



Sydney Striders Half Marathon

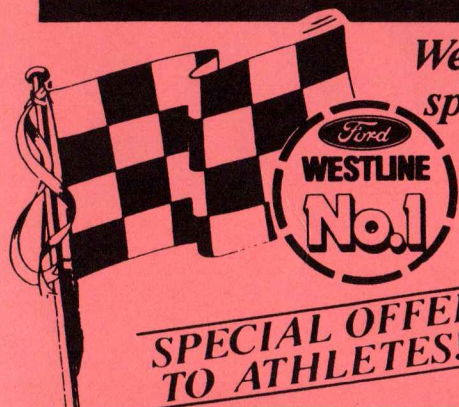
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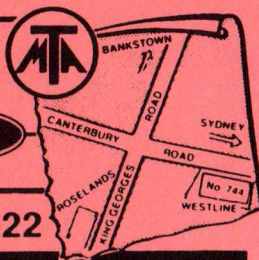


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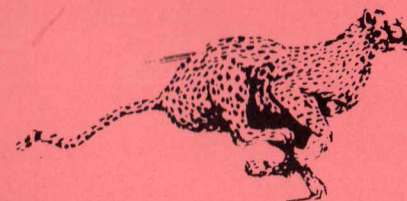
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Sydney Striders

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

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PRESIDENT'S REPORT

- Nobby Young.

Here we are with another Christmas upon us and another runner's logbook completed. All those hours of training and racing in 1987 are almost over. Just think of the extra weight most of us would be carrying if it wasn't for our hours on the road!

On March 21st I ran the 6 foot Track Run up in the mountains. On August 1st I ran a 5km training run. In between I didn't run at all because of an enforced lay-off, but if nothing else, that spell made me appreciate being involved again.

Bernie King's trip to the Bathurst Marathon and Half Marathon was another success, but as we lose a few participants each year, a different race will be considered next year. Something else will be organised by Bernie as it's the only way he can get his name printed on runners T-Shirts.

Paul and Robi Russell arranged a mini-bus for the 6 Foot Track Race, an idea that worked well and could be the best idea for other events with the right number of Striders competing.

The Steve Cornelius blue-print for our 24 Hour Track Race appears certain to be used for years to come, as the event was such a success.

Mathew Kaley has come up with a very good 10k Time Trial Series with ideal variation in the many courses used. The number of competitors continues to grow and the new 10k ladder in this Blister should increase interest.

I hope that our STAR Summer starting times, ranging from 6.00 to 6.30 am, will in future be used all year round. Every Winter since I've been in the Club, we've had trouble with the training groups, due mainly to people not wanting to start at the later times. If anyone has any reasons why this should not apply, would you please let me know about it.

Finally, I would like to wish you all a Merry Christmas and look forward to seeing you out running in 1988.

NEW MEMBERS

by Terry McIver.

We welcome the following new members to the club and wish them enjoyable and injury-free running.

William Blecha
Richard Bromley
Toni Crosby
John Hamilton
Paul Lunsman
A.A. Oakes
Roger Rigby
John Searle
Derrick Titmus

As at 31/10/87 we have 210 members.

SYDNEY TO MELBOURNE -GRAHAM FIRKIN -17th MARCH 1988.

by Dan Gray.

Graham's Training programme is progressing well and we now invite Striders to assist Graham build up the miles.

For 7 days, commencing December 27th, he will attempt 60 kilometres per day!

On Saturday January 2nd he will use the famous Palm Beach to Manly 30k as a springboard for a further 30k to Centennial Park and a celebration barbecue.

On earlier days he will use Parramatta Park and courses around his home at Dharruk.

Any Strider or friend is invited to join Graham and get to know him and help him pass the time.

As the period is over the holiday period, we hope there are a few Striders, particularly those who will be in the crew, who have a little spare time available to be part of this great adventure. Note that Graham's training pace is no greater than 6 minutes per kilometre and there will be frequent walks. No-one is expected to go 60 kilometres, but if you intend to accompany Graham over a long period, please consider your food and transport requirements.

Please contact Danny Gray on 236-7038 or Graham (before 8.30pm) on 625-0750 for further details.

The Three Ports Circuit - by Wendy Downes.

My first knowledge of this unique sporting event was a phone call from a member of the Middle Harbour Yacht Club who introduced the 3 Ports circuit concept by telling me about the 3 Peaks Race in the U.K. which involves the sailing of 350 nautical miles along the west coast of Britain, including the scaling of the formidable peaks of Mts Snowdon, Scafell Pike and Ben Nevis. While more canny crew members remain on board to suffer only by proxy, the runners slug it out on land, then collapse back on a hard deck to be ferried to their next point of torment.

The Middle Harbour, with sponsorship from Manufacturers Mutual Insurance, in their endeavours to duplicate this race, had taken into account the unavailability of "peaks" close to the coast and the less athletic nature of our yachtmens. They therefore devised a race which was to be called the 3 Ports Circuit, to incorporate 130 nautical miles of ocean racing and 63km of running (over 3 legs - 15k, 15k, 30k) - to be conducted over the October long weekend. To this end, my informant was recruiting top class runners for his 55ft yacht Otella and he had contacted me, as secretary of the SS to assist him. I promised to do whatever I could and set about phoning the likes of Phil Garvin, Mat Kaley, etc., to be met with "Sorry, Melbourne Marathon the following week" or "Going away for the long weekend", Evan Millar had already been assigned to another boat, etc. I was fortunate however (or should I say Otella was fortunate) to recruit Alex Whitworth and Tony Healy, both of whom are not only excellent runners but also very experienced sailors - Otella finished a very commendable 2nd overall in both sailing and running categories.

Becoming more and more caught up in the excitement surrounding this event with every phone call I made, I volunteered my services as ground crew and went along to the briefing 1 week prior to the event, where I found myself "conned" into actually competing, on a boat called Howzat, and being assigned to the last, and worst, running leg - 30km from Port Kembla to the summit of Mount Kembla and back. I also realised that, not only was I competing against the likes of Alex and Tony, and the likes of Tani Ruckle, but also that the boat I was to be sailing on was smaller and slower. My crew, runners included, were not of the same caliber as some of those on the larger boats, like Apocalypse, Otella, Ex-Tension, etc., and my partner on the designated leg (2 runners from each boat had to run each leg) was a Billies Bushy (Bill Lloyd) with times fairly similar to my own; so I knew the pressure would not be on me to run sub 4 min k's up the mountain and 3 min k's down. I therefore felt reasonably safe, not about to make a fool out of myself, and excitedly accepted with anticipation of a fun weekend.

October 3rd dawned bright and our first runners set out at 8.00am from the Spit to "sprint" to the Opera House where we, the boat, picked up our runners and sailed off to Pittwater where 2 more runners climbed from the Basin to West Head and back. We then set sail for the long, night sail to Port Kembla with a good start although fairly well back in the fleet at this stage of the race. We enjoyed very pleasant sailing conditions with the possibility of some sleep in readiness for the gruelling run ahead, until we "fell into a hole" (becalmed for the non seafarers) at midnight, 10 miles off the coast of Wollongong, knowing full well that most of the faster boats were already in port and resting up for the last leg. Two hours later we were off again, only to fall

into another hole just outside the port so missed the mass start of runners at 5.30am. At 6.15 Bill and I climbed up onto the wharf and headed off through the unpicturesque dock area of Port Kembla up into the more picturesque Mount Kembla Village, passing the other runners who were on their way down at that stage. Alex and Tony were running very well, as was Tani Ruckle, the only other lady entrant. The climb through Mount Kembla Village and up to the summit was worse than I had imagined and thoughts kept running through my head like "I must be mad!", "I won't ever complain about the Bobbin Head or Wahroonga Wobble Runs again", and thanking my lucky "STaR's" that I did have these runs under my belt. I pampered myself with my usual intervals of "brisk" walking to enable myself to actually reach the top and then, once I had admired the view and congratulated myself, I headed back down again. Bill was a few hundred metres ahead of me at this stage. There were still runners behind me who I passed as I descended the mountain at a "flying" pace, for which I paid the penalty later with thighs that refused to Cooperate and burning feet. At one stage of the return leg I was passed by Brandon Pietzch who was running so fast I felt as though I was standing still, and he had completed all 3 legs. He went on to win the 'King of the Mountain' - best time over all 3 legs).

After collapsing back on board to the smell of the bacon and eggs the rest of the crew had been enjoying in our absence, we set sail once more for Sydney in excellent sailing conditions of 30 knot southerly winds. The crew were able to show their expertise in handling the boat and sail changes etc. in rough ocean conditions as I kept out of the way, and it was probably the most exciting part of the weekend.

A very tired crew returned to Middle Harbour Yacht Club on Sunday evening and, although we did not gain a place amongst the front runners, we all contratulated ourselves on a great weekend and are looking forward to next year. Even though I swore that I would not be "talked into" competing again next year, as I fell back on board at Port Kembla, just in case I am asked to compete again, maybe I should start practising my mountain climbing at Christmastime!!

Middle Harbour Yacht Club and MMI are to be commended on their organisation of the event, although the pre-race publicity was virtually nonexistent - any that did appear seemed to be centred on Tani Ruckle and Apocalypse. Maybe next year more people will be aware of the event and a bigger fleet will be entered.

I was taken aback however by the gesture on the part of the organisers to acknowledge the fact that only 2 ladies competed and we were both presented with a special award of beauty products (perhaps at that stage I looked as though I could use them!!)

The results are too extensive to print, but the main ones of interest are:

<u>Overall</u>	- 1st Apocalypse	32hr 22m 38s)	out of 20 boats
	2nd Otella	32 58 35)	
	3rd Toccatta	34 50 25)	
<u>Team Runners</u>	- Apocalypse	6 21 58	
	Otella	6 25 01	
	Newcastle Flyer	6 43 54	

Striders who competed - Alex Whitworth
Tony Healy
Evan Millar
Wendy Downes

	Run 1	Run 3
		113.52
		116.30
	33.37	114.00
		141.00

SNIDE SNIPPETS

from The Editor Person,
(assisted by Ron Sluice).

Iron-man triathlete and advertising agency principal, Alex Hamill featured on the recent 10 Bridges STAR triumphantly carrying a lady's handbag through downtown Drummoyne.

The elderly owner of the bag, Ethel Grump of Glebe, put up a brave struggle before superior strength-training techniques (developed on the hills near Akuna Bay) eventually swung the fight in Hamill's favour.

Grump later told The Blister that she considered Sydney Striders to be "nothing but a bunch of bully-boys and faggots."

In the latest of a long, long list of excuses for not training, 1984 Honolulu Marathon tour-organiser, Phil Caldwell (alias "Waikiki Black Magic") has had himself run over on a pedestrian crossing in Woolloomooloo.

Caldwell was spotted at a recent lunchtime training session at the "Boy Charlton" pool in The Domain, not actually swimming but lying in the sun! He explained that his come-back from injury would be a gradual one.

