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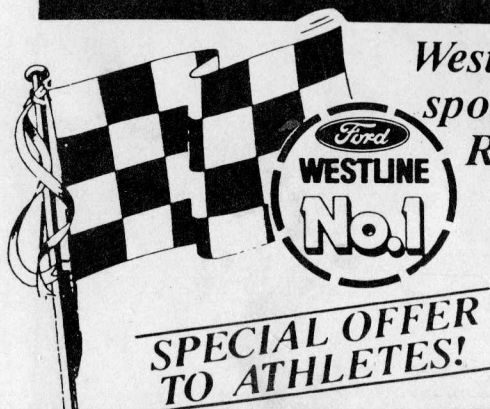
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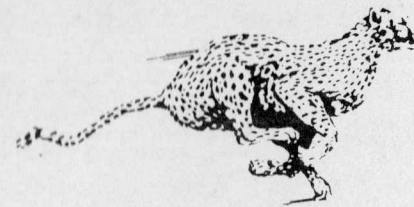
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Marathon and Road Runners Club

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

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PRESIDENT'S REPORT

from Nobby Young

I must admit to being a bit of a "softy".

A few weeks ago my wife, Marg and I were in bed watching a TV documentary about a girl dying from AIDS. Marg had to dab her eyes a few times ; I had to wring out my pillow.

Also on TV, I saw the opening of the special Olympics for handicapped and disadvantaged people. This also moved me, but brought back a very vivid image of our own "disadvantaged" Steve Cornelius as he finished the Wollongong to Sydney race a few years ago.

Many times since that event, that image has come to me at various times of the day or night. I was there to see it as I'd completed the course myself earlier (about six hours !) and was at the finish line when Steve arrived.

I'm sure when I'm old (or older) I'll still remember Steve that day ; a display of character and courage rarely seen. He was not blessed with the powerful body of a Peter Keeble, an Alex Hamill, or an Owen Denmeade, but did that deter him ? With his physical disadvantages, a 6 km fun run would be a credible performance, but an 84 km event ? Wow ! What a man ! The mental strength and iron resolve must have made up for the lack of athletic ability.

How could I, from my position in the club pay tribute to such an outstanding member ? Yes, that describes Steve, "an outstanding member".

Then the idea came to me. Commission a work of art so we can all share in the glory.

That, I'm very pleased to say has now been completed. So clear in my mind was the image that all I did was explain it to the artist who has never met Steve, and he did the rest. He captured it all ; the flashing feet, the powerful thighs, the barrel chest and the mighty shoulders ; even the five o'clock shadow which passed as a beard in those days. And, of course, the serene look on the face.

We weren't bluffed by that "it's really nothing" portrayal. We know the pain he was going through, the barriers he had to overcome.

Martin Luther King went to his mountain top. Steve ran to his mountain top. Martin did it spiritually. Steve took his body along.

Steve Cornelius took that body along !!!



Member Profiles

WARWICK SELBY

Warwick is another member of the medical profession to join the Striders, having been introduced to the club by Paul Russell. He has only been running seriously this year and has already acquitted himself well in the Half Marathon, with a time of 81min 21sec, in the Combination Event in July.

His first Marathon will be the Budget in Melbourne in October and he is hoping to get under 3hr 10min. He has been doing Striders runs with Paul Russell who would have made sure that Warwick has been running at the pace necessary to get a good time.

A married man with 2 young children, Warwick lives at Drummoyne and does most of his running around that area and Hunters Hill.

He is very sports minded, also playing squash and being keen on skiing in winter and sailing in summer.

LUCETTE KING

In contrast to her father Bernie, who has developed an interest in athletics after running with the Striders for some time, Lucette, who is 14, has joined the Striders because of her strong interest in athletics. Wisely she has no intentions of competing in a Marathon, or even a Half Marathon, while she is young and proposes to concentrate on athletics.

Well she might too, as she has shown quite some ability as an athlete. Lucette, a member of Reebok Ku-Ring-Gai Athletics Club (as also is her father), has competed at the State Championships in the past 6 years, her events including the cross country, 400 and 800 metres on the track and the highjump. She has gained placings, and has also gone on to represent N.S.W. in the National cross country. The 6k cross country is her favourite event but she also relished the Striders longer cross country race.

It may be coincidental that Bernie's pace has picked up of late, but then again the fact that Lucette is starting to beat him over 400 metres may have something to do with it.

Lucette is very much sports orientated, and besides her running, likes netball and swimming.

NEW MEMBERS

-Terry McIver

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

* GLEN CHURCHES
DAVID HOLMES
FRED FALZON
TERRY BAILEY
JIM SHIMWELL
ROD EASDOWN
COMERON OSBORNE
RUSEL YOUNG
JOHN WRIGHT

As of 1.8.87 we have 200 members.

Training Director's Report

-by Mathew Kaley

A number of changes have taken place with STaR hosts in 1987;

- * St.George Stroll : Dan Gray has taken over as host of our most southern from Ian Bowden.
- * Wahroonga Wobble : While the Bamaans are overseas, Dave Sill has become the host of our toughest STaR and thus will be the target of the torrents of abuse that seem to eventuate on the Campbell Drive hill.
- * Balmain Bungle : A new STaR devised, measured and now hosted by Mike Ward covers some interesting new territory for Striders.
- * Chatswood Chase : Dick Bartlett and John Hodges are co-hosting this popular STaR while John Hill has gone to live in the sticks (ie. Tamworth).

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10km Handicap Race Series

-Mathew Kaley

After 5 of 12 races being completed, the Sydney Striders 10km Handicap Race Series has become a great success. Each race has grown in numbers from the previous one, peaking with 25 runners competing in the Centennial Park race on 15th August.

The race series will consist of 12 races spaced at intervals of 3 to 4 weeks, the series final being held in January of next year. Handicap points are allocated after each race depending on relative gains or losses compared with a computer generated handicap time. This handicap time is based on data from some seventeen races of distances from 8km to 15km in the last year.

The individual courses are all of 10km length. A paramount emphasis is placed on accurate distance and timing in these events, and each has distance markers placed at 1km intervals, while most will also have a 5km split recorded.

Thanks must be extended to Ian Singer (Centennial Park Race Host), Tina Campbell & John Marsden (Lane Cove Race Hosts) and Paul & Robi Russell (Manly Race Hosts), as well as to Nobby Young, Dan Gray, Kevin O'Kane and Brian Colwell for assistance with marshalling and timing. Anybody who is interested in hosting either the North Ryde or Mosman races should ring Mathew Kaley on H : 909-1461.

RACE REPORTS

Race 2 : Manly 10km, 13th June 1987, (14°C, clear, calm)

The flattest of all the courses proved to be very fast with many personal bests being recorded despite being only one week after the Australian Marathon. Mathew Kaley won the mens race after a close duel with John Hodges, while Tina Campbell ran a superb 39:41 to be the first woman home. Warwick Selby took out the Handicap honours with a big PB from Steve Cornelius and Edwina Macarthur who subsequently stretched her lead in the point score. (Full results were published in Calendar #38)

Race 3 : North Ryde 10km, 4th July 1987, (9°C, overcast, calm)

This race consisted of two hilly laps of Macquarie University and race times were a little slower. Some impressive performances were recorded however. Mathew Kaley led from the start to take out the mens race while Tina Campbell again won the womens race. The rapidly improving Ian Singer won the handicap event, going an enormous 2½ minutes under his handicap time. Ian Whitfield, placing 7th on handicap moved to the lead in the overall point score. (Full results were published in Calendar #38)

Race 4 : Lane Cove 10km, 26th July 1987, (11°C, overcast, calm)

The success of the series became obvious with an increased field of 23 runners turning up to this race, ably hosted by Tina Campbell and John Marsden. Mathew Kaley again won the mens race with a personal best time of 34:23 from John Hodges. Tina Campbell ran 41:40 to be the first woman despite co-hosting the event. The most outstanding performance of the day was undoubtedly that of Dave Sill who easily won the Handicap event as well as coming 3rd overall. Although Warwick Selby moved to the lead of the point score after this event with his 8th placing on handicap, the top ten places were very bunched and the lead was obviously destined to change hands many times before the end of the series.

Race 4 - Results

	RACE TIME	H'CAP TIME	H'CAP DIFFERENCE	PLACE
1. Mathew Kaley	34:23	35:02	-0:39	5th
2. John Hodges	35:53	35:48	+0:05	10th
3. Dave Sill	36:06	40:39	-4:33	1st
*. John Marsden	37:17	-	-	-
4. Chris Dwyer	37:19	37:55	-0:36	6th
5. Ian Singer	37:21	39:10	-1:49	2nd
6. Tony Vipond	37:45	36:58	+0:47	16th
7. Warwick Selby	38:36	38:50	-0:14	8th
8. Steve Cornelius	38:50	39:19	-0:29	7th
9. Mike Ward	39:05	38:53	+0:12	11th
10. Alf Field	39:21	38:39	+0:42	15th
11. Scott Crawford	39:38	40:40	-1:02	3rd
12. Ewen Thompson	39:57	38:50	+1:07	17th
13. Harvey Blue	40:26	38:08	+2:18	19th
14. Dick Bartlett	40:37	40:00	+0:37	14th
15. Heiner Huning	40:42	41:24	-0:42	4th
16. Tina Campbell	41:40	39:56	+1:44	18th
17. Graham Butler	41:42	41:47	-0:05	9th
18. Bruce Murray	42:12	41:51	+0:21	12th
19. Kevin O'Kane	42:15	41:50	+0:25	13th
20. Nobby Young	42:40	-	-	-
20. John Turner	42:40	-	-	-
22. Roy Simkins	49:27	-	-	-
23. Russell Young	58:32	-	-	-

*. ran the course after helping with timing.

Race 5 : Centennial Park 10km, 15th August 1987, (15°C, clear, calm)

A beautiful morning saw Steve Wale, a new member from Queensland, win the mens race from Anthony Scott. Though the margin was small, one must feel that he was running within himself considering he has sub 31:00 minute credentials to his name. Tina Campbell continued her domination of the womens event and won for the fifth consecutive time, this time in 40:56. The handicap race was a close one with Geoff Burgess winning from John Ayliffe and Terry McIver (a comeback?). 25 competitors made this the largest race yet and the success of the handicap system is evident by the fact that 70% of entrants ran within one minute of their handicap time. There was little change to the top of the handicap point score with Warwick Selby maintaining his lead over Ian Singer and Ian Whitfield.

