



Royal Life Half Marathon

AUSTRALIAN CHAMPIONSHIP SERIES 1986

DISTANCE 21.1 KMS

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

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

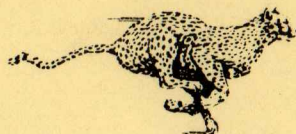
MELBOURNE – 17 August
Entries Ph. (03) 428 7808

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

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



Royal Life Insurance Australia Limited—Insurers of the Superfit.

Sydney
Striders
Presents
the Annual



Royal Life Half Marathon

Over 21.1 kms through Sydney's beautiful
Lane Cove River Park.

MARCH 22 1987

Queries: Contact Race Director, P.O. Box
N119, Grosvenor Street, SYDNEY, 2000.

REGISTERED BY AUSTRALIA POST
PUBLICATION NBQ 5422



27 - APRIL/ JUNE 1986



Sydney Striders

Marathon and Road Runners Club

THE BLISTER

Club Magazine of

SYDNEY STRIDERS
MARATHON & ROAD RUNNERS' CLUB
P.O. BOX N119, GROSVENOR ST.,
SYDNEY, N.S.W. 2000.

ISSUE NO 27
April/June 1986

CIRCULATION: 220



EDITOR: GRAHAM BUTLER

REPORTERS: Steve Cornelius, Bill Flanagan,
Bruce Murray, Terry McIver

NEXT ISSUE: #28, July/September 1986
DEADLINE DATE: 17 AUGUST 1986

CONTRIBUTIONS are welcome from all members (preferably typed).
TYPED ARTICLES REQUIREMENTS: Single spacing, small black type,
A4 paper, minimum margin 1.5cm all sides.

ADVERTISING RATES: \$30 per page,
\$100 per page per annum (4 issues).

CLUB COMMITTEE:

President:	Nobby Young	816-2017
Vice-President & Membership Director:	Terry McIver	438-3179
Secretary:	Wendy Downes	449-4093
Minutes Secretary:	Beth Reid	84-3809
Treasurer:	Ian Millar	665-3254
Training Director/STAR Co-ordinator:	Mathew Kaley	909-1461
Internal Events Director:	Steve Cornelius	427-3604
Literature Director:	Graham Butler	451-5971
Social Director:	Brian Tailford	569-9842
Uniform/Colours Director:	Noel Worthington	848-8880
Special Projects:	Sharon Lane	810-1914
Special Projects:	Robyn Murphy	412-1754
Half-Marathon Race Director (1987):	Bill Flanagan	661-4451

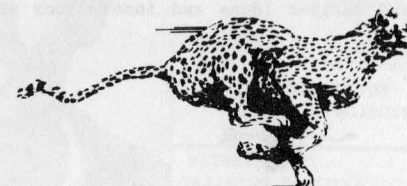
Committee meetings are held monthly, and all club members are welcome to attend. Details of meetings, and copies of minutes, available from the Secretary.

Index

President's Report	Nobby Young	4
Iron Cove Internal Half Marathon	Steve Cornelius	6
Forthcoming Events		7
Striders Internal Handicap Half Marathon		9
Royal Life Half Marathon	Bill Flanagan	15
Letters to the Editor		20
Canberra Marathon		21
City to Surf	Robyn Murphy	25
Ultra Report	Steve Cornelius	27
	Jim Donovan	32
Anzac Day Marathon	Keith Jackson	35
City of Sydney Half Marathon	John Fazio	37
Triathlons		38
Half Marathon Ladder		39
International Marathons		41
Snippets		43
Internal Cross Country	Steve Cornelius	44
Marathon Course Measurement		45
The Fitness Reader		46
Marathon Ladder		47
Canada's Most Successful Running Coach		51
Bathurst Bus Trip		57
Marathon Pace Guide		58



This issue contains a discount voucher from Talays who support the club as minor sponsors of The Royal Life Half Marathon.



PRESIDENT'S REPORT

OUT WITH THE OLD

As newly elected President I would like to thank and farewell Carol Ludington, Dorothy Flanagan and John Evennett, who will not be with us on this year's Sydney Striders Committee. The efforts of these people and the understanding of Judy Evennett will affect this club for years to come. Carol, I understand, is very active with the Yowie Bay Hand Grenade Club, and I wish her and "George" every success in their future ventures.

IN WITH THE NEW

Welcome to Terry McIver, Wendy Downes, Beth Reid, Noel Worthington, Mathew Kaley and Sharon Lane, all as new members of the Committee. Steve Cornelius is being re-cycled and is back again, Sally Cornelius we have missed out on again. We have inherited a Committee in a very good state, and I'm sure we have a productive year ahead of us.

AND A STEP SIDEWAYS

Bill Flanagan is our 1987 Royal Life Half-Marathon Race Director, and in this capacity remains a member of the Club Committee. He has been Literature Director for the past two years. Herb Ludington is not available for an official position on the Race Committee in 1987, but I'm sure his input will still be there. We are fortunate to have Bill available to take over the reins. This is without doubt the most time-consuming and difficult job in the club, and it is up to all of us to assist when we can.

THE ANNUAL GENERAL MEETING

A healthy outcome from the A.G.M. was the filling of 23 of the 24 elected positions in the club. The only unfilled position is that of Teams Co-ordinator. Ian Bowden has already consented to co-ordinate the Sydney-Wollongong Relay teams, and Robyn Murphy is organising teams for some other events. When so many people are willing to serve, we must go from strength to strength. The 13 members of the General Club Committee are listed inside the front cover of this magazine. The 1987 Half-Marathon Committee is as follows:

Race Director:	Bill Flanagan	Equipment Manager:	Graham Butler
Race Manager:	Ron Corden	Timing/Recording:	Mathew Kaley
Treasurer:	Bernie King	Course Manager:	Gavin Morisset
Secretary:	Edwina Garvin	Publicity Manager:	Wayne McCarthy
Sponsorship Manager:	Alex Hamill	Grounds Manager:	Bruce Inglis

New faces in the above list are Ron Corden, Gavin Morisset and Mathew Kaley. Stepping down from this year's Race Committee were Herb Ludington, Nobby Young, Rod McLean and Brent Waters. The 1987 Race Committee will again be trying to produce a race which will do all Striders proud, and hopefully all Striders look forward to playing a part in the organisation of the race.

Several matters arose at the A.G.M. which will be dealt with at the first meeting of the new committee a couple of days after I have written this. Prompt action is assured, and further ideas and innovations always welcome. Let's keep things running!

Club President.

NOBBY YOUNG



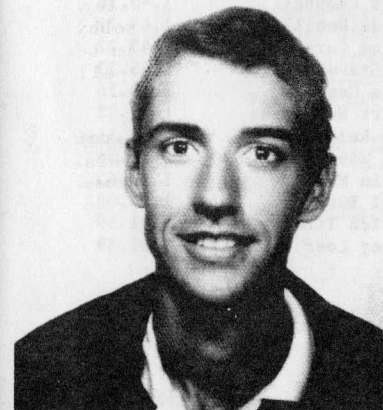
Club Committee



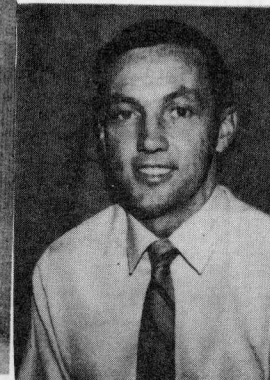
NOBBY YOUNG
President



WENDY DOWNES
SECRETARY



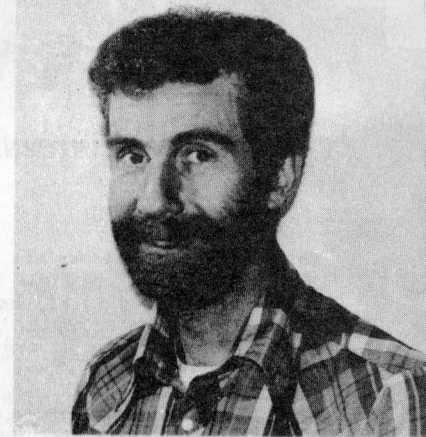
MATHEW KALEY
TRAINING DIRECTOR/
STAR CO-ORDINATOR



BRIAN TAILFORD
SOCIAL DIRECTOR

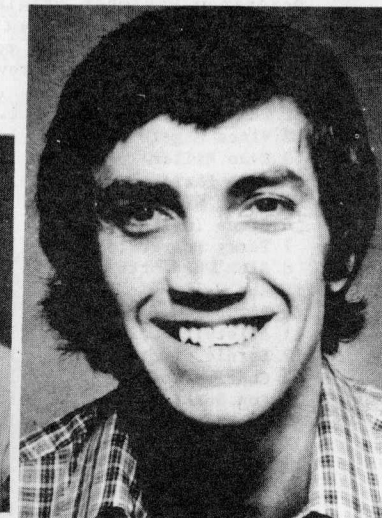


ROBYN MURPHY
SPECIAL PROJECTS



TERRY MCIVER

VICE-PRESIDENT / MEMBERSHIP DIRECTOR



GRAHAM BUTLER

The Blister EDITOR



Steve Cornelius
INTERNAL EVENTS CO-ORDINATOR



THE IRON COVE INTERNAL HALF

by Steve Cornelius

Phil Garvin followed up his remarkable victory in the Diggers' Palm Beach to Manly by blitzing the field in our annual triple circuit of Iron Cove Bay. By the finish, he had a 1 kilometre lead over Vince Engel. Evan Millar won his first-ever Striders' medal, being too strong for the rapidly-improving John Fazio and taking the bronze. Terry McIver, who has been doing some sneaky speed-work this year, showed the Over-40's that he means business.

Meanwhile, Jan Morton-Evans won what may be the first of many women's medals with Sydney Striders, opening up a 5-minute gap on her nearest rival, Louise Fitzsimmons. Joanne Tibbitts took 3rd, and new member Wendy Downes 1st Vet.

This event may now be moved from its regular February slot and reinstated in October or November. Originally, it was used as a qualifying event for our handicap half-marathon, but as this is no longer the case (see elsewhere this issue) there seems little point in having 2 Internal Half-Marathons so close together. It should now provide a pleasant wrap-up to the season in autumn.

1 Phil Garvin	1.10.45	35 Bruce Murray	1.30.46
2 Vince Engel	1.14.22	36 Dan Gray	1.30.55
3 Evan Millar	1.16.11	37 John McLennan	1.31.14
4 John Fazio	1.17.01	38 Dick Bartlett	1.31.41
5 David Winch	1.17.05	39 Bryce Courtenay	1.32.02
6 Bruce Inglis	1.18.37	39 Alex Hamill	1.32.02
7 Terry McIver (1st Vet)	1.18.53	41 David Dunstall	1.32.46
8 Alex Whitworth	1.20.25	42 Louise Fitzsimmons(2F)	1.33.12
9 Ken Wylie	1.20.56	43 Steve Cornelius	1.33.43
10 Ray Doran	1.21.02	44 Bernard Cooley	1.35.38
11 Alistair Mackie	1.21.11	45 Wendy Downes (1FVet)	1.36.38
12 Bernie King	1.21.26	46 Greg Jerrett	1.36.49
13 Charles Coville	1.21.50	47 Noel Worthington	1.36.53
14 Ron Burke	1.22.38	48 Joanne Tibbitts (3F)	1.36.59
15 Graham Burke	1.23.02	49 Keith Barnett	1.38.34
16 Noel Barton	1.23.20	50 Ross Betts	1.39.35
17 Ashley Jackson	1.23.36	51 Ernest Treloar	1.39.42
18 John Hodges	1.24.45	52 Ray Reid	1.41.39
19 Cedric Sidebottom	1.25.14	53 Terry McMahon	1.42.20
20 Paul Russell	1.25.49	54 Peter Keeble	1.42.27
21 Mike Ward	1.26.03	55 John Hill	1.42.29
22 Rod McLean	1.26.37	56 Barry Jones	1.42.41
23 Mike Elder	1.27.10	57 James Campbell	1.43.16
23 Harvey Blue	1.27.10	58 Brenda Hamill	1.43.22
25 Brian Colwell	1.27.30	58 Edwina Garvin	1.43.22
26 Jan Morton-Evans (1F)	1.27.38	60 Dan Graham	1.45.23
27 Ron Corden	1.27.44	61 Mavis Garrick	1.48.26
28 Peter Copley	1.28.18	62 Robert Waterreus	1.50.23
29 Mathew Kaley	1.28.24	63 Beth Reid	1.52.51
30 Jack Woodward	1.29.31	64 Dawn Woodward	1.52.56
31 Graham Butler	1.29.47	65 Tricia Millar	1.54.43
32 Bob Wheatley	1.29.50	66 Patti Burke	1.55.09
33 Nobby Young	1.30.01	67 Derrick Titmus	2.01.59
34 Nick Reed	1.30.14	67 Lesley Lear	2.01.59



FORTHCOMING EVENTS

A.A.A. EVENTS

FORTHCOMING FIXTURES:

A.A.A. WINTER SEASON EVENTS:

June 29	Men's 15k, Women's 15k Road Champs, Pier One
July 19	Men's 16k, Women's 12k Cross-Country, Macquarie Uni
Aug 16	Men's 12k, Women's 8k Cross-Country, Lansdowne
Sept 13	Men's 4x10k, Women's 4x10k Road Relay Champs, Nowra

Above events open to AAA registered athletes only (\$22 per year).
Registration is possible through the club - details from Secretary.

VETERANS' EVENTS:

May 25	8k Cross-Country Champs, Centennial Park, 10am
June 21	12k Cross-Country Champs, Centennial Park, 10am
Aug 24	25k Road Champs, Lake Gillawarna, 8am

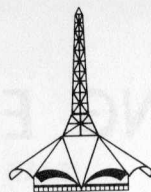
Details from Vets CC Organiser Bill Seary (57-4081).
Open to Females over 30 and Males over 35.

OTHER EVENTS (VARIOUS DISTANCES)

June 15	YMCA 11.5km Fun Run, Domain 9am (see back page)
22	Palm Beach to Manly 30km Giant Jog 8am (see Club Calendar)
29	Sutherland Shire Half-Marathon, Elouera 9am
29	Great NOSH 15km, Lindfield to Seaforth 10am (see Club Calendar)
July 6	Woodford-to-Glenbrook 25km (see Club Calendar)
6	Harbord Diggers' Scenic 14km (see Club Calendar)
12	Bathurst Marathon & Half Marathon
13	Sutherland to Surf 11km (see Club Calendar)
19-20	Striders' Internal 24-hour run, Hensley (limited entries)
20	Campbelltown Marathon
20	Randwick Rugby 22km, Coogee Surf Club 8am
20	Mini-Mosmarathon 10km, Mosman Oval 11.15am
Aug. 3	STRIDERS' 250TH STAR: 10-mile road race, Centennial Park
3	Uni of NSW Heart Run 8km
10	City-to-Surf 10am
17	Western Districts' Gillawarna Marathon and Half-Marathon
17	Cities (Sydney-Blacktown) Marathon
24	Sydney-Wollongong 50-miler and 5x10-mile relay
31	Festival City Marathon, Adelaide
Sept 21	Wollongong Half-Marathon
27	Bathurst 50-miler (limited entries, forms from Steve Cornelius)
Oct. 12	Budget Marathon, Melbourne



FRANKSTON TO MELBOURNE (42.195 KMS)

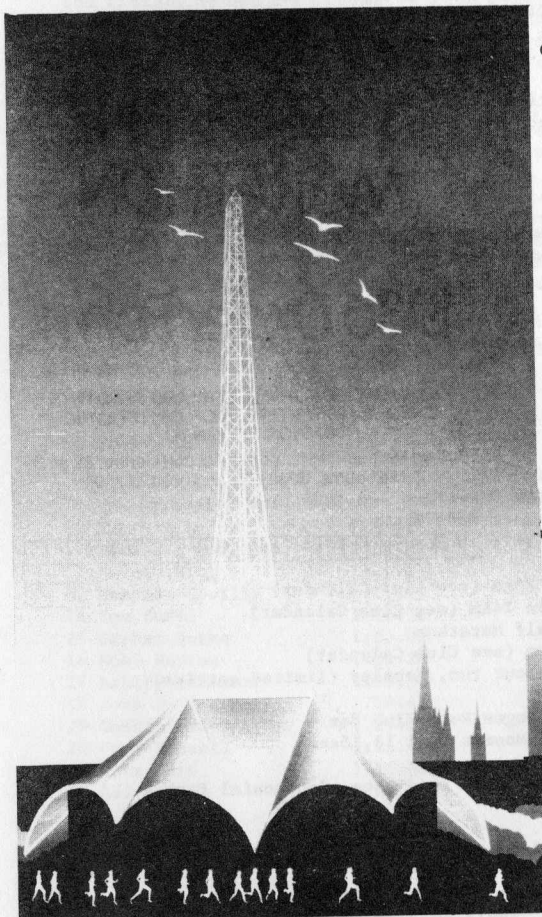
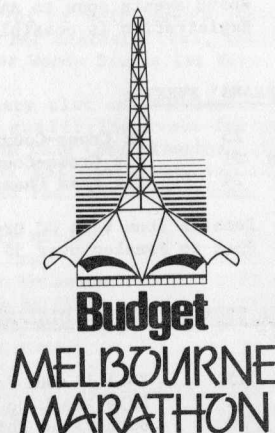


STARTS 8 A.M. SUNDAY OCTOBER 12TH, 1986.

Budget MELBOURNE MARATHON

Illustration is from 1986 Official Poster

Course Records. Men: Bill Rodgers, U.S.A. Time 2:11:08
Women: Rhonda Mallinder, Australia. Time 2:37:56



AUGUST 31 ADELAIDE
CLOSING DATE JULY 9



The ACT Cross Country Club Inc.
presents the

12th Annual Nike Canberra Marathon

incorporating the Australian Veterans
and the ACT Marathon Championships

SUNDAY 12 APRIL 1987

SYDNEY STRIDERS INTERNAL HALF MARATHON RESULTS

by Steve Cornelius

The event which is usually Slow Group Bonanza Day didn't quite turn out that way this year, mainly owing to the inexplicable absence of most of our slower runners. Armed with chronological starter's list, I fronted the start-line outside North Ryde High School at 6.20 a.m. expecting crowds of Slow Group members. Not a soul! It was almost 20 minutes later when Sue Thomson drew a big Bronx cheer when she became the first to start (alone!) at 6.39.

From that time, it was on for young and old, and the starter had trouble keeping track of the hordes between 7.00 and 7.20. Poor old Phil Garvin, with his crippling 70-minutes handicap, started (alone!) at the tail-end of the field at 7.30 a.m. To his credit, he gave it everything he'd got, and passed many runners who had gone through the 7km U-turn before he'd even started!

New member Ross Betts excelled himself for a 6-minute half-marathon PB and a handicap gold medal. Joanne Tibbitts was a close second, with Noel Worthington (another PB) 3rd. Fine performances also from Graham Butler (4th) who missed his start-group but still ran a PB, and Terry McIver (5th), who proved how much he's improved this year by running 78.23 off a killer handicap (84 minutes) - just wait 'til he sees his handicap NEXT year! Alistair Mackie won the Kar Wong Memorial Plastic Bag for finishing within 3 seconds of his handicap - the computer's got YOUR number, laddie! Many congratulations to organiser Graham Butler and his top team of marshals, caterers and timers.

