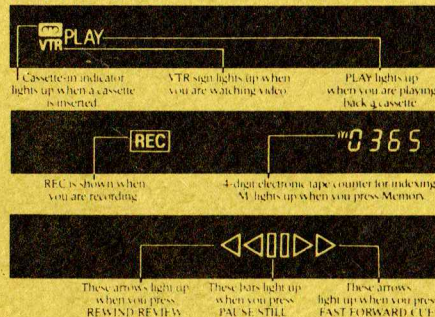
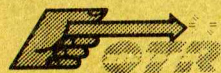


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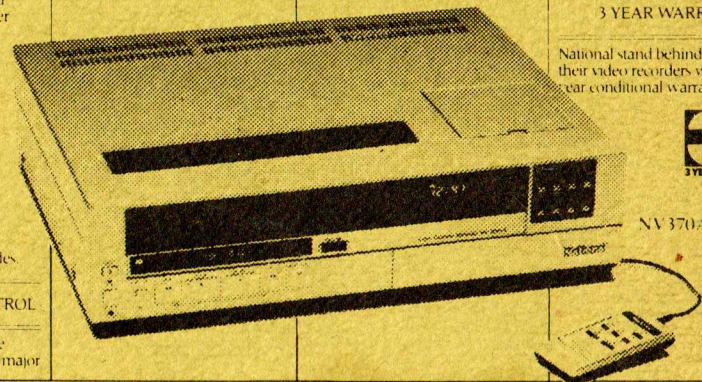
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THE BLISTER

Club Magazine of
Sydney Striders
Marathon & Road Runners Club
P.O. Box 119, Grosvenor St.,
Sydney, N.S.W. 2000



EDITOR:- Bill Flanagan

ROVING REPORTERS:- Judy Kleinman, Carol Ludington, Dorothy Flanagan,
Terry McIver, Bruce Murray

COMMITTEE:-

		Home Ph.
PRESIDENT	- Steve Cornelius	427-3604
VICE PRESIDENT	- Vacant	
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* * * *

Committee meetings are held monthly.

Copies of the minutes are available from the Secretary.

* * * *

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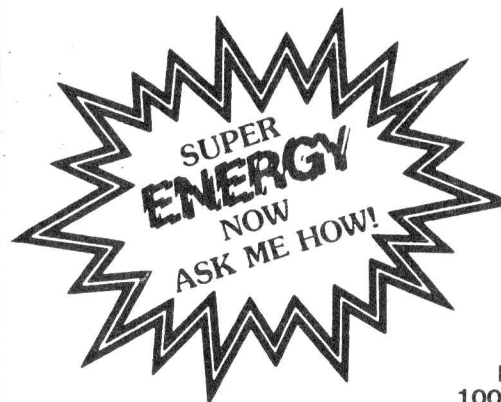
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PRESIDENTS REPORT

THE KNOCKERS ARE OUT IN FORCE

by Steve Cornelius

In certain running circles, it has now apparently become fashionable to refer to Striders as "Grasshoppers", a reference to our distinctive emerald green colours. I'm not entirely sure whether that's a compliment or otherwise, but you can be sure that when people start calling you names, you've been noticed.

That's not really surprising either, given that our latest membership headcount is 232, and green shirts are in evidence at every major long-distance run these days. Take a look, for example, at the Striders' results in the Australian Marathon, listed elsewhere in this issue. No less than 97 Striders crossed the line in the "Super-Hype Marathon", so many that we had difficulty cramming them all on one page. Assuming about two-thirds of these finishers were "wearing the green", there would have been one Striders shirt crossing the line approximately every 80 seconds.

In addition, Striders' finishing-times were better than average. For example, only 13% of all finishers recorded sub-3-hour times, but 27% of Striders managed this feat; less than half the field managed sub-3:30, but 74% of Striders. Add this kind of team performance to some fine individual efforts by Striders recently, and you can appreciate why we are now being noticed more than ever before.

Of course, the growth of Sydney Striders is paralleled by the growth of the running movement as a whole. Take to the streets of Sydney at 7 o'clock any morning before work and it's wall-to-wall runners. Predictably, the increasingly high profile of runners has brought the "knockers" out of the woodwork.

Journalists and broadcasters seem incapable of resisting the temptation to inflict their ideas on the running phenomenon on a wide-eyed, credulous public. In recent months runners have had to endure every crack-pot pop-psychological explanation of why we run: we're trendies, we're elites, we're trying to reduce executive stress, we're going through mid-life crises, we're meditating, the list grinds on.

Now, with the untimely death of author Jim Fixx (while running), we've seen a new burst of mindlessness from the journo's. The depths were plumbed by an article by Margaret Jones in the Herald on July 27. You'll be interested to learn that you run because "decadent and over-fed westerners" want to "punish themselves"; because you're feeling "a sort of collective capitalist guilt"; because there is a "need in us all for a periodical mortification of the flesh"; because you want to achieve a "trance-like state", to become "miraculously purified".

It all makes great reading (if you like that sort of thing), but she's missed the point rather badly. But I guess the Herald wouldn't have bought her article if she'd simply written that runners run because they LIKE IT. The irony is that Ms. Jones got PAID for her laughable and unsupported hypotheses, while all I get out of this is writer's cramp!

Let's move on to criticism of another kind: watching the presentation of prizes at a recent marathon, I was surprised to hear a well-known running identity (not related to a Leading Sydney Businessman!), after thanking the organisers for keeping the entry-fee down to \$5, comment that "some race organisers are getting a bit greedy these days".

There have been a few adverse comments (very few) about the \$8 entry fee for our own National Panasonic Half-Marathon, and it set me to thinking about how illogical some people can be. The event I'd just completed was a fairly low-key marathon, with modest prizes, small field, and no free breakfast. Don't get me wrong, it was a most enjoyable event, and well-organised in all the most important areas such as provision of water, course marshalling, distance measurement etc. But you paid your \$5 and you got \$5 worth of race.

Now have a look at the National Panasonic. The runners' breakfast was described by many runners as the best they'd ever seen. The course is scenic, there's refreshments every 3 km, there's a fully-equipped medical tent with 4 doctors, there are trans-Tasman trips and video recorders as prizes, and we spend over \$10 on each runner. All this and much, much more for a piffling \$8.

But some people seem to expect a half-marathon to necessarily cost less than a marathon, as if equipment hire costs are somehow magically cut if your race distance is less. Some people seem to look only at the bottom line, without considering that your entry-fee doesn't just buy you a stretch of tarmac; it buys you a package, which MUST of course include the basic necessities, but is enhanced by a few "frills". I've entered \$10 races in the past where the value for money has been excellent, and at the other extreme I can remember at least one \$2 race where I felt they'd ripped me off by about \$1.75!

There is room for \$10 events and \$1 events on the running calendar, in the same way that there's room on the road for Rolls-Royces and Volkswagens. But when you walk into a Rolls-Royce showroom, you don't complain that the cars cost more than VW's.

The other point that runners have to remember about the Striders' Half-Marathon is that over TWO HUNDRED green-shirted members and friends are out there on the day, from the crack of dawn, putting something back into the running movement and trying to make it a memorable day for the runners. Many of those 200 have worked their butts off all year for an event that Striders are not even allowed to compete in.

I know I'm going to get into trouble for this, and I'm bound to be misquoted and misinterpreted somewhere along the line, but I'll write it anyway. Frankly, I wouldn't see anything wrong if the club even made a small PROFIT out of the race, to reward all the hard work by enabling us to buy equipment or rent premises. In fact we didn't make a profit from the 1984 event, but I wouldn't have considered it out of place if we had. In many other countries, it is generally accepted that a race-organising club is entitled to make a small percentage for its trouble.

In addition, we have a SPECIAL DEAL for those who don't think our event is worth \$8 in 1985: don't run, thank you. Even without the knockers, we'll still have to restrict the field again next year and disappoint some of the very many runners who want to go "up the Epping Road and let US do it RIGHT for THEM".



SNIPPETS

SITUATIONS VACANT: Alistair Mackie has been forced to resign from the Club Vice-Presidency because of unexpected pressure of work. We take this opportunity to thank him for the hard work he has put into the club: he'll still be around as host of the Western Wanderer STAR. Now, of course, we're looking for a new Vice-President to share the work with the remaining Committee members. Bear in mind also that the Presidency will fall vacant in early 1985; the current President is only serving for one year. Neither of these positions require flashes of brilliance so much as steady work and the willingness to back up other committee members. Give it a thought and don't be bashful about coming forward.

Spare a thought for Sue Hill, born just 13 years too late for glory: her time of 2:59:15 in the Australian Marathon in June would have been a women's WORLD RECORD as recently as 1971!

Forthcoming Event

In October, we're hoping to arrange a joint STAR run with 2 of the biggest clubs in Sydney's West: Western Districts Joggers & Harriers and Sydney Marathon Clinic. This would be the first time such an event had taken place. Watch for details in the next Calendar.

A word of farewell to 4 Striders who have left Sydney or are about to leave: Val Morrison (nee Gale, congratulations on the marriage) now lives in the USA; Paula Fraser got a transfer to Melbourne (the pay would have to be good to entice her away?); Ian Newlands, the designer of our Cheetah logo, has moved permanently back to his native New Zealand; and Judy Kleinman, the diminutive American once mistakenly referred to as "John", is getting the Ron Feeney treatment: her visa runs out soon and she's heading home. We'll miss you all.

A special word of welcome to Derek Liebenberg, the latest in a line of South African exiles to run in a Striders' shirt. His first act as a member was to win the Club Cross-Country. On the strength of his past performances, which include a 65-minute half-marathon, our City-to-Surf team organiser Ian Bowden has put the hard word on the organisers and got Derek a front-line start.

What have we got to do to persuade Striders that our Cross-Country isn't a commando training course? A very disappointing 42 Striders, plus a few invited guests from the Blue Mountains, took it on this year, running a course considerably easier than some STARS. Most didn't even get their feet wet.

Some top bits of Brinkmanship in the Aussie Marathon: Steve Knight crashed over the line only 3 seconds before the 3-hour barrier, and Derrick Titmus did a great "Double-Brink" - he beat 4 hours by only 8 seconds, and came 1999th. Poor old Brian Colwell tried it on in the Club Cross-Country but blew it with a time of 1:00:03. Too many early drink stops, Brian?

Lovely team-work in the Masters' (Over-50) category at Campbelltown. Brian Haydon helped Bruce Murray to improve his PB by over 10 minutes, then they crossed the line together and shared the bronze medal.

MORE SNIPPETS

Ray Ambler, a Kiwi on holiday in Sydney, was invited to join us in our Cross-Country, and in return he invites any Strider visiting Auckland to give him a ring and join him for a running tour of the sights. His address: 25 Huila Rd, Birkenhead, Auckland, Tel: 48-9924.

Did you hear the one about the bloke who ran into work from North Rocks one morning, and discovered he hadn't left a clean shirt, socks or underwear in his office? David Jones made a few bucks out of a sweaty, sockless wonder that morning. No names, but he had a whole packet of black jelly-beans for lunch.

Club Colours

Plenty of Striders' T-shirts available NOW. They're the same as the ones given to half-marathon helpers (emerald green, V-neck, cheetah and club name on the front, white piping on neck and sleeves). Sizes 14-22, a bargain at \$7.50. Discount of 10% for 10 or more, specially for tee-shirt swaps if you're going overseas. Contact Carol Ludington. Running singlets still good value at \$15.

Heard after Harvey Blue's new Bondi STAR (a great scenic run but a very cold winter morning) as Harvey himself returned from a dip in the icy ocean: "Here's Harvey, blue."

Striders Half Marathon Ladder

The database which produces the club's Marathon Ladder has been expanded to produce a Half-Marathon Ladder as well. Look for the ladder on the club notice-board at a STAR in the near future. It will show only recognised half-marathons run during 1984, and will not include half-marathons run as parts of longer distances. If you've run a measured half-marathon this year, tell Steve Cornelius, Bill Flanagan or Wayne Stanton.

Striders (as a club) are now affiliated to the NSW Amateur Athletic Association. Individual affiliation is available to all financial members of the club on application forms obtainable from Dorothy Flanagan. Affiliation gives runners the benefits of competing in "Registered Athlete" categories in races, entry to certain prestigious overseas events, and insurance cover while training or travelling to club events. Contact the club secretary.

Social Activities

Probable dates for future social events for your calendar: Saturday November 24th for the Xmas picnic, and early February for the club's 1984 season prizegiving party. Watch the Calendar for further details.

Medals now available for winners of the 2 internal Half-Marathons held earlier this year. Win Ahlmann will have his posted to him in Germany. Rob Harrison, Tom Smith and Kerry Bray: you can collect yours whenever you're ready!

Blister Survey

Please fill in the survey form enclosed with this issue of your Blister. After 4 years of Blisters with very little change in content or format, we want to know what you look for in your club magazine. IF YOU DON'T RETURN THE SURVEY, WE'LL ASSUME YOU'RE HAPPY WITH THE BLISTER AS IT STANDS. Send it by Sept. 20th to the club P.O. Box or hand to any committee member.

Forthcoming Event

THE GREAT CLUB CHALLENGE

by Merri Mack

The Western Suburbs Jogging Club holds a challenge each year for all jogging and running clubs. They have been extremely disappointed that the Sydney Striders have not taken up the challenge, so 1984 should be the year we show them what we are made of.

The race is on Sunday, 28 October, at Lake Gillawarna, Ashcroft Street, Georges Hall, and commences at 8 am. It is a 10 km race over a fairly testing course. The format is the first person across the line scores 100 points, the next 99 and so on. With a few top Striders racing, we could be well on the way to putting on a good show.

Our President will not be scheduling a STAR that day, so don't take a day off. Go out and run your legs off for the glory of our Club.

If we put in an appearance, I am sure the Western Suburbs Joggers will moderate their current name for us from cockroach to grasshopper. Yes, they have been hurt at our non-appearance, and no amount of telling them we are a distance club will placate them.

----- See also cartoon by Richard Mack on page 9.

Olympic Marathon Trial

"The Agony and the Ecstasy"

by Dennis COOLBY

Nike 1982 - P.B. 2.49.33 Nike 1984 P.B. ?. Two years since my last marathon and now the pre-olympics marathon. Running with the greats. It was sure something to look forward to.

Unfortunately, the training for the winter months had been non existent, "mea culpa" and all my track times were disastrous. No longer were Robert Harrison and I racing neck and neck at the Vet's on Thursday nights. He had gone on to other things.

Anyway, towards the end of January the training had improved and by the week before Nike, at the Vets championships, times were getting better, although still a long way from P.B.'s eg; 5000 metres - 17.08 against a P.B. of 16.25. On some weeks the mileage had been good - 2 weeks at 140K and two weeks at 130K but very little hard road racing and this was to prove disastrous.

The bus trip down with the Striders was enjoyable and everyone in good spirits. Robert Harrison was gently ribbed by his fellow runners - would he beat Keith Canard in a much awaited "showdown" and would he be the first strider to break 2.30 in Australia? He took it all in good fun and indeed I know that the good wishes he got helped him considerably, as he knew that his marathon was going to be the toughest he had experienced. However he had done his homework thoroughly.

Laurence King was trying to run 2.45 and had all his splits worked out, while Charles Coville was quietly looking for a good run as a lead up to other marathons and future P.B.'s. It was early in the season for him. Our 2.21+ Strider had decided to settle for about 2.40 whilst everyone else had their own various hopes and ambitions. Joan Haydon was going to do her first marathon and I felt for her. I knew she would do it - but I knew that she would be on that road for a long, long time and that takes "guts".

Neil Plevey seemed to have accepted his fate, but perhaps Jane Flanagan was a little bit down hearted for she had been training hard for many months and now an injury, but this, unfortunately, is the lot of the marathon runner.

The weather on Saturday was fine and we all retired that evening looking forward to a great day ahead. The Sunday arrived and we made our way to the start. Some walked and some by bus. We were soon away in what were good conditions. I had decided to run between 2.45 and 2.49 at 4 minutes per kilometre splits for the first 10 K and improve slightly thereafter to put me in a position to try to break 2.45 if everything went to plan, and everything did, or at least for a while.

I went through the $\frac{1}{2}$ marathon at 1.22.30 exactly and felt good but a little tired. The wind was beginning to pick up and conditions a little trying. Robert Harrison approached for the 3rd time and Keith Canard was no longer in front. Needless to say there were plenty of Striders on the course and it was always interesting to try to work out how they were going every time I saw them. I noticed Charles Coville was getting closer at the second last turn around.

I arrived at the 30K in 1.58 and so the 2.45 appeared out of the question but I still felt good and was confident of a P.B. I had not done anything silly and 12.2 K was not really very far, or so I thought. Then began a slight pain in my "quads" and this worried me as I then knew I was going to have some trouble with a final push from the last 5K, as I have always done in any marathon.

The wind was getting worse and really annoying. The slight pain was increasing. At about 33K Charles Coville passed. There was no going with him as I had to keep something in reserve as I still thought I could run a P.B. After all this race was against the clock and not against Charles. At the 34K mark I was in trouble and the P.B. was slipping fast. A drink station arrived and the drink refreshed me a little.

At the 37K mark I applied what pressure I could. Charles was getting tired and I passed him. Only 12 $\frac{1}{2}$ times around Hensley Athletic Field I thought. The 40K sign approached. The P.B. had gone but so what - if only the pain would go away - a couple of Striders were walking - why not join them - can't, Charles is behind. He won't stop, why should I. Must keep going, besides its now only 5 times, around the track. Can't lift my legs. The body is O.K. its just my legs, they won't move fast enough. Turn the corner and see the finish. Runners beginning to sprint home - let them. All I want to do is finish and eventually I did. Stopped my watch (2.51.47) and stood there - "thank God its over" - just stood there - it was finally over!

The Agony and the Ecstasy - plenty of agony - no P.B. ecstasy; just the ecstasy of finishing without walking and the pain having finally gone.



There I was after a STAR, quietly looking around for the beer that Dave Williams had forgotten to supply, when along came Bill Flanagan. You know Bill; he is the runner who was quite fast 15 kg. ago. Well, I must admit that I was very impressed when he requested that I write an article for the Blister, as it indicated clearly that Bill realised that I would have ability as a scribe. I could be to the Blister what Phillip Adams is to the Bulletin. Then I became a little deflated when informed that my P.B. in the State Marathon was to be the subject on which I would write. What happened to literary freedom!!!! To tell me what to write about is equal to telling George McGrath how to train for an endurance event. Anyway, what is a half minute improvement over the marathon distance? A lot of bloody hard work, that's what it is!

Did you hear that Alex Hamill gave me his last can of beer after the State? Never tasted one so good before. As he keeps a large supply of the same brand at his home here at Gladesville, any of you wanting to give it a try could come over to do so. Anytime. He sure to pick me up on the way. Brenda, being in serious ultra training, will need to retire early but I'm sure if she got the supper prepared in advance, we could manage the rest ourselves.

Have you ever noticed how much gets written about running? It's so simple really, left foot, right foot, left foot, and keep falling forward a bit. Even Ken O'Connor learnt to do it in just four lessons, but he did get lost twice while out practicing.

I like the quips you hear on STAR runs. Like the time Alistair Mackie stated that he felt at home with the Club once someone took the liberty to call him a bastard, and Bernie King replied that he called him that the first time he ran with us. And the time someone wanted to know why we elect our President and Vice-president in accordance with height.

One Sunday, I asked Herb how running had affected his sex life. Gave it a boost, I think he told me. Asked Carol the same question, and was informed that she didn't bother with that nonsense any more. That had me confused for the rest of the day.

