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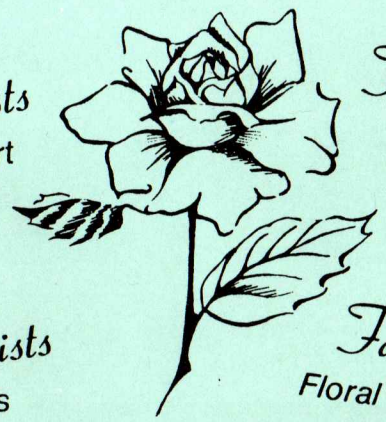

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NO. 24

JULY/SEPT 1985

Sydney Striders

Marathon and Road Runners Club

REGISTERED BY AUSTRALIA POST
PUBLICATION NBQ 5422

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Sydney Striders
Marathon and Road Runners Club

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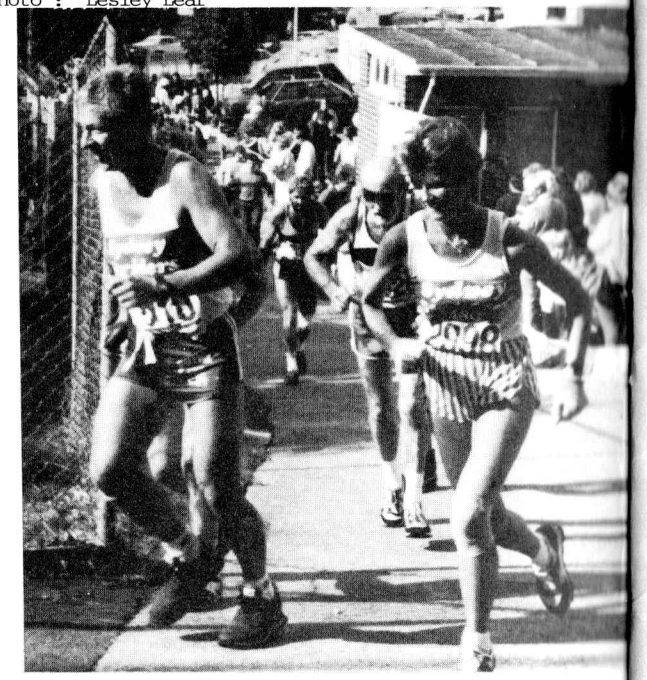
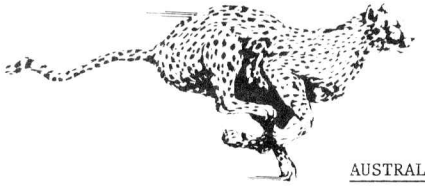
Alex and Brenda Hamill attack the final hill in the Wang.

Photo : Lesley Lear





AUSTRALIAN MARATHON, 9 June 1985

1	Grenville Wood	2.13.37		606	Richard Bevan	3.13.57 (PB)
1F	Ngaire Drake	2.38.48		635	Kevin O'Kane	3.14.38 (PB)
				658	Irwin Light	3.15.22
Striders:				662	Brian Tailford	3.15.30 (PB)
24	Phil Garvin	2.28.43		675	John Evennett	3.15.59
52	Derek Liebenberg	2.35.52		676	Brent Waters	3.16.01
101	Vince Engel	2.44.06		731	Steve Roach	3.18.18
148	Bernard Cooley	2.50.35 (PB)		748	Bruce Murray	3.18.52
190	Don Price	2.53.52 (PB)		769	Richard Bamann	3.19.34 (PB)
193	Cedric Sidebottom	2.53.59 (PB)		806	Peter Markham	3.21.17
194	Paul Russell	2.54.02		807	Ron Burke	3.21.18
208	Brian Gatfield	2.54.49 (PB)		817	Graham Firkin	3.21.33 (PB)
212	David Robinson	2.55.04		913	Neville Mills	3.24.42
225	Dave McCormack	2.55.43 (PB)		957	Greg Prowse	3.26.15 (PB)
226	Ian Bowden	2.55.44		997	Robert Ward	3.27.54
232	Alex Whitworth	2.55.54		1093	Scott Crawford	3.30.23
234	Bill Howley	2.55.58 (PB)				
242	Jim Walker	2.56.26 (PB)		1146	Bryce Courtenay	3.32.45
259	Michael Minehan	2.57.13		1147	Karen Tuck	3.32.46 (PB)
273	Terry McIver	2.57.45 (PB)		1205	Ian Whitfield	3.34.52
294	Alistair Mackie	2.58.46		1240	Malcolm McDonald	3.36.[illegible]
296	John Turner	2.58.47 (PB)		1238	Clive Baskin	3.36.22
306	Charles Coville	2.59.08		1279	Brenda Hamill	3.37.54
323	Tony Vipond	2.59.50 (PB)		1280	Alex Hamill	3.37.55
324	Mathew Kaley	2.59.56 (PB)		1290	Rod Andersen	3.38.25 (PB)
341	Noel Barton	3.01.10		1300	Peter Langton	3.38.38
345	Harvey Blue	3.01.32		1485	Dan Gray	3.46.10
384	Mike Foster	3.03.58 (PB)		1553	Richard Roach	3.49.04
416	Terry McMahon	3.05.11 (PB)		1643	Noel Worthington	3.52.19
421	Greg Gornish	3.05.33		1644	Maureen Greenwald	3.52.23 (PB)
471	Bernie King	3.08.28		1663	Joe Baillie	3.53.16
474	Ron Corden	3.08.36		1665	Isabel Engel	3.53.20 (PB)
487	Hugh Spencer	3.09.02 (PB)		1880	Joe Wong	4.05.42
515	Dick Bartlett	3.10.34		1887	Wayne McCarthy	4.06.15
528	Sue Hill	3.11.12		2018	Mavis Garrick	4.16.29
590	John Hill	3.13.19		2211	Jim Donovan	4.34.50

(2440 finishers)

WANG AUSTRALIAN MARATHON

by Brian Gatfield

A varied training routine plus modified diet got me my first sub-3 on June 9th.

Like most others, I have difficulty in finding time to run more than 60-70kms a week and more difficulty in getting under 3.10, though late last year to my surprise I managed a 3.04. Sub 3 in 1985, my first season in the "vets", was the inevitable ambition and Wang the target.

After easy months in December/January I worked up distances by about 30km a month from 240km in February to 330km in May by training 6 instead of 5 days, adding a run into the office a couple of times a week and sneaking the occasional long lunch break to accommodate a 1-1½ hour mid week run. Twice a week I made a not always successful effort to do 5-8km at a 4min/km pace as part of the schedule. Of course, the Sunday STAR was the key session. Trips to Asia, U.K. and South Africa (Jimmy Breakey of Johannesburg Pirates sends his regards) provided stimulating changes in climate, altitude, scenery, etc. with business pressures and jetlag more than compensated for by a variety in running!

As to diet, early in the year a blood test showed elevated cholesterol, sufficient to make me cut out dairy products and cut back red meat to twice a week, a change that was much easier than I thought - though I still dream of a good stilton instead of bland low-chol cheese. Fruit, vegetables, chicken, fish and bread are now dietary staples and I really have felt better for it.

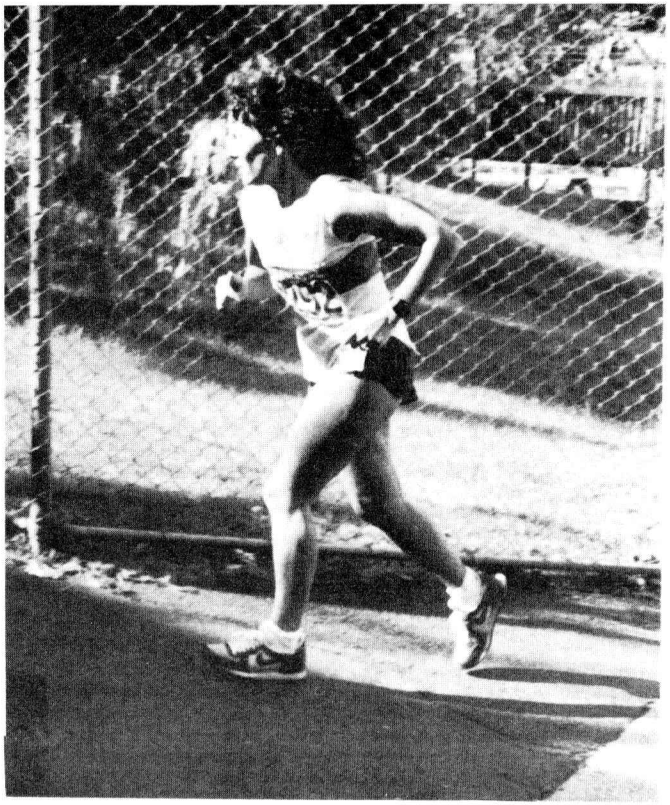
The week before the race saw me in Irwin Light's surgery with my usual pre-marathon conviction I was coming down with flu. I think it must be a subconscious response to impending pain! Antibiotics cleared up a minor throat infection and when the big day arrived I was feeling pretty good.

What perfect conditions - clear, cold, watery sunshine and no wind. I planned to run steady 21min/5k splits aiming to clock 2.48 at 40k, leaving 12mins to drag myself through the last 2.2k. At 10k Greg Cornish and I were a minute ahead of schedule and picked up another half minute at 15 when Greg, suffering with a cold, decided to slow a bit and I pushed on. Running along South Dowling Street, dodging orange witches hats and glancing over the shoulder for passing cars, I kept thinking Sydney's premier marathon will never get a top class field until it provides a traffic free course like Adelaide. We should trade Nifty in for a marathon enthusiast like John Bannon then maybe our State Tourism people would put a promotional shoulder behind the event! This criticism apart, Wang I think compares pretty well to others; distance markers were easily visible, drink/sponge stations well spaced and organised with plenty of people manning the tables.

Running as well as I could, the half-way mark came up at 86.10, a couple of minutes faster than planned. A big wave from Charles Colville around 25k and soon after my mate John Turner appeared some way ahead. Catching up as we came to Botany Bay, we swapped stories of aching quads etc., abused Harvey Blue and began to entertain the wild idea a sub 3 was actually possible! Foreshore Road was hard going but John and I held on to a pack of four Striders led by Alastair Mackie, the latter doing it easily. Kilometres seemed to be turning into miles but Alastair, God bless him, acted as a 7ft wind break until we pushed past the 35k mark and up into Pagewood.

Now or never! I went off on my own, lungs in good shape but legs protesting. Groaned passed Ron Corden whose vision must have been impaired because he assured me I was "looking good" and the 40k drinks station came up in 2.44. Gatorade instead of water was a mistake as I threw up straight away but at that stage it didn't seem to matter. Finally, the Athletic Field, a second half in 88.39 for a PB of 2.54.49, 10 minutes faster than my previous best in November 1984.

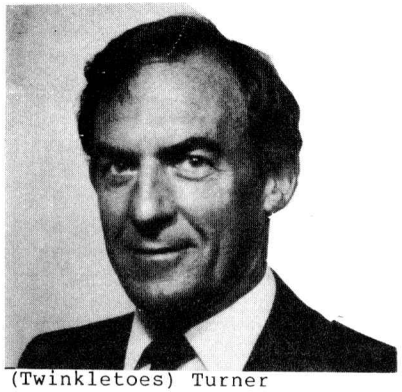
P.S. A seven hour lunch after the race with that bastard Turner caused more pain than the marathon! John also knocked 10 minutes off his best in going under 3 hours for the first time.



Isabel Engel 200m from the Wang finish and a **56** min. p.b.

Photo : Lesley Lear

WANG AUSTRALIAN MARATHON



MY BIG WANG

by John (Twinkletoes) Turner

Have you ever wanted to take a well-earned rest but been prevented from doing so by a horrible menacing Scot? Well, have you? What about if he hauls you by the elbow, bashes your ear with uncalled-for comments about the size of your brain, and tells you lies about how much better you'll feel if only you'll follow him round the next corner? What would you do? Tell the bully to get nicked? (I did, mentally) or stumble blindly after him, succumbing abjectly to the Scottish Toe-cutter's heavy persuasion? I did, pitiful shambling creature that I was.

"Just let me walk till we get to that tree" I plead miserably. It's as if he hasn't heard me. Cruelly, he reminds me of my long-forgotten family waiting patiently not a thousand kilometres from here for a glimpse of their now half-crazed breadwinner, whom they'd not really seen for 3 months since he began training for this death-defying Sub-Three.

"What're you doing tomorrow?" he asks brightly, cunningly trying to distract me.

"There will be no tomorrow", I mutter to myself, intent on finding a nice drain into which to crawl and quietly pass away.

"Come on, John". That lean, mean Scottish running machine is monstering me again, prancing in front of me like a giant sporran.

"You can do it!", I repeat in broad Scots, by now totally brainwashed.

"How about a cold beer?" he taunts. I clutch at a brimming schooner, but it's only a mirage.

"At the Finish", says the sadistic caber tossing illegitimate.

And so our sad little cavalcade progresses inch by inch up Anzac Parade, - and the seconds tick inexorably by. A kilometre to go. Trevor Roberts is spectating and joins in. I grasp the bottle he hands me, hoping for quick-acting poison, a permanent pain killer. It's only orange juice. Whose side are you on, Trevor? Alan Farrell's there too, urging. How come nice guys like these turn out to be henchmen of the Horrible Highland Hulk who has pulled me so ruthlessly over the last 5 kilometres (it seems like 50).

Outnumbered, I begin to rationalise. "Aging Jogger Carks It In Kenso. Main Street" really would be an embarrassing headline. Why not do a Jim Peters in front of the adoring stadium crowds? Then cark it.

Vanity prevails. Brain somehow persuades aching quads to stop screaming and start pushing. Athletic Field's entrance looms like the Rose Bay Hill, but submits to me under the dark threats I've recently learned from the Giant Scots Tyrant. "No Mars Bars for Striders over Three Hours" I chant callously to myself, and "Harvey Blue will get to the Black Jelly Beans first." Inspirational stuff like that carries me to the turn onto the track.

"Look at the clock, John", yells Man Mountain, still monstering me. Hallucinating, I imagine it says 2:57 something. Can't be. Crawling hands and knees up Anzac Parade alone took an hour, didn't it? I'm told later that, at this stage, what I took to be welcoming crowd roar, was in fact the sound of just one person - my long-suffering wife, normally unaffected by my crazier exploits, now moved to stentorian extremes in her effort to get me to the line on time.

From that point on, old pro that I am, I just couldn't bear to see my fans disappointed. So, turning to my protege, little Alistair Mackie, I give him a few words of encouragement (shy young fellow, but watch him - good runner one day!) and together we sprint/limp to the Finish. Magnanimously I allow him to record a time of 2:58:48, one second better than mine.

We pose for the inevitable cameras. Poor Alistair. He's still flushed. Says its from shouting at me for the last 5 or 6 kms. Funny, I don't think I remember it that way. After all, I knew all along I would run a Sub-Three, didn't I!

(Blister Editor now says all the above is a load of vainglorious horse dung and he won't publish me unless I come closer to the truth. Boring, but here goes .....)

