

Australia's Road Race of the Year is back!

The National Panasonic Half Marathon

Over 21.1 kms through Sydney's beautiful Lane Cove River Park, at 7.00 am on Sunday, March 22, 1987.



PRESENTED BY SYDNEY STRIDERS MARATHON & ROAD RUNNERS CLUB

AND PROUDLY SPONSORED BY

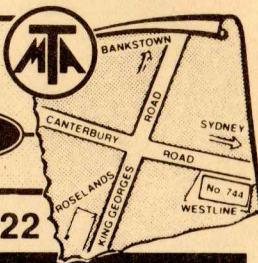
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can do it everytime



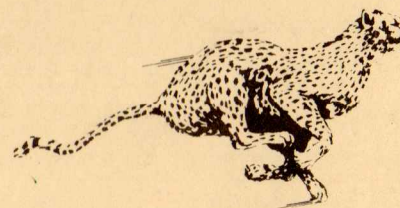
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Sydney Striders

Marathon and Road Runners Club

THE BLISTER

Club Magazine of

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

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Bruce Murray, Terry McIver

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CLUB COMMITTEE:

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Vice-President & Membership Director:	Terry McIver	438-3179
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Minutes Secretary:	Beth Reid	84-3809
Treasurer:	Ian Millar	665-3254
Training Director/STAR Co-ordinator:	Mathew Kaley	909-1461
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Social Director:	Position Vacant	
Uniform/Colours Director	Noel Worthington	848-8880
Special Projects:	Robyn Murphy	412-1754
Half-Marathon Race Director (1987):	Bill Flanagan	661-4451

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

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Race Management and Promotion Consultants



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BIRKENHEAD RUN

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AUSTRALIA DAY FESTIVAL FUN RUN

10k Tuesday, January 26, 1988

Entry Forms: AZMAK Australia Pty Limited,
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PRESIDENT'S REPORT **from Nobby Young.**

At the last Annual General Meeting, Charles Coville, the club founder, moved that a survey of members should be undertaken to discover what changes members would like to see in the Club programme.

This survey has now been completed through a questionnaire sent to all members and two meetings have been held to discuss the results.

Some changes have been decided upon and members will be fully informed in the near future.

The question of the future of The Blister caused considerable discussion and I thought it appropriate that everyone should be aware of the subjects debated by the Club Committee on this topic.

*The high percentage of the club budget (from membership fees) expended on printing and mailing The Blister.

*The value and type of information conveyed to club members via The Blister versus alternative types of written communication - eg larger and more regular calendars.

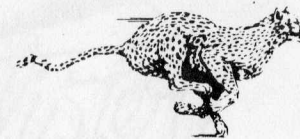
*The possibility of being able to decrease the club annual membership fee and thereby attract bigger membership numbers if we restricted The Blister to a larger, annual publication and relied on upgraded calendars.

*The time-lag between the occurrence of events and the publication of The Blister.

*The attachment which many members feel towards the Blister and its high standard and uniqueness compared with other running club publications.

At the time of writing, an assessment is being made of the financial aspects of these options and this information will be presented to members at the next Annual General Meeting on 26th April, 1987.

The Club Committee felt that it would be essential to have any further discussion on The Blister shared by as many members as possible. The April 26 AGM will be the opportunity for this and I hope to see a high level of member attendance on the day. I will reserve my own personal feelings and comments until then.



10 km RACE SERIES

With a recent increase in the importance of distances short of Marathon length amongst Strider members, the club is attempting to cater better for this trend by holding a 10km race series. July of last year saw the introduction of the Strider's Time Trial in North Ryde, organized by Paul and Robi Russell. It has been decided to expand this into a race series using the 10km distance as a base, the first race being run in April.

The series will be based on handicap points accumulated throughout the year, the winner receiving a trophy at the 1988 Strider's Prizegiving. There will also be an award for the fastest time of the year. Each race will have a level start enabling an accurate time to be recorded. The times will then be adjusted at the end of the race in accordance with the individual's handicap time. This system should give males and females an equal opportunity to gain handicap points, as it should to all standards of runner. The handicap that is given to a runner will be decided on the day of the race based on recent 10km performances. If no recent times are available, one of the races will have to be run as a qualifying time trial.

The races will be run at intervals of 3 to 4 weeks over three courses around Sydney. These include the challenging course at North Ryde, already used for the time-trial, a flat course along the beach-front at Manly, and a course entirely within Centennial Park. All courses will be relatively traffic free. Robi and Paul Russell will continue to host the North Ryde venue, offering superb after-race hospitality. New member Ian Singer has taken on the hosting of the Centennial Park race, and as Training Director, Mathew Kaley will co-ordinate the series.

Races will be run primarily on Saturdays, although a number of different starting times will be tried. Each course is guaranteed to be an accurately measured 10km, and thus will be useful for racing and marathon training alike. The next Calendar comes out on April 7th and will supply further information on the series and on the individual races.

This race series promises to provide another interesting facet to the club's runs, but in the end it will be support from the club's members that will make it a success. I hope I will see you at the first race.

RESULTS OF THE STRIDERS 10KM TIME TRIAL DATE 7/2/87

The third Striders time trial lived up to its reputation as providing a variety of conditions under which one could assess ones P.B. 10Km run, with trial being run in predicted ground temperature of 35°C and predicted 90% humidity. Despite this nine unsavoury characters approached the starting line at 7-30am. In view of the running conditions I thought it best to examine all the participants according to the Brent Waters mental assessment guide for joggers. I am happy to report that all nine failed the sanity section of the test and were therefore allowed to compete. I should add that Brent Waters himself has automatically failed this test by entering the 6FT track marathon in March.

Matthew Kaley will also have to sit the test again as he showed some disturbing evidence of sanity when he pulled out at the 5Km mark.

Results are as follows:

Anthony Scott	36.09
Paul Russell	38.20
Ewen Thompson	38.55
Ian Singer	39.17
Alf Field	40.20
Ian Whitfield	43.59
Sue Hill	N.F.P.

5KM TIME TRIAL

Matthew Kaley	17.11
Robin Murphy	40.05

In the post race breakfast the winner was the unknown cattle dog who blitzed the field consuming some seven hot dogs.

Hope to see you all again in April please check in the calendar for the exact date.



BATHURST BUS TRIP ON AGAIN IN 1987.

It's on again. Just when you thought it was safe to venture West of Paramatta without suffering frost-bite or a king-size hangover, Bernie King is threatening to organise a repeat of the Striders annual Bathurst rort.

Make a date in your diaries now for the weekend of Saturday July 12th. Cost will be approximately \$85 including coach fare, motel accomodation, race entry for Bathurst Marathon or Half Marathon, dinner at a famous restaurant and possibly a series-2 Bernie King T-Shirt. The latter have become much sought-after collectors items, unlike the forementioned Bernie King.

The cost excludes what you drink, so budget about another \$85 for this, especially if you're Bill Flanagan.

Full details will be published sometime in April.



NEW MEMBERS

We welcome the following new members to the Club and wish them injury-free and safe running.

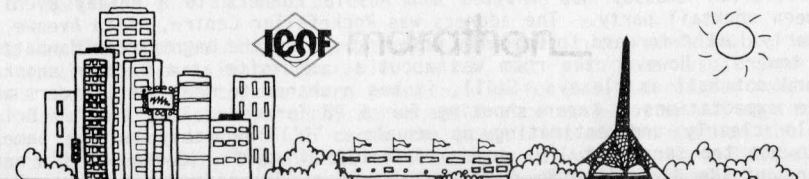
John Ayliffe	David Sill
Sony Bullen	John Oldroyd
Anthony Scott	David Sill
Ian Sill	Ian Singer
Elisabeth Thomas	

Welcome back to 2 former Striders who have re-joined the club for 1987.

Leo Leader
Ian Newlands

WHERE IS THERE A MARATHON IN 1987 WHICH OFFERS ALL OF THE FOLLOWING?

- Competitors from 50 countries.
- No overseas travel needed.
- A chance to make lifetime international friendships.
- Entry only open to women 35 years and over, men 40 years and over.
- World Veterans' Championship Medals for first 3 places in all 5 year age groups for men and women.
- World Veterans' Games Medals to all finishers.
- Team awards by country. Aggregate times of each country's first five finishers to count in specified age groups.
- An opportunity to run in the uniform of your country.
- Experience the sensation of finishing on the Olympic Park track in front of a cheering international crowd of athletes and spectators.
- A flat, fast course with first class officiating throughout.
- Commemorative boomerangs for all entries.
- An Australian Gala party to compare notes and cement new-found friendships.



OLYMPIC PARK · MELBOURNE · 6TH DECEMBER – 6AM START



VII WORLD VETERANS' GAMES

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VII World Veterans' Games,
PO Box 282, Essendon, Vic, 3040
Phone (03) 375 1900 Telex 151673 Cobber

NEW YORK MARATHON 1986

-Alex Hamill

It's everything it's cracked up to be and then some. The New York Marathon. No matter what way you want to describe it, like everything else in the town, it's BIG. Over 21,000 started from Ft. Wadsworth to make the trek to Central Park and also to make the largest marathon ever (beating this year's London by about 4,000). Add to that the estimated crowd of 2½ million to watch and you get some idea of the enormity of it all.

Six Striders (plus N.Y. resident Leigh Pascoe) paraded the green and white on November 2nd - Karen Tuck, Vince Engel, Brian Gatfield, Neville Mills, Wayne Garland, Brenda and I.

Whilst there was plenty else to take your attention in the week prior (the World Series win by the Mets, Halloween, to name just two), the Runners Expo and Number Pick-Up was the highlight and had all the excitement of the Royal Easter Showbag Pavilion when you were a kid. As you hand your acceptance form in a laser scans the bar code and electronically prints out your number, which also shows your name, P.B. and splits for your estimated time (conveniently printed upside down so you can read it while running) attached to your bus pass, pasta party ticket, disco admission and baggage tag.

The runner's bag is bigger than Xmas ... t-shirts, shorts, candy, ERG, countless promotion sheets, running magazines, etc. etc. Bigger than the R.A.S. Cadbury bag! Then there's the merchandising - over 60 assorted items ranging from sweatbands to a bronze version of your Finish Certificate. You suddenly forget the dreaded dollar decline and attack. And all this before you get to the exhibition stands. Every known - and some not yet released - running and exercising aid is there. The highlight for me was a magnificent rowing machine for your living room which was accompanied by an hour video taken from the front of an eight rowing down a river, complete with coxwain's instructions and grunting and groaning of your fellow runners ... only in America!

