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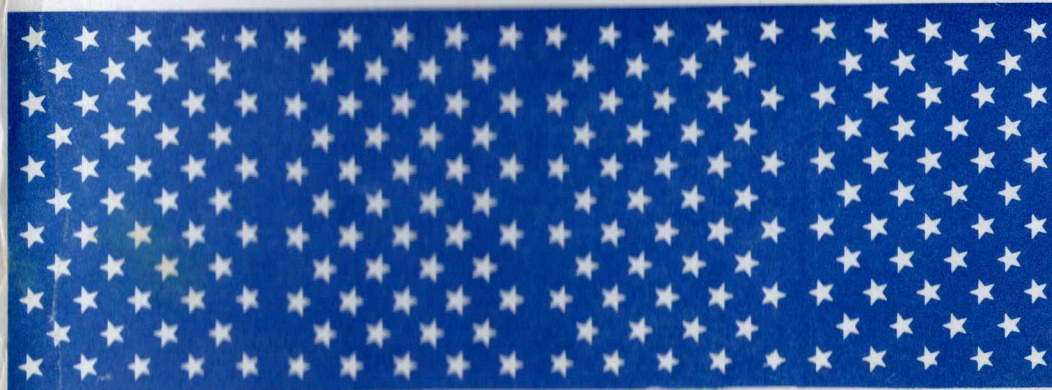
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200TH STAR/FIFTH ANNIVERSARY EDITION



NO. 23 - APRIL/JUNE 1985

Sydney Striders

Marathon and Road Runners Club



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meetings - details from the Secretary.



Sydney Striders

Marathon and Road Runners Club

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BRIAN TAILFORD.

"The general atmosphere of a STAR is supportive and friendly"
"STARS are definitely NOT races"
"All new runners are welcome. You won't be asked to pay a membership fee straight away: run with us first, then decide if our STARS suit your training needs"

The above quotations appear in our Calender as supplying information for prospective new members. How can we possibly expect anyone to join Sydney Striders when the majority of our STAR runs contradict all of these statements. During recent STAR runs I have observed the following:-

1. A 2:43 marathoner running with the 2nd SLOW GROUP and having trouble keeping up with 2 other runners! These 3 runners were approximately 1km ahead of the rest of the "strung out" pack.
2. A member of the 1st SLOW GROUP given the 6min/km pacers' sign on his back and then proceeds to run approx 5min/km! This having the effect of again splitting the group over a wide area.
3. A new member (2nd run with us) with the 1st SLOW GROUP and keeping to a 6min/km pace losing sight of the rest of the group and eventually getting lost.
4. Another new member (2nd run with us) running with the 2nd SLOW GROUP and becoming completely exhausted after 20kms because the people he was trying to keep up with were running a 4:40mins/km pace!
5. 3 sub-3hr runners stringing the 2nd SLOW GROUP out over a wide area only to then take a 24km. optional short course!
6. Clocking the lead runners at 1km ahead after only 5km into a STAR run!

The point is, how can a STAR be "supportive and friendly" when the majority of the time you end up running alone. How can our STAR runs suit anybody's training needs.

I have been a member of Sydney Striders for 1 year. It is my opinion that the problem I am raising here is getting worse. I found that during my early runs with Striders the different groups tended to stay as a "Group". They were supportive and friendly and I received valuable tips on running from more experienced runners because we were staying as a group. How on earth can, new members now receive the same help?

I have endeavoured to present this problem as objectively as possible and not appear to be "whinging" I still enjoy the atmosphere of the club but I also realise that it can be so much better if everyone does the right thing.

The club is now 5 years old and has grown to be the most respected and well organised road running club in NSW. This tradition has been earned through the endeavours of both the founders and longer serving members - lets not start to spoil it.

The runners who are coursing this problem are a minority (we all

know a few of them) it is my opinion that if they persist with those antics after reading this column then they DO NOT have the future welfare of the club at heart and should be looked upon as such.

Letter to the Editor

The Editor,
The Blister.

30th April 1985

May I take up a bit of space to labour a point raised by Carol Ludington in our latest calendar, namely the pacing on some of the Stars. Well perhaps not so much the pacing but rather the courtesy and fellow feeling, or lack thereof, exhibited at drink/toilet stops. Once the genuine head-bangers i.e. my brother and Keith Canard, have broken away on the first hill, the fast group (under 5 mins/km) generally maintains a fairly steady pace of between 4.30 and just under 5 minutes, depending on the terrain and the leading runners' inclination to push it or not as the case may be. That is OK for most of us and inevitably, for one reason and another, the group becomes a bit stretched out as the fit ones maintain the pace and the not so fit (or regrettably, in my case, the not so young) drop back a bit. Over a distance of 5 to 7km by which time we are usually at a drink stop, the time difference between first and last of the group may be 25 seconds to a minute. It is somewhat galling and frustrating to be in this tail-end to arrive at the one tap, join the queue and see those at the front slake their thirst, wipe the back of the hand across the mouth and literally clear-off at the average pace of the run. Assuming a not unreasonable 10 seconds per man to take a drink it means that the poor bloke at the back can be, in a group of 30, three hundred seconds or 5 minutes (who said my arithmetic is no good!?) off the back by the time he has had his drink, hitched up his shorts and set off in pursuit of specks dwindling away in the distance. Just to make up the time he has to do around 4mins to 4 mins 10 secs a km only to repeat the process at the next stop. I spent one run, based on Centennial Park, doing just that for something like 30 kms. It was getting to the point where I thought my deodorant was at fault. Can we please have some consideration for the fact that the group does stretch a bit, we do have to form a queue of some sort (local councils have not yet started providing communal troughs) and, last but not least, the company on the runs is one of the reasons I, and many others, run at all. I don't want to engage in deep philosophical conversations, discuss the last Springsteen concert or discuss the latest NSW political/police scandal but I do like to talk about past races, forthcoming ones, how training is going etc. etc. Unlike Garbo I don't want to be alone so can we have a pause for breath, a re-grouping and a more gentlemanly attitude to our fellow runners, keep the aggro for the races.

Ron Corden



EDITORIAL

Firstly congratulations to Phil Garvin - the first Strider to break 2.30 in Australia. His 5th placing (2.28.46) in Canberra shoots him up to No. 2 on the ladder. Phil's performance also gained him selection in the A.C.T. team for the Australian Championships (Wang). This is one time we will excuse him for not wearing the green and white.

Some fine overseas performances by Striders since the last Blister. London produced PB's for Rob Harrison, Ron Feeney and Edwina Garvin, while Kar Wong did likewise in Johannesburg.

Some really great reading in The Mirror on May 20. In trying to convince readers that running and exercise in general are bad, they assured us that "If you spend two hours a day running for your life, then you're wasting ten years of living."

"You'd have to spend about 15 hours a week jogging to lose one pound of fat. Invariably the overkeen athlete becomes too competitive, humorless and fanatical. Look at the tortured faces of the joggers you pass each day, and you won't see many signs of friendliness. The only reason they jog in pairs is so that there is someone to go and get the ambulance. You'll stand a better chance of making friends and developing a good social life if you join your local golf club or go dancing once a week. Or try an occasional walk to your nearest pub."

It was meant to be serious, but I thought it had more laughs than the thoughts of Nobby Young page.

For those planning interstate marathons next year and beyond, remember the 1986 Festival City Marathon on Aug 31. It will be a major event in South Australia's 150th Jubilee celebrations. It will be receiving substantial government support.

A major marathon will also be staged in Perth as part of the Americas Cup defence in late 86/early 87. No details at this stage.

A visitor to a recent STAR was Alan Purton, President of the Tally-Ho Fitness Group in Melbourne. Striders in Melbourne looking for a run can call Alan on 836-6332.

Further to the snippets in the last issue about Striders running early City-to-Surfs - Alan Farrell has run all 14 of them, with a 59.18 in 1971 and 6 since PB's since. Best performance so far 15 50.11 in 1983.

A note for your Striders Calendar - 7.00am start for the Gillawarna Marathon and Half-marathon on Aug 11.

Asked if he doesn't get tired of all the running he does, Rob De Castella answered "Of course, the novelty of putting one foot in front of the other tends to wear a bit thin after the first 10,000 to 20,000 miles."

Deadline for Blister No. 24 is Aug 25. Photos and Results should reach me by Aug 18. Send your contributions to the club P.O. box, or give to any committee member. Contributions are most welcome from all Striders. You don't have to wait to be asked.

There are now another 4 Ironmen in the club - Peter Foulsham, Alex Hamill, Peter Keeble and Nick Reed all conquered the Tooheys Triathlon at Forster. See the triathlon section in this issue for details.

Some impressive PB's since the last Blister. Those of us who would be ecstatic with a few seconds PB marvel at those who manage to improve by almost an hour.

Edwina Garvin 29min PB London

Graham Firkin 32 min PB Canberra

Maureen Greenwald 51 min PB Canberra

Don't forget to fill out the green results sheet enclosed with this Blister. Either hand it to me at a STAR or send to the P.O. Box. There is no guarantee your results will be published if you don't inform me of your performances. Also, we can't reward your performances at the prize-giving if we don't know what you've been up to.

Remember the deadline for results for the next Blister is AUGUST 18.

The paltry 11 days separating Nike Canberra Marathon and the Anzac Day marathon didn't deter a few Striders from trying both. Of the 6 who doubled up, 3 somehow improved their time 2nd time around.

	CANBERRA	ANZAC
Brian Colwell	3.25.57	3.28.29
Graham Butler	3.22.10	3.39.40
Richard Bamann	3.30.56	3.30.19
Bruce Murray	3.24.35	3.29.01
Graham Burke	3.35.15	3.29.52
Graham Deacon	4.14.32	3.59.54

See page 22 for Richard's version of the Anzac Day marathon.

Bill Flanagan

EDITOR:

Sunday Training Runs (Stars)

POST STAR REFRESHMENTS

When members host a Star, they usually lay out \$60 or more for provisions, as well as curtailing or missing a run themselves on that day. Would members and their visitors be sure to pay for their refreshments, as many hosts are finding they are not recouping their expenses. Please do the right thing!

Carol Ludington.

Membership

NEW MEMBERS

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

Dick Bartlett	Mervyn Finlay	Michael Minehan	Irene Sands
John Boyce	Allan Gore	Peter Morris	Hugh Spencer
Greg Cornish	Maureen Greenwald	Annie McCarthy	Dale Thompson
Scott Crawford	Bill Howley	Wayne McCarthy	Jim Walker
Chris Dwyer	Bruce Inglis	Kevin O'Kane	Ross Wall
Isabel Engel	Terry Jackman	Rod Phillips	Keith Wearne
Vince Engel	Adrian Kol	Greg Prowse	Alex Whitworth
Graham Firkin	Debbie Liebenberg	Richard Roach	Noel Worthington

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

FINBARR McCARTHY

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7 DAYS

ISABEL ENGEL

NEW MEMBER PROFILE

Isabel started running over 10 years ago when she was living in California. She was doing a Master's degree, and her tutor's wife held a marathon record. The tutor boasted about his wife's performance, and Isabel was motivated to take up running herself. She ran in the Bay to Breakers, and has been running on and off since.

Isabel and husband Vince are now living in Australia; they spent some years in New Zealand since leaving the States.

Isabel ran the Fletcher marathon while living in N.Z. She is now in training for the Wang, doing 80k per week, and she hopes to break her 4.49 Fletcher time.

Isabel does most of her training on her own, but finds the STARS great for getting in a long run in pleasant company and surroundings.

Isabel works for CBS Fox, an American video/movie company.

Those of us not running Wang will be out there cheering for you, Isabel. Good luck.



ISABEL ENGEL



JEFF BURGESS

THE LURE OF THE HALF-MARATHON

by JEFF BURGESS

The marathon has always had a mystical attraction for us. It is an epic which makes heroes of those who finish. Since Pheidippides first ran across the plains of Marathon in Ancient Greece, many thousands in recent times have waged battle with this classic distance. Tragically, Pheidippides dropped stone dead upon finishing and thereby became the marathon's first hero.

After six marathons, I should have felt pretty heroic, but I always felt more dead than heroic upon finishing. Twice I was given oxygen after coming in exhausted, and the worst experience was when I was forced to pull out of the Toowoomba marathon with heat exhaustion at 38k - unco-ordinated and unable to even walk.

Three years of serious training had seen me progress from 3.48 in Brisbane (1981) to 3.42 at Wang (1984) while aiming for under 3½ hours. It was not a very impressive effort, and I began to wonder if I'd ever be a hero.

Then it came to me. Why should 42k be any more heroic than 21k, 10k, or 1,500 metres provided I give my best? We should run distances that best serve our talents and my talents were obviously elsewhere.

So in 1985 I concentrated on the half-marathon and by injecting more speedwork into my usual training, I have lowered my PB from 93.38 in the Striders Handicap ½-marathon, to 88.30 in the scenic Sutherland ½. Unlike running a marathon, I was able to run hard all the way and in the end I felt alive and satisfied..... a hero in my own mind. 9

INTERNAL HALF MARATHON

INTERNAL HANDICAP HALF-MARATHON, NORTH RYDE, 17 MARCH 1985

by Steve Cornelius

6.26 a.m. on what threatened to develop into a hot, sticky morning: a small group of runners and officials farewelled John Boyce, the first starter in the Striders' Internal Half-Marathon Handicap. New members and recent half-marathon debutantes Debbie Liebenberg and Sally Cornelius followed at 6.27, and defending handicap champion Tom Smith one minute later amid the traditional cry of "Ned Kelly group starting now!". Poor Tom; oh how the mighty are fallen. After almost 150 minutes on the road, Tom registered 92nd place on both handicap and absolute time, but crossed the line smiling and wise-cracking as usual.

Meanwhile the threat of heat and humidity had become reality, but Peter Langton showed us all how to tackle a handicap race, running an extra kilometre to alert 2 other runners that they had taken a wrong turning, and still taking out the gold medal with a performance 11 minutes under handicap. Rod Andersen didn't do the extra kilometre, but finished close on Peter's heels, and first-to-start John Boyce took the bronze, 10 minutes under. Very fine (but unrewarded) performances came from Robi Russell (4th and 1st woman), Bill White (5th) and Graham Firkin (6th).

Once again most of the Slow Group produced good performances. The computer handicap calculations were found to be generally pretty accurate, so that well over half the field finished within 3 minutes of 8.40 a.m. and stretched the resources of the recording clerks to the limit. Next year we may have to have 2 finishing chutes to cope properly.

Keith Canard seems unable to crack his addiction to Striders' Gold Medals, winning the "elapsed time" medal by almost 2 minutes from Wayne Stanton and Ken Wylie. Dorothy Siepmann was fastest woman.

Many congratulations to Graham Butler and his large team of helpers for a successful event.

Age Category Placings on Handicap (both sexes):

Open: 1 Peter Langton, 2 Rod Andersen, 3 John Boyce, 4 Robi Russell
U-30: 1 Rod Andersen, 2 Bill Flanagan, 3 Wayne Stanton, 4 Robyn Murphy
30-34: 1 Jeff Burgess, 2 Maureen Greenwald, 3 Lesley Lear, 4 Rodney Phillips
35-39: 1 Robi Russell, 2 Bill White, 3 John Hodges, 4 Brent Waters
40-49: 1 Peter Langton, 2 Graham Firkin, 3 Terry McIver, 4 Bill McCarthy
50+: 1 John Boyce, 2 Joe Baillie, 3 Barry Jones, 4 Gerald Smith

Age/Sex Category Placings on Absolute (Elapsed) Time:

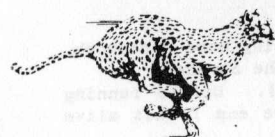
Open M: 1 Keith Canard, 2 Wayne Stanton, 3 Ken Wylie, 4 Bret Nichols
U-30 M: 1 Wayne Stanton, 2 Bill Flanagan, 3 Scott Lawrence, 4 Ashley Jackson
30-34 M: 1 Ken Wylie, 2 Bret Nichols, 3 Evan Millar, 4 Paul Russell
35-39 M: 1 Stephen Nicoll, 2 Norm Wilkins, 3 Rod McLean, 4 David Robinson
40-49 M: 1 Keith Canard, 2 Ron Corden, 3 Bernie King, 4 Brian Gatfield
50+ M: 1 Bruce Murray, 2 Derek White, 3 Joe Baillie, 4 Gerald Smith

Open F: 1 Dorothy Siepmann, 2 Merri Mack, 3 Lesley Lear, 4 Maureen Greenwald
U-30 F: 1 Robyn Murphy, 2 Debbie Liebenberg
30-39 F: 1 Merri Mack, 2 Lesley Lear, 3 Maureen Greenwald, 4 Queenie Topley
40+ F: 1 Dorothy Siepmann, 2 Kerry Bray, 3 Patti Burke, 4 Sue Thomson

INTERNAL HALF MARATHON RESULTS

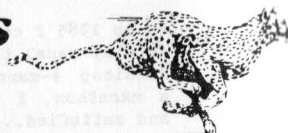
These results are arranged in handicap order. The "PLACE" columns refer to placings on handicap (H) and placings on absolute or elapsed time (A). Deviation from handicap is in minutes/seconds.

PLACE	H	A	NAME	ABS. TIME	DEV'N FROM HANDICAP
1	75	1	PETER LANGTON	1:51.26	(-11.34)
2	59	2	ROD ANDERSEN	1:35.38	(-11.22)
3	86	3	JOHN BOYCE	2:03.11	(-10.49)
4	81	4	ROBI RUSSELL	1:55.31	(-10.29)
5	55	5	BILL WHITE	1:34.34	(-7.26)
6	63	6	GRAHAM FIRKIN	1:35.59	(-7.01)
7	25	7	TERRY MCIVER	1:26.12	(-6.48)
8	60	8	JEFF BURGESS	1:35.41	(-6.19)
9	79	9	MAUREEN GREENWALD	1:55.01	(-5.59)
10	78	10	LESLEY LEAR	1:54.09	(-5.51)
11	71	11	RODNEY PHILLIPS	1:43.49	(-5.11)
12	66	12	JOE BAILLIE	1:40.55	(-5.05)
13	69	13	BILL MCCARTHY	1:43.00	(-5.00)
14	70	14	BARRY JONES	1:43.12	(-5.00)
15	22	15	JOHN HODGES	1:25.50	(-4.48)
16	27	16	GERALD SMITH	1:41.05	(-4.10)
17	46	17	RICHARD BARMAN	1:32.17	(-3.57)
18	35	18	BRENT WATERS	1:29.33	(-2.43)
19	6	19	KON CORDEN	1:18.39	(-2.27)
20	73	20	GREG JERRETT	1:47.42	(-2.21)
21	24	21	STEVE CORNELIUS	1:25.58	(-2.18)
22	49	22	MERRI MACK	1:33.03	(-2.02)
23	64	23	TREVOR DRYSDALE	1:38.04	(-1.57)
24	41	24	BRIAN LYNCH	1:30.12	(-1.47)
25	42	25	MIKE WARD	1:30.13	(-1.48)
26	18	26	COLIN O'BRIEN	1:25.28	(-1.32)
27	8	27	PAUL RUSSELL	1:19.38	(-1.32)
28	8	28	PAUL RUSSELL	1:19.38	(-1.32)
29	47	29	DOROTHY SIEPMANN	1:32.49	(-1.22)
30	7	30	STEPHEN NICOLL	1:18.49	(-1.11)
31	3	31	KEN WYLIE	1:16.50	(-1.10)
32	51	32	KEITH BARNETT	1:33.53	(-1.07)
33	17	33	BRIAN GATFIELD	1:24.57	(-1.03)
34	9	34	BILL FLANAGAN	1:20.00	(-1.00)
35	11	35	ROD MCLEAN	1:17.20	(-0.43)
36	4	36	BRET NICHOLS	1:21.17	(-0.40)
37	74	37	DERRICK TITUS	1:49.31	(-0.29)
38	29	38	DAVID PETERSON	1:27.33	(-0.27)
39	38	39	GREG CORRISS	1:29.38	(-0.22)
40	20	40	CHRISTOPHER DWYER	1:25.41	(-0.19)
41	23	41	WAYNE STANTON	1:25.41	(-0.19)
42	23	42	MIKE FOSTER	1:25.51	(-0.16)
43	10	43	NORM WILKINS	1:20.01	(-0.09)
44	40	44	JOHN HILL	1:30.08	(-0.08)
45	53	45	BOB MANN	1:34.29	(-0.29)
46	30	46	KEN O'DONNOR	1:27.38	(-0.38)
47	14	47	CHARLES COVILLE	1:22.44	(-0.44)
48	50	48	DEREK WHITE	1:33.52	(+0.52)
49	12	49	DAVID ROBINSON	1:21.54	(+0.54)
50	88	50	ROBYN MURPHY	2:08.23	(+1.23)
51	54	51	GRAHAM BUTLER	1:34.32	(+1.32)
52	16	52	GRAHAM BURKE	1:24.38	(+1.38)
53	72	53	JAMES CAMPBELL	1:44.38	(+1.38)
54	21	54	NORBY YOUNG	1:55.42	(+1.42)
55	61	55	DAN GRAY	1:55.42	(+1.42)
56	48	56	BRUCE MURRAY	1:52.35	(+1.35)
57	7	57	KEITH CANARD	1:53.53	(+1.53)
58	27	58	DENNIS WILLIAMS	1:26.58	(+1.58)
59	44	59	PETER MARKHAM	1:32.00	(+2.00)
60	13	60	ALISTAIR MACKIE	1:22.03	(+2.03)
61	19	61	NOEL BARTON	1:25.29	(+2.29)
62	34	62	PHILIP MORGAN	1:29.30	(+2.30)
63	36	63	DICK BARTLETT	1:29.34	(+2.34)
64	39	64	ASHLEY JACKSON	1:29.42	(+2.42)
65	82	65	SYLVIA REA	1:55.43	(+2.43)
66	58	66	BRIAN TAILFORD	1:35.05	(+3.05)
67	15	67	BERNIE KING	1:24.13	(+3.13)
68	26	68	MICK EDWARDS	1:26.20	(+3.20)
69	77	69	VIC COLLINS	1:53.34	(+3.34)
70	28	70	PETER COBLEY	1:27.00	(+4.00)
71	31	71	TONY VIPOND	1:28.03	(+4.03)
72	65	72	PETER HENRY	1:40.05	(+4.05)
73	85	73	FRANK ASSENZA	2:01.26	(+4.26)
74	84	74	JOHN ROSS	1:59.38	(+4.38)
75	37	75	BERNARD COOLEY	1:29.38	(+4.38)
76	62	76	BEN STAMMER	1:58.00	(+4.50)
77	83	77	KERRY BRAY	1:58.00	(+4.50)
78	89	78	SUE THOMSON	2:09.31	(+5.31)
79	52	79	IVAN FREYS	2:09.31	(+5.31)
80	32	80	TREVOR ROBERTS	1:28.11	(+6.04)
81	76	81	GEOFF PEARL	1:52.10	(+7.10)
82	80	82	QUEENIE TOPLEY	1:55.16	(+7.16)
83	33	83	SCOTT LAWRENCE	1:28.49	(+7.49)
84	43	84	LAURIE KING	1:51.53	(+8.53)
85	68	85	BILL WACHER	1:41.50	(+10.50)
86	90	86	DEBBIE LIEBENBERG	2:24.16	(+11.16)
87	45	87	HARVEY BLUE	1:32.03	(+12.03)
88	87	88	PATTI BURKE	2:03.38	(+12.38)
89	91	89	SALLY CORNELIUS	2:26.35	(+13.35)
90	56	90	STEVE KNIGHT	1:34.37	(+13.37)
91	57	91	DENNIS COOLEY	1:34.41	(+13.41)
92	92	92	TOM SMITH	2:29.13	(+17.13)



Sydney Striders

Marathon and Road Runners Club



NATIONAL PANASONIC HALF MARATHON

SPREADING FRIENDSHIP AND GOODWILL IN '85

Philip Caldwell reviews the 1985 National Panasonic Half

Another half marathon, our fourth, is all but over and it's pleasing to be able to report that we've had another outstanding success. Many congratulatory letters and personal approaches have been received for a job well done.

