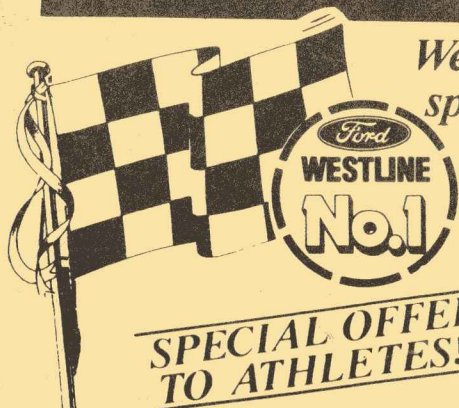




Sydney Striders Half Marathon

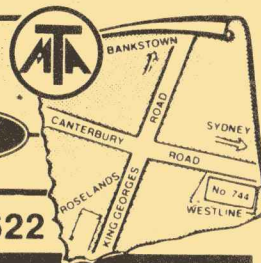
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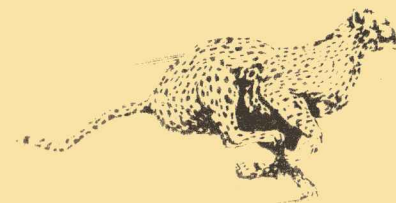


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JULY/SEPT '88



Sydney Striders

Road Runners Club

THE BLISTER

Club Magazine of

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

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CLUB COMMITTEE:

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

PRESIDENT'S REPORT

- Nobby Young.

On Saturday 29th October, as part of our 10K Handicap Series, a Bicentennial blast will be held. This is aimed at racing the clubs fastest runners in a head to head clash, as well as being part of the normal 10K Handicap Series.

The Manly course has been selected as it is very fast, and as it is double out and back it will give all competitors several chances to see the field and watch the race develop.

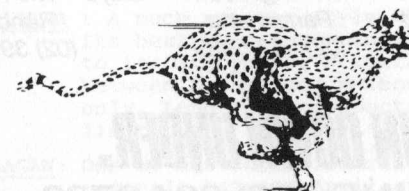
Trophies will be awarded to the fastest male and fastest female, and special "Bicentennial Blast" certificates to the top three females and top ten males.

As this is a one off challenge to cater mainly to our more fleet-footed members, I hope to see a large turn out and some very competitive racing. Something extra in the way of refreshments will also be available.

The "Australian Runner" due to hit the streets at about the time I'm writing this will have the fourth consecutive contribution from members of the Sydney Striders. This is of benefit to the running scene, to us as a club, and to the magazine itself. Terry O'Halloran, editor of "Australian Runner" has offered us a regular advertisement of considerable value at no charge, an offer we have been pleased to accept. Enclosed with this Blister is a subscription form for anyone who wishes to "support those who support us."

Time and time again I get asked why Charlie Lynn never appears at our training runs and functions. The answer is quite simple. Charlie is of considerable assistance to me in the organising of the Westfield Sydney To Melbourne Marathon Run, and during this years race put the bite on me for \$50. Now Charlie is semi-unemployed and due to age, a bit restricted in what he can do, but his pride prevents him from facing me while the debt still exists. Charlie, forget about the money, just come along and have a gallop with us.

Nobby Young



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SNIDE SNIPPETS

1988 COMMITTEE DOZEN (PLUS A FEW)

Vintage Report

- HARVEY BLUE:** Not showing as much aged character as might be expected from this vintage. Despite the misleading label, the colour is probably normal, although a dark crust has formed on the surface. This may be removed at your own risk. 1988 has been one of its better years.
- GRAHAM BUTLER:** Contains some imported material. Can be a little light bodied, probably as a result of its Pritikin component. Has been around for some years now, and can be expected to outlast those in the fuller bodied categories. Goes well with vegetables.
- TINA CAMPBELL:** An imported variety of indeterminate vintage, it has accumulated numerous medals and awards since being released. Appears to be at its peak now, although there is undoubtedly potential for further development. Well packaged.
- BRIAN COLWELL :** This line has been around for many years, although the Ultra style has now superceded the sub-3 version, which has not been as successful as expected. Contains good spirit. Should be drunk on special occasions, particularly dinners with Mike Ward.
- STEVE CORNELIUS :** Another imported variety, and comes with computerised labels. Should be taken with a grain of salt, as it has a tendency to be a little crusty. Cork has been known to pop during presentations in womens' categories. Formerly popular Ultra range recently discontinued, although production under the "Whingebag" label has been unaffected.
- SCOTT CRAWFORD :** Has undergone a couple of changes in packaging in recent times. Generally a full bodied variety, although a little thin in some of its attributes. Availability at STARS has been good in 1988, and robust palate should ensure continued distribution in the future.
- BARBARA FIRKIN :** A much sweeter style than most of those above. At its best when accompanying food, adding considerably to its enjoyment. Reluctantly extended distribution between Sydney and Melbourne, on a one year basis only. Long term prospects in this market definitely limited.
- BILL FLANAGAN:** One of our fortified range, and can be hard to find recently between April and February, when it is usually only available within 5 km of Maroubra Junction. Definitely a limited release during this period. A big red for the relaxed occasion. Drink now style.

DAN GRAY :

The flagship of the Ultra range. Widely distributed in the last couple of years. Excellent value in the long term. Has obviously had spirit added to give staying power. Not a style for everyone, although 1987 marathon list gives definite curiosity value.

MATHEW KALEY:

A non-alcoholic variety, this is clearly an early developer. On the light side, although the promise is there for further improvement. The 1987 vintage was particularly successful. Structure has a tendency to break up in extreme cold, and should definitely not be added to ice. Give it a few years.

BERNIE KING:

A more venerable sample than the previous one. A lingering character of wide appeal, definitely lingers on the tongue, particularly after a few ales. An early drinking variety, although rarely finishes dry. Could take a few years in the cellar, and should age well.

EDWINA MACARTHUR :

A consistent line, which certainly hasn't been harmed by the recent change of label. Known to be an accessible style, and has shown good form in recent vintages. Well balanced and can be followed with profit. Present distribution limited.

JON MARSDEN:

Mellow character evident on first inspection, and shows underlying strength and consistency when uncorked. Appears to be ready now, although probably has good potential in the medium term.

BRUCE MURRAY :

Origin and vintage unknown. Mature and complex, this drier style has a strong following, particularly at about 6.10 a.m. on Sunday mornings. Occasionally shows a hint of astringency on the palate, notably after three and a half hour "ordinary" STARS. Colour generally good, although exhibited a grey tinge at Combination Marathon. Should last.

STEVE NORDISH :

Not a delicate style. The Wollongong and Bathurst Ultra releases have been postponed until next year. Complements the well known "Firko" label, and benefits similarly from the addition of amber fluid. A sleeper.

KEVIN O'KANE:

Another of the fortified class, this exhibits a full bodied character, presently getting noticeably fuller. Usually at its best accompanied by food. An inconsistent line, has not been as long lasting since temporary reduction (since corrected) of alcohol content in 1987. Crying out for a few years in the cellar. Ready to drink now.

NOBBY YOUNG :

The last of the fortified range. A cheeky little thing. Distinguished by a pungent bouquet, and lingers on the palate for as long as you let it. A unique style, showing the benefit of many years in the bottle. Character sometimes a little coarse. Once uncorked, should be disposed of as soon as possible. A one-off release.

Anonymous

City To Surf

14 AUGUST 1988

These Striders were prizewinners in this year's City-to-Surf:

- * Category JP (Individual Women 40-44): 2nd: TINA CAMPBELL 59.08.
- * Category CB (Teams of 3, Men 21-29): 1st: "Striders Twenties": MICHAEL BILLINGHURST 47.08, GEOFF COX 47.40, BILL FLANAGAN 52.48.
- * Category CF (Teams of 3, Women Over 30): 1st: "Digital's Sydney Striders": TINA CAMPBELL 59.08, MERRI MACK 61.27, LOUISE FITZSIMMONS 62.33.
- * Category CG (Teams of 3, Mixed): 1st: "Stanley Striders": including MATHEW KALEY 49.54 and 2 non-Striders.
- * Category CG (Teams of 3, Mixed): 2nd: "Earlwood Mixed": including SCOTT LAWRENCE 46.28 and 2 non-Striders.
- * Category GD (Husband and Wife, both over 45): 3rd: ROD GARRICK 59.36 and MAVIS GARRICK 74.02.
- * Category IA (Veteran Teams of 3, Men 40-49): 2nd: "Striders 40's": ALEX WHITWORTH 50.34, TERRY McIVER 50.48, DAVID SILL 51.01.
- * Category IB (Veteran Teams of 3, Men 50-59): 3rd: "Striders 50's": HARVEY BLUE 54.16, JOHN TURNER 55.07, BRUCE MURRAY 62.31.
- * Category IC (Veteran Teams of 3, Men Over 60): 1st: "The Grey Mares": including DEREK WHITE 60.04 and 2 non-Striders.
- * Category ID (Veteran Teams of 3, Women over 40): 3rd: "Woodstock Runners": including DOROTHY SIEPMANN 62.52, ex-Strider Kerry Bray 73.24 and 1 other non-Strider.

The following Striders finished in under 1 hour:

75	Scott Lawrence	46.28	418	Paul Russell	51.52
87	Phil Garvin	46.48	496	Warwick Selby	52.42
102	Michael Billinghamurst	47.08	502	Bill Flanagan	52.48
115	Geoff Cox	47.40	590	Ewen Thompson	53.33
124	John Sauer	47.50	592	Stephen Burke	53.36
129	Evan Millar	47.54	679	Harvey Blue	54.16
138	Derek Liebenberg	48.03	784	John Turner	55.07
195	Jeff Gissing	48.56	843	Young Nobby	55.32
256	Mathew Kaley	49.54	933	Alf Field	56.10
295	Alex Whitworth	50.34	988	Jon Marsden	56.30
315	Teddy McIver	50.48	1411	Charlie Lynn	58.36
337	David Sill	51.01	1546	Tina Campbell	59.08
366	Alistair Mackie	51.20	1559	Ian Whitfield	59.12
404	Bernie King	51.46	1669	Rod Garrick	59.36

Congratulations to Scott Crawford for putting the Striders teams together in such winning combinations. A job well done!

OOPS ! Missed a few.

David Winch 46.20 Alex Hamill 57.34 Heiner Huning 59.58

- by John Sauer

After the dire warnings, how will you go on heartbreak hill, you'll be crushed in the rush, you won't be anywhere near the start, I was feeling very dubious about the City to Surf. Bruce said he knew the best place to start. After a warm up jog around the Domain, Ewen, Peter and I lined up with Bruce.

Behind us a rustling noise was growing in intensity. Looking around, a Mexican wave of discarded clothing and garbage bags was darkening the sky. As the starter took his position people poured in from the sides and 30,000 bodies pushed from behind. A shot released a flood of runners who poured down William St. I bolted across College St, dodged around a TV van and headed down the footpath. Slow running here but not as crowded as I had expected. At the end of the barricade I leapt into a gap on William St. A bit dicey running here, mobs of kids under foot. Two blokes running shoulder to shoulder dead ahead, blocked both sides and no slowing down. If looks could kill. Into the tunnel and no one is running in the gutter, thanks very much, I will and have my best run since the start.

Out of the tunnel and I see a familiar face. I gasp a greeting to Terry McIver. A kilometer or so later and someone says hellow, I acknowledge Evan Millar. At Point Piper someone comes off the footpath and sprints away amid a volley of abuse. Must have wanted to run 10km instead of 14km. Flat going along Rose Bay, Carolyn Schuwallow is just ahead but I am not making any progress, mid race slump has struck again. There is a rise ahead and I wonder if it is heartbreak hill. The rise goes on and on but at least I am again getting past a few people. This is real head bangers country, they must be ones passing me. Some flat ground and the 10km sign is very welcome. Legs and feet are getting tired now and the downhills are hurting. Evan passes me and I fix my eyes on his back and follow. Finally back on flat ground, the finish can't be far now.

Time for my finishing burst. I pant some encouragement to Evan who is running next to April Powers. Woops the finish isn't where I thought it was. Silently cursing I round a corner and there it is. The last 400 meters was run on memory. The crowd is fantastic and I join them to watch the finishers. The trickle has turned into a flood of tired sweaty runners. A number are wearing bloody knees, a souvenir of the start. After the serious lot come the fun runners in monkey suits, and anything else. Despite my initial trepidation I did a good run and had a lot of fun, See ya next year.

As you lift out the Sun-Herald's Results Lift-out, you pause, contemplative and philosophical. "What's it all about?" you mutter to your Sunday morning crumpet. "What's so important that 35,400 (odd) otherwise average citizens give up an otherwise glorious August day for this lemming-like rush to the sea?" You revert to your hot crumpet, but continue to reflect on the weird ways of the world.

Is it merely the act of RUNNING (or jogging or walking) that turns them on? Surely not. We are talking about 1% of the entire population of Sydney! And 14 km? Most of them wouldn't walk that far in a normal week. No, there must be more to it.

Munch, munch. You're now into the fibre-enriched birdseed that passes for muesli. The GLORY, that's got to be part of it. Reading your name in print - back to front - a week later. "51:46 KING BERNIE", it proclaims regally, renowned monarch of the multiple P.B's. Doubles as the Court Jester, if you know Bernie. Less joy for "476 52:30 Martin Martin" (not a Strider) who this day no doubt sighs wistfully at his parents' lack of inspiration. And no joy at all for equal 71st 46:20 Winch David who, with his mother, misses out on the printed list for the second year in a row. Adding injury to insult, this pair also miss out by 4 sec. for a prize in the Mother and Child Over 18 Category. Winchie perhaps gets some consolation that the other world-famous pair, Garrick Rod and Mavis, clean up a Bronze in the Husband and Wife 45+ Category. Indeed, we Striders all find some glory in that indefatigable couple.

Gulp, swallow. You dispose of a last mouthful of unprocessed bran. You recall that's what you fed to the chooks years ago. Now it's athlete fodder. Strange world.

Inspiration! It's the START, or rather the pre-start. That's it. The once-a-year thrill of standing for an hour, immobilised by a press of shoulders, hips and other parts, separated from unlawful assault by two films of green plastic and not much else, heaving and shoving, like some primeval mating ceremony. Think about it. Does anybody really know what goes on in that sea of humanity? You ponder the frailty of human passions, speculate why it takes so long to cross the start line, and recoil from the horrible conclusion - fleshly disengagement, that's why! (Well, no - it's never actually happened to you, has it - but you keep lining up there year after year, don't you? Are your motives entirely honourable?)

