Sydney Striders Presents the Annual

Royal Life Half Marathon

The Sydney Striders again present their premiere annual event, The Royal Life Half Marathon, to be run at 7.00 am on Sunday, March 23, 1986, over 21.1 kilometres through Sydney's beautiful Lane Cove River Park.

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

The race is run on traffic-free, sealed roads among the gums and wattles of the Lane Cover River Park. It is open to all amateur runners and starts at 7.00 am.

Entries limited to 1500 starters.

To ensure a high standard of organisation the field is limited to 1500 starters.

Entries are accepted by mail only, on a first come, first served basis. So please enter early to avoid disappointment.

Full race information and race numbers will be mailed to all starters after entries close on February 14, 1986.

Full facilities provided on course.

Car parking, child minding, change rooms, and a post-race breakfast are available at race headquarters, North Ryde High School, Wicks Road, North Ryde.

Prizes and lucky draws.

Prizes will be awarded for the first ten placegetters in both men's and women's sections, plus *special race bonuses* are offered for the creation of new race records, men's and women's.(Current records: Male 1.04.17; Female 1.17.14.) Also, two lucky runners, selected at random, will win return airfares and accommodation to Melbourne, to run in that city's Royal Life Half Marathon in August.

Mora Main: course record holder, female 1.17.14

Royal Life Half Marathon

Sydney Striders

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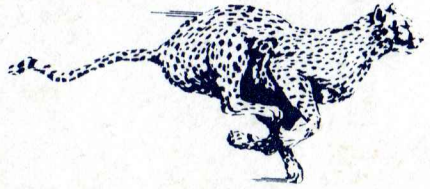

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Sydney Striders

Marathon and Road Runners Club

NO. 25 - OCT/DEC 1985

The Blister

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Sydney Striders
Marathon and Road Runners Club

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STRIDERS PRIZE GIVING

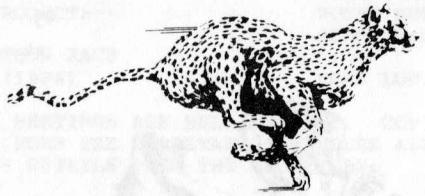
STRIDERS PRIZEGIVING PARTY & SMORGASBORD

FRIDAY, 28 FEBRUARY, 1986 7pm

THE AQUATIC CLUB
15 GREENKNOWE AVE
POTTS POINT (SAME VENUE AS LAST YEAR)

BOOK NOW! BOOKING FORM INSERT IN THIS BLISTER.
ALL PLACES MUST BE RESERVED AND PAID FOR IN ADVANCE

THIS IS THE MAIN EVENT OF THE STRIDERS SOCIAL CALENDAR. BE THERE!



SYDNEY STRIDERS OUTSTANDING ACHIEVEMENT AWARD

VOTE! VOTE! VOTE!

RETURN THE VOTING FORM IN THIS BLISTER WITH YOUR 1-2-3 VOTE
ENSURE YOUR VOTE IS WITH THE EDITOR, BY FRIDAY 14 FEBRUARY, 1986.

Big M Melbourne Marathon

Association of International Marathons AIMS

Australia's Largest Marathon Over the Olympic Distance of 42.195 kms.

RESULTS

1	Fred Van Der Vennet	2.12.35
1F	Margaret Reddan	2.44.56
13	Phil Garvin	2.24.26 * EQUAL CLUB RECORD
126	Evan Millar	2.44.26 *
235	Don Price	2.50.23 *
295	Dave Robinson	2.53.53 *
344	Terry McIver	2.55.46 *
393	Peter Markham	2.57.20 *
	Dick Bartlett	2.58.32
	Mike Ward	3.05
	Noel Barton	3.10
	Ron Burke	3.10
	Dorothy Siepmann	3.17.21 *
	Brian Tailford	3.20.20
	Karen Tuck	3.37.37 *
	Maureen Greenwald	3.40.49 *
	Graham Butler	3.47
	Anne McCarthy	4.05

* Denotes official time - not all times recorded have been added to marathon ladder. Full official results next issue.

Big M Melbourne Marathon

THE BIG M -1985

(The Southernmost STAR?)

PHIL GARVIN.

If you ask most Victorians what event they consider the sporting highlight of the year they will more than likely tell you either the V.F.L. Grand Final or "The Cup". However to an elite group of about 4 500 these events are merely the prelude and epilogue to the major event of the sporting calendar - the Big M. This year, as on three previous occasions, I resisted the lure of Chicago and the Big Apple, (the current exchange rates materially assisted my decision) to once more to take part in the annual Sunday Morning Pilgrimage from Frankston to Melbourne. (Does this qualify as a STAR?)

Soon After competing in the Wang in June I decided to run in the Big M. At that time October seemed a long time away and I would be able to enjoy a couple of weeks of light recovery work before recommencing a more serious three month build up in July. Having made these plans all I had to do was stick to them - which is easier said than done, particularly when Striders placed the temptation of a weekend to remember (and a marathon) in Bathurst before me. However fortitude and 'sense' prevailed and I stuck to my training program of gradually building up mileage interspersed with a few races to add a little variety to the program.

From the beginning of July I began to gradually increase my weekly distances from approximately 130 kilometres per week until I reached a plateau of 200 kilometres in early September. This level was maintained until two weeks prior to the marathon when I commenced my tapering period. During this time I reduced my distances to 140 kms in the first week and to 80 kms (excluding the marathon itself) in the second.

During the final stages of my training program two significant events occured which, upon reflection, were to influence positively my performance in the Big M. The first of these was that I was invited to participate in a study conducted by Sports Science students at Canberra College of Advanced Education, in conjunction with the Australian Institute of Sport, to test the effects of tapering on runners. The second event was being actively involved in the staging of the World Cup. Both served as marvellous motivators.

My immediate preparation for the race was to drive to Melbourne on the Friday, arriving in mid-afternoon so that I could have a light workout over the last 10 kms of the course on both that afternoon and on the Saturday. (I try and convince myself that familiarity with those last few kilometers will make them easier on the "big day" - somehow though it never seems to work!).

For the remainder of the time I relaxed by visiting some friends and checking my gear for Sunday as often before a marathon I have this nightmare that I have arrived at the starting line minus one shoe.

Sunday morning dawned and surprisingly Melbourne had turned on a magnificant day, clear, cool with a light easterly breeze of about 5 knots. As usual prior to a marathon I was quite nervous and non-communicative. At Frankston I saw in the distance a few of the Sydney Striders who had ventured south to uphold the glory of the green and white but only got close enough to Evan Millar to enable a few words like "Have a good run!" Finally after a seemingly interminable time of total chaos at the starting line the gun was fired and the race was on.

Immediately a lead group comprised of runners such as Fred Vandervennt, Fraser Clyne, Ron Tabb, and Garry Hand picked up a fast pace. Right on their heels followed an even larger pack, seemingly intent on giving Carlos Lopes' record a fright while in their wake I followed. As the race settled down to a more sensible pace I came to the realisation that there were no single kilometre markings on the course - or mile markings for that matter. This was somewhat disappointing particularly as later in a race single kilometre markings can be quite comforting.

At last the 5kms marker loomed into sight and as the organisers had placed a large digital clock at this point (and every subsequent 5km mark) I was able to obtain some accurate idea of my pace. I reached the 5kms in 17 mins 25 secs and continued up the basically straight and flat Nepean Highway through the 10, 15 and 20kms marks until I arrived at Mordialloc. Surprisingly my splits inproved for each of these 5kms intervals as I recorded 17.25, 17.00, 16.50 and 16.35. Just after

Mordialloc the most hilly part of the course was encountered as the route followed the shore line of Port Phillip Bay through Black Rock. For all runners this was virgin terrain as in previous marathons the course made a slight diversion inland.

By the 30kms mark I was aware that the temperature was certainly rising and that the number of runners ahead of me was thining out. Whereas I was managing to pass runners in groups of threes and fours in earlier kilometres, now they were only in groups of two or above often fifty to one hundred metres apart. While this was encouraging from the aspect that I had managed to improve my overall placing at that point of the race I realised that the chances of being stranded by myself were increasing and now "the wall" was rapidly approaching.

Near Brighton I passed another runner who as it turned out was the last I was to pass in the Marathon. I soon realised that whoever was ahead of me now must have been part of the lead pack which had obviously shaken off the rest of the field some distance back. Either that or someone had taken a wrong turn somewhere for no runner ahead was in sight. From here on the race became a mental as well as a physical effort. The true meaning of "the loneliness of the long distance runner" was brought home as I struggled to concentrate on my form and not lapse into a training pace. Now I really wished that the organisers had followed the examples of their counterparts in the NIKE and WANG and placed individual kilometre markings on the course.

Finally I was heading up Fitzroy Street and swinging into St Kilda Road. Familiar Territory! Or so I thought! A little way down St Kilda Road I realised I hadn't seen the 40kms mark but thought that somehow I had missed it. After a few minutes longer it suddenly appeared before me. "Oh brother" I thought "There's still another 2.2kms to go!" I was sure (and still am) that some fiendish person had lengthened St Kilda Road overnight. At last the spire of the Victorian Arts Centre came into view and at the same time I noticed a sign placed by a thoughtful spectator indicating only 1km to go. In my pre race plan I had told myself that at this point I was to "go for it" as Marita Koch had done in the 400 metres the previous Sunday at the World Cup. So much for well laid plans - my mind said go but my legs said no way! By the time this minor dispute was settled the finish line was in sight. By now I realised that a good P.B. was in the offering and miraculously I was able to raise a final determined effort over the last 100 metres. Finally I crossed the finish line and was totally surprised to find that I had managed a P.B. by 1 min 35 sec in running 2 hrs 24 min 26 sec.

Now that the euphoria and hopefully the pain of the 1985 Big M have passed I feel that it may be appropriate to pass some comments on the race or more particularly its organisation. The course is potentially a fast one and if sufficient elite athletes of the calibre of Deek, Steve Jones etc. could be lured away from Chicago New York and to Melbourne I'm sure super times would be recorded. However three aspects should be examined carefully -

- Start-line organisation, - The distance from the assembly line to the start is so great that it is chaos on the starting line with race numbers, presumeably allocated on previous P.B.'s or valid estimated times meaning nothing.

- Marking of every kilometre - This becomes most useful in the later stages of the race.

- Adequate refreshments immediately after the finish line - I'm sure most runners would be more interested in obtaining a drink before collecting tracksuits etc.

If these three aspects are addressed the Big M will become an even better marathon.

Big M Melbourne Marathon

by DON PRICE

Why would an average runner want to go all the way to Melbourne for a marathon? When you stop and think about it, there's not a lot of sense in it, so maybe the common characteristic of the group of Striders who ventured south for the Big M recently was that they don't stop and think (although there may have been one or two who, after a fraction of a second's reflection, concluded that there was no good reason and consequently went. There must be a touch of the Irish in all distance runners and more than a touch in some. Terry McIver was there!)

But for those still looking for a reason to go, the Big M is the biggest marathon in the country with between 5000 and 6000 starters. It is a potentially fast course given the right weather conditions and, being in October, it's about the last chance for the year to chalk up a good time before the Christmas horrors set in. I'm not sure what my reason was except that, being an old Melbourne boy, I thought it would be nice to run one back in my old stomping grounds - the Kulture Kapital of the Kountry.

The Big M (no, the M doesn't stand for Melbourne) is a one-way course. For those of you with a consuming interest in geography, it starts at Frankston which is 42.2 km south-east (approximately) of the city on the eastern shore of Port Phillip bay. The run follows the coast in a generally northerly direction until the last 5 km when it turns inland along the notorious Fitzroy St., St. Kilda (home of the euphemistically named massage parlour industry). The last 4km is along that beautiful, wide, tree-lined boulevard St. Kilda Rd., past the Shrine of Remembrance which honours fallen runners from previous marathons, to finish outside the Arts Centre (no, it's not the M.C.G., they actually have paintings and things) on the banks of the Yarra. Since I have known this wonderful bit of road so well for years, I knew I'd get a terrific charge running the last few km to the finish, so I reckoned I'd only need to last out for 37 or 38 km and the adrenalin would carry me home from there. Ho, ho! What naivety!

Being generally northerly and pretty flat, it should be a very fast course on a typical Melbourne spring morning - bleak, grey, overcast, a bit of a drizzle and a southerly "breeze" straight off the Antarctic. Needless to say this year, on a week-end when Sydney was enveloped in storms, Melbourne awoke to a brilliantly sunny warm (some might even have called it hot) calm morning - a perfect day for anything but marathon running.

The organisation at the starting area was great. They even had a huge hessian-enclosed urinal near the inevitable line of Porta-loos for that last minute nervous one, although I must admit to only finding out what it was for, after I'd used someone's back fence for the purpose. The only problem with the starting area was that it isn't where you start from - that's about a mile up the road, so there was a compulsory one mile warm-up jog under the watchful direction of heavily-armed marshalls.

I met a group of Striders at the start, including Evan Millar, who was hoping for a 2.45, Terry McIver shooting for 2.50, and my running mate Noel "Crusher" Barton who was lining up for his fifth marathon for the year after successive P.B's at Campbelltown and Gillawarna. Karen Tuck was also there, trying to decide whether she'd done too much training or not enough, and we spotted "Galloping" Phil Garvin, looking resplendent in a colourful grey ensemble, and a study of concentration. They all took off like frightened horses at the start and rapidly disappeared into the crowd.

My plan was based largely on survival. Try to keep the pace down to something close to being comfortable for 30km and gradually slow down from there. I reckoned on getting to the half between 85 and 90 minutes. After the first 10 minutes, however, I was getting worried for a couple of reasons. Firstly they didn't have all of the kms or miles marked (there were markers and clocks every 5 km) and running in a crowd makes it difficult to judge pace, and I knew I couldn't afford to go too fast early on. Secondly, the sun was bright and warm, and I hadn't enough experience to know what effect that would have over 42 km. More by good luck than good management, I happened to get the pace about right - about 20.5 minutes for each of the first four 5 kms and about 87 at the half - but the sun remained a worry throughout the run. If I hadn't been so concerned about myself (a failing of which I'm constantly reminded at home, particularly when my wife is woken at 5 on Sunday mornings) I'd have felt sympathetic to the locals, who wouldn't have seen the sun for at least six months.

The first half of the Big M is dead flat, with long straight stretches as it follows the Nepean Highway to Mordialloc. The police presence and traffic control were excellent, with at least half the road cordoned off with witches hats and patrolling coppers (or was it coppers hats and ....?) for the whole route. The whole exercise must have cost somebody a fortune, and there are moves afoot by the Victorian Police to charge organisers for their services. Such a move would surely kill an event like the Big M. The second half of the run gets progressively more interesting as, paradoxically, one gets progressively less appreciative of the surroundings.

