

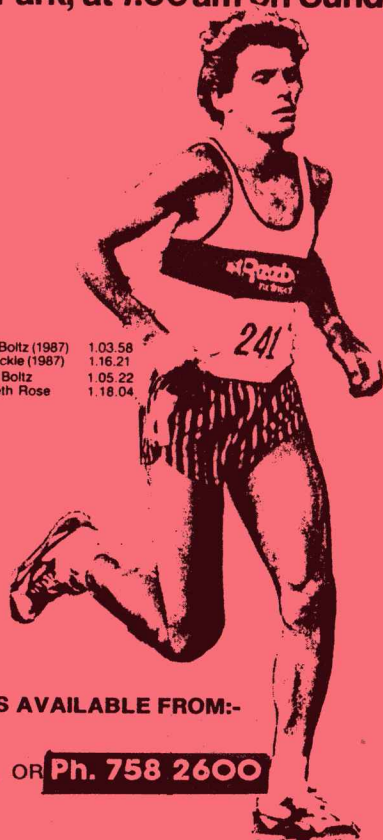


NEW
Canterbury
Mazda

Half Marathon

A.A.U. Race Permit No. 3/27.89

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



Course Records: Danny Boltz (1987) 1.03.58
Tani Ruckie (1987) 1.16.21
1988 winners: Danny Boltz 1.05.22
Elizabeth Rose 1.18.04

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- OVER \$4,000 IN PRIZEMONEY AND AWARDS INCLUDING FIRST \$500 SECOND \$300, THIRD \$150 FOR BOTH MALE AND FEMALE
- PRIZES IN 20 CATEGORIES
- BIG RANDOM DRAWS
- 2 COMPACT DISC PLAYERS TO BE WON

CANTERBURY CLASSIC PEUGEOT

Veterans Challenge
for men 0/40 + women 0/35
1ST \$200 2ND \$100

Race Records and Categories

AGE	NAME	TIME
Males		
under 20	Jim Gollidge (1985)	1.09.14
20-29	Danny Boltz (1987)	1.03.58
30-34	Robbie Wallace (1985)	1.05.28
35-39	Wolfgang Krueger (1985)	1.04.17
40-44	Ian Graves (1984)	1.10.32
45-49	William Raimond (1984)	1.09.52
50-54	Adolf Blonner (1986)	1.16.59
55-59	Keith Ollerenshaw (1986)	1.22.26
60-64	George McGrath (1984)	1.22.51
65-69	John Gilmour (1985)	1.21.31
70 and over	Allan Burgoyne (1985)	1.35.26
Females		
Under 25	Karen Ganzevoort (1984)	1.24.39
25-29	Tani Ruckie (1987)	1.16.21
30-34	Mora Main (1983)	1.19.48
35-39	Mora Main (1984)	1.17.14
40-44	Dot Browne (1985)	1.20.11
45-49	Dot Browne (1987)	1.25.36
50-54	Marie O'Donovan (1984)	1.39.23
55-59	Jean Albury (1985)	1.33.56
60-64	Brenda Every (1988)	1.58.37

ENTRY FORMS AVAILABLE FROM:-

P.O. Box 119
Grosvenor Street, OR **Ph. 758 2600**
Sydney 2000

PRESENTED BY SYDNEY STRIDERS ROAD RUNNERS CLUB INC.

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REGISTERED BY AUSTRALIA POST
PUBLICATION NBQ 5422



EDITION NO. 38
JAN/MAR '89



Sydney Striders

Road Runners Club

THE BLISTER

Club Magazine of

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

ISSUE NO 38
January/March 1989

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EDITOR: GRAHAM BUTLER

NEXT ISSUE: #39, April/June 1989. DEADLINE DATE: 7 May 1989.

CONTRIBUTIONS are welcome from all members (preferably typed).

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A4 paper, minimum margin 1.5cm all sides.

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\$100 per page per annum (4 issues).

CLUB COMMITTEE:

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Vice-President:	Mathew Kaley	909-1461
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Special Projects:	Dan Gray	588-1561
Special Projects:	Tina Campbell	428-2001
Special Projects:	Brian Colwell	664-1644
Computer Manager:	Steve Cornelius	427-3604

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



PRESIDENT'S REPORT Nobby Young.

From Wednesday March 29th, until Sunday April 2nd, a relay run from Sydney to Griffith will be held to raise funds for the "Don Mackay Gatehouse", a 24 hour crisis centre in Griffith. This is not a Sydney Striders event as such, but five of the seven runners involved are members of the club.

The primary function of the Gatehouse is to provide initial contact for distressed young people, and /or their families, or young people caught in the grip of alcohol or drug use. The Centre offers them a number of services that include counselling, short term refuge, family support, and a link to a twelve month rehabilitation programme run by Teen Challenge at Camp Victory at Lower Mangrove near the Hawkesbury River. Barbara Mackay is the Vice Chairman of the organization and is also on the "Sydney to Griffith Gatehouse Run" committee.

The initial idea of a fund raising run was from Wal McCrorie, a well known distance runner from Sydney and an enthusiastic anti-drug campaigner. Wal and I held a meeting and came up with a 725k relay run with six runners and one reserve, running in pairs for four hours each day. Runners will rotate every hour and cover about 48k per day, per person. Apex clubs will be involved with the fund-raising side of the event as Don Mackay was a Life Governor of Apex. Wal has a target of raising \$100,000 but at this stage I have no idea what the proceeds are likely to be.

The other runners from Striders are Charlie Lynn (for light relief), Tina Campbell and Steve Nordish, with Ian Whitfield as the reserve. Ian Hutchison, Race Director of the 6ft Track Race and an ex flat mate of Graham Butlers, is the other non Strider in the team. Ian would be a member but we had to draw the line somewhere.

Any club member, or their company, wishing to support this venture, can forward donations to Wal McCrorie, P.O.Box A588, Sydney South, 2000, or myself at 23 Cowell St, Gladesville. Also, all runners will have receipt books and can accept donations and issue receipts. I run a "pledge now, pay later" system so just let me know if you would like to give your support and I will see you after the run to Griffith is completed.

Although we will have T-shirts and singlets made for the relay, the shorts will be of our own choosing. Have you noticed how distinctive our green and white quarters are on T.V.? Apex will assure us of plenty of radio, newspaper and T.V. coverage, so I will let you all know when I get back just how long the others could keep smiling for. They like to look their best for the media!!

JUST A FEW MORE THOUGHTS

BY NOBBY.

With so many members now employed by George Patterson Pty Limited, the company is now looked upon as being the commercial wing of the Sydney Striders Road Running Club. I wasn't aware that Derek Titmus had joined up until he rushed over to park Alexs Hamills' car when he arrived at Drummoyne for the start of a STaR run.

Scott Crawford went to New York to pick up a pair of super-light running shoes, prompting Steve Cornelius to claim they were the most expensive pair of running shoes in history, after adding on the air fare. It was worth it though, as Scott weighs in lighter with the shoes on that he is when bare footed. After his performance in the final race of the 10k handicap series, when he had the nerve to try and pass me in the last km after I had given it all I could, he must be doing something right. Around 39.20 on that course is OK for old buggers like us.

Some of us witnessed the ultimate panic a few weeks ago on a STaR run down at Hunters Hill. Owen Denmeade was caught half way between Alex up in front of him and Bryce somewhere behind, and not one advertising executive actually with him. Although there was plenty of other Striders about, Owen was running around in tight little circles, like a panicky pup, trying to work out what to do about it.

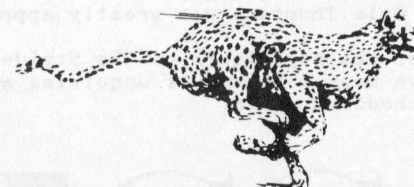
For those of you who wanted to know what Dale Thompson said to Bruce Inglis after he started out at break-neck speed in the last Sydney to Wollongong race and was in big trouble at about the 50k mark, the answer is as follows. "Darling, I think you might have gone a touch fast early, you poor dear". Nothing quite like getting up at about 2am on a Sunday morning to look after an Ultra freak, is there, Dale?

Remember the story in the last Blister about Bernie King and Mike Ward (with others) catching a couple of car thieves on a training run. Picture the two of them flexing their muscles and telling the villains to give themselves up, OR ELSE !!!

In the last Fun Runner there was an advertisement for a great space age buggy for runners to take babies on training runs with them. Great looking machine, all terrain wheels, super light weight, the lot. Wayne McCarthy is in the market to hire a baby for about 45 minute a time.

Cliff Young was kept in touch with all the radio talk-back programs while running from Parramatta via the North shore to the City to raise funds for the Salvation Army Christmas Appeal. In the background was the usual calls of support from well wishers, but in one section there wasn't much action at all while Cliff was on live broadcast. No problem. Charlie Lynn was there using several different voices calling out "good on yu, Cliffy" and "Merry Christmas, Cliffy". Canned laughter has been around for a

while, but Charlie has introduced "canned support crowd". Cliff, the so-called shuffler, put on a 10k burst in the middle stages that really put Charlie and myself under pressure to keep up. When we stopped at some lights I asked Charlie if he had been too stuffed to talk, and his reply was that he was too stuffed to think. Its a good thing Cliff is supposed to be over the hill!!



NEW MEMBERS

We welcome the following new members, all of whom have joined the club since our last "Welcome New Members" feature in Blister 35. We wish them all enjoyable and injury-free running. The membership reached a peak of 238 on 31/12/88, when all renewals fell due. By 04/02/89, 149 existing members had renewed, with 4 new members since the New Year bringing the total financial to 153.

CARL BARKER	MICHAEL GRIMM	GARY POOLE-GLEED
DAVID BARWICK	MALCOLM GUNNING	MARGARET ROBINSON
MICHAEL BILLINGHURST	CATHY HAWKE	JOHN SAUER
MALCOLM BOURKE	JENNY HIGGINS	ELIZABETH SEIDL
STEPHEN BURKE	FRED HOWE	BARRY SMITH
JOANNE COWAN	FRANK JACOBS	GEOFFREY TAYLOR
SALLY CRAWFORD	JOHN LEE	VICTOR TAYLOR
JOHN CULLITY	IAN MACARTHUR	LINDA THOMPSON
VAN DAVY	JAMES MCDONNELL	MARTIN THOMPSON
ROBERT DONALDSON	SCOTT MCKENNA	JOHN TURTON
KEVIN ELEY	ROBIN MITCHELL	JIM VERCO
PHILIP FUNNELL	GEOFFREY NICHOLSON	NICHOLAS WHEALY
SUSAN GRIFFITH	GERRY PHIPPS	

Also, "Welcome back" to the following, who have recently RE-joined:

BOB MANN, DAVID ROBINSON, ELISABETH THOMAS and DAVID WILLIAMS

(Editor's note: now that Dave Williams is back with us, STaR Hosts are warned not to supply black jelly-beans as post-STaR refreshments.)

On The Road with Bruce Murray

MAGNIFICENT NEW STAR, BEROWRA

Those 60 or so runners who participated in the new Berowra STAR on 13th November were indeed fortunate. Not only did they experience a magnificent STAR, predominantly on bush trails, but they were also able to enjoy an excellent barbecue afterwards in a delightful setting around Dawn Woodward's swimming pool. The hospitality of hosts Dawn Woodward and Dale Thompson was greatly appreciated.

