



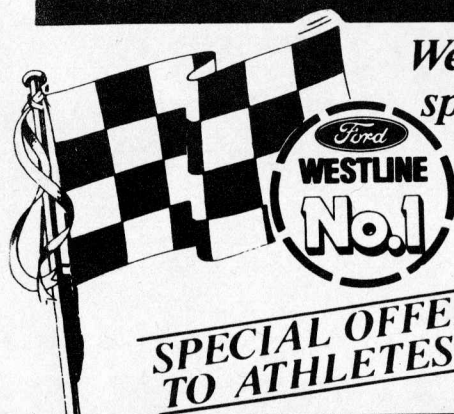
Sydney Striders Half Marathon

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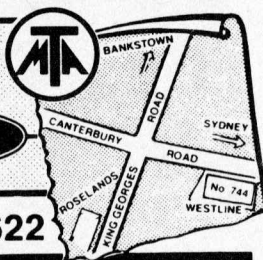
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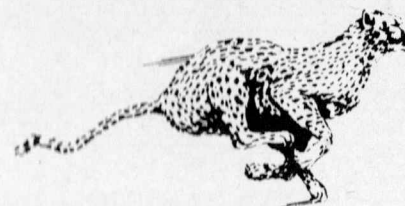


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Sydney Striders

Marathon and Road Runners Club

THE BLISTER

Club Magazine of

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

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REPORTERS: Steve Cornelius, Bill Flanagan,
Bruce Murray, Terry McIver, Mathew Kaley

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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.

PRESIDENT'S REPORT

- Nobby Young.

I delayed writing this report until after the Prizegiving Night, to give me something to write about. I sometimes think that the hardest part of being President is coming up with something to say when each Blister is being prepared.

Prizegiving this year I'm sure was enjoyed by all who could attend. Wendy Downes is to be congratulated for virtually single handedly organizing the function for us. Every time I make a speech I miss out something important and this function was no exception. Wendy was the "something" this time, as I forgot to thank her for her contribution to a very successful evening. I put it down to nerves, but it could be something more serious. Unfortunately Wendy has decided not to stand for a position on the next committee, so I will take this opportunity to thank her for all she has done for the Club and for helping make me look like I know what I'm doing in my role as President. I should thank Steve Cornelius for the many times I have sought his advice also, but he has given me a bit of trouble on the road lately so I'm not going to mention him.

And so back to the prizegiving. The table full of trophies looked very impressive, but time, effort and dedication that they represent is outstanding. Nobody picks up one of the trophies without really deserving it, and many more deserve one without making it, the difference between first and second can be so little. How many times must a runner go training when they don't feel like it (and can think of at least three reasons why they shouldn't have to go), and how many times do they get out of bed at five instead of staying there until seven? The times when its too hot, too cold, too windy or too any damn thing at all, to get out there and train, but they go anyway. Friends of runners usually think they are a bit odd at best, dogs think they are intruders and Rex Mossop believes they are sexual exhibitionists. (something to do with not holding there bums still while running) The training goes on, to get the marathon distance a faster marathon, a P.B. of some sort or any number of self-set targets. I get a kick out of winning a trophy and I hope all other competitors do also, as it represents setting a goal for oneself and achieving it. It also justifies all that bloody training.

This years final five for the Outstanding Achievement Award were really exceptional. Graham Firkin in 5th spot astounds me with being able to work as a blacksmith all day and still do up to 200km a week in training, and at fifty years of age. Thats pretty old, you know.

Dan Gray (4th) ran in just about everything that was on, P.B.s at most distances and just missed the magic 200km in 24 hours by a lousy four laps of Hensley Field. His goodwill towards his fellow competitors is very obvious, and his 37:03 10km gave me the biggest shock I had last year. Roll on the end of May, Danny, and let me loose at Hensley.

Phil. Garvin remains in a class of his own in the times he so consistently runs, and finished in third position in the voting. (That in itself speaks volumes for the other two). Phil.

the previous year ran so many top quality races that he made it impossible for himself to better his own record. No doubt we will see many more fine performances from the little blighter in the future.

Tina Campbell, the runner up for the Outstanding Achievement Award, must have decided early in the season to win everything she was eligible for, and then set about doing it with amazing success. As I stated at the prizegiving, if Tina was a mare, you would have to breed from her. So many victories in one season is quite a record.

And that brings us to the Outstanding Achiever, Mr. Versatility himself, Mathew Kaley. Steve Cornelius set up a bowling day a couple of years ago in an attempt to find something Mathew couldn't do well, but as I recall he was best at that as well. I wonder if he can Knit? His running record is well known, including the fasted marathon for his age in Australia last year, and I'm sure everyone appreciates the amount of effort he puts into the operating of the Sydney Striders Club. Mathew will be in the same position as Phil. and Tina and find it difficult to improve on his efforts to date. They will all give it there best shot and I wish them well in there endeavors.

NEW MEMBERS

by Terry McIver.

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

VIRGINIA CLARK
GRAEME HUGHES
CHARLIE LYNN
VAL MORRISON
BRET NICHOLS
MICHAEL OAKLEY
MALCOLM SATCHELL

At 31 December 1987, the club had 225 financial members. At 15 February 1988, 154 of them had renewed their membership for 1988, and 5 new members had joined since New Year, for a total of 159.

Jeff Gissing; New member profile.

Jeff is another who has joined the club after running in the Striders Half Marathon through the Lane Cove National Park. He was looking for other people to train with on long runs, and this is what the Striders are all about.

He has been running seriously only since 1984, and is a fine prospect as a distance runner. Already Jeff has achieved a time of 2:48 in the ANZAC Day Marathon 1987. His current aim is to get his time below 2:45.

Jeff is interested in several other sports and is very keen to succeed in his job as a purchasing officer, having completed courses relevant to his work. Still single, he is a home person who values and enjoys his family life.

SNIDE SNIPPETS

by Steve Cornelius

It happens every year! Members filling in their membership renewal forms do so in a big rush, and get it all wrong. Last year Robyn Murphy told us she had run a 63-minute half-marathon, and never lived it down. Now, just to show she's in the same league, KAREN TUCK reports a half-marathon in 64 minutes!! Nice to have you two world-record challengers in the club!

But how about this one? New member CHARLIE LYNN, Race Director of Westfield's Sydney-Melbourne Ultramarathon, reports (on his membership application form) that his City-to-Surf P.B. is - wait for it - 52 HOURS!! That would have brought him galloping down the finishing straight about 2 o'clock on TUESDAY AFTERNOON! His expression must have been similar to that of Kar Wong at the finish of his first-ever marathon, a 6-hours-plus affair at Gillawarna, when he realised there were not only no snags left on the barbie, but no people either! Plainly, Charlie's been concentrating too hard on the ultras recently. (We wouldn't normally give a new member a baptism of fire like that, but we happen to know Charlie can hand out a bit of stick when he's on form, so we're sure he'll take it as it's intended).

And while we're on the subject of Kar Wong, the Great Guru has won back his 'Absent-Minded Professor of the Year' Award - PERMANENTLY! The Editor reports that in a recent letter received from His Vagueness, the signature appeared on top of a large glob of Liquid Paper. Could it be possible that, like Socrates, he fell victim to a cataleptic trance and temporarily surpassed his previous performances, in which he forgot (a) where he lived, (b) what his job was, and (c) to put any trousers on before going out? Could he have forgotten WHO HE WAS? Could he possibly have thought he WAS Socrates, and signed as such? And did he solve the riddle of the universe which caused him to overlook such a basic detail? We are condemned forever to wonder.

NOT-SO-SNIDE SNIPPET

(IN FACT, NOT EVEN A TEENSY BIT SNIDE)

In any case, His Forgetfulness seems to have been perfectly wide awake for 7 hours, 40 minutes and 45 seconds last May, because that's how long it took Kar Wong to run the 88 kilometre Comrades' Ultramarathon from Durban to Pietermaritzburg (the 'up' direction). We congratulate him firstly on remembering where the start-line is, and secondly on a very classy ultra performance. We look forward to Kar's appearance at a Striders' 24-Hour Track Race in the not too distant future.

Congratulations to Tina Campbell for an extremely successful year in 1987. In addition to her other achievements last year, here's one most members don't know about. Tina won a silver medal in the World Veterans' Games last December for being one of the first 5 female Kiwis to finish in the marathon, and therefore qualifying as a member of the New Zealand team! Her time of 3.00.32 placed her 3rd New Zealander, and she now poses a serious threat to Jenny Walker's long-standing club record of 2.57.39 (Australian Marathon, June 1983). This year, maybe?

Many thanks to the following people who gave up their spare time on 15 November last, to help with the organisation of the Centennial Park Handicap Half-Marathon: Tricia Whealy, Carol Woodward, Bill Thompson, Robyn Murphy, Sally Crawford, Sally Cornelius, Keith Wearne, Alistair Mackie and Derrick Titmus. It's always very much appreciated.



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SNIPPETS FROM THE DATABASE

The following statistics relate to the 225 people who were financial members at 31/12/87:

96 ran at least one marathon in 1987.
106 ran at least one marathon in 1986.
108 ran at least one marathon in 1985.

123 ran at least one half-marathon in 1987.
141 ran at least one half-marathon in 1986.
138 ran at least one half-marathon in 1985.

In 1987:

36 improved their marathon personal best.
50 ran a personal best for the half-marathon.
32 ran City-to-Surf personal bests.
10 ran their first-ever marathon.

(the above 4 lines may cause a few handicaps to tumble?).

26 ran sub 3-hour marathons.
48 ran marathons between 3 hours and 3.30.

26 recorded their best marathon time for 1987 at the World Veterans' Games in Melbourne in December, 23 at the Australian Marathon in June, and 17 at the Anzac Day Marathon in April. Other years'-bests were recorded at Melbourne (8), Canberra (8), Holdsworthy (5), Cities (2), the Gold Coast (1) and Bathurst (1). Overseas, there was one each at Boston, Dublin, Durban, Hamilton and London.

NATIONAL RUNNING WEEK 1988

Kevin O'Kane

At some point every year, the time comes when the dregs of my training schedule are rescued from the ruins of the festive season, and I realise it is time to get serious about running again. This is usually about November. This year, though, would be different, as I was heading for National Running Week at Thredbo.

The typical Running Week day revolves around a hard run, with as much or as little extra activity as you can take. The first real run is the Round the Village run on Sunday morning, and Ian Whitfield and I planned to arrive in time to run it. A violent Sydney storm delayed us, obviously some form of divine intervention. We did, however, make it for the "happy hour", a compulsory ritual which tends to last longer each day. A video of the run was shown that night.

Monday was a trial run for the following Sunday's "Kosciusko Classic" to the top of the mountain and back. There is plenty of variety on this run, with a wire grid part of the way to protect the environment (and to maim any runner who slips). The course then winds through broken rocks and up a very rough road to the top of the mountain, from where you run back at twice the speed and four times the risk. A great run, 13km in total, but a bit short. So there is an extra run in the afternoon, when randomly chosen teams are selected, comprising of women, children, and other misfits, who then race in a relay, with pizzas as prizes. Mathew Kaley was switched with me, to make the teams more even, and I wasn't impressed to see him start the last 2km leg 2 minutes in front, with my team about 15th. So for the second year in a row, Mathew scored a pizza.

Tuesday's run started from "Dead Horse Gap", and was a 10km series of undulations steep enough to take your breath away. After this event, no-one asked how the name came about. About 80% of those who hadn't won something received a "bum pack" in the lucky draws afterwards (another Running Week tradition). Naturally I didn't.

Wednesday was the big one, the "Epic", which was 30km of exhaustion and exhilaration following the ridges from Crakenback to the summit of Mt. Kosciusko to Charlotte's Pass, and back to the chairlift. The scenery, particularly the first 20km, is spectacular. On the narrow mountain tracks, this is another hazard to be faced. After halfway, the downhill goes on forever and the realisation dawns that there is only one way left to go. Just like Bobbin Head. The first kilometer up to Charlotte's Pass must be one of the steepest anywhere. Brian Lenton, the enthusiast who has to bear the responsibility for creating, and continuing, Running Week, summed it up well. "If you run up, you're stuffed. If you walk up, you're stuffed. What the hell." From Charlotte's Pass, you run about 5km on bursting thighs up a gravel road, then a few more kilometers on an ankle breaking path across country. My score for the "Epic" was about four hours, two skinned hands, 24 photos and a very large thirst. An early start to "happy hour" that day.

Thursday was an "easy" day, with only a biathlon (200 meter swim, 3.2km run). Sights to behold included my pathetic attempts - 4 of them - to stand up after the swim, and Cedric Sidebottom's version of the crawl, mostly along the lake bed.

Friday's run was a cross between the "Classic" and the "Epic", really just an excuse to find a longer route (16km) to the top of Mt. Kosciusko while retaining all the hills. I felt so good on this run that I realised that fitness had crept up on me. That's what the week can do if you're not careful.

There was no official run on the Saturday, so I just ambled out to Dead Horse gap and ran up the mountain from there, for something to do. Sunday's big run, the Classic, was unfortunately cancelled this year. Just as a reminder that this was alpine country, the weather turned bleak, cold and windy, with a dump of snow on the course. It was just too dangerous.

There is plenty of extracurricular activity in Running week, both organised and otherwise. Golf and tennis is there for all standards (even Ian won a match), as well as volleyball if you have the energy. There is a "fast golf" event, with Mathew going around in just 17 minutes. The problem is, the score is added to the time. A sprint handicap was organised on the Friday, the Thredbo Gift. It is mainly a gift to the bookmaker, "Honest Bernie" King, and his clerk, Mathew "shorten the odds" Kaley. It came as no surprise when the book made its usual 70% profit, particularly as "Honest Bernie" was also the handicapper.

The evenings always kicked off with the "happy hour" (or so) with results and announcements from Brian Lenton, plus 10 or 20 lucky draws each night for those there. I think I was the only non-winner in Thredbo. There was a pasta dinner, roast dinner and a barbeque (where both runners and mosquitos were well fed) as organised functions, plus any number of restaurants available. Panel nights, films and talks were also arranged. Saturday night was a talent show, which made it clear why those involved had taken up running. It was a fun night anyway.

Whatever, the week was over much too soon. I can recommend Running Week as a crash fitness course, or as a relaxing holiday if that's what you want. And if you like pizza, get on Mathew's team.

Bernie King

Despite the best endeavours of Brian Lenton, this week did not receive Bicentennial endorsement. Quite obviously God intended that Running Week should receive such an endorsement and showed his displeasure by providing a blizzard on the last day. Snow, high winds and -5°C were sufficient reasons to postpone the Kosciusko Classic.

This year, the Eighth Thredbo National Running Week had fewer Striders than in recent years. Nine discerning Greenies, financial, unfinancial and honorary graced the happy hours this year - Mat Kaley, Ced Sidebottom, Kevin O'Kane (including champagne and mince pies), Ian Whitfield, Dot Siepman, Dave Cundy, Brian Lenton, Lucette King and yours truly. Those of you who didn't make it - you weren't missed but we expect you to get your acts into gear for January '89.

The Eighth Running Week commenced on Saturday 16th with a Golf Course Run, tennis and an abandoned barbeque, fire bans - hardly a portent for the blizzard a week later.

Day Two was the traditional Spank Fun Run, two laps of a very hilly course over 9kms.

1. Rob Spilling	27:09	9. Mathew Kaley	31:44
13. Bernie King	32:58	29. Ced. Sidebottom	35:14
61. Dot Siepman	39:49	(146 finishers)	

This was a fine run from Rob Spilling who clipped 31 sec from Peter Haynes' old record. The run was also the first involvement in '88 by Spank Sportswear who continue to support Running Week in particular and running in general. Incidentally, I think the latest creations from Spank a lot more pleasing than some of the Charles Perkins inspired outfits we see Phil Garvin wearing. Back to Running Week and Day three.