I've trained hard for today, followed Deek's pre-race plan, even stuck to his carbo-loading diet. It's going to be my personal Everest. At age 49, it's now or never. More importantly, my wife is promising me all sorts of delights if I will just once stay in bed on a Sunday morning - like breakfast, first look at the comics, and much, much more. But as you all know, that sort of thing and marathon training just don't mix. But, if I go Sub-Three, well, maybe she can tempt me.

To do so means cutting eight minutes off my 1983 Wang time. Four slower marathons since then have proved only what a slug I am over 42 K's. But I have fun, don't I?

Today is different. I have a plan - easy first 10 K in 42 minutes, steady 4:06 per kilometre for next 15 K, go through the Half in about 87 minutes, fade elegantly to a 2 hour 56 finish. All worked out - no probs. But, I'm still scared.

So nervous, in fact, I can only half-concentrate on the shapely blonde standing in front of me at the start, dressed as a Bunny Girl. I even resist the temptation to stroke her little cotton tail, and turn my attention to Hagar the Horrible (complete with horned helmet, sword and shield) and his harridan wife. I wish I could enjoy the race like they will.

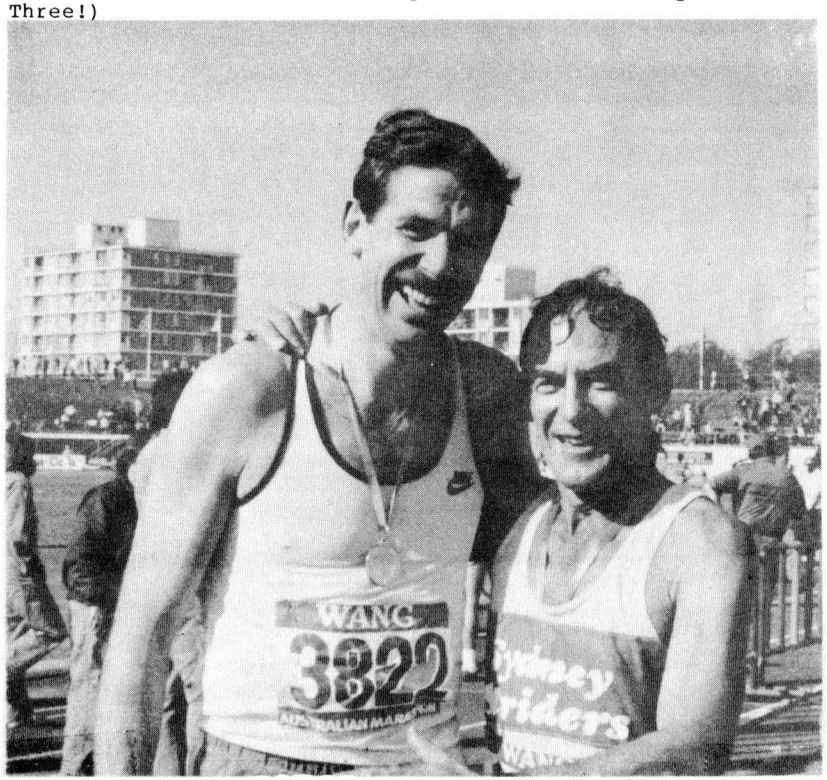
Instead, I go haring off down Miller Street, tense as a piano wire. One and a half minutes ahead of schedule at the 5 K, a full two minutes at 10 K. "Slow down, Turner, relax, take smaller steps or something", I argue with myself.

At 14 K, I pay the penalty. A calf muscle pulls - never happened before. Some kindly spectator massages it for me. Give up? No, not yet. Try running through it. Through the Half in 85 minutes, still two minutes ahead. O.K., at least I'm now at planned pace, but that's still a P.B. Half for me. Worry, worry, more tension.

Past 25 K and I'm slowing - too much. Around 30 K a thundering herd bears down on me. It's Ian Bowden with Alistair Mackie and Dave McCormack. They've just picked up Brian Gatfield. I join the mob, accelerating uncomfortably in so doing. At 33 K, Harvey Blue is battling a bit, up the hill by the power station. We pass him. Now I know I'm in the wrong company.

At Hensley Field (36 K), Ian and Brian sprint away or so it seemed to me, heading for their sub 2:55's. Dave seems more conservative and Alistair decides to shepherd us, the slower members of his flock. In Banks Ave, Dave also streaks off. Alistair says, see that block of flats, they're near the Finish. I peer grimly at the horizon, and sure enough, there, not a thousand kilometres away, is the magic place. My heart sinks, my quads scream stop, and my willpower goes to "the Wall"! The rest of the story is more colourfully described at the beginning of this piece.

(Please, Ed., can I stop now? The last 6 K was pure agony. I prefer to remember the ecstasy at the Finish - my first Sub-Three!)



ALISTAIR MACKIE John Turner

PRESIDENT'S REPORT

Royal Life Insurance 1986 Half Marathon. The following members have been elected to the Executive Committee of this race -

Herb Ludington - Race Director
Nobby Young - Race Manager
Bill Flanagan - Race Secretary
Bernie King - Treasurer
Alex Hamill - Sponsorship
Wayne McCarthy - Publicity
Bruce Inglis - Publications
Rod McLean - Grounds Manager
Edwina Garvin - Course Manager
Brent Waters - Timing/Recording
Graham Butler - Assistant to Race Manager

The Club is very fortunate to have such a team as this working with Royal Life and all look forward to a very harmonious association with our major sponsor. The Committee has not only already completed preliminary arrangements but has also created an atmosphere of excitement and enthusiasm towards the 1986 race. Offers of help in any way will be gladly accepted.

Computer Operator. It was pleasing to receive offers from four members to take on the role of "Computer Keeper" in 1986. Our thanks to Noel Barton, Brian Colwell, Ivan Freys and Mavis Garrick for their applications and our congratulations to Noel who was the successful applicant and with whom we expect (again) to have a very harmonious association.

Donations. Terry McIver is one of a small number of Striders who do a great deal towards the smooth running of the Club with a minimum of fuss (unlike Nobby!). He recently donated a dozen bottles of red which found their way home to Leigh Pascoe and Geoff Pearl and subsequently handed over a cheque for $144 to Strider funds. Thanks Terry!

New Members. We welcome the following to our Club and wish them enjoyable and injury free running -

David Dunstall
Benny Halberg
Peter Hayes
Patrick Jelk
Chris Matthews
John O'Ryan

Very New Members. The following members and their wives have recently created a very new member each -

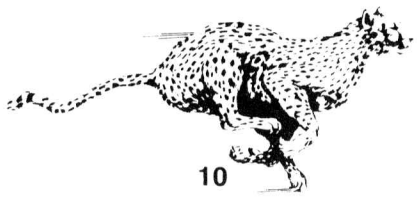
Agnes and Peter Markham (son)
Lee and Bill White (son)
Ann and David Williams (daughter)

Congratulations!

Striders Abroad. Kate O'Rourke and Leigh Pascoe leave for New York on 1st Sept. We wish them all the best - call and see them if you're over that way - I have their address.

Carol Ludington

Carol Ludington
(President)



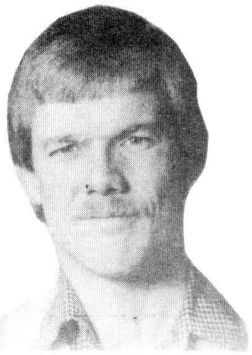
NEW MEMBER PROFILE

BENNY HALBERG

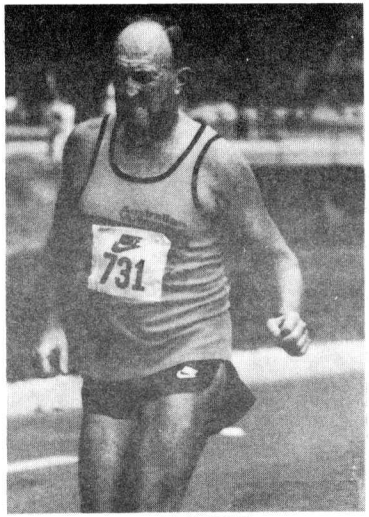
Not all newcomers to Sydney Striders join the Club for the main purpose of improving their running performance. To people such as Benny Halberg who arrived in Australia six months ago from Sweden, the Striders have a wider appeal in that they also offer an opportunity to meet people and see parts of Sydney they would not otherwise see.

That is not to say, however, that Benny is not a keen runner and indeed he has completed three marathons with a best time of 3 hours 59 minutes 34 seconds in Singapore in 1984. He is a member of Sydney Hash House Harriers and does a 10 km run with that Club once a week. Included in his training are local runs around Mosman but he does not amass a large number of kilometres each week.

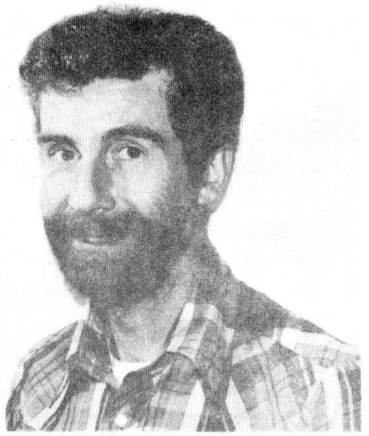
Benny, who is aged 29 and single, works as a Transport Systems Analyst. He runs mainly because of his desire to keep fit and for the enjoyment he gets out of the activity. His other interests include scuba-diving and as he settles in further in Australia he feels he may also take up bushwalking.



Benny Halberg



HERB LUDINGTON
RACE DIRECTOR
Royal Life Half Marathon



TERRY MCIVER

The dozen bottles of red wine donated to the club by Terry McIver were won by Leigh Pascoe and Geoff Pearl (6 bottles each).

The raffle, which was drawn at the post City to Surf gathering, raised just over $140.

Thanks to all who bought tickets and especially to Terry for donating the prizes as well as doing all the leg work in selling the tickets.

Sydney Striders

Marathon & Road Runners Club presents the annual

Royal Life

Half Marathon

through Sydney's beautiful Lane Cove River Park

MARCH 23 1986

SPONSORED BY:
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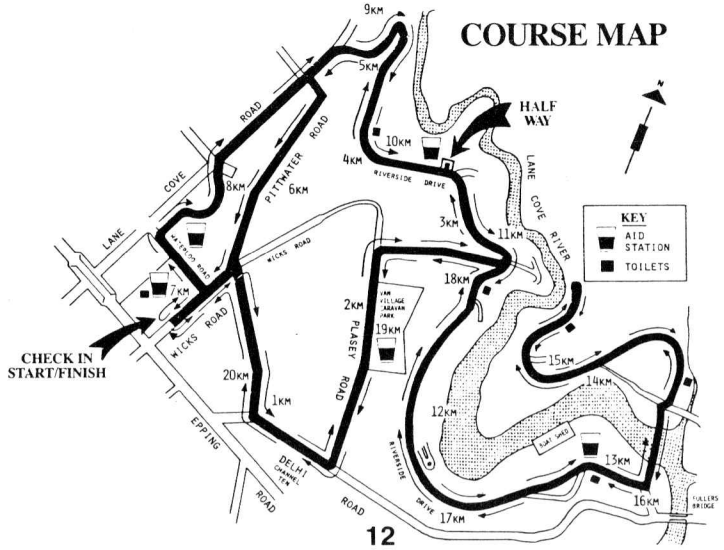
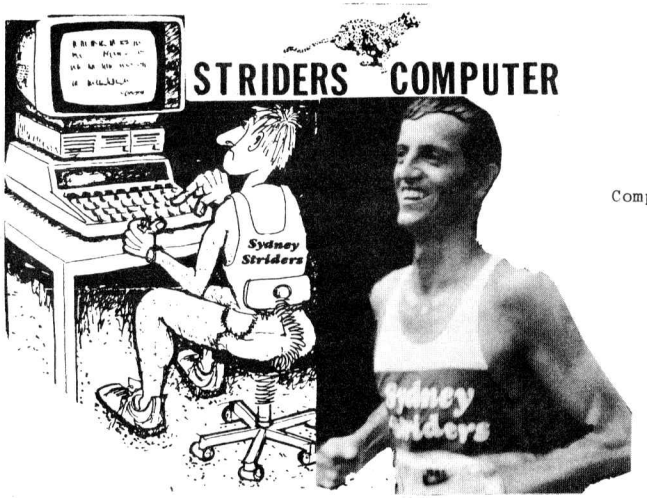
COURSE MAP



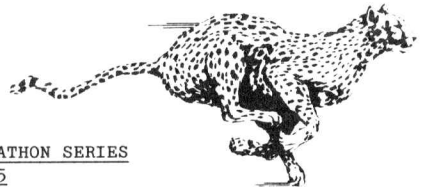


Computer operator 1986

Noel Barton

FORTHCOMING EVENTS

September 15	Sydney Marathon Clinic/Brooks Half Marathon - Smithfield 7.00 a.m.
September 29	Bathurst Edgell Jog - 8 km - 10.30 a.m.
October 6	2UW Birkenhead Run - 7.5km - Birkenhead Point Shopping Centre - 10.30 a.m.
October 7 (Mon)	Saucony Fun Run - 8km - Canberra - 10 a.m. (World Cup Long Weekend)
October 13	Big M Melbourne Marathon
October 27	Lake Gillawarna Interclub Challenge - 10km - 8 a.m.
November 3	Fishers Ghost 12km - Campbelltown Catholic Club - 8.30 am
November 10	Woodstock Runners Community Fun Run - 10km - Burwood 8.00 a.m.
November 10	Thredbo Marathon - 8 a.m. s.a.e. to P. O. Box 5, Duffy A.C.T.
November 17	Blackheath Festival - 10km
November 30	Nocturnal Marathon - Canberra - 9 p.m. s.a.e. to P. O. Box 5, Duffy A.C.T.



ROYAL LIFE HALF MARATHON SERIES
PERTH - 16 JUNE 1985

1.	S. Moneghetti (Vic)	1.04.32
2.	R. Boyd (W.A)	1.05.48
3.	S. Marshall (NZL)	1.06.08

1. G. Rear (NZL) 1.15.50

MELBOURNE - 18 AUG., 1985

1.	R. Wilson (NZL)	1.03.25
2.	S. Anders (Eng)	1.03.53
3.	H. Jones (Eng.)	1.04.04

1.	M. Main (NSW)	1.18.37
2.	R. Mallinder (Vic)	1.19.49
3.	D. Browne (Vic) J. Corbett	1.23.05

EDITORIAL

The start of Striders' sixth year has been marked by success both on the road and off.

Two highlights off the road were the announcement of the agreement with Royal Life Insurance for sponsorship of our half-marathon, and the hugely successful outing to Bathurst..

Big P.B's were no rarity by Striders in the Wang marathon, including a number breaking the 3-hour barrier for the first time. While the number of Striders starting the Wang may have been down on last year's 100 plus, the ones who committed themselves certainly did themselves proud.

With the Wang out of the way, an impressive assault on the shorter distances by Striders commenced.

Vince Engel led the way with wins in the Palm Beach to Manly Giant Jog, and the Mosman Mini Marathon, and second placing in the Great Nosh and the YMCA 10k.

Phil Garvin followed up his second sub-2.30 of the year at Wang with a win in the Randwick Rugby 22k.

