# MARATHON AND METRIC PACING

The top chart gives average mile times for marathons from two to 4½ hours. For example, a 3 hour marathon is 6:51.91 per mile. The bottom table gives an accurate comparison of mile and kilometer times. If a runner does 6-minute mile pace, he is covering each 1000 meters (kilometer) in 3:43.74.

| | | | | |
|---|---|---|---|---|
| 2:00 - 4:34.61 | 2:30 - 5:43.76 | 3:00 - 6:51.91 | 3:30 - 8:00.57 | 4:00 - 9:09.24 |
| 2:01 - 4:36.90 | 2:31 - 5:45.55 | 3:01 - 6:54.20 | 3:31 - 8:02.86 | 4:01 - 9:11.53 |
| 2:02 - 4:39.18 | 2:32 - 5:47.84 | 3:02 - 6:56.49 | 3:32 - 8:05.15 | 4:02 - 9:13.82 |
| 2:03 - 4:41.47 | 2:33 - 5:50.13 | 3:03 - 6:58.78 | 3:33 - 8:07.44 | 4:03 - 9:16.11 |
| 2:04 - 4:43.76 | 2:34 - 5:52.41 | 3:04 - 7:01.07 | 3:34 - 8:09.73 | 4:04 - 9:18.40 |
| 2:05 - 4:46.05 | 2:35 - 5:54.70 | 3:05 - 7:03.36 | 3:35 - 8:12.02 | 4:05 - 9:20.69 |
| 2:06 - 4:48.34 | 2:36 - 5:56.99 | 3:06 - 7:05.64 | 3:36 - 8:14.31 | 4:06 - 9:22.98 |
| 2:07 - 4:50.63 | 2:37 - 5:59.28 | 3:07 - 7:07.93 | 3:37 - 8:16.60 | 4:07 - 9:25.27 |
| 2:08 - 4:52.92 | 2:38 - 6:01.57 | 3:08 - 7:10.22 | 3:38 - 8:18.89 | 4:08 - 9:27.56 |
| 2:09 - 4:55.20 | 2:39 - 6:03.86 | 3:09 - 7:12.51 | 3:39 - 8:21.18 | 4:09 - 9:29.85 |
| 2:10 - 4:57.49 | 2:40 - 6:06.15 | 3:10 - 7:14.80 | 3:40 - 8:23.46 | 4:10 - 9:32.13 |
| 2:11 - 4:59.78 | 2:41 - 6:08.43 | 3:11 - 7:17.09 | 3:41 - 8:25.75 | 4:11 - 9:34.42 |
| 2:12 - 5:02.07 | 2:42 - 6:10.72 | 3:12 - 7:19.38 | 3:42 - 8:28.04 | 4:12 - 9:36.71 |
| 2:13 - 5:04.36 | 2:43 - 6:13.01 | 3:13 - 7:21.67 | 3:43 - 8:30.33 | 4:13 - 9:39.00 |
| 2:14 - 5:06.65 | 2:44 - 6:15.30 | 3:14 - 7:23.96 | 3:44 - 8:32.62 | 4:14 - 9:41.29 |
| 2:15 - 5:08.93 | 2:45 - 6:17.59 | 3:15 - 7:26.25 | 3:45 - 8:34.91 | 4:15 - 9:43.58 |
| 2:16 - 5:11.22 | 2:46 - 6:19.88 | 3:16 - 7:28.54 | 3:46 - 8:37.20 | 4:16 - 9:45.87 |
| 2:17 - 5:13.51 | 2:47 - 6:22.16 | 3:17 - 7:30.83 | 3:47 - 8:39.59 | 4:17 - 9:48.16 |
| 2:18 - 5:15.80 | 2:48 - 6:24.45 | 3:18 - 7:33.12 | 3:48 - 8:41.88 | 4:18 - 9:50.45 |
| 2:19 - 5:18.09 | 2:49 - 6:26.74 | 3:19 - 7:35.41 | 3:49 - 8:44.17 | 4:19 - 9:52.74 |
| 2:20 - 5:20.38 | 2:50 - 6:29.03 | 3:20 - 7:37.68 | 3:50 - 8:46.35 | 4:20 - 9:55.02 |
| 2:21 - 5:22.66 | 2:51 - 6:31.32 | 3:21 - 7:39.97 | 3:51 - 8:48.64 | 4:21 - 9:57.31 |
| 2:22 - 5:24.95 | 2:52 - 6:33.61 | 3:22 - 7:42.26 | 3:52 - 8:50.93 | 4:22 - 9:59.60 |
| 2:23 - 5:27.24 | 2:53 - 6:35.89 | 3:23 - 7:44.55 | 3:53 - 8:53.22 | 4:23 - 10:01.89 |
| 2:24 - 5:29.53 | 2:54 - 6:38.18 | 3:24 - 7:46.84 | 3:54 - 8:55.51 | 4:24 - 10:04.18 |
| 2:25 - 5:31.82 | 2:55 - 6:40.47 | 3:25 - 7:49.13 | 3:55 - 8:57.80 | 4:25 - 10:06.47 |
| 2:26 - 5:34.11 | 2:56 - 6:42.76 | 3:26 - 7:51.42 | 3:56 - 9:00.09 | 4:26 - 10:08.76 |
| 2:27 - 5:36.40 | 2:57 - 6:45.05 | 3:27 - 7:53.71 | 3:57 - 9:02.38 | 4:27 - 10:11.05 |
| 2:28 - 5:38.68 | 2:58 - 6:47.34 | 3:28 - 7:56.00 | 3:58 - 9:04.67 | 4:28 - 10:13.34 |
| 2:29 - 5:40.97 | 2:59 - 6:49.63 | 3:29 - 7:58.29 | 3:59 - 9:06.96 | 4:29 - 10:15.63 |