Race 5 - Results

	RACE TIME	5K SPLIT	H'CAP TIME	H'CAP DIFF.	PLACE
1. Steve Wale	35:29	(17:40)	-	-	-
2. Anthony Scott	35:35	(18:13)	35:05	+0:30	12th
3. Terry McIver	35:43	(17:49)	36:48	-1:05	3rd
4. John Hodges	36:24	(18:00)	35:17	+1:07	19th
5. Ian Singer	36:42	(18:11)	37:40	-0:58	5th
6. Paul Russell	37:12	(18:26)	37:47	-0:35	9th
7. John Marsden	37:40	(18:48)	36:55	+0:45	15th
8. Warwick Selby	37:42	(18:37)	38:34	-0:52	7th
9. Ron Burke	37:53	(18:42)	37:08	+0:45	15th
10. John Ayliffe	38:03	(18:37)	39:13	-1:10	2nd
11. Tony Vipond	38:04	(18:48)	37:18	+0:46	17th

(results continued next page)

Race 5 - Results (continued)

	RACE TIME	5K SPLIT	H'CAP TIME	H'CAP DIFF.	PLACE
12. Steve Cornelius	38:53	(19:45)	39:04	-0:11	10th
13. Alf Field	39:05	(19:46)	38:39	+0:26	11th
14. Scott Crawford	39:07	(19:24)	39:52	-0:45	8th
15. Ewen Thompson	39:17	(19:24)	38:38	+0:39	13th
16. Geoff Burgess	39:21	(19:40)	41:18	-1:57	1st
17. John Plummer	40:43	(20:33)	-	-	-
18. Tina Campbell	40:56	(20:21)	40:12	+0:44	14th
19. Ian Whitfield	41:13	(20:20)	42:08	-0:55	6th
20. Nobby Young	41:37	(20:53)	42:40	-1:03	4th
21. Cedric Sidebottom	42:04	(21:05)	39:21	+2:43	20th
22. A.Elias	48:13	(23:48)	-	-	-
23. P.Clark	48:13	(23:48)	-	-	-
24. J.Wright	48:57	(23:50)	-	-	-
25. Bill Blecha	50:33	(24:36)	49:47	+0:46	17th

HANDICAP RACE SERIES POINT SCORE, AS AT 15/8/87

TOP 20

1. Warwick Selby	33pts	11. Tina Campbell	17pts
2. Ian Whitfield	31pts	12. Scott Crawford	15pts
2. Ian Singer	31pts	13. Terry McIver	12pts
4. John Hodges	26pts	13. Kevin O'Kane	12pts
5. Steve Cornelius	24pts	13. Heiner Huning	12pts
6. Geoff Burgess	23pts	13. Dave Sill	12pts
7. Edwina Macarthur	22pts	17. Ian Cross	11pts
7. Mathew Kaley	22pts	17. Alf Field	11pts
9. John Marsden	20pts	17. Nobby Young	11pts
10. Dan Gray	18pts	17. John Ayliffe	11pts

With 12 points available for a handicap win it is obvious that the series could still be won by anybody. So why not come along and race the increasingly popular 10km distance and make this event an even greater success.

Race 6 : MANLY, Shelley Beach Park, east end of Bower St, 7:00am, 12 Sept.
 Race 7 : MOSMAN, Taronga Zoo Gate, cnr Bradleys Head Rd & Whiting Beach Rd, 7:00am, 3 October.



ULTRA REPORT

-Steve Cornelius

This race report on the Striders' 24-Hour Track Race was supplied to our sponsors, Westfield, and Australian Runner magazine:

UPSTART STEALS THE OLD MASTER'S THUNDER

The 1987 Sydney Striders' 24-Hour Track Race
Incorporating the NSW Trial for the 1988 Westfield Run
and Incorporating the NSW 24-Hour Track Championship.

Hensley Field, Pagewood, Sydney, 30-31 May 1987

In all of Ireland's legends of leprechauns, there is not a tale to surpass that of Frank Kelly's victory in the 1987 Sydney Striders' 24-Hour Track Race. This race, now sponsored by Westfield as the NSW qualifying event for the Sydney-to-Melbourne Run, incorporates the NSW 24-Hour Championship. Who in their right mind would expect it to be won by an ultramarathon novice who had never run more than 50 km in any race in his life?

Frank Kelly, a 33-year-old bricklayer who hails from the West of Ireland and now lives in the Sydney suburb of Canterbury, is of slight build and talkative nature. He could win a leprechaun look-alike contest standing on his head. Do not, however, mistake his confidence for Blarney - Frank has the ability to back up his own bold predictions of victory.

Staying within striking distance of the sprinters in the early stages, Frank was sharing the lead after 4 hours. First through 50 miles in 7:33, and again at 100km in 9:32, Frank preserved a 5 or 6 lap lead, and sceptics could have been forgiven for wondering how long he could keep going.

By late Saturday evening, almost 12 hours into the race, the Grand Old Man of Australian ultra-running, Cliff Young, had battled his way from 7th place early on to overtake Frank at 117 km. Thus began one of the finest contests in NSW ultra history, a classic tale of the Old Master and the Exuberant Youngster. Over the next 6 hours and 50 kilometres, while most of Sydney's sane citizens slept, the lead was to change hands 4 times. By 5 a.m. on Sunday, with 6 hours to go, the Old Master was nursing an injury and the Young Pretender was out in front, never again to be headed.

Those who turned up to watch at dawn had missed the real race - for spectators the real appeal of these 24-Hour events is to

watch them in their entirety, but unfortunately it requires stamina not far short of that possessed by the runners. However, Sunday morning brought more excitement, as the confident novice blasted through the 200 km barrier, and a fascinating 3-way battle developed for 2nd place.

With only 2 hours to go, Maurice Taylor from Haberfield and Dan Gray, last year's winner and a Sydney Striders member from Allawah, had caught the tiring Cliff Young and all 3 were within 150 metres of each other ON THE SAME LAP! Maurice Taylor was to become the winner of this tussle for the silver medal, becoming the only competitor apart from the "leprechaun" to break 200 km, and missing a personal best by less than one lap. Dan Gray smashed 4 Striders' club records, as is his wont, to record 198.571 km, with the "Living Legend from Colac" a close 4th.

Smart, steady and impressive runs were recorded by Bob Marden of Kenthurst, Ian Taylor of Bathurst, and Kevin Cassidy and John Champness from Victoria, in 5th, 6th, 7th and 8th respectively. The only woman in the field, Wanda Foley, who had never run more than a 50-miler, surpassed all expectations with 157km-plus for an inaugural NSW women's record. Wanda says she would like to come back in 1988, when we hope to have at least a couple more ladies on the track to challenge her title.

Organisers of 24-Hour events all over Australia will tell you that the work involved is always more than repaid by the privilege of watching the rivalry develop into camaraderie, the personal battles being fought and won, the drama of the midnight hours, and the revival of spirits at the arrival of dawn. The Striders' 24-Hour Track Race is no exception. The memory which will remain for many of us, however, is not so much Frank Kelly's superb 212 km effort, nor of Cliff Young's brave struggle to remain in the hunt, but of Tony Collins and Graeme Townsend, both of whom achieved the magical 100-mile mark with less than 15 minutes to go before the final siren, and their elation at this hitherto undreamed-of achievement. Tony and Graeme finished only 15th and 16th, but typified the euphoria of the last hour, in which runner after runner achieved personally-significant landmarks and punched the air in delight.

Sydney Striders, in staging this event, set out to fill a perceived gap in the NSW ultra-running calendar - and how the runners have responded! Eight runners broke the basic Westfield qualifying distance of 180 km, no less than 16 altogether broke the old 100-mile mark, 7 runners set 24-hour personal bests, and another 9 recorded 24-hour debuts in excess of 150km. If those thinking of competing in 1988 can promise us a race only one-third as fascinating and enthralling, Sydney Striders will promise to do it all again at Hensley, and feel privileged to be a part of it all!

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SYDNEY STRIDERS' 24-HOUR TRACK RACE 1987.
PLACINGS AFTER 24 HOURS.
ASTERISK DENOTES RUNNER RETIRED FROM RACE.

1	FRANK KELLY	531	LAPS +	7	METRES =	212.407	KM
2	MAURICE TAYLOR	505	LAPS +	398	METRES =	202.398	KM
3	DAN GRAY	496	LAPS +	171	METRES =	198.571	KM
4	CLIFF YOUNG	492	LAPS +	67	METRES =	196.867	KM
5	BOB MARDEN	486	LAPS +	162	METRES =	194.562	KM
6	IAN TAYLOR	461	LAPS +	56	METRES =	184.456	KM
7	KEVIN CASSIDY	459	LAPS +	95	METRES =	183.695	KM
8	JOHN CHAMPNESS	451	LAPS +	25	METRES =	180.425	KM
9	EDUARDO VEGA	438	LAPS +	26	METRES =	175.226	KM
10	PETER RICHARDSON	435	LAPS +	109	METRES =	174.109	KM
11	PAUL WOODHOUSE	416	LAPS +	17	METRES =	166.417	KM
12	GRAHAME KERRUSH	414	LAPS +	172	METRES =	165.772	KM
13	IAN HUTCHISON	413	LAPS +	56	METRES =	165.256	KM
14	GRAHAM FIRKIN	412	LAPS +	195	METRES =	164.995	KM
15	TONY COLLINS	407	LAPS +	44	METRES =	162.844	KM
16	GRAEME TOWNSEND	405	LAPS +	238	METRES =	162.238	KM
17	PETER MANNING	394	LAPS +	360	METRES =	157.960	KM
18	WANDA FOLEY	393	LAPS +	331	METRES =	157.531	KM
19	PATRICK FARMER	386	LAPS +	308	METRES =	154.708	KM
20	KEITH JACKSON	384	LAPS +	195	METRES =	153.795	KM
21	ERNIE CATTLE	379	LAPS +	55	METRES =	151.655	KM
22	BRIAN COLWELL	378	LAPS +	200	METRES =	151.400	KM
23	JAN BENCZE	374	LAPS +	127	METRES =	149.727	KM
24	BILL MILLER	* 359	LAPS +	0	METRES =	143.600	KM
25	ROD MARTIN	336	LAPS +	172	METRES =	134.572	KM
26	WAYNE WARD	334	LAPS +	170	METRES =	133.770	KM
27	DAVE TAYLOR	325	LAPS +	40	METRES =	130.040	KM
28	KEITH O'CONNELL	319	LAPS +	71	METRES =	127.671	KM
29	MURRAY DAHM	298	LAPS +	63	METRES =	119.263	KM
30	BRAD BOYLE	* 288	LAPS +	0	METRES =	115.200	KM
31	KAVEN DEDMAN	281	LAPS +	344	METRES =	112.744	KM
32	JOE RECORD	* 258	LAPS +	0	METRES =	103.200	KM
33	DALLAS EARSMAN	* 251	LAPS +	0	METRES =	100.400	KM
34	TREVOR HARRIS	* 219	LAPS +	0	METRES =	87.600	KM
35	ALAN STAPLES	* 215	LAPS +	0	METRES =	86.000	KM
36	GARRY COLLINS	* 176	LAPS +	0	METRES =	70.400	KM
37	WAL MCCRORIE	* 118	LAPS +	0	METRES =	47.200	KM
38	WAL ELLISON	* 75	LAPS +	0	METRES =	30.000	KM
39	PHILLIP MARTIN	* 56	LAPS +	0	METRES =	22.400	KM

