Sydney Striders

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Half Marathon

Over 21.1 kms through Sydney's beautiful Lane Cove River Park, at 7.00 am on Sunday, March 19, 1988

SEVEN YEARS OF CHAMPIONS

	MALE		FEMALE	
1982	Bill Raimond	NSW - 1.12.03	Jenny Walker	NSW - 1.23.45
1983	Andrew Lloyd	NSW - 1.05.58	Mora Main	NSW - 1.19.43
1984	Garry Henry	SA - 1.04.42	Mora Main	NSW - 1.17.14
1985	Wolfgang Krueger	FRG - 1.04.17	Raewyn O'Donnell	NZL - 1.18.00
1986	Derek Froude	NZL - 1.05.27	Tani Ruckle	NSW - 1.16.35
1987	Danny Boltz	ACT - 1.03.58	Tani Ruckle	NSW - 1.16.21
1988	Danny Boltz	VIC - 1.05.22	Elizabeth Rose	NSW - 1.18.04

PRESENTED BY SYDNEY STRIDERS ROAD RUNNERS CLUB

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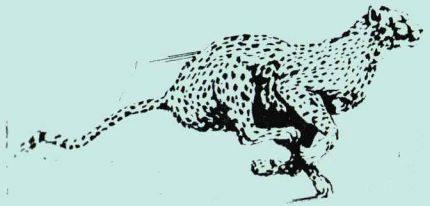

Sydney Striders

Road Runners Club

THE BLISTER

Club Magazine of

SYDNEY STRIDERS ROAD RUNNERS' CLUB
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SYDNEY, N.S.W. 2000.

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CLUB COMMITTEE:

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Secretary and Minutes Secretary:	Jon Marsden	428-2001
Treasurer:	Edwina Macarthur	427-6040
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24-Hour Track Race Director (1989):	Charlie Lynn	046-253231
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Special Projects:	Tina Campbell	428-2001
Special Projects:	Rod McLean	949-4373
Special Projects:	Brian Colwell	664-1644
Computer Manager:	Steve Cornelius	427-3604

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

PRESIDENT'S REPORT from Nobby Young.

In recent weeks members of the Striders Committee have spent considerable time investigating the financial aspects of the Club. For at least 5 years subscription fees have remained at $25 per year for the first adult member of a family, and reduced rates for subsequent adults, students and children. In this time we have taken on the additional costs of AAU Membership, insurance for members and competitors in our open events and half payment of entrants in the Sydney to Wollongong relay team. In round figures our regular income is $2,000 less than our known expenditure.

The Committee has decided to raise the required funds by making five minor adjustments to our pricing structure and avoid major increases in any one area. The adjustments will be as follows:

* The base subscription to increase by $7 to $32 and a pro-rata increase for discounted subscriptions. This is well below the inflation rate of the last five years.

* A donation section to be added to the membership renewal form for anyone wishing to make a donation to the Club.

* Refreshment prices to be:

  Soft drinks and juices 80¢
  Tea and coffee 40¢
  Chocolate bars 40¢

  and extras by donation. We are aware that some members pay more than the set charges, some pay the set charges and some forget or don't pay at all. This will probably stay the same but it is important that we at least cover our costs in this area.

* A $1 increase to $5 for our internal events.

* A $1 entry fee for the 10k handicap series. At this stage it appears that we will have sponsorship income from the Open Half Marathon and the Sussan Womens 10k Classic in 1989. A possibility exists for a sponsor for a new club computer, something that we hoped to purchase with profits from the 1988 Sussan event. Unfortunately those funds have been used for general running costs this year. By mid 1989 we should be in a very sound financial position.

The Committee has discussed at length ways of our current membership and attracting new members. The following ideas have been adopted:

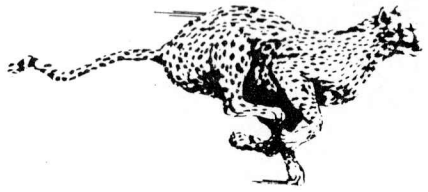
- As from December 1988, all STARS will have a 15k option, with a starting time of 6:30am.
- All club office holders to have name tags for quick identification for both new members and runners trying out our club. We will encourage all members to wear name tags; they are not for the benefit of the wearer, but for the benefit of others.
- Encourage all members to be aware of making new people welcome at our events.
- Have new members photos on the notice board.
- Profiles of new members written for the "Blister".
- Encourage new participants at our events to being along their friends.

RUNAWAY INFORMATION

In recent times there has been information on our notice board about "Runaway", a runners retreat at Ourimbah. I have been up there to check it out and I believe it has everything required for a good weekend for members and their families. There is plenty for non-runners to do as well as miles of great running territory.

Sydney Striders have a booking from Friday evening 13th January until Sunday afternoon 15th January. It will be a bit like "Running Week" at Thredbo, only shorter and without that bloody mountain to handle.

Price is $95 for adults and half price for children. For information and bookings contact Bret Nichols 909 2607 or Nobby Young 816 2017. Be early, this could be booked out quickly.



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Sydney Striders

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Half Marathon

THROUGH SYDNEY'S BEAUTIFUL LANE COVE RIVER PARK • P.O. BOX NE19 GROSVENOR ST., SYDNEY 2000

by Bill Flanagan.

It's only 3 months to race-day, so by now is the time to tell us of your availability on March 19th. Return the form from the last calendar or ring Terry McIver on 88-2149 (North Ryde Post Office) now.

For the newer members of the club, here's what the event is all about.

The Half Marathon is the Striders showpiece. Over 7 years we have managed to build a reputation as the organisers of one of the best events on the running scene calendar.

During the year we all compete in various events organised by other running clubs or other outfits (and misfits), some good and some awful. The Half is our chance to put something back into running.

Of course, we could do it by drawing a line on the road, firing a gun, hoping most of the runners arrive back safely and perhaps give them a cup of warm water; thus not using up any of the members time.

That, however, never has and never will be the Striders way. We attempt to put on a quality event, or as some of our early catch-cries summed up - "for runners, by runners" or "a race where the runner is king". (not you Bernie!).

This is why we insist that all Striders members help out on race day, no matter how unimportant their task may seem at the time.

A random draw will be made after the post-race clean-up from all helpers present. Hang around and help clean up and a $50 Runner's Shop, Randwick voucher could be yours.

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JUST JUICE

CANTERBURY CLASSIC PEUGEOT We share the Passion

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TOWARDS MARCH 19.

Not only do we need your help on race-day. We need it now to attract runners.

Make sure all your running friends and foes have an entry-form and don't be afraid to make threats to make sure they enter.

We are looking for a field of 1,300 plus and word of mouth promotion by Striders will play an important part in getting them. Plenty of entry forms will be available each week at the STARs. Also, make sure that your local sports store has a supply.

Through the generous sponsorship of founder member, Dave Blackall's vehicle franchises, we should be able to again stage a quality event.

A feature of next year's Half will be The Canterbury Classic Peugeot Veterans Challenge with cash prizes on offer for 1st Male over 40 and first Female over 35. Cash prizes will again be on offer for the top place-getters along with bonuses for course records, so again the pace should be furious.

RACE DIRECTOR	-	BILL FLANAGAN
TREASURER/ENTRIES MANAGER	-	BERNIE AND CAROL KING
COURSE MANAGER	-	GAVIN MORRISETT
SECRETARY	-	WENDY DOWNES
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CANTERBURY CLASSIC PEUGEOT We share the Passion

FURPHY AWARDS 1988
Awarded by Steve Cornelius

This year's FAKAWI TROPHY goes to GRAHAM FIRKIN, who continued the great Striders tradition of getting lost on the run by taking a wrong turn in this year's Bathurst 50-Miler. We were expecting some problems in the two 24-hour track races in which he competed, but he seems to have sorted out which way to go on 400-metre tracks. He just follows the bloke behind him.

PB OF THE YEAR (that's PEDANTIC BASTARD, not personal best) was going to be awarded to Steve Cornelius for his insistence that someone should audit Graham Firkin's lap-score sheets in the Campbelltown 24-Hour Race, "just in case they've missed one". But as it turned out, they HAD missed one! In any case, this example of uncompromising pedantry was beaten out of sight by the discovery that TERRY McIVER had recorded the 5km splits from his Sydney-Wollongong 50-miler into his training log-book, CORRECT TO THE NEAREST HUNDREDTH OF A SECOND! Well done, Terry! Cornelius has a lot to learn from you!

ACROBAT OF THE YEAR goes to MATHEW KALEY, for his hot-dogging performance on the ski-slopes.

A new trophy, the N.S.W. DENTISTS' SOCIETY'S AWARD TO THE CUSTOMER OF THE YEAR, has been won by NOBBY YOUNG, in recognition of the record amount he spent on dental refurbishment during the year. Most of the damage was rumoured to have been caused by his long session of teeth-grinding at the discovery that his Sydney-Wollongong record had been broken twice.

The SCHIZOPHRENIA AWARD has been taken out by TINA CAMPBELL AND TINA CAMPBELL, for their runs in two separate 10-mile legs of the Sydney-Wollongong relay on September 18. Resident Striders Trick-Cyclist Brent Waters will unfortunately be unavailable to present the trophy, so it looks like the Tina's will have to present it to each other.

The TWO LOAVES AND FIVE LITTLE FISHES AWARD goes to BARBARA FIRKIN, in recognition of her ability to feed 5000 starving wolves on a budget that wouldn't fill a couple of 6-year-olds' lunch-boxes.

A special award for BRAVERY (possibly even BRAVADO!) in the face of extreme danger goes to Blister Editor GRAHAM BUTLER, who has demonstrated a marked tendency not to give a stuff about the content of articles submitted for publication as long as they fill a page of A4. Nor has he given very much of a stuff about the possibility of legal action by those libelled. Publish and be damned!

In the category of PEDESTRIAN OF THE YEAR there was absolutely no competition for PHIL GARVIN. His outstanding contribution to the rights of pedestrians against the incursions of vehicular traffic will never be forgotten, especially by the occupant of the wheelchair he sabotaged in the London Marathon.

SNIDE SNIPPETS.

by Graham Butler.

* They can run, but they can't hide. Or is it the other way around?
Bernie King and The Untouchables have led a crime-busting assault on Sydney's underworld. The malnourished-looking 6.20am group stumbled across a car theft in progress in Cathedral Street, Woolloomooloo, with a couple of real life villains about to take off in a hot-wired car. In response to cries from the distraught owner, the Striders G-men raced to the scene and quickly formed a human barrier around the car while Bernie and Mike Ward flexed themselves menacingly. Meanwhile the owner rang the local wallopers who squealed to a halt only minutes later and busted the two punks. (the car thieves that is; not Bernie and Mike!)
Splendid work,lads! A fine example of the public-spirited, disciplinarian style which has made Sydney Striders what it is today.

* One award that Steve Cornelius missed. This year's sports photography prize goes to Ross Betts for shooting Nobby Young in the Centennial Park Half Marathon at 250th sec. on f8. Good one, Ross, but next time swap the Kodak Tri-X for live ammunition!

* Medicare over-charging is rampant amongst the medico members of Sydney Striders. When John Ayliffe sliced his arm open on a rusty piece of wire in King's Cross, a 25 second "consultation" with Paul Russell cost him $145. Paul claimed the new extended consultation fee, referral for a tetanus shot and an AIDS test and triple time for before 7am on Sunday. The rich get richer . . . .

* Kar Wong, where are you? If anyone has heard from or knows the bespectacled,totally inscrutable guru's 1988 race results, please advise the editor or Steve Cornelius.

* Most people take it easy for a bit when they've broken a leg and finally get the plaster removed. But our Boy Wonder, Mathew Kaley, isn't most people. He casually mentioned that he'd done some swimming and an 80km cycle! Watch out, all you 10k racers! Boy Wonder is back!

* Dave Williams' come-back to running STARS with the "slows" has co-incided with the conspicuous disappearance of all the black jelly beans from the post-STAR refreshment table. Similar despicable behaviour, three years ago, resulted in Williams being officially warned and eventually suspended from the club.

10 KM HANDICAP RACE SERIES
RACE REPORTS
by Mathew Kaley

RACE 7 : LANE COVE 10kms

A strong field turned up for this race on a morning where the rain stopped just in time for the start.

Anthony Scott and Graham Turner led out early until Graham forged ahead on the hill near the turn-around. He came home in 16.53 to win and take the course record with him. Anthony Scott finished a stong second, some two minutes ahead of the first veteran, David Sill.

Dale Thompson returned to Striders in fine form by taking the women's race from Dawn Woodward.

Graham Turner pulled off the double by also winning the handicap race, but didn't pick up the points as he wasn't a member at the time.

Top points went to Peter Cobley, followed by Alf Field and Anthony Scott, leaving Scott Crawford at the top of the points score from Ian MacArthur.

