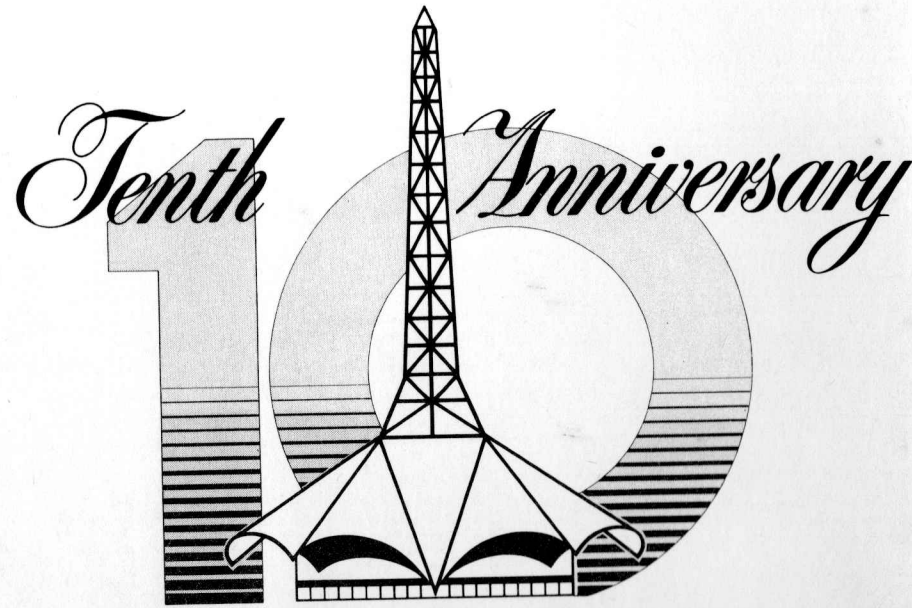




Budget MELBOURNE MARATHON 1987

Australia's Largest Marathon over the Olympic distance of 42.195 kms. Including V.A.A. Victorian Marathon Championship. Frankston to Melbourne October 11, 1987. Starts 8 a.m. \$7000 Mayne Nickless Computer Services Participation Awards. 1st Male (Aust. Resident) - Qantas trip to compete in 1988 Glasgow Marathon. 1st Female (Aust. Resident) - Qantas trip to compete in 1988 Osaka Ladies Marathon. Entries Close September 14, 1987.

Entry forms available from all:

Budget offices, Sportsworld Stores or Budget Melbourne Marathon, Olympic Park, Swan St. Melbourne, Vic. 3002.



Special Early Entry prize -

Australian Airlines trip to Sydney for 2. adidas weekly prizes. Numerous random prizes, individual and team awards.

The adidas Robert de Castella training notes.

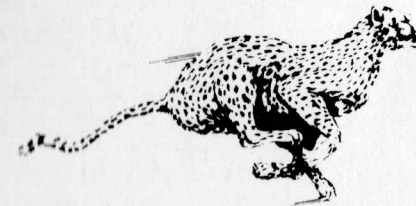
Available free with your entry form. A comprehensive training programme for first-time and advanced runners. Gold Medallions awarded to all finishers within the 6-hour time limit, plus Certificate, "I finished" Woven Badge and Official Results Booklet.

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Sydney Striders

Marathon and Road Runners Club



THE BLISTER

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MARATHON & ROAD RUNNERS' CLUB

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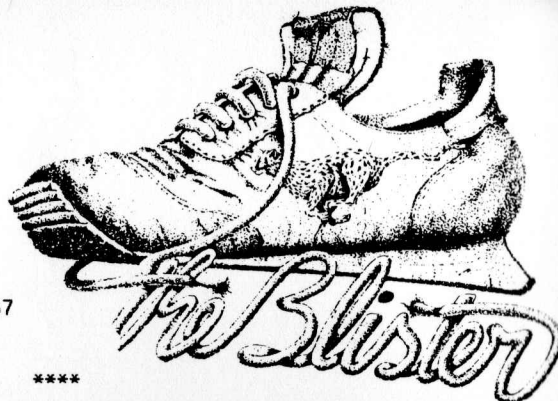
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CLUB COMMITTEE:

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	Dan Gray	588-1561
	Brenda Hamill	817-4850

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



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PRESIDENT'S REPORT

from Nobby Young



This morning I had nothing to report, but at that stage I had not attended the Matheew Kaley / Ian Singer 10K time trial in Centenial Park. Now I can do a report!!

Graham Butler turned up and gave his name, sex, age, height, weight: add Mothers maiden name to the organiser, only to be told that Steve Cornelius had not organised the event, just give your name if you finish.

A club P.B. was set with four officials to tend twelve runners. (For Terry McIvers information, that is one official for every four runners.) Edwina MacArthur ran a big P.B, won the handicap and scared hell out of the horses of the Harry Miller Riding School.

John Hodges (P.B.) had the fastest time on the day to put John Marsden (P.B.) into second place, but the later claimed he had trouble handling the hills. Thats the only problem with Centenial Park, the bloody hills!! Ian Cross, long time member of the club but seldom sighted, came second on handicap. Ian has put more hours into the computer work for our Half-Marathon than he has put into running, but this will probably change after this mornings success.

Tina Campbell came first, and Danny Gray second in their height category (under 5ft) and both with stunning P.B.s. Their times I will not give as it would tend to build up their ego's.

Paul Russell, third outright, ran the entire 10K smirking, which proves he either took it easy or is too stupid to recognise pain. A club vote will be taken later to assess the most common opinion.

Warwick Selby, a "friend" of Paul's and a prospective member of Striders, came along for a gallop. No further comments in case it causes him second thoughts about joining.

Martin Tomasini, similar situation to Warwick's without the disadvantage of being a friend of Paul Russells, displayed tremendous potential with his run. I'm damn sure he will join now!

Ian Whitfield ran well on the day without the urgency shown when Kevin O'Kane has the esky in his boot at the finish line.

Greg Jerrett arrived in a pair of shorts that could only be described as

"a cute little number". He ran the entire course on his own as the other competitors thought he would want to hold hands.

Paul Galvin didn't run as he was saving himself for the "leg stretching exercises" (aerobics) later in the morning. To Paul it is a Perve-a-Thon. He suggested that I do an interview with him for my Presidents Report, which is probably a very good idea except that trying to tie the answers to the questions would be imposible.

All in all, Mathew and Ian turned on a very enjoyable morning, and I'm very pleased that I didn't miss it by still being in bed at 7 AM.

By the way, where were you?

NEW COMMITTEE MEMBERS.

I'd like to welcome the following new members to the Sydney Striders Committee.

Edwina MacArthur Alistair Mackie

Danny Gray Rod McLean

Brenda Hamill Barbara Firkin

I also welcome Vic Collins, Paul Galvin, and Owen Denmeade to the Half-Marathon Committe.

Thanks to all those who have been re-elected for again maing their valuable services available to the club.

And finally, thanks to our STaR hosts for their continuing efforts.

Nobby.

NEW MEMBERS

We welcome the following to our club and wish them enjoyable and injury free running.

Amanda Broomfield
Jeff Gissing
Bryan Holliday
Heiner Huning

J.P Lee
Peter Martin
Steve Nordish
Raymond Skinner.

Welcome back to a former Stider who has re-joined the club for 1987
Alan Powys.

As of 10/5/87 we have 201 members.

STRIDERS' 10 KM HANDICAP

RACE SERIES

by Mathew Kaley

Centennial Park saw the staging of the first race in the Strider's Handicap Race Series on Saturday, 16th May. A field of 12 started the race at 7:00am and took off into the cool, misty morning air on their 10km journey. The course consisted of a 2.5km loop around Parkes and Dickens Drives, followed by two full loops of the 3.75km Grand Drive. John Marsden led the field through 3km in 10:26. John Hodges was a mere 5 seconds behind, followed by Paul Russell in 11:00. After 6km Marsden and Hodges were running together, though Hodges looked the stronger. This proved to be correct as John Hodges came home first with a personal best time of 35:46. John Marsden finished strongly in second place, also for a P.B., followed nearly 2 minutes later by Paul Russell. Tina Campbell had a superb run to take out the womens race in a time that cements her position as one of the top female runners in the club.

The Handicap side of the race was not decided, however, until all the runners had finished. All available data from races in the last 12 months covering distances from 8km to 15km has been put into the computer. The results were converted to 10km time, poor performances were "weeded out", and more recent races were weighted more heavily to produce a handicap race time for some 130 of the club's members. Those who don't have a handicap time will have to establish their form by racing one of the 10km's, as two did in this race. Handicap times are compared with race times and the biggest improver wins. It was Edwina Macarthur, recording an enormous personal best, who won the handicap race and collected 10pts towards the Series Trophy. Ian Cross took second place (9pts) from Dan Gray in third (8pts). Notably, all but two of the runners went under their handicap time. In addition to points for handicap place, all finishers receive 2 points. The race series is expected to consist of between 10-12 races until January next year when an award will be made to the Handicap Race Series Champion at the Annual Prizegiving.

RESULTS : Race 1 - Centennial Park

	<u>Race Time</u>	<u>Hcap Time</u>	<u>Diff.</u>	<u>Hcap Place</u>	<u>Hcap Pts</u>
1. John Hodges	35:46	37:31	- 1:45	7th	6pts
2. John Marsden	36:27	38:19	- 1:52	6th	7pts
3. Paul Russell	38:06	37:41	+ 0:25	9th	4pts
4. Martin Tomasini	38:49	-	-	-	2pts
5. Tina Campbell	38:57	41:17	- 2:20	5th	8pts
6. Dan Gray	38:58	41:42	- 2:44	3rd	10pts
7. Warwick Selby	40:58	-	-	-	2pts
8. Graham Butler	42:15	41:28	+ 0:47	10th	3pts
9. Ian Whitfield	42:43	45:12	- 2:29	4th	9pts
10. Greg Jerrett	43:35	43:40	- 0:05	8th	5pts
11. Edwina Macarthur	47:03	52:43	- 5:40	1st	12pts
12. Ian Cross	51:01	54:46	- 3:45	2nd	11pts

NB. Many thanks to race host Ian Singer, and to Nobby Young for marshalling.

NEXT RACE

Saturday, 13th June - 7:00am
Shelley Beach Pk., east end of Bowers St., MANLY

Letters

P.O. Box 452
WODEN A.C.T. 2606

9 March 1987

Dear Nobby,

I am writing to thank you and all the members of Sydney Striders for the great honour that the club bestowed upon me in awarding the Maria Geminis Cruickshank Award to me at the annual presentation dinner.

As you may have gathered from my words at the time the award came as quite a surprise to me and hence I fear that I may have omitted to say all that I would have wished had I been better able to collect my thoughts.

I regarded it as quite an honour to have been nominated again for the award in December especially upon reading the credentials and achievements of Janice, Dan, Mathew, Terry and Kar. Thus it would not have come as a surprise to have learned that any of these athletes had gained this meritorious award.

On reflection I would have to admit that 1986 was a fairly successful year for me in terms of performances. Certainly it was most enjoyable. However, receiving this award was definitely the culmination of the year's efforts. While it is pleasing to do well in various races and obviously a great honour to be selected to represent the country, particularly overseas, I regard it as the ultimate honour to have one's efforts acknowledged by one's peers, as is indicated by this award.

Earlier I referred to the efforts and the achievements of the other members who were nominated for the award. I feel that it is a pity that at present there is no permanent way of commemorating the fact that a member's efforts during the year merited nomination for the award. Thus I would like the committee to consider awarding a commemorative medal to each of the members nominated for the Maria Geminis Cruickshank Award who do not eventually win the award. I envisage that these medals could be gold and suitably inscribed, similar to those awarded at club races, and presented at the annual presentation dinner. The outright winner would of course be presented with the trophy on that night and with a commemorative trophy a year later.

At this point I should once again thank the club and all the members for the support and encouragement they have given me since I became a member. While I generally enjoy running and the training that necessarily goes with it, I believe that a great deal of this enjoyment comes from the support I have received from and the friends I have made in Striders. However one of the most pleasing characteristics of our club is that the support that I enjoy is extended to all members irrespective of the type of event or level of ability.

I would also like to take this opportunity to congratulate the committee on its organisation of the Presentation Night. I thought that the choice of venue was excellent and that a most enjoyable evening was had by all.