THE STRIDERS' "24": A BIT OF FEEDBACK

I'd just like to say a few words of thanks to a number of people who worked their little butts off to make the 2nd annual Striders' 24-Hour Track Race a success. In no particular order, they were as follows:

NOBBY YOUNG, who combined membership of the race committee with handling the club presidency, put weeks of work into the race's organisation, handled all the mail and phone enquiries while Sally and I flitted round Europe, then did a good solid 36-hour stint on race day.

DAN GRAY, the third member of the race committee, who took on the job of Equipment Manager, organised rentals and purchases and still found enough time to train and successfully compete.

MATHEW KALEY, whose calm efficiency under fire as Timing Anchor-Man would have been admirable in an experienced business manager twice his age. Mathew is certainly pedantic enough to make a future club president!

BARBARA FIRKIN, who organised, cooked and served enough food to feed Rommel's Afrika Korps after a prolonged campaign in the desert.

SALLY CORNELIUS, who never once complained when the telephone rang 4,000 times a day, answered it 3,500 times a day, collated, stapled and enveloped thousands of sheets of paper, then worked all night as Barbara's assistant in the kitchen.

JIM ENGLISH, not a member of the club but by Heaven he should be made an honorary one, whose magic fingers on the massage table put life back into screaming muscles all through the night and on into the daylight of Sunday morning.

TERRY MCIVER, NOEL WORTHINGTON AND GREG JERRETT, all of whom put in well in excess of 24 hours on race weekend, doing everything and anything to make the event a success, and doing it without complaint.

All of the above were roundly abused by the Race Director at one time or another, but let it wash over their heads like the ebb-tide at Bondi. To all of them, and to the dozens of others who put in varying amounts of time as organisers, lap-scorers, cleaners-up, etc, my heartfelt thanks. The club is now firmly on the map as a major contributor to the Australian ultramarathon calendar as a result of your efforts.

Feedback we've received so far from runners, sponsors and other spectators has been very positive and encouraging. We expect Westfield will come to the party again in 1988 as sponsors, and dipping a preliminary toe in the water it seems we could be inundated with aspiring entrants. The task of selecting the 40 competitors for next year's event could be most difficult.

Provisional date for next year's race is the last weekend in May. Further information will appear in the next Blister.

"FIRKO" EN ROUTE FOR MELBOURNE?

One of the most gratifying aspects of the Striders' 24-Hour Race was the excellent performance of all 4 Striders who participated.

Members of this club have, of course, over the years become accustomed to reading of the exploits of Danny Gray, but his total of 198.5 km eclipsed anything he has done before. To finish 3rd in such company is a fantastic achievement, especially with such a well-judged and evenly-paced run.

Graham Firkin, a veteran of the inaugural Striders' "24" in 1986 where he ran 133 km, was 2nd Strider on this occasion, easily beating the 100-mile mark and finishing with almost 165 km.

And Keith Jackson and Brian Colwell, newcomers to the lunacy of ultra-distance track racing, both exceeded 150 km without major mishap.

A great performance all round, which has been recognised by our sponsors, Westfield, in the best possible way - all except Dan Gray have received official invitations to compete in the 1988 Sydney-to-Melbourne Westfield Run! (Dan certainly would have been invited also, but carefully refrained from ticking the box on our entry form to express interest in selection - maybe he knows something the others don't!).

What's more, the last we heard, "Firko" is actually considering getting a team of helpers together and having a bash! Yes, Darth Vader, the Dharruk blacksmith, could well be the first Strider to compete in the world's longest and richest ultramarathon.

One big problem. It takes money. Informed estimates put the cost of mounting a challenge in the Westfield Run at between \$7,000 and \$10,000. Clearly, it's not going to be done without sponsorship, because Firko will have to hire two large campervans as support vehicles, supply all manner of equipment, and cajole or employ a team of seven helpers to back him!

All suggestions (and contributions!) gratefully received. Firko has to make a definite decision one way or the other by the end of September, then hopefully it's full steam ahead with the fund-raising and the training.

ARCH-TRIATHLETE MAKES RASH PROMISE WHILE INEBRIATED

Talking about Firko, a few of us were out at his place for a barbecue recently (where, typically, there was enough food to supply the passengers and crew of the QE2), and Danny Gray mentioned an extremely rash promise made by Alex Hamill. It seems that if Dan Gray completes a triathlon (no mean feat, since he can't swim!), the arch-fiend himself will run Sydney-to-Wollongong! On the strength of that one, and also a little inebriated myself, I offered to run a triathlon if anyone except Firko could get the food-bowl out of the kennel belonging to Firko's German Shepherd. Nobody did, and the offer is now closed!

Steve Cornelius

NEVER, NEVER, EVER AGAIN !

by Brian Colwell.

I'd always made a point of not making a statement like that before - knowing full well I was usually mug enough to forget the pain and discomfort and go back to run this race or that marathon all over again. After all, I did start running "seriously" because I was going to run "just one" marathon to prove to myself that I could do it. Well, that was about 6 years, some 15 marathons and umpteen other races ago and now here I was officially cutting my "ultra" teeth on a 24 hour race and muttering and cursing this unfamiliar "never ever again" phrase for the first time - and meaning it. Oh boy, did I mean it!

It all started with this sneaky conspiracy on the part of Messrs Cornelius, Young and Gray - first of all to organise a 24 hour track race, to scheme, sucker and con me into training for it (never trust Pom's, Posties or Taxmen who run ultras!), then schedule it to finish the day before my birthday. Now that was most unkind - as it turned out, I couldn't go out and get wrecked to celebrate because I was already such a wreck from the day before!

I actually began the 24 hour race with a game plan that revolved around running 3½ laps and walking ½ lap, taking a 3 or 4 minute break each hour to stretch and aiming to complete 21 to 22 laps each hour for the first 4 hours, then 19 to 20 laps per hour for the next 4 hours, then progressively less laps per hour in each subsequent 4 hour period. This would hopefully see me break the 100 mile mark (161+ km). Easier said than done, I ended up almost 10km short of that. I did manage to stay on schedule until almost the half way point - which was where the schedule went out the window and sheer bloody mindedness took over - a case of "I don't care how slow I wind up going, but I'm damn well going to be there at the finish". Maybe it was this Colwell streak of stubbornness that carried me through, but much to my surprise I found the event far tougher physically than I did mentally - tho' I had expected it to be the reverse. I must admit also that several other factors made it far more bearable than going around in 400 metre circles had any right to be. In no particular order, some memories, moments and thoughts are:

- The superb organisation of the entire event - to Steve, Nobby and Danny (whom I have already maligned) and all their helpers - all I can say is that it was faultless and conducted with supreme professionalism from start to finish.
- Barbara Firkin and her catering crew with the magnificent mobile banquet which kept appearing every few hours at just the right moment - and particularly those three helpings of pasta carbonara that got me charging around again in the early hours of the morning. (And should I ever be crazy enough to consider doing another of these 24 hour torture trips, it would only be the thought of Barb's cooking that might lure me back!).
- The spirit of friendship and camaraderie from all the other competitors and crew which was like nothing else I have ever experienced - 24 hours saw some valued bonds of friendship forged with some great characters.

- Seeing Cliff Young "shuffling" (if ever there was an inappropriate description, that would have to be it). Even after 16 or 17 hours, before his knee problem arose, Cliff was flowing around the track at a furious rate of knots with superbly economical style and still with time for an affable word to anyone and everyone. A unique amazing athlete and character.
- Watching Danny Gray periodically doing his "dying cockroach" impression. Actually he said that lying flat on his back on the track and doing one of his aerobics exercises of wagging his legs and arms in the air was to "loosen him up" - but it still looked like a dying cockroach to me. Anyway, it must have worked as Dan completed a superb 198 km, is still improving and seems set to take permanent ownership of the club's ultramarathon trophy.
- Last but not least the incredible personal support I had from a bunch of friends, each of whom spent several hours of their time seconding me, catering to my every whim, lap scoring and generally going out of their way to help. I even got "Florence Nightingale" at the finish by Robyn Murphy when my problem ankle seized up completely as soon as I stopped. Particular thanks to Mick Edwards, who after declaring that he would second me on the midnight to dawn shift, because he reckoned I would have dropped out long before then (good piece of psychological motivation Mick!), spent the better part of 12 hours looking after me and most of them in the freezing cold early hours when most other runners handlers had done the sensible thing and gone to grab some sleep. Also fellow Striders Mike Ward, Karen Tuck, Ron Burke, Ced Sidebottom and non Striders Mark, Ken and my Mum. Thanks all.

After all that I distinguished myself as being the only person who had to be carried to the presentation ceremony. Highly embarrassing but at this stage my ankle was refusing to co-operate in taking any of my weight - believe me, 24 hour races are lots of fun! Congratulations to the other Striders, Dan, Graham and Keith, who put in great performances, and to all the other competitors who lasted the distance.

I think now, after all this running around in circles, that I have come to the conclusion that ultra runners must have their brains in the soles of their feet - and lets face it, most of them wore those out long ago. Still, I suppose it must be possible to get hooked on this sort of thing. By the way Steve, what date did you say it was going to be on next year?.....

