details to her as well as to several Striders I thought might be interested. As a result, 4 Striders took part and as the results hereunder show, they did well. Officials were John's flat-mates and relatives, and other persons standing around with nothing to do.

The swim was 20 laps of the 50 metre swimming pool at Heffron Park, the cycle was 18 laps of the 2.2k cycle-track also at Heffron, and the run was 12k from the Park to La Perouse and return.

I seconded for Jane, helped with the recording of times and was the Manager of the Nourishment Station (water only!) on the running course. My sole helper on the course was the young son of Dave and Lynn Evans who participated.

(After helping Jane change from cycling gear to running gear, I raced to my car, sped out towards the pre-arranged water stop at La Perouse, only to find that front runner, Alex Hamill, was already on the home side of it. I set up an impromptu aid station as I saw him coming. Despite this marathon effort, he said he was not in need of liquid refreshment, but he kindly took a cup of water which he said he would pour over his head!).

The results (hereunder) were posted to participants within a week of the event (eat your heart out, State Marathon organisers!).

D.I.R. TRIATHLON - 6th December, 1983

	TIME	SWIM	CYCLE	RUN
1. Alex Hamill*	2.28.02	18.37 (2)	1.13.52 (3)	55.33 (5)
2. Peter Foulsham*	2.31.37	21.33 (6)	1.14.39 (4)	55.25 (4)
3. John Murn	2.33.38	23.32(12)	1.16.44 (5)	53.22 (1)
4. Phillip White	2.35.55	22.34 (8)	1.18.42 (8)	54.33 (3)
5. Malcolm Leslie	2.36.20	26.20(15)	1.13.44 (2)	56.12 (6)
6. Brendon Fotheringham	2.37.56	18.07 (1)	1.26.15(13)	53.41 (2)
7. Murray McPherson	2.42.52	23.05 (9)	1.19.39(10)	1.00.08 (8)
7. Anthony Peck	2.42.52	20.29 (4)	1.17.52 (6)	1.04.31(10)
9. Peter Keeble*	2.44.41	23.43(13)	1.12.57 (1)	1.08.01(12)
10. Wayne Evans	2.52.11	23.17(10)	1.19.00 (9)	1.09.54(13)
11. Jane Flanagan*	2.52.22	18.37 (2)	1.36.15(15)	57.30 (7)
12. Dave Evans	2.54.18	31.45(16)	1.18.30 (7)	1.04.13 (9)
13. Donna Edman	2.57.14	20.34 (5)	1.23.28(11)	1.13.12(14)
14. Lynne Evans	3.00.45	22.01 (7)	1.25.15(12)	1.13.29(15)
15. Alan Spackman	3.00.59	23.18(11)	1.30.20(14)	1.07.21(11)
16. Denise Clinton	3.16.44	24.16(14)	1.34.44(16)	1.18.24(16)

* = Strider

NOT THE 9 O'CLOCK NEWS, BUT THE 9 O'CLOCK MARATHON

Carol Ludington

If you still get no kick from champagne then try the nocturnal marathon. This looney event, dreamed up by Brian Lenton and run annually since 1979, is known by the grand title of "National Capital Do It Yourself Nocturnal Marathon". All that Brian promises is an accurate course and a finish time and what you see is definitely what you get - a marathon which starts at 9.00 p.m.!

The course is a one mile out and back starting on the cycleway on the foreshores of Lake Burley Griffin near the High Court. After 600 metres in parkland the cycleway becomes the pathway alongside the main road and follows a small part of the Nike Marathon course to the nocturnal's turn near the Sailing Club. The light varies from Stygian gloom along the main road to total darkness in the parkland round the High Court. Collisions are avoided by heeding Brian's instructions to run on the right hand side of the cycleway and many runners wore white clothing which helped to distinguish them once you were close enough. Runners provide their own drinks, leaving them on car bonnets parked along the cycleway at the start area. The number of runners dwindles as the night wears on and once finished, they leave, so that you notice an ever increasing number of blank spaces between the parked cars.

The dropout rate is staggering - 20% being the greatest percentage of finishers up to 1983 when 21 finished from 110 starters. The winner, Tony Luyendyk and Winfried Ahlmann(second) both improved on Tony's 1982 record time of 2:36:49. Winfried is a new Strider and I consider his run made him "Man of the Match". This was his first marathon and he ran alone and in very trying conditions to record 2:35:59. It will be exciting to see him race a good course, where he can see both where and with whom he is running. I know all Striders would want to congratulate Winfried on this impressive debut.

The 1983 race saw the first female to finish since the inception of the nocturnal marathon. There were about 15 female starters - all but 2 finished before 15 miles, with one lady completing about 20 miles. Total lack of modesty when it concerns marathons compels me to say that this writer was that female finisher, is the record holder and will have her name recorded in Brian's book of records. Heady stuff! I was fortunate as Herb, intending to run only 10 miles, then stood on the roadside and I could make out his bulky and comforting shape as I emerged from the parkland onto the main road section each time. As I was convinced that the mad rapist was concealed behind one of the many huge trees along the foreshore, it gave me confidence knowing he was there.

Many runners consider the course "too boring", but I didn't find it so. There are so many mental and physical challenges to be met on such a course, that I had plenty to think about all the way. There's a bit of variety in the finish anyway. You run past the start for the 13th time and Brian says, "Run up the cycleway till you come to a chair - run round it and back to me". So you shuffle along in the dark over a part of the path you haven't traversed before and eventually locate the chair by running into it. You turn and know you've finished when Brian yells out a time.

And then there were five. I finished at about 1.02 a.m. to be cheered by Herb, Brian, Dave Cundy and Dave Kennedy (a friend from W.D.J.H. who waited for me to finish). By 1.20 a.m. there remained Herb and Carol, alone on the cycleway, drinking their thermos tea and bemoaning the fact that they were the only ones interested in partying on somewhere. We were in bed by 2.30 a.m. and at 5.30 a.m. I had some muesli and needing to unwind, walked from the motel to the High Court and walked the marathon course and its environs. The Lake was calm and serene, still without people as on the previous night, but not at all as sinister as it had seemed 8 hours before. I walked for 1½ hours feeling relaxed and elated - the "roar of the crowd" would have been welcome all the same.

Record - Tony Luyendyk - 2:36:49 (1982)

1st - Tony Luyendyk - 2:33:42 New course record
2nd - Winfried Ahlmann - 2:35:59 Best First Marathon Performance for 1983
3rd - Trevor Jacob - 2:44:08
21st - Carol Ludington - 4:01:52

NEW MEMBER PROFILE

OKSANA PYLYPIAK

Oksana, whose exotic name is Ukrainian, is 37 years old, lives at Potts Point and is employed as a Personal Assistant at Hill Samuel, Merchant Bankers. She has been running all her life, but has only moved up to longer distances in the last 3 years. In addition to running, she also finds the time and energy for squash, tennis, gym, scuba diving and skiing. She also plays softball in the inter-bank competition and the next sport she plans to tackle is windsurfing. Her first half marathon was the Yomix, after which she joined Striders and trained for her first marathon, the Wang Australian, in which she did 4:33:03 and felt good at the finish. Her ultimate aim is to beat 4 hours. Oksana also runs with the Hash House Harriettes, and this month (October) she will be found participating in the "World's Highest Hash" - a 3 week trek in the Himalayas, organized by the Himalaya Hash. We look forward to reading an account of it (truthful or otherwise) in The Blister on her return!

GERRY GREENLAND

Gerry, aged 37, of Cremorne, is an Industrial Real Estate Agent and is a Director of L.J. Hooker. He migrated here from London 10 years ago and has been running all his life, including his 9 years in the Royal Marines. Most of the time he has run on a non-competitive scale, in order to keep fit. A few years ago he started entering fun runs, leading up to his first half marathon, this year's Yomix. He was so impressed with Striders that he immediately joined up. His participation in STARS from then until the Wang helped him to complete his first marathon (aim 3:30) in 3:20:37. His training consisted of 10k/16k on alternate days plus a 25-32k run once a week and one rest day. His goal is an eventual sub-3 hour marathon, with an interim goal of a sub-3:10 on his next attempt, which will be either the 1984 Nike or the Wang. Gerry's wife Jacquie also runs, competing in fun runs up to City to Surf distance. At the moment her aerobic dancing classes clash with STARS (at 6.30 on a Sunday morning?!) but she may join up with the slow group one day soon.



OKSANA PYLYPIAK



GERRY GREENLAND

ON THE ROCKS IN SYDNEY Steve Knight.

All things being equal we all are partial to good food and wine,--- some of us the wine in preference to the food! Unfortunately life is not as straight forward as just consuming for the pleasure of it, all those complex carbohydrates when all we really want is a Mars Bar and beer! I'm speaking from experience mind you, I discovered the crass world of Food Tasting just the other day!

I love OYSTERS!--- and what could be more enjoyable than to slip a dozen or so down my throat prior to a comparative tasting of Australian & French Chablis Styles at the Showground?

But wait!--- Life is not meant to be that easy(now where have I heard that line before?). For instance, did you know that the simple Sydney Rock oyster has at least 12,-- yes! I said 12, family members! Well, I found out the hard way when my Wine tasting turned into an Oyster tasting!

