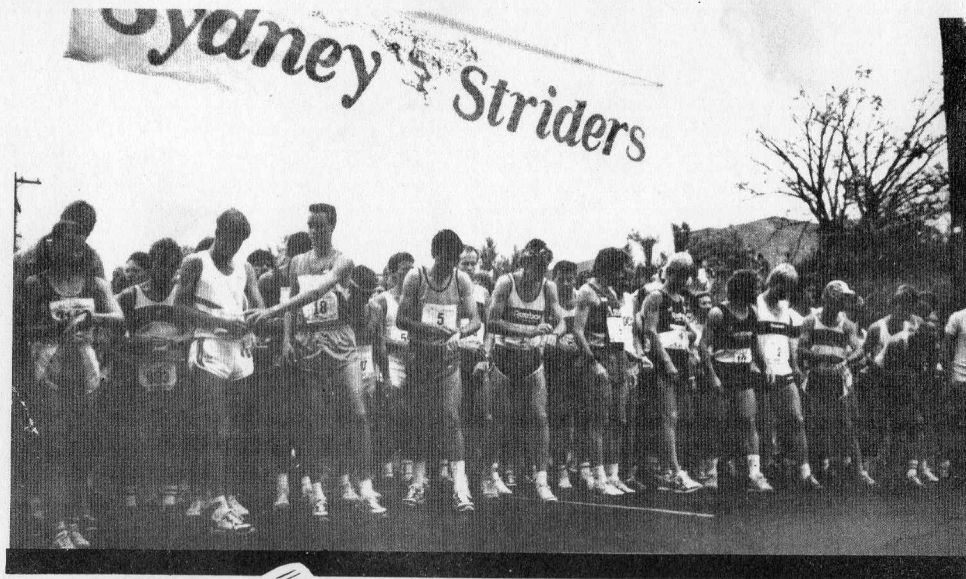
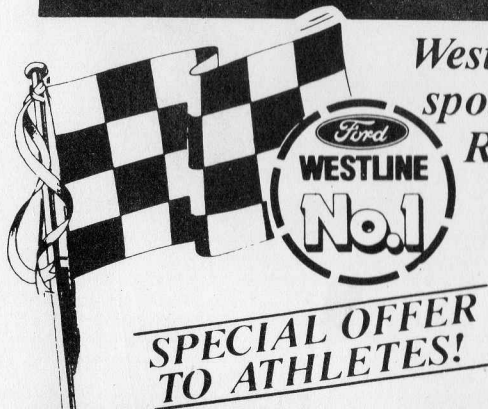


Sydney Striders Half Marathon

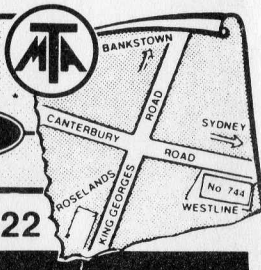
Over 21.1 kms through Sydney's beautiful Lane Cove River Park, at 7.00 am on Sunday, March 19, 1989.



Westline Ford is proud to be a sponsor of Australia's Premier Road Race & congratulates all participants

**SUPER DISCOUNTS
ON ALL PURCHASES
AT WESTLINE FORD**

Westline
can do it everytime

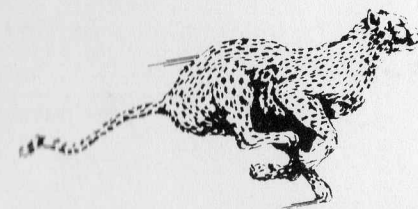


744 CANTERBURY RD. BELMORE 759 4622

Dealer licence No.6629



Edition No.35.
Apr/Jun '88



Sydney Striders
Marathon and Road Runners Club

THE BLISTER

Club Magazine of

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

ISSUE NO 35
April/June 1988

CIRCULATION: 220

EDITOR: GRAHAM BUTLER

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

NEXT ISSUE: #36, July/September 1988. DEADLINE DATE: 7 Aug 1988.

CONTRIBUTIONS are welcome from all members (preferably typed).

TYPED ARTICLES REQUIREMENTS: Single spacing, small black type,
A4 paper, minimum margin 1.5cm all sides.

ADVERTISING RATES: \$30 per page,
\$100 per page per annum (4 issues).

CLUB COMMITTEE:

President:	Nobby Young	816-2017
Vice-President:	Mathew Kaley	909-1461
Secretary and Minutes Secretary:	Jon Marsden	428-2001
Treasurer:	Edwina Macarthur	427-6042
Training Director/STAR Co-ordinator:	Bruce Murray	489-6413
Internal Events Director:	Kevin O'Kane	661-5131
Membership Director:	Harvey Blue	32-2476
Literature Director:	Graham Butler	451-5971
Social Director:	Barbara Firkin	625-0750
Uniform/Colours Director:	Bernie King	484-7685
Public Relations/Publicity Director:	Wayne McCarthy	428-1609
Half-Marathon Race Director (1988-9):	Bill Flanagan	661-4451
24-Hour Race Director (1988-9):	Steve Cornelius	427-3604
Special Projects:	Steve Nordish	638-7806
Special Projects:	Scott Crawford	467-2117
Special Projects:	Dan Gray	588-1561
Special Projects:	Tina Campbell	428-2001
Special Projects:	Rod McLean	949-4373
Special Projects:	Brian Colwell	664-1644
Computer Manager:	Steve Cornelius	427-3604

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.

Another A.G.M. is behind us, and the new Striders Committee is preparing for the year ahead of us.

I would like to thank Terry McIver, Wendy Downes, Beth Reid, Steve Cornelius, Noel Worthington, Alistair Mackie and Brenda Hamill who have served the committee so well in the past, but did not stand for re-election this year.

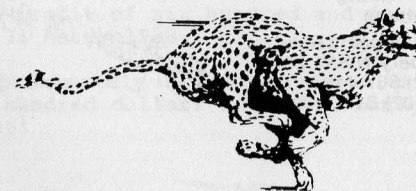
Welcome to John Marsden, Bruce Murray, Kevin O'Kane, Bernie King, Harvey Blue, Wayne McCarthy, Tina Campbell, Steve Nordish, Scott Crawford and Brian Colwell, who are now on the team.

Seven remain from the previous committee and all positions are covered. The Half Marathon also has a full crew again with Bill Flanagan as Captain and Bernie King on the winch. (That's winch not wench.)

The club has two answering machines for better communications, one permanently with the new Membership Director, Harvey Blue and one with the person organizing the next major event, Tina Campbell for the Sussan Womens 10K Classic. I also have one fitted to my phone so I can now be called at any time. In the past it has been difficult to contact me as I got to bed very early, something to do with old age.

We are hoping for a large turn out of Striders at the Sussan 10K Classic for what should be a very pleasant day. If Terry McIver is present we will have to appoint two people to "mind" him as hundreds of girls in running gear will be too much for him to bear.

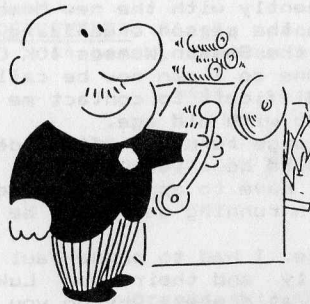
Here is a good quote. I had to phone Paul Russell rather late one evening recently and their son Luke answered the call. "Mum and Dad are out at dinner, why do you think I'm still up?" Good one, Luke, good one.



POSH PRINTING

..... That's what we are all about.
High quality printing fast!

At Posh Printing we have installed some of the latest, fastest small offset technology available. This ensures that high quality print jobs of 1, 2, 3 or more colours can be done quickly and efficiently. Keeping time and price to a minimum, ensuring a top quality job. The message is simple, printing that's worth waiting for without having to wait for it!



P.S. We can boast the same for our photocopying departments, so if you only want one or two copies of that manual, letter or report, come to Posh for clear clean copies quickly!



Brian Tailford
Posh Printing
(Rosebery)

419 Gardeners Road
Rosebery, N.S.W. 2018
☎ (02) 667 4420
Fax: (02) 317 5439

Perfection on paper

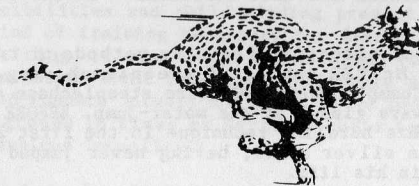
NEW MEMBERS

by Terry McIver.

We welcome the following new members to the Club and wish them enjoyable and injury free running:

Graeme Donald
Victoria Donald
Anna Everett
Richard Farrell
Les Giesler
George Lisson
Kylie Munyard
Jill McLean
Paul Porta
Alan Tonge
Richard Thomas

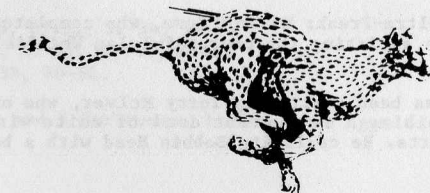
As of 8th May 1988 we have 197 members.



\$ \$ WINNING OR LOSING \$ \$

Just to keep members up to date with club finances we are happy to report a profit of six hundred and forty eight dollars for the year ended 31 March 1988.

We have approximately sixteen hundred dollars in the bank and twenty one hundred dollars in a cash management trust. So **yes we are winning!!**



SNIDE SNIPPETS

by Steve Cornelius

- * Mathew Kaley to Terry McIver, North Ryde, Saturday 19 March 1988: "It wouldn't bother me if I only did one marathon this year. I'm going to be concentrating on shorter distances."

Mathew Kaley to Steve Cornelius, North Ryde, Sunday 20 March 1988: "Steve, here's my entry-form for the Striders' 24-Hour Track Race".

Will anyone seeing any dried brains blowing around the North Ryde area please notify Mathew Kaley on 909-1461, as he has mislaid them and wants them back.

- * Bill Thompson immediately before Final of NSW Veterans' Club's "Hugh Patterson Trophy" (Handicap 5000 metres): "I don't think I'll run, I'm a bit nervous about this".

Bill Thompson immediately after WINNING "Hugh Patterson Trophy" by over half a minute, with a blistering 35-second PB of 17.23: "I'm a bit nervous about being presented with this trophy".

If anyone hears Bill Thompson claiming to be CONFIDENT about anything, GET OUT OF THE WAY! He'll blow you apart!

- * Name of payee on cheque from Westfield: TEDDY McIVER. Do Westfield know something we don't?

- * It's still renewal-slip time, folks, and those bloopers just keep on comin'. John Ross sent in his \$25 with a renewal-slip listing results in a number of 1988 (sic) marathons and half-marathons - months before the events are due to be held!

- * We recommend the bizarre but effective training methods of two of our members: first, the TERRY McIVER school of steeple-chasing. Terry's training for the NSW Vets' Championship 3000 metre steeplechase consisted of (a) having a shifty sideways glance at the water-jump, BEFORE they put the water in, (b) refining his hurdling technique in the first 2 laps of the race. Terry took out the silver medal, having never jumped a hurdle or a water-jump previously in his life.

Next, the LOUISE FITZSIMMONS school of debut-marathoning. Louise recommends running your maiden marathon after a warm-up consisting of a 3.8km swim and a 180km bike-ride ("just so as to avoid that initial stiffness"). The warm-up took just under 8 hours and the marathon just under 4. As it happened, there were a whole bunch of other kooks doing pretty much the same thing at Forster that day, and Louise won the right to do it all again in Hawaii as winner of her age category.

- * Two items were lost by Nobby Young at North Ryde, appropriately enough on April 1st: (a) his Walkman Cassette, which "walked" after he had played 20 minutes of Willie Nelson on it; (b) his pretensions to yuppie-hood, which "flew" when he was hailed by the driver of a garbage-truck in Wicks Road (right in front of his ruddy mates, too!).

- * If anyone wants to know which public toilets in Gladesville are closed on Sunday mornings, ask Heiner Huning. He's been round ALL of them.

- * Welcome to the latest Ultra-Freak: Kevin O'Kane, who completed an epic 5-hour training run while assisting the ungrateful Ian Whitfield to design his new STAR run.

- * A new club tradition has been started by Terry McIver, who undertook the St Ives STAR after imbibing a very great deal of white wine and port, paid for by Trevor Roberts. He calls it: Bobbin Head with a bobbin' head.

Letters.

The Editor,
"Blister" Magazine.

Dear Sir,

An analysis of the entrants in our Striders' Open Half-Marathon shows interesting results. The following is the number of entrants in each of the 11 mens' and 10 womens' age categories:

	Men	Women
Under-20:	23	1
20-29:	145	31
30-34:	155	21
35-39:	179	22
40-44:	194	18
45-49:	89	5
50-54:	52	2
55-59:	15	2
60-64:	13	1
65-69:	9	1
Over 70:	3	N/A
Total:	877	104

Whatever this "equal" distribution of age-groups was originally meant to achieve, it has demonstrably failed. Whatever the incentives we have put before female runners to persuade them to participate in mass numbers, they have not. And whatever we feel we may achieve in the short and medium term by retaining this "equal" distribution, we must now balance against the legitimate claims of those who feel that some runners, to paraphrase Orwell, are more equal than others. For whatever this system is, it is definitely NOT EQUALITY. It is, in fact, a hideous bias in favour of what seems destined to continue as a minority group in running - women.

It will doubtless be argued, rightly, that social factors associated with family responsibilities and child-minding prevent women from devoting their time to the kind of training necessary for distance running. True indeed, but while we're waiting, or even actively working, for this situation to change (and when governments won't recognise child-care as a right, what hope has a 200-member road-runners' club?) how long do we have to tolerate some people competing in groups 10 times as large as their female counterparts', in the name of some dubious "equality"?

Effectively we have 5 redundant age-groups here, and all of them are female. In fact, in two of them, there wasn't even one finisher, and the medals went begging! Meanwhile, almost 200 (20 percent of the field) battled it out in the largest male category. This is clearly grossly unfair to that vast bulk of middle-aged males who constitute our bread-and-butter. Bear in mind that if men aged 30-44 were to go elsewhere, more than half your field would disappear and you would no longer have an event at all.

I am proposing that in 1989, the Striders' Half-Marathon institute a radical plan to counteract this imbalance in the age-category prizes. And before you shy away, remember it won't be the first time Striders have been innovators. (How many runs offer child-minding facilities? Who first started using tetrapak water? Who stuck with a half-marathon when everyone else was blindly organising marathons, most of which have since died?). I propose age-categories as follows:

Men: 18-25, 26-28, 29-31, 32-34, 35-36,
37-38, 39-40, 41-42, 43-44, 45-47, 48-54.
Women: 18-29, 30-39, 40-54.

That's 11 for men and 3 for women, between the ages of 18-54, and YES, those

ARE TWO-YEAR age-categories! If applied to the 1988 Striders' Half-Marathon, this would still result in men's groups being more than twice as large as women's, a situation which would still positively discriminate in favour of women, but go a long way towards getting rid of the ridiculous current imbalance. Categories within this 18-54 "core" group could be reviewed from time to time to ensure they still made for an equitable balance of group sizes, thus making the groupings responsive to demand.

Outside the age-range 18-54, there is a special case to be made. With males, given current participation rates, worthwhile group sizes would eventuate for Under 18, 55-59, 60-64 and 65-69, with a possible over-70 group if numbers were great enough. With females, this would not be so, and I feel there is a case to be made (in both sexes) for nominal 5-year age-groupings, but with the specific provision that if there were less than 5 in a group, that group should be merged with an adjacent group.

The above proposal has the following advantages: (1) it still offers women more medals per participant, without the imbalance being out of all proportion; (2) it makes category prizes for most men more accessible; (3) it still makes provision for young and old runners, without insulting them by naming them as winners of meaninglessly small groups; (4) it provides flexibility and responsiveness to the market; (5) it's yet another "first" for Sydney Striders.

In these days when only just over 10 percent of our entries come from women, and this year's Canberra Marathon attracted less than 7 percent women, now is the time to grasp the nettle and reward all those mid-life males who have run their hearts out for years without the ghost of a chance of a medal, while many female entrants only have to turn up and finish to pick up medals which are cheapened by this current pretence of "equality".

Yours for REAL equality,

Steve Cornelius.