The Australian Embassy had invited all Aussie runners to a Friday evening Halloween cocktail party. The address was Rockefeller Centre, Fifth Avenue so we eagerly looked forward to actually entering one of the magnificent Manhattan glass towers. However the room was about as exquisite as a Balmain snooker room and not half as classy. Still, it was a chance to meet the Striders and compare expectations. Karen shooting for a PB "around 3.30 I hope". Brian Gatfield clearly underestimating as usual: "I'll probably do the same". Neville not too sure "but I've done a fair bit of work". Wayne, who I'd seen earlier outside the Athletic Club dressed in a five-piece suit, two-colour shirt and multi-hued tie looking like he was just out of Madison Avenue. He had now changed into an Aussie America's Cup tracksuit which was obviously meant to tell those who don't know him that he was actually from Fremantle (or at least designed Kookaburra's keel), and was confident of "an easy 3.30". Brenda "just wanted to finish" and after only having run one 30K in 12 months, really meant it. Leigh Pascoe was "going to give it a shot" but was worried by the fact that he'd run a hard one just recently.

I was very impressed when the Consulate John Taylor told me he was running, but equally unimpressed when in his welcome talk he spoke of Rob Costello (sic) and "that lady runner". Haven't found his time yet in the list of finishers, but he seemed pretty determined to make it.

On the day before the marathon all foreign competitors met at the U.N. Building for a slow run to Central Park and breakfast at the Tavern on the Green. You run behind your country flag and it's one of the best events you could hope to be in. From the noisy French, the trumpet blowing Mexicans, the immaculately attired Italians through to the exuberant South Americans dancing to a steel band, it's worth the trip just for this. The breakfast is like The Day of the Locust, as 4,000 carbo-loading food freaks descend upon the fruit, yoghurt, bagels, muffins, cakes and coffee. Like everything else attached to this event, it all appears totally impossible in concept but in the end works out perfectly.

As usual with every marathon there is much discussion about the weather. It's never been really kind to N.Y. '83 was a bitch - driving rain and icy cold. '84 and '85 oppressive heat and humidity to the point where it was put back a week this year to try and catch the cooler Fall conditions.

Race day ... cloudy, some rain forecast and fairly humid. All the runners travel to the starting point in a fleet of large tourist buses leaving from the Public Library. Last bus due to go at 7.30 for a 10.50 start. We knew it would be smart to take the later transport to avoid too much waiting around but so did everyone else, or so it seemed. The line stretched around the block twice - a total of about 3/4K. Again the organisation was superb and within 40 minutes the Striders group was away. Highlight of the bus trip was Billie, Black American lady about mid-thirties and a smile bigger than Louis Armstrong. She'd finished seven N.Y. Marathons and 14 others and was "just groovin to get to Osstralia". Her tracksuit pants were made up entirely from marathon t-shirt logos. So we made her day by giving her a Striders shirt requesting that at least she sew it on the right cheek.

The holding grounds at Ft. Wadsworth comfortably handle the large number of runners and officials. Large tents are set up in case of rain (and it was). Tabletop trucks dispense coffee, tea and rolls. An aerobics teacher had about 3,000 madmen doing exercises. The N.Y. City has psychiatrists walking around helping all those Manhattan mad who need regular therapy (and I'm not joking). The N.Y. Times reported that they helped cure a bridge fear that had prevented one 29 year-old from finishing the last year. They told him to imagine that the bridges were gold and he'd be OK. What a way to earn a quid.

There was the usual holding of hands for all the multitude assembled outside by the usual American Peace disciple, which met with the usual American enthusiasm. Then off to the start point - blue for men and red for women and first-time male runners. Brenda, Karen and I were much better off at the red start - just over a minute to cross the start line whilst most of the male runners took well over five minutes to get there. I won't dwell on the details of the race itself because it had all the usual pain, euphoria, hype and "bloody glad to finish" that all the 26 miles do.

And as for the Striders ... Karen got her P.B., Vince ran a 2.58, Brian a 3.16 helped on by the company of John Turner, who met him at 1st Avenue and ran about 9 miles despite an extremely sore Achilles tendon that had stopped him starting. Wayne got close to his plan with a 3.32. Neville, Brenda and I supposedly had an easy 3.37 but there really is no such thing. Leigh was disappointed in his 3.16 but knew he'd be back.

This is truly a race where the spectators give as much encouragement to the backmarkers as they do to the leaders. If you want a marathon with lots of company, lots of style, lots of the unusual and above all, a real "buzz", then the Big Apple is for you.

HANDICAP START-TIMES FOR INTERNAL HALF-MARATHON, 15 MARCH 1987 by Steve Cornelius

The annual handicap-start half-marathon will be held over the Lane Cove River Park course on 15 March 1987. Our computer has estimated your capabilities over the 21.1km distance, and your handicap and starting-time are listed below. Runners start at 1-minute intervals. PLEASE READ THESE NOTES CAREFULLY:

PLEASE DO:

- * ARRIVE IN PLENTY OF TIME TO REGISTER - 20 minutes before your start-time if possible. If you start late, your time won't be adjusted.
- * PARK IN WATERLOO ROAD - parking in Wicks Road obstructs the race.
- * PAY \$3 ENTRY FEE AT THE REGISTRATION TABLE and collect a slip of paper confirming your start-time.
- * HAND THE PAPER TO THE TIMEKEEPER one minute before you start.
- * MAKE SURE YOU ARE FAMILIAR WITH THE COURSE BEFORE STARTING - we will only have a skeleton crew on duty, and not all corners will be marshalled! Maps and directions will be available, but finding your way is basically YOUR responsibility.

PLEASE DON'T:

- * DON'T EXPECT TO BE ELIGIBLE FOR PRIZES IF YOU'RE UNFINANCIAL. If you haven't paid your 1987 subscription you may be allowed to run but will definitely not be eligible for any awards.
- * DON'T START BEFORE YOUR ALLOCATED TIME! Members who have done this in the past have seriously fouled up our recording system.
- * DON'T TRY TO DISCUSS YOUR START-TIME WITH THE HANDICAPPER ON RACE MORNING - it will be too late to change it then. If you believe the computer has discriminated against you, you're welcome to phone me (427-3604).

The Handicap Half usually slightly favours slower runners. This is deliberate, but the handicapping system is not hopelessly weighted in their favour. The computer program tries to ensure that everyone finishes close to 8.40 a.m. It uses everything it knows about your marathons and half-marathons during 1984-1986, plus your City-to-Surf PB if it occurred during the last 3 years. More recent performances are given greater emphasis, and half-marathon times are weighted more than marathons and City-to-Surfs. Any performances that are slow compared to your other results are given very little emphasis.

We don't pretend to be able to estimate your current state of fitness and motivation (incentivation?). You are entitled to question your handicap on the basis that the computer may have been fed incorrect or incomplete information, but NOT on the basis that you're not as fit as you used to be. Most runners will find that their handicap is close to what they are capable of doing AT THEIR BEST - if you're not at your best now, don't phone me, GET TRAINING!

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

HANDICAPS AND START-TIMES

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

DAVID ADAMS	106 mins: 6.54 a.m.	MIKE ELDER	NVFA
WIN AHLMANN	69 mins: 7.31 a.m.	ISABEL ENGEL	111 mins: 6.49 a.m.
ROD ANDERSEN	98 mins: 7.02 a.m.	VINCE ENGEL	74 mins: 7.26 a.m.
FRANK ASSENZA	119 mins: 6.41 a.m.	JOHN EVENNETT	90 mins: 7.10 a.m.
JOHN AYLIFFE	NVFA	JOHN FAZIO	74 mins: 7.26 a.m.
LEENA BAMANN	134 mins: 6.26 a.m.	RON FEENEY	76 mins: 7.24 a.m.
RICHARD BAMANN	94 mins: 7.06 a.m.	ALF FIELD	87 mins: 7.13 a.m.
KEITH BARNETT	90 mins: 7.10 a.m.	BARBARA FIRKIN	NVFA
DICK BARTLETT	88 mins: 7.12 a.m.	GRAHAM FIRKIN	92 mins: 7.08 a.m.
NOEL BARTON	83 mins: 7.17 a.m.	LOUISE FITZSIMMONS	90 mins: 7.10 a.m.
ROSS BETTS	101 mins: 6.59 a.m.	BILL FLANAGAN	80 mins: 7.20 a.m.
RUSSELL BLACK	91 mins: 7.09 a.m.	DOROTHY FLANAGAN	111 mins: 6.49 a.m.
DAVE BLACKHALL	92 mins: 7.08 a.m.	STAN FLECK	98 mins: 7.02 a.m.
MICHAEL BLACKWELL	NVFA	ANTHONY FOAR	96 mins: 7.04 a.m.
HARVEY BLUE	82 mins: 7.18 a.m.	MIKE FOSTER	84 mins: 7.16 a.m.
IAN BOWDEN	75 mins: 7.25 a.m.	PAUL FOSTER	NVFA
JOHN BOYCE	121 mins: 6.39 a.m.	PETER FOULSHAM	85 mins: 7.15 a.m.
MURRAY BOYTE	NVFA	IVAN FREYS	84 mins: 7.16 a.m.
KERRY BRAY	113 mins: 6.47 a.m.	FRANK GALLAGHER	92 mins: 7.08 a.m.
SONNY BULLEN	NVFA	PAUL GALVIN	84 mins: 7.16 a.m.
JEFF BURGESS	93 mins: 7.07 a.m.	MAVIS GARRICK	110 mins: 6.50 a.m.
GRAHAM BURKE	83 mins: 7.17 a.m.	ROD GARRICK	NVFA
PATTI BURKE	114 mins: 6.46 a.m.	EDWINA GARVIN	104 mins: 6.56 a.m.
RON BURKE	85 mins: 7.15 a.m.	PHIL GARVIN	68 mins: 7.32 a.m.
GRAHAM BUTLER	89 mins: 7.11 a.m.	BRIAN GATFIELD	83 mins: 7.17 a.m.
PHILIP CALDWELL	102 mins: 6.58 a.m.	ALLAN CORE	135 mins: 6.25 a.m.
JAMES CAMPBELL	103 mins: 6.57 a.m.	DANIEL GRAHAM	96 mins: 7.04 a.m.
TINA CAMPBELL	93 mins: 7.07 a.m.	DAN GRAY	91 mins: 7.09 a.m.
KEITH CANARD	73 mins: 7.27 a.m.	GERRY GREENLAND	94 mins: 7.06 a.m.
COLIN CHAMBERLAIN	77 mins: 7.23 a.m.	MAUREEN GREENWALD	106 mins: 6.54 a.m.
DAVID CHAPPLE	82 mins: 7.18 a.m.	NIGEL HADGKISS	NVFA
PETER COBLEY	83 mins: 7.17 a.m.	BENNY HAGBERG	100 mins: 7.00 a.m.
DAVE COCKCROFT	88 mins: 7.12 a.m.	ALEX HAMILL	88 mins: 7.12 a.m.
VIC COLLINS	108 mins: 6.52 a.m.	BRENDA HAMILL	97 mins: 7.03 a.m.
BRIAN COLWELL	86 mins: 7.14 a.m.	MARK HANLON	NVFA
BERNARD COOLEY	81 mins: 7.19 a.m.	ALLAN HAWKINS	99 mins: 7.01 a.m.
DENNIS COOLEY	83 mins: 7.17 a.m.	PETER HAYES	109 mins: 6.51 a.m.
BERNARD CORDEN	71 mins: 7.29 a.m.	TONY HEALY	73 mins: 7.27 a.m.
RON CORDEN	82 mins: 7.18 a.m.	ROGER HENDERSON	NVFA
SALLY CORNELIUS	131 mins: 6.29 a.m.	PHILIP HIGGINS	NVFA
STEVE CORNELIUS	86 mins: 7.14 a.m.	JOHN HILL	92 mins: 7.08 a.m.
BRYCE COURTENAY	91 mins: 7.09 a.m.	SUE HILL	90 mins: 7.10 a.m.
CHARLES COVILLE	81 mins: 7.19 a.m.	ALLEN HISSEY	82 mins: 7.18 a.m.
DAVID COX	81 mins: 7.19 a.m.	JOHN HODGES	82 mins: 7.18 a.m.
GEOFF COX	78 mins: 7.22 a.m.	ROY HOWARD	89 mins: 7.11 a.m.
SCOTT CRAWFORD	89 mins: 7.11 a.m.	ROBERT HUDSON	NVFA
IAN CROSS	NVFA	SUSAN HUDSON	NVFA
GRAHAME DEACON	98 mins: 7.02 a.m.	BRUCE INGLIS	77 mins: 7.23 a.m.
WALTER DELORIE	NVFA	ASHLEY JACKSON	85 mins: 7.15 a.m.
OWEN DENMEADE	100 mins: 7.00 a.m.	KEITH JACKSON	96 mins: 7.04 a.m.
PETER DONNELLEY	81 mins: 7.19 a.m.	GREG JERRETT	98 mins: 7.02 a.m.
JIM DONOVAN	NVFA	BARRY JONES	105 mins: 6.55 a.m.
RAY DORAN	78 mins: 7.22 a.m.	PETER JOSEPH	NVFA
WENDY DOWNES	91 mins: 7.09 a.m.	MATHEW KALEY	81 mins: 7.19 a.m.
TREVOR DRYSDALE	101 mins: 6.59 a.m.	PETER KEEBLE	95 mins: 7.05 a.m.
DAVID DUNSTALL	94 mins: 7.06 a.m.	BERNIE KING	81 mins: 7.19 a.m.
CHRISTOPHER DWYER	84 mins: 7.16 a.m.	LAURIE KING	85 mins: 7.15 a.m.
MICK EDWARDS	82 mins: 7.18 a.m.	NIGEL KINGSMILL	NVFA

