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APRIL/JULY 1989

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Sydney Striders

Road Runners Club

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

THE PRESIDENT'S REPORT

I had this report almost finished on Russells' computer when the power went off. Not being very good at this new technology, I had forgotten to "save" any of what I had writen, and lost the lot. What you get now is only something like the first version.

Each year we loose a few very capable office holders at the A.G.M. and this year was not an exception to the rule. Thanks to those whose efforts in the past have made this Club what it is today, and welcome to the new faces that have stepped into their (running) shoes. I thought I had a pretty good idea as to the outcome of the elections until Steve Cornelius dropped it onto me a few minutes before the start of the meeting that he wouldn't be able to do the computer work any more. Boy, did the "Pedantic Streak" throw me with that one. His view is that anyone can do the job, but I know of the hours that Steve has put into the position over the years. Our next Computer Manager will have a hard act to follow.

For the last month I have been involved with the Westfield Sydney to Melbourne Run. We had two runners in Graham Firkin, who made the distance, and Frank Kelly, who had to pull out with medical problems. Congratulations to both of them on their efforts. Striders also had Charlie Lynn out there as Race Director, who had an itchy backside three days before the start of the race and didn't get time to scratch it until two days after it finished. Margaret Robinson was with Race Control, of which I will not make any comment for fear of the repercussions, and we had a handful of support crew who experience what it is like to live for a while in conditions that the Corrective Services would not permit. Its one hell of a lot of hard work, and I still don't understand why the runners take it on. Someone in Cooma asked "why do they do it?" and I replied that it must just be a love of running. He then informed me that he meant "why do they want to go to Melbourne?" That just about sums it up!!

Nobby

NOBBY YOUNG

OFFICE BEARERS
ELECTED AT 1989 ANNUAL GENERAL MEETING

Position	Nominated	Proposer	Seconder	Result
President	Nobby Young	Bernie King	Sue Hill	elected
Vice-Pres.	Steve Nordish	Nobby Young	Marg. Robinson	elected
Secretary	Jon Marsden	Tina Campbell	Steve Nordish	elected
Treasurer	E. Macarthur	Sue Hill	Barry Jones	elected
Training Dir.	Bruce Murray	Dave Williams	Nobby Young	elected
Internal Events Director				
	Kevin O'Kane	Ian Whitfield	Bill Zecha	elected
Membership Dir.	Marg. Robinson	Steve Nordish	Graham Firkin	elected
Uniform Manager	Tina Campbell	Bernie King	Steve Nordish	elected
Social Director	Barbara Firkin	Nobby Young	Sue Hill	elected
	Carol Tailford*	Nobby Young	Sue Hill	elected
Literature Dir.	Roger Rigby	Nobby Young	Wayne Mcarthy	elected
Assistant Literature Director				
	John Ayliffe	Wayne Mcarthy	Marg Robinson	elected
	Owen Denmeade	"	"	elected
Public Relations	Bernie King	Bruce Murray	Tina Campbell	elected
Special Projects Director				
	Wendy Downes	Sue Hill	Bruce Murray	elected

1990 Race Management positions

24HR Race Dir.	Charlie Lynn	Nobby Young	Steve Nordish	elected
SUSSAN 10K Race Director				
	Nobby Young	Tina Campbell	Wendy Downes	elected
SUSSAN 10K Race Manager				
	Marg Robinson	Wendy Downes	Sue Hill	elected
Half Marathon Race Director				
	Bill Flanagan	Bernie King	Ed. Macarthur	elected
HM Course Mgr	Gavin Morisset	Wendy Downes	Sue Hill	elected
HM Grounds/Equipment Manager				
	Ian Whitfield	Nobby Young	Wendy Downes	elected
HM Treasurer	Bernie King	Terry McIver	Ian Whitfield	elected
HM Secretary	Wendy Downes	Bernie King	Sue Hill	elected
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	Brian Tailford	Marg Robinson	Harvey Blue	elected

Special Projects Personnel

Dave Barwick	Steve Nordish	Jon Marsden	elected
Ian Whitfield	Kevin O'Kane	"	elected
Ray Reid	Wendy Downes	"	elected
Harvey Blue	Nobby Young	Ed. Macarthur	elected
Scott Crawford	Nobby Young	Jon Marsden	elected

SYDNEY TO MELBOURNE ULTRA-MARATHON

"A gutsy, heroic effort."

Graham Firkin did it at his second attempt. Eight days, sixteen hours and twenty five minutes. Doesn't sound much when you say it quickly but let me tell you, its a hellva long time out there on that hard hard road.

Probably only the crew members who accompanied Firko over the entire 1,011 kilometers will ever fully appreciate what a gutsy, heroic and determined effort it was by him. He deserves all the congratulations and plaudits that have been heaped on him.

This is not a blow by blow account of Firko's odyssey from Sydney to Melbourne. That will be published in the next issue of "The Blister".

This is just to say: "Good on yer, Firko. Great effort, mate. We are proud of you."

Blacksmith makes it to Melbourne

MELBOURNE: The Sydney to Melbourne ultra marathon finished at 3.26am yesterday when Graham Firkin of Dharruk in NSW crossed the finish line in 20th position.

Firkin missed the last two cut offs, including Friday's midnight deadline.

However, run director Charlie Lynn said he did not have the heart to cut the 51-year-old blacksmith from the race.

"It was his dream to finish the run in Melbourne after he dropped out with stomach problems last year," Lynn said.

Firkin was eliminated from the official finishers when he failed to make the Warragul cut-off at 2am on Friday, but was later allowed to finish the race.

Firkin's official time was eight days, 16 hours and 26 minutes.

Earlier in the evening, Victorians Terry Cox senior and Ross Parker, Tomoya Takaisai of Japan and David Taylor of NSW finished the race before the midnight cut-off.

Lynn said this year's run was by far the most successful and most exciting.

"The performances of the Australians, particularly David Standeven and Kevin Mansell, really made a difference," he said.

"There was more national and international attention focused on the race, and it was more dramatic with the finish between Yiannis Kouros and David Standeven.

Kouros won the race on handicap with an official time of five days, two hours, 27 minutes and 27 seconds.

However, South Australian Standeven took line honours 32 minutes later.

NSW runner Kevin Mansell finished third.

AUSTRALIAN RUNNER

JOANNE TIBBITTS: IN ADMIRATION

John Ayliffe

She ran 3.04 in the 1987 Anzac Marathon. How well I remember. Wendy Downes remembers.

She came in ten minutes later, for her P.B., that day. According to Tina Campbell (who also P.B.'d with a magnificent 3-01), sub-three hours is in the bank for Jo for whenever she cares to claim it.

Now, to put this into perspective, mere mortals like Alan Phillips, Scott Crawford and I have been eyeing off that time for two years or more. Perhaps we're not eating right.

Joanne Tibbitts is a bit of a health fanatic. You could call her obsessive. While most of us are berating the star host for burying the Coke beneath icebergs or tackling a biscuit or a Mars bar; Ms. Tibbitts will be quietly sucking on a pure orange juice or searching for the unsalted nuts and dried apricots.

She's a lesson to us all. And anyone who has had the privilege of seeing that impressive bound copy of another fruit of her obsessiveness, compulsion and sheer hard labour, two or three years work, will have but stood in admiration. And awe.

"A Digital Signal Processing Technique to Improve the Intelligibility of Speech for the Hearing Impaired in Quiet" is a boffin's thesis. It won't help a lot of people because, fortunately, most of us don't need helping in that way. But the few it will help are going to remember the name 'Joanne Tibbitts' forever.

This is not an aeroplane book. We're not about to gain another millionaire author. But this book is worth its weight in gold.

Jo has bought a home in the Blue Mountains. We probably won't see her on too many Stars from here on in.

But those of us who do venture up there on the odd weekend can feel privileged to fetch out Joanne Tibbitts to take us 'running high'.

Graeme Firkin once said, in a highly emotional moment, that he'd belonged to lots of clubs in his fifty years but he has found his home with Sydney Striders, "The Best I've Ever Known."

This is what Joanne Tibbitts says about us in the Foreword to her years of hard labour that was bound into a book:

> The large number of people who have continually inquired over the last year about the completion date of this thesis, I thank for their concern and persistence. This group includes the runners in Sydney Striders.

WANT TO RUN THE COMRADES?

by Alf Field

I am getting together a group of Sydney Striders to visit South Africa next year to run the Comrades Marathon on 31st May, 1990.

The tentative itinerary is to leave Australia about 21st May, 1990, which will allow enough time for brief stops in Zimbabwe (Victoria Falls), Johannesburg and Cape Town, arriving in Durban about 28th May.

There are enough ex-South Africans amongst the Striders membership to ensure that we will be able to obtain billets with families in Johannesburg, Cape Town and Durban. This will not only reduce costs but enable you to meet some of the locals.

