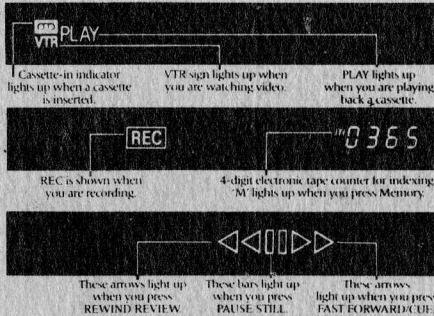


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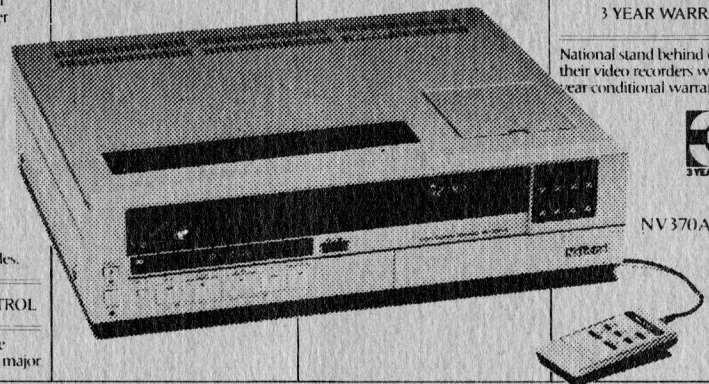
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Sydney Striders

Marathon and Road Runners Club



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THE BLISTER

Club Magazine of
Sydney Striders
Marathon & Road Runners Club
P.O. Box 119, Grosvenor St.,
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Publisher: Bryce Courtenay

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* * * *

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BLOODLESS COUP BEGINS NEW ERA!

As Charles Coville mentioned in the last Blister, 1984 marks the end of an era. Four of our hardest-working committee members (Brian Colwell, Philip Caldwell, Bryce Courtenay and Charles Coville) stood down in February, taking with them a total of almost ten man-years of committee experience.

Each one of those four had made a considerable contribution to the growth and reputation of the club, and I'm not embarrassed to say that for the 1984 committee, it's a hard act to follow. Between the ten of us, we can only muster 3 years' committee experience, and so these first few weeks find us feeling our way gently and cautiously into our tasks.

We are heartened, however, to have inherited almost 4 years of good solid groundwork by our predecessors. When a STAR attendance made triple figures for the first time ever at Sam Daher's "150th" STAR (it couldn't have been just the grog?) I found myself wondering if Charles, who founded the club and guided it in its formative years, had allowed himself a smirk of satisfaction.

From the smallest of beginnings in 1980 the club has grown to over 200 strong, possesses a nationally famous half-marathon, produces 3 regular publications (Blister, Calendar, Striding On) to inform its members, and manages to stage an average of 40 training runs and 3 or 4 internal races a year.

The job of the 1984 committee is to maintain and build upon this groundwork. We are already well-placed to become the pre-eminent marathon club in NSW, in terms of membership and reputation; it is one of our prime tasks to ensure that large membership brings benefits to us all, without depersonalisation or reduction in the range and quality of services offered to members.

We promise to do our level best to achieve that aim. If we're a little short on experience, we certainly don't seem to be short on enthusiasm on the committee these days. But we're going to need your help and support, and to some extent it would be true to say that at the end of our term of office the club will be what you, the members, make it.

The Sunday Training Run program is probably the best example we have of decentralisation of effort. Well over 20 people contributed to the STAR program in one way or another in 1983, and there is room for other club enterprises to be similarly decentralised. The National Panasonic Half-Marathon, for example, although brilliantly handled for the last 2 years by Philip Caldwell, must now be entrusted to a Race Committee of 5 or 6; social events are now becoming so frequent that it is not fair to ask one person to organise them all; club publications are already handled by a large number of different people, rather than by a single Publications Manager.

The most pleasant aspect of appealing to Striders' members for help is that, almost invariably, they come to the party and prove what a wealth of talent, ideas and resources we have among our runners. With the present phenomenal growth of the club and the work it entails, we will welcome your contributions, your ideas and your criticisms.

May I take this opportunity to wish all Striders a safe, injury-free, PB-studded year. And if you have any bright ideas while you're on the run, don't be shy, TELL US!

Steve Cornelius, Club President.

EDITORIAL

YOUR BLISTER

During the years I've been Striding, I'm sure Striders have enjoyed reading the Blister as much as I have.

Since its inception, the Blister has been the baby of Charles Coville. With Charles standing down, I had the title of literature director thrust after my name. This means I'll be trying to carry on where Charles left off, and to continue the tradition of entertaining and informative reading.

Any suggestions for future Blisters are most welcome. It's your club and your magazine. As always, contributions from all members are welcome, but please take note of the deadline date on the inside cover.

Many thanks to Charles for making the change-over so smooth. As before, Bryce is responsible for the brilliant job of turning a bundle of papers into such a tidy publication.

Thanks also to Alex Hamill for arranging the typing of some articles, to Dorothy, Jane and Anne Flanagan for typing, and to Patti Burke, Carol Ludington, Judy Kleiman and Dorothy Flanagan for new member profiles.

Please advise me or Steve Cornelius of any corrections/additions to the marathon ladder, Striders in training, race results, etc.

Please remember to advise the Blister of race results by making use of your Race Results form, or the space provided on the notice board.

The next issue will cover the two 'biggies' of the season, Wang and City-to-Surf, and to publish a comprehensive results list, we need your assistance. After these races, look for the Striders banner, and tell me or our roving reporter of your performance. (At the rate I'm running now, you may have to wait until after midday before I arrive!)

Positions are always available for anyone interested in writing up new member profiles. It's a great way of getting to know your fellow Striders before anyone else.

Good running and reading,

Bill Flanagan

Bill Flanagan
Literature Director.

A NOTE ABOUT THE STARS

The Editor has recently received two letters from a disgruntled Strider who seems perplexed about the pace of the various groups in STAR runs. It seems he had fronted up to run with the 'Main' group (supposedly for sub-3.15 marathoners) only to find a small group of what he labelled 'Hot Shots' who proceeded to burn up the tarmac faster than a speeding bullet. Space unfortunately does not allow us to print his letters in their entirety, but he certainly makes some good points:

"It's no fun being lost because of inability to keep up with the 'Hot Shots'. When will they learn - ONE RACES IN RACES, NOT IN 'STARS'?" (My emphasis).

Well said, sir. It's exactly a year now since a small group of intermediate pace marathoners requested a "middle group" to save them having to keep up with the very many sub-3.15 runners on STaRs. And we STILL haven't yet given them a fair go, because all those sub-3.15 marathoners refuse to wait an extra ten minutes for what SHOULD be the main group, preferring to take off with the 'Intermediates' and thus ruining their group. At the recent Chatswood STaR, NOT A SINGLE RUNNER went on what was billed on the Calendar as the 'Main' group. There just has to be something wrong there.

There's nothing wrong with running at your own pace on STaRs. That's supposed to be what they're for. There's nothing wrong with breaking away from the main group and running at 'hot shot' pace, if that's what makes you feel comfortable. There's always, supposedly, been room for both 3-hour-pace marathoners like myself AND 'hot shots' in the main group. So isn't it about time the top 86 runners on the Marathon Ladder (including me) came to our senses? This means just waiting an extra 10 minutes (not asking much, are we?) and allowing the 3.15-plus people to have their own group and do what THEY want to do - run at their own pace?

Steve Cornelius

SLOW DOWN ALISTAIR

by Alistair Mackie

EXPRESSIONS like "PB" "HIT THE WALL" "FLOATING" "PAIN BARRIER" are part of our sport, and are instantly recognised and accepted for what they mean.

Unfortunately, EXPRESSIONS like "IT'S NOT A RACE" "YOU'RE TAKING US OUT TOO FAST" "CHRIST! WHO'S SETTING THE PACE" are also becoming part of our sport, particularly our star run.

I know that I have been guilty of causing some of these latter comments by running in the wrong group.

We may run with the group of our choice, but we must run at that group's pace or declare that you are going out fast because you have to leave early, etc.

We hope to introduce a pin-on label similar to a race number which will carry a per Km time, Eg. 4m30s, 5m15s, 6m00s.

This will then indicate to all runners the approximate pace of that group.

I would like everyone to ask the question to themselves, "Am I in the group which suits my training needs?"

The reason for my writing this article, is not to relieve my guilt, but to put other EXPRESSIONS back into our star runs, Eg. "IT WAS A GREAT RUN", "I ENJOYED THAT" "IT WAS ONE OF THE BEST".

Your own conscience and questioning attitude, are the only things which will make our stars a group run and not a race.

I look forward to a great training and racing year, with the STRIDERS.

Membership

Membership Director, Carol Ludington reports that as at the 20th of April, there are 185 Striders.

An injury free welcome and happy striding to the following who have joined since the last Blister.

Richard Bamann
Nicholas Burke
Paul Foster
Dan Grey
Alan Kosiarski
Bill McCarthy
Tom Rose
Tony Vipond
Donald Yates

Frank Brandon
Patti Burke
Marlene Fronsén
Greg Harburg
Peter Langton
David McCormack
Tony Smuts
Bill White

Graham Burke
Tony Conner
Val Gale
Joan Haydon
Peter Luxton
Kate O'Rourke
Brian Tailford
Kar Wong

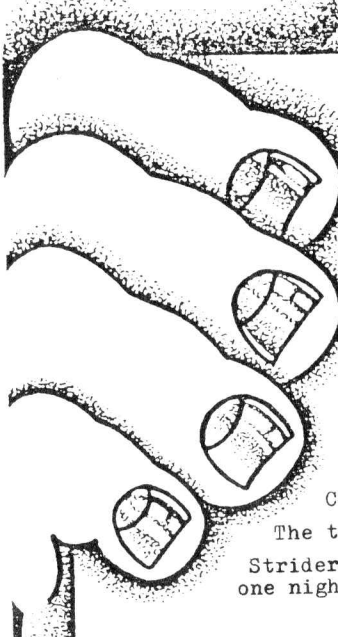
Noel Barton
Owen Denmeade
Mavis Garrick
Terry Hudson
Neville Mills
John Patchett
Michael Topley
Ken Wylie

Kate O'Rourke,

Kate started running 15 months ago, hoping that it would help her to give up smoking. She has been successful but prefers not to relive that difficult time. Presently she runs about 45 kms a week and knows she must increase that in order to run a marathon in 1985 as she plans to do. Kate's first long run was the last "Lindfield Lope" - despite that she still turns up every Sunday to run the Stars, encouraged by Leigh to run the longer distances. Originally from Narrandera she came to Sydney to undertake a law degree and she works now as a solicitor mainly concerned with patents and trade marks. Kate is quiet, cheerful and uncomplaining - the Slow Group always looks forward to her company on Sundays.

Greg. Harburg

Running for Greg. has been a lifelong form of relaxation until a recent City to Surf engendered an interest in competition and then marathons. Greg. runs 80-100 kms a week in training - this is accomplished by running home each evening from the City to Neutral Bay and with the Sunday Star. He enjoys the Stars - the concept of completing a long run with the group and being a part of the friendly atmosphere afterwards pleases him. His diet is vegetarian and although a moderate drinker he admits to "looking forward to a drink after a run." Greg's job as managing director of an import and retail homewares business is time consuming and although he's working hard to achieve a sub 3 marathon, running is still basically an activity pursued for pleasure.



Take a closer look!

BILLETS REQUIRED

Members of the Blue Mountains Joggers will be guests of Striders at the Internal Cross-Country.

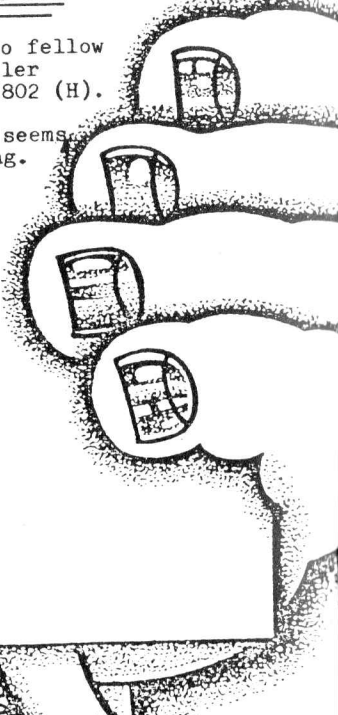
The tentative date is 8 July, 1984.

Striders willing to put a roof over their heads for one night should contact Bill Flanagan
Phone 661-4451 (Home).

SECONDS REQUIRED

Striders wishing to offer their support to fellow members in the Sydney to Wollongong 50-miler please contact Alistair Mackie, Phone 851802 (H).

This year's race is on August 26, and it seems that at least 4 Striders will be competing.



TOM FINDS LANE COVE HILLS NO HANDICAP

by Steve Cornelius

Our Open Half-Marathon course through Lane Cove River Park was, for the first time, the venue for the Striders' Annual Internal Half-Marathon Handicap. It's a testing course, not conducive to fast times, but most entrants demonstrated that they'd been doing a bit of work since Iron Cove by improving on their previous times.