I saw Noel again at 25km, but by then the sun and his previous four marathons had caught up with him. However he showed enough pride to put most of our current Test cricketers to shame by finishing on in 3.08. I also saw Terry McIver somewhere in Brighton, and he looked as though his 2.50 had suffered from a touch of the sun, but he ran on well to get home in 2.55 for a P.B.

Others Striders also put in some top performances. Evan Millar who I din't see (and no wonder) made it in 2.44 for a 5 minute PB, and Phil Garvin who I would never expect anywhere but at the start, finished in 13th place with a PB by 2 minutes (2.24). Congratulations, Phil! The winner was a Belgian , whose name escapes me for the moment, who ran 2.12, but in an even more impressive performance, touchd his toes for the TV caneras shortly after finishing.

The finishing area was well set up - I was handed my bag of clothes as I approached the table, instead of having to scramble around on the ground at the back of a tent trying to find the right one without bending down, as had been my experience in the Wang. One marvellous feature at the finish was a row of spa baths, designed for 2 or 3 people but which proved to be able to hold 7 or 8. Apart from difficulties in getting in and out, they did wonders for the legs and in retrospect seemed to speed up the post-marathon recovery (although nobody who has run the Gap Gallop will be surprised to hear this.)

While sitting in the spa I saw Dave Robinson and heard of his epic 2.53 dunny-crawl from Frankston. Apparently he stopped at the first one he saw and enjoyed it so much he decided to try them all. He did negative splits for the run - sorry, the race - which could be attributed to his constantly decreasing body weight.

I managed to struggle home in 2.50, which was a PB and therefore very pleasing. But what of my anticipated St. Kilda Rd. high? One lesson I learnt from that run was that the last 4 km of a marathon is the last 4km of a marathon, wherever the hell it is. It was the longest 4km I've ever run!

Big M Melbourne Marathon

BY: TERRY McIVER

After doing a P.B. in the "Wang" this year, I set my sights on the Big "M". I kept the same training schedule up as for the "Wang", or so I thought. Looking back on it a week before the run, I found I had been a bit slack, but it was too late to do anything about it. For this Marathon I was trying a low quantity and high quality training. My highest distance in any one week was only 55Km, I did not intend it to be so low. Six weeks before the Marathon I started doing an extra nights track work, a typical week went as follows :-

Sunday	Star full course with fast group
Monday	Rest
Tuesday	Track, 3 x 400m, 3 x 800m, 4 x 1000m with 3K warm and down
Wednesday	Rest
Thursday	Track 3000m or 5000m race with Vet's at Hensley Park
Friday	Rest
Saturday	Easy Jog 12Km

Before I had my knee operation (about 2 years ago) I was doing regular running, lots of Km's every week, but my times in marathons and fun runs were only average. After each training week and especially after a Star run I was very tired, I felt I could run better but could not. So after I got back into running again, without the pain in my knee, I started building up my mileage again, but was looking for something more to improve my times. It was Bill Flanagan who told me about the Veterans Time Trials held every Thursday night at Hensley Park, Pagewood. It took me a few weeks before I eventually did go, that was about August '84, and I have not looked back since then. Thanks Bill.

I find the Veterans on Thursdays helped me a lot, not only in speed, but also race conditions as it is a race each Thursday night. It's also good for pacing yourself for fun runs. I would recommend it to anyone who wants to improve their times in fun runs and marathons, but it is something you have to do on a regular basis. I have not missed a Thursday night since starting last year, except for marathon week, holidays or illness.

- Getting back to the Marathon -

I did all the usual things the week before, not much running, plenty of sleep, carbo loading 3 days before and lots of water a few days before. We had a pleasant trip to Melbourne via East-West. The trip from the airport to the Hotel was made via taxi with six us plus the driver, he was a happy and very informative sort of guy. He asked us if Tony Raffity was running, and someone said not that we know of, he said 'good' as he did not like him much as he is a knowall and talks a lot - but not as much as him ! As you can guess, there was a lot of talking done during the trip by our Cab Driver, on arrival I made the comment that Tony Raffity must talk a hell-of-a-lot ! Checked in the hotel, then took a tram to the Expo Centre, not much to talk about, saw and spoke to other Striders who were also there.

Race day turned out to be quite warm, it was my first time in Melbourne (and I think it may be my last). We all assembled in blocks of thousands (depending on your number) and started to walk to the Start Line, but then everyone started jogging, about 1Km later we finally arrived at the Start Line.

Had a good start, got into a good pace after about 2Km, then at about 4Km I started getting a side stitch, this lasted till about 10-12Km. I was a bit ahead of my time splits, but kept at the same pace, was feeling alright. Every now and again I looked up ahead and it was just one long road, not much to look forward to. The sun was getting hotter and it was on the same side all the time, no shade and no change in direction on the run.

It was about half-way that I started to fade, the sun was getting to me, I was very hot but my hands were cold, looked forward to all drink stations from then on. I think it would have been better having sponges in between all drink stops instead of at drink stations. Will write and suggest this to the organisers.

I was really struggling at 35Km, a few Striders went past me, namely Dave Robinson and Don Price. I in turn went past a Strider, Peter Markham at about 38Km, at this stage I wasn't thinking very well.

Finished, at last, with great relief. I did not do the time I set out for (2Hrs-47m) but was very happy with 2.55.46, a 2 Min. P.B. It took me a few hours after the finish before I started to think straight again. The best thing I did was to climb into one of the Spa's they had going, it was great, got the circulation going properly again.

I found the course very boring, it was hard running with the sun shining on the same side and no shade. I would also hate to do it if it was windy and wet. Maybe next year I will have to think about it.

My next marathon will be the "Wang" (or whatever they are going to call it) in 1986. My training will start in December/January. I shall keep doing the track work and just slowly increase my mileage each month and get it up to about 85 to 90Km over 4 months and also throw in a bike ride now and again.

For those Striders who I am now leaving behind, I hope the above training programme that I am doing will help you as it has helped me (but not too much, so that you catch me up !).

1985

THE BEST OF TIMES

MALE

SUB 2:40

1.	WIN AHLMANN	BERLIN	2.24.26
	PHIL GARVIN	BIG M	2.24.26
3.	GARVIN (2)	WANG	2.28.43
4.	GARVIN (3)	CANBERRA	2.28.46
5.	ROB HARRISON	LONDON	2.30.43
6.	DEREK LIEBENBERG	WANG	2.35.52
7.	TONY McCALL	MORETON BAY	2.36.07
8.	RON FEENEY	LONDON	2.38.32

FEMALE

SUB 3:30

1.	SUE HILL	WANG	3.11.12
2.	HILL (2)	ANZAC DAY, SYDNEY	3.15.48
3.	DOT SIEPMANN	BIG M	3.17.21
4.	SIEPMANN (2)	CANBERRA	3.19.12
5.	MERRI MACK	ANZAC DAY, SYDNEY	3.23.27
6.	HILL (3)	FIJI	3.24.34
7.	SIEPMANN (3)	ADELAIDE	3.27.25

PRESIDENT'S REPORT

Notes from Carol

Arrangements for the Half Marathon are well ahead of schedule. The entry form/ information sheet is at the printers and this single page is notable because of its simplicity and the smashing picture of Mora Main. There are no MCP's on this committee!

We are still receiving complaints from members regarding pace at Stars. Appeals to finer feelings have had no result, so I suggest now that if Striders know that the pace is inappropriate for the group, they should yell/shout out, "Listen, you're going too fast - drop back the pace". Maybe that will get some attention. I don't think it's unreasonable to expect all runners to stick to the pace set down for the group for the first hour at least. New runners particularly need guidance on these long runs, otherwise they do a P.B. for the first 10km and then limp the next 15km home.

A warm welcome to the following new members: John Bond, Allen Hissey, Peter McGraw, Brenda Mattick, Beth Reid and John Wright.

Congratulations to Graham Deacon on his engagement to the lovely Katherine, a fellow Librarian from Hurstville.

Our thanks to Bernie King for a $50 donation which resulted from his excellent organisation of the Bathurst trip.

Special Thanks Department

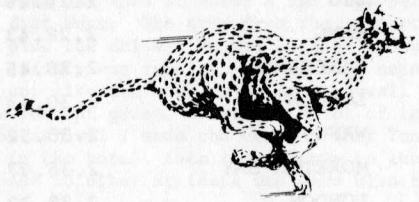
1. To Dorothy Flanagan for her presentation and research into the Club's need to incorporate.

2. To Steve Cornelius for slaving away despite more problems than usual and getting the itinerary typed.

Carol Ludington

Carol Ludington

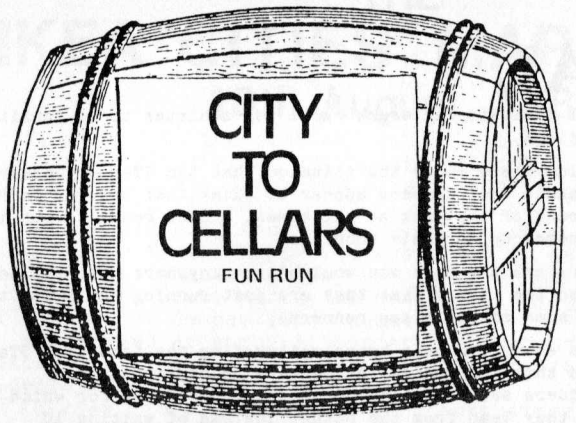
(President)



IN THE INTERESTS OF ALLRUNNERS

SUE HILL

Is anyone interested in a sociable 8 to 10 km run on Monday evenings at 6.30 P.M. ?? NOSH (of Great NOSH FOOTRACE fame) schedules these runs from different starting spots on the lower/middle North Shore with at least part of each run being on interesting bush tracks, parkland, and/or off the roads.
For details, telephone Sue Hill, 952 497 A.H., 633 6504 B.H. or Alison Radford, 958 2312.



- Cessnock City to Hungerford Hill Vineyard—12.7 kilometres through beautiful vineyard countryside.

CITY TO CELLARS

Cessnock Basketball Stadium

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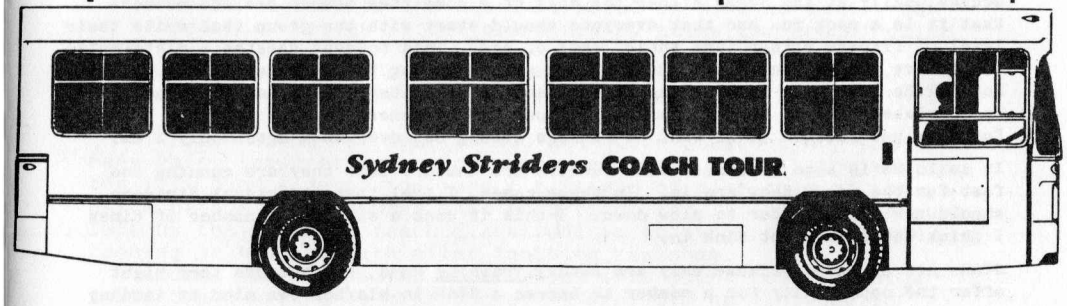

FULL DETAILS NOT YET AVAILABLE

RACE DAY PROBABLY 2nd MARCH 1986 (EX SYDNEY 1st MARCH)

ORGANISER: EDWINA GARVIN

WATCH FOR DETAILS IN NEXT CALENDAR (No. 32)
AND STAR NOTICE-BOARD

EDITORIAL

All of the top international invitational track races pay athletes to be rabbits in order to encourage fast times.

It would seem that some Striders are under the illusion that the STar organisers are rewarding rabbits at STaRs. Some members appear to think that the way to run STaRs is to be 5 paces in front of the pack at all times, and be ready to put in a surge every time someone comes up to their shoulder.

Ironically the main offenders are the ones who wouldn't be anywhere near the lead in a race which gives rise to the theory that they are just running the STaRs to boost their egos by leading some of the class runners.

The calendar sent to members every 3 months keeps reiterating the fact that STaRs are definitely not races and that the general atmosphere is supportive and friendly. However many Striders are insisting on starting in groups for which they are obviously too fast, and they lead from the outset instead of waiting 10 minutes for the next group and running with a pack of runners of similar pace.

Occassionally at the STaRs either the host of a committee member reminds members that it is a pack run and that everyone should start with the group that suits their level of fitness rather than their level of ego. This however creates a dictatorial atmosphere to our runs and could make the person making the plea unpopular. I hope STaRs never get to the stage where members are literally herded into their appropriate groups. We don't expect a group of 40 runners to stay together for 30km but neither do we want 40 runners strung out over 400m after only 2 km.

It could be in some instances that runners are unaware that they are running too fast for the group they are in. In these cases, I feel that individual Striders should ask the offender to slow down. If this is done a sufficient number of times I think the idea might sink in.

STARs are so named because they are Sunday Training Runs, not because they might offer the opportunity for a member to become a STAR in his/her own mind by leading others who really did turn up to train.

So please do the right thing and enjoy the STaRs.

- - - - - -

For the second time in the club's history, we have a tie at the top of the Striders Marathon ladder. Remember back in April '83 when Keith Canard equalled Rob Harrison's ten-month-old club record of 2.33.46. The time Phil Garvin's 2,24.26 at the Big M has equalled Win Ahlmann's time set in the Berlin Marathon just 2 weeks previous.

- - - - - - -

Don't forget to keep March 23rd next year free. That's the day of Sydney's Royal Life Half Marathon when Striders put something back into distance running. It is again our aim to stage the best half-marathon around, but we need everyone of you to put on a good show. A race committee member will becontacting each member early in the new year with details of duties for race day. Race Manager, Nobby Young is the man to contact if you feel you can be of any assistance in our lead up to the race day (ph 816-2017).

- - - - -

Another Strider has been lost to the New York R.R.C., at least temporarily. This time it's Richard Bevan who's decided if you can make it in the Big Apple, you can make it anywhere.

- - - - -

Fill in the yellow results slip in this issue and return it by February 10 so that full race results can be published in the next Blister (no. 26).

February 23 is the deadline for other contributions. The rate of contribution by members to the Blister has fallen in the last 2 issues. Please help reverse this trend next time, and make the Blister a true club journal, and not just a magazine relying on the same half dozen or so contributors each issue.

Bill Flanagan
EDITOR

P.S. MERRY CHRISTMAS AND HAPPY NEW YEAR TO ALL STRIDERS.