Finally I would like to wish all members an enjoyable and successful year with many P.B.s.

Regards and best wishes.

Phil. Gamm



CITY TO SURF TEAMS.

BE IN A TEAM AND WIN .

In past years, Striders have performed well in team categories, both male and female.

It doesn't cost any more to run in a Sydney Striders team. Simply send your entry to our team co-ordinator, Terry McIver. Just fill out a Sun City to Surf entry form, enclose it with your entry fee cheque payable to City to Surf and mail it to :

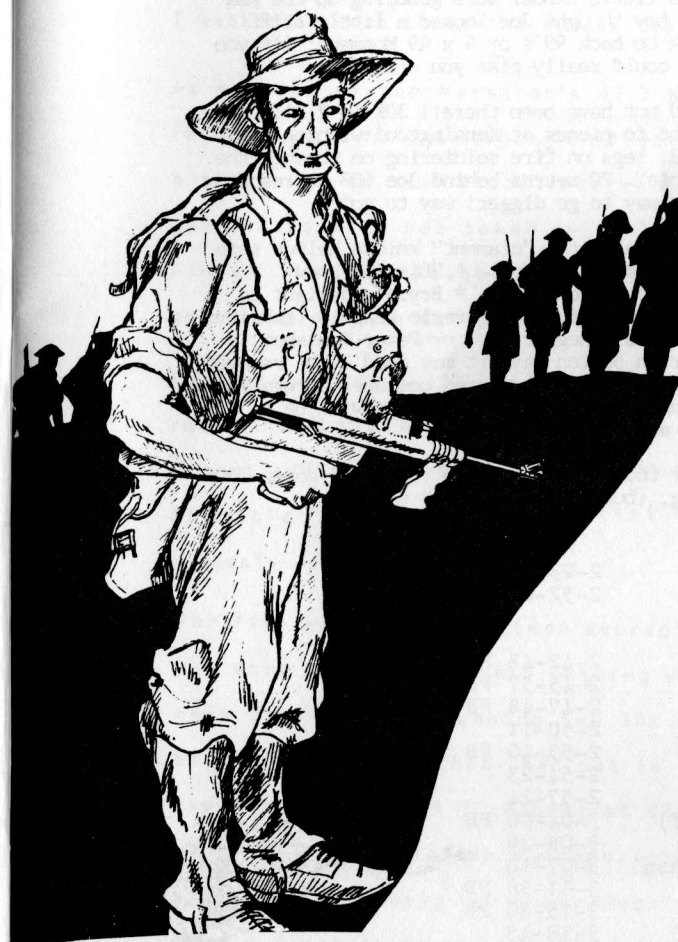
Terry McIver,
2/9 Belmont Avenue,
WOLLSTONECRAFT,
2065.



THE Sun 

ANZAC DAY 1987

by Owen Denmeade



April 25, 1915 early morning ... Hit the wall!!!! bloody hell! a real *[∞] [!\$*] fiasco! untried untrained reckless and foolhardy ... hot humiliated and thirsty (no drink stations at Gallipoli!) desperate dispirited and defeated we had to walk away from it! ... (those of us that could!) on the day though, we gave it our best shot .. you can't do more than that eh mate?? in 70 bloody years, I reckon they will still remember us! (they did!)

April 25, 1987 early morning ... what better way to remember them, than to drag your protesting Aussie body 26 miles through Zetland and Mascot to Botany Bay then back through Ramsgate Rockdale Rosebery and Waterloo!

In the true spirit of the Anzacs John Ayliffe, Joe Loewy and Peter Mullens from Norths Rugby Runners went "over the top" on Anzac Day 1987.

Ayliffe, with a little help from his friends (visible and invisible!) positively powered over the 42K in 3:07! Awesome!! Alex and Hugh took turns keeping the lid on "JA" whose boyish enthusiasm and reckless disregard for his personal safety seemed somehow to fit the day. A negative split marathon!! We saw it, still we jus don believe it!

Not far behind, Loewy and his little minder were gobbling up the Kms like "croc" in the Kakadu!! Amy thought Joe looked a little stiff legged (what's new?) ... back to back 99's or 4 x 49 Mosmans! (if you did not love these people it could really piss you off!)

Halfway with Ayliffe! (should not have been there!) 30K in 2:14! (thought they said 2:40!) shot to pieces at Kensington! winning from memory and pride, eyes glazed, legs on fire soldiering on through the pain, Peter Mullens was "heroic". 20 metres behind Joe 600 metres from the end! running on empty ... way to go digger! way to go!

Things we will remember: * Macca on the "clamont" knicks helmet sore bum but no gloves! (Clarence St here I come!) * "Lizzie" Loewy arriving at 30K like a food parcel from home! * Bryce's delight to discover that 'Yani Kouros has legs like an anorexic seagull (makes 'lucky legs' look like Arnold Swartznegger! ... or Peter Foulsham even!) * Ayliffe's grin (Adrian Burton says it may need to be removed surgically!) But mostly: the long line of wounded comrades struggling home through the suffering and disappointment ... there will be another time, another place, another battlefield!

"Age shall not weary them nor their times condemn .. at the going down of the sun and in the morning, (but mostly at lunch time!) We will remember them!"

1M	Ian Graves	2-23-53
1F	Pat Marshall	2-52-04

STRIDERS

Don Price	2-42-48 PB
Alex Whitworth	2-45-57 PB
Noel Barton	2-47-48 PB
Alan Powys	2-50-11
Bill Thompson	2-53-40 PB
Paul Russell	2-54-23
Peter Cobley	2-57-24
Joanne Tibbitts (2nd F)	3-04-00 PB
Brent Waters	3-05-36
John Ayliffe (1st M/Thon)	3-07-18
Wendy Downes (4th F)	3-11-56 PB
Jack Woodward	3-15-20 PB
Joe Loewy (1st M/Thon)	3-18-43
Leo Leader	3-19-38
Brian Tailford	3-21-45
Graham Firkin	3-25-55
Ian Singer	3-29-27 PB
Bruce Murray	3-30-36
Dave Blackhall	3-42-36
Mavis Garrick	3-50-58 PB
Dawn Woodward	3-49-47 PB
Robi Russell	3-55-20 PB
Rod Garrick	4-02-31 PB
Chris Mathews	4-23-30
Amanda Broomfield	4-30-20

All these times were taken by Terry McIver as Striders crossed the line. If your official time differs to these please notify Graham Butler.

DREAM RUN

ANZAC DAY 1987

by John Ayliffe

I wanted so much to sprint across that line!

At the end of the Marathon's 42.2 kilometres or, as the legend has it for me, those 26 miles and 385 yards, I would hope to sum up that final reserve of glycogen, cunningly saved, and with new power in my legs, storm across that Finish line as though I'd won the race. But that was something over three hours away.

They played the 'Last Post' at 6.30 in the morning. They read the 'Lest We Forget' prayer. 7.00 runners stood silent and remembering on the main straight of the State Athletic Track, personal anxieties, hopes and fears suddenly diminished.

For five months now I'd been averaging 78K's a week, with the more recent few weeks getting up around the 100. I'd been consistently running the 30K 'Stars', the building blocks of any Marathon, had put in two 38K long options, the second of which I remembered finishing strongly. But even with the miles in my legs, the desire in my heart, even with the help of Alex, Hugh and a whole bunch of people I wasn't to know about yet, I new in the end what would get me there would be that old chameleon: mind over matter.

First Drink Station: 5K's. "Drink a whole cup of water. You'll need it", says Alex. "22.30. We're 30 seconds off the pace. We can afford to lose a few more walking through this Station."

We hit 10K in just under forty four minutes. We were running four twenty fives. "But that's okay," says Alex, as we walked through another Drink Station, and I'm drinking another cup of water. "Water only," Alex says, "digestion can't handle the Staminade, it can even make you sick."

Shortly after the Quarter Marathon point Owen Denmeade rides up on a bike, with daughter Amy in tow on another. Owen is one of God's great gentlemen: running folklorist and sometimes scribe, Owen is always a mine of information and motivational technique: "Looking good John. Joe's looking good. Ian flew through the 10, he'll blow up!" I'll see him a few more times on this run.

15K, right on schedule, walk, drink. Shortly after, Alex runs into a mate. He's wearing pink shorts. "You're going to take those off before the finish aren't you?"

"No."

We had hit 15K's in about 66 minutes and I can't believe it: we're maintaining those 4 minutes 25 seconds K's. "No faster!" says Alex, again.

Soon we come upon Wayne McCarthy, flat on his back, corny as hell in unfamiliar bike riders gear, and he's taking a photo of me.

"It's for your records," says Alex, "the 'Gradual Disintegration of John Ayliffe'."

"I can hardly wait!"

I really feel. At 25K, when Wayne's taking another picture, Hugh says, "I can't believe it, you look so fresh, you're running so easily. You're sitting on four twenty to four twenty five pace. You're going to eat this Marathon. But you've got a long way to go!" he warns.

The 21K turn-around. We've done it in 93 minutes and 45 seconds. My Bandaïd says '92'. And Alex is saying, "you're looking great buddy. Right on time."

At 30 kilometres I got a big surprise: the Bandaïd said 3.12 and I had 3.08! And there was Owen again, "Christ, you'll do 3.05 or 3.06. Go for it John, go for it!"

I hadn't seen the 'Wall' yet, but I could feel myself tiring. Hugh thought I was still looking great, but he was incredulous about it now. This was my first Marathon!

8 minutes and 50 seconds later my left calf muscle screwed up like a metal hand had grabbed it, the pain was so intense, then it released. Not long after the right calf repeated the exercise.

A single cramp in the right calf stopped me, at about 40 K's; but by then it was mind over matter. It was here that the only piece of advice my wife knew to give me got that leg going again, and I took hold of the foot and tugged it upwards, releasing the constriction. The pain was to come often now, but I was finishing my first Marathon in a time I had been game only to dream about!

Turning onto the Athletic track, I had to sprint, but every time I tried the cramps came; and every time they came now I was to be thrown off balance. Finally I had no choice: I settled back to the pace Alex had set up a little over 3 hours ago; and, as they announced my name 'John Ayliffe, Sydney Striders, Number 99', I threw up my arms the way Deek does, right at the Finish.

I'd completed my first Marathon in 3 hours and 7 minutes.

ODE TO A BANANA

Trainee iron-man, Mick Topley, falls off his bike whilst eating a banana on a Saturday training ride to Mangrove Mountain.

The result ; a broken leg for Mick and an end of his iron-man goal for this year.

His hopes dashed, Mick is soon sent home from hospital for terrorizing the nurses. Where lesser men would throw the towel in, this cheerful Cockney sparrow finds comfort in poetic verse. Now read on . . . (ED)

Pedaling along Pete's Ridge Road, in the direction
of home at last,

The sun a-gleaming, the Galah's a-screaming, what
a joy to be going so fast.

Clank clank, rattle rattle, as I change across to
top sprocket,

'A piece of banana would go down well,' so I reach
behind for my pocket.

The dream of the "Budweiser Iron Man" begins to
come on strong,

So I duck down my head and see the "Finish", and
the crowd cheering me on.

Along I speed biting banana, the image so clear
in my mind,

Of Mick the Iron Man receiving his trophy, the
most valued of it's kind.

Whoooooooooooo! 'This flying sensation seems strange'
and what's that cracking sound I hear,

"Are you all right old mate?" A voice enquires,
from out of a mist.

I reply. "You'll have to speak up, there's a
banana in my ear.

Since then I've discovered I'm flesh and bone,
Oh! what a tragedy,

And I toddle off home on my crutches, never an
Iron Man to be.

But just wait till next year, or the year after
that, when I will pedal afar,

Maybe "Coolangatta", or maybe "The Great Lakes",
or how about the "Budweiser Iron

Man," Ha! Ha!

WHINGEBAG GETS IT TOTALLY WRONG !

by Noel Barton (Striders' Database Operator)

Readers of this esteemed Journal will instantly recognize the name "whingebag". It belongs to former club President and "Triathlete of the Year": Steve Cornelius. What may be rather less known is that the whingebag claims to be a dab hand with the silicon chips; that is, he knows a bit about computer programming, and has thrown together the odd program or two to assist the Striders in their honest and worthy endeavours.

