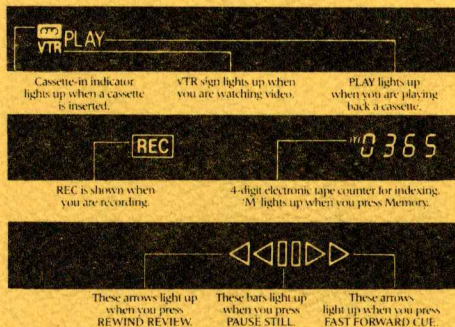


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NO 22

JANUARY/MARCH '85

Sydney Striders

Marathon and Road Runners Club



REGISTERED BY AUSTRALIA POST
PUBLICATION NBQ 5422

The Blister

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COPIES OF THE MINUTES ARE AVAILABLE FROM THE SECRETARY.

MEMBERS ARE WELCOME TO ATTEND MEETINGS - DETAILS FROM THE SECRETARY.



Sydney Striders

Marathon and Road Runners Club



Index

INDEX

Page

President's report	4
Membership, Uniforms, Social Evening	6
Editorial	7
Striders computer	9
Coffs Harbour Marathon & 1/2-Marathon - Ron Corden	10
Forthcoming Events	11
Festival City Marathon - Advertisement	12
Bathurst Marathon Trip - Bernie King	13
ULTRA'S - Steve Cornelius	14
Wednesday Evening Time-Trials - Ken O'Connor	15
Snippets	16
Honolulu Marathon - Bill Flanagan	18
International Results	20
Striders Prize Giving - Steve Cornelius	21
The 10k - A Quality Race - Scott Lawrence	23
Triathlons - My First Tri - Terry McIver	25
Sri Chimnoy is not that new Chinese joint- A.Hamill	28
Training for the Triathlon - ACHPER	29
New Member Profile - Kim McCormick	31
Palm Beach to Manly/Big M Results	32
Iron Cove Internal 1/2 Results - Steve Cornelius	33
Introducing the 1985 Committee	34
The Lake Gillawarna Photo Session	35
Handicaps for Lane Cove 1/2-Marathon	36
Weight Loss/New Member Profile - Carol Ludington	39
A new listing; Beginners' Running Group; For Sale	40
New Member Profile - Dorothy Flanagan	41
Ron the Pom; 1984 'The Best of Times'	42
The Thoughts of Nobby Young	43
Advertisement	47
Kar Wong Fan Club Bulletin - Steve Cornelius	48
9 Months in the Life of Kar Wong - Bill Flanagan	49
AAA Events	50
The Magic Running Shoes - Laurie King	51
New Member Profile - Kim McCormick	52
Living in Canberra Outward Bound Style- R. Murphy	53
It's Quality that counts - Michael Bayles	54
New Member Profile - Kim McCormick	54
Sydney Road Running Alive and Well	55
Old. Report - Tony McCall	57
P.B.'s Made Easy - Dorothy Flanagan	58
Australia Day Festival 10km Results	59
Marathon Ladder	60
Striders in Training	64
Advertisement	67



PRESIDENT'S REPORT

I have to admit to feeling somewhat of a fraud, writing a President's Letter when I'm not only not Club President, but not even on the Committee. Carol Ludington kindly took over the "Hot Seat" on February 10th, and becomes the first woman, first veteran and first Australian-born Striders' President. (Incidentally, as Charles Coville pointed out, she's also the first without a beard, if that has any relevance to anything at all).

I feel sure Carol will do a tremendous job as President - her hard work as Membership Secretary during 1984 showed a great talent for attention to detail, besides which she seems to make a point of knowing every single member personally. This is a feat I never achieved, and I take this opportunity to apologise to all those members I have habitually addressed as "G'day, ah, um".

At this time of year, we usually find that a small percentage of our members don't renew their subscriptions for one reason or another. Mostly they're members who have moved away from Sydney (although a surprisingly high number of these do remain members, even overseas), or no longer in training, or injured. Only very rarely do we receive reports of members leaving through dissatisfaction with some aspect of the club, so it was particularly disturbing to hear that two members now considered Sydney Striders to be "too competitive", and did not intend to re-join.

Too competitive? My jaw dropped when I heard this. Had they been running with the same club as me for the last 12 months? Let's consider some of the facts about Sydney Striders. Firstly, and most significant, the basic weekly bread-and-butter activity of the club, the STAR run, is non-competitive. It's a supportive group activity which runners can mould to their own needs. Dozens of runners who would never dream of winning a prize at anything (like me, for example!) turn up week after week for a relaxed run simply to enjoy the scenic sights of Sydney and the good company. If you want to make a STAR run competitive, you can do so, but 95 percent don't.

Secondly, we still organise a competitive internal race on average only once every 17 weeks, compared with other clubs who race once a month or even weekly! And one of the three races we organise (the Half-Marathon Handicap) is specifically designed to favour the slower runners. We award no more medallions for these races now than we used to do 3 years ago when our membership was a third of what it is now.

Thirdly, although we still publish a Marathon Ladder and sometimes a Half-Marathon Ladder, there's no compulsion to try to excel, or to attempt improvement, or even to READ them. An old plodder like me, who only avoided dropping off the first page of the Marathon Ladder this month by the sneaky expedient of printing 7 lines per inch instead of 6, tries to think about the Ladder as little as possible!

Fourthly, we have made two significant moves recently to accomodate slower runners and to encourage them to run in a non-competitive environment. The Saturday morning Beginners' Group travels at a very relaxed pace, and the new "short STAR option" has no element of racing about it.

Fifthly, we print all the race results we can in the Blister, simply because people WHINGE IF WE DON'T! The fact that we print them is not a suggestion that everyone should be out there burning up the tarmac - it's just a simple response to a demand, because members like to see their names in print.

In fact, the whole atmosphere of Sydney Striders is one of supportiveness, friendliness and encouragement, which is the very reason we retain so many members from year to year. Maybe the two ex-members in question are confusing professionalism with competitiveness? Sorry, but we're not about to apologise for doing things well. One of the major motivations behind the club's formation in 1980 was a desire to set standards of organisation that others could aspire to. If that's competitiveness, then give me more.

I guess it just goes to prove that (to slightly paraphrase a Churchillian expression) you can't please ALL the people ALL of the time.

One of the most pleasing aspects of Sydney Striders' 1984 season has been the growth in the range of runners to whom the club now appeals. As previously mentioned, the Saturday Beginners' Group and the new STAR short option are helping to bridge the enormous gap between the round-the-block jogger and the serious distance runner. Striders are not the only club to recognise the growth of the "middle ground". Our friends at Sydney Marathon Clinic have introduced a 10-miler into their race programme by popular demand, at the expense of some of their longer races, and can be guaranteed a good turn-up for this useful distance.

It's also gratifying to see some very talented runners joining Striders during 1984. Without embarrassing people by naming names, there are now at least 3 or 4 members who have the potential to do a marathon around 2:20, and I feel sure that sub-2:30 performances will become regular events for Striders in 1985. It is for this group of runners that we have affiliated ourselves to the NSW AAA, and Striders can now compete as Registered Athletes in State and National Championships.

I'd like to express my thanks to everyone who has helped to make 1984 a good year for Sydney Striders. All the STAR hosts who have fed and watered us, all the backroom workers who put so much of their time and resources into our projects and rarely get noticed, all the Half-Marathon team who bring the club so much kudos, and in particular the 1984 Committee. It's been a pleasure to work with such a good-natured and hard-working bunch.

Our fifth anniversary year looks like being a great one in so many ways - road running is a rapidly changing scene, and Sydney Striders will have to continue to be flexible enough to cater for the (sometimes unpredictable) changes as they arrive. All my best wishes go to Carol Ludington and the 1985 Committee as they begin to take on this task.

Incidentally, I recently heard that "you have to be INVITED to join Sydney Striders" (this was in conversation at a dinner-party, with someone who didn't know of my involvement with the club). Blimey, if THAT were true, how would Nobby Young and myself ever have got in? Talking of which, I've got some serious training to do this year if I'm ever to finish an ultramarathon ahead of the cheeky little blighter. See you on the road.

Steve Cornelius

Membership

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

Leena Bamann	Joseph Loewy	Philip Morgan	Cedric Sidebottom
Ron Burke	John Mann	Sylvia Rea	Ben Stammer
Jim Campbell	Trevor Marsden	Andrew Ross	Michael Tiutinnik
Sally Cornelius	John McLennan	Ray Reid	Ian Whitfield
Phil Garvin			

The total number of renewals and new members to February 10th is 183

CLUB UNIFORM

I am pleased to let you all know that a new lot of singlets has been ordered from Spank Sportswear. Cyril Baldock, the Managing Director, has allowed me to order a minimum number so that we can test their suitability. I hope these will be available for the Nike Marathon - they'll certainly be ready for the Wang. If you require shorts or singlets for the Nike especially, I would like your orders now.

Some old stock singlets available cheaply - suitable for small lean runners.

Carol Ludington
Ph. 524-3731.



Sydney Striders

NATIONAL PANASONIC HALF MARATHON PRE-RACE DINNER

NATIONAL PANASONIC PRE-RACE TEA.

A simple tea will be held in the North Ryde High School Auditorium at 6.30 pm on Saturday, March 23rd. Many competitors from out of town and interstate have indicated their intention of attending this get-together. I would be very pleased if lots of Striders and their families could come along too, and help to make it a friendly happy gathering. If members wore their green T-shirts, it would make it easy for the others to identify us.

The cost is \$5 per person - children under 13 years free. Refreshments provided but BYO alcohol. Please let me know if you'll be there.

6

Carol Ludington
Ph 524-3731.

EDITORIAL

As happens every March, most of our thoughts are firmly fixed on a marathon P.B. at Nike or Wang (or both).

Running the STARS every Sunday with a few shorter races thrown in will certainly have you ready to go the distance, but what about tactics on the day?

The following quote sums up my feelings on the best way to run a marathon -

"The first time you feel like going, don't;
the second time you feel like going, don't;
the third time you feel like going, think about it."

This was the advice L.A. bronze medalist Charlie Spedding gave Steve Jones before his stunning 2-08.05 in Chicago.

Taking this advice to the letter, Jones waited until 19 miles before burying the opposition. Jones passed 20 miles in 1-38.27 (4.55 mile pace) then reeled off the next 6 miles between 4.42 and 4.47, running the last 10k in 29.38.

While you won't necessarily run a 2-08, I feel sure you will be more likely to reach your potential if you follow Spedding's advice, than if you start out fast and fade.

It is generally accepted that even paced running uses the body's limited energy most efficiently.

Since nearly everybody seems to start too fast, you will appear to speed up as the race goes on. The worst result from running this way is finishing with plenty of energy left. This allows you, however, to go home feeling good and highly motivated to do better next time.

Contrast this with the feeling of failure when you go out too fast, miss your time goal, and remember for months the miserable feeling of struggling in, dragging part of the Wall with you!

There have been an amazing number of super-fast marathon debuts over the past 2 years. To mention a few -

Steve Jones 2-08.05 Chicago, '84 John Tracey 2-09.56 L.A. '84
Carlos Lopes 2-08.39 Rotterdam '83 Geoff Smith 2-09.08 NYC '83.

It hasn't also been so. Former world record holder, Derek Clayton, ran his first marathon in 1963 in 3-00.02. He jokingly admits that might have been his one and only attempt had he not been so stubborn as to go back and try to break the three-hour barrier. (I'm sure a lot of us can relate to that.)

Two years later, in his second marathon, Clayton set a new Australian record with 2-22.12.

There were sharply contrasting results in two major U.S. east coast marathons recently. Striders wilted in the heat with 17,000 others in N.Y.C., where apparently not one of all the starters ran a P.B. and where P.W.'s were unfortunately the order of the day for Striders, Trevor Roberts and Peter Keeble. Two weeks later on a cooler day in Washington, D.C., P.B.'s were laid on by Striders Judy Kleinman and Brian Gatfield.

A quote I find difficulty in relating to is from Ken Martin (Lisa's husband) after his 2-11.24 winning debut in Sacramento - "I felt great until I stopped."

7

Do ultra-marathoners return to being mere mortals over Christmas/New Year? Nobby Young and Laurie King appear to. Both slept in and missed the Palm Beach to Manly race. Maybe they'd stayed up late writing their mud slinging Blister contributions.

A special welcome to two new members of the Blister team. New Strider Kim McCormick joins our team of roving reporters, making her debut with profiles on Bernard Corden, Karen Tuck and Andrew Ross. Kate O'Rourke who herself was the subject of a new member profile recently has been helping out with the typing.

Many thanks to Robi Hancock-Russell for supplying back copies of "The Fitness Reader" for our perusal. Our committee decided last meeting to subscribe to this magazine, and we have been given permission to reprint articles. See page 29 for an article on tri-athlone.

A thought to keep in mind for next year's Palm Beach to Manly. Four people sharing a taxi up to the start seems to be the best way to go. A few Striders got stuck in the beach traffic when trekking back to get their cars. With the entry fee of only \$1, it is still a cheap run even on top of a \$5 taxi fare each.

Get a coloured race results sheet from near the notice board at STARS. Return to me with all of your results by May 28 for the next Blister.

With increasing numbers turning up at STARS, it's hard to get to know everyone. Name tags have helped solve this problem. Get yours from Dorothy Flanagan - 50¢, or, with your name inscribed \$1.

Silly question of the Year - "Do you train much?" reporter to Scott Tinley after he won the 2MMM triathlon.

A great idea from Trevor Roberts. Bring your old running magazines to the STARS, instead of throwing them out. Throw them instead in the box next to the notice board, and let fellow members take them for a donation to the club.

Striders Kar Wong and Graham Butler obviously didn't have the patience to wait for the generally accepted start of the marathon season. They jetted their ways to Hobart and Auckland respectively and thus head the Striders "1985 Best of Times Rankings". If this sort of thing keeps up, some cagey members will be looking for a New Year's Day Marathon. With the final "1984 Best of Times Rankings" on page 42 here's the 1985 ranking as at February 15 -

1. Kar Wong Hobart 3-08.00
2. Graham Butler Auckland 3-35

Harry Turner and Russell Black are at the moment the only Striders to complete the classic Ironman Triathlon distances of 2.4 mile swim, 112 mile cycle, and 26.2 mile run. It seems, however, that at this stage there are another four who might join them in Forster on April 20 for the Tooheys Great Lakes International Triathlon. Good luck to all.

With 9 of the 27 starters being Striders, last year's D.I.R. triathlon almost became an internal event. All agreed it was a great introduction to the sport. Those Striders wishing to dabble in triathlons could do a lot worse than make the D.I.R. their first. See Terry McIver's report of last year's race on page 25.

Ivan Freys reports that during his recent 6-week stay in Goulburn, he found an active running scene. Any Strider travelling to Goulburn will be made welcome by the Goulburn Distance Runners. Contact Darrell Spence - 048-21-5436.

This edition of the Blister has a few more features, mostly resulting from last year's survey. You will notice more information on forthcoming events, training, triathlons and ultramarathons. As from the next issue, Harry Turner will be our triathlon roving reporter, while Steve Cornelius starts his ultra features in this issue. Thanks to Alex Hamill and all contributors to this issue. I would appreciate more feedback from you on your thoughts and suggestions for the Blister.

The next issue of the Blister (No.23) will be the fifth anniversary edition. Don't be backward in coming forward with contributions! Race results and photos should be in by May 28. Deadline for other items is June 2, one week before the Wang marathon.

Bill Flanagan

EDITOR

STRIDERS COMPUTER

During 1985, Sydney Striders will purchase the computer on which the club database is currently maintained. The purchase has been recommended by a computer professional within the club, and is prompted by a number of motives.

Firstly, the Half-Marathon organising committee experienced some difficulty this year in obtaining the use of a suitable computer for processing race-entries, and need to be assured that there will not be similar "near misses" in the future. In addition, the everyday running of the club now involves a considerable amount of clerical work, which would be multiplied many times over if the services of a computer were not available. A simple example is the production of a set of mailing-labels; compare the effort required in manually typing 270 labels with the thirty seconds required to set up the computer and printer for a five-minute label-run (and compare the accuracy afterwards).

The computer is a 128k Sirius 1, with twin floppy-drives of 1.2 mb capacity. The letter-quality printer is a C.Itoh F10/40. Striders will purchase the unit from Steve and Sally Cornelius in 12 monthly instalments, ending in Jan 1986.

During the next 12 months, Steve Cornelius will retain the computer and continue to maintain the club database. During this time, he has undertaken to upgrade the dBase software which currently produces our Marathon Ladder, mailing-lists etc. He will also train a person nominated by the Club Committee in the use of the Wordstar (word-processing) and dBase (database) programs.

It is envisaged that this person should commence learning the necessary skills around the middle of 1985, with a view to taking over as the club's Database Operator in January 1986. Subsequently, the computer will be kept in his/her home. Applications are invited by the Committee from persons interested in taking on this position, which is unpaid but bears the perk of having a fairly capable business microcomputer in your own home. Computer knowledge is NOT necessary - some typing skills would help, but the most important attributes would be an orderly mind (possibly verging on the pedantic) and a commitment to continue as the club's computer operator for a reasonable period of time.

The job will NOT entail processing Striders' Half-Marathon entries. If it should be necessary to use the computer for this purpose in 1986 or subsequent years, it would be temporarily "borrowed" by the Half-Marathon Computer Manager appointed by the Committee, and returned after the event.

BANANA COAST MARAC MARATHON AND ½ MARATHON

COFFS HARBOUR - 4TH NOVEMBER

RON CORDEN

Three Striders (so far as I know) made the journey North for this friendly and unassuming event, Kar Wong to run the full distance (his 9th Marathon since April!), I and my newly-arrived brother, Bernard to have a crack at the boys' event. On the Saturday we were treated to a torrential down-pour which cleared the rather humid air just nicely for a 5 a.m. start on Sunday. We overnighted in a caravan park and rose stealthily at 4 to breakfast lightly and head for the torture chamber at 4.30. The start was slightly delayed while the course marshall found out how to operate the flashing lights of the car and we eventually set off at 5.03 under a starlit sky in virtually ideal conditions.

The course is round a 7 kms tortuous circuit of Coffs Harbour with one solitary hill thrown in to cast doubts on the legitimacy of the birth of the person who set it. Apart from the hill it is very flat. Bernard took an early lead and was about two minutes clear at 7 kms which he gradually increased to finish 5 minutes ahead of the next man in 71.37. I plodded along in his slipstream to record 82.10 which, to my surprise, took out the over-40 section of the prize list: maybe I was the only one running. We rushed off for a quick shower and came back again to urge on the Marathon men. Eventually, the winner was Andrew Dracki (believe it or not, another South African runner!) in 2.35.24. I spoke to him after the event and he tells me he is not yet in a club. He is an Ultra-man having done the Comrades a couple of times.

Kar came in looking quite fresh, no doubt as a result of so much practice, with 3.10 and some seconds. The rest of the field spread out from there to 4 hours plus, with some worthy runs by a couple of the women competitors. A quick body-count ensured that no-one had collapsed en-route and we all had a buffet breakfast of sandwiches, fruit, tea or coffee before the prize presentation. Production of the certificates was all ultra-modern with a plugged-in micro churning out the finishing list complete with split times, placing and overall time. The only thing that was wrong was the engraving on my trophy which said 'Winner of the Under-40' age group'. Naturally that will be given pride of place on the shelf.