Our first run to the summit - a great run and as always totally exhilarating. Record 13kms in the diary. The afternoon was relay races. Twenty odd teams each of five made up of a junior male, junior female (or facsimile), open male, open female and veteran. For the second year running Mat Kaley's team won whilst mine came second again. We finished off the day with the now traditional happy hour.

Tuesday started with the Dead Horse Gap Bum Pack Run. No I won't explain, go there next year and find out for yourself. Tennis in the afternoon whilst the addicted went for another run. Happy hour and a pasta night ended yet another day.

Day five - the Robinson Epic - 30kms of high country running taking in Kosciusko Lake Albina, Curruthers Peak, Blue Lake, Snowy River and pain. The Epic is now acknowledged as the world's finest training run. Sleep, happy hour and dinner.

Golf, canoeing and the Biathlon took care of the active part of Thursday whilst the more serious competitors went for P.B.'s at the happy hour (P.B. = plenty of beer). We ended the day with a curry night.

Ron Vines of Spank Sportswear organised a fast golf competition for Friday morning. Mat Kaley and Dave Cundy were the only Striders that took to the Golf Course. Most waited for the 16km Snowy River Run later in the day. Then came preliminaries for the Thredbo Gift (more about that later), the Womens Only Fun Run, tennis and a barbeque. The womens 5km run was organized again by

the South Australians - SARRC, and run on a self-nominated handicap. This year the runners were subjected to some very doubtful sex testing. Not all runners passed whilst others passed after some minor adjustments.

Saturday : Volleyball, happy hour, aerobics and the Thredbo Gift. The gift is the only professional sprint in Australia where the judge, handicapper and bookmaker can be the one person - me. Just as well I'm honest. No striders ran in the Gift, however Mat Kaley, Kevin O'Kane and I ran the book. Dave Cundy, Mat Kaley and I were the handicappers and joined others as judges. We wrote 156 bets, held \$252 and paid out \$173 on Nathan Moore who started at 12-1. The 10 shareholders in the book received a modest dividend.

Final day, Sunday and the blizzard. The race was scheduled for 1pm, 13kms of high country racing that last year had us running over snow drifts. This year, the weather gradually worsened as race time became closer and based on last years results runners would have been competing in freezing conditions for between 48mins and 108mins. Race Director had no alternative but to postpone until 27th February. No one complained.

Running Week '88 ended at 4am on Monday morning in the Piano Bar - no one bothered with their morning run.

Running Week January 21, '89 - January 30, '89 is a must. Put it in your diary now ... if need, get a divorce.

Letters.

Dear Striders,

Greetings from Perth. I'm now doing research at the University of Western Australia from 1-1-88 to 13-2-88 before going back to South Africa.

My best results on various distances during 1987 is as follows:

10 km	38:22	Sydney
15 km	59:14	Johannesburg
21/1 km	1:27:40	"
42.2 km	2:55:14	Durban
86:5 km	7:40:45	Up-run from Durban to Pietermariburg

The only P.B. is the 10 km race.

I also raced a 16 km road race on 10-1-88 in Perth. the result is 62:14.

Please let me know how much I need to pay to join the Striders for the year 1988.

Wishing every member of Striders lots of P.B.s in 1988.

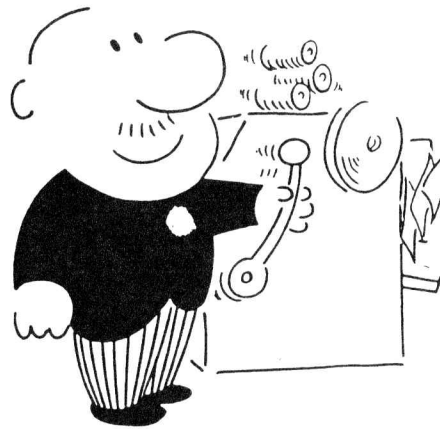
Yours sincerely,

Kar Wong.

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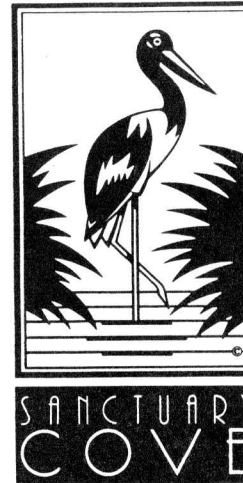


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— Mathew Kaley.



Sanctuary Cove on Queensland's Gold Coast was being promoted as a World Class Resort and vast sums of money were being put aside for its debut, the modestly named "Ultimate Event". Despite the extravagance of the event and its eventual failure to live up to expectations, some good came of it when a proportion of the aforesaid large sums were directed towards holding the highest quality road race ever staged in Australia.

The race, held on January 10, was run over an AIMS certified 15km course from Paradise Point to the new Sanctuary Cove resort. The course was flat and the roads were closed to traffic. Unfortunately the weather stopped any chance of a world record, it being 27°C and 80% humidity by the 7:00am start time. The field consisted of some of the world's best, including Ingrid Kristiansen (multiple world record holder from 5km to marathon), Mark Nenow (10km road world record holder), Arturo Barrios (U.S. road circuit champion), Gidamus Shahanga (former Commonwealth Marathon Champion), Lorraine Moller and John Traacy. A wealth of local talent was also present, led by Anrew Lloyd, Steve Monagetti and Lisa Martin.

I had heard about the race in December and quickly entered only just making the cut-off date. Entries were limited to 300 and I was, consequently, happy when I received notice that I had been accepted in the race. Picking up race numbers on the Saturday before was an ordeal. Driving into Sanctuary Cove required passing four checkpoints complete with armed guards and I later realised that this was merely to get to the carpark directly adjacent to the Cove. The real entrance was that fortress-like structure over there. Would they halt us and ask for our credentials as we entered the resort during the race the next day, I wondered?

My cynicism left behind I arrived at the start line at Paradise Point on Sunday morning. They were all there. I had seen there faces before on television, at the Olympics and on the news breaking world records. But this was different. Seeing so many of the stars of the running world was a big buzz for me.

At 7:00am precisely the womens race was started. Kristiansen immediately went to the front and, even at this early stage, Martin was the only one to go with her. At 7:05am I lined up with the 200-odd other starters in the mens race we got under way. After the fun runs and club races in Sydney I couldn't believe the standard of the field and I immediately found myself left behind by close to half of it.

By 5km a solid pack had formed up front consisting of Barrios, Shahanga, Lloyd, Traacy, Monagetti, Boltz and Carrol. The pace was hot and so was the weather. By the time I reached 5km I was despondant. I went through in the slow split of 18:12 and was feeling poorly. The next 5 kilometres was agony as we ran straight and flat directly into the sun. International rules prohibited drink stations more than once every 5km and by 8km I was dehydrated and exhausted. Good crowd support was my main inspiration in getting to the 10km station. Way up ahead I could see the helicopter covering the leaders.

Kristiansen had run away with it. Lisa Martin paid for her audacity and had to pull out at 8km. The race for second place was well and truly on, however, and Lorraine Moller, American Sylvia Mosqueda and the new Australian star Caroline Schuwalow had broken away from the pack in pursuance of it. By 12km the top men had caught Kristiansen.

It was at this point that Barrios and Shahanga broke away from the lead pack. They initially opened up a big break but once Sanctuary Cove came into view John Traecy and Andrew Lloyd started to peg them back. Once in the grounds, Barrios produced his renowned kick and finished ahead of Shahanga in the time of 44:31. Lloyd came flying down the finishing straight for third place with John Traecy a mere 3 seconds in his wake.

Ingrid Kristiansen clearly won the womens race in 50:21 from Lorraine Moller and Sylvia Mosqueda. Caroline Schuwalow hung on for fourth place. Overall the times were slow due mainly to the sultry conditions but also due to a police marshalling mistake that caused us all to run 300m too far.

Meanwhile I had found the 10km drink station in a very ordinary 37:06 but actually strengthened a bit over the next few kilometres and picked up a few places in the process. Down the long drive to Sanctuary Cove and through the Entry Gate to the finishing straight I felt some joy and I was well relieved to finish. The time card said 55:34, an atrocious run, but put into some perspective after finding out others' times were slow also. Consequently I wasn't too unhappy.

For the next hour or so I was far from unhappy as I met and talked with several of the worlds running elite. What struck me most was that they were just ordinary people and, on the whole, humble ones at that. Mark Nenow, who I talked with and later met at the beach, was just a student from Kentucky who had worked his way through the ranks in athletics and was now reaping the rewards. It put it all in perspective for me.

I am glad I made the effort to run in the Sanctuary Cove race. It was organized to international standards and despite my poor run I enjoyed being part of such a strong field. More importantly, though, I appreciated the chance of getting a glimpse of 'big-time' athletics.

RACE RESULTS : SANCTUARY COVE 15KM

1. Arturo Barrios	44:31	1. Ingrid Kristiansen	50:21
2. Gidamus Shahanga	44:43	2. Lorraine Moller	52:13
3. Andrew Lloyd	44:50	3. Sylvia Mosqueda	52:37
4. John Traecy	44:53	4. Caroline Schuwalow	53:16
5. Steve Moneghetti	45:01	5. Diane Rodger	54:13
6. Danny Boltz	45:23	6. Nancy Ditz	54:25
7. Pat Carrol	45:28	7. Cyndie Welte	55:20
8. Ian Eckersley	46:25	8. Kerry Jukes	56:02
9. Mark Nenow	47:19	9. Gretchen Lohr	56:58
10. Adam Hoyle	48:05	10. Trudy Fenton	58:41

Striders :

55. Mathew Kaley 55:34 (3rd U-20 Male)

HOW MANY MARATHONS?

Brian Tailford

I had the pleasure of meeting George McGrath recently at a mutual friend's home. The conversation invariably turned to running and I would like to share with you (with George's permission) a funny incident that occurred before the start of the 1986 Gold Coast Marathon.

It was the usual situation of pre race tension with five minutes to go before the start of the race. The runner next to George apparently was just about to start his first marathon so you can appreciate the many thoughts rushing through his mind. He needed to talk to relieve the tension so he began to talk to George.

RUNNER: This is my first marathon and I'm very nervous about the race. George reassured him that he would be alright etc. and hoped the conversation would end there.

RUNNER: — Is this your first marathon?

GEORGE: No.

At this point there was a slight pause in the conversation and George was quietly cringing at the thought of the next question he knew was about to come — and it did.

RUNNER: How many marathons have you run?

GEORGE: 79.

The other runner looked at George in stunned disbelief. Here he was trying to cope with the enormous task of running 26 miles for the first time in his life and this guy next to him was lining up for the 80th time!

George told me the look the other runner had on his face meant either he didn't believe him or was he thinking that after 79 marathons he would look as bad as George!

The whole situation was resolved just at that moment by the official starter announcing his pleasure that George had chosen the 1986 Gold Coast Marathon to celebrate his 80th marathon.

The following statistics on George's running to date will I'm sure amaze you as they have me.

1. Marathons to date: 85 (6½ average per year).
2. First Marathon: 2.43.13 in 1974 (George was 54 years old!)
3. Fastest Marathon: 2.34.45 in 1976 (56 years of age!)
4. City to Surf: 50.58 (When the race started way back at Town Hall!)

George's training for his first marathon back in 1974 was incredible when you consider the time he ran. Firstly, there was no previous track background, his overall fitness was a result of being involved in surf lifesaving. He had run 3 City to Surfs and his average weekly mileage was 40-60 miles but all short runs.

He didn't want to make a fool of himself in his first marathon so he decided one day to run for 3 hours to see how he felt. Living at Epping, he ran to Lane Cove and back 4 times (with all those hills) plus another 3 mile loop (27 miles in total!) felt alright, and so began one of this country's finest running careers).

George's health appears to be back to normal and he is currently building his training up to once again resume his love of running.

Noel Barton

There is a Striders celebrity who claims "the Canberra Nocturnal Marathon is ideal for running p.b.'s". Consider the benefits he says: "It's flat, it's cool, it's always run when the full moon provides plenty of light, the path is smooth, you can organise feeding stations almost whenever you want, and you can pace yourself accurately."

Guided by this luminary, I decided to make the Canberra Nocturnal Marathon my last big goal for 1987. I was ready for a supreme effort -- there had been an enforced layoff from competitive running for about 6 months, but I had not diminished my steady regimen of about 90 km per week in training; and in the week or two before the run I had some very pleasing training runs including a 1 minute training best over a hilly 15 km circuit. My taper was complete, and I was set to run a 3 minute p.b.

The nocturnal marathon was held one week after the Veterans' marathon in Melbourne, and, at the start, the organisers introduced local stars who had performed miracles in Melbourne. The organisers also mentioned one or two other interesting facts: a wheelchair athlete was going to participate, and the moon would be up in half an hour or so. Also, the course had been slightly stretched so that 26 laps of the course would give a complete marathon. Each lap was therefore about 1 mile and 14.807692 yards. Aha thinks I!: I'll have to adjust my meticulous pacing charts somewhat. Another fact was of interest: about 150 metres after the start, the track included a concrete post to prevent motor cars from using the cycle path. Interestingly, the post was of the right height to cause unimaginable groin injuries to athletes of both sexes.

I think the start was a pretty low key affair, to be honest I don't remember. There were, however several highlights of the first round trip of just over 2 miles. I ran conservatively at the start and surprised myself by setting an inaugural p.b. of 5 mins 58 secs for the rather odd distance of 1 mile and 14.807692 yards. Much too fast! On the way back, the runners were all over the course like Brown's cows -- to the left of this group, the right of the next, smash through the middle of the next. The Striders celebrity didn't mention this added feature. And then, in the pitch dark near the starting point, I encountered the most interesting feature of all WHEELIE!!! Shit that was close! Visions of myself running at full speed and colliding with the wheelchair going at full speed the other way - in the dark. The Striders celebrity didn't mention that possibility. The other minor problem (the genital and kneecap threatening post) was solved by a torch held by my trusty support crew.

So you probably can imagine how the race unfolded. Run like blazes, dodge the other runners, make frantic movements every now and then to avoid the wheelie, and hope to hell that the post doesn't move. And above all, keep up the pressure, you're committed to that 3 minute p.b.

Naturally, fluid replenishment is important in a marathon. I always had thought that the ideal fluid replenishment device would be a small, narrow-necked, flexible bottle that I could carry and drink from at my leisure. The only domestic container available was a refillable tomato sauce bottle which had served the family well for many years, and was duly cleaned and pressed into service. There was the minor problem that the residual tomato sauce taste nauseated me to an alarming extent, but marathon runners don't worry about minor problems like that!

Oh yes. Where was the bloody moon? A full moon after half an hour they

said, and it was still as black as the ace of spades 2 hours into the run. WHOOSH! There goes the wheelie again. Another near miss. And the path, it's suddenly got a few rocks on it not very nice to land on at full stretch.

There's another interesting thing. The number of runners diminished very quickly. At first, there were about 100 dedicated competitors, after 2 hours there were perhaps 20 left.

At the half marathon point, I found that I had run my second fastest half marathon ever, but the signs were ominous: my right knee was sore, really sore, and I was getting slower on every lap. After 7 round trips (of the 13 required), my resolve was firm; after 9 round trips, I knew I was in trouble; and I stopped for good after 10 round trips. It wasn't a bad time for 20 miles plus a bit, but I couldn't have achieved a p.b., and indeed I was certain to have collapsed into a terrible mess.

What to say to the Striders celebrity? Yes you could run a p.b. at the nocturnal marathon, but you need to have a will of iron and a soft p.b. (For example, Mathew Kaley ran a 2 minute p.b. one year ago in this race, but he then smashed that time by about 12 minutes in his next run about 4 months later.) For me, my p.b. wasn't going to be easily bettered, and my resolve is equivalent to that of a moist blancmange.