87 runners fronted the line between 6:09 a.m. and 7:20 a.m., and only 5 fell by the wayside. Starting times for most competitors were based on their performance at the Iron Cove Half-Marathon, but over 30 other runners, who had not competed at Iron Cove, allocated themselves starting-times appropriate to their abilities and competed for the "elapsed time" trophy.

"Slow-group" members have traditionally done well in this event, and this year was no exception. It was Tom Smith and Sue Thomson who burned off all opposition and battled each other up the final killing half-kilometre of Wicks Road. Tom, doing his Cheshire Cat imitation, was first to cross the line and a worthy winner after a near miss in 1983. He was a good 7 minutes ahead of the next handicap competitor, Alex Hamill, whose triathlon efforts have obviously toughened him up somewhat. Kerry Bray seemed very surprised to be 3rd on handicap (1st woman), only a minute adrift of Alex.

Other notable handicap performances came from Graeme Butler (4th), Merri Mack (5th, 2nd woman), Bill McCrindle (6th, 1st Over-50), Gerald Smith (8th and oldest to finish), and Carol Ludington (12th, 3rd woman). Just to show it was no fluke, the irrepressible Tommy also recorded the highest percentage improvement since Iron Cove, with 13.55%. Alex Hamill, Graeme Butler and Merri Mack were the only others to break the 10 percent barrier.

While most of the attention was on the handicap winners, Keith Canard was producing yet another of his sparkling performances in the absolute (elapsed-time) competition. His 1:13:31 was a great run for such a difficult course, but Francis Chan and Wayne Stanton produced fine efforts for 2nd and 3rd. Messrs Farrell, Cooley and Blue teamed up with the overall winner to put veterans in 1st, 4th, 6th and 9th positions. Sue Hill proved too good for the other ladies, her 1:28:30 being enough to lead Merri Mack by over 2 minutes.

Although Tom Smith's win would by itself have given us enough to smile about, Brian "Morning After" Colwell amused by-standers mightily by setting a rather bizarre club record: the earliest drink-stop ever taken by a Strider in any race, anywhere on Earth. Claiming that his liver had suffered an insupportable onslaught the previous evening, and that his body consequently required copious hydration, Brian pulled up after only 50 metres to imbibe water which by rights he shouldn't have sampled for another 6,950 metres. He was unperturbed by the paroxysms of seismic laughter emanating from the gallery.

Many thanks to the crew who made it all possible: Marlene Fransen, Kate O'Rourke, Robyn Murphy, Herb Ludington and Gary Shoesmith (marshals), John Evennett, Gavin Carr and Patti Burke (aid-stations), Noel Barton (registration and time-recording), and Terry McIver (faultless starter and time-keeper for the 2nd consecutive time).

LANE COVE RIVER PARK HALF-MARATHON: HANDICAP RESULTS

Pos.	Name	Age	Sex	Start Time	Finish Time	Comments
1	Tom Smith	49	M	6:09	8:15:12	1st Male, 1st Vet
2	Alex Hamill	40	M	6:52	8:22:17	2nd Male, 2nd Vet
3	Kerry Bray	40	F	6:36	8:23:26	1st Female
4	Graeme Butler	35	M	6:52	8:23:48	3rd Male
5	Merri Mack	38	F	6:54	8:24:29	2nd Female
6	Bill McCrindle	52	M	6:53	8:25:13	1st Master
7	Chris Staples	34	M	7:06	8:27:00	
8	Gerald Smith	58	M	6:48	8:27:32	2nd Master
9	Peter Ryan	53	M	6:37	8:28:01	3rd Master
10	Alan Farrell	40	M	7:10	8:28:23	3rd Vet
11	David Donalley	40	M	7:05	8:28:38	
12	Carol Ludington	49	F	6:36	8:28:43	3rd Female
13	Mike Foster	39	M	7:06	8:28:44	
14	Nick Reed	25	M	6:52	8:29:09	
15	Mavis Garrick	41	F	6:38	8:29:11	
16	Harvey Blue	45	M	7:09	8:29:34	
17	Bernie King	41	M	7:07	8:29:39	
18	Robert Watereuss	33	M	7:00	8:29:49	
19	Peter Cobley	33	M	7:07	8:30:02	
20	Brent Waters	36	M	6:55	8:30:13	
21	Max Henderson	42	M	6:55	8:30:18	
22	Dick Cleland	41	M	6:59	8:30:36	
23	Leigh Pascoe	34	M	7:11	8:30:38	
24	Sam Daher	36	M	7:06	8:31:04	
25	Harry Turner	42	M	6:57	8:31:17	
26	Laurie King	39	M	7:08	8:31:42	
27	Bob Mann	43	M	6:56	8:31:47	
28	Alistair Mackie	33	M	7:09	8:31:59	
29	Charles Coville	35	M	7:11	8:32:06	1st ex-President
30	Rob Klima	40	M	7:01	8:32:06	
31	Dot Flanagan	48	F	6:35	8:32:35	
32	Bruce Murray	50	M	7:02	8:32:49	
33	Gerry Greenland	37	M	6:59	8:32:50	
34	Dorothy Siepmann	40	F	6:56	8:33:08	
35	Ray Doran	43	M	7:12	8:33:35	
36	Terry MacMahon	44	M	7:02	8:33:47	
37	John Hill	38	M	7:02	8:33:55	
38	Trevor Roberts	35	M	7:13	8:34:25	
39	Kar Wong	34	M	7:05	8:34:37	
40	Brian Haydon	54	M	7:03	8:35:47	
41	Paula Fraser	24	F	6:57	8:35:54	
42	Joan Haydon	50	F	6:09	8:20:25	
43	Jane Flanagan	19	F	6:58	8:38:07	
44	Bill Flanagan	23	M	7:02	8:40:42	
45	Robert Harrison	29	M	7:12	8:31:34	
46	Brian Colwell	34	M	7:00	8:46:00	
47	Ian Bowden	25	M	7:20	8:46:19	

LANE COVE RIVER PARK HALF-MARATHON: ELAPSED-TIME RESULTS

Pos.	Name	Time	Pos.	Name	Time
1	Keith Canard	1:13:31	42	Leo Leader	1:31:57
2	Francis Chan	1:15:37	43	Bill McCrindle	1:32:13
3	Wayne Stanton	1:17:23	44	Tom Rose	1:32:37
4	Alan Farrell	1:18:23	45	Bernard Cooley	1:32:46
5	Tony White	1:19:03	46	Brian Haydon	1:32:47
6	Dennis Cooley	1:19:30	47	David Blackwell	1:32:47
7	Robert Harrison	1:19:34	48	Ken O'Connor	1:33:10
8	Leigh Pascoe	1:19:38	49	Gerry Greenland	1:33:50
9	Harvey Blue	1:20:34	50	Neil Collum	1:34:00
10	Chris Staples	1:21:00	51	Harry Turner	1:34:17
11	Charles Coville	1:21:06	52	Keith Barnett	1:34:20
12	Trevor Roberts	1:21:25	53	Mike Ward	1:34:25
13	Scott Lawrence	1:21:28	54	Brent Waters	1:35:13
14	Ray Doran	1:21:35	55	Max Henderson	1:35:18
15	Peter Lark	1:21:44	56	Bob Mann	1:35:47
16	Bernie King	1:22:39	57	Dorothy Siepmann	1:37:08
17	Mike Foster	1:22:44	58	Nick Reed	1:37:09
18	Alistair Mackie	1:22:59	59	Derek White	1:38:05
19	Peter Cobley	1:23:02	60	Brenda Hamill	1:38:19
20	Peter Donnelly	1:23:17	61	Bill Flanagan	1:38:42
21	Paul Russell	1:23:18	62	Paula Fraser	1:38:54
22	David Donalley	1:23:38	63	Gerald Smith	1:39:32
23	Laurie King	1:23:42	64	Jane Flanagan	1:40:07
24	Sam Daher	1:25:04	65	Winston Marsden	1:40:11
25	Rod McLean	1:26:18	66	Brian Colwell	1:46:00
26	Ian Bowden	1:26:19	67	Kerry Bray	1:47:26
27	Ivan Freys	1:26:49	68	Malcolm McDonald	1:47:46
28	Sue Hill	1:28:30	69	Geoff Pearl	1:48:56
29	Dave Peterson	1:28:58	70	Peter Ryan	1:51:01
30	Mark Hanlon	1:29:05	71	Mavis Garrick	1:51:11
31	John Turner	1:29:21	72	Carol Ludington	1:52:43
32	Kar Wong	1:29:37	73	Bill White	1:56:22
33	Robert Watereuss	1:29:49	74	Dot Flanagan	1:57:35
34	Alex Hamill	1:30:17	75	Frank Assenza	1:58:19
35	Merri Mack	1:30:29	76	Tom Smith	2:06:12
36	Bruce Murray	1:30:49	77	Sue Thomson	2:06:34
37	Rob Klima	1:31:06	78	Robi Hancock	2:07:06
38	Dick Cleland	1:31:36	79	Oksana Pylypiak	2:09:59
39	Terry MacMahon	1:31:47	80	Joan Haydon	2:11:25
40	Graham Butler	1:31:48	81	Lesley Lear	2:11:28
41	John Hill	1:31:55	82	Derrick Titmus	2:11:28

Categories:

Vets: 1 Keith Canard, 2 Alan Farrell, 3 Dennis Cooley

Women: 1 Sue Hill, 2 Merri Mack, 3 Dorothy Siepmann

Masters: 1 Bruce Murray, 2 Bill McCrindle, 3 Brian Haydon



Handicap Half-Marathon

With the jovial (I hope) cries of "**Bushrangers**" ringing in our ears, the slow group set off at 6.09 a.m. There were about 8 of us in the ultra-slow group and we ran together for the first 3k. **Sue Thompson** gradually left us behind - she has always been a relatively fast beginner - and she rounded the U-turn garbage bin ahead of the rest of the pack. The weather was magnificent for running, a far cry from the hot and steamy conditions we had been subjected to in the Iron Cove race. **Steve Cornelius** had bad luck with the starting time of that race because it had become uncomfortably humid by 8 a.m. and some of the "ultras" had almost expired on the last lap. March 11th. however was perfect running weather until about 8 o'clock, which gave the early starting "ultras" a big advantage.

The course is a pleasure to run over, and I think the choice of this venue by the **Striders** has a lot to do with the popularity of their Half Marathon. The friendliness and help of all the marshalls was much appreciated, from the first woman, who was knitting faster than we were running, to our drink and sponge "stewards", and all the other volunteers that **Steve** had been able to gather.

As was to be expected, **Keith Canard** ran the fastest time. In the handicap section, I was thrilled to come first. This has never happened to me before in all my years of trying. **Alex Hamill** came second and **Kerry Bray** came third (and also first female). The post-race catering was very good, and as we all finished within a short time of each other it was a social success.

I am sure that I speak for all the runners when I thank **Steve Cornelius** and his band of merry women and men who gave their time to make this annual event the success that it was.

Tom Smith.

MARATHONING U.S.A. - PART 2

By Bill Flanagan

NOV. 10. Arrived in Portland, Oregon (via Colorado, where it had been snowing heavily, making running hazardous). I was surprised that I still had the urge to run most days, and felt good, with no stiffness or soreness. I had run about 20 miles since last week's Marine Corps Marathon.

In Portland, they have a recorded telephone service, by which I learned about two runs this weekend. To-day was a 9.8 miler just over the border in Vancouver, Washington (not the Vancouver in British Columbia). It was a club run with about 50 starters. It was cold and wet (as it was to be for the next week). Over a hilly course I ran 59.32 for sixth.

NOV. 11. Headed for The Dalles, about two hours' drive east of Portland, for a half-marathon through pleasant countryside. Although there was a field of only 60, T-shirts were supplied (appropriately long-sleeved). I started a six-minute-mile pace, interested to know how it would feel. Unexpectedly, this pace was enough to put me in the lead until 3 miles (13.10). When I was joined by two others, I wished I hadn't raced the previous day. I managed to hold on to fourth place in 1.21.30. The race was won in 1.14 odd.

NOV. 19. The ads in the magazines for the Las Vegas Million Dollar Marathon were large and glossy, but gave no information. I heard from Sydney that it had been cancelled, and had heard nothing to suggest otherwise. Originally, the word was that this would be an elite contest, with a million dollar prize for a world record. This of course fell through. Finally, so that the race could keep its name, it was decided that the money would be won by random draw; the runner whose number was picked out of the hat would have to pick a number between one and a hundred; if this number matched another one drawn, he would win the money. Nobody did, but the gimmick ensured a full house for the presentation.

When details of the marathon were at last available, it became fairly obvious that this would be a non-event. The marathon was supposed to be part of a week-long running festival with seminars, expos and shorter races. The success of this is summed up by the expos - two exhibitors.