THE IKEA "CITIES" MARATHON

18th August, 1985

Ray Reid

My entry in the "Cities" was a last minute decision following a disasterous "Bathurst" attempt in July, (which I don't like to talk about too often), suffice to say I posted a D.N.F (did not finish).

Anyway deciding that failure to finish a Marathon is like being thrown from a horse i.e (you have to get back in the saddle as quickly as possible) the "Cities" was the first after Bathurst so along with Bruce Murray we headed for Sydney Town Hall in the early hours of Sunday 18th August.

We arrived at about 5.30am at the Town Hall to register, the weather was fine and cool with a light breeze, temperature about 11 degrees C.

Entries this year were the highest since the event started in 1981, 203 starters 187 finishers, besides Bruce other Striders I met at the start were Graham Firkin and Jim Donovan.

We were called to the start at about 10 minutes to 6 - 6am we headed down George Street preceeded by atime car and a Police escort.

My paronoia about not finishing was running wild now, so plan "b" was put into action i.e run conservatively for a 3.30 finish (no P.B's today).

The run along Parramatta Road was quite pleasant not too many cars, temperature comfortable, we had to run all the way on the left hand side of the road (a friend of mine told me the curve of the road ensures that your right leg is longer than your left by the time you reach Blacktown) so to avoid this I began running on the footpath after reaching Lewisham.

George McGrath passed me at about this point (usual George smiling and waving to everyone as he went by) he finished in 3:00:10 1st Place 55yrs and over.

The race organizers had plenty of drink stations along Parramatta Road and an official car driving up and down the line of runners for their safety.

Anyway I was feeling quite ok so I pushed on along Parramatta Road admiring the cars in the umpteen car sales yards (the best deal I saw was a Ford dealer in Auburn offering a video recorder with every car sold). Mind back on the job I realized I was in Granville nearing the end of Parramatta Road (half way) Officials with flags stopped traffic to allow us to cross Church Street Parramatta (auto alley). Unfortunately this was where the run became difficult, up Church Street to the Great Western Highway and up "Mays" hill, the first of a series of hills stretching to Blacktown. Still felt OK as I turned off the Highway on Old Prospect Road to go over the "overpass" on the highway for the run into Blacktown. My wife Beth joined me at Blacktown Hospital (very appropriately) for the last 7 kilometres to the finish. Rather fiendish of the organizers. At 35Kms you can just about see the finish but you have to do a loop of 7 kilometres out to Doonside before finishing.

Up the last hill over the Railway line into Francis Park to be greeted by Bruce, a lap of the oval and finished in 3.33.31. Not a P.B. but the fact that I finished put me in good cheer.

A very good run, well organized, plenty of drink stations along the way, when we got to Blacktown the local soccer referees in uniform stopped traffic at every intersection and gave us plenty of encouragement.

Medalions to all finishers, singlets, hats, umbrellas, posters as well. Numerous lucky draws including shoes, tracksuits, trips to "Big M", Shane Surf Ski, shirts, singlets etc., breakfast as well and even cold showers!

I highly recommend this run for anyone who likes an A to B course, very hilly, but I'll definately be there next year. (I hope some more Striders enter).

RESULTS

CITIES

Graham Firkin	3.07.11
Bruce Murray	3.17.35
Dan Gray	3.20.49
Ray Reid	3.33.18

FORTHCOMING EVENTS

January	4	Palm Beach to Manly 30km 5 a.m.
January	26	2UW Australia Day Festival 10km, Sydney Showground 9 a.m.
March		City to Cellars - Cessnock, See page 13 for trip details
March	23	Sydney's Royal Life Half Marathon (Striders are expected to officialise)
April	13	Canberra Internation Marathon
April	25	Anzac Day Marathon (N.S.W. Championships)
May	3	Novice C-C Championships *
May	4	City of Sydney Half Marathon (Sydney Showground)
May	17	Sutherland Half Marathon (Audley)
May	31	Parramatta Open 10 Mile
June	8	Wang Australian Marathon
June	29	N.S.W. 15km Road Championships (no details yet)
July	12	Bathurst Marathon & Half Marathon
July	19	N.S.W. 16km C-C Championships *
August	10	Sun City to Surf
August	16	N.S.W. 12km C-C Championships *
August	31	Festival City Marathon - Adelaide (see page 19
October	12	Big M Marathon (see page 18

* Denotes A.A.A. Registered athletes only. Call Secretary for details.

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For entry and complete details, send stamped self-addressed business envelope to: Canberra Marathon PO Box 144, Kambah ACT 2902

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ENTRY is open to all runners and wheelchair entrants over the age of 16 years.

RACE RECORDS:
Men — *Ron Tabb (USA) 2:10.54 (1983)*
Women — *Annick Lebreton (France) 2:36.55 (1983)*
Wheelchairs — *Ric Hansen (Canada) 2:13.18 (1983)*

COMPETITORS: 3700 in 1984 (Entry limit of 5000)

COURSE: From North Sydney, across the Sydney Harbour Bridge to Botany Road and return to finish at Sydney Athletic Field.

WEATHER: Average temperature 10°-13°C. Average humidity is 79%.

ENTRY FEE: $A10.00.

ENTRIES CLOSE: 12 May.

FEATURES *include participation money in accordance with IAAF rules, over 200 spot and special prizes, pasta dinner. Every finisher receives special finisher's medallion, race results booklet and finisher's certificate.*

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The flat and extremely fast course runs from Frankston to Melbourne around scenic Port Phillip Bay.

Course records are held by Bill Rogers of the U.S.A. with a time of 2 hours 11.08 set in 1982 and Rhonda Mallinder, Australia, holds the women's record with a time of 2 hours 37.56 set in 1983. Out of a field of 6,346 entries the 1984 winners were Juma Ikangaa, Tanzania and Margaret Reddan, Australia.

The Big M Melbourne Marathon has a huge range of awards. All finishers receive a City of Melbourne medallion, certificate with time and place, woven badge and full colour souvenir results book.

Features: Runners Expo Marathon Seminar Pasta Party

Enquiries:
Ted Paulin - Race Director
Melbourne Marathon Inc.,
Olympic Park Administration Building,
Swan Street, Melbourne. Victoria. 3002.
Phone: (03) 429 5105

Association of International Marathons
AIMS

MMI 1477

Bathurst Half Marathon Flashback

Bernie King (12th place) on the left and Terry McIver (9th) chase Ron Corden (11th).

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1836 SOUTH AUSTRALIA 1986

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August 31, 1986

AUSTRALIA'S FRIENDLIEST MARATHON

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EVERY FINISHER IS A WINNER! Cheers from the big crowd that lines the finishing chute. Then a handshake from Elder Park Premier the Best Honourable Mr. John Bannon MP. Finisher Medallion, a 'Diploma' with your accurate time/position, chances for fabulous prizes, a proof Finisher photograph.

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All finishers receive a special jubilee medallion, a jubilee certificate and a finisher's T-shirt.

RACE RESULTS

GILLAWARNA 10km CHALLENGE — October 27

1.	D. Liebenberg	3
	Evan Millar	34.43
	K. Wylie	36.19
46	T. McIver	36.22
54	R. McLean	36.32
87	B. Colwell	37.52
126	R. Klima	38.59
139	J. Burgess	39.46
	K. O'Kane	42.18

2UW Birkenhead Run 8km — **October 6, 1985**

1.	P. Guest	23.16
1F	M. Main	27.24

Striders

77	M. McGuirk	27.50
81	K. Wylie	27.52
100	W. Marsden	28.48
107	R. Klima	28.57
646	K. O'Kane	42.44

865 Finishers

Fishers Ghost 12km — **November 11, 1985**

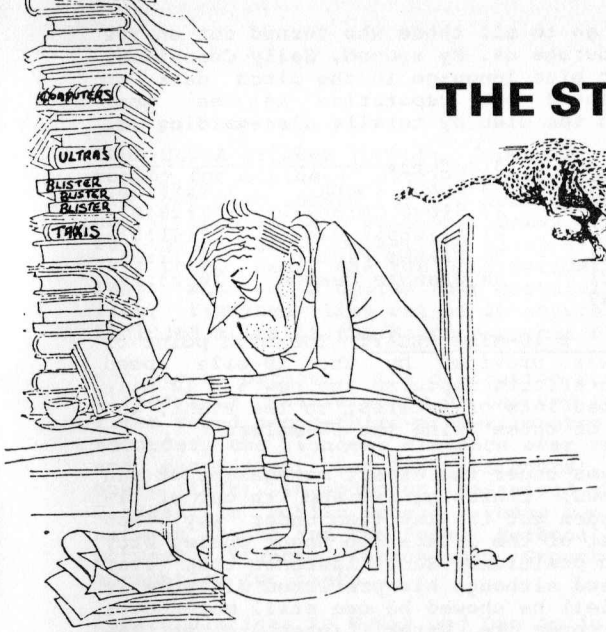
Striders

	K. Wylie	45.13
	K. O'Kane	53.22

ADELAIDE F/CITY M'THON 25/8/85

MATHEW KALEY	3.20
DOROTHY SIEPMANN	3.27.25
BRIAN TAILFORD	3.27.41

Win Ahlmann (Berlin Marathon, Germany, 29/9/85)	2.24.26	New Club Record
MIKE FOSTER (HASTINGS MARATHON, NZ, 31/08/85)	2.55.12	(PB)
TONY MCCALL (MORETON BAY MARATHON, QLD, 14/04/85)	2.36.05	
TONY MCCALL (GOLD COAST HALF-M'THON, 21/07/85)	1.10.57	
BRIAN COLWELL (GILLAWARNA HALF-MARATHON, 11/08/85)	1.27.45	
BRIAN COLWELL (SYDNEY M'THON CLINIC 25K, 20/10/85	1.40.52	
RON BURKE (SYDNEY M'THON CLINIC 25K, 20/10/85	1.41.53	



THE STEVE CORNELIUS ULTRA REPORT

by Steve Cornelius

WOLLONGONG TO SYDNEY 50-MILER, 1ST SEPT 1985: Only 5 Striders decided to tackle the "Gong" this year, about half the number we originally expected. But all 5 arrived at Town Hall looking reasonably fit and happy.

Nobby Young confirmed his dominance of the Striders' Ultra scene, being first Strider home for the 2nd consecutive year and cracking his own club record for this race by over half an hour to record 7:00:50. There was a stage, very early in the run, when I foolishly entertained the idea of keeping up with the foul-mouthed little bludger, but I'd abandoned this idea well before Waterfall. However, I was well pleased to break 7 hours 30 minutes and also get under Nobby's previous record. The cool, overcast weather was perfect for a 50-miler, and contrasted with the heat we experienced on the last northbound run in 1983.

Alistair Mackie demonstrated the Triathlete's Theory of Ultra-Marathoning, or "Bull-in-a-China-Shop" Method. Hurtling up Mount Ousley as if propelled by rocket-launcher, he was 3rd at the top of the hill. That's 3rd overall, not 3rd Strider! Ali soldiered on to finish in 7:41, and had to be restrained from jumping on a bike and pedalling off towards Perth.

The 4th and 5th Striders were debutant ultra-freaks Graham Firkin and Grahame Deacon. The former arrived at Town Hall in 8:12 looking like he'd quietly jogged round the block, and the latter had to battle against the sun for the last 3 hours but finished in good spirits. Congratulations to both on successful debuts!

Up front, Richard Tout of New Zealand won the race, just missing the northbound record, held by Strider Bruce Inglis, by 25 seconds. Cliff Young once again showed us his deceptively fast slouch, finishing 4th overall and 1st Vet. Helen Golebiowski took the women's prize.

Heartfelt thanks, as usual, go to all those who turned out on the day to feed, water and encourage us. My second, Sally Cornelius, had to tolerate some rather blue language in the pitch dark on Mount Ousley, but cemented her reputation as the most professional ultra-second in the club by totally disregarding it.

Results:

1	Richard Tout	5:54:08
2	George Fish	6:01:27
3	Tony Satler	6:40:20
4=	Cliff Young	6:50:21
4=	Charlie Lynn	6:50:21
39	Helen Golebiowski	8:30:39

Striders:

8	Nobby Young	7:00:50
17	Steve Cornelius	7:29:02
21	Alistair Mackie	7:41:33
35	Graham Firkin	8:12:24
59	Grahame Deacon	10:23:16

INAUGURAL WOLLONGONG-SYDNEY 5 x 10-MILE RELAY: The high point of this year's "Gong" day was provided by the 10-mile speed merchants whose superlative efforts captured the new 5 x 10-mile relay trophy. The relay added lots of interest to the event, and helped maintain the spirits of those doing the 50-miler.

Striders fielded 2 5-man teams under the expert management of Ian Bowden, and both did us proud, finishing 1st and 7th out of 19 teams. Bernie "Exocet" Corden got the 1st team under way, and after the longest and hardest of the 5 legs (up Mount Ousley etc) Striders were in a handy 3rd position. Scott Lawrence took over at the top of Bulli Pass, and although his preferred distance is now 800 metres (inconceivable!) he showed he can still motor over 10 miles. Before handing over to Derek Liebenberg at the Helensburg turn-off, he had pulled the team up into 2nd place, about 2 minutes adrift of Eastern Suburbs AAC.

Mr. Liebenberg set off in pursuit of Easts as if his life depended on it. I will never forget watching him blast up a hill a few miles south of Waterfall, visibly reducing his opponent's lead with every pace! Easts' 3rd runner must have been thoroughly disheartened to arrive at Engadine well over 1 minute behind the green-shirted bullet. Just to rub it in, Phil Garvin pushed Striders' lead even further, finding the predominantly downhill 4th leg to Blakehurst very much to his taste. Sprinting like a 200-metre runner over the last section, to squeeze every last second of advantage, he handed over to anchor-man Wayne Stanton with a lead in excess of 3 minutes.

Wayne is not the type of guy to throw away the hard work of 4 other runners, all of whom have "bust guts" to give him a lead. Aided by regular bulletins on Easts' progress, and by his own determination, he ran a very controlled anchor-leg from Blakehurst into town, to cross the line at Town Hall 51 seconds ahead. 51 seconds isn't much over 51 miles, but enough to record a historic win for Striders.

The 2nd string didn't disgrace us either. Bruce Inglis, Ian Bowden, Terry McIver and John Fazio were joined by Ron Corden, an 11th-hour conscript for the anchor-leg, who protested loudly that he "was only here for the beer" or somesuch. They registered 7th place, just behind Wests' and the Clinic's 1st teams!