The Moral: if you are going to run in the Canberra marathon, then relax and enjoy yourself; run for the distance and to complete the marathon; hope that next year will see the run held under a full moon and without the wheelchair competitor; and suggest that the Striders celebrity is one or two bricks short of a full load.

In conclusion, I should say that the wheelchair athlete was skilful, fit and as considerate as possible towards the runners. He was no more dangerous than any wheelchair athlete could be under the circumstances. Many thanks on behalf of all the runners to my trusty support crew who illuminated the treacherous post. And who is the Striders celebrity? A hint will help: he happens to be short, garrulous and the Club president.



Ultra Report - by Steve Cornelius

DIDN'T MEAN TO FORGET YOU!

First, an apology to Brian Tailford, whose name I thoughtlessly left off the all-time Sydney-Wollongong honours list in the last edition. Brian ran the 1986 (southbound) event, finishing 21st (4th Strider) in 8.51.38. Sorry, Brian. Having set the record straight, Brian now tells me he may be considering a shot at our 24-Hour Track Race in May.

STRIDERS IN OUR OWN 24-HOUR RACE

In addition to Brian, we're hoping to attract 3 or 4 other Striders to "run around the clock" in May. Club President Nobby Young is a definite starter, with the aim to become the first member to crack 200 km in a day. Dan Gray, who came so close to that target when he placed 3rd last year (198.571 km), is having a rest this year, although I can assure him that supervising the lap-scoring for 24 hours, which he intends to do, will prove quite strenuous - ask Mathew Kaley, who attended to that task last year and retired on the Sunday afternoon, extremely fatigued!

Graham Firkin will also compete, assuming no long-lasting ill-effects from his monster run from Sydney to Melbourne.

Entry forms are now available - phone me on 427-3604.

P.B.'s TOPPLE IN 420-K WEEK

Striders rallied round in large numbers during Graham Firkin's "seven times 60 K" week during the Xmas holidays, so much so that there was rarely a time when Firko was running alone. Steve Nordish, for example, was one who ran a considerable distance with Graham - never having run more than a marathon in his life, Steve ran 45k one day, and followed it up with the full 60k the day after!

Many thanks to all those who turned up throughout the week to support Graham's training effort. For me, it was worth it to see him finish his 420 km stint in Centennial Park looking like he had just calmly jogged round the block.

"FIRKO-FONE" HOTLINE

This edition of the Blister should carry a flier describing how you can follow Graham Firkin's progress in the Sydney-to-Melbourne, starting on Thursday 17 March. It lists all the deadlines he must meet if he is to be an official finisher. Don't hesitate to phone 427-3604, where a recorded message about his progress will be updated at least every 24 hours.

FORTUNE FOUND IN "FIRKO FUND" - FABULOUS!

by Steve Cornelius

The "Firko Fund", set up late last year to assist Sydney-to-Melbourne aspirant Graham Firkin, has been successful beyond our wildest dreams. Estimates of the cost of running in this, one of the world's toughest ultramarathons, ranged from \$6,000 up to \$10,000. The true figure lies somewhere in the middle of this range, but in any case, Graham and Barbara were faced with a formidable task, and it seemed for a while that the only way they were going to make it was to sell Barbara's car (and, yes, she WAS serious about doing that!).

The Editor has recently received this letter of thanks:

"Dear Sydney Striders,

Graham and I would like to say thank you to all who donated prizes to be raffled; to Steve for organising the dinner with Sandra and Alistair, and for the marvellous response it received.

To those who sent cheques and cash, and a special thanks to Carol and Brian Tailford, their donation was rather large. To Alex for organising our vans, which was our biggest outlay, and Bryce for the tracksuits.

To Danny for organising the 7 days of 60 k's, and to all who ran with Graham over that period.

If we have missed anything or anyone our sincerest apologies, but without all this wonderful help this trip would not be possible.

With much appreciation,
Barbara and Graham Firkin."

The bottom line is that Sydney Striders have raised over \$5,400 (let's write that in big letters: FIVE THOUSAND FOUR HUNDRED!!!!) in a few short weeks, which is quite frankly about three times what I thought our absolute upper limit might be. With other funds raised by Graham and Barbara's families, and a few minor sponsorships, the fund will now be adequate to pay for the trip, including the hire of vans, motels, food, petrol, crew, and a thousand other requirements. And what's more, Barbara's car is no longer in danger of being sold.

Striders can be proud of the way they have rallied round this fund-raising effort - some of the individual contributions have been quite stunning, but there's also been a broad-based response by club members who are obviously enjoying supporting Graham's training effort. I began to realise, when a single raffle raised \$327 in ten minutes at the fund-raising dinner before Xmas, just how the enthusiasm was growing, and the club spirit which has shown itself over the weeks is a joy to behold.

As you read this, Graham will be in the last few days of preparation for the longest race ever undertaken by a Strider. Let me add my thanks to those expressed by Graham and Barbara - Sydney Striders have surprised and delighted us with their support, and we can all be very proud to have contributed to this stupendous effort.

Palm Beach to Manly - Sat. 2 Jan. 1988
Warwick Selby

Palm Beach to Manly! - before I joined Striders it seemed like a daunting prospect, and I couldn't really understand how [or why] anyone could run that far, up and down all those hills. Now, seven months a Strider and much wiser (!), standing in front of the Palm Beach Surf Club in the dark at 5 am, on the same day I was going on two weeks holiday, I still wasn't sure why [or how] I was going to do this.

Fortunately, I now had some experience behind me, gained from many hilly STaRs, in particular the Dee Why Dash and the mountain at the end ["wait till you run it the other way on the Palm Beach run - it will kill you", they said]. My second decision was to save myself for it. My first was to treat this as a training run before going on holidays.

5 am - the 250 plus runners [39 Striders] sped off towards Manly. already my first plan had gone wrong, when you run with Paul Russell no run is a training run! I chased him up and down Whale Beach, 19:30 for the first 5 k. Between gasps I could see the sunrise over the beaches, this made getting up at 3 am worthwhile.

On we went through the Northern Beaches, but I couldn't understand why we had to go down to Bilgola Beach and up again - a bit excessive! I thought the Harbord Diggers had been taking hill lessons from us.

Closer we got to Dee Why - through Mona Vale, Long Reef and Colleroy, Dee Why Shopping Centre. Terry McIver had said this was pretty boring - he was right. But still there was the hill, only just past the beach where we were now. This was what I was ready for, slowly up, not far, this was the last obstacle. At last - the top - but this wasn't right - I still couldn't see the finish, and there was still 7 k to go. My legs were rubbery and my second plan had gone wrong. Still, I was on familiar ground - through Harbord, Queenscliff, and finally the Manly Promenade. The end was in sight, but seemed so far off, shades of the St. Kilda Road at the Budget. Each step closer, and over the line - 2:04:51. This wasn't what I had in mind - I couldn't walk but at least I had two weeks in the sun - fishing, swimming, walking - to recover. Why did we do it? I still don't know, but I'll try and find out again next year.



Triathlon Report

- by Louise Fitzsimmons.

NEPEAN TRIATHLON - SUNDAY, 6TH DECEMBER, 1987

The 5th Nepean Triathlon attracted a field of over 1000 individuals and over 300 team entrants, many of them first timers. The swim was well short of the advertised 800m with the first swimmer, Rick Pallister, out in 6:50mins. Next years event is promising a full 1000m swim. The water temperature was well up this year unlike last year when freezing conditions forced organisers to shorten the swim at the last minute.

The usual drafting existed on the cycle leg despite the number of draft busters over the course. This was a real worry for organisers as almost half the elite field had been spotted. Some had their numbers recorded more than six times! Considering the strong headwind on the return trip of the undulating, slightly short 40km course, drafting would have been a real advantage.

The 14km run, far from easy with a couple of very testing hills, took its toll on all of us. The competition was hot up front with Nigel Barber holding his lead to win in 1:50:40 from Spot Anderson in 1:52:50 and Greg Welch in 1:53:50. First female Sue Turner in 2:04:40 was a clear winner from Sally Musgrave, 2:15:00, and Wendy Sharp in 2:17:50.

Mathew Kaley put in a good strong race, finishing well up in a superb 2:14:10. Geoff Cox finished just behind Mathew in 2:15:30. The other Strider was myself in 2:23:20.

	SWIM	CYCLE	RUN	TIME
1. Nigel Barber	7:30 (6)	52:00 (3)	51:10 (11)	1:50:40
1F. Sue Turner	7:40 (11)	1:02:20 (110)	54:40 (35)	2:04:40
125. Mathew Kaley	13:10 (657)	1:06:20 (333)	54:40 (35)	2:14:10
146. Geoff Cox	11:10 (360)	1:09:10 (493)	55:10 (44)	2:15:30
290. Louise Fitzsimmons	12:20 (518)	1:05:50 (289)	1:05:10 (294)	2:23:20
(952 finishers)				

DEAKIN HEALTH SPA TRIATHLON - SUNDAY, 17TH JANUARY, 1988

The Deakin Health Spa Triathlon attracted the usual number of triathletes to Canberra. This was a weekend better spent in Canberra as Sydney had torrential rain. Canberra was dry, mild and overcast, perfect for triathlons.

The 1.2km swim, 32km bike and 8km run was flat and fast. Apart from myself, two other striders took part in this one, Alex Hamill who did extremely well to finish and in a creditable time considering he had not fully recovered from a virus and was forced to stop several times and be sick, once even half-way in the swim!

Nick Reed made a big comeback, finishing to the cheers of the crowd, having had a good race despite the setback of a flat tyre and the search for spectators to help him change it.

No official results have come in for this one but first male was Nigel Barber and first female was Tiffany Hutchinson.

SYDNEY STRIDERS 1987: PRIZEWINNERS AND BEST PERFORMANCES

Names of prize recipients are in CAPITALS. Please note: this list was compiled on 16/02/88 with information available at the time (as supplied by members on their renewal forms), in order to make the publication deadline. Please inform the database operator (Steve Cornelius 427-3604) of any errors or omissions.

MARIA GEMENIS-CRUICKSHANK OUTSTANDING ACHIEVEMENT AWARD

This award is Sydney Striders' premier annual trophy, awarded to the member who, in the opinion of the members at large, has made the most outstanding achievement in running during the previous year. The trophy is a memorial to Striders member Maria Gemenis-Cruickshank.

1	MATHEW KALEY	143 votes	(Fastest under-20 marathoner in Australia 1987, 13-minute improvement in PB).
2	TINA CAMPBELL	95 votes	(Special prize: fastest female marathon and half-marathon in both open and veteran categories, winner of 10k time-trial series).
3	Dan Gray	90 votes	(198.571 km in 24-Hour Track Race)
4	Phil Garvin	81 votes	(4 fastest marathon times of 1987, under 2.32)
5	Graham Firkin	63 votes	(First member to complete 100-mile Ultra and Ironman-distance Triathlon in same year).

Also nominated:

John Ayliffe (3.07 debut marathon).
 Rod Garrick (Most improved marathoner of 1987 - 27 minutes improvement).
 Alistair Mackie (Best ever Ironman Triathlon by a Strider).
 Don Price (Fastest veteran marathon, 9-minute improvement on sub-2.50).
 Nick Reed (4 Gold medals in NSW Handicap Athletics championships).
 Warwick Selby (2.51 debut marathon).
 Alex Whitworth (14-minute improvement on sub-3 marathon time).

OTHER MAJOR AWARDS

Fastest Male Marathoner	PHIL GARVIN	2.26.54	Canberra
2nd	ANTHONY SCOTT	2.39.56	Melbourne
3rd	Don Price	2.40.32	Melbourne
Fastest Female Marathoner	TINA CAMPBELL	3.00.32	World Veterans
2nd	JOANNE TIBBITTS	3.04.00	Anzac Day
3rd	Wendy Downes	3.11.56	Anzac Day
Best Male Debut Marathon	WARWICK SELBY	2.51.59	Melbourne
2nd	John Ayliffe	3.07.18	Anzac Day
3rd	James Shimwell	3.14.25	World Veterans
Best Female Debut Marathon	CHRIS MATHEWS	4.23.30	Anzac Day
2nd	Amanda Bromfield	4.30.20	Anzac Day
Most Improved Sub-3 Marathon	ALEX WHITWORTH	2.55.54 to 2.41.49	= 8.01%
2nd	DAVID SILL	3.07.16 to 2.52.54	= 7.67%
3rd	Mathew Kaley	2.57.24 to 2.43.51	= 7.64%

Most Improved Sub-4 Marathon	ROD GARRICK	4.09.00 to 3.41.37	= 10.99%
2nd	MAVIS GARRICK	4.15.21 to 3.49.10	= 10.25%
3rd	IAN SINGER	3.45.00 to 3.22.24	= 10.04%

AGE CATEGORY AND HALF-MARATHON AWARDS

Fastest Male Marathoner (Vet)	DON PRICE	2.40.32	Melbourne
2nd	Alex Whitworth	2.41.49	World Veterans
3rd	Terry McIver	2.42.24	World Veterans
Fastest Female Marathoner (Vet)	TINA CAMPBELL	3.00.32	World Veterans
2nd	WENDY DOWNES	3.11.56	Anzac Day
3rd	Merri Mack	3.33.37	Australian
Fastest Male Marathon (Master)	JOHN TURNER	3.10.31	World Veterans
2nd	Peter Keeble	3.22.21	World Veterans
3rd	Bryce Courtenay	3.23.10	Australian
Fastest Male Marathoner (U-20)	MATHEW KALEY	2.43.51	Melbourne
Fastest Male Half-Marathoner	PHIL GARVIN	1.09.22	City of Sydney
2nd	David Winch	1.13.29	Marathon Clinic
3rd	Bill Flanagan	1.13.43	Lane Cove Park
Fastest Female Half-Marathoner	TINA CAMPBELL	1.26.22	City of Sydney
2nd	Joanne Tibbitts	1.31.40	Dolls Point
3rd	Dorothy Siepmann	1.34.47	Marathon Clinic
Fastest Male Half-M'thon (Vet)	RAY DORAN	1.15.20	City of Sydney
2nd	Alex Whitworth	1.16.14	Centennial Park
3rd	Don Price	1.16.21	Centennial Park
Fastest Female Half-M'thon (Vet)	TINA CAMPBELL	1.26.22	City of Sydney
2nd	Dorothy Siepmann	1.34.47	Marathon Clinic
3rd	Merri Mack	1.35.30	Sutherland
Fastest Male Half-M'thon (Master)	DEREK WHITE	1.28.31	Sutherland
2nd	John Turner	1.28.33	Centennial Park
3rd	John Plummer	1.31.35	Sutherland
Fastest Male Half-M'thon (Senior)	BARRY JONES	1.43.58	Lane Cove Park
2nd	Adrian Kol	1.55.18	Holdsworth
Fastest Male Half-M'thon (U-20)	MATHEW KALEY	1.17.13	Bathurst

10 KM TIME TRIAL SERIES: Outright winner (male): MATHEW KALEY
 Outright winner (female): TINA CAMPBELL Handicap winner: NOBBY YOUNG

PRESIDENT'S TROPHY FOR ULTRAMARATHONERS: DAN GRAY (198.571k in 24 Hours).
 TRIATHLETE OF THE YEAR: LOUISE FITZSIMMONS

COMMEMORATIVE AWARDS FOR 1986 MAJOR PRIZEWINNERS

1986 Outstanding Achievement	PHIL GARVIN, Club record marathon, 2.21.56.
1986 Fastest Male Marathoner	PHIL GARVIN, As above.
1986 Fastest Female Marathoner	JAN MORTON-EVANS, 3.06.34
1986 Best Male Debut Marathon	GAVIN MORISSET, 3.14.43
1986 Best Female Debut Marathon	JAN MORTON-EVANS, 3.15.22
1986 Most Improved Sub-3 M'thon	DAVID WINCH, 2.55.18 to 2.37.36 = 10.1%.
1986 Most Improved Sub-4 M'thon	ROSS WALL, 3.41.09 to 3.19.44 = 9.7%.