This year's Fakawi Trophy has been won by Frank Gallagher, for his epic run in the club Cross-Country at Marsfield in May. Frank, who has some difficulty distinguishing between flour and paint (don't ask him to bake a cake for you), finished the 13 kilometre race in something like 2 hours 15, having covered about twice the recommended distance.

A new trophy, "P.B. of the year" has been awarded to Striders' Computer Operator Noel Barton, for his criticism of the club's Programmer, Steve Cornelius, in which he displayed his inability to distinguish between program bugs and operator inefficiency. "P.B.", by the way, stands not for Personal Best but for Pedantic Bastard.

Handicap Race Series Report - Mathew Kaley.

With eight races down and four to go the Handicap Series is now approaching its climax. The remaining races will be crucial in deciding the Series Champion; the Series Final doubly so, being held on 30 January 1988 and featuring double points. A new feature in this Blister is the Handicap Series 10km ladder, which includes the best times run in the series in the same fashion as the Marathon ladder. Races 6, 7 and 8 have all been successfully run, and thanks must be extended to Paul & Robi Russell, Greg Jerrett and Robert Kaley for their help with the Series.

RACE REPORTS

Race 6 : Manly 10km, 12th September 1987, (19°C, clear, calm)

This was probably the fastest race of the series so far. Up front, Anthony Scott and Mathew Kaley had a tight struggle, with Anthony Scott pulling away in the last kilometre to win. John Hodges was third from the rapidly improving Ian Singer in fourth. Tina Campbell triumphed in the womens race to make it her sixth straight win in the series. Nobby Young continued his comeback, winning the Handicap race from Heiner Huning and Dan Gray. Robi & Paul Russell put on a great show as hosts of this event, which ranks as the flattest and probably the most scenic of the 10km courses.
(Full results were published in Calendar #39)

Race 7 : Mosman 10km, 3rd October 1987, (18°C, clear, calm)

This race was held on a new course, a tough out-and-back through Mosman. Rather than the constant undulations of North Ryde, however, most of the Mosman course is flat, with the notable exception of three testing hills. Most runners rated it as a tough but interesting combination. Paul Russell led from the start to take out the race in 36:28. John Hodges made a strong move through the field at half-way and looked like a serious threat. However, Paul galloped away on the final hill to leave John with a secure second place. Warwick Selby came in third, and in doing so maintained his lead in the Handicap point score. Liz Rose, an invited runner, broke Tina Campbell's string of wins with 38:43 to win the womens race from Tina by two minutes. In the handicap section, Graham Firkin astounded the other competitors by running 5:27 under his handicap to easily win from Nobby Young and Paul Russell.
(Full Results were published in Calendar #39)

Race 8 : North Ryde 10km, 31st October 1987, (19°C, clear, calm)

A big field turned up as the Handicap Race Series was again blessed with good weather. Paul Russell took off like a rabbit at the start and was followed by a large pack travelling at a more sedate pace. At 3km Terry McIver and Mathew Kaley started to reel Paul in, and at the end of the first lap (5km) these three were together in 18:08. Paul Russell dropped off the group at 6km but managed to hold on to 3rd place. At 8km Mathew Kaley moved away from Terry McIver to finish strongly in 35:49, 30 seconds ahead of Terry. John Hodges, suffering from flu, did well to finish in fourth place. In the womens race, Tina Campbell ran the superb time of 39:33 (Course Record) to win. In the Handicap event Nobby Young won from Tina Campbell and Dan Gray on a day when few people ran under their handicaps. This result places Nobby Young at the top of the point score, displacing Warwick Selby from that position.

10km Race Series Ladder.

Race 8 - Results

	RACE TIME	5K SPLIT	H'CAP TIME	H'CAP DIFF.	PLACE
1. Mathew Kaley	35:49	(18:08)	34:31	+1:18	18th
2. Terry McIver	36:19	(18:08)	36:15	+0:04	12th
3. Paul Russell	36:53	(18:07)	36:59	-0:06	11th
4. John Hodges	37:43	(18:39)	36:22	+1:21	19th
5. Warwick Selby	37:51	(18:37)	38:08	-0:17	8th
6. Ian Singer	37:54	(18:30)	36:51	+1:03	17th
7. Ewen Thompson	38:19	(18:40)	38:54	-0:35	5th
8. Alf Field	38:36	(18:53)	38:52	-0:16	10th
9. Dan Gray	38:42	(19:10)	39:28	-0:46	3rd
10. Nobby Young	39:04	(19:19)	40:03	-0:59	1st
11. Steve Cornelius	39:15	(19:27)	39:48	-0:33	6th
12. John Ayliffe	39:31	(19:00)	38:38	+0:53	15th
13. Heiner Huning	39:31	(19:31)	40:13	-0:42	4th
14. Tina Campbell (1F)	39:33	(19:32)	40:26	-0:53	2nd
15. Jeff Burgess	40:18	(19:44)	39:54	+0:24	14th
16. Scott Crawford	40:56	(19:51)	39:29	+1:27	20th
17. John Whealy	41:00	(20:25)	41:20	-0:20	7th
18. John Turner	41:09	(20:31)	40:14	+0:55	16th
19. Graham Butler	42:15	(20:44)	42:32	-0:17	8th
20. Ian Whitfield	42:34	(20:29)	42:29	+0:05	13th
21. Kevin O'Kane	44:09	(22:28)	41:06	+3:03	22nd
22. Graham Firkin	44:15	(23:06)	40:24	+3:51	23rd
23. Dick Bartlett	45:46	(24:03)	40:25	+5:21	24th
24. Bill Blecha	51:52	(24:39)	49:17	+2:35	21st

HANDICAP RACE SERIES POINT SCORE AS AT 31OCT87

TOP 20

1. Nobby Young	46pts	11. Edwina Macarthur	29pts
2. Warwick Selby	44pts	12. Mathew Kaley	28pts
3. Dan Gray	43pts	13. John Marsden	24pts
4. Heiner Huning	41pts	14. Paul Russell	20pts
5. Tina Campbell	41pts	15. Ewen Thompson	19pts
6. Ian Whitfield	37pts	16. Scott Crawford	17pts
7. Ian Singer	35pts	17. Kevin O'Kane	16pts
8. Steve Cornelius	33pts	18. Graham Firkin	14pts
9. John Hodges	32pts	19. Alf Field	14pts
10. Jeff Burgess	31pts	20. Terry McIver	14pts

RACE CALENDAR

RACE 9 :	Saturday, 22nd November 1987	Lane Cove
RACE 10:	Saturday, 19th December 1987	Centennial Park
RACE 11:	Saturday, 9th January 1988	Manly
RACE 12:	Saturday, 30th January 1988	Mosman (SERIES FINAL)

NAME	CAT	TIME	VENUE	DATE	H'CAP PTS
ANTHONY SCOTT	O	34:11	MANLY NO.6	SEP87	11PTS
MATHEW KALEY	J	34:21	MANLY NO.6	SEP87	28PTS
SCOTT WAYLE	O	35:29	CENT'L PARK NO.5	AUG87	2PTS
TERRY MCIVER	V	35:43	CENT'L PARK NO.5	AUG87	14PTS
JOHN HODGES	P	35:46	CENT'L PARK NO.1	MAY87	32PTS
DAVE SILL	V	36:06	LANE COVE NO.4	JUL87	12PTS
JOHN MARSDEN	O	36:27	CENT'L PARK NO.1	MAY87	24PTS
PAUL RUSSELL	P	36:28	MOSMAN NO.7	OCT87	20PTS
IAN SINGER	P	36:42	CENT'L PARK NO.5	AUG87	35PTS
CAMERON OSBOURNE	O	37:07	MANLY NO.6	SEP87	2PTS
LEN HAYES	P	37:18	MANLY NO.6	SEP87	2PTS
CHRIS DWYER	P	37:19	LANE COVE NO.4	JUL87	9PTS
WARWICK SELBY	P	37:42	CENT'L PARK NO.5	AUG87	44PTS
TONY VIPOND	P	37:45	LANE COVE NO.4	JUL87	4PTS
RON BURKE	P	37:53	CENT'L PARK NO.5	AUG87	2PTS
JOHN AYLIFFE	V	38:03	CENT'L PARK NO.5	AUG87	13PTS
EWEN THOMPSON	O	38:19	NORTH RYDE NO.8	OCT87	19PTS
ALF FIELD	V	38:36	NORTH RYDE NO.8	OCT87	14PTS
DAN GRAY	V	38:42	NORTH RYDE NO.8	OCT87	43PTS
LIZ ROSE	OF	38:43	MOSMAN NO.7	OCT87	2PTS
MARTIN TOMASINI	O	38:49	CENT'L PARK NO.1	MAY87	2PTS
STEVE CORNELIUS	P	38:50	LANE COVE NO.4	JUL87	33PTS
TINA CAMPBELL	VF	38:57	CENT'L PARK NO.1	MAY87	41PTS
NOBBY YOUNG	V	39:04	NORTH RYDE NO.8	OCT87	46PTS
MIKE WARD	P	39:05	LANE COVE NO.4	JUL87	5PTS
ALASTAIR MACKIE	P	39:21	NORTH RYDE NO.3	JUL87	2PTS
JEFF BURGESS	P	39:21	CENT'L PARK NO.5	AUG87	31PTS
GRAHAM FIRKIN	V	39:24	MOSMAN NO.7	OCT87	14PTS
HEINER HUNING	P	39:31	NORTH RYDE NO.8	OCT87	41PTS
SCOTT CRAWFORD	V	39:38	LANE COVE NO.4	JUL87	17PTS
HARVEY BLUE	V	40:26	LANE COVE NO.4	JUL87	4PTS
ALAN POWYS	P	40:28	MOSMAN NO.7	OCT87	2PTS
DICK BARTLETT	V	40:37	LANE COVE NO.4	JUL87	6PTS
JOHN PLUMMER	M	40:43	CENT'L PARK NO.5	AUG87	2PTS
JOHN WHEALY	P	41:00	NORTH RYDE NO.8	OCT87	2PTS
KEVIN O'KANE	P	41:01	MANLY NO.6	SEP87	16PTS
JOHN TURNER	M	41:09	NORTH RYDE NO.8	OCT87	4PTS
STEVE MARTIN	P	41:12	MOSMAN NO.7	OCT87	2PTS
IAN WHITFIELD	P	41:13	CENT'L PARK NO.5	AUG87	37PTS
GRAHAM BUTLER	P	41:42	LANE COVE NO.4	JUL87	14PTS
GAVIN MORRISETT	V	41:50	MOSMAN NO.7	OCT87	10PTS
CEDRIC SIDEBOTTOM	V	42:04	CENT'L PARK NO.5	AUG87	2PTS
BRUCE MURRAY	M	42:12	LANE COVE NO.4	JUL87	5PTS
PHILLIP CLOAK	O	43:13	MOSMAN NO.7	OCT87	2PTS
ROSS WALL	V	43:29	MANLY NO.6	SEP87	2PTS
GREG JERRETT	P	43:35	CENT'L PARK NO.1	MAY87	5PTS
ARTHUR HUCKSTABLE	P	44:14	NORTH RYDE NO.3	JUL87	2PTS
DAVE MULLIGAN	O	45:28	MOSMAN NO.7	OCT87	2PTS
EDWINA MACARTHUR	PF	45:45	MANLY NO.6	SEP87	29PTS
ANN ELIAS	PF	47:53	MANLY NO.6	SEP87	6PTS
PETER CLARK	P	48:13	CENT'L PARK NO.5	AUG87	2PTS
BILL BLECHA	V	48:47	MANLY NO.6	SEP87	11PTS
ROY SIMKINS	V	49:27	LANE COVE NO.4	JUL87	2PTS
IAN CROSS	V	51:01	CENT'L PARK NO.1	MAY87	11PTS
RUSSELL YOUNG	J	58:32	LANE COVE NO.4	JUL87	2PTS

Triathlon Report

- by Louise Fitzsimmons.