All-in-all it was a well-run event, albeit a bit short on course marshalls to direct the runners around a not-easy-to-follow course. Kar put in an extra 200 metres as a result of going straight on when he should have turned left. Fortunately he was recalled by another runner. Had he not been I think he would be somewhere in the middle of Newcastle by now. That misfortune cost him a 3.9 instead of his 3.10 but it was the sort of an event where friendliness took precedence over times and I am certainly going to make the trip next year.

COFFS HARBOUR MARATHON & HALF-MARATHON

Half-marathon

1. Bernard Corden 1-11.37
8. Ron Corden 1-22.10

Marathon 10
Kar Wong 3-10.21

FORTHCOMING EVENTS

1984 APPROX. NO.
OF STRIDERS FINISHERS

1985 FIXTURES

March 24	-	National Panasonic ½ Marathon	-
April 14	-	Nike - ACT Marathon	72
April 25	-	NSW State Marathon	27
May 12	-	South Coast Marathon/Half Marathon - Wollongong/Albion Park	-
May 18	-	Sutherland ½ Marathon - Audley	20
May 26	-	Mt. Pritchard ½ Marathon	-
June 9	-	Wang Australian Marathon	102
July 13	-	Bathurst Marathon + ½ Marathon	5
July 21	-	Campbelltown Marathon	11
August 4	-	City to Surf	55
August 11	-	Lake Gillawarna Marathon + ½ Marathon	43
August 18	-	Cities Marathon (Sydney to Blacktown)	3
August 25	-	Festival City Marathon - Adelaide	5
Sept. 8	-	Sydney Marathon	17
Oct. 13	-	Big M Melbourne	12

Dear Sir

Letter to the Editor

The Central Coast Leagues Club and the Central Coast Express Newspaper will be holding the 2nd annual Runners Expo, Seminar and fun run on the weekend of May 31st, June 1st and 2nd, 1985.

The activities fall into 3 main categories and will be held at the Central Coast Leagues Club which in 1984 was voted Club of the Year:

- (1) THE EXPO - Which will be held on the Friday night and Saturday 31st May and 1st June. We will display as many goods and services for runners as we can gather together. Last year we had 13 major displays and attendance was in excess of 1500 people.
- (2) THE SEMINAR - A Seminar to be held on the Saturday night 1st June. We have a prominent Sports Scientist, Coach and Athlete speaking. This will also be run at the Central Coast Leagues Club.
- (3) THE BAY TO BREAKERS FUN RUN - Is to be held on the Sunday 2nd June. It is an annual fun run from Gosford to Terrigal, a distance of 11 km. We expect in excess of 2 000 starters. This is a major event in the runners fun run calendar and receives extensive coverage through newspapers and radio. This year we have the privilege of being associated with the Bay to Breakers fun run which has been going for the past 8 years and has a major following. It will be one of the main highlights of the weekend.

I feel sure that yourself and your fellow running club enthusiasts will be keen to support us this year by competing in the events.

Would you be able to mention the details in your newsletter. I will keep you informed with further developments.

Yours faithfully

Jim McAtamney *Mike Aiken*

Jim McAtamney and Mike Aiken
CO-ORDINATORS

Run South Australia

Enjoy!



Adelaide's International Festival City Marathon August 25, 1985

THE FESTIVAL CITY MARATHON — totally Traffic Free and supported by the State Government and City Corporations. The course is a standard circuit type, through the heart of the city and parklands, with 2 out and back sections. "The best marathon course by far in Australia" says Terry O'Halloran, editor "Australian Runner". Average maximum August temperature is 18°C (race time temp. range 10° — 15°C typically), humidity low. We've earned our reputation as Australia's *Friendliest Marathon* (this will be our 7th Marathon). We are also Australia's *premier women's marathon* in both quality and participation.

INTERNATIONAL TEAMS CUP — a unique event in the world of marathons — a team competition of elite men and women.

PLUS all the services and attractions you've come to expect from a top international marathon (our carbo party is the equal of Honolulu's!).

1984 MARATHON RESULTS (1842 entrants) — Steve Poulton (NSW) 2.20.23 1st Man; Gill Dunning (NZL) 2.46.31 1st Woman; Robert Turner (SA) 2.20.01 1st Wheelchair.

ENTRY FORMS — Available April 1985.

VIDEO — Professionally produced 25 minute programme is available on FREE LOAN to clubs and groups. See just how fast and beautiful the new course is. Witness the superb organisation!

Organised by the South Australian Road Runners Club Inc.

G.P.O. Box 591, Adelaide, South Australia. 5001.

Telephone (08) 212 6115. Write for entry details. Entries close July 29.

In 1986, August 31, the marathon is a Major Event of South Australia's 150th Jubilee celebrations!

Member of



Association of International Marathons

AIMS

BRASS MONKEY MARATHON - BATHURST

Bathurst Marathon

(incorporating the One Ball Half Marathon) - Bernie King

In July '84, Alistair Mackie, Terry McMahon, Keith Canard, Kar Wong and I journeyed to Bathurst for the Mid West Credit Union Marathon and Half Marathon.

Naturally, there were others in the race(s) but all agreed that the gently undulating course was interesting and enjoyable. It is basically a double out and back course starting and finishing in Bathurst's main street.

This year, the race is on Saturday 13th July and we have booked a coach, motel, restaurant to make a weekend of it. In general terms, the proposed itinerary is:-

July 13	5.00 am	Depart by coach from Chatswood
	8.30 am	Arrive Bathurst - Courty Lodge Motel
	11.00 am	(it's cold) Race Start
	4.00 pm	Presentation Bathurst R.S.L.
	8.00 pm later	Dinner Sol-Y-Sombra Sleep
July 14	10.00 am	Recovery run - say 7 km - (if you need it)
	11.30 am	Depart Sydney
	3.00 pm	Arrive Chatswood.

I can recommend the course, highly recommend the restaurant and suggest that as we've only booked the coach/motel/restaurant for 45 people, then you should get in early.

\$75 per head will cover the trip, entry and t-shirt. More accurate details later.

Please watch the notice board or 'phone me on 84.7685 (home).

PS: Get in early, bookings have started.



ULTRA FIXTURES

<u>6 FOOT TRACK RACE</u> -	Jenolan Caves to Katoomba
	Very tough 42k +
	8 hr, time limit
	23rd March, 1985 - 10 am.

<u>MANLY OVAL 100 MILE TRACK RACE</u> -	Manly Oval
	24 hr time limit
	Entrants must have completed a
	50 miler in 1984/85
	6th April, 1985 - 7pm.

CONTACT FOR BOTH RACES - Ian Hutchinson
Ph. 047 58-8050 (W)
669-9292 (H)
13
or see Nobby Young

'ULTRAS'

by Steve Cornelius

A NEW RUNNING GROUP FOR STRIDERS: This page honours the formation of S.U.F. (Striders' Ultra Freaks), known colloquially as SUFFERERS. It is an informal group, firmly WITHIN the Striders club. It has no president, committee, constitution or fee. It is open to all those who have run (or are interested in running) distances in excess of the standard 42.2km marathon, and all ultramarathoners' support-crews. S.U.F. has been formed for two reasons only: (1) to share information on ultras and ultra-training; (2) to arrange group ultra training runs. Contact Steve Cornelius at STARS or on 427-3604 (mornings until 1 p.m. are best) for further info.

1985 WOLLONGONG TO SYDNEY: Tom Gillis, who organises the annual "Wollongong 50-miler" has provisionally set the date for the 1985 Wollongong-Sydney as September 1st. Don't be put off by the prospect of running up Mount Ousley (a constant incline of 5 km without a break) - in fact the northbound Ultra is the EASIER of the two directions. If you don't believe me, ask Bryce Courtenay how his legs felt.

Don't be put off either by Tom's proposed starting time of 4 a.m.! The early start has the dual effect of avoiding too much heat and giving runners an extra hour of traffic-free roads. The secret is to adjust your sleep-cycle gradually over the preceding couple of weeks. Entry fee this year, says Tom, will likely be doubled to \$10, and I wouldn't expect the organisation, on the road, at least, to vary from its normal (extremely laid-back) standard, but your \$10 will include a feed at the prize-giving ceremony later in the month.

WOLLONGONG TO SYDNEY RELAY: An innovation this year is a proposed 5-by-10-mile team relay for invited clubs. Tom proposes to start this team event an hour after the individual runners have got under way. Striders have the potential to field two excellent teams, and there is no reason why we shouldn't be the inaugural winners of this trophy. In fact, if we fielded our five fastest runners, we'd blow the opposition off the map! The hardest 10-mile leg will be the first, and includes the ascent of Mount Ousley and three more fairly dramatic hills. Keep in touch with this column for further information.

DEREK WHITE: Many apologies to Derek White, who was in fact the first over-50 Strider to complete the Sydney-Wollongong. His epic journey is described in Blister #12 under the title "The way is Long to the Gong".

PRITIKIN ON ULTRAS: World-famous dietician Nathan Pritikin seems to agree there's nothing unnatural about running ultra-distances. He writes (in "The Pritikin Program"): "The healthy human on a natural diet has fantastic stamina. Australian aborigines, for example, can stalk a kangaroo all day until IT gets tired." (His emphasis).

NOBBY TAKES A "SECOND" LOOK: Undisputed SUF maestro Nobby Young will get the opposite side of the story when he acts as second for Carolyn Vaughan in this year's Sydney-to-Melbourne. She couldn't have picked a better "young" bloke.

SRI CHINMOY HITS SYDNEY: Vidagha Bennett, a member of the Sri Chinmoy group who have such an excellent reputation as race organisers, has moved from Melbourne to set up a new Sri Chinmoy meditation centre in Glebe. We look forward to some high-quality ultras when this group gets fully on its feet. A good example of Sri Chinmoy-style organisation is their provision of a personal lap-counter for EVERY runner for the duration of their 24-hour race in Adelaide! This race is now accredited as the Australian 24-hour championship, and the 1985 event will be on November 2-3.

GONGPAK: SURVIVE THE 50-MILER: Last year we produced a "Wollongong Survival Pack" full of tips and experiences for those intending to run the "Gong". The 1985 edition of "GONGPAK" (revised and improved) should be available in March. Full of ultra tips as well as some very specific information about the quirks of the Wollongong-Sydney course. Contact Steve Cornelius (427-3604).

EARLY STAR STARTS: It has been suggested that SUFFERERS could occasionally meet at STAR venues an hour early and extend the run by 10km or more (running at a fairly gentle pace, of course!). Anyone interested?

WEDNESDAY EVENING TIME TRIALS

Where are all you striders during the week?

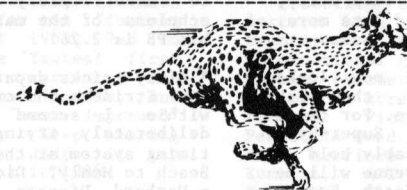
The Wednesday evening time trial needs more support if it is to survive. Recently the numbers attending have been low, partly due to the hot weather and the time of the year. Indeed, running 8ks at a fast pace has been rather tough over the last few humid February evenings. However, with cooler weather and greater support this run could be an important part of our weekly training. Indeed you could cover the 8Ks chasing the flying Scotsman Alastair Mackie who holds the course record. If you can't finish in 28 minutes, don't worry. The out and back course is marked and generally free of traffic. So you can race or amble around slowly. Recording of times is optional and after the run have a drink in the rowing club.

The Wednesday time trials were introduced in response to requests from club members and as a focus for mid-week Striders' activities. Wednesday was chosen so it would not clash with existing runs. The exception was Talay's run which was not well supported by us. Six o'clock seemed early enough to catch city workers on their way home from work.

Hopefully we will be able to build up this club run, but if numbers don't improve by early April it will be abandoned.

VENUE: DRUMMOYNE ROWING CLUB

TIME: WEDNESDAY 5.50P.M..



RACE RESULTS

EASTS RUGBY FUN RUN. 8 DECEMBER, 84

1. Ken Wylie 43.35

TWO JETTIES FUN RUN - GLENELG TO BRIGHTON S.A. 27/12/84, 8.4km

20. Terry McIver 33.15 - 4th Vet.

SNIPPETS

* PLEASE NOTE - THE NORTH HEAD STAR AND BREAKFAST AT "LE KIOSK" ON MARCH 10 HAS BEEN CANCELLED. The 100k Bed-Push to raise money for the Kids' Hospital Cancer Ward needs YOUR support on that date. This is Sydney Striders' biggest community project, and the organisers have appealed for large numbers of green-shirted runners to accompany the bed on its journey through the suburbs. YOU can tell your grandchildren you helped to raise half a million dollars for the children of Sydney. See further details elsewhere in this issue.

* Wang Australian Marathon entry forms will be out soon. Enter one of the Striders' teams by sending your entry form and cheque to the Striders' P.O. Box, marked for the attention of teams co-ordinator Ian Bowden, well in advance of the race. Prizes can be won! Ian is looking after Striders' team entries for all major races in 1985. Give him a call on 543-1896.

* For the first time ever, Striders are going to "blitz" a NSW country marathon. Last year the Bathurst Marathon and Half-Marathon got good reports from the few Striders who made the trip. The organisers are experienced in looking after long-distance runners, and Striders could this year account for 40% or 50% of the field. Bernie King, who knows more about Bathurst than most City Slickers, will take your booking for the Striders' bus-trip. Approx. \$75 will buy you transport, race entry, motel after the race, and lots more. Details elsewhere in this issue.

* Striders' 200th STAR now looks like being on 16th June, the week after the Aussie Marathon. For those recovering from the Super-Hype Marathon, we will probably hold a shortened STAR (likely venue will be Centennial Park or North Ryde), followed by liquid refreshments. The 5th anniversary of the club will also be celebrated on that day, and Bryce Courtenay is applying the full power of his imagination to designing a commemorative tee-shirt. Dave Blackhall of Westline Ford has kindly offered to shout us 200 of these tee-shirts, which will be sold at a bargain price.

* See last Calendar for Nike Canberra Marathon bus-trip details, or phone Neil Plevy on 236-1345 during business hours. But be quick! Seats will sell quickly, and the deadline (if any seats left) is March 15.

* Write 12 May into your diary. That's the day you're going for a pleasant stroll round a few of the bush-paths around the Lane Cove River (otherwise known as the Striders' Cross-Country). How about a real big turn-out at this event, for a change? Just because it's called a cross-country, it doesn't mean it's going to be tough. In fact, compared to a lot of STAR courses, our 14km cross-country is extremely mild (and scenic). Mad if you miss it. 51 of us drank enough champagne and ate enough apple turnovers for 100 people last year!

* Kar Wong, true to form, became the first Strider to run a marathon in 1985 - 3.08.18 in Hobart.

* In case you're wondering why there are TWO age categories beside all the names on the marathon ladder, the first is your age-category as at 31/12/84, and the second is your age-category at the time you ran your PB.

* Phil Garvin has become Striders' first member from the national capital. Phil is the brother of Strider Edwina Garvin, and looks set to move rapidly onto the upper echelons of the marathon ladder - his PB is 2.26!

* Dirty tricks department - were the six Striders who crossed the line within 1 second of each other deliberately trying to foul up the timing system at the end of the Palm Beach to Manly? Didn't work, fellas - Harbord Diggers are experts at race-organising from way back, and didn't turn a hair. Funny, we'd always thought Johnny Hill was such a NICE young man.

* Many congratulations to Leigh Pascoe, wooden spoon winner at the club's prizegiving. Leigh registered the smallest improvement in his marathon time during 1984 - 24 seconds, or 0.23%.

* Win Ahlmann, who ran with us for a few months during 1983/4 then maintained his membership when he returned to Germany, registered a new club record (2.26.57) in the 1984 Berlin Marathon. Win was 50th out of 7901 starters.

* Striders' 3 fastest marathoners of 1984 (Win Ahlmann, Tony McCall and Robert Harrison) are all permanently exiled (Germany, Queensland, U.K.).

* A casual observer noted a few glaring inadequacies in the organisational standards of the "harbour-swim" triathlon. Ferries and other craft zig-zagged across the swimmers' path; the marshals weren't ready to guide the leading swimmers up to the bike park (they blundered into the crowd); total confusion in the bike-park; the bike-leg started through a narrow gate, down a steep kerb, and up a hill which didn't allow cyclists to get going fluently; the road wasn't roped off, and spectators spilled out in front of the riders; after 100 metres, the riders rode into a traffic jam; roads weren't closed; most intersections weren't manned; runners couldn't find marshals to guide them across the bridge. Ah, the joys of triathloning! And who ARE the "Sydney Triathlon Committee" anyway?

* Earliest City-to-Surf PB by any Strider (that we know of, at least) is by Jim Donovan in 1973 (59.39). A total of 71 Striders admit to having run the City-to-Surf under 1 hour.

* Spare a thought for Judy Kleinman - 2nd to Sue Hill for the "fastest marathon" prize of 1984, 2nd to Patti Burke for the "fastest first marathon" trophy, currently 2nd woman on the marathon ladder, and missed out on the "most improved" trophy by a whisker. Keep wearing the Striders shirt, Judy, it may bring you better luck in 1985.

* City Slickers blitz North Coast Holiday spot. The Corden brothers left Coffs Harbour runners wondering what hit them after Bernard won the half-marathon with 5 minutes to spare and Ron took the Vets prize.

* Overseas members of Striders - send us enough \$\$\$ to cover postage of 4 Blisters and we'll consider you financial.

* The Cooranbong Half-Marathon, which had been scheduled for May 26, seems to have been cancelled owing to unforeseen difficulties. Sad to see a well-organised race disappear from the calendar, but Mount Pritchard Joggers are staging their Half-Marathon on the same day.

* Following advertisements in a "Life. Be In It" publication, the Striders' Saturday morning beginner-runners' group has increased to over 20 now. Some of its founders are now beginning to graduate to STAR runs, starting with the new 15k options.

* AAA registered athletes - please tell the club secretary first before you compete in the Inter-Club competition.

* 2 slight errors in the Outstanding Achievement Award nomination form. Sue Hill is not the only female Strider ever to have run a sub-3 marathon. Jenny Walker ran 2.57 in 1983, but is no longer a member of the club. And Bryce Courtenay is not the only over-50 Strider to finish the Sydney-Wollongong, because Derek White completed the run in 1982. Bryce is, however, the only one so far to finish within the present race time-limit.

* Congratulations to Oksana Pylypiak on her marriage - she is now known as Oksana Wainwright.

* See elsewhere in this issue for details of the Striders' Internal Handicap Half-Marathon on March 17.

* Travelling Striders please note: letters have been sent to these country, interstate and international clubs, introducing the concept of the STAR run and inviting reciprocal arrangements for visiting runners: Victorian Road Runners, Peninsula Road Runners (Vic), Heart Beat Harriers (Qld), Cairns Road Runners, ACT Cross-Country Club, Tamworth Harriers, Sri Chinmoy (Adelaide), Kempsey Joggers, Lismore District Harriers, Sri Chinmoy (Brisbane), Queensland Marathon & RRC, South Aust. Road Runners, W.A. Marathon Club, Toowoomba Road Runners, Vic. Marathon Club, Kew Camberwell (Vic), Hamilton Harriers (NZ), New York Road Runners, London Road Runners, RRA (Alabama), Road Runners of NZ, California Road Runners, Honolulu Marathon Assocn.

HONOLULU MARATHON

BILL FLANAGAN

Sunday 9th December, 1984

Jorge Gonzales of Puerto Rico won the 1984 Honolulu Marathon in 2-16.25. Californian Patti Gray was first woman (and 54th overall) in 2-42.50.