Bernie King is always good for a laugh even though it is a bit cruel to do so. He can run out of sight, just so fast. Being so damn thin, you can't see him after forty paces.

Did you know there is a competition going on between Alistair Mackie and Derrick Pitmus? It is to see if Derrick can live in more dwellings in a year than the number of jobs that Alistair holds in the same period.

Some of you might think that Derrick carries a radio with him on STAR runs. Wrong! It's only the case of a radio; it's lighter that way but still makes him look affluent. And then there is Phil Caldwell who holds the Striders record for putting more hours into the sport of running than anyone else, without actually running anywhere.

Since going down to Harvey Blue's place at Berry, I have had a deep respect for the late Dr. Martin Luther King. I also have been to that famous "Mountain Top". It is at the back of Harveys, and parts of my torso are still on the road leading to the top.

Finally, Steve Cornelius (President) has decided to bring in a new regulation for Sunday STAR runs. All participants must wear a Bjelke-Peterson badge above the heart at all times. For the likes of Brian Haydon, exemptions will not be made for bare top runners.

The characters and events depicted in this article are not fictitious and have not been changed to protect the innocent. Any similarity to actual Striders, living or dead, is purely intentional. Editor.

by Paula Fraser

Having been a member of Sydney Striders for some time I began to learn that there are more things in life besides Marathons, i.e. Ultra-Marathons and this word Triathlon, etc. etc. I knew Triathlon meant a combination of sports but was not exactly sure which sports were involved or in what order. After a number of STAR runs and quite a bit of gossiping I was to learn from a few fellow striders that I would be a good triathlete. I thought to myself well obviously I'm not going to be a good marathon runner so I might just give this triathlon business a go.

My first Triathlon, Lake Illawarra, Wollongong, Sunday, 15 April, 1984. The very first step involved in entering an event such as this is to get yourself what is known as a "second" i.e. a GOOD helper. Here I had no worries, no one could know me better than my flatmate Elaine, and it is to her I must convey my best thanks for doing a terrific job.

We arrived in Wollongong approx. 8.00 am to find a mass of people, bicycles, runners, swimmers, people going around with numbers on their arms looking as if they had been 'let out' for the day, but all in all a very exciting atmosphere prevailed. Once I had registered and got my numbers on my arms I felt 'part of the scene'. Elaine and I got my bike set up and my gear ready for the change overs and after much confusion and shouting we both got it clear what I was wearing for each event.

As the clock approached 9.00 am all of a sudden everyone started entering the water and swimming their way toward the centre of the lake. I thought everyone was starting even without a whistle. By the time I reached the starting line I felt I'd had enough. Anyway after much kicking and shoving a gun sounded and off we went on our 1.6 km swim around the lake. My greatest worry with the swim is that I would be last, but knowing Merri Mack had entered it was reassuring to know that at least she was behind me, for once!!! I can swim any distance (I think) but unfortunately speed is a problem. Anyway I came out of the water after approximately 38 mins. feeling quite good, not tired at all, just wet! My second steered me to my gear and bike, started throwing cold water all over me and putting on my socks on the wrong feet, no really she was terrific and within seconds I was on my bike and ready for the 2nd leg of the big event. The 30 km bike ride. This was terrific. My first time to race on a bike, what an experience. After about 5 mins. I caught up with 3 guys and managed to stay with them the whole way. My legs just didn't stop, I pushed and pushed as hard as I could the whole way and by the time I got back it felt like I had only gone 3 km, this took 59 mins. and it was time to change over now to my joggers.

I was still feeling really good at this stage when I got off the bike, my second gave me a drink - still throwing water at me too as far as I can remember. Off I went on the 12 km run. As I took my first few steps I almost looked back to make sure I had my legs with me. They felt just like jelly and I thought I'd never make the distance. So I plodded along for the first 2-3 km and then started to feel good and started to pick up my legs and run which I did to the very end in a time of 48 mins. I finished feeling quite strong but obviously a little tired after finishing the distance. I was absolutely delighted with myself for completing my first triathlon and once more for thoroughly enjoying it so much, each event had its own moments, but never trying like in a Marathon, so Triathlons are for me. I have not done another one since but intend to in the future.

National Australia Bank the sponsors of the event and everyone involved in organising such a hard event to organise, I give them my thanks for a very well organised event and I recommend it to all you Strider Triathletes for your diary next year. Thanks again also to all the Striders who talked me into entering and of course to my second Elaine whom I definitely could not have completed the event without.

I would like to take this opportunity to say good-bye to all my fellow Striders as I am being transferred with work to Melbourne. Whenever in Sydney I hope to catch up with you all for a run. All the best in running!!!

EDITORIAL

The last three months have seen some commendable performances by members.

KITH GABARD recorded wins in the Tamworth marathon and the Bathurst half-marathon; TONY HEALY joined the sub-2.40 club in the Wang; FRANK PRAXDON went so close to joining Tony, by following his own 2-40.40 at Canberra with 2-40.04 in the State and 2-40.12 in the Wang.

KITH GABARD/RAY DORAN/ALAN FARRELL won the over-40's teams division in the Harbord Diggers Scenic Run, and received mention in Monday's papers as Sydney Strikers (which at least is more suitable than Sydney Strollers, as the announcer at the 1982 Giant Jog persisted in calling us after Neil Pievey's third placing.

BILL WHITE/HARRY TURNER/ROD McLEAN/PETER DONNELLEY headed the 30 or so Striders who recorded P.R.'s in the Wang, by each slicing over 20 minutes off his previous best.

REX HAMIL/DOE STEPMANN each had outright wins in fun runs and teamed with PAULA FRANK and MERIL MARK in various combinations to take out the teams division on a number of occasions.

The fun run circuit has been well supported by Striders. As can be seen from the results in this edition, members have been travelling far and wide to race the 8 - 15 kms. as an alternative to the STARS.

On the other hand some members are preferring to almost specialise in the marathon with LAURIE KING, BRUCE MURRAY, DEREK WHITE, MIKE WARD, DAVE WILLIAMS doubling at Campbelltown and Lake Gillawarna, while KAR WONG added Bathurst for good measure.

The results of some fun runs are at times impossible to obtain, despite the requests I make to the organisers; this makes it all the more important that you record your performances and send them in before the Blister deadline, or alternatively record them on the notice-board at the STARS.

Special mention should be made of the organisers of the Great Nosh, who had their full results sent out within a week.

The bus trip to the Cooranbong half-marathon was a sell-out, and it proved a successful social event, as did the post-SEAR champagne breakfasts and the pre-Wang carbo dinner. Despite the classic course that Graham Butler and his helpers mapped out, there was a poor turn-out for the Internal Cross country. It is hoped that there will be a 100% better attendance next year, after those absent this year hear what they missed by not running, let alone the champagne and tucker afterwards. Despite the generous offers from Striders to billet member of the Blue Mountains Joggers, no billets were needed.

More roving reports are needed to join The Blister's team to write new member profiles. It only takes one or two hours of your time every 3 months.

Contributions for the next Blister should reach me by October 28. It is Committee policy that anonymous articles are not accepted for publication.

Bill Flanagan
Editor

BOSTON MARATHON '84

"COME ON, SYD.!"



By John Turner

The alternative title for this article would be "Mr. Syd. Striders Goes to Boston", for that was what a few of the Bostonian locals made of the name on my Striders T-shirt! Not true of the majority, I hasten to add. They were cheering hard for Australians, our America's Cup victory still very fresh in their minds.

And it is surely the spectators which, for the competitor, make this Race the greatest athletic event in running's calendar. Like nowhere else I know, those Boston on-lookers - in their thousands, maybe half a million on a good day - lift you up when you're down, add wings to your feet when you're flying, make you feel like a winner even when you finish near last. For days afterwards, you float on a cloud of elation, just for having competed at Boston. It's one off. It's the greatest of them all. Forget Naples - do "Boston" and die!

But let's come down to earth. So you want to run the Boston Marathon? Well, let me tell you - running it is a cinch, compared with the difficulties you would face in actually getting yourself a start. So I have decided the most valuable contribution I can make in this article is to help you through the maze of mystery which confronts an Australian wanting to run Boston for the first time.

Let's assume you meet the qualifying standards. What? Yes, not only must you be a registered athlete (Striders are now OK, I had to join the Vets) but if you're a male under 40, you must have finished a "marathon sanctioned by the Athletics Congress over a certified course" within 2:50. Not only that, but your qualifying time must have occurred within the year preceding the Boston. For ages 40 to 49, the time is 3:10, for 50 to 59 it's 3:20, and for 60 and up it's 3:30.

For females under 40, the qualifying time is 3:20, then 10 minutes extra for each 10 year age group.

Next, who do you write to? Forget the AAU, the NSW AAA, or the US consulate. They don't know. Write to: "BAA Boston Marathon, 17 Main Street, Hopkinton, MA 01748, USA". Write no later than December.

When does it happen? A short history lesson follows. The Boston is held on Patriot's Day, now observed on the Monday closest to 19th April. It's an official Massachusetts holiday, and commemorates the battles of Lexington and Concord, which opened the American Revolution. On that day in 1775, 4,000 patriots or "Minutemen" ran to do battle with 700 British troops, and by their mobility, forced the British back to Charlestown, roughly 26 miles away. Whether or not the present marathon follows the battle route is not clear. Suffice to say I sympathise with the British if they had to run backwards down their course!

What is the course? Don't expect easily to obtain a map. All my prior research failed to find one - even the book I bought entirely devoted to the Boston, is mysterious on the subject. I can only assume every real runner is just supposed to know these things. After all, the event has been held every year since 1897! Anyway, I now have one. If the price is right, I may be persuaded to publish it in a future issue of "Blister".

Actually, it starts in the small village of Hopkinton, WSW of Boston City, travels for nearly half its length through the little towns of Ashland, Framingham and Natick, along roads lined with wintry trees and woods. Then past Wellesley College to Newton where there are three hills, not particularly steep but culminating in the famous "Heartbreak" at about 32K. From there you enter the city outskirts, run forever down Beacon St., make a right for two blocks on Hereford, then a left, one block to the mighty Prudential Building - the finish.

My Boston book says there are few reliable distance markers and even fewer drink stations. Forget it. It's out of date. The Boston now has good 5 mile and 5 K markers very prominently displayed, and plenty of drinks. If you miss an official station, there are literally thousands of spectators offering water, ice cubes, orange segments - you name it. And believe me, they really know how to encourage a runner.

While the course is not particularly tough as courses go, Boston's weather can make the difference between a PB and agony. As Mark Twain observed, "Everybody talks about the weather, but nobody does anything about it". New England's spring weather is entirely unpredictable. One year temperatures can soar into the 30's (celcius), the next year drop to near freezing. There are winds of all sorts. Anticipate snow, sun, rain and any combination.

One more piece of advice. Arrive there at least one or two days beforehand. (I didn't). Take in one of the Gray Line bus tours of the race. (I did it by car in the dark the night before). Absorb some of the history and development of the "Boston". Above all, enjoy the excitement and hype which grips Bostonians and visitors alike around the time of the Marathon. You're special. You are one of about 7,000 there from all over the world and good enough to be invited to run the race. It's a total running experience.

Finally a very few words about my "Boston" on 16th April, 1984. "Splashdown" headlined the Boston Herald next day. "Not Even Densest Fog....." said the Boston Globe. "Yesterday's raw weather wreaked havoc..... bone chilling temperatures" ran the stories. I arrived after business in Brazil, well-trained but totally unprepared for the conditions. Aiming for my first sub-3, I went through the half in 87:30. At 27K, in the Newton hills, it hit me. Hypothermia, I guess. My race card shows a finish time of 3:43:49, ranked 4,539 out of 4,704 men, average group (40 to 49 yrs.) finish time 3:12:49. My worst ever marathon time by 25 mins., but - for me, the best marathon ever.

A.A.A. EVENTS — RESULTS

NOTE: A.A.A. membership with Sydney Striders now available. Contact Dorothy Flanagan on 661-4451. Cost \$19 per annum.

MEN'S 25KM — BOTANY — 14th APRIL (52 finishers)

1. A. LLOYD	1.15.25
15. K. CANARD	1.25.20

WOMEN'S 10KM (23 finishers)

1. S. DALTON	33.55
13. M. MACK	39.14

NOVICE 10KM C.C. — RAMSGATE — 12th MAY (63 finishers)

1. D. LIGHTFOOT	32.21
36. S. LAWRENCE	36.15
43. D. COOLEY	37.09

ROAD RELAYS — TAREN POINT — 15th JULY (33 teams competed)

Fastest time (10km) L. WHITTY 29.57

Ian BOWDEN 33.21 — BANKSTOWN SPORTS — 10th team

MEN'S 16KM C.C. — MACQUARIE UNIVERSITY — 22nd JULY (83 finishers)

1. A. LLOYD	52.20
24. I. BOWDEN	60.08

NSW STATE MARATHON, 25 APR 1984

Keith Canard	2.39.04	Kar Wong	* 3.14.08	Brenda Hamill	3.34.40
Frank Brandon	* 2.40.04	Gary Shoesmith	* 3.17.10	Russell Hammond	3.35.42
Frank Kelly	* 2.43.50	Bryce Courtenay	3.19.22	Christine Porter	3.37.17
Nigel Hadgkiss	* 2.48.18	Bill Flanagan	3.23.28	Bob Mann	3.37.17
Nobby Young	* 2.56.33	Eric Willcock	* 3.25.30	Dave Williams	3.39.00
Laurie King	2.59.30	Merri Mack	3.27.17	Derek White	3.39.39
David Douglas	3.01.13	Steve Knight	3.29.59	Peter Hersey	3.40.31
Godfrey Franz	3.01.13	Richard Bamann	3.31.33	Brian Colwell	3.44.12
Peter Arnold	* 3.04.40	Mick Topley	** 3.32.49	Cecil Ford	3.48.08

(* indicates PB, ** indicates 1st marathon)

See State Marathon report in Blister No 19, page 23 'Striders' Awards come early' by Alex Hamill.

OMISSION TO EARLY AWARDS

by Merri Mack

Alex Hamill, 1984 PB specialist of the year, naturally being a modest bloke, omitted to give an award for:-

SELFLESSNESS, SUPREME ENCOURAGEMENT TO "GALLIPOLI" TRENCHITES, COKE FEEDER WHEN MOST NEEDED, AND POST-MARATHON HOST WITH THE MOST.

Alex in 8 days achieved two memorable PB's - City-to-Surf 55.36, and the next Sunday at the Lake Gillawarna Marathon, a 3-05.15. Just rewards for a champion guy, and it is good to see Brenda and Alex as the "Old Striders" won a silver in the City-to-Surf.

The thought of running in a fun run with only women had not appealed to me and I had not even considered it until one day when I had my arm twisted by Chris Siepen, the enthusiastic teams organiser for the Woodstock Runners (of which I am also a member). A number of the Woodstock group run the Star runs regularly and the two clubs' purposes seem to complement each other. At one time I considered "Woodstock" to be almost an arm of the Striders but they have since grown and developed a definite identity of their own.

We were all well-catered-for at the start with the opportunity to douse ourselves liberally with the free tester containers of perfume, cologne, talcum powder, etc. which were available in the washrooms. Unfortunately, I find the smell of perfume "on the run" to be nauseating and perhaps the effort might have been better spared for after the run when a few of the girls could really have benefitted from some sort of perfume.

The starting field, although not overly large, included the cream of female runners in the Sydney area. The first half of the run, mainly downhill, proved very fast with most of the field, including myself, flying to the 5 k. time call. I could hardly believe my ears when I heard the 18.25. At this pace I was heading for some sort of world record for a female of my age in my physical condition. The course then levelled but I managed to finish in 39.28, still a p.b. for me over 10 k. by 2 min. and 44 seconds and in 16th position. It was a marvellous sensation and a new experience for me to be able to see the front-runners for most of the race. This could never have happened in a co-ed run.

253 ladies finished with Sharon Dalton 1st in 34.13, Penny Just 2nd in 35.20 and Karen Ganzevoort 3rd in 35.46. Our Woodstock team did very well (7th, 9th, and 16th respectively) and placing 2nd. Any team would have had difficulty in catching the Bankstown Sports Girls who won handsomely, having the 2nd, 3rd and 5th placegetters.

A full list of finishers with times plus age categories and teams results was sent out promptly to all participants (Quite different from most fun runs where once you've finished they don't want to know you). I would highly recommend this run to those gals who have never run in an all-womens race before. The experience is new and well worthwhile.

AVON WOMEN — FRANCHISE FORGET TO MANLY — APRIL 29th 1984

1. S. DALTON 34.13

STRIDERS

16.	D. SIEPMANN	39.28	2nd 40-49 yrs.
22.	C. FORTER	41.20	
75.	K. GRAY	45.52	
129.	J. WILCOCK	48.48	
131.	B. THOMSON	48.55	
141.	J. MCCOY	49.27	
151.	R. MURPHY	50.04	
154.	K. O'Rourke	50.11	
177.	O. FYLPIAK	51.15	
181.	J. HAYDON	51.30	

253 FINISHERS.

TRAVEL SCENE BIATHLON

SATURDAY 30th APRIL 1984 BRONTE BEACH

In true ironman (sorry, ironperson) spirit, over 100 hardy souls lined up for the start of the 1984 Bronte Biathlon. The weather had been kind to us, it was cold wet and miserable (ironpersons wouldn't have it any other way).

Lining up at the start I looked around, my runners (ie. skinny) body, looked rather out of place next to the likes of Max Metzker, Robert Chapman, the Parkes brothers and numerous other macho lifeguards.

The ironpeople powered into the surf (I dived in also). Seventeen minutes later Max Metzker and the other leaders emerged. I was giving them ten minutes start.

At the change area I could see that Alex Hamill had already started running, in fact there weren't many people who hadn't. It was time to get serious. I was off to catch some of these Grant Kenny look-a-likes.

Around the cliffs to Bondi and then up the Military Rd. hill. I was passing numerous runners. As I was really getting into a groove, I passed Alex coming back down the hill. I increased the pace so as to catch him on the return leg (Striders competitive spirit).

Catching Alex we had a brief chat about the swim. Then I was off into the gale force winds around the cliffs. Bronte Beach came into view and the 12 km run was over. The run had taken almost fifty minutes, which is an indication of just how strong that headwind must have been.

Training Details

Not enough, but as varied as possible (running, swimming and cycling).

Special Note

If you are a runner, triathlons and biathlons have one great advantage, you will always be passing people towards the finish, which means you will always finish on a "high".

GEOFF COX

RESULTS

1. Rick Parkes
- 1st woman. Anne Marie Clarke

STRIDERS

	1.5 km Swim	12 km Run	Total time
Geoff Cox	27.05	52.41	79.46
Alex Hamill	25.05	56.32	81.37
Russell Black	32.05	54.29	86.34
Paula Fraser	39.05	59.04	98.09
Tony Vipond	No times available		

TEAMS

<u>Swim</u>		<u>Run</u>		<u>Total time</u>
Jane Flanagan	23.05	Bill Flanagan	52.57	76.02
Non-Strider	22.50	Bryan Holliday	56.30	79.20

SUTHERLAND OPEN ½ MARATHON

Royal National Park - Audley - May 26th, 1984

1	Jodie Kearns	1.07.01
1 F	Pauline Gable	1.20.52

Striders

21	Frank Braddon	1.13.21
44	Tony Conner	1.16.57
50	Ian Bonden	1.17.18
75	Leigh Pascoe	1.20.11
94	Bernie King	1.21.57
	Geoff Cox	1.21.59
98	Ron Corden	1.22.21
143	Mick Edwards	1.24.53
174	Gary Shoesmith	1.27.16
	Cecil Ford	1.29.14
241	Bill Flanagan	1.32.45
263	Stan Fleck	1.34.15
286	Dennis Rider	1.35.32
312	Kar Wong	1.37.08
319	Dick Cleland	1.37.31
322	Bryan Holliday	1.37.38
325	Richard Bevan	1.37.40
330	Andrew Foar	1.37.58
368	Bill White	1.41.59
451	Derrick Titmus	1.57.28

476 FINISHERS

* * * * *

PARRAMATTA OPEN 10 MILES

Parramatta Park - June 2nd, 1984

1	Jodie Kearns	49.14
1 F	Sue Clarke	60.48

Striders

47	Ken Wylie	57.55
68	Gary Shoesmith	59.51
251	Paul Russell	80.28
263	Carol Luddington	84.41

* * * * *

Report from The Northern Daily Leader:

SYDNEY (STRIDER) VETERAN BLITZES FIELD

Sydney runner Keith Canard yesterday added more fuel to the "life begins at 40" argument with a comfortable win in the 42 kilometre Tamworth Marathon.