The triathlon season got off to a great start at Lake Macquarie in early October with perfect weather and a good attendance. With temperatures well up in the 20's nearly 400 competitors made the most of the summer-like conditions, unlike last year when wind and rain kept the numbers down.

The N.S.W. Triathlon Association puts this one on, a good excuse for making a weekend of it on beautiful Lake Macquarie.

First to finish the 1km swim, 40km bike and 10km run was Greg Welch in 1:53:27 and the first female was Tiffany Hutcheson in 2:13:18.

November 1st was well timed for the Nowra Triathlon as the week-end before would have been a wash-out! This was supported by close on 1000 eager triathletes. The 1km swim in the slightly muddy Shoalhaven River went well, with swimmers sent off in 5 minute waves.

The bike section seemed to be hassle free, a great feat considering the numbers. Covering a distance of 30km, the undulating course seemed very challenging especially as the temperatures warmed up, but provided a scenic course for those who preferred a more leisurely pace.

The 10km run, over quiet country roads was, thank goodness, dead flat. The sun's rays were showing on some of the triathletes and I'm sure we were all glad to see that finish line!

Particularly good efforts on the day from Alex Hamill, with a sub-2 hour, and Harvey Blue, well represented in a Sydney Striders T-shirt, who had an extremely good run.

The usual post race celebrations and another good weekend was had in Nowra.



1400 metre Swim, 41 km Cycle, 10 km Run
DUBBO FEB 3 1988

Ultra Report - by Steve Cornelius.

The main ultra news is of course the ongoing saga of Graham Firkin's preparations for the 1988 Sydney-to-Melbourne. This is far and away the most ambitious project ever undertaken by one of Striders' ultra group, and Graham threatens to totally blow away the existing club distance record (Dan Gray's 198km in this year's 24-Hour Race).

To show what kind of sportsman he is, Dan himself has is playing a significant part in assisting Firko with his training. Every Friday afternoon, Dan meets Graham out of work at Pyrmont and they run back to Firko's place at Dharruk! When asked how far this is, the only figure either of them could mumble was 2.2, which didn't seem to make any sense. Does this number perhaps have a deeper significance than meets the eye?

Barbara Firkin has developed writer's cramp sending out letters asking for sponsorship, which is proving very hard to get these days. I suspect the golden days of corporate sponsorship are over, now that Bicentennial Year has brought forth a plethora of wacky projects, all of which their organisers claim to be historic, all of mind-shattering importance, and all requiring heaps of money to get off the ground. Companies are running for cover, and REALLY WORTHWHILE STUFF like Billy Flanagan's Striders' Half-Marathon and Firko's run to Melbourne may have to function without corporate backing in '88.

Anyway Striders are rallying round to do what they can to support what will be a very expensive exercise for Graham and Barbara. ANY contribution to the target of \$10,000 will be welcome, and ANY fund-raising activity that stands a 50-50 chance of raising a reasonable quid will be considered.

Meanwhile, Firko Strides on. Dan Gray has persuaded him to spend the 7-day holiday period from 27 December to 2 January running 60km a day, and support from Striders during this time will be appreciated. See Dan's article on this subject elsewhere in this issue. Contact Steve Cornelius on 427-3604 with suggestions on how to raise \$\$\$\$s.

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION

Any Striders Ultra Freak who hasn't joined this Melbourne-based but Australia-wide organisation needs his head read. Send \$8 to Dot Browne, 4 Victory St, Mitcham VIC 3132 for a year's subscription to one of the most informative newsletters I've ever seen. This is a genuine unsolicited testimonial and I don't get paid for it.

Among the 1988 ultra fixtures mentioned in the last AURA newsletter were the following:

Jan 23/24/25: Aberfeldie (VIC) 24 and 48 Hour Track Runs;
Feb ?? : Cradle Mountain (TAS) 90 km Mountain Trail Run;
Feb 13/14 : Vic Veterans' 24 Hour Track Race;
Mar 12 : Blue Mountains 6-Foot Track Marathon;
Mar 17 : Start of Westfield Sydney-Melbourne at Parramatta;
Apr 2/3 : Manly 100-miler.

Phone Steve Cornelius on 427-3604 for details of how to enter any of these. Be quick if you're interested in the Aberfeldie event, as his official closing date was the end of October, but he may accept entries up to the end of the year. An interesting one, this, as the organiser claims he's going to use a computer to count the laps!

STRIDERS' 24-HOUR TRACK RACE 1988

The date for our own 24-Hour Track Race has been decided: it's the 28th and 29th of May, once again at Hensley Athletic Field. Once again we need a few volunteers to do a bit of organising work in advance of the race, but the real need is for a group of about 8 people to be on hand for the full 24 hours of the race itself. Those who assisted in the 1987 event all went home tired but exhilarated at having done a great job and witnessed an unforgettable race from start to finish. As 1988 progresses, we will begin to canvass support from Striders' members to act as timekeepers and other race officials. Give me a ring if you can offer any help, either in advance or on the day, or if you have any suggestions as to how the race may be improved.

BATHURST 50 MILER

Only 13 days after Sydney-Wollongong, Firko was at it again, finishing 7th in Ian Taylor's well-loved Bathurst 50-miler, with a 7.42 performance. But he couldn't match his training partner Dan Gray, whose 7.09 earned him a well-deserved 4th place. Brian Colwell proved his Wollongong 50-miler hadn't ground him down too much by backing up for a 9.16 finish at Bathurst. Well done all three.

GONGPAK

During the early part of 1988, we will be doing a complete revision of the Striders' "GONGPAK", the information package on how to run and enjoy a 50-mile race, with specific information on the Sydney-Wollongong. Any Strider who has completed a 50-miler (not necessarily the "Gong"), or indeed any ultra, or anyone who can contribute an article with information on any aspect of preparation for or running a 50-miler, please contact me. Those Striders who contributed to the original 1985 edition, if you would like to add to or change your contributions also give me a bell. It's quite surprising over the years how many runners (not just Striders) have told me they found GONGPAK invaluable and entertaining reading. Let's make the 1988 edition even better - it's a great advertisement for the club.



5 Marathons and 50 Miles

by Dan Gray.

Graham ("Darth Vader") Firkin took out the honour of being the first Strider to cross the line at Wollongong Town Hall this year, with a fine sub-8-hour performance, while the "Old Guard" of Young, Gray and Cornelius tried their hand at the unfamiliar game of relay-ing. For Graham it marked a hat-trick of finishes in this race, and forms an integral part of his build-up to next year's Sydney-Melbourne. Three rookie 50-milers made up the Striders' ultra contingent, Keith Jackson (8.01), Jack Woodward (8.27) and Brian Colwell (8.57) all finishing strongly at their first attempt at the distance. It was particularly satisfying to see Brian Colwell completing the distance, considering the assistance he has given to other 50-mile Striders from 1983 through to 1986.

The following is a list of all the Sydney-Wollongong and Wollongong-Sydney 50-mile performances by members of Sydney Striders. Derek White had the honour of being the first club member to complete the race, in 1982. Nobby Young's record of 7.00.50 in the 1985 event still stands as the fastest in either direction, and Cedric Sidebottom's Southbound 7.32.47 in 1986 is the best in that direction. Striders who have completed more than one "Gong" are: Nobby Young (2), Grahame Deacon (2), Dan Gray (2 plus 1 before joining Striders), Graham Firkin (3), and Steve Cornelius (4). In the following list, question marks indicate either that the "seconds" figure was not recorded (the minutes are accurate, as far as we know), or that the position in the race is not known.

The most dedicated support-crew member associated with the club is Sally Cornelius, who in 1987 seconded Brian Colwell and logged her fifth consecutive year as a "second".

Year	Name	Time	Positions
1985 (North)	Nobby Young	7.00.50	8th 1st
1985 (North)	Steve Cornelius	7.29.02	17th 2nd
1986 (South)	Cedric Sidebottom	7.32.47	9th 1st
1984 (South)	Nobby Young	7.37.??	? 1st
1985 (North)	Alistair Mackie	7.41.33	21st 3rd
1986 (South)	Dan Gray	7.48.25	10th 2nd
1987 (South)	Graham Firkin	7.52.54	14th 1st
1984 (South)	Dan Gray	7.55.??	? 2nd
1987 (South)	Keith Jackson	8.01.49	17th 2nd
1985 (North)	Graham Firkin	8.12.24	35th 4th
1983 (North)	Steve Cornelius	8.21.19	23rd 1st
1983 (North)	Dave Williams	8.22.22	24th 2nd
1987 (South)	Jack Woodward	8.27.15	21st 3rd
1986 (South)	Graham Firkin	8.32.11	15th 3rd
1984 (South)	Steve Cornelius	8.41.17	24th 3rd
1983 (North)	Laurie King	8.49.00	? 3rd
1987 (South)	Brian Colwell	8.57.35	30th 4th
1984 (South)	Bryce Courtenay	9.29.??	? 4th
1986 (South)	Grahame Deacon	9.29.47	34th 4th
1984 (South)	Brenda Hamill	9.33.00	1st F 5th
1986 (South)	Steve Cornelius	9.50.48	36th 5th
1985 (North)	Grahame Deacon	10.23.16	59th 5th
1982 (South)	Derek White	13.35.40	? 1st

As preparation for the Bathurst 50-Miler I did 5 marathons in 7 weeks as training runs. This seemed to strike some Striders as being a bit excessive, but it did add to my total, now 36 marathons, and probably means I will score 50 marathons in the near future. By competing regularly I calculate I keep fit enough to run well all year and don't risk that fall-off in fitness which means a hard slow slog back. Is that why only 73 Striders ran marathons last year?

Besides adding to my marathon total the constant travelling around to the marathons results in some interesting moments on the, or off the course as well as discovering new parts of Australia.

This year the highlight marathon was in Adelaide on August 30th, the Torrens Discovery Run of 42.2km. A private company called People in Motion promoted the event, the organizers being Mr and Mrs Abraham of Glenelg. They knew plenty of Striders. Their aim in promoting running is to attract people at all levels, walkers, runners and joggers, into attempting maybe a bit more than they thought they were capable of achieving. So they designed a course which traced the Torrens River from the hills to the sea. A distance of 42.2km with options of 30km, 21.1km, 15km and 10km. A course along paths and through paddocks with the River nearby, and off the main roads as much as possible. Each competitor had the choice of six starting times whether they were walking or running. The purpose being to get everyone to the finish in about the same time and not to leave competitors out on the course without marshalls or support. Cheering squads had been organized by the Toyota dealers, who were the sponsors.