STEVE KNIGHT	89 mins: 7.11 a.m.	STEPHEN ROACH	89 mins: 7.11 a.m.
ADRIAN KOL	113 mins: 6.47 a.m.	TREVOR ROBERTS	84 mins: 7.16 a.m.
SHARON LANE	99 mins: 7.01 a.m.	DAVID ROBINSON	82 mins: 7.18 a.m.
PETER LANGTON	100 mins: 7.00 a.m.	ALAN ROSS	96 mins: 7.04 a.m.
SCOTT LAWRENCE	78 mins: 7.22 a.m.	JOHN ROSS	119 mins: 6.41 a.m.
LESLEY LEAR	113 mins: 6.47 a.m.	PAUL RUSSELL	83 mins: 7.17 a.m.
DEREK LIEBENBERG	70 mins: 7.30 a.m.	ROBI RUSSELL	120 mins: 6.40 a.m.
DEBBIE LIEBENBERG	133 mins: 6.27 a.m.	ANTHONY SCOTT	77 mins: 7.23 a.m.
IRWIN LIGHT	94 mins: 7.06 a.m.	CEDRIC SIDEBOTTOM	81 mins: 7.19 a.m.
JOSEPH LOEWY	97 mins: 7.03 a.m.	DOROTHY SIEPMANN	91 mins: 7.09 a.m.
CAROL LUDINGTON	111 mins: 6.49 a.m.	DAVID SILL	86 mins: 7.14 a.m.
HERB LUDINGTON	116 mins: 6.44 a.m.	ROY SIMKINS	110 mins: 6.50 a.m.
BRIAN LYNCH	88 mins: 7.12 a.m.	IAN SINGER	94 mins: 7.06 a.m.
MERRI MACK	91 mins: 7.09 a.m.	TOM SMITH	129 mins: 6.31 a.m.
RICHARD MACK	NVFA	ANTHONY SMUTS	102 mins: 6.58 a.m.
ALISTAIR MACKIE	81 mins: 7.19 a.m.	PHYLLIS SOMMERVILLE	120 mins: 6.40 a.m.
BOB MANN	95 mins: 7.05 a.m.	HUGH SPENCER	88 mins: 7.12 a.m.
PETER MARKHAM	80 mins: 7.20 a.m.	WAYNE STANTON	76 mins: 7.24 a.m.
JONATHAN MARSDEN	88 mins: 7.12 a.m.	DAVID SUMNER	92 mins: 7.08 a.m.
CHRIS MATHEWS	NVFA	OLEG SZLICHTA	105 mins: 6.55 a.m.
BRENDA MATTICK	NVFA	BRIAN TAILFORD	90 mins: 7.10 a.m.
ANNIE MCCARTHY	123 mins: 6.37 a.m.	ELISABETH THOMAS	NVFA
BILL MCCARTHY	106 mins: 6.54 a.m.	DALE THOMPSON	99 mins: 7.01 a.m.
DENISE MCCARTHY	118 mins: 6.42 a.m.	EWEN THOMPSON	83 mins: 7.17 a.m.
ROBERT MCCARTHY	87 mins: 7.13 a.m.	WILLIAM THOMPSON	87 mins: 7.13 a.m.
WAYNE MCCARTHY	104 mins: 6.56 a.m.	ADAM THOMSON	89 mins: 7.11 a.m.
DAVID MCCORMACK	79 mins: 7.21 a.m.	SUE THOMSON	120 mins: 6.40 a.m.
JENNY MCCOY	NVFA	JOANNE TIBBITTS	94 mins: 7.06 a.m.
MALCOLM McDONALD	98 mins: 7.02 a.m.	JOHN TIMBS	NVFA
PETER MCGRAW	87 mins: 7.13 a.m.	DERRICK TITMUS	108 mins: 6.52 a.m.
PETER MCINTOSH	NVFA	MICHAEL TOPLEY	90 mins: 7.10 a.m.
TERRY MCIVER	79 mins: 7.21 a.m.	QUEENIE TOPLEY	110 mins: 6.50 a.m.
ROD MCLEAN	82 mins: 7.18 a.m.	ERNEST TRELOAR	NVFA
JOHN MCLENNAN	84 mins: 7.16 a.m.	KAREN TUCK	102 mins: 6.58 a.m.
TERRY MCMAHON	88 mins: 7.12 a.m.	FIONA TURNER	NVFA
EVAN MILLAR	76 mins: 7.24 a.m.	HARRY TURNER	92 mins: 7.08 a.m.
IAN MILLAR	NVFA	JOHN TURNER	87 mins: 7.13 a.m.
TRICIA MILLAR	114 mins: 6.46 a.m.	LAWRIE TURNER	NVFA
NEVILLE MILLS	92 mins: 7.08 a.m.	MARGARET TURNER	NVFA
MICHAEL MINEHAN	84 mins: 7.16 a.m.	MICHAEL TURNER	75 mins: 7.25 a.m.
GEORGINA MOOR	NVFA	TONY VIPOND	84 mins: 7.16 a.m.
PHILIP MORGAN	90 mins: 7.10 a.m.	BILL WACHER	97 mins: 7.03 a.m.
GAVIN MORISSET	87 mins: 7.13 a.m.	ROSS WALL	93 mins: 7.07 a.m.
JANICE MORTON-EVANS	86 mins: 7.14 a.m.	MIKE WARD	85 mins: 7.15 a.m.
ROBYN MURPHY	127 mins: 6.33 a.m.	ALEX WARNER	114 mins: 6.46 a.m.
BRUCE MURRAY	90 mins: 7.10 a.m.	ROBERT WATERREUS	92 mins: 7.08 a.m.
IAN NEWLANDS	91 mins: 7.09 a.m.	BRENT WATERS	91 mins: 7.09 a.m.
STEPHEN NICOLL	80 mins: 7.20 a.m.	KEITH WEARNE	109 mins: 6.51 a.m.
COLIN O'BRIEN	85 mins: 7.15 a.m.	JOHN WHEALY	90 mins: 7.10 a.m.
KEVIN O'KANE	96 mins: 7.04 a.m.	BOB WHEATLEY	84 mins: 7.16 a.m.
ALLAN PARKER	NVFA	BILL WHITE	97 mins: 7.03 a.m.
JOHN PATCHETT	88 mins: 7.12 a.m.	DEREK WHITE	93 mins: 7.07 a.m.
GEOFF PEARL	107 mins: 6.53 a.m.	IAN WHITFIELD	97 mins: 7.03 a.m.
JAN PEARL	116 mins: 6.44 a.m.	ALEX WHITWORTH	80 mins: 7.20 a.m.
JOHN PETTETT	NVFA	NORM WILKINS	81 mins: 7.19 a.m.
ALAN PHILLIPS	95 mins: 7.05 a.m.	CECILY WILLIAMS	105 mins: 6.55 a.m.
RODNEY PHILLIPS	108 mins: 6.52 a.m.	DAVID WINCH	74 mins: 7.26 a.m.
JOHN PLUMMER	93 mins: 7.07 a.m.	STEPHEN WINNER	97 mins: 7.03 a.m.
DON PRICE	80 mins: 7.20 a.m.	KAR WONG	84 mins: 7.16 a.m.
MICHAEL PRINGLE	109 mins: 6.51 a.m.	DAWN WOODWARD	106 mins: 6.54 a.m.
GREG PROWE	97 mins: 7.03 a.m.	JACK WOODWARD	93 mins: 7.07 a.m.
NICK REED	92 mins: 7.08 a.m.	NOEL WORTHINGTON	96 mins: 7.04 a.m.
BETH REID	107 mins: 6.53 a.m.	KEN WYLIE	78 mins: 7.22 a.m.
RAY REID	94 mins: 7.06 a.m.	NOBBY YOUNG	84 mins: 7.16 a.m.
DENNIS RIDER	94 mins: 7.06 a.m.		

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Canberra Marathon

Incorporating the Australian Veterans and the ACT Marathon Championships

Sunday 12 April 1987

For entry and complete details, send stamped self-addressed business envelope to: Canberra Marathon GPO Box 252, Canberra, ACT 2601

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CAPITAL 7

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

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Sloppy Joe sweat tops sizes 14 to 20 \$18-00

ALL THE ABOVE ARE AVAILABLE FOR SALE AT EACH STAR.

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and

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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.

ULTRA REPORT

by Steve Cornelius

Not a lot to report, as usual at this time of year, a season when most sensible ultramarathoners (is this a contradiction in terms? Alex Hamill would certainly argue the point) go into hibernation.