Age group placings came to Striders in many events, not the least being at Bathurst where we nearly scooped the pool, including a 1st female award to Merri Mack in the half-marathon.

Bruce Inglis nailed a 2nd place in the Campbelltown Marathon. See Page **28** for Bruce's report on the event.

Plenty of PB's followed in the City-to-Surf, and Striders Derek Liebenberg, Vince Engel and Phil Garvin placed in the top 40. A team victory for Liebenberg, Alistair Mackie and Ken Wylie sealed a great day. It was great to see no fewer than 20 female Striders finish - undoubtedly a Striders' record for any race.

Anyone who doubted the accuracy of Richard Bevan's computer predictions on elite marathon times (Blister No. 23), need doubt no more. The computer 'decided' Richard would run around 3.15 - his time was 3.13.57.

Striders will be losing another two valued members this month. Leigh Pascoe and Kate O'Rourke are heading for New York for two years. All the best, Leigh & Kate and I hope your stay in N.Y. starts with PB's in the N.Y.C. marathon.

There was a proliferation of Striders who scored 15 minutes plus P.B.'s during the last three months. These Striders were Isabel Engel, Matthew Kaley, Rod Anderson, Hugh Spencer (WANG), and Carolyn Wilson (GILLAWARNA), Mike Ward (Bathurst).

To have your results included in the next Blister (No. 25), please ensure your results form (enclosed) is sent to the Striders' P.O. Box by Nov. 10. I received only 40 results forms for use in this issue, so some race results may look a bit thin.

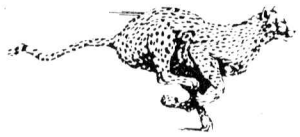
Special thanks to Jenny McCoy, Kate O'Rourke, Bruce Murray, Alex Hamill and Steve Cornelius for helping get this issue together.

Anyone interested in going to National Running Week, Thredbo, (Jan 20 - 29, 1986) please ring me now on 661-4451 (H).

Start thinking about your nominations for the Striders' Outstanding Achievement Award now. Nomination forms will be sent with the next calendar in early November.

Bill Flanagan

EDITOR:



Letter to the Editor

Westline Ford
744 Canterbury Road
Belmore, N.S.W. 2192
Telephone: 759 4622

Ford

David S. Blackhall
Managing Director

Mr. W. Flanagan.
Editor,
Sydney Striders Blister
Magazine,
P.O. Box N119,
GROSVENOR STREET. N.S.W. 2000

Dear Bill,

The sight of the fifth anniversary Blister arriving on my desk has prompted me to drop you a line, if for no other reason than to point out two interesting facts which emerged from the magazine.

The first is that through lots of training, practise and a certain amount of circumspection and consideration for the newer members of the club I have managed to position myself so as to be proud posessor of the oldest club p.b. on record. You will notice that my 3.02.24 was recorded in the state marathon in June 1980.

A certain amount of folklore surrounds this time, ex president Co ville will assert, given the opportunity and the appropriate amount of alcoholic stimulus, that the course was short anyway and it was really a 3.05 (you might note he ran a 3.01 on that day). One of the beautiful things about owning the oldest P.B. in the club is that unlike most other marathon records it simply looks better and better as time goes by.

The second interesting fact to emerge from the fifth anniversary edition of the Blister was the fact that of the founding committee of the club only Co ville, Hill and Blackhall remain as members presently. I find this particularly interesting because when I consider the initial group members that the club was founded on you could hardly have wished for a more dedicated, stalwart group of runners, and yet it is an interesting commentary of the changing nature of marathon running. People move into and out of the sport and of course the club has changed a great deal from its infancy. Without in anyway suggesting I don't enjoy my runs with the club these days the really exciting part for me was watching it grow from six people to its present 200 odd membership (or perhaps it should be 200 odd members - in some cases very odd).

I was interested to note ex president Co ville's analysis of how and why the Stiders grew into what they are today. He left out an intriguing part of the story however, and that is the part that concerns all the false starts and mishaps and catastrophes we had on our hands before the current format was evolved. I have recollections of being 3½ hours in Kuringai Chase one Sunday morning without maps, without water and without the faintest idea how to get out. For that reason, the name of Danny Belnick will live long and large in the memories of those that were there.

Finally, I would like to heartily congratulate the current committee on the way in which they conduct the clubs affairs and on the level of professionalism it achieves in everything it does. It far exceeds the wildest dreams of those that founded it and although I am often unable now to give the time I would like to give because of business committments, Sydney Striders will always be a very important part of my running activities.

Yours faithfully,

D.S. BLACKHALL July 4th, 1985.

Letter to the Editor

WOODSTOCK RUNNERS

Founded in 1980.

WOODSTOCK COMMUNITY CENTRE
CHURCH STREET.
BURWOOD. N.S.W. 2134.

Postal Address: P.O. Box 15, Drummoyne. 2047.

President Steve Briscoe Secretary Kerry Bray

Dear Bill,

With most major decisions having been finalised, I write to give you details of our Run, which we hope you may publish in Blister No. 24.

The Woodstock Runners Community Fun Run will be held on November 10th, 1985, commencing at 8.00 a.m. from the Woodstock Community Centre, Church Street, Burwood. Entry fees $4.00 adults, $1.00 children - s.a.e. to Woodstock Runners, P. O. Box 15, Drummoyne 2047 or pick one up at a Striders Star Run. The flat to undulating course is 10 kms.

We promise runners one of the best Fun Runs of '85 with all our members helping (many of them are Striders so they should know all about organising a good Run). The course is accurately measured (2 wheels) through the streets of historic Burwood and Croydon starting and finishing at the Community Centre which provides excellent facilities.

There will be a sponge station and 2 drink stations; police assistance; St John Ambulance Brigade; each kilometre will be marked; course will be sign posted and marshalled; time call at half-way; 5' x 4' course map on display at the start; cyclist leading the Run; accurate timing and recording; pick-up car/van following the Run; SES in attendance; certificates, lots of categories and teams, great prizes, lucky draws and some surprises.

We look forward to seeing lots of Striders on the 10th.

Yours in running,

Kerry .

Letter to the Editor

The Editor,
"Blister" Magazine.

27 August 1985

Dear Sir,

I am writing to complain in the strongest possible terms about being awarded the "Whinge-Bag Of The Year" trophy by what amounted to nothing more than a "kangaroo court" during the Bathurst Marathon trip.

Merely to be publicly humiliated in such a fashion would have been bad enough in itself, but the fact that the major perpetrator of this outrage was none other than arch-triathlete Alex Hamill makes it especially hard to bear.

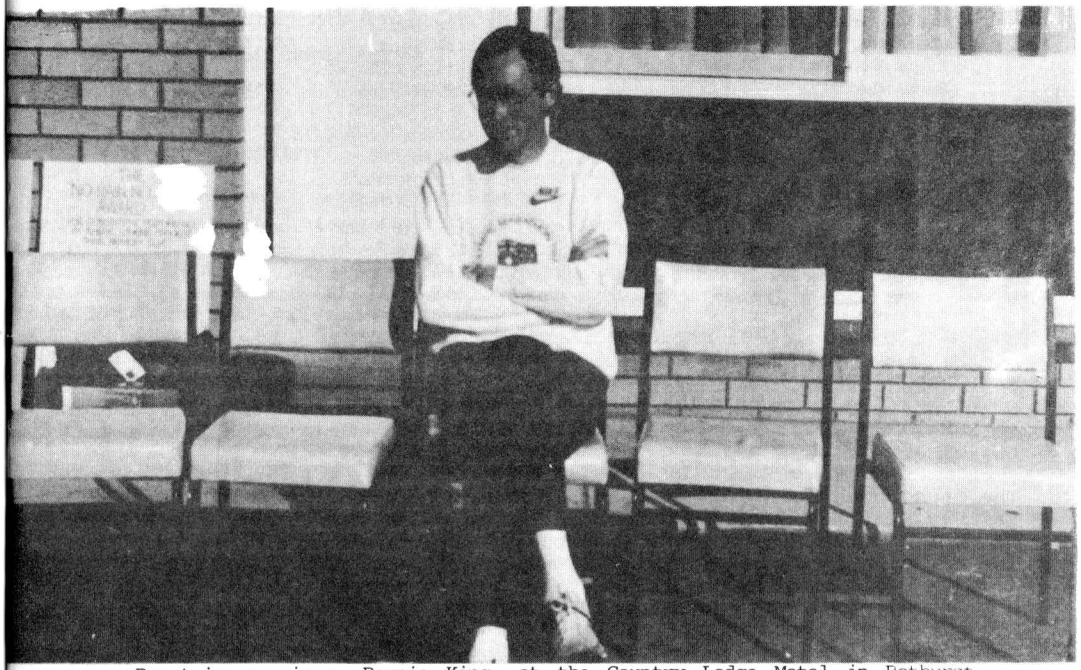
At the 1984 Nepean Triathlon I personally witnessed a lady assisting Hamill to drop his daks in the bike-park, and even under the extreme provocation of this animal display, I resisted the temptation to complain to the authorities (I did toy with the idea of making a Mossop-esque citizen's arrest, but felt that in the company of so many menacing triathlete extremists, my personal safety could not be guaranteed).

My wife will confirm that I have never in my life whinged about anything, and I have no intention of starting now.

Yours faithfully,

Steve "Groucho" Cornelius.

P.S. I hope his lycra jock-strap shrinks in the wash.



Bus trip organiser, Bernie King, at the Country Lodge Motel in Bathurst pictured with the membership of his fan club.

Photo : Terry McIver

BATHURST MARATHON AND HALF-MARATHON, 13 July 1985

Marathon:

1	Stuart Greaves	2.43.38
1F	Helen Golebiowski	3.27.17

Striders:

5	Alistair Mackie	3.01.29
6	Mike Ward	3.10.33 (PB)
13	Graham Firkin	3.17.06 (PB)
14	Bryce Courtenay	3.17.18
21	Peter Foulsham	3.20.51
24	Nobby Young	3.27.18
25	Graham Butler	3.28.31
27	Brenda Hamill	3.31.22

(39 finishers)

Age/sex Categories (Marathon):
- Bryce Courtenay (1st M Over 50)
- Graham Firkin (2nd M 40-49)
- Brenda Hamill (2nd woman)

Age/sex Categories (Half-Marathon):
- Merri Mack (1st F outright & 30-39)
- Dorothy Flanagan (1st F 40-49)
- Mathew Kaley (1st M Under 20)
- Bruce Murray (1st M Over 50)
- Terry McIver (1st M 40-49)

Half-Marathon:

1	Peter Hutton	1.10.12
1F	Merri Mack	1.32.13

Striders:

3	Bernard Corden	1.12.02
9	Terry McIver	1.19.11
10	Ian Bowden	1.19.54
11	Ron Corden	1.20.35
12	Bernie King	1.21.15
13	Mathew Kaley	1.22.33
20	Steve Cornelius	1.26.53
22	Brian Colwell	1.27.54
26	Bruce Murray	1.28.55
27	John McLennan	1.29.14
28	Joe Loewy	1.29.48
31	Merri Mack	1.32.13
32	Bill Flanagan	1.32.44
39	Alex Hamill	1.35.35
39	Nick Reed	1.35.35
52	Philip Caldwell	1.41.52
53	Edwina Garvin	1.42.13
55	Karen Tuck	1.43.03
66	Maureen Greenwald	1.50.42
68	Adrian Kol	1.54.10
72	Dorothy Flanagan	2.04.08
74	Sally Cornelius	2.08.26

(76 finishers)

BATHURST 1985 - GREEN BAN IN 1986?

Mike Ward

The weekend trip to Bathurst to compete in half/full marathon and participate in Spanish food and wine afterwards was a success. Striders collected so many different awards that there may be a green ban imposed on us next year.

The saga commenced at some unearthly hour - 5 am I think - at Chatswood Railway Station one Saturday morning in mid-winter. A motley collection of oddly dressed individuals (fur coat, hats, tracksuits etc) awaited the arrival of our transport to Bathurst. One person, who shall remain nameless (Alex Hamill) had such confidence in its arrival that he'd brought his pushbike along. We set off about on time in a festive mood ie Nobby Young Bernie King trading insults. As we got into the wilds of Sydney's outer suburbs, Brian Colwell realised that it was not Sunday and that he'd parked his car in a loading zone - something to worry about for the rest of the weekend. Breakfast was at a small roadside cafe and I continued my carbohydrate loading/releasing with coffee, coke and chocolate. Highly recommended for future events.

We arrived at Bathurst with plenty of time to spare so booked into our motel and collected race numbers at leisure. Everyone was very friendly and at the nominated time the cows were cleared off the main street of Bathurst, the T.V. cameras were at the ready and we were off. There were a high percentage of Striders in the field as we charged off down the hill and into the backwoods of Bathurst. I stretched out to catch up with Bryce Courtenay who had the time splits I was trying to adhere to. Within 3 kms we had a pack of about 7 Striders, most of whom were doing the half. Cheerful and rude conversation prevailed as the kilometres flashed by. At about the 15 km mark Bryce and I found that we'd pulled away from the others and we continued to keep on target with our splits. As we approached the half way mark we were anxiously looking for the leaders but all we could see was Merri Mack's backside about 100 metres ahead. No-one in sight - were we lost? Then the lead car came into sight with ex Strider Stuart Greaves just behind it and he was followed by Alistair Mackie (minus that funny hat he wore at Chatswood). At the turnaround Bryce and I, accompanied by another runner were going strong, being 3 seconds up on our split. To our surprise we had the 13th, 14th and 15th positions covered. During the first half we had crossed with some large, bulky trathlete types who made disparaging remarks such as "Sydney Spiders". These "gentlemen" were rapidly disappearing in the distance and we set off in pursuit. Bryce, with that inbuilt clock, kept us to a good pace and at the 30 km mark I was feeling strong and had pulled away from him. So head down and off I went. Over the next few kms I managed to pick up several faders and nudge my way up the placings. Running solo was taking its toll and I was counting the kms to go. A welcome sight was Alex Hamill, who having finished his half, had pedalled back on his bicycle to encourage us on. After a few quick words he was off to find Bryce and I pushed on for the finish. I passed one guy at the last drink station who was in worse shape than I was and then espied the two trathletes. This gave me new heart (but not new legs) so I tried to catch them. Success awaited me around a corner where they had stopped for an unscheduled drink from a tap - they invited me to join them, but not trusting these mad types - I refused and moved on.Knowing that these gents were now behind me and that I had moved into 6th place, I shuffled on to the outskirts of Bathurst and up the hill praying for the end. I'd forgotten where we'd started and was trying to take position by the various pubs in town. Then out jumped Brian Colwell with camera and announced that the finish was about 200 metres away around the corner. With a surge (!) I made my way through the cows and crossed the finishing line. The reception was great with people offering me drinks, oranges, my time and my clothes. Having got my breath back I was able to take stock that I had actually finished in 3 hrs 10 min 33 sec, had come 6th and had a PB by 16 mins. Just under 7 minutes later Bryce came in filling 14th spot and thankful to have finished. My special thanks to him for setting a sensible pace at the beginning and sticking to it.

Now for a few hints on training and diet. STAR runs are essential and a couple of shorter say 10-15 kms runs during the week finishing the latter off at a fast pace. Diet - I have a weight problem - lack of it! Therefore I stuffed on potatoes, chips, hamburgers, roast chicken, cake, coke, beer and red wine for the last few days before the race. But most important of all - choose a marathon in an obscure country town and you might score lucky with a high placing!