Detailed results are on the next page. The first two columns show position on handicap and position on absolute (elapsed) time, in that order.

CATEGORY RESULTS ON HANDICAP

M Open: 1 Ross Betts, 2 Noel Worthington, 3 Graham Butler, 4 Terry McIver
M Under 20: 1 Mathew Kaley
M 20-29: 1 David Winch, 2 Bruce Inglis, 3 Ashley Jackson, 4 Bill Flanagan
M 30-34: 1 Mike Ward, 2 Ivan Freys, 3 John Fazio, 4 Jeff Burgess
M 35-39: 1 Graham Butler, 2 John McLennan, 3 Evan Millar, 4 John Whealy
M 40-44: 1 Ross Betts, 2 Terry McIver, 3 Frank Gallagher, 4 Don Price
M 45-49: 1 Terry McMahon, 2 Ray Doran, 3 Derrick Titmus, 4 Vic Collins
M 50-59: 1 Noel Worthington, 2 Bruce Murray, 3 Bryce Courtenay, 4 Derek White

F Open: 1 Joanne Tibbitts, 2 Edwina Garvin, 3 Patti Burke, 4 Louise Fitzsimmons
F 20-29: 1 Sharon Lane
F 30-39: 1 Joanne Tibbitts, 2 Edwina Garvin, 3 Louise F'simmons, 4 Isabel Engel
F 40-49: 1 Patti Burke, 2 Sue Thomson, 3 Wendy Downes, 4 Dorothy Siepmann

CATEGORY RESULTS ON ABSOLUTE (ELAPSED) TIME:

M Open: 1 Phil Garvin, 2 David Winch, 3 Evan Millar, 4 Vince Engel
M Under 20: 1 Mathew Kaley
M 20-29: 1 David Winch, 2 Bruce Inglis, 3 Bill Flanagan, 4 Ashley Jackson
M 30-34: 1 John Fazio, 2 Ken Wylie, 3 Ivan Freys, 4 Mike Ward
M 35-39: 1 Phil Garvin, 2 Evan Millar, 3 Vince Engel, 4 Charles Coville
M 40-44: 1 Terry McIver, 2 Don Price, 3 Bernie King, 4 Alex Whitworth
M 45-49: 1 Ray Doran, 2 Harvey Blue, 3 Terry McMahon, 4 Bob Mann
M 50-59: 1 Bruce Murray, 2 Bryce Courtenay, 3 Noel Worthington, 4 Derek White

F Open: 1 Louise Fitzsimmons, 2 Joanne Tibbitts, 3 Wendy Downes, 4 Edwina Garvin
F 20-29: 1 Sharon Lane
F 30-39: 1 Louise F'simmons, 2 Joanne Tibbitts, 3 Edwina Garvin, 4 Dale Thompson
F 40-49: 1 Wendy Downes, 2 Dorothy Siepmann, 3 Patti Burke, 4 Sue Thomson

SYDNEY STRIDERS INTERNAL HALF MARATHON RESULTS

POS'NS	NAME	H'CAP	ACTUAL	DEV'N	POS'NS	NAME	H'CAP	ACTUAL	DEV'N	
1	ROSS BETTS	1.46.00	1.37.23	-8.37	40	37	BRUCE MURRAY	1.31.00	1.32.12	+1.12
2	JOANNE TIBBITTS	1.41.00	1.33.04	-7.56	41	1	PHIL GARVIN	1.10.00	1.11.12	+1.12
3	NOEL WORTHINGTON	1.41.00	1.33.43	-7.17	42	33	GAVIN MORISSET	1.29.00	1.30.21	+1.21
4	GRAHAM BUTLER	1.34.00	1.27.06	-6.54	43	38	BRIAN TAILFORD	1.31.00	1.32.22	+1.22
5	TERRY MCIVER	1.24.00	1.18.23	-5.37	44	32	STEVE CORNELIUS	1.28.00	1.29.42	+1.42
6	EDWINA GARVIN	1.47.00	1.41.38	-5.22	45	17	ROD MCLEAN	1.23.00	1.24.43	+1.43
7	LAWRIE TURNER	1.49.00	1.43.50	-5.10	46	8	KEN WYLIE	1.17.00	1.18.58	+1.58
8	JOHN MCLENNAN	1.30.00	1.25.12	-4.48	47	51	RAY REID	1.34.00	1.36.06	+2.06
9	DAVID WINCH	1.18.00	1.13.54	-4.06	48	25	BRIAN GATFIELD	1.24.00	1.26.24	+2.24
10	EVAN MILLAR	1.18.00	1.14.12	-3.48	49	35	DICK BARTLETT	1.28.00	1.30.43	+2.43
11	TERRY MCMAHON	1.30.00	1.26.22	-3.38	50	11	BRUCE INGLIS	1.18.00	1.21.10	+3.10
12	FRANK GALLAGHER	1.34.00	1.30.26	-3.34	51	64	OWEN DENNEADE	1.41.00	1.44.14	+3.14
13	MIKE WARD	1.29.00	1.26.15	-2.45	52	40	ASHLEY JACKSON	1.29.00	1.32.35	+3.35
14	DON PRICE	1.22.00	1.19.23	-2.37	53	55	BOB MANN	1.34.00	1.37.41	+3.41
15	BERNIE KING	1.23.00	1.20.52	-2.08	54	43	BRYCE COURTENAY	1.30.00	1.33.41	+3.41
16	PATTI BURKE	1.56.00	1.54.30	-1.30	55	14	ALEX WHITWORTH	1.20.00	1.23.43	+3.43
17	RAY DORAN	1.20.00	1.18.38	-1.22	56	56	DEREK WHITE	1.35.00	1.38.44	+3.44
18	JOHN WHEALY	1.34.00	1.32.59	-1.01	57	45	BRENT WATERS	1.30.00	1.33.47	+3.47
19	NEVILLE MILLS	1.35.00	1.34.09	-0.51	58	27	PETER COBLEY	1.23.00	1.27.35	+4.35
20	JOHN HODGES	1.27.00	1.26.13	-0.47	59	61	IAN WHITFIELD	1.38.00	1.43.03	+5.03
21	BRIAN LYNCH	1.30.00	1.29.28	-0.32	60	30	TONY VIPOND	1.23.00	1.28.30	+5.30
22	KEITH JACKSON	1.36.00	1.35.31	-0.29	61	76	SUE THOMPSON	2.01.00	2.06.49	+5.49
23	LOUISE F'SIMMONS	1.33.00	1.32.33	-0.27	62	53	JOHN HILL	1.31.00	1.37.03	+6.03
24	ANTHONY FOAR	1.37.00	1.36.34	-0.26	63	29	PETER DONNELLEY	1.22.00	1.28.22	+6.22
25	IVAN FREYS	1.24.00	1.23.44	-0.16	64	36	JOHN EVENETT	1.25.00	1.31.33	+6.33
26	JOHN FAZIO	1.16.00	1.15.45	-0.15	65	69	DALE THOMPSON	1.40.00	1.46.35	+6.35
27	MIKE FOSTER	1.24.00	1.23.47	-0.13	66	50	STEVE KNIGHT	1.29.00	1.35.50	+6.50
28	JEFF BURGESS	1.34.00	1.33.54	-0.06	67	46	MATHEW KALEY	1.26.00	1.33.52	+7.52
29	ALISTAIR MACKIE	1.22.00	1.22.03	+0.03	68	58	WENDY DOWNES	1.32.00	1.39.53	+7.53
30	NOBBY YOUNG	1.25.00	1.25.12	+0.12	69	28	BILL FLANAGAN	1.18.00	1.27.48	+9.48
31	ISABEL ENGEL	1.51.00	1.51.13	+0.13	70	65	JOSEPH LOEWEY	1.35.00	1.44.53	+9.53
32	CHARLES COVILLE	1.21.00	1.21.14	+0.14	71	62	KEVIN O'KANE	1.32.00	1.43.26	+11.26
33	DERRICK TITMUS	1.48.00	1.48.23	+0.23	72	57	MIKE ELDER	1.27.00	1.38.53	+11.53
34	VINCE ENGEL	1.14.00	1.14.41	+0.41	73	60	ERNEST TRELOAR	1.30.00	1.42.52	+12.52
35	SHARON LANE	1.45.00	1.45.42	+0.42	74	66	DOROTHY SIEPMANN	1.32.00	1.45.11	+13.11
36	KAREN TUCK	1.46.00	1.46.44	+0.44	75	68	PAUL FOSTER	1.31.00	1.45.58	+14.58
37	GRAHAM BURKE	1.25.00	1.25.49	+0.49	76	77	CHRIS MATHEWS	1.56.00	2.12.33	+16.33
38	VIC COLLINS	1.54.00	1.54.56	+0.56	77	71	DANIEL GRAHAM	1.30.00	1.48.12	+18.12
39	HARVEY BLUE	1.24.00	1.25.03	+1.03						

HANDICAPS

by Steve Cornelius

Of all the honorary posts available in a club like Sydney Striders, there is none which renders one more likely to cop good-natured abuse, or even threats of violence, than the job of Internal Half-Marathon Handicapper. I can't really remember how I got the job (back in 1983 it was), but it seemed like a good idea at the time.

Admittedly, over the past couple of years, the number-crunching and boring hack-work has been done by the club's computer, but it hasn't escaped the attention of even our least perceptive members (viz, some of our senior advertising executives) that somewhere behind the reams of computer print-outs there must have been some hint of human intervention!

Naturally, the program which generates the handicaps has also generated a bit of interest in itself. A number of members have asked how the formula works, which of their previous performances are used as input to the program, and what relative weighting factors are attached to them. Before discussing the nuts and bolts, here are the four underlying principles which governed the design of the program.

Firstly, "The system should slightly favour the slower runners". No apology for this; the speedsters get plenty of chances to take out medals during the year, but this is the one event in which Striders' Slow Group members get their chance to experience the adrenalin-surge of crossing the line first. It is achieved by calculating the results on a straight "minutes over or under" basis, rather than on a percentage basis, the theory being that it's easier to register a 10-minute improvement on a 120-minute PB than on a 90-minute PB. However, the bias in favour of slow runners should not be so heavy as to totally discourage the rest.

Secondly, "The system should reward those who have improved since last year". In order to achieve this, for the first time in 1986 the result of the Iron Cove Half-Marathon a few weeks beforehand was not used as a handicapping tool. The complaint that "Joe Bloggs is not handicapped severely enough because he's running a lot faster than last year" is plainly a denial of one of the basic principles of handicapping. For heaven's sake, that's exactly what a handicapping system is FOR - to reward those who have improved! For this reason, highest weighting is attached to last year's results, if available.

Thirdly, "The system should make NO attempt to assess current fitness". Apologies to those who phoned to tell me they hadn't trained during the summer, and weren't at their peak form. Sorry - if you allow that sort of consideration, you're getting into the dangerous realms of subjective judgment, in which case why do you need a computer at all? And don't you think the medals should go to those who HAVE trained all summer? The handicap time should reflect what each runner is capable of at his or her best.

Fourthly, "The system should use as input no results more than 3 years old". Any further back, and the system discriminates to an unwelcome degree against our older members.

Now down to the nitty-gritties of how the program works.

Step 1: DATA INPUT: We store, in the club database, members' results at 3 distances - marathon, half-marathon and City-to-Surf. The program searches the database for as much information as possible. As many as 7 results can be used for one individual runner: best marathon and best half-marathon for each of the last 3 years, and best-ever City-to-Surf if within the last 3 years. On this basis, most members have about 3 or 4 inputs, which is usually adequate. The greater the input, usually the more accurate the handicap. On the other hand, a few members have only 1 race result on record, or even none, and here the program sometimes produces wild inaccuracies. My proposal for 1987 is that, in order to qualify for the Club Handicap, a member must have at least 2 qualifying results on file. The minimum would be 1 City-to-Surf and 1 half-marathon within the last 3 years. This would only affect a small minority of members, who would be entitled to run in the Internal Handicap (choosing their own start-time) but ineligible for handicap medals. It would also act as an incentive to achieve a not unreasonable basic standard so that their handicap could be calculated with some statistical significance.

Step 2: CONVERSION OF times to HALF-MARATHON EQUIVALENT: Marathon times are multiplied by 0.47, City-to-Surf times by 1.52, to convert to a half-marathon equivalent. The choice of these factors was governed by examination of relative world records for marathon and half, race record for the City-to-Surf, and average ratio of Striders' best performances over the 3 distances.

Step 3: WEEDING OUT THE "SLACKOS"! This was a 1986 innovation. Each race-time used as input is compared to the average of all runs recorded by that runner. Any that are more than 1.05 times that (i.e. 5% slower than the runner's average) are scaled down to 1.05. So if, for example, you have 4 runs being used as input, averaging 100 minutes for half-marathon, but one of them is a relative stroll of 115 minutes, that result will be converted to 105 minutes and retained as input. In this way, you still get some credit for having done a relatively slow run, but not so much as to give you a "pussy-cat" handicap. Remember, we're trying to assess what you can do at your BEST! This feature has worked well this year, and in 1987 I may make it 3% rather than 5%.

Step 4: WEIGHTING THE INPUTS: Since we're handicapping for a half-marathon, results recorded over that distance are of course weighted more than marathons. City-to-Surfs are given relatively little weighting, given the sometimes unpredictable nature of that race. Bear in mind also that we never use more than one City-to-Surf result for any one runner. The weighting factors are as follows:

	1 year ago	2 years ago	3 years ago
Half-Marathon	13	8	5
Marathon	8	5	3
City-to-Surf	5	3	2

From then on, it's a simple bit of number-crunching to multiply it all out and produce a handicap time, rounded to the nearest minute and counted back from 8.40 a.m., the time when (theoretically) 100 runners ought to come pounding up Wicks Road elbowing each other aside! Most runners find they have a handicap distressingly close to what they are capable of. And if you think Terry McIver was under-handicapped in 1986, just think how you can chaff him next year when the computer gives him a Phil Garvin handicap!

Meanwhile, I'd appreciate any (reasonably polite and non-violent) comments you'd like to make on our handicapping system. One word of warning: DON'T try to tell our computer you haven't done the work and you're not as fit as you used to be - it won't want to know!



SYDNEY STRIDERS INTERNAL HALF MARATHON

ROSS BETTS

As a new member to the Club and not having been in a running Club before, this event was a new experience for me.

This was the first time I had begun at the front in a race and the first time I had been sent on my way by a starter wearing such an unusual hat.

I knew the course because I had entered the two previous National Panasonic $\frac{1}{2}$ Marathons conducted by the Sydney Striders. These runs had been disappointing for me because I couldn't break 100 minutes.

However, since I had been attending the STARS and especially since I had run the preceding weeks STAR with Bruce Murray I had begun to change my attitude. I was now convinced that it was possible to hope to become a runner instead of a jogger. I told myself I had to have a go. try harder and get stuck into it. With these thoughts in my mind I was determined to do a P.B.

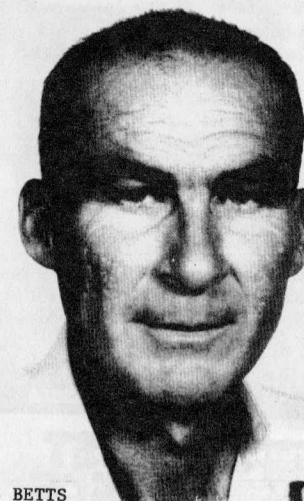
Away we went and I managed to catch up to some of the earlier starters and to see race organisers and helpers were doing a great job with drink stations and giving directions. At the turn around I was told that there were no other runners in front. This information took a while to digest as I was concentrating on achieving my P.B.

Then as I pressed on two thoughts occurred to me. I was leading the race but the finish was 5km away. The elation of possibly winning plus the fear of hearing footsteps behind made me concentrate on getting to the finish in the shortest possible time.

Other runners were now passing me on their way out to the turn around and were calling out advice and encouragement. This was a great boost for me and shows terrific club spirit. Later I staggered across the finish line and found I had achieved my goal with a P.B.

After the great refreshments and race discussions with Club members I was given a medal. What a day. A P.B. and a Medal. A big part of this highlight in my life was brought about by the encouragement, advice and attitude shown to me by fellow members.

What a Club! Thank you Striders.



ROSS BETTS

Presented by
Sydney
Striders



Royal Life Half Marathon

1986



DEREK FROUDE

QUENTIN MORLEY

ANDREW GARNHAM

SEIKO

Westline
can do it everytime

JUST
JUICE

Talays

14



Royal Life Half Marathon

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

by BILL FLANAGAN

Race Secretary, Sydney Royal Life Half-Marathon, 1986

The committee of Sydney's Royal Life Half-Marathon would like to thank all the members and their families or friends who assisted on race day. The race was an outstanding success and has received wide acclaim from the sponsors, the running press and the runners themselves. The committee hopes that everyone who was a part of the "Green Team" on race day enjoyed being part of the crew.

Some race helpers may feel that their services weren't really required on race day. Please remember that we need to allow for every possible contingency, such as a vehicle invading the course or runners taking a wrong turn, and you all played an integral role in ensuring the race was such a success - one of which we should all be proud.

We now publish a portion of the post-race correspondence received in the Striders' letter-box.

"..... my personal congratulations to your club for what I consider to be an absolutely top performance in organising and presenting the recent Royal Life Half-Marathon. If I am any judge, this road race was the best conducted ever in Australia. The extremely high standard you have set will be very difficult indeed to equal, let alone surpass in the future."

Frank McCaffrey

"..... the attendants on the course were so numerous and encouraging to make one have no doubt about which turn to take and to give that support that I find an absolute necessity to finish - they were great."

Peter Liebmen

"I personally would like to congratulate you all on conducting a very professionally organised half-marathon the marshalling of the course was excellent, drink stops were numerous and the post-race breakfast was very refreshing."

Colin Neave

"Congratulations on another very, very successful race"

Brian Lenton

"..... I write to congratulate all Striders on the staging of a superb event. The drink containers were brilliant; marshalling, first class; recording, most professional; breakfast, wonderful; presentation, enjoyable; and all facilities of the highest order. All of the above adding up to the best Striders' Half ever, as suggested by many."

Kerry Bray,
Secretary, Woodstock Runners

The race committee would greatly appreciate any written thoughts, suggestions or criticism from either members or any of their friends who may have run the event. It is only through feedback that we can hope to meet the needs of the runners and continue to stage a race of which the whole road-running community can be proud.

PRESENTED BY SYDNEY STRIDERS MARATHON & ROAD RUNNERS CLUB

AND PROUDLY SPONSORED BY

SEIKO



Westline
can do it everytime

JUST
JUICE

Talays

15

Westpac Banking Corporation

First Bank in Australia

10th Floor
Wales House
66 Pitt Street, Sydney
Telephone: 226 4871
226 4888



Herb Ludington
Race Director
Sydney Striders Club
PO Box N119, Grosvenor Street
SYDNEY NSW 2000

7 April 1986

Herb Ludington,

I would like to extend my congratulations to yourself and all the striders for their fantastic effort in the recent Lane Cove ½ m.