11 rue du Côteau,
Hull, Qué. J8Z 2V2
Canada

Nobby Young, Esq.,
President,
Sydney Striders,
Marathon & Road Runner's Club,
P.O. Box N119, Grosvenor St.
Sydney, N.S.W. 2000

Dear Nobby:

Just a word from the other side of the world to say how much I appreciated my recent visit to the bicentennial Australia and particularly my relationship with the Australian running community.

It has been a great honour for me to represent my country to Westfield Run '88 but I was also very pleased to have been so well received by the Sydney Striders in representation of both the Pur-Sang de l'Outaouais and the National Capital Runners Association on Sunday the 13rd. I noted that, under your capable leadership, the Sydney Striders is a club with much depth, exceptional runners and, above all, a wonderful esprit de corps. This is visible, tangible and touchable right from the first moment a visitor comes in contact with your Club. Your organization is also well equipped with first class cooks... You almost need to run Westfield to get even with the calories gained at your Sunday mornings' brunches! I took also a great interest in reading the Blister, the Jan/Mar '88 edition of your newsletter which you left with me in Melbourne. This is a high quality running club publication which I will show to Michel Ducharme, Editor of A bout de souffle, Les Pur-Sang's monthly bulletin and to Jo & Ray Haythornthwaite, Editors of On the Run, the N.C.R.A. monthly newsletter.

I will proudly wear the Striders' T-Shirt you kindly gave me, as soon as the summer is with us. Let me tell you that, coming back from Australia's hot weather, I found the end of the winter here and the beginning of the spring a little hard to support... My mind was not ready, after Westfield, to struggle again with the cold! As the guy used to say: "Enough is enough!"

To you, to your friends and fellow runners, to all those of the Striders I had the pleasure of talking with on the occasion of your half marathon, my very best regards, in particular to Barbara and Graham Firkin whom, I hope, to see again on the starting line of Westfield in 1989.

Michel Careau 
Michel Careau

April 25, 1988

10km Race Series

- Mathew Kaley.

Race 1 : Lane Cove 10km, 26th March 1988 (19°C, humid)

The new series begins and the slate is wiped clean. The appeal of a clean start was such that the biggest field yet assembled arrived for this race and 32 of them finished the tough Lane Cove course. A fast start saw the first mile down in 5:08 but the hills soon took their toll. Invited runner Jock Davis ran unopposed to win in the fast time of 32:53. First Strider home was Mathew Kaley followed by Cameron Osbourne and Paul Russell. Tina Campbell easily won the womens race from Edwina Macarthur and Lesley Lear. The handicap race was a close affair with Kevin O'Kane winning by a mere second from big improver Alastair Mackie. Third place was captured by Brett Nichols.

(Full results were published in Calendar #41)

Race 2 : North Ryde 10km, 23rd April 1988 (18°C, mild)

Cameron Osbourne started fast and led for the duration of this race to win in 35:26. The fight for second was a close one, however, with Graham Turner pushing ahead of Antony Scott in the final kilometres to narrowly take the runner-up position. Alastair Mackie was again one of the big improvers and came in fourth. Edwina Macarthur turned in the strong time of 46:10 to win the womens race from Lesley Lear. Russell Young turned the handicap times upside down by going a full eight minutes under his handicap time to win with the biggest margin ever from Ian Macarthur and Robbie Russell. Only nine runners went under their handicap on what is one of the tougher courses in the series.

Race 2 - Results

	RACE TIME	5K SPLIT	H'CAP TIME	H'CAP DIFF.	PLACE
1. Cameron Osbourne	35:26	17:29	35:44	+0:18	15th
2. Graham Turner	35:51	17:45	-	-	-
3. Anthony Scott	36:01	17:46	35:13	+0:48	17th
4. Alastair Mackie	37:36	18:27	38:35	-0:59	4th
5. Paul Russell	38:10	18:46	36:03	+2:07	20th
6. John Marsden	38:36	19:06	38:29	+0:07	11th
7. Bill Flanagan	39:08	19:13	38:54	+0:14	13th
8. Dan Gray	39:17	19:08	38:57	+0:20	16th
9. Nobby Young	39:55	19:52	38:50	+1:05	18th
10. Heiner Huning	40:08	19:44	39:51	+0:17	14th
11. John Turner	40:10	20:18	40:02	+0:08	12th
12. Harvey Blue	40:36	20:33	40:47	-0:11	8th
13. Dave Williams	40:41	20:33	-	-	-
14. Richard Thomas	40:52	20:06	-	-	-
15. John Whealy	40:54	20:33	41:15	-0:21	7th
16. Ian Whitfield	41:00	20:33	41:38	-0:38	6th
17. Graham Butler	41:13	20:33	41:18	-0:05	9th
18. Alf Field	41:23	20:33	39:53	+1:30	19th
19. Scott Crawford	41:39	20:33	41:37	+0:02	10th
20. Kevin O'Kane	46:01	22:33	42:04	+3:57	21st
21. Edwina Macarthur	46:10	22:59	46:50	-0:40	5th
22. Russell Young	50:42	25:11	58:32	-8:10	1st
23. Ian Macarthur	50:42	25:11	53:28	-2:46	2nd
24. Robbie Russell	51:56	25:22	53:07	-1:11	3rd

Race 3 : Centennial Park, 21st May 1988 (18°C, showers)

Due to the increased number of starters in recent races we issued race numbers for the first time today. Numbers were issued on a semi-permanent basis, based on your handicap place for 1987. Cameron Osbourne cemented his reputation as a rabbit by starting at an extraordinary pace. Though fading in the second half he produced the third fastest time ever recorded in the series to win by 700m from Alastair Mackie and Warwick Selby. Tina Campbell broke 40 minutes to win the womens race from Edwina Macarthur. Ian Macarthur crashed through 50 minutes to win the handicap event easily from Paul Lunsman and Terry Bailey on a day when all but three people went under their handicap time.

Race 3 - Results

	RACE TIME	5K SPLIT	H'CAP TIME	H'CAP DIFF.	PLACE
1. Cameron Osbourne	34:18	16:53	35:35	-1:17	12th
2. Alastair Mackie	36:34	17:56	38:06	-1:32	5th
3. Warwick Selby	36:46	18:05	38:11	-1:25	8th
4. Malcolm Satchell	36:54	18:07	37:20	-0:26	17th
5. John Hodges	37:07	18:37	38:00	-0:53	14th
6. John Hamilton	37:17	18:58	-	-	-
7. Bill Flanagan	37:40	18:19	39:01	-1:21	10th
8. John Marsden	37:40	18:11	38:33	-0:53	14th
9. Stephen Burke	37:58	18:56	-	-	-
10. Ewen Thompson	38:01	18:44	39:26	-1:25	8th
11. Dan Gray	38:42	18:58	39:07	-0:25	18th
12. Roger Croft	38:46	19:05	40:12	-1:26	7th
13. Alf Field	38:54	19:18	40:38	-1:44	4th
14. Mike Ward	39:10	19:11	38:55	+0:15	22nd
15. Tina Campbell	39:47	19:12	40:58	-1:11	13th
16. Heiner Huning	39:55	19:48	39:59	-0:04	20th
17. Geoff Burgess	40:27	19:46	40:45	-0:18	19th
18. Graham Butler	40:48	20:09	41:15	-0:27	16th
19. Bruce Murray	40:57	20:23	42:18	-1:21	10th
20. Paul Lunsman	41:13	20:16	44:04	-2:51	2nd
21. Scott Crawford	41:37	20:42	41:38	-0:01	21st
22. Terry Bailey	41:39	20:30	43:58	-2:19	3rd
23. Kvein O'Kane	44:37	21:42	44:03	+0:34	23rd
24. Edwina Macarthur	44:58	21:57	46:30	-1:32	5th
25. Ian Macarthur	46:58	23:21	52:05	-5:07	1st
26. Russell Young	54:49	26:03	52:00	+2:49	24th

1988 SYDNEY STRIDERS HANDICAP SERIES

POINT SCORE AFTER RACE 3

1. Alastair Mackie	58pts	11. Alf Field	25pts
2. Edwina Macarthur	53pts	12. Russell Young	24pts
3. Ian Macarthur	45pts	13. Paul Lunsman	23pts
4. Graham Butler	40pts	14. Ewen Thompson	22pts
5. Scott Crawford	33pts	14. Tina Campbell	22pts
6. Cameron Osbourne	32pts	16. John Marsden	21pts
7. Harvey Blue	30pts	17. Brett Nichols	20pts
8. Warwick Selby	29pts	17. Brian Tailford	20pts
8. Bill Flanagan	29pts	17. Robbie Russell	20pts
10. Kevin O'Kane	26pts	17. Terry Bailey	20pts

PROJECT PUNCTURE

'Development of the first internally fitted orthotic'

Background: Anatomical anomalies prevent many people, including runners, from achieving their particular performance goals. These goals, whilst in themselves not unrealistic, become unreachable due to the training limitations imposed by skeletal and muscular imbalances. How often have you, a budding olympiad, been struck down by overuse injuries at training levels far lower than even your grandmother is used to? Thus, the afflicted is prevented from developing a fitness level beyond that of a small marsupial.

Sports medicine has, in recent years, begun the search to solutions for these problems and hence the development of orthotics, steroids, and Coca Cola. Let us examine the orthotic in greater detail. Here, we have a device for controlling the complex interaction of roadway and foot during groundstrike. By substituting itself between the athlete's foot and the shoe's sole it provides a compensation for Mother Nature's irregularities. But, the orthotic, as it stands at present, is not a total solution. As an external device it relies heavily upon correct fitment and often cannot be used with the runner's desired shoes.

Hypothesis: By making the orthotic an internally fitted and thus permanent device then all of the current orthotic design's shortcomings can be eliminated.

Experiment: The concept developed was to use an injection moulding process to insert a rubber based wedge in the foot. The wedge had to be so designed as to perform the same function as a conventional external orthotic. Such a wedge, then, had to be inserted below the outer layers of the epidermis. The search for both the correct wedge material and an insertion implement became a difficult process. Neither the combined resources of the CSIRO or NASA were able to offer a solution. The project seemed doomed even before it had really begun.

Then, at 7.35pm on Sunday, the 10th of January 1988, whilst walking under the house, I stumbled across the solution, not just to one problem, but to both. It was an historic moment and, I must admit, one that filled me with emotion. I rushed upstairs to tell Tina the good news. What I had found (or had it found me?) was a small tempered steel implement with a flat head, not unlike a nail. This was securely fixed in a large wooden block offering a stable base. By placing my full weight (75kg) on the relatively small surface area of the implement I was able to force a wedge of the specially developed rubber into my right foot. (At this time I had strapped to my feet, for the purposes of endurance testing, a Taiwanese rubber product that was under consideration as a prototype of the orthotic material. Tina, for reasons unknown to me, always referred to it as a *jandal*.)

A quick (4 hrs) trip to RNS hospital and we had confirmation from the Triage nurse, Sister Maria Waddia-Stepon, that the operation was a success.

Observations: Discomfort resulting from the slight tissue damage that occurred during the insertion required the use of crutches for a few days. Once this initial trauma had passed there followed a period of several days during which testing was restricted due to some slight swelling. Physical activity at this time was confined to swimming and bike workouts in preparation for the big test. During week 3 of the trial it was planned that I compete in a small triathlon arranged by one of Tina's work associates.

So it was that on Saturday, the 6th of February 1988, came the day that would make or break it. Initial indications during the course of the event were good. A slow start in the swim was followed by a strong bike leg which saw me rise from 8th to 3rd. However, the strain was beginning to show, and after a short distance in the run I was forced to abandon the event.

The following week the deterioration continued. The use of a number of drugs, these being

alcohol based depressants (known in some countries as 'beer', 'wine'), failed to counteract the increasing tissue rejection of the implant. Finally, on Friday, the 12th of February 1988 at 9.30 pm, almost 5 weeks since the initial implant, the small wedge was removed.

As at the time of writing, no long term after-effects have been in evidence and the small area of damaged tissue has healed entirely.

Conclusions: I look back on the experiment with mixed feelings. Initial indications of success were encouraging. It was the extreme lack of testing time brought about by the implant rejection that means that no firm conclusions can be reached. However, I still feel that there is promise in this technique and if, on reading this, you feel inspired to be a part of this exciting leading edge technology then do not hesitate to contact me.

Afterthought: It is not alone that I attempt to push back the frontiers of sporting technology. I look with pride upon the efforts of fellow Striders. John Turner's magnificent aerodynamic hip, developed for improving his biking performance is a case in point. Such an achievement, using the most basic of tools, a bike and gravity, is a perfect example of the type of innovation that brings tears to my eyes. Graham Butler is another who has experimented. His attempts to improve performance by increasing blood flow to the hip area by massaging with concrete is an example to us all.

There is a message here, and it is an important one, for every runner and athlete of any description. If you feel that you are hindered from achieving your best then you *can* do something about it. Explore new realms, seek out new methods, investigate and innovate, never be satisfied with the past but use it as a base for the future. The limits of human potential are set only by the individual. Do not be afraid, for although there are many risks on the road to new horizons, and not all will succeed in reaching the athletic *nirvana*, for those who do the rewards are beyond imagining.

Jon Marsden



JUST
JUICE



Talays
THE RUNNERS SHOP,
RANDWICK

Ultra Report - by Steve Cornelius

- * Congratulations to GRAHAM FIRKIN on his achievement in the Westfield Sydney-to-Melbourne Ultramarathon. Despite injury, FIRKO made the Goulburn and Canberra cut-offs, but was forced to retire just south of Canberra. The 292 km he covered is the new Club Record for the longest distance ever run by a club member in any race. Many thanks to all those Striders who helped him get his challenge on the road, and especially to those who gave their time to be part of his crew.

Firko and Barbara say they'll be back next March for more of the same, having learned all sorts of lessons from watching the professionals at work.

- * We welcome another ultra-freak to the "50-mile club". Steve Nordish completed his first 50-miler, not in the traditional way (for Striders, anyway) by running down the Princes Highway, but in the recent Coffs Harbour to Grafton "50". Congratulations to Steve who finished in about 8.30, half an hour behind Firko. Incidentally, Firko receives the FAKAWI AWARD for running about a kilometre off the route in this event!

- * By the time you read this, the 3rd Annual Striders' 24-Hour Track Race will be history, and a full report and results will appear in Blister #36. However, before the event it is possible to say one thing - the field is stronger than ever before, and I'd be surprised if some records weren't broken. Of the 38 starters, 7 (including 1 woman) have already beaten 200 km in a 24-hour race, and only 8 will qualify to battle for the "Best Newcomer" trophy (we define a newcomer as anyone who has never run 100 km in any organised event).

It is particularly gratifying to see Cliff Young (he of the holey trousers and inimitable shuffle) and Sue Andrews (holder of almost every Australasian women's ultra record) gracing our track. In addition, 4 Striders have decided to tackle the "24": Nobby Young, Graham Firkin, Mathew Kaley and Brian Tailford.

- * Ultramarathon Fixtures for 1988 include:
Sept 18: Sydney-to-Wollongong 50-miler & 5 x 10-mile relay;
Oct 8-9: 24-Hour Track Race at Bradbury, near Campbelltown.

Entry forms for the "Gong" will be obtainable soon from Fred Howe at Talay's Runners' Shop, Randwick. The 24-Hour Race is organised by Dave Taylor, one of the regular supporters of our own 24-Hour race, and he can be contacted on 046-311479.

Steve Nordish and Brian Colwell are organising teams for the Sydney-Wollongong relay (see elsewhere this issue). Don't be shy in volunteering your services - some runners were quite surprised to win medals last year, and it can be a lot more fun than running a 50-miler anyway!

- * An interesting innovation in Victoria earlier this year at a 48-Hour Track Race organised by Stephen Foulkes - a computer was used to do some of the lap-scoring. Unfortunately it seems that the recording was done not by electronic means but by an operator making a keyboard entry as each runner passed. This is a method which is open to all sorts of error and potential catastrophe, but certainly computer possibilities will have to be followed with interest if we are ever to move away from the laborious lap-counting methods most track-ultra organisers now have at their disposal.

SYDNEY TO MELBOURNE ULTRA - A MOVING EXPERIENCE.