We can all feel justifiably proud, especially as staging this year's event has, more than any previous year, been a real team effort. Incredibly, this year's National Panasonic brought together some 260 willing helpers on race-day, including some 90 non-striders. They all deserve our thanks and gratitude.

It's been especially gratifying to receive comments from interstate and overseas competitors that the race organisation and atmosphere was the best they've experienced and that the organisation surpassed such celebrated international events as the London and New York marathons. Indeed, this year saw the National Panasonic become an international race for the first time with the outright honours going to visitors from overseas - on the men's front to West Germany's Wolfgang Krueger in race record time and leading home our strongest ever women's field, Raewyn O'Donnell from across the Tasman.

The outstanding performances certainly didn't stop here. Our two Seniors world record holders, Melbourne's Jean Albury and that marvellous sandgroper, John Gilmour, savaged the race records in their age categories. So too did Australia's leading female veteran, Victoria's Dot Browne.

On the teams' front, new race records were set in six of the nine categories.

Such was the influence of out-of-towners this year that only two New South Welshmen figured in the top seventeen placings with just four of the leading ten women from the 'Premier' state.

The Real Success

In the final analysis, new race records, attracting strong support from elite runners and being able to lay claim to staging one of Australia's best road races is fine. But more important is the generation of friendship and goodwill among road runners and it's here wherein lies the real success of this year's National Panasonic. The continued growth in race entries - through the 2,000 mark for the first time - and the post-race credits received from so many of the slower and 'middle-of-the-pack' runners show that we haven't lessened our support for local runners and your average Joes and Josephines. Moreover, it was evident that all runners, young and old, warmed to our treatment of the 'seniors' who responded in a manner that was even more infectious!

A Special Thank You

This being my last year at the helm, I would like to express my gratitude to all half-marathon helpers in 1985 and also those in previous years. I hope you will give the same support and encouragement to the incoming Race Committee and that some will feel the urge to take on key roles with our 1986 organising team.

Please take time to read the various post-race credits included with this issue. Whether you were marshalling out on the course, sharing in the frantic action at a drink station, or back at the Start/Finish venue, you should be able to take delight in many of the responses received. We asked you to give all our visitors your undivided support and encouragement and that's just what the responses suggest you did. Congratulations!

There have been so many outstanding performances on this year's organising team, please excuse me for not mentioning names. But I would like to make an exception with five lovely non-Striding ladies - Jan Doran (who backed up Ray on the catering side for the fourth year on the trot); Maureen Coville (looked after our childminding centre, also for the fourth year); Margaret Young for countless hours processing race entries; Carol King for taking on the job that no-one wanted - spectators' catering; and my wife, Carol, for taking countless phone calls and sharing in the idiosyncracies of race organising.

Finally, I'm sure you won't mind if I make mention of one Strider - our Race Manager, Herb Ludington - whose unflinching support and forthright approach contributed so much to the success of this year's race. Thanks Herb.

See you on the run,

Philip

PHILIP CALDWELL

RACE DIRECTOR
Philip Caldwell



OH WHAT A RACE!

Credits flow in for a job well done.

"I have completed the 1984 London and New York marathons and several of the big U.K. halves and the job your club did was the best I have seen. The pre-race information was very good and equal to any half marathon material I've encountered in England during the past 2½ years. A very good course!!! Markings on the course were excellent. The drink/sponge stations worked very well, which is not often the case once 40% of the field has already gone through. The water was very clean and the tables well ordered - the opposite to the New York Marathon. Just as importantly there appeared to be quite a number of 'marshalls without portfolio'; I got the impression that they had an eye out for anyone showing signs of distress. If this was so, well done - it is certainly not a common feature of such runs. All in all well done - good course, good organisation."

GEORGE WEBSTER

George was a late overseas entry who kindly offered to give us some feedback on the organisation. He finished in 1.36

"My sincere appreciation for your efforts in producing a fantastic half marathon. I was delighted to be a part of it and really appreciated being looked after so well with meals, accommodation and transport. Thank you so much. In terms of runs, it would have to be the best organised event I have been associated with. You thought of everything and attention to detail was noticeable. Thanks again for the invite; Loved it!"

DOT BROWNE

Dot placed third outright in 1.20 a marvellous effort for two score and four.

"Congratulations, it was a truly great event. The organisation was first class, the course was well marked and officialled, the sponges and drinks were cool and refreshing and the post race 'spread' was magnificent. Thank you for putting me up at the motel, which was very comfortable. This is one race I will definitely run again. Congratulations and thank you again."

COLIN NEAVE

Colin placed 9th in 1.08.31 en route to taking out the 1985 Nike Canberra Marathon.

"Thanks for staging such a well organised event. I wish to comment on a letter I received before the race, cautioning me against allowing my son (aged 13) to start in the event. I fully endorse the points made in the letter. My son and I ran together at a pace we both judged to be well within his current capabilities. We stopped for water and sponges at every opportunity. We were impressed by the friendliness and efficiency of all the race helpers. My son finished full of running increasing his pace markedly over the last few kms. He thoroughly enjoyed every minute of the run. He plans no more long running for the time being, not, that is, until a year's time when we hope to return to Lane Cove for another run in Australia's best road race."

GEOFF MOORE

The letter that Geoff refers to is one Irwin Light, as Race Medical Officer, forwards pre-race to the parents of all entrants under 16 years of age.

14

PRESENTED BY SYDNEY STRIDERS MARATHON & ROAD RUNNERS CLUB

AND PROUDLY SPONSORED BY

SEIKO

Talays

NIKE

JUST JUICE

Royal Life Australia

"As one of the 'vast majority' of runners in yesterday's event, I feel sure that I represent all runners in thanking all those who combined to make this year's National Panasonic the outstanding success it surely was. Many, many thanks."

RAY STEBBING

"From urban delights to beautiful Lane Cove River - thank you for a great half marathon. Tough, but the H₂O stops were the thing that enabled me to finish! Great organisation."

ANNE I'ONS

Anne placed third in the women's 45-49 age group in 2.02.13.

"A very sincere thank you to all who helped make the National Panasonic such a great, successful and really enjoyable event. The organisation was good with plenty of water and sponges. I enjoyed the breakfast but most of all the atmosphere. A great credit to you and all your club. I am not sure I will be back again - it's a tough course but a very beautiful one and a run I shall remember a long time."

ROBERT ROBERTS
'ONE OF THE SENIORS'

Robert placed 11th in the mens 6-64 category in 1.46.26

"Thanks for a well-run event and all the smiling faces."

PETER FRYLINK

"Thanks to all Striders for putting on such a wonderful half marathon. This being my first time at this event, I was so impressed at the organisation of the run, the plentiful supply of cold water which was so readily available, and the lovely mannerism of all marshalls and everyone offering their services. Thanks must go also for the great breakfast afterwards and the lovely hot tea and coffee. I will certainly put this run in my diary each year. Oh yes - I did my PB on your course (1.56), which is tremendous. I was absolutely elated."

RITA MIKOLAITIS
WESTERN DISTRICTS J.& H.

"This is to congratulate all concerned with the National Panasonic and in particular the Australian Seniors event. I don't argue with the claim that it is the toughest half marathon course in Australia. I now believe it, but, it is probably the most beautiful. I run slowly enough to view the scenery. A slight disappointment that I had trouble at the 13km mark with a hamstring which may have cost me first place in the 60-64 group. I had to be satisfied with 2nd. Everything to do with your event was magnificent. Thank you and best wishes in the future."

WALLY BEAMES

Wally came all the way over from S.A.

"The best race organisation I've ever experienced; a far better event than the City to Surf. It's difficult to understand what motivates you to devote the many hours of work that must have been involved."

JIM LAWSON

"Congratulations to Sydney Striders on the brilliant organisation. The route through the Park was well planned and I thoroughly enjoyed every kilometre of the event. I'll certainly be back again next year."

BEV BARCLAY

"My sincere thanks for making me welcome, the lovely tea, for arranging my billet and also running me around. I had a great weekend, enjoyed every bit of it even though you made me bloody tired over that last 5Km. I will do some hill running next time for sure. Channel 10 were very good to me on the Monday when I stayed over for their Mid-day show and even arranged for a taxi for me from Perth airport to home. You did a great job Phil, and your club members were fantastic; they really put themselves out to help people."

JOHN GILMOUR

At 65 years young John finished in 1.20.31 to be the first senior. Some three weeks later he finished the Bunbury Half marathon in an amazing 1.17.

"Although I'm 65 years old, I only took up 'fun running' in the last 18 months, having finished a number of runs eg. City to Surf, Bridge to Breakers, City of Sydney Half Marathon, Wang and Anzac Day Marathons. The National Panasonic is by the far the best organised and professional of the lot. The breakfast afterwards was first class. Congratulations on a first class event. Arthritis is catching up with me and I only hope I'm able to run in 1986."

OWEN LEWIS

"Thank you for the prize to compete in the Royal Life Half in Melbourne in August, by when I hope to be back in good racing shape. Although the 1985 National Panasonic was not a good race for me, it was still a great event on a great course. I shall look forward to breaking the women's course record next year! So far this year I've been dogged by viruses and haven't really run into any good form. I caught flu again just before the World Cup in Japan, ran the race (2.40 pace to halfway then faded to 2.50) and came down with a touch of pneumonia on my return, so I am just working back into running now and hoping to stay healthy."

MORA MAIN

"Thank you for excellent course, organisation and spectator support at the 1985 National Panasonic Half. It was the best race of my life in terms of both performance and enjoyment. I'm looking forward to running it again sometime. Thanks for the Results Book. Keep up the good work."

GREG COULTER
HOVE, S.A.

"Thank you for a truly wonderful day. I would like to run again next year, possibly in the 75 to 79 year age category."

WILLIAM DUNNING

"I write to say how happy I am to have participated in the 1985 race. It was a hard run for my first competitive half marathon but the whole experience was great and the organisation was excellent."

CHARLES JONES

"Congratulations on a well organised run. As one of the last runners home, I was most impressed with the support and encouragement along the way. Keep it going."

JOHN PAYNE

TO SOME CONSTRUCTIVE CRITICISM

"As an old friend, I hope you will allow me to make some criticisms. I felt the 1985 standard fell short of the peak set in 1984.

Here are my niggles:

1. Lack of adequate facilities for storing track suits and other gear for the duration of the race.
2. Toilets - I had no trouble because I used the Ladies, but someone may object next time;
3. The Start - well, you know the problems there.
4. Drinks tables - seemed to be too few helpers at times when there was a rush and a brief wait was required until a cup was filled.
5. My major gripe is that there was no Staminade available during the race. I find that Staminade gives me a lift and definitely restores energy. I feel that if Staminade had been available that my time would have been faster and I would not have been quite as exhausted at the finish. How about just 2 Staminade tables at, say 7Kms and 14Kms".

It's a great run in a great setting. Here's hoping that 1986 surpasses 1984

ALF FIELD

Alf finished in 1.32.08, around which time we experienced the greatest volume of runners.

Joining Striders and The 1985 National Panasonic

by Rod Phillips

On arriving in Sydney in late November, 1984, I was keen to take part in the "local" running scene. On purchasing the current Aussie running magazines I was dismayed at the limited number of published events as the expectation was to see a list with either a 10 km, 15 km or half-marathon scheduled for every weekend. I realised then that I should consider joining a club.

What club? Well, enquiries at two sports shops didn't reduce the question to which club. In fact, the only name either shop could come up with was Sydney Striders. How to contact the club? At this stage the December/January issue of Fun Runner was on the newsstand. I searched for word of the club and finally "down the road" revealed that the Sydney Striders organised a super efficient event and that you had to get lucky to be at the start line. "(see ad)" said the fixture list. Billed as the toughest run on the N.S.W. calendar I figured that one may need a fair bit of extra luck to get to the finish line.

As a relative newcomer to road-running the Striders' reputation and the National buildup fazed me somewhat. It took a chance introduction to Strider Karen Tuck to learn more about the club. Yes, they are very organised, very keen and a friendly mob. Not all members run sub three hour marathons. Slower runners, shorter distances and newcomers to the sport are catered for. Needless to say I completed an application form after attending a couple of STARS.

The conditions of entry to the National for a new member were explained and training began at the end of January. Not having run for some time and with a Squash commitment twice a week, distance travelled per week for the first three weeks was around 30 kms. Four weeks before the race I resumed running STARS taking the short options and the weekly distance increased to 45 kms. One of the runs included one leg of the gruelling Bed Push.

Training was geared to returning to an acceptable level of fitness and the pace set was 6 mins/km. This with a view to running at 5 mins/km over 21.1 kms which would equal my best time for a H-M, 105 minutes. Knowing that that time was set on a flat course I was more than a little concerned at keeping the pace over the Lane Cove course. However, the relaxed atmosphere at the Striders' internal H-M a week after the Push provided an opportunity to experience this magnificent course and I was very pleased with the time of 104 minutes. However, I knew that I had not finished strongly. Two 10 km outings completed my training.

Armed with the Race Programme and a knowledge of the course I planned to run the first 15 km in 70 minutes which would allow for the inevitable slower pace over the last 6 km. On National Panasonic Race Day the scene at the start line was rather different to the previous Sunday with 1500 plus runners all raring to take on the hills. Once underway the field spread quickly. Highlights of the run : Ice cold water, seeing the German fly past at the 18 km mark, taking in the beautiful scenery and reaching the 15 km mark in just over 70 minutes. The last 5 kms were as tough as expected but having run them just the week before made the going easier and I finished in just under 103 minutes. The short uphill to the finish clobbers a tired runner and I am sure that the photographers were scared off by the grimacing faces.

As a Strider incognito I felt that the Club indeed does organise an event with superlative efficiency. The support given along the course was greatly appreciated by all. Good on you Striders!

RACE RESULTS

STRIDERS IN THE NATIONAL PANASONIC HALF-MARATHON, 24 MARCH 1985

Phil Garvin	1.10.46	Edwina Garvin	1.41.01
Bernard Corden	1.11.08	Rod Phillips	1.42.42
James Walker	1.22.34	Carolyn Wilson	1.52.47
Cedric Sidebottom	1.23.06	Richard Roach	1.58.50
Bill Howley	1.24.00	John Boyce	2.00.11
Michael Minehan	1.26.47	Denise McCarthy	2.01.18
Robert McCarthy	1.27.45	Allan Gore	2.47.11
Trevor Marsden	1.37.42		

CITY OF SYDNEY HALF-MARATHON

1st male: G. Heape	1.09.25	231 Greg Cornish	1.29.41
1st female: N. Drake	1.15.15	261 Stephen Roach	1.30.56
		267 Bruce Murray	1.31.17
		268 Terry McMahon	1.31.18
Striders:		317 Dorothy Siepmann	1.34.17
5 Bernard Corden	1.11.38	344 Mike Ward	1.35.47
13 Vince Engel	1.13.33	353 Greg Prowse	1.36.09
21 John Fazio	1.16.19	372 Nick Reed	1.37.47
23 Evan Millar	1.16.31	381 Stan Fleck	1.38.30
37 Alex Whitworth	1.17.45	383 Bill White	1.38.40
59 Cedric Sidebottom	1.19.24	411 Peter Langton	1.40.20
60 Ron Corden	1.19.30	468 Derrick Titmus	1.44.35
63 Bernie King	1.20.05	475 Keith Canard	1.45.10
80 Mathew Kaley	1.21.16	482 Maureen Greenwald	1.45.55
94 Brian Gatfield	1.22.30	493 Isabel Engel	1.46.58
104 Tony Vipond	1.22.49	529 Lesley Lear	1.51.17
156 Bill Flanagan	1.26.15		
228 Sue Hill (1st F 40-49)	1.29.25		

STRIDERS' INTERNAL CROSS COUNTRY, MARSFIELD, 19 MAY 1985

1 Vince Engel	51.54	27 Richard Bamann	1.04.56
2 Paul Dreighton *	52.34	28 John McLennan	1.05.58
3 Bret Nichols	53.49	29 Richard Bevan	1.06.18
4 Peter Donnelley	54.02	30 Keith Barnett	1.06.32
5 Don Price	54.49	31 Brent Waters	1.07.26
6 Terry McIver	55.33	32 Joe Wong	1.07.28
7 Rod McLean	55.44	33 Gerald Smith	1.07.31
8 Charles Coville	56.34	34 Trevor Drysdale	1.09.12
9 Norm Wilkins	57.20	35 Brenda Hamill	1.09.25
10 Bernie King	57.49	35 Alex Hamill	1.09.25
11 Paul Russell	57.57	35 John Hill	1.09.25
12 Alistair Mackie	58.10	38 Adam Donnelley	1.11.43
13 Mathew Kaley	59.14	39 Jim Donovan	1.11.45
14 Bruce Inglis	59.31	40 Dale Thompson	1.12.33
15 Nobby Young	59.46	41 Jim Campbell	1.13.09
16 Graham Burke	59.58	42 Peter Ryan	1.16.03
17 Harvey Blue	1.00.21	43 Mavis Garrick	1.16.48
18 John Turner	1.01.08	44 Herb Ludington	1.16.52
19 Bob Darby *	1.01.24	45 Bernard Cooley	1.19.23
20 Ray Reid	1.01.42	46 Isabel Engel	1.19.24
21 Jonathon Wall *	1.03.02	47 Adrian Kol	1.21.38
22 Bill Flanagan	1.03.08	48 Robi Hancock	1.39.11
23 Ron Burke	1.03.10	48 Robyn Murphy	1.39.11
24 Bruce Murray	1.03.55	50 Sally Cornelius	1.41.15
25 Barry Moore *	1.04.21	50 Debbie Liebenberg	1.41.15
26 Merri Mack	1.04.39	50 Tom Smith	1.41.15

Categories:

Women: 1 Merri Mack, 2 Brenda Hamill, 3 Dale Thompson; 1st Vet: Mavis Garrick.
Male Veterans: 1 Peter Donnelly, 2 Terry McIver, 3 Bernie King, 4 Harvey Blue.
Male Over-50's: 1 Bruce Murray, 2 Barry Moore, 3 Gerald Smith.
* indicates guest runners representing our friends the Blue Mountains Joggers.

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"National have just taken the complications out of home video. This new model, the NV370A, is truly easy to use, with an easy-to-read fluorescent display you can read from across the room."

"Video has never been this easy to use!"

Peter Allen

SINGLE-TOUCH RECORDING

You only need to press the REC button to begin recording a program. No need to push both PLAY & REC simultaneously.

MEMORY FUNCTION

By resetting the time counter to zero; then pressing the memory button during play-back or recording, you can automatically return to this pre-set location by pressing REWIND or FAST FORWARD.

ONE-PIECE ALUMINIUM DIE-CAST CHASSIS

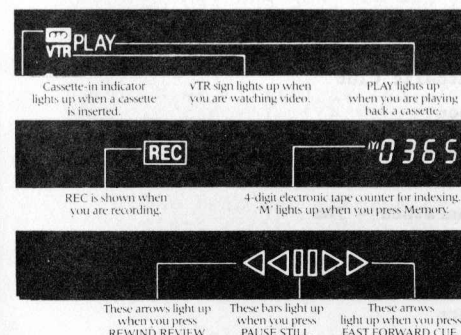
The NV370A is built on a chassis die-cast to precision tolerances of 1/1000 of a millimetre. This precision helps deliver optimum contact between video heads and tape. Essential for sustained picture sharpness and stability.

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You can forget the time-consuming procedure of setting 'RECORD' start/stop times. Next time you become sleepy in the late show, insert a cassette and press the OTR button. Another press and it immediately begins recording.

CUE/REVIEW AND STILL PICTURE

'Cue & Review' lets you scan a tape at about 5 times normal speed, forwards or backwards.

There's no need to 'blind search' for a scene in Fast Forward or Rewind modes.

8-MODE REMOTE CONTROL

A standard accessory with the NV-370A. You can control all major

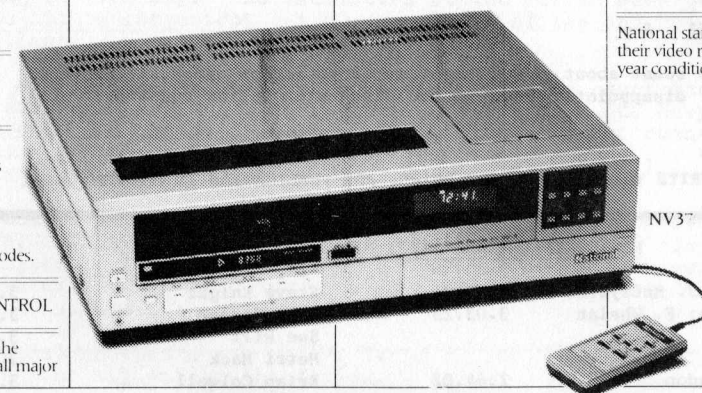
functions from your favourite chair with this palm-size unit.