NAME	TIME	5K SPLIT	H'CAP DIFF	H'CAP PLACE
1. Graham Turner	34.20	17.271	-1.31	-
2. Anthony Scott	34.40	17.33	-0.57	3
3. David Sill	36.18	18.34	-0.09	9
4. Warwick Selby	36.43	18.25	-0.39	4
5. Ian Ranford	38.03	19.23	-	-
6. Ewen Thompson	38.26	19.22	-0.28	5
7. Malcolm Satchell	38.26	19.23	+1.32	14
8. Peter Cobley	39.19	20.19	-1.30	1
9. George Lisson	39.32	19.59	-	-
10.John Sauer	39.33	19.24	-	-
11.Nobby Young	39.49	19.58	-0.16	8
12.Harvey Blue	40.26	20.33	+0.21	12
13.John Whealy	40.43	20.43	-0.02	10
14.Scott Crawford	41.04	20.37	-0.18	6
15.Alf Field	41.07	20.53	-1.05	2
16.Heiner Huning	42.33	21.34	+0.54	13
17.Dale Thompson	46.44	23.14	+1.51	15
18.Ian MacArthur	47.02	24.27	+0.16	11
19.Russell Young	49.08	24.34	-0.18	6
20.Dawn Woodward	51.05	25.54	+4.35	17
21.Elizabeth Seidl	57.59	27.51	+4.00	16

RACE 8 : CENTENNIAL PARK 10kms

Cameron Osborne surprised nobody by easily running home with this race, depite being below his normal level of fitness. He led from the start and was only chased initially by Bill Flanagan.

A close tussle ensued for second place, with Bill being pipped by the strong finishing Jon Marsden.

Tina Campbell had a great run to win the women's race, only just missing out on breaking 40 minutes. Sue Clarke came home in second place.

The handicap race told an interesting story. Sue Clarke improved out of sight to win, but the real importance lay in the fact that Ian MacArthur came second and Russell Young third. Both are near the top of the table and have established themselves as the ones to beat in this competition.

	NAME	RACE TIME	H'CAP TIME	H'CAP DIFF	PLACE
1	Cameron Osborne	36.22	34.57	+1.25	17th
2	Jon Marsden	38.07	38.30	-0.23	11th
3	Bill Flanagan	38.21	37.14	+1.07	16th
4	George Lisson	38.27	39.32	-1.05	8th
5	Scott McKenna*	38.39	-	-	-
6	Brian Colwell	38.46	39.16	-0.30	10th
7	John Whealey	39.05	40.44	-1.39	5th
8	Nobby Young	39.47	39.57	-0.10	13th
9	Scott Crawford	40.02	41.13	-1.11	7th
10	Alf Field	40.06	41.39	-1.33	6th
11	Tina Campbell	40.06	40.43	-0.37	9th
12	Heiner Huning	40.10	42.06	-1.54	4th
13	Bruce Murray	41.39	41.15	+0.24	14th
14	Paul Lunsmann	41.44	42.02	-0.18	12th
15	Ian Whitfield	42.13	41.28	+0.45	15th
16	Ian Macarthur	44.01	46.54	-2.53	2nd
17	Kevin O'Kane	47.09	42.04	+5.05	18th
18	Russell Young	47.21	49.17	-1.56	3rd
19	Sue Clarke	49.37	53.59	-4.22	1st
20	Nick Whealey	54.55	-	-	-

RACE 9 : THE BI-CENTENNIAL BLAST - MANLY 10kms

This race was billed as the clash of the club's elite runners and they didn't disappoint us. With the exception of a few injuries, all the club's top runners turned out and some excellent times were turned in with 55 starters facing the gun. For a Saturday morning event, this is an extraordinary turnout and illustrated the popularity of the 10k series and the success of this particular event.

The men's field had some ten runners who had sub 35 minute credentials and a group of four led out early (Rick Bromley, John Sauer, Evan Miller and Scott Lawrence). Rick led John narrowly through just over half-way in just over 16.30, followed by Evan and Scott falling off the pace suffering from injury.

The pace slowed a little over the next few kilometres until John surged on Rick a little over a kilometre

out. John is a relatively new member and surprised some of the tipsters by winning from such a classy field, but clearly deserved his win and was happy with the result. He won by 20 seconds from Rick in the excellent time of 33.32, taking with him Mathew Kaley's old race series record of 34.06. Evan Miller ran strongly for third place and Scott Lawrence hung of for fourth. Many fine runs were had throughout the field and an incredible 23 runners went under 40 minutes.

The women's race was perhaps not as exciting, but it had plenty of class. This was the first time we had seen Linda Thompson run in the series and she disappointed nobody by running the superb time of 37.13, smashing Tina Campbell's old series record of 38.56. To put it in perspective, only 12 men beat her home. Tina was far from disgraced and ran a time that would usually see an easy win in a handicap race. Dale Thompson took out third place in the vastly improved time of 43.17 and threatens to be a force in future races.

In the handicap race, John Sauer was slandered as a "burglar" of some extraordinary note when he beat his handicap by six minutes. Second place went to young Nick Whealy and third to Robi Russell. Handicap points were hard to pick up for the series leaders, but Ian MacArthur still managed to open the gap a little wider on Scott Crawford and Russell Young.

This was clearly a great event and in all saw three course records and two race series records fall.

With only three races left in the series (North Ryde, Banksmeadow and Mosman), the remaining events should be equally exciting and I urge all club members to come along and enjoy these very rewarding 10km races. Mathematically speaking, there are still 28 people in contention to take out the handicap series. Remember that the series final is at Mosman and features double points and that only a runner's top ten results are counted in the final score.

BICENTENNIAL BLAST RACE RESULTS

		RACE TIME	5k SPLIT	H'CAP TIME	H'CAP DIFF	PLACE
1.	John Sauer	33:32	16:36	39:33	-6:01	1st
2.	Rick Bromley	33:53	16:35	-	-	-
3.	Evan Millar	34:12	16:45	34:06	+0:06	-
4.	Scott Lawrence	35:12	16:52	32:21	+2:51	-
5.	Anthony Scott	35:23	17:14	35:09	+0:14	-
6.	Don Price	35:25	17:49	36:13	-0:48	15th
7.	Michael Gamm	35:44	17:21	-	-	-
8.	Jeff Gissing	35:48	17:22	36:13	-0:25	20th
9.	Paul Russell	36:19	17:44	38:38	-2:21	4th
10	Bill Flananagen	36:50	17:29	37:47	-0:57	12th
11.	Martin Thompson	37:05	18:26	-	-	-
12.	Gwen Thompson	37:07	18:19	38:40	-1:33	9t13
13.	Linda Thompson	37:13	18:21	-	-	-
14.	John Hamilton	37:55	18:18	37:39	+0:16	-

15.	Scott McKenna	38:10	18:28	38:39	-0:29	19th
16.	Harvey Blue	38:22	18:41	40:15	-1:53	6th
17.	Steve Burke	38:31	18:52	37:58	+0:33	-
18.	George Lisson	39:00	18:54	38:59	+0:01	-
19.	Alf Field	39:00	19:03	40:52	-1:52	7th
20.	James McDonald	39:03	19:40	-	-	-
21.	John Whealy	39:06	19:15	40:00	-0:54	13th
22.	Ian singer	39:53	19:18	40:41	-0:48	15th
23.	Nobby Young	39:57	19:01	39:52	+0:05	-
24.	Heiner Huning	40:05	19:37	41:07	-1:02	11th
25.	Gavin Morrisett	40:24	19:45	42:07	-1:43	8th
26.	Tina Campbell	40:25	19:47	40:24	+0:01	-
27.	Dan Gray	40:49	20:22	39:23	+1:26	-
28.	Wayne Stanton	40:49	19:34	35:27	+5:22	-
29.	Ian Whitfield	41:10	20:18	41:50	-0:40	17th
30.	Geoff Burgess	41:15	19:47	40:38	+0:37	-
31.	Jon Marsden	41:43	18:41	38:19	+3:24	-
32.	Terry Bailey	42:04	20:41	43:20	-1:16	10th
33.	Bruce Murray	42:28	20:40	41:27	+1:01	-
34.	Scott Crawford	43:11	19:21	40:37	+2:34	-
35.	Dale Thompson	43:17	20:58	45:38	-2:21	4th
36.	Paul Lunsman	43:47	20:31	41:53	+1:54	-
37.	Kevin O'Kane	44:29	22:13	44:10	+0:19	-
38.	Ian Macarthur	44:38	22:19	45:27	-0:49	14th
39.	Russell Young	47:42	23:08	48:19	-0:37	18th
40.	Geoff Taylor	48:32	22:34	46:59	+1:33	-
41.	Robi Russell	49:32	24:47	52:32	-3:00	3rd
42.	Nick Whealy	51:34	23:55	54:55	-3:21	2nd
43.	Bill Glecha	52:16	24:40	52:06	+0:01	-

HANDICAP POINT SCORE

1.	Ian MacArthur	119 pts	(8)	11.	John Whenly	78 pts	(5)
2.	Scott Crawford	111 pts	(9)	12.	Harvey Blue	70 pts	(6)
3.	Russell Young	110 pts	(7)	13.	Paul Lunsman	70 pts	(6)
4.	Alf Field	106 pts	(9)	14.	Nobby Young	67 pts	(7)
5.	Ewen Thompson	96 pts	(7)	15.	E. MacArthur	53 pts	(3)
6.	Kevin O'Kane	91 pts	(8)	16.	Terry Bailey	46 pts	(3)
7.	Bill Flanagen	87 pts	(7)	17.	Tina Campbell	45 pts	(5)
8.	Heiner Huning	80 pts	(7)	18.	Bruce Murray	41 pts	(5)
9.	Warwick Selby	79 pts	(5)	19.	Jan Marsden	41 pts	(30)
10.	Alister Mackie	77 pts	(4)	20.	John Hodges	41 pts	(3)

OUTRIGHT POINT SCORE

	MALE			FEMALE		
1.	Bill Flanagen	118 pts	(7)	1. Tina Campbell	59 pts	(5)
2.	Ewen Thompson	103 pts	(7)	2. Ed.MacArthur	34 pts	(3)
3.	Warwick Selby	93 pts	(5)	3. Lesley Lear	32 pts	(3)
4.	Nobby Young	93 pts	(5)	4. Sue Clarke	23 pts	(2)
5.	Cameron Osborne	87 pts	(4)	5. E. Seid	22 pts	(2)

RETURN OF THE THOUGHTS OF NOBBY YOUNG

It happens every year - daylight saving catches another dill. This year Gavin Morriset turned up an hour later with just the host, Rod McLean, at the start venue. Get this - Gavin asked if everyone had gone off with the long option group!! It's true, even I couldn't make up a line like that.

The navy is sending Rod McLean and his family, all great supporters of Sydney Striders, down to Melbourne to strengthen national security in the area. Some less charitable than myself might suggest that three farmers with pitch forks would be plenty to take care of those wishing to capture Melbourne.

Heiner Hunning and his lovely wife are off to Western Australia. Heiner feels his career in Sydney hasn't blossomed as he hoped and he is going to start again in Perth as a sign writer. Keep an eye on the media and brewery markets and aim for the top.

Most of us know that Derek (Gypsy) Titmus is well known for often moving house. Did you know he takes along the water for his waterbed each time?

I had occasion to call in at the Cornelius abode a while ago. Going up the path I could hear the vacuum cleaner hard at work so I decided to send up Steven or Sally by claiming that Terry McIver must be there as the vacuum was going. Who was in the hall with the cleaner? Terry McIver!!

Scott McKenna has become our second Scotsman in the club. Alistair Mackie, number one tartan laddie, had to interpret for us on a training run as Scott is rather difficult to understand. As well as telling us what had been said, Alistair also gave it to us in sign language. He thinks we are all deaf as well as not being from the highlands!

At the height of the Ben Johnson controversy, Harvey Blue was sitting on a stone wall at the 10k handicap venue in the Lane Cove River Park. Someone asked if Harvey was also on anabolic steroids, only to be informed that he is actually on hemorrhoids, probably from sitting on cold stone walls.

Congratulations to John Sauer in the 10k Bicentennial Blast. The success was due to the complicated strategy - go out fast and don't slow down. The most common comment after the race? He doesn't look that fast!

John Turner has a very laid-back approach to marathons. At his last attempt he called in to a shop for a coke and later called into a shop for an ice cream. He still finished in a reasonable time and put on a bit of weight during the event.

