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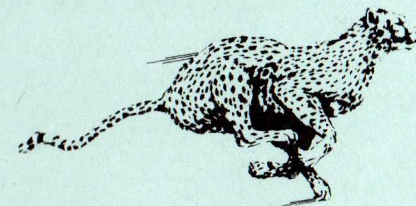
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REGISTERED BY AUSTRALIA POST
PUBLICATION NBQ 5422



OCT/DEC 1986

EDITION #29



Sydney Striders

Marathon and Road Runners Club

THE BLISTER

Club Magazine of

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

Issue No. 29

Oct/Dec 1986

Circulation : 238

EDITOR: GRAHAM BUTLER

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Bruce Murray, Terry McIver

Next Issue :

#30 Jan/Mar 1987

Deadline Date :

February 8, 1987.

CONTRIBUTIONS are welcome from all members (preferably typed).

TYPED ARTICLES REQUIREMENTS: Single spacing, small black type,
A4 paper, minimum margin 1.5cm all sides.

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

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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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PRESIDENT'S REPORT

-Nobby Young

I'm about to do a "Claytons" - give a report when there isn't anything to report. To follow the old adage that no news is good news, then everything must be okay.

I am very grateful to have a committee with a good blend of new faces and old hands, a team that works very well together. Even the "oldest", Steve Cornelius, has saved my bacon a few times when I have had oversights. This point I hate to admit, but it is true. New office holders this year have turned up trumps and I hope will be involved in the club for some time to come.

Unfortunately we have lost Brian Tailford from the position of Social Director as he and his wife have started a business and they no longer have the time to give to the post. I'm sure we all wish them well in their new endeavour and thank them for the great job they have done in the past. They are to blame for my over-eating and over-drinking, as they taught me how to do it! If we have a club member who would be interested in taking over the position of Social Director, or helping with the few remaining events before the next General Election, please contact myself or any other committee member as soon as possible. Basic requirement is an interest in the basic things of life - food, drink and runners!!

Nobby Young



NEW MEMBERS

We welcome the following members to our Club, and wish them injury free and enjoyable running.

As at November 11, 1986 we have 238 Members.

David Adams
Rod Anderson
Michael Blackwell
Murray Boyte
Tina Campbell
David Chapple
Dave Cockcroft
Walter DeCorie
Wendy Downes
Michael Elder
Alf Field
Frank Gallagher
Paul Galvin
Jan Gatenby
Allan Hawkins
Roger Henderson
Sharon Lane
Jonathon Marsden

Peter McIntosh
Georgie Moor
Allan Parker
John Pettett
Alan Phillips
Roy Simkins
Phyllis Sumerville
David Sumner
Ewen Thompson
John Timbs
Ernest Treloar
Lawrie Turner
Alex Warner
Robert Wheatley
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Stephen Winner

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FURPHY AWARDS 1986

-Steve Cornelius.

by Steve Cornelius

At Xmas and New Year it seems that every newspaper or magazine you open is listing its awards for the previous year. "The Blister" is no exception. Here are the Sydney Striders Furphy Awards for 1986, in alphabetical order:

A is for Absent-Minded Professor of the Year: to Graham Butler, so engrossed in organising a Half-Marathon Handicap that he missed his own starting group.

B is for Brass Monkey Award: to Messrs Tailford, Firkin, Gray, Lynch and Butler, who ran the Curl Curl 50k in July while Cornelius was safely abed.

C is for Cult Figure of the Year: to Kar Wong, who retains the trophy outright for 3 consecutive wins.

D is for Darth Vader Look-alike Competition Winner: to Graham Firkin, he of the black tights and evil look at the Hensley 24-hour race.

E is for the "Eminence Grise" Award: to Charles Coville (where HAS Charlie gone, by the way?).

F is for the Fakawi Trophy: to Paul Russell for his trick maps at the 10k time-trial.

G is for the Grin of the Year: to Alex Hamill for his long-lasting Cheshire Cat act while "boring it up" his old fiends (sic) after the Bathurst Marathon.

H is for the "Hamill Out-Hamilled" Award: to Brian Lynch for his epic, and totally lunatic, cycle-ride across the Nullabor in mid-summer.

I is for the Innocent Bystander Award: to poor old Kevin O'Kane, who fronted up to watch the Sydney-Wollongong Relay and finished up putting his boots on!

J is for the "Just a Little Snooze" Trophy: to Grahame Deacon, for his 5-hour absence from the track in the Hensley 24-hour race.

K is for the "Kitten Liquid Wax" Award ("Some things in this world just go on, and on, and on, and"): to Dorothy Flanagan, for remarkable fortitude in her protracted negotiations with a gov't department over our incorporation.

FRIDAY WITH NORTH'S RUGBY

RUNNERS -Owen Denmeade

L is for the Least Appropriate Run of 1986: to Mathew Kaley for his 72-second lap of the 400-metre oval during a 24-hour track ultramarathon.

M is for the Meat-axe Trophy: to Kar Wong for doing 3 ultramarathons in the space of 22 days.

N is for the "Nothing's Changed" Award: to Dave Blackhall, for having the oldest marathon P.B. on the Striders' ladder.

O is for the Ostrich Award: to the organisers of the 2Day-FM Triathlon, for refusing to learn anything at all in 12 whole months.

P is for Psych-Out of the Year, the most effective pre-race gamesmanship of 1986: to Graham Firkin, who rode his bike to the 24-hour track ultra.

Q is for the "Quart in a Pint Pot" Trophy: to Western Districts Joggers, for expecting 600 runners to filter into a 2-metre track within 30 metres.

R is for the Re-Cyclor of the Year: to Jim Donovan, for the 7th year running.

S is for the Silliest Race Result of 1986: at the Vets' 5000-metre time-trial in November: Steve Cornelius 19.48, Mathew Kaley DNF, Bill Flanagan DNF.

T is for Tortoise of the Year: to Steve Cornelius, last Strider to finish in this year's Sydney-Wollongong, who was still running down Mount Ousley as the race winner's plane was touching down at Auckland Airport.

U is for Unluckiest Loser of 1986: to Phil Garvin, whose ludicrous garb at the fancy-dress run the day after the Bathurst Marathon would normally have scooped every prize. Pity he had to compete with Terry McIver.

V is for the Very Short Race Trophy: to Bill Flanagan, winner of the 5-yard Dash to the bar at Selina's.

W is for the Wobbly Award: to all runners who ever completed the long course on Dicky Bamann's STAR run.

X is for the eXtremist of the Year: to Nick Reed, who decided to auction Louise Fitzsimmons to raise the cash to buy his bike.

Y is for Young Nobby: this isn't actually an award, but if I didn't put him in at this point the poor little sod wouldn't get a mention.

And Z is for the "Zonked" Award: to Dan Gray after 456 laps of a 400-metre track.

Happy New Year, Striders!

Friday 12.06... Peter Foulsham is first to arrive and changes quickly, confident someone will notice his glitzy new Brooks shoes (won the previous weekend for his age category at an "out of town" Triathlon!) Alex is putting his tie on the hook without undoing the knot! Rumour is, that Brenda ties his tie each morning and if it came undone during the day he would have to go home! Alex of course has noticed Petes shoes but naturally does not comment. Predictably Pete blurts out the news and receives a Balmain bake about driving 200 km to an "obscure" Triathlon.

Pettett arrives minus Joe Loewy and immediately begins apologising to Owen Denmeade for the "gross rat act" he pulled off on the previous Sundays STAR. Denmeade, emptying his P & O bag to find a top that exactly matches his shorts does not mind too much since he knows that Courtenay was really to blame, and anyway it will make a good story!

Michael Mooney comes in bright as ever with his gear in a plastic Food City bag, curiously out of wack with his Porsche and yuppie lifestyle!

McCarthy is meticulously inserting his state of the art contact lenses, having skilfully manouvered the Ferrari into the coveted corner parking spot where it is visible to all of the club and 1/2 of North Sydney! He reveals that Wearne is in a state of deep shock. Adrian Burton had diagnosed achilles damage, no running for months! Keith is talking bicycles! If Clarence St cycling cannot help him he can probably find a superseded-never-raced Vitus in Alex's bikeroom!

