



Royal Life

Half Marathon

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

MARCH 22 1987

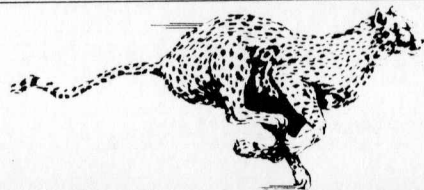


Sydney Striders



Royal Life Half Marathon

PRESENTED BY SYDNEY STRIDERS MARATHON & ROAD RUNNERS CLUB

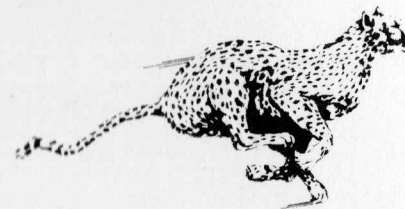


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Sydney Striders

Marathon and Road Runners Club

THE BLISTER

Club Magazine of

SYDNEY STRIDERS
MARATHON & ROAD RUNNERS' CLUB
P.O. BOX N119, GROSVENOR ST.,
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July/September 1986.

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EDITOR: GRAHAM BUTLER

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

Next Issue

*29 October/December 1986.

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CONTRIBUTIONS are welcome from all members (preferably typed).
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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
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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.

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Public Relations, Marketing and Promotion Consultants

Frank and Bill invite fellow Striders to enter:

BIRKENHEAD RUN

7.5k Sunday, October 5, 1986

AUSTRALIA DAY FESTIVAL FUN RUN

10k Monday, January 26, 1987

CITY OF SYDNEY HALF MARATHON

21.1k Sunday, May 3, 1987

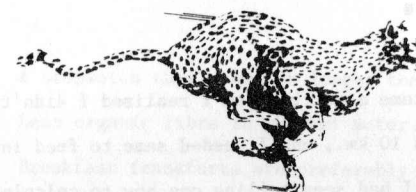
THE GREAT NOSH FOOTRACE

15k Sunday, July 12, 1987

Entry Forms: AZMAK Australia Pty Limited,
Suite 802, Level 8,
66 King Street, Sydney 2000
Telephone: (02) 29-7771, 29-3972

PRESIDENT'S REPORT

from Nobby Young.



Congratulations to Phil Garvin on being selected to represent Australia in the forthcoming Penang Marathon, he being the first Sydney Strider to represent his country. A very just reward for such a dedicated athlete and popular personality.

From time to time the subject of "club direction" is raised within our ranks, usually prompted by the number of runners who don't renew their membership each year. I personally believe that running in general is a sport with a high turnover of participants and our loss of members, and gain of new members, is normal for a club of our type. However, it has been suggested that we could better cater to the needs of our members, and that is probably true.

Basically we are a distance running club, but events like the Bernie King Bathurst trip and the Paul Russell 10km time trial are successful diversions. The Steve Cornelius ultra runners/tri athlete challenges are another good example, but all these events require a person to organise them, and assistance to run them. If you have something that you would like to introduce to the club, please let me know about it and it will be considered by the club committees. It has been my experience that we have many people willing to assist in others endeavours and a committee keen to broaden the activities within the club.

This issue of the Blister should have a few writers involved who have not done so before, mainly due to a bit of arm twisting on my part. Please don't feel shy about writing for this publication - the greater the number of contributors, the broader the appeal to the readers. It is not restricted to training ideas and PB's, write on anything you like and pass it on to the Editor, Graham Butler. Even Ron Cordon wrote something once!!

Dorothy Flanagan requires assistance to organise the slow, beginners group, preferably from a runner, or runners, within the group itself. Dorothy has been a tireless worker on their behalf for years, so if you could help out please let us know.

There is a rumour about that Alistair Mackie only rides a bike so that he can strut about in those tight fitting pants. That is no rumour!!

Keep picking them up and putting them down,

Nobby

STRIDERS 10 km TIME TRIAL

- Paul Russell.

This idea originally came about because I realised I didn't know how fast I could run a 10 km., and I needed some to feed into the numerous formulae I had seen telling one how to calculate one's best marathon time based on present PB plus 10 km. PB. I asked El Presidente, Mr. K. Young whether he knew of any 10 km., runs that didn't require a packed lunch and a days travel for participation, he said no and suggested I organize one.

I chose a 5 km., loop around Macquarie Uni, on a Saturday morning at 7.30a.m. The course was originally quite flat (at least it looked it on the Gregory's) but about 10-30,000 years ago a glacier apparently went through the place resulting in a couple of hills (rating 2). Other than that it had no roads to cross and there is very little traffic apart from a 1 km., hike along Epping Road where it was very advisable to keep on the footpath. The course was marked every km using the measuring wheel which had to be wrestled from a sleeping Steve Cornelius after his 24 hour run.

On Saturday 26th July, 1986 it broke so cold I nearly didn't bother getting out of bed myself for the run. I was pleasantly surprised to find 20 plus theramolactyl underwear clad runners in the 0° temperature, despite no promotion at all.

I learnt a few do's and don't's for the next time trials.

1. Make sure all runners have correct maps, we managed to mark a few maps incorrectly to give runners like Vince Engel a little handicap.

2. A stopwatch that goes for longer than 15 minutes.
3. Less organic fibre in the hot water.
4. Breakfast frankfurts are preferably eaten hot.

Despite all that it was a tribute to the participants that all seemed happy (I had however warned that as I was moving house the same day any complainant would be drafted to help (!).

I hope to organize 1-2 per calendar and as it is a 5km loop one can opt for the shorter distance and get an accurate 5 km time. The course is marked each km and refreshments provided at the finish.

The only problem I have realised is that I still don't know my 10 km. time as I am too busy to participate.

Thanks to Rod McLean, Nobby Young and Matthew Kaley for their help and to all those runners who participated.

RESULTS:

Matthew Kaley 36.13., Vince Engel 36.30 (approx. 11km).,
Tony Vipond (?), Bernie King 37.47., Ivan Freys 38.56.,
Graham Burke 39.40., Jan Morton Evans 40.24., Wendy Downes 43.18.,
Barry Jones 43.52., Russell Young 59.55 (9km)., Ian Cross 59.55
(9km)., Robyn Murphy 62.09.





Budget

AUSTRALIAN MARATHON CHAMPIONSHIPS

- Sunday, June 9th, 1986.

The day dawned, as usual on Australian Marathon morning, with hordes of runners making their way to the buses at the Sydney Showground. Thoughts going through my mind before the start were, "what time can I do"? My conclusion was, I'd be happy for a sub-3.30 but, no chance of doing a P.B. to better 3.13.06 in 1983.

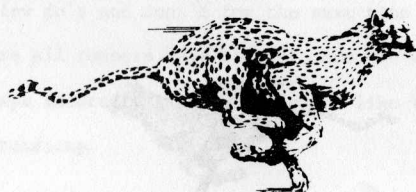
The race started on time at 8.00 a.m. with 2,000 odd runners surging down through North Sydney, over the Harbour Bridge to the Western Distributor, and into the City.

Running with Keith Jackson, we passed several striders including Ray Reed, John Evennett and others. At this stage it was easy going and the legs felt good. John Evennett came up to us on the run up Macquarie Street and asked "What time are you looking for boys?" We both said "Sub-3.30", and John said "You'll have no problems" - 10Km in 45 minutes, at that pace we'd be looking at 3.09 hours.

Down to Mrs. Macquarie's Chair and back up past the Art Gallery in brilliant sunshine. Along the route, encouragement from some striders who weren't running. Down into Rosebery and I start to wonder where's my usual running mate Kevin O'Kane hiding? - skulking in the shadows with his camera no doubt, hoping to catch me crawling on hands and knees to the finish. Half way and still feeling good - 95 minutes, looking at 3 hours and 10 minutes if we keep this up. Along Foreshore Road it's getting harder all the time. Keith's having hamstring problems, dropping back a bit.

Past the 30Km mark - pace dropping back - more like a 3.20 time now. After 35Km the legs are starting to go - think: "which sadist included this long uphill stretch on Southern Cross Drive - should be shot for it!"

Interesting little duel with Bruce Murray - pass and repass each other several times. At the 40Km mark Keith catches me and says "can't stop for a drink, must go on". I take a drink then press on - getting harder all the time. Pass Keith again. Just before the turn into Dacey Avenue, meet up with Terry McMahon, who says "come on, let's finish it, no walking!" Just the encouragement I need, though the legs don't think so. A 100 metres before Anzac Parade Terry streaks off and I plug on - up that wretched ramp into the stadium and, mercifully, the finish and there's my old mate Kevin waiting for me with a good ice cold beer - doesn't even touch the sides on the way down - manna from Heaven. I think to myself, "well, 3.29 is not too bad, but must improve next time."



BUDGET AUSTRALIAN MARATHON 8 JUNE 1986

1 Eloi Schleder (Bra) 2.12.54 1F Ngairé Drake (Nzl) 2.38.52

STRIDERS

16	Phil Garvin	2.22.12 pb	450	Noel Barton	3.15.56
46	David Winch	2.37.36 pb	464	Jo Tibbits	3.16.45 pb,18F
56	Wayne Stanton	2.38.50 pb	474	Dan Gray	3.17.06
69	Steph Mathios	2.42.25		Paul Galvin	3.17.06
71	John Fazio	2.42.33	483	Graham Firkin	3.17.38
104	Vince Engel	2.49.38	524	Peter McGraw	3.19.12 pb
111	Don Price	2.51.15			
122	Bernard Cooley	2.51.57	525	Terry McIver	3.19.12
125	Dave Robinson	2.52.32 *	534	Ross Wall	3.19.44 pb
132	Harvey Blue	2.53.18	562	Irwin Light	3.20.34
154	Bernie King	2.54.36 pb	605	Steve Knight	3.23.06
156	Charles Colville	2.54.45	610	Dick Bartlett	3.23.24
	Cedric Sidebottom	2.56.09	646	John Hill	3.25.03
176	Peter Cobley	2.56.25	700	Ray Reid	3.27.57 pb
183	Brian Gatfield	2.57.33		John Turner	3.28.11
187	Mike Ward	2.57.41 pb	722	Frank Gallagher	3.28.36
229	Alex Whitworth	3.00.23		Ian Whitfield	3.29.01 pb
	Dave Cox	3.05.27	741	Keith Jackson	3.29.27
275	Mathew Kaley	3.05.28	754	Ross Betts	3.29.49 pb
286	William Thompson	3.05.59 pb	781	Noel Worthington	3.31.17 pb
292	Janice Morton-Evans	3.06.34 #	827	Bruce Murray	3.33.48
300	Mike Foster	3.06.55	1064	Geoff Pearl	3.48.14
354	Graham Butler	3.10.13 pb	1192	Oleg Szlichta	3.56.03
406	Terry McMahon	3.13.55	1241	Trevor Drysdale	3.58.15
411	Brian Tailford	3.14.16	1272	Jack Woodward	4.00.49
422	Scott Crawford	3.14.40 pb	1297	Wayne McCarthy	4.02.58
437	John Evenett	3.15.23	1377	Robi H'k-Russell	4.10.08 pb
447	Alex Hamill	3.15.50	1378	Paul Russell	4.10.09
	* pb as Strider	# pb,10F	1684	Ann McCarthy	5.18.28

(1713 finishers including 78 females)





VII WORLD



VETERANS'

Games



• 28TH NOVEMBER – 6TH DECEMBER 1987 •

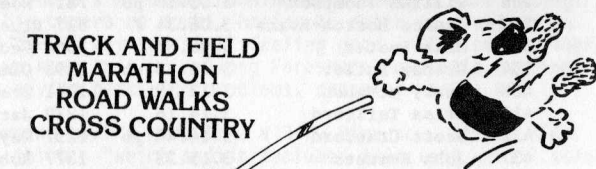
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WOMEN 35 YEARS AND OVER • MEN 40 YEARS AND OVER



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- Australiana Gala party.
- Kally Koala mascots on sale.

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ROAD WALKS
CROSS COUNTRY



- Entries close: 31st August 1987.
- Further information and entry forms contact your National Secretary, Travel Agent, or Peg Smith, P.O. Box 282, Essendon Vic. Australia 3040. Telex: Cobber 151673. Ph: (03) 375 1900



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- Flat, fast marathon course.
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- Social facilities throughout the games.



The Bathurst Bus Trip -by Noel Barton

"There was movement at the station for the word had passed around ..."

