THE BLISTER

NEWSLETTER OF SYDNEY STRIDERS MARATHON AND ROAD RUNNERS CLUB.

VOL 1 NO. 2 AUGUST/OCTOBER EDITION

You may wonder who is officially controlling the destiny of the club.

Your hardworking committee is comprised as follows:

	HOME	(EMERGENCY) BUSINESS
CHAIRMAN /EDITOR: CHARLES COVILLE	*411-4729	20572 (x474)
SECRETARY: RHON LEVIN	449-2854	3572211
TREASURER: DAVE BLACKHALL	449-3183	9221500
STAR CO-ORDINATOR: MIKE BINGHAM	*476-1592	2679281
EASTERN SUBURBS CO-ORDINATOR: CHRIS BURKE	663-3141	2361511 (x200)
ENTERTAINMENTS CO-ORDINATOR: BERNIE LIEBMANN	449-5765	2336133
FEMALE REPRESENTATIVE: SUE HILL	952497	6336500

(*Subject to change in November)

Whenever possible please attempt to contact committee members at their home numbers.

If business contact must be made, then preferabley first thing in the morning, last thing in the afternoon, or ideally during lunch break.

SUNDAY TRAINING RUN ITINERARY alias STAR

26/10 EASTERN SUBURBS - Meet McKay Oval, Showground Entrance, Centennial Park

Time: 6.30 Organiser: Chris Burke B. 236-1511 (x200) H. 663-3141

2/11 WILLOUGHBY - Meet 21 Hector Street, Willoughby

Time: 6.30 Organiser: Sue Hill H. 95-2497

9/11 LAKE GILLAWARNA - Invitation cross country meet

Details to be announced later
Organisers: W.D.J.& H.

16/11 NORMANHURST - Meet 18A Hinemoa Avenue, Normanhurst

Time: 6.30 Contact: Michael Bingham B. 267-9281
(Subject to confirmation)

Full details of each run together with maps of the course for the following Sunday will be handed out at the preceding Sunday's run.

Members should arrange to obtain details of the following week's run at this opportunity. However, I shall hold a supply at my office (10th Floor, 307 Pitt St.City) for personal collection from the Monday before.

Failing this, details can be mailed out to members (to conserve funds, it would be appreciated if this was used as a last resort).

General details of future runs should be directed to myself but specific queries on a particular run should be directed to the nominated organiser

An announcement to the STAR slower runners:

Many members appear to be running by themselves on these outings. In some cases members run for most of the distance only a few hundred metres apart.

By slowing down a fraction they would be able to enjoy the company of a fellow member.

So look around you. If there is a member just behind why not join him. A reduction of say 10 seconds a mile should not affect the quality of your run.

The concept behind STAR is group training.

I guarantee you that you will all enjoy the outing much more in the company of a fellow Strider.

We have had 49 different runners attend our 9 STARS. The Club peaked at 32 participants at St. Ives. Unfortunately, we encountered a few organisational problems at that run and probably "lost" a few potential members. However, the organisation has since been placed in the competent care of Mike Bingham and have been extremely well organised. Courses are submitted to him for approval. Detailed maps are then distributed the week prior to the STAR. 2 courses are offered at each STAR - a long (+ 30KM) and a short (+ 22 KM).

DATE	VENUE	NO. OF RUNNERS	EVENT
July 20	Artarmon	17	STAR
27	Turramurra	13	STAR
Aug 8	Kingsford	22	STAR
17	St. Ives	32	STAR
24	Cronulla	13	STAR
31	Hornsby Heights	14	STAR
Sept 7	Turramurra	21	STAR
14	Moxton Park	11	26K Race
20	Lake Gillawarra	15	Marathon
28	Bronte	16	STAR
Oct 5	Northbridge	19	STAR
12	St. Ives	13	STAR

Our attempt to recover $0.40/ runner for refreshments at each STAR has failed. We realise that our 'honesty box' has been overlooked rather than avoided. So in future, you will be confronted by a committee member before the run.

The club does not make any profit from the refreshment contributions - it only seeks to reimburse the kind member who has supplied the refreshments.

Note too, that STAR organisers are not expected to supply food at these outings. All that the club requires of an Organiser is adequate cold refreshments.

SATURDAY TIME IMPROVEMENT COMPETITION ALIAS 'STIC'

Being one who thrives upon variety, I always ensure that I never run the same course twice during the week. Often the courses during the second week differ from those of the prior week.

Yet of all the courses that I run, Lane Cove River Park is one that I never tire of. Where in Sydney can you run for 15 km on tarred roads without having to worry about traffic and fumes?

The chatter of kookaburras in the trees, the occasional colourful glimpse of a galah and the fresh crisp morning air all add to the atmosphere of a unique run.

For those of you who have not yet attended a STIC you have certainly missed a running experience.

Stic No. 1 will probably conclude by the end of October Stic No. 2 will coincide with the start of the Marathon program in December.

POINTS AS AT 11TH OCTOBER:-

John Blance	17*
Rhon Levin	15
Neil Collum	13½
Bob Peirson	12
Dave Blackhall	11½
Charles Coville	11½
Bernie Liebmann	10
Dave Cox	9½
Brian Colwell	9½
Mike Nathanson	8½
Geoff Cox	8
Ernie Warner	6½
Leo Detsikas	5
Neil Plevey	4
Stewart Greaves	3
Richard Hawkins	3
Mike Anschutz	3
Roy Norman	1
John Cain	1

(* Reduced his time from 65 minutes to 56 minutes for the 12.6 course)

COURSE RECORDS:

9.6 km	(Red Course)	Brian Colwell	39 minutes 13 seconds
12.6 km	(Green Course)	Bernie Liebmann	46 minutes 03 seconds
15.6 km	(Yellow Course)	Bernie Liebmann) Neil Plevey)	57 minutes 10 seconds

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INJURIES

The chances of picking up an injury from running are great. A prompt accurate diagnosis is essential.

1. General Practictioners.

   As these members of the medical profession are not specialists on Sports injuries beware of any diagnosis that merely requires rest. Just as they cover themselves by prescribing antibiotics for many illnesses, so the favourite prescription for an injury is rest. Ironically the problem often requires some kind of corrective action (e.g. proper exercise). A second opinion should always be sought when long offs are are prescribed.

2. The Sports Clinic - Lewisham.

   To date we have had 3 report backs of poor diagnosis, suspect treatment and little understanding and sympathy from the "professionals".

3. Physiotherapists.

   All 5 members who visited a physiotherapist in Chatswood have reported favourably on the diagnosis and subsequent treatment. Obviously there are other competent physios around but the members were particularly impressed with the "no nonsense" and understanding attitude of the physio.

Charles Coville	-	strained calf muscle corrected within two weeks
Dave Blackhall	-	pain in toe corrected within the week; prescribed shoe/arch supports
Neil Colum	-	pain in knee diagnosed as underdeveloped thigh muscles and presently under treatment.
Bob Peirson	-	bone (in the foot) problem. Correctly diagnosed and presently under treatment.
Brian Colwell	-	knee problem. Presently under treatment.

Until we have report backs on other "efficient" physios we will continue to support our only reliable contact to date.