14-DAY TIMER

There's no need to miss another TV program because you're not at home at the time. Simply pre-set the timer for the date and time of the program you want to record, for up to 14 days ahead.

FRONT-LOADING DESIGN WITH SAFETY-LOCK SYSTEM

The NV-370A will fit in places where a top-loading model won't. See-through top and front windows let you see how much tape remains. A safety lock device rejects incorrectly inserted cassettes.



National
the BIG entertainer

FORTHCOMING EVENTS

- JUNE 23 Woodford to Glenbrook
Giant Jog 30 k - Palm Beach to Manly
- June 30 - Sutherland Shire Half Marathon - Eloura Surf Club 9am.
- JULY 7 Newcastle Marathon & Half-marathon
13 Bathurst Marathon & Half-marathon
14 Sutherland to Surf - 11kk
Great Nosh
21 Campbelltown Marathon - 7.30am Catholic Club
21 Gold Coast Marathon & Half-marathon
28 University of NSW Fun Run - 8k - Kingsford
- AUGUST 4 City-to-Surf - Send your entry to Club PO Box by July 12.
11 Lake Gillawarna Marathon & Half-marathon - 7am
18 Cities Marathon - 6am Sydney Town Hall
25 Festival City Marathon - Adelaide (See Ad. this issue)
- SEPT 1 Wollongong to Sydney Ultra-marathon
8 Sydney Marathon
- OCT 13 Big M Marathon - Melbourne.
- Nov 10 Woodstock Runners Community Fun Run 10k - see page 82



POST-RACE CITY-TO-SURF REFRESHMENTS

WHERE? On the grass hill just south of the finish. Look for the Striders banner.

WHAT? Drinks and Eats

HOW MUCH? \$ 2.

WHY? To boast about your great time or to accept sympathy for your disappointing one; to socialise with fellow runners;

PLEASE WRITE YOUR TIME ON THE BOARD, FOR PUBLICATION IN BLISTER # 24.

NSW STATE ("ANZAC DAY") MARATHON, 25 APRIL 1985

1st male: J. McCrystal	2.25.31	Steve Knight	3.09.48
1st female: F. Whelan	3.03.23	John Turner	3.15.04
		Sue Hill	3.15.48
		Merri Mack	3.23.27
Striders:		Brian Colwell	3.28.29
Frank Brandon	2.44.02	Bruce Murray	3.29.01
Francis Chan	2.54.45	Ron Burke	3.29.52
Tony Conner	2.55.42	Richard Bamann	3.30.19
Dennis Williams	3.04.24	Graham Butler	3.39.40
Rod McLean	3.05.05	Peter Luxton	3.55.32
James Walker	3.05.09	Grahame Deacon	3.59.54
Bernard Cooley	3.07.21		

THE ANZAC DAY MARATHON

(Digger's Lament)

Bob McLean

Anzac Day 1985 arrived wet and cold, in fact the rain had been coming down in buckets for a week and looked like it would last for another (it did).

The new venue for this event is the Sydney Athletic Field, on an out and back course taking in Anzac Parade, South Dowling Street and Botany Bay (parts of a well frequented STAR). On paper the course looks fast and flat.

On my arrival at 6am, for a 6.30am start, the Army looked well in control with truckloads of helpers and marshalls and I do mean truckloads, in fact very large army trucks were predominant.

The rain had stopped as we made our way to the line but would start again shortly and remain for 70% of the race. The commencement proceedings, at 6.40am, were most welcome and with only about 500 runners (20 Striders) the start went quite smartly along Anzac Parade and into South Dowling Street.

A problem, at the 5km drink station - NO WATER - only Stam-lines. NO great drama, we could top up at the 10km station. This was not to be - NO WATER - at the 10km and the rumbles of discontent could be heard amongst the heavy breathing. I tried to drink from a sponge at 12km but this proved to be like getting water from a stone. I asked a marshall if water was available at the 12km. She did not know but stated that it was too wet to need a drink (obviously not a runner). About six of us stopped at a tap for a fill up (felt like a STAR). No worries with the drink stops from the 15km mark on.

The spectators along the route were small in number and not very enthusiastic, probably due to the weather. The course, on the day, was quite difficult especially the section back along the freeway. The facilities at the finish were quite good with a large tent set up and plenty of tea and coffee available.

The awards were in abundance especially as the event incorporated the State and Inter-Services Marathon. The Navy contingent were the eventual team winners. The first runner across the line was an Army Sergeant giving the R.C.I. patrons plenty to cheer about.

As this event is now promulgated for the same course every year, I think it can only improve. I feel Striders could consider it as not necessarily a race for a P.B. but possibly as an extended STAR to be used as a build up for the LANS or maybe Bathurst.

My personal thanks to all the Striders for their encouragement along the way and at the finish.

ANZAC DAY MARATHON

BY RICHARD BAMANN

PROLOGUE

An envelope arrives in the mail with race number and a note saying that an ordered T-shirt has not been included due to production delays but will be sent with the results list.

THE RUN

On a rather bleak Anzac Day morning 395 runners gathered at the Sydney Athletics Field for what used to be the State Marathon and held at the Holsworthy Army Base. The venue had a certain familiarity to most of us as the finish point for the two previous years' Wang Marathon.

It had been a rather wet week and, as it turned out later, one of the wettest on record for April. It started raining again five minutes before the run and, standing there waiting behind the line, we were all wishing for the gun to sound. First, however, the obligatory traffic instructions.

Finally we are off. Up Anzac Parade on this ever wetter Anzac Day. By the time we made a hairpin turn into South Dowling St shoes and socks were already heavy from the water.

Once one's warmed up everything is OK and the brave crowd settled into a steady pace down Southern Cross Drive. Soon we were at the 5k mark and I subconsciously registered a sign: "DRINK STATION AHEAD". Some five minutes later I realised there had been no drinks. Never mind, just tilt the head backwards, open mouth and there's plenty of water.

After about 7k Merri Mack came from behind. Contrary to the Handicap $\frac{1}{2}$ Marathon she hadn't started this run at sub four minute pace but was now building up towards it. She said she wasn't really trained for a marathon, was only going to run one this year and this was it. Then she took off and soon disappeared beyond the horizon.

As we turned into Wentworth Ave at 9k a familiar, red-clad lady came running towards us - none else than Dorothy Flanagan. Then into General Holmes Drive and another sign about drinks. This time there was at least a table - a definite improvement on the 5k. There was also a very apologetic gentleman waving his hands, saying: "They didn't deli-

ver any drinks". Since it had stopped raining I couldn't use the head tilting method any more and naturally got somewhat concerned about the prospects of another 32k without water. However, things were to change! At 12k there was a nice lady offering runners a drink out of her Fanta bottle and at 13k there were tables, cups and water. Then two more drink stations at 15k and 18k, and it continued like that for a while.

The weather was now quite pleasant and the run along Botany Bay enjoyable. Bruce Murray came towards me just before I reached the turning point so I must have been much closer than in Canberra. Then at 23k Merri Mack passed me again. First I couldn't quite understand but then it dawned on me: she was lapping me. Not trained for this - eh? Over the next 10k the field stretched out considerably with fewer and fewer runners in sight. At 31k I caught up with Graham Butler who didn't look as comfortable as in Canberra and said he shouldn't have done this.

At 33k another Strider from the Nike marathon comes from behind. Brian Colwell, looking very relaxed and fit. I was absolutely sure he had just started his morning jog and happened to be on the same road. He certainly didn't look like having run $\frac{3}{4}$ of a marathon. But he had as I found out later.

Drink stations now appeared at regular 5k intervals. Everything is regular and the usual trot along the latter stages of the run. Then there is a sudden bright and welcome moment. Leena is standing at 38k cheering everybody on. She has become a well-known and familiar landmark along many marathon courses, something that is likely to change in the future when she starts running them herself.

The last two kilometres were distinctively uncomfortable except for the final 200 metres around the oval. As always some hidden reserves appeared from nowhere.

The time? 37 seconds faster than Canberra. It's all relative.

EPILOGUE

A month later another envelope arrives in the mail. It contains a certificate and a photocopy of a results list previously published in The Sun. There is no T-shirt and no mentioning of any production delays.

Letter to the Editor

The Editor,
"The Blister" Magazine.

7 May 1985

Dear Sir,

I write to express my disappointment that our National Panasonic Half-Marathon has allowed some of its team-prize categories to be hi-jacked by commercial interests, to the detriment of those who genuinely comply with the spirit of the awards. I am referring particularly to the "Workplaces" categories, for teams of three, both male and female.

The male category this year was won by an elite group who represented a notable sportswear manufacturer. A member of this team openly admitted to me, some weeks before the race, that none of them is actually in the employ of that company; my informant is a milkman, and one other is a bank officer.

The female category was won by another elite group under the banner of a Well-Known Eastern Suburbs Running Store. To my knowledge, only one of the three team members works for the store. Another, who happens to have won the women's section of the race in 1983 and 1984, was described in the 1983 results book as a "landscape architect". The third, coincidentally this year's winner, doesn't even LIVE in Australia, let alone work in the Well-Known Store.

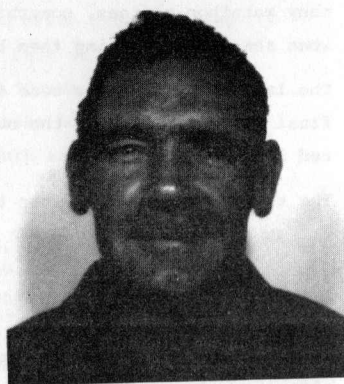
Admittedly, there was no other contender in the female category, which gives the whole affair a slightly hollow ring, but in the male category, there were other genuine workplace teams which were denied medals because of the appearance of the above-mentioned quasi-workplace throw-together pseudo-team.

Surely the spirit of these workplace categories can be enforced by the inclusion of a short clause on the entry form stating that entrants should be bona fide workers in the workplace that gives its name to the team? If Sydney Striders condone the use of team categories as vehicles for advertising exposure, we won't be entitled to complain when we as club suffer from a similar phenomenon year after year in the City-To-Surf - how many times have our genuine amateur runners been forced to accept silver and bronze while "teams" "representing" the Well-Known Store coast away with a swag of golds?

Yours faithfully, Steve Cornelius.



RICHARD BAMANN



GRAHAM FIRKIN

Nike Canberra Marathon - 14 APRIL, 1985.

by Graham Firkin

Saturday April 13, 5am - The alarm tells us (my wife and I) that it is time to rise and head for Canberra. We left around 6.30am, and headed across to Liverpool to pick up the Hume Highway. It is the second time this year we have made the trip, the first in January when we went down to the Sri Chinmoy Triathlon; we had looked forward to that event and enjoyed it thoroughly.

This side of Goulburn we encountered the Sydney-Melbourne Marathon runners who had started the previous day. We pulled over and gave Cliff Young a little verbal encouragement; then on to Goulburn for morning tea, then Canberra for lunch, then the motel.

The afternoon we spent sightseeing. What a glorious city it is. We followed a light supper with an hour of TV, then a good night's sleep.

Sunday April 14 - This was to be my third marathon, the first being the 1984 Wang at which I clocked 4.31.17. The last 12k had been very hard and painful but when I saw the finish line I thought it was well worth the effort. The second was the Big M in October 1984. I did more training for this one and the pain didn't start until the 35k mark. I struggled over the finish line in 4.01.05. I just couldn't break the 4 hr barrier!

8am - Telopea Park, and the marathon is underway. I started off at an easy pace, the main objective being to finish, and hopefully under 4 hours. It is a traffic course course and there was plenty of encouragement from the spectators and officials. I noticed plenty of Striders in the field, some I knew by name, others by the green and white club colours.

I reached 1-way and still felt good, averaging about 5 mins a k. At 35 k and according to my rough calculations, I'd not only break 4 hrs but have a good chance of breaking 3½ hours. A little stiff in the muscles, but no pain as in previous marathons.

At last 2 k to go, up a bit of a rise, then a right turn into the finishing straight and I see the clock. I'm comfortably under the 3½ hours by 45 seconds. After a cold shower (I'm told that if you desire a hot one, you must finish in the first ten), a couple of cold beers, and we head back to Sydney. My thanks to the sponsors, organisers and all concerned for a pleasant and successful week-end, and a PB by 32 minutes.

CANBERRA MARATHON, 14 APRIL 1985

1st male: Colin Neave	2.21.27	393 Bruce Murray	3.24.35
1st female: Iris Cook	2.54.45	405 Brian Colwell	3.25.57
Striders:		423 Danny Gray	3.27.26
6 Phil Garvin	2.28.46	434 Michael Minehan	3.28.03
48 Ken Wylie	2.44.00	445 Dave Blackhall	3.28.51
99 Cedric Sidebottom	2.54.43	453 Graham Firkin	3.29.17
140 Ron Corden	2.59.20	468 Richard Bamann	3.30.56
158 Don Price	3.01.07	494 John Hill	3.34.12
160 Bill Howley	3.01.10	506 Ron Burke	3.35.15
212 Brian Lynch	3.06.49	512 Trevor Drysdale (PB)	3.35.48
236 Noel Barton	3.09.48	513 Derek White	3.35.53
252 Mike Foster	3.11.17	551 Ben Stammer	3.40.00
276 Terry McIver	3.13.38	675 Joe Baillie	3.56.00
292 Graham Burke	3.15.15	709 Barry Jones	4.01.03
314 Stephen Roach	3.16.46	711 Maureen Greenwald (PB)	4.01.19
344 Dorothy Siepman	3.19.12	742 Herb Ludington	4.10.40
367 Graham Butler	3.22.10	753 Grahame Deacon	4.14.32
		776 Steve Cornelius	4.21.42

Trophy for Most Improved Runner: Maureen Greenwald (PB by 51.41).
2nd place in Women's 40-44 group: Dorothy Siepman.

The Canberra Marathon began on 1st September, 1984. The plush souvenir Race Book and long-time Striders, who are always super, manically fit, may state otherwise; but for anyone with only distant memories of Marathons and a reading on the bathroom scales of around '210', there is the six months as well as the three hour barrier to be beaten. The catalyst for me was the attitudes of my workplace, full of Fit-Young-Blockes. Made Marathon-wise by the advent of 'The Wang' they no longer accepted, if they ever had, my pearls of wisdom on such subjects as what de Castella should have for breakfast. Worse, armed with height - weight ratios, etc., the F-Y-Bs were positively caustic about my rotund physique.

"I am", I explained in vain, "an ectomorphic somatotype.....with muscle fibres.....that twitch fast.....on contraction."
"You are," chorused the F-Y-Bs gleefully, "a fat slob.....with big boobs.....that jelly-wobble....when punched. Like this."
Ow. Stop. Oh, the shame.

My savour, now my guru, was Strider Ken Wylie. Kenny prescribed miles, limitless, grinding miles. It wasn't till later that the suspicion grew that Ken might provide the same prescription for everything from the male menopause to the third World War. Meantime, I suffered sore shins - "You'll run through that" - heel spurs and sciatic hamstrings - "You'll rub through that" - and once, greatly daring for one jests not lightly with gurus, I suffered from the Khyber Pass and the Berlin Wall. And yes, that too I am destined to "run through". The Reward? "You are," said Kenny about January time, "coming to Canberra." Oh, the joy: no more white feathers: removal from Bill Flanagans terrible last page, "Striders who won't run Marathons, despite joining:" no more "there's been a Marathon in Hobart, and Kar Wong went!"

Nature may have many gentlemen; but paramount amongst them would have to be long-term Canberra resident, Wylie senior. Never once did he hint that it was odd for an imperfect stranger to spend three days, two pre- and one post-run, flaked on his bed. Emerging only to eat everything put before him, and indeed the few things that weren't, the stranger would retire again to guzzle a nauseous mix of fruit cake, bananas, honey and staminade. Mind you, Kenny also had his peculiarities. "Do you want," said he, "a call at 4.30 - to eat toast?"

For pleasant anticipation read, usually, blue funk. This time strangely I slept O.K., woke around six and, an hour later with limbs loosened, lay back contentedly gazing out the window. Outside Ken, rugged-up against the inland chill, pranced up and down the road like a War-Horse sensing battle, little puffs of white mist forming as he breathed. The mood of contentment lingered. What's Everest to me may be an anthill to most; but we all create our own mountains to climb; and suddenly I know with the certainty of absolute conviction that this will be one of the good days when I'll get to the top of mine. Eyes close, the mind wanders. Through the window, Ken is now snorting down distended nostrils, pawing impatiently at the ground. Suddenly he spies a pile of stones, milkbottles?, in the road. Arching his back and neck, he bucks like a rodeo horse. Loose now, he gallops off down the road, neighing wildly as he jumps and kicks in celebration of freedom. Waking again, I'm pleased with my silly imagery and am laughing uproariously at four blank walls when Wylie senior comes to get me. The look he gave me can only be described as very odd indeed; but a Scotsman is equal to most occasions. "Your marathon," he said, "is waiting for you.....if you're feeling alright?". 26

The race? Well, the feet do this bit. They go in front of each other, alternately. So keep your cool - no rushes of blood to the head - and leave it to your pattering feet. The starter has a flair for drama and is armed, literally, with a sawn-off shotgun as used apparently by all best - worst? - bank robbers. A thunderous detonation, the waiting is over and we're off, charging headlong down the road. Heavens, this is fast, too fast. But everyone else is racing hard. Kenny's out of sight already. How fast is he going? Where are the George McGraths and Tom Gillises who used to ease so gradually into the early miles? 6 minutes 18? This IS too fast, for me anyway. Ease back. Cool it. You've got to get to the other end of this. 5 K coming up. 19.56, 58, 20 minutes. That's better.

The field has settled down. A competent-looking man running my pace is explaining to his friend how to run marathons. Tuck in behind them. Relax and slipstream. Maybe he'll explain to me too. 10 K coming up. 39.58, 40 minutes; and through the check before the call goes to 02: full marks for precision so far. Gee, this is a good course: the few ups and downs so gentle - good really to vary your stride a bit; and nothing too steep for a big bloke like me hammer-pounding the old legs. And the surface - smooth, soft bitumen: no cambers: no bumps; and none of the hard-set, jolting concrete that would see me lame for a month after a hit-out on the old Manly - Bayview course. 15 K in 60.30 something. Still alright. The middle miles drift by. Always there are other runners to see. The leaders, nearly all of them A.C.T. runners, are just faces to me; but further back there are plenty of old friends whom, over the years, one sees, like ships passing, at long distance race turn-arounds. Strange how many one has never seen, would not recognise in normal gear doing a work-a-day job: for always we meet in ritual garb, priests of the cult primaeval re-enacting the ancient rite when for very life man must kill or man must run. You pompous fool, daydreaming again. You're a middle-aged 'postie' with flat feet. The sun's blazing. Your legs hurt. And you've dropped another bloody minute. Run, you mug, run.

At 34 K. Kenny comes back past me for the last time. "Keep it going, you beauty: give it heeps." See his arms, his rhythm: you can see he's tired, but he's still got rhythm - and arms; and you've got to run on them when the legs pack up. Another drink station: don't stop: these are tomorrow's drinks now: just keep your rhythm. A runner in a Bob Talay shirt storms past, but others are coming back. Hell we're slow: we're all crawling. No, this is still 7.15, 7.30 at worst. What's that in kilometres? 40 K: what time did he say? No matter: tired: too tired to do sums now. Hi: know him: "hang in there old mate, home soon." one kilometre, two more bends: hell this straight goes for ever: faster: last bend: sprint: you're kidding, these aren't my legs I'm running them: what's that clock saying? 54 something? Blimey, Adam was a boy the last time a clock said anything that good to me. Into the shoot: phew: pretty blonde girl just behind me: first lady? One for chauvinism: pig, you shouldn't think like that. Usherette - she's pretty too. "Are you O.K? Drink? Let me take your arm." "Honey, you're sweet; but I can't flake on you: you're half my size."

So that was Canberra; and it's over for a year. Next year? Well, I suppose it'll be just that little bit harder; but nothing in Canberra could be too hard, for there is a dream-like unreality about the whole place. Even as you race, you run in a trance; and, as the miles float by, the ether gets to you and the pain is soothed to a pin-prick; then even that is gone and happy memories only remain. So I'll be there next year and I hope you will be too.

THE DAY OF BIG FADES: A PERSONAL REPORT ON THE
Nike Canberra Marathon

Noel Barton

Thinking about it, I had an early hint that things were not quite right for the Canberra NIKE. That was when I woke up and went for a stroll in the warm morning air at about 6.00 a.m., two hours before the race start. In the previous year, the weather was 'bracing', but, this year, it was plain nice - shorts and tee shirts were possible, and the fans and spectators looked set for a comfortable day.

Still, I had done all my preparations: I'd averaged over 100 km per week for four months; I'd tapered off very thoroughly; I'd eaten like a horse at the mandatory carbo-loading dinner at an Italian restaurant which was replete with track-suited runners, talk of shin splints, p.b.'s and negative splits; and I'd improved my half marathon time in 1985 by 2 minutes down to 82 ½ minutes. And, of course, I was going to run 2 hours 54 minutes, a 6 minute p.b. It was going to be PLAN A: a slow start to settle down, and then steady kilometres at 4 mins/km until I'd get a little tired, and then I'd gracefully slow down a little bit before crossing the finishing line triumphantly like last year.

The atmosphere at the start area was terrific, and I had just enough time to take a little jog, and to take on and dispose of fluid until my water balance was absolutely perfect. Immediately before the start, the crowd of runners was friendly and not pressing too close, and the gun went off at 8.00 sharp.

The race initially unfolded exactly as planned: the first km was up in 4 ½ minutes and we (fellow Strider and running mate, Don Price, and I) smoothly picked up the pace a little bit. We were 20 mins 54 secs at 5 km and 40 mins 54 secs at 10 km, and we only lost a few seconds to the 4 mins/km pace on the hills the first time through Weston Park. It was 85 ½ minutes at half way, and we were doing nicely.

Along the way, we'd plenty to keep us entertained and alert. There seemed to be Striders everywhere: they were led by Phil Garvin and Ken Wylie who were running beautifully, and followed by Ron Corden and Graham Burke who'd got off to a cracking start by doing the first 10 km in under 38 minutes. I remember yelling "You're going too fast" to Graham, whereupon about 20 runners near him looked absolute daggers at me. We had a word or two with other Striders such as Bruce Murray and Bernie King who'd started a bit faster than us, but who we swept past pretty easily.