The little fellows, bless their hearts, (actually they are all females at the edible stage) start life as males ---- but change their minds somewhere along the way!(sounds like some of my acquaintances that live near me in Paddington and Darling Point!?)---- I'd like to be nearby when they wake up one night, half and half, and horny as hell!

Anyway, I digress!---The cute little so and so's are usually named after their habitat. Names such as Narooma, Batemans Bay, Hawkesbury River, Brisbane Waters, Port Stephens, Wallis Lakes, Manning River, Macleay River, And Tweed River just roll off the tongue!

We judged them on a points scale out of a maximum of 22. This was broken down into the following categories, God!--life gets complicated, the things I subject myself to for you selfish bunch! Anyway, to continue, the categories were: 4 for appearance, 2 for colour, 2 for texture, 10 for flavour, and 4 for overall acceptability; (but would you want your daughter to marry one?) Unlike normal, wine, tastings, we were not allowed to spit;---mind you, the walls were a textured, grey/yellow colour, they must have learnt by previous misfortunes!

You can just picture the classic scenario--- in a restaurant with the current 'light of your loins', dressed to the 'nines' and out to impress! You request the oyster list, being careful not to select the ones with excess 'shell-age'! Sydney Rock Oysters, not Pacific or inferior Tasmanian clones (the tide and alluvial river bed structure are all important!) You demand either the Hawkesbury or Hastings River, in half shells, ----remember, you have to drive home! This time of year they must be from the south side of the estuary and harvested at high tide! You have them opened exactly 23 minutes prior to consumption to allow some breathing time, and the shells scraped for sediment. You can see the 'light-of-your-life' practically melt in your presence, and the Maitre d' fawn over your every wish,----- until you order a half bottle of 'BERT'-----'BERT'?*? yes! -- Ben Ean Riesling Traminer!!!--- well!-- you blew that one!

The actual Tasting was great! My favourites being Brisbane Waters (20/22), Hawkesbury River (18½/22), and Port Stephens, (18/22). The Narooma were too 'earthy' with an off-putting green tinge; the Georges River lacked flavour, the Wallis Lakes too high in salt content, and the Manning River, anaemic, and worst of all the Macleay River didn't work!!! Well, one of the dozen I ate didn't!?*c

Now for some general Oyster information! They take approximately 2½ to 3 years to reach a marketable size, about 7cm. They live out of water for up to two weeks if kept cool, in the dark, and moist. This only applies to Sydney Rock Oysters, other, imported varieties last a matter of days! When stored it should be below 5°C, the speed of deterioration approximately doubles for every 5°C rise in temperature. The little creatures are very nutritious, but only contain 20 kilojoules each, are low in cholesterol, about one third that of prawns, and lower than red meat!

The wines weren't bad either!!!!

-----The best was a 1978 Lindemans Hunter River Chablis just recently released by the company. "Yellow/gold colour, excellent semillon/cooked toast nose, good acid and a fresh, young, zesty palate. The wine will last for another 2-4 years. At about \$9.00 per bottle treat yourself, along with a dozen oysters for a tasty snack!

I am endeavouring to negotiate for a Sydney Wine shop to give our Club a general discount on cash purchases to individual members,--- but more of that in the future! In the meantime I have listed some of the better retailers that offer an extensive range coupled with competitive prices and good service. Ask for the persons name I have mentioned as they are all personal friends of mine!

Rose Bay Drive-In Liquor
500, Old South Head Road
Rose Bay.
JOHN OSBEISTON Tel.371 9608

Roseville Cellars
35, Hill Street
Roseville.
JOHN McCALLUM Tel. 412 2195

Sixty Darling Street
60, Darling Street
Balmain.
ADRIAN HARRIS, RENE STEEP Tel.818 3727.

Jarmans Liquor Supplies
156a, New South Head Road,
Edgecliff.
MARK MCGUIRE or DENNIS Tel.32 4848

Crows Nest Cellars
95, Willoughby Road
Crows Nest.
TONY Tel.437 6263

Mosman Cellars
156, Spit Road
Mosman.
CHRIS POINTER Tel. 969 4368

Best Cellars
51, Williams Street
East Sydney
GEOFFREY CRUNDALL Tel. 33 3733

North Turramurra Cellars
284, Bobbin Head Road
Turramurra.
JOE SPEZIALI Tel. 44 5363.

QUESTION TIME.

From Charles Coville, he asks:- "I was given a bottle of Glenloch Cabernet/Shiraz/-Ocellade recently, can you supply details of the vineyard, and is the wine still drinkable?"

Well Charles, some background information about Glenloch! The vineyard was established in 1892 by a Mrs. Horne, and is situated at O'Halloran Hall, just south of Adelaide. It was named after a racehorse that won the Melbourne Cup in 1892 at 50/1! - we know where she raised the finance from?!

The property was purchased in 1921 by Mrs. J.R. Harper-Robinson who erected a winery and produced the first wine in 1923. In 1942 the vineyard was expanded by a purchase of 400 acres in the Keppoch area, and a distillery was added. The next owner was Seagers, Evans & Co. of London, who exported most of the production in bulk to the U.K.

Eventually falling into the hands of a 'multi-national', a partnership of Allied Breweries and Tooheys (owners of Wynns, Seaview, etc), in 1971, no more wine is produced under this label, all grapes now being used for blending.

I can find no reference to the 1960 vintage that you were given, although the year was considered above average in red wine terms. The only reference to older Glenloch wines produced from this blend is by Max Lake in his book, 'Classic Wines Of Australia', printed in 1967!- I quote:- "Glenloch of O'Halloran Hill make a wide variety of good commercial wines and they have, at times, made outstanding reds, e.g., the '57's. I tasted it recently at the Chalet Restaurant in Sydney, and it is a top wine by any standards!"

The Ocellade grape also is known as Cinsault, or Blue Imperial. Better known in the Midi and Provence areas of France it is the principle grape variety of South Africa where it is known under the name of 'hermitage'. Usually used in the making of Port in Australia, it is one of the more edible wine producing grapes, and makes fairly non-descript wines when not blended.---- My advice?--- We'll all be round on Friday to give you our 'expert' opinion,---won't we Sam?!

Steve Knight

WINSTONE - AN EXERCISE IN PATIENCE by Charles Coville

I recently viewed the video of the 1983 New York Marathon. Rod Dixon summed up his victory in one word - "Patience". Deek no doubt had the same word in the back of his mind at Brisbane during the Commonwealth Games marathon.

While these 2 Superstars refer to "Patience" as an intergral part of their race tactics I nonetheless believe it to be a cornerstone for both racing and training. My Winstone marathon in Auckland in November last year substantiated my views.

My plans to run Honolulu Marathon were laid to rest when I changed jobs in August. N.Z. became an obvious marathon alternative. It appealed for a number of varying reasons.

The course was fast and flat. Kevin Ryan had recorded 2.12.13 in 1980. The weather in November was favourable. Race Organiser, Wayne Munro had earned a reputation for first class organisation in N.Z.'s second largest marathon.

I needed a short family holiday and N.Z.'s Self drive deals had plenty of appeal, and a \$364, 12 day package was too good to miss.

I also saw an opportunity of meeting up with other race directors as Sportspulse (my running business venture) intended organising further tours to N.Z. in 1984. Our 1983 Winstone tour had broken the ice.

"Patience" by itself does not fully explain my Winstone attitude. Perhaps "Confidence" should be added as a very necessary rhyder.

At Nike I set a goal of 2.50 - 2.55 determined by my then level of fitness. A 2.52.15 gave me my first boost of confidence.

Fitter and better prepared, my Wang goal was set at 2.48. While this was only a mere 1.07 off a P.B. I was just not confident enough, but more importantly I did not trust Brian Roe's race organisation. The Tasmanian long jumper did not instil me with confidence particularly in the area of drink stations. My 2.47.56 was spot on target. My confidence was sky high and my patience rewarded.

So for Winstone I had set my goal at 2.45. It was to be an all or nothing situation. If I bombed I had at least 2 reasonable times for '83 upon which to reflect. I subscribe to the principle of throwing caution to the wind and going for it (a P.B.) at least once a year.

My training was consistent but unspectacular. I had trained and raced throughout the year recording P.B.'s at Nosh (14K) and the Blue Mountains (24K). August was a disasterous month. A cold and changed jobs saw me take a brief break.

By September I was enthusiastic and hungry (which Salazar was not at Rotterdam). However, I struggled to get in the mileage. A regular 10 plus hour working day limited my training.

A 1.20.49 at the Cooranbong Half in September was an enormous confidence boost. I achieved a 100K weekly average for 6 weeks before being forced through work pressures to taper to 60K and 40K in the last 2 weeks. (Perhaps there's a lesson there!)

Winstone was therefore approached 100% confident - mentally but less than 100% confident of peak fitness. I have always believed that the 100% confidence level is more important than the corresponding fitness level. I almost always feel undertrained for most marathons, and thus I am rarely stale by the time that I toe the line.

I believe that it is this approach that has allowed me to participate in marathons for the past 16 years, to keep my appetite whetted and to continue to run P.B.'s.

Winstone fell together perfectly.