Letters to the Editor

101 Hardy Street,
CANTERBURY,
26/7/87.

Dear Fellow Runners,

Firstly, I want to thank Sydney Striders for letting me participate in their 2nd Annual 24 hour Track Race and for finding lap scorers during the race, which I know made it a bit difficult for the Race Manager as well as the masseur. Jimmy English; without that man I would not have achieved my victory.

Secondly, I want to thank Terry McIver who gave me a warm welcome when I arrived at Hensley Athletic Field. Then there was Sally Cornelius who got me on my feet and a nice young couple who put my numbers on my gear which I decided to wear. I forget their names but please thank them. They will know anyway.

Now there is the Timing Manager and Assistant. Don't ask me to mention their names. Their encouragement during the race was not only enough to keep me going and win the N.S.W. Championship, but best performance by a leprechaun who never had run more than 50 kms in a race in my life.

Then there is Dan Gray who I know did a lot of work outside of achieving a personal best record. Congratulations, Dan. Well done!

Now, of course, don't let me forget the President of the club who knows my ability better than I do. I don't have to mention Rugby after Australia got hammered by only, of course, the Kiwis last Saturday. I was reading an article about an English postman who was 6 feet 6 inches in height and had difficulty keeping his feet on the pedals of his bicycle, but of course, here in this country they usually walk. Well, Nobby, thanks for the wonderful job you did as well as getting me organised for the race.

Could I please thank "young little Russell Young as he did a quarter of a lap with me at 1.30am and asked me if I wanted anything. As he put it to me, "Dad wants to know if you are out of anything, let him know".

Of course, as I repeat, all the lap scorers as well as Kevin Mansfield and his mate, believe it or not it's true, Kevin wanted to go to bed about Midnight and honestly I said, if you go, I will go to sleep also. I personally think that he liked the fact that I wouldn't allow him to go from me.

Well, I have just taken it easy since the Australian Marathon, eating like a pig, but hope to start again next week.

I hope to do Sydney to Melbourne next year and one never knows what result a leprechaun could come up with. I have to listen to Jimmy English and am going by what he says.

Well, I really cannot think of any more for now; only to thank each and everyone who gave a lending hand.

Kindest Regards,

Frank Kelly

The Editor,
"Blister" Magazine.

Dear Sir,

I wonder if I may use your columns to publicise a brand new marathon and road runners' club which I have recently formed.

A few months ago I was fortunate enough to lay hands on a copy of your excellent "Calendar" publication, and decided to run with your "Main Group", advertised as starting at 6.50 every Sunday. However, on arrival at the listed venue at 6.45 I found there was only one other runner. We were both somewhat puzzled by this, but found that Sydney Striders had kindly left some maps under a convenient windscreen-wiper, and we both enjoyed a very scenic 30km run.

Over the last few months our numbers have swelled to over 400. None of us has actually joined Sydney Striders (we always arrive just in time for your "Main Group" but there's never anyone there), but we're very grateful for the maps. Anyway we've formed the Sydney Strollers Marathon and Road Runners' Club, and we are now the largest (and richest) specialist marathon club in the country. All our members are drawn from the ranks of those who would have liked to run with your "Main Group" at one time or another.

Thank you for printing my letter. If any of your members would like a comfortably-paced 30km run, they are welcome to join us at your advertised STAR venues at 6.50 every Sunday.

Yours in puzzlement,
Ron Sluice.

P.S. Sorry about the loss of potential revenue to your club's funds, but rumour has it that a lot of your members are advertising executives and other yuppies with pots of money, so you probably don't need it anyway.

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Steve Cornelius has done it again, the 24 hour run 30th and 31st May was a huge success.

Everything went like clockwork, Mathew Kaley ran the lap scoring and handled the hourly change over with finesse and expertise, Nobby was continually on the track keeping the score boards up to date so runners knew exactly how many laps and kilometers they had clocked up. Noel Worthington, Terry McIver and Greg were on the go for 24 hours also.

There were many others who spent many hours out there.

It was much like having a new baby, having feeds every 3 hours, but after one such feed Sally and I thought we might put our heads down, no sooner had we laid down when Robyn Murphy called us to get up, not because the runners needed us, but because she wanted the bed, Ha Ha! Robyn was also there for 24 hours and did a fabulous job looking after Graham for me.

Congratulations to Dan Gray who was Sydney Striders leading ultra distance runner again and to Keith Jackson who ran a magnificent race at his debut over an ultra distance. Also to Brian Colwell and magnificent effort for someone who in the last hours must have endured a great deal of pain, but never gave up.

It was a remarkable event and I found it a privilege to have been a part of it and working as a team with all who were there over the 24 hours.

Barbara Firkin.

I feel compelled to pen a few lines relative to the above race held over the 30-31 May 87 weekend.

I was privileged to witness and in a very small way, be part of the 24 hour track race. I had no idea of what to expect, and I guess all that was in my mind was seeing a bunch of runners going round and round a 400 meter track and getting completely bored with the monotony of the whole event. Even during the week prior to the race, when talking about it to my running workmates, the general feeling was "they must be completely mad".

How wrong they were. Rather than being boring, I found it a thrilling experience witnessing all runners circulating the track, obviously to set plans and as the race progressed, running on sheer guts and determination.

Only those who competed, or have run a 24 hour race, would know the pain that was being endured but there was no outward sign of any of them quitting. Some eventually were forced to quit through injury. There were some runners who even though they were injured, continued to circulate the track at walking pace, (a very slow walk I might add), but they kept going to the finish.

I have been guilty of referring to ultra marathon runners as "freaks". To all those 39 runners who took part, I apologise. In my view now they are "elite". Congratulations to each and every one of you.

Included in the 39 "elites" were four Sydney Striders members - Dan GRAY, Brian COLWELL, Keith JACKSON and Graham FIRKIN. Each one turned in a magnificent performance and they were still going when the race concluded after 24 hours on the track. To each of you, my sincere congratulations.

As far as the organisation of the event was concerned, I could be blase and say "It was a typical Striders event with no hitches". I will however, go further than that. The whole event went like clockwork and I doubt anyone could find fault anywhere. In an event of this kind over 24 hours duration, one would expect some small detail to be overlooked. If there was, I certainly couldn't find it nor do I believe could anyone else. The Committee for this event had obviously put in a lot of time and their efforts have been well rewarded. Congratulations to you Steve Cornelius and your Committee for a job extremely well done.

Sydney Striders reputation for organising running events would no doubt have received a further boost as a result of the WESTFIELD SYDNEY STRIDERS 24 HOUR TRACK RACE.

Noel G. Worthington



Dear Sir,

How unfortunate that only a handful of Striders made the short drive to Holsworthy Army Camp to run in the inaugural Combination Marathon and Half-Marathon. It was one of the few occasions I have been ashamed to wear a green shirt, when I realised that fewer than 10 percent of Striders' membership had bothered to support a top event organised by 2 top clubs.

Western Districts and Campbelltown Joggers, the two organising clubs, did all the right things:

- * Concentrated on looking after the runner, rather than on super-hype and media publicity;
- * Provided for the popular half-marathon distance as well;
- * Provided helpful, smiling marshals in ample quantities;
- * Provided plenty of water, in "Popper" Paks, at regular intervals;
- * Provided a traffic-free, flattish and not unpleasant-looking course, without a lot of twists and turns;
- * MEASURED the course properly (rare occurrence!);
- * TIMED the race properly (even rarer!);
- * Made you feel special by calling your name as you crossed the line;
- * Provided under-cover registration and good clean toilets;
- * Posted certificates out promptly.

How many race organisers can't even supply the basics? Some supposedly experienced marathon organisers can't even get the WATER supply right. Some organisers leave intersections unmarshalled. Some don't seem to have heard of a measuring wheel. Some promote runs whose safety factor is so low they could almost be accused of criminal negligence.

And yet Striders keep turning up year after year to events whose organisers don't even learn from their mistakes. I'm not afraid to name the Wang/Budget/Westfield/Anybody's "Australian" marathon as a case in point - dirty water, a twisty and unsafe course, traffic hassles, inexperienced marshals, confusion about the starting venue and the course. Small wonder they're unable to hang on to a sponsor for more than 5 minutes.

I think it's time we asked ourselves where the future of long-distance running lies, now that the whirlwind popularity of the marathon is over. The future, now that marathoning is no longer a trendy fad (aerobics and walking have taken over!), must lie with the smaller but properly-organised CLUB-promoted events. The future lies with the people who have been around since before the

marathon "boom" and will now survive it - the CLUB RUNNERS who know what runners want in a race and will supply those wants for love of the sport, not because they think there's a chance of getting on T.V.

Come on, Striders, what do you want? We deliberately didn't schedule a STAR to clash with the Combination, but everyone I've spoken to moans "Oh, ALL THAT WAY to Liverpool". ALL WHAT way? It took me 30 minutes from Lane Cove, which is about what it takes to drive to a Striders event at Manly or Maroubra. I'm afraid we're in danger of confirming our reputation as an elite bunch of North Shore Snobs if we won't venture West of Glebe for one of the best distance runs on the NSW calendar.