And so it continued, until some signs of weariness appeared for me at about 25 km. Suddenly, I was aware of sweating profusely, labouring hard, and of being unable to keep up with Don Price who was steadily pounding on in his inimitable lizard-squashing style. Still, at about 27 km, Nobby Young appeared by the side of the road. "You're doing well", he said brightly, "you look fresher than the all the rest, keep it up!"

At about 28 km, I spotted my friend with whom my family stayed and he (being about 95 kg) jogged with me for about 20 metres. "If I can run the next 14 km in one hour, I'll do 2 hours 54 minutes" was my hopeful rather than confident observation. But, almost immediately, I felt twinges of cramp in both calf muscles and later all throughout my legs and feet, and I knew I was in big trouble to be so incapacitated so far from the finish.

Another striking thing happened to me shortly after. I had been following a women runner for about 5 km whilst desperately trying to overhaul her; picking out individual runners and trying to catch them is my pet strategy late in races. Suddenly, there was another woman passing me, so, ever-gallant, I politely enquired as to what time she hoped to run. She looked at me with sheer scorn and witheringly replied "fast enough to win". Well, that was astonishing! The thought that people could entertain ideas of winning races had never entered my mind - a race was, for me, something that you just did your best in and naturally finished in the middle of the field. The conversation did not continue.

The latter stages of the race became a very personal effort. I couldn't stretch out and run efficiently because of my cramps, and I was finding the going very warm and sweating more and more. Probably the only thing that kept me going was the thought that I'd done all that training and put my family to such inconvenience that to pull out was unthinkable. I caught a glimpse of a few fellow Striders near the Weston Park turnaround. Ken Wylie was still running well and had a tight smile and wave for me, but Ron Corden looked in bad shape and I'd caught Graham Burke just after 30 km. About that time, Bill Howley determinedly went past me, and Don Price had run out of sight.

In fact, my cramps were so bad that the last 14.195 km took me about 76 minutes, of which the very last km took over 6 ½ minutes. The grim truth behind those appalling times was that I was trying as hard as I could, as my legs attested for the whole of the following week. In the end, I crossed the line to a sputter of sympathetic applause in just under 3 hours 10 minutes, over 10 minutes slower than last year.

The finish was a disaster. I could hardly walk, I was cold despite the warm day, and I was still cramping badly. No one that I spoke to had run a good time and even the top class runners seemed to be many minutes slower than their best.

That brings me to final memories. Of course, I apologise for not mentioning more Striders, but I genuinely didn't see many at the end and I'm not sure of the names of some of those I did see. The staging of the race was superb and the crowd was supportive and friendly. I particularly liked the drink stop crew in evening dress, including the sporty (female) assistant in a brief basic black cocktail dress. I heard later that an uncouth runner, not a Strider I'm sure, emptied his staminade over her and she responded with language that would have made a bullock-driver blush. Another striking memory is of a middle aged man who apparently stood at the same spot near Parliament House throughout the whole run. He had a word or two of gentle, real encouragement for every runner: "Keep going number 314, come on the Sydney Striders".

But I owe the final memories to Nobby Young who was standing near the 41 km marker, smirking and shaking his head as I hobbled past.

"It's a day of big fades" he said.



TRIATHLONS

TOOHEYS — GREAT LAKES INTERNATIONAL TRIATHLON

A COMMITMENT TO TRI

by Alistair Mackie

First, to set aside any doubts as to the purpose of this article, it is not one of excuse or self-pity. We can all relate to commitment and disappointment, no matter what our sporting background or present sporting interest.

The transition from runner to triathlete is one of addition (you add on a swim and a bike ride). The commitment to training required is rewarded by the friendships of your training partners.

A great deal of time, effort and commitment went into my personal preparation for the Great Lakes Tri in Forster. I was committed and ready and looking forward to the day.

Yes, the water was cold, but that was just the luck of the draw. Don't look at fifty people pulling out, look at one hundred plus finishing. When we commit ourselves to an event, we train in the conditions, e.g. if you want to go for a run and it's raining, you don't say "I won't go, it's too wet", because you may have to race in wet conditions.

I will commit myself again to the Ironman distance and will finish. I might even get myself on T.V.!!!

I can only encourage anyone thinking of triathlons to "give it a tri"; despite the setbacks, it's very rewarding. I congratulate all the Striders Ironmen (should that be Ironpersons?) on a terrific achievement, and a great big thanks to all the Striders, friends and family who made the trip to Forster to support.

They say that to finish is to be a winner. The Striders winners were: Alex Hamill, Peter Keeble, Peter Foulsham, and Nick Reed. Nick won the Encouragement Award plus a lot of friends in the Forster-Tuncurry community who did a fantastic job.

		Swim	Cycle	Marathon
1st Overall	Grant Boswell	56.56	6.02.13	9.09.58
2nd "	Mark Dragan	57.31	6.19.45	9.24.14
3rd "	Stephen Foster	55.24	6.22.18	9.35.07
Striders:				
45th	Peter Foulsham	1.15.08	7.53.22	11.56.33
63rd	Alex Hamill	1.18.02	8.05.09	12.29.58
100th	Peter Keeble	1.29.57	8.51.40	14.46.55
104th	Nicolas Reed	2.04.40	10.13.59	16.20.12

TRIATHLONS

TRIATHLON - THE ILLAWARRA WAY

by Mark Hanlon

I believe many runners over the past few years have launched themselves into long distance running all too quickly. Unfortunately for a significant number this appears to have led to a spate of "over-use" injuries. Such persons, like myself, may have a sporting background but not the years of steady, gradual running development considered so vital by coaches such as Pat Clohessy.

Vital because muscular, joint and skeletal adaption to the stresses or regular running are very gradual and long term themselves. This ongoing developmental time lays the groundwork I think for reducing the occurrence of injuries and improving running performance.

Many runners over the past few years (including Striders) have had recurring injury problems the legacy of which for some may be hard to completely shake even if their running programme is considerably altered. 80 km per week is often spoken of as the upper mark beyond which certain bodies (not all) tend to fall apart so to speak.

Another parallel factor in the running movement can best be summed up with this quote:

"... Running is still just as important in this life, but maybe he's tired of having so much of his physical and emotional energy tied up in the marathon."

The Runner - Jan. 1985, p.45

Given these circumstances and still keen runners find themselves 'vulnerable' to taunts to compete in triathlons. I fell for this one: "Be there or be square!" to compete in the Leisure Coast Triathlon at Wollongong on 31/3/85. A 1.5 km swim; 30 km ride; and 11 km run.

I concentrated on bike riding as I hadn't skirted amongst the traffic since school days. My heavy duty 'no names' brand Taiwan-made bike introduced me to the delights of a stiff neck, saddle soreness and punctures before I took to carrying a spare tube.

Fellow Strider Michael O'Hearn and I did a few 20 km Sunday morning races with the local cycling club. The bike technology was all new to me what with cotterless cranks, spinning, cleats and toe clips.

Most of the running training was done alone as has often been the practice in Newcastle where compatible training partners with similar running goals seem very hard to come by. Michael and I even formed our own running club, where as fate would befit the democratic process we somehow occupied all executive positions. We offered free membership and training sessions, and engaged in lengthy correspondence with Newcastle City Council for free access to its premier sporting oval for our occasional interval sessions. The early Striders probably started out the same way!

Anyway, time flies, it's race day. Six weeks before ready or not I had been wishing it was race day as I was getting fed up with the organizational somersaults needed to train for a triathlon and still be considered a full-time member of the workforce.

The swim was in Lake Illawarra affectionately known for its lack of marine life (most varieties that is) and foul smell. I was outraged! After all this training I wanted to swim in nice clean water. I was even prepared to forego the black line on the bottom to guide my way and reluctantly agreed to share my lane with over 600 other bods.

Some larks said the lake was so shallow it was possible to wade the whole 1.5 kms. Some astute amphibians tried this at the start (not me) I was told later, and actually did better than the swimmers for a while. Talk about swimming high in the water!

All this was mere 'shrimp on the barbi' though compared to the dreaded sea monsters cluttering the water. Yes big, ferocious, stinging jelly blubbers were everywhere and they attacked every poor sod in the lake. A number of swimmers had to retire.

Maybe such 'natural' disasters will turn out to be the saviour of harassed race organizers who have had to limit the number of starters in popular events. Take for example our National Panasonic Half. To avoid alienating enthusiastic runners all entries would be accepted no matter how many. Come race day however the course just happens to intrude into the territory of a massive horde of dive bombing magpies, and where did that pack of junkyard dogs come from about the 1 km mark? Naturally the race would only be run when the weir was up and well over the concrete pass-over. These measures, Acts of God, would thin out the field and ensure no liability to the organizers. Just a thought!

Meanwhile back at the Triathlon our trusty wives acted as handlers, pretty useful persons at a large triathlon when finding your gear for the next leg could become a difficult task especially as you tend to be (as I was) slightly bewildered and still recovering from the previous leg. I found the swim leg a real experience. It's a contact sport swimming in a large triathlon and you hardly ever catch a glimpse of where you are going or the person's number plate who just swam right over you.

I saw Alex Hamill after the race, one of the club's Triathlon trail blazers, who interestingly observed that triathlons aren't as severe as marathons on your system. I think it's all in the pounding and leg shock of the marathon which knocks you around so much as well as using the same major muscle groups the whole way.

During the week after the triathlon I read Alex's advice on triathlon training as well as an article by Scott Tinley in Triathlon magazine. Now I know all about what I should have done in my training, but I finished and it was a load of fun. My time - 2 hours 14 mins 11 secs.

Speaking as a first timer the event seemed to be very well organized and conducted.

P.S. The run leg is hard yakka especially with a bloody hilly course.



TRIATHLONS

RESULTS

ILLAWARRA TRIATHLON

MALES	1.6k SWIM	32k CYCLE	12k RUN	TOTAL
1. Peter Haynes	29.10	49.45	34.18	1.53.13

STRIDERS

51. Alex Hamill	29.30	55.00	45.53	2.10.23
87. Ian Bowden	33.35	58.45	42.12	2.14.32
108. Mark Hanlon	28.45	58.15	49.11	2.16.11
264. Michael Topley	35.30	59.10	54.36	2.29.16
337. Michael O'Hearn	46.05	61.45	48.33	2.36.23
422. Mathew Kaley	52.00	77.00	46.40	2.55.40

(471 finishers)

FEMALES

1. Gaylene Clews	26.45	51.55	42.08	2.00.48
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STRIDERS

21. Brenda Hamill	36.05	72.45	52.25	2.41.15
24. Merri Mack	47.50	67.05	48.29	2.43.24
35. Lynne Evans	38.20	63.15	71.40	2.53.15

(51 finishers)

TRIATHLONS



FOURTH SYDNEY TRIATHLON, 3 MARCH, 1985, NARRABEEN.

	2.1K SWIM	56K BIKE	21.1k RUN	Total Time
1. Tony Unicom	30.24	1.39.23	1.25.42	3.35.29
1(F) Jacq. Shaw	33.57	1.43.13	1.40.35	3.57.45
STRIDERS				
9. Ian Bowden	36.12	1.47.16	1.22.52	3.46.20
28. Frank Brandon	39.16	1.49.48	1.28.33	3.57.37
36. Ian Hood	37.42	1.46.22	1.34.59	3.59.03
37. Alistair Mackie	45.14	1.44.25	1.31.19	4.00.58
57. Alex Hamill	34.03	1.54.25	1.40.25	4.08.53
66. Peter Foulsham	36.09	1.53.40	1.41.35	4.11.24
160. Michael Topley	55.41	1.57.17	1.50.48	4.43.46
206. Nick Reed	65.40	2.03.42	1.50.28	4.59.50

255 STARTERS, 243 FINISHERS

TRIATHLONS

ROYAL NATIONAL PARK TRIATHLON, 17 MARCH, 1985, AUDLEY.

	1.6k SWIM	41k BIKE	17k RUN	Total Time
1. P. Bannister				2.33.14
1(F) T. Hutcheson	24.34	1.22.24	1.16.52	3.03.50
STRIDERS				
68. Frank Brandon			1.06.21	3.00.15
97. Alex Hamill	25.19	1.23.13	1.15.26	3.03.58
122. Harry Turner	25.33	1.23.03	1.18.22	3.06.58
303. Peter Keeble	32.21	1.28.55	1.28.50	3.30.06
324. Andrew Ross	31.12	1.42.38	1.20.09	3.33.59

477 FINISHERS.

TRIATHLONS

Forthcoming Event

November 10 Triple M Triathlon 977 7295

3.8K Swim, 180K Cycle, 42K Run MANLY



NEW MEMBER PROFILE

It is not everyone who is able to do their training at various cities around Australia, but if you are a Flight Attendant with Ansett as Anne McCarthy is, then this is just routine. Anne, aged 30 and single, has a very busy life since, apart from the commitments of her job and the time taken up by running and other activities, she is undertaking a course in nutrition at the College of Natural Therapy.

Anne's joining of Sydney Striders probably had its origins in a chance meeting she had with Striders Bill Flanagan, Bryce Courtenay and Alex Hamill at the New York Marathon in 1983. She has run two other marathons with a best time of 4 hours 7 minutes in the 1984 Wang Australian Marathon, and her major target is to get below 4 hours.

While Anne appreciates the company of fellow Striders on STARS, she also enjoys the solitude which she has on her other training runs. On an average week she would run about 80 kilometres and feels that this is adequate for her light marathon program.

Other interests which Anne endeavours to find time for include live theatre, tennis and especially skiing which she is very keen on.



ANNE MCCARTHY

SHOCK GANG GRUDGE CHALLENGE CLASH ALLEGATION BLOODBATH MASSACRE SCANDAL HORROR

There is now undisguised hatred between two of the toughest gangs ever to exist within Sydney Striders: the so-called Ultra-Freaks and the Triathletes. This hatred now threatens to boil over into outright warfare, and there have been threats of a shoot-out in the car park of a western suburbs hotel. Scuffles have taken place after STAR runs, punches have been thrown, innocent runners have been injured, and Triathletes claim their bikes have been sabotaged by Ultra-Freaks. The dispute bears all the hallmarks of typical gang warfare: two uncompromising groups of macho men meeting head-on to sort out their differences the only way they know - with their fists.

In as much as an outside reporter can ever appreciate the issues in such a dispute, the argument seems to be between the Hyper-Conservative Ultra-Freaks, who believe swimming and bike-riding dilute the marathon-running concept, and the Radical Left Triathletes, who claim the Ultra-Freaks lack the brain-power to try out new ideas. Burly, crew-cut Nobby "Clockwork" Young, Ultra-Freaks leader and newly-returned from a 500km run round the block (1,346 times), growled "These commie pinko jerks are tearing this club apart with their 2000-buck bikes and lycra jock-straps. We'll wipe them off the face of the earth."

But Alistair "Haggis" Mackie, 7-foot, 22-stone man-mountain spokesman for the Triathletes, gave our reporter an exclusive interview as he ploughed through his 467th lap at a secret training pool. "Ultra-Freaks? Bunch a fascists! They probably eat quiche!", he bellowed. "Put 'em in a pool and they'd sink!".

The hostility between these two gangs goes very deep. Another Ultra-Freak, 9-foot 6-stone Steve "Matchstick" Cornelius, told me his single mission in life was the complete eradication of the Triathletes. "These socialist leftie poofers are soft in the head", he told me. "They need their lousy bikes because they've forgotten how to run." And he told me how a new member of the Ultras, Terry "Up the Pool" McIver, had previously been an active Triathletes member but had seen the error of his ways, burned his membership card and defected to the Ultras. "Terry's a good bloke now," Matchstick said. "He's told us all about the wierd ceremonies that used to go on at their meetings - some of these oddballs even strip off their trunks in the bike-park, in front of LADIES too. Terry's learning to be a decent citizen with us now." But wiry, square-jawed Alex "The Vole" Hamill, a leading Triathlete, wasn't so complimentary about Terry. "When we have the showdown with these Ultra bums, we'll save something very special for that McIver creep", he drawled. "He'll learn to keep his mouth shut in future".

There seems to be a growing move on both sides towards the idea of a Final Showdown later this year between these two groups of maniacs. Most "inside" opinion suggests the most likely field of battle will be some sport which both groups are utterly hopeless at, like soccer or ten-pin bowling. But whatever the sport and whatever the date of this extraordinary battle, the Triathletes may find they have to contend with the opposition's secret weapon - a little-known group calling themselves the Yarpies, a South African migrant group which doesn't often come out in the open but has an Ultra record as long as your arm and is known to be sympathetic towards the Ultra-Freaks.

Police seem powerless to disarm these gangs, and concerned citizens may be well-advised to lock themselves away while they attempt to tear each other limb from limb. One thing's for sure - it certainly WON'T be any picnic!

Kar Wong San club bulletin

Although it is only 3 months since Kar Wong left Australia for South Africa, he has already completed 3 marathons (including a PB) and 2 ultras. Details as follows:-

24 Feb	Checkers Marathon, Johannesburg	3.02.32
2 March	Pretoria Marathon, Pretoria	3.25.20
10 March	Vaal Coca-Cola Marathon, Johannesburg	3.01.20 (PB)
24 March	Milo Korkie Ultra 56k, Pretoria to Germiston	4.32.34
6 April	Two Oceans Ultra 56k, Capetown	4.14.52
21 April	Cresswell Memorial Ultra 53k - Bellville to Ladysmith	DNF at 30k.

Unfortunately Kar got a stress fracture in his left ankle during the Cresswell ultra, and was unable to run the Comrades ultra for which he's been training.

He says he is enjoying running in South Africa as much as in Australia, and hopes he can break the 3 hour barrier after he recovers from the injury.

Kar wishes Striders the best of luck, and plenty of PB's this year.

'ULTRAS'

STOP PRESS STOP PRESS STOP PRESS STOP PRESS STOP PRESS STOP PRESS

Can YOU run a good time for 10 miles? Here's your chance to write your name into the NSW road-running record book as part of the Sydney Striders 5x10-mile Relay Team which WILL WIN the inaugural Wollongong-to-Sydney 50-mile Relay Race!

The race will be run concurrently with the annual Wollongong-to-Sydney Ultramarathon on September 1st this year, and looks like attracting teams from most major Sydney road-running clubs and a few from interstate. We're looking for five reasonably rapid middle-distance runners, who must be financial members of Striders, a couple of volunteers to drive a support-vehicle, and one volunteer to act as race marshal/official (each team must supply one race official to help the race organiser).

STRIDERS HAVE THE DEPTH OF TALENT TO TAKE THIS ONE OUT! We could have OUR CLUB'S NAME inscribed FIRST on this new trophy for future generations of runners to see and envy! Don't be bashful! Phone Steve Cornelius on 427-3604 if you feel you might be an asset to this team!

'ULTRAS'

by Steve Cornelius

THIS YEAR'S "GONG": Stop press: Race organiser Tom Gillis has officially confirmed September 1st as the date for the Wollongong-to-Sydney, and the 5x10-mile relay is ON!! Tom has promised to send out entry forms very soon, and full details of starting-times etc. One thing's for sure - if the start is going to be 4 a.m., I'll consider sleeping at home, rather than trying to creep quietly out of a Wollongong motel in the middle of the night like I did last time. Give me a ring for details on 427-3604. Bear in mind if you're thinking of entering, Tom usually sets a race time-limit these days, but it's a humanly achievable one like 10.30 or 11.00 hours. I've still got a few copies of the "GONGPAK" Ultra Survival Guide for those planning to run this year - once again, give me a ring.

BED-PUSH BRINGS OUT CLOSET ULTRA-FREAKS: Sunday 10 March 1985 saw what could be described as the first-ever Striders-sponsored ultramarathon - the great 100k Bed-Push to raise funds for the Camperdown Kids' Hospital. And the great atmosphere of camaraderie and excitement so inspired many Striders that they strode out much further than their originally intended 20k. "Mad Nobby" Young, of course, always intended to do the whole 100k, and finished the course looking fit and happy in his Arab-style head-dress. But others with less notable ultra track records found themselves carried away to such an extent that the event almost became a training run for the Wollongong-Sydney! Brian Colwell reckons he must have covered about 80k all told, and should be a cert to finish the "Gong". Irwin "Doc" Light broke the vows of secrecy which forbid South African immigrants from ever mentioning their Comrades track-record or running more than 42.2km. And Bryce Courtenay simply forgot to stop when he should have, and went home a lot later than planned. The event proved beyond doubt the old Ultra maxim that if you slow it down you can surprise yourself with the distance you can run. As Guru Coville says: "Anyone can ultra - if they want to".

MANLY HUNDRED MILER: The annual Easter weekend 100-mile track race at Manly Oval was won for the second consecutive year by a confident-looking Anyce "Kip" Melham, with Max Bogenhuber 2nd. Nobby Young became the first Strider to attempt the race, but was unfortunately forced out through "feeling crook" relatively early in the race. Personally, I reckon there was nothing wrong with him, it was just that the person he employs to wind the key in his back had fallen asleep in the rest-tent.

ULTRA TRAINING RUNS: The "Marathon Up The Mountain" on May 12th had to be postponed owing to the very small response. Sorry for the short notice, most potential participants either had prior engagements or weren't fit or were going to be out of town. Maybe

we'll stage this one later in the year. The best response so far is for the proposed "Sydney End-To-End" (Palm Beach to Cronulla) on July 7th. Point-to-point runs always give that extra sense of achievement, and running from one end of Sydney to the other certainly gave Dave Williams, Laurie King and I a blast when we did it 2 years ago. I confidently predict half-a-dozen will take it on this year, and the multiple City-to-Surf concept has also received some favourable comment. Phone me on 427-3604 (any morning up to 1pm, or all day Friday) for more details of these.

GRUDGE MATCH: We're hoping to fix up a challenge match in some unlikely sport against a team of Striders Triathletes later in the year. The odds are that it'll be tenpin bowling and a dinner-party, or a soccer match and picnic. But you don't have to be an Ultra-Freak or Tri-loony to come along. The teams competing will be largely composed of Ultras and Triers, but everyone will be welcome to come and join in the fun of a good clean grudge match!

