

NEW COMMITTEE FOR 1981

Rhon Levin and Bernie Liebmann's resignations lead to a reconstructed committee for 1981 with 3 additional members. The current composition is:-

		RES.	BUS.
Charles Coville	Chairman/Editor	476-6440	20572
Dave Blackhall	Secretary	449-3183	922-1500
Mike Bingham	Treasurer	487-1907	267-9281
Brian Colwell	STAR Co-ordinator	664-1644	238-9877
Bruce Robertson	Public Relations Officer	95-1799	264-8633
Sue Hill	Female representative Club colours Co-ordinator	95-2497	633-6500
Chris Burke	Eastern Suburbs Co-ordinator	663-3141	236-1511
Neil Plevy	Entertainment and insurance Co-ordinator	560-3474	236-1479

Rhon felt that the pressures of work and regular inter-state travel did not allow him the time to fulfill the demanding position of Secretary. Along with Rhon, Bernie was one of the 'founder' committee members. At the club's inception Bernie indicated that he would help the club get on to it's feet, but would then sit back and enjoy his smokes. Our thanks to both for their past efforts.

Colonialist expansionist takeover moves (Comrades in Nikes) have been suppressed by inevitable influx of the local inhabitants. The African influence is now only 12½%.

Thanks too to Dave (ex-Treasurer) and Mike (ex STAR co-ordinator) for previous positions well filled.

The last paragraph of a statement from the Federal Department of Transport about a meeting of the Marine and Ports Council of Australia reads: "In particular they agreed to the need for Council to give priority to important ongoing issues and those requiring early resolution and resolved to review activities to ensure that the more important matters before them were properly identified for early resolution".

Striders committee meetings are more basic. We merely resolve to "meet again".

Sydney Striders

MARATHON & ROAD RUNNERS CLUB

The Blister

VOL 1 NO 3

EDITORIAL

The club wishes all members a successful and injury free 1981.

The remarkable growth of the club within 6 months of existence (2nd largest in Sydney) means that all runners should be catered for as both fast and slow runners swell our ranks. Surprisingly, fewer slower runners have joined perhaps because a club concept implies to the unconverted an image of elite or fast running. Hopefully, with time we will convince more of the slower breed.

The early season interest in STARS and the results of the Palm Beach to Manly 30km augers well for improved times for all runners during 1981.

The delay in obtaining our club colours was unfortunate and not the fault of the club. Third party broken promises are an ongoing obstacle and something that we have to live with in the attempt to perform efficiently.

We are regularly covering new territory whilst organising the club and still rely upon membership feedback.

Remember that Sydney Striders is your own specialist club and that its direction is dependant upon you the paid-up member.

SYDNEY STRIDERS NOVICES GUIDE TO MARATHONING (OR ALL YOU EVER WANTED TO KNOW ABOUT RUNNING YOUR FIRST MARATHON, EXCLUDING THE TRAINING)

This comprehensive guide has been prepared by the editor. It deals with the aspects of running your first marathon and has never appeared in print before.

The free guide is only available to paid-up members and will be distributed shortly.

POST OFFICE BOX

The continued growth of the club has made the renting of a Post Office box essential. During December, a box was rented in Grosvenor Street. Our new address is therefore P.O. Box N119, Grosvenor Street, Sydney, 2000.

INSURANCE

The cut off date for insurance application is Sunday 7th February. It costs time and money to chase you up for submission of the insurance application form and the PMT form (see later) so please oblige by despatching, without having to be reminded. Thanks.

PRIZE GIVING/CHEESE AND WINE PARTY

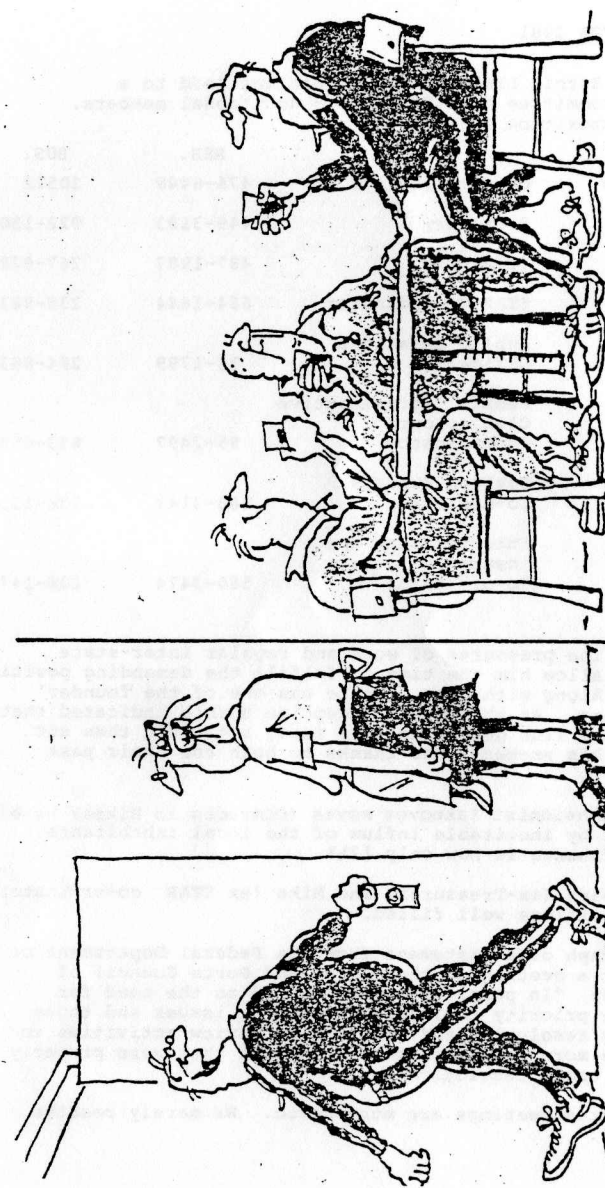
Approximately 40 members and spouses/acquaintances attended this event on Saturday, 1st November.

Club funds supplied the cheese and wine while the Liebmanns opened their Turrumurra doors for the first of our club socials.

Dave Blackhall amazed everyone with a "show and tell" of what the New York City Marathon supplies for a meagre US\$13. A space blanket, T-shirt, running shorts, cap, parker (windbreaker), programme and medal were just some of the benefits derived for the entrance fee.

The club awards, the first ever, were:

Fastest Marathon time for a novice:	Mike Anschutz
Fastest Marathon time:	Charles Coville
STIC winner:	John Blance



"The next lap's on me."

"I'm just going out
for a couple of laps
with the boys."

PALM BEACH TO MANLY - 30KM

SATURDAY, 10th JANUARY 1981

NO. OF FINISHERS MEN: 229 WOMEN: 21

IST : ANDREW LLOYD 1h 39m 30s

STRIDERS:-

17 Mike Halmy	1h 56m 35s	88 Dave Cox	2h 11m 31s
35 Clive Hodges	2h 00m 29s	121 Brian Colwell	2h 17m 15s
50 Ian Ashey	2h 03m 52s	122 Mike Bingham	2h 17m 17s
52 Sam Daher	2h 04m 38s	122 Charles Coville	2h 17m 17s
65 Ivan Freys	2h 07m 37s	137 John Snelson	2h 20m 08s
71 Laurie King	2h 08m 15s	168 John Blance	2h 27m 02s
73 Mike Anschutz	2h 08m 46s	199 Carmen Bingham	2h 37m 10s
80 Stuart Greaves	2h 10m 19s	210 Peter Ryan	2h 40m 58s
84 Neil Plevy	2h 10m 59s	228 Bob Peirson	2h 51m 33s
85 Wynne Henderson	2h 11m 04s		
87 Osten Hansen	2h 11m 19s		

IMPRESSIVE RACE PERFORMANCE AWARDS

This new series of awards will be based upon "impressive" times recorded during races.

N.Y. CITY MARATHON

Mike Nathanson's blistering 3h 43m 58s was an improvement of 29 minutes from his previous P.B. of 4h 12m.

Mike attributes his success to the race atmosphere and his regular STARS and STICS. He particularly emphasised the benefits derived from the STICS - an interesting comment from a "slower" runner which dispels the myth that speed work is only for speedsters.

PALM BEACH TO MANLY 30KM

So many good times were recorded that it was difficult attributing the award to one member. Three awards were made to:

Sam Daher
Wynne Henderson
Carmen Bingham

Sam in pursuit of the elusive sub 3 hours has shown excellent early form and we hope that Striders will be responsible for realising his cherished goal.

Dark horse Wynne surprised everyone with his easy, relaxed run over the longest distance that he has ever raced. Hope that we aren't placing the pressure on you Wynne, but we foresee another fine performance on the 5th of April.