As a fun runner, one appreciates the runs which start on time, are clearly marked, have numerous and easily accessible water stops and have a clearly marked finish where your time is quickly recorded.

During your run, all of the above aspects were expertly handled, along with the sumptuous brunch at the end of the run.

As a previous co-ordinator of the University of NSW Heart Fun Run I have a very close understanding of the commitment and time involved in producing such an event. It truly is a full year job which requires a great team effort.

This was clearly evident, as the striders motivated and encouraged all participants around the course. It's not often that you see runners putting something back into the organization of running, but on this day, all striders should take a bow.

The Lane Cove ½ m is the most professional and well organized run in NSW if not the State, and the running fraternity are truly indebted to the striders for their efforts. May you keep-on-striding-on!!

Regards,

PAUL TYNE
DIRECTOR, OCCUPATIONAL HEALTH AND FITNESS SERVICES, WESTPAC



Royal Life

Half Marathon

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

As the runners appeared at the 6.5km mark it was down to a race between three. Derek Froude, Quentin Morley and Andrew Garnham were inseparable as they made the U-turn outside the school gate. Said Garnham later, "It looked as if Froude would be the first to feel the pace and fall back."

These three kept together, however, as they made their way back through the park before Morley moved away into a good lead approaching the weir for the first time. On returning to the weir, Froude edged his way back up to Morley's shoulder and stayed there as they started up the hill to the park exit. Froude used this hill to good advantage and had a handy lead as they passed the Caravan Park.

The New Zealand Olympian made the most of this break to lead Morley across the finish line by 25 seconds.

We were robbed of a crackerjack women's race by the late withdrawals of Dot Browne, Petrina Towbridge (owing to an airline strike), Mora Main and Jenny Walker. However it is very doubtful if any of them could have stayed in touch with Tani Ruckle. Sally Pierson stayed with Tani for the first few kilometres before falling back and eventually dropping out. Tani topped off a brilliant run with a course record 1.16.35. Fiona Whelan, who was to win the State Marathon for the second time one month later, trailed Tani by 2 minutes at the tape.

Quentin Morley and Tani Ruckle, as first NSW residents, will represent our race at the Royal Life Half-Marathon National Championship Final in Perth in September.

PLACINGS IN THE 1986 SYDNEY STRIDERS' ROYAL LIFE HALF-MARATHON

MALE		FEMALE	
1	Derek Froude (NZ) 1.05.27	56	Tani Ruckle (NSW) 1.16.35
2	Quentin Morley (NSW) 1.05.52	90	Fiona Whelan (NSW) 1.18.36
3	Andrew Garnham (VIC) 1.07.24	134	Mary Murison (NSW) 1.21.21
4	Colin Neave (ACT) 1.07.52	177	Margaret Ricardo (NSW) 1.23.24
5	Laurie Adams (QLD) 1.08.00		Karen Banks (ACT) 1.25.24

WINNERS OF THE SYDNEY STRIDERS' HALF-MARATHON THROUGH THE YEARS

MALE		FEMALE	
1982	Bill Raimond (NSW) 1.12.03	Jenny Walker (NSW)	1.23.45
1983	Andrew Lloyd (NSW) 1.05.58	Mora Main (NSW)	1.19.43
1984	Garry Henry (SA) 1.04.42	Mora Main (NSW)	1.17.14
1985	Wolfgang Krueger (FRG) 1.04.17 R	Raewyn O'Donnell (NZ)	1.18.00 R
1986	Derek Froude (NZ) 1.05.27	Tani Ruckle (NSW)	1.16.35

R = Race Record

SEIKO



JUST JUICE





Royal Life

Half Marathon

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

20 April 1986

From Herb Ludington

To Dorothy Flanagan, Hon. Secretary, Sydney Striders.

FOR THE ATTENTION OF ALL CLUB MEMBERS.

Subject Interim Report - Sydney's 1986 Royal Life Half Marathon.

On behalf of the race committee I would like to thank all club members, their families and friends who helped make race day so successful. Without your support it could not have happened.

From our first meeting where we formulated policy, it was obvious a number of changes would be necessary.

Using basic management principles we simplified the organisational structure in order to more evenly spread, and where possible, considerably reduce the individual workload of committee members.

Simply - we set out to rectify the problem areas highlighted in the comprehensive report on the 1985 race. We believed if this could be done, we would be able to maintain the standard expected of Sydney Striders.

The enthusiastic way the committee members accepted the challenge and their assigned responsibilities, made my term as race director, a very rewarding experience.

The major changes we made are now history and only time will tell if they are acceptable.

The only outstanding jobs are the printing and posting of race results and certificates as well as the final report and balance sheet.

Hopefully, these will be completed within the next 5 weeks.

Looking at the financial aspect, we budgeted for a surplus of \$5,000.00 and it seems we will be able to achieve this.

Our reasons for making the changes and budgeting for the stated surplus will be fully outlined in the final report.

From the correspondence we have received so far from our major sponsor and numerous competitors, it seems we are satisfying the right people. Apart from Nobby Young and myself, the rest of the committee are available for next year's event.

I would like to thank the general committee for their confidence and assistance. It made the task more enjoyable.

Herb Ludington

Herb Ludington
Race Director



Royal Life Half Marathon

AUSTRALIAN CHAMPIONSHIP SERIES 1986

DISTANCE 21.1 KMS

SYDNEY-23 March
Sydney Striders

1. Derek Froude	1.05.27	1. Tani Ruckle	1.16.35
2. Quentin Morley	1.05.52	2. Fiona Whelan	1.18.36
3. Andrew Garnham	1.07.24	3. Mary Murison	1.21.21

CANBERRA-18 May
ACT Cross Country Club

1. Steve Austin	1.04.08	1. Tani Ruckle	1.15.51
2. Peter Burnie	1.06.49	2. Sarah Rankin	1.20.00
3. Steve Poulton	1.07.29	3. Sue Hobson	1.22.09

STRIDERS

8. Phil Garvin	1.10
Dave McCormack	1.18
Bernie King	1.20
Mathew Kaley	1.21.45
Bill Flanagan	1.23.15
Peter Cobley	1.25
Steve Knight	
Herb Ludington	1.54



ADELAIDE-25 May
S.A. Road Runners Club

1. PETER BRETT	1.04.56	1. HEATHER ASHCROFT	1.22.12
----------------	---------	---------------------	---------

RACE RESULTS

FAIRFIELD CITY GAMES 8K

1 Nick de Castella	24.33
1F Fiona Whelan	28.14
52 Mathew Kaley	30.22

The Best of Times :- Best Marathons by Striders in 1986.

MEN:

1 Phil Garvin	2.25.22 (Canberra)
2 David Winch	2.39.48 (Canberra)
3 John Fazio	2.43.41 (Canberra)

WOMEN:

1 Jan Morton-Evans	3.15.22 (Canberra)
2 Wendy Downes	3.17.22 (Canberra)
3 Joanne Tibbitts	3.18.16 (Canberra)

Letter to the Editor

Woodstock Runners,
Woodstock Community Centre,
Church St,
Burwood NSW 2134.

Dear Bill,

I am writing to let you know the date and details of our Run this year. We hope many Striders may join us on that day for what promises to be an even better Run than last year's.

Name: Woodstock Runners' Community Fun Run.
Date: Sunday 2nd November, 1986.
Time: 8.00 a.m.
Distance: 10 km (accurately measured).
Start/Finish: Woodstock Community Centre, Church St, Burwood.

Route and all major details will be identical to last year's Run. We shall distribute entry forms to you as soon as they are available.

Good luck on the road! Yours in running,

Kerry Bray (Secretary).

The Editor,
Blister Magazine

Dear Graham,

First of all, let me congratulate you on your election to the post of Blister Editor. However, I must warn you that you will probably live to regret it, as you will inevitably receive many whingeing letters from the ratbag fringe. Some people in this club make a habit of whingeing about everything and anything, and I hope you will have more sense than your predecessor, who used to print any letter at all, no matter how scurrilous.

While I've got your ear, I just want to draw your attention to a slight inaccuracy in edition number 26. This is not REALLY a whinge, just a little correction of fact. On page 15 of that edition, ex-President Ethel Strangler claimed that a 10-mile road race would be "attractive to all our members from beginners to ultra runners."

This is plainly a lot of rot, as even Blind Freddie could see that 10 miles is too damn short to be attractive to anyone at all. Nobby Young and Dan Gray usually haven't got out of first gear after 10 miles, and as for me, I'm usually still applying the Vaseline to my nipples by the time the race leaders go through that distance.

Obviously there has been far too much triathlete influence in the club recently, and now that Internal Events are safely back in my hands, members can rest assured that more 50-milers and 24-hour track runs will replace the wimpish distances foisted upon them by those who consider wallowing in a heated swimming-pool to be a valid kind of exercise.

Just take my tip, Graham old chap, and weed out the letters from the professional whinge-bags. They only serve to bring down the tone of what is otherwise an excellent Ultra-Freaks' publication.

Regards, Steve Cornelius

11th Annual Canberra Marathon

Incorporating the Australian Veterans and the ACT Marathon Championships

OFFICIAL RACE RESULTS

Statistics

Entrants: 941 (883 men, 57 women, 1 wheelchair)
Starters: Approximately 770
Finishers: 634 (600 men, 33 women, 1 wheelchair)

Personal best times: 210 (202 men, 8 women)
Successful debuts: 125 (112 men, 12 women, 1 wheelchair)
Percentage of finishers with PB's or successful debuts: 53%

RESULTS

1 Graham Macky (NZ) 2.21.21

1F Rhonda Mallinder (VIC) 2.46.29

Striders:

MANY CONGRATULATIONS TO PHIL GARVIN - NEW A.C.T. MARATHON CHAMPION!!
ALSO WENDY DOWNES - 1ST VETERAN FEMALE IN CANBERRA MARATHON.

4 Phil Garvin	2.25.22	289 Graham Butler	3.17.53
18 David Winch	2.39.48	297 Joanne Tibbitts (11F)	3.18.16
33 John Fazio	2.43.41	325 Paul Russell	3.21.33
80 Graham Burke	2.54.34	335 Dan Gray	3.22.31
93 Cedric Sidebottom	2.55.58	344 John Whealy	3.23.44
116 Bruce Inglis	2.57.47	408 Ray Reid	3.29.59
118 Bernie King	2.57.51	410 Brian Tailford	3.30.05
148 Brian Lynch	2.59.48	432 Dale Thompson (19F)	3.34.22
180 Harvey Blue	3.04.30	450 Bryce Courtenay	3.38.26
239 Graham Firkin	3.11.28	460 Noel Worthington	3.39.32
262 Gavin Morisset	3.14.43	495 Edwina Garvin (22F)	3.44.47
272 Jan Morton-Evans (8F)	3.15.22	496 Wayne McCarthy	3.44.49
287 Wendy Downes (9F)	3.17.22	588 Kevin O'Kane	4.13.50

Canberra Marathon

by Harvey Blue

Off and running along Telopea Drive, only 26.2 miles to go. I have come from 40 miles a week, up by about 5 miles every week for the last couple of months to about 75 miles last week. Two three-day throat infections saw a couple of 40-mile weeks in that, but no traumatic injuries. One speed session a week, even did one last Tuesday. Very different from last year - one injury after another. Only one this year, was an ankle injury in bush on the North Head Trek two weeks ago.

Garry Hand sent us off on our way. Very punctual, right on 7 o'clock. Pity he is not running. Great morning and no wind, about 12 degrees, looks like my anticipated time of 2.55 could be a goer.

The splits print-out from my computer program are emblazoned on my arm in big bold letters, much laughed at by Bernie King who is also trying for 2.55. Graham Burke, Wendy Downes and I, all in green and white, look great heading out to the first K mark. My program says 4.20 per K for the first 5 (21.30). I seem to be going the right pace. Why is Bernie so far ahead? In fact why are all these people passing us? Graham and I agree we will see them all later when we pass them.

One mile in 6.35 - spot on. Down along the lake side, past the Art Gallery and then back past Parliament House. Not so many passing us now. 4K in 17.30, that's spot on. Legs not totally freed up yet. The first 5K must be part of the warm-up. Must admit Graham's quips to the other runners make for relaxed running. He knows all the Melbourne and Canberra runners. 5K past and time 21.45 is to plan. Graham and I agree to pick up the pace to 4.10 and start pulling in some of the early speedsters. Through the start for the second time and the first water station. Graham assures me that we need not stop and regroup. We run a while behind a girl with a long black plait who passed us back at 2 miles, but our pace is more important than that. We will see her when she finishes.

Out to the first eastern turnaround and a chance to see the leaders, and how far Bernie is ahead. Also a chance to see all the Striders. There is a Kiwi in front, and Phil Garvin is running 5th. Bernie is about 200 yards ahead. Great to see all the green and white - there are Brian Lynch, Graham Butler, Ray Reid, Bryce Courtenay, Paul Russell, Edwina Garvin and Wayne McCarthy.

That leg stiffness has not worked itself out yet. Wonder how I will feel here next time on the second loop at this point. Back through the largest spectator group and out along the lake side for the second time. Past the 10K mark, that's right on, judging the pace well. Now we must get going. This is where I'm supposed to enjoy it as I run relaxed. But the leg stiffness is a touch worse. Perhaps when I stretch out a bit all those miles of training will overcome it. Graham is still chatting away - wonder if he has noticed that I am not replying much. Certainly pulling in runners now. Hills coming up for the first time. Really appreciate the well-run drink and sponge stations. Going to need these later. The sun is very strong although not hot.

Hello, there is Bernie just up ahead. We will have him in a couple of miles. I must tell Graham to talk me through the 15K point. That's where I cramped up two years ago and pulled out. But that is on the downhill side of these hills - love the downhills. Perhaps this will get rid of this increasing soreness in the legs.

The leader goes past, still the Kiwi Graham Macky. Past the boat club with 3 or 4 guys shovelling gravel in front for some obscure reason. I contemplate the stupidity of some people who get out on a beautiful morning and do such stupid things.

Hello, Graham seems to have pushed up the pace at the 15K. Time seemed to be just right, no increase is called for. There is John Fazio coming back from the west turnaround. He is going for a sub-2.40, seems to be on target. The west turnaround is not as good as the east - it is a loop, and you cannot see those just behind you.

My God! Graham is flying away from me. I guess I must have slowed a bit. Wonder if my training has been as good as I thought. Maybe I shouldn't have done the Tuesday "Pain in the Domain" session. Still, I didn't run Thursday, Friday or Saturday.

Those idiots still shovelling gravel. A bit hot for that now. 20K, boy have I slipped. 1 minute lost in 5K. At that rate I will only just break 3 hours. Halfway in 86 minutes, but wanted it to be 85. I am not going to feel any better. Another half-marathon to run. Just try to run relaxed. That works for about 100 yards, then stride gets shorter and pace drops again. This is getting serious. Try pouring water over legs, head, back, feet and especially my thighs, Saw Deek do that in Brisbane. Worked for him, not for me.

Those water stations (not stops) are becoming more important in my race plan. Previously they were just places where the water was, now they are goals in themselves. Back past the spectators. Hello, thought I heard somebody call my name. Wife and daughter must be here somewhere. Somehow turn around at east end - doesn't seem quite the great place it was last time. Graham has passed Bernie but Bernie has got well away from me. The only thing that makes me feel better is the look on Bryce's face. I am not feeling too bad.

As I come back to the spectators I see that it was Adrienne and Hannah who called out. Better look relaxed for them and smile. Don't know how I'm going to get out to the west and back here, the way I feel. At the 25K mark I am slipping at the rate of 2 minutes per 5K. How am I going to get over that mountain range up near the 30K mark? Shuffle - that's the way, but some really old guy passes me while I am doing the Harvey shuffle, and there is nothing I can do about it. Gravel shovellers have stopped for a rest. What sensible fellows.

At western loop for the second time, Brian Lynch passes me. Well now I am 6th or 7th Strider. But what's this girl with the long black plait doing passing me too? Things that go through one's mind when one is in this much pain:

"There was an old runner called Blue,
The marathons he ran were too few,
So he abandoned his splits,
Which gave him the shits,
(leave last line for Nobby to complete)"

Perhaps I'm not race-hardened yet. Better get out over the next 8 weeks before the Australian Marathon and do lots of speed work, make up for this poor showing. At the 35K mark, disaster, I trip over this huge red lump in the middle of the road and hurt my ankle again. The lump I ran into happens to be a catseye road reflector. This gives me some idea of how high my legs are lifting. The pain goes away from my ankle in about 100 yards, but that is the only place. It's amazing how all the old injuries return like long-lost friends at this stage. Injuries I had 2 years ago start to nudge back into my consciousness.

30K to 40K I manage to pass a few people. They are walking, at least I am not down to that yet! Rhythm is all I've got now. 2K to go. The old guy is walking and I go to overtake him. Just as I draw alongside he starts to run again. Oh well. 1K to go and he stops again - this time I pass him. Hell - Telopea Drive has turned into a hill. It wasn't this steep 3 hours and 3 minutes ago.

Up to the finishing chutes, and would you believe it, Mike O'Donnell, a mate from Talay's Wednesday night runs, passes me with 1 yard to go, and looks around with a big grin. Such bad manners. 3 hours 4 minutes and 29 seconds. Well I suppose that leaves room for improvement. The Nike sure puts things in perspective - a lot more training to go.

Nike Canberra Marath

MY LESSON FROM THE CANBERRA MARATHON

by Noel Worthington

After my marathon debut last June, I decided to run in the Nike Canberra marathon for two reasons. Firstly, it was an opportunity to get away (with my wife) for a weekend and secondly, I was told that this event was very well organised and over a relatively flat, but not easy, course. I don't believe there are any easy marathon courses.

With this in mind, I started my training back as far as October - not solid at that stage - but included gym work and running 4 days a week plus the STARS. The two internal half marathon events were part of my training schedule for Canberra and I recorded a PB on each run. My training increased from January and I felt I was well prepared for the marathon.

In retrospect, I think the training period was too long. There were times when I felt that April would never come. It was mainly because of the support of members at the STARS and training with others who had entered for Canberra that my enthusiasm remained high.

Well, April did come and so down to Canberra. I was really looking forward to a "good time" for the marathon.

The race got away on time but I fouled up my stop watch after the gun was fired to start the wheelchairs and walkers. (I must learn how to quickly stop and re-set this confounded thing - some specialised training required). Consequently, I had no way of monitoring my pace in the early stages of the race. The first time call that I heard was at the one mile mark and the pace was very much faster than I had planned, even though I was running comfortably at that stage. I was still well ahead of plan at the 10K and 16K mark and knew then that I would have to slacken off.

Alas, the damage had already been done. I had apparently used up too much of my energy resources in those early stages of the race and did not have enough to see me comfortably over the full journey. The last 8 or 10k were sheer hell with every muscle in my legs aching.

Obviously the 13th April was the appointed day on which I was to be taught a lesson in marathon running. Exercise restraint in the early stage of the race and do not deviate from the race plan. There is plenty of time in the latter part to increase the pace, if possible, and come in with a time better than originally planned.

I did complete the course and although I was disappointed with my time (3 hours 39 minutes), it was better than my first marathon. I know I can do better and am already looking forward to my next run in June. (I must be mad.)