There aren't all that many programs, and there isn't all that much information stored on the Club's Sirius microcomputer. I checked just recently, and each Strider (of the approximately 200 members) only has about 30 pieces of information recorded. For example, name, address and postcode, through to best marathon and half marathon in 1985. It's really quite simple!

Anycase, I had occasion to take two overseas trips over the summer, and so the trusty computer was returned to Steve to do with as he wanted. When I picked up the computer about eight weeks later, Steve said he had done a bit of re-organisation and that the entries for the Striders Open Half Marathon were to be processed on the Sirius. Actually, Steve hadn't written many programs and done much re-organisation. Merely 40 programs, some of which were as short as 50 lines of code. And the work for the half marathon wasn't much - there were merely 1100 entries, each of whom only had about 10 pieces of information recorded. Naturally, the whingebag said it would all work, but just in case, he was going to scoot off overseas as soon as the run was held leaving the rest of us to sort out any messes which might occur.

Finally, the times for the half marathon were all entered, and we had to print out all the results. Just to be on the safe side, Bill Flanagan and I decided to check that all the prizewinners in the various categories were the same as those which were announced on the day. And it was then that the whingebag's pathetic ineptitude was shown up: the women's U/20 section was won by runner X who was 0 (zero, nought, zilch) years old. How embarrassing! Bill and I bent our mighty intellects to the task and the diagnosis of the problem came within the quick time of two or three hours. When runner X's entry was processed and entered into the computer, her age was not entered, probably because she had omitted to include it. As a result, the poor computer compromised by assigning her the age of zero. Quite reasonable. Of course, any programmer worth his or her salt would have guarded against such a possibility. At the time, Bill and I solved the problem by amending the printout of results with white correcting fluid, although you'll notice if you examine the results book that the winner of the women's U/20 category is listed as second in the category.

So, let me return to the nub of the matter. Let's face it: the whingebag made at least one mistake. There's probably more mistakes lurking in the 40 programs he wrote, and, when I find them, I'll let you know. In the meantime, when you next run with the whingebag at a STaR, let him know he's not perfect. After all, we want the Striders to be a top club, right? So, it's just not good enough working for hundreds of hours if you're going to make lots of mistakes and turn in a shoddy performance. And next time the whingebag has the nerve to criticise your efforts, tell him: "You're in no position to throw stones at glass houses; you made a mistake in February 1987, and you'll probably make another one in the next few years!"

WESTFIELD RUN

by Mathew Kaley

It was 3:45am on Friday, 3rd of April and most of Australia was asleep. I was not only awake, however, but also driving a van at 8 km/h on the road between Drouin and Pakenham, 90km from Melbourne. The reason for this was simple, if not terribly sane. I was part of the support crew for the American runner Mary Hanudel who was participating in the Westfield Sydney to Melbourne Ultramarathon and I was driving by virtue of the respectable qualification of being awake, a commodity that was peculiarly scarce after almost eight days on the road.

The atmosphere inside the van was completely detached from the cold, foggy conditions outside. Keith O'Connell, the team manager, was sitting silently on my left, his eyes radiating exhaustion as he stared fixedly out at Mary running at a shuffle five metres in front of the van. Her gait had changed radically from the strong stride of the early days which had put so many of the male competitors to shame as she bounded past them. Her feet barely left the ground now as she called on all her resources to remain at a run.

In the back of the van was Colin Berry, the team physiotherapist, in a deep but unrestful slumber. Since the start of the run Mary had been running for periods between one and two hours and then coming in for a massage, treatment of injuries and food. Colin was needed at each of these breaks and this prevented him from getting more than one hour of sleep at any one time. Having had three hours sleep out of the last seventy-two, I was also near exhaustion, but now felt that I could get through the last day without further sleep.

Through the softly pervading sound of Pink Floyd, I listened to the crackle of the C.B. radio for further information on Cynthia Cameron. Cynthia was the only other female competitor in the event and after 970 of the 1060km to Melbourne, she was last located only 3kms behind us. Although Mary had been leading for most of the race, there had never been more than 25km between the two runners. With 300km to go Cynthia had started to chip away at the lead and now there was a tremendous race between two very weary runners.

The C.B. radio was our communications lifeline. Through it we could contact race officials, the race doctor, our No.2 support van or any undesirables travelling the highways, such as Jim English and Nobby Young in their Westfield truck. Further, it was a source of information, supplying us with locations of nearby runners and any problems along the route. At this point the C.B. was silent. There were few race officials on the roads and the Cameron crew were deliberately maintaining radio silence so as not to reveal their position to us.

Up ahead in the spotlights of the van, Mary gave a signal. Keith sprang out of the moving van and caught up with her. On returning he reported that she was exhausted and was coming in for a break of ten minutes. At this point mental attitude was of utmost importance to Mary's hopes of winning, and having specified a short break she must have been feeling reasonable. The psychological side of the race was extremely interesting. While Mary was extremely tough mentally, her smile coming through even in times of horrific

weather conditions, psychological low points came periodically. These points of depression occurred approximately once a day, usually in the early morning, and involved a lack of enthusiasm towards her running and a disappearance of her usual lively nature. Notable about these low points was that each succeeding one was worse than the one before.

I called Ross Betts who was driving the support van 200m behind us, informing him of her break and then set about waking Colin, a none too easy task while driving. Three minutes later the vans were parked behind one another on the side of the road. Mary was receiving a massage and it was obvious that her resolve, while still intact, was fragile. After stiffly getting out of the van I jogged up the road in an attempt to loosen my legs. I stopped and, while stretching, surveyed the scene behind me. A thick fog blanketed the whole area and the vans were recognizable only from the revolving amber light on each vehicle. The image of these lights lancing through the fog is etched forever on my memory.

It was while I stood mesmerized by this scene that I noticed another flashing light to the left and behind the others. The jog back to the vans turned into a sprint as the realization hit me. I arrived just in time to see Cynthia Cameron pass us and, followed by her support vans, continue relentlessly on the road to Melbourne. Then they were gone, swallowed by the fog, and the eerie silence returned. Keith had seen her also and was staring dejectedly into space. God, now we had to tell Mary.

POSTSCRIPT : It took nearly 35 minutes to get Mary back on the road again, but to her immense credit she chased Cynthia and eventually caught her four hours later. Mary and Cynthia then raced through the outer suburbs of Melbourne side by side for three hours. Then, on a long hill near Dandenong, Cynthia opened a gap that eventually amounted to a winning lead. Despite the fact that Mary walked the entire final 45km, Cynthia Cameron won the womens race by a mere 4km. Watching Mary complete the Westfield run has provided me with an unforgettable lesson in human endurance and dedication.

RESULTS :

1st	Yiannis Kouros	5 days 14 hours	
2nd	Patrick Macke	6 days 17 hours	
3rd	Richard Tout	6 days 22 hours	
4th	Brian Bloomer	7 days 19 hours	(1st Australian)
8th	Cynthia Cameron	8 days 11 hours	(1st Female)
9th	Mary Hanudel	8 days 12 hours	(2nd Female)
16th	Cliff Young	9 days 13 hours	



NIKE CANBERRA

MARATHON - 12/4/87

by David Sill

Fourteen Striders made their way to Canberra for this year's Nike. As well as being the ACT Marathon Championship, the race was also the Australian Veterans Marathon Championship.

At the time of writing the excellent souvenir race program, the race director was expecting a smaller field than the previous year with just short of 600 entrants at that stage. The program recorded Sue Hill's wins in 1978 and 1980.

It's an interesting course for a number of reasons. It starts with a loop followed by a double out and back section. Even though we ran past Parliament House five times, big Bob did not come out to wave to us (it wasn't televised!). It follows that there are several parts of the race where the runner can see the leader (I usually only see his backside for the first 30 seconds of a race!) and also all the runners in the race. The spectators can also take up vantage points that allow them to check the progress of key runners (eg, Striders!) at regular intervals. I found this made the race very interesting as you are in touch with all the other runners throughout the race and got to see lots of green and white.

Most of the race is along the banks of scenic Lake Burley Griffin. The course is flat and fast with only one small hill, though you pass it four times. The finish of the race is completely flat and I enjoyed that after running up the hill to the Sydney Athletic Field last year. The race has a good atmosphere and Striders received plenty of encouragement from generous spectators. The weather was ideal, with the temperature at the start about 4° - 5°C and cool throughout the race.

Some excellent results were recorded by Striders with a lot of big PB's. First Strider home was, of course, Phil who finished overall third in 2.26.54 after running second through most of the race. Mathew Kaley, in a terrific performance, was next home in 2.45.44 with a 12 minute PB. Noel Barton ran a PB of 2.51.48 in his warm-up for the Anzac Day Marathon, with Chris Dwyer finishing just 2 seconds behind him. Non-drinker Gavin Morrisett ran an excellent 3.02 in only his second marathon, but didn't feel too good for a while after the race. Dan Gray had a big grin on his face after proving how quick he can be in these short races by bolting in a 3.07.50 PB. All Striders did the club proud and I congratulate them all.

Overall winner was Garry Hand, running his 50th marathon in 2.19 with Annette McNeill first female in 2.49.43.

Official timer



SEIKO

1st Male Garry Hand 2.19.00

1st Female Annette McNeil 2.49.43

STRIDERS

3rd Phil Garvin 2.26.54

32nd Mathew Kaley 2.45.44 (PB)

Noel Barton 2.51.48 (PB)

Chris Dwyer 2.51.53 (PB)

David Sill 2.57.52 (PB debut)

Dick Bartlett 3.01.07

Gavin Morrisett 3.04.52 (PB)

Dan Gray 3.07.50 (PB)

Alf Field 3.22.02

Ian Whitfield 3.22.15

David Dunstall 3.23.48 (PB debut)

Kevin O'Kane 3.28.38

NORTHERN DISTRICT TIMES, Wednesday, May 13, 1987

Cliff's mate's on the right track

A FATHER who has pounded roadways with marathon favorite Cliff Young has had a smooth run raising funds for Gladesville Public School.

In 1985 Nobby Young, 40, was on the right track when he ran 170km in 24 hours, under sponsorship, to raise funds for a special sporting project.

Recently Nobby's efforts were realised when State Sport and Recreation Minister Michael Cleary officially opened the Nobby Young

by LOUISE MAHER

Fitness Track And Adventure Playground.

State Education Minister and Member for Gladesville Rod Cavalier welcomed guests, before Nobby made a test run on the equipment.

With strong support from

Gladesville business community, Nobby helped raised \$5000 and the Sport and Recreation Department made a \$1615 grant to the project.

Nobby, whose son Russell, 10, attends the school, was delighted with the track, which will be used by children during school hours and the community after hours.

Nobby's fundraising efforts, which also included a 100km run raising \$1500 for the school, are only a small step for the Gladesville father who first started running in 1982.

During 1985 and 1986 Nobby ran more than 20 42.4km marathons and about eight ultramarathons which cover about 100km.

"I first started running in 1982 when I went in my first Sun City To Surf," he said.

"You always think this is your last run but 24 hours later you start thinking about where you can find another one to enter."

Nobby fondly remembers the 1985 84km Sydney to Wollongong ultramarathon when he ran against Cliff Young - and lost to him.

"Cliff is a very deceiving

runner," Nobby said. "He is a lot faster than people think he is. He is a true champion in every sense of the word."

Last year Nobby was one of Cliff's support crew during the Sydney to Melbourne ultramarathon.

After dislocating his hip, Cliff had to pull out after 18 hours and Nobby then acted as a race official.

Nobby was an official again this year, helping with the course signalling and the safety equipment.

President of the popular Sydney Striders running club, Nobby said recent health problems had forced him to give up marathons.

But Nobby will still walk 7km a day delivering mail in the Gladesville area.

FORSTER TRIATHLON

-GREAT LAKES ULTRA DISTANCE

by Alistair Mackie

There was little chance of competitors suffering from hypothermia this time as approximately 80% of the 194 starters were wearing wetsuits and the average lake temperature was 20 degrees and really very comfortable.

The hardest part of this event is race day morning waiting for the start with everyone nervously adjusting caps & goggles, pretending to be relaxed.