| Mile | Kilometer | Mile | Kilometer |
|---|---|---|---|
| 4:00 | 2:29.16 | 7:00 | 4:21.03 |
| 4:10 | 2:35.37 | 7:10 | 4:27.24 |
| 4:20 | 2:41.59 | 7:20 | 4:33.46 |
| 4:30 | 2:47.80 | 7:30 | 4:39.67 |
| 4:40 | 2:54.02 | 7:40 | 4:45.89 |
| 4:50 | 3:00.23 | 7:50 | 4:52.10 |
| 5:00 | 3:06.45 | 8:00 | 4:58.32 |
| 5:10 | 3:12.66 | 8:10 | 5:04.53 |
| 5:20 | 3:18.88 | 8:20 | 5:10.75 |
| 5:30 | 3:25.09 | 8:30 | 5:16.96 |
| 5:40 | 3:31.31 | 8:40 | 5:23.18 |
| 5:50 | 3:37.52 | 8:50 | 5:29.39 |
| 6:00 | 3:43.74 | 9:00 | 5:35.61 |
| 6:10 | 3:49.95 | 9:10 | 5:41.82 |
| 6:20 | 3:56.17 | 9:20 | 5:48.04 |
| 6:30 | 4:02.38 | 9:30 | 5:54.25 |
| 6:40 | 4:08.60 | 9:40 | 6:00.47 |
| 6:50 | 4:14.81 | 9:50 | 6:06.68 |


**Sydney Striders**

MARATHON & ROAD RUNNERS CLUB

**The Blister**

VOL 1 NO 4

## EDITORIAL

Throughout our existence the committee has been elected on a co-opting basis. However, the indications from the secretary that he intended to resign at the end of June, along with the rapid growth in membership has made it appropriate to democratically elect a new committee.
It is accepted that committee members are hard to come by in any organisation. We, therefore, appeal to all paid up members to give consideration to performing on a committee. However, it must be pointed out that there is a lot of work to do and much new ground to cover. So if you are prepared to efficiently attend to the needs of the club and even influence its direction, now is the time to stand up and to be counted.
Our thanks to retiring members for past services rendered.
Our prime concern at present is to prepare runners for the marathon. Those who require most guidance are our novices.
The results of the 1981 Legal and General/Harbord Diggers Marathon once again proves the success of the club in its training programme. Our novices' history to date makes impressive reading.

| | Start | Finish |
|---|---|---|
| 1980 Western District Joggers & Harriers Marathon | 7 | 7 |
| Big M Marathon (Melbourne) | I | 0 * |
| Gold Coast Marathon (Brisbane) | I | I |
| 1981 Legal and General Marathon (Sydney) | 8 | 8 |
| Nike Marathon (ACT) | I | I |

* Marathon entered with known injury - resulted in early retirement from race.

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## Injuries

It appears almost inevitable that a regular runner/marathoner picks up an injury at some stage of his running career. While many injuries cannot be prevented a quick and accurate diagnosis is essential.
I am disturbed to frequently meet club members who incur an injury and then apply self diagnosis and self treatment. The result is a prolonged injury and a frustrating on-off season. If an injury persists it is essential to consult someone qualified for diagnosis and treatment. We have had excellent references for physiotherapists who if they cannot solve the problem can certainly point you in the right direction for alternative treatment.

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## Club Colours

By the time that you receive this Blister all back orders for colours should be satsified and new orders will be taken. Any members who have previously had orders fulfilled and are either dissatisfied with the fit or with colours having run should contact the Editor.
The new deliveries contain a new green dye batch, improved cut-away shorts and slightly wider singlets.
Westline Ford have kindly donated T-shirts to the club. Our thanks to Dave Blackhall for negotiating the sponsorship. T-shirts will be issued free of charge to all members who have purchased club colours. **$17.50** for a pair of shorts, singlet plus T -shirt is certainly excellent value.
Orders for running gear should be placed with the Editor. Chest and waist sizes are required. Cheques should be made payable to S ydney Striders.
We again apologise to all who were inconvenienced with the long delay. We believe that all major obstacles have now been overcome (...so he said with egg on his face..)