Sadly, there are some Striders whose motives are not! Take 55:07 Turner John. He only runs it because he cons a member of his surf club to drive him and his mates to the start in a Roller. Over the years, he has perfected a gracious finger flutter to all at the Town Hall who dutifully tug at their

forelocks. Then there's 60+ Courtenay Bryce who, standing unashamed amongst the 45 minute hopefuls, drops his binoculars momentarily to admit that he's only there for the view. The view, that is, of "A's" close-fitting leotards in the "Running Bare" dance troupe.

What some people will do for that view! Take 54:16 Blue Harvey. Did you know he camps at the College Street intersection from about the Wednesday before? And 57:34 Hamill Alex, along with the faithful Brenda, bribes his way into Preferred Status at enormous expense, the better to judge the advertising merit of Running Bare, he says. Pull the other one, Alex!

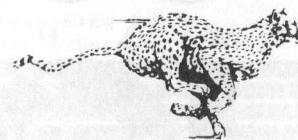
55:32 Young Nobby has a personal starting problem. In a transparent bid to increase his weedy stature, he chooses to run the flower beds marking the centre of Park Street. Nice try, Nob! For an encore, know what he's doing next year? Hiring Hoges to teach him how to run on top of the crowd like that scene in the New York Subway. Somebody tell him there's no Bimbo Prize. Hoges and Nobby tch! tch! their long-suffering wives....

By now, on this Results Sunday, you're halfway through your coffee, still in reverie, when the thought occurs that the FINISH, or at least Bondi Beach itself, must somehow figure prominently in a City-to-Surfer's bird-like brain. You know, homing instinct, and all that? The instinct is strongest amongst our lead flock, Winchie, followed by 46:28 Lawrence Scott, then 46:48 Garvin Philip. It afflicts 10th Strider 49:54 Kaley Mathew, who is limbering up in preparation for a great ankle-breaking performance skiing the very next week. It even draws 52:48 Flanagan Bill out of hibernation.

Altogether, 29 Striders make it to Bondi within 60 minutes. Why? Selfishness and greed, that's why! This unscrupulous bunch have worked out there are two highly desired commodities at the Finish which won't wait if you're late - the Surf Club's showers turn cold at about 1780th place, and Barbara Firkin's cakes disappear soon after that. Ask 60:02 O'Kane Kevin, still fuming at the fickle finger of fate that frustrated his favorite feed!

Who to feel most pity for? The vote goes to 70+ Crawford Sally. Inveigled by scheming husband Scott into joining the race for the first time, she also has to live with the knowledge that the fiend was solely responsible for inspiring the blatant Striders' grab for Special Awards. No less than 26 medals fell to his connivance. Gold to Men 21-29 and to Women 30+, Silver to Men 40 to 49, and a poultice of Bronzes, including those to the Striders "Really Old Farts" Team, Blue, Turner and Murray. 59:08 Campbell Tina even presented him with two, a Gold and a Silver, so mesmerised was she by Svengali Crawford. Shame!

As you turn the pages to the sanity of Ginger Meggs, Min, and Tiger, you marvel at your escape from the bizarre world of City-to-Surf Results. Never again! Praise the Lord, you've seen the light at last. Who needs that circus! Except well if you'd got a better start shave at least a couple of minutes next year maybe!



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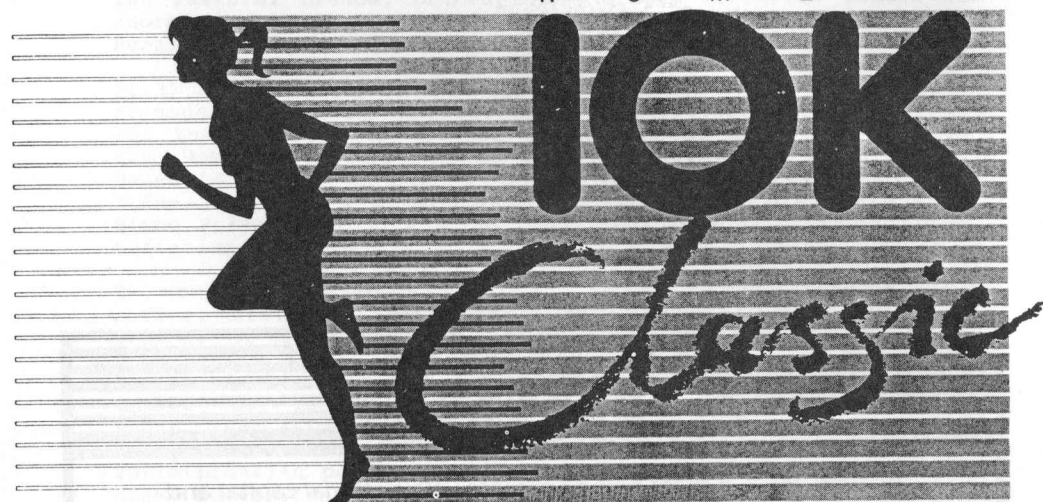
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SUSSAN

W O M E N ' S



sussan

WOMENS 10K. CLASSIC

Nobby Young
Race Director

The Post-race details of the 1988 event have now been completed. I'm very pleased the way the race was received by the Running Community and the media, and supported by members of the Sydney Striders and their family and friends.

A profit for the club was made as follows.

Organising fee	\$3 000.00
Bank Interest	\$ 47.86
Total	\$3 047.86

Deduction	
Official Striders	
Sun Visors	\$534.10

Profit	\$2 513.76
--------	------------

These funds will go towards a new club computer next January, as our present model is outdated and not compatible to other computers that members have access to.

Pre-race organising of the 1989 Sussan Womens 10K Classic is now underway allowing maximum time to ensure a smooth running event. Anyone wishing to be involved is most welcome and could inform me or race manager Tina Campbell (428 2001).

SUSSAN WOMENS 10KM CLASSIC SYDNEY JUNE 19 1988

1	Jackie Perkins	Vic	33.05
2	Joy Terry	ACT	33.19
3	Tani Ruckle	NSW	33.27
4	Maree McDonagh	Vic	33.59
5	Coral Farr	Vic	34.29
6	Suzanne Malaxos	WA	34.45
7	Ann Cross	Vic	34.49
8	Kerryn Hindmarsh	NSW	35.02
9	Rosanne Brisbane	Vic	35.08
10	Annette Dwyer	NSW	35.13

Teams Division

The strong Team Addidas from Victoria consisting of Maree McDonagh, Coral Farr and Rhonda Mallinder led home the Stan Johnson coached trio of Tani Ruckle, Sydney Striders Half Marathon winner Elizabeth Rose and Janet Swanson. Running under the banner of Stanley Stridetts the Sydney girls were just some 50 seconds behind on aggregate times.



Runner Around Australia

Women amaze Sydney

by Bill Flanagan

The women runners of Sydney showed by their enthusiastic approach to the inaugural Sussan 10k Classic that there is room and indeed need for such an event.

Six weeks after another successful staging of the Melbourne version, the Sussan entourage rolled into Sydney for the first time on Sunday, 19 June, and left a very impressionable mark on the Sydney sports scene.

An amazing 889 entries were received for the event - amazing because, if the event was open for all, even an optimist would not expect a field of more than 500. Even the Avon runs which folded in 1984 and the Bonne Bell series in the early '80's did not produce fields of this size or class.

Astute promotion by Sussan and 2 Day FM and the circulation of more than 14,000 entry forms ensured that the event at least had a fighting chance of attracting a lot more women than the usual fun run.

The media launch on the Monday preceding race day received major newspaper and television coverage and led to a flock of late entries. Race favourite Jackie Perkins interrupted her preparation for Seoul to attend the launch, such is her support for the series.

Entries were received from virtually every top distance runner in the country. In fact, only Carolyn Schuwalow amongst the Australian based runners could have been expected to sneak into a top place amongst the class in the field.



Joy Terry

Australia's top four at the World Cross Country in Auckland - Perkins, Maree McDonagh, Annette Dwyer and Sue Malaxos had all placed in the top 10 in the Melbourne Sussan and were backing up here along with four others from the top 10.

Only Lisa Martin and Schuwalow were missing from the top eight at the Zatopek 10,000 metres in Melbourne in December.

Unfortunately Nicola Carlin, in top form, judging by her eighth placing in the San Francisco Bay to Breakers in early May, was a late withdrawal, having been stricken with the flu.

Also entered was Joy Terry, from Condonbolin but now living in Canberra, who a week earlier had run second to Perkins in the ACT 8km cross country

championship. An unfortunate withdrawal from that race was Tani Ruckle, apparently suffering from the after-effects of a spider bite. Seemingly recovered, this was Ruckle's big chance for another shot at Perkins and for the first time in her home city.

The cheers that went up for Tani when the seeded runners were introduced before the start indicated she had plenty of hometown support in her effort to at least reduce the 30 second gap from the Melbourne race.

It was hoped that the course over two and a half laps of Centennial Park in Sydney's eastern suburbs would produce times at least as fast as the Melbourne course, but the surface just isn't as fast as it could be, despite its general flatness.

The course, first used as part of Sydney Striders members only 10km series, is suffering the effects of 100 year old trees spreading their roots, making for occasional awkward footing.

Woman of the moment, solo around the world sailor Kay Cottee, fired the starting gun under clear skies at 9am.

Kay would liked to have run but said her six months at sea had somewhat restricted her training.

Her fund raising efforts for the Rev Ted Noffs Life Education Centre received a welcome boost when Sussan announced they would donate one dollar per entrant to the cause. Sydney Striders also weighed in with \$250.

Perkins immediately went to the front in the first short circuit, while Ruckle, Terry, Coral Farr and McDonagh grouped behind in a chasing pack. They all were a strong chance of overhauling Perkins considering the competition amongst them and the fact that she had been training very hard in the weeks before, and had not tapered for this race.



The first to go out after Perkins was Ruckle but the gap never noticeably closed until Joy Terry rejoined Ruckle, then passed her on the last lap.

Terry, 20, the current national junior cross country champion, was having the race of her life. Despite having been running seriously for only two years, Terry has emerged as a real prospect under ACT coach Richard Lucas.

After her second in the ACT cross country the previous week, her confidence was high and she felt for the first time that she wasn't starting a race as an unknown entity to the other runners.

Terry was sticking to her race plan of coming through in the last few kilometres. A final two kilometres of 6:18 and last kilometre of 3:05 saw her close on Perkins and leave Ruckle behind.

The smaller fun runs will live on in Centennial Park, but the picknickers and bike riders did not take kindly to the masses, and their cars, invading their usually quiet Sunday domain, and the two toilets in the starting area just are not enough for 800 nervous runners.

The race organisers, Sydney Striders, recognise that a safe traffic free course is a must and are currently seeking an alternate venue.

The surrounds of Bicentennial Park and the State Sports Centre at Home-

bush at this stage represent a possible and likely venue, and in addition to the benefits of a faster course and better facilities, it also is much closer to the demographic heart of Sydney.

Former Australian representatives were scattered throughout the top 30 places. Rhonda Mallinder (World Championships 1983) finished 15th, Linda Thompson (World Cup Marathon 1985) was 21st while Penny Garner (1986 Commonwealth Games 1500 metres) claimed 25th spot, one place ahead of aquathon champion Maureen Cummings.

Thompson was also the first member of Sydney Striders. The club's female members were encouraged to compete and show the colours, but many opted to assist race manager Tina Campbell in her first such venture.

In the teams division, the strong Team adidas from Victoria, consisting of McDonagh, Farr and Mallinder led home the Stan Johnson coached trio of Ruckle, Elizabeth Rose and Janet Swanson. Running under the banner of the Stanley Stridettes, the Sydney trio were just 50 seconds behind on aggregate times.

The event was the third of the three open events that Striders now organise, joining the seven year old half marathon and the 24 hour race which had its third staging in May.

The Sussan Classic was the first major race staged in the park since the 1983 World Cross Country trials, and given the traffic congestion, may well be the last.

As great a place as it has been to train in, the park no longer has what it takes to be a venue for a major race and the park trust recognises this.



Sydney Striders

The Running Woman

by MERRI MACK



Two champs together: JACKI PERKINS, winner of both the Melbourne and Sydney Sussan 10k Classics, studies the form of the classy field prior to the race with round-the-world navigator KAY COTTEE.

fun runner

The second of the Sussan races held this year took place in brilliant sunshine in Sydney on June 19. The turnout of 890 women certainly surprised the organisers, the Sydney Striders, some of whom had been expecting more like 300 participants.

Jacki Perkins, Olympic team member for the 3000 and 10,000m, showed the rest of the field a clean pair of heels as she had done in the Melbourne event in May, even though her time was slightly slower.

Kay Cottee, the intrepid lone sailor and first woman to complete a circumnavigation of the world, put the icing on the cake by firing the gun and presenting the prizes.

Fortunately race commentator Bernie King (albeit more used to calling racing cars on the Bathurst circuit) refrained from using his new word 'fellerettes'. Better than being called a 'sheila' or a 'bimbo', I suppose.

RESULTS

J. Perkins (V) 33.06; J. Terry (A) 33.19; T. Ruckle (N) 33.27; M. McDonagh (V) 33.59; C. Farr (V) 34.29; S. Malaxos (W) 34.45; A. Cross (V) 34.49; K. Hindmarsh (N) 35.02; R. Brisbane (N) 35.08; A. Dwyer (N) 35.13; S. Mahoney (N) 35.40; E. Rose (N) 36.39; B. Mrakovic (N) 36.52; N. Orchard (N) 37.19; R. Mallinder (V) 37.29; U/14—D. Walsham (N) 38.25. 14-15-N. Orchard (N) 37.19. 16-17-L. Field (V) 37.29. 18-19-N. Maher (N) 44.15. 20-29-J. Perkins (V) 33.06. 30-39-L. Walton (N) 37.45. 40-44-R. Parker (A) 42.05. 45-49-Y. Couper (N) 40.05. 50-54-H. Walker (N) 46.46. 55-59-M. O'Donovan (N) 43.46. 60+-T. Davies (N) 50.03.