That was the problem of course, there was no movement at the station. There we were, assembled frostily at Chatswood Station at 4.50 a.m. waiting for our bus to take us to Bathurst; we waited for a while - of course the bus will be here any moment - and then a while longer, and then longer and longer and longer. Imagine the scene, gentle reader. Everyone trying not to say "You did order the bus didn't you Bernie?" whilst Bernie paced up and down and made contingency plans before finally dashing off at high speed to the bus depot.

Finally, of course, the bus did arrive: there'd been mechanical problems with the driver's car, the perverse inanimate object. "Don't worry Bernie, we had every confidence in you", cried about 30 frostbitten Striders.

The next newsworthy item was the snow. This was Australia, not Europe, and yet for 50 km east of Katoomba the countryside may as well have been Switzerland in mid-winter. A few anxious runners started to prepare their excuses ... "well, I was all set for a p.b., but the bloody snow slowed me to a walk!" Then we had a stop at a superior garage, and Bill Flanagan (and others) topped off their preparations with greasy chips, Mars Bars, and luke warm tea - or was it something else?

Then, Bathurst at last, and not too much snow in sight. Maybe a fast run will be possible after all. For those not familiar with the Bathurst marathon and half, let me say that it's a pretty friendly laid-back affair. There were only about 30 starters in the marathon (no women), and maybe a hundred in the half. The races start in front of the courthouse in the city centre, then it's a dash through the city to a double out and back undulating course on the north side of town. The half finishes out in the sticks, the marathon finishes back in front of the courthouse.

BANG, we're off. It's too fast I protest. Bruce Murray sprints away from me, so does Merri Mack, and the big guns (Mike Ward, Terry McIver, Mathew Kaley, not to mention Phil Garvin) are nowhere in sight. The townsfolk give us a ragged round of applause, and one mile comes up for me in about 6 mins 30 secs. (Incidentally, the start involves a bit of running on roads in traffic, particularly over a narrow bridge. I'm sensitive to traffic, and it's a bit uncomfortable for a while.)

The race unfolded like most of my marathons: the first two or three km feel a big strain, then the body warms up and I start to reel in a few runners. Many of them are Striders, we make up about 35% of the field I think. The last Strider I remember passing was Bruce Murray about 4 km out, and I could see a bunch of Striders a couple of hundred metres ahead but I didn't ever catch them. Five km was up in 19 mins 30 secs, ten km in 39 mins 30 secs, and then I saw the leaders coming back from the first turn. Phil Garvin lead the way about five mins ahead of the next runner. He was on a downhill slope and his leg speed was unbelievable ... so that's what a real runner looks like! Then a couple of runners followed by Terry McIver coming 4th; he's running well, but he looks under pressure. Hope he can last. The

next friendly face was Mathew Kaley, running beautifully and set for a good time. Then Mike Ward, John McLennon, and Terry McMahon all going well. I was next I think, and then a stream of Striders - Alex Hamill, Bryce Courtenay, Merri Mack, Bill Flanagan, Steve Cornelius, and so on ad nauseam.

Nothing much of note happened on the rest of the first half, except that the 15 km marker must have been wrong by nearly 500 metres. I was 59 mins 30 secs at the stated 15 km point, and without knowingly slowing down, I was 82 mins 40 secs at the stated 20 km. Was this to be my undoing?

A brief chorus from the crowd assembled at half way: "keep going, you're looking great". Naturally I sneered at these wimps who hadn't run or who had only gone half way, and I pressed boldly off on the rest of the journey. "Not so many on the road now", I mutter to myself, but I was lucky enough to focus on a runner who stayed a steady 150 metres ahead of me. There was a bit of friendly support on the way: a few cyclists, and, oddly, the only medical crew on the road ... the State Emergency Service Heavy Rescue Unit. (Obviously required for lifting heavy marathoners into ambulances!) As usual, the going was getting a bit tough now, no freshness left in my legs, and my tongue hanging out waiting for the next feeding station. Phil Garvin was even further in front; he too looks tired, and there's that runner at last and I swoop on him as he lingers hoggishly at a drink stop. Shades of Lopes in L.A. pulling away from Deek. Well, a bit of imagery helps, and my mind is wandering again. Come on legs. GO, GO, GO. They respond for 50 metres or so, but then I slow down once more to the dogged trot that characterises me deep into marathons.

Thirty five km come up in about 124 or 125 mins, this mightn't be a bad run after all if I can only keep it together. But I guzzle too much at the 35 km drinks, and I vomit a little. Yuk. Charming. Your mind is wandering again you clot. Pull out of it, concentrate, and GO LEGS! There's a brief lift around 38 km when I pass two runners in quick succession, but I am in turn passed by another guy who's going like the wind. Forty km in 2 hrs 47 mins. Two and a bit km to go, and if I run them at 5 mins each I'll break 3 hours. But I hadn't counted on the finish. Three blocks to go, the marshalls shout at me, and as they do, I'm cut off by a car turning left. Swine! Bastard! How could he do it? Doesn't he know it will take me ten valuable seconds to pick up speed again. In the busy city streets, I'm blocked again by a car backing into a parking spot. And this hill - we didn't run downhill at the start did we? At last there's the court house, and the green mob gives me a warm cheer as I go across the line. I have enough presence of mind this time to keep on running; I've always wanted to do that just to show that I had plenty left in me. A friendly guy catches up with me and presses a finishers' medallion on me. I'm pleased, 3 hours and 55 seconds, and it was reasonably comfortable. No need for the medical tent or two litres of intravenous fluid as at the Australian marathon five weeks earlier. Yes, a solid run, and I look forward to the challenge of Gillawarna in three weeks time.

I know that this will be hard to believe, but there were some Striders who only went up to Bathurst to have a good time. I suppose I'd better tell about them as well.

So, it was off to the RSL Club for drinks and the presentations. Very nice too, except that Striders scooped the pool and it must have been a bit

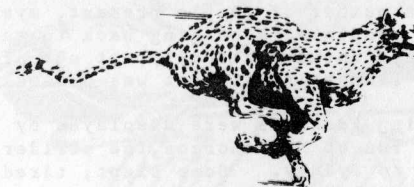
hard for the good townfolk to swallow. Phil Garvin was the toast of the town - a p.b. for him, a race record, a club record etc. By popular demand, and with acclamation, he gives a modest speech thanking the Striders for their encouragement. We're proud of him too.

Then several good sorts such as Karen Tuck and Bill Flanagan traipsed off to the Galloping Grape for a bit more fluid replacement, and we all finally met up at the Sol-Y-Sombra restaurant. This place was fantastic, terrific atmosphere, good food, and plenty of wine. Possibly too much wine for some! Alex Hamill gave a masterly presentation of awards. I don't remember them all, but Steve Cornelius was awarded "Triathlete of the Year", and Mathew Kaley the "Piss Off Kid" award. My sides split with laughter at Alex' efforts, and the trip to Bathurst would indeed have been worthwhile for this alone.

Finally, I crash out at about 11 p.m. Not a bad day's efforts, considering I got up at 4.00 a.m. after having hardly slept, and have run quite a long way during the day.

The next day is the mandatory recovery run around Mt Panorama. I hadn't been told, but fancy dress is de rigeur. For a while, it looks like Phil Garvin, dressed in USA shorts, and lurex tights might have another win. But no, here's McIver, in a horizontally striped neck-to-knee bathing costume. Terry's chunky physique bulges in all the right places, his red eyes match some of the colours, and the effect is stunning. A clear win to McIver. We'll all have to work hard to beat him next year. Incidentally, the run around Mt Panorama isn't much fun for me. For some reason, I have a sore groin, and the snide remarks and sniggers don't really lift my spirits. Still the view from the top is probably worth it, although nearly being run down by Nobby Young on a bike and the local hoons tooling around the circuit made me doubt the wisdom of it all.

So that was the Bathurst trip as I saw it. Great company, a friendly race, but with a few wrinkles such as the finish. You could easily run a p.b. there, and you could easily damage yourself laughing so much with your fellow Striders. We all owe a lot to Bernie King for organising the trip, and I certainly hope to front up again next year.



More adventures of Striders in Bathurst . . . Mathew Kaley

SATURDAY

It was on a quiet Saturday in July that the calm surrounding the country town of Bathurst was shattered. The Sydney Striders, ably led by Bernie King, arrived in town and immediately occupied a local motel from where they prepared their assault on the Bathurst Marathon and Half-Marathon.

Although most of us were running the Half-Marathon, myself included, a small number were taking on the full Marathon. Present among this group was Phil Garvin.

The race started at 11.00am and Phil soon forged to the front. He looked to be in a hurry. I think he wanted to get back to see the Rugby Test. The rest of us settled into our respective paces and I found myself running with a local runner, Brendan Moss, whom I had vied with for first Under 20 Male last year. The first 10km past comfortably seeing us move up to 8th place overall. Before the turn-around was even in sight, Phil Garvin came shooting past on his way back. Few realised he was running the full Marathon. The turn-around has always been a pleasant point in a race to me to see how my fellow striders are doing. Here I saw Terry McIver running very well in 3rd place heading for a 2 minute P.B. On the way back the 'green and white' was everywhere, Bill Flanagan still running well on no training, Terry McMahon running to a P.B. and Louise Fitzsimmons running second in the womens race, among the good performances.

On the road to the finish of the Half-Marathon I found some extra strength enabling me to push ahead of Brendan and move up to 5th overall and 1st Under 20. More important to me was my time of 79:00 bringing with it a 2½ minute P.B. Most of the striders seemed happy with their times gained on what must be considered a fast course when the weather is right.

Back in the centre of town the Marathon was won easily by Phil Garvin in another personal best time from ex-strider Stuart Greaves. After watching the other striders finish we sauntered back to the motel. Anybody who thought the weekend was over, however, was mistaken. Indeed for some, such as Bill Flanagan who had been training for this evening for weeks, the fun was just beginning. The striders first occupied the local RSL, taking most of the prizes at the presentation, and allowing the bar to make a handy profit. Dinner at the Sol-Y-Sombra restaurant was followed by the now infamous Alex Hamill awards through which Alex was able to embarrass a number of people present, myself included. By 12:30am, when most people were heading back to the motel, Terry McIver and Bernie Corden enthusiastically set out after further entertainment only to find that Bathurst was closed for the night.

SUNDAY

After the latest running fashions were displayed by Terry and Phil Garvin on a torturous run up Mt. Panorama, the striders boarded the coach and headed back to Sydney. Some slept, tired from the race the day before. Others slept in a desperate attempt to avoid their hangovers. Still others amused themselves by locking people in the toilet at the back of the coach. Once again it was safe on the streets of Bathurst. Until next year....

Mid West Credit Union Bathurst Marathon -12th July, 1986.

Race results:

Marathon:-

1.	Phil Garvin	2:21:55.
5.	Noel Barton	3:00:55
8.	Graham Firkin	3:14:27
10.	Dan Gray	3:16:00
14.	Jack Woodward	3:20:21
22.	Graham Butler	3:37:29

Official results for the Half Marathon were received too late for publication but will appear in the next edition of The Blister.



The man from Stromlo Forest

... composed by Bryce Courtenay.

There was movement at the star, for the word has passed around that king of the mountain Bernie ... wanted to have his say.

Come here lads and lasses, gather all around
So all the striders gathered to the fray.

Harbord Diggers Club challenged us, they claim they're best by far.

It's time they felt the dreadful strider might.

Let's challenge then at Bathurst ... show those mongrels who we are.

We'll show then how a strider likes a fight.

There was a killer "strider" Bruce Murray who waddled like a duck,

But everyone well knew that lad could go.

Few could run beside him when his blood was fairly up -
And no bird competing with him had a show.

And Nobby of the PMG came down to lend a hand.

No faster moving mouth had earned more fame,

For never man could stop him while he yacked to beat the band.

He ran a hundred talkathons to train.

And one was there, Edwina, a small and comely miss,

Except her boobs were far from undersized.

She's been known to win the judges with a pre-race kiss

And let them fumble briefly what they prized.

Next came Karen of the mounties, just the sort that won't say die.

She had the form to leave the other chicks for dead.

Edwina wins on two points but let me see her try

To beat this mountie woman in a runner's bed.

Then came the Corden brothers, one would doubt they'd find their way.

One fat, the other frail as any miss.

It's a long run, pommie bastards, you'd better stay away.

We know you're only here ... to drink the piss.

So they waited sad and wistful - but Beth became their friend.

"I think we ought to let them come," she said.

"I'll warrant they'll be with us to the drunken end,

Besides, Ray will be too bugged to be much good in bed."

Young Bill from blister fame, known as the ladies pride,

Knows how to run a race when things get tough.

He'll get behind a female rump and shorten up his stride,
Dot's little boy can never get enough.