The start line was just off the beach with a large tourist house boat acting as the starters platform, with bunting tied across to the jetty and a countdown to the start creating a competitive and colourful atmosphere. The swim course was laid out superbly with markers every 50 metres out & back on a wedge shaped course, it's a worry when you stand on the beach and can't see the turn around buoy, makes it seem a very long way. The swim went without incident and saw a fairly busy, though visually entertaining swim bike transition area for a very large number of spectators who were extremely supportive.

I am sure everyone's memory of the cycle will be of food as the aid stations were equipped with water, Pepsi, biscuits, bananas, sandwiches, jam & honey. The course was described as flat & fast, the officials must have used the same system that described our half marathon course as undulating ??? True the mountain range was cut out this year but on a three lap out & back course it was very hilly by the second lap & mountainous by the third.

The transition from bike to run was at Forster Memorial Club and provided great facilities for competitors and spectators alike. It is a great feeling to cycle into the change area as the support is fantastic and the course announcer gives a brief commentary on each competitor. You tend to come off the bike not thinking that you have to run a marathon rather it's the last leg, you're heading home. I left the club to hear & see John Turner wishing me well which was a real surprise. The marathon was as hard as any marathon ever is and the last 10kms are run on memory but to turn the corner with 200 metres to the line down a chute created by hundreds of spectators is an emotional lift impossible to describe, I swear your feet don't touch the ground. Everyone who finished is a winner and I congratulate fellow striders Ian Bowden, Graham Firkin, John Hill, Louise Fitzsimmons, (team) Nick Reed.

Thanks to all the supporters who were there giving encouragement and thanks for your cap Brian.



WILD WEST REPORT

THE TRIALS OF A TRIATHLETE

by Geoff Cox

This report is being specifically designed for those Striders who feel that running is becoming a little monotonous and who feel that they should diversify into the new wonder sport, triathlons.

Let me tell you what triathlons have done for me - they've given me one sore backside, and a leg and elbow devoid of skin! How did this occur you ask? Well being a triathlete, I thought I had better do the right thing and get into cycle racing, so I've regularly been attending the Bathurst Cycle Club Sunday morning races.

One Sunday I was racing a 20km handicap event (I think my main handicap is that I don't train hard enough). Anyway, I started with the 5 minute group (that's cycling talk for the group that goes off 5 minutes ahead of the scratch group - the scratch group, they're this really hot group of cyclists with sponsored cycles and shaved legs. If you ride with the scratch group you've really made the big time!). Back to the race... I was feeling a bit tired - the after effects of the Orange triathlon the week before, so my group dropped me and I was riding on my own. As I was on my own I slowed because I couldn't draft (non-cyclists check the dictionary) and the scratch group were gaining fast. A quick glance around and wham! I was off the road and on the loose gravel. I soon lost control totally and was skidding across the road. Just then the scratch riders descended and there were three of us sprawled all over the road. Not a pretty sight I can tell you!

Up we got and I'm not sure which was worse - personal damage or cycle damage. Still we were all alive.

Now let me tell you about the Orange Triathlon. This was a very low key affair (perhaps I shouldn't write about it; next year Iron Man competitors might go in it if they know about it!), so it was mainly athletes from the 'Wild West' who entered.

The distances were a 700 metres swim, a 36 km ride and an 8 km run - not quite Hawaii stuff but adequate for me.

Now you don't have to be the world's greatest mathematician to realise that there is some discrimination here - discrimination against swimmers and runners. A swim of 700 metres takes between 10 and 15 minutes, while a run a 8 km shouldn't take too much over half an hour, even at the end of a triathlon, while a cycle of 36 km will most certainly take over an hour (unless you're a scratch rider of course). So the cycle actually takes longer than the swim and run put together! This was undoubtedly a cyclist event; so, to do well you have to do well on the bike. This brings in further discrimination, discrimination against non-mechanical types like myself, who could not possibly foresee anything going wrong with their bike until it actually happens. And when does it happen? In the middle of the Orange Triathlon of course!

I came out of the water in 14 min 05 sec, which was quite well placed. On the bike, and off I went, full of enthusiasm. I was riding pretty well, a few top cyclist overtook me but I was holding my own with most of the competitors. Then my first trouble started - the water bottle broke off from its mounting, so I was left with

no water and about one and a half hours of racing left. Having read Runners World I knew I would dehydrate if I didn't drink, so instead of drinking as I rode I had to waste precious seconds (or minutes) slowing down to get water from drink stations.

The next problem was a chain that came off, not once but twice - more precious minutes wasted. I wasn't prepared to risk using the big chain ring again because the chain had come off as I attempted to drop it onto the small cog. So I coasted downhill - not the quickest method I can assure you. I arrived back and was clocked at 1.19.15 (the slowest time between 1st and 27th).

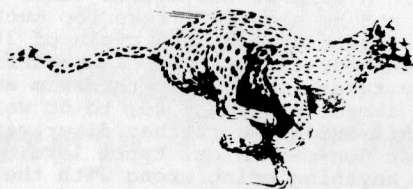
Finally I was in the run. No equipment to go wrong and nothing but good honest road underneath me. Although it was hot I was feeling good and picking up places quickly.

I finished the run and was clocked at 27 min 40 sec for the section, the fastest time of the day; my overall placing being 10th. It was a very satisfying result but I had to curse my luck on the bike. It is no doubt that that is where most triathlons are won and lost!

In conclusion the Orange Triathlon was a very good event. The roads were quiet and the results were posted out within a week (full results). The only trouble was that the individuals started about 10 minutes after the teams and so you soon had no idea who was in a team and who was an individual. Thus you didn't know where you were placed until the results came out.

Results Orange Triathlon - 28.2.87

1st	Scott Wolfson (Orange)	1.50.00
2nd	Tony Vernon (Wellington)	1.51.22
3rd	Robert Green (Orange)	1.52.13
1st female	Tricia Green (Dubbo)	2.17.00
10th (Strider)	Geoff Cox (Bathurst)	2.01.00



SYDNEY TRIATHLON 8/3/87

1st Male	Rick Pallister	3.22.28
1st Female	Louise Mackinlay	3.44.46



STRIDERS

	Swim	Cycle	Run	Final Time
13. Ian Bowden	33.10 (58)	1.40.53 (25)	1.24.59 (10)	3.39.02
42. Alistair Mackie	37.05 (145)	1.43.49 (45)	1.31.20 (38)	3.52.14
81. Peter Foulsham	35.49 (116)	1.50.43 (120)	1.40.08 (80)	4.06.40
119. Louise Fitzsimmons	40.30 (203)	1.55.55 (169)	1.41.42 (86)	4.18.07
160. Mathew Kaley	45.23 (259)	2.16.52 (258)	1.27.06 (16)	4.29.21
202. John Hill	48.33 (277)	2.03.22 (221)	1.58.17 (173)	4.50.12
233. Peter Keeble	40.05 (194)	2.11.25 (253)	2.18.50 (228)	5.10.20

(255 Finishers)

Some great Striders Results there.

The award for the most amazing performance must surely go to Mathew Kaley who placed 259th in the swim leg, 258th in the cycle and 16th in the gruelling Half Marathon run!

THE  **QANTAS**
'CITIES'
MARATHON
16th AUGUST, 1987

IT'S ALL DOWNHILL FROM HERE !!!

A collection of lies, half truths and running trivia,

- * Beat this Brenda!... Steve Scott, former US 10k star, is credited with the world's fastest round of golf! In Anaheim, Calif., on a 6000 plus yard course, 29 minutes 33 seconds! Scott's score of 92 included 6 x 4 putt greens!!
- * (Nobby Young)
..... reckons if you can encourage your mother-in-law to run 10 km each day, by the end of the week she would be 70 km away.... only joking!
- * Joy Helgenson (USA) ran 52 marathons in 1980! averaging 2:57! P.B. 2:42! Slowest 3:10. (beats training I guess!)
- * DEEK SUCKS! great title for an article on drinking on the run eh?, STUFF THIS! an article on carbo loading, or... STOP ME IF YOU'VE HURT THIS! an article on running injuries by the good doctor, IRWIN LIGHT, who has had a dramatic decline in runners business since he stopped bulk billing (funny!), EVERYTHING YOU EVER WANTED TO KNOW ABOUT SAFETY ON THE ROADS but were too 'run down' to ask!!!
- * On the subject of safety on the roads, Spencer, get those prismatic reflectors off the 'clamouts' wheels!! Not everybody knows (they will now!) that Alex Hamill 'arranged' the purchase of Hugh Spencers spiffy looking speedstar! (asking Alex to buy you a bicycle is like sending Rupert Murdoch out to buy you a newspaper!!)
- * Obviously delerious after a fast (well!) 30k! (would you believe 24!) Wayne McCarthy allowed Owen Denmeade to pilot his precious red Ferrari to the AGM! (Denmeade immediately tried to have the meeting transferred to the Blue Mountains!) Hamill ruined everything by refusing the Ferrari entry to the Balmain Leagues Club car park! said it would wreck his 'image' (too late mate! too late!).
- * No wish to offend anyone who is religious BUT, has drawn my attention to Psalm 59:6 which says: "Have no mercy O'Lord on villains who run through the streets and the cities grinning like dogs". (what have I done!)

SIGNED,

A not entirely anonymous
member of 'the slow group'.

STRIDERS' HANDICAP HALF

MARATHON -NORTH RYDE, 15/3/87

by Steve Cornelius.

The recording-line staff were completely taken aback by the runaway winner of this year's handicap event, Leena Bamann, who totally tore the rest of the field apart to record a 24-minute P.B. over the distance and an unprecedented 16-minute victory. Although starting with a 2.14 handicap, Leena's win was well-merited, and reflected the training she has obviously done in the past year or two - for a runner who has never broken 2.10 for a half-marathon to get under 1.50 shows quite some dedication and commitment!

So the real race came down to who was going to be second. And Robi Russell fought off some strong challengers up the final hill to take the silver medal, almost 8 minutes under handicap. New member Ian Singer closely followed Robi for 3rd, with Kevin O'Kane a close 4th.

Undoubtedly one of the finest ever handicap performances in Striders' history was recorded by Bill Flanagan, who has plainly renounced the "sex and drugs" if not the "rock n roll". Fifth on handicap and second on elapsed time with a monster P.B. has to be a great performance, rivalled perhaps only by Mathew Kaley's sub-78-minute P.B. for 10th on handicap and 4th on time.

It's quite amazing how the handicap race brings out the P.B.'s, despite being on a notoriously hard course, and quite often a hot morning. Let's not forget, in the excitement about the handicap performances, that Phil Garvin, running from the back of the field as usual in these events, set a club record of 1.09.43, the first Strider to break 70 minutes as a member. My lasting memory of this race, apart of course from Leena Bamann's victory smile, will be of Phil Garvin fidgeting on the start-line, all alone, waiting to start no less than EIGHT MINUTES adrift of the 2nd last to start (Wayne Stanton). Quite honestly, if someone told me I had to start eight minutes ahead of Wayne Stanton I wouldn't feel too crash-hot about it, let alone eight minutes behind him, but Phil took it all in good part, and tore off down Wicks Rd as if his life depended upon it. He told me afterwards that he had covered almost 13 kilometres (close to the weir) before overtaking anyone at all, which puts his club record in an even better light. Tina Campbell took the gold medal for 1st woman (on elapsed time) with 1.34.22.

As usual, things were hectic at the finish-line, and we apologise to the handful of runners whose times and places were not recorded accurately. Perhaps you can help us by filling us in with the details: runners finishing 14th, 43rd and 72nd on handicap were not recorded. The following 5 runners were known to have started but not recorded at the finish: Chris Dwyer, John Hodges, Peter Donnelley, Cecily Williams, Patti Burke; so 3 of them must have filled those 3 unrecorded pozzies. Your help, please, for our records.

Talking about help, lots of people worked hard to make your day a success: they were Nobby Young, Scott Crawford, John McLennan, Ian Macarthur, John Whealy, Tricia Whealy, Julie Osborne, Mark Osborne, Hugh Spencer, Ian Whitfield, Barbara Firkin, Sally Cornelius, Robyn Murphy, Leena Bamann, Graham Firkin, Robi Russell and Beth Reid. Heaven help me if I forgot anyone. The handicapping was done by yours truly, and I'm not apologising for the fact that only 23 out of 81 starters broke their handicap. Life wasn't, as one of our Glorious Leaders once said, meant to be like that, and neither are the Striders' handicaps. People like Alf Field, Billy Thompson and Ray Doran, who come in within 10 seconds of their handicap, give our computer goose-pimples of delight.