Canard, 43, blitzed his rivals in the gruelling marathon to win by more than four minutes.

Canard clocked 2.36.32 for the course and breezed home well clear of tamworth's Chris Perry.

Perry who made a valiant bid to stay with Canard in the middle stages, held on for second, just over eight minutes in front of third-placed John Gerathy of Armidale.

But Perry found it impossible to match Canard during the final stages of the race after being only a minute off the lead at the halfway point.

RESULTS: 1. K.Canard 2.36.32 1st woman. P. Brodbeck 3.10.09
E.Willcock 3.34.33

HABERFIELD ROWING CLUB BAY FUN RUNExcerpt from a report of the run by The Glebe, August 1, 1984:

The first woman to the Dobroyd Parade finishing line, Brenda Hamill, has had plenty of experience of the old course - she has won the women's section for the past three years.

She, along with many others, thought the new course an improvement. "A few more hills made it a little more interesting," she said.

The 38-year-old mother of two boys lives at Gladesville and regularly runs on the Bay track. It was the fifth year she had entered the race. Her time was 29.30.

Hamill runs wearing gloves. "All your blood pumps into your legs and you lose circulation in your fingers so it helps to keep your hands warm," she said.

At the end of August, Hamill will run 90 kilometres from Sydney to Wollongong with the NSW Road Runners Club to raise money for Barnardo's Homes.

New Members

Membership Director, Carol Ludington, reports that as of August 6, there are 221 members.

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

Rod Anderson	Anthony Foar	Colin O'Brien
Joseph Baillie	R. Henry	Dennis Rider
Clive Baskin	John Hodges	Don Price
David Barnett	Dick Hughes	Andrew Ricker
Colin Chamberlain	Peter Joseph	Jonathon Robson
Victor Collins	Derek Liebenberg	John Ross
Grahame Deacon	Agnes Markham	Don Tierney
Trevor Drysdale	Peter Markham	Ross Trethewy
Tony Doyle	Keith Mayne	William Wachter
Janice Morton-Evans	Evan Millar	Martin White
John Fazio	Paul Nass	Norm Wilkins
Stan Fleck	S. J. Nicoll	Helen Wilson



BACK ON THE ROAD AGAIN

By Tony Healy

Fourteen kilometres into the Wang Marathon, Wayne Stanton and I were privileged to have two Hare Krishna people skitter across the road in front of us. Their long flowing robes wouldn't be too comfortable if they were doing this, I thought. From behind, someone echoed my thoughts: "Roll 'em up, fellas", he shouted. "Join in and get some exercise".

The Haris ducked their heads and fled, perhaps not sure what type of people these runners were. They needn't have worried: we were Men With A Mission; on 2:38 pace and determined to stay that way. We weren't stopping even for drinks let alone for a quiet bit of persecution and thuggery.

The secret to running 2:38, I found, lay not in hard training but in having blurry vision during the race. I ran the Wang without my glasses, for reasons which I won't go into here. It meant that I continually had to catch up to people so I could see them clearly. Seriously.

At about 20k Wayne's cold caught up with him and he dropped back. Then Ian Bowden appeared on the horizon and we ran together for a while. Somewhere along South Dowling Street I caught up to Tony Tuxworth, a training partner from Talays. This augured well, I knew, for Tony is a 2:38 man.

After 25k I was continually moving forward in the stream. It isn't just a few people who slow down after 30k: it's practically everyone. Around this point my you-beaut shiny shorts began to chafe my inner thighs. I had visions of finishing with raw red gashes that would make walking painful for weeks. Fortunately, I was able to alleviate the problem by tucking the front panels into my briefs. Strangely enough, the reason the shorts were chafing was that I wasn't wearing my glasses. The consequent freedom to sponge my face brought with it streams of run-off down my front, wetting my shorts and making them abrasive. Systems engineering arrives in running.

By 33k we had turned for the drive home. We had a following wind and I felt strong, for the first time ever in my five marathons. I was feeling pretty magnanimous so I thanked God for any help He might have lent and the college cooks for cooking spaghetti Friday and Saturday.

I was looking forward to my single special drink, at 35k. Unfortunately, when I grabbed it and started drinking, the mix of Staminade and sugar tasted terrible. I dropped it straight away and had time to pick up a cup of water from the end table. Unfortunately again, when the plastic bottle landed it broke and splattered water over some spectators lying on the grass. Sorry about that folks.

The people I was passing now had the haggard looks of those in the throes of glycogen depletion. I knew how they felt. It put me in mind of a phrase Len Deighton attributed to a Lancaster

AUSTRALIAN MARATHON, 10 JUNE 1984: Striders' Times/Places

71	Tony Healy	2:38.11	PB by 6.19	697	Noel Barton	3:14.55	
75	Ian Bowden	2:39.06	PB as Strider by 18.14	716	Gary Shoesmith	3:15.21	PB by 6.39
85	John Fazio	2:40.11	PB by 5.52	725	John Hill	3:15.33	PB by 3.45
86	Frank Brandon	2:40.12		745	Peter Keeble	3:16.11	PB by 9.10
119	Nigel Haggkiss	2:44.31	PB by 4.38	753	David Douglas	3:16.28	
120	Tony Conner	2:44.27	PB by 7.54	783	Ray Courtenay	3:17.12	
129	Ken Wylie	2:47.20		802	Bill Wachter	3:17.12	1st M'thon as Strider
152	Peter Donnelly	2:47.41	PB by 36.19	942	Dennis Rider	3:21.39	1st M'thon as Strider
165	Harvey Caplice	2:49.17	PB as Strider by 0.43	952	Dan Gray	3:21.39	
189	Robert Blue	2:50.40		968	Richard Bamann	3:22.30	1st M'thon as Strider
195	Charles Coville	2:51.36		986	Graham Butler	3:23.14	PB by 3.58
205	Alan Farrell	2:52.07		996	Graham Tailford	3:23.35	1st M'thon
222	Paul Russell	2:54.01		1012	Mick Topley	3:23.56	PB by 8.53
232	Rod McLean	2:54.21	PB by 22.39	1012	Bob Mann	3:24.31	
235	Laurie King	2:55.26		1061	Bruce Murray	3:25.11	PB by 7.29
250	Graham Burke	2:56.00		1105	Richard Bevan	3:26.37	
254	Chris Staples	2:56.11	1st M'thon as Strider	1110	Cecil Ford	3:26.48	
263	Scott Lawrence	2:56.19	PB by 0.55	1152	Ian Newlands	3:28.13	
267	Bernie King	2:56.27	PB by 10.26	1169	Bill McCrindle	3:28.44	
270	Ray Doran	2:56.48		1206	Dorothy Siepmann	3:29.31	
273	Russell Black	2:57.02		1207	Stan Fleck	3:29.34	1st M'thon as Strider
287	Peter Arnold	2:57.37	PB by 19.15	1217	Peter Hersey	3:29.56	
299	David McCormack	2:58.17	PB by 8.13	1218	Eric Willcock	3:29.57	
316	Francis Chan	2:58.42		1274	Terry Hudson	3:31.49	1st M'thon as Strider
330	Sue Hill	2:59.15	PB as Strider by 0.31	1275	Trevor Leggo	3:31.50	1st M'thon as Strider
345	Steve Knight	2:59.57		1303	Brenda Hamill	3:33.06	
408	Nobby Young	3:02.28		1328	Gerry Greenland	3:33.55	
422	Trevor Roberts	3:02.37		1351	Christine Porter	3:34.22	
430	Dave Ingham	3:02.50		1360	Judy Kleinman	3:34.42	PB by 19.48
473	Dave Cox	3:03.26		1456	Geoff Pearl	3:39.18	
485	Mike McGuirk	3:06.22	PB by 7.36	1556	Jeff Burgess	3:42.15	PB by 1.13
502	Ken O'Connor	3:06.36		1577	Bryan Holliday	3:42.51	1st M'thon as Strider
503	Don Price	3:07.05		1578	Owen Denneade	3:42.51	1st M'thon as Strider
525	Peter Foulsham	3:07.06	1st M'thon as Strider	1582	Tony Smuts	3:42.55	1st M'thon as Strider
539	Don Tierney	3:08.10	PB by 6.40	1601	Bill White	3:43.34	PB by 42.24
579	Robert Waterreus	3:08.51		1666	Trevor Drysdale	3:46.10	1st Marathon
587	Tony White	3:10.11		1667	Oleg Szlichta	3:46.15	1st Marathon
587	Kar Wong	3:10.24	PB by 3.37	1723	Peter Ryan	3:49.03	
598	Alex Hamill	3:10.51		1764	Paula Fraser	3:50.24	
599	Harry Turner	3:10.53		1794	Brian Colwell	3:51.30	
610	Ron Gorden	3:11.26	1st M'thon as Strider	1862	Patti Burke	3:54.32	
616	Bill Flanagan	3:11.43		1999	Derrick Titmus	3:59.52	1st Marathon
636	Irwine Light	3:12.31	PB as Strider by 1.59	2141	Gerald Smith	4:08.13	1st Marathon
636	Barry Byrnes	3:12.37		2203	Joe Baillie	4:11.41	
656	Rob Klima	3:13.13	PB by 4.47	2280	Dave Williams	4:16.31	
659	John Patchett	3:13.18	PB by 4.32	2313	Oksana Pylpyiak	4:18.14	PB by 14.49
667	Brian Gaffield	3:13.33	1st M'thon as Strider	2328	Kerry Bray	4:19.22	PB by 8.36
688	Don Yates	3:14.17		2374	Malcolm McDonald	4:23.36	
695	Terry McMahon	3:14.44					



Australian Marathon

TONY CONNER

pilot watching another bomber on fire in the night sky over Germany. "It's them that are about to die and not us and I thank you truly O Mother of God". Fortunately, these burning Lancasters would all recover after a rest and some food.

Eventually the chute into E.S.Marks field appeared. Elated, I realised I had done it. I had broken 2:40 and improved my time by six minutes. "You beauty", I managed to utter and then stumbled negotiating the turn: I was a bit wobbly on my pegs after all. I finished in 2:38:11, only 11 seconds adrift of my splits. All those 20-milers with a nice bunch of people on Sunday mornings had paid off.

Training and Preparation:

I run 80 miles a week. My hard runs are a track session on Mondays, the fast Talays 10-miler on Wednesdays and the Striders 20-miler on Sundays. I stretch every day, straight after my run.

The distinctive features of my preparation were a 30-miler five weeks before the marathon, a track session of ten 200's the Monday before and a complete rest on the Thursday.

Over the three days before the marathon I ate heaps of bread and biscuits to fill my energy stores, ate heaps of bananas to top up my mineral levels and drank plenty of water. I was careful not to eat too much fibre, for reasons which will be obvious to distance runners. For example, I ate mostly white rather than wholegrain bread. Finally, on the morning of the race I drank two cups of coffee to wake me up and mobilise fatty acids for fuel later in the race.

TEAM ENTRIES FOR WANG MARATHON

The club entered 5 teams in the marathon. Thanks go to Rob Klima for processing the entries sent through the club. Teams were made up on the basis of P.B's since January, 1980. As at August 11th, no team results were available.

MEN (First four to count)

	Time in Wang		Time in Wang
A Bill Flanagan	3-11.43	C Terry McIver	-
Anthony Sauermann	-	Rod McLean	2-54.21
Charles Coville	2-51.36	Rob Klima	3-13.13
Ken Wylie	2-47.20	John Hill	3-15.33
Francis Chan	2-58.42	Richard Bamann	3-22.30
B Graham Burke	2-56.00	D Terry Hudson	3-31.49
Harvey Blue	2-50.40	Peter Keeble	3-16.11
Leigh Pascoe	-	Graham Butler	3-23.14
John Turner	-	Barry Byrnes	3-12.27
Robert Waterreus	3-08.51	Gerald Smith	4-08.13

WOMEN (First three to count)

Dorothy Siepmann	3-29.31
Brenda Hamill	3-33.06
Paula Fraser	3-50.24

In 1979 the legendary John Gilmore ran a 2 hr. 44 min. for the marathon at the Veterans World Championships in Frankfurt, setting a new world record for the over 60's. In the same year I, at 39, ran my first marathon in 3 hr. 19 min.

Living in Perth and being a member of the Veteran's Club I sometimes ran with John Gilmore, and though I couldn't see the hole in his back where the key went in I always believed there was something special about him, how-ever special or not 2 hr. 44 min. became a time I would aim for.

During the following 5 yrs. I ran 6 marathons, and absorbed all sorts of information in my bid to go quicker. For example, did you know that you burn 30% of your nervous energy through your eyes? So theoretically, perhaps, closing an eye could save you 15%; or did you know trainers give racehorses Guinness for stamina? Now I didn't exactly turn up for marathons with a patch over one eye, and as drunk as a lord, but I did manage to get my time down to 2 hr. 52 min.

The turning point for me came when I started doing the Striders star runs, I was training for the Wang and had been told they were a great workout, that was something of an understatement, having been at the sharp end of some of those runs, I finished feeling as though I'd just done a sub 3 hr. marathon. But it was all well worth it, in the Wang I got my 2 hr. 44 min., and half the time I felt as though I was on a Star run, but I won't say which half.

So, now having hung up my patch, and given up the hard stuff (well almost) I'd like to offer my thanks to all those people who take the time and effort to organise the Strider Star runs.

Any replies are to be forwarded to
St. Vincent's Hospital
C/o. Intensive Care Unit.



WANG '84 - My First Sub 3 hr Marathon

by
Peter Arnold

After many months of training and preparation the day finally dawned for the "big one", the 1984 WANG Australian Marathon.

Having recently run the State Marathon on 25 April (in 3:04) my confidence was at an all time high to finally break the three hour barrier.

My marathon history up to the day of the WANG had been patchy, and although my times continued to improve, I often questioned myself (usually at 35-38 k) as to whether the marathon was really the distance for me.

My marathon progression to date:

1982	-	Sydney Marathon	-	3:22:42
1983	-	WANG	-	3:16:20
1984	-	Nike	-	DNF
1984	-	State	-	3:04:03
1984	-	WANG	-	2:57:32

The morning of the WANG and I'm feeling 'good' after having two complete days rest from running, my legs want to run. In fact the first 2 k goes past in 7:26 which is too fast for me and although I feel good I know that whatever I use up at the front end of the race will come back to haunt me in the final stages. I consciously hold myself back to a more energy conserving pace. My splits were roughly as follows:

10 k	-	41:30	21.1 k	-	95
15 k	-	70	30 k	-	2 hrs 2 min
42.2 k	-	2:57:32			

As you can calculate the last 12 k were a lot slower than I anticipated, which seems to be a common problem amongst marathon runners. The legs that felt so 'good' and full of energy 2 hrs before felt more like they were now in iron clamps. Thankfully I met up with some more striders (or did they meet up with me) and we gave each other mutual encouragement to keep on pushing along.

About the worst thing that happened to me in the last 2 k was that I became disoriented about where the finish was, I kept thinking the floodlights I could see in the distance were at the Sydney Athletic Field, when in fact they were the Sydney Cricket Ground lights. This, coupled with a quick review of my stopwatch, had me convinced at one point that I was yet again to be robbed of a sub 3 hr marathon. People in the crowd kept shouting 'Only half a k to go' etc, I kept thinking 'They're optimistic'.

Then, surprise and relief, the ramp leading to the Athletic Field looms up in front of me, I consult my watch, 2:55+, I know I've made it, I've done a sub 3 hr, but by how much? I run the last 2-300 metres as fast as my legs will permit, its painful but the feeling is nothing short of ecstasy to approach the finishing clock reading 2:57:32.

To have set out to achieve a goal and to achieve it made all the miles of training and time committed all worthwhile. I must commend the Sydney Striders on their excellent Marathon Training Programme (STARS), it has certainly helped me to attain my goal.

Nothing to do now but establish a new goal and achieve it, hopefully a 2:50 at the Big'M in Melbourne in October.



A DAY OUT (AT THE WANG MARATHON)

by Bruce Murray

Why do people (other than real athletes) run marathons? Not only are they gruelling events but they necessitate many hours of training just to complete the course. It is a strange phenomenon that ordinary runners struggle to finish a marathon, experiencing such thoughts as "what am I doing here" and "never again will I enter a marathon", and yet after finishing and recovering - and often within hours of the finish - they are already planning their next marathon.

As one who has struggled to finish marathons I have certainly been through this process. Perhaps it is the deep satisfaction in completing marathons that drives runners on to participate in more marathons. Then, as further marathons are completed, it seems a desire grows to run a better time.

Now, this is not easy for the average runner, and here again I am commenting from personal experience. Greater training effort usually needs to be resorted to. The pain can be eased, however, by training with Sydney Striders and enjoying the pleasant company of Sunday STAR Runs while at the same time getting the kilometres up.

Like many other Striders, I have been looking to improve my times this year. After crashing badly in the Nike Marathon in Canberra in April, where I blew out from 91 mins. at half way to 2 hours 41 mins. at 35 kms and 3 hours 34 mins. at the finish, it was necessary for me to review my whole approach.

My first move was to ditch recently purchased Converse running shoes which had torn the skin of toes on my right foot in Canberra, and obtain suitable replacements in Nike Pegasus.

Research disclosed views expressed in USA that to avoid hitting the wall in the marathon it was necessary to train an average of one third of a marathon a day. I therefore increased my weekly training to 98 kms, with the 30 km STAR as a basis.

I closely examined my diet and was persuaded by my elder daughter (who has expertise in nutrition, etc.) to include liquid chlorophyll for greater stamina.

As the Wang Marathon approached, I was feeling quite confident of reducing my time. I tapered off my training in the last week, and for the first time, attended a carbo-loading dinner at an Italian restaurant on the night before the marathon (I felt obliged to do so as I organised the dinner for the Striders). Actually, I thought that the greatest benefit from the carbo-loading dinner was the relaxation in company with other Striders and partners rather than being at home tending to get keyed up. In any case, on the morning of the race I felt relaxed and well prepared.

From the start I was aiming not to go out too fast and this approach was reinforced by comments from Alan Cole and Peter Welch of Turramurra Trotters on the way down to the Bridge - "Don't go out too fast. You will blow up as in Canberra". Keeping a tight check on myself, I reached half way around 93 mins. and 35 kms at 2 hours 41 mins. again, but tired in the next section running into the head wind along the foreshore road of Botany Bay, with the result that my pace slackened from the turn off into Bunnerong Road to the finish.

However, I managed to record a PB of 3 hours 25 mins. and naturally was pleased, although tinged somewhat with disappointment as the potential had been there for a better time. I still had to work out how to conquer those last 7 kms.