- by Alf Field



Articles in "The Blister" generally have more than a hint of levity and facetiousness in them and rightly so, for we run for fun. The Sydney to Melbourne Ultramarathon is something else. This is a deadly serious business, which is why this account of the 1988 event contains less than the normal quantum of jocularity.

Not that there weren't lighter moments in this 1015 kilometer contest. Two which spring to mind are firstly the picture of the Japanese runner's second vehicle setting off in pursuit of their runner with the side door of the van open and a steady stream of pots, pans and other paraphernalia being deposited on the roadside.

The second involved a rather comely female spectator enquiring "What does a runner's crew member feel like?" and being told to "Jump aboard love and have a feel."

To call the Sydney to Melbourne Ultramarathon a "run" is a misnomer. Nobody can actually run all the way from Sydney to Melbourne. Even the leading runners punctuate their running with long periods of walking. It is really a form of locomotion, which is why I have called it a "moving experience."

This term has the advantage of covering not only the physical transference of the runner and crew, but also the huge emotional effort that goes into the project and the pain and suffering endured through the event by both the runners and their crews.

The logistics are awe inspiring. The cost of mounting a challenge exceeds \$10,000, which for many entrants is a daunting obstacle. This amount covers the hire of two campervans, one of which must be a 2 berth vehicle and the other a 6 berth van, plus all the costs of getting the whole entourage to Melbourne and back again. Then a seven member crew needs to be assembled and co-ordinated.

The crew consists of a team manager, a cook, a physiotherapist and four drivers. For Graham Firkin's maiden attempt at this race, Barbara Firkin doubled as team manager and cook, Dan Gray was the assistant team manager and chief gofer, Robyn Murphy was the physio while the drivers were Steve Nordish, Brian Colwell, myself and Graham and Barbara's son-in-law, Phillip Todd.

None of us had any prior experience of what was required on a run of this magnitude, although Graham, Dan and Brian had completed the 1987 twenty four hour race and thus had some idea of the demands of ultra running.

For all practical purposes we were total novices and simply feeling our way, but with the sure knowledge that we were quick learners.

At 11am on Thursday March 17th we set off from the Westfield Centre in Parramatta in great excitement and with high hopes that Graham would be the first Sydney Strider to complete this race.

It did not take long to settle into the routine of the race. The smaller vehicle travelled almost immediately behind the runner with the larger vehicle some 300 meters further back. Flashing yellow lights and large signs on the rear of the vehicles warned other motorists of "runner ahead".

Ten minutes run, five minutes walk - ten minutes run, five minutes walk - ten minutes run, five minutes walk, on and on. Dan dashing up to Graham with waterbottle. Dan dashing up to Graham with a biscuit or piece of fruit or a coke or simply some words of encouragement.

The squawk of the CB radio became our constant companion. "Firko 2 this is Firko 1. Do you copy? Over." Everyone soon became dab hands at operating the radio. It was the vital communications link between the two vans as well as the means of talking to other competitors vehicles and to the race officials.

"Firko 1 this is Firko 2. We have a copy. Over."

"Firko wants to have a leg massage. Please go ahead of us about 500 meters and set up the massage table. Over."

"Understood. We are going ahead now and will set up the massage table. Over and out."

Graham completed his first standard marathon of the race in 4 hours 45 minutes and looked remarkably fresh. He needed to be. There were still another 23 marathons to be endured and overcome.

Gradually the kilometers tick by. Ten minutes run, five minutes walk. Ten minutes run, five minutes walk. Dan rushing out to Graham. Barbara making sandwiches and coffee. Ten minutes run, five minutes walk.

Driving shifts were divided into approximately 4 hour intervals. My first shift was from 4 pm to 8 pm on Thursday. Despite the monotony, everybody is hyped up. Nobody rests.

After my shift I decide that I will try to get some sleep. Somebody will need to be fresh later on. I lie down for an hour or so but can't sleep. Firko is still out there running and everybody is still helping. Dan is covering almost as much distance as Firko in his dashes from the lead vehicle. Firko says that he doesn't want any serious rest until Goulburn. Got to beat the first cut-off time of 3pm Friday in Goulburn.

Just after 9pm, some 10kms before Mittagong, and the second standard marathon is completed. Firko is still looking good and running freely. Even passing a few slower moving runners.

The night is full of flashing yellow lights as a number of runners are congregated within a few kilometers of each other. Mittagong comes and goes. Gradually Berrima comes into sight but Firko is getting tired. Who can blame him. He has been out on the road for 13 hours and covered 105 kms. A feed and 30 minutes sleep is prescribed.

At 1am we set off again. Its my turn to drive the lead vehicle. Robyn is spotter and logkeeper while the indefatigable Danny Gray continues to perform his role as gofer. Barbara has gone back to the large van for a well deserved rest.

Firko has decided that he prefers a 5 minute run, 5 minute walk routine but cannot see his watch in the dark. Every 5 minutes I give him a toot on the horn.

Two hours pass uneventfully. The CB squawks. The large van has a flat tyre and they have to pull off the road. Later we hear that they are having difficulty in changing the wheel and help is summoned. Nothing we can do to help. We have got to keep Firko going.

Five minutes run. Toot. Five minutes walk. Toot. Five minutes run. Toot. The time drifts through 4 am, the end of the shift, but the second van has not reappeared. Can only press on. We are all starting to flag. We haven't slept since Wednesday night and its now Friday morning.

Neither has Firko, apart from his 30 minutes in Berrima, and he has covered 135 kms.

I catch myself nodding off, shake myself awake and go cold as I imagine the headlines: "Runner run over by his own support vehicle." Got to stay awake. Where is the second van? Decide to have a coke. Perhaps the caffeine will help.

The CB crackles and the second van is on our tail. At 6am I hit the sack and sleep for 2 hours with a guilty feeling in the pit of my stomach. Firko is still out there grimly knocking off the kilometers. Goulburn is 30 kms away and Firko is going to make the cut-off with hours to spare.

In fact we pass the check point in Goulburn at noon, with three hours to spare. We check into a caravan park so that Firko can have a well deserved shower and shave. It is decided that he can only have one hour's sleep before setting off for Canberra. We grab the opportunity to use the ablution facilities ourselves.

All too soon we are on the road again. Firko complains that the constant running on the camber is causing a pain and swelling in

his left calf. Robyn gives it a massage and we press on.

Suddenly there is a buzz of excitement. Yannis Kouros is approaching, having left Sydney 12 hours after us.

Without breaking his stride, Kouros shakes Firko's hand and gives him a gift of a T-shirt. The man is a freak. As Dan said, he is an alien. He is not from this planet.

The 200km mark is approaching. At 198km the second van draws level with Firko and Danny shakes his hand. Firko has just beaten Dan's record for the longest distance covered by a Strider.

At 200kms we give Firko a hearty cheer. He nips back to the van and gives Barbara a kiss. It was a touching little display of the deep affection and strong support they give each other.

As sunset approaches we pull in at Collector to have our evening meal and to allow Firko to have 30 minutes sleep. We are 211kms from Sydney and still almost 60kms from Canberra where the next checkpoint is. Cutoff time is noon on Saturday. With nearly 16 hours in hand to cover the 60kms, it looks a doddle.

Although Firko continues to complain about his left calf, he still looks good and is moving freely.

After my shift behind the wheel, I hit the sack about 8.30 pm. I have had only two hours sleep since leaving Sydney some 33 hours previously, but this is average for the other crew members as well. I look forward to a full 3 hours shuteye, but fate decrees that this is not to be.

At 10.30 I am wakened by the van jolting over some rough ground and then manouevring backwards and forwards, finally stopping and the engine being turned off. Something is wrong. Groggily I heave myself off the bunk.

"What the hell's happened?" I gruffly demand of Danny.

"I think we have overcooked it," he answers sadly. "He has run into the wall. He won't go any further and wants to sleep, so we have pulled into this rest area. I don't know if he will get off his bunk again."

Danny looks totally exhausted and defeated. He has done more work and has had less sleep than any of the other crew members. I offer to take over as gofer and to try to get Firko going again.

"Sure, you have a go. Perhaps he will respond to you," Danny replies tiredly.

At 11pm Firko and the rest of the crew go to sleep. I sit in the front cab and review the situation.

I am shocked. Firko run into the wall? I can't believe it. He is so tough he can run through brick walls. He must have run slap bang into the base of the Himalayas!

I try to remember what little I know about hypoglycaemia, where blood glucose levels fall to a point where the athlete is totally exhausted, almost to the point of collapse. Otherwise known as "hitting the wall".

What I do remember is that blood glucose levels fall only after all the liver glycogen has been exhausted. We have to get Firko's liver glycogen level to recover somewhat, but how? I remember that the liver itself manufactures glycogen, but fairly slowly. At least there will be some recovery while he sleeps.

Fortuitously I had thrown a small bottle of glycogen replacement tablets into my bag before I left Sydney. Firko can take those, which will be burnt off by the body before it starts depleting his liver glycogen. Must also feed him plenty of good carbohydrate to help build up glycogen levels.

I figure that it will be necessary for Firko to walk for at least the first hour after we restart, take the pills, eat copiously and allow his body to convert it all into glycogen.

Where the hell are we? I calculate that we are about 45kms from Canberra. Assuming a very slow start, say 4kms in the first hour, and 7kms per hour after that, it should take Firko about 7 hours to get to Canberra. The cutoff time is noon, so theoretically Firko can sleep for 6 hours, i.e. until 5am, and still make it to Canberra in time.

But what if he runs into the wall again and needs to rest again? What if he cannot manage 7kms per hour? I feel that there must be some time available as a buffer. I resolve to let Firko and the crew sleep for 3 hours. At 2am we will get going again and hopefully have a 3 hour buffer.

Just before 2am I wake the crew and Firko. I explain to him what I have in mind and he agrees to give it a go. Shortly after 2 am he starts walking, chewing some of my energy replacement pills. Barbara is in the back of the van boiling up a large pot of mixed vegetables with a bit of white chicken meat shredded into it. She mashes it up into an easily digestible consistency and we start feeding Firko regular small bowls of this food.

The food combined with the energy pills and the slow walk seems to do the trick. Firko perks up so much that after an hour I suggest that he starts a routine of two minutes running followed by five minutes walking.

After the first run Firko complains that his leg is very sore. We persevere with the running in the hope that it is just stiffness which will wear off as the muscles warm up.

The run/walk routine is varied when some big hills loom up ahead. Firko walks up the first one and decides on a longer run down the otherside.

The CB crackles into life. The second van has noticed the pick up in pace as Firko strides down the hill. "That's a kilometer in 7 minutes," chortles Brian over the radio.

Unfortunately the new optimistic mood does not last long. At the bottom of the hill Firko tells me that his leg is "really sore" and I suggest a massage at the top of the next hill. The second van goes ahead to set up the massage table.

"Yeeoow!" Firko yells in anguish, nearly throwing himself off the table. Robyn has found the problem spot in his calf, rubbing in deeply with her thumbs. "The muscles are like steel wires" she says in awe.

After the massage Firko tries running again but it is still very painful. With Canberra 35kms away and the cutoff time still 8 hours away, I tell Firko to walk into Canberra. With luck he should make it with 2 hours to spare. The long walk combined with the energy pills and regular feeds should enable his body to rebuild some of its glycogen stores. We can also get the race doctor to look at his leg in Canberra.

Later I discover in the race log that the checkpoint in Canberra is 10kms north of the city, 10kms less to do. It is just the spur Firko needs and he strides out jauntily. It is a brilliant starry night which gradually fades into a spectacular rosy dawn. We reach the Canberra checkpoint at 8.30, with over 3 hours to spare.

I had promised Firko the he could have a solid 3 hours sleep in Canberra, but lost a portion of this when the doctor came to see him. She diagnosed nothing more than tendonitis and recommended cold compresses and no massages.

We have been on the road for 48 hours and I have slept for a mere 4 hours. There is no chance for a nap in Canberra as half the crew have taken the large van to go and pick up urgently needed supplies in the city and Firko is sleeping in the small van.

At noon Firko is on the road again. It is a very warm, crystal clear day and Canberra has a festival air about it. Dozens of multi-coloured hot air balloons waft overhead and the shores of Lake Burley Griffin are covered with huge crowds of spectators enjoying the Bicentennial festivities.

It is decided that Firko should walk for several hours in the hope that there is some improvement in his left calf. We stop regularly to bathe his feet in cold water and to apply ice packs to his left calf, but there is little noticeable improvement. Firko, however, is full of energy and vitality, visibly frustrated at his inability

to run. Clearly his blood glucose levels have recovered to normal.

By 3.30 we have cleared Canberra and I finally manage to get my head on a pillow. I sleep for about an hour and a half and waken to find Barbara moving about the van.

"How is it going?" I enquire. Barbara is near to tears and tells me that things are not good. Firko had been startled by a car entering the road from the left, causing him to jump away, wrenching his calf in the process. Firko is limping quite badly.

I calculate the distance to Cooma, the next check point. If Firko can walk at a pace of 11 minutes per kilometer with no stops whatsoever he could make it to Cooma in time. Cooma is still 90kms away.

It is simply not possible, but we feel that we have to give Firko every opportunity to keep going while there is still even the remotest chance of him making it to Cooma in time.

I tell him that he can make it if he can walk every kilometer in less than 11 minutes. He mutters something about not letting down all those people who had contributed money to his effort, straightens his back, his head and shoulders snap erect and he marches on.

For a few kilometers he manages to keep going at the required pace but when a large hill has to be scaled, his shoulders droop and the limp becomes more pronounced.

The inevitable moment has arrived. I tell Firko that we are stopping for something to eat and that the race doctor is on his way to see him.

Firko sits in his directors chair, chin on chest and a blanket draped over his shoulders. Barbara bursts into tears. I hug her and try to console her. "You have done all you could. He wouldn't have got to the start line without you."

"It's just that I know what he is going through right now. It meant so much to him and he feels that he is letting everyone down," she muttered through the sobs.

The doctor diagnosed a torn achilles muscle just below the knee. Firko insisted that we all drew closer to hear the doctor's verdict.

"Its silly to go on" said the doctor, "you will only damage the leg further."

That was it. The end of a valiant maiden attempt at the toughest road race in the world. Firko had covered 292 kilometers, a new Striders record. He had also earned vast respect for his gritty and determined effort from all those who witnessed it. He had ground

out 80 painful kilometers with a torn muscle in his leg before lack of time forced him to quit.

This was the other side of the moving experience. I certainly had a lump in my throat and moist eyes. I suspect that the rest of the crew were the same.

Firko learned a great deal. We all learned a great deal. I feel certain the Firko will be back next year and that the knowledge that has been accumulated will enable him to be the first Strider to complete the full journey.

Anybody who cares to join him on that trip will be assured of a "moving experience."



SYDNEY-TO-WOLLONGONG 5 x 10-MILE RELAY, 18 SEPTEMBER

WHY NOT RUN IN ONE OF THE STRIDERS' TEAMS THIS YEAR?

by Steve Cornelius

Steve Nordish (638-7806) and Brian Colwell (664-1644) will be organising the Striders' teams for the Sydney-Wollongong Relay this year. Members are encouraged to enter one of these 5-person teams, regardless of their standard of running. There are usually 3 categories, mens' teams, womens' teams and mixed teams (mixed teams must include at least 2 women).

Last year Striders entered 3 mens' and 2 mixed teams, and 24 of the 25 participants had great fun. The 25th was the anchor-man of the "E" team, who also had great fun until he took his socks off and saw what Mount Ousley had done to his toes, but didn't finish up having more than 2 or 3 of them amputated.

The two mixed teams were the success-story of the day, taking out 2nd and 3rd in that category. You don't have to be a speedster to stand a good chance of winning a medal in this event, and in conjunction with the 50-mile ultra which starts an hour earlier it generates a great spirit of friendly rivalry on the road.

Don't be backward in coming forward. Let's see at least 5 teams again this year. Striders have not failed to win at least one team prize since the relay began in 1985 and Striders were inaugural winners.



by Mathew Kaley.

There's a pub just outside the centre of town in Framingham, Massachusetts that has a large, electronically lit board that brightly displays coming attractions at the venue. On this day, however, the proprietor had given up the precious space on the board for a greater purpose. His message was a simple one, but one I definitely did not want to hear. "20.3 MILES TO GO". My physical resources were crumbling and now my psychological stance was beginning to follow.