Sadly missing from the Sussan field was outstanding 14-year-old Nicola Corbin of St Ives (NSW), whose second placing in last year's City to Surf brought her dramatically into the lime-light. Nicola had the experience of a lifetime racing alongside eventual winner Lisa Martin and Joan Benoit-Samuels in this year's San Francisco Bay to Breakers Fun Run, in which she placed eighth.

However, the ubiquitous 'flu sidelined her just before the Sussan event, so she was unable to pit her talents against the rest of the crack field. Nicola currently holds the NSW Under-18 3000m and the All-Schools Under-17 4000m titles.

1988 HANDICAP 10KM RACE SERIES REPORT By Mathew Kaley.

Race 4 : Manly 10km, 18Jun88 (13°C, calm)

Speculation was rife before the start as to who would be quickest around this flat Manly course as no runner stood out as a clear favourite. By the first turn-around (2.5km), a pack of four including Bill Flanagan, John Hodges, Alastair Mackie and Malcolm Satchell had opened a gap on the rest of the group. Over the next few kilometres the pack strung out giving Flanagan a narrow lead over Satchell and Mackie at half-way. Mackie pulled out soon after due to a nagging injury. In the race for home Hodges surprised only maybe himself with another strong finish that pushed him passed a tiring Satchell and to within 12 seconds of Bill Flanagan whose win provided a welcome return to form and prompted suggestions, not for the first time, that this was 'the' comeback. Tina Campbell easily won the womens race from Lesley Lear despite running it as a part of a 20km time trial. Ian Macarthur ran a huge PB to take out the handicap race from the vastly improved Brian Colwell and race winner Bill Flanagan. Macarthur's handicap win catapulted him to the top of the points table with a 9-point lead over Alastair Mackie.

(Full results were published in Calendar #42)

Race 5 : Mosman 10km, 23Jul88, (11°C, strong winds)

Two competitors of old, Mathew Kaley and Bill Flanagan, couldn't resist the down-hill start and headed off at suicidal pace to pass 1km in 2:52, 1 mile in 4:44 and 3km in 9:36. The rest of the race involved fades of varying sizes from most of the field, notably the front runners. Those who paced their races better tended to be the impressive performers. Terry McIver finished strongly, passing Flanagan and frightening Kaley who went on to win, exhausted, in the mediocre time of 36:02. Sadly no women contested this race. The handicap winner was Russell Young who ran a PB despite the severity of the course. He had a clear lead over John Whealy in second place and Bill Flanagan in third. Only two other runners managed to go under their handicap times.

Race 5 - Results

	RACE TIME	H'CAP TIME	H'CAP DIFF.	PLACE
1. Mathew Kaley	36:02	34:38	+1:24	12th
2. Terry McIver	36:20	36:00	+0:20	6th
3. Bill Flanagan	36:56	37:32	-0:36	3rd
4. Alastair Mackie	37:12	37:20	-0:08	4th
5. John Hodges	37:53	36:54	+0:59	9th
6. Warwick Selby	38:13	37:38	+0:35	8th
7. Paul Russell	40:11	37:00	+3:05	14th
8. John Whealy	40:26	41:04	-0:38	2nd
9. Robby Young	40:29	39:18	+1:11	11th
10. Ewen Thompson	42:12	38:14	+3:58	16th
11. Paul Lunsman	43:00	42:38	+0:22	7th
12. Scott Crawford	43:19	41:11	+2:08	13th
13. Kevin O'Kane	43:22	43:29	-0:07	5th
14. Heiner Huning	43:33	39:57	+3:36	15th
15. Terry Bailey	43:52	42:48	+1:04	10th
16. Richard Farrell	45:01	-	-	-
17. Alf Field	45:01	40:39	+4:22	17th
18. Russell Young	50:06	53:24	-3:18	1st

Race 6 : Banksmeadow 10km, 20Aug88, (16°C, calm)

A disappointingly small field turned up for Bill Flanagan's inaugural Banksmeadow 10km, but those who did enjoyed a refreshingly different course over two separate, lightly undulating, loops. John Marsden must have wished he had stayed in bed after missing the start by driving to Meadowbank (ie. Ryde) instead of Banksmeadow (ie. Botany Bay) and then getting lost and running an extra 2km after starting the race. Otherwise, though, the event went well. Though the race up front was fairly close, Warwick Selby always seemed to be in control and won from Ewen Thompson and John Hamilton. The late starters Elizabeth Seidl and Sue Clarke came in together in 53:59 to take out the womens race. The star of the handicap series at present is 12 year old Russell Young who in taking out this handicap event has won three of the six races so far run this year. He won by a good margin from Kevin O'Kane and Ewen Thompson, all three of whom were well under handicap times.

Race 6 -Results

	RACE TIME	5K SPLIT	H'CAP TIME	H'CAP DIFF.	PLACE
1. Warwick Selby	37:16	(18:37)	37:28	-0:12	7th
2. Ewen Thompson	37:39	(18:36)	40:08	-2:29	3rd
3. John Hamilton	38:01	(18:53)	37:17	+0:44	11th
4. Dan Gray	39:52	(19:56)	38:54	+0:58	12th
5. Nobby Young	40:18	(19:47)	39:53	+0:25	10th
6. Scott Crawford	40:29	(20:00)	42:15	-1:46	4th
7. Jeff Burgess	40:32	(20:00)	40:44	-0:12	7th
8. Kevin O'Kane	40:43	(20:13)	43:25	-2:42	2nd
9. Paul Lunsmann	41:15	(20:07)	42:49	-1:34	5th
10. Heiner Muning	41:33	(20:20)	41:45	-0:12	7th
11. Alf Field	41:42	(20:38)	42:41	-0:59	6th
12. Ian Singer	45:59	(20:38)	38:45	+7:14	14th
13. Graham Taylor	46:59	(23:06)	-	-	-
14. Russell Young	47:08	(23:39)	51:45	-4:37	1st
15. Ian Macarthur	47:31	(23:43)	46:03	+1:28	13th
16. Elizabeth Seidl	53:59	-	-	-	-
16. Sue Clarke	53:59	-	-	-	-

1988 SYDNEY STRIDERS HANDICAP SERIES HANDICAP POINT SCORE

1. Kevin O'Kane	84pts	11. Alf Field	52pts
2. Ian Macarthur	77pts	12. Harvey Blue	47pts
3. Alastair Mackie	77pts	13. John Hodges	41pts
4. Scott Crawford	76pts	14. Graham Butler	40pts
5. Bill Flanagan	69pts	15. Nobby Young	40pts
6. Russell Young	68pts	16. John Whealy	37pts
7. Ewen Thompson	64pts	17. Heiner Muning	36pts
8. Warwick Selby	60pts	18. Terry Bailey	33pts
9. Paul Lunsmann	57pts	19. Cameron Osbourne	32pts
10. Edwina Macarthur	53pts	20. Bruce Murray	36pts

OUTRIGHT POINT SCORES

MALE		FEMALE	
1. Bill Flanagan	85pts	1. Tina Campbell	36pts
2. Alastair Mackie	75pts	2. Edwina Macarthur	34pts
3. Ewen Thompson	73pts	3. Lesley Lear	32pts
4. Warwick Selby	73pts	4. Elizabeth Seidl	12pts
5. Cameron Osbourne	65pts	5. Sue Clarke	12pts

TRAINING COLUMN

MATHEW KALEY

Following the initial training column in Blister #35 on mileage we now turn our attention to a new subject, that of race tactics. This article covers various views on how to cope with competitive situations in races. Admittedly, few of us ever get the opportunity to win a race, but if you have ever been in a competitive situation with a colleague of similar ability, this article should be of some interest to you. Featured are some comments from well known international runners, followed by the views of a number of Striders' members of varying ability. Hopefully you can draw some new ideas from this diversity of views. Thank you to all contributors.

2. Race Tactics.

ROBERT DE CASTELLA (2:07 MARATHON)

A runner like myself who runs on strength could decide to make the race tough by varying the pace, running strongly on the hills and putting in bursts or surges, whereas an athlete who works on rhythm and speed might prefer to run an evenly paced race, not utilising his speed until the latter stages of the run. Road races are fun tactically because you can run aggressively, using changes in terrain to your advantage, whereas track races tend to be more monotonous and therefore more mentally demanding.

ALBERTO SALAZAR (2:08 MARATHON)

For running hills in races, I have a theory. Basically, it's the law of diminishing returns. The extra effort you put into a hill to try to pull away from somebody is going to cost you a lot more than if you had made a similar move on the flat. So now I never try to pull away from anybody on a hill. Instead, just as you're cresting the top is the best time to go. That's when people are most tired and don't really stretch out.

DON KARDONG (4TH, 1976 OLYMPIC MARATHON / RUNNING AUTHOR)

A good rule of thumb is to hold back and run slower than you think you can at the beginning, when you're feeling good. That way you can come on strong late in the race.

NOBBY YOUNG (2:56 MARATHON, 37:21 10KM)

I have found the best time to gain an advantage over another runner of comparable ability is when you can set up an overtaking manoeuvre. It is best to sit in behind the opposition until you feel comfortable about passing, and then do so with enough pace to give you a break of at least ten metres. If you can make it look like you did it with relative ease, it will be very hard for the other runner to catch up again.

MATHEW KALEY (2:43 MARATHON, 4:31 MILE)

Though I respect other's views to the contrary, I find the competitive side of running the most rewarding. Some of my most memorable running experiences have come from close duels with such good friends as Flano, Old Man McIver, Scotty and John Hodges to name a few. Consequently, I find the subject of race tactics fascinating. Personally, I see two aspects to race tactics, physical and psychological. Physical tactics include, basically, changing pace. A strong runner can break up the pace through surging while a 'kicker' should wait until late in a race. Leading your opponent will use extra energy but allows you to control the pace, an important benefit. I find psychological tactics far more interesting, however, as they can result in a lesser runner defeating a better one. When a runner is in pain and near exhaustion it is fairly easy to convince him that he is going to be beaten by you. Look confident, don't breath hard, smile and look like you're having a good time. My favourite tactic is to talk to my opponent. After a bit of practice you can talk in a relaxed manner even in races as short as 800m. There is very little as demoralizing as having somebody happily chatting away to you when you are in agony. It is usually a very effective tactic. Running against the clock is great, but the occasional competitive tustle with a friend opens a whole new area of mental challenge.

KEVIN O'KANE (3:14 MARATHON, 40:43 10KM)

My tactics in a race are generally a function of my lack of speed. Even when fit I'm only about as fast - or as slow - over 3km as over 10km, so I can't charge out early or wait for a final sprint. When there is someone I set my sights on, I spend the first part of the race keeping the person in sight and finding a rhythm which I try to maintain until around half-way. I usually push hard at this point and try to get a good break on my rival in as short a time as possible. Ideally I would try to be out of sight to break the mental connection. The idea is to discourage the other runner into negative thinking. From then it is a matter of "running scared" for as long as my condition holds. Hopefully by the time this becomes obvious it is too late to catch me.

CAMERON OSBORNE (77:57 HALF MARATHON, 34:18 10KM)

When I am racing someone of similar ability I like to stay behind at the start of a race. It relaxes me and gives me the chance to feel how fast we are going and observe the other runner/s at the same time. I can then increase the tempo if the other runners are struggling and I usually try to do this at strategic points (ie. hills, etc.). If I myself am struggling I try to hang on as much as possible and "sit and kick" from as far out as I feel I can. Above all, you need to be flexible during a race and to be in contact with your competitors.

DAVE SILL (2:52 MARATHON, 34:58 10KM)

My race strategy is to run the fastest race possible. This involves running to the clock, especially in the first half of the race and, ideally, negative splits. In a close race I try to show no sign of fatigue so as to dishearten my competitors. I aim to gain a lead with a few kilometres to go and try to hold that lead as I have no finishing 'kick'. I try to make best use of hills, especially uphill, but also down. By far the best strategy, however, is to race against people who are slower than yourself!

There was a young(ish) man named Sill,
and running gave him a thrill,
but he couldn't beat,
anyone with feet,
unless he could make them stand still.

EWEN THOMPSON (3:28 MARATHON, 2:12 800M)

I use the 'race selection' method to defeat my opponent, who in this case is Terry McIver. Terry is a renowned long distance runner with a 2:42 marathon and 35:01 10km credentials. For my race, I select an 800m event at the Veteran's Time Trials (I know Terry is only good for about 2:20 at 800m). Its a windy night so my tactics are to follow Terry from the gun (he's not afraid to lead). The first lap is 69s, nice and steady. Terry's other shortcoming is his lack of a sprint finish, desirable in an 800m runner. Entering the home straight, I do my Seb Coe impersonation which results in a one second victory. Please run more 800's Terry, but don't train for them.

I plan for the training column to be a regular feature in each edition of the Blister, but to make it a success it needs contributors. The next article will be on the benefits of CROSS-TRAINING. Does cycling, swimming, weights, etc., help your running training? What supplemental training do you use? Articles of about 100 words are most welcome from any member. Contact Mat Kaley (909 1461).

STRIDERS' 24-HOUR RACE: THE FUTURE

by Steve Cornelius

Over the last 3 years, the Sydney Striders' 24-Hour Track Race has grown from a tiny experiment with only 8 invited runners, to one of Australia's most popular ultramarathons. It has attained the status of NSW Championship, is a qualifying race for the Westfield Sydney-to-Melbourne ultra, and now attracts notable ultra runners from interstate and New Zealand.

All this was very far from the minds of the three original "perpetrators", Nobby Young, Dan Gray and myself. Back in 1986 the original idea was to stage a very low-key track race with absolute minimum facilities, to save ourselves the expense of travelling to Melbourne or Adelaide to find a properly organised "24". Westfield's involvement in 1987 lifted the embryo to full maturity, with 40 entrants and a much larger budget and higher profile.

So far, no definite plans have been made for 1989, but a tentative date of September has been suggested. The month of May is no longer a viable proposition owing to the staging of the 1989 Sydney-to-Melbourne from 11th to 21st May.

Unfortunately I have been forced by a combination of health factors, work and study commitments to withdraw from the position of Race Director. Accordingly the Club Committee is considering ways in which the race can be kept going, without taxing the energies of Striders members to any unacceptable degree.