This was certainly one of the highlights of the Striders 1988 programme, and there have been a number of enquiries as to when the Berowra Star is to be scheduled again.

CHRISTMAS STAR, MOSMAN

The Christmas Star, largely around the foreshores of Sydney Harbour and Middle Harbour, once again proved to be a most enjoyable occasion. This is one of the Striders' most scenic Stars, and the post-run breakfast was superb due to Barbara Firkin's catering talents (and hard work), with some assistance from Kevin O'Kane who provided a highly sought after Christmas pudding (after waking up at 3am to put the oven on) and Alan Phillips who brought some extra champagne.

15 K OPTIONS

The 15 K Options, now regularly programmed are proving to be popular and are bringing new runners to the fold. Obviously some support from experienced Striders is needed, and perhaps some of those Striders' rarely sighted on long Star runs may find the 15 K Option attractive because of the 6.30am start as well as the reduced distance.

OUTSTANDING NEW YEAR FORM.

As we have moved into the 1989 Programme, some Striders have displayed outstanding form on Stars. This has been accompanied by a keenness to get "on the run" as early as possible, perhaps to avoid to some extent slackening of pace due to increasing effects of heat.

Unfortunately, some distortion of STAR Groups has resulted with early groups becoming overloaded and later groups severely depleted. Moreover the faster paces thus introduced into early groups have made things difficult for regular members of those groups and newer (and potentially new) Striders.

This situation also makes it impossible for improving Striders in the 6am group to move forward into a group running a slightly increased pace, which is most unfortunate.



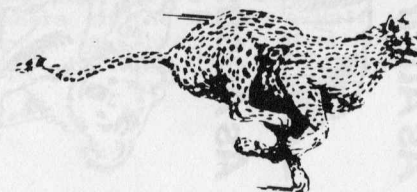
ANY STRIDERS MISSING OUT

Despite the broadening of the Striders' programme in recent times to appeal to a wider spectrum of runners, it may be that some striders are still not being catered for.

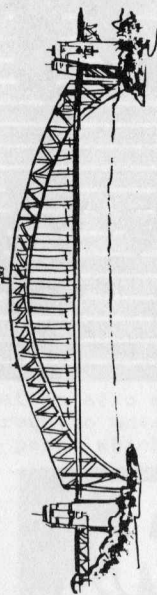
I am always interested in any suggestions put forward to improve the training programme.

SUSSAN

W O M E N ' S



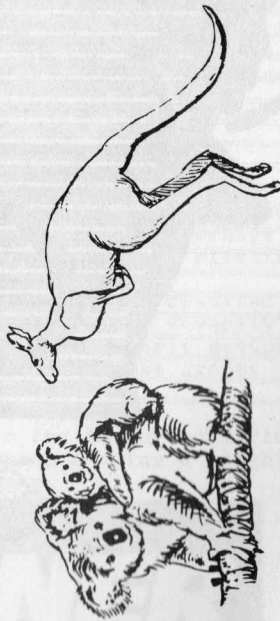
As Australian as



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As Australian as



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Running Room
Parramatta
(02) 683 5969

Talays - The Runners Shop
Randwick
(02) 399 3893

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THE MARATHON LEAD-UP by Bill Flanagan

Next April is shaping to be a smorgasbord for all Marathon runners. No less than seven major Marathons, most involving Australians in some way, dot the calendar.

Close to home we have the Nike Canberra Marathon on April 9 followed by the Anzac Day Marathon on April 25.

On the overseas scene, things are even more hectic. A team of at least 6 men and women will be representing Australia in the 3rd World Cup Marathon in Milan, Italy. The A.A.U will also be selecting a team to compete in the L.A International Marathon which will mean the cream of our top marathoners will be unavailable for the local events.

To make things even more ridiculous, we also have the trio of big city Marathons in Boston, London and Rotterdam. The first two usually have a fair contingent of Australians including Deek, Monaggetti and Martin who'll all be running London.

All the Marathon activity coming at the end of Summer means there are virtually no appropriate lead-up races for the non-track elite runner. Many of our leading runners will be coming off competitive track seasons but with little in the way of serious road hit-outs.

This is why the 8th annual Sydney Striders Canterbury Mazda Half Marathon will be vital to runners with one of the April Marathons in their sights.

The March date for the Half was originally set in 1982 to complement the Nike Canberra Marathon. One year later the NSW A.A.A moved its State Marathon to Anzac Day when the Australian Wang Marathon started its residency in Sydney. Thus the Striders Half has been used as a valuable lead-up to both Marathons. The 3 week and 5 week gap is considered by many to be perfect for a last hard race to check everything is on schedule with enough time to freshen up for the Marathon.

Many top performances in the Marathon in recent years have usually been preceded by a blistering 15-21 km somewhere during the 6 week lead-up; something that has given the runner that all important confidence boost as well as physical preparation without over-taxing the body.

Top class performers like Steve Jones, Robert de Castella, John Tracey and Joan Benoit seem to follow this system successfully.

A most recent example is Jones blitzing the Philadelphia Distance Run (Half Marathon) in 1.02.17 on September 18, then 5 weeks later winning the N.Y.C Marathon in a course record of 2.08.20.

Leading finishers in the Striders Half who have gone on to the Canberra or Anzac Day Marathons include Steve Poulton, Garry Hand, Colin Neave and Fiona Whelan.

While the date of the Striders Half has always clashed with the World Cross Country, this hasn't detracted from the level of competition in the Half.

This year should be no different with another top quality field expected. Prize-money will again be on offer with \$500 for the victors plus a \$100 course record bonus. A first for the event will be cash prizes in the Veteran's division. The first male over 40 and first female over 35 will both receive \$200 with \$100 going to the runners-up. A course record bonus of \$50 is up for grabs for breaking the 1984 records of Mora Main (1.17.14) and Bill Raimond (1.09.52).

During most years of the Striders Half, the Veterans category has supplied the bulk of the entrants and competition can be just as spirited as the Open divisions. While the Veterans prize-money is big news in the USA, the Striders are attempting to encourage competition amongst the Vets in Sydney. The Veterans division is being sponsored by Canterbury Classic Peugeot and should be fought out by the top veterans, Tony Murray and Garry Hand.

With prizes in 20 categories, two compact disc players, random draws, plenty of spot prizes and a special edition key-ring and race breakfast for all finishers, runners of all standards are well looked after.

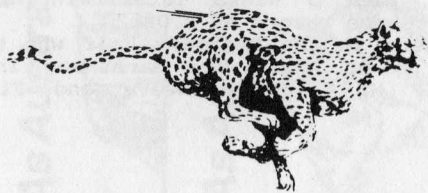
The Striders have always tried to supply the needs of all runners. The safe and scenic well-marshalled course, although just a part of the attraction, is very popular with the competitors. The out-and-back section of the course through Lane Cove River Park offers all runners a chance to catch a glimpse of the action up front.

Whilst some NSW runs have experienced an alarming drop-off in numbers in the past two years, some which have a growing reputation for value-for-money and full runner support have escaped this trend.

The Woodstock 10 km in Burwood (NSW) is a case in point with a doubling of entrants to 1,000 last November. Word-of-mouth seems to have a big impact on race field sizes and a badly organised race will see the numbers dwindle each year.

With runners being more selective in their choice of races and the addition of the "triathlon factor" taking up dates on the calendar, only the "value" races will prosper.

Entry forms for this year's Sydney Striders Canterbury Mazda Half Marathon are available by phoning (02)758-2600 or writing to PO Box 119, Grosvenor Street, SYDNEY 2000.



Sydney Striders

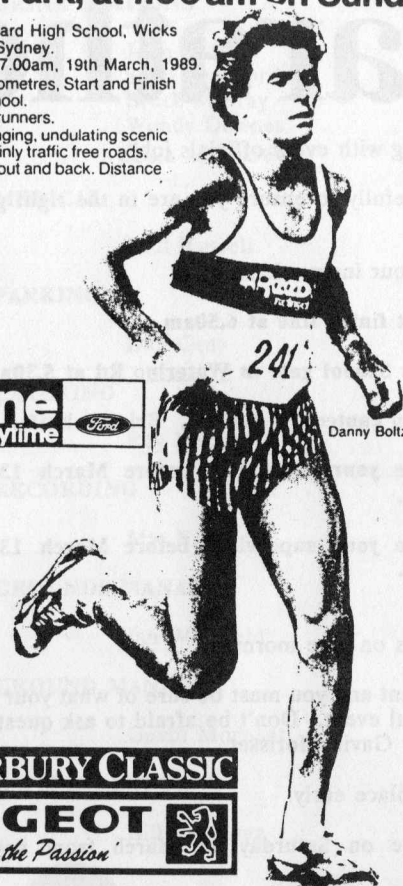
NEW Canterbury Mazda

Half Marathon

A.A.U. Race Permit No. 3/27 89

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

Where: Peter Board High School, Wicks Road, North Ryde, Sydney.
Time and Date: 7.00am, 19th March, 1989.
Distance: 21.1 kilometres, Start and Finish Peter Board High School.
Who: Open to all runners.
Course: A challenging, undulating scenic course on sealed, mainly traffic free roads. Basically a loop then out and back. Distance certified correct.



Danny Boltz

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CANTERBURY CLASSIC
PEUGEOT
"We share the Passion"



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- SCENIC, TRAFFIC FREE COURSE
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- POST RACE BREAKFAST
- FULL RESULTS BOOK
- OVER \$4,000 IN PRIZEMONEY AND AWARDS INCLUDING FIRST \$500 SECOND \$300, THIRD \$150 FOR BOTH MALE AND FEMALE
- PRIZES IN 20 CATEGORIES
- BIG RANDOM DRAWS
- 2 COMPACT DISC PLAYERS TO BE WON

CANTERBURY CLASSIC PEUGEOT

Veterans Challenge
for men 0/40 + women 0/35
1ST \$200 2ND \$100

Queries: Contact Race Director, P.O. Box N119, Grosvenor Street, SYDNEY, 2000.

Sydney Striders

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Runners The Shop
RANDWICK



NEW
Canterbury
Mazda

Half Marathon

Enclosed with this 'Blister' is a listing with every officials job.

Follow the following instructions carefully to ensure you are in the right place at the right time on March 19.

Find your job, then read below for your instructions.

RECORDING: meet Mat Kaley at finish line at 6.50am

PARKING: Meet Dan Gray at School gate in Waterloo Rd at 5.30am

CATERING: Meet Ray Doran in canteen at 6.00am. Bring a knife.

AREAS A, B, C, D: Ring or see your supervisor before March 13 for instructions.

DRINK STAT. 1-5: Ring or see your supervisor before March 13 for instructions.

- * Remember daylight saving ends on race morning.
- * Remember all jobs are important and you must be sure of what your task is if we are to stage a successful event. Don't be afraid to ask questions of your supervisor or myself or Gavin Morisset.
- * Please arrive at your meeting place early.
- * Don't forget the working bee on Saturday 18 March from around lunchtime.
- * If you are able to help but you are not allocated a job in the enclosed listing ring me now on 834 1227.
- * Under no circumstances park on the course.
- * Cheer and applaud the runners, create some atmosphere and make our event the one runners will keep coming back to.
- * Be sure to come back to the school after your duties are done. Watch the presentation and help clean up. Plenty of drinks and eats afterwards for all helpers. Also a random draw from all officials present after clean-up, for a \$50 voucher to the Runners Shop, Randwick.
- * Free tea and coffee available for helpers at the school from 5.45am onwards.