After running the Comrades, the idea would be to visit a game park, possibly the Kruger National Park, before returning to Australia. Total time away would be approximately three weeks.

I'm raising the subject a year ahead of time in order to allow anyone who is interested plenty of time to arrange leave, save the necessary dollars, etc. We also need plenty of time to arrange billets, negotiate with the airways and generally plan the trip.

Obviously the bigger the group, the better the deal we can squeeze out of the airlines.

I need to know SOON whether you are interested in coming along on what should be an exciting and enjoyable trip. Please contact me at one of the telephone numbers below, or write to me or catch me at one of the STARS.

Oh, about the Comrades itself, there is nothing to worry about. It is just like running 3 consecutive 30k STARS. Last year there were 16,000 starters and 90% finished within the allotted 11 hours.

I ran it in 1983 with a total distance covered in training during the prior 5 weeks of only 30kms. Admittedly I said after that race that I would never do it again. It has taken me only 6 years to get over it and decide to have another go at it with more appropriate training.

I wrote an article on my effort in the 1983 Comrades which is reproduced on the following pages. It gives some idea of what it is like. It is a unique race and well worth the effort.

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CITY TO SURF 1989

19 Striders won 10 places in 10 categories

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* * * * * * * *

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who will put the teams together.

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"If you want to be a champion, you will have to win every race in your mind a 100 times over before you win it in real life that last time." Marti Liquori and John Parker.

THE 1983 COMRADES MARATHON

By Alf Field

I am writing this story of the 1983 Comrades Marathon two weeks after the event while the details are fresh in my mind. The object is to ensure that if I ever get the urge to run this race again, I will be able to read this account and persuade myself not to.

The Comrades Marathon is a very special race and is a good test of a runner's endurance. It is a tough race in that it takes the average runner to the extreme limits of his capabilities. Whereas a standard marathon is 42 kilometers (26 miles) in length, the Comrades is approximately 90 kilometers (about 56 miles) in distance, more than a double standard marathon.

It is not just the additional distance which distinguishes the Comrades from other Marathons. The terrain which the runners have to cover is very hilly, the race being between the cities of Durban and Pietermaritzburg in South Africa.

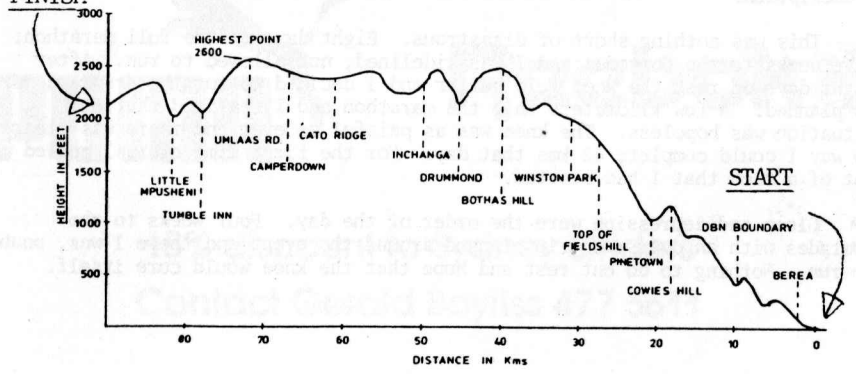
Perhaps the best comment on the nature of the hills on the course was made by an Irish runner who, having completed the Comrades course for the first time this year said in a television interview that "if these hills were in Ireland they would have snow on them all year round!".

The following is a profile of the course showing the nature of some of these hills. The course alternates from year to year with the "down" run from Pietermartizburg to Durban being held one year and the "up" run from Durban to Pietermitzburg the following year. This year the race was the "up" run and thus started in Durban at sea level.

Pietermartizburg has an altitude of some 2,500 feet and it has been calculated that sum of the vertical distances climbed by the athletes on the "up" run is 5,500 feet with the declining portions of the undulations thus being about 3,000 feet.

This Altitude Distance map of the course shows vividly the strenuous nature of the race, and a little arithmetic will show the amount of climbing to be done.

A RUNNER HAS TO CLIMB ABOUT 5,500 FEET TO COMPLETE THE RACE FROM DURBAN TO PIETERMARITZBURG!



What causes one to get involved in a crazy activity like the Comrades Marathon? I suppose one might ask why Sir Edmund Hillary wanted to climb Mount Everest. Simply because it was there and because it was the ultimate challenge to a mountaineer? The Comrades is the ultimate challenge to the average runner and a total of 6,600 entrants this year from all over the world testifies to the popularity of the race.

At school I ran in the school athletics team with only minor distinction and never in anything longer than a mile. In subsequent years I seldom got involved in anything more strenuous than swimming and golf.

Four years ago I decided that I was unfit and overweight and that it was time I did something about it. I had heard of the Sydney "City to Surf" race, a 14 kilometer trot from the Sydney City Hall to Bondi Beach which attracts more than 25,000 enthusiasts each year, and decided to make this my objective.

When I started I could not run 3 kilometers let alone 14. In fact, 14 kilometers seemed an almost impossible objective at that time but I persevered. Gradually the distance I could run increased and gradually my excess weight began to disappear. Within 3 months I had lost some 16Kgs in weight (35 lbs) and the 14 kilometer objective became a realistic possibility. I completed that first "City to Surf" in 70 minutes; reduced it to 62 minutes the next year and to 58 minutes the year after.

Running had become an addiction to me. There is a lot of truth in the old saying that the new convert is the most fervent. There were constantly new challenges - longer races, faster times for old races and different courses. Eventually the Comrades beckoned and 1983 was to be the year, the year of the "up" run.

Training programmes were set with a gradual build-up to a half-marathon at the end of March, a full marathon (42 kms) at the end of April to be followed by the Comrades at the end of May. At first everything progressed beautifully. The half marathon was completed in a better time than I had planned and preparations for the standard marathon were coming along nicely when, out of the blue, a pain appeared in my right knee.

Nothing serious, I thought, and kept running. Two days later the pain was noticeably worse and it seemed wise to obtain medical advice. "Jogger's knee" was the specialist diagnosis. "Stop running, stop pain" was the prescription.

This was nothing short of disastrous. Eight days to the full marathon; five weeks to the Comrades and I was sidelined, not allowed to run. After eight days of rest the knee felt better and I decided to run the standard marathon as planned. A few kilometers into the marathon and I realised that the situation was hopeless. The knee was as painful as ever and there was clearly no way I could complete 42 kms that day. For the first time ever, I pulled out of a race that I had started.

Gloom and depression were the order of the day. Four weeks to the Comrades with an overseas trip planned around the event and there I was, unable to run. Nothing to do but rest and hope that the knee would cure itself.

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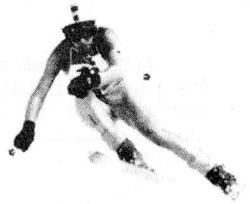

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After a week and a half of rest there was some improvement and I started doing a few circuits of the local oval each day, but after 15 minutes of running I had to limp home. After a few days I managed to run for some 40 minutes and, later still, for an hour, but still with obvious discomfort in my right knee.

With only 12 days to go to the Comrades and only 2 days before my departure for South Africa, I realised that there was no way my knee could stand 90 gruelling kilometers up and down some pretty big hills. I was becoming reconciled to the fact that I was not going to run the Comrades in 1983, if ever.

It was my wife, Rosanne, who came to the rescue. "Why don't you go and see the Chiropractor?" she said. "Johnny (our son) has an appointment. Why don't you take his appointment?" Muttering under my breath about witchcraft, I went to see the Chiropractor.

"Your right leg is shorter than your left", said the chiropractor, "something must have caused that. Possibly a bone in your hip has been jolted out of place." After some manipulation and juggling of my hip bone he said: "Right, I think I have got it. You should be OK now". The disbelief must have registered on my face but he just smiled. "Go and run" he said.

Next morning, I gave the knee a fairly testing 40 minute workout and although there was a twinge of pain, it was vastly improved. I was due to leave for South Africa the following day and I resolved to rise at 5.30 a.m. and run 20 kilometers flat out before going to the airport. I still could not credit that a miracle had occurred.

I rose before dawn the next day and pounded the pavements of my hilly 20km course, finishing the run in 88 minutes, only slightly slower than my fastest time for that course. Incredibly, my knee felt fine and I went to the airport with a light heart.

With only a week to go to the Comrades I could do nothing about the lost weeks of training and had to lower my sights. My only objective now was to finish the race within the prescribed maximum time of 11 hours. With considerable doubt as to whether my knee would be able to absorb 11 hours of punishment and with my limited training, I felt that to finish would be a sufficient achievement.

I should explain that the first 10 runners to finish the Comrades each receive a gold medal. Those who finish in less than 7½ hours each receive a silver medal and the "scrubbers" who finish between 7½ and 11 hours receive a bronze medal. The race commences at 6.00 a.m. on May 31st each year and officially finishes 11 hours later at 5.00 p.m.