The 92nd Boston Marathon began a full 35 minutes ago in the sleepy rural town of Hopkinton and yet I still had over 20 miles to go. Somehow I thought running 26 miles would be easier than 42 kilometres but that ploy didn't seem to be working right now. After 6 miles I was already suffering. There was a distinct soreness in my quadriceps and the constant rolling hills were putting pressure on my calves. I had never felt this bad this early in a marathon before and though I was still on 2:36 pace, I was rapidly adjusting my goals. I would finish the race. That much I had decided earlier due to having the rare opportunity of experiencing an international event. So given the case that pulling out was not an option, I daren't consider what time I might turn in. I'd just have to put in some miles and hope things look a bit better.

Natick is past and so is 11 miles. I've felt this before, that unique feeling of overwhelming fatigue that greets the marathoner at between 30-35 kilometres. Only this time it found me before half-way. I feel desperation. There is such a distance to go and still the infamous Newton Hills stand between me and the finish. This is really going to hurt.

And then a funny thing happened. I was on a relatively deserted stretch of road, yet I could hear an escalating roar of shouting and screaming. Was I going mad? Then I rounded a corner and saw the source of the noise. The girls of Wellesley College are renowned as one of the most vocal crowds in athletics and each year they spend Patriots Day giving their support to the Boston Marathoners, to both the swift and the slow. I revelled in this wave of encouragement of true emotional involvement. They willed the runners forward.

Then I was at 13.1 Miles, halfway, and suddenly things were looking a little brighter. The time was 80:28 and I knew I was slipping, but some hope was creeping in. I only had to run a 100 minute second half to break 3 hours. That would be okay. Surely I can do that.

The Newton Hills were a major obstacle in the way of this new goal. There are four hills in all, bounded by the two biggest at 16 miles and 20 miles. At the time I remember being very happy with getting through them without walking, but they were very hard. Again, of benefit were the crowds. Here, they are the largest on the course, ten deep at points, and their support again took my mind off some of the pain. Then I was at the top, at Boston College. A fairly sharp downhill at 21 miles gave me time to think. Physically, I seemed to have lost any strength I once had in my legs. My knee lift was negligible and my feet were hardly leaving the ground as evidenced when I nearly did a "Phil Garvin" on the tram tracks in Cleveland Circle. Surprisingly, my mental stance was becoming more attacking. I was trying to keep under 7:00 min/miles. Unfortunately, at the same time, things were becoming a little hazy. Simple time calculations became impossible. I couldn't hold my concentration long

enough. I was conscious to these realisations and I assure you it is a frightening feeling. My memory of the prior after this is incomplete. What I do remember above all was a solid wall of people on either side for the entire final 5 miles. They yelled and screamed at us. Picture a corridor no more than 3-4 metres wide at times, walled by a mass of people all of whom were pushing you forward. There was no doubt where I was going or what I had to do.

I remember pain and I remember doubt. I remember learning shapes and a growing darkness, pressing for acceptance. And then there was light. The lights of the finish. I remember lifting my knees and coming up off of my blisters on to my toes. My arms were pumping and my eyes were fixed on the line. And then I was finished, somewhat surprised by the 2:49 on the clock as I had lost track of the time miles ago.

I was pretty sick after the finish, but I was filled with a peculiar emotion. It wasn't the thrill of a PB, but there was nonetheless a strong sense of satisfaction with the effort I had put in. I suppose this is the real reason I have written this article. We all know our limitations and I had pushed very close to them in this race. Surely there are occasions when we can, within ourselves at least, forget the time and take some joy in a triumph over some adversity. Race times are important, certainly, but they shouldn't be the sole arbiter of success in running. Honestly assess the effort you put in to a run and take some credit for it. It's all really just a state of mind.

Boston Athletic Association

BOSTON MARATHON®

1. Ibrahim Hussein	2:08:43
2. Juma Ikangaa	2:08:44
3. John Treacy	2:09:15
4. Gelindo Bordin	2:09:27
5. Gianni Poli	2:09:33
6. John Campbell	2:11:08
7. Orlando Pizzolato	2:12:32
8. John Makanya	2:14:04
9. Steve Jones	2:14:07
10. Tamoyuki Taniguchi	2:14:18
702. Mathew Kaley	2:49:23

1. Rosa Mota	2:24:30
2. Tuija Jousimaa	2:29:26
3. Odette Lapiere	2:30:35
4. Priscilla Welch	2:30:48
5. Lizanne Bussieres	2:30:56
6. Ellen Rochefort	2:31:36
7. Sinikka Keskilä	2:34:12
8. Sirkku Kumpulainen	2:35:24
9. Susan Stone	2:38:48
10. Gillan Beschloss	2:40:08

TRAINING COLUMN

MATHEW KALEY

One of the undoubted benefits of running with a club is the wealth of knowledge that is available on training. When it comes down to it, training techniques are a matter of trial and error until we find what is right for us. We have all gone through this process and we are always looking for new ideas. Through this column, which I hope will be a regular feature, I hope to bring some of the knowledge of our members to you in a clear form so as to present some new or proven ideas for consideration in your training. There is no perfect training technique as each of us has different needs, so a range of views is essential and hopefully these will help you improve your programme. I plan on focusing this column on one component of training each issue. I'll first present some views of famous international runners and then the views of some of our running colleagues from Striders. From these accounts it is up to you to draw your own conclusions because only you know how they can be applied to your running. I hope it is of some value to you.

1. Mileage.

ROBERT DE CASTELLA : 2:07 MARATHON :- "1. The Marathon is a race over 26 miles, 385 yards. It is a sound idea to have run at least 20 miles in training before tackling 26 miles in racing conditions. 2. If you train 60 miles per week and run 3 hours, it's not necessarily true that if you run 120 miles per week you'll run 1½ hours. Find your optimum training level (not zero) and stick to it. 3. As the marathon gets closer, don't get over-motivated. Freshen up over the last 2-3 weeks with relaxed, easy running."

DEREK CLAYTON : 2:08 MARATHON, WORLD RECORD HOLDER FOR 13 YEARS :- "I don't think the total mileage is very important. To me it was the way in which I ran those miles ... I think quality is much more important than quantity ... but the quantity was always there ... I think a lot of distance runners are shying away from this quality because anyone can go out and run one hundred fifty miles a week (Ed.- taken metaphorically of course), but a lot of people find it very difficult to go out and run very fast continually"

BRENDAN FOSTER :- "I think the basis of running is the amount of distance training that you can do without breaking down ... It's all got to be done at a more humane pace ... The whole secret is finding out what your way is."

JOHN WALKER : 3:49 MILE :- "Before I would even try and attempt to go into any sort of intensity of mileage, I would start off running about forty, fifty, sixty, seventy and then start keeping up around the eighty to ninety mark and then start increasing my pace."

JOE HENDERSON : RUNNING JOURNALIST/AUTHOR :- "Run 'hard-easy'. While running almost every day, you shouldn't run the same distance or times every day. Improvement will come quicker when you mix long, medium and short runs ... You need to average about a quarter marathon a day to run the distance, about a third of a marathon to race it."

JIM FIXX : RUNNING AUTHOR :- "Plan to make running a daily habit ... Don't expect quick results. Gradual improvement is best. ... Alternate hard and easy periods ... Increase your weekly running mileage very gradually in order to give your body plenty of time to adapt."

BILL FLANAGAN : 2:36 MARATHON :- "I've always regarded money as something akin to money in the bank and not just because my usual total for both is much, much lower than I'd wish. The miles you did two and three months ago are still there helping you through races even after a couple of slack weeks and will still be there when you get back to your optimum level. Optimum Level - this may unfortunately take a lot of trial and error to find it. For years I would race like a dog training around 50 miles a week but would feel tired and get niggling injuries when I went over 80 miles a week for a month or so. I've even tried 100+ mile weeks but it didn't help my times although this may have been like the money in the bank mentioned earlier and helped me to race better when I got down to what I think may be my optimum level, around 75 miles a week. Of course a lot depends on your available time. It is better to do 50 miles a week and have sufficient recovery time than to do 80 miles a week and have no time to relax. Okay, thats enough relaxing. Get out for a quick 10km now before reading on."

TINA CAMPBELL : 3:00 MARATHON, 38:56 10KM :- "The main aim of my training is to help me to run a sub-3 hour marathon. As such the base of my training is centred on a combination of long distance running with some speed work. I average around 95km per week and drop this to about 60km just before a marathon. I normally run every day and the STaR run is my main long distance seession for the week. Average Week - Monday : Easy day, 10km on a flat to slightly hilly course, Tuesday : In the early months of my build up for the marathon I would do the 'Pain in the Domain'. This consists of 5km of intervals of varying distance judged by features in the Domain and Botanical Gardens. It is run mainly on grass over a pretty tough course with both flat and fairly steep sections. Later on I started doing a bush run at a steady pace covering between 12km and 19km over a hilly course. Wednesday : Easy 12km. Thursday : Early morning sprint session building up to 9 x 700m runs at approx. 2:37 pace, with a warm up/down period of 5km. Friday : 11 - 12km hilly run at medium pace. Saturday : 10km time trial or 10-12km at medium pace. Sunday : Running with 6:20am group or the extra long STaR, usually finishing a 30km STaR in around 2:20 to 2:35 depending on course. I found the extra long runs as well as the 10km time trials particularly beneficial in my training. However, as I am yet to break 3 hours, I am thinking of trialling a new schedule based on 'intensive fluid replacement' as practised by that well known speedster Terry McIver."

TERRY MCIVER : 2:42 MARATHON, 16:23 5KM :- "I looked through my diary before my last two marathons and there's not much to write about, so I will go back a few years. In 1982-83, like most runners I thought the only way to run a good marathon time was to run lots of miles, and every day. My best time in 1983 was 3:16:58. Also, I had knee problems (cartilage & cyst on left knee) just after the Wang. When I started training again I was introduced to track by Bill Flanagan, and I have never looked back since. The thing to remember when you start doing track work is you have to do it every week and not to expect miracles. I have been doing it for nearly 4 years now and I feel I can still improve. Average Week (1984) - Monday : Rest, Tuesday : Track Intervals 4x400m, 4x800m, 4x1000m with 3km warm up/down. Wednesday : Easy 45-50 minutes. Thursday : Veterans' Track at Hensley, 5km or 3km race. Friday : Medium 45-50 minutes. Saturday : 60-70km Bike Ride. Sunday : STaR run full course with fast group. Total mileage was between 60-70km. About three weeks before a marathon I would stop doing Tuesdays track sessions and do an easy run. Also rest on Saturdays. Hope to see more Striders on the track soon!"

EDWINA MACARTHUR : 3:44 MARATHON, 45:04 10KM :- "What's important to me?
1. Fitness & Flexibility, not flabiness & fatigue. 2. Diet, not distance.
3. Exercise, not exercises. 4. Moderate miles, not mega marathons. 5. Enjoyment, not endurance."

Three Ports, a Fosters and a Staminade

by Tony Healy

There aren't many road races where the organisers drive you to the start asleep in your bed.

I signed up as soon as I heard about it.

The race was a 30 km hill climb down at Wollongong, forming part of a 2-day yacht race called the MMI Three Ports which was held last year.

About 30 yachts competed in the event, sailing from the Opera House north to Pittwater, then all the way south to Wollongong and back.

Pairs of runners from each boat raced from the Middle Harbour Yacht Club to the Opera House to start the event, then 10 km up and down a hill at Pittwater and finally up and down Mt Kembla at Wollongong.

I'm still not sure who suffered the greater culture shock from the joint venture; the yachties or we runners.

On the boat I was on, the 55-foot Othella, one of the runners brought a beach towel, fondly expecting to while away the hours sunbaking.

I took shampoo along, on the carefully reasoned grounds that a boat designed to travel around Australia, as the Othella is, would have a shower. It doesn't.

I later discovered that most of the time on a cruising yacht is spent trying to avoid getting a shower.

The yachties, for their part, had to come to terms with galley cupboards packed with mueslies, bread and spaghetti.

On some of the other boats, this culture shock produced mild forms of racial discord, judging from the bitching I heard at the start of the 30 km run.

Runners regaled each other with horror stories about atrocious food and being kept awake all night. It didn't happen on Othella.

The closest Alex Whitworth and I came to racial discord with Othella's crew occurred at 4 am on the second day of the race, when we were dragged from our beds and taken on deck.

In the dim half light, a Wollongong mountain was pointed out to us. "Which way do we go?" I foolishly asked. "Up," they said.

It was a long way up, but fortunately Tani Ruckle, running for rival boat, Apocalypse, was in front of me for much of the 30 km. What a nice bum she has.

When we weren't running, we four runners were assigned the important roles of ballast. This required sitting on the side of the yacht and making faces at other yachts that came close.

Othella was one of the fastest yachts in the race and deadly serious about winning.

The skipper and tactician spent most of the 36 hours at the wheel, their intent faces peering at the sea, at the set of our sails, and at our mortal enemy, Apocalypse.

Apocalypse sailed faster in the prevailing lighter winds. Pretty soon we just called her Poxyp Lips. She won.

Sailing north from Wollongong, we ran before a stiff 20 knot breeze that heeled the boat over so far its starboard rail was awash and spray fumed continuously over the bow.

Tacking changes are exciting. These are where the tactician yells "tacking change" and the forward crew, wet and tired and with muscles aching, moans.

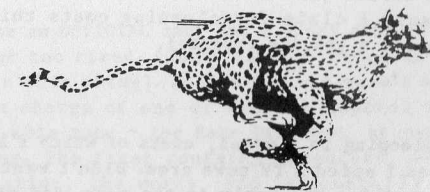
They have to whip down the bow sail and run up a new one in a couple of seconds while the boat is heeling around onto its new course. It's strenuous work.

We made 16 tacking changes on the run up the coast from Wollongong, an apparently profligate number, judging by the comments of the forward crew.

One felt the tactician walked a fine line.

On Sunday afternoon we cruised into the Harbour amongst the hundreds of little yachts and boats, still at speed, 12 brightly clad men purposefully hauling in sails, winding winches, standing impassively at the wheel, quite clearly a thoroughbred. It felt good.

Some jerk impressing his girlfriend in a two bit yacht refused to acknowledge us, threatening to run in front of us. "Get out of the way," yelled our forward hand imperiously. "We're racing."



WHAT I DID ON MY HOLIDAYS - DIARY OF A CAMP FOLLOWER

by Young Nobby

WEDNESDAY 16 MARCH 1988

This was a red-letter day! Picked up all my Ultramarathon OFFICIAL's gear and attended the press conference. This is the day you really feel that at last, after weeks of butterflies in the stomach and sleepless nights of anticipation, you're a part of the great Sydney-to-Melbourne circus. And the gear is GREAT! Nice gentle pastel colours, no rude primaries, and the sponsor's logo tastefully tucked away in one corner so as not to seem too brash or crass. The word "OFFICIAL" is featured on some of it as well, which will help a lot if any nosy so-and-so wants to know who I am and what I'm getting paid for down the highway. Once again I managed to score one of everything (two or three of some things), I'd estimate four or five grand's worth. (Thought for the day: must talk to Alex and Brenda Hamill when I get back from Melbourne about how much it cost them to build that special extra room for the family's bikes - reckon I'm going to need an extra room for my ultra OFFICIAL's gear!).

THURSDAY 17 MARCH 1988

The start at Parramatta! Plenty of opportunities to get on camera. Made sure every time I was near the OFFICIAL rostrum I looked busy and purposeful. Many of the runners addressed me by name, which is always a good sign on the first day, but there were some new chums who obviously didn't know the appropriately respectful things to say to a Race OFFICIAL, and some overseas runners who barely spoke any English. Anyway, plenty of time to sort THEM out on the way to Melbourne. An awkward moment when I had to point out to the Race Director that he hadn't yet allocated me an OFFICIAL car, and he seemed to have some trouble remembering who I am and what I'm supposed to be doing, but I got out of that by firing the starting-pistol and causing a diversion. It seems I'll have to use my own car until after the week-end, but anyway they supplied me heaps of stickers that say OFFICIAL in big letters, so that's not too bad. Besides, I'll hit them with that wad of petrol receipts I've been collecting since New Year, which should just about cover the wear and tear. (Thought for the day: must make sure I claim dry-cleaning costs this year, that's not really a rort, it's quite a genuine expense).

