



Royal Life

Half Marathon

AUSTRALIAN CHAMPIONSHIP SERIES 1986

DISTANCE 21.1 KMS



SYDNEY - 23 March

CANBERRA - 18 May
Entries Ph. (062) 54 5709

ADELAIDE - 25 May
Entries Ph. (08) 212 5855

BRISBANE - 22 June
Entries Ph. (07) 343 5255

HOBART - 19 July
Entries Ph. (002) 34 9945

MELBOURNE - 17 August
Entries Ph. (03) 428 7808

AUSTRALIAN CHAMPIONSHIP
PERTH - 14 SEPTEMBER
Entries Ph. (09) 381 5805

Illustrated above
1985 Melbourne Final Winner
Flex Wilson, N.Z. 63 min. 25 sec.

1st Male and Female
Resident Winners
to compete in
Royal Life Half Marathon
Australian Championship,
Perth - 14th September, 1986

AUSTRALIAN CHAMPIONSHIP
\$7,000 PRIZEMONEY

1ST MALE
1ST FEMALE
1ST AUSTRALIAN MALE
1ST AUSTRALIAN FEMALE

LHF/MMI 1595

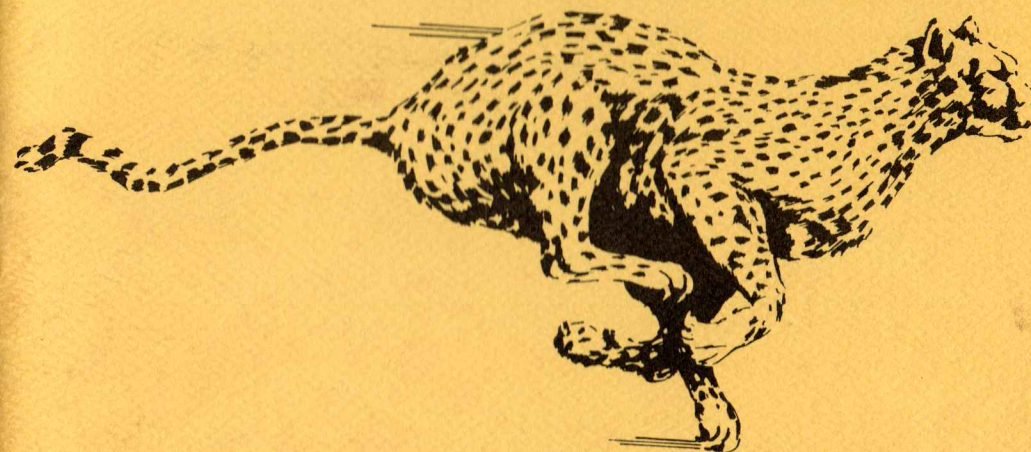


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JAN - MARCH '86



Sydney Striders

Marathon and Road Runners Club

The Blister

CLUB MAGAZINE OF
SYDNEY STRIDERS
MARATHON AND ROAD RUNNERS CLUB
P.O. BOX N119, GROSVENOR ST
SYDNEY NSW 2000

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COMMITTEE MEETINGS ARE HELD MONTHLY. COPIES OF MINUTES ARE
AVAILABLE FROM THE SECRETARY. MEMBERS ARE WELCOME TO ATTEND
MEETINGS - DETAILS FROM THE SECRETARY.



Sydney Striders
Marathon & Road Runners Club



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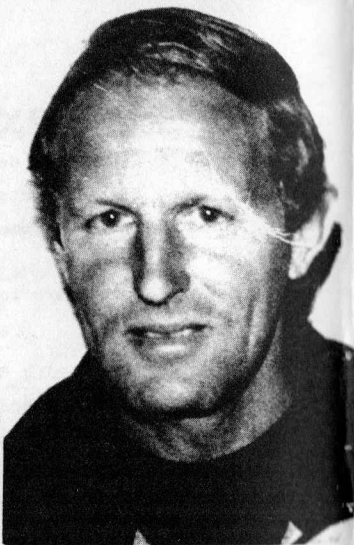


1985 MARIA GEMENIS-CRUICKSHANK MEMORIAL TROPHY FOR

OUTSTANDING ACHIEVEMENT BY A SYDNEY STRIDER

Winner: **NOBBY YOUNG**

#	Do It Yourself Nocturnal Marathon		3.08.04
#	Iron Cove Internal Half Marathon	21st	1.24.24
#	Lane Cove Internal Half Marathon	54th	1.25.42
#	Internal Cross Country (Marsfield)	15th	59.46
#	Sydney Striders Bed Push		100km
#	Six Foot Track Race (Jenolan-Katoomba)	9th	5.10.20
#	Bathurst Marathon	24th	3.27.18
#	City To Surf		1.22.40
#	Lake Gillawarna Marathon		3.05.00
#	Wollongong To Sydney	8th	7.00.50
#	Gladesville Public School Solo Run (24hrs)		168km



STRIDERS PRIZE GIVING

MARIA GEMENIS-CRUICKSHANK MEMORIAL TROPHY FOR OUTSTANDING ACHIEVEMENT

1.	Nobby Young	81 points (including 18 3-point votes)
2.	Phil Garvin	73 points (including 16 3-point votes)
3.	Nick Reed	47 points (including 8 3-point votes)
4.	Alistair Mackie	44 points (including 6 3-point votes)

Also nominated: Mathew Kaley, Graham Firkin, Derek Liebenberg, Vince Engel, Dan Gray, Tom Smith and Pam Henderson, and the Striders Wollongong to Sydney 5 X 10 mile relay team.

* 56 members voted.

PREVIOUS WINNERS

1982	Neil Plevy
1983	Keith Canard
1984	Brenda Hamill

The Maria Gemenis-Cruickshank memorial trophy is Sydney Striders' premier trophy, awarded each year to the member who, in the opinion of the club members at large, has made the most outstanding achievement. The trophy is a lasting memorial to a Strider who died of a tragic illness just at a time when she seemed to be developing into one of Sydney's leading female distance runners. After her death, her husband, John Cruickshank, donated the last trophy Maria ever won (1982 Cities Marathon) to Sydney Striders and that trophy has now been mounted on a large plaque.

This trophy and other Striders annual awards are presented at the club's annual prizegiving and smorgasbord held each February.

For the second year, the prizegiving was held at the Aquatic Club in Pott's Point. Social Director, Brian Tailford, was the chief organiser of the night.

THE COMPLETE LIST OF PRIZEWINNERS

BEST MARATHON (MALE) 1985

Open	=1.	Win Ahlmann	2.24.26	Berlin
	=1.	Phil Garvin	2.24.26	Big M
	3.	Rob Harrison	2.30.43	London
Veteran (40-49)	1.	Frank Brandon	2.44.02	NSW State
Masters (50-59)	1.	Bryce Courtenay	3.17.06	London
Senior (60+)	1.	Barry Jones	4.01.03	Canberra
Junior (u/21)	1.	Mathew Kaley	2.59.56	Australian
		(but wins superior prize)		
	2.	Ben Stammer	3.40.00	Canberra

BEST MARATHON (FEMALE) 1985

Open	1.	Sue Hill	3.11.11	Australian
	2.	Dorothy Siepmann	3.17.21	Big M
	3.	Merri Mack	3.23.27	NSW State
Veteran (40-49)	1.	Sue Hill	3.11.11	Australian

BEST FIRST MARATHONS 1985

Male	1.	Alex Whitworth	2.55.54	Australian
	2.	Dennis Williams	3.04.24	NSW State
	3.	Peter Markham	3.21.17	Australian

Female	None
--------	------

MOST IMPROVED MARATHONERS 1985

Sub 3 hours			
1.	Mathew Kaley	3.39.11 (Big M) to 2.59.56 (Australian)	17.91%
2.	Terry McIver	3.16.58 (Australian) to 2.55.46 (Big M)	10.76%
3.	Don Price	3.07.04 (Australian) to 2.50.23 (Big M)	8.92%

Sub 4 hours			
1.	Maureen Greenwald	4.53.00 (Honolulu) to 3.40.49 (Big M)	24.64%
2.	Rod Anderson	4.41.30 (Australian) to 3.38.25 (Aust.)	22.41%
3.	Graham Firkin	4.01.05 (Big M) to 3.07.11 (Cities)	22.36%

THE PRESIDENT'S TROPHY FOR ULTRAMARATHONERS - Nobby Young
TANKARD FOR OUTSTANDING TRIATHLETE FOR 1985 - Alistair Mackie
THE WOODEN SPOON FOR SMALLEST PERCENTAGE MARATHON IMPROVEMENT
- Cedric Sidebottom

BEST HALF MARATHONS (MALE) 1985

Open	1.	Win Ahlmann	1.08.25	West Germany
	2.	Derek Liebenberg	1.10.12	Iron Cove
	3.	Phil Garvin	1.10.46	National Panasonic
Veteran (40-49)	1.	Keith Canard	1.13.26	Iron Cove
Master (50-59)	1.	Bruce Murray	1.27.54	Gillawarna
Senior (60+)	1.	Barry Jones	1.43.12	Lane Cove
Junior (u/20)	1.	Mathew Kaley	1.21.16	City of Sydney

BEST HALF MARATHONS (FEMALE) 1985

Open	1.	Sue Hill	1.29.25	City of Sydney
	2.	Dorothy Siepmann	1.30.28	Marathon Clinic
	3.	Merri Mack	1.32.13	Bathurst
Veteran (40-49)	1.	Sue Hill	1.29.25	City of Sydney
Master (50-59)	1.	Carol Ludington	1.50.34	Iron Cove

Brenda Hamill (achievement award), Win Ahlmann (best marathon, M), Sue Hill (best marathon, F), Don Price (best first marathon, M), Patti Burke (best marathon, F), Peter Donnelley (most improved sub 3 hours), Mike Foster (most improved sub 4 hours).



The Sirius 1 micro-computer which stores the Striders' database records is now fully owned by the club, and has been transferred to the tender loving care of the club's new Database Operator, Noel Barton. Noel, a mathematician, shows every sign of being as pedantic as the previous Keeper Of The Records - just the kind of bloke we needed!

Sydney Striders STATS

by Steve Cornelius

A few statistics extracted from the club's database give a clue to the way the road running business is going. Perhaps the most revealing figure is the decline in the number of Striders running marathons, and the relative increase in half-marathon participation. We had 271 runners on our database in mid-January when this survey was taken. Of these, only 42% completed at least one marathon during 1985, while 63% ran at least one half-marathon. 1984's figures showed a predominance of marathons (67%) over half-marathons (57%). Maybe we're all rediscovering the "Middle Ground" which most of us ignored in our unseemly haste to progress from City-to-Surf to marathons?

Those Striders who did run marathons, however, continued to achieve high personal standards. Of the 114 members who ran at least one, 61% recorded either their maiden marathon or a PB. 87% of members have run a marathon at some time during their illustrious career, including a few who have not run one since joining Striders.

Most members saved their best marathon of 1985 for the Australian ("Wang") in June. No less than 56 members made this one their best for the year. Trailing far behind were: Canberra (13 year's bests), Big M (10), NSW State (9), and Bathurst, Gillawarna, London and New York (4 each).

Among the half-marathons, the two Striders' Internal events showed many Striders were fit enough to record their year's best early in the season. Iron Cove (51) and the handicap half-marathon (45) accounted for most of the best performances, and other popular events where Striders performed well were: City of Sydney (19), Gillawarna and Audley (11 each), the National Panasonic (10) and Bathurst (9).

Composition of Striders membership stayed fairly much as before. Men outnumbered women by 5 to 1, and the age breakdown at New Year was: 6 Juniors, 23 Open, 125 Pre-veteran, 81 Veteran, 22 Masters, 5 Seniors including 1 (for the first time) Over-70. 255 of the 271 members are based in Sydney, including 139 on the North side. In addition there are 7 in the NSW country and interstate, plus 8 overseas. Suburbs housing the most Striders are St. Ives (12), Lane Cove (9) and Chatswood (8). 6

PALM BEACH TO MANLY 30K RESULTS

PALM BEACH TO MANLY 30km 4 January 1986

1. Phil Garvin	1.42.41	177. Alex Hamill	2.24.30
8. Bill Flanagan	1.50.49	178. Rod Garrick	2.24.33
14. Evan Millar	1.55.03	184. Terry McMahon	2.25.51
32. Dave Cox	2.01.45	189. Graham Butler	2.26.51
37. Ken Wylie	2.02.46	193. Sue Hill	2.27.25
44. Alex Whitworth	2.03.19	199. Peter Langton	2.28.48
46. Mike Foster	2.03.27	209. Ray Reid	2.30.02
49. Noel Barton	2.03.45	216. Bryce Courtenay	2.31.48
51. Bernie King	2.03.48	217. Ron Corden	2.31.48
59. Rod McLean	2.05.25	218. Joe Loewy	2.31.49
68. Cedric Sidebottom	2.07.26	219. Irwin Light	2.31.49
81. Graham Burke	2.09.22	220. Peter Keeble	2.31.50
106. Janice Morton-Evans	2.13.48	228. David Dunstall	2.34.00
107. Nobby Young	2.13.48	232. Steve Cornelius	2.35.26
121. Graham Firkin	2.16.36	234. Joanne Tibbits	2.36.48
123. Mike Ward	2.17.01	237. Merri Mack	2.37.44
142. Paul Russell	2.20.05	241. Edwina Garvin	2.38.34
159. Bruce Murray	2.22.21	257. Kevin O'Kane	2.46.09
160. Louise Fitzsimmons	2.22.22	258. Richard Mack	2.46.45
161. Nick Reed	2.22.22	263. Mavis Garrick	2.47.48
174. John Hill	2.24.29	279. Beth Reid	3.01.08
175. Michael Minehan	2.24.29	285. Adrian Kol	-
176. John McLennan	2.24.30	- Jim Donovan	3.14.05

Women

1st Fiona Whelan 2.05.34

300 finishers

HARBORD DIGGERS PALM BEACH TO MANLY 30K

(STRANGERS IN THE NIGHT)

PHIL GARVIN

It is just after 3:00 a.m., Saturday 4 January when my slumber is interrupted by my alarm summoning me to arise for the Harbord Diggers' Annual Palm Beach to Manly Classic. At this hour I am cursing the organisers for scheduling a 5:00 a.m. race start, although I realise that later in the morning I will thank them for such a move. At the same time I have doubts about my own sanity in wanting to arise at such an untoward hour to run this race, observing that anyone sane were sound asleep or, alternatively, still "out on the town" from the Friday night. Thankfully, I am driven to the start of the race by Ian MacArthur who has graciously consented to act as "second" to both Edwina and myself. This enables me to obtain at least a few extra minutes sleep during the trip to Palm Beach.

At Palm Beach registration and other pre-race necessities are completed by the light of a hurricane lamp. I am astounded at the number of runners who are continually appearing out of the darkness - insomnia must have reached epidemic proportions in Sydney. In the gloom I recognise a number of Striders including Bill Flanagan as well as some Canberra based runners, but must admit that given the unearthly hour and lack of sleep most of the field remains as strangers in the night.

Five o'clock arrives and at last the race is underway. In deference to the residents of the "Peninsular" the traditional means of starting world class classic races - here I think of the New York City and London marathons - a nine m.m. howitzer, has been dispensed with and the starter merely says "go"! In the early stages of the race the prevailing darkness is an ally as it disguises the enormity of the hills that must be transversed in the initial kilometres as the runners wind their way towards Whale Beach. The only true indication of the height to which we are all climbing is that although the race has now been underway for sometime the blue flashing light of the leading police car still continues to be above the runners.

Finally, the route joins Barrenjoey Road and gives the runners a brief respite from the hills, twists and turns previously encountered. However, this respite is only short lived as, at the top of Avolon golf links, the course takes a sharp left off Barrenjoey Road. The course organisers, in their wisdom (or is it masochism) have decided that the run should follow the Serpentine down to Bilgola Beach so that the joys of more turns and hills can be experienced. A fair comment on this is that even the lead police car has decided that this is just too much to ask and the lead car duties have been taken over by one of the organisers vehicles!

Just prior to rejoining Barrenjoey Road the sky is becoming lighter. Although there is the usual humidity present there is, thankfully, a nice cloud cover and a slight breeze to keep conditions at a tolerable level.