In the marathon there were 262 competitors, 22% female, and over all the small events 1500 competitors, 40% female. Peter Bourgaize won the marathon in 2:28:35 with Trudy Fenton in 2:56:14. The longest time was 10 hours by two 60 year old women who walked all the way.

The marathon course started in the hills at Kangaroo Point lookout. The first 5km was downhill so I won't claim my 3:04:27 as a P.B. It was about 6°C at 7:30am when I set out with 40 others. A very pleasant 10km on traffic free roads through the valley with the river beside us took us towards civilisation. A short section through suburban streets led onto a pathway along the river which at times was unmade but usually a 2 metre wide paved pathway which crossed several bridges and took us 30km or so towards Adelaide. Once or twice we crossed some paddocks to join up with the pathway. Through Adelaide again, along the river, passed the zoo and out to the sea. Only 5km on normal streets then back to the pathway leading right out to West Beach and the finish. A fantastic course. In stark contrast to the Blacktown marathon course which is Parramatta Road and the Great Western Highway.

The organization was superb. What could have been a chaotic finishing scene seemed very orderly. In the caravan park at West Beach, the finish area had 6 tasks to record the finishers. All the starting times had been coordinated using a C.B. radio, so one finishing clock was used. My watch was only 5 seconds faster than the official clock at 3:04:27. I came 19th in the marathon, a high placing but at least 30% of competitors were walkers. Some started at 5:30am. In addition to the four fun runs/walks there was a marathon relay with 20 teams of up to four runners. I thought the course would get to crowded in the

concluding stages but I had a relatively free run. In fact I could have started at a later time. Buses started conveying competitors from West Beach to the start from 5:30am, the clothing bags were brought to the finish, and they provided a breakfast of cereals and fruit at the finish. All up, a superb event. An interesting concept. An well-designed course using the natural environment instead of roads created an atmosphere conducive to good running instead of being harassed by cars and noise.

The Gold Coast Marathon on July 26th was a big production marathon which attempted to get international runners, especially Japanese, to challenge the local runner Laurie Adams, who won again. I saw only one Strider, Noel Worthington. The best features at the Gold Coast are the weather and the flat course. The weather back in July was already around 24°C each day. It's nice to finish a marathon without freezing and to sit in the sun recovering. The course is two laps, slightly changed from previous years, going past sea World, a new sponsor, to the Spit and back to Broadbeach. An attempt to separate the ½ marathoners from the marathoners by starting the ½ 10 minutes after the marathon was novel. At 10km we were passed by the hoards which could have put you off your pace. They got split times for the marathon which was confusing for them and we saw the ½ marathon clock which was 10 minutes faster than our time at half-way, and we all got confused. At least I remembered to start my watch.

The other marathons were Bathurst, Blacktown and the Combination at Holdsworth. The least enjoyable was Bathurst. A new course with a silly short extension at 30km, because they finished the marathon down by the river instead of back at the court-house, was off-putting. To run up a lane for 200 metres and back was crazy. The weather was cold and windy. All was made worthwhile at the Striders dinner when the said difficulties were forgotten, especially by Graham Firkin who did an extra 5 minutes due to poor marshalling.

Steve Cornelius wrote about the Combination Marathon in the last Blister. I support his views. This would be our best Sydney marathon course and organization.

The Blacktown Marathon is well organized, but the course is now getting dangerous and intimidating due to the increased traffic. Those 'S' lanes on Parramatta Rd make it dangerous to run on the inside lanes. Nevertheless, it's worth giving a go. The straight forward point-to-point course makes it the only one in Sydney. The Australian Marathon course, in comparison, is very convoluted and not a true point-to-point course. There are plenty of random prizes at the finish at Blacktown. It is on an oval, doing the last 300m around the oval in front of the spectators, similar to the Australian at the Sydney Athletic Field. A chance, then, to cheer on competitors over the last few metres. It is certainly not a flat course, but I find it easy to run as the finish is always getting closer and closer. You don't have to go around twice or make numerous turns down boring streets to make up the distance. The Blacktown Marathon at least has a clear destination, just head west for 42.2km from Sydney Town Hall.

So let's see more than 73 striders in marathons next year, more along to STaR runs, more in the slow group doing the full 30km and more along to our 10km Time Trials. The STaRs are the cornerstone of my training. Along with the regular marathon runs, they were the longest regular training runs I did for the 24 hour track race and 50 milers. Only once did I do 50km with Brian Colwell before the 24 hour track run. Next year I intend to seek out some new marathons, so if you have some suggestions please come forward at a STaR run. Only 14 to go!

EDITOR'S NOTE : Dan Gray ran 5 marathons in seven weeks.

11 JUE	Bathurst Marathon	3:13:37	16 AUG	Cities Marathon	3:08:57
19 JUL	Combination Mar.	3:09:24	30 AUG	Torrens Disc. 42.2k	3:04:27
26 JUL	Gold Coast Mar.	3:07:28			

Tahmoor Trot - Sunday 25th October

by Jon Marsden.

This 10km run organised by the Tahmoor Volunteer Bush Fire Brigade is normally quite a busy affair coinciding with a Fete and the districts annual sporting achievement awards presentation. As it turned out after a Saturday of non-stop drizzle, the fete was cancelled and only a handful of runners ventured from Sydney to brave the still threatening weather. For us the prospect of a hearty lunch with some old friends in Picton was the main reason for our journey south.

However the run turned out to be very much worth the trip on its own accord. The weather held off and was ideal for running - overcast, cool and low humidity. The course was a fast one and appeared to be accurately measured. The prizes were also good value with three trips to Melbourne being offered for first male, first female and as a lucky draw prize. This last factor may have been the reason for the appearance of well known speedster Jamie Harrison.

10am saw about 75 runners charge off through the back lanes of the Tahmoor district. The basically flat course did a circuit around the southern side of Tahmoor and included such highlights as the local chicken farms, strawberry farms. The well organised Tahmoor VBFB (battered finger buns) had set up two drink stations at about the 4 and 8 kilometre marks. The course was well marked and marshalled but lacked any distance markers. One point that impressed particularly was where a series of 'S' bends meant runners would run around a blind corner the traffic had been stopped by a TVBFB four wheel drive. At this point the road dropped to cross a small river and was followed by a short hill leading the runners to the main road and back into Tahmoor. A quick sight of the Tahmoor shops and then a left turn over the railway line (hill #2) completed what was an interesting & low traffic race. At the finish runners were marshalled into three finishing straights for fast and accurate time recording. Overall a 'fun' run in the sticks away from the city and a dammed sight easier than the Blackheath Rhodo-run.

Winner: Jamie Harrison 30.29, 1st female Keryn Hindmarsh 36.??
(time not announced)

Striders results: Cameron Osborne 35.39
Jon Marsden 36.57
Tina Campbell 39.50



City to Surf Analysis

by Steve Cornelius.



Analysis of the City-to-Surf results over the period 1980-1987 shows that the "Preferred runner" system is definitely working well. This system gives a guaranteed starting position near the front line to any runner who can prove he/she has run under 54 minutes for the event, thus increasing the appeal of the race to the faster runners by removing the necessity for them to stumble over the terry-towelling-shorts-brigade and the dads-with-strollers-mob.

The following figures show the number of runners who beat certain time barriers in each of the 8 years (as a percentage, then in absolute numbers). Figures are taken from the official results edition of the Sun newspaper, and do not include late entries.

	Sub-45-mins	Sub-50-mins	Sub-54-mins	Sub-60-mins
1980:	0.17% (23)	0.95% (147)	2.92% (453)	9.84% (1529)
1981:	0.14% (24)	0.88% (149)	2.74% (465)	9.73% (1654)
1982:	0.11% (19)	0.92% (163)	2.59% (460)	9.03% (1602)
1983:	0.08% (20)	0.59% (140)	1.92% (456)	6.66% (1582)
1984:	0.08% (16)	0.89% (173)	2.50% (487)	8.13% (1586)
1985:	0.13% (26)	1.07% (211)	3.00% (594)	9.04% (1787)
1986:	0.11% (22)	1.00% (202)	3.11% (626)	8.52% (1713)
1987:	0.21% (36)	1.65% (288)	4.34% (757)	11.34% (1977)

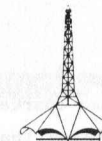
It's interesting also to look at the performance required to get into the top 500, top 1000, top 2000, and top 3000. The standard of all these has improved in recent years, despite a drop in numbers competing in the race:

	500th	1000th	2000th	3000th	Total finishers
1980:	54.22	57.35	61.39	64.42	15536
1981:	54.20	57.18	61.09	64.11	16995
1982:	54.16	57.23	61.27	64.29	17748
1983:	54.23	57.27	61.28	64.22	23750
1984:	54.04	57.29	61.37	64.41	19517
1985:	53.05	56.50	60.46	64.02	19773
1986:	52.55	56.47	61.03	64.07	20114
1987:	52.14	55.36	60.03	63.31	17433

For those who hesitate to enter a team category, perhaps you'd like to consider the following selection of the 1987 results:

- * Team of 3, Men under 21: 3rd place in 194 mins.
- * Team of 3, Men 21-29: 3rd place in 166 mins.
- * Team of 3, Women under 21: 1st 219 m, 2nd 229 m, 3rd 279 m.
- * Team of 3, Women 21-29: 1st 183 mins, only 1 team entered!
- * Team of 3, Women 30+: 3rd 208 mins.
- * Team of 3, Men 50-59, 1st 162 mins, 2nd 172 mins, 3rd 208 mins.
- * Team of 3, Women 40+, 1st 200 mins, 2nd 205 mins, 3rd 331 mins!
- * Team of 3, Other Industry/Trade/Commerce, Women, 1st 243 mins!
- * Team of 3, Health Profession, 1st 190 m, 2nd 204 m, 3rd 214 m.

A few possibilities for 1988 there?



Budget MELBOURNE MARATHON

BUDGET ON A SHOESTRING

Steve Nordish

Melbourne was a last minute decision. Chronic shinsplints two weeks prior to raceday after three months of training can be disheartening. But Strider spirit and stupidity pushed me on. I figured that if I was mentally prepared for the race everything would be O.K. so I decided to treat the fifteen hour bus trip as a psyche session for the big day.

During all the commotion at the bus terminal on arrival, I was to overhear two conversations that were to change the course of the weekend (and put an end to the good news).

1. "The trains are on strike and they're not sure about tomorrow". Does that mean, I thought, the world ends tomorrow or that the trains will be out.

Hopefully the later as I didn't come all this way for nothing.

2. "There is a courtesy bus leaving at 10:45pm stopping at Mordialloc, Frankston and Mornington! Should I stay in or should I trust my luck with accomodation in Frankston, I thought.