NOV. 20. In the oppressive dry heat, I wasn't really feeling like running a marathon, especially such a lack-lustre event as this. Continuing the organisational comedy, enough people had to be found to start watches before we started.

630 started the marathon, which ran along the strip, then out into the desert, and returned on a circular route. Although not feeling tired, I just couldn't get into the mood to run at any sort of decent pace.

After three miles in about 24 minutes, I was joined by the only other Aussie in the race (Keith Gillies, now president of WDJ&H), and we ran together to half way in 1.36.30 before I started to feel a bit keener. Probably more from being in a hurry to get the race over than for any other reason, I picked up to six-minute-mile pace until 21 miles, when we turned into a headwind (which two hours later would grow into 100 km/h winds, causing sandstorms and blackouts). Slowed, I finished in 3.07.20 for forty-fifth place of the 358 who finished (a finishing rate of 57%). The winner was G. Madison in 2.31.33. One reward for finishing was the chance to buy the sponsor's beer for \$1.50,

while it was selling for 55 cents in the casino two hundred metres away. Needless to say, no results have been forwarded. My slow, sluggish start proved a godsend. I felt great in the last half, and pulled up with no troubles - easily the best I've felt after a marathon.

The following week I spent touring California and Arizona, running about every second day, with no races.

DEC. 1. I spent the next three days at the Albuquerque, New Mexico, home of ex-Strider Dick Harris ("The American professor-type running in Bermuda shorts", described by Peter Foulsham in Blister #10).

We had two runs through the Sandia Trails. At high altitude, half of the course was covered in ankle-deep snow. Both runs lasted well over three and a half hours, although we only ran/walked thirteen miles. This made up for missing the Lindfield Lope of the same week back home. Finished up running about 40 miles for the week.

DEC. 4. To-day, two thousand six hundred people ran the Eighth Annual Perrier Beverley Hills 10 km. The pancake-flat course runs right through the heart of Beverley Hills.

I tried again to race six-minute miles, but was just not capable, and finished in 36.56, ninety-six places behind Bill Rodgers' winning time of 28.59. Again a finely organised, traffic-free run.

DEC. 7. Arrive in Honolulu. After a quarter-mile of my first run, I meet up with the group of Striders, who seemed to be still having nightmares about the Lindfield Lope.

At this point it was decided by all that pancakes for breakfast would be a better idea than trying to run in the stifling humidity.

As always, the whole marathon week was well conducted, and everyone had a great time at the carbo-loading cum T-shirt-swapping cum beer-guzzling night, and enjoying the assorted expos and displays.

DEC. 11. After four days and nights of living it up, Waikiki style, it was time for another twenty-six miler. Although not feeling fit, I suppose I was at least fresh, having run two miles all the week, and it never was easy waking up at 3.45 a.m.

Starting in the darkness, it was obvious immediately that we were in for a very hot, humid run. I started out at 6.20 minute miles, but it was too hot, and I was slowing by six miles when passed by Trevor, then at ten miles by Scott. By half way (1.31), I was surviving just by running between the aid stations and walking the length of them, downing all the coke and water I could. Despite being the slowest marathon of the trip, it was the most enjoyable, and loses nothing by comparison with New York in the matter of organisation. This event is a real showcase for running, that keeps getting better.

After the Honolulu Marathon, I had two weeks off running, then, through January, was running about five times a week. By February, the only running I was doing was the STARS. The effect of the five marathons took ten weeks to hit, and then I lost all motivation for two months, making the Nike A.C.T. Marathon a lost cause.

HONOLULU RESULTS.

1.	Kevin Ryan	NZL	2.20.19	
19.	Garrick Hand	AUS	2.31.18	First Aussie
51.	Annick Loir-Lebreton	FRA	2.41.25	First Female

Striders:-

207.	Scott Lawrence	2.57.14	P.B. by 11.56
242.	Trevor Roberts	2.59.30	
485.	Bill Flanagan	3.12.50	
1059.	Merri Mack	3.31.15	
1974.	Brian Holliday	3.50.23	
2188.	Graham Butler	3.54.03	
2202.	Eric Spilsted	3.54.14	
6718.	Philip Caldwell	5.24.28	

.....
Bill Flanagan.



NOTES ON SOME FORTHCOMING EVENTS

FRI or SAT 8 or 9 JUN: Pre-Marathon Carbo-loading dinner. Watch for details in the Striders' Calendar or on the Club Notice Board at STARS.

SUN 24 JUNE: Woodford-to-Glenbrook 25k. An old favourite with Striders, partially because it's a beautiful run, partially because there's a picnic and barbecue afterwards, but mainly because of the friendly atmosphere created by the Blue Mountains Joggers. Worth the trip. Details in the Calendar.

SUN 22 JULY: Campbelltown Marathon. Here's a marathon organised "By Runners, For Runners" (to coin a phrase). You won't get your picture on TV running this one, but Campbelltown Joggers Club WILL make sure you get plenty of drink stops, a virtually traffic-free out-and-back course (no runners knocked over by impatient motorists on this one), lots of friendly attention, a barbecue afterwards and everything a long-distance runner needs. Last year's poor response nearly caused this marathon to die, which would be a tragedy, because the road-running community NEEDS marathons organised BY RUNNERS. Give it a go, it's not too far out of town. Think about it - FIFTY Striders made it to Palm Beach for a 5 a.m. start in January; surely a few can make the trip to Campbelltown (7.30 a.m. start) to keep one of Sydney's best little marathons alive?

SUN 12 AUG: Gillawarna Marathon and Half-Marathon. Just about everything said about Campbelltown applies to this one too. Western Districts Joggers and Harriers know a thing or two about looking after runners. And in these club-organised marathons, you even stand a chance of winning a prize!

RON THE POM 9 MONTHS ON

by Ron Feeney

At last I'm getting this written and hopefully the month by month format will not bore readers too much.

SEPTEMBER - 238 MILES

Steady training and a couple of races. First one was an interesting one. The Kaimai Relay, 88.1 km from Marrinsville to Tauranga. 50 teams each with 10 runners and the individual legs varied from 5 to 12 km. To make the finish interesting the teams were handicapped and started anything up to 2 hours apart. (Handicaps being decided on estimated finishing times.) I ran the second leg for Te Puke Harriers. A lonely 11.9 km made more lonely for the fact that it was the second leg. I only saw 3 other runners the whole way. 6m 50s was OK on a hilly course and I was quite happy. Te Puke Harriers were 39th and were far too honest with their estimated times, finished in 5h 59m 20s, about 15 minutes slower than their estimated time. Late in the month I ran the Paeroa to Thames road race 32.75 km. I wanted to run 2-11 and ended up with 2-15-53. I wasn't too unhappy as I ran easily and finished quite comfortably.

1st MALE	DALE KIRK	1-49-29
1st FEMALE	MARY BELSEY	2-09-40
60TH	RON FEENEY	2-15-53

The Statecraft Relay in Rotorua was good fun. 150 teams of 5 runners running 5.8 km each. A team from Takapuna in Auckland was first with the visiting Koreans second. The Korean women were the first ladies team. My time of 20-50 was OK as it came in a week of good mileage.

OCTOBER - 189 MILES (UP TO 23rd)

Ran my highest ever week - 75 miles which included the Te Puke Harriers Club Champs. over 8 miles. I surprised myself by coming 2nd in 46.49 and got a real confidence boost for Hamilton. Did my last long run 10 days before the marathon and then eased right off the miles. Ate sensibly in the last week and ended up with the sort of run I'd been day-dreaming about while training, the sort of race I'd hoped for in Canberra last April. Perfect conditions, an easy start and I ran 84-16 and 83-09 for 2-47-25 (and 51 hundredths officially) for 76th place. Well and truly chuffed.

1st MALE	LEE HONG YEOU	2-17-42
1st FEMALE	LIM HEUN-JOO	2-39-51

Have enjoyed the first 6 months in NZ, come to that have enjoyed the first 9 months, as that's what it is now. All the best to all Striders for 1984, still hope to get back one day. Follow this column for further globe-trotting reports and don't mention the cricket!



AUSTRALIA'S FRIENDLIEST MARATHON COMES TO TOWN..

ADELAIDE

NEW COURSE: Over the exact Olympic distance of 42.195 km. Exciting, fast, totally traffic-free, through the city, suburbs and parklands of beautiful Adelaide.

ORGANISATION: In a word, "superb".

SOUTH AUSTRALIAN ROAD RUNNERS CLUB, Australia's largest and friendliest running club.

FARMERS UNION

SUNDAY MAIL FARMERS UNION

MARATHON

ADELAIDE — AUGUST 26 1984

ENQUIRIES: THE SUNDAY MAIL FESTIVAL CITY MARATHON, PROMOTIONS OFFICE,
110 NORTH TCE., ADELAIDE, 5000. PHONE (08) 51 0351.
Entry forms available from May 1984 printed in the Sunday Mail.

NATIONAL PANASONIC HALF MARATHON

by Owen Denmeade

Would you believe ... even less well prepared than last year! ... plus the tremendous pressure of all that pre-race publicity! I really did cop 'heaps' throughout the race from spectators and runners. Do me a favour ... don't do me any more favours!!

Pressing on at a prudent pace (determined to look good at the finish!) I got to halfway in about 48 minutes and panicked! Suddenly I was staring 100 minutes in the face! Quelle horreur! (French for bloody hell!) I had been running with Brian Roy, one of Hamill's Harbourside Hurriers. Brian is a much better runner than me but on the day something was not going well. At about 13k Brian discovered to his dismay that he had his shoes on the wrong feet (that's what he reckoned anyway ... and it is a bit hard to tell with New Balance!) Already behind time and feeling tired we come to a shuddering halt while Brian fumbles about with his shoes. While all this is going on I have plenty of time to see Mora Main go hurtling by pigtailed flying ... a great sight! Go for it MM!!! Just before that we had seen Gary Henry heading back into the hills with an even bigger lead than Andy had at around the same point last year. Although I don't feel that he looked as good as Andy did (that will worry him!). Underway again ... Brian now decides that he has retied his laces too tight (predictable!) and begins to lose interest in the 1984 Striders ½ marathon.

Somewhere on the other side of the causeway ... moments after telling some bloke that "I know every inch of the Lane Cove River" it happened! SPLAT!! Face first on to the bitumen. "What a feeling" believe me, when you are 47 (as revealed in the programme!) and 1 to 1½ pounds overweight (well!) you go down like a sack of potatoes!! Luckily nothing broke (or came off!) and I was able to get underway again. Now however, everywhere started to hurt and I began to hallucinate ... imagining that I saw Jenny Walker at 6 different places on the course, and when I came into a clearing densely populated with people-sized pink rabbits I knew I was gonzo!! Somehow I made it to the finish, sneaking in just ahead of the silver haired Harry Potter (who claims to be doing very little running ... ha! ha! If you are not doing much, Potter, why aren't you fat?)

I really enjoyed the presentations, Alex did a top job (smarm! smarm!) John Trevenon, one of the Lane Cove River Runners and house manager at the fabulous Sebel Town House (plug! plug!) was not so impressed! After a blistering p.b. of 80 minutes and a few miserable seconds he 'took off' just before his name was announced as winning a trip to New Zealand (tough!). Which reminds me ... as you know Arthur Bryce (much loved!) Courtenay was in N.Z. the week prior to the ½. What you may not know is that he actually bought a pair of running shoes over there, that's right! This is a true story! Qantas of course organise 'running shoe buying tours' to Australia for desperate Kiwi pavement pounders (only joking Bryce ... \$142 is a good price for a pair of N.B.730's. Too much!)

P.S. The Mars bars weren't cold!!

NEW MEMBER PROFILE

NOEL BARTON (35) - Noel became keen on distance running a couple of years ago after moving to a new job with the CSIRO in Lindfield. Every lunch hour, a sizeable group of his colleagues run the hills and valleys of the Lane Cove River district. He attempted his first marathon last year with a time of 3.05 in the Wang. After several years in Sydney's second grade squash competition, Noel has joined the Striders - the friendly Sunday Stars appeal to him and he reckons that running with Sydney Striders should help his squash and improve his race times as well.

PATTI BURKE (39) - Patti, who is married to Noel Barton and also a long-time second grade squash player, felt left out of the action when Noel ran in last year's Wang. So, late in '83, she too took to padding the pathways between Pymble and Hornsby. "The hills are horrible". Patti set herself a few goals for 1984 (her 40th year) including the completion of her doctorate, the shedding of several kilos, and the completion of her first marathon. She hopes to jog through the Nike/Avon in around 4 hours. Both types of LSD appeal to Patti, but the running sort (long slow distance) is thought to provide the healthier way to altered states of consciousness. She enjoys life in the slow lane at Stars; this way she can chatter away about everyone's astrological aspects or check out their palms. Her scientific advice for runners: "You'll run your best with a bio-rhythmic high and a waxing moon."

(Editor's note: Patti jogged through the Nike/Avon within her allotted span - she did 3.54. For those who do not know much about squash gradings, the second grade squash played by Patti and Noel is higher than A grade, and is the second highest grade in the state.)