Newport comes and goes and suddenly a mountain seems to appear before me. To me it seems to be the most psychologically demanding hill of the race. There is no cover of darkness and the road seemingly continues to climb forever before it flattens out let alone descends into Mona Vale. By now I'm aware that this event is drawing some spectator support both from locals and also from the chauffeurs we have left behind at Palm Beach.

The road now seems relatively flat as signs designating various beaches pass by creating the impression that I'm not in a race but reading a tourist brochure. I am quickly brought back to reality when a tourist bus draws level with me and disgorges a considerable amount of black exhaust fumes.

At Dee Why the course diverts from Pittwater Road for the final time. By incorporating this particular diversion the organisers have ensured that they will extract at least the last litre of sweat, if not pound

of flesh, from the tiring runners for up ahead is the Griffin Street Hill. This little piece of geography can at best be described as nasty or worse.....(well, this is a family magazine). In climbing this hill I have mixed feelings. I am regretting my over indulgence during the recent festive season but I'm relieved that there is now less than six kilometres to the finish. Thankfully, I have had some training runs over these remaining kilometres and so I have some idea what lies before me.

After crossing the Curl Curl lagoon I commence the final climb of the race - a steady rise for seemingly a couple of kilometres behind Harbord. About half way up this hill Trevor Roberts speeds past on his bicycle reminding me that this is really the final hill and says he will see me at the finish. A few minutes later I'm beginning the decent into Queenscliff and the sprint, if it can really be called that, over the final kilometre to the finish line at Manly. At last, the finish line looms ahead and I call on my legs for a final effort. Surprisingly, they respond positively, I pick up the pace and cross the finish line relieved that the race is over and looking forward to some drinks and a change into dry clothes.

In the finish area it is most heartening to see a number of striders who, in true club spirit, although they did not run themselves, have come out to encourage those who have run. Meanwhile, runners continue to sweep across the finish line with the green and white being well represented and all seemingly well pleased with their morning's effort. (No doubt Bill Flanagan has produced a finishers list somewhere else in this "Blister").

PALM BEACH TO MANLY 30K

(WHAT ITS LIKE AT THE OTHER END OF THE PACK)

EDWINA GARVIN

Having just read Phil's article on the Palm Beach to Manly I feel it necessary to make a few comments on how I felt as a tail ender in the race:-

B eaut at Palm Beach
L ost at Whale Beach
O dd at Avalon
O ff the air at Bilgola
D ried out at Newport
Y uk at Mona Vale

A rthritic at Narrabeen
W oeful at Collaroy
F agged at Dee Why
U bearable at Harbord
L imp at Queenscliff

(thank goodness it ended at Manly)

A great race and one I obviously wouldn't miss for the world. See you next year! 9

PALM BEACH TO MANLY 30K

JANICE MORTON-EVANS

A LETTER FROM HOME - THE FEMALE VIEW

Dear Sarah Jane,

Pity you missed the Harbour Diggers' Palm Beach to Manly run. You would have enjoyed it - especially the bit about getting up at 3.30a.m. You have to be serious to make sacrifices like that and must have complete faith in the exhilarating benefits the body will obtain from slogging it out for 30 kms. As it was I crept out of the house in silence fearful of disturbing the peaceful slumber of the righteous. Even the dog thought it was a bit early for a run and sighed with relief when he didn't get the Nike nudge.

By the way, thanks for the Christmas present of the T shirt from the Kate Bush concert. I like her music and with "keep running up those hills" written across the front of the T shirt should make it quite appropriate for STaRs!

I reckoned that it would be worth it to see a magnificent sunrise over the ocean. Unfortunately it wasn't until I'd run about 10kms that I realised the sunrise was to be merely paling shades of grey. By then there was no turning back.

The whole thing was a fairly low key affair - certainly more of a "fun" than a "glum" run. And I didn't get a whiff of the liniment that pervades the City to Surf. Everyone seemed to know everyone else and spent the pre-race time chatting about Christmas and New Year parties as well as blaming the queasy stomach on the red meat rarely eaten these days rather than that last bottle of claret.

I had a race number but I don't remember what it was. The allocation of numbers seemed to be fairly indiscriminate - a bit of a lucky dip. Then again it was a bit difficult for them to see what they were doling out in the dark. At least it gave that extra stamp of officialdom - if only for the benefit for the passing motorists. We were running courtesy of everyone from Legal and General to Toyota!

However, they did look after the important elements of the race. There was plenty of water and sponges. There was even a shower rigged up at Narrabeen, although I think it served more novelty value than practical application. Imagine taking a shower and then facing 15kms in soggy shorts and shoes feeling like army boots.

Well since you're dying to know, I'd better tell you how I finished up (apart from whacked). Would you believe it - I was 4th! No, I didn't think you'd believe it. To be honest I was actually the 106th person across the line but who's counting the 102 men ahead of me?

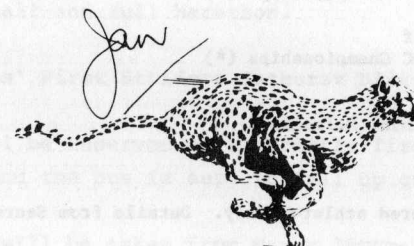
As I plodded along I reflected on what I had to do to catch (up to) the men ahead of me. So I developed a ploy - look out for a good sort from behind, pick up some extra steam and see if they look as good from alongside! Gives you a bit of a challenge and something of interest to help pass the time.

I managed to catch up to Nobby Young who has the amazing ability to talk and run at the same time - at whatever speed he's travelling. You're always guaranteed good entertaining company with him. He certainly encouraged me to the finish line. However, there will never be any chance of catching the likes of Bill Flanagan who was probably dipping into the plastic garbage bin of Staminade whilst I was still struggling through Dee Why.

Lady number 3 only came into view at about Queenscliff. She pipped me at the post. The two preceding both of us were well out of sight and out of my league. There's always next time!

Just before I finish. I don't think it was such a good idea to buy all those lentils in bulk. I've exhausted all the recipes in the "Mother Earth" cookbook. Even the dog doesn't appreciate the benefits of alternative lifestyle tucker.

Until the next time. Yours running on empty.



Palm Beach to Manly winner and runner up in the Striders Outstanding Achievement Award - Phil Garvin

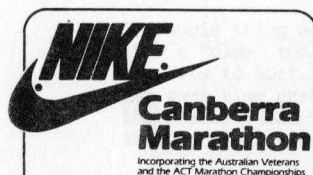
STOP PRESS - Phil won the A.C.T. One Hour Race (track) setting an over-35 record.

FORTHCOMING EVENTS

1986 CALENDAR OF EVENTS

March 23	Sydney Striders Royal Life Half Marathon
April 13	NIKE Canberra Marathon
20	Happy Dragon Half Marathon, Kiama
25 (Fri)	Anzac Day Marathon, Sydney Athletics Field
May 3 (Sat)	Novice X-C Championships (*)
4	City of Sydney Half Marathon (Showground)
17 (Sat)	Sutherland Half Marathon & 10km (Audley)
18	Canberra Royal Life Half Marathon
31 (Sat)	Parramatta Open 10 Mile
June 8	Australian Marathon
29	NSW 15km Road Championships (*)
July 12	Bathurst Marathon & Half Marathon
19	NSW 16km X-C Championships (*)
Aug. 10	City-to-Surf
16	NSW 12km X-C Championships (*)
17	CITIES
	GILLAWARNA
Oct. 12	Marathon, Melbourne

(*) denotes A.A.A. registered athletes only. Details from Secretary.



SUNDAY 13 APRIL 1986

- Final Commonwealth Games Qualifying Race.
- All interstate entrants eligible to win one of 4 barrel draw prizes of a free trip to Canberra for the race. Great odds!
- Full details on entry forms — available from the Canberra Tourist Bureau in Sydney, Melbourne & Canberra or send stamped self-addressed business envelope to P.O. Box 144, Kambah A.C.T. 2902.
- Hurry — entries close 28 February.
- Special awards for interstate entrants courtesy of —

TAA. The friendly way.



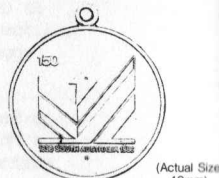
1986 AUSTRALIAN MARATHON

SYDNEY, AUSTRALIA
Sunday, 8th June 8.00 am

AUGUST 31 \$20 **ADELAIDE**
CLOSING DATE JULY 9 — MINIMUM AGE 18

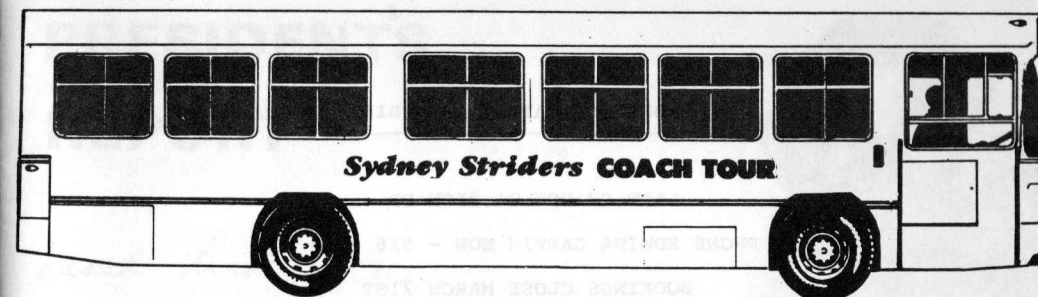


MAJOR EVENT
SOUTH AUSTRALIAN
JUBILEE 150



Jubilee Bronze Medallion
for all Marathon finishers

Anyone interested in A Striders trip to the Adelaide Marathon, please contact Terry McIver so we can gauge interest and see if such a trip would be a viable proposition. Contact Terry a.s.a.p. on 438 3179 (h) 43 2016(w).



Bathurst Marathon

IT'S ON AGAIN

Bernie King has once again agreed to escort us all to Bathurst for the half and full Marathon.

Last years' First Striders Bathurst Blitz was a raging success.

Space will be reserved on a strictly first come - first served basis - and the bus is sure to fill up quickly - space is limited.

Bookings will be taken from March 30th. See Bernie King at the Rushcutter-Rocks Star (March 30) or phone him on 84 7685.

NO bookings will be taken before March 30.

In general terms, the proposed itinerary is:

July 12 - 5.00 - Depart by coach from Chatswood
8.30 - Arrive Bathurst - Country Lodge Motel
11.00 - Race Start
4.00 - Race Presentation
8.00 - Dinner Sol-Y-Sombra Restaurant

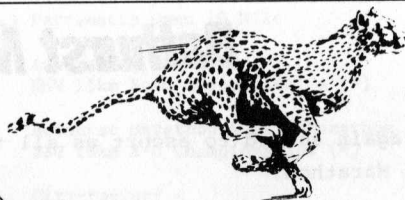
July 13 - 9.45 - Striders Photo Session
10.00 - Recovery Run - Mt Panorama - 12 km
11.30 - Depart Bathurst
1.00 - Lunch
4.00 - Arrive Chatswood

The cost will be approximately \$80 per head.

More details next Calendar (No. 33) and Blister (No. 27).

CANBERRA MARATHON BUS TRIP

LAST CHANCE TO SIGN UP
PHONE EDWINA GARVIN NOW - 516 3753
BOOKINGS CLOSE MARCH 21ST



NEWSLETTER

JAN. 1986 No.1.

COMPETITION REPORT

by RAY CALLAGHAN



Dear Fellow Veteran Athletes,

The VIIth Veterans World Athletics Games will be conducted over a nine day period from November 28th to December 6th, 1987.

To be eligible to compete in these games you need to be 40 years old on the first day of competition if you are male, and 35 years old if you are female. No qualifying performances are required, you just need to be competitively fit.

Competition will be held on seven of the nine days. The standard track and field events will be conducted on the Saturday, Sunday, Tuesday, Friday, and Saturday. The 10kms will be on the first Saturday and Sunday. As will the road walks. The Pentathlon and the Cross Country will be held on the Thursday. The Marathon will be held on the Sunday 6th December, starting at 6.00AM.

Wednesday, December 2nd has been set aside for the Wava General Assembly Meeting. Monday 30th November will be a rest day. All track and field competition is scheduled to be held at the Olympic Park Complex. The road walks and the marathon are expected to be in close proximity to the Olympic Park area. The cross country venue is being reviewed but will not be far from the inner city.

03 4356743

03 3707555

P.O. BOX 311 GREENSBOROUGH VIC. 3088

PRESIDENT'S REPORT

Carol Ludington

CROSS COUNTRY RUN

Give's a break will ya? Come and run in the Striders' Cross Country race on May 18th. Following the suggestion of a member, we DON'T schedule special events on Mother's Day; we DO provide a first class course (courtesy Messrs. Butler, Cornelius and Caldwell); we do organise the race well (Butler again); we DO provide excellent post race catering (Carol and Brian Tailford Inc.); and that darling of the post race imbibers, Nobby, is going to show thd depth of HIS club loyalty by coming in a taxi.

Cross country running doesn't mean mud to the kneecaps and cold showers afterwards. It's not hard but it is exhilarating and exciting. For several years I ran with a young blind man and we ran some cross country races together, so obviously all Striders will be able to tackle this course.

The race is May 18th - be there - we want to see U in our cross contry race this year.

250th STAR RUN

This comes up in July and to make it special we plan to run a 10 mile road race in Centennial Park. It will be run round the cycle track with the usual infamous post race breakfast to follow. The shorter distance makes the run attractive to all our members from beginners to ultra runners and means also that families can come to watch and join in the festivities afterwards. This being an equal opportunity club, random draw prizes will be the order of the day!

When you're old and grey (as is the writer) you'll recall with great pleasure a running career that included a variety of distances and a variety of terrains. I've found it exciting to run and race on the track, on the road and cross country for short, long and very long distances. Be a devil! Run Cross Country and Road with the Striders this year.

AND BABY MAKES THREE (OR FOUR)

Trevor Roberts and his charming wife Jan are now the delighted parents of daughter Natalie.

Malcolm and Joanne McDonald dared to be different and produced twins Andrew and Cameron. We send our warmest best wishes to the new families.

THAT'S THE YELLS, NOW THE BELLS

The engagements of Tony Vipond & Anne Finn and Ken Wylie & Shirley are announced. Our sincere congratulations and best wishes to all four.

SUCCESS STORIES

Mathew Kaley and Ben Stammer somehow managed to fit in HSC studies with running in 1985. They were both very successful and have now commenced studies at the University of Sydney - Ben in Computer Sciences and Mathew in Economics/Law. Well done boys and congratulations!

STOP PRESS: Have just heard that Adam Thomson also did very well in the H.S.C. & got into the course of his choice. 15



NEW MEMBERS

We welcome the following members to our club and wish them injury free and enjoyable running. To February 20th, we had 150 renewals and 19 new members - please remember that non-renewal means non-competing in our internal Half Marathon on March 16th. And now, welcome to:

Ross Betts
Barbara Firkin
Louise Fitzsimmons
Rod Garrick
Daniel Graham
Tony Healy
Philip Higgins

Robert Hudson
Susan Hudson
Keith Jackson
Gavin Morisset
Tricia Millar
Alan Ross
Bill Thompson

Jo-Anne Tibbits
John Whealy
Dawn Woodward
Jack Woodward



BATHURST HALF MARATHON, JULY 1985: Nick Reed (R) pushes Alex Hamill off the road whilst keeping pace with new member Louise Fitzsimmons.

HANDICAPS

INTERNAL HALF MARATHON

by Steve Cornelius, Striders' Database Operator and Handicapper (Retired)

The Club's computer has analysed your marathon, half-marathon and City-to-Surf performances and has allocated you a handicap start-time for our internal Half-Marathon (March 16: see below). READ THESE NOTES CAREFULLY:

PLEASE DO:

- * ARRIVE IN PLENTY OF TIME TO REGISTER - 20 minutes before your start-time if possible. If you start late, your time won't be adjusted.
- * PARK IN WATERLOO ROAD - parking in Wicks Road obstructs the race.
- * CHECK IN WITH THE STARTER one minute before your start-time arrives.
- * LISTEN TO MARSHALS' INSTRUCTIONS - not all corners will be marshalled!