The social events after the race were a splendid idea. Race on Saturday morning and enjoy Saturday night. Prize giving was at a local pub where Striders collected half of the awards in different categories. Then off to the Spanish restaurant via a local wine bar. Dinner was a light hearted affair well lubricated with Sangria and the "unofficial awards" courtesy of Alex Hamill. Alex showed no mercy towards his comrades giving stick to Alistair Mackie, Bill Flanagan, Brian Colwell, and Bryce Courtenay to name a few by way of enlarged photos with apt captions. Watch out Alex, your turn will come. When we finished it was off to warm beds, whilst the temperature outside fell below freezing point.

Masochism prevailed the following morning when we had a "recovery run" around the Mount Panorama racing circuit - only 6.5 km. Will someone please shoot the stupid b ----- who forgot to tell us that it was about 2 km to the start of the circuit and the same on the way back. It was worth it however to see the various garb worn by Striders - leotards included!

So ended a most delightful and exhausting weekend. Thanks Bernie for organising it and book me a seat for next year.

Striders in Bathurst - the morning after the night before - preparing for an 8km jog around Mt. Panorama.

L - R : Maureen Greenwald, Brian Colwell, Bryce Courtenay, Graham Butler, John McLennan, Mike Ward, Bernie King, Nobby Young, Bill Flanagan, Alistair Mackie.

Photo : Karen Tuck

The Striders' Bathurst week-end was a raging success and hopefully will be a forerunner of similar club outings.

The committee would appreciate any ideas on possible destinations for future weekends.

It was generally felt by those who went to Bathurst that the formula for an enjoyable weekend is:-

A Saturday race (or long week-end);
A sub-4hour bus trip.

Venues like the Hunter Valley seem to appeal to many members. EDITOR

RACE RESULTS

THE 11TH GREAT NOSH - LINDFIELD TO SEAFORTH 14/7/85

1M	M. Darvodelsky	57.57
1F	J. Walker	67.43

Striders

2	V. Engel	58.06	163	T. Drysdale	84.33
78	D. Bartlett	75.19	172	P. Langton	85.15
89	B. Halberg	76.05	194	N. Kingsmill	88.43
156	N. Mills	83.33	262	G. Pearl	97.52
160	L. Kimberley (F)	83.57			

309 Finishers

STRIDERS' INTERNAL 15K CROSS-COUNTRY, Centennial Park, 21 July 1985

1	Scott Lawrence	57.48	15	Brent Waters	1.09.01
2	John Fazio	59.31	16	Leigh Pascoe	1.12.06
3	Terry McIver	59.43	17	Graham Butler	1.12.40
4	Colin Chamberlain	1.00.39	18	John Hill	1.13.49
5	Dave McCormack	1.01.15	19	Trevor Marsden	1.13.59
6	Ivan Freys	1.01.23	20	Lesley Kimberley	1.14.04 (1F)
7	Peter Donnelley	1.01.24	21	Trevor Drysdale	1.16.32
8	Ken Wylie	1.02.53	22	Derek White	1.16.35
9	Alex Whitworth	1.03.05	23	Noel Worthington	1.17.59
10	Rod McLean	1.04.10	24	Greg Prowse	1.18.10
11	Bernie King	1.06.45	25	Bill White	1.20.09
12	John McLennan	1.07.04	26	Gerald Smith	1.21.06
13	Graham Firkin	1.08.05	27	Maureen Greenwald	1.21.16
14	Bryce Courtenay	1.08.57		(27 members finished)	

THE UNIVERSITY OF NEW SOUTH WALES 8TH ANNUAL HEART FUN RUN
8KM 28/7/85

1M	L. Whitty	23.38
1F	M. Ricardo	28.41

Striders

53	B. Cooley	28.30	110	B. Colwell	30.30
54	K. Wylie	28.32	427	D. Titmus	38.05
58	T. Conner	28.45	445	S. Rea (F)	38.26
59	M. McGuirk	28.45	544	A. Flanagan (F)	41.01
61	T. Vipond	28.56	573	M. Garrick (F)	42.03
91	R. Burke	29.40			

763 Finishers

MOSMAN MINI MARATHON 21/7/84

1st	Vince Engel	30.37
	M. Kaley	36.34
	J. Loewy	41.04

CHOCOLATES BY ELIZABETH

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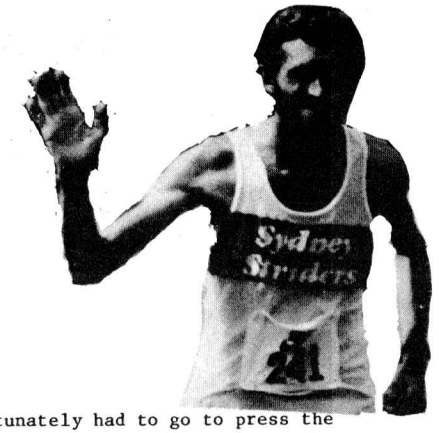
Elizabeth McLean — Telephone

34 Benelong Street — 9494373

SEAFORTH 2092 — 7 days

THE STEVE CORNELIUS

ULTRA REPORT



by Steve Cornelius

WOLLONGONG-TO-SYDNEY 50-MILER: This issue unfortunately had to go to press the week before the "Big One", so ultra-freaks' performances will have to be reported in the Xmas edition. Some of the members who had intended to try their hand at the 50-miler have been forced to pull out through injury or other reasons, but at the last count there were 6 or 7 Striders declaring their intention to front up. First-timers include Alistair Mackie and Rod McLean, the Vulgar Little Postie From Gladesville will be running his 2nd, and Dan Gray and yours truly will be going for 3 in a row.

WOLLONGONG-TO-SYDNEY 5 X 10-MILE RELAY: Ian Bowden has done a great job in getting together 2 very strong teams for this event. Likely starters for the 1st team (in probable order of running) are 1: Bernard Corden (he was foolish enough to let slip the information that he's good on hills so we're letting him loose on Mount Ousley!), 2: Scott Lawrence, 3: Derek Liebenberg, 4: Phil Garvin, and 5: Wayne Stanton. Quite a blistering line-up, and it's nice to see so many of our top-flight runners coming to the party.

But what about the 2nd team? No slouches allowed in this one either: 1: Bruce Inglis (he's the masochist taking on Mount Ousley), 2: team-manager Ian Bowden, 3: Terry McIver, 4: John Fazio, and the fifth runner yet to be decided. Best of luck to both teams on the day, and many thanks to all those who have lent a hand to make this possible.

DISTINGUISHED VICTORIAN ULTRA-FREAK JOINS STRIDERS: Talking of Bruce Inglis, he's a relatively new member of Sydney Striders, having moved up from Melbourne this year, but he does have a connection with the Wollongong-Sydney. In fact he WON the event in 1981 in a time of about 5.50, that's TWO 2.55 marathons back-to-back, with all the "roller-coaster" effects thrown in (tends to put my own 2.55 marathon PB, achieved on a flat course and not followed by a second one, into perspective, doesn't it?). In addition to this, the 1981 "Gong" was run in probably the most atrocious conditions I have ever seen for a road race. The heavens opened all night and all day, and the violent driving rain didn't let up for the whole duration of the race! Poor buggers! I remember standing at the finish at Town Hall and deciding to go home after watching the first three finishers, because there was no way to keep dry even with an umbrella! Bruce sat on the steps shivering in a blanket, shaking his head and asking himself if it really was all worth it. A fine performance, Bruce, and welcome to Striders Ultra Freaks.

NOBBY'S FINALLY TURNED THE CORNER: Nobby Young, equipped with the size 11 sock he advertised for in the last Blister, has decided to take on a self-organised 24-hour run on October 5th/6th. Like the 100km "round-the-block" stunt last year, he'll be raising money for the local Gladesville Public School. If you'd like to keep the little ratbag company on part of his run, give him a ring. As for me, I'm still considering the Sri Chinmoy 24-hour track run in Adelaide on 9th/10th November, and if I do get round to going I'll be raising sponsorship money for the Smith Family. Give Nobby or myself a ring if you feel you can spare a few dollars for either of these worthy causes. It's a pretty pointless occupation, lurching round an oval all day and all night, but if we can raise a few bob it makes it worthwhile. Contact Nobby on 816-2017 or myself on 427-3604.

TRIATHLONS

FORTHCOMING EVENTS

PRELIMINARY FIXTURE LIST 1985/86 SEASON

FOLLOWING A MEETING BETWEEN RACE ORGANISERS IN JUNE A PRELIMINARY FIXTURE LIST HAS BEEN PREPARED FOR THE 1985/86 SEASON. A FURTHER MEETING IS TO TAKE PLACE IN AUGUST TO FINALISE THE DETAILS.

MACQUARIE TRIATHLON ROBERT MITCHELL (045) 711373	SEPT.29TH	SWIM 500M CYCLE 40K RUN 8K	NORTH RICHMOND
SARATOGA QUADRATHON MICK KENDALL (043)691682 PAUL SEWARD (043)846534	OCT. 6TH	RUN 6K CYCLE 6K PADDLE 2K SWIM 200M	SARATOGA
P.G.K. TRIATHLON CHRIS WILLIAMS AND MARK HOWARD 33 WINDSOR RD. KELLYVILLE,2153 C/- KELLYVILLE HEATH & FITNESS CENTRE. (02)6292954	OCT.13TH	SWIM 1K CYCLE 25K RUN 10K	PARADISE GARDENS TO KELLYVILLE
TOSHIBA - SYDNEY ADVENTIST HOSPITAL TRIATHLON JONATHON DUFFY & PAUL O'KEEFE. (02)487911 xtn. 287.	OCT.13TH	SWIM 1K CYCLE 30K RUN 10K	BAROWRA WATERS
RIDE & STRIDE SERIES 3rd EVENT MARK WALLACE (047)313686.	OCT.20TH	RUN 7K CYCLE 40K RUN 8K	CAMDEN
SHOALHAVEN SPRING FESTIVAL TRIATHLON	NOV.3RD	SWIM 1K CYCLE 30K. RUN 10K	NOWRA
HAWKSBURY JUNIOR TRI.	NOV.3RD	CHILDREN 9 - 15 YEARS.	DEL RIO.
TRIPLE M. TRIATHLON THE TRIPLE M. TRIATHLON COMMITTEE. PO BOX 660 MANLY NSW 2095. (02)9777295.	NOV.10TH	SWIM 3.8K CYCLE 179K. RUN 42K	MANLY
THE LAKE MACQUARIE SPRINT	NOV.16TH	DETAILS TO BE ADVISED.	WARNER'S BAY
NEPEAN TRIATHLON MARK WALLACE (047) 313686	DEC.1ST	SWIM 800M CYCLE 40K RUN 14K	PENRITH
WINDSOR TRIATHLON	DEC. 8TH	SWIM 1K CYCLE 30K RUN 10K	WINDSOR

TRIATHLONS

KID'S TRIATHLON AUTISTIC CHILDREN'S ASSOC.	DEC. 8TH	CHILDREN'S EVENT	NARRABEEN.
WISEMAN'S FERRY TRIATHLON	JAN. 5TH	TO BE ADVISED.	WISEMAN'S FERRY
SRI CHINMOY TRIATHLON	JAN. 19TH	SWIM 2.3K CYCLE 55.5K RUN 16K	CANBERRA
2 DAY FM TRIATHLON	JAN. 19TH	SWIM 1K CYCLE 30K RUN 10K	OPERA HOUSE SYDNEY
CENTRAL COAST TRIATHLON	FEB. 9TH	DETAILS TO BE CONFIRMED.	GOSFORD
BUNDEENA TRIATHLON	FEB. 23RD	SWIM 1K CYCLE 29K RUN 9K	BUNDEENA
SYDNEY TRIATHLON (incorporating NSW TRIATHLON CHAMPIONSHIPS).	MAR. 2ND	SWIM 2.1K CYCLE 56K RUN 21.1K	NARRABEEN
COLO JUNIOR TRI.	MAR. 9TH	CHILDREN 9 -15 YEARS	COLO RIVER
LEISURE COAST TRIATHLON	MAR. 16TH	SWIM 1.5K CYCLE 30K RUN 11K	LAKE ILLAWARRA
ROYAL NATIONAL PARK TRIATHLON	MAR. 23RD	SWIM 1.5K CYCLE 42K RUN 17K	AUDLEY
THE PENINSULAR TRIATHLON	APR. 12TH	SWIM 1K CYCLE 35K RUN 10K	WOY WOY
GREAT LAKES INTERNATIONAL TRIATHLON	APR. 12TH	SWIM 3.8K CYCLE 180K RUN 42K	FORSTER

January 26 Bondi Beach Cole Classic 2km swim

NOTICE OF MEETING

The Second Annual General Meeting of the New South Wales Triathlon Association will be held on Wednesday, September 18th at 7.00pm in the Third Floor Studio of the ARCHITECTURE BUILDING at the University of New South Wales, KENSINGTON.

BRIAN NEWELL
SECRETARY.
PH. (02) 5231152 (H)
6974794 (W)

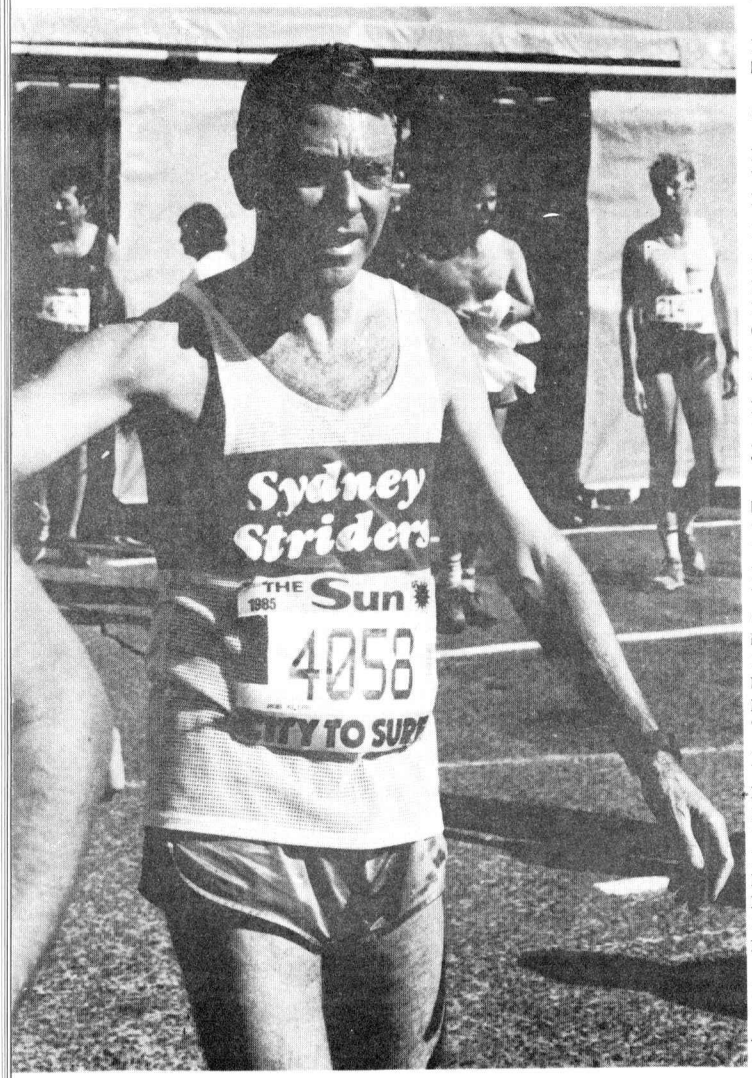
THE Sun CITY TO SURF '85

1 Hugh Jones (England) 41.48
1F Nancy Ditz (USA) 48.30

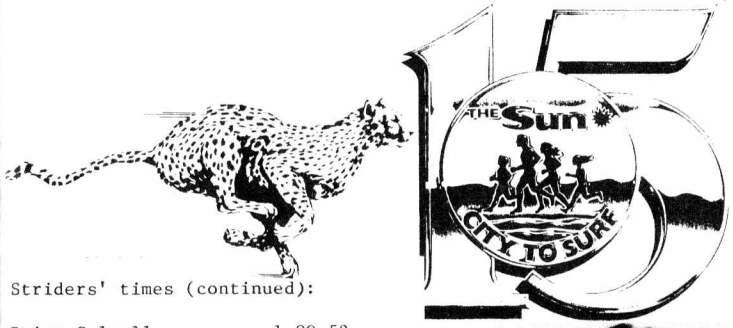
Team Category CC (Men Over 30): 1st Sydney Striders (Derek Liebenberg, Ken Wylie, Alistair Mackie): total time 147.03.