Just when Carmen concedes that she is stale and that her racing days are numbered along comes a quiet impressive performance. Even allowing for a substantial fade, a theoretical marathon time would have been well below 4 hours - promising for so early in the season.

MARATHON MISUNDERSTANDINGS

Written by Bud Greenspan
Edited by Charles Coville

At the small Greek seacoast town of Marathon a small group of Athenian soldiers repulsed an overwhelming force of Persian invaders in what many historians call "the battle that saved Western civilization as we know it today." The battle took place on September 5, 490 B.C., and 6,000 Persian invaders were killed with a loss of little more than 100 Greek defenders.

The route that the famed Greek runner, Pheidippides, took from Marathon to Athens to tell the fearful Athenian population about the great Greek victory established what most people believe to be the original marathon distance.

However, latter day Greek historians have expressed their doubts about such a run eventuating. They believe that it would have been impossible for Pheidippides to have made such a run considering the circumstances. A few days before the battle of Marathon, Pheidippides, a professional runner, was ordered to run to Sparta and back, 150 miles each way, to enlist the aid of the Spartans in the coming battle against the Persians.

Besides the distance he had to run, the route he had to travel was rugged and mountainous. It took him no more than four days to accomplish his run, and some historians think it may have taken him three. It clearly would have been impossible for him to run an additional 24 miles from Marathon to Athens with news of the victory.

Furthermore, the original run from Marathon to Athens was 24 miles and not 26 miles 385 yards - the distance of marathon runs today.

In 1896 the modern Olympic Games were revised in Athens.

Through the decades, romantic writers have written about Spyridon Louis, a Greek shepherd who, while sleeping among his flock, dreamed that he would win the first ever marathon run, and as a Greek have the honor of perpetuating the memory of Pheidippides. But Spyridon Louis was not a shepherd; he was a postal clerk, and had he not crossed the marathon finish line first, it is almost certain another Greek would have. Of the nine finishers, eight were Greek.

Twelve years later, in 1908, one of the most famous marathons in Olympic history was held, and it, too, added to the legend of this long-distance race. It was then that the Italian, Dorando Pietri, was disqualified when he was assisted to the finish line at the London Olympic Games. A magazine researching a story about that race suggested that it was Sir Arthur Conan Doyle who helped Pietri and thus was responsible for his disqualification in favor of the American, Johnny Hayes, the second man to cross the finish line.

The films and still photographs of the finish of the 1908 race never did prove that Sir Arthur Conan Doyle helped Dorando, but it is true that Sherlock Holmes's creator was so moved by the brave Italian's courage that he spearheaded the drive to award Pietri a copy of the gold cup given to Johnny Hayes, the winner.

It is also a fact that the 26 mile 385 yard distance is the result of a nudge by Britain's royal family to have the start of the 1908 marathon on the lawns of Windsor Castle. It was all part of a birthday treat for one of the royal children. Film of the start clearly shows the birthday festivities.

Though the 26 mile 385 yard distance run at the 1908 Games supposedly standardized the distance for all future marathons, the Guinness Book of World Records reveals that four years later at the 1912 Amsterdam Olympics the race was actually less than 25 miles. Additionally, Guinness says that the distance at the 1920 Antwerp Games was actually 26 miles 991 yards.

Marathon runners have often been known to talk to each other during a race, but rarely has a conversation brought a runner to victory as it did the incomparable Emil Zatopek of Czechoslovakia during the 1952 Helsinki Olympic marathon.

Jim Peters, Britain's great marathoner of the early 1950's, was the favorite in the race. He dashed off to an early lead with a blistering pace designed to kill off all the opposition, especially Zatopek, who had previously won gold medals in the 5,000 and 10,000 meters and was running in his first marathon.

Zatopek's plan was to shadow Peters, who was favored.

"I read in the newspapers," says Zatopek, "that Jim Peters was expected to win, so I decided that it would be best to follow him."

Jim Peters continued the story.

"Just before we turned around at the halfway mark, up comes the Czech Zatopek, and in broken English he said, 'Jim, the pace, is it too fast?' Well, I decided maybe I could get rid of him by outwitting him, so I said, 'No, the pace is too slow.' So Zatopek said, 'You said the pace is too slow, Jim?' I said, 'Yes' Then, with a Continental shrug of the shoulders, off he went, and I never saw him again until they carried me back into the stadium, where I saw him cross the finish line the winner. It was the first time I ever had to quit a race."

One of the greatest marathon myths concerns Abebe Bikila of Ethiopia who, before Waldemar Cierpinski of East Germany turned the trick at the 1980 Moscow Games, was the only marathoner to win two Olympic gold medals.

When Bikila won the 1960 Rome marathon running in bare feet, stories were written about how the poor, impoverished, Ethiopian had to run barefooted because neither he nor his team could muster money to buy track shoes.

Ohni Niskanen of Sweden, who was Bikila's personal coach and adviser to all the Ethiopian runners, puts the lie to this story.

"Of course, the Ethiopian sports federation could afford to buy track shoes. The truth is that the shoes Abebe had used in Ethiopia to train for the Olympic Games had worn out. When the Ethiopian team came to Rome we looked for good new shoes for him but they were too narrow or too hard or too heavy, and we were afraid his feet would blister. Then Abebe told me that he could run better barefooted than with the bad shoes. So, 10 days before the marathon the decision was made that Abebe would run in bare feet. He wore no shoes during his training in Rome or in the Olympic Village. He walked and trained barefoot in order to get his skin as strong as possible.

"Now they make excellent marathon shoes, but before, they were too heavy and hot and not at all practical for the race. But as you know, Abebe could run equally well with or without shoes as he proved four years after Rome when he wore shoes and won in Tokyo."

PALM BEACH TO MANLY - 30KM

BY WYNNE HENDERSON

3 a.m. I must be mad! Do they supply miners' lamps on this run?

Palm Beach at 4.30a.m. - an invasion of dedicated (a polite term) runners bustling around an organiser's table. Not in conflict with the peace of the morning, just enjoying being alive, sharing the experience of a day developing. Knowing that many goals would be achieved before half of the population of Sydney had woken up to the fact that it was Saturday, 10th January, 1981.

Casual, but not off-hand, an easy flowing feeling after the familiar muffled shot signalled runners to advance in ordered confusion, and head for Manly, 30kms away.

"Striders", where are you? A flash of yellow and blue indicated a Coville creeping away with Dave Cox in tow. A like pair! What say a likely trio? Lets give their conversation a try. Easy rhythm, good pace, lets hear the saga of the singlets Charlie. (I mean the real story!)

The trials of being Chairman begin to be apparent by the time the first water stop is encountered. SPONGE!! Such good people to man our oasis - who would want to give up, and dissappoint them?

Mona Vale and we're into split times - bloody Charlie and his matt black, flat, light, digital stopwatch - toaster - hair dryer etc. But the news is good..... and that matters - we're striding towards a 2.14 with lots of topics still to cover. "63.5!" a voice calls, "Half way at the hospital!" 3kms later we past the fourth 15km marker!! What are they trying to do to us?

Charlie has the complete shits, and breaks off to give the flow a new block of units a good piece of his mind (and other place Dave picks up the pace and Jenkins Street is just a blur; "Home!" I gurgle, but Dave begins a conversation on good Gre Restaurants he knows, and the spell is broken. We're picking a few runners as we crest Curl Curl hill. How good to be running with the sea breeze in your face. Manly's still a hill away and its starting to become hard work, but left foot follows right inexorably. No conversation required, no water stops, we're in top gear.

Last hill! Now breakneck downhill to the Esplanade, feet taking a lot of strain (it must be murder inside those shoes!) The surfers look at us. "Hey, you guys are crazy!" Are we? There's a special feeling, a "high" that we've been waiting 30kms to experience and nobody can diminish that. Three more pine trees.....two more cracks in the concrete, and they're handing me a ticket.

THATS IT! 2.11.04 and I'm grinning.

Thank you Harboard Diggers, this was a Saturday of thirty good memories.

At the beginning, I still experienced the usual "wall", that feeling after about ten miles that you can't go on, that your body has given up. This is the time you have to run through your pain. The harder you run the faster the pain disappears, and in the next ten miles or so, you feel euphoric and free-floating. The last two miles of a marathon is when your body tries to "flash" at you, scaring you with stomach and leg cramps and severe chest pains. These are "false alarms", which I've learned to ignore.

From the twenty-sixth to the thirtieth mile my body felt fuzzy, as if it were saying "Hey, wait a minute, the marathon is over. Why are you still running?" I decided not to answer that question, but to erase all thoughts from my mind and just put one leg in front of the other.

By the thirtieth mile, I entered a new stage I never felt before - terminal pain. Every bone in my body, every ounce of my flesh felt as if someone were beating me with a lead pipe. For the next fifteen miles I ran with this pain. My head was one big migraine. I had toothaches, and my lungs were on fire (I was sure they would burn to a crisp).