Ivan turns up dressed, would you believe, in apple green designer jeans like something out of Jacko's Oxford shops! Since Ivan the Terrible usually runs down from the electoral heart of North Sydney it is obvious it is an RDO or he has flexed off! Rod Jackson this very moment is powering the 911 down Alfred St in the wrong direction prior to 48 minutes of garbage bin leaping, wind sprints and walks!

Keeble appears from the "mud flats of Clemenger Direct in a \$60 silk Asser & Turnbull bow tie (hand tied of course!) and while changing arranges a 60 km pre dawn bike ride with Hamill for the following day! A loud lawn mower like clatter means the Council workers are doing the edges or Spencer has arrived! It turns out to be Spencer! The car park by now resembles John Newells North Sydney or the Toy Shop with Phil Morgan still to come! Spencer hustles in with a Qantas business class bag and immediately accuses Denmeade of having shoes that do not match his by now perfectly coordinated outfit (Nothing worse!)

Courtenay is here!!! muttering something about Loewy deciding at the last moment to stay in the agency to help a client! We all realise Joe suffers from a strong sense of responsibility and doing the right thing. Bryce does not have this affliction!

Down the steps with the usual mumblings Alex reminds Owen that the overhanging branches need cutting!

Foulsham who usually leads across the Park is hanging back to give Hamill every last detail of his triathlon category win. Shuffling along beside Big "A" now reveals that he was told all 3 legs were short and that the run was downhill!

Keeble, Denmeade and Mooney in a bold move have established a breakaway group to the rear where Pete is practicing his coming Caxton presentation. Owen tells him it does not matter what you say at Caxton as long as you wear something funny! Pete is not convinced! Geoff Lindley toots us in Kurraba Road which starts a whole new conversation!

On the Harbour pathway Ivan goes cross country and strikes the Jackpot!! he spots a young woman "topless" in the McCallum pool (general agreement she is another bloody public servant on her RDO!) At Cremorne we have a replay of last Fridays excitement, The Illustrious, The Missouri and the big crash!! last Friday was a memorable one!! No detail is spared! Courtenay charms old ladies all the way to Mosman.

From 60 metres back we can hear John Ayliffe giving Bryce part IV of his continuing achilles problems. Bryce identifies 4 varieties of small gum trees and recommends careful examination of Johns daily shit (there must be some connection!)

We encounter the usual group of insurance brokers and advertising people headed for long lunches at the Towers! Around the pole in 23 minutes (plus a few seconds). The run home is completely different ... everyone stops for water at the tap. The "street smarties" go low, disconnect the hose, and completely bugging the pressure at the bubbler, thank! Wayne does not stop but calls back "you won't catch me" (they all say that!) The "racers" are gone including John Pettett who is dead set the most improved in '86! Spencer too has "wobbled off." We all agree Hugh is getting serious, there is talk about 80 plus km weeks!!

We spend several K discussing Courtenays new house known to the Vaucluse locals as the "Hopetoun Rd Hilton." We agree he must have made a poultice when he sold the farm!

We wait at the top of Honda Hill for a few strugglers and pretend we could have gone on! Almost home when Mooney and Denmeade stop would you believe for mulberries! Once again Wayne does not stop (good fibre in mulberries Wayne!) Pick up speed on the slope and across the park! "Walk up steps" Bryce says! so we do! Back at the club we find the others melting in the doorway and summer

still to come.

Usual pandemonium in the change room ... waiting for favourite showers! for once no one has forgotten their towel. The scales are now weighing light. Alex is first dressed (his transition time helped by not having to tie his tie) and he is off. Rod Jackson next fastest has no socks and predicts no one will be wearing socks this summer, we all nod, but everyone knows that socks will not be discarded until Bryce says so!!!

Over Schooners of lemon squash with bitters (Now 10c extra!) Someone suggests we stay for the clubs special Melbourne Cup lunch after a run, plus our own \$5 sweep, a top idea!! we book a table for 20! Alex of course will be in New York with Wayne Garland for the N.Y. marathon and will miss the cup lunch .. (who knows, if he is in a car at the time he might phone us!) at the mention of Garland's name we all take turns saying something rotten about him, including 4 people who don't even know him. Such is fame!

The Porsches begin leaving the car park like the works team at "Le Mans." John, John and P.K. make the long climb up to the cabins of the 4W "offroaders" and away! One car remains ... Peter Foulsham takes his Ironman lunch in tupperware container from the boot of his car and carefully closes the boot! ANOTHER GREAT FRIDAY you wouldn't be dead for quids would ya mate!!

Owen Denmeade.

Club T-Shirts and Clothing.

Club T-Shirts are now available at cost \$7-00. These shirts are white with a V neck and have the Cheeter and Sydney Striders on the front in green. This is not a "special event" shirt but one that is truly a Sydney Striders all purpose T-shirt.

Also still available:-

250th STAR T-Shirts sizes 16, 18 and 20	\$7-00
Bathurst Trip T-Shirts Size 18 only	\$5-00
Sloppy Joe sweat tops sizes 14 to 20	\$18-00

ALL THE ABOVE ARE AVAILABLE FOR SALE AT EACH STAR

Orders taken for Running shorts (nylon or poly cotton)	\$12-00
and	
Running singlets	\$14-00

Please see Noel Worthington at the STARS or you may contact him at 67 Wesson Road, West Pennant Hills 2120. Telephone numbers - Work 226-3046 or Home 848-8880.

EDGELL BATHURST JOG

-Brian Colwell

THE EDGELL BATHURST JOG - 29TH SEPTEMBER 1986. - BRIAN COLWELL
(or how I sampled the Wild West hospitality of Geoff Cox and lived to tell the tale)

It was a few weeks prior to September 29, that I discovered the Edgell Bathurst jog was on that date. Aha, I thought, sounds like a good opportunity for a pleasant, relaxing weekend in the country. So I had a few words in the ear of my old Strider Mate Geoff Cox (who has been teaching there for sometime) and confirmed that he could find a spare bed for me for a couple of nights - and I was ready to head off for my "relaxing weekend" (little did I know!)

Perhaps I should explain something - Geoff, apart from being a pretty useful runner is one of these fairly keen triathlete types. Now maybe I should have had some inkling of what was to come when, having asked Geoff what he had planned for Saturday, he said "I thought we might go for a bike ride, then jog around the course for the race." It did cross my mind that perhaps this was all part of a clever ploy to slow me down for the race the next day, but my muttered protests about having "only ridden a bike about twice in the last 20 years" and "I don't own a bike and therefore I don't have one to ride" didn't faze him in the slightest and he just dusted off his spare bike and off we set. Now, he did mention that he hadn't ridden this bike for a couple of weeks, but I wasn't quite prepared for a two wheeled contraption on which everything falls off (including the rider!) Let me tell you, "Survival of the Fittest" has nothing on what was to follow. The first hill saw me standing on the pedals, heaving and straining and expending vast amounts of energy for very little forward motion - because the rear wheel had come out! Another hill saw the handlebars come loose (a little disconcerting with the force I happened to be exerting upon them at the time) and yet another hill saw the gears become automatic. That is, every time I changed to a lower cog, they automatically changed back up to a higher one. This, I may add, does tend to make getting up the hill just a little bit difficult (or, if you happen to be a non-triathlete like me, next to bloody impossible!)

This may sound like a fairly eventful ride but the thing that really made me decide I wasn't Ironman material was when we went pedalling across the raging torrents of a formerly flooded swollen river (well, would you believe "fording a small stream"?). Now this would probably have been a fairly simple manoeuvre but for the fact that one of the locals decided he was practising for the James Hardie 1000 and drove through at about 70 kph. I'm not sure if it was my chuckling at Geoff (who being closest to the water had been drenched from head to foot) or the process of trying to avoid one very frightened horse, but I suddenly found

myself riding in loose gravel, wheels sliding from underneath me and hitting the ground with an unceremonious thump. Ouch! And as if the indignity of this wasn't enough; mein host announces when we get back "I think we'd better gives the bikes a clean" And here was me looking forward to a long cold beer ...

The next item to help work up an appetite was a jog around the course - but then he does like running up hills! The main feature of this run is a 1 1/2 km hill half way round the 8 km (actually 7.6 km) course - certainly capable of sorting out the men from the boys as I was to find the next morning.