Yours disappointed,
Steve Cornelius

City to Surf Results

The Sun

1. Brad Camp 40:15
2. Mark Curp 40:18
3. Adam Hoyle 41:03

1. Robyn Root 48:05
2. Nicola Corbin 48:24
3. Julie McKie 49:11

Striders ;

53. Scott Lawrence 45:44
55. David Winch 45:49
61. Phil Garvin 45:55
111. Vince Engel 47:13
118. Derek Leibenberg 47:25
158. Ray Doran 48:12
174. Evan Millar 48:26
219. Mathew Kaley 49:10
221. Tony Healy 49:11
224. Geoff Cox 49:12
239. John Hodges 49:26
257. David Sill 49:36
267. Anthony Scott 49:43
273. Bernie King 49:49
316. Ken Wylie 50:16
397. Dave McCormack 51:05
468. Alex Whitworth 51:56
496. Jeff Gissing 52:12
513. John Marsden 52:21
546. Chris Dwyer 52:35
560. Tony Vipond 52:43
563. Ian Singer 52:44
584. Ron Burke 52:52
587. Paul Russell 52:53
595. Mick Edwards 52:56
654. Terry McIver 53:15
725. Harvey Blue 53:45
819. Ewen Thompson 54:21
825. Warwick Selby 54:25
938. Alastair Mackie 55:11
1013. John Ayliffe 55:42
1037. Alf Field 55:49
1106. Alex Hamill 56:14
1155. John Turner 56:31
1236. Jeff Lee 56:55
1288. Mike Ward 57:10
1338. Kevin O'Kane 57:25

1412. Steve Nordish 57:47
1432. John Evennett 57:56
1439. Tina Campbell 57:56
1480. Ray Skinner 58:09
1528. Bill Flanagan 58:24
1730. Paul Galvin 59:08
1842. Rod Garrick 59:33
1842. Heiner Huning 59:33
2040. Ian Whitfield 1:00:10
2140. Louise Fitzsimmons 1:00:36
2293. Bill White 1:01:08
2341. Russell Black 1:01:19
2583. Merri Mack 1:02:08
2892. Bryce Courtenay 1:03:08
2897. John Pettett 1:03:09
3107. Greg Jerrett 1:03:52
3156. Joe Loewy 1:04:01
3469. Brenda Hamill 1:04:51
3649. Owen Denmeade 1:05:21
4231. Trevor Drysdale 1:06:46
4288. Karen Tuck 1:06:54
4293. Leo Leader 1:06:55
5783. Edwina Macarthur 1:10:12
6106. Phil Caldwell 1:11:00
6306. Dan Gray 1:11:28
6321. Russell Young 1:11:30
6328. Nobby Young 1:11:31
6656. Irwin Light 1:12:16
7493. Bill Blecha 1:14:12
10265. Phyllis Sommerville 1:21:20
13199. Don Price 1:32:17
13587. Debbie Liebenberg 1:34:27
13681. Lynne Evans 1:35:01
17270. Barbara Firkin 2:22:20
17272. Graham Firkin 2:22:22

(17569 Finishers)

SPECIAL AWARDS

2nd Woman aged 40 years to 44 years : TINA CAMPBELL (57:58)
1st Team - Women aged 30 years and over : TINA CAMPBELL (57:58), LOUISE FITZSIMMONS (60:36), MERRI MACK (62:08)
2nd Team - Men aged up to 20 years : MATHEW KALEY (49:10), Novak Thompson (50:36), Scott Doble (52:31)
3rd Team - Sporting : Rob Spilling (43:54), PHIL GARVIN (45:55)
3rd Husband & Wife - 35 years and over : ALEX HAMILL (56:14), BRENDA HAMILL (64:51)
2nd Team - Tertiary Education : SCOTT LAWRENCE (45:44), Andrew Jackson (47:54) Steve Case (53:23)
1st Team - Other trade (women) : Lindsey Molloy (74:43), PHYLLIS SOMMERVILLE (81:20), Candace Parks (86:46)

City To Surf



David Sill

I don't really know if this race is a Mickey Mouse race of no interest to a competitive runner or the most important race of the year. Steve Cornelius discounts it in his handicaps (and Steve is usually always right), yet everyone we know, runner or not, talks about it and asks what your time was.

I'd managed to convince The Sun to give me preferred status even though I missed the cut last year. When I arrived in the preferred area, there were lots of familiar faces: Bill Flanagan, Ray Doran, Alex Whitworth, Bernie King and others some not in club colours I don't know why! There's the gun. There's no choice but to start at PB pace as the alternative is to get crushed! In a little time and a lot of pain, we're through the tunnel and can hear a jazz band playing. Somehow I don't feel like music just now. We come to the first little hill; take it easy, there's no hurry yet. On we go getting settled into the pace and well and truly warmed up. There's Ray Doran paddling along looking ominously relaxed I wish I felt as good as he looks and several of the Turramurra Trotters. There's John Hodges; I always have trouble staying ahead of him.

Ah, here it is: Heartbreak Undulation! I really don't know why everyone talks about this little ripple this is kids' stuff for seasoned campaigners of the Bobbin Head Star. Let's keep the mind busy - I wonder why Irwin wasn't there to hand out maps to long option runners last time? I guess, when it's dark, there's no light! I suppose regulars of the Wahroonga Wobble would think this is a breeze I'm sure Richard would agree (he skipped the country!). Well! halfway up Heartbreak Wobble and John Hodges is still there he's being polite and letting me run in front temporarily. Now what's the name of that star where we run back up Oxford Falls Road? I can't remember. Well, we're going a bit slower, but now three-quarters of the way up. Getting near the top better try and keep my mind off the old legs ah! a joke! If your feet smell and your nose runs, you're built upside down! yes, I guess I can call it a running joke. We're just wobbling over the top and here's the 7k aid station: "a middy of breath and a glycogen sandwich please" alas, not on the menu today!

That's the worst out of the way John Hodges in front again. Here comes that little slope up past the 10k sign its not steep, but I always feel pretty ug about here. 10k in 35 minutes 56, now let's calculate forward multiply by 14, divide by 10, add 5% for slowing down, subtract 3% for the downhill you know someone told me its not 14k, but a little bit more now, if I add a bit for that I guess the answer might be !!! there's the 11k sign so, if I multiply by 11 and divide by ... I wonder if the incoming sea breeze will slow us down? I think the answer is a finishing time of 49 minutes

36 seconds. There's Bernie King looking pretty relaxed John Hodges still in front, now the long downhill section Shangrila. I can't catch John, but I'm going past Bob Talay what happened to the smile in his shop when I was there last week! We're on the flat now, doing that frustrating bit where you run away from the finishing line; now we go round the corner and back we come (John's going further ahead) and over the line. Guess what! My calculation was dead right: 49.36.

There's Ray Doran, Mat Kaley here's Bernie King coming through. The usual grumbles about the time on the card versus the time on the clock, but its great to be here. All that green and white - so much it made Barry Unsworth almost smile which isn't easy.

Some terrific results for Striders. Ray Doran third in his age group and lots of names in the teams awards. Robert Holmes a Court would probably be prepared to pay \$1.4 billion if he could do it. Great to see Nobby there trying to keep up with Russell and a few who ran it three times or more: Graham Firkin and others freaky, in fact ultra freaky! Finally, the great Striders hospitality after the run; thanks to all who organised the morning tea.

Come to think of it, Mickey Mouse is quite a fun little guy!

In The Raw With Rover At Roseville

... an amazing but true tale by Graham Butler.

I'm an old creature of habit. For five years now I've run my two dogs on the bush tracks alongside the Roseville River, but always on the northern side close to home, never venturing to explore the trails on the southern bank.

It was only after a recent "light social run" organised by Sue Hill (I'd hate to do a serious one) that I discovered the delights of a 5 kilometre bush trail section between East Lindfield and the southern side of Roseville Bridge.

A couple of days later I was back with my four-legged running pals on this newly found track with its water views, leafy ferns, wooden footbridges and sandstone formations. Time was around 6.30am on a cold day.

Suddenly, Fatty Finn, my number one Border Collie, stopped dead in his tracks, dropping into the classic sheepdog defensive pose, body down, ears and nose up.

Striding towards us along the track came a Moses-like male figure with shoulder length white hair and a snowy long beard. I knew it was a male figure because he was stark naked!

My first thought was to make a citizen's arrest or at least give this nude octogenarian a stern reprimand on the moral dangers of showing-off "Percy" in the proximity of some fairly up-market private residences. But I quickly curtailed this urge when I noticed he had in tow a very large German Shepherd with a wicked-looking set of teeth.

We exchanged bright but polite "Good Mornings" and continued on our respective ways. In hindsight, the only comment to have added to the conversation would be "Nice day for it!"

I'm now actively exploring all the trails around the Roseville River and upper reaches of Middle Harbour. I've told my wife that I'm out designing a new Star run course for Sydney Striders, but the truth is I'm hoping that somewhere along those bush tracks there's a naked woman!

BATHURST 1987 -by Kevin O' Kane

Having decided last year, on a clear and sunny day, that the Bathurst Marathon course was a fast one, I underlined the 1987 run in my diary. I had been clocking 110km to 130km per week, so I was at least half fit. As Ian Whitfield was also entered, the "Champagne Trophy" was at stake (and waiting in the ice at the finish).

The Striders' strike force had assembled at Chatswood station at the ungodly hour of 5.00 a.m., though just why nobody could remember. After a very quiet first hour or two, appetites began to awaken, and were soon demanding satisfaction. Our reputation, though, had preceded us, and the proprietor of the first breakfast stop took one look and "politely" asked us to leave, unfed. When we finally ate, some of the pre-race breakfasts were somewhat unorthodox, for example Mike Ward's six sausages and Terry McMahon's large bucketful of chips. As they say, you are what you eat.

By the 11 a.m. start time, spirits had revived, and the field sped off full of hope. The hope lasted about 2km, until we hit THE WIND - or more correctly it hit us, and it was cold. Ian and I had decided before the race on a 3.10 pace, which seemed reasonable at the time, based on our recent training. After a hard first 5km on schedule, we began to lose ground, and by 10km it was clear it was not a day for PB's. Around the next bend, the faster runners were starting to flash by in the opposite direction. Phil Garvin was killing them again out in front of everyone, half marathoners included, and Terry McIver and Matthew Kaley were running strongly not far behind. Ian Singer was well placed on the way to a PB in the half, although surprisingly, in view of his previous form, he wasn't leading at halfway. Graham Firkin cruised past us shortly before the 13km turnaround, as strong as ever. Finally, after 8km into THE WIND without a break, we turned around and it seemed to disappear instantly. We passed Dawn Woodward, running well to lead the women's section. From the 15km marker, conveniently situated at about 14.2km, back to the turnaround at halfway was fairly easy, and Ian and I were maintaining a steady pace. Ian was keeping about 5 metres in front of me, and every time I tried to move closer, he would accelerate away. The practice at STARS was obviously paying off.

At halfway, we were 19th and 20th respectively, and, in order to keep interested, I decided to try for a top ten placing if possible. I was feeling fresh, although not relishing the return bout with THE WIND. We passed one runner shortly after, and I managed to move in front of Ian at about 24km, although I didn't intend to push it at that stage. But, seeing another runner around the next bend, I succumbed to a rush of blood and threw caution to (you know what) and let my legs glide a little quicker. Ian had dropped about 20 metres back, and I could taste the Veuve Cliquot. The effect of this was to spur me to an even faster pace, and I started to pass runners regularly. Wrong!

Having left the final turnaround at 30km well behind him, Phil was still whizzing along in front, with an unbeatable lead, and Dan Gray and Dick Bartlett were well placed and still hard at it. By 30km, I was up to 12th, about 400 metres behind Graham Firkin.