At the fifty-mile mark, the pain subsided somewhat. This was actually more dangerous, because again, you are tempted to stop, "to quit while you're ahead". But quitting was now out of the question. I was determined to hold out as long as I could.

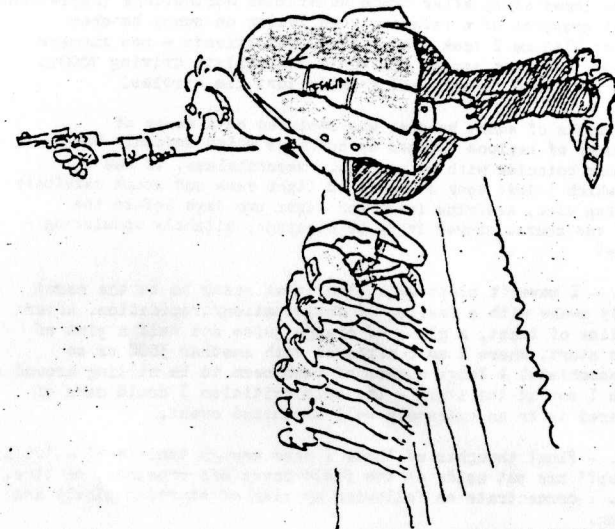
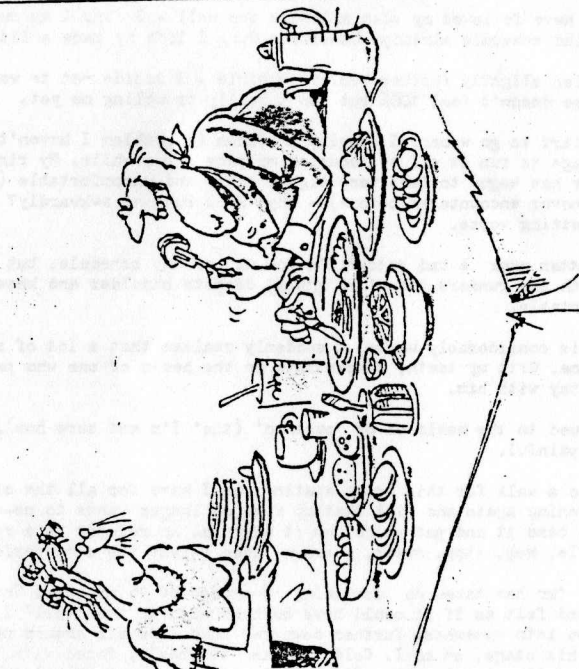
I was hoping for a reward, a new level of euphoria and lightness after all that pain. But at the sixty-mile mark, the pain got worse. It was difficult to breathe. I felt sharp, stabbing pains in my chest. My legs ceased to have any feeling. I looked down at them and could see many dark blue veins ready to pop. I confess that I was almost ready to quit at this point, but a little voice in the pit of my stomach (it was no longer in the back of my mind) urged me to keep running.

At seventy-five, I noticed that my hair was falling out in big clumps and my skin was drying rapidly and feeling crisp to the touch. It began to fall off in flakes, like strudel dough. A pale, yellowish liquid was dripping out of my ears. I was feeling the effects of dehydration, but continued to run.

I consulted my odometer and thought I saw the magic number 100, but everything became a blur. My eyes stopped functioning, I had to pinch and bite myself and bang my head against trees as I ran because I was beginning to lose all sense of feeling.

And then, the final breakthrough happened. At what must have been the one-hundred-twenty-fifth mile, I went into a state I call "non-space." Suddenly I lost all control of my bowels and bladder. I emptied myself. I drooled uncontrollably, tears flowed from my blinded eyes, and that odd, yellowish liquid oozed out of my ears again. I broke through the final wall, what I call the "Z Barrier". I no longer had any responsibility for my body.

Breaking the 'Z Barrier' was the most thrilling moment of my life, but it took a lot out of me. I was so exhausted afterward that I couldn't run for two days. I am now back on a full training schedule and plan to break the 'Z Barrier' again soon. Why not try it yourself?



"Don't worry honey, I'm just carbohydrate-loading for the big race."

I set off from Sydney immediately after Bruce Robertsons Northridge (depletion) run with the pleasant prospect of a relaxing week lazing on sunny beaches en route to Melbourne. With me I took good wishes from friends - non runners amongst whom were convinced that anyone who would contemplate driving 1000km in order to run 42km must have finally and totally lost his marbles!

As it happens, the visions of sunny beaches was replaced by a sense of wonderment at the number of regions ravaged by bushfires which suddenly had a much needed rainstorm coincide with my passage. Nevertheless, it was a restful week during which I just took a couple of light runs and stuck carefully to my depletion/loading diet, arriving fresh and eager two days before the event. A drive over the course showed it to be pleasant, slightly undulating - and a bloody long way!

Sunday morning, 5am. - I haven't slept well (tho' that seems to be the norm) and am well and truly awake with a feeling of anticipation/trepidation. After breakfasting on a slice of toast, a glass of orange juice and half a pint of water its off to the start, where I am confronted with another 5000 or so would be 'marathon masochists'. A large number of them seem to be milling around the only two toilets I saw at the start - the sole criticism I could make of what otherwise appeared to be an extremely well organised event.

Sunday morning, 8am. - Final thoughts of 'have I done enough training?' - 'will my dodgy knee hold up?' are put aside as the field moves off smoothly, on time, in ideal conditions. I concentrate on following my plan of starting slowly and easing into a rhythm.

5 km. I seem to have followed my plan a little too well - I find I am running two minutes behind schedule already. Otherwise O.K. I lift my pace a little.

10 km. Have fallen slightly further behind schedule - I decide not to worry about it. My knee doesn't feel 100% but isn't really troubling me yet.

15 km. Things start to go wrong. I develop a stitch (a problem I haven't had in months) but manage to run it off by reducing my pace for a while. My right upper arm and shoulder has begun to feel very tight, tense and uncomfortable (a problem I have never encountered before) - why? Am I running awkwardly? My knee is definitely getting worse.

20 km. Have I gotten over a bad patch? I'm now way off my schedule, but am keeping pace with the runners around me again, despite shoulder and knee still feeling uncomfortable.

25 km. My knee is considerably worse. I suddenly realise that a lot of runners are overtaking me. Grit my teeth, concentrate on the heels of one who passes me and manage to stay with him.

30 km. Still glued to the heels of my 'paceman' (tho' I'm not sure how). Knee now extremely painful.

31 km. I slow to a walk for this drink station, as I have for all the others. Try to start running again and find that my knee no longer wants to co-operate. I can't seem to bend it and put weight on it anymore. Am reduced to a routine of; walk, shuffle, hop, stop, swear, massage, then repeat the same performance.

34 km. The last 2km has taken me something in excess of 25 minutes. The kerb I just negotiated felt as if it could have been as high as the 'wall' I was expecting to run into somewhere further down the road. The air around me is blue - and by this stage, so am I. Cold, wet and miserable, faced with the prospect of a pointlessly slow time (if I finished) and the possibility of doing some permanent damage to my knee, I pull out with a mixture of reluctance, relief and disappointment.

Olympic Games

1 Spondon Louis	GRE	2:58:50	Athens	4:10:1896 ¹
2 Michel Theato	FRA	2:59:45	Paris	7:19:1900 ²
3 Thomas Hicks	USA	3:28:53	St. Louis	8:30:1904 ¹
4 John Hayes	USA	2:55:18.4	London	7:24:1908
5 Kenneth McArthur	SOA	2:36:54.8	Stockholm	7:14:12 ²
6 Johannes Kolehmainen	FIN	2:32:35.8	Antwerp	8:22:20 ²
7 Albin Stenroos	FIN	2:41:22.6	Paris	7:13:24
8 Boughera El Ouafi	FRA	2:32:57	Amsterdam	8:5:28
9 Juan Carlos Zabala	ARG	2:31:36	Los Angeles	8:37:32
10 Kirei Son	JAP	2:29:19.2	Berlin	8:39:36
11 Delfo Cabrera	ARG	2:24:51.6	London	8:7:48
12 Emil Zatopek	CZE	2:23:03.2	Helsinki	7:27:52
13 Alain Mimoun	FRA	2:25:00	Melbourne	12:1:56
14 Abebe Bikila	ETH	2:15:16.2	Rome	9:10:60
15 Abebe Bikila	ETH	2:12:11.2	Tokyo	10:21:64
16 Mamo Wolda	ETH	2:20:26.4	Mexico City	10:20:68
17 Frank Shorter	USA	2:12:19.8	Munich	9:10:72
18 Waldemar Cierpinski	GDR	2:09:55	Montreal	7:31:76
19 Waldemar Cierpinski	GDR	2:11:03	Moscow	8:1:60