It was pleasing to see so many of the Striders either competing (with excellent results in many cases) or present to offer encouragement. These events are made much more "enjoyable" (it is easier to use this word in retrospect than at the time), through being able to meet and talk to other Striders before, during and after the race.

RACE RESULTS



UNDER 14 YEARS JUN RUN — 8KM — KANUNGINTON — JULY 22nd 1984

1.	J. K. WARE	23.45
14.	P. KIRK	28.11

SENIORS

6.	D. LI ROSENBERG	25.19
31.	B. CAPLICK	27.51
35.	K. WILLY	27.57
42.	J. ROBERTS	28.47
53.	M. McGUIRE	28.47
57.	P. ARNOLD	29.05
97.	T. VIFOND	30.06
149.	A. THOMSON	31.38
529.	D. FLANAGAN	40.10
531.	C. THOMSON	40.13
596.	J. McCOY	42.02
664/65	R. KILMA & son Paul	45.00

799 FINISHERS.

BATHURST MARATHON

1.	GILBERT	ZWOLEN	2.31.14
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SENIORS

14.	PERRY	McMAHON	3.20.27
25.	KAR	SONG	3.32.58

53 FINISHERS

BATHURST MARATHON — JULY 14th

1.	KIRBY	CAMARD	1.14.15
3.	BERNIE	KING	1.20.48 P.B.
10.	ALISTAIR	MACKIE	1.28.47

37 FINISHERS

Peter Keeble.

Nike had been and gone, bringing with it a PB of 3.25.21, down from 3.29.00.

In the four weeks prior to this marathon, due to a hamstring injury, I had run a total of 30 kilometers.

Heartened by this encouraging result, and feeling physically sound though a trifle geriatric, I set my sights on the Wang.

At this point, readers should know that I am extremely gullible. I absorb running theories like blotting paper.

Should a friend remark that he has ceased eating red meat, I give up red meat immediately.

If acupuncture is the go, I become a pin-cushion the next day.

If Salazar has failed because of an iron deficiency, I am chewing nails before you can say "Ferro-Gradumet".

Thank goodness then, that despite this naivete, my body has the subtle, built-in chemistry to resist the mega-mileages I hear bandied about at STARS and rugby club changing rooms.

No. I convince myself that, contrary to popular opinion, less is more. An admirable sentiment and one which leads to a mileage peak, prior to the Wang, or around 75 kilometers in a good week. Mind you, I am fanatical about the STARS. You may survive a marathon without them. But you'll never race one.

On account of the fact that first, it requires no physical effort and second, I like pasta, carbo-loading is part of my preparation.

I refrain also, from drinking alcohol but only on the night before the big event. One musn't overdo things.

Race morning. I stand at the line with a very clear resolve. This marathon will be run by the head, not by the heart. I carry splits for a 3.14.00 run and determine to be led by no one except my carefully prepared race plan.

The first part of the Wang is downhill to the Bridge. My plan allows letting go a bit here, it's downhill and there are precious seconds to be won. Friends and acquaintances run around me but I do not talk to them. My mind is in another place.

3 k comes up right on target. Warmer, looser now, I press up William Street feeling good. 10 k goes by, on the button. It is time to talk to myself.

First, the toes and feet. How are you toes, how goes it down there? Fine, they answer, no blisters, but it is getting warmer down here sir. Legs? Good boss, good. Lungs? No problems master. All systems running well the brain confirms.

15 k and a shade behind but it causes no undue panic. At the halfway mark there's a flat coke in a special bottle which will fix everything.

21.1 k. My wife calls out encouragement but, such is my concentration, that I neither see nor hear her. A pity, I like seeing her. 35 seconds in arrears now but a chat to all the running bits assures me all is well and we plug away at the most boring part of the course. The coke is fantastic and, thanks to the bendy straw, I can drink it slowly, on the run.

Around the 35 k mark and something like a minute behind, I join up with a friend I had met earlier while training for the Nepean Triathlon. We run together to the last drink station and then, to my surprise, I start to leave him behind.

Encouraged, I step up the pace as we turn into Anzac Parade. I am acutely conscious, for the first time, just how important rhythm is and how it has helped me come this far faster than I have ever managed before.

Just on a kilometer to go and I see ahead of me a pair of legs that look strangely familiar.

They are attached to Bryce Courtenay who is allegedly running this as an easy training run for the Sydney-Wollongong. But Bryce never ran anything easy in his life and it isn't natural for him not to give his all.

Feeling strong, I pat him encouragingly as I pass. Good on you Bryce are the words spoken. But in the head it's more like wow! I never thought this was possible, I'm glad you are looking tired, I hope it continues

but, just the same, I'd better speed up a bit just in case you feel inclined to chase me.

Later, Bryce says that I patted him on the bottom but I'm sure it was on the shoulders. I'm not like that and besides, Bryce doesn't have a bottom.

At last, that tight little pinch up to the stadium. I pass a Strider, walking and think, that's an odd place to be walking.

As I enter the stadium I hear the announcer calling Michael Mooney through the line. Rats! He must be training secretly. I crack on the pace to go through in 3.16.11, a PB by some nine minutes.

In the euphoria of finishing I realise that I have just learned perhaps the most significant running lesson I shall ever learn.

Run your own race, not anybody else's. And always, run with the head.

Profile

by 'John' Kleinman

FRANK KELLY As a champion lightweight boxer in Ireland, Frank Kelly would jump rope for hours each day. Now as a committed distance runner, Frank still jumps rope "for dexterity and speed."

Frank joined the Striders in May. He had run the 50k ultra marathon at Parramatta, and Nike prior to joining the Striders and has run 2 marathons since. He's run a PB of 2-43.50 at State '84.

During the week, when not on the roads running or jumping rope at the gym, Frank works for the Municipal Council in Canterbury, the suburb in which he lives.

NICHOLAS BURKE Nicholas Burke started running in October 1983, ran the National Panasonic in March and decided then and there that the next step had to be a full marathon. He joined the Striders in May and has been running the STARS regularly.

Nicholas has had to balance his training with a full load of post-graduate studies. Having completed a first degree in medicine, he is now pursuing post-graduate work in occupational medicine at Sydney University.

Nicholas lives in Randwick and runs most evenings after uni at Centennial Park.

WANTED
ONE BOX TRAILER

The club is interested in buying an enclosed box trailer (7'x4' or 6'x4') to carry equipment to and from stars. If anybody has one for sale or contact where we can buy one could they please ring Ken O'Connor 5697284.

by Gerald Smith

I made two resolutions when I joined the Striders. Having resisted the temptation to run in a marathon for well over 50 years, I decided to deny myself that pleasure for at least another 50. So my first resolution was not to run in a marathon!

Life had so many other little pleasures, I decided, that I could afford to forgo the thrills of finishing a marathon - and talking about it afterwards.

For about a year all went well. With great strength of mind, I even managed to avoid running in STARS. But I must admit those extra hours in bed on Sunday mornings were hard to take.

But then the rot began to set in. I started to run the shortest STAR option with the slow group. It was a mixed pleasure. I chose the 'Lindfield Lope' for my first STAR, because Jim Donovan starts it only 1 km from my home and I knew the territory - or I thought I did. It poured with rain, my glasses fogged up, my map disintegrated, I got separated from the group, became completely lost and limped home very dispirited. The only bright moment was when I hurled the map away, after first reducing it to a ball of papier mache.

It says a lot for the good spirit and companionship of Dot Flanagan and others in the slow group that despite these experiences, I perserved; and even went on to complete my first 30 km STAR.

I was so proud of this effort that I planned an article in the Blister. You know, a bit of a description of my preparation, why I chose Alistair Mackie's 'Western Wanderer' (H1,B0), how I planned the run, thanks to Peter and Annie for dragging me along, and not forgetting the incentive of trying to follow April Powys', er, footsteps. But it never got written.

Next thing, I found myself furtively reading Charles' "Novices' Guide to Marathonning". Several passages worried me. Like the rhetorical question "You never did drop out of a training run, did you?" My answer is "Yes, several times!" Anyway, in a weak moment, I broke my first resolution by entering the 1984 Wang marathon. My main preoccupation was to keep warm before the start. I succeeded by wearing over my running gear old pyjama trousers and torn shirt as well as the standard garbage bag. And to keep my bald head warm I had a stroke of genius - a discarded shower cap which even covered my ears.

Needless to say, in this get-up I tried to avoid meeting anyone who knew me. Bill Flanagan and Leigh Pascoe were two of the few Striders that I saw, but their attentions seemed to be fully occupied by female companions. I discarded all my insulation five minutes before the start.

And what about the marathon itself? Well I was hoping for a sub-4 hour, but I got boxed in coming over the bridge and only managed 4:08.

How much water?

Oh yes, that second broken resolution. I also resolved not to write about my first marathon. But now I've started its hard to stop. So, unless the Editor edits, I'll leave you with another thought.

I think much more needs to be known about how much to drink during a marathon. The experts play safe by such blanket recommendations as "1-2 cups at every opportunity". Isn't this just an insurance to prevent a profuse perspirer

from succumbing to heat exhaustion on a hot day? Every person, and every day, is different. In my case, the rule seems simple: more drinks, more toilet stops!

During my one and only marathon, I took only 3/4 cup of water at each 5 km drink station until 30 km, when I switched to Gadorade. I decided that, even if this gave me stomach cramps, it would help take my mind off my legs. Even with this modest fluid intake, I had to stop twice.

So you experts, give it a bit more thought! Come up with some more helpful recommendations for novices. Take into consideration such factors as ambient temperature, perspiration rate, and of course bladder capacity.

FIFTH THREDBO NATIONAL RUNNING WEEK

SATURDAY, 19 JANUARY TO MONDAY, 28 JANUARY, 1985

by Bernie King

In January of this year, the King family spent a week in Thredbo for the Fourth National Running Week. We all agreed that the week had been so enjoyable that we booked our accommodation for January, '85 before leaving.

Numerous other families and individuals also booked for '85 before leaving Thredbo in '84. Non-runners share this obvious addiction.

National Running Week is the brain-child of Canberra's Brian Lenton and each day's activity is designed to cater more than adequately for the runner and non-runner alike. Daily runs varied between 800 metres and 30 kilometres. The more important activities included tennis, cricket, happy hours, cycling, swimming, soccer, golf, happy hours, films, massage, happy hours, barbeques, canoeing, fishing, happy hours and horse riding.

The programme for January, 1985 will be very similar to that of '84 except that the Saucony shoe people and Spank sportswear have indicated their intention to provide prizes for various events and to teach us all to pronounce Saucony.

Let's face it, we all need holidays. Why not keep Nifty happy and have your holiday in NSW? Better still, keep yourself happy and take in National Running Week. It is also inexpensive.

Exact costs and accommodation details are at the time of writing not known although by the time you read this, I should have those details.

Please phone me on 84-7685 (home); I would like this year to monitor Strider participation. Alternatively, you can ring Brian Lenton in Canberra on (062) 88 5520.

Highly recommended.

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NEW MEMBER PROFILE

by 'John' Kleinman

GRAHAM BURKE Innocently awaiting the start of a seminar at the uni, I was approached by a stranger and queried as to my association with the Sydney Striders. Once I confessed my Sunday morning mania, the inquisitor introduced himself as Graham Burke, a new Striders' recruit (Graham was participating in a 2-week residential course at the uni.) Thus started two weeks of exceedingly early morning runs in Centennial Park - it was not until after our last run that I revealed my identity as a covert reporter for the Blister.

Graham is new to Sydney, having moved from Melbourne in January to accept an appointment as Director of the NSW office of the Department of Employment and Industrial Relations. Yet, he is not new to marathon running or to marathon running clubs. In Melbourne, Graham ran with both the Victorian Marathon Clinic and the Nunawading Amateur Athletics Club. Iake Gillawarna made his 11th marathon. His PB is 2:49.54, recorded at the Victorian State Marathon in March 1983.

Graham and his family live in Pymble. He enjoys Sydney and especially the people he had met through the Striders. However, he is looking forward to seeing his Melbourne mates in December at the Big M. After training with him for 2 weeks, I'd venture to say that he'll outrun them all and do the Striders proud.

TONY VIPOND The results of an independent survey of new recruits demonstrate that the two dominant sources of recruits for the Sydney Striders are our much praised Half-marathon and Brian Colwell. Tony Vipond adds yet another check mark to Brian's tally.

And a good recruit this was! Tony ran his first marathon in 3 hours 9 minutes after just 2 months with the Striders. Tony had only started running seriously 8 months before joining.

Tony lives in Coogee and works for AGI in North Sydney. He became 'hooked' on distance running after a 10k fun run in May, 1983. That summer he ran a series of fun runs and competed in a number of aquathons (5k runs into a 800m swim). Tony joined the Striders in February 1984 after having seen after the Mosman STAR that a marathon was within his capabilities. He decided then and there that he'd "give Nike a go."

Before running Nike, he competed in a biathlon (12k run with a 1500m swim). At 3:09, Nike was a great first "go"! For the second "go", Tony's aiming to break 3 hrs.

ANTHONY SMUTS The camaraderie of the Sydney Striders at Nike made a lasting impression on Anthony Smuts. He remembered the group when he moved to Sydney last year. Chalk another up for the half-marathon; it wasn't until after competing in "such a well organised event" that Anthony ultimately joined the club. Anthony started running 3 years ago after a hamstring injury had meant a temporary rest from soccer. He got 'hooked' and that winter ran the Big M. In the 3 years, Anthony has run 4 marathons with a PB of 3hrs 34 mins.

Anthony lives in Cremorne and works for Computations, a computer company in the city. His work frequently takes him back to Melbourne, so that he hasn't been able to run with the Striders as much as he'd like. Anthony is most impressed with the SRARs and hopes to be able to be in Sydney for more Sunday morning runs.



Graham Burke



Tony Vipond



Anthony Smuts

CALLING BEGINNER RUNNERS WHO WANT TO TAKE PART IN GROUP TRAINING RUNS

We have had several requests for group training runs which are:-

- (a) much shorter than the 24 - 32k. Striders' Sunday runs;
- (b) suitable for runners who cannot run as fast as most Striders;
- (c) held at a different time from Striders' runs.

To assess the response, we had decided to schedule group training runs at two locations- Centennial Park and Lane Cove River Park - for a trial period of 2 months.

These runs are primarily intended for wives or girlfriends of Striders, and will be supportive of beginning runners. These runs are not intended for runners who are capable of running STARS.

The runs will start at 7 a.m. on Saturdays, for approx. 45 minutes.

The first run will be in Centennial Park on 8 September, 1984;

Second run will be in Lane Cove River Park 15 September, 1984

Third, fifth and seventh runs will be in Centennial Park on 22 Sept., 6 & 20 October;

Fourth, sixth and eighth runs will be in Lane Cove River Park on 29 Sept., 13 & 27 October.

Starting point for Centennial Park runs - just inside park gate in Darley Road near its junction with Alison Road (near Randwick Technical College).

Starting point for Lane Cove River Park runs - parking area just inside Fullers Road entrance to park.

If you have any queries or suggestions, please ring Sally Cornelius. ph. 427-3604 (H), or if she is not available, ring Dorothy Flanagan, phone 661-4451 (H), 234-0749 (H).

New Member - Profile

by Carol Ludington

DENNIS RIDER

Dennis would make an interesting "before" and "after" profile! He is currently transforming his shape from that of Shot Putter/Hammer Thrower (one time Tasmanian Junior Champion) to that of a projected sub 3 hour marathoner. To that end he has lost 2 stone and reckons another 2 years should have him in good shape to keep up a 4 minute/km rate for what the critics always describe as "that gruelling event".

As a serious runner of only 18 months duration, Dennis picked up a Yomix Half Marathon form in '83 at Talays and ran it prior to the '83 Wang/Australian. Now he averages 73kms per week mainly alone except for the Sunday Star. He has, as most runners have, eased off his consumption of red meat and doesn't now drink alcohol at all.

Frances, his wife, has no time to be interested in running as she finds days and nights are taken up in looking after their newly born daughter, Claire. Dennis however, finds time to read and to indulge in his passion for horseracing, when not involved in his job as State Property Officer for the Commonwealth Rehabilitation Service.

VICTORIA MARATHON CLUB - 50 MILE TRACK FUN RUN

On the bitterly cold and windy morning of 23rd June, I lined up with 33 freaks and weirdos at 7.00 am for the annual VMC 50 miler. As we kept ourselves warm by trying to hide behind each other, I reflected on the absolute futility of what I was about to undertake just "to see what it would be like". Having completed a "normal" ultra 50 (or so) miler I had some months earlier decided to train seriously for this Victorian event, which involved completing 20 laps of a 400 metre track. To me the real challenge would not be the distance, but handling the mental stress that arises from an event of this nature.

I had previously tried a 26 miler round a grass oval as a training run and had thoroughly enjoyed the experience and so was looking forward to the VMC fun run, as such it was billed. My enthusiasm was further lifted on arriving at the track and locating the organiser, Mick Whiteoak. Mick immediately welcomed and introduced me to many of the participants all of whom had a disarming blank expression on their faces.

After passing the time of day and other things I rubbed baby oil into my legs to give some protection against the cold wind whistling down the back straight of the track and sauntered out to where I had left my bag of tricks (de-fizzed coke, bananas, biscuits and barley sugars) to find another surprise. A couple of charming ladies (coaches to other runners, I think) had taken over my bags and insisted on acting as my "seconds". Such friendliness made me feel very much at home and throughout the run I was encouraged by these and other kind people, who endured miserable conditions - even my timekeeper was full of enthusiasm and cheered me onwards as well as having frequent discussions with me on the sanity of those participating!

The race started a few minutes late, and after a nice easy start, I settled quickly into a 2 min 5 sec lap, and established a walk of 3 minutes after every half hour. At first it was disconcerting to be overtaken frequently, but the repartee between us all soon relieved any problems in this respect. I plodded onward. Ten miles came up in 1.18.17, twenty in 3.00.17. I plodded onward. By now I was beginning to feel the strain of the track running and began to fancy I was suffering from pains in my legs. I listened attentively to Beethoven and Dylan Thomas on borrowed earphones which made a lot of difference and (apart from being regularly asked for the score!) I found my mind wandering nicely. I plodded onward. The marathon was passed in 4.00.22 and thirty miles in 4.39.35. Here the repetition started to get hard and I noticed that a few people were dropping out. I threw in a "bonus" walk, had a coke and a biscuit and reached 40 miles in 6.24.30. I plodded onward.

From here on the fun really started. Everyone was full of jokes and bonhomie. Time flew but I plodded onward. The leaders had long since showered and were back at the trackside talking us "stragglers" in.

by David WILLIAMS

Suddenly my timekeeper was whooping at me that I only had a couple of laps to do. I met up with another runner (one of the good things was that you were never alone) who had exactly the same to do - so we finished strongly together in 8.02.23.

A wonderful event over, but I'll be back next year, it is a true fun run and one which I would recommend to anyone.

Just for the record I found that my walk/running again made an ultra easy to handle and I am now more than ever convinced this is the way to approach ultras if you are not of a competitive mind and wish to avoid a lot of pain.

NEW MEMBER PROFILE

by Carol Ludington

DON YATES

This writer was very impressed with Don's marathon debut of 3:14 in the '84 Wang and rather stunned to later discover it was achieved on about 60kms/week. His previous involvement in canoe marathons must have been a contributing factor in this great run. Don has taken part in the 400km Murray Marathon, as well as the Hawkesbury Classic (an overnight 111kms) for the past 5 consecutive years. The 6 months training, the amount of organisation and the need for a good ground crew (usually wife Maureen) have steered Don into social canoeing with overnight camping now.