The 1986 President's Trophy for Ultramarathoners has been awarded, of course, to Dan Gray for his phenomenal victory in the inaugural Sydney Striders' 24-Hour Track Race, in which he ran 456 laps or 182.4km. It was supremely ironic that the Club President, who always selects the winner of the Ultras Trophy, happened this year to be the only other person whose name appears thereon! We're guaranteed a Titanic struggle at Hensley on 30-31 May, as Nobby attempts to wrest it back.

Talking about which, there have been some further developments on the 24-Hour scene. Westfield Shopping Towns, organiser and sponsor of the Sydney-to-Melbourne 1000-kilometre Ultra, have expressed a wish to get involved financially in our own fledgling event, and their promised involvement seems likely to boost the Striders' Race from fledgling to fully-grown status in a very short time.

Westfield have themselves organised 24-hour races in Sydney and Melbourne specifically as qualifiers for their big race, but are now looking to sponsor a series of such races in 4 or 5 states. Their rationale is that they can avoid some of the organisational hassles involved, while encouraging ultra-running in the various states and providing a qualifying series for the Sydney-Melbourne. Where else in NSW would they look apart from Striders?

Runners who perform well in any of the qualifying 24-Hour Races throughout Australia will be able to quote that performance in their application for the Ultimate Ultra. Sydney Striders are delighted to be part of that series, and take this opportunity to thank John Dangar, Chris Bates, and Charlie Lynn of Westfield, for their generous offer and invaluable advice.

Westfield's involvement will make all the difference to the viability of the Striders' 24-Hour Race, and we now feel that we will probably be able to accept as many as 40 entrants. The fact that it is a qualifier for one of the world's toughest ultramarathons should not deter any Striders who are considering having a stab at the one-day event. There is no compulsion to apply for the ultimate lunacy on the Hume Highway!

For a number of reasons I have decided not to run in the event this year. First, I'm chicken. But also, I don't think realistically I can squeeze enough training in between now and May, and with the expanded scope of the event, I don't think the position of Race Director is compatible with having a run. Maybe some day in the future I'll get out and shamble in the wake of Gray and Young, but for now I'll content myself with seeing that the race gets onto a firm footing.

By the way, entry forms should be available by the time you read this. Don't hesitate to phone me on 427-3604. From March 27 to April 27 I'll be in Europe, so if you need information during that period phone Nobby Young on 816-2017 or Dan Gray on 588-1561.

Don't forget if you're intending to run the Sydney-Wollongong 50-miler this year, our GONGPAK information pack is just what you need. NOW is the time to start planning your strategy, so call me for your free copy - lots of helpful hints about training, equipment, race psychology and the course itself.

Letters

The Editor
The Blister

Ron Corden
149 Warrimoo Ave
St Ives 2075

Sir,

5th December 1986

Taking a leaf, nay a whole bloody branch, out of the Steve Cornelius repertoire of whingeing letters may I answer two scurrilous attempts to sabotage my hitherto snow-white reputation as a full and active member of the Striders.

The first concerns a throw-away remark in the jottings of Nobby in which he encouraged contributions to the Blister and in which he made the statement 'Even Ron Corden once wrote an article.' Even Ron Corden !!! I must admit that my literary output is hardly comparable to that of Bill Shakespeare or Barbara Cartland but the quality was there. I still receive congratulatory letters on my article on 'Training for Marathons' published about 18 months ago and of which signed copies are available (send \$10 and a S.A.E. to the above address). In addition to this gem I collaborated in a series of brilliant, hard-hitting, no-punches-pulled, shock, horror revelations on triathleticism (a passing fad which, some of you may recall, caused a flurry of hope and ascending sales graphs for bike manufacturers for a few months). These articles were a combined effort with Steve Cornelius, of whom more later. Maybe I could have done more but diamonds would have no value if you could pick them up in the street, hence I restrict my output in the near-certainty that the original manuscripts will be worth a small fortune in the (I hope) far future. So, readers, the choice is a simple one, a load of garbage every issue or the chance of a literary masterpiece when the fancy strikes me. It's the difference between Beethoven's 5th and an advertising jingle. My case rests.

The second refutation is of an attempt by my erstwhile collaborator Steve to deny any credit for my work in the Sydney-Wollongong in the course of which I picked up a shivering Nobby Young early in the race, his clapped out Sigma having baulked at the prospect of Mt. Ousley. Steve wrote, in his article on how he ran, walked, crawled his slowest ever Gong, that the winner, Dick Tout, was ably supported by Nobby. Oh infamy! What about me. If I hadn't picked up the Gladesville postie and transferred all his bottles, food etc to my vehicle, he'd still be walking! In addition I ran alongside Dick for a while in the pouring rain, gave Nobby half my coffee and generally behaved like a latter-day Gunga Din. Where is justice I ask. It appears as if the long-standing feud, conducted via the pages of the Blister, between messieurs Young and Cornelius has been converted into a sleazy vendetta against an innocent victim of editorial spite. I demand a fair go otherwise I'll take my ball and go home.

Yours disgustedly

R. Corden

(Author of 'Training for Marathons' and able supporter of Dick Tout in the 1986 Gong)

Ron Corden,
PO Box 155
Port Moresby
PNG
26th January, 1987

Dear Nobby,

How are you keeping? As you see from the above address I have had a re-location as a result of a too-good-to-refuse job offer. I was given the chance to take up my old position as Corporate Secretary with the Investment Corporation of Papua New Guinea and thereafter things moved so rapidly that I didn't even have time to come on a farewell run. I spent two and a half weeks in the USA, came back to Sydney, packed up and moved to PNG all in the space of 3 days which were, needless to say, rather hectic!

This means of course that I can no longer assist in the organisation of the Half Marathon but I am sure you will have no trouble getting a replacement from our willing members.

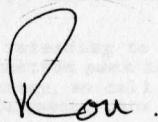
I have already had 3 light training runs here of about 8 kms just to get used to the change of temperature which is actually not all that great. Fortunately we are in the rainy season and it is relatively cool, cloudy and damp which makes for easy running. However, it is very hilly! I am running with the Hash House Harriers this evening too.

Whilst in the USA I spent 8 days in Kentucky and had four or five runs in sub-zero temperatures with snow on the ground. My US friends were utterly astonished to see me go out in shorts and a light top! They tapped their heads and obviously doubted my sanity. I found it quite exhilarating and it reminded me of running in Berlin where I first took up running seriously in 1955.

I should like to remain a member of the Striders and to receive The Blister so would you please have my address changed in the records. Once I have settled back into the running scene here I shall contribute the odd article. I will also start training for the Port Moresby Marathon which will be held in June.

Please pass on my regards to everyone since I did not have time to say "cheerio".

Yours sincerely,



Ron Corden

SNIDE SNIPPETS from the Editor-person

"It's common knowledge that Nick Reed has invested heavily in Clarence Street Cyclery. Mention his name in there and they won't give you a discount, but you can guarantee they'll fall about laughing.

It seems Nick's extravagance with the Clarence Street mob rose to new heights over the recent festive season of goodwill.

Nick was sighted shortly after dawn, a few days into the New Year, cycling along Mona Vale Road with the delectable Louise Fitzsimmons riding a wheel-length behind. Both were dressed in matching his-and-hers colour-co-ordinated outfits. From the black lycra Campagnola knix (that's cycling talk for drawers) to the Sidi leather racing shoes, this was obviously your fully-imported stuff.

Best of all, Louise was sporting a pair of the mega-trendy Oakley sunglasses which she wore pulled fully down over her eyes, despite the semi-darkness of dawn (Nick still had his Swedish ultra-lightweight lamps on).

When quizzed over this trendy get-up, Louise tittered that her Clarence Street goodies were "Christmas presents".

"Computers have a lot to answer for, especially when they make mistakes.

Rugged Striders member, Paul Galvin has received a credit card bill from David Jones for a leather handbag.

The only trouble is that Paul doesn't have a David Jones credit card and denies ever buying a leather handbag there. At least that's the story Paul's sticking to.

Still the damage to Paul's reputation is already done and he'll understand why most Striders will be running well behind him in future.

"Blister Editor Graham Butler learned what sprinting was all about during a Christmas camping trip to the Brindabella Ranges near Canberra.

Enjoying a gentle evening jog along a mountain trail, high in the eucalypt forest, Graham spotted a very large black "dog" a few yards away by the side of the track. Only when the "dog" gave a loud snort did it occur that this beast was really a wild pig! The snort was a signal to almost a dozen other "dogs", hidden on the nearby bank, to take off and bolt up the mountainside.

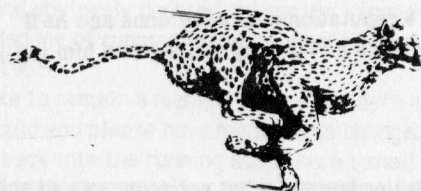
With uncharacteristic speed, our Sydney Strider did basically the same thing (without the snort) in the extreme opposite direction. It was unquestionably an 800 metre PB. Who ever said running isn't exciting?

Not often a married couple compete in the same marathon and BOTH achieve a personal best. Congratulations to Mick and Queenie Topley, who did this in the 1986 Melbourne Marathon. Queenie set a PB of over 16 minutes with her time of 3.52.52, to become the Striders' most-improved female marathoner for the year. Mick's time of 3.10.10 was almost a 4-minute PB for him.

The "Absent-minded Professor of the Year" award, mentioned in the last edition, has been taken away from its holder (the Editor), divided into 3 parts, and distributed among those who were half-asleep when filling in their membership renewal forms. Robyn Murphy informed us in all seriousness that her best ever half-marathon was at Cooranbong 1984 in a time of 63 minutes. Really, Rob? Harry Turner went one better in claiming a time of 2.07.20 for the "Lane Cove Marathon" (sic), in December 1986. WHICH marathon, Harry, and WHAT was that time again? And Gavin Morisset reported his best-EVER half-marathon as 89 minutes, but his best in 1986 as 85 minutes. Huh? Jeez, in comparison with THOSE efforts at absent-mindedness, our sleepy old editor has got his head pretty well together!

Signs of the times: a few statistics from our database:

	1984	1985	1986
Members who ran a marathon:	159 (69%)	114 (43%)	85 (36%)
Members who ran PB or debut m'thon:	N/A	55 (21%)	34 (14%)
Members who ran half-marathon:	131 (57%)	170 (64%)	136 (57%)



STAR HOST REQUIRED

We need a new host to take over Ian Bowden's old run, The St. George Stroll. Anyone interested in taking over the hosting of this STAR, please ring Mathew Kaley (909-1461).

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WHAT THE RECREATIONAL RUNNER CAN LEARN FROM THE CHAMPIONS

There's often little link between elite sport and community fitness training. Yet according to South Australian athletics coach and fitness consultant Dr Roger Pedrick, there is much to be learned from watching the champions — particularly in the field of recreational running.

Talking at the recent SA ACHPER bi-annual conference, Dr Pedrick claimed that too often, the recreational runner picks up the wrong things from the experts — such as the unnecessary desire to run the 'unnatural' marathon distance.