Ian looked to be struggling 2 or 3 minutes back, and Dawn was about a minute in front when she passed. At the 35km mark, Graham was about 100 metres in front of me, but I was starting to wobble, although up to 11th. At about 38km, Graham stopped at an unmarshalled corner, not knowing which way to go. I drew on my infamous sense of direction and pointed us the wrong way. After a minute or two, an official (there were about seven on that corner) sent us back the way we had come, and I made a dramatically unsuccessful attempt to look charitable and unconcerned. My disposition improved further when I saw 2 runners whom I had passed had slipped by and were back in front of me. My mood and legs deteriorating rapidly, I would have been happy to trundle home from there, but one lunatic (it was a full moon) decided to sprint the last 2km at me. It was only the strong support I received in the last hundred metres sprint that enabled me to gasp to the line about 2 feet in front in a rather disappointing 3.29+. Ian had finished well, and was only about 5 minutes behind, but his bright grey face showed how hard he had worked. This was emphasised when I was able to dispose of half the trophy before he could look at it. Most times were well outside PB's because of THE WIND, although Dan Gray's 3.13 was a great effort as a warmup to 2 more Marathons on the two succeeding weekends. Dawn battled on to win the Women's race, although like everyone else she found the going tough.

The festivities after the run were well worth the trip, as my fluid replacement continued unabated, with five sober weeks to catch up on. Another unsuccessful training scheme for the scrapheap. The RSL session followed by the excellent restaurant evening took care of the rest of Saturday. Bernie King and Nobby Young provided the entertainment, although some of Bernie's awards seemed a bit dubious (five weeks is not the world's shortest AA membership).

Next morning's "run" around Mt. Panorama was surprisingly well attended, despite the absence of one notorious McPiker who didn't surface too well. I struggled grimly around, if only to build up a thirst for the champagne breakfast waiting. The first kilometer looked like the Over 95 section of an ultra, while the absurd gradient of the road up reduced everyone (except Bruce Murray who doesn't know how to stop) to a walk. John Hodges and Dick Bartlett took the opportunity to inspect the newly "sealed" bend in the road, only to find they were running in sump oil used to settle the dust. They must have still been cleaning it off when the bus left without them. After a quick U-turn to collect the truants, and to scare the residents into thinking we were coming back, we left Bathurst behind. After a quiet trip and a restrained lunch at Richmond, an unusually restrained group hobbled back to civilisation. Until next year?

STRIDING AWAY SUPERSTITION

BATHURST '87

by DEREK WHITE

Canberra, 14th. April 1985. At approximately 11.35 am., a barely human figure, dressed in Sydney Striders running strip (even to the green-ringed socks), bent double, fell over the finishing line of the Nike Marathon and was carted off to the medical tent and thence to Royal Canberra Hospital. That was the end of my eighteenth marathon; I had finished all of them but it appeared probable that I would never try to cover the distance again.

A month off work with no less than nine medical problems including humiliating weakness and a bereavement in the family, obviously had a profound effect. After about six weeks it was great to be able to jog quietly but I was very slow and it was a year before I decided to try the Anzac Marathon of 1986. I had chosen badly and I ran badly, if you could call it running. On the outward journey I was so scared that I trotted along at a snail's pace. The water was so foul as to be undrinkable and the sun's rays grew hotter and hotter. The loop at Sans Souci seemed interminably boring and soon after heading North again I was reduced to walking at frequent intervals. The last few kilometres were the best because I was able to run in to the finish. I had taken 4h. 22m. 47s. and enjoyed it as much as the proverbial hole-in-the-head!

There was one good thing, - I HAD finished. More analyses followed; did I really want to attempt marathons again? Why had I collapsed at Canberra? My illness had never been diagnosed despite exhaustive testing but I suspected that it was due to one or more of the following causes: - a virus, poisoning or the alcohol consumed at a stranger's birthday party on the eve of the "Nike". I also thought I should have taken more small sips of water along the way.

During the latter half of 1986 and the early months of 1987 I continued with both commuting and competitive running and completed several satisfactory half-marathons to 30 km, averaging close to 100 miles per week. Several things encouraged me to try once more. I had enjoyed the Striders Presentation Night in H.M.A.S. "Penguin", helped several "Woodstock" first-time marathoners train and finally had a P.B. Half at Sutherland in June. After reading "The Blister" and the Calendar, with their references to the Bathurst trip, I decided to try my twentieth marathon there. I also decided to defy superstition by wearing the complete Striders Strip (including the green-ringed socks) for the first time in a marathon since April 1985.

My three daughters asked if they could accompany me and I accepted enthusiastically. Only snow or thick fog could spoil things now and 11th. July dawned showery, not cold enough for snow and far too windy for fog. We arrived outside Bathurst Court House just after the Striders coach had parked. It was good to see so many friendly faces, - Mathew Kaley, Terry McIver, Bruce Murray and an old friend from Penrith who I had'n't expected to see. Also quite a few Striders who, I suspect, didn't know I was one of them until I took off my track suit. The last drops of rain fell as we gathered for the start. I felt I'd done the right things up to that stage, - plenty of water, bananas, stretching, more sleep that week and a small coffee half an hour before the start. What's more, NO ALCOHOL FOR FOUR DAYS!

The girls saw my grey head as we streamed away around the first corner. I had not really caught the significance of the green and red numbers so was rather overawed by the pace of Bruce and some others as they rushed away in the main street. The wind was behind us at first but it was obviously going to be troublesome, - not a day for P.B.s. I had a sip of water at every drink station and splashed my face. There was plenty of company until those of us doing the whole turned to do the second half alone. At this stage I felt fine; I guess we all got a kick from seeing Phil enjoying a splendid lead up front; his only challenge seemed to come from the lead car !

I was lucky to have the company of a very pleasant fellow from Young or Orange (I forget which) for many miles. When he eventually drew away at around sixteen miles, I trotted along with others. At about twenty or so I still felt happy; no fatigue and no signs of cramp or sore feet. The wind was a bother but I looked at the scenery and the sunlit sky and began to realise I might finish in a quite reasonable time in comfort. When fishing the last barley-sugar out of my sock and unwrapping it, I dropped it in the road twice; - I had'nt realised how cold my hands were.

In the last three kilometres I felt so well I gradually speeded up, passing another competitor. Those friendly faces waited for me at the finish line and I put on a bit of a sprint. No pain, no blisters, no cramp, no wall. A finisher's medal was thrust into my palm: 3h. 37m. 48s., - over fourteen minutes short of a P.B. but I had layed the Canberra spectre. I walked happily back to town with Nobby and the other kind club members who had waited at the finish.

At the presentation, a couple of hours later, I was very surprised and delighted to win a fine travel bag for "First Male 50 years and over". That sort of thing is nice when one is 60 next birthday ! A long, indulgent dinner at the "Hydro Majestic," Medlow Bath, that evening, capped one of the best Saturdays I've ever had. Next year maybe the wind won't be so strong, - at least not until after dinner !

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Results

BATHURST MARATHON - 11/7/87

1. Phil Garvin	2:30:17	1. Dawn Woodward	4:09:04
2. Robert Herd	2:53:49	2. Carolyn Holloway	4:28:03
3. Gary Taylor	2:58:55		

Striders :

1. Phil Garvin	2:30:17	(1st M 30-40)
7. Dan Gray	3:13:38	(1st M 40-50)
9. Dick Bartlett	3:20:32	(2nd M 40-50)
10. Graham Firkin	3:28:16	(3rd M 40-50)
13. Kevin O'Kane	3:29:43	
19. Ian Whitfield	3:35:07	
21. Derek White	3:37:48	(1st M 50+)
31. Dawn Woodward	4:09:04	(1st F 40-50)

(35 Finishers)

BATHURST HALF-MARATHON - 11/7/87

1. Martin Nate	1:13:06	1. Colleen McArdle	1:36:04
2. John Dawlings	1:14:24	2. Jo-Anne Ashley	1:38:16
3. Joe Buttigeig	1:15:22	3. Jacqui Berrell	1:43:01

Striders :

5. Terry McIver	1:17:06	(1st M 40-50)
6. Mathew Kaley	1:17:13	(1st M Under 20)
7. Geoff Cox	1:17:37	(3rd M 20-30)
8. John Hodges	1:18:48	(3rd M 30-40)
12. Bernie King	1:22:29	(3rd M 40-50)
14. Ian Singer	1:24:06	
16. Mike Ward	1:25:37	
26. Terry McMahon	1:30:26	
28. Heiner Huning	1:32:18	
29. Bruce Murray	1:33:01	(3rd M 50+)
32. Brian Taiford	1:34:51	
47. Ray Reid	1:40:11	
70. Phyllis Sommerville	1:59:48	(3rd F 30-40)
78. Robyn Murphy	2:56:12	

(78 Finishers)

SYDNEY STRIDERS INTERNAL HALF MARATHON CHAMPIONSHIPS

DOLLS POINT

23/8/87

Conditions : Cool with strong winds.

This event was run on a new course, ably organised by Steve Cornelius and a team of helpers. Strong headwinds gave runners a hard time on the northbound sections and with some notable exceptions, these tough conditions were reflected in participants' times.

Results :

Males	1st	Phil Garvin	1 12.22
	2nd	Ray Doran	1 17.32
	3rd	Evan Millar	1 17.55
Male Vets	1st	David Sill	1 20.22
Male Masters	1st	John Turner	1 32.15
Females	1st	Joanne Tibbitts	1 31.40
	2nd	Edwina Macarthur	1 54.23

Place

1.	Phil Garvin	1 12.22	22.	John Turner	1 32.15
2.	Ray Doran	1 17.32	23.	Bruce Murray	1 32.15
3.	Evan Millar	1 17.55	24.	John Plummer	1 32.55
4.	David Sill	1 20.22	25.	Nobby Young	1 33.57
5.	John Hodges	1 21.08	26.	Hugh Spencer	1 34.14
6.	Alex Whitworth	1 22.54	27.	Rod Garrick	1 34.22
7.	Ian Singer	1 23.14	28.	Dan Whitfield	1 36.49
8.	Terry McIver	1 24.01	29.	Gavin Morriset	1 39.37
9.	Alan Powys	1 26.07	30.	Kevin O'Kane	1 40.50
10.	Paul Russell	1 27.27	31.	Noel Barton	1 41.26
11.	John Ayiliffe	1 28.49	32.	Alex Deme	1 42.27
12.	Jeff Burgess	1 29.03	33.	Ross Betts	1 45.30
13.	Dick Bartlett	1 29.43	34.	John Pettett	1 47.48
14.	Jon Marsden	1 29.51	35.	Wayne McCarthy	1 53.54
15.	Alf Field	1 29.52	36.	Edwina Macarthur	1 54.23
16.	Dan Gray	1 30.41	37.	Bill Blecha	2 08.37
17.	Scott Crawford	1 31.00			
18.	Rod McLean	1 31.03			
19.	Graham Firkin	1 31.12			
20.	Ewen Thompson	1 31.35			
21.	Joanne Tibbitts	1 31.40			

STRIDERS HALF MARATHON -A FEW THOUGHTS by Ian Singer.