Club President Carol Ludington wrote, earlier in the year, about the impressive club spirit shown on the day of the Great 100km Bed-Push. That same spirit surfaced again on Wollongong day, and it was great to watch. The relay trophy will be hard to retain in 1986, but if enthusiasm is a factor, we're in with a big chance.

Results:

1	Striders 1sts	4.50.59	5	Western Dists. JAH	5.05.23
2	Eastern Suburbs AAC	4.51.50	6	Marathon Clinic	5.05.41
3	Kembla Joggers	4.57.35	7	Striders 2nds	5.11.29
4	Mount Pritchard	5.04.27	12	Woodstock Ladies	6.06.10
			13	Mthon Clinic Ladies	6.08.48

CLUB ULTRA RECORDS TUMBLE: September and October were eventful months for Striders' ultra-freaks. First we saw Nobby Young break his own club record for the Wollongong 50-miler by over half an hour, then in late September Danny Gray, the "quiet achiever" of the Ultra Gang, became the first Strider to crack 10 hours in a 100k race. Danny was the only Strider in the Bathurst Centenary 100k, and on a course that certainly couldn't be described as flat, finished 11th out of 28 starters in 9:57:19. The course included a lap of the Mount Panorama circuit!

Not to be outdone, the diminutive but disproportionately loud Gladesville postie wound up the key in his back and trundled 504 times round a one-third-of-a-kilometre track to set 4 club ultra records: the longest distance ever run by a club member (168k), and the fastest over 150k (21 hours), 100 miles (22:45) and 24 hours (168k). In addition, he raised thousands of dollars for the Gladesville Public School, whose pupils now rate him somewhere between Rambo and the Pope. Personally, I'd rate him somewhere between Yiannis Kouros and Groucho Marx, but there's no accounting for taste.

Congratulations to Nobby and Dan on jointly re-writing the record book - we look forward to even more Herculean feats in 1986. Incidentally, I'll never forget turning up at Gladesville at 2.30 a.m., a time when I thought Nobby would be in dire need of company, only to find the place like Pitt Street in peak hour! Mathew Kaley was there (he should have been studying for HSC at that hour), and Alistair Mackie (who should have been doing a few laps of an outdoor pool like any NORMAL triathlete would), and Brenda Hamill, the only ultra-freak who has the misfortune to be MARRIED to a triathlete, was just off to cook Alex's breakfast.

THE 1986 SYDNEY-TO-WOLLONGONG: Tom Gillis has already announced the date of next year's ultra: Sunday August 31st, 4 a.m. at Sydney Town Hall for the 50-miler and 5 a.m. for the 5 x 10-mile relay. Tom says he's considering making the run SOUTHBOOUND every year from now on. The northbound run, although slightly easier physically and (Tom and I both believe) easier psychologically, causes problems towards the end, with runners having to dodge traffic. Tom finds Police co-operation easier to obtain for the southbound run, in which runners have the following benefits: street-lights instead of inky blackness for the first two hours; fewer awkward intersections to negotiate towards the end; easier parking for support vehicles at the finish; no theatre crowds to dodge on George Street when you're tired; showers at the finish; no necessity to spend money on a motel the night before.

It's a shame in a way, because I've enjoyed the 2 northbound runs I've done so far. It's very satisfying to be running INTO your home town, and there are good morale-boosting landmarks such as Tom Ugly's. But I must admit there were some hairy traffic scenes this year, both early on (in the dark) and later as we headed into town, and the switch-round should help those situations. Mount Ousley at 4.30 a.m. in the pitch-black is no place for the faint-hearted!

CLOSET ULTRA-FREAK STRIKES AGAIN!: We are pleased to report that Mathew Kaley, who turned out for the Triathletes Tennis Team against the Ultras in October, is in fact a secret agent doing undercover work in the Triathletes' camp and reporting back to us. His recent exploits include: an unsuccessful attempt to throw the tennis match by pretending to be overawed when faced with the Coville/Cornelius duo; an impromptu 60k solo training run round the northern beaches; an attempt to combine HSC study with triathlon training. Well done, Mathew, and keep those reports coming - we must all work hard to make the streets safe from triathletes so that decent family folk can live without fear.

TENNIS DEBACLE: Talking about the big grudge tennis match, I thought we were on a sure-fire winner there, especially with maniacs like Mackie and McIver playing for the Triathletes, but somehow we got creamed, 50 games to 46. A special mention for Dr Irwin Light and Grahame Deacon, on whose final match so much was at stake - don't worry fellas, anybody would have cracked with the Triathletes' cheer-leaders screaming like banshees while you tried to serve. Never mind, we made a good old mess of Alex Hamill's house afterwards, and I pinched a couple of valuable-looking originals off the loungeroom wall, so the day wasn't a total write-off.

Our next attempt to "do" the Triathletes good and proper will be at tenpin bowling, followed by a good session of pasta-eating. This dual event was scheduled for February, but owing to unforeseen circumstances (viz, the closing down of the St Leonards Bowl in December and Sally Cornelius' penchant for the coast of Queensland in February) it will now probably be in April or May. I shall be very pleased to rid my mantlepiece of the Ultras vs. Triathletes losers' trophy, probably the most revolting trophy ever manufactured. It consists of an unwashed pair of Alex Hamill's oldest gym-shoes (circa 1938), roughly sprayed with gold paint and nailed to a bread-board. Needless to say, the odour has caused a fair amount of adverse comment at dinner-parties, and our neighbours are suing us for polluting their environment. With friends like Alex, who needs .....

The Valiant Few who wielded the racquet for the Ultras were: Dan Gray, Nobby Young, Bruce Inglis, Graham Firkin, Charlie Coville, Brenda Hamill, Laurie King, Sue Hill, Doctor Irwin Light, Grahame Deacon and Steve Cornelius; and 2 ring-ins, Sally Cornelius (Ultra-Second Extraordinaire) and Ron Corden, who protested he "was only here for the beer".

The Motley Collection of Triathlete Misfits who represented the Forces of Evil were: Alex Hamill, Peter Keeble, Terry McIver, Harry Turner, Nick Reid, Robyn Murphy, Owen Denmeade, Ian Bowden, Merri Mack, Bill Flanagan (who should know better), Mathew Kaley (who DOES know better), and Alistair Mackie (who wouldn't know if his bum were on fire).

To the Bowl, comrades, To the Bowl!

WOLLONGONG TO SYDNEY ULTRAMARATHON

ALISTAIR MACKIE

I had considered doing this run for three years not through a burning ambition to be an ultra marathoner, more for the challenge and the desire to do it plus the reputation the event has. My first (and last) ultra became ultra pain and an event of "many" memories.

I discussed my interest in the event with the Striders current ultra exponents namely Steve Cornelius and Nobby Young who assured me I could do it with "ease" N.B. ease - meaning freedom from pain, trouble, exertion. The Oxford english is wrong or Steve and Nobby are a trifle dishonest!

Having made up my mind, I then had to find the most important ingredient for the day, my seconds. I learnt that Ron and Bernard Corden were available and willing to support a competitor, so I was able to accept their valuable support. I can only agree with everything I have read on the value of your seconds without them I for one would not have finished.

We left Sydney at 2 a.m. on the Sunday choosing to drive down at this time rather than go down on the previous evening. We arrived in Wollongong at 3.20 a.m. approx. and asked directions to the town hall of the locals who were making a rather drunken way home. One chap we asked directions of replied in a rather slurred voice what we wanted the town hall for as didn't we know it was closed!! The start of the run was scheduled for 4.00 a.m. from the town hall. The guests and celebrities were introduced including Cliff Young and interstate runners, one from Darwin who was feeling very cold. Tom Gilli s gave us a few words of advice and set us on our way at about 4.15 a.m., nobody minded the late start, as the event, despite its distance is taken rather lightly which made for a nice friendly atmosophere.

The field of 72 individuals runs through the shopping centre (narrowly avoiding shin height bus stop seats) and out of town to the Princes Highway. I was running with Steve and Nobby very relaxed and chatting away when Steve declares we are too fast and drops off, this was at about the 3 Km mark. I think nonsense this is easy and carry on, I should have wondered if I was correct when Nobby also dropped off and this was all before the start of Mt. Ousley. I really believed I was running at a comfortable pace for the distance as we started up the mountain. This was actually a great part of the run as the top of the mountain was shrouded in mist and all you could see for miles was dozens of hazard lights on all the seconds cars.

I fell in with another runner going up the mountain and we ran together for company. Ron was giving us both drinks and encouragement on the tougher sections and I remember seeing Trevor Roberts who was giving support to us all. We crossed the top of the mountain in good shape and settled into a nice steady rhythm which had us well on schedule towards our planned time of 7 hours 30 minutes. Stanwell Park area came and went with a change of T shirt and the loss of my partner. I remember thinking its going to be a long way on my own (I was to recall those thoughts).

On the approach to Waterfall, Harvey Blue joined me to run to Sutherland, thank goodness he did as I was feeling it and had only completed about 45 Kms. Waterfall itself was the start of my decline and the run to Sutherland was a hurdles event for me as I kept having to climb over all these walls. My support crew were superb at this time just giving me drinks, easily digested foods and sensible encouragement. I have to say that if it wasn't for Harvey I would not have made this section. Approaching Sutherland Nobby came by looking very fresh, I told him I had hit a low spot to which he

cheerily replied "yes there's a few of those along here" as he disappeared at an insane speed.

We reached the level crossing at the National Park entrance and I told the guys it was time of decision, (I wanted to quit, I think). Ron put me in my place very quickly by saying something like "don't be bloody silly you're going to finish". If he had but known his merest wish at that time was my command so off we go towards Sutherland. I must have improved slightly as I remember Harvey leaving us at the Sutherland Shopping Centre. The run up through Miranda to Tom Ugly's bridge is very vague but Bernard was running with me, telling me how much better I looked and that I had overcome that physical low, thanks Bernard for being dishonest, I think if he had told me how I really looked I would have fallen down and stayed there. Dave Williams and Sally Cornelius were there giving support or was it sympathy.

Steve Cornelius passed me on Tom Ugly's bridge (remember at 3Km) and very cheerfully told me that we were now in Sydney having crossed the bridge, it was still a monstrous 18Km to go. Steve said he felt quite good and said farewell, I think I said something in reply, but I definitely thought about his parents' marital status.

I stumbled along through the more scenic of our southern suburbs!! thinking about the Town Hall and how far away it was. I saw a car which was very like my own parked a little way before where Bernard was waiting with my drinks. I was concentrating so hard on the drinks I nearly ran past my wife and family who had driven out to watch the last few K's. The sight of my family did help as I was approaching Tempe feeling very lonely, Ron Corden and Mike Ward came out from town and met me. It was great to have some company and support as we surged along (sorry should read stumbled along). Newtown came and went with some drama as we were approaching the University I got dizzy and stumbled about, I remember thinking don't collapse now you've only got about 4 Km to go. Mike Ward went off in search of more water as we approached G.B.'s Broadway, then we met Bernard a at Central Railway with drinks and a clean T shirt (for the cameras). Mike and Ron ran my flanks so I didn't have to avoid people. Mike asked me if I could see the Woolworths building which looked really very close, I could have been hallucinating then we were running up past Hoyts and Mike and Ron were telling me to run faster, I was in my final sprint (felt like it) when Mike and Ron dropped off and all of a sudden it was Bathurst Street and 20 metres to the Town Hall steps.

I had enough energy to smile, I think it was a smile, and I was home my first and last ultra completed.

Thanks to everyone who helped me especially Ron and Bernard Corden, who I couldn't have done without and also Harvey who had to put up with my lowest point on the run. I hope I can second for someone next year and help other budding ultras, also well done to Nobby Young who was first strider home. For the record my time was 7 hours, 41 minutes, 33 seconds.

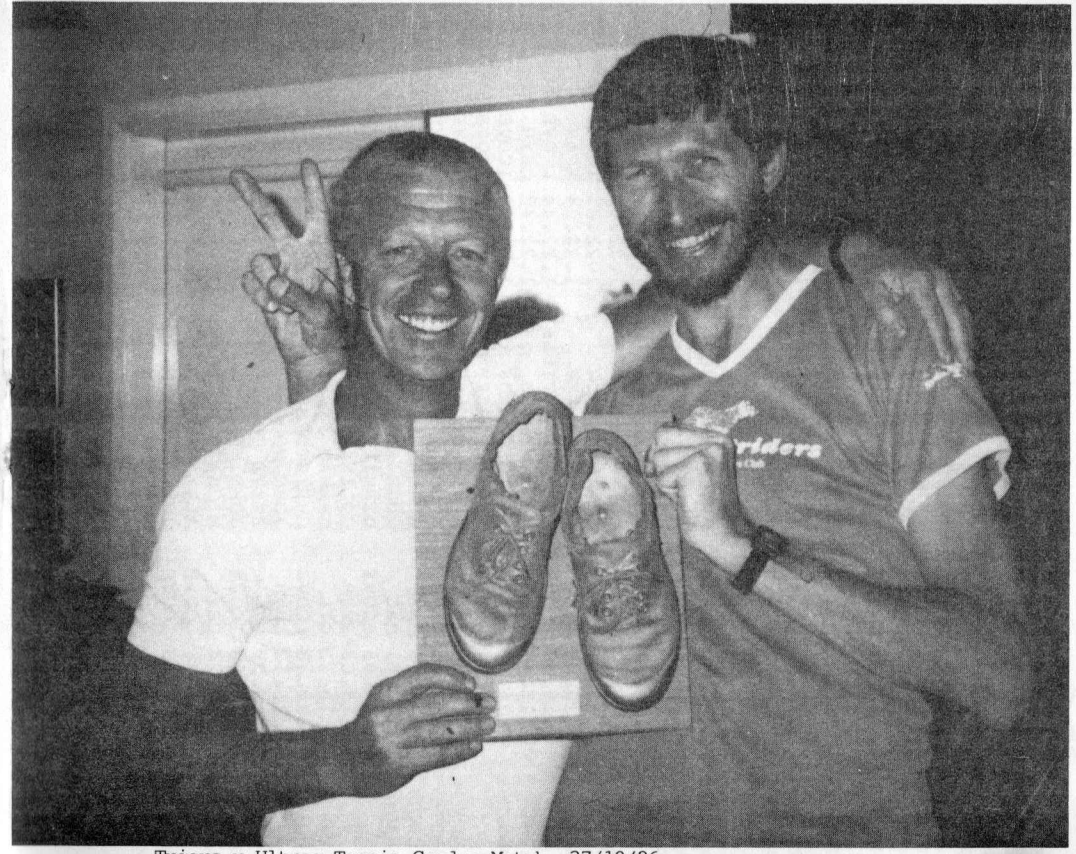
NEW SOUTH WALES AMATEUR ATHLETIC ASSOCIATION

RESULTS OF THE COMMONWEALTH BANK NSW MEN'S 10,000 METRES CHAMPIONSHIPS

MEN'S 10,000 METRES C'SHIP

J HARRISON	UNSW	30.09.0
P HUTTON	S	30.41.0
D LIEBENBERG	STR	31.37.0
M EDWARDS		36.44.0
B COLWELL		37.49.0

The Editor acknowledges the assistance of Steve Cornelius, Alex Hamill, Dorothy Flanagan and Jenny McCoy in the publication of The Blister No. 25



Triers v Ultras Tennis Grudge Match 27/10/86

The Triers' 'Skipper', Alex Hamill (L) presents Steve Cornelius with the Loser's trophy. Photo : Terry McIver

NEW MEMBER PROFILE

JOANNE TIBBITTS

Joanne, who is another New Zealander to join the ranks of the Striders, is an Electrical Engineer and has to cope with the demands of research and a Ph.D. which she is undertaking at Sydney University. She finds that her running has a calming effect, gives her mental relaxation and relieves stress. By covering about 120-140 kilometres a week, she makes sure she gets plenty of benefit.