FRIDAY 18 MARCH 1988

Spent most of today sleeping in a motel, costs of which I'll claim back, apart from a couple of times I spied a TV news crew. Didn't want to get shanghai'ed into actually DOING anything too early in the race. Bad mistake, that. If you DO anything, people think it's your JOB, and before you know it you're LUMBERED with it right through to Melbourne! Yiannis has started now, and I spent a bit of time with his crew, figuring (correctly) that most media

attention would be with him. Bit hard to maximise my media exposure when Yiannis is 12 hours adrift of the leader, got to keep racing back and forth. (Thought for the day: must speak to the Race Director afterwards about this negative aspect of the 12-hour handicap).

SATURDAY 19 MARCH 1988

Took the bull by the horns today and told Dick Tout he'd better slow down so Race OFFICIALS didn't have to be in two places at once to get a bit of TV coverage, but you should have heard the response! He's obviously taking this race very seriously. Kiwi, too; can't understand how he didn't pick my accent, he'd surely have been a little more polite if he had. (Thought for the day: maybe I've lived in this Godforsaken country too long, and it's time to think about getting back to the Sheep-Infested Archipelago). Anyway, on the strength of his rudeness I decided to drive back to Sydney and pop in for the Striders' Half-Marathon. Made sure Race Control was going OK and took off. Plenty of exciting events to occupy my thoughts during the drive.

SUNDAY 20 MARCH 1988

The Half-Marathon was a lot of fun, but somehow it just doesn't have the razzamatazz of the big Ultra. And NO CAMERAS! Anyway, buzzed around looking busy, just as I do in the Ultra, and clapped loudly when Alex thanked the Race OFFICIALS. (Thought for the day: I'd wondered if the big OFFICIAL stickers on the car weren't possibly a little overdone, but after the race I noticed a group of people crowding round it, pointing and obviously admiring them, so it was OK - isn't it amazing how easily impressed Australians are? You don't have to do anything spectacular at all!).

MONDAY 21 MARCH 1988

Back down the Highway to catch up with the Ultra, and I must say it was great to be back in the Big-Time after the hickish atmosphere of the Striders' Half. Had to remind a few of the more forgetful Race OFFICIALS who I am, but I feel some of them might have been "playing dumb" just to needle me. (Thought for the day: at least with Sydney Striders, everyone's right above board and there's no sarcasm or underhandedness).

TUESDAY 22 MARCH 1988

FINALLY, they gave me an OFFICIAL car! And a young attractive bird to drive me around so I don't get too tired. (Don't laugh - being an OFFICIAL tires you more than RUNNING in this thing). And as if that wasn't enough kudos for one day, they put me in charge of one of the two control rooms. It's a GREAT system they have on this race - the Race Director, at each check-point, sets up TWO control rooms. The first contains computers, whiteboards, coffee, telephones, secretaries, the works, and is generally referred to as the Bullshit Room. Everyone from runners upwards is allowed in this room. Hidden away elsewhere, out of the way, is another room where there are computers, whiteboards, coffee, telephones, secretaries, the works. No-one, but NO-ONE,

is allowed in this one. As a Senior Race OFFICIAL, I scored the Bullshit Room to look after, and here comes the Double-Bluff: the Bullshit Room is the one where the REAL decisions are made, like how much milk to put in the coffees, what colour whiteboard marker to use, etc. He's a CUNNING sod! Anyway, I got a bit tired of that, because the TV crews didn't put in ONE appearance during the eight minutes I was there. (Thought for the day: why do the TV channels only seem to be interested in BACK views of FEET and CALF-MUSCLES?).

THURSDAY 24 MARCH 1988

THIS is what it's all about! Yiannis and a couple of others crossed the finish-line yesterday, then a whole heap more today! I was so excited yesterday I even forgot to make a diary entry! I reckon I must have got my face on more film in one day than in ALL the previous years put together. I made sure ALL of them ran across the line with me in attendance. Tell you what, those Melbourne Greeks made it hard for us to get a look-in, and I have to admit I flattened three or four of them using my trusty old karate techniques. (Thought for the day: maybe it would be best for this country if a lot of these overseas people went back where they came from).

FRIDAY 25 MARCH 1988

Bit of strife this afternoon. A couple of these new runners snuck through to the finish without notifying me (my chauffeur and I were asleep, for heaven's sake). By heaven, I'll make sure they get disqualified, or at the very least refused entry to next year's run. Most other years I've made a clean sweep of ALL finishers! This year I had to make do with only 21 camera appearances at the finish-line, out of a total of 23 possibles. And even then, I had to wait an extra 3 hours for the last one, who sweet-talked the Race Director into extending the deadline and just WOULD'N'T HURRY UP! Two o'clock in the ruddy morning by the time he put in his appearance, claiming blisters held him up. Pathetic! I would've arse-holed him out of the run back before Goulburn if I'd had my way, but the Race Director's just an old teddy-bear when faced with a sob-story like that. (Thought for the day: They wouldn't have bleated like that back in the old country - people'd call them pansies and such).

SATURDAY 26 MARCH 1988

Slept in today, and while eating breakfast phoned the producer of Wide World of Sports. Blew him sky-high! He was only intending to use SEVEN of my twenty-one finishes on his show, and not for another FOUR WEEKS! God, these blokes get paid kings' ransoms for strawberry jam, don't they? I'll apply a little pressure to get him transferred to the Willesee show, I think. Anyway, there was some good news - I've been invited as an OFFICIAL guest at the Otway Classic, and I think the all-weather gear they give away makes this Sydney-Melbourne stuff look like the stock in a St Vincent de Paul op-shop! (Thought for the day: wonder if Bob and Hazel will be there, like they were when I was an OFFICIAL guest at the opening of Bicentennial Park?). Put a quiet word in a few strategic ears about next year's event, and sadly parted company with the OFFICIAL car and driver. Well, back to work on Monday, and roll on next March!

HANDICAP HALF-MARATHON, NORTH RYDE, 13 MARCH 1988

The traditional members-only half-marathon handicap race was held on the testing Lane Cove River Park course, the week before the Striders' Open Half-Marathon. Luckily, the race was unaffected by the rain which forced the first-ever wet-weather contingency course the following week. We were honoured by the presence of two of the international competitors in the Sydney-to-Melbourne Ultramarathon, due to start 4 days later: Michel Careau of Canada, and Eleanor Adams of England, widely regarded as the finest female ultra-runner in the world. Club President Nobby Young was forced to hire a taxi to carry home the badges, T-shirts and other assorted prezzies that Michel had brought with him from Canada.

At least 16 of the 61 finishers registered PB's, and most of those who did so finished high on the handicap list. LESLEY LEAR put in a fine run of almost 8 minutes under handicap to take Striders Gold for the first time, followed by Bill Blecha (2nd) and the unrepentant handicapper Steve "I just push the buttons" Cornelius (3rd). Ross Betts, who was not so long ago a winner of this handicap event, keeps on improving, and managed 4th this time; the remaining medals were claimed by Heiner "ten-k" Huning and Bill White, who looked surprised but shouldn't have.

In the elapsed-time competition, we were treated to the rare, and possibly unprecedented sight of Phil Garvin running 2nd. His conqueror was a very determined David Winch, who ran a superb 1.09.32 for a 4-minute PB, and missed the club record by 10 seconds. Is this a pointer to things to come? It is worth noting that although scheduled to start at 7.27, David deliberately delayed his start by 4 minutes in order to begin with Phil, hanging on grimly throughout the race and finally out-pacing him towards the end. For this reason, his position on handicap shows as 28th, when in fact he would have been 6th if he had started at the correct time! It could be argued that David's performance was improved by running with Phil, but nevertheless it will remain one of the finest runs ever in a Striders' internal event, especially a handicap. Richard Bromley was 3rd, 4 minutes adrift of the two leaders.

Tina Campbell continues to sweep all before her, taking out the women's Gold medal by a crushing 13 minutes. Lesley Lear, Dorothy Siepmann and Edwina Macarthur ran 2nd, 3rd and 4th, all within 70 seconds of each other.

Other runs of note included a PB of 1.15.48 by Don Price (is there anything capable of stopping this man?), and a remarkable sub-80-minute PB by Ivan Freys which placed him 9th on elapsed time and would have placed him 4th on handicap had he not started 3 minutes late. A third member of the Barton/Burke clan, Christopher Barton, who was busy being born round about the time most of us were lamenting our 30th birthdays, joined Striders on the morning of the race, and ran his first-ever half-marathon. We will presumably be seeing more of Chris as he climbs the handicap lists in the near future.

Catering on the day was done by Barbara Firkin and Beth Reid, and the following skeleton-crew (or crew of skeletons, as the fancy takes you) acted as scribes, timekeepers, drink-waiters, marshals and general factota (is that the plural of factotum, and what does it mean anyway?): Trevor Roberts, David Sill, Frank Gallagher, Cedric Sidebottom, Malcolm Satchell, Graham Firkin, David Dunstall, Vic Collins, Robyn Murphy, Ian Macarthur, Matt Kaley and Steve Cornelius.

RESULTS ON HANDICAP

1	LESLEY LEAR	1.40.16	(- 7.44)
2	WILLIAM BLECHA	1.48.12	(- 6.48)
3	STEVE CORNELIUS	1.22.40	(- 5.20)
4	ROSS BETTS	1.33.24	(- 4.36)
5	HEINER HUNING	1.26.34	(- 4.26)
6	BILL WHITE	1.29.42	(- 3.18)
7	JOHN HAMILTON	1.22.01	(- 2.59)
8	BILL THOMPSON	1.22.06	(- 2.54)
9	EDWINA MACARTHUR	1.41.27	(- 2.33)
10	DAN GRAY	1.25.38	(- 2.22)
11	IVAN FREYS	1.19.53	(- 2.07) *
12	RAY SKINNER	1.24.01	(- 1.59)
13	KEVIN O'KANE	1.30.18	(- 1.42)
14	ROGER RIGBY	1.33.22	(- 1.38)
15	CHARLES COVILLE	1.20.29	(- 1.31)
16	RICHARD BROMLEY	1.13.43	(- 1.17)
17	DON PRICE	1.15.48	(- 1.12)
18	CECILY WILLIAMS	1.43.58	(- 1.02)
19	JEFF BURGESS	1.29.10	(- 0.50)
20	IAN SINGER	1.26.16	(- 0.44)
21	EWEN THOMPSON	1.23.39	(- 0.21)
22	ANTHONY SCOTT	1.16.04	(+ 0.04)
23	JEFF GISSING	1.18.08	(+ 0.08)
24	GRAEME HUGHES	1.58.15	(+ 0.15)
25	MICHAEL OAKLEY	1.26.18	(+ 0.18)
26	TERRY MCIVER	1.17.20	(+ 0.20)
27	MAVIS GARRICK	1.49.30	(+ 0.30)
28	DAVID WINCH	1.09.32	(+ 0.32) *
29	TERRY BAILEY	1.30.37	(+ 0.37)
30	NOBBY YOUNG	1.25.37	(+ 0.37)
31	PHIL GARVIN	1.09.38	(+ 0.38)
32	JOE BAILLIE	1.47.43	(+ 0.43)
33	TINA CAMPBELL	1.26.45	(+ 0.45)
34	IRWIN LIGHT	1.37.45	(+ 0.45)
35	EVAN MILLAR	1.15.54	(+ 0.54)
36	NOEL BARTON	1.22.40	(+ 1.40)
37	ALF FIELD	1.28.53	(+ 1.53)
38	ROGER CROFT	1.29.00	(+ 2.00)
39	MIKE FOSTER	1.26.07	(+ 2.07)
40	BRUCE MURRAY	1.33.30	(+ 2.30)
41	STEVE NORDISH	1.32.50	(+ 2.50)
42	BARRY JONES	1.47.01	(+ 3.01)
43	TONY CROSBY	1.32.25	(+ 3.25)
44	BRIAN TAILFORD	1.34.38	(+ 3.38)
45	VIRGINIA CLARK	1.50.42	(+ 3.42)
46	LEO LEADER	1.37.05	(+ 4.05)
47	DAWN WOODWARD	1.51.08	(+ 4.08)
48	GRAHAM BUTLER	1.34.39	(+ 5.39)
49	ADRIAN KOL	2.01.30	(+ 6.30)
50	STEVE ROACH	1.36.03	(+ 7.03)
51	BRYCE COURTENAY	1.42.25	(+ 8.25)
52	DOROTHY SIEPMANN	1.41.24	(+ 9.24)
53	MIKE BLACKWELL	1.54.16	(+10.16)
54	BILL FLANAGAN	1.26.46	(+10.46)
55	GAVIN MORISSET	1.39.22	(+12.22)
56	SUE HILL	1.47.29	(+15.29)
57	PATTI BURKE	2.22.00	(+25.00)

RESULTS ON ELAPSED TIME

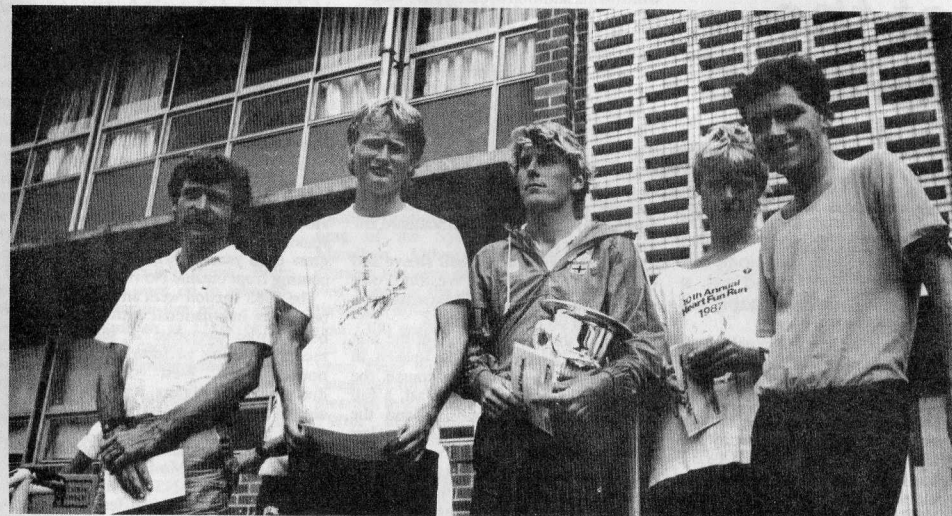
1	DAVID WINCH	1.09.32	PB
2	PHIL GARVIN	1.09.38	
3	RICHARD BROMLEY	1.13.43	
4	DON PRICE	1.15.48	PB
5	EVAN MILLAR	1.15.54	
6	ANTHONY SCOTT	1.16.04	PB
7	TERRY MCIVER	1.17.20	
8	JEFF GISSING	1.18.08	
9	IVAN FREYS	1.19.53	PB
10	BRET NICHOLS	1.20.21	
11	CHARLES COVILLE	1.20.29	
12	JOHN HAMILTON	1.22.01	PB
13	BILL THOMPSON	1.22.06	PB
14	STEVE CORNELIUS	1.22.40	PB
15	NOEL BARTON	1.22.40	
16	EWEN THOMPSON	1.23.39	
17	RAY SKINNER	1.24.01	PB
18	NOBBY YOUNG	1.25.37	
19	DAN GRAY	1.25.38	
20	MIKE FOSTER	1.26.07	
21	IAN SINGER	1.26.16	
22	MICHAEL OAKLEY	1.26.18	
23	HEINER HUNING	1.26.34	PB
24	TINA CAMPBELL	1.26.45	
25	BILL FLANAGAN	1.26.46	
26	ALF FIELD	1.28.53	
27	ROGER CROFT	1.29.00	
28	JEFF BURGESS	1.29.10	
29	BILL WHITE	1.29.42	PB
30	KEVIN O'KANE	1.30.18	
31	TERRY BAILEY	1.30.37	
32	TONY CROSBY	1.32.25	
33	STEVE NORDISH	1.32.50	
34	ROGER RIGBY	1.33.22	PB
35	ROSS BETTS	1.33.24	PB
36	BRUCE MURRAY	1.33.30	
37	BRIAN TAILFORD	1.34.38	
38	GRAHAM BUTLER	1.34.39	
39	STEVE ROACH	1.36.03	
40	LEO LEADER	1.37.05	
41	IRWIN LIGHT	1.37.45	
42	GAVIN MORISSET	1.39.22	
43	LESLEY LEAR	1.40.16	PB
44	DOROTHY SIEPMANN	1.41.24	
45	EDWINA MACARTHUR	1.41.27	
46	BRYCE COURTENAY	1.42.25	
47	CECILY WILLIAMS	1.43.58	PB
48	BARRY JONES	1.47.01	
49	SUE HILL	1.47.29	
50	JOE BAILLIE	1.47.43	
51	WILLIAM BLECHA	1.48.12	
52	MAVIS GARRICK	1.49.30	
53	VIRGINIA CLARK	1.50.42	
54	DAWN WOODWARD	1.51.08	
55	MIKE BLACKWELL	1.54.16	
56	GRAEME HUGHES	1.58.15	PB
57	JOHN WRIGHT	1.59.28	PB
58	BRYAN HOLLIDAY	2.01.22	
59	ADRIAN KOL	2.01.30	
60	CHRIS BARTON	2.21.00	
61	PATTI BURKE	2.22.00	



Sydney Striders Half Marathon

Race Permit No. 3/51.88

1988 OFFICIAL RESULTS



TOP — THE FIRST FIVE FINISHERS: (left to right) STEVE POULTON (3rd), QUENTIN MORLEY (2nd), DANNY BOLTZ (1st), PAUL ARTHUR (4th), AND JIM GOLLEDGE (5th)

BELOW — THE FIRST TWO FEMALE FINISHERS — WINNER, ELIZABETH ROSE (right), WITH MANDY DOVEY (2nd)



Half Marathon

Striders set the standard

by Bill Flanagan

AUSTRALIAN RUNNER

When Danny Boltz breasted the tape in the 1987 Sydney Striders Half Marathon with the clock still under 64 minutes he had set a standard which will probably be untouched for years.