CLUB COLOURS (by I.C. Green)

At $15.00 for a club singlet, shorts and silk screening you have probably struck the 'Deal of the Century'.

Rumour has it that Adidas will soon have a similar pair of running shorts on the sports stores shelves for, wait for it....$15 !! (no joking either).

Treasurer Dave wore a prototype at the Hoxton Run and was quizzed by impressed runners throughout the race on its origin.

Remember, only paid-up members are entitled to have "Sydney Striders" silk screened on to the singlet.

So if you are low on running gear, now is the time to invest in the most attractive and up-to-date outfit on the road.

As most of your running is to be undertaken in hotter and humid conditions during the ensuing months, members should be aware of the necessity to run in the correct gear. Thick, heavy cotton T-shirts and long, baggy non-running shorts are unsuitable as:

1. They will cause chaffing.
2. They are bulky and restrict the free flowing movement of arms and legs.
3. Most importantly, they do not dissipate sweat and heat. Body temperature will build up with serious results. You will tire more quickly and feel weak and faint on hotter and humid days.

It must stand to reason why all leading marathoners run in singlets and running briefs.

SPEAK YOUR MIND

Starting up a new club is no easy matter. Many of our ideas are based upon trial and error. Obviously we hope to keep erros to a minimum. The success of such an approach depends upon feedback from members. This feedback, be it praise or disapproval, should flow directly to Committee members. Feedback through the grapevine benefits no one.

A potential member joined us on a Sunday group training run. He never returned. Through the grapevine we learnt that he disapproved of our then 7.30A.M. start. Had he approached a Committee member directly he would have learnt that shortly thereafter start times switched to 7.00 A.M..
For October and November start times are 6.30 A.M.

The moral of the story is: "Speak your mind".

Not only did we lose a member, but he probably spread seeds of discontent to any other potential members with whom he made contact.

Unfortunately we do not know his name, so that we cannot resolve the problem.

SYDNEY STRIDERS M. & R.R.C.

FINANCIAL MEMBERS - 30.9.80

- Mike Anschutz
- Chris Burke
- John Blance
- David Blackhall
- Mike Bingham
- Carmen Bingham
- Victor Biggs
- Neil Collum
- John Cain (student)
- Charles Coville
- David Cox
- Alan Cole
- Brian Colwell
- Jim Donovan
- Leo Detsikas
- John Flynn
- John Gayle
- Neil Guy
- Richard Hawkins
- Sue Hill
- Rhon Levin
- Bernie Liebmann
- Phil Lane
- Mike Nathanson
- Roy Norman
- Bob Peirson
- Bruce Robertson
- Peter Ryan
- John Snelson
- Eddie Warner
- Neil Plevey

- Total Financial Numbers 31

- Other runners on record (yet to pay dues) 19

MEMBERS ORDERS RECEIVED FOR CLUB COLOURS

	Paid	Owing
B. Liebmann		x
D. Blackhall	x	
B. Peirson		x
R. Levin		x
B. Colwell		x
R. Hawkins		x
J. Snelson	x	
N. Plevey	x	
C. Coville	x	
M. Anschutz	x	
J. Flynn	x	
B. Robertson	x	
D. Cox	x	

Members are encouraged to finalise orders for Club Colours as soon as possible, including settlement of accounts.

Intending members who are runners on record with the Club should finalise subs as soon as feasible to permit our records to be brought up to date. The fees ledger will be closed off again at October 31, 1980, and final membership issued. This list will form the only basis for the issue of Striders "First Marathon", "Sub 3 hour" and other achievement patches.

opportunity and everyone else seemed to also. At the 17 km mark I met the race leader heading back - 8 km ahead of me. From there to the half way mark there was an ever increasing stream of runners heading the opposite way including some familiar faces from the Striders. At the half way mark I was exactly on schedule and feeling okay.

After the half way mark without varying the pace, I started to pass one or two other runners some of whom looked exhausted. From about 32 km onwards, both thighs became tired, one knee started to hurt and it became very difficult to resist the temptation to walk "just for a few metres".

The fact that I was still catching and passing a few other runners was a big help at this stage although I was starting to get behind my own schedule. From about 35-40 km the only aim was to continue running rather than walk and all schedules were forgotten. There were no dramatic highlights, no wall - just a long, long period of "hanging in there".

With 3 km to go the course passed within 100 m. of the finish line and this was a cruel and difficult period. However, with 2 km to go success was in the air. Temptation to walk eased a little and it was time for a little extra effort to pass a couple more runners before the finish.

After finishing, the wobbly legs recovered almost immediately, the feeling of exhaustion lasted only a few hours. Full recovery took about two weeks and that knee is still not 100%.

The excitement and satisfaction of finishing was more than worth the effort and the training, and I am now looking forward to entering my next Marathon in 1981.

ADVERTISEMENT - UNPAID SITUATIONS VACANT

1. TYPISTS

Your magazine desperately requires the assistance of typists. Articles get submitted, yet we struggle to convert them from lead/ink to type. So volunteer your girlfriends, wives and mother-in-laws now.

2. JOURNALISTS

Any articles associated in any way with running are almost guaranteed publication. We are hard up for articles, so don't be shy .....

STRIDERS HALF MARATHON, MARCH 1981

Initial enquires have resulted in an interest shown by the Willoughby Council and a number of sponsors. If you have any influence with any organisation who would be interested in sponsorship (no matter how small) contact one of the Committee members.

It is the aim of the Club to hand out as many prizes as possible.

The potential course is: Council Offices, Victoria Street, Chatswood, Fullers Road, Lane Cove River Park, Fullers Road, ending at a sports field in Chatswood.

We anticipate excellent promotion of the race. So get those sponsors rolling in.

UNIVERSAL STRIDERS

Within 3 months of formation, our name, Sydney Striders, has been heard around the world.

BOSTON, U.S.A.

John Blance dropped by at Bill Rodgers' Running Centre where he met Bill. He explained to Bill all about the Club. Bill was so impressed that he not only offered the Club discount on gear, but even offered to supply our new colours C.O.D.

JOHANNESBURG, SOUTH AFRICA.

The word has got around the local running circles of the group of expatriates involved in the club's formation. Already one of the leading marathon clubs, Varsity Kudus, have ventured an exchange scheme on club newsletters.

AUSTRALIAN OLYMPIAN

See Stuart Greaves' article on the Gold Coast Marathon for our influence amongst Olympians.

SYDNEY NEWS MEDIA

Ironically enough "FUN RUNNER" magazine still continues to ignore our existence, despite having been guaranteed coverage by the editor-at-large, Frank McCaffey, back in July and by the Editor, Mike Agostini. Literature on the club was forwarded at their request, too. It seems rather strange that their approach should be one of non-acknowledgement when it will be to our members that they will turn in September 1981 for support of The Sydney Marathon. Perhaps the Australian editor of "Runners' World" might be more accommodating.

INJURED MEMBERS

We hope to have John Gayle and Peter Barnett back at a STIC and STAR soon. John has had a "fluid on knee" problem, while Peter has been beset by injuries ever since the A.C.T. Marathon in April (foot, toe and neck problems).