"Metabolically, man is probably better suited to being a long distance walker rather than runner," says Pedrick. "Yet if people want to run long distances, they can learn from the training of the people who know best — the competitive athlete."

Things to be Learned

Among the aspects of elite training that apply to the recreational runner are the following:

1. *Performance is not just based on distance covered in training:* Improvements in running performance come from *quality* rather than *quantity* of training. Extensive distances can also lead to chronic injury problems.

2. *Training should be specific:* The recreational runner should combine the right mix of quantity training with 'specific' training i.e. running on roads in preparation for road "Fun Runs"; combining speed training with distance etc.

3. *Training should be cycled:* It is not necessary to train at the same intensity week in and week out. Distance, speed and rest can be cycled to increase efficiency and prevent plateauing.

4. *Restoration periods should be an integral part of training:* Restoration weeks, where distance, and intensity of training are reduced in combination with relaxation practices (e.g. saunas), can be made an integral part of the training mix. These can occur as often as every 5th week.

5. *Alternative training can be used:* Cycling or swimming are useful alternative exercises for the recreational runner on some days to provide variety and prevent the build up of chronic injury without loss of fitness.

6. *Incorporate resistance training:* Although weight training for runners goes in and out of favour, it is now generally accepted that distance running can result in strength weaknesses in parts of the body which can predispose to injury problems. A weakness in the quadriceps for example, can lead to knee problems, which may be prevented through the use of resistance training.

7. *Concentrate on running style:* The recreational runner often needs to be taught running style to prevent overstriding, slumping, pounding of the feet etc. According to Dr Pedrick, "Three hours a week might be needed to teach a recreational runner who only runs 2 hours a week, how to run."

8. *Be aware of structural limitations:* A weekly running distance should be determined by the structural limitations of the runner. Says Pedrick, "...People should realise that not everyone is built the same way, and that you're not a 'whimp' just because you can't run a marathon."

9. *Take care of nutritional intake:* Regular running is not insurance against all other health problems. It does NOT, for example, clear the arteries of cholesterol, which can only be done through careful monitoring of fat intake. As with the elite athlete, good nutrition may not increase running performance beyond the runner's capabilities, but poor nutrition can certainly decrease it.

FOR REFERENCE:

Pedrick, R. (1986) **What we can learn from the champions**. Paper presented to the Australian Council for Health, Physical Education and Recreation (SA Branch) Bi-Annual Conference, Adelaide, October.



STRIDERS' PRIZEGIVING, H.M.A.S. PENGUIN, 20/2/87

Names of prize recipients are in CAPITAL LETTERS. Please note: this list was compiled on 7/2/87 with information available to the database operator at that time, in order to make the editor's deadline. Subsequently received information will be entered into the database in due course.

MARIA GEMENIS-CRUICKSHANK TROPHY FOR OUTSTANDING ACHIEVEMENT, 1986

1. PHIL GARVIN 122 votes (nominated for club record marathon);
2. Dan Gray 46 votes (nominated for performance in 24-hour race);
3. Mathew Kaley 40 votes (nominated for PB's at 100m-100km distances).

Also nominated: Janice Morton-Evans (fastest female marathon, half-marathon and debut marathon of year); Terry McIver (consistent performances in veteran category); Kar Wong (Silver Medal in Comrades Ultra and marathon PB's).

Previous winners: 1982 Neil Plevy (improvement in marathon time);
1983 Keith Canard (consistent sub-2.40 marathons);
1984 Brenda Hamill (ultramarathon and other race victories);
1985 Nobby Young (ultramarathon records).

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

This trophy and other awards are presented at the club's annual prizegiving and smorgasbord held each February. On this occasion the prizegiving was held at the H.M.A.S. Penguin in Mosman.

Best Male Debut Marathon	GAVIN MORISSET	3.14.43	Canberra
2nd	Peter McGraw	3.19.12	Australian
3rd	Alan Phillips	3.21.44	Gillawarna
Best Female Debut Marathon	JAN MORTON-EVANS	3.15.22	Canberra.
2nd	Cecily Williams	3.38.36	Australian
3rd	Dawn Woodward	3.55.00	Traralgon
Most Improved Sub-3 Marathon	DAVID WINCH	2.55.18 to 2.37.36	= 10.1%.
2nd	Kar Wong	3.01.20 to 2.53.20	= 4.4%.
3rd	Mike Ward	3.04.08 to 2.57.41	= 3.5%.
Most Improved Sub-4 Marathon	ROSS WALL	3.41.09 to 3.19.44	= 9.7%.
2nd	Noel Worthington	3.52.18 to 3.31.17	= 9.0%.
3rd	Wayne McCarthy	4.06.15 to 3.44.49	= 8.7%.
Wooden Spoon (Least Improvement)	EDWINA GARVIN	3.45.14 to 3.44.47	= 0.199%.
Fastest Female Marathoner	JAN MORTON-EVANS	3.06.34	Australian
2nd	Joanne Tibbitts	3.16.45	Australian
3rd	Wendy Downes	3.17.22	Canberra

Fastest Female Marathoner (Vet)	WENDY DOWNES	3.17.22	Canberra
Fastest Male Marathoner	PHIL GARVIN	2.21.56	Bathurst
2nd	David Winch	2.37.36	Australian
3rd	Wayne Stanton	2.38.50	Australian
Fastest Male Marathoner (Vet)	DON PRICE	2.49.29	Gillawarna
2nd	Ray Doran	2.51.38	Cities
3rd	Terry McIver	2.51.40	Australian
Fastest Male Marathoner (Master)	JOHN TURNER	3.15.43	Boston USA
2nd	Bruce Murray	3.18.18	Campbelltown
3rd	Noel Worthington	3.31.17	Australian
Fastest Male Marathoner (U-20)	MATHEW KALEY	2.57.24	A.C.T. Nocturnal
President's Trophy for Ultramarathoners:	DAN GRAY	182.4k	in 24 hours.
Triathlete of the Year:	T.B.A.	at time of going to press.	
Fastest Male Half-Marathon	Phil Garvin	1.10.10	Canberra
2nd	JOHN FAZIO	1.12.55	City of Sydney
3rd	David Winch	1.13.42	Iron Cove
(prize awarded to 2nd place-getter as winner received marathon trophy)			
Fastest Male Half-Marathon (Veteran)	TERRY McIVER	1.16.23	Bathurst
2nd	Ray Doran	1.17.52	City of Sydney
3rd	Don Price	1.19.23	Lane Cove Park
Fastest Male Half-Marathon (Master)	BRUCE MURRAY	1.28.30	Gillawarna
2nd	Noel Worthington	1.31.43	Gillawarna
3rd	Bryce Courtenay	1.32.02	Iron Cove
Fastest Male Half-Marathon (Senior)	BARRY JONES	1.42.41	Iron Cove
2nd	James Campbell	1.43.16	Iron Cove
Fastest Female Half-Marathon	Jan Morton-Evans	1.25.53	Gillawarna
2nd	LOUISE FITZSIMMONS	1.29.52	Bathurst
3rd	Wendy Downes	1.31.07	Gillawarna
(prize awarded to 2nd place-getter as winner received marathon trophies)			
Fastest Female Half-M'thon (Veteran)	Wendy Downes	1.31.07	Gillawarna
2nd	MERRI MACK	1.31.11	City of Sydney
3rd	Dorothy Siepmann	1.37.45	City of Sydney
(prize awarded to 2nd place-getter as winner received marathon trophy)			

ENCOURAGEMENT ("NEAR-MISS") AWARDS.

3rd Fastest Male Marathoner	WAYNE STANTON	2.38.50	Australian
2nd Fastest Veteran Marathoner	RAY DORAN	2.51.38	Cities
2nd Fastest Vet Half-Marathoner	RAY DORAN	1.17.52	City of Sydney
Debut Marathon 2 days before joining	PAUL GALVIN	2.56.32	Anzac
2nd Most Improved Sub-4 Marathoner	NOEL WORTHINGTON	3.52.18 to 3.31.17	= 9.0%
3rd Most Improved Sub-4 Marathoner	WAYNE MCCARTHY	4.06.15 to 3.44.49	= 8.7%
Most Improved Female Marathoner	QUEENIE TOPLEY	4.09.10 to 3.52.52	= 6.5%
2nd Fastest Female Marathoner	JOANNE TIBBITTS	3.16.45	Australian

COMMEMORATIVE TROPHIES FOR 1985 WINNERS.

1985 Outstanding Achievement	NOBBY YOUNG	168k/24-hrs & other ultras.
1985 Ultramarathoners' Trophy	NOBBY YOUNG	As above.
1985 Fastest Male Marathoner	PHIL GARVIN	2.24.26 Melbourne (shared).
1985 Fastest Female Marathoner	SUE HILL	3.11.11 Australian
1985 Best Male Debut Marathon	ALEX WHITWORTH	2.55.54 Australian
1985 Most Improved Sub-3 M'thon	MATHEW KALEY	3.39.11 to 2.59.56 = 17.9%.
1985 Most Improved Sub-4 M'thon	MAUREEN GREENWALD	4.53.00 to 3.40.49 = 24.6%.

INTERNAL EVENTS REPORT 1986-7 -by Steve Cornelius

The 1986-7 Committee have introduced one or two changes to the calendar of internal (members-only) races. The Iron Cove mass-start Half-Marathon, usually held in February, was given a try in November 1986 but attracted poor participation numbers and will probably be moved again to September in 1987. The popular Handicap Half-Marathon remained in its usual March slot, and attracted a good field of about 80 in 1986. We will be looking at providing a second annual Handicap Half, possibly as a pre-Christmas event in 1987 at a different venue. The Club Cross-Country remains in May, over the familiar Marsfield-Epping course, and seems to have lost none of its appeal to those who enjoy a bit of mud and water. No really, it's not like that at all!

Phil Garvin made a unique clean sweep of all 3 internal half-marathons in 1986, with John Fazio winning the Cross-Country and newcomer Ross Betts taking out handicap honours in March '86. Jan Morton-Evans distinguished herself by winning 2 of the 4 womens' gold medals, with Louise Fitzsimmons and Sue Hill taking one each. On the Veterans' scene, Terry McIver just about scooped the pool, producing sparkling performances in every internal race.

CANBERRA NOCTURNAL MARATHON.

Congratulations to **Mathew Kaley** for clocking a PB of 2:57.24 in last December's Canberra Nocturnal Marathon.

This is an exceptional achievement in an event which isn't exactly noted for its crowd support and where most competitors have a real mental struggle just to finish.

Mathew won the under 20 age category and placed 4th overall. A great finish to an outstanding year for this promising young athlete.