My father-in-law, Les, is very ill in "Boorowa-Where-Is-That" Hospital. On the map it is just "Boorowa" but if you ever mention the name someone adds "where is that" to it. However, no misfortune known to mankind could ever overcome his sense of humour. The doctor gave him something potent to take away the pain. Must have been potent stuff as he claimed he was in heaven, then gave the doctor full marks for asking if there was anyone there that they knew. Later, we had been visiting the hospital and were about to leave for a while to have a meal. Just to show Les that I wasn't overawed at the situation, I told him not to go anywhere before we got back. He asked his daughter, Margaret, if I meant "up there" pointing skywards.

NEW MEMBER PROFILE -PETER COLEMAN

Whilst Peter joined Striders in 1987 he can still be considered a new member to our club as he is not a familiar face on STAR runs Peter's appearances have been few and far between and during the past year; not due to injury but feeble excuses such as work and study commitments which have resulted in much interstate travel. Striders roving reporters however have uncovered the real reason for Peter's lounge lizzard approach to running - he was introduced to the club by Dave Dunstall - one of our better known social members!! Dave obviously instructed Peter that the way to keep fit but avoid injury and fatigue is to join Striders and read the Blister - and perhaps attend the annual prizegiving.

We look forward to seeing more of Peter (and at least some of Dave) in 1989!!

STOP PRESS!!

Peter has been seen of late doing some earnest running around Beecroft and will possibly be a dark horse for the 1989 10k handicap series.

"IRONMAN" – KONA, HAWAII

by Louise Fitzsimmons.

All the long tedious training is now behind me. I have completed the Hawaii Ironman; a feat not possible without the help and encouragement from Merri Mack, Steve Burke, Alex Hamill, Alastair Mackie and especially Nick Reed, just to name a few.

I arrived in Kona 10 days prior to race-day. This time is needed to acclimatize to those sizzling days.

5am race-day, my new friends and I wait nervously outside our condo for the shuttle bus to take us down Alii Drive to the pier. The start is a mass of bodies. Large crowds have already positioned themselves along the water's edge for a good view of the swim. Floodlights turn the dark early morning into day. We make last-minute adjustments to our bikes. The "stars" have arrived, the cameras ready. At 6.50am we position ourselves in the water amongst the hundreds of swimmers already eager to go.

The gun fires and 1,250 of us start our long day. The sea is clear and warm with small fish swimming below. This is great. The time goes quickly. No swim ever matched this one. The pier in sight and 1.27. Perhaps I enjoyed it too much! A helping hand out, through the showers, in to change, then it's onto the bike.

The road upto Queen Kaahumanu Highway is lined with supporters. Once onto the highway, however, the crowds and the hype are gone. Then the reality sets in. The long ride to Hawi and back in the heat and wind will take its toll. Around 6.5 hours later I arrive at Kona Surf Resort for the change-over. I've had a tough ride, not really getting into it until Hawi. The turnaround gave us a tail-wind for a while which got me going, but this turned around into a head-wind on the way back. This is common in the race and the longer you're out there, the worse it gets.

Now it's just the Marathon left and I'm feeling good. My feet are sore, but that only lasts a few kilometres; then you don't feel them at all. As I run out, cyclists are coming back along Alii Drive, crowds cheer and it all feels pretty good. At 5k I'm waiting for my body to come good. This is taking longer than at Forster. At 10k I know it's really not going to come good. I'm forced to walk. Perhaps I haven't eaten enough, though I've certainly been drinking plenty of water. I stop to try some "Exceed" in desperation. This has a devastating effect on my stomach and I walk/jog in between "stops" until the turnaround. Coming back I'm fortunate to meet up with a couple of guys from Germany and we get a rhythm going with about 15k to go. I'm better off just sucking ice and not putting anything into my stomach. We keep it going. I lose my friends at one of the drink stations, but I can't stop or I'll never get going again.

At last I hear the crowds in the distance. It's been dark for some time now and I can see the lights and know that I've made it. My stride lengthens, the cheers are

louder now and I turn the corner. 500 metres of bliss. I hear my name over the microphone. Thousands of people seem to line the finish area. The lights are blinding. I cross that wonderful line in 12.45. I've done it!

I don't want to do it again in a hurry but it feels good. A well earned massage and it's off to position myself with friends to cheer on the rest of the Ironmen.

HAWAII IRONMAN RESULTS.

1st Scott Molina - 8.31
2nd Mike Pigg - 8.33.11
3rd Ken Glah - 8.38

1st Woman - Paula Newby-Fraser - 9.01.01
2nd - Erin Baker - 9.12.14
3rd - Kirsten Hansen - ?

1st Aussie - Tim Bentley - 9.02.51 (12th)
2nd - Greg Welsh - 9.07.14 (19th)
3rd - Gerrard Donnelly - 9.09.32

1st Aussie Female - Jan Wanklyn -10.03.25
2nd - Janine Donaldson -10.34.31
3rd - Helen Dickson -11.26.08

JUST ANOTHER MARATHON – BUDGET 1988.

by Roger Rigby.

It would be absurd for me to fulfill Graham Butler's wish that I write a few notes about THE 1988 Budget Marathon. Absurd that is, from the running experience point of view. It has all been said before and by the really FAMOUS marathoners who abound in the Striders. Or to put it another way, there are one hundred and two better marathon times in the Strider records than my PB. So that's one hundred and two runners who have nothing to learn from me. Sorry Gra.

In any case, I am not going to get like Bryce Courtney by writing sports copy. So from here on it is going to be all highly crafted anecdotes which could apply to just about ANY marathon.

It seems reasonable to take on a load of pasta at Rosatti's the night before the run, the scene of a marvellous pre-Vets. dinner in 1987, where we all met the eighty-two year old pole-vault gold medallist (I have wondered how long his pole was ever since....).So that's where we go, my handler and I, just around the corner from the pub.

Shortly, two lean and nonchalant figures saunter across to our table. Harvey Blue and John Turner.'SAUNTER'. Have you ever noticed how sub three hour runners develop a particular style of saunter? It's a sort of secret sign which comes in useful when they are in civvies. (Beats special handshakes which are a bit dodgy in this day and age). Us ordinary runners are not meant to be able to detect it, but it's there, it's there. If you have supernatural talents, as I do in this respect, it is particularly intimidating. Particularly at Rosatti's.

Then there is intimidation on the Frankston Express the next morning. Sitting there as the train hurtles, in a suburban sort of way, toward the south and the start, the Nepean Highway unfolds endlessly alongside the train. It is very intimidating to realise that even a Fast Electric Train takes nearly an hour to cover the distance of a marathon.(I also feel that is pretty cultural stuff for the organisers to put on special trains down to the start. Nobby never does this for Strider events).

I also did a little worrying about the weather. This started in Sydney while I was doing research on the subject, which revealed a wide range of responses from hysterical laughter to personal experiences of unique and bizarre weather patterns. Heiner Hunning gave the most cause for alarm, recounting an experience with the 'Budget' which would be interchangeable with Scott's journey to the South Pole, combined with the worst depredations of the Bourke and Wills return trip to Innaminka.

There was more, a strong south-westerly was forecast, a matter of small concern to my sailing non-running brother: "Don't worry, it will be ideal, you will be on a broard reach".

Wind-swept, bare, cold, slightly disorganised are the adjectives which quickest spring to mind in describing the start. The high point (or perhaps, more accurately, the low point), was the men's loo with miles of guttering which will never adorn the eaves of Emoh Ruo. Even our beloved President has never gone to these lengths, in a manner of speaking.(So far Nobby, you are to be found wanting in the matter of special trains and zinc-guttering loos).

The ritual leading up to the start was very curious indeed. We form up behind marshalls (using this word for it's widest and most generous meaning), and sort of shuffle about six kilometres through the suburbs of Frankston, to the start line. There is a noticeable lack of adrenalin in the crowd and I start to think that perhaps I alighted (that's what they do in Melbourne, in Sydney we 'get off'), at the wrong station and this is a local 10k fun run.

Things take a turn for the better when Tony Crosby pulls up alongside. Tony has never struck me as being the sort of runner who goes in 'fun runs' and, in any case, he is a Strider so it seems an even bet that this really is a marathon.

The wind was indeed quite a feature of the day. Up to twenty knots and steady on the port bow, giving a new meaning to my brother's "broad reach". Close-hauled, we head north. At 10k the news is not good for anyone and I hear a lot of 'three minutes behind' from all around me and my particularly flash watch had 'beeped' a long time ago.

Tony Crosby draws away and I fall in with Danny Gray. This is almost a 'brush with fame' and not entirely believable. Particularly when I learn that he is running his fortieth marathon. We pass a couple more Striders, but of course the really hard men are now almost over the horizon. I form the impression that Danny has a cruel streak, as he is talking about waiting until half way to decide how fast he is going to finish. I usually have the same kind of thoughts, but a bit later at 41k.

The crowds, or more accurately, the small knots of people, are worth a study all on their own. They reflect all sorts of things about themselves. In the average suburbs, there is unrestrained and enthusiastic noise from nearly everyone. Further on, in the leafy and expensive suburbs, there is the sound only of genteel clapping and cultured tones of urging. Nothing too much like spontaneous emotion displayed around there.

Half-way comes up and more despair all around. The wind is having a bad effect on most runners. Danny drops back which surprises me but would also seem to be the prerogative of such a distinguished Strider.

Shortly, the BARE-FOOTED RUNNER comes into sight. This is true. No shoes. Nothing. Eventually we have a bit of a chat. He comes from the 'north-east' which, translated for non-Victorians, means Gippsland, Myrtleford and the Victorian Alps. "This is a hard run, I'm not used to running on flat ground".(What can he mean?) "No, I only do 20k a week, all up hill, but". A Nike rep. would starve to death in the north-east,(but).

At this point I start to worry about cramp. As I start to worry, I worry even more that the advice imparted so explicitly by Alex ("Overdose on Bananas") Hamill and Peter ("Just Imagine Yourself Crossing the Finish Line") Keeble, might be wrong. However, relaxation comes when I think of Bryce ("Treat Every Marathon Like Your First") Courtney's observation that "everyone has to run one really bad marathon sometime in their lives". Well, I got mine out the way in April.

The city starts to loom up in the distance like the 'Crystal City' in the Wizard of Oz and the cheering and shouting gives way as noted earlier, to genteel clapping. Along a bit, we pass an elderly and immaculately groomed lady sitting on an upholstered chair close to the road, she is holding a silver tray containing ice cubes, arms outstretched, entirely without motion. Such refinement in a marathon. Ah, the contrasts.

St. Kilda Road is certainly one of the better finishes to a race. 38k doesn't seem so bad and nothing seems to be getting any worse. You know you aren't amongst the class when no one passes you any more and that is how it is now. There's a nice Melburnian touch over the last kilometre: They mark each 250m. interval as you approach the line. (Another one for Nobby, he doesn't do that for us).

All over. The other 102 Striders remain safe on the ladder. The best part is often the post race post-mortem and so it is with the Budget. Malcolm Gunning stands out with a 2.56 for his first marathon. Disgraceful conduct. The articles should be changed to prevent such performances. Nobby has been found wanting as well.He's got a bit to learn about trains, endless zinc-guttering loos and those nice 250m. signs at the finish.

HOW TO RUN A PERSONAL WORST BUT HAVE A GREAT TIME

1988 NEW YORK CITY MARATHON

Wayne McCarthy started it. He regailed me with stories of his New York run in November 1987. After "sort of" deciding to run New York, the clincher came from Alex Hamill recalling his experiences of the New York Marathon. Now I was hooked.

I wrote to the New York Road Runners Club seeking entry forms, but all I received was "How to Apply to the 1988 New York City Marathon". Off went the self-addressed envelope and two international postal reply coupons (IRCs) together with a request for an entry form all per the "How to Apply to the 1988 New York City Marathon". Some weeks later, back came one entry form.

After filling out the details as to my marathon achievements, I was asked to supply details of my marital status, occupation and education level, all vital information and obviously designed as trick questions to ensure that one's stated education level was factual.

$US39 plus more IRCs and another self-addressed envelope later, off went my Entry Form.

The race limit is stated as 22,000 including either 5,000 or 6,000 foreign entries. The number of foreigners depends on whether one is reading the "How to Enter" Form or the Entry Form.

The next important event was ordering the "gear". This duly arrived but only after the Australian Government had doubled the price to cover customs duty and sales tax (a trap for young players - apologies to Nobby).

Some time later, my "You're Accepted" Card arrived.

Next, a trip to the travel agent and the US Consulate for a visa and I was ready to do - poorer but looking forward to a run through New York with Dick Bartlett and 22,998 others.

Having been advised of my race number and instructions on how, when and where to collect the actual number, I was off to the airport and 20 hours later, weary and jet lagged, in New York six days before the race. The next few days were spent sightseeing and shopping (taking advantage of the 15% discounts being offered to Marathon entrants).

The thing that was particularly noticable was that the city was really behind the Marathon, with flags publicising both the Marathon and the course.