NEW
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Mazda

SUPERVISORS



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Mazda

COURSE AREA

A	Beth and Ray Reid
B	Steve Cornelius
C	Sue Hill
D	Baldy' Blackwell

Phone(Home)

484 3809
427 3604
428 3395
960 2692

DRINK STATIONS

1	John Hodges
2	Scott Crawford
3	Bruce Murray
4	Wendy Downes
5	JOHN HAMILTON

909 3290
467 2117
476 6484
449 4093
484-4773

MEDICAL

Paul Russell

929 8168

PARKING

Dan Gray

588 1561

CATERING

Ray Doran

817 3016

RECORDING

Mat Kaley

909 1461

GROUNDS MANAGER

Ian Whitfield

816 5864

GROUND MANAGER

Gavin Morisset

451 1434

RACE DIRECTOR

Bill Flanagan

834 1227

Canterbury Mazda

989 Canterbury Road, Lakemba

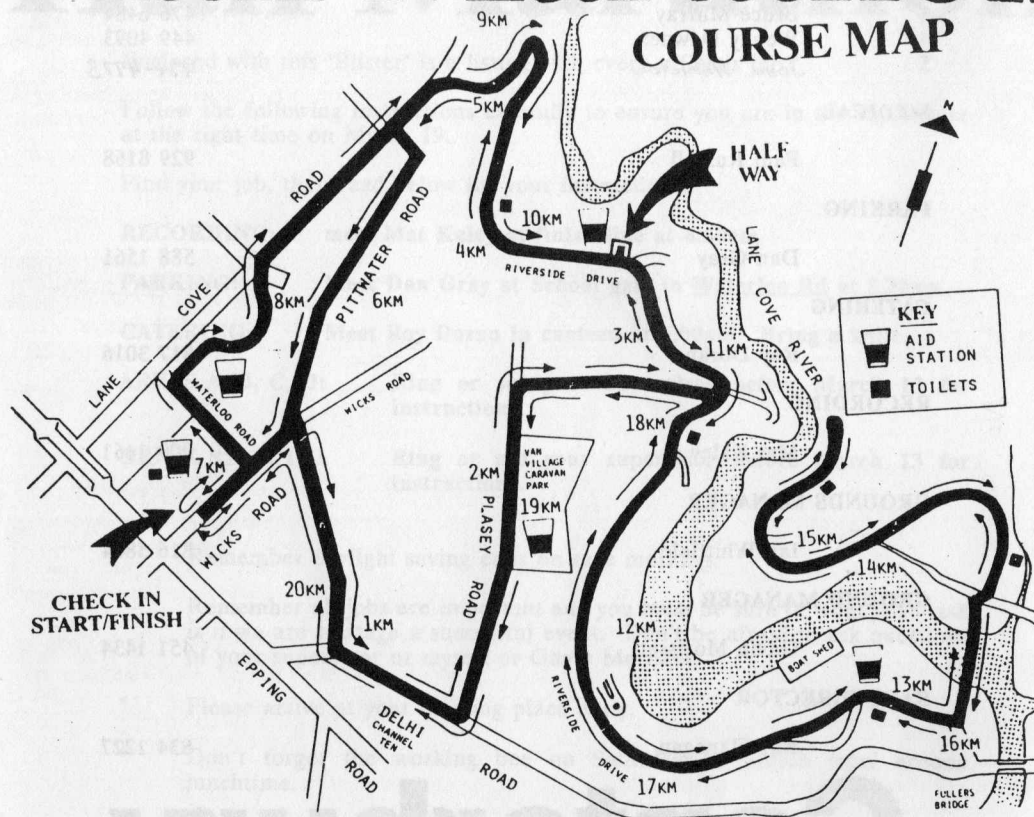
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Sydney Striders

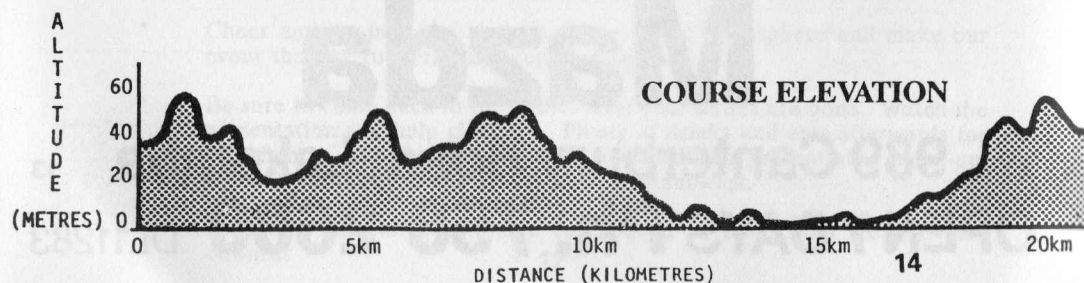
**NEW
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Half Marathon

COURSE MAP



ALL OFFICIALS MUST BE FAMILIAR WITH THE COURSE
PLEASE TAKE SOME TIME TO STUDY THE ABOVE MAP



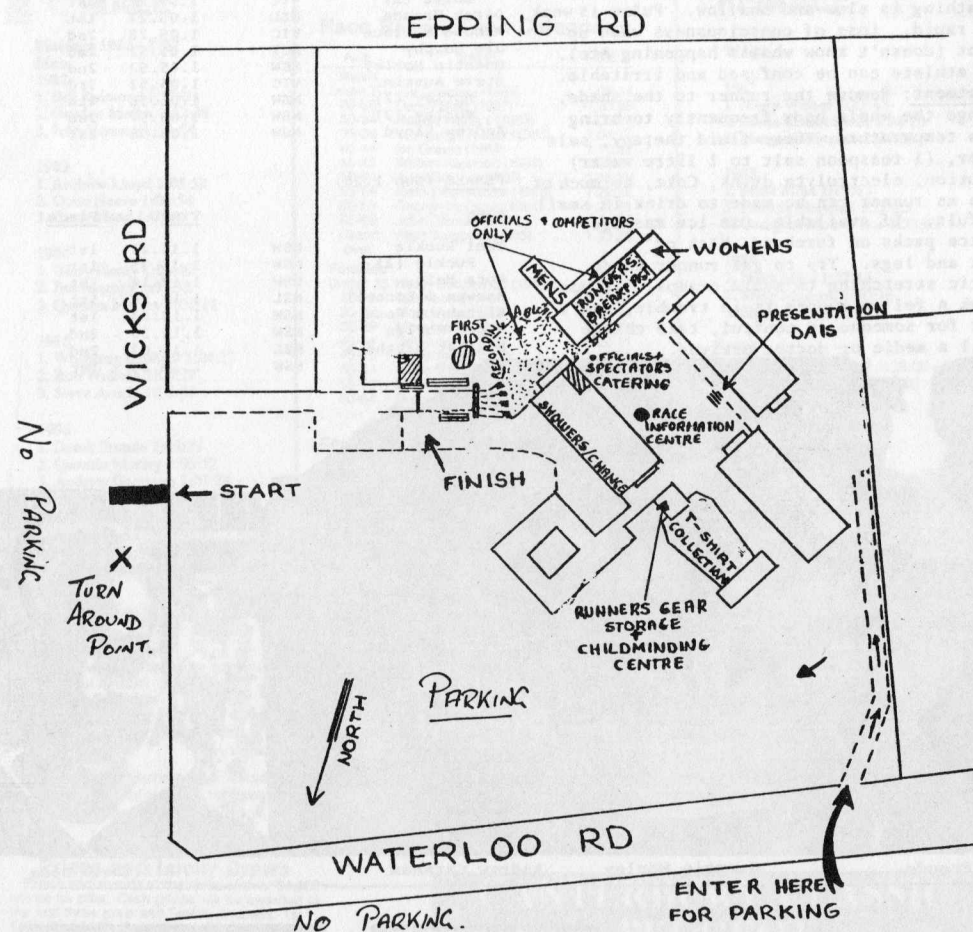
Sydney Striders

**NEW
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Half Marathon

START/FINISH VENUE LAYOUT

All helpers please note location of amenities



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We share the Passion

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

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

MALE (Sub 1.06)

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

FEMALE (Sub 1.20)

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

ALL TIME BEST PERFORMANCES

SEVEN YEARS OF CHAMPIONS

MALE

Placings 1982 - 1987

- Men**
1982
1. Bill Raimond 1:12:03
2. Gordon Moller 1:12:38
3. John Bowers 1:12:54

- 1983
1. Andrew Lloyd 1:05:58
2. Colin Neave 1:06:54
3. Garry Hand 1:07:28

- 1984
1. Garry Henry 1:04:42
2. Jim Murphy 1:05:52
3. Quentin Morley 1:06:12

- 1985
1. Wolfgang Krueger 1:04:17
2. Rob Wallace 1:05:28
3. Steve Austin 1:05:52

- 1986
1. Derek Froude 1:05:27
2. Quentin Morley 1:05:52
3. Andrew Garnham 1:07:24

- 1987
1. Danny Boltz 1:03:58
2. Andrew Garnham 1:05:19
3. Brian Morgan 1:06:17

1988

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

Race Records and Categories

AGE	NAME	TIME
Males		
under 20	Jim Gollidge (1985)	1.09.14
20-29	Danny Boltz (1987)	1.03.58
30-34	Robbie Wallace (1985)	1.05.28
35-39	Wolfgang Krueger (1985)	1.04.17
40-44	Ian Graves (1984)	1.10.32
45-49	William Raimond (1984)	1.09.52
50-54	Adolf Blonner (1986)	1.16.59
55-59	Keith Ollershaw (1986)	1.22.26
60-64	George McGrath (1984)	1.22.51
65-69	John Gilmour (1985)	1.21.31
70 and over	Allan Burgoyne (1985)	1.35.26
Females		
Under 25	Karen Ganzevoort (1984)	1.24.39
25-29	Tani Ruckle (1987)	1.16.21
30-34	Mora Main (1983)	1.19.48
35-39	Mora Main (1984)	1.17.14
40-44	Dot Browne (1985)	1.20.11
45-49	Dot Browne (1987)	1.25.36
50-54	Marie O'Donovan (1984)	1.39.23
55-59	Jean Albury (1985)	1.33.56
60-64	Brenda Every (1988)	1.58.37
Course Records:		
	Danny Boltz (1987)	1.03.58
	Tani Ruckle (1987)	1.16.21
1988 winners:	Danny Boltz	1.05.22
	Elizabeth Rose	1.18.04

FEMALE

Women

- 1982
1. Jenny Walker 1:23:45
2. Maria Cruickshank 1:24:15
3. Margaret Ricardo 1:24:30

- 1983
1. Mora Main 1:19:43
2. Patricia Marshall 1:22:25
3. Georgina Moor-Price 1:23:07

- 1984
1. Mora Main 1:17:14
2. Mary Murison 1:20:16
3. Shane Barrett 1:20:35

- 1985
1. Raewyn O'Donnell 1:18:00
2. Heather Matthews 1:19:02
3. Dot Browne 1:20:11

- 1986
1. Tani Ruckle 1:16:35
2. Fiona Whelan 1:18:36
3. Mary Murison 1:21:21

- 1987
1. Tani Ruckle 1:16:21
2. Linda Thompson 1:22:23
3. Lynda Walton 1:22:53

1988

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

*Finishers

	1982	1983	1984	1985	1986	1987	1988
Male	341	938	1394	1497	1214	990	887
Female	42	102	128	140	110	105	88

Runners: Please support the sponsors who support your events. Sydney Striders are grateful for the support given this event by Canterbury Mazda, Canterbury Classic Peugeot and Westline Ford.