Phil Garvin, down from Canberra, where he makes his weekday home makes us all feel proper champs in strider green.

There are a lot of runners listed ... in the strider tome ... but such a scrawny bugger ... never has there been.

Race day was cold as buggery, as they huddled in a clump there was Jarret, Reid and Tailford and McIver looking tough.

And Bernie gave his order, striders, go at them, at the jump,

McMahon don't try all of that silly stuff.

Mat Kaley you must heel them and keep them in your sight.

Run boldly, lad, and never fear they spills.

For never yet was strider that could keep that Diggers mob in sight

Once they begin to feel the flaming Bathurst chills.

Mike Ward you run to wheel then by racing on the wing

And don't let lucky legs dictate the bloody pace.

Cornelius get behind him and please don't pull your thing
this is a proper marathon, not a wanky ultra race.

Diggers halted at a drink stop, then they made a sudden dash for no strider ran ahead to soil the view

Shit! Watch those bastards run, said Bernie, taking out his lash

He slashed those striders till they fairly flew.

Some upstart from Billies Bushies joined the leading pack the hills around resounded to their tread

And Bernie's stock whip woke the echoes as he whipped that bush boy back.

No bloody bushy's gunna get that flaming far ahead.

And onward, ever onward, the rasping runners made their way.

Their chests were aching and their eyes grew wide

And Bernie muttered fiercely, as the Diggers got away, C'mon you strider poofers, where's your pride?

When they reached the turn around even Garvin took a pull

It may well make the toughest catch their breath.

Louise, Brenda, Greg and Bev stopped to drink their full

And Graham Butler on a PB looked like death.

But the diggers mob were quickly getting way ahead

Phil, "Catch them", said, fat Corden on the last of fifteen beers

And Phil raced them down the mountain like a torrent down its bed

And Nick ... hopping on his good leg ... led the cheers.

The Striders set off flying, they could sense their own defeat
 They hadn't come to Bathurst for the ride.
 But the Diggers man was still ahead perhaps a hundred feet
 it was awesome just to see that bastard stride.

Through drink stop after drink stop, on rough and broken ground
 Down the course at blistering pace he went;
 And he never drew breath until he finally turned around
 To see if the Canberra lad was fully spent.

Graham Firkin was among them as they climbed another hill
 and Bev, Sally and Pat, watching stood there mute,
 Saw him make toward the leaders, a strider with them still
 as he tore across the tarmac in pursuit.

Phil had lost them for the moment, but he wasn't finished yet,
 If Graham could only stay there on the leader's heel
 This wasn't yet the time to change your dollar bet.
 Every bugger knows "the runt" is made of steel.

So he ran them single handed till their sides were white with foam.
 He followed like a bloodhound on their track
 Till they halted cowed and beaten, as he turned to head for home,
 That lad is mine tonight, swore Merri Mack.

But the lad from Stromlo forest could hardly raise a trot
 He was blood from hip to shoulder, from Bernie's dreaded whip
 but his pluck was still undaunted, and his courage fiery hot,
 As he brought the striders glory, on that freezing Bathurst trip.

Each year Whitfield, Barton and McLennen, their schooner glasses raise
 Three wise men atop the famed mount pan-o-rama,
 Where the air is clear as crystal and the great stars fairly blaze
 They tell the tale of this great strider drama.

And where around the city, Sunday stars get under way
 Where the morning breezes blow and the off-road tracks are wide
 The man from Stromlo Forest is a household word today
 And all striders live the story as they stride.

BONDI DIGGERS INTER-CLUB CROSS COUNTRY CHALLENGE:

CENTENNIAL PARK-10 KILOMETRES -APRIL 27th.

A race which definitely deserves better Strider's support next year.
 Also a great chance to test your speed over the same course used by the police, whose results you'll find on the sports pages every first Wednesday of the month. You never know when it might be handy to know if you can beat the quicker boys in blue.

Representing

1. Spot Anderson	32:37	BDRRC
1F. Linda McGuiness	43:44	BDRRC

STRIDERS

5. Terry McIver (1st Vet)	35:55	STRIDERS
6. Ken Wylie	36:20	BDRRC
8. Bill Flanagan	na	STRIDERS
15. Cederic Sidebottom	38:41	BDRRC
22. Bryce Courtenay	na	STRIDERS
23. Joe Loewy	na	STRIDERS
37. Dot Flanagan	50:38	BDRRC

TEAMS

1. BDRRC
2. NORTH BONDI SLSC
3. SYDNEY STRIDERS

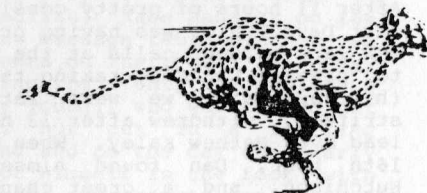
UNIVERSITY OF NSW HEART FUN RUN - 8kms, 3rd August.

1. J. Harrison	23.42
1F. M. Ricardo	27.50

STRIDERS

41. Ken Wylie	27.42
45. Terry McIver	27.52
52. Bernard Cooley	28.06
58. Mike McQuirk	28.14
60. Ron Burke	28.16
79. Tony Vipond	29.07
487. Derrick Titmus	39.15

900 finishers



ULTRA REPORT

by Steve Cornelius

BESPECTACLED GURU CONQUERS THE COMRADES: First of all, hearty congratulations to our old friend KAR WONG, whose heavy training schedule, outlined in the last edition of the Blister, stood him in good stead in his first 90km "Comrades" ultra-marathon. A full account of his epic run appears in this issue.

-----O-----

DAN GRAY'S 182.4K WINS STRIDERS' 24-HOUR RACE: Dan Gray, the "strong silent man" of the Striders' Ultra Freaks, turned on an inspiring performance in the inaugural Striders' 24-Hour Track Race at Hensley Field on 19-20 July, humbling some very experienced runners with his consistency. Dan completed 456 laps of the 400-metre oval, a total of 182.4 km, to finish over 10km ahead of the runner-up and smash 4 of Nobby Young's club records for ultra-distances.

When the race began at 11a.m. Saturday, Striders were ably represented by Dan and 3 other runners: Graham Firkin and Grahame Deacon, both of whom ran their first Wollongong-Sydney in 1985, and the youngest competitor on the track, Mathew Kaley, who had not run any ultra races before but had been known to undertake solo training runs of mind-boggling distance. In addition, we invited a number of experienced non-members, most of whom had been involved in organising ultras themselves. The 4 non-members who lined up at the start were Ian Hutchison (of Manly 100-miler, 6-foot track, and "Running Nun" fame), Bob Marden, Dave Taylor and Alan Staples.

From the start, race favourite Dave Taylor from Appin set the pace, initially averaging 27 laps per hour for the first 4 hours, and putting a 5km buffer between himself and 2nd place. The rest of the field was at this stage very close together, but as the afternoon became evening, most runners began to take breaks and the field spread out somewhat. After 9 hours Taylor had completed 210 laps (84km) and Mathew Kaley had moved into 2nd place. However, Mathew was soon overtaken by Dan Gray, and the whole situation was to change dramatically before midnight.

After 11 hours of pretty consistent running, it became evident that Dave Taylor was having problems, and although he put in a few laps between calls at the massage tent, he could do nothing to prevent Dan Gray taking the lead. Taylor, feeling unwell (his appendix, we were later told, had been giving him strife!), withdrew after 13 hours, leaving Dan Gray with a 6km lead over Mathew Kaley. When Mathew also pulled out during the 16th hour, Dan found himself with a 9km lead over Ian Hutchison, and a great chance of victory. He would not be overtaken again.

During the final 8 hours of the race, Dan was the picture of consistency, covering 16 or 17 laps most hours, and doing just enough to maintain a good buffer. Ian Hutchison had run an excellent "tortoise and hare" race, starting slowly and trailing the whole field initially, but maintaining a consistent lap-rate and taking few breaks. It was enough to improve his position from 8th to 2nd, but he had allowed Dan Gray too much of a break. Alan Staples, feeling very tired by midnight, nevertheless stayed on the track and walked for hours on end while others took breaks. This policy paid dividends on the Sunday morning, because when the sun rose he was able to return to a jog-trot, and finished 3rd, completing his 100 miles a few minutes under the 24 hours.

Bob Marden, after an extensive period off the track just before dawn, recovered well to finish 4th, and the remaining Striders, Firkin and Deacon, both ran very much further than ever before to finish 5th and 6th. Perhaps the most inspiring of all was the sight of the 6 remaining runners "staging" a mass finish at the 24-hour mark, all 6 of them jogging down the finishing-straight and crossing the line together as the gun was fired to mark the end of the race.

Everyone associated with the race, both runners and organisers, learned a lot of lessons from our experiment with ultra-distance. It was particularly interesting to see the varied ways in which runners in a long track-race such as this handle the long hours of darkness; some walked, some took extended breaks, some slept for a while, and some, like Dan Gray and Ian Hutchison, had the strength of will to simply keep on running. The friendship generated by long-distance track races was evident throughout, and manifested itself not only in the impromptu "staged" finish, but in the concern expressed by all runners and seconds for the welfare of all.

Dan's reward, apart from seeing his name inscribed first on the race trophy, is ownership of 4 club ultra records: 150km (18 hours, 21 mins, 40 secs), 100 miles (19:54:32), 24 hours (182.4 km), and the longest distance ever run by a club member (also 182.4 km). We look forward to seeing him return in 1987 to defend his title against, possibly, some opposition from interstate.

Many thanks are due to the following people, without whom it just wouldn't have happened: Jim English, Race Manager on the day, whose experienced hands on the massage table soothed so many screaming muscles and kept runners on the track; Dan Gray, who besides training for and winning the event, was also a member of the Race Committee; Nobby Young, who was forced out owing to a nagging back injury, but put in a sterling organisational effort both beforehand and on the day (he nearly ruined it all by attempting to shoot himself in the foot with the starting pistol); Barbara Firkin, who cooked and served enough food to feed 43 storm-troopers after a month's campaign in the desert; and the many Striders, friends and "seconds" who

turned up at all sorts of ungodly hours to help with the lap-counting and timing.

Personally, I found the event spell-binding, and stayed awake for virtually the whole 24 hours while organising the lap-scoring roster. I'd like to take this opportunity to thank the runners for putting on such a fascinating race to watch - in my book, they were ALL winners, and I'm very much looking forward to running with them in next year's event.

RESULTS:

1 DAN GRAY	182.400 KM	5 GRAHAM FIRKIN	133.600 KM
2 IAN HUTCHISON	171.200 KM	6 GRAHAME DEACON	123.200 KM
3 ALAN STAPLES	161.600 KM	7 MATHEW KALEY	112.400 KM
4 BOB MARDEN	151.200 KM	8 DAVE TAYLOR	105.050 KM

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24-HOUR TRACK RACE TO BE AN ANNUAL EVENT: Following the success of the experimental 24-hour track race in July, the Striders' Committee has voted to adopt the race as an annual event. We feel that this race will fill a significant gap in the NSW ultra calendar, and will prove popular with ultra runners from Sydney and elsewhere.

NSW already has a number of 50-mile races and at least one 100-miler, but until now there has been no regular 24-hour race in this state. Sydneysiders wishing to test themselves in a round-the-clock race have previously had to undertake expensive and often tiring trips to Victoria or South Australia, apart from the one-off race at Hensley in 1985, which was staged by Westfield and used as a qualifier for the Sydney-Melbourne race.

If staged efficiently, the new annual Sydney Striders' 24-Hour Track Race should enhance the reputation of the club as good race organisers, but because of the limited number of entrants (we feel we can handle about 20 next year) it need not be a "Cecil B. de Mille" production like our Open Half-Marathon. I have already committed myself to taking on the job of Race Director for 1987, on only one condition: that someone else takes over on the day as Timing Manager to organise the lap-scoring, so that I can have a run! Mathew Kaley has kindly volunteered to take this on, and as far as I can see enough of the traditional Striders' organisational pedantry has rubbed off on him to make him an excellent prospect for the task.

Most of the work that takes place before and after race day can be done by one person with little trouble, and I will be starting to organise the date, the venue and a number of other details in the very near future. As the date of the race approaches (provisionally it's July 1987), I will need assistance in a number of fields, and of course on the day we will need a contingent of volunteers to do stints of lap-counting. Meanwhile, I would welcome comments and suggestions

from anyone about how YOU would like to see this race organised.