The organisation of the event, both on Saturday and race day, was first class and confirms the views held by many that events organised by runners are the best. They know what runners need.

My wife commented that it was good to see the Striders colours coming up to the finish line. They are very distinctive and stand out from the rest. I have to believe her as all I saw was the backs of Striders as they went past me over the latter stages of the race.

Now that we are able to acquire shorts and running singlets (in Striders colours), maybe we will see more of the green and white "striding" to the finish line.

A truly enjoyable weekend and I would recommend the Canberra marathon to any would be starter. I will be back next year and so too I am told, will my wife.



THE Sun

City To Surf

SUNDAY AUGUST 10, 1986

1986 CITY-TO-SURF AND MELBOURNE MARATHON: TEAMS ENTRIES

Don't feel as though you're just a number in these mass-participation races - become a place-getter by joining a Sydney Striders team. Through Sam Daher's intelligence (he used to run until he got married) we have a good formula for matching up people's running abilities, and have in the past enabled many Striders to win prizes in a variety of categories.

But I must have your entry forms in time to meet the race organisers' deadlines. For the CITY-to-SURF, this means you must ACT NOW. Send your completed City-to-Surf entry form, with your payment made out to the race organisers (NOT payable to Sydney Striders please), to:

ROBYN MURPHY, 2/29 HILL ST, ROSEVILLE

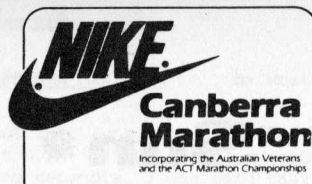
to arrive no later than MONDAY 7 JULY. To enter a Sydney Striders team for the Melbourne Marathon, send your entry forms to the above address no later than Monday 8 September.



NOEL WORTHINGTON



HARVEY BLUE



One month after scoring a 22-minute PB in Canberra, Wayne McCarthy received the following letter from an old friend in Melbourne - Editor.

17 May 1986.

McCarthy,

It has taken me a while to screw myself up to writing this but as our friendship seems to be coming to a close I thought I would write and tell you my side of it.

A FRIEND, who realised that it had taken me 6 years, 5 attempts and God knows how many miles to get a PB of 3:58:52, would have asked a little more delicately as to what my PB was.

A FRIEND would not have listened to the figure and replied in an offhand way that he had just "got under that time".

A FRIEND would not have then informed me that it was only his SECOND marathon.

A FRIEND, when asked about conditions, would have told about the ideal conditions, the strong following wind throughout the course, the error in measuring the 42km so that he was sure it was a bare 40km if that. Comments about the hot day and light to non-existent breezes were not appreciated. I fully expected the next sentence to contain reference to tall mountains, broken running surfaces, clouds of biting stinging bees and withering hot western winds.

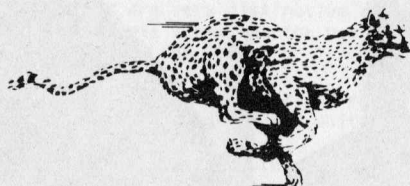
Then to top it off, the very least a FRIEND could do would be to speak of his complete exhaustion, the fact that he was incapable of mounting the smallest step, the recent release from intensive care at Royal North Shore Hospital, and the stretcher bearers that got him to work. But NO - what do I hear but tales of RUNNING UP STAIRS and a feeling of well-being, and all told with a happy carefree voice.

MCCARTHY - THIS IS THE END.

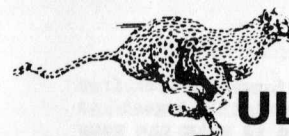
Your ex running companion,

Bill Schofield.

P.S. I realise that this means that I probably will never see my wine cooler again.



THE STEVE CORNELIUS



ULTRA REPORT

by Steve Cornelius

STRIDERS' 24-HOUR TRACK RUN IS A REALITY

Well, we've gone and done it! We've booked Hensley Athletic Field from Botany Council, and we're going to run round and round in circles for 24 hours. Frustrated by fruitless attempts to find a 24-hour event without incurring the prohibitive costs of interstate travel, we decided to take the only option left open to us, and ORGANISE OUR OWN! We had hoped that the Sri Chinmoy organisation might be doing something along those lines this year, but their Sydney group is only at the "fledgling" stage, and when we were informed that they don't plan anything until 1987, we decided we couldn't wait that long.

The race will start on Saturday 19 July at about 11 a.m., and finish on the morning of Sunday 20th. Nobby Young, Dan Gray and myself have formed ourselves into an "ad hoc" race organising committee, and we are intending to keep the whole event fairly low-key. We are unable to accept more than about 12 entries, firstly because we have agreed to keep it low-key with Botany Council, and secondly because we want to avoid elaborate organisational hassles. As far as possible, this is to be a self-catering event, with runners supplying their own refreshments and seconds (if required).

So far, we have 6 Striders entrants (the 3 mentioned plus Mathew Kaley, Grahame Deacon and Graham Firkin), and we have invited 5 non-members, mainly ultra-race-organisers themselves: Alan Staples from the St. George Club, Ian Hutchison of "Manly 100-Miler" fame, Ian Taylor from Bathurst, Tom Gillis who needs no introduction, and Bob Marden who attempted to organise a 48-hour run at E.S.Marks earlier this year but encountered all manner of problems. If any other Striders would like to run, please contact us on the telephone numbers shown below. We are looking for runners who feel they have a good chance of lasting the whole 24 hours at this stage.

ONE THING WE CERTAINLY DO NEED IS RACE HELPERS!!!! In particular, lap-counting is going to be a problem for us. Although we have asked each runner to try and supply lap-scorers, even if only for part of the time, we will definitely need help in this respect from other club members and friends. IF YOU CAN COMMIT YOURSELF TO ANY PERIOD OF LAP-SCORING, NO MATTER HOW SHORT, WE WOULD BE VERY GRATEFUL TO RECEIVE YOUR CALL.

Don't forget, if you are coming along to do some lap-scoring or even just to watch the loonies circling the oval, it's likely to be BLOODY cold. Wrap up warm! We will particularly appreciate support during the "graveyard" hours, and in the final few hours after the sun rises on Sunday morning. Everyone, please feel free to come along and give us a bit of support in this, our first venture into ultra organisation. If things go well this year, we may consider getting the official backing of the club, and staging it as a regular annual open event. Once again, ANY offers of help are welcome: Steve Cornelius 427-3604, Nobby Young 816-2017, Danny Gray 588-1561.

SYDNEY-WOLLONGONG 50-MILER

Ultra-freaks please note that The Big One has been brought forward a week from its previously published date, and is now scheduled for Sunday 24 August. As mentioned before, race organiser Tom Gillis has decided to make the race permanently southbound. So it's a 4 am start at Sydney Town Hall for the ultra, and the 5 x 10-mile relay gets under way an hour later. At the time of writing (end of May) I don't yet have entry forms, but should be receiving them soon - phone me on 427-3604. Also, copies of the "GONGPAK" (How to survive and enjoy a 50-miler) filled with tips from ultra-runners, can be had for the cost of a phone call - 427-3604 again. Tom himself is not easy to get hold of on the phone these days, but his postal address is 3/27 Roslyn St, Kings Cross 2011. You can leave a telephone message for him on 358-3576 between 9am and 5pm weekdays. He swears that this year he's going to apply a strict time-limit of 9 hours 30 minutes for men and 10 hours 30 minutes for women, but I don't believe him.

Someone had a great idea the other week - how about a picnic down near the beach at Wollongong after the 50-miler? This year there should be an unprecedented number of Striders and friends out on the Highway, as we are planning to field quite a few teams in the relay. Let's provisionally make the picnic venue the park near the lighthouse just to the north of Wollongong's main beach - its actual name is Flagstaff Hill Park.

Tom Gillis has not yet announced the date of the Sydney-Wollongong prize-giving ceremony, but it's usually two or three weeks after the event. This year he says he's going to sell \$10 tickets and provide a smorgasbord meal at the Aquatic Club. Similar deal to the Striders' Annual Prize-giving. This will of course include the relay prize-giving, at which we hope Sydney Striders will figure prominently.

SYDNEY-WOLLONGONG 5 X 10-MILE RELAY

As regards the relay, see the full-page article elsewhere in this issue. Last year we adopted the tactic of phoning people up and canvassing membership of our teams. This year, we're going to wait for you to come to us. Phone Ian Bowden, the Sydney-Wollongong Team Co-ordinator, on 94-5399, or myself on 427-3604, EVEN IF YOU HAVE ALREADY EXPRESSED INTEREST. Up to now I've simply discussed the matter in general terms with a few people and haven't written any names down. 1986 should be the year we produce highly competitive teams of both sexes, but don't be deterred if you're not in the speedster category.

BATHURST 50-MILER - LIMITED ENTRIES AGAIN

Entry forms are now available for the Bathurst Ultra, which has reverted from 100km to its usual distance of 50 miles. This year the event will be at 7.00 a.m. on Saturday 27 September. Time limit 10 hours, entry fee \$8, age limit 18, entry limited to maximum of 30, so get in quickly. Phone me on 427-3604 for entry forms, or phone race organiser Ian Taylor (H: 063-313230, W: 063-315344) for further details.

JIM DONS NEW SHIRT FOR TASSIE ULTRA

Big Jim Donovan has continued to be as adventurous as ever, trekking all the way to Tasmania to compete in the Cradle Mountain Run. Read his full account of this remarkable run elsewhere in this issue of the Blister.

ABSENT-MINDED PROFESSOR'S GROUP JOINS FORCES WITH ULTRA-FREAKS.

It is with great pleasure that the STRIDERS ULTRA FREAKS GROUP (Sufferers) announces a MERGER with another Striders group of kindred spirits, the KAR WONG FAN CLUB. At a joint meeting last week, both groups decided that since the Bespectacled Boy-Wonder began doing ultramarathons they now have enough in common to merit a pooling of resources and members.

It is hoped that co-operation between the two wings of the new alliance will be close. SUFFERERS will now actively promote the name and reputation of the Great Exiled Guru, while KAR WONG FANS are now eligible to play in all Ultra-Freaks' sporting teams against the Triathletes. The joint management committee has despatched a letter to The Oracle, asking his advice on which sport to choose in the next Great Clash. It is rumoured that he favours Dragon Boat Racing, and will honour us with his participation in a team against the Auld Enemy when next he visits Australia.

Meanwhile we can reveal that His Holiness The Soothsayer of Hong Kong has finally broken 3 hours in his 42,763rd marathon. His results so far this year, as outlined in a letter to the Flanagan family, are as follows:

26 Jan: Hong Kong Marathon (42.2k)	3.02.43
23 Feb: Jeppe Quondam Marathon, Johannesburg (42.2k)	3.03.15
9 Mar: Vaal Marathon, Johannesburg (42.2k)	3.00.48 (PB)
15 Mar: Sun City Marathon, Johannesburg (42.2k)	2.54.13 (PB)
22 Mar: Milo Korkie Ultra, Pretoria to Johannesburg (56k)	4.31.20
29 Mar: Two Oceans Ultra, Cape Town (56k)	4.01.01
13 Apr: A.Cresswell Memorial Ultra, Bergville/Ladysmith (53k)	3.45.48

As you can see, nothing has changed for the Absent-Minded Professor, except that he now wears his underpants on the outside and gets changed in a telephone booth. Two marathons, both PB's, and three ultras, all in the space of 6 weeks, is the kind of performance which would make even Nobby Young despair. As I write this, His Beatitude The Great Visionary is preparing for the 90km Comrades Ultra, and has his sights on a sub-7.30 performance for one of the coveted silver medals. He writes: "Since there's only six weeks to go, I wish to do a 60-70 km training run once a week at 5 min/km pace for the remaining weeks because this is the required pace for the silver medal". We salute you, O Luminary, O Pundit, O Mentor.

SIX-FOOT-TRACK MARATHON

This year's Blue Mountains Bash drew a massively increased field - no less than 68 finishers! The indefatigable Danny Gray was fastest Strider in 5.54.40, with Paul Russell our only other finisher in 6.10.33. I also noticed the name of ex-Strider and Tuxedo Runner Stuart Greaves in the list (5.08.13). The event was won by Mathew Cull, of Sydney, in the unbelievable time of 3.44.56. Sue Dreverman of Cooma was quickest woman in 4.53.35.

WELCOME A NEW CLOSET ULTRA-FREAK

A new member of Sydney Striders is Allan Parker of Annandale, who seems to have something of an ultra record. In 1979 he undertook a sponsored run from Tumut to Wagga, a distance of 71.3 miles (114.7km!!) which he completed in 11 hours 11 minutes. Many congratulations on that run, Allan - does this mean we'll see you in a green shirt on the Princes Highway on "Gong" day soon?

MULTIPLE CITY-TO-SURF IS A GREAT TRAINING RUN FOR ULTRAS

Some people run it pushing their toddlers in a stroller, some run it in fancy dress, and Brian Colwell even ran it as the back legs of a centipede. Let's face it, unless you're going to be among the sub-54-minute "Preferred Starters", the City-to-Surf isn't an event you can take very seriously. But it does have great value as an ultra training event if run 3 or 4 times. This year I'll probably be doing my usual "Triple", starting at the corner of College and Park Streets at 7.20 am. I don't feel that the "Quadruple" is advisable this year, with the Sydney-Wollongong only two weeks later, but at that stage a good hilly 42k sounds like the shot. The final 14km is one of the most painless finishes to any 42km course, there's just so much to occupy your mind. One thing you can say about the City-to-Surf - it's never boring.

Arrangements: If you want to park your car in Bondi, there's plenty of space early on. Meet at corner of Campbell Parade and Curlew Street (outside the Bondi Pub) at 6.45 am to share a taxi into town. Start College and Park Streets at 7.20 am. Turn around at the Finish Line about 8.35 am (join us here if you wish to run a 28km "Double"). This should get us back into town about 9.50 or 9.55, just in time to avoid being trampled by the hordes.

TENPIN BOWLING DISASTER

In an unsuccessful two-hour attempt to destroy Leichhardt Bowl recently, a group of 32 Ultra-Freak and Triathlete Extremists knocked over 5,474 pins, scored countless "gutters", and reduced my sporting reputation to rubble at a stroke. Would someone PLEASE inform me of a sport at which Triathletes will be unable to beat us? Tiddleywinks, maybe? Sheep-shearing, possibly? Hop-scotch? ANYTHING, just to wipe the grin off Alex Hamill's face!

For the record, the Triathletes averaged 90.0 pins per game while the Ultra-Freaks could only muster 86.2. Mathew Kaley was largely instrumental in bringing about our defeat, scoring a top game of 163 in his 2-game total of 303. If we'd known the Triathletes had anyone who actually knew how to bowl, we'd have nobbled the bugger. Laurie King, for the Ultras, showed hidden depths to register 257 points, and Sharon Lane (a ring-in for the Triers who should have been recruited by our talent scouts) was 3rd with 248. The vile-smelling Cornelius/Hamill losers' trophy was awarded to low-scorer Caroline Butler. The old gym-shoes which form the centrepiece of the trophy fit Caroline just about as well as the Nobby Young Memorial Size 11 Sock fits her husband.

In an unsuccessful three-hour attempt to destroy the Bolognese Restaurant immediately afterwards, the group of Ultra-Freak and Triathlete extremists knocked over 40 tonnes of pasta and countless bottles of cheap plonk, and reduced Alex Hamill's demanding training schedule to rubble at a stroke. At least the evening wasn't a complete write-off!

Can you run ten miles in average-to-good (or very good) time? And if so, what are you doing on August 24? Because YOU could be representing Sydney Striders in the 2nd Annual 5 x 10-mile Sydney-Wollongong Inter-Club Relay Championship.

We believe that on 24 August 1986, Striders can retain the men's trophy (so brilliantly won by Bernard Corden, Scott Lawrence, Derek Liebenberg, Phil Garvin and Wayne Stanton in 1985) AND add the women's to it!! This year we plan to field probably four male teams, and one or two women's teams, in an attempt to pull off a most prestigious "double". Ian Bowden will make the final team selection, based on recent form and information from our database.

To be in with a chance of retaining the trophy, Striders' 1st team must aim at the average of 3.30 per km which won last year's event in a time of 4:50:59. Last year's Striders 2nd team averaged 3.46 per km to finish 7th, but at least two of those runners have showed stunning improvements over marathon and half-marathon distances recently. This year's 2nds will undoubtedly include some members who could move up to replace an injured or otherwise indisposed 1st team runner and not feel out of place.

Don't despair if you're not in this sort of class. If Striders are to field 4 male teams of 5 runners, there would be room even for old plodders like myself (if I weren't otherwise engaged on that day!). Just for the record, Central Coast Hash House Harriers finished 19th and last in the 1985 relay, averaging 4.56 per km.

The winning women's team (Woodstock) in 1985 averaged 4.25 per km, and there are numerous women in this Club, including some recent arrivals, who can get close to that pace. Wouldn't it be nice to see some of our most talented female runners out there on the Highway?

ABOVE ALL, DON'T BE SHY. This year, YOU have to ring US. Please don't be backward about coming forward. The more green shirts we have out on the Princes Highway, the better the club spirit on the day, and the greater our chances of taking out a trophy or two. Even if your team has Buckley's chance of winning, it's a great day out and a fascinating event to compete in.

As was the case in 1985, we will make comprehensive pre-race information available to all relay runners: the course, the terrain, the distances, the hills, even which side of the road is best to run on and where you'll receive a drink or sponge! Entry fee will probably be \$10 per runner.

IF YOU'D LIKE TO DON YOUR GREEN SHIRT AND BE PART OF A STRIDERS RELAY TEAM, PLEASE PHONE TEAM MANAGER IAN BOWDEN ON 94-5399 (EVENINGS) OR MYSELF ON 427-3604 (EVENINGS) OR 007-216333 (MON-THURS DURING THE DAY). PLEASE PHONE TO CONFIRM, EVEN IF YOU HAVE ALREADY EXPRESSED INTEREST TO IAN OR ME.

In addition to runners, we're going to need a few people to offer support on the road, by providing transport and handing out drinks and sponges. All offers of help will be appreciated - please phone the above numbers.

Steve Cornelius

by Jim Donovan

Some of you noticed in January that I was unusually conscientious in running the long course on each STaR. This was my last-minute training for an ultra-marathon held in Tasmania on 15th February.

The run takes you across the Lake St. Clair national park from north to south. It follows the well-known bushwalking trail which about 10 friends of mine spent a week on in February 1985. The track is used by thousands of walkers each year. At peak in January, there can be several hundred on the track at different stages in their walks. Except for the ends, the track is miles away from roads, even 4WD trails. Every 10k or so along the track are huts which walkers can use for shelter, maintained out of the \$10 levied on each bushwalker. Because the weather can change suddenly, preventing you from reaching a hut by nightfall, and because even if you do reach it the hut may be full, prudent walkers always carry gear for camping in snow.

The run is held in February because that is the month with the best weather. This consideration prevails over the extra daylight available in early January and the convenience of school holidays. Runners were warned to be equipped for extremes of weather. I carried gear for everything from burning sunshine to snow without needing to use it - the rare appearances of the sun were well shaded by trees.