I had the race figured out. My strategy was clearly thought out. All I had to do was run two 10km time trials back-to-back and I could do a time of around 76 minutes. If I felt bad, in the last, say 10km ... well - I could just hang in there. I was in with a good chance.

As we gathered at the start, I couldn't help but overhear some nasty remarks aimed at unsettling my strategy. One young blonde person, for example, said that in the beginning of the race nobody sees me and then later they see a lot of me. Subtle as stampeding elephants! This was the same person who has presented a hip pain as an alibi for not running. I'm sure that this must be the biggest bludge in the history of the Striders Club. I mean most people have problems with achilles, hams, knees, calves but no - not this fella - he has to go for the big stuff - hips!

In the beginning, while my body adjusted from a state of relaxation to one of agony, my mind was running the other way with a rush of thoughts of the most trivial nature imaginable - e.g. did I put the garbage out. Different songs flashed through my brain, like HELP!, to Lola! This gradually builds up to more profound thoughts like is there a life after running, is there death after life or life after death - perhaps even death after running.

One of my goals was to avoid suffering a shock defeat at the legs of Gavin Morriset. Contrary to his claim to laziness in the last few months, I suspect he has been on a very unique training programme. This involves chasing chickens up the hills of NSW in an attempt to do for chickens what Cliff Young has done for potatoes (or is it what chooks would do for Gavin what potatoes did for Cliff!)

My next stage of psychological trauma is the rabbit vs the fox syndrome. This schizophrenic condition is characterised by the dual feeling of fear and power; I run as scared as a bunny so the runner behind me doesn't catch me and like a fox to consume the runner in front. The question is, will this conflict render me immobile - with the result I will stand on the spot, motionless.

Rhymes start jumping in my mind about the different Striders. Bruce Murray comes to mind:

"Bruce Murray is the best around
For running advice and tips he is sound
For example, hamstrings, achilles and where bones join
Especially about his tender groin.

The longer options are his best
He never seems to need to rest
Be careful not to take short cuts
Unnecessary surges or make nasty cracks
Or else he will report you to the committee for smacks.

We acknowledge the groin ache he has to endure
While doctors and quacks all try to find the cure
I think we should all put in a coin
To have a farewell party for his bloody groin."

Organisers of the race were a little concerned about Kevin O'Kane who appeared to be running in a deep sleep. Kevin had put so much mileage in over the last few weeks that when Steve said "Get set - go!" Kevin thought this must be "go to sleep". Congratulations are due to Kevin for a PB of 110 mins over the 21km distance. It was Kevin's debut for running a half-marathon while asleep and in fact has become a pioneer in this field.

Well, what of the women runners:

"Joanne Tibbetts was running there
With her blond hair shining in the glare
Her face looked a lighter shade of pale
I think it must have been the on-coming gale."

It wasn't the biggest turn-out, but let me say that

"The ad men were there in force
John and Wayne and Hugh of course
They must regard the race as too perilous
'Cos they don't seem to take it too serious.

To them it is a kind of joke
As they reach for another bottle of coke
But I suspect they really want to make
The half-marathon into a kind of Irish wake."

Congratulations are due to Steve Cornelius (organiser), Noel Worthington and Graeme Butler who showed special qualities of commitment by enthusiastically posing as turning posts, Barbara Firkin for a wonderful brekkie, Phil Garvin for setting such high standards. Sympathy is extended to Paul Russell who thought the race finished when he had completed 69 minutes when in fact he still had 5km to go. We all know you are a good runner Paul, but 69 minutes on that windy course is, should we say (in all kindness) lacking in humility, don't you think?

As for me, I finished 7th - ah well its back to the drawing board and the long hard road....



The Great Barrow Race : Burra to Broken Hill by George McGrath

(EDITOR'S NOTE: The following article was written in 1983 by the well-known senior athlete George McGrath, from Epping. It's a tale of how six City Slickers went bush, confident of carving up the prize money in a wacky 5-day race. Out of their element, and competing with experienced barrow-pushers instead of the hicks they had expected, their dreams turned to dust. George, who would have been already over 60 at the time, commented later that his most frequent thought during the race was to marvel at how he had arrived at such an advanced age, and yet still be so naive as to allow Tom Gillis to inveigle him into such a madcap scheme. Readers who know both George and Tom will surely smile at the situation.)

Whenever I phone ultramarathoner Tom Gillis, I am assured of a few minutes of thoroughly enjoyable conversation. Tom and I have been mates and rivals for years - he's very good company, both on and off the bitumen.

On the other hand, when HE calls ME, I am instantly on the alert because he invariably enthuses about some outrageous project in which he hopes to involve me. For example, a few years ago he persuaded me to run in the NSW 50-mile road championship, even though I explained I wasn't even jogging owing to being struck down with a virus. "Look, mate", he said, "the Lord Mayor's getting out of bed, especially to start this race at 5 a.m. The least we can do is back him up". How could I refuse?

But my old colleague really surpassed himself one day in 1982 when he outlined details of a race which was being organised to initiate the "Century of Mining" celebrations in Broken Hill. Apparently the idea originated with one of Broken Hill's medicos, Doctor Wilson Wyllie, as a way of recreating the epic overland trek of miners, mostly Cornish migrants, who turned in desperation to that area once the mines in the Burra, Moonta and Wallaroo districts of South Australia were no longer productive. These people loaded all their earthly possessions into wheelbarrows and set out on foot across the desert, destination Broken Hill.

So, the race devised from this background was programmed to commence at Burra (a lovely little oasis in the midst of hard, inhospitable land) and to proceed, with four overnight stops - there are only four towns en route - to Broken Hill. It was to be

a contest between teams of six, but instead of carrying a relay baton, the runners would push a barrow laden with survival gear similar to that borne by the Cornishmen a century earlier, i.e. pick, shovel, crowbar, salt, tea, sugar, flour, billy can, water container, blankets and, for some reason which I cannot fathom, four cans of beer. The all-up weight was 37 kg (81 lbs) and the full distance just short of 360 km.

"We must be in with a good chance," said Tom. "I've already teed up John Daffy, Keith Swift, Ernst Krenkels and Doug Markulin, and adding our two selves, we can field a team with over two hundred marathons and ultras between us." Tom added that, even pushing a barrow, a "darg" of 12 km a day each, for five days, would be a cinch (should he have said "pushover"?).

I told Tom I'd think about it and get back to him, but immediately I was off the phone it seemed like a crazy idea, and no matter how I considered it, I always came back to that decision. Strangely, my wife, Marie, thought it would be a wonderful adventure - she was sure that at the end of the run, I would rank it as one of the outstanding experiences of my life. So a couple of days later I told Tom I was a starter, and met him shortly afterwards in Centennial Park, where he had brought a barrow, part filled with sand and house-bricks. We tested ourselves, once each, over a measured kilometre. I can't remember our times, but Tom's were superior. He also seemed to be gaining confidence.

That single one-kilometre session represented the sum total of all my barrow training, so it was with some apprehension that I headed West from Sydney in one of the two station wagons we had rented. The feeling persisted during our overnight stay at Euston and the next day's trip to Burra, where we pitched our tents.

We attended a very thorough pre-race briefing, then the guest starter, Herb Elliott, drew marbles to determine the starting order of the teams. The following day, the barrows were flagged away at one-minute intervals from 10 a.m., headed for Terowie, about 63 km distant.

As the senior member of the team, I was given the honour of starting first. But by the time I handed the barrow to Tom, after one kilometre, my arms were leaden and legs like jelly. The pick-up car was most welcome, as was the rest while the other lads took similar turns. It seemed no time before I was on the road again, and strangely, as the day wore on, the task seemed to become easier. We hit Terowie, a most welcome sight, in 3:58:40, really pleased with our efforts.

We were not perturbed to learn that the fastest time was 3:02 and that most of the leading teams had clocked inside 3:15, reasoning that the miles of marathon training and racing we had had would stand to us over the second half of the race. In a way, this was so, as the official Race Doctor informed us at Broken Hill that we were the only team not to need his services at all. In fact, a couple of the teams would have been hard put to last another session, as a result of hamstringing, knee, calf muscle and assorted injuries.

But the most amazing revelation was in observing the technique of barrow handling employed by many of the teams, some of them veterans in barrow relays, apparently very popular events in the North-West mining areas of Western Australia. They ran only 400 metre legs, and in some stages of the race, shortened this to 150 metres. Their support vehicles had specially rigged footboards, one at the side of the van to enable the fresh runner to jump onto the road at top speed and virtually wrench the barrow from his teammate's grasp. This was possible only because they ran with the barrow almost perpendicular, the contents tied in securely. They were able to run full stride and required merely to keep the barrow balanced to make comfortable progress. The retiring runner would then jog to the support vehicle, jump onto the rear platform, be helped inside the van and lie on a mattress to receive attention from a masseur or physiotherapist.

One team had a chiropractor, another a doctor, while the three Army teams seemed to have virtually everything. The West End Brewery team was accompanied by a large van and a smaller refrigerated vehicle carrying a special cargo. They always camped a short distance away from the other teams, but in the evenings the sound of raised voices and almost continuous laughter from their lines seemed to indicate that a lot of thought had gone into their planning and that their employers had not overlooked their needs.

On arrival at Terowie, a ghost town since the unification of the rail gauge, but nevertheless boasting two pubs, the barrows, with contents, were officially weighed then immediately impounded until 30 minutes before starting time the next day. The CWA provided an excellent meal and also coffee and biscuits at 6.30 a.m. Throughout the race the teams departed, at one-minute intervals, in the order in which they finished the previous stage.