Prizes and Lucky Draws

Prizes and awards to the value of over \$4,000 will be on offer. Cash prizes will be awarded to the first three male and female finishers. 1st \$500, 2nd \$300, 3rd \$150 plus a course record bonus of \$100. Prizes will also be awarded to the 4th and 5th placegetters. All category winners will be awarded prizes. Cash prizes will be awarded in the Canterbury Classic Peugeot Veterans Challenge (men over 40 and women over 35). 1st \$200, 2nd \$100 with a course record bonus of \$50.

Two random draws will be made during the presentation. Both winners will win a compact disc player. Winners must be present at the draw. Over 60 spot prizes will be given away as runners cross the finish line. All runners will receive a special edition key-ring on completing the course.

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Bill Flanagan - Good Bloke by Alan Phillips

If you read through your Blister, you'll see that in the Nike Canberra Marathon of 1982, Bill Flanagan ran 2.36.47. I only joined the Striders in November of that year and up until then, had only run 3.25. To me, Bill was about 1 hour faster and something like Robert de Castella only he drank more.

Bill took over the already successful Half Marathon in 1987. The race had primarily been in the hands of Phil Caldwell and for one year, Herb Luddington. Since the first running of the race in 1982, it has always enjoyed a high profile and acceptance by the running community. Except for the 1982 event, I have worked closely with each Race Director and as this collection of words is meant to be a wrap for Bill, I'll ignore Phil and Herb.

As the Canterbury Mazda Half Marathon is a high profile event, its Race Director is the opposite, he quietly goes about his work and now for the third year, has put together a very professional event, nothing is overlooked. Our Half Marathon has always been very innovative, Bill has continued that tradition; this year, you'll see greater representation by the fairer sex and an emphasis on the Veteran categories.

I commenced this outline with a reference to Bill's marathon P.B. Bill ventured to Thredbo's National Running Week in January '87. He's been there on other occasions but followed his '87 intensive training week with a Half Marathon P.B. of 1.13.43 (on the Lane Cove course). After this run, Bill spent a lot of time on the Half Marathon and less time on his training and for a time we referred to him as fat Bill.

The truth is that yes, he spent time organising the half, he didn't spend time training but he also began spending time on a female member of Liberty Plains Athletic Club - Carolynne McPherson.

Bill is the sort of guy that becomes very single minded in his approach. When determined, his training becomes intense and the results are obvious. The same approach is utilized on the Half Marathon.

I think Carolynne is similarly determined and until 18th December when they became engaged, Bill didn't really know what was going on - he's like that. I hope he finds out before 21st April.

A more serious look at Bill and Carolynne will show a pair of pretty smart operators, they've become engaged, bought a house and set the date for their wedding and not one of those events clashes with a major running event.

I'm sure all Striders join me in wishing Bill and Carolynne well and we all wonder whether Nike make dinner suits.

Good luck Bill and Carolynne!



Sydney Striders

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STRIDERS 24 HOUR TRACKRACE



Our 1989 Striders 24 hour track race is on again.

The race will start on the Hensley Athletic Field at 12.00 noon on 26 August 1989 and finish at 12.00 noon on 27 August 1989.

A minor exception has been allowed for Nobby Young. He will still be able to start on the same date as he did last year ie 28 May 1989. This will give him a much better chance of reaching the 200km mark he keeps talking about - by 27 August 1989.

If you are thinking about entering you should start training now. Each issue of the Blister will contain a few hints for you.

The key to success in ultrarunning is to run long slow distance - unless Nobby Young is anywhere near you. If this should happen and you find that your concentration cannot get a word in then pick up the pace a bit until peace returns.

Ultrarunners have the best diet in the world. It's simply food, food and food. Nobby is the only exception. For him it's somebody elses food, food, and food. Watch him at drinkstation too - he can come from nowhere at times!

You should also stretch daily. Nobby does this with his friendship. You should stick to your muscle groups.

If there is a particular Strider you want to beat in the race you do not have to work out a complex training schedule for yourself. Just organise Nobby to train with him!

Watch this space for more valuable training hints.

Your entry form will be in the next blister.

Charlie Lynn
Race Director
Tel: (046) 28-4820
Fax: (046) 28-3615

NEW INNOVATIONS

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NATIONAL RUNNING WEEK, THREDBO 1989 by Ian Whitfield

Once again some entrepid travellers made their way to the Brian Lenton organised extravaganza NRW 1989. The week was memorable for a few things, amongst them the Happy Two Hour which Kevin O'Kane and myself availed ourselves of liberally, good training for the runs and races each day. Or was it the other way around?

Amongst other interesting events was the three race series between O'Kane and myself, won 2-1 by myself. Should have been 3-0 except for Keven's skulduggery in changing the rules to give himself a handicap advantage in the "Loose Goose Curry Run" over 3km, but he was conclusively beaten in the other two events. See race results.

Other highlights of the week were the Crackenback Challenge, or was it a crawl-up Mt Crackenback. 2km with a 600 mmetre climb, won again by Rob Spilling as he won most events around Thredbo. All I say is that it was a relief to get to the summit 4 seconds ahead of O'Kane, keep the bastard out, and wondered who was the sadistic sod who dreamt up this race.

Another outstanding event was the Biathlon won ably by Strider Geoff Cox with Mat Kaley third, and another person of Irish descent nearly drowning in the lake. Someone said "should we pull him out", but then again others of us thought "that water looks black, freezing cold and bloody uninviting", so being of sound judgement we said lets leave him a while longer. Its too bloody cold to go in there!!

Lastly, there was nearly a delightful event that croaked. Bookmaking firm of King, Kaley and O'Kane just about came completely unstuck with the Thredbo Gift. Another couple of yards and Ken Daniels would have won instead of Kerry Calderbank, and the word has it they would have been totally insolvent. As it was they just about broke even, but then one can dream of honest Bernie and company doing there dash next year!

Well thats NRW for another year, for those uninitiated it's a great week. Tennis, golf, fast golf, canoeing events, the Happy Two Hour and of course what most of us claim to go for. Running. Roll on 1990.

RESULTS

6.1k Ron Vines Fun Run.			
1st Rob Spilling	18.06	1st Female Helen White	24.07
5th Mat Kaley	20.14		

Biathlon
1st Geoff Cox 13.41, 2nd J Murray 13.59, 3rd Mat Kaley 15.04

Crackenback Challenge. 2k.....600 metre climb.

1st Rob Spilling 20.53

1st Female K Banks 28.26

Striders

11th Geoff Cox	25.06	69th Sue Hill	32.40
14th Mat Kaley	25.26	70th I Whitfield	32.42
38th Bernie King	28.30	72nd Keven O'Kane	32.46

Jindabyne Pharmacy 6.1k Run

1st Rob Spilling	18.29	1st Female Sue Hobson	22.22
Ian Whitfield	24.36	Keven O'Kane	26,27

Please note. Kevin O'Kane came last in the biathlon!!!!!!

This addition is from the Thai-pist. Kev, your turn next issue!!!!!!.....N.....



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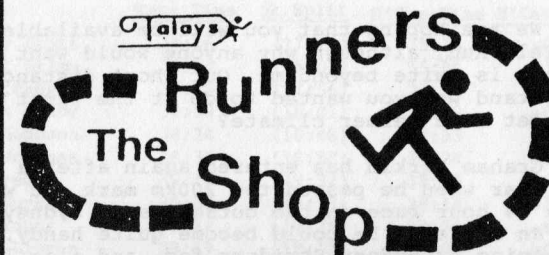
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30th December 1988

Michel Careau
11 rue du Coteau
Hull, Que. J8Z 2V2
Canada

Dear Michel,

Thankyou for your letter way back in April 1988. The delay in this reply is not because of the lay-back life style that Paul Hogan is promoting as the Australian way around the world, but because I was just too slack to get on to it sooner. I was tempted to ask my (club) secretary to write this for me, but he would have written in French so that you would understand what he had said, but I wouldn't. I don't trust him to that degree!!

We are hoping that you will be available for the next Westfield Run, although why anyone would want to do it a second time is quite beyond me. Our short distance members don't understand why you wanted to do it the first time. Was it just to get to a warmer climate?

Graham Firkin has entered again after a highly successful year when he passed the 200km mark and was placed second in a 24 hour race on the outskirts of Sydney. When he matures as an athlete, he could become quite handy. Barbara is still keeping us Sydney Striders fed, and also looking after Graham part time.

I will be out there on the "Run" again next time, and Charlie Lynn will again be assisting me. I admit that he is not all that one would desire, but there is a limit to what people will do in exchange for a free red track suit.

Included with this letter will be a copy of the "Blister" with a scurrilous item regarding my involvement with the 1988 Westfield Run, written by Steve Cornelius under the pseudonym of "Young Nobby". Legal action was considered. Have you heard the old adage about getting blood from a stone?

We both know that Striders should send me on a fact finding trip to North America but there hasn't been any concerted effort made in that direction to date, so I hope to see you here in Australia in 1989.

Kindest Regards

Nobby Young

Nobby Young

10 KILOMETRE HANDICAP SERIES REPORT by Mathew Kaley.

RACE 10 : NORTH RYDE 10KM, 19NOV88

On a fairly cool morning Anthony Scott made short work of completing the tough North Ryde course in a record time of 34:46 to win convincingly from Michael Grima and Bill Flanagan. Bill sported his now traditional fast start to give Anthony his only real competition, but by half-way it was clear that nobody was going to beat him. First woman home was Margaret Robinson who, running most of the way with Tina Campbell, posted the excellent time of 46:27. With each race the handicap points were becoming more critical and it was very significant that Ian Macarthur took full points by winning the handicap race here. Gavin Morisett, in running a PB, came in second and Kevin O'Kane, another contender for the title was third. The result was an overall lead of 18pts for Ian with two races to go.