I was never a serious contender for a silver medal, even before the affliction to my knee, and was now even less so. I formulated my approach to the race on the basis that it would take me 10 hours and 59 minutes. With my lack of training I knew that at some point in the race my thighs would "seize", i.e. become rock hard and burn with pain. Each stride thereafter would be an agony. The more distance a runner does in training, the further he can run before reaching that stage.

I knew that in my case, this point would come sooner rather than later so I decided that I should get as many kilometers as possible behind me as quickly as possible, hoping that I could get sufficiently far as to be able to walk the remaining distance and still finish within the 11 hours.

The game plan was to run 12 kilometers in the first hour, 11 in the second and then 10 kilometers in each of the next 3 hours, making a total of 53 in 5 hours. I estimated my walking speed at 6 kms per hour, which meant I could walk the last 36 kms in 6 hours and still finish in just under 11 hours.

This meant that I needed to complete 52/53 kms in 5 hours before my thighs "seized".

On a flat course this would not be overly difficult for a 100% fit athlete. A glance at the course profile, however, will reveal that the bulk of the heavy climbing is in the first 40 kms. Furthermore, I was not 100% fit, had a suspect knee and had never run further than 42 kms in one go before. I approached the race with more than a little trepidation.

"Operation Stoke-up" commenced 3 days before the Comrades. This simply meant that I started overeating, sharply increasing my intake of carbohydrates. This helps to build up the body's reserves, particularly of glycogen. During a run like the Comrades the body cannot absorb energy at anywhere near the rate at which it is expended and the body thus draws on its reserves. Exhaustion of the body's reserves of glycogen leads to collapse and unconsciousness. An athlete who reaches this state and is not quickly put on a drip can suffer brain damage. "Operation Stoke-up" is thus an essential part of the pre-race buildup.

Finally, the big day arrived. I woke before the alarm went off at 4.30 a.m. and, after a light breakfast, Rosanne drove me down to the starting point at the Durban City Hall. Even at 5.00 a.m. the area was a mass of milling humanity. Worst news, however, was that the temperature at that time was warm enough not to have to wear a sweater. Warm weather raised the risk of heat exhaustion and cramps, the other two scourges of long distance runners.

After clocking in at the computer checkpoint and a last visit to the toilet, I took my place at the start with the 6,600 other madmen (and a few women).

Mentally I reviewed my game plan and reminded myself that I was not going to be stupid about this silly race. I would quit if my knees or other joints started playing up; if I got severe cramps, blisters or chafing; if I got dizzy, faint or showed any other signs of heat or glycogen exhaustion. I simply was not prepared to be a hero.

It was still dark when the race started at 6.00 a.m. and my abiding memory is of the vast number of spectators at that hour, who lined the route for kilometer after kilometer. In fact, they lined the entire route to Pietermaritzburg but I was only to discover that later. Apparently everyone wanted to see the masochists.

I had arranged for Rosanne to meet me after 7 kilometers to give me a carton of fruit juice and to check my early progress, particularly with regard to my knee. Fortunately, everythiing was in fine shape at that point and I was a little ahead of schedule.

Gradually the minutes and kilometers ticked by. The 12 kms came up exactly on the hour, right on schedule and I was feeling in top form. The going now started to get much tougher. The gentle hills were giving way to a much steeper variety and the pace was slowing a fraction.

Refreshment stations were positioned every 2 or 3 kms and were beautifully organised. I had decided before hand that I would drink some liquid at each refreshment station but as I had no idea what fluids would be available, I had arranged for Rosanne and her brother to meet me at different points along the way with my own particular brew. One of these spots was at about the 20 km mark, but they were not there when I passed by. The traffic jam caused by spectators delayed them. Fortunately, it was of little consequence as all that I needed was available from the refreshment stations.

In due course 2 hours had passed and I had completed the 11 kms I had hoped for in the second hour. It was during the 3rd hour that my lack of training started to make itself felt. My thighs started to burn and a pain appeared in my groin. The former had arrived too early and the latter was of concern as I had never had a pain there before. The good news was that there was no sign of any problem with my knee.

I covered only 10 kms during the 3rd hour. This was in line with my game plan but I had secretly hoped to do better. As this was a section with some of the toughest hills, I was satisfied with the distance covered.

At 3½ hours my thighs started to stiffen up. They were starting to "seize" nearly 1½ hours ahead of the time I had hoped it would happen. The next 30 minutes were very bad. My thighs got increasingly sore and felt as if there were steel bands around them. The pain in the groin had disappeared only to be replaced by a pain in the left calf. My feet were sore and I could feel a blister starting on each foot. To add insult to injury, the temperature was increasing.

I realised that I was cracking up too early. Even if I walked the rest of the way, I could not finish in under 11 hours. To suffer another 7 hours of agony and not even get a bronze medal seemed totally stupid. I resolved to give up. I had put up a good showing in the circumstances - there would be no dishonour.

I had not seen Rosanne since the 7 km mark and assumed that she would be at the halfway mark at Drummond. I decided that that was where I would quit. I reached Drummond in 4 hour, 10 minutes, but there was no sign of my support team of Rosanne and her brother. What to do? Well, they couldn't be too far away. I would push on until I found them and then they could take me home to a cold beer.

After Drummond there is a long, fairly steep hill called Inchanga. As I had all but given up, I took a leisurely stroll up Inchanga, quaffing a coke I had got at the halfway mark. At the top of the hill I sat down and repaired the blister on my heel, using one of the two bandaids I had brought with me.

I reviewed my position as I put my shoes on again. My knees were fine, the pain in the calf had gone, I had one small blister but no chafing and no sign of heat or glycogen exhaustion. In fact, none of the items I had pre-set as factors to cause me to quit were present. Sure my thighs were hurting but I had expected that and that pain had become less acute.

I decided to continue by walking up the hills and running on the flat and downhill stretches - until I found Rosanne, when I would give up. At this point there were still 42 kms to go, a full standard marathon! Suddenly 5 hours had passed and I was staggered to find that I had covered 51 kms, only a km or two less than my original game plan. The walking to the finish option was starting to become a realistic possibility. Still no Rosanne.

I figured that if I could reach the 60 km mark in 6 hours I could comfortably walk the rest of the way. Had I done all that training (prior to the knee injury) and come all this way to give up now? One last effort, I urged my tired body. Give me 9 kms in the next hour and I'll let you walk the rest of the way. Still there was no sign of Rosanne.

That 6th hour was a blur of burning thighs and a constant fight between brain and body, relieved by a brief interlude spent with a group of runners who had slowed down to little more than a walk. "You can join us if you tell us a joke" they quipped. I needed the rest so I dallied with them for a while. The Comrades is famous for the friendship and comraderie amongst both the runners and spectators. But if I was going to cover those 9 kms in the hour, I had to get a move on and so I bid my newfound friends a farewell with the promise that they would probably catch up with me later.

As my watch approached 12 noon, I saw the 60 km mark appear on the road ahead. I had reached the point where I could probably walk to the finish and be there in under 11 hours. The exertions of the past hour had so exhausted me that even walking was an effort. I wasn't even sure whether I could walk at a 6 km per hour pace, let alone walk to the finish.

I felt so tired at that point that I decided that, Rosanne or no Rosanne, I was going to give up at the next refreshment point. They could radio for the bus to take me and the other quitters to Pietermaritzburg. After all, 60 kms in 6 hours was not a bad performance over that terrain and with my limited training. It had been a good run.

It was about 2 kms to the next refreshment station and I just ambled along, feeling comfortable with my decision to quit. Perhaps it was the slow walk which helped me to recover. By the time I reached the next station I had decided that I would walk for an hour to see what pace I was actually walking at. If it was only 5 km per hour, I would quit. If it was 6 km per hour or more, I would continue.

I walked for another 2 kms and felt so revived that I suddenly found myself running the downhill sections again. With 4½ hours to go I found that I was 25 kms from the finish and realised that I should be able to do it comfortably. For the first time, I became conscious of the fact that I was going to finish this crazy race. It gave rise to a feeling of elation.

I was walking up a hill thinking about this when Rosanne and her brother came running towards me. Unknown to me the police had closed off large sections of the route and they had not been able to get to places such as Drummond. It was great to see them, especially as I was feeling so good at the time, feeling confident for the first time that I could actually finish it, even if I walked the rest of the way.

I suspected that I might have a change of heart during the last 24 kms so I suggested that they went on to the finish to await my arrival.

The most dangerous period of the race had now arrived. The temperature had risen further and if I was going to suffer heat or glycogen exhaustion, this was when it was likely to occur. At the 70 km mark I felt something go wrong in my foot. I sat down and took my shoes off. The blisters on the ball of my right foot had popped. I strapped it up with my last bandaid and prayed that I would not run it raw. That would be one of the factors which would force me to quit. The bandaid, however, seemed to do the trick.