PLEASE DON'T:

- * EXPECT TO RUN IF YOU'RE UNFINANCIAL. If you haven't paid your 1986 subscription you won't be given a chest-number. The fact that your name appears below does not guarantee you a start.
- * START BEFORE YOUR ALLOCATED TIME!!! Members who have done this in previous years have seriously fouled up our recording system.
- * TRY TO DISCUSS YOUR START-TIME WITH THE HANDICAPPER ON RACE MORNING - it'll be too late to change it then. If you really think the computer has done you wrong, you're welcome to phone me (427-3604) on Fri 14 March.

The Handicap Half usually slightly favours the slower runners (e.g. it's easier to make a 15-minute improvement on 2 hours than on 80 minutes). But we make no apology for this - the speedsters get plenty of chances during the year to excel. Besides, there's still a medal for the fastest on elapsed time.

The computer program tries to schedule everyone to finish at 8.40 a.m. Last year 55% of finishers crossed the line within 3 minutes of this time, and this year, with a few adjustments having been made, we're aiming to make that 75%.

The computer uses everything it knows about your annual PB's during 1983-85 on marathon and half-marathon distances, and your best City-to-Surf time if 1983 or later. More recent performances are given greater weighting, and half-marathon times are weighted more than marathons and City-to-Surfs. Any performances that are slow compared to your other results are disregarded - you can't fool the beast by recording a comparative slacko time!

We don't pretend to be able to estimate your current state of fitness and motivation, but most runners will find that if they count back from 8.40 a.m. to their allocated start-time, they will have been given a time that's remarkably close to what they're capable of.

Inevitably, some runners have very little form for the computer to assess, and for these the start-time may not be very accurate. If you don't see your name on the list, it means you've joined the club since the list was printed, or we had nothing about your running prowess in our computer. In either case, phone me on 427-3604 on Friday March 14th, and we'll fix you up. Please DON'T front up on the day expecting me to work it out in my head - I won't!

Best of luck on the day in this popular, enjoyable and unusual event!

HANDICAP INTERNAL

HANDICAP HALF-MARATHON START-TIMES, NORTH RYDE, 16 MARCH 1986

IF YOUR NAME DOESN'T APPEAR HERE, OR APPEARS WITH THE LETTERS "NVFA" (NO VALID FORM AVAILABLE), IT MEANS YOU HAVE RECENTLY JOINED OR OUR COMPUTER HAS NO INFORMATION ABOUT YOUR RUNNING POTENTIAL. IF YOU WISH TO DISCUSS YOUR HANDICAP, PHONE STEVE CORNELIUS ON 427-3604 ON FRI 14 MARCH. NO DISCUSSION CAN BE ENTERED INTO ON RACE DAY!!!

WIN AHLMANN	7.30	SALLY CORNELIUS	6.31	ROD GARRICK	7.05
ROD ANDERSEN	6.57	STEVE CORNELIUS	7.12	EDWINA GARVIN	6.53
PETER ARNOLD	7.16	GREG CORNISH	7.11	PHIL GARVIN	7.30
FRANK ASSENZA	6.42	BRYCE COURTENAY	7.10	BRIAN GATFIELD	7.16
JOE BAILLIE	6.56	CHARLES COVILLE	7.19	ALLAN GORE	6.20
LEENA BAMANN	6.26	DAVID COX	7.19	DANIEL GRAHAM	7.10
RICHARD BAMANN	7.06	GEOFF COX	7.21	DAN GRAY	7.06
DAVID BARNETT	7.08	SCOTT CRAWFORD	7.08	GERRY GREENLAND	7.07
KEITH BARNETT	7.10	IAN CROSS	6.45	MAUREEN GREENWALD	6.53
DICK BARTLETT	7.12	GAI CUNNINGHAM	6.56	NIGEL HADGKISS	7.21
NOEL BARTON	7.17	SAM DAHER	7.18	BENNY HAGBERG	6.59
CLIVE BASKIN	6.59	GRAHAME DEACON	7.01	ALEX HAMILL	7.11
ROSS BETTS	6.54	OWEN DENMEADE	6.59	BRENDA HAMILL	7.03
RICHARD BEVAN	7.04	PETER DONNELLEY	7.18	MARK HANLON	7.14
RUSSELL BLACK	7.19	JIM DONOVAN	6.43	ROBERT HARRISON	7.28
DAVE BLACKHALL	7.09	RAY DORAN	7.20	PETER HAYES	6.47
HARVEY BLUE	7.16	TREVOR DRYSDALE	7.01	TONY HEALY	7.21
JOHN BOND	7.21	DAVID DUNSTALL	6.51	MAX HENDERSON	7.07
IAN BOWDEN	7.25	CHRISTOPHER DWYER	7.16	PAM HENDERSON	6.45
JOHN BOYCE	6.37	MICK EDWARDS	7.17	PETER HENRY	7.03
FRANK BRANDON	7.24	ISABEL ENGEL	6.49	PHILIP HIGGINS	7.13
KERRY BRAY	6.48	VINCE ENGEL	7.26	JOHN HILL	7.09
JEFF BURGESS	7.06	LYNNE EVANS	7.07	SUE HILL	7.12
GRAHAM BURKE	7.15	JOHN EVENNETT	7.15	ALLEN HISSEY	7.19
NICHOLAS BURKE	NVFA	ALAN FARRELL	7.21	JOHN HODGES	7.13
PATTI BURKE	6.44	JOHN FAZIO	7.24	BRYAN HOLLIDAY	6.54
RON BURKE	7.09	RON FEENEY	7.23	ROY HOWARD	7.09
GRAHAM BUTLER	7.06	MERVYN FINLAY	6.56	BILL HOWLEY	7.17
PHILIP CALDWELL	6.58	BARBARA FIRKIN	6.20	ROBERT HUDSON	6.25
JAMES CAMPBELL	6.56	GRAHAM FIRKIN	7.08	SUSAN HUDSON	NVFA
KEITH CANARD	7.28	LOUISE FITZSIMMONS	7.07	TERRY HUDSON	6.59
COLIN CHAMBERLAIN	7.23	ANNE FLANAGAN	6.45	BRUCE INGLIS	7.22
FRANCIS CHAN	7.21	BILL FLANAGAN	7.22	TERRY JACKMAN	7.10
DICK CLELAND	7.16	DOROTHY FLANAGAN	6.46	ASHLEY JACKSON	7.11
PETER COBLEY	7.17	STAN FLECK	7.03	KEITH JACKSON	7.04
CLIVE COKAYNE	7.12	ANTHONY FOAR	7.03	PATRICK JELK	6.47
VIC COLLINS	6.46	CECIL FORD	7.12	GREG JERRETT	6.52
BRIAN COLWELL	7.11	MIKE FOSTER	7.16	BARRY JONES	6.54
TONY CONNER	7.20	PAUL FOSTER	7.09	PETER JOSEPH	7.09
BERNARD COOLEY	7.18	PETER FOULSHAM	7.14	MATHEW KALEY	7.14
DENNIS COOLEY	7.18	IVAN FREYS	7.16	PETER KEEBLE	7.04
BERNARD CORDEN	7.29	WAYNE GARLAND	7.07	LESLEY KIMBERLEY	7.04
RON CORDEN	7.18	MAVIS GARRICK	6.46	BERNIE KING	7.17

HALF MARATHON

LAURIE KING	7.15	MICHAEL MINEHAN	7.16	HUGH SPENCER	7.13
NIGEL KINGSMILL	6.39	PHILIP MORGAN	7.11	BEN STAMMER	7.06
ROBERT KLIMA	7.11	GAVIN MORISSET	7.11	WAYNE STANTON	7.23
STEVE KNIGHT	7.11	PETER MORRIS	7.09	CHRIS STAPLES	7.19
ADRIAN KOL	6.46	JANICE M'TON-EVANS	7.02	OLEG SZLICHTA	6.56
PETER LANGTON	6.56	ROBYN MURPHY	6.33	BRIAN TAILFORD	7.09
SCOTT LAWRENCE	7.21	BRUCE MURRAY	7.09	DALE THOMPSON	7.00
LEO LEADER	7.05	IAN NEWLANDS	7.10	WILLIAM THOMPSON	7.08
LESLEY LEAR	6.42	BRET NICHOLS	7.21	ADAM THOMSON	7.09
PETER LEONARD	7.06	STEPHEN NICOLL	7.20	SUE THOMSON	6.39
DEREK LIEBENBERG	7.30	COLIN O'BRIEN	7.14	JOANNE TIBBITTS	6.59
DEBBIE LIEBENBERG	6.27	KEN O'CONNOR	7.12	DERRICK TITMUS	6.52
IRWIN LIGHT	7.04	MICHAEL O'HEARN	7.21	MICHAEL TIUTINNIK	7.25
JOSEPH LOEWY	7.09	KEVIN O'KANE	7.08	KARL-HEINZ TOPFER	7.06
CAROL LUDINGTON	6.50	KATE O'ROURKE	6.39	MICHAEL TOPLEY	7.07
HERB LUDINGTON	6.47	JOHN O'RYAN	7.03	QUEENIE TOPLEY	6.47
PETER LUXTON	7.03	GARRY OSMOND	6.58	KAREN TUCK	6.54
BRIAN LYNCH	7.10	LEIGH PASCOE	7.19	FIONA TURNER	NVFA
MERRI MACK	7.08	JOHN PATCHETT	7.10	HARRY TURNER	7.07
RICHARD MACK	NVFA	GEOFF PEARL	6.54	JOHN TURNER	7.12
ALSTAIR MACKIE	7.18	DAVID PETERSON	7.12	MARGARET TURNER	NVFA
BOB MANN	7.06	RODNEY PHILLIPS	6.53	TONY VIPOND	7.17
AGNES MARKHAM	NVFA	JOHN PLUMMER	7.07	BILL WACHER	7.01
PETER MARKHAM	7.19	CHRISTINE PORTER	7.02	OKSANA WAINWRIGHT	6.41
TREVOR MARSDEN	7.00	DON PRICE	7.18	JAMES WALKER	7.17
WINSTON MARSDEN	7.11	MICHAEL PRINGLE	6.51	ROSS WALL	NVFA
CHRIS MATHEWS	NVFA	GREG PROWSE	7.03	MIKE WARD	7.11
BRENDA MATTICK	NVFA	SYLVIA REA	6.47	ROBERT WARD	7.04
KEITH MAYNE	7.06	NICK REED	7.04	ROBERT WATERREUS	7.12
TONY MCCALL	7.28	BETH REID	6.44	BRENT WATERS	7.10
ANNIE MCCARTHY	6.38	RAY REID	7.06	KEITH WEARNE	6.39
BILL MCCARTHY	6.50	DENNIS RIDER	7.05	IAN WEBB	NVFA
DENISE MCCARTHY	6.39	RICHARD ROACH	6.49	JOHN WHEALY	NVFA
ROBERT MCCARTHY	7.13	STEPHEN ROACH	7.08	BILL WHITE	7.02
WAYNE MCCARTHY	6.46	TREVOR ROBERTS	7.16	DEREK WHITE	7.05
DAVID MCCORMACK	7.19	DAVID ROBINSON	7.18	MARTIN WHITE	7.18
KIM MCCORMICK	6.40	JONATHAN ROBSON	7.18	IAN WHITFIELD	7.02
JENNY MCCOY	6.42	MIKE ROSE	7.00	ALEX WHITWORTH	7.20
BILL MCCRINDLE	7.04	ALAN ROSS	7.08	NORM WILKINS	7.22
MALCOLM MCDONALD	7.00	ANDREW ROSS	7.09	DAVE WILLIAMS	7.04
PETER MCGRAW	7.10	JOHN ROSS	6.42	DENNIS WILLIAMS	7.14
MIKE MCGUIRK	7.14	PAUL RUSSELL	7.18	CAROLYN WILSON	6.49
TERRY MCIVER	7.16	ROBI RUSSELL	6.38	JOSEPH WONG	6.56
ROD MCLEAN	7.17	PETER RYAN	6.52	KAR WONG	7.13
JOHN MCLENNAN	7.10	IRENE SANDS	7.01	DAWN WOODWARD	6.40
TERRY MCMAHON	7.10	GARY SHOESMITH	7.15	JACK WOODWARD	7.04
DAVID MILL	7.14	CEDRIC SIDEBOTTOM	7.20	NOEL WORTHINGTON	6.59
EVAN MILLAR	7.22	DOROTHY SIEPMANN	7.08	JOHN WRIGHT	6.54
IAN MILLAR	7.08	GERALD SMITH	6.58	KEN WYLIE	7.23
TRICIA MILLAR	6.47	TOM SMITH	6.30	NOBBY YOUNG	7.15
NEVILLE MILLS	7.05	ANTHONY SMUTS	6.57		



Letter to the Editor

The Editor, Blister,
P.O. Box N119,
Grosvenor st.,
Sydney 2000.

Dear Sir,

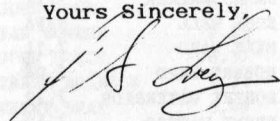
On the 15th December I ran the Tourist Trot. And as always thoroughly enjoyed it. However I must deplore the practice of some Striders, many who ought to know better, of running the bicycle track across the Bridge.

There are few enough places anywhere in Sydney where cyclists can ride unhindered.

The joggers route is very clearly marked at both ends and only a short detour through the tunnel on the other side of the Bridge.

As a community-minded, sometimes very visible running group we should be seen doing the right thing whether it's raising money for the Children's Hospital or obeying the signs designed to facilitate safe and equitable Bridge use.

Yours Sincerely,



Joseph Loewy

Sunday Training Runs (Stars)

With STAR attendances exceeding 100 in recent weeks, the Club Committee has become seriously concerned about the safety of runners on the road. Many runners have been running in the middle of the road, up to 8 abreast, disrupting traffic and putting themselves and others in danger.

At the risk of making ourselves unpopular, we must draw your attention to the following items of Club policy towards Sunday morning runs:

- 1) WE HAVE NO RIGHT TO DISRUPT TRAFFIC BY RUNNING ON THE ROAD.
- 2) WHERE THERE IS A FOOTPATH, WE SHOULD USE IT.
- 3) IT IS ILLEGAL TO RUN MORE THAN 2 ABREAST ON ANY ROAD AND THE POLICE HAVE RECENTLY SHOWED CONCERN THAT THIS LAW IS BEING DISREGARDED.
- 4) AS A CLUB, WE ONLY RUN ON THE ROAD WHEN WE ARE FORCED TO DO SO.
- 5) WE CARRY NO INSURANCE COVER, AND ASSUME NO LIABILITY FOR INJURED RUNNERS, WHETHER THEY HAVE FOLLOWED OUR SAFETY GUIDELINES OR NOT.

We cannot force you to do anything you don't want to do. But we hope you will realise that we, as a Club Committee, would not be doing our duty if we did not try to draw your attention to the danger in the way you have been running recently. We don't intend to wait until someone is maimed or killed before speaking up. Please take care on the road. 20

EDITORIAL

Don't panic yet. Some of you may notice you've been left off the marathon ladder. To meet the deadline for this issue, it includes only members who were financial at the beginning of February. A lot of members have rejoined since, and will of course be back on the ladder in the next issue.

Surprise! For the 2nd successive year, Kar Wong has run the first marathon of the year by a Strider. Kar has rejoined, and has written an account of this year's Hong Kong marathon, on page 43. Kar plans to return to Sydney at the end of the year for a months holiday, and is looking forward to running some marathons while he's here. Any bets against Kar being the first Strider in this year's Nocturnal in Canberra?

You may have noticed in the last issue the results of NSW 10k championships. Derek Liebenberg's performance in placing third made him the first Strider to win a medal in a State championship. Three months later, at this year's State Track and Field championships, Scott Lawrence was the first Strider to progress through heats to reach a State final. (The 10k is a straight-out final). Scott ran a sub 4 minute 1,500m to place mid-field in the final. Hoping his good form would carry on for another month, Scott ran in the A.C.T. championships. After having his worst race of the year, Scott entered the steeplechase for a lark, and, in his first ever run over the barriers, placed third.

The article which got the biggest response in the last Blister was Terry McIver's Big M report. 50% of the people who read it demanded Terry's expulsion from the long distance runners union after seeing that his training consisted of virtually zero kms. The other 50% simply didn't believe him.

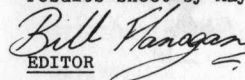
Also in the last Blister, Carol Ludington said there are no MCP's on the half-marathon committee. Race Director Herb Ludington insists this is a pack of lies and that there definitely are MCP's on the committee.