The emphasis in our new race will be on producing a low-key but well-organised event, catering for the basic needs of the runners and caring for their welfare. Publicity will be low-volume and sponsorship will likely be nil, but within the ultra community, races like this quickly acquire popularity and favourable reputations. Given the already high regard in which the club is held in the running business, the club's backing for the event should ensure its success - besides, most organisers of ultra-distance events these days are forced to limit their fields and usually finish up fighting off would-be competitors!

If you'd like to be involved in some organisational capacity, or if you feel you have something you can contribute to the smooth running of our 24-hour track race, please phone me a.s.a.p. on 427-3604. Currently Tuesday and Thursday evenings, plus weekends, are best to catch me at home. I'll be delighted to hear from you.

-----O-----

STOP PRESS: STRIDERS' FINISHERS IN SYDNEY-TO-WOLLONGONG 83KM:
(full race report in next edition)

9th: Cedric Sidebottom	7.32.47
10th: Dan Gray	7.48.25
15th: Graham Firkin	8.32.11
21st: Brian Tailford	8.51.38
34th: Graham Deacon	9.29.47
36th: Steve Cornelius	9.50.48

SYDNEY-WOLLONGONG 5 x 10-MILE RELAY FOR CLUBS:

MEN:	1st: Billie's Bushies	4.47.59
	2nd: Sydney Striders A	4.56.35
	3rd: Bondi Diggers A	5.04.06
	12th: Sydney Striders B	5.43.07

WOMEN:	1st: Eastern Suburbs	5.39.40
	2nd: Woodstock	6.07.28
	3rd: Sydney Striders	6.10.59

Teams representing Striders, in order of running, were:

Women's team: Merri Mack, Dale Thompson, Tina Campbell, Louise Fitzsimmons, Janice Morton-Evans.

Mens' "A" team: Phil Garvin, Derek Liebenberg, Wayne Stanton, Mathew Kaley, Scott Lawrence.

Mens' "B" team: Terry McIver, Noel Worthington, Ian Whitfield, John Marsden, Kevin O'Kane.

Palm Beach return -Graham Butler.

As I step out of the car, just before 4.30am, it's very clear that Winter has arrived with a vengeance. The brisk southerly blowing off the ocean is doing nothing positive about getting the temperature past 5 degrees. Definitely a gloves and long-sleeve T-Shirt job today.

Enough wimpy complaining about the cold though! Steve Whingebag, King of the Ultras has organised everything, plotting this event weeks in advance. Leaving absolutely nothing to chance, Whingebag has planned the run down to final details. Computer weighted scores of each runner's inner leg measurement multiplied by their last year's City to Surf finishing time have been taken into account.

The general idea is to run from Collaroy to Palm Beach, register for the Giant Jog, then run at the back of the pack to Manly to clock up a nice 50k training run for the Sydney-Hollangong Ultra. Fruit-cake stuff? Well, yes of course.

But on getting out of the car, I hear the devastating news. King of the Ultras won't be joining us this morning! He's laid up with a bad case of shagger's back on the very morning of a World Cup Soccer live telecast. At least it's original. "Ring the bugger up!" and "Tell him to get his finger out!" are some of the more polite suggestions offered. Fancy that nice Brian Tailford saying things like that.

Undaunted though, we decide to run it anyway. After all, people have got up at ridiculous hours to take part in this particular piece of stupidity. Unlike us North-shore wallies who've loafed in bed until 3.45 am, Graham Firkin, for one, has been up well before 2 o'clock, dragging poor Barbara out of bed to load up the esky and drive him half way from Dubbo to Manly. If I even tried to get my wife to do that, she'd tell me to visit a taxidermist!

Cursing our rotten luck, we stand shivering at the bottom of Anzac Avenue, Collaroy, smother ourselves in Vaseline and set off into the darkness, chattering and giggling like school-boys at the start of a grand adventure. An icy wind is zipping across Long Reef, but experienced Ultra-loonies like Dan Gray thankfully hold us back to a slow shuffle where an injudicious brisker warm-up would mean big trouble later on. Images of Whingebag, sitting up in bed in front of the telly, wearing that ridiculous orange hat and sipping on a Newcastle brown, accompany me through the Narabeen shopping centre.

The bitter cold makes its effects known and the bridge at Narabeen Lake becomes the scene of the first of many calls of nature amidst much fumbling with woollen gloves and numb fingers. Even Brian Lynch is feeling the cold and he comes from north of Watford (the furthest boundary of the known civilised world).

Much of the north-bound leg goes by as a blur. Is my brain glycogen-depleted or are these the early-warning signs of hypothermia, or possibly death?

Through the series of sharp hills at Bilgola Beach, dawn is breaking and we're making good time at a comfortable pace.

By the other side of Whale Beach we start to get passed by drivers making an early registration for the Giant Jog. Tunes played on car horns spur us on over the string of hills into Palm Beach and the site of a magnificent sunrise over Pittwater makes the discomfort of the early miles all worthwhile.

At Palm Beach Surf Club I'm amazed that my hands are still too cold to fill in the race entry form without my writing going all over the page. Even though my script looks like a 6 year old's, they accept my money and after some light-hearted banter with fellow Striders in the shelter of the Surf Club shed, the gun sets us off again on the 30k southbound leg.

Running at a relaxed pace at the tail end of the pack, we chat with Brenda Every and some other familiar faces. The experience of a relaxed pace puts a different angle on running this kind of event where the usual expectation is to be competitive and go out for a fast time.

We've ignored the ultra-runners' tricks of walking the hills and taking 5 minute walks every hour. Instead, we've lifted the pace if anything. Although I feel strong at Mona Vale and Narabeen, by Collaroy I'm starting to feel the miles but with no real fear of hitting a wall.

We raise a weak cheer on passing our 42k mark somewhere approaching Dee Why, but by now a 10 metre gap has opened between a clearly stronger front group comprising Dan Gray, Graham Firkin and Brian Tailford and a rearguard of Brian Lynch and myself.

A left turn down to Dee Why Beach and we keep shuffling up the steep hill at North Curl Curl. Over the other side and it's obvious that we're going to make it. The miles are starting to really hurt by Harbord and the final stretch down the esplanade from Queenscliffe to Manly goes on forever.

We close ranks and cross the finish line as a group in 2:41:37. Not too bad for the last 30k of a 50k jaunt, making a total of four and a half hours for the whole run.

Tired? Yes, but nowhere near the sort of pain associated with racing PB marathons and really no worse than some of my earlier Star running efforts. I feel that I've run beyond my comfort zone for the final 15k or so and that with an easier pace and perhaps some short walks, 50k would be an easy distance.

After a drink and some food, I'm feeling quite human again. Even my hands have warmed up!

The Editor,
Blister Magazine.

24 August 1986

Dear Graham,

Just a quick postcard from Wollongong Town Hall to assure you that we all arrived here safe and sound. I know there were those among you who were very disappointed when I couldn't make it to Collaroy for the 50km training run in June, and I believe there were even some who questioned my parentage on that day, but you must realise that the World Cup Quarter-Finals were on TV live from Mexico that morning, so I did have a pretty persuasive excuse.

Anyway, I'm just looking over Tom Gillis' shoulder at the result-sheet, but I'm damned if I can find your name written here, nor that of Brian Lynch. And now I'm casting a few anxious glances in the direction of Mount Ousley, just in case you're coming down the hill towards the finish, but I just can't seem to see you anywhere.

Oh, well, there's always next year. Meanwhile, the weather's great here in Wollongong, we're having a lovely time and WISH YOU WERE HERE.

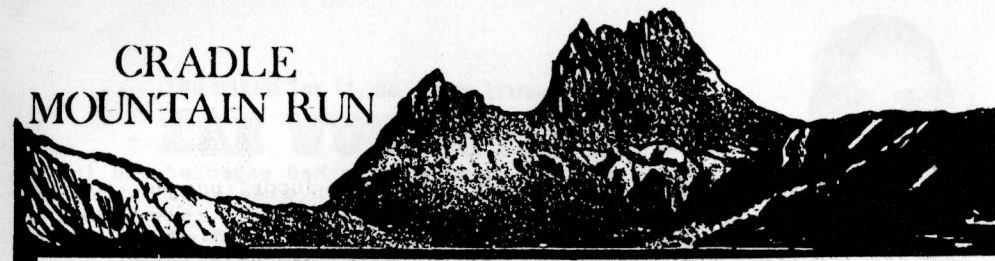
Keep piking,

Steve Cornelius.

From next issue onwards, any Steve Whingeabag letters to the Editor will appear as blank space ! .. Ed.

Would anyone interested in being part of the road crew for an overseas runner in next years Westfield Sydney to Melbourne Race, please contact Nobby Young - 8162017. Positions include drivers, cooks, etc and a salary will be paid.

CRADLE MOUNTAIN RUN



P.O.Box 946, Launceston, Tasmania, 7250. Phone (003)954294 A.H.

RESULTS OF THE 1986 CRADLE MT RUN

10hr21m	Robin Rishworth, Mt Waverly VIC.
11hr01m	Andrew Briggs, Lindisfarne TAS.
11hr10m	Alan Davis, Bundoora VIC.
12hr06m	Maurice Taylor, Haberfield NSW.
14hr58m	Brian Westwood, Lindisfarne TAS.
14hr58m	Ian Hutchison, Oatley NSW.
14hr58m	Maurice Payne, Coal Point, NSW.
14hr58m	Harvie Allison, Oatley NSW.
dnf	Warren Broadbent, Toronto NSW.
dnf	Jim Donovan, Lindfield NSW.
dnf	Andrew Lucas, Queenstown TAS.

The sixth Cradle Mountain Run was held on Saturday 15th of February.

The Run is from Waldheim in the north of Cradle Mt-Lake St Clair National Park to Cynthia Bay in the south. It is claimed to be about 80k in length but the terrain and the rough track makes it the equivalent of a much longer run.

The weather was fine cool and overcast ideal for running but the low cloud obscured the magnificent scenery. The track was very muddy; increasing the need for the runners to have agility as well as endurance.

ran the 1985 Cradle Mt Run in 12hr17min.

One runner found the going much slower than he had expected and in the interests of not holding his companions back wisely withdrew and walked out the next day. Even so, two runners found themselves at Narcissus Hut with too little time to finish before dark and pulled out.

The times reflected the very slow conditions and no runner came close to Craig Malot's 1985 time of 8hr45min. Both Robin Rishworth and Andrew Davis were also suffering the after effects of gastroenteritis contracted a few days earlier.

Almost inevitably the organization could be improved. However, the remoteness of the area makes the arrangement of transport, accommodation and support quite difficult. Cradle Mt Lodge may be booked up a year in advance, support parties have to walk in the day before etc.

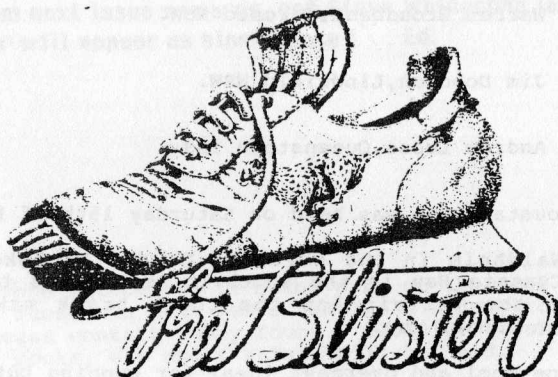
Despite these difficulties, I would still claim that this is one of the best runs in Australia. In fact a classic!

I would like to express my gratitude to Bevin Dutton and the other members of the State Emergency Services who provided the emergency back up, Ray Worth and Bob Whittle in particular.

NEXT YEARS RUN WILL BE HELD ON FEBRUARY 7TH, PLENTY OF NOTICE IS REQUIRED; ACCOMMODATION CAN ONLY BE PROVIDED IF YOU BOOK EARLY

Enquiries to : Cradle Mt Run
P.O. Box 946,
Launceston, Tas, 7250

Richard Pickup



You asked for it, so we've brought it back . . .

KAR WONG KORNER !



Read this heroic and in some places smutty story of Kar Wong's first Comrades Ultra. But be warned that certain sections may offend some Sydney Striders.

Now read on . . .

My first Comrades - by Kar Wong.

The desire to conquer a distance of over 80km first came to my mind in October 1983 after I completed my first 3.30 marathon at the "Big M." As I came to South Africa to take up my job at the Wits University in February 1985, the Comrades appropriately became my first challenge. Unfortunately I was unable to run the race last year owing to a stress fracture.