While it was very cold for the first hour or so, once the desert sun commenced to bear down on the runners the temperature climbed rapidly, and during the runs into Yunta and Olary it was well into the 40's. To say that these places are one-horse towns is hardly fair to the horse, but once again the locals were great. In such a cordial atmosphere, team members forgot their rivalry and became instant friends.

The overall favourites, from a sentimental point of view, were a South Australian group from the Anglican Boys' Society, aged from 13 to 17 years. They performed well on the first day, but of course did not have the reserves of strength of the more mature runners, and they displayed rare courage in completing the race. Everybody admired them and their polite and refined back-up team of parents and friends. As their barrow approached a finishing-

point, a great cry would be heard, "Here come the boys!", the pub would empty in two seconds flat, and their final runner would be cheered to the echo as he crossed the line.

All the teams were interesting but three especially so: a team of unemployed youths from Adelaide, the group representing the S.A. Fire Service, and a Kimba team whose sons had lodged the original entry but had then gone cold on the idea of barrow racing. Their fathers, to show just what was required for such an exercise, took their place and made it to Broken Hill.

The final stage, Cockburn to Broken Hill, commenced at 10 a.m. in searing heat, and was so organised to allow for the arrival of teams in the early afternoon. This section took us over the Thakaringa Ranges (not bad hills, either, by anyone's standards) but the overall winners from Dampier, W.A., covered the 51 km journey in 2:11:54! They reduced their stints to 50 metres per man over the ranges, and on the steepest hills the theme from "Rocky" blared from their support vehicle. Our team passed the marathon mark in 2:18:00, not bad for a group whose average age was in excess of 47 years.

As we got within 30 km of Broken Hill, barrackers lined the road, and for the final 15 km cheering locals were shoulder to shoulder along both sides of the Barrier Highway. Around the last corner to the finish, outside Broken Hill Civic Centre, the street was jammed with officials, reporters, TV people and thousands of well-wishers, each team being given a hero's reception.

For the full journey, the Dampier team took 17:44:47, averaging almost 21 km/hr, and had only 19 mins 4 secs to spare from Broken Hill's Daydream Hotel team. Our time, 21:34:08, less than 4 hours slower than Dampier's, still gained us only 15th place, an indication of the quality of the field. Our fundamental error lay in disregarding Tom's plea, after stage 1, to change to the upright stance with the barrow. We did not adopt it until the third day, after which our times picked up tremendously. In fact, on the final stage, we were among the top five. Balanced against the use of shorter individual runs with the revised technique, is the thought that injuries might have befallen us had we changed earlier.

What an extraordinary week! Would I do it again? It made as little sense to challenge the desert in this fashion as any other way-out act would, but I'm glad I did it and managed to finish in one piece.

Did we become better people as a result of the race? I don't know, although I fear a modern-day Confucius might well be tempted to make this comment: "Person who push barrow in race across desert unlikely ever to become big wheel".

George McGrath

Other Race Results

COMBINATION MARATHON - 19/7/87

1. Horst Wegner	2:42:12	1. Angela Deakin	3:16:25
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Striders :

Wayne Stanton	2:59:43	
Dan Gray	3:09:24	
Rod McLean	3:12:16	(1st Armed Forces)
Keith Jackson	3:12:27	
Terry McMahon	3:16:46	
Graham Firkin	3:25:20	
Brian Colwell	3:36:30	

COMBINATION HALF-MARATHON - 19/7/87

1. Jeff Allen	1:09:55	1. Pat Marshall	1:24:08
2. Roger Hardy	1:12:56	2. Mary Fien	1:27:43
3. Keith Washington	1:12:56	3. Tina Campbell	1:28:49

Striders :

10. Mathew Kaley	1:17:27	(1st M Under 20)
14. Norm Wilkins	1:18:09	
Warwick Selby	1:21:21	PB
John Marsden	1:22:57	
John Ayliffe	1:23:42	PB
Mike Ward	1:24:08	
Geoff Burgess	1:28:30	
Tina Campbell	1:28:49	(3rd Female)
Heiner Huning	1:30:14	
Steve Roach	1:31:22	
		Steve Winner 1:36:00
		Lesley Lear 1:45:02
		Adrian Kol 1:55:18

MINI MOSMARATHON 10KM - 2/8/87

Striders :

11. Mathew Kaley	34:50
12. David Sill	34:52
Alex Whitworth	35:30
John Marsden	36:37
Ron Burke	37:12
Alan Powys	37:48
Alan Phillips	39:33
Tina Campbell	40:18

(480 Finishers)

1st Team : SYDNEY STRIDERS - Mathew Kaley, Ron Burke & Alan Powys

RANDWICK RUGBY 22KM - 19/7/87

Striders :

1. Phil Garvin	1:11:28
Edwina Macarthur	1:51:08

HCF CAREFLIGHT 14KM - 30/8/87

Striders :

Alan Powys	52:18	Lesley Lear	1:01:22
Mike Ward	56:48	John Ayliffe	1:03:30
Dawn Woodward	1:00:10		

CITIES MARATHON - 16/8/87

Striders :

Dan Gray	3:08:57
Graham Firkin	3:25:00

GOLD COAST MARATHON - 19/7/87

Striders :

Dan Gray	3:07:28 (PB)
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FYA FUN RUN 8.1KM - 26/7/87

Striders :

4. Mathew Kaley	28:31
(368 Finishers)	

HABERFIELD ROWERS 7KM - 2/8/87

Striders :

John Hodges	24:09
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MARATHON LADDER

As at 15th September 1987

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 15 September 1987, the second denotes age at which the personal best time was achieved. Please advise Graham Butler (Blister Editor) or Noel Barton (Database Operator) of any corrections.

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
RON FEENEY	OO	2.38.32 LONDON	04/85
WAYNE STANTON	PO	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
RAY DORAN	VV	2.48.23 AUSTRALIAN	06/87
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
JONATHAN MARSDEN	PO	2.50.17 AUSTRALIAN	06/87
LAURIE KING	VP	2.50.37 GILLAWARNA	08/83
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
BRIAN GATFIELD	VV	2.54.25 AUSTRALIAN	06/87
BERNIE KING	VV	2.54.36 AUSTRALIAN	06/86
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

NAME	CAT	<-----BEST AS A STRIDER-----><-BEST PRIOR TO JOINING->	
BRIAN LYNCH	PP	2.56.59 AUSTRALIAN	06/83
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
JEFF LEE	VV	2.59.54 LONDON	05/87
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
TINA CAMPBELL	VVF	3.08.44 AUSTRALIAN	06/87
HUGH SPENCER	VV	3.09.02 AUSTRALIAN	06/85
JOHN HODGES	PP	3.09.07 MELBOURNE	10/84
RAYMOND SKINNER	VV	3.09.22 AUSTRALIAN	06/87
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
JACK WOODWARD	VV	3.13.18 AUSTRALIAN	06/87
JOHN HILL	VP	3.13.19 AUSTRALIAN	06/85
BRYCE COURTENAY	MV	3.13.58 CANBERRA	04/83
ALAN PHILLIPS	VV	3.14.02 AUSTRALIAN	06/87
BRIAN TAILFORD	VP	3.14.03 CAMPBELLTOWN	07/85
MERRI MACK	VVF	3.14.06 AUSTRALIAN	06/83 3.09.16 CANBERRA '83
ALF FIELD	VV	3.14.10 AUSTRALIAN	06/87 3.05.52 CANBERRA '86
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
IAN MILLAR	PP	3.16.03 AUSTRALIAN	06/83
DOROTHY SIEPMANN	VVF	3.16.53 MELBOURNE	10/84
STEVE NORDISH	PP	3.17.47 AUSTRALIAN	06/87 3.15.18 CITIES '86
JOSEPH LOEWY	PP	3.18.43 ANZAC DAY	04/87

NAME	CAT	<-----BEST AS A STRIDER-----><-BEST PRIOR TO JOINING->
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
IAN WHITFIELD	PP	3.22.01 CANBERRA 04/87 3.13.06 AUSTRALIAN '83
IAN SINGER	PP	3.22.24 AUSTRALIAN 06/87
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
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 PROWSE	VP	3.26.15 AUSTRALIAN 06/85
GEOFF COX	OO	3.27.26 HARBORD DIGGERS 04/81
DALE THOMPSON	PPF	3.27.43 ANZAC DAY 04/86
RAY REID	VP	3.27.57 AUSTRALIAN 06/86
FRANK GALLAGHER	VV	3.28.36 AUSTRALIAN 06/86 3.24.51 AUSTRALIAN '84
KEITH JACKSON	PP	3.29.30 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
ROD GARRICK	MM	3.41.37 AUSTRALIAN 06/87
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	VP	3.55.39 HONOLULU 12/86 3.40.08 GILLAWARNA '81
RICHARD MACK	VP	4.01.00 HONOLULU 12/85
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

NAME	CAT	<-----BEST AS A STRIDER-----><-BEST PRIOR TO JOINING->
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 NOT RUN A MARATHON SINCE JOINING STRIDERS

NAME	CAT	TIME	PLACE/YEAR
RICHARD BROMLEY	OO	2.32.16	GOLD COAST '84
ANTHONY SCOTT	OO	2.39.06	ANZAC DAY '86
ROD EASDOWN	PO	2.41.43	W.A. CHAMP'SHIP '79
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
JEFF GISSING	OO	2.55.32	ANZAC DAY '85
DAVE COCKCROFT	VV	3.02.54	AUSTRALIAN '86
J. SHIMWELL	VO	3.03.37	SOUTH AFRICA '67
J. HOLMES	VV	3.04.59	ABINGDON, U.K. '86
PHILIP MORGAN	PP	3.09.36	AUSTRALIAN '84
DAVID SUMNER	VV	3.11.16	GOLD COAST '83
GLENN CHURCHES	PP	3.13.12	AUSTRALIAN '87
HEINER HUNING	PO	3.13.36	SINGAPORE '84
TERRY BAILEY	PP	3.13.55	AUSTRALIAN '87
ASHLEY JACKSON	OO	3.19.52	HARBORD DIGGERS '83
JOHN TIMBS	VP	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
FRED FALZON	PP	4.03.20	AUSTRALIAN '87
ADRIAN KOL	SM	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 Evannett H: 982-7493	Tues. 5.30 pm 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 Evannett 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.