## WAVA CHAMPIONSHIPS by Bill Hunter (or - How to run a marathon without really Training!)

In January this year 2400 veteran athletes from around the world met in Christchurch, N.Z. for the championships of the World Association of Veteran Athletes. Many were accompanied by family and the Australian party alone totalled over 600 when the non-competitors were included.
Events were held at the Queen Elizabeth II stadium which was built for the Empire Games in 1974 in a beautiful setting next to a golf course and with views of the hills. On the opening day there was a meeting for the young "pre-vets" (ages 35 - 39) followed by an opening ceremony. A good atmosphere was achieved from the outset by assembling the athletes in age groups for the grand entry and march past, with all the different nationalities intermingled, unlike the Olympic ceremony in which countries are segregated. After the welcoming speeches and a release of pigeons we went to the stands and were entertained by the Army Band, marching girls, acrobats, sheep dogs etc.
Another factor contributing to our enjoyment was the weather. It had been hot and humid in Sydney and very difficult to train. Although it was 30°C when we arrived in Christchurch, it cooled down over night and from then on was both cooler and drier than Sydney.
Christchurch certainly looked after its guests. The newspapers gave excellent coverage of the championships, which made front page news every day. Inside there were good quality photographs of athletes in action and detailed reports on events. It was refreshing to observe a press in this day and age which gave a balanced report based on achievement rather than concentrating on the local talent. Hospitality in plenty was offered through an efficient"host-a-vet" program which gave many visitors a chance to be entertained by the locals and a special trotting meeting was held one night.
I had been running well last winter so I entered the four distance events, intending to choose the most appropriate ones according to the program and my form at the time.
I had to have a lay off in spring and was not well when I started training again in November. Even if I had been well there was not time to get fit for a marathon early in January. Just my luck to be competing in my first world championship when I was in my worst form since I took up running! My first event was the opening event on day one - 10 km track. It was a beautiful clear cool morning and the track was sheltered from the light breeze by the stadium. The atmosphere was electric in that beautiful stadium and it was an inspiration. As we jogged around to warm up I could feel my legs getting lighter. Nevertheless I started cautiously near the tail and felt good after 2 km. From there through to 9 km I steadily passed a few others until my lack of condition caught up with me and I then held on finish about 60% of the way through the field. Nearly, but not quite my slowest in competition but still over 4 minutes quicker than I had done in the final trials a week before we left Sydney! And I really enjoyed it.
Day 3 was the 10 km Cross Country - 3 laps of the golf course with one water splash, one steeple and one obstacle made from bales of hay each lap. It was a bit hotter than the other days, but I had enjoyed the 10 km track so much and the course looked so appealing that I wanted to run. At the half way mark I was 3/4 of the way back from the leaders, but this time I did not fade and steadily picked up to finish half way through the field. Again I enjoyed it and decided to go in the 5 km track and I began to think about starting in the marathon and perhaps run half way.
Day 5, my 5 km track race was on the outside grass warm up track. A grass track plus strong wind meant no chance of a fast time but I still did better than I expected and enjoyed it.
Day 6 and May, my wife, and I went for a walk in Hagley Park which included visits to the art gallery, museum and botanical gardens, finishing with a walk along the Avon River back to our bus stop.

By now I was sufficiently psyched up that I had to start in the marathon which kicked off at 8 am on day 7. A minor logistic problem arose. The course was an "out and back" with the turnaround wayout in the styx (literally!) so I had to modify my plans again. Instead of setting out at normal pace to run a half marathon I would start extra slow and turn around when I started to tire and I guess somewhere deep down there was that irrational little devil saying that in such a setting I could finish a marathon even without training.

Early to bed wasn't much help because the sprinters, jumpers, throwers and sundry other lesser species returned home spasmodically all night, shouting around corridors and settling to their peaceful sleep about the time my alarm went off at 4 am. Still, who needs sleep before a marathon? (Notice I'm no longer thinking of a half marathon!)

Day 7, 4 am, bananas, biscuits and coffee. Stretching exercies, shower etc, (very quietly so as not to wake the non marathoners!) Ate some jelly beans in the charter bus on the way to the stadium, then toilet, drink of water and off to the start.

Over 800 competitors started in a very narrow street on a warm clear morning with a fresh cool breeze blowing. I started at the back and had no need to force myself to take it easy: because of the crowding I walked for the first 300 metres and when I started jogging I found myself next to Wally Shepherd from Victoria who was recuperating from open heart surgery a few months earlier. We were both determined to take it easy so we jogged together. It took us 11½ minutes to cover the first 2 km then as we turned along the banks of the Avon River we settled to 5 min/km straight into the stiff cool breeze. Groups had formed and we ran behind runners in the larger groups for a while, then as they slowed we moved up to the next group. When we ran through group-less patches we took it in turns to run behind each other. Off the Avon River and along the River Styx, no longer straight into the wind so we ran alongside each other which is easier for conversation. We joined a New Zealander to have a chat as a van with a movie team approached. It turns out they are making a documentary film about athletes overcoming adversity or something and Wal is one of their special subjects. So now we are film stars!