Dick Bartlett had arrived and we had planned our tactics to run 3.30 and arranged to meet prior to catching the bus from the New York Library to the start on Staten Island.

I was up at 4.45 am and met Dick at 5.15 am and we walked the ten or so blocks to the buses. The bus trip was quick and we were soon at Fort Wardsworth for the start where runners were beginning to assemble. Breakfast, of coffee, tea, hot chocolate, bagels and assorted donuts was available, and after this repast, we settled down to try and sleep in one of the tents provided, as there was almost five hours until the start. We had arrived early based on Phil Garvan's advice, and this turned out to be the best approach to take, as it was not long before all the spare resting places were taken as many more of the entrants arrived. The tent quickly filled with all nationalities, including one Australian we had met the day before at the International Breakfast Run from the United Nations Building to the Marathon finish.

We were psyched up on three occasions by the psychologists who were part of the medical team. Following the mandatory visits to the toilet facilities including the world's longest urinal, we were called to the start at about 10.30 am. There were three starts, two which traversed the top layer of the Bridge and one the lower level. Mayor Koch fired the starting gun and we were off on our 26 mile run through the five burroughs of New York. From Staten Island, we crossed the Verrazano Narrows Bridge connecting Staten Island with Brooklyn. The Bridge is nearly one mile long and that first mile took us some 12 minutes. Once we crossed the Bridge, we encountered the first of 2.5 million spectators along the route - initially a white area, then blacks, then Jews, then Hispanics, etc. The two of the three separate starts came together after about 3 miles and the rest joined in at 8 miles. The crowds were incredibly enthusiastic and people were out with their own aid stations, dispensing water, oranges, candy and paper towels as well as a great deal of encouragement. These supplemented the formal aid stations each mile. We crossed the halfway point on the Pulaski Bridge connecting Brooklyn and Queens in 1.57 after having passed the 10 mile mark in 56 minutes. To even achieve these times we were forced to weave our way through many other runners who had started well out of position for their achievable times.

We crossed from Queens into Manhattan over the Queensboro Bridge and commenced a 4 mile straight run down First Avenue. At this point we managed to get into quite a rhythm, but it was still necessary to weave in and out of slower runners. At the end of First Avenue, we crossed over the East River into the Bronx at the 20 mile mark, where again we were warmly received by the residents. We left the Bronx, again crossing the East River into Manhattan and commenced a long run down Fifth Avenue before entering Central Park at the 23 mile mark. This is where the crowds were really heavy and we wound our way almost full length of Central Park before leaving the Park at Fifty-Ninth Street and ultimately turning back into the Park to finish at the Tavern on the Green. The congestion at the finish was as bad as the congestion at the start, and after being presented with the medals, our mylar blankets and drinks, we slowly proceeded on aching legs to retrieve our clothes.

Dick and I had finished together in 3.54, well over our targeted time. We were tired but absolutely elated, particularly from the enthusiasm and size of the crowd. It took us an hour to get out of Central Park and back to the hotel and, following the obligatory coke and shower, we proceeded to go out to get a celebratory meal only to see the final runner still with a ½ mile to go to the finish, which was achieved in about 7½ hours.

This has to be one of the great marathons in the world, particularly because of the enthusiasm of New Yorkers and their willingness to close off approximately half of Manhattan plus substantial sections of Queens and Brooklyn. Not only are New Yorkers enthusiastic, but runners also, as approximately 22,000 entrants were rejected.

If anyone is planning to run an overseas marathon, my strong advice is make it New York, but be sure to get your entry in early by writing to International Marathon Entries, PO Box 1766 GPO New York NY 10116 USA before May 1989. The 20th New York City Marathon will be run on Sunday 5 November 1989.

New York City Marathon 1988 Results

Men

1	S. Jones (Wales)	2.08.20
2	S. Bettiol (Italy)	2.11.41
3	J. Treacy (Ireland)	2.13.18
4	G. Shahanga (Tanzania)	2.13.50
5	J. Montero (Spain)	2.14.00
6	N. Tabah (USSR)	2.14.06
7	K. Kudoh (Japan)	2.14.14
8	M. Nenow (USA)	2.14.21
9	D. Nedi (Ethiopia)	2.14.27
10	R. Chaguiev	2.14.34
	[18,316 finishers]	

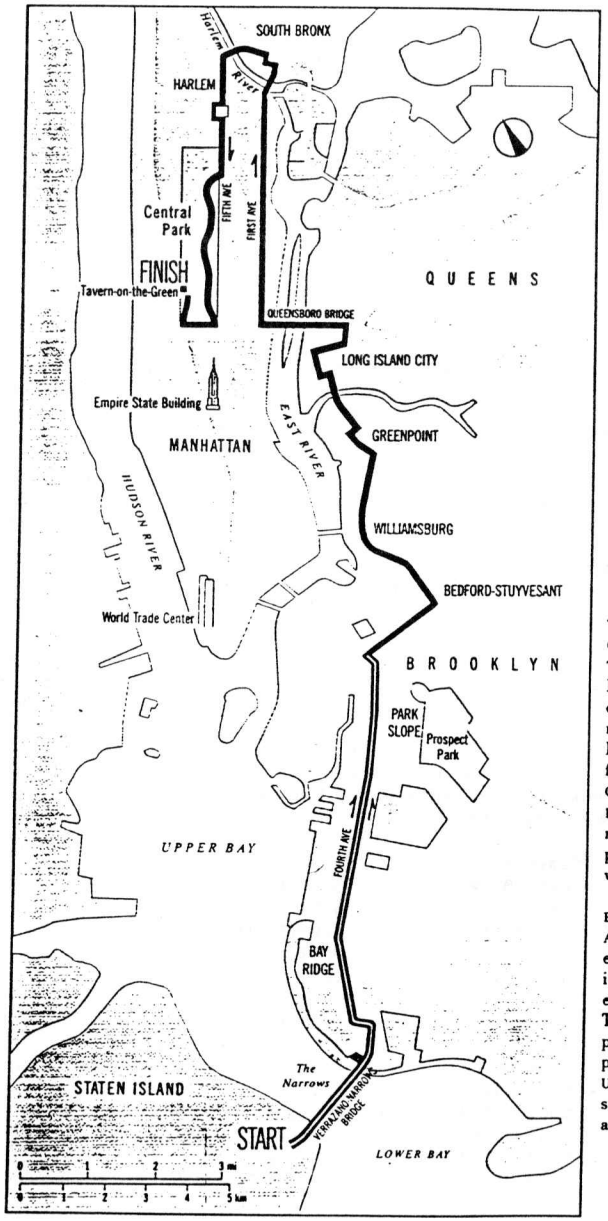
Sydney Striders:

7680	**S. Crawford**	**3.54.01**
7682	**D. Bartlett**	**3.54.02**

Women

1	G. Waitz (Norway)	2.28.07
2	L. Fogli (Italy)	2.31.26
3	J. Samuelson (USA)	2.32.40
4	K. Szabo (Hungary)	2.36.40
5	K. Poessler (West Germany)	2.37.35
	[3,928 finishers]	

Scott Crawford
November 1988



New York City Marathon

ORGANIZER *New York Road Runners Club*
International Running Center
9 East 89th Street
New York, NY 10128
USA

RACE DIRECTOR Fred Lebow

DATE Last Sunday in October or the first Sunday in November.

START 10:45 AM on the Verrazano-Narrows Bridge.

FINISH Tavern-on-the-Green restaurant, Central Park.

TIME LIMIT None.

ELIGIBILITY Open to runners of all abilities; runners must be sixteen years old by raceday.

AWARDS Awards to top finishers in all age groups, also awards to top teams and local runners. Medals to all finishers; roses to women finishers. Results postcard and official certificate mailed to each finisher.

COURSE RECORDS Alberto Salazar, USA, 2:08:13 (1981); Allison Roe, New Zealand, 2:25:29 (1981).

TEMPERATURE 60°F (15°C)

CROWD 1 million

TERRAIN A mile climb up the Verrazano-Narrows Bridge at the start, a ¾-mile climb up the Queensboro Bridge (14.5 miles), and three short hills in Central Park (22.5 miles, 24.5 miles, and the finish).

COMPETITORS 19,000 from seventy nations.

REFRESHMENTS AND SERVICES Water every mile, electrolyte drink every other mile; post-race blankets, snacks, mineral water, and massages.

ENTERTAINMENT Six bands along the way.

ADDITIONAL EVENTS Runners' mercantile expo and clinics, 2-mile, Saturday morning International Breakfast Run for foreign entrants from the United Nations to Tavern-on-the-Green, Saturday evening pasta party, awards ceremony, disco party.

UNUSUAL FEATURES The most dramatic start in marathoning; international flavor; and the seven-figure crowd.

ULTRA REPORT
by Steve Cornelius

SYDNEY-TO-WOLLONGONG 50-MILER: 18 SEPTEMBER 1988

It was a day for records to be knocked over on the Princes Highway, and none more emphatically than the fastest time ever recorded by a Strider for this race. Recently-joined ultra specialist Martin Thompson slashed 23 minutes off Nobby Young's long-standing club record, and almost an hour off Ced Sidebottom's record for the southbound run, to become the first and only Strider ever to break 7 hours for this classic 50-miler. Martin and his brother-in-law Bruce Inglis were in a leading group of three which set a blistering pace early in the race. The early pace took its toll on both, Bruce being forced to retire around 60km, and Martin showing unbelievable fortitude in the face of exhaustion to battle on for 5th place. Martin's time: 6:37:11.

Mr Surprise Packet Terry McIver, in his first-ever run of more than standard marathon distance, also broke the old club record, by the narrowest of margins, crashing through the finish-line exactly on 7 hours to the second. The club's philosophers are still arguing the fine point of whether Terry "broke" 7 hours. Whatever, a very fine run for his first attempt, as was Mike Ward's 7:37:48 to record his first "Gong" finish.

A total of 8 Striders finished the race this year, eclipsing the old record of 5, and showing the depth and experience among the club's ultra runners. Keith Jackson recorded his 2nd consecutive year with 7:42:33, an improvement of almost 20 minutes on 1987. Cedric Sidebottom was back again for his 2nd "Gong" with 7:51:27 after missing last year's. The irrepressible Graham Firkin equalled the club record of 4 consecutive finishes, and unless I tie his legs together in 1989 will presumably beat it - once again he broke 8 hours this year with 7:58:19.

The other two Striders to finish were also experienced Gong exponents, Brian Colwell and Jack Woodward both completing their 2nd in 8:14:38 and 8:22:02 respectively. It says a lot for the standard of ultra-running being achieved by Striders these days that all 8 finishers broke 8:30. Not only this, but Martin Thompson, Terry McIver and Cedric Sidebottom (in 5th, 9th and 21st positions) made a clean sweep of 1st, 2nd and 3rd Veterans. Graham Firkin was 1st Over-50 by only 3 minutes. Race results:

	1st	Jeff Hill	5.52.47	
	2nd	Carl Barker	5.53.13	
	3rd	Owen Tolliday	6.10.57	
	1st F	Helen Stanger	7.43.36	(Record)
	2nd F	Georgina McConnell	9.03.20	
	3rd F	Wanda Foley	9.12.07	
Striders:	5th	Martin Thompson	6.37.11	(1st Veteran)
	9th	Terry McIver	7.00.00	(2nd Veteran)
	16th	Mike Ward	7.37.48	
	18th	Keith Jackson	7.42.33	
	21st	Cedric Sidebottom	7.51.27	(3rd Veteran)
	24th	Graham Firkin	7.58.19	(1st Over-50)
	26th	Brian Colwell	8.14.38	
	29th	Jack Woodward	8.22.02	

THE VIEW FROM THE OTHER SIDE: AN ULTRA RUNNER DRIVES THE CAR FOR A CHANGE

by Steve Cornelius

Not being in great shape myself this year (or any year since 1985), I decided to take a look at the Sydney-Wollongong from the opposite point of view - as a "second". I was initially surprised at Terry McIver's intention to run, but the more I thought about it, the more it made sense. His marathon PB was faster than any Strider who'd previously completed the race, and he would be setting a target of between 6:30 and 7 hours.

I attempted to give Terry a few training pointers from my own experience, called him a dumbo on a few occasions for ignoring some of them, but basically left him to make his own decisions. One thing we both agreed on, however, was that mega-distance training not only wasn't necessary but could be counter-productive. The training Terry followed was only slightly different from a standard marathon training plan, in that he tackled 2 marathons, Bathurst and Cities, at relatively relaxed pace. I told him 2:55 was too bloody fast after one of them, having advised him to aim for 3:15, but he was unabashed.

Terry accepted my advice on the value of rest, especially in the week of the race. At no time during the long lead-up to the race was he chronically tired.