Race 10 : Race Results

	Race Time	5k Split	H'Cap Time	H'Cap Diff	Place
1. Anthony Scott	34:46	(17:14)	35:16	-0:30	5th
2. Michael Grima	36:44	(18:01)	35:44	+1:00	15th
3. Bill Flanagan	37:05	(17:56)	37:18	-0:13	7th
4. Warwick Selby	37:59	(18:41)	37:03	+0:56	13th
5. Ewen Thompson	38:24	(18:48)	37:53	+0:31	11th
6. Scott McKenna	38:36	(18:58)	38:24	+0:12	9th
7. Jon Marsden	39:17	(19:32)	39:59	-0:42	4th
8. Scott Burke	39:27	(19:23)	38:14	+1:13	16th
9. Nobby Young	39:41	(19:39)	39:54	-0:13	7th
10. George Lissom	39:49	(19:42)	39:00	+0:49	12th
11. Gavin Morisett	40:13	(19:56)	41:16	-1:03	2nd
12. John Turner	40:39	(20:07)	40:06	+0:33	10th
13. Harvey Blue	41:32	(20:04)	39:18	+2:14	17th
14. Heiner Huning	41:35	(20:36)	40:36	+0:59	14th
15. Terry Bailey	42:25	(20:29)	42:42	-0:17	6th
16. Kevin O'Kane	43:20	(21:10)	44:20	-1:00	3rd
17. Ian Macarthur	43:48	(21:12)	45:02	-1:14	1st
18. Paul Russell	43:49	(19:50)	37:29	+6:20	23rd
19. Alf Field	45:44	(22:21)	39:41	+6:03	22nd
20. Ross Wall	46:24	-	41:53	+4:31	20th
21. Marg Robinson	46:27	(23:01)	-	-	-
22. Tina Campbell	46:27	(23:01)	40:25	+6:02	21st
23. Russell Young	48:32	(24:12)	48:00	+0:32	10th
24. Paul Lunsman	48:50	(21:37)	43:15	+5:35	21st
25. Barry Jones	49:03	(24:13)	46:46	+2:17	18th
26. Scott Crawford	49:18	(24:19)	41:54	+7:24	25th
27. John Whealy	49:18	-	39:33	+9:45	26th
28. Frank Jacobs	50:05	-	-	-	-
29. Steve Nordish	53:32	-	-	-	-
30. Jack Nordish	53:32	-	-	-	-

RACE 11 : BANKSMEADOW 10KM, 17DEC88

The Banksmeadow course is the newest of the 10k courses and offers a very fast traffic-free track that is only 10 minutes from the city. It was therefore disappointing to see only a small field turn up. Nevertheless, those that ran experienced perfect racing conditions and several Pb's were scored. Up front the race was essentially between Mathew Kaley and Bicentennial Blast winner John Sauer. John showed his strength towards the end of the race, however, and used a series of clever surges to come home ahead, decimating the old course record with his 34:24. Mathew was 23 seconds in his wake. Third place was taken by host Bill Flanagan who now looks very strong for the outright male award in the series. Tina Campbell reasserted her position as leading woman by taking out the women's race in the excellent time of 42:06, six minutes ahead of second placed Marg Robinson. The handicap points were clearly very important and it was Alf Field who ran 38:26 to win the handicap race. Scott Crawford took second place, keeping him within contention for the final race, and Ian Macarthur ensured a healthy lead for the final by coming third.

Race 11 : Race Results

	Race Time	H'Cap Time	H'Cap Diff	Place
1. John Sauer	34:24	35:12	-0:48	5th
2. Mathew Kaley	34:47	35:20	-0:39	6th
3. Bill Flanagan	35:56	37:12	-1:16	4th
4. Ewen Thompson	37:51	38:08	-0:17	10th
5. Michael Grimm	38:00	36:14	+1:46	13th
6. Alf Field	38:26	41:40	-3:14	1st
7. Nobby Young	39:20	39:48	-0:28	8th
8. John Hodges	39:40	37:24	+2:16	15th
9. Steve Lloyd	40:03	-	-	-
10. George Lisson	40:19	39:00	+1:19	12th
11. Heiner Huning	40:27	41:06	-0:39	6th
12. Scott Crawford	42:01	44:00	-1:59	2nd
13. Tina Campbell	42:06	42:26	-0:20	9th
14. Ian Macarthur	42:28	44:25	-1:57	3rd
15. John Whealy	42:48	41:32	+1:16	11th
16. John Marsden	45:39	39:38	+6:01	16th
17. Kevin O'Kane	46:01	43:50	+2:11	14th
18. Harvey Blue	47:58	40:25	+7:33	17th
19. Marg Robinson	48:09	-	-	-
20. Steve Nordish	48:45	-	-	-

RACE 12 : HANDICAP SERIES FINAL, MOSMAN 10KM, 28JAN89

A big field turned up for the double points final over the tough Mosman course. Before the race it became apparent that Ian Macarthur had a full 29 point lead over his nearest rival, but there were still seven people who could win the series should Ian falter. While most were still praying for the arrival of Edwina's baby, few knew that Ian had been suffering from a virus all week and would have to fight for this one. Geoff Cox led from the gun, but John Sauer caught him just past half-way. John strode through the final hills to win in 35:08, ahead of Geoff, Chris McLean and Bill Flanagan. Dale Thompson put in a strong run to win the women's race from Elizabeth Seidl.

The handicap race was obviously the focus of the day's event and as the finishers came in, speculation as to the series champion grew. A quick look at the 5k splits showed that Ian Macarthur was well on target at half-way despite his virus. Then a sudden cheer. Scott Crawford had finished in a PB 39:20, almost four minutes under handicap. It soon became clear that his would be the only serious threat to Ian taking the championship. A quick calculation showed that Ian had to finish at worst 15th on handicap to win and with so many runners coming in just over handicap, it was going to be close. The waiting was interminable, but just when I thought Ian's time had run out he appeared around the corner. He finished in 44:29, 1:02 outside of his handicap, and was clearly exhausted by his run. The result was soon calculated. First in the series final, picking up the full 42pts, was Scott Crawford. Second was Paul Russell, third was John Whealy. Ian Macarthur came 17th which meant that the Series Championship fell to Scott. The devastating news was that had Ian run 3 seconds faster he would have himself won the Series. My heartiest congratulations to Scott for his outstanding finish to the series, but I must admit to feeling sorry for Ian who had such an excellent season. Three seconds is not much over a year's racing.

Race 12 : Race Results

	Race Time	5k Split	H'Cap Time	H'Cap Diff.	Place
1. John Sauer	35:08	(17:18)	34:48	+0:20	12th
2. Geoff Cox	35:30	(17:16)	35:17	+0:13	11th
3. Chris McLean	36:04	(17:22)	-	-	-
4. Bill Flanagan	36:15	(17:23)	36:34	-0:19	6th
5. Paul Russell	37:53	(18:45)	39:21	-1:28	2nd
6. Warwick Selby	38:10	(18:40)	37:31	+0:39	14th
7. Brett Nichols	38:16	(18:56)	37:42	+0:34	13th
8. Michael Grimm	38:21	(18:27)	37:07	+1:14	19th
9. Ewen Thompson	39:00	(19:05)	38:00	+1:00	16th
10. Nobby Young	39:15	(19:18)	39:34	-0:19	6th
11. Scott Crawford	39:20	(19:36)	43:01	-3:41	1st
12. Cameron Osbourne	39:33	(18:51)	35:39	+3:54	-
13. Alf Field	39:45	(19:25)	40:03	-0:18	8th
14. Ian Gatfield	39:55	(19:59)	-	-	-
15. Brian Colwell	40:08	(19:24)	39:01	+1:07	18th
16. John Hodges	40:17	(19:59)	38:32	+1:45	-
17. Scott McKenna	40:45	(19:30)	38:30	+1:15	20th
18. George Lisson	40:54	(19:36)	39:39	+1:15	20th
19. John Turner	41:21	(20:41)	40:22	+0:59	15th
20. John Whealy	41:25	(20:42)	42:40	-1:15	3rd
21. Harvey Blue	42:34	(20:40)	42:31	+0:03	9th
22. Terry Bailey	42:43	(20:58)	42:33	+0:10	10th
23. Dale Thompson	43:32	(20:54)	44:27	-0:55	5th
24. Heiner Huning	43:34	(21:05)	40:07	+3:27	23rd
25. Kevin O'Kane	43:51	(21:46)	44:55	-1:01	4th
26. Ross Baker	43:54	(20:29)	-	-	-
27. Ian Macarthur	44:29	(21:38)	43:27	+1:02	17th
28. Roger Rigby	46:33	(22:46)	-	-	-
29. Nick Whealy	58:56	(27:48)	53:14	+5:42	25th
30. Elizabeth Seidl	67:42	-	55:59	+11:42	26th

SYDNEY STRIDERS' COMPUTER REQUIREMENTS.

Sydney Striders will soon be pensioning off their old Sirius Microcomputer and C.Itoh F-10/40 Daisy-Wheel Printer. They are not very old, and are still functioning quite well, but it is now impossible to obtain a Service and Maintenance Contract for them, owing to unavailability of parts. Because they were manufactured before IBM had established their dominance over micro-computer floppy-disk format, we would be unable to transfer our software and data-files to another machine in the event of a breakdown. Therefore, we are looking around for a new computer.

Would any Strider who (a) knows a bit about computers, or (b) can recommend a computer set-up conforming to the specifications below, or (c) has a computer to sell, or (d) thinks he/she can con someone into supplying us with one cheap or free, or (e) knows someone with lots of spare cash, or (f) HAS lots of spare cash, please contact Steve Cornelius on 427-3604. Here's what we need:

MONITOR

(Minimum specifications):

- * 80-column screen display.

(Nice but not essential):

- * A nice restful screen-display colour like green.

DISK DRIVES

(Minimum specifications):

- * EITHER: Twin floppy drives, at least 500k capacity each drive,
OR: Single floppy drive, ANY capacity, plus hard disk, ANY capacity.

- * EITHER: 5.25-inch floppies, IBM PC compatible,
OR: 3.5-inch floppies, IBM PS-2 compatible.

(Nice but not essential):

- * 720k capacity on floppy-drives (i.e. PS-2 standard).

PRINTER:

(Minimum specifications):

- * 132-column width.
- * Near letter-quality, i.e. sufficient quality to produce sharp photocopies or to use as instant-print master-copies. Single-pass dot-matrix would be insufficient, but a dot-matrix supporting multiple-pass character-enhancement would come close to letter-quality.
- * Tractor-feed for continuous paper, with tractor width adjustable for narrow or wide paper, single-width or triple-width mailing labels.
- * Ability to print also on loose-leaf paper, i.e. without tractor-feed.

(Nice but not essential):

- * Ability to support Wordstar's more esoteric features like variable character-width, variable line-height, underscore, boldface etc.

SOFTWARE: (we probably have this sewn up already)

(Minimum specifications):

- * MS-DOS Operating system, version 3.0 or later.
- * WORDSTAR or similar word-processor.
- * dBASE III or dBASE III-PLUS, or similar database program with inbuilt programming language, capable of producing ASCII text-files to interact with word-processor.

(Nice but not essential):

- * Games which provide ample scope for the Computer Manager's bloodthirsty tendency to want to destroy alien invaders and control entire galactic systems.

SNIDE SNIPPETS by Steve Cornelius

The following nomination for the club's annual Outstanding Achievement Award was received by the club Committee:

"I NOMINATE NOBBY YOUNG - for making the Bicentennial Westfield Run possible; for service above and beyond the call of duty by being available for media interviews at any time and under any conditions; and for his unselfishness in volunteering to test all food and drink at all VIP functions without any fear or regard for his own health. Signed, CHARLIE LYNN, Assistant Race Director to Nobby Young."

After considerable deliberation the Committee regretfully rejected this nomination, on the grounds that they could no longer read it through their tears of laughter.

Would club-member Dr. Paul Russell, of Cammeray, please contact the Computer Manager as soon as possible in order to interpret the handwriting on his recent membership renewal slips? The Computer Manager is neither a clairvoyant nor a pharmacist, nor an Egyptologist, and therefore has no expertise in the interpretation of medics' heiroglyphics. However, he realises that Dr. Russell and his good lady probably wanted something in return for the (equally indecipherable) cheque he enclosed. Unfortunately it is not quite clear what.