Half way, 1 hr 47½ mins, so we have lost another minute on Wal's planned speed since the 2 km mark. Neither of us cares - my legs still hurt. We get another spell of running straight into the wind before the turning point, then its head for home with the wind. By now a bit hot until we turn into a cross wind. At this stage I appreciate my cotton cap and realise that the distance is slipping by and my legs are no worse (no better either!) Not far ahead we see Sheila Malbut from South Australia. She was planning to finish in 3 hr 45 min. We catch her at 26 km and run with her for a while during which time we are joined by a few others. When Barry Jones from Garden Island Dockyard and a maori girl passed us, the group broke up. Wal and I soon decided Barry was going too fast for us and our social structure disintegrated. Just before Barry got out of earshot I told him it was too early to sprint. I stayed with the maori while Wal and the others fell back. At 30 km I picked up speed to just under 5 min/km, caught Barry and held that pace through to 40 kms. During this stretch I was deserted by my friends, and I passed many who had over-extended themselves. At 40 km I realised I hadn't quite made up enough time to break 3½ hrs so I pandered to my sore feet for a while until I heard the cheering in the stadium. The atmosphere at the finish was terrific and I couldn't resist picking up speed at the end and finishing with a sprint. A German athlete asked for my sweaty Australian team singlet in exchange for a nice clean German team T-shirt - seemed like a good deal to me. Soon Wally Shepherd came in to face the whirring movie cameras and it was time to change and watch the remaining events.

The closing ceremony that afternoon was less formal than the opening ceremony and very pleasant with athletes of all ages and nationalities intermingled for the march past - except for the colourful sikhs who linked arms and danced their way past to the approval of all. We were solemn just long enough for the WAVA flag to be lowered and handed to an athlete from Puerto Rico who was commissioned to raise it for the next WAVA Games in Puerto Rico in 1983.

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RACE AWARDS

HARBORD DIGGERS MARATHON

| | | |
|---|---|---|
| Wynne Henderson | 3.00.07 | Performance as a novice. |
| Osten Hansson | 3.07.45 | 30 minute improvement on personal best. |
| Peter Ryan | 3.58.59 | Performance as a novice. |

NIKE MARATHON

| | | |
|---|---|---|
| Stuart Greaves | 2.54.36 | Personal best and sub 3 performance |

AVON MARATHON

| | | |
|---|---|---|
| Carmen Bingham | 3.35.00 | 8 minute improvement on personal best. |

CAMPBELLTOWN MARATHON

| | | |
|---|---|---|
| Tony McCall | 2.41.07 | Club record. |

CRACKENBACK MOUNTAIN CLIMB

| | | |
|---|---|---|
| Bruce Robertson | | First Sydney Striders first. |

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SUB 3 LADDER

If you are looking to break 3 hours, the Sub ladder could supply an extra incentive to improve (once you are assured of breaking the 180 minute barrier) during the race.

| | | | |
|---|---|---|---|
| TONY McCALL | 2.41.07 | C'TOWN | 5/1981 |
| MIKE CROWLEY | 2.43.20 | L & G | 4/1981 |
| CHARLES COVILLE | 2.50.07 | WDJH | 9/1980 |
| STUART GREAVES | 2.54.36 | NIKE | 4/1981 |
| NEIL PLEVEY | 2.56.46 | L & G | 4/1981 |
| BRUCE ROBERTSON | 2.57.17 | L & G | 4/1981 |
| MIKE ANSCHUTZ | 2.59.21 | WDJH | 9/1980 |

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SATURDAY TIME IMPROVEMENT COMPETITION (STIC)

The STIC No. 2 concluded in March and has now ceased due to lack of support.

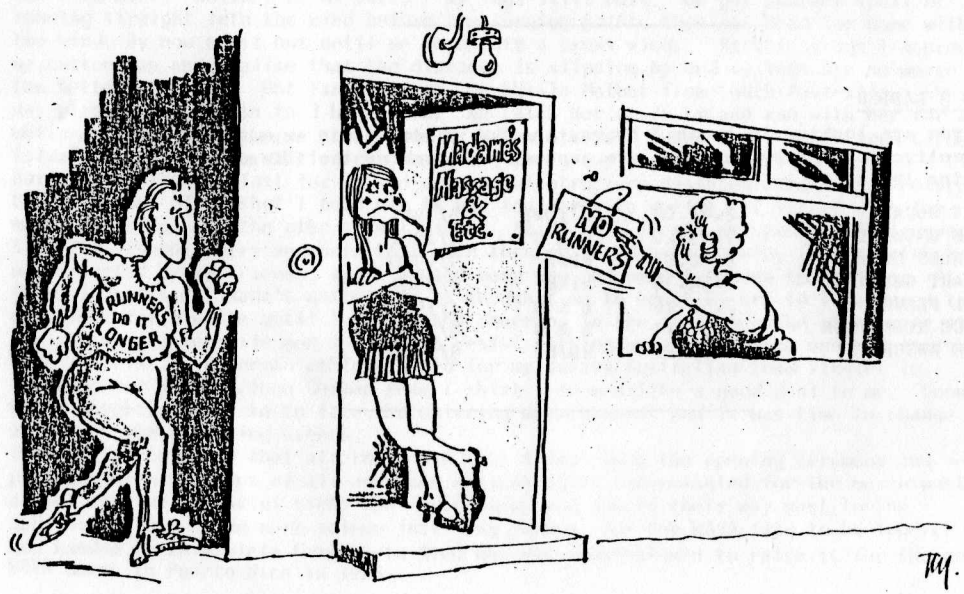
The most noteworthy achievement was the record times established by Neil Plevey for all 3 courses.