To my mind, the race can be very adequately organised by a committee of 6:

Race Co-ordinator
Entries Manager
Equipment Manager
Personnel Manager
Timing/Results Manager
Catering Manager

Their duties would be as follows:

- * RACE CO-ORDINATOR: Qualities required: (1) Ability to delegate, (2) Ability to "trust but verify".

I have deliberately avoided using the name "Race Director" for this position, as it has (particularly within the Striders' club) connotations of being someone who works extremely hard. In fact, although this would be the "buck-stopping" job, it would mainly consist of co-ordinating the work of others, ensuring that deadlines were met, and that the whole thing came together at the right time. The only tasks which would be performed DIRECTLY by the Race Co-ordinator would be:

- * Early in New Year: Negotiate sponsorship; draw up provisional budget in consultation with Club President and retiring Race Director; arrange hiring of stadium.
- * Control finance throughout the year.
- * On race weekend: take Friday off work to supervise last-minute arrangements, and be on hand during race. Supervise clean-up afterwards.

- * ENTRIES MANAGER: Qualities required: (1) Ability to tolerate fools; (2) Ability to hold at arm's length those who demand the impossible.

This would be the person whose telephone would be the race contact number, and his/her name would be on the entry forms. The duties would include:

- * March/April: design entry forms and mail out;
- * April to September: act as contact/information point for enquiries, receive entries; send out acknowledgments and race information; finalise competitor list and design race programme; liaise with elite runners including overseas (your phone bill will be paid!).

- * EQUIPMENT MANAGER: Qualities required: (1) Persuasiveness, (2) Thuggery.

- * April to September: Arrange hiring of all major equipment (including marquees, clocks etc), and beg, borrow or steal all minor equipment. (Complete check-list is already available, most minor equipment is already owned by the Club - we bludge off the Half-Marathon a lot.)
- * Race weekend: Take Friday AND Monday off work to supervise delivery and return of all equipment. Sunday afternoon: supervise working party to dismantle and pack all equipment, armed with checklist, to return to rightful owners. It is NOT necessary for this official to be at the stadium during the race (unless he/she wants to).

- * PERSONNEL MANAGER: Qualities required: (1) Thuggery, (2) Persuasiveness.

- * April to September: Recruit voluntary workers for the race, including medicos, masseurs, physio's, reception committee, catering staff;
- * 1 month before race: start recruiting volunteer lap-scorers;
- * Race weekend: Supervise Saturday morning reception committee.

- * TIMING/RESULTS MANAGER: Qualities required: (1) Pedantry, (2) Insomnia.

- * August: supervise production of lap-score sheets, information for scorers etc.
- * Race weekend: Be prepared to stay awake for most of the race, supervising all operations of recording staff. Should be able to hand over to deputy for a few hours in middle of night.
- * After race: collate results, design and mail results book.

- * CATERING MANAGER: Qualities required: (1) Ability to feed 5000 on 2 loaves and 5 little fishes, (2) Knowledge of how to drive a microwave.

- * 2 weeks before race: prepare menu.
- * Week before race: go shopping with 4 large gold banknotes; prepare some dishes in advance;
- * Race weekend: serve food to about 50 gannets every 3 hours.

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As set out above, none of the 6 major positions should be crippling. After all, for the last 2 years one person has done four-and-a-half of them by himself, and still found time for other Club Committee work! Anyone who feels like making a contribution to the maintenance of the Club's high standing in the ultramarathon community by taking any of these jobs on should contact Nobby Young or myself. Bear in mind that all the necessary contacts have been already made; the race is now tried and tested, and we have learned heaps from our experience; those who have organised it in the past will always be willing to offer help and advice. Why not give it a shot?

Winner 1986 & 1987 Road Runners Association
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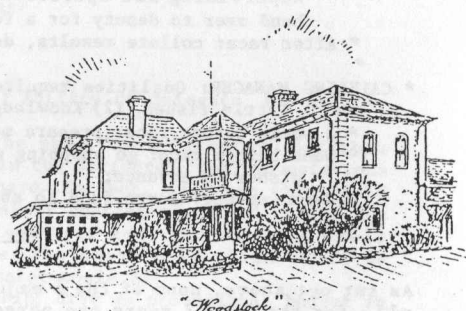
START & FINISH at the Woodstock Community Centre -- Church St., Burwood. (only 400m up from Burwood Station).

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"Woodstock"

STRIDERS' INTERNAL HALF-MARATHON HANDICAP, 27 NOVEMBER 1988

Handicaps for this race will be calculated approximately 2 or 3 weeks beforehand, using the usual formula. For the computer to generate your handicap, you must have run AT LEAST 2 of the following 7 races:

- A Half-Marathon in 1986
- A Half-Marathon in 1987
- A Half-Marathon in 1988
- A Full Marathon in 1986
- A Full Marathon in 1987
- A Full Marathon in 1988
- A P.B. City-to-Surf in 86, 87 or 88

In addition, you must have TOLD US ABOUT IT!! so that we can feed the information into our computer. Currently the club's computer manager feels very like a mushroom (kept in the dark and fed crap) because he isn't receiving a great deal of race-result information. (All those who bleated that they had often commented on his resemblance to a mushroom, go boil your heads).

If the computer doesn't have at least 2 of the above results, it will not calculate a handicap for you. It will give you the dreaded "NVFA" treatment (No Valid Form Available) and you will not be eligible for medals etc. Now given the fact that it's as easy as pie to win a medal in these handicap races (even Steve Cornelius won one in March), this would be a matter for regret.

Make sure your computer record is up-to-date by phoning Steve on 427-3604, or drop him a quick curriculum vitae (that's Latin for "Pakistani Restaurant") to 41 Garling St, Lane Cove 2066.

The handicap start-times will be displayed on the club notice-board on the 2 weekends prior to the handicap race (13 and 20 November). If you can't make it to the STAR those days, phone Steve. Start-times will be similar to previous races - slowest of the slowies go off at about 6.25 a.m. or 6.30 a.m., and Phil Garvin will probably have David Winch for company this time around, with a starting time about an hour later.

Everyone (yes, even Young Nobby) WILL cross the finish-line right on 8.40 a.m. Or else.

For newer members who have never partaken of a Striders' Handicap Half-Marathon, THIS IS YOUR BIG CHANCE! This is quite some event. Runners start in small groups at one-minute intervals, and find themselves battling all manner of runners (of all manner of abilities) in the last 2k. This is the exact antithesis of the City-to-Surf - an entirely unimpeded start (you might be on your Tod Sloane!), and a bloody great crowd at the finish.

The computer manager is bribable. Make substantial cheques out to "The Steve and Sally Holiday Fund", and post to "3rd luggage locker on the left, Central Station, Sydney" in a plain brown envelope.



Ingrid battles against the odds

IF Ingrid Kristiansen, a cheerful 32-year-old Oslo housewife and mother, achieves on the roads of London today her ambition to become the first woman to run the marathon in under 2hr 20min, she will have overcome not only the stopwatch but also, on behalf of women everywhere, nature. Thirty-five years after the first man broke 2:20, the gap between the leading male and female marathon runners narrows, but it is not the usual obstacles facing the woman-in-a-man's-world, like sex discrimination or lack of tradition, which are being broken down by Kristiansen. Rather it is the inherent physiological disadvantages for women in distance running (see graphics).

Even so, her current world record of 2hr 21min 6sec, set in 1985, would have left Emil Zatopek, the legendary Czech runner, more than two minutes behind in the 1952 Olympic marathon. And even allowing for human progress, if she does break 2:20 today, only about 50 males in the 28,000-strong field for the London Marathon, sponsored by Mars, are likely to finish ahead of her.

Yet all of them, in a sporting activity which is built so much around developing a massively reliable oxygen-transport system, will be powered by larger hearts and lungs, pumping blood which is richer in haemoglobin and thus more efficient, and carrying less dead weight in the form of stored body fat. Kristiansen can only hope for recognition one day that she may be intrinsically the best runner in the world. No, it isn't fair.

In channel swimming, aspects like high levels of body fat and inferior heat-loss mechanism may present women with an advantage over men. But in running rather than swimming long distances, the pendulum swings the other way.

The marathon of 26 miles 385 yards (owing its curious distance to the 1908 Olympic race from Windsor Castle to White City stadium in west London) was once considered the exclusive preserve of the gnarled male, who would of-

ten finish in a state of near collapse. But from the 1960s female runners proved they too could complete such distances, and without horrendous consequence to their womanhood.

In 1984 it became an Olympic event for women, and Kristiansen, having given birth to her first son 12 months earlier, finished fourth. The distance held no fears for a woman who had been a Norwegian international track runner as a 15-year-old, and spent years afterwards as an international in cross-country skiing. Inadvertently, the years she spent training in the snow-covered forests laid the foundations for her current success. Cross-country skiing is almost the only activity which promotes in the body an even higher efficiency for oxygen utilisation than distance running. Even now it remains an integral part of Kristiansen's training.

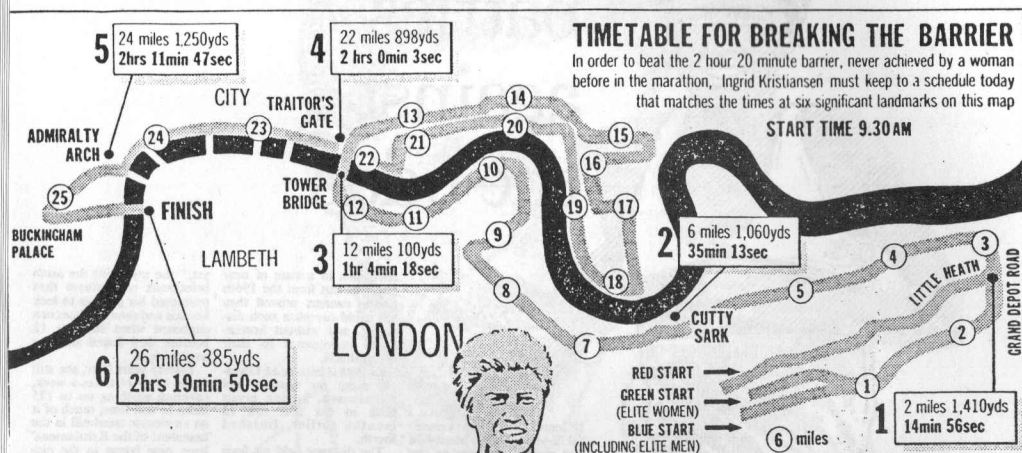
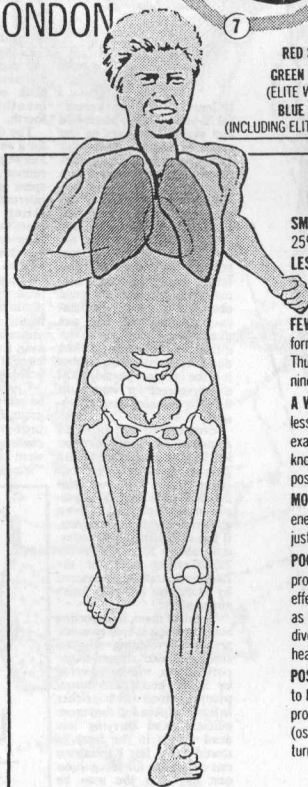
Cracking 2:20 today would be worth nearly £100,000 in prizes and bonuses for her, but there is no doubt that it is the challenge rather than the reward which motivates her. "Women can go much faster yet," she says with the same infectious enthusiasm that prompted her parents to lock her skis and running shoes in a cupboard when she was 12 because they feared she was overdoing it. Twenty years later, she still trains 13 or 14 times a week, covering anything up to 125 miles in that time, much of it on an electric treadmill in the basement of the Kristiansens' large pine house in the picturesque wooded area near Oslo's famous Holmenkollen ski jump. She also does aerobic dancing and mobility exercises, has a mental-relaxation therapist and a masseuse, all to help reduce as far as nature will allow the gap between the best male and best female running performances. Some scientists predict that in the marathon those performances will eventually meet, but it is speculation based more on a closing speed distorted by the comparatively late entry women made into the marathoning world. Kristiansen today may take women even closer to the men's world record of 2hr 7min 12sec. Ironically, not because of her blood, sweat and tears, but despite them.

THE SUNDAY TIMES 17 APRIL 1988

SPOTLIGHT

London Marathon

Text: Cliff Temple
Illustration: Siân Frances
Graphics: Phil Green



WHAT WOMEN HAVE TO OVERCOME

Compared with a man of relative mass and fitness

SMALLER HEART AND LUNGS. Heart volume is approximately 25% less than in a male.

LESS BLOOD VOLUME. Blood is the transporter of oxygen to working muscles, and a woman has only 4-4.5 litres compared with a man's 5-6 litres.

FEWER RED CELLS. In women, oxygen-carrying haemoglobin forms only 42% of the blood total compared with 47% in males. Thus, to transport one litre of oxygen women have to process nine litres of blood, men only eight.

A WIDER PELVIS. Though ideal for childbirth, the wider pelvis can lessen the mechanical running efficiency of legs. It produces an exaggerated angle of the femur (thigh-bone), characterised by a knock-kneed running action. In turn, this also increases the possibility of knee injuries.

MORE BODY FAT. Despite speculation that this may provide extra energy, it is nevertheless dead weight that demands oxygenation just as muscles do, but without working in return.

POORER SWEATING MECHANISM. Though having an equal proportion of sweat glands to men, women lose heat less effectively. Consequently, efficiency of working muscles is reduced as blood (which otherwise would be used to transport oxygen) is diverted to skin to radiate heat that men lose by sweating more heavily.

POSSIBLE AMENORRHOEA. Attempting to reduce body fat, added to hard training, sometimes leads to cessation of periods. If prolonged, this may cause premature thinning of bones (osteoporosis) resulting from reduced oestrogen levels, which in turn increases risk of stress fractures.

FAX FROM LONDON ONE SUNDAY IN APRIL

The London Marathon '88.

It could have been our finest hour but as you've probably learnt already, it wasn't. In this year's London Marathon THE STRIDERS VISITED HEAVEN - AND HELL!

We were in the same boat as Ingrid. She didn't achieve her goal either. While the winner of Rotterdam had obviously nicked a bike Phil was run over by a wheelchair. And, as everyone knows, Ayliffe was always running with a "six foot bat" and chain". As for Phillips, he'd been submerged in a sea of "business" lunches all week.