Don has been a runner since his schooldays in Victoria when he ran in 100, 200 and 400 yard races. He ran before work "just for the hell of it" - 15 years ago, he must have been considered a crazy idiot! Now he runs 3kms to and from work every day and longer runs on the weekend. Before the '84 Wang he aimed at 100kms/week but averaged less in the 8 weeks before, because of a virus infection.

The sub 3 hour marathon is his aim and while he considers he has a chance to do this in the '84 Big M, he hasn't really set his heart on it. Don is aged 40 and is a Planning Engineer with the Water Resources Commission where he is involved in the future development of Water Resource Projects.



Don Yates

THE VICTORIA MARATHON



Andrew Ricker



Neville Mills

New Member Profile

MARLENE FRONSEN

Aged 23, single, and a physiotherapist by vocation; is a very keen skier, and has gone to Albury for the winter months in order to be close to the snowfields.

Marlene has been a runner for three years, and is looking forward to competing in half marathons, with no real intention yet to run a marathon. She normally trains in Centennial Park, and runs for the sheer enjoyment of it, without totalling any substantial weekly distance at this stage.

Marlene's other interests include cycling and hockey, both of which should help with her running.

**National
Panasonic**

Review
Half Marathon

THROUGH SYDNEY'S BEAUTIFUL LANE COVE RIVER PARK P.O. BOX N119 GROSVENOR ST., SYDNEY 2000

Dear Striders,

It was certainly a happy day at the National Panasonic Half Marathon and I would like to thank you all not only for staging the race, but also for the magnificent support I have received from the club in my recent running endeavours, including your own event. The telegram of good wishes for the Nike/Avon Olympic trials was greatly appreciated and very touching, and I am sorry that I couldn't carry enough momentum through to qualify.

I was quite overwhelmed by the warmth of the encouragement I heard from so many officials, runners and bystanders during the National Panasonic, and I regretted not being able to acknowledge everyone, but concentration was necessary to avoid distractions. It was a surprise to win the magnificent prize video, and the Maria Geminis perpetual trophy was a special bonus as I knew and liked Maria.

The Olympic trial result was most disappointing as a result of the blustery conditions, but I felt that the race went well otherwise and my original sub-2:40 target was realistic. I suppose there is always 1988!

Thank you all again for the great day at the National Panasonic and for the efforts of all the Striders to achieve an outstanding race.

Happy running.

Yours,

Mora

Mora Main

POST-RACE CREDITS

After only three runnings, the Striders Half Marathon has set a standard many other runs could well aim for. It is definitely a run worth going to. You will not run your fastest half marathon but you will feel pretty satisfied and proud after you have finished.

Australian Runner Magazine

It's easy to see why this event won the 1983 Road Race of the Year Award. The race is riddled with professionalism (of the non-monetary type) under the leadership of Phil. Caldwell. Organisers of some other runs would do well to watch the Half armed with pen and notepad.

Brian Lenton, Fun Runner Magazine

The Panasonic Half Marathon would have to be the best organised and the toughest run in the whole N.S.W. calendar. It could also be described as the most colourful.

Frank McCaffrey, Fun Runner Magazine

The Sydney Striders are an example to us all in race organisation.

Mike Agostini, Publisher, Fun Runner Magazine

What makes a road race great? History and tradition? A course that stands alone? Superb organisation? The world's greatest road races have all these attributes. The National Panasonic Half Marathon arguably has all but history and tradition. The Panasonic Half proved once again that good organisation and a high regard for the needs of runners is the answer to a well conducted race. Well done Striders.

Striding On newsletter.

The 1984 National Panasonic Half Marathon was a fantastic event from the Race Programme right through to the Results Book. You have certainly given other race organisers something to aim for, perfection.

Ken Saunders, Race Director, Campbelltown Marathon

Many thanks for your letter and Medallion. It was great to find out I was 2nd overseas male, especially as I am a 44 year old veteran. I really enjoyed the run - the course was very pleasant, and I want to congratulate you on the excellent organisation and spirit of the race. Everyone worked so well and it all went so smoothly. A great job which made it a truly memorable event.

William Clendon, Auckland, N.Z.

My warmest congratulations and appreciation to you and all those members of Sydney Striders. It was superbly organised without being officious and it had such a pleasant atmosphere for all those taking part including those towards the tail of the field such as myself. Well done Sydney Striders.

Mervyn Finlay

I ran in the 1984 National Panasonic with a number of others who are regular runners in Centennial Park. I write to let you know how impressed we all were with the conduct and organisation of the event. The drink and aid stations served us well and those manning them could not have been more polite, patient and cheerful, much appreciated by competitors.

The time, care and trouble that must have been devoted to the organisation and preparation of the breakfast was obvious to all, and a great credit to all involved.

I should be grateful if you would pass my thanks on to those who served at their different stations so well for so long in the front line.

W.H. Nicholas

This was my second Striders Half Marathon and the organisation and enthusiasm just keeps on getting better.

C. Selby

Congratulations on an extremely well organised run. The attention to detail was most appreciated by all runners I am sure. It is a shame all runs were not organised and implemented as well. It would surely improve the quality and quantity of running in N.S.W.

Peter Julian

In 1983 the organisation of the Striders Half Marathon impressed me immensely from a participants point of view.

However, it was '84 which really demonstrated to me the incredible planning, superb administration and sheer hard work involved in the staging of Australia's premier half marathon.

Prior to today I felt March 18 would be the one day of the year I didn't want to be a Sydney Strider as it promised to be a runner's dream just to compete. However, being a member and able to help out alongside such wonderful people certainly made this day one to remember for me. Well done Phil, Striders and friends.

Kerry Bray

I have just returned from a quite long holiday/business trip to Australia and N.Z.

One of the highlights of my visit was undoubtedly the privilege of being able to run in the National Panasonic Half Marathon. It was certainly one of the best races I have run in. Particular points I liked were the course layout which gave you the opportunity of seeing the leading runners and the after race breakfast.

The Results Book was by far the best I have come across and to cap it all, for the first time in my life I received a medallion for something apart from just finishing - 3rd overseas male. My sincere thanks.

Alan Pollard, London Road Runners Club.

They said it couldn't be done but you did it - made it bigger and better than last year! Once again, I thoroughly enjoyed it - the course is terrific and the organisation superb. Please keep up the good work again next year.

I was particularly impressed by your Results Book, especially the photo on page 3 which portrays such a fine group of runners (myself included). I would be willing to pay anything for a print of the photo to show my grandchildren (future) that I was a 'winner' in the 1984 Striders Half Marathon.

Thanks for your efforts - as one of seven runners from the Hunter District Water Board in Newcastle, we all look forward to next year's race.

Gary De Redder, Newcastle

The organisation was superb. I've never been in a better organised, well thought out race. From the start, past the very efficient water stops, to the finishing chutes, the race was just great, I only wish the organisation of your race was the standard here in the U.S.

Alan Bazzoli, Columbus, Ohio, U.S.A.

Very well organised (referring to New Zealand's Huntly Half Marathon) but not up to your standards. A terrific experience and thank you but give me Lane Cove Park's hills anyday.

Doug Edwards

Doug won one of our random draw trips to N.Z.'s leading half marathon at Huntly.

Many thanks for your work in organising the half marathon. It was a very enjoyable event. What's more, your Results Book is excellent - well done.

Peter Bearsley

Congratulation and thanks for a great day on March 18, and the most generous post-race breakfast. Thank you too for the complimentary entry, medal and the excellent Race Results book. It was a pleasure to participate in such a well organised event.

Brenda Every

A half marathon that goes up and down a cliff face doesn't sound like much fun. But when the cliff face is in the stunningly beautiful Lane Cove River Park, and it is organised by the Sydney Striders, a very different story unfolds. The National Panasonic Half Marathon is a great event which enjoys a high reputation among both the ordinary joggers and elite athletes and is very much the baby of Race Director, Philip Caldwell. I commend the event to anyone who enjoys a well organised event over a challenging course with superb scenery.

Robert Kay
Race Director
Adelaide Greenbelt Half Marathon

INTERNAL CROSS COUNTRY

STRIDERS' CLUB CROSS COUNTRY CHAMPIONSHIP, 8 JULY 1984

by Steve Cornelius

Once again a disappointing field competed in the Cross-Country; those who made the effort were rewarded with some of Sydney's finest bush paths and a champagne breakfast. Members of Blue Mountains Joggers responded to our invitation, which we hope to make an annual event.

The 14 km course was out-and-back from Macquarie Uni through Brown's Waterhole and along Devlin's Creek, with a short loop through Epping. Starting and finishing with a lap of the oval in the Uni's impressive Sports Stadium might have given runners the illusion of competing in the Olympic Marathon.

The race was won in style by a new member, Derek Liebenberg, whose wife kindly helped us with time-recording. Last year's winner Godfrey Franz won the fierce contest for 2nd, with Ian Bowden putting in a sprint finish for the bronze. We saw the unusual spectacle of Keith Canard finishing 4th, which says something for the depth of talent in the club these days. Keith took home the medal for 1st Veteran, and Merri Mack added the Women's medal to her collection.

The list of those who organised and marshalled the event is almost as long as the list of finishers: they were Graham Butler (race director), Ken and Julia O'Connor (catering), Lee Pascoe (transport), Steve Knight (booze-supplies), Herb Ludington (drink-waiter), Alistair Mackie (treasurer), Keith Barnett (time-keeper); the following selfless folk stood out in the cold to do marshalling duty: Carol Ludington, Alan Farrell, Ian Millar, Sally Cornelius, Joan Haydon, Robyn Murphy, Rob Klima, and Geoff-Whose-Surname-Escapes-Me-For-The-Moment. Graham Butler and yours truly designed the course, and any complaints will be seriously considered then thrown in the bin.

1	Derek Liebenberg	50.09	27	Brent Waters	1.02.26
2	Godfrey Franz	50.21	28	Terry McIver	1.02.34
3	Ian Bowden	50.23	29	Gerry Greenland	1.02.53
4	Keith Canard	50.30	30	Bill McCrindle	1.02.56
5	Brett Nichols	53.03	31	Bruce Murray	1.03.24
6	John Fazio	53.06	32	Andrew Ricker	1.03.27
7	Peter Donnelley	53.25	33	Ray Ambler (NZ)	1.04.00
8	Ray Doran	54.12	34	Merri Mack	1.04.57
9	Rod McLean	54.26	35	Mike Ward	1.07.06
10	Geoff Cox	55.16	36	Anne Iverach (BMJ)	1.07.06
11	Dick Hughes (BMJ)	55.40	37	Trevor Drysdale	1.07.20
12	Russell Hammond	56.08	38	Richard Bamann	1.07.30
13	Paul Russell	56.13	39	Philip Caldwell	1.07.48
14	Don Price	56.18	40	Geoff Pearl	1.08.38
15	Noel Barton	56.50	41	John Hill	1.08.47
16	Trevor Roberts	57.21	42	Joe Baillie	1.09.12
17	Charles Coville	57.42	43	Dorothy Siepmann	1.09.35
18	Bill Flanagan	58.08	44	Mark Calloghan (BMJ)	1.15.39
19	John Wall (BMJ)	58.08	45	Bill White	1.15.39
20	Steve Cornelius	58.55	46	Peter Ryan	1.16.28
21	Laurie King	59.18	47	Mavis Garrick	1.17.26
22	Brian Colwell	1.00.03	48	Leigh Pascoe	1.29.23
23	Richard Kluet (BMJ)	1.00.25	49	Kate O'Rourke	1.29.24
24	Brian Haydon	1.00.50	50	Dorothy Flanagan	1.30.33
25	Neil Colin (BMJ)	1.01.42	51	Robi Hancock	1.30.33
26	Barrie Moore (BMJ)	1.01.42			

Women: 1 Merri Mack, 2 Anne Iverach (BMJ), 3 Dorothy Siepmann
 Veterans: 1 Keith Canard, 2 Peter Donnelley, 3 Ray Doran
 Masters: 1 Brian Haydon, 2 Bill McCrindle, 3 Bruce Murray

INTERNAL CROSS COUNTRY - SUNDAY, 8 JULY, 1984

The Cross Country was my first internal race since joining the Striders in May this year. I was somewhat surprised then to be selected to write an article on the event, describing my training, how I went, and my general impressions.

I can recall from my days of competition tennis and squash the endless list of excuses offered by opponents (often when they had beaten you comprehensively) explaining their performance ranging from late nights and hangovers to the crippling injuries with which they had bravely played. How fortunate I considered myself to have met those players on their rare off days.

I offer this record of my preparation not as one of those excuses but rather as a fillip to fellow runners whose self discipline is not as strong as it should be and an indication that your body can absorb the occasional severe punishment and still perform creditably.

My training had tapered off since the Wang from in excess of 110 km/week to an average 60 km/week.

The 48 hours before the race went something like this:

Friday: Rest day:

12 noon: Lunch at the Cyprus-Hellenic Club with group of non-running friends. A mixed Greek Platter and six schooners of Reschs later I staggered back to work.

4 p.m.: Arrived Vanity Fair Hotel for farewell drinks for workmate. Fellow Strider Ivan Freys called in as I was on about my 10th schooner, had one beer and sensibly departed.

Approx 7 p.m to late: Fosters Hotel for more of the same.

Having completed my potassium loading my thoughts turned to carbohydrates. I deduced this the following morning from the empty party size pizza takeaway container littering the dining room.

Saturday: Rest day

Spent most of the day feeling very sick and sorry for myself. My condition was not helped by having a losing day at Canterbury races (this is not a suitable preparation for successful punting either). Worse than this in a moment of aberration I purchased and consumed some racecourse food. This was to have dire consequences.

Swallowed tablets to alleviate stomach problems (from Racecourse food) and took off for the race.

It was a great day for running (even if a little brisk) and the first 2 km felt good. As I have never run a cross country before when we hit the bush trails I found it hard to keep up the pace particularly running down hill where I was a bit concerned with my footing. The steep incline before the drink station was murder and it was just as well the next couple of km's were down hill. Apart from overshooting the turn into the car park the rest of the run was good - perhaps because I slowed a little.

The organisation was very good and there seemed to be plenty of food and drink. The champagne didn't exactly appeal to me though, given my still rather delicate condition.

Many thanks to those Striders who gave up the chance to run in order to organise the event. I look forward to competing next year on a more conventional preparation.

NEW MEMBER PROFILE

by Dorothy Flanagan

MAVIS GARRICK Mavis has been running for some months with the first group off the mark at STARS, and she is a very welcome addition to that group. I have known her for some years, as we both belonged to the Randwick/Botany Harriers. She heard about Striders from me as well as from Joan and Brian Haydon. Her first marathon was Harbord Diggers in 1980, then injuries forced her to stay out of long-distance races until this year, when she finished the 1984 Nike in 4-15, feeling good. Her preparation had been aided by a number of 30k STAR runs.

When discussing with Mavis material for this profile, I found that she had grown up on a cane-farm in Queensland, and that her father had supplied cane to the Gin Gin sugar-mill, where my husband was the company Secretary. He remembers her father well. It's a small world!

She took up running because her husband, Rod, was a runner, and she decided to share in the pleasure of this activity. Unfortunately, persistent foot injuries have kept Rod off the road for some time. Mavis wants to keep on running, free of injuries, for as many years as she can, and we hope that we may soon see Rod with her at Striders' runs.

ANDREW RICKER This profile might well be titled - From Around the Block to the Comrades Ultra-marathon in a Few Short Years. Andrew began running in low-key style in 1979 - around the block at first, then working up to a 3 - 4k run once a week. After meeting a runner at a party, he was conned into running the Sutherland-to-Surf when he was told it was a short fun run. He was somewhat taken aback to find it was 11k, but completed the race nevertheless. From there on, it seems, there was no stopping him; in Natal in 1983, he completed the Comrades 100k race in 9hrs 48, just two months after having run the Two Oceans ultra of 56k in Capetown. Andrew has worked and run in a number of countries - USA (New York marathon in 1982 and 1983), South Africa, and Australia. He is originally from England, and is married to Jill who is from South Africa.

Andrew's best marathon time to date is 3-01 in New York 1983. After getting a poor start in that race, he took about 10 minutes to cross the start-line. On that performance, barring mishap, he should be assured of achieving his aim of breaking 3 hours in this year's Sydney marathon.

Jill is also a runner. She had wanted to run New York in 1983; expectation of the arrival of their first child prevented her from doing so. We hope she will run with us at STARS in the near future.

Andrew works in film and TV production, and was connected with the production of the personal videos available to finishers in the Wang marathon.

Race Review

10TH GREAT NOSH FOOTRACE 15K 22ND JULY '84

"THEIR BEST YET"

BY: TERRY McIVER

Once again a very well organised race thanks to Alan Cole and his band of helpers. Still the speediest race results, mailed once again within 4 days.

A very wet & slippery run this year but still a most enjoyable one. This is my 4th year at N.O.S.H.'s and each year my times get lower, so in about 10 years time I should win ! (How is that for positive thinking).

Every finisher received a bottle of Port this year and still only \$4 entry fee.

Not to many Striders this year. Must have all been at the Campbelltown Marathon.

P.S. For Poetry Lovers, I quote below the poem which was printed on the label of the bottle of Port.

Drink to all the runners
On Great NOSH Footrace Day
Drink to those brave triers
Who fell along the way
Drink to those who made it
Whether they're first or last
Then drink some more
Just to ensure
The fun is not all past

Results

GREAT NOSH	15 km	1	Jim Colledge	59.16
Lindfield to Seaforth	1 F			
<u>Striders</u>				
	9	Brett Nichols	64.18	
	10	Peter Donnelly	64.45	
	19	Geoff Cox	67.29	
	32	Dave Ingham	69.57	
	36	Dave Peterson	71.27	
	45	Brian Colwell	72.48	
	54	Terry McIver	74.11	
	81	Gerry Greenland	78.37	
	86	John Blondin	79.59	
	87	John Evenett	80.00	
	89	Leo Leader	80.20	
	181	Max Henderson	88.33	
	208	Bryan Holliday	91.28	
	218	Nigel Kingsmill	92.59	

265 FINISHERS

Race Results

SUTHERLAND TO SURF * JULY 8, 1984 * 11km.

1. Andrew Lloyd	31.10	1F. Tanya Adams	37.26
2. Lawrie Whitty	32.22	2F. Ngaire Drake	37.28
3. Jodie Kearns	32.28	3F. Kerry Salmon	38.49

WOODFORD TO GLENBROOK

MY FIRST FOR '84

BY: TERRY McIVER

STRIDERS

60. Scott Lawrence	37.08	460. Tony Vipond	43.12
141. Mick McGuirk	39.20	482. Jeff Burgess	43.22
369. Winston Marsden	42.20	2247. John Dawes	54.46
374. Kar Wong	42.24	2906. Jenny McCoy	59.48

HARBOR DIGGERS' SCENIC RUN * JULY 1, 1984 * 14km.

