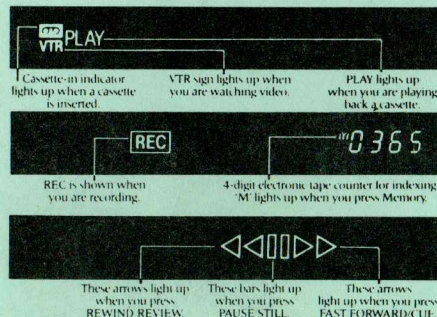


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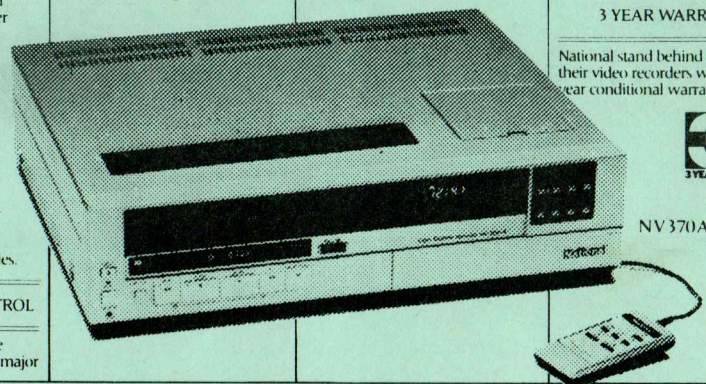
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Sydney Striders

Marathon and Road Runners Club



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The Blister

Club Magazine of
Sydney Striders
Marathon & Road Runners Club
P.O. Box 119, Grosvenor St.,
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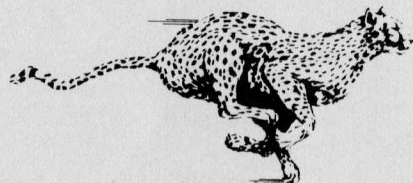
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* * * *

COMMITTEE MEETINGS ARE HELD MONTHLY

COPIES OF THE MINUTES ARE AVAILABLE FROM THE SECRETARY

* * * *



Sydney Striders

Marathon and Road Runners Club



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PRESIDENT'S REPORT

SPLINTERS AND STRIDERS: by Steve Cornelius

This is the last Blister of 1984, so it seems appropriate now to stand back and look the club's development during the past 4 years: the kind of people who are now members, and the sort of running they are doing. Since the beginning in 1980, our main concern has of course been the marathon: it's even part of the club's name. One of the main purposes of the club has been to help its members to run the "Classic Distance" for the first time, or run it faster, or more comfortably, or more sensibly. And the fascination of the 42.2km race, the length of which is a historical accident but which couldn't have been a more fiendish test of our endurance if it had been deliberately planned, will, I'm sure, remain with us.

But in 1983 and 1984, there seems to have been a healthy trend towards diversification, with many members accepting new challenges, and some even drifting away from the marathon itself. It's a chicken-and-egg exercise to ask whether the club has spawned the splinter-groups or whether the groups are deciding the future form of the club. But if you believe that devotion to a single goal produces an unbalanced and obsessive society, the "extra-curricular" activities of some of our Fruit-Cake Fringe-Groups must benefit the huge pool of running experience the Striders now collectively own.

Some of the "Fringers" have been with us all along, of course. The orienteers are a case in point, the Sue Hills and Ian Millars of this world, NEVER EVER lost on a STaR run, but the dreamy look in their eyes suggesting that they're with us in the flesh and somewhere else in spirit.

And there have always been the Closet Ultra-Distance Freaks, especially among the Striders' considerable South African enclave. Many of these worthies have tackled the formidable Comrades 90km race, but whisper this fact only to their closest buddies as if disclosing that they have AIDS. Now the New Wave of non-South-African Ultra Freaks are coming "out of the closet and into the streets", led by the unstoppable Nobby Young (will somebody PLEASE take the key out of his back?). 6 Striders entered the Sydney-Co-Wollongong 50-miler this year, and I'd be surprised if 10 didn't front up in 1985.

The Hashers, too, maintain a bleary-eyed presence among Striders, surreptitiously supping on cold KB's from brown-paper bags after STaRs while the rest of us are drowning ourselves in the Real Thing and the Man's Drink. But the biggest growth in 1984 has been among the triathletes. What can you say about the "Sydney Tri-ers"? They put us all to shame by arriving at STaRs on bikes (hell, at six on Sunday morning it takes me all my time to turn the key in the car ignition, let alone pedal 20km before running a STaR!), and their conversation on the run is all gear-ratios and hypothermia and turn-around times and lycra jock-straps. Have you tried to find a straight running event recently on the running calendar? They've all been cancelled in favour of triathlons! For those of us who can't swim and/or can't afford a bike, triathlons are a perpetually closed book, but the Alex Hamills and Harry Turners among us keep blasting away. Russell Black (the first Strider to complete the Hawaii Ironman event) sure has a lot to answer for!

But it's not all endurance. Some of our members are finding that they particularly excel at shorter distances like 10km. Scott Lawrence, for example, has taken this penchant for shorter distances to surreal lengths, and apparently can now put in a pretty creditable 800 metres!

In addition, Striders seem to be rediscovering the middle-distances, particularly half-marathons. Brendan Foster, in "Running" magazine recently, commented that in Britain "the whirlwind romance with the marathon is giving

way to something ... more compatible with the training, lives and aspirations of ordinary running folk". The same magazine's fixture section is crammed with half-marathons and 10-milers. We are witnessing the same phenomenon in Australia too. Of 43 Striders who ran at Gillawarna, 25 selected the half-marathon, and only 18 stalwarts ran the 42.2km distance. Three years ago this would have been unthinkable. Nowadays, many actually PREFER the shorter distance. And to further emphasise the point, Bill Flanagan and I were surprised when the recent Blister readers' survey showed a marginally GREATER interest in a half-marathon ladder than in the marathon ladder itself!

It has been said that Sydney Striders must be the only marathon club in the world never to have organised a marathon! It's quite possible we never will. More people are queueing up every year to enter our open National Panasonic Half-Marathon, and at present we see no reason to change a winning formula. Its success is a credit to the people who got it going in 1982.

How does all of the above affect our Sunday morning STaR runs, which are still the bread and butter activity of the club? In my opinion, it hardly affects them at all, and (apart from the possible addition of some 15km options on the maps) I certainly wouldn't at this stage be recommending any major changes to their format. I feel that the emergence of the various special-interest groups and the increase in shorter-distance running should be seen not as a watering-down of the original marathon-club concept but rather as a natural trend in the development of the running movement as a whole. Triathletes, Ultra-Freaks, Orienteers, Half-Marathoners, even 800-metre Speedsters and other cliques, still see STaRs as valuable training. They are great if you want to train for marathons, and I'm sure many Striders will still continue to do that in future. But that's not their only appeal, and once again the founders of the club must take credit for being far-sighted enough to dream up such a flexible training format.

Besides being great training, STaRs are also social events, which reminds me that I wanted to write a few quick words about "CSR". Has he finally, you're wondering, gone round the twist? What on earth could sugar refineries have to do with Striders? Nothing at all, because CSR stands for Closer Social Relations with other running clubs.

In recent weeks we have seen a bit of interaction between Striders, Wests and the Marathon Clinic. Ten Striders enjoyed the Clinic's spectacular "Pipeline" run at Heathcote, and members of both those clubs attended our Cabarita STaR. There is also some overlap in membership between the three clubs, with many Striders finding Wests' Saturday 10km and the Clinic's 21/25/30km road-races very valuable. This is a trend which all three clubs are keen to encourage. For too long we have huddled in our corners, only meeting other clubs at races. In future, there will probably be closer collaboration on fixtures.

The most pleasing feature of the running movement, as a Strider commented after Cabarita, is that runners in general are such nice people. Unlike some other sports, nobody in running wants to cripple you as an integral part of the game. Nobody suggests, as Rodney Marsh recently did, that the best way to deal with the opposition is to "try and crack a few skulls". Nobody has to modify the fundamentals of the game, as recently happened in schools Rugby, to prevent participants getting broken necks. (Incidentally, can someone explain to me why it's necessary to have 16 blokes packing down in a scrum if they're not going to be allowed to push? Wasn't that the whole point of it?).

The secret of running's success is that, even outside your own club, THERE IS NO OPPOSITION. We're all just runners, doing a bit for our health and personal esteem, and getting to see some of Sydney's most scenic suburbs and bush-tracts while we do it. We'll try to do our bit by increasing the number of alternative runs on the Striders' Calendar, so if you're not already doing so, get a bit of CSR soon and meet some new people. See you on the run.



SNIPPETS

*** The Club's Prize-giving Party for the 1984 season will probably take place in the first week in February 1985. The late date means fewer members will be away on holiday, and it won't clash with the Thredbo Running Week. This year we are hoping to get a function room in a club (venue still to be arranged), as the task of catering is now becoming too large for an individual member to reasonably cope with. Your co-operation please: we will need to know definite numbers and receive your remittance in advance. Look for details in the Calendar.

*** Ken O'Connor has measured 5km and 8km courses for our new Wednesday Time-Trial series, starting the first Wednesday in December. Start venue is the car-park next to Drummoyne Rowing Club (same venue as Iron Cove and Western Wanderer STaRs). Courses are out-and-back, across Iron Cove Bridge, round to Leichhardt and Haberfield, virtually traffic-free. Runners will be starting at 1-minute intervals, and the idea is to time your run so as to finish as close to 6.30 as possible. For example, on the 5km run, if you reckon you can run 4 mins per km, start at 6.10. Times will be called as you cross the line, not as an absolute time, but in relation to 6.30, e.g. "45 seconds under" or "1.10 over". Drop into the Drummoyne Rowing Club afterwards for a beer or three.

*** Take your best marathon time and divide it by your best half-marathon time. Most runners score somewhere in the range 2.1 to 2.3. Our computer analysed the 1984 times of 108 Striders who have recorded both full and half-marathons, and the average comparison factor worked out at 2.187. Mr. Average 1984 was Malcolm McDonald, who scored exactly 2.187. Joan Haydon (2.655) and Steve Cornelius (2.616) dawdled through marathons and pushed a lot faster on halves. At the other end of the scale, Mick Topley (1.815), Eric Willcock (1.920), Ivan Freys (1.975), Richard Bamann (1.979) and Oksana Pylypiak (1.987), all ran full marathons at a faster pace than halves! Dick Cleland (2.001) seems

incapable of varying his pace no matter what the distance.

*** 5 more previously unreported Striders' times for the Australian Marathon appear in this issue, making a total of 102 finishers - the first time we've had a "ton" of finishers in any marathon!

*** Brian Colwell must now know every inch of the Princes Highway. During the Wollongong-Sydney 50-miler in 1983, he ran 50km while seconding Dave Williams. This year he clocked up almost 50km again, first assisting Laurie King, then when Laurie was forced out through injury he accompanied Steve Cornelius over the last 20 kms. Not content with that, he went looking (on foot!) for Bryce Courtenay and Brenda Hamill. And next year? He's having a stab at the race himself - we hope there will be plenty of volunteers to second Brian as a reward for his clubmanship.

*** Club members will find enclosed a 1985 membership renewal form. ALL MEMBERSHIPS EXPIRE 31ST DECEMBER, no matter when you joined. Make sure YOU remain on our mailing list in the New Year, and keep in touch with events. Return the form, with a cheque made out to Sydney Striders, directly to the Membership Secretary, Carol Ludington, at her address (16 Wallami Ave, Caringbah 2229), NOT to the club's P.O. Box please.

*** Recently joined Striders? Here's an offer you can't refuse. Entries for our National Panasonic Open Half-Marathon (March 24) are not accepted from club-members, who are expected to help with race organisation. But if you joined FOR THE FIRST TIME since September 1, 1984, we will accept your entry on 2 conditions: (1) you don't wear a Striders shirt in the race (2) you make yourself available to help marshal one of our 3 internal club races (Half-Marathons Feb 10 and March 17, and Cross-Country later in the year). This "trade-off" arrangement allows you to run on the big day, but helps your club overcome the perennial problem of marshalling club races, which have always been "skin-of-the-teeth" affairs in the past.

2

*** A suggestion for next year: how about a 12-hour or 24-hour relay team competition? Got any ideas how it should be organised? Any likely ovals or tracks where it could be run? How many runners per team? Any world records we could have a crack at? Suggestions to Leigh Pascoe or Steve Cornelius, please.

*** If you'd like your race results published in the Blister, YOU have to tell US! Poor old Bill Flanagan does a great job of tracking down results, but he sure as hell doesn't deserve to be abused (as one member did) for not being clairvoyant. Come on, fellas, do the right thing. If you don't tell us your results, don't whinge when they're not published.

*** At least 5 members of the present Club Committee have already indicated their willingness to stand for office again in 1985, which augurs well for the club's future. However, new blood will be needed to fill a few key positions. The two "supremos" behind the National Panasonic Half-Marathon, Philip Caldwell and Herb Ludington, are both "retiring" next year because of increased responsibility at work, and the Club President will be standing down too. Previous committee experience not necessary.

*** Neil Plevy tells us he's willing to organise the Striders' bus-trip to the Canberra Marathon again in 1985 (his 4th consecutive year). Other trips are now being discussed. Another day-trip to Cooranbong might be on the cards. And how about the Bathurst Marathon and Half-Marathon, which received good reports this year? We've already made preliminary approaches to Sydney Marathon Clinic about a joint trip to the Big M in Melbourne, either by hiring a bus or by negotiating a reduced block-purchase air-fare. Anyone who'd like to take on the organisation of one of these trips, as a one-off project, please let us know.

*** Soon to be appointed - a Striders Teams Representative for 1985. This will be a non-committee position, and the sole responsibility will be to co-ordinate Striders' team entries for marathons and other events. Many's the time Striders have missed

out on a team prize they really deserved simply because we didn't put a team together far enough in advance. A bit of forward planning by the Teams Rep should dramatically increase the number of medals won by Striders in 1985.

*** URGENT! Situation vacant - Computer Database Operator. Steve Cornelius will soon be selling his computer, and we are looking for a member with access to a computer to store the club's membership and marathon ladder records. Capabilities required: word-processing, a database program such as dBaseII, dBaseIII or K-Man, and a printer capable of letter-quality print and label-runs.

*** A great show of force by Striders in the Sydney Marathon this year - 6th, 7th, 8th and 10th can't be bad. Thank you Messrs Stanton, Wylie, Healy and Brandon.

*** Remember what a lot of jolly fun it was, pushing a bed with Mag wheels up the Epping Road to Channel 7? You can relive the joy of that day all over again on March 10, courtesy of Brent "Muddy" Waters and his Psych Department whackos at the Kids' Hospital. Don't miss out!