Most of this running is done locally at Five Dock and to get to the University, and Joanne welcomes the opportunity to run with the Striders as she feels this maintains her speed as well as providing company. So far she has completed two marathons with a best time of 3 hours 20 minutes, and with the amount of training she does she will be sure to improve on that time.

Joanne, who is aged 30, is also a keen cyclist and likes to kayak on flat waters. She is quite attached to her dog which unfortunately is not a keen runner. Versatility is one of Joanne's features, with her other interests including carpentry.

Striders Half Marathon Ladder

HALF-MARATHON LADDER 1985

This ladder lists members' best half-marathon performances of 1985, regardless of whether the runner was a member of Striders at the time. A half-marathon run as part of a longer race does not count, unless promoted as a properly measured and timed race in its own right. The following abbreviations are used for the venues:

BATH: BATHURST (JULY)
CNS: CAIRNS (MAY)
CSYD: CITY OF SYDNEY (MAY)
GC: GOLD COAST (JULY)
GIL: GILLAWARNA (AUG)
ICOVE: IRON COVE INTERNAL (FEB)
LCOVE: LANE COVE HANDICAP (MAR)
MAC: MACLEAY (MAY)
MP: MOUNT PRITCHARD (MAY)
NPAN: NATIONAL PANASONIC (MAR)
SMC: MARATHON CLINIC (number denotes month)
SUTH: SUTHERLAND (MAY)
WAT: WATFORD, ENGLAND (FEB)
WG: WEST GERMANY (MAR)

NAME	TIME & VENUE	NAME	TIME & VENUE	NAME	TIME & VENUE
WIN AHLMANN	1.08.25 WG	BERNARD COOLEY	1.20.32 GIL		
DEREK LIEBENBERG	1.10.12 ICOVE	BILL HOWLEY	1.20.41 SUTH		
PHIL GARVIN	1.10.46 NPAN	MATHEW KALEY	1.21.16 CSYD		
TONY MCCALL	1.10.57 GC	ROD MCLEAN	1.21.17 LCOVE		
BERNARD CORDEN	1.11.07 SUTH	DAVID ROBINSON	1.21.54 LCOVE		
KEITH CANARD	1.13.26 ICOVE	ALISTAIR MACKIE	1.22.03 LCOVE		
VINCE ENGEL	1.13.33 CSYD	MIKE FOSTER	1.22.07 GIL		
WAYNE STANTON	1.15.44 LCOVE	NOEL BARTON	1.22.26 ICOVE		
JOHN FAZIO	1.15.52 SMC6	BRIAN GATFIELD	1.22.30 CSYD		
IAN BOWDEN	1.16.01 ICOVE	SAM DAHER	1.22.31 ICOVE		
EVAN MILLAR	1.16.08 GIL	JAMES WALKER	1.22.34 NPAN		
KEN WYLIE	1.16.50 LCOVE	CHARLES COVILLE	1.22.44 LCOVE		
BILL FLANAGAN	1.16.52 ICOVE	TONY VIPOND	1.22.49 CSYD		
BRET NICHOLS	1.16.52 ICOVE	MICK EDWARDS	1.23.09 ICOVE		
RON FEENEY	1.17.24 WAT	PETER COBLEY	1.23.15 ICOVE		
NORM WILKINS	1.17.36 ICOVE	PETER FOULSHAM	1.24.23 ICOVE		
ALEX WHITWORTH	1.17.45 CSYD	NOBBY YOUNG	1.24.24 ICOVE		
SCOTT LAWRENCE	1.17.49 CNS	GRAHAM BURKE	1.24.25 ICOVE		
DAVE MCCORMACK	1.18.01 MAC	HUGH SPENCER	1.24.40 CSYD		
RON CORDEN	1.18.05 ICOVE	DENNIS WILLIAMS	1.24.56 ICOVE		
RAY DORAN	1.18.08 SMC9	COLIN O'BRIEN	1.25.28 LCOVE		
TERRY MCIVER	1.18.12 GIL	GRAHAM FIRKIN	1.25.37 GIL		
STEPHEN NICOLL	1.18.49 LCOVE	CHRISTOPHER DWYER	1.25.41 LCOVE		
DON PRICE	1.18.52 SUTH	JOHN HODGES	1.25.50 LCOVE		
PETER MARKHAM	1.19.09 GIL	STEVE CORNELIUS	1.25.58 LCOVE		
LEIGH PASCOE	1.19.13 ICOVE	JOHN TURNER	1.26 43 ICOVE		
CEDRIC SIDEBOTTOM	1.19.24 CSYD	MICHAEL MINEHAN	1.26.47 NPAN		
PAUL RUSSELL	1.19.38 LCOVE	ALEX HAMILL	1.26.50 ICOVE		
BERNIE KING	1.19.53 ICOVE	JOHN EVENNETT	1.27.00 ICOVE		

NAME	TIME & VENUE	NAME	TIME & VENUE	NAME	TIME & VENUE
BRIAN COLWELL	1.27.23 ICOVE	RICHARD BAMANN	1.32.17 LCOVE	KAREN TUCK	1.43.03 BATH
DAVID PETERSON	1.27.33 LCOVE	WAYNE GARLAND	1.32.33 ICOVE	BARRY JONES	1.43.12 LCOVE
KEN O'CONNOR	1.27.38 LCOVE	JOHN PLUMMER	1.33.19 SMC	JAMES CAMPBELL	1.43.33 ICOVE
ROBERT MCCARTHY	1.27.45 NPAN	DEREK WHITE	1.33.52 LCOVE	TERRY HUDSON	1.43.53 ICOVE
SCOTT CRAWFORD	1.27.48 CSYD	KEITH BARNETT	1.33.53 LCOVE	ANTHONY SMUTS	1.43.53 ICOVE
BRUCE MURRAY	1.27.54 GIL	IVAN FREYS	1.34.04 LCOVE	DERRICK TITMUS	1.44.35 CSYD
BRIAN TAILFORD	1.27.57 GIL	HARRY TURNER	1.34.11 ICOVE	MAUREEN GREENWALD	1.45.55 CSYD
DAVE BLACKHALL	1.28.00 ICOVE	BOB MANN	1.34.29 LCOVE	ISABEL ENGEL	1.46.58 CSYD
GARY SHOESMITH	1.28.04 ICOVE	GRAHAM BUTLER	1.34.32 LCOVE	GREG JERRETT	1.47.42 LCOVE
MIKE WARD	1.28.07 CSYD	BILL WHITE	1.34.34 LCOVE	MAVIS GARRICK	1.48.23 ICOVE
TREVOR ROBERTS	1.28 11 LCOVE	STEVE KNIGHT	1.34.37 LCOVE	DOROTHY FLANAGAN	1.48.46 ICOVE
JEFF BURGESS	1.28 30 SUTH	DENNIS COOLEY	1.34.41 LCOVE	LESLEY LEAR	1.50.10 SUTH
JOHN HILL	1.28.33 ICOVE	NICK REED	1.35.35 BATH	VIC COLLINS	1.50.20 ICOVE
BRYCE COURTENAY	1.28.53 ICOVE	ROD ANDERSEN	1.35.38 LCOVE	CAROL LUDINGTON	1.50.34 ICOVE
ROB KLIMA	1.28.55 SMC9	BEN STAMMER	1.35.43 LCOVE	DENISE MCCARTHY	1.50.43 GIL
RON BURKE	1.29.04 SUTH	PETER HENRY	1.35.45 ICOVE	GEOFF PEARL	1.52.10 LCOVE
BRIAN LYNCH	1.29.11 ICOVE	GREG PROWSE	1.36.09 CSYD	SYLVIA REA	1.52.19 SUTH
JOHN MCLENNAN	1.29.14 BATH	LEO LEADER	1.36.19 ICOVE	CAROLYN WILSON	1.52.47 NPAN
SUE HILL	1.29.25 CSYD	DALE THOMPSON	1.36.27 SUTH	ADRIAN KOL	1.54.10 BATH
PHILIP MORGAN	1.29.30 LCOVE	MALCOLM MCDONALD	1.37.27 SUTH	QUEENIE TOPLEY	1.55.16 LCOVE
BRENT WATERS	1.29.33 LCOVE	TREVOR MARSDEN	1.37.42 NPAN	ROBI RUSSELL	1.55.31 LCOVE
DICK BARTLETT	1.29.34 LCOVE	RODNEY PHILLIPS	1.37.50 CSYD	BETH REID	1.56.14 BATH
RAY REID	1.29.35 MP	NOEL WORTHINGTON	1.38.00 GIL	KERRY BRAY	1.58.00 LCOVE
GREG CORNISH	1.29.38 LCOVE	TREVOR DRYSDALE	1.38.04 LCOVE	RICHARD ROACH	1.58.50 NPAN
JOHN PATCHETT	1.29.39 ICOVE	DAVE WILLIAMS	1.38.07 ICOVE	HERB LUDINGTON	1.59.33 ICOVE
STEPHEN ROACH	1.29.41 ICOVE	IAN WHITFIELD	1.38.19 SUTH	JOHN ROSS	1.59.36 LCOVE
ASHLEY JACKSON	1.29.42 LCOVE	STAN FLECK	1.38.30 CSYD	KATE O'ROURKE	2.00.06 ICOVE
JOE LOEWY	1.29.48 BATH	PETER LANGTON	1.40.20 CSYD	JOHN BOYCE	2.00.11 NPAN
PETER MCGRAW	1.30.02 SMC9	JOE BAILLIE	1.40.55 LCOVE	FRANK ASSENZA	2.01.26 LCOVE
KEVIN O'KANE	1.30.15 SUTH	EDWINA GARVIN	1.41.01 NPAN	PATTI BURKE	2.03.38 LCOVE
DOROTHY SIEPMANN	1.30.28 SMC2	GERALD SMITH	1.41.03 LCOVE	ROBYN MURPHY	2.07.34 ICOVE
TERRY MCMAHON	1.31.04 ICOVE	MAX HENDERSON	1.41.22 ICOVE	SALLY CORNELIUS	2.08.26 BATH
PETER MORRIS	1.31.25 NPAN	BRENDA HAMILL	1.41.22 ICOVE	SUE THOMSON	2.09.31 LCOVE
DAN GRAY	1.31.36 ICOVE	BILL WACHER	1.41.50 LCOVE	DEBBIE LIEBENBERG	2.12.33 ICOVE
LAURIE KING	1.31.53 LCOVE	PHILIP CALDWELL	1.41.52 BATH	LEENA BAMANN	2.15.40 ICOVE
HARVEY BLUE	1.32.03 LCOVE	JOSEPH WONG	1.42.48 ICOVE	TOM SMITH	2.15.55 ICOVE
MERRI MACK	1.32.13 BATH	BILL MCCARTHY	1.43.00 LCOVE	ALLAN GORE	2.47.11 NPAN

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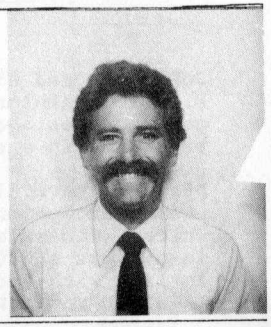
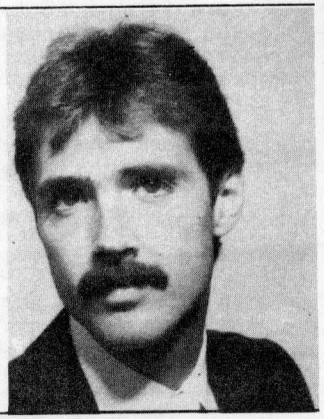
John Evenett (Training Director/Star Co-Ordinator)

Host of : North Head Trek
Start : Summer - Shelley Beach, Manly
Winter - Clontarf
Features : Manly Beach, Manly Dam, North Head



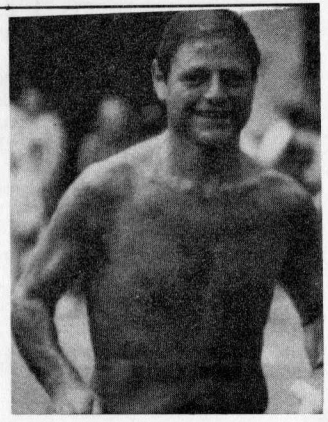
John Hill

Host of : The Chatswood Chase
Start : Chtswood Oval
Features : Lane Cove River Park including most of the Royal Life Half Marathon Course



Wayne Stanton

Host of : Dee Why Dash/Forest Frolic
Start : Summer - Dee Why Beach
Winter - Blackbutts Reserve, Frenchs Forest
Features : Manly Beach, Oxford Falls



Irwin Light

Host of : Bobbin Head Revisited
Start : Barra Brui Oval
Features : Kuringai Chase National Park

TRIATHLONS

THE DEPARTMENT OF INDUSTRIAL RELATIONS TRI

Alex Hamill

THIRD ANNUAL D.I.R. TRIATHLON - November 3, 1985

John Murn and his merry men and women gathered for the third Annual D.I.R. Triathlon. The original concept was to hold an event that gave novices a chance to experience the exhilaration (?) of the triathlon in a somewhat relaxed and controlled environment.

Striders have always dominated the restricted entries and this year was no exception ... 14 of the 24 starters came from the green and white. The swim is 20 laps of the Heffron Park pool, the cycle length was shortened this year to just over 30 ks to bring it more in line with the standard tin man event, whilst the run covered the 11-12 ks to La Perouse and back.