1st mile	6.15
5Ks	19.10
10Ks	19.15
15Ks	19.25

Panic, I should be averaging 9.12

20Ks	18.55
½ way	1.20.49 (Identical to Cooranbong)

I was feeling strong and was holding myself back - an exercise in patience.

5x8K laps did not turn out as tough/boring as I had anticipated.

I reckoned on lap 4 being the make or break. I.E. From 24-32K. Just before the start of lap 4 I passed the leading female. The young lithe Korean was surrounded by a rather large bunch of male hanger-ons. I had the option of joining the group but decided against it as I was into a comfortable pace.

The 4th lap was an interesting experience. A lead car drove ahead of the Korean. The logic was to keep lapped runners out of the "inside lane". For a full 8K lap I ran just ahead of the car and the Korean; an excellent form of distraction.

Throughout I had been seconded by my family and had consumed Coke (neat, not defizzed) every 4K's. As I slowed to take a Coke for the second last time, at the start of the last lap, the Korean made a break.

Lap 5 was like any other final 8K's - tough. I had seen Stuart Greaves well into the 4th lap at a turnaround point but could not close the gap. My fade over the last 8K's was slightly more than expected - 2 minutes. As always there is not too much one can do about the slide, except believe that everyone else is sliding too - at a faster rate than yourself.

As I approached the final 200m. I was passed by the second female - another Korean. My final sprint was not so much a male chauvo. exhibition, but rather a personal thing in not being passed after halfway.

I tied with the petite Korean (they're all petite) "Victory" no doubt escaping me because of my not having worn a bra! (2.4 5.13).

Maori Joe the Coal Man again carried his load the full distance. 40Kg of coal in a sack on his shoulders in 5.45. After the event Joe explained that he had learned his lesson from 1982. Instead of carrying 50Kg of course coal, he had negotiated 40Kg of finer grain "lighter and more comfortable" I guess it is like wearing training or racing shoes!

Brian Colwell entertained the spectators and runners with a sloppy weightlifting performance. He eased Joe's bag onto his shoulders only to empty a substantial load all over the finish area as he lowered the bag to the ground. (The top was not sealed).

The World Blind Marathon Championship was won by Kiwi Toue Roupe in just under 3 hours from word record holder Harry Cardelos (U.S.A.), 2 amazing characters. Ever thought of running 42K with your eyes closed at 7 minutes/mile!

Winstone - strongly recommended for an enjoyable holiday, fast course, good organisation and a P.B.

STRIDERS : STUART GREAVES 2.42.37 BRIAN COLWELL 3.05.13

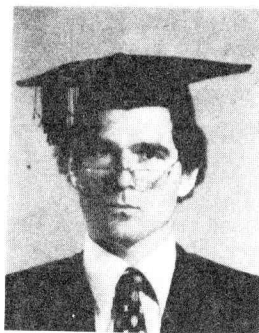
1	PETER PFITZINGER	2.12.19:U.S.A.
2	NICK DE CASTELLA	2.15.04:(2nd fastest Aus
3	TOM RADCLIFFE	2.16.11 time in 1983)

NEW MEMBER PROFILE

Bryan Holliday

Now aged 35, Bryan began running 17 years ago when a student at the University of Newcastle-upon-Tyne. His running is now taken in combination with a session of light weights and an aerobic class to music, each three times a week - this he finds thoroughly enjoyable and a regimen that fits perfectly into his life. The 1983 Yomix was Bryan's first half marathon and he joined the Striders as he was interested in running longer distances and he knew it would be better to do this in the company of other runners. Honolulu will be his first marathon and he is interested to see how he runs, as his training (30-40 miles per week, plus the weights and aerobics classes) is not a conventional marathon training programme. The Vaucluse Gallop in September was the first STAR Bryan had run and he had no problems in completing the long course.

Bryan is a partner in Sound Information Pty. Ltd., publishers of audio-visual educational resources and managers of the audio-visual aspects of conferences. His attitude to running is very relaxed, in that he has no ambitions to run certain times and is just happy to keep it an integral part of his life.



BRYAN HOLLIDAY



JOHN BLONDIN

John Blondin

Running seriously was a natural progression for John who has always been interested in fitness through his involvement with Rugby Union football at club (Easts), Sydney and State level. His position as Director of Ragtimes - The Clothing Company Pty. Ltd. takes him overseas frequently and he has the opportunity of running in such places as India and Bali - a great way to see the country while keeping fit. John plans to run in the Himalayas next year but his immediate goal is the Australian Marathon '84.

At present he runs about 60 km per week, including Talay's run, and takes part in a one hour aerobic class three times per week. Introduced to the Striders by Owen Denmeade, John finds that work frequently interferes with running but he tries to stick to his programme; since running for 15 minutes with Cliff Young in the Cooranbong Half Marathon, he has become really motivated and has enjoyed the involvement and competition of the fun runs completed so far. At age 34, John hasn't much chance of becoming a "Norm", as wife Angela is an aerobics instructor and their daughters Elisse and Kya aged 5 and 2½ ran all the way in the recent "Life Be In It" run. If he can run the STARS regularly, he might just manage to keep ahead of them.

A FASTER MARATHON

THE RUNNER

SEPTEMBER, 1983

RUNNING ADVICE - A Faster Marathon

Q. TO BILL RODGERS: During 1982 (my first year as a marathoner), I ran four marathons and improved my time from 3.47 to 3.10. My training involved consistent LSD at an 8.00 pace for six to ten miles a day, with one day of 15 to 20 miles. This year I plan to run only two marathons and would like to improve my time. Could you suggest a four-month schedule that includes mileage requirements and possible intervals or speedwork? (Bruce Mills, Dallas, TX).

A. RODGERS: At your present stage you can still benefit immensely from increasing your mileage a bit. I recommend you add another run longer than ten miles to your weekly routine, say 13 or 14 miles in the middle of your week. As for building up your mileage even more, that depends on two things - how much more time you can make available each week for running and how much time you have before the marathon. You should build up your mileage gradually in increments over a period of several months. Increasing your present mileage by 15 per cent would probably enable you to lower your marathon PR by ten minutes. You can also attain this goal without changing your mileage very much if you increase the quality of your workouts. Vary your anaerobic workouts with a mix of hill repeats, intervals and fartlek runs. Experiment with sub-seven-minute pace and try 3.00 or 2.50 half-mile repeats. In addition to your two longer runs, make two anaerobic workouts a standard part of your weekly routine.



STRIDERS IN PARADISE (HONOLULU) WITH ALBERTO SALAZAR

L to R SCOTT LAWRENCE, TREVOR ROBERTS, MERRI MACK & PHIL CALDWELL

RUNNING IN PARADISE

by Scott Lawrence

Hawaii probably provides the most picturesque and beautiful setting in the world, and toughest conditions for marathon running. The course is relatively flat, except for the climb up Diamond Head at the 6 mile mark, then again, coming back at 24 miles. It's a gradual climb of about half a mile on the return journey, and by this time, the HEAT had taken toll on the runners.

On arriving in Honolulu, I was told there had been little rain and this had been the hottest winter on record. Race day temperatures were 22°C minimum and 30°C maximum. The day after, the local newspaper reported, "High temperatures and heavy air that could be cut with a knife, took its toll on runners and their personal records". "Without a cooling breeze, the course was hot, especially after the sun came up", said ultramarathoner Max Telford, and he knows about running in heat, because he's run across Death Valley several times in recent years.

Because of the conditions, more people run P.W.'s than P.B.'s and this even applies to the world's best, e.g., Frank Shorter ran 2:33 in 1974, Ron Tabb 2:33 in 1978 and Kenny Moore 2:48 in 1977. This year's winner, Kevin Ryan clocked 2:20:19, having run 2:12 in New York last October.

The Honolulu Marathon is different to any in Australia, the people of Hawaii are magic, they make the race the stirring experience it is. I'll never forget running along Kalakua Avenue, with all the high rise, international hotels on one side, and Waikiki beach on the other. It was just before sunrise, but crowds lined the road, and cheered wildly. The further we went, and the more it hurt, they became more excited, and cheered louder. Towards the end of the race, on the run from Diamond Head to the finish, when they see exhausted, overheated, dehydrated runners struggling, they scream, wave, jump, do anything to keep you moving. It really gives you a lift to hear someone on the side of the road scream "Hey, Sydnee Striderr, yourr lookin goood!!!".

Before leaving Sydney, I was confident of breaking 3 hrs, having run 3:9:10 in my first marathon, the Wang. I joined the Striders in September, and the many STAR's I ran in October and November equipped me well for Honolulu. However when confronted with the heat of Hawaii, I was not so sure of breaking 3. I arrived early, and so was able to familiarise myself with the course, having run 60 miles in the 7 days I was there before the race. The encouragement of the crowd made the difference, and got me to the finishing line in 2:57:14, for 207th place in a field of 8,434.

Congratulations must go to Strider Bill Flanagan, who completed the course in 3:12, Bill has a best time of 2:36:47, but considering this was his 5th marathon in 7 weeks, it was an outstanding achievement just to finish.

Another Strider who made her mark in Hawaii was Merri Mack, who finished in 3:31, and on the Thursday before the marathon, ran in a race of 4.6 miles, the Diamond Head Duet, for him/her teams, and won her age group with George Freeman - congratulations Merri!