| | | | |
|---|---|---|---|
| 9.2k | : | 32.15 | (Old record 39.13) |
| 12.2k | : | 45.25 | (Old record 46.03) |
| 14.8k | : | 52.55 | (Old record 57.10) |

The final positions were (Top 5)

| | | |
|---|---|---|
| 1. | Brian Colwell | 19 points |
| 2. | Peter Ryan | 17½ points |
| | Neil Plevey | 17½ points |
| 4. | Neil Collum | 16½ points |
| 5 | Karl-Heinz Topfer | 15 points |

A few of the regular Saturday runners have indicated their intention to continue to run in Lane Cove River Park on an informal basis. Everyone is welcome for the 7.00 am start from the entrance at the Double Bay Steak House in Delhi Road.






Bayview Burn Up - March 1981

The Bayview Burnup was an experiment in race organisation. With our inaugural open half marathon planned for March, 1982, it was necessary to organise a closed event to ascertain potential organisational problems.
The problems encountered were :-
1. Late Start : A number of members indicated that they required transport from the finish to the start. By departure time certain members who had paid the entrance fee had not arrived. The decision to wait 15 minutes for their arrival was wrong as no further members arrived and the start was subsequently delayed.
2. Refreshment Stations : Refreshment stations were located on the left hand side of the road. One should run into and not with the traffic. The drink stations should have been on the right hand side of the road.
3. Finish : The finish was correctly changed at the 25th hour so that the road did not have to be crossed. However, the late decision caused confusion for spectators.
4. Wrong Turning : One wrong turning was taken near the finish.
However, I believe that few runners were adversely affected by 1 and 2 above so that the "Burn UP" experiment could be classified as successful.
It should be noted that the race was organised by 3 non-committee members who had no previous experience in race organisation and were left to their own devices. Our thanks to Neil Plevey, Dave Cox and Wynne Henderson for their enthusiastic efforts.
Results :
Mike Crowley led from start to finish and although Neil Plevey did close in towards the end of the race, Mike's victory never looked in doubt. While Neil easily won the handicap prize, Karl Topfer ran an excellent race for a novice and his improved performance augers well for the 1981 season.

| | | | |
|---|---|---|---|
| MIKE CROWLEY | 1.33.34 | BRUCE ROBERTSON | 1.44.51 |
| NEIL PLEVEY | 1.34.32 | STUART GREAVES | 1.45.10 |
| DAVE COX | 1.38.39 | JOHN JESTON | 1.45.18 |
| MIKE ANSCHUTZ | 1.38.57 | DAVE BLACKHALL | 1.46.31 |
| SAM DAHER | 1.38.57 | NEIL COLLUM | 1.50.30 |
| DENNIS COOLEY | 1.39.08 | JOHN PHILLIPS | 1.50.30 |
| BERNIE LIEBMANN | 1.39.20 | BILL HUNTER | 1.52.35 |
| GEOFF COX | 1.40.34 | KARL TOPFER | 1:52.38 |
| ALAN COLE | 1.41.53 | TONY HATCH | 2.02.52 |
| MIKE CUTCHER | 1.42.16 | BOB PEIRSON | 2.25.48 |
| OSTEN HANSSON | 1.43.13 | | |

HARBORD DIGGERS/LEGAL & GENERAL MARATHON - 5/4/81 BY BRIAN COLWELL

| NAME | | POSITION | TIME | NAME | | POSITION | TIME |
|---|---|---|---|---|---|---|---|
| Mike Crowley | | 7 | 2.43.20 | John Jeston | * | 101 | 3.13.17 |
| Neil Plevey | | 27 | 2.56.48 | Neil Collum | | 140 | 3.22.23 |
| Bruce Robertson | | 32 | 2.57.17 | John Snelson | * | 140 | 3.22.23 |
| Wynne Henderson | * | 43 | 3.00.07 | Bill Hunter | | 173 | 3.27.20 |
| Sam Daher | | 56 | 3.03.47 | Geoff Cox | * | 174 | 3.27.26 |
| Alan Cole | | 64 | 3.06.01 | Mike Bingham | | 234 | 3.35.44 |
| Mike Cutcher | | 72 | 3.07.30 | Dwight Nelson | * | 245 | 3.37.26 |
| Osten Hansson | | 73 | 3.07.45 | Tony Hatch | | 268 | 3.42.04 |
| Mike Anschutz | | 79 | 3.08.30 | Karl Topfer | * | 299 | 3.46.52 |
| Dave Cox | | 85 | 3.10.21 | Denis Healy | | 324 | 3.50.09 |
| John Phillips | | 89 | 3.11.09 | Carmen Bingham | | 334 | 3.51.49 |
| Steve Knight | | 93 | 3.11.20 | Peter Ryan | * | 383 | 3.58.59 |
| | | | | Bob Peirson | * | 506 | 4.33.40 |

* = Novice

This event saw a very good result from the Striders despite a hard course run on a far from ideal day. Our field of 27 entrants (+ Bernie Liebmann who decided to go for an unofficial 40k jog) saw 25 finishes, 12 of whom were amongst the first 100 placegetters. Whats more, had John Jeston's male chauvinistic impulses in his final determined sprint to beat Margaret Ricardo enabled him to come home another three seconds faster, we could have boasted 13 in the first 100!