I've never been one for making correct decisions (refer first sentence) and the Frankston bus proved to be no exception.

Now don't get me wrong, Frankston's probably a nice place as a rule, but definitely not at 11:30pm on Saturday night, especially on foot. By 12:30am, after walking at least 42.195kms, I was absolutely positive there was no accomodation to be had in Frankston, be it Hotel, Motel, Li-low or Kennel.

The last Pizza/Coffee shop in Frankston closes at exactly 1:05am and after that you're on your own, with the exception of the bucks party that turned up just on closing and proceeded to handcuff the poor guy naked to a No Standing sign right outside the coffee shop. This was my cue to steal off into the darkness.

After wandering aimlessly for an hour or so I decide to try 40 winks in the Post Office Arcade (the Post Office wind-tunnel would have been a more appropriate name). But the cold got the better of me and it was time to move on. The train station, I thought. Waiting rooms, toilets, etc. No such luck. They were

all locked but there was a train parked (parked?) at the platform with the doors open. Well, it was definitely warmer than the arcade but thoughts started racing through my head. "Isn't there a train strike?". "What if there isn't and I fall asleep and I wake up in Sandringham or Echuca or somewhere?". "My God! I've got to run a marathon in 3 hours!!".

Its getting light. What about all the new friends you've made. Dozens of Frankstonian drunks and numerous late night shopkeeper (all by whom I was on a first name basis by now).

Eventually I conceded to the cold and decided to shiver, shake and teeth chatter my way to the marshalling area. I was greeted by a curious lady official who happened to blurt out the understatement of the weekend - "Gee your early". Lady, if only you knew, I thought.

Three things happened before the race started. I ran into Mike Ward, Kevin O'Kane and the rain. The first two cheered me up. The third couldn't dampen my spirit - I had none left!

I'd love to tell you all about the race but I've got no idea what happened. I vaguely remember passing the 35km mark and thinking : If I finish will I wake up in time to realise I had? Did somebody say 3:26? Is that how long it took or is that the time of day? Mat Kaley woke me in the park bubbling with the news of his 2:43 PB, so we decided to find the others (who we never found). His legs and my eyelids made for a horrible sight stumbling through the rec-overly area. The blind leading the legless.

On reflection, after arriving back in the safe arms of Sydney, I decided three things made the sojourn to Melbourne worthwhile.

1. I finished
2. The beautiful blanket of snow that greeted us on arrival in Canberra, (which meant we were getting closer to Sydney).
3. I recorded a P.B. for staying awake!!

The Final Kilometre - Mathew Kaley.

The Pain is excruciating. Blisters have torn away the base of my feet. Every muscle from my calf to my shoulder is crying out. Try to push the pace a little more. I must never finish thinking I could have pushed harder. Not far now. Think of all the training. Anything that is worthwhile must be worked for. There it is. The finish line. A corridor of people leads to it. Sprint. I think I am sprinting. People are cheering on either side but they are just a blur. My eyes are fixed on the finish banner. It isn't getting any closer. I am feeling the pain again. NO. Look at the finish. Concentrate. Sprint. Sprint? I can read the clock now. Oh God, I've done it. A feeling of overwhelming excitement and relief runs through me. A feeling of absolute exhilaration. I've done it. The clock is ticking past 2:43. The pain is gone. You can never quite be sure of that P.B. until you see the clock. I'm flying now. Or it feels like it. The crowd and the clock carry me through these last few metres. The seconds are ticking past. FINISH. '2:43:51'. The joy that that sequence of numbers ignites in me is indescribable. I jog down the chute staring at my watch a giant smile stretched across my face. I HAVE done it. The dream is fulfilled.

Reality returns as I walk down the ramp under the Arts Centre to collect my gear. My legs stiffen immediately. My shoulders seize up. And my blisters. Oh, my blisters. I hobble down the slope desperately holding on to the railing. I'm cold, wet and my legs are trembling under my weight. Was it all worth it? YOU BET IT WAS !!!

RESULTS :

BUDGET MELBOURNE MARATHON - 11OCT87

1. Ric Sayre	2:14:16	1. Jackie Turney	2:44:18
2. Jersey Skarzynski	2:15:14	2. Margaret Reddan	2:46:45
3. Richard Umberg	2:15:26	3. T.Fenton	2:51:16

Striders :

Anthony Scott	2:39:55	
Don Price	2:40:32	PB
Mathew Kaley	2:43:51	PB - 1st Under 20 Male
Warwick Selby	2:51:59	
Paul Russell	2:51:59	
Mike Ward	3:05:20	
Ian Singer	3:20:50	
Dick Bartlett	3:25:42	
Steve Nordish	3:26:00	
Heiner Huning	3:31:50	
Kevin O'Kane	3:49:20	

INTER-CLUB CHALLENGE

-by Ewen Thompson.

One fear of being in a race is the following scenario : You reach the 'Middle Stages' and things go wrong. Legs are heavy. You can't maintain your position. Pain surfaces. Finally you face the hill that halts all progress. "What am I doing here ?".

The inhibiting thing about 'experience' is that you learn to answer this question. You realise early on the day is not going to be yours. You ease up on the accelerator, and write off the event as a training run. You live to fight another day.

Its exciting to watch a child in a race. They begin at a sprint and after the second turn have slowed to a jog, or a walk. When the finish is in sight they sprint again. If only we could break away from the 'even-paced-PB-running' syndrome. This is boring running.

The Inter-Club Challenge hosted by Billies Bushies was an embarrasment for me as a Strider. I was part of a four member representation. We were even out-numbered by clubs such as Dapto Diggers and Hornsby Harriers. Obviously Striders abhorre wet dirt roads. Especially dirt that had been rained on for 48 hours.

I found it a challenge. Negotiating the railway fire-trail I stepped in a waist-deep puddle; the third obstacle to stop me. This time I smile. River crossings are great.

Now to the second big question. If Striders ever win the Inter-Club Challenge, do we have the personnel to organize the event? Billies Bushies did a great job in the National Park. They also provided over 50% of the 300 starters. Western Districts Joggers & Harriers were also prominent. Mat Kaley, Ron Burke and Ross Betts were the other forlorn Striders.

RESULTS :

Team Event :

1. Billies Bushies	13186pts
2. Western Districts	7979pts
3. Earlwood Sports	1688pts
7. Sydney Striders	340pts

(8 teams entered)

Individual Event :

1. Steve Poulton	33:45
44. Mathew Kaley	40:27
46. Ron Burke	40:31
90. Ewen Thompson	42:53
139. Ross Betts	48:30

Sydney Striders Mile Road Race

- 13th September '87 - by Mathew Kaley.

The general perception seemed to be that this was a strange event to hold after a STaR, but the ones who actually participated seemed to enjoy the experience. Mathew Kaley won with the only sub-5:00 minute time, from Ewen Thompson and Brian Colwell (who arrived a scant 30 seconds before the start). However, Dave Sill stole the show, running fourth overall and first veteran, all after running the 38km long course option STaR. Ultra-runner Graham Firkin astonished some entrants by coming eighth overall and second veteran. Tina Campbell was the first woman home in the very respectable time of 6:22. Another Mile road race will probably be held towards the end of the summer.

RESULTS :

1. Mathew Kaley	4:54.5	8. Graham Firkin	6:10.1
2. Ewen Thompson	5:23.9	9. Ian Whitfield	6:19.4
3. Brian Colwell	5:36.1	10. Nobby Young	6:20.1
4. Dave Sill	5:42.1	11. Tina Campbell (1st Fem.)	6:22.0
5. John Marsden	5:49.0	12. Gavin Morrisett	6:33.0
6. Ian Singer	5:59.9	13. Heiner Huning	7:02.1
7. Mike Ward	6:04.1	14. Dan Gray	7:53.7



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ACT Cross Country Club · GPO Box 252 · Canberra · ACT 2601
Entry forms available from Canberra Tourist Bureau in Sydney, Melbourne and Canberra

Sydney to Wollongong Relay Results by Steve Cornelius.

MEN'S CATEGORY (25 teams)

1 Billy's Bushies	4.43.40
2 Eastern Suburbs AAC	4.52.12
3 Bondi Diggers 1sts	4.52.40
4 Sydney Striders A	5.00.03
5 Earlwood Sports B	5.15.48
6 Sutherland AC	5.16.08
7 Bondi Diggers 2nds	5.17.05
15 Sydney Striders D	5.44.20
18 Sydney Striders E	6.02.02

MIXED CATEGORY (9 teams)

1 Earlwood Sports A	5.16.55
2 Sydney Striders B	5.33.32
3 Sydney Striders C	5.50.43

WOMEN'S CATEGORY (4 teams)

1 Eastern Suburbs AAC	5.28.27
2 Billy's Bushies	5.57.24
3 Woodstock Runners	6.03.44

38 teams of 5 runners contested a highly competitive Sydney-to-Wollongong relay this year, with new race records being set in all 3 team categories. The highlight for Striders was the success of both our teams in the mixed category, taking out 2nd and 3rd out of 9 teams. To a certain extent, the fact that we entered teams in this category at all was because of our inability to get a 5-member women's team together, but in fact this worked in our favour. Striders member Scott Lawrence and his friends at Earlwood Sports had also sussed out the possibilities of this category, and entered a very fine team, but 2nd and 3rd was a great performance by Striders.

Our "A" team (men's category) finished in 4th position this year just outside the 5-hour barrier, while the "D"'s and "E"'s, although not world-beaters, enjoyed their day out and the remarkable team spirit this event generates.

A complete break-down of individual times for the 5 sections of the course appeared in Calendar #39, page 5. This is not to be confused with the complete break-down experienced by the anchor-man of the Striders' "E" team on discovering that running down Mount Ousley 8 times faster than normal gives you bloody great blood blisters on your toe-ends.

Many thanks to Terry McIver, who organised the team entries, and Noel Worthington and Greg Jerrett who also assisted the teams on race day.

STRIDERS "A" TEAM (MEN): Ray Doran, Mathew Kaley, Evan Millar, Phil Garvin, Don Price.

STRIDERS "B" TEAM (MIXED): Alex Whitworth, Tina Campbell, Alan Powys, Louise Fitzsimmons, Jon Marsden.

STRIDERS "C" TEAM (MIXED): Joanne Tibbitts, Ewen Thompson, Ian Singer, Edwina Macarthur, Geoff Gissing.

STRIDERS "D" TEAM (MEN): Dick Bartlett, Kevin O'Kane, Terry McIver, Harvey Blue, Dan Gray.

STRIDERS "E" TEAM (MEN): Nobby Young, Noel Worthington, Ian Whitfield, Steve Nordish, Steve Cornelius.

Letters.

The Editor,
"The Blister" Magazine

Dear Sir,

I wish to advise all members of the Sydney Striders Club that I have recently established a consultancy service for running marathons. The service focuses mainly on how to train for marathons, marathon tactics and factors affecting marathon performance.