Well, having worked up a good appetite we decided that evening to sample the culinary delights of Bathurst - mind you, I got to sample mine a lot earlier than Geoff because they managed to mix up the orders. Also, just as I had my fork poised over a side dish of rather inviting looking vegetables, the waitress removed then - brought out a salad consisting of a lettuce leaf, slices of pineapple and orange and a piece of capsicum. When I pointed out that I would much rather have the vegetables she did replace them - albeit with the slightly puzzled comment that "we normally serve a side salad with that dish" I had to feel sorry for Geoff at this Stage - stoically munching on yet another slice of garlic bread as I enjoyed my veal. Still, after some twenty minutes, his order did finally arrive - accompanied by the same strange salad I had rejected. Anyway, on the plus side, my meal was delicious - and the restaurant also managed to make a mix up of the bill (in our favour - maybe as compensation?)

Sunday saw the dawning of a totally different day to the sunny and hot Saturday we had just experienced. Cool, breezy and overcast and virtually ideal running conditions. Caught sight of another fellow Strider, Bernie King at the start - and with him his daughter - almost as tall, almost as skinny, but definitely better looking! Captain Peter Jenssen (the wisecracking motoring whiz of Mount Panorama) fired the gun and set us on our way at 10.30 a.m. and I soon found myself trying to keep Bernie and Geoff in sight. I managed to keep Bernie in view for most of the distance but Geoff disappeared up the big hill like the proverbial Mountain goat and was soon lost to sight. At the finish, I found Bernie had beaten me home by about a minute with Geoff (congratulations mate) placing as second Bathurst resident a further minute in front and unlucky not to be first, considering that he had beaten last years local winners time by around a couple of minutes. Lucette King also proved that Bernie isn't the only speed merchant in the family by winning her age category.

So there you have the saga of a "Wild West Weekend" and joking aside, a very enjoyable one it was, with thanks to Geoff for providing some amusing (and bruising!) diversions along with the hospitality. - And at least if I didn't beat him in the race, I did manage to drink more of his beer than he did, plus clobber him at trivial pursuit - look out mate, I may ask for a return match maybe I can even come to grips with this cycling business!!

Geoff Cox 26.22
Bernie King 27.17
Brian Colwell 28.22

WILD WEST REPORT - Geoff Cox

Over the mountains lies the mid-west frontier town of Bathurst. Bathurst is normally a quiet place, but a few times a year things happen to change all that. Some of these things are: the James Hardie 1000, Bathurst bike races, Bathurst Marathon (when this strange breed from Sydney come to town, not only do they run ridiculous distances on Saturday, but they stay up half the night drinking and then at a totally uncivilized hour on Sunday morning, they run around Mt Panorama, obviously unaware that the road was actually meant for cars!), and the Bathurst Edgell Jog.

The Edgell Jog is termed 'the Big One'; that is because it is the largest fun run in country NSW. This year there were over 1500 starters. Being a local, I was of course expected and keen to enter. Brian Colwell also expressed an interest in coming up for 'the Big One'. And so it happened, on Friday September 27th, Brian arrived. However, I wasn't there. I had been in Sydney at an athletics carnival myself. I did, however, arrive soon after him and so the weekend began.

Saturday dawned nice and sunny (unusual for Bathurst). Wanting to take advantage of the good day, I suggested a bike ride. Brian seemed to think that this was a ploy to slow him down for tomorrow's race. I assured him that it had nothing to with it and told him that it would only be a short and easy ride. (Besides, I was quietly confident that my training system of long term tapering as opposed to Brian's mega-mileage would stand me in good stead in the 'Big One'.)

I was quite unprepared for the demolition job that was about to follow. In Brian's defence, he didn't make any claims to being a triathlete. In fact, he even rode - or attempted to ride - in his running shoes. His hot shot racing shoes might have been great on the road, but they wouldn't fit into the cycle's toe clips. Nevertheless, after a few adjustments and a change of shoes we were off.

All went well for a while. It was all downhill or flat for the first few kilometres. Then on the first tectonic incline, Brian dropped behind. I was feeling pretty smug as I raced ahead. Reaching the crest of the hill, I looked back to see Brian struggling with the back wheel. This made my victory a rather shallow one. We put the wheel back into alignment and we were off again. After a short distance, Brian's arms began to move - the handlebars were loose. More adjustments and we were off again.

We rode out along the marathon course, just past the turn-around point is a small ford. Despite being drenched by a speeding ute, I made it safely across. Brian wasn't so lucky. He hadn't perfected his off road riding and 'bang' he was down. Luckily there wasn't too much damage done. I think that Brian came off (sorry!) worse than the bike. There was a lesson to be learned, however, Brian looked at his cut hands and commented that he now knew why cyclists wear gloves.

After this last incident, we headed home. It required one last steepish climb. Unbeknowns to Brian, the fall had caused his gears to loosen, so when he climbed this hill he found it rather difficult. Nevertheless we made it.

I pulled into my drive and "smash" - Brian ran into the back of me. Either nobody had told him that bikes have brakes, or maybe he was just getting his revenge?

After all that, I thought I had better cancel the swim at the new indoor pool - who knows that would have happened to my spare pair of goggles? We sat down to a beer instead.

After Saturday, Sunday's run was a bit of an anti-climax: it was safe, clean and I think even Brian found it enjoyable. The run proved to be a good one for me, and I was pleased with my 26+ minutes effort, 2 minutes better than last year. Bernie King and Brian finished soon after me.

The prize for first Bathurst resident was a Malverson Cruise, so needless to say I was quite keen to win it. I had to be content with 2nd place, however, as a clean shaven year 11 student from Scots had come in ahead of me (another Mathew Kaley?) A few weeks later, this school boy placed second in the NSW Schools 5000 metres, so he isn't a bad runner.

One pleasing aspect of the day was All Saints' College's win in the boys' primary school division (that is where I teach), so we seem to be developing a few potential Striders up here. The weekend finished in a blur of beer cans as Brian was prepared to drink the fridge dry and I did help a little.

ADVERTISEMENT

Wanted: 3 quick Striders to enter next year's teams event. Accommodation and carbo-loading beer provided (provided you don't drink as much as Brian Colwell). More details later.

RESULTS OF OTHER WILD WEST RUNS

Cowra to Holmwood Fun Run, 7.2 km, 12/9/86, 12th G. Cox.

Springwood Apex Fun Run, 11.4 km, 21/9/86, 13th G. Cox, 44 mins 07 secs.

Raglan Fun Run, 5 km, 18/10/86, 1st G. Cox, 16 mins 29 secs.

(The booming town of Raglan is about 8 km on the Sydney side of Bathurst.)



10 km TIME TRIAL

- CAN DEEK DO IT?

by Paul Russell

This is the question on everyone's lips following the last striders 10km time trial, with Matthew Kaley blitzing the field to win in a race record time of 36 minutes flat. A massive 3 minutes separated him from 2nd place. Matthew has the amazing record of having won every time trial since its inception way back in July 1986 and all are wondering can even the mighty Deek conquer this course in a faster time. With the numbers swelling from a mere 13 starters in the first running of this event to a staggering 14 starters in the last running on Saturday 1st November, 1986 it can't be very long before the likes of Steve Jones and Lisa Martin cannot afford to miss this prestigious event with its hills, hot dogs and Robi's fortified Hunza Christmas Cake.

Thanks to all who came especially Robyn Hancock for getting me out of bed on time and also catering and to Rod McLean for not suppling his maps and to Nobby Young for not being the time keeper.

See next calendar for future dates.

1. Matthew Kaley	36.00	8. Ian Whitfield	44.08
2. Michael Elder	39.12	9. Beth Reid	49.52
3. Alf Field	39.48	Ray Reid	49.52
4. David Cockcroft	40.37	10. Bill Blecha	52.19
5. Danny Grey	40.54	11. Duncan Cross	54.46
6. Kevin O'Kane	43.13	Ian Cross	54.46
7. Bruce Murray	43.34		

5 KM Time Trial

Ewen Thompson 18.54



ULTRA REPORT

by Steve Cornelius

by Steve Cornelius

SYDNEY-TO-WOLLONGONG 50-MILER: The annual trot down the Princes Highway was won for the second consecutive year by Richard Tout of New Zealand, on this occasion ably seconded by Nobby Young. Richard's time of 5.55.16 just missed the race record, but was enough to register a 20-minute victory over his countryman Don Mitchell.