LEIGH PASCOE (34) - Leigh is a keen sportsman who likes to push for optimum potential in all life's games. As a youth, he represented Australia in table tennis; later he played first grade squash in Melbourne and many years near the top of the second grade comp. in Sydney in recent years. His latest gambit, distance running, saw a close to 3 hour time in last year's Wang, and 2.53 in the Big M. In March this year, he ran a PB of 79.33 in the Striders half in Lane Cove Park, and he hopes to run in at least two marathons this year. Leigh enjoys Striders' membership and is an enthusiastic supporter of all the club's activities.



NOEL BARTON



PATTI BURKE



LEIGH PASCOE



KATE O'ROURKE

WHERE'S MICK BEEN?

by Mick McGuirk

Running-related injuries are all-but avoidable with the right attitude and training. That is what the running magazines would have us believe, anyway.

But what about those injuries which are completely unrelated to running?

It was the Sunday before Christmas when I closed the refrigerator door and turned back to my favourite chair, a mere three paces away. The journey was interrupted when my left foot collided with the leg of a kitchen chair.

"Gosh, that hurt," I said as I rolled about on the floor holding the afflicted limb in both hands. "My word, I must have given it quite a belt."

As the pain, undifferentiated at first, became focussed on one toe, I realised that this was no mundane toe-stubbing. As it began to darken in colour, so did my mood.

"Not much we can do about that, I'm afraid," the doctor told me next morning. "We could strap it to the next toe, but I really don't think it would do any good."

After a flippant remark about amputation being the only real solution, I limped out of his surgery with his bill screwed up tightly in my hand.

I had been running fairly high mileages for a number of years without any serious problems so this was a terrible blow. How smug I had been when I met other less-fortunates at fun-runs who told me they hadn't been able to run for such-and-such-a-time.

A feeling of panic gripped me. Had I known then how long I would be sidelined I might have been hysterical.

That evening I did something pretty stupid. I convinced myself that the pain wasn't that bad and an "easy jog" might be in order. After limping down the road for about a kilometre a certain degree of discomfort was experienced, forcing me to modify my already pronounced limp to a hobble. I've limped and I've hobbled, and believe me, hobbling is worse.

The missus and I had previously planned a couple of days up at Katoomba before Christmas and decided to go ahead. A stroll through the Jenolan Caves and some impromptu bushwalking did not improve the situation one bit. Christmas Eve and Christmas Day I was literally a cripple. There must be a lesson there somewhere about resting injuries. Bah! Humbug!

Fortunately, all was not lost. I enjoy swimming and have, hopefully, managed to retain some vestiges of condition by endless laps of the local pool although in mortal terror of being jumped on by some high-spirited kid. Aaaargh!

After about 10 days of comparative inactivity and becoming desperate by the hour it suddenly struck me that the Sydney Morning Herald building where I am employed has 15 floors all accessible by stairs.

Now, while running is out of the question, climbing stairs isn't so bad.

Herald employee's from all department's have since been treated to the awesome sight of a red-faced maniac, honking and snorting, as he passes them en route to some urgent appointment on the floor above. The fact that he is in running gear and carrying a shoe in one hand does not help matters.

After five "laps" or ascents, it was gratifying to find my pulse-rate at a level seldom reached, even in interval training. Either this was very good exercise, or I had slipped even further back than I feared.

Next day the pain in my toe was eclipsed by that from my calves. I must try it backwards next time. Still, I felt a certain satisfaction at this evidence of a good work-out.

A broken toe may not be as dramatic as a torn hamstring or achilles tendon but it doesn't half bloody well hurt.

POSTSCRIPT: It was over a month before normal training could be resumed. Goodbye Nike. (I think).

Sydney Striders

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

(This letter is the President's response to the article entitled "Joy of Sunday mornings in park" by Phil Jarratt (reproduced in National Panasonic Results Book). Ed.)

The Editor,
Sydney Morning Herald,
Jones Street,
Broadway 2007.

2 April, 1984

Dear Sir,

Thank you for your sympathetic (and generously-proportioned) article on our marathon club (SMH, 27 March). It is a pleasure and a surprise to find any coverage amounting to more than one column-inch on running, among the ubiquitous rugby league and horse-racing reports.

However, I found myself wondering how we could be termed "an athletic club which is neither athletic or (sic) a club". The Macquarie Dictionary defines "athletic" as "physically active and strong"; if a 30-kilometre run every Sunday morning isn't physically active and strong, one might ask what is?

As for not being a club, I can only suppose that you mean we have no club-ROOM or licenced premises wherein to practise the very antithesis of athleticism, i.e. the copious consumption of alcohol. We have, as yet, no need for such a facility, but this does not prevent us from being a club; our clubrooms are the highways, by-ways and bush-tracks of Sydney, and we enjoy them at a time when most citizens are abed.

More unfortunate, perhaps, is the reference to Sydney Striders as the "new elite". This tag is simply not descriptive of the Striders, in terms of either athleticism or socio-economic grouping. In marathon terms, we cater for all standards, from 2:20 to 5-hours-plus; if we didn't, why would they stay with us year after year? In socio-economic terms, I would suggest that bankers, accountants and the like are disproportionately represented in ALL running clubs, simply because sedentary workers NEED the exercise more than those who work physically for their living.

We invite ALL long-distance runners to join us on our Sunday runs and experience our friendly welcome, so that the longest-standing myth about Sydney Striders (that we are elitist) can be exploded once and for all.

Yours faithfully,

Steve Cornelius

Steve Cornelius,
PRESIDENT.

FORMER STRIDER RUNS HOT

An item that will interest those who are acquainted with former member Mick Halmby:

Amongst other achievements, Mick recorded wins for the Striders in the Harbord Diggers Scenic run and the 1982 Woodford to Glenbrook challenge (helping us "clean up" almost all team categories that year).

1984 also looks like being a good year for Mick. At the recent national track meet in Melbourne where Mike Hillardt defeated Steve Ovet (again) in the 1500m, Mick placed 5th in the same race. That therefore made him 4th fastest Australian and in a time that was a P.B. by a considerable margin—3mins43.7sec. A tremendous run, great to see, and our congratulations on a performance of which to be proud.

Brian Colwell

RACE RESULTS

HARBOUR BRIDGE RELAY 18 March, 1984

Teams of 4, each runner completing 5 k.

Won by TELECOM FLASHERS, ahead of 100 other business teams.

Three Striders in winning team - Time 61.34 - Ian Bowden, Alan Farrell,
Dave McCormack.

RYDE APEX FUN RUN 3 March, 1984

A very hilly 9.6k. 500 starters.

1. J. Kearns	} Striders. 1st. team.
8. I. Bowden	
17. A. Farrell	
22. D. McCormack	

MT. DRUITT FUN RUN 12 February, 1984 9.5k.

1st woman - D. Siepmann

STRIDERS AWARDS COME EARLY

by Alex Hamill

I had my target set firmly on the Elouera Triathlon on Sunday after the Holsworthy Marathon but decided to run half and then ride my bike back over the course with a few cans of Coke for those Striders in need of a sugar and caffeine kick. As it was Anzac Day I felt a bit like the famous digger Simpson looking after the wounded except he had a donkey and I had a 10 speed Bennett Mirage. I had a chance to see the race in full and therefore feel qualified to make a few special awards to Striders as we were so well represented on the day.

The "There's no work today so this must be a STAR" Award to the Striders group led by Dave Williams and Brian Colwell, who strolled around the course in around 3.40 chatting to all and sundry ... in fact I'm sure they all carried maps by force of habit.

The "I wish I hadn't said that" Award to Bill Flanagan who said he was stopping first time around, but then changed his mind and went back for another 21, only to suffer the dreaded Marathon Shuffle over the last kilometres ... was definitely heard to say "I should know better".

The "Recovery of the Year" Award to Merri Mack. At 30k Merri looked like Mark Lee as he climbed out of the trench in "Gallipoli". The only difference was that she got back up and finished a creditable fourth female overall and category winner.

The "I forgot how hard they are" Award to Brenda Hamill who had only run a couple of full distance STARS since last year's Sydney Marathon. Having decided to try the Sydney to Wollongong in August, Brenda used this as a training run. Her 99 minute half and 3.34 finish gave her sixth lady overall and a medal for second in her category. It also means she'll be back for another 26 miles before long and is even more certain of the 50 miles down the Princes Highway.

The "Keep getting better like good red wine" Award to Steve Knight who managed to complete the distance under 3½ hours despite a lack of training and a recent virus. Sticking to this theory that there's no such thing as a fade, Steve endeavoured to run even splits of 1 hour 40 minutes and wasn't far off his mark. He even looked ready to grapple with a Grange as soon as he finished.

The "Not not me" Award to Derek White, who looked cool, calm and collected as he jogged around in 3.37 and then lost it all when his name was announced as third place in his age group.

The "We'd kill for a Coke" Award to Chris Porter and Bob Mann who looked like they wanted to kiss me at the 33k mark when I asked if they'd like a cold can. Both finished in around 3.37 with absolutely no trouble, so something worked.

The "I'm sick and tired of finishing sick and tired" Award to Bryce Courtenay, who has been responsible for some more dramatic finishes than Sir Dapper and Emancipation. Bryce ran a very good 3.19 on top of a hard run in Canberra and picked up a medal for third place in the 50-55 category. More importantly he resisted the temptation to run until his body rejected him. He was well enough to ask me if we were running tomorrow. So you can teach an old dog new tricks.

The "And it's about time I did a P.B." Award to Eric Willcock who got under his 3.38 mark set back in '81 in Adelaide, in a perfectly judged race. All the better because Eric ran most of the race without any pace setting company on a course that can really exemplify the loneliness of the long distance runner.

The "Who needs crowds anyway" Award to Nobby Young who psyched himself for a big performance at the Nike only to fall foul of a fast start and the bad weather. To Nobby, Holsworthy was "just to see how I feel and run at a comfortable pace". I'll tell you how he felt after a 2.53 P.B. and my last can of Carlton ... "Bloody terrific mate!".

Finally the "You ought to be congratulated" Award to the organisers, the N.S.W. Amateur Athletic Association and the Army for a well-run event that started right on time (without so much as an "are you ready"), had enough workers to hand out drinks, sponges and splits (but only just!) and a very prompt presentation ceremony with tons of prizes (including trophies for the first twenty men!) ... might even leave the bike at home next year.

BENEFIT PLANNERS-MERCANTILE MUTUAL 3RD SYDNEY TRIATHLON, Narrabeen, 4-3-84

Striders:	2.1k	56k	21.1k
Place	Swim	S.P.* Bike	S.P. P.P.* Run S.P. Final Time
30. Frank Brandon	40:59 (128)	1:47:27 (34)	(50) 1:34:48 (21) 4:03:14
38. Peter Foulsham	35:53 (64)	1:51:28 (63)	(46) 1:38:40 (39) 4:06:01
95. Godfrey Franz	40:32 (126)	2:14:20 (173)	(167) 1:32:32 (16) 4:27:24
97. Russell Black	40:40 (127)	1:49:48 (50)	(72) 1:57:53 (121) 4:28:25
110. Peter Keeble	43:37 (150)	1:59:00 (109)	(125) 1:51:35 (97) 4:34:12
117. Lynne Evans	41:18 (132)	2:05:07 (137)	(144) 1:50:17 (94) 4:36:42
136. Jane Flanagan	34:35 (47)	2:17:00 (178)	(159) 1:57:25 (120) 4:49:00
148. Richard Bevan	48:38 (185)	2:09:55 (161)	(176) 2:02:13 (132) 5:00:46

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

Overall:

1ST MALE

Rick Parkes 28:33 (1) 1:40:30 (4) (2) 1:20:51 (3) 3:29:54

1ST FEMALE

Pauline Gable 40:12 (119) 1:49:09 (44) (60) 1:35:26 (24) 4:04:47

FASTEST LEGS: Male Female

Swim 28:33 32:17

Bike 1:36:30 1:49:09

Run 1:19:34 1:35:26

201 starters

188 finishers

93.5% finishing rate

Tentative date for 1985, 3rd March

AUSTRALIAN TRIATHLON CHAMPIONSHIPS, MELBOURNE 18 MARCH, 1984

Swim 2k. Bike 80k. Run 20k.

84th Harry Turner 4.38-40.