The weekend before the race, we drew up an equipment list. I'm a believer in the "kitchen sink" method - you pack every conceivable thing you might need, knowing you'll only use 10 percent. The thing is, you never know WHICH 10 percent. And the day before the race, it's the SECOND who packs the car, not the runner! The runner doesn't need to know where everything is.

3 a.m. on race-day and it's time for some motivation. I have a book entitled "On The Road - The Marathon" which has on its cover the best photograph of a long-distance runner ever taken. The photographer has captured the exact moment of relaxation on crossing the finish-line, the moment of ecstasy, of release from pain. The runner's arms are half-raised, head back, eyes half-closed and looking at the sky, grimace of pain just at the point of changing into a smile of satisfaction. Half a second earlier or later and the photographer, plainly a master of his trade, would have missed it. It's highly inspirational. I inform Terry he's got to imagine himself at the finish-line, remembering this picture. In a 50-miler, you've got to BELIEVE that crossing the line is a certainty, you've got to IMAGINE yourself doing that, and you've got to WANT it. "ON THE ROAD!!!!", the title of the book, then becomes a battle-cry when you're dredging in your guts for the strength that's not there. I tell all this to Terry, but it's 3 a.m., he's just about to start his first ultra, and I'm not sure how much of it enters his skull!

4 a.m. and they're off! And so am I, roaring through Newtown with a massive convoy of vehicles. In the first 5 km, Terry has succumbed to the temptation of running too fast. He's already 3 minutes ahead of schedule and running 5:40 pace (race record pace!). "Your pace is a disaster!", I shout at him. At 10 km, he's still doing it! I shake my fist and threaten to deck him if he doesn't slow down. By Sylvania he's finally steadied down to an acceptable pace. I'm surprised to find how little spare time a second has! By the time you've walked with your runner for 100 metres or so, then got back to the car and driven another 5 km, there isn't a great deal of time to scratch your backside before you're pouring drinks and wetting sponges again.

Steady progress through Sutherland and Engadine, and Terry reaches the marathon point just south of Waterfall in 3:15. That's 5 or 10 minutes ahead

of our plan, because of the fast early pace, but Terry looks OK. But it's all new territory from here on - he's never exceeded 42.2 km before!

By 60 km, out in the sticks, it's raining in the runners' faces. I ask Terry if he'd like his lightweight jacket and his reply is really vague. It's at this point that I realise what is the REAL function of the second - the second has to take over the decision-making towards the end of the race, because the runner either doesn't want to, or can't! For the first 60 km, I've just been a drinks waiter - now I've got to start doing some real work! I give him his jacket and TELL him to put it on. He seems pleased. Why is he being polite and trying to save ME trouble? Christ, that's what I'm here for!

From now on, I make the decisions myself and don't ask him what he wants. I increase the drink/sponge stops from every 5 km to every 2.5. I'm running round like a loony. To my great surprise Terry tackles the very difficult 10 km between Bulli Pass and Mount Ousley with some grit and determination, running up most of the daunting hills where many (including myself) have walked. But at the top of Mount Ousley I check the time and realise it's going to be touch and go to get under 7 hours. We can't afford any more walking.

Half-way down Ousley, the longest downhill stretch he's ever run in his life, and he must be finding leg-muscles he never knew he had! At the foot of Ousley, I escort him across the road so that he doesn't lose any precious time. 4 km to go and 20 minutes to do it! Normally he'd kill it, but normally he hasn't done 79 km already! I tell him this is where he's got to dig in the guts, no more walking if he wants 7 hours.

I'm stopping every 1 km now, handing out drinks and sponging him down, urging, cajoling, threatening. 2 km to go, 10 minutes left! I watch him through an awkward intersection with 1 km to go, and make sure he's on the right track. I scream round the block and park quickly. 1 minute to go! Grabbing a blanket and the bag which contains Terry's track-suit, towel etc, I sprint round the corner into the mall. Without breaking step I hurl the blanket and bag at the feet of Striders O'Kane and Whitfield, and ignoring their startled looks I sprint up the mall. They can get their explanation later. Meanwhile I've got to get McIver across the line in the next 30 seconds!

We meet half-way up the mall and I'm screaming at him "Move it, you bastard!". A last-ditch effort, and he crashes across the line just as the "6" changes to a "7"! Exactly 7:00:00! Will there be a prize for the runner who finishes with a round number? If so, Terry's got a mortgage on it. He's shattered but happy. I manage to find him a shower, then get him some clean gear and pour some tea into him. What an achievement! In his first-ever ultra, Terry has finished 9th, broken the prior club record, and hit his target of 7 hours. It's been a learning experience for me too, and one that I wouldn't have missed.

THE McIVER ULTRA METHOD: HOW TO TRAIN FOR A 50-MILER ON 7.5K PER DAY

On the next page is an extract from Terry's training log. It covers the 16 weeks immediately preceding his 7-hour run in the Sydney-Wollongong 50-mile road race, his first-ever ultramarathon. All distances are recorded in kilometres, except for the two 800 metre track races.

What most ultra exponents will probably find surprising is the lack of mega-distance! At no time did Terry exceed 86 km in one week, and his average was a mere 53 km! The training principles underlying Terry's success in his debut ultra seem to be as follows:

1: REGULARITY. With only a few variances to accommodate races, you could just about set your watch by Terry's training pattern.

2: GROUP TRAINING. Four times almost every week, training with groups: Striders, Lane Cove River Runners, Hensley Veterans.

3: STARS. A good solid base of 30 km almost every weekend, usually run with the so-called "fast group", who move along at a fairly rapid pace but claim that they are easier to run with than most other groups, simply because of the regularity of their pace.

4: OCCASIONAL RACES. During this period Terry ran 2 medium-paced marathons in 3:04 and 2:55 (his PB is 2:42 for comparison), 2 fast half-marathons both in 77 mins, a fast there-and-back City-to-Surf of 28 km, the Striders' Cross-Country in 55 mins, and a Striders' 10k in 36:19. On average one race every 2 weeks, not counting track training.

5: TRACK TRAINING. Almost every Thursday without fail, a 3000m or 5000m track time-trial, flat out. The entries in the Thursday column below show the warm-up plus the distance raced. The 3000m were almost all around 9:50, the 5000m around 16:50. Terry threw in a couple of 800 metre sessions around 2:20 for sharpness.

6: 10K TRAINING RUNS. Terry's standard training run. No less than 25 of his 60 outings in the 16 weeks were 10 km or thereabouts. Pace varied from 37 to 45 minutes, usually around 41 or 42.

7: REST. 52 of the 112 days were rest days, that's 46 percent. Terry thus avoided one of the most common mistakes in training for the 50-miler: over-training and chronic tiredness. Bruce Fordyce, the great South African who has won an unprecedented 7 Comrades Marathons (90k) recommends "If in doubt, rest, and DON'T try to make up the lost distance the next day."

WEEK	SUN	MON	TUE	WED	THUR	FRI	SAT	TOT
1	-	-	-	-	3+5 Track	10	-	18
2	14 X-Country	18	10	-	3+3 Track	10	-	58
3	25 Star	7	10	-	2	-	42 Marathon	86
4	-	-	7	-	2+3 Track	10	-	22
5	30 Star	-	10	10	2+5 Track	10	-	67
6	30 Star	-	-	11	2+3 Track	10	30 Star	86
7	-	-	10	-	3+800m Track	10	-	24
8	21 Half-M'thon	-	10	-	3+3 Track	-	10 Race	47
9	30 Star	-	10	-	3+5 Track	10	-	58
10	30 Star	-	10	-	2+3 Track	-	-	45
11	36 Star	-	10	-	4+800m Track	10	-	61
12	28 City/Surfx2	-	10	-	-	-	-	38
13	42 Marathon	-	-	10	3+5 Track	16	-	76
14	32 Star	-	15	10	3+3 Track	10	-	73
15	21 Half-M'thon	-	17	10	4+5 Track	10	-	67
16	28 Star	-	-	-	-	-	-	28

16-WEEK TOTAL: 854 KM AVERAGE: 53 KM/WEEK

I believe the above is highly informative for experienced and novice 50-mile runners alike. If you doubt the efficacy of his method, look where Terry's name now stands on the all-time Striders Wollongong ladder (in this issue).

THE "GONG": COMPLETE HONOURS LIST 1982-1988

Over the years since 1982, 19 Striders have recorded a total of 32 finishes in the Sydney-Wollongong (or Wollongong-Sydney, as it was in 1983 and 1985 before it was made permanently Southbound). The following table is a complete record of those finishes. The two positions at the right of each line denote overall finishing position in the race, and position among Striders. Question marks indicate missing or partially missing information.

DATE/DIRECT'N	NAME	TIME	POSITIONS	
1988 (South)	Martin Thompson	6.37.11	5th	1st
1988 (South)	Terry McIver	7.00.00	9th	2nd
1985 (North)	Nobby Young	7.00.50	8th	1st
1985 (North)	Steve Cornelius	7.29.02	17th	2nd
1986 (South)	Cedric Sidebottom	7.32.47	9th	1st
1984 (South)	Nobby Young	7.37.??	?	1st
1988 (South)	Mike Ward	7.37.48	16th	3rd
1985 (North)	Alistair Mackie	7.41.33	21st	3rd
1988 (South)	Keith Jackson	7.42.33	18th	4th
1986 (South)	Dan Gray	7.48.25	10th	2nd
1988 (South)	Cedric Sidebottom	7.51.27	21st	5th
1987 (South)	Graham Firkin	7.52.54	14th	1st
1984 (South)	Dan Gray	7.55.??	?	2nd
1988 (South)	Graham Firkin	7.58.19	24th	6th
1987 (South)	Keith Jackson	8.01.49	17th	2nd
1985 (North)	Graham Firkin	8.12.24	35th	4th
1988 (South)	Brian Colwell	8.14.38	26th	7th
1983 (North)	Steve Cornelius	8.21.19	23rd	1st
1988 (South)	Jack Woodward	8.22.02	29th	8th
1983 (North)	Dave Williams	8.22.22	24th	2nd
1987 (South)	Jack Woodward	8.27.15	21st	3rd
1986 (South)	Graham Firkin	8.32.11	15th	3rd
1984 (South)	Steve Cornelius	8.41.17	24th	3rd
1983 (North)	Laurie King	8.49.00	?	3rd
1987 (South)	Brian Tailford	8.51.38	21st	4th
1987 (South)	Brian Colwell	8.57.35	30th	5th
1984 (South)	Bryce Courtenay	9.29.??	?	4th
1986 (South)	Grahame Deacon	9.29.47	34th	4th
1984 (South)	Brenda Hamill	9.33.00	1stF	5th
1986 (South)	Steve Cornelius	9.50.48	36th	5th
1985 (North)	Grahame Deacon	10.23.16	59th	5th
1982 (South)	Derek White	13.35.40	?	1st

JUST IN CASE McIVER MISSED IT:

Liverpool 1 Newcastle 2,

SYDNEY TO WOLLONGONG RELAY RESULTS
by Steve Nordish.

	Individuals			Teams Male	
1	Jeff Hill	5.52.47	1	Sutherland Athletic Club	4.40.42
2	Carl Baker	5.53.13	2	East Nol Mens	4.53.17
3	Owen Tolliday	6.10.57	3	Sydney Striders A	4.55.07
	Striders			**Teams Female**	
5	Martin Thompson	6.37.11	1	Billys Bushes Ladies	6.22.10
9	Terry McIver	7.00.00	2	Bushies Pussies	7.21.18
16	Mike Ward	7.37.48	3	Billys Bushes Beauties	7.21.55
18	Keith Jackson	7.42.33			
21	Ced Sidebottom	7.51.27		**Teams Mixed**	
24	Grahame Firkin	7.58.19			
26	Brian Colwell	8.14.38	1	Woodstock Nol Mixed	5.11.49
29	Jack Woodward	8.22.02	2	Easts Mixed	5.20.09
			3	Sydney Striders	5.31.56
				Other Striders	
				Striders "B" (11)	5.20.42
				Striders "C" (16)	5.31.56
				Striders "E" (29)	6.12.26
				Striders "D" (30)	6.12.30

A record number of 53 teams passed batons to one another for 51.5 miles again in the annual Sydney to Wollongong Relay Race. All striders who completed excelled themselves with highlights of the day being.

1. Striders "A" Mens Team running 3rd (up from 4th last year) and breaking 5 hours.

2. Striders "C" Mixed Team running 3rd (two minutes faster than last year).

3. All Striders Teams finishing in the top 30.

4. Tina Campbell running 2 legs (not to be confused with running WITH TWO LEGS). Although she wouldn't admit to which one was the training run and which one was the real thing (thanks Tina ed).