A NEW STRIDERS SUPPORTER

Congratulations to Jenny and Dave Cox on the production of a Strider supporter, Emily, born on 3rd October at the R.N.S. Hospital, the day before a STIC.

LAKE GILLAWARNA, SATURDAY, 20TH SEPTEMBER 1980

BY CHARLES COVILLE

The purpose of my comments are neither to criticise the WDJH Club nor to seek any confrontation regarding their organisation. It is rather intended to analyse the marathon so that those novices who competed and other novices who have yet to compete know what a highly successful marathon should offer them.

Little reward comes from organising a marathon.

Success is rarely praised, it is usually expected. Failure is criticised. To comment I must be prepared to offer constructive suggestions and perhaps to one day put my own words into action. I therefore shall draw on my past experiences to present a fair comment.

For organisation to come unstuck in a Fun Run or even half marathon appears not to be a crime. There are numerous Fun Runs around and judging by what the jogger is prepared to pay by way of an entrance fee (for very little in return) it would seem that many runners are ignorant of what should be offered to them.

They appear to be prepared to put up with second best because they probably have not experienced a well organised event.

However a marathon is a different ball game altogether. I would guess that the average marathoner would run 4 marathons a year. He would set aside 3 months preparation for each and would conduct his season based upon the calendar year. A well trained marathoner would therefore have sacrificed not only one hundred hours plus of hard graft on the road, but would also have led a rather abstemious social life during those dedicated weeks. Marathons must therefore be successfully organised more so than any other event on the road runners calendar.

I believe that there are 2 categories of requirements.

Category A - 100% success expected

Category B - 100% success preferred, but prepared to compromise.

Category A

1. Accurate Course

The controvosy surrounding Derek Clayton's world breaking run lingers on. Was the course short? I believe not, but my opinion does not count. The fact is that courses should be rechecked for accuracy before the event. There is no excuse for an inaccurate course. It would appear that the WDJH course was accurate.

2. Marshalling

This is where I have to stick my neck out. I believe that both human marshalls and direction signs are necessary. As a precaution, whitewash could be sprinkled on the road at critical points to mark the course.

What if the marshall has to attend to the calls of nature? The 2 precautions would hopefully cover that eventuality. To say that it is the responsibility of the runner to know the course is wrong. The WDJH course included dirt roads that on occasions did not have street signs. Even though I had a general feel for the correct direction I missed the turning to the right simply because there was no marshall present. My sympathy to the leader who took a wrong turn and came 3rd.

If a course is complicated (i.e. it has numerous turns) then it must be properly marked and marshalled.

Marathon running in Australia is not a spectator sport. Therefore the organisation should hinge around the marathoner.

The half hour delay from 7.30 to 8.00 was obviously human error. It did upset a lot of runners. However the "late" 7.30 start was planned.

A marathon should represent a test of endurance under ideal conditions (cool weather and flat course). Personal best times are quoted without qualification. No one states that they ran a 2H 59M marathon at 4,000 feet at midday in 100°F temperatures over a mountainous course. The time is simply 2H 59M.....end of story.

The Colonels Marathon organised by Harbord Diggers started at 5.00 a.m. Yes, that would mean rising at 3.00 a.m. A small price to pay to know that between 8.00 a.m. and 9.00 a.m. the majority of the field would be finishing avoiding both the March summer heat and the traffic.

Incidentally the temperature in Liverpool at 11.10 a.m. was 23°C on Saturday, 20th.

2. Refreshment Stations

Full marks for adequate facilities.

Remember that you can always compromise by stopping at any water tap en route. The art of "seconding" developed in South Africa as a result of the Comrades Marathon i.e. having your own personal attendant/motivator attending to you during the run. This involved the runners family and friends. Besides the obvious of being a social event for the second (meeting other seconds), it also meant meeting other club members during the race.

Maureen, my wife, seconded me on the WDJH Marathon. She fed me H_2O and sponges between the official refreshment stations. What surprised me was the reaction of the fellow runners. Many sought her assistance too.

So for future events we will definitely encourage "seconds" and hand out notes on "the art of seconding".

If you thought that it was a long way between stations you should be aware that you will not get more stations in most other marathons. Makes you realise how important a second is!

3. Flat Course

Full marks here. I did hear a few comments that the dirt roads were a bit rough on the feet. I would rather have the latter than traffic. So I guess its a choice between the two.

4. Traffic Free Course

I believe the course is as traffic free as you'll get in Sydney. The 2 kms. along Henry Lawson Drive between 37km and 39km was the only busy stretch of road.

GENERAL COMMENT

To overcome the problem of late entries delaying the start and overburdening refreshment facilities I believe that late entries be either banned or charged a double or triple entry fee.

Late entries must be discouraged.

RESULTS

A 100% finishing rate for the Club in its first marathon cannot be surpassed. With 50% of the 13 Club entrants representing novices our finishing record was unbelievable. Well done to all Members. We hope that the Club can now assist you in improving on your time in your next marathon. As the Nike advertisement states, "........there is no finishing line....."

NEIL GUY

It is now 3 days since I completed my first marathon and the soreness has completely gone. I am now looking forward to attempting to better my time of 3 hours 29 minutes 56 seconds although on Saturday afternoon (six hours after the marathon), I had no intention of making any further attempts.

With hindsight, I feel I may have slightly under-trained for the event. With work commitments, and occasionally because of my own laziness, my weekly mileage was irregular and ranged from 40-60 miles. Ideally, I should have been averaging 7-12 miles daily, 6 days per week and then rounding off with one run of 15-20 miles to give me a weekly total of 70-80 miles (programme to commence approximately 3 months prior to the event). This programme is what I think suits me personally and may not apply to others who would prefer more or less mileage and perhaps some different methods. Hill resistance and speed training can also be included to break up the monotony.

Getting back to the Lake Gillawarna run, I feel it could have commenced earlier, i.e. 6 or 6.30 a.m., to avoid the hottest part of the day. The run was scheduled to get under way at 7.30 a.m. but did not commence until 8.05 a.m., which had me finishing at 11.35 a.m. The course was flat and well suited to a "first timer" like myself. The aid stations, which supplied staminade or water and sponges were very welcome and seemed to be adequately placed.

At the start the temptation was to go out at a reasonable pace, especially as there was a half marathon race included in the marathon course. However, by holding back and going very slowly for the first 4 or 5 miles I found it much easier to settle into stride. (Editor - Experience gained through being a Sydney Strider). Time seemed to pass quickly and I had no problems for about the first 18 miles. After that my legs started getting a bit sore and my pace slowed down. This kept up for another 5 miles and from there I probably could have walked faster than I was running over the last 3 miles. When you arrive back at the park you can see the finish line 100 yards away but you have to go around the park for 3 k/m before you actually finish. The ambulance man was keeping a very close eye on me at that stage. Nevertheless, I plodded on. When I came to the 1 k/m to go sign I knew I had it beat.

It was worth every bit of pain when I crossed that finish line

* David Cox: My first marathon was not nearly the horrific experience I anticipated. I expected to hit the wall and to have to struggle to the finish.