BLUE MOUNTAINS SIX-FOOT TRACK RACE: Nobby Young has kindly sent us this report on one of NSW's wackiest races:

"Want a run that's a bit different? This is it! If you want cars, gutters, dogs, people and pollution, give this one a miss. Open spaces, fresh air, friendly country folks and great scenery are the order of the day. Race director Ian Hutchison is thrown in for good measure. On the debit side are hills, hills and more bloody hills! I think I still missed a few of the hills, but it really is worth it. A unique event that will be around for a long time, at least as long as Ian is about, and as he is only about 45 that should be quite a while. We happened to have a very hot day for that area at that time of year, and should have all carried water to get us between drink stations. Not many runners did so, but I'm pleased to say two of the three Striders did so. As I don't want to embarrass the bugger who didn't do the right thing, I will not name him. Biggest thirst I've ever had!!!

If ever there was a good course to use the run/walk style of ultra running, this is it. Landscape like that is just too good to struggle through, better to slow down a bit and have a look around - like I'm going to do next year."

Results: 1st Keven Skelton 3.45.12 (race record), 2nd Steve Montague 3.59.40, 3rd Jim Box 4.00.05. Striders participants: 9th Nobby Young 5.10.20, 26th Dan Gray 6.05.22, 31st Jim Donovan 7.19.29.

ANOTHER CLOSET ULTRA-FREAK: Here's one to put us all to shame - Mathew Kaley, one of Striders' youngest members, casually took off one morning recently and ran to Wollongong!!!! Not the easy way down the highway, but following the coast! No support teams with cars and drinks and sponges and medical supplies - he just called into milk bars for refreshment! Took all day about it, covered about 95km, and certainly didn't look as if it had killed him. Congratulations Mathew!

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To date my association with SYDNEY STRIDERS has been short. But the unforgettable charisma and spirit of the National Panasonic ½ MARATHON RUNNERS and the Presentation Ceremony later will linger in my memory forever.

Take any other group of people, from any other sport, vocation, business or whatever discipline and I doubt they'd have the qualities, so evident during the race and "oozing" so freely from the Jan/March "BLISTER".

I'd like to think, our design work as Professional Florists, is on a par with the superb qualities of the SYDNEY STRIDERS.

To each of you we promise that if ever you need our services, we will endeavour to reflect in your minds a picture of us in our sphere, as you glow in my mind now.

ALLAN GORE.
No 1522 Nat. Panasonic ½ Marathon. 1985



STRIDERS COMPUTER

During the next 5 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.

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.

WRITTEN APPLICATIONS

CLOSE WITH THE SECRETARY

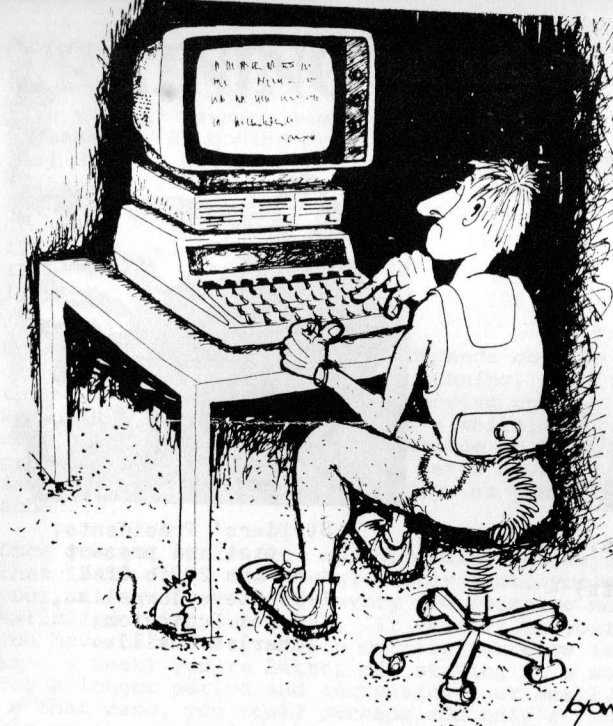
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A TRIBUTE TO STEVE CORNELIUS -

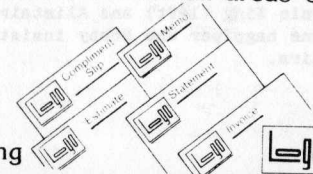
SUBMITTED BY CAROL LUDINGTON

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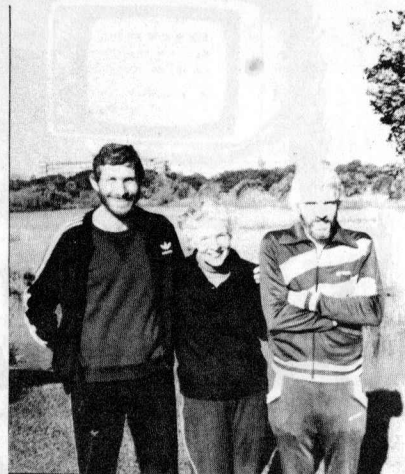


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Fresh from a 30 min.
PB in London,
Edwina Garvin (left)
at the 200th STAR
with Robyn Murphy,
Mavis Garrick, and
Terry McIver.



Striders' Presidents,
past and present
at the 200th STAR
L-R: Steve Cornelius,
Carol Ludington,
Charles Coville.



Photos - Terry McIver

Bathurst trip organiser, Bernie King (left) and Alistair Mackie
(in the fancy cap) meet a lone bagpiper who Nobby insists is a
long lost relative of Alistairs.

TRAINING

With so many runners seeming to get injured as they increase their mileage in the months prior to a marathon we reprint here from the 1981 Runners World Annual some advice from Canada's Jacqueline Gareau on the best way to increase mileage - gradually. Gareau has the following performances amongst her credits:

1980	Boston	1st	2.34.28	1983	Chicago	2nd	2.31.36
1983	Boston	2nd	2.29.28	1984	LA Int'l	1st	2.31.57
1983	Helsinki	5th	2.32.35	1985	Houston	2nd	2.29.32

How you increase your mileage depends most of all how much you're doing now. If you started out running, say, three days a week, then you can begin building by moving up to four days a week. After staying at that level for a while, you can move up to five days and then six. You can continue to have a rest day or, if you prefer, you can eventually run seven days a week. The main thing is to alternate easy and hard days as you intensify your training schedule.

Once you get up to your maximum number of days, you should stay at that level for a few weeks. After that, you can further increase your mileage by 10 miles every few weeks or months until you're satisfied with your total. It depends on your capabilities. If you have difficulty with a certain increase (say, from 65 to 80 km's a week) you're better off staying at a more comfortable km's for a longer period and increasing your weekly load more gradually. In that case, you could perhaps add only a few km's to your long run on the weekend. After six months of gradual increase, you might be up to a 25 km run. If you have it in mind to run a marathon you must keep increasing that weekend run. You should definitely cover 32 kms on several occasions before you decide to test yourself in a marathon. It is important to have a good base if you hope to be at ease when you run the marathon, and to avoid hitting the wall.

How you handle that gradual increase depends on you as an individual, and on how much you're able to give. You progress faster or slower depending on your tolerance. Along with increasing the number of days you run and the number of km's you cover on your long run, you can also improve your capacity for greater km's by doing some speedwork. In the beginning however, it's best not to do too much speedwork, and to concentrate instead on strengthening your muscles and getting a good endurance base.

Ultimately, you have to go by what you feel. If you planned a long run but realize after 15 kms that you've had it, it's better to stop and leave it for another time. Listen to your body to see how your muscles react to the run. That's also the best way to avoid injury. Progress regularly, and if you find it difficult, stop and choose a more gradual course of progression.

* * * * *

200TH STAR/FIFTH ANNIVERSARY EDITION

STRIDERS - THE BEGINNING

BY CHARLES COVILLE

I was brought up on the concept that the only way one could train for a marathon was to run long on the weekend in the company of fellow runners.

So when I arrived in Australia back in 1978, I sought a club that would offer me the appropriate training and comradeship.

Since no such club existed in and around the Artarmon area I was confronted with 2 options - I could either infiltrate an existing club in another area and exert the necessary influence or I could start a club from scratch.

I didn't believe that an existing club would take too kindly to some Jaapie ultra marathoner telling them how they ought to be training for marathons. The easier way out was to establish a new club.

How to put the concept into practice?

At the time I was running with a small group of enthusiasts including Dave Blackhall (of Westline fame). It was agreed that a meeting should be called to launch the club and that our unit in Artarmon be selected as the venue.

Leaflets expounding the virtues of the new club were distributed at Nosh, Harbord Diggers 14k and the famous 1980 State Marathon.

Eight enthusiastic marathoners fronted up for the inaugural meeting. A committee was elected - Striders had come of age.

Striders Trivia

- The name was carefully selected to include the name Sydney. The alliteration of S'S too was considered essential, since the name had to be easily remembered without being gimicky or corny.
- Since the marathon concept was fairly new, the title 'marathon' was necessary as many runners equated clubs with track running.
- The name Joggers was considered inappropriate as that would categorise the club.
- We had no idea of what areas we would cover, nor to what level of athlete we would appeal, so a general name was considered appropriate.

The colours were decided upon after a review of all club colours in NSW. Green was the least adopted colour.

- As we had an identification problem, it seemed appropriate to screen the name on both the front and back of the singlet.
- The title of The Blister was decided upon because I believed a Blister to be the most common 'problem' affecting runners. I certainly got them all the time.
- Sunday Training Runs was too much of a mouthful. "STARS was more practical.

- During my first ever run through Lane Cove Park I visualised the setting as a logical venue for a road race (then a marathon).

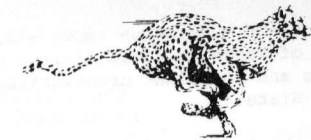
There were more marathons in Sydney in 1980 than there were half marathons. A half marathon seemed obvious.

The club has certainly come a long way since June, 1980. 200 STARS and 300 members later I reflect back to those early days when all I wanted was a group of fellow runners to train with.

Keep on Striding.

200TH STAR/FIFTH ANNIVERSARY EDITION

Sydney Striders
MARATHON & ROAD RUNNERS CLUB



The Blister

By Bill Flanagan

FIFTH ANNIVERSARY FEATURE

The first Blister was dated July 1980, and was four single-sided sheets with a staple in the corner. From the second issue, it took on the booklet form that it has retained until now.

Charles Coville was the editor for Blisters 1 - 18. I took the job for No. 19 onwards.

The following pages feature some snippets from the first six issues, giving a brief insight into the club's formation and growth during the first 5 years.

Firstly is a copy of the circular, announcing the formation of Sydney Striders, which was handed out at Funs Runs during July 1980.

SYDNEY STRIDERS MARATHON & ROAD RUNNING CLUB (Name subject to ratification)

On Monday, 30th June, 1980, at a meeting called at short notice and with little publicity, the Sydney Striders Marathon & Road Running Club was formed by 9 enthusiastic runners (with apologies from a further 5 absentees who supported the concept).

The aim of the Club is to cater for all aspects of distance running between 14 kms. and the 42 km. marathon. Distances up to 14 kms. are considered to be covered adequately by the proliferation of Fun Runs.

The new Club intends to achieve its objective in the following manner:

1. The Club will represent all standards of marathon and road running - from the winner to last man home; from the seasoned runner to the inexperienced novice.
2. Group training runs are to be organised on weekends (particularly Sunday mornings). Each week end a group training run will start from a different Member's residence. Distances will vary from 14 kms. to 32 kms. at each run depending upon the level of fitness of the runners i.e. there will be more than 1 distance offered at each run. In this way all runners will be catered for. Advice and assistance will be offered to all novices.
3. Social contact will be encouraged at all levels -
 - (a) After group training runs, Members will be encouraged to stay for refreshments and discuss training, problems, races, etc.
 - (b) Wives (and family) and girlfriends are invariably the losers in the running fraternity; they rarely make contact with fellow runners wives and girlfriends and are left out in the cold. They will be encouraged to support the Club at races. At least one training run a month will be designated a fully sociable event. Wives and girlfriends will be encouraged to attend the post training run gathering (e.g. BBQ or picnic).

4. A regular newsletter will keep you up-to-date on Club news and the local running scene.
5. Marathon and ½ Marathon races will be organised by the Club to fill the dearth of races in those areas. Good sponsorship, practical traffic free courses and efficient organisation will result in the most appealing races in the State.

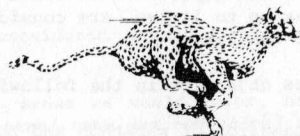
Anyone who had the misfortune to compete in the recent N.S.W. State Marathon will realise the sad state of organisation and initiative that exists at an official level.
6. Club colours will be introduced. Members will be encouraged to wear Club colours at all races. Club colours and an emblem are presently under review. Any suggestions will be welcome.
7. Discounts for Club Members by sports stores on sports gear will be negotiated.
8. Members achievements in Marathons and ½ Marathons will be recognised by the presentation of Club certificates to all finishers. Different coloured certificates will be presented for varying time categories.
9. A Club ladder will be implemented based upon Marathon and ½ Marathon time improvements.
10. Members from neighbouring suburbs will be encouraged to train together by being introduced to each other.

The S.S.M. & R.R.C. is a young Club with enthusiastic ideas. If you are enthusiastic about joining regardless of age, sex or standard why not give me a call.

Charles Coville
(Chairman)

Res. [REDACTED]
Bus. [REDACTED] (Up to 11.7.80)
[REDACTED] (From 14.7.80)

Our first group training run is on Sunday, 20th July, 1980.



The first extract is the opening paragraphs of Blister No. 1

WELCOME TO THE CLUB! (On the assumption that you pay your \$15 membership fee) I hope that your association with SYDNEY STRIDERS will be long, involved and rewarding. All suggestions and criticisms are most welcome as SYDNEY STRIDERS must be a club that caters for all its members.

An Ad Hoc Committee of Chairman (Charles Coville) and Secretary/Treasurer (Rhon Levin) will cater for your needs until the formation of a committee at a later date. Lots of ground has to be covered (excuse the pun) in establishing the club and even a committee will be stretched to the limit. So member participation in all aspects of the Club will be encouraged.



A circular released soon afterwards announced the first committee.

THE SYDNEY STRIDERS COMMITTEE

Your Committee is as follows:

Charles Coville	(Chairman)
David Blackhall	(Treasurer)
Sue Hill	
Chris Burke	
Mike Bingham	
Bernie Liebmann	
Rhon Levin	(Secretary)

The first meeting of the committee formulated general principles along which the club would function.

The main aim of the club is obviously to encourage marathon and long distance running. Following this, the name was agreed upon as SYDNEY STRIDERS MARATHON AND ROAD RUNNING CLUB. The Committee felt that when it came to deciding upon club colours, we needed colours that are different to the other running clubs and would stand out in a race. It was therefore decided to adopt emerald green and white. The first samples of singlets and shorts are being manufactured at the moment.



Even as early as Blister No. 2 (Aug/Sept '80), the problem of star pacing reared its head, as it has in this issue. One wonders whether the runners at the first couple of STARS imagined that over 100 would be turning out 5 years later.

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

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

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

The concept behind STAR is group training.

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

We have had 49 different runners attend our 9 STARS. The Club peaked at 32 participants at St. Ives. Unfortunately, we encountered a few organisational problems at that run and probably "lost" a few potential members. However, the organisation has since been placed in the competent care of Mike Bingham and have been extremely well organised.

DATE	VENUE	NO. OF RUNNERS	EVENT
July 20	Artarmon	17	STAR
27	Turrumurra	13	STAR
Aug 8	Kingsford	22	STAR
17	St. Ives	32	STAR
24	Cronulla	13	STAR
31	Hornsby Heights	14	STAR
Sept 7	Turrumurra	21	STAR
14	Hoxton Park	11	26K Race

200TH STAR/FIFTH ANNIVERSARY EDITION

Blister No. 3 showed that the STAR attendance had stagnated somewhat over Christmas, 1980, but a good base for the future was being formed, and social events were getting off the ground. The Half-marathon announcement certainly wasn't an indication of the super event it turned into during the ensuing four years.

SUNDAY TRAINING RUN PROGRAM (STAR) By Brian Colwell

Interest has continued to grow in the club's Sunday Training Runs, with 26 new runners having come along in the last 12 STARS. Attendance has been well over the 20 mark since mid November (excluding the Festive Season) and prospects for further increases seem good as the new season looms closer and the word spreads.

Due to re-organisation of the committee, Brian Colwell has taken over as STAR Co-ordinator and Mike Bingham has moved on to the post of Treasurer. Mike must be congratulated on a job well done in ensuring that our Sunday program has been well organised and free of hitches since he took control.

Attendance at the 12 STARS since the publication of the last BLISTER has been as follows:-

DATE	VENUE	NO. OF RUNNERS
October 19	Artarmon	16
October 26	Centennial Pk	10
November 2	Willoughby	18
November 9	Artarmon	13
November 16	Normanhurst	17
November 23	Bronte	22
November 30	Northbridge	25
December 7	Artarmon	25
December 14	Willoughby	25
December 21	Centennial Pk	18
December 28	Bronte	17
January 4	Artarmon	25
January 10	Palm Beach race	21

The idea of a periodic 'post run BBQ breakfast' has been enthusiastically received and will be continued. Compliments to Bruce Robertson (and his folks) on the two very pleasant sociable sessions they have provided for us.

STRIDERS HALF MARATHON - 8TH MARCH 1981

The "open" Striders half marathon is OFF! Although planning started back in August, many obstacles littered our path of progress. Most formalities/hassles were overcome by mid December, but the lack of a major sponsor stopped us in our tracks. The experience gained in pursuit of the race and the valuable contacts acquired should mean that our next venture will be less frustrating. Our present inadequacy is still support from a major sponsor. Any contacts?

The club is aware of the shortage of suitable long distance races as preparation for a marathon. Our venture into a half marathon was our attempt to resolve the problem.

All is not lost. An "internal" Striders half marathon will succeed the "open" half marathon. Details will be supplied at a later date.



200TH STAR/FIFTH ANNIVERSARY EDITION

In 1981, the Harbord Diggers' marathon was the major marathon in Sydney, as shown by the numbers that attended STARS before its April 5th date. Numbers then dropped off, just as they do now after the Wang.

SUNDAY TRAINING RUN (STAR) PROGRAM - BY BRIAN COLWELL

DATE	VENUE	EVENT	NO. OF RUNNERS
18/1/81	Larpa Run	STAR	26
25/1/81	Bobbin Head Buster	STAR	30
1/2/81	Willoughby Wander	STAR	32
8/2/81	Iron Cove Bay Run	STAR	27
15/2/81	Artarmon	STAR	32
22/2/81	Larpa Run	STAR	19
1/3/81	Northbridge - Harbour Hop	STAR	22
8/3/81	Bayview Burn-Up	RACE	22
15/3/81	Collaroy Classic	STAR	22
22/3/81	Bobbin Head Buster	STAR	25
29/3/81	Gap Gallop	STAR	27
* 5/4/81	Diggers/Legal & General	MARATHON	28
12/4/81	Northbridge - Harbour Hop	STAR	11
19/4/81	Willoughby Wander	STAR	22
26/4/81	Larpa Run	STAR	24
3/5/81	Lindfield	STAR	23
10/5/81	St Ives	STAR	20
17/5/81	Iron Cove Bay Run	STAR	16
24/5/81	Collaroy Classic	STAR	17

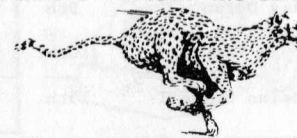
A summary of the first 12 months was carried in Blister No. 5

CHAIRMAN'S REPORT

Sydney Striders was formed on Monday 30th June, 1980 to promote and encourage long distance running, particularly in the marathon. One year later our achievements in the marathon makes interesting reading.

No. of marathons entered by Sydney Striders members : 9
No. of Sydney Striders entrants : 69
No of Sydney Striders finishers : 65

Our sub 3 hour ladder too, is most impressive. By the end of last year we had 2 sub 3 members, 6 months later our tally is 19. Furthermore almost every member since joining the club has recorded a P.B. Certainly a major influence must be our practical and well organised Sunday Training Runs. Since an unfortunate St. Ives STAR back in mid August last year we have progressed through the efforts of Mike Bingham and Brian Colwell to present an efficient Sunday event encompassing clear and concise maps, group running, refreshments and a monthly post run BBQ. Runners appear to be satisfied with the organisation as we have rarely had complaints and our recent change to charge 40c for a can of cold drink ensures that all runners receive the same selection of drinks after the STAR.



200TH STAR/FIFTH ANNIVERSARY EDITION

An interesting snippet from Blister No. 6 had nothing to do with Striders, but proved to be prophetic after last year's Olympics.

EXTRACTS FROM AN INTERVIEW WITH BILL RODGERS
(RUNNERS WORLD - APRIL 1981)

"I'm usually pretty wiped out all year long. Brendon Forster once said - "A distance runner is someone who wakes up in the morning more tired than when he went to bed". I feel that way a lot"

"I don't know a marathoner who hasn't been humbled by it yet. (The Marathon).

CIERPINSKI has been, SHORTER has, I have been, JEFF WELLS just got hurt by it. Everyone who runs the marathon will get hit by it. SALAZAR will get hit by it, and even SEKO"

No. 6 also carried the news of the Woodford to Glenbrook race, which started the tradition of Striders' participation in this event each year.

Of the first 8 Striders, 6 are still members.

WOODFORD TO GLENBROOK TEAMS CHALLENGE

26 July 1981

SAM DAHER

SYDNEY STRIDERS register its first teams victory. No, it was not in the Boston Marathon nor the City to Surf but the inaugural Woodford to Glenbrook Teams Challenge. Nevertheless it was a creditable victory and whilst the effort may not have been as meritorious as the club's second placing in the more competitive Harbord Diggers Scenic Run when Mick Halmy, Neal Plevy and Alan Farrell carried the banner, as the racing personality on television used to say "the greatest pleasure in life is to win".