*** The continuing saga of the Striders who forgot their gear. Imagine driving all the way from Cremorne to Smithfield for a Half-Marathon and finding you'd left your shorts in the drawer. The Speedos didn't quite fill the bill, did they?

*** Striders are writing to a number of the larger interstate and overseas running clubs, enclosing details of our Sunday runs and inviting their members to run with us if they're in Sydney on holiday or on business. The pay-off will be that we have contacts for Striders who travel - if you're planning a trip, we should be able to clue you in as to where the running action is.

*** We're re-vamping the club's "Wollongong Survival Pack" so that those members who run the Ultra in 1985 can be even better informed than before. Any Ultra Freaks like to contribute articles? Copy to Steve Cornelius before Xmas please.

7

*** The Striders' Saturday morning "Beginners' Running Group" seems to have been well-received, thanks largely to the organisational efforts of Dorothy Flanagan. The Editor has recently received this letter from a member of this embryo group:

"Dear Bill,

On behalf of all the runners in the Striders' Beginners' Running Group, which now has a regular attendance of about 12 people, I would like to thank Dorothy Flanagan for helping us get the group off the ground. Please convey our thanks also to Pam Hazlewood and Tom Smith, who have given us valuable support and ensured that no-one is left behind, no matter how slowly they run.

We are now meeting every Saturday morning at 7 a.m. at the Fullers Bridge entrance to Lane Cove River Park. Anyone else interested in joining us would be most welcome, and you can be assured there will be someone to run at your pace.

Kind regards,
Sally Cornelius."

The new group has attracted quite a lot of spouses, relatives and friends of Striders, including some who have reached City-to-Surf standard and others who are at the very beginning of their running career. To all those who run in the Saturday group, Sydney Striders would like to say "welcome to the running movement". The distances that Striders run may seem huge in comparison with your group, but there isn't a single member of our club who can't relate to what you're doing. We all started by running round the block or round the oval or round the park a couple of times!

*** Caroline Butler, wife of Internal Events Director Graham Butler and a keen runner with the Saturday morning group, has entered the Motherhood Quest to raise funds for the Deaf and Blind Children's Centre. During the years since she emigrated from England, Caroline has learned some of the fundamental Aussie skills, including how to make a pretty mean Lamington. She will be at the Port

Botany run on 25 November to take your generous orders, and will deliver the Lamingtons at the following STaR (Chatswood, 2 Dec). Of course, anyone who wishes to hand round their newly-purchased Lamingtons to the community at large will be more than welcome to do so. Bring your wallets.

*** Funny how some runners save their best race performances for when they go on their holidays. Perhaps they get so hyped up about the holiday they forget that marathons are reputed to be painful. Sue Thomson, for example, whose previous best (and, I seem to remember, her first marathon) was a 4:53 in Honolulu's humid conditions in 1982, took a break in Adelaide recently and sliced a massive 35 minutes off her PB to record 4:18:18. Congratulations, Sue, from those among us who would be ecstatic to cut 35 SECONDS off our best time!

*** With the next Striders' Calendar, members will receive a ballot-paper for the 1984 Outstanding Achievement Award (nominations will have closed by the time you read this). Once again, we are asking you to select the three candidates you consider most worthy to receive the club's premier award for the year. Your first choice receives 3 points, your second 2 points and your third 1. Nomination forms already received have drawn our attention to some fabulous achievements - stunning marathon performances, ultras, triathlons, the works. Whoever wins this trophy will certainly be worthy of having their name inscribed alongside Neil Plevy (1982) and Keith Canard (1983). Make sure you send your vote to the club's P.O. Box by last post, Friday January 25, or hand to any committee member at a club event.

*** A few random statistics, correct at 26 October. Fastest marathons of the year so far have come from 2 exiled members: Tony McCall (QLD) 2:33:25 at the Gold Coast, and Robert Harrison (UK) 2:33:36 at Canberra. Any late runners on the rails? 159 of our members have run marathons this year so far, 43 of them registering sub-3-hours.

Blister Survey

Thanks for your responses to our Blister Survey. In general, members seemed to be happy with the Blister; we received very few criticisms and a lot of good constructive suggestions. Respondents were asked to allocate points from 4 (indicating avid interest) down to 0 (apathy) for various categories of Blister article. Most members regard the Blister as an information-carrier first and foremost, and a forum for opinions second. The scoring was:

Race results, marathon ladders etc:	3.37
Forthcoming events, fixtures, marathon surveys:	3.34
Editorial and Presidential comment	3.14
Technical/Medical/Health information	2.91
Accounts of members' race performances	2.74
New member profiles	2.69
Humour	2.65
Non-running articles	1.59

We're an obsessive lot, aren't we? Non-running topics rated half-way between "I could live without it" and "I don't find it very interesting".

Among suggestions received were: More coaching/training advice and schedules, especially "how to improve your PB" (strangely, some of those who requested this type of information were the very people we'd have asked to write it); a letters-to-the-editor column (yes, we'll print them if they're non-abusive!); how to enter Overseas events (e.g. the info on Boston - can anybody out there supply us with more info on New York, Honolulu, London, Paris, etc?); reviews of running books; more articles on women's running (who better to write this than women - step forward, ladies); interviews with well-known athletes; more information on forthcoming shorter distance races (we're working on this); a buy, swap and sell forum for running items (in fact we've always accepted advertisements for ANY items, and still do).

To the respondent who wanted an annual list of members' names, addresses and telephone numbers, we can only say we don't know what you wanted to use them for, but it's not the club's policy to divulge personal information from the membership application form. Sorry.

We loved the idea of having all the material typed in a standard format on a word-processor, but we doubt if it could be done for \$1 per page, which was the fee mentioned in one response. Sorry, no can do.

One member recently commented that the Blister sometimes seemed like a Revivalist magazine ("Yea, Brothers and Sisters, Ah Found Running!") but we feel that being enthusiastic about our chosen sport is part and parcel of what the club is all about. If someone sounds as if they've just seen the glorious light, we can all identify with that. Which of us hasn't been on that particular trip?

As for the number of issues per year, the logistics of production are likely to limit us to the current 4, despite some responses saying that more would be welcome. Urgent issues can these days be dealt with in the Club Calendar, and cost factors also have to be taken into account.

Thanks again to everyone who took the trouble to return our questionnaire. We'll endeavour to provide you with (most of) what you suggested.



A P.B. at last (Wang) by Rob Waterreus

1984 WANG AUSTRALIAN MARATHON

After a preparation period that was far from good, about 70 km/week and no quality work, I lined up for the start of the Wang Marathon.

After 6 attempts to break my previous P.B. it was about time to get my act together.

The first half went nice and easy in 90 min. and when I went through 30 km in 2.09, still feeling good, I knew I could do the last 12 km in one hour. The 40 km came in 2.59 and I felt I could break 3.10.

For the last 2.2 km I found new energy and I finished strong in 3.08.50.

My legs felt pretty good but I could not move my shoulders for the rest of the day.

I felt so good after this P.B. that I ran 180 km in the fortnight after the Wang.

This was the wrong thing to do because it is now 2 months after the Wang and I have had 3 colds and still don't feel too strong.

So, I suppose I have to learn my lesson and remember to take an easy period after a marathon.

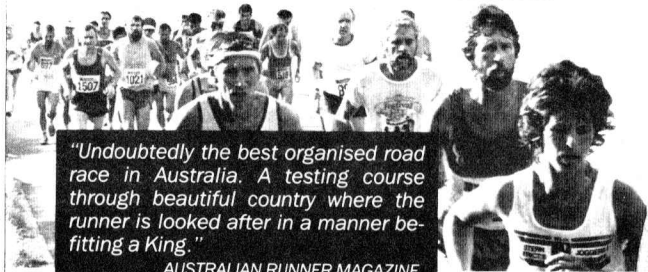
Thanks to the many Striders cheering along the course, it really gives you a lift when you need it most.

RUN WITH THE WINNERS!



THE NATIONAL PANASONIC HALF MARATHON SUNDAY, MARCH 24, 1985.

Here's your chance to run with Australia's best in the event that's taken Australian road running by storm. So great was runner enthusiasm last year that hundreds of entries had to be rejected to ensure a quality race. The challenging course over traffic-free, sealed roads, among the scribbly gums and wattle, isn't likely to give you a P.B., but simply running the National Panasonic Half Marathon will make you a winner! It's a MUST for serious road runners, while remaining a great run for anyone in love with running. There are awards and prizes for everyone to win, including Trans-Tasman trips and National VCRs. Everyone and every age is covered! To ensure the highest possible standard of racing and support, the field will again be limited to 1,500 runners. Entry will, however, be guaranteed to 100 international and 300 interstate runners. Enter now!! Or your entry could become a race in itself! (ENTRIES CLOSE FEBRUARY 22, 1985 EXCEPT FOR OVERSEAS ENTRIES.)



"Undoubtedly the best organised road race in Australia. A testing course through beautiful country where the runner is looked after in a manner befitting a King."

... AUSTRALIAN RUNNER MAGAZINE.



Garry Henry, 1984 outright winner in a new course record of 1:04.42.



Half Marathon

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

TOWARDS ANOTHER SUCCESSFUL EVENT IN 1985

VACANCIES ON HALF MARATHON ORGANISATION TEAM

* With less than five months until race day, we urgently need volunteers for key positions with the Half Marathon organising team. To date, Herb Ludington, Rob Klima, Rod McLean and the writer (the 'Gang of Four') have been holding the fort and much planning and ground work has already been completed. With so much leg work having been completed in previous years, and with the basic logistics (the course, start/finish venue and field size) unchanged from 1984, assuming control of any of the available positions will be a well-defined and straight forward task. The following positions are available:

EQUIPMENT MANAGERS (2 required) to take over the 'scrounger's' role which Bernie King has had to vacate. Assistance will be available from Malcolm McDonald, Bernie King and others to transport equipment on the Friday prior to the race.

COURSE SUPERVISORS (five) to assume responsibility for marshalls and signs on a particular segment of the course on race-day. Course supervisors will have the support of Nobby Young as Course Manager.

PARKING MANAGER to assume responsibility for all parking co-ordination on race-day.

DRINK STATION MANAGERS AND ONE SPONGE STATION MANAGER (five drink station managers and one sponge manager required). It is hoped that David Donnelley and his bunnies will be back to defend their title in the Drink Station Challenge in '85.

COMPUTER OPERATORS (four required) to operate computer terminals on race-day and to input entry through December-February.

PRIZE GIVING CO-ORDINATORS two members are required to take care of this crucial role.

ENTRY PROCESSORS several people required for processing of entries through December-February. With an average of 50 entries being received each day this task is really beyond one person. The idea is to share the workload on a week by week basis. Approximately 1 - 1½ hours required, five days a week.

CATERING MANAGER (COMPETITORS) one or more persons to control the runners breakfast/refreshments area.

CATERING MANAGER (SPECTATORS)

MEDICAL OFFICERS Irwin Light will again be assuming overall control of the medical function but will need assistance from at least six qualified personnel.

GROUND'S PRESENTATION someone with creative flair to design and oversee the presentation of the start/finish venue. Support will also come from the Grounds Manager, Charles Coville.

ASSISTANT GROUNDS MANAGER to assist Charles Coville on race week-end.

SPECIAL PROJECT OFFICERS Required for one-off projects, some small some large.

RACE NUMBERS/PROGRAMME MAILING SUPERVISOR to enlist the support of six - eight members on two to three consecutive nights in the first week in March.

In order to ensure that operations proceed as smoothly as possible it would be very much appreciated if, where possible, members fulfill the same or similar functions to last year. This principle will be adopted when we allocate individual functions to each helper on race-day.

If you are interested in any of the above positions, please ring either Herb Ludington (524-3731) or Philip Caldwell (427-6350).

MAJOR INITIATIVES FOR 1985

- * By the time you receive this report negotiations should have been completed for the staging of the Australian Senior Half Marathon Championships as part of next year's event. This will be a special race for men aged 60 years and over and women aged 50 years and over. This development is in keeping with our aim of giving more credibility to competition across various age groups, as well as at the front. The emphasis will be just as much on participation as winning and we will be issuing invitations to veteran athletes across the States. Depending on the success of this feature race, we will consider extending the concept to other age groups in 1986.
- * Although we have had to drop plans for staging an International Half Marathon Teams Challenge, we are still hopeful of attracting some leading athletes from overseas, thanks to the efforts of Alex Hamill and Bryce Courtenay.
- * In a fundamental change in our approach towards sponsorship, we have eliminated the various sub-sponsors who supported us last year. Instead we will be retaining the support of selected organisations in key roles, namely: race computerisation (NEC); official timing (SELKO); running gear prizes (NIKE) and a drinks supplier for post-race refreshments (negotiations still to be completed). Nike and NEC will be joining us for the first time. This approach will, we hope mean increased exposure for each of our sponsors and assist in ensuring long-term sponsorship and support for our event.
- * We have expanded both the womens and mens age categories so that there are five year age groups right through for both sexes from ages 20 - 24 years. In keeping with our desire of not actively encouraging child participation in long distance events, we raised the junior age category from under 18 to under 20. This agrees with the international standard.
- * As a means of promoting the National Panasonic Half and the Half Marathon distance generally, we have compiled Australian Half Marathon times rankings for each five-year category from 40 years out. These will be published in the December issue of Striding On and then made available to the running press. We have also extended invitations to each of the half marathon organisers in Australia to form an informal association in order to encourage the regular exchange of information and ongoing co-operation.

- * After last year's controversial competitors T-shirt design the boring, pedantic, accountants have decided to give the creative wiz-kids another chance to atone. This year's design will endeavour to capture the splendour of running through Lane Cover River Park. In order to incriminate the innocent we will keep the identity of our 1985 designer a secret for the present. We did actually find one person who liked last year's design - understandably an ex-pom from the wrong side of the Thames and an ultra-freak to boot.

ADVERTISING PROGRAMME KICKS OFF DECEMBER 1

- * Thanks to the creative efforts of Wayne Garland and Rob Klima we will be featuring full paged advertisements in the December/January issues of Australian Runner and Fun Runner and the ACF Cross-Country Club's magazine. Each advertisement will feature an abbreviated entry form, which is designed to encourage increased numbers of interstate entries. A half-page version will also appear in the first issue of Running, a new local bi-monthly magazine being produced by the Sri Chinmoy people in Queensland.
- * We are well on schedule for release of our 1985 entry form in the first week of December. All 1984 entrants in the National Panasonic Half and Nike/Avon Canberra Marathon will have an entry form mailed to them.

COULD ALL THOSE 'SCROUNGER'S' PLEASE COME TO THE PARTY?