Entry forms for the Australian Marathon (nee Wang) are now available at STaRs. Except for some changes to the course in The Rocks area, all I've been able to find out so far is that we'll be heading south along George Street near the Regent Hotel instead of north.

All members are reminded that the Annual General Meeting will be held on May 4th. All committee positions are up for election. Members are urged to think about running for office and thus having a say in the future of the Club. At least 4 members of the present committee, including myself, will not be seeking re-election.

Following a number of requests from members, we hope to have a wider range of drinks on offer after the STaRs. Believe it or not, some members don't have the same craving for Coca-Cola as most of us; they prefer mineral water or pure fruit juices. STaR hosts will be doing their best to satisfy all tastes.

Deadline for Blister No. 27 is provisionally set at May 25, but is subject to change depending on the wishes of the new editor. Nevertheless, make sure you return your results sheet by May 18.


EDITOR

NEXT ISSUE

Will introduce the new editor and have results and reports on the two Striders Internal Half marathons;

ALSO - Nike Canberra Marathon
Anzac Day Marathon
City of Sydney Half Marathon
Sutherland Half Marathon, Audley
LONDON MARATHON, BOSTON MARATHON
ALL CONTRIBUTIONS MOST WELCOME. DEADLINE MAY 25th.

27

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.

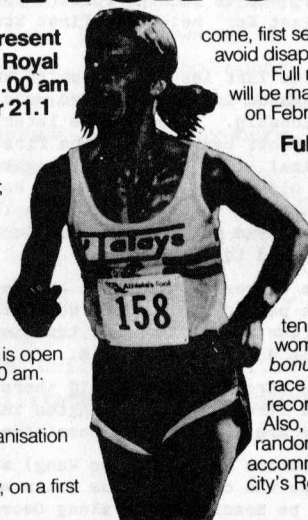
Australian Runner Magazine says: "Undoubtedly the best organised road race in Australia. A testing course through beautiful country where the runner is looked after in a manner befitting a King."

The race is run on traffic-free, sealed roads among the gums and wattles of the Lane Cove 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.

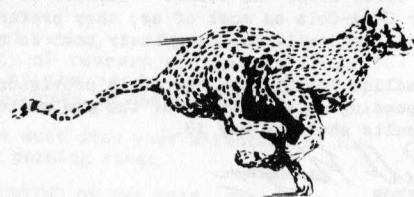
Car parking, child minding, change rooms, and a post-race breakfast are available at race headquarters, North Ryde High School, Wicks Road, North Ryde.

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.

Committee

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



PRESENTED BY SYDNEY STRIDERS MARATHON & ROAD RUNNERS CLUB

AND PROUDLY SPONSORED BY

SEIKO



22

JUST
JUICE



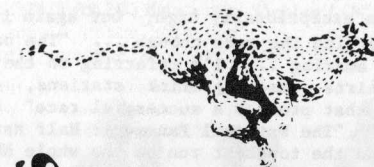
the Annual



Royal Life Half Marathon

Over 21.1 kms through Sydney's beautiful Lane Cove River Park, at 7.00 am on Sunday, March 23, 1986.

Half Marathon



Presented by
Sydney Striders

THE SYDNEY STRIDERS' HALF MARATHON - A BRIEF HISTORY

by Bill Flanagan

21ST MARCH 1982

START/FINISH BEAUMONT ROAD PUBLIC SCHOOL, WEST KILLARA

Male

1. Bill Raimond	72.03
2. Gordon Moller	72.38
3. John Bowers	72.54
1st 40+ Bill Raimond	72.03

Female

1. Jenny Walker	83.45
2. Maria Gemenis-Cruickshank	84.15
3. Margret Ricardo	84.30
1st 40+ Shirley Redhead	91.08

Less than 2 years after the formation of the club, the first Striders' half marathon was held (on the same day as the 50th anniversary of the opening of the Sydney Harbour Bridge). The race was run in cold, rainy conditions and was acclaimed by both the 451 starters and the running press:

"... The toughness of this run was offset by the best organisation one could ever imagine, both on the course and back at base ... and Sydney Striders deserve five stars for this superbly put-together event" (Fun Runner, Aug./Sept. '82).

A tradition had commenced.

23

27TH MARCH 1983

START/FINISH NORTH RYDE HIGH SCHOOL

Male		Female	
1. Andrew Lloyd	65.58	1. Mora Main	79.43
2. Colin Neave	66.54	2. Pat Marshall	82.25
3. Gary Hand	67.28	3. Georgina Moore-Price	83.07
1st 40+ Keith Mayhew	73.06	1st 40+ Yvonne Couper	87.20

1036 entrants, 944 finishers

With a new course and sponsor, the Yomix half marathon had a threefold increase in field size and was forced to reject more than 300 entries in keeping with an agreement with the Lane Cove River Park. Australian Runner (June/July '83) said "The Yomix half marathon has gained a well earned reputation as one of the best organised runs on the Australian calendar."

18TH MARCH 1984

Male		Female	
1. Garry Henry	64.42	1. Mora Main	77.14
2. James Murphy	65.52	2. Mary Murison	80.16
3. Quentin Morley	66.12	3. Shane Barrett	80.35
1st 40+ Ian Graves	70.32	1st 40+ Pat Marshall	85.14

1394 finishers

The National Panasonic half marathon was held over the same course as 1983 and Hand and Main absolutely set it on fire with course records. The standard of the field was exceptionally high, but again it was the great job done by members which carried the race though ... "The number of greenies in Lane Cove River Park was amazing ... I'm referring to the 200 Sydney Striders decked out in their T shirts personing drink stations, calling times, and doing the endless jobs that produce a successful race" (Brian Lenton, Fun Runner, June/July '84). "The National Panasonic Half Marathon would have to be the best organised and the toughest run on the whole NSW calendar" (Frank McCaffery, Fun Runner, June/July '84).

24TH MARCH 1985

Male		Female	
1. Wolfgang Krueger	64.17	1. Raewyn O'Donnell	78.00
2. Robbie Wallace	65.28	2. Heather Matthews	79.02
3. Steve Austin	65.52	3. Dot Browne	80.11
1st 40+ Geoff Molloy	72.35	1st 40+ Dot Browne	80.11

A West German first and Victorians second and third, and only 2 New South Welshman in the top 15 men. In the women, N.Z.ers 1-2 and a Victorian 3rd. That was an indication of how the structure of the race had grown. The National Panasonic also incorporated a Seniors race and attracted World Record holders John Gilmour and Jean Albury. Third placed woman, Dot Browne, wrote in Fun Runner "It's one of the best organised races I've ever been involved with ... the 200 Sydney Striders were impressive as a co-ordinated team of officials, in more ways than one. They looked fantastic dotted around the course in their bright green T shirts. They gave us enthusiastic encouragement all the way. They'd run the course themselves the Sunday before and now it was our turn as they looked after us."

23RD MARCH 1986

This date will be the fifth running of the Striders' Half. With new sponsorship, it's now known as Sydney's Royal Life Half Marathon.

This is the one day that Striders as a club put something back into running. We get a chance to run on 51 Sunday mornings a year, so please put one Sunday aside to help put on what we hope will again be the premier event in Australia.

If you haven't yet been told of your job for race day, please contact Nobby Young. We need every one of you if the race is to continue to receive praise like ... "The Sydney Striders half marathon is undoubtedly the best organised and conducted road race in Australia, and would stand up to any scrutiny from overseas" (Australian Runner, 1984 Annual).

MEN'S FASTEST 20 ALLTIME FINISHERS

Name	Age	Time	Year
1 Wolfgang KRUEGER	38	1.04.17	85
2 Garry HENRY	27	1.04.42	84
3 Robbie WALLACE	33	1.05.28	85
4 James MURPHY	32	1.05.52	84
5 Steve AUSTIN	34	1.05.52	85
6 Quentin MORLEY	21	1.05.56	85
7 Andrew LLOYD	24	1.05.58	83
8 Pat CARROLL	23	1.06.07	85
9 Daniel O'DEA	22	1.06.38	84
10 Brian MORGAN	28	1.06.49	84
11 Colin NEAVE	26	1.06.54	83
12 Garrick HAND	38	1.07.20	84
12 Robert SPILLING	21	1.07.46	83
13 Andrew HINWOOD	22	1.07.58	83
14 Laurie ADAMS	34	1.08.08	85
15 Michael BEISTY	25	1.08.19	84
16 Danny BOLTZ	21	1.08.37	83
17 Jim GOLLEDGE	19	1.09.14	85
18 Bill KIRKLAND	24	1.09.17	85
19 Steve POULTON	25	1.09.23	83
20 Mehil BECKERMAN	28	1.09.26	84

WOMEN'S FASTEST 20 ALLTIME FINISHERS

Name	Age	Time	Year
1 Mora MAIN	35	1.17.14	84
2 Raewyn O'DONNELL	23	1.18.00	85
3 Heather MATTHEWS	38	1.19.02	85
4 Dot BROWNE	44	1.20.11	85
5 Mary MURISON	30	1.20.16	84
6 Shane BARRETT	29	1.20.35	84
7 Rhonda MALLINDER	26	1.21.01	85
8 Sue CLARK	22	1.21.10	84
9 Pat MARSHALL	39	1.22.25	83
10 Jenny WALKER	26	1.22.45	85
11 Annette PERKINS	35	1.22.54	84
12 Georgina MOOR-PRICE	35	1.23.07	83
13 Salme NIEMELA	20	1.23.45	85
14 Josephine MIFSUD	26	1.23.54	83
15 Maria GEMENIS-CRUICKSHANK	38	1.24.15	82
16 Margaret RICARDO	24	1.24.30	82
17 Karen GANZEVOORT	13	1.24.39	84
18 Fiona WHELAN	27	1.24.41	85
19 Heather ASHCROFT	18	1.24.58	85
20 Debbie LOCKWOOD	21	1.25.01	83



1984 - Winner Wolfgang Krueger glances back to find James Murphy (8), Rob Wallace (4), Steve Austin and Quentin Morley (7) right on his heels.

HOW OUR RACE FIELD HAS GROWN

	1982	1983	1984	1985	Total
Entries received	451	1546	1821	1815	231
Entrants accepted	451	1242	1751	1715	218
Finishers	341	938	1394	1375	147
					1522

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

PREVIEW

SYDNEY'S ROYAL LIFE HALF MARATHON 1986

Despite the preoccupation of many athletes with qualifying for the Commonwealth Games team, the field for this year's race is very strong.

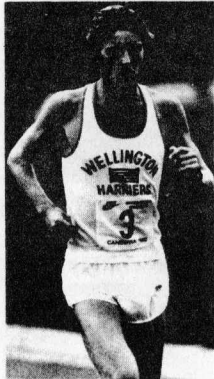
A number of Olympic, World Championship and World Cup representatives will be leading the 1500 entrants through Lane Cove on March 23. As we go to press, some of the top runners entered are:-

MALE

- Derek Froude (NZL)** - New Zealand Olympian, winner 1982 Canberra Marathon, 2.11.25 marathoner (NYC,83)
- Laurie Adams (QLD)** - 2nd 1985 Canberra Marathon; 4th 1985 Big M; 2.15.59 marathoner.
- Colin Neave (ACT)** - Winner 1983/85 Canberra Marathon, 2nd 1983 National Panasonic Half marathon; 2.16.57 marathoner.
- Steve Poulton (NSW)** - State marathon champion 1980/81; winner Adelaide marathon 1984; 2.17.07 marathoner.
- Quentin Morley (NSW)** - 3rd 1983, 4th 1984 Nat. Pan. half marathon; 3rd 1983 City to-Surf.

FEMALE

- Sally Pierson (VIC)** 1.12.50 half marathoner; former Australian 10,000 champ.
- Petrina Towbridge (VIC)** 3rd 1985 Big M in 2.46.37.
- Annette Perkins (ACT)** 4th 1985 Wang in 2.47.51.
- Dot Browne (VIC)** 2.41.24 marathoner; Aust. rep 1983 World Champs; 5th 1985 Big M; 3rd 1985 National Panasonic Half marathon.
- Tani Ruckle (NSW)** 1st 1985 Manila Marathon; 4th 1985 Big M.



DEREK FROUDE



DOT BROWNE



SALLY PIERSON

PROUDLY SPONSORED BY

SEIKO



JUST
JUICE



SIXTH THREDBO NATIONAL RUNNING WEEK - JANUARY 1986

by BERNIE KING

In 1981, a group of mainly Canberra runners spent a week in Thredbo. Brian Lenton applied for a patent on the idea and we had National Running Week.

The Planagans spent some time there in 1981, the Kings in 1982, and Striders have been involved ever since. Including 'lations' there were 43 of us this year.

Running Week commenced on Saturday 18 January, although some smarties got down earlier for some secret training. The final day, eight days later, saw the 13km Kosciusko Classic.

As a training venue, Thredbo is fantastic. On the holiday front, non-runners seem to enjoy the week even more than the runners - they suffer less pain.

On a day to day basis, the week went something like:-

Saturday 18th

Weather good, track good. T-shirts, chairlift tickets etc were collected. We had a 5-8k run and a few practice beers in the Bistro. Each day included a Happy Hour; for some, the Happy Hour became an art-form. Phil Garvin and Bill Flanagan demonstrated two different approaches to this 'art form'.

Sunday, 19th

Round the Village Fun Run. Very hilly, 9 k and complete with an official false start! Details and results of this race are contained elsewhere in this Blister although for the record, Rob Spilling won the blokes division and Dot Browne the other one. Bill Flanagan is claiming a record for the world's fastest hangover. Sunday afternoon also saw the arrival in Thredbo of the Striders who had contested the Canberra Triathlon. What fools! Where are your priorities, you missed two happy hours!

Monday, 20th

We had a mountain run in the morning, 13k on the 'Classic' course, Crackenback - Summit and return. Paul Russell had a fall and needed a doctor. Paul says he looked in the mirror for one but only found a quack. A spot of tennis was the go after lunch followed by the premier event on the national calendar, the NRW Mixed Seeded Relays. Phil Caldwell ran as an honorary child and each of 28 teams consisted of male, female, veteran male, boy and girl. Prizes for this event were Pizzas. Yet another happy hour; I'm getting to like XXXX.

Tuesday, 21st

Running, canoeing, biathloning, happy houring. This is the only holiday that you've got to go into training for. For Striders, the highlight of the biathlon was the non-appearance of our superstar triathletes. Alistair Mackie was the only one who even went into the water and he had to be thrown in. Again for the record, Nick Croft won the open section, proving that his Canberra win was no fluke. Perhaps for Nick, Canberra was only a warm-up for the major event. Louise Fairfax won the ladies event.

Wednesday, 22nd

30k of Mountain running - fantastic. On a STaR rating H10 B30. Words are inadequate to describe this run; it's got everything. Ask anyone who did it. The run starts at Crackenback, takes in the Kosciusko Summit, Lake Albina, Carruthers Peak, Blue Lake, Snowy River, Charlotte's Pass and back to Crackenback. It makes me tired just writing about it. Fastest around the course were Bill Raymond and Louise Fairfax. There was no official happy hour, but we all followed Nobby and he found one - a fella wouldn't want to dehydrate.

Thursday, 23rd

Sleep-in, golf, canoeing and naturally, the Happy Hour. We even had a run. Canoes are tricky little numbers; they don't have steering wheels and if you upset them, they upset you (often). I don't know who won this canoe business - I don't care, but Karen Tuck and Edwina Garvin did well.

Friday, 24th

The week seems to be rushing to a close. The morning had a 16 k mountain run whilst in the afternoon, the South Australians organised two segregated races. Funny idea, I'd have thought that Queenslanders would be into such things, but not the land of ombudspersons! We naturally had a happy hour and then adjourned to the tennis courts.

Saturday, 25th

This day was also known as 'Do It Yourself', 'Orangise your own' etc. We were lost. Brian Lenton, where are you when we need you most. Not being very imaginative, most of us had a run. Thank God there was a happy hour to save the day. The evening was great - the Croydon Revue, organised by Dot Browne, where various groups put on poorly rehearsed skits to take the mickey out of each other.