Rather than the usual heat and humidity slowing times, we had to contend with strong head-winds, reportedly gusting at 25 - 40 mph along the course.

Both winners were well outside their P.B.'s. Gonzalez had run a number of 2-12's, including wins in the 1984 Montreal Marathon (2-12.48) and 1983 Pan-American Games (2-12.43). He was 13th at the Olympics in 2-14.00, beating notables such as Seko, Salazar, Shahanga and Shigeru Soh.

Patti Gray has a 2-38.19 PB, and she had hoped to be in the 2-36 range.

Honolulu was again the most popular overseas marathon among Striders, with 7 of us wearing the green and white.

There were 57 other Australians amongst the 10,394 entrants. Japan again had the largest foreign contingent with 1,764. 23.4% (2,426) of entrants were female, while 39.6% (4,099) were first-time marathoners.

Waikiki again became a running mecca for a week, with the likes of Benoit, Tinley, Dixon and Pfitzinger all on non-marathoning holidays.

Swede Erik Stahl - the Kar Wong of Elite Marathoners - was running his 52nd marathon in 5 years and his 2nd in a week (2-11.59 in Sacramento a week earlier).

Most Striders spent the few days before the race boosting the Hawaiian economy, and turning the running store owners into millionaires. With the bargains available during marathon week - 20% off the already cheap price tag - it's well worth taking an empty suitcase there.

Those able to drag themselves away from the shops or the beach attended the many pre-race seminars or the expo and marathon souvenir shop.

The carbo loading party on the Friday night was our last chance to taste the Bud until the finish line was crossed. For those planning to go to Honolulu next year, now is the time to start practising to hold a plate of spaghetti in one hand and a beer in the other, while trading T-shirts. An understanding of Japanese would also help in getting the classier T-shirts.

The wheelchair marathon was held on the Saturday, and was coincidentally won in the exact time that Steve Jones took to tour Chicago seven weeks earlier (2-08.05).

We were greeted with rain and wind on the morning of the marathon, and we looked to be in for a miserable day.

On the evening TV special, Striders Blackhall and Roach had this to say, as they headed for the starting line, looking cold and wet - "We come all the way from Australia to run this marathon in Honolulu in the sun, and you guys turn it on (the rain). We can get this in downtown Sydney - we're looking for sunshine."

The rain disappeared almost as soon as Joan Benoit fired the starter's pistol, which signalled the Marine Corps' cannon, which signalled the fireworks. It's a noisy start!!

During 1984, most Striders refused to believe I was really trying in such races as Wang, Cooranbong and the Internal halves. Believe me, I was; I was just fat and unfit. Even Nobby Young and Bernie King were beating me. Believe me, that is something I try to avoid!

As the year drew to a close, it looked as though it would be the first time since 1979 that I wouldn't break 3 hours. This would be my last chance to make sure the year wasn't a total loss.

My plan was to set off at 2.36 pace and see what happened. Passing 1 mile in 5.54 and $\frac{1}{2}$ way in 1.18.00, I was spot on pace. The struggle against the wind, however, had taken its toll. At 14 miles, I was all by myself and felt totally wasted. In the loop, I was swamped by over 30 runners.

Somehow, on leaving the loop at mile 17, and running with the wind, things started to pick up. My pace became more consistent, although I never got back to the 6-min-miles.

At mile 22, Frank Shorter shot past, looking fresh and obviously feeling even fresher, as he would have run close to 5 minute miles to finish 30th in 2.36.57.

Defending champions Kevin Ryan and Annick Loir Lebreton both dropped out before half-way.

Really hanging on over the last 2 miles, I couldn't take advantage of the downhill at the 25 mile mark, with every step hurting. But, with the crowd packed along the finishing straight, I found that little bit extra, to finish in good spirits and rapt with my time.

After 3 hours had passed, the sun started to shine through, and it was a typical warm Hawaii morning as we watched the 4-6 hour finishers come in, and attended the presentations and toasted the Honolulu Marathon with the Bud.

Courtesy of Frankfurt Marathon

Association of

International Marathons





RESULTS

1. Jorge Gonzales,	Puerto Rico	2-16.25	
2. Dean Matthews	USA	2-17.51	
3. Doug Kurtis	USA	2-17.58	
4. K. Erik Stahl	Sweden	2-18.46	
23. Philip Garvin	Canberra	2-34.14	1st Aussie
54. Patti Gray	USA	2-42.50	1st female

STRIDERS

51. Bill Flanagan	2-42.29	
100. Godfrey Franz	2-50.05	
578. Andrew Ross	3-18.13	
699. Dave Blackhall	3-22.09	
614. John Turner	3-22.31	
755. Steve Roach	3-23.56	P.B. by 3.25
1638. Karen Tuck	3-44.45	P.B. by 15.14

8164 finishers - last place 9-22.38)

INTERNATIONAL

MARINE CORP MARATHON - WASHINGTON, D.C. 4 NOVEMBER, 84.

Brian Gatfield	3-04.06	P.B.
Judy Kleinman	3-12.13	P.B.

HARRON MARATHON (U.K.) - OCTOBER

Ron Feeney	2.41.21	P.B.
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MANNINGS MARATHON - HAMILTON (NZL) - 21/10/84

Brian Colwell	3.17.30
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WINSTONE MARATHON - MANUKAU (NZL) - 18/11/84

Wayne Garland	3.14.02	P.B.
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Wang New Zealand Marathon - Auckland 2.2.85

G. Butler	3.35
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BERLIN MARATHON SEPT, 84.

Win Ahlmann	2-26.57
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STRIDERS PRIZE GIVING

The Aquatic Club in Potts Point kindly lent Sydney Striders their Function Room (free of charge!) for our Annual Prizegiving on February 8, and supplied us with a smorgasbord and private bar. 7 major trophies were presented, and age-category winners received champagne or gift tokens. A complete list of prizewinners and place-getters appears below.

Several general principles govern the award of Striders' trophies. Firstly, no race performance is considered for awards unless the runner is a financial member of the club at the time of the race. Secondly, as far as possible we try to ensure that no member wins two prizes; runners-up usually take the award if the actual winner has already won a more major award. Thirdly, in the "most improved" categories, the existing best performance as at the previous New Year is compared with the best in the ensuing year, and a PERCENTAGE improvement is calculated. Men and women compete together in these two categories, the reasoning being that it is just as easy for a woman to achieve a high percentage improvement as it is for a man (e.g. Christine Porter, 1983).

The Maria Gemenis-Cruickshank Memorial Trophy is Sydney Striders' premier trophy, awarded each year to the runner who, in the opinion of the club members at large, has made the most outstanding achievement in running. The trophy is a lasting memorial to a Strider who died of a tragic illness just at a time when she seemed to be developing into one of NSW's leading female distance runners. After her death, her husband John Cruickshank donated the last trophy Maria ever won (the Cities Marathon of 1982) to Sydney Striders, and that trophy has now been mounted on a large plaque. In 1982 Neil Plevy became the first winner of the trophy, for improving his already sub-3 marathon time by almost 20 minutes. Keith Canard, the 1983 winner, was the members' popular choice after running 6 sub-2.40 marathons in one season. This year, Brenda Hamill became the first woman to win the award. Brenda who has won prizes at every distance from 7km fun-runs to the Sydney-Wollongong 50-miler, was a virtual certainty to win the popular vote after being nominated by no less than 9 members.

MARIA GEMENIS-CRUICKSHANK MEMORIAL TROPHY FOR OUTSTANDING ACHIEVEMENT

1 BRENDA HAMILL	114 votes	(for all-round performances from 7k to 50 miles);
2 Kar Wong	89 votes	(for steady marathon PB improvements);
3 Nobby Young	79 votes	(for ultra-distances: 50 miles and 100km).

Also nominated: Bryce Courtenay (ultramarathon), Nigel Hadgkiss (marathon PB improvements), Sue Hill (sub-3 marathon and victory in international race), Carol Ludington (marathon race record), Wayne Stanton (marathon PB improvements), and Harry Turner (triathlons).

BEST MARATHON (MEN) 1984

OPEN AGE GROUP	1 WIN ABLMANN	2.26.57	Berlin, September (club record)
	2 Tony McCall	2.33.25	Gold Coast, August
	3 Robert Harrison	2.33.36	Canberra, April
VETERANS (40-49)	1 Keith Canard	2.36.32	Tamworth, May (won race)
	2 Frank Brandon	2.40.04	NSW State, April
	3 Tony Conner	2.44.47	Australian, June
MASTERS (50-59)	1 Peter Keeble	3.11.49	Festival City Adelaide, Sept.
	2= Bruce Murray	3.14.49	Campbelltown, July
	2= Brian Haydon	3.14.49	Campbelltown, July
SENIOR (Over 60)	1 Barry Jones	4.36.00	Canberra, April
JUNIOR (under 21)	1 Mathew Kaley	3.39.11	Big M Melbourne, October

BEST MARATHON (WOMEN) 1984

OPEN AGE GROUP	1 SUE HILL	2.59.15	Australian, June
	2 Judy Kleinman	3.12.13	Washington DC, USA, October
	3 Dorothy Siepmann	3.16.53	Big M Melbourne, October
VETERANS (40+)	1 Sue Hill	2.59.15	Australian, June
	2 Dorothy Siepmann	3.16.53	Big M Melbourne, October
	3 Lesley Kimberley	3.21.29	Cities (Blacktown), November

BEST FIRST MARATHONS 1984

MEN	1 DON PRICE	3.07.04	Australian, June
	2 Tony Vipond	3.09.38	Canberra, April
	3 Don Yates	3.14.17	Australian, June
WOMEN	1 PATTI BURKE	3.54.01	Canberra, April
	2 Judy Kleinman	3.54.30	Canberra, April
	3 Robi Russell	4.15.39	Canberra, April

MOST IMPROVED MARATHONERS 1984

SUB-3 HOURS:				
1 PETER DONNELLEY	3.27.20	Diggers '81	to 2.47.41	Australian '84 (19.12%)
2 Evan Millar	3.13.07	Australian '83	to 2.49.02	Campbelltown '84 (12.47%)
3 Rod McLean	3.17.00	Australian '83	to 2.54.21	Australian '84 (11.50%)
SUB-4 HOURS:				
1 MIKE FOSTER	3.41.52	C'church NZ '83	to 3.09.06	Australian '84 (14.77%)
2 Harry Turner	3.42.10	Big M '82	to 3.10.53	Australian '84 (14.08%)
3 Peter Keeble	3.41.00	Australian '83	to 3.11.49	Adelaide '84 (13.21%)

THE PRESIDENT'S TROPHY FOR ULTRAMARATHONERS: NOBBY YOUNGTANKARD FOR OUTSTANDING TRIATHLETE OF 1984: HARRY TURNERBEST HALF-MARATHONS (MEN) 1984

OPEN AGE GROUP	1 Bernard Corden	1.11.37	Coffs Harbour, October
	2 Keith Canard	1.11.40	Cooranbong, May
	3 Win Ahlmann	1.12.40	Iron Cove, February
VETERAN (40-49)	1 Keith Canard	1.11.40	Cooranbong, May
	2 Frank Brandon	1.13.21	Sutherland, May
	3 Tony Conner	1.16.57	Sutherland, May
MASTERS (Over 50)	1 Bryce Courtenay	1.29.10	Cooranbong, May
	2 Bruce Murray	1.30.49	Lane Cove, March
	3 Derek White	1.31.33	Gillawarna, August
JUNIOR (Under 21)	1 Mathew Kaley	1.30.21	Marathon Clinic, September
	2 Adam Thomson	1.31.45	Cooranbong, May

BEST HALF-MARATHONS (WOMEN) 1984

OPEN AGE GROUP	1 Merri Mack	1.27.34	Cooranbong, May
	2 Sue Hill	1.28.30	Lane Cove, March
	3 Dorothy Siepmann	1.32.05	Marathon Clinic, October
VETERAN (40-49)	1 Sue Hill	1.28.30	Lane Cove, March
	2 Dorothy Siepmann	1.32.05	Marathon Clinic, October
	3 Kerry Bray	1.47.26	Lane Cove, March
MASTER (Over 50)	1 Carol Ludington	1.50.03	Cooranbong, May
JUNIOR (Under 21)	1 Jane Flanagan	1.37.10	Iron Cove, February

COMMEMORATIVE AWARDS TO 1983 PRIZEWINNERS

Godfrey Franz (best marathon - men); Win Ahlmann (best first marathon - men); Jenny Walker (best m'thon - women); Jenny McCoy (best first marathon - women); Wayne Stanton (most improved sub-3); Christine Porter (most improved sub-4); Keith Canard (Outstanding Achievement Award - for marathon consistency).

THE 10K - A QUALITY RACE - SCOTT LAWRENCE

Marathoners, that rapidly growing group of runners, are regarded by many as the elite of the athletics world. They are given this status purely because of the distance they run. Many marathon runners are obsessed by distance - they regard anyone who races over shorter distances, such as the 10k, as being somehow inferior, or as someone who hasn't got the guts to run marathons. In a recent edition of Striding On, we were told the 10k is not a true test of stamina. I refute this statement, as not only do I believe the 10,000m on the track is a true test of stamina, but it is a much better test of an athletes real QUALITY, than the marathon.

The 10,000m on the track is a race which requires both speed and stamina. If you don't believe it is a race which requires stamina, try running a fast 10,000 metres, you must be able to sustain a FAST pace for 25 laps - this requires tremendous stamina and guts. This is not to say that you cannot run a fast 10k on the road - but times can be misleading as many Fun Runs are poorly measured (the Sutherland to Surf must be the shortest 11k in the world) and conditions vary dramatically from one course to another. The track 10k is a completely fair test, as all athletic tracks are exactly 400m in circumference, and flat, also you cannot be assisted by the wind, as if you are downwind at some stage of a lap, you will be into the wind for the same distance elsewhere on that lap. So regardless of where you run your 25 laps, your time will have meaning (ignoring differences in altitude).

Consider the following quote from Carlos Lopes in a recent edition of Runners World:

"I believe that if you can run a very fast 10,000m, the marathon becomes easy. The 10,000m is a harder event than the marathon. It takes more training and more discipline I feel that the 10,000 meter speed I have developed gives me the confidence to run any pace in a marathon and not feel troubled with it. That was certainly true in the Olympics, because the pace felt easy the entire way. I was never in trouble. It was the easiest race I have ever run."

In my opinion, this theory is not only true for world class runners, but for all of us, and as they are true professionals, we can only be guided by their advice.

Steve Jones is another example of a 10,000 meter runner who waited until he was in form, and then ran a marathon - brilliantly! The stamina which he had developed in training for the 10k was sufficient to get him through the marathon, and it was his speed, combined with this stamina which ultimately won him the race in Chicago.

From what I have read, the only real difference between the training of top class 10k runner, and marathon runners, is that the 10k men do more speed work - on the track. I am sure Messrs. Lopes, Jones, Treacy and Co. run just as many miles (Long Slow Distance) as Deek, and others who concentrate on the marathon. Deek has now found out that you cannot simply train for marathons, he has said he will run more shorter events such as 5,000m, 10,000m on the track, and cross country events, and when he knows he is in form, then run a marathon. If this is the method he and other top runners and coaches believe should be used to run your best marathon time, why should we do any different? Many Striders choose the marathons they want to run, and do lots of training for them (particularly L.S.D) but run few races over shorter distances. These are the races which should determine when you run your marathon. Finally, consider this quote from Chris Wardlaw in the latest edition of Australian Runner:

"In my mind the purity of athletic performances on the track remain the real test of a distance runners achievements."

So perhaps those who regard the 10k as merely a "poor relation" of the marathon, should think again.



Swim

BONDI BEACH COLE CLASSIC

Swim of approximately 2km at Bondi Beach Sydney January 1985

92	Tony Vipond	25.50	254	Alistair Mackie	34.10
103	Alex Hamill	26.50	268	Harvey Blue	34.40
117	Jane Flanagan	27.20	272	Brenda Hamill	35.10
131	Harry Turner	27.35	296	Bill Flanagan	38.30
138	Fiona Turner	27.50	326	Margaret Turner	47.00
194	Ian Bowden	30.10	330	Nick Reed	54.00

TRIATHLONS

MY FIRST "TRI"

BY: TERRY McIVER

THE DEPARTMENT OF INDUSTRIAL RELATIONS TRIATHLON

Sometime in August, Alex Hamill informed me that he was doing the entry forms for the 2nd D.I.R. Triathlon and he was putting me down as an entrant this year. Well I told him that being a POM I could not swim (hoping he would forget about me) - no such luck, the only thing he said was "now is a good time to learn, you've got about 3 months, plenty of time".

So down to the local pool I went, one lap and that was me finished. I'm to find out later it's only 25m that I've done, so I decided to have lessons and for the next 2 months I did nothing but swim, swim and swim.

The swim leg in the Tri is 20 laps of a 50m pool. I was doing 20 laps after 2 months but it was taking me about 50 mins which I thought was great until I looked at last years results and they ranged from 18 mins to 31 mins. I tried to go faster but the harder I tried the slower I got, so I left it at that and just made up my mind to swim as hard as I could on race day and try and make up in the cycle and run sections.

The week before the event I went to the pool with Jane & Bill Flanagan, Jane offering to give me a few hints. I think it must have helped because I swam about 10 mins faster than I expected.

RACE DAY

Ready or not - the weather cool and a bit windy, very good conditions and a few race instructions from organiser and participant John Murn and then it was GO at approximately 7:30 am. Water was very cold so I waited until the last minute to get in. As I predicted I was last to finish the swim leg but my time was a lot quicker. I was hoping to do it in about 40 to 45 mins, so I was pleased to find out I had done it in 30m.45s.

My change into cycle gear was a bit slow, because I was so excited about my swim time ! I was not concentrating too well. My Second soon put me right and told me to "get a move on".

I thought "well this is it, it's all go from now on". The first few laps I was a bit wobbly but soon settled in, the only hard part was along the straight section as there was a very strong head wind. Had a bit of company for most of the ride - there were about 6 riders all together, Alex Hamill was one, but he was about 4 laps up on me (Alex went on to take out 2nd place overall - well done Alex).

With about 3 laps to go I started thinking about the run, I felt quite strong and thought maybe I should have gone harder - but to late, would just have to go flat out in the run.

Can not say too much about the run, only that after slow jogging for about 1 Km (to get feeling back in my legs !!) I felt great, so I just ran as hard as I could. There's a certain Strider who says he will not put my run time down until I can prove to him that I can run that fast, so I'll leave it up to him. Maybe it's only 11 Km ?

It is a very friendly and low key Triathlon, a very good one for first timers and I think for anybody who only does one each year. So unless something fantastic happens with my swimming - I think it will be my next "Tri" next year.

... An important part of competing in an event like this (apart from all the hard training and having a bike) is having someone that knows what it's all about to help you change on the day. I was lucky, I had Jane Flanagan who has done this particular event before. Thank you Jane and also other Striders who came along to watch and encourage all competitors.