The Striders uniform proved to be a definite liability, because after the overzealous twins went "supernova" and tried to walk, the crowd roared like they were cheering Dennis Lillee on a hat trick.

Right now Phillips is holding an icepack against Garvin's shoulder, Ayliffe is willing THAT foot to go down ONE day, but we wouldn't have missed it for quids (even at thousands of dollars for the entrance fee!)

They WERE the best of times:

Phil Garvin:	2.30.30
John Ayliffe	
& Alan Phillips	
(arm in arm):	3.25.47

Sydney Striders



SECRET AGENDA
By Alan Phillips.

Nobby mentioned the need for articles for the next issue of The Blister. Not being a highly literate person (it took me ages to join Striders 'cause I couldn't fill the form in properly) I was most concerned about my ability to meet the exacting standards of this august journal. Better check it out I thought, you know, get the feel for the thing first. So I searched the house for a back-issue, eventually discovering one handsomely hanging by its corner in our back loo.

(Ed, can you arrange to have future issues printed on a more sensitive stock?)

A quick scan of of the remains showed the contents to be mainly letters and essays about running - great exercises in endurance, forays up to and past the pain barrier and glorious PB's, you know the sort of thing.

Among all this painful glory there seemed also to be room for members to make snide remarks about each other.

So having got the feel for the thing, what on earth could I say that would be of the slightest interest to the other members? After all nothing even remotely glorious had ever happened to me at least not while I was wearing running shoes.

Failure of course!

Not just a routine domestic failure, why not talk about that full blown, horrifically expensive, under-trained for, INTERNATIONAL FAILURE; the London Marathon.

It all started on the afternoon following the World Vets Marathon, the scene of my greatest non-appearance, the result of a training programme which although excellent, had failed to allow for the inevitable two week mid-session "injury and illness" spell which is a feature of most of my "major event" preparations.

Anyway, I found myself anxiously telephoning the restaurant where I knew all the exhausted Striders Vets would be celebrating. Why anxiously you ask? Well what if Ayliffe or Spencer had actually cracked three hours? It would be more than flesh and blood could bear wouldn't it? Discovering that the order of things had not been disturbed and that the usual breakdowns had occurred I offered my deepest (unfelt) condolences. I understood for goodness sake, how on earth could anyone crack three hours when they had to run the last 15 kms in the teeth of an unseasonal cyclonic wind?

The point of all this is that before I knew what was happening Ayliffe was saying "That's it Phillips, looks like we've got to do London now eh." Not wishing to upset him, I happily agreed, certain that he would change his mind when he tried unsuccessfully to walk next day.

At lunch time the very next day I found myself helping Ayliffe up the stairs at Keith Prowse, Cremorne so we could get signed up.

An hour, and many thousands of dollars, later the deal was all wrapped up with the exception of selling it to our wives and doing the training.

Imagine our excitement when we discovered that Phil Garvin was going too, and what's more would be staying at the same Hotel as us. We were to have a whole pre-race week together in London to relax and get prepared for this biggest of events.

It is worth noting at this point that some weeks prior to the event John Ayliffe and I had told each other and anyone else that would listen, we were doing this one as a training run and were in it only for the experience. We would take it easy, enjoy the event, stay together, finish together and make the whole thing a pleasant holiday. Besides it wouldn't be fair to our wives to knock ourselves around too much - they deserved better of us.

This is where we need to introduce the concept of the SECRET AGENDA.

I was lying.

He could do what the hell he liked but I was going to get stuck in. Nothing less than a PB would do. I had a couple of twinges of conscience about my duplicity to a good mate but in my usual un-christian way managed to suppress it convincingly.

The week in London prior to the event was spent putting the finishing touches to our preparation with each night spent pasta stuffing and lager loading. We had intended to cut out lager loading on the Tuesday but in the interest of not revealing the SECRET AGENDA, decided to press on even to the extent of experimenting with it at lunchtimes too.

There we were then at the start area with several visits to the loo's behind us, and happily positioned up with the elite runners.

The gun went. We crossed the line in a fraction under 20 seconds and settled into a steady sub-four minute pace which saw us to 5kms in 20 minutes (my PB for 5kms is only 19-30). Just 'til we clear the wallies we intoned to each other, then we'll slow down.

What a buzz, all those great Londoners cheering and waving and bands everywhere, we were never out of earshot of one. Pipe bands, Jazz, Rock you name it. "Come on Sydney" they were calling. We waved back royally.

Now we are at 10kms and the pace is unchanged. But what's going on? That bastard Ayliffe's surging away. He's lied to me! He's going to try and crack 3 hours.

What a low act.

My secret agenda started going through the shredder well before half way and by 23 or 24 kms I was in deep shit; my sensitively designed training regime had borne its inevitable fruits. Still with any luck I might still be able to get there somehow.

At 26kms I thought I spotted the familiar green and white outfit way up ahead. I hadn't realised there was another Strider in the event apart from John and it couldn't be Phil, he was wearing Australian colours.

I gradually gained on the weaving green and white backside and eventually drew alongside.

Our heads turned; four unfocused, glazed eyes met. He didn't need to tell me he was knackered, but he did. I didn't need to tell him I was stuffed, but I did. He didn't need to lie about "not realising 'til it was too late that he had drifted ahead of me", but he did. What the hell did it matter anyway? We had both blown it. We struggled on for a few more kms. John said to me "If you need to walk I'll stick with you" A few hundred meters later I said to him "Look mate if you need a walk I won't mind"

Shortly afterwards, without a word being spoken, we walked.

That's when the real torture started. The London crowd don't like you to walk, and when they've got a handle to latch on to like "Sydney Striders" emblazoned all over the victims they give you plenty of stick until you start running again. What a blessed relief it was to go into that long underpass where there were no spectators and we could walk to our hearts content.

We finished arm-in-arm literally supporting each other, totally buggered and full of emotion.

And neither of us would have wanted it any other way.

Reuniting with Helen, Lynne and Phil we discovered that Phil was injured, having had some kind of altercation with a wheel chair entrant, but had still managed to finish albeit with a couple of cobbles jammed down his shorts and a bad case of gravel rash.

Our good wives offered to take the three of us with them to Kew gardens that afternoon but we elected instead to lick our wounds, resume the lager loading and get about planning for next years New York which we really would do as a training run.....



Letters.

The Editor

4 Carrington Ave
MOSMAN 2088

I feel compelled to write and express my disappointment with Phil Garvin's disgraceful actions in the London marathon.

I am reliably informed, by several eye-witnesses, that with only 4 kms to go, Phil decided to hop a ride with one of the leading wheel chair competitors.

Leaping on to the back of the chair Mr Garvin was seen to push a tightly rolled STAR map into the hapless victims back and was heard to say "Take me to Waterloo bridge, and make it snappy"

Sensing that Mr Garvin was bluffing and that the STAR map was probably not loaded (It turned out only to be an old Western Wanderer) the brave wheely gave Mr G the elbow then proceeded to run over him a couple of times for good measure.

Several officials I spoke to afterwards said this was the most blatant attempt at a bludge they had ever seen in an international event.

I know that this is not in the same serious category as cutting corners or having a pacer, but I do think the club should consider some kind of disciplinary action to set an example to our younger members.

Alan Phillips

PS - The wheely was reported for leaving the scene of an accident and later disqualified

PPS - Race officials who later examined Mr Garvin's STAR map, said "the instructions were so bad that it probably wouldn't have worked even if it had been loaded".

The Secretary,
Sydney Striders.

Dear Sir,

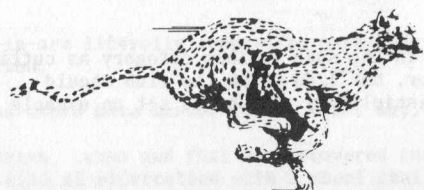
Race Results

I note, with some amusement, that the last Blister recorded against my name, a time of 5:34 for the post-STaR mile on 15 May. A very flattering time indeed but it is not mine for I never ran the mile that day - the STaR was enough for me! Accordingly, would you delete this time from my record and assign it to its rightful owner.

Regards,

John Hamilton.

(In fact the recipient of this letter, the Club Secretary Jon Marsden, was the perpetrator of the 5:34 mile. Also, John Sauer, who ran 5:20 for 2nd place that day, was listed as John Sawyer. Yes, it is pronounced that way, but written Sauer. In addition, the 5th place getter, listed in the last issue as "Goerge ???", (sic) was George Lisson, who ran 5:45. Sorry, George, John, John and Jon. Everybody thoroughly confused now? Ed.)



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Perfection on paper

STARS REVISITED By David Williams.

It is some two years since I decided to stop running with the Sydney Striders and enjoy more leisurely Sunday mornings. After several years of indulging myself in marathons and ultras it was really about time, I thought, to stop and smell some other flowers along the way. Besides, I argued with myself, I should spend more time at home. Over indulgence had taken its toll of my enthusiasm and nothing worthwhile is ever achieved without enthusiasm.

Not that I stopped running altogether. Far from it, I was still pulling on my shorts five days a week. Just the extra long distance was taken off my itinerary. It was easy to take it easy, but after a while I found that life didn't seem the same without having personal physical goals. I know that, like Tennyson's Ulysses, I must drink life to the lees. It is not enough to stand by in wings.

Some inner compulsion had motivated me again and I found myself stamping my feet in the dark at 6.00 am one wintry Sunday morning at one of the Striders Slow Group starts. Even though it was bitterly cold and I was wrapped up like a mummy it was good to be back and feel part of a group again. I was surprised at how many people I recognized and even more by those who recognized me!

I quickly came to realize how enjoyable it is to run with other people. Solitude can be great on some training runs but I find the conversations on Sunday morning help to keep my thoughts external, away from any worries and pains collected along the way. I also get a kick from running through so many different suburbs, especially with the old hands who know the routes without stopping at every corner as I would have to do.

I have always tried to be realistic about my aims and goals, never expecting great things of myself. Unlike Keats I am happy to achieve only moderate goals and through striving to improve those within my limits I can find satisfaction from my efforts all be it nothing extra-ordinary. Obviously there are times, like Shakespeare's whining school boy, when I'm creeping like a snail up hills but there are also times when those hills seem to disappear and I arrive at the crest feeling fresh and strong. The memory is short and we quickly forget pain or bad parts in a run if we can bask in some sort of glory even if that glory is self-made. Running allows us to escape from the pressures and burdens of life and enlarges our existence.

Oscar Wilde claimed that the pursuit of beauty should be one of the principal aims of life, but when you are shuffling up New South Head Road looking at Nobby Young's rear-end you question such statements. Affirmation is, however, quickly forthcoming when you get your first glimpse of the crystal blue Sydney Harbour surrounded by greenery with hidden suburbs creeping down to the waters edge.

No matter what you say, I find the winter starts at 6.00 or 6.10 am in the far flung corners of the Empire somewhat daunting, especially where bush has to be negotiated in the semi-darkness. Thankfully we can now discard our gloves and thermal underwear - summer fast approaches. I always enjoy running early summer mornings. There's something about it which makes you feel so vital. The world's your oyster. You can do anything if you wished, you are an achiever. The mundane routines of life can be put aside for a short while each day.

No longer will we need to use the hot water urn carefully placed on the floor so as to enable us to stretch our hamstrings whilst our polystyrene cups are held carefully at an angle. Summer will lead us straight into the iced Coke, fruit juice and water. Like George Sheehan, I believe that the summer time provides an elemental prime evil experience for the runner. The heat and humidity bring us to know the human animal.

The STARS give me the sense of fulfilment and freedom that I need somewhere in this mad frantic world and I am pleased to re-found the Striders path and to enjoy the pleasure of all your company for at least a couple of hours a week. A pleasant companion on the road reduces the length of the journey.



Ecstasy In The Mud

-by Graham Butler

A review of Sydney Striders Cross-Country Race
Marsfield June 1988.

Mere mention of the words cross-country squeezes an emotional trigger deep within those unfortunate souls who've suffered the outrages of the English school system. And there are a few of us.

Images come welling to the surface like forgotten ghosts.

Atrocities committed in the name of civilisation. The freezing drizzle of grey, Sussex dawns. The tearing sarcasm of beefy psychopaths. Icy showers which bite into young skin like fresh acid. And sound thrashings with the size 11 slipper.

No wonder that so many kids from the best English schools grow up to be axe murderers ! Dismembered limbs and rotting entrails clogging up sink disposal units in foul smelling South Yorkshire terraces.

The race itself was nothing outstanding apart from the inclement conditions. We were all heavily mud spattered by the end of the preliminary oval lap and sodden by the finish. Oh yes ! Some of us lost our way in the wilds of North Epping and arrived as a ruffraff hours after our expected finishing times. In our confusion we bickered like geriatrics. We waded across swollen creeks knowing in our hearts that even Kevin O'Kane couldn't have meant that way. We slid down mud banks into raging torrents and fell on top of each other. We giggled and we cursed.

The final lap is little more than a blur of heaving lungs and tortured bodies. That exquisite pain which borders pleasure and beyond. I can hear the distant chords of a chapel organ .

. . . . And did those feet in ancient times bend the elbow behind those dark satanic mills ? .

. . . Absque labore nihil, in work, in play, in life !

. . . . Wiggins Minor of the lower third will report to me after this assembly ! Aaaaaagggghhh ! ! !

Wake up ! Wake up ! You're having another bad dream !

Oh bollocks ! Not Monday again !

The winners were :

1. Cameron Osbourne	53.21	
2. Evan Miller	54.27	
3. David Sill	54.56	
5. Terry McIver	55.37	1V
22. Tina Campbell	68.14	1F
36. Dorothy Siepmann	103.12	2F
39. Margaret Robinson	103.15	3F

Gold Coast International Marathon

by Bernie King

I have always heard, generally from the Canberra Connection, that the Gold Coast Marathon was more than worthwhile and a good inclusion in one's calendar. So what!

Why bother going all the way to Queensland when the Australian was being run each year in Sydney. How a comfortable little rut can be ruined, they cancelled the Sydney event and transferred the 'Australian' status to the Gold Coast.

My original plan this year was to run Nike in Canberra and then do the Gold Coast. Ruts can be too comfortable, I got the 'flu before Nike and transferred the effort to Anzac Day.