The huts provide shelter and little else. They are devoid of plumbing and sanitation. A few of them have a coal bunker nearby, replenished occasionally by helicopter. A proposal last year for a new series of super-huts, available only to elitist bushwalkers who paid much more than the \$10 park fee, was strongly opposed by local greenies on grounds including that the ecology out there is suffering enough already. There is some justification for their view - water near certain of the campsites is polluted and there have been a few cases of gastro-enteritis.

The run attracted only eleven entrants this year. I was intrigued to discover that one of them had the same name as an alcoholic whom I had a conflict with once. Unsurprisingly, it was not the same man. Another was Ian Hutchison, who ran with Nobby, Dan and me on the Six-Foot Trail last year from Jenolan Caves to Katoomba.

Runners mustered in Launceston on the Friday afternoon and were conveyed to Cradle Chalet by mini-bus. This chalet has running water and even electricity which unfortunately someone forgot to switch on at 4.30 a.m. on the Saturday. Each night after supper, food scraps are put outside for possums and wallabies who munch away under floodlights unconcerned by the tourists gaping at them through the chalet window.

The run starts at 6.30 a.m. at Waldheim trackhead, about 7km from the chalet. The track crosses about 1km of marsh and then climbs sharply into mountains. Glacial lakes are visible on all sides. You are at about 1000m altitude; nearby peaks are up to 1545m. Then there is about 15km of rocky moorland, gradually descending into land reminiscent of Scottish peat bogs, complete with heather. This changes into eucalypt forest similar to Sydney's larger parks but with completely different undergrowth. Some of it is dense, with treetops overhanging the track and with the ground a tangle of tree roots. Fast-flowing streams abound in this sector.

Pelion, at about the 35km mark, offers an emergency walk out to a nearby 4WD trackhead. Otherwise, a final woody stretch of about 34km takes you via a crazy rope bridge to Narcissus on the northern shore of Lake St. Clair. At this stage, you are 40km from the start as the crow flies; this would be about 69km if measured along the track. I decided to drop out at that point, after 11 hours 30 minutes, and cross the lake by S.E.S. boat. There would not have been any daylight to continue.

To protect the marshier areas from hordes of tramping feet, about 7km of the track is raised above ground level on suspended boards. Running along a wooden railway is quite an experience. Another feature of the path is wombat droppings. The male *Ursus Vumbatus* marks his territory by defaecating on open spots of ground in it, including all the trail. But you will never see a wombat in daytime. Nor will you see a thylacine (Taswegian tiger) although an unconfirmed sighting in W.A. was reported recently.

There were about five checkpoints along the run, all personned by S.E.S. volunteers with radios who had walked to their stations the night before. One runner in front of me missed a checkpoint but arrived at the next one, presumably because the checkpoint concerned was asleep when he passed and there was no indication to runners that it was a checkpoint. Apart from that, the volunteers did a magnificent job of looking after us.

Lake St. Clair is glacial in origin. Its water is 200 metres deep in the middle and plummy cold. The steep hills that surround it are covered with dense eucalyptus forests. Cynthia Bay, about 10km across the lake, is the official finishing line. The track passes around the western edge of the lake, by Mount Olympus, to Cynthia Bay. The minibus was at the trackend, waiting to convey runners to their accommodation at Bronte. Near Cynthia Bay, one can see the source of the Derwent River - an unpretentious electric pumphouse - which provides the water for the Sydney to Hobart yacht race to finish on.

If you might be interested in the Cradle Mountain Run, I urge you to consider it for next February. Ringup Richard Pickup on (003)-95-4294 and checkup. Just make sure you book well in advance and stay in Tasmartica the minimum period to qualify for cheap airfares. As it happened, the airline I went with was afflicted with a refuellers' strike which cost me many hours and many dollars, not properly compensated for by several sets of airline cutlery. With a decent travel agent, you could be luckier. Meanwhile, go to the Tassie Tourist Bureau at 129 King Street and buy a map of the Park.

ANZAC DAY MARATHON

Friday April 25, 1986

N.S.W. STATE ("ANZAC DAY") MARATHON, 25 APRIL 1986

Unofficial results (not entered in m'thon ladder until officially confirmed).

1 Steve Montague

1F Fiona Whelan

Striders:

Don Price	2.53.03	Peter Cobley	2.59.46	Jack Woodward	3.20.32
Nobby Young	2.59.27	Ken Wylie	2.59.59	Irwin Light	3.21.45
Paul Russell	2.59.45	Rod McLean	3.00.03	John Hill	3.26
Dave Robinson	2.59	Bernard Cooley	3.07	Dale Thompson	3.27.42
		Brent Waters	3.13	Keith Jackson	3.29.30
		Graham Firkin	3.14.46	Steve Knight	3.47

by KEITH JACKSON

Approximately 18 months ago I took up jogging to lose weight. Upon managing to survive the first 3 or 4 months I was hooked. I was actually looking forward to and enjoying going for a run (something I never thought I would).

As time went on I found running on my own became very boring. So about 5 months ago I decided to join the Striders. My first outing with the Striders was a long hard run and by the end I was reduced to a shuffle. Undeterred I still managed to turn up regularly and as the Sunday's passed MOST of the runs became easier and I actually looked forward to them.

It was on one of those Sunday runs that a couple of the fellows were talking about having a crack at the Anzac Day Marathon. So I thought to myself I might as well have a go too.

At 6.20 A.M. on the 25th April I joined the other runners at the start. A small memorial service and then we were off. One and a half times around the Sydney Athletic Field and then out on the road.

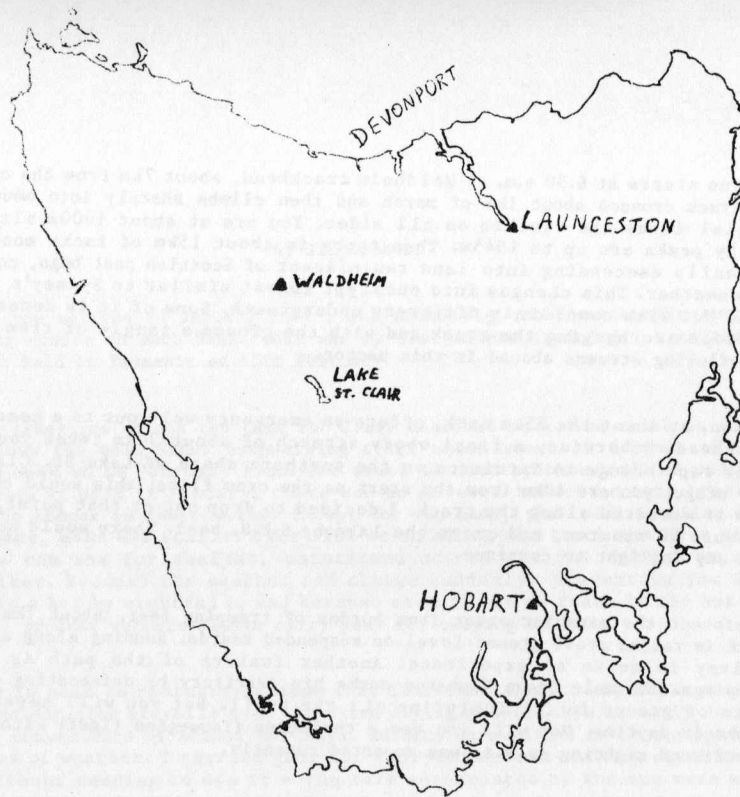
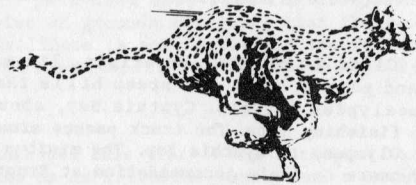
The time call at the 5 km mark was 21.30. Approaching the 9 km mark I hear from behind "Hello Strider". It was Nobby Young handing out some words of encouragement. The 10 km mark came up in 41.30. Then it was on to General Holmes Drive and along the foreshores of Botany Bay. The weather was perfect for running.

The half way point came round in 89.45 and I was feeling very comfortable. I was thinking to myself that I could possibly do a 3 hour marathon, but this was not to happen. At the 33 km mark I noticed that something wasn't quite right. I felt hot and very dry in the mouth and my pace slowed considerably. The legs were aching and I found it hard to concentrate. Upon reaching the 40 km mark I had to stop as I felt I had on the old "wobbly Boot".

After walking between 40 and 41 I managed to jog to the finish in a time of 3.29. Although slightly disappointed with my time I managed to finish which I consider a feat in itself.

The race itself was a great experience for me and seemed to be well organised. Water stations every 5 km and numerous sponge stops. Plenty of marshalls around the course to make sure you didn't get lost.

Looking forward to returning next year.

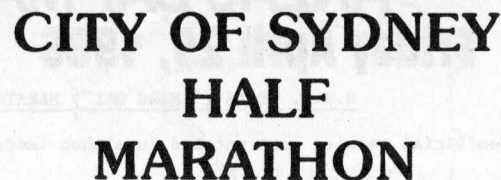


FOUR STRIDERS SELECTED IN STATE TEAMS

BILL FLANAGAN

Phil Garvin, Jan Morton-Evans, Jo-anne Tibbitts and Wendy Downes have all been selected in state teams for the Budget Australian Marathon Championships. Phil who won the A.C.T. title at the Nike Canberra Marathon has been selected in the ACT team. Phil is registered with the Canberra City Harriers. Jan, Jo and Wendy were also selected after their performances in Canberra and will be representing NSW. Unfortunately, Wendy has since been injured, and will not be able to start in the marathon. Jan and Jo are the first ever runners registered with Striders to make a State team.

While all Striders are encouraged to wear the green and white in the Australian, Phil, Jan and Jo should feel proud to be wearing the colours of their respective states.



SYDNEY SHOWGROUND

1 Steve Mayman	1.06.51
1F Ngairi Drake	1.16.56
Striders:	
7 John Fazio	1.12.55
15 Vince Engel	1.14.32
21 David Winch	1.15.20
22 Wayne Stanton	1.15.36
40 Ray Doran	1.17.52
42 Terry McIver	1.18.07
63 Dave McCormack	1.19.37
65 Bernard Cooley	1.19.38
75 Ken Wylie	1.20.05
80 Bruce Inglis	1.20.12
83 Bernie King	1.20.28
101 Charles Coville	1.21.29
108 John Hodges	1.21.47
112 John McLennan	1.22.00
117 Peter Cobby	1.22.13
140 Peter Markham	1.23.03
145 Harvey Blue	1.23.20
161 Alex Whitworth	1.23.50
163 Graham Butler	1.23.59
173 Mathew Kaley	1.24.20
189 Mike Ward	1.24.45
192 Steve Cornelius	1.24.55
202 Cedric Sidebottom	1.25.07
204 Gavin Morriset	1.25.08
221 Michael Minehan	1.25.42
263 Paul Russell	1.26.51
296 Tony Vipond	1.28.00
297 Scott Crawford	1.28.01
301 Alex Hamill	1.28.09
318 Russell Black	1.28.54
335 Jan Morton-Evans	1.29.18
360 Brian Tailford	1.30.07
396 Merri Mack	1.31.11
	2nd F 40-49

36

CITY OF SYDNEY HALF MARATHON

This was the second running of this event the course being changed slightly from last year so that it avoided the problem of a pack of runners stomping around a muddy trotting track inside the showground before setting out covered in mud to run the remaining distance on roads. For those striders who didn't run, the course consisted of two laps of roads in and around Moore Park and Centennial Park with a small loop near half way and a stadium finish on the track mentioned above.

Weather conditions were clear and sunny although it was apparent even before the race that a start earlier than 9.00 am would have been preferable. I would like to see an 8.00 am start next year as it was becoming fairly warm towards the finish.

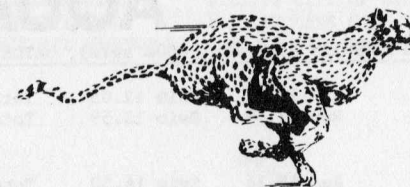
As far as my preparation was concerned I had not tapered my training and kept my mileage since the Canberra Marathon three weeks before. It is often the case that you perform better when you don't plan anything too specific, although I do not include Marathons in this generalisation, and this proved to be the case here. I was hoping to run a good time (for me) and thought that I would go out fairly quickly to give myself a chance to do this but with no particular splits in mind.

I wormed my way to near the front and got away to a good start, covering the first kilometre in 3.14 which I thought may have been a bit quick but as I felt OK I didn't ease back too much. I was at 3km in about 9.45 and 5km in about 16.40 I had some doubts here about pacing because I wasn't running 5km quite that quick at Hensley on the odd occasions I had run on Thursdays evenings. I passed 10km in 33.52 and at halfway was 36.00.

At this point I was not sure if I could maintain this sort of pace or not but fortunately not long after I was picked up by another runner and we ran together for almost the whole second half. Although you cannot plan for it I was lucky to have someone at my pace with whom to run the latter part of the race. Usually you are passing runners who are slowing or being passed by runners because you are slowing up and it is difficult to keep to a steady pace under these circumstances.

At around 13km we both got a bit of a psychological boost passing last years winner Graeme Heape who was easing up, obviously through injury, and who very sportingly gave us encouragement. As a result of our staying together I was able to maintain a reasonable pace and finished in 72.55 which meant I had faded only 55 seconds in the last half. The time is a PB for me by over a minute and I was very pleased with the run.

My only criticism of the organisation of the run was the lack of marshalls or police at the intersection of Anzac Parade and Lang Road. As I was on my way home I saw a lady who would have finished a bit over 2 hours trying to negotiate heavy traffic at this intersection and it reminded me how important it is for organisers to look after all runners fast and slow when courses cross busy intersections.



TRIATHLONS

AUSTRALIAN CAPITAL TERRITORY

Sri Chinmoy Triathlon

SRI CHINMOY TRIATHLON, CANBERRA 19/01/86 (2.3K/55.5K/16K)

		End of Swim	End of Cycle	Total Time
1	Nick Croft	0.29.02 (2)	1.50.20 (1)	2.49.27
1F	Louise Mackinlay	0.40.34 (114)	2.11.43 (55)	3.21.12
Striders:				
57	Alex Hamill	0.38.38 (87)	2.11.46 (58)	3.21.39
70	Alistair Mackie	0.43.30 (157)	2.16.21 (88)	3.23.34
213	Graham Firkin	0.53.36 (303)	2.37.05 (260)	3.53.28
231	Peter Keeble	0.52.14 (280)	2.14.17 (277)	3.56.45
232	Nick Reed	0.59.27 (343)	2.39.35 (270)	3.57.00
303	Graham Butler	0.49.27 (249)	2.50.41 (320)	4.11.37
316	Brenda Hamill	0.50.24 (267)	3.00.10 (335)	4.23.07 (25F)
329	John Hill	1.17.35 (367)	3.08.52 (343)	4.32.06
331	Merri Mack	1.16.26 (366)	3.15.03 (345)	4.33.34 (31F)
334	Dale Thompson	1.03.59 (352)	3.01.50 (339)	4.40.11 (33F)



SYDNEY TRIATHLON, NARRABEEN 9/3/86 (2.1K/56K/21.1K)

		Swim	Bike	Run	Total
1	Dean Piazza	29.39	1.35.28	1.19.02	3.24.09
1F	Tiffany Hutcheson	31.21	1.49.02	1.37.42	3.58.05
Striders:					
27	Ian Bowden	33.22	1.45.13	1.30.27	3.49.02
32	Alistair Mackie	37.25	1.44.11	1.31.14	3.52.50
72	Peter Foulsham	36.31	1.46.49	1.44.21	4.07.41
93	Alex Hamill	34.34	1.55.34	1.41.59	4.12.07
168	Nick Reed	53.13	1.55.52	1.51.45	4.38.50
186	Peter Keeble	44.20	2.07.00	1.56.07	4.47.27
222	Mathew Kaley	52.37	2.31.12	1.48.02	5.11.51

(261 starters, 240 finishers - date for 1987 is 8/3/87)

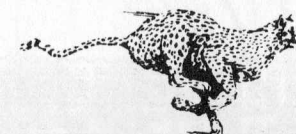
AQUATHON

AUSTRALIAN AQUATHON CHAMPIONSHIPS (5km run, 800m swim), OATLEY 13/04/86

1	R. Pallister	Run 16.01	Swim 12.05	Total 28.06
1F	M. Cummings	Run 17.59	Swim 13.59	Total 31.58
Striders:				
31	Tony Vipond	Run 18.16	Swim 14.50	Total 33.06
100	Mathew Kaley	Run 17.50	Swim 20.41	Total 38.31

38

Half Marathon Ladder



HALF-MARATHON LADDER AS AT 31/05/86 (1986 PERFORMANCES ONLY)

Because of the growing popularity of the half-marathon distance, we publish occasionally a half-marathon ladder. Unlike the marathon ladder, only performances in the current year are shown. At the time of going to press, no official results had been received from the Audley Half-Marathon.