THE DEPARTMENT OF INDUSTRIAL RELATIONS TRIATHLON

	No.	Swim	(Place)	Cycle	(Place)	Run	(Place)	Total
1. Martin Mercer	4	18.26	(3)	1.08.18	(1)	49.14	(4)	2.15.58
2. Alex Hamill	2	16.42	(1)	1.12.06	(4)	50.07	(5)	2.18.55
9. Terry McIver	30	30.45	(26)	1.23.42	(18)	44.18	(1)	2.38.55
11. Graham Butler	10	19.08	(8)	1.23.10	(16)	1.00.25	(12)	2.42.43
14. Nick Reid	20	23.31	(21)	1.19.42	(13)	1.00.49	(14)	2.44.02
16. Richard Bevan	16	26.28	(22)	1.18.59	(11)	1.01.46	(17)	2.47.13
18. Georgina Moor-Price (1st Woman)	3	21.46	(15)	1.35.43	(23)	51.43	(8)	2.49.12
19. Merri Mack (2nd Woman)	13	28.46	(25)	1.30.04	(21)	57.49	(11)	2.56.39
21. Brenda Hamill (3rd Woman)	25	20.24	(10)	1.41.35	(25)	1.00.58	(15)	3.02.57
23. Robyn Murphy	24	26.49	(23)	1.33.54	(22)	1.40.52	(23)	3.41.35
26. Owen Denmeade	28	30.00	D.N.F	1.27.29	(20)	1.47.41	(24)	3.25.10

STRIDERS IN TRIATHLON TRAINING

Here's a new group which will appeal particularly to north-siders who are doing the 3-sport sport: HARRY TURNER'S SWIM SCHOOL meets at Lane Cove Municipal Pool every MONDAY at 7 p.m. Participating Striders so far (apart from Maestro Harry himself): Brian Colwell, Nick Reed, Ian Bowden, Alex Hamill, Merri Mack, Margaret Turner, Ian Hood, Terry McIver, Brenda Hamill, Keith Barnett. Contact Harry Turner on 427-0818.

THE DEPARTMENT OF INDUSTRIAL RELATIONS TRIATHON

GOLDEN SNORKEL AWARD:

Alex Hamill, who streeted the field in the pool with a brilliant 16.42 for the kilometre. This mild-mannered advertising executive followed last year's win in this event with a fine second placing.

HOTFOOT AWARD:

Terry McIver, who came from the clouds after being seen floating on his back and sipping a cocktail in the swim leg, to record an outstanding 44.18 for the 12k run.

"I DIDN'T KNOW I COULD DO THAT" AWARD:

Nick Reid, who just a short time ago was spotted in Lane Cove Park having trouble just sitting on his bike, let alone racing a triathlon. A fine and courageous effort and a particularly strong finish.

TRIATHLONS

Striders in Canberra

Alex Hamill	3.28	47th
Ian Hood	3.29	55th
Alistair Mackie	3.39	97th
Russell Black	3.40	101st
Nick Reid	4.15	193rd
Peter Keeble	4.17	198th
Brenda Hamill	4.25	211th (3rd Female Vet)
Merri Mack	4.43	224th

RESULTS

NEPEAN TRIATHLON 18 NOVEMBER, 84

Alex Hamill	2-10
Alistair Mackie	2-21.12
Nick Reed	2-44.56
Matthew Kaley	2-55.35

(800m swim,
40k cycle,
14k run)

FIXTURE

Eloura Run Swim Run
(5km sand, 1500m swim, 11km road)
Dick Quinn 523-9647 (W), 524-9626 (H).



TRIATHLONS

"Sri Chimnoy is not that new Chinese joint"

Alex Hamill

As triathlons grow so too does the potential for disaster. An ill-conceived marathon can lead to a few disgruntled runners suffering from exhaustion or probably at the worst, severe dehydration. On the other hand an event that involves a swim, a bike ride (usually surrounded by unsympathetic motorists) and then a run might even make Daley Thompson think twice. If this event is organised (and I use the word lightly) by a promoter simply looking for publicity for a client, then you're in real trouble.

The recent MMM and 2DAY events are classic examples and have done a lot to harm the image of triathlons with the public, competitors and the Police Department. Without labouring the point, take a look at the Sydney Festival event sponsored by 2DAY. A 10.30 a.m. start in the hottest month of the year ... an unmeasured scramble across the harbour and then a rope climb out (the danger wasn't the sharks but flailing legs and arms as each swimmer fought for their square inch of water space) ... a hilly bike course with over 30 traffic lights and no police control and to top it off an unmarked run course that caused eventual winner Scott Tinley to lose his way.

On the same day as the 2DAY competitors struggled unaided through the streets of Sydney, 400 triathletes including 8 Striders competed in the Canberra Sri Chimnoy Triathlon. Now Sri Chimnoy might not be that trick new Chinese joint but they sure know how to organise a triathlon. A 2.3k swim in Lake Burleigh Griffin, 55k bike around the lake three times on a closed and well-marked course and a scenic 16k run to finish, again skirting the fore-shores. Comparing this to the 2DAY event is like comparing the Sydney Marathon to the National Panasonic Half. Sri Chimnoy organisers Ian and Lalita Johnson know their stuff. An early morning start on a well-marked swim course, plenty of room in the change area and racks to hold the bikes, well placed drink stations and a clearly marked closed course, topped off by a prompt and relaxed presentation ceremony.

The Striders all responded accordingly. Ian Hood finished in 50th place with a strong bike/run. Alistair Mackie, who still doesn't know what second gear means, blitzed them in the run to pass over 50 competitors in a time that would delight you if you'd simply run the 16k without the bike and swim preceding. Nick Reid climbed out of the water in 22nd place to thunderous applause and then proceeded to climb to 193rd overall. Russell Black relaxed his way through as part of his training for the big Foster event in April. Peter Keeble showed once again that a few weeks off won't hurt as he finished very comfortably despite a leg injury that had restricted him to a non-existent training schedule. Brenda overcame her fear of the roads and yet again finished in a place as third female veteran (have to watch that girl), followed by the ever-present Merri Mack who stopped off on her way to the Thredbo Running Week.

First place overall went to D. Elvin in 3.01 but the star performance came from Kevin Sharman who climbed out of the water in 74th place and finished second!

TRAINING FOR THE TRIATHLON

(Reprinted, with permission, from The Fitness Leader (Vol 2 No 3 of March, 1984), newsletter of The Australian Council for Health, Physical Education and Recreation(NSW) - (ACHPER))

Fitness has many faces.

That fact is evidenced by the growth of a variety of new fitness activities - race walking, water exercises and the multiple events; biathlon, triathlon etc.

The latter are growing rapidly in popularity as single event participants - runners, swimmers, cyclists - seek to broaden their base of training and decrease the risks of stress injury to one particular part of the body.

The rapid rise in popularity however hasn't been accompanied by an abundance of scientific training information. Should the triathlete for example, train for as long at each activity as for just one? What are the risks of over-training? What is the ideal training mix?

First, what is the typical triathlon?

The Triathlon: 1-3 Marathons

The most usual triathlon events are swimming, cycling and running, each taking place over varying distances.

Perhaps the most famous has been the Iron-Man Triathlon held in Hawaii each year consisting of 3 marathon length events:

- . a 4 kilometre open water swim
- . a 180 kilometre bicycle ride
- . a 42 kilometre marathon run

Other events are over lesser distances but the ratio remains roughly the same i.e. swimming/cycling/running = 1/16/6. Most competitors are stronger in one or other activity, but this ratio is designed to favour no particular sport.

Triathlon training: Endurance and Specificity

A principle of triathlon training is the "cross-training" effect. Put simply, this means that training in more than one event will increase performance in each event more than just training for that event.

In other words, running, swimming and cycling will improve an individual's running fitness more than just running. However, the improvement would not be as much as if the cumulative time and effort taken for training in the three events was put into training for just one.

Training Time:

Hence, the total training time required to compete in 3 events is more likely to be similar to that for one specialist event, rather than for 3 times that one event.

Hence, a runner wishing to train for a triathlon and currently running 30-60 minutes a day 6 days a week, should start swimming 1-2 days,

cycling 1-2 days and running 2 or more days for the same length of time.

Total time can be increased, but for the competitor aiming only to finish, an average of 5-6 hours training per week, for three months prior to an event is sufficient, provided a good aerobic base has been established.

Another technique of determining training time has been called the "power of the race distance." This takes the distance of each activity in a triathlon and multiplies it by a power of 2 or more, giving training distances for the week.

For example, for an event comprising a 2k swim, 40k bike ride and 15k run, weekly training distances for the competitor aiming only to finish would be:

swimming - 4k cycling - 80k running - 30k

Carried out over 6 days, these distances could be covered in a little more than an hour a day.

The more serious competitor might multiply the distances by 3 or 4 etc, depending on his/her level of seriousness.

Training Frequency:

To complete a triathlon, training should be over a minimum of 5 days a week for 3 months preceeding the event. For the beginner, a 6th rest day is likely to be beneficial, although some coaches recommend a slightly reduced 7 day training schedule.

Training Intensity:

As with any one endurance sport, long slow distance training in each activity can be enough to get an athlete through an event. If time or competition is important on the other hand, the athlete will need to increase speed in each event. This is done by increasing the anaerobic threshold through interval training in each event of at least one day a week.

Intervals consist of short bursts of activity at around 75% of maximum capacity, followed by a recovery period of 30-120 seconds. An interval session for running for example might consist of 10 x 440 metre wind sprints with a 2 minute recovery period between each sprint.

This can take place in the form of track work, or using the Swedish "fartlek" principle of distance training interspersed with short anaerobic bursts.

30

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NEW MEMBER PROFILE

by KIM MCCORMICK

Bernard Corden

Bernard decided to go all out when he took up running - his first race was a marathon in Wirral, England, and he finished in 3 hrs. 1 min. No training beforehand, just a desire to be rid of a few pounds of extra weight he'd accumulated.

After that first marathon, Bernard joined the Wirral Athletic Club, where a coach told him to concentrate on shorter distances. He did, and achieved times of 14.55 for 5,000 metres and 30.15 for 10,000.

But he didn't give up running marathons. In 1982 he ran a 2:38 marathon in Birmingham, England, and in 1983 he finished fourth in the Vancouver marathon with a 2:23.40. His goal now: to run the Wang in Sydney in June and break 2:20.

Bernard emigrated to Australia last October from Merseyside, England, following some strong persuasion from his brother and sister-in-law, who live here. Although the heat has been a problem for him, Bernard described living in Australia as "being on permanent holiday."

Although he has cut back his running schedule to "only" 70 or 80 miles per week, Bernard says he'll increase that to over 100 miles a week 10 weeks before the Wang. His present training schedule included two track sessions, one hill workout, a 5,000 metre race every other week-end, and the Striders' STAR on Sundays. A member of the Western Suburbs track club, he has run five races since he arrived in Australia.

He won the Gillawarna 10k in 31:49, won the Coffs Harbour half-marathon in 71:40 and came sixth in the Blackheath 12k.

"The heat was too much for me in that race," he said, "I still hadn't captured my form since I first arrived. But I just keep on plugging away. Now my form's come back.

"It's how you run when you feel bad that matters," he added.

A laboratory technician at Shell, Bernard, 30, has been running for four years. He has nothing but good things to say about StriderSTARS.

"That distance must be one of the most boring runs for me. If I did it on my own, it would be soul destroying."

Bernard also has his sights set on the City to Surf in August, but the Wang is his main goal. His training schedule will include longer, rapid session, a Friday night 15-miler and a Sunday STAR, and he'll be running twice a day.

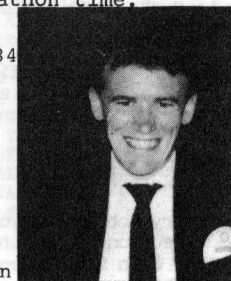
Nine weeks before the marathon, he'll be running over 100 miles per week, reducing his mileage to 80 miles five weeks before the big day. Three weeks before the marathon, he'll be running 60 miles a week, reducing that in half the week before the race. Using that training strategy, Bernard is looking for a sub-2:20 marathon time.

BLACKHEATH RHODODENDRON FESTIVAL - 12km - 18/10/84

1st Andrew Lloyd 37.36

Striders

6.	Bernard Corden	39.51
	Ian Bowden	44.00
46.	Ron Corden	46.12
	Merri Mack	
	Dorothy Siepmann	53.27



HARBORD DIGGERS PALM BEACH TO MANLY 30K RESULTS

HARBORD DIGGERS' PALM BEACH TO MANLY 30K, JAN 1985

11 Godfrey Franz	1.50.20	156 Leo Leader	2.18.04
12 Keith Canard	1.50.30	165 Russell Black	2.18.58
22 Frank Brandon	1.54.41	166 Brent Waters	2.18.58
28 Alistair Mackie	1.57.11	167 Nick Reed	2.18.59
29 Bret Nichols	1.58.07	168 Alex Hamill	2.18.59
36 Robert Caplice	2.00.48	169 Graham Burke	2.18.59
37 Rod McLean	2.01.18	170 John Hill	2.18.59
39 Bernie King	2.01.27	183 Irwin Light	2.20.04
41 Francis Chan	2.01.49	185 Graham Butler	2.21.16
48 Bill Flanagan	2.02.20	190 Tony Vipond	2.21.45
55 Ron Corden	2.03.37	208 Steve Roach	2.25.28
74 David Robinson	2.06.04	213 Bryce Courtenay	2.26.21
92 Dave Cox	2.09.27	244 Brenda Hamill	2.32.46
96 Bernard Cooley	2.10.19	Brian Lynch	2.35.00
98 Stuart Greaves	2.10.27	260 Steve Cornelius	2.36.02
99 Dave Blackhall	2.10.28	266 Terry McMahon	2.37.50
101 Brian Colwell	2.10.44	283 Barry Jones	2.44.35
102 Peter Cobley	2.11.07	296 Mavis Garrick	2.49.50
Leigh Pascoe	2.13.00	314 Dorothy Flanagan	2.58.08
120 Sue Hill	2.13.52	315 Carol Ludington	2.58.10
137 Bruce Murray	2.15.35	319 James Campbell	2.58.20
143 Mathew Kaley	2.16.32	321 Herb Ludington	3.00.17
144 Harry Turner	2.16.35		

Big M Melbourne Marathon

OFFICIAL RESULTS

BIG M MARATHON, OCT. 84

76th Ian Bowden	2.38.51	PB Kar Wong	3.05.20
112th Wayne Stanton	2.43.07	Dorothy Siepmann	3.16.53
124th Tony Healy	2.43.59	Terry McMahon	3.23.28
209th Alistair Mackie	2.49.22	Graham Butler	3.24.58
272nd Leigh Pascoe	2.52.24	PB Bill White	3.29.50
347th Graham Burke	2.55.10	Mathew Kaley	3.39.11
		Robyn Murphy	4.48.07



WANTED - A STRIDER TO TRAIN WITH

... Someone who is running a marathon this year and also the Wollongong to Sydney Ultra. I would like to run a 3Hr marathon in Canberra. I'm not too sure of my time in the "Gong to Syd", maybe somewhere between 8Hrs and 8Hrs and 30 mins, just as long as I finish.

After Canberra, I would like to do some long runs either on Saturdays or Sundays, before or after "Stars" and use all marathons as training runs.

See me at Stars

Terry McIver

P.S. Sorry Nobby, but you are a bit too quick for me and also your sense of direction is not the best as myself and other Striders found out at the Dee Why Dash Star recently !!

IRON COVE RESULTS

by Steve Cornelius

The first club race of the year was run on a cool, drizzly morning, which drew much favourable comment in comparison to the scorcher of the previous year. Derek Liebenberg once again proved far too strong for the other 90 finishers, leading Keith Canard by almost a kilometre by the end of the 3rd lap of Iron Cove Bay. Derek's time of 70.12 is a new club record for the half-marathon, beating Keith Canard's 70.43 (Gillawarna '83), but is still over 4 minutes outside his PB. Ian Bowden added to his collection of Striders' bronze medals by winning a photo-finish with Wayne Stanton. Ron Corden took the 1st Veteran medal, and Dorothy Siepmann came through ahead of newcomer Louise Fitzsimmons in an exciting finish to the women's race. We look forward to welcoming Louise as a Striders member soon. Brenda Hamill and Merri Mack crossed the line together in 3rd place. Bryce Courtenay outpaced Bruce Murray by 5 seconds in the Masters' category, and Mathew Kaley was fastest junior. Congratulations to Leena Bamann, Debbie Liebenberg and Sally Cornelius on completing their first half-marathon race. Many thanks to Graham Butler, Ken O'Connor and their large team of helpers for looking after us admirably throughout.

1 DEREK LIEBENBERG	1.10.12	46 WAYNE GARLAND	1.32.33
2 KEITH CANARD	1.13.26	47 BRENT WATERS	1.33.18
3 IAN BOWDEN	1.16.01	48 IVAN FREYS	1.34.06
4 WAYNE STANTON	1.16.02	49 HARRY TURNER	1.34.11
5 BRET NICHOLS	1.16.52	50 RICHARD BAMANN	1.34.37
6 BILL FLANAGAN	1.16.52	51 PETER HENRY	1.35.45
7 NORM WILKINS	1.17.36	52 TERRY MCIVER	1.35.52
8 KEN WYLIE	1.17.50	53 PETER MCINTOSH	1.35.58
9 RON CORDEN	1.18.05	54 JOE LOEWY	1.35.59
10 LEIGH PASCOE	1.19.13	55 LEO LEADER	1.36.19
11 DAVID MCCORMACK	1.19.33	56 IRWIN LIGHT	1.36.19
12 BERNIE KING	1.19.53	57 DOROTHY SIEPMANN	1.37.02
13 STEPHEN NICOLL	1.19.54	58 LOUISE FITZSIMMONS	1.37.05
14 ROD MCLEAN	1.22.24	59 NICK REED	1.37.16
15 NOEL BARTON	1.22.26	60 DAVE WILLIAMS	1.38.07
16 SAM DAHER	1.22.31	61 RAY REID	1.38.24
17 BILL HOWLEY	1.22.38	62 ROD ANDERSEN	1.38.57
18 MICK EDWARDS	1.23.09	63 BRENDA HAMILL	1.41.22
19 PETER COBLEY	1.23.15	64 MERRI MACK	1.41.22
20 PETER FOULSHAM	1.24.23	65 MAX HENDERSON	1.41.22
21 NOBBY YOUNG	1.24.24	66 TREVOR DRYSDALE	1.41.55
22 GRAHAM BURKE	1.24.25	67 KEITH BARNETT	1.42.41
23 DENNIS WILLIAMS	1.24.56	68 JOE WONG	1.42.48
24 MIKE FOSTER	1.25.07	69 BARRY JONES	1.43.31
25 CHARLES COVILLE	1.25.48	70 JAMES CAMPBELL	1.43.33
26 JOHN TURNER	1.26.43	71 TERRY HUDSON	1.43.53
27 ALEX HAMILL	1.26.50	72 TONY SMUTS	1.43.53
28 MATHEW KALEY	1.26.50	73 BILL MCCARTHY	1.45.25
29 JOHN EVENNETT	1.27.00	74 GERALD SMITH	1.47.13
30 BRIAN COLWELL	1.27.23	75 KAREN TUCK	1.47.15
31 DAVE BLACKHALL	1.28.00	76 MAVIS GARRICK	1.48.23
32 GARY SHOESMITH	1.28.04	77 DOROTHY FLANAGAN	1.48.46
33 JOHN HILL	1.28.33	78 VIC COLLINS	1.50.20
34 KEN O'CONNOR	1.28.42	79 CAROL LUDINGTON	1.50.34
35 STEVE CORNELIUS	1.28.51	80 DERRICK TITMUS	1.52.28
36 BRYCE COURTENAY	1.28.53	81 LESLEY LEAR	1.52.28
37 BRUCE MURRAY	1.28.58	82 MAUREEN GREENWALD	1.56.08
38 BRIAN LYNCH	1.29.11	83 KERRY BRAY	1.59.33
39 JOHN PATCHETT	1.29.39	84 HERB LUDINGTON	1.59.33
40 STEPHEN ROACH	1.29.41	85 KATE O'ROURKE	2.00.06
41 ROBERT KLIMA	1.29.57	86 ROBYN MURPHY	2.07.34
42 MIKE WARD	1.30.48	87 SUE THOMSON	2.12.05
43 TERRY MACMAHON	1.31.04	88 SALLY CORNELIUS	2.12.33
44 DAN GRAY	1.31.36	89 DEBBIE LIEBENBERG	2.12.33
45 BRIAN TAILFORD	1.31.40	90 LEENA BAMANN	2.15.40
		91 TOM SMITH	2.15.55

Club Committee

At the 1985 Annual General Meeting of the club, elections were held for all Committee positions. 4 members did not seek re-election; they were Ken O'Connor (Social Director), Bob Mann (Treasurer), Philip Caldwell (Half-Marathon Race Director) and Steve Cornelius (President). 1985 Committee:

President: Carol Ludington
Vice-President: Nobby Young
Secretary: Dorothy Flanagan
Treasurer: Ian Millar
Internal Events: Graham Butler
Half-Marathon Race Director: Position Vacant
Position of Membership Director combined with Presidency for 1985 season.