A number of club runners recorded P.B.'s despite the adverse conditions. Mike Crowley improved his previous best by around 20 seconds and set the mark to beat with his 2.43.20 being (at that time) the best by a Strider this year. Neil Plevey cleared the "sub 3 barrier" with his 2.56.48 and Wynne Henderson looks well set for a sub 3 next time around after a very creditable 3.00.07 in his first marathon. Osten Hansson was sporting a large Nordic grin at the finish looking justifiably happy with a massive improvement on his P.B. of some 30 minutes to 3.07.43. However, these are but a few of many noteworthy performances, particularly the "first timers" all of whom finished, so congratulations to all concerned.

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JOHN SNELSON

Knackered. Yes, knackered would be an appropriate word to describe the condition of this Sydney Strider after the 1981 Harbord Diggers' Marathon for Legacy. Elated would be a fair description of the general feeling of success - after all I finished standing up and managed it without walking or committing any purgative attrocities on the way. In some ways though, perhaps I used others to give me a tow - I ran the first 23 kms to just after the Bayview turnround with Nick Heath of the Turramurra Trotters, chatting all the way, and the last 10 kms with Neil Callum - not chatting all the way. I managed the intervening 9 kms alone, just talking to myself and trying to appear in good condition every time I passed my wife and 6 month old son who had come along to see if it was all really true.

After just enough training ( I followed the 13 week schedule published by the Striders - with the exception of the Saturday STIC) to give me the confidence that a finish was possible, including several STAR appearances on the North Shore and other Sundays galloping around Cowan Creek and the tracks at Bobbin Head, it was a bit of a surprise to have to deal with and endure such a variety of elements - rain,wind,high humidity and sunshine. Still, having the physique of a xylophonic emu, the conditions seemed not to have such a detrimental effect on me as on other runners. I couldn't believe that at 30 km I was passing some good runners - no names, but I thought I must be going too fast ( joke) or they had been home for breakfast. Then I saw Neil in front and thought that if I could catch him up, then I could hold on to the finish. A quick look at the Alan Cole compulsory Casio watch confirmed that Derek Clayton was not in danger of loosing his record but that a 3-30 was a possibility; so off I went in pursuit. Isn't it funny that runners who are travelling at about the same speed, say 200 metres in front, can be awfully hard to catch after you've already run 30 kms? It took me ages, and the more I tried to increase the pace the harder it became. Eventually I caught up after legging

like a lizard down the hill from Longreef; it was good, having some company through the depressing streets of Dee Why and Brookvale - full of old sods with big guts and thongs, hangovers and Sunday papers ....."there but for fortune" I mused .....and then it was into the "shuffle". Every kerbstone challenged and was negotiated like a hurdler, without bending the knees. Onto the promenade, and I thought of holding up the head and relaxing the shoulders but on reflection decided that that would look pretty stupid on a bloke who looked like he was running on stilts!

Neil said "How about a sprint down the prom?" I said "I am bloody sprinting!"

Soon it was all over, and a rather sore,elated and yes knackered little strider with little strides crossed the line.

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BOB PEIRSON

Approximately 800 competitors set off shortly after sunrise. Near the end of the field Carmen Bingham, Peter Ryan and myself ran together for the first 4km loop. Then Peter strode on ahead, Carmen and I ran together for the next 5km, then Carmen sped ahead. At the 15km mark, I was greeted by Stuart Greaves who was on a ½ marathon training run prior to the Canberra Nike Marathon the following Sunday. Brian Colwell, John Oldroyd and Phil Caldwell greeted me at 20kms with refreshements. Phil then ran with me part of the way. Not long after, the leader of the race flashed by on the return leg. I remember seeing Sam Daher and Neil Plevey and other striders not long after. Carmen and Peter came into view not far from the ½ way turn round point. I think at this stage I was still within the sub 4 range but kept my objective of finishing within 5 hours always in mind.

Having the benefit of training and the Saturday and Sunday runs behind me, I was moving along at a satisfactory pace until the 30/35kms mark when a thundershower burst down near Narabeen Shopping Centre. From then on, I could feel the strain of the last 7kms effect when I walked and jogged at intervals.

A most welcome sponging down was given me by a gentleman at the 40kms station. It was a great feeling running down the promenade at Manly having the objective in sight and to be greeted by the clapping assembly of striders whom I thought by this time would have all gone home. Time 4 hours, 35 minutes.

It took about 3 days to recover from the depletion effects, but I was again out on the training runs the following Saturday and Sunday. Thanks to Charles, Dave, Mike, Bruce and Chris and for their work on the committee and the other striders for organising the weekend runs and the social activities during the year.