It is also one which few would have thought possible as little as four years previous when his good friend Andrew Lloyd set, what, at the time seemed would become a long standing mark of 1:05:58. On that day in 1983 Danny was left back in sixth place with a 1:08:37. The four year break between Striders half marathons saw Boltz develop from an erratic talent into the record holder on one of the toughest, time-tested courses in Australian road running.

Boltz's time is still talked about with amazement because it was thought that the course which winds through Lane Cove River Park was not the place to produce such a time.

It was the 1983 event that heralded a new era in half marathon running in Sydney with 10 runners breaking the 70 minute barrier and 17 beating the 1982 winning time of Bill Raimond in the inaugural Striders half. All this, despite the 1983 course being considered harder and hillier than the first course which started on the northern side of the park at Killara.

The second year saw the start moved to the current venue at Peter Board High School, North Ryde. The park remained the main focus of the event and the new course would be graced with some great performances over the ensuing years.

The Striders half had its roots back in 1980 when South African Charles Coville set out to start a club which would cater for the marathoner, who like him, believed in the idea that the only way to train for a marathon was to run long on the weekend in the company of fellow enthusiasts.

A committee was formed from the eight foundation members at the first meeting in Artamon. The now familiar green and white singlet, seen in road races throughout the country was born.

During his first run through Lane Cove River Park, Coville visualised the setting as ideal for a marathon. However, a half marathon seemed to be a more worthwhile addition to the Sydney calendar.

At the time there was a proliferation of marathons in the Sydney/Canberra area, but a real lack of stepping stone races, especially for runners not registered with athletic associations.

In August, 1980, planning began to stage an event in March 1981, and although most formalities were overcome in mid-December, the lack of a major sponsor proved to be too much of a hurdle to if a race of the high standard envisaged was to be staged.

With an extra year up their sleeve and the support of Yomix and Westline Ford, the Sydney Striders Half Marathon was first staged on 21 March, 1982.

Many of the popular facets of the first race were hereunto almost unseen in Sydney. With a traffic-free course, the now famous post-race breakfast, a full results book and certificate and the Striders on-course support, the city at last had a run where the runner was king.

Numbered amongst the 341 finishers in the first race were those who were soon to become members of Striders, as the race also had proved to be a strong recruiting ground. The first woman, Jenny Walker, was amongst those who would later join the ranks.

Race director Phil Caldwell had been successful in forging strong links with the park trust, police, sponsors, and Dave Cundy and the Nike Canberra Marathon, and it was obvious the event had the confidence of the runners.

This was reflected in the massive increase to 1036 entrants in 1983. Such was the interest that more than 300 entries were rejected, in line with an agreement with the park trust and an over-riding objective of the club to maintain the event as a serious road race for all levels of runners, rather than a fun run.

The three-fold increase in the field size truly tested the organisational skills of Striders. But the feedback from the runners and the performances of Andrew Lloyd and Mora Main in winning the women's section and beating state marathon champion Pat Marshall by more than 2:30, showed the quality of the field. These two, plus 1977 City to Surf winner Georgina Moor-Price, were all under Jenny Walker's time of the previous year. Walker had to be content with seventh place.

With management changes at Yomix, the club had to again find a major sponsor for 1984. National Panasonic came in, and despite the name change, the race attracted 1800 entries.

Race records continued to tumble as runners had their final hit-out before the Olympic Marathon Trial in Canberra several weeks later.

Olympic hopefuls Garry Henry and Main led the way with Henry lowering Lloyd's record by a staggering 76 seconds to 1:04:42, and Main savaged her own course record with a 1:17:14 to become the first two-time winner.

The course was burned up right through the field with new records set in 12 of the 14 age categories.

The race philosophy of striving for the highest possible standards and providing Sydney with a serious distance race, obviously found appeal with runners of all standards as the level of competition grew each year with five of the top 10 coming from outside NSW.

The 1985 version went another step by becoming international with the victors being from overseas. It seemed the record breaking performances had no bounds with West German 2:11 marathoner Wolfgang Krueger slicing almost 30 seconds off Henry's record with a 1:04:17 clocking.

Such was the interstate influence on the race that Quentin Morley and Jim Gollidge were the only NSW residents in the first 18. It was little different in the women's race with New Zealander Raewyn O'Donnell leading home countrywoman Heather Mathews in 1:18:00. An out of form Mora Main had to be content with fifth place, but had the consolation of being the first NSW woman and her race record survived.

An interesting name popped up in the women's section and one that would later figure prominently in Australian distance running - that of Tani Ruckle, who finished 10th in her first race in Australia, in an event that is still special to her.

Staged in conjunction with the race was a competition billed as the Australian Seniors Championship which ensured a host of age category records by the likes of West Australian John Gilmour and Victorians Jean Albury and Dot Browne which still stand. Although the championship was a once only venture, Striders still supports the seniors by offering men over 60 and women over 50 free entry.

1986 saw the race become part of the short-lived national series sponsored by Royal Life. Kiwi Olympian Derek Froude engaged in a classic tussle with Quentin Morley for 19km before emerging victorious. However, for the first time men's record had lasted more than 12 months. It was a different story in the women's division with Tani Ruckle dominant, crushing Mora Main's two year old record by 50 seconds and im-

proving by 10 minutes on her debut from the previous year.

National Panasonic were back as sponsors for 1987 in a race which proved to be the perfect form guide for the Australian Marathon with the triumphant Danny Boltz and Tani Ruckle going on to annex their first national titles some 10 weeks later.

Ruckle, while being a little disappointed with her time, still massacred the field by some six minutes as she improved her course record by 14 seconds. Her training had suggested she could put the record a bit further out of reach. Tani thus joined Mora Main as a two-time winner.

In the men's division Victorian 5000 metres champion Andrew Garnham threw everything into the first 5km as he tried to use his superior speed to split the field and improve on his third placing of 1986. Among the casualties of this hectic early pace were the likes of 1984 runner-up Jim Murphy who failed to finish and World Championships marathon representative Peter Mitchell who fell back to a tired seventh place.

The hot pace didn't throw Boltz however, and he went on to take advantage of the super-fast pace, drew away from Garnham at 11km before going on to break Krueger's record by 19 seconds, leaving Garnham more than a minute behind.

The performances by Boltz and Ruckle showed that while the course may be regarded as tough, hilly and challenging,

it can still be a very fast one. If a runner is fit enough to maintain form up the hills, there are plenty of opportunities to gain time on the down-hills.

Over the six year history of the half, six runners have shown incredible consistency at an elite level by placing in the top 10 on four occasions. Dual Canberra marathon winner Colin Neave has done so, including a second in 1983 as has Jim Gollidge in the men's division. On the women's front Mora Main, Jenny Walker, Fiona (Whelan) Wick and Pat Marshall complete this exclusive list. Marshall and Wick were runners-up in 1983 and 1985 respectively.

As for dominance of one's age category, no one holds a candle to George McGrath, who has won the over 60 category every year, except 1985 when Perth's John Gilmour lowered his colours in the clash of the super vets. George's best time over the course remains his 1984 effort of 1:22:51.

On Sunday, 20 March this year the tradition continues with the seventh running of the Sydney Striders Half Marathon. Although the number of entrants has been dropping for the past two years as the running boom goes through a downturn, organisers still expect 1300 runners to tackle the course. As has been the case for the past three years there will be equal prizes and categories for both sexes. Prizes will be awarded in 22 categories.

With the new liberalised AAU prizemoney guidelines now in force,

cash prizes will be awarded for the first time with the winners earning \$500.

While you would not get good odds about someone breaking Boltz's course record, there is no doubt that come the day, at least a couple of age records and perhaps even Ruckle's open women's record will come under fire.

AUSTRALIAN RUNNER

Sydney Striders

AUSTRALIAN RUNNER

1988 RACE COMMITTEE

Race Director
Course Mgr
Secretary
Computer Mgr
Recording Mgr
Grounds Mgr
Treasurer/Entries Mgrs

Catering Mgrs

Publicity/Sponsorship

Bill Flanagan
Gavin Morisset
Owen Denmeade
Steve Cornelius
Mathew Kaley
Vic Collins
Bernie King
Carol King
Ray Doran
Bryce Courtenay
Alex Hamill
Wayne McCarthy

Talays

**THE RUNNERS SHOP
RANDWICK**

48 Frenchmans Road,
Randwick, 2031
Sydney, Australia
Telephone: 399 3893

37

**Fred Howe
Margaret Howe**

1988 Top Five Finishers

MALE

1	Danny Boltz	- 1.05.22
2	Quentin Morley	- 1.05.57
3	Steve Poulton	- 1.06.12
4	Paul Arthur	- 1.07.08
5	Jim Golledge	- 1.07.30

FEMALE

1	Elizabeth Rose	- 1.18.04
2	Mandy Dovey	- 1.20.59
3	Lyn Clayton	- 1.22.21
4	Lynda Walton	- 1.22.49
5	Carol Horn	- 1.27.09

CATEGORY WINNERS

The top five finishers are ineligible for category prizes

CATEGORY A: (MEN U-20)	MATTHEW SADLIER	1.16.03
CATEGORY B: (MEN 20-29)	DES WOODS	1.08.03
CATEGORY C: (MEN 30-34)	COLIN NEAVE	1.08.11
CATEGORY D: (MEN 35-39)	KEN SWEENEY	1.10.07
CATEGORY E: (MEN 40-44)	IAN GRAVES	1.13.05
CATEGORY F: (MEN 45-49)	PAUL MANUEL	1.17.17
CATEGORY G: (MEN 50-54)	ADOLF BLONNER	1.17.32
CATEGORY H: (MEN 55-59)	PETER LLOYD	1.23.31
CATEGORY I: (MEN 60-64)	GEORGE LAND	1.29.40
CATEGORY J: (MEN 65-69)	JOHN DAVIDSON	1.38.53
CATEGORY K: (MEN 70+)	ALAN WILSON	1.54.09
CATEGORY L: (WOMEN U-20)	NO FINISHER	
CATEGORY M: (WOMEN 20-29)	DEBORAH COWELL	1.30.11
CATEGORY N: (WOMEN 30-34)	LINDA THOMPSON	1.28.55
CATEGORY O: (WOMEN 35-39)	MARYANN BUSTEED	1.29.16
CATEGORY P: (WOMEN 40-44)	ROBYNE BERLING	1.32.28
CATEGORY Q: (WOMEN 45-49)	JANN RAYNER	1.29.43
CATEGORY R: (WOMEN 50-54)	HELEN WALKER	1.48.36
CATEGORY S: (WOMEN 55-59)	MARIE O'DONOVAN	1.40.35
CATEGORY T: (WOMEN 60-64)	BRENDA EVERY	1.58.37
CATEGORY U: (WOMEN 65+)	NO FINISHER	

THE SYDNEY STRIDERS HALF MARATHON

1982 - 1988

	*Finishers	Female *Finishers	Finishers Under 1.10	Finishers Under 1.30
1982	341	42	0	114
1983	938	102	10	344
1984	1394	128	14	486
1985	1497	140	14	474
1986	1214	110	7	391
1987	990	105	9	334
1988	887	88	8	248

* Denotes under 2.15 time limit



Wish to Thank

- * Eastwood Police
- * Peter Board High School
- * Lane Cove River Recreation Area
- * Ryde Council
- * National Mutual Property Services
- * Celluland - Crows Nest
- * Dave Cundy



JUST
JUICE

SEVEN YEARS OF CHAMPIONS

MALE

1982	Bill Raimond
1983	Andrew Lloyd
1984	Garry Henry
1985	Wolfgang Krueger
1986	Derek Froude
1987	Danny Boltz
1988	Danny Boltz

NSW - 1.12.03
NSW - 1.05.58
SA - 1.04.42
FRG - 1.04.17
NZL - 1.05.27
ACT - 1.03.58
VIC - 1.05.22

FEMALE

1982	Jenny Walker
1983	Mora Main
1984	Mora Main
1985	Raewyn O'Donnell
1986	Tani Ruckie
1987	Tani Ruckie
1988	Elizabeth Rose

NSW - 1.23.45
NSW - 1.19.43
NSW - 1.17.14
NZL - 1.18.00
NSW - 1.16.35
NSW - 1.16.21
NSW - 1.18.04

MARIA GEMENIS-CRUICKSHANK MEMORIAL AWARD

Awarded to the winner of a pre-selected female category

1984	Mora Main	1st Open	1.17.14
1985	Jean Albury	1st 55-59	1.33.56
1986	Rosemary Parker	1st 35-39	1.29.36
1987	Mora Main	1st 35-39	1.23.45
1988	Maryanne Busteed	1st 35-39	1.29.16



JUST
JUICE



ALL TIME BEST PERFORMANCES

MALE (Sub 1.06)

Name		Time	Place	Year
Danny Boltz	ACT	1.03.58	1st	1987
Wolfgang Krueger	FRG	1.04.17	1st	1985
Garry Henry	SA	1.04.42	1st	1984
Andrew Garnham	VIC	1.05.19	2nd	1987
Boltz (2)	VIC	1.05.22	1st	1988
Derek Froude	NZL	1.05.27	1st	1986
Robbie Wallace	VIC	1.05.28	2nd	1985
Jim Murphy	ACT	1.05.52	2nd	1984
Quentin Morley	NSW	1.05.52	2nd	1986
Steve Austin	VIC	1.05.52	3rd	1985
Morley (2)	NSW	1.05.56	4th	1985
Morley (3)	NSW	1.05.57	2nd	1988
Andrew Lloyd	NSW	1.05.58	1st	1983

FEMALE (Sub 1.20)

Name		Time	Place	Year
Tani Ruckle	NSW	1.16.21	1st	1987
Ruckle (2)	NSW	1.16.35	1st	1986
Mora Main	NSW	1.17.14	1st	1984
Raewyn O'Donnell	NZL	1.18.00	1st	1985
Elizabeth Rose	NSW	1.18.04	1st	1988
Fiona Whelan	NSW	1.18.36	2nd	1986
Heather Matthews	NZL	1.19.02	2nd	1985
Main (2)	NSW	1.19.43	1st	1983

THE RACE UP FRONT

SPLIT TIMES FOR TOP FINISHERS

MALE

	5k	10k	Half	15k	20k	Finish
D. Boltz	15.16	30.47	32.23	46.00	1.01.54	1.05.22
Q. Morley	15.16	30.48	32.23	46.02	1.02.26	1.05.57
S. Poulton	15.17	30.48	32.23	46.17	1.02.45	1.06.12
P. Arthur	15.19	31.08	32.43	47.02	1.03.42	1.07.08
J. Gollidge	15.21	30.59	32.43	47.02	1.03.52	1.07.30

FEMALE

E. Rose	18.05	36.01	37.56	54.04	1.13.38	1.18.04
M. Dovey	18.45	36.48	38.50	55.52	1.16.25	1.20.59
L. Clayton	18.05	37.20	39.27	56.47	1.17.49	1.22.21
L. Walton	19.25	38.47	40.49	58.17	1.18.30	1.22.48
C. Horn	19.09	38.54	41.08	59.30	1.22.18	1.27.09

RACE REPORT

For the first time in the seven year history of the event, heavy overnight rain forced organisers to use the alternate course.