The next time you all get a chance to abuse the computer (and me, if you wish, but I won't be listening as usual) will probably be November-ish, when we hope to stage another handicap over a brand new course. Look forward to seeing you all there. Make payola cheques payable to "The Steve and Sally Holiday Fund".

Position on Handicap	Position on Elapsed Time	Name	Handicap	Actual	Deviation
1.	69.	Leena Bamann	2.14	1.49.37 (PB)	-24.23
2.	73.	Robi Russell	2.00	1.52.09	-7.51
3.	18.	Ian Singer	1.34	1.26.45	-7.15
4.	24.	Kevin O'Kane	1.36	1.29.10	-6.50
5.	2.	Bill Flanagan	1.20	1.13.43 (PB)	-6.17
6.	9.	David Sill	1.26	1.12.10	-4.50
7.	34.	Bill White	1.37	1.33.07	-3.53
8.	13.	Jonathon Marsden	1.28	1.24.28	-3.32
9.	33.	Keith Jackson	1.36	1.32.49	-3.11
10.	4.	Mathew Kaley	1.21	1.17.55 (PB)	-3.05
11.	23.	Graham Firkin	1.32	1.29.00	-3.00
12.	39.	Joe Loewy	1.37	1.34.30	-2.30
13.	26.	Jack Woodward	1.33	1.30.34	-2.26

14.	Place not recorded				
15.	53.	Ross Betts	1.41	1.39.21	-1.39
16.	68.	Mavis Garrick	1.50	1.48.38	-1.22
17.	6.	Don Price	1.20	1.18.41	-1.19
18.	44.	Stephen Winner	1.37	1.35.44	-1.16
19.	64.	Vic Collins	1.48	1.46.58	-1.02
20.	61.	Barry Jones	1.45	1.43.58	-1.02
21.	8.	Alex Whitworth	1.20	1.19.23	-0.37
22.	41.	Rod Garrick **	1.36	1.35.26	-0.34
23.	3.	Ray Doran	1.18	1.17.52	-0.08
24.	45.	Alf Field	1.36	1.36.03	+0.03
25.	19.	Bill Thompson	1.27	1.27.05	+0.05
26.	10.	Bernie King	1.21	1.21.35	+0.35
27.	36.	Jeff Burgess	1.33	1.33.56	+0.56
28.	48.	Noel Worthington	1.36	1.37.12	+1.12
29.	37.	Tina Campbell	1.33	1.34.22	+1.22
30.	31.	Brent Waters	1.31	1.32.26	+1.26
31.	5.	Bruce Inglis	1.17	1.18.27	+1.27
32.	14.	Brian Gatfield	1.23	1.24.39	+1.39
33.	32.	Gavin Morisset	1.31	1.32.42	+1.42
34.	1.	Phil Garvin	1.08	1.09.43	+1.43
35.	15.	Noel Barton	1.23	1.25.00	+2.00
36.	29.	Bruce Murray	1.30	1.32.02	+2.02
37.	57.	Michael Blackwell	1.40	1.42.31	+2.31
38.	20.	Mike Ward	1.25	1.27.47	+2.47
39.	65.	Joseph Ballie	1.45	1.47.52	+2.52
40.	12.	Charles Coville	1.21	1.23.58	+2.58
41.	7.	Wayne Stanton	1.16	1.19.15	+3.15
42.	30.	Graham Butler	1.29	1.32.16	+3.16
43.	Place not recorded				
44.	17.	Paul Russell	1.23	1.26.26	+3.26
45.	42.	David Sumner	1.32	1.35.28	+3.28
46.	49.	David Dunstall	1.34	1.37.32	+3.32
47.	43.	Frank Gallagher	1.32	1.35.34	+3.34
48.	71.	Beth Reid	1.47	1.51.04	+4.04
49.	11.	Terry McIver	1.19	1.23.15	+4.15
50.	76.	Chris Mathews	2.00 **	2.04.19	+4.19
51.	54.	Bob Mann	1.35	1.39.25	+4.25
52.	22.	Ivan Freys	1.24	1.28.37	+4.37

53.	16.	Alistair Mackie	1.21	1.25.43	+4.43
54.	21.	Ewen Thompson	1.23	1.28.21	+5.21
55.	70.	Edwina Garvin	1.44	1.49.42	+5.42
56.	52.	Ross Wall	1.33	1.38.50	+5.50
57.	47.	Wendy Downes	1.31	1.36.58	+5.58
58.	25.	Mike Foster	1.24	1.30.29	+6.29
59.	46.	Brian Tailford	1.30	1.36.43	+6.43
60.	38.	John Turner	1.27	1.34.23	+7.23
61.	40.	John Ayliffe **	1.27	1.34.31	+7.31
62.	66.	Owen Denmeade	1.40	1.48.12	+8.12
63.	27.	Harvey Blue	1.22	1.30.44	+8.44
64.	28.	Rod McLean	1.22	1.31.03	+9.03
65.	72.	Karen Tuck	1.42	1.51.23	+9.23
66.	60.	Leo Leader	1.34	1.43.28	+9.28
67.	55.	Bryce Courtney	1.31	1.40.44	+9.44
68.	50.	Terry McMahon	1.28	1.37.55	+9.55
69.	56.	John Hill	1.32	1.42.00	+10.00
70.	62.	Irwin Light	1.34	1.44.05	+10.05
71.	63.	Ray Reid	1.34	1.44.42	+10.42
72.	Place not recorded				
73.	58.	Dave Blackhall	1.32	1.43.11	+11.11
74.	75.	Adrian Kol	1.53	2.04.13	+11.13
75.	67.	Brenda Hamill	1.37	1.48.34	+11.34
76.	51.	Brian Colwell	1.26	1.38.06	+12.06
77.	74.	Wayne McCarthy	1.44	1.56.22	+12.22
78.	35.	Cedric Slidebottom	1.21	1.33.33	+12.33
79.	59.	Paul Galvin	1.24	1.43.20	+19.20

** denotes unhandicapped runner who selected own start-time



"BACK PACKING IT" OR "HORRORS OF A HANDICAP HALF-MARATHON" by Phil Garvin

As I assume is the case with most Striders my training and racing program has now developed somewhat of a regular pattern over the years so that specific months contain events of particular significance. Thus January sees the Palm Beach to Manly Race to remind me of my over indulgence at Christmas and National Running Week at Thredbo to hopefully lay a solid foundation for the Nike during April, February the Striders' Presentation Night and so the months roll on. March, of course, is noted for two great events - Striders' Half Marathon and the Members' Handicap Half.

Naturally this latter event would lose much of its widespread appeal without the handicaps and so during the first weeks of March I anxiously awaited the verdict of the all knowing computer. (I have been tempted to suggest that if the club was running short of funds that the position could be remedied by running a book on the size handicaps allotted to various members. I believe that there are some members who have particular expertise in this field of enterprise.) Now as I have said, the computer doesn't make mistakes. So on being advised of my particular handicap consoled myself with the thought that obviously this marvel of modern technology considered that I needed an extra hour in bed as it had decreed that I need not face the starter until 7.32.

I must admit that I did not think much more about the handicap until the morning of the event....

Despite the benevolent intentions of the computer I manage to arrive at the high school about five minutes before the first runners are due to start. It is only now that it has really begun to dawn on me just what task the computer has set before me. As I leave for a warm-up run someone suggests that I might like to call into the local Macdonald's for breakfast as I have plenty of time to do so.

The minutes tick on and more and more runners head off for the scenic tour of Lane Cove River Park. Initial fears of loneliness soon disappear however as now the early starters are approaching the starting line turnaround point. Soon after 7.20 Wayne Stanton, who it turns out will be the runner immediately preceeding me, starts and very quickly disappears into the distance. Now I come to the stark realisation that not only am I at the "back of the pack" but also I am "packing it at the back". Steve Cornelius does not allay my feelings of total isolation by wandering off for a Sunday Morning chat with some of the officials. However he assures me that he will

not forget about me and will ensure that I start at the appointed time.

Finally 7.32 comes and I am on my way. It seems as though hours rather than minutes have passed since Wayne started and I doubt that I could catch anyone before the finish line. Thankfully the first few hundred metres are downhill and so it is relatively easy to build up sufficient momentum to tackle the first hill up to Delhi Rd. My progress seems to continue without too much difficulty until I enter the park and then my troubles begin. About a third of the way up towards the top gate I survey the road ahead of me and realise that there is not another person to be seen. I am truly experiencing the loneliness of the long distance runner and with only the sound of my own footsteps to keep me company I have to keep reminding myself that I am in a race not on a training run and it is about time I got my act together.

At last I reach the top of the park and begin to encounter runners heading down toward the weir. Soon after I come to the turnaround point and console myself with the thought that a third of the journey has passed and that soon I too would be heading toward the weir. Just prior to reaching the weir I begin to catch some of the runners although most are coming towards me. From the speed that they both seem to be moving it is obvious that Bill Flannagan and Mathew Kaley are having good runs and could go close to setting the fastest time over the course.

Finally the bottom turnaround is encountered and here I quickly decide that it is best not even to think about the climb that lays before me. A better strategy would be to concentrate on keeping my feet and hope to maintain my pace. I am now aware that I was managing to pass a few runners and am considerably assisted by their words of encouragement. Regrettably I am unable to return the sentiments, being capable of only a few breathless groans. The Flying Scotsman, Terry Mciver, mutters some phrases as I struggle up the incline to the final exit from the Park and shortly after, Edwina, running her last race prior to acquiring her new "manager", tries to convince me that I'm "looking good" - she doesn't have the view that I have from inside looking out.

At last only one kilometre to go and I call upon my legs for one last effort, mindful that this distance includes the driveway into the high school. If I don't think about it that final obstacle might go away and at worse I have only four minutes more of this torture to endure. Suddenly and much to my relief it is all over and I have crossed the finish line. Now I can relax before contemplating what future horrors the computer will lay before me.

Talays THE RUNNERS SHOP

National Panasonic

Half Marathon

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



Top Left: TANI RUCKLE - 1.16.21
 Top Right: DANNY BOLTZ - 1.03.58
 Bottom Left: FERNINAND VASS (414) 1.26.55 and
 ALAN MULROY (672) 1.26.50
 Bottom Right: ROGER DAVISON - 1.35.39

RACE REPORT

PRESENTED BY SYDNEY STRIDERS MARATHON & ROAD RUNNERS CLUB
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Talays

RACE REPORT 1987

by Bill Flanagan

On March 22nd, as is the case every year, Striders put their reputation as presenters of the best road race in town on the line and once again I'm glad to say we came away with our reputation intact if not enhanced.

Guaging from the feedback (see below) this year's Half was particularly well received by runners of all standards and it seems the race was a success on all fronts. The 2 race records were only icing on the cake.

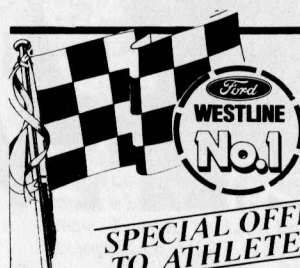
The success of this years race is of course due to the efficient and enthusiastic manner in which you all carried out your duties.

Again many thanks to all and hopefully you'll all be part of the team next year.

Towards 1988 - With the unavailability of Edwina Garvin, Bruce Inglis and Graham Butler, the 1988 race committee comprises three new faces in Owen Denmeade, Vic Collins and Paul Galvin. Many thanks to the three outgoing members for their great work and support they provided in the organisation of this years event.

The 1988 race committee as elected at the A.G.M. on April 26 is:

Race Director	-	Bill Flanagan
Course Manager	-	Gavin Morriset
Treasurer	-	Bernie King
Promotion/Publicity/ Sponsorship	-	Alex Hamill/Wayne McCarthy
Secretary	-	Owen Denmeade
Grounds Manager	-	Vic Collins
Vehicle/Equipment Manager	-	Paul Galvin



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BURRADOO, 2576.

24 April, 1987.

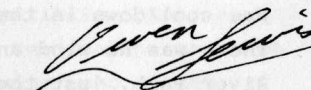
Mr. Bill Flanagan,
National Panasonic Half Marathon,
P.O., Box N119, Grosvenor St.,
SYDNEY, 2000.