Keith Canard	47.)*
Scott Lawrence	51.09
Ray Doran	51.19)*
Alan Farrell	51.45)* *1st O/40 teams
Tony Vipond	55.54
Dot Siepman	60.28 1st O/40 1st Ladies' team
Brian Colwell	63.38
Gerald Smith	62.12 -----

NOWRA KING OF THE MOUNTAIN * 20 miles

Geoff Cox	2-32.54
Brian Colwell	2-37.20

GOSFORD TO TERRIGAL 29 APRIL

70. Geoff Cox	41.05
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KIWANIS BRIDGE TO BAY

Tony Vipond	32.54
Adam Thomson	33.10
Jeff Burgess	35.26

ROTARY RUN - WENTWORTH PARK - 10k - 13 MAY

1. Jodie Kearns	30.56
1F. Pamela Aitken	37.27

STRIDERS

Ken Wylie	35.45
Adam Thomson	39.49
Derek White	40.39
Jeff Burgess	41.07

GIANT JOGS

30k. Evan Millar	1-53.48
6k. Scott Lawrence	18.35 (fifth)

BALMAIN HOSPITAL RUN

1. Tom Gibbons	24.20
Strider	
8. Scott Lawrence	26.20

BELROSE/DAVIDSON APEX 10k

Tony Vipond	37.41
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GROSE VALLEY SCOUT RUN 10km. 17 JUNE

Dot Siepman	40.27 1st Vet.
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NEPSAN FUN RUN * 10.5 km * 27 MAY

Dot Siepman	45.00 1st O/40
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HABERFIELD ROWING CLUB RUN * 29 JULY

T. Roberts	25.14
W. Marsden	26.12
G. Greenland	27.56
B. Hamill	29.30 1st Female

MOSMAN MINI-MARATHON - 10k - 15 JULY

1. Jodie Kearns	
1F. Ngaire Drake	
6. Scott Lawrence	33.08
1st women's team - Merri Mack, Brenda Hamill,	
Paula Fraser	

GRACE BROS. CHARITY RUN * 10k - 29 JULY

Tony Vipond	39.40
Gerald Smith	44.56

LEADER FUN RUN * 10k * ST. GEORGE

K. Wylie	33.20
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NTH. BONDI SURF CLUB

3. K. Wylie	43.45
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TRIPLE O RUN * CENTENNIAL PARK * 8 MAY

Dot Siepman	42.12	1st Female
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The last 2 years I have missed out on this run through knee problems last year and bad planning the year before. My only excuse this year was lack of time to get my condition back after my knee operation.

I made the trip to Glenbrook with two fellow Striders, Brenda Hamill & Bryce Courtenay. They had done this run before and even though we did miss the turn off, we still arrived with plenty of time to register and collect our numbers. The drive to Euroka Oval and back is something not to miss or forget.

A bit cold standing waiting for the train which arrived on time as usual, about 9:25 a.m. Chatting with fellow Striders on the train made the 30 minute trip to Woodford pass quickly.

A short walk from the station to the start line, a few race instructions, and before you know it, were off to the sound of a Starters Gun (which is more than they had for the start of the "Wang").

This being my first run I start off slowly, remembering what I had been told about all the uphill for the first 10km. I try and keep a steady pace, which I do and sometimes a slow pace. I realise now, just how much out of condition I am.

Reaching the ½ way point in 60 minutes feeling a bit better now as the sun is getting quite warm and the track is getting flat, making the next 8km very pleasant. It gives you time to look around and really enjoy this great Bush Run. Looking out for Kangaroos, Koalas, Snakes and things like that, when I should have also been looking out for 4 wheel drive vehicles full of city people fancying themselves as Rally Drivers. This brings me back to real life again with about 5km to go, I'm feeling tired and looking forward to that last drink station.

Other runners starting to pass me now, but unable to do much about it, run out of "puff". The last downhill section is very hard on the knee, took it easy as the finish line was just at the bottom.

Very happy and surprised at my 1.53.24 finish, was expecting around 2.10.

The long wait to record time & place did not go down to well. Only one lady recording male finishers. After that I went and put my name down for a Striders Team, and was surprised to find only 4 or 5 names on the list.

Plenty to talk about and eat while waiting for the Presentations. Striders did not do to well this year (male type that is). Results showing :-

"Female Striders Five"

Merri Mack taking out 3rd outright and 1st Vet. Brenda Hamill taking out 2nd Vet, and they were also part of a team with the rest of the girls to take 2nd place - Well done.

"Male Striders Nil"

The Western District Joggers had a very good day, with a lot of their members competing to take out most prizes.

A very enjoyable day, very tired and sore, but happy. Will be back again next year a lot fitter, and with a lot more Striders.

P.S. Thank you Lady Striders for keeping our Club in the Winning Lane.

6F. Sue Hill 3-01.31 1st Vet. - Winner of trip to Suva Marathon, Fiji.

COORANBONG HALF-MARATHON, 20 MAY 1984

Keith Canard	1.11.41	Merri Mack	1.27.39	Chris Porter	1.39.57
Wayne Stanton	1.14.00	Keith Barnett	1.28.42	Philip Caldwell	1.40.50
Rod McLean	1.17.27	Bryce Courtenay	1.29.10	Owen Denmeade	1.40.52
Ron Corden	1.19.34	Graham Butler	1.29.45	Dave Williams	1.41.05
Charles Coville	1.20.41	Rob Klima	1.30.46	Bill White	1.44.12
Gary Shoesmith	1.21.04	Adam Thomson	1.31.45	Judy Kleinman	1.45.00
Leigh Pascoe	1.21.09	Mike Ward	1.32.30	Carol Ludington	1.50.31
Peter Arnold	1.23.22	Brian Tailford	1.32.32	Mick Topley	1.52.20
Mark Hanlon	1.25.16	Dorothy Siepmann	1.33.05	Paul Russell	1.53.14
Ken O'Connor	1.26.12	Bill Flanagan	1.34.50	Sue Thomson	1.56.28
Kar Wong	1.26.22	Brenda Hamill	1.34.51	Robi Hancock	2.02.03
Cecil Ford	1.27.07	Terry Hudson	1.36.22	Joan Haydon	2.02.03
Robert Waterreus	1.27.21	Paula Fraser	1.36.38	Robyn Murphy	2.03.28
Steve Cornelius	1.27.37	Trevor Drysdale	1.38.29		

1st Veteran: Keith Canard. 3rd Female: Merri Mack
1st Female Team: Merri Mack, Dorothy Siepmann, Brenda Hamill (3rd, 8th, 9th)

WOODFORD-TO-GLENBROOK 25KM CHALLENGE, 24 JUNE 1984

MEN:

12	Stuart Greaves	1.30.18
18	Geoff Cox	1.32.22
23	Paul Russell	1.34.55
25	Ron Corden	1.35.06
29	Nobby Young	1.35.56
41	Steve Cornelius	1.38.52
60	Kar Wong	1.41.51
61	Mike Ward	1.42.17
63	Noel Barton	1.42.18
77	Cecil Ford	1.45.57
80	Bryce Courtenay	1.46.35
90	Dan Gray	1.49.00
91	Tony Foar	1.49.23
95	Brian Colwell	1.51.47
99	Derek White	1.53.04
102	Terry McIver	1.53.25
120	Graham Butler	1.57.44
121	John Turner	1.58.29
122	Bill White	1.59.20
144	Derrick Titmus	2.17.21

WOMEN:

3	Merri Mack	1.45.26
4	Brenda Hamill	1.48.12
7	Dorothy Siepmann	1.52.30
17	Robi Hancock	2.14.31
19	Carol Ludington	2.16.51
26	Dorothy Flanagan	2.23.51
29	Robyn Murphy	2.32.07
30	Kate O'Rourke	2.39.15

Veteran Women: 1st: Merri Mack
2nd: Brenda Hamill

Women's Teams: 2nd: Striders (M.Mack, B.Hamill, R.Hancock, C.Ludington)

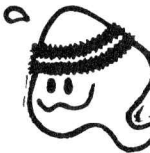
Congratulations also to Dorothy Siepmann, member of the winning Women's Team (Gill-awarna Gals), and Ron Corden, member of the winning Veterans' Team (Southside Vets).

CAMPBELLTOWN MARATHON 22 JULY 1984

Nigel Hadgkiss *	2.41.44	Bruce Murray *	3.14.49	Mike Ward **	3.29.23
Evan Millar *	2.49.02	Brian Haydon	3.14.49	Dave Williams	3.33.19
Frank Kelly	2.58.21	Kar Wong	3.21.53	Steve Cornelius	3.37.03
Laurie King	3.02.39	Derek White	3.23.26		

(* indicates PB, ** indicates 1st marathon)
5th overall & 2nd in 30-39 age-group: Nigel Hadgkiss.
3rd equal in 50-59 age-group: Bruce Murray and Brian Haydon.
Winner of trophy for Most Improved Runner since last year: Kar Wong.

CAMPBELLTOWN Marathon



A HAT TRICK OF P.B.s

by Nigel Hadgkiss

Exactly one year ago, our then President/Editor, Charles Coville, asked me to submit an article on the 1983 Campbelltown Marathon. I gladly performed such a task, extolling the admirable qualities that this race and course had to offer. In particular, I pointed out the amount of good fortune that Striders appear to receive by way of awards.

Well this year was no exception. Unfortunately, the number of Striders in attendance did not appear to have increased, but we took our fair share of the awards. Fortunately, total numbers were up on last year, thus preventing what could have seen the removal of another marathon from our fixture list, following in the footsteps of the Harbord Diggers.

Most elated Strider and competitor of the morning was that perennial of marathoners, Kar Wong. He won the "Most Improved" prize. We should all fell justly proud of this man who appears at just about every long distance event in the State. I even recall seeing him compete in the Avon Ladies' Marathon some years ago when it was run from Manly.

Bruce Murray and The Striders' Master, Brian Haydon were joint third in the 50-59 age group. Both superb sportsmen and gentlemen to the end, not only insisted on going over the finish simultaneously but were insistent as to who should mount the dias first and to the point of violence in relinquishing the one and only medallion.

Another ecstatic Strider was Derek White who had taken five minutes off his P.B. Chatting with him afterwards I shared and enjoyed his triumph only to be horrified when he announced that he had not taken on any liquid at all during the race. Being from the Old Dart myself, I then appreciated his abhorrence for H2O.

Out "training for the Ultra" were Dave Williams, Laurie King and "El Presidente". A little disappointed with his performance but happy to be running a marathon again, was Ron Corden.

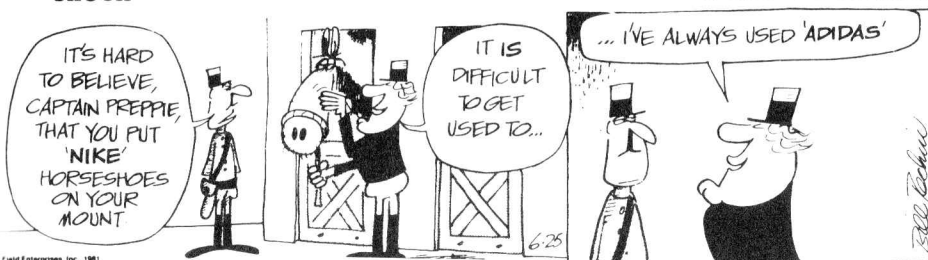
For me, it was a particularly happy morning. The fifth overall place and second in the 30-39 age category was fine, but it was the culmination of two years' relatively successful running. It was a hat trick of P.B.s in two respects. Firstly, it was my third successive year in competing at Campbelltown. 1982 saw me run 2 hours fifty something. Last year was a P.B. in 2:49, and this year another P.B. in 2:41:44.

The second category of hat trick was for my performances in 1984 - three successive P.B.s - NSW State (2:48); WANG (2:44); and, finally Campbelltown (2:41). Thus you may be able to appreciate my elation.

CROCK by Bill Rechlin and Don Wilder (c) 1981 Field Enterprises, Inc. Courtesy of Field Newspaper Syndicate

CROCK

by Bill Rechlin & Don Wilder



WHY CAMPBELLTOWN?

by Derek White

The third (and last) marathon of 1984 for me was selected at the beginning of the year. Canberra, The State and Campbelltown were to be my trio for '84. Much later I found that The Great Nosh footrace would clash with the third marathon but, as I had sprained my ankle badly at one-third distance in the Nosh in '83, I felt justified in giving it a miss.

Hitherto I had been preparing for marathons in the standard pattern - regular, long, solitary or group runs such as STARS and a very long and very solitary run 10 to 14 days before the event. This last jaunt was often thirty miles at a slow pace, followed by a wind-down and rest period.

I had usually marked my splits on a wrist tape and worn a watch. In Canberra, I had several small drinks early on but the only effect was to give me mild stomach ache for much of the race. I have never really needed drinks while running; a barley sugar in the mouth and a sponge in the hand being best for me.

At Campbelltown, I went to the start having had no very long runs but more fast racing, including a near-PB half-marathon a fortnight before. The bulk of my recent training had been put in by distances seldom exceeding 10km. I aimed to hear about 100 mins. or a little less called at the turn and decided to use this as my only timing - no watch, no splits, no worries. I would use any surplus energy over the last 5 km. The big problem for me has always been a marked loss of pace at 25 to 30 km. Sometimes this was followed by leg cramps at 35 to 40 km until I used quinine tablets, which presented it; drinks had proved useless.

Brian Haydon had run a splendid PB here in 1983 and he encouraged me to have a good try. I had no delusions about a sub-three hours like his! Quite beyond me.

The weather as we started was ideal - cool, drizzle threatening, no wind, no sun. The course, rated as quite hilly, was almost devoid of any long, boring straights. The Campbelltown end was familiar from years of Fisher's Ghosting but the rest was new to me. As we descended the hill before the first right turn, George McGrath came past with a friendly word; I had the pleasure of his company over the first few miles of my very first marathon in 1977 and this was my eighteenth.

At times I was in a group for a short while but usually alone. Impressions remain of trains passing, bridges over the railway and freeway, little villages and churches amongst the trees and, above all, the delightfully rural scent of cow dung. I have seldom seen so many cows. Traffic was very light but, like the drizzle, it increased as the morning wore on. As I toiled up a slope not too far from half way, Horst Wagner came pounding down with a good lead, followed by Bill Clingan, then someone I couldn't place (it was Fish). Then a big gap to the next few including, to my pleasurable surprise, Nigel Hadgkiss going splendidly. As I neared the turn, Brian Haydon passed the other way with Bruce Murray. How I wished I could have been with them.

At the half, I heard 100m 40secs - a little more than I had hoped for but not too bad. As we strung out and the drizzle increased, the old loneliness started to creep in and I looked for people to keep up with, endeavouring all the time to avoid slowing.

At around 27 km I heard a group coming up behind very slowly. When they gradually drew alongside, I saw that they were from Western District Joggers and included a woman coming third and striving for second. Their pace was so near to mine I decided to stay with them if possible. Joining that friendly group made a tremendous difference. We all worked at keeping the woman pushing on, taking turns to lead.

We overtook Kar Wong but suddenly he came back at us with an amazing increase of speed and went bounding ahead. At the approach side of a drink station at about 30k I decided to take my 2nd quinine tablet. I wished the group luck in case I wasn't able to catch them up again and took the tablet from my sock. I carry them wrapped in foil. Within a few seconds I had caught the group again. This was a good sign that I could still increase pace.

As we went up the last hill, the second woman had a lead of about 200metres, but she took off from the drink station with a real kick. Kar Wond was visible in the distance and he was still going like a hare; he subsequently won the trophy for most improved

performance 1983/84 and certainly deserved it.

Now I felt I could open up and really go for the last few kilometres. I left my helpful group; it was almost certain that our girl would not catch her rival so I set out to catch her and her male companion. It took a lot of effort because they also had speeded up, but I finally overtook them just near the finish.

When I was handed a card reading 3-23.26, I experienced that delightful PB feeling! Three years had been a long wait. Brian and Bruce had just arrived to gain a well deserved third place in the over 50's, and a fine PB for Bruce. I was therefore fifth.

ANALYSIS

- 1) The chief factor was joining the group at 27 km and having people to chase in the last 5 km.
- 2) Weather was almost perfect and air clean.
- 3) The Campbelltown course makes one work.
- 4) Out-and-back courses suit me best mentally.

Race Results

RANDWICK RUGBY RUNNERS 22KM CHARITY RUN

15.7.84

COOGEE — LA PEROUSE — COOGEE

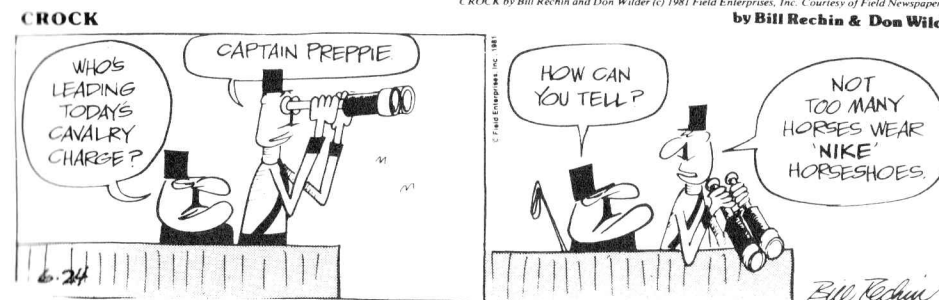
1. T. GIBBONS	72.04
10. S. CLARK	82.10

Riders

1. CAPLICE	78.16	
2. WYLIE	78.37	
3. EDWARDS	80.16	
4. MCGUIRK	83.30	
5. COX	84.07	
6. COLWELL	87.21	
7. WATERREUS	88.00	
8. O'CONNOR	89.48	
9. STEPMANN	92.00	1st Female 40-49
10. GREENLAND	92.34	
11. McIVER	92.51	
12. GARLAND	97.38	
13. PEARL	98.18	
14. BLONDIN	98.41	
15. PORTER	99.12	3rd Female 30-39
16. WONG	106.14	
17. TITMUS	113.18	

366 FINISHERS.

CROCK by Bill Rechlin and Don Wilder (c) 1981 Field Enterprises, Inc. Courtesy of Field Newspaper Syndicate
by Bill Rechlin & Don Wilder



Thirty-nine Striders spotted the Striders' banner at the end of the race, and gave in their times. The others on the following list were spotted in the provisional results by Ian Millar.

Derek Liebenberg	45-45
Ian Bowden	47-19
Godfrey Franz	48-53
Tony Healy	49-38
Ken Wylie	50-06
Scott Lawrence	50-15
Ivan Freys	50-16
Geoff Cox	50-18
Ray Doran	50-20
Alan Farrell	50-40
Brett Nichols	50-59
Peter Donnelly	51-09
Trevor Roberts	51-20
Stephen Knight	52-27
Harvey Blue	52-44
Francis Chan	52-56
Michael McGuirk	53-11
Leigh Pascoe	53-15
Winston Marsden	54-13
Alistair Mackie	54-49
Alex Hamill	55-36
Tony Vipond	55-51
Cecil Ford	57-18
Adam Thomson	57-26
Neil Collum	57-54
Keith Barnett	58-10
Kar Wong	58-16
John Turner	58-40

City to Surf



Terry McIver	58-42
John Patchett	59-05
Merri Mack	59-14
Judy Kleinman	59-19
Gerry Greenland	59-46
Bruce Murray	59-50
Don Yates	59-58
Brenda Hamill	60-30
Brent Waters	60-32
Peter Keeble	60-36
Trevor Drysdale	61-14
Dorothy Siepmann	61-31
Mike Ward	62-36
Graham Butler	63-11
Joe Baillie	64-02
Tony Foar	65-28
Mike Rose	67-33
Peter Ryan	73-32
Sue Thomson	73-35
Nick Reed	76-43
Kate O'Rourke	79-56
Jenny McCoy	80-57
Wayne Stanton	82-00
Joan Haydon	82-06
Robyn Murphy	82-08
Bill Flanagan	82-17
Robi Hancock	93-06
Paul Russell	93-14

Irwin Light completed the run unofficially after playing "family doctor" between City and Bondi. (Commiserations to his 11-year-old daughter).