It was the "down" race from Pietermaritzburg to Durban this year. The distance was 88.777km. In spite of the fact that there was a huge difference in altitude of about 2,000 feet between start and finish, the "down" run still consisted of a lot of tough uphill; namely Tumble Inn at 12 kms (4 kms long), N'changa at 38 kms (3kms long), Botha's Hill at 46 kms (4 kms long), Cowies Hill at 64 kms (1.2 kms long) and the 45th Cutting at 82 kms (2kms long).

My training from February to May this year was about 130kms per week. For the majority of the weeks in April and May, I trained about 70-100 kms during the weekends at 4.75 to 5.25 minutes per km and rested on Monday, Tuesday and Friday.

Hopefully, those long distances during the weekends could provide me with enough confidence as well as stamina on 31st May to complete the race in under 7 hours 30 minutes for the silver medal.

The race itself worked out almost exactly as I'd expected. The first half was completed in 3 hours 26 minutes. I then maintained a speed of 5 minutes per km to reach 65 km at 5 hours 9 minutes and then faded steadily for the next 15 kms from 5 to 5.30 pace to reach 80 kms at 6 hours 27 minutes. For the remaining distance, I had to struggle very hard to maintain a speed of 6 minutes per km.

As both my legs were heavily cramped, my finish time was 7:18:56 and my overall position 785th out of about 11,000.

This was probably one of the best organised races in the world. The entire course from Pietermaritzburg to Durban was filled with organisers and millions of spectators.

I remember that some spectators even volunteered to run with me for certain distances.

Unfortunately, it was difficult for me to appreciate their friendship on this occasion because I was battling very hard throughout the whole race.

The support from the fellow runners of my club was great also. Some people even tried to lure me with a beautiful girl as my reward for completing the race in under 7 hours 30 minutes. That's why I gave my best to it. **(The dirty little devil! ...Ed.)** Eventually, the pain and agony gave way to joy and satisfaction **(The mind boggles! ...Ed.)** as my dream of a silver medal came true.

This year's race was again won by Bruce Fordyce who finished in a new recorded time of 5:24:07 which was 3 minutes 11 seconds faster than his old "down" record.

He is also the holder of the "up" record of 5:30:12 in the 1983 Comrades. By achieving an unprecedented feat of 6 consecutive Comrades victories, he is now widely regarded as the best ultra-marathon runner in the world. Apart from the first 10 gold medallists, 1,204 runners finished the race in under 7 hours 30 minutes for silver medals, of which 10 were ladies. Another 8,439 runners finished between 7 hours 30 minutes and 11 hours for bronze medals.

Results

Men

1. Bruce Fordyce	5:24:07
2. Bob De La Motte	5:26:12
3. Hoseah Tjale	5:29:02

Women

1. Helen Lucre	6:55:01
2. Ralie Smit	7:07:40
3. Lettie Greeff	7:14:49

Other Kar Wong Results:

Date	Race	Venue	Distance	Time
3rd May	Wally Hayward Marathon	Pretoria	42.2 km	2:55:20
31st May	Comrades Ultra	Pietermaritzburg to Durban	88.777 km	7:18:56
6th July	Transvaal Half Marathon Championship	Johannesburg	21.1km	1:24:54 pb
21st July	Marley Half Marathon	Johannesburg	21.1km	1:24:04 pb
9th August	Johannesburg Stock Exchange Ultra	Johannesburg to Pretoria	50 km	3:32:37

The Gillawarna Chiller-August 3rd, Brian Colwell

I don't know why Nobby Young asked me to write an article on Gillawarna - let's face it, I'm not known for my journalistic talents or my literary wit - but then neither is Nobby and that doesn't seem to stop him. What Nobby is known for, however, is wreaking revenge on anyone taller and skinnier than him by either putting into print whatever sadistic and scurrilous rumours his overworked imagination happen to dream up, or the simpler and moderately perverted expedient of pulling down the shorts of his poor unsuspecting victim (true! - just ask Terry McIver or Bernie King).

Anyway, not wanting to suffer that sort of fate, agreeing to put pen to paper seemed to be the only sensible alternative. In addition to that it provided a heaven sent opportunity to have a shot at one or two people. Now take Matt Kaley. (Please take Matt Kaley!) Apart from the fact that he has developed this horrendously annoying habit of galloping gleefully past me in the final few km of just about every race, anyone who can spend an entire Saturday running in ever decreasing circles around Hensley Athletic Field for some 112.5km, and then go out and run a P.B. for 10km the following weekend must have something wrong with them. Never mind Matt, I shall find a race where I can beat you - somewhere!.

Now, where were we? Ah yes, I was supposed to be scribbling all sorts of interesting details about Gillawarna, wasn't I? Well, the first thing I noticed filtering through the sleepy recesses of my mind was that it was cold - and a bloody sight colder in the nether reaches of the western wilderness of Lake Gillawarna than it had been in the Eastern Suburbs. I mean, that icy white stuff on the ground was just the sort of thing I left Poomie Land to get away from.

I had a few moments of indecision trying to decide how many layers of clothing to run in, and then said "to hell with it" and stripped to shorts and singlet anyway. Luckily I think my brain had gone numb from the cold before the rest of me turned blue. I joined a number of similarly shivering semi-dressed Striders and others at the starting area, where the Western Districts Joggers Race Organiser set the tone by asking "which of you blokes is going to be leading, because we want to tell you where to go?". Nevertheless, despite the jocularity, things were organised in the usual low key but highly efficient WDJ&H way, with well stocked aid stations, cheery helpers and plentiful marshals. The initial run through the park was more of an attempt to get warmed up than anything else, with a swift prayer thrown in that the 'bouncing bridge' wouldn't collapse as we all ran over it. (I'll swear that rickety wooden structure will wobble its way into oblivion one day).

Talking of wobbling, Bill Flanagan was in the pack with whom I found myself keeping company. Bill seems to be on the upper end of one of his trips from his 69kg superfast racing weight to his 83kg 'rapid waddling' weight. Also in close proximity were Wendy Downes, Noel Barton and Matt Kaley. (Maybe I should have tied his shoelaces together?).

Surprisingly the first couple of kilometres had gone by right on the 3m.55s pace I had planned for, and I set about trying to leave Matt behind and get ahead of Noel (I felt quite good when I did go past him - till I realised he was running the full Marathon).

I was running quite comfortably and quite happy with life until the turnaround, when I was somewhat shaken out of my complacency to see Matt K gaining on me again. Sure enough another km or so down the road and Boy Wonder ranged up cheerily alongside. I really do think I should have tied his shoelaces together (or sabotaged his utility belt, or something!). Anyway, we trotted along chatting sociably for another couple of km or so till I decided to gently

change down a gear and try to put some distance between us.

From about 14km to 18km all was going well, the, as trying to race over rough grass got the better of my rythm, about 1km from home I suddenly realised I had company again. Now I know I should have tied his shoelaces together. Needless to say, Matt fired his retros and skipped ahead while yours truly gritted his teeth and slugged on to the finish line - but quite happy to have run my best time in 2 or 3 years. It certainly felt nice to stop and my sympathy went out to those poor folk destined to slog through a second lap.

All in all, a pleasant race, put together by a friendly and well organised bunch of people and some good Striders performances on the day.

Ladies first - and Jan Morton-Evans was (with a P.B.) followed in by Wendy Downes. (would it be considered sexist to say that a lot of lady runners have very attractive bodies? - what the hell - I've said it anyway). Matt (Boy Wonder) Kaley predictably won his under 20 age category and Danny Gray did his bit to prove that "Ultras are good for you" by running a 2½ minute half marathon P.B. just two weeks after his 182.4kkm winning effort at Hensley. Maybe it has something to do with actually going somewhere, as opposed to trotting interminably around a 400m track. Still, it obviously hadn't left him too dizzy. Similarly Graham Firkin was out and looking none the worse for wear for his 24 hour ordeal. In the Marathon, Don Price and Noel Barton were amongst the early finishers, and I'm sure there were many other good performances I have failed to mention, - my apologies to the people concerned, but a look at the result list will reveal those anyway.

Well, I think typing this has been more of a painful process than running the race, so I might just be tempted to risk Nobby's retribution rather than have my arm twisted into being a reluctant scribe again. We shall see.....

P.S. I wonder if Margaret knows about Nobby's prediliction for pulling other blokes pants down? Well I guess we should be grateful he doesn't go around dropping his own. I mean, 'President Flasher' would sound even worse than 'President Nobby', wouldn't it?

LAKE GILLAWARNA MARATHON 3 AUGUST 1986

1 Robert Osbourne 2.48.05 1F

STRIDERS

2 Don Price 2.49.29 pb
5 Noel Barton 2.53.25 pb
Mike Foster 3.06.
Dick Bartlett 3.15.15
Mike Topley 3.18.18
Brian Tailford 3.18.39
Alan Phillips 3.21.44

LAKE GILLAWARNA HALF MARATHON

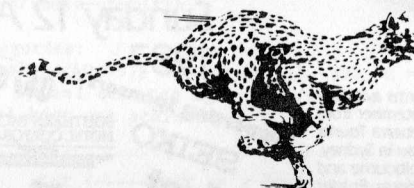
1 Bob Prentice 1.14.54 1F Janice Morton-Evans 1.25.53

STRIDERS

David Cox	1.18.05	Jack Woodward	1.29.57
Mathew Kaley	1.20.36	Wendy Downes	1.31.07 2F
Brian Colwell	1.21.02	Noel Worthington	1.31.43
Bill Flanagan	1.24.02	Bill Thompson	1.34.51
Graham Burke	1.25.25	Kevin O'Kane	1.39.20
Janice M'n-Evans	1.25.53 1F	Ian Whitfield	1.39.20
Dan Gray	1.27.52	Ross Betts	1.40.46
Steve Knight	1.28.25	Graham Firkin	1.42.02
Bruce Murray	1.28.30		

The 250th STAR: Centennial Park, 17th August, 1986.

15 km race results:



1 Phil Garvin	47.58	29 Tina Campbell 1stF	1.03.41
2 Vince Engel	50.50	30 Brent Waters	1.04.34
3 Ian Bowden	52.52	31 Ray Reid	1.04.44
4 Wayne Stanton	53.41	32 Noel Barton	1.04.46
5 Alex Whitworth 1stVet	54.53	33 Wendy Downes 2ndF	1.05.16
6 Terry McIver	55.14	34 Brian Colwell	1.05.21
7 Mathew Kaley	55.25	35 Bryce Courtenay	1.05.41
8 John Hodges	55.47	36 Grahame Deacon	1.05.53
9 Bill Flanagan	55.48	37 Louise F'simmons 3F	1.05.53
10 Graham Burke	57.21	38 John Mann	1.06.12
11 Harvey Blue	57.43	39 Walter Delorie	1.08.02
12 Don Price	57.45	40 Ross Betts	1.08.26
13 Rod McLean	58.10	41 Geoff Pearl	1.09.15
14 Paul Russell	58.30	42 Barry Jones	1.09.32
15 Bill Thompson	58.44	43 Dale Thompson	1.10.13
16 John Marsden	59.52	44 Brenda Hamill 1VetF	1.10.26
17 Bruce Inglis	59.54	45 Vic Collins	1.10.32
18 Alex Hamill	1.00.02	46 Karen Tuck	1.11.04
19 Paul Galvin	1.00.20	47 Geoff Cox	1.11.04
20 Dick Bartlett	1.00.34	48 James Campbell	1.12.04
21 Jack Woodward	1.00.55	49 Laurie King	1.13.19
22 John Evennett	1.01.24	50 Dick Bamann	1.13.29
23 Peter Cobley	1.01.40	51 Edwina Garvin	1.14.29
24 Bernard Cooley	1.02.44	52 Mavis Garrick	1.14.41
25 Ivan Freys	1.02.44	53 Isobel Engel	1.15.45
26 Alan Phillips	1.02.53	54 Jan Gatenby	1.15.51
27 Graham Butler	1.02.57	55 Phyllis Sommerville	1.22.12
28 Rod Garrick	1.03.36		

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Personal Bests

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Sunday 12 April 1987

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Canberra, ACT 2601

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The Canberra Times

The Marathon Ladder

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.

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 23/08/86, the second denotes age at the time the personal best was achieved.