Would all club-members please note that the acceptance of prescriptions handwritten by Dr. Paul Russell, of Cammeray, is an extremely dangerous practice, to be discouraged at all costs.

Would club-member Dr. Paul Russell, of Cammeray, please note that the club's computer race-results database will NOT accept such results as: "Sydney to Coffs Harbour, 6 hours 45 minutes (with dog in trailer)", on the following grounds: (a) that 6:45 was longer than the official race limit; (b) that the trailer gave an unfair advantage; (c) that the dog's date of birth was not supplied (for age-category prizes).

As everyone knows, if you see an advertisement on TV, it's 5-to-4 that it was written by a Strider, or by someone in the employ of a Strider. I criticised the crappers out of the anonymous Strider who holds the Holden account in the last issue - now it's time for a bit of praise. Stand up the genius who thought up the new series of Toyota ads, the ones spoken in Japanese with English sub-titles! I don't know much about advertising, but I know what I like, and I certainly like these! The one where the unfortunate Japanese executive jumps up and down on the mountain of orders from his Australian dealers is an absolute masterpiece, which unfailingly causes tears of laughter to stream down my face. If a Strider wrote it, congratulations! If a Strider pays the salary of the person who wrote it, give him/her a bonus, NOW! We lerv ut!

NOT-SO-SNIDE SNIPPETS FROM THE COMPUTER

Thank you to all those members who have taken the trouble to report race results to the club's hotlines or direct to the Computer Manager. It is particularly helpful to receive complete copies of race organisers' official results sheets (thanks, Jeff Gissing, for the Palm Beach to Manly results).

To clarify some conventions we have adopted with regard to race-results, award categories etc:

* Half-marathon results cannot be recognised if the half-marathon was run as part of a marathon or other longer race. However, if the half-marathon was a separately measured and timed event in its own right, but just happened to start in conjunction with the marathon, AND the competitor stopped after completing the half-marathon, the result will stand.

* Using the same principle, marathons or other distances run as part of a triathlon or other multi-sport event cannot be counted. The recent example of a club-member running her "debut marathon" as part of her first Ironman-distance triathlon is a case in point. There's good news and bad news here: the bad news is that her name will not appear on the marathon ladder as a result of this phenomenal performance, since officially she has not run a marathon in its own right; but the good news is that if she runs a self-contained marathon (without the 8-hour multi-sport warm-up!) during 1989 she will still be considered for the "Best Debut Marathon" trophy.

* In ultra-marathons, shorter distances can be recognised when completed as part of a longer race, as long as they (a) start from the BEGINNING of the longer race, (b) are run on a properly measured track, (c) are recorded on the organisers' official lap-score sheets. For example, a club-record 100km could be achieved as the first 100km of a 12-hour or 24-hour track race.

* To qualify for any Striders' award, a runner must have been a financial member at the time the race was run. Training runs, whether solo or in a group, are not counted. Only performances in official races, recorded by independent organisers, are recognised.

At 04/02/89, the club had received the sum of \$806 in donations, in addition to membership renewal-fees. This is far in excess of expectations, and the Committee express their gratitude to all those generous members who have made such donations.

Some details from the database: During 1988, 71 out of 238 members ran at least one marathon, and 115 ran at least one half-marathon. Only 4 ran their first-ever marathon during 1988, including one whose debut was before joining the club. 18 club-members improved on a previous personal-best during 1988.

Members may be interested to know the geographical distribution of membership (as at 23 January 1989), and of the runners in the 1988 Half-Marathon:

	Striders' Membership		Open Half- Marathon '88
Eastern Suburbs	37 (15.4%)		167 (14.9%)
Northern Beaches	10 (4.2%)		90 (8.0%)
Lower North Shore	62 (25.8%)		117 (10.4%)
Upper North Shore	38 (15.8%)		91 (8.1%)
Ryde-Carlingford/Hills	33 (13.8%)		146 (13.0%)
Inner Western Suburbs	29 (12.1%)		81 (7.2%)
St George Area	6 (2.5%)		45 (4.0%)
Sutherland Shire	3 (1.3%)		42 (3.7%)
Bankstown Area	3 (1.3%)		25 (2.2%)
Parramatta-Blacktown	2 (0.8%)		45 (4.0%)
Far West & N.W Suburbs	3 (1.3%)		28 (2.5%)
Liverpool & South-West	1 (0.4%)		37 (3.3%)
NSW Country & ACT	6 (2.5%)		199 (17.7%)
Interstate	1 (0.4%)		6 (0.5%)
Overseas	6 (2.5%)		3 (0.25%)

Definitions:

Lower North Shore = Spit to Harbour Bridge to Chatswood.

Upper North Shore = Roseville northwards.

Inner West = Glebe to Lidcombe, Parramatta River to Canterbury.

Sydney Metropolitan Area limits: Hawkesbury Bridge, Windsor, Nepean River, Camden, Waterfall.

Notes:

Perhaps the most surprising feature to emerge from the above figures is the huge number of out-of-town runners who compete in our Open Half-Marathon. More than one in six of last year's competitors lived outside the Sydney Metropolitan Area. The figure of 199 for NSW Country and ACT included 54 from the Newcastle/Hunter Area, 47 from the Central Coast, 46 from Canberra and 17 from the Blue Mountains.

SYDNEY STRIDERS 1988: PRIZEWINNERS AND BEST PERFORMANCES

The Striders' Annual Awards Dinner for the 1988 season was held on Friday 17 February 1989 at Moore Park Golf Club. The names of prize recipients in the following lists are in CAPITALS. Please note: this list was compiled on 04/02/89 with information available at the time (as supplied by members on their renewal forms), in order to make the publication deadline. Please inform the Computer Manager (Steve Cornelius 427-3604) of any errors or omissions.

NOTE ON STRIDERS' POLICIES AS REGARDS AWARDS: (1) Performances are only recognised if the runner is a financial member of the club at the time the race is run; (2) In marathon and half-marathon categories, members may only win one trophy per year. If the winner of any marathon or half-marathon category has also won a superior award, the trophy goes to the next fastest. Marathon awards, in this case, take precedence over half-marathon awards, and open-age categories take precedence over limited-age categories. (3) In "Most Improved Marathon" categories, percentage improvements are calculated using the existing personal best as at 31 December the previous year as the standard. There are two categories - "Sub-3" and "Sub-4", referring always to the NEW personal best time. Thus, an improvement from 3.01 to 2.59 is taken as a "Sub-3" improvement because the NEW time is under 3 hours. Men and women compete on equal terms for these awards, as the winner is judged on percentage improvement.

MARIA GEMENIS-CRUICKSHANK OUTSTANDING ACHIEVEMENT AWARD

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

- 1 GRAHAM FIRKIN 65 votes: 1st Strider to beat 200km in 24 hours, 1st Strider to attempt Sydney-Melbourne Ultra, ran 292km to record longest distance ever run by a Strider.
- 2 Louise Fitzsimmons 51 votes: Two Ironman-distance Triathlons in 11.47 (including her first-ever marathon) and 12.45, plus age-group wins in 3 shorter triathlons.
- 3 Martin Thompson 50 votes: 1st outright in Bathurst 50-miler, Canberra 100km track, Brindabella Classic 50km. 5th outright in Sydney-Wollongong. Best marathon 2.37.23.
- 4 Dave Winch 41 votes: Won Bathurst Marathon, Cities Marathon and 2 club half-marathons. Fastest Strider in City-to-Surf.
- 5 Linda Thompson 31 votes: Set club record for marathon (2.49.34) and half-marathon (1.22.18). Won Bathurst 8k and Brindabella 50k outright.

Also nominated for Outstanding Achievement Award:

Phil Garvin: Quality marathons in 2.30 range, and noteworthy performances at shorter distances.
Bruce Inglis: Consistent marathon times in 2.38 to 2.45 range;
Mathew Kaley: Versatility over distances from 1500m to 24 hours;
Terry McIver: 7-hour performance in Sydney-Wollongong ultra;
John Sauer: Rapid improvements in distances from 10k to marathon;

OTHER MAJOR AWARDS

Fastest Male Marathoner	PHIL GARVIN	2.30.30 London/Melbourne*
2nd	David Winch	2.30.59 Cities
3rd	Richard Bromley	2.36.17 Anzac Day

* This was Phil Garvin's 4th consecutive win in this prize category, including his tie for 1st place with Win Ahlmann in 1985. He therefore retains the trophy in honour of his 3rd consecutive outright win.

Fastest Female Marathoner	LINDA THOMPSON	2.49.34 South Melbourne *
2nd	Tina Campbell	3.02.51 Anzac Day
3rd	Dale Thompson	3.21.08 South Melbourne

* Club record for women's marathon - previous record: Jenny Walker 2.57.39 (Australian Marathon 1983).

Best Male Debut Marathon	PAUL LUNSMANN	3.30.17 Anzac Day
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Best Female Debut Marathon	SUSAN GRIFFITH	3.37.47 Melbourne
2nd	Virginia Clark	3.42.39 Canberra

Most Improved Sub-3 Marathon	JEFF GISSING	2.48.13 to 2.38.17 = 5.91%
2nd	David Winch	2.37.18 to 2.30.59 = 4.02%
3rd	John Hamilton	3.01.30 to 2.54.44 = 3.73%

Most Improved Sub-4 Marathon	ROD GARRICK	3.41.37 to 3.32.59 = 3.90% *
2nd	John Whealy	3.19.56 to 3.12.51 = 3.54%
3rd	Dale Thompson	3.27.43 to 3.21.08 = 3.17%

* This was Rod Garrick's 2nd consecutive victory in this category, a feat never previously achieved in the club's history.

AGE CATEGORY AND HALF-MARATHON AWARDS

Fastest Male Marathoner (Vet)	MARTIN THOMPSON	2.37.23 Traralgon
2nd	Don Price	2.37.31 Anzac Day
3rd	Alex Whitworth	2.42.24 Melbourne

Fastest Female Marathoner (Vet)	TINA CAMPBELL	3.02.51 Anzac Day
2nd	Dorothy Siepmann	3.28.17 Gold Coast
3rd	Merri Mack	3.33.58 Anzac Day

Fastest Male Marathon (Master)	JOHN TURNER	3.12.27 Melbourne *
2nd	Bruce Murray	3.26.02 Anzac Day
3rd	Rod Garrick	3.32.59 Holdsworth

* This was John Turner's 3rd consecutive victory in this category.

Fastest Male Marathon (Senior) DEREK WHITE 3.51.12 Bathurst *

* Club record over-60 marathon for Derek White, first ever under 4 hours.

Fastest Male Marathoner (U-20) Not awarded.

Fastest Male Half-Marathoner	DAVID WINCH	1.09.32 Lane Cove Park
2nd	Phil Garvin	1.09.38 Lane Cove Park
3rd	John Sauer	1.12.32 Centennial Park

Fastest Female Half-Marathoner	Linda Thompson	1.22.18 Holdsworth *
2nd	Tina Campbell	1.26.45 Lane Cove Park
3rd	DOROTHY SIEPMANN	1.31.06 Sutherland

* Club female half-marathon record for Linda Thompson.