CANBERRA MARATHON TIMES

(All times subject to confirmation from official results book).
Olympic Qualifying Times: Men 2.14.00, Women 2.40.00

1 Grenville Wood	2.15.51
2 Rob Wallace	2.16.47
3 Graham Clews	2.17.17
4 Graeme Kennedy	2.18.56
5 Glenn Henry	2.19.56
6 Gary Hand	2.20.10
Garry Henry	2.27.07

Women

1 Lisa Martin	2.35.03
2 Megan Sloane	2.40.24
3 Mora Main	2.41.24

Striders:

Robert Harrison	2.33.36
Bill Brandon	2.40.40
Wayne Stanton	2.45.50
Ken Wylie	2.45.53
Ivan Freys	2.46.54
Paul Russell	2.47.53
Tony Healey	2.48.00?
Alan Powys	2.49.54
Bob Caplice	2.50.00?
Alan Farrell	2.51.07
Dennis Cooley	2.51.47
Francis Chan	2.52.00
Charles Coville	2.52.37
Chris Staples	2.52.39
Leigh Pascoe	2.54.13
Ian Bowden	2.57.20
Russell Black	2.57.57
Peter Cobley	2.58.03
Alan Tucker	2.58.40
Noel Barton	2.59.00?
David Robinson	3.01.42
Godfrey Franz	3.04.24
Laurie King	3.05.09
Sue Hill	3.05.18
Keith Barnett	3.05.27
Scott Lawrence	3.06.33
Dave Cox	3.09.15
Tony Vipond	3.09.50
Leo Leader	3.10.00
Peter Luxton	3.10.50
Alistair Mackie	3.12.03
Ian Newlands	3.12.18
Michael Foster	3.12.57
Irwin Light	3.14.30
Terry MacMahon	3.14.53
Dave Blackhall	3.15.42

David Douglas	3.16.00
Robert Klima	3.18.00?
Bryce Courtenay	3.18.17
Ken O'Connor	3.18.44
Lynne Evans	3.18.59
Robert Waterreus	3.19.12
John Hill	3.19.18
Paul Foster	3.21.44
Dorothy Siepmann	3.22.16
Mick Edwards	3.22.46
Bill McCrindle	3.23.56
Peter Keeble	3.25.21
Chris Porter	3.26.14
Graeme Butler	3.27.12
Derek White	3.32.30
Merri Mack	3.32.44
Brian Colwell	3.33.01
Bruce Murray	3.34.49
Paula Fraser	3.35.43
Nick Reed	3.38.43
Dave Williams	3.39.35
Richard Bevan	3.41.08
Tim Mainprize	3.44.00?
Geoff Pearl	3.49.07
Cecil Ford	3.50.16
Harold Batterham	3.52.00
Patti Burke	3.54.01
Judy Kleinman	3.54.30
Malcolm McDonald	3.55.42
Mavis Garrick	4.15.21
Robi Hancock	4.15.39
Bill White	4.25.58
Kerry Bray	4.27.58
Gai Cunningham	4.27.58
Barry Jones	4.36.00?
Robyn Murphy	4.48.21
Joan Haydon	5.24.00

Please inform Ladder Database Co-ordinator (Steve Cornelius, phone 427-3604) of any inaccuracies.

April had arrived too fast for me, I was still trying to build up my mileage but had to settle for an average of 41 miles per week.

Nevertheless I was still confident I would run well as I had run a personal record of 56 miles per week about a month prior to the Nike. In any case Sam Daher (who was not running) and his fiancée Coral had offered to look after me in Canberra, so how could I go wrong.

When Friday morning came we set off in a group including my wife, Genevieve, and our two children Louise (3) and Andrew (18 months) for Canberra at a most leisurely pace stopping at any place of interest. For Sam that meant any pub but for the rest of us that could have meant anything from the Art and Craft shops at Berrima to Goulburn's parks and tourist attractions etc.....

True to Sam's word I was well looked after, I had my last beer with a huge T-bone steak on Saturday afternoon, after that Sam confiscated any alcoholic drink that found its way into my hand.

On Friday and Saturday night we were treated to Sam's cooking of Spaghetti Marina and Cabonara which really proved to excellent, however, his psyching-up was another matter. Some of the more memorable quotes may have been "you'll end up in pain the last 10k", "don't be disappointed" "just try to finish under 3 hours" "you have done everything wrong". -Thanks Sam.

The start was an anticlimax once the gun went everyone seemed to move off in an orderly fashion and soon settled into a run. I found the pace very deceptive. I was trying to hold myself back to a 2.50 pace but was passed by so many runners including about seven striders, I wondered if I was going too slow. When the mile came up in 5.54 (2.34 pace) my worst fears were founded. I tried to steady my running and relax, 5k came up in 18.53 (2.36 pace) which was still much too fast, but the striders in front of me were still drawing away.

I forced myself to slow down even further and ran just behind Dot Browne. 10k came up in 38.06 (2.42 pace) Dot had drawn away but I was still running strongly and relaxed. Over the next 2k I picked up 3-4 striders.

I reached halfway in 1.20.43 (2.41 pace) with the wind starting to pick up. I ran very strongly for the next 10k and passed a lot of runners as my confidence was running at a high.

I remember calling out to Genevieve as I was passing 27k that I was picking up time, running well and to expect me to finish under 2.40.

At 30k in 1.55 (2.41 pace) I guess the wheels fell off and I came back to earth. I knew I was slowing down and in trouble, my calves started to ache as my lack of mileage caught up with me. I caught Dot Browne at a drink station and decided to follow her as I thought she would run at a fairly steady pace to the finish. For the next 10k things only got worse, the wind was a severe hinderance and as Dot Browne was also finding it increasingly difficult, I ran slightly ahead of her to act as a windbreak. It was to no avail as about 6k out Desiree Letherby passed us. I stayed with Dot until about 2k out where I decided to run for the finish. I ran as hard as I could for 1/2k then stopped. I must have stopped 5-6 times in the last k but finally made it to the finish in 2.46.53, averaging a 2.59.50 pace over the last 12.2k.

Sam Daher's reaction when told of my time was "Bullshit, he couldn't have possibly run that, your having me on" I'm still smiling Sam.

To say I was elated would be an understatement, I had been telling everyone that my marathon time was a soft 3.09 and that I could run a 2.40 now I can almost prove it.

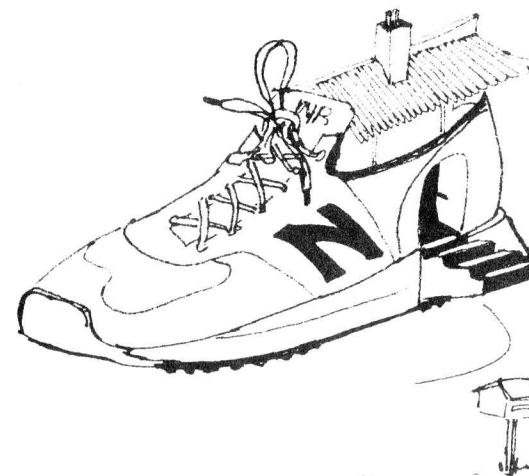
I consider the reason I ran so well was that I followed some golden rules that I have tried and proven to be the key.

They are:

- (1) Mileage should not be a goal in itself.
- (2) Train at a relaxed pace training fast only breaks down the benefits of conditioning gained during the week and reduces improvement.
- (3) Run a long run each week over undulating ground. (30k stars are perfect)
- (4) In a race don't go out too fast you will run a much better time if you begin in moderation and gradually pick up pace to reach a peak a quarter of the way into the race and then hold on for the last quarter.
- (5) Race and train in the same shoes, weight is not the most important consideration - the construction is. (Only those with a near perfect foot strike can get away with lightweight racing shoes).
- (6) Ease down in the week prior to a Marathon, don't run in the last 4 days even if your mileage is light (like mine was).
- (7) Try water loading on the 2 days prior to a race.
- (8) Bananas are good for settling the stomach prior to a race.



	Actual splits		
1m	5.54	3.66	2.34.40
5k	18.53	3.71	2.36.20
10k	38.06	3.83	2.42.30
21.1k	1.20.43	3.84	2.41.50
30k	1.55.00	3.82	2.40.40
42.2k	2.46.53	4.26	2.59.50
Time	k.pace	Marathon pace	between points



THERE WAS AN OLD WOMAN
WHO LIVED IN A SHOE
SHE HAD SO MANY CHILDREN
SHE DIDN'T KNOW WHAT TO DO
SO A LITTLE POLARBEAR OFFERED
TO TAKE A LITTLE FROM HER HANDS

After training and doing the City to Surf in August I decided to start training for the Nike/Avon Marathon which was 8 months away. I had read in Runners World to do one long run a week so since I was a member of the Sydney Striders for the past 18 months and had not had a run I decided to do one long run a week with the Sydney Striders. I had built my mileage up from 20 to 25 miles for the City to Surf to 80 to 90 miles a week for the Nike Marathon.

I felt I had done enough training for the Marathon by running in the mornings and cycling in the evenings, so thought I was mentally and physically prepared for the event, over the 8 month period I had received many handy tips from many Sydney Striders on how to run your first marathon.

Having elected to go down on the bus I could afford to relax before and after the race and not have to worry about traffic.

On race day the weather was cool, good for Marathons, but the wind was very strong between 10 to 15 miles per hour.

I had decided to find another Sydney Strider to run with because I did not want to get carried away at the start and burn myself out. Lucky I found the very experienced Dave Williams who was taking the Marathon very easily.

I ran with Dave for the first 9 miles very slowly we could see other striders up ahead doing very quick times and I was anxious to pick up the pace, but Dave Williams made me keep a slow pace which I was pleased about because I did not know what I was in for later in the race.

After 9 miles into the race I decided to run on ahead because I was trying to do a sub 3 hours 30 min Marathon and I was feeling quite strong. I went through half way in 106 mins and I felt strong enough to carry on to the end of the race.

At 20 miles my legs started to develop cramps and I was having trouble keeping my pace up. I knew I had coke on the 23 mile drink station so I tried to keep my running pace up to my target of 3 hours 30 mins.

As soon as I had the coke I felt refreshed and knew then I could finish.

Then at 25 miles I was back to how I was at 22 miles, cramps in the legs and very tired and I had trouble keeping my running pace to my target. Then I saw the last mile sign I gave it all I had to the finish. It was so good to see the finishing line and I was so happy in my time for my first marathon I now want to do the Wang Marathon.

I thank all the Sydney Striders for getting to and through my first marathon and all the training tips on running.

Hope to see you at the next Marathon at the finishing line.

N. REED.

NEW MEMBER PROFILE

ROBI HANCOCK

When Robi consulted her doctor, she was surprised to learn that he had run behind her the previous day in a lunch-time training run. He diagnosed a need to run longer distances with a friendly group and prescribed joining the Striders - the club to which he himself belonged!

As well as looking after her 12 year old daughter, Kim, Robi does weight training on the Universal three times a week and attends aerobic classes twice weekly - the latter to restore lost flexibility. She has been running for 5 years and at present runs 4 miles a day with a longer run on Sundays. Her job is very interesting - she is Personal Assistant to Dr. Garry Egger at his Centre for Health Promotion and Research and this entails co-ordinating classes for fitness leaders who instruct at gyms or their own classes.

Robi's goal is the Nike Marathon in 1984 - her first attempt at the distance. She says she's not fanatical about food - just eat a well balanced diet from the five food groups. When asked about alcohol, Robi said she enjoys drinking. This roving reporter felt an immediate empathy - welcome aboard Robi!

MY FIRST MARATHON - Robi Hancock

My first marathon over and a week past, that fantastic runners' "high" is still with me.

The week before the marathon the doubts and the nerves plagued me but having told too many people of my intention to run there was no backing out. Even my minor (and first) injury relented for "the day". No excuse whatever for not finishing.

Inspired by a tape of "The Chariots of Fire" I aimed to finish in 4½ hours and enjoy the run, and that is the way I ran my race.

Within 3 kms of the start a familiar and friendly Strider joined my left side and there he stayed until the Videasonics Sponge Station on the second turn where injury forced him to walk the rest of the marathon. I couldn't have imagined running my first marathon without Barry Jones' friendly help and advice. I finished under the 4½ hours, saw "Deek" another buzz and enjoyed every minute of my run.

I felt it was a reasonably hard run with the strong wind and I felt the cold around 23 miles. The run was well organised and the Ambulance people did an excellent job. The supporters both on the sidelines and from within the race certainly inspired me when I needed it most.

I couldn't have asked for a better welcome at The Finish and my thanks to The Striders and their stars and support, to enable me to achieve a good first marathon.

NEW MEMBER PROFILE by 'John' Kleinman *

1. Terry HUDSON A veteran City-to-Surfer, having missed only the first two, Terry joined the Striders in January 1984, wanting to become more serious about running.

Terry is another new member whose interest in the Striders largely originated with the Half Marathon. After running the Yomix in 1983, Terry ran once with the group last year as training for the 1983 Nike Marathon.

Terry lives in Abbotsford. He is a ministerial driver whose chief work is with the state Attorney General. His first marathon had been the 1980 Harbord Diggers, which he ran in 3.25.

In preparation for the Wang this year, Terry decided to join what a year ago had impressed him as "a positive running group" so as to "learn what long-distance running was really about".

2. Bill WHITE Bill credits the Striders for having provided him with "the incentive to get out and run". And that incentive has paid off in a rapid entree to marathon running. After only 3 months of serious running, Bill finished the Nike and plans to run Wang and the Big M.

Bill joined the Striders at the end of January, not having run since the Bridge-to-Breakers in October. Two and a half months later, Bill finished Nike "feeling great" and thinking that the run had been much easier than anticipated.