NAME	CAT	<---BEST AS A STRIDER----->	<-BEST PRIOR TO JOINING->
PHIL GARVIN	PP	2.21.56 BATHURST	07/86
WIN AHLMANN		2.24.26 BERLIN	09/85
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 WINCH	OO	2.37.36 AUSTRALIAN	06/86
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
WAYNE STANTON	OO	2.38.50 AUSTRALIAN	06/86
IAN BOWDEN	OO	2.38.51 MELBOURNE	10/84 2.38.38 AUSTRALIAN '83
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
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
DON PRICE	VV	2.49.29 GILLAWARNA	08/86
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
BERNARD COOLEY	VV	2.50.35 AUSTRALIAN	06/85
LAURIE KING	VP	2.50.37 GILLAWARNA	08/83
STEVE KNIGHT		2.52.20 AUSTRALIAN	06/83
DAVID ROBINSON	VV	2.52.32 AUSTRALIAN	06/86 2.36.06 KENYA STATE '63
NOEL BARTON	PP	2.53.25 GILLAWARNA	08/86

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NAME	CAT	<-----BEST AS A STRIDER----->	<-BEST PRIOR TO JOINING->
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	VP	2.54.34 CANBERRA	04/86 2.49.54 VICTORIAN STATE '83
BERNIE KING	VV	2.54.36 AUSTRALIAN	06/86
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
NOBBY YOUNG	VP	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
MIKE WARD	PP	2.57.41 AUSTRALIAN	06/86
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
BOB WHEATLEY	VV	2.59.58 ANZAC DAY	04/86 2.52.00 NSW STATE '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
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
WILLIAM THOMPSON	PP	3.05.59 AUSTRALIAN	06/86
JANICE MORTON-EVANS	PPF	3.06.34 AUSTRALIAN	06/86
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
GRAHAM BUTLER	PP	3.10.13 AUSTRALIAN	06/86
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
MICHAEL TOPLEY	VV	3.13.59 MELBOURNE	10/84
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
PAUL GALVIN	PP	3.14.27 BATHURST	07/86 2.56.00 NSW STATE '86
KEVIN O'KANE	PP	3.14.38 AUSTRALIAN	06/85
SCOTT CRAWFORD	VV	3.14.40 AUSTRALIAN	06/86
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
IAN MILLAR	PP	3.16.03 AUSTRALIAN	06/83
JOANNE TIBBITTS	PPF	3.16.45 AUSTRALIAN	06/86
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
PAUL FOSTER		3.18.00 AUSTRALIAN	06/83 3.08.00 MELBOURNE '82
BILL WACHER	VV	3.18.02 AUSTRALIAN	06/84
PETER MCGRAW	PP	3.19.12 AUSTRALIAN	06/86
RICHARD BAMANN	VV	3.19.34 AUSTRALIAN	06/85
ROSS WALL	VV	3.19.44 AUSTRALIAN	06/86
JACK WOODWARD	VV	3.20.32 ANZAC DAY	04/86
GERRY GREENLAND	VP	3.20.41 AUSTRALIAN	06/83
DENNIS RIDER	PP	3.21.39 AUSTRALIAN	06/84 3.20.52 HOBART '84
ALAN PHILLIPS	VV	3.21.44 GILLAWARNA	08/86
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
IAN WHITFIELD	PP	3.24.01 AUSTRALIAN	06/86 3.13.06 AUSTRALIAN '83
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
DALE THOMPSON	PPF	3.27.43 ANZAC DAY	04/86
RAY REID	PP	3.27.57 AUSTRALIAN	06/86
FRANK GALLAGHER	VV	3.28.36 AUSTRALIAN	06/86 3.24.51 AUSTRALIAN '84
KEITH JACKSON	PP	3.29.27 AUSTRALIAN	06/86 3.25.00 CITIES '85
STAN FLECK	MM	3.29.34 AUSTRALIAN	06/84 3.18.20 CANBERRA '83
ROSS BETTS	VV	3.29.49 AUSTRALIAN	06/86
NOEL WORTHINGTON	MM	3.31.17 AUSTRALIAN	06/86
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
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
CECILY WILLIAMS	PPF	3.38.36 AUSTRALIAN	06/86
NICK REED	OO	3.38.43 CANBERRA	04/84
HERB LUDINGTON	MM	3.40.34 AUSTRALIAN	06/83 3.31.51 NSW STATE '82
MAUREEN GREENWALD	PPF	3.40.49 MELBOURNE	10/85
JEFF BURGESS	PP	3.42.15 AUSTRALIAN	06/84
OWEN DENMEADE	VV	3.42.51 AUSTRALIAN	06/84 3.36.00 SYDNEY '83
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 TIIMUS	VV	3.47.09 AUSTRALIAN	06/83

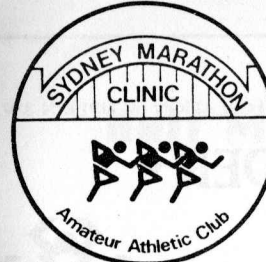
NAME

CAT <-----BEST AS A STRIDER-----> <--BEST PRIOR TO JOINING-->

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	
DAWN WOODWARD	PPF	3.55.00	TRARALGON	06/86	
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	
QUEENIE TOPLEY	PPF	4.09.10	MELBOURNE	10/84	
ROBI RUSSELL	PPF	4.10.09	AUSTRALIAN	06/86	
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	
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	VP	2.43.44	CANBERRA '83
MICHAEL TIUTINNIK	OO	2.44.20	NSW STATE '84
ALLEN HISSEY	PP	2.48.44	CANBERRA '81
JONATHON MARSDEN	OO	2.55.16	AUSTRALIAN '83
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 CHAPPLE	VV	3.10.00	AUSTRALIAN '86
DAVID SUMNER	VV	3.11.16	GOLD COAST '83
TINA CAMPBELL	PP	3.15.20	AUSTRALIAN '84
ASHLEY JACKSON	OO	3.19.52	HARBORD DIGGERS '83
MURRAY BOYTE	PP	3.28.10	AUSTRALIAN '84
JAMES CAMPBELL	SS	3.40.00	SOLO '84
ALAN ROSS	PP	3.40.00	GILLAWARNA '81
ALEX WARNER	PPF	3.43.00	MELBOURNE '82
DAVID ADAMS	VV	3.52.47	HONOLULU '84
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
PHYLLIS SOMMERVILLE	PPF	4.32.54	MELBOURNE '85
ROGER HENDERSON	VV	4.33.44	AUSTRALIAN '84
IAN CROSS	PO	4.35.05	NSW STATE '82

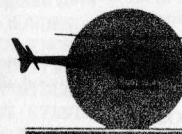


SYDNEY MARATHON CLINIC

P.O. BOX 523, FAIRFIELD 2165

Please amend your records for our club's address to "The Secretary" at the above address.

Graham Drever
SECRETARY



THE SYDNEY BRANCH S.L.S.A. HELICOPTER RESCUE SERVICE presents our 1986 FUN RUN

This year, as **TOOHEYS** is our major sponsor, the run will now be called the **1986 TOOHEYS HARBOUR TO MANLY**.

The distance of 14 kilometres and route — Milsons Point to Manly Beach — is the same as in the previous 5 years.



Thank you for your support — it keeps our service in the air for you — the public of Sydney.

— Reuter

Jogger, 98, commits suicide

TAIPEI, Sunday: A 98-year-old man jumped to his death from his third-storey flat in Hualien after a family quarrel with his grandchildren last night, police said. Police said Mr Chiang Teng-Mao, who jogged between five and 10 kilometres daily and took part in several marathon races between Taiwanese and Japanese runners in recent years, was the oldest recorded suicide in Taiwan. — Reuter

♦ THE FITNESS READER ♦

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'BURN-OUT' AND HOW TO RECOGNISE WHEN YOU'VE DONE TOO MUCH.

There are undoubtedly problems associated with too little exercise. But there are also problems associated with too much — chronic injury, fatigue, lack of motivation.

'Burn-out' is a hurdle to be faced not only by the chronic exerciser, but by the mentor of the chronic exerciser — the Fitness Leader. Typically ascribed to the businessman, burn-out has been defined as

... "an adverse workstress reaction which is a factor in low worker morale, high absenteeism and job turnover rates, physical illness and distress, increased alcohol and drug abuse, marital and family conflict, and various psychological problems."

Burn-out comes from doing too much for too long. Psychologists define it as a form of chronic stress associated with declining physical and psychological health.

The key, it seems, may lie in anticipating the symptoms and taking preventive action before it's too late.

Burn-Out Symptoms

The early stages of burn-out are sometimes referred to as 'brown-out'. Symptoms of both can be summarised under the acronym:

DISINTEREST

D: *Decreased Sense of Humour:* A loss of ability to laugh at situations that would once have seemed funny.

I: *Increased Physical Problems:* such as fatigue, upset stomach, increased number and duration of minor infections, increased muscle tension etc.

S: *Social Withdrawal:* seen as a decrease of interest in social contact with peers, co-workers and friends.

I: *Increased Workload:* Generally self inflicted with 'no time' for holidays because of a feeling of indispensability to the organisation and reluctance to say "no" to additional work loads.

N: *Not Accomplishing:* decreased work performance, increased absenteeism, decreased efficiency and productivity in relation to previously established standards.

T: *Tension Increases:* resulting in losses in patience, a tendency to react sharply to other people and a break down in the normal social graces.

E: *Emotional Exhaustion:* which may be reflected in unexplained headaches, tiredness and a feeling of being 'run-down', frustrated and helpless.

R: *Reduced Ability to Sleep Properly:* either because of disruptions in sleep or a continual feeling of tiredness and the need for more sleep.

E: *Ease to Take Offense:* which is seen in a quick temper, easiness to anger, sullenness and sulkiness at any form of criticism.

S: *Shipping Meal and Rest Breaks:* such as morning and afternoon tea, lunch and breakfast because of the feeling of 'having too much to do' — even though this may no longer seem appealing.

T: *Tranquilising Drug Use:* including the increased use of either alcohol, sedatives or other mood altering drugs.

Coping with Burn-Out

The key to managing burn-out appears to be prevention in the 'brown-out' stage. Here are some accepted ways of coping:

1. *Recognise the Problem:* and re-evaluate the importance of the things you are doing. Ask yourself the question "Is it really worth it, or I would I rather be doing something else?"

2. *Take a Break:* Force yourself to take a holiday, long weekend or breather where you can completely 'escape' from what you have been doing. This may even mean some time away from exercise.

3. *Reduce the Work Schedule:* by making sure you never miss lunch or extend the working day longer than is necessary. Think about the worst possible thing that could happen if you don't do everything you think you have to. Then forget it.

4. *Change Your Leisure Time Activities:* so they are totally divorced from work. For example, read a novel rather than a fitness journal; go to a movie rather than the gym etc.

5. *Do Something Silly Everyday:* such as ice skate, learn to juggle, play practical jokes.

6. *Start Your Own Health Care Program:* by making sure you get regular exercise, eat good food, get plenty of rest and don't drink or take prescription drugs excessively.

If all else fails, change your job. Fitness like other industries can be fascinating and rewarding. But it can always be a lifestyle — even if not a living.

Half Marathon Ladder

We include below an all-time half marathon ladder for financial members of the Sydney Striders. Where appropriate, the ladder shows personal bests which took place before joining the Striders. In general, the Striders have not concentrated as much on half marathon times as on full marathon times, and the records are not as complete. Please contact the Blister Editor (Graham Butler) or the Database Operator (Noel Barton) if you notice any omissions or errors. The ladder does not include the 1986 Bathurst Half Marathon.