There is no question that the event was once again a great success. John Murn has insisted that the spirit be one of friendly competition and, with the exception of Terry McIver's unfortunate crash with one of the many hundreds of touch footballers walking on the bike track, the day passed in relative calm.

John Murn has attached his annual Award list, but a couple of high-lights are worth noting ...

Phil Caldwell definitely gets the Quote-of-the-Year Award for his comment: "At last I have found my sport. I can sit on my backside for half the time".

Ian Bowden used the event as a warm-up for the Triple M and no doubt would have given first place a big shake if he had been serious. Both Terry McIver and Ivan Freyes found the swim leg to their liking. At no stage did their feet actually leave the pool floor or their hands let go of the lane rope.

The notable first time performance came not only from Phil Caldwell, but also Irwin Light and Louise Fitzsimmons.

Not forgetting Bruce Robertson, who showed an enormous talent across the three sports and no doubt could have performed better if someone had placed a bit more pressure upon him, particularly in the cycle leg. I just hope that when he turns 40 he slows down a little!

TRIATHLONS

THE DEPARTMENT OF INDUSTRIAL RELATIONS TRI

RESULTS

PLACE	NAME	NO.	SWIM	PL.	CYCLE	PL.	RUN	PL.	TOTAL	
1	Bruce Robertson	17	16.42	2	1.00.18	3	46.35	1	2.03.55	
2	Ian Bowden	22	17.14	3	1.00.16	2	55.25	6	2.12.55	
3	Phillip Caldwell	15	20.09	8	59.14	1	53.53	4	2.13.16	
6	Irwin Light	18	20.59	9	1.03.07	5	57.22	10	2.21.28	
7	Terry McIver	9	27.02	20	1.05.08	8	50.22	3	2.22.32	
9	Graham Butler	13	19.22	5	1.10.34	18	55.49	7	2.25.45	
10	Brenda Hamill	8	19.24	6	1.13.16	20	57.12	9	2.29.52	1st Woman
11eq	Dale Thompson	1	21.45	13	1.08.20	12	1.00.10	15	2.30.15	2nd Woman
13	Merri Mack	14	30.18	23	1.06.42	10	54.15	5	2.31.15	3rd Woman
15	Matthew Kaley	12	26.54	18eq	1.09.36	14	58.34	13	2.35.04	
16eq	Louise Fitzsimmons	20	25.53	17	1.13.17	21	56.39	8	2.35.49	
16eq	Nick Reid	21	24.02	16	1.08.38	13	1.03.09	19	2.35.49	
19	Ivan Freyes	24	26.54	18eq	1.12.41	19	58.30	12	2.39.05	
20	Lynne Evans	3	23.10	15	1.10.20	16	1.24.20	22	2.57.50	
22	Robyn Murphy	4	27.40	21	1.18.20	23	1.23.00	21	3.09.00	
-	Josh Hamill	6	21.28	10eq	1.10.17	17	12.00	2k only	-	
-	Alex Hamill	7	16.06	1	swim only		-		-	

ROCKY II AWARD - BRENDA HAMILL for going "three rounds" with the touch footballer who collided with Terry McIver.

ROCKY III AWARD - ALEX HAMILL for scoring the "knock-out" on the above-mentioned footballer.

THE NOEL COWARD AWARD FOR SATIRE - TERRY McIVER, whose immortal words "don't worry mate, I'm only half-dead" struck the previously mentioned touch footballer's heart (if he had one) with all the force of a jack-hammer.

PRUE ACTON FASHION AWARD - NICK REID for his preview of what the 1988 Olympic Cycle Team will be wearing.

TRIATHLONS

ALISTAIR MACKIE.

Having prepared as well as possible, I was looking forward with my usual pre-race nerves for the day to come. The event was held on November 10th in Kuringai Chase National Park. The start time was 7.00 a.m. with final registration being at 6.00 a.m. We arrived to find the Akuna Bay area covered in mist which seemed to add effect to the tension filled air. As the 7.00 time approached we made our way out to the end pontoon for a deep water start courtesy of Mr. Wran firing the gun. The swim course was patrolled by paddlers who not only helped regards safety but also direction as you couldn't see for the mist and the longest leg of the swim was to the east with the sun in our eyes. The swim bike transition area was on the boat ramp side of the bay and was fairly well controlled, I was happy to have Alex Hamill's help and encouragement at this point. I left the area and had the thrill of riding through a gauntlet of people all giving support as we approached Akuna Bay hill for the first of five times. The bike course was very hilly and demanding but there was plenty of water and support along the way, plus the course was the same for everybody. I tried to cycle in a relaxed manner thinking of Mark Allen's advice "relax and don't think about distance or terrain just style and effort" - easy for him. (Mark Allen is one of the top triathletes in the world).

I came through my first lap to catch a glimpse of Harry Turner who told me to take it easy. The support of family and friends on the cycle leg was terrific and a real lift. Having completed four loops of West Head and Akuna Bay you climbed Akuna Bay hill for a fifth time and dropped down McCarrs Creek Road to Bayview for the Bike/Run changeover. I was very stiff coming off the bike but started my run slowly and soon was running a steady but comfortable pace. I got stronger as the run progressed and passed quite a number of people. The course went out to Palm Beach and turned, then followed the Diggers run back to Manly to finish at the surf club. I was running on my own until around Mona Vale although Mathew Kaley had been following the course giving support and recording our pain on video. A cycling friend came along with me from Mona Vale and we met Trevor Roberts at Narrabeen who ran with me all the way to Manly and was great support and company. We passed two competitors at Queenscliffe which I couldn't have done without Trevor's encouragement, also Alex and Brenda Hamill were at Dee Why to help us on our way. The surge of adrenalin and the "high" you feel as you approach the Manly finish is quite indescribable and greater than anything I have experienced before. I finished in ninth position in a time of 11 hours 18 minutes. I must say that my involvement in this event would not have been possible if not for my family's understanding, tolerance and encouragement towards my training demands. Thanks to everyone who supported me during the event and special thanks to Harry Turner, Alex Hamill, Trevor Roberts and obviously my wife.

RESULTS

	Swim	Bike	Run	Total
1. Marc Dragan	38.57	5.03.25	3.16.24	9.58.46
STRIDERS				
9. Alistair Mackie	54.08	6.36.22	3.47.33	11.18.03
Ian Bowden	47.40	6.58.14	4.02.21	11.48.15

2.4 mi. Swim · 112 mi. Bike · 26.2 mi. Run

STRIDERS IRONMAN HONOUR ROLL

IRONMAN
TRIATHLON WORLD CHAMPIONSHIP
HAWAII

Russell Black	1983	12 hrs	42 mins
Harry Turner	1984	11	25
Russell Black	1984	12	46
Russell Black	1985	11	16

GREAT LAKES INTERNATIONAL TRIATHLON

Peter Foulsham	1985	11	56
Alex Hamill	1985	12	29
Peter Keeble	1985	14	46
Nick Reed	1985	16	20

Alistair Mackie	1985	11	18
IanBowden	1985	11	48

Ride 'N' Stride Series winner Merri Mack pictured during the Bathurst Half Marathon. In the chasing pack are Mike Ward, Bryce Courtenay and John McLennan.

HOW TO WIN A FUN RUN! by GEOFF COX

After years of trying, I have finally discovered how to win a fun run. It doesn't involve more training or cheating, but simply finding the right run.

May I suggest a country town at least 200km from Sy dney, and then just to be certain the 'hot shots' don't come from far and wide, make sure the race is on a weekday. That way only true blue locals can enter.

If you are still not certain of winning, find a course with a major hill. (Being a Strider, you would be used to training on Bobbin Head, Table Mountain or some other similar incline.)

This formula worked for me when (to my surprise) I won the Mitchell 1000 around Mt. Panorama in Bathurst. The only problem with winning is that people expect you to go on to bigger and better things.

The weekend following my Fun Run win, I went to Nowra for the Shoalhaven Triathlon. A calf muscle injury had reoccurred after the Mt. Panorama run, and consequently my running leg of the tri was more of a 1/2 a kilometre hobble. So when asked how I went in Nowra, I replied "it was a dnf", which sounds a lot better than "I didn't finish."

RACE RESULTS

SYDNEY MARATHON CLINIC
HALF-MARATHON, 15/09/85

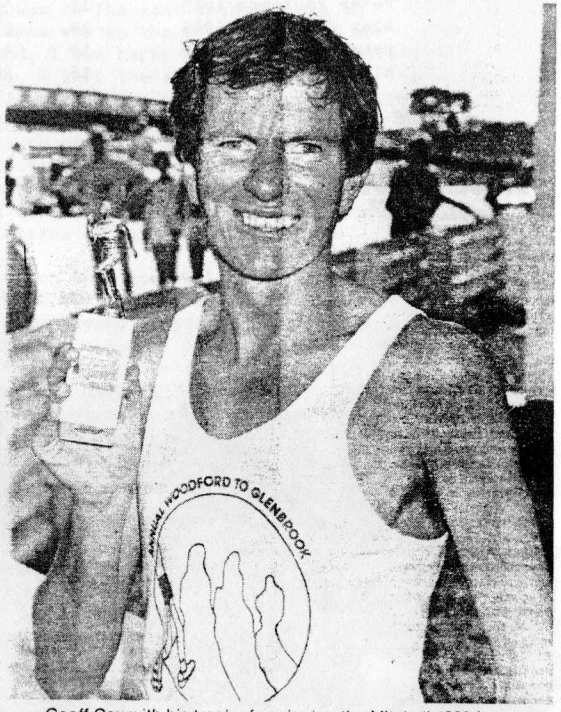
RAY DORAN	1.18.08
KEITH CANARD	1.20.55
ALEX WHITWORTH	1.24.17
MATHEW KALEY	1.28.21
ROB KLIMA	1.28.55
BRUCE MURRAY	1.30.50
JOHN PLUMMER	1.33.19

BRIDGE-TO-BREAKERS 14K 25/8/85

1	DANNY BOLTZ	0.41.23
1F	T. RUCKLE	0.51.26

STRIDERS:

5	VINCE ENGEL	0.44.30
58	TERRY MCIVER	0.50.08
62	CEDRIC SIDEBOTTOM	0.50.21
97	ROD MCLEAN	0.51.11
204	BRIAN COLWELL	0.54.31
236	ROB KLIMA	0.55.12
259	JOHN HILL	0.55.40
340	RON BURKE	0.56.46
352	ROBERT MCCARTHY	0.56.55
447	MERRI MACK	0.58.10
546	RICHARD BAMANN	0.59.12
592	NICK REED	0.59.37
645	JOHN PLUMMER	1.00.05
723	BENNY HAGBERG	1.01.00
957	BEN STAMMER	1.03.13
975	KEVIN O'KANE	1.03.25
1465	BILL WHITE	1.08.20
2302	Sue Thomson	1.19.58



Geoff Cox with his trophy for winning the Mitchell 1000 foot race.

Second time lucky

All Saints school teacher Geoff Cox having only his second run around Mount Panorama won the Mitchell 1000 foot race yesterday from last year's winner Patrick Gibbons.

Cox completed the course in 23 minutes 35 seconds, from a field of about 120 runners. Patrick Gibbons was second in 24m 16s and Barry McKinney third in 24m 56s.

The first boy home under-12 years in a mighty effort was nine-year-old Daniel Stevenson in 30m 56s.

Mitchell 1000 women's record-holder Meredith Hatherley was again first woman home in 27m 7s, well outside her record of 21m 21s set in 1983.

Cox said after the race the high temperature at 4.30 pm yesterday slowed race times a little.

Inter-state Report

QLD REPORT TONY McCALL

A brief outline to begin: this has been a remarkable year for the distance fraternity in Qld. It has seen new life breathed into the scene via combined efforts of various running bodies, it has attracted healthy sponsorship and most importantly it has seen unparalleled participation from novice and veteran alike. The emergence of some new stars destined for greater prominence made the year all the more satisfying. In other areas, the Heartbeat Harriers survived a crisis and have re-established themselves, now as the Brisbane Harriers, and finally, for the first time in 8 marathons, your humble narrator failed to run a PB.

The QAA-Brooks "Chariot Cup", a 9 race grand prix series, became the focus of immense interest and enthusiasm in late April. Under the auspices of the QAA the series was devised to encompass some cross-country events and a variety of road races including the marathon. The races, which included some of our bigger fun runs, were spread evenly over several months and avoided clashes with any major events. The certainty of intense competition and an increase in numbers augured well for the series. A points system went down to 20th place in each race so it was possible for some of us lesser lights to see our positions on the "ladder". There were a few compulsory events and if you missed one you were out - the flu eventually put me out! Warwick Honsey had a stunning array of 6 wins from the 9 events and with the exception of the marathon stamped himself as the distance king in Qld in 1985. Pat Carroll and Laurie Adams would eventually finish in the minor placings. Jenny Lund swept all before her in the ladies section.

When the Gold Coast/State Marathon rolled around on July 21st all the talk centred on how Honsey would fare against Carroll and Adams. He was streets ahead of the others on points but this was his first attempt at the marathon. As he later said, the idea of running all that way scared the hell out of him and he never really prepared for it in training. Well, he managed to last about 20 miles (sound familiar?), running in tandem with the other two before pulling out with leg cramps. He would win the last race and the series a month later. Pat Carroll in winning his second Gold Coast Marathon in 2.17.10 is perhaps the most improved distance runner in the country. He has the ability to absorb enormous mileage with very high quality and at age 23 his future appears bright. His convincing win in this event may be just a stepping stone for more to come. The Gold Coast with major sponsorship from Bob Jane saw big prize money down the line in both the full and half-marathon. The next couple of years with big sponsorship assured and national coverage through various media will cement the Gold Coast as the premier marathon in the country - no bias. It is definitely a PB course. Your lowly scribe did the half in a time of 1.10.57 and finished 8th overall.

The vigour and keen competition coupled with ready support from the sidelines makes running in this State real fun and the next few years should see a rash of athletes making their mark nationally as the Banana-benders come to the fore.

The Heartbeat Harriers had for several years operated out of the Milton Fitness Centre. At the beginning of the year dissention arose when use of the facilities at the Centre was greatly curtailed and problems arising from inadequate car parking saw the Harriers completely sever relationships with the Centre. Meetings were called and members decided whether to disband or battle on. The Harriers had been formed along similar lines to the Striders but without the spiralling membership and without a constitution. Happily, it was decided to keep the group going, renamed as the Brisbane Harriers. A change of uniform (still retaining the old red and white colours), a new logo and a developing newsletter seems to have given all a positive outlook. The group has also formed a governing body, once again similar to the Striders. Where do they get their ideas from? The Harriers run a very good half marathon over a tough course and this year Mark Shepherd won with me managing a third. I hope the club prospers in 1986.