5. Terry McIver continually getting in the way at Relay changeover points and complaining that the rain was ruining his new Tres Chic Haircut.

I would urge any female strider reading this article to give next years Relay Teams some consideration as I'me sure we can be very competitive in the Mixed and Female catergories. Thanks Brian, Thanks Marg.

The Race Co-Ordinator apologises for the omission of individual leg times but he found it difficult to be in 17 different places at 14 different times.

Striders Sydney to Wollongong Relay Teams

Striders "A" TEAM (MEN): Evan Miller, John Sauer, Scott Lawrence, Mike Billinghurst, Phil Garvin.

Striders "B" TEAM (MEN): Alex Whitworth, Don Price, Bill Flanagan, Noel Barton, Anthony Scott.

Striders "C" TEAM (MIXED): Malcolm Satchell, Tina Campbell, Cameron Osborne, Dorothy Siepman, Geoff Gissing.

Striders "D" TEAM (MIXED): Nobby Young, Margaret Robinson, John Marsden, Tina Campbell, Heiner Huning.

Striders "E" TEAM (MEN): Ewen Thompson, Van Davy, Kevin O'Kane, Ian Whitfield, Roger Rigby.

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

FIRKO GRABS THE ELUSIVE "200K": CAMPBELLTOWN 24-HOUR

by Steve Cornelius

Striders club history was made at about 10.45 a.m. on Sunday 9th October 1988 at Campbelltown, when Graham Firkin claimed yet another record to add to his impressive tally - he became the first Strider to exceed 200 km in 24 hours. In doing so, he exceeded Dan Gray's record of 198.571 km by just over 3 km.

Firko had worked hard and steadily all night in less than ideal conditions for his triumph, at the Campbelltown Mall 24-Hour Track Race. The grass track contained no straights to relieve the constant strain of running on a curve, and there was even a slight hill on one side to add to the difficulty. Campbelltown also turned on some extremes of cold and heat during the 24 hour period. Firko, however, was very resolute about his goal.

It was an emotional moment for Firko and his wife Barbara as he crossed the line at the end of 500 laps of the oval, with about 15 minutes to spare. He strolled a few more laps before the gun fired at the end of 24 hours, but the final total didn't matter - the "200", which has eluded the most determined efforts of all Striders in the past, was his target, and afterwards Graham offered the opinion that he may not do another 24-hour race. "I couldn't see myself beating 200 by much", he commented. I guess we'll wait and see.

Congratulations are also in order for Barbara, who has supported Graham throughout all his ultras, and for the Striders who worked on his support crew at Campbelltown - Steve Nordish, Margaret Robinson and Brian Colwell.

Firko's record effort was only topped by one other runner in this race - a superhuman 232.960 km by Victorian Brian Smith. Smith, first Australian to reach Melbourne in this year's Westfield Run, was a runaway winner at Campbelltown. Firko's 201.790 km placed him 2nd, while Bruce Donnelly, a first-timer at 24-hours, recorded 198.140 for 3rd place. The women's race was won by Georgina McConnell, breaking her own NSW record with 172.910 km.

Many of the names in the results list will be familiar to Striders who had any involvement with our own 24-Hour Track Race in May. Frank Kelly, two-time winner of the Striders' race, was forced to retire from the Campbelltown event with an injury while in 2nd position.

1	Brian Smith	232.960	17	Ernie Cattle	139.840
2	GRAHAM FIRKIN	201.790	18	Norman Johnston	138.530
3	Bruce Donnelly	198.140	19	Keith Fisher	137.710
4	Pat Farmer	188.180	20	Louise Gladwell	136.910
5	Bob Fickel	182.400	21	Dave Taylor	128.910
6	Steve Grant	175.330	22	Bruce Adams	128.630
7	Tony Collins	174.970	23	Mark Gladwell	122.510
8	Kevin Mansell	173.750	24	Dallas Earsman	113.370
9	Georgina McConnell	172.910	25	Graham Wilkinson	100.800
10	Lindsay Phillips	171.350	26	Errol Smith	100.400
11	Ralf Bristow	168.140	27	Grahame Townsend	92.400
12	Rob Channells	165.840	28	Robyn Davies	90.000
13	Wanda Foley	163.100	29	Frank Kelly	86.800
14	Eduardo Vega	155.700	30	Keith O'Connell	69.600
15	Val Warren	144.910	31	Col McDonald	54.520
16	Mick Connor	141.510	32	Frank Pearson	26.000

SYDNEY STRIDERS CLUB ENTERS NEW ERA

DATE: THURSDAY 27 OCTOBER 1988.

TIME: 1800 HOURS.

PLACE: HENSLEY ATHLETIC FIELD, PAGEWOOD, SYDNEY.

This evening marked the beginning of a new era for Sydney Striders Road Runners° Club. Roared on by an enthusiastic crowd of spectators, three members of the club performed an unprecedented feat in the weekly 1-mile track time-trial organised by the NSW Veterans here at Hensley Field.

David Sill, Ewen Thompson and George Lisson took out 1st, 2nd and 3rd in this event, achieving the "clean sweep" or "shut-out" which some observers of the athletic scene had claimed was impossible for members of what had until recently been a specialist marathon club.

Hardened, cynical campaigners like Cedric Sidebottom and Steve Cornelius openly wept to see their clubmates achieve such a glorious victory, while the exhausted but ecstatic trio jumped for joy at the thought of their names appearing in the paper the next day.

"Bill Flanagan and Terry McIver were right all along", gasped Sill after the race. "It IS possible to run Sydney-to-Wollongong on training of only 10k a week, as long as the 10k is FLAT OUT!".

Thompson and Lisson both agreed that the major stimulus driving them on during the race had been the thought of the glory they would be bringing to their club, but Thompson was heard to mutter, almost as an aside, "If an old slouch like Cornelius can get his name in the paper, any bastard can".

Wild celebrations were rumoured to have gone on well into the early hours of the next morning following this famous victory, and various city business houses, the SRA and Australia Post reported high absentee rates on the Friday.

For the archives, here are the official results:

WARATAH at Hensley Field:

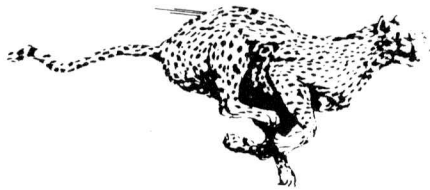
1 mile: D Sill 5m04s E Thompson G Lisson.

RACE RESULTS.

STRIDERS' INTERNAL HALF-MARATHON, CENTENNIAL PARK, 4 SEPT 88

1	David Winch	70.43		21	Graham Firkin	87.27	
2	Phil Garvin	71.23		22	Tony Crosby	87.33	
3	John Sauer	72.32		23	Jeff Burgess	87.38	
4	Evan Millar	74.42		24	Rod Garrick	87.45	
5=	Anthony Scott	75.10		25	Jack Woodward	88.11	
5=	Don Price	75.10	1Vet	26	John Ayliffe	89.20	
7	Jeff Gissing	76.15		27	Mike Foster	89.37	
8	Terry McIver	77.03		28	Noel Barton	89.52	
9	Alex Whitworth	77.51		29	Brent Waters	90.47	
10	Warwick Selby	78.04		30	Roger Rigby	91.27	
11	John Hamilton	80.17		31	Paul Lunsmann	92.00	
12	Malcolm Gunning	80.25		32	Heiner Huning	93.30	
13	Harvey Blue	82.42	1Master	33	Dan Gray	93.51	
14	Jon Marsden	83.45		34=	Tina Campbell	94.22	1F
15	Stephen Burke	84.21		34=	Van Davy	94.22	
16	John Turner	84.23		36	Margaret Robinson	97.19	2F
17	George Lisson	85.32		37=	David Sill	101.46	
18	Nobby Young	86.06		37=	Graham Butler	101.46	
19	Paul Russell	86.20		39	Mavis Garrick	106.51	3F
20	Peter Cobley	87.03		40	Adrian Kol	118.19	

Non-members: Kevin Healey 90.47, Sue Griffiths (since joined) 102.02
DNF: Mike Billinghurst, Wayne McCarthy, Owen Denmeade, Cameron Osborne
Thanks to: Kevin O'Kane (organiser), Barbara Firkin (hospitality), Ross Betts (photographer), all volunteer race officials.



MISCELLANEOUS RESULTS

Ross Betts	Cities Marathon	21 Aug	3.23.28 PB
Rick Bromley	Taren Point 10k Road Race	17 Apr	32.40 8th
	Anzac Marathon	25 Apr	2.36.17 17th
	NSW State 12k Cross-Country	21 May	43.29 38th
	NSW State 15k Road Race	31 Jul	48.39 20th
Tina Campbell	Bicentennial 10k Parramatta	16 Oct	40.13 1st Vet
Brian Colwell	Cities Marathon	21 Aug	3.27.24
	Bathurst 50-Miler	3 Sep	8.22.18
	Sri Chinmoy 100km Track Race		11.23.51
Robert Donaldson	Cities Marathon	21 Aug	3.11.11 PB

MISCELLANEOUS RESULTS CONTINUED

Alf Field	Anzac Marathon	25 Apr	3.06.48	
	Gold Coast Marathon	24 Jul	3.09.01	
	Cities Marathon	21 Aug	3.11.15	
Ivan Freys	Cities Marathon	21 Aug	3.40.50	
Rod Garrick	Combination Marathon	17 Jul	3.32.59	PB
Tony Harris	Cities Marathon	21 Aug	3.42.26	
Merri Mack	Bicentennial 10k Parramatta	16 Oct	43.50	48th
Terry McIver	Bathurst Marathon	18 Jun	3.04.56	
	Cities Marathon	21 Aug	2.55.24	
Steve Nordish	Kempsey Marathon	12 Jun	3.11.11	PB
John Plummer	M'thon Clinic Half-Marathon	11 Sep	1.35.14	(Age 60)
Ray Skinner	Anzac Marathon	25 Apr	2.55.57	
	Gold Coast Marathon	24 Jul	2.57.49	
Dale Thompson	Bicentennial 10k Parramatta	16 Oct	43.02	36th
Linda Thompson	Bicentennial 10k Parramatta	16 Oct	37.30	8th
John Whealy	Cities Marathon	21 Aug	3.12.51	PB
Derek White	Sutherland Half-Marathon	26 Jun	1.29.51	
	NSW Vets 12k Cross-Country	3 Jul	54.00	3rd Over 60
	Sutherland to Surf 11k	24 Jul	43.23	1st Over 60
	NSW Vets 25k Road Champs	28 Aug	1.49.58	2nd Over 60
	Bondi Diggers 10k	11 Sep	43.52	1st Over 60
Dave Williams	Combination Half-Marathon	17 Jul	1.42.52	
	City-to-Surf	14 Aug	56.35	PB

THE FOLLOWING RESULTS WERE UNCONFIRMED, UNOFFICIAL, INEXACT OR SUFFIXED BY QUESTION MARKS. RESULTS ARE NOT ENTERED ON MARATHON LADDER, NOR COUNTED FOR PRIZES OR AWARDS, NOR USED IN HANDICAP CALCULATIONS, UNTIL CONFIRMED. WOULD THEIR OWNERS PLEASE CONFIRM WITH STEVE CORNELIUS 427-3604, OR DROP HIM A LINE AT 41 GARLING ST, LANE COVE 2066.

Phil Garvin	Melbourne Marathon	9 Oct	2.30.00??	
Martin Thompson	Cities Marathon	21 Aug	?.??.??	4th
Mike Ward	Cities Marathon	21 Aug	3.08.00??	
Mike Ward	Melbourne Marathon	9 Oct	3.04.00??	
David Winch	Cities Marathon	21 Aug	2.30.00??	1st

A FEW THOUGHTS RANDOM ABOUT THE GAMES OLYMPIC
by Steve Cornelius

The Olympics with us again, already! It seems such a short time since we marvelled at Los Angeles' crass attempt to totally fill an athletics stadium with grand pianos. And lo! this time the rare joy of witnessing a major sporting event via satellite WITHOUT the necessity of hauling yourself out of bed at 3 a.m.! Bless Captain Phillip for his foresight in locating the penal colony in the same time-zone as Seoul.

And for the first time since 1976, a full complement of the world's greatest athletes, some admittedly assisted by lord knows what chemicals, but nevertheless THERE and competing. A welcome change from the you-didn't-come-to-OUR-party-so-we-won't-come-to-yours fiascos we've been used to.

So which events did you get to see most of? Track and field? Cycling? Boxing maybe? For me, it was the ads. I don't know if your TV set's the same, but mine had an intermittent fault which caused advertisements to cut in over the top of the action for about twelve minutes out of every sixty. So I missed out on about 20 percent of the action, every day from the opening ceremony through to the marathon, and not a darn thing I could do about it. Kicked the set, phoned Channel 10, called at least 4 repair-men. No bugger knew how to fix it.