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KARL-HEINZ TOPFER

The training had gone fairly well, or so I thought. In the 14 weeks prior to the Diggers I had used the Striders Training Program as a guideline for my weekly distances and had managed to stick to the schedule during most of these weeks. Weeks 6, 7, 10 and 13 had been my worst, doing about 25Km below the schedule and therefore ending up about 100Km below the total distance for the 14 weeks. Three and a half weeks before the marathon I ran my longest distance, 36Km, in 3hrs 15min. That gave me good confidence, especially as the course had many more hills than I would encounter in the Diggers, taking in the Eastern Suburbs coastline, the City to Surf course and the stretch from the city to Chatswood.

I had done a large part of my training with Dwight Nelson, with whom I work. He was also going for his first marathon. We had run many STARs at the same pace and had therefore decided to run the marathon together. If either of us felt the pace to be unsuitable we would part company. I had no plans to finish in any particular time, the aim being to finish. Judging by my performances in the STARs and my 36Km run I could perhaps hope for a 5min per kilometer average and just make it in 3hrs 30min. I didn't worry about working out any splits though. I would regard it as just another training run and if I made it in 3hrs 30min it would be an extra bonus.

Dwight and I started off at a real slow pace, we were determined not to be caught out by the notorious early rush. Before the start I was hoping that there wouldn't be too much rain as I prefer to run in the dry, but once a run is under way one doesn't seem to worry too much about the weather. The 5Km came up in 26min 30sec so we were satisfied that we had not started out too fast. I had settled into a comfortable pace by then, going the speed I would normally do on an easy training run. We were running just slightly faster than in the first 5Km because the time at the 10Km mark was around 50min, perhaps a few seconds under. It was quite pleasing to find that we were gaining about 20 seconds on our 5min average during each 5Km section, so we must have been doing about 4min 55sec per kilometer. If all went well that would then make up for the probable fade in the last few kilometers. Drinks were taken at a slow walk at every drink station. Before the 20Km point the front runners were already coming the other way and from there to the turning point it seemed to go very quickly for me as I was keeping a lookout for familiar faces. At the turnaround I still felt great, not tired at all. We went through the 25Km in something like 2hrs 3min, now 2 minutes inside that 5min average. Things were looking good , only another 17Km to go and the way the legs were feeling it should all be okay, just the start of another 15Km training run.

My good spirits soon gave way to slight apprehension. At about 28Km I felt a bit of tiredness creeping into the legs. The 30Km came up in about 2hrs 28min. Dwight was still running with me at that stage. The 'only 17Km to go' of 5Km back had by then become 'still 12 whole kilometers left'. The tiredness was really taking over between the 30 and 35 kilometer points. On the 30Km STAR of the previous Sunday I had felt much the same and had finished the run feeling really terrible and unable to continue a step further. I began to realize that the same thing was happening, except that I had another 9Km to go. That's when I started thinking about all the advice I'd read. Try to keep running. About 1 or 2 kilometers before the 35 the course started a gradual ascent, I don't think I'd even regarded it as such when I'd driven along the road on previous occasions. Things were getting worse rapidly. I told Dwight to carry on at his own pace, I would have to slow down. And slow down I soon did, right down to a walk. There was just no way I could keep on running. The advice was right, walking doesn't help you. But it feels a heck of a lot better. I found that walking presented far less difficulty than running. It just didn't help me much when I started running again. And true, getting started again is definitely more difficult than squeezing toothpaste back into the tube. I must have managed it though because I approached the 35Km at a run. I certainly regarded it as a run even though nobody else would have. My time at the 35 was about 2hrs 55min. I wasn't even thinking about 3hrs 30min anymore. I just wanted to get the whole thing finished with. 7Km to go, seems impossible, better try another one from the advice bag. I'd fix my eyes on someone's running shoes and try to stay with him. Ha, a pair of Nikes. This one really worked. As I stared at the Nikes I began to feel better already, I could have carried on like that all day long. I snapped out of my trance when the guy at the drink station moved his Nikes to pass a drink to another runner. I was on my own again. I'd passed Dwight at the drink station, he was probably staring at some Nikes that someone had taken off, but he soon overtook me again. The stretch to Manly beach seemed to take forever and I alternated between running and walking, just how much of each I don't remember, although I can take a good guess. At one point some wiseguy on his way to buying a loaf of bread or something said to me 'Hey, you're walking'. I can think of a thousand answers now, but at the time I just stared ahead blankly.

At last Manly beach came into sight and somehow that must have got my last Calorie off his backside and into action. I managed to run the whole length of the beachfront. I couldn't even feel my legs anymore, I'd long since disowned them. One leg reminded me of it's presence when I had to step over the paving stones around a tree, having approached the finish line too far to the left. It seized up completely. The leg, not the tree. There I was, 2 meters from the finish line and unable to lift that stupid leg for fear of it cramping up and kicking me on the back of the head. At long last I hobbled across the line. Someone called 3hrs 46min.....I lost the seconds, and my brain signals were too weak to get my finger to push the stopwatch button. The spring of the button would have been too strong for me anyway.