One of the highlights of the trip was meeting Alberto Salazar who was there on a promotional trip for Nike. I met many runners from mainland U.S.A., Canada, Japan and New Zealand. We shared the joy and excitement of the race and a comradeship that reaches athletes all over the world. I can recommend the trip to all Striders, it is an experience not to be missed.



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1. D. POMMERROY 1.42.55
2. B. SMEE 1.45.02

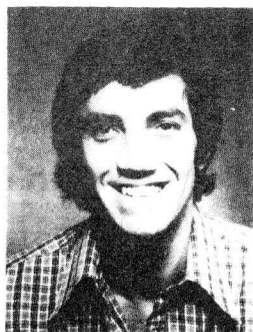
STRIDERS

- | | | | |
|------------------|------------------|----------------------|---------|
| 3. K. CANARD | 1.45.54 1st Vet. | 128. S. KNIGHT | 2.11.51 |
| 4. G. FRANZ | 1.47.10 | 146. S. HILL | 2.14.41 |
| 5. R. HARRISON | 1.47.12 | 151. D. INGHAM | 2.15.44 |
| 12. I. BOWDEN | 1.52.15 | 155. P. FOULSHAM | 2.16.20 |
| 22. F. CHAN | 1.55.22 | 161. C. COVILLE | 2.16.54 |
| 26. S. GREAVES | 1.56.18 | 164. J. FLANAGAN | 2.17.07 |
| 36. B. FENN | 1.59.36 | 165. S. DAHER | 2.17.09 |
| 48. A. FARRELL | 2.01.24 | 183. M. BINGHAM | 2.20.09 |
| 56. R. BLACK | 2.02.09 | 195. I. MILLAR | 2.21.22 |
| 61. B. NICHOLS | 2.03.39 | 196. C. FORD | 2.21.25 |
| 63. D. LARK | 2.03.51 | 205. T. McMAHON | 2.22.42 |
| 70. O. HANSSON | 2.04.52 | 215. L. LEAHER | 2.23.51 |
| 73. W. STANTON | 2.05.24 | 216. B. COURTENAY | 2.23.53 |
| 75. D. DOUGLAS | 2.05.43 | 219. B. MURRAY | 2.24.01 |
| 78. M. FOSTER | 2.06.20 | 221. B. BYRNES | 2.24.07 |
| 81. L. PASCOE | 2.06.52 | 228. I. LIGHT | 2.26.12 |
| 82. W. HENDERSON | 2.07.12 | 240. D. BLACKHALL | 2.28.01 |
| 85. R. CORDEN | 2.07.46 | 258. B. FLANAGAN | 2.31.23 |
| 89. L. KING | 2.07.52 | 275. G. BUTLER | 2.34.18 |
| 91. B. KING | 2.08.15 | 289. R. BEVAN | 2.38.32 |
| 94. D. ROBINSON | 2.08.28 | 290. J. BURGESS | 2.38.33 |
| 99. D. DONNELLY | 2.08.55 | 307. P. FRASER | 2.44.38 |
| 102. D. RUSSELL | 2.09.09 | 308. M. MACK | 2.44.39 |
| 108. B. LIEBMANN | 2.10.20 | 324. C. LUDINGTON | |
| 125. D. PETERSON | 2.11.21 | 333. TOTAL FINISHERS | |

14.7% FINISHERS WERE STRIDERS



IAN BOWDEN



GRAHAM BUTLER

NEW MEMBER PROFILE

GRAHAM BUTLER

Advertising executives figure prominently among the Striders, and Graham, a recent recruit, is no other. He is a media director for an advertising agency who came to Australia from England 14 years ago, and he worked for some time with Bryce Courtenay, a Strider personality with obvious creative talent. Graham had intended only to holiday here, but has lived here since his arrival, with only fleeting trips back to his birthplace.

Graham has been running casually for 7 years, and has run in a number of fun runs, including the City-to-Surf. When he decided to be part of the Sportsworld trip to the last Honolulu marathon, he joined Striders because he saw the value in group training runs as preparation for that event. His time there, in the hot humid conditions typical of Honolulu in December, was 3-54, a PB by 7 minutes.

Graham is married and has a 20-month old son. His wife, Caroline, was not a runner until after witnessing the Honolulu marathon as a spectator. The marathon there is not only a great event for runners attempting their first marathon (with an average time of about 4-30, it is obviously patronised by many non-elite marathoners), but it also acts as a motivator for spectators. Since Honolulu, Caroline has taken up running (much to Graham's delight) and is now running 2k per day. We look forward to welcoming her to the STARS.

Besides running, Graham's interests are bush-walking, camping and photography. He is also keen on Nautilus training, and he recommends it for general strengthening as well as for injury prevention.

Graham's aims are a sub 3-30 marathon in 1984, and participation in a triathlon by 1985.

IAN BOWDEN

Ian, aged 25 and married, started his running career as a sprinter, who gradually increased his distances until he ran his first marathon (Wang) in 2-33. Ian has trained with Jack Pross (National middle-distance coach) and the intensive training done with his BIRUBI group no doubt contributed to this very good first marathon time. Ian hopes to reduce it further.

Ian showed a notable flair for achieving free television coverage by running a tie with Alison Roe in the 1981 City to Surf, thus sharing the attention of the cameras equally with her as they ran down the final straight to the finish line.

Ian is interested in triathlons, and has competed in three - Bondi, Nepean and Narrabeen. A restrictive factor in competing in these is the amount of time required to prepare adequately for them. Ian feels that, to do them justice, one would have to give up working for a living. How about a Lotto win?

STRIDERS PRIZE GIVING

The 4th annual Striders prize giving was held at the Vaucluse residence of Bryce Courtenay. Once again an enjoyable time was had by all.

BEST MARATHONER 1983

MALE

1. Godfrey Franz
2.29.47 Johannesburg
2. Keith Canard
2.33.46 Cities
3. Tony McCall
2.34.52 Far North Coast

FEMALE

1. Jenny Walker
2.57.40 Wang
2. Sue Hill
3.00.29 Wang
3. Gai Cunningham
3.06.46 Wang

BEST FIRST MARATHON 1983

1. Winfried Ahlman
2.35.59 Nocturnal

1. Jenny McCoy
4.19.40 Wang
2. Dot Flanagan
4.42.56 Honolulu 1982
3. Sue Thomson
4.53.50 Honolulu 1982

MOST IMPROVED SUB 3 HOUR

1. Wayne Stantcn
3.23.38 Nike 1983
2.49.03 Cities 1983
Improvement 34.35
2. Laurie King
3.15.27 Veterans 1982
2.50.37 Gillawarna 1983
Improvement 24.50

SUB 4 HOUR

- Chris Porter
4.45.00 Harbord Diggers 1980
3.28.26 Big M 1983
Improvement 1.17.34

3. Steve Knight
3.11.20 Harbord Diggers 1981
2.52.20 Wang 1983
Improvement 19.00

- Derek Titmus
4.38.05 Big M 1980
3.47.09 Wang 1983
Improvement 49.56

- Gai Cunningham
3.49.38 State 1983
3.06.46 Wang 1983
Improvement 42.52

THE MARIA GEMENIS-CRUICKSHANK MOST OUTSTANDING ACHIEVEMENT AWARD

This trophy was renamed in honour of the late Maria Gemenis-Cruickshank and is the premier club award.

1. KEITH CANARD
Veteran Keith ran 7 marathons in 1983 including 4 sub 2.35's and another 2. sub 2.40's. He equalled the club marathon record of 2.33.46 at Canberra then improved on the record with 2.32.33 at Kempsey and 2.32.31 at Blacktown. We tried to register the number of times that he was "first Strider to finish", but lost count.

2. RUSSELL BLACK

3. CHARLES COVILLE

STRIDING WHILE THE IRON'S HOT

by Steve Cornelius

Despite very warm conditions, Sunday February 5 at 7 o'clock in the morning saw 84 starters lining up for the first Striders' internal club race of the 1984 season, the Iron Cove Half-Marathon. Surprisingly, only 8 succumbed to the hot weather, and the other 76 completed the three circuits of the Iron Cove Bay.

Up front, a punishing pace was set for the first lap, and five runners came pounding through King George Park after 7.200 km as if handcuffed together, recording a time of just under 25 minutes. They were well ahead of the rest of the field, and one got the impression even then that some of the five would be battling to keep up the pace, in view of the ever-growing influence of the sun.

By the end of the second lap, only Robert Harrison had been strong enough to keep up with the powerful running of Win Ahlmann, the rest of the previous leading bunch being strung out around the Bay in their wake. Their pace had not slackened one bit, being about 49 minutes for 14.150 km.

By the time he hit the Iron Cove Bridge for the third and final time, Win had slightly increased the pace and managed to drop his last challenger. His final time over the measured half-marathon was 1:12:40, but Robert Harrison held on for 2nd in 1:13:14. Ian Bowden ran a creditable 3rd in 1:14:52, comfortably ahead of the 4th-placed runner. Robert Caplice and Stuart McGloin were the only other runners to beat the 80-minute barrier.