There were a record 6 Striders finishers in this year's event, one more than in 1984 and 1985. Surprise package of the year was Cedric Sidebottom, whose previous 50-miler experience was back in the late 1970's. Not only did he turn up unexpectedly, but he also took out the honour of being first Strider to finish.

Cedric's time in overall 9th position was 7.32.47, a club record for the difficult southbound run, and 3rd best ever by a Strider in either direction. His own account of his run appears in this edition of the Blister.

Dan Gray, running his third "Gong", followed Cedric into Wollongong in 10th place (7.48.25), and reportedly was typically unaffected by the distance. Adding this performance to his victory in the 24-Hour Track Race, it is evident that the bloke is a robot; he and Nobby Young, proved earlier this year to be a Martian, will in future be ineligible for Striders medals and trophies.

Graham Firkin (8.32.11 for 15th place) and Grahame Deacon (9.29.47 for 34th) both completed their 2nd "Gong", and first-timer Brian Tailford proved that his pumpkin-soup-orientated training schedule was perfect for the 50-miler. However, he insists his participation this year was strictly a one-off job, "just to see if I could do it". Like Bryce Courtenay, he obviously considers discretion the better part of valour.

Some of us, however, just don't seem to learn, and plod off down the Highway every year, rain or shine, training or no training. My own time of 9.50.48 for 36th position (I wasn't last, by the way!) was very much a personal worst, but I proved, for what it's worth, that it definitely is possible to run/walk to Wollongong in under 10 hours, on a training base of about 15km a week. The world's greatest Ultra Second, Sally Cornelius, has insisted I do some training for next year's event, commenting that it would be nice to get back to Sydney the same day! I've promised I will try to do better on my 5th "Gong" - besides, Nobby Young will probably be back in the land of the ultra living in 1987, and I can't let him finish ahead of me for a third time.

SYDNEY-TO-WOLLONGONG 5x10-MILE RELAY: Striders fielded virtually the same first team as in 1985, Bernard Corden's replacement by Mathew Kaley being the only change, and they once again did us proud. Only an extremely strong Billy's Bushies team, including the likes of Steve Poulton, prevented Striders from repeating their 1985 victory. Bushies beat Striders' race record by 3 minutes, finishing in 4.47.59, with Striders 2nd in 4.56.35, and a Bondi Diggers team 3rd in 5.04.06.

Phil Garvin, Derek Liebenberg, Wayne Stanton, Mathew Kaley and Scott Lawrence were Striders 1st team, Scott running the difficult 18.5km last section up and down the hills from the top of Bulli Pass. Terry McIver, Noel Worthington, Ian Whitfield, John Marsden and Kevin O'Kane, in that order, ably represented Striders 2nd team, finishing 12th overall in 5.43.07. For the first time, Striders also fielded a women's team, with Merri Mack, Dale Thompson, Tina Campbell, Louise Fitzsimmons and Janice Morton-Evans registering 6.10.59 for 3rd position, behind Eastern Suburbs and Woodstock.

STRIDERS' 24-HOUR TRACK RACE 1987: Botany Council have promised us the use of Hensley Field on the weekend of 30-31 May 1987, to stage our 24-Hour Track Race. At this stage, we are planning to limit the field to approximately 20 runners: first to be invited will be the ten who supported the inaugural event this July, then entries will be thrown open to all runners with experience of at least a 50-mile race. If there are still places remaining, other entries will be accepted from runners with solid marathon experience. So get training!

1987 ULTRA FIXTURES: The following dates for ultra events are, as far as we know at this time, definite. Other ultra dates are still to be confirmed.

1 March:	Box Hill (Vic) 24-Hour Race
26 March:	Westfield Sydney-Melbourne (start)
18 April:	Manly 100-miler
30 May:	Striders' 24-Hour Track Race
28 June:	Vic. Marathon Club 50-miler

ANOTHER DOSE OF "SHRINK" WATERS' LUNACY: Brent Waters, who dreamed up the concept of the Bed-Push, is at it again, only this time on an even bigger scale. The previous 27km Bed-Push from the Kids' Hospital to Epping, and 100km Bed-Push round the southern suburbs, will pale into insignificance in comparison with this one! Brent is working hard to get permission for a 200km Bicentennial Bed-Push in 1988, and has once again asked me to design the course. If it comes off, it will be a 2-day event, starting at Captain Cook's Landing Place at Kurnell and winding its way to Parramatta on the first day, then back into town to finish in triumph at the landing place of the First Fleet near the Opera House at the end of the 2nd day. Once again this will be a fund-raising event for a worthwhile charity, which should bring even more kudos to the club than the previous Bed-Pushes. Watch this space for further developments.

'WHO CED ULTRAS ARE EASY?'

by Cedric Sidebottom

It's 4 a.m. and raining in George Street. All the usual faces have been let out of the asylum and we listen intently as Tommy Gillis is making a speech. Tommy, of course, is a living legend, but as always a low-key legend.

"Now in a minute Freddy (Howe) is going to say 'GO'. Then when you lot's gone, I'll have a word with your seconds and tell them not to let you get lost".

"GO". And we do, tripping daintily and very gingerly through the drizzle en route for Wollongong. Almost immediately the two Kiwi superstars are swallowed by the night. George McGrath - good heavens the man's sprinting - pumps his arms and surges ahead. Kerry Heinecke's trying a style where his hips seem to be the only bit actually moving. He's run eleven of these so he knows what he's doing. Stay with him, till he decides to speed up anyway.

My knowledge of running lore is limited, but I do know:

- 1) The body can absorb at most a litre of liquid per hour. Endurance schooner drinkers confirm this.
- 2) Even at shuffle speed on the coldest days, yours truly dries out faster than this. Therefore:
- 3) Slurp continuously.

"Water, water", as we reach Newtown. There's desperation in my voice. This amazes my second, John Littleton, a massive man for whom we once tried to claim a weight-to-marathon-time world record (the local paper proved sceptical and wouldn't print it). However he's too polite to mention that we've gone barely 2km, and that I'm still goose-pimpled. For the next 7 1/2 hours he patiently bottle-feeds me at ever-decreasing intervals so that by the finish I've consumed over 5 litres of goo - and am still dehydrated. Electrolytes are out as they upset my guts, and only super runners like having diarrhoea - so that they can put it down on paper, in books.

Ten miles and assembled relay runners are in high spirits. "Come on, you've got to run faster than that!". This inspires me to drop to a sort of semi race walk towards the crest of the next hill; but a car immediately spots me and I shift guiltily back to a run. Tom Ugly's, and a blinding sheet of water as a truck roars through the puddles; but the rain on my specs is easing. The first streak of dawn appears. Life will seem better soon. Heinecke emerges from the bushes muttering "pit stop". "Good on yer: have more of them and I might be able to keep up a bit longer".

Wollongong or Bust -by Brian Tailford.

Hell - the relays, already! A very young Billy's Bushie gallops past, yelling exuberantly to his back-up van. A gap, then Derek Liebenberg; another, and Paul Dwyer; and all of them have passed me before the end of the second leg. The later relay runners were to prove disconcerting. You were never quite certain whether they were running the ultra or not, and would vainly try to keep up. The earlier, faster ones were a welcome distraction however, especially as clubs of which I am, or have been, a member were fielding ten of the teams. (This is not quite as groupie, or neurotic, behaviour as it sounds. Although there may be occasional clashes of interest between my three present clubs, their rationales are very different and the disbanding of any one would probably not gain a single member for either of the others).

A wise move was to ask "Big John" not, under any circumstances, to stop on downhill stretches, but wherever possible to feed me drinks 50 metres or so before each hilltop. The excuse for a walk gives a welcome rest and also the chance to vary my gait and try and stretch out the "hammies" which are now as taut as guitar strings.

The middle stages were relatively painless, owing to the quite erroneous belief that the "real" race would end at 40 miles, after which a continuous gentle downhill slope would let us coast easily into Wollongong. The horrendous, long-forgotten hills which materialised would in fact have proved daunting to many of the automobiles I've owned; and when the final descent does begin - ("Safety Ramp 5 Kilometres") - it's far too steep and heavily cambered for pained and staggering legs. One runner seen tottering near the top had still not reached the bottom over an hour later.