Upon joining the Striders, Bill had planned to make the Big M his debut marathon because he thought "it would take that long to get in shape", but after running a few 30k STARS, he decided to give the Nike a go. And after running Nike, he decided to run Wang, now making the Big M his third marathon.

Bill is a self-employed radio technician living in Lilyfield. Although he dates his serious running from January of this year, he actually first took up running 8 weeks before the City-to-Surf and continued to run until just after the Bridge-to-Breakers. Interested in getting back into running, but seeking a group with which to run, Bill was given a Striders calendar and was properly inspired by the Vaucluse Gallop, his first STAR run.

3. Frank BRANDON Passionate cyclist to avid runner. Frank confesses that as a cyclist he thought those marathon runners were "crazy". However, since joining their crazed ranks, Frank has come to enjoy the sport as much as cycling.

Frank started running in mid-December, 1982, only because he thought some training necessary for the Narrabeen Triathlon in February 1983. Frank's impetus for entering the triathlon had been his love of cycling. Following the triathlon, Frank rode the Paris-Brest-Paris 1200 kilometer endurance race. This race is held only once every four years and entails strict entrance requirements. Frank finished in approximately 70.5 hours -- 14 hours less than he had originally allotted himself.

It was in training for Narrabeen that Frank discovered how much he liked long-distance running. His first marathon was the Harbord Diggers' in May 1983 which he completed in 2:58. Just two months later, running Wang, he improved his time by 6 minutes. And this year at Canberra he ran the course in 2:40. Frank has also completed three other triathlons in addition to Narrabeen.

Frank lives in Bondi and is a contract window cleaner. He joined Striders January 1984 anticipating that the weekly runs would be good training for his newest ambition--to run Sydney-to-Wollongong ultra-marathon this year, in under 7 hours.

* Judy Kleinman joins our team of roving reporters. Her use of the first name 'John' in her by-line makes fun of The Blister's erroneous and outrageous listing of her as "John Kleinman" in the new members' list printed in our last issue. She really is Judy! Editor.

NEW MEMBER PROFILES

JOAN HAYDON Joan, aged 50, took up running about 4 years ago mainly because husband, Brian, was a keen runner and he encouraged her to do likewise. Before that time, the Haydon family (Brian, Joan, and their 3 children) had been avid sailing enthusiasts. Over a number of years, they had raced regularly in championship events, and Brian and Joan achieved a 3rd placing in a state title for 14-foot yachts.

Joan ran her first Striders' run a year ago at the Port Botany Panter, and the 24k she ran that day was the furthestest she had run. She recently completed her first marathon (Nike) in just over 5 hours, displaying a gutsy determination to finish, despite metatarsal and other muscular pain. She was impressed by the support she received from other Striders during and after the marathon, particularly from Brian Colwell and Bryce Courtenay. Joan enjoys the STARS, and the companionship of fellow-runners. She hopes to continue running STARS for many years, but is not committing herself to another marathon yet.

KAR WONG One year after coming to Australia from Hong Kong in 1979, Kar began running as training for the City-to-Surf. Six weeks later, he ran his first marathon at Gillawarna in over 6 hours. Over the last 7k, he unsuccessfully tried hitch-hiking. Undeterred, he ran the Big M one month later in 4.45, and improved again to 3.57 at Nike, 81. His rate of improvement continued last year, with his PB in his seven marathons last year being 3.22 at Nike.

After 6 months rest from marathoning, but with consistent training of 100k per week, Kar ran 3.14 at this year's State marathon. Kar hopes to break 3 hours before the year's end, and maybe do some ultras. He will have more time to do this after finishing his Ph.D thesis in mathematics by mid-year.



TERRY HUDSON



JOAN HAYDON



KAR WONG



BILL WHITE

THE HIMALAYAN HASH

BY OKSANA PYLYPIAK

Being somewhat daring, or crazy, when I first received an invitation from the Himalayan Hash House Harriers to do the world's highest run, I knew that was for me. 170 Hashers from all corners of the world converged on Kathmandu where we had several runs, much to the bemusement of our strange antics by the Nepalese - they didn't know what had struck them! Running through trails in the valley, rice paddies, villages, rickety bridges, pie alley - that was even before the trek had even begun, as we had to get acclimatised.

Also prior to the trek, a group of us from Sydney went on a rafting expedition down the Trisule River - that was a thrilling adventure - an experience not to be missed. Meanwhile back in Kathmandu, and apart from the running, we visited many interesting temples, temples and still more temples, plus many other fascinating and wondrous sights.

Yes, 170 Hashers, together with 400 Sherpas and Porters, set off up and up from Chautara to climb some 14,500 feet which was extremely strenuous - even for the fittest of us (I was then) - we trekked between 6 - 8 hours each day and although it was difficult, the higher we climbed, the scenery was more and more beautiful and when we reached the "top" of Panch Pokhari - a series of five small mountain lakes nestled in the Himalayas below a pass which confronts the magnificent pyramid of Dorje Lapka, one of the highest unclimbed peaks in the world - all the aches and pains disappeared - for it was truly worth it - a truly unbelievable sight - even the pictures do not capture the beauty - however it is one of the most wonderful sights - one I shall never forget.



Robyn Murphy.

Robyn started running five years ago with the H.H.H. but has been running "seriously" for the past two years. She wanted to be fit for snow skiing, a pastime she now has neither the time nor resources to enjoy. Preparation for the Nike Marathon (her first) saw Rob. running up to 90 kms per week and although she expected to do better, she was fairly pleased with her 4.50 time. Robyn runs three days a week with a group (Talays, Centennial Saturdays and the Stars) and three days alone keeping Monday a day off. Cycling is another of her interests - she cycles round the city and takes a 50 kms touring trip with friends about once a month. Robyn considers that running "is great for clearing the mind" which certainly simplifies her day to day living and her career as a nurse.



WINSTON HILLS HOOFERS

Here's a mid-week and Saturday running group for those Striders who live in the North-West area: the "Winston Hills Hoofers", organised by Keith Holmes, who recently competed in our Open Half-Marathon. Keith wrote to us:

"We currently meet on Saturdays at 7.00 a.m. for short runs from 8k to 11k over three varied courses, with some cross country and bush track (come visit the bunnies and foxes). We meet at the 'Cowshed', Junction Road, Winston Hills..... We also meet on Wednesday at 6.30 p.m. for 10k and longer (25k) for those who run marathons.

Is it possible to promote our runs through your club to expand our Winston Hills group and perhaps expand our current numbers of marathon runners?"

Certainly is, Keith. Winston Hills isn't a long trip for Striders who live in our biggest growth area (North Ryde-Epping-Pennant Hills-North Rocks). Keith says he and some others in his group have run Striders STaRs and are thinking of joining our club. Anyone feel like a little mutual back-scratching?

Phone Keith Holmes on 693-2173 (home) for further information.

by Robyn Murphy

The purpose of massaging is to help muscles to relax. Tense muscles restrict movement, and this restriction causes unnecessary pain; sometimes it can mimic injury.

Some of the advantages of massage are:-

- * Relief for sore tense muscles
- * Muscles are stretched much more effectively as someone else is doing the work
- * Relaxed muscles have a much wider range of movement
- * Less likelihood of injury
- * Better recovery after a run.

Being unable to run because of injury can cause tightness which a massage will help relieve; also when you start running again, the muscles will be moving freely, as the body's reaction to an injury is to tense up(i.e. it is wanting you to stop that movement.)

There are some cases where massaging is not indicated - immediately after an injury, or if a person is in distress of any sort.

The advantages of massage are many, although there remains an air of uncertainty around the need for massaging.

The above is a brief summary on which I'd be happy to elaborate.

Robyn is a qualified nurse and practising masseur with an interest in sports injuries. She has offered to assist with advice on running injuries and stretching programmes. Should any Strider have questions, or any specific area they'd like covered, write to the Literature Director by the end of July. Editor.

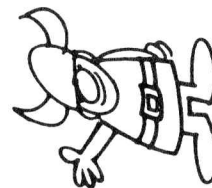
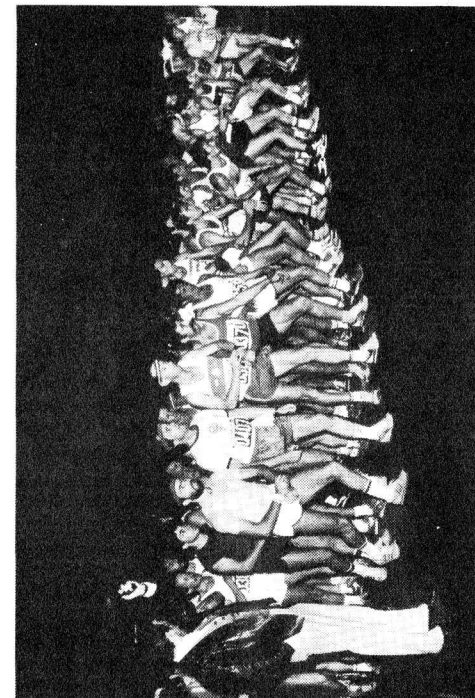


IKEA "Cities" Marathon

(CITY OF SYDNEY to CITY OF BLACKTOWN)
over the Olympic distance of 42km 195m

Sunday, August 19th

6 a.m. Start



SEIKO
Official Timers



Enquiries:
Ian Winton
Race Co-ordinator
Blacktown City Council
Ph.: (02) 621 0011
P.O. Box 63,
Blacktown, 2148

**Entry forms
available —
March**

- * Follow the footsteps of Australia's pioneers along the historic route to the West.
- * The "cities" is the only A to B marathon in N.S.W., flat in nature, it is a proven "runners" course.
- * Hot showers and refreshments FREE at finish.
- * The "cities" marathon is a project of the Blacktown City Council.

LUCKY RUNNERS PRIZES INCLUDE:

• TRI-FIN SURF SKI FROM SHANE SURFBOARDS • TRIP TO MELBOURNE BIG 'M' MARATHON • SPORTSGEAR FROM ADIDAS • 50 2WS MARATHON SINGLETS • 20 'CITIES' MARATHON SINGLETS

ALL FINISHERS WILL RECEIVE:

• 'CITIES' MARATHON RUNNERS PATCH • FINISHERS CERTIFICATE • FINISHERS BOOKLET • 'CITIES' MARATHON BUMPER BAR STICKER.

DR. PAUL RUSSELL

One of the many who have been influenced to take up running seriously by Robert De Castella's great win in the Commonwealth Games Marathon is Paul Russell. In quite a dramatic change this year from a spasmodic runner to a Marathon enthusiast, he is running up to 60-70 miles a week and in the "Big M" Marathon in Melbourne on 9th October, 1983, he recorded the excellent time of 2 hrs. 54 mins. This was only his third Marathon and he is hopeful that eventually he can reduce his time to about 2 hrs. 40 mins.

Paul, who lives at Mosman and is 33 and divorced, is a general practitioner, with a keen interest in sports medicine and preventative medicine. He trains on the lower North Shore and does his running in the middle of the day, to fit in with his work, with his usual programme being up to 15 miles at least five days a week and speed training on another day.

While the challenge to improve his times is undoubtedly motivation for Paul's running, there is also the relaxation it provides after a lengthy period in his surgery, as well as the feeling of fitness which it gives him.

Paul's other interests include stamp collecting and tennis, and as a former rugby player he would like to play with the "Golden Oldies" in London in two years' time. He is a keen home handyman and loves a bit of renovation work.

ROBERT KLIMA

Rob and his wife Kay's names appear in the acknowledgments in the recent publication DEEK by R. de Castella with Mike Jenkinson. Rob is a friend of Mike's and they worked together on The Australian. Rob was one of "the expert volunteers who helped to remove the bugs from the Manuscript" and Kay "typed the manuscript expertly and even managed some encouraging comments along the way."

Rob has been running for 3 years and has 3 marathons under his belt, with a PB of 3-18 in Nike this year. Rob ran last year's Yomix 1/2, and subsequently ran with Striders in Alistair Mackie's STAR, which is very close to Rob's home. His aim is now for a sub-3.15 marathon.

Kay's running career has been interrupted by the arrival of a baby (born 4 weeks ago). We look forward to welcoming her to the friendliest group at forthcoming STARS.

* * * * *

A DIFFERENT SOURCE OF INJURY

by Derek White

Nobody likes being troubled with injuries. Quite apart from their immediate effect they can sometimes become recurrent and hence a continuing worry. Prevention being better than cure, I would like to warn all "Striders" about a source of serious injury, - not just to runners but to their relatives and friends of all ages.

As some of you know, I have been connected nearly all my life with aviation and shipping; in recent years we have seen a new transport area established, - space travel. These three environments all offer clues to the causes of the accidents which are the subject here. Airmen gradually learned from the pioneer years into the World War One era that when the human sense of sight is removed or severely restricted, a person, - especially one subjected to movement, - rapidly loses their sense of orientation. This fact, coupled with the physics of flight and magnetism, lead to many fatalities in those early years until a combination of improved instrumentation and knowledge effected a cure. More recently we have seen prospective astronauts subjected to tests which have proved beyond doubt that if the average, sighted human being is blindfolded and then whirled rapidly around while strapped in a seat, he or she cannot subsequently tell which direction is up, down or horizontal or indicate in which direction they are tilted. When the feet are on the ground, a certain major percentage of perception is regained but there is still unsteadiness until sight is restored.