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The next hour seemed endless. My thighs were getting more painful again but I was still running the flat and downhill sections. I began to work out crazy statistics e.g. I calculated that if I finished the race each of my feet would have slammed into the tarmac no less than 45,000 times!

13 kms to go and plenty of time in hand. Then the final big hill, the notorious Polly Shorts. It is so steep that it was even difficult to walk up it. I don't know how the leading runners manage to run up it. It seems an endless walk but the prospect of a gentle downslope to follow keeps one foot coming down in front of the other.

Pietermaritzburg is now in view. Only another 6 kms to go. "Keep it up boys, you're looking good", shouts a spectator encouragingly. "Must be something wrong with his bloody eyesight" mutters the fellow running alongside me.

At this stage I find a spring in my step. Everything seems to be hurting but with only 3 km to go, the body somehow dredges up some reserves. The horse seems to sense that the stable is near.

"Not so fast" yells the runner who had kept company with me for the last 15 kms. "Keep something in reserve for the lap of the stadium". We slow down a touch. I can see the stadium and the crowds. Suddenly there is an official waving us through the crowds onto the grass and we are into the last lap.

"Feel up to a sprint to the line" I ask my companion. "You must be mad" he replies, "you go ahead if you want to". We have come so far together, I decide to stay with him. That, after all, is the spirit of the Comrades.

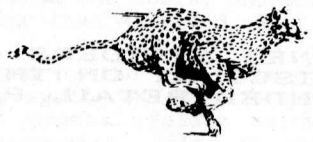
"Alfie, Alfie" I hear someone shout. There is Rosanne waving excitedly from the stands. I wave back with a grin a mile wide.

"Finish Comrades Marathon 1983" reads the sign above the big digital clock just ahead. As we pass under the clock it clicks on to 9 hours 43 minutes. I can hardly believe it. It's all over - I've done it. Officials are taking my plastic computer check card.

As if by magic a gold and black ribbon appears around my neck and dangling from it is a bronze medallion. There is Rosanne's brother clapping me on my shoulder and thrusting a cold beer into my hand. I feel exhausted but ecstatic, but have no desire to ever repeat the experience.

I still find it hard to believe that I did it all and suffered only two small blisters, sore thighs for a few days and a couple of inflamed tendons for a week or so.

Most miraculous of all was the fact that throughout that entire race and in the days after the race, the only part of my legs which were never painful were my knees!



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LETTERS

We received the following words from globe-trotting Matthew Kaley recounting his running experiences in New Zealand, the United States and the U.K.

After quite an unpleasant and stressful year at University last year I figured it was time to do something I wanted to do for a change. And so I saved my pennies diligently and on March 1st headed off overseas with the intention of eventually reaching Europe. Very little was planned and this was the way I wanted it as it would allow me to seize any opportunity that should come my way.

I am writing this from, of all places, the tiny island of Jersey in the English Channel and thought that some of my running experiences and observations of the last two months may interest you.

I first raced in Auckland. Awaraika Harriers put on a combined 10km and 5km road event. Considering my recent short distance training I entered the 5km event which attracted about 140 starters. I was overjoyed to win it in 15.56, certainly my biggest win ever. To be fair, though, the 10 km event attracted the better quality field. The race as a whole was very professionally organized and I was impressed by the strength of club running in New Zealand. Nearly everyone was affiliated to a club and received copious support from other members.

After travelling through Honolulu, Los Angeles and enjoying 3 fantastic days of skiing in Colorado, I arrived for my next race in Miami, the 3-Island Classic. This was quite a big event drawing 1500 starters and was a flat course over 5 miles in what were hot and humid conditions. Again, the race was excellently organized, though this time the standard of entrants was much lower. There is a greater emphasis in most of America on the fun runner, the person who runs to keep fit rather than as a sport, and most of the races really encourage this level of runner. I think this is one area where some countries fall down (ie: Britain). They have so many good runners that newcomers or joggers feel intimidated and are far less common. This seems a shame, as by its very nature, running should be enjoyed by all standards of runner. Anyway, I was fairly happy with my run in Miami, coming home in 15th place and enjoying a magnificent post-race breakfast. They sure have their priorities right down there.

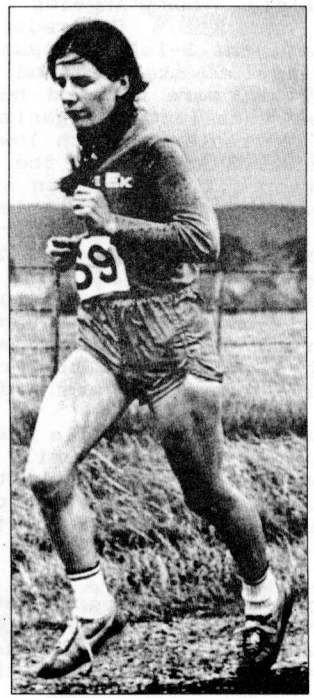
I only had one day in New York but located a 2 mile event in Central Park as part of a combined 2, 4, and 6 mile programme. The run was fairly low key yet still attracted 400 starters. I was amazed when I got away from the pack on the one hill on the course and won in 9.56. The thrill was even greater than Auckland. I was certainly on a high.

I was in England by the middle of April and concentrated on my training again. My only race in London was a 10km track race at Crystal Palace as part of the Southern Counties Championships. After my races in the US this

brought me back to reality with a thump. Six runners went under 30 minutes and my 34.03 put me third from last. I wasn't at all happy with my run and found the cold weather (3 degrees Celsius) very hard to handle. Still, the depth of runners in London is outstanding.
Looking for warmer climes I accepted a generous invitation to stay with a friend in Jersey. Since I have been here I have joined Jersey A.C., a very friendly and social club, and have throroughly enjoyed training and competing with them. My highlight so far over here has been a return to steeplechasing. I competed at the first match of the season on Saturday (very similar to inter-club track in Sydney) and won the 3,000m steeplechase in 10.01. I was a bit apprehensive of the barriers, still thinking of my broken leg from last year, but entirely enjoyed the experience.
I hope you are all running well in Sydney, though it is almost impossible to get results over here. I haven't planned ahead so I won't try and say where I'll be in future weeks, but will try to keep in touch.

The Running Woman

by MERRI MACK



Former Victorian **Linda Thompson** capped off a series of successes when she won the Anzac Day Marathon, thus becoming the NSW State marathon champion. Thanks to her win, Linda will represent Australia in the New Caledonia Marathon in Noumea on July 23.

Linda currently lives in Hornsby, where she and husband Martin are in charge of a residential college for about 50 students from Cumberland College. It was Martin, now a physiologist at the college, who was responsible for Linda joining the running world, on the basis of, 'If you can't beat them, join them.' They were living in England at the time, and in just two months Linda progressed from fun running all the way through to a marathon. She has now completed over 25 marathons—four of them in the space of only six weeks. The first was in Perth (3:16 on a very hot day), the second in Melbourne (2:57), the third in Albany, WA (2:52) and finally a 2:49 in the South Melbourne Marathon a week later. I know of no other marathoners in

LINDA THOMPSON on her way to victory in the Traralgon (Vic) Marathon. (John Punshon)

THE 1989 SPORTSCENE/STRIDERS 10K HANDICAP RACE SERIES

The 1989 10k Series got off to a soggy start in late March on the Lane Cove River course when 24 intrepid runners pitched up to compete in the first race in atrocious conditions. It was Sydney at its wettest, but it did not stop Bill Flanagan from burning up the course in 34.58, nudging Phil Garvin into second place by 13 seconds.

The handicap honours in this first race went to Roger Rigby and Geoff Taylor, whose modest previous 10k form brought them into the race with generous target times. The new handicapping system ensured that they would soon be cut down to size.

The new system is designed to reward consistently solid performances and the competition will inevitably be won by someone producing times which are always close to his or her target times, with the odd PB tossed in. Unlike the previous system, target times will not be pushed out to any meaningful degree by a couple of slow runs.

The basics of the new handicapping system are that a run faster than target time will result in the target time being reduced by 80% of the difference. Thus a runner with a target of 38.00 minutes who runs 37.00 will have his target reduced by 80% of 60 seconds, making the new target time for this runner 37.12.

A run slower than target will result in the target time being moved out by 10% of the difference. Assuming the runner with the 38.00 target ran 39.00, the target would be moved out by 10% of 60 seconds to 38.06. The maximum upward adjustment will be 15 seconds for any slow run.

The benefits of the new system were apparent in the second run of the 1989 series at Centennial Park on 16th April. A record field of 43 turned up and a stunning array of performances were recorded:

- 11 of the first 12 runners home ran PB's;

- more than half the field produced new PB's;

- 28 of the 43 runners finished in under 40 minutes;

- Scott Crawford and James MacDonnell reduced their PB's from over 39 minutes to 36.45 and 36.25 respectively; (Wow!)