July 24 was the day set aside for the now Australian Marathon on the Gold Coast. I believe that spectators had a better time than the competitors when the results of both the marathon and half-marathon are considered:

Marathon -	Pat Carroll	2.10.45 (3rd best ever <u>in</u> Aust?)
	Alain Lazare	2.13
	Gerard Barrett	2.13.33
	Ngairé Drake	2.39.25 (NZ)
	Bernie Portenski	2.41.32 (NZ)
	Kerryn Hindmarsh	2.44.06

Half-Marathon -	Adam Hoyle	63.40 (none better locally?)
	Lisa Martin	69.43 (Commonwealth best)

Its pretty obvious that these top runners produced some exciting racing and whilst the course was a double out and back arrangement, the best view was gained by the spectators. .

I did have at one stage a list of Striders in Paradise but by the time Nobby suggested that I write, I'd lost same. I do know however that both Harvey Blue and Tina Campbell had disappointing runs and pulled out about half distance. They must have known that Pat Carroll's 2.10.45 was on.

My personal goal of 2.45 remains just that although my 2.48.19 was satisfying enough. More training required.

Marathons are never enjoyable - it is possible though to have a good weekend and only stuff-up about 3 hours of it.

I travelled most of the way north and home again by XPT. Next time I'll go by car or bus or plane, train seats are too hard. For accommodation, I joined Phil Garvin, Dave Cundy and the Canberra Connection. You learn a lot from these blokes - in future my training is going to be more miles, more bananas and more icecreams.

For the Gold Coast I departed from Strider tradition and wore NSW Vets colours. This provided some kind of diversion. I had worked

out that, at one stage, Ron Vines (M45) was ahead of me and therefore I could be running second. I was then passed by a Victorian Vet. and soon after joined by a pretty strong Queensland Vet. This made me either 3rd or 4th. Maybe I could outkick the Queenslander.

My Queensland friend now tells me that yet another Queenslander is ahead of us, so he reckons that we're 3rd and 4th. I told him about Ron Vines, try 4th and 5th. Who cares, all too confusing. At least with only 4th and 5th up for grabs, we won't have to outkick each other.

All this ratbagging covered around 27 km. 5 km to go and the Victorian (remember him) fades. 2 km to go and the Queenslander drops. At least it kept me interested and I think I picked up 3rd in age, but as they only awarded 1st, does it really matter?

Third replacement in Queensland is xxxx and yes I'll go back!

QUEENSLAND MARATHON AND HALF MARATHON REPORT

BY AN EX-MARATHONER

Sunday 24 June - a new day dawned on the Gold Coast. The only lively things about apart from the odd canine or moggy returning from a night on the prowl were the track suited runners heading for the start line for the marathon and half marathon.

Having found some belated sanity and retired from marathoning until afflicted by that ailment - again, I was entered in the half and rolled up at the start after a good night out on the town.

My only regret at this stage was that my old running mate and adversary Kevin O'Kane was not there with a bottle of champagne for me to win off him and consume after the race.

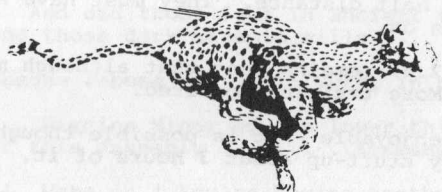
Nevertheless there were many familiar faces from the striders - Harvey Blue, Bernie King, Tina Campbell, just to mention a few, all eager and raring to go, I must admit I almost felt a bit of a wimp when facing the inevitable question "why aren't you running the marathon", but comforted myself with the thought that I was the only sane one amongst them.

The marathon started at 7am with the half ten minutes later, perfect weather a calm cool morning prevailed and a good fast relatively flat course.

The race, half marathon type was relatively uneventful, got to within 20 to 30 metres of Jon Marsden at 4 to 5k but then adopted a more realistic race plan and tagged onto another half marathoner who said he was aiming for 88 minutes, and stayed with him for about 19k until the gas started to run out; but at least by then I had run myself into finishing comfortably in under 90 minutes 88.47 to be exact a p.b. for the half so I was quite chuffed.

Anyhow that was the boring part of the proceedings, I then decided to watch the finish of the marathon seeing Pat Carroll winning in a new record time, and finishing as if he'd just been out for a Sunday morning stroll, after that the marathoners kept streaming in with Bernie King coming in at about 2.49, then the next strider I saw was Alf Field in 3.09 followed at intervals by Dot Siepmann, Steve Nordish and Danny Gray, with Tina Campbell and Harvey Blue having to withdraw, both being unwell during the race.

I thought later on seeing all the marathoners finish with pained expressions "well, sanity does pay" and thank goodness I wasn't running when after three hours it started to get quite warm; warm enough to enjoy a couple of nice cold beers whilst watching the presentations. I got some funny looks asking for a Fosters in XXXX TERRITORY; guess what I ended up having to drink?

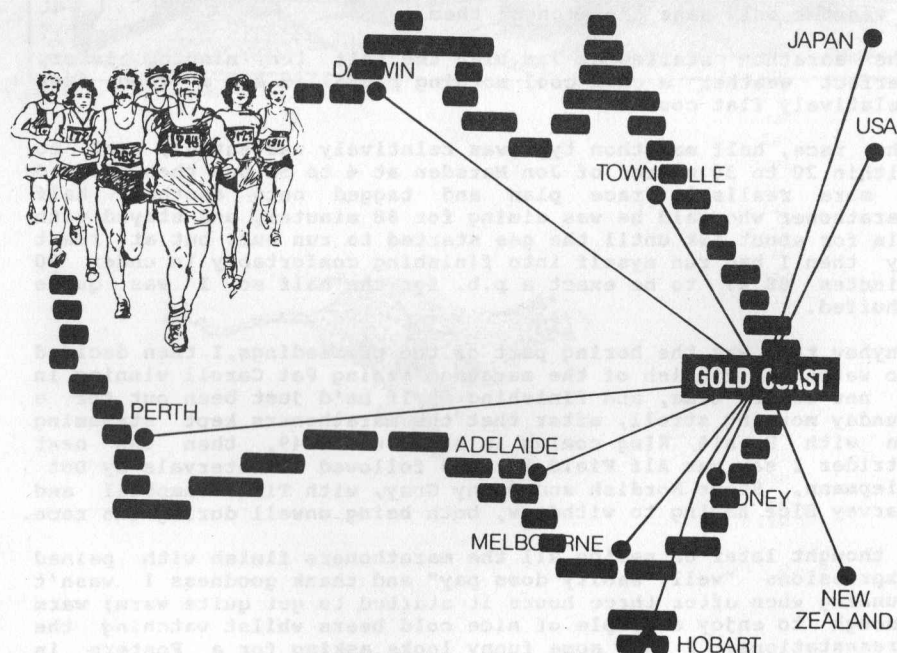


I was most impressed with the organization of both the half and full marathons, well organized and presented on a fast, traffic free course. Maybe if the powers that be in Sydney had been able to organize a marathon over a traffic free course, then possibly Sydney would, as it should, still have the Australian Marathon title race,

With records falling in both the full and half marathons it was quite an eventful day, with of course quite creditable performances by the Sydney Striders who took part.

The day passed without having had to endure the pain of having had to run a marathon, but when asked by Alf Field "when are you going to run a marathon again?" I thought to myself, despite the pain of Bathurst 87 and the "gray face of the day" award, you never know. I could be effected by insanity on a full moon; but for the moment there is life after marathoning.

IAN WHITFIELD



Sydney Striders Westfield

24~Hour Track Race

SYDNEY STRIDERS' 24-HOUR TRACK RACE, PAGOWOOD, 28-29 MAY 1988

RESULTS

Pos'n	Name	Age	Residence	State	Kms	Notes
1	Frank Kelly	34	Ashfield	NSW	225.275	NSW Record & PB
2	John Champness	47	Sunbury	VIC	202.934	PB
3	Graeme Townsend	30	Mittagong	NSW	196.770	PB
4	Cliff Young	66	Kawarren	VIC	196.281	
5 (1F)	Sue Andrews	43	Auckland	NZ	192.049	
6	Keith O'Connell	49	Fairfield West	NSW	188.957	PB
7	Graham Firkin	50	Dharruk	NSW	187.336	PB
8	Graham Stenner	43	Salisbury	SA	183.682	PB
9	Rod Martin	45	Wentworthville	NSW	181.387	PB
10	David Brown	30	Gosford	NSW	181.081	* Best Newcomer
11	Max Bogenhuber	46	Grays Point	NSW	175.321	PB
12	Stephen Grant	30	St Marys	NSW	173.081	
13 (2F)	Georgina McConnell	44	Baulkham Hills	NSW	171.247	* NSW Female Record
14	Paul Every	23	North Epping	NSW	166.919	*
15	Philip Clarke	36	Castle Hill	NSW	163.766	* Graveyard Trophy
16	Eduardo Vega	47	Bonnyrigg	NSW	163.219	
17	Bob Fickel	36	Ashcroft	NSW	162.364	*
18	Mathew Kaley	20	Mosman	NSW	158.529	PB
19 (3F)	Wanda Foley	42	Baulkham Hills	NSW	156.234	
20 (4F)	Val Case	51	Northcote	VIC	151.255	PB
21	Anyce Kip Melham	30	Panania	NSW	147.200	Retired 16th hour
22	Alan Staples	38	Penshurst	NSW	146.270	
23	Brian Tailford	40	Petersham	NSW	135.885	*
24	Grahame Kerruish	49	Riverwood	NSW	135.442	
25	Dallas Earsman	60	Tamworth	NSW	132.269	
26	Creese Syred	16	Glenbrook	NSW	129.034	*
27	Ernie Cattle	38	Holbrook	NSW	127.787	
28	Dave Taylor	36	Appin	NSW	123.406	
29	Gary Regtien	52	Auckland	NZ	119.200	Retired 11th hour
30	Nobby Young	41	Gladesville	NSW	111.200	Retired 13th hour
31	Nick Read	36	Canberra	ACT	104.400	Retired 11th hour
32	Peter Manning	35	Woodford	NSW	100.800	Retired 16th hour
33	Kevin Cassidy	27	Preston	VIC	95.200	Retired 12th hour
34	Heath Enguix	16	Appin	NSW	72.800	* Ret'd 14th hour
35	Maurice Taylor	40	Campsie	NSW	72.000	Retired 8th hour
36	Garry Collins	27	Woy Woy	NSW	69.200	Retired 9th hour
37	Wal McCrorie	57	North Ryde	NSW	52.000	Retired 6th hour

* denotes runner competing in his/her first 24-hour race

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ACKNOWLEDGEMENTS

Sydney Striders wish to place on record their appreciation to the following: WESTFIELD SHOPPING CENTRES for their generous sponsorship, and in particular CHARLIE LYNN, JOHN DANGAR and CHRIS BATES for assistance and advice; ANSETT AIRLINES for flying our Race Physiotherapist from Melbourne free of charge; the many Striders and friends who lent, begged, or borrowed equipment, some of which would have cost hundreds of dollars to hire; the medical staff (CHRIS PERRY, COL BERRY and WARWICK SELBY); the huge number of lap-scorers and other helpers who worked on race weekend, and in particular those who worked in official capacities without rest for the entire 24 hours or more: JIM ENGLISH (Race Manager and Masseur), DAN GRAY (Timing Manager) and his assistants TERRY McIVER, NOEL WORTHINGTON, and GREG JERRETT; BARBARA FIRKIN, SALLY CORNELIUS and SUE CASEY (Catering), and STEVE CORNELIUS (Race Director). Thank you all for helping to make our race something out of the ordinary.

RACE REPORT: THE LEPRECHAUN PROVES IT WASN'T A FLUKE

The diminutive Frank Kelly, from Ireland's County Clare, proved yet again that leprechauns can be giants, by winning his second consecutive Sydney Striders' 24-hour Track Race and NSW Championship at Hensley on 29 May. This time Frank recorded a massive 225.275 km, a new state record, easily a personal best, and a winning margin of over 20 km. It was a popular victory for the Irishman, who had refused to be dragged along by the early sprinters; running his own race, his reward came in the 12th hour, when he took over the lead and never again relinquished it.

37 runners faced the starter in this, the 3rd annual Sydney Striders' 24-Hour Race, including our first two international visitors (Sue Andrews and Gary Regtien from Auckland), 7 runners who had already passed the magical 200 km mark in a previous 24-hour race, and a number of others who seemed capable of that feat. It was a highly talented field indeed.

Victorian champion Nick Read from Canberra made the early pace, completing his first marathon in 3.01, and hotly pursued by Gary Regtien, widely regarded as the race favourite. Regtien took over the lead during the 4th hour, running very strongly and opening up a 6km lead on Read before 1987 NSW champion Frank Kelly moved past Read into 2nd place in the 7th hour. At this stage Anyce Kip Melham, Cliff Young, Graeme Townsend, Max Bogenhuber and John Champness were handily placed, within striking distance of the leaders.

By the end of the 10th hour the New Zealander had a 7 km lead, but succumbed to stomach problems soon afterwards, and could only watch while the Leprechaun took the lead. Anyce Kip Melham, twice winner of the Manly 100-miler, took on the challenge of following the Irishman, and with never more than 2 km between them this pair opened up a daunting lead of over 10 km on Cliff Young, who had shuffled quietly (as he tends to do) into 3rd place. However, when Melham withdrew injured in the darkness of the 16th hour, Frank found himself an unchallenged front-runner, and still well on schedule for a crack at the Australian record.

Although the record slipped from his grasp during the final few hours, Frank cemented a fine victory, inspiring his ecstatic compatriots around the stadium to perform Irish jigs in celebration. In the final three hours it was English-born Victorian John Champness who stole into 2nd place, the only other competitor to break 200 km (202.934 km) and the first time he has achieved this. The under-rated Graeme Townsend from Mittagong had also run a careful but classy race, sneaking into 3rd place with 196.770 km, probably his finest performance in any race, and just one lap of the track ahead of "The Living Legend", Cliff Young from Colac.

The women's race went according to form, Australasian record-holder Sue Andrews taking the trophy across the Tasman and recording 192.049 km for 5th place outright. Without the blister problems which caused Sue to leave the track frequently for attention, she would undoubtedly have given her 202 km Australasian record a nudge. First-time 24-hour participant Georgina McConnell excelled herself to record 171.247 km and break the women's state record by 6 km, and 1987 winner Wanda Foley came close to the 100-mile mark again for 3rd place. The 4th lady in the field, the tiny Val Case from Melbourne, produced a personal best to exceed 150 km for the first time. We congratulate the four female runners, all of whom were still on the track at the final gun.