Dear Mr. Flanagan,

"FEEDBACK"

Thank you for another first class event. The date, course(perhaps a little hilly for us oldies), facilities, breakfast(great - no other run puts on such a high standard breakfast), etc. were all of a high standard. Those Striders who acted as officials deserve a special vote of thanks.

Yours sincerely,



Owen Lewis (Race No. 51)

"I thoroughly enjoyed the event and am quite convinced it's the best organised race in which I have participated... Congratulations to you all on another great event."

- Dot Browne.

"Congratulations on another excellently organised half marathon. It remains the highlight of the running year."

"Your 1986 event was our club's nomination for the Road Race Award in the 15-25 km category and we feel that last Sunday's race will take some beating... Thank you so much, Striders. Your hard work is much appreciated by the many Woodstock Runners who took part."

-Kerry Bray.

"The organisation was spot on, the support and encouragement along the way was a great boost and the hospitality at the finish was very generous. I found the course hard but very scenic and safe. Once again, thank you all and your sponsors, National Panasonic, for a memorable run."

-Linda Thompson.

Boltz bolts. Ruckle rushes.

RACE RECORDS TUMBLE IN

WAYNE MCCARTHY

NATIONAL PANASONIC HALF MARATHON

Sydney; Sunday March 22, 1987, 6.45am. A perfect morning for the running of the National Panasonic Half Marathon. The sky was clear and blue under the early sun. The air was cool down in the valleys beside the Lane Cove River. There was no wind and no motor traffic in the Lane Cove River Park, just the sound of the native birds and the occasional cyclist swishing by.

But all was about to change. For above the park, in Wicks Road North Ryde, some 1,000 runners awaited the starters gun for the 6th Half Marathon presented by the Sydney Striders.

The National Panasonic Half Marathon is a unique event, for it combines world-class organisation with a challenging 21.1km course through some of Sydney's most beautiful and unspoiled bushland.

The race is presented by the Sydney Striders Marathon and Road Running Club, a group of two hundred of Australia's most enthusiastic marathon runners. They regard their Half Marathon as a challenge to present the best organised road running event in Australia - if not the world. Striders' Race Director, Bill Flanagan says "this event is our opportunity to put something tangible back into the sport we love. We set enormously tough standards for ourselves in presenting the event. For example, no Strider is allowed to compete in the race. Every member is expected to be on the course, working hard to make it another great success. This year, we had over three hundred people working on the day. I am not aware of any road race, anywhere in the world, that has a ratio of officials to runners anything like ours".

An unusual but most appreciated feature of the race is the use of tetra-brick water containers rather than old-fashioned cups and sponges. These packs were introduced to Australia by the Striders last year and are most popular with competitors. Their advantages are numerous. They don't spill. They can be drunk or sprayed and can be carried for a considerable difference.

Even before March 22, it was obvious that the 1987 National Panasonic was going to be highly competitive. Entries had been received from Derek Froude, the New Zealand marathon champion, Quentin Morley the local runner who placed 2nd in 1986, Andrew Garnham, the Victorian 5,000 and 10,000m star and Colin Neave, NSW, who won the 1986 Nike Canberra Marathon. A late entrant was a favoured ACT runner, Danny Boltz. Swiss born Boltz, 24, had previously been selected to run in the World Cross Country Championships, in Warsaw, Poland, the same weekend, but had been unable to arrange travel to Europe.

The women's entries were also strong. Pre-race favourite was last year's winner, Canadian born, Tani Ruckle who was known to be in top form. Also entered was Petrina Towbridge, VIC, who placed 2nd in the 1986 Budget Melbourne Marathon.

So, on this perfect day a highly competitive field was poised, ready for the start. It came at exactly 7.00am with more than 1,000 runners bursting down the short downhill section from the start line.

Within a few hundred metres of the start the 'flying doctor' from Melbourne, Andrew Garnham, 27, had established a lead position among a group of four runners. At his shoulder was Danny Boltz.

This group of four, headed by Andrew Garnham was to set a cracking pace during the early stages of the race. They ran each km in under 3 minutes, slowly drawing ahead of the main group, as they ran downhill into the park.

At the 4km mark, the lead group was down in the valley, breathing vapour clouds in the cool morning air, readying for the first climb out of the park, back toward the starting line turning point.

As the climbout started, Garnham and Boltz began to split the group of four, and shoulder to shoulder lead the way uphill towards the 5km mark, which they flew past in 14.38. By 7km it had developed into a two man race. At this stage Garnham and Boltz were holding their sub 3 min/km pace and had opened a 170 metre lead over Brian Morgan.

The 10km mark came at 30.04 and although Boltz kept flashing looks over his shoulder there was nobody to see; Garnham and Boltz had cleared away from the field. It was at this point that Garnham started to weaken. His pace slowed a little while Boltz's remained unchanged. Boltz was to take a lead from which he would not be challenged.

Shortly beyond the 10km mark both leaders took their first drink break, with both Boltz and Garham spraying their heads from the tetra-pack water containers.

Meanwhile, in the womens section, Tani Ruckle was setting a cracking 3.5min/km pace, and had established a substantial lead over Linda Thompson and Lynda Walton.

At the halfway mark Boltz had opened a 10 metre gap over Garnham as he powered towards the next uphill section, still maintaining his 3 min/km pace.

From here they continued on the flat, it was across the causeway over the Lane Cove River, scattering the ducks as they headed to the turning point on the northern shore.

During the back half, Boltz continued to increase his lead to the extent that he was out of sight of Garnham and the rest of the field.

It was not until the 17km point and the long uphill section out of the park, that Boltz's pace fell off the 3 min/km mark. But back on the flat, past Channel Ten, at 20km, he knew he had a record in his sights. It was down the long slope for the final short, uphill run to the finishing chute. And there, with the large crowd cheering and course announcer Brian Lenton screaming encouragement, Danny Boltz set a new course record of 1.03.58, cutting 19 secs from the 1985 run of German, Wolfgang Krueger.

In the womens section, another course record was broken, with Tani Ruckle running home in 1.16.22, 2 secs under her 1986 race record.

For their wins, Tani Ruckle and Danny Boltz both received National Panasonic colour television sets, while all the other major placegetters received National Panasonic appliances.



Half Marathon

THROUGH SYDNEY'S BEAUTIFUL LANE COVE RIVER PARK



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THE WINNERS 1982 - 1987

1982	Bill Raimond	-	NSW	-	1.12.03
1983	Andrew Lloyd	-	NSW	-	1.05.58
1984	Garry Henry	-	SA	-	1.04.42
1985	Wolfgang Krueger	-	W.GER	-	1.04.17
1986	Derek Froude	-	NZL	-	1.05.27
1987	Daniel Boltz	-	ACT	-	1.03.58

1982	Jenny Walker	-	NSW	-	1.23.45
1983	Mora Main	-	NSW	-	1.19.43
1984	Mora Main	-	NSW	-	1.17.14
1985	Raeoyn O'Donnell	-	NZL	-	1.18.00
1986	Tani Ruckle	-	NSW	-	1.16.24
1987	Tani Ruckle	-	NSW	-	1.16.21

1987 OFFICIAL RESULTS

MALE

1	Daniel Boltz	-	ACT	-	1.03.58 (R)
2	Andrew Garnham	-	VIC	-	1.05.19
3	Brian Morgan	-	NSW	-	1.06.17
4	Jim Golledge	-	NSW	-	1.06.47
5	Colin Neave	-	NSW	-	1.06.49
6	Robert Spilling	-	NSW	-	1.07.22
7	Peter Mitchell	-	VIC	-	1.07.34
8	Paul Arthur	-	NSW	-	1.09.47

FEMALE

1	Tani Ruckle	-	NSW	-	1.16.21 (R)
2	Linda Thompson	-	VIC	-	1.22.23
3	Lynda Walton	-	NSW	-	1.22.53
4	Christine Batman	-	NSW	-	1.23.31
5	Mora Main	-	NSW	-	1.23.45
6	Carol Horn	-	NSW	-	1.25.02
7	Pat Marshall	-	NSW	-	1.25.12
8	Dot Browne	-	VIC	-	1.25.36



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Wish to thank the following supporters:

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Eden Park Industrial Estate
Devlin's Famous Pies, Ryde
Dave Cundy
Brian Lenton
Geoghan's Recreational Vehicles
60 Darling Street Liquor Merchants, Balmain



LEFT: FEMALE 45-49 COURSE RECORD HOLDER DOT BROWNE WITH STRIDERS IDENTITY BRYCE COURTENAY.

Category Winners

Male

Female

TOP 3 PLACEGETTERS DO NOT QUALIFY

0/20	Paul Arthur	-	1.09.47	0/20	Melissa Collins	-	2.08.50
20-34	Jim Golledge	-	1.06.47	20-29	Carol Horn	-	1.25.02
35-39	John Gumieniuk	-	1.09.58	30-34	Christine Batman	-	1.23.31
40-44	Jim Box	-	1.12.28	35-39	Mora Main	-	1.23.45
45-49	John Bowers	-	1.15.51	40-44	Pat Marshall	-	1.25.12
50-54	Adolf Blonner	-	1.20.16	45-49	Dot Browne	-	1.25.36 (R)
55-59	Ernie Cooper	-	1.26.31	50-54	Helen Walker	-	1.39.59
60-64	Fred Devlin	-	1.29.43				
65-69	George McGrath	-	1.24.55				
70-74	Roy Singer	-	1.42.40				

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THE RACE UP FRONT

SPLIT TIMES FOR TOP FINISHERS

MALE

	5K	10K	HALF	15K	20K	FINISH
D. Boltz	14.38	30.04	31.40	45.00	1.00.52	1.03.58
A. Garnham	14.38	30.04	31.44	45.32	1.02.00	1.05.19
B. Morgan	15.02	30.44	32.26	46.13	1.02.50	1.06.17
J. Golledge	15.20	30.56	32.37	46.43	1.03.31	1.06.47
C. Neave	15.11	31.07	32.50	46.44	1.03.31	1.06.49

FEMALE

T. Ruckle	17.20	35.40	37.36	53.33	1.12.34	1.16.21
L. Thompson	18.34	38.18	40.18	57.30	1.18.14	1.22.23
L. Walton	19.18	39.15	41.20	58.32	1.18.50	1.22.53
C. Batman	19.13	38.50	41.00	58.33	1.19.27	1.23.31
M. Main	18.43	38.20	40.18	57.48	1.19.34	1.23.45

39



Half Marathon

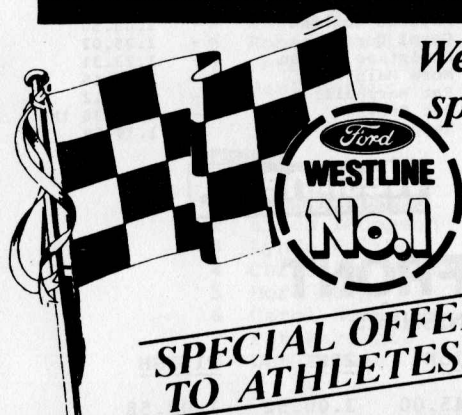
through Sydney's beautiful Lane Cove River Park

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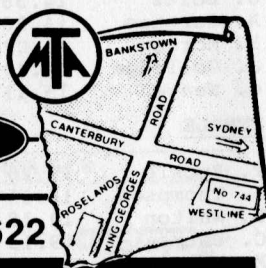


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CITY OF SYDNEY HALF MARATHON

3/5/87.