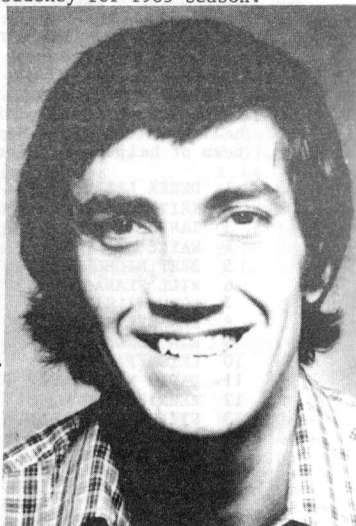
Training Director: John Evennett
Publications: Bill Flanagan
Social Director: Brian Tailford
Special Projects: Jenny McCoy
Special Projects: Robyn Murphy



Carol Ludington



Bill Flanagan



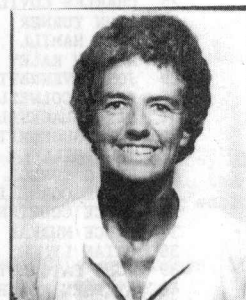
Graham Butler



NOBBY YOUNG



BRIAN TAILFORD



Dorothy Flanagan

34



THE LAKE GILLAWARNA PHOTO SESSION

INTERCLUB CHALLENGE - 28th Oct. 1984

Sydney Striders

Marathon and Road Runners Club

LEFT to RIGHT:

Geoff Cox, Bryce Courtenay, Bernie King, Alex Hamill, Ron Corden (obscured), Ray Doran, Brenda Hamill, Bill Flanagan, Ken Wylie, Nick Reed, Alistair Mackie, Leigh Pascoe, Steve Cornelius, Brett Nichols (squatting), Ken O'Connor, Peter Donnelley, Kar Wong, Rod McLean, Dennis Williams, Rob Klima, Matthew Kaley, Ian Bowden, Scott Lawrence

Photo: Terry McIver

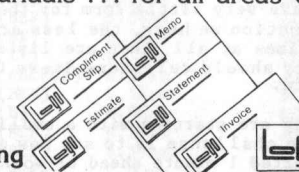


35

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HANDICAPS

INTERNAL HALF MARATHON

PLEASE NOTE THE FOLLOWING:

- 1) Race is for FINANCIAL MEMBERS only. Unfinancial members will not be allocated a chest-number. \$2.50 fee includes post-race refreshments.
- 2) Please arrive TWENTY MINUTES before your start-time. Runners starting too early will not be recorded. Times won't be adjusted if you start late.
- 3) The starter's watch will be set by radio pips on the morning of the race.
- 4) Handicap start-times (below) calculated by our computer (details included below). If you REALLY feel you've been robbed, or if the computer has been unable to allocate you a time for lack of information, phone Steve Cornelius on 427-3604 (any morning, up to 1 p.m.). PLEASE APPEAL AT LEAST 3 DAYS BEFORE THE RACE. HANDICAPS CANNOT BE CHANGED ON THE DAY.
- 5) Please don't park in Wicks Road; this reduces space available for runners on the course. Waterloo Road would be better. Wicks Road is the main thoroughfare to the local tip, and gets heavy traffic on Sunday mornings!

The annual handicap half-marathon is a light-hearted affair, which attempts to give all runners within the club the chance to cross the line first (an unknown experience for most of us!). The race tends, if anything, to slightly favour the slower runners, but we make no apology for that, and we are pleased to record that "slow-group" members took most of the medals in 1983 and 1984.

In the past, the time recorded at the Iron Cove (mass-start) Half-Marathon has been used as the sole handicapping criterion for this event. On this occasion our computer has analysed each member's running form during 1982-1985, in an attempt to produce handicaps more representative of each runner's actual capabilities. The advantage of this is that ALL members (if financial!) can compete in the Handicap, even if they missed the Iron Cove race.

The actual details of the method of calculation are somewhat complex, but the main principles were as follows:

- 1) Up to ten race-performances were taken into account, including (A): 1985 Iron Cove Half-Marathon; (B) (C) and (D): best HALF-MARATHON times in 1984, 1983 and 1982 respectively; (E) (F) and (G): best MARATHON times in 1984, 1983 and 1982 respectively; and (H) (I) and (J): CITY-to-SURF times in 1984, 1983 and 1982 respectively (all times subject to availability). Letters beside your name indicate races used to produce your handicap.
- 2) In general, half-marathon performances are given double the weighting of marathons, and quadruple the weighting of City-to-Surfs. 1984 performances are given double the weighting of 1983's and quadruple the weighting of 1982's. The 1985 Iron Cove Half-Marathon (for those who competed) is given the largest weighting of all.
- 3) The estimated time thus calculated is counted back from 8.40 a.m., so for instance if the computer estimates you are capable of a 90-minute run, your start is 7.10 a.m.

Most runners will find that the time allocated to them is a fairly accurate assessment of their actual capabilities, and although the computer is of course not able to assess your current state of fitness or motivation, we expect most runners to cross the line within a few minutes of 8.40 a.m.

Inevitably, some runners have very little form for the computer to assess, and in general the less information we have, the less accurate the handicap. 23 members have recorded no times at all (they are listed below), and if any of them would like to run they should telephone Steve Cornelius (427-3604) at least 3 days before the race.

Most runners will find they are starting with a small group, all of whom run at a very similar pace. The challenge is to see how quickly (if at all!) you can catch the group who started 1 minute ahead of you. The best of luck to all competitors in this novelty event.

HANDICAP START-TIMES FOR 17 MARCH 1985 (SEE NOTES)

VALERIE WILLCOCK	(B)	6.25am	CLIVE BASKIN	(BEH)	7.00am
LEENA BAMANN	(A)	6.25am	JOSEPH LOEWY	(AH)	7.00am
JOHN BOYCE	(H)	6.26am	JUDY KLEINMAN	(BE)	7.01am
SALLY CORNELIUS	(AI)	6.27am	NICK REED	(ABEI)	7.02am
TOM SMITH	(ABFJ)	6.28am	BRENDA HAMILL	(ABCEFGH)	7.03am
PAM HAZLEWOOD	(BDFGJ)	6.29am	JANE FLANAGAN	(B)	7.03am
JOAN HAYDON	(BE)	6.29am	DAVE WILLIAMS	(ABEF)	7.03am
DENISE MCCARTHY	(EI)	6.29am	PAULA FRASER	(BEF)	7.03am
ANNE FLANAGAN	(DFGI)	6.33am	TREVOR LEGGO	(EF)	7.03am
ROBYN MURPHY	(ABEH)	6.33am	RICHARD BEVAN	(BEFGH)	7.04am
IAN CROSS	(G)	6.34am	CHRISTINE PORTER	(BEF)	7.04am
SUE THOMSON	(ABEGH)	6.36am	MAX HENDERSON	(ABDFGJ)	7.04am
PETER LANGTON	(F)	6.37am	PETER HERSEY	(EF)	7.04am
ROBI RUSSELL	(BEH)	6.37am	ANTHONY FOAR	(BEFH)	7.04am
OKSANA WAINWRIGHT	(BCEFI)	6.39am	PETER HENRY	(ABEF)	7.04am
KATE O'ROURKE	(ABH)	6.39am	PAUL NASS	(E)	7.04am
LESLEY LEAR	(ABEF)	6.40am	RAY REID	(ABE)	7.04am
JENNY MCCOY	(CFI)	6.43am	KARL-HEINZ TOPFER	(CFJ)	7.05am
FRANK ASSENZA	(BD)	6.43am	KEITH BARNETT	(ABEF)	7.05am
NIGEL KINGSMILL	(EPG)	6.44am	WINSTON MARSDEN	(BFGJ)	7.05am
KIM MCCORMICK	(B)	6.44am	MERRI MACK	(ABEFG)	7.05am
JOHN ROSS	(BEFI)	6.45am	RICHARD BAMANN	(ABEFG)	7.05am
DOROTHY FLANAGAN	(ABCFGJ)	6.46am	LESLEY KIMBERLEY	(BEH)	7.05am
HERB LUDINGTON	(ABFG)	6.46am	DOROTHY SIEPMANN	(ABEFH)	7.06am
KERRY BRAY	(ABCEFH)	6.47am	BILL MCCRINDLE	(BEFJ)	7.06am
SYLVIA REA	(BEH)	6.47am	BOB MANN	(BEFG)	7.06am
EDWINA GARVIN	(BEH)	6.48am	LEO LEADER	(ABEFH)	7.06am
CAROLYN WILSON	(E)	6.48am	IRWIN LIGHT	(AEF)	7.06am
PATTI BURKE	(BEH)	6.49am	DAN GRAY	(ABCEFG)	7.06am
MAVIS GARRICK	(ABE)	6.49am	PETER LEONARD	(B)	7.06am
CAROL LUDINGTON	(ABCFG)	6.50am	STAN FLECK	(BEFI)	7.06am
JIM DONOVAN	(CF)	6.50am	GRAHAME DEACON	(BEF)	7.06am
DERRICK TITMUS	(ABCEF)	6.50am	DEREK WHITE	(BEFGH)	7.07am
VIC COLLINS	(A)	6.50am	TERRY MCIVER	(ABCEFGH)	7.07am
GREG JERRETT	(F)	6.50am	GERRY GREENLAND	(BCEFH)	7.07am
PETER RYAN	(BE)	6.51am	ADAM THOMSON	(BCGH)	7.07am
ROBERT STUART	(F)	6.51am	HARRY TURNER	(ABEG)	7.07am
HELEN WILSON	(EF)	6.51am	NEVILLE MILLS	(BFJ)	7.07am
KAREN TUCK	(ABEFH)	6.51am	GRAHAM BUTLER	(BEF)	7.07am
RODNEY PHILLIPS	(BE)	6.51am	MICHAEL TOPLEY	(BEH)	7.07am
BARRY JONES	(AEFG)	6.52am	KEITH MAYNE	(FH)	7.07am
BILL MCCARTHY	(ABI)	6.52am	DENNIS RIDER	(BCEFI)	7.07am
QUEENIE TOPLEY	(BH)	6.52am	DAVID BARNETT	(FGH)	7.07am
MICHAEL PRINGLE	(EH)	6.53am	IAN WHITFIELD	(EF)	7.07am
ROD ANDERSEN	(AEI)	6.53am	BRIAN LYNCH	(ABFGJ)	7.08am
TIM WACHENFELD	(EG)	6.54am	IAN MILLAR	(BFJ)	7.08am
ROBERT MCLELAND	(B)	6.54am	ROBERT WARD	(F)	7.08am
JOE BAILLIE	(BEH)	6.54am	JOHN DAWES	(F)	7.08am
GEOFF PEARL	(BEF)	6.55am	BARRY BYRNES	(BEF)	7.08am
GERALD SMITH	(ABEH)	6.55am	PETER KEEBLE	(EF)	7.08am
MALCOLM McDONALD	(BCEFI)	6.56am	WAYNE GARLAND	(ACEFI)	7.08am
MIKE ROSE	(BDEFGH)	6.56am	MIKE WARD	(ABEH)	7.08am
VAL MORRISON	(F)	6.56am	BRENT WATERS	(ABEFGJ)	7.08am
OLEG SZLICHTA	(EI)	6.56am	BRIAN TAILFORD	(ABEH)	7.08am
ROSS TRETHEWY	(EF)	6.56am	NEIL COLLUM	(BF)	7.08am
JOSEPH WONG	(AEFH)	6.56am	PAUL FOSTER	(EFG)	7.09am
JAMES CAMPBELL	(AE)	6.57am	BRUCE MURRAY	(ABEFG)	7.09am
ERIC WILLCOCK	(BEF)	6.58am	TERRY MCMAHON	(ABEF)	7.09am
PHILIP CALDWELL	(BF)	6.58am	GARY BUCKLAND	(BF)	7.09am
JEFF BURGESS	(EF)	6.58am	LYNNE EVANS	(EF)	7.09am
ANTHONY SMUTS	(ABEFGI)	6.58am	JOHN PLUMMER	(D)	7.09am
BILL WHITE	(BEH)	6.58am	BILL WACHER	(EF)	7.09am
GARRY OSMOND	(B)	6.58am	STEPHEN ROACH	(AEJ)	7.09am
OWEN DENMEADE	(BEF)	6.59am	JOHN MCLENNAN	(B)	7.09am
TREVOR MARSDEN	(BEI)	6.59am	BEN STAMMER	(BEH)	7.09am
BRYAN HOLLIDAY	(BEF)	7.00am	JOHN HILL	(ABEF)	7.10am
TERRY HUDSON	(ABEF)	7.00am	BRIAN HAYDON	(BEF)	7.10am
TREVOR DRYSDALE	(ABEH)	7.00am	DAVE BLACKHALL	(ABEF)	7.10am

HANDICAP START-TIMES FOR 17 MARCH 1985 (SEE NOTES)

ROBERT KLIMA	(ABEFI)	7.10am	TREVOR ROBERTS	(BEF)	7.18am
ROY HOWARD	(BEFI)	7.10am	PETER LARK	(B)	7.18am
CECIL FORD	(BE)	7.10am	ROD MCLEAN	(ABEFI)	7.18am
JOHN HODGES	(EFH)	7.10am	GREG HARBURG	(F)	7.18am
MATHEW KALEY	(ABEH)	7.10am	DAVID MCCORMACK	(ABEFI)	7.18am
PETER LUXTON	(EF)	7.11am	DAVID COX	(EFGJ)	7.19am
IAN NEWLANDS	(BCEFG)	7.11am	RUSSELL BLACK	(EFGJ)	7.19am
BRYCE COURTENAY	(ABEF)	7.11am	RAY DORAN	(BEFGH)	7.19am
BRIAN COLWELL	(ABCEFG)	7.11am	PAUL RUSSELL	(BEF)	7.19am
JOHN PATCHETT	(ABEFH)	7.11am	SCOTT LAWRENCE	(BEFH)	7.19am
DONALD YATES	(BE)	7.11am	BERNIE KING	(ABEFG)	7.19am
PETER JOSEPH	(EFGJ)	7.11am	BILL FLANAGAN	(ABEFG)	7.19am
DON TIERNEY	(EF)	7.11am	STEVE KNIGHT	(EF)	7.19am
ANDREW ROSS	(EF)	7.11am	DAVID ROBINSON	(BE)	7.19am
RON BURKE	(EF)	7.11am	RON CORDEN	(ABCEFGI)	7.19am
KAR WONG	(BEFGH)	7.12am	PETER DONNELLEY	(BE)	7.19am
STEVE CORNELIUS	(ABEFGJ)	7.12am	ALISTAIR MACKIE	(BEF)	7.20am
IVAN FREYS	(ABEJ)	7.12am	CHRIS STAPLES	(BEFGI)	7.20am
DICK CLELAND	(BEF)	7.12am	HARVEY BLUE	(BEF)	7.20am
DAVID PETERSON	(BFG)	7.12am	EVAN MILLAR	(BEFI)	7.20am
JOHN TURNER	(ABEFI)	7.12am	STEPHEN NICOLL	(ABE)	7.20am
KEN O'CONNOR	(ABEF)	7.13am	NORM WILKINS	(ACEFJ)	7.20am
ALEX HAMILL	(ABCEFGH)	7.13am	MARTIN WHITE	(E)	7.20am
ROBERT WATERREUS	(BDEFG)	7.13am	JONATHAN ROBSON	(F)	7.20am
ASHLEY JACKSON	(BF)	7.13am	LEIGH PASCOE	(ABEFH)	7.21am
COLIN O'BRIEN	(BCEFI)	7.13am	GEOFF COX	(BH)	7.21am
ANDREW RICKER	(EF)	7.13am	DENNIS COOLEY	(BDEGJ)	7.21am
CLIVE COKAYNE	(BEF)	7.13am	ALAN FARRELL	(BEF)	7.21am
PHILIP MORGAN	(E)	7.13am	MICHAEL O'HEARN	(I)	7.21am
BRIAN GATFIELD	(EFGH)	7.14am	RICHARD HUGHES	(E)	7.21am
MIKE FOSTER	(ABEFJ)	7.14am	BRET NICHOLS	(ABFH)	7.22am
SUE HILL	(BEFG)	7.14am	KEN WYLIE	(ABEFGH)	7.22am
JOHN EVENNETT	(AF)	7.14am	ROBERT CAPLICE	(BEF)	7.23am
RUSSELL HAMMOND	(BEF)	7.14am	FRANCIS CHAN	(BE)	7.23am
GARY SHOESMITH	(ABE)	7.14am	TONY CONNER	(BEFGJ)	7.23am
PETER FOULSHAM	(ABEF)	7.15am	WAYNE STANTON	(ABEFI)	7.24am
BERNARD COOLEY	(BFGJ)	7.15am	COLIN CHAMBERLAIN	(BEF)	7.24am
MIKE MCGUIRK	(EF)	7.15am	IAN BOWDEN	(ABEF)	7.25am
MARK HANLON	(BG)	7.15am	GODFREY FRANZ	(EF)	7.25am
DON PRICE	(BEH)	7.15am	NIGEL HADGKISS	(EF)	7.25am
DENNIS WILLIAMS	(A)	7.15am	RON FEENEY	(EF)	7.25am
DAVID MILL	(CEFG)	7.15am	FRANK KELLY	(E)	7.25am
NOBBY YOUNG	(ABCEFI)	7.16am	MICHAEL TIUTINNIK	(BE)	7.25am
DAVE INGHAM	(E)	7.16am	STUART GREAVES	(F)	7.26am
PETER ARNOLD	(BEFH)	7.16am	FRANK BRANDON	(BEF)	7.26am
TONY VIPOND	(BEI)	7.16am	JOHN FAZIO	(BEF)	7.26am
LAURIE KING	(BEFGI)	7.17am	TONY HEALY	(EF)	7.27am
SAM DAHER	(ABF)	7.17am	BRYAN FENN	(F)	7.28am
PETER COBLEY	(ABEFGJ)	7.17am	NEIL PLEVY	(G)	7.28am
MICK EDWARDS	(ABCEFGJ)	7.17am	KEITH CANARD	(ABCEF)	7.28am
PAUL ROBERTS	(F)	7.17am	ROBERT HARRISON	(BE)	7.28am
NOEL BARTON	(ABEF)	7.17am	WIN AHLMANN	(BEF)	7.29am
GRAHAM BURKE	(ADEFG)	7.17am	TONY MCCALL	(EF)	7.30am
CHARLES COVILLE	(ABDEFGJ)	7.18am	BERNARD CORDEN	(BF)	7.30am
ALAN TUCKER	(EF)	7.18am	DEREK LIEBENBERG	(ACH)	7.31am
DAVID DOUGLAS	(EF)	7.18am	PHIL GARVIN	(BEH)	7.31am
ANTHONY WHITE	(BEF)	7.18am	TONY DOYLE	(F)	7.31am
DAVID DONNELLEY	(BF)	7.18am			

NO AVAILABLE FORM FOR THESE RUNNERS: (please phone handicapper)

ROGER ADAMS	JOHN BLONDIN	NICHOLAS BURKE	ROBERT BUTT
MERVIN FINLAY	MARLENE FRONSEN	JOHN GALE	JOHN JESTON
ALAN KOZIARSKI	RICHARD MACK	JOHN MANN	PETER MARKHAM
AGNES MARKHAM	ROBERT MCCARTHY	ANDREW MCKERACHER	JANICE MORTON-EVANS
BOB PIERSON	CEDRIC SIDEBOTTOM	MARGARET TURNER	FIONA TURNER
ROSS WALL	IAN WEBB	CHRIS WOLFFE	

WEIGHT LOSS

Former World Record Holder in the marathon Alberto Salazar had his water loss in the Olympic Games Marathon monitored by exercise physiologist Jack Daniels.