Competitively speaking this has been a rather disappointing year for me. My training while not lacking motivation has seemed to lack direction. On reflection my goals were never clear. I had lows where I needed peaks and I seemed to be trying to gear myself for all distances all at once. I never got out of third gear in the Moreton Bay marathon. On April 14 this inaugural event from the Brisbane GPO to the bayside suburb of Redcliffe took place and an excellent event it was too. With perfect organisation, excellent course management and seemingly hundreds of prizes this was a welcome addition to the calendar. For the first time leading into a marathon I lacked racing fitness. I considered myself lucky to finish second in 2.36.07. The final miles were over rolling hills, the day was warm, and in winning, Graeme Upton (2.33.13) was never challenged.

After a series of minor placings in shorter events throughout the year I finally scored in the Byron Bay Oleander Festival fun run. Only 6K, it would up to the lighthouse and back down again. It may be my only victory for the year. I am setting my goals for next year now. A better planned schedule will be in force and will include less racing.

It only remains to wish all a Happy Christmas and a safe return to the New Year. Cheers.

So it was with the Watagan Wariors from Lake Macquarie, whom I passed at 3:30 pace to be told that their 'gun' runner was further up aiming to beat his best of 2:53. And the seeming hudnreds of men and women in Sydney Striders outfits.

EXTRACT FROM THE WANG MARATHON 1985 RESULTS BOOK

INTERNATIONAL

HASTINGS COUNTRYWIDE MARATHON

NEW ZEALAND AUGUST 31, 1985

BY MIKE FOSTER

During the August school holidays our family went to New Zealand to spend the first week touring the North Island and the second week with family in Christchurch.

Part of the first week included a stopover at Hastings to run in the Hawkes Bay Marathon Clinic's race. I knew nothing about this race other than it had been going for 7 years, so presumably the bugs had been ironed out and it was a flat course with the number of entries normally being around the 300 mark.

Weather conditions were perfect, with a starting temperature of 7°C and a high of about 13°C, with no wind.

There were a record 513 entrants, the New Zealand Army had measured the course and I certainly got the impression this was going to be a well conducted race.

This was my 3rd marathon for the year and number 6 in total and still a sub 3hr time eluded me. My last race, the Wang had seen me come in with 3hr:03mins:58secs. I had trained well all year and believed if I was ever to achieve my goal then this was the race.

My time splits were based on a 2hr:57mins schedule with 10kms in 41 mins, half way in 86.5mins, 30kms in 2 hrs:03 and 40km in 2hrs:46mins.

Times were called at 1km and I was travelling too quickly with a 3mins:50sec. The 5km mark was reached in 19mins, still too fast and 10km in 39.5mins. I was doing it so easily and started to wonder whether I would pay the price later on for this fast start. Half way showed 84.5mins on the clock, which was 2mins ahead of schedule.

At the 25km mark my wife and kids and fellow strider Chris Staples were waiting to give me my first bit of encouragement. Chris told me I was coming 35th. Incidentally the original plan was for both of us to race this one but because of injury, Chris unfortunately was relegated to spectator status.

I still felt good and no signs of any wobbly wheels. I reached 30kms in 2hr:1min, my fastest ever time for the distance. Still felt strong and started to feel confident that at long last my goal was to be achieved. My travelling cheer squad then went past with lots of yelling and encouragement.

My pace started to drop off over the next few kilometres but I had planned for a fade and I was still on schedule to 35kms. From this point on every km was sign posted and I started to dig in for the hard stuff. My back up crew were still following me and comments such as "keep striding", "this is sub 3hr stuff" remained indelibly etched in my memory. I kept repeating to myself "don't screw it up, this is the one".

At 40kms I knew I had a sub 3hr result in the bag as I had 14mins to run the last 2.2kms. I even had some kick left to increase the pace to 4¼min pace to finish in 2hrs:55mins:12secs for a 35th position. At last a sub 3hr and eight months of training had paid off. What a great feeling. The race was won by local runner Guy Turner in 2hr:29mins:21secs.

If anyone would like to run this race I can thoroughly recommend it. The course is flat, very picturesque as it winds it's way through orchard and sheep properties out to the ocean and back. It is superbly well run and caters for the ordinary runner and the organizers proudly claim even Deek would have to pay his own entry fee.

As a matter of interest, I achieved my big breakthrough on a very low mileage training program after the Wang Marathon. My distance work was done earlier in the year and I decided the last 10 weeks of training for Hastings would be devoted predominantly to speed work. A typical week consisted of:-

Monday	-	4 lots of 800 metres at full speed with 3 minutes rest in between plus finish off with 1 x 400 metres.
Tuesday	-	Same as Monday
Wednesday	-	90 minutes easy running
Thursday	-	Same as Monday and Tuesday
Friday	-	Rest day
Saturday	-	13km time trial
Sunday	-	30km run.

Total distance for the week, about 75kms. I should emphasize, this program without earlier distance work would certainly not work. The above program may not be everyone's cup of tea but it worked for me, reducing my time in 10 weeks by 8mins: 46secs.

Also during this training program I ran a half marathon P.B. of 82mins:7secs at Gillawarna.

Next Issue (No. 26)
January/March 1986

Palm Beach to Manly
Woodstock 10km
Internal Half Marathon

Deadlines February 9 for race results
February 23 for articles.

All contributions most welcome.

INTERNATIONAL

Before the world's best marathoners took on the mass of marathons during September/October there was some lovely action in the shorter road races.

Steve Jones showed he was on course for another attack on the Chicago Marathon.

BRITISH A.A.A. ½ MARATHON - BIRMINGHAM, ENGLAND, 11/8/85

1.	S. Jones (WAL)	1.01.14	1.	S. Rowell (ENG)	1.14.33
2.	C. Thackery (ENG)	1.02.21	2.	A. Hillard (IRE)	1.14.46
3.	S. Kenyon (ENG)	1.03.00			

There may have been some flash ½ marathons in the U.K. but even quicker things were happening on the other side of the Atlantic. Not only was the pace fast but the competition was close as Mark Curp showed he could be a dark-horse in his marathon debut at Chicago with a W.R. at Philly.

PHILADELPHIA DISTANCE CLASSIC ½ MARATHON - 15/9/85

1.	M. Curp (USA)	1.00.55	1.	J. Benoit (USA)	1.09.44
2.	M. Musyoki (KEN)	1.00.57	2.	J. St. Hilaire (USA)	1.11.13
3.	N. Rose (ENG)	1.01.03	3.	J. Brown (USA)	1.12.15

With these amazing times being produced over the ½ marathon the obvious question was "Could someone run a sub 1.03 half-way split in a marathon and hang on?".

Steve Jones certainly decided to put this to the test in Chicago. Going straight to the lead and losing all competition before the 7 mile mark, he went through ½ way in 1.01.43 (Lopes' split at ½ way in his Rotterdam W.R. was 1.03.24). Jones stayed under 5 minute miles until the 21st when the pace started to tell and eventually just missed the W.R. by 1 second.

Joan Benoit and Ingrid Kristiansen both gave a sub 2.20 mark a scare going through ½ way together on 1.09.33.

1.	S. Jones (WAL)	2.07.13	1.	J. Benoit (USA)	2.21.21
2.	D. Robleh (DJI)	2.08.08	2.	I. Kristiansen (NOR)	2.23.05
3.	R. De Castella (AUS)	2.08.48	3.	R. Mota (POR)	2.23.20

New York City MARATHON®

Under the Supervision of:
The New York Road Runners Club

Sanctioned by:
The Metropolitan Athletics Congress

One week later in New York, Italian Orlando Pizzolato defended his title using his patented second ½ burst.

World Cup Marathon winner Ahmed Salah overtook early leader Geoff Smith just before half-way (1.03.01) and lead until 24 miles before being passed by Pizzolato.

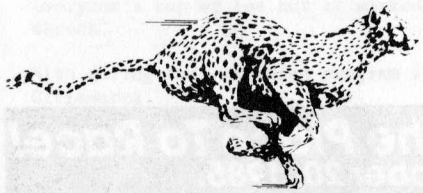
Warm weather slowed times for the 2nd year in a row, but didn't stop Greta Waitz from winning N.Y. for the 7th time. Lisa Martin stuck with Greta for 10 miles before the Norwegian took control.

1.	O. Pizzolato (ITA)	2.11.34	1.	G. Waitz (NOR)	2.28.54
2.	A. Salah (DJI)	2.12.29	2.	L. Martin (AUS)	2.29.48
3.	P. Petersen (USA)	2.12.59	3.	L. Fogli (ITA)	2.31.36
11.	G. Wood (AUS)	2.17.13			

STRIDERS

1583	ALEX WHITWORTH	3.14.03
2306	LEIGH PASCOE	3.22.28
10230	BRYAN HOLLIDAY	4.26.33
11748	DENISE McCARTHY	4.36.59 (PB)

16,705 STARTERS, 15,881 FINISHERS. This makes N.Y.C. the largest marathon in the world in terms of the number of finishers - larger than the 1984 London Marathon by 40 finishers.



NEW MEMBER PROFILE

BRENDA MATTICK

Brenda, who is 31 and has obtained a Management Information Diploma, works as a tutor at the School of Librarianship and this, together with her studies to become a Master in Information Science places heavy demands on her time. As a result she is only able to do a limited amount of running and was rather diffident about agreeing to have a profile in The Blister.

Judging by what Brenda is doing in her vacation, however, there would seem to be little doubt that when she is in a position to apply herself to her running, she will really develop in this area also. Her aim is to eventually run a marathon, but at this point running serves mainly to provide relief from her work and studies and to keep her fit.

Other than an occasional run with the Striders, Brenda's running takes place locally around Iron Cove Bay. It has to compete as well as her other interests of music, art work, swimming and dancing for allocation of time.

Association of International Marathons

AIMS CALENDAR 1986

January	19	Bermuda	*USA*
	26	Osaka *Ladies*	*Japan*
	TBA	Miami	*USA*
February	2	Beppu Oita	*Japan*
	9	Tokyo *Men's*	*Japan*
	16	Philippines	
	16	Valencia	*Spain*
March	9	Mount Meru	*Tanzania*
	16	Barcelona	*Spain*
April	13	Lyon	*France*
	19	Sao Paulo	*Brazil*
	20	London	*England*
	21	Boston	*USA*
	27	Bremen	*FDR*
	27	Texas	*USA*
	TBA	Madrid	*Spain*
	TBA	Rotterdam	*Netherlands*
May	1	Rome	*Italy*
	4	Munich	*FDR*
	4	Vancouver	*Canada*
	11	Frankfurt	*FDR*
	11	Geneva	*Switzerland*
	25	Hamburg	*FDR*
June	7	Stockholm	*Sweden*
	8	Sydney (WFAC)	*Australia*
	TBA	Christchurch	*New Zealand*
July	20	San Francisco	*USA*
August	2	Helsinki	*Finland*
	10	Jakarta	*Indonesia*
	17	Bolton	*England*
	23	Rio de Janeiro	*Brazil*
	24	Reykjavik	*Iceland*
	31	Adelaide	*Australia*
September	3	Mexico	
	6	Antwerp	*Belgium*
	21	Glasgow	*Scotland*
	28	Berlin	*FDR*
	28	Brussels	*Belgium*
	28	Montreal	*USA*
	28	Portland	*Canada*
	TBA	Buffalo/Niagara Falls	*USA*
October	12	Melbourne	*Australia*
	19	Perth	*Australia*
	26	Hamilton	*New Zealand*
	TBA	Beijing	*China*
	TBA	Chicago	*USA*
November	2	New York	*USA*
	16	Tokyo *Women's*	*Japan*
December	7	Fukuoka	*Japan*
	7	Honolulu	*USA*

FOR ENTRY DETAILS FOR ANY OF THE ABOVE MARATHONS CONTACT THE BLISTER EDITOR.

Marathon Ladder

MARATHON LADDER AT 24/11/85

The Striders' Marathon Ladder shows only results achieved AS A MEMBER OF THE CLUB. Owing to some unforeseen production problems, this edition's ladder has been somewhat simplified. Age categories do not appear, nor does the usual column containing faster times achieved prior to joining the club. Both these features will be restored in edition 26. Please notify the editor or database operator of any errors or omissions. The only BIG M 1985 results to be included are those received with seconds-figure. The rest will be updated in the next issue from the official results-sheet.