Instead, I ran reasonably comfortably for the whole distance, did not hit the wall and wound up with very few after-effects such as stiffness or exhaustion. In fact, I found it to be not as gruelling as some of our harder Sunday group training runs.

During the week preceding the race I ran lightly every day, ate carbohydrates a plenty, and got lots of sleep. I did not set myself a time to finish the marathon, I was conscious only of the psychological necessity to finish my first marathon without dropping out. I also hoped to have someone to run with and talk to, as I have found this very helpful on our Sunday runs.

I liked the course, which made it seem easier than some of our Sunday courses. I also liked the "out-and-back" course because when coming back I always knew what was still ahead. I as glad too, that instead of being long and straight, the course twisted and wound around numerous corners, breaking the monotony of the distance.

On race day I found a group wanting to run at about my pace, and I ran with someone for 36KM which was a tremendous help in taking my mind off the tedium.

We ran slowly from the outset and, as a result, found that after 30KM we passed many runners who had blown up. In fact the last 4 or 5KM were probably my strongest.

I thought the race was very well organised, with marshalls at every corner and numerous drink stations. I did not particularly mind the half-hour delay in starting, though it probably meant running in hotter weather later on.

All in all I found the marathon a tremendous experience. Without a doubt I could not have managed it without our Sunday group training runs which gave me a good preparation for being out on the road for that length of time.

NEIL PLEVEY

I could not believe my eyes as we drove into the car park. There were hundreds of people all over the place. Runners changing into their gear. Some warming up. Others standing around talking, trying to relax. A great deal of atmosphere had been created. Chris Burke, Neil Guy and myself tracked down Charles and all the other "Striders" in the centre of the grounds. I was disappointed to hear that Bernie Liebmann and Dave Blackhall were not running. I was looking forward to running with Bernie. "You're just being selfish", I thought to myself. "Just go out and do your best". I had already made up my mind that I was going to try for a 4 minute kilometre pace up to 32KM and hope I could manage a sub 3 hours. Everything was going okay until the 30KM mark. Then, all the small signs that I chose to ignore earlier on, became a rather large reality. My breathing became shallow and very hoarse. I dropped over a minute a kilometre to the 35KM mark. I began cursing even the slightest undulation in the road. With 6KM to go, I stopped. I was finding breathing very difficult. My chest was full of pain and my mind was cursing my body for attempting this event. I had hit the wall and bounced back off. Only encouraging shouts from other runners got me going again. With a kilometre to go, I was in trouble again. I am extremely grateful to Brian Colwell who ran the last stretch with me - thanks mate. I crossed the line in 3HR 2MINS 28SEC. I learned a lot from "Blowing Up" in the run. My legs need to do more miles to break the 3 hour barrier.

STRETCHING EXERCISES

(By Sue Hill)

Running in excess of 30 km per week on hard surfaces is, despite its long term benefits, calculated abuse of the body, and most runners will at some time suffer an injury with resultant disruption of training.

Thus, every runner, whether competitive or social, should be highly motivated to prevent such an injury occurring.

The majority of running injuries can be prevented if a commonsense attitude and flexible training schedule can be followed.

There are many areas that should be covered when discussing injury prevention i.e. bodily biomechanical flaws, footwear and training surfaces, running styles, and stress in regard to training and racing. However, my intention here is to stress the vital role stretching exercises have to play, not only in the prevention but also the treatment of running injuries to muscles and tendons. These exercises are among the most fundamental of injury prevention measures and are essential for full recovery following injury.

Why stretch?

The repetitive action of running with certain leg muscles becoming stronger, causes a muscular imbalance and resultant lack of flexibility. The typical distance runner progressively loses this ability to fully stretch calves, hamstrings etc.

Tissues in this tightened state are very prone to tearing when overextended and the resultant injuries are often serious and recurring if a full painless stretch is not achieved within 3 to 4 weeks following the injury.

When to stretch

1. Before or during the warm up period of a training run or race, each muscle group should be stretched several times, with emphasis on any problem area.

2. After training run or race.

   This stretching routine should take 3 to 4 minutes - surely a small proportion of running time to ensure injury free running.

How to stretch

1. Normal non injured muscles and tendons.

   Preferably raise tissue temperature with a 5 minute jog.

   All stretches should be performed as a slow steady stretch to the maximum for that muscle or tendon and that position held for 10 to 15 seconds. Relax the muscle slowly for 5 seconds. This should be repeated 3 to 4 times.

2. Injured muscles or tendons.

   It is important to the healing processes that stretching is commenced at the correct time. Too early, or too strong a stretch will only slow progress, and too late, or no stretching, will increase the likelihood of repeated injury.

   So, depending on the extent of the injury, gentle stretching should commence after 3-4 days (before this, apply the I.C.E. routine IE. ice for full recovery. Make sure that in stretching the injured muscle or tendon, your other regular stretching exercises are not forgotten. Do not train hard until the painless state on full stretch has been regained.

A major "don't"

Never jerk the muscle or overstretch in a bouncing "ballistic" manner

- this would invoke stretch reflexes whose end result, contraction of the stretched muscle, would be undesirable.

Static stretches offer these advantages

- There is less danger of exceeding the extensibility limits of the tissue involved.
- The energy requirements are lower
- While ballistic stretching is apt to cause muscle soreness, static stretching will not. In fact it relieves soreness.

HOXTON PARK FUN RUN/ROAD RACE (BY NEIL PLEVEY)

Sunday 14 September saw eleven "Striders" take part in a 26KM run organised by The Liverpool Handicapped Childrens' School.

The course was relatively flat with no real hazards (apart from those swarms of flying black ants).

It was great to see Dave Blackhall decked out in The Club colours. The day is nigh when we will all turn out similarly attired.

The idea of taking part in this run was to fill the vacant Sunday Training Stint. Also, it provided an excellent opportunity for those "Striders" taking part in The Lake Gillawarna Marathon to have a good hit out.

I ran with Charles Coville and Bernie Liebmann for most of the journey.

Both their company and conversation were greatly appreciated. As a novice, I find them a great source of good advice and helpful hints. Although, I must admit, I have yet to see the benefit of constantly passing wind during a run. Maybe its for the hills.

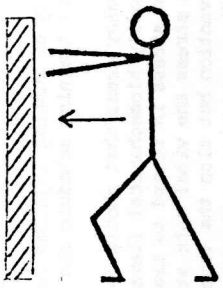
With 8 kilometres to go, I decided to tray and catch a few runners up front. I could not remember feeling so good at the finish of a run. How I wish The Lake Gillawarna Marathon had been run that day.

You prepare yourself mentally and physically for a run. However, how you feel on the day is a deciding factor in your performance. This is the lesson that came out of the Hoxton Park Run for me.