- John Sauer set a new course record of 32.33 with Phil Garvin second again in 33.37.

The other pleasing feature of the results for the second race was that 4 of the first 5 places on handicap went to runners who finished in the first 12 on absolute time, showing that the new system does not discriminate against the faster runners. For the record, the first 3 places on handicap went to Wayne Stanton, Chris Menzies and Duncan Richards.

The 3rd race in the series was run at Marsfield on another shocker of a morning. It was amazing that 29 brave souls ignored the rain and cold conditions to front up in the quest for points.

Phil Garvin finally got his nose in front and took line honours in a creditable 34.06 from Chris McLean and Steve Gill. This time the handicap points were at the slower end of the field with Michael Backwell, John Fennell and Louise Richards plundering the big point scores.

After Race 3 the points tallies for the handicap and overall competitions were as follows;

SPORTSCENE/STRIDERS 10K SERIES

Handicap Points after Race No.4
(Manly, 1st July)

1.	Roger Rigby	65
2.	Scott Crawford	52
3.	Chris McLean	44
4.	John Fennell	42
5.	Steve Gill	39
6.	Warwick Selby	36
7.	Scott McKenna	36
8.	Ian McArthur	35
9.	Michael Grimm	33
10.	James Macdonnell	33
11.	Duncan Richards	32
12.	Phil Garvin	29
13.	Alf Field	28
14.	John Whealy	27
15.	Margaret Robinson	26

Overall points after Race No.4

1.	Phil Garvin	64
2.	Warwick Selby	64
3.	Chris McLean	63
4.	Steve Gill	57
5.	Michael Grimm	51
6.	Scott Crawford	44
7.	Anthony Scott	41
8.	Bill Flanagan	40
9.	James Macdonnell	40
10.	Scott Mckenna	37

"If I had my career to run over again, I would change some of my attitudes to injuries. I would show them more respect. Because after all, injuries weren't some unknown barrier that I was trying to crash through, injuries were simply my body telling me that something wrong was happening." Derek Clayton.

SYDNEY STRIDERS
CANTERBURY MAZDA HALF-MARATHON

Bill Flanagan

Just past the 18k mark of the Sydney Striders Canterbury Mazda Half-Marathon, the course leaves the beautiful surrounds of Lane Cove River Park by way of a long tough hill.

In the past, the hill has proved to be a turning point in the race for outright honours and this year's race on March 19 proved to be no different. It could well be known now as Quentin Morley's Heartbreak Hill. This hill has certainly proved to be his nemesis.

In 1986 he was leading up the hill only to be slowed down near it's pinnacle by New Zealand Olympian, Derek Froud. History repeated itself this year.

Morley, runner-up to Danny Boltz last year and current NSW 12k Cross Country Champion, started the 8th annual race as favorite. His main rivals were expected to be State Marathon Champion Steve Poulton and 10,000 metre champion Paul Arthur, who had finished 3rd and 4th respectively in the Half last year.

Morley and Arthur pull away from Poulton.

These three lead the 900 starters through the early stages. They were neck and neck at the turn-point near 7k before Morley and Arthur pulled away and lead Poulton by 10 seconds at 10k. The muggy conditions were slowing the times somewhat and the runners were a mass of perspiration despite much of this course being under a canopy of gum trees.

As they scattered the ducks at the weir, Morley and Arthur were still drawing away and by 15k were 25 seconds ahead of Poulton. Despite the front runners being over a minute off Danny Boltz's record pace at this point, a magnificient race was shaping up.

Suddenly Morley started pulling away from Arthur as he re-crossed the weir and headed toward the long hill and the finish. By 17k he was alone and looking to have a great chance to improve on his second placings of 1986 an 1988.

Poulton moves up.

However, THAT hill was ahead and Poulton had caught Arthur and was closing in on Morley. It had been a great performance by Poulton to even stay in touch, considering he was running alone against two runners who would have been out of sight a good deal of the time on the winding park roads.

Poulton is flying, passes Morley to win.

Morley reached the top of the hill and the last drink station and still ahead, but Poulton was flying. At 19.5k he collared Morley, passed him confidently and drew away. Such was his power through these latter stages that he had an 8 second lead by 20k.

Keeping the pressure on, he was 24 seconds ahead of Morley as he passed under the finish clock in 1:06:06, six seconds better than the time he recorded last year for third place. Poulton's

effort garnered him $500 and was a great build-up for his marathon four weeks later, when he represented Australia in the World Cup in Milan.

Quentin Morley came home in 1:06:30 and Paul Arthur was rewarded for his early aggressive run with a 1:06:46 for third, also his best time on the course. Paul's coming of age as a top runner is shown in his progression up the placings in the Strider's Half: 16th in 1986, 8th in '87, 4th in '88 and third this year. He is certainly shaping up as a future winner.

The Vets.

The race for outright honours wasn't the only place where the action was. This year saw the inaugural running of the Canterbury Classic Peugeot Veterans Challenge, staged in conjunction with the main event. The idea was to promote and highlight competition in the age groups which usually provide the largest number of competitors. The 'vets' responded by showing a lot of dash, in fact, the top three male veterans (over 40) all finished in the top eight outright.

Horst Wegner went out fast as usual and led Canberra's Tony Murray and Garry Hand by 18 seconds at 5k. His lead was chipped away as each kilometre went by, especially after Murray dropped Hand soon after half way. However the nine seconds separating them at the finish was as close as Murray got to Wegner. Wegner and Murray finished 5th and 6th outright in 1:10:30 and 1:10:39 respectively. Hand, still on the hard road back to his 1987 form after a year lost through Achilles tendon damage, held on to third (vets) in 1:11:19. Wegner's time was a course record for the 40-44 age category but still shy of Bill Raimond's all-veterans record of 1:09:52, set in 1984 as a fourty-seven year old.

Tani Ruckle leads the women from start to finish.

While the mens' competition was highlighted by close competition, Tani Ruckle's solo performance was perhaps the outstanding achievement of the day. In her first race since her breakthrough 2:31 marathon in Chicago last October, Tani led from start to finish and became the event's first three times winner in 1:15:47.

Her new-found strength was exhibited over the last half of the course. Despite being only one second ahead of her 1987 race record at half way, she finished a huge 34 seconds under the record. Tani's effort in coming 27th overall is also a race record for the best outright placing by a woman.

Lynn Clayton, last year's third placegetter, finished nearly five minutes behind Tani leading home the 120 female finishers. This number marks a record 14% of the total finishers, well up on the average 10% of the previous seven years.

Annette McNeil leads the womens vets.

Canberra's Annette McNeil, making a comeback after a year's 'holiday', easily led the way in the womens' division of the

Canterbury Classic Peugeot Veterans Challenge. Mary Murison of Tamworth led Annette narrowly through 7k before pulling out. This left Annette alone and way in front, to finish seven minutes ahead of Janice Davis.

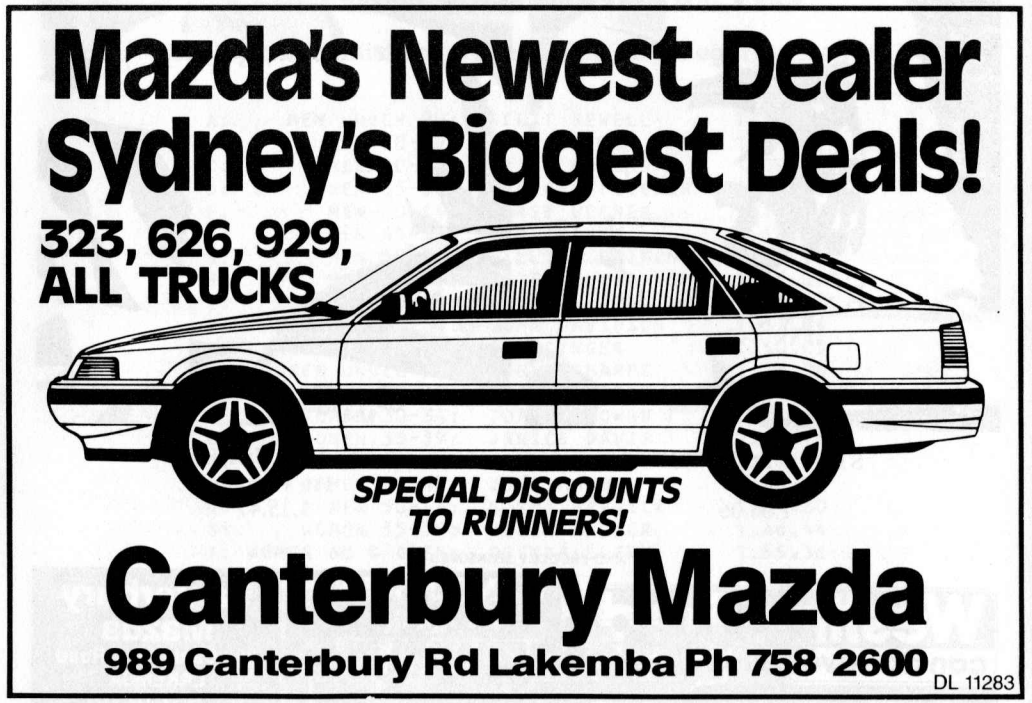
Apart from Wegner and Ruckle, Norma Barwick (50-54) and Brenda Every (over 60) grabbed course records. Also scoring an age category victory, was inaugural Striders Half winner Bill Raimond in the 50-54 division, after a two year absence from the event.