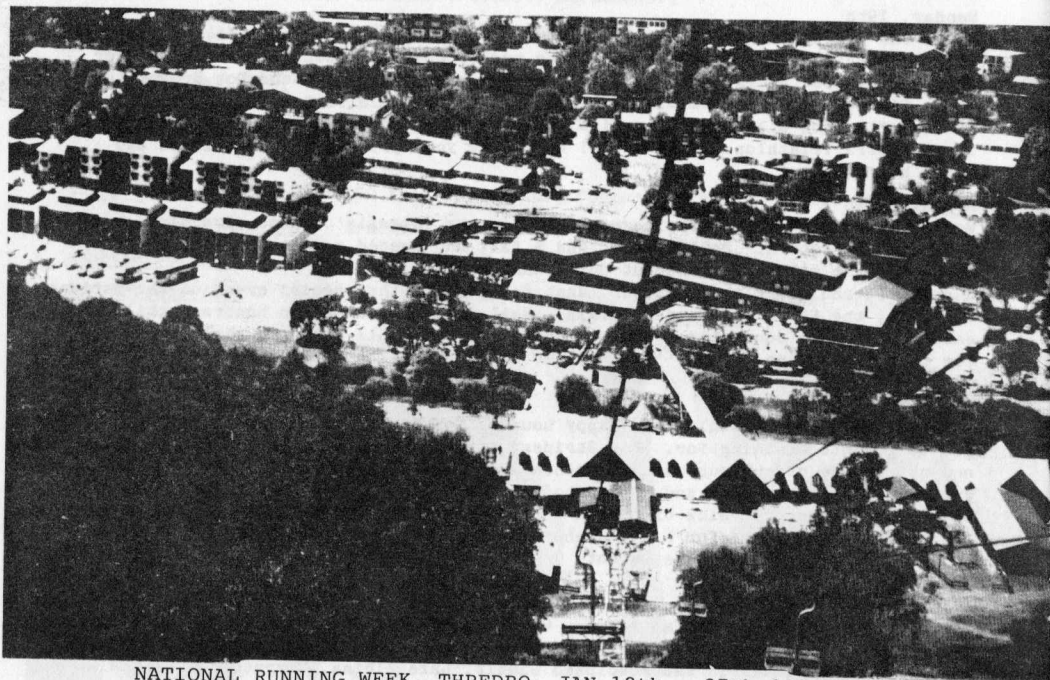
Sunday, 26th

Kosciusko Classis, 13k. Results are elsewhere, although it is worth recording that Rob Spilling completed the course in 48m22s and first lady was Louise Fairfax. Phil Garvin and Louise Fitzsimmons were the first Striders. Brian Lenton was late for a delayed start but still ran 63m42s. Serves him right for making us think for ourselves on Saturday.

Late afternoon, Kosciusko-Thredbo put on a party for us - food and drink. When you consider that most had not had lunch, raced for 13k and possibly not eaten for about 9 hours what gluttony!

Monday, 27th

Reality, the week's over. Not to worry, I've booked again for next year.



NATIONAL RUNNING WEEK, THREDBO, JAN 18th - 27th 1986.

This is where it all happened. The Chairlift Terminal accomodation is in the foreground (R) with the Alpine Motel across the bridge to the rear. At the left end of that building is the "Happy Hour H.Q." - The Bistro. Next door behind the car park is the Alpine Apartments where most of the Striders stayed. 28



NATIONAL RUNNING WEEK:

Standing:

Greg Harburg, Louise Fitzsimmons, Bill Flanagan, Bernie King, Phil Garvin, Nick Reed, Dorothy Siepmann, Alistair Mackie, Terry McMahon.

Seated: Lucette King, Edwina Garvin, Karen Tuck.



Alistair Mackie (R) refused to go in the Thredbo Gold Biathlon, so Bernie King made sure he at least got wet, sunglasses and all. 29

SPANK

THREDBO FUN RUN

January 19, 1986

Sponsored by Spank Sportswear

9KM - TWICE ROUND THE VILLAGE

1. Robert Spilling	29.45	1F. Dot Browne	35.18
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STRIDERS

2. Phil Garvin	29.54	55. Terry MCMAHON	38.35
8. Bill Flanagan	31.28	65. Nobby Young	39.49
17. Dave Cundy	33.36	93. Edwina Garvin	43.07
20. Bernie King	34.08	94. Karen Tuck	43.07
31. Greg Harburg	35.30	139. Robi Russell	51.30
42. Paul Russell	36.48		

182 finishers

KOSCIUSKO CLASSIC

AUSTRALIA'S HIGHEST RACE

January 26, 1986

Sponsored by
Kosciusko-Thredbo Pty. Ltd.

13KM - MT CRACKENBACK TOP STATION TO SUMMIT AND RETURN

1. Robert Spilling	48.22	1F. Louise Fairfax	57.21
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STRIDERS

11. Phil Garvin	52.28	84. Louise Fitzsimmons	65.22
17. Bill Flanagan	53.51	86. Graham Butler	65.54
25. Greg Harburg	55.55	135. Edwina Garvin	75.18
31. Bernie King	57.16	139. Bruce Abrahams	76.09
37. Dave Cundy	57.50	141. Karen Tuck	76.18
79. Brian Lenton	62.35	151. Dorothy Siepmann	79.00
82. Terry McMahon	64.17		

175 finishers



(L to R) Edwina Garvin, Karen Tuck and Phil Garvin
at the Crackenback Terminal before the start of the
Kosciusko Classic

Letter to the Editor

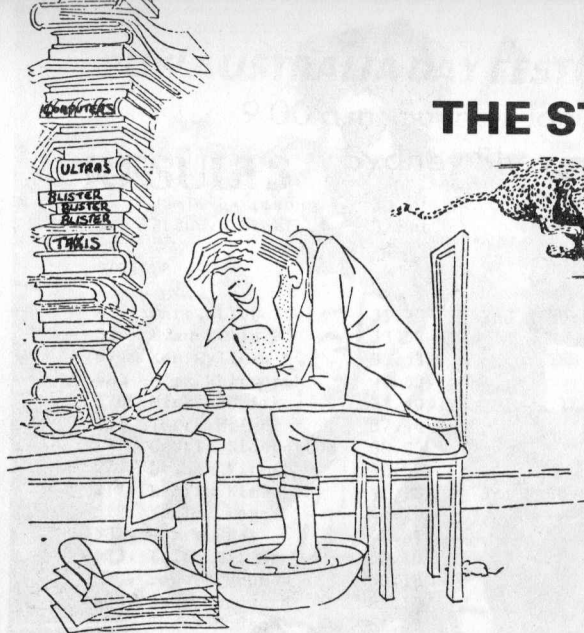
The Editor,
"Blister" Magazine.

Dear Sir,

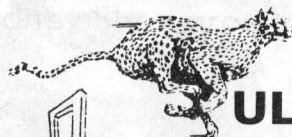
I am fed up to the back teeth of being button-holed at STAR runs by people like Herb Ludington and accused of having nothing left to complain about. I suppose these people think just because I didn't write a whingeing letter in edition 25 I've lost my touch.

Well, have I got news for them. 1986 is going to be a Vintage Year for complaints. For a start, I've prepared a list of five hundred complaints about Alex Hamill and his Triathlete lunatics alone. And if he doesn't award me the Whinge-Bag Of The Year Trophy for the second consecutive year, you can make that five hundred and one. Also, if nobody offers me any money to bodgy their handicaps for the Internal Half-Marathon in March, you'll get a rip-snorter of a complaining letter for your next issue.

Yours in mid-life crisis,
Steve Cornelius.



THE STEVE CORNELIUS



ULTRA REPORT



by Steve Cornelius

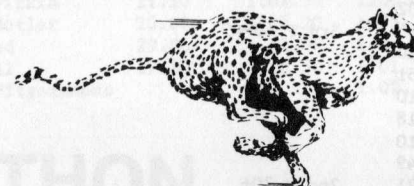
Not a great deal of activity on the Ultra front during the 3 months of summer, in direct contrast to the Triathletes, who have been doing their usual "Mad Dogs and Englishmen" acts since the last Blister. However, there are the usual early-season ultra events coming up: the Blue Mountains 6-foot Track Marathon, and the Easter weekend 100-miler at Manly. So far I haven't been notified of any Striders intending to try either of these events, but you never know your luck. 3 Striders completed the Blue Mountains run in 1985 (Nobby Young, Dan Gray and Jim Donovan). It's not really an Ultra in terms of distance, being "only" (!!) the standard 42km, but when you learn that the race record is 3.45.12, you get some idea of the "killer" terrain involved. Most people concede it's an ultra in terms of the effort needed to complete the course. To date, no Strider has completed the Manly 100-miler, although Nobby Young had a stab at it last year. Who's going to be first? I've never fancied taking this one on myself, not only because of the massive distance, but also because the track has no straights, so you're running continually on a curve with no respite, and also it's grass, which tends to turn to mud too easily.

GONGPAK: Anyone intending to tackle the Sydney-to-Wollongong 50-miler on August 31 this year, especially if it's your first ultra, please contact Steve Cornelius on 427-3604 for your copy of "GONGPAK: How To Survive And Enjoy The 50-Miler". This document is packed with pages and pages of invaluable information written by experienced ultra-runners, and includes probably the most exhaustive description of the Sydney-Wollongong course ever published. We are intending to do a little updating on Gongpak, so that it's bang up to date for 1986. Striders intending to run in the 5 x 10-mile relay (and hopefully retain the trophy?) will also benefit from the accurate description of the terrain on the Princes Highway.

ULTRAS IN SECRET TRAINING AT BOWLING ALLEY: In a desperate attempt to rid my mantelpiece of the scrofulous and foul-smelling "Ultras v Triathletes Losers' Trophy", Ultramarathoners all over Sydney have been getting in a bit of practice at Tenpin Bowling alleys. If any triathletes lower themselves to read this column, I can assure them that a large number of "Perfect 300 Scores" have been recorded, and we're getting more strikes than Redheads. Despite

this, I have recently received an appalling "poison pen" letter, accusing us of cheating before the match has even begun. Signed by one T. McIvver (anyone heard of him?), the letter claims that one of our team members (the foul-mouthed little postie) intends to put triathletes off their bowling by sneaking up behind them and pulling their daks down! How ridiculous! That sort of thing would be completely out of character for the rude little bludger. Besides, Mr. McIvver, how can I be expected to take you seriously when you can't even spell my name correctly? Your vile letter has been consigned to the trash-can, along with the Triathlon Report which I tore out of the last Blister in a rage.

CONGRATULATIONS NOBBY: Talking about our diminutive friend, just a word of congratulations on his achievements in 1984 and 1985. Nobby has run 7 stunning ultras in 2 years: 2 "Wollongongs", 1 Bathurst 50-miler, 2 One-Hundred-K affairs including the Bed-Push, 1 6-foot Track Marathon, and an amazing 24-hour solo run in which he set 4 inaugural club records. These are achievements which none of us have half enough strength to emulate, and he thoroughly deserves his second consecutive "President's Trophy for Ultramarathoners".



SUSAN & ROBERT HUDSON

NEW MEMBER PROFILE

Susan and Robert live near Barra Brui Oval at St. Ives, which is the starting point for Irwin Light's Bobbin Head Revisited STAR, and observing the enjoyment by Striders of that run a few months ago influenced them to join the Striders. They have not been running consistently for very long and started off with the Striders' Beginners Group but Robert has already moved up into the six o'clock group to run around 25 k.

Both work, Robert as State Manager for a Timber Importing Company, and Susan part-time as a Florist at Hornsby Hospital, and they have two grown up sons together with a daughter still at high school. They are obviously quite sports-minded, with Robert being a keen golfer and Susan playing tennis two mornings a week as well as devoting time to yoga.

Susan and Robert run primarily to keep fit. Robert has the aim of competing in a $\frac{1}{2}$ Marathon and is covering around 60-70 k each week in training. Susan, on the other hand, is so far not looking beyond the enjoyment of her running.

Both are keen gardeners and it is pleasing to see that they recognise the beauty of Australian native plants and focus on these. This probably helps to explain their love of bush-walking which they do locally, around West Head and in the Blue Mountains. Susan and Robert are really getting into walking in a big way as they propose to walk across England from coast to coast in a visit to the U.K. in May.

2UW AUSTRALIA DAY FESTIVAL FUN RUN (10k)

9.00 a.m., Sunday, January 26, 1986

RESULTS

Sydney Showground



1. Jamie Harrison	30.40
1F. Bronwyn Bickford	37.40

STRIDERS

4. Derek Liebenberg	31.20	2nd M 30-39
33. Evan Millar	33.56	
67. Ken Wylie	35.53	
68. Alex Whitworth	35.59	
126. Mick McGuirk	37.40	
131. Terry McIver	37.44	
147. Cedric Sidebottom	38.05	
277. Graham Firkin	40.02	
277. Leslie Kimberley	41.15	3rd F 40-49
518. Lesley Lear	47.20	
581. Kerry Bray	48.51	
623. Trish Millar	50.10	
630. Robert Hudson	50.18	
688. Dawn Woodward	52.10	
755. Susan Hudson	61.49	
765. Alan Gore	63.21	2nd M 70+

797 finishers



S.A.R.R.C. RESOLUTION RUN, 10KM - 1 JANUARY 1986

4. Terry McIver	36.19	Edwina Garvin	49.01
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EASTS RUGBY LEAGUE PRE-SEASON RUN

1. Ken Wylie	45.12
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SYDNEY MARATHON CLINIC, 16KM - 15 DECEMBER 1985

1. John Fazio	56.50
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Big A Melbourne Marathon

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

OFFICIAL RESULTS

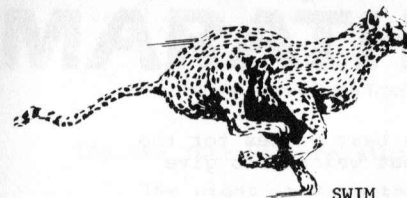
1. Fred van der Vennet	2.12.35	1F. Margaret Reddan	2.44.56
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STRIDERS

13. Phil Garvin	2.24.26	703. Ron Burke	3.08.59
126. Evan Millar	2.44.26	1026. Dorothy Siepmann	3.17.21
235. Don Price	2.50.23	1163. Brian Tailford	3.20.17
295. Dave Robinson	2.53.53	1370. Bill White	3.25.09
344. Terry McIver	2.55.46	1383. Dan Gray	3.25.23
393. Peter Markham	2.57.20	1903. Richard Bamann	3.36.59
430. Dick Bartlett	2.58.32	1935. Karen Tuck	3.37.37
570. Mike Ward	3.04.08	2040. Maureen Greenwald	3.40.49
677. Noel Barton	3.08.02	2853. Anne McCarthy	4.15.05

3784 finishers **34**

TRIATHLONS



NEPEAN TRIATHLON

AUSTRALIA'S MOST POPULAR TRIATHLON

SUNDAY,

1ST DECEMBER, 1985

	SWIM	CYCLE	RUN	TOTAL
1. Stuart McNeill	15.10	58.30	50.20	2.04.00
1F. Annette Ricardo	20.40	1.02.50	55.50	2.19.20

STRIDERS

68. Michael O'Hearn				2.20.40
173. Graham Firkin	21.30	1.07.50	1.00.00	2.29.20
567. Graham Butler	20.00	1.20.20	1.05.30	2.45.50
571. Nick Reed	29.00	1.11.00	1.06.00	2.46.00
647. John Hill	27.30	1.20.50	1.01.20	2.49.40
1098. Louise Fitzsimmons			1.02.30	2.53.30

AQUATHON

(5KM RUN, 800M SWIM)

• Saturday, February 22, 8.00 am OATLEY PARK SYDNEY
"Oatley 500"

	RUN	TOTAL
1ST STUART TAYLOR	16.34	29.40
22ND TONY VIPOND	19.47	35.23
41ST BILL FLANAGAN	16.19	37.48

STRIDERS

131 FINISHERS

TRIATHLONS

Steve Cornelius

Blister edition #22 contained a few words about the lamentable standard of organisation at the 2DAY-FM ("Harbour-Swim") Triathlon last year. This year's event showed that the promoters haven't learned many lessons during the last 12 months. Lost runners, near-collisions, congestion in the bike-park, cars parked in all the wrong places, uncontrolled spectators, the list of atrocities drags on. The irony is that the Sri Chinmoy people in Canberra staged a superbly-organised triathlon (that's par for the course for Sri Chinmoy Team) on the same day. Striders Triathletes knew what the score was, and almost without exception made the trip to the national capital, where they were looked after royally for only half the price. Moral: beware of events that are staged simply as publicity exercises, with no thought for the welfare of the competitor.