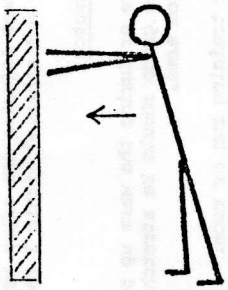
Times are listed below:

Danny Belnik	1hr	39	minutes		
Neil Plevey	1hr	41	minutes	11	sec
Charles Coville	1hr	43	"	38	"
Bernie Liebmann	1hr	44	"	12	"
Stuart Greeves	1hr	51	"	36	"
Richard Hawkins	1hr	56	"	32	"
Dave Blackhall	1hr	57	"	29	"
Brian Colwell	1hr	59	"	54	"
Neil Guy	2hr	0	"	03	"
Chris Burke	2hr	3	"	47	"
Peter Ryan	2hr	17	"	56	"

1. Gastrocnemius and Soleus (Heel Cord)

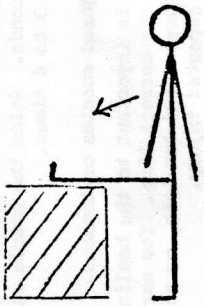


weight on front foot, both heels on ground, stretch back leg with straight knee, then bend knee.



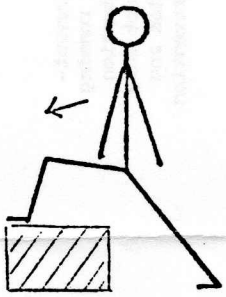
lean forwards, heels on ground.

2. Hamstrings

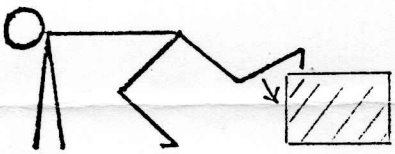


heel on back of chair, standing leg straight, body leans forward over knee (from hips)

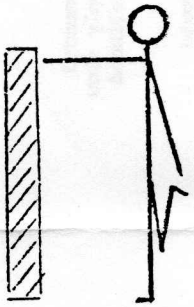
3. Rectus Femoris/Illiopsoas



lunge position, non-tight leg up on table, lean forwards.

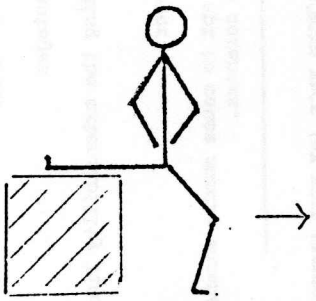


foot up on bench behind, push back knee backwoods



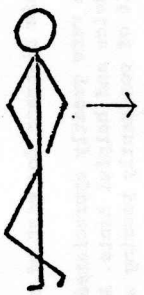
maintain straight back with leg directly behind.

4. Adductors



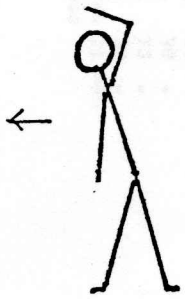
tight leg up on bench, lunge sideways. Hand on hip to stop backward rotation of pelvis.

5. Tensor Fascia Lata



tight leg crossed behind body, lean trunk side-ways not bending trunk.

6. Quadratus Lumborum (Trunk side flexors



side flex away

Another drink stand. Marshalls keep saying "not far now", "keep it up, you're doing it nicely". I can't even raise a smile. Around the lake, start heading back towards the finish. I pass someone, he says "well done". 50 yards further on, he passes me, I don't say anything. I see the 42 kilometre sign and then 385 yards to go. I turn right - 50 yards to go!! I see Debbie out of the corner of my eye, but I ignore her. I see a photographer, he takes my photo - I don't think I am looking my best. I cross the finishing line at my snails pace.

Someone hands me a card, "There's your finishing time". I look - its 3.35. "Move over to the table there", "Whats your name please". "Flynn" I croak. Debbie unpins my number - I can't do it. I've just got to flop. Debbie, the kids, Mum & Dad and some friends stand around my prone body. My legs ache, my back aches, I have cramps and feel pins and needles in my hands and lips. I groan! "I think we'd better get some first aid", Says a nurse "You've hyper-ventilated(?), let me give you some oxygen". I don't argue. I start drinking. After half an hour I stand and hobble with support to the car - what ever happened to my visions of a champagne picnic.....

Well - was it worth it? In a word yes. What percentage of runners have even completed a marathon, let alone the general population. Even with today's emphasis on fitness, its an exclusive club to belong to.

And what about the training? Yes, it took plenty, but with planning (a code word for early rising) it did'nt interfere with other activities. I even found the discipline led to more being achieved rather than less.

Will I do another? Well, "The Colonels" is next April and getting out of bed is easier in the summer - maybe you would like to join me in a run - who knows, you may come to enjoy it.

JOHN BLANCE:

Marathon mania at The Lake! After studying the faces of the 1000 exuburantly keen marathoners I was lulled in to false belief. It can't be all that hard.

But this feeling was short lived as, in this my first ever marathon, I found myself struggling to the turn wondering how I was going to get back.

With 6 K's to go I looked in desperation for a sympathetic face, but found none so on and on I struggled but worse was to come.

2 K's from homw I was about finished but I knew I was the last of the Sydney Striders so kept going even though down to a walk.

It was a merciful release when I crossed the line. Charles was there to congratulate me. I was of course very pleased to finish at my first attempt and was satisfied with my time of 3hr 40 minutes.

womens section.

On the Sunday morning I fronted up at Lane Cove River Park for a STAR. After the first 30 yards I felt as though I was in the rheumatics handicap race. However my legs felt better after a slow run through the park.

Joining the Sydney Striders has been the reason for my improvement and enjoyment in running and I look forward to all club runs and races.

I am eagerly awaiting my second marathon in the 1981 season.

NEIL COLLUM:

The notion of entering a marathon first came to me early this year at a time when the most I had ever run in one week was 40 km. and the furtherest in one run 17 km (only once). After a lot of reading and not much thought, I decided to give it a try. The objectives were:

1) To finish.

2) To run all the way.

3) To run for 3½ hours.

Having read all I could find about training, it seemed that about 85 km per week for several weeks would be the minimum required and that the increase from 40 km to 85 km per week would best be achieved using the hard day, easy day, hard week, easy week system.

Training mileage increased well enough up to about 70 km per week early in the year but then dropped off when no suitable marathon was available. From about end of June onwards weekly training was as follows with all distances in km and each week's longest run in brackets.

49 (12); 60 (12); 70 (28); 55 (12); 55 (12); 80 (26); 16 (8); 50 (14); 75 (30); 52 (22); 81 (33); 83 (33) and 27 (17) in the week before the marathon.

The build up over the last few weeks was too quick and it would have been better to have had a few weeks with 20 km as the longest run and a few more with 25 km as the longest before moving up to regular weekly runs of 30 km or more.

The WDJH Marathon was run on a flat course with drinks and sponges available about every 5 km and apart from being a bit too warm conditions were nearly perfect. My pre-start plan was to run at close to an even pace of 5 min/km rather than attempt any complicated splits.

Judging the early pace was tricky as there was a ½ Marathon being run at the same time and many runners set off fairly quickly. Having read about and been warned about the risk of going too quickly I just ignored all other runners and paced myself carefully by the markers provided. After about 10 km things settled down and I just ran along sometimes alone, sometimes with other runners but always at about a five minute kilometre pace.