Winners parents win age group.

The parents of two former winners also scored wins in an occurrence which must be unique in road-running. Helen Walker, mother of 1982 winner (womens) Jenny Walker and Peter Lloyd, father of 1983 winner Andrew Lloyd both winning their age group division, 50-54.

Brian Morgan leads the way for the country visitors.

Runners from outside the greater Sydney area showed great support for the event, indicating that many consider the Half to be an event worth travelling for. This group was led home by Brian Morgan from Maitland in 4th place, these travellers numbered 20% of the total field.



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Canterbury Mazda

Half Marathon

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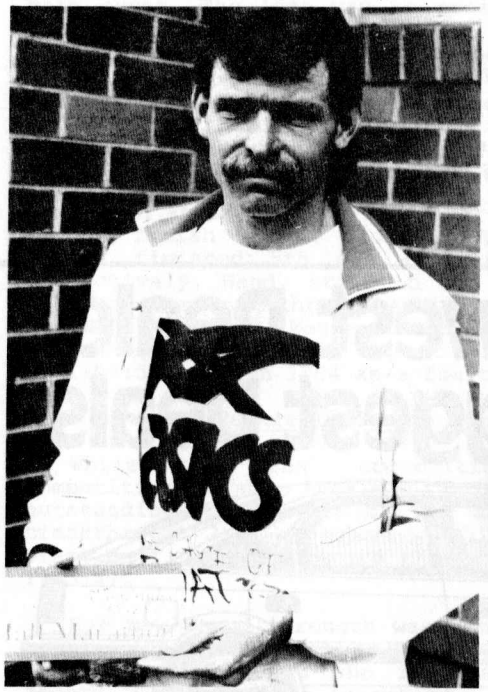

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1st
1.06.06

TANI RUCKLE
1st Women
1.15.47

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Top Five Finishers

1.	Steve Poulton	1.06.06	1.	Tani Ruckle	1.15.47
2.	Quentin Morley	1.06.30	2.	Lynn Clayton	1.20.35
3.	Paul Arthur	1.06.46	3.	Mandy Dovey	1.22.28
4.	Brian Morgan	1.09.18	4.	Joanne Cowan	1.25.33
5.	Horst Wegner	1.10.30	5.	Carol Horn	1.26.46

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Veterans Challenge

1.	Horst Wegner	1.10.30	1.	Annette McNeil	1.27.00
2.	Tony Murray	1.10.39	2.	Janice Davis	1.34.46
3.	Garry Hand	1.11.19	3.	Janette Kristensen	1.34.54

CATEGORY WINNERS

The top three finishers are ineligible for category prizes

A:	MEN UNDER 20:	SCOTT SEWELL	1.14.28
B:	MEN 20-29:	JOHN TUCKEY	1.11.02
C:	MEN 30-34:	BRIAN MORGAN	1.09.18
D:	MEN 35-39:	MICHAEL FISCHER	1.14.58
E:	MEN 40-44:	HORST WEGNER	1.10.30
F:	MEN 45-49:	IAN GRAVES	1.13.34
G:	MEN 50-54:	WILLIAM RAIMOND	1.17.15
H:	MEN 55-59:	PETER LLOYD	1.25.09
I:	MEN 60-64:	GEORGE LAND	1.35.42
J:	MEN 65-69:	JOHN DAVIDSON	1.37.04
K:	MEN 70 & OVER:	ROY SINGER	1.50.05
L:	WOMEN UNDER 25:	ROBYN SHARPE	1.38.38
M:	WOMEN 25-29:	CAROL HORN	1.26.46
N:	WOMEN 30-34:	JOANNE COWAN	1.25.33
O:	WOMEN 35-39:	JANICE DAVIS	1.34.46
P:	WOMEN 40-44:	ANNETTE McNEILL	1.27.00
Q:	WOMEN 45-49:	JUNE MASON	1.36.04
R:	WOMEN 50-54:	NORMA BARWICK	1.37.20
S:	WOMEN 55-59:	HELEN WALKER	1.46.44
T:	WOMEN 60 & OVER:	BRENDA EVERY	1.55.36

AUSTRALIAN RUNNER

Subject: Sponsors Message

To all Winners,

Congratulations on participating in the greatest road race on the Australian running Calendar!

By the very act of entering the race, doing the arduous training, turning up on race day and completing the course, you are all Champions. The fantastic support, friendliness and co-operation which the Sydney Striders Half Marathon engenders between runners from all walks of life compares only with the mega-events on the international calendar such as the Boston and New York marathons.

Our group of companies is proud of its long standing sponsorship tradition which dates back to the inaugural Sydney Strider's Half.

May you all enjoy injury free running.

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Chairman,
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Congratulations to all finishers of the 8th Sydney Striders Canterbury Mazda Half Marathon. While the performances of our winners - Steve Poulton, Tani Ruckle, Horst Wegner and Annette McNeil - grab most of the attention and laurels, the efforts of the rest of the field in the tough conditions should not be forgotten. I hope your efforts were rewarded with a pleasing time and happy memories of our event - once the pain has gone from the legs. Hopefully the post-race breakfast and the Striders on-course support and hospitality helped ease that pain.

Some pleasing aspects of this years race were the success of the Canterbury Classic Peugeot Veterans Challenge and the highest ever percentage of female finishers - 14% instead of the usual 10%.

The Veterans Challenge produced some great competition with Horst Wegner holding off some very strong challenges from Canberra's Tony Murray and Garry Hand. Annette McNeil, also from Canberra, was a clear victor in the women's division.

Four impressive new course records were set by Tani Ruckle (women's open), Horst Wegner (mens 40-44), Norma Barwick (womens 50-54) and Brenda Every (women's over 60).

Tani's achievement, in carving 34 seconds off her race record, was outstanding. She has now run the three fastest times by a woman on the course and is our first ever 3-time winner.

The race up front was probably the most exciting ever with Steve Poulton only catching Quentin Morley with less than 2 km to go. Quentin has now been runner-up 3 times - in 1986, 1988 and 1989.

Special thanks must go to the Striders members and their families and friends who assisted on race day, the Principal and staff of Peter Board High School and the Eastwood Police.

Above all thanks to Dave Blackhall, Managing Director of Canterbury Mazda, Westline Ford and Canterbury Classic Peugeot, for his support which makes our event possible each year.

Finally, if you have any suggestions or constructive criticism of our event, please put your thoughts on paper and send to the above address.

See you next year,

Bill Flanagan.