AZMAK
AUSTRALIA

1st Male Brian Morgan 1.07.06

1st Female Kerryn Hindmarsh 1.21.12

STRIDERS

4th	Phil Garvin	1.09.22	Tony Vipond	1.26.37
	Ray Doran	1.15.20	Allan Phillips	1.28.41
	Anthony Scott	1.17.04	Keith Jackson	1.30.37
	Alex Whitworth	1.17.58	John Hodges	1.30.41
	Brian Gattfield	1.21.41	Terry McMahon	1.30.41
	John Marsden	1.23.02	Brent Waters	1.31.38
	Mike Ward	1.23.18	Frank Gallagher	1.32.30
	Allen Powys	1.23.44	Noel Worthington	1.33.52
	Peter McGraw	1.23.47	Ian Whitfield	1.33.57
	Harvey Blue	1.25.22	Vic Collins	1.39.07
	Dick Bartlett	1.26.10	Cedric Sidebottom	1.44.52
	Tina Campbell	1.26.22		

SIX FOOT TRACK RUN

46.6 KILOMETRES- 21/3/87

1st Overall	Matthew Cull	3.28.17 (course record)
1st Female	{Sue Hill	5.11.20
	{Yvonne Cowper	5.11.20
9th	Don Price	4.18.12
11th	Mathew Kaley	4.25.50
25th	Nobby Young	4.45.48
26th	Dan Gray	4.45.48
27th	Paul Russell	4.48.23
38th	Cedric Sidebottom	4.59.06
40th	Brian Colwell	4.59.55
71st	Brent Waters	5.34.47

Finishers 112

STRIDERS CROSS COUNTRY

10/5/87

1. Phil Garvin	45.29	23. Ian Singer	57.51
2. Anthony Scott	47.55	24. Graham Butler	57.58
3. Terry McIver	48.18	25. Brian Tailford	58.10
4. John Hodges	48.50	26. Kevin O'Kane	58.35
5. Jonathan Marsden	49.16	27. Joanne Tibbitts (2F)	59.09
6. Jeff Gissing	49.33	28. Wendy Downes (3F)	60.37
7. Ivan Freys	51.04	29. Ray Reid	60.40
8. Paul Russell	51.05	30. Bill White	61.29
9. Ron Burke	51.53	31. Merry Mack (1FV)	61.44
10. Norm Wilkins (1MV)	52.18	32. Stephen Winner	63.34
11. Paul Galvin	53.03	33. David Sill	64.21
12. Ewen Thompson	53.48	34. Noel Barton	64.21
13. Bernie King	54.01	35. Lucette King (1 Jun)	64.27
14. Harvey Blue	54.02	36. Ian Whitfield	64.34
15. Mike Ward	55.29	37. Jim Donovan	65.41
16. Brian Colwell	56.00	38. David Dunstall	66.12
17. Steve Nordish	56.30	39. Peter Coleman	66.12
18. Heiner Hunning	56.36	40. Graham Firkin	67.39
19. John Whealy	57.01	41. Beth Reid	68.10
20. Steve Cornelius	57.07	42. Edwina MacArthur	71.08
21. Tina Campbell (1F)	57.11	43. Mike Elder	72.52
22. Peter Martin	57.15	44. Robi Russell	72.56
		45. Amanda Bromfield	74.35



Marathon Calendar

AUSTRALIAN MARATHONS

Date	Event	Contact
May 24	VMC Road Runners	Fred Lester, 598 High St, East Kew 3102
May 24	Moreton Bay, QLD	Peter Houston, Shop 6, Clarke's Arcade, Redcliffe Parade, Redcliffe 4020
May 30	Mt. Beauty, VIC	Mt. Beauty Mar., PO Box 86, Mt. Beauty 3699
Jun 7	Australian Championships	Jeff Lambert, 24 Clarke St, Crows Nest 2065
Jun 7	Traralgon, VIC	M. Dillon, 6 Wotan Court, Traralgon 3844
Jun 7	Cairns, QLD	N/A
Jun 7	Port Augusta, SA	N/A
Jun 7	Geraldton, WA	N/A
Jun 14	Pichi Pichi, SA	Lyn Edge, Box 352, Pt. Augusta 5700
Jun 28	Mackay, QLD	N/A
Jul 11	Bathurst, NSW	E. Brown, 254 Russell St., Bathurst 2795
Jul 19	Festival City, SA	Des Foster, 1 Sturt St., Adelaide 5000
Jul 19	Combination, NSW	Keith Gillies, 42 Amiens Ave., Milperra 2214
Jul 26	Gold Coast, QLD	PO Box 5251, Gold Coast Mail Exchange 4217
Aug 2	Perth People's, WA	WAMC, PO Box 660, South Perth 6151
Aug 16	Cities, NSW	Iain Winton, PO Box 63, Blacktown 2148
Aug 23	Olympic Way, NSW	Harry Thompson, "Oakvale", Old Junee 2593
Sep 13	Far North Coast, NSW	S. Cooper, Lot 2, Sheaffes Rd, Lismore 2480
Oct 11	Budget Melbourne	T. Paulin, Olympic Pk., Swan St., Melb. 3002
Oct 25	Toowoomba, QLD	R. Jempson, PO Box 5348, Toowoomba 4350
Nov 1	Albany, WA	Don Mair, PO Box 439, Albany 6330
Nov 15	Three Bays, VIC	Robert Murphy, Box 815, Portland 3305
Dec 6	World Veterans	Peg Smith, PO Box 282, Essendon 3040
Dec 12	'DIY' Nocturnal, ACT	Brian Lenton, PO Box 5, Duffy 2611

MAJOR INTERNATIONAL MARATHONS

Date	Event	Contact
Oct 4	Berlin, W. Germany	13 Meinekestraße, D-1000 Berlin 15, W. Germany
Oct 25	Chicago, USA	214 West Erie St, Chicago, Ill. 60610, USA
Nov 1	New York City, USA	NYRR, 9 East 89th St, New York, NY 10128
Dec 13	Honolulu, USA	3435 Waiālae Ave, Room 208, Honolulu, HI 96816

NB. For further information on international marathons, contact Mathew Kaley - H: 909 1461

INTERNATIONAL RESULTS

NIKE CHERRY BLOSSOM 10-MILE

WASHINGTON D.C. - 5th APRIL

1. Jon Sinclair	USA	46:48	1. Lisa Martin	AUS	52:23
2. Jean-Pierre Ndayisenga	BEL	46:50	2. Anne Audain	NZL	52:30
3. Larry Greene	USA	46:53	3. Carla Buerskens	NET	53:00

World Marathon Rankings

1. Carlos Lopes	POR	2:07:12	1. Ingrid Kristiansen	NOR	2:21:06
2. Steve Jones	GBR	2:07:13	2. Joan Benoit	USA	2:21:21
3. Taisuke Kodama	JAP	2:07:35	3. Rosa Mota	POR	2:23:29
4. Rob de Castella	AUS	2:07:51	4. Grete Waitz	NOR	2:24:54
5. Kunimitsu Itoh	JAP	2:07:57	5. Allison Roe	NZL	2:25:29
6. Zinthuele Sinque	RSA	2:08:04	6. Lisa Martin	AUS	2:26:07
7. Djama Robleh	DJI	2:08:08	7. Julie Brown	USA	2:26:26
8. Ahmed Saleh	DJI	2:08:09	8. Katrin Dorre	GDR	2:26:52
9. Juma Ikanga	TAN	2:08:10	9. Priscilla Welch	GBR	2:26:52
10. Alberto Salazar	USA	2:08:13	10. Carla Buerskens	HOL	2:27:35
11. Takeyuki Nakayama	JAP	2:08:15	11. Patti Catalano	USA	2:27:51
12. Willie Mtolo	RSA	2:08:15	12. Veronique Marot	GBR	2:28:04
13. Toshihiko Seko	JAP	2:08:27	13. Sarah Rowell	GBR	2:28:06
14. Belayenh Densimo	ETH	2:08:29	14. Carey May	IRE	2:28:07
15. Charlie Spedding	GBR	2:08:33	15. Lorraine Moller	NZL	2:28:17

Aust Marathon Rankings

1. Rob de Castella	ACT	2:07:51	1. Lisa Martin	SA	2:26:07
2. Derek Clayton	VIC	2:08:34	2. Tani Ruckle	NSW	2:36:06
3. Garry Henry	VIC	2:10:09	3. Jillian Colwell	QLD	2:37:12
4. Dave Chettle	VIC	2:10:20	4. Megan Sloane	VIC	2:37:50
5. John Farrington	NSW	2:11:12	5. Rhonda Mallinder	VIC	2:37:56
6. Steve Moneghetti	VIC	2:11:18	6. Elizabeth Hassle	NSW	2:39:48
7. Gerard Barrett	QLD	2:11:42	7. Jackie Turney	VIC	2:39:53
8. Chris Wardlaw	VIC	2:11:55	8. Dot Browne	VIC	2:41:24
9. Bill Scott	VIC	2:11:55	9. Mora Main	NSW	2:41:25
10. Grenville Wood	SA	2:12:50	10. Rosemary Longstaff	ACT	2:43:03
11. Rob Wallace	VIC	2:13:15	11. Margaret Reddan	QLD	2:43:40
12. Jeff Coole	VIC	2:13:57	12. Barbara McKerrow	VIC	2:44:24
13. Lawrie Whitty	NSW	2:14:20	13. Liz Patmore	QLD	2:44:46
14. Brenton Norman	SA	2:14:33	14. Shane Barrett	QLD	2:45:01
15. Andrew Lloyd	NSW	2:14:36	15. Desiree Letherby	SA	2:45:55

Mars LONDON MARATHON

SUNDAY MAY 10th 09.30 START



1. Hiromi Taniguchi	JAP	2:09:50	1. Ingrid Kristiansen	NOR	2:22:48
2. Nechardi el Mostafa	MOR	2:10:09	2. Priscilla Welch	GBR	2:26:51
3. Hugh Jones	GBR	2:10:11	3. Veronique Marot	GBR	2:30:15



NINETY-FIRST ANNUAL BOSTON MARATHON®

MONDAY, APRIL 20, 1987

1. Toshihiko Seko	JAP	2:11:50	1. Rosa Mota	POR	2:25:21
2. Steve Jones	GBR	2:12:37	2. Agnes Pardeens	BEL	2:29:50
3. Geoff Smith	GBR	2:12:42	3. Ria Van Landeghem	BEL	2:29:56

WORLD CUP MARATHON

in Seoul, Korea
Sunday, 12th April

1. Ahmed Saleh	DJI	2:10:55
2. Taisuke Kodama	JAP	2:11:23
3. Salvatore Bettiol	ITA	2:11:28

WORLD CROSS COUNTRY CHAMPIONSHIPS

WARSAW, POLAND

1. John Ngugi	KEN	36:07	1. Anne Sergent	FRA	16:46
2. Paul Kipkoech	KEN	36:07	2. Elizabeth Lynch	SCO	16:48
3. Paul Arpin	FRA	36:51	3. Ingrid Kristiansen	NOR	16:51

NB. Men's race - 11.9km , Women's race - 5.0km

MARATHON LADDER

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

Explanation of 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 16/5/87, the second the age at the time the personal best was achieved.