Striders' individual times:

Derek Liebenberg	44.38
Vince Engel	45.34
Phil Garvin	45.44
Scott Lawrence	48.04
Ian Bowden	49.32
Ray Doran	50.01
Ken Wylie	50.34
Dave McCormack	50.40
Colin Chamberlain	51.04
Peter Donnelley	51.06
Alan Farrell	51.18
Alistair Mackie	51.51
Leigh Pascoe	51.52
Alex Whitworth	52.00
Terry McIver	52.02
Ivan Freys	52.11
Mick McGuirk	52.25
Tony Vipond	52.30
Peter Markham	52.53
Harvey Blue	53.16
Bill Howley	53.23
Gary Shoesmith	53.29
Michael Tiutinnik	54.00
Peter Foulsham	54.11
Mick Edwards	54.26
Mathew Kaley	54.36
Trevor Roberts	55.04
John Turner	55.31
Brian Gatfield	55.54
Mike Ward	55.55
Robert McCarthy	56.36
Rob Klima	56.43
Bill Flanagan	57.50
Russell Black	58.08
Merri Mack	58.13
Bruce Murray	58.30
Malcolm McDonald	58.50
Steve Roach	59.02
Bryce Courtenay	59.27
Dorothy Siepmann	59.27
Alex Hamill	59.33



Rob Klima looks happy with his sub 57 min trip from the City to Bondi.



The Sun City to Surf, Australia's Greatest Community Fitness Event, is 15 years old.

August 4, 1985.

Striders' times (continued):

Brian Colwell	1.00.52
Joe Loewy	1.00.58
Graham Firkin	1.01.46
Paul Russell	1.02.44
Owen Denmeade	1.02.45
Gerald Smith	1.03.02
Trevor Drysdale	1.03.05
Cecil Ford	1.03.26
Derek White	1.03.44
Lesley Kimberley	1.03.45
Peter Keeble	1.03.49
Stan Fleck	1.04.21
Joe Baillie	1.04.40
Dan Gray	1.04.56
Brenda Hamill	1.05.38
Noel Worthington	1.05.56
Bill White	1.06.43
Kevin O'Kane	1.06.55
Ian Whitfield	1.07.26
Clive Baskin	1.07.41
Joe Wong	1.08.20
Maureen Greenwald	1.08.56
Jim Donovan	1.09.38
Jim Campbell	1.11.19
Peter Ryan	1.12.35
Adrian Kol	1.13.12
John Ross	1.13.45
Dale Thompson	1.13.46
Bruce Inglis	1.13.47
Oleg Szlichta	1.14.19
Sylvia Rea	1.14.53
Isabel Engel	1.15.27
Lesley Lear	1.15.51
Mavis Garrick	1.18.13
Kerry Bray	1.19.13
Wayne McCarthy	1.22.10
Nobby Young	1.22.40
Kim McCormick	1.22.51
Irwin Light	1.23.15
Steve Cornelius	1.25.57
Leena Bamann	1.27.10
Ann McCarthy	1.28.10
Denise McCarthy	1.28.12
Kate O'Rourke	1.31.56
Robyn Murphy	1.31.58
Sally Cornelius	1.34.24
Debbie Liebenberg	1.34.31

Don Price finishes the City to Surf previewing the proposed system of handicapping the fast runners for next year's Striders Handicap Half Marathon.

Don is also modelling the 200th Star/5th Anniversary T-Shirt. There are still a number of these t-shirts available for $3 - see Nobby Young or Carol Ludington at Stars.

CAMPBELLTOWN MARATHON by Bruce Inglis

A frosty start, a good course, return to reasonable fitness, attack by a plover, and second place was, in a nutshell, my experience of the Campbelltown Marathon.

As an expatriate Victorian (I've been in Sydney for two years and a member of Striders for only a few months), I find the early morning starts a shock to the system- which explains why I make only an occasional STAR! -. The start of the Campbelltown Marathon didn't make it easier to get enthused ; near freezing temperatures and a heavy frost greeted us for the 7.30 a.m. start. Fortunately , the organisers had thoughtfully provided an urn for hot tea and coffee to keep runners warm.

We were despatched on time and I settled into an easy trot , the chilly air and irregular training dampening any expectation of a spectacular performance.

My last marathon , the Traralgon Marathon in June, was a disappointment. I had expected to run about 2.45-2.50 but faded badly over the the last 10k to finish in 2.56. I hadn't done enough long runs to carry me through. My training prior to the Campbelltown , 4 weeks later was only marginally better . I had missed training due to work commitments and, more shamefully , laziness! I had run a number of long training runs to bring my average weekly training up to 80k., so I had hoped to get through the distance in around 2.45.

I went through the first mile in 6.20 and was surprised to find myself in second place, 100 metres behind the leader Horst Wegner and 100 metres ahead of the pack. I was running easily and felt comfortable after thawing out - my hands were no longer numb - in fact the cold, still conditions were ideal for a good performance.

I considered the options - slow down and let the pack catch me and join in the conversation (who wants to run marathons alone with nobody to chat to) - or to pick up the pace and run a decent race. The idea of actually finishing in a place appealed to me so I opted for the latter. At 5k I was back to 6 min.p.m. (3.45.p.k.) pace and held that through 10k and 15k.

After 15k there were a number of gradual climbs and my pace slowed. I went through the turn in around 79 minutes. The good thing about out and back courses is the psychological boost you get when you turn for home- it can carry you through the next few kilometres . It also affords you the opportunity to watch the rest of the race and exchange words of encouragement with other runners , and is a distraction from your aches and pains.

I picked up the pace from the turn and by 25k I was feeling sore but pushing hard. My aim was to get through 25k without losing too much speed and then hang on to the finish, which is exactly what happened. With 10k to go I was stuffed! I shuffled over the next few kilometres which included a long tough hill, and a determined plover trying to drive me from its territory. I was happy to leave but was in no shape to move as quickly as it wanted me to! After fending it off by yelling and clapping I was running much better and finished the last 5k strongly. I remained in second place for the whole race and recorded 2.41.25. 1½ minutes outside my P.B.

It was a pleasing performance on a course that wasn't easy.It was undulating but testing. The road surface was generally good with corners and intersections well

manned.The countryside south of Campbelltown provided a scenic and enjoyable race. My only complaint was that runners were made to stand around in the cold at the end of the race. It would have been better if the sponsors had allowed runners access to their club facilities adjacent to the finish.

CAMPBELLTOWN MARATHON
RESULTS

CAMPBELLTOWN MARATHON, 21 July 1985

1 Horst Wegner	2.32.39		1F Helen Golebiowski	3.32.49
Striders:				
2 Bruce Inglis	2.41.25		34 Steve Cornelius	3.24.20
9 Noel Barton	2.57.26	(PB)	41 Dan Gray	3.32.49
25 Brian Tailford	3.14.03	(PB)	47 Joe Wong	3.42.01 (PB)
31 Bruce Murray	3.17.43		49 Kevin O'Kane	3.43.16
34 Ron Corden	3.24.20		(64 finishers)	

"CITIES" MARATHON
18th August, 1985

STRIDERS

Bruce Murray	3.17.35
Dan Gray	3.20.49
Ray Reid	3.33.18

Royal National Park, Audley, Sutherland.

"SUTHERLAND HALF MARATHON" 18 May 1985

1 J. Harrison	1.06.16		219 John Hill	1.30.05
1F F. Whelan	1.21.36		220 Kevin O'Kane	1.30.15
			260 Dorothy Siepmann	1.33.27
Striders:			263 Graham Firkin	1.33.50
12 Bernard Corden	1.11.07		298 Malcolm McDonald	1.37.27
58 Ron Corden	1.18.15		307 Ian Whitfield	1.38.19
66 Don Price	1.18.52		319 Greg Prowse	1.39.55
90 Bernard Cooley	1.20.38		327 Bill White	1.40.52
91 Bill Howley	1.20.41		371 Lesley Lear	1.50.10
102 Bill Flanagan	1.21.37		371 Derrick Titmus	1.50.10
140 Noel Barton	1.24.42		381 Sylvia Rea	1.52.19
193 Jeff Burgess	1.28.30		400 Dorothy Flanagan	2.00.36
203 Ron Burke	1.29.04		(405 finishers)	

"SANYO NEW SOUTH WALES ROAD RUNNING CHAMPIONSHIPS"
(Rose Bay, 5 May 1985)

Junior (Under 20) Mens 10km:

1 D. Lightfoot	30.58
Strider:	
21 Mathew Kaley	38.01
(25 finishers)	

Open Womens 10km:

1 Sharon Dalton	35.59
Striders:	
19 Merri Mack	42.45
29 Maureen Greenwald	49.09
(35 finishers)	

Open Mens 15km:

1 Quentin Morley	45.59
Striders:	
12 Bernard Corden	49.49
26 Vince Engel	51.36
43 Scott Lawrence	53.54
49 Evan Millar	55.17
52 Cedric Sidebottom	55.46
54 Bernard Cooley	56.31
56 Ron Corden	56.38
(130 finishers)	

RACE RESULTS

HARBORD DIGGERS SCENIC RUN - 14KM

7 /7/85

1M	T. Gibbons	45.29
1F	J. Walker	51.40

Striders

	R. Doran	51.18
	T. McI ver	51.33
	B. Cooley	52.38
	A. Farrell	52.50
	J. Evennett	56.25
	J Burgess	57.58
	M. Mack	58.34
	D Gray	60.25
	D. Siepmann	60.31
	J. Loewy	61.31

SUTHERLAND TO SURF 14.7.85 11k

1.	L. Whitty	31.58	
1F.	E. Cody		

STRIDERS

13.	D. Liebenberg	33.56	
103.	B. Cooley	38.42	
216.	G. Shoesmith	40.38	
484.	B. Colwell	43.46	
497.	J. Burgess	43.52	
562.	D. Siepman (F)	44.28	1st Female O/40
677.	G. Prowse	45.30	
2064.	D. McCarthy(F)	55.14	
2148.	K. Bray (F)	55.52	

(3144 finishers)

- - - -

GIANT JOG 30K PALM BEACH TO MANLY, 23.6.85

STRIDERS

1.	V. Engel	1.44.34
(1F	J. Walker	2.00.03)
14	A. Mackie	1.58.49
17	R. McLean	2.00.27
29	D. Robinson	2.04.51
50	P. Russell	2.11.42
56	S. Roach	2.12.27
85.	D. Gray	2.21.00
104	L. Kimberly (F)	2.27.16
109	I. Whitfield	2.28.29
110	K. O'Kane	2.28.29
114	R. Roach	2.30.29
125	C. Wilson (F)	2.39.52
132	I. Engel (F)	2.42.28
137	L. Lear (F)	2.46.36
143	D. McCarthy (F)	2.54.13
146	A. Kol	2.57.14

HABERFIELD ROWERS' FUN RUN 28.7.85

1.	P. Guest	21.22
1F	E. Cody	25.10

STRIDERS

	T. McIver	24.51
	P. Foulsham	26.16
	J. Loewy	28.58

TRIATHLETE BITES ULTRA-FREAK IN HORROR MERCY-DASH PROBE, COURT TOLD

by Roving Reporter Ron Cordenelius

Sydney's simmering athletic gang-feud seems set to come shortly to the boil, following a recent feature in the "gutter press" on Megalomaniac Multi-Media Magnate Alex "The Vole" Hamill. A spokes-entity for the Ultra Gang, Nobby "Clockwork Orange" Young, claimed Hamill had pulled strings to give unwarranted hype to the cause of triathletism. "I'm planning a series of fighting articles in the Gladesville Gazette", he said when interviewed at his plush harbourside home yesterday. "These Triathletes are just a bunch of publicity freaks who spend more time on the make-up couch than training".

Meanwhile, in another shock move, gargantuan behemoth Triathlete Alistair "Haggis" Mackie gave Ultra-Freaks the ultimate snub when he claimed in a shock press-release that he was only entering the Wollongong-to-Sydney Ultramarathon "as a training run for his next triathlon". Informed sources in the Ultra camp are of the opinion that his motives are not as he states. I am told that Mackie prefers sore feet to a sore bum and sore feet.

An as yet unconfirmed rumour suggests that the next item on the agenda for these stop-at-nothing news-hogs is a swim of the Indian Ocean with a rest stop at the Maldives, a quick flight to Mombasa followed by the bike leg to Pietermaritzburg, then the Comrades both ways. 6-stone Ultra-Freak Steve "Matchstick" Cornelius was philosophical when asked his opinion on this. "If God had intended us to do triathlons, she'd have given us webbed feet and wheels", he drawled.

The eagerly awaited Final Showdown is now reported to be scheduled for a Gladesville tennis-court in September. Nobby Young forecasts the first red en-tout-cas court in history, and "that's only during the warm-up". Most interest will focus on the clash between publicity freak Alex Hamill (playing for the Triathletes) and his Housewife Superstar wife Brenda, representing the Ultras. Spokes-creatures for the Triathletes were unwilling to confirm the rumour that a new room has recently been added to the Hamill abode expressly for the storage of Alex's bikes and swimming-trunks.

LAKE GILLAWARNA HALF-MARATHON

11 August 1985 - Evan Millar

A 7 a.m. start for a half-marathon would seem a bit much in mid-winter if it wasn't for the full marathon being held jointly. Getting up at 5.15 it wasn't all that cold but couldn't help thinking that if there was a STAR on today I wouldn't be doing this and I'd be having another hour's sleep. Although I am training for the Big M, my running mate at work had convinced me that you need keep running in races every few weeks if you want to improve, even if it means reducing the weekly mileage and perhaps not performing at best through not easing up before a race.