Abbreviations used are:

ADEL: FESTIVAL CITY ADELAIDE
AUST: AUSTRALIAN (WANG)
BATH: BATHURST
BERL: BERLIN, WEST GERMANY
BIGM: BIG M MELBOURNE
CAMP: CAMPBELLTOWN
CANB: CANBERRA (NIKE)
CIT: CITIES (BLACKTOWN)
DIGS: HARBORD DIGGERS
DIY: CANBERRA NOCTURNAL DIY
GCST: GOLD COAST
GILL: GILLAWARNA
HANZ: HASTINGS (NZ)
HONO: HONOLULU
JOBG: JOHANNESBURG
LOND: LONDON
NSW: NSW STATE
NY: NEW YORK
SING: SINGAPORE
SMEL: SOUTH MELBOURNE
SYD: SYDNEY
VAN: VANCOUVER
VETS: NSW VETERANS
WSNZ: WINSTONE (NZ)

NAME	TIME/VENUE/DATE
PHIL GARVIN	2.24.26 BIGM 85
WIN AHLMANN	2.24.26 BERL 85
ROBERT HARRISON	2.30.43 LOND 85
KEITH CANARD	2.32.31 CIT 83
TONY MCCALL	2.33.25 GCST 84
DEREK LIEBENBERG	2.35.52 AUST 85
BILL FLANAGAN	2.36.47 CANB 82
DAVID COX	2.37.52 CANB 82
RON FEENEY	2.38.32 LOND 85
IAN BOWDEN	2.38.51 BIGM 84
FRANK BRANDON	2.40.04 NSW 84
JOHN FAZIO	2.40.11 AUST 84
COL. CHAMBERLAIN	2.41.19 AUST 84
BRUCE INGLIS	2.41.25 CAMP 85
NIGEL HADGKISS	2.41.44 CAMP 84
VINCE ENGEL	2.42.31 CANB 83
WAYNE STANTON	2.43.07 BIGM 84
KEN WYLIE	2.44.00 CANB 85
EVAN MILLAR	2.44.26 BIGM 85
TONY CONNER	2.44.47 AUST 84
CHARLES COVILLE	2.45.13 WSNZ 83
IVAN FREYS	2.46.54 CANB 84
PETER DONNELLEY	2.47.41 AUST 84
PAUL RUSSELL	2.47.53 CANB 84
SAM DAHER	2.48.24 CANB 82
FRANCIS CHAN	2.48.53 SYD 83
ALISTAIR MACKIE	2.49.22 BIGM 84
JOHN EVENNETT	2.49.26 CANB 83
DENNIS COOLEY	2.49.33 CANB 82
TREVOR ROBERTS	2.49.37 BIGM 83
CHRIS STAPLES	2.49.57 GILL 83
PETER COBLEY	2.50.01 AUST 83
HARVEY BLUE	2.50.17 AUST 83
DICK CLELAND	2.50.34 GCST 82
BERNARD COOLEY	2.50.35 AUST 85
LAURIE KING	2.50.37 GILL 83
ALAN FARRELL	2.51.07 CANB 84
STEVE KNIGHT	2.52.20 AUST 83
LEIGH PASCOE	2.52.24 BIGM 84
NOEL BARTON	2.53.51 GILL 85
DON PRICE	2.53.52 AUST 85
CED. SIDEBOTTOM	2.53.59 AUST 85
RAY DORAN	2.54.10 NSW 82
ROD MCLEAN	2.54.21 AUST 84
BRIAN GATFIELD	2.54.49 AUST 85

NAME	TIME/VENUE/DATE
DAVID ROBINSON	2.55.04 AUST 85
GRAHAM BURKE	2.55.10 BIGM 84
MIKE FOSTER	2.55.12 HANZ 85
STEVE CORNELIUS	2.55.31 NSW 82
DAVID MCCORMACK	2.55.43 AUST 85
TERRY MCIVER	2.55.46 BIGM 85
RUSSELL BLACK	2.55.51 CIT 83
ALEX WHITWORTH	2.55.54 AUST 85
BILL HOWLEY	2.55.58 AUST 85
SCOTT LAWRENCE	2.56.19 AUST 84
JAMES WALKER	2.56.26 AUST 85
BERNIE KING	2.56.27 AUST 84
NOBBY YOUNG	2.56.33 NSW 84
STEPHEN NICOLL	2.56.50 SYD 84
BRIAN LYNCH	2.56.59 AUST 83
MICHAEL MINEHAN	2.57.13 AUST 85
PETER FOULSHAM	2.57.29 GILL 83
PETER ARNOLD	2.57.37 AUST 84
WINSTON MARSDEN	2.58.00 AUST 83
MAX HENDERSON	2.58.22 NSW 82
DICK BARTLETT	2.58.32 BIGM 85
JOHN TURNER	2.58.47 AUST 85
SUE HILL	2.59.15 AUST 84
COLIN O'BRIEN	2.59.16 AUST 85
RON CORDEN	2.59.20 CANB 85
CECIL FORD	2.59.43 BIGM 82
TONY VIPOND	2.59.50 AUST 85
MATHEW KALEY	2.59.56 AUST 85
KAR WONG	3.01.20 JOBG 85
BRIAN COLWELL	3.01.47 BIGM 82
DAVE BLACKHALL	3.02.24 NSW 80
BRENT WATERS	3.03.01 BIGM 82
MIKE MCGUIRK	3.04.09 CANB 83
DENNIS WILLIAMS	3.04.24 NSW 85
MICK EDWARDS	3.04.52 AUST 83
DAVID PETERSON	3.04.53 NSW 82
TERRY MCMAHON	3.05.11 AUST 85
ALEX HAMILL	3.05.15 GILL 84
KEITH BARNETT	3.05.27 CANB 84
BRET NICHOLS	3.05.30 AUST 83
GREG CORNISH	3.05.33 AUST 85
KEN O'CONNOR	3.06.36 AUST 84
GAI CUNNINGHAM	3.06.46 AUST 83
ROY HOWARD	3.07.28 AUST 84
DAVE WILLIAMS	3.08.15 CANB 83
ROBERT WATERREUS	3.08.51 AUST 84
HUGH SPENCER	3.09.02 AUST 85
JOHN HODGES	3.09.07 BIGM 84
MARK HANLON	3.09.47 CANB 82
LEO LEADER	3.10.00 CANB 84
BOB MANN	3.10.27 AUST 83
MIKE WARD	3.10.33 BATH 85

NAME	TIME/VENUE/DATE
PETER LUXTON	3.10.50 CANB 84
HARRY TURNER	3.10.53 AUST 84
PETER KEEBLE	3.11.49 ADEL 84
IAN NEWLANDS	3.12.18 CANB 84
IRWIN LIGHT	3.12.31 AUST 84
ROBERT KLIMA	3.13.13 AUST 84
JOHN PATCHETT	3.13.18 AUST 84
JOHN HILL	3.13.19 AUST 85
RICHARD BEVAN	3.13.57 AUST 85
BRYCE COURTENAY	3.13.58 CANB 83
MICHAEL TOPLEY	3.13.59 BIGM 84
WAYNE GARLAND	3.14.02 WSNZ 84
BRIAN TAILFORD	3.14.03 CAMP 85
MERRI MACK	3.14.06 AUST 83
KARL TOPFER	3.14.31 CANB 83
KEVIN O'KANE	3.14.38 AUST 85
BRUCE MURRAY	3.14.49 CAMP 84
PETER JOSEPH	3.15.16 AUST 84
GARY SHOESMITH	3.15.21 AUST 84
IAN MILLAR	3.16.03 AUST 83
STEPHEN ROACH	3.16.46 CANB 85
DOROTHY SIEPMANN	3.16.53 BIGM 84
GRAHAM FIRKIN	3.17.06 BATH 85
PAUL FOSTER	3.18.00 AUST 83
BILL WACHER	3.18.02 AUST 84
DAN GRAY	3.18.50 BATH 85
LYNNE EVANS	3.18.59 CANB 84
RICHARD BAMANN	3.19.34 AUST 85
ROBERT WARD	3.20.01 AUST 83
GERRY GREENLAND	3.20.41 AUST 83
PETER MARKHAM	3.21.17 AUST 85
RON BURKE	3.21.18 AUST 85
LESLEY KIMBERLEY	3.21.29 CIT 84
DENNIS RIDER	3.21.39 AUST 84
PETER RYAN	3.21.45 BIGM 82
GRAHAM BUTLER	3.22.10 CANB 85
BARRY JONES	3.23.18 VETS 81
DEREK WHITE	3.23.26 CAMP 84
BRENDA HAMILL	3.23.38 SYD 83
BILL MCCRINDLE	3.23.53 CANB 84
NEVILLE MILLS	3.24.42 AUST 85
CHRISTINE PORTER	3.26.15 CANB 84
GREG PROWSE	3.26.15 AUST 85
GEOFF COX	3.27.26 DIGS 81
STAN FLECK	3.29.34 AUST 84
BILL WHITE	3.29.50 BIGM 84
SCOTT CRAWFORD	3.30.23 AUST 85
GRAHAME DEACON	3.31.21 SYD 84
TERRY HUDSON	3.31.49 AUST 84
GEOFF PEARL	3.32.28 AUST 83
KAREN TUCK	3.32.46 AUST 85
MALCOLM MCDONALD	3.33.04 AUST 83

NAME	TIME/VENUE/DATE
RAY REID	3.33.18 CIT 85
IAN WHITFIELD	3.34.52 AUST 85
TREVOR DRYSDALE	3.35.48 CANB 85
CLIVE BASKIN	3.36.22 AUST 85
ANTHONY FOAR	3.37.07 AUST 84
ROD ANDERSEN	3.38.25 AUST 85
PETER LANGTON	3.38.38 AUST 85
NICK REED	3.38.43 CANB 84
BEN STAMMER	3.40.00 CANB 85
HERB LUDINGTON	3.40.34 AUST 83
JOSEPH WONG	3.42.01 CAMP 85
JEFF BURGESS	3.42.15 AUST 84
BRYAN HOLLIDAY	3.42.50 AUST 84
OWEN DENMEADE	3.42.51 AUST 84
ANTHONY SMUTS	3.42.55 AUST 84
CAROLYN WILSON	3.43.58 GILL 85
EDWINA GARVIN	3.45.14 LOND 85
OLEG SZLICHTA	3.46.15 AUST 84
DERRICK TITMUS	3.47.09 AUST 83
RICHARD ROACH	3.49.04 AUST 85
NOEL WORTHINGTON	3.52.19 AUST 85
MICHAEL PRINGLE	3.52.20 AUST 84
MAUREEN GR'NWALD	3.52.23 AUST 85
PHILIP CALDWELL	3.52.32 AUST 83
JOE BAILLIE	3.53.16 AUST 85
ISABEL ENGEL	3.53.20 AUST 85
PATTI BURKE	3.54.01 CANB 84
PAM HAZLEWOOD	3.55.31 CANB 83
CAROL LUDINGTON	4.01.52 DIY 83
VIC COLLINS	4.05.00 GCST 84
WAYNE MCCARTHY	4.06.15 AUST 85
JIM DONOVAN	4.06.57 CANB 83
NIGEL KINGSMILL	4.08.00 ADEL 84
LESLEY LEAR	4.08.00 AUST 84
GERALD SMITH	4.08.13 AUST 84
QUEENIE TOPLEY	4.09.10 BIGM 84
MAVIS GARRICK	4.15.21 CANB 84
ROBI RUSSELL	4.15.39 CANB 84
OKSI WAINWRIGHT	4.18.14 AUST 84
SUE THOMSON	4.18.18 ADEL 84
JENNY MCCOY	4.19.00 AUST 83
JOHN ROSS	4.19.00 AUST 84
KERRY BRAY	4.19.22 AUST 84
MIKE ROSE	4.27.20 AUST 84
DENISE MCCARTHY	4.36.59 NY 85
TOM SMITH	4.40.08 CANB 83
ADAM THOMSON	4.40.18 HONO 82
DOROTHY FLANAGAN	4.42.56 HONO 82
ROBYN MURPHY	4.48.07 BIGM 84
ANNE FLANAGAN	4.48.12 NSW 83

THE FOLLOWING HAVE NOT RUN A MARATHON SINCE JOINING STRIDERS

NAME	TIME/PLACE/DATE
BERNARD CORDEN	2.23.40 VAN 83
NORM WILKINS	2.43.44 CANB 83
MIKE TIUTINNIK	2.44.20 NSW 84
ALLEN HISSEY	2.48.44 CANB 81
JOHN BOND	2.51.37 LOND 84
MARTIN WHITE	2.54.00 AUST 84
JONATHON ROBSON	2.55.00 AUST 83
CHRIS DWYER	3.00.52 NSW 83
DAVID MILL	3.03.00 DIGS 82
TERRY JACKMAN	3.06.00 GCST 81
PHILIP MORGAN	3.09.00 AUST 84
ANDREW ROSS	3.09.48 AUST 83
CLIVE COKAYNE	3.11.08 CANB 83
ASHLEY JACKSON	3.19.52 DIGS 83
DAVID BARNETT	3.23.00 AUST 83
PETER HENRY	3.24.57 AUST 84
JOHN O'RYAN	3.27.00 AUST 85
IRENE SANDS	3.30.00 BIGM 82
KEITH MAYNE	3.31.10 AUST 83
DALE THOMPSON	3.36.06 SMEL 78
JAMES CAMPBELL	3.40.00 SOLO 84
TREVOR MARSDEN	3.44.43 AUST 84
MERVYN FINLAY	3.45.52 AUST 83
IAN WEBB	3.51.00 NSW 81
BENNY HAGBERG	3.59.34 SING 84
GREG JERRETT	3.59.35 HONO 83
ANNIE MCCARTHY	4.07.36 AUST 84
SYLVIA REA	4.11.03 NSW 84
RODNEY PHILLIPS	4.14.00 JOBG 84
PETER HAYES	4.15.00 AUST 85
ADRAIN KOL	4.20.00 CANB 84
IAN CROSS	4.35.05 NSW 82

Sydney Striders

Marathon & Road Runners Club

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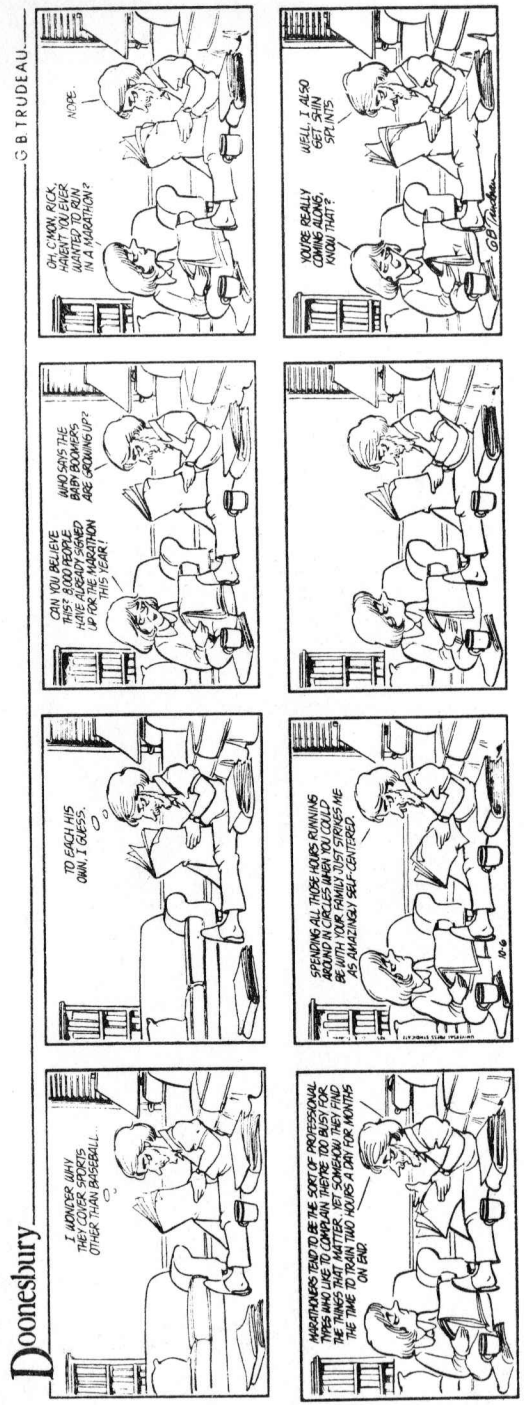
Sydney Striders
MARATHON & ROAD RUNNERS CLUB

The Blister