1—distance—40 km
2—distance—40.2 km
3—distance—42.75 km

European Championships

1 Armas Toivonen	FIN	2:52:29	Turin	9:9:34
2 Vardo Munonen	FIN	2:37:28.8	Paris	9:4:38
3 Mikko Heiskanen	FIN	2:24:55	Oslo	8:22:46
4 Jack Holden	GBR	2:32:13.2	Brussels	8:23:50
5 Veikko Karvonen	FIN	2:24:51.6	Berne	8:25:54
6 Sergey Popov	SOV	2:15:17	Stockholm	8:24:58
7 Brian Kirby	GBR	2:23:18.8	Belgrade	9:16:62
8 James Hogan	GBR	2:20:04.6	Budapest	9:4:66
9 Ronald Hill	GBR	2:16:47.8	Athens	9:22:89
10 Karel Lismon	BEL	2:13:09	Helsinki	8:15:71
11 Ian Thompson	GBR	2:13:18.8	Rome	9:8:74
12 Leonid Moiseyev	SOV	2:11:57.5	Prague	9:3:78

¹Course distance short (40.200km)

Pan American Games Marathon

1 Delfo Cabrera	ARG	2:35:00.2	Buenos Aires	3:5:51
2 Doroteo Flores	GUA	2:59:09.2	Mexico City	3:19:55
3 John J. Kelley	USA	2:27:54.2	Chicago	9:2:59
4 Fidel Negrete	MEX	2:27:55.6	Sao Paulo	5:4:63
5 Andrew Boychuk	CAN	2:23:02.4	Winnipeg	8:5:67
6 Frank Shorter	USA	2:22:40	Cali	8:5:71
7 Rigoberto Mendoza	CUB	2:25:02.9	Mexico City	10:20:75
8 Radames Gonzalez	CUB	2:24:07	San Juan	7:14:79

THE BLISTER ON BLISTERS

After a recent STAR I was approached by a member who had run without socks as he had inadvertently left them at home. The result was a big red shiner on his big toe and a nasty raw achilles. I rarely run in socks but I do adopt the cardinal rule of GREASE UP! A liberal application of vaseline MUST be applied to sensitive areas, e.g. toes and achilles.

While on the subject of blisters, yet another member has acquired the now famous KT26 sole blister. The October 1979 Runners World shoe survey rate the Osaga KT26 as a 5 star shoe. Dunlop acquired the licence to have the Canadian shoe manufactured in South Korea and then sold Downunder (according to a reliable source). Full page advertisements were placed in the newspapers around City to Surf time extolling the virtues of the "5 Star" low priced shoe. Dave Blackhall has both a Canadian pair and a South Korean pair. The difference, apparently, is continents apart!

I have heard numerous remarks passed about the discomfort of the Asian version. Unfortunately, in many instances runners become aware that more comfortable shoes do exist only when they eventually purchase another brand of shoe.

To those South Korean KT26 owners who may not be wholly satisfied with their comfort, my advice is to use them only for those short mid-week training runs. Buy yourself a good recognised brand for STARS and races. Isn't it difficult enough having to train 100 hours plus and to overcome mental and physical barriers merely to complete a marathon without having to worry about a non-variable factor like uncomfortable shoes?

RUNNING THROUGH THE 'Z BARRIER'

by Hal Thromby. (from NATIONAL LAMPOON, Sports Issue)

I like to run. Wait, it's more than that. I love to run. I'd rather run than eat. Running is not just the only thing, it's everything to me. So if you're not deeply involved with running, what I am about to relate may not be of interest to you. But if you are involved in running, it may inspire you to move along the same paths I did, and hopefully, to live through the same remarkable experience I had.

I am a veteran marathon runner. I am not of championship calibre, but I do break three-hour mark regularly. In fact, in the last few marathons, I finished with hardly any pain. I felt exhilarated after the twenty-six miles. and so, the next time I started training I decided to simply run as far as I could, distance be damned.

MARATHON STATISTICS

AS AT 6 9 80

World Best Performances—Men

Mike Clayton	AUS	2:08:33.6	Antwerp	5:30:69
Frank Nijboer	HOL	2:09:01	Amsterdam	4:26:80
Ken So	JAP	2:09:05.6	Beppu	2:67.8
Thompson	GBR	2:09:12	Christchurch	1:31:74
Rodgers	USA	2:09:27	Boston	4:16:79
Hill	GBR	2:09:28	Edinburgh	7:23:70
Mike Clayton	AUS	2:09:36.4	Fukuoka	12:3:67
Rodgers	USA	2:09:55	Boston	4:21:75
demar Cierpinski	GDR	2:09:55	Montreal	7:31:76
c Smet	BEL	2:10:00	Berchem	3:16:79
me Drayton	CAN	2:10:08.4	Fukuoka	4:16:79
Rodgers	USA	2:10:09.6	New York	10:24:78
hiko Seko	JAP	2:10:12	Boston	4:17:78
Rodgers	USA	2:10:15	Boston	4:17:78
Wells	USA	2:10:18.6	Niagara Falls	5:24:80
y Sandoval	USA	2:10:19.9	Durham	6:21:80
y Borklund	AUS	2:10:20	Fukuoka	12:77:75
y Chettle	USA	2:10:20	Eugene	9:97:79
y Sandoval	USA	2:10:20	Eugene	9:97:79
Wells	USA	2:10:21	Fukuoka	12:3:78
hiko Seko	GBR	2:10:30	Boston	4:20:70
Hill	USA	2:10:30	Fukuoka	12:3:72
hiko Seko	JAP	2:10:35	Fukuoka	12:27:79
geru So	JAP	2:10:37	Fukuoka	12:27:79
o Usami	JAP	2:10:37.8	Fukuoka	12:27:79
ish So	JAP	2:10:40	Fukuoka	12:27:79
ni Duran	USA	2:10:40.3	Niagara Falls	5:24:80
nk Shorter	USA	2:10:45.8	Montreal	7:31:76
ck Quax	NZL	2:10:47	Eugene	9:77:80
Adcock	GBR	2:10:47.8	Fukuoka	12:26:68
me Ford	GBR	2:10:51	Fukuoka	12:27:79
in Son Goe	NKO	2:10:52	Essonne	3:16:80
in Louchick	USA	2:10:54	Eugene	9:97:79
e Hefner	USA	2:10:54.1	Niagara Falls	5:24:80
Rodgers	USA	2:10:55.3	Fukuoka	12:04:77
dimir Kotov	SOV	2:10:58	Moscow	5:24:80
b Hodge	USA	2:10:59	Eugene	9:77:80
n Tabb	USA	2:11:00.8	Metairie	2:10:80
idemar Cierpinski	GDR	2:11:00.8	Moscow	8:1:80
kuu	JAP	2:11:05	Fukuoka	12:3:78
Adcock	GBR	2:11:07.2	Athens	4:6:69
rek Clayton	AUS	2:11:08.8	Hobart	9:25:71
ve Smith	USA	2:11:09	Eugene	9:77:80
mon O'Reilly	USA	2:11:12	Boston	4:20:70
in Farrington	AUS	2:11:12.8	Richmond	7:14:73
rei Lismont	BEL	2:11:12.8	Montreal	7:31:76
me Drayton	CAN	2:11:12.8	Fukuoka	12:7:69
ck Quax	NZL	2:11:13	Eugene	9:97:79
rei Lismont	BEL	2:11:13.2	Kortemark	7:14:74
ia Tikkanen	FIN	2:11:15	Boston	4:17:78
in Kardong	USA	2:11:15.8	Montreal	7:31:76
ymkul Dzumazarov	SOV	2:11:16	Moscow	5:24:80
hichiro Sasaki	JAP	2:11:17	Fukuoka	12:3:67
ck Furr	USA	2:11:17	Boston	4:17:78
idemar Cierpinski	GDR	2:11:17	Karl-Marx-Stadt	5:30:80
ck Foster	NZL	2:11:18.8	Christchurch	1:31:74
rand Nijboer	HOL	2:11:20	Moscow	8:1:80
ive Cannon	GBR	2:11:21	Montreal	9:6:80
ck Callison	USA	2:11:22	Metairie	2:10:80
and Thomas	USA	2:11:25	Boston	4:17:78
Rodgers	USA	2:11:26.4	Fukuoka	12:7:75
uo Usami	JAP	2:11:27.8	Antwerp	5:30:69
il Rodgers	USA	2:11:28.2	New York	10:23:77
ek Ball	TUR	2:11:30	Lahore	11:14:76
rank Shorter	USA	2:11:31.2	Fukuoka	12:8:74
ladimir Bugrov	SOV	2:11:32	Minsk	9:21:72
abede Baichua	ETH	2:11:35	Montreal	9:26:79
stymkul Dzumazarov	SOV	2:11:35	Moscow	8:1:80
enny Moore	USA	2:11:35.8	Fukuoka	12:6:70
ary Henry	AUS	2:11:36.7	Montreal	9:6:80
hang Sop Choe	NKO	2:11:40	Fukuoka	12:27:79
ivind Dahl	NOR	2:11:40	Karl-Marx-Stadt	5:30:80
ave Chettle	AUS	2:11:41	Montreal	8:26:79
ingru So	JAP	2:11:41.2	Fukuoka	12:3:78
Bill Rodgers	USA	2:11:42	New York	10:21:79
Geni Ruppert	AUS	2:11:42.4	Adelaide	4:9:80
Kevin Ryan	NZL	2:11:43	Boston	4:17:78
Frank Shorter	USA	2:11:45	Fukuoka	12:2:73
Giuseppe Cindolo	ITA	2:11:45	Fukuoka	12:7:75
Kirk Pfeiffer	USA	2:11:50	Enschede	8:25:79
Anatoly Artyukov	SOV	2:11:50	Moscow	5:24:80
Giuseppe Cindolo	ITA	2:11:50.8	San Reggio	4:25:76
Frank Shorter	USA	2:11:51.1	Eugene	5:22:76
Herm Atkins	USA	2:11:52	Eugene	9:97:79
John Dimick	USA	2:11:53	Metairie	2:18:79
Anatoly Alkuzin	SOV	2:11:53	Moscow	5:24:80
Steve Hoag	USA	2:11:54	Boston	4:21:75
Ron Hill	GBR	2:11:54.4	Fukuoka	12:7:69
Chris Wardlaw	AUS	2:11:55	Fukuoka	12:27:79
Bill Scott	AUS	2:11:55	Fukuoka	12:27:79
Jens Joachim Trupel	GDR	2:11:56	Karl-Marx-Stadt	5:30:80
Leonid Moiseyev	SOV	2:11:57.0	Fukuoka	12:4:77
Leonid Moiseyev	SOV	2:11:57.5	Prague	9:37:78
Bill Rodgers	USA	2:11:58	Eugene	5:22:76
Nikolay Penzin	SOV	2:11:59.0	Prague	9:37:78
Shivath Singh	IND	2:11:59.4	Jullundur	4:28:78
Morio Shigematsu	JAP	2:12:00	Chiswick	6:12:65
Jerome Drayton	CAN	2:12:00	Detroit	10:19:69
John Farrington	AUS	2:12:00.4	Fukuoka	12:3:72