NAME	TIME	PLACE	YR/MNTH
DEREK LIEBENBERG	1.05.34	P.ELIZABETH RSA	8300
WIN AHLMANN	1.08.25	WEST GERMANY	8503
PHIL GARVIN	1.10.10	CANBERRA	8605
KEITH CANARD	1.10.43	GILLAWARNA	8308
BERNARD CORDEN	1.11.07	AUDLEY	8505
MICHAEL TIUTINNIK	1.12.50	MINEHEAD, U.K.	8500
JOHN FAZIO	1.12.55	CITY OF SYDNEY	8605
IAN BOWDEN	1.13.31	RANDWICK	8300
VINCE ENGEL	1.13.33	CITY OF SYDNEY	8501
DAVID WINCH	1.13.54	LANE COVE PARK	8603
EVAN MILLAR	1.14.12	LANE COVE PARK	8603
WAYNE STANTON	1.14.32	COORANBONG	8405
BILL FLANAGAN	1.14.40	SUTHERLAND	8104
NORM WILKINS	1.15.15	COORANBONG	8308
BRUCE INGLIS	1.15.50	SUTHERLAND	8405
COLIN CHAMBERLAIN	1.16.43	SUTHERLAND	8405
KEN WYLIE	1.16.50	LANE COVE PARK	8503
RON FEENEY	1.17.24	WATFORD, U.K.	8502
ROD MCLEAN	1.17.27	COORANBONG	8405
ALEX WHITWORTH	1.17.45	CITY OF SYDNEY	8505
SCOTT LAWRENCE	1.17.49	CAIRNS	8505
RAY DORAN	1.17.52	CITY OF SYDNEY	8605
DENNIS COOLEY	1.17.57	GILLAWARNA	8209
ALLEN HISSEY	1.18.00	RANDWICK	8107
DAVID MCCORMACK	1.18.01	MACLEAY	8505
DAVID COX	1.18.05	GILLAWARNA	8608
RON CORDEN	1.18.05	IRON COVE	8502
TERRY MCIVER	1.18.07	CITY OF SYDNEY	8605
CHARLES COVILLE	1.18.43	RANDWICK	8207
STEPHEN NICOLL	1.18.49	LANE COVE PARK	8503
DON PRICE	1.18.52	AUDLEY	8505

NAME	TIME	PLACE	YR/MNTH
PETER MARKHAM	1.19.09	GILLAWARNA	8508
CEDRIC SIDEBOTTOM	1.19.24	CITY OF SYDNEY	8501
GEOFF COX	1.19.29	GILLAWARNA	8408
BERNARD COOLEY	1.19.38	CITY OF SYDNEY	8605
PAUL RUSSELL	1.19.38	LANE COVE PARK	8503
JOHN EVENNETT	1.19.42	IRON COVE	8303
CHRISTOPHER DWYER	1.19.50	GILLAWARNA	8508
MICK EDWARDS	1.19.52	GILLAWARNA	8308
BERNIE KING	1.19.53	IRON COVE	8502
MATHEW KALEY	1.20.36	GILLAWARNA	8608
BRIAN COLWELL	1.20.48	GILLAWARNA	8308
ALISTAIR MACKIE	1.21.11	IRON COVE	8602
JOHN HODGES	1.21.47	CITY OF SYDNEY	8605
DAVID ROBINSON	1.21.54	LANE COVE PARK	8503
MICHAEL MINEHAN	1.21.54	CITY OF SYDNEY	8501
JOHN MCLENNAN	1.22.00	CITY OF SYDNEY	8605
MIKE FOSTER	1.22.07	GILLAWARNA	8508
PETER COBLEY	1.22.13	CITY OF SYDNEY	8605
NOEL BARTON	1.22.26	IRON COVE	8502
BRIAN GATFIELD	1.22.30	CITY OF SYDNEY	8501
RON BURKE	1.22.38	IRON COVE	8602
DAVID CHAPPLE	1.22.44	LANE COVE	8603
TONY VIPOND	1.22.46	STRIDERS' OPEN	8403
STEVE CORNELIUS	1.22.58	MARATHON CLINIC	8410
GRAHAM BURKE	1.23.02	IRON COVE	8602
PETER DONNELLEY	1.23.17	LANE COVE PARK	8403
HARVEY BLUE	1.23.20	CITY OF SYDNEY	8605
MIKE WARD	1.23.20	CHRISTCHURCH	8606
ASHLEY JACKSON	1.23.36	IRON COVE	8602
LAURIE KING	1.23.42	LANE COVE PARK	8403
IVAN FREYS	1.23.44	LANE COVE PARK	8603
GRAHAM BUTLER	1.23.59	CITY OF SYDNEY	8605
NOBBY YOUNG	1.24.18	MARATHON CLINIC	8310
HUGH SPENCER	1.24.20	CITY OF SYDNEY	8505
PETER FOULSHAM	1.24.23	IRON COVE	8502
COLIN O'BRIEN	1.24.30	CITY OF SYDNEY	8501
ROBERT WATERREUS	1.24.31	ROTTERDAM	8200
GAVIN MORISSET	1.25.08	CITY OF SYDNEY	8605
MARK HANLON	1.25.16	COORANBONG	8405
ALEX HAMILL	1.25.30	GILLAWARNA	8308
GRAHAM FIRKIN	1.25.37	GILLAWARNA	8508
JANICE MORTON-EVANS	1.25.53	GILLAWARNA	8608
KAR WONG	1.26.09	MARATHON CLINIC	8410
TERRY MCMAHON	1.26.22	LANE COVE PARK	8603
JOHN PATCHETT	1.26.26	MARATHON CLINIC	8410
JOHN TURNER	1.26.43	IRON COVE	8502
DAVE BLACKHALL	1.27.00	IRON COVE	8302
ROY HOWARD	1.27.00	THAILAND	8100
DICK BARTLETT	1.27.00	NUNAWADING	8309
MIKE ELDER	1.27.10	IRON COVE	8602
GERRY GREENLAND	1.27.18	GILLAWARNA	8308
BRENT WATERS	1.27.25	SRI CHINMOY	8110
ROBERT MCCARTHY	1.27.45	STRIDERS' OPEN	8503
SCOTT CRAWFORD	1.27.48	CITY OF SYDNEY	8505
DAN GRAY	1.27.52	GILLAWARNA	8608
BRUCE MURRAY	1.27.54	GILLAWARNA	8508
BRIAN TAILFORD	1.27.57	GILLAWARNA	8508
TREVOR ROBERTS	1.28.11	LANE COVE PARK	8503
STEVE KNIGHT	1.28.25	GILLAWARNA	8608
JEFF BURGESS	1.28.30	AUDLEY	8505
JOHN HILL	1.28.33	IRON COVE	8502

NAME	TIME	PLACE	YR/MNTH
DEREK WHITE	1.28.34	MARATHON CLINIC	8412
ADAM THOMSON	1.28.45	RANDWICK	8304
BRYCE COURTENAY	1.28.53	IRON COVE	8502
RUSSELL BLACK	1.28.54	CITY OF SYDNEY	8605
BRIAN LYNCH	1.29.11	IRON COVE	8502
SUE HILL	1.29.25	CITY OF SYDNEY	8501
PHILIP MORGAN	1.29.30	LANE COVE PARK	8503
JACK WOODWARD	1.29.31	IRON COVE	8602
FRANK GALLAGHER	1.29.34	RANDWICK	8407
RAY REID	1.29.35	MOUNT PRITCHARD	8505
STEPHEN ROACH	1.29.41	IRON COVE	8502
BOB WHEATLEY	1.29.50	IRON COVE	8602
DANIEL GRAHAM	1.30.00	PHILIPPINES	8410
PETER MCGRAW	1.30.02	MARATHON CLINIC	8509
NICK REED	1.30.14	IRON COVE	8602
KEVIN O'KANE	1.30.15	AUDLEY	8505
BRENDA HAMILL	1.30.22	GILLAWARNA	8308
DOROTHY SIEPMANN	1.30.28	MARATHON CLINIC	8502
JOHN PLUMMER	1.31.00	RANDWICK	8200
WENDY DOWNES	1.31.07	GILLAWARNA	8608
MERRI MACK	1.31.11	CITY OF SYDNEY	8605
LOUISE FITZSIMMONS	1.31.20	CITY OF SYDNEY	8605
JONATHAN MARSDEN	1.31.26	STRIDERS' OPEN	8303
NOEL WORTHINGTON	1.31.43	GILLAWARNA	8608
ANTHONY FOAR	1.31.59	STRIDERS' OPEN	8403
ALAN ROSS	1.32.00	GILLAWARNA	8209
DAVID SUMNER	1.32.04	STRIDERS' OPEN	8503
DENNIS RIDER	1.32.11	GILLAWARNA	8308
RICHARD BAMANN	1.32.17	LANE COVE PARK	8503
HERB LUDINGTON	1.32.28	SUTHERLAND	7805
IAN MILLAR	1.32.34	IRON COVE	8402
DAVID DUNSTALL	1.32.46	IRON COVE	8602
JOHN WHEALY	1.32.59	LANE COVE PARK	8603
JOANNE TIBBITTS	1.33.04	LANE COVE PARK	8603
NEVILLE MILLS	1.33.10	STRIDERS' OPEN	8403
GRAHAME DEACON	1.33.10	COORANBONG	8405
TINA CAMPBELL	1.33.12	STRIDERS' OPEN	8403
IRWIN LIGHT	1.33.30	CITY OF SYDNEY	8605
KEITH BARNETT	1.33.53	LANE COVE PARK	8503
DAVID ADAMS	1.34.00	AUCKLAND	8311
HARRY TURNER	1.34.11	IRON COVE	8502
STAN FLECK	1.34.15	SUTHERLAND	8405
BOB MANN	1.34.29	LANE COVE PARK	8503
BILL WHITE	1.34.34	LANE COVE PARK	8503
WILLIAM THOMPSON	1.34.51	GILLAWARNA	8608
KEITH JACKSON	1.34.52	CITY OF SYDNEY	8605
GREG PROWSE	1.35.00	SUTHERLAND	8405
MICHAEL TOPLEY	1.35.06	STRIDERS' OPEN	8403
ROD ANDERSEN	1.35.38	LANE COVE PARK	8503
JOSEPH LOEWY	1.35.59	IRON COVE	8502
OWEN DENMEADE	1.36.00	VENUE UNKNOWN	?
DALE THOMPSON	1.36.27	AUDLEY	8505
BARRY JONES	1.36.42	SUTHERLAND	8205
GREG JERRETT	1.36.49	IRON COVE	8602
ROSS WALL	1.36.49	AUDLEY	8505
MURRAY BOYTE	1.37.00	COOGEE	83
ROSS BETTS	1.37.23	LANE COVE PARK	8603
MALCOLM MCDONALD	1.37.27	AUDLEY	8505
RODNEY PHILLIPS	1.37.50	CITY OF SYDNEY	8505
TREVOR DRYSDALE	1.38.04	LANE COVE PARK	8503
IAN WHITFIELD	1.38.19	AUDLEY	8505

NAME	TIME	PLACE	YR/MNTH
BENNY HAGBERG	1.38.32	SOUTH MELBOURNE	8500
PETER LANGTON	1.38.59	CITY OF SYDNEY	8605
STEPHEN WINNER	1.39.15	R/LIFE MELB'RNE	8508
ERNEST TRELOAR	1.39.42	IRON COVE	8602
KERRY BRAY	1.40.27	SUTHERLAND	8304
LAWRIE TURNER	1.40.50	CITY OF SYDNEY	8605
PHILIP CALDWELL	1.40.56	COORANBONG	8405
BILL MCCARTHY	1.40.58	MARATHON CLINIC	8500
SHARON LANE	1.40.59	CITY OF SYDNEY	8605
EDWINA GARVIN	1.41.01	STRIDERS' OPEN	8503
ANTHONY SMUTS	1.41.22	STRIDERS' OPEN	8403
RICHARD MACK	1.41.40	SUTHERLAND	8100
BILL WACHER	1.41.50	LANE COVE PARK	8503
OLEG SZLICHTA	1.42.00	STRIDERS' OPEN	8403
WAYNE MCCARTHY	1.42.23	CITY OF SYDNEY	8605
PETER KEEBLE	1.42.27	IRON COVE	8602
DAWN WOODWARD	1.42.50	CITY OF SYDNEY	8605
KAREN TUCK	1.43.03	BATHURST	8507
JAMES CAMPBELL	1.43.16	IRON COVE	8602
PATTI BURKE	1.44.00	HAWKESBURY VAL.	8400
DERRICK TITMUS	1.44.35	CITY OF SYDNEY	8501
CECILY WILLIAMS	1.45.00	AUDLEY	8605
BETH REID	1.45.01	CITY OF SYDNEY	8605
MAUREEN GREENWALD	1.45.55	CITY OF SYDNEY	8501
PAUL FOSTER	1.45.58	LANE COVE PARK	8603
ISABEL ENGEL	1.46.58	CITY OF SYDNEY	8501
CAROL LUDINGTON	1.47.06	MARATHON CLINIC	8307
KEITH WEARNE	1.47.07	CITY OF SYDNEY	8605
QUEENIE TOPLEY	1.47.23	GILLAWARNA	8408
JIM DONOVAN	1.48.20	IRON COVE	8303
MAVIS GARRICK	1.48.23	IRON COVE	8502
ROY SIMKINS	1.48.29	STRIDERS' OPEN	8603
DOROTHY FLANAGAN	1.48.46	IRON COVE	8502
LESLEY LEAR	1.50.10	AUDLEY	8505
VIC COLLINS	1.50.20	IRON COVE	8502
DENISE MCCARTHY	1.50.43	GILLAWARNA	8508
FRANK ASSENZA	1.50.46	RANDWICK	8207
IAN CROSS	1.51.10	LANE COVE PARK	8302
GEOFF PEARL	1.52.10	LANE COVE PARK	8503
ADRIAN KOL	1.54.00	STRIDERS' OPEN	8403
JOHN ROSS	1.54.20	STRIDERS' OPEN	8403
JENNY MCCOY	1.54.29	STRIDERS' OPEN	8303
TRICIA MILLAR	1.54.43	IRON COVE	8602
ROBI RUSSELL	1.55.31	LANE COVE PARK	8503
SUE THOMSON	1.56.28	COORANBONG	8405
CHRIS MATHEWS	1.58.10	CITY OF SYDNEY	8605
PHYLLIS SOMMERVILLE	1.58.23	GILLAWARNA	8508
JOHN BOYCE	2.00.11	STRIDERS' OPEN	8503
ROBYN MURPHY	2.03.38	COORANBONG	8405
TOM SMITH	2.06.12	LANE COVE PARK	8403
SALLY CORNELIUS	2.08.26	BATHURST	8507
DEBBIE LIEBENBERG	2.12.33	IRON COVE	8502
LEENA BAMANN	2.15.40	IRON COVE	8502
ALLAN GORE	2.47.11	STRIDERS' OPEN	8503

Miscellaneous Race Results

Legs of steel

See them go the marathon men

Gliding past on legs of steel

Lungs on fire, heads held high

On they go for miles and miles

See their arms rock back and forth

Their faces, lean, determined, pained and proud

Eyes rock steady, gazing on another world

Skin glistening moist

See the purpose, see the drive

See them lean at speed around the corner

See the grace in their measured turns

Flash flash flash their feet slap past

And as they go you stand in awe

And realise then that it was Gods you saw.