If you can assist with supply of any of the following equipment please contact either Herb Ludington or Philip Caldwell (please refer above for telephone numbers):

- * Utilities/vans.
- * vehicle with CB radio to act as pace vehicle.
- * 500 traffic cones or the equivalent. Given the cost of traffic cones (over \$3.00 each) one thought is to use timber offcuts (four inches by two inches) and paint them a distinctive colour for use as road dividers within the park. If anyone can assist in this regard, or has a better idea please let us know.
- * 10,000 plastic cups.
- * 3,000 coffee/tea cups
- * Electrical extension cords.
- * Hot water urns.
- * Marquees.
- * 7,000 sponges.
- * PA system.
- * Access to wholesale supplier and cheap fruit for race-day catering.
- * Selected goods to be used as prizes.

FINANCIAL ACCOUNTS

- * The 1984 financial accounts have recently been presented to the Striders General Committee. Disappointingly, they show that a significant loss was incurred in 1984 which largely offset the surplus accrued from '83. Last year's event cost over \$12.00 per entrant to stage, compared with the \$8.00 entry fee.
- * In 1985 we are planning for a significant surplus in order to provide a contingency fund for future years and to assist with club finances. This does not imply any departure from our objective of maintaining the event's reputation as one of the best organised road races on the National road running scene.





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- * INCORPORATE MASSAGE INTO YOUR TRAINING SCHEDULE TO PERFORM
BETTER AND AVOID UNNECESSARY INJURY
- * QUICKER RECOVERY FROM INJURIES
- * OR JUST FOR RELAXATION

* * * *

BATHURST MARATHON - JULY 14

by Terry McMahon

During Bryce Courtenay's Star, I found myself running with Bernie King and Harvey Blue, Harvey said he was going to run the Bathurst Marathon and try for a P.B. and suggested I also should give it a go.

Two weeks later, I'm lined up at the start, some familiar faces, Alistair Mackie, Bernie King, Keith Canard all going the ½, but only my Arch Rival Kar Wong and myself to go the full journey.

A good start, plenty of encouragement from the local townspeople as we race down through the main street of Bathurst.

Alistair, Bernie and Bruce disappear into the distance, leaving Kar Wong and myself to battle it out.

10K 41.50 min. feeling good, slight tailwind.
21K 92 min. Kar Wong is about ½K in front, the country road seems very lonely as the ½ Marathon men have finished.
30K 131 min. Kar Wong is about 1K in front and the slight tailwind has turned into a stiff headwind. Fairly tough going but felt some relief when I spotted the glistening rooftops of distant Bathurst. The occasional horse and cow eyed us curiously and the K's seemed to be getting longer.

35K I finally passed Kar Wong; and desperately searched for signs of civilization.

40K a drink station, a quick couple of slugs of water down my windswept throat and off again, Kar Wong nowhere in sight. I staggered past another couple of men hobbling along and back up through the main street of Bathurst.

Over the finish line in 3.20 and 14th outright. Alistair Mackie poked a can of Tooheys in my hand and we then waited to cheer Kar Wong through the finish. Where were you Harvey Blue?

RESULTS - Page 26 Blister No.20

Membership

NEW MEMBERS

Membership as of 28th October is 247.

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

Clive Cockayne	Denise McCarthy	Steve Roach
Bernard Corden	Robert McCarthy	Queenie Topley
Edwina Garvin	Kim McCormick	Karen Tuck
Greg Jerrett	Andrew McKeracher	Dennis Williams
Mathew Kaley	David Mill	Carolyn Wilson
Lesley Kimberley	Garry Osmond	Jo Wong

EDITORIAL

This being the last Blister for 1984, it may be the right time to look back at the year.

The STARS continued to attract their largest numbers in March and May, as we all got keener with Nike and Wang bearing down. Instead of the usual 50 - 70 attending, we peaked at well over 110 during that period.

This may be the reason for some disappointing individual marathon performances during the year. It seemed that many members suddenly cranked up the mileage and intensity in a last minute panic before their marathon. The most pleasing performances came from Striders who were regular attenders at STARS. They found that they had only to train consistently during the year, to rip out a good marathon. There isn't a need to do the long course every week, but rather just come along for an easy run.

Too many Striders seemed to be doing their biggest mileage ever 2 - 3 weeks before a marathon, or ripping out mammoth speed sessions they'd never tried before, thinking it would ensure a good return on marathon day. Never has anyone said they ran a bad marathon because they didn't train hard enough in the 2 weeks before the race, but plenty have come unstuck because they did too much during that period. Remember the taper.

It seems that another problem arises after an early-season marathon, when some can become overkeen after a good performance; then, while still on a high, they try to continue long hard training immediately. These runners usually disappear after a few weeks. It needs to be realised that P.B. marathons really do take a lot out of you, no matter how good you feel afterwards, and I'm sure it would be better to run very easily for a week or two. Come along and enjoy an easy short-course STAR before building up for another race.

Talking of STARS, those of you who've been burnt off the road by Alistair Mackie on Sunday mornings will be interested to know who his training partners will be on October 31. He has teed up a run in Canberra with a group which includes Deek, Daniel O'Dea and Graham Clews. Wonder who's running in the fast group!

After hearing the comments about Nobby Young's column in the last Blister, I decided I'd need to put aside a couple of pages for replies from Striders (or their solicitors). As we go to press, only one has been received - You've got 'em Nobby, although you must have got president/database controller worried, as he has reinstated you to page 1 of the marathon ladder. I thought the going rate for this favour was a case of cold ginger beer after a STAR.

The general consensus of Striders (according to the Blister survey) seemed to be a liking for training advice type of articles. It seems that most are interested in Why, rather than How, the P.B. marathon is run. After all, it's the 3 months or more before the big day that bring that elusive P.B. Could all future contributors keep this in mind when putting pen to paper. Tell fellow Striders your secrets that brought about your performances.

This certainly doesn't mean that we want contributions from sub 2.20 marathoners only. One of the beauties of the Blister is that the 3.45 marathoner can read an article by a fellow Strider who just cracked 3.30 for the first time. Surely he/she can relate more to this than an article on how Deek runs 2.08. The same applies for the 2.50 marathoner reading about a Strider's 2.40 effort.

It would be appreciated if untyped articles could reach me about a week before the deadline date (Feb 17 for Blister # 22).

Finally, thanks for the behind-scenes help from Alex Hamill in putting this issue together.

NOBBY YOUNG

Since my efforts in the Aug/Sept Blister, I have been in great demand for my journalistic abilities - phone calls from Rupert and The Goanna whom I had to turn down. Ita also made me an offer but I had to say "Thorry, I just don't have the time."

It is great to have the natural attributes of the popular press writer. My hearing is not the best, so I just guess the bits that I don't hear clearly; my eyesight is a bit defective, so away goes my imagination. Once you learn to disregard the facts, the rest is easy. But despite all this success, there are a few corrections to be made in connection with my last effort.

First, Bill Flanagan is not fat. Bill was fat, but between the time I wrote about it and the time the magazine went to print, he lost 25% of his weight. He only did it to make a liar out of me! But I'm pleased his Gloria Marshall fees set him back a few dollars.

What have you all got against Alex Hamill? Not one club member has taken up my invitation to go to his place and drink his beer. I grant you that he looks a bit rough, but he really is quite a nice bloke, and I assure you his beer is top class.

Poor Ken O'Connor! A few days after reading that I thought he wasn't bright enough to go running without getting lost, he led about thirty Striders 3k off course during a STAR run. Would you believe his wife Julia didn't know about it until I told her?

Bernie King has informed me that someone has reversed the spring in his Bull-worker so it isn't his fault that he is so thin. Or should that be 'so skinny'?

Alistair Mackie found a great way of making me feel small (apart from standing beside me) for what I said about him last time. The bugger turned up about 2.30am to run support for me around the block in Gladesville during a recent run of mine. Imagine what his wife thought of him! Imagine how I felt!! He must be all heart - and not much above it.

To make up to Derrick I have declared February 7th to February 14th, 1985, as "BE NICE TO DERRICK WEEK". For that week, we will all be kind, considerate and friendly to him, even if it kills us.

Phil, I'm sorry. Very sorry. I forgot that you hand out the jobs at the National Half-marathon. I will be around to do your lawns again on Saturday.

The Bjelke-Peterson badge that Steve Cornelius wore wasn't his own, but actually belonged to Phil Caldwell. A higher chest was desirable and Steve was just helping out. Isn't that nice? If he takes on the Presidency again next year I will refrain from mentioning him in any Blister for his term of office.

Now I'm about to put the record straight about Carol and Herb (short for Herbilibious). Boy, did I ever get it all wrong? Carol has made it perfectly clear to me that she has not given up on "between the sheets" activities. In fact, every time her ship comes in, she credits herself with an honorary 10k in her Sportspulse Log Book as it uses

up about the same amount of energy. Herb puts down 15k which is fair enough as he does most of the work.

Notice how I write without fear or favour? Next Blister, new targets. Pay your dues, get your copy, you might be in it!



TO THE EDITOR
"THE BLISTER".

Dear Sir,

I protest strongly at the nonsensical and scurrilous allegations regarding certain of my activities made by Nobby Young (Nobby who?). A detailed study of articles in previous Blisters proves that he has erred. (See "Not a Bit Tired" #16 and "Athletic Training in Days of Old" #18).

As founder of SWEN (Strider Women Encourage Nonsense) I wish to reassure all Blister readers. It can't be denied that the Male Sydney Strider works hard and trains hard and is in fact the archetypal NO NONSENSE runner.

Carol Ludington.



I would like to thank the following runners who turned up at all hours from 12.30am to support my run to raise funds for Gladesville Public School:-

Alistair Mackie, Steve Cornelius, Brian Colwell, Ken O'Connor, Brenda Hamill and John Hill of Sydney Striders

Jim, Leigh, Deidre and Jamie English, Keith Gillies and Jill O'Brien of WDJH

Les and Thelma Murray of S.M.C.

And, most importantly, my wife Margaret who must have been terrible in a previous life to get what she is getting this time around.

Runners do strange, wonderful things - things that make them special.

HAGAR THE HORRIBLE -

By Dik Browne



RACE RESULTS



GILLAWARNA MARATHON, 12 AUGUST

1st: D. Luyendyk 2.25.00
1st Woman: Natalie Timms 3.20.18

STRIDERS:

Graham Burke (PB) 2.55.40
Alex Hamill (PB) 3.05.15
Alistair Mackie 3.05.15
Laurie King 3.05.36
Barry Byrnes (PB) 3.07.48
Nobby Young 3.10.46
Kar Wong 3.11.35
Geoff Cox 3.13.55
Russell Hammond 3.14.00
Rob Klima 3.16.51
Harry Turner 3.24.34
Lesley Kimberley 3.25.59
Mike Ward 3.26.39
Bruce Murray 3.31.40
Brenda Hamill (4th woman) 3.31.47
Bryce Courtenay 3.31.47
Dave Williams 3.34.44
Richard Bevan 3.34.44

GILLAWARNA HALF-MARATHON

1st: Bruce Graham 1.09.00
1st Woman: Pat Marshall 1.21.20

STRIDERS:

Keith Canard (1st 41-45) 1.11.48
Rod McLean (3rd 31-35) 1.18.20
Brett Nichols 1.18.59
David Robinson 1.20.37
Don Price 1.22.00
Paul Russell 1.23.18
Tony Vipond 1.23.56
Don Yates 1.28.28
Terry McIver 1.30.34
Derek White 1.31.00
Derek White (1st over 50) 1.31.33
Robert Waterreus 1.31.50
Ray Doran 1.32.56
Trevor Roberts 1.32.58
Bill Flanagan 1.33.39
Cecil Ford 1.33.42
Peter Leonard 1.34.16
Nick Reed 1.36.56
Grahame Deacon 1.37.22
Mike Rose 1.42.36
Derrick Titmus 1.52.00
Kate O'Rourke 2.03.10
Robyn Murphy 2.06.34
Dot Flanagan (1st woman 46-50) 2.07.54
Robi Hancock 2.07.54

M.CLINIC HALF-MARATHON, 9 SEPT, 1984

Ian Bowden (4th) 1.13.47
Alistair Mackie 1.20.58
Ivan Freys 1.24.29
Steve Cornelius 1.24.37
Bernard Cooley 1.26.16
John Patchett 1.28.28
Mathew Kaley 1.30.21
Dorothy Siepmann 1.32.39
Carol Ludington 1.50.28

AUSTRALIAN MARATHON, 10 JUNE

(Not previously reported) 2.41.19
Colin Chamberlain 3.07.28
Roy Howard 3.09.06
Mike Foster 3.45.58
Tim Wachenfeld 3.52.20
Michael Pringle (1st M'thon)

SUTHERLAND HALF-M'THON, 26 MAY

(Not previously reported) 1.16.43
Colin Chamberlain

ADELAIDE FESTIVAL CITY MARATHON

Paul Russell 2.51.21
Kar Wong (Another PB!) 3.08.05
Peter Keeble (PB) 3.11.49
Merri Mack 3.31.42
Sue Thomson (PB) 4.18.18

SYDNEY MARATHON, 9 SEPT 1984

Wayne Stanton (6th) 2.47.32
Ken Wylie (7th) 2.47.46
Tony Healy (8th) 2.47.49
Frank Brandon (10th) 2.47.55
Nobby Young 3.09.30
Kar Wong 3.17.17
Bruce Murray 3.20.07
Harry Turner 3.23.55
Alex Hamill 3.26.00
Bill Flanagan 3.26.00
Lesley Kimberley 3.26.05
Terry McIver 3.27.36
Grahame Deacon 3.31.21
Lynne Evans 3.32.27
Eric Willcock 3.44.46
John Hill 4.06.00

BIG M, 14 OCTOBER, 1984

Ian Bowden 2.38.00
Wayne Stanton 2.43.06
Tony Healy 2.43.56
Alistair Mackie 2.49.23
Leigh Pascoe 2.52.18
Graham Burke 2.55.15
Kar Wong (another PB!) 3.05.19
Dorothy Siepmann 3.16.00
Terry MacMahon 3.23.00
Graham Butler 3.24.40
Mathew Kaley 3.39.20
Robyn Murphy 4.48.02

M.CLINIC HALF-MARATHON, 21 OCT, 1984

Steve Cornelius 1.22.58
Nobby Young 1.25.03
Rob Klima 1.25.55
Kar Wong 1.26.09
John Patchett 1.26.26
Dorothy Siepmann 1.32.05
Mike Ward 1.34.36
Herb Ludington 1.50.35
Carol Ludington 1.52.36



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- * MESSAGE FEELS GOOD!!

PHONE: 977 8302
946749

7 DAYS

20

Half Marathon Ladder

The first Half-Marathon Ladder ever published in the Blister. 1984 Performances only. A Half-Marathon run as part of a longer race is only recognised if organised as a measured and timed event in its own right.