World Best Performances—Women

1 Grete Waitz	NOR	2:27:32.6	New York	10:21:79
2 Patti Lyons-Catalano	USA	2:30:57	Montreal	9:5:80
3 Joan Benoit	USA	2:31:23	Auckland	2:30:80
4 Lorraine Moller	NZL	2:31:40	Eugene	9:77:80
5 Jacqueline Gareau	CAN	2:31:41	Montreal	9:6:80
8 Marja Wolkse	HOL	2:32:29	Eugene	9:77:80
7 Grete Waitz	NOR	2:32:29.2	New York	10:22:78
6 Joyce Smith	GBR	2:33:32	Sandbach	6:22:80
9 Jacqueline Gareau	CAN	2:34:28	Boston	4:21:80
10 Allison Roe	NZL	2:34:29	Eugene	9:77:80
11 Christa Vahlensieck	GFR	2:34:47.5	West Berlin	9:10:77
12 Patti Lyons	USA	2:35:08	Boston	4:21:80
13 Lorraine Moller	NZL	2:35:11	London	6:30:80
14 Gayle Olmick	CAN	2:35:12	Metairie	2:10:80
15 Joan Benoit	USA	2:35:15	Boston	4:16:79
16 Chantal Langlace	FRA	2:35:15.4	Oyazun	5:17:77
17 Joan Benoit	USA	2:35:41	Eugene	9:97:79
18 Vreni Forster	SWI	2:35:57	Sandbach	6:22:80
19 Nancy Gonz	USA	2:36:02	London	9:30:80
20 Gayle Olmick	CAN	2:36:12	Scottsdale	12:17:79
21 Jane Brown	USA	2:36:23.1	Eugene	9:10:78
22 Joyce Smith	GBR	2:36:27	Waldniel	9:22:79
23 Christa Vahlensieck	GFR	2:36:47	Waldkraiburg	5:15:80
24 Lorraine Moller	NZL	2:37:36.5	Duluth	6:23:79
25 Linda Staudt	CAN	2:37:39	London	8:30:80
26 Joyce Smith	GBR	2:37:48	Tokyo	1:11:79
27 Kim Merritt	USA	2:37:57	Eugene	9:11:77
28 Charlotte Teske	GFR	2:38:04	Waldkraiburg	5:15:80
29 Manuela Angenwoorth	GFR	2:38:09.4	West Berlin	9:10:77
30 Gayle Olmick	CAN	2:38:12	Metairie	2:18:79
31 Charlotte Teske	GFR	2:38:14	Osnabach	3:30:80
32 Jacqueline Hansen	USA	2:38:19	Eugene	10:12:75
33 Patti Lyons	USA	2:38:22	Boston	4:16:79
34 Christa Vahlensieck	GFR	2:38:32.8	Steinhausen	9:23:78
35 Gill Adams	GBR	2:38:33	New York	10:21:79
36 Lorraine Moller	NZL	2:38:35.8	Duluth	6:21:80
37 Joan Benoit	USA	2:38:42	London	8:30:80
38 Ingrid Christensen	NOR	2:38:45	Stockholm	8:23:80
39 Sue Krenn	USA	2:38:50	Boston	4:16:79
40 Vreni Forster	SWI	2:38:50	Boston	8:30:80
41 Jacqueline Gareau	CAN	2:39:08	New York	10:21:79
42 Miki Gorman	USA	2:39:11	New York	10:24:76
43 Gill Adams	GBR	2:39:17	Boston	4:21:80
44 Gill Adams	GBR	2:39:18	Essonne	3:16:80
45 Laurie Binder	USA	2:39:22	Boston	4:21:80
46 Gill Adams	GBR	2:39:28	Tokyo	1:11:79
47 Sessel Grotenberg	NOR	2:39:37	Gjovik	9:6:79
48 Kim Merritt	USA	2:39:43	Waioniel	9:22:79
49 Elizabeth Hassall	AUS	2:39:48	Boston	4:16:79
50 Gail Volk	USA	2:39:48	Seattle	7:29:79
51 Patti Lyons	USA	2:40:06.3	Honolulu	12:9:79
52 Marja Wolkse	HOL	2:40:15	Amsterdam	4:26:80
53 Christa Vahlensieck	HOL	2:40:15.8	Duimen	5:37:75
54 Patti Lyons	USA	2:40:19	New York	10:21:79
55 Christa Vahlensieck	GFR	2:40:28	Krefeld	5:16:78
56 Patti Lyons	USA	2:40:28	Newport	4:16:79
57 Gill Adams	GBR	2:40:34	Eugene	9:77:80
58 Dorte Rasmussen	DEN	2:40:35.7	Miami	1:12:80
59 Carol Gould	GBR	2:40:37	Waldniel	9:22:79
60 Christa Vahlensieck	GFR	2:40:48	Rodenbach	4:23:77
61 Jacqueline Gareau	CAN	2:40:56	Montreal	8:26:79
62 Marty Cooksey	USA	2:41:01	London	8:30:80
63 Gill Adams	GBR	2:41:03	Eugene	9:97:79
64 Jani Weitzel	USA	2:41:07	Metairie	2:10:80
65 Liz Barry	USA	2:41:10	College Park	12:16:78
66 Dorte Rasmussen	DEN	2:41:13.9	Hotte	9:23:79
67 Joyce Smith	GBR	2:41:22	London	8:30:80
68 Patti Lyons	USA	2:41:31.2	Eugene	9:10:78
69 Joyce Smith	GBR	2:41:37	Sandbach	6:17:79
70 Bern Guerin	USA	2:41:44	Boston	8:30:80
71 Carla Peterson	USA	2:41:47.8	Fort Wayne	7:16:78
72 Marty Cooksey	USA	2:41:49	New York	10:22:78
73 Kathleen Samet	USA	2:41:50	Boston	4:21:80
74 Karen Fitz	USA	2:41:52	London	8:30:80
75 Christa Vahlensieck	GFR	2:41:56.3	Debn	5:27:79
76 Elizabeth Hassall	AUS	2:42:04	Waldniel	9:22:79
77 Sue Kinsey	USA	2:42:08	Bakersfield	2:57:79
78 Gill Adams	GBR	2:42:14	London	9:30:80
79 Shirley Durschi	USA	2:42:15	Eugene	9:77:80
80 Carol Gould	GBR	2:42:21	New York	10:21:79
81 Ellison Goodall	USA	2:42:23	Boston	4:21:80
82 Liane Winter	GFR	2:42:24	Boston	4:21:75
83 Chantal Langlace	FRA	2:42:36	Essonne	3:16:80
84 Laurie Binder	USA	2:42:42	Eugene	8:30:80
85 Beth Guerin	USA	2:42:44	Waldniel	9:22:79
86 Ann Sullivan	USA	2:42:45	Eugene	9:77:80
87 Chris Lavallee	CAN	2:42:50	Ottawa	5:11:80
88 Manuela Angenwoorth	GFR	2:43:00	Krefeld	5:16:76
89 Heike Shoen	USA	2:43:00	Eugene	9:77:80
90 Sue Petersen	USA	2:43:02	Boston	4:16:79
91 Sessel Grotenberg	NOR	2:43:05	Tokyo	1:11:79
92 Gill Adams	GBR	2:43:08	Sandbach	6:17:79
93 Patti Lyons	USA	2:43:09.5	Honolulu	12:10:78
94 Miki Gorman	USA	2:43:10	New York	10:23:77
95 Vreni Forster	SWI	2:43:14	New York	10:21:79
96 Vreni Forster	SWI	2:43:14	Gurmes	4:12:80
97 Sylviane Fouache	FRA	2:43:14.2	Montreal	9:6:80
98 Jane Robinson	USA	2:43:16	Eugene	9:77:80
99 Chantal Langlace	FRA	2:43:19	Lieven	5:11:80
100 Joann Dahlkoetter	USA	2:43:20	San Francisco	7:13:80