NAME	TIME	EVENT	DATE
PHIL GARVIN	1.10.45	IRON COVE	(FEB)
JOHN FAZIO	1.12.55	CITY OF SYDNEY	(MAY)
DAVID WINCH	1.13.54	LANE COVE PARK	(MAR)
EVAN MILLAR	1.14.12	LANE COVE PARK	(MAR)
VINCE ENGEL	1.14.22	IRON COVE	(FEB)
WAYNE STANTON	1.15.36	CITY OF SYDNEY	(MAY)
RAY DORAN	1.17.52	CITY OF SYDNEY	(MAY)
TERRY MCIVER	1.18.07	CITY OF SYDNEY	(MAY)
BRUCE INGLIS	1.18.37	IRON COVE	(FEB)
KEN WYLIE	1.18.58	LANE COVE PARK	(MAR)
DON PRICE	1.19.23	LANE COVE PARK	(MAR)
DAVID MCCORMACK	1.19.37	CITY OF SYDNEY	(MAY)
BERNARD COOLEY	1.19.38	CITY OF SYDNEY	(MAY)
ALEX WHITWORTH	1.20.25	IRON COVE	(FEB)
BERNIE KING	1.20.28	CITY OF SYDNEY	(MAY)
ALISTAIR MACKIE	1.21.11	IRON COVE	(FEB)
CHARLES COVILLE	1.21.14	LANE COVE PARK	(MAR)
JOHN HODGES	1.21.47	CITY OF SYDNEY	(MAY)
JOHN MCLENNAN	1.22.00	CITY OF SYDNEY	(MAY)
PETER COBLEY	1.22.13	CITY OF SYDNEY	(MAY)
RON BURKE	1.22.38	IRON COVE	(FEB)
GRAHAM BURKE	1.23.02	IRON COVE	(FEB)
PETER MARKHAM	1.23.03	CITY OF SYDNEY	(MAY)
HARVEY BLUE	1.23.20	CITY OF SYDNEY	(MAY)
NOEL BARTON	1.23.20	IRON COVE	(FEB)
ASHLEY JACKSON	1.23.36	IRON COVE	(FEB)
IVAN FREYS	1.23.44	LANE COVE PARK	(MAR)
MIKE FOSTER	1.23.47	LANE COVE PARK	(MAR)
GRAHAM BUTLER	1.23.59	CITY OF SYDNEY	(MAY)
MATHEW KALEY	1.24.20	CITY OF SYDNEY	(MAY)
ROD MCLEAN	1.24.43	LANE COVE PARK	(MAR)
MIKE WARD	1.24.45	CITY OF SYDNEY	(MAY)
STEVE CORNELIUS	1.24.55	CITY OF SYDNEY	(MAY)
CEDRIC SIDEBOTTOM	1.25.07	CITY OF SYDNEY	(MAY)
GAVIN MORISSET	1.25.08	CITY OF SYDNEY	(MAY)
NOBBY YOUNG	1.25.12	LANE COVE PARK	(MAR)
MICHAEL MINEHAN	1.25.42	CITY OF SYDNEY	(MAY)

NAME	TIME	EVENT	MONTH
PAUL RUSSELL	1.25.49	IRON COVE	(FEB)
TERRY MCMAHON	1.26.22	LANE COVE PARK	(MAR)
BRIAN GATFIELD	1.26.24	LANE COVE PARK	(MAR)
MIKE ELDER	1.27.10	IRON COVE	(FEB)
BRIAN COLWELL	1.27.30	IRON COVE	(FEB)
JAN MORTON-EVANS	1.27.38	IRON COVE	(FEB)
RON CORDEN	1.27.44	IRON COVE	(FEB)
BILL FLANAGAN	1.27.48	LANE COVE PARK	(MAR)
TONY VIPOND	1.28.00	CITY OF SYDNEY	(MAY)
SCOTT CRAWFORD	1.28.01	CITY OF SYDNEY	(MAY)
ALEX HAMILL	1.28.09	CITY OF SYDNEY	(MAY)
PETER DONNELLEY	1.28.22	LANE COVE PARK	(MAR)
RUSSELL BLACK	1.28.54	CITY OF SYDNEY	(MAY)
BRIAN LYNCH	1.29.28	LANE COVE PARK	(MAR)
JACK WOODWARD	1.29.31	IRON COVE	(FEB)
BOB WHEATLEY	1.29.50	IRON COVE	(FEB)
BRIAN TAILFORD	1.30.07	CITY OF SYDNEY	(MAY)
NICK REED	1.30.14	IRON COVE	(FEB)
FRANK GALLAGHER	1.30.26	LANE COVE PARK	(MAR)
DICK BARTLETT	1.30.43	LANE COVE PARK	(MAR)
BRUCE MURRAY	1.30.46	IRON COVE	(FEB)
DAN GRAY	1.30.55	IRON COVE	(FEB)
MERRI NACK	1.31.11	CITY OF SYDNEY	(MAY)
LOUISE FITZSIMMONS	1.31.20	CITY OF SYDNEY	(MAY)
JOHN EVENNETT	1.31.33	LANE COVE PARK	(MAR)
BYRCE COURTENAY	1.32.02	IRON COVE	(FEB)
BRENT WATERS	1.32.22	CITY OF SYDNEY	(MAY)
STEPHEN ROACH	1.32.41	CITY OF SYDNEY	(MAY)
DAVID DUNSTALL	1.32.46	IRON COVE	(FEB)
DEREK WHITE	1.32.49	CITY OF SYDNEY	(MAY)
JOHN WHEALY	1.32.59	LANE COVE PARK	(MAR)
JOANATHAN MARSDEN	1.33.00	STRIDERS' OPEN	(MAR)
DAVID SUMNER	1.33.00	STRIDERS' OPEN	(MAR)
JOANNE TIBBITTS	1.33.04	LANE COVE PARK	(MAR)
IRWIN LIGHT	1.33.30	CITY OF SYDNEY	(MAY)
DAVE BLACKHALL	1.33.34	CITY OF SYDNEY	(MAY)
NOEL WORTHINGTON	1.33.43	LANE COVE PARK	(MAR)
STEVE KNIGHT	1.33.51	CITY OF SYDNEY	(MAY)
JEFF BURGESS	1.33.54	LANE COVE PARK	(MAR)
TINA CAMPBELL	1.34.05	STRIDERS' OPEN	(MAR)
NEVILLE MILLS	1.34.09	LANE COVE PARK	(MAR)
KEITH JACKSON	1.34.52	CITY OF SYDNEY	(MAY)
RAY REID	1.35.18	CITY OF SYDNEY	(MAY)
ROD ANDERSEN	1.36.14	CITY OF SYDNEY	(MAY)
ANTHONY FOAR	1.36.34	LANE COVE PARK	(MAR)
WENDY DOWNES	1.36.38	IRON COVE	(FEB)
GREG JERRETT	1.36.49	IRON COVE	(FEB)
JOHN HILL	1.37.03	LANE COVE PARK	(MAR)
ROSS BETTS	1.37.23	LANE COVE PARK	(MAR)
BOB MANN	1.37.41	LANE COVE PARK	(MAR)
DOROTHY SIEPMANN	1.37.45	CITY OF SYDNEY	(MAY)
KEITH BARNETT	1.38.34	IRON COVE	(FEB)
OWEN DENNEADE	1.38.37	CITY OF SYDNEY	(MAY)
HUGH SPENCER	1.38.59	CITY OF SYDNEY	(MAY)
PETER LANGTON	1.38.59	CITY OF SYDNEY	(MAY)
IAN WHITFIELD	1.39.16	CITY OF SYDNEY	(MAY)
ERNEST TRELOAR	1.39.42	IRON COVE	(FEB)
STEPHEN WINNER	1.39.46	STRIDERS' OPEN	(MAR)
KEVIN O'KANE	1.40.47	CITY OF SYDNEY	(MAY)
LAWRIE TURNER	1.40.50	CITY OF SYDNEY	(MAY)
SHARON LANE	1.40.59	CITY OF SYDNEY	(MAY)
EDWINA GARVIN	1.41.38	LANE COVE PARK	(MAR)
WAYNE MCCARTHY	1.42.23	CITY OF SYDNEY	(MAY)
PETER KEEBLE	1.42.27	IRON COVE	(FEB)
BARRY JONES	1.42.41	IRON COVE	(FEB)
DAWN WOODWARD	1.42.50	CITY OF SYDNEY	(MAY)
JAMES CAMPBELL	1.43.16	IRON COVE	(FEB)
BRENDA HAMILL	1.43.22	IRON COVE	(FEB)
JOSEPH LOEY	1.44.53	LANE COVE PARK	(MAR)
BETH REID	1.45.01	CITY OF SYDNEY	(MAY)
DANIEL GRAHAM	1.45.23	IRON COVE	(FEB)
PAUL FOSTER	1.45.58	LANE COVE PARK	(MAR)
ROBERT WATERREUS	1.46.35	CITY OF SYDNEY	(MAY)
DALE THOMPSON	1.46.35	LANE COVE PARK	(MAR)
KAREN TUCK	1.46.44	LANE COVE PARK	(MAR)
KEITH WEARNE	1.47.07	CITY OF SYDNEY	(MAY)
DERICK TIMMUS	1.48.23	LANE COVE PARK	(MAR)
MAVIS GARRICK	1.48.26	IRON COVE	(FEB)
ROY SIMKINS	1.48.29	STRIDERS' OPEN	(MAR)
ISABEL ENGEL	1.51.13	LANE COVE PARK	(MAR)
LESLEY LEAR	1.51.59	CITY OF SYDNEY	(MAY)
KERRY BRAY	1.52.50	CITY OF SYDNEY	(MAY)
PATTI BURKE	1.54.30	LANE COVE PARK	(MAR)
TRICIA MILLAR	1.54.43	IRON COVE	(FEB)
VIC COLLINS	1.54.56	LANE COVE PARK	(MAR)
CHRIS MATTHEWS	1.58.10	CITY OF SYDNEY	(MAY)
ROBI RUSSELL	1.59.49	CITY OF SYDNEY	(MAY)
SUE THOMSON	2.06.49	LANE COVE PARK	(MAR)

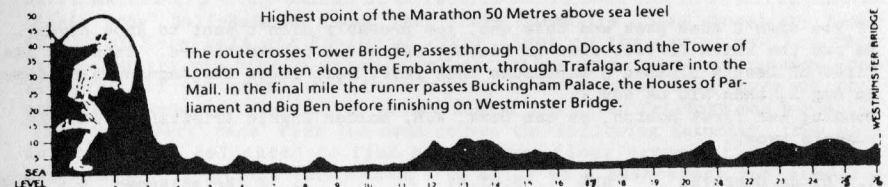
LONDON MARATHON · APRIL 20, 1986



Course certified by
AIMS approved Measurers

Best Times:- Steve Jones 2:08. 16 in 1985
Women-Ingrid Kristiansen 2:21. 06 in 1985
Marathon Director- Christopher Brasher
Course Director- John Disley

Profile of the London Marathon Route



Running his first marathon since the Olympics, Toshikiko Seko easily won, having to run alone for the second half.

Grete Waitz, even after 8 years near the top of the marathon tree (she won her first NYC marathon in a world record time in 1978) ran a P.B.

1. T. Seko	JAP	2.10.02	1. G. Waitz	NOR	2.24.54
2. H. Jones	ENG	2.11.42	2. M. O'CONNOR	NZL	2.30.52
3. A. HUTTON	SCO	2.12.36	3. A. FORD	ENG	2.31.40

STRIDERS

Terry Mc Mahon	3.25
Sue Hill	3.31
Karen Tuck	3.31
Bruce Murray	3.37



02020E





BOSTON ATHLETIC ASSOCIATION

BOSTON MARATHON®

NINETIETH ANNIVERSARY

MONDAY, APRIL 21, 1986

COURSE: The fast, historical course of the BOSTON MARATHON® starts in the rural New England town of Hopkinton, winding through six cities and towns and finishing in Metropolitan Boston.

COURSE RECORDS:

1982 Alberto Salazar	2:08:51	American Record
1983 Joan Benoit	2:22:42	American Record

If you didn't know Deek won this one, you probably didn't want to know anyway. He ran the third fastest time in history and set a course record. This was the first of Deek's planned 3 marathons this year; next comes the Commonwealth Games on Aug 1, then NYC ON Nov 2. Running her first Boston, as was Deek, W.R. holder Ingrid Kristiansen won the women's event.

1. R. de Castella	AUS	2.07.51	1. I. Kristiansen	NOR	2.24.55
2. A. Boileau	CAN	2.11.15	2. C. Beurskens	HOL	2.27.35
3. O. Pizzolato	ITA	2.11.43			

STRIDERS

Evan Millar	
Brian Gatfield	3.15
John Turner	3.15



CONFIRMED DATES - CHICAGO MARATHON Oct 26
NEW YORK CITY MARATHON Nov 2.

WORLD CROSS COUNTRY - NEUCHÂTEL, SWITZERLAND, MARCH 23, 1986.

'Unknown Kenyan' John Ngugi bested 420 runners from 62 nations over the 12km muddy course and led Kenya to a team title win over perennial winners Ethiopia.

Zola Budd won her second WXC leading England to the team title over New Zealand.

1. J. Ngugi	KEN	35.33	1. Z. Budd	ENG	14.50
2. A. Mekonnen	ETH	35.35	2. L. Jennings	USA	15.08
3. J. Kiptum	KEN	35.40	3. A. Sergeant	FRA	15.13



SNIPPETS

This issue of THE BLISTER sees the arrival of a new editor, Graham Butler, and the departure (to greater things?) of Bill Flanagan, who has produced the last 8 editions over a two-year period as BLISTER editor. Bill ably supervised the production of no less than 472 pages of BLISTER copy, including the 200th STAR/5th Birthday edition, the largest ever edition with 84 pages. We take this opportunity to thank him for his massive contribution to Striders' Communications, and wish him well as he applies his undoubted talents and equable nature to the Directorship of our 1987 Half-Marathon.

Internal Events Department - Sydney Striders will almost certainly celebrate their 250th STAR by staging a members-only 10-mile road race in Centennial Park. The date will be August 3rd, an ideal opportunity to sharpen yourself up for the City-to-Surf the following week. Another proposal is to retain the Handicap Half-Marathon in March, but re-schedule the Iron Cove Internal Half-Marathon (usually held in February) to October or November. Steve Cornelius would welcome your thoughts on any matters pertaining to Internal Races - what distances do you want to run, over what sort of terrain, at what venues, and at what time of year? Phone Steve on 427-3604 (evenings).

Stock market tip - buy shares in Coles New World NOW. The five kilograms of "Plain Wrap" Self-Raising Flour that Steve Cornelius threw around the bush-tracks of Marsfield and Epping at first light on the day of the Internal Cross-Country was highly visible and effective in preventing runners from straying off the track. He'll be buying a very great deal more of this commodity! However, when Steve, Graham Butler and Brian Tailford ran a special "race organisers' race" over the same course the following Saturday, they were surprised and delighted to find many of the flour arrows still visible. Afterthought - if it's tacky enough to stick to a bush-track for almost a week, is it really the kind of stuff you want to make pastry out of?

NSW's "cult" marathon, the Campbelltown Joggers' Marathon, has been experiencing some difficulties this year. The DMR decided that Menangle Road was classified as a "Main Road" (despite the fact that you can run this beautiful rural 42km and only see about half a dozen cars the whole way - and five of them will belong to race officials!). As if that wasn't enough, the Campbelltown Catholic Club's barbecue area, always so pleasantly filled with the aroma of frizzling snaggers after the run, is to be demolished! The future of the run is in some doubt, but Race Director Kevin Hardaker is doing his level best to preserve this lovely event for the 80 or 90 diehards who make the trip every year. You can phone him on 046-251777 for details. Last we heard, it's to be July 20 if it goes ahead at all.

Fancy something different? Try Bill White's "Urban Orienteering" round the streets of Balmain! The writer had never done any orienteering in his life before, but was delighted with this event. You supply a small torch, a pencil and your body, Bill supplies a street-map of Balmain (WITHOUT the street-names!) and about 10 or 11 pre-marked check-points. The checkpoints consist of a small paper letter of the alphabet taped to a telegraph pole or lamp-post. The maps are VERY accurate indeed! The event turns out to be a thoughtful kind of fartlek - you work out which direction you're heading, orientate your map, stick your thumb at the point on the map where you are, then GO FOR IT until you have to consult the map again. Great fun, but I have to admit that having held a Taxi-Driver's Licence for 9 years proved a distinct advantage. Phone Bill White on 810-3528 and ask him about his "Clayton's Orienteering".



INTERNAL CROSS COUNTRY

by Steve Cornelius

2 weeks after being 1st Strider in the City of Sydney Half Marathon, John Fazio left no doubt as to the extent of his improvement this year. The threesome of Fazio, Inglis and McIver went ahead from the start, but well before returning to the Macquarie Sports Complex, John had opened up a good lead. Bruce Inglis took the silver, and "Old Man McIver", another of our great improvers, hung on for the bronze. Harvey Blue took out the Veterans' gold.

Janice Morton-Evans, taking the final 300m in a sprint, destroyed the women's course record by 3 minutes. Louise Fitzsimmons (2nd) also beat the old record, and it was nice to see one of our new members, Tina Campbell, getting among the medals. Merri Mack, who won this event in 1984 and 1985, had to be content with the Veterans' medal in the face of such determined opposition.

Again we were left wondering why this event doesn't have a wider appeal. A 14k run on some of Sydney's loveliest bush-tracks, it can be completed with dry feet if the creeks aren't too full. Brian and Carol Tailford's pumpkin soup and champagne afterwards would warm the iciest heart. Many of the runners commented on the natural beauty of the course. Many thanks to Graham Butler, Wendy Downes, Barbara Firkin, Frank Gallagher, Patti Burke, Noel and Andrew Barton, and Brian Colwell, who gave their time to help in the organisation.

1 John Fazio	0.51.59	21 Noel Worthington	1.04.27
2 Bruce Inglis	0.53.11	22 Tina Campbell (3F)	1.04.44
3 Terry McIver	0.54.52	23 Greg Jerrett	1.04.53
4 Charles Coville	0.55.42	24 Ron Corden	1.05.03
5 Nobby Young	0.56.08	25 Grahame Deacon	1.06.29
6 Rod McLean	0.56.44	26 Dan Gray	1.06.28
7 Ron Burke	0.57.27	27 Ross Betts	1.07.55
8 Harvey Blue	0.57.31	28 Dale Thompson (4F)	1.09.22
9 Mike Ward	0.57.55	29 Kevin O'Kane	1.10.00
10 Paul Russell	0.58.13	30 Rod Garrick	1.10.00
11 Alistair Mackie	0.58.33	31 Rod Andersen	1.10.20
** Steve Cornelius	0.59.10	32 Robert Waterreus	1.10.57
** Graham Butler	1.00.00	33 Barry Jones	1.12.22
12 Robert McCarthy	1.00.22	33 Ray Reid	1.12.22
13 John McLennan	1.00.31	35 Merri Mack (5F)	1.12.59
14 Paul Galvin	1.00.44	36 Dawn Woodward (6F)	1.13.33
15 Graham Firkin	1.01.09	37 Bernard Cooley	1.13.41
16 Jan Morton-Evans (1F)	1.01.46	38 Beth Reid (7F)	1.14.16
17 Graham Burke	1.01.46	39 Trevor Drysdale	1.16.53
18 Ross Wall	1.02.23	40 Mavis Garrick (8F)	1.17.40
** Brian Tailford	1.02.29	41 Robi Russell (9F)	1.30.08
19 Jonathon Marsden	1.02.37	41 Dorothy Flanagan (10F)	1.30.08
20 Louise Fitzsimmons(2F)	1.02.53	43 Robyn Murphy (11F)	1.42.06

(** denotes race organisers who ran the course the following week)

M Under 20: 1 Robert McCarthy; M 20-29: 1 Jonathon Marsden, 2 Rod Andersen
M 30-34: 1 John Fazio, 2 Bruce Inglis, 3 Ron Burke, 4 Mike Ward
M 35-39: 1 Charles Coville, 2 Nobby Young, 3 Rod McLean, 4 Paul Russell
M 40-44: 1 Terry McIver, 2 Ross Wall, 3 Ross Betts
M 45-49: 1 Harvey Blue, 2 Graham Firkin, 3 Ron Corden, 4 Bernard Cooley
M 50-59: 1 Noel Worthington, 2 Rod Garrick; M Over 60: 1 Barry Jones

F 30-39: 1 Jan M-Evans, 2 Louise Fitzsimmons, 3 Tina Campbell, 4 Dale Thompson
F 40-49: 1 Merri Mack, 2 Mavis Garrick; F Over 50: 1 Dorothy Flanagan

MARATHON COURSE MEASUREMENT "THE STATE OF THE ART"

The proper measurement of a marathon course has always been neglected as a skill. Road course measurers are the poor relations in the family of athletic officials. Whereas timekeepers and watches are certified to be accurate to the nearest 100th of a second, the length of the course that was run by the winner of a race was left to chance, or at best in the hands of a dedicated group of enthusiasts who did their best to ensure accuracy.

This is not to say that course measurers have been wileful in producing short (or long) courses but that the instructions that they had to follow as laid-down in the IAAF or national governing body Rule Books were lacking in precise details on the practical interpretation of the rules and recommendations as printed. Neither was there an acknowledged 'bible' on the art of course measuring easily available.