Some quite remarkable performances were recorded in the quest for the "Newcomers' Trophy" (for those who had never run more than 100 km), but none more remarkable than the 181.081 km by David Brown from Gosford. How is it physically possible to run 181 km in your first run of more than the standard 42 km marathon distance? Georgina McConnell was 2nd in this category, with the unmistakable figure of Paul Every 3rd (166.919 km). Philip Clarke from Castle Hill, 4th in the newcomers' category, proved the most resilient nocturnal runner. In the dark depressing hours between midnight and 6 a.m. Philip blasted out 112 laps, and although only 15th outright, took the Striders' "Graveyard Trophy".

No less than 10 runners recorded personal bests, including of course the three front-runners Frank Kelly, John Champness and Graeme Townsend. But Keith O'Connell's personal best by 61 km would be difficult to beat. A total of 10 runners broke the basic Westfield qualifying distance of 180 km, and another 7 broke the old 100-mile mark - surely a large contingent from this race will face the starter at Westfield Parramatta for the 1989 Sydney-to-Melbourne.

Lasting memories from this race: the strong professional-looking styles of New Zealanders Sue Andrews and Gary Regtien; the famous shuffle of Cliff Young, seemingly unaffected by his 196 km run and quite seriously offering to help dismantle tents straight afterwards; the colourful "tent city" of the support crews; the thousands of man (and woman) hours put in by supporters, crews and officials; the fine running by all 37 competitors; and the confidence with which a man of small physical stature stamped his authority on the race, winning by the proverbial country mile. A third victory for Frank Kelly in 1989 would see the trophy permanently residing on his mantelpiece; for Sydney Striders, to be thus forced to purchase a new one would be a pleasant duty indeed.

The organisers congratulate each and every runner in the Striders' 24-Hour Track Race, and hope "y'all come back soon".

GRAVEYARD COMPETITION

(MOST LAPS COMPLETED
BETWEEN MIDNIGHT & 6 AM)

TROPHY AWARDED TO PHILIP
CLARKE, AS FRANK KELLY
WON MAJOR TROPHY

FRANK KELLY	135
PHILIP CLARKE	112
JOHN CHAMPNESS	110
GRAHAM FIRKIN	110
CLIFF YOUNG	104
GRAEME TOWNSEND	103
GRAHAM STENNER	101
STEPHEN GRANT	99
SUE ANDREWS	98
ROD MARTIN	94
KEITH O'CONNELL	93
GEORGINA McCONNELL	90
DAVID BROWN	88
MAX BOGENHUBER	82
VAL CASE	81
ALAN STAPLES	76
EDUARDO VEGA	72
GRAHAME KERRUISH	72
WANDA FOLEY	71
BOB FICKEL	62
MATHEW KALEY	60
DALLAS EARSMAN	60
BRIAN TAILFORD	58
PAUL EVERY	57
ERNIE CATTLE	45
CREESE SYRED	38
DAVE TAYLOR	38
ANYCE KIP MELHAM	34
PETER MANNING	18
HEATH ENGUIX	13

PERSONAL BESTS ACHIEVED

KEITH O'CONNELL	by 61.286	from 127.671	to 188.957
ROD MARTIN	by 46.815	from 134.572	to 181.387
MATHEW KALEY	by 46.129	from 112.400	to 158.529
GRAEME TOWNSEND	by 34.532	from 162.238	to 196.770
GRAHAM FIRKIN	by 22.341	from 164.995	to 187.336
GRAHAM STENNER	by 14.451	from 169.231	to 183.682
FRANK KELLY	by 12.868	from 212.407	to 225.275
VAL CASE	by 11.259	from 139.996	to 151.255
JOHN CHAMPNESS	by 9.929	from 193.005	to 202.934
MAX BOGENHUBER	by 1.704	from 173.617	to 175.321

NEWCOMERS' COMPETITION

OPEN TO RUNNERS WHO HAVE
NEVER RUN MORE THAN 100KM
IN ANY ORGANISED EVENT

TROPHY TO DAVID BROWN

DAVID BROWN	181.081	KM
GEORGINA McCONNELL	171.247	KM
PAUL EVERY	166.919	KM
PHILIP CLARKE	163.766	KM
BOB FICKEL	162.364	KM
BRIAN TAILFORD	135.885	KM
CREESE SYRED	129.034	KM
HEATH ENGUIX	72.800	KM

HOURLY LAP COUNT: TOTALS

HR	TOTAL	RUNNERS	AVGE
1	1000	37.0	27.02
2	967	37.0	26.13
3	931	37.0	25.16
4	876	37.0	23.67
5	791	37.0	21.37
6	756	36.0	21.00
7	662	36.0	18.38
8	668	35.8	18.65
9	615	34.6	17.77
10	598	34.0	17.58
11	562	33.3	16.87
12	482	32.8	14.69
13	388	31.4	12.35
14	457	30.9	14.78
15	409	30.0	13.63
16	366	28.6	12.79
17	332	27.0	12.29
18	351	27.0	13.00
19	359	27.0	13.29
20	355	27.0	13.14
21	403	27.0	14.92
22	414	27.0	15.33
23	412	27.0	15.25
24	475	27.0	17.59

A SELECTION FROM THE MAIL CONCERNING THE 24-HOUR RACE

"Congrats to the Striders as a group of organised race officials - well done! As you would be very aware now, the easiest job is to run in the race!" (Big Chris Stephenson, NSW representative of the Australian Ultra Runners' Association).

"I want to express my sincere thanks and congratulations to Sydney Striders for putting on such a wonderful display. It was a great achievement in Bicentennial year". (Frank Kelly, race winner).

"It was a very well-conducted event (except for that downpour on the Saturday night!) and you and your committee deserve hearty congratulations on its success. May the Sydney Striders go from strength to strength." (Val Case).

"This was my third 24-Hour race and I thought the organisation was excellent. We runners were very well catered for including the provision of pegged tent sites, food, clear announcements and encouragement as we passed the lap-scorers. My thanks to Jim, Dan, Barbara, Terry, Sally, Steve and all the Striders involved. You did a great job!". (Wanda Foley, Western Districts).

"Please pass on my gratitude to my many tremendous lap-scorers, I really appreciated their happy faces, a great crew. Please also convey a special thanks to those great guys who erected the tent and helped dismantle it. A special thank you to Barbara and Sally what a fantastic job you did with all that cooking. Once again many thanks, the race was extremely well organised and as a runner it made my job of running that much easier." (Sue Andrews, race winner).

"Thank you for your excellent results book and photo." (Georgina McConnell).

"Congratulations to you and your members for putting on a fantastic 24-Hour race, I have not seen such a well organised ultra run anywhere in Australia." (Kevin Cassidy).

"What a well set out form guide - you would have to go to Randwick Races to get a better one. It's a credit to your Club how this race has taken off. As a runner I appreciate all the work your wives and friends do - a special thanks to all involved with Sydney Striders for the work before, during and after the race." (Dave Taylor).

RACE RESULTS.

Congratulations on a successful year to DOROTHY SIEPMANN:

* Oct 87 to May 88: 3rd female in Sydney Marathon Clinic Road-Race Series (4 Half-Marathons, 2 x 25k races and 2 x 30k races, best 5 results from 8 races taken into consideration for points score).

* 7 May 88: 1st Over-40 Female in Sutherland Half-Marathon (Audley): 1:40:49.

* 26 June 88: 1st 40-49 Female in Sutherland Shire Half-Marathon (Elouera): 1:31:06.

* 3 July 88: 1st Over-40 Female in Harbord Diggers' Scenic 14k Race: 1:01:10.

* 10 July 88: 2nd Veteran Female in Blue Mountains Joggers' Woodford-to-Glenbrook 25k Trail Race: 1:56:53.

* 17 July 88: 2nd Female in Western Districts and Campbelltown Joggers' Combination Half-Marathon (Holdsworthy): 1:34:34.

* 24 July 88: Gold Coast Marathon: 3:28:17.

Other results to hand:

* JOHN HAMILTON: 1988 Chubb Cup Inter-Bank Fun Run, 9k Cross-Country in Centennial Park: 34:31.

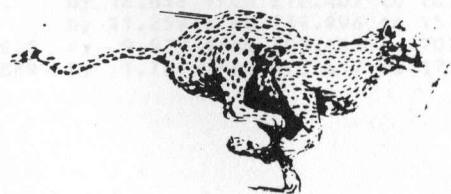
* Lane Cove Lions Fun Run 7 August 88: (distance unspecified but knowledge of secret handshake required to enter):

JON MARSDEN 29:45, TINA CAMPBELL 32:06, MERRI MACK 33:30.

STOP PRESS!! STOP PRESS!!

Strider DAVID WINCH goes from strength to strength! Victory in the CITIES MARATHON (Sydney to Blacktown) with a PB of just over 2:30 (time to be confirmed). This is his second marathon victory of the year, following his triumph at Bathurst.

Recently-joined MARTIN THOMPSON was 4th in the same race.



ANZAC MARATHON, 25 APRIL 1988

1 Steve Poulton	2.18.36	1F Tracy Dobie	2.54.37
2 Steve Montague	2.26.28	2F Susan Whiting	2.58.48
3 Ian Graves	2.26.44	3F TINA CAMPBELL	3.02.51

Striders: (** denotes performance before joining Striders)

23 Don Price	2.37.31 PB	221 Brian Colwell	3.12.08
24 Jeff Gissing	2.38.17 PB	230 Jack Woodward	3.12.54 PB
34 John Sauer **	2.43.18	255 Brian Tailford	3.15.37
67 Malcolm Satchell	2.50.09	276 Mike Foster	3.17.26
68 Warwick Selby	2.50.12 PB	285 Stephen Roach	3.18.29
69 Bernie King	2.50.18	340 Bruce Murray	3.26.02
75 Wayne Stanton	2.51.10	348 Dick Bartlett	3.27.10
89 Martin Thompson **	2.53.25	371 Paul Lunsman	3.30.17 Debut
93 Charles Coville	2.53.52	373 Roger Rigby	3.30.40
101 John Hamilton	2.54.44	384 Irwin Light	3.31.53
105 Terry McIver	2.55.13	385 Leo Leader	3.31.54
111 Paul Russell	2.55.54	411 Merri Mack	3.33.58
128 Harvey Blue	2.58.32	424 Steve Nordish	3.35.28
153 Tina Campbell	3.02.51	425 Heiner Huning	3.35.33
167 Colin O'Brien	3.05.27	508 Graham Firkin	3.44.54
182 Alf Field	3.06.39 PB	515 Van Davy **	3.45.19
188 Noel Barton	3.07.24	519 Rod Garrick	3.46.03
218 Nobby Young	3.11.53	586 Mavis Garrick	3.54.59

COMBINATION HALF-MARATHON, HOLDSWORTHY 17 JULY 1988

1 Jim Owen	1.11.30	1F LINDA THOMPSON	1.22.18
2 RICHARD BROMLEY	1.12.56	2F DOROTHY SIEPMANN	1.34.34
3 JOHN SAUER	1.13.16	3F Angela Deakin	1.38.17

Striders:

2 Richard Bromley	1.12.56	75 Kevin O'Kane	1.33.34
3 John Sauer	1.13.16	77 Ross Betts	1.34.05
10 David Sill	1.17.32	78 Dorothy Siepmann	1.34.34
11 Terry McIver	1.17.48	102 Merri Mack	1.42.52
19 Bill Thompson	1.20.46	103 David Williams	1.42.52
23 Linda Thompson	1.22.18	104 Wayne Garland	1.43.11
28 Ewen Thompson	1.23.33	116 Lesley Lear	1.46.23
33 Mike Ward	1.25.11	126 Virginia Clark	1.50.07
34 John Turner	1.25.16	127 Mavis Garrick	1.50.11
48 John Whealy	1.28.19	137 Adrian Kol	1.57.28
57 Alf Field	1.29.57	144 Chris Barton	2.09.57
62 Terry Bailey	1.30.49	147 Patti Burke	2.23.51
69 Stephen Roach	1.32.12		

WHO? THE MILE? WHEN?!

WARATAH SERIES at Hensley Field: 100m Div 1: D Clark 10.4s M Carter J Frazis. Div 2: R Waters 11s M Shadwell T Dunn. Div 3: R Solomon 12.7s R Brown W Simpson. 200m Div 1: D Clark 21.3s M Carter R Waters. Div 2: M Shadwell 24.5s J Frazis R Brown. Div 3: T Dunn 24.3s A Pollock F Daniels. 300m Div 1: D Clark 34.2s R Waters M Carter. Div 2: S Shadwell 38.2s A Pollock R Brown. Div 3: M Shadwell 41.13s R Solomon F Daniels. 3km: J Daly 8m32s G Marning M Lawson. 1 mile: J Warren 5m05s R Walsh S Cornelius. 4 mile road: B Cherry 21m47s F Brandon T Dennis. Women 100m: M Holland 11.4s D Alessio R Worley. 200m: M Holland 23.2s T Robert M Allison. 300m: M Holland 39s M Allison T Robert. 3km: R Singleton 12m3s D Siepman D Haar.

Marathon Ladder.