BILL FLANAGAN
Race Director

1989 RACE COMMITTEE

Race Director	: Bill Flanagan	Entries Man/ Treasurer	: Bernie King Carol King
Course Man.	: Gavin Morisset	Sponsorship/ Publications	: Alex Hamill
Secretary	: Wendy Downes	Publicity	: Ross Wall Owen Denmeade
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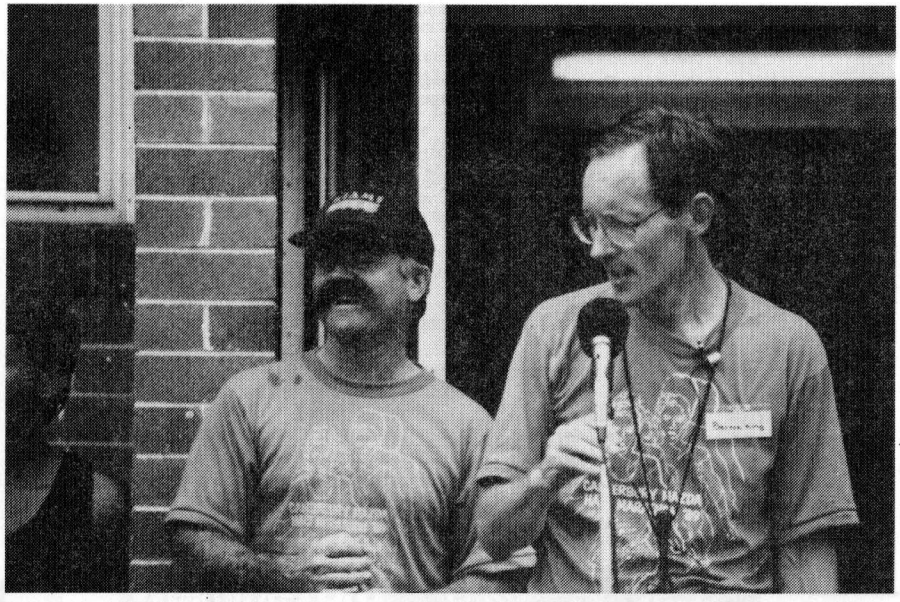
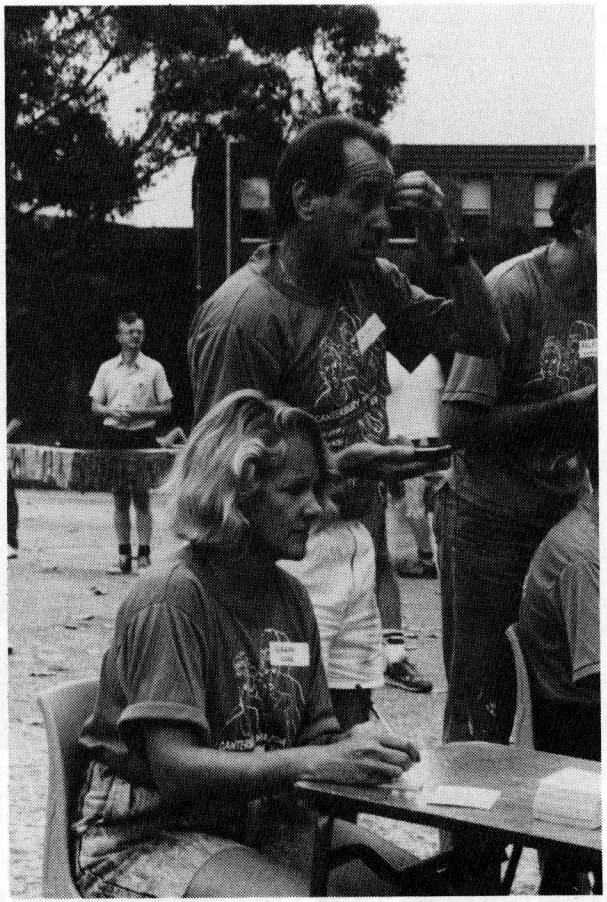


Dave Blackall (left), Managing Director of Canterbury Mazda and a foundation Strider, with Bernie King at the Presentation.

THE RACE UP FRONT

Male	5 km	10 km	1/2way	15 km	20 km	Finish
S Poulton	15.16	31.05	32.46	46.43	1.02.55	1.06.06
Q Morley	15.16	30.55	32.34	46.18	1.03.03	1.06.30
P Arthur	15.18	30.55	32.34	46.18	1.03.22	1.06.46
Female						
T Ruckle	17.26	35.40	37.35	53.21	1.11.57	1.15.47
L Clayton	18.15	37.05	39.08	56.07	1.16.27	1.20.35
M Dovey	18.04	37.20	39.22	56.39	1.18.07	1.22.28



Virginia Clark and Dave Barwick hard at work in the finishing shutes. Jim Donovan looks on.

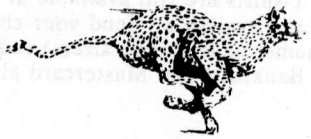
T-SHIRT OFFER

A number of Half Marathon T-shirts are still available at the special price of $6 including postage. All sizes are available. Send your cheque to P O Box 300, Thornleigh 2120 with your name, address and size(s) required. Make cheques payable to Sydney Striders. Bankcard and Mastercard also accepted.

(l-r): John Turner, Brian Gatfield, Roger Rigby and Peter Keeble get stuck into the post-race clean-up. Roger was the lucky winner of the random draw for officials present after the clean-up.

CANTERBURY CLASSIC
PEUGEOT
'We share the Passion'

STRAND
SPORTSWEAR
Winner's Wear



Poulton leads Morley and Arthur at the turn-point outside the school just before 7k.

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Sydney Striders — New Canterbury Mazda Half Marathon

EIGHT YEARS OF CHAMPIONS

MALE

1982	Bill Raimond	NSW - 1.12.03
1983	Andrew Lloyd	NSW - 1.05.58
1984	Garry Henry	SA - 1.04.42
1985	Wolfgang Krueger	FRG - 1.04.17
1986	Derek Froude	NZL - 1.05.27
1987	Danny Boltz	ACT - 1.03.58
1988	Danny Boltz	ACT - 1.05.22
1989	Steve Poulton	NSW - 1.06.06

FEMALE

1982	Jenny Walker	NSW - 1.23.45
1983	Mora Main	NSW - 1.19.43
1984	Mora Main	NSW - 1.17.14
1985	Raewyn O'Donnell	NZL - 1.18.00
1986	Tani Ruckle	NSW - 1.16.35
1987	Tani Ruckle	NSW - 1.16.21
1988	Elizabeth Rose	NSW - 1.18.04
1989	Tani Ruckle	NSW - 1.15.47

ALL TIME BEST PERFORMANCES

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)	ACT	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
Tani Ruckle	NSW	1.15.47	1st	1989
Ruckle (2)	NSW	1.16.21	1st	1987
Ruckle (3)	NSW	1.16.35	1st	1986
Mora Main	NSW	1.17.14	1st	1984
Raewyn O'Donnell	NZL	1.18.00	1st	1985
Elizabeth Rose	NSW	1.18.04	1st	1988
Fiona Whelan	NSW	1.18.36	2nd	1986
Heather Matthews	NZL	1.19.02	2nd	1985
Main (2)	NSW	1.19.43	1st	1983

THE 1989 SIX FOOT TRACK MARATHON

Warick Selby

With the wettest summer in living memory (and it was a Saturday so bound to be raining - which reminds me - What comes after two days of rain? - A Monday), 173 hardy souls lined up to run/walk/climb this year's Six Foot Track.

Looking around, there were so many Striders that you could have been forgiven for thinking it was an internal event. Our fearless President was there, on the lookout for quotable quotes (on second thoughts, if he was so fearless why wasn't he running?). There were plenty of rumours about the state of the course and, in particular, the height of the Cox's River. Someone suggested that it was so high that we wouldn't have to run up the hill on the other side - we would be there after swimming the river. Malcolm Satchell was unfortunately feeling poorly (his running started well before the starting gun), and this prompted the quote of the day from Paul Russell - if he had to swim the river, he was going to make sure he got there before Malcolm!

After tea and damper, we set off in the mist at 10am. Nellie's Glen last year was beautiful in sunshine, but even better this year in the mist. Conditions were pretty muddy, but the view made up for that.

The first sixteen kilometres were fairly gentle, with downhill or flat track, across open paddocks, dirt road and then bush track to the Cox's River. The height of the river had fallen a few hundred metres since the start and with a rope across the water about chest deep, but still flowing fairly quickly. Linda Thompson was greatly relieved, I think that she believed the rumours.

Once across the river, the uphill slog begins (not helped by shoes filled with sand and water and perhaps the odd trout). The climb is 400 metres in three kilometres and there doesn't seem much point in stopping, since starting again is too hard.

Fortunately the rain has stopped, and the view from the saddle at the top is spectacular looking back over the valley. From here there is a long downhill to Little River (not so little after the rain) and then another vertical climb for four kilometres to the pluviometer, which sorts out the sheep from the mountain goats.The track is then ten kilometres of more gentle uphill to the Jenolan Caves Road. Even the bad weather did not deter the supporters whose encouragement at this stage is invaluable, with nine kilometres to go and the tongue starting to hang out for a beer.

The last few kilometres through the bush are very tough, but passing the early leader who was walking, made them that little bit easier. There was enough left to 'sprint' to keep ahead of the runners behind.

The finish of the Six Foot Track must be amongst the most beautiful in the world - and one of the most welcome. I can thoroughly recommend it to anyone, even just as a long option or for the great atmosphere in Caves House.