The distance of the race was 24^{1/2} kilometres and 64 runners representing 4 clubs faced the starter. The clubs represented were:

- (1) Sydney Striders - 22 starters
- (2) Western District Joggers - 18 starters

	NAME	OUTRIGHT PLACING	TIME
(1)	Bruce Robertson	2nd	81.55
(2)	Sam Daher	4th	87.34
(3)	Dave Cox	5th	89.06
(4)	Charles Colville	6th	89.07
(5)	Bernie Liebmann	7th	90.41
(6)	Ray Doran	8th	91.23
(7)	Ivan Freys	10th	92.48
(8)	Brian Colwell	15th	94.49

200TH STAR/FIFTH ANNIVERSARY EDITION

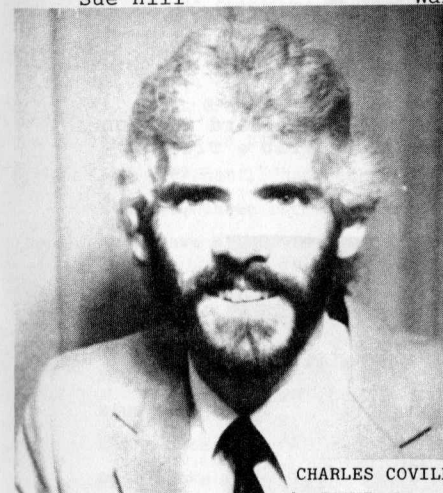
CLUB MARATHON RECORD PROGRESSION

MALE

Charles Coville	- Gillawarna	2.50.07	9/80
Mike Crowley	- Harbord Diggers	2.43.20	4/81
Tony McCall	- Campbelltown	2.41.07	5/81
Bruce Robertson	- Gold Coast	2.39.40	8/81
Bill Flanagan	- Canberra	2.36.47	4/82
Keith Canard	- Harbord Diggers	2.35.05	5/82
Rob. Harrison	- Big M	2.33.46	10/82
= Keith Canard	- Canberra	2.33.46	4/83
Keith Canard	- Kempsey	2.32.33	6/83
Keith Canard	- Cities	2.32.31	8/83
Godfrey Franz	- Johannesburg	2.29.46	10/83
Win Ahlmann	- Berlin	2.26.57	9/84

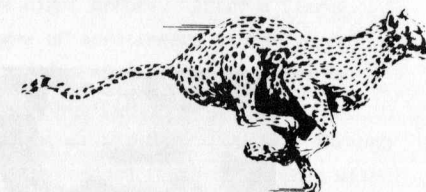
FEMALE

Sue Hill	- Gillawarna	3.16.50	9/80
Sue Hill	- Avon (Manly)	2.59.46	5/81
Jenny Walker	- Wang	2.57.39	6/83
Fastest by current member			
Sue Hill	- Wang	2.59.15	6/84



CHARLES COVILLE

Sydney Striders
MARATHON & ROAD RUNNERS CLUB



The Blister





THE BED PUSH

Sydney Striders

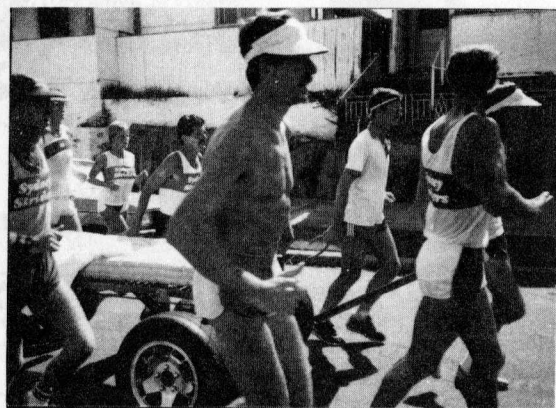


Photos - Bill White



BED PUSH - 4th LEG

Bernie King, Brent Waters and Noel Barton doing the hard work on the 4th leg while the Country Practice girls grab a ride.



Still on the 4th leg (L-R) - Ken Wylie, Cedric Sidebottom (almost obscured), Gai Cunningham, John Hill, Alistair Mackie (foreground), Don Price, Noel Barton (Look this way, Noel!), Bernie King.

THE ONE CENT BED PUSH

CHILDREN'S HOSPITAL - STEWART HOUSE BED-PUSH

SUNDAY MARCH 10th 1985 dawned bit overcast but promising great things - and 10 minutes later the Striders Bed-Push was off! After six months of planning we were finally on the road. The first leg took us from the Kids Hospital to Greenless Park in Concord. Running with us were two of the Grand Masters of Sydney running - Eunice Harris and George McGrath - good company at any time. President Carol and Dot Flanagan paced them most of the way - not that George needs too much urging to keep up, but he was coming back from a bad bout of flu. The streets of Leichhardt Municipality were quiet but the green bucket brigade, with Owen Denmeade in the van, prised open quite a few wallets. What a rude surprise in the early hours of a quiet Sunday - the blaring message from the United Permanent Van brought many faces to the window where they were greeted by motley cavalcade - Westline vans, the 2WS double-decker bus and a bunch of Striders pushing an emerald bed on mag wheels! The spectacle was too much for Irwin Light - for once he was speechless and had to retire to the bus for chockies. And some where out front was that running machine, Nobby Young, with family and friends in tow.

At Greenless Park we changed teams and were off again. And guess who we picked up passing through - George Sheehan. Bruce Courtenay and Alex Hamill had recruited him the night before. After a fierce contest, three recounts and two changes of scrutineers it was agreed that Dave Williams has out-jostled the rest of George's groupies to capture the prize for being photographed most often with him - congratulations Dave! But the excitement wasn't over. Halfway through Leg 2 we stopped at Queen Elizabeth Park Concord for a quick chat with Mike Cleary and a drink. Kate O'Rourke and Leigh Pascoe tried to bludge a ride on the Coke Balloon to Greenacre. Not satisfied with that knock-back, and another from the GIO Balloon, they were last seen chatting up a bloke who arrived by parachute! On the road again, we made the last few kms to Gosling Park in record time. Brent Waters had his numbers wrong and thought we needed some extra time for the next leg.

How right he was - the 20 km Leg 3 must have been measured by the Donovan method - it went on forever - and with only Frank McCaffrey to break the monotonous roller coaster of hills through Lakemba, Beverley Hills, Riverwood and Kingsgrove. We even got lost and did extra km's. Then for good measure, the bus took out a low-slung electricity

wire and the drink van had to stay behind to patch up. We got so dry that some of the collection was turned over to buying drinks. After almost 3½ hours we dragged into Edwards Street Park and handed over to the next team.

Leg 4 started behind schedule, not only because of our late start but because Alstair Mackie and Dave Blackall kept getting between the Country girls and their photographer - a surely sod if there was ever one. Then Dave had a tantrum when someone nicked the comb with which he was preening his luxuriant chest growth. Those poor girls - they really believed theirs' was just a cameo appearance. After a few faltering and painful steps they fled to the bus, then took off in a taxi to their next engagement - minus their handbags. Sue Hill, Maureen Greenwald, Sue Thompson, Chris Porter, Gai Cunningham and Lucette King provided much of the push through the Southern Suburbs. This was another hot one, but a friendly Marrickville family had a water stop and hose for us on the way through, and at Moore Park there were Big Mac's all round!!

Leg 5 - the last leg - at last the Media stars showed they weren't all piss and wind. Simon Townsend's Reporters ran or rode all the way and kept us all entertained - especially Phil Calwell who had decked himself out in a cravat and seemed to be trying to sell something (?) to Melinda (she was the blonde with shorts). Somewhere along the way we lost Nobby - even Posties wear out sometimes - so we took a break in Newtown and after an audition, which we all passed, we did a series of last gasps for Simon Townsend's Wonder World. But John Turner flubbed the groan, and Trevor Roberts pushed everyone off balance as he jostled with Brian Colwell for position behind Melinda, so it took a couple of takes. Picking up Nobby again, we headed into the Hospital, flanked by the Canterbury-Bankstown Cheer Squad and greeted by a throng of well wishers. What a day!

The easiest Leg of the Bed-Push was run on May 24th. The Kids Hospital invited many of us over for lunch when we met again with those who had been active in the planning and behind the scenes. That night at the Combined Schools Concert at the Town Hall, and before an audience of almost 2000, cheques totalling over \$140,000.00 were handed to the

Children's Hospital and Stewart House. The Striders have contributed to the community before, but never to the tune of 140 grand - thanks to those who helped man the shopping centre stands, sold T-shirts and to the 100 plus Striders who pushed on the day. Bed-Push I October (1983) raised \$2000.00, Bed-Push II (March 1985) raised you-know-what. The bed has been donated to the Club, so just wait for Bed-Push III in 1987. But best of all, this event brought the Club together in an unique way - and the fun we had will bring smiles to a lot of Kids faces.



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

ONE-CENT BED PUSH PROMOTION AT BONDI JUNCTION

L to R - Harvey Blue, Adam Thompson, Bill Flanagan, Dorothy Flanagan, Sue Thomson, Brent Waters

MORE ON THE BED PUSH

Carol Ludington

The Striders were paid a wonderful compliment recently at a luncheon hosted by Dr. Michael Stevens, (Head of the Oncology Unit of the Children's Hospital). In recognition of our efforts, he gave me, on your behalf, a medal struck for the hospital's centenary in 1980. There is so much pride, tradition, help and care embodied in that medal, that I felt very honoured to receive it. I know that you will all share my feelings.

The Bed Push seemed to engender a great team spirit which has continued to prevail in our Club. The efforts of our Social Secretary have contributed to this feeling - we were really luck there, as it turned out to be a package deal. Although Brian says he butters the bread for the sandwiches, we know that Carol Tailford is the genius behind the Star catering. We appreciate her efforts and enjoy having her with us.



Pyrmont Bridge Road
Camperdown
Sydney 2050
Australia
Tel: (02) 51 0466

Ms. Carol Luddington,
President,
Sydney Striders Marathon & Road Runners Club,
P.O. Box N 119,
Grosvenor Street,
SYDNEY NSW 2000

Dear Ms. Luddington,

Re: Bed-Push Project, Sunday, 10th March, 1985

I am writing to thank your Club for its outstanding contribution to the Children's Hospital in participating in the Bed-Push held on 10th March, 1985.

The stamina and endurance of your members who ran the various legs or the whole distance and, in addition, pushed the bed, was nothing short of remarkable. But the more remarkable thing to me was the terrific spirit that the Club members demonstrated, especially in relation to the sick children at the Hospital.

We are indeed privileged to have had your support with this project. I look forward to welcoming the Club members back to the Hospital for a reception, at which time I would be able to show you more of the work which you are supporting with the Bed-Push Project and, hopefully, introduce you to some of our patients.

With kind regards,

Yours sincerely,

Michael M. Stevens

Dr. Michael M. Stevens
Head, Oncology Unit
R.A.H.C.

The Royal Alexandra Hospital for Children

Dear Carol,

Would you please express my very sincere thanks to your members for the wonderful experience of the One Cent Bed Push.

Undoubtedly, one of the highlights of the Bed Push for me, was becoming acquainted with the Sydney Striders and working with so many of you. I wonder what it is about running that attracts such an interesting, talented, and co-operative group of people. My one regret is, I don't run.

Congratulations to you all for a fantastic effort - I will never forget the Sydney Striders.

Yours Sincerely,

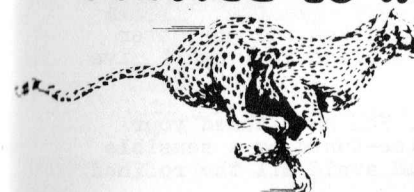
Ivy Edwards

Ivy Edwards,
Bed Push Co-ordinator.

Sydney Striders

Marathon and Road Runners Club

Advice to Improve Your Running



BY:	BERNARD CORDEN	2.23.40	PB
	BILL FLANAGAN	2.36.47	PB
	RON CORDEN	2.55.26	PB

An extract from the Distilled Wisdom of Ron & Bernie Corden (All rights reserved. Copyright -Sydney 1985. No part of this may be reproduced without the payment of large sums of money).

When Bill Flanagan asked us for some points on marathon training I realised after some thought that it is a difficult task to do without sounding dogmatic. In order not to do so you have to include so many provisos, ifs and buts that the thing can ramble on for ever. Well, I am not going to fall into that trap. Please read the following in the light of your own situation, aspirations, experience and inclination to accept the thoughts of others on whatis, after all, a very subjective and personal experience. Here goes:-

MILEAGE

- Marathons are still tests of endurance therefore you have to learn to endure. There is no substitute for long and progressively harder miles.
- An initial weekly base of 60 miles should be your aim for a couple of months. This will get you fit enough to train.
- From this base you can then develop in stages to 70, 80, 90, 100, 110, 120, 130 miles p.w. over the next few months.
- This does not mean a boring bitumen bashing routine. Learn to vary your route and the terrain. In Sydney of all places this is easy.
- With your mileage base under your belt, or rather, heels you can now start to make it hurt by throwing in sustained surges of up to 5 kms in under 20 minutes as we usually manage to do towards the end of the St. George's Stroll. Alistair will usually oblige. Do try and make these towards the second half of the run - nobody wants to race all the way. If they do it will be self defeating. You should not finish your training in an exhausted state - leave that for the maximum effort of racing.

f. Racing is the ultimate aim of most training although some runners look upon it as an intrusion in to their carefully planned training programme. If they only realised it, it is the best way to get fit quickly. I don't recommend a marathon each week but there are enough 10, 15, 21 and 25 kms events around to do one a week. You can race yourself fit but it does carry a higher risk of injury for runners because of the pounding it gives the body. What it does do is hone your fitness to

a fine edge on the whetstone of competition. You learn to push yourself that bit more. Elliott and Cannister did this to a high degree; Ron Clarke, their equal in ability, could not benefit from the competition in the same way. You need to know how you react to supreme stress.

DIET

A vast subject. Each person has likes, dislikes and go-faster foods or drinks. It is impossible to generalise so I shall give a few basics.

a. Don't put diesel fuel into a Ferrari. You have tuned your body by hard training. Allow it to be fine-tuned by a sensible diet. Eat as much raw food as you can and avoid all the refined

rubbish that is purveyed as good for you. Plenty of whole grain stuff, pulses etc. You should be able to achieve an 80/20 Raw/Processed ratio and still enjoy some rather tasty meals.

b. The severity of a hard training programme can deplete your body of important trace elements e.g. Potassium. Lack of K can cause muscle soreness and heart problems. It is present in bananas, onions and potatoes (cooked in the skin). Others are Zinc, Calcium and Magnesium. If you have a stressful job, eat a diet of 'normal' food, drink coffee, alcohol, tea and eat sugar, you will almost certainly need a vitamin/element supplement. The mechanism of what they do is not fully understood and the evidence is often empiric rather than scientific but they do work.

c. Drink. There's nothing wrong with water. Don't drink alcohol, coffee, tea to excess. Unfortunately I like all three but do cut them down a long time before an important event.

d. Drugs. Don't use them.

e. Smoking. If you smoke, give up, if you don't don't start. I'll set Jim Donovan onto you if you do. The striders' prizegiving last year was one of the very few gatherings of people I have attended without having sore eyes and a horrible taste in my mouth afterwards.

CLOTHING

a. In Summer - loose and light. In Winter on the odd day you may need a sleeved T-shirt but as we don't have real Winters here I never feel worried about hypothermia.

b. What I do feel concern about is the number of people I see after a race or training run who wander about with sweat drying on their bodies. For heaven's sake, towel yourself down and put on a track-top. In a trained state you are prone to catch colds and chills so take sensible precautions.

c. Shoes - little comment. Pay \$200 a pair if you want to indulge yourself. You may shave off a few seconds over 26 miles and it's entirely up to you if you think it's worth it. I generally go middle of the road in weight and price. After all, in three months time they will look and smell so horribly that you wouldn't know if I paid \$200 for them or found them at the Silverwater tip!

d. Socks - again little comment. If you don't wear them, make sure your shoes fit well. If you do wear them make sure that your socks and shoes fit well.

THE RACE ITSELF

I can do no better than say what many others have said:- "The first time you feel like having a go - don't. The second time - don't. The third time - let it rip!" If this is around 21 miles you'll probably do a PB.

SLEEP = Plenty of it.

That's it folks. As all do it for fun anyway so pick out the bits you agree with and ignore the others. Here's to your next PB.



Bill Flanagan

1. Make a weekly 17 to 20-miler the cornerstone of your preparation.
2. Set yourself realistic goals.
3. Allow your body to recover after long or hard efforts - don't have hard days back-to-back.
4. Run a time-trial or race about once every 2 weeks to judge how your training is progressing.
5. Don't be afraid to miss days if you feel sore, are injured or sick; a rest is just as important as training.
6. Take it easy the week before a marathon. Arrive at the start fresh and rarin' to go.
7. The week of the marathon, eat normally until mid-week, then eat regular-size meals of mostly carbohydrates - potatoes, pasta, etc.
8. Go into the race with a race plan - run your own race and listen to your body.
9. On the morning of, and the day before, the marathon, DRINK, DRINK, DRINK (water); after the marathon, DRINK, DRINK, DRINK (anything).
10. Never ever use a marathon as training for another marathon at which you hope to do a PB.



RESULTS NOT TO HAND

Sutherland $\frac{1}{2}$ marathon
Mt. Pritchard $\frac{1}{2}$ marathon
Bridge to Bay Run Run

Hopefully

Hopefully I'll be able to publish these results next issue. Congratulations to the organisers of the City of Sydney Half-marathon - the best results service around.

NEXT ISSUE:: Diet Special Feature
Wang Reports/Results
Gillawarna & Campbelltown Marathons
Bathurst Marathon Trip
City-to-Surf Results
Vince Engel's Running Tips.

The Blister
NO. 24

CARLOS COULD HAVE RUN FOUR SECONDS FASTER

Richard Bevan

The world's best marathon time, said the computer, should be 2-7-7, not 2-7-11; or else Dave Moorcroft's 5k record is soft, after all.

Of course, it's only a computer which says so, but the program does predict results very close to reality. And if it helps to give runners the confidence to go for personal bests which they weren't sure they could achieve, it might even have an effect on running performances as well as measuring and comparing them.

Yes, I know I should have predicted the time before Carlos Lopes ran at Rotterdam. To make up, I'll forecast that the record will be down to 2-6-30 within 12 or 18 months; and 2-5-30 in three years. By then, someone will have gone under an hour for the half marathon (probably Carlos, if he doesn't retire). But we'll have to wait 25 or 30 years for an even two hours.

By that time the 5k will be down to 12-30 and the 10k to 26-10. And for those who say no one will ever be able to run 13-05 for 5k and then do it again immediately, think what people would have said in Roger Bannister's day if someone had suggested that one day we would see eight minutes broken for two miles. Yet Henry Rono's 7-32.1 3k world record - run in 1978, and now 'soft' - was run at a pace which would yield a time of 8-02 for two miles.

The program which produces these figures is called 'FORECAST'. It started as an exercise when I was in the early stages of teaching myself about computers. Many runners with computers, or access to them, have done similar things: one was discussed in the Blister a couple of years ago.

FORECAST's predictions are based on the change in pace for each runner, over increasing distance. It works as well for average runners (who might run a marathon two or three minutes a mile slower than their best one-mile pace) as for elite competitors (whose pace slows by a minute a mile, or less).

It's a pretty simple program: you give it a couple of times, preferably over two quite widely separated distances, and it tells you what to expect at all others. Even better is to use three distances; then, by trying a few different combinations you quickly reach the pattern which fits your performances best. Forecasts of future World Record performances come from judgements about rate of improvement, over any distance. The program then indicates changes at others.

The editor of the Blister was an early guinea-pig. Using his 5k and half marathon PBs of 15-48 and 74-25, FORECAST said that Bill Flanagan should run a marathon in 2-36-17. Bill's PB is 2-36-44, so it seemed to work okay.

Of course, it could be discouraging for Bill to think that there's not much room for improvement. But if he could shift the performance curve, that time would come down. FORECAST is very handy for working backwards. If he could run a 72-17 half, his expected time over a full marathon would be 2-30-00.

Needless to say, the program can only be accurate if the times you give it are recent ones, or ones which you are likely to be still capable of running. So it helps to have an idea about which of your

own performances are soft. If you give FORECAST a 3k PB which was your absolute peak performance; and a 10k which you know you could improve on, it will predict an unrealistically slow marathon time.

The fact that it fits the World Record table so well (even though there are many different runners involved) isn't inconsistent with its ability to work for individuals. FORECAST fits a curve to performances, and the WR curve is just below the one for any individual. Carlos, of course, is closest to fitting the whole curve. He could certainly pick up a bunch of records at distances between 10k and 42.2. And perhaps longer ones.

Another test subject was Paul Stone, founder and organiser of the Sydney Triathlon. Paul has PBs of 30-15 for 8k, and 85-45 for a half marathon. He's been close to a sub-3 hour marathon for a couple of years, but has always just missed. FORECAST says he could do it, though it didn't give him a lot of leeway: predicted time is 2-59-58.

Based on his 5 and 10k times, Rob de Castella should be capable of a 2-06-17 marathon. The chart also shows 61-14 for a half, and I've an idea he did a little better than that in Italy. So maybe Deek can go close to 2-06 (or his 5k time is soft). If he could bring his 10k time down by 10 seconds or so, the program would suggest a sub 2-06 marathon.

This may not be very useful, but it's certainly an interesting way to look at your performance. If there's anything to it, then I'll be running around 3-15 in the Wang on June 9 - a PB by seven minutes - thanks to some improvements in my track speed.

This highlights another assumption: if you base the predictions on pace change in relatively short track events, the model will only be valid over the long distances if you've trained for those as well as for the short ones. In other words, it says 'this is your potential, if you're fit.'

Anyone else want to know what they can do? Or what they need to do over one distance to turn out a PB at another?

(Postscript: the women's WR for the marathon will be 2-15-30 within four years.)





THE THOUGHTS OF NOBBY YOUNG

The time has come for me to make it very clear that the people I write about are not necessarily the same people that you know, even if the names are the same. For instance, if I tell you about a bloke named Scott Lawrence who could do well at cross country running if he could follow a six foot white arrow around a corner, it might not be the same Scott Lawrence that you know. Just a coincidence, thats all.

I have a few stories from Brian Lentons "National Running Week" that takes nine days in Thredbo in late January. Could someone tell Brian that nine days is not a week!! I can't tell him as he might not let me go again next year.

Derek Froude turned up for a run and a game of cricket. His turn to bowl came around and I had the nerve to ask him if he was any good at sports. After a couple of overs, all I can say is that it is a bloody good thing he can run. He gave a talk on running one evening, most informative and with a touch of humour. Some twit asked why he jogged when it was possible to cause injuries. The answer was great. "I don't jog."

Herb told me a good one. He was out training with a mate and asked him if he had just farted. "Of course I have, do you think I always smell like that?" was the reply.

Bernie King was running up a hill on the mountain that seemed to go forever, when his shorts slipped to below his knees, much to the amusement of about ten runners "behind" him. I told later how he looked like a grandfather clock with the pendulum swinging back and forth, but Bernie feels that couldn't be so as he isn't very well endowed. In fact he is thinking of having a silicone job done to enlarge the little bugger. If anyone in the club knows where this type of procedure can be carried out, could they please pass the information on to Bernie.