KEITH CANARD	1.11.40	COOR'BONG	DICK CLELAND	1.31.36	LANE COVE
WIN AHLMANN	1.12.40	IRON COVE	ADAM THOMSON	1.31.45	COOR'BONG
ROBERT HARRISON	1.13.14	IRON COVE	TERRY MCMAHON	1.31.47	LANE COVE
FRANK BRANDON	1.13.21	SUTH'LAND	JOHN HILL	1.31.55	LANE COVE
IAN BOWDEN	1.13.47	M. CLINIC	BRIAN HAYDON	1.31.56	IRON COVE
JOHN FAZIO	1.14.05	COOR'BONG	LEO LEADER	1.31.57	LANE COVE
WAYNE STANTON	1.14.32	COOR'BONG	DOROTHY SIEPMANN	1.32.05	M. CLINIC
FRANCIS CHAN	1.15.37	LANE COVE	GARY BUCKLAND	1.32.09	IRON COVE
COLIN CHAMBERLAIN	1.16.43	SUTH'LAND	BILL MCCRINDLE	1.32.13	LANE COVE
TONY CONNER	1.16.57	SUTH'LAND	MIKE WARD	1.32.30	COOR'BONG
ROD MCLEAN	1.17.27	COOR'BONG	BRIAN TAILFORD	1.32.32	COOR'BONG
ROBERT CAPLICE	1.18.11	IRON COVE	IAN MILLAR	1.32.34	IRON COVE
ALAN FARRELL	1.18.23	LANE COVE	BILL FLANAGAN	1.32.45	SUTH'LAND
KEN WYLIE	1.18.50	N.P'SONIC	DAVE BLACKHALL	1.32.47	LANE COVE
BRETT NICHOLS	1.18.59	GIL'WARNA	BARRY BYRNES	1.33.01	IRON COVE
ANTHONY WHITE	1.19.03	LANE COVE	GERRY GREENLAND	1.33.50	LANE COVE
DENNIS COOLEY	1.19.30	LANE COVE	NEIL COLLUM	1.34.00	LANE COVE
RON CORDEN	1.19.34	COOR'BONG	STAN FLECK	1.34.15	SUTH'LAND
LEIGH PASCOE	1.19.38	LANE COVE	PETER LEONARD	1.34.16	GIL'WARNA
HARVEY BLUE	1.20.34	LANE COVE	HARRY TURNER	1.34.17	LANE COVE
DAVID ROBINSON	1.20.37	GIL'WARNA	BRENDA HAMILL	1.34.51	COOR'BONG
CHARLES COVILLE	1.20.41	COOR'BONG	BRENT WATERS	1.35.13	LANE COVE
BERNIE KING	1.20.48	BATHURST	MAX HENDERSON	1.35.18	LANE COVE
ALISTAIR MACKIE	1.20.58	M. CLINIC	BRIAN COLWELL	1.35.21	IRON COVE
CHRIS STAPLES	1.21.00	LANE COVE	DENNIS RIDER	1.35.32	SUTH'LAND
GARY SHOESMITH	1.21.04	COOR'BONG	BOB MANN	1.35.47	LANE COVE
TREVOR ROBERTS	1.21.25	LANE COVE	TERRY HUDSON	1.36.22	COOR'BONG
SCOTT LAWRENCE	1.21.28	LANE COVE	PAULA FRASER	1.36.38	COOR'BONG
RAY DORAN	1.21.35	LANE COVE	NICK REED	1.36.56	GIL'WARNA
PETER LARK	1.21.44	LANE COVE	JANE FLANAGAN	1.37.10	IRON COVE
GEOFF COX	1.21.59	SUTH'LAND	GRAHAME DEACON	1.37.22	GIL'WARNA
DON PRICE	1.22.00	GIL'WARNA	CHRISTINE PORTER	1.37.38	IRON COVE
MIKE FOSTER	1.22.44	LANE COVE	BRYAN HOLLIDAY	1.37.38	SUTH'LAND
STEVE CORNELIUS	1.22.58	M. CLINIC	RICHARD BEVAN	1.37.40	SUTH'LAND
PETER COBLEY	1.23.02	LANE COVE	ANTHONY FOAR	1.37.58	SUTH'LAND
PETER DONNELLEY	1.23.17	LANE COVE	TREVOR DRYSDALE	1.38.29	COOR'BONG
PAUL RUSSELL	1.23.18	LANE COVE	DAVE WILLIAMS	1.38.49	IRON COVE
PETER ARNOLD	1.23.25	COOR'BONG	BRIAN LYNCH	1.39.22	IRON COVE
DAVID DONNELLEY	1.23.28	LANE COVE	GERALD SMITH	1.39.32	LANE COVE
LAURIE KING	1.23.42	LANE COVE	WINSTON MARSDEN	1.40.11	LANE COVE
TONY VIPOND	1.23.56	GIL'WARNA	OWEN DENMEADE	1.40.50	COOR'BONG
RUSSELL HAMMOND	1.24.21	IRON COVE	PHILIP CALDWELL	1.40.56	COOR'BONG
IVAN FREYS	1.24.29	M. CLINIC	BILL WHITE	1.41.59	SUTH'LAND
DAVID MCCORMACK	1.24.30	IRON COVE	RICHARD BAMANN	1.42.21	IRON COVE
MICK EDWARDS	1.24.53	SUTH'LAND	MIKE ROSE	1.42.36	GIL'WARNA
NOBBY YOUNG	1.25.03	M. CLINIC	JUDY KLEINMAN	1.45.00	COOR'BONG
SAM DAHER	1.25.04	LANE COVE	ROBERT MCLELAND	1.45.48	IRON COVE
MARK HANLON	1.25.16	COOR'BONG	ERIC WILLCOCK	1.47.03	IRON COVE
ROBERT KLIMA	1.25.55	M. CLINIC	KERRY BRAY	1.47.26	LANE COVE
KAR WONG	1.26.09	M. CLINIC	MALCOLM MCDONALD	1.47.46	LANE COVE
KEN O'CONNOR	1.26.12	COOR'BONG	GEOFF PEARL	1.48.56	LANE COVE
BERNARD COOLEY	1.26.16	M. CLINIC	CAROL LUDINGTON	1.50.03	COOR'BONG
JOHN PATCHETT	1.26.26	M. CLINIC	HERB LUDINGTON	1.50.35	M. CLINIC
PETER FOULSHAM	1.26.58	IRON COVE	PETER RYAN	1.51.01	LANE COVE
CECIL FORD	1.27.07	COOR'BONG	MAVIS CARRICK	1.51.11	LANE COVE
ROBERT WATERREUS	1.27.21	COOR'BONG	DERRICK TITUS	1.52.00	GIL'WARNA
MERRI MACK	1.27.34	COOR'BONG	MICHAEL TOPLEY	1.52.20	COOR'BONG
DONALD YATES	1.28.28	GIL'WARNA	SUE THOMSON	1.56.28	COOR'BONG
SUE HILL	1.28.30	LANE COVE	DOROTHY FLANAGAN	1.57.35	LANE COVE
KEITH BARNETT	1.28.42	COOR'BONG	FRANK ASSENZA	1.58.19	LANE COVE
DAVID PETERSON	1.28.58	LANE COVE	ROBI HANCOCK	2.02.03	COOR'BONG
BRYCE COURTENAY	1.29.10	COOR'BONG	JOAN HAYDON	2.02.03	COOR'BONG
JOHN TURNER	1.29.21	LANE COVE	KATE O'ROURKE	2.03.10	GIL'WARNA
GRAHAM BUTLER	1.29.45	COOR'BONG	ROBYN MURPHY	2.03.38	COOR'BONG
IAN NEWLANDS	1.29.59	IRON COVE	TOM SMITH	2.06.12	LANE COVE
ALEX HAMILL	1.30.17	LANE COVE	OKSANA PYLYPIAK	2.09.59	LANE COVE
MATHEW KALEY	1.30.21	M. CLINIC	LESLEY LEAR	2.11.28	LANE COVE
TERRY MCIVER	1.30.34	GIL'WARNA	VALERIE WILLCOCK	2.25.59	IRON COVE
BRUCE MURRAY	1.30.49	LANE COVE	PAM HAZLEWOOD	2.25.59	IRON COVE
DEREK WHITE	1.31.33	GIL'WARNA			

Marathons - LAKE GILLAWARNA

12 AUGUST 1984

GRAHAM BURKE

Why do otherwise seemingly normal people get out of bed when it is still dark, travel many miles across town and then run marathons?

I attempted to find an answer to this question as I tried to find my way to Lake Gillawarna on 12 August. I got lost - this is not unusual for me, but it could have been because I was listening to the men's hockey team go down in the Olympics or else it could have been because the street directory fell on the car floor while I was fumbling around for jelly beans.

Notwithstanding the "deep" thoughts occupying my mind and the distractions which made navigation difficult, I did make it. So did a lot of other Striders and hordes of other people, most of whom entered the half marathon held in conjunction with the "big one".

I was looking forward to this marathon (my eleventh) because I was promised a flat course. In the few months I have been in Sydney, I had not seen many flat stretches, let alone a full marathon course, so I held great expectations for a good run.

Lake Gillawarna could be a fast course - if the conditions were right. This time, the wind was a problem, particularly as the morning wore on.

I have some criticisms of the organisation, although I still found it an enjoyable run. First, there was confusion as to the starting time (was it 7.00 a.m. or 7.30 a.m?). Secondly, parts of the course were more akin to unmade outback roads than normal suburban streets. The change from a good bitumen track to broken road was hard on my legs, particularly in the days following the marathon. Finally, while there were plenty of marshalls, some didn't know where they were e.g. there were two (one on each side) of the Cooks River Bridge and, in answer to the question "how far to go, mate?" one reply was "four and half" (four and a half of what?) while the other said "just down to the park". Perhaps the organisers could place a couple of extra signs in judicious spots to overcome the apparent language difficulties.

Notwithstanding these criticisms, things went pretty smoothly. The Race Director "intimidated" the crowd into a relatively orderly start, and once you got the short cross-country section over and done with, it was out on the road.

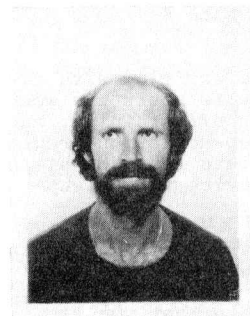
I found myself running in a group of half-marathoners running pretty consistent twenty minute splits. This means that I went through the half-way mark in around eighty-two minutes. I suffered for that in the latter part of the marathon and pulled up in 2.55.40. The last 5 km seemed to go on forever! (When will I learn how to pace myself! - I guess I will have to keep on trying until I get it right).

Unfortunately, I don't have details of how the other Striders fared (I wasn't conscripted into writing this article until after the event). However, I do recall that Alistair Mackie bullied Alex Hamill to a PB. Also, a number of Striders picked up awards in both the marathon and half-marathon so, if you like collecting medals, it is not a bad run to aim for.

My overall assessment is that Lake Gillawarna is worth another try or two.

The course has PB potential and I strongly support any group of runners who put on an event for other runners. Next year, I will pace myself better. Thanks also to the other Strider participants for their vocal support during the run.

P.S. Can anybody answer the question in the first paragraph?



Derek Liebenberg



Graham Burke



Denise McCarthy

NEW MEMBER PROFILE

DENISE MCCARTHY

Denise is a Qantas hostess who must fit in training runs as her flying roster allows - she finds it difficult to establish a running schedule as her sleep and work patterns are so irregular. Her marathon debut was the '84 Wang and as she was based in London for a year, she trained in Richmond Park. This marathon was a family affair with Denise, sister Ann, brother Barry and his friend Carolyn all taking part and encouraging one another.

Their mother is an active participant too, having walked the City to Surf and Bridge to Breakers this year. Ann and Denise train together and Denise plans to improve her swimming technique this year and become as accomplished a swimmer as Ann.

In the '85 Wang, a sub 4:30 is her aim, though her attitude to running is similar to that of so many female runners - running is for relaxation and enjoyment and times are not very important. Denise has the opportunity to run in different parts of the world and she finds this both refreshing and interesting.

She is a charming person who cheerfully admits to being a part vegetarian/part junk food addict and a moderate drinker who enjoys socializing. We look forward with pleasure to her company in the Slow Group, whenever her roster permits.

GILLAWARNA

A KILLA AT GILLA

By Rob Klima

It seemed a great way to bring a total reality to watching the Olympic Marathon telecast from Los Angeles...

Run the Lake Gillawarna Marathon the day before and still have the pain and sense of achievement fresh in mind while you watch the best in the world battle it out.

Unfortunately the reality was all too total. De Castella's disappointment at seeing Lopes pull away in the latter part of the race can't match hitting the wall at only half-way and watching Kar Wong pull away the way Lopes did.

The big lesson to learn is probably that you can't do with sleep what you do with glycogen. I'd worked long and irregular hours the week leading up to Gillawarna, which didn't affect tapering off training, but meant only snatches of sleep ... sort of a forced sleep-depletion program. I hoped I could catch up with 24 hours of almost complete rest and sleep the day before. But I can now give the hard-learned advice that sleep-loading doesn't work the same as carbohydrate-loading.

The psychology of it all can go a bit wrong, too. Like knowing it's a flat course and not a hugely publicised event and casually telling everyone how you're going to go out fast for a change and not worry too much if you blow up. Of course you know it's impossible that you'll really blow up. It's pretty humbling when you do - especially at only half-way.

So there we all were at the start: the competitors in the Lake Gillawarna Half Marathon look the way runners should, with nice cloth numbers on their singlets; we in the Marathon with our numbers on little labels like price tags, looking like we'd all walked out of Talays without paying.

And then the start. They said there'd be a little loop around the edge of Lake Gillawarna. With all the rain there'd been in the previous weeks it seemed more like we were running IN the lake and by the time the crush was over just about everyone had a very cross-country spattering of mud.

Dodging low-flying planes past Bankstown Airport I pushed on, as I said I would, faster than usual. Mike Ward, who was still gloating over an easy marathon debut at Campbelltown only weeks before, decided to adopt the same psychology of saying, but not really believing, he was going out too fast, and we ran together, past the picturesque paddocks of rusting car bodies, the neo-concrete block architecture of Chipping Norton's light industry and into the civilisation of a new suburb being hacked out of the wilds of disused quarries.

The leaders headed back towards us on the first of the two out-and-back sections showing, as usual, how easy it can be if you're any good. The crowds lining the streets weren't exactly cheering wildly. They weren't exactly crowds either, to be honest, although every now and then someone washing their car looked up in bemusement.