INTERNATIONAL

STRIDERS ABROAD

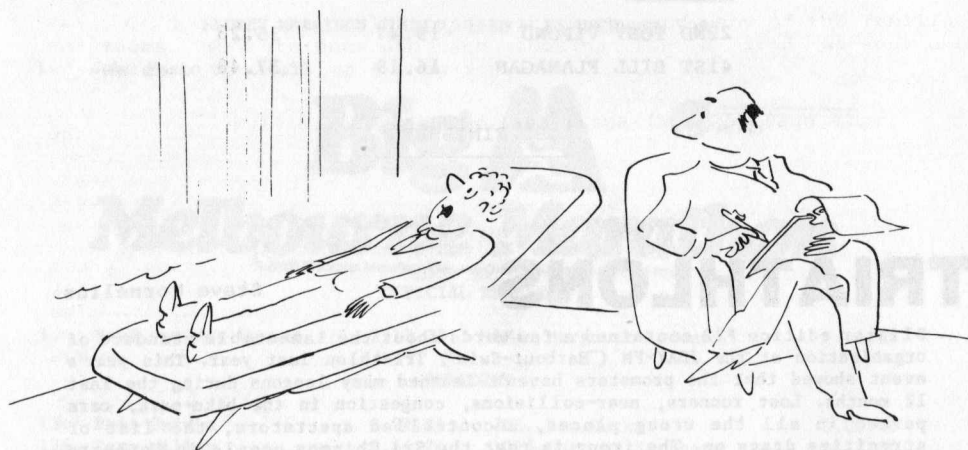
Ron Feeney has written to wish Striders best wishes for the year. Striders visiting England are most welcome to give Ron a call.

605 Pinner Road
Pinner
Middlesex HA5 5RT
ENGLAND

(see Brian Colwell for further details)

Leigh Pascoe would love to hear from his running mates in the Striders:

Box 32
Memorial Sloan Kettering Cancer Centre
1275 York Ave
New York
New York 10021



"I did not mind being rejected by my mother and I did not mind being rejected by my friends. But I can't take being rejected by the New York City Marathon."

New York City

MARATHON®

For the Samuel Rudin Trophy

INTERNATIONAL

Under the Supervision of:
The New York Road Runners Club

Sanctioned by:
The Metropolitan Athletics Congress

With the Cooperation of:
The City of New York
Parks & Recreation

The New York City Marathon 1985 - A Dream Race

The night before the New York City Marathon I tossed in bed fitfully, worrying about the next morning's race. I had not run a marathon for 12 months and had had many interruptions to my training, including several months of not running at all. The marathon is a notoriously fair race in that you usually get exactly what you deserve. This was what worried me the most.

The starting line was packed with 19000 runners, but because of the dual starts and the very wide road I was able to obtain a reasonable position. The race was started with a thunderous boom from a cannon and I began to move slowly across the verrazano narrows bridge, from Staten Island to Brooklyn. The first mile came by in 7:20, but I felt I was running quickly. This feeling was borne out by the second mile time which showed I had run it in 5:40. By this time we had entered Brooklyn and the crowds which lined the whole route were cheering from both sides of the road. Urged on by the crowd, I surged past someone in a dinner suit reading the New York Times. This was probably a foolish move as he was travelling at about 6:20 mile pace.

At 5 miles the time call was 31:10 and I began to relax a little as I was now back on my projected pace (aiming for 2:48:00). Unfortunately my mental arithmetic was badly in error and I was actually about 2 minutes ahead of schedule.

I pressed on through the Brooklyn streets, slapping some of the many hands that were extended by children lining the route. This was turning out to be an enjoyable race though the bright sun felt uncomfortably hot. Ten miles passed by in 62:50; was that right? Why don't they give 5K splits? Forget about the clock and run for the finish.

The Queensboro bridge is next and I choose to run on the road rather than the carpeted sidewalk. Sweeping down from the bridge I have arrived in Manhattan to the First Avenue crowds and the long run up to Harlem. First Avenue is where I work, but I look in vain for familiar faces. My Sydney Striders gear is picked out by many in the crowd who yell encouragement.

Fatigue is starting to creep over me at this stage and I wonder whether I have passed the 15 mile mark. Finally we cross into the Bronx for a short loop around into Harlem again. The pace is really telling now and I am dousing myself with water every mile, only to find myself dry again a few hundred metres later. I need a time check but seem to have missed all the markers.

The run through Harlem is pretty tough, as my legs are starting to ache and fatigue is racking my body. Relax and maintain rhythm; don't overstride just keep a steady tempo; the park must be nearby now. An eternity passes. The run into Central Park is uphill, but I know that the Australian Consulate

has a water stop here so I force myself up on my toes and actually move past a few runners.

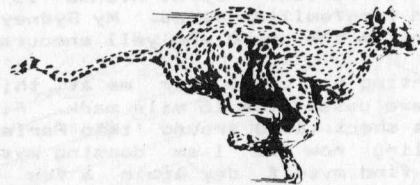
Now I am into the park and I know the finish is within reach. My spirits are lifted but it doesn't seem to help a tired body. Finally the 24 mile mark in 2:30 and I am shocked to realise how fast I have travelled. Desperately I try to calculate a projected finish time. The mental arithmetic is quite beyond me, but I know it will be fast. Every effort now has to go into the last miles to make it as fast as possible. The long downhill stretch to 72nd street is welcome and I think I am maintaining form. The individual members of the crowd have disappeared from consciousness but I am assaulted by a dull roar which merges into screaming as I reenter the park for the last time.

There is the finish, at the top of the hill, and the clock reads 2:41:57. I strive for the finish with every inch of my body aching but somehow my legs just won't move. There is a loud buzzing sound in my head which I try to fight off as I desperately strive for the finish line. Then I realise that my alarm has gone off and I drag myself out of bed to prepare for the days ordeal...

Epilogue: The race itself was a great experience despite my inadequate preparation. The organisation is superb, the crowds supportive and there is a great community feeling about the race. Foreign runners are especially welcomed by this most cosmopolitan of cities. I ran the first half of the race pretty well as I have already described but had stopped sweating by about 15 miles. I walked much of the last 10 miles, due to stitches from drinking large quantities of water, and eventually finished in 3:22. I enjoyed the race despite my problems and have only one minor criticism of it. The race was run in the hottest part of the day, a practice which I regard as very dangerous. I saw one runner collapse beside me at about 21 miles and have no doubt there were many others.

I miss the STAR runs very much and many of the familiar faces. Any striders who are looking for a good workout are welcome to visit me in New York.

Full N.Y.C. Results last issue (No. 25) Page 42.



RESULTS

MORPETH TO NEWCASTLE (U.K.) 14.5 miles 1 January 1986

1. Alistair Hutton (Sco)	1.05.38
910. Stan Fleck	1.46.30

BOB SMITH RUN (BRADFORD U.K.) 10km

96. Mathew Kaley	39.31	38
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HONOLULU MARATHON

SUNDAY, December 8, 1985

MY 1985 AND THE HONOLULU MARATHON

By Dick Bartlett

Fifteen months ago I wouldn't have believed that one day I would actually look forward to getting up at 5.30 on a Sunday to run 30km with a bunch of fellow loonies.

Prior to transferring from Melbourne in January, 1985, most of my training had been done solo or in the company of one or two others. I had run a sub 3 hour marathon two years before, but it was beginning to fade in my memory and look like a oncer.

Soon after moving up I had my first outing with the Striders. It was a long hard run that day and by the end I was reduced to the old marathon shuffle. Undeterred I continued to turn out fairly regularly and as Sunday's passed, the runs became easier and my enthusiasm greater. I thought I used to run hills in Melbourne, but the Mosman Meander and Wahroonga Wobble soon shattered that illusion. Last year my long run became something to look forward to and my times began to improve. After a relatively easy 3 hrs 3 mins at Gillawarna, I began to think I might crack the 3 hours again. It came at the Big M, a course I had previously considered hard, however I cruised over it this time to record a PB of 2 hrs 58min 32 sec. Thanks Striders, I am certain that the STAR's made all the difference to my performance last year.

I was on one of the Sunday runs that Trevour Roberts, enthused about the Honolulu Marathon. I had been thinking of visiting England for Xmas and the thought of combining this with a visit to Honolulu made my mind up. I decided to forget being serious and run this one for fun and enjoy the atmosphere if I could

I arrived on the Tuesday before the run and spent four days lazing around the Hotel and beach, but by Saturday I was getting as keyed up as ever. My tension became even greater than afternoon when I wandered down to see the finishing line. What a sight with the National Flag of each Country represented, draped over it.

I was up at 2am to shower and then off to the local Denny's restaurant for coffee and toast. There I met a number of other runners. It was quite a mixture in there, runners in track suits ready for the day and night owls, half cut, on their way home after a night on the town.

We took the bus to the starting point and I joined 9,500 other runners in the assembly area. If they approach the start in the same manner as at the Big M, it will be sheer hell I thought. But no, the Americans are great organisers and the approach to the start was very orderly. Everyone even stopped and stood to attention when the Stars and Stripes was played.

A Chaplain said a prayer for us, made me wonder what the hell was to come, and then the early morning calm was shattered by the explosion of a cannon and the night sky was suddenly alight with a great display of fireworks. Sure is a great way to get a marathon started!

As usual my time out on the road is a bit of a blur, but I do remember running with a Kiwi who brought me up to date with the result of the 3rd cricket test. Didn't stay with him long. I even tried talking with one of the 2500 Japanese who took part, but it's a bit hard using sign language on the run. The most memorable part of the run were the drink stations. They give a new meaning to drink stations were each manned by the most enthusiastic people.

They cheered and yelled as we went out and they were still at it on our way back. I figure they had to carbo load for two weeks to last the day out. One station had a stage set up with Hula girls dancing on it. Almost stopped there.

The course is marked each mile and towards the end, for one who is used to kilometres, it's a bloody long way between markers. It was a tired runner who tried to run instead of stagger the last half mile through cheering crowds to finish in 3 hours 26 minutes. Boy the cold showers just over the finish line were a welcome relief and I realised how hot it was getting when I'd dried out completely within 10 minutes.

After a short rest, I made my way to an Australian banner where the rest of the day was spent in the company of our American hosts, fellow Striders and Australians, eating and drinking and lying in the sun. The spread was put on by the Marathon Aloha Committee and was a great finishing touch to a truly memorable event. I'd certainly go again and highly recommend it to anyone who is casually thinking about it for this year.

1985

HONOLULU

MARATHON

A RUN IN THE SUN



By Robyn Murphy

My decision to run in the Honolulu Marathon was prompted by obtaining a good airfare, with stopovers in Honolulu and New York, onto my goal of London, from where I would tour Great Britain. Running the Marathon was an afterthought!

Through my commitment to my studies, I was running about 55kms a week, including a long STaR. Although I had been told not to expect a P.B., my mind deluded to this many times. As my 5km times were improving and the hills and the STars (I must have been dreaming), became easier.

Honolulu is a fantastic place, despite the Waikiki beach front being building out with high rises. I feel Surfer's Paradise has the same to offer as the Island State.

The carbo loading party appeared to be the equivalent of a huge pub scene by the time I arrived, (after the meal). T-Shirt swapping is an art in itself. For future reference, most Americans like Australian T-Shirts to have large references to a city or running club on the front. Hence our 200th Star T-Shirts were not seen to be outstanding, with only a sleeve emblem.

40

The Aloha Tower proved a good venue. We had two huge halls to ourselves, in which to consume all the Bud Light we desired! I'm sure that is why they have the carbo party two nights before the race. Although the Japanese seemed very serious concerning their running, they certainly enjoyed the performance some put on while on the bus back to our Hotels. Although I think some of the performers would care to forget their stage debut.

On the morning of 7th December (the morning after the night before) many spectators gathered to watch the finish of the wheel chair marathon. The winner broke the course record when he finished in 1:57:05. I found watching these athletes finishing a very moving experience. An interesting sidelight, all observed athletes wore top of the range running shoes.

The 8th December seemed to arrive too soon. Arising at 3.30-3.45am, we -Robbie, Paul and I, were coffeed and dressed and waiting for a taxi before 4am. Mathew joined us in a taxi to the Aloha Tower, queuing for a bus is no way to start the day. Check in completed, we had adequate time to join the endless queues for toilets and to dispose of our asprins. Paul and Robbie assured me of their benefits, but trying something new on race morning I'm suspicious.

We had a few minutes walk to the start line, where the road was lit by generated power lights, giving the appearance of a much later hour. Prior to the start a prayer was offered by Reverend 'Who Ever' to much noise. I'm glad this wasn't my first marathon or I'd have been anticipating a similar fate to my Greek predecessor. The U.S. anthem was played to a relatively quiet crowd.

The race progressed well with Robbie and I running the race together. Although the road was full with humanity, I didn't feel hindered in any way. I can't recall the sunrise being spectator, but I wasn't really looking as I knew I had many hours to endure it's company.

Approaching the 15 mile mark, Robbie made the profound comment 'I think we're slowing down'. Whereupon I ground to a walk. The remaining 11 miles were completed by walking/jogging, for six telegraph poles. At the time, hell seemed a very good alternative. Thankfully I had a hat on, yet still the sun seemed to be reflected off every surface. At last the finish, I think I managed a smile for the camera. My spirits were heightened when Mathew met us, to tell of other Striders achievements and to take the all-important photo.

Across the finish line to a cold shower. Yes Nobby, I have had a shower in public. Upon collection of our finishers T-Shirts, we found a suitable watering hole in the form of an American Lady who seemed to have an endless supply of beer and food. Originally this was for two Brisbane friends in the race, I never met these people, I'm not sure if we even left them a beer each! After consuming all the ham, turkey and beer, we walked - (ha) it felt like I had knives in my legs - to the Hotel.

There are many other incidents and stories to relate to the race and it's participants. The whole affair seems to be a big out pouring of community support specifically for each individual runner. Although I was disappointed with my time 5:37:05, I wear my finishers T-Shirt with enormous pride.

The Honolulu Marathon

RESULTS

HONOLULU MARATHON, HAWAII - 8 DECEMBER 1985

- | | |
|-----------------------------------|----------------------------------|
| 1. Ibrahim Hussein (KEN) 2.12.08 | 1. Carla Beurskens (HOL) 2.35.51 |
| 2. Bill Reifsnnyder (USA) 2.14.39 | 2. Rachel Portner (USA) 2.53.08 |
| 3. Jorge Gonzales (PUR) 2.16.24 | 3. Noelle Stenger (USA) 2.55.43 |

STRIDERS

- | | |
|----------------------------|--------------------------|
| 198. Paul Russell 2.59.06 | 2138. Stan Fleck 3.59.00 |
| Merri Mack 3.24.04 | Richard Mack 4.01.00 |
| 751. Dick Bartlett 3.26.04 | Robi Russell 5.37 |
| Peter Langton 3.45 | Robyn Murphy 5.37 |



LET'S GO TO HAWAII: Striders after the finish of the 1985 Honolulu Marathon enjoying the picnic in the park.

Back Row: Mathew Kaley, Merri Mack, Paul Russell, Dick Bartlett

Front Row: Richard Mack, Robi Russell, Robyn Murphy 42

INTERNATIONAL

HONG KONG MARATHON



by KAR WONG

Although I was born in HONG Kong, and had been living there continuously for 29 years, I had never un in that tiny island before. In fact, my running career started in Sydney 6 years ago. Thus, it was a fascinating experience for me to race in my mother city.

During the 4 weeks that I spent in HK before the marathon, my training consisted of 15-20 k on weekdays and Sundays, and 35-40 k on Saturdays. Owing to the lack of spaces for training in HK, most of my training was done on a 400 metre track in a park. I simply ran around the track 35-50 times every day, except that on Saturdays, I doubled the number. Most of my hard training (about 4 to 4 1/4 min /km pace) was done at weekends, because there were more runners training with me in the park during weekends.

The marathon course was a three times out-and-back course from the Golden Jubilee

sporting Centre in Shatin to the Taipo Market Railway Station, which was approx. 7k. It was very fast, flat, and traffic free. On race day, the temp was about 10 C with absolutely no wind.