Tony Healy



1 9 8 6

\$7,000 Computer Technology Participation Awards.
1st Male (Australian Resident)—Trip to compete in 1987 Glasgow Marathon. Courtesy of QANTAS.
1st Female (Australian Resident)—Trip to compete in Osaka Ladies Marathon. Courtesy of QANTAS.
Numerous random prizes, individual and team awards.

Entries Close
September 15, 1986.
Entry forms available from any RESI-State-

wide Building Society office displaying the marathon poster, all Budget offices or Budget Melbourne Marathon, Vicsport Centre, Olympic Park, Swan Street, Melbourne, Vic. 3002.

Special Ansett and adidas Early Entry prizes. Direct television coverage courtesy HSV7.

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

The adidas—Robert de Castella training notes.

Available free with your entry form. A comprehensive training programme for first time and advanced runners.

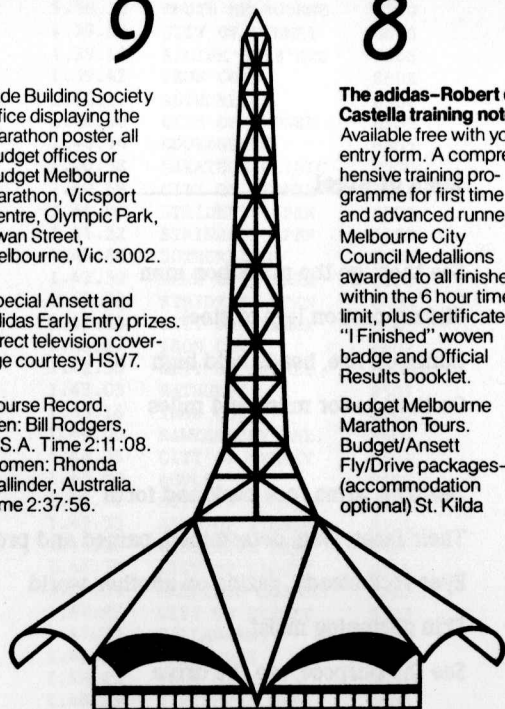
Melbourne City Council Medallions awarded to all finishers within the 6 hour time limit, plus Certificate, "I Finished" woven badge and Official Results booklet.

Budget Melbourne Marathon Tours.
Budget/Ansett Fly/Drive packages—(accommodation optional) St. Kilda

Road Travelodge. Brochures available from Ansett/Budget offices, OR Telephone (03) 267 7600 or (008) 33 8802 Toll Free.

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Australia's largest Marathon Over the Olympic Distance of 42.195kms.
Frankston to Melbourne October 12, 1986. Starts 8 a.m.

Bob Ansett proudly announces Budget's 'Fitness, Fun Runs and Marathons', the most comprehensive guide to running fun runs and marathons.

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No. expiry date

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I understand this includes postage and handling.
I understand that if I'm not entirely satisfied I can return the product for a full refund.

NAME

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POSTCODE

SIGNATURE

Miscellaneous Race Results.

CITY TO SURF 14KM 10 AUGUST 1986

1 Andrew Lloyd 41.37 1F Nancy Ditz 47.41

STRIDERS

Phil Garvin	44.34	Alex Hamill	56.22
Vince Engel	46.42	John Evenett	57.54
Ian Bowden	47.28	Brian Colwell	58.20
Derek Liebenberg	47.31	Geoff Cox	59.18
David Winch	48.24	Jeff Burgess	59.23
Tony Healy	48.51	Bruce Murray	59.23
Ray Doran	49.01	Louise Fitzsimmons	59.44
Dave McCormack	50.05	Wendy Downes	60.02
Wayne Stanton	50.11	Derek White	60.17
Ken Wylie	50.14	Bryce Courtenay	60.29
Mathew Kaley	50.18	Merri Mack	60.50
Ivan Freys	50.31	Ernie Treloar	61.03
Colin Chamberlain	51.18	Rod Garrick	61.47
Bruce Inglis	51.28	Greg Jerrett	64.28
Alex Whitworth	51.36	Dale Thompson	65.48
John Hodges	51.52	Karen Tuck	66.55
Terry McIver	52.09	Bill White	68.28
Tony Vipond	52.17	Trevor Drysdale	68.29
Harvey Blue	52.26	Brenda Hamill	68.57
Alistair Mackie	52.35	Barry Jones	72.12
Alan Farrell	53.06	Jim Campbell	72.14
Bernie King	53.18	Ross Betts	73.48
Bill Flanagan	53.31	Mavis Garrick	74.05
Mike McQuirk	54.18	Edwina Garvin	89.00
Paul Galvin	55.19		
Michael Minehan	56.18		

NORTH NARRABEEN TO MANLY 13km

1 Tim Pugh 41.52 1F Jenny Walker 52.43

STRIDERS

Ken Wylie	49.17	Brenda Hamill	1.06.40
Wendy Downes	59.31	Jan Gatenby	1.06.55

CHRISTCHURCH HALF MARATHON 2 JULY 1986

Mike Ward 1.23.20

TRARALGON MARATHON 8 JUNE 1986

Bruce Inglis	2.48
Dawn Woodward	3.55 (marathon debut)



ANZAC DAY MARATHON 25 APRIL 1986

1 Steve Montague 2.23.38 1F Fiona Whelan 2.53.50

STRIDERS

76 Don Price	2.53.09	202 Brent Waters	3.13.37
121 Nobby Young	2.59.30	203 Graham Firkin	3.14.47
123 Paul Russell	2.59.48	243 Jack Woodward	3.20.32
125 David Robinson	2.59.57	254 Irwin Light	3.21.47
126 Bob Wheatley	2.59.58	290 John Hill	3.26.04
127 Peter Cobley	3.00.00	304 Dale Thompson	3.27.43
128 Rod McLean	3.00.04	315 Keith Jackson	3.29.34
129 Ken Wylie	3.00.04	426 Steve Knight	3.47.03
162 Bernard Cooley	3.07.18		

ROYAL LIFE HALF MARATHON (CANBERRA) 18 MAY 1986

1 Steve Austin 1.04.08 1F Tani Ruckle 1.15.51

STRIDERS

8 Phil Garvin	1.10.10	93 Bill Flanagan	1.23.05
46 Dave McCormack	1.18.28	100 Peter Cobley	1.23.26
62 Bernie King	1.20.28	206 Steve Knight	1.32.44
77 Mathew Kaley	1.21.44	399 Herb Ludington	1.56.38

444 finishers

GREAT NOSH FOOTRACE 15km (LINDFIELD-SEAFORTH) 29 JUNE 1986

1 Vince Engel 58.19 1F Bronwyn Bickford 1.10.30

STRIDERS

1 Vince Engel	58.19	148 Terry McMahon	1.19.57
16 Dave McCormack	1.05.16	154 Wendy Downes	1.20.11 7F
38 Mike Ward	1.08.34	160 Tina Campbell	1.20.59 8F
81 Jonathon Marsden	1.12.59	208 Nigel Kingsmill	1.24.45
90 Scott Crawford	1.13.57	278 Peter Langton	1.31.46
138 John Hodges	1.18.44		

339 finishers (including 37 females)

NSW ROAD CHAMPIONSHIPS (PIER ONE) 15km 29 JUNE 1986

1 L Whitty	St G	44.33	1F T Ruckle	51.42
2 S Poulton	Suth	45.27	2F A Ricardo	54.16
3 J Harrison	UNSW	45.36	3F S Dalton	54.44

STRIDERS

D Liebenberg	R-B	48.52	L Fitzsimmons	KRG	60.43
S Lawrence	R-B	49.29	M Mack	KRG	62.14
T McIver	SStr	54.51			
M Edwards	R-B	57.31			

PALM BEACH TO MANLY GIANT JOG 30km 22 JULY 1986

1 Peter Wheatley 1.43.34 1F Kim Johnson 2.03.02

STRIDERS

David Winch	1.52.05	Bill White	2.28.55
Ray Doran	1.52.19	Geoff Pearl	2.30.00
Mathew Kaley	1.57.39	Karen Tuck	2.32.52
Brian Colwell	1.58.46	Bill Flanagan	2.36.05
Paul Galvin	2.04.38	Graham Firkin	2.41.37
Peter Markham	2.06.10	Brian Tailford	2.41.37
Stephen Knight	2.17.22	Dan Gray	2.41.37
Mike Topley	2.17.47	Graham Butler	2.41.37
Dave Blackhall	2.20.21	Brian Lynch	2.41.37
Alex Hamill	2.24.12	Trevor Drysdale	2.46.07
Bryce Courtenay	2.24.14	Christine Matthews	2.46.31
Ernst Treloar	2.26.46	Rod Anderson	2.49.02

CAMPBELLTOWN MARATHON 20 JULY 1986

Dick Bartlett	3.10.27
Bruce Murray	3.18.18

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PHYSIOLOGY FACTS

A "STITCH" AND WHAT TO DO ABOUT IT.

Most people are aware of the term "stitch", referring to a pain in the side during exercise. Few would know what it is. Or how to deal with it.

It may come as a surprise to know that even the experts are confused about the cause. Some say it's related to incomplete digestion. Others put it down to incorrect breathing technique.

The most widely accepted theory however, is that a stitch is either a "cramp" or ischaemia (reduced blood flow) of the respiratory musculature, particularly the large "bellows-like" diaphragm muscle which aids in expansion and contraction of the lungs, and/or the smaller muscles between the ribs.

Stitch and Blood Flow

During rest, blood flows primarily to the organs of the body. Exercise has the dramatic effect of diverting this flow towards the muscles.

In many cases however, particularly in an "unfit" per-

son, blood flow is insufficient to meet increased energy demands and the symptoms of a stitch can be the outcome.

The new exerciser is particularly prone because breathing is shallow and uncontrolled, meaning that even less oxygen is able to be supplied to the respiratory muscles.

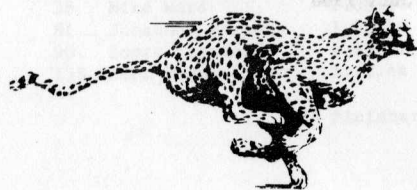
Severe contraction of an untrained muscle can also reduce the ability of that muscle's nervous connections to relax the muscle through an "inverse stretch reflex" and hence cramping of the muscle may occur. This has been proposed as another possible mechanism explaining stitch.

Dealing with Stitch

Irrespective of cause, it appears that stitch is most common in untrained individuals. Training then will generally decrease incidence over the long term. If pain continues to occur with improved aerobic conditioning, medical advice may need to be sought because this could indicate liver or gall-bladder problems or stomach or muscle wall tears.

Immediate methods of dealing with stitch include:

1. Bending forward and digging fingers into the affected area just below the ribs. This can help stretch the diaphragm muscle and relieve cramping.
2. Blowing out hard and quickly to empty air from the lungs. Again, this can have the effect of stretching the diaphragm and allowing greater inflow of blood.
3. Stretching the arm of the affected side of the body over the head.
4. Stopping exercise. Although stitch will probably only ultimately be prevented by conditioning of the respiratory musculature, this can be done gradually without incurring pain.



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