Fastest Male Half-M'thon (Vet)	DON PRICE	1.15.10 Centennial Park
2nd	Bernie King	1.16.12 Sutherland
3rd	David Sill	1.16.36 Sutherland

Fastest Female Half-M'thon (Vet)	Tina Campbell	1.26.45 Lane Cove Park
2nd	Dorothy Siepmann	1.31.06 Sutherland
3rd	MARGARET ROBINSON	1.37.19 Centennial Park

Fastest Male Half-M'thon (Master)	FRED HOWE	1.21.50 Tamworth
2nd	Harvey Blue	1.22.42 Centennial Park
3rd	John Turner	1.24.23 Centennial Park

Fastest Male Half-M'thon (Senior)	Derek White	1.29.51 Sutherland
2nd	JOHN PLUMMER	1.35.14 Marathon Clinic
3rd	Barry Jones	1.47.01 Lane Cove Park

Fastest Male Half-M'thon (U-20) CHRIS BARTON 2.09.57 Holdsworth *

10km Time-Trial Series: Outright winner (male): BILL FLANAGAN
Outright winner (female): TINA CAMPBELL
Handicap winner: SCOTT CRAWFORD

PRESIDENT'S TROPHY FOR ULTRAMARATHONERS: MARTIN THOMPSON
TRIATHLETE OF THE YEAR: ALEX HAMILL

COMMEMORATIVE AWARDS FOR 1987 MAJOR PRIZEWINNERS

1987 Outstanding Achievement	MATHEW KALEY, fastest Australian U-20 m'thon.
1987 Fastest Female Marathoner	TINA CAMPBELL, 3.00.32
1987 Best Male Debut Marathon	WARWICK SELBY, 2.51.59
1987 Best Female Debut Marathon	CHRIS MATHEWS, 4.23.30
1987 Most Improved Sub-3 M'thon	ALEX WHITWORTH, 2.55.54 to 2.41.49 = 8.01%
1987 Most Improved Sub-4 M'thon	ROD GARRICK, 4.09.00 to 3.41.37 = 10.99%
1987 Ultramarathoners' Trophy	DAN GRAY, 198km in 24 hours.

STRIDERS' ANNUAL AWARDS DINNER - THE "WE WUZ ROBBED" STORIES

It happens every year - some members take the prizes, and some have to miss out. But sometimes the margin by which you miss out can be agonisingly close. Here are just a few of the hard luck stories, the human tragedies in the cold hard concrete city.

BERNIE KING - 2nd in the Veteran Half-Marathoners' category by only ONE MINUTE!

DALE THOMPSON - the one-and-only female member of the club to improve her existing personal best marathon time during 1988, but narrowly beaten on percentage terms by 2 mere males in the "Sub-4-Hours Improvers" category.

JOHN WHEALY - the most-improved veteran marathoner in the club in 1988, would have taken out the "Sub-4-hours Improvers' Trophy" if he had run only ONE SECOND PER KILOMETRE faster in the Cities Marathon in August.

DON PRICE - beaten into second place in the Veteran Marathoners' category by only EIGHT SECONDS - and it would have been his third consecutive victory in this category. Fortunately there was an award for Don - his 1.15.10 at Centennial Park was the fastest half-marathon by a veteran in 1988.

HARVEY BLUE - a master-tactician approaching the Masters age-category, who just got his timing wrong! Only 3 months before his 50th birthday, Harvey ran a superb sub-3-hour marathon (2.58.32) on Anzac Day. But after his birthday, needing to achieve 3.12 to win the Masters' category, Harvey couldn't string 42 kilometres together. His luck was no better in the Masters' Half-Marathon category either, losing by less than ONE MINUTE to a new member who joined the club only a few days before his winning performance.

Finally, consider IAN MACARTHUR, whose hard-luck story is probably the one to end them all. A relative newcomer to running, initially dragged along reluctantly to Striders' events by his enthusiastic wife Edwina, Ian threw himself whole-heartedly into the Striders' 10 km handicap series. Improving radically with every outing, Ian built up a formidable lead in the handicap points table, and looked like taking out the series. It seemed like the only way he could be beaten was if Edwina were inconsiderate enough to give birth to their first-born on the day of the Series Final in January (and even then Ian's priorities might not have been cut and dried). But the cruel hand of fate dealt a different blow - Ian was struck down by a mystery virus in the very week of the final, struggled along to Mosman anyway to run the 10 km although functioning at about 20 percent of his potential, and missed the first prize by THREE MISERABLE SECONDS! What can we say?

STRIDERS' HANDICAP HALF-MARATHON, ROYAL NATIONAL PARK, 27 NOV 1988.

A soggy morning in the National Park saw only 3 runners better their handicaps in the Internal Half-Marathon. Abuse heaped upon Computer Manager and Handicapper Steve Cornelius before the start was massively exceeded by abuse heaped upon course designer and Internal Events Manager Kevin O'Kane afterwards. O'Kane was unmoved by suggestions that the course was "sus", preferring to stick to his theory that the runners were slack.

Dale Thompson saw her golden opportunity for victory and seized it, although pushed very hard in the final stages by Paul Lunsmann, who took silver. Brian Colwell was the only other runner to beat his handicap, for 3rd place.

Elapsed-time honours went to the exponentially-improving John Sauer (pushed by new member Carl Barker), and the familiarly-diminutive Tina Campbell.

Results listed in handicap order:

1 Dale Thompson	1.38.04 (- 1.56)	15 Ross Betts	1.40.49 (+ 5.49)
2 Paul Lunsmann	1.34.24 (- 1.36)	16 Adrian Kol	2.02.08 (+ 6.08)
3 Brian Colwell	1.29.33 (- 0.27)	17 John Sauer	1.19.14 (+ 6.14)
4 Nobby Young	1.26.36 (+ 0.36)	18 Carl Barker	1.19.26 (+ 6.26)
5 Margaret Robinson	1.40.20 (+ 1.20)	19 Terry Bailey	1.36.55 (+ 6.55)
6 Rod Garrick	1.33.39 (+ 1.39)	20 Wayne McCarthy	1.50.03 (+ 7.03)
7 James McDonnell	1.25.47 (+ 1.47)	21 Mavis Garrick	1.55.39 (+ 7.39)
8 Ewen Thompson	1.26.13 (+ 2.13)	22 Tina Campbell	1.35.24 (+ 8.24)
9 Alf Field	1.30.18 (+ 3.18)	23 Lesley Lear	1.51.27 (+ 8.27)
10 Terry McIver	1.20.31 (+ 3.31)	24 Barry Jones	1.53.43 (+ 9.43)
11 Steve Roach	1.34.11 (+ 4.11)	25 Jon Marsden	1.33.51 (+10.51)
12 Graham Firkin	1.35.21 (+ 4.21)	26 David Barwick	1.59.36 (+12.36)
13 Dan Gray	1.31.23 (+ 4.23)	27 Dawn Woodward	2.06.11 (+18.11)
14 John Ross	1.59.42 (+ 5.42)	28 Alan Tonge	2.41.49 (+26.49)

Finishers who did not have a start-handicap:

John Lee 2.20.30, Benny Hagberg 1.42.55.

Did Not Finish:

Derrick Titmus, Louise Fitzsimmons, Nick Reed.

SOUTH MELBOURNE MARATHON, NOVEMBER 1988

1 Steve Guy	2.34.37	1F LINDA THOMPSON	2.49.34
2 Russell Johnson	2.34.44	2F Christine Setterfield	3.19.04
3 Laurie Brimacombe	2.36.57	3F DALE THOMPSON	3.21.08

Striders:

5 Martin Thompson	2.40.56 (2nd Veteran)
18 Linda Thompson	2.49.34 (1st Female, Striders club record)
44 Ray Skinner	2.58.37
98 Dale Thompson	3.21.08 (3rd Female, PB)

HARBORD DIGGERS' PALM BEACH TO MANLY 30KM RACE, 2 JAN 1989

1 Rob Spilling	1.44.40	1F Louise Bonham	2.02.36
2 Paul Woodhouse	1.48.37	2F G. Horovitz	2.04.19
3 Michael Lindsay	1.50.39	3F D. Sedgman	2.11.11

Striders:

4 Evan Millar	1.50.47	121 Graham Firkin	2.24.20
14 John Sauer	1.58.08	127 Stephen Roach	2.25.36
21 Jeff Gissing	1.59.22	133 Tina Campbell	2.26.21
22 Alex Whitworth	1.59.44	136 Scott Crawford	2.27.00
26 Malcolm Satchell	2.02.06	136 Dick Bartlett	2.27.00
46 Bernie King	2.06.02	139 Dan Gray	2.27.42
62 John Hamilton	2.10.23	141 Paul Lunsmann	2.28.16
72 James McDonnell	2.12.58	156 Heiner Huning	2.31.05
74 Alf Field	2.13.13	161 Jeff Burgess	2.31.50
78 Paul Russell	2.14.06	171 Margaret Robinson	2.34.47
80 Geoff Cox	2.14.22	175 Kylie Munyard	2.38.27
103 Alan Phillips	2.18.37	176 Trevor Bayley	2.38.40
103 John Ayliffe	2.18.37	194 Jon Marsden	2.45.35
107 Cedric Sidebottom	2.20.15	203 Barry Jones	2.49.46
118 Nobby Young	2.23.55	228 Les Giesler	3.13.59

CAMPBELLTOWN 6 DAY TRACK RACE, NOVEMBER 1988

1 Kevin Mansell	902 km	8 Terry Cox Senior	504 km
2 Graham Wilkinson	755 km	9 Sally Woods	455 km
3 Eduardo Vega	722 km	10 Terry Cox Junior	439 km
4 Dave Taylor	705 km	11 Dallas Earsman	396 km
5 Mark Gladwell	656 km	G. Woods 230 km (retired)	
6 Tony Collins	629 km	Ian Javes 124 km (retired)	
7 Wanda Foley	619 km		

EDITOR'S NOTE :

Most of you will already have heard the very sad news that Jim Campbell collapsed and died whilst running a few days after Christmas .

Jim underwent extensive coronary by-pass surgery some years ago. He was one of those specially courageous people who have made the magnificent step from coronary-care patient to Marathon runner.

I'm sure that the sport of running and the friendships he made in our club added to the quality of his life throughout those latter years. Those of us who were fortunate in knowing Jim will remember him as a dedicated athlete, a battler and a thoroughly decent person.

We extend our sympathies to Jim's family and friends.



Sydney CORPORATE CUP

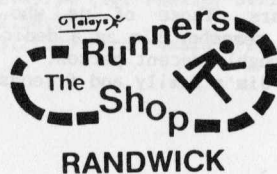
The Corporate Cup is a series of handicap based runs starting in the Domain. Originally begun by the NSW Institute of Technology and Life Be In It campaign, it is now co-ordinated by individuals from several companies.

There are six runs in a series, held every second Wednesday, from 1215 to 1330 over a 5.9km course.

The emphasis is on participation and aerobic fitness and it is for this reason that point scoring is handicap based. This encourages the individual to improve their own performance and at the same time assist their teams overall score.

At the completion of the last series (final run for 1988) there were eight Striders who had run in the series for various teams.