At the entry area, on the grass, there was a sprinkling of that cold frosty stuff crackling under the feet of the usual shivering, emaciated-looking group. A quick chat at the start revealed at least a few Striders going for the full dose. We were then marched back through a grassy area 300-400 metres to avoid a crush going into a fairly narrow track.

The first 4 km or so was within the park area and included a few short sharp hills. I was running just behind Kenny Wylie who didn't seem to be travelling all that comfortably, and as I learnt later from him at the finish, he'd had to withdraw with an injured calf muscle. 5 km came up in just on 17 minutes and I knew it was too fast so eased off a little, running along a sand and grass track section, parallel to the water's edge. This proved to be the hardest part of the course, with most runners having trouble getting traction.

The sun started warming us up from then on and conditions became perfect with hardly a breeze, and the rest of the run was dead flat. The next time call was 32 something, I heard, and started wondering 'for what?'. Turned out to be the 35 km mark for the marathon. Just a touch early ....

As the front runners started coming back from the turning point, which was about 12.5 km, I recognised Horst Wegner cruising along easily in a group of three, not all that far behind the leader, when it occurred to me that he was probably running the full distance. Coming back there seemed to be heaps of green and white singlets and cheery waves. Running for home, managed to work quite hard with another runner over the last 3 km or so, to a very satisfying 76-08.

At the finish, a free massage was available and I can report that it has excellent therapeutic value. Afterwards, spotted Nobby Young, with jaunty cap set, heading back for the second half and thought I'm so glad its not me.

Congratulations to the Western Districts Joggers for a really well-organised and friendly event and I for one plan to be back next year.

NEXT ISSUE

Bridge to Breakers
New York City Marathon
Big M Marathon
Birkenhead Fun Run
Half-marathon ladder

NO. 25

Use your results sheet - return it to the editor by Nov 10th -
Deadline for articles Nov 24th.

LAKE GILLAWARNA

RESULTS

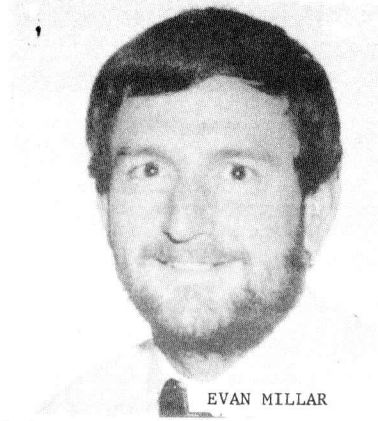
MARATHON

STRIDERS

Noel Barton	2.53.51	PB
Dick Bartlett	3.03.12	
Nobby Young	3.05	
Alistair Mackie	3.16.25	
Carolyn Wilson	3.43.58	PB

HALF-MARATHON

Evan Millar	1.16.08	
Terry McIver	1.18.12	PB
Peter Markham	1.19.09	
Bernard Cooley	1.20.32	
Matthew Kaley	1.21.41	
Rod Mclean	1.21.57	



EVAN MILLAR

Mike Foster	1.22.07	
Tony Vipond	1.24.59	
Graham Firkin	1.25.37	
John Turner	1.27.26	
Bruce Murray	1.27.54	
Brian Tailford	1.27.57	PB
Dot Siepmann	1.35.37	
Noel Worthington	1.38.00	
Denise McCarthy	1.50.43	PB

RACE RESULTS

RANDWICK RUGBY 22K 21.7.85

STRIDERS

1.	Phil Garvin	1.11.30
	Tony Vipond	1.23.43
	Mike Ward	1.26.21
	Richard Bevan	1.28.31
	Dot Siepmann	1.32.25

WOODFORD TO GLENBROOK 25K 23.6.85

STRIDERS

	Richard Bevan	1.44.09
	Graham Firkin	1.44.17
	Ray Reid	1.44.18
	Dot Siepmann	1.53.12

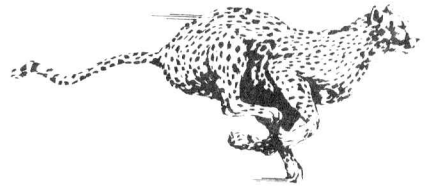
YMCA FUN RUN

2nd	Vince Engel	
	Kevin O'Kane	48.51
	Dot Siepmann	50.50
	Ian Whitfield	52.31

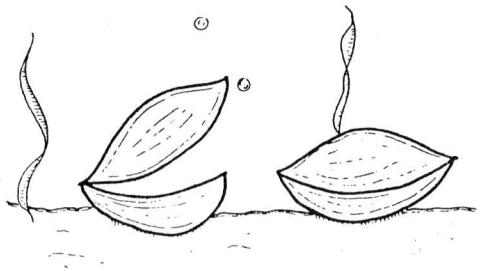
SUTHERLAND SHIRE HALF MARATHON (SHORT COURSE)

Scott Lawrence	1.11.03
John Fazio	1.12.41
Evan Millar	1.13.41
Bernard Cooley	1.17.09
Dot Siepmann	1.28.51
Peter Langton	1.32.23
Denise McCarthy	1.58.00

Sydney Striders
MARATHON & ROAD RUNNERS CLUB



The Blister



"Stop complaining, nobody likes jogging with a sore mussel."

NEW MEMBER PROFILE

CHRISTINE MATTHEWS

Christine, who has only really become serious with her running this year, is another member to enhance the international element of Sydney Striders. She was born in the vineyard area of France 36 years ago but at the age of 18 moved to England where she spent 14 years. Christine then went to New Zealand, and acquired an Australian husband during a stay of four years which ended with her husband and her coming to Australia eight months ago to settle.

Although the longest distance she has run is 35 km Christine's aim, as with many other Striders, is to run a 3 hour marathon. She runs for the sheer enjoyment of it, and currently covers about 55-70 km a week but hopes to lift this distance as summer approaches. While much of her running is done locally around her home at Maroubra, she also runs in parks such as Centennial Park and Lane Cove National Park.

Christine, who works as a secretary at St. Leonards, is an enthusiastic traveller having seen a good deal of the world, and is keen to visit other parts of Australia. She is impressed with Sydney's beaches and likes spending time at these.

1985

As at August 12, 1985

THE BEST OF TIMES

MALE

Sub 2.42

1.	Phil Garvin	Wang	2.28.43
2.	Garvin (2)	Canberra	2.28.46
3.	Rob Harrison	London	2.30.43
4.	Derek Liebenberg	Wang	2.35.52
5.	Ron Feeney	London	2.38.32
6.	Bruce Inglis	Campbelltown	2.41.25

FEMALE

Sub 3.35

1.	Sue Hill	Wang	3.11.12
2.	Hill (2)	Anzac Day, Sydney	3.15.48
3.	Dot Siepmann	Canberra	3.19.12
4.	Merri Mack	Anzac Day, Sydney	3.23.27
5.	Brenda Hamill	Bathurst	3.31.22
6.	Karen Tuck	Wang	3.32.46

RESULTS ROUND-UP (Miscellaneous or omitted from previous issues)

S.M.C. Half-Marathon, Feb 85:	Dorothy Siepmann	1.30.28 (PB)
Bayerische Half (Germany) Mar 85:	Win Ahlmann	1.08.25
Kiama Half-M'thon, 12 May 85:	John Turner	1.26.48 (PB)
Macleay Half-M'thon, 12 May 85:	Dave McCormack	1.18.01
City of Sydney Half, May 85:	Hugh Spencer	1.24.40
City of Sydney Half, May 85:	Scott Crawford	1.27.48
City of Sydney Half, May 85:	Rodney Phillips	1.37.50
Cairns Half-m'thon, 26 May 85:	Scott Lawrence	1.17.49
Mount Pritchard Half, 26 May 85:	Ray Reid	1.29.35
S.M.C. Half-Marathon, 16 Jun 85:	John Fazio	1.15.52

In the long run

Some Expert Opinions on Long-Distance Marathon Preparation

Reprinted from The Runner, Copyright c 1985. CBS Magazines by Royce Flippin

The traditional Sunday effort of 18 miles or more has always been a staple of serious marathoners, who employ it as a means of giving both mind and body a preparatory taste of what 26 miles feels like. Yet a number of world-class marathoners seem to eschew the long run. Carlos Lopes and Steve Jones have achieved prominence without much long training.. And even Grete Waitz admitted that before her first marathon world record in 1978 she had run 18 miles in practice "once" and hadn't really trained for the race.

Does this mean that all those weekends you spent slogging 20 miles at a clip were wasted? Not necessarily.

"What you have to realise about the world-class runners," says Bob Sevene, advisor to Joan Benoit, "is that they have so many years of intense running behind them that their metabolisms have become extremely efficient even without the long runs."

For a runner not at the Olympic level, long runs accomplish several things. "I believe the key factor is the distance covered, rather than the time spent running," says Nike researcher Jack Daniels. "And the most important benefit of running 20 miles is that when your body exercises over a long distance, it develops a better ability to metabolize fat as fuel."

The body has two long-term fuel sources, carbohydrates (stored as glycogen) and fat. At rest, people burn a mixture of the two. During physical activity, the proportionate consumption of carbohydrates in that mixture goes up, since the body burns carbohydrates more efficiently than fat, thus conserving oxygen. A marathon is so long, however, that the body's stores of glycogen tend to run out before the finish - leading to the so-called "wall".

"Long runs do two things," explains Daniels. "They teach the body to burn fat more efficienlty (consuming less oxygen as it does) and to utilize a different mixture of carbohydrates and fat throughout the entire run. The body learns to burn more fat and conserve carbohydrates, so it can distribute them over a greater portion of the race."

In other words, top marathoners run through the wall so easily not because they switch to burning fat late in the race, but because they burn a carbohydrate mixture right from the start. Long runs teach them to do this.

To this end, Rob de Castella goes on a weekly 22-miler over a tough hill course. "The course he uses goes over dirt roads, to minimize wear and tear," says 2:11:37 marathoner Dan Schlesinger, who was introduced to long-run training at Deek's side. "We'd start slowly, but by four miles the road began to undulate and we would be working quite hard on the uphills. The pace got increasingly quick from there. It was a very gruelling workout and the heart of Deek's training." Four weeks before a major marathon de Castella runs a 28-miler, and then does no more long efforts until the race. "It took some adjustment, but the more I ran the 22-milers with Deek, the more efficiently I could run them," says Schlesinger.

Olympic silver medallist John Treacy, though only a one time marathoner, is also no stranger to long runs in training. In fact, his advisor, Dr. Dario Herrera, thinks runs of the type done by de Castella may not be long enough. "I believe marathoners should do between 25 and 30 miles once a week, says Herrera, "as long as that run is less than 30 per cent of the total mileage - more than that could produce overuse-syndrome or injuries."

According to Herrera, the long run does more than simply improve fat utilization. "Metabolically, the long, sustained run teaches the body to store fats better as well as utilize them better," he says. "But there is also a complicated cycle of enzyme reactions that has to do with oxidation within the muscle. I think long runs help this process become more efficient and improve the metabolic pathways along which the energy transferal takes place."

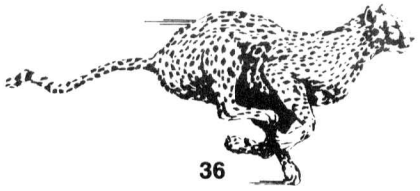
Herrera sees anatomical benefits also. "Long, sustained aerobic efforts cause changes in the muscle cell membrane, making it more permeable, and increase the ratio of capillaries to muscle fibres, improving the exchange of oxygen and carbon dioxide."

What all this adds up to is an increased ability of the muscles to utilize oxygen and get rid of waste, and an ability to sustain the process over an ever longer period of time. Herrera also feels it is a chance to experiment with hydration. In preparation for the Olympics, Treacy, who was then running only about 110 miles a week, would run for 30 miles once a week, at a 75 per cent effort, taking water along the way. "That is the preferred effort for metabolic improvement," says Herrera. "Treacy's training pace was his potential marathon pace (4.52 per mile) multiplied by 1.3, or around 6.25 per mile. Many runners do 20 or 22 miles, but very hard, maybe at 90 per cent of capacity.

There are no more benefits to running this hard, and you are asking for an injury."

Bob Sevene sees still another reason for long runs. "Forget the chemistry," he says. "I think the important thing is just the fact that you're getting out and doing it, on your own. To run two hoursyou have to get into your head, and that's what marathoning is all about. The reason Joan Benoit moved when she did at Los Angeles (at three miles) was not to break the field. She had planned on the pack being there at 18 miles. But she also planned to run 2.27 pace until that point - and she arrived at that time based on her 22-mile training runs in the heat that summer.

"That's why Joan Benoit is so tough. She doesn't run against other people, she runs against herself. The marathon is the one event where you have to run your own race, and the long runs help you get into that frame of mind."



THE THOUGHTS OF NOBBY YOUNG

To those who have asked why I write these items for "The Blister" and risk the repercussions, the answer is very simple. It is to practice my typing. After all the work I put in to getting the letters in to alphabetical order on this machine, it would be a shame not to use it. It must have been an Irishman who stuck these letters on in the first place.

I feel I must at this time issue two warnings. First, if the Triathletes in the club persist in discussing their "clusters" at STAR runs, we will have to prevent them from attending. We do have some sensitive types about and we don't want to offend them.
Secondly, Jenny Walker has informed me that she has heard a rumour of a rapist being active in the Lane Cove River Park. Personally, I have doubts about this as I have spent many hours in there on my own and haven't had any thrills at all. If there is a rapist in there, I would really like to know who she is.

For those who missed the "Bernie King, lets give it to Bathurst" trip for the Marathon and Half-Marathon, you missed out on a good week-end. Most of the trophies came our way, even though there was some doubt about the age group that Bryce Courtenay raced in. However, we looked up his date and he was the right age so he became a trophy winner. Alex Hamill excelled with a series of awards at the dinner after the race. With a fertile imagination like he has, you would think that he would be able to get a reasonable job so that Brenda wouldn't have to take in washing any more. By the way, Brenda, please don't put starch in my Jock-straps, I'm turning red and spotty.

The only problem with the Bathurst trip was when Bruce Murray took twenty minutes longer than everybody else at a pit-stop on the way out. I had to explain to everyone on the bus that Bruce had a hard problem to get rid of, and was doing his best to work it out. Extra bran for him the next morning!!

Twin teenage girls, like peas in a pod, ran in the Half-Marathon,and did very well for themselves. When they turned up for the post race function, Terry McIver asked me if I thought that "those twins could be sisters."

Mathew Kaley (who makes the rest of us look old by comparison) told us that he goes for a run to clear his head when he has been studying for longer periods of time. If running clears the head, Terry McIver should run at least five times a day. If that fails, we will put him down. Have we ever had a wake after a STAR run?

Harvey Blue (I'm sure that isn't a real name) supplied us with a bit of mirth a while ago. He has this thing about very short shorts. In fact I have noticed Robyn Murphy taking her breaths in short pants when Harvey strips off his track suit. Well, Harveyturned up one Sunday for a gallop with his shorts on back to front, and the view from the rear had to be seen to be believed. It had us wondering where he kept his "things" inside such a tight fitting garment, and all we could come up withwas that he had left them in the key container back at the start of the run.