Steve Cornelius completed 4 City-to-Surf's (in 5 hrs. 37 m.)

Laurie King	"	3	"	"	"
Dave Williams	"	2	"	"	"

Teams co-ordinator, Ian Bowden, effectively put the following Striders' teams together, and scored in almost every category entered.

Men aged 30 years & over (team of 3)

Derek Liebenberg	)	
Ivan Freys	)	2nd place
Terry McIver	)	
Charles Coville	)	
Ken O'Connor	)	
Brian Tailford	)	

Men aged 40-49 years (team of 3)

Ray Doran	)	
Harvey Blue	)	3rd place
Ron Gorden	)	
Michael Pringle	)	

Men aged 50-59 years (team of 3)

Gerald Smith	)	
Peter Keeble	)	3rd place
Joseph Baillie	)	

Other successful teams

Husband & wife over 35 years

Alex Hamill	)	
Brenda Hamill	)	2nd place

Mother & child (15-18 years)

Adam Thomson	)	
Sue Thomson	)	1st place

Sporting (team of 3)

Tony Healy	)	
Kenneth Wylie	)	3rd place
Geoff Cox	)	
Leigh Pascoe	)	

Mixed (team of 3)

Ian Bowden	)	
Alan Farrell	)	3rd place
Dot Siepmann	)	
Kate O'Rourke	)	
Graham Butler	)	
Mike Ward	)	

Father & child (12-14 years)

Terry Hudson	)	
Patrick Hudson	)	

Men aged 50-59 years (team of 3)

Derek White	)	
2 non-Striders	)	2nd place

Interstate Report

QUEENSLAND REPORT

by Tony McCall

With 1984 over half-way through, it can be stated quite clearly that fun-running is booming in the Sunshine State. Through a carefully co-ordinated calendar of events being fostered by representatives of various running bodies, there is pretty well somewhere to run on any given weekend all year. And the numbers of runners are increasing dramatically also. The Gold Coast marathon and half-marathon had more than 1,000 lining up. Things certainly augur well for running in Queensland.

It's been a constant competitive schedule for your writer this year. I've competed more than I ever have and it's paid dividends at all distances for me. With a rather unenviable string of minor placings in races, I headed down to Ballina on June 10 for their 10k event. Some of you poor sods were running somewhat further that day in the Wang. The Ballina 10,000 has a prestigious past of worthy winners - Laurie Adams, John Stanley, just to name a couple. I've ruined all that. On a day where no "guns" showed up, I scored with a time of 33.55. Slow, indeed, but the course is tough and the return leg was into a howling gale. It was hard work, but worth it. A grey, dismal day didn't deter the many spectators along the way from cheering us all on. I allowed myself a small libation that evening. A week later in the QAA 10k at Caboolture, I ran 32.45 over a flat course to finish 4th behind ex-Sydneyite Danny Ringuet. What a come down! He won easily with a time of 31.55. Danny has been a welcome addition to our registered club, Nundah. From there it was back to my old tricks again. The next week saw the running of the second Alan Woods Memorial 25k at the University of Queensland. Alan was a young lad who ran in the Uni marathon a couple of years ago. A keen and promising runner from Mackay, he was tragically knocked off his push bike and killed. Under the auspices of Dr. Andy Semple, President of the QMRRC, a memorial race of 25k was inaugurated in his memory. Roger Carter won last year and I sneaked in this time in 1-27.45 over a distance I do not particularly like.

All this racing had been carefully planned in my build up for the Gold Coast marathon on August 5th. Two weeks after my 25k, I headed out to Amberley for the RAAF half-marathon. I felt very fit and the morning was cool and the course flat (ever seen a hilly runway?). Peter Bongaize and Gary Mayor close behind set a blistering pace. I followed in restrained pursuit. Gary is one of the many fast improving athletes here and he won the Uni marathon earlier in the year in 2-28.33. He won this event also by running just on 68 minutes and had to outspurt Bongaize to do it. Peter would go on to have a fine Gold Coast marathon. I finished strongly (for me) in 70.38. We were dubious about the distance but were assured it had been measured twice. Whatever, it sure felt like 21k. I was pleased with my effort and I knew I would break 2-30 at the Coast, a month away. Ah yes, I knew.

The next day was Sunday, and the State 25k at Kerry was won by newcomer Pat Carroll in 1-21.36. Pat has jumped right out of the woodwork in the last 12 months, and at 22 has a great future in running.

Two short fun runs before the "biggie", the last, a 5k the weekend before saw me record a 15.35 P.B. My previous best was nearly 20 seconds slower over the same course. I was ready. In retrospect I think I'd been "readier" 3 weeks earlier. That night I came down with a cold. I've managed to catch a bug just before each of my last three marathons. Why I don't know. I've read the books, the principles are clear, but it's gone away somewhere. It only persisted for a few days as a head cold but I think it affected me as much mentally as it did physically.

Marathon day dawned and a miserable looking day greeted us. This year's event encompassed the State and Vets championships as well as the Armed Services championship. Excluding the Commonwealth Games marathon, it was the most competitive race seen in this State. Laurie Adams in preparation for a trip to Seoul was not defending. As we set out the threatening sky opened up. The day, however, would completely reverse well into the run. My plan hadn't changed: 35 minute 10k's. I never felt comfortable and by the turn (1-14.25) I was starting to reach. How I got through without having to walk, I'll never know. I'll spare you the story of pain; you know enough about that.

My 2-33.25 kept my PB record at 100% from 7 starts. I suppose that's some consolation. Up front Pat Carroll continued his winning way with a fine 2-23.16 in his second marathon. Some people got it, some don't.

Margaret Reddan led home the ladies with 2-57.14.

The Coast marathon is now firmly established as one of the premier races in the country and next year with the addition of substantial prize money, it may well attract big names.

That's about it for now. I'm all written out. Relaxed running is to be the order of the day for a while. Might even take the family for the occasional drive on fine Sunday mornings. And put the Mariahs in the boot just in case, eh?

\$\$\$\$\$\$\$\$ SYDNEY TO WOLLONGONG ULTRAMARATHON - SPONSORSHIP \$\$\$\$\$\$\$\$

When 3 Striders ran last year's Wollongong Ultra, they received tremendous support and encouragement from other club members. But one thing was missing - financial sponsorship. Each year, runners in this event raise money for Dr. Barnardo's Children's homes. This issue of your Blister is due to be released on the day of the race (August 26th), but even if the race is over by the time you read this, please send your donation to the club's P.O. Box (cheques made out to "Dr. Barnardo's", and mark your envelope "Ultra Sponsorship"). All sponsorships received will be divided equally between the Striders who compete, and forwarded to the race organisers. Put your hand in your pocket for a great cause. Every cent helps, and donations over \$2 are tax-deductible.

NOTES ON STRIDERS' MARATHON LADDER

A small adjustment has been made to the club's marathon ladder since the last edition of the Blister (apart from the fact that it's got bigger!). Beside each runner's name, two age category codes now appear instead of one. The first refers to the runner's age category at the time of compilation (4 August 1984 in this case), and the second refers to the age category he or she was in at the time the PB time was run. In most cases the two categories are the same, but there are a few notable exceptions. The categories are: Junior (Under 18); Open (18-29); Pre-veteran (30-39); Veteran (40-49); Master (50-59) and Senior (Over 60).

The Marathon Ladder Database still lacks information on some members' date of birth. If your age category shows on the marathon ladder as a blank, please notify us. In addition, would the following people please tell us the year and month they joined the club (they are mainly long-standing members who filled in their entry forms in the old days before we got round to putting dates on them): Messrs Blue, Drysdale, Greaves, Pierson, and Staples.

Marathon Ladder

NAME =====	CAT ===	<-BEST MARATHON AS STRIDER->		<--PRIOR TO JOINING-->	
		TIME =====	PLACE =====	DATE =====	TIME PLACE/YEAR =====
GODFREY FRANZ	00	2.29.46	JOHANNESBURG	10/83	2.21.36 BUFFALO, RSA 1983
KEITH CANARD	VV	2.32.31	CITIES	08/83	2.29.59 NSW STATE 1980
ROBERT HARRISON		2.33.36	CANBERRA	04/84	
TONY MCCALL		2.34.52	FAR NORTH COAST	08/83	
WIN AHLMANN		2.35.59	ACT DIY	12/83	
BILL FLANAGAN	00	2.36.47	CANBERRA	04/82	
NEIL PLEVY	PO	2.37.24	NSW STATE	06/82	
DAVID COX	PO	2.37.52	CANBERRA	04/82	
TONY HEALY	00	2.38.11	AUSTRALIAN	06/84	
IAN BOWDEN	00	2.39.06	AUSTRALIAN	06/84	2.38.38 AUSTRALIAN 1983
FRANK BRANDON	VV	2.40.04	NSW STATE	05/84	
JOHN FAZIO	PP	2.40.11	AUSTRALIAN	06/84	
STUART GREAVES	00	2.41.21	BIG M	10/82	
NIGEL HADGKISS	PP	2.41.44	CAMPBELLTOWN	07/84	
DAVID DONNELLEY	VP	2.43.48	CANBERRA	04/83	
FRANK KELLY	PP	2.43.50	NSW STATE	05/84	
TONY CONNER	VV	2.44.47	AUSTRALIAN	06/84	
CHARLES COVILLE	PP	2.45.13	WINSTONE, NZ	10/83	
WAYNE STANTON	00	2.45.50	CANBERRA	04/84	
KEN WYLIE	00	2.45.54	CANBERRA	04/84	
IVAN FREYS	PP	2.46.54	CANBERRA	04/84	
RON FEENEY	00	2.47.06	HAMILTON, NZ	10/83	
ROBERT CAPLICE	PP	2.47.13	CANBERRA	04/84	2.41.30 CHICAGO, USA 1983
PETER DONNELLEY	VV	2.47.41	AUSTRALIAN	06/84	
PAUL RUSSELL	PP	2.47.53	CANBERRA	04/84	
SAM DAHER		2.48.24	CANBERRA	04/82	
FRANCIS CHAN	00	2.48.53	SYDNEY	09/83	
EVAN MILLAR	PP	2.49.02	CAMPBELLTOWN	07/84	
JOHN EVENNETT	VP	2.49.26	CANBERRA	04/83	
DENNIS COOLEY	VP	2.49.33	CANBERRA	04/82	
TREVOR ROBERTS	PP	2.49.37	BIG M	10/83	
CHRIS STAPLES		2.49.57	GILLAWARNA	08/83	
PETER COBLEY	PP	2.50.01	AUSTRALIAN	06/83	
HARVEY BLUE	VV	2.50.17	AUSTRALIAN	06/83	
DICK CLELAND	VV	2.50.34	GOLD COAST	08/82	
LAURIE KING	PP	2.50.37	GILLAWARNA	08/83	
ALAN FARRELL	VV	2.51.07	CANBERRA	04/84	
STEVE KNIGHT		2.52.20	AUSTRALIAN	06/83	
ALISTAIR MACKIE	PP	2.52.24	AUSTRALIAN	06/83	
LEIGH PASCOE	PP	2.52.48	BIG M	10/83	
BERNARD COOLEY		2.53.45	CAMPBELLTOWN	05/82	
RAY DORAN	VV	2.54.10	NSW STATE	06/82	
ROD MCLEAN	PP	2.54.21	AUSTRALIAN	06/84	
DAVID DOUGLAS	VV	2.54.30	F/CITY ADELAIDE	08/83	
STEVE CORNELIUS	PP	2.55.31	NSW STATE	06/82	
DAVE INGHAM	PP	2.55.32	NSW STATE	06/82	
RUSSELL BLACK	PP	2.55.51	CITIES	08/83	2.50.38 SYDNEY 1982
GRAHAM BURKE	PP	2.56.00	AUSTRALIAN	06/84	2.49.54 VICTORIAN STATE 1983
SCOTT LAWRENCE	00	2.56.19	AUSTRALIAN	06/84	
BERNIE KING	VV	2.56.27	AUSTRALIAN	06/84	

SID STRYDER

BY MACK.



NAME =====	CAT ===	<-BEST MARATHON AS STRIDER->			<--PRIOR TO JOINING->	
		TIME =====	PLACE =====	DATE =====	TIME =====	PLACE/YEAR =====
NOBBY YOUNG	PP	2.56.33	NSW STATE	05/84		
BRIAN LYNCH	PP	2.56.59	AUSTRALIAN	06/83		
PETER FOULSHAM	PP	2.57.29	GILLAWARNA	08/83		
PETER ARNOLD	PP	2.57.37	AUSTRALIAN	06/84		
BRYAN FENN	PP	2.58.00	AUSTRALIAN	06/83	2.34.08	PENINSULA, RSA 1980
WINSTON MARSDEN		2.58.00	AUSTRALIAN	06/83		
DAVID MCCORMACK	OO	2.58.17	AUSTRALIAN	06/84		
MAX HENDERSON	VV	2.58.22	NSW STATE	05/82		
ALAN TUCKER	VV	2.58.40	CANBERRA	04/84		
BRIAN HAYDON	MM	2.58.42	CAMPBELLTOWN	07/83		
JOHN JESTON	PP	2.58.48	CANBERRA	04/82		
NOEL BARTON	PP	2.59.00	CANBERRA	04/84		
NEIL COLLUM		2.59.10	GILLAWARNA	08/83		
SUE HILL	VVF	2.59.15	AUSTRALIAN	06/84	2.52.01	AVON, W.GERMANY 1979
CECIL FORD	PP	2.59.43	BIG M	10/82		
ANTHONY WHITE	PP	3.01.16	AUSTRALIAN	06/83		
DAVID ROBINSON	PP	3.01.42	CANBERRA	04/84	2.36.06	KENYA STATE 1963
BRIAN COLWELL	PP	3.01.47	BIG M	10/82		
DAVE BLACKHALL		3.02.24	NSW STATE	06/80		
BRENT WATERS		3.03.01	BIG M	10/82		
MIKE MCGUIRK	PP	3.04.09	CANBERRA	04/83		
MICK EDWARDS	PP	3.04.52	AUSTRALIAN	06/83		
DAVID PETERSON	VV	3.04.53	NSW STATE	06/82		
KEITH BARNETT	PP	3.05.27	CANBERRA	04/84		
BRETT NICHOLS	PP	3.05.30	AUSTRALIAN	06/83		
KEN O'CONNOR	PP	3.06.36	AUSTRALIAN	06/84		
RUSSELL HAMMOND	OO	3.07.16	CANBERRA	04/83		
DON TIERNEY	PP	3.08.10	AUSTRALIAN	06/84		
DAVE WILLIAMS	PP	3.08.15	CANBERRA	04/83		
JOHN TURNER	VV	3.08.32	AUSTRALIAN	06/83		
ROBERT WATERREUS	OO	3.08.51	AUSTRALIAN	06/84		
ALEX HAMILL	VV	3.09.19	SYDNEY	09/83		
MARK HANLON	OO	3.09.47	CANBERRA	04/82		
TONY VIPOND	OO	3.09.50	CANBERRA	04/84		
LEO LEADER		3.10.00	CANBERRA	04/84	3.05.00	PENINSULA, RSA 1980
KAR WONG	PP	3.10.24	AUSTRALIAN	06/84		
BOB MANN	VV	3.10.27	AUSTRALIAN	06/83		
PETER LUXTON	PP	3.10.50	CANBERRA	04/84		
HARRY TURNER	VV	3.10.53	AUSTRALIAN	06/84		
RON CORDEN	VV	3.11.26	AUSTRALIAN	06/84	2.55.26	PORT MORESBY 1980
TERRY MCMAHON	VV	3.11.50	AUSTRALIAN	06/83		
IAN NEWLANDS	VV	3.12.18	CANBERRA	04/84		
BARRY BYRNES	PP	3.12.27	AUSTRALIAN	06/84		
IRWIN LIGHT	PP	3.12.31	AUSTRALIAN	06/84	3.10.38	BLUFF, RSA 1977
GARY BUCKLAND	PP	3.12.52	AUSTRALIAN	06/83		
MIKE FOSTER	PP	3.12.57	CANBERRA	04/84		
ROBERT KLIMA	VV	3.13.13	AUSTRALIAN	06/84		
JOHN PATCHETT	VV	3.13.18	AUSTRALIAN	06/84		
BRIAN GATFIELD	PP	3.13.33	AUSTRALIAN	06/84	3.09.06	AUSTRALIAN 1983
BRYCE COURTENAY	MV	3.13.58	CANBERRA	04/83		
MERRI MACK	PPF	3.14.06	AUSTRALIAN	06/83	3.09.21	CANBERRA 1982
DONALD YATES	VV	3.14.17	AUSTRALIAN	06/84		
KARL-HEINZ TOPFER	PP	3.14.31	CANBERRA	04/83		
BRUCE MURRAY	MM	3.14.49	CAMPBELLTOWN	07/84		
GARY SHOESMITH	PP	3.15.21	AUSTRALIAN	06/84		

NAME =====	CAT ===	<-BEST MARATHON AS STRIDER->			<--PRIOR TO JOINING->	
		TIME =====	PLACE =====	DATE =====	TIME =====	PLACE/YEAR =====
JOHN HILL	PP	3.15.33	AUSTRALIAN	06/84		
IAN MILLAR	PP	3.16.03	AUSTRALIAN	06/83		
PETER KEEBLE	MM	3.16.11	AUSTRALIAN	06/84		
TERRY MCIVER	PP	3.16.58	AUSTRALIAN	06/83		
PAUL FOSTER	PP	3.18.00	AUSTRALIAN	06/83	3.08.00	BIG M 1982
BILL WACHER	VV	3.18.02	AUSTRALIAN	06/84		
DOROTHY SIEPMANN	VVF	3.18.09	BIG M	10/83		
LYNNE EVANS	PPF	3.18.59	CANBERRA	04/84		
ROBERT WARD	VV	3.20.01	AUSTRALIAN	06/83		
GERRY GREENLAND	PP	3.20.41	AUSTRALIAN	06/83		
JOHN DAWES	PP	3.20.44	AUSTRALIAN	06/83		
DENNIS RIDER	PP	3.21.39	AUSTRALIAN	06/84	3.20.52	HOBART 1984
PETER RYAN	MM	3.21.45	BIG M	10/82		
RICHARD BEVAN	VP	3.22.17	BIG M	10/82		
RICHARD BAMANN	VV	3.22.30	AUSTRALIAN	06/84	3.21.11	SYDNEY 1983
GRAHAM BUTLER	PP	3.23.14	AUSTRALIAN	06/84		
BARRY JONES	SM	3.23.18	VETERANS	07/81		
DEREK WHITE	MM	3.23.26	CAMPBELLTOWN	07/84		
BRIAN TAILFORD	PP	3.23.35	AUSTRALIAN	06/84		
BRENDA HAMILL	PPF	3.23.38	SYDNEY	09/83		
BILL MCCRINDLE	MM	3.23.56	CANBERRA	04/84		
MICHAEL TOPLEY	VV	3.23.56	AUSTRALIAN	06/84		
ERIC WILLCOCK	MM	3.25.30	NSW STATE	05/84		
CHRISTINE PORTER	PPF	3.26.14	CANBERRA	04/84		
GEOFF COX	OO	3.27.26	HARBORD DIGGERS	04/81		
PETER HERSEY	VV	3.28.29	AUSTRALIAN	06/83		
MIKE WARD	PP	3.29.23	CAMPBELLTOWN	07/84		
STAN FLECK	MM	3.29.34	AUSTRALIAN	06/84	3.18.20	CANBERRA 1983
TREVOR LEGGO	VV	3.31.47	AUSTRALIAN	06/84		
TERRY HUDSON	VV	3.31.49	AUSTRALIAN	06/84	3.24.00	HARBORD DIGGERS 1980
GEOFF PEARL	VV	3.32.28	AUSTRALIAN	06/83		
MALCOLM MCDONALD	PP	3.33.04	AUSTRALIAN	06/83		
JUDY KLEINMAN	OOF	3.34.42	AUSTRALIAN	06/84		
PAULA FRASER	OOF	3.35.43	CANBERRA	04/84	3.29.59	SYDNEY 1983
NICK REED	OO	3.38.43	CANBERRA	04/84		
HERB LUDINGTON	MM	3.40.34	AUSTRALIAN	06/83	3.31.51	NSW STATE 1982
JEFF BURGESS	PP	3.42.15	AUSTRALIAN	06/84		
BRYAN HOLLIDAY	PP	3.42.50	AUSTRALIAN	06/84		
OWEN DENMEADE	VV	3.42.51	AUSTRALIAN	06/84	3.36.00	SYDNEY 1983
ANTHONY SMUTS	PP	3.42.55	AUSTRALIAN	06/84	3.34.00	BIG M 1983
BILL WHITE	PP	3.43.34	AUSTRALIAN	06/84		
TREVOR DRYSDALE		3.46.10	AUSTRALIAN	06/84		
OLEG SZLICHTA	PP	3.46.15	AUSTRALIAN	06/84		
DERRICK TITMUS	VV	3.47.09	AUSTRALIAN	06/83		
JOHN GALE		3.49.27	ADELAIDE	08/81		
PHILIP CALDWELL	PP	3.52.32	AUSTRALIAN	06/83		
PATTI BURKE	PPF	3.54.01	CANBERRA	04/84		
PAM HAZLEWOOD	PPF	3.55.31	CANBERRA	04/83		
ROBERT STUART	VV	3.59.00	CANBERRA	04/83	3.40.00	HARBORD DIGGERS 1980
CAROL LUDINGTON	VVF	4.01.52	ACT DIY	12/83	3.55.53	GOLD COAST 1981
JIM DONOVAN	PP	4.06.57	CANBERRA	04/83		
GERALD SMITH	MM	4.08.13	AUSTRALIAN	06/84		
JOE BAILLIE	MM	4.11.41	AUSTRALIAN	06/84		
MAVIS GARRICK	VVF	4.15.21	CANBERRA	04/84		
ROBI HANCOCK	PPF	4.15.39	CANBERRA	04/84		