As I had finished three marathons in under 3hr 3min, I thought that under such ideal running conditions, I could do a sub-three this time.

Everything seemed to work perfectly smooth for me at the early stage. Successive p.b's were recorded at half-way (85m45s), 30k (2hr 4m) and 35k (2hr 26m). I only needed to run the last 7.195k at 4min43sec/k pace to achieve my goal. But, at this stage, all my energy seemed to die out and both my legs cramped. In spite of the encouragement from my two Chinese friends who were at the finish to congratulate me on my first sub-3hr marathon, I could only run the last 7.195k at 5min/k pace and complete the marathon in 3.02.43. My overall position was 120 out of 875.

The top 2 positions in both the men's and women's sections went to runners from mainland China. Last year's women's champion, the tiny bare-footed Indian, placed 3rd. Last year's mens champion, the Frenchman (alain Lazaire) only placed 4th this time. This year's winning times were 2.15 and 2.35, with both previous course records being broken. About 30% of runners ran p.b's.

After another failure of a sub-three marathon, I can only focus my hope and determination on my next marathon in Johannesburg, the Jeppe Quondam Marathon on 23/2/86. My other goal is to get a silver medal in the Comrades Ultra i.e. to finish the 88k course in under 7 1/2 hours.



INTERNATIONAL

THE WORLD'S BEST MARATHONERS

MALE

SUB 2.08.50 MALES	TIME	VENUE	YEAR	PLACING
Carlos Lopes (Por)	2.07.12	Rotterdam	'85	1
Steve Jones (Wal)	2.07.13	Chicago	'85	1
Jones (2)	2.08.05	Chicago	'84	1
Djama Robleh (Dji)	2.08.08	Chicago	'85	2
Ahmed Salah (Dji)	2.08.09	Hiroshima	'85	1
Juma Ikangaa (Tan)	2.08.10	Tokyo	'86	1
Takeyuki Nakayama (Jap)	2.08.15	Hiroshima	'86	2
Jones (3)	2.08.16	London	'85	1
Rob de Castella (Aus)	2.08.18	Fukuoka	'81	1
Robleh (2)	2.08.26	Hiroshima	'86	3
B. Densimo (Eth)	2.08.29	Tokyo	'86	2
Charlie Spedding (Eng)	2.08.33	London	'85	2
Derek Clayton (Aus)	2.08.34	Antwerp	'69	1
de Castella (2)	2.08.37	Rotterdam	'83	1
Toshihiko Seko (Jap)	2.08.38	Tokyo	'83	1
Lopes (2)	2.08.39	Rotterdam	'83	2
Abebe Mekonnen (Eth)	2.08.39	Tokyo	'86	3
Nakayama (2)	2.08.43	Tokyo	'86	4
de Castella (3)	2.08.48	Chicago	'85	3

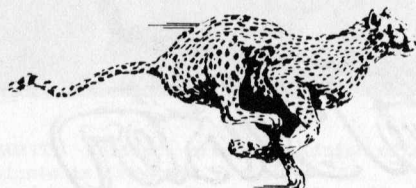
19 performances by 12 performers

FEMALE

SUB 2.27 FEMALES	TIME	VENUE	YEAR	PLACING
Ingrid Kristiansen (Nor)	2.21.06	London	'85	1
Joan Benoit (USA)	2.21.21	Chicago	'85	1
Benoit (2)	2.22.43	Boston	'83	1
Kristiansen (2)	2.23.05	Chicago	'85	2
Rosa Mota (Por)	2.23.29	Chicago	'85	3
Kristiansen (3)	2.24.26	London	'84	1
Benoit (3)	2.24.52	Olympics	'84	1
Grete Waitz (Nor)	2.25.29	London	'83	1
Waitz (2)	2.25.42	NY	'80	1
Mota (2)	2.26.01	Chicago	'84	1
Benoit (4)	2.26.11	Eugene	'82	1
Waitz (3)	2.26.18	Olympics	'84	2
Julie Brown (USA)	2.26.26	Los Ang.	'83	1
Alison Roe (NZ)	2.26.46	Boston	'81	1
Katrin Dorre (GDR)	2.26.52	Grunau	'84	1
Mota (3)	2.26.57	Olympics	'84	3

16 performances by 7 performers

The NYC 1981 performances by Salazar (2.08.13) and Roe (2.25.29) have been deleted, the course having been found to be short.



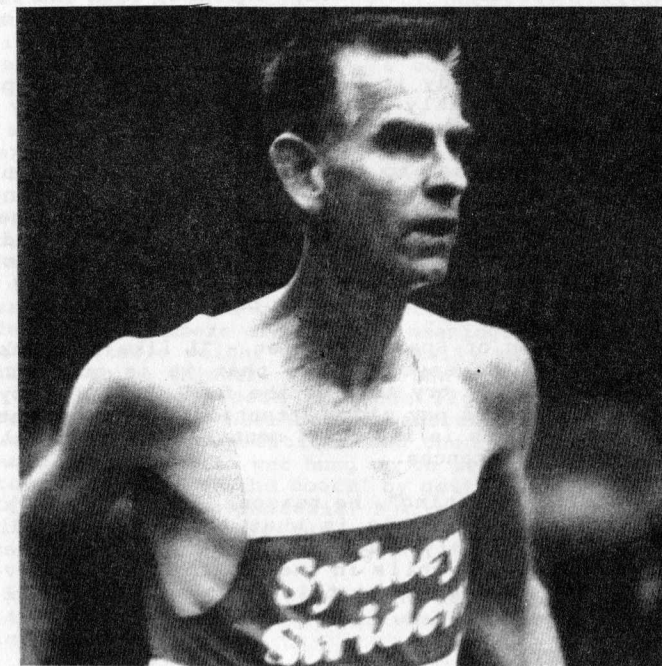
DAWN WOODWARD

NEW MEMBER PROFILE

Dawn is very much family-oriented, being married with two children, and her home is at Berowra. She works as a Diversionary Therapist at Leighton Lodge (at Hornsby Hospital), which cares for elderly people, and it is a measure of the type of person Dawn is that she says she loves her job.

Although she has been running for only three years, running is very important to Dawn. She is most enthusiastic about training runs with the Striders because she really likes to run and enjoys the company. Currently she is building up her training distance in preparation for running in a marathon and indeed her aim is to complete a marathon.

Dawn has a very active life as she also does cycling, likes swimming and goes to aerobics once a week. Solar Springs, a health farm near Mittagong, has a strong attraction for Dawn because of the varied activities available there and she feels this would be a good place for a group of Striders to visit.



Bruce Murray, the Blister's Roving Reporter (New Member Profiles), heading for a sub 3.15 in London in April.

PHILOSOPHIES ON FOOD

A DIFFERENCE IN DIET

3 DIFFERENT VIEWS ON DIET

Boston Running News.

At the finish of the L.A. Olympic marathon, two seconds separated silver and bronze medallists John Treacy and Charlie Spedding (2.09.56 to 2.09.58). The business we are discussing here though is not marathons but diet, specifically the differing diets of Treacy and Spedding.

Between March and April 1984, Treacy began to change his diet, based on suggestions made by his advisor, Dr. Herrera. A cardiologist, Herrera monitors Treacy physically and mentally. Part of the process is diet. Treacy was induced to give up beer (an Irishman without beer?) and it was found that he needed more protein. He began to eat more easily digestible chicken and fish and the right vegetables so that he got the proper amino acids and the correct amount of calcium and phosphorus.

About his diet, Treacy comments: "I eat a good, balanced diet: complex carbohydrates, proteins and fats. I stay away from sugar and junk food. For complex carbohydrates I eat potatoes. For protein, I eat white meat vs red meat. Chicken, fish and turkey. Vegetables are very important, I eat a lot of vegetables and fruit".

"Dr. Herrera says the body is like a car. You need the proper fuel to perform excellently. That's basically what I try to do and I feel it has improved my performance."

"I love cookies and I used to love my beer at night. You miss 'em. But you're aiming for a goal. If you do things wrong you don't make your goal. When I reach a goal I take a rest period. For one or two weeks I eat and drink what I want. I need that rest period mentally. After achieving a goal I look forward physically and psychologically to going out and having a few beers. Then when I resume training I go back to my diet."

An initial inspection of Spedding's diet - "I like to drink beer and eat ice-cream", he says - shows that it is quite unlike Treacy's. Charlie doesn't try to hide the fact that he enjoys his Coopers' Ale, but he does pay close attention to what he eats and why he eats what he does is important mentally and physically to his training and performances.

"My first priority in eating", he reasons, "is that I enjoy it. Therefore I'm fairly flexible in what I should eat. I have educated myself reasonably well on what I need. Then I have to have a diet I will enjoy while in the back of my mind covering all the things I need. Guided by this I tend to eat what I feel

like eating, and make my meals pleasant and enjoyable".

A typical sampling of what Charlie eats includes: breakfast - cereal with a banana and whole wheat toast; lunch - cheese sandwich and an apple; dinner - baked chicken, potatoes and rice, salad or vegetables, and maybe apple pie and ice cream. Spedding eschews red meat "mainly because everyone in the house doesn't eat it often" and says "I drink beer because I like beer. But I don't drink huge quantities of it. And I eat ice cream because I like ice cream. Again, I don't eat much of it because there are too many calories in it."

Disciplined in training, Spedding finds that to be too disciplined in diet would be negative. "All the training I do is hard enough", he says. "If I made my life too austere by being too rigid, if I followed too rigid a diet, I might stop enjoying the sport".

Bob Sevens, coach for Athletics West and advisor to Joan Benoit, offers these additional tips: "When you're training competitively, you're demanding a lot from yourself. Your body runs on fuel - and running gives you the permission to fuel it properly. I tell my athletes to eat properly, to include a lot of wholesome foods and stay away from the junk. It's those excessive calories from junk and beer that contributes to nutrition problems. I'm convinced there's a connection between staying healthy and eating well".

"Here at Athletics West we take supplements - multi-vitamins, B complex and iron - be they good, bad or indifferent. Some runners swear by them. Others feel no difference. We also measure body-iron levels three times per year to monitor changes and help prevent problems with anaemia. What these tests tell us is that each person is so different. What may be normal for one runner is anaemic for another."

"The same goes for skin-caliper tests to measure percentage of body fat. These numbers are next to meaningless. Runners seem to have a comfortable weight they can easily maintain. I don't push my athletes to be thinner. I follow the European approach - stay heavy until racing season and then lighten up. I'd rather my athletes be heavy and healthy than anorexic and injured. I don't push weight until competitions and then I push very gently. I don't want my runners to get hung up on weight. Otherwise they'll tend to try to 'please the coach' by getting as thin as they can - and this can lead to anorexia. I'm very concerned about women becoming to weight-conscious and going to the extremes. I'd rather they eat well and be strong".

Based on the above three views, the key to a runner's success seems to be "know thyself" - learn what foods work best for your training and racing.

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

A. A. A. MEMBERSHIP

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AUSTRALIA WORLD CROSS COUNTRY TRIAL

2.2.86

1. ROB DE CASTELLA
- 39 PHIL GARVIN
- 41 DEREK LIEBENBERG

BANANA COAST MARATHON 20 October 1985

6. Cedric Sidebottom 2.56.03

SNIPPET

by Steve Cornelius

By the time you read this, Strider BRIAN LYNCH will have become the first club member ever to ride a bike right across Australia from Perth to Sydney! And as if that wasn't enough, he took on the heat of the Nullarbor IN SUMMER! No half-measures for this guy, Perth to Sydney in summer or bust, and at the last report, he certainly hadn't bust! He was soldiering across South Australia having defeated the Nullarbor and its 50-plus temperatures. Brian is due to arrive in Sydney around the end of February.

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.

THE STAR HOSTS

Part (ii) of a Blister tribute to the STARS we tackle each Sunday and the members who take the time and effort to look after us.

Richard Bamann / Leena Bamann

Host of : The Wahoonga Wobble (H5,B3)
Start : Wahoonga Station
Features : Arguably the hilliest STAR

Alistair Mackie

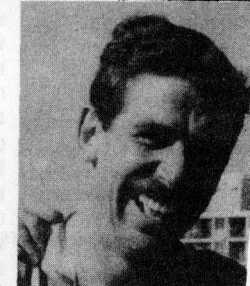
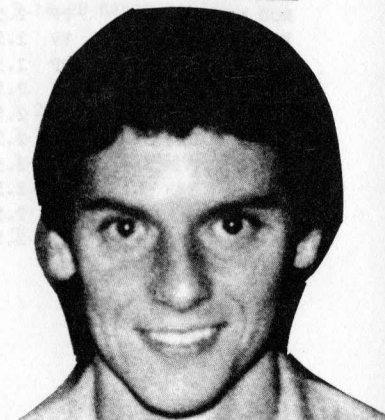
Host of : Western Wanderer (H1,B0)
Start : Henley Marine Drive,
Drummoynes (swimming pool)
Features : Iron Cove Bay, Canada Bay,
Cabarita Park

Robyn Murphy

Host of : Iron Cove Bay Run (H1,B0)
Start : Henley Marine Drive, Drummoynes
Features : Iron Cove Bay, Gladesville Bridge,
Woolwich

Ian Bowden

Host of : St George Stroll (H2,B0)
Start : Kyeemagh Oval
Features : Foreshores of Botany Bay,
Brighton-le-Sands, Sans Souci



Marathon Ladder

MARATHON LADDER AS AT 2 /02/86

1985 MEMBERS WHO WERE UNFINANCIAL AT TIME OF GOING TO PRESS HAVE BEEN DELETED.

Please notify us of any omissions or errors. Note on age categories: J = Junior (under 20), O = Open (20-29), P = Preveteran (30-39), V = Veteran (40-49), M = Master (50-59), S = Senior (over 60). In each case, the first symbol denotes age at 20/02/86, the second denotes age at the time the personal best was achieved.

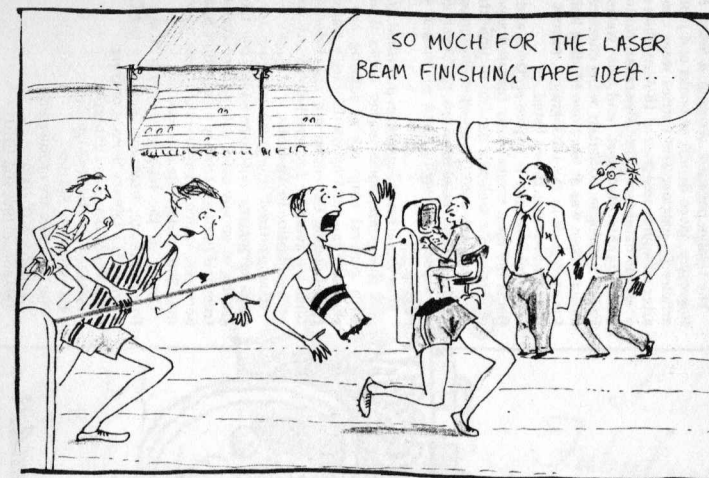
NAME	CAT	<-----BEST AS A STRIDER----->	<-BEST PRIOR TO JOINING->
PHIL GARVIN	PP	2.24.26 BIG M	10/85
KEITH CANARD	VV	2.32.31 CITIES	08/83 2.29.59 NSW STATE '80
DEREK LIEBENBERG	PP	2.35.51 AUSTRALIAN	06/85 2.30.40 SUN CITY, RSA '81
BILL FLANAGAN	OO	2.36.47 CANBERRA	04/82
DAVID COX	PO	2.37.52 CANBERRA	04/82
TONY HEALY	OO	2.38.11 AUSTRALIAN	06/84
JOHN FAZIO	PP	2.40.11 AUSTRALIAN	06/84
COLIN CHAMBERLAIN	PP	2.41.19 AUSTRALIAN	06/84
BRUCE INGLIS	OO	2.41.25 CAMPBELLTOWN	07/85 2.39.40 TRARALGON '81
NIGEL HADGISS	PP	2.41.44 CAMPBELLTOWN	07/84
VINCE ENGEL	PP	2.42.31 CANBERRA	04/83 2.19.08 ARIZONA, USA '79
EVAN MILLAR	PP	2.44.26 BIG M	10/85
CHARLES COVILLE	PP	2.45.13 WINSTONE, NZ	10/83
IVAN FREYS	PP	2.46.54 CANBERRA	04/84
PETER DONNELLEY	VV	2.47.42 AUSTRALIAN	06/84
PAUL RUSSELL	PP	2.47.53 CANBERRA	04/84
ALISTAIR MACKIE	PP	2.49.22 BIG M	10/84
PETER COBLEY	PP	2.50.01 AUSTRALIAN	06/83
HARVEY BLUE	VV	2.50.17 AUSTRALIAN	06/83
LAURIE KING	VP	2.50.37 GILLAWARNA	08/83
NOEL BARTON	PP	2.53.51 GILLAWARNA	08/85
CEDRIC SIDEBOTTOM	VV	2.53.59 AUSTRALIAN	06/85
RAY DORAN	VV	2.54.10 NSW STATE	06/82
ROD MCLEAN	PP	2.54.22 AUSTRALIAN	06/84
BRIAN GATFIELD	VV	2.54.49 AUSTRALIAN	06/85
GRAHAM BURKE	PP	2.55.10 BIG M	10/84 2.49.54 VICTORIAN STATE '83
MIKE FOSTER	VV	2.55.12 HASTINGS NZ	08/85
STEVE CORNELIUS	PP	2.55.31 NSW STATE	06/82
DAVID MCCORMACK	PO	2.55.43 AUSTRALIAN	06/85
TERRY MCIVER	VV	2.55.46 BIG M	10/85
BERNIE KING	VV	2.56.27 AUSTRALIAN	06/84
NOBBY YOUNG	PP	2.56.33 NSW STATE	05/84
BRIAN LYNCH	PP	2.56.59 AUSTRALIAN	06/83