Far ahead the patrician figure of George McGrath is fleetingly visible, only to be lost again in the environs of the city. The bustle of civilisation closes in on either side. One more set of traffic lights? A sharp turn through a shopping mall and suddenly - well, that's it, it's over.

How the stars of Westfield etc back up day after day is beyond my comprehension. At the finish I could, perhaps, have run further but 15 minutes later I am quite incapable of any movement. In the showers, two 15-stone blokes are undressing me. Yes, I can take my own under-daks off; no, I can't pick them up. Dan Gray is prancing round like a 2-year-old having its first run at Randwick. Only the confined space prevents him from doing hand-stands. On the step outside, a once-young, prostrate man, suffering from nausea, groans softly preparatory to expiring altogether. "Don't worry mate, you will feel like that for a bit", Dan Gray tells him, and then bounds away up the stairs, whistling.

My last marathon PB (3hr.14 mins) was back in July '85 at Campbelltown. Since then I managed to run a horrible 3.27 at Adelaide in August '85, a disappointing 3.23 in the Big M and a disastrous 3.30 PW in Canberra '86.

It was around April that I started to hear more about the Sydney to Wollongong 50 miler. People were telling me the time taken to finish the race didn't matter. Others likened the event to a "great adventure" and "becoming one with nature". Alot of which sounded pretty tempting after just having gone through 3 brick walls so I decided to prepare myself for the 50 mile ultra.

I sat down and organised a routine that would not only cater for the extra mileage required but also maintain my "speed"? for the marathons leading up to the ultra in August.

My average weekly distance ended up only being 80 km. but of a good mix between long slow and short fast runs. To improve my overall strength and flexibility, I included 2 sessions of Nautilus and 1 aerobics session per week. Two 50 km. training runs (6 min.km) helped me to appreciate what was instore on the day.

Mixed into this schedule at various times were some great nights out with the inevitable hangover, all of which helped to remind me not to take this whole thing too seriously and hence become a pain in the "a" to my wife and friends.

The day of the race arrived and there we were, 44 ratbags standing in George Street at 4am on a sunday morning. The first thing I noticed was that the weather was overcast and raining for which I was grateful - it seemed that for the last 12 months every time I went in a race it was 20 degrees and clear skies.

After a 1 minute description from Tom Gillies on the make-up of the entire 50 miles, we were on our way.

I was well supported with a back up crew of 3 consisting of Clare and Dick Bartlett and my wife Carol along with a truck load of mars bars, bananas, coke, orange juice, biscuits, lollies, oranges, water and a cheese sandwich - talk about catering for the unknown! In the end, I only used the water, some orange juice, 5 lollies and 2 mouthfuls of biscuit.

The first 30/40 kms. were relatively uneventful and with the overcast skies, drizzle and slow running pace, fairly comfortable. 42.2 kms came up at Waterfall and it was here I remembered Dan Gray's comment that the race only really starts from there.

42km to 64km seemed to take forever and I was starting to look forward to climbing Mt. Ousley - at least that meant I had covered 64km by the time I reached the first hill.

I finally got my wish but the joy was short lived as the first of many hard climbs placed increasing strain on my legs. I decided this was the time to start walking up the hills and I'm sure a few more were added since I first looked over the course.

The 5 KM. decent down the final hill was comfortable and in fact I picked up the pace to 5min Km. There is this incredible feeling during the last 4 Kms when you begin to realise that after over 8 hours on the road, your goal is within reach and the feeling of crossing the finish line is fantastic (8 Hr. 51 min. 38 sec.).

I had decided before the event to make this my only attempt and I still feel the same way. The day was a fantastic experience and to attempt the race again would mean trying to improve my time - something I will leave for marathons.

I can recommend the event if you approach it with quality training, run at an even pace and leave your watch behind.

I would like to thank my crew of 3. They were fantastic and without their help, the day could have been a nightmare. Dick Bartlett ran with me at different stages and covered 55 kms. Clare Bartlett's only disappointment was that she didn't have to abuse me to keep me struggling on (sorry about that Clare). My wife Carol was forever ready with anything from water to vaseline and was excellent company during the long uphill walks at Mt Ousley and the occasional jog.

They all said the day was enjoyable, which in my mind topped the whole day off.

ACHPER

THE AUSTRALIAN COUNCIL FOR HEALTH, PHYSICAL EDUCATION AND RECREATION (ACHPER/N.S.W.)

♦ THE FITNESS READER ♦

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BATHURST HALF MARATHON RESULTS.

Winners: M: Joseph Buttigeig 1.15.22, F: Robyne Berling 1.28.14

Note: Phil Garvin, running the full marathon, registered a half-marathon split of 1.09.24.

Striders:

3 Terry McIver	1.16.24 PB	30 Merri Mack	1.32.25
4 Mathew Kaley	1.19.00 PB	32 Bryce Courtenay	1.33.45
8 Bernie King	1.21.55	35 Steve Cornelius	1.34.44
10 John McLennan	1.23.10	36 Ian Whitfield	1.34.53 PB
11 Mike Ward	1.23.55	42 Ray Reid	1.36.20
13 Terry McMahon	1.24.58 PB	45 Kevin O'Kane	1.38.07 PB
14 Ron Corden	1.26.58	57 Edwina Garvin	1.42.25
20 Alex Hamill	1.28.33	57 Karen Tuck	1.42.25 PB
21 Bill Flanagan	1.28.34	63 Brenda Hamill	1.47.35
24 Brian Tailford	1.28.45	64 Beth Reid	1.52.11
26 Louise F'simmons	1.29.52 PB	71 Sally Cornelius	2.26.55
28 Bruce Murray	1.30.27	71 Beverley McMahon	2.26.55 PB



KAR WONG KORNER.



According to a late news flash just received, our old pal has run yet another Marathon PB.

This time it was the Milo Cape Town Marathon on September 13 in a record busting 2 : 53 : 20.

Congratulations to Kar Wong on his amazing feat (feet?).

Letters



This letter was received from Phil Garvin following presentation of a pair of running shoes for his recent achievement in selection to represent Australia in Penang.

P.O. Box 452,
WODEN ACT 2606

18.8.86

Dear Nobby,
(& committee members)

I am writing to thank you, the committee and all Striders, for the presentation that was made to me after the 250th STAR yesterday.

I was caught totally by surprise and regret that I was not able to respond more adequately at the time. However, please be assured that I truly appreciate the gesture and I hope that I can live up to the faith that Striders have placed in me.

Many times I have said that I think my recent performances can be attributed more to good luck than good management. However, while this be be a matter for some conjecture, I am certain that I have been very lucky on a number of counts. Firstly I am lucky to have been successful in an endeavour which I enjoy so much and, secondly, I consider myself to be lucky, or rather, privileged, to have received the encouragement and support that I have from Striders. This support, I feel, has been of great assistance to me.

Once again, thank you for this gesture - a gesture which typifies the spirit of the Club - a Club of which I am truly proud to be a member.

Regards and best wishes,

Phil

**Congratulations to Phil Garvin on his
Penang Marathon performance on September 7.
Phil placed 4th in a time of 2-30-36 and was
1st Australian.**

9 November 1986

The Editor
"The Blister"

Dear Graham

As you know, I am leaving Sydney in early December to take up residence in Canberra (no - not The Lodge). Because of other commitments, it will be impossible for me to say farewell to the friends I have made in the three years I have been with the Striders so I thought I would use "The Blister" to express my thanks.

Prior to coming to Sydney, I was a member of a couple of pretty good running clubs in Melbourne but, in all honesty, I have to say that the Striders eat them alive.

The Striders are an extremely friendly and supportive group of people. The club puts a lot back into the sport, and I'm not just talking about the Half Marathon or that silly stuff that the Ultra Maniacs get up to at times. Striders always encourage each other but they are also generous in their encouragement of any person involved with running. You are an enthusiastic and cheerful bunch and it rubs off on others. Whatever you all do, please don't lost these qualities.

I would like to pay a special compliment to all of the STAR organisers. Lord knows that I have cursed some of you (particularly Richard for "inventing" the Wahroonga Wobble) but the club could not survive without you. For the past three years, I have been able to drive around most of Sydney without knowing street names just by using water stops as navigation points!