After all the above you may think it an anti-climax when I reveal that my subject is FALLING IN THE SHOWER ! In ships this has been one of the most common causes of injury to seafarers and passengers in modern times, when showering facilities have become common in all the larger and many of the smaller vessels. In hotels, motels, homes and workplaces, yes, - and sports venues too, it is high on the list of causes; quite a few have even proved fatal.

There are indeed so many contributing factors that scarcely one of us does not, in a lifetime, sustain a fall in a shower. Happily a lot of them never go beyond the temporary loss of balance and slight knock stage but all are potentially severe. Let me list those contributing factors:-

- 1.) Wet, tiled or concrete, slippery surface underfoot. Hard surfaces all around.
- 2.) Soap suds; the bar can also be dropped and trodden on!
- 3.) Hands are occupied; rail or grip, if provided, is not a help during ablutions.
- 4.) Eyes are closed while cleansing head and hair. Perhaps it's

wiser to wash the face and shampoo the hair separately, before or after showering.

- 5.) Where the shower is in a bath, level surface is very small; if the eyes are closed, standing on the sloping edge at the bottom of the bath may not be sensed before losing balance.
- 6.) Runners are often tired and sore after a long run; even dizzy.
- 7.) Don't get into the booze until after showering; many of the accidents to seafarers occurred while they were attempting to sober up.
- 8.) Runners shower more often (Even Poms do!).
- 9.) The curb or bath edge promotes tripping.
- 10.) In showers with glass panels, another hazard is present.
- 11.) Apart from hopeless drunks and actors, most of us shower in the nude; runners don't usually have much padding in their birthday suits.

The peak danger moments are obviously when the eyes are closed. Try to avoid moving around at such a time; even lean against a wall. As we age our reactions, - conscious and sub-conscious, - slow and our sense of balance deteriorates. It is therefore wise to be more and more careful to avoid an accident. Standing on one leg while washing the other is another danger. As I mentioned in 5.) above, there are a large number of bathrooms in which the shower head is above the bath. Irrespective of whether you have bathed or showered, stepping out is a very dangerous moment. Keep the hands free to steady yourself; if you step out clutching a bar of soap, goodbye to the usefulness of that hand. There is hardly ever an outside rail to grab.

Personally I feel it would be awful if, - after surviving to a fairly ripe age and still enjoying competitive running, - I fell in the bathroom and put myself out for good with a broken hip or a cerebral haemorrhage.

At least most of us don't have to contend with the motion of a ship in a seaway, so it could be worse. As for showering with a friend, that could be a case of "the blind leading the blind" and two can injure as easily as one. Anyway, don't let the B.O. win, -

KEEP ON SHOWERING - PLEASE.

.....



PETER COBLEY

Peter, from Sussex in England and in Australia since 1981 for the second time, has quickly established himself with the Sydney Striders as a runner of some not with a time of 2 hrs. 50 mins. in the Australian Marathon in June last. At 33 years of age and with only four Marathons behind him, he can be expected to improve on that effort, and he hopes to eventually get his time down to 2 hrs. 40 mins.

Although he has only lately taken to competing in Marathons, Peter has been involved in athletics since the age of 14. He still experiences the sheer exhilaration of running, but apart from his Marathon aspirations probably his main reasons for maintaining his running are to get much needed relaxation from conducting his own business in merchant banking and to know that he can eat what he likes and remain fit.

Peter, who is single, runs up to 80 km a week and, trains in the Botanic Gardens before work and in Lane Cove National Park in the evenings. When in full training he runs to his office in the City from his home at Chatswood and back in the evening. This helps to fit his running in with the demands of his job.

While Peter likes other sports, athletics are by far his favourite. He is very keen on travelling and is also interested in movies as well as being partial to a drink of wine.

TONY WHITE

Tony, aged 30, lives at Hunter's Hill and has been running for 7 or 8 years. He got started by kicking the smoking habit, when he replaced an unhealthy addiction with a healthy one. When in full training he does about 60 to 70 miles per week. His preferred training pace is long slow distance, but if he's running with an "elite" runner he does a hard, fast run. He has completed 5 or 6 marathons, his P.B. of 2:48 being achieved in the 1980 Harbord Diggers Marathon. His most usual marathon time is around the 3 hour mark, and his most recent was the Wang. Tony is a teacher at a special education school where he works with autistic children. The time he devotes to his work makes training more difficult than when he was a student, but he still manages to find time for it. Tony's wife runs a little but prefers to keep fit with aerobic dancing classes (which Tony finds far too strenuous!). He heard about Striders through an article in the Fun Runner, and says he enjoys STARS because they are non-competitive and "made running fun again".

MARATHON LADDER

NAME =====	CAT ===	<-BEST MARATHON AS STRIDER->				<--PRIOR TO JOINING-->	
		TIME =====	PLACE =====	DATE =====	TIME =====	PLACE/YEAR =====	
GODFREY FRANZ	O	2.29.46	JOHANNESBURG	10/83	2.21.36	BUFFALO, RSA	1983
KEITH CANARD	V	2.32.31	CITIES	08/83	2.29.59	NSW STATE	1980
ROBERT HARRISON	O	2.33.36	CANBERRA	04/84			
TONY MCCALL	P	2.34.52	FAR NORTH COAST	08/83			
WINFRIED AHLMANN	P	2.35.59	ACT DIY	12/83			
BILL FLANAGAN	O	2.36.47	CANBERRA	04/82			
NEIL PLEVEY	P	2.37.24	NSW STATE	06/82			
DAVID COX	P	2.37.52	CANBERRA	04/82			
FRANK BRANDON	V	2.40.40	CANBERRA	04/84			
STUART GREAVES	P	2.41.21	BIG M	10/82			
DAVID DONNELLEY	V	2.43.48	CANBERRA	04/83			
TONY HEALY	O	2.44.30	BIG M	10/83			
CHARLES COVILLE	P	2.45.13	WINSTONE, NZ	10/83			
WAYNE STANTON	O	2.45.50	CANBERRA	04/84			
KEN WYLIE		2.45.53	CANBERRA	04/84			
IVAN FREYS	P	2.46.54	CANBERRA	04/84			
SAM DAHER	P	2.48.24	CANBERRA	04/82			
FRANCIS CHAN	O	2.48.53	SYDNEY	09/83			
NIGEL HADGKISS	P	2.49.09	CAMPBELLTOWN	07/83			
JOHN EVENNETT	V	2.49.26	CANBERRA	04/83			
DENNIS COOLEY	P	2.49.33	CANBERRA	04/82			
TREVOR ROBERTS	P	2.49.37	BIG M	10/83			
CHRIS STAPLES	O	2.49.57	GILLAWARNA	08/83			
ROBERT CAPLICE	P	2.50.00	CANBERRA	04/84	2.41.30	CHICAGO USA	1983
PETER COBLEY	P	2.50.01	AUSTRALIAN	06/83			
HARVEY BLUE	V	2.50.17	AUSTRALIAN	06/83			
DICK CLELAND	V	2.50.34	GOLD COAST	08/82			
LAURIE KING	P	2.50.37	GILLAWARNA	08/83			
ALAN FARRELL	P	2.51.07	CANBERRA	04/84			
STEVE KNIGHT	P	2.52.20	AUSTRALIAN	06/83			
ALISTAIR MACKIE	P	2.52.24	AUSTRALIAN	06/83			
LEIGH PASCOE	P	2.52.48	BIG M	10/83			
BERNARD COOLEY	V	2.53.45	CAMPBELLTOWN	05/82			
RAY DORAN	V	2.54.10	NSW STATE	06/82			
PAUL RUSSELL	P	2.54.13	BIG M	10/83			
DAVID DOUGLAS	V	2.54.30	F/CITY ADELAIDE	08/83			
OSTEN HANSSON	P	2.55.08	GOLD COAST	08/81			
STEVE CORNELIUS	P	2.55.31	NSW STATE	06/82			
DAVE INGHAM	P	2.55.32	NSW STATE	05/82			
RUSSELL BLACK	P	2.55.51	CITIES	08/83	2.50.38	SYDNEY	1982
BRIAN LYNCH	P	2.56.59	AUSTRALIAN	06/83			
NOBBY YOUNG	P	2.57.07	GILLAWARNA	08/83			
IAN BOWDEN	O	2.57.20	CANBERRA	04/84			
PETER FOULSHAM	P	2.57.29	GILLAWARNA	08/83			
BRYAN FENN	P	2.58.00	AUSTRALIAN	06/83	2.34.08	PENINSULA, RSA	1980
WINSTON MARSDEN	V	2.58.00	AUSTRALIAN	06/83			
MAX HENDERSON	V	2.58.22	NSW STATE	05/82			
ALAN TUCKER	V	2.58.40	CANBERRA	04/84			

NAME =====	CAT ===	<-BEST MARATHON AS STRIDER->			<--PRIOR TO JOINING-->	
		TIME =====	PLACE =====	DATE =====	TIME =====	PLACE/YEAR =====
BRIAN HAYDON	M	2.58.42	CAMPBELLTOWN	07/83		
NOEL BARTON		2.59.00	CANBERRA	04/84		
NEIL COLLUM	P	2.59.10	GILLAWARNA	08/83		
CECIL FORD	P	2.59.43	BIG M	10/82		
SUE HILL	VF	2.59.46	AVON	05/81	2.52.01	AVON, W.GERMANY 1979
ANTHONY WHITE	P	3.01.16	AUSTRALIAN	06/83		
DAVID ROBINSON	P	3.01.42	CANBERRA	04/84	2.36.06	KENYA STATE 1963
BRIAN COLWELL	P	3.01.47	BIG M	10/82		
DAVE BLACKHALL	P	3.02.24	NSW STATE	06/80		
BRENT WATERS	P	3.03.01	BIG M	10/82		
IAN WEBB	P	3.03.38	BIG M	10/82		
MIKE MCGUIRK	P	3.04.09	CANBERRA	04/83		
MICK EDWARDS	P	3.04.52	AUSTRALIAN	06/83		
DAVID PETERSON	V	3.04.53	NSW STATE	06/82		
KEITH BARNETT	P	3.05.27	CANBERRA	04/84		
BRETT NICHOLS	P	3.05.30	AUSTRALIAN	06/83		
SCOTT LAWRENCE	O	3.06.33	CANBERRA	04/84		
GAI CUNNINGHAM	PF	3.06.46	AUSTRALIAN	06/83		
RUSSELL HAMMOND	O	3.07.16	CANBERRA	04/83		
BERNIE KING	V	3.07.53	CANBERRA	04/83		
DAVE WILLIAMS	P	3.08.15	CANBERRA	04/83		
JOHN TURNER	V	3.08.32	AUSTRALIAN	06/83		
BRIAN GATFIELD	P	3.09.06	AUSTRALIAN	06/83		
ALEX HAMILL	V	3.09.19	SYDNEY	09/83		
MARK HANLON	O	3.09.47	CANBERRA	04/82		
TONY VIPOND		3.09.50	CANBERRA	04/84		
LEO LEADER	P	3.10.00	CANBERRA	04/84	3.05.00	PENINSULA, RSA 1980
BOB MANN	V	3.10.27	AUSTRALIAN	06/83		
PETER LUXTON	P	3.10.50	CANBERRA	04/84		
TERRY MACMAHON	V	3.11.50	AUSTRALIAN	06/83		
IAN NEWLANDS	V	3.12.18	CANBERRA	04/84		
GARY BUCKLAND	P	3.12.52	AUSTRALIAN	06/83		
MIKE FOSTER	P	3.12.57	CANBERRA	04/84		
BRYCE COURTENAY	M	3.13.58	CANBERRA	04/83		
MERRI MACK	PF	3.14.06	AUSTRALIAN	06/83	3.09.21	CANBERRA 1982
KEN O'CONNOR	P	3.14.12	GILLAWARNA	08/83		
IRWIN LIGHT	P	3.14.30	CANBERRA	04/84	3.10.38	BLUFF, RSA 1977
KARL-HEINZ TOPFER	P	3.14.31	CANBERRA	04/83		
ROBERT WATERREUS	P	3.15.31	AUSTRALIAN	06/83	3.12.32	AMSTERDAM 1982
IAN MILLAR	P	3.16.03	AUSTRALIAN	06/83		
TERRY MCIVER	P	3.16.58	AUSTRALIAN	06/83		
ROBERT KLIMA	P	3.18.00	CANBERRA	04/84		
DOROTHY SIEPMANN	VF	3.18.17	BIG M	10/83		
LYNNE EVANS	PF	3.18.59	CANBERRA	04/84		
JOHN HILL	P	3.19.18	CANBERRA	04/84		
ROBERT WARD	P	3.20.01	AUSTRALIAN	06/83		
GERRY GREENLAND	P	3.20.41	AUSTRALIAN	06/83		
JOHN DAWES	P	3.20.44	AUSTRALIAN	06/83		
GEOFF MURRAY	P	3.20.45	NSW STATE	05/83		
PAUL FOSTER	P	3.21.44	CANBERRA	04/84	3.08.00	BIG M 1982
PETER RYAN	M	3.21.45	BIG M	10/82		
RICHARD BEVAN	V	3.22.17	BIG M	10/82		
BARRY JONES	M	3.23.18	VETERANS	07/81		