1987 World Veterans Games Marathon

Bruce Murray.

To compete in the green and gold colours of Australia is a tremendous experience. Most Striders probably thought they would never have the opportunity to compete in the Australian colours, and when such an opportunity did arise in 1987 with the World Veterans Games being set down for Melbourne in December, there was an upsurge of interest by Veteran Striders.

It did not matter that many of them had had a long racing season, and in general those who had set their sights on the marathon maintained a high level of training during the Spring months. Not everyone was looking for PBs, the aim of some Striders going to merely compete and enjoy the experience of participating as an Australian competitor in an International Event.

More than 30 Striders made the trip to Melbourne for the World Veterans Games, and while some Striders competed in other events, the Marathon was the main attraction with family and other supports, there was quite a contingent in Melbourne from the Striders. It was great to have so many friendly faces around, particularly just before the start of the Marathon and after the finish.

There was a real buzz of excitement as runners assembled for the marathon and it was amazing just how many people were about the Olympic Stadium area at 5.30 a.m., when runners were preparing for the event. It really was a thrill to be wearing the green and gold colours and in fact there was a preponderance of Australian colours among the competitors.

The course of the out and back type, was not difficult, passing through streets of Melbourne before moving out around Port Phillip Bay for some distance and returning to finish with a lap of the No 1 Olympic Stadium. Weather conditions were generally good, with the morning being cool, although there were strong headwinds to contend with on some parts of the course.

Obviously the conditions were to the liking of a number of Striders, judging by the excellent performances. The first three Striders to finish, Alex Whitworth (2.41.49) Terry McIver (2.42.24) and Bernie King (2.41.23) all improved significantly on their best times as also did the first female Strider to finish, Tina Campbell (3.00.32). Terry McIver, who cut over 9 minutes off his previous PB continues to debunk the theory that to run good times in marathons it is necessary to at least get near 100 Kms a week in training. The secret of his successes must lie in the trackwork he does with Bernie King also appearing to benefit considerably from trackwork, there is probably a message here for those finding it difficult to reduce their times.

There were other Striders who were able to greatly improve their times, for instance Scott Crawford (3.01.20) Wayne McCarthy (3.34.54) and Rod Garrick (3.48.57). Some Striders, myself included, had to be content with average performances because of

injuries, lack of training etc. but we all had the wonderful experience of finishing the marathon around the No 1 Olympic Stadium.

A further highlight of the visit to Melbourne was a post race luncheon for the Striders contingent (instigated, I think, by Alan Phillips who unfortunately had to withdraw from the marathon and did not make the trip). This was held at a delightful Italian restaurant at Albert Park and was thoroughly enjoyed by all, especially as it afforded the opportunity to talk about the marathon and the World Veterans Games generally. Discussion also focused on the next Games to be held in Eugene, Oregon, USA in 1989 and the extent of interest shown in competing in those demonstrates just how much the Melbourne Games were enjoyed.

In concluding, I would like to thank Mavis Garrick, Striders and Secretary of the NSW Veterans Association, for what she did to facilitate the entry of so many Striders into the Melbourne Games.



About 35 Striders set out for Melbourne and the world veterans games.

All are to try the marathon - half are staying at the Menzies at Rialto hotel. Plenty of good humoured pasta meals are shared. Shared laughter, doubts and hopes. Is Carlos Lopes, seen in the foyer an inspiration or a deterrent? Maybe he's an inspiration - he's injured and not running. Funny things veterans games - Steve Cornelius has just fluked entry by one day. Typical Cornelius organisation - it must make him the youngest runner, but the old bloke we met at the pre-marathon dinner had won a bronze medal for pole vault in the 85 - 90 year old category clearing 1.3 metres. He had trouble finding the loo though. It's an early start on Sunday - 5.00 A.M. Groups of subdued tracksuits are gathered in the pre-dawn gloom. What's the weather? Rain? No.

Battalions of taxi's arrived to ferry us to Olympic park - a huge barn the smell of liniment, stretching, warming up nervous adjustment to various items of apparel, and then the slow push to the start. The weather is cool and no rain. The course is flat - maybe this time the elusive 3Hr will be caught - everything is set - Bang - off slowly - a large field - keep your head - run through them - don't trip - feeling great - up to set pace - great run - pick up four companions and we're off in stride - feeling great. Blister through the first half - a bit ahead of time. Welcome faces of family and friends en route, the shouted encouragement, support. The head wind after the turning point driving and slowing. Off the pace - pick it up, pick it up - the long road, I'll stop! No! Pick it up, pick it up - Three hours pass - the whole body sags but push on, push on and yes - 1 min 20 secs later the finish and a PB of thirteen mins. Jubilation through pain. Many PBs are run and Tina wins a bronze for New Zealand.

Then afterwards the spa and pool. Blissful cradles for tired aching limbs - sharing it with the striders and Eric Stahl, the outright winner, but we were winners all.

Scott Crawford assisted by Sally Crawford

The Vets: Walking Sticks, Sharings and a new respect for
the Dreaded 3 hours!

By John Ayliffe.

In the Vets Olympics the minimum height for the over 90 Pole Vault was set at 1.3 metres. Which seemed extraordinary till one of our wives, probably mine, said: "Of course! They use their walking sticks!" And this knowledge comes to us after we've run the Marathon? If I'd known about it before I'd have had Peter, our Coke-saviour at 35k's, hand one over to me. A plain pine model would have done. But Spencer would have fought me for it.

Scott Crawford I'd have gladly lent it to - a couple of hundred yards with that would have grabbed him back that minute. Tina Campbell? What's twenty seconds - give the lady '3 hours' (or better - after, in the hotel spa, with Eric Stahl, he won it in the middle two twenties, didn't he tell us the headwind coming back was worth six or seven minutes! (That much - and I'm still over by two!))

And I thought I had it made. 3-07 in my first Marathon, an 83 half, 55 CTS - I was a moral (I thought)!

There was a moral alright, there's a moral to this story, but let me tell you about it, you never know, YOU TOO COULD OVERTRAIN.

Looking back over the log: there's a running pattern of long miles, of training sessions never missed ("must write that one down"), and eight weeks before an ominous comment surfaces: 'I'm tired.' and next 'still tired.' and then, an 88 half, and 'why am I still so tired?'

Alan Phillips dropped off about 3 weeks before the Marathon, with at least two viruses (viri?), but Hugh Spencer and I plodded on - no safety valve for us, we were going to destroy ourselves naturally!

Melbourne: And after two pasta meals, and the best Greek (getting in touch with the mythology!) and there's a group of us going to run together: Scott Crawford, Hugh Spencer, John Turner, and me.

The Vets! Can you handle the euphoria! Obviously not: we ran the first five in 21-20, the ten in 41-36; there are our wives - seeing us looking good anyway - at the fifteen (61-54). At the nineteen Hugh drops off. We're through the half in 86-58. Soon it's just Scott and me.

Then the headwind. About 25 (103-48) I'm calling for water, and no drink stop. Scott's forging ahead. At 30 I'm still close to the pace (2.06.44), but I ran the next five in just under 26 minutes.

And the moment I knew the 3 hours was gone, I was gone. I stopped, walked off the track, and went through the most extraordinary and devastating mental collapse I have ever experienced.

Five or six minutes it went on for. Then: 'Stop it you spoilsport! This is the Vets! You're a Strider! GET BACK ON THE TRACK!' my inner voice screeched at me.

So I did. Hugh joined me just outside the Stadium, so did John Turner and I remember Alf Field was there too. But the thought of three middle aged men (who had failed to set 3 hours) racing each other around the track, somehow apalled me. A few seconds seperation seemed decent.

'Funny thing was I wasn't depressed, rather I gained something - a new respect for the '3 hours' and all you guys who have done it.

I'll try for Melbourne in October. With more speedwork, less long debilitating sessions, and when I'm tired I'll try to be careful, won't I?

Now Phillips has me running with him in London. Him and me - and Phil Garvin!

After April, If you see me struggling over the STARS with a walking stick just remember I'm working towards Melbourne...

Handicap Race Series Report - Mathew Kaley.

With eight races completed, Nobby Young had a two point lead over Warwick Selby in the point score with several others close behind. The remaining four races would decide the series.

RACE REPORTS

Race 9 : Lane Cove 10km, 21st November 1987, (19°C, humid)

A fast start saw Paul Russell lead Mathew Kaley through the first mile in 5:18. Paul fell off the pace at the 4km hill and though fading Mathew went on to win in 34:56, chased home by a strong Terry McIver. Paul Russell held on for 3rd place. Tina Campbell and Cameron Osbourne, who hosted the race with John Marsden, ran the course afterwards. Cameron ran the second fastest time of the day, an excellent 35:10, a time that also won him first place on handicap. Tina ran 38:56 which represents a record time for the series. Though this was the fastest women's time for the day, Edwina Macarthur was officially first home in the womens race in 49:12. Terry McIver was second on handicap and Tina Campbell third on a day that produced some remarkable performances including eighteen sub-40 minute runs from a 26 strong field.

(Full results were published in Calendar #40)

Race 10 : Centennial Park 10km, 19th December 1987, (18°C, showers, E wind)

The only bad weather of the series greeted us for this race with strong winds and lashing rain. Still, 23 hardy souls turned up and ran with some surprising results recorded. Mathew Kaley led from the gun to record a series record time of 34:06. Terry McIver seemed to have recovered well from the Vets Marathon and came home a strong second place only just outside of 35 minutes. Paul Russell continued his good running and placed third, some 16 seconds behind Terry. Tina Campbell once again broke 40 minutes in taking out the women's race. The handicap race was won by Dan Gray who recorded a big Personal Best, from Nobby Young in second place who subsequently increased his lead in the point score. Third place on handicap went to Jeff Burgess.

Race 11 : Manly 10km, 9th January 1988, (24°C, humid)

Warm and humid conditions slowed times a little on what is usually a very fast course at Manly. Paul Russell always looked like being the winner and came home in a personal best time of 35:09, almost 2½ minutes ahead of Dave Sill in second place. John Hodges seemed to be returning to form in taking out third place. Tina Campbell won the womens race in 45:53. However, all eyes were on the crucial handicap race. Graham Butler won from Paul Russell and Heiner Huning. Nobby Young came seventh leaving him with an eight point lead over Dan Gray going into the final race. Also still in contention for the series title are Tina Campbell, Heiner Huning and Jeff Burgess.

Race 11 - Results

	RACE TIME	H'CAP TIME	H'CAP DIFF.	PLACE
1. Paul Russell	35:09	36:05	-0:56	2nd
2. David Sill	37:27	35:34	+1:53	14th
3. John Hodges	37:46	37:02	+0:44	10th
4. Nobby Young	38:07	38:12	-0:05	7th
5. Dan Gray	38:09	38:07	+0:02	9th
6. Brett Nichols	38:31	-	-	-
7. Heiner Huning	39:04	39:58	-0:54	3rd

Race 11 - Race Results (con't)

	RACE TIME	H'CAP TIME	H'CAP DIFF.	PLACE
8. Jeff Burgess	39:29	40:01	-0:32	6th
9. Steve Cornelius	39:46	38:57	+0:49	11th
10. Ewen Thompson	39:57	38:04	+1:53	14th
11. John Whealy	40:16	40:15	+0:01	8th
12. Graham Butler	40:35	41:43	-1:08	1st
13. John Ayliffe	40:52	39:33	+1:19	12th
14. John Marsden	41:06	37:30	+3:36	17th
15. Ian Whitfield	41:15	42:00	-0:45	5th
16. Dick Bartlett	41:29	40:00	+1:29	13th
17. Kevin O'Kane	41:32	42:24	-0:52	4th
18. Scott Crawford	42:38	40:18	+2:20	16th
19. Terry Bailey	42:56	-	-	-
20. Tina Campbell	45:53	39:28	+6:25	18th

Race 12 : Series Final, Mosman 10km, 30th January 1988, (24°C, humid)

The revised Mosman course was chosen as the venue for the series final providing as it does, long flat stretches with three testing hills. Ron Burke brought along the Talays clock and the weather was reasonable despite being very humid. We were set for a great race. From the gun David Winch, a 45 minute City-to-Surfer, led comfortably, opening a thirty second lead over Paul Russell and Mathew Kaley by the first turn-around at 2km. From here he never really looked like being beaten and went on to win in 34:52, despite his lead being cut back to 23 seconds by second place Mathew Kaley. Terry McIver came through the field strongly to grab third place narrowly from Paul Russell. The times were slower on this relatively tough course, but some big performances were still recorded. Steve Cornelius came into the finishing straight with a big smile on his face, coming in eighth overall, first on handicap and ahead of Nobby Young by a scant 4 seconds. Nobby only picked up two handicap points for his run and all eyes were on the finish line to see if anyone could take the title from him. Dan Gray was next in, but only picked up two points and thus was out of the struggle. Then in 14th place Heiner Huning came charging home with a great run. We now had to wait for the remaining finishers to determine the series champion. Nobby looked worried. Tina Campbell came in in 42:08 to win the womens race and complete the incredible record of having won every race in the series. The race completed, the results were finally computed. Steve Cornelius took out the handicap race from Harvey Blue and John Ayliffe. Heiner Huning's great run had put him fourth on handicap leaving him a mere two points short of Nobby Young's total of 71pts for the season. Nobby looked happy.

Race 12 - Results

	RACE TIME	5K SPLIT	H'CAP TIME	H'CAP DIFF.	PLACE
1. David Winch	34:52	(17:16)	32:58	+1:54	17th
2. Mathew Kaley	35:15	(17:42)	34:22	+0:53	6th
3. Terry McIver	36:39	(18:04)	35:21	+1:18	10th
4. Paul Russell	36:48	(18:02)	35:37	+1:11	7th
5. John Hodges	38:37	(18:59)	37:24	+1:13	8th
6. Charles Coville	39:05	(18:59)	35:58	+3:07	23rd
7. Ron Burke	39:24	(19:31)	37:31	+1:53	16th
8. Steve Cornelius	39:27	(19:27)	39:21	+0:06	1st
9. Nobby Young	39:31	(19:11)	38:10	+1:21	11th
10. Dan Gray	39:46	(19:19)	38:08	+1:38	13th
11. Ewen Thompson	39:49	(19:27)	39:00	+0:49	5th
12. Ian Singer	39:52	(19:10)	37:32	+2:20	20th
13. Alastair Mackie	40:06	(19:41)	38:39	+1:27	12th

(con't next page)

10km Race Series Ladder.

Race 12 - Results (con't)

	RACE TIME	5K SPLIT	H'CAP TIME	H'CAP DIFF.	PLACE
14. Heiner Huning	40:11	(19:32)	39:31	+0:40	4th
15. John Ayliffe	40:42	(19:35)	40:12	+0:30	3rd
16. Warwick Selby	40:58	(19:26)	37:40	+3:18	24th
17. Chris Menzies	41:01	(19:50)	-	-	-
18. Harvey Blue	41:33	(20:10)	41:10	+0:23	2nd
19. Dick Bartlett	41:56	(20:45)	40:42	+1:14	9th
20. Tina Campbell	42:08	(20:11)	40:26	+1:42	14th
21. John Whealy	42:38	(20:30)	40:15	+2:23	21st
22. Graham Butler	42:51	(20:47)	41:09	+1:42	14th
23. Kevin O'Kane	44:04	(21:28)	41:58	+2:06	19th
24. Scott Crawford	44:07	(20:18)	41:17	+2:50	22nd
25. Terry Bailey	45:00	(21:45)	42:56	+2:04	18th
26. Bill Blecha	55:05	-	50:50	+4:15	25th

1987 SYDNEY STRIDERS 10KM HANDICAP RACE SERIES

Series Champion : Nobby Young - Nobby actually missed the first three races in the series but then quickly moved up the ladder, winning two races and placing second in two others. During the series he improved his time from 42:40 to 37:21. He hit the front after race eight and just managed to hang on to win the series.