Afterwards. I never thought I would be glad to be in the position of being unable to walk properly for three days and unable to run for two weeks, but on this occasion it reassured me that I had made the right move by pulling out. In retrospect, I feel the injury was probably brought on by trying to maintain a training mileage that was 'too much, too soon'. The knee is still not completely right, but has responded well to the enforced rest, followed by a reduced running schedule and weights exercises recommended by the Physio. With the greater depth of training I will have plus a more gradual build up to peak mileage I am now confidently looking forward to a finish in the Harbor Diggers marathon. Roll on April 5th, and maybe I shall finally get to find out what this mystical 'Wall' is all about.

NEW YORK CITY MARATHON 1980 By Dave Blackhall

As most Club Members are aware, Mike Nathanson and I participated in the 1980 New York City Marathon. This is a brief report on the Race, its organisation and our reaction to it.

The New York City Marathon is organised by the New York Road Runners Club and is only one event on a full calendar which the Club organises each year.

This year's race was organised under the sponsorship of Perrier Mineral Water, Manufacturers Hanover Trust, the New York Telephone Company and the Rudin Family Trust. This year the field was limited to 16,000 starters, of which some 14,500 actually made the starting line, 12,200 finished.

The race was won this year by Alberto Salazar in a course record time of 2 hours 9 minutes 42 seconds. Bill Rogers, favourite for the event who was seeking a record 5th consecutive victory, in fact finished 5th in 2 hours 13 minutes.

The race was held under cloudy and windy conditions which were considered ideal by most experienced runners. The effect of these conditions on the two Sydney Striders entrants vary. Mike Nathanson finished in a personal best time of 3 hours 43 minutes, whilst I finished in one of my slowest times, 3 hours 24 minutes. Top placed Australian was Dave Chettle with a slow (for him) 2 hours 20 minutes.

The over-riding impression of the New York Marathon was one of size. From the Spaghetti Party on Saturday afternoon to the momentos given at the finish, the race caters for people by the thousand. Listed below is a brief outline of the sorts of things that an entrant in the New York Marathon receives for the \$13 fee:

- Bus transport to the start on Staten Island.
- Free Beer and Spaghetti prior to the race Saturday.
- Free Donuts and Coffee on the morning of the race.
- Free Copy of "Running".
- Commemorative Medallion to every finisher.
- Full list of results.
- Free Perrier Water.
- Free post race lunch including yoghurt, apples, drinks, chocolate bars etc.
- Free "space" blanket - this is a silver lightweight heat retaining blanket which keeps you warm after the finish.
- Free running shorts, T-shirt and cap.

Obviously, running in New York was a magnificent experience. I know Mike Nathanson intends to return this year and I can confidently recommend to any Club Member who has the opportunity of participating that it would be the experience of a lifetime.

DEMOGRAPHICS FROM THE 1980 NYC MARATHON

(Based upon entrants) - compliments of the official programme:

Entrants: men 13,540 women 2,465 Total 16,005

Most popular age group:

30 - 39 : men 45% women 45%

Youngest and oldest:

Youngest man	9	Oldest man	78
Youngest woman	10	Oldest woman	64

Novices: men 28% women 42%

Distribution by Occupation (Top 10):

1,277	Teacher/educator
1,142	Attorney/lawyer
843	Student
744	Administrator/manager
609	Engineer
546	Physician/Doctor
482	Accountant
413	Business owner
366	Sales person
349	Banker

Distribution by Country (over 100 entrants):

482	France
298	Great Britain
250	Canada
157	Italy
147	Switzerland
133	Finland
124	Ireland
11	Australia
3	South Africa

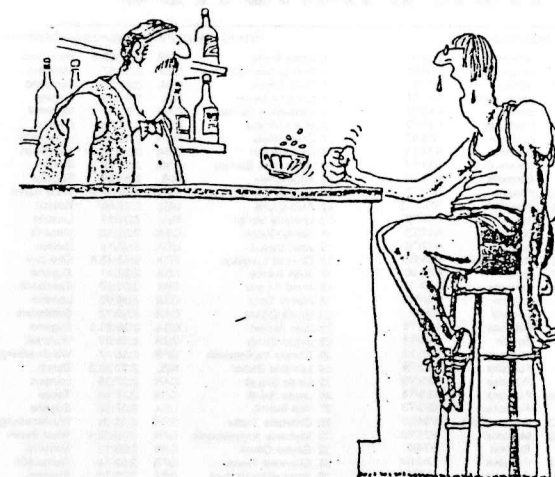
XMAS OUTING BY MIKE BINGHAM

The Striders inaugural Christmas "get together" was held on 17th December.

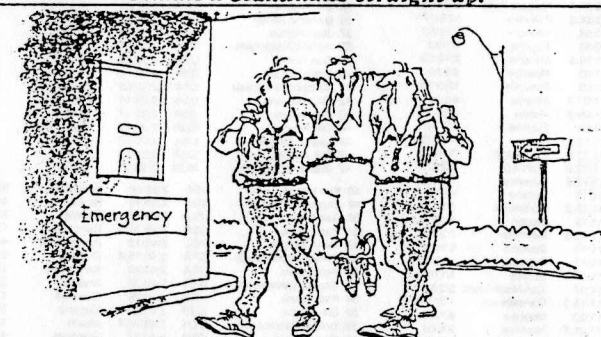
The evening began with a short jog from the hallowed quarters of the Y.M.C.A. around Mrs Macquarie's chair to the Opera House and back with about 10 people taking part. Following a quick shower and change, everyone retired to the Edinburgh Castle, licensed premises across the road from the "Y" where a larger group attended for pre-dinner drinks before moving to the Hingara Restaurant in Dixon Street where some 19 striders, their wives and friends sat down to an eight course dinner which received the approval of all.

A particular welcome to Penelope Coville who had recently flew in from South Africa for the occasion.

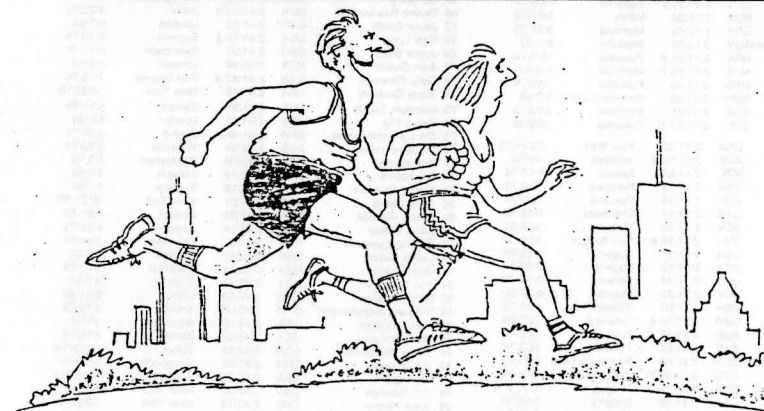
EXTRACTS FROM "THE INCOMPLETE RUNNER"



"Gimme a Staminade straight-up!"



"My doctor said I'd never get a heart attack if I ran in a marathon . . . but he never said anything about stomach cramps, shin splints, blisters, muscle spasms or nausea."



"Let's go to my place and replace our lost body fluids."