THE ANNUAL STRIDERS CROSS COUNTRY

4th June 1989

1.	C. Osborne	48.12	
2.	A. Whitworth	50.14	
3.	P. Russell	50.26	
4.	B. Nichols	52.14	
5.	W. Selby	52.38	)
5.	J. Gissing	52.38	)
7.	J. Whealy	56.04	1st Vet.
8.	H. Blue	57.45	
9.	J. Marsden	58.06	
10.	C. Dwyer	58.42	
11.	T. Campbell	58.46	1st F
12.	B. Hagberg	58.55	
13.	J. McDonnell	59.14	)
13.	G. Lisson	59.14	)
15.	D. Thompson	60.10	2nd F
16.	B. Inglis	60.11	
17.	R. Rigby	65.53	
18.	B. Murray	66.11	
( )	B. Muller	66.21	(Guest)
19.	I. Macarthur	66.22	
20.	B. Tailford	67.05	
21.	S. Gill	75.57	
22.	P. Garvin	76.00	
23.	B. Colwell	76.13	
24.	D. Ritchie	76.40	
25.	M. Hope	76.42	
26.	G. Morisset	76.55	
27.	N. Young	76.56	
28.	A. Tonge	82.17	
29.	L. Fitzsimmons	90.05	)3rd F
29.	M. Robinson	90.05	)1st Vet. F
31.	L. Bennett	90.34	
32.	E. Seidl	90.41	
33.	I. Martin	90.42	
( )	R. Russell	Retired	

"An interesting observation made by Arnold Cooper [1981], Professor of Psychiatry at Cornell University, New York, is that if you '...scratch marathoners once...they tell you how wonderful they feel. Scratch them twice and they tell you about their latest injuries.

- 'Lore of Running' Tim Noakes.

TRIATHLON NEWS

Louise Fitzsimmons

Congratulations to Alex Hamill, 2nd in his age group in the Triathlon Sports Magazine 'Ampol Australian Triathlon Series'.

***

Sri Chinmoy 'National Long Course Championships', Canberra.

Striders Ingrid Martin, Steve Burke, Jenny Higgins and Graeme Peterson gave impressive performances in a longer than usual course of 2.2k swim, 80k bike and 20k run. Record entries of 620 competed in perfect conditions over a safe and enjoyable course.

Results were:

'Spot' Anderson:	3.41.27	Louise Bonham:	4.08.08
Nick Croft :	3.43.33	Carol Pickard:	4.12.45
Glenn Forbes :	3.46.00	Sue Turner :	4.15.21

Striders:

Steve Bourke :	5.05.16	Ingrid Martin:	5.04.37
Graeme Peterson:	5.25.31	Jenny Higgins:	5.44.23

Nineteen-ninety will be a big year for this event with a Triathlon Festival and Expo planned.

Ironman Forster
'Australian Triathlon Championship'

With the weather the way it has been, the 12th of March was one of the few dry Sundays this year for 325 'Ironman' competitors.

Striders Ingrid Martin,Steve Burke and Graeme Peterson all finished well, with Ingrid Martin qualifying for the Hawaiian Ironman in October this year.

There were 304 finishers, 22 of them female.

Tony Satler put in a brilliant performance after starting well back after the swim, recording the fastest bike leg of 4.52 and the fastest run of 3.03, to finish in the record time of 8.56.50.

First female to finish was Louise Bonham, out of the water before Tony, recording a bike time of 5.20 and a run time of 3.32 to also finish in a record time of 9.53.48.

Results were:

	(male)		(female)
T.Satler	: 8.56.50	L.Bonham	: 9.53.28
G.Donnelly	: 9.06.44	K.Isherwood	:10.35.28
S.Cunningham	: 9.14.01	V.Bell	:10.44.02

Striders:

Steve Burke :	12.39.26	Ingrid Martin:	12.28.41
Graeme Peterson:	14.04.37		

MARATHON LADDER

As at 4th February 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			
JONATHON MARSDEN	PO	2.50.17	AUSTRALIAN	06/87			
LAURIE KING	VP	2.50.37	GILLAWARNA	08/83			
CHRISTOPHER DWYER	PP	2.51.50	CANBERRA	04/87			
DAVID 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

SNIPPPETS

"I'm very lucky my wife Brenda is a good athlete, she in fact was the first lady in the Sydney to Wollongong race a few years ago, the 80km ultra marathon. She's run 10 marathons, won her age group and in fact she got into triathlons to keep me company. She's won her age group in triathlons, so I think you need that as well. We use triathlon training as a way to be together, she's only running at the moment, but I'll come home some nights at 8 o'clock and I'm tired but she'll be waiting in her running gear to go for a 6km run. You need that so I'm training and enjoying it and using it to have company together!"

Alex Hamill explaining why he has the grayest hair of any Strider in the 45-49 age group.

- from Triathlon Sports magazine. June issue.

Dr. P. Russell
M.B. B.S. B.Sc. (Med)

Family Practitioner
1/4 Cammeray Road,
Cammeray 2062
Phone: 908.4299 A.H. 449.8000
Prov. No. 155543 B

Hours
Mon - Fri 9 - 1 pm
2 - 6 pm
Sat 8.30 - 12.30 pm
By Appointment

14 April 1989

Dear Sir,

It has come to my professional attention following articles by Mr Cornelius in the last 'Blister' that the said gentleman suffers from not only mental myopia but physical myopia as well, in that he is having trouble reading respectable peoples writing.

He should have realised that with my limited time for leg exercises, and bearing in mind the location of Mr Cornelius' cognitive processes, I always write to him with my right foot.

In future all my correspondence will include the name of a reputable pharmacist and a good optometrist.

In addition I have sent Mr Cornelius an enrolment application for Bachelor of Pharmacy at Sydney University.

Yours faithfully,

DR. PAUL RUSSELL

LATE ARRIVALS

HOLSWORTHY COMBINATION
2nd July

Half Marathon:

Phil Garvin	
John Hamilton	84.22
Linda Thompson	81.14
Warwick Selby	
James Macdonnell	81.01
John Sauer	72.55

Marathon:

Bruce Murray	3.57.00
Ross Betts	3.44.00
Graham Firkin	3.27.00
Dave Williams	3.37.00
Margaret Robinson	3.37.27
Carl Barker	2.39.00

CANBERRA MARATHON

Kerin Housemans	3.25.34
Graeme Gaggin	3.56.01

BAY TO BREAKERS
(Gosford to Terrigal 11k)

Jack Woodward	45.04

HARBOARD DIGGERS
SCENIC RUN (14k)

Ray Doran	(7th)	51.05
Joanne Cowan*	(27th)	55.20
Bret Nochols	(33rd)	55.54
Jon Marsden	(58th)	59.05
Tina Campbell	(64th)	60.04
Ingrid Martin	(-)	78.56

*1stFemale **1st Vet Female

Dear Steve [Nordish],

We thank the Sydney Striders for the donation of $100. It is most appreciated and weolcome in helping us achieve $100,000 for the above project [Don Mackay Gatehouse Run].

I would be amiss if, at the same time, I didn't mention the sterling support which your President has given and that our running team was predominately Striders.

Sincere best wishes also tho all the people who have helped and are still helping.

Yours sincerly,

WAL McCRORIE
(Committee member)
Sydney to Griffith Don Mackay Gatehouse Run

This issue of 'The Blister' has probably broken all records for the "Latest Ever Issue".

In recent time you may have noticed a steely edge to the normally kind and gentle voice of our President.

The really observant would have noticed that Graham Butler has almost ceased coming to STARS, so fearful is he of getting the editorship of 'The Blister' back again.

And I may be on the 'unattached' list again soon.

In my working life, an offer to assist on my part inexorably leads to a period of opposing work demands and this has happened over the last three months. My apologies to you Nobby, fellow Striders and readers.

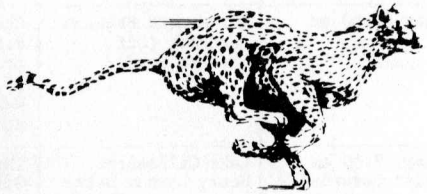
The September issue will be out on time. However, I need a lot of articles and the efforts of a person or persons to correlate the results of Strider events and to up date the Marathon ladder.

All future 'Blister' material should be mailed to:

ROGER RIGBY
8 DENNIS AVENUE WAHROONGA NSW 2076.

Or hand to myself, John Ayliffe or Owen Denmeade at the STARS (this means that you have to start coming to Stars again Owen).

Roger Rigby - Editor.



STRIDERS IN TRAINING

TITLE & CONTACT	DAY/TIME	START/VENUE	COURSE	PARTICIPATING STRIDERS	DISTANCE & OTHER NOTES
PAIN IN THE DOMAIN Harvey Blue 32-2476	Tues. 12.45 pm	Entrance to Domain opposite Mitchell Library	Botanic Gardens and Domain	Charles Coville, Dan Gray, John Hamilton Tina Campbell, John Turner, Bret Nichols Harvey Blue	Intervals at sprinting pace
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	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.
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	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.
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	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.
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.	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.
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.	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.
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.	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.
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.	Bruce Murray, Vic Verco, David Sill	Handicap race. Slowest runners start at 6.50 am. Faster runners leaving at 1 minute intervals thereafter.
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	Bill White, Dot Siepmann	Measured 10k each week. Handicap race 1st Saturday of each month. Earliest handicap starters 7 am.
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)	Paul Russell, Warwick Selby, John Hodges Dick Bartlett, John Ayliffe	3-minute intervals with approx. 2 minutes rest in between.