-2-

Towards the half-way mark the weariness came on gradually. A wind started to blow as the Half Marathon competitors put on their finishing bursts. The temptation to join them across their finishing line was overwhelming and if I'd been on a PB for the distance I would have. But I was about two minutes outside it, but still well inside time for my race target of 3:10, so I plugged on, past Keith Barnett taking photos of Striders just before the half marathon finish. (Thanks for the picture, Keith. Thanks particularly for not taking it a few kilometres later.)

It was the next kilometre or so that did the damage. Kar Wong eased past and what I expected to be another simple loop near the lake turned into a zig-zag over a series of rises, with a turn-around point at the top of a small hill. It wasn't high, but just looking up the 70m or so to the witch's hat was all too daunting. It became a struggle for the whole remaining 20km.

Mike was still running with me, and just as fatigued, judging by the uncomplimentary comments about the sport of running. We put on a brave face for another group of Striders, including Alex Hamill, Alistair Mackie and Laurie King, who passed us on the loop. We sure didn't see them again.

Down Henry Lawson Drive the second time the wind turned bitter, and gave me goose bumps so badly I couldn't read the splits I had written on my arm. At about 25km out, Mike's lady, Julia was spectating, and happened to have a can of de-fizzed Coke waiting. I'd never really believed the claims of what it could do during a marathon, but this time anything was worth a try. And, boy, did it work!!! The caffeine and sugar lift was incredible. Until about 500m down the road. Then the let-down was just as spectacular, and from there on it was a real slog, even though I pulled away gradually from Mike and could still catch an occasional glimpse of Kar disappearing around a corner.

Towards the turn-around at about 30km Nobby Young cruised past in that infuriatingly economical style of his. What was even more infuriating was that he was just treating the race as a training run for the Sydney-Wollongong ultra.

Then a sight of Bryce Courtenay having a pretty rough time of it. It was the same sort of disaster that happens to him on STAR runs ... having a good-looking woman running beside him chatting, and distracting him, this time Brenda Hamill. Still, he was putting on a brave front, smiling and seeming relaxed.

The end came all too gradually. Hope of making the target time faded, then hope of any PB, as it was a head-down, teeth-gritting exercise just not to be too far outside a 3:13 PB, nor to do an impersonation of Gabriella Andersen-Schiess.

Finally a disappointing 3:16, and unable even to hold down a drink for an hour afterwards.

But at least I had a cold can in my hand and the agony was just a memory when they were fighting it out in the heat in Los Angeles.



NEW MEMBER PROFILE

DEREK LIEBENBERG

Derek's ambition for 1985 is to run "a damned good marathon". He hasn't decided on the venue of that D.G.M. but his training is certainly geared towards it as he averages 130-150 kms per week. This is accomplished by running twice a day for 3 or 4 days a week and once for the remainder. Derek varies the number of "twice a day" runs but always runs morning and evening to allow a 12 or 24 hour break between runs. He used to do a lot of track work when in South Africa and has taken it up again recently now that he has found a suitable track at Chatswood.

Of the two marathons completed, 2:30 is his P.B. - he hopes to shatter that in the D.G.M. and reports he has run some "very good" times for 10, 16 and 21 kms. Now aged 30, Derek has been running for 17 years, encouraged by his father and with his two brothers - also good runners.

His diet consists of "not too much and not too little" of anything - plenty of fruits and vegetables, but moderation in everything. Derek's job entails the chemical analysis of wine and he highly recommends Dr. Lindeman's remedies!

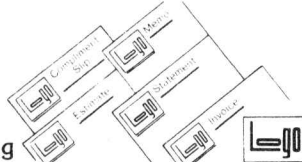
The week is devoted to work, running and wife Debbie, who is a welcome new member of the Saturday morning group.



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VITAL STATS

A few statistics from the club's database: At 7 October, 1984, the total membership was 244, 37 of whom (15%) are women (why are there relatively so few female distance-runners?). We don't know the ages of 17 of our members, but the distribution of the other 227 is: 6 under-20's, 33 in their 20's, 105 in their 30's, 66 in their 40's, 16 in their 50's, and only 1 over-60 years old. Here's the latest breakdown of geographical membership distribution. Figures are shown as a percentage of Sydney-based members (there are a handful of interstate and overseas members). Compare this with the September 1983 percentages, also shown, which were reported in Blister #18:

	Sept '83	Oct '84
Upper North Shore (from Roseville northwards)	19%	15%
Lower North Shore (Chatswood to the Spit)	24%	27%
Frenchs Forest Area & Northern Beaches	6%	7%
Eastern Suburbs	24%	23%
Inner Western Suburbs	11%	12%
North-West Area (Hunters Hill to North Rocks)	12%	9%
Other parts of Sydney	4%	7%

The increase in the last figure is largely in the St. George and Sutherland Shire areas. The Lower North Shore's increased share is mainly because of a dramatic and inexplicable surge of interest from the suburb of Cremorne, which now houses 12 Striders (more than any other suburb). Has someone been doing some secret letter-box drops over there? Randwick and Lane Cove have 9 each and Gladesville 8. The STAR program will continue, as far as possible, to reflect the geographic distribution summarised above.



'ULTRAS'

The Sydney-to-Wollongong 50-miler, the classic "Day Out On The Princes Highway", attracted 6 Striders this year, compared with only 3 in 1983. Once again Striders demonstrated their high level of preparedness and determination, with 5 of the 6 completing the distance and the sixth (Laurie King) forced reluctantly out with a knee injury after about 65km. Laurie was the leading Strider for most of the race, and was on schedule to finish in about 7 hours 30 minutes, but after struggling for a while with his painful knee, called it a day.

The new Wonder-Boy of the Striders' Ultra Clique, Nobby ("Which Way's Melbourne?") Young, finished his first "Cong" in 7:37, and had to be physically restrained from running on down the coast. Dan Graa and Steve Cornelius both made it 2 Wollongongs in a row in 7:55 and 8:41 respectively. Meanwhile, Bryce Courtenay was "descending from the Mount" (Ousley), and looked ecstatic at completing his first Ultra in 9:29. He didn't stop smiling for almost three weeks.

Perhaps the biggest success story of the day was Brenda Hamill's run of 9:33, which was good enough to win her the women's trophy in her first Ultra, and write her name in the record book as the first female Strider to tackle the Wollongong (Sue Hill did run the 50-miler in the days when the race went to Sutherland and back, before the club was formed). Congratulations Brenda.

Nobby Young surprised us only 4 weeks later by running 4th (out of 19 starters) in the Bathurst 50-miler in 7:16, and only 2 weeks after that became the first Strider to run 100km, round a hilly block in Gladesville, to raise \$2000 for the local Public School. (Charlie Coville, if you twist his arm, will tell you how he once got a medal for finishing last in a 100-mile race, but once again that was many, many, many years before 1980!).

Dan Gray

SYDNEY TO WOLLONGONG

Brenda Hamill won the Ladies Division of the N.S.W. 80k Road Runners Club Championship event on Sunday 26th Aug., in a time of 9hrs.33. This was the 10th running of this annual event organised by Tom Gillis for the charity Barnardo's Australia. The runners were encouraged to organise sponsorship. This year's event saw the highest number of finishers - 41 out of 50 starters, with 19 under 8hrs. The time limit was 10hrs.

Other Striders were:

Nobby Young	7hrs.37
Dan Gray	7hrs.55
Steve Cornelius	8hrs.41
Bryce Courtenay	9hrs.29

The actual distance is 51½ miles and the event next year starts at Wollongong up to Sydney Town Hall.

Nobby Young failed to exhaust himself on that run (his first 50) so he had a go at the Bathurst 50 miler 4 weeks later, finishing in 7hrs.16, still fresh he did a couple of marathons and then a 100k solo run for charity on behalf of Gladesville School, all before the Cabarita Star run. As this man will be a legend before he reaches 60yrs, Derrick Titmus is considering writing the 'Nobby Young Biography and Training Manual', to cash in on his potential notoriety. Nobby states he only started running 2 years ago!!

My run was a solo one, by Tempe I had lost contact with the group I started with, and found myself alone with my own thoughts, settling into the pattern of 5k intervals for the remaining hours, so I cannot report on other runners experiences. I kept an eye on the traffic and looked ahead for my support car. You don't see many competitors on these runs, even at the finish, but you do see all of the seconds and friends along the way. I thank them all for their offers of drinks and encouragement.

At my pace of 6mins per Km I find it easier to do the 82k than the marathon in 3½hrs, but you cannot do these runs without good support and planned drink stops. The organiser cannot provide aid stations due to the logistic problems and 10hrs time limit.

The contest up front was close - Bill Clingan won in 5hrs.58 closely followed by George Fish in 5hrs.59 - 1min over 51½ miles!! That would have been worth seeing. Also competing were George McGrath and Bob Telfor, both looking very fresh when I saw them at the finish as they had time to shower and change to welcome me to Wollongong.

To celebrate the 10th running of the event Tom Gillis held a presentation night at the Aquatic Club which was attended by 60 or more competitors and friends. Andrew Lloyd presented medals to the 41 finishers.

Brenda Hamill won the event at her first attempt, and joins only 10 or so women who have attempted and completed the course. Nobby Young has set a record (?) of 3 ultras in about 6 weeks and looks a certainty for a Sydney to Melbourne outing next year.



BRENDA HAMILL ... ON THE ROAD FROM SYDNEY TO WOLLONGONG

Recently I watched Geraldine Turner sing a brilliant tune called "Just a Housewife". It described to the finest detail the Mickey Mouse chores that a housewife has to perform. Well, I'm just a housewife, or as I prefer to call it a "Kept Woman". Sure I have all those chores too, but manage to keep them all to a minimum. It's amazing what a quick flick of a duster and a vase of flowers can do to a room.

Who could want for a better job? One's own boss and at least six hours per day to do as one pleases. That is unless the children are sick, need chauffeuring to tennis, cricket, football, swimming or athletic training, the dog has been in a fight and in need of veterinary attention, the P&C meetings are on, it's my turn for canteen duty or, worst of all, the washing machine breaks down and all day is wasted on waiting for the service man to call.

Still I do have some time and like to utilize it well. After running in marathons for the last three years I decided this year I would try something different. My aim was to run in the Sydney to Wollongong Ultra.

The inspiration first hit me in October last year. I was standing along with a large group of people on the steps of Sydney Town Hall watching the finishers come in from Wollongong. They came in all ages, shapes and sizes and amongst them was Caroline Vaughan - a woman. Not that I was about to compare myself with her. She ran it in 8.04.22 and is a very accomplished runner. Still, I felt if I took it slower, I could finish.

As we were away for six weeks in December-January I had a forced rest at that time and took January-February to get slowly back into training - averaging about 50K per week. In March and April I worked up to 80K per week. Anzac Day saw my first Marathon. I died around halfway but managed to finish in 3.35.00. After that I went into a different, for me, style of training. I knew I'd have to have longer runs up my sleeve but knew also that I would be too tired to increase my distance and run every day.

My training program went something like this. STAR on Sundays, Short run Monday, rest Tuesday, Long - between 30K and 45K - Wednesday, rest Thursday, Short Friday and Saturday, depending on the Social Activities of the night before. I also swam at least three times per week and spent six weeks working out at a gym. So my mileage didn't really increase, just the addition of one long mid-week run.

I ran all the Half Marathons and Marathons I could get near. Striders Internal, State, Wang, Cooranbong, Woodford to Glenbrook and Gillawarna with the idea of finishing comfortably and being able to go out and train again the next day.

The only Marathon I missed was Campbelltown. Unfortunately it fell six weeks prior to the Ultra and along with my planned Wollongong partner Bryce Courtenay, I took the advice of other club members and ran a 60K that day. We finished utterly exhausted but felt sure on the day we could manage another 23K.

After reading all the material put together in the ultra kits Bryce and I decided we would try Dave Williams' theory of walking for a few minutes every half hour from the start. We also decided unless one was sick or injured we'd run together.

With the help of Alex, Terry McIver, Richard Mack, Lyn Evans and physiotherapist Margaret Turner (well trained by triathlete Harry) we set out on a cool Sunday morning. The 5am start from Sydney Town Hall ensured absolute minimum of sleep the night prior but I knew from Marathon experience I would have trouble sleeping anyway.

I was fortunate to have company for the whole run despite the fact that Bryce and I had to separate, but more about that later. I think there were about 50 starters, but you lose track of them. Most attempt this event with a very carefully planned strategy. We discovered that others were following the Williams theory and certainly planned drink stations seemed to coincide. We had intended to place ours about every 8 ks but in fact we found that we needed them more frequently towards the end of the run. There is no way you could attempt this event without a team of supporters. Apart from the obvious requirement of someone to hand out food and drink, company is absolutely essential. Our team took turns at running, although on looking back, Lyn Evans completed well over 60 ks. As agreed, Bryce and I did run together until Sublime Point where a knee injury (Ilo Tibial Band Syndrome) caused by running that sort of distance on the same camber had become extremely painful and I was slowing Bryce down.

Margaret produced the can of magic spray on several occasions and then finally strapped my knee in the hope of giving it some support. However it was the support that Alex and Lyn gave me over those last 20 k and the two of them continuously telling me that my knee was feeling better that got me home. A special thanks to them.

During my training runs I tried everything from bananas, biscuits, jelly babies and Mars Bars to Primas, Coke and coffee. On the day all I had was chewing gum, water, apricot Primas, barley sugar and black coffee and towards the end some cold Coke. Nothing tasted as good as the cold can of Carlton Light I grabbed from Bill Flanagan's hand as I crossed the finish line.

It was a great thrill to finish and apart from my knee, feel so good. In fact, taken slowly, it is much easier than the marathon.

My congratulations to other Strider finishers Steve Cornelius (his second year), my running mate Bryce, Dan Gray and maddest of them all Nobby Young who has completed two more ultras since then.

As it has taken me a while to get back into running because of my knee injury I have found a new way to fill those "free" hours. Trying to master the art of cycling. Only last Saturday I was terrorising a group of Striders in Lane Cove Park.

The next serious challenge is a mini triathlon for novices. Providing the lap counters in the cycle leg are not in a hurry to get home I should be able to finish.

Sure beats the midday Soapies and as for the "Bored Housewife Syndrome", there's no time for that.

As September approached the lure of running in my third Sydney Marathon proved too great despite comments from friends and fellow Striders on the toughness of the course.

On the day I felt quietly confident of a reasonably good time due to my times in a number of fun runs and STARS. I had based my training on running between 85 to 90 miles per week, with a 2 hour run and 2 hard runs included.

Arriving at the Opera House I was surprised and pleased to find that runners had access to the building, a welcome change to previous years where runners were left to shiver outside on the steps and try and find a toilet open somewhere. As starting time approached I began my customary pre-race stretching and warm up jog. Conditions were almost perfect and I felt fresh and strong.