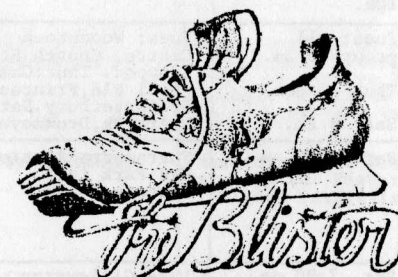
NAME	CAT	<-----BEST AS A STRIDER----->	<-BEST PRIOR TO JOINING->
PHIL GARVIN	PP	2.21.56 BATHURST	07/86
BILL FLANAGAN	OO	2.36.47 CANBERRA	04/82
DAVID WINCH	OO	2.37.18 AUSTRALIAN	06/86
DAVID COX	PO	2.37.52 CANBERRA	04/82
TONY HEALY	OO	2.38.11 AUSTRALIAN	06/84
WAYNE STANTON	OO	2.38.51 AUSTRALIAN	06/86
IAN BOWDEN	OO	2.38.51 MELBOURNE	10/84 2.38.38 AUSTRALIAN '83
JOHN FAZIO	PP	2.40.11 AUSTRALIAN	06/84
COLIN CHAMBERLAIN	PP	2.41.19 AUSTRALIAN	06/84
BRUCE INGLIS	PO	2.41.25 CAMPBELLTOWN	07/85 2.39.40 TRARALGON '81
VINCE ENGEL	PP	2.42.31 CANBERRA	04/83 2.19.08 ARIZONA, USA '79
DON PRICE	VV	2.42.48 ANZAC DAY	04/87
EVAN MILLAR	PP	2.44.26 MELBOURNE	10/85
CHARLES COVILLE	PP	2.45.13 WINSTONE, NZ	10/83
MATHEW KALEY	JJ	2.45.44 CANBERRA	04/87
ALEX WHITWORTH	VV	2.45.57 ANZAC DAY	04/87
IVAN FREYS	PP	2.46.54 CANBERRA	04/84
PETER DONNELLEY	VV	2.47.42 AUSTRALIAN	06/84
NOEL BARTON	PP	2.47.48 ANZAC DAY	04/87
PAUL RUSSELL	PP	2.47.53 CANBERRA	04/84
ALISTAIR MACKIE	PP	2.49.22 MELBOURNE	10/84
JOHN EVENNETT	VP	2.49.26 CANBERRA	04/83
TREVOR ROBERTS	PP	2.49.37 MELBOURNE	10/83
PETER COBLEY	PP	2.50.01 AUSTRALIAN	06/83
ALAN POWYS	PP	2.50.11 ANZAC DAY	04/87 2.46.18 STATE '83
HARVEY BLUE	VV	2.50.17 AUSTRALIAN	06/83
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
CHRISTOPHER DWYER	PP	2.51.50 CANBERRA	04/87
STEVE KNIGHT	PP	2.52.20 AUSTRALIAN	06/83
KAR WONG	PP	2.53.20 CAPE TOWN, RSA	09/86
WILLIAM THOMPSON	VV	2.53.40 ANZAC DAY	04/87
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
SCOTT LAWRENCE	OO	2.56.19 AUSTRALIAN	06/84
NOBBY YOUNG	VP	2.56.33 NSW STATE	05/84
STEPHEN NICOLL	VP	2.56.50 SYDNEY	09/84
BRIAN LYNCH	PP	2.56.59 AUSTRALIAN	06/83

NAME	CAT	<-----BEST AS A STRIDER----->	<-BEST PRIOR TO JOINING->
MICHAEL MINEHAN	PP	2.57.13 AUSTRALIAN	06/85
PETER MCGRAW	PP	2.57.23 MELBOURNE	10/86
MIKE WARD	PP	2.57.41 AUSTRALIAN	06/86
DAVID SILL	VV	2.57.50 CANBERRA	04/87
RON BURKE	PP	2.57.57 MELBOURNE	10/86
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
COLIN O'BRIEN	PP	2.59.16 AUSTRALIAN	06/85
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
GAVIN MORISSET	VV	3.02.00 CANBERRA	04/87
DAVE BLACKHALL	VP	3.02.24 NSW STATE	06/80
BRENT WATERS	PP	3.03.01 MELBOURNE	10/82
JOANNE TIBBITTS	PPF	3.04.00 ANZAC DAY	04/87
MICK EDWARDS	VP	3.04.52 AUSTRALIAN	06/83
TERRY MCMAHON	VV	3.05.11 AUSTRALIAN	06/85
ALEX HAMILL	VV	3.05.15 GILLAWARNA	08/84
JANICE MORTON-EVANS	PPF	3.06.34 AUSTRALIAN	06/86
GRAHAM FIRKIN	VV	3.07.11 CITIES	08/85
JOHN AYLIFFE	VV	3.07.18 ANZAC DAY	04/87
ROY HOWARD	MV	3.07.28 AUSTRALIAN	06/84
DAN GRAY	VV	3.07.44 CANBERRA	04/87
HUGH SPENCER	VV	3.09.02 AUSTRALIAN	06/85
JOHN HODGES	PP	3.09.07 MELBOURNE	10/84
LEO LEADER	VP	3.10.00 CANBERRA	04/84 3.05.00 PENINSULA, RSA '80
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
WENDY DOWNES	VVF	3.11.56 ANZAC DAY	04/87
IAN NEWLANDS	VV	3.12.20 CANBERRA	04/84
IRWIN LIGHT		3.12.31 AUSTRALIAN	06/84 3.10.38 BLUFF, RSA '77
JOHN HILL	VP	3.13.19 AUSTRALIAN	06/85
BRYCE COURTENAY	MV	3.13.58 CANBERRA	04/83
BRIAN TAILFORD	PP	3.14.03 CAMPBELLTOWN	07/85
MERRI MACK	VVF	3.14.06 AUSTRALIAN	06/83 3.09.16 CANBERRA '83
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
BRUCE MURRAY	MM	3.14.49 CAMPBELLTOWN	07/84
PETER JOSEPH	VV	3.15.16 AUSTRALIAN	06/84 3.07.54 MELBOURNE '83
JACK WOODWARD	VV	3.15.20 ANZAC DAY	04/87
IAN MILLAR	PP	3.16.03 AUSTRALIAN	06/83
DOROTHY SIEPMANN	VVF	3.16.53 MELBOURNE	10/84
JOSEPH LOEWY	PP	3.18.43 ANZAC DAY	04/87
RICHARD BAMANN	VV	3.19.34 AUSTRALIAN	06/85
ROSS WALL	VV	3.19.44 AUSTRALIAN	06/86
DENNIS RIDER	VP	3.21.39 AUSTRALIAN	06/84 3.20.52 HOBART '84
ALAN PHILLIPS	VV	3.21.44 GILLAWARNA	08/86
IAN WHITFIELD	PP	3.22.01 CANBERRA	04/87 3.13.06 AUSTRALIAN '83
BARRY JONES	SM	3.23.18 VETERANS	07/81
DEREK WHITE	MM	3.23.26 CAMPBELLTOWN	07/84
BRENDA HAMILL	VVF	3.23.38 SYDNEY	09/83
JOHN WHEALY	PP	3.23.44 CANBERRA	04/86

NAME	CAT	<-----BEST AS A STRIDER----->	<-BEST PRIOR TO JOINING->
DAVID DUNSTALL	VV	3.24.00 CANBERRA	04/87
NEVILLE MILLS	VV	3.24.41 AUSTRALIAN	06/85 3.24.00 AUSTRALIAN '83
BILL WHITE	VV	3.25.09 MELBOURNE	10/85
GREG PROWE	VP	3.26.15 AUSTRALIAN	06/85
GEOFF COX	OO	3.27.26 HARBORD DIGGERS	04/81
DALE THOMPSON	PPF	3.27.43 ANZAC DAY	04/86
RAY REID	VP	3.27.57 AUSTRALIAN	06/86
FRANK GALLAGHER	VV	3.28.36 AUSTRALIAN	06/86 3.24.51 AUSTRALIAN '84
IAN SINGER	PO	3.29.27 ANZAC DAY	04/87
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
GRAHAME DEACON	PP	3.31.21 SYDNEY	09/84 3.23.43 SYDNEY '83
GEOFF PEARL	MV	3.32.28 AUSTRALIAN	06/83
MALCOLM MCDONALD	PP	3.33.04 AUSTRALIAN	06/83
TREVOR DRYSDALE	PP	3.35.48 CANBERRA	04/85
PETER LANGTON	VV	3.37.06 ADELAIDE F/CITY	08/86
ANTHONY FOAR	PP	3.37.07 AUSTRALIAN	06/84 3.33.40 GILLAWARNA '83
CECILY WILLIAMS	PPF	3.38.36 AUSTRALIAN	06/86
NICK REED	OO	3.38.43 CANBERRA	04/84
JEFF BURGESS	PP	3.39.05 CANBERRA	04/86
ALLAN HAWKINS	VV	3.39.18 NEW YORK	11/86 3.02.52 CHRISTCHURCH '82
OWEN DENMEADE	MV	3.42.51 AUSTRALIAN	06/84 3.36.00 SYDNEY '83
EDWINA MACARTHUR	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
DAWN WOODWARD	VVF	3.49.47 ANZAC DAY	04/87
VIC COLLINS	VV	3.50.56 MELBOURNE	10/86
MAVIS GARRICK	VVF	3.50.58 ANZAC DAY	04/87
NIGEL KINGSMILL	MM	3.51.46 AUSTRALIAN	06/86 3.31.00 CITIES '81
PHILIP CALDWELL	PP	3.52.32 AUSTRALIAN	06/83
QUEENIE TOPLEY	PPF	3.52.52 MELBOURNE	10/86
JOSEPH BAILLIE	MM	3.53.16 AUSTRALIAN	06/85
ISABEL ENGEL	PPF	3.53.20 AUSTRALIAN	06/85
STEPHEN WINNER	OO	3.53.32 AUSTRALIAN	06/86
PATTI BURKE	VVF	3.54.01 CANBERRA	04/84
ROBI RUSSELL	PPF	3.55.20 ANZAC DAY	04/87
ALAN ROSS	PP	3.55.39 HONOLULU	12/86 3.40.08 GILLAWARNA '81
RICHARD MACK	VP	4.01.00 HONOLULU	12/85
ROD GARRICK		4.02.31 ANZAC DAY	04/87
JIM DONOVAN	VP	4.06.57 CANBERRA	04/83
LESLEY LEAR	PPF	4.08.00 AUSTRALIAN	06/84
JOHN ROSS	VV	4.12.00 AUSTRALIAN	06/86 4.05.00 AUSTRALIAN '83
RODNEY PHILLIPS	PP	4.12.42 AUSTRALIAN	06/85
KEITH WEARNE	VV	4.16.58 AUSTRALIAN	06/85
SUE THOMSON	VVF	4.18.18 F/CITY ADELAIDE	08/84
CHRIS MATHEWS	PPF	4.23.30 ANZAC DAY	04/87
BILL MCCARTHY	VV	4.26.23 MELBOURNE	10/85
AMANDA BROMFIELD	PPF	4.30.20 ANZAC DAY	04/87
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
ALLEN HISSEY	PP	2.48.44	CANBERRA '81
JONATHAN MARSDEN	OO	2.55.16	AUSTRALIAN '83
JEFF GISSING	OO	2.55.32	ANZAC DAY '85
J. LEE	VP	3.00.58	MELBOURNE '85
DAVE COCKCROFT	VV	3.02.54	AUSTRALIAN '86
ALF FIELD	VV	3.05.52	CANBERRA '86
PHILIP MORGAN	PP	3.09.36	AUSTRALIAN '84
SONNY BULLEN	VP	3.11.00	AUSTRALIAN '84
DAVID SUMNER	VV	3.11.16	GOLD COAST '83
RAYMOND SKINNER	VP	3.12.56	MELBOURNE '86
HEINER HUNING	PO	3.13.36	SINGAPORE '84
STEVE NORDISH	PP	3.15.18	CITIES '86
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
MURRAY BOYTE	PP	3.28.10	AUSTRALIAN '84
EWEN THOMPSON	PO	3.28.28	LIVERPOOL '81
BRYAN HOLLIDAY	PP	3.42.50	AUSTRALIAN '84
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
ADRIAN KOL	MM	4.20.00	CANBERRA '84
PHYLLIS SOMMERVILLE	VVF	4.32.54	MELBOURNE '85
IAN CROSS	PO	4.35.05	NSW STATE '82



STRIDERS IN

TITLE & CONTACT	DAY/TIME	START/VENUE	COURSE
TREVOR'S TRACKIES Mathew Kaley 909-1461	Tues. 4.00 pm and 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,Drummoyne	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
Terry McMahon Mike Ward Chris Dwyer	Billy Thompson 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
Harvey Blue Brian Colwell Robyn Murphy Mathew Kaley	Tony Vipond Kevin O'Kane Mike Ward	16k at competitive pace, with 8k option. 2 groups: 4-4.5 mins/km, and 4.5-5.5 mins/km.
Scott Lawrence Charles Coville	Ian Bowden Phil Caldwell	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 Scott Crawford	Sue Hill Philip Caldwell Ewen Thompson Joanne Tibbitts	Tues: Race Pace. Friday: Medium STAR Pace. 10k.
Barry Jones Ced Sidebottom Billy Thompson Bill Flanagan Ewen Thompson Terry McMahon Ron Burke	Mick Edwards Steve Cornelius Mathew Kaley Terry McIver Chris Dwyer Dot Siepmann Mike Ward	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 Vince Engel	Peter Keeble John Pettit Joe Loewy	Mon to Thur: Medium pace 10.6k. Fri: Race over same course.
Derek White Dan Gray Dorothy Siepmann	Bill White Lesley Lear	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 Nick Reed	Wayne Stanton	Handicap race. Slowest runners start at 6.50 am. Faster runners leaving at 1 minute intervals thereafter.
Scott Lawrence Dorothy Siepmann	Bill White	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.