More lamentable was the fact that there were no official procedures for certification of a course as being correctly surveyed and proved to be no less than the required length. This has brought confusion and sadness to situations where new best performances are unacceptable because the length of the course is suspect.

Today the situation regarding measurement is a much more positive one. AIMS has recognised that the 'good practice' of course measurement is an essential component of race organisation and now requires all its members to follow an agreed system which culminates in the 'validation' of a course and actual winner's route.

Based on work done over the past years by the Road Runners Club of England the RRCA/AAU Standards Committee of America, and the 'original thinking' of the group of measurers that produced the 1984 Los Angeles Olympic course, AIMS has imposed a discipline on all its members in matters pertaining to course measurement.

AIMS has already organised two seminars for road-course measurers at which procedures for calibration of equipment, correct course measurement techniques, and accepted 'short course prevention factors' were discussed and demonstrated in practical situations e.g. measuring the London and Frankfurt marathons.

At these seminars eight course measurers have been approved by AIMS, and these men (there are no women measurers as yet) are available to check other AIMS races.

The Certification of a Course is the key to credibility of all future 'record-breaking' marathons, or for that matter any other road-races over an exact distance.

Both London (April 1985) and Frankfurt (May 1985) used courses that had the total certification and validation required by AIMS. In practice this meant that both courses were checked by an AIMS approved measurer from another city. This man measured the shortest possible route around the course, keeping close to the kerb on corners — as near as the runner's foot could go, taking straight tangent lines from one corner to the next and making use of all the road surface that is allowed to runners on race day.

He then considers adding on a 'short course prevention factor' which will ensure that there is no way that errors of measurement due to parked vehicles, traffic problems, or variation of exact calibration due to temperature changes during measurement, can produce a course length one centimetre short! Such a course can now be 'certificated'.

But AIMS now also recommends that in case of records it is essential that the actual race is witnessed by the certificating measurer, who, if he is satisfied with what he sees from the lead-car, then signs a 'validation' report that states "that the course followed by the lead runners was the course that was certified". This AIMS believes is the only logical process that will ensure that a marathon course is a correct one that has been fairly run. Re-measurement of a course after a record producing race has no relevance if the AIMS procedure is followed.



Association of International Marathons

AIMS

sponsored by

adidas

◆ THE FITNESS READER ◆

registered newsletter of The Australian Council for Health, Physical Education and Recreation (NSW).

The newsletter is published ten times a year from January to November.

Subscription rates are \$43.50 per annum and should be sent to:

ACHPER, 3 Amherst St., Cammeray 2062. © ACHPER (NSW)

CHANGING FASHIONS IN ATHLETIC NUTRITION

Exercise is only a comparatively new science. Hence, new findings change our conceptions of proper training almost daily.

But if exercise physiology is variable, nutrition for exercise is an area of exercise science that has changed unrecognisably over the past two decades. And still it seems, if the experts are correct, we're in for more uncertainty (see also following story).

This was brought home recently by 1956 Olympic Gold Medallist sprinter Marlene Mathews in reminiscences about athletic training of the past compared with today. Among those practices used two decades ago and now turned on their ear by scientific research:

A PRE-EVENT MEAL OF STEAK AND EGGS:

Traditionally it was thought that because protein is muscle food and muscles are used in sport, this was the right type of pre-game meal. The theory was right, but the logic wrong. Protein, it's now known, is the basic constituent of muscle tissue, without which there would be no muscle. But muscle needs fuel to power the contraction of protein filaments and the most immediate source of this is carbohydrate. Protein is also slow to be digested and may thus limit performance where a pre-event carbohydrate meal would enhance it.

LIMITING FLUID INTAKE BEFORE COMPETITION:

It was commonly thought that drinking water before competition added weight and that an athlete should 'dry out' before an event. These days the importance of fluid intake both before, during and after exertion is continually stressed. Fluid aids the body in cooling. If dehydration occurs, heat stress or heat stroke could be the ultimate outcome. Poor performance would be the most immediate effect.

PRE-EVENT SUGAR FOR ENERGY: Again, this was a case of misunderstood theory dictating wrong practice. As glucose was known to be the ultimate energy source in muscle metabolism, it was thought that the most efficient way of taking this was in the form of simple sugars.

Research into diabetes however, has shown the importance of insulin in the break down of blood glucose. Simple sugars (mono and di-saccharides) cause a compensatory output of insulin into the blood stream to aid the passage of glucose into muscle tissue. Breakdown is rapid and a rebound effect (e.g. low blood sugar) may occur quickly leading to low energy by the time an event has begun.

Complex sugars (polysaccharides) on the other hand, are broken down more slowly and the energy release is

more gradual. Fruits and grain products then, are better pre-game energy sources than simple sugars.

SALT TABLETS AND CRAMP: Prevention of cramping is always important for the athlete. Hence, in the days when cramping was associated with a lack of sodium in the diet, it was not unusual for an athlete to be prescribed up to 30 salt tablets a day.

Today, this is not only regarded as ineffective in preventing cramp (there's enough salt in food to not need extra), but potentially debilitating. As well as contributing to high blood pressure, sodium can result in removal of fluid vital for cooling from cell tissues into the blood stream.

The real causes of cramp are still being investigated, but overwork or lack of muscle preparation for the task at hand seems to be the precipitating factor.

LAXATIVES AND 'LIGHTENING' THE BODY:

Laxatives were widely used by athletes in the 50's and 60's to 'empty' the body before an event and give a greater feeling of lightness. Unknown at the time was the effect these may have on fluid loss and its effect on performance.

Natural means of waste removal are now regarded as safer and more efficient. This may include the use of high fibre foods which can also have an energy boosting effect.

ALCOHOL AND PERFORMANCE: While many athletes still prefer to abstain from alcohol, the reasons differ from those used in the past. Alcohol was thought to have an effect on energy and thus to interfere with training.

Modern day endurance athletes however, are aware of the high energy (calorie) value of alcohol and its relaxing effects when consumed in moderation. Top level performers such as New Zealand miler John Walker now admit to a regular beer as part of the training diet.

SEX AND SPORTS PERFORMANCE: Finally, the question of sex and athletic performance has dogged researchers and athletes alike. While coaches of the past claimed pre-game sex 'sapped' or tired the athlete, some modern coaches claim the most tiring aspect for many athletes is looking for it! Others claim the relaxation effects might be helpful.

Research has failed to prove either contention. It seems individual considerations may be most important here.

FOR REFERENCE:

Mathews, M (1986) *On Being an Athlete*, Paper Presented to the 2nd World Conference on Eating Disorders, Sydney, March.

Marathon Ladder



Contains only performances registered while a financial member of the club. 1985 MEMBERS UNFINANCIAL AT TIME OF GOING TO PRESS HAVE BEEN DELETED. 1985 MEMBERS WHO RENEWED SUBSCRIPTIONS SINCE LAST ISSUE HAVE BEEN REINSTATED. Please notify Blister Editor (Graham Butler) and/or database operator (Noel Barton) of any errors or omissions. If your age categories are missing, you never told us your date-of-birth! Canberra Marathon results have been included in this edition, but Anzac Marathon results withheld until official results-sheet available.

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 31/05/86, the second denotes age at the time the personal best was achieved.

NAME	CAT	<-----BEST AS A STRIDER----->	<--BEST PRIOR TO JOINING-->
WIN AHLMANN		2.24.26 BERLIN	09/85
PHIL GARVIN	PP	2.24.26 MELBOURNE	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
RON FEENEY	OO	2.38.32 LONDON	04/85
IAN BOWDEN	OO	2.38.51 MELBOURNE	10/84 2.38.38 AUSTRALIAN '83
DAVID WINCH	OO	2.39.48 CANBERRA	03/86
JOHN FAZIO	PP	2.40.11 AUSTRALIAN	06/84
COLIN CHAMBERLAIN	PP	2.41.19 AUSTRALIAN	06/84
BRUCE INGLIS	PO	2.41.25 CAMPBELLTOWN	07/85 2.39.40 TRARALGON '81
NIGEL HADGKISS	PP	2.41.44 CAMPBELLTOWN	07/84
VINCE ENGEL	PP	2.42.31 CANBERRA	04/83 2.19.08 ARIZONA, USA '79
WAYNE STANTON	OO	2.43.07 MELBOURNE	10/84
KEN WYLIE	PP	2.44.00 CANBERRA	04/85
EVAN MILLAR	PP	2.44.26 MELBOURNE	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 MELBOURNE	10/84
JOHN EVENNETT	VP	2.49.26 CANBERRA	04/83
DENNIS COOLEY	VP	2.49.33 CANBERRA	04/82
TREVOR ROBERTS	PP	2.49.37 MELBOURNE	10/83
PETER COBLEY	PP	2.50.01 AUSTRALIAN	06/83
HARVEY BLUE	VV	2.50.17 AUSTRALIAN	06/83
DON PRICE	VV	2.50.23 MELBOURNE	10/85
BERNARD COOLEY	VV	2.50.35 AUSTRALIAN	06/85
LAURIE KING	VP	2.50.37 GILLAWARNA	08/83

NAME	CAT	<-----BEST AS A STRIDER----->	<-BEST PRIOR TO JOINING->
STEVE KNIGHT		2.52.20 AUSTRALIAN	06/83
NOEL BARTON	PP	2.53.51 GILLAWARNA	08/85
DAVID ROBINSON	VV	2.53.53 MELBOURNE	10/85 2.36.06 KENYA STATE '63
CEDRIC SIDEBOTTOM	VV	2.53.59 AUSTRALIAN	06/85
RAY DORAN	VV	2.54.10 NSW STATE	06/82
KAR WONG	PP	2.54.13 SUN CITY, RSA	03/86
ROD MCLEAN	PP	2.54.22 AUSTRALIAN	06/84
GRAHAM BURKE	PP	2.54.34 CANBERRA	04/86 2.49.54 VICTORIAN STATE '83
BRIAN GATFIELD	VV	2.54.49 AUSTRALIAN	06/85
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 MELBOURNE	10/85
RUSSELL BLACK	PP	2.55.51 CITIES	08/83 2.50.38 SYDNEY '82
ALEX WHITWORTH	VV	2.55.54 AUSTRALIAN	06/85
SCOTT LAWRENCE	OO	2.56.19 AUSTRALIAN	06/84
BERNIE KING	VV	2.56.27 AUSTRALIAN	06/84
NOBBY YOUNG	PP	2.56.33 NSW STATE	05/84
STEPHEN NICOLL	PP	2.56.50 SYDNEY	09/84
BRIAN LYNCH	PP	2.56.59 AUSTRALIAN	06/83
MICHAEL MINEHAN	PP	2.57.13 AUSTRALIAN	06/85
PETER MARKHAM	PP	2.57.20 MELBOURNE	10/85
PETER FOULSHAM	PP	2.57.29 GILLAWARNA	08/83
DICK BARTLETT	VP	2.58.32 MELBOURNE	10/85
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 MELBOURNE	10/82
DAVE BLACKHALL	PP	3.02.24 NSW STATE	06/80
BRENT WATERS	PP	3.03.01 MELBOURNE	10/82
MIKE WARD	PP	3.04.08 MELBOURNE	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
RON BURKE	PP	3.08.59 MELBOURNE	10/85 3.04.30 MELBOURNE '84
HUGH SPENCER	VV	3.09.02 AUSTRALIAN	06/85
JOHN HODGES	PP	3.09.07 MELBOURNE	10/84
MARK HANLON	PO	3.09.47 CANBERRA	04/82
BOB MANN	VV	3.10.27 AUSTRALIAN	06/83
HARRY TURNER	VV	3.10.53 AUSTRALIAN	06/84
PETER KEEBLE	MM	3.11.49 F/CITY ADELAIDE	09/84
IRWIN LIGHT		3.12.31 AUSTRALIAN	06/84 3.10.38 BLUFF, RSA '77
DAN GRAY	PP	3.12.52 GILLAWARNA	08/85
JOHN PATCHETT	VV	3.13.18 AUSTRALIAN	06/84
JOHN HILL	VP	3.13.19 AUSTRALIAN	06/85
BRYCE COURTENAY	MV	3.13.58 CANBERRA	04/83
BRIAN TAILFORD	PP	3.14.03 CAMPBELLTOWN	07/85

NAME	CAT	<-----BEST AS A STRIDER----->	<-BEST PRIOR TO JOINING->
MERRI MACK	VVF	3.14.06 AUSTRALIAN	06/83 3.09.21 CANBERRA '82
KEVIN O'KANE	PP	3.14.38 AUSTRALIAN	06/85
GAVIN MORISSET	VV	3.14.43 CANBERRA	04/86
BRUCE MURRAY	MM	3.14.49 CAMPBELLTOWN	07/84
PETER JOSEPH	VV	3.15.16 AUSTRALIAN	06/84 3.07.54 MELBOURNE '82
JANICE MORTON-EVANS	PPF	3.15.22 CANBERRA	04/86
IAN MILLAR	PP	3.16.03 AUSTRALIAN	06/83
STEPHEN ROACH	PP	3.16.46 CANBERRA	04/85
DOROTHY SIEPMANN	VVF	3.16.53 MELBOURNE	10/84
WENDY DOWNES	VVF	3.17.22 CANBERRA	04/86 3.12.48 AUSTRALIAN '85
GRAHAM BUTLER	PP	3.17.53 CANBERRA	04/86
PAUL FOSTER		3.18.00 AUSTRALIAN	06/83 3.08.00 MELBOURNE '82
BILL WACHER	VV	3.18.02 AUSTRALIAN	06/84
JOANNE TIBBITTS	PPF	3.18.16 CANBERRA	04/86
RICHARD BAMANN	VV	3.19.34 AUSTRALIAN	06/85
GERRY GREENLAND	VP	3.20.41 AUSTRALIAN	06/83
DENNIS RIDER	PP	3.21.39 AUSTRALIAN	06/84 3.20.52 HOBART '84
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
JOHN WHEALY	PP	3.23.44 CANBERRA	04/86
NEVILLE MILLS	VV	3.24.42 AUSTRALIAN	06/85 3.24.00 AUSTRALIAN '83
BILL WHITE	VV	3.25.09 MELBOURNE	10/85
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
RAY REID	PP	3.29.59 CANBERRA	04/86 3.28.28 CANBERRA '84
SCOTT CRAWFORD	VV	3.30.23 AUSTRALIAN	06/85
GRAHAME DEACON	PP	3.31.21 SYDNEY	09/84 3.23.43 SYDNEY '83
GEOFF PEARL	MV	3.32.28 AUSTRALIAN	06/83
KAREN TUCK	PPF	3.32.45 AUSTRALIAN	06/85
MALCOLM MCDONALD	PP	3.33.04 AUSTRALIAN	06/83
DALE THOMPSON	PPF	3.34.22 CANBERRA	04/86
IAN WHITFIELD	PP	3.34.52 AUSTRALIAN	06/85 3.13.06 AUSTRALIAN '83
TREVOR DRYSDALE	PP	3.35.48 CANBERRA	04/85
ANTHONY FOAR	PP	3.37.07 AUSTRALIAN	06/84 3.33.40 GILLAWARNA '83
ROD ANDERSEN	OO	3.38.25 AUSTRALIAN	06/85
PETER LANGTON	VV	3.38.34 AUSTRALIAN	06/85
NICK REED	OO	3.38.43 CANBERRA	04/84
NOEL WORTHINGTON	MM	3.39.32 CANBERRA	04/86
HERB LUDINGTON	MM	3.40.34 AUSTRALIAN	06/83 3.31.51 NSW STATE '82
MAUREEN GREENWALD	PPF	3.40.49 MELBOURNE	10/85
ROSS WALL	VP	3.41.09 AUSTRALIAN	06/85
JEFF BURGESS	PP	3.42.15 AUSTRALIAN	06/84
OWEN DENMEADE	VV	3.42.51 AUSTRALIAN	06/84 3.36.00 SYDNEY '83
ANTHONY SMUTS	PP	3.42.55 AUSTRALIAN	06/84 3.34.00 MELBOURNE '83
EDWINA GARVIN	PPF	3.44.47 CANBERRA	04/86
WAYNE MCCARTHY	VV	3.44.49 CANBERRA	04/86
OLEG SZLICHTA	PP	3.46.15 AUSTRALIAN	06/84
DERRICK TITMUS	VV	3.47.09 AUSTRALIAN	06/83
MICHAEL PRINGLE	VV	3.52.20 AUSTRALIAN	06/84
PHILIP CALDWELL	PP	3.52.32 AUSTRALIAN	06/83
ISABEL ENGEL	PPF	3.53.20 AUSTRALIAN	06/85
PATTI BURKE	VVF	3.54.01 CANBERRA	04/84

JOHN COBLEY FEATURES CANADA'S MOST SUCCESSFUL RUNNING COACH

NAME	CAT	<-----BEST AS A STRIDER----->	<-BEST PRIOR TO JOINING->
RICHARD MACK	VP	4.01.00 HONOLULU	12/85
CAROL LUDINGTON	MVF	4.01.52 ACT DIY	12/83 3.55.53 GOLD COAST '81
VIC COLLINS	VV	4.06.18 GOLD COAST	08/84
JIM DONOVAN	PP	4.06.57 CANBERRA	04/83
NIGEL KINGSMILL	MV	4.08.00 F/CITY ADELAIDE	08/84 3.31.00 CITIES '81
LESLEY LEAR	PPF	4.08.00 AUSTRALIAN	06/84
RODNEY PHILLIPS	PP	4.12.42 AUSTRALIAN	06/85
ANNIE MCCARTHY	PPF	4.15.05 MELBOURNE	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
JENNY MCCOY	POF	4.19.00 AUSTRALIAN	06/83
JOHN ROSS	VV	4.19.00 AUSTRALIAN	06/84 4.05.00 AUSTRALIAN '83
KERRY BRAY	VVF	4.19.22 AUSTRALIAN	06/84 3.46.56 AUSTRALIAN '83
BILL MCCARTHY	VV	4.26.23 MELBOURNE	10/85
DENISE MCCARTHY	PPF	4.36.59 NEW YORK	10/85
TOM SMITH	MV	4.40.08 CANBERRA	04/83
ADAM THOMSON	JJ	4.40.18 HONOLULU	12/82
DOROTHY FLANAGAN	MVF	4.42.56 HONOLULU	12/82
ROBYN MURPHY	POF	4.48.07 MELBOURNE	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
NORM WILKINS	PP	2.43.44	CANBERRA '83
MICHAEL TIUTINNIK	OO	2.44.20	NSW STATE '84
ALLEN HISSEY	PP	2.48.44	CANBERRA '81
BOB WHEATLEY	VV	2.52.00	NSW STATE '85
JONATHAN MARSDEN	OO	2.55.16	AUSTRALIAN '83
PAUL GALVIN	PP	2.56.00	NSW STATE '86
GEORGINA MOOR	PPF	2.58.45	SYDNEY '82
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
DAVID SUMNER	VV	3.11.16	GOLD COAST '83
WILLIAM THOMPSON	PP	3.14.39	AUSTRALIAN '85
TINA CAMPBELL	PP	3.15.20	AUSTRALIAN '84
ASHLEY JACKSON	OO	3.19.52	HARBORD DIGGERS '83
JACK WOODWARD	VV	3.22.40	AUSTRALIAN '83
FRANK GALLAGHER	VV	3.24.51	AUSTRALIAN '84
KEITH JACKSON	PP	3.25.00	CITIES '85
ROSS BETTS	VV	3.34.03	AUSTRALIAN '85
JAMES CAMPBELL	SS	3.40.00	SOLO '84
ALAN ROSS	PP	3.40.00	GILLAWARNA '81
BENNY HAGBERG	PO	3.59.34	SINGAPORE '84
GREG JERRETT	PP	3.59.35	HONOLULU '83
ROY SIMKINS	MM	3.59.35	NSW STATE '86
ROD GARRICK		4.09.00	HARBORD DIGGERS '80
PETER HAYES	VV	4.15.38	AUSTRALIAN '85
ADRIAN KOL	MM	4.20.00	CANBERRA '84
IAN CROSS	PO	4.35.05	NSW STATE '82

As top class runners are now pushing themselves ever closer to their physical limits, coaches with medical backgrounds are becoming increasingly valuable. Ask American marathon star Alberto Salazar. Two months before the US Olympic Marathon Trials, he was inexplicably running well below form, despite hard training. Then Canadian coach and doctor Doug Clement heard about Salazar's plight and immediately recognised the symptoms of iron deficiency. A long distance 'phone call to Salazar's coach, Bill Dellinger, initiated a ferritin test, which is not as common as the haemoglobin blood test. An iron deficiency was confirmed, and after four weeks of taking iron Salazar's 10,000m time improved 1-1/2 minutes to a 27:55 on the track. A month later he qualified for the Olympic marathon.