Salazar lost 17lbs during his 2hrs 14mins 19secs under the L.A. sun. He was able to take in about 5lb of fluid in the race, giving him a net loss of 12lb. This being about 8% of his bodyweight.

Noted Daniels afterwards "You try not to lose more than 5% in a marathon but it is common to get by with 6%." At 7 or 8 you're giving away too much. At that point you're losing part of your blood volume, reducing your cardiac output. The smaller the flood flow, the higher the heart rate. You're delivering less oxygen and therefore your maximum oxygen intake goes down.

The stress becomes the same as if you had speeded up. In Salazar's case he was gradually working harder and harder, even though his temperature was O.K. and he never felt hot.

Salazar's race plan was to run 5 min miles as long as he could figuring 2.10 would win. The three medalists were the only ones to break 2.10 but Salazar was never in the hunt running his slowest ever marathon.

Before the Olympics he spent - obviously to no avail - extensive periods training in hot weather and learning to increase his fluid intake.

* * * *



NEW MEMBER PROFILE

TREVOR MARSDEN

Trevor has a burning ambition related to both his sporting interest (running) and his profession (Senior Constable N.S.W. Police Force). The former aim is to run a sub 3:30 marathon this year in Nike or Wang - the latter aim is to find Nobby Young illegally parked or breaking the law in some way in order to get revenge for the verbal slings and arrows he "cops" from our illustrious ultra runner!

The "Life Be In It" campaign on T.V. motivated Trevor to start running three years ago. At first he ran three laps of the oval and over a six month period, gradually added a canal run, a bike track, a golf course and a 6kms on the road to build his run to 13kms. He still runs that course but considerably faster than when he first began.

Trevor trains alone except for the weekend when he runs with W.D.J.H. and the Striders. However he has recently joined Woodstock Runners so that takes care of Tuesdays and Thursdays. He logs 70 - 80kms per week and is a noticeable improver on the 30kms Stars having graduated now to the second slow group. Sugar and salt have been completely cut out of his diet - he is a moderate meat eater and a very moderate drinker. One drink he really enjoys and recommends is Sustagen. After the Stars it definitely hits the spot he says.

Trevor is a full time musician with the Police Military Band and with times like 1:40:51 in the Sutherland Half Marathon and 40:41 for the hilly W.D.J.H. 10kms course, he should be in tune with a 3:30 marathon. We'll all be happy to listen to him blow his own trumpet when he does.

A new listing on the fixtures list is the Festival of Running. Four different events will be held on May 12.

- They are:-
1. Marathon - from Wollongong to Kiama
 2. Teams marathon - 6 runners or less, minimum 5km per runner
 3. Half marathon - from Albion Park to Kiama via Jamberoo
 4. 5km fun run - local course

Contact is Jon PHIPPS, 44 Manning St., Kiama, 2533. Ph. 042-321244 (BH)
042-322744 (AH)

See teams rep, Ian Bowden, if you're interested in the Teams Marathon.

BEGINNERS RUNNING GROUP

At the Fullers Bridge entrance to Lane Cove River Park, an enthusiastic group of runners new to this activity meet every Saturday at 7am under the watchful eyes of Pam Hazlewood and Tom Smith. The numbers attending increased during the last month following media publicity, and there is currently about 20 participants. On the first Saturday in February, Tom and Pam organised a time-trial for those runners who wished to monitor their performance. Runners' times were recorded to allow runners to compare their subsequent times with their first attempt. Trials will be held on the first Saturday in each month.

Three foundation members of this group - Sally Cornelius, Leena Bamann, Debbie Liebenberg - can scarcely any longer be classed as beginners. They all completed the Striders ½-marathon race on 10 February around Iron Cove. Congratulations to all three.

A new group at Striders Sunday runs is designed to cater for those runners who wish to make the transition from the beginners group to the STARs. This group starts at 7am, and the distance to be run will depend on the wishes of those who attend. We suggest that participants obtain a map of the course from the STAR host, decide the length of time they wish to run for; run out for half that time and return the same way. This is probably the best approach until STAR maps show a shorter option than the current 24k distance.



TREVOR MARSDEN



JIM CAMPBELL

Nike Terra T.C's
Size 7½ \$30

Nike Spiridon - latest racing shoe
Size 10 \$35

Bill Flanagan 40

FOR SALE

JIM CAMPBELL

NEW MEMBER PROFILE

Jim is a naval architect, aged 60 plus, who will be retiring soon. Two of the things he intends to keep up in retirement are his running and his interest in Veteran Cars.

Jim changed his lifestyle considerably after having heart by-pass surgery in 1975. He also had blood pressure problems. He first took up cycling and then, several years later, running. He has continued with the running which he finds very beneficial. Jim also changed his eating habits, and is now a convert to the Pritikin diet. He finds a food processor and a blender invaluable in adding variety to his diet. He gave me some recipes he uses, e.g:- blend re-constituted dried apples with a little apple or pineapple juice in food processor; use to top off a slice of toast (from home-made bread) on which ricotta cheese has been spread. (Best and cheapest brand of ricotta is Brancourts, sold at D.J.'s Food Hall.) Another idea is to cook, as a porridge, home-made muesli. This provides a change from eating it cold.

Jim has not yet run in a marathon race, but he has run the distance in training. He has various measured courses in his neighbourhood e.g., from his home in Wollstonecraft to his son's home in Turramurra it is 9.7 miles. By adding several of these courses together, he ran the 42.2k in 3hr 45.

Jim heard of Striders from Mike Topley when Jim was performing the duties of builder's labourer for Mike, who was building a garage for Jim's son.

On a STAR soon after joining Striders late last year, Jim renewed an old acquaintance with Strider Barry Jones. They had worked together some 38 years ago at Cockatoo Dockyard. As they both run at about the same training pace, these two silver-haired gentlemen are usually to be seen running together at STARs.

We offer Jim a warm welcome to Striders.

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 wattie, 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 retaining 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.

RON THE POM

RON "THE POM" FEENEY, our English correspondent who is running better than ever (See Marathon Results) wrote to wish all Sydney Striders "A Merry Christmas, best wishes, good luck and good running."

Ron continues, "If any Striders are in the U.K. don't hesitate to look me up. I'll guarantee to take you for a run or perhaps just a trip to a real pommy pub (warm beer optional)."

RON FEENEY

388 PINNER ROAD,

NORTH HARROW

MIDDLESEX

ENGLAND

(01-861-0434)

1984

THE BEST OF TIMES

MALE

SUB 2.40 MALES

		FINAL
1.	WIN ABLMANN	- Berlin (FGR) 2.26.57
2.	TONY McCALL	- Gold Coast 2.33.25
3.	ROBERT HARRISON	- Canberra 2.33.36
4.	KEITH CANARD	- Tamworth 2.36.32
5.	TONY HEALY	- Wang 2.38.11
6.	IAN BOWDEN	- Big M 2.38.51
7.	CANARD (2)	- State 2.39.04
8.	BOWDEN (2)	- Wang 2.39.06

FEMALE

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.	HILL (5)	- Perth 3.09.40
6.	JUDY KLEINMAN	- Washington D.C. 3.12.13
7.	DOT SIEPMANN	- Big M 3.16.51
8.	LYNNE EVANS	- Canberra 3.18.59

42
* * * *

THE THOUGHTS OF

NOBBY YOUNG

Some runners don't talk to me at STARS anymore because I might write something about what they say. Makes no difference really as it is what they think that I go by. And then there are those who try to hide, look behind Herb and find three or four Striders in green and white trying to look inconspicuous.

Bernie King, I'm sorry I mentioned you again in the last Blister.

Harvey Blue, I'm sorry I didn't mention you again in the last Blister.

Have you noticed some of the odd habits that some of our runners have? They stand on one leg, pull the other leg up behind them and try and push their running shoe up to where it was never designed to go. I suppose it could be a cure for flatulence but there must be an easier way.

When you next do Bill Flanagan's run try the drink station down by the cemetery - really nice water, has a bit of body in it.

Don't embarrass him about it but Bernie King thinks my name is Richard as every time I pass him he says "You little Dick".

We are in danger of permanently losing Jim Donovan from our STAR runs - we must empty more aluminium cans or he will find another running group with better thirsts than ours.

2 Brenda has been at it again - more media coverage. I think she is throwing out a challenge to Sonia McMahon to be photographed most for the press, and without using the tactic of undoing a side seam up as high as the armpit. Wonder if whats-his-name, Brenda's husband, will ever get his photo anywhere?

Everytime I write one of these I get tempted to have a go at Bryce, but always resist the urge. You see, I like that spa of his and would hate to lose the use of it. Plus you can tell from the look of him that the poor little buggar is having a rough enough time with things without me helping it along.

On Sunday morning a while ago I bought a pair of shorts from Carol, then Robyn put on a merry turn that she wanted them. I let her have them. Made me feel good to know that someone wanted to get into my shorts.

I went out for the Nocturnal Marathon in Canberra and you would never guess who was out there from our own club - bloody Kar Wong again!! I've run with him so many times this year that people are starting to talk about us. I'm not that way. If you want to know about Kar - ask him. The Nocturnal, 26 one mile sections of a bike track, all the same section, turning around a bucket at each end. When one of the runners tripped over the brown bucket marking the start/turn around point, I asked Brian Lenton (race director) if he had thought of using a white bucket instead. He informed me that he had but decided it would make things a bit too easy for the competitors. Can't argue with that can you.

3 As well as having at least four runners at Canberra, Striders also had a couple of spectators, Phil and Carol Caldwell. I know we try and maintain an image in this club but Phil was wearing a bow-tie ... other things as well as it was quite cool, but a bow-tie at a marathon! That boy is all class.

Those who think that runners are a bit strange should study the endeavours of Brian Lenton, then they wouldn't think that way anymore. They would damned well know that they were right all the time and not give us another thought.

The next couple of stories are ones that I shouldn't tell because they are true and I was the victim.

On the Sydney-Wollongong run we were heading down through the suburbs when I realised a pit stop was desirable. I required what we called at school a "number two" as we were not allowed to use its common name. That time of the morning it was very hard to find a toilet and by the time we found a garage open, the "desirable" had changed to "desperate". Dived in through the door and - oh hell - race number, singlet and shorts all pinned together. I want you all to know that it is possible to continue to do the job at hand under those circumstances, not comfortable, but possible.

And then there was the Bathurst 50 miler. About 20 K out on the run and "number two" again but this time things went from "not required" to "very urgent" within about ten paces. By the time I cleared a couple of support cars it was a real touch and go situation. I jumped down an embankment, turned my back to some poplar trees so I was facing back up the hill, and just made it. Great!!! Reached behind me to hold a section of the poplar tree to keep my balance and found

4 that someone had cut through my section of the tree just above the ground. Back went the tree, back I went and next thing I knew I was looking at the clouds and my Pumas at the same time. What a mess. No further details should be required so now you can all have a laugh at my experience ... I can hear you sniggering from here!

NOBBY YOUNG

RACE RESULTS



A.C.T. D.I.Y. NOCTURNAL MARATHON, Canberra. 8 December, 84.

Nobby Young	3-08.04
Kar Wong	3-09.43
Ron Burke	

(98 starters, 14 finishers)

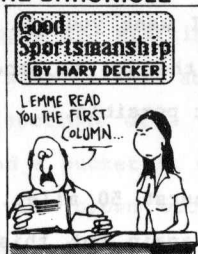
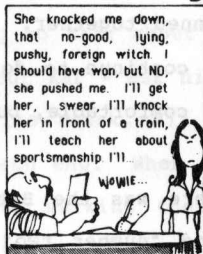
LIFESTYLE LAKESIDE MARATHON - MELBOURNE 25/11/84

74. Kar Wong 3.01.42 P.B.

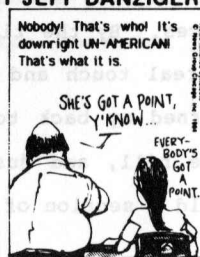
SYDNEY MARATHON CLINIC - ½ MARATHON 16/12/84

D. White	88.34	P.B.
M. Kaley	88.40	P.B.
K. Wong	89.19	
D. Siepmann	94.07	P.B. 1st FEMALE

MC GONIGLE OF THE CHRONICLE



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- * MASSAGE DISPERSES THE EDEMA FOLLOWING INJURY TO LIGAMENTS AND TENDONS, LESSENS PAIN AND FACILITATES MOVEMENT.
- * MASSAGE FEELS GOOD!!

THERAPEUTIC MASSAGE

Kar Wong fan club bulletin

COME BACK KAR, ALL IS FORGIVEN

After one short year running with Sydney Striders, one of our most popular members has left us to live in South Africa. This is an unusual departure for a club which is accustomed to welcoming immigrants FROM Johannesburg and Cape Town, but that's pretty much par for the course as far as Kar Wong is concerned. Normality and conformity, for the man who has been described as "probably the most unlikely Strider ever", are non-starters.

Kar began his career in the marathon-running scene with a 6 hours 10 minutes result at the 1980 Gillawarna. Kar himself, with typical candour, describes this as "an unofficial time". One can imagine the scene as Kar, inscrutable expression up front, attempts to assess the deserted finishing area, the abandoned barbecues, the imminent sunset, and stores away in his mathematician's brain-box the information that, even for Western Districts Joggers and Harriers, patience is finite.

Within 2 years, the bespectacled phenomenon had crashed through the 4-hour barrier, and was heading for the stratospheric levels of distance running. After another quantum leap to 3.22.21 at the 1983 Big M, Kar discovered Sydney Striders and purchased an emerald-and-white singlet. Subsequently, he was rarely to be seen without it, some of his fellow-Striders hypothesising that he also used it as a nightshirt-surrogate.

1984 was to be a big, big year for Kar. The very mention of a marathon, anywhere in the southern hemisphere, had him hurriedly packing his toothbrush and Striders singlet and sprinting fanatically for the Greyhound bus. It would be true to say that if Bullamakanka had staged a marathon in 1984, Kar Wong would have represented Sydney Striders in it. After 11 marathons in 9 months in 4 states, including 5 PB's, his marathon standard stood perilously close to 3 hours. How many of us, smart as we may think we are, can claim to have HALVED our marathon PB in only 3 years?

When he took out the "Most Improved" trophy at Campbelltown in July, the bemused president of Western Districts turned to me and said "He's one of YOUR blokes, isn't he?". "My word", I bragged as Kar brandished his impressive trophy, "he's a Strider right down to his bootstraps".

Who could fail to be captivated by the flailing arms, the chest-high knees, the steamed-up glasses, the vague "absent-minded professor" gaze, the tendency to do solo 60km runs the day before STARS, and the indisputable (and seemingly never-ending) series of marathon PB's? Poor old Wayne Stanton, after running 5km of a marathon in 17 minutes and finding Kar Wong AHEAD of him, had a mid-life crisis about 15 years early and has never been the same since. Brian Colwell drove Kar from Randwick to Liverpool for the State Marathon in his white Commodore station-wagon, and was surprised, after the race, to find Kar sitting confidently and imperturbably in someone else's car which was neither white, nor a Commodore, nor a station-wagon. "Ahhhhh", he lamented, "I THOUGHT something was wrong with this car".

By the time Kar was voted 2nd in the Striders' Outstanding Achievement Award of 1984, he had acquired a following akin to the devoted teeny-bopper fan-clubs of the 1960's. "Man," groaned one of them at the Prizegiving in February, "Kar Wong is so damn 'cult' he makes Stefan Grossman and Ellen McIlwayne look like Countdown Chartbusters". I just have to agree. Kar, I'd even forgive you for the day you got me lost in the Hermitage Reserve on Harvey Blue's STAR run and we got threatened with shotguns by five angry householders whose gardens we'd violated, if you'd just say goodbye to the Applied Maths Department at Wits University and put your Striders singlet on again for next Sunday morning. Come back, Kar Wong, all is forgiven.

Steve Cornelius

9 MONTHS IN THE LIFE OF KAR WONG

P.B. before 1984 - 3.22.21 - 1983 BIG M.

1.	APRIL 25, 1984	NSW STATE	3.14.08	P.B.
2.	JUNE 10	WANG	3.10.24	P.B.
3.	JULY 14	BATHURST	3.32.58	
4.	JULY 22	CAMPBELLTOWN	3.21.53	
5.	AUGUST 12	GILLAWARNA	3.11.35	
6.	AUGUST 30	ADELAIDE	3.08.05	P.B.
7.	SEPTEMBER 9	SYDNEY	3.17.17	
8.	OCTOBER 14	BIG M	3.05.19	P.B.
9.	NOVEMBER 4	COFFS HARBOUR	3.10.21	
10.	NOVEMBER 25	STH MELBOURNE	3.01.42	P.B.
11.	DECEMBER 8	NOCTURNAL		
		D.I.Y.	3.09.43	
12.	JANUARY 12, 1985	HOBART	3.08.00	



Appropriately, Kar was the first Strider to run a marathon in 1985. It was also his last in Australia. Although remaining a Strider member, he is now living in South Africa. Coincidentally, Kar has taken up employment at the same university that Striders founding president, Charles Coville attended. Kar intends to move up to ultra-marathons this year and is planning to run the classic Comrades in May. Kar's achievements last year earned him 2nd place in the Striders Outstanding Achievement Award. Kar proved to be an editor's nightmare by running P.B.'s as soon as the Blister copy was sent to the printer thus immediately making the ladder out of date. He will be most conspicuous by his absence at STARS and all of the marathons.



A.A.A. EVENTS

A.A.A. membership fees for 1985/1986 are due on March

31. This year's fee is \$23.00.

Members are entitled to run in the State 15K and the State 12K and 16K Cross Country during the Winter plus all track meets during the Summer.

See Dot Flanagan for further details and membership forms.