Ten centimetres of water gushing over the weir in Land Cove River Park at start time made it slippery and, for safety reasons, plan B was put into action.

Despite the change, the park was still the focal point of the event with the only difference being an extra loop added at the 17km mark.

As female 55-59 category winner Marie Donovan stated, you couldn't get a more picturesque course and it looked particularly beautiful this year with the misty rain drops on the trees and ferns. When the going got tough on the up hills it helped to look up at the lovely scenery and also to be encouraged by the many helpers along the way.

Speaking of hills and tough going, the course was a touch harder and slower this year due to the course change and this was reflected in the fact that most competitors were a little slower than in previous years. It wasn't just the course though - it was quite humid and a lot of water was lying on the course making shoes and socks seem like cement boots earlier than usual.

There were, however, the usual outstanding performances throughout the field.

At the top end Danny Boltz became the first two time male winner of the event with a 1:05:22 performance. Boltz was always part of a large pack that led the field through the first third of the distance. After 8km the group began to thin out after some bold moves by Quentin Morley and Steve Poulton. It was at 15km that Boltz moved away from the rest and opened up a 34 second break by 20km and maintained it to the finish. Morely's 1:05:57 was good enough for second place and made him the only runner with three sub 1:06 performances in the event.

In the womens division, State 800m, 1500m and 3,000m champion, Elizabeth Rose, made a stunning transition from the track to the roads. Her impressive debut has arguably made her the 2nd best ½ marathoner in N.S.W. after last years winner and course record holder, Tani Ruckle.

Elizabeth was only 20 seconds off Ruckles record place at half way but faded a little over the last 10km to record 1:18:04. Next years anticipated clash between the two should be fascinating.

Both Boltz's and Rose's performances ranked at number five on the all time list and earned then \$500 each.

This years event was completed by 887 runners under the 2 hour 15 time limit - a little down on previous years. It would seem that 100 or so entrants decided against braving the rains and stayed in bed. As it turned out, however, the rain stopped about one hour before start time.

As usual, the seven drink stations did brisk business with tetra-pak water containers - a mite different from one recent Western Suburbs (Sydney) fun run which didn't have any drink station because "they didn't need to under I.A.A.F. rules". To top it off there wasn't even water at the finish. One wonders whose rule that was.

At the Striders Half all finishers were treated to the Just Juice post race breakfast to reward their efforts. Back to Marie O'Donovans thoughts "The fruit at the finish was very much appreciated as well as the drinks and tea and biscuits - you really spoil us runners - no wonder we keep coming back year after year".

To top off an enjoyable event a full results book and certificate was mailed to all finishers three weeks after race day.

The traditional course will be back in use next year, weather permitting, and again the fast (and good) times should roll.

Bill Flanagan

RACE DIRECTORS REPORT

Well done Striders. For the seventh year we've staged a half marathon of which we can be proud. I'd personally like to thank the race committee and all the race day helpers and Westline Ford and Just Juice for their support. Judging by the post-race feedback (see below for sample) the event was well received by the runners of Sydney.

With a newly elected committee, we now head towards the 1989 Half and I look forward again to the support of all members. The helpers random draw, drawn from all officials present after the post-race clean up, was won by Ray Doran.

POST RACE CREDITS

Thank you! It is the best organised run I have even been in. Keep it up.

K. Carson

Congratulations for your major effort which makes the Sydney Striders Half my favourite every year. Usually after half-way I think, "What am I doing here?" But every year I come back.

Janice Davis

Just a short note to say thank you and commend you for the excellent organisation of the Half.

From the start, support teams along the way, tetra-packed water and chilled fruit juice at the end, it was brilliant and professional.

Please keep up the high standard of work. You're leaders in the field.

Les Giesler

Congratulations again for conducting such a good run. I would like to thank all the helpers who work so hard to make our run so pleasant.

Marie O'Donovan

You all did a magnificent job, particularly with the adverse weather the night before the race, flooding the causeway. Congratulations to you all on such a well organised event.

Steve Poulton

Thanks for a great day - well run in every respect.

William Holmes

Dear Bill, congratulations, once again, to yourself and Striders for the staging of yet another wonderful Half Marathon. The fairly large contingent of Woodstock Runners who took part, including a number of novice runners, were most impressed with the overall organisation, the course, marshalling, drink stations, recording and naturally the breakfast and the Presentation.

Keep up the great work and I know you will see many blue and white Woodstock singlets in 1989.

Best of luck with your running this year and hope you have a great Easter.

Kerry Bray

The following article was written for the South Australian Road Runners Club journal by Alan Tonge. Since the Half, Alan has joined the Striders.

SYDNEY STRIDERS HALF MARATHON

An outsider's view

- By Alan Tonge, South Australian Road Runners Club

Sydney Striders Road Runners Club has three major events in 1988, the half-marathon, the 24-hour at Pagewood and the Sussan Women's 10k Classic at Centennial Park on June 19. I decided to give the half-marathon a go, as it was an event that had long interested me. It is restricted to 1500 entries due to the narrow roads, so an early entry is advisable. Unfortunately Murphy's Law applied and my chiropractor barred me from walking, except to the bus stop, four weeks before the day. However I was able to compete and potted round after four weeks without training.

The half-marathon is run on a course around the Lane Cove Park in the Chatswood-North Ryde area of Sydney's North Shore, and I can heartily recommend it. It consists of a 7km loop into the park and out again, then an out and back section in the park. The out and back section crosses the Lane Cove River over a weir. This year there was heavy overnight rain which meant the weir was closed.

The Striders were equal to the occasion. Ever since the event was first held about eight years ago, they have had an emergency plan for this eventuality. Well before the start of the run at 7am the course had been marked out to avoid the weir. Apparently this was the first time the emergency course has had to be used.

The surface of the course is generally quite good, although there was a horror stretch of broken road and potholes for about a kilometre. We had to cover this twice because of the course change.

The route is mainly in the Park, closed to traffic, with other stretches on closed public roads and light traffic roads, and a short section on a main road where a lane was coned off for the runners. While there were not as many police in attendance as we see in Adelaide, the support of the NSW police was excellent, particularly on the closed roads and the main road.

It is far from being flat, but I would describe it as being "testing" rather than "challenging"! The scenery more than compensates for the extra puffing and panting required to see it. The winning time was about 65 minutes so it can't be too bad.

The organisation was first class. I can only give it the highest praise by saying it was as good as the Greenbelt and the Festival City. The Striders do not accept entries from their members for the event, so that they are all available to help (the club has about 200 members). Consequently there were many officials around the course, most of them with official T-shirts, and they gave great encouragement to all the runners (and the walkers, too!).

My only complaint about the course was the last 100 metres. This is up a slope of about 45 degrees (or was it 60?) up the driveway of the school where the event is centered. There is a good reason for this - the finish cannot be on the open public road, so it has to be up the drive.

In true SARRC walkers tradition I started 35 minutes early. It didn't do me any good - most of the runners caught me anyway.

The winner was Danny Boltz and second was Steve Poulton, who won the Festival City a couple of years ago. My time was a very unspectacular 2-35. I think it was 2-20 on the road and 15 minutes up the 100 metre driveway!

All things considered, the Striders Half-Marathon is an event to be in if you have the chance. Any SARRC members in Sydney around mid-March would find it most enjoyable run.

By the way, I have just disqualified myself from next year's run by joining the Striders.

Comrades

Alan Oakes

The request for articles for inclusion in the Gongpak by Steve Cornelius, prompted some nostalgic memories of training for and running in the "greatest road race in the world" - the Comrades Marathon, held annually on the 31st May, since 1921 between Durban and Pietermaritzburg over a distance of more than 50 miles. These jottings are not meant as an aid to training, but a cameo of the way things were in the halcyon days of the 1960s, when there was just a few hundred competitors, before politics became so important in sport and before the current "jogging" boom.

Credentials - five times entered and finished in times all between 8 hrs 20 mins, and 8 hrs 40 mins.

My first Comrades was in May 1968, at the age of 37. Previous experience was track and cross country at school and university which ended in 1952. This was followed by working underground in the coal mines, marriage and four children. Reacquaintance with an old friend in 1967 who had run the Comrades a couple of times inspired the pipe dream and so a "short portly gentleman", to quote my tailor, commenced training from scratch.

In 1968 there were only a few hundred entries, but no blacks or women. The prize - a silver medal for everyone that finished within 11 hours and gold medals for the first six. You kept your number each succeeding year and after 10 finishes you received a "green number" that remained yours in perpetuity.

Many of the regular competitors in the Comrades working towards a "green number" commenced training early in the New Year. Good advice for first timers however was a build up over 12 months. Yet each year there were hopefuls who would start without any real training - one acquaintance of mine trained for three weeks prior to the race - he finished outside the 11 hours, and spent 3 days in hospital recovering. Many such entries were the result of bar room bets and the percentage of finishers was only in the 60's. Some regulars only ran once a week, on the long weekend run.

"Independents" or non-club members could enter the Comrades for two years, after which they were expected to join a registered club. The training pace was generally slow, anything faster than 20 miles in 3 hours was considered positively indecent by the pack I ran with. The climate between January and May generally varied from hot to warm, and during training unless one had a "second" following in a car, the route was designed to pass garages for water and oil, since not many shops were open so early in the morning, or on Sundays. The dregs of empty cans of brake fluid were considered ideal for sore calves.

The Comrades' season was considered by wives and sweethearts as very disruptive to the social scene, particularly at weekends as the timetable centred around the long weekend run. There were two types of runners - those who ran on Saturday mornings - who could then relax for the rest of the weekend, and Sunday morning runners, who suffered from Saturday night conviviality. Even in those amateur days Comrades "fever" could disrupt work patterns, social life and lead to job changes and even divorce. Addictive running is the male equivalent of anorexia nervosa. However on the great day everyone turned out in support.

The weekend long run was the highlight of the week, starting earlier and earlier to beat the midday sun as the runs became longer. The training target was forty miles, 4 to 5 weeks before the race, then gradually tapering down to 10 miles for the penultimate run - and no training during the last week.

In Johannesburg many packs ran between Johannesburg and Pretoria on the "old road". There were only 3 or 4 marathon races on the calendar which were used as part of the training schedule. Around Durban and Pietermaritzburg much of the training was along parts of the route for the Comrades through the Valley of a Thousand Hills. Road racing was (is) a great social leveller - where else would you get executive/director types sitting in the kerb sharing cokes, chocolate and bananas, with less exalted types.

The weekend long run was often followed by breakfast at someone's home with a swimming pool. This very often developed into an all day braai (barbeque) and party.

Before the days of "curved lasts" and "anti pronating" gimmicks, running shoes were "takkies" with heels added by the local cobbler. They were in fact the lightest tennis shoes that money could buy (that is cheapest). The thickness of the shoe heel was determined by trial and error and varied between sore calves and shin splints - "Runners Knee" was endemic for first time runners and the cure was a "knee warmer", that is a piece of stocking covering the knee which was impregnated with Deep Heat. Even by then the old fashioned horse liniment or embrocation of my school days had been superseded. Treatment by doctors was "out", unless they too were Comrades runners, and they were few and far between. The recommended treatment was to continue regardless and when the pain became impossible, then run with the foot turned outwards (it works by the way). Eventually the first "Tiger" running shoes arrived from Japan, marvellously light with canvas tops but in very short supply due to limited import permits. These were superseded by Tigers with nylon tops, but they were not so popular since the feet became too hot on the long runs.

Come race day. Very little sleep the night before, what, with an early start, and runners' "nightmares" - quite common and probably helped by beer and steak the night before. There were no low protein, high carbohydrate diets in those days. Special early breakfast 4.00am in the hotel. Thermos flasks filled for the "seconds" - otherwise known as "official helpers" (and a special sticker for the car), and pints and pints of water, coke, and a "corpse reviver". This cocktail devised by the late Arthur Newton comprised lemonade, castor sugar (dissolves easier than sugar) bicarbonate of soda and salt. Salt was considered very important in those days - no longer it seems. Toe nails cut, nipple plasters on, and liberal dollops of vaseline in the right places. Last minute arrangements for meeting the seconds, at various places along the route. Parts of the route were not open to the seconds and as the entries increased exponentially into the '70s it became increasingly difficult to find ones' second at the appointed rendezvous. In my last race I never found the car until 40 miles out, but never went short of drinks on the way, as spectators and other seconds were only too anxious to help - even to the extent of massages for sore legs, etc. The crowds lined the roads for most of the 50 miles and there was plenty of encouragement. Race programmes contained all runners' names and nicknames. Even before the running boom the Comrades was one of "the" sports events of the year with great media build up and cover. There were no official drink stations along the way.

Before the days of the portable loo there was an inevitable shortage of toilets at the start - particularly at that time of the morning. That meant the first length of countryside or "veldt" was well visited during the early part of the race and for the tail enders quite dangerous and slippery - ugh.

The Comrades is the one race where there are more people watching the last person to finish, than the winner. This I remember particularly bemused one winner of the Comrades from the U.K. who was invited by virtue of his win in the Annual London to Brighton 50-mile road race.

In the old days, only the mayor and a few officials were there to receive the winner at the finish, in say about 6 hours, but after 10 hours, every runner and his supporters would be waiting for the drama of the cut off at precisely 11 hours - somewhat reminiscent of a public execution. As they run, walk, crawl, into the stadium and round the last lap to the finish line, an official marches to the centre of the field raises his pistol into the air and begins the countdown second by second, over the last minute as the crowds urge the weaving finishers to within the 11 hour limit at 5.00pm.

The pistol fires and the last man collapses on the line and receives a special cup. The next over the line - poor bastard - gets lots of photographs as the man who just missed the limit. As soon as he regains the power of speech he promises to train harder next year and complete the race within the time limit.

"Now my son you are a man".

International Report

MATHEW KALEY

ROTTERDAM MARATHON - 17 APRIL

On what is probably the biggest weekend of the year for international marathons, Carlos Lopes's three year old world record was broken at Rotterdam. Renowned as a fast course, Ethiopia chose the race as its Olympic Trial and demonstrated its strength by taking three of the first four places. Densimo and Saleh broke away from a group at 34km and both went under the old record. It was Densimo's incredible strength over the final 2.2km that allowed him to pull away from World Championship runner-up, Saleh. Densimo ran the final 2.2km, 37 seconds faster than Carlos Lopes did for the previous record three years ago.

- | | |
|---------------------------|---------|
| 1. Belanyeh Densimo (ETH) | 2:06:50 |
| 2. Ahmed Saleh (DJI) | 2:07:07 |
| 3. Wodajo Bulti (ETH) | 2:08:44 |

LONDON MARATHON - 17 APRIL

The second big marathon of the weekend was one of the world's greatest participation races at London. Both the men's and women's fields were low on big names this year with the subsequent result that no great times were produced. Jorgenson narrowly took out the men's race while few were surprised to see Ingrid Kristiansen once again come home first woman.