Of all the shoes that I have worn, I would still class Nike Elite as the shoe most comfortable for my feet. The Elite model is already about three years old and has been superseded by various other Nike models. Bernie Liebmann has 6 pairs! Plevey, is very pleased with them (he recently broke the 15km STIC course wearing them) However, it is up to each runner to try different shoes on in the shop. What is fit for the goose may not fit the gander.

Get hold of October Runners World and get a feel for what you should be looking for. The survey has been compiled by experts (Nike would probably dispute that).

Ultimately, if you have paid over \$35 and the shoe fits - wear it!

HONOURING ONE'S COMMITMENT.

FESTIVAL OF ADELAIDE MARATHON OCTOBER 11, 1980

By Roy Norman

How many times does one make a decision he or she knows to be wrong and yet still attempts to live with it? How often do we say to ourselves "No" and then proceed in the affirmative, ignoring all the danger signals until we pass the point of no return and are left with nothing but the final price to pay? These questions passed through my mind frequently both prior to, during, and after the 2nd Festival City Marathon on October 12, 1980.

My training log showed that I had averaged less than 50 miles per week during the last eight weeks prior to the marathon. During that same eight weeks, I had run only five 20 milers, the fastest one being 2:10:05 on September 21. On that day, while running the Cronulla course, I suffered an awkward groin injury. I didn't run at all the following week and logged only 70 miles in the final fortnight in a vain attempt to nurse the injury. Foolish fellow!

I followed the full Carbo' depletion and loading phases the week prior to Adelaide, for I had long ago committed myself to breaking 2 hours 50 minutes. I wasn't going to be satisfied with just cracking 3 hours.

The morning of the race dawned. 10° and intermittent rain with a strong headwind all the way from Gawler to the finish. I wasn't mentally or physically prepared for cold, windy weather and I had to make an unscheduled 'pit stop' at the 15K mark of 4minutes 16 seconds.

By trying to make up the lost time I continued to break all the rules of sensible marathonning. The rain was extremely heavy now, for mile after mile, and the headwind was making progress at my initial 6minute 15 second pace almost impossible. At the 20 mile mark I had yet to negotiate the Grand Junction Hill, and as the timekeeper called out "2 hours 8 minutes" I knew I was in big trouble. Correcting my time for the 'pit stop' meant that I had gone through the 20 mile mark in just under 2 hours 4 minutes. A rueful P.B.

Then follows the all too familiar story. Severe cramps in both hamstrings, an acute groin pain and arms that felt like two lead weights. My earlier smooth pacing was gone to be replaced by a survival shuffle. The Wall had arrived to exact its retribution. Taking 1½ hours to cover the last 5½ miles tells the final sad chapter. I fell across the finish line into the waiting arms of three St. Johns Ambulancemen. My watch showed 3 hours 20 minutes.

As to the original two questions asked, I don't have the answers. Perhaps no one does. Yet I know of no better way to find myself, to learn my mental and physical strengths and weaknesses. Marathon running is like that. You can fool everyone around you but you cannot fool yourself. Perhaps that is why more and more people are turning to distance running. It is a challenge to be answered. And do you know something else? I'll be back next year to again give it everything I've got. Perhaps next time I will succeed.

On Marathoning in New Zealand By David McCarthy

On the 16th October this year several hopeful Aussies including myself journeyed to Hamilton, New Zealand to participate in the Mannings International Marathon.

Reports filtering through beforehand had indicated a fast, flat course run over four laps of a circuit situated on the outskirts of town.

In reality this was true with the course starting on quiet suburban bitumen roads, then continuing out to rural tracks, passing through the Suakura Agricultural Research Station, then back to town.

The final lap finish was sited at the local athletic stadium where the New Zealand army (good idea) had been employed to set up finishing shutes, first aid station, etc... also the army generously provided Landrover ambulances throughout the route.

The organisation of the whole event was excellent, especially the way that overseas runners such as ourselves were billeted in private homes. To my own surprise and delight I was billeted by a family living on the actual marathon course, 200 metres from the race start. Others weren't so lucky.

Race day dawned wet with blustery winds - besides that it was cold. Nevertheless there were 1556 of us, assembled for another race of our lives. The start was very orderly, with people actually starting according to their anticipated finishing times.

The gun went and I took off with my fellow travellers Sue Hill and Henry Boltz, with whom I had covered many training miles. We each had marathon times in the 2h 52m to 2h 58m range and went into this event with the intention of running at least a 2h 50m or better (nothing like being an optimist).

But as fate will have it this was not to be. The event became quite gruelling with a major portion of each lap being hard into the teeth of the wind, which was like a wall when one turned into it.

Our original group of three had spread out by the half-way point, with Sue leading the ladies section and Henry looking quite strong. Henry and I were cleverly trying to out-manoeuvre each other to take maximum advantage of a 'wind break'.

It was definitely not my day, as my stomach, which had been somewhat unsettled from the start (have taken a swab and called

for a stewards' enquiry) finally got the better of me at 15 miles, where involuntary regurgitation took place over the local New Zealand scenery. After that episode the body decided, quite independently of the mind, that walking was better than running to this finish line.

Meanwhile the wind was taking its toll on most competitors with my friends now running at slower than their anticipated rate. Sue ran strongly to the late stages whereupon she was relegated three places to finish fourth in the ladies' division. The local papers next day made statements to the effect that she had 'died' in the later stages, but this was little more than a scurrilous rumour, as she was sighted that evening at the prize-giving, tucking into the food in great style.

Generally the windy conditions slowed finishing times to the extent that the winning time was the slowest for eight years in this event.

Australia's main hope for the race, Gary Hand, from the Western Creek Club in Canberra was an early leader, but was swamped in the later stages of the race by a flock of bloody New Zealand wind runners to finish seventh. His time was 2h 26m 47s while the winner Alan Thurlow, an Olympic 10,000 metre trialist from Auckland did 2h 21m 5s in his first ever marathon. All the major placings were taken by the streamlined wind-cheating local runners. Incidentally the course record for Hamilton is held by Kevin Ryan at 2h 14m 7s.

The local Hamilton Harriers Club put on a great prize-giving ceremony that night for 800 people and a good time was had by all. I have never seen so many people limp up to get their prizes. (or bringing up their dinners?? - sorry Dave I couldn't resist).

In conclusion the finishing times of participating Aussies were...

Gary Hand	2h 26 m
?? (Queensland)	2h 38m
Peter Epstein	2h 46m
Henry Soltz	3h 01m
Sue Hill	3h 02m
Joan Sutton	3h 23m
Dave McCarthy	3h 40m (Nice day for a stroll)
David Morgan	d.n.f.

SHOES - THERE IS NO SUBSTITUTE FOR QUALITY

By Charles Coville

One of the most common questions that I get asked is to advise members on the purchase of running shoes. Although I am no expert on shoes, I do offer comment (limited and generalised) based upon my 14 years running experience.

Way back in the late 1960's (BTB) I, and my fellow runners in South Africa ran in BATA Tournament Sandshoes (Takkies). Most ran without socks. To run in our new canvas footwear we would smear Sunlight soap into the sandshoe - a form of blister prevention as the soap would eliminate friction of skin against canvas.

A theory also existed within the running fraternity that the dreaded shinsplints could be prevented by building up the heel. So the local bootmaker would oblige by filing down the heel fractionally and affixing a $\frac{1}{4}$ " rubber heel! Surprisingly, no one ever contracted the injury. Hungaria suddenly arrived on the scene and produced a "running shoe". It had a short life span and disappeared as quickly as it appeared.

Shortly thereafter Puma and Adidas began to manufacture "improved" running shoes. However, it was Tiger that started the revolution in Africa by superceding their light weight white canvas shoe (blue and red stripes) with a blue nylon design, followed by the popular maroon or blue "Boston" or "Marathon".

The two German and Japanese shoes have since lost ground internationally to the innovative American brands that truly did revolutionise shoes with comfortable, light weight studded shoes only introduced within the last 4 years. Nike of Oregon dominate the American running scene. There are numerous other excellent brands in New Balance, Brookes and Saucony to name but a few. In October of each year Runners World Magazine produces its annual running shoe survey. Controversy surrounded the 1979 survey when Brookes scored highly against an "also ran" of Nike. Nike has since cancelled all its Runners World advertising. The survey is interesting reading. It does confuse but it presents a wealth of data on numerous brands, some of which are unfortunately not available Downunder.

It details different brands ratings on various technical information and proceeds to rank them on a 1 to 5 star basis. I believe that a 4 star is probably just as good as a 5 star so that the rankings shouldn't be read as gospel, but rather as a generalisation of the better shoes.

1976 saw Tiger Jayhawk rank as the No. 1 shoe. In 1979 it had dropped to a 2 star.