Went passed a storm torn umbrella last Sunday at the STAR. Pity Jim Donovan wasn't there at the time, as he would have taken it home and restored it. Sundays without Jim are like Les. Patterson without his stained teeth, just not the same, somehow.

New girl turned up for a run in a short, slow group so I put her on to Dave Williams. Who better? He is short and he sure is slow.

Alistair Mackie offered to run support for me when I attempt a twenty four hour run on the 11th and 12th of October. Very nice of him, as last year he turned up at about 2am for a couple of hours when I did a shorter run at Gladesville Public School. He asked when I thought I would need his help the most, and if I thought the first night would be the best time for him to be there. I like the boy, but.....

Here is a non-runner story. A friend of ours was asked by her young daughter what "sex" is.Knowing the question was sure to come up sooner or later, and being a broad minded mother, she gave a lengthy talk on the subject, all straight and honest. Being curious as to why the daughter seemed bored by the talk, our friend asked why the question had come up. The little girl wanted to enter a competition in the childrens page of the Sunday paper and had to give her name, address and "sex."

NOBBY YOUNG

STOP PRESS

STRIDERS WIN WOLLONGONG TO SYDNEY RELAY
4 STRIDERS FINISH WOLLONGONG TO SYDNEY ULTRA
FULL DETAILS NEXT ISSUE

NOBBY'S CHEEK by LAURIE KING.

This story is written for all those people who remember the good old days.Remember when you had to wait for hours in a doctor's waiting room and the only reading meterial was a medical journal or the Reader's Digest.Oh how they helped to pass the time.Stories,just the right length.You could finish a story or two or three before seeing the doctor.I never met anyone who actually bought the READER'S DIGEST.I suppose they thanked God for the doctors.Poor old Salvos missed out this time.

To those who don't know about the Reader's Digest the best way to explain this is to borrow from a modern cliche.It's the book you read when you're not reading a book.

Anyone who was a regular reader of the Reader's Digest would have been familiar with the stories by J.D.Ratcliffe about a certain character named Joe.

I hope I'm not insulting anyone who was a regular reader of the Reader's Digest and a regular visitor to the doctor's thereby referring you're a pale and sickly type, because I know you wouldn't be reading this magazine if you were.

Each story dealt with a particular part of Joe's anatomy such as Joe's eye,Joe's foot,Joe's tongue etc.Well I've decided to do a story about a part of Nobby Young's anatomy.Don't worry there's only one story.It won't be a series.I wouldn't want to make anyone sick.

I've called my story Nobby's Cheek.It could also be called Nobby's Gall because it's the same thing.Now I bet all you doctors and medical experts are saying I'm anatomically incorrect.A gall and a cheek are not the same but I must point out that we're talking about Nobby Young and he's not your usual person.I discussed this fact with Irwin Light and he agreed.Nobby should donate his body to medical science and the sooner the better.

Well before we disect Nobby any further I'll tell you about Nobby's cheek and how it works but I bet most of you already know.

Everyone who was at the Strider's presentation night would be aware that Nobby took obscene delight in embarassing certain striders myself included.Now at this point I must apologise.I said this wasn't a series,I wouldn't be writing about any other part of Nobby but I have to talk about this part,Nobby's Nerve.Nobby had the nerve to have himself elected Vice President.Now where does that leave us.How can we say anything about him and not expect retribution.Well to prove that I'm no coward I've written this article.Damn the torpedoes,full speed ahead.

He did give me a nice prize for beating me though.A bottle of champagne and a nice silver tankard.If I had known he would give me such swell prizes before this I would have let him beat me more often.

p.s.I thought if this story was popular I'd do a sequel and call it Nobby's Guts but then I thought everyone would hate it so I won't.

INTERNATIONAL

SCOTLAND THE BRAVE - BY KEN WYLIE

After arriving in Scotland on the 4th of May, the day after seemed to be most appealling for a 10 mile run through the countryside and up the braes (as hills are called in Scotland). I had based myself in Paisley some 10 miles west of Glasgow and staying with my Godmother which ensured that I wasn't going to starve, as platefuls of good Scottish cooking were thrust in front of me in an endless show of hospitality.

As I wasn't keen on getting lost, all my runs in the first 3 weeks were out and back courses. The countryside was so beautifully green and a real pleasure to run in. The local brews tasted reasonably similar to beer and getting used to the pint glasses was no problem. However, finding really icy cold beer proved an unrewarding task.

A search through the local papers revealed a few races that were on in late May and early June and entry forms were easily obtained. A 10 kilometre race in Glasgow on the 25th of May was my first race. The course was 3 laps of a park near Sauchiehall Street in the centre of Glasgow. A small field of only 46 starters made a fast start no problem and I found myself in second place until we approached a hill and a surge (or to be honest my drop in pace) by the runners behind me put me back to fifth spot where I stayed until the end of the second lap where I decided to pull my finger out and run into fourth place. I crossed the line in fourth place in 36.43 flying the Striders colours and well pleased with my first race since the Canberra Marathon. The race, although only small, was well organised and the marshalling also excellent. Certificates and a result sheet were posted to all competitors to compliment a well organised event.

On Saturday the 1st of June I was entered in a 5½ miler in Kilbarchan which is just outside Paisley. My relatives had hoped that I'd run a place here, but after the first 400 metres I was back in about 15th place and only managed to pick myself up into 11th place in 31.20 and cursing all the hills that the organisers had included in the course. These hills were to prove inconsequential in comparison to the hills in the Irvine Vally Half Marathon the following day.

A few pints in the local after the Kilbarchan race lifted my spirits and made me forget Saturdays event.

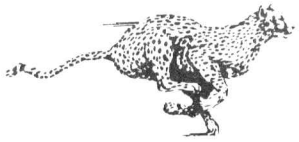
The Irvine Valley Half Marathon on Sunday the 2nd of June was to be a runners' nightmare come true. A few of the local runners had said to me that the course was tough and that was an underestimation akin to Mal Fraser's "Life wasn't mean't to be easy". A field of 540 starters and the first mile run in 5.48 put me in the first 20. The run was so well supported by the local people as we ran through 3 small towns. The few pints of lager that I relaxed with the night before poured out of me as it was a hottish day and the 2 p.m. start made sure we encountered the sunny conditions. The locals spotted my Aussie flag shorts and Striders singlet and gave me some much needed encouragement. The first 5 miles were hard, but in comparison to the next 5, they were a cakewalk. At the 6 mile mark we turned right, and low and behold, up in front of us was a hill God knows how long and steep that it just seemed to reach right up into the sky. I felt sure that the runners in front had gone the wrong way.

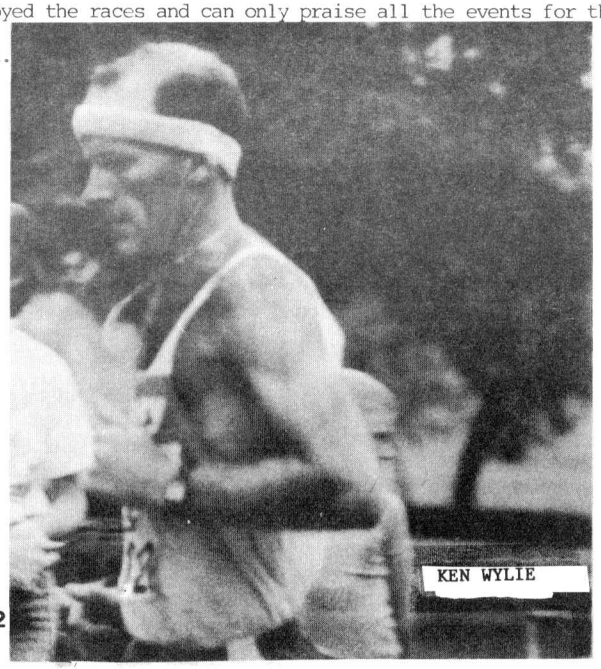
This hill was as steep as Awaba Street in Balmoral and I was proud of myself for not stopping to walk. My sub 80 minutes pace soon blew up to sub 90 minute pace, if I was lucky. A second mountain that we had to run up at the 9 mile mark forced a couple of tired runners to walk, but I forced myself to keep running, as I was told, the last 3 miles were downhill. I ran the last two miles with a runner from Glasgow and we crossed the line together in a slow 85.20 for 14th place. Some bonnie Scottish lasses in swimsuits presented all finishers with medals which were well and truly deserved. The scenery at the finish line was nice and so was the beer tent that my relatives found for me. More than one or two of the runners said they would never run in this event again because of the toughness of the course (I know I certainly wouldn't) but then again maybe the sight of those bonnie lasses in swimsuits would entice a few runners back next year. The winners time was 78.30 and as he ran 68 minutes for the same distance six weeks previous you can gauge the toughness of the course. Our half marathon course is flat in comparison.

Saturday the 8th June at Lochwinnoch some 15 miles west of Paisley was my next race over a course covering approximately 7 miles. Again this was a small event, but well organised and well supported, once again by the locals, but boy was the weather lousy - cloudy, cold and raining. I had decided to give this race 110 percent effort and found myself clear in second place after the first mile and not within cooee of the runner in first place. Two laps of an undulating course along some country roads and I had managed to stay in second place as I crossed the finish line. I felt so pleased with myself as medallions were up for grabs for the first three to finish. I finished in 39 minutes 20 seconds, some 2.35 behind the winner who set a new course record in 36.45.

This was to be my last race whilst on holiday as general apathy and the Bill Flannagan disease crept in and I decided to just go out and enjoy myself at all the local pubs on a Saturday night downing a few reasonably cold pints of lager. I had intentions of running a marathon in June but long runs became a part of ancient history, so Cedric Sidebottom's statement that I wouldn't run a marathon whilst on holiday was to be proved correct.

I wish some Aussie fun run organisers, and in particular the now defunct Sydney Marathon organisers would tackle their tasks with as much enthusiasm and effeciency as was displayed in the events I participated in whilst in Scotland. All in all I really enjoyed the races and can only praise all the events for their outstanding organisation.





KEN WYLIE

INTERNATIONAL

WORLD RECORDS - AS AT AUGUST 26, 1985

MALE

800m	Seb Coe	(Eng)	1.41.73	1981
1,000m	Seb Coe	(Eng)	2.12.18	81
1,500m	Said Aouita	(Mor)	3.29.45	85 •
Mile	Steve Cram	(Eng)	3.46.31	85 •
2,000m	Steve Cram	(Eng)		85 •
3,000m	Henry Rono	(Ken)	7.32.1	78
3,000m steeple	Henry Rono	(Ken)	8.05.04	78
5,000m	Said Aouita	(Mor)	13.00.40	85 •
10,000m	Fernando Mamede	(Por)	27.13.81	84
Marathon	Carlos Lopes	(Por)	2.07.12	85 •

FEMALE

800m	Jarmila Kratochvilova	(Cze)	1.53.28	83
1,000m	Tatyane Providokhina	(SU)	2.30.06	78
1,500m	Tatyana Kazankina	(SU)	3.52.47	80
Mile	Mary Decker	(USA)	4.16.71	85 •
2,000m	Tatyana Kazankina	(SU)	5.28.78	84
3,000m	Tatyana Kazankina	(SU)	8.22.62	84
5,000m	Zola Budd	(Eng)	14.48.07	85 •
10,000m	Ingrid Kristiansen	(Nor)	30.59.42	85 •
Marathon	Ingrid Kristiansen	(Nor)	2.21.06	85 •

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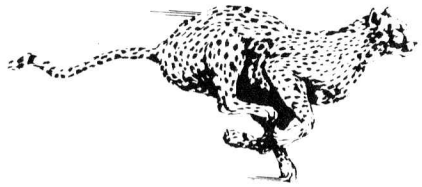

All Time World Half Marathon Rankings (certified courses only)

Male

1.01.02	Mohamed Kedir (ETH)	Milan ITA 4/82
1.01.18	Rob de Castella (AUS)	Milan ITA 4/82
1.01.32	Paul Cummings (USA)	Dayton USA 9/83
1.01.36	Mike Musyoki (KEN)	Philadelphia USA 9/82
1.01.39	Geoff Smith (ENG)	Dayton USA 9/83

Female

1.08.34	Joan Benoit (USA)	Philadelphia USA 9/84
1.09.19	Grete Waitz (NOR)	Milan ITA 4/82
1.09.54	Rosa Mota (POR)	Newcastle ENG 6/85
1.10.32	Ingrid Kristiansen (NOR)	Oslo NOR 9/84
1.10.55	Judith St. Hilaire (USA)	Philadelphia USA 9/84

INTERNATIONAL

ROAD

Bay to Breakers - San Francisco 19/5/85

Would you believe 90,000 runners in this one - some fast ones too!

1.	I. Hussein (KEN)	34.54	1.	J. Benoit (USA)	39.55
2.	G. Smith (ENG)	35.01	2.	N. Ditz (USA)	41.00
3.	P. Cummings (USA)	35.57			

The top ranked US 1500m runner throughout the 70's, Francie Larrieu, has moved onto the roads with impressive results. In between these two road races she beat Waitz on the track at 3000m in San Jose.

Albany N.Y. - May 18 - 10km **L'eggs Mini Marathon N.Y. - June 1 - 10km**

[1.	F. Larrieu (USA)	32.14	1.	F. Larrieu (USA)	32.33
[1.	B. Springs (USA)	32.14	2.	G. Waitz (NOR)	32.36
3.	L. Jennings (USA)	32.26	3.	A. Cunha (POR)	32.45

Despite the big track meets in Europe during July the US roads were still being burned up by top class fields with the Kenyan men and Grete Waitz dominating.

Cascade Run Off - 15km - Portland Oregon 30/6/85

1.	M. Musyoki (KEN)	42.48	1.	G. Waitz (NOR)	48.35
2.	J. Nzau (KEN)	43.02	2.	A. Audain (NZL)	49.45
3.	S. Kigen (KEN)	43.08	3.	L. Larsen (USA)	49.53

Peachtree Road Race - 10km - Atlanta, Georgia 4/7/85

1.	M. Musyoki (KEN)	27.58	1.	G. Waitz (NOR)	32.03
2.	J. Nzau (KEN)	28.07	2.	J. St. Hilaire (USA)	32.33
3.	S. Kigen (KEN)	28.17	3.	S. Girard (USA)	32.46

PUMA-FALMOUTH ROAD RACE, FALMOUTH MASSACHUSETTS, 18.8.85, 11.4k

1.	D.Murphy (Eng.)	32.02	1.	J.Benoit-Samuelson (USA)	36.17
2.	S.Jones (Wal.)	32.06	2.	L.Welch (USA)	36.52
3.	R.deCastella (Aus)	32.09	3.	J. St. Hilaire (USA)	37.12

- - - -

What's REALLY behind the choice of Striders' club colours? A recent newspaper article claims that "the psychological effects of colour have been well researched: STRIDENT GREEN IS ASSOCIATED WITH ANXIETY STATES....". Isn't running supposed to be what we do to relax? The article further claims that "bright red is associated with mania, blue with conscious control of emotion". Makes you wonder just what Sydney Marathon Clinic are bottling up inside them!

N.S.W. A.A.A.

With the summer season approaching, now is the time to join the Amateur Athletic Association if you plan to run on the track in the '85-86 season.

To be eligible to run Saturday afternoons and the regular mid-week twilight competitions, you must be an A.A.A. member.