Second Place : Heiner Huning - Heiner performed consistently throughout the series, recording a second, a third and three fourths. He ran a best time of 39:04 but saved his big performance for the last race where he got to within two points of Nobby Young.

Third Place : Dan Gray - Four placings in the first three and consistent racing put Dan into third place in the 1987 series. He capped the season off with a big P.B. of 37:03 at Centennial Park in December.

4th : Steve Cornelius	62pts
5th : Paul Russell	57pts
6th : Tina Campbell	57pts
7th : Jeff Burgess	50pts
8th : Warwick Selby	50pts
9th : Ian Whitfield	49pts
10th : John Hodges	47pts

The 1987 Handicap Series, inspired by the 'Paul Russell Time Trials' in 1986, was started in May and quickly gained support. All told we had seventy people participate in the series with a peak of 26 finishers in the series final. Five courses make up the series, varying from the fast, flat course at Centennial Park to the relatively tough Mosman course. Certainly many 10km PB's were scored over the series and it seems increasingly clear that having a good 10km PB is a big benefit when running marathons. The 1988 series begins on 26MAR88 and should get off to a great start on the Lane Cove course. Innovations in the 1988 series include handicap points down to twentieth place and the count being made over each runner's ten best races, thus allowing for two absences. I hope that the 1988 series can be even better than the 1987 one.

Mathew Kaley	J	34:06	Cent'l Pk No.10	Dec87	44pts	11th
Anthony Scott	O	34:11	Manly No.6	Sep87	11pts	30th
David Winch	O	34:52	Mosman No.12	Jan88	2pts	70th
Terry McIver	V	35:01	Cent'l Pk No.10	Dec87	31pts	18th
Paul Russell	P	35:09	Manly No.11	Jan88	57pts	5th
Cameron Osbourne	O	35:10	Lane Cove No.9	Nov87	14pts	27th
Scott Wayle	O	35:29	Cent'l Pk No.5	Aug87	2pts	51st
John Hodges	P	35:46	Cent'l Pk No.1	May87	47pts	10th
Dave Sill	V	36:06	Lane Cove No.4	Jul87	14pts	25th
John Marsden	O	36:27	Cent'l Pk No.1	May87	40pts	12th
Ian Singer	P	36:42	Cent'l Pk No.5	Aug87	37pts	15th
Dan Gray	V	37:03	Cent'l Pk No.10	Dec87	63pts	3rd
Len Hayes	P	37:18	Manly No.6	Sep87	2pts	53rd
Chris Dwyer	P	37:19	Lane Cove No.4	Jul87	9pts	33rd
Nobby Young	V	37:21	Cent'l Pk No.10	Dec87	71pts	1st
Warwick Selby	P	37:29	Cent'l Pk No.10	Dec87	50pts	8th
Ewen Thompson	O	37:36	Cent'l Pk No.10	Dec87	40pts	13th
Tony Vipond	P	37:45	Lane Cove No.4	Jul87	4pts	40th
Ron Burke	P	37:53	Cent'l Pk No.5	Aug87	4pts	41st
John Ayliffe	V	38:03	Cent'l Pk No.5	Aug87	39pts	14th
Michael Wilding	O	38:13	Lane Cove No.9	Nov87	2pts	64th
Brett Nichols	O	38:31	Manly No.11	Jan88	2pts	67th
Steve Cornelius	V	38:34	Cent'l Pk No.10	Dec87	62pts	4th
Alf Field	V	38:36	Nth Ryde No.8	Oct87	16pts	23rd
Liz Rose	OF	38:43	Mosman No.7	Oct87	2pts	59th
Martin Tomasini	O	38:49	Cent'l Pk No.1	May87	2pts	44th
Hugh Spencer	V	38:54	Cent'l Pk No.10	Dec87	4pts	42nd
Tina Campbell	VF	38:56	Lane Cove No.9	Nov87	57pts	6th
Heiner Huning	P	39:04	Manly No.11	Jan88	69pts	2nd
Mike Ward	P	39:05	Lane Cove No.4	Jul87	7pts	35th
Charles Coville	P	39:05	Mosman No.12	Jan88	2pts	68th
Jeff Burgess	P	39:11	Cent'l Pk No.10	Dec87	50pts	7th
Alastair Mackie	P	39:21	Nth Ryde No.3	Jul87	4pts	39th
John Turner	M	39:23	Cent'l Pk No.10	Dec87	11pts	31st
Graham Firkin	V	39:24	Mosman No.7	Oct87	14pts	26th
David Ritchie	O	39:30	Cent'l Pk No.10	Dec87	2pts	66th
John Whealy	P	39:33	Cent'l Pk No.10	Dec87	25pts	22nd
Scott Crawford	V	39:38	Lane Cove No.4	Jul87	26pts	21st
Dick Bartlett	V	39:46	Cent'l Pk No.10	Dec87	16pts	24th
Harvey Blue	V	40:26	Lane Cove No.4	Jul87	26pts	20th
Alan Powys	P	40:28	Mosman No.7	Oct87	2pts	58th
Graham Butler	P	40:35	Manly No.11	Jan88	34pts	16th
Brian Colwell	P	40:41	Lane Cove No.9	Nov87	8pts	34th
John Plummer	M	40:43	Cent'l Pk No.5	Aug87	2pts	49th
Kevin O'Kane	P	41:01	Manly No.6	Sep87	29pts	19th
Chris Menzies	O	41:01	Mosman No.12	Jan88	2pts	69th
Steve Martin	P	41:12	Mosman No.7	Oct87	2pts	56th
Ian Whitfield	P	41:13	Cent'l Pk No.5	Aug87	49pts	9th
Charlie Nelson	P	41:47	Lane Cove No.9	Nov87	2pts	62nd
Gavin Morrisett	V	41:50	Mosman No.7	Oct87	10pts	32nd
Cedric Sidebottom	V	42:04	Cent'l Pk No.5	Aug87	2pts	50th
Bruce Murray	M	42:12	Lane Cove No.4	Jul87	5pts	38th
Terry Bailey	P	42:56	Manly No.11	Jan88	4pts	43rd
Phillip Cloak	O	43:13	Mosman No.7	Oct87	2pts	55th
Ross Wall	V	43:29	Manly No.6	Sep87	2pts	54th
Greg Jerrett	P	43:35	Cent'l Pk No.1	May87	5pts	37th
Arthur Huckstable	P	44:14	Nth Ryde No.3	Jul87	2pts	45th
Dave Mulligan	O	45:28	Mosman No.7	Oct87	2pts	57th

NAME	CAT	TIME	VENUE	DATE	H'CAP PTS	PLACE
Edwina Macarthur	PF	45:45	Manly No.6	Sep87	31pts	17th
Ann Elias	PF	47:53	Manly No.6	Sep87	6pts	36th
Peter Clark	P	48:13	Cent'l Pk No.5	Aug87	2pts	48th
Bill Blecha	V	48:47	Manly No.6	Sep87	13pts	28th
Guy Ollivier	O	48:50	Cent'l Pk No.10	Dec87	2pts	65th
Wayne McCarthy	V	49:12	Lane Cove No.9	Nov87	2pts	60th
Roy Simkins	V	49:27	Lane Cove No.4	Jul87	2pts	46th
Ian Cross	V	51:01	Cent'l Pk No.1	May87	11pts	29th
Russell Young	J	58:32	Lane Cove No.4	Jul87	2pts	47th
Robyn Murphy	P	69:17	Lane Cove No.9	Nov87	2pts	61st

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. Alex Whitworth	Veterans	2:41:49
8. Terry McIver	Veterans	2:42:24
9. Don Price (2)	Anzac Day	2:42:48
10. Mathew Kaley	Melbourne	2:43:51

FEMALE

1. Tina Campbell (1)	Veterans	3:00:32
2. Joanne Tibbitts (1)	Anzac Day	3:04:00
3. Tina Campbell (2)	Australian	3:08:44
4. Wendy Downes (1)	Anzac Day	3:11:56
5. Joanne Tibbitts (2)	Australian	3:16:49
6. Wendy Downes (2)	Australian	3:22:47
7. Wendy Downes (3)	Veterans	3:32:17
8. Merri Mack (1)	Australian	3:33:37
9. Merri Mack (2)	Veterans	3:34:50
10. Karen Tuck	Australian	3:37:39

Ultra Challenge at Mosman

Danny Gray

Nobby triumphs at Mosman defeating several very determined Striders on a hot and humid Saturday morning on the hills around Mosman. The final race to the line between Nobby and Steve was fiercely contested, Steve passing Nobby on the final hill and holding on to win the race on handicap time but not the series. Earlier I challenged Nobby on the Taronga Zoo hill but he surged past me, then Steve flew past down hill and both raced away with such speed that I couldn't match them on the day. What a race, what a series!! If you haven't tried our handicap races, Mathew has a new series commencing 26th March at Lane Cove. The last series of races generated so many P.B.s, and a friendly rivalry between several Striders which on the morning of the last race created great interest and speculation as to who would win the series. The last race carried double points.

Saturday morning at 5am I am not usually thinking of running flat out, particularly not up hills and not under 4k per minute but I managed to get to all but one race for the 7am start. Somehow, I don't know why it happened, I knocked 3 minutes off my 10k time, now down to 37:03. Maybe it was the competition, the superb organisation, the jibes from Nobby, but the series has improved my running like no other training.

It all came to a head at Mosman, I had to beat Nobby and my handicap to win. Only 8 points behind Nobby. So I set off at great speed, Nobby just a pace behind, then his shoelace loosens and he stops. Its all over, I thought, but 1k later he is back just before the first big hill. Racing up the hill I can't loose him no matter how I surge, and at half way we are slow on the clock. Nobby pushes on and I can't catch him until the zoo hill, but all that racing puts me out of contention, with Steve taking over the challenge in the race to the line, just beating our very determined Nobby.

Who would have thought last year that three ultra runners would be racing in a 10k series, let alone setting P.B.s along the way?



Ian Whitfield

Mathew is to be congratulated on the sterling work he did in organising this race series, as usual, with a high degree of efficiency.

This race series has widened the striders scope, covering a wider distance, which many members including myself will be keen to race over and improve their times.

Thanks also to the various hosts of each race and all others who helped in various ways i.e. timekeeping etc.

This series has been memorable for several reasons-

1. Firstly Mathews consistency of being first past the post no less than seven times.
2. Nobby coming through to win the series after missing the first three races.
3. The duels between Nobby and Dan and the generally close racing which has been a feature of the series.
4. Tina, on many occasions the sole woman and ran to her normal high standard was right up there with a chance to win the series right up to the finish.

Finally congratulations to all those who took part and what an incentive for the next series, a chance to topple Nobby from the top of the muckheap.

The series commenced at Centennial Park on Saturday 16th of May on a cool and misty morning with a field of eleven starters. The elapsed time victor was John Hodges with Edwina MacArthur the winner on handicap.

The second race on a good flat course at Manly saw Mathew Kaley win on elapsed time with Warwick Selby the handicap winner. Edwina remained the overall winner on points.

Race 3, two laps round the rather more difficult North Ryde course, saw another win to Mathew on elapsed time with Ian Singer the handicap winner, with yours truly taking over the lead, if only for a short while, on overall points accumulation.

Warwick Selby moved to the lead in the fourth race at Lane Cove. Elapsed time winner Mathew once again from John Hodges with David Sill third, who on the day was handicap winner.

Race 5 at Centennial Park on a clear, calm day saw Steve Wale win from Anthony Scott with Jeff Burgess the handicap winner. Top 3 placings at the end of 5 races were;
1. Warwick Selby. 33 Pts. 2. Ian Whitfield. 31 Pts.
3. Ian Singer. 31 Pts.

A portent of things to come after only two races was a certain Nobby Young on 11 points and dark rumblings among some members about the Gladesville postie getting such a generous handicap. Rumours abound about bribery and corruption. How big was that bribe?

Back on the more serious side, race 6 at Manly saw Anthony Scott win on elapsed time from Mathew and sure enough, no prize for guessing the handicap winner. That Gladesville postie.

Then we had the first horror run at Mosman, up and down those bloody hills and right out of the blue Graham Firkin pops up to win on handicap an amazing 5 min. 27 sec. under his handicap time and for the one time only. Tina Campbell was headed home by another woman runner, Liz. Rose, an invited guest runner. Elapsed time winner was Paul Russell.

Race 8 North Ryde. Mathew Kaley yet again winner on elapsed time and guess who won on handicap? Nobby Young. One wonders how many contenders did Nobby nobble. Funny how some of the early leaders pulled up lame or were rather poorly, and whats that rumour about Nobby obtaining some elephant juice? Better appoint some race stewards next series. Leaders after race 8;
1. Nobby Young. 46 Pts 2. Warwick Selby. 44 Pts
3. Dan Gray. 43 Pts

Lane Cove race 9 saw once again Mathew Kaley the outright winner with Cameron Osborne the handicap winner. Some Members, including yours truly failed to make this one. May have something to do with the previous evening at Alistair Mackies restaurant, venue of the Firko's Fund Raising Night for

the Sydney to Melbourne Race. Something to do with over indulgence and excesses.

Back to Centennial Park for race 10. Again Mathew first past the post with Dan Gray the handicap winner from that man again, with Tina Campbell moving into third spot. Leaders after race 10;
1. Nobby Young. 63 Pts. 2. Dan Gray. 57 Pts.
3. Tina Campbell. 53 Pts.

Race 11, Manly again. Hot and humid, lost gallons that day. Winners. Matt. the outright winner and a surprise packet Graham Butler winning on handicap. Gladesville postie still retains the lead.

Race 12. The Grand Final. A real sweat box out there, hot and humid, wasn't sorry I didn't race this day. Winners, David Winch from Mathew after a hard duel and likewise on handicap the cagey Steve Cornelius beating Nobby across the line after an epic battle between Nobby and Dan with Steve sitting in the background to make his move and burn Nobby off. The final placings;
1. Nobby Young. 71 Pts. 2. Heiner Huning. 69 Pts.
3. 3. Dan Gray. 63 Pts.

Despite the still persisting rumours about the bribes, etc. Nobby was a well deserved winner.



OFFICIAL RESULTS

OSAKA WOMEN'S MARATHON - 31 JANUARY

Lisa Martin proved herself to be a big medal chance for the Seoul Olympics when she produced the worlds fourth fastest women's Marathon time in winning the Osaka Marathon. She was a full kilometre ahead of second place Misako Miyahara who became the first Japanese woman to break the 2:30 barrier. Kumi Ariko took third place from Eriko Asai who fell 50 metres from the finish.

1. Lisa Martin (AUS)	2:23:51
2. Misako Miyahara (JAP)	2:29:37
3. Kumi Araki (JAP)	2:31:40

TOKYO INTERNATIONAL MARATHON - 14 FEBRUARY

Australia's Marathon hopes for the Olympics soared as, after Lisa Martin's great run a fortnight earlier, Rob de Castella came through with a superb performance in the Tokyo Marathon. Despite worries about his fitness, Rob was with the lead pack for the whole race and, though outsprinted into fourth place at the finish, he came through with the excellent time of 2:08:49. In the process he beat Toshihiko Seko, Ahmed Saleh, Hiromi Taniguchi and World Champion Douglas Wakihuru.