Training shoes will be slightly heavier than Racers. This does not mean to say that you can't race in trainers or train in racers. It merely indicates that you will get a longer life from trainers. My purchasing policy is to experiment with different brands and to buy on sales (whenever possible). Adidas Shop recently had a genuine 20% and 25% price reduction on all brands and models. I believe that if you are paying under \$35 a pair you probably aren't getting a 'proper' running shoe, viz, one that will be comfortable and is constructed in such a way so as to prevent injury.

City to Surf still abounds with numerous Pro Sport, Coles and Woolies "joggers". If you are serious about your running, then you should be serious about your feet. Keep well away from "pseudo" running shoes. Three hours of pounding the road in these supermarket sneakers could put you off running for the rest of your life.

Note that the faster (i.e. more consistent) a marathoner you are or expect to be, then the more accurate you can expect the prediction to be. For a 3-hour dead (excuse the expression) marathon runner the results are typically about twice as accurate as for a four-hour runner. (For the 3-hour runners, about 16% fall outside the predicted range of times, 34% for the 4-hour people).

Sounds like garbage, eh? Well, as I say I don't know - so let's put it to the test and see how the Sydney Striders fare. Personally, my first marathon was considerably quicker than the equations predicted, presumably because the club had given me a much better than average idea of what to expect, a very important variable. My second run, the Big-M in 3:00:42 was quite accurately predicted. I would be very grateful if all club marathoners would supply me with the details as listed below, if they wish to participate, and perhaps we can tabulate some results in the next issue. Note that it is not necessary to answer all questions to get some predictions. Just answer as many as you can, as not all variables are used in all the equations.

I have the equations on computer, so it is just a matter of plugging in your statistics and receiving the print-out, so come on everyone ... let's have it.

On the assumption that you began your training on the 1st of January, a MTP (Marathon time predictions) form should be completed encompassing 8 weeks of training up to 28th February. The cut off date for submission of the completed form will be 2 weeks thereafter, viz. 14th March.

If you ran a marathon in 1980, you can simultaneously complete the "Previous Marathon" column based upon the training 8 weeks prior to that marathon.

Since this exercise is in your interests we would encourage full participation. You can either hand in the MTP form on March 8th or 15 or post it to Stuart Greaves, Marathon Time Predictions, P.O. Box N119, Grosvenor Street, Sydney, to reach him no later than 16th March.

STRIDERS HALF MARATHON - 8TH MARCH 1981

The "open" Striders half marathon is OFF! Although planning started back in August, many obstacles littered our path of progress. Most formalities/hassles were overcome by mid December, but the lack of a major sponsor stopped us in our tracks. The experience gained in pursuit of the race and the valuable contacts acquired should mean that our next venture will be less frustrating. Our present inadequacy is still support from a major sponsor. Any contacts?

The club is aware of the shortage of suitable long distance races as preparation for a marathon. Our venture into a half marathon was our attempt to resolve the problem.

All is not lost. An "internal" Striders half marathon will succeed the "open" half marathon. Details will be supplied at a later date.

SUNDAY TRAINING RUN PROGRAM (STAR) By Brian Colwell

Interest has continued to grow in the club's Sunday Training Runs, with 26 new runners having come along in the last 12 STARS. Attendance has been well over the 20 mark since mid November (excluding the Festive Season) and prospects for further increases seem good as the new season looms closer and the word spreads.

Due to re-organisation of the committee, Brian Colwell has taken over as STAR Co-ordinator and Mike Bingham has moved on to the post of Treasurer. Mike must be congratulated on a job well done in ensuring that our Sunday program has been well organised and free of hitches since he took control.

The basic principle of the STARS will continue, with the six standard courses having now been decided. Distances are currently around + 21km (short) and + 27km (long). This will be increased to + 25km and + 32km during the season. The itinerary for the quarter commencing 1.2.81 will be arranged in the near future, with a mixture of the standard STARS, worthwhile races/marathons and a 'vacant' week. The free Sunday will be for anyone who wishes to organise an alternative course to the standard six. If this interests you, please contact Brian Colwell on 664-1644 (home) or 238-9877 (bus) with details of the proposed course.

Attendance at the 12 STARS since the publication of the last BLISTER has been as follows:-

<u>DATE</u>	<u>VENUE</u>	<u>NO. OF RUNNERS</u>
October 19	Artarmon	16
October 26	Centennial Pk	10
November 2	Willoughby	18
November 9	Artarmon	13
November 16	Normanhurst	17
November 23	Bronte	22
November 30	Northbridge	25
December 7	Artarmon	25
December 14	Willoughby	25
December 21	Centennial Pk	18
December 28	Bronte	17
January 4	Artarmon	25
January 10	Palm Beach race	21

The idea of a periodic 'post run BBQ breakfast' has been enthusiastically received and will be continued. Compliments to Bruce Robertson (and his folks) on the two very pleasant sociable sessions they have provided for us.

Don't forget, the long runs are an essential part of the training for the marathon, so come along to the STARS whenever possible. More importantly, make sure no one is running alone - the idea is GROUP training. In recent weeks, both slow and fast groups have tended to split into 'medium slow', 'fast slow', 'fast' and 'faster', so with that sort of mixture of paces there should be no reason for anyone to be footslogging it solo. Keep it sociable and keep on keeping on!

STIC NO. 1

The results of our inaugural competition were:-

1st	John Blance	19 points
2nd	Rhon Levin	16 points
3rd	Neil Collum	15½ points

John showed excellent improvement in lowering his time for the 12.2km course from 65 minutes to 58 minutes during the competition.

Course records were:

9.2km	:	39m 13s	Brian Colwell
12.2km	:	46m 03s	Bernie Liebmann
14.8km	:	57m 10s	Charles Coville
			Bernie Liebmann
			Neil Plevy

However, during the off season Neil lowered the record unofficially to 56 m 10s

Participants:

9.2km	:	18
12.2km	:	16
14.8km	:	17

For the observant, the courses previously reported were 9.6, 12.6 and 15.2. However, according to the DMR hand held wheel, the revised accurate distances are 9.2, 12.2 and 14.8.

STIC NO. 2

STIC No. 2 got off to an impressive start with the first 3 runners of the 9.2km course breaking the record. Brian Colwell has conceded that his record was not "a good one" as it was recorded in his early days of training and that most members ran the 12.2 and 14.8 courses.

The easy way in which Neil thrashed the record augers will for his forth coming season.

The 3 record breakers were:-

Neil Plevy	35m 15s
Bruce James	36m 55s
Charles Coville	37m 53s

PREDICTING THE RELEASE DATES

The U.S. hostages, the Club colours or the constitution? I would say the hostages ahead by a shoe lace from the gear with the constitution awaiting the ink to dry.

The amount of egg and mud on the face should normally preclude any further predictions but my final death knell forecast is:
GEAR AVAILABLE BY THE TIME YOU RECEIVE THIS BLISTER! (I'll write a book on it one day)

PREDICTING MARATHON TIMES ? SCIENCE OR ART ?

I'm not going to say that it's a science. However I've happened across some articles giving specific formulae for predicting marathon times, and perhaps, if the club's members would care to share their marathonning experiences with me, we may be able to ascertain the merits (or otherwise) of this rather woolly form of crystal-ball gazing.

The researchers who formulated these equations went about it inductively. Firstly, they amassed a large amount of data from runners who had FINISHED in marathons. Then they tried to work backwards to get the rather involved formulae to fit the majority of results for the people surveyed. Obviously, such an exercise cannot allow for the multiplicity of uncontrollable variables, such as ... how hilly is the course, how one felt on the day, injuries, health, temperature, winds, humidity, incentive, etc... but the "results" may serve as an indication of a marathon time for the "average" runner. I see the purpose of this exercise as a comparative one; that is for finding the most productive ways to improve one's time.

So, after investigating these formulae, the following seem to be the general conclusions one can draw -

- 1). Every second that one can improve one's best "mile" track time indicates a half-minute improvement in the marathon, all else being equal.
- 2). The experience of having previously completed a marathon versus never having completed a marathon is worth between 14 and 18 minutes advantage, just like that, all else being equal.
- 3). Every extra hundred miles training completed in the eight-week period immediately before the marathon is worth six minutes. e.g. (from 300 up to 350 miles in this period implies a three-minute marathon improvement)
- 4). Every extra run of greater than 20 miles done in this eight-week period is worth between three and four minutes improvement, all else being equal.
- 5). For every mile that one can raise the maximum WEEKLY mileage for the maximum mileage week in this period, one might expect 20 to 30 seconds improvement in the marathon, all else being equal.
- 6). Every year older you get will cost you 42 seconds, all else being equal.

There are other conclusions that one might draw, but as they are not linear relationships as are these six, I have not provided them in this article. The general conclusion, if there is one, that one would have to draw is that nothing beats mileage over a prolonged period when it comes to licking the marathon.

Regarding these equations ; any benefits derived from any or all of these six are supposedly not dependent on the others; that is, if you can make up time in all six then just add the time improvements together.