The variables I address include such issues as:

- Running at full pace; how to overcome the forces of gravity
- Choosing a fast runner in a marathon and sticking behind him for as long as possible.
- developing self-trust so as to avoid a lot of unnecessary training and trusting that you'll be "right on the day"
- How to avoid achieving a goal and a P.B. so as to give you something to look forward to in the next marathon.
- How to create the impression of being a "dark horse" and surprise your running mates in the future.
- The myth of eating healthy foods such as vegetables and complex carbohydrates - a guide to the ten best fast food outlets in Sydney. (a free pass to McDonalds is included in every consultancy).
- Developing the will to lose - how to let yourself down and feel good about it afterwards.
- Coping with the inevitable trauma of wall-hitting.

The full fee will be charged to Sydney Striders Club members, with 20% being donated to the "Help the Firko Fund".(I have a specialist service for "ultra freaks").

By the way, thank-you for the "slow" handicap time for the forthcoming Half-Marathon. Please advise me where I should send the cheque (nudge, nudge, wink, wink).

Yours in Running,
Ian Singer

The Editor,
"Australian Runner" Magazine.

Dear Sir,

I was interested to read Jeff Desmond's criticisms of the Sydney Striders' Half-Marathon course in the Letters column of your last issue, particularly with regard to the famous Lane Cove River Park hills. As I have been involved with the event since its inception in 1982, perhaps you will allow me to make a few points in reply.

Our basic aim, when we first planned the event, was to provide a well-organised, safe and scenic half-marathon through one of Sydney's finest areas of natural beauty, but the VERY FIRST requirement was to find a nearby venue to provide us with all the vital logistic back-up to cater for 1500 runners. As race organisers are all well aware, the selection of an appropriate start/finish venue is the paramount consideration when planning a race. The venue provides not only a place to hang your "FINISH" banner, but also shelter, power, lights, water, showers, changing rooms, and parking spaces, to name just a few.

The Peter Board High School at North Ryde is virtually the ONLY adequate venue within coo-ee of the Lane Cove River Park. However, the school just happens to be situated on a hill (as are most buildings on Sydney's northside!). The local constabulary, understandably, won't allow us to finish the race on a public road, so we are forced to take the course into the school grounds through one of only two gates. One of these leads onto grass, which any race organiser will tell you can be a total disaster if it rains, so we're left with - the notorious 100-metre climb up the school driveway to the finish. Sorry, Jeff, but we did think long and hard about that finishing stretch before finalising the course. There really is no alternative, unless you want to start the race in the middle of the bush, with no lights, no power, no shelter, nothing.

As for the other hills on the course, we don't apologise. We state in our race literature that ours is not a "P.B." course, and we feel that the beauty of the National Park more than compensates for the rigours of the course. Many runners return every year despite the hills, and keep telling us they love it.

On the charge of not being a traffic-free course, the breakdown is as follows:

In the Park or other private land:	13.3 km
On totally closed roads:	2.9 km
On public roads with virtually no traffic: ..	2.6 km
On main roads with lanes "coned" for runners: ..	2.3 km

That's a total of 77% absolutely traffic-free, another 12% virtually traffic-free, and 11% on main roads but with a specific area reserved for runners. We really feel that's not a bad ratio.

In support of our race, I also feel I should mention a few features not commented upon by Mr. Desmond:

- * The fact that we provide a drink station every 3 km on average, compared with the usual norm of 5 km;
- * The fact that we were the first race organisers in Australia to supply specially manufactured "Popper" cartons of water, enabling runners to drink while on the run, carry their water further, and thus avoid heat exhaustion and dehydration;
- * The fact that we usually have one race official to every 5 runners, a ratio not achieved by many Australian races;
- * The fact that we do not allow our members to compete in the race, but require them to help on the day, thus ensuring a large number of knowledgeable, experienced runners on hand to provide the services and assistance that runners need;
- * The fact that we draw our race marshals and other officials entirely from the ranks of our members, their families and friends, thus ensuring that we don't have "know-nothing" marshals who only turn up for the tee-shirt;
- * The fact that we recognise and reward 5-year age-categories, as opposed to the usual norm of 10 years or more;
- * The fact that our runners' breakfast after the race is one of the finest provided in Australia;
- * The fact that we supply an attractive and distinctive tee-shirt every year;
- * The fact that we concentrate on making the RUNNER feel special, rather than on attracting publicity and media coverage;
- * The fact that we LEARN from our mistakes and REACT wherever possible to feedback from participants.

On this last point, Mr. Desmond says he feels "the race has some room for alterations to help the event in stature". If he would care to write to us at P.O. Box N119, Grosvenor Place, Sydney 2000, listing his specific proposals, we would be only too happy to implement those of them which are feasible (and not too expensive!). He should realise, however, that staging a race for 1500 people in a professional manner involves a lot more than just finding a flat stretch of dirt and firing a pistol.

Yours Faithfully,

Steve Cornelius,
Committee Member,
Sydney Striders Marathon Club.

Breeding Bantam Roosters.

by Jeff Burgess.

Because you are a runner, others immediately typecast you as surely as society determines your status as working class or upper class (yuppies have no class).

So it's really us and them when it comes to running. We are the "cheetahs" in a material world. It is no co-incidence that our club mascot, the cheetah is an endangered species whose whole existence depends on its ability to run fast times with a withering burst of energy in desperate pursuit.

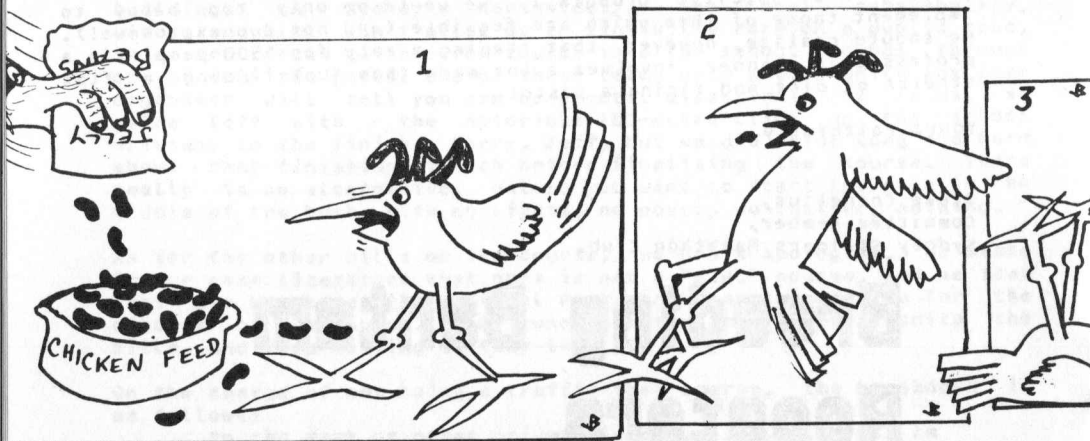
Even those we love find our sport, at best, hard to comprehend. My lovely wife used to regard my running as a harmless eccentricity like breeding bantam roosters say, or hoarding black jelly beans. However, she realised very quickly that I was a much happier littler jelly bean if I was allowed to have my daily "constitutional" run.

Early in our marriage, Sue would run the occasional 10 or 15k fun run, enjoying the mass participation of a "City to Surf", but she thought training was needless and her reaction to running was always along the lines "Yes, I know I ran 10k but I didn't enjoy it. It was boring. I don't find it fun at all. Fun run, that's a joke! etc, etc." How many times have I heard these and similar remarks? Thousands of times, maybe even millions.

It happened at 7.16 pm on 8th October and it is almost certain that the earth momentarily stopped spinning, the moon glowed exceptionally bright red and cats and dogs and pets all over Sydney behaved very strangely. For you see, after a gentle scenic training run with Sue through Drummoyne (along part of the Western Wanderer course) these immortal words reached my ear... "I almost enjoyed that. It wasn't even hard." And a little later... "Jeff, when is the next fun run?"

A quantum leap has been made. Isn't love grand? Now if only I could train my bantam roosters to eat jelly beans.

An experiment to determine the effect of jelly beans on racing bantams.



The Best of Times -1987.

MALE

1. Phil Garvin (1)	Melbourne	2:26:19
2. Phil Garvin (2)	Canberra	2:26:54
3. Phil Garvin (3)	Bathurst	2:30:17
4. Phil Garvin (4)	Australian	2:31:33
5. Anthony Scott	Melbourne	2:39:55
6. Don Price (1)	Melbourne	2:40:32
7. Don Price (2)	Anzac Day	2:42:48
8. Mathew Kaley (1)	Melbourne	2:43:51
9. Don Price (3)	Australian	2:44:22
10. Mathew Kaley (2)	Canberra	2:45:44

FEMALE

1. Joanne Tibbitts (1)	Anzac Day	3:04:00
2. Tina Campbell	Australian	3:08:44
3. Wendy Downes (1)	Anzac Day	3:11:56
4. Joanne Tibbitts (2)	Australian	3:16:49
5. Wendy Downes (2)	Australian	3:22:47
6. Merri Mack	Australian	3:33:37
7. Karen Tuck	Australian	3:37:39
8. Brenda Hamill	Australian	3:45:35
9. Dawn Woodward	Anzac Day	3:49:47
10. Mavis Garrick	Anzac Day	3:50:58

SYDNEY STRIDERS HALF MARATHON

- MARCH 20, 1988

from Race Director, Bill Flanagan.

STOP - Before going any further please return the enclosed helpers advice slip now. We need to know as soon as possible who's available to help out on the big day.

By returning the slip **immediately** you will save the committee an inordinate amount of time and money.

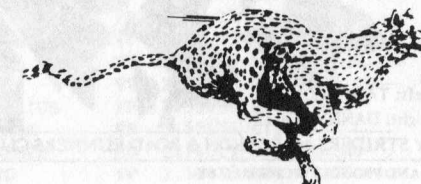
If there is any particular job you think suits your skills let us know so that we can use you to the best possible advantage. Wherever possible, unless you wish otherwise, you will have much the same task as last year.

Full information on your job and contact will be included in the next Blister.

TARGET 1300 - With our not having a major sponsor this year, it's become imperative that we attract 1300 entrants to our Half Marathon. Whilst during the height of the running boom back in 1985 it was possible to get over 1,700 entrants without too much trouble, it certainly won't be simple to attract 1,300 runners in 1988. All races are experiencing entry drop-offs and we can't expect to be an exception to this trend. Runners are being far more selective with their races these days, especially with distances over 10kms.

It's therefore vital that all members spread the word on our race so that we can reach our budgeted pre-race target of 1,300 runners.