1. Abebe Mekonnen (ETH)	2:08:33
2. Juma Ikanga (TAN)	2:08:42
3. Joerg Peter (GDR)	2:08:47
4. Rob de Castella (AUS)	2:08:49

FUKUOKA MARATHON - 6 DECEMBER

Robert Saimon led out at a blistering pace, going through 10km in 29:06 (sub-2:03 pace). Saimon pulled out at 15km but Takeyuki Nakeyama continued the hot pace to go through half-way in 1:01:55. Despite slowing after 35km, he held on to win in the year's fastest time. Countryman Masanari Shintaku came second and, along with Nakeyama, was chosen for the Japanese Olympic team.

1. Takeyuki Nakeyama (JAP)	2:08:18
2. Masanari Shintaku (JAP)	2:10:34
3. Joerg Peter (GDR)	2:11:22

CALIFORNIA MARATHON - 6 DECEMBER

100kmh headwinds made this race merely a matter of survival. Canadian Peter Maher survived best, winning in 2:16:49 from Geoff Koech. Australian Olympic hopeful Tani Ruckle, chasing a 2:31 personal best, was literally blown off the course at 30km leaving Patti Gray to win in 2:40:29 from Ngairé Drake.

HONOLULU MARATHON - 13 DECEMBER

Dreadful weather slowed times at Honolulu this year but the winner was the same. Ibrahim Hussein won from Gidamis Shahanga while the early leader, Suleiman Nyambui, pulled out. Carla Buerskens won the womens race despite twisting her ankle at the start. Former swimmer Lisa Weidenbach came home second.

1. Ibrahim Hussein (KEN)	2:18:26	1. Carla Buerskens (HOL)	2:35:11
2. Gidamis Shahanga (TAN)	2:19:36	2. Lisa Weidenbach (USA)	2:37:43
3. Bill Reifsnyder (USA)	2:21:09	3. Kellie Cathey (USA)	2:43:55

RUNNING SHORTS

- ** Alberto Salazar, ranked No.1 for the marathon in 1981 and 1982, has announced his retirement from running after a long succession of injuries recently.
- ** Carlos Lopes plans to defend his Olympic Marathon in Seoul despite suffering achilles and knee injuries during 1987.
- ** The Canadian Press recently revealed that Ben Johnson had had his drivers licence revoked for repeated speeding tickets.

- ** More than 160 nations have accepted invitations to compete in the Seoul Olympics including all Eastern Bloc nations except Cuba.
- ** An American Track & Field News panel recently published its predictions for the Seoul Olympics. For the mens marathon they pick Seko ahead of Saleh and de Castella. For the women they pick Mota ahead of Kristiansen. Lisa Martin didn't receive a vote.
- ** The Soviet Union has recently made the taking of steroids a criminal offence as part of its anti-drug program.
- ** Of the 54 person East German team at the World Championships, every one made it to at least the semi-finals and 57% went on to win a medal.

RANKINGS

At the end of each year Track & Field News magazine publishes a set of rankings for each event in athletics. These are now widely accepted throughout the world. Along with the rankings below are 1987's best times and the world record.

1500m - Male	1500m - Female	3000m Steeple
<u>1987 Rankings</u>	<u>1987 Rankings</u>	<u>1987 Rankings</u>
1. Said Aouita	1. Tatyana Samolenko	1. Francesco Panetta
2. Abdi Bile	2. Doina Melinte	2. Hagen Melzer
3. Jose-Luis Gonzales	3. Hildegard Korner	3. Julius Korir
<u>1987 Best Times</u>	<u>1987 Best Times</u>	<u>1987 Best Times</u>
Said Aouita 3:30.69	T.Samolenko 3:58.20	F.Panetta 8:08.57
Steve Cram 3:31.43	H.Korner 3:58.67	Hagen Melzer 8:10.32
Abdi Bile 3:31.71	Doina Melinte 3:59.27	W.van Dijk 8:12.18
<u>World Record</u>	<u>World Record</u>	<u>World Record</u>
Said Aouita 3:29.46	T.Kazankina 3:52.47	Henry Rono 8:05.40
5000m - Male	3000m - Female	10000m - Male
<u>1987 Rankings</u>	<u>1987 Rankings</u>	<u>1987 Rankings</u>
1. Said Aouita	1. Tatyana Samolenko	1. Paul Kipkoech
2. Jack Buckner	2. Maricica Puica	2. Francesco Panetta
3. Domingos Castro	3. Ulrike Bruns	3. Hansjorg Kunze
<u>1987 Best Times</u>	<u>1987 Best Times</u>	<u>1987 Best Times</u>
Said Aouita 12:58.39	Ulrike Bruns 8:38.10	F.Panetta 27:26.95
Jack Buckner 13:10.48	Y.Zhupiyeva 8:38.50	Wodajo Bulti 27:29.41
J-L.Gonzales 13:12.34	T.Samolenko 8:38.73	J-L.Prianon 27:34.38
<u>World Record</u>	<u>World Record</u>	<u>World Record</u>
Said Aouita 12:58.39	T.Kazankina 8:22.62	Fernando Mamede 27:13.81
10000m - Female	Marathon - Male	Marathon - Female
<u>1987 Rankings</u>	<u>1987 Rankings</u>	<u>1987 Rankings</u>
1. Ingrid Kristiansen	1. Takeyuki Nakeyama	1. Rosa Mota
2. Yelena Zhupiyeva	2. Hiromi Taniguchi	2. Ingrid kristiansen
3. Kathrin Ulriche	3. Douglas Wakihuru	3. Zoya Ivanova
<u>1987 Best Times</u>	<u>1987 Best Times</u>	<u>1987 Best Times</u>
I.Kristiansen 31:05.85	T.Nakeyama 2:08:18	I.Kristiansen 2:22:48
Y.Zhupiyeva 31:09.40	Hiromi Taniguchi 2:09:50	Rosa Mota 2:25:17
K.Ulriche 31:11.34	I.Braslavskiy 2:10:04	Katrin Dorre 2:25:24
<u>World Record</u>	<u>World Record</u>	<u>World Record</u>
I.Kristiansen 30:13.74	Carlos Lopes 2:07:12	I.Kristiansen 2:21:06

STRIDERS' HANDICAP HALF-MARATHON, CENTENNIAL PARK, 15/11/87

RESULTS ON HANDICAP

1 LEO LEADER	1.32.19 (-7.41)
2 PAUL LUNSMANN	1.39.13 (-5.47)
3 HEINER HUNING	1.28.04 (-4.56)
4 DAN GRAY	1.25.09 (-4.51)
5 ROGER RIGBY	1.34.27 (-4.33)
6 BRENDA HAMILL	1.37.57 (-3.03)
7 ROSS BETTS	1.36.02 (-2.58)
8 ALEX WHITWORTH	1.16.14 (-2.46)
9 IAN SINGER	1.26.19 (-2.41)
10 DON PRICE	1.16.21 (-2.39)
11 JACK WOODWARD	1.29.28 (-2.22)
12 PAUL RUSSELL	1.21.00 (-2.00)
13 RAY SKINNER	1.27.16 (-1.44)
14 JOHN PETTETT	1.34.22 (-1.38)
15 TINA CAMPBELL	1.27.24 (-1.36)
16 GAVIN MORRISSET	1.26.33 (-1.27)
17 ALF FIELD	1.26.40 (-1.20)
18 TONY CROSBY	1.28.52 (-1.08)
19 ROSS WALL	1.33.56 (-0.04)
20 WAYNE MCCARTHY	1.46.56 (-0.04)
21 HUGH SPENCER	1.29.20 (+0.20)
22 JOHN TURNER	1.28.33 (+0.33)
23 WARWICK SELBY	1.22.46 (+0.46)
24 JOHN WHEALY	1.31.07 (+1.07)
25 JON MARSDEN	1.24.24 (+1.24)
26 TERRY MCIVER	1.19.43 (+1.43)
27 MAVIS GARRICK	1.50.47 (+1.47)
28 SCOTT CRAWFORD	1.32.10 (+2.10)
29 NOBBY YOUNG	1.28.56 (+2.56)
30 ALAN POWYS	1.24.32 (+3.32)
31 IVAN FREYS	1.28.36 (+3.36)
32 PHIL GARVIN	1.12.39 (+3.39)
33 JOHN AYLIFFE	1.28.41 (+3.41)
34 MATHEW KALEY	1.22.14 (+4.14)
35 NOEL BARTON	1.25.53 (+4.53)
36 ROD GARRICK	1.40.27 (+5.27)
37 JOHN HAMILTON	1.30.34 (+5.34)
38 DAVID DUNSTALL	1.42.38 (+6.38)
39 OWEN DENMEADE	1.49.42 (+7.42)
40 BRYCE COURTENAY	1.41.42 (+8.42)
41 GRAHAM BUTLER	1.40.59 (+10.59)
42 HARVEY BLUE	1.40.35 (+16.35)
43 GRAHAM FIRKIN	1.46.35 (+16.35)

RESULTS ON ELAPSED TIME

1 PHIL GARVIN	1.12.39
2 ALEX WHITWORTH	1.16.14
3 DON PRICE	1.16.21
4 CAMERON OSBORNE	1.17.57
5 TERRY MCIVER	1.19.43
6 PAUL RUSSELL	1.21.00
7 MATHEW KALEY	1.22.14
8 WARWICK SELBY	1.22.46
9 JON MARSDEN	1.24.24
10 ALAN POWYS	1.24.32
11 DAN GRAY	1.25.09
12 NOEL BARTON	1.25.53
13 IAN SINGER	1.26.19
14 GAVIN MORRISSET	1.26.33
15 ALF FIELD	1.26.40
16 RAY SKINNER	1.27.16
17 TINA CAMPBELL	1.27.24
18 HEINER HUNING	1.28.04
19 JOHN TURNER	1.28.33
20 IVAN FREYS	1.28.36
21 JOHN AYLIFFE	1.28.41
22 TONY CROSBY	1.28.52
23 NOBBY YOUNG	1.28.56
24 HUGH SPENCER	1.29.20
25 JACK WOODWARD	1.29.28
26 JOHN HAMILTON	1.30.34
27 JOHN WHEALY	1.31.07
28 SCOTT CRAWFORD	1.32.10
29 LEO LEADER	1.32.19
30 ROSS WALL	1.33.56
31 JOHN PETTETT	1.34.22
32 ROGER RIGBY	1.34.27
33 ROSS BETTS	1.36.02
34 BRENDA HAMILL	1.37.57
35 PAUL LUNSMANN	1.39.13
36 ROD GARRICK	1.40.27
37 HARVEY BLUE	1.40.35
38 GRAHAM BUTLER	1.40.59
39 BRYCE COURTENAY	1.41.42
40 DAVID DUNSTALL	1.42.38
41 GRAHAM FIRKIN	1.46.35
42 WAYNE MCCARTHY	1.46.56
43 OWEN DENMEADE	1.49.42
44 MAVIS GARRICK	1.50.47

DID NOT FINISH, OR DID NOT RECORD TIME AT REGISTRATION TABLE

WENDY DOWNES, BARRY JONES, NORM WILKINS, BILL WHITE, RAY REID, ALAN OAKES, ROD MCLEAN, ROBI RUSSELL, EVAN MILLAR, PETER RIDDINGTON, EWEN THOMPSON, IRWIN LIGHT, STEVE CORNELIUS, BRETT NICHOLLS

Half Marathon

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



1983

It was an enthusiastic and appreciative crowd of spectators and officials that witnessed Andrew Lloyd breasting the tape in just 65 minutes 58 seconds.

FEATURING OVER \$3,500 IN PRIZEMONEY & AWARDS

Including First \$500, Second \$250, Third \$150 for both Male and Female.

RANDOM DRAWS – Over \$450 of electrical products to be won!

PLUS – The famous Striders/Just Juice Post-Race Breakfast.

WINNER 1987 R.R.A. Road Race of the Year

T-SHIRT OFFER

A limited number of specially designed T-shirts will be available for \$10.

HELPERS INSTRUCTIONS

Enclosed within this blister are the final instructions for helpers. Please read them carefully now!

- Other Points -

- * Make sure you know the course - map overleaf.
- * Make sure you know the school layout, (toilets, hall, medical etc.) (Map overleaf.)
- * Be early - we need everyone in position on time. (Remember daylight savings ends on Sunday.)
- * Remember we need your help on March 19 at the working bee from about midday.

* Helpers T-shirts can be picked up on Saturday or before 6:15 on race day. T-shirts have been allocated on a first in first served basis. Officials who indicated their ability to help early are guaranteed T-shirts. Our appologies to any member who is unfortunate enough to miss out but we have a budget to keep to.

* If your name isn't on the enclosed list and you wish to help, call me on 661-4451 (after 4p.m.).

* Those of you out on the course -
A - Please leave the course spotless - no drink packs to be left behind.
B - Know where the nearest drink station is in case of need for medical facilities.

* Free tea/coffee/drinks will be available from the spectators canteen for all helpers.

* Terry McIver and Vic Collins will be in charge of the post race clean up and dismantling. Please stay and assist. The race isn't over until the grounds are spotless. A post clean-up brunch (and a beer if you behave Nobby and Bernie) will be provided.

* All helpers will be included in a random draw, to be made at the end of the presentation. A \$50 voucher at The Runners Shop, Randwick, is for the winner.

Remember that you are an important part of our team so please make sure you know exactly what you have to do, cars invading the course or runners taking wrong turns can ruin our hard won reputation forever.

DON'T FORGET TO GIVE EVERY RUNNER A CHEER AND A CLAP
HELP CREATE A SPIRIT AND AN ATMOSPHERE
WHICH NO OTHER EVENT CAN MATCH



Sydney Striders Half Marathon

EXTRA HELP NEEDED

2 People needed to sleep at the school on the Saturday night for security.

3 people to pick up utes from Westline Ford on the Friday afternoon or Saturday morning and return on Sunday arvo.

6 people to help with mailing of results and certificates. (Sports House - City - 4.00 p.m. onwards - mid April.)

See or ring Bill Flanagan (661-4451) if you can help.