"Please move to the starting line" brought the usual onset of pre-race nerves, would I go out too fast and die over the last half, was a PB possible or would I run a fairly even race. As I approached the starting line a fellow runner named Bill Lane asked what pace I intended to run and I said roughly 4 minute kilometres. We decided to run together. (Company is always welcome on this course.)

Suddenly we were off and running on the fairly boring loop of the Rocks and then up George Street to Missenden Road. As in all Marathons this period is just a matter of settling into a good rhythm and not getting too carried away with a fast pace. At around Centennial Park, Bill and I commented to each other that our tactic of running around the 4 minute pace was working and we picked up some four places near the Waverley bus depot. As we picked up the pace we knew three or four more places were ours for the taking by Bondi Beach. Unfortunately two of these was due to the lack of a course marshall at the corner of Bondi Road and Old South Head Road. Wayne Stanton and Frank Brandon had been victims of this inexcusable lack of organisation.

At about the 23 Kilometre mark Bill and I joined Wayne and Frank and formed a fairly comfortable running group of 4. Down towards Bondi Beach we picked up another runner to swell our number to 5.

Having yet to receive any splits or see any kilometre markers we had to assume each drink station was a 5 kilometre marker. In some cases this was obviously wrong making it absolutely impossible to determine what pace we were running.

The 5 of us stayed together all through the very very tough section from Double Bay to Kings Cross. When we approached the drink station (35k?) in the Cross I decided to put in a surge as I was feeling really strong. The pack followed so I eased back a little knowing that a very testing hill into the Domain was on the way. At this stage I thought a PB was still possible although with no kilometre markers it was pure guesswork.

Around Mrs. Macquaries Chair and near the exit towards Macquarie Street one of the pack took off like a rabbit, Wayne followed so I went after Wayne. As we flew down Macquarie Street, we passed a very tired looking Tony Healy. I caught Wayne with about 500 metres to go and we decided to finish together, a great feeling after running side by side for so long. According to our watches we had come in at equal sixth place in 2.47.32.

After the race Wayne and I ran around the Opera House as a warm down run and I must admit the following day I have never felt fresher or better after a Marathon. Only a slight tightness in my calf muscles continued till around Thursday.

In reflection of the race organisation, or should I say lack of organisation, several major problems stand out. Why no kilometre markers?. For the inexperienced (or first Marathoner) these are a must. No excuse can be accepted for there omission. To guess that drink stations (as indicated in the entry form) were the markers is just not good enough. No split times were given, again not good enough. The lack of course marshalls on several important intersections (as Wayne and Frank know too well) not good enough.

On the three occasions I have run this Marathon I have always found the course to be interesting and challenging, in particular over the last 12 kilometres. But why can't the organisers get there act together. Without detracting from the performances of runners in this event I am sure a higher standard and a larger number of runners would participate if they were not told of the slip shod organisation by runners who have competed in previous years. So I say hello Nike and Wang and goodbye to the Sydney Marathon until the organisation is improved considerably.

FOURTH RANK XEROX SYDNEY MARATHON, SEPTEMBER 9, 1984

LESLEY KIMBERLEY

The surprising thing about the Sydney Marathon was the small number of competitors, particularly women (apparently only 11 of us), and I was expecting another Wang, complete with international competitors.

It was, however, the most pleasant marathon I have run in and, having been warned by Bruce (whom I met en route to the Opera House) about the hills at the end, I decided I would run a very cautious race, and save something for the end. Indeed, the digestion of two helpings of veal casserole plus dessert the night before left little option in the first half! I learned after the race was over that distance splits were on the drinks tables, which was handy if you stopped to look. Not wearing a watch and not knowing the distance, I jogged happily along until I found myself cantering down the hill into Bondi and realised this was 14 km. from home (one of the benefits of running in the "City to Surf").

There was an encouraging shout of "Come on Lesley" from Big Bill Flanagan standing in the welcoming shade of what I took at the time to be the local hotel; my immediate reaction was "Hm.. those blokes from Striders must be fit - they've had time to stop off for a beer.

It was a relief soon after to be joined by such stalwarts as Messrs. Flanagan, Courtney etc., who proceeded to put on a bit of pace (or at least that was what it felt like going up those hills from Bondi) and what a joy to pass **ALL THOSE PEOPLE** in the last few kilometres with a final burst to the finish in 3 hours 26 minutes - who cares about the seconds! The moral support provided by being part of a group in the last ten kilometres of a marathon when your legs are starting to hurt and motivation is flagging, cannot be underestimated.

Angela Deacon won the ladies for the second year in a row, with Pat Rayward beating me by about a minute into second place. I later compared notes with Pat and discovered that she is a strict vegetarian and permits only the occasional free range egg. At 46 years of age she looked more like 36 - maybe !!! switch to a diet of pureed bananas too....

HOW TO RUN A P.W. AND ENJOY IT

by John Hill

My training prior to the Sydney Marathon was woeful. Since Wang I had averaged 34 km per week and the quality was even less than the distance. I had all sorts of excuses/reasons: a healthy bout of flu; a new job with little time to run; an overseas trip to where it was too hot to run. Essentially I had lost interest and was not enjoying the running I was doing.

I sent off the cheque to Mike Agostini hoping that the commitment would boost my flagging spirits. It did not. I turned up on the day thinking I would toddle around the first half and then who knows what. After all the short course at Alistair's Western Wanderer was too much for me 2 weeks ago.

The purists should read no further. I set off with a couple of very pleasant gentlemen who were taking it very easily. We had time to stop at the water stations for a good chat and drink. We did smell the flowers and listen to the birds a la David Williams!! The first half took 2 hours (including 2 toilet stops!). The body felt fresher than at the start, so I thought "perhaps a little further".

The second half was magic. No wall, no pain, no suffering. I walked the hills resisting all temptation to push myself. The last 10 km went by in a flash - no drawn out agony.

Sure it took 4 hours or so. It was a 'personal worst' by 50 minutes. But I enjoyed it. Every step was a pleasure.

Guess what, I think I feel like running again.

* * * *



Race Review

ROYAL PRINCE ALFRED HOSPITAL PACEMAKER RUN 10KM CROSS COUNTRY, OCTOBER 27.

1st M. T. Gibbons 27:04
1st F. M. Murray 31:09

Striders
K. Wylie 28:50
D. McCormack 29:04
A. Farrell 29:49
I. Bowden 29:54
M. Mack 36:15
B. Waters 36:07
H. Ludington 39:45
C. Ludington 42:07
K. Bray 45:30

1st Team Telecom Runners
D. McCormack
A. Farrell
I. Bowden

This is a true cross country run - mud, cow pats, bush tracks and fences and is highly recommended for the character of the run and the excellent organisation. (Obviously the course is closer to 8kms). After the run stay and enjoy the fete in the beautiful grounds of the Thomas Walker Hospital, Concord.

Keep Sunday March 10th, 1985 free for another Bed Push! This time, we are going to shove it 100k around the South-West, Southern and Eastern suburbs, starting at The Children's Hospital Camperdown, and finishing up there about 12 or 13 hours later. The Bed Push will benefit the Oncology (Cancer) Unit and the Department of Psychiatry of the Camperdown Children's Hospital, and Stewart House, which is a holiday/special school for children in N.S.W. government schools who come from disadvantaged homes and have no chance to take a real holiday. Because Stewart House has very special status with the Department of Education, and is the preferred charity of the Department, we are going to be able to promote the Bed Push through the Department of Education. That means that we will be able to get a sponsorship form to every child in a government school in the State, and that means BIG BUCKS!!!

The Oncology Unit will use their share of funds to assist in the construction of an ultra modern cancer clinic, and to help its clinical research programme. The Dept. of Psychiatry will also use some of their funds for research in the assessment and treatment of children with emotional and educational problems, but will set aside some funds to buy play and educational materials necessary in the treatment of these children and their families. Stewart House will use their share of funds for continuing capital works, and to provide additional recreational resources for the children who stay with them.

Ken Done, an advertising man best known for his great T-shirts of Sydney, has agreed to do the major promotional poster. A committee representing the beneficiaries, and some of the advertising people in the Striders, are preparing him a brief. We will have the poster done by Christmas, and it should be able to be put on T-shirts, and even on buttons and bumper stickers.

This is a fantastic opportunity for Sydney Striders to be seen to be making a real contribution to the community. We do not know how much we will raise, but the figure should be well into the six digits. In addition to getting sponsorship through the schools, we hope to get private sponsorship through the many contacts of Striders and the Parent Committees of the Oncology Unit (committees of parents of children with cancer), and also to get corporate sponsorship, again using our many contacts in the business community. The beneficiaries will be available to talk to service and other clubs to raise funds that way. It seems likely that we will mount a four week newspaper and television promotion. All in all, it looks like it's going to be a great success, but to guarantee it we need lots of legs. Based on our experience in the 1983 Children's Hospital Bed Push, it seems we will need teams of about eight people, each pushing the bed 20k. We will have a leading and a following vehicle, with lots of supplies of goodies (including lots of Mars Bars for Leo and Irwin).

Subsequent Bulletins will accompany the next Blister and STAR Programmes. The Bed Push will be advertised as the STAR run for March 10th, so could those who want to push, please call Brent Waters on 358.4694, so as that he can start to schedule runners for each leg, and let you know where the leg will start from and finish. We have tried to design the course so there won't be too far between the start and the finish of each leg (the course looks like a clover leaf). However, we will have another vehicle available to transport people back to the start of the leg to get their cars.



KONA, hawaii

Here it was 4.00pm on the afternoon of Saturday October 6th and I was running (if you could call it that) past the Keahole Airport at Kona on the big island of Hawaii. The temperature was 105 degrees F, and I still had 16k to go to finish the 1984 Ironman World Championship. I had completed the 2.4 mile ocean swim, the 112 mile bike ride through the black lava fields that dominate the Kona Coast and 26k of the marathon run that brings the event to its conclusion.

It seemed much more than nine hours ago that fellow Strider Russell Black and I lined up with 1150 fellow competitors including 32 other Australians in the warm waters of the mid-Pacific for the start of what has been called the most demanding endurance event in the world. Having a strong swimming background it was my intention to swim easily and to come out of the water well placed and feeling fit. The problem with this plan was that it did not take into account the problems encountered when over 1000 swimmers all converge onto a line of buoys set 200 yards apart and marking the swim course. It made a surf race seem like a Sunday afternoon picnic at your local retirement home. For the first 15 minutes of the swim I had to limit my breathing to every sixth stroke. People were swimming over the top of me, I was swimming over the top of people. Scuba divers patrolled the depths to pull out anyone who went under and could not get back to the surface because of the mass of people.

Eventually the field began to sort itself out and I started to enjoy myself. The ocean was fairly calm with a few light swells and the coastline provided good scenery. I reached the turnaround boat in under 30 minutes and proceeded to pass a number of people on the homeward journey. My time for the 2.4 mile swim section of the race was just under 60 minutes and at this stage I was placed in the top 50 competitors.

My changeover time was approximately 5 minutes - a little slow - but I stopped to have blackout spread all over me. This proved to be a very good decision as the few parts of me that missed out were terribly burnt by the end of the day. The bike section begins with a steep climb out of the township - just what you need after a swim - before settling down to 53 mile ride to the turnaround at Hawi. This was the section in 1983 where competitors faced headwinds of up to 50mph. This year it seemed like we were going to be lucky. The headwinds were there but were no stronger than 20mph. After the turnaround there is a great downhill section for some 15 miles and when combined with a tailwind speeds in excess of 60mph are not uncommon. However, all good things come to an end and for the next 44 miles instead of the usual cross winds we had headwinds of approximately 30mph and they stayed with us for the remainder of the ride. During this section I rode with my head down on the handlebars to reduce wind resistance and just followed the white line. If anyone had stopped in front of me it would have been curtains as I rarely looked up.

Aid stations were located every 5 miles on the bike and each station provided water, Pepsi, Gatorade, Bananas, Cookies and sandwiches. Each rider commenced the ride with two bottles and these were replaced at the aid stations. I drank water and Pepsi and during the ride consumed 20 bananas, 12 cookies, 2 sandwiches, 4 litres of water and 2 litres of Pepsi. The eating and drinking help to take your mind off the pain.

With approx. 30 minutes of riding left Mark Allen went running past in the opposite direction. He had already covered 6 miles of the marathon and looked a certain winner. Defending champion Dave Scott was nowhere in sight and neither was last year's runner up Scott Tinley. (Scott is a good name to have if you are interested in triathlons.) Eventually they both came running past followed by a procession of runners as I headed for the parking lot of the Kona Surf Hotel - the changeover point.

Getting off the bike after 6 hours and 15 mins. is an experience all on its own and a great preparation for a marathon. I felt as if the bike seat came off the bike with me and in fact I could have sworn that it was still attached to me for at least the next two hours.

During the change which took about 5 mins. I had a talk with fellow Australian, Greg Miller, who despite a fall and cramps was ready to attack? the run. Greg is a 2.40 marathoner so I waved him farewell and commenced the long haul to the finish line.

After running out of the parking lot - some 150 yards - I felt I had hit the wall and I still had 26 miles to go. Why was I doing this was a recurring question at this time. After leaving the parking lot, the runners are faced with a hill of similar gradient to River Road Lane Cove which rises for approximately 1000m. Most people walk this hill but yours truly ran up it, not because I was feeling good but because I was so scared that if I walked I could not start running again. It was at this stage that I came aware of the temperature. The wind had dropped, there was no shade and the mercury had climbed to 105 degrees. Aid stations were set every mile and at each station I consumed approximately ½ litre of water. I occasionally had a glass of Pepsi and water mixed and had one glass of Gatorade. I did not eat at all during the run - 20 bananas in a day is enough for anyone. My plan had been to try and run eight minute miles but it became apparent very quickly that was not possible and I settled into a nine minute mile pace which I managed to hold for most of the run.

On the way to the turnaround, the leaders began to go past and I was amazed to see that Dave Scott had now taken over the lead and was some 25 minutes ahead of Scott Tinley. Mark Allen, the previous leader, had slowed to a walk and was no in fifth place. It was great to see Warren Buchan from Cronulla, Rick Herring from Surfers Paradise and Chris Wooldridge from Randwick up with the leaders at this stage. Warren Buchan was in the top 10 at the end of the bike but his great effort in that leg combined with the heat were taking their toll and he looked like I felt as we passed each other. At this point I was about 55 minutes behind him.

I found that the hardest part of the race was the three mile section leading up to the turnaround point. This point comes up 18 miles into the run and I just felt I was never going to get there. After the turnaround, things began to improve, the temperature began to drop and you get to see who is behind you and how far away they are - this can also be depressing if they are looking strong.

The last two miles of the run includes a steep downhill section which does wonders for your quads. However, the crowds are out in force at this stage and the cheers make you forget the pain and I found that I was actually able to sprint the last 200m to the line.