Clement's medical background is complemented by experience as an Olympic runner. He was in the Canadian 4 x 400m teams that were fourth in 1952 and fifth in 1956. Then in 1961, after completing his medical studies and setting up a general practice, Dr. Clement started coaching runners in Vancouver. Since 1968 he has had runners on every Canadian Olympic team. Currently, he coaches Graeme Fell (8:12 steeplechase), Paul Williams (27:55 10,000), Simon Hoogewerf (1:46 800) and Peter Butler (sub-2:11 marathon). Clement was also instrumental in helping Lynn Williams return to top form in an incredibly short time after a mid-season stress fracture.

Clement's success from a small population base can be attributed partly to his being in Canada rather than the USA: "There are very few American coaches who think internationally. Most of them think NCAA. So I fear when a Canadian athlete chooses an American university, because there are so many that chew the kid up and spit him out at the end - and there's nothing left".

Clement prefers the Canadian three-tiered carding system, which provides between £225 and £300 per month to athletes in the top 100 of the world rankings. "I don't know of too many countries where the system is vastly superior. The West German support system isn't any better, and obviously in Britain it isn't as good, although the top athletes are well supported commercially".

Clement's coaching philosophy puts heavy stress on the human factor in performance. His approach is strongly influenced by the legendary Oregon coach Bill Bowerman, under whom Clement ran at the University of Oregon from 1951 to 1955: "Bowerman put the individual ahead of the sport. He was more interested in the person and in values than he was in results. He had a high level of integrity".

For Clement, performance on the track is very closely related to the development of the whole person and not just to training schedules: "I don't think you can divide up the mind and the body. If you don't have the integrity, you can't get it out physically".

Thus despite two full-time jobs, he spends a lot of time with his athletes. But his athletes have to make the effort to approach him: "I allocate time only to those athletes who ask me because the successful athlete asks".

SETTING GOALS

When a runner sits down with Doug Clement in the autumn, the first thing he does is set a goal "realistically but optimistically". This requires judgement because some runners have unrealistic ideas. "It's part of the Canadian system to do a lot of charting and reporting", Clement explains. "This helps the athlete and the coach develop a contract in setting goals and committing them to paper". For example, he and Graeme Fell set their 1985 goals as an 8:10 clocking and a medal in the World Cup.

"We failed to get to 8:10", Clement recalls, "but we got a medal at the World Cup. I know Graeme believed he could do 8:10, but he also had to believe he was ready to do it. And I don't think he saw that until the second half of the season. By then we just ran out of opportunities".

Once goals have been established, athlete and coach devise a training plan. The work to be done to achieve the goals is seen as a series of building blocks. Training is divided into two week patterns that include general endurance, recovery general endurance, steady state, tempo endurance, fartlek on hills, speed type 'A' and 'B' swimming, circuit training, and weights. The blend of these components depends on the athlete and the time of year.

Perhaps the most crucial aspect of these 'blocks' is that the intense track sessions are measurable. Clement uses the computerised running tables devised by Gardner and Purdy that enable a runner to equate a training session with a performance through a points system. Interval training sessions are thus devised to bring a runner to complete workouts that are equal to the runner's goal performance in competition. So by the time the runner is ready for actual competition, he has run the equivalent of his goal many times.

"So nobody doubts", Clement asserts. "The thing is proven over and over again. The athletes know for weeks in advance. The work that we do physically feeds back mentally". His athletes have no fear of racing at the level of their goal performance because they are positive they can do it.

For the intense track sessions, Clement uses an electrical monitor to ensure that his athletes' pulse rates are never above 175. He provided some sample workouts of Paul Williams before the 1984 Olympics:

Session 1 - 4 x 600 in 1:27 plus 4 x 2000 (800 jog recovery) with first 1000 in 2:39, next 400 in 1:30, last 600 in 1:30

Session 2 - 11 x 500 in 1:30 with 28 seconds for last 200 of each run.

Session 3 - 6 x 1200 in 3:09 with first 600 in 1:31, next 300 in 55, last 300 in 43.

Session 4 - 6400 in 17:58 as follows: 1600 in 4:17, 800 easy in 2:34, 1200 in 3:09, 800 easy in 2:30, 800 in 2:02, 800 easy in 2:30, and 400 in 56.

Session 5 - 4 x 1600 in 800 in 2:05, 400 easy in 85, and 400 in 55.

These complicated workouts provided athletes with lots of running at speeds just faster than their goals require. Also, the athlete develops an ability to change speeds and is thus not scared by sudden surges in races.

Another feature of Clement's track workouts is the intensity of the sessions. The volumes are low and the recoveries short. He has discovered that other coaches are using the same approach: "I've talked to Luiz de Oliveira and I've got a very good idea of what he does. And it works on short recoveries too. In the final analysis he uses similar drills but better ones - more intense and shorter recoveries". Clement believes the intense training works well for de Oliveira's Brazilian runners, and he points out that it hasn't done Mary Decker-Slaney much harm either!

AQUITA'S METHODS

Clement is especially interested in Aquita's training methods, which have not yet been made public: "I have a feeling that part of what he's doing is working at high intensity with ultra-short recoveries". This suspicion is based on a session he saw Aquita do on Helsinki at the time of the 1983 World Championships: "I saw him do two sets of 5 x 200 with three to four second recoveries. He would start off with a 24 seconds 200, hit the 200 mark, turn around and run another 200. He got slower with the minimal recovery and ended up in the 26 seconds range, maybe even slower in the second set".

Clement believes we are in an era of high intensity training. And the crucial problem facing coaches is the recovery period between these intense sessions: "I think we are going to be looking at ways of producing recovery by other methods than running. Are general endurance runs - what some call 'garbage mileage' - the steady state runs the only way? Or are there ancillary methods like pools for running in water? We know that movements enhance muscle recovery, so may be there's a method that will work better and get a better ability to tolerate high intensity work".

ALTERNATIVE TRAINING

Many of Clement's runners are moving toward using alternative ways of training. Lynn Williams and her coach Thelma Wright have worked closely with Clement to cope with Lynn's tendency to get stress fractures from the continual jarring of running. Clement's runners are becoming increasingly confident about using the pool and the bicycle.

Injury prevention is the key factor. "It's interesting that both Cram and Aquita didn't get through the season", Clement points out. "There is obviously a conflict between more intense training and injury". It is the coach's task to locate the injury threshold for each athlete, the point beyond which an individual athlete is liable to get injured. For example, Clement never lets Paul Williams go beyond 6.4 kilometres in a track session or beyond 200 miles in a week. "But it's not possible to avoid injury totally because you get misadventures", Clement admits ruefully, remembering Paul Williams tripping over a tree root six weeks before the Olympics and getting a stress fracture.

Thus Clement's medical training is invaluable for keeping athletes healthy and injury free. He has given up his general practice and since 1979 has been Co-Director of the Sports Medicine Clinic at the University of British Columbia. He is now considered to be one of the leaders in sports medicine in North America. And athletes from all sports consult him for injury problems.

Nevertheless, as a coach, Clement still stresses the mental approach: "There's no way of underestimating the physiological components, but there's no way of avoiding the motivational components. The only way you're going to get good is by believing it is possible".

One of his techniques for developing this belief is visualisation: "I've always thought of it as a natural thing to do. Early in the race week we get our athletes to work on strategy and then rehearse the race mentally and attempt to see it. We often joke that if you can see it in technicolor you are really doing well in this game of mental rehearsing".

TEAM ATMOSPHERE

Clement also believes in creating a team atmosphere among his athletes where those of intermediate or lesser ability can benefit from contact with top class runners: "I look upon myself as an environmental or social engineer to the whole group". He talks enthusiastically of the morale that is currently developing within the group. Only time will tell, but perhaps Clement has the nucleus of a group that will rival the predominantly Brazilian group under Luiz de Oliveira in Oregon.

Appearance of this article in *The Blister* is by kind permission of John Copley who is a brother of Striders member, Peter Copley.



UNFIT FOR PUBLICATION

by BRIAN LENTON

Published by Brian Lenton Publications

P.O. Box 5

Duffy. A.C.T. 2611

Australia

OUT NOW

Club Colours

SHORTS AND SINGLETS

ORDER FORM

NAME

ADDRESS

..... CODE

PHONE (BUS) (RES)

SHORTS: (Nylon) \$11.00 including postage (Circle Waist Size):

10/28" 12/30" 14/32" 16/34" 18/36" OTHER

State MALE or FEMALE: _____

SINGLET: We have always had difficulty supplying a club singlet which is a good fit. We are trying a new method: please buy your own plain WHITE MESH singlet and we will supply GREEN AND WHITE screen-printed Sydney Striders bands for you to attach (sketch and instructions included).

BANDS \$3.50 by post

MAKE CHEQUES/ORDERS PAYABLE TO SYDNEY STRIDERS AND MAIL DIRECT TO

NOEL WORTHINGTON

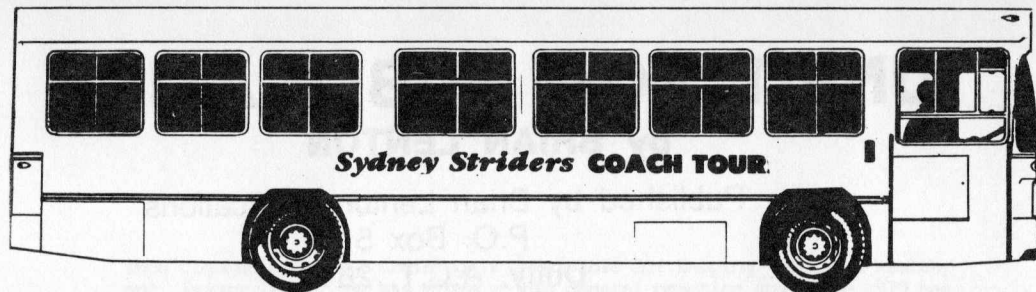
67 WESSON ROAD

WEST PENNANT HILLS

2120

Sydney Striders
HASTINGS & KING RUNNERS CLUB





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.

July, Saturday 12th -
NEW SOUTH WALES COUNTRY MARATHON CHAMPIONSHIPS

Location: Bathurst - the event commences at 11 am from Bathurst Court House.

Course: The course is double out and back, generally flat, with several small undulations. From the Courthouse, proceed via Russell to William Street to the Great Western Highway and Denison Bridge to Kelso. Follow Gilmour Street to the Eleven Mile Drive turn. Return as above to turn in Stephens Lane, repeating this leg and returning to finish at the Courthouse via the cycleway from Kelso.

Entries: Entry fee \$5.00. Entries close Monday 30th June with Country Marathon Organiser, PO Box 205, Bathurst, 2795.

Presentation: 4.30 pm, Bathurst R.S.L., Rankin Street.

Note: A half marathon will be conducted in conjunction with the marathon.

The cost will be approximately \$80 per head.

See Bernie King or phone him on 84 7685.



Keep fit, and we'll give you a healthy discount off your insurance premium.

We know that you try to keep yourself fit, so now we're going to reward you for your efforts.

Our Superfit life insurance policy means that if you're fit, you'll save around 50% on life insurance premiums.

After all, the fitter you are, the longer you'll probably live. Understanding this fact has helped us keep ahead of the field. But Superfit is not our only innovation - it's merely evidence that we are a front runner in many areas of superannuation and life insurance.

We'll show you how our Royal Life Superfit Policy or other policies can benefit you and your running companions.

For more information about Superfit, contact your nearest Royal Life office or phone our Sydney office on 27 9185 or Parramatta office on 689 1988.

 **Royal Life**
Australia
Royal Life Insurance Australia Limited.
Incorporated in Victoria.



MARATHON PACE GUIDE

Mile Pace	5 Miles	10 km (6.2M)	15 km (9.3M)	10 Miles	20 km (12.4M)	Halfway (13.1M)
4.45	23:45	29:27	44:11	47:30	58:54	1:02:16
4.50	24:10			48:20		
5.00	25:00	31:00	46:30	50:00	1:02:00	1:05:33
5.10	25:50			51:40		
5.15	26:15	32:33	48:50	52:30	1:05:06	1:08:50
5.20	26:40			53:20		
5.30	27:30	34:06	51:09	55:00	1:08:12	1:12:08
5.40	28:20			56:40		
5.45	28:45	35:39	53:29	57:30	1:11:18	1:15:23
5.50	29:10			58:20		
6.00	30:00	37:12	55:48	1:00:00	1:14:24	1:18:39
6.10	30:50			1:01:40		
6.15	31:15	38:45	58:08	1:02:30	1:17:30	1:21:56
6.20	31:40			1:03:20		
6.30	32:30	40:18	1:00:27	1:05:00	1:20:36	1:25:13
6.40	33:20			1:06:40		
6.45	33:45	41:51	1:02:47	1:07:30	1:23:42	1:28:29
6.50	34:10			1:08:20		
7.00	35:00	43:24	1:05:06	1:10:00	1:26:50	1:31:46
7.10	35:50			1:11:40		
7.15	36:15	44:57	1:07:26	1:12:30	1:29:54	1:35:03
7.20	36:40			1:13:20		
7.30	37:30	46:30	1:09:45	1:15:00	1:33:00	1:38:19
7.40	38:20			1:16:40		
7.45	38:45	48:03	1:12:05	1:17:30	1:36:06	1:41:36
7.50	39:10			1:18:20		
8.00	40:00	49:36	1:14:24	1:20:00	1:39:12	1:44:53
8.10	40:50			1:21:40		
8.15	41:15	51:09	1:16:44	1:22:30	1:42:12	1:48:10
8.20	41:40			1:23:20		
8.30	42:30	52:42	1:19:03	1:25:00	1:45:24	1:51:26
8.40	43:20			1:26:40		
8.45	43:45	54:15	1:21:23	1:27:30	1:48:30	1:54:43
8.50	44:10			1:28:20		
9.00	45:00	55:48	1:23:42	1:30:00	1:51:36	1:57:59
9.10	45:50			1:31:40		
9.15	46:15	57:21	1:26:02	1:32:30	1:54:42	2:01:16
9.20	46:40			1:33:20		
9.30	47:30	58:54	1:28:21	1:35:00	1:57:48	2:04:33
9.40	48:20			1:36:40		
9.45	48:45	1:00:27	1:30:41	1:37:30	2:00:54	2:07:49
9.50	49:10			1:38:20		
10.00	50:00	1:02:00	1:33:00	1:40:00	2:04:00	2:11:06

HERE is an easy table to help the runners find the correct pace they need to run in the marathon.
It is important to maintain as even a pace as possible and the chart is devised to give you a good
idea of what pace to run at to give a particular time.
Simply look at the minute time per mile and then compare this with the finishing time.

15 Miles	25 km (15.5M)	30 km (18.6M)	20 Miles	40 km (24.8M)	Full Marathon
1:11:15	1:13:38	1:28:21	1:35:00	1:57:48	2:04:33
1:12:30			1:36:40		2:07:44
1:15:00	1:17:30	1:33:00	1:40:00	2:04:00	2:11:06
1:17:30			1:43:20		2:15:28
1:18:45	1:21:23	1:37:39	1:45:00	2:10:12	2:17:40
1:20:00			1:46:50		2:19:50
1:22:30	1:25:15	1:42:18	1:50:00	2:16:24	2:24:12
1:25:00			1:53:20		2:28:20
1:26:15	1:29:08	1:46:57	1:55:00	2:22:36	2:30:46
1:27:30			1:56:40		2:32:56
1:30:00	1:33:00	1:51:36	2:00:00	2:28:48	2:37:19
1:32:30			2:03:20		2:41:41
1:33:45	1:36:53	1:55:45	2:05:00	2:35:00	2:43:53
1:35:00			2:06:40		2:46:03
1:37:30	1:40:45	2:00:44	2:10:00	2:41:12	2:50:25
1:40:00			2:13:20		2:54:47
1:41:15	1:44:38	2:05:33	2:15:00	2:47:24	2:56:59
1:42:30			2:16:40		2:59:09
1:45:00	1:48:30	2:10:12	2:20:00	2:53:40	3:03:33
1:47:30			2:23:20		3:07:55
1:48:45	1:52:23	2:14:51	2:25:00	2:59:48	3:10:06
1:50:00			2:26:40		3:12:17
1:52:30	1:56:15	2:19:20	2:30:00	3:06:00	3:16:39
1:55:00			2:33:20		3:21:01
1:56:15	2:00:08	2:24:09	2:35:00	3:12:12	3:23:13
1:57:30			2:36:40		3:25:23
2:00:00	2:04:00	2:28:48	2:40:00	3:18:24	3:29:45
2:02:30			2:43:20		3:34:07
2:03:45	2:07:53	2:33:27	2:45:00	3:24:24	3:36:20
2:05:00			2:46:40		3:38:29
2:07:30	2:11:45	2:38:06	2:50:00	3:30:48	3:42:51
2:10:00			2:53:20		3:47:13
2:11:15	2:15:38	2:42:45	2:55:00	3:37:00	3:49:26
2:12:30			2:56:40		3:51:35
2:15:00	2:19:30	2:47:24	3:00:00	3:43:12	3:56:00
2:17:30			3:03:20		4:00:22
2:18:45	2:23:23	2:52:03	3:05:00	3:49:24	4:02:32
2:20:00			3:06:40		4:04:44
2:22:30	2:27:15	2:56:42	3:10:00	3:55:36	4:09:06
2:25:00			3:13:20		4:13:28
2:26:15	2:31:08	3:01:21	3:15:00	4:01:48	4:15:33
2:27:30			3:16:40		4:17:50
2:30:00	2:35:00	3:06:00	3:20:00	4:08:00	4:22:13