Bill Flanagan
Race Director

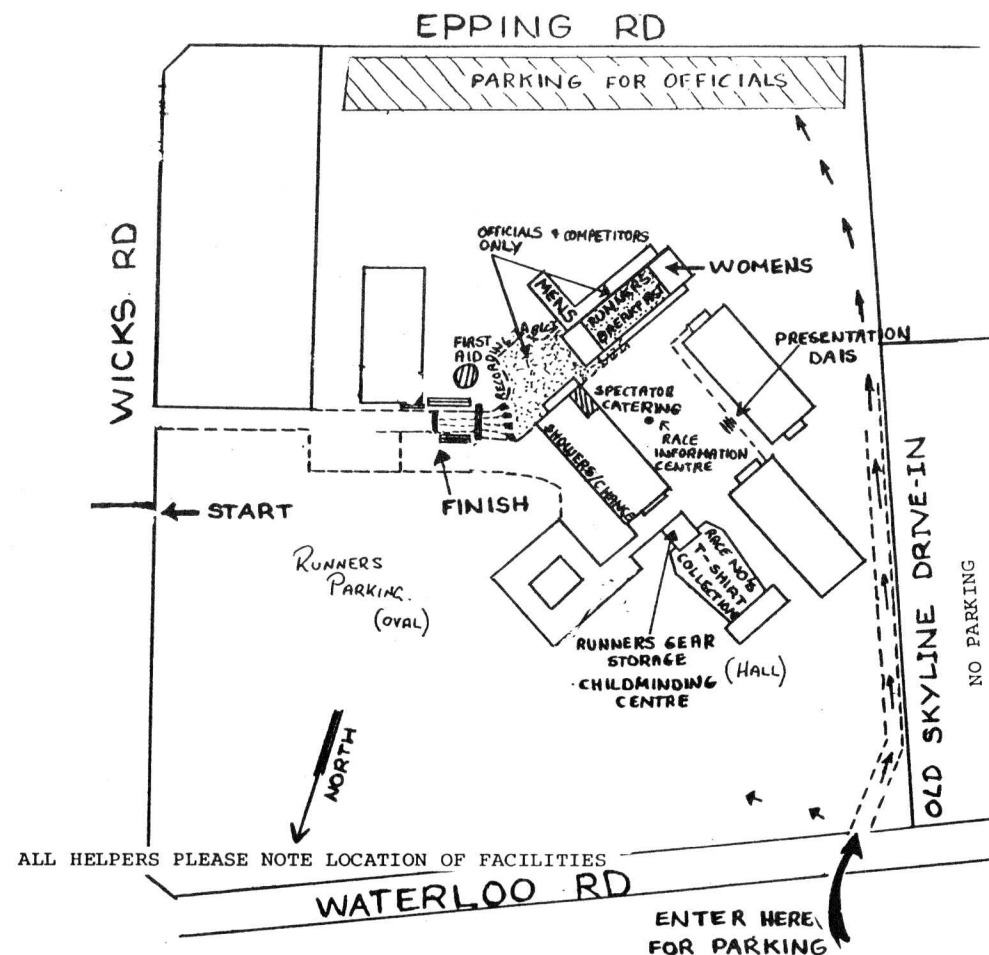
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Sydney Striders Half Marathon

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

START/FINISH VENUE LAYOUT



PRESENTED BY SYDNEY STRIDERS MARATHON & ROAD RUNNERS CLUB

AND PROUDLY SPONSORED BY

Westline
can do it everytime
744 CANTERBURY ROAD BELMORE
PHONE 759 4622

JUST JUICE

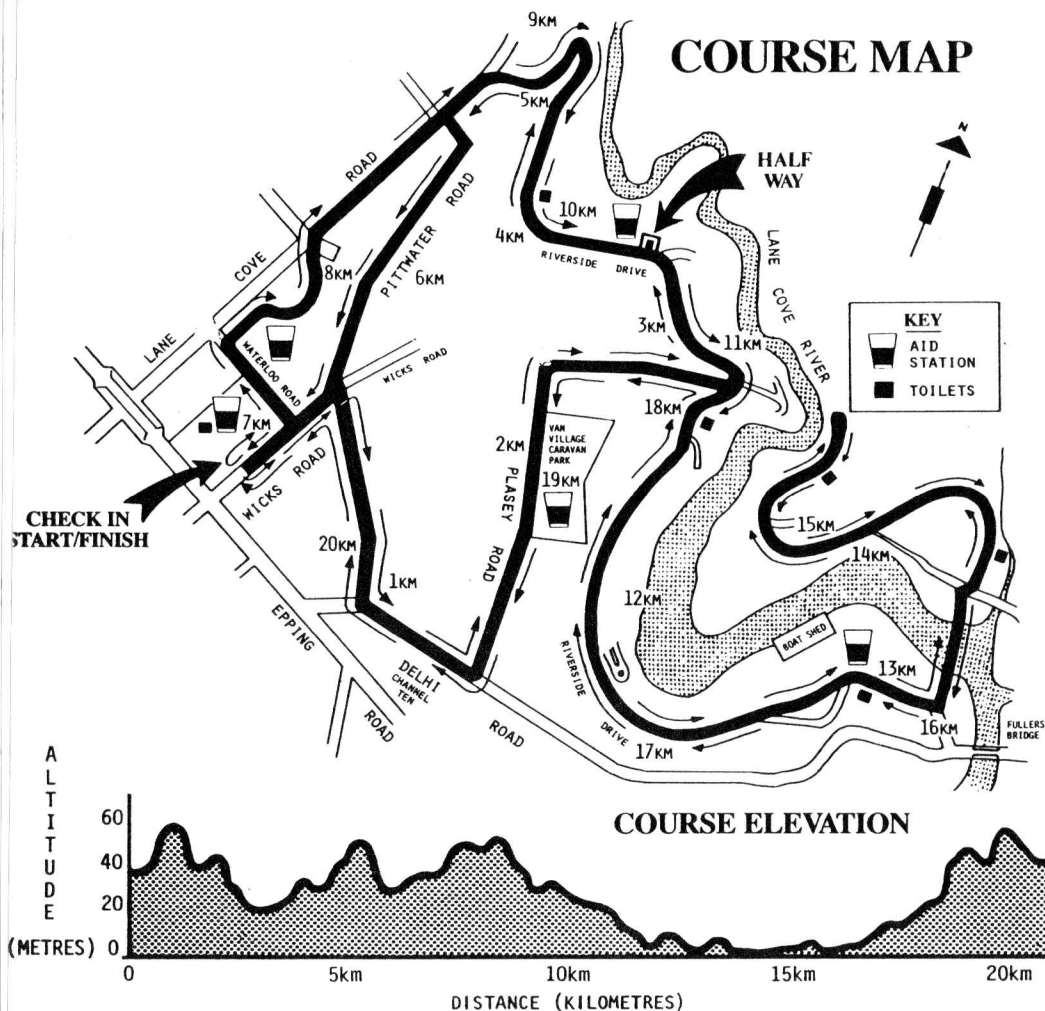
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Talays
THE RUNNERS' SHOP
RANDWICK



Sydney Striders

Half Marathon



ALL HELPERS SHOULD BE FAMILIAR WITH THE COURSE

**JUST
JUICE**

Westline
can do it everytime



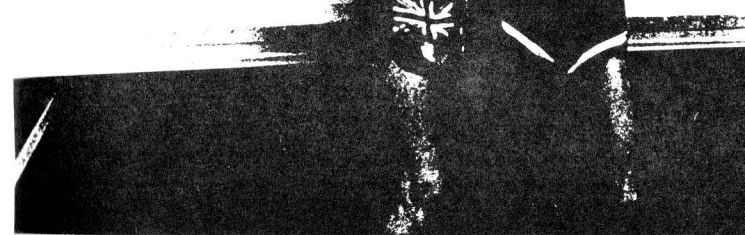
Talays

THE RUNNERS SHOP,
RANDWICK

42

The yoghurt yoghurt lovers love.

Yomix Premium Fruit



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

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

1983

ANDREW LLOYD (65m:58s)

MORA MAIN (79m:43s)

Sydney Striders

Prizes and Lucky Draws

Prizes will be awarded to the first five male and female finishers and all category winners. Total value of prizes over \$3,500. Cash prizes will be awarded to the first three male and female finishers. A random draw will be made during the presentation. Over \$450 worth of electrical equipment to be won. The winner must be present. Race Permit No. 3/51.88.

Race Categories and Records

AGE	NAME	TIME
Males		
under 20	Jim Gollidge (1985)	1.09.14
20-29	Danny Boltz (1987)	1.03.58
30-34	Robbie Wallace (1985)	1.05.28
35-39	Wolfgang Krueger (1985)	1.04.17
40-44	Ian Graves (1984)	1.10.32
45-49	William Raimond (1984)	1.09.52
50-54	Adolf Blonner (1986)	1.16.59
55-59	Keith Ollerenshaw (1986)	1.22.26
60-64	George McGrath (1984)	1.22.51
65-69	John Gilmour (1985)	1.21.31
70 and over	Allan Burgoyne (1985)	1.35.26
Females		
under 20	Karen Ganzvoort (1984)	1.24.39
20-29	Tani Ruckle (1987)	1.16.21
30-34	Mora Main (1983)	1.19.48
35-39	Mora Main (1984)	1.17.14
40-44	Dot Browne (1985)	1.20.11
45-49	Dot Browne (1987)	1.25.36
50-54	Marie O'Donovan (1984)	1.39.23
55-59	Jean Albury (1985)	1.33.56
60-64		-
65 and over	Eunice Harris (1985)	2.48.09

Course Records: Danny Boltz (1987) 1.03.58
Tani Ruckle (1987) 1.16.21

Pre Race Information

Where: Peter Board High School, Wicks Road, North Ryde.
Time and Date: 7:00 am, Sydney, 20th March 1988.

Distance: 21.1 kilometres, Start and Finish at Peter Board High School.

Who: Open to all runners.

Course: A challenging, undulating scenic course on sealed, mainly traffic free roads. Basically a loop then out and back. Distance certified correct.

Entry Fee: \$10 for all runners except men 60 and women over 50 - FREE.

Entries: Accepted by mail only and limited 1,500 starters on a first come, first served basis. Postal entries close on March 11th. Late entries will only be accepted if field limit is not reached. Late entries will incur a 50% surcharge (\$15). Enter early to ensure your place in the field. Unaccepted entrants will have their payment refunded.

Parking: Limited parking will be available within the school grounds. Strictly no parking on the course. Please arrive early.

Race Numbers and Pre Race Information: be sent to all accepted entrants early March.
Queries: Contact Race Director, P.O. Box N119, Grosvenor Street, SYDNEY, 2000.



Sydney Striders Half Marathon

1

**JUST
JUICE**

Westline
can do it everytime 

Talays 
THE RUNNERS SHOP,
RANDWICK

THE WINNERS 1982 - 1987

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	-	1.16.35
1987	Daniel Boltz	-	ACT	-	1.03.58	1987	Tani Ruckle	-	NSW	-	1.16.28

WHO WILL IT BE IN '88?



Sydney Striders Half Marathon

Half Marathon Ladder.

This is an ALL-TIME Half-Marathon Ladder, as opposed to the YEAR-TO-DATE Half-Marathon Ladders usually published in the Blister. An all-time ladder was last published in Blister # 28 (July/September 1986), so we figured it was about time it came around again. Bear in mind that it INCLUDES some races run before joining the club. ALL 1987 members have been included, even those who had not yet renewed their membership at 16/02/88.

NAME	TIME	EVENT	YR/MTH
PHIL GARVIN	1.09.22	CITY OF SYDNEY	8705
MICHAEL TURNER	1.12.40	MINEHEAD, U.K.	8510
RICHARD BROMLEY	1.12.43	PERTH	8506
JOHN FAZIO	1.12.55	CITY OF SYDNEY	8605
IAN BOWDEN	1.13.00	MARATHON CLINIC	8400
DAVID WINCH	1.13.23	MARATHON CLINIC	8612
VINCE ENGEL	1.13.33	CITY OF SYDNEY	8501
BILL FLANAGAN	1.13.43	LANE COVE PARK	8703
EVAN MILLAR	1.14.12	LANE COVE PARK	8603
WAYNE STANTON	1.14.32	COORANBONG	8405
NORM WILKINS	1.15.15	COORANBONG	8308
RAY DORAN	1.15.20	CITY OF SYDNEY	8705
BRUCE INGLIS	1.15.50	SUTHERLAND	8405
ANTHONY SCOTT	1.16.10	LANE COVE PARK	8603
ALEX WHITWORTH	1.16.14	CENTENNIAL PARK	8711
DON PRICE	1.16.21	CENTENNIAL PARK	8711
TERRY MCIVER	1.16.23	BATHURST	8607
RON FEENEY	1.16.44	SWANLEY, U.K.	8700
COLIN CHAMBERLAIN	1.16.44	SUTHERLAND	8405
BRET NICHOLS	1.16.52	IRON COVE	8502
MATHEW KALEY	1.17.13	BATHURST	8707
ROD MCLEAN	1.17.27	COORANBONG	8405
JEFF GISSING	1.17.27	LANE COVE PARK	8703
GEOFF COX	1.17.36	BATHURST	8707
SCOTT LAWRENCE	1.17.49	CAIRNS	8505
CAMERON OSBORNE	1.17.57	CENTENNIAL PARK	8711
ALLEN HISSEY	1.18.00	RANDWICK	8107
DAVID SILL	1.18.08	SUTHERLAND	8706
CHARLES COVILLE	1.18.43	RANDWICK	8207
JOHN HODGES	1.18.47	BATHURST	8707
STEPHEN NICOLL	1.18.49	LANE COVE PARK	8503
DAVID COX	1.18.55	GILLAWARNA	8608
CEDRIC SIDEBOTTOM	1.19.24	CITY OF SYDNEY	8501
PAUL RUSSELL	1.19.38	LANE COVE PARK	8503
JOHN EVENNETT	1.19.42	IRON COVE	8303
CHRISTOPHER DWYER	1.19.50	GILLAWARNA	8508
MICK EDWARDS	1.19.52	GILLAWARNA	8308
BERNIE KING	1.19.53	IRON COVE	8502
BRIAN COLWELL	1.20.48	GILLAWARNA	8308
ALAN POWYS	1.21.00	SYDNEY	8600
ALISTAIR MACKIE	1.21.11	IRON COVE	8602
JEFF LEE	1.21.20	NEW YORK	8409

NAME	TIME	EVENT	YR/MTH
WARWICK SELBY	1.21.21	COMBINATION	8707
RON BURKE	1.21.34	CITY OF SYDNEY	8505
BRIAN GATFIELD	1.21.41	CITY OF SYDNEY	8705
MICHAEL MINEHAN	1.21.54	CITY OF SYDNEY	8505
BOB WHEATLEY	1.22.00	STRIDERS° OPEN	8503
COLIN O'BRIEN	1.22.04	MARATHON CLINIC	8612
MIKE FOSTER	1.22.07	GILLAWARNA	8508
MALCOLM SATCHELL	1.22.07	STRIDERS° OPEN	8703
PETER COBLEY	1.22.13	CITY OF SYDNEY	8605
EWEN THOMPSON	1.22.15	WOLLONGONG	8609
JOHN HAMILTON	1.22.24	GILLAWARNA	8209
NOEL BARTON	1.22.26	IRON COVE	8502
TONY VIPOND	1.22.46	STRIDERS° OPEN	8403
JONATHAN MARSDEN	1.22.57	COMBINATION	8707
STEVE CORNELIUS	1.22.58	MARATHON CLINIC	8410
IAN SINGER	1.23.14	DOLLS POINT	8708
PETER DONNELLEY	1.23.17	LANE COVE PARK	8403
MIKE WARD	1.23.18	CITY OF SYDNEY	8705
HARVEY BLUE	1.23.20	CITY OF SYDNEY	8605
PETER MCGRAW	1.23.30	CITY OF SYDNEY	8605
MICHAEL OAKLEY	1.23.35	SUTHERLAND	8706
ASHLEY JACKSON	1.23.36	IRON COVE	8602
LAURIE KING	1.23.42	LANE COVE PARK	8403
JOHN AYLIFFE	1.23.42	COMBINATION	8707
IVAN FREYS	1.23.44	LANE COVE PARK	8603
GRAHAM BUTLER	1.23.59	CITY OF SYDNEY	8605
KAR WONG	1.24.03	JOHANNESBURG	8606
NOBBY YOUNG	1.24.18	MARATHON CLINIC	8310
HUGH SPENCER	1.24.20	CITY OF SYDNEY	8505
WILLIAM THOMPSON	1.24.51	GILLAWARNA	8608
TERRY MCMAHON	1.24.58	BATHURST	8607
BRENT WATERS	1.25.00	CARLETON	8008
GAVIN MORISSET	1.25.08	CITY OF SYDNEY	8605
DAN GRAY	1.25.09	CENTENNIAL PARK	8711
RAYMOND SKINNER	1.25.29	MARATHON CLINIC	8710
ALEX HAMILL	1.25.30	GILLAWARNA	8308
GRAHAM FIRKIN	1.25.37	GILLAWARNA	8508
MIKE ELDER	1.25.37	IRON COVE	8611
ALF FIELD	1.25.40	SYDNEY	8605
JANICE MORTON-EVANS	1.25.53	GILLAWARNA	8608
J. HOLMES	1.26.00	BRIGHTON, U.K.	8500
DICK BARTLETT	1.26.10	CITY OF SYDNEY	8705
TINA CAMPBELL	1.26.22	CITY OF SYDNEY	8705
JOHN TURNER	1.26.43	IRON COVE	8502
DAVE BLACKHALL	1.27.00	IRON COVE	8302
ROY HOWARD	1.27.00	THAILAND	8100
HEINER HUNING	1.27.10	SINGAPORE	8400
STEPHEN ROACH	1.27.13	SUTHERLAND	8606
IAN NEWLANDS	1.27.15	RANDWICK	8300
MERRI MACK	1.27.34	COORANBONG	8400
KEITH JACKSON	1.27.36	SUTHERLAND	8706
SCOTT CRAWFORD	1.27.48	CITY OF SYDNEY	8505
BRUCE MURRAY	1.27.54	GILLAWARNA	8508
BRIAN TAILFORD	1.27.57	GILLAWARNA	8508
TONY CROSBY	1.28.10	LANE COVE PARK	8604