And boy, were there some purlers of ads during the Olympics. But one stood out from the crowd, one of those ads you love to hate, right up there setting your teeth on edge with Mrs Marsh and Rita the Eta Eater and the pervert who invites little visitors into his toilet. You know, the kind of ad which gets its message through so well, it makes you want to cleave your receiver in twain with an axe, or take a rifle and run amok in a shopping centre.

Yes, the Commodore V6. This was the ad which should get an award for the most overstated attempt at understatement in the history of advertising. "Five years from the ground up ...." (pregnant pause, adopts deep, proprietary-sounding macho tones) ".... I know every bolt in that thing ...." (teeth clenched, eyes modestly raised, hint of Mona Lisa smile) ".... We lerv ut ..." (long, long, very pregnant) ".... we lerv ut ....". NO, NO, NOT AGAIN! OK, YOU LERV UT! JUST GO AWAY AND STOP TELLING US HOW MUCH YOU LERV UT. Splintering sound as axe hits top of TV, deafening crash as tube implodes, screams as shards of glass bite into flesh.

Dangerous game, criticising advertisements in Sydney Striders' magazine. Odds are about 5 to 1 on that the cretin who wrote it is a Strider himself, or gets paid by a Strider. Well, if you're out there reading this, here's an idea. Instead of going to the enormous cost of producing the overstated understatement, couldn't you have simply displayed the following message for 30

seconds: "Holden realise they made an utter cock-up when they introduced the original Commodore and expected it to compete with the Falcon. It was too bloody small. Now they've made Commodores MUCH bigger. Buy one."

Anyway, back to the Olympic action. Where were we? Oh yes, crass. We were talking about crass. Well, if we weren't, we are now. There was another intermittent fault on my screen. It was called Mike Gibson. And it seemed to think that anyone without an Anglo-Celtic name was fair game for a volley of piss-extraction, to the exclusion of educated sporting comment and opinion. It had a field-day with the unfortunate Chinese competitor Loo Yah Ping, making big use of reference to plumbing, flushing etc. And the East European swim-relay teams whose four members all had names ending in -ova fair reduced it to tears. Talk about cultural cringe.

Got news for Gibbo. He, and his miserable team of cringers, missed the biggest one of all. They could have really gone to town on this one, but in a moment of weakness they preferred the ubiquitous "we'll take a break" when they could have stayed on air for just 12 more seconds and witnessed the marathon finish of .... wait for it .... BIGBOY JOSIE MATLAPENG, from Botswana. Don't believe me? Here it is, direct from the Herald the following day:

Terzi, (Turk), 2:20:12, 33 Kevin Forster, (Brit), 2:20:45, 34 Bigboy Josie Matlapeng, (Botswana), 2:20:51, 35 Allaoua Khellil, (Alg), 2:21:12, 36 Justin Gloden, (Lux), 2:22:14, 37

Poor old Gibbo. His bantering style of know-nothing pseudo-coverage, which would have made Nugget May look like the Encyclopaedia of Sport in comparison, could have topped off a momentous fortnight on the ultimate high spot. Try to imagine what he could have done with a name like BIGBOY. "Ha ha ha. Caused quite a stir in the women's dorms at Olympic Village, I reckon, ha ha ha." Ad nauseam. But as usual he preferred not to do his homework, didn't study the entry lists, and missed out. So as Britain's Kevin Forster in 33rd crossed the line, it was time to be regaled with another batch of "We lerv ut's" instead.

Good thing the Korean TV director didn't flash Brad Camp's name on the screen in the City-to-Surf format (surname first) highlighted by Turner John in the last Blister. "Ha ha ha. Camp Brad. Whadja reckon, fellas? Ha ha ha." Spare us, please.

Not a bad run, either, from old Bigboy. I'd certainly be well pleased with a 2:20:51. Couldn't believe some of the ones at the tail end, but. For example 98th and last finisher Polin Belisle in 3:14:02. God, that's almost 20 minutes outside MY P.B.! And Strider Alan Phillips might be forgiven for feeling cheated out

of a place in the field, because 3:14:02 happens to be exactly his P.B.! Polin's from Belize, in Central America, which has a population about the size of Lane Cove West and one decent marathoner, Polin Belisle. Seeing that, of course, tends to draw the eye back to all those others who couldn't even beat Powder-Puff Cornelius' P.B. There were nine of them altogether. Don't believe me? Here they are, direct from the Herald the following day:

90 James Walker, (Guam), 2:56:32, 91 Mohiddin moh Kulmiye, (Somalia), 2:58:10, 92 Jackson Fred Ogwang, (Uganda), 2:59:35, 93 Naser Babapur, (Iran), 3:00:20, 94 Ricardo Taitano, (Guam), 3:03:19, 95 Suma Keita, (Sierra Leone), 3:04:00, 96 Alassane Bah, (Guinea), 3:06:27, 97 Thuyet Nguyen Van, (Viet), 3:10:57, 98 Polin Belisle, (Belize), 3:14:02.

Watching the spectacular closing ceremony, Sally and I made a promise to ourselves to be in Barcelona in 1992 at all costs. I don't care HOW humble I've got to be in my bank manager's office, we're going to Barcelona. But what Sally doesn't yet know is that I'm in with a big chance of going not as a spectator, but as a COMPETITOR! Yes, I'll be running in the marathon. Unfortunately Lane Cove West isn't a sovereign state in its own right (yet), otherwise I'd probably have a show of representing them. But I've already made enquiries about taking out Belize citizenship, and if that turns out to be impossible, all I've got to do is find some other place with (a) a very small population, (b) not many marathoners, and (c) a not-too-choosy Olympic selection committee. Andorra would probably fit the bill, or Cayman Islands or one of the Antarctic Territories. If all else failed, the Vatican City shouldn't be too flush with crash-hot athletes.

What else happened in Seoul? Oh yes, the folk-dancing. There used to be a popular game called volleyball in the old days, which was a fully accredited Olympic sport, but it didn't have a lot of spectator appeal, so its practitioners decided on a ruse to tart it up somewhat for the viewers. The idea is that if you win a point, each team member has to raise both hands and make sure he/she touches the hands of every other member of the team. You mustn't smile or show any emotion while doing it, nor must you miss anyone out, or the whole fatuous routine has to start over. This involves an elaborately-choreographed dance-routine around the court, practice for which must take five times as long as the game itself. This routine has now proven so time-consuming that the game has become irrelevant, and will be abandoned in 1992 in favour of this new style of folk-dancing.

Barcelona, here we come!

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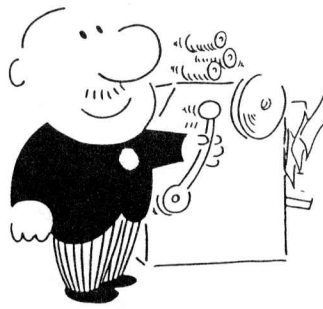

P.S. We can boast the same for our photocopying departments, so if you only want one or two copies of that manual, letter or report, come to Posh for clear clean copies quickly!

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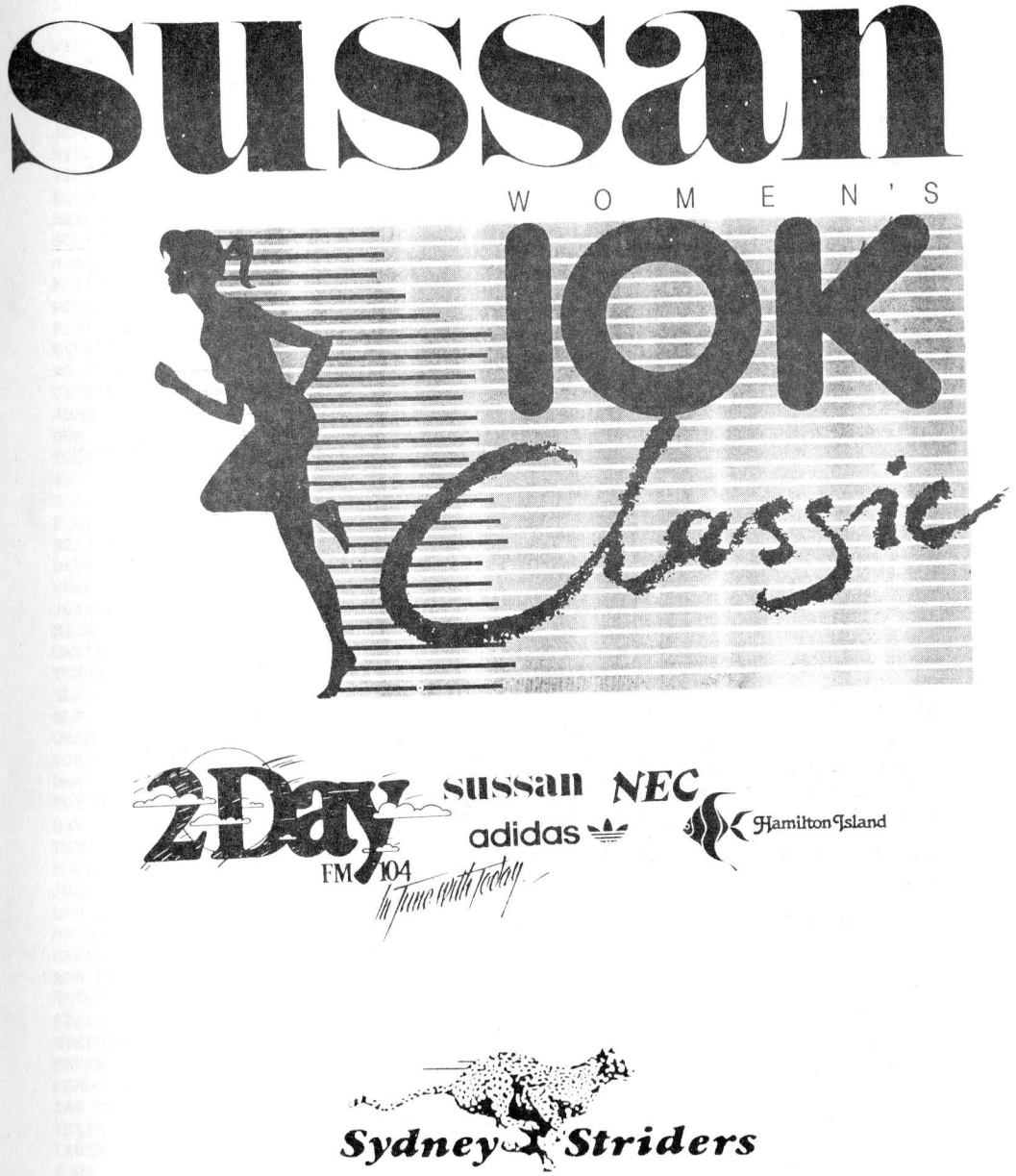
HALF MARATHON LADDER FOR 1988 ONLY.

Includes performances recorded before joining.