Each evening at Thredbo Brian Lenton asked questions and gave away prizes. One question was "who can name the three books written by Brian Lenton." "Nobody" I yelled, but the bugger wouldn't give me the prize.

Did you know that Brian makes films about running? Well, that is not quite true. The purpose is to make films about running but in fact it is 25% on runners and running and the balance on just any damn thing at all. Even kids in a rubber boat being towed around the edge of a lake get in ahead of a tussle for the lead of a race. Then again, he is the only person in the history of this nation to put on a "Nocturnal Marathon".

The only trouble up on Kosciusko is the colder weather but Im rather lucky as only the "little bit" of me tends to get cold. As this can get rather uncomfortable someone suggested putting it into a sock during the colder weather. The trouble with that idea was that I didn't know anyone with a size 11 foot to borrow a sock from.

Im starting to get giddy from the high attitude so Im coming down to sea level again.

Ever since Ive been writing these whatever these are called .. Ive resisted the temptation to write about Terry McIver in case it encourages him to retain his membership of the club. I give in , I can resist it no longer. Three runners across at Parramatta in a shopping centre on a Saturday selling Bed Push T-shirts and doing a roaring trade. Then Terry decides to hold one up in front of himself to show the good people how they look. The arse fell out of the market in an instant.

Then there was the Sunday morning when I was running through North Sydney with Peter Cobley when a motor cyclist in full-face helmet pulled up beside us. I immediately said "Hi Terry" much to the surprise of Peter who later asked me how I knew who it was when I could see so little of him. I had to explain it was the eyes, only one person I have ever known has had "mad dog eyes" like that!

This year I went up for the 6ft track run between Jenolan Caves and Katoomba along with Danny Gray and Jim Donovan. Jim is fortunate to have a sponsor.. Whitmonds, but Im afraid was mistaken for a bird watcher by the race organisers. Im not sure why as all the bird watchers I have met have been rather odd sorts of people. It passed my mind that Danny might have been looking for a tit or two but I havent asked him about it yet. Quiet types like Danny tend to get embarrassed and Im the last one to do that to anybody.

Its a damn good thing that Bryce put the spa in at his place as it brings so much pleasure to fatigued runners after his Star. Terry didnt even have to get in the water, just stood above it and grinned and goggled to his hearts content. It turned out that one of our female runners is afraid of water and wore a couple of things to keep her head above the water line. Terry - you really are terrible.

Poor old Derek Titmus was running around Lake Gillawarna on Saturday morning when I jumped out of the undergrowth, yelled and grabbed him. I shouldn't have done that, considering his age and Im very sorry about it. Derek, could you please go remove that thing that dropped out of your shorts at the time, if someone gets that stuck in the sole of their runners it could do a lot of damage to the hi-pile when they get home.

NOBBY YOUNG

INTERNATIONAL

LONDON MARATHON

21st April, 1985

Edwina Garvin

For centuries now Londoners have grown to love pageantry with Ma'am Maggie & the Mall. Of recent times however one of the most spectacular London pageants of all has become a feature of the British calendar - THE MARS MARATHON.

This event has become a family day out. The field has grown from an original 7,500 runners in 1980 to over 20,000 in 1985 (representing only one quarter of those who applied to compete) and therefore boasts the biggest marathon footrace in the world - even ahead of New York. As one local reporter wrote "This is an event which encourages an increasingly lethargic Britain to get off its backside and run" - and run they/we did.

On Sunday, April 21 as the day dawned brightly (yes the sun did shine in London) hundreds of desperate professionals and thousands of mere mortals proud of their very presence, lined up alongside Greenwich Observatory to start a seemingly neverending twisting 26 miles which was to pass over, under and beside some of London's most historic landmarks - not that sightseeing was easy or considered for much of the way!

The elites included Spedding, Jones and Kristiansen as well as Australia's own Nick de Castella, Steve Austin and Heather Boyd. "Only" 5 Striders competed (quality not quantity Bryce and I agreed) along with over 100 other Australians mainly members of South Australian Road Runners.

And oh how all we Aussies wished that the distance from Gates of Windsor Castle to The Royal Box at White City had only been 22 miles - not 26 miles 385 yards!! Not even the deafening noise of the

crowds with their enthusiastic and tireless encouragement provided distraction from the intense pain we all seemed to experience over those last four miles. Here we were "International Stars", but "there was the road windin' mile after mile, and nothing to do but go". Unfortunately twelve minute miles became the compulsory pace (as an alternative to stopping completely).

It was definitely only spirit, or insanity that took me (and I know I'm not alone here) over that last 385 yards past Big Ben, across Westminster Bridge to my space blanket, medal and mars bar.

But yes it was all worthwhile - for pain past is pleasure - a triumphant experience and a P.B., both of which I hope to repeat.

P.S. How about a group of Striders joining me on a Marathon Tour in April '86?

If SARRC can do it we can do better?

For details phone me 27 9907 BUS.

516 3753 HOME.

Ingrid Kristiansen rewrote the women's world record in the London Marathon. She later admitted she was aiming to become the first woman under 2.20.

Despite insisting he wasn't doing a marathon until October (Chicago) Steve Jones turned up to run only 11 seconds slower than his old world record beating defending champion Charlie Spedding.

Results:

1. S. Jones	WAL	2.08.16	1. I. Kristiansen	NOR	2.21.06
2. C. Spedding	ENG	2.08.33	2. S. Rowell	ENG	2.28.06
3. A. Hutton	ENG	2.09.16	3. Hale	ENG	2.28.38

Robert Harrison	2.30.43 (279th out of 17,000)
Ron Feeney	2.38.32 (700th)
Bryce Courtenay	3.17.06
Richard Bevan	3.27.16
Edwina Garvin	3.45.14

NOTES FROM ROBERT HARRISON

"...London was a tremendous success - perfect conditions and surprisingly managed a P.B. of 2:30:43 in 279th place out of 17,000 odd, so I am very pleased. Maybe next time sub 2:30. The course was packed all the way with spectators - the atmosphere was tremendous - breathtaking!

I double crossed Ron Feeney's path at a Club road relay recently. First time we've met since Aussie - had a good sentimental chat about the "old country".

Anyone wanting to write to Rob can do so at 18 Darnhills, Radlett. Herts. WD78LQ, U.K.

INTERNATIONAL

With 'Striding On' ceasing publication The Blister now features more international news.

A big revision of the all-time marathon rankings was necessary after some amazing performances in April.

Ahmed Salah, a 29 year-old DJIBOUTIAN soldier stationed in France, was only 4 seconds shy of Steve Jones' W.R. in the inaugural World Cup marathon in Hiroshima Japan on April 14.

The team title went to DJIBOUTI while in the women's race the previous day ITALY put together the best aggregate finish although the top 3 placings went to communist runners.

Results:

1. A. Salah	DJI	2.08.09	1. K. Dorre	EG	2.33.30
2. T. Nakayama	JAP	2.08.15	2. Z. Ivanova	USSR	2.34.17
3. D. Robleh	DJI	2.08.26	3. K. Szabo	CZE	2.34.57

April 14 saw the running of the 89th Boston Marathon. With the organisers refusing to pay appearance/prize money the field lacked the usual world-class competition.

This however didn't stop Geoff Smith flying through 19 miles in sub 2.08 pace before a series of leg cramps slowed him. Although only running 35.56 for the last 10 km he still won by 5 minutes.

The women's race was also a cakewalk as Lisa Larsen won by six minutes.

1. G. Smith	ENG	2.14.05	1. L. Larsen	USA	2.34.06
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Olympic Champion 38 year-old Carlos Lopes became history's fastest marathoner in the Rotterdam Marathon on April 20. His halfway split was 1.03.24. He still plans to retire at the end of this year.

1. C. Lopes	POR	2.07.11	1. Rusman	HOL	2.35.32
2. J. Graham	SCO	2.09.58			
3. C. Lambregts	HOL	2.11.02			

LISBON March 24

Zola Budd won her first international title by leading all the way in the World Cross Country Championships.

Running before his home crowd Lopes won his third title.

Men 12k			Women 5k		
1. C. Lopes	POR	33.33	1. Z. Budd	ENG	15.01
2. P. Kipkoech	KEN	33.37	2. C. Branta	USA	15.24
3. W. Bulti	ETH	33.38	3. I. Kristansen	NOR	15.27
20. R. De Castella	AUS	34.17			

SUB 2.09 MALES

Carlos Lopes	Rotterdam	85	2.07.11
Steve Jones	Chicago	84	2.08.05
Ahmed Salah	Hiroshima	85	2.08.09
Alberto Salazar	N.Y.	81	2.08.13
Takeyuki Nakayama	Hiroshima	85	2.08.15
Jones (2)	London	85	2.08.16
Rob de Castella	Fukuoka	81	2.08.18
Djama Robleh	Hiroshima	85	2.08.26
Charlie Spedding	London	85	2.08.33
Derek Clayton	Antwerp	69	2.08.34
de Castella (2)	Rotterdam	83	2.08.37
Toshihiko Seko	Tokyo	83	2.08.38
Lopes (2)	Rotterdam	83	2.08.39
Salazar (2)	Boston	82	2.08.52
Seko (2)	Fukuoka	83	2.08.52
Dick Beardsley	Boston	82	2.08.54
Takeshi Soh	Tokyo	83	2.08.55
Juma Ikangaa	Fukuoka	83	2.08.55
Rod Dixon	N.Y.	83	2.08.59

19 performances by 14 performers

SUB 2.27 FEMALES

Ingrid Kristiansen	London	85	2.21.06
Joan Benoit	Boston	83	2.22.43
Kristiansen (2)	London	84	2.24.26
Benoit (2)	Olympics	84	2.24.52
Allison Roe	N.Y.	81	2.25.29
Grete Waitz	London	83	2.25.29
Waitz (2)	N.Y.	80	2.25.42
Rosa Mota	Chicago	84	2.26.01
Benoit (3)	Eugene	82	2.26.11
Waitz (3)	Olympics	84	2.26.18
Julie Brown	Los Angeles	83	2.26.26
Roe (2)	Boston	81	2.26.46
Katrin Dorre	Grunau	84	2.26.52
Mota (2)	Olympics	84	2.26.57

14 performances by 7 performers

MAY 5 - PITTSBURGH MARATHON -

Australian Olympian, Lisa Martin, and husband Ken became the first married couple to win a major marathon. The race doubled as the U.S national championships. Ken sprinted away from Honolulu winner, Gonzalez, in the last 300m. Lisa left behind a field which included 5 fellow Olympic marathoners.

1. K. Martin	USA	2.12.57	1. L. Martin	AUST	2.31.54
2. J. Gonzalez	P.R	2.13.08	2. L. Fogli	ITALY	2.32.06
			3. J. Isphording	USA	2.33.34

The U.S. Road Racing circuit kicked off in Florida in February. The appeal (read money) of the circuit has ensured top class fields.

The Orange Bowl 10 km in Miami on February 2 featured 25 Olympians and 7 medalists.

Results:

1. S. Kigen	KENYA	28.38	1. L. Williams	CAN	32.34
2. M. McLeod	ENG	28.39	2. G. Waitz	NOR	32.45
3. S. Bitok	KENYA	28.39	3. L. Martin	AUS	32.59

One week later in Tampa the dominance of foreign athletes continued as did the close finishes in the Gasparilla Classic 15K.

Results:

1. M. McLeod	ENG	43.02	1. G. Waitz	NOR	48.10
2. P. Daenens	BEL	43.04	2. W. Sly	ENG	48.17
3. J. Goater	ENG	43.05	3. L. Williams	CAN	49.45

Zola Budd made her first appearance on the U.S. roads in the Contentential Homes 10K in Phoenix on March 2.

Results:

1. J. Treacy	IRE	27.46	1. W. Sly	ENG	32.03
2. M. Nenow	USA	27.48	2. Z. Budd	ENG	32.20
3. S. Kigen	KEN	27.51	3. P. Welch	ENG	32.25

One week after his World C.C. win Lopes turned up in New Orleans for the Crescent City Classic.

Results:

1. C. Lopes	POR	28.17	1. W. Sly	ENG	32.14
2. M. Musyoki	KEN	28.20	2. G. Waitz	NOR	32.50
3. R. Wilson	NZL	28.32	3. L. McLennan	USA	33.18

Unheralded British steeplechaser, Paul Davies-Hale burst onto the U.S scene with a 3rd placing in Boston followed by 2 big wins during May. In the Boston Milk Run (10k) on April 21, 19 seconds separated the top 10 places:

1. J. Gregorek	USA	28.15	1. M. Joyce	IRE	32.18
2. K. Martin	USA	28.16	2. L. Jennings	USA	32.35
3. P. Davies-Hales	ENG	28.17	3. L. Welch	USA	34.42

Another close finish highlighted the Lilac Bloomsday 12k in Spokane, Washington. Among the 40,000 starters was Anne Audain who won the women's section for the 4th time, taking 9 sec off her course record.

1. P. Davies-Hale	ENG	34.27	1. Anne Audain	NZL	39.20
2. S. Kigen	KEN	34.28	2. French-Lee	CAN	40.03
3. M. Musyoki	KEN	34.42	3. B. Shields	ENG	40.17

Deek's US base in Boulder, was the scene of the Bolder Boulder on May 27. Davies-Hale continued his winning way leaving Deek behind in 6th place.

1. P. Davies-Hale	ENG	29.06	1. Rosa Mota	POR	33.59
2. M. Herrera	MEX	29.16	2. G. Kingman	USA	34.47

INTERNATIONAL

ANOTHER P.B. BUT IT'S SLOWER?

THE FLETCHER CHALLENGE MARATHON, ROTARUA, N.Z., APRIL, 1985

BY CHARLES COVILLE

2.45, 2.52, 2.51, and 3.05, represent the times of my last 4 marathons. Surprisingly each declining performance has been a most satisfying effort. Let me explain.

Many marathoners are obsessed with lowering P.B's. At the other end of the scale are those who run marathons as training runs. My philosophy differs from both.

To me a marathon still holds its mystique, even after 17 years of marathoning. I take each one seriously, 'racing' it within the limits of my current fitness, and setting achievable goals. These varying goals (once achieved) give me the satisfaction one would normally associate with lowering a P.B. In essence each turns out to be a different P.B., relative to my mileage (or lack thereof) achieved during my training, and conditions.

Of course I also have an occasional off day. However since each goal is hopefully realistic, I run the race adjusted to my level of fitness. Rarely am I disappointed.

A business trip to New Zealand in April made the Fletcher Challenge Marathon around the sulphur smelling Rotarua an obvious choice to kick off my 1985 marathon season. Being one week after Nike also meant that I could get caught up in Nike training fever.

As usual my training was less than I had anticipated. I rarely achieved 70k/week. The two weeks prior to the race saw both flu and work commitments virtually wipe out training completely. My original goal set after the Lane Cove Half therefore needed some refinement.

My 1.23 doubled plus 5% maximum fade i.e. 2.50 looked too optimistic. So a 2.55 was set. (How often do Striders not realign forecasts for changed circumstances?)

I had planned to run part of the way with an ex South African, now a Kiwi, Dave Levick. Dave attended the same Uni. as I did and achieved fame in 1973 by winning both the Camrades 90k, and London to Brighton (85k) ultras. So in many ways the race would be a trip down memory lane reflecting on our last Comrades together in 1975.

What we had not reckoned upon was the rain and the wind.

Driving up to Rotorua from Taupo for the start, we were both apprehensive about the torrential rain and strong winds. Already we were talking about merely breaking 3.00 as a revised goal (yet another realigned forecast).

Never before have I run in such horrific conditions. We were drenched before the gun fired.

10k was a painfully slow 45mins. We could not run any faster. The wind was unbelievable.

An ex-Strider, John Phillips, appeared and soon got talking (Kiwi runners don't talk on the run!) The rain was falling so heavily that at times I couldn't hear the Wellingtonian talking!

Half-way in 1.32.45!

Once we got around the top of the lake and over the hills and reached the main road, the wind stopped (but not the rain). We now had a tail wind as the course headed back towards the sulphur capital.

I decided to take advantage of the 'improved' conditions and speeded up. My 4.15 pace soon fell to 3.55 as I endeavoured to make up lost time between 32k and the end.

Reflecting back upon the race, the stretch from 32k to 38k was most stimulating not only being the quickest section, but also the point where my goal of Sub.3 suddenly seemed achievable.

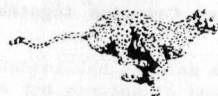
Since 15k I had been passing runners. Once into the 30's the passing rate skyrocketed. The Coville philosophy of self motivation by smiling upon adversity (those poor souls who have blown) was working.

A quick stop in at the local milk bar at 36k for a can of Coke stunned all around me. I didn't have enough money for a Mars Bar!

At 38k my forecast time was 3.01. A final effort was required over the last 4k. However, my moves were thwarted. We started to turn back into the wind as we rounded the bottom end of the lake and headed into Rotorua.

The Gods suddenly added to my problems by opening up the heavens. My race was all over; unfortunately I still had 4k to go.

As I splashed my way across the finishing line, my hands frozen, my legs chaffed and sore, I was both relieved and satisfied. No P.B., no accurate pre-race forecast. However the race had been seriously run. The shot at a sub 3 had been worth the effort and even though I failed, my further declining performance was in essence another P.B. relative to my training and conditions.



1985



THE BEST OF TIMES

SUB 2.45 MALES

AS AT 2 June, 1985

1.	Phil Garvin	Canberra	2.28.46
2.	Rob Harrison	London	2.30.43
3.	Ron Feeney	LONDON	2.38.32
4	Ken Wylie	Canberra	2.44.00
5.	Frank Brandon	Anzac Day Sydney	2.44.02

SUB 3.25 FEMALES

1.	Sue Hill	Anzac Day Sydney	3.15.48
2.	Dot Siepmann	Canberra	3.19.12
3.	Merri Mack	Anzac Day Sydney	3.23.27

MID-LIFE MALES: YOU HAVE NOTHING TO LOSE BUT YOUR CHAINS!

by Steve Cornelius

This is an unashamed incitement to revolution. It is addressed to members of the most under-rewarded group in the road-running movement: I shall call them the MM's, or "mid-life males" in the age group 30 to 39. I've always suspected that we, with our mass turn-up at long-distance races and our mass membership of running clubs, are the Silent Majority who subsidise the rest - and a recent research project I undertook confirmed my worst fears. Now it's time for us to stand up and claim our reward for this bulk support.

At the risk of getting a very great deal of dust up my nose, I dug out all the old race results books I could find, and sorted out all those which gave the ages of all finishers. So that I couldn't be accused of cooking the books, I considered ALL the races which have supplied me complete lists of finishers' times AND ages in the last 5 years. There were a total of 11 such races: Gillawarna M'thon '80-'81, Canberra M'thon '82-'83, NSW State M'thon '82-'83, Cooranbong Half-M'thon '84, and the Striders' Open Half-M'thon '82-'85.

A total of 7,811 runners finished these 11 races, no less than 3,372 of them (43.2%) being men in their thirties. No race had less than 36% MM's, and one had as many as 49%! And yet the medals and prizes awarded specifically to our age-group totalled only 13.3% of all age/sex category prizes. No race awarded us more than 22% of category prizes, despite our mass support, and a couple of them didn't give us ANY AT ALL! Overall, we seem to be receiving less than one-third of the medals our numbers should logically deserve.

Compare this with the fortunes of other age/sex groups. Other men (i.e. under-30's and over-40's) accounted, on average, for 48.0% of the fields, and were adequately rewarded with 51.2% of the category medals. Women, totalling a meagre 8.8% of finishers, received a wholly disproportionate 35.5% and one for every five female finishers!!! And these figures don't even include any mention of the Open Categories, where women are usually given as many medals as the men despite a much smaller representation in the field.

The above figures show very clearly that it is mass support from males in their thirties which is keeping the running movement alive. Indeed, current Striders membership figures show that no less than 48% of financial members of this club are males between 30 and 39 (compared with only 17% women of all ages). And yet race organisers in general rarely come close to acknowledging this bulk financial and moral support with proportional allocation of prizes.

At a time when other sub-groups are pushing hard for "equal" prize-money and medal-allocation, I feel that the plight of the "Silent Mid-Life Male Majority" should now be considered. All too often these days we run our little hearts out but have to stand and watch others take medals simply because there are 3 in their age/sex category and 103 in ours. We aren't asking for more than our share of the goodies. All we want is proportional representation for our massive support of the long-distance running movement, so that we can feel we have some realistic chance of winning a prize now and then. We're fed up of watching runners in minority age/sex groups take prizes simply for turning up (don't laugh, I've seen it happen often!). And if some of the over-rewarded youngsters, veterans and women have to see their medal-totals reduced to achieve this, all I can say is them's the breaks - we're tired of waiting!

After all, our age-group is usually one of the most competitive, and frequently supplies the winner of long-distance events (notably the last Olympic Marathon, if you want an example - Carlos Lopes is exactly my age, but there, regrettably, the similarity ends!). The time will come when the Mid-Life Male Running Guerrillas will stop financing everybody else's baubles. To the barricades, fellow MM's! You have nothing to lose but your chains!

NEW MEMBER PROFILE

Michael O'Hearn

by Mark Hanlon

Michael has been a Strider for over 2 years. Now living at Newcastle he joined Striders whilst completing a physiotherapy degree in Sydney, and used to run the well traversed terrain of the Eastern Suburbs.

Originally hailing from the 'Gong, the Health Dept. must have known he was well acquainted with coal dust, B.H.P. and monster trucks for they found him a spot at Newcastle Hospital.

After serving his time there, where he ran regularly with a fellow physio., Michael is now working in a progressive Sports Medicine Clinic at local Lingard Hospital. He has assisted at the Wang Marathon and recently the Forster Ironman Tri.

Michael, 25, has concentrated in recent years on his 12k and under time. In '83 he let the throttle out and ran 52.07 for the Sun City to Surf, and has some impressive times in Newcastle fun runs to his credit.

Training with Michael can be a 'testing time' as his courses always include the local mountain goat roads and he regards running into a stiff wind as a challenge! Don't you just hate runners like this?

Michael has the aptitude, grit and ability to make his statement in running and in his new leaning, triathlons. He powered home at the Illawarra Triathlon, his first, in March. Michael also enjoys the technical aspects of his sports and closely monitors his training methods.

Married to a lovely lady, Caroline, Michael is, in his spare time mind you, the doting father of an 11 month old boy, Benjamin, who shapes up well for the 5 metre smile and crawl. Michael has hopes to compete in a marathon within the next 18 months.