The action wasn't over, however. Out there on Henley Marine Drive, all the age and sex categories were being closely fought out. Ray Doran (1:23:19) succeeded in holding Alan Farrell and Harvey Blue at bay in the Veterans' group, although these first three were separated by less than 3 minutes. A similar gap separated Brian Haydon (1:31:56), Bruce Murray and Bryce Courtenay in the Masters' (Over-50) category.

The first woman to finish was also the first under 20 years of age, the much-improved Jane Flanagan in 1:37:10. Chris Porter finished strongly only 28 seconds adrift, timing her late run well enough to overhaul Paula Fraser but too late to catch Jane. Dorothy Siepmann was 4th overall and first veteran lady, she and the above-mentioned trio all finishing within about 2 minutes of each other.

As the sun rose higher and the faster runners sat in the shade swigging Coca-Cola, three stalwart members of the "slow group" battled the heat, determined to finish or die in the attempt. Tom Smith, Pam Hazlewood and Valerie Willcock, in the true spirit of the slow group, triple-dead-heated for the wooden spoon in 2:25:59, to massive applause. They will have the consolation of starting next month's handicap half-marathon in the middle of the night, long before most of the other runners have even staggered out of bed to greet the dawn.

With hindsight, we could have done with another aid station round the Five Dock side of the course, but not possessing powers of clairvoyance we couldn't have guessed it would be one of the hottest mornings of the year. Congratulations to all those runners who competed and made it such an exciting spectator event for those of us forced reluctantly onto the sidelines by injury.

A big thank you to the following selfless persons who gave up their Sunday morning to make it all possible for you: Terry McIver (time-keeper), Keith Barnett (marshal and time-recorder), Kate O'Rourke (registrar), Brenda Hamill (treasurer and ice-procurer), John Evennett (marshal), and Scott Lawrence and his tireless father (drink-pourers and sponge-wetters). A skeleton staff did a great job on the day.

FULL RESULTS:

1 Win Ahlmann	1:12:40	39 Bryce Courtenay	1:34:25
2 Robert Harrison	1:13:14	40 Robert Watereuss	1:34:44
3 Ian Bowden	1:14:52	41 Brian Colwell	1:35:21
4 Warren Devlin *	1:17:21	42 Gerry Greenland	1:35:51
5 Robert Caplice	1:18:11	43 Dick Cleland	1:36:29
6 Stuart McGloin*	1:19:13	44 Jane Flanagan	1:37:10
7 Ken Wylie *	1:21:48	45 Chris Porter	1:37:38
8 Trevor Roberts	1:21:54	46 Harry Turner	1:38:06
9 Brett Nichols	1:22:32	47 Paula Fraser	1:38:12
10 Ray Doran	1:23:19	48 Dave Williams	1:38:49
11 Leigh Pascoe	1:23:37	49 Bob Mann	1:39:05
12 Charles Coville	1:23:48	50 Dorothy Siepmann	1:39:17
13 Russell Hammond	1:24:21	51 Brian Lynch	1:39:22
14 Alan Farrell	1:24:30	52 Brent Waters	1:40:17
14 David McCormack *	1:24:30	53 Max Henderson	1:40:28
16 Harvey Blue	1:25:49	54 Merri Mack	1:40:56
17 Alistair Mackie	1:26:15	55 Bill McCrindle	1:41:39
18 Peter Foulsham	1:26:58	56 Richard Bamann *	1:42:21
19 Laurie King	1:27:13	57 Graham Butler	1:43:00
20 Bernie King	1:27:33	58 Alex Hamill	1:43:04
21 Peter Cobley	1:27:38	59 Nick Reed	1:43:08
22 Mike Foster	1:28:32	60 Terry Hudson *	1:44:05
23 Chris Staples	1:28:34	61 Bob McLeland	1:45:48
24 Sam Daher	1:28:59	62 Bryan Holliday	1:46:09
25 Kar Wong *	1:29:37	63 Eric Willcock	1:47:03
26 David Donalloy	1:29:55	64 Gerald Smith	1:47:06
27 Ian Newlands	1:29:59	65 Eric Spilsted	1:47:49
28 David Winch *	1:30:48	66 Herb Ludington	1:53:25
29 Brian Haydon	1:31:56	67 Mavis Garrick *	1:56:54
30 Gary Buckland	1:32:09	68 Peter Ryan	1:58:09
31 Ian Millar	1:32:34	69 Kerry Bray	1:58:49
32 Bill Flanagan	1:32:47	69 Gai Cunningham	1:58:49
33 Bruce Murray	1:32:55	71 Carol Ludington	1:59:17
34 Barry Byrnes	1:33:01	72 Dot Flanagan	1:59:57
35 John Hill	1:33:05	73 Joan Haydon	2:09:07
36 Terry MacMahon	1:33:11	74 Pam Hazlewood	2:25:59
37 Rob Klima	1:33:33	74 Tom Smith	2:25:59
38 Tony White	1:34:00	74 Valerie Willcock	2:25:59

CATEGORIES:

VETERANS:	1 Ray Doran, 2 Alan Farrell, 3 Harvey Blue
MASTERS:	1 Brian Haydon, 2 Bruce Murray, 3 Bryce Courtenay
WOMEN:	1 Jane Flanagan, 2 Chris Porter, 3 Paula Fraser
VETERAN WOMEN:	1 Dorothy Siepmann, 2 Merri Mack, 3 Mavis Garrick
WOMEN OVER 50:	1 Joan Haydon, 2 Valerie Wilcock
OLDEST FINISHER:	Gerald Smith (58).

* NON STRIDER MEMBER

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8 APRIL
1984

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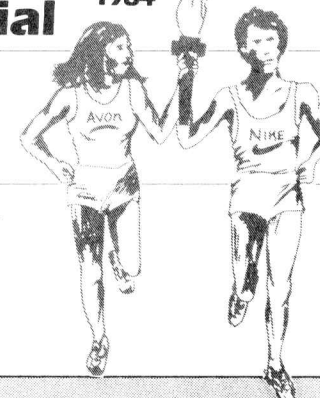
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- Entry forms automatically sent to all 1983 Nike/Avon Marathon and Sydney Striders Half Marathon entrants
- Entry forms also available from Canberra Tourist Bureau, 247 Collins Street, Melbourne and 9 Elizabeth Street, Sydney



ORGANISED BY ACT CROSS COUNTRY CLUB
SANCTIONED BY ACTAAA AND AAU

Emphasis at the 1984 Nike Avon Olympic Marathon Trial, to be held in Canberra on Sunday, 8 April, will be placed on setting the scene for a memorable contest between Australia's Olympic marathon contenders.

The 1984 marathon, co-sponsored by Nike and Avon, will incorporate the Australian selection trial for the Los Angeles Olympics, the Australian Veterans Marathon Champions and the ACT Marathon Championships.

To ensure that Australia's leading contenders are in the field, the race organisers — the ACT Cross Country Club Inc — will invite all men who have completed a marathon in under 2:18, and all women under 2:48, during the 1983 year.

Runners eligible for these invitations are:

Men		Women	
Derek Froude (ACT)	2:11.25	Lisa Martin (SA/USA)	2:32.21
Nick de Castella (ACT)	2:15.03	Jill Colwell (QLD)	2:37.12
Lawrie Whitty (NSW)	2:15.32	Megan Sloane (VIC)	2:37.50
Laurie Adams (QLD)	2:16.21	Rhonda Mallinder (VIC)	2:37.56
Graeme Kennedy (VIC)	2:16.34	Jackie Turney (VIC)	2:40.05
Colin Neave (ACT)	2:16.57	Dot Browne (VIC)	2:41.24
Graham Clews (ACT)	2:17.00	Shane Barrett (QLD)	2:45.01
John Stanley (NSW)	2:17.04	Mora Main (NSW)	2:46.03
Garry Hand (ACT)	2:17.18	Rosemary Longstaff (ACT)	2:46.22
Steve Poulton (NSW)	2:17.21	Annette Perkins (ACT)	2:46.59
		Barbara Byrnes (VIC)	2:47.37

Other invitations will be issued at the discretion of the organisers. Former sub-2:12 runners Garry Henry, Gerard Barrett and Chris Wardlaw are already on the invitation list, along with multiple world record holder in the veterans category, John Gilmour, of Perth. A team of NZ veterans has been invited and arrangements are in course to invite a team of NZ women.

STRIDERS IN TRAINING

TITLE & CONTACT	DAY/TIME	START/VENUE	COURSE
CENTENNIAL SATURDAYS Brian Colwell	Sat. 7.00 am	Randwick Tech. College entrance to Centennial Pk	Centennial Pk
VETERANS TIME TRIALS Logan Irwin H: 570-3529	Thurs. 5.50 pm	Hensley Park, Pagewood	Track followed by additional track or road. Matra- ville & Botany.
VINCE'S VENGEANCE Bryce Courtenay B: 922-6877	Wed. 12.15 pm or Mon.-Fri. 10k run 12.15 pm	Northern Suburbs Rugby Club	Wed: Oval Inter- vals & Fartlek in park. Mon-Fri: Cremorne Waterfront
WOODSTOCK RUNNERS Kerry Bray H: 74-9835	Tues. & Thurs. 6.00 pm	Tues: Woodstock Community Centre, Church St, Burwood Thur: Campbell Oval, Canterbury Park, Princess St, C'Bury	Tues: Road runs. Thurs: Intervals & races on grass oval track
TURRAMURRA TROTTERS Alan Cole H: 46-3731	Sat. 7.00 am	Turramurra Station Car Park (off Eastern Road)	Course starts at 6.5k & builds up progressively to 15.3k. Turramurra, Wahroonga, Waitara, and Hornsby.