IRON COVE INTERNAL HALF-MARATHON, 16 NOV 1986 -by Steve Cornelius

Results:

1 Phil Garvin	1.11.06	21 Dick Bartlett	1.32.46
2 David Winch	1.13.42	22 Nobby Young	1.33.03
3 Ken Wylie	1.19.28	23 Mike Ward	1.34.00
4 Mathew Kaley	1.21.00	24 Alan Phillips	1.34.36
5 Terry McIver	1.21.21	25 Ced Sidebottom	1.34.46
6 Ron Burke	1.21.42	26 Keith Jackson	1.34.59
7 Alex Whitworth	1.23.06	27 Bruce Murray	1.36.02
8 John Hodges	1.23.21	28 Bryce Courtenay	1.40.52
9 Alistair Mackie	1.24.05	28 John Hill	1.40.52
10 Michael Elder	1.25.37	30 Terry McMahon	1.42.47
11 Christopher Dwyer	1.25.52	31 Joe Loewy	1.46.57
12 Charles Coville	1.27.25	32 David Dunstall	1.47.05
13 Brian Colwell	1.27.30	32 Sue Hill	1.47.05
14 Noel Barton	1.27.37	34 Jim Campbell	1.47.24
15 David Cockcroft	1.28.40	35 Geoff Pearl	1.47.54
16 John Whealy	1.28.59	35 Wayne McCarthy	1.47.54
17 Ivan Freys	1.30.51	37 Brenda Hamill	1.48.26
18 Mike Foster	1.30.55	38 Trevor Drysdale	1.50.40
19 Alf Field	1.31.02	39 Mavis Garrick	1.51.15
20 Hugh Spencer	1.31.43	40 Jan Gatenby	2.01.51

A relatively small turn-out of 45 starters for an internal event, and only 40 finishers. Phil Garvin set something of a record by winning the same Internal Event twice in one year (he also won in February) but still couldn't quite crack Derek Liebenberg's 1985 course record of 1:10.12. Great performance anyway by Phil as usual, and his win was never in doubt. David Winch put in a very strong 1:13.42 for the silver medal, a time which would have won this event not so many years ago. Nice to see Ken Wylie leading the rest of the field home for the bronze medal, and it was just like old times to see Sue Hill, feigning surprise, win the women's gold. As for the male veterans' medal, we're either going to re-name it the McIver Medal or tie his legs together. Mathew Kaley put in a strong 1:21.00 for 4th place.

The selfless ones who made it possible were: Wendy Downes (marshalling/catering), Robyn Murphy (sponges/catering), Beth Reid (catering), Ray Reid (drinks), Bill White (drinks/timing), Keith Wearne (drinks), Ian Millar (marshalling/timing), Noel Worthington (registration), and Steve Cornelius (standing about with hands in pocket/trying to look useful).

THE  **QANTAS**
'CITIES'
MARATHON

16th AUGUST, 1987

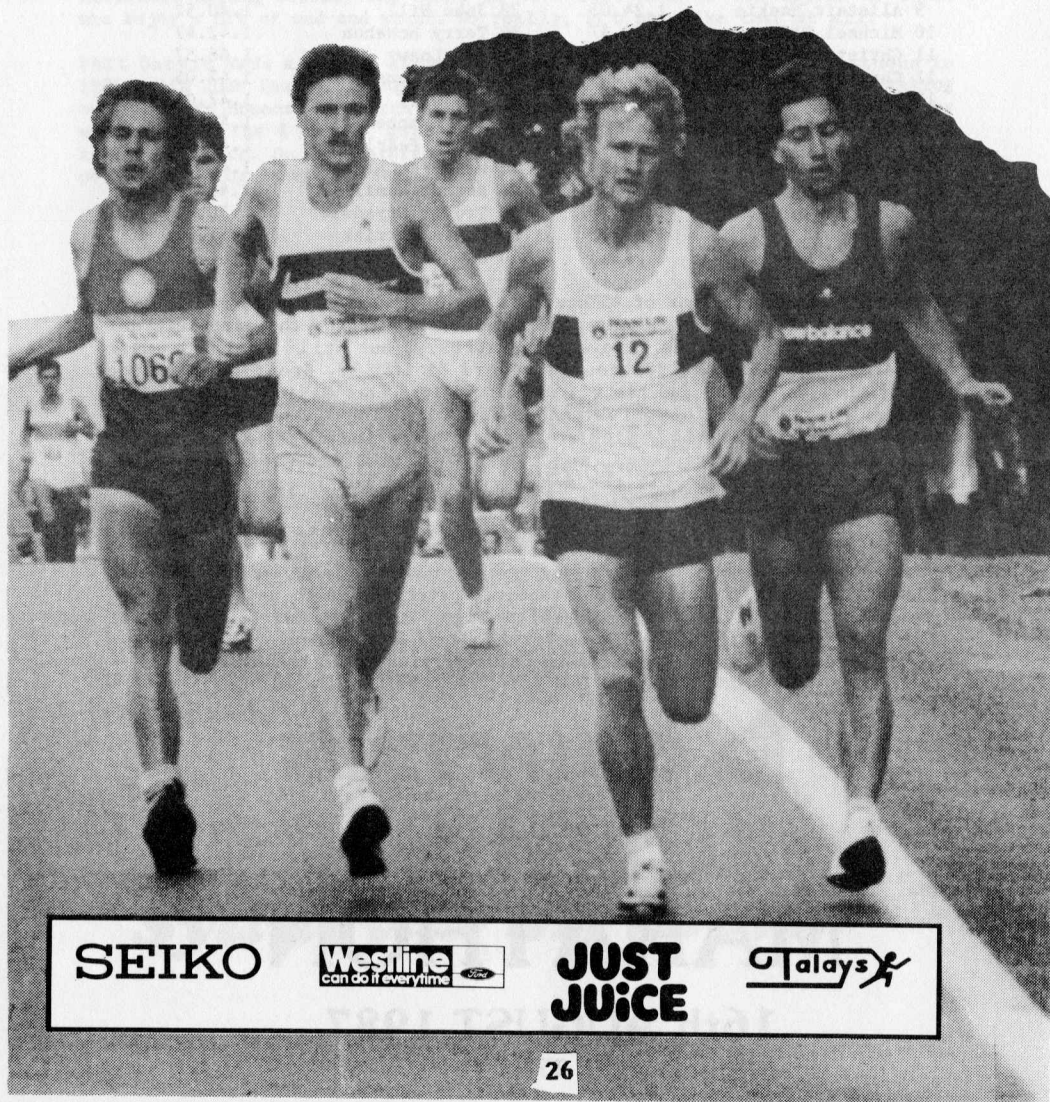
Sydney
Striders
Presents
the Annual



National Panasonic

Half Marathon

Over 21.1 kms through Sydney's beautiful
Lane Cove River Park, at 7.00 am on
Sunday, March 22, 1987.



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National
Panasonic

Half Marathon

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



FINAL INSTRUCTIONS:-

Please take the time to read the following page to familiarise yourself with race procedure.

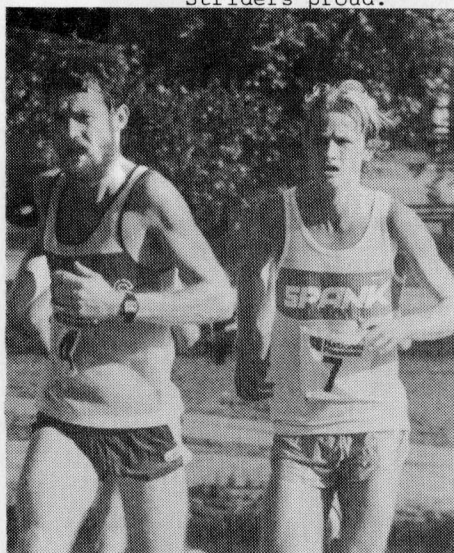
1. Enclosed with this Blister is a list of helpers and their duties.

Your Area Supervisor will be in touch with you before Race Day to tell you of your meeting place, duties etc., Exception:- If you are on the recording staff meet Mathew Kaley at the finish line at 6.40 a.m.

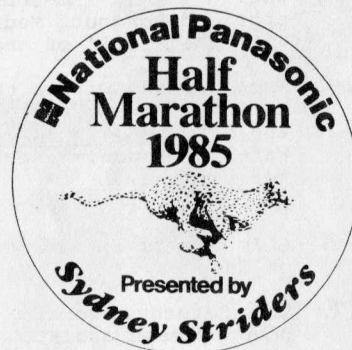
2. Direct any queries to either your area supervisor or to a race committee member on the day of the internal half. If your name isn't on the enclosed list but you wish to help phone Bill Flanagan (661-4451).
3. Familiarise yourself with the layout of both the course and school (location of amenities such as Childminding Centre, Auditorium, runners' gear storage, toilets, changerooms/showers and start and finish lines).
4. Course Marshalls should be aware of the location of each drink station (where medical aid will be on hand) and of how to relieve heatstroke/dehydration symptoms until expert medical help arrives. Please refer attached handout. Medical personnel will also be mixing with the 'tail' of the field on bicycles.
5. When parking within the school on Race Day please park as close as possible to the southern boundary facing Epping Road. On no account park in either Wicks or Waterloo Roads. Remember the drive-in is not available for parking.
6. All helpers should wear the official Striders T-shirt on Race Day.
7. The Saturday Working Bee commences at the school at noon. Please assist. Enquiries: Bill Flanagan.
8. Graham Butler (451-5971) needs assistance with collecting/returning equipment and utilities on both Friday and Monday. Please phone Graham if you can take an afternoon/morning off to assist. Graham still needs a number of vehicles with towbars to pull trailers on race weekend.
9. Terry McIver will be in charge of the post race dismantling and clean up of the school. Please see Terry in the quadrangle immediately the presentation has concluded. Please stay on to assist in the clean-up. Our job is not complete until the school is spotless.

10. All course marshalls and drink station attendants must ensure that the grounds of Lane Cove River Park are also left spotless.
11. Helpers Refreshments:- Free coffee/tea/drinks will be available from 6.00 a.m. from the spectators canteen at the school. After the post race clean-up brunch will be available
12. Planning and organization of the half has been a real team effort. Thanks to these efforts March 22nd promises to be a tremendous day for Striders and road-running, providing we have the full commitment and concentration of every helper.

Lets all work as a team, enjoy ourselves and do the Striders proud.



National Panasonic Half Marathon
Race Committee
1987



1985

Sydney Striders

World Cup Marathon representative Robbie Wallace (4) takes over second place from Quentin Morley at 16 km

PRESENTED BY SYDNEY STRIDERS MARATHON & ROAD RUNNERS CLUB

AND PROUDLY SPONSORED BY

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Talays

Australia's Road Race of the Year is back!

The National Panasonic Half Marathon



The Five Star Race of The Year, Run By Runners for Runners Through Sydney's Beautiful Lane Cove River Park.