A.A.A. FIXTURES - 1985 WINTER SEASON (ROAD AND CROSS COUNTRY)

- April 25th - "The Sun" N.S.W. Marathon Championships
May 5th - Men 15km, Women 10km - Eastern Suburbs
May 11th - Novice CC - 10km - Scarborough Park, Ramsgate.
June 30th - C.C. Championships - Men 16km, Women 12km, Macquarie Uni.
July 20th - C.C. Championships - Men 12km, Women 8km, Lansvale.
Sept 8th - Road Relay Championships 4 x 10km - Taren Point.

Registered A.A.A. athletes only are eligible to compete in the above events with the exception of the marathon which is an open event.

RESULTS

John Farrington 10,000m. S.A.F. 13 Feb

1. Bruce Graham 31.18
2. Derek Liebenberg 31.56 (Strider)

Details of the State Marathon are very sketchy at this stage (Feb 15). The A.A.A. can tell me nothing, The Sun likewise. Two articles in The Sun have given conflicting information on all course details. The date seems to be the only thing you can rely on. The only tip I can give on this event is "Approach with caution." ED.

THE MAGIC RUNNING SHOES by LAURIE KING.

This is an adult fairy story to be read only by adults, I hope. Not so long ago in a suburb near you, don't blame me if the suburb is near you, there was and still is a young lad named Nobby. Because he was young and small everyone called him Young Nobby. No one was really sure why he was called Nobby. Rumour had it that it was because of the bumps on his head. This seems the most logical as his poor grey haired mother tried to pound some sense into him, morning to night. She occasionally sneaked into his bedroom at night for some pounding practice. If you can think of a better reason than this let me know, it needn't have to be true but then again truth is stranger than fiction.

Anyway on with the story. When Young Nobby left school. Actually he was forced to leave. He gave his kindergarten teacher a hard time. He kept failing finger painting and the afternoon nap. Even the cats wouldn't use the sand box after he'd finished with it. I suppose his teacher thought that ten years was long enough to be in kindergarten but being a little fellow he really didn't look out of place.

Young Nobby always dreamed of being a fireman or an engine driver or a policeman or a politician. Well he didn't get to be a fireman. He wasn't strong enough to carry anyone down a ladder and besides he had trouble getting from one rung to another. He didn't get to be an engine driver as he couldn't see over the engine. He didn't get to be a policeman because you know he wasn't tall enough and his feet weren't big enough either. He didn't get to be a politician either. It wasn't that he wasn't smart enough, it's just that kissing babies always made him sick. Reminded him of his years in kindergarten.

All the good jobs were unavailable so Young Nobby joined the Postal Service. Being a postman wasn't so bad, at least it's in the Public Service. All hail the Public Service.

At first Young Nobby had trouble delivering the mail. They couldn't find a bag small enough for him. He kept tripping with the bigger bags and falling into them. Took him half an hour to get out. He kept trying and because he couldn't carry as much he had to make more trips and this meant he had to work faster. He became the fittest postman in his Post Office. From this he graduated to other jobs. He particularly liked thumping the fragile parcels with his big metal stamp. His first love remained delivering the mail. Out in the fresh air, being chased by chihuahuas. This was how he developed his speed.

Young Nobby was soon tired from all this running around and he noticed an advertisement for magic running shoes in a little shop that specialised in leather off Oxford St. Derlinghurst. I won't mention the name of the shop or what its connection is with this story but I did say it was a fairy story, but that's another story. The advertisement did say he'd feel like a new man but I don't think that that was the reason he bought them.

Well the shoes were fantastic on him. After he removed the sequins and painted over the silver they looked great. So comfortable and the built-up inner soles made him look much taller. He couldn't wait to try them out. He set new records in delivering the mail and he didn't get tired. He didn't really think the shoes would be magically inclined but it appears they were. With all this extra energy he took up running and was soon driving his wife up the wall. I forgot to mention Young Nobby got married and also had children he can look up to.

The change that came over Young Nobby was incredible. He became so self assured. Young Nobby was no longer the right name for him and he changed it to Nobby Young. He had never been known for originality. With the magic running shoes he could run all day. He joined a running club and was soon terrorising the other members. He could be heard every Sunday on what used to be a quiet peaceful run. Members of the public have complained about this noise. Earplugs are now a recommended item of dress in this running club.

by Robyn Murphy

Nobby used to be a pleasant young man but he is now addicted to his running shoes and unfortunately they're changing his personality. He has taken to saying rude remarks about his friends. Talk about a swelled head they don't make sweat bands big enough for him.

I'm afraid the only way to cure Nobby will be to steal his magic running shoes. He doesn't know that I know about his shoes but I do so next time you see Nobby try to steal his shoes. It's for his own good. Knock him down if you have to he'll end up thanking you for it.

There once was a young man called Nobby
Who took up running as a hobby
His wife thought it was a game
But now he never comes home
And now he sleeps out in the lobby.



NEW MEMBER PROFILE

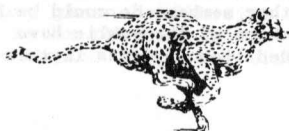
Karen Tuck arrived in Australia from Canada nine years ago. She like it here so much, she stayed. She started running four years ago, when the need for exercise and the encouragement of jogging friends lured her into the streets. She hasn't stopped pounding the pavement since.

A sales representative with Malaysian Airlines, Karen, 32, ran her first marathon in Honolulu in 1983. She returned to Honolulu last year and bettered her initial time of 3:59 by 15 minutes, finishing in 3:44.

Karen discovered the Striders through friend Bryce Courteney. "I thought it was the worst thing in the world to get up at 5 a.m. on a Sunday morning," she says of her initial introduction to STAR runs. Now, she's a regular participant, and says that one long run a week is essential to her training program. Karen runs a minimum five miles five times a week, in addition to the STARS, and says she's a morning runner. Although she doesn't include speed work in her program, she has increased weight training which has strengthened her leg muscles.

This year, Karen's goal is to run in the New York marathon. She's also looking at the Wang and Adelaide marathons. She says she may give Honolulu a miss this year, as her training forced her to cutback on social activities during the Christmas season last year.

Sydney Striders
MARATHON & ROAD RUNNERS CLUB



Karen Tuck



When I decided to do a 26-day Outward Bound course, I knew little of what lay ahead, except that it would be very hard physically. I felt however that I'd be OK as I'd been running for 2 years.

What surprises awaited me!! We had several days at a school where we slept in tents, had electric light and a shower block nearby. Our first morning was a 5.30am rise, exercise and a short run followed by a swim. We had to complete a ropes and logs obstacle course. It looked pretty simple - a few barrels to walk across, a couple of logs to be tamed and a tyre or two to swing between. The barrels, however, rolled away from your feet, the logs spun in both directions at once, and the tyres!! - suffice to say that it's somewhat painful when you have a foot in two tyres, and they go in opposite directions.

This was the easy part!! Subsequently, we had to walk across a wire rope, with another rope at chest height for balance. We were on a belay rope which the instructor assured us would stop us falling. To gain terra firma was via a flying fox also 20 metres high.

This achieved, I gained a feeling (alas, temporary) of having conquered all. The next morning, we had to pack clothes, food and other essentials into our packs, and carry them - we did this up to heights of 5,700 feet above sea level. We covered 250 km altogether, part of which was via li-los down a river which had its source in the Snowy Mountains. I didn't find a warm stretch of water for the 3 days we were in or on it!

On reaching Wee Jasper by li-los, we had a welcome change into dry clothes. Here we did some cave exploration. In one instance we were given no instructions other than that the cave was J-shaped and that we should attempt to find two glow sticks, without which the cave was pitch black.

Our last 5 days involved navigation back to Angle Crossing. As we were novices in this skill, we covered alot more ground than we need have. To make uplost time, and to reach water before the heat of the day, we got out of our sleeping bags at 4am in order to be on the trail by dawn. This is not to say that I was awake!

On reaching Angle Crossing, we enjoyed a swim/wash. This was very pleasurable as I had not washed for 5 days. The final activity was a 14km run back to the school. Here we had a breakfast fit for a queen - all the bread, butter, jam and salad we could eat. After the rations of the preceding weeks, this was heaven!

The course included many activities - rock climbing, abseiling, canoeing, as well as first-aid (there are snakes out there!).

I'll treasure this experience forever. Anyone can complete it, but like running a marathon, not many are prepared to accept the challenge.



The following article is reprinted from Woodstock Runners Year Book 1984, with kind permission of S. Briscoe, President, Woodstock Runners Club.

IT'S QUALITY THAT COUNTS

by Michael Bayles

Have you ever got to a stage with your running that no matter how much training you do, your times are getting worse and you start to feel depressed about it all? I have found that you can get top times on less than 30km per week. Sounds unbelievable? It works on maximum recovery between training sessions and quality training. Training runs are done only slightly slower than racing pace. Schedule is below:-

DAY 1	Rest
DAY 2	10km
DAY 3	Rest
DAY 4	Fartlek training. Repetition 400m (up to 8) with slow lap jogging in between.
DAY 5	Rest
DAY 6	10km, or rest if Fun Run on Day 7
DAY 7	Fun Run if rest on Day 6, otherwise Rest.

The interval training on DAY 4 builds up pace and helps with hills. The other two sessions are done very hard, but because of each alternate day being a recovery day, you will find that there will be no stiffness or soreness when you recommence training.

Using this training schedule, I have achieved the best times I have ever obtained, and have found that it works up to half marathon distance. I would not recommend it for any race distance over 32km as there is insufficient distance training. However, up to 21.1km, it is great. How about trying it?

NEW MEMBER PROFILE

Andrew Ross joined the Striders in December after appearing sporadically at STARS throughout the year.

"I'd done a few of the STAR runs and like them so much I decided I'd better join," he said. "I also really enjoyed the people."

Andrew, 34, owns his own travel agency and has recently decided to participate in the Royal National Park triathlon on March 17. "I went out and bought a bike last week," he said, adding that he may be scarce at future STARS because his training schedule doesn't allow time for a 30K run on Sunday mornings.

No stranger to long distance running, Andrew ran the 1984 Honolulu Marathon in 3:19. His best marathon time is 3:09 for the Wang in 1983. and he ran the 1984 Canberra Nike Marathon in 3:15, and experience he doesn't enjoy remembering.

"I folded after the first 20 kilometers," he recalls.

Letter to **AUSTRALIAN RUNNER**

SYDNEY ROAD RUNNING ALIVE AND WELL

Editorial comment, such as appeared in the Oct-Nov Australian Runner issue, which seeks to stimulate debate about the standard and direction of Australian road running is very much welcomed.

One needs to be very careful, however, in drawing analogies across the States. What might be proving successful in Adelaide and Perth isn't necessarily appropriate for the eastern States with their substantially larger and more de-centralised populations. Without intending in any way to detract from what are obviously two highly successful clubs, it is questionable whether NSW and Sydney road running is any less well served by it not having clubs of the size of the S.A. Road Runners and W.A. Marathon clubs.

Whilst size has its advantages (economies of scale, increased bargaining power with statutory bodies, sponsors and the like), and makes the logistics of staging a major event such as the Sunday Mail/Farmers Union Marathon that much easier, it's not always in the best interests with road runners. A club the size of Sydney Striders Marathon and Road Runners Club (250 membership) for example, has had several instances of runners opting out of their membership or electing not to join, and forming their own informal 'clubs', because they feel Striders has become too large. Overseas experience suggests that whilst selected road running clubs, notably New York Road Runners, appear to have coped effectively with size, the majority have not.

One of the attractions of the NSW/Sydney running scenes is the sheer diversity of clubs - many organised on a formal basis with constitutions, fees, etc. but many more informal groups - and road races on offer. In Sydney, whether you are a serious marathoner or a novice fun runner there should be a variety of clubs nearby that satisfy your needs. Increasingly, we are finding that runners are joining more than one club, sometimes several, in order to enjoy a variety of running experiences.

The fact that a large proportion of road runners elect not to join the formal club scene is not necessarily an indictment of the clubs. Rather, it reflects the fact that runners tend by nature to be freedom loving people, and see their running largely as an individual expression. Accordingly, many do not wish to be saddled with the formalities and structuring that club membership can entail. What also needs to be appreciated, is that the locally produced Fun Runner magazine has a large following among fun runners, which many are happy to rely upon for their running information needs.

Your editorial comment that Sydney has failed to offer anything new to running in recent times suggests a lack of understanding of the local running scene. The ranks of both the road running clubs and road races have swelled appreciably. Sydney Striders, for instance, is just four years old and continues to offer a widening range of services to its growing membership and the road running community generally. On the road race front we've seen a host of new events - the National Panasonic Half Marathon, the Wang Australian Marathon, the Health (Cooranbong) Half Marathon, the successful relaunching of the Bridge to Breakers 14K fun run, just to mention a few. And those existing well organised events on the calendar, not least the country's largest fitness event, the City to Surf, continue strongly. Since the Sydney Marathon Clinic opted out of organising the NSW State Marathon they have conducted an excellent road series and are planning to stage a major half marathon in 1985.

There have been major developments on other fronts. May, 1983 saw the launching of Striding On, an independent, non-profit, monthly road running newsletter - the first of its type in Australia. In an effort to improve the local road race calendar regular meetings of Sydney's road race directors have been convened, a role now being assumed by A.A.U. chaired meetings.

There has been increasing interaction and co-operation between the major clubs, so that clubs such as Western District Joggers and Harriers (with a membership approaching 1,000), Sydney Marathon Clinic and Sydney Striders now hold regular joint training runs and road races. Sydney Striders has been active in cementing strong relationships with interstate clubs, notably S.A. Road Runners and A.C.T. Cross-Country, and overseas clubs including New York Runners and New Zealand counterparts. The National Panasonic Half Marathon has recently extended an invitation to half marathon race directors to form an informal association, and is compiling National half marathon rankings across all age categories. Such developments are yielding benefits for road running generally.

To suggest that Sydney road running should have an umbrella organisation thrust upon it via a vehicle such as the Wang Australian Marathon flies in face of the facts. If improvements are necessary to the local road running scene, and obviously there are some, far better that it comes from the grassroots level. Interestingly, Graeme Briggs, President of the A.A.U., expressed this latter sentiment at the June meeting of road race directors. He stressed that the A.A.U. did not wish to take over road/run running and saw its role as a co-ordinating and service one to the various road running organisations.

Certainly, there are those that would like to see a large umbrella organisation/club, but in the main their reasons are commercial ones rather than a desire to do what's in the best interests of road runners. Even before its official formation, the proposed National organisation of road running clubs has had orchestrations from commercial interests - some well intended but others clearly not.

Yes, there are areas in need of attention notably in the area of encouraging novice runners. But even here developments are taking place. The R.R.A. conducted Life Be In It non-competitive runs have met with some success and Sydney Striders have recently established a novice runners group, which is being promoted through mediums such as Fun Runner and the Life Be In It programme. Media advertising support for events such as the Wang Australian Marathon, City to Surf and Bridge to Breakers events are also fulfilling a major role in terms of encouraging people to take up road running.

Similarly, there are ways in which Sydney's road running clubs can improve the services they offer. But the way to do this is through the increasing co-operation and exchange of information between road running clubs at the local, National and international levels along the lines that are already developing. Ultimately, this trend seems destined to result in the formation of a National association of road running clubs. But, importantly, it will come about as a natural progression from grassroots development.

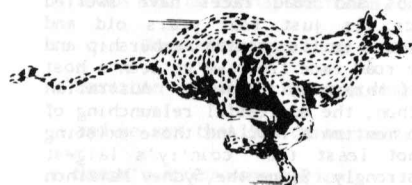
In the meantime, much is being achieved!

Yours in running,

PHILIP CALDWELL
Race Director,
National Panasonic Half Marathon.

STEVE CORNELIUS
President, Sydney Striders.

CHARLES COVILLE
Founder, Past President,
Sydney Striders.



Sydney Striders
MARATHON & ROAD RUNNERS CLUB

56

QLD REPORT - TONY MCCALL

Inter-state Report

The 1985 season began with 160 or so hardy souls braving a 6.00am start for the first fun run of the year at the University of QLD, on January 6th.

The 10km was the first race in a year long road race series.

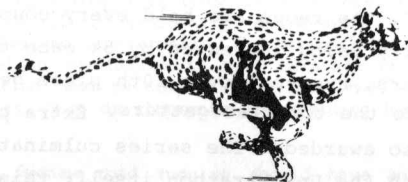
Organised by the Q.M.R.R.C. the races are held every couple of weeks with the distances generally being increased by 5k each time. Points are awarded to all finishers, everyone over 10th place gets 1 point, with higher points going to the top placegetters. Extra points for new course records are also awarded. The series culminates in the first half of the year with the Uni Marathon itself; this year it being held on May 12th. Once again higher points are earned in the marathon itself. The series is thus quite competitive and top contenders need to be pretty consistent and have a high percentage of starts to be in with a chance. Currently, a contingent of top Korean runners have been taking advantage of our sunshine (courtesy of Nike) whilst preparing for a marathon in Yokohama of all places. They have been accruing many points in our series! The first race went to Yun Deuk-Sup in a new course record of 30.30. In my first run for quite a while I could manage a fairly ordinary 35.13. For myself 1 point. The following weekend in the first of the monthly Bri Chinmoy fun runs I got a third and times in at 15.48 for the 5k. Back to the Uni one week later and this time local lad Pat Carroll, 1983 Gold Coast marathon winner, tied for first with Mui Deuk-Sup in 47.26 for the 15k, another course record. I managed 51.43 and placed 9th. Two weeks later over 20k the old course record was smashed by 3 minutes when Lee Sang Keun crushed all opposition with seeming ease in running 63 minutes flat. A great effort. Pat Carroll and the amazingly improved Gary Van Sleeve also broke the old record but were 1½ minutes behind. I got a 6th finishing with 69.05 but paid the penalty for too quick a start. So, the series will continue next up with a 25k and if our Korean friends are still here a new course record could be up for grabs again.

Queensland has begun publication of another running magazine which has just gone on sale. Titled "Runners" it is published by Oneness Life Press and is similar in content and style to the two other national running magazines. Like those it will be a bi-monthly issue and I believe it to be a worthy addition to the news-stands. Because of the growth of running in this state it may develop a slight lean towards reporting on events here, but then I think the other mags

57

have a small amount of bias directed to their own states anyway.

In the next issue I shall be reporting on the shaky position of one of our leading running clubs, the Heartbeat Harriers. Established for about 5 years, the club is currently going through an identity crisis and positive steps are needed to ensure not only it's stability but it's survival.



P.B.'s MADE EASY

by Dorothy Flanagan

I usually have a running magazine on my bedside table. Son Bill buys almost every running magazine published anywhere in the western world, so there is always some reading to catch up with.

The night before the Palm Beach to Manly race, I came across an article in the American magazine The Runner on how to run better.* It sounded nice and easy, and I decided to put the recommendations into effect in the race.

I had not seriously intended to complete this race as my training miles had been minimal. In fact, I had bus money in my pocket in the expectation of pulling out. However, I was delighted when I finished feeling good, with a P.B. by 10 minutes.

On 10 February, I ran the Striders internal half-marathon race and continued to practice the precepts in the article and the result was a P.B. by 4 minutes.

Some of the suggestions made in the article are:-

- keep your posture erect;
- push off strongly with your foot; let your ankle exert its leverage;
- relax your upper body - it's just going along for the ride;
- carry your arms fairly low and close to the body, with their movement forward and back, not across your body.