PARTICIPATING STRIDERS	DISTANCE & OTHER NOTES
Brian Colwell Sam Daher Mike Edwards Bill Flanagan Dot Flanagan	Jane Flanagan Brian Hayden Laurie King Steve Knight 1 to 3 laps of 6.4 km course at medium/fast STAR pace, on grass. Optional speedwork sessions at 7.45 am.
Richard Bevan Bernard Cooley Dennis Cooley Alan Powys Ray Doran Sam Daher Mike Edwards Bill Flanagan	Cecil Ford Rob Harrison Brian Hayden Mike McGuirk Laurie King Neil Plevy Derek White Varied speed work; alternating weeks. 1st week: 1 mile track then either 3000 metres track or 4 miles road. 2nd week: 800 metres track then either 5000 metres track or 6 miles road.
Gavin Carr Bryce Courtenay Vince Engel Peter Foulsham Alex Hamill	Wed: Intervals/Fartlek Mon-Fri: Medium pace 10.6k
Derek White Derrick Titmus Kerry Bray	Usually 10k - medium pace. Thur: 3k down to 100m including relays. All times recorded.
Mike Bingham Geoff Cox Bruce Murray Alan Powys Gerald Smith	David Douglas Dave Cox Nigel Hadgkiss Stuart Greaves Handicap race. Slowest runners start at 7.00 am. Faster runners leaving at 1 minute intervals thereafter. 10.4k Feb 26-Apr 2; 12.2k Apr 9-May 14; 14.4k May 21-Jun 25; 15.3k Jul 2-Aug 6

TITLE & CONTACT	DAY/TIME	START/VENUE	COURSE
STRIDERS' TRACK NIGHT John Evennett H: 982-7493 B: 707-8222	Thur. 6.00pm to 8.00pm	Chatswood Rotary Oval, cnr Epping Hwy & Mowbray Rd, Lane Cove West	Track
BIRUBI TRACK TRAINING Neil Plevey H: 560-3474	Mon. 5.00 pm and Wed. 5.00 pm	No. 2 Oval (grass) Sydney University	No. 2 grass oval
SAM DAHER'S SCHOOL OF FARTLEK ("Pain in the Domain") Sam Daher H: 662-4292	Tues. 12.45 pm	Entrance to Domain opposite Mitchell Library	Botanic Gardens and Domain
TALAYS Bob Talay B: 399-3893	Wed. 6.15 pm	Talays Runners Shop 38 Frenchmans Rd Randwick	Randwick-Clovelly then either: 1) Left to Bronte, Tamarama, Bondi or 2) Right to Coogee and Maroubra
CORPORATE CUP Bill Carlson B: 218-9515	Every second Wed. between 12.00 noon & 1.30 pm	Domain, near public toilets, South of Art Gallery	Domain, along water front in Botanic Gardens to steps opposite Opera House and return
LANE COVE RIVER RUNNERS John Evennett B: 707-8222	Tues. 5.30 pm and Fri. 5.30 pm	Lane Cove River Park. Fullers Bridge Entrance	South of River. Fullers Bridge to Ryde Rd & return
WEDNESDAY WESTERNERS Bob Blackwell	Wed. 6.30pm	Alternating participants' homes in Inner Western Suburbs	Varying inner Western Suburbs, incl. Iron Cove Bay, Drummoyne, Pymont.

PARTICIPATING STRIDERS	DISTANCE & OTHER NOTES
Gai Cunningham Stuart Greaves Bernie King	Bret Nichols Leigh Pascoe Chris Porter
Varied speed training, optional time trials from 400m to 5000m.	
Bernard Cooley Dennis Cooley Jane Flanagan Robert Harrison Mike McGuirk Neil Plevey	Varied speed training. <u>Note:</u> Jack Pross is specifically coaching a group of athletes. He has no objection to outsiders joining the group, provided that they make no individual demands upon him.
Charles Coville Phil Caldwell Sam Daher Dot Flanagan Russell Hammond Laurie King Chris Porter	Ian Bowden John Turner Paula Fraser Merri Mack Harvey Blue Derrick Titmus
Intervals at sprinting pace	
Keith Barnett Brian Colwell Peter Hersey	2 courses of 5k, 8k and 16k run on alternate weeks. Competitive pace.
Phil Caldwell Charles Coville Gai Cunningham Sam Daher	Paula Fraser Russell Hammond Merri Mack
6.6k race. Runners leave every minute between 12.00 noon and 1.30 pm.	
John Evennett Max Henderson Gavin Carr Alan Powys	Sue Hill Pam Hazlewood Brett Nichols
Tues: Race Pace. Friday: Medium STAR Pace. 10k.	
Rob Blackwell Nina Blackwell	Between 10k & 15k at medium STAR pace