HALF MARATHON CONTACTS FOR HELPERS

<u>RACE DIRECTOR</u>	- Bill Flanagan	661-4451
<u>COURSE MANAGER</u>	- Gavin Morisset	451-1434
<u>SECTIONAL SUPERVISORS</u>	- Steve Cornelius	427-3604
	- Sue Hill	95-2497
	- John Evenett	982-7493
	- MICHAEL BLACKWELL	960-2692

<u>DRINK STATION MANAGERS</u>	- Trevor Roberts	85-1181
	- Bruce Murray	489-6413
	- Laurie King	661-8028
	- Wayne Stanton	451-5081
	- Chris Dwyer	638-1956

<u>TIMING/RECORDING MANAGER</u>	- Mathew Kaley	909-1461
<u>EQUIPMENT MANAGER</u>	- Graham Butler	451-5971
<u>CATERING MANAGER</u>	- Ray Doran	817-3016
<u>CHIEF MEDIC</u>	- Irwin Light	44-6139
<u>LEAD VEHICLES</u>		
<u>CO-ORDINATOR</u>	- Stan Fleck	389-9750
<u>PARKING SUPERVISOR</u>	- Dan Gray	588-1561

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Sydney Striders
Marathon & Road Runners Club

NATIONAL PANASONIC HALF MARATHON HONOUR ROLL

1982	Bill Raimond	(NSW)	1.12.03
1983	Andrew Lloyd	(NSW)	1.05.58
1984	Garry Henry	(SA)	1.04.42
1985	Wolfgang Krueger	(FRG)	1.04.17 R
1986	Derek Froude	(NZL)	1.05.27
1987			

1982	Jenny Walker	(NSW)	1.23.45
1983	Mora Main	(NSW)	1.19.43
1984	Mora Main	(NSW)	1.17.14
1985	Raewyn O'Donnell	(NZL)	1.18.00
1986	Tani Ruckle	(NSW)	1.16.35 R

R = Race Record

FASTEST ALL TIME FINISHERS

1985	Wolfgang Krueger	1.04.17
1984	Garry Henry	1.04.42
1986	Derek Froude	1.05.27
1985	Robbie Wallace	1.05.28
1984	James Murphy	1.05.52
1985	Steve Austin	1.05.52
1986	Quentin Morley	1.05.52
1983	Andrew Lloyd	1.05.58
1985	Pat Carroll	1.06.07
1984	Daniel O'Dea	1.06.38

1986	Tani Ruckle	1.16.35
1984	Mora Main	1.17.14
1985	Raewyn O'Donnell	1.18.00
1986	Fiona Whelan	1.18.36
1985	Heather Matthews	1.19.02
1985	Dot Browne	1.20.11
1984	Mary Murison	1.20.16
1984	Shane Barrett	1.20.35
1985	Rhonda Mallinder	1.21.01
1984	Sue Clark	1.21.10

Prizes from



THE RUNNERS SHOP

PRESENTED BY SYDNEY STRIDERS MARATHON & ROAD RUNNERS CLUB

AND PROUDLY SPONSORED BY

SEIKO

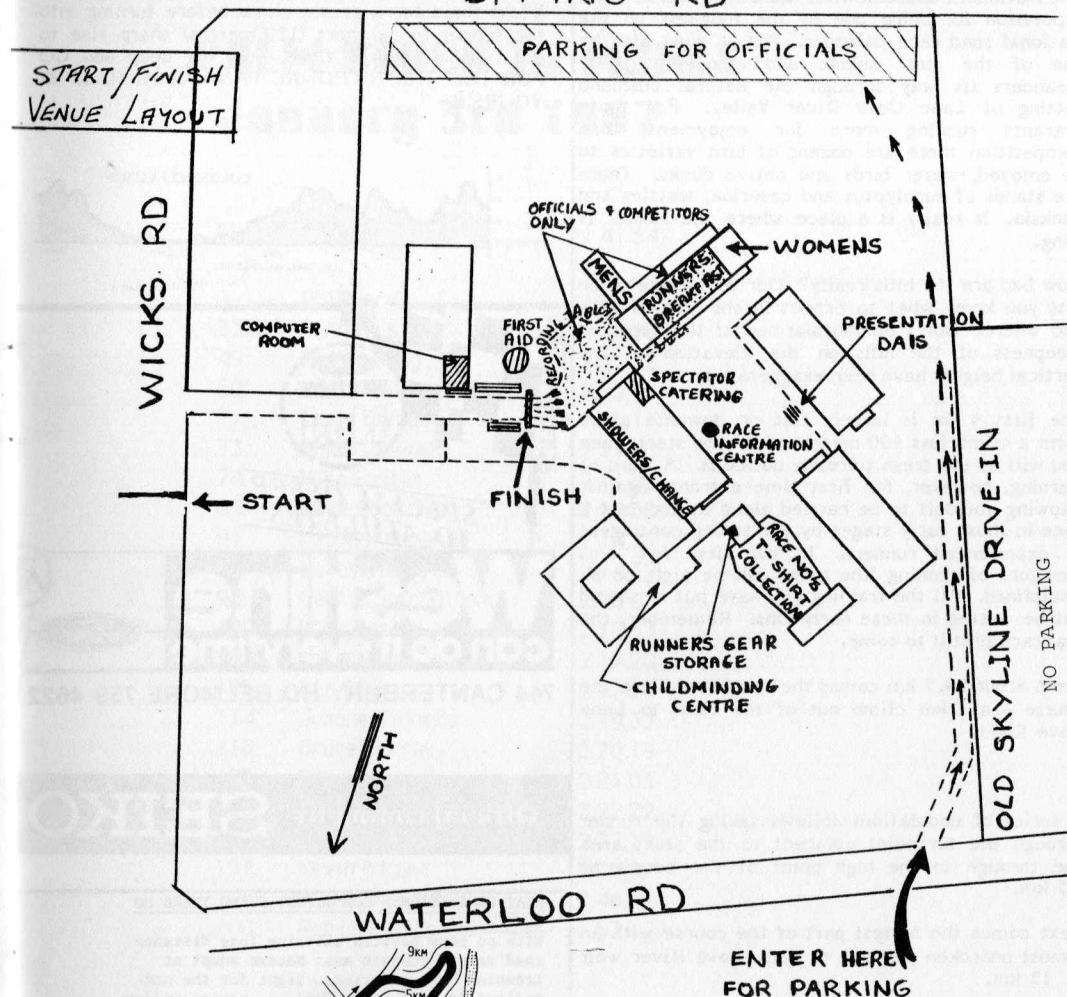
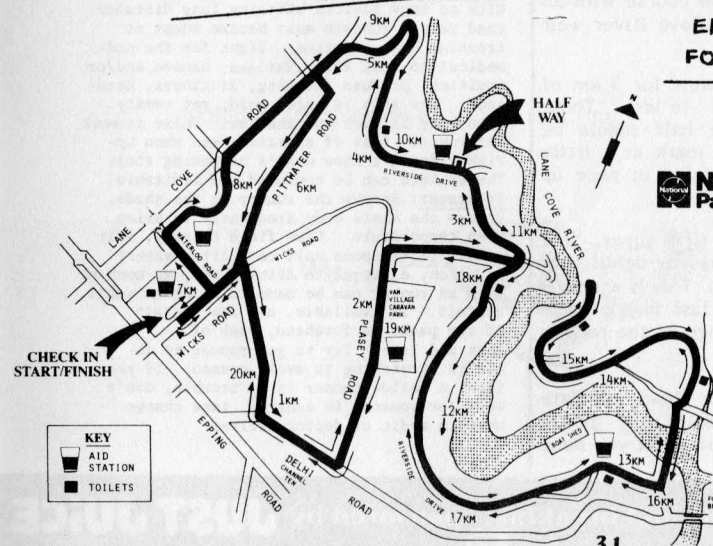


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ALL HELPERS PLEASE NOTE LOCATION OF FACILITIES

EPPING RD



National Panasonic Half Marathon



Sydney Striders

21.1 KM STEP BY STEP

The National Panasonic Half Marathon course has a reputation for being one of the toughest on the National road race calendar. But it must also be one of the most scenic and enjoyable as it meanders its way through the natural bushland setting of Lane Cove River Valley. For those entrants running more for enjoyment than competition there are dozens of bird varieties to be enjoyed, water birds and native ducks. There are stands of eucalyptus and casurina, wattles and banksia. It really is a place where the runner is King.

How bad are the hills really? Our course elevation lets you know what to expect in the way of hills and where. Don't be too alarmed at the apparent steepness of the hills on the elevation as the vertical heights have been exaggerated.

The first 4 km is largely flat or downhill apart from a climb just 400 metres after the start when you will be too fresh to really notice it. A word of warning, however, for first time entrants against allowing yourself to be carried along at too fast a pace in those early stages by the strong contingent of experienced runners. In the first few kms emotions of running 'the race' will be high, so be disciplined. All the training you have put in should not be wasted in these early kms. Remember, the real race is still to come.

From around 4.5 km comes the toughest hill on the course - a 1 km climb out of the Park to Lane Cove Road.

A series of undulations follows taking the runner through the turnpoint adjacent to the start area and through to the high point of the course at 3.5 km.

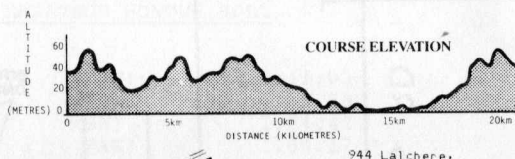
Next comes the fastest part of the course with an almost unbroken descent to Lane Cove River weir at 13 km.

Then it's out and back over the weir for 3 km of minor undulations through to 16 km. Those runners chasing a sub-70 minute half should be looking to go through the 15 km mark in a little under 49 minutes, to allow for easing in pace up and over the final hills.

A final word of warning for the first timer. The last 5 km to the finish is predominantly uphill with a sharp 500 metre climb at 18 km. This is where it will really hurt if you went too fast in the early stages, and where the real challenge of the race is realised.

As you sweep right into Pittwater Road, opposite Channel 10 studios, be conscious of the 20 km mark and your time. You will know what you need to do in this last 1.1 km.

For the final 500 metres the course swings into Wicks Road for a gentle climb before turning into the school for a short (120 metres) sharp rise to the finish. See the finish line, dig deep and GO FOR IT!! THE NATIONAL PANASONIC HALF IS YOURS!!!



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SPECIAL OFFER TO ATHLETES!

744 CANTERBURY RD. BELMORE 759 4622

Official timing by **SEIKO**

HEAT EXHAUSTION: "DON'T JUST STAND THERE DO SOMETHING!"

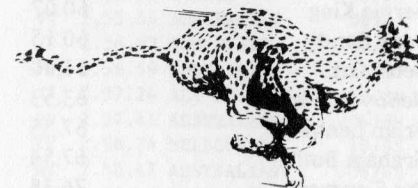
With so many novices entering long distance road races, runners must become adept at treating heat injuries. Signs for the non-medical to look for...fatigue, nausea and/or vomiting, profuse sweating, dizziness, headache. The skin is pale, cold, yet sweaty. Breathing is slow and shallow. Pulse is weak yet rapid. Loss of consciousness when up-right (doesn't know what's happening etc). The athlete can be confused and irritable. Treatment: Remove the runner to the shade. Sponge the whole body frequently to bring down temperature. Give fluid therapy, salt water, (1 teaspoon salt to 1 litre water) solution, electrolyte drink, Coke, as much of each as runner can be made to drink in small cupsfuls. If available, use ice massage of ice packs on forehead, back of neck and legs. Try to get runner to do static stretching to avoid cramps. If you think a fellow runner is in trouble, don't wait for someone in control, take charge until a medic or doctor arrives.