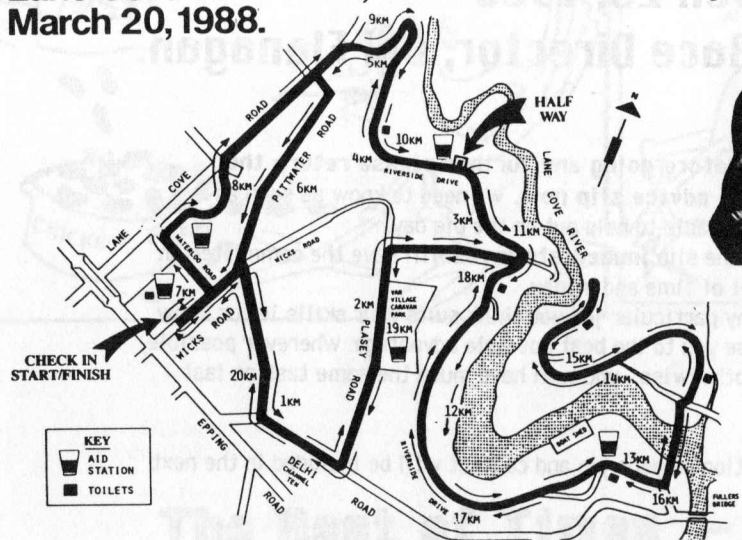
Entry forms will be mailed out to all of last year's entrants (in a joint mailing with the Nike Canberra Marathon) and to sports stores in late December. If you can help with the distribution in any other way, please let us know.





Sydney Striders Half Marathon

Over 21.1 kms through Sydney's beautiful Lane Cove River Park, at 7.00 am on Sunday, March 20, 1988.



THE WINNERS 1982 - 1987



Mora Main: 1

1982 Bill Raimond	-	NSW	-	1.12.03	1982 Jenny Walker	-	NSW	-	1.23.45
1983 Andrew Lloyd	-	NSW	-	1.05.58	1983 Mora Main	-	NSW	-	1.19.43
1984 Garry Henry	-	SA	-	1.04.42	1984 Mora Main	-	NSW	-	1.17.14
1985 Wolfgang Krueger	-	W.GER	-	1.04.17	1985 Raewyn O'Donnell	-	NZL	-	1.18.00
1986 Derek Froude	-	NZL	-	1.05.27	1986 Tani Ruckle	-	NSW	-	1.16.24
1987 Daniel Boltz	-	ACT	-	1.03.58	1987 Tani Ruckle	-	NSW	-	1.16.22



Left: TANI RUCKLE
Right: DANNY BOLTZ

PRESENTED BY SYDNEY STRIDERS MARATHON & ROAD RUNNERS CLUB

AND PROUDLY SPONSORED BY



JUST
JUICE



Marathon Ladder.

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 31 October 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
ANTHONY SCOTT	OO	2.39.55 MELBOURNE	10/87 2.39.06 ANZAC DAY '86
JOHN FAZIO	PP	2.40.11 AUSTRALIAN	06/84
DON PRICE	VV	2.40.32 MELBOURNE	10/87
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
MATHEW KALEY	JJ	2.43.51 MELBOURNE	10/87
EVAN MILLAR	PP	2.44.26 MELBOURNE	10/85
CHARLES COVILLE	PP	2.45.13 WINSTONE, NZ	10/83
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
JONATHON 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
WARWICK SELBY	PP	2.51.59 MELBOURNE	10/87
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

NAME	CAT	<-----BEST AS A STRIDER-----><-BEST PRIOR TO JOINING->		
STEPHEN NICOLL	VP	2.56.50	SYDNEY	09/84
BRIAN LYNCH	PP	2.56.59	AUSTRALIAN	06/83
MICHAEL MINEHAN	PP	2.57.13	AUSTRALIAN	06/85
PETER 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	MV	3.07.11	CITIES	08/85
JOHN AYLIFFE	VV	3.07.18	ANZAC DAY	04/87
DAN GRAY	VV	3.07.28	GOLD COAST	07/87
ROY HOWARD	MV	3.07.28	AUSTRALIAN	06/84
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
KEITH JACKSON	PP	3.12.27	COMBINATION	07/87
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	VP	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

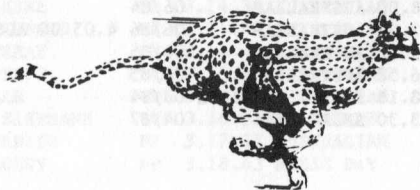
NAME	CAT	<-----BEST AS A STRIDER-----><-BEST PRIOR TO JOINING->		
RICHARD BAMANN	VV	3.19.34	AUSTRALIAN	06/85
ROSS WALL	VV	3.19.44	AUSTRALIAN	06/86
DENNIS RIDER	VP	3.21.39	AUSTRALIAN	06/84 3.20.52 HOBART '84
IAN WHITFIELD	PP	3.22.01	CANBERRA	04/87 3.13.06 AUSTRALIAN '83
IAN SINGER	PP	3.22.24	AUSTRALIAN	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	VP	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
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
HEINER HUNING	PP	3.31.50	MELBOURNE	10/87 3.13.36 SINGAPORE '84
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
SUE THOMSON	VVF	4.18.18	F/CITY ADELAIDE	08/84
CHRIS MATHEWS	PPF	4.23.30	ANZAC DAY	04/87

Half Marathon Ladder.

NAME	CAT	<-----BEST AS A STRIDER----->	<--BEST PRIOR TO JOINING-->
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
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
JOHN HAMILTON	PO	3.01.30	AUSTRALIAN '83
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
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
TONY CROSBY	VV	3.26.49	MELBOURNE '86
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



Printed below is a Half-Marathon Ladder for Half-Marathons run so far in 1987. Please advise Graham Butler (Blister Editor) or Noel Barton (database operator) of any errors or omissions.

NAME	TIME	EVENT	YR/MNTH
PHIL GARVIN	1.09.22	CITY OF SYDNEY	8705
BILL FLANAGAN	1.13.43	LANE COVE	8703
RICHARD BROMLEY	1.14.13	HOLSWORTHY	8707
RAY DORAN	1.15.20	CITY OF SYDNEY	8705
ANTHONY SCOTT	1.17.04	CITY OF SYDNEY	8705
TERRY MCIVER	1.17.05	BATHURST	8707
MATHEW KALEY	1.17.13	BATHURST	8707
JEFF GISSING	1.17.15	LANE COVE	8703
GEOFF COX	1.17.36	BATHURST	8707
EVAN MILLAR	1.17.55	BOTANY BAY	8708
ALEX WHITWORTH	1.17.58	CITY OF SYDNEY	8705
DAVID SILL	1.18.08	SUTHERLAND	8706
NORM WILKINS	1.18.09	COMBINATION	8707
BRUCE INGLIS	1.18.27	LANE COVE	8703
DON PRICE	1.18.41	LANE COVE	8703
JOHN HODGES	1.18.47	BATHURST	8707
WAYNE STANTON	1.19.15	LANE COVE	8703
STEVE NORDISH	1.19.44	LANE COVE	8703
BERNIE KING	1.20.00	AUDLEY	8705
WARWICK SELBY	1.21.21	COMBINATION	8707
BRIAN GATFIELD	1.21.41	CITY OF SYDNEY	8705
JEFF LEE	1.22.40	LANE COVE	8703
JONATHAN MARSDEN	1.22.87	COMBINATION	8707
IAN SINGER	1.23.14	BOTANY BAY	8708
MIKE WARD	1.23.18	CITY OF SYDNEY	8705
JOHN AYLIFFE	1.23.42	COMBINATION	8707
ALAN POWYS	1.23.44	CITY OF SYDNEY	8705
PETER MCGRAW	1.23.47	CITY OF SYDNEY	8705
JOHN HAMILTON	1.23.49	SUTHERLAND	8706
CHARLES COVILLE	1.23.58	LANE COVE	8703
NOEL BARTON	1.25.00	LANE COVE	8703
HARVEY BLUE	1.25.22	CITY OF SYDNEY	8705
ALISTAIR MACKIE	1.25.43	LANE COVE	8703
DICK BARTLETT	1.26.10	CITY OF SYDNEY	8705
TINA CAMPBELL	1.26.22	CITY OF SYDNEY	8705
PAUL RUSSELL	1.26.26	LANE COVE	8703
J. SHIMWELL	1.26.27	LANE COVE	8703
TONY VIPOND	1.26.37	CITY OF SYDNEY	8705
WILLIAM THOMPSON	1.27.05	LANE COVE	8703
KEITH JACKSON	1.27.36	SUTHERLAND	8706
RAYMOND SKINNER	1.28.19	LANE COVE	8703
EWEN THOMPSON	1.28.21	LANE COVE	8703
JEFF BURGESS	1.28.30	COMBINATION	8707
DEREK WHITE	1.28.31	SUTHERLAND	8706
IVAN FREYS	1.28.37	LANE COVE	8703
ALAN PHILLIPS	1.28.41	CITY OF SYDNEY	8705

NAME	TIME	EVENT	YR/MNTH
GRAHAM FIRKIN	1.29.00	LANE COVE	8703
KEVIN O'KANE	1.29.10	LANE COVE	8703
STEVE CORNELIUS	1.29.17	MARATHON CLINIC	8710
TERRY BAILEY	1.29.33	MT PRITCHARD	8705
ALF FIELD	1.29.52	BOTANY BAY	8708
HEINER HUNING	1.30.14	COMBINATION	8707
TERRY MCMAHON	1.30.26	BATHURST	8707
MIKE FOSTER	1.30.29	LANE COVE	8703
JACK WOODWARD	1.30.34	LANE COVE	8703
DAN GRAY	1.30.41	BOTANY BAY	8708
IAN WHITFIELD	1.30.55	SUTHERLAND	8706
SCOTT CRAWFORD	1.31.00	BOTANY BAY	8708
ROD MCLEAN	1.31.03	BOTANY BAY	8708
STEPHEN ROACH	1.31.22	COMBINATION	8707
BRENT WATERS	1.31.38	CITY OF SYDNEY	8705
JOANNE TIBBITTS	1.31.40	BOTANY BAY	8708
BRUCE MURRAY	1.32.02	LANE COVE	8703
JOHN TURNER	1.32.15	BOTANY BAY	8708
GRAHAM BUTLER	1.32.16	LANE COVE	8703
FRANK GALLAGHER	1.32.30	CITY OF SYDNEY	8705
GAVIN MORISSET	1.32.42	LANE COVE	8703
GLENN CHURCHES	1.33.00	LANE COVE	8703
BILL WHITE	1.33.07	LANE COVE	8703
CEDRIC SIDEBOTTOM	1.33.33	LANE COVE	8703
NOEL WORTHINGTON	1.33.52	CITY OF SYDNEY	8705
NOBBY YOUNG	1.33.57	BOTANY BAY	8708
HUGH SPENCER	1.34.14	BOTANY BAY	8708
ROD GARRICK	1.34.22	BOTANY BAY	8708
JOSEPH LOEWY	1.34.30	LANE COVE	8703
BRIAN TAILFORD	1.34.50	BATHURST	8707
DAVID SUMNER	1.35.28	LANE COVE	8703
STEPHEN WINNER	1.35.44	LANE COVE	8703
WENDY DOWNES	1.36.58	LANE COVE	8703
DAVID DUNSTALL	1.37.32	LANE COVE	8703
ROGER RIGBY	1.38.00	LANE COVE PARK	8703
BRIAN COLWELL	1.38.06	LANE COVE	8703
ROSS WALL	1.38.50	LANE COVE	8703
VIC COLLINS	1.39.07	CITY OF SYDNEY	8705
ROSS BETTS	1.39.21	LANE COVE	8703
BOB MANN	1.39.25	LANE COVE	8703
RAY REID	1.40.11	BATHURST	8707
BRYCE COURTENAY	1.40.44	LANE COVE	8703
JOHN HILL	1.42.00	LANE COVE	8703
MICHAEL BLACKWELL	1.42.31	LANE COVE	8703
DAVE BLACKHALL	1.43.11	LANE COVE	8703
PAUL GALVIN	1.43.20	LANE COVE	8703
LEO LEADER	1.43.28	LANE COVE	8703
BARRY JONES	1.43.58	LANE COVE	8703
IRWIN LIGHT	1.44.05	LANE COVE	8703
JOHN PETTETT	1.44.17	SUTHERLAND	8706
LESLEY LEAR	1.45.02	COMBINATION	8707
JOSEPH BAILLIE	1.47.52	LANE COVE	8703
PAUL LUNSMANN	1.48.00	CITY OF SYDNEY	8705