* * * * *

RICHARD ROACH

NEW MEMBER PROFILE

Richard started running some 20 years ago when alot of publicity was given to the likelihood of heart attacks in the physically unfit. Richard wished to prove himself fit. He has run on and off ever since, and now trains most mornings before work with a neighbour with whom he has trained for some years.

Richard is another of the Strider recruits who heard about the club through the Lane Cove Half-marathon. Richard has run this race three times.

Richard's aims are to stay in condition to do one marathon a year, and to keep his weight down to 70k. He plans to run Wang this year.

Richard's work is in property development, and he works from his home in St. Ives. It's a great position as it allows you to do the Bobbin Head STAR any week-end you feel up to it.

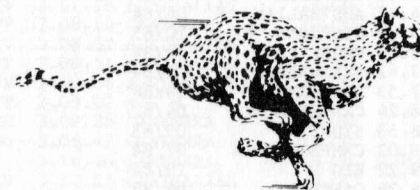
NEW MEMBER PROFILE

JOE LOEWY

Working in the advertising field and being associated with prominent Striders Bryce Courtenay and Alex Hamill can be expected to lead to an interest in running if that does not already exist. Joe Loewy, an Art Director, is one who developed such an interest in this way, and 11 months ago, at the age of 37, he took up running. He competed in the 1984 City to Surf, recording 84 min. 33 sec., and has been joining Bryce and company on 10 kilometre runs at lunch times 4/5 days a week, with the inevitable result that he has moved up to longer distances and, of course, joined the Striders.

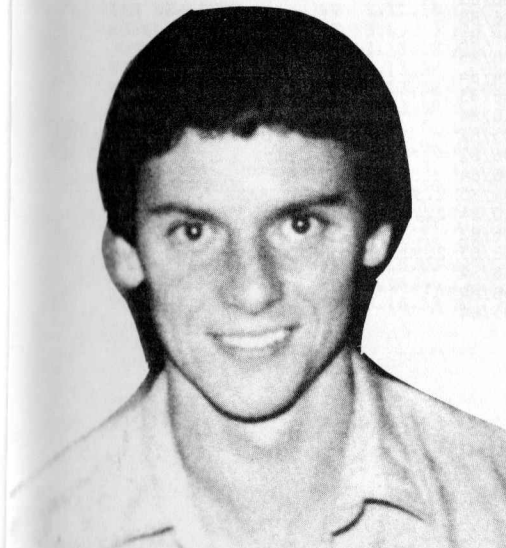
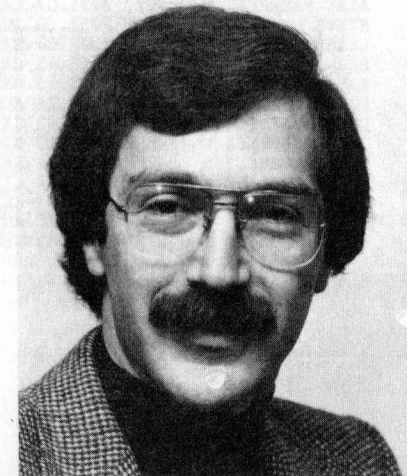
While Joe runs primarily for the feeling of well being, he has that competitive urge to improve his times. He achieved a creditable 96 min. 18 sec. in the Striders' Drummoyne Half Marathon this year but has the aim of getting his Half Marathon time down to his City to Surf time of 84 min. 33 sec. Marathons are a bit further down the track and it is obvious Joe will be accepting the challenge of breaking three hours.

Joe is married with one daughter and manages to fit about 70 kilometres of running a week in with his family and business responsibilities.



IAN BOWDEN - TEAMS CO-ORDINATOR

JOE LOEWY



Marathon Ladder

MARATHON LADDER AS AT 06/06/85.
UNFINANCIAL MEMBERS HAVE BEEN DELETED.

Note on age categories: J = Junior (under 20), O = Open (20-29), P = Pre-veteran (30-39), V = Veteran (40-49), M = Master (50-59), S = Senior (over 60). In each case, the first symbol denotes age at 06/06/85, the second denotes age at the time the personal best time was achieved.

NAME	CAT	<-----BEST AS A STRIDER----->	<-BEST PRIOR TO JOINING->
WIN AHLMANN		2.26.57 BERLIN	09/84
PHIL GARVIN	PP	2.28.46 CANBERRA	04/85 2.26.01 CANBERRA '84
ROBERT HARRISON		2.30.43 LONDON	04/85
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
BILL FLANAGAN	OO	2.36.47 CANBERRA	04/82
DAVID COX	PO	2.37.52 CANBERRA	04/82
RON FEENEY	OO	2.38.32 LONDON	04/85
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
NIGEL HADGKISS	PP	2.41.44 CAMPBELLTOWN	07/84
WAYNE STANTON	OO	2.43.07 BIG M	10/84
KEN WYLIE	PP	2.44.00 CANBERRA	04/85
TONY CONNER	VV	2.44.47 AUSTRALIAN	06/84
CHARLES COVILLE	PP	2.45.13 WINSTONE, NZ	10/83
IVAN FREYS	PP	2.46.54 CANBERRA	04/84
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	VP	2.54.10 NSW STATE	06/82
ROD MCLEAN	PP	2.54.21 AUSTRALIAN	06/84
CEDRIC SIDEBOTTOM	VV	2.54.43 CANBERRA	04/85 2.54.15 NSW VETERANS '78
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
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

NAME	CAT	<-----BEST AS A STRIDER----->	<-BEST PRIOR TO JOINING->
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
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
SUE HILL	VVF	2.59.15 AUSTRALIAN	06/84 2.52.01 AVON, W.GERMANY '79
RON CORDEN	VV	2.59.20 CANBERRA	04/85 2.55.26 PORT MORESBY '80
CECIL FORD	PP	2.59.43 BIG M	10/82
NOEL BARTON	PP	2.59.43 CANBERRA	04/84
DON PRICE	VV	3.01.07 CANBERRA	04/85
BILL HOWLEY	VV	3.01.10 CANBERRA	04/85
DAVID ROBINSON	PP	3.01.42 CANBERRA	04/84 2.36.06 KENYA STATE '63
KAR WONG	PP	3.01.42 SOUTH MELBOURNE	11/84
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
DENNIS WILLIAMS	PP	3.04.24 NSW STATE	04/85
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
GAI CUNNINGHAM	PPF	3.06.46 AUSTRALIAN	06/83
ROY HOWARD	MV	3.07.28 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	PO	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
PETER KEEBLE	MM	3.11.49 F/CITY ADELAIDE	09/84
TERRY MCMAHON	VV	3.11.50 AUSTRALIAN	06/83
IAN NEWLANDS	VV	3.12.18 CANBERRA	04/84
ROBERT KLIMA	VV	3.13.13 AUSTRALIAN	06/84
JOHN PATCHETT	VV	3.13.18 AUSTRALIAN	06/84
TERRY MCIVER	VV	3.13.38 CANBERRA	04/85
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
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
STEPHEN ROACH	PP	3.16.46 CANBERRA	04/85
DOROTHY SIEPMANN	VVF	3.16.53 BIG M	10/84

NAME	CAT	<-----BEST AS A STRIDER----->	<-BEST PRIOR TO JOINING->
BILL WACHER	VV	3.18.02 AUSTRALIAN	06/84
LYNNE EVANS	VVF	3.18.59 CANBERRA	04/84
GERRY GREENLAND	PP	3.20.41 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
GRAHAM BUTLER	PP	3.22.10 CANBERRA	04/85
RICHARD BEVAN	VP	3.22.17 BIG M	10/82
RICHARD BAMANN	VV	3.22.30 AUSTRALIAN	06/84 3.21.11 SYDNEY '83
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
CHRISTINE PORTER	PPF	3.26.15 CANBERRA	04/84
MIKE WARD	PP	3.26.39 GILLAWARNA	08/84
GEOFF COX	OO	3.27.26 HARBORD DIGGERS	04/81
MICHAEL MINEHAN	PP	3.28.03 CANBERRA	04/85 3.08.03 AUSTRALIAN '84
DICK BARTLETT	PP	3.29.17 HALLS GAP, VIC	04/85 2.59.24 VICTORIAN VETS '83
GRAHAM FIRKIN	VV	3.29.17 CANBERRA	04/85
STAN FLECK	MM	3.29.34 AUSTRALIAN	06/84 3.18.20 CANBERRA '83
BILL WHITE	VP	3.29.50 BIG M	10/84
RON BURKE	PP	3.29.52 NSW STATE	04/85 3.04.30 BIG M '84
GRAHAME DEACON	PP	3.31.21 SYDNEY	09/84 3.23.43 SYDNEY '83
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
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
BEN STAMMER	JJ	3.40.00 CANBERRA	04/85 3.26.52 BIG M '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
EDWINA GARVIN	PPF	3.45.14 LONDON	04/85
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
MICHAEL PRINGLE	VV	3.52.20 AUSTRALIAN	06/84
PHILIP CALDWELL	PP	3.52.32 AUSTRALIAN	06/83
PATTI BURKE	VVF	3.54.01 CANBERRA	04/84
PAM HAZLEWOOD	VVF	3.55.31 CANBERRA	04/83
JOE BAILLIE	MM	3.56.00 CANBERRA	04/85
MAUREEN GREENWALD	PPF	4.01.19 CANBERRA	04/85
CAROL LUDINGTON	MVF	4.01.52 ACT DIY	12/83 3.55.53 GOLD COAST '81
VIC COLLINS	VV	4.05.00 GOLD COAST	08/84
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
QUEENIE TOPLEY	PPF	4.09.10 BIG M	10/84
MAVIS GARRICK	VVF	4.15.21 CANBERRA	04/84
ROBI RUSSELL	PPF	4.15.39 CANBERRA	04/84
OXSANA WAINWRIGHT	PPF	4.18.14 AUSTRALIAN	06/84

NAME	CAT	<-----BEST AS A STRIDER----->	<-BEST PRIOR TO JOINING->
SUE THOMSON	VVF	4.18.18 F/CITY ADELAIDE	08/84
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
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	POF	4.48.07 BIG M	10/84
ANNE FLANAGAN	JJF	4.48.12 NSW STATE	05/83

MEMBERS WHO HAVE NOT RUN A MARATHON SINCE JOINING STRIDERS

NAME	CAT	TIME	PLACE	YEAR
VINCE ENGEL	PP	2.19.08	ARIZONA, USA	'79
BERNARD CORDEN	PO	2.23.40	VANCOUVER	'83
DEREK LIEBENBERG	PO	2.30.30	SUN CITY, RSA	'81
BRUCE INGLIS	OO	2.39.40	TRARALGON	'81
NORM WILKINS	PP	2.43.44	CANBERRA	'83
MICHAEL TIUTINNIK	OO	2.44.20	NSW STATE	'84
MARTIN WHITE	OO	2.54.00	AUSTRALIAN	'84
JONATHAN ROBSON	OO	2.55.00	AUSTRALIAN	'83
CHRISTOPHER DWYER	PP	3.00.52	NSW STATE	'83
DAVID MILL	VP	3.03.00	HARBORD DIGGERS	'82
JAMES WALKER	PP	3.05.09	NSW STATE	'85
TERRY JACKMAN	VV	3.06.00	GOLD COAST	'81
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
GREG CORNISH	PP	3.14.00	BIG M	'83
KEVIN O'KANE	PP	3.18.14	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
RAY REID	PP	3.28.28	CANBERRA	'84
IRENE SANDS	PPF	3.30.00	BIG M	'82
KEITH MAYNE	PP	3.31.10	AUSTRALIAN	'83
DALE THOMPSON	POF	3.36.06	SOUTH MELBOURNE	'78
JAMES CAMPBELL		3.40.00	SOLO	'84
HUGH SPENCER	VV	3.40.00	BIG M	'80
JOSEPH WONG	PP	3.41.00	SYDNEY	'84
GREG PROWSE	PP	3.42.00	AUSTRALIAN	'84
TREVOR MARSDEN	VV	3.44.43	AUSTRALIAN	'84
MERVYN FINLAY	MM	3.45.52	AUSTRALIAN	'83
RICHARD ROACH	MV	3.52.00	AUSTRALIAN	'83
GREG JERRETT	PP	3.59.35	HONOLULU	'83
CAROLYN WILSON	OOF	4.04.49	AUSTRALIAN	'84
ANNIE MCCARTHY	PPF	4.07.36	AUSTRALIAN	'84
SYLVIA REA	PP	4.11.03	NSW STATE	'84
RODNEY PHILLIPS	PP	4.14.00	JOHANNESBURG	'84
ADRIAN KOL	MM	4.20.00	CANBERRA	'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
ISABEL ENGEL	PPF	4.49.30	NEW ZEALAND	'84
DENISE MCCARTHY	PPF	4.50.00	AUSTRALIAN	'84

Sunday Mail
SPORT

Run South Australia

Enjoy!



Festival City Marathon
Aug. 25, 1985

FOR ENTRY FORMS WRITE TO: S.A. Road Runners Club, G.P.O. Box 591, Adelaide, 5001, or enter in person at
SARRC OFFICE: 1 Sturt Street, Adelaide, Mon, Wed, Fri, 12 noon - 2 p.m. — Telephone (08) 212 6115.
ALL ENTRANTS RECEIVE MAILED ACKNOWLEDGEMENT IN EARLY AUGUST.

Sunday Mail/Channel 7
FESTIVAL CITY MARATHON, August 25th, 1985

Surname or Family Name		Given Name		Sex	Birth Date		
				M ☐ F ☐	Day	Month	Year
Address Street				Address Suburb/Town			
State/Country		Post Code	Phone (inc. area code) Daytime		Age on	W chair	SARRC
							Member No
Registered Athlete		Office Use		Race Day	Tick	Member	DO NOT LEAVE BLANK
Club				PREDICTED TIME	Hr Min		
Tick		SINGLET SIZE		IMPORTANT			
No. Marathons Finished		Entry includes souvenir singlet (except late entries).					
(0, if this is first)		Circle size 12 14 16 18 20 22					

DECLARATION

- I compete at my own risk.
- I agree to obey the race rules as described above and distributed in the race instructions.

Note: Min. age 18 years

Payment is by ☐ CASH or ☐ I enclose cheque to
SOUTH AUSTRALIAN ROAD RUNNERS CLUB
or charge my ☐ BANKCARD ☐ VISA

No. _____ Expiry _____

Signed _____ (All entrants must sign)

Date _____

PAYMENT DETAILS

(no refunds or exchanges)
ENTRY FEE Tick Box
SARRC Member ☐ \$13
Non-SARRC ☐ \$15
F/t Student ☐ \$10
Late entry fee (after July 29) ☐ \$25
ENTRIES CLOSE JULY 29

AUSTRALIA'S FRIENDLIEST MARATHON

Member of Association of International Marathons

**Featuring Three Divisions:-
Women, Wheelchairs and Men**

YOU GET * AIMS/IAAF standard 42.195 kms course marked every kilometre * Spectacular city and parklands course — fast and flat * Start 7.00 a.m. Men, 7.10 a.m. Wheelchairs, 7.15 a.m. Women * Superb organisation. The best! * 20 aid stations * The finish line open 8 hours for walkers and walk/joggers * S.A. Police control for slower runners * Totally Traffic Free for sub 4 hr 15 min runners.

PLUS — all the services and attractions you expect from a top international marathon (our Carbo party is the equal of Honolulu's!). All entrants receive a comprehensive race programme and a souvenir running singlet.

EVERY FINISHER IS A WINNER! Cheers from the big Elder Park crowd, the best finish area facilities in the country, a Finisher Medallion, a "Diploma" with your accurate time/position, chances for fabulous prizes, a proof Finisher photograph.

Organisers:

Official Sponsors:



Sunday Mail SPORT

Standard Chartered

TAA. The friendly way.

Supported by the S.A. Police Department, the Adelaide City Council and over 50 community organisations.



National Heart Foundation of Australia

(N.S.W. DIVISION)

343 RILEY STREET, SURRY HILLS, N.S.W. 2010. P.O. BOX 572, DARLINGHURST, 2010. TELEPHONE: 211-5188

The Heart Foundation would like to ask all runners from Sydney Striders who will be running in the City to Surf this year to run for the Heart Foundation. Quite simply, competitors collect sponsors amongst friends, family and companies for each kilometre they run. Incentive prizes will be given for the various amounts raised.

The Heart Foundation will use the money raised for its work in reducing illness and premature death from all forms of heart and blood vessel disease in Australia.

All interested runners can phone me on 211 5188 or send in the coupon and I shall send them a sponsorship form and running singlet from the Heart Foundation.

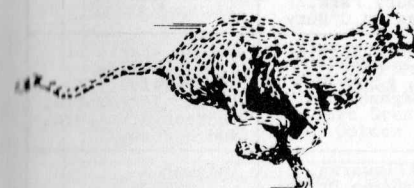
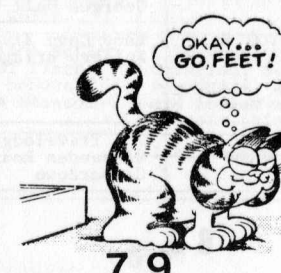
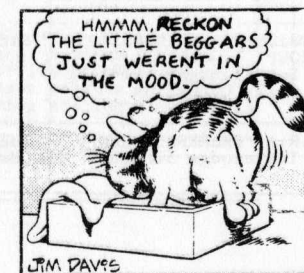
Thank you again for your support.

Regards

Jenny

Jenny McJannett
FIELD PROJECTS OFFICER

Sydney Striders
MARATHON & ROAD RUNNERS CLUB



THE NATIONAL HEART FOUNDATION

Many competitors in this year's City-to-Surf race, and other fun runs, will be helping to save lives.

They'll be running for fun — and raising funds for the National Heart Foundation.

The runners will be sponsored by businesses and friends. Every kilometre they travel earns more sponsorship money for a worthwhile cause.

For further information contact the National Heart Foundation in Sydney on 211 5188, or mail the coupon below.

We need your help in the fight against heart disease — Australia's No. 1 killer. Every entrant receives free a NHF uni-sex runner's singlet, plus incentive prizes for amounts raised.

343 RILEY ST., SURRY HILLS 2010
PHONE 211 5188

Yes, I would like to RUN-FOR-HEART in the Sun City-to-Surf.

NAME
SINGLET SIZE
ADDRESS
POST CODE
PHONE

STRIDERS IN TRAINING

TITLE & CONTACT	DAY/TIME	START/VENUE	COURSE
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 Evennett 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
VETERANS TIME TRIALS Bill Flanagan H: 661-4451	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
R.R.A. BREAKFAST RUN Travelodge 516-1522	Tues. 6.30 am Cost: \$6.50	The Travelodge Missenden Road Camperdown	10km run followed by sauna, pool shower & breakfast

PARTICIPATING STRIDERS		DISTANCE & OTHER NOTES
Trevor Roberts Brian Colwell Ken Wylie Leigh Pascoe	Bill Flanagan Mathew Kaley Terry McIver CHRIS DWYER	Short intervals 100m - 800m
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	Tony Vipond Gary Shoesmith Derrick Titmus Kate O'Rourke Mike Ward	2 courses of 5k, 8k and 16k run on alternate weeks. Competitive pace.
Laurie King Charles Coville Scott Lawrence Sam Daher Alan Farrell	Ian Bowden Russell Hammond Phil Caldwell Keith Barnett Gerald Smith	6.6k race. Runners leave every minute between 12.00 noon and 1.30 pm.
John Evennett Max Henderson Peter Arnold Bernie King	Sue Hill Philip Caldwell Brett Nichols Nobby Young	Tues: Race Pace. Friday: Medium STAR Pace. 10k.
Dick Bevan Tony Conner Dennis Cooley Bill Flanagan Trevor Roberts Brian Colwell Ron Burke	Mick Edwards Leigh Pascoe Mathew Kaley Terry McIver Frank Brandon John Turner Ken Wylie Harvey Blue	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 Keith Canard Bruce Murray Richard Bamann Bernard Corden Nick Reed	David Douglas Dave Cox Nigel Hadgkiss Stuart Greaves Ron Corden	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 Bill White	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.
Derrick Titmus Dorothy Flanagan Trevor Roberts		10km in Inner Western Suburbs



WOODSTOCK RUNNERS

COMMENCING MARCH 9th, WOODSTOCK RUNNERS WILL BE HOLDING A RUN EACH SATURDAY MORNING AROUND "THE BAY", STARTING FROM BRETT PARK, DRUMMOYNE (NORTHERN CORNER NEAR THE BARBECUES, OPPOSITE OLYMPIC POOL).

THIS UNIQUE 7KM COURSE IS OFF THE ROAD, FLAT, MOSTLY GRASS AND FOLLOWS THE WATER ALL THE WAY.

THE RUN WILL COMMENCE AT 8.00 A.M., AND THE GROUP HOPES TO ENCOURAGE ESPECIALLY BEGINNER AND LESS EXPERIENCED RUNNERS.

FOR FURTHER INFORMATION PLEASE PHONE CHRIS SIEPEN 8197264 (h) 2176071 (w) OR KERRY BRAY 749835 (h) 5697302 (w).

FORTHCOMING EVENT

WOODSTOCK RUNNERS' COMMUNITY FUN RUN SUNDAY, NOVEMBER 10, 8am ACCURATE 10k

START/FINISH WOODSTOCK COMMUNITY CENTRE
CHURCH STREET,
BURWOOD. N.S.W. 2134.

MORE DETAILS - KERRY BRAY Ph. (W) 74-9835; (H) 569-7302.



KERRY BRAY

RACE RESULTS

Halls Gap Marathon (Vic):	Dick Bartlett	3.29.17
Big M Melbourne Marathon:	Queenie Topley	4.09.10 (1st marathon)
Watford Half-Marathon:	Ron Feeney	1.17.24 (PB)



Association of International Marathons

AIMS

The Association of International Marathons was formed in London in May 1982 for the following purposes:

- To foster and promote marathon running throughout the world.
- To work with the International Amateur Athletic Federation on all matters relating to international marathons.
- To exchange information, knowledge and expertise among the members of the association.

ENTRY FORMS FOR AIMS MARATHONS

An individual member of AIMS, our National Panasonic Half Marathon Race Director can provide Striders' members with entry forms or entering details for any of the forty odd AIMS marathons around the world.

So, whether you're wanting to run the New York, London or Iceland marathons, avoid hitting the entries wall by sending your enquiry to our Race Director, PO Box N119, Grosvenor Street, Sydney, 2000.