One suggestion I might make to help you cut costs is to do away with maps for STARS. Everybody knows that all you have to do is run up steep hills for 30 km so who needs a map. (And my "mates" in Melbourne told me Sydney was flat - bloody liars those Mexicans!)

Come to think of it, somebody told me the other day that Canberra is flat. Here we go again!

I leave Sydney with some great memories of the time I have spent as a Strider. For example, I can recall spending a lot of time tidying the school grounds etc earlier this year in preparation for the Half Marathon only to see Jim Donovan disappear into the rubbish bin to retrieve the soft drink cans. (Obviously, the strain of trying to measure the Lindfield Lope accurately had got to him!)

I have also heard a pretty wide collection of jokes (some good but most bad) from resident comedians in the club. Bernie King, Nobby (who else?), "fat" Steve Cornelius, and even some of the triathletes have contributed. Some people would be unkind enough to say that triathletes are a joke by themselves but they would have to be those ultra types. Normal runners like myself would never do that.

I suppose that I learned a lot more about running itself over the past couple of years. My New Year's resolution is that I will do interval training next year and not just miles. Look at what it did for Terry McIvor. I have also studied the Bill Flanagan training system (ninety per cent carbo loading, four per cent running and the remainder set aside for recovery) but, while it has some appeal, it doesn't appear to lead to consistent results. Keep working on it, Bill.

I have to do something to improve or else the likes of Harvey Blue, Jan Morton-Evans, Mike Ward etc will run over the top of me in next year's Nike. I also want to close the ever widening gap between Noel Barton, Don Price and myself. How about

a challenge, Harvey? Loser buys the beer.

I look forward to seeing Striders in Canberra. I know that people like Paul Russell and Mathew Kaley will run anywhere (as will Danny Gray provided that it's at least 50 miles). As you might have gathered by now, I finish my time with the Striders with some regrets but, as my new boss told me the other day "Son, there are only three certainties in life - death, taxes and, if you are a Public Servant, Canberra." Who can fight those odds?

Best wishes to you all but, most of all, my thanks.

GRAHAM BURKE

PS. Harvey, if you can't get it together for the Nike, how about the World Veterans' marathon in Melbourne?



A.A.A. NEWS from Bill Flanagan.

INTERCLUB DISTANCE SCHEDULE:

1500 metres M & W	}	6 Dec, 3 Jan, 24 Jan, 7 Feb, 14 Apr
3000 metres steeple		
800 metres M & W	}	20 Dec, 10 Jan, 14 Feb, 7 Mar, 21 Mar
5000 metres M		
3000 metres M & W		

State Championships Feb 21-28

Further details from Bill Flanagan

Registration is \$22 per year (1 April to 31 March)

Entitles you to run Interclub (Saturday Afternoons)
and Twilight Meets (Wednesday Evenings).

A.A.A. WINTER PROGRAMME - 1987 CENTENARY YEAR

Sat 25 April:	"The Sun" Anzac Day Marathon **
Sat 2 May:	State 16k Cross-Country Championships
Sat 23 May:	Novice 10k Cross-Country
Sun 7 June:	"Budget" Australian Marathon **
Sun 28 June:	State 15k Road Championships
Sat 1 August:	State 12k Cross-Country Championships
Sat 12 Sept:	State Road Relay Championships

** denotes open events; all others strictly reg. athletes only.



MARATHON LADDER

N.S.W. A.A.A. - PERSONAL BEST TWILIGHT MEETS, 1986/87

DISTANCE EVENTS SCHEDULE

(strictly registered athletes only, to register with the Striders, phone Wendy Downes 449-4093)

Wednesday 26 November 1986 SAF (Sydney Athletic Field)

5,000 m M & W

Wednesday 17 December 1986 SAF

3,000 m steeple

800 m M & W

5,000 m M & W

Wednesday 14 January 1987 SAF

State 1 mile championships, heats M & W

Wednesday 21 January 1987 SAF

5,000 m M & W

State 1 mile championships, finals M & W

Wednesday 28 January 1987 SAF

10,000 m M & W

1,500 m M & W

Wednesday 11 February 1987 SAF

1,500 m M & W

5,000 m M & W

Wednesday 18 February 1987 SAF

3,000 m steeple M

Wednesday 4 March 1987 HAF (Hensley Athletic Field)

1,500 m M & W

3,000 m M & W



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 = Pre-veteran (30-39), V = Veteran (40-49), M = Master (50-59), S = Senior (over 60). In each case, the first symbol denotes age at 13/11/86, the second denotes the 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
RAY DORAN	VV	2.50.38 CITIES	08/86
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 GULLAWARNA	08/86

NAME	CAT	<-----BEST AS A STRIDER----->	<-BEST PRIOR TO JOINING->
CEDRIC SIDEBOTTOM	VV	2.53.59 AUSTRALIAN	06/85
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	VP	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
STEPHEN ROACH	PP	3.11.16 AUSTRALIAN	06/86
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
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	3.20.21 BATHURST	07/86
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
JEFF BURGESS	PP	3.39.05 CANBERRA	04/86
HERB LUDINGTON	MM	3.40.34 AUSTRALIAN	06/83 3.31.51 NSW STATE '82
MAUREEN GREENWALD	PPF	3.40.49 MELBOURNE	10/85
OWEN DENMEADE	MV	3.42.51 AUSTRALIAN	06/84 3.36.00 SYDNEY '83
ANTHONY SMUTS	PP	3.42.55 AUSTRALIAN	06/84 3.34.00 MELBOURNE '83
EDWINA GARVIN	PPF	3.44.47 CANBERRA	04/86
WAYNE MCCARTHY	VV	3.44.49 CANBERRA	04/86
OLEG SZLICHTA	PP	3.46.15 AUSTRALIAN	06/84
DERRICK TITMUS	VV	3.47.09 AUSTRALIAN	06/83
MICHAEL PRINGLE	VV	3.52.20 AUSTRALIAN	06/84

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

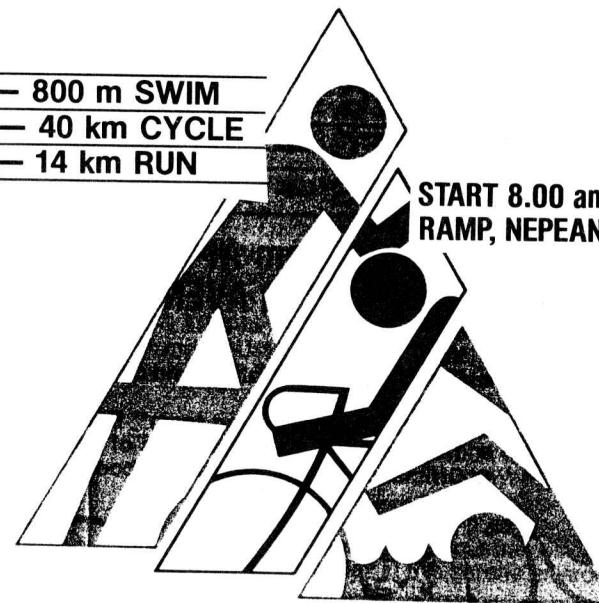
MEMBERS WHO HAVE RUN A MARATHON, BUT NOT SINCE JOINING STRIDERS

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

1224 **2WS** **THE Sun**

1ST LEG — 800 m SWIM
2ND LEG — 40 km CYCLE
3RD LEG — 14 km RUN

START 8.00 am AT PUBLIC BOAT RAMP, NEPEAN AVENUE, PENRITH



NEPEAN TRIATHLON

SUNDAY 7th DECEMBER, 1986

in association with



COMMUNITY CREDIT UNION
LIMITED



HALF MARATHON LADDER

We include below a half marathon ladder for races run in 1986 prior to 13 November. Undoubtedly, there are errors and omissions, and we invite you to get in touch with the Blister Editor (Graham Butler) or the Database Operator (Noel Barton) if you have been misrepresented. Note that these half marathon times will have an important effect on the handicaps for the 1987 Striders Handicap Half Marathon.