NAME	TIME	EVENT	YR/MNTH
OWEN DENMEADE	1.48.12	LANE COVE	8703
BRENDA HAMILL	1.48.34	LANE COVE	8703
MAVIS GARRICK	1.48.38	LANE COVE	8703
LEENA BAMANN	1.49.37	LANE COVE	8703
EDWINA MACARTHUR	1.49.42	LANE COVE	8703
BETH REID	1.51.04	LANE COVE	8703
KAREN TUCK	1.51.23	LANE COVE	8703
ROBI RUSSELL	1.52.09	LANE COVE	8703
RUSSELL YOUNG	1.53.21	LANE COVE	8703
WAYNE MCCARTHY	1.53.54	BOTANY BAY	8708
ADRIAN KOL	1.55.18	COMBINATION	8707
PHYLLIS SOMMERVILLE	1.59.48	BATHURST	8707
CHRIS MATHEWS	2.04.19	LANE COVE	8703
WILLIAM BLECHA	2.08.37	BOTANY BAY	8708
ROBYN MURPHY	2.56.12	BATHURST	8707

NEW YORK CITY MARATHON

Kenyan Ibrahim Hussein Wins New York Marathon

The Associated Press

NEW YORK — A confident Ibrahim Hussein of Kenya caught pacesetter Pat Petersen shortly past the 14-mile (22.6-kilometer) point and coasted to victory in Sunday's 18th New York City Marathon.

Hussein, ninth in the 1985 race in his marathon debut and fifth last year, was timed 2 hours, 11 minutes, 1 second.

Priscilla Welch of Britain led all the way in easily winning the women's title in 2:30:16. Welch, who will be 43 on Nov. 22, is the event's oldest women's winner; Miki Gorman was 42 years, 75 days when she won for the second consecutive time in 1977.

For Hussein, 29, a former Western Athletic Conference steeplechase champion at the University of New Mexico, it was his fifth marathon and third victory.

Prior to Sunday's race, he said he felt relaxed and "very confident" — as compared to last year, when he ran "scared."

"I think you will see some surprises," Hussein had said. "I think somebody will steal the race. I hope that somebody is me."

Early in the 26-mile, 385-yard race through New York's five boroughs, Petersen tried to steal the

race. The top U.S. finisher here in 1984 (fourth) and 1985 (third), Petersen set a blistering early pace, opening a 35-second lead at five miles. He was on a record 2:04 pace before Hussein reeled him in just after the halfway point.

Petersen hung on to second most of the rest of the way before being overtaken in the closing stages and placing fourth in 2:12:03, behind Gianni DeMadonna of Italy (2:11:53) and Pete Pfitzinger (2:11:54), the 1984 U.S. Olympic Trials marathon winner. Tommy Ekblom of Finland finished fifth in 2:12:31.

The race attracted a record field of more than 22,000.

Hussein, the first African to win here, ended a string of three consecutive victories by Italian runners. Orlando Pizzolato won in 1984 and 1985, and Gianni Poli triumphed last year. This time Pizzolato faded to sixth and Poli never was in contention.

Francoise Bonnet and Jocelyne Villeton, both of France, finished second and third among the women. Allison Roe of New Zealand, the 1981 champion, dropped out before the 10-mile mark.

Hussein and Welch each collected \$25,000 and a new Mercedes-Benz.

Details of Striders times next Blister but unofficial preliminaries ::

Adrian Kol	-	5.00 approx
John Ross	-	4.25 "
Wayne McCarthy	-	4.01
Paul Galvin	-	no result at copy close

NSW AMATEUR ATHLETIC ASSOCIATION
SUMMER SEASON - 1987-88

*: Registration with the AAA entitles you to participate in the weekly Inter-Club events, the Twilight Meets and the many Track Meets throughout the summer. Sydney Striders is affiliated with the AAA, and thus registration through Striders will allow you to compete in these events. Registration costs \$24 for senior athletes. Contact Wendy Downes (449-4093) for further information.

INTER-CLUB PROGRAMME

Series 1 : 1500m, 400m & 3000m steeple - Oct 31, Nov 14, Dec 5, Dec 19, Feb 6
Series 2 : 800m, 3000m or 5000m (men) - Oct 24, Nov 7, Nov 23, Dec 12, Jan 16

** Inter-Club is run at E.S.Marks field on Saturday afternoons, starting at 12:30. There are some standards set for each event that must be achieved to run at inter-club.

PERSONAL BEST TWILIGHT MEETINGS

Nov 4 : 400m, 800m, 10000m(Men)	Nov 13 : 1500m, 10000m(Women)
Dec 2 : 400m, 5000m	Dec 16 : 3000m steeple, 800m, 5000m
Jan 6 : 400m, 800m	Jan 13 : 400m, 5000m
Feb 3 : 1500m, 5000m	Mar 2 : 1500m, 3000m

** Twilight Meetings are held at E.S.Marks field except for the Mar 2 event which will be held at Hensley Athletic field. They start at 6:00pm and generally finish about 8:00pm on Wednesday evenings.

OTHER IMPORTANT MEETS

Nov 15 : NSW Championships for 10000m and 1 Mile. Held at E.S.Marks starting at 9:00am. Closing date for entries - Oct 26.
Nov 21 - Nov 22 : NSW Relay Championships. Held at E.S.Marks. Includes 4x400m, 4x800m & 4x1500m.
Dec 8 : Northern Suburbs Track & Field Meet. Held at Rotary Field, starting at 6:30pm. Includes 1000m & 400m handicap.
Dec 27 : Tiger-Wests Games. Auburn Athletic Field. Starts at 9:30am. Events include 400m, 800m, 1500m, 2000m steeple and 3000m.
Jan 30 - Jan 31 : Sydney Metropolitan Championships. Held at E.S.Marks. Includes all major events up to 5000m. Entries close - Jan 4.
Feb 13,14,20 & 21 : NSW Track & Field Championships. Held at E.S.Marks field. Includes all major events up to 5000m. Entries close - Jan 13.
Mar 24,25,26 & 27 : Australian Track & Field Championships. Held at Perry Lakes Stadium, Perth. Entries close - Mar 7. Qualification times must be met before this date.

SEEDED COMPETITION AT HENSLEY FIELD

** On four Saturdays when E.S.Marks is used for Championship events, a seeded competition will be held at Hensley Athletic Field, starting at 12:30pm. Events include : 800m, 1500m, 3000m, 3000m steeple & 5000m. The dates for these events are : Oct 10, Jan 9, Jan 23 & Feb 27.

STOP PRESS PAGE

Talays 

THE RUNNERS SHOP — RANDWICK

are offering a ^{20%}~~15%~~ discount to Sydney Striders for cash sales (no credit cards, sorry).

● Phil Garvin clocked 2-26-19 in the Budget Melbourne Marathon.

● David Sill ran a PB of 2-52-54 in the Hamilton New Zealand Marathon.

RACE RESULTS :

SYDNEY MARATHON CLINIC HALF MARATHON

27. Ray Skinner 1:25:29


Sydney Striders

STRIDERS IN

TITLE & CONTACT	DAY/TIME	START/VENUE	COURSE
TREVOR'S TRACKIES Mathew Kaley 909-1461	Tues. 4.00 pm and 5.00 pm	E.S.Marks Athletic Field, Kensington	Track
SAM DAHER'S SCHOOL OF FARTLEK ("Pain in the Domain") Harvey Blue 32-2476	Tues. 12.45 pm	Entrance to Domain opposite Mitchell Library	Botanic Gardens and Domain
TALAYS Fred Howe B: 399-3893	Wed. 6.15 pm	Talays Runners Shop 38 Frenchmans Rd Randwick	Randwick-Clovelly then either: 1) Left to Bronte, Tamarama, Bondi or 2) Right to Coogee and Maroubra
CORPORATE CUP Bill Carlson B: 218-9515 John Holmes B: 218-9555	Every second Wed. between 12.05 pm & 1.15 pm	Domain, South of Art Gallery	Domain, along water front in Botanic Gardens to steps opposite Opera House and return
L/COVE RIVER RUNNERS John Evennett H: 982-7493	Tues. 5.30 pm and Fri. 5.30 pm	Lane Cove River Park. Fullers Bridge Entrance	South of River. Fullers Bridge to Ryde Rd & return
VETERANS TIME TRIALS Bill Flanagan H: 661-4451	Thurs. 5.45 pm	Hensley Park, Pagewood	Track followed by additional track or road. Matra- ville & Botany.
NORTHS RUGBY RUNNERS Bryce Courtenay B: 922-6877	Mon to Thur: group run. Friday: race. 12.15 pm 10k.	Northern Suburbs Rugby Club, Alfred St. North, North Sydney	To Mosman Bay or across Harbour Bridge to Millers Point.
WOODSTOCK RUNNERS Kerry Bray H: 744-9835 B: 569-9428	Tues: all groups 6 pm. Thur: 6 pm. Sat: 8 am.	Tues: Woodstock Centre, Church St, Burwood. Thur: Camp- bell Fld, Princess St, Canterbury. Sat: Brett Pk, Drummoyne	Tues: Road runs. Thurs: Intervals & races on grass oval track. Sat: Iron Cove Bay Run.
TURRAMURRA TROTTERS Alan Cole H: 46-3731. Bruce Murray: H: 489-6413.	Sat. 6.50 am	Turramurra Station Car Park (off Eastern Road)	Course starts at 6.5k & builds up progressively to 15.1k. Turramurra, Wahroonga, Waitara, and Hornsby.
WESTERN DISTRICTS JOGGERS & HARRIERS Keith Gillies: H: 77-8674.	Sat. 7.30 am (1st Saturday each month start 7.00am)	Lake Gillawarna, Henry Lawson Drive (opp. Ashcroft St), Georges Hall	Through Gillawarna Park
P.B.'s JOGALONG (BEGINNERS' GROUP) Patti Burke H: 449-3946	Sat. 7.00 am	Lane Cove River Pk Fullers Bridge Gate	South of River inside park

TRAINING

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