David Winch	19.40
Scott Lawrence	19.45
Evan Millar	20.35
Cameron Osborne	20.50
Alex Whitworth	21.05
John Hamilton	21.30
Dan Gray	23.20
Tina Campbell	23.30 (course record female)
	(course record male 19.10 Bob Davidson)



A TRIBUTE TO GRAHAM BUTLER by Nobby Young

We have come to the end of an era. This is the last "Blister" edited by Graham (Publish and be Damned) Butler. Needless to say, this page went to Brian Tailford, our Posh Printing ex Social Director, to avoid being edited out by Graham. To edit is to control the policy and contents of a publication. With the Blister, even scurrilous items by Barton, Cornelius and Lynn have made it straight into print without vetting. In fact, I think that "vetting", as in what happens to various animals, is something desirable in the cases of the above mentioned trio. Their lack of respect for "high office" is something I will never understand.

Graham is now to spend more time with his wife Caroline, his sons David George (thats one son) and Patrick, and his dogs. It is a case of our loss also being their loss, with the possible exception of the dogs. Can you imagine what I would write if this wasn't a tribute?

Graham became the Literature Director for Sydney Striders in time to edit Blister 27 in April of 1986. In much the same way as some people must be the first to read the Herald when it is delivered each day, he wanted to be first to read the Blister. The remuneration is nil, but the power, the influence and the opportunities to "give a bit of stick" to fellow members is unlimited. Not that Graham would do that sort of thing, it just isn't in his nature. He told me so himself!! The very first endeavour in his first publication was to put his own photo on page five. He tried to get a member called silicone tits for page three but couldn't get a snap shot that wasn't over exposed. His own photo I remember well as he had hair all over his head without the use of a beard, and was wearing purple trousers, floral shirt and four inch platform shoes. No doubt about it, the bloody Poms really know how to dress. Graham was actually understudy to the actor who played "Robin" in "Man about the House" a fine piece of English drama at the time, before he had decided bless us with his companionship. (I still have my copy of Blister 27 to prove the above story).

Graham has also served on the Half-Marathon Committee and as the Internal Events Director, and has competed as a tri-athlete. After seeing the effect the "Sydney to Wollongong" race had on Laurie King, he decided to give ultra-racing a miss, but there hasn't been much that he hasn't been involved in. Graham, if the wife, the kids and the dogs find that they get on better with you when you are not around as much, I can think of lots of things that you could still do for the club.

MARATHON LADDER AS AT 04 FEB 1989.

Members who have not paid their 1989 subscriptions still appear in this ladder because (a) the Computer Manager was in a good mood, and (b) the Blister Editor was desperate for copy. But they will be RUTHLESSLY SLASHED from the ladder in the next edition!

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 04 Feb 1989, the second denotes age at which personal best was achieved. Please advise Steve Cornelius on 427-3604 of any omissions or errors, and keep the race results flowing in to the 2 hotlines.

NAME	CAT	<-----BEST AS A STRIDER----->	<-BEST BEFORE JOINING->
PHIL GARVIN	PP	2.21.56 BATHURST	07/86
DAVID WINCH	PO	2.30.59 CITIES	08/88
RICHARD BROMLEY	PO	2.36.17 ANZAC	04/88 2.32.16 GOLD COAST '84
BILL FLANAGAN	OO	2.36.47 CANBERRA	04/82
MARTIN THOMPSON	VV	2.37.23 TRARALGON	06/88 2.28.07 POLYTECHNIC UK '77
DON PRICE	VV	2.37.31 ANZAC	04/88
BRUCE INGLIS	PP	2.38.11 NEWCASTLE	07/88
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
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	OJ	2.43.51 MELBOURNE	10/87
MALCOLM SATCHELL	PP	2.44.41 MELBOURNE	10/88
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	VP	2.47.48 ANZAC DAY	04/87
PAUL RUSSELL	PP	2.47.53 CANBERRA	04/84
WARWICK SELBY	PP	2.47.57 MELBOURNE	10/88
RAY DORAN	VV	2.48.23 AUSTRALIAN	06/87
ALISTAIR MACKIE	PP	2.49.22 MELBOURNE	10/84
LINDA THOMPSON	PPF	2.49.34 SOUTH MELBOURNE	11/88 2.49.32 MELBOURNE '86
WILLIAM THOMPSON	VV	2.49.38 ANZAC DAY	04/88
PETER COBLEY	PP	2.50.01 AUSTRALIAN	06/83
HARVEY BLUE	MV	2.50.17 AUSTRALIAN	06/83
JONATHAN MARSDEN	PO	2.50.17 AUSTRALIAN	06/87
LAURIE KING	VP	2.50.37 GILLAWARNA	08/83
CHRISTOPHER DWYER	PP	2.51.50 CANBERRA	04/87
DAVID ROBINSON	VV	2.52.32 AUSTRALIAN	06/86 2.36.06 KENYA '63
DAVID SILL	VV	2.52.54 HAMILTON NZ	10/87
KAR WONG	PP	2.53.20 CAPE TOWN, RSA	09/86
CEDRIC SIDEBOTTOM	VV	2.53.59 AUSTRALIAN	06/85
ROD MCLEAN	PP	2.54.22 AUSTRALIAN	06/84

NAME	CAT	<-----BEST AS A STRIDER----->	<-BEST BEFORE JOINING->
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
GEORGE LISSON	PP	3.10.21 COMBINATION	07/88 3.04.51 ANZAC DAY '87
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
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

NAME	CAT	<-----BEST AS A STRIDER----->	<-BEST BEFORE JOINING >
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
DALE THOMPSON	PPF	3.21.08 SOUTH MELBOURNE	11/88
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
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
SUSAN GRIFFITH	OOF	3.37.47 MELBOURNE	10/88
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 BURKE	OO	3.45.00 HONOLULU	12/88 2.54.08 CANBERRA '87
OLEG SZLICHTA	PP	3.46.15 AUSTRALIAN	06/84
STEPHEN WINNER	OO	3.46.29 CITIES	08/88
DERRICK TITMUS	VV	3.47.09 AUSTRALIAN	06/83
ROBI RUSSELL	PPF	3.49.00 WORLD VETERANS	12/87
MAVIS GARRICK	VVF	3.49.10 WORLD VETERANS	12/87
DAWN WOODWARD	VVF	3.49.47 ANZAC DAY	04/87
VIC COLLINS	VV	3.50.56 MELBOURNE	10/86
PHILIP CALDWELL	PP	3.52.32 AUSTRALIAN	06/83
QUEENIE TOPLEY	PPF	3.52.52 MELBOURNE	10/86
JOSEPH BAILLIE	MM	3.53.16 AUSTRALIAN	06/85

NAME	CAT	<-----BEST AS A STRIDER----->	<-BEST BEFORE JOINING >
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
ALAN TONGE	MM	5.23.16 KEMPSEY	06/88 4.46.49 ADELAIDE F/CITY '85

MEMBERS WHO HAVE NOT RUN A MARATHON SINCE JOINING STRIDERS

NAME	CAT	TIME	PLACE/YEAR
GEOFFREY NICHOLSON	PO	2.20.30	PT COOK VIC '76
FRED HOWE	MP	2.22.18	MELBOURNE '65
CARL BARKER	OO	2.31.55	CITIES '88
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
SCOTT MCKENNA	OO	2.50.00	SCOTLAND '85
MICHAEL BILLINGHURST	OO	2.50.50	LONDON '82
CHARLIE LYNN	VV	2.51.06	AUSTRALIAN '85
JOHN TURTON	VP	3.01.08	UMFOLOZI RSA '77
ROGER CROFT	VV	3.02.54	AUSTRALIAN '86
BRET NICHOLS	PP	3.05.30	AUSTRALIAN '83
JOHN CULLITY	VV	3.07.02	ANZAC '88
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	VP	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

STRIDERS IN

TITLE & CONTACT	DAY/TIME	START/VENUE	COURSE
PAIN IN THE DOMAIN Harvey Blue 32-2476	Tues. 12.45 pm	Entrance to Domain opposite Mitchell Library	Botanic Gardens and Domain
RANDWICK RUNNERS' SHOP Fred Howe B: 399-3893	Wed. 6.15 pm	The Runners' Shop 38 Frenchmans Rd Randwick	Randwick-Clovelly then either: 1) Left to Bronte, Tamarama, Bondi or 2) Right to Coogee and Maroubra
CORPORATE CUP Michael O'Mara B: 228-8225 Tina Campbell B: 233-9973	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 Terry McIver H: 46-1706 B: 88-2149 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 Terry McIver H: 46-1706 B: 88-2149	Thurs. 5.45 pm	Hensley Field, Corish Circle & Wentworth Ave, Pagewood	Track followed by additional track or road. Matra- ville & Botany.
NORTHS RUGBY RUNNERS Bryce Courtenay B: 957-7100 H: 32-1960	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 Bruce Murray H: 476-6484	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
MOSMAN INTERVALS Paul Russell H: 929-8168 Warwick Selby H: 81-4869	Tues & Fri 6 pm	Entrance to Mosman Oval, Myahgah Rd, Mosman	Around oval (375 metres, grass)

TRAINING

PARTICIPATING STRIDERS	DISTANCE & OTHER NOTES
Charles Coville, Dan Gray, John Hamilton Tina Campbell, John Turner, Bret Nichols Harvey Blue	Intervals at sprinting pace
Harvey Blue, Tony Vipond, Mathew Kaley Brian Colwell, 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.
Tina Campbell, Dave Winch, John Hamilton Cameron Osborne, Alex Whitworth, Dan Gray	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.
Terry McIver, Sue Hill, Joanne Cowan, Kevin O'Kane Bernie King, Philip Caldwell, Warwick Selby Ewen Thompson, John Sauer, John Whealy Scott Crawford, George Lisson, Malcolm Satchell Nobby Young, Russell Young, Jenny Higgins Louise Fitzsimmons, Merri Mack, Sally Crawford	Tues: Race Pace. Friday: Medium STAR Pace. 10k.
Barry Jones, Mick Edwards, George Lisson Ced Sidebottom, Ian Whitfield, Scott Crawford Bill Thompson, Kevin O'Kane, Carl Barker Terry McIver, Joanne Cowan, Terry Bailey Ewen Thompson, Jenny Higgins, Dot Siepmann Ron Burke, Mike Ward	Alternating weeks: 1st week: 1 mile track then either 3000 metres track or 4 miles road. 2nd week: 800 metres track then either 5000 metres track or 6 miles road.
Owen Denmeade, Peter Keeble, John Ayliffe Bryce Courtenay, John Pettit, Derrick Titmus Alex Hamill, Joe Loewy	Mon to Thur: Medium pace 10.6k. Fri: Race over same course.
Derek White, Bill White Dan Gray, Lesley Lear Dorothy Siepmann	Tues: various pace groups 10k, beginners run/walk 5k. Thur: 3k down to 100m including relays. All times recorded. Sat: 7k at very easy pace.
Bruce Murray, Vic Verco, David Sill	Handicap race. Slowest runners start at 6.50 am. Faster runners leaving at 1 minute intervals thereafter.
Bill White, Dot Siepmann	Measured 10k each week. Handicap race 1st Saturday of each month. Earliest handicap starters 7 am.
Paul Russell, Warwick Selby, John Hodges Dick Bartlett, John Ayliffe	3-minute intervals with approx. 2 minutes rest in between.