PALM BEACH TO MANLY January 3rd 1987

(1.	G.Wells	1.41.54)
2.	Phil Garvin	1.42.02
33.	Mathew Kaley	1.59.20
49.	Bernie King	2.05.32
50.	Alex Whitworth	2.05.41
71.	Chris Dwyer	2.10.11
73.	Brian Colwell	2.11.23
74.	Mike Foster	2.11.29
83.	Dave Cockcroft	2.12.56
91.	Michael Minehan	2.14.22
92.	Nobby Young	2.14.32
98.	Cedric Sidebottom	2.16.02
100.	Mick Topley	2.16.33
104.	Mike Ward	2.17.20
105.	Dan Gray	2.17.20
114.	Joanne Tibbets	2.19.33
118.	Bruce Murray	2.20.19
125.	Bob Wheatley	2.21.03
133.	Ian Whitfield	2.22.22
152.	Graham Butler	2.27.19
157.	Kevin O'Kane	2.29.02
198.	Wayne McCarthy	2.48.45
200.	Rob McCarthy	2.53.17

(220 starters)

Apologies for any omissions to this list.



Post-race refreshments and breakfast sponsored by **JUST JUICE**

SPANK THREDBO ROUND THE VILLAGE FUN RUN 9KM

-18th January 1987.

1.	Robert Spilling	28.35
1F.	Jenny Walker	35.04

STRIDERS

3.	Phil Garvin	30.04
13.	Bill Flanagan	32.33
15.	Mathew Kaley	32.43
23.	Alistair Mackie	34.07
25.	Bernie King	34.19
41.	Dave Cundy	35.55
42.	Paul Russell	35.36
47.	Nobby Young	36.17
91.	Terry McMahon	40.23
102.	Dot Siepmann	41.42
127.	Edwina Garvin	45.16
139.	Robi Russell	47.36
141.	John Whealy	47.42

(215 finishers)

KOSIUSKO CLASSIC 13 KM

25th January 1987. conditions windy and cold

1.	Robert Spilling	48.16
1F.	Louise Fairfax	58.24

STRIDERS

26.	Mathew Kaley	57.44
28.	Bill Flanagan	57.51
31.	Alistair Mackie	58.22
34.	Paul Russell	59.13
40.	Bernie King	60.07
42.	Dave Cundy	60.15
51.	Geoff Cox	61.00
76.	Nobby Young	63.53
97.	Brian Lenton	67.53
98.	Graham Butler	67.54
126.	Dot Siepmann	76.38
150.	Robi Russell	96.05

(160 finishers)

MARATHON LADDER

-AS AT 7/2/87

1986 MEMBERS WHO WERE UNFINANCIAL AT ABOVE DATE HAVE BEEN DELETED.

Please notify Blister Editor (Graham Butler) and/or Database Operator (Noel Barton) of any errors or omissions. If your age categories are missing, it means you never told us your date of birth - please do!

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 7/2/87, 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
BILL FLANAGAN	OO	2.36.47 CANBERRA	04/82
DAVID COX	PO	2.37.52 CANBERRA	04/82
TONY HEALY	OO	2.38.11 AUSTRALIAN	06/84
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
CHARLES COVILLE	PP	2.45.13 WINSTONE, NZ	10/83
IVAN FREYS	PP	2.46.54 CANBERRA	04/84
PAUL RUSSELL	PP	2.47.53 CANBERRA	04/84
ALISTAIR MACKIE	PP	2.49.22 MELBOURNE	10/84
DON PRICE	VV	2.49.29 GILLAWARNA	08/86
LAURIE KING	VP	2.50.37 GILLAWARNA	08/83
RAY DORAN	VV	2.51.38 CITIES	08/86
TERRY MCIVER	VV	2.51.40 MELBOURNE	10/86
KAR WONG	PP	2.53.20 CAPE TOWN, RSA	09/86
NOEL BARTON	PP	2.53.25 GILLAWARNA	08/86
CEDRIC SIDEBOTTOM	VV	2.53.59 AUSTRALIAN	06/85
ROD MCLEAN	PP	2.54.22 AUSTRALIAN	06/84
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
RUSSELL BLACK	PP	2.55.51 CITIES	08/83 2.50.38 SYDNEY '82
ALEX WHITWORTH	VV	2.55.54 AUSTRALIAN	06/85
NOBBY YOUNG	VP	2.56.33 NSW STATE	05/84
BRIAN LYNCH	PP	2.56.59 AUSTRALIAN	06/83
MATHEW KALEY	JJ	2.57.24 ACT NOCTURNAL	12/86
MIKE WARD	PP	2.57.41 AUSTRALIAN	06/86
DICK BARTLETT	VP	2.58.34 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

NAME	CAT	-----BEST AS A STRIDER-----	<-BEST PRIOR TO JOINING->
TONY VIPOND	PP	2.59.50 AUSTRALIAN	06/85
BOB WHEATLEY	VV	2.59.58 ANZAC DAY	04/86 2.54.00 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
WILLIAM THOMPSON	VP	3.05.59 AUSTRALIAN	06/86
JANICE MORTON-EVANS	PPF	3.06.34 AUSTRALIAN	06/86
ROY HOWARD	MV	3.07.28 AUSTRALIAN	06/84
HUGH SPENCER	VV	3.09.02 AUSTRALIAN	06/85
MICHAEL TOPLEY	VV	3.10.10 MELBOURNE	10/86
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
IAN NEWLANDS	VV	3.12.20 CANBERRA	04/84
DAN GRAY	VP	3.12.52 GILLAWARNA	08/85
JOHN HILL	VP	3.13.19 AUSTRALIAN	06/85
BRIAN TAILFORD	PP	3.14.03 CAMPBELLTOWN	07/85
PAUL GALVIN	PP	3.14.27 BATHURST	07/86 2.56.32 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
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
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
DENNIS RIDER	VP	3.21.39 AUSTRALIAN	06/84 3.20.52 HOBART '84
BARRY JONES	SM	3.23.18 VETERANS	07/81
DEREK WHITE	MM	3.23.26 CAMPBELLTOWN	07/84
JOHN WHEALY	PP	3.23.44 CANBERRA	04/86
NEVILLE MILLS	VV	3.24.41 AUSTRALIAN	06/85 3.24.00 AUSTRALIAN '83
GREG PROWSE	VP	3.26.15 AUSTRALIAN	06/85
GEOFF COX	OO	3.27.26 HARBORD DIGGERS	04/81
RAY REID	VP	3.27.57 AUSTRALIAN	06/86
FRANK GALLAGHER	VV	3.28.36 AUSTRALIAN	06/86 3.24.51 AUSTRALIAN '84
IAN WHITFIELD	PP	3.29.01 AUSTRALIAN	06/86 3.13.06 AUSTRALIAN '83
KEITH JACKSON	PP	3.29.30 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
KAREN TUCK	PPF	3.30.00 NEW YORK	00/86
NOEL WORTHINGTON	MM	3.31.17 AUSTRALIAN	06/86
GEOFF PEARL	MV	3.32.28 AUSTRALIAN	06/83

NAME	CAT	-----BEST AS A STRIDER-----	<-BEST PRIOR TO JOINING->
MALCOLM McDONALD	PP	3.33.04 AUSTRALIAN	06/83
PETER LANGTON	VV	3.37.06 ADELAIDE F/CITY	08/86
CECILY WILLIAMS	PPF	3.38.36 AUSTRALIAN	06/86
NICK REED	OO	3.38.43 CANBERRA	04/84
ALLAN HAWKINS	VV	3.39.18 NEW YORK	11/86 3.02.52 CHRISTCHURCH '82
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
VIC COLLINS	VV	3.50.56 MELBOURNE	10/86
QUEENIE TOPLEY	PPF	3.52.52 MELBOURNE	10/86
STEPHEN WINNER	OO	3.53.32 AUSTRALIAN	06/86
PATTI BURKE	VVF	3.54.01 CANBERRA	04/84
DAWN WOODWARD	VVF	3.55.00 TRARALGON	06/86
ALAN ROSS	PP	3.55.39 HONOLULU	12/86 3.40.08 GILLAWARNA '81
JIM DONOVAN	VP	4.06.57 CANBERRA	04/83
ROBI RUSSELL	PPF	4.10.17 AUSTRALIAN	06/86
RODNEY PHILLIPS	PP	4.12.42 AUSTRALIAN	06/85
MAVIS GARRICK	VVF	4.15.21 CANBERRA	04/84
SUE THOMSON	VVF	4.18.18 F/CITY ADELAIDE	08/84
JOHN ROSS	VV	4.19.00 AUSTRALIAN	06/84 4.05.00 AUSTRALIAN '83
BILL MCCARTHY	VV	4.26.23 MELBOURNE	10/85
ADAM THOMSON	JJ	4.40.18 HONOLULU	12/82
DOROTHY FLANAGAN	MVF	4.42.56 HONOLULU	12/82
ROBYN MURPHY	POF	4.48.07 MELBOURNE	10/84

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

NAME	CAT	TIME	PLACE/YEAR
ANTHONY SCOTT	OO	2.39.06	ANZAC DAY '86
NORM WILKINS	VP	2.43.44	CANBERRA '83
MICHAEL TURNER	OO	2.44.20	NSW STATE '84
JONATHAN MARSDEN	OO	2.55.16	AUSTRALIAN '83
CHRISTOPHER DWYER	PP	3.00.52	NSW STATE '83
DAVE COCKCROFT	VV	3.02.54	AUSTRALIAN '86
ALF FIELD	VV	3.05.52	CANBERRA '86
DAVID SILL	PP	3.07.16	CITIES '86
PHILIP MORGAN	PP	3.09.36	AUSTRALIAN '84
SONNY BULLEN	PP	3.11.00	AUSTRALIAN '84
TINA CAMPBELL	VVF	3.15.20	AUSTRALIAN '84
ASHLEY JACKSON	OO	3.19.52	HARBORD DIGGERS '83
JOHN TIMBS	PP	3.23.08	AUSTRALIAN '84
EWEN THOMPSON	OO	3.28.28	LIVERPOOL '81
IAN SINGER	OO	3.45.00	ANZAC '86
BENNY HAGBERG	PO	3.59.34	SINGAPORE '84
GREG JERRETT	VP	3.59.35	HONOLULU '83
ROY SIMKINS	MM	3.59.35	NSW STATE '86
ROD GARRICK		4.09.00	HARBORD DIGGERS '80
ADRIAN KOL	MM	4.20.00	CANBERRA '84

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.