Technical Corner

FORD'S FORTIFYING FACTOR - FACT OR FICTION?

by Cecil Ford

NAME	CAT	<-BEST MARATHON AS STRIDER->			<--PRIOR TO JOINING-->	
		TIME	PLACE	DATE	TIME	PLACE/YEAR
=====	===	====	=====	=====	=====	=====
OXSANA PYLYPIAK	PPF	4.18.14	AUSTRALIAN	06/84		
JENNY MCCOY	POF	4.19.00	AUSTRALIAN	06/83		
KERRY BRAY	VVF	4.19.22	AUSTRALIAN	06/84	3.46.56	AUSTRALIAN 1983
BOB PIERSON		4.33.40	HARBORD DIGGERS	04/81		
NIGEL KINGSMILL	VV	4.34.42	AUSTRALIAN	06/83	3.31.00	CITIES 1981
TOM SMITH	VV	4.40.08	CANBERRA	04/83		
ADAM THOMSON	JJ	4.40.18	HONOLULU	12/82		
DOROTHY FLANAGAN	VVF	4.42.56	HONOLULU	12/82		
ANNE FLANAGAN	JJF	4.48.12	NSW STATE	05/83		
ROBYN MURPHY	OOF	4.48.21	CANBERRA	04/84		
SUE THOMSON	VVF	4.53.50	HONOLULU	12/82		
VALERIE WILLCOCK	MMF	5.16.24	HONOLULU	12/82	4.41.00	AVON 1981
JOAN HAYDON	MMF	5.24.00	CANBERRA	04/84		
JANE FLANAGAN	OJF	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
=====	===	=====	=====
DEREK LIEBENBERG	P	2.30.00	SUN CITY, RSA, 1981
COLIN CHAMBERLAIN	P	2.43.39	SINGAPORE, 1983
NORM WILKINS	P	2.43.44	CANBERRA, 1983
ROGER ADAMS		2.50.35	HAMILTON, NZ, 1981
RICHARD HUGHES	V	2.52.00	CANBERRA, 1984
MARTIN WHITE	O	2.54.00	AUSTRALIAN, 1984
GREG HARBURG	P	3.00.04	AUSTRALIAN, 1983
ANDREW RICKER	O	3.01.06	NEW YORK, 1983
PAUL ROBERTS	O	3.02.10	WELLINGTON, NZ, 1983
PETER LARK	P	3.06.00	PENINSULA, RSA, 1971
STEPHEN NICOLL	P	3.06.37	AUSTRALIAN, 1984
PETER JOSEPH	V	3.07.54	BIG M, 1982
COLIN O'BRIEN	P	3.09.54	SYDNEY, 1983
ROY HOWARD	V	3.15.00	AUSTRALIAN, 1983
MIKE ROSE	P	3.15.30	BUNBURY, W.A., 1983
WAYNE GARLAND	P	3.15.52	AUSTRALIAN, 1983
ASHLEY JACKSON	O	3.19.52	VENUE UNKNOWN, 1983
DAN GRAY	P	3.20.00	SYDNEY, 1983
DAVID BARNETT	V	3.23.00	AUSTRALIAN, 1983
GRAHAME DEACON	P	3.23.43	SYDNEY, 1983
NEVILLE MILLS	V	3.24.00	AUSTRALIAN, 1983
R. HENRY	V	3.24.57	AUSTRALIAN, 1984
KEITH MAYNE	P	3.31.10	AUSTRALIAN, 1983
ANTHONY FOAR	P	3.33.40	GILLAWARNA, 1983
ROSS TRETHEWY	O	3.40.32	CANBERRA, 1984
JOHN HODGES	P	3.43.00	BIG M, 1983
VAL MORRISON	P F	3.48.09	BIG M, 1983
IAN WEBB		3.51.00	NSW STATE, 1981
HELEN WILSON	P F	3.55.00	VAAL, RSA, 1984
JOHN ROSS	V	4.05.00	AUSTRALIAN, 1983
TIM WACHENFELD	P	4.15.30	SINGAPORE, 1982
PETER LANGTON	V	4.28.57	AUSTRALIAN, 1983
IAN CROSS	O	4.35.05	NSW STATE, 1982
ROD ANDERSON	O	4.41.30	AUSTRALIAN, 1984

I've been running for three years now and the benefits accruing in its wake are still being reaped. From the trimness of the body to the soundness of the mind, these make up the amalgam of constitutional wholeness which is the very definition of health. Yet, despite the maturity and experiences these three years have brought, the Marathon, for me, still begins at about mile twenty.

The Cross that one has to bear is familiar to all: the pain, the exhaustive agony, the fatigue, the mental tricks that one engages to seduce an over-taxed and rebellious body to respond just one more time, just a little bit longer, the honing concentration of silent steps that truncates the joking banter of the earlier miles, the sense of futility of it all, the abnegation of the spirit, the denouncement of the soul, the anger, nay, the curses, the self-immolation for not having trained harder, eaten wiser, to the dejected acceptance of one's fate. Surely, the Finish that is the Crucifixion at Golgotha is preferable to the road to Calvary?

"Everyone who finishes a Marathon is a winner". How often have we been told that. Like a gathering of Gladiators before battle we feel the swell of pride within our breasts, even the well of tears to our eyes. But how often do we feel like winners when the morphogenesis of the marathon completes its evolution? Dispirited and dejected, we either record a Did Not Finish, or a Personal Best of the past remains. At the very best another marathon has again been negotiated through a gauntlet of excruciating discomfort. A winner? Such paeans of praise is but a sop to anticipated bruised egos.

Why has the statement that the marathon begins at the last six miles such a weighted truism? I am tired of Trials by Ordeal. Why can I not complete a marathon in reasonable comfort and in a reasonable time? The two seem to be mutually exclusive. Can the pain of the marathon ever be skirted?

Success in long distance running involves a constellation of factors acting in concert. These factors make up the triad of Genetics, Training and Diet.

Current scientific knowledge is of the opinion that, of the three, genetics is of primary importance. Put simply, the elite runner is born and not made, and more specifically, is born with a preponderance of slow-twitch muscle fibres, which, if linked with the judicious application of training, motivation and prudent dieting, can be moulded into prominence. As few of us can choose our parents, there's not much more one can say about this particular facet, except for this tantalising speculation: in an emerging world of test-tube babies, in-vitro fertilisation and genetic engineering, what precocious prodigy is possible from the sperm of de Castella and the ovum of Benoit? The eugenics of tomorrow heralds the dawn of New Man rather than Bionic Man.

For an ordinary runner such as I, I would have to accept my lowly rank of birth. Thus, in my pursuit of personal excellence, I have to harness both training and dieting to my advantage, and hope to harvest as many benefits as I can to exploit my potential to the full.



Ford's fortifying factor is based on a few factual statements. The first is the acceptance that glycogen depletion is the main contributory cause to exhaustion; the second, that only those group of muscles or groups of muscle which have been exercised, can be depleted of glycogen. This latter point can be demonstrated by tests carried out with one-leg ergometer exercise, where one leg was exercised but not the other, after which the subject was fed with food high in carbohydrates.

As can be seen, in the leg that has been exercised beforehand, the glycogen stores first decrease, due to glycogen usage induced by exercise, then increase, when the subject was fed a high carbohydrate meal. This duality of fluctuation is not seen in the non-exercised leg. These observations have led to the well-healed regimen of a depletion run followed by carbohydrate super-saturation.

The practical implication from all this is that in doing our "Star" runs, we are really only depleting those muscles that are predominantly involved in running, viz. the muscles of the leg.

But what about the muscles of the upper body, especially that large group of muscles that makes up the shoulder girdle? Can we not make use of them too? After all, while the marathon is a two-legged race, we must carry our upper torso with us.

Why not subject the muscles of the upper body ALSO to a bout of exercise to deplete its glycogen stores. This will achieve a more global carbohydrate bleed of the body, so that on nourishing the body with carbohydrate meals, one may achieve a greater total carbohydrate load, thus gaining a bigger glycogen storage capacity, and staving off the weary exhaustion that comes with glycogen depletion at about mile twenty. To deplete the upper body of its glycogen stores, I suggest a prolonged swim.

Should this work? Well, the many systems of the body are intimately related and function as an integrated whole. As the body is subject to increasing stress, so the heart, the lungs, the sweat glands, among many others, respond to the challenge imposed. During exercise, a great proportion of the blood pumped out by the heart that would have gone to the gut, is channelled to the muscles for fuel and to the skin for perspiration - the latter to maintain body temperature and preventing heat stroke. This is done automatically by the body, without conscious effort. The body simply knows where the areas of greatest demand for the all-nourishing blood are, and to proportionate it accordingly. This autoregulation is the hallmark of the body's internal functions.

Thus, if the muscles of the upper body can be recruited internally as an additional source of fuel, then when the glycogen supply of the legs runs out, the body can then draw on its additional reserve from its upper torso.

I broached this theory to Professor Saltin, a reputed Swedish exercise physiologist at a symposium held at the Cumberland College of Sciences, when he was enroute to the recent ANZAAS conference in Canberra. He was not impressed.

He stated that whatever advantage the extra load of glycogen has as a source of fuel, is off-set by the additional weight one has to carry.

It is a fact, that for each gram of glycogen that one deposits in the muscles and the liver, it attracts about 3 grams of water with it, and combines 0.5 milli equivalent of potassium. A trained athlete can deposit about 650 to 750 grams of glycogen, which means that he would be carrying about an extra two litres of water, thereby increasing his bodyweight by about 2.2 kilograms, and augmenting intracellular potassium by 375 mEq.

It is conceivable that such an increase in glycogen and water storage would not only increase bodyweight, but would stiffen the muscles and perhaps adversely affect the contractile properties and thereby compromise performance.

I would accept Professor Saltin's argument if it is confined to elite runners. They have no need for this theory, for indeed, in a sport which involves the carriage of a weight across a horizontal surface, the greater the power for weight ratio, the faster they would go. Besides the amount of glycogen stored is good for about two hours of work, and if they can run a marathon in two and a quarter hours or less, why should they go for a depletion swim over and above their mega-mileage?

I'm ruminating on runners, like me, who after about 18 miles are close to collapse, a picture of pain. Surely any bit of glycogen would help?

Moreover, this additional weight that I'll be required to carry could be a boon to long distance running, and not an impediment. The works of Professor Jack Wilmore, from the Exercise and Sport Sciences Laboratory, at the University of Arizona, have shown that the rate of glycogen utilisation is in direct proportion to the speed of the run and environmental temperature. So, start out fast, and you are bound to come to grief. Start out fast on a hot day, and you come to grief sooner. Thus, the extra weight may force me to start slower, but this has the benefit of glycogen-sparing effect.

Later in the race, as the glycogen is being released to the muscles for use, so gradually, that 2 litres of water will be liberated from the cells into the circulation, thereby retarding the onset of dehydration.

Obviously, no degree of dietary manipulation will be a substitute for dedicated hard work, but if one has done as much training as the body or injuries would allow, could this means of extra-glycogen loading to the upper body be, as yet, the undiscovered Houdini-factor that would enable one to escape the mean clutches of the marathon?

Ford's fortifying, facilitative factor or Ford's folly. This theory has not withstood, and I doubt if ever it would, the scrutiny of science. It has therefore, not the substance of proof, and thus lacked the spirit of conviction. It remains, but a thought, so try it out at your own masochistic peril.

Are there any takers for a Sunday Training Aerobic Swim, after a "Star" run, a week before the Marathon?

* * * * *

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
SAM DAHER'S SCHOOL OF FARTLEK ("Pain in the Domain") Sam Daher H: 662-4292	Tues. 12.45 pm	Entrance to Domain opposite Mitchell Library	Botanic Gardens and Domain
TALAYS Bob Talay B: 399-3893	Wed. 6.15 pm	Talays Runners Shop 38 Frenchmans Rd Randwick	Randwick-Clovelly then either: 1) Left to Bronte, Tamarama, Bondi or 2) Right to Coogee and Maroubra
CORPORATE CUP Bill Carlson B: 218-9515 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: 707-8222	Tues. 5.30 pm and Fri. 5.30 pm	Lane Cove River Park. Fullers Bridge Entrance	South of River. Fullers Bridge to Ryde Rd & return
CENTENNIAL SATURDAYS Bill Flanagan H: 661-4451	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: 922-6377	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.
WESTERN DISTRICTS JOGGERS & HARRIERS	Sat. 7.30 am	Lake Gillawarna, Henry Lawson Drive (opp. Ashcroft St), Georges Hall	Through Gillawarna Park

PARTICIPATING STRIDERS		DISTANCE & OTHER NOTES
Gai Cunningham Stuart Greaves Bernie King & others	Bret Nichols Leigh Pascoe Chris Porter	Varied speed training, optional time trials from 400m to 5000m.
Charles Coville Phil Caldwell Sam Daher Dot Flanagan Russell Hammond Laurie King	Jan Bowden John Turner Chris Porter Merri Mack Harvey Blue Derrick Titmus	Intervals at sprinting pace
Keith Barnett Brian Colwell Robyn Murphy Leigh Pascoe	Tony Vipond Rob Caplice Tony Healy	2 courses of 5k, 8k and 16k run on alternate weeks. Competitive pace.
Phil Caldwell Charles Coville Gai Cunningham Robert Caplice Alan Farrell	Sam Daher Russell Hammond Merri Mack Laurie King Gerald Smith	6.6k race. Runners leave every minute between 12.00 noon and 1.30 pm.
John Evennett Max Henderson Peter Arnold Bernie King	Sue Hill Pam Hazlewood Brett Nichols	Tues: Race Pace. Friday: Medium STAR Pace. 10k.
Dot Flanagan Sam Daher Mike Edwards Bill Flanagan	Jane Flanagan Brian Hayden Laurie King Kar Wong	1 to 3 laps of 6.4 km course at medium/fast STAR pace, on grass. Optional speedwork sessions at 7.45 am.
Richard Bevan Bernard Cooley Dennis Cooley Bill Flanagan Ray Doran Sam Daher Mike Edwards	Cecil Ford Robyn Murphy Brian Hayden Mike McGuirk Frank Brandon Joan Haydon 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	Peter Keeble Harry Turner	Wed: 16k run. Mon-Fri: Medium pace 10.6k
Derek White Derrick Titmus Kerry Bray Dorothy Slepman Scott Lawrence	Bill White Mike Donnelley Gary Shoesmith	Usually 10k - medium pace. Thur: 3k down to 100m including relays. All times recorded.
Gerald Smith Geoff Cox Bruce Murray	David Douglas Dave Cox Nigel Hadgkiss Stuart Greaves	Handicap race. Slowest runners start at 7.00 am. Faster runners leaving at 1 minute intervals thereafter.
Scott Lawrence Derrick Titmus Nobby Young Kerry Bray	Herb Ludington Carol Ludington Dorothy Slepman	Measured 10k each week. Handicap race 1st Saturday of each month.

by Don Yates

I've always enjoyed running. At first it only involved 100, 220 and 440 yard races at school and long distance running to me was that 2½ mile cross country race we ran one year as part of compulsory sport. Training was an unknown word to me then, and even at 15 I could survive a 440 yard dash without stiffening up too much.

In later years at the School of Mines I considered those who trained to run competitively over a mile to be taking an unfair advantage over the rest of us. Those who could maintain their pace over the four miles around Lake Wendouree were nothing short of freaks.

Starting work in Melbourne was an adventure and running was a way of coming to terms with the new environment. I took to the streets; it became a challenge to explore every street and lane within a half hours radius of the room and later the flat.

This hobby continued along with several rash untrained attempts at running the "Walks against Want". These included an all night run cum walk from Melbourne to Frankston and a 20 miler in Vancouver for which my knees have never forgiven me.

However it wasn't until Sydney in 1975 that I was introduced to Fun Runs and the "City to Surf" became the challenge. With encouragement from new found running friends, I began to train properly and finished the race comfortably. The freak runners were now not the four and eight milers, but the marathoners.

Nine years later I met one of these freaks. A friendly camp-fire conversation on the South Coast in January led to an enjoyable beach and cliff top run, and we'd agreed to tackle the Strider's Half. On crossing the line, sore legs were ignored, and entering "The Wang" was an easy commitment to make. With "The Striders" support and advice from my marathoning friend I headed for this new frontier.

Profile

NEVILLE MILLS

Aged 40, married, and a resident of Mosman; has his own company involved in executive selection and research in the banking, finance and computer fields.

Yet another South African to join the ranks of the Striders, Neville has been in Australia for only three years after having spent four years in England. He has run three marathons, including the London Marathon this year, and has a best time of 3 hours 24 minutes in the 1983 Wang. In his training, Neville runs around Mosman, adjoining areas and the Harbour foreshore, and occasionally across the Bridge to Centennial Park, with his total distances for the week ranging from 50 to 70 kilometres and up to 100 kilometres before a marathon.

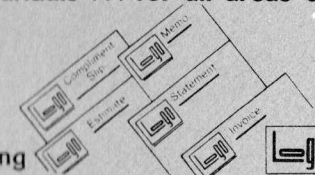
Obviously a keen sportsman, Neville has played both competitive squash and soccer, but now concentrates on running, with his leisure time restricted by the need to work six days a week.



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