- | | | | |
|---------------------------|---------|-----------------------------|---------|
| 1. Henryk Jorgenson (DEN) | 2:10:20 | 1. Ingrid Kristiansen (NOR) | 2:25:41 |
| 2. Kevin Forster (ENG) | 2:10:52 | 2. Ann Ford (ENG) | 2:30:38 |
| 3. Kazuyoshi Kudo (JPN) | 2:10:59 | 3. Evy Palm (ENG) | 2:31:35 |

B.A.A. BOSTON MARATHON - 18 APRIL

This year Boston boasted one of the strongest fields ever assembled and the race lived well up to expectations. By 30km a group of three had broken away, including John Treacy, Juma Ikangaa and Ibrahim Hussein. On the sharp downhill at Boston College the two Africans pushed away from Treacy and went on to record the closest finish in the race's history. Ikangaa turned into the final straight marginally ahead but Hussein pushed back with 120m to run and won by 1 second in a sprint finish. In the women's race Rosa Mota never really looked like being beaten and won in a strong 2:24 time, confirming her Olympic favouritism.

- | | | | |
|--------------------------|---------|--------------------------|---------|
| 1. Ibrahim Hussein (KEN) | 2:08:43 | 1. Rosa Mota (POR) | 2:24:30 |
| 2. Juma Ikangaa (TAN) | 2:08:44 | 2. Tuija Jousimaa (FIN) | 2:29:26 |
| 3. John Treacy (IRE) | 2:09:15 | 3. Odette Lapierre (CAN) | 2:30:35 |

NEW JERSEY WATERFRONT MARATHON (US MENS OLYMPIC TRIAL) - 24 APRIL

The American Olympic Trials are a cut-throat business. The first three finishers in this race go to the Olympics. Nevertheless, marathoning in the States is going through a lean period and, on the strength of these times, these runners could not be considered a serious Olympic threat.

- | | |
|--------------------------|---------|
| 1. Mark Conover (USA) | 2:12:26 |
| 2. Ed Eyestone (USA) | 2:12:49 |
| 3. Pete Pfitzinger (USA) | 2:13:09 |

RUNNING SHORTS

- ** Said Aouita broke a big toe in training in January and missed six weeks of training but, reportedly, should be back on line for the Olympic 1500m.
- ** Due to continuing injury problems in her left leg, 1984 Olympic Marathon winner, Joan Benoit will not be going to the Olympics, but after a recent Bay to Breakers win will look for a world record at New York in November.

ANZAC DAY MARATHON.1988
AS RUN AND REMEMBERED BY JEFF GISSING

With two weeks to go before ANZAC day, I was well on target for a P.B. Having just completed a 140 km training week (I was on annual leave at the time) I was actually feeling good and almost looking forward to the run. I don't actually believe that any runner looks forward to running a marathon, although I must admit to a certain feeling of anticipation in the days leading up to the race.

My last two weeks of "taper" didn't actually go exactly to plan. Too much high life and raging around, and not nearly enough sleep had me feeling slightly worried, and very tired. But then, even we runners are entitled to let our hair down from time to time.

Race day dawned fine, although I must confess I felt anything but! I definitely do not recommend five hours sleep and too much red wine as the ideal way of spending race eve. However, two cups of strong black coffee seemed to clear the head somewhat. It was time to leave.

It only dawned on me after arriving at E.S.Marks Field that I would be running a marathon in about half an hour. The adrenalin really started to flow then! As usual, I left getting ready to the last minute, meaning that I had to rush to the starting line so as not to miss the gun. My tardiness actually paid dividends, as I was able to join the front row of runners, including Messrs. McIver, King and Price. With such illustrious running company, how could I go wrong?

After a moving rendition of the "Last Post" the gun was fired, and we were off and running. For the first few kilometres, we four Striders ran as a group, line abreast down South Dowling Street. I thought at the time the Striders colours were showing at their best.

As the group eventually split up, I decided that I would stick with Don Price as long as I could, and hope for the best. All the way to the half way point I kept thinking to myself that I was running way above myself, and that something eventually had to give, be it knees, calves, ankles or whatever! Realizing these negative thoughts would do me no good at all, they were pushed to the back of my mind as I concentrated on the job in hand. i.e. reaching the half way mark in a decent time. Which I did!

Don and I ran through the first half in 80:06, which I was fairly happy with, as I was two minutes ahead of my race schedule. Now all I had to do was to maintain the same pace for the return journey.

Having Don to to run with for the long trip home was a big boost to me, because we pushed each other virtually to the finish. It is always so easy to in to the aches and pains if you are running "solo", particularly from the 32 kilometre mark and onwards. Having a mate along side is a great advantage.

It has long been one of my running ambitions to finish a marathon strongly and looking like I was enjoying myself. I am happy to report that I have yet to experience this running phenomenon. ANZAC Day '88 was no exception!! At 40 km I knew I had nothing left, and I was running on memory. Don kicked slightly, and I had to let him go, unable to do anything but try and maintain my pace to the finish. I was fortunate in having Mat. Kaley beside me on his push bike offering words of encouragement and support, although I really believed he was having me on when he said I could break 2:40. All I wanted to do was break down!! For a brief period between 41 km and the finish I really went through hell as a bout of vomiting nearly brought me to a standstill. By that stage though, I didn't really care how or what I felt, as long as I finished, and didn't chunder inside the stadium. Luckily, by the time I had entered the stadium, my bout of vomiting had stopped, and I felt almost human again. It was inside the stadium that I finally looked at my watch and saw that I would in fact break 2:40. It was this realization that forced a weary body to the finish in 2:38:17.

Even now, I still can't quite believe it!!!

P.S. My sincere thanks to all the Striders who were out on the course shouting their support, and to all the Striders at the finish doing the same thing. To Don Price for his "push" out on the course. To Mat. Kaley, for his support and encouragement along the way, and to Maria for being there.



N.S.W. STATE VETERANS CHAMPIONSHIPS

by Terry McIver

There were plenty of medals to be won at Sydney Athletic Field over 4 days in March, with the final event being the marathon held on Anzac Day.

Striders took home quite a few of these medals, so for all you Striders who have not yet reached that magic age, you have something to look forward to. To those of you who have, make sure you put it in your calendar next year. It is a very relaxed and friendly event. You do not have to qualify to enter any of the events.

Here's hoping when you read the results we will see more Striders there next year. I was quite surprised at how few Striders there were after seeing so many in Melbourne for the World Veterans. Congratulations to all Striders who competed in N.S.W. and to those who went to Brisbane the following weekend and did it all again up there.

MAVIS GARRICK - AGE GROUP 45-50**N.S.W.**

5k 24:05 1st
10k 50:08 1st
Marathon 3:54:57 2nd

BRISBANE

5k 23:53 5th
10k 49:57 3rd
10k X Country 56:37 4th

DOROTHY SIEPMANN - AGE GROUP 40-45**N.S.W.**

400m 79:9
800m 2:53 2nd
5k 20:58 2nd
10k 43:33 1st

BARRY JONES 60-65

5k Walk 29:28 1st
10k Walk 59:46 1st

TERRY BAILEY 35-40 Pre-Vet

10k 39:36 2nd
3k Steeple Chase 12:15 1st
5k 19:58 3rd

IAN WHITEFIELD 40-45

800m 2:31 12th
1500m 5:01 10th
5k 19:08 8th

ROS GARRICK 55-60**N.S.W.**

5k 19:26 5th
10k 39:59 4th
Marathon 3:44:99 4th

BRISBANE

5k 19:29 4th
10k 40:50 5th
10k X Country 45:20 5th

BRISBANE

400m 79:01
800m 2:54
5k 20:34
10k 42:29 2nd
10k X Country 57:24

DEREK WHITE 60-65

10k 42:50 3rd
5k 20:34 3rd
400m 80:08 3rd
2k Steeple Chase 9:27 1st

BERNIE KING 45-50

1500m 4:31:4 4th
5k 16:46:8 1st
Marathon 2:50:18

TERRY McIVER 40-45

1500 4:36 5th
3k Steeple Chase 10:45 2nd
5k 16:56 3rd
Marathon 2:55:30 2nd

SYDNEY STRIDERS' POST STAR MILE - 15 MAY

1. Mathew Kaley	5:07	5. George ???	5:45
2. John Sawyer	5:20	6. Brian Tailford	5:53
3. John Hamilton	5:34	7. Tina Campbell	6:14
4. Ewen Thompson	5:37	8. Brett Nichols	11:21

NIKE Canberra Marathon

Incorporating the Australian Veterans and the ACT Marathon Championships

SUNDAY 10 APRIL**Race Director's Message**

Congratulations to all finishers in our recent special events — The Canberra Times Women's Fun Run, Marathon Eve 10k and Nike Canberra Marathon. Your individual performance has been recorded in this results book while the enclosed certificate provides a small memento of your efforts.

The marathon, of course, remains our feature event although the support for our women's fun run and 10k is gratifying.

Like our marathon winner, I have mixed feelings about the Tenth Nike. It was again a great success with everything running very smoothly on-course. But, as happened in the '84 Olympic year, the weather let us down. Sure we got a new race record, and enjoyed a great women's contest, but like 84 it could have been that much better if we had a typical Canberra autumn morning of cool, crisp and still conditions.

It is not often we are privileged to have an Olympian compete in our marathon and we looked forward to Gerard Barrett's first serious assault on the Canberra course. Here was the chance for a sub-2:14 performance on the course that has seen few fast winning times in recent years; although Garry Hand's 2:19 in 1987 at age 41 did much to re-establish the reputation of the Canberra course as a fast one.

Gerard now joins Chris Wardlaw, Derek Froude and Lisa Martin as Olympians who have won our marathon. He also joins Shane as our first husband and wife winning combination; Shane having been successful back in 1982.

I mentioned earlier our women's contest. Throughout the 42.195k journey little separated Annette McNeill, Maryse Justin and Carrie Steffen and with just over 2k to go Annette trailed Maryse with Carrie lurking only a short distance behind. At the finish Annette's experience showed out as she led Maryse home by 23 seconds with Carrie just 18 seconds further back. All three broke 2:49 with Annette recording her second best time (and fastest since 1983), Maryse setting a Mauritius record, and Carrie setting a new PB after a three year lay-off.

Adding further interest to the women's contest was Tani Ruckle who completed her special half marathon attempt in 75.08 — the fastest time recorded in the ACT. We hope this helps Tani on her way to Seoul.

I look forward to welcoming all runners back to the national capital in 1989. Our marathon will be held on 9 April and will again be preceded by the 10k. The women's fun run will be held in late March or early April.

Entry forms will be mailed to all 1988 competitors during December.

DAVE CUNDY, Race Director

1. Gerard Barrett	2:15:07	1. Annette McNeill	2:48:18
2. Colin Neave	2:18:27	2. Maryse Justin	2:48:41
3. Brian Morgan	2:24:26	3. Carrie Steffen	2:48:59

Striders :

EVAN MILLAR	2.39.34 PB
NOEL BARTON	2.53.13
DAN GRAY	3.07.51
TERRY BAILEY	3.08.49 PB
DICK BARTLETT	3.13.49
STEVE NORDISH	3.19.30
ALF FIELD	3.22.21
VIRGINIA CLARK	3.42.39 1ST M'THON

Marathon Ladder.

We regret it has not been possible to include results of the Anzac Marathon in this 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 21/05/88, the second denotes age at which personal best was achieved. Unfinancial members have been deleted. Please advise Graham Butler or Steve Cornelius of any errors and 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
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
EVAN MILLAR	PP	2.39.34 CANBERRA 04/88
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
ALEX WHITWORTH	VV	2.41.49 WORLD VETERANS 12/87
TERRY MCIVER	VV	2.42.24 WORLD VETERANS 12/87
MATHEW KALEY	JJ	2.43.51 MELBOURNE 10/87
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
PETER COBLEY	PP	2.50.01 AUSTRALIAN 06/83
HARVEY BLUE	VV	2.50.17 AUSTRALIAN 06/83
JONATHON MARSDEN	PO	2.50.17 AUSTRALIAN 06/87
LAURIE KING	VP	2.50.37 GILLAWARNA 08/83
CHRISTOPHER DWYER	PP	2.51.50 CANBERRA 04/87
WARWICK SELBY	PP	2.51.59 MELBOURNE 10/87
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
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
BRIAN LYNCH	VP	2.56.59 AUSTRALIAN 06/83
MICHAEL MINEHAN	PP	2.57.13 AUSTRALIAN 06/85

NAME	CAT	<-----BEST AS A STRIDER-----><-BEST PRIOR TO JOINING->
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
TONY VIPOND	PP	2.59.50 AUSTRALIAN 06/85
JEFF LEE	VV	2.59.54 LONDON 05/87
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
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
TERRY BAILEY	PP	3.08.49 CANBERRA 04/88
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
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	VP	3.10.13 AUSTRALIAN 06/86
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
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
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
MURRAY BOYTE	VP	3.18.00 DUBLIN 00/87

NAME CAT <-----BEST AS A STRIDER-----><-BEST PRIOR TO JOINING->

JOSEPH LOEWY	PP	3.18.43	ANZAC DAY	04/87	
JOHN WHEALY	VV	3.19.56	WORLD VETERANS	12/87	
ROGER RIGBY	VV	3.21.25	WORLD VETERANS	12/87	
IAN WHITFIELD	VP	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	SM	3.23.26	CAMPBELLTOWN	07/84	
BRENDA HAMILL	VPF	3.23.38	SYDNEY	09/83	
DAVID DUNSTALL	VV	3.24.00	CANBERRA	04/87	
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	
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	
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	
CECILY WILLIAMS	PPF	3.38.36	AUSTRALIAN	06/86	
NICK REED	PO	3.38.43	CANBERRA	04/84	
JEFF BURGESS	PP	3.39.05	CANBERRA	04/86	
JOHN TIMBS	VV	3.40.00	AUSTRALIAN	06/87	3.23.08 AUSTRALIAN '84
ROD GARRICK	MM	3.41.37	AUSTRALIAN	06/87	
VIRGINIA CLARK	VVF	3.42.39	CANBERRA	04/88	
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	
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	
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	
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	4.08.16	WORLD VETERANS	12/87	4.05.00 AUSTRALIAN '83
RODNEY PHILLIPS	PP	4.12.42	AUSTRALIAN	06/85	
KEITH WEARNE	VV	4.16.58	AUSTRALIAN	06/85	
BILL MCCARTHY	VV	4.26.23	MELBOURNE	10/85	
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
MALCOLM SATCHELL	PP	2.47.03	ANZAC DAY '87
ALLEN HISSEY	PP	2.48.44	CANBERRA '81
CHARLIE LYNN	VV	2.51.06	AUSTRALIAN '85
JOHN HAMILTON	PO	3.01.30	AUSTRALIAN '83
ROGER CROFT	VV	3.02.54	AUSTRALIAN '86
GEORGE LISSON	PP	3.04.51	ANZAC DAY '87
BRET NICHOLS	PP	3.05.30	AUSTRALIAN '83
MICHAEL OAKLEY	PP	3.08.05	ANZAC DAY '87
ALAN OAKES	MV	3.09.00	SPRINGS, R.S.A. '72
PHILIP MORGAN	PP	3.09.36	AUSTRALIAN '84
ASHLEY JACKSON	OO	3.19.52	HARBORD DIGGERS '83
RICHARD FARRELL	PO	3.23.00	CANBERRA '84
EWEN THOMPSON	PO	3.28.28	LIVERPOOL '81
BRYAN HOLLIDAY	VP	3.42.50	AUSTRALIAN '84
VAL MORRISON	PPF	3.47.50	MELBOURNE '83
GRAEME DONALD	OO	3.57.00	ROTORUA NZ '85
BENNY HAGBERG	PO	3.59.34	SINGAPORE '84
GREG JERRETT	VP	3.59.35	HONOLULU '83
VICTORIA DONALD	POF	4.00.00	ROTORUA N.Z. '85
FRED FALZON	PP	4.03.20	AUSTRALIAN '87
ADRIAN KOL	SM	4.20.00	CANBERRA '84
JILL MCLEAN	POF	4.22.00	SINGAPORE '85
PHYLLIS SOMMERVILLE	VVF	4.32.54	MELBOURNE '85
ALAN TONGE	MM	4.46.49	ADELAIDE F/CITY '85



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, Drumoyne	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 Corneliuss 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.