MARATHON LADDER

AS AT 31st DECEMBER 1983

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
GODFREY FRANZ	O	2.29.46	JOHANNESBURG	10/83	2.21.36 BUFFALO RSA 1983 2.29.59 NSW STATE 1980	DAVE BLACKHALL	P	3.02.24	STATE	6/80	
KEITH CANARD	V	2.32.31	CITIES	8/83		DAVE MILL	P	3.03.00	HARBORD DIGGERS	4/82	
ROBERT HARRISON	O	2.33.46	BIG M	10/82	2.19.08 FIESTA BOWL ARIZONA USA 1979	BRENT WATERS	P	3.03.01	BIG M	10/82	
TONY MCCALL	P	2.34.52	FAR NORTH COAST	8/83		IAN WEBB	P	3.03.38	BIG M	10/82	
WINFRIED AHLMANN	P	2.35.59	D.I.Y. - ACT	12/83	2.40.00 TRANSVAAL STATE 2.46.19 STATE 1982	MICHAEL MCGUIRK	P	3.04.09	NIKE	4/83	
BILL FLANAGAN	O	2.36.47	NIKE	4/82		CRAIG JOHNSON	P	3.04.20	NIKE	4/82	
NEIL PLEVY	O	2.37.24	STATE	6/82	2.50 SYDNEY 1982	MICK EDWARDS	P	3.04.52	AUSTRALIAN	6/83	
DAVE COX	P	2.37.52	NIKE	4/82		DAVID PETERSON	V	3.04.53	STATE	6/82	
BRUCE USHER	P	2.38.45	CAMPBELLTOWN	5/82	2.52.48 HAMILTON (NZ) 1981	BRETT NICHOLS	P	3.05.30	AUSTRALIAN	6/83	
STUART GREAVES	P	2.41.21	BIG M	10/82		GAI CUNNINGHAM	PF	3.06.46	AUSTRALIAN	6/83	
VINCE ENGEL	P	2.42.31	NIKE	4/83	2.54.00 ADELAIDE 1981	RUSSELL HAMMOND	O	3.07.16	NIKE	4/83	
BOB SHAW	O	2.42.56	AUSTRALIAN	6/83		KEITH BARNETT	P	3.07.32	AUSTRALIAN	6/83	
DAVID DONNELLY	P	2.43.48	NIKE	4/83	2.54.19 STATE 1982	BERNIE KING	V	3.07.53	NIKE	4/83	
TONY HEALY	O	2.44.30	BIG M	10/83		DAVE WILLIAMS	P	3.08.15	NIKE	4/83	
CHARLES COVILLE	P	2.45.13	WINSTONE	11/83	2.54.43 AUSTRALIAN	JIM TRAVERS	O	3.08.18	WOLVERHAMPTON	2/83	
RON FEENEY	O	2.47.06	HAMILTON	10/83		JOHN TURNER	V	3.08.32	AUSTRALIAN	6/83	
SAM DAHER	P	2.48.24	NIKE	4/82	2.54.57 HARBORD DIGGERS	ALEX HAMILL	P	3.09.18	SYDNEY	9/83	
FRANCIS CHAN	O	2.48.53	SYDNEY	9/82		IVAN FREYS	P	3.09.20	STATE	6/82	3.07.00 HARBORD DIGGERS 1980
WAYNE STANTON	O	2.49.03	CITIES	8/83	2.55.08 GOLD COAST	GAVIN CARR	P	3.09.36	STATE	6/82	
NIGEL HADGKISS	P	2.49.09	CAMPBELLTOWN	7/83		MARK HANLON	O	3.09.47	NIKE	4/82	
JOHN EVENNETT	P	2.49.26	NIKE	4/83	2.55.31 STATE	ROBERT MANN	V	3.10.27	AUSTRALIAN	6/83	
DENNIS COOLEY	P	2.49.33	NIKE	4/82		TERRY MCMAHON	V	3.11.50	AUSTRALIAN	6/83	
TREVOR ROBERTS	P	2.49.37	BIG M	10/83	2.55.51 AUSTRALIAN	GARY BUCKLAND	P	3.12.52	AUSTRALIAN	6/83	
CHRIS STAPLES	O	2.49.57	GILLAWARMA	8/83		BRYCE COURTENAY	V	3.13.58	NIKE	4/83	
PETER COBLEY	P	2.50.01	AUSTRALIAN	6/83	2.57.00 AUSTRALIAN	LEO LEADER	P	3.14.05	NIKE	4/83	3.05.00 CAPE PENINSULA (RSA) 1980
HARVEY BLUE	V	2.50.17	AUSTRALIAN	6.83		KEN O'CONNOR	P	3.14.12	GILLAWARNA	8/83	
DICK CLELAND	V	2.50.34	GOLD COAST	8/82	2.57.13 HONOLULU	MERRI MACK	PF	3.14.06	AUSTRALIAN	6/83	3.09.21 NIKE 1982
LAURIE KING	P	2.50.37	GILLAWARNA	8/83		BOB CHEETHAM	O	3.14.20	AUSTRALIAN	6/83	
MIKE ANSCHUTZ	O	2.52.04	SOUTH AUST STATE	6/82	2.57.24 NIKE	KARL TOPPER	P	3.14.31	NIKE	4/83	
STEVE KNIGHT	P	2.52.20	AUSTRALIAN	6/83		ROBERT WATERREUS	P	3.15.31	AUSTRALIAN	6/83	3.12.32 AMSTERDAM 1982
ALISTAIR MACKIE	P	2.52.25	AUSTRALIAN	6/83	2.57.29 GILLAWARNA	IAN MILLER	P	3.16.04	AUSTRALIAN	6/83	
LEIGH PASCOE	P	2.52.48	BIG M	10/83		TERRY MCIVER	P	3.16.59	AUSTRALIAN	6/83	
BERNARD COOLEY	V	2.53.45	CAMPBELLTOWN	5/82	2.57.40 AUSTRALIAN	IRWIN LIGHT	P	3.17.27	AUSTRALIAN	6/83	3.10.38 BLUFF (RSA)
RAY DORAN	V	2.54.10	STATE	6/82		DOROTHY SIEPMANN	VF	3.18.17	BIG M	10/83	
PAUL RUSSELL	P	2.54.13	BIG M	10/83	2.58.00 AUSTRALIAN	LYNNE EVANS	PF	3.19.30	NIKE	4/83	
DAVE DOUGLAS	V	2.54.30	ADELAIDE	6/83		IAN NEWLANDS	V	3.19.39	STATE	5/83	
WYNNE HENDERSON	O	2.54.35	NIKE	4/83	2.58.22 STATE	ROBERT WARD	P	3.20.01	AUSTRALIAN	6/83	
BERNIE LIEBMANN	P	2.54.43	AUSTRALIAN	6/83		GERRY GREENLAND	P	3.20.42	AUSTRALIAN	6/83	
ALAN POWYS	O	2.54.57	HARBORD DIGGERS	5/82	2.58.42 CAMPBELLTOWN	JOHN DAWES	P	3.20.44	AUSTRALIAN	6/83	
OSTEN HANSSON	P	2.55.08	GOLD COAST	8/81		GEOFF MURRAY	P	3.20.45	STATE	6/83	
STEVE CORNELIUS	P	2.55.31	STATE	6/82	2.59.10 AUSTRALIAN	PETER RYAN	M	3.21.45	BIG M	10/82	
DAVE INGHAM	P	2.55.32	STATE	6/82		RICHARD BEVAN	P	3.22.17	BIG M	10/82	
RUSSELL BLACK	P	2.55.51	AUSTRALIAN	6/83	2.59.18 AUSTRALIAN	BARRY JONES	M	3.23.18	VETERANS	7/81	
BRIAN LYNCH	P	2.57.00	AUSTRALIAN	6/83		BARRY RUTHERFORD	O	3.25.00	CITIES	8/83	3.12.48 GOLD COAST 1983
NOBBY YOUNG	V	2.57.07	GILLAWARNA	8/83	2.59.19 HARBORD DIGGERS	BRENDA HAMILL	PF	3.23.38	SYDNEY	9/83	
SCOTT LAWRENCE	O	2.57.13	HONOLULU	12/83		ROBERT BLACKWELL	P	3.25.56	STATE	6/62	
ALAN FARRELL	P	2.57.24	NIKE	4/83	2.59.25 VETERANS	DEREK WHITE	M	3.26.56	NIKE	4/83	3.26 NIKE 1981
PETER FOULSHAM	V	2.57.29	GILLAWARNA	8/83		GEOFF COX	O	3.27.26	HARBORD DIGGERS	4/81	
JENNY WALKER	OF	2.57.40	AUSTRALIAN	6/83	2.59.33 STATE	CHRISTINE PORTER	OF	3.28.26	BIG M	10/83	
WINSTON MARSDEN	V	2.58.00	AUSTRALIAN	6/83		PETER HERSEY	V	3.28.30	AUSTRALIAN	6/83	
MAX HENDERSON	V	2.58.22	STATE	6/82	2.59.43 BIG M	NEIL GUY	O	3.29.56	GILLAWARNA	9/80	
BRIAN HAYDEN	M	2.58.42	CAMPBELLTOWN	7/83		JOHN HILL	P	3.30.11	AUSTRALIAN	6/83	
JOHN JESTON	P	2.58.48	NIKE	4/82	2.59.46 AVON	GEOFF PEARL	V	3.32.28	AUSTRALIAN	6/83	
NEIL COLLUM	P	2.59.10	GILLAWARNA	8/83		ERIC WILLCOCK	M	3.32.32	BIG M	10/83	3.28.49 ADELAIDE 1981
BRYAN FENN	P	2.59.18	AUSTRALIAN	6/83	3.01.00 HARBORD DIGGERS 1980	BRUCE MURRAY	V	3.32.40	SYDNEY	9/83	
ALAN TUCKER	P	2.59.19	HARBORD DIGGERS	5/82		MALCOLM MCDONAL	P	3.33.04	AUSTRALIAN	6/83	
BILL HUNTER	M	2.59.25	VETERANS	7/81	3.01.29 AUSTRALIAN	BARRY BYRNES	P	3.33.24	CITIES	8/83	
MIKE BINGHAM	P	2.59.33	STATE	6/81		JOHN OLDROYD	O	3.35.00	STAT	6/81	
CECIL FORD	P	2.59.43	BIG M	10/82							
SUE HILL	PF	2.59.46	AVON	5/81							
ANTHONY WHITE	P	3.01.29	AUSTRALIAN	6/83							
BRIAN COLWELL	P	3.01.47	BIG M	10/82							

STRIDER	CAT.	TIME	MARATHON AS A STRIDER	DATE	MARATHON PRIOR TO JOINING STRIDERS
JOHN FLYNN	P	3.35.37	GILLAWARNA	9/80	
BILL MCCRINDLE	M	3.38.04	STATE	5/83	
ERIC SPILSTED		3.40.10	SYDNEY	9/83	
HERB LUDINGTON	M	3.40.34	AUSTRALIAN	6/83	3.31.51 STATE 1982
PETER KEEBLE	V	3.41.00	AUSTRALIAN	6/83	3.29.56 NIKE 1982
MIKE FOSTER	P	3.41.52	CHRISTCHURCH	6/83	
JEFF BURGESS	O	3.43.28	CAMPBELLTOWN	7/83	
MIKE NATHANSON	V	3.43.58	NEW YORK	10/80	
LANCE DAY	V	3.44.55	CITIES	8/83	
DERRICK TITMUS	V	3.47.09	AUSTRALIAN	6/83	
JOHN GALE	O	3.49.27	ADELAIDE	8/81	
PHIL CALDWELL	P	3.53.19	AUSTRALIAN	6/83	
PAM HAZLEWOOD	PF	3.55.31	NIKE	4/83	
ROBERT STUART	V	3.59.00	NIKE	4/83	3.40.00 HARBORD DIGGERS
CAROL LUDINGTON	VF	4.01.52	D.I.Y. - ACT	12/83	3.44.42 GOLD COAST 1981
JIM DONOVAN	P	4.06.57	NIKE	4/83	
JENNY MCCOY	OF	4.21.16	AUSTRALIAN	6/83	
BOB PEIRSON	M	4.33.40	HARBORD DIGGERS	4/81	
NIGEL KINGSMILL	V	4.34.42	AUSTRALIAN	6/83	3.31.00 CITIES 1981
TOM SMITH	V	4.40.08	NIKE	4/83	
ADAM THOMSON	J	4.40.18	HONOLULU	12/82	
DOT FLANAGAN	VF	4.42.56	HONOLULU	12/82	
ANNE FLANAGAN	JF	4.48.12	STATE	5/83	
SUE THOMSON	VF	4.53.50	HONOLULU	12/82	
VALERIE WILLCOCK	MF	5.16.24	HONOLULU	12/82	4.41.00 AVON 1981
JANE FLANAGAN	JF	5.27.56	HONOLULU	12/82	3.42.18 BIG M 1980

MARATHON PRIOR TO JOINING STRIDERS
(NO MARATHON SINCE JOINING)