DAVID WINCH	1.09.32	LANE COVE PARK	8803
PHIL GARVIN	1.09.38	LANE COVE PARK	8803
JOHN SAUER	1.12.32	CENTENNIAL PARK	8809
RICHARD BROMLEY	1.12.56	HOLDSWORTHY	8807
EVAN MILLAR	1.14.42	CENTENNIAL PARK	8809
GEOFF COX	1.14.58	BATHURST	8806
DON PRICE	1.15.10	CENTENNIAL PARK	8809
ANTHONY SCOTT	1.15.10	CENTENNIAL PARK	8809
JEFF GISSING	1.16.15	CENTENNIAL PARK	8809
TERRY MCIVER	1.17.03	CENTENNIAL PARK	8809
DAVID SILL	1.17.32	HOLDSWORTHY	8807
ALEX WHITWORTH	1.17.51	CENTENNIAL PARK	8809
WARWICK SELBY	1.18.04	CENTENNIAL PARK	8809
IVAN FREYS	1.19.53	LANE COVE PARK	8803
JOHN HAMILTON	1.20.17	CENTENNIAL PARK	8809
BRET NICHOLS	1.20.21	LANE COVE PARK	8803
MALCOLM GUNNING	1.20.25	CENTENNIAL PARK	8809
CHARLES COVILLE	1.20.29	LANE COVE PARK	8803
WILLIAM THOMPSON	1.20.46	HOLDSWORTHY	8807
MICHAEL GRIMM	1.21.53	STRIDERS° OPEN	8803
LINDA THOMPSON	1.22.18	HOLDSWORTHY	8807
STEVE CORNELIUS	1.22.40	LANE COVE PARK	8803
NOEL BARTON	1.22.40	LANE COVE PARK	8803
HARVEY BLUE	1.22.42	CENTENNIAL PARK	8809
EWEN THOMPSON	1.23.33	HOLDSWORTHY	8807
JONATHON MARSDEN	1.23.45	CENTENNIAL PARK	8809
RAYMOND SKINNER	1.24.01	LANE COVE PARK	8803
STEPHEN BURKE	1.24.21	CENTENNIAL PARK	8809
JOHN TURNER	1.24.23	CENTENNIAL PARK	8809
MIKE WARD	1.25.11	HOLDSWORTHY	8807
JAMES MCDONNELL	1.25.12	SUTHERLAND	8806
GEORGE LISSON	1.25.32	CENTENNIAL PARK	8809
NOBBY YOUNG	1.25.37	LANE COVE PARK	8803
DAN GRAY	1.25.38	LANE COVE PARK	8803
MIKE FOSTER	1.26.07	LANE COVE PARK	8803
IAN SINGER	1.26.16	LANE COVE PARK	8803
MICHAEL OAKLEY	1.26.18	LANE COVE PARK	8803
PAUL RUSSELL	1.26.20	CENTENNIAL PARK	8809
HEINER HUNING	1.26.34	LANE COVE PARK	8803
TINA CAMPBELL	1.26.45	LANE COVE PARK	8803
BILL FLANAGAN	1.26.46	LANE COVE PARK	8803
PETER COBLEY	1.27.03	CENTENNIAL PARK	8809
GRAHAM FIRKIN	1.27.27	CENTENNIAL PARK	8809
TONY CROSBY	1.27.33	CENTENNIAL PARK	8809
JEFF BURGESS	1.27.38	CENTENNIAL PARK	8809
ROD GARRICK	1.27.45	CENTENNIAL PARK	8809
GRAEME DONALD	1.28.00	STRIDERS° OPEN	8803
JACK WOODWARD	1.28.11	CENTENNIAL PARK	8809
JOHN WHEALY	1.28.19	HOLDSWORTHY	8807
ALF FIELD	1.28.53	LANE COVE PARK	8803
ROGER CROFT	1.29.00	LANE COVE PARK	8803

ROBERT DONALDSON	1.29.09	HOLDSWORTHY	8807
JOHN AYLIFFE	1.29.20	CENTENNIAL PARK	8809
BILL WHITE	1.29.42	LANE COVE PARK	8803
DEREK WHITE	1.29.51	SUTHERLAND	8806
KEVIN O°KANE	1.30.18	LANE COVE PARK	8803
BRENT WATERS	1.30.47	CENTENNIAL PARK	8809
TERRY BAILEY	1.30.49	HOLDSWORTHY	8807
DOROTHY SIEPMANN	1.31.06	SUTHERLAND	8806
ROGER RIGBY	1.31.27	CENTENNIAL PARK	8809
PAUL LUNSMANN	1.32.00	CENTENNIAL PARK	8809
STEPHEN ROACH	1.32.12	HOLDSWORTHY	8807
STEVE NORDISH	1.32.50	LANE COVE PARK	8803
ROSS BETTS	1.33.24	LANE COVE PARK	8803
BRUCE MURRAY	1.33.30	LANE COVE PARK	8803
RAY REID	1.33.57	LANE COVE PARK	8803
GARY POOLE-GLEED	1.34.00	CANTERBURY U.K.	8805
VAN DAVY	1.34.22	CENTENNIAL PARK	8809
BRIAN TAILFORD	1.34.38	LANE COVE PARK	8803
GRAHAM BUTLER	1.34.39	LANE COVE PARK	8803
JOHN PLUMMER	1.35.14	MARATHON CLINIC	8809
RICHARD THOMAS	1.36.34	STRIDERS° OPEN	8803
LEO LEADER	1.37.05	LANE COVE PARK	8803
MARGARET ROBINSON	1.37.19	CENTENNIAL PARK	8809
IRWIN LIGHT	1.37.45	LANE COVE PARK	8803
GERRY PHIPPS	1.38.41		8706
GAVIN MORISSET	1.39.22	LANE COVE PARK	8803
LESLEY LEAR	1.40.16	LANE COVE PARK	8803
EDWINA MACARTHUR	1.41.27	LANE COVE PARK	8803
JOHN TURTON	1.41.38	MAGNOLIA RSA	8803
SUSAN GRIFFITH	1.42.02	CENTENNIAL PARK	8809
BRYCE COURTENAY	1.42.25	LANE COVE PARK	8803
MERRI MACK	1.42.52	HOLDSWORTHY	8807
DAVID WILLIAMS	1.42.52	HOLDSWORTHY	8807
CECILY WILLIAMS	1.43.58	LANE COVE PARK	8803
DAVID BARWICK	1.44.01	SUTHERLAND	8806
MALCOLM BOURKE	1.45.00	STRIDERS° OPEN	8803
MAVIS GARRICK	1.46.51	CENTENNIAL PARK	8809
BARRY JONES	1.47.01	LANE COVE PARK	8803
SUE HILL	1.47.29	LANE COVE PARK	8803
JOSEPH BAILLIE	1.47.43	LANE COVE PARK	8803
WILLIAM BLECHA	1.48.12	LANE COVE PARK	8803
VIRGINIA CLARK	1.50.07	HOLDSWORTHY	8807
DAWN WOODWARD	1.51.08	LANE COVE PARK	8803
MICHAEL BLACKWELL	1.54.16	LANE COVE PARK	8803
ADRIAN KOL	1.57.28	HOLDSWORTHY	8807
LES GIESLER	1.57.35	STRIDERS° OPEN	8803
GRAEME HUGHES	1.58.15	LANE COVE PARK	8803
JOHN WRIGHT	1.59.28	LANE COVE PARK	8803
BRYAN HOLLIDAY	2.01.22	LANE COVE PARK	8803
PAUL PORTA	2.09.00	STRIDERS° OPEN	8803
CHRISTOPHER BARTON	2.09.57	HOLDSWORTHY	8807
PATTI BURKE	2.20.00	LANE COVE PARK	8803
ALAN TONGE	2.35.05	STRIDERS° OPEN	8803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WOMEN'S

Classic

MARATHON LADDER
AS AT 7TH NOVEMBER 1988.

As mentioned in the previous edition, WE NEED YOU TO REPORT YOUR RACE RESULTS if features like marathon and half-marathon ladders are to mean anything, and if race handicaps are to be realistic and fair. The response to this has been good, but there are still many members who are not keeping us informed. We know of one member who recently WON a marathon outright, in the fastest time yet run by a Strider this year, but this result cannot appear in the Marathon Ladder because we have been unable to obtain the accurate time.

WE NOW HAVE 2 STRIDERS' RESULTS HOTLINES: Phone Steve Nordish on 76-8407 or Nobby Young on 816-2017 and report your race results on the answering machines. They will ensure the information is entered into our computer database. Or if you wish, call Steve Cornelius direct on 427-3604. Don't miss out on a trophy or award next February just because we didn't hear of your efforts. If you see anything incorrect in one of these ladders, or if information is missing, give us a call.

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 07/10/88, the second denotes age at which the personal best was achieved.

NAME	CAT	<-----BEST AS A STRIDER----->			<-BEST PRIOR TO JOINING->
PHIL GARVIN	PP	2.21.56	BATHURST	07/86	
DAVID WINCH	PO	2.33.25	BATHURST	06/88	
RICHARD BROMLEY	OO	2.36.17	ANZAC	04/88	2.32.16 GOLD COAST '84
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	PO	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	

NAME	CAT	<-----BEST AS A STRIDER----->			<-BEST PRIOR TO JOINING->
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
RAYMOND SKINNER	VV	2.55.57	ANZAC	04/88	
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	
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	
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	3.06.48	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	
BOB MANN	VV	3.10.27	AUSTRALIAN	06/83	
HARRY TURNER	VV	3.10.53	AUSTRALIAN	06/84	
STEVE NORDISH	PP	3.11.11	KEMPSEY	06/88	
STEPHEN ROACH	PP	3.11.16	AUSTRALIAN	06/86	
PETER KEEBLE	MM	3.11.49	F/CITY ADELAIDE	09/84	
WENDY DOWNES	VVF	3.11.56	ANZAC DAY	04/87	
IAN NEWLANDS	VV	3.12.20	CANBERRA	04/84	
KEITH JACKSON	PP	3.12.27	COMBINATION	07/87	
IRWIN LIGHT		3.12.31	AUSTRALIAN	06/84	3.10.38 BLUFF, RSA '77
JOHN WHEALY	VV	3.12.51	CITIES	08/88	

NAME	CAT	<-----BEST AS A STRIDER----->			<-BEST PRIOR TO JOINING->		
JACK WOODWARD	VV	3.12.54	ANZAC	04/88			
TONY CROSBY	VV	3.13.02	WORLD VETERANS	12/87			
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	VPF	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			
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			
ROSS BETTS	VV	3.23.28	CITIES	08/88			
BRENDA HAMILL	VPF	3.23.38	SYDNEY	09/83			
DAVID DUNSTALL	VV	3.24.00	CANBERRA	04/87			
BILL WHITE	VV	3.25.09	MELBOURNE	10/85			
GREG PROWSE	VP	3.26.15	AUSTRALIAN	06/85			
GEOFF COX	OO	3.27.26	HARBORD DIGGERS	04/81			
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
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			
ROD GARRICK	MM	3.32.59	HOLDSWORTHY	07/88			
MALCOLM MCDONALD	VP	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
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			

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

NAME	CAT	TIME	PLACE/YEAR
GEOFFREY NICHOLSON	PO	2.20.30	PT COOK VIC '76
FRED HOWE	MP	2.22.18	MELBOURNE '65
MARTIN THOMPSON	VP	2.28.07	POLYTECHNIC UK '77
DAVID ROBINSON	VJ	2.36.06	KENYA '63
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
SCOTT MCKENNA	OO	2.50.00	SCOTLAND '85
MICHAEL BILLINGHURST	OO	2.50.50	LONDON '82
CHARLIE LYNN	VV	2.51.06	AUSTRALIAN '85
STEPHEN BURKE	OO	2.54.08	CANBERRA '87
JOHN TURTON	VP	3.01.08	UMFOLOZI RSA '77
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
ROBERT DONALDSON	PP	3.11.11	CITIES '88
KEVIN ELEY	PP	3.19.00	HARBORD DIGGERS '80
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
VAN DAVY	VV	3.45.00	AUSTRALIAN '87
VAL MORRISON	PPF	3.47.50	MELBOURNE '83
DAVID BARWICK	VV	3.56.00	SYDNEY '87
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

STRIDERS IN TRAINING

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	The Runners Shop Randwick 38 Frenchmans Rd Randwick	Randwick-Clovelly then either: 1) Left to Bronte, Tamarama, Bondi or 2) Right to Coogee and Maroubra
CORPORATE CUP Michael O'Mara Vic Anderson 228-8225	Every second Wed. between 12.05 pm & 1.15 pm	Domain, South of Art Gallery	Domain, along water front in Botanic Gardens to steps opposite Opera House and return
L/COVE RIVER RUNNERS Ewen Thompson H: 427-3834	Tues. 5.30 pm and Fri. 5.30 pm	Lane Cove River Park. Fullers Bridge Entrance	South of River. Fullers Bridge to Ryde Rd & return
VETERANS TIME TRIALS Bill Flanagan H: 661-4451	Thurs. 5.45 pm	Hensley Park; Pagewood	Track followed by additional track or road. Matra--ville & Botany.
NORTHS RUGBY RUNNERS Bryce Courtenay B: 922-6877	Mon to Thur: group run. Friday: race. 12.15 pm 10k.	Northern Suburbs Rugby Club, Alfred St. North, North Sydney	To Mosman Bay or across Harbour Bridge to Millers Point.
WOODSTOCK RUNNERS Kerry Bray H:744-9835 B:569-9428	Tues: all groups 6 pm. Thur: 6 pm. Sat: 8 am.	Tues: Woodstock Centre, Church St, Burwood. Thur:Camp--bell Fld,Princess St,Canterbury.Sat: Brett Pk,Drummoyne	Tues: Road runs. Thurs: Intervals & races on grass oval track. Sat: Iron Cove Bay Run.
TURRAMURRA TROTTERS Alan Cole H: 46-3731. Bruce Murray: H:489-6413.	Sat. 6.50 am	Turramurra Station Car Park (off Eastern Road)	Course starts at 6.5k & builds up progressively to 15.1k. Turramurra, Wahroonga,Waitara, and Hornsby.
WESTERN DISTRICTS JOGGERS & HARRIERS Keith Gillies: H:77-8674.	Sat. 7.30 am (1st Saturday each month start 7.00am)	Lake Gillawarna, Henry Lawson Drive (opp. Ashcroft St), Georges Hall	Through Gillawarna Park

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