Finishing is a very emotional experience. There are some 3000 people at the finish line, your name and country is announced over the PA System and as soon as you cross the line you realise it was all worth it. After finishing, you are presented with a finisher's medal and the coveted finisher's T shirt before being whisked off to the recovery area where you receive a 20 minute massage followed by as much beer, water, Pepsi etc. you can drink. Medical assistance is provided for anyone needing it. This year, because of the heat some 250 starters failed to complete the event, the highest dropout percentage to date and for the first time the medical tent ran out of IV drips.

As far as results are concerned, Dave Scott won the event for the fourth time in 8.54.02 a new record and over 11 minutes under his previous record. The amazing thing is that he ran the marathon in 2hrs 52min and he looked as if he could go straight out and do it all over again. He is the first runner to break the 3 hour barrier and he was some 20 minutes ahead of the next fastest runner. Scott Tinley was second again in 9.18.45 and Grant Boswell third in 9.23.55. Of the Australian contingent, Warren Buchan was a very creditable 26th in 10.23.13, Rick Herring (40) 10.34.17, Chris Wooldridge (42) 10.37.11, Tim O'Shaughnessy - of City to Surf fame - (58) in 10.46.33. Greg Miller (76) 11.00.22 was the only other Australian to feature in the top 100. Bill Roney won the 45-49 age category with an excellent time of 11.19.48 and I came in some six minutes behind him in 11.25.36. Russell Black despite cramps in both the bike and run section finished strongly to record 12.46.00. This was a little slower than Russell's 1983 effort in the same event but an excellent performance just the same.

Sylvianne Puntous from Canada was the first female home in a record time of 10.25.13 closely followed by her twin sister Patricia in 10.27.28. Pauline Gable was Australia's first female finishing in a very creditable 13.05.00.

For those statistically minded members the following may be of some interest.

1150 started the race, 905 finished.

The aid stations were manned by more than 3000 volunteers who spent upwards of 17 hours working at their assigned station.

50,000lbs of ice were used to cool drinks at the aid stations etc.

10,000lbs of bananas were consumed.

\$4.2 million were injected into the Kona economy during the period leading up to and including the day of the race.

Over 8000 people made application to enter the event. In 1985 it will be necessary to meet qualifying times to ensure entry. These times are as follows:

	Men	Women
18-24	11.20	11.30
25-29	11.05	11.45
30-34	11.20	12.15
35-39	11.35	12.15
40-44	12.15	13.15
45-49	12.30	15.00
50-54	13.15	17.00
55-59	15.30	17.00
60+	16.15	17.00

Fortunately or unfortunately, I have qualified for next year's event and now have 6 months to think about what I plan to do. For those interested in qualifying for next year's event, the following is a summary of my training programme for the 26 weeks preceding the event. During this period I averaged the following weekly distances.

Swimming	11.6k
Cycling	345k
Running	88.5k

My swimming training consisted of swimming with a squad and doing one 4k swim per week. My cycling included 10 x 100 mile rides all from Sydney to Wollongong and back via Mt. Ousley and my running, thanks to Alex Hamill, Bryce Courtenay, Alistair Mackie and Nick Reed, consisted of long runs on Saturday and Wednesday mornings. I missed two days training out of the 183 possible days during this time.

Having successfully completed the event I feel that it was very worthwhile and that the training schedule I adopted was very satisfactory. This is an event anyone can do provided they can spare 20 odd hours per week for six months to train. If you do decide to do it don't tell your Bank Manager and hope that, like me, you have a very understanding wife and daughter.

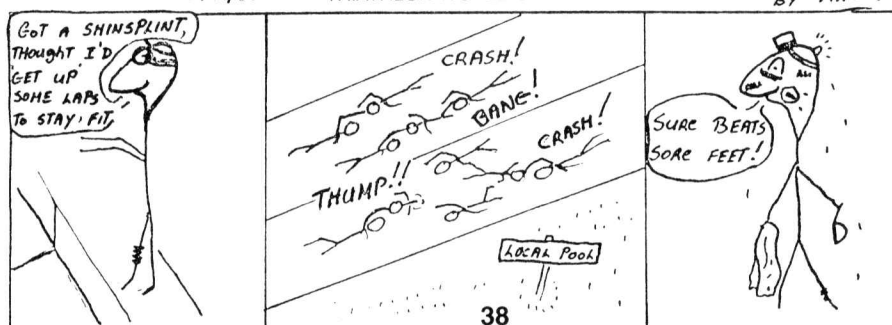
Harry Turner

IRONMAN

TRIATHLON WORLD CHAMPIONSHIP

SID STRYDER

BY HACK.



NEW MEMBER PROFILE

LESLEY KIMBERLEY

The international influence on Sydney Striders has been further enhanced by Lesley who came from Northern Ireland to Australia 15 years ago. She is also a most worthy acquisition to the Striders' ranks, having been the second lady to finish in the Campbelltown and Lake Gillawarna Marathons this year and third in the Cities and Sydney Marathons. In all, she has competed in six Marathons in 1984, with a best time of 3 hours 21 minutes in the Cities Marathon, and she has good performances in shorter events too, including the first lady to finish in the Mount Pritchard $\frac{1}{2}$ Marathon.

Lesley, aged 40, basically looks to her running to keep fit, although she is obviously competitive by nature. Living at Avalon close to the ocean, she does much of her training on the beach. Perhaps remarkably she only took up running 18 months ago but had probably developed a level of fitness through spending years in the bush mustering cattle, etc.

Apart from her running, Lesley's time is taken up with work as an Accountant, and her family comprising husband (Australian) and one son.

CITIES MARATHON - 19th August

BERNIE KING	3.01	
LESLEY KIMBERLEY	3.21 (P.B.)	- 3rd Female
DOT SIEPMANN	3.25.43	- 1st Local Female

* * * *

SUB 2.40 MALES

1. Tony McCall	- Gold Coast	- 2.33.25
2. Robert Harrison	- Canberra	- 2.33.36
3. Keith Canard	- Tamworth	- 2.36.32
4. Ian Bowden	- Big M	- 2.38.00
5. Tony Healy	- Wang	- 2.38.11
6. Canard (2)	- State	- 2.39.04
7. Bowden (2)	- Wang	- 2.39.06

SUB 3.20 FEMALES

1. Sue Hill	- Wang	- 2.59.15
2. Hill (2)	- Fletcher (NZL)	- 3.01.31
3. Hill (3)	- Fiji	- 3.03.15
4. Hill (4)	- Canberra	- 3.05.18
5. Dot Siepmann	- Big M	- 3.16.51
6. Lynne Evans	- Canberra	- 3.18.59

I've always desired to run in large marathons in Australia. The Adelaide Marathon particularly appealed to me this year because Adelaide is one of the few large cities in Australia that I haven't visited before.

Apart from having run a "training" marathon two weeks before (the Lake Gillawarna), I hadn't done any special preparation for this marathon. As I have already missed my p.b. in three consecutive marathons since the Wang, I could only wish that luck would fall upon me this time.

The organisation of the marathon was magnificent in every respect. There were plenty of toilets at the start. Drink stations were available at every 2 to 3 km. Hot water showers were available for everyone at the finish. Most significantly, the organizers and spectators have helped to create a magic atmosphere for the race. I could hear people shouting to me "Go, Sydney Striders" throughout the race. Unfortunately, the weather was not too ideal for race day. The buffeting and swirling winds slowed us down a little bit.

I was pleased to find a few of the Striders, Sue Thompson, Merri Mack, Robi Hanock, Peter Keeble and Paul Russell also at the start. As the course was more or less an out-and-back one, I saw each of them at least once in the race. In fact, I had been running very close to Peter Keeble for the first 25 km. The extra bit of encouragement from the Striders was very helpful to me in such a gruelling challenge.

Although my time for the first half (92½ minutes) was 1 minute slower than that of my previous best marathon, the Wang, I was able to run the second half more than 3½ minutes faster. I completed the course in 3.08.6 and achieved my third p.b. for the marathon this year by more than 2 minutes.

As I was lining up for the presentation of medals, another Strider, Peter Keeble, crossed the finish in 3.11. He improved his time by more than 4 minutes. Another p.b. was achieved by Sue Thompson, who finished the course in 4.16 and improved her time by more than 45 minutes. After such a hard struggle, it was good to have someone to share with you the sweet reward of p.b.



SYDNEY MARATHON CLINIC

ROAD RACES FOR NOVEMBER AND DECEMBER 1984

NOVEMBER - Postponed to 25th November 1984 - still 25 km.
18th November will now be a training day at Rosford Street

DECEMBER - Distance altered to 21.1 km from 30 km due to popular demand

NEW PROGRAMME IS: 25th November - 25.0 km
16th December - 21.1 km

by Merri Mack.

Before leaving for Noumea, Roger Wellings from SPORTSWELL (the group I was travelling with to this Marathon) had given me the previous year's results. After a quick look, I had worked out my average marathon time for 1984 would have brought me in in 2nd place in 1983, so I gave up any semblance of training and just decided to enjoy the experience - confident a place awaited me. That was the first big miscalculation, the second being that I was induced to run for N.S.W. in the Adelaide Festival Marathon just 2 weeks before Noumea - on my no training for a marathon schedule, that sealed my fate in no uncertain way - hope you like the excuses so far!!!

Regardless of running a personal worst for 1984 in the time of 3-37.37 and coming in 8th out of 9 female starters, going to Noumea and being part of this marathon was a very positive experience. Lonely of course, I kept expecting Kar Wong to appear, but when he failed to materialise, I knew I was the only Sydney Strider. Next year on July 21st, I hope the green and white are dominating colours.

This marathon is really a joint venture by the French and the Japanese and surprisingly works out very well. There is a half-marathon and a 7km race held in conjunction with the marathon, so the net result is about 3,500 people are lined up on the Anse Vota Racecourse (Horse) waiting to be set on their way. We marathoners had the privilege of being first on the grid, but by the time we were at the end of the straight, all divisions were well intermingled.

The course was extremely picturesque and at various loops and turn-arounds, we had a chance to see the leaders coming towards us and then the competitors coming behind, so it was never boring. The temperature never rose above 22° and most of the time we were fanned by breezes from the sea.

The Japanese had brought a strong contingent for all races, and filled both first places in the Male and Female sections of the marathon. Our Aussies weren't completely disgraced - Gary Hand 5th (2:30.27), Ian Minto 8th (2:32.25) Annette Perkins 4th (3:03.19) in the marathon, whilst Dave Chettle was 6th in the Half, and Dick Telford won the 7kms. Local hero Alain Lazare was first in the Half-marathon.

We were all given a medal after finishing, and that night attended the official presentation where most of us received prizes and trophies and more medals - some of us are still uncertain why we were winning!! Most Australians hobbled to the stage, sporting assortments of sticking plaster and looked a proper sight compared to the neatly uniformed Japanese.

I was fortunate to attend two more official functions as a guest of the Marathon Committee and have come away with the sincere desire to promote this marathon. They are hoping it will grow in recognition and participation. Runners needs are a paramount consideration. If any of you want a beautiful holiday and a good friendly marathon to run in, be there next year on July 21st - you will ~~xxx~~ probably win a prize too!!!!!!

INTERCLUB CHALLENGE

by Steve Cornelius

Stop Press, October 28: For the first time ever, Striders accepted the invitation of Western Districts Joggers and Harriers to compete in their 10 kilometre Inter-Club Challenge, around the Gillawarna Recreation Area near Bankstown. A total of nine clubs fronted up, including the hosts. Wests perhaps had the largest representation, but somewhere between 30 and 40 Striders formed a considerable "grasshopper colony" at the start. Other clubs involved were the Marathon Clinic, Mount Pritchard, Campbelltown, West Road Runners, Woodstock, and two teams from major banking groups. While we didn't quite manage to win the trophy, Striders certainly proved to be adaptable enough to run shorter distances. As Bryce Courtenay commented when it was announced we'd come second, "Not bad for a marathon club".

We congratulate the hosts, Western Districts, on winning the trophy for the umpteenth consecutive year. Wests' win is due partially to the fact that they have some classy runners over 10km (and over every distance, if it comes to that) and partially to their solid representation in the field. This event, more than any other, is a "numbers game". Everyone in the first 100 across the line is awarded points for their club (100 for 1st, 99 for 2nd etc, down to 1 point for the 100th finisher). So the bigger your team, the better your chances.

Of the 5,050 available points, Wests accumulated over 1,600, Striders 1,100-plus, and Sydney Marathon Clinic were 3rd with just under 1,000. This points distribution suggests that these three major clubs probably accounted for three-quarters of the 100 point-scoring finishers, probably 20 of whom were Striders. A fine effort by all the grasshoppers who turned up to run what is a far cry from our favourite distance. Bill Flanagan, Alistair Mackie, Bill White and the writer ran with hangovers, and Nobby "Ultra" Young decided the distance was too much for him and opted to wield the stop-watch instead.

The most stunning individual performance was a surprise outright win by a brand new member of Sydney Striders, Bernie "Exocet" Corden. Bernie, brother of Strider Ron Corden, has only very recently migrated from England (sponsored by his brother). He was obviously inspired by the deeds of Godfrey Franz and Derek Liebenberg, recent arrivals from South Africa, whose first three acts after arrival at Mascot Airport were (1) join Striders (2) put their boots on (3) win something, in that order.

Bernie, whose only marathon (he turned out while on holiday in Vancouver to take 4th place in their marathon) was a 2:23 effort, tore the opposition apart. Considering that the opposition included the notable Horst Wegner, Bernie set a few Western mouths agape by breaking the course record. His time was somewhere in the 31:45 range, which for a hilly 10km course is certainly not slouching along. Do you get the impression he'll be picking up a medal or two in 1985?

Once again, thanks to all the Striders who turned up. Most agreed they'd enjoyed the event, and it's on the cards that we could mount an even more serious challenge for this trophy next year. We hope the team photo Terry McIver took turns out OK; sorry about the lens, Terry, I did tell Bryce Courtenay and Alex Hamill not to stand in the front row, but they never listen to a word I say.