NAME	TIME	PLACE	YR/MNTH
PHIL GARVIN	1.10.10	CANBERRA	8605
JOHN FAZIO	1.12.55	CITY OF SYDNEY	8605
DAVID WINCH	1.13.54	LANE COVE PARK	8603
EVAN MILLAR	1.14.12	LANE COVE PARK	8603
VINCE ENGEL	1.14.22	IRON COVE	8602
WAYNE STANTON	1.15.36	CITY OF SYDNEY	8605
TERRY MCIVER	1.16.24	BATHURST	8607
RAY DORAN	1.17.52	CITY OF SYDNEY	8605
DAVID COX	1.18.05	GILLAWARNA	8608
DAVID MCCORMACK	1.18.28	CANBERRA	8605
BRUCE INGLIS	1.18.37	IRON COVE	8602
KEN WYLIE	1.18.58	LANE COVE PARK	8603
MATHEW KALEY	1.19.02	BATHURST	8607
DON PRICE	1.19.23	LANE COVE PARK	8603
BERNARD COOLEY	1.19.38	CITY OF SYDNEY	8605
ALEX WHITWORTH	1.20.25	IRON COVE	8602
BERNIE KING	1.20.28	CITY OF SYDNEY	8605
BRIAN COLWELL	1.21.02	GILLAWARNA	8608
ALISTAIR MACKIE	1.21.11	IRON COVE	8602
CHARLES COVILLE	1.21.14	LANE COVE PARK	8603
JOHN HODGES	1.21.47	CITY OF SYDNEY	8605
JOHN MCLENNAN	1.22.00	CITY OF SYDNEY	8605
PETER COBLEY	1.22.13	CITY OF SYDNEY	8605
DAVID CHAPPLE	1.22.14	LANE COVE	8603
EWEN THOMPSON	1.22.15	WOLLONGONG	8609
RON BURKE	1.22.38	IRON COVE	8602
GRAHAM BURKE	1.23.02	IRON COVE	8602
PETER MARKHAM	1.23.03	CITY OF SYDNEY	8605
BILL FLANAGAN	1.23.05	CANBERRA	8605
HARVEY BLUE	1.23.20	CITY OF SYDNEY	8605
MIKE WARD	1.23.20	CHRISTCHURCH	8606
NOEL BARTON	1.23.20	IRON COVE	8602
PETER MCGRAW	1.23.30	CITY OF SYDNEY	8605
ASHLEY JACKSON	1.23.36	IRON COVE	8602
IVAN FREYS	1.23.44	LANE COVE PARK	8603

NAME	TIME	PLACE	YR/MNTH
MIKE FOSTER	1.23.47	LANE COVE PARK	8603
GRAHAM BUTLER	1.23.59	CITY OF SYDNEY	8605
ROD MCLEAN	1.24.43	LANE COVE PARK	8603
STEVE CORNELIUS	1.24.55	CITY OF SYDNEY	8605
TERRY MCMAHON	1.24.58	BATHURST	8607
CEDRIC SIDEBOTTOM	1.25.07	CITY OF SYDNEY	8605
GAVIN MORISSET	1.25.08	CITY OF SYDNEY	8605
NOBBY YOUNG	1.25.12	LANE COVE PARK	8603
ALF FIELD	1.25.40	SYDNEY	8605
MICHAEL MINEHAN	1.25.42	CITY OF SYDNEY	8605
PAUL RUSSELL	1.25.49	IRON COVE	8602
JANICE MORTON-EVANS	1.25.53	GILLAWARNA	8608
BRIAN GATFIELD	1.26.24	LANE COVE PARK	8603
MIKE ELDER	1.27.10	IRON COVE	8602
STEPHEN ROACH	1.27.13	SUTHERLAND	8606
RON CORDEN	1.27.44	IRON COVE	8602
DAN GRAY	1.27.52	GILLAWARNA	8608
TONY VIPOND	1.28.00	CITY OF SYDNEY	8605
SCOTT CRAWFORD	1.28.01	CITY OF SYDNEY	8605
ALEX HAMILL	1.28.09	CITY OF SYDNEY	8605
PETER DONNELLEY	1.28.22	LANE COVE PARK	8603
STEVE KNIGHT	1.28.25	GILLAWARNA	8608
BRUCE MURRAY	1.28.30	GILLAWARNA	8608
RUSSELL BLACK	1.28.54	CITY OF SYDNEY	8605
DAVE COCKCROFT	1.29.00	SYDNEY	8605
BRIAN LYNCH	1.29.28	LANE COVE PARK	8603
JACK WOODWARD	1.29.31	IRON COVE	8602
BOB WHEATLEY	1.29.50	IRON COVE	8602
LOUISE FITZSIMMONS	1.29.52	BATHURST	8607
BRIAN TAILFORD	1.30.07	CITY OF SYDNEY	8605
NICK REED	1.30.14	IRON COVE	8602
FRANK GALLAGHER	1.30.26	LANE COVE PARK	8603
DICK BARTLETT	1.30.43	LANE COVE PARK	8603
WENDY DOWNES	1.31.07	GILLAWARNA	8608
MERRI MACK	1.31.11	CITY OF SYDNEY	8605
JOHN EVENNETT	1.31.33	LANE COVE PARK	8603
NOEL WORTHINGTON	1.31.43	GILLAWARNA	8608
BRYCE COURTENAY	1.32.02	IRON COVE	8602
BRENT WATERS	1.32.22	CITY OF SYDNEY	8605
DAVID DUNSTALL	1.32.46	IRON COVE	8602
DEREK WHITE	1.32.49	CITY OF SYDNEY	8605
JOHN WHEALY	1.32.59	LANE COVE PARK	8603
JONATHAN MARSDEN	1.33.00	STRIDERS' OPEN	8603
DAVID SUMNER	1.33.00	STRIDERS' OPEN	8603
JOANNE TIBBITTS	1.33.04	LANE COVE PARK	8603
IRWIN LIGHT	1.33.30	CITY OF SYDNEY	8605
DAVE BLACKHALL	1.33.34	CITY OF SYDNEY	8605
JEFF BURGESS	1.33.54	LANE COVE PARK	8603
TINA CAMPBELL	1.34.05	STRIDERS' OPEN	8603
NEVILLE MILLS	1.34.09	LANE COVE PARK	8603
WILLIAM THOMPSON	1.34.51	GILLAWARNA	8608
KEITH JACKSON	1.34.52	CITY OF SYDNEY	8605
IAN WHITFIELD	1.34.53	BATHURST	8607
RAY REID	1.35.18	CITY OF SYDNEY	8605
ROD ANDERSEN	1.36.14	CITY OF SYDNEY	8605
ANTHONY FOAR	1.36.34	LANE COVE PARK	8603

NAME	TIME	PLACE	YR/MNTH
GREG JERRETT	1.36.49	IRON COVE	8602
LAWRIE TURNER	1.36.54	SUTHERLAND	8606
JOHN HILL	1.37.03	LANE COVE PARK	8603
ROSS BETTS	1.37.23	LANE COVE PARK	8603
BOB MANN	1.37.41	LANE COVE PARK	8603
DOROTHY SIEPMANN	1.37.45	CITY OF SYDNEY	8605
KEVIN O'KANE	1.38.07	BATHURST	8607
KEITH BARNETT	1.38.34	IRON COVE	8602
OWEN DENMEADE	1.38.37	CITY OF SYDNEY	8605
HUGH SPENCER	1.38.39	CITY OF SYDNEY	8605
PETER LANGTON	1.38.59	CITY OF SYDNEY	8605
ERNEST TRELOAR	1.39.42	IRON COVE	8602
STEPHEN WINNER	1.39.46	STRIDERS' OPEN	8603
SHARON LANE	1.40.59	CITY OF SYDNEY	8605
EDWINA GARVIN	1.41.38	LANE COVE PARK	8603
GRAHAM FIRKIN	1.42.02	GILLAWARNA	8608
WAYNE MCCARTHY	1.42.23	CITY OF SYDNEY	8605
KAREN TUCK	1.42.25	BATHURST	8607
PETER KEEBLE	1.42.27	IRON COVE	8602
BARRY JONES	1.42.41	IRON COVE	8602
DAWN WOODWARD	1.42.50	CITY OF SYDNEY	8605
JAMES CAMPBELL	1.43.16	IRON COVE	8602
BRENDA HAMILL	1.43.22	IRON COVE	8602
JOSEPH LOEWY	1.44.53	LANE COVE PARK	8603
CECILY WILLIAMS	1.45.00	AUDLEY	8605
BETH REID	1.45.01	CITY OF SYDNEY	8605
DANIEL GRAHAM	1.45.23	IRON COVE	8602
PAUL FOSTER	1.45.58	LANE COVE PARK	8603
ROBERT WATERREUS	1.46.35	CITY OF SYDNEY	8605
DALE THOMPSON	1.46.35	LANE COVE PARK	8603
KEITH WEARNE	1.47.07	CITY OF SYDNEY	8605
DERRICK TITMUS	1.48.23	LANE COVE PARK	8603
MAVIS GARRICK	1.48.26	IRON COVE	8602
ROY SIMKINS	1.48.29	STRIDERS' OPEN	8603
ISABEL ENGEL	1.51.13	LANE COVE PARK	8603
LESLEY LEAR	1.51.59	CITY OF SYDNEY	8605
KERRY BRAY	1.52.50	CITY OF SYDNEY	8605
PATTI BURKE	1.54.30	LANE COVE PARK	8603
TRICIA MILLAR	1.54.43	IRON COVE	8602
VIC COLLINS	1.54.56	LANE COVE PARK	8603
HERB LUDINGTON	1.56.38	CANBERRA	8605
CHRIS MATHEWS	1.58.10	CITY OF SYDNEY	8605
ROBI RUSSELL	1.59.49	CITY OF SYDNEY	8605
SUE THOMSON	2.06.49	LANE COVE PARK	8603