JOHN FLYNN:

The alarm rings, its 4.30 a.m. I've been awake for some time. Mueslie and half a toasted muffin with plenty of butter and jam. Walk around to get the body working. 5.00 a.m. Back to bed for half an hour. Reset the alarm. Again no need. 5.45 a.m. Bruce Magnusson picks me up. We exchange brief greetings. Call in to pick up Mike. It is our first marathon, Mike's aiming for three hours, Bruce for 3.45 and me 3.30.

We arrive at Lake Gillawarna at 6.30. Plenty of activity, runners jogging, rubbing in liniment, its a good crowd. Register and obtain a number, some confusion, is it 66 or 99? Exchange greetings - Mike and Carmen Bingham, Charles Coville, Chris Burke, Derek Smith, Sue Hill, Neil Guy, Bruce Cutcher and a lot of familiar faces. The crowd builds. I warm up with some slow running and stretching. 7.15 strip down, quick drink, toilets are locked so I climb over the steel door. There seems to be a problem. An official announces no start until 8 o'clock. Its getting hotter, I'll be finishing at 11.30 now when its really going to be warm. Organisation is good, just swamped by the 1,000 starters - twice that expected.

At last the start. Not sure if I hear a gun - but we're off. 3 kilometres around the park. I take it easy; - see ducks, pelicans in the lake. Plenty of chat going on, I find myself with Mike Bingham and Chris Burke. Chris is aiming for 3.30 and Mike 3.15. Out of the park and along Henry Lawson Drive. Damm!! I've picked up a stone in my shoe, I dash to the side of the road, take off my shoe and empty it. When I look up Mike and Chris are sixty yards down the road. I want to catch up but am conscious of going too hard early. Over the Milperra Bridge, turn right and into Chipping Norton. Strange area, broken down farms, changing over to housing sub-divisions and industrial. Flat area - no shade. Its really going to be warm here on the way home. After 4 K. I catch up to Mike & Chris. We pass a school, its local election day and the officials stare. I take drinks from each stand - very welcome. The officials are having trouble at these early marks getting down everyones split times.

Over the foot bridge into Warwick Farm. Chris Burke is well organised, has own support team with drinks and sponges. He shares them with me. On to the Hume Highway and up the hill. Mike Bingham moves away. A familiar face - Fred White taking my photo as I turn a corner. Heading towards Hollywood Drive and the half-way point. 4 kilometres from the turn and here come the leaders - that makes 8 kilometres ahead. They don't seem to be going much faster than me but I guess they must be. A couple of familiar faces amongst them. Here comes Charles Coville running strongly and not far behind him, Neil Plevey doing his first marathon, hoping to break 3 hours. Chris yells "keep going, keep thinking".

Past Liverpool Golf Course with plenty of runners heading past us now. A left and down into Hollywood Picnic Grounds. "Half Marathoners this way! Full Marathoners that way!" A drink, a sponge, around the flag pole and out again. Half way! No problems, but I feel my pace slacken a bit. Chris Burke moves away. I see him up ahead chatting with Sue Hill. Back up Hollywood Drive, a left and a right turn. The turns are marked by Naval Cadets with flags, very young, very bored. Drink stations working very hard - picking up sponges and cups dropped by runners.

Up to the Hume Highway and down the slight incline. Derek Smith cruises up behind me. "Having a bit of a bludge?" he asks, "Thought you were only doing a half-marathon" I retort. He draws away. I turn left into Warwick Farm - definitely getting slower now. A long straight asphelt stretch by the station - am passed by a chap in a wheel-chair. A girl on a bike accompanies him, probably helps the chair over the gutters. Very warm now. Across the foot bridge and back into Chipping Norton. I knew this was going to be the hard part, when I ran over part of the course a week ago. Hot, flat, dusty, no shade, fairly repetitious, with one big loop. If I can grind out this part and get to Milperra Bridge, it will be shadier with the end in sight. I keep going. I look at my watch - gradually falling behind my target, but nothing I can do. Can't push too hard or I might really hit the wall - or have I done that already!

Drink stops unbelievably welcome. Slowing down as I approach them now, instead of just running through and grabbing. At the end of the loop I see Carmen Bingham just starting. We wave and she actually smiles. Its hotter than ever now and everyone seems to be moving much slower. A well endowed girl in an army tee-shirt passes me - saw her earlier and figured her for a half-marathon. Past the school again, turn right and here comes the 30 K. mark. No one's having any trouble here taking down the time splits. I move through at a snails pace. Left around a dirt track and right onto Riverside Drive, at last not too far to Milperra Bridge. Up and over, the little down incline at the other end plays havoc with my knees. Another drink stand up ahead. I slow down to a walk, but start running again when my knees almost lock up. I douse myself with a sponge. I hear a marshall say "I think we'll start earlier next year" - good idea!

Along Henry Lawson Drive, its endless, hardly seem to be moving faster than a walk, but can't afford to stop. Few runners in sight. Around a corner, at last the park is in sight. 3 kilometres to the finish once I get inside. I do a left and there's Mike putting on his track-suit, he must have done a good time, "Keep going" he yells. I do a left, can't stop now. Just a question of seeing it out, hanging on. 2 kilometres to go.

STRIDERS LIBRARY LIST

The running revolution has generated a library of literature - sometimes superfluous, sometimes contradictory, sometimes contraversial. Nevertheless, it exists. To assist members, in making available to them running literature, the club has instituted a library list. Members are asked to advise the editor of those books which they are prepared to make available to fellow members.

John Blance has subscribed to the 4 leading USA magazines, "RUNNERS WORLD", "RUNNING TIMES", "THE RUNNER" and "RUNNING" and has made them available to members through the editor. I have the following publications which may be borrowed:

RUNNER'S WORLD PUBLICATIONS:-

— Long Slow Distance by JOE HENDERSON
No. 4 New Views of Speed Training (1971)
No. 16 Interval Training (1972) by NICK COTES
No. 14 The Runner's Diet (1972)
No. 29 Exercises for Runners (1973)
No. 12 Encyclopedia of Athletic Medicine (1972)
No. 23 Runner's Training Guide (1973)
No. 13 Racing Techniques (1971)

THE COMPLETE BOOK OF RUNNING (1977) by JAMES F. FIXX
DR. SHEENAN ON RUNNING (1975)
THE COMPLETE RUNNER (1974)
THE COMRADES MARATHON STORY (1976) by MORRIS ALEXANDER

DISCOUNTS:

The following stores have indicated that they will offer members a favourable discount on running gear.

1. BOB TALAY 38 Frenchmans Road, Randwick. (399 3893)
2. ALL ROUND SPORTS CENTRE 304 King Street, NEWTOWN.

The committee is presently negotiating with a further 2 stores for club discounts.

CLUB EMBLEM

To date, we have made little progress in producing a club emblem. Surely, someone in the club has an artistic flair or has a contact who might be able to assist.