MARATHON LADDER AT 19/08/88. Age categories: J=Junior (Under 20), O=Open (20-29), P=Preveteran (30-39), V=Veteran (40-49), M=Master (50-59), S=Senior (over 60). In each case, the first symbol denotes age at 19/08/88, the second denotes age at which personal best was achieved. 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
DAVID WINCH	OO	2.33.25 BATHURST	06/88
BILL FLANAGAN	OO	2.36.47 CANBERRA	04/82
DON PRICE	VV	2.37.31 ANZAC	04/88
TONY HEALY	OO	2.38.11 AUSTRALIAN	06/84
JEFF GISSING	OO	2.38.17 ANZAC	04/88
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
BRUCE INGLIS	PO	2.41.25 CAMPBELLTOWN	07/85 2.39.40 TRARALGON '81
ALEX WHITWORTH	VV	2.41.49 WORLD VETERANS	12/87
TERRY MCIVER	VV	2.42.24 WORLD VETERANS	12/87
JOHN SAUER		2.43.18 ANZAC	04/88
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
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
MALCOLM SATCHELL	PP	2.50.09 ANZAC	04/88 2.47.03 ANZAC DAY '87
WARWICK SELBY	PP	2.50.12 ANZAC	04/88
HARVEY BLUE	MV	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
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
JOHN HAMILTON	PP	2.54.44 ANZAC	04/88
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	VP	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
ALF FIELD	VV	3.06.39 ANZAC 04/88 3.05.52 CANBERRA '86
GRAHAM FIRKIN	MV	3.07.11 CITIES 08/85
JOHN AYLIFFE	VV	3.07.18 ANZAC DAY 04/87
DAN GRAY	VV	3.07.21 GOLD COAST 07/87
ROY HOWARD	MV	3.07.28 AUSTRALIAN 06/84
DAVID WILLIAMS	VP	3.08.15 CANBERRA 04/83
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
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 NEULANDS	VV	3.12.20 CANBERRA 04/84
KEITH JACKSON	PP	3.12.27 COMBINATION 07/87
IRWIN LIGHT		3.12.31 AUSTRALIAN 06/84 3.10.38 BLUFF, RSA '77
JACK WOODWARD	VV	3.12.54 ANZAC 04/88
TONY CROSBY	VV	3.13.02 WORLD VETERANS 12/87
STEVE NORDISH	PP	3.13.10 CANBERRA 04/87
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
JOSEPH LOEWY	VP	3.18.43 ANZAC DAY 04/87

NAME	CAT	<-----BEST AS A STRIDER-----><--BEST PRIOR TO JOINING-->
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	VVF	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
DALE THOMPSON	PPF	3.27.43 ANZAC DAY 04/86
RAY REID	VP	3.27.57 AUSTRALIAN 06/86
FRANK GALLAGHER	VV	3.28.36 AUSTRALIAN 06/86 3.24.51 AUSTRALIAN '84
JOHN PETTETT	VV	3.29.11 WORLD VETERANS 12/87
STAN FLECK	MM	3.29.34 AUSTRALIAN 06/84 3.18.20 CANBERRA '83
ROSS BETTS	VV	3.29.49 AUSTRALIAN 06/86
HEINER HUNING	PP	3.29.58 AUSTRALIAN 06/87 3.13.36 SINGAPORE '84
KAREN TUCK	PPF	3.30.00 NEW YORK 00/86
PAUL LUNSMANN	VV	3.30.17 ANZAC 04/88
NOEL WORTHINGTON	MM	3.31.17 AUSTRALIAN 06/86
GRAHAME DEACON	PP	3.31.21 SYDNEY 09/84 3.23.43 SYDNEY '83
GEOFF PEARL	MV	3.32.28 AUSTRALIAN 06/83
MALCOLM MCDONALD	PP	3.33.04 AUSTRALIAN 06/83
WAYNE MCCARTHY	VV	3.34.54 WORLD VETERANS 12/87
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
FRED HOWE	MP	2.22.18	MELBOURNE '65
MARTIN THOMPSON	VP	2.28.07	POLYTECHNIC UK '77
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
ALLEN HISSEY	PP	2.48.44	CANBERRA '81
LINDA THOMPSON	PPF	2.49.32	MELBOURNE '86
CHARLIE LYNN	VV	2.51.06	AUSTRALIAN '85
STEPHEN BURKE	OO	2.54.08	CANBERRA '87
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	VPF	4.32.54	MELBOURNE '85
ALAN TONGE	MM	4.46.49	ADELAIDE F/CITY '85

10KM RACE SERIES LADDER.

This ladder includes financial members' best 10km times obtained in the many Handicap Race Series Races held over the last 18 months. Included are handicap points for each member after Race 6 in the 1988 series. 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).

NAME	CAT	TIME	VENUE	DATE	H'CAP PTS	PLACE
Mathew Kaley	O	34:06	Cent'l Park	Dec87	21pts	30th
Anthony Scott	O	34:11	Manly	Sep87	8pts	43rd
Cameron Osbourne	O	34:18	Cent'l Park	May88	32pts	19th
David Winch	O	34:52	Mosman	Jan88	0pts	-
Terry McIver	V	35:01	Cent'l Park	Dec87	17pts	35th
Paul Russell	P	35:09	Manly	Jan88	21pts	29th
John Hodges	P	35:46	Cent'l Park	May87	41pts	13th
Graham Turner	P	35:51	North Ryde	Apr88	2pts	54th
Bill Flanagan	O	36:03	Manly	Jan88	69pts	5th
Dave Sill	V	36:06	Lane Cove	Jul87	0pts	-
Jeff Gissing	O	36:13	Lane Cove	Mar88	8pts	42nd
John Marsden	O	36:27	Cent'l Park	May87	27pts	24th
Alastair Mackie	P	36:34	Cent'l Park	May88	77pts	2nd
Ian Singer	P	36:42	Cent'l Park	Aug87	14pts	37th
Malcolm Satchell	P	36:42	Manly	Jun88	18pts	34th
Warwick Selby	P	36:46	Cent'l Park	May88	60pts	8th
Brett Nichols	O	36:52	Lane Cove	Mar88	20pts	33rd
Steve Gill	O	36:58	Manly	Jun88	2pts	49th
Dan Gray	V	37:03	Cent'l Park	Dec87	23pts	26th
John Hamilton	P	37:17	Cent'l Park	May88	14pts	33th
Len Hayes	P	37:18	Manly	Sep87	0pts	-
Chris Dwyer	P	37:19	Lane Cove	Jul87	0pts	-
Nobby Young	V	37:21	Cent'l Park	Dec87	40pts	15th
Brian Colwell	P	37:30	Manly	Jun88	21pts	28th
Ewen Thompson	O	37:36	Cent'l Park	Dec87	64pts	7th
Tony Vipond	P	37:45	Lane Cove	Jul87	0pts	-
Ron Burke	P	37:53	Cent'l Park	Aug87	0pts	-
Mike Ward	P	37:58	Manly	Jun88	29pts	23rd
John Ayliffe	V	38:03	Cent'l Park	Aug87	0pts	-
Michael Wilding	O	38:13	Lane Cove	Nov87	0pts	-
Steve Cornelius	V	38:13	Lane Cove	Mar88	21pts	27th
Alf Field	V	38:36	North Ryde	Oct87	52pts	11th
Roger Croft	P	38:46	Cent'l Park	May88	16pts	36th
Martin Tomasini	O	38:49	Cent'l Park	May88	0pts	-
Hugh Spencer	V	38:54	Cent'l Park	Dec87	0pts	-
Dave Ritchie	P	38:55	Manly	Jun88	12pts	40th
Tina Campbell	VF	38:56	Lane Cove	Nov87	29pts	22nd
Meiner Huning	P	39:04	Manly	Jan88	36pts	17th
Charles Coville	P	39:05	Mosman	Jan88	0pts	-
Jeff Burgess	P	39:11	Cent'l Park	Dec87	30pts	21st
John Turner	M	39:23	Cent'l Park	Dec87	11pts	41st
Graham Firkin	V	39:24	Mosman	Oct87	0pts	-
Harvey Blue	V	39:29	Manly	Jun88	47pts	12th
John Whealy	P	39:33	Cent'l Park	Dec87	37pts	16th
Scott Crawford	V	39:38	Lane Cove	Jul87	76pts	4th
Dick Bartlett	V	39:46	Cent'l Park	Dec87	0pts	-
Alan Powys	P	40:28	Mosman	Oct87	0pts	-
Graham Butler	P	40:35	Manly	Jan88	40pts	14th
Dave Williams	P	40:41	Nth Ryde	Apr88	2pts	47th
John Plummer	M	40:43	Cent'l Park	Aug87	0pts	-
Kevin O'Kane	P	40:43	Banksmeadow	Aug88	34pts	1st

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Talays

NAME	CAT	TIME	VENUE	DATE	H'CAP PTS	PLACE
Richard Thomas	P	40:52	North Ryde	Apr88	2pts	55th
Bruce Murray	M	40:54	Manly	Jun88	30pts	20th
Trevor Roberts	P	40:59	Lane Cove	Mar88	2pts	44th
Ian Whitfield	P	41:00	North Ryde	Apr88	26pts	25th
Chris Menzies	O	41:01	Mosman	Jan88	0pts	-
Paul Lunsman	V	41:13	Cent'l Park	May88	57pts	9th
Terry Bailey	P	41:39	Cent'l Park	May88	33pts	18th
Charlie Nelson	P	41:47	Lane Cove	Nov87	0pts	-
Gavin Morrisett	V	41:50	Mosman	Oct87	0pts	-
Cedric Sidebottom	V	42:04	Cent'l Park	Aug87	0pts	-
Brian Tallford	V	42:41	Lane Cove	Mar88	20pts	32nd
Ross Wall	V	43:29	Manly	Sep87	0pts	-
Greg Jerrett	P	43:35	Cent'l Park	May87	0pts	-
Ian Macarthur	P	44:03	Manly	Jun88	77pts	2nd
Arthur Huckstable	P	44:14	North Ryde	Jul87	0pts	-
Edwina Macarthur	PF	44:58	Cent'l Park	May88	53pts	10th
Richard Farrell	P	45:01	Mosman	Jul88	2pts	50th
Dave Mulligan	O	45:28	Mosman	Oct87	0pts	-
Ray Reid	P	46:52	Lane Cove	Mar88	2pts	45th
Graham Taylor	P	46:54	Banksmeadow	Aug88	2pts	51st
Lesley Lear	PF	46:55	Manly	Jun88	13pts	39th
Russell Young	J	47:08	Banksmeadow	Aug88	68pts	6th
Ann Elias	PF	47:53	Manly	Sep87	0pts	-
Peter Clark	P	48:13	Cent'l Park	Aug87	0pts	-
Bill Blecha	V	48:47	Manly	Sep87	0pts	-
Guy Ollivier	O	48:50	Cent'l Park	Dec87	0pts	-
Wayne McCarthy	V	49:12	Lane Cove	Nov87	0pts	-
Roy Simkins	V	49:27	Lane Cove	Jul87	0pts	-
Ian Cross	V	51:01	Cent'l Park	May87	2pts	46th
Robbie Russell	PF	51:56	North Ryde	Apr88	20pts	31st
Elizabeth Seidl	PF	53:59	Banksmeadow	Aug88	2pts	52nd
Sue Clarke	PF	53:59	Banksmeadow	Aug88	2pts	53rd
Robyn Russell	PF	69:17	Lane Cove	Nov87	0pts	-



The Six Foot Track Marathon

" THE TOUGHEST MARATHON "

START : 10.00am Saturday 18th MARCH 1989.

COURSE : "The Explorer's Marked Tree" Katoomba along the original Six Foot Track to Caves House, Jenolan Caves.

TIME LIMIT : 8 Hours

AWARDS : WINNER - Perpetual Trophy donated by
The Blue Mountains ECHO Newspaper.
- Silver Plate

: ALL FINISHERS - Medallions and Certificates.

ENTRY FEE : \$35.00
Payable to Six Foot Track Marathon
P.O. Box 826
Castle Hill 2154
NSW

All proceeds to the Blue Mountains Volunteer Bush Fire
Brigade (manning all 13 aid stations).

NOTE : ACCEPTED ENTRIES ARE NOT TRANSFERABLE.

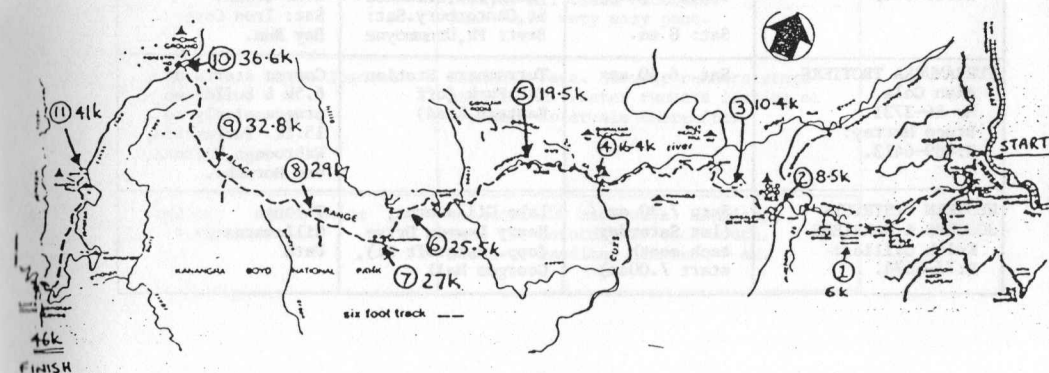
: NO LATE ENTRIES ON RACE DAY.

: RESTRICTION OF 170 RUNNERS ONLY.

: NO WIMPS !!! NO GUTS - NO GLORY !!!

FOR RUN INFORMATION

Race Organiser Ian Hutchison W (02) 669 4736 008 225345
Race Secretary Chris Stephenson H (02) 523 7852



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, Drummoyn	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 Cornet, Ewen Thompson Scott Crawford, Joanne Tibbitts Phyllis Sommerville, Nobby Young Louise Fitzsimmons, Merri Mack	Tues: Race Pace. Friday: Medium STAR Pace. 10k.
Barry Jones Mick Edwards Ced Sidebottom Steve Cornelius Billy Thompson Mathew Kaley Bill Flanagan Terry McIver Ewen Thompson Chris Dwyer Terry McMahon Dot Siepmann Ron Burke Mike Ward	Alternating weeks: 1st week: 1 mile track then either 3000 metres track or 4 miles road. 2nd week: 800 metres track then either 5000 metres track or 6 miles road.
Owen Denmeade Peter Keeble Bryce Courtenay John Pettit Alex Hamill Joe Loewy Vince Engel	Mon to Thur: Medium pace 10.6k. Fri: Race over same course.
Derek White Bill White Dan Gray Lesley Lear Dorothy Siepmann	Tues: various pace groups 10k, beginners run/walk 5k. Thur: 3k down to 100m including relays. All times recorded. Sat: 7k at very easy pace.
Merri Mack Wayne Stanton Charles Coville Bruce Murray Richard Bamann Nick Reed	Handicap race. Slowest runners start at 6.50 am. Faster runners leaving at 1 minute intervals thereafter.
Scott Lawrence Bill White Dorothy Siepmann	Measured 10k each week. Handicap race 1st Saturday of each month. Earliest handicap starters 7 am.