NAME =====	CAT ===	<-BEST MARATHON AS STRIDER->			<--PRIOR TO JOINING-->	
		TIME =====	PLACE =====	DATE =====	TIME =====	PLACE/YEAR =====
BRENDA HAMILL	PF	3.23.38	SYDNEY	09/83		
BILL MCCRINDLE	M	3.23.56	CANBERRA	04/84		
PETER KEEBLE	V	3.25.21	CANBERRA	04/84		
DEREK WHITE	M	3.26.56	CANBERRA	04/83	3.26.34	CANBERRA 1981
GRAHAM BUTLER		3.27.12	CANBERRA	04/84		
GEOFF COX	O	3.27.26	HARBORD DIGGERS	04/81		
CHRISTINE PORTER	PF	3.28.00	BIG M	10/83		
PETER HERSEY	V	3.28.30	AUSTRALIAN	06/83		
GEOFF PEARL	V	3.32.28	AUSTRALIAN	06/83		
ERIC WILLCOCK	M	3.32.34	BIG M	10/83	3.28.49	ADELAIDE 1981
BRUCE MURRAY	M	3.32.40	SYDNEY	09/83		
MALCOLM MCDONALD	P	3.33.04	AUSTRALIAN	06/83		
BARRY BYRNES	P	3.33.24	CITIES	08/83		
PAULA FRASER	F	3.35.43	CANBERRA	04/84		
NICK REED		3.38.43	CANBERRA	04/84		
HERB LUDINGTON	M	3.40.34	AUSTRALIAN	06/83	3.31.51	NSW STATE 1982
JEFF BURGESS	O	3.43.28	CAMPBELLTOWN	07/83		
DERRICK TITMUS	V	3.47.09	AUSTRALIAN	06/83		
JOHN GALE	O	3.49.27	ADELAIDE	08/81		
PHILIP CALDWELL	P	3.52.32	AUSTRALIAN	06/83		
PATTI BURKE	F	3.54.01	CANBERRA	04/84		
JUDY KLEINMAN	OF	3.54.30	CANBERRA	04/84		
PAM HAZLEWOOD	PF	3.55.31	CANBERRA	04/83		
ROBERT STUART	V	3.59.00	CANBERRA	04/83	3.40.00	HARBORD DIGGERS 1980
CAROL LUDINGTON	VF	4.01.52	ACT DIY	12/83	3.55.53	GOLD COAST 1981
JIM DONOVAN	P	4.06.57	CANBERRA	04/83		
MAVIS GARRICK	F	4.15.21	CANBERRA	04/84		
ROBI HANCOCK	F	4.15.39	CANBERRA	04/84		
JENNY MCCOY	PF	4.19.00	AUSTRALIAN	06/83		
BILL WHITE		4.25.58	CANBERRA	04/84		
KERRY BRAY	VF	4.27.58	CANBERRA	04/84	3.46.56	AUSTRALIAN 1983
BOB PIERSON	M	4.33.40	HARBORD DIGGERS	04/81		
NIGEL KINGSMILL	V	4.34.42	AUSTRALIAN	06/83	3.31.00	CITIES 1981
TOM SMITH	V	4.40.08	CANBERRA	04/83		
ADAM THOMSON	J	4.40.18	HONOLULU	12/82		
DOROTHY FLANAGAN	VF	4.42.56	HONOLULU	12/82		
ANNE FLANAGAN	JF	4.48.12	NSW STATE	05/83		
ROBYN MURPHY	F	4.48.21	CANBERRA	04/84		
SUE THOMSON	VF	4.53.50	HONOLULU	12/82		
VALERIE WILLCOCK	MF	5.16.24	HONOLULU	12/82	4.41.00	AVON 1981
JOAN HAYDON	VF	5.24.00	CANBERRA	04/84		
JANE FLANAGAN	OF	5.27.56	HONOLULU	12/82	3.42.18	BIG M 1980

MEMBERS WHO HAVE NOT RUN A MARATHON SINCE JOINING
=====

NAME =====	CAT ===	TIME =====	PLACE/YEAR =====
GRAHAM BURKE		2.49.54	VICTORIAN STATE, 1983
ROGER ADAMS	V	2.50.35	HAMILTON, NZ, 1981
TONY CONNER	V	2.52.41	HARBORD DIGGERS, 1983
RON CORDEN	V	2.55.26	PORT MORESBY, 1980
GREG HARBURG		3.00.04	AUSTRALIAN, 1983
PAUL ROBERTS	O	3.02.10	WELLINGTON, NZ, 1983
PETER LARK	P	3.06.00	PENINSULA, RSA, 1971
MIKE ROSE	P	3.15.30	BUNBURY, W.A., 1983
WAYNE GARLAND		3.15.52	AUSTRALIAN, 1983
PETER ARNOLD	P	3.16.42	AUSTRALIAN, 1983
DAVID MCCORMACK		3.16.45	AUSTRALIAN, 1983
ROD MCLEAN	P	3.17.00	AUSTRALIAN, 1983
DAN GRAY		3.20.00	SYDNEY, 1983
GARY SHOESMITH	P	3.22.00	CANBERRA, 1984
KAR WONG	P	3.22.21	BIG M, 1983
PETER DONNELLY	P	3.23.00	HARBORD DIGGERS, 1981
NEVILLE MILLS		3.24.00	AUSTRALIAN, 1983
JOHN PATCHETT		3.24.00	AUSTRALIAN, 1983
TERRY HUDSON		3.24.00	HARBORD DIGGERS, 1980
ANTHONY SMUTS		3.34.00	BIG M, 1983
OWEN DENMEADE	V	3.36.00	SYDNEY, 1983
RON COGHILL	P	3.40.00	AUSTRALIAN, 1983
HARRY TURNER	V	3.42.10	BIG M, 1982
VAL GALE	F	3.48.09	BIG M, 1983
TIM WACHENFELD	P	4.15.30	SINGAPORE, 1982
PETER LANGTON	V	4.28.57	AUSTRALIAN, 1983
OKSANA PYLYPIAK	PF	4.33.03	AUSTRALIAN, 1983
IAN CROSS	O	4.35.05	NSW STATE, 1982

For the first time in Striders' history, the Marathon Ladder has been produced by a computer (a Sirius 1 Micro, using Ashton-Tate's dBase II software, for anyone who cares). If there are errors and omissions, they have NOT been caused by the computer, which is UTTERLY INFALLIBLE!. They have been caused by erroneous input, leading to what is known in the trade as a GIGO-system (Garbage In, Garbage Out). This means, either you didn't tell me, or you did tell me and I made a mess of it. Any computer system depends on correct human input - so if you see a mistake here, or if you want your latest results included, DON'T CURSE THE COMPUTER, TELL ME! (Steve Cornelius H:427-3604).

STRIDERS IN TRAINING



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 Pleyey 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 <i>w 236 0061</i>	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 John Holmes B: 218-9555	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
L/COVE RIVER RUNNERS John Evennett B: 707-8222tt	Tues. 5.30 pm Fri. 5.30 pm	Lane Cove River Park. Fullers Bridge Entrance	South of River. Fullers Bridge to Ryde Rd & return
CENTENNIAL SATURDAYS Believed to be still in existence - no other details avail.	Sat. 7.00 am	Randwick Tech. College entrance to Centennial Pk	Centennial Pk
VETERANS TIME TRIALS Logan Irwin Phone number not known	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 B: 569-7302	Tues. groups 5.50 pm 6.00 pm 6.10 pm Thur. 6 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 15.1k. Turramurra, Wahroonga, Waitara, and Hornsby.

PARTICIPATING STRIDERS	DISTANCE & OTHER NOTES
Gai Cunningham Bret Nichols Stuart Greaves Leigh Pascoe Bernie King Chris Porter & others	Varied speed training, optional time trials from 400m to 5000m.
Bernard Cooley Dennis Cooley Jane Flanagan Robert Harrison Mike McGuirk Neil Pleyey	Varied speed training. Note: Jack Pross is specifically coaching a group of athletes. He has no objection to outsiders joining the group, provided that they make no individual demands upon him.
Charles Coville Ian Bowden Phil Caldwell John Turner Sam Daher Paula Fraser Dot Flanagan Merri Mack Russell Hammond Harvey Blue Laurie King Derrick Titmus Chris Porter	Intervals at sprinting pace
Keith Barnett Tony Vipond Brian Colwell Rob Caplice Robyn Murphy Tony Healy Leigh Pascoe	2 courses of 5k, 8k and 16k run on alternate weeks. Competitive pace.
Phil Caldwell Paula Fraser Charles Coville Russell Hammond Gai Cunningham Merri Mack Sam Daher	6.6k race. Runners leave every minute between 12.00 noon and 1.30 pm.
John Evennett Sue Hill Max Henderson Pam Hazlewood Brett Nichols	Tues: Race Pace. Friday: Medium STAR Pace. 10k.
Dot Flanagan Jane Flanagan Sam Daher Brian Hayden Mike Edwards Laurie King Bill Flanagan 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 Cecil Ford Bernard Cooley Rob Harrison Dennis Cooley Brian Hayden Bill Flanagan Mike McGuirk Ray Doran Laurie King Sam Daher Neil Pleyey Mike Edwards 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.
Owen Denmeade Bryce Courtenay Alex Hamill Peter Foulsham	Wed: 16k run. Mon-Fri: Medium pace 10.6k
Derek White Bill White Derrick Titmus Mike Donnelley Kerry Bray Dorothy Slepman Scott Lawrence	Usually 10k - medium pace. Thur: 3k down to 100m including relays. All times recorded.
Gerald Smith David Douglas Geoff Cox Dave Cox Bruce Murray Nigel Hadgkiss Stuart Greaves	Handicap race. Slowest runners start at 7.00 am. Faster runners leaving at 1 minute intervals thereafter. Mar 31-May 5: 12k. May 12-Jun 16: 14k. Jun 23-Jul 28: 15.1k.

MARATHON SURVEY			
MARATHON	WANG AUSTRALIAN	CAMPBELLTOWN	GOLD COAST
Marathon Location	Nth. Sydney	Campbelltown	Surfers Paradise, v.
Date of Race	June 10	July 22	August 5
Entry Deadline	May 12	July 15	July 2
Contact	288-3921 (B) Aust. Marathon PO Box 700 Strawberry Hills, 2013.	236-9309 (B) 046-252686 (H) Ken Saunders PO Box 657 Campbelltown, 2560.	075-384680 Dusty Lewis, PO Box 5251, Gold Coast Mail Centre, 4217.
1983 Statistics 1st Male 1st Female	R. Tabb 2-10.54 A. Lebreton 2-36.54	H. Wegner 2-25.06 G. Kennedy 3-37.42	L. Adams 2-16.22 R. Bushby 2-49.17
No. of finishers	2150	76	573
MARATHON	GILLAWARNA	'IKEA', CITIES	FESTIVAL CITY
Marathon Location	Lake Gillawarna	Sydney Town Hall	Adelaide
Date of Race	August 12	August 19	August 26
Entry Deadline	August 12	August 4	July 31
Contact	635-9640 (H) Keith Gillies 8H/15 Campbell St, Parramatta	621-0111 X216 (B) Ian Winton Blacktown City Council.	08-510351 P.O. Box 96, Glenelg, 5045
1983 Statistics 1st Male 1st Female	H. Wegner 2-21.59 G. McConnell 3-29.35	S. Montague 2-27.30 S. Hill 3-10.39	P. O'Hare 2-20.27 D. Letherby 2-51.15
No. of finishers	97	154	1330

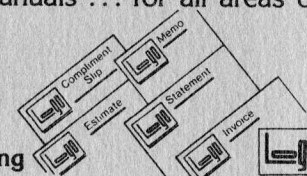
MARATHON	FAR NORTH COAST	SYDNEY	BIG M
Marathon Location	Wardell, NSW	Opera House	Frankston, -Melbourne
Date of Race	Sept. 16	September 9	October 14
Entry Deadline	100 limit		
Contact	066-214422 (B) 066-297278 (H) Brian Richards	337-4399 (B) Fun Runner, PO Box 109, Rose Bay, 2029	Secretary, Big M, Olympic Park Admin. Bldg., Swan St., Melbourne.
1983 Statistics- 1st Male 1st Female	B. Saunders 2-33.54 M. Murison 2-48.19	G. Fish 2-34.57 A. Deakin 3-22.05	J. Ikaanga 2-13.50 R. Mallinder 2-37.56
No. of finishers	56	338	4815



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