CHARLES COVILLE	25	2.50.07 - (UNOFFICIALLY 2H49M)	
* MICHAEL ANSCHUTZ	47	2.59.21	
* NEIL PLEVEY	63	3.02.28	
ERNEST WARNER	72	3.04.55	
SUE HILL	108	3.16.50	
* DAVID COX	144	3.24.27	
MICHAEL BINGHAM	157	3.28.10	(* Novice)
CHRIS BURKE	164	3.29.53	
* NEIL GUY	165	3.29.56	
* JOHN FLYNN	186	3.35.37	
* NEIL COLLUM	187	3.35.42	
* JOHN BLANCE	200	3.40.55	
CARMEN BINGHAM	229	3.52.37	
BRIAN COLWELL	59	1.33.46	(Half marathon race)

	TOTAL	SYDNEY STRIDERS
STARTERS :	334	13
FINISHERS :	281	13
% FINISHERS RATE :	84%	100%
FINISHERS FROM 43 CLUBS :		207
FINISHERS "NO CLUBS" :		74

CLUB POSITIONS BASED UPON NUMBER OF FINISHERS

CLUB	CLUB POSITION	NO. OF FINISHERS	CLUB POSITION	NO. OF FINISHERS
W.D.J. & H	1	33	1	33
ARMY	2	27	2	27
RAAF	3	22	3	22
NAVY	4	12	5	12
WESTERN SUBURBS	4	12	6	11
HARBORD DIGGERS	6	10	7	10
SYDNEY STRIDERS	7	9	4	13
		(EXCLUDING 4 *)		(INCLUDING 4 *)

* 4 "PAID UP" STRIDERS MEMBERS DID NOT RUN FOR THE STRIDERS CLUB

CATEGORY WINNERS:

OVERALL WINNER 2H.33M.

FEMALES 30-39

1. SUE HILL 2. CARMEN BINGHAM

So many of us gauge our running improvement by comparing our times annually in this chaotic event. As much as we decry this debacle, it has the charisma (to some of us) that attracts us back for the pilgrimage to Bondi.

In what other event would you be prepared to queue for 90 minutes at the start so as to secure a grid position?

I have heard through the grapevine that approaches to the organisers for an improved start fall on deaf ears.

The sponsors are in it for the publicity - end of story. Until there is an injury or death (god forbid), running of The Bulls, Pamplona style, I can't see much improvement at the start in the next few years.

The argument used, that its a fun run anyway, falls flat for 2 reasons

1) Stars are imported annually from the USA.

2) Even in fun runs, most participants have their own ascertainable improved goals.

The obvious solution is to have a number of different starting positions

EG. The neighbouring side streets.

Anyway it fills in for a STAR, so I guess most of us will always be back to satisfy our fellow workers that you don't run unless you run the City to Surf. How could they ever believe that you're a runner (sorry jogger) unless your name appears in print the following Thursday.

Entrants	:	23016
Starters	:	? (a worthwhile statistic never reported)
Finishers within 150 minutes	:	17571

WINNER	41.50	Tim O'Shaughnessy
STRIDERS:		
232	51.36	Charles Coville
322	52.40	Alan Cole
351	52.58	Mike Anschutz
419	53.42	Neil Plevey
497	54.20	John Flynn
505	54.22	Stewart Greaves
UNOFFICIAL	54.?	Bernie Liebmann
659	55.35	Dave Cox
819	56.44	Sue Hill
1242	58.44	Dave Blackhall
1368	59.12	Leo Detsikas
1425	59.28	John Snelson
1860	61.10	Neil Collum
1900	61.17	Chris Burke
2677	63.44	Neil Guy
3329	66.11	John Blance
3629	66.31	Rhon Levin
3723	66.43	Brian Colwell
4246	68.06	John Gayle
5327	70.40	Bob Peirson
5509	71.08	Peter Ryan
6299	73.00	Jim Donovan
7953	77.02	Mike Nathanson
10200	83.33	Ros Keech
SOCIAL RUN		Richard Hawkins

TRAINING (BY CHARLES COVILLE)

In our opinion the formation of the club was badly timed. Launching the club over 60% of the way through the season meant that we could not formulate training schedules for members other than encouraging attendance at STIC (Saturday Time Improvement Competition) and STAR (Sunday Training Runs).

The 1981 marathon season spreads from late March to early October. Since we suggest a 12 to 15 week period of preparation for each marathon the season actually starts 3 months earlier i.e. mid to late December.

I.E. Almost 10 months duration.

Training programmes for the first marathon in the new year are to be included in the next edition of The Blister.

Most, if not all of us have a common problem in being restricted in our training by the availability of time. The programme is one that requires a dedicated effort over a short period. I find these efforts demanding but adhere to them through certain sacrifices (eg. Early nights).

The prerequisites for the programme are therefore twofold.

1) Keep training from now until Mid December but

2) Scale down your intensity of training by even becoming casual (eg. sleeping in; running 3 mornings during the week instead of 5, etc). You will find that the 1981 season will be a long one. Boredom can set in quite easily. By mid December you should be in the right frame of mind to tackle the programme and increase your tempo of training. You should not be at a high level of training before then.

Sunday runs should continue to be attended during this period. Saturday runs offer the opportunity of a further group run in a relaxing environment (Sounds like a good ad!). What all this means is that endurance training continues, even during the "off season". Remember that most of the novices shortfall in marathon training is endurance.

Although we have not confirmed the dates, we anticipate the Harbord Diggers and ACT Marathon to take place simultaneously on April 5th, 1981.

To be in a position to be able to undertake the 3 month marathon preparation programme your current training schedule should look something like this:

Sunday	:	STAR	20 KM
Monday)			
Tuesday)			
Wednesday)	:	3 runs of approx 13 KM	38 KM
Thursday)		per run	
Friday)			
Saturday	:	S.T.I.C.	12 KM
			70 KM

By the time that December comes around you should be handling 70KM/week competently and should enjoy it.

THE CONSTITUTION

We have been assured by our club solicitors, Levin Liebmann & Co. that the production of a draft club constitution will not take as long as a case of appeal in the High Court.

In actual fact, copies will be available (for comment) at the party on the 1st November 1980.

GOLD COAST INTERNATION MARATHON - 31 AUGUST 1980 - SURFERS PARADISE

(Stuart Greaves)

As is usually the case before an important race, I slept badly. The sound of trucks passing the motel during the night hadn't helped much either. Yet it took more than the alarm clock to wake me at 4:30 a.m... My travelling companion, Richard Beecroft, was attempting to shake me awake.

This was the morning of the Gold Coast Marathon, being the culmination of a weeks holiday for us. We'd spent the time trying to exercise away the doldrums induced from pushing pens or staring, square-eyed at computer screens for months on end. Each morning for the past week we'd drive on through New South Wales or Queensland to a new town, then in the afternoons we'd stop and relax by circum-navigating the town ... he on a ten-speed bike, myself in my LDV's. (Did you know that a men's bike will fit comfortably in the boot of an Alfasud ?) In this manner we trained our way around Grafton, Gympie and Gladstone, to name but a few. I particularly like the hills around Brisbane; Richard couldn't keep up on that run! This is a great way to train, except up in the tropics at Rockhampton, where I got jeered (cheered ?) at every street corner. The town literally runs on beer, and seems to have more pubs than intersections.

I indulged in a little carbo-loading at the Surfers Chevron on the Friday night before the race, but I wasn't game enough to try anything too far removed from my normal eating habits. I was able to have a chat with the 1979 winner, Eric Sigmont and Olympian Gerard Barrett who, incidentally, didn't finish the Moscow marathon due to a stress fracture in his femur.