Race Results

LIVERPOOL HOSPITAL APEX FUN RUN - "10 KM"+

Saturday, 13th October 1.30 p.m. Conditions - Stinking Hot

1. Danny Boltz

STRIDERS

Ken Wylie - 38.10
Bill Flanagan - 40.28
Russell Hammond
Derek White
Bill McCrindle
Denise McCarthy - 67.28

PRINCE OF WALES TO PRINCE HENRY HOSPITAL RUN - 8 KM

STRIDERS

David McCormack 27.03
Ken Wylie 27.07
Ray Doran 27.17
Robert Caplice 27.19
Mick Edwards 28.35
Tony Vipond 30.02

FIJI INTERNATIONAL MARATHON - September 9th

1st Woman - Sue Hill - 3.03.15

BATHURST EDGELL JOG - 8 KM - September 23rd

3rd Vet. Bernie King

GOSFORD TO TERRIGAL - 11 KM - August 19th

G. Deacon - 48.37

BRIDGE TO BREAKERS - 14 KM - August 26th

K. Wylie - 48.21
D. Yates - 55.50
L. Kimberley - 57.29 (1st female 31-40)

A.A.A. EVENTS

Personal Best Twilight Meets (distance events)

A.A.A. registered athletes only permitted to enter
Contact the Secretary - Dot Flanagan -

All events at Sydney Athletic Field - starting times approximate -

Wednesday, December 5th

M+W 800m 6.25 p.m.
M+W 3,000m 6.55 p.m.

Wednesday, December 12th

M+W 1,500m 6.50 p.m.
M 2,000m steeple 7.15 p.m.

Wednesday, January 9th

M+W 2 mile 7.00 p.m.

Wednesday, February 13th

M+W 10,000m 6.50 p.m.
M 3,000m steeple 6.20 p.m.

Wednesday, February 27th

M+W 800m 6.30 p.m.
M+W 5,000m 7.10 p.m.

Wednesday, March 6th

M 5,000m 6.50 p.m.
W 3,000m 6.50 p.m.

More information Summer Handbook '84-'85 Available from Dot Flanagan.

* * * *

N.S.W. 1 Mile Championships 9th and 10th March

* * * *



RESULTS

INTERCLUB CHALLENGE 10k - October 28th

STRIDERS

1. Bernard Corden 31.49
2. Ian Bowden 34.05
3. Bill Flanagan 34.54
4. Ken Wylie 34.56

TEAMS

1. WDJ&H 1606 points
2. Striders 1113
3. Marathon Clinic 929
4. Campbelltown Joggers 495

(See page 42 for Race Review)

TRIATHLON AND MULTISPORT FIXTURES - 1984/85

EVENT - CONTACT	DATE	DETAILS	VENUE
Oatley Aquathon Doug Street 344.8999 533.3400	Dec. 8 8.30am	Run - 5K Swim - 800M	OATLEY PARK
Kyeemagh Aquathon Doug Street - 344.8999 533.3400	Jan. 20 8.30am	Run - 5K Swim - 800M	KYEEMAGH BOTANY BAY
Oatley Aquathon Doug Street - 344.8999 533.3400	Feb. 3rd	Run - 5K Swim - 800M	OATLEY PARK
NSW Aquathon Championships (Oatley) Doug Street - 344.8999 533.3400	Mar. 3rd 7.00am	Run - 5K Swim - 800M	OATLEY
Sydney Triathlon Paul Stone - P.O. Box 360 Maroubra, 2035	Mar. 3	Swim - 2.1K Ride - 56K Run - 21K	NARRABEEN LAKES
Royal National Park Tri- athlon-NSW Championships Barry Bulmer - 5206774	Mar. 17	Swim - 2K Ride - 80K Run - 20K	ROYAL NATIONAL PARK - AUDLEY.
Leisure Coast Triathlon Owen Kreillis (042)293367	Mar. 31	Swim - 1.6K Ride - 32K Run - 12K	LAKE ILLAWARRA
Tooheys Great Lake International Triathlon Details later.	Apr. 20	Swim - 3.8K Cycle - 179K Run - 42K	FORSTER
Sutherland Tri Marathon Ian Toll	Apr. 27	Details later	CRONULLA/ ELOURA.

Friday, 30 November, 1984

Clancy Auditorium, University of NSW, Kensington
Public Seminar, 8.15 p.m.

"CAN EXERCISE PREVENT CORONARY HEART DISEASE?
- HOW COULD JAMES FIXX GET IT SO WRONG?
OR DID HE?"

A Public Seminar for those who feel they have been doing the
right thing, but now are not so sure.

CHAIRMAN: Robin Williams, Executive Producer, ABC Science Show

PANEL: includes Dr. Terry Dwyer

Tickets at door - \$4.00

Enquiries:- Mr. C. P. Moess,
Centre for Continuing Medical Education

Phone 697-3061
697-3060

Marathon Ladder

NAME	CAT	TIME	PLACE	DATE	TIME	PLACE/YEAR
=====	===	=====	=====	=====	=====	=====
GODFREY FRANK	OO	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
TONY MCCALL	PP	2.33.25	GOLD COAST	08/84		
ROBERT HARRISON		2.33.36	CANBERRA	04/84		
WIN AHLMANN		2.35.59	ACT DIY	12/83		
BILL FLANAGAN	OO	2.36.47	CANBERRA	04/82		
NEIL PLEVEY	PO	2.37.24	NSW STATE	06/82		
DAVID COX	PO	2.37.52	CANBERRA	04/82		
IAN BOWDEN	OO	2.38.00	BIG M	10/84		
TONY HEALY	OO	2.38.11	AUSTRALIAN	06/84		
FRANK BRANDON	VV	2.40.04	NSW STATE	05/84		
BOB MACDO	PP	2.40.11	AUSTRALIAN	06/84		
COLIN CHAMBERLAIN	PP	2.41.19	AUSTRALIAN	06/84		
STUART GREAVES	OO	2.41.21	BIG M	10/82		
NIGEL HADGKISS	PP	2.41.44	CAMPBELLTOWN	07/84		
WAYNE STANTON	OO	2.43.06	BIG M	10/84		
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		
KEN WYLIE	PO	2.45.54	CANBERRA	04/84		
IVAN FREYS	PP	2.46.54	CANBERRA	04/84		
RON FEENEY	OO	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	OO	2.48.53	SYDNEY	09/83		
EVAN MILLAR	PP	2.49.02	CAMPBELLTOWN	07/84		
ALISTAIR MACKIE	PP	2.49.23	BIG M	10/84		
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	VP	2.50.37	GILLAWARNA	08/83		
ALAN FARRELL	VV	2.51.07	CANBERRA	04/84		
LEIGH PASCOE	PP	2.52.18	BIG M	10/84		
PEVE KNIGHT		2.52.20	AUSTRALIAN	06/83		
BERNARD COOLEY		2.53.45	CAMPBELLTOWN	05/82		
RAY DORAN	VV	2.54.10	NSW STATE	06/82		
ROD MCGILAN	PP	2.54.21	AUSTRALIAN	06/84		
DAVID DOUGLAS	VV	2.54.30	F/CITY ADELAIDE	08/83		
GRAHAM BURKE	PP	2.55.15	BIG M	10/84	2.49.54	VICTORIAN STATE 1983
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
SCOTT LAWRENCE	OO	2.56.19	AUSTRALIAN	06/84		
BERNIE KING	VV	2.56.27	AUSTRALIAN	06/84		
NOBBY YOUNG	PP	2.56.33	NSW STATE	05/84		
BRIAN LYNCH	PP	2.56.59	AUSTRALIAN	06/83		

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NAME	CAT	TIME	PLACE	DATE	TIME	PLACE/YEAR
=====	=====	=====	=====	=====	=====	=====
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	VP	3.04.52	AUSTRALIAN	06/83		
DAVID PETERSON	VV	3.04.53	NSW STATE	05/82		
ALEX HAMILL	VV	3.05.15	GILLAWARNA	08/84		
KAR WONG	PP	3.05.19	BIG M	10/84		
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		
DON PRICE	PP	3.07.04	AUSTRALIAN	06/84		
RUSSELL HAMMOND	OO	3.07.16	CANBERRA	04/83		
ROY HOWARD	VV	3.07.28	AUSTRALIAN	06/84		
BARRY BYRNES	PP	3.07.48	GILLAWARNA	08/84		
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		
MIKE FOSTER	VP	3.09.06	AUSTRALIAN	06/84		
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
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
PETER KEEBLE	MM	3.11.49	F/CITY ADELAIDE	09/84		
TERRY MCMAHON	VV	3.11.50	AUSTRALIAN	06/83		
IAN NEWLANDS	VV	3.12.18	CANBERRA	04/84		
IRWIN LIGHT	PP	3.12.31	AUSTRALIAN	06/84	3.10.38	BLUFF, RSA 1977
GARY BUCKLAND	PP	3.12.52	AUSTRALIAN	06/83		
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
GEOFF COX	OO	3.13.55	GILLAWARNA	08/84		
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		
JOHN HILL	PP	3.15.33	AUSTRALIAN	06/84		

NAME	CAT	<-BEST MARATHON AS STRIDER->		<--PRIOR TO JOINING-->	
		TIME	PLACE	DATE	TIME PLACE/YEAR
DOROTHY SIEPMANN	VVF	3.16.00	BIG M	10/84	
IAN MILLAR	PP	3.16.03	AUSTRALIAN	06/83	
TERRY MCIVER	VP	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	
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 MCCRINDIE	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	
LESLEY KIMBERLEY	VPF	3.25.59	GILLAWARNA	08/84	3.23.31 CAMPBELLTOWN 1984
CHRISTINE PORTER	PPF	3.26.14	CANBERRA	04/84	
MIKE WARD	PP	3.26.39	GILLAWARNA	08/84	
PETER HERSEY	VV	3.28.29	AUSTRALIAN	06/83	
STAN FLECK	MM	3.29.34	AUSTRALIAN	06/84	3.18.20 CANBERRA 1983
GRAHAME DEACON	PP	3.31.21	SYDNEY	09/84	3.23.43 SYDNEY 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	
MATHEW KALEY	JJ	3.39.20	BIG M	10/84	
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	
TIM WACHENFELD	PP	3.45.58	AUSTRALIAN	06/84	
TREVOR DRYSDALE	PP	3.46.10	AUSTRALIAN	06/84	
OLEG SZLICHTA	PP	3.46.15	AUSTRALIAN	06/84	
DERRICK TIMMUS	VV	3.47.09	AUSTRALIAN	06/83	
JOHN GALE		3.49.27	ADELAIDE	08/81	
MICHAEL PRINGLE	VV	3.52.20	AUSTRALIAN	06/84	
PHILIP CALDWELL	PP	3.52.32	AUSTRALIAN	06/83	
PATTI BURKE	VPF	3.54.01	CANBERRA	04/84	
PAM HAZLEWOOD	VPF	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	
OKSANA PYLYPIAK	PPF	4.18.14	AUSTRALIAN	06/84	

NAME	CAT	<-BEST MARATHON AS STRIDER->		<--PRIOR TO JOINING-->	
		TIME	PLACE	DATE	TIME PLACE/YEAR
SUE THOMSON	VVF	4.18.18	F/CITY ADELAIDE	09/84	
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	MV	4.40.08	CANBERRA	04/83	
ADAM THOMSON	JJ	4.40.18	HONOLULU	12/82	
DOROTHY FLANAGAN	VVF	4.42.56	HONOLULU	12/82	
ROBYN MURPHY	OOF	4.48.02	BIG M	10/84	
ANNE FLANAGAN	JJF	4.48.12	NSW STATE	05/83	
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
TONY DOYLE	V	2.27.26	SRI CHINMOY VIC, 1983
DEREK LIEBENBERG	P	2.30.00	SUN CUY, RSA, 1981
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
JANATHON ROBSON	O	2.55.00	AUSTRALIAN, 1983
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
CLIVE COKAYNE	V	3.11.08	CANBERRA, 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
NEVILLE MILLS	V	3.24.00	AUSTRALIAN, 1983
PETER HENRY	V	3.24.57	AUSTRALIAN, 1984
PAUL NASS	P	3.29.04	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
JOSCOH WONG	P	3.41.00	SYDNEY, 1984
JOHN HODGES	P	3.43.00	BIG M, 1983
VAL MORRISON	PF	3.48.09	BIG M, 1983
IAN WEBB		3.51.00	NSW STATE, 1981
HELEN WILSON	PF	3.55.00	VAAL, RSA, 1984
KAREN TUCK	PF	3.58.59	HONOLULU, 1983
CAROLYN WILSON	OF	4.04.49	AUSTRALIAN, 1984
JOHN ROSS	V	4.05.00	AUSTRALIAN, 1983
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
DENISE MCCARTHY	PF	4.50.00	AUSTRALIAN, 1984

STRIDERS IN TRAINING

TITLE & CONTACT	DAY/TIME	START/VENUE	COURSE
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: 922-6877	Wed. 12.15 pm or Mon.-Fri. 10k run 12.15 pm	Northern Suburbs Rugby Club	Wed: Oval Inter-vals & Fartlek in park. Mon-Fri: Cremorne Waterfront
WOODSTOCK RUNNERS Kerry Bray H: 74-9835 B: 569-7302	Tues. groups 5.50 pm 6.00 pm 6.10 pm Thur. 6 pm	Tues: Woodstock Community Centre, Church St, Burwood Thur: Campbell Oval, Canterbury Park, Princess St, C'Bury	Tues: Road runs. Thurs: Intervals & races on grass oval track
TURRAMURRA TROTTERS Alan Cole H: 46-3731	Sat. 7.00 am	Turramurra Station Car Park (off Eastern Road)	Course starts at 6.5k & builds up progressively to 15.1k. Turramurra, Wahroonga, Waitara, and Hornsby.
WESTERN DISTRICTS JOGGERS & HARRIERS	Sat. 7.30 am	Lake Gillawarna, Henry Lawson Drive (opp. Ashcroft St), Georges Hall	Through Gillawarna Park
STRIDERS' BEGINNERS' GROUP Dot Flanagan 661-4451 Sally Cornelius 427-3604	Sat. 7.00 am	Lane Cove River Pk Fullers Bridge Gate	South of River inside park

PARTICIPATING STRIDERS		DISTANCE & OTHER NOTES
Charles Coville Phil Caldwell Sam Daher Dot Flanagan Russell Hammond Laurie King	Ian 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 Kate O'Rourke	2 courses of 5k, 8k and 16k run on alternate weeks. Competitive pace.
Laurie King, Sam Daher, Merri Mack Charles Coville Gai Cunningham Robert Caplice Alan Farrell	Russell Hammond Phil Caldwell Keith Barnett 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.
Dick Bevan, Kar Wong, Cecil Ford Scott Lawrence Dennis Cooley Bill Flanagan Trevor Roberts Brian Colwell Mike Edwards, Ken Wylie, Derek White	Robyn Murphy Brian Hayden Terry McIver Frank Brandon Joan Hayden	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 Siepmann 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 Siepmann	Measured 10k each week. Handicap race 1st Saturday of each month.
Dot Flanagan Sally Cornelius Uta Cooley Susan Hill	Caroline Butler Rachel Flatt Gary McDonald Debra Stanton	Slow running pace, maximum 45 mins duration. Supportive of absolute beginners. Runners capable of faster and longer running are requested NOT to join this group.