Ring Dorothy Flanagan (H:661-4451) for your membership coupon.. Yearly membership (April-April) is $21 (Seniors), $18 (Under 20), $16 (Under 16).

At a Special General Meeting of the Database Operator this week, it was unanimously decided by a vote of 1 to 0 that a marathon PB of 2:55:31 will henceforth be necessary for members to appear on the first page of the club's Marathon Ladder. This standard will remain in perpetuity, unless either of the following unlikely events come to pass: (1) the Database Operator himself achieves a better time than 2:55:31, in which case his new PB will become the new page 1 standard; or (2) Nobby Young ever runs a faster time than the Database Operator, in which case the Marathon Ladder will be discontinued for lack of interest.

Marathon Ladder

MARATHON LADDER AS AT 28/08/85

PLEASE NOTIFY US OF ANY OMISSIONS OR ERRORS, INCLUDING MISSING AGE CATEGORIES. 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 28/08/85, 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	2.28.43	AUSTRALIAN	06/85	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	
DEREK LIEBENBERG	PP	2.35.52	AUSTRALIAN	06/85	2.30.30 SUN CITY, RSA '81
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	
BRUCE INGLIS	OO	2.41.25	CAMPBELLTOWN	07/85	2.39.40 TRARALGON '81
NIGEL HADGKISS	PP	2.41.44	CAMPBELLTOWN	07/84	
VINCE ENGEL	PP	2.42.31	CANBERRA	04/83	2.19.08 ARIZONA, USA '79
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	
BERNARD COOLEY	VV	2.50.35	AUSTRALIAN	06/85	
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	
NOEL BARTON	PP	2.53.51	GILLAWARNA	08/85	
DON PRICE	VV	2.53.52	AUSTRALIAN	06/85	
CEDRIC SIDEBOTTOM	VV	2.53.59	AUSTRALIAN	06/85	
RAY DORAN	VV	2.54.10	NSW STATE	06/82	
ROD MCLEAN	PP	2.54.21	AUSTRALIAN	06/84	
BRIAN GATFIELD	VV	2.54.49	AUSTRALIAN	06/85	
DAVID ROBINSON	VV	2.55.04	AUSTRALIAN	06/85	2.36.06 KENYA STATE '63
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	

NAME	CAT	<-----BEST AS A STRIDER----->			<-BEST PRIOR TO JOINING->
DAVID MCCORMACK	OO	2.55.43	AUSTRALIAN	06/85	
RUSSELL BLACK	PP	2.55.51	CITIES	08/83	2.50.38 SYDNEY '82
ALEX WHITWORTH	VV	2.55.54	AUSTRALIAN	06/85	
BILL HOWLEY	VV	2.55.58	AUSTRALIAN	06/85	
SCOTT LAWRENCE	OO	2.56.19	AUSTRALIAN	06/84	
JAMES WALKER	PP	2.56.26	AUSTRALIAN	06/85	
BERNIE KING	VV	2.56.27	AUSTRALIAN	06/84	
NOBBY YOUNG	PP	2.56.33	NSW STATE	05/84	
STEPHEN NICOLL	PP	2.56.50	SYDNEY	09/84	
BRIAN LYNCH	PP	2.56.59	AUSTRALIAN	06/83	
MICHAEL MINEHAN	PP	2.57.13	AUSTRALIAN	06/85	
PETER FOULSHAM	PP	2.57.29	GILLAWARNA	08/83	
PETER ARNOLD	PP	2.57.37	AUSTRALIAN	06/84	
TERRY MCIVER	VV	2.57.45	AUSTRALIAN	06/85	
WINSTON MARSDEN	VV	2.58.00	AUSTRALIAN	06/83	
MAX HENDERSON	VV	2.58.22	NSW STATE	05/82	
JOHN TURNER	VV	2.58.47	AUSTRALIAN	06/85	
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	
TONY VIPOND	PP	2.59.50	AUSTRALIAN	06/85	
MATHEW KALEY	JJ	2.59.56	AUSTRALIAN	06/85	
KAR WONG	PP	3.01.20	JOHANNESBURG	03/85	
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	
MIKE FOSTER	VV	3.03.58	AUSTRALIAN	06/85	
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	
TERRY MCMAHON	VV	3.05.11	AUSTRALIAN	06/85	
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	
GREG CORNISH	PP	3.05.33	AUSTRALIAN	06/85	
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	
ROBERT WATERREUS	PP	3.08.51	AUSTRALIAN	06/84	
HUGH SPENCER	VV	3.09.02	AUSTRALIAN	06/85	
JOHN HODGES	PP	3.09.07	BIG M	10/84	
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	
MIKE WARD	PP	3.10.33	BATHURST	07/85	
DICK BARTLETT	PP	3.10.34	AUSTRALIAN	06/85	2.59.24 VICTORIAN VETS '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	
IAN NEWLANDS	VV	3.12.18	CANBERRA	04/84	
IRWIN LIGHT		3.12.31	AUSTRALIAN	06/84	3.10.38 BLUFF, RSA '77
ROBERT KLIMA	VV	3.13.13	AUSTRALIAN	06/84	
JOHN PATCHETT	VV	3.13.18	AUSTRALIAN	06/84	
JOHN HILL	PP	3.13.19	AUSTRALIAN	06/85	
RICHARD BEVAN	VV	3.13.57	AUSTRALIAN	06/85	
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	
BRIAN TAILFORD	PP	3.14.03	CAMPBELLTOWN	07/85	

NAME	CAT	<-----BEST AS A STRIDER----->			<-BEST PRIOR TO JOINING->
MERRI MACK	PPF	3.14.06	AUSTRALIAN	06/83	3.09.21 CANBERRA '82
KARL-HEINZ TOPFER	PP	3.14.31	CANBERRA	04/83	
KEVIN O'KANE	PP	3.14.38	AUSTRALIAN	06/85	
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	
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	
GRAHAM FIRKIN	VV	3.17.06	BATHURST	07/85	
PAUL FOSTER		3.18.00	AUSTRALIAN	06/83	3.08.00 BIG M '82
BILL WACHER	VV	3.18.02	AUSTRALIAN	06/84	
DAN GRAY	PP	3.18.50	BATHURST	07/85	
LYNNE EVANS	VPF	3.18.59	CANBERRA	04/84	
RICHARD BAMANN	VV	3.19.34	AUSTRALIAN	06/85	
ROBERT WARD	VV	3.20.01	AUSTRALIAN	06/83	
GERRY GREENLAND	VP	3.20.41	AUSTRALIAN	06/83	
PETER MARKHAM	PP	3.21.17	AUSTRALIAN	06/85	
RON BURKE	PP	3.21.18	AUSTRALIAN	06/85	3.04.30 BIG M '84
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	
GRAHAM BUTLER	PP	3.22.10	CANBERRA	04/85	
BARRY JONES	SM	3.23.18	VETERANS	07/81	
DEREK WHITE	MM	3.23.26	CAMPBELLTOWN	07/84	
BRENDA HAMILL	PPF	3.23.38	SYDNEY	09/83	
BILL MCCRINDLE	MM	3.23.53	CANBERRA	04/84	
NEVILLE MILLS	VV	3.24.42	AUSTRALIAN	06/85	3.24.00 AUSTRALIAN '83
CHRISTINE PORTER	PPF	3.26.15	CANBERRA	04/84	
GREG PROWSE	PV	3.26.15	AUSTRALIAN	06/85	
GEOFF COX	OO	3.27.26	HARBORD DIGGERS	04/81	
STAN FLECK	MM	3.29.34	AUSTRALIAN	06/84	3.18.20 CANBERRA '83
BILL WHITE	VP	3.29.50	BIG M	10/84	
SCOTT CRAWFORD	VV	3.30.23	AUSTRALIAN	06/85	
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	
KAREN TUCK	PPF	3.32.46	AUSTRALIAN	06/85	
MALCOLM MCDONALD	PP	3.33.04	AUSTRALIAN	06/83	
IAN WHITFIELD	PP	3.34.52	AUSTRALIAN	06/85	3.13.06 AUSTRALIAN '83
TREVOR DRYSDALE	PP	3.35.48	CANBERRA	04/85	
CLIVE BASKIN	OO	3.36.22	AUSTRALIAN	06/85	
ANTHONY FOAR	PP	3.37.07	AUSTRALIAN	06/84	3.33.40 GILLAWARNA '83
ROD ANDERSEN	OO	3.38.25	AUSTRALIAN	06/85	
PETER LANGTON	VV	3.38.38	AUSTRALIAN	06/85	
NICK REED	OO	3.38.43	CANBERRA	04/84	
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
JOSEPH WONG	PP	3.42.01	CAMPBELLTOWN	07/85	3.41.00 SYDNEY '84
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
CAROLYN WILSON	OOF	3.43.58	GILLAWARNA	08/85	
EDWINA GARVIN	PPF	3.45.14	LONDON	04/85	
OLEG SZLICHTA	PP	3.46.15	AUSTRALIAN	06/84	
DERRICK TITMUS	VV	3.47.09	AUSTRALIAN	06/83	
RICHARD ROACH	MM	3.49.04	AUSTRALIAN	06/85	
NOEL WORTHINGTON	MM	3.52.19	AUSTRALIAN	06/85	
MICHAEL PRINGLE	VV	3.52.20	AUSTRALIAN	06/84	
MAUREEN GREENWALD	PPF	3.52.23	AUSTRALIAN	06/85	
PHILIP CALDWELL	PP	3.52.32	AUSTRALIAN	06/83	

NAME	CAT	<-----BEST AS A STRIDER----->			<-BEST PRIOR TO JOINING->
JOE BAILLIE	MM	3.53.16	AUSTRALIAN	06/85	
ISABEL ENGEL	PPF	3.53.20	AUSTRALIAN	06/85	
PATTI BURKE	VVF	3.54.01	CANBERRA	04/84	
PAM HAZLEWOOD	VPF	3.55.31	CANBERRA	04/83	
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	
WAYNE MCCARTHY	VV	4.06.15	AUSTRALIAN	06/85	
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	M	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	
OKSANA WAINWRIGHT	PPF	4.18.14	AUSTRALIAN	06/84	
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 RUN A MARATHON, BUT NOT SINCE JOINING STRIDERS

NAME	CAT	TIME	PLACE	YEAR
BERNARD CORDEN	PO	2.23.40	VANCOUVER	'83
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
JONATHON ROBSON	PO	2.55.00	AUSTRALIAN	'83
CHRISTOPHER DWYER	PP	3.00.52	NSW STATE	'83
DAVID MILL	VP	3.03.00	HARBORD DIGGERS	'82
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
ASHLEY JACKSON	OO	3.19.52	HARBORD DIGGERS	'83
DAVID BARNETT	VP	3.23.00	AUSTRALIAN	'83
PETER HENRY	VV	3.24.57	AUSTRALIAN	'84
JOHN O'RYAN	VV	3.27.00	AUSTRALIAN	'85
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	S	3.40.00	SOLO	'84
TREVOR MARSDEN	VV	3.44.43	AUSTRALIAN	'84
MERVYN FINLAY	M	3.45.52	AUSTRALIAN	'83
IAN WEBB		3.51.00	NSW STATE	'81
BENNY HAGBERG		3.59.34	SINGAPORE	'84
GREG JERRETT	PP	3.59.35	HONOLULU	'83
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
PETER HAYES	VV	4.15.00	AUSTRALIAN	'85
ADRIAN KOL	MM	4.20.00	CANBERRA	'84
IAN CROSS	OO	4.35.05	NSW STATE	'82
DENISE MCCARTHY	PPF	4.50.00	AUSTRALIAN	'84

THANKS FOR BEING SUCH GOOD FRIENDS!

More National Panasonic credits flow in.

"Extremely well organised in every respect, runners being your prime consideration; the breakfast was first rate. The presentation, although affected by the P/A system problems, was also very good.

You are assured I will enter again next year and will recommend the event to my running friends."

John Cook

"All concerned are to be congratulated for the efficient manner in the conduct of the race. The way you catered for all runners in the different categories gives all from the fastest to those who run for the love of the sport, a pride in their desire to compete and achieve satisfaction in their healthy pastime.

Thank you for your interest in my Grandson Quentin Morley. He got a thrill in running beside Wolfgang Krueger and learned a lot in the tactics of distance running and will become a better competitor in the future due to that experience."

Eric Mallan

"In a short space of time the National Panasonic Half Marathon has established itself as Australia's premier road running event, and this year without shifting the emphasis away from the quality performance at the front of the field, brought to the fore the outstanding results being achieved by many older runners."

Terry O'Halloran
Publisher
Australian Runner

"Thank you very much for your kind thought in forwarding a copy of your excellent article re the half in Australian Runner. This really topped a very enjoyable day for me.

My one ambition, athletic wise, is to compete in next year's half marathon and hopefully improve my time by a minute or so."

Bill Dunning (74 years young)

"How very nice of you to send me a copy of "Eunice Runs on - at 66". It was a big surprise. Thank you for your thoughtfulness; I will treasure that and put it in my scrap book.

The National Panasonic was a great run, organised by lovely people. I hope to be able to run it as time goes on.

The copy came at a good time; my spirits have been at rock bottom on account of a sore foot which will not get fully better and a runners' knee. I was feeling it might be advisable to give up running and that thought was terrible. I couldn't get used to the idea of not running any more.

When your mail came it give me motivation to start again as soon as the physiotherapist advises, so thank you on two accounts."

Eunice Harris

Entrye Forme D.W.

Goode Queene Besse Funne Runne
On Maye Daye, Ye Yeare of Our Lord 1584.

Ye Course ~ see mappe on reverse - Wholely within ye Citye of London

Start ~ At first lyte, on Tower Hill: indicated by fyringe of a demi-culverin at Ye Tower.

Note ~ No horsemen maye follow ye runners except ye Sheriff's Men.

First Aide ~ Runners maye be bled at special points showne in red on mappe.

Ye Apothecaries Advice

Have thyself only a lite breakfaste on race daye, ~ say one or two quails, a porke pie, six hens eggs and a dish of trype, washed downe with two or three pints of ale or meade. Cleare ye bowels. Weare not too much nor heavie clothinge, - a lite upper garment and breaches with wooleη hosen. Shoes as for dancing a measure or bare feet may suffyce.

Awards and Prises

A. Open First past ye poste ~ An engraven pinte potte of silver and Ye Queene's golde medallion.

B. Noblemen A non-transferable, once onlye Pass-out from ye Tower.
Unlucky Draw ~ A long holidaye by "Banishment Travel" in Ye West Indies.

C. Oldest to finish A non-transferable, once onlye, free Burial Voucher for St. Clement's Churchyarde, including headstone, suitably inscribed.

Teare off thys portion and lodge with Chief Marshall. Enclose two pence.

Name or marke ..... Age in yeares ..... Gender .....
Place of Residence if any ..... Citye, Towne, Village .....
Parish ..... Countye .....

Classes A. Noblemen ☐ B. Knights, Esquires and Gentlemen ☐ C. Yeomen ☐ D. Nondescripts ☐

Souvenir Garments Each one shillinge: *Indicate preference and size*
Singlet ☐ Doublet ☐ Stuffe it ☐ *(Save one shillinge)*

God Save Ye Queene!

Derek White