DAVID ROBINSON	P	2.36.06	KENYA - STATE	8/63
IAN BOWDEN	O	2.38.38	AUSTRALIAN	6/83
ROBERT CAPLICE	P	2.41.30	AMERICAN, CHICAGO	10/83
ANTHONY SAUERMAN	O	2.43.39	CAPE PENINSULA (RSA)	1980
ROGER ADAMS	V	2.50.35	HAMILTON, N.Z.	1981
RON CORDEN	V	2.55.26	PORT MORESBY	1980
PAUL ROBERTS	O	3.02.10	WELLINGTON, N.Z.	1983
PETER LARK	P	3.06.00	PENINSULA, (RSA)	1971
BRIAN GATFIELD	P	3.09.07	AUSTRALIAN	1983
GORDON SARFATY	M	3.10.00	TYAB	1975
MIKE ROSE	P	3.15.30	BANBURY, W.A.	4/83
ROD McLEAN	P	3.17	AUSTRALIAN	6/83
MIKE DONNELLEY	P	3.18.29	AUSTRALIAN	6/83
PETER ARNOLD	P	3.22.14	AUSTRALIAN	6/83
PETER DONNELLY	P	3.23.00	HARBORD DIGGERS	1981
ALAN SNOW	P	3.29.00	PRETORIA (RSA)	1978
JOHN EDWARDS	P	3.32.52	NIKE	1980
ROBERT KILMA	P	3.34.10	AUSTRALIAN	6/83
RON COGHILL	P	3.40.00	AUSTRALIAN	6/83
HARRY TURNER	V	3.42.10	BIG M	1982
KERRY BRAY	P	3.46.58	AUSTRALIAN	6/83
TIM WACHENFELD	P	4.15.30	SINGAPORE	12/82
OKSANA PYLPIAK	P	4.33.03	AUSTRALIAN	6/83
IAN CROSS	O	4.35.05	STATE	1982

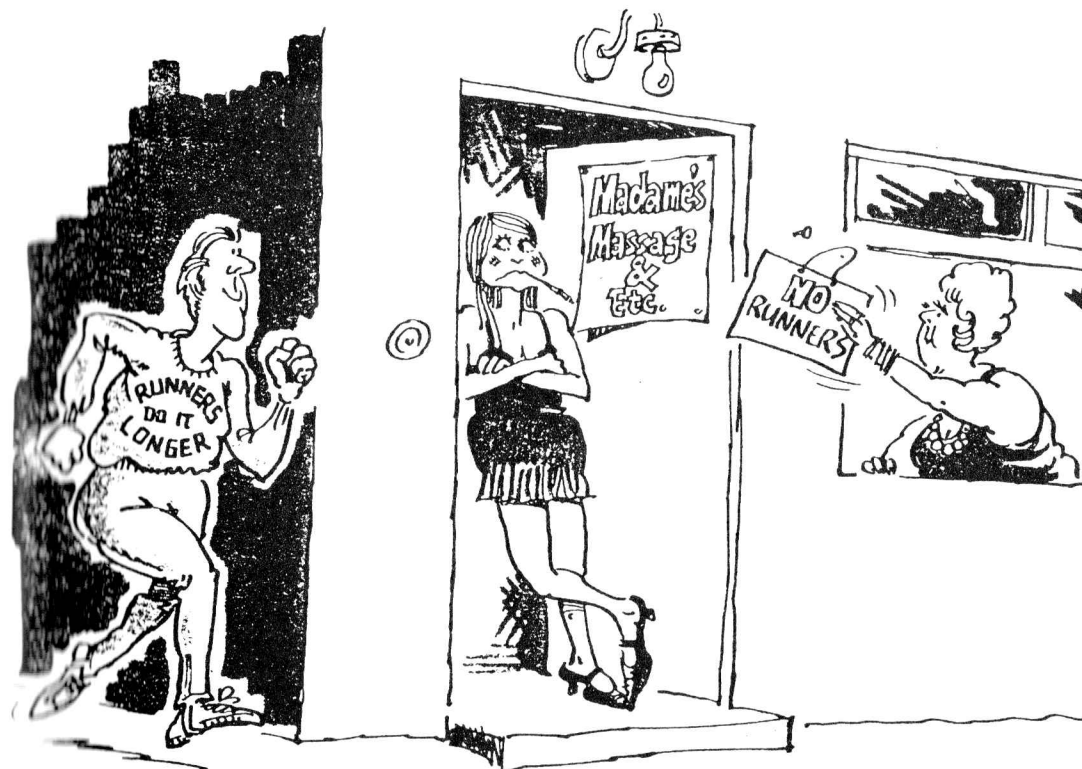
CATEGORY LEGENDS

J = Junior - Under 18
P = Pre-Vet - 30-39
M = Master - 50-59

O = Open - 18-29
V = Veteran - 40-49
S = Senior - Over 60

ERRORS/OMISSIONS

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





MARATHON SURVEY

THE PROPOSED CHANGES TO THE
STATE MARATHON DID NOT EVENTUATE.
NO NEW SPONSORS ; NO POLICE
APPROVAL TO RUN THRO STREETS
OF SYDNEY ON ANZAC DAY.

MARATHON	NIKE (INCORP. AVON WOMENS) INTER-NATIONAL	HARBORD DIGGERS	NSW STATE (INCORP. NSW VETERANS)
Marathon Location	Canberra		Holdsworthy, Sydney
Date of Race	8 a.m. April 8		April 25
Entry Deadline	February 29		?
Course Description	Flat, Mild Undulations		Mostly Flat, Some Undulations
Course Direction	Out and Back Twice		Out and Back Twice
Course Record	G. Kennedy 2.15.16 1981	CALENDAR	S. Poulton 2.17.07 1981
1983 Field Size Entrants Starters Finishers	1408 1250 932		- - 404
1983 Winners Male Female	Colin Neave 2.16.57 Ngairie Drake 2.44.11	DELETED	John Stanley 2.24.11 Pat Marshall 3.00.24
1983 No. of Sub 3 Hours	232 25%		79 20%
1983 No. of Striders Finishers	63		30
Entrance Fee	\$10		\$5
Contact (B) Business (R) Residence	Dave Cundy (B) 062 63-3538 (R) 062 31-8422 P.O. Box 144 Kambah, 2902		NSW AAA (B) 241-3538 2nd Floor Sports House 157 Gloucester St Sydney

AUSTRALIAN MARATHON	CAMPBELLTOWN	FAR NORTH	GOLD COAST
North Sydney	Campbelltown, Sydney	Wardell, N.S.W.	Surfers Paradise
June 10	7.30 a.m. July 22	Sept. 16 Limit 100	August 5
May 12	July 15		July 2
Fairly flat, some undulating	Gently undulating	Flattest in N.S.W.	Flat
North Sydney - La Perouse - Moore Park	Out and back	Out and back thrice	Out and back twice
Ron Tabb 2.10.43 1983	Horst Wegner 2.22.29 1981	B. Clingan 2.32.57 1982	Laurie Adams 2.16.22 1983
2184 - 2150	- 80 76	- 58 56	700 - 573
Ron Tabb 2.10.43 Annick Loir- Leberton 2.36.54	Horst Wegner 2.25.06 Gloria Kennedy 3.37.42	Bruce Sanders 2.33.54 Mary Murison 2.48.19	Laurie Adams 2.16.22 Rhonda Bushey 2.49.17
360 17%	22 29%	? ?	139 24%
71	7	2	3
\$10	\$5	\$6	\$10
(B) 288.3921 Australian Marathon P.O. Box 700 Strawberry Hills 2013	Ken Saunders (B) 236.9309 (R) 046 25.2686 P.O. Box 657 Campbelltown 2560	Brian Richards (B) 066 21.4422 (R) 066 29.7278	Dusty Lewis (075) 384680 P.O. Box 5251 Gold Coast Mail Centre, 4217

MARATHON	GILLAWARNA	FESTIVAL CITY	CITIES
Marathon Location	Lake Gillawarna Sydney	Adelaide	Sydney
Date of Race	7.30 a.m.	8 a.m.	19 August
Entry Deadline	12 August Race Day	26 August 31 July	5 August
Course Description	Flat	New course	Undulating and flat
Course Direction	Out and Back Twice	Out and back	Sydney to Blacktown
Course Record	Horst Wegner 2.21.59 1983	Paul O'Hare 2.20.27 1983 (Old course)	Steve Montague 2.26.59 1982
1983 Field Size			
Entrants			205
Starters		1384	167
Finishers	97	1330	154
1983 Winners			
Male	Horst Wegner 2.21.59	Paul O'Hare 2.20.27	Steve Montague 2.27.30
Female	Georgina McConnell 3.29.35	Desiree Letherby 2.51.15	Sue Hill 3.10.39
1983 No. of Sub 3 Hours	41 42%	170 13%	25 16%
1983 No. of Striders Finishers	9	2	12
Entrance Fee	\$3.00	\$10.00	\$5.00
Contact (B) Business (R) Residence	Keith Gillies 635.9640 (R) 28/15 Campbell St. Parramatta	(08) 510351 P.O. Box 96 Glenelg 5045	Ian Winton Blacktown City Council (B) 621.0011(x216)



Always One Step Ahead

AUSTRALIAN **RUNNER**