I've been thrilled with the effect on my running, and I think some Striders might benefit also. In fact, a workmate of mine (who has a beautiful running style, natural and relaxed) remarked while running fartlek with Striders in the Domain recently that some Striders could increase their speed if they changed their awful running styles. After reading the article, I can see what he means.

* "How to Run Better" by Jeff Gallaway (U.S. 10,000m Olympian), pp 62-65, The Runner, December, 1984.

(Bill's copy of the magazine was bought in Honolulu in December last. It should be in our newsagents by the time this goes to print).

AUSTRALIA DAY FESTIVAL - 10KM - SYDNEY SPORTS GROUND

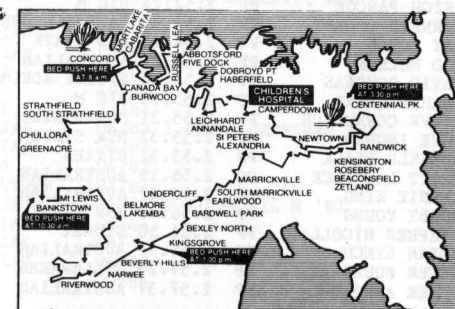
		Striders	
1.	W. Kirkland	31.47	
15.	R. O'Donnell	34.45 (1st women)	
<u>472 FINISHERS</u>			
22.	G. Franz	35.13	
23.	E. Millar	35.30	
28.	K. Wylie	36.06	
32.	D. Cox	36.36	
35.	R. Caplice	36.42	
55.	M. McGuirk	37.44	
91.	K. Wong	39.58	
317.	C. Wilson	(F) 50.49	
363.	D. McCarthy	" 53.53	
391.	J. McCo y	" 57.24	
405.	D. Liebenberg	" 59.58	

Reportedly, this was one of the best organized fun runs held in Sydney. Regular fun run entrant, Ken Wylie was impressed by the number of marshalls, distance markings, and stations and the use of the Sports Ground as a finishing area.

Striders Frank Assenza and Bill McCarthy were part of the organising team and are to be congratulated on the show that was put on. Sydney has for years needed a quality 10k race.

The Editor was impressed with the results service which doesn't happen too often.

The first women home is a new name on the roads here, apparently a New Zealander, she obviously will be the one to beat this coming winter if she remains here. Roslyn O'Donnell - remember where you read it first.



THE ONE CENT BED PUSH IS A
SYDNEY STRIDERS RUNNING CLUB
COMMUNITY PROJECT



Marathon Ladder

MARATHON LADDER AS AT 31/12/84.

PLEASE NOTE: UNFINANCIAL MEMBERS WILL BE DELETED FROM LADDER IN NEXT BLISTER.

NAME	CAT	<-----BEST AS STRIDER----->	<-BEST PRIOR TO JOINING->
WIN AHLMANN		2.26.57 BERLIN	09/84
GODFREY FRANZ	OO	2.29.46 JOHANNESBURG	10/83 2.21.36 BUFFALO, RSA '83
KEITH CANARD	VV	2.32.31 CITIES	08/83 2.29.59 NSW STATE '80
TONY MCCALL	PP	2.33.25 GOLD COAST	08/84
ROBERT HARRISON		2.33.36 CANBERRA	04/84
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
TONY HEALY	OO	2.38.11 AUSTRALIAN	06/84
IAN BOWDEN	OO	2.38.51 BIG M	10/84 2.38.38 AUSTRALIAN '83
FRANK BRANDON	VV	2.40.04 NSW STATE	05/84
JOHN FAZIO	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
RON FEENEY	OO	2.41.21 HARROW, U.K.	10/84
NIGEL HADGKISS	PP	2.41.44 CAMPBELLTOWN	07/84
WAYNE STANTON	OO	2.43.07 BIG M	10/84
DAVID DONNELLEY	VV	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	PP	2.45.54 CANBERRA	04/84
IVAN FREYS	PP	2.46.54 CANBERRA	04/84
ROBERT CAPLICE	PP	2.47.13 CANBERRA	04/84 2.41.30 CHICAGO, USA '83
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	PO	2.48.53 SYDNEY	09/83
EVAN MILLAR	PP	2.49.02 CAMPBELLTOWN	07/84
ALISTAIR MACKIE	PP	2.49.22 BIG M	10/84
JOHN EVENNETT	VV	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	PP	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
STEVE KNIGHT		2.52.20 AUSTRALIAN	06/83
LEIGH PASCOE	PP	2.52.24 BIG M	10/84
BERNARD COOLEY	VV	2.53.45 CAMPBELLTOWN	05/82
RAY DORAN	VV	2.54.10 NSW STATE	06/82
ROD MCLEAN	PP	2.54.21 AUSTRALIAN	06/84
DAVID DOUGLAS	VV	2.54.30 F/CITY ADELAIDE	08/83
GRAHAM BURKE	PP	2.55.10 BIG M	10/84 2.49.54 VICTORIAN STATE '83
STEVE CORNELIUS	PP	2.55.31 NSW STATE	06/82
DAVE INGHAM	PP	2.55.32 NSW STATE	06/82
RUSSELL BLACK	PP	2.55.51 CITIES	08/83 2.50.38 SYDNEY '82
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
STEPHEN NICOLL	PP	2.56.50 SYDNEY	09/84
BRIAN LYNCH	PP	2.56.59 AUSTRALIAN	06/83
PETER FOULSHAM	PP	2.57.29 GILLAWARNA	08/83
PETER ARNOLD	PP	2.57.37 AUSTRALIAN	06/84

NAME	CAT	<-----BEST AS STRIDER----->	<-BEST PRIOR TO JOINING->
BRYAN FENN	PP	2.58.00 AUSTRALIAN	06/83 2.34.08 PENINSULA, RSA '80
WINSTON MARSDEN	VV	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
NEIL COLLUM		2.59.10 GILLAWARNA	08/83
SUE HILL	VVF	2.59.15 AUSTRALIAN	06/84 2.52.01 AVON, W.GERMANY '79
NOEL BARTON	PP	2.59.43 CANBERRA	04/84
CECIL FORD	PP	2.59.43 BIG M	10/82
ANTHONY WHITE	PP	3.01.16 AUSTRALIAN	06/83
KAR WONG	PP	3.01.42 SOUTH MELBOURNE	11/84
DAVID ROBINSON	PP	3.01.42 CANBERRA	04/84 2.36.06 KENYA STATE '63
BRIAN COLWELL	PP	3.01.47 BIG M	10/82
DAVE BLACKHALL		3.02.24 NSW STATE	06/80
BRENT WATERS	PP	3.03.01 BIG M	10/82
BRIAN GATFIELD	VV	3.04.06 WASHINGTON, USA	11/84
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	06/82
ALEX HAMILL	VV	3.05.15 GILLAWARNA	08/84
KEITH BARNETT	PP	3.05.27 CANBERRA	04/84
BRET NICHOLS	PP	3.05.30 AUSTRALIAN	06/83
COLIN O'BRIEN	PP	3.06.22 AUSTRALIAN	06/84
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	PP	3.08.51 AUSTRALIAN	06/84
MIKE FOSTER	VV	3.09.06 AUSTRALIAN	06/84
JOHN HODGES	PP	3.09.07 BIG M	10/84
TONY VIPOND	OO	3.09.38 CANBERRA	04/84
MARK HANLON	OO	3.09.47 CANBERRA	04/82
LEO LEADER		3.10.00 CANBERRA	04/84 3.05.00 PENINSULA, RSA '80
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 '80
PETER KEEBLE	MM	3.11.49 F/CITY ADELAIDE	09/84
TERRY MCMAHON	VV	3.11.50 AUSTRALIAN	06/83
JUDY KLEINMAN	OOF	3.12.13 WASHINGTON, USA	10/84
IAN NEWLANDS	VV	3.12.18 CANBERRA	04/84
IRWIN LIGHT	PP	3.12.31 AUSTRALIAN	06/84 3.10.38 BLUFF, RSA '77
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
BRYCE COURTENAY	MM	3.13.58 CANBERRA	04/83
MICHAEL TOPLEY	VV	3.13.59 BIG M	10/84
WAYNE GARLAND	PP	3.14.02 WINSTONE, NZ	11/84
MERRI MACK	PPF	3.14.06 AUSTRALIAN	06/83 3.09.21 CANBERRA '82
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
PETER JOSEPH	VV	3.15.16 AUSTRALIAN	06/84 3.07.54 BIG M '82
GARY SHOESMITH	PP	3.15.21 AUSTRALIAN	06/84
JOHN HILL	PP	3.15.33 AUSTRALIAN	06/84
IAN MILLAR	PP	3.16.03 AUSTRALIAN	06/83
DOROTHY SIEPMANN	VVF	3.16.53 BIG M	10/84

NAME	CAT	<-----BEST AS STRIDER----->	<-BEST PRIOR TO JOINING->
TERRY MCIVER	VP	3.16.58 AUSTRALIAN	06/83
PAUL FOSTER	PP	3.18.00 AUSTRALIAN	06/83 3.08.00 BIG M '82
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
LESLEY KIMBERLEY	VVF	3.21.29 CITIES	09/84
DENNIS RIDER	PP	3.21.39 AUSTRALIAN	06/84 3.20.52 HOBART '84
PETER RYAN	MM	3.21.45 BIG M	10/82
DAN GRAY	PP	3.21.50 AUSTRALIAN	06/84 3.20.00 SYDNEY '83
RICHARD BEVAN	VP	3.22.17 BIG M	10/82
RICHARD BAMANN	VV	3.22.30 AUSTRALIAN	06/84 3.21.11 SYDNEY '83
GRAHAM BUTLER	PP	3.23.14 AUSTRALIAN	06/84
BARRY JONES	SM	3.23.18 VETERANS	07/81
DEREK WHITE	MM	3.23.26 CAMPBELLTOWN	07/84
BRIAN TAILFORD	PP	3.23.35 AUSTRALIAN	06/84
BRENDA HAMILL	PPF	3.23.38 SYDNEY	09/83
BILL MCCRINDLE	MM	3.23.53 CANBERRA	04/84
STEPHEN ROACH	PP	3.23.56 HONOLULU	12/84
ERIC WILLCOCK	MM	3.25.30 NSW STATE	05/84
CHRISTINE PORTER	PPF	3.26.14 CANBERRA	04/84
MIKE WARD	PP	3.26.39 GILLAWARNA	08/84
GEOFF COX	OO	3.27.26 HARBORD DIGGERS	04/81
PETER HERSEY	VV	3.28.29 AUSTRALIAN	06/83
STAN FLECK	MM	3.29.34 AUSTRALIAN	06/84 3.18.20 CANBERRA '83
BILL WHITE	PP	3.29.50 BIG M	10/84
GRAHAME DEACON	PP	3.31.21 SYDNEY	09/84 3.23.43 SYDNEY '83
TREVOR LEGGO	VV	3.31.47 AUSTRALIAN	06/84
TERRY HUDSON	MM	3.31.49 AUSTRALIAN	06/84 3.24.00 HARBORD DIGGERS '80
GEOFF PEARL	VV	3.32.28 AUSTRALIAN	06/83
MALCOLM McDONALD	PP	3.33.04 AUSTRALIAN	06/83
PAULA FRASER	VOF	3.35.43 CANBERRA	04/84 3.29.59 SYDNEY '83
ANTHONY FOAR	PP	3.37.07 AUSTRALIAN	06/84 3.33.40 GILLAWARNA '83
CLIVE BASKIN	OO	3.38.03 AUSTRALIAN	06/84
NICK REED	OO	3.38.43 CANBERRA	04/84
MATHEW KALEY	JJ	3.39.11 BIG M	10/84
HERB LUDINGTON	MM	3.40.34 AUSTRALIAN	06/83 3.31.51 NSW STATE '82
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 '83
ANTHONY SMUTS	PP	3.42.55 AUSTRALIAN	06/84 3.34.00 BIG M '83
KAREN TUCK	PPF	3.44.45 HONOLULU	12/84
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 TITMUS	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
PAT'I BURKE	VVF	3.54.01 CANBERRA	04/84
PAM HAZLEWOOD	VVF	3.55.31 CANBERRA	04/83
ROBERT STUART	VV	3.59.00 CANBERRA	04/83 3.40.00 HARBORD DIGGERS '80
CAROL LUDINGTON	MVF	4.01.52 ACT DIY	12/83 3.55.53 GOLD COAST '81
JIM DONOVAN	PP	4.06.57 CANBERRA	04/83
NIGEL KINGSMILL	MM	4.08.00 F/CITY ADELAIDE	08/84 3.31.00 CITIES '81
LESLEY LEAR	PPF	4.08.00 AUSTRALIAN	06/84
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 RUSSELL	PPF	4.15.39 CANBERRA	04/84
OKSANA WAINWRIGHT	PPF	4.18.14 AUSTRALIAN	06/84
SUE THOMSON	VVF	4.18.18 F/CITY ADELAIDE	08/84

NAME	CAT	<-----BEST AS STRIDER----->	<-BEST PRIOR TO JOINING->
JENNY MCCOY	POF	4.19.00 AUSTRALIAN	06/83
JOHN ROSS	VV	4.19.00 AUSTRALIAN	06/84 4.05.00 AUSTRALIAN '83
KERRY BRAY	VVF	4.19.22 AUSTRALIAN	06/84 3.46.56 AUSTRALIAN '83
MIKE ROSE	PP	4.27.20 AUSTRALIAN	06/84 3.15.30 BUNBURY, W.A. '83
BOB PIERSON		4.33.40 HARBORD DIGGERS	04/81
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	VOF	4.48.07 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 '81
JOAN HAYDON	MMF	5.24.00 CANBERRA	04/84
JANE FLANAGAN	JJF	5.27.56 HONOLULU	12/82 3.42.18 BIG M '80

MEMBERS WHO HAVE NOT RUN A MARATHON SINCE JOINING STRIDERS

NAME	CAT	TIME	PLACE	YEAR
BERNARD CORDEN	OO	2.23.40	VANCOUVER	'83
PHIL GARVIN	PP	2.26.01	CANBERRA	'84
TONY DOYLE	VV	2.27.26	SRI CHINMOY VIC	'83
DEREK LIEBENBERG	PO	2.30.30	SUN CITY, RSA	'81
NORM WILKINS	PP	2.43.44	CANBERRA	'83
MICHAEL TIUTINNIK	OO	2.44.20	NSW STATE	'84
ROGER ADAMS		2.50.35	HAMILTON, NZ	'81
RICHARD HUGHES	VV	2.52.00	CANBERRA	'84
MARTIN WHITE	OO	2.54.00	AUSTRALIAN	'84
CEDRIC SIDEBOTTOM	VP	2.54.15	NSW VETERANS	'78
JONATHAN ROBSON	OO	2.55.00	AUSTRALIAN	'83
GREG HARBURG	PP	3.00.04	AUSTRALIAN	'83
ANDREW RICKER	OO	3.01.06	NEW YORK	'83
PAUL ROBERTS	OO	3.02.10	WELLINGTON, NZ	'83
DAVID MILL	VP	3.03.00	HARBORD DIGGERS	'82
RON BURKE	PP	3.04.30	BIG M	'84
PETER LARK	PJ	3.06.00	PENINSULA, RSA	'71
JOHN MANN	PP	3.08.00	F/CITY ADELAIDE	'80
PHILIP MORGAN	PP	3.09.00	AUSTRALIAN	'84
ANDREW ROSS	PP	3.09.48	AUSTRALIAN	'83
CLIVE COKAYNE	VV	3.11.08	CANBERRA	'83
IAN WHITFIELD	PP	3.13.06	AUSTRALIAN	'83
ASHLEY JACKSON	OO	3.19.52	HARBORD DIGGERS	'83
DAVID BARNETT	VP	3.23.00	AUSTRALIAN	'83
NEVILLE MILLS	VV	3.24.00	AUSTRALIAN	'83
PETER HENRY	VV	3.24.57	AUSTRALIAN	'84
BEN STAMMER	JJ	3.26.52	BIG M	'84
RAY REID	PP	3.28.28	CANBERRA	'84
PAUL NASS	PP	3.29.04	AUSTRALIAN	'84
KEITH MAYNE	PP	3.31.10	AUSTRALIAN	'83
JAMES CAMPBELL		3.40.00	SOLO	'84
ROSS TRETHERY	OO	3.40.32	CANBERRA	'84
JOSEPH WONG	PP	3.41.00	SYDNEY	'84
TREVOR MARSDEN	VV	3.44.43	AUSTRALIAN	'84
VAL MORRISON	PPF	3.48.09	BIG M	'83
IAN WEBB		3.51.00	NSW STATE	'81
HELEN WILSON	PPF	3.55.00	VAAL, RSA	'84
GREG JERRETT	PP	3.59.35	HONOLULU	'83
CAROLYN WILSON	VOF	4.04.49	AUSTRALIAN	'84
SYLVIA REA	PP	4.11.03	NSW STATE	'84
RODNEY PHILLIPS	PP	4.14.00	JOHANNESBURG	'84
EDWINA GARVIN	PPF	4.14.52	F/CITY ADELAIDE	'84
PETER LANGTON	VV	4.28.57	AUSTRALIAN	'83
IAN CROSS	OO	4.35.05	NSW STATE	'82
ROD ANDERSEN	OO	4.41.30	AUSTRALIAN	'84
DENISE MCCARTHY	PPF	4.50.00	AUSTRALIAN	'84

STRIDERS IN TRAINING

TITLE & CONTACT	DAY/TIME	START/VENUE	COURSE
STRIDERS' TIME-TRIALS Ken O'Connor 569-7284	Wed. 6.10 pm	Drummoyn Rowing Club Car Park	Iron Cove Bay area
TREVOR'S TRACKIES Bill Flanagan 661-4451	Tues. 5.30 pm	Hensley Athletic Field	Track
SAM DAHER'S SCHOOL OF FARTLEK ("Pain in the Domain") Sam Daher	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 Evannett B: 707-8236	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
Ken O'Connor Alistair Mackie	and others	Alternating 5k and 8k Time-Trial (staggered start)
Trevor Roberts Bill Flanagan	Ken Wylie Terry McIver	Short intervals 100m - 400m
Charles Coville 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 Harvey Blue Derrick Titmus	Tony Vipond Gary Shoesmith Tony Healy Kate O'Rourke Mike Ward	2 courses of 5k, 8k and 16k run on alternate weeks. Competitive pace.
Laurie King, Sam Daher, Ian Bowden Charles Coville Russell Hammond Phil Caldwell Keith Barnett Gerald Smith		6.6k race. Runners leave every minute between 12.00 noon and 1.30 pm.
John Evannett Max Henderson Peter Arnold Bernie King	Sue Hill Philip Caldwell Brett Nichols Nobby Young	Tues: Race Pace. Friday: Medium STAR Pace. 10k.
Dot Flanagan Sam Daher Mike Edwards Bill Flanagan	Jane Flanagan Brian Hayden Laurie King	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 Tony Conner Dennis Cooley Bill Flanagan Trevor Roberts Brian Colwell Mike Edwards, Ken Wylie, Derek White	Ron Burke Robyn Murphy Brian Haydon Terry McIver Frank Brandon Wayne Garland	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 Wayne Garland Joe Loewy	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 Richard Bamann Bernard Corden Nick Reed	David Douglas Dave Cox Nigel Hadgkiss Stuart Greaves Ron Corden Keith Canard	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.



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through Sydney's beautiful Lane Cove River Park

Sunday, 24th March, 1985



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