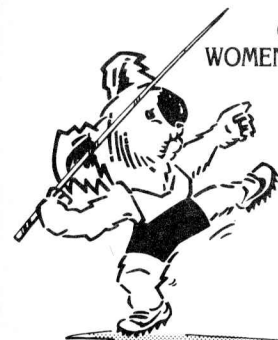
VII WORLD



• 28TH NOVEMBER – 6TH DECEMBER 1987 •

UNDER RULES OF IAAF AND WAVA

OPEN TO ATHLETES OF ALL STANDARDS
WOMEN 35 YEARS AND OVER • MEN 40 YEARS AND OVER



TRACK AND FIELD
MARATHON
ROAD WALKS
CROSS COUNTRY



- Mild late Spring weather.
- Superbly organised competition.
- Commemorative boomerangs.
- Australiana Gala party.
- Kally Koala mascots on sale.



- Host-a-vet (hospitality in private homes).
- Free entertainment in the parks.
- All venues within 4km of accommodation and city centre.
- Exciting tours arranged.
- Flat, fast marathon course.
- Special travelcard for local transport.
- Social facilities throughout the games.

- 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



STRIDERS IN

TITLE & CONTACT	DAY/TIME	START/VENUE	COURSE
TREVOR'S TRACKIES Mathew Kaley 909-1461	Tues. 5.00 pm	E.S.Marks Athletic Field, Kensington	Track
SAM DAHER'S SCHOOL OF FARTLEK ("Pain in the Domain") Harvey Blue 32-2476	Tues. 12.45 pm	Entrance to Domain opposite Mitchell Library	Botanic Gardens and Domain
TALAYS Fred Howe B: 399-3893	Wed. 6.15 pm	Talays Runners Shop 38 Frenchmans Rd Randwick	Randwick-Clovelly then either: 1) Left to Bronte, Tamarama, Bondi or 2) Right to Coogee and Maroubra
CORPORATE CUP Bill Carlson B: 218-9515 John Holmes B: 218-9555	Every second Wed. between 12.05 pm & 1.15 pm	Domain, South of Art Gallery	Domain, along water front in Botanic Gardens to steps opposite Opera House and return
L/COVE RIVER RUNNERS John Evennett H: 982-7493	Tues. 5.30 pm and Fri. 5.30 pm	Lane Cove River Park. Fullers Bridge Entrance	South of River. Fullers Bridge to Ryde Rd & return
VETERANS TIME TRIALS Bill Flanagan H: 661-4451	Thurs. 5.45 pm	Hensley Park, Pagewood	Track followed by additional track or road. Matra-ville & Botany.
NORTHS RUGBY RUNNERS Bryce Courtenay B: 922-6877	Mon to Thur: group run. Friday: race. 12.15 pm 10k.	Northern Suburbs Rugby Club, Alfred St. North, North Sydney	To Mosman Bay or across Harbour Bridge to Millers Point.
WOODSTOCK RUNNERS Kerry Bray H: 744-9835 B: 569-9428	Tues: all groups 6 pm. Thur: 6 pm. Sat: 8 am.	Tues: Woodstock Centre, Church St, Burwood. Thur: Camp-bell Fld, Princess St, Canterbury. Sat: Brett Pk, Drummoyn	Tues: Road runs. Thurs: Intervals & races on grass oval track. Sat: Iron Cove Bay Run.
TURRAMURRA TROTTERS Alan Cole H: 46-3731. Bruce Murray: H: 489-6413.	Sat. 6.50 am	Turramurra Station Car Park (off Eastern Road)	Course starts at 6.5k & builds up progressively to 15.1k. Turramurra, Wahroonga, Waitara, and Hornsby.
WESTERN DISTRICTS JOGGERS & HARRIERS Keith Gillies: H: 77-8674.	Sat. 7.30 am (1st Saturday each month start 7.00am)	Lake Gillawarna, Henry Lawson Drive (opp. Ashcroft St), Georges Hall	Through Gillawarna Park
P.B.'s JOGALONG (BEGINNERS' GROUP) Patti Burke H: 449-3946	Sat. 7.00 am	Lane Cove River Pk Fullers Bridge Gate	South of River inside park

TRAINING

PARTICIPATING STRIDERS		DISTANCE & OTHER NOTES
Trevor Roberts Mike Ward Ken Wylie	John Hodges Mathew Kaley Terry McIver	Intervals 100m to 800m, sometimes up to 1km.
Charles Coville Philip Caldwell Harvey Blue	Ian Bowden John Turner	Intervals at sprinting pace
Keith Barnett Brian Colwell Robyn Murphy Mathew Kaley Harvey Blue	Tony Vipond Kevin O'Kane Derrick Titmus Mike Ward	16k at competitive pace, with 8k option. 2 groups: 4-4.5 mins/km, and 4.5-5.5 mins/km.
Laurie King Charles Coville Scott Lawrence Alan Farrell	Ian Bowden Gerald Smith Phil Caldwell Keith Barnett	6.6k race. Runners leave every minute between 12.05 pm & 1.15pm. Mainly teams event, individuals also welcome. Not operating in December and January.
John Evennett Bernie King Nobby Young	Sue Hill Philip Caldwell Brett Nichols	Tues: Race Pace. Friday: Medium STAR Pace. 10k.
Barry Jones Ced Sidebottom Dennis Cooley Bill Flanagan Trevor Roberts John Hodges Ron Burke	Mick Edwards Steve Cornelius Mathew Kaley Terry McIver Chris Dwyer Dot Siepmann Ken Wylie	Alternating weeks: 1st week: 1 mile track then either 3000 metres track or 4 miles road. 2nd week: 800 metres track then either 5000 metres track or 6 miles road.
Owen Denmeade Bryce Courtenay Alex Hamill Peter Foulsham Vince Engel	Peter Keeble John Pettit Wayne Garland Joe Loewy	Mon to Thur: Medium pace 10.6k. Fri: Race over same course.
Derek White Derrick Titmus Kerry Bray Dorothy Siepmann	Bill White Mike Donnelley Lesley Lear Dan Gray	Tues: various pace groups 10k, beginners run/walk 5k. Thur: 3k down to 100m including relays. All times recorded. Sat: 7k at very easy pace.
Merri Mack Charles Coville Bruce Murray Richard Bamann Ron Corden Nick Reed	Wayne Stanton	Handicap race. Slowest runners start at 6.50 am. Faster runners leaving at 1 minute intervals thereafter.
Scott Lawrence Derrick Titmus	Bill White Kerry Bray Dot Siepmann	Measured 10k each week. Handicap race 1st Saturday of each month. Earliest handicap starters 7 am.
Patti Burke		Slow running pace, any distance up to 10k. Supportive of absolute beginners. Runners capable of faster and longer running are requested NOT to join this group.