NAME	CAT	<-----BEST AS A STRIDER----->	<-BEST PRIOR TO JOINING->
MICHAEL MINEHAN	PP	2.57.13 AUSTRALIAN	06/85
PETER MARKHAM	PP	2.57.20 BIG M	10/85
PETER FOULSHAM	PP	2.57.29 GILLAWARNA	08/83
JOHN TURNER	MV	2.58.47 AUSTRALIAN	06/85
SUE HILL	VVF	2.59.15 AUSTRALIAN	06/84 2.52.01 AVON, W.GERMANY '79
COLIN O'BRIEN	PP	2.59.16 AUSTRALIAN	06/85
RON CORDEN	VV	2.59.18 CANBERRA	04/85 2.55.26 PORT MORESBY '80
TONY VIPOND	PP	2.59.50 AUSTRALIAN	06/85
MATHEW KALEY	JJ	2.59.56 AUSTRALIAN	06/85
BRIAN COLWELL	PP	3.01.47 BIG M	10/82
DAVE BLACKHALL	PP	3.02.24 NSW STATE	06/80
MIKE WARD	PP	3.04.08 BIG M	10/85
MICK EDWARDS	VP	3.04.52 AUSTRALIAN	06/83
TERRY MCMAHON	VV	3.05.11 AUSTRALIAN	06/85
ALEX HAMILL	VV	3.05.15 GILLAWARNA	08/84
KEITH BARNETT	PP	3.05.27 CANBERRA	04/84
GRAHAM FIRKIN	VV	3.07.11 CITIES	08/85
ROY HOWARD	MV	3.07.28 AUSTRALIAN	06/84
ROBERT WATERREUS	PP	3.08.51 AUSTRALIAN	06/84
HUGH SPENCER	VV	3.09.02 AUSTRALIAN	06/85
JOHN HODGES	PP	3.09.07 BIG M	10/84
BOB MANN	VV	3.10.27 AUSTRALIAN	06/83
DAN GRAY	PP	3.12.52 GILLAWARNA	08/85
JOHN PATCHETT	VV	3.13.18 AUSTRALIAN	06/84
JOHN HILL	PP	3.13.19 AUSTRALIAN	06/85
BRYCE COURTENAY	MV	3.13.58 CANBERRA	04/83
BRIAN TAILFORD	PP	3.14.03 CAMPBELLTOWN	07/85
MERRI MACK	VVF	3.14.06 AUSTRALIAN	06/83 3.09.21 CANBERRA '82
KEVIN O'KANE	PP	3.14.38 AUSTRALIAN	06/85
BRUCE MURRAY	MM	3.14.49 CAMPBELLTOWN	07/84
IAN MILLAR	PP	3.16.03 AUSTRALIAN	06/83
STEPHEN ROACH	PP	3.16.46 CANBERRA	04/85
DOROTHY SIEPMANN	VVF	3.16.53 BIG M	10/84
RICHARD BAMANN	VV	3.19.34 AUSTRALIAN	06/85
GRAHAM BUTLER	PP	3.22.10 CANBERRA	04/85
BARRY JONES	SM	3.23.18 VETERANS	07/81
DEREK WHITE	MM	3.23.26 CAMPBELLTOWN	07/84
BRENDA HAMILL	VVF	3.23.38 SYDNEY	09/83
NEVILLE MILLS	VV	3.24.42 AUSTRALIAN	06/85 3.24.00 AUSTRALIAN '83
GREG PROWSE	VP	3.26.15 AUSTRALIAN	06/85
GEOFF COX	OO	3.27.26 HARBORD DIGGERS	04/81
STAN FLECK	MM	3.29.34 AUSTRALIAN	06/84 3.18.20 CANBERRA '83
SCOTT CRAWFORD	VV	3.30.23 AUSTRALIAN	06/85
KAREN TUCK	PPF	3.32.45 AUSTRALIAN	06/85
MALCOLM MCDONALD	PP	3.33.04 AUSTRALIAN	06/83
RAY REID	PP	3.33.31 CITIES	10/85 3.28.28 CANBERRA '84
IAN WHITFIELD	PP	3.34.52 AUSTRALIAN	06/85 3.13.06 AUSTRALIAN '83
ANTHONY FOAR	PP	3.37.07 AUSTRALIAN	06/84 3.33.40 GILLAWARNA '83
PETER LANGTON	VV	3.38.34 AUSTRALIAN	06/85
NICK REED	OO	3.38.43 CANBERRA	04/84
HERB LUDINGTON	MM	3.40.34 AUSTRALIAN	06/83 3.31.51 NSW STATE '82

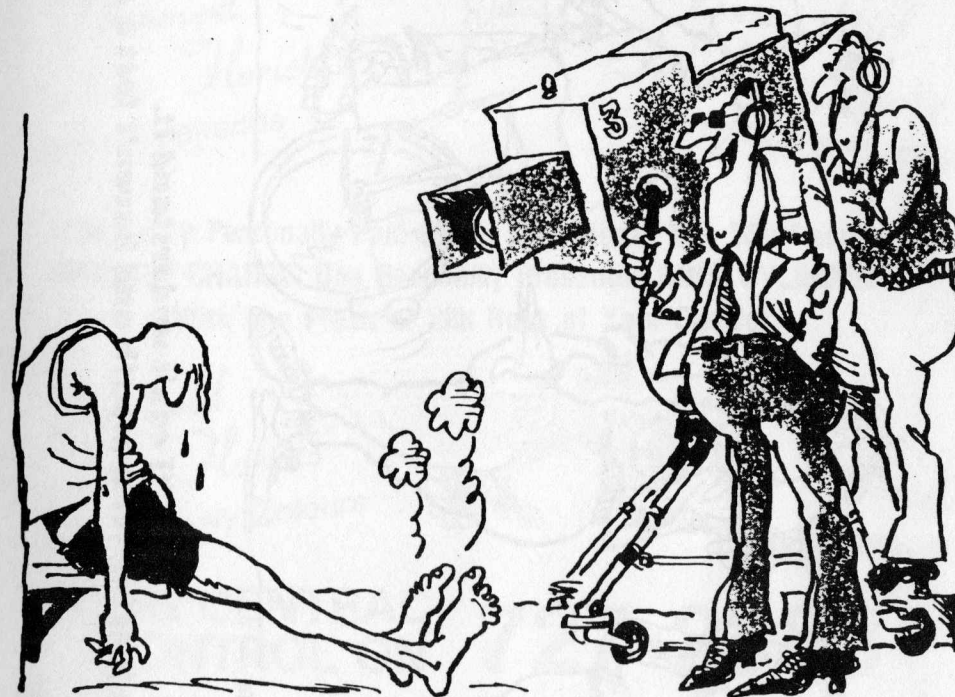
NAME	CAT	←BEST AS A STRIDER→	←BEST PRIOR TO JOINING→
MAUREEN GREENWALD	PPF	3.40.49 BIG M	10/85
JEFF BURGESS	PP	3.42.15 AUSTRALIAN	06/84
OWEN DENMEADE	VV	3.42.51 AUSTRALIAN	06/84 3.36.00 SYDNEY '83
EDWINA GARVIN	PPF	3.45.14 LONDON	04/85
OLEG SZLICHTA	PP	3.46.15 AUSTRALIAN	06/84
NOEL WORTHINGTON	MM	3.52.18 AUSTRALIAN	06/85
PHILIP CALDWELL	PP	3.52.32 AUSTRALIAN	06/83
ISABEL ENGEL	PPF	3.53.20 AUSTRALIAN	06/85
PATTI BURKE	VPF	3.54.01 CANBERRA	04/84
RICHARD MACK		4.01.00 HONOLULU	12/85
CAROL LUDINGTON	MVF	4.01.52 ACT DIY	12/83 3.55.53 GOLD COAST '81
WAYNE MCCARTHY	VV	4.06.15 AUSTRALIAN	06/85
JIM DONOVAN	PP	4.06.57 CANBERRA	04/83
LESLEY LEAR	PPF	4.08.00 AUSTRALIAN	06/84
RODNEY PHILLIPS	PP	4.12.42 AUSTRALIAN	06/85
ANNIE MCCARTHY	PPF	4.15.05 BIG M	10/85 4.07.36 AUSTRALIAN '84
MAVIS GARRICK	VVF	4.15.21 CANBERRA	04/84
ROBI RUSSELL	PPF	4.15.39 CANBERRA	04/84
KEITH WEARNE	VV	4.16.58 AUSTRALIAN	06/85
SUE THOMSON	VVF	4.18.18 F/CITY ADELAIDE	08/84
JOHN ROSS	VV	4.19.00 AUSTRALIAN	06/84 4.05.00 AUSTRALIAN '83
KERRY BRAY	VVF	4.19.22 AUSTRALIAN	06/84 3.46.56 AUSTRALIAN '83
BILL MCCARTHY	VV	4.26.23 BIG M	10/85
DENISE MCCARTHY	PPF	4.36.59 NEW YORK	10/85
ADAM THOMSON	JJ	4.40.18 HONOLULU	12/82
DOROTHY FLANAGAN	MVF	4.42.56 HONOLULU	12/82
ROBYN MURPHY	POF	4.48.07 BIG M	10/84

MEMBERS WHO HAVE RUN A MARATHON, BUT NOT SINCE JOINING STRIDERS

NAME	CAT	TIME	PLACE/YEAR
BERNARD CORDEN	PO	2.23.40	VANCOUVER '83
MICHAEL TIUTINNIK	OO	2.44.20	NSW STATE '84
ALLEN HISSEY	PP	2.48.44	CANBERRA '81
CHRISTOPHER DWYER	PP	3.00.52	NSW STATE '83
PHILIP HIGGINS	PP	3.04.38	CANBERRA '84
PHILIP MORGAN	PP	3.09.31	AUSTRALIAN '84
WILLIAM THOMPSON	PP	3.14.39	AUSTRALIAN '85
ASHLEY JACKSON	OO	3.19.52	HARBORD DIGGERS '83
JOANNE TIBBITTS	POF	3.20.00	AUSTRALIAN '84
JACK WOODWARD	VV	3.22.40	AUSTRALIAN '83
KEITH JACKSON	PP	3.25.00	CITIES '85
ROSS BETTS	VV	3.34.03	AUSTRALIAN '85
DALE THOMPSON	POF	3.36.06	SOUTH MELBOURNE '78
JAMES CAMPBELL	SS	3.40.00	SOLO '84
ALAN ROSS	PP	3.40.00	GILLAWARNA '81
BENNY HAGBERG	OO	3.59.34	SINGAPORE '84
GREG JERRETT	PP	3.59.35	HONOLULU '83
ROD GARRICK		4.09.00	HARBORD DIGGERS '80
PETER HAYES	VV	4.15.38	AUSTRALIAN '85
IAN CROSS	PO	4.35.05	NSW STATE '82



The Editor would like to thank Noel Barton, Alex Hamill, Dorothy Flanagan, Bruce Murray and all contributors to this issue for their assistance.



"...and the agony of de feet."

A RUN DOWN ON JOGGING

Now you can get all the facts on jogging simply by running your eyes over a new bibliography from the National Library.

The twelve page list, *Jogging: a Select Bibliography*, gives details of books and journal articles on jogging. The entries were chosen after computer searches of 10 Australian and overseas databases. The Australian National Bibliographic Database and the National Union Catalogue of Serials were checked to ensure there was at least one holding library for each item in the bibliography, except for the higher degree theses listed.

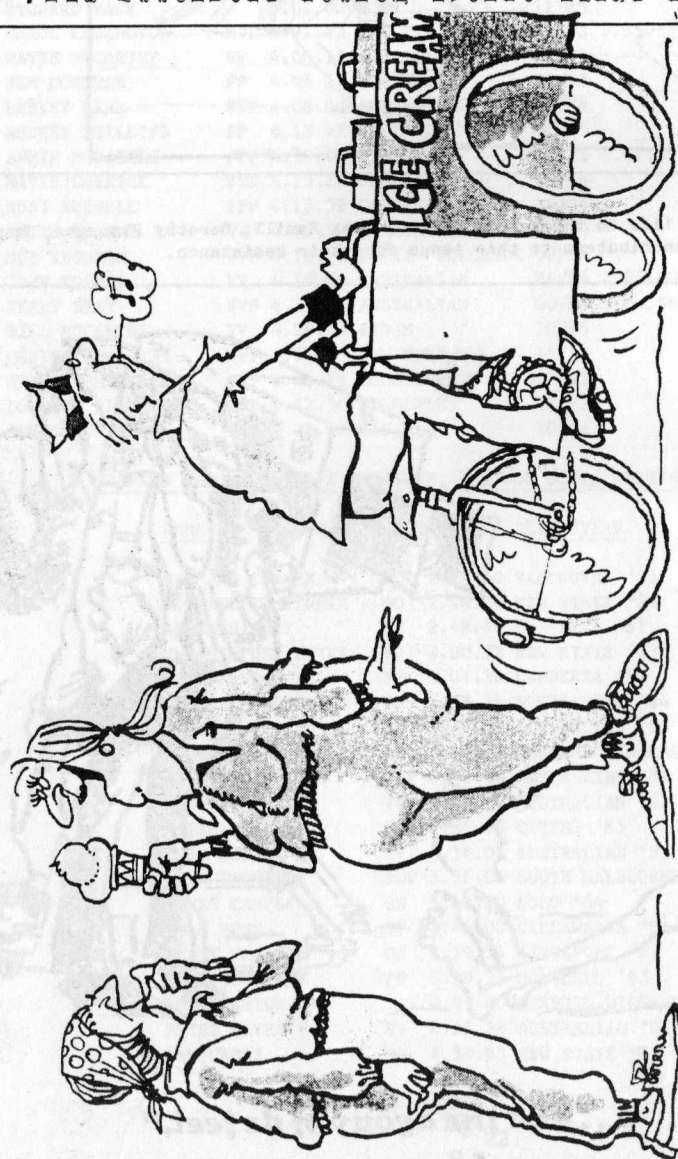
The bibliography is in five sections and reflects the most prominently featured aspects of jogging. As well as a general section, there are sections devoted to injuries, cardiovascular fitness and blood pressure, the psychological aspects of jogging, and to women and jogging.

Most items listed have been published in the past five years; some earlier books dealing with general concepts of jogging are included. Films held by the Library's National Film Lending Collection are also listed: the films are available for free loan to any group or organisation in Australia.

Computerised literature searches on aspects of jogging not covered by the bibliography, or on any other subject, are available from the National Library's Computer Search Services, which have on-line access to more than 200 world-wide databases.

Copies of the bibliography are available, free of charge, from any branch of the Canberra Public Library Service or from:

The Chief Reference Librarian
(Science and Technology)
User Services Section
National Library of Australia
Canberra ACT 2600
Telephone: (062) 62 1510



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I've been jogging for a month and haven't lost a single pound."**

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