NAME	TIME	EVENT	YR/MTH
TREVOR ROBERTS	1.28.11	LANE COVE PARK	8503
TERRY BAILEY	1.28.14	GOLD COAST	8700
STEVE KNIGHT	1.28.25	GILLAWARNA	8608
JEFF BURGESS	1.28.30	COMBINATION	8707
DEREK WHITE	1.28.31	SUTHERLAND	8706
JOHN HILL	1.28.33	IRON COVE	8502
ROGER CROFT	1.28.40	IRON COVE	8611
ALAN PHILLIPS	1.28.41	CITY OF SYDNEY	8705
ADAM THOMSON	1.28.45	RANDWICK	8304
BRYCE COURTENAY	1.28.53	IRON COVE	8502
RUSSELL BLACK	1.28.54	CITY OF SYDNEY	8605
FRANK GALLAGHER	1.28.57	CITY OF SYDNEY	8605
JOHN WHEALY	1.28.59	IRON COVE	8611
ALAN OAKES	1.29.00	THAMES VALLEY	8000
KEVIN O'KANE	1.29.10	LANE COVE PARK	8703
BRIAN LYNCH	1.29.11	IRON COVE	8502
SUE HILL	1.29.25	CITY OF SYDNEY	8501
NEVILLE MILLS	1.29.27	GOLD COAST	8600
JACK WOODWARD	1.29.28	CENTENNIAL PARK	8711
PHILIP MORGAN	1.29.30	LANE COVE PARK	8503
RAY REID	1.29.35	MOUNT PRITCHARD	8505
IAN WHITFIELD	1.29.40	STRIDERS° OPEN	8303
STEVE NORDISH	1.29.44	LANE COVE PARK	8703
LOUISE FITZSIMMONS	1.29.52	BATHURST	8607
NICK REED	1.30.14	IRON COVE	8602
ROSS WALL	1.30.19	CITY OF SYDNEY	8605
VAL MORRISON	1.30.20	U.S.A.	8504
BRENDA HAMILL	1.30.22	GILLAWARNA	8308
DOROTHY SIEPMANN	1.30.28	MARATHON CLINIC	8502
JOHN PLUMMER	1.31.00	RANDWICK	8200
WENDY DOWNES	1.31.07	GILLAWARNA	8608
JOANNE TIBBITTS	1.31.40	DOLLS POINT	8708
NOEL WORTHINGTON	1.31.43	GILLAWARNA	8608
LEO LEADER	1.31.57	LANE COVE PARK	8403
ANTHONY FOAR	1.31.59	STRIDERS° OPEN	8403
ALAN ROSS	1.32.00	GILLAWARNA	8209
DAVID SUMNER	1.32.04	STRIDERS° OPEN	8503
DENNIS RIDER	1.32.11	GILLAWARNA	8408
RICHARD BAMANN	1.32.17	LANE COVE PARK	8503
IAN MILLAR	1.32.34	IRON COVE	8402
DAVID DUNSTALL	1.32.46	IRON COVE	8602
GLENN CHURCHES	1.33.00	LANE COVE PARK	8703
BILL WHITE	1.33.07	LANE COVE PARK	8703
GRAHAME DEACON	1.33.10	COORANBONG	8405
IRWIN LIGHT	1.33.30	CITY OF SYDNEY	8605
STEPHEN WINNER	1.33.46	SUTHERLAND	8606
HARRY TURNER	1.34.11	IRON COVE	8502
STAN FLECK	1.34.15	SUTHERLAND	8405
ROD GARRICK	1.34.22	DOLLS POINT	8708
JOHN PETTETT	1.34.22	CENTENNIAL PARK	8711
ROGER RIGBY	1.34.27	CENTENNIAL PARK	8711
BOB MANN	1.34.29	LANE COVE PARK	8503
JOSEPH LOEWY	1.34.30	LANE COVE PARK	8703
GREG PROWSE	1.35.05	SUTHERLAND	8405
MICHAEL TOPLEY	1.35.06	STRIDERS° OPEN	8403

NAME	TIME	EVENT	YR/MTH
BARRY JONES	1.35.47	SUTHERLAND	8105
ROSS BETTS	1.36.02	CENTENNIAL PARK	8711
DALE THOMPSON	1.36.27	AUDLEY	8505
GREG JERRETT	1.36.49	IRON COVE	8602
MURRAY BOYTE	1.37.00	COOGEE	8300
BRYAN HOLLIDAY	1.37.00	SUTHERLAND	8400
MALCOLM MCDONALD	1.37.27	AUDLEY	8505
DERRICK TITMUS	1.37.31	MARATHON CLINIC	8712
RODNEY PHILLIPS	1.37.50	CITY OF SYDNEY	8505
TREVOR DRYSDALE	1.38.04	LANE COVE PARK	8503
BENNY HAGBERG	1.38.32	SOUTH MELBOURNE	8500
OWEN DENMEADE	1.38.37	CITY OF SYDNEY	8605
PETER LANGTON	1.38.59	CITY OF SYDNEY	8605
VIC COLLINS	1.39.07	CITY OF SYDNEY	8705
PAUL LUNSMANN	1.39.13	CENTENNIAL PARK	8711
JOSEPH BAILLIE	1.40.55	LANE COVE PARK	8503
PHILIP CALDWELL	1.40.56	COORANBONG	8405
BILL MCCARTHY	1.40.58	MARATHON CLINIC	8506
SHARON LANE	1.40.59	CITY OF SYDNEY	8605
EDWINA MACARTHUR	1.41.01	STRIDERS° OPEN	8503
RICHARD MACK	1.41.40	SUTHERLAND	8100
OLEG SZLICHTA	1.42.00	STRIDERS° OPEN	8403
WAYNE MCCARTHY	1.42.23	CITY OF SYDNEY	8605
KAREN TUCK	1.42.25	BATHURST	8607
PETER KEEBLE	1.42.27	IRON COVE	8602
MICHAEL BLACKWELL	1.42.31	LANE COVE PARK	8703
DAWN WOODWARD	1.42.50	CITY OF SYDNEY	8605
JAMES CAMPBELL	1.43.16	IRON COVE	8602
PAUL GALVIN	1.43.20	LANE COVE PARK	8703
WILLIAM BLECHA	1.43.45	COOGEE	8500
PATTI BURKE	1.44.00	HAWKESBURY VAL.	8400
BETH REID	1.45.01	CITY OF SYDNEY	8605
LESLEY LEAR	1.45.02	COMBINATION	8707
CECILY WILLIAMS	1.45.35	AUDLEY	8605
ISABEL ENGEL	1.46.58	CITY OF SYDNEY	8501
KEITH WEARNE	1.47.07	CITY OF SYDNEY	8605
VIRGINIA CLARK	1.47.15	UNKNOWN	8707
QUEENIE TOPLEY	1.47.23	GILLAWARNA	8408
GEOFF PEARL	1.47.54	IRON COVE	8611
JIM DONOVAN	1.48.20	IRON COVE	8303
MAVIS GARRICK	1.48.23	IRON COVE	8502
ROY SIMKINS	1.48.29	STRIDERS° OPEN	8603
DOROTHY FLANAGAN	1.48.46	IRON COVE	8502
LEENA BAMANN	1.49.37	LANE COVE PARK	8703
FRANK ASSENZA	1.50.46	RANDWICK	8207
IAN CROSS	1.51.10	LANE COVE PARK	8302
ROBI RUSSELL	1.52.09	LANE COVE PARK	8703
RUSSELL YOUNG	1.53.21	LANE COVE PARK	8703
ADRIAN KOL	1.54.00	STRIDERS° OPEN	8403
JOHN ROSS	1.55.46	STRIDERS° OPEN	8403
SUE THOMSON	1.56.28	COORANBONG	8405
CHRIS MATHEWS	1.58.10	CITY OF SYDNEY	8605
PHYLLIS SOMMERVILLE	1.58.23	GILLAWARNA	8508
JAN PEARL	2.01.51	IRON COVE	8611
ROBYN MURPHY	2.03.38	COORANBONG	8405

Marathon Ladder.

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 10/02/88, the second denotes age at which personal best was achieved. Unfinancial members will be deleted in the next edition. Please advise Graham Butler or Steve Cornelius of any errors or omissions.

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	2.39.56 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
ALEX WHITWORTH	VV	2.41.49 WORLD VETERANS 12/87
TERRY MCIVER	VV	2.42.24 WORLD VETERANS 12/87
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
IVAN FREYS	PP	2.46.54 CANBERRA 04/84
BERNIE KING	VV	2.47.23 WORLD VETERANS 12/87
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
JEFF GISSING	OO	2.48.13 ANZAC DAY 04/87
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
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
DAVID SILL	VV	2.52.54 HAMILTON NZ 10/87
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

NAME	CAT	<-----BEST AS A STRIDER-----><-BEST PRIOR TO JOINING->
BRIAN GATFIELD	VV	2.54.25 AUSTRALIAN 06/87
MIKE FOSTER	VV	2.55.12 HASTINGS NZ 08/85
STEVE CORNELIUS	VP	2.55.31 NSW STATE 06/82
RUSSELL BLACK	PP	2.55.51 CITIES 08/83 2.50.38 SYDNEY '82
SCOTT LAWRENCE	OO	2.56.19 AUSTRALIAN 06/84
NOBBY YOUNG	VP	2.56.33 NSW STATE 05/84
STEPHEN NICOLL	VP	2.56.50 SYDNEY 09/84
BRIAN LYNCH	PP	2.56.59 AUSTRALIAN 06/83
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
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
TINA CAMPBELL	VVF	3.00.32 WORLD VETERANS 12/87
SCOTT CRAWFORD	VV	3.01.20 WORLD VETERANS 12/87
BRIAN COLWELL	PP	3.01.47 MELBOURNE 10/82
RAYMOND SKINNER	VV	3.01.52 WORLD VETERANS 12/87
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
GAVIN MORISSET	VV	3.04.54 CANBERRA 04/87
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	3.07.21 GOLD COAST 07/87
ROY HOWARD	MV	3.07.28 AUSTRALIAN 06/84
HUGH SPENCER	VV	3.09.02 AUSTRALIAN 06/85
JOHN HODGES	PP	3.09.07 MELBOURNE 10/84
ALF FIELD	VV	3.09.44 WORLD VETERANS 12/87 3.05.52 CANBERRA '86
TERRY BAILEY	PP	3.09.53 MELBOURNE 10/87
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
TONY CROSBY	VV	3.13.02 WORLD VETERANS 12/87
STEVE NORDISH	PP	3.13.10 CANBERRA 04/87
JACK WOODWARD	VV	3.13.18 AUSTRALIAN 06/87
JOHN HILL	VP	3.13.19 AUSTRALIAN 06/85

NAME	CAT	<-----BEST AS A STRIDER-----><-BEST PRIOR TO JOINING->
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
JAMES SHIMWELL	VV	3.14.25 WORLD VETERANS 12/87 3.03.37 SOUTH AFRICA '67
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
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
ROSS WALL	VV	3.16.20 WORLD VETERANS 12/87
DOROTHY SIEPMANN	VVF	3.16.53 MELBOURNE 10/84
JOSEPH LOEWY	PP	3.18.43 ANZAC DAY 04/87
RICHARD BAMANN	VV	3.19.34 AUSTRALIAN 06/85
JOHN WHEALY	VV	3.19.56 WORLD VETERANS 12/87
ROGER RIGBY	VV	3.21.25 WORLD VETERANS 12/87
DENNIS RIDER	VP	3.21.39 AUSTRALIAN 06/84 3.20.52 HOBART '84
IAN WHITFIELD	PP	3.22.15 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
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
JOHN PETTETT	VV	3.29.11 WORLD VETERANS 12/87
STAN FLECK	MM	3.29.34 AUSTRALIAN 06/84 3.18.20 CANBERRA '83
ROSS BETTS	VV	3.29.49 AUSTRALIAN 06/86
HEINER HUNING	PP	3.29.58 AUSTRALIAN 06/87 3.13.36 SINGAPORE '84
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
WAYNE MCCARTHY	VV	3.34.54 WORLD VETERANS 12/87
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
JOHN TIMBS	VV	3.40.00 AUSTRALIAN 06/87 3.23.08 AUSTRALIAN '84
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
STEPHEN WINNER	OO	3.46.00 MELBOURNE 10/87
OLEG SZLICHTA	PP	3.46.15 AUSTRALIAN 06/84
DERRICK TITMUS	VV	3.47.09 AUSTRALIAN 06/83

NAME	CAT	<-----BEST AS A STRIDER-----><-BEST PRIOR TO JOINING->
ROBI RUSSELL	PPF	3.49.00 WORLD VETERANS 12/87
MAVIS GARRICK	VVF	3.49.10 WORLD VETERANS 12/87
DAWN WOODWARD	VVF	3.49.47 ANZAC DAY 04/87
VIC COLLINS	VV	3.50.56 MELBOURNE 10/86
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
MICHAEL BLACKWELL	MM	3.53.47 WORLD VETERANS 12/87
PATTI BURKE	VVF	3.54.01 CANBERRA 04/84
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
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
JOHN HAMILTON	PO	3.01.30	AUSTRALIAN '83
ROGER CROFT	VV	3.02.54	AUSTRALIAN '86
J. HOLMES	VV	3.04.59	ABINGDON, U.K. '86
BRET NICHOLS	PP	3.05.30	AUSTRALIAN '83
ALAN OAKES	MV	3.09.00	SPRINGS, R.S.A. '72
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
ASHLEY JACKSON	OO	3.19.52	HARBORD DIGGERS '83
MURRAY BOYTE	VP	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
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 Ewen Thompson H: 427-3834	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

TRAINING

PARTICIPATING STRIDERS	DISTANCE & OTHER NOTES
Charles Coville Dan Gray Tina Campbell John Turner Harvey Blue	Intervals at sprinting pace
Harvey Blue Tony Vipond Brian Colwell Kevin O'Kane Mathew Kaley 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 Ian Bowden Charles Coville 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.
Trevor Roberts, Terry McIver, Sue Hill, Bernie King, Philip Caldwell Steve Corneli', Ewen Thompson Scott Crawford, Joanne Tibbitts Phyllis Sommerville, Nobby Young Louise Fitzsimmons, Merri Mack	Tues: Race Pace. Friday: Medium STAR Pace. 10k.
Barry Jones Mick Edwards Ced Sidebottom Steve Cornelius Billy Thompson Mathew Kaley Bill Flanagan Terry McIver Ewen Thompson Chris Dwyer Terry McMahon Dot Siepmann Ron Burke 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 Peter Keeble Bryce Courtenay John Pettit Alex Hamill Joe Loewy Vince Engel	Mon to Thur: Medium pace 10.6k. Fri: Race over same course.
Derek White Bill White Dan Gray Lesley Lear Dorothy Siepmann	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 Wayne Stanton Charles Coville Bruce Murray Richard Bamann Nick Reed	Handicap race. Slowest runners start at 6.50 am. Faster runners leaving at 1 minute intervals thereafter.
Scott Lawrence Bill White Dorothy Siepmann	Measured 10k each week. Handicap race 1st Saturday of each month. Earliest handicap starters 7 am.