The course for the race was basically circular, six laps, and absolutely flat except for three little hump-back bridges. The organization was excellent, with aid / drink / sponge stations every two miles or so, good prizes, prominent clocks, etc ...

For me, the advantages of the circular course outweighed the boredom induced by seeing the same sights six times - I felt it gave me a good appreciation of exactly how far I had to go and I could easily extrapolate my time throughout the race to see what my probable finishing time would be.

6.a.m. Sunday, and I was off at the back of the pack. I was determined not to blow the race with too quick a pace at the start, something almost every marathoner I know had been trying to drum into my thick skull. So, with a forced, but dogged indifference, I tried to curb my over-enthusiasm. Sue Hill soon moved ahead out of sight, and it seemed to me that I was running close to last.

End of the first lap - 29 minutes and seven minutes per mile pace and already I felt some soreness in the shins. "Consistency, consistency", I kept telling myself, or perhaps I was just making excuses for not "going for it". Although not yet thirsty, I started to drink water during the second lap. I'm sure that this is essential at this stage of a marathon. With the end of the second lap in 59 minutes came the realisation that only one-third of the distance was covered. The shins felt great now but, despite lots of Vaseline and band-aids, the old toes were blistering and annoyingly sore. Yet in the third lap the blisters problems miraculously disappeared and instead the hamstrings started to feel a bit tight. This was interesting .. a different problem each lap; I wondered what would be next ! I reached the half-way point at the end of the third lap completely alone in 1:29. I dared not think of the implications of this - a sub three hour marathon almost seemed on the cards, and with it one of those very desirable little bronze badges. Obviously I would fade a bit at the end, or would adrenalin-power be enough to spur me on ? As it turned out, I just wasn't prepared to commit myself to the faster pace that I suspected necessary at this stage to make three hours. Instead, I was trying to conserve my energy as best I could for the infamous "wall", in the optimistic hope of a fast finishing lap.

End of the fourth lap in 1:59 and still with that bloody minute in hand. My hamstrings were pretty tight, not unlike piano-strings, and the sun was getting a bit oppressive as it continued it's climb to a top of 24 degrees. I was having a small drink of water at every table I passed now. A surge of confidence spurred me to pick up the pace now to about 6:45 miles, but the high was short-lived. At 20 miles it all came undone. I didn't "hit the wall", it bloody well fell on me. I was unable to run with any semblance of style whatsoever. Both feet seemed to be in contact with the ground at all times. All my efforts at saving energy seemed to be wasted, my gait now an awkward shuffle. Respect the wall! It was more a feeling of anxiety, despair rather that pain itself. That fifth lap was interminably long. I hated it.

Around this time I was lapped by the leader, Andrew Lloyd. I wished him well, not that he needed it, but by the time I'd uttered the words he was many metres ahead. Rotten bugger looked like a bloody gazelle.

"The wall" lasted about 3 miles, then things looked up. Last lap. Time - 2 hours, 31 minutes. I'd have to run the last lap at the same pace as my first to crack the three hours. My clouded, numbed brain couldn't appreciate the unlikelyhood of this. I don't remember much of this lap, it was a blurr - not aware of whether I was running, walking or just shuffling ... quite dis-oriented..

Suddenly - the finish loomed up (obliquely). People were yelling encouragement when they saw the "Sydney Striders" singlet. Then it was all over ... a lei of sea-shells, a kiss from a much-suffering meter maid, a T-shirt and it was all over. I dared to look at the clock. Three hours, six minutes and I was very happy.

In retrospect, a very well organised function and a great holiday. I'll certainly be back there next year. In the meantime, roll on the BIG-M in Melbourne and perhaps, just perhaps, a sub-3 marathon.

Oh yes, I nearly forgot. Andrew Lloyd won in 2:22, last year's winner Eric Sigmont was 4th in 2:31. Sue Hill was, I think, a little disappointed with her 3:00:15 (I would've been delighted). Chris Burke ran a strong 3:20. They all "pulled up" much better than I. Anyway, it's this great tradition of killing oneself, just like Phiddippides, that we're all trying to emulate, isn't it ?

THE TEA GARDENS/SPASTIC CENTRE OF NEW SOUTH WALES 10 KM RUN

SUNDAY 7TH SEPTEMBER

(BY CHRIS BURKE/CHARLES COVILLE)

The Spastic Centre of New South Wales benefited from this 10km fun run. The $3 entrance fee plus all Voluntary sponsorship was passed on to the Charity. This unique run was organised by the licencee of The Tea Gardens, Mr. Bill Ryan (any relation to our Peter?) with Chris Burke acting in an advisory capacity. The race started and finished at the hotel.

It was well sponsored by KB (free T-Shirt), Tooths (free grog) and the hotel (free food). Striders scorded a second place in the team prize.

Neil Plevey	4th	32 minutes
Gary Holland	10th	34 minutes
Chris Burke	14th	36 minutes
Neil (Rowdy) Guy	20th	38 minutes

The winners on the day were the 250 plus participants and the Spastic Centre. Due to the commitments of the STAR programme, Striders unfortunately could not be represented in greater numbers for this worthwhile cause.

In 1981, we will certainly be there in greater numbers, hopefully to pull off first team prize.

PARTY - PRIZEGIVING/CHEESE AND WINE

SATURDAY 1ST NOVEMBER, 7.30 P.M.

SMOKEY LIEBMANN'S RESIDENCE, 36 Bowen Avenue, Turramurra.
(Telephone: 449-5765) R.S.V.P.

SUPPLIED: Cheese, wine, music, club awards

NOT SUPPLIED: Bottled grog, partners

THE NEW YORK CITY MARATHON (26th October 1980)

Good luck to our 2 exports in the N.Y. City Marathon, Dave Blackhall and Mike Nathanson in their respective sub 3 and sub 4 hour goals.

As a club, we are merely living up to our promises (unlike politicians) in the North Short Times of "sending runners overseas" (They pay of course).

We eagerly await a report back (next "Blister") on this incredible event which has a field of 16,000 runners.

Striders will actually be represented in official club colours for the first time ever.

HAMILTON MARATHON, NEW ZEALAND (18TH OCTOBER 1980)

Good luck too, to Sue Hill and Dave McCarthy in their marathon attempts across the Tasman Sea.

Goals here are sub 3 hours and 2 hours 50 minutes respectively.

Unfortunately, club colours will not be available for the Kiwi event.

STOP PRESS

Festival of Adelaide Marathon, 11th October.

Starters:	Approximately 780
Finishers:	Approximately 750
Winner:	Ian Graves 2 hours 27 minutes
Strider:	Roy Norman 3 hours 20 minutes (approximately)
Conditions:	Extremely windy

Big M Marathon, Melbourne, 12th October

Starters:	Approximately 5,500
Winner:	Andrew Lloyd 2 hours 17 minutes
Striders:	Stuart Greaves 3 hours 0 minutes 10 seconds Richard Hawkins (novice) 3 hours 8 minutes (approx) Brian Colwell (novice) retired at 35 km - knee injury
Conditions:	Cool and favourable