I suppose after one has crossed the finish line that's usually the end of the marathon story for the day, but for me the agony wasn't over yet. Trying to get down those stairs to collect my certificate, experiencing the worst leg cramps I've ever had, and the 'fun' of trying to put on a warm tracksuit.....well, all that's another story. My next aim is to actually RUN a marathon all the way. When's the next one?

SAM DAHER

Sunday 5th April 1981 - finally it had arrived - the day of the Harbord Diggers Marathon.

Months of training and sacrifice for this one event with a single minded goal that at the end of it, I could say "I can do it under 3" (hours that is) .

I have been jogging for about 4 years and my first marathon attempt was the Harbord Diggers couse at Manly in 1979 which resulted in my walking the last 5 to 6 miles, so this course held no fond memories for me. Nevertheless I figured if I could break 3 hours on this course I could do it anywhere.

The morning of the run I was quietly confident but like everyone else carried on with the bullshit that "I had a bad week and couldn't train sufficiently" - "No sleep last night" -"I did not carbohdrate -load enough" - "I'll be lucky to finish" etc.

Once the sun rose I could feel the humidity, my confidence waned and I was only hopeful when the starting gun fired at 6 am.

I ran the first mile as though I was in the City to Surf and it was about that stage I joined Wynne Henderson and we set out at a fairly solid clip.

Although I was still running fairly strongly I knew then that I was heading for trouble and I began to think I really did not carbo - load enough and my training the previous week was not what it should have been and the weather was too humid anyway.

I turned in about 1.25 which allowed me a ten minute fade in the back half to break 3 hours.

By the 18 mile mark I slowed noticably and was being passed by fellow striders (did anyone see Bruce at the start because he passed me as though he just joined in).

I was hoping someone would offer me a lift back to the start and was contemplating not finishing. My 3 hour goal was now a thing of the past, I was only thinking of relief and the drinks at the finish.

I recalled Charles Coville's advice to the beginners in his Sydney Striders Novices guide to Marathoning. Don't drop out (unless you have an injury). I knew if I dropped out I would hate myself once I had recovered. More runners passed me - the drink stations appeared further apart - "why don't they have more drink stations" I think. Meanwhile the finish is getting closer.

By the 23rd mile mark there was no question of stopping. I pick up the pace and pass a few runners. Runners seem to have stopped passing me.



I realise that I'm running stronger than I was the previous 8 miles.

1½ miles to go and the finish line is in sight. Shortly afterwards I hear the cheering crowd. I forget my pain and sprint the finish. As I cross the finish line I recall how close I went to dropping out and I did learn a few things from the run.

1. A lot of satisfaction is gained by finishing when your body demands you to stop.

2. Achieving your time goal is secondary as long as you gave it your best shot.

3. It is difficult to race the entire 26 miles 385 yeards. Whilst there are a number of ways to approach a marathon I'm begining to be swayed towards conservatively running the first half and racing the second half.

Other runners sometimes sectionally pace themselves to a time schedule with success whilst some, like myself, tend to set out a fast pace in order to build a credit for the expected fade in the run home.

In conclusion I can say that there is no more testing or satisfying run than a marathon. It also brings together people from all walks of life.

Persons who try their best gain equal satisfaction no matter the time goal they may be pursuing. Whilst we all like to finish, failure to complete the course usually only strengthens a persons resolve to "do it next time".

Naturally some people run just for the fun of it whilst others to feed a competitive urge.

See you all at the next marathon and in view of the numerous exceptional performances of Sydney Striders members it would appear that if you are not a Strider you are not in the race.

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HELPERS : DRINK STATIONS & TYPIST

Thanks to all those who helped man drink stations , the finish , etc at the BAYVIEW BURN UP.

Thanks too to DAF LIEBMANN for typing the bulk of this edition.

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## Motivation - An Alternative

Motivation is always a problem for athletes who will never ever win a prize for performance up front. Even while personal goals are a source of motivation, few athletes have any type of yardstick for analysing their own performance.
Bill Hunter supplied the statistics below and represent an interesting "comparable ages" approach.

| | Corrected Position | Original Position |
|---|---|---|
| MIKE CROWLEY | 2 | 7 |
| CARMEN BINGHAM | 2 | 334 |
| BILL HUNTER | 7 | 173 |
| ALAN COLE | 9 | 64 |
| BOB PEIRSON | 11 | 506 |
| PETER RYAN | 15 | 383 |
| SAM DAHER | 17 | 56 |
| NEIL PLEVEY | 18 | 27 |
| BRUCE ROBERTSON | 23 | 32 |
| MIKE CUTCHER | 24 | 72 |
| WYNNE HENDERSON | 24 | 43 |
| JOHN PHILLIPS | 28 | 89 |
| NEIL CALLUM | 29 | 140 |
| OSTEN HANSSON | 35 | 73 |
| JOHN SNELSON | 40 | 140 |
| JOHN JESTON | 57 | 101 |
| DAVE COX | 57 | 85 |
| STEPHEN KNIGHT | 58 | 93 |
| MIKE ANSCHUTZ | 68 | 79 |
| MIKE BINGHAM | 94 | 234 |

Corrected position takes into account only finishers who are older than the member. In Carmen's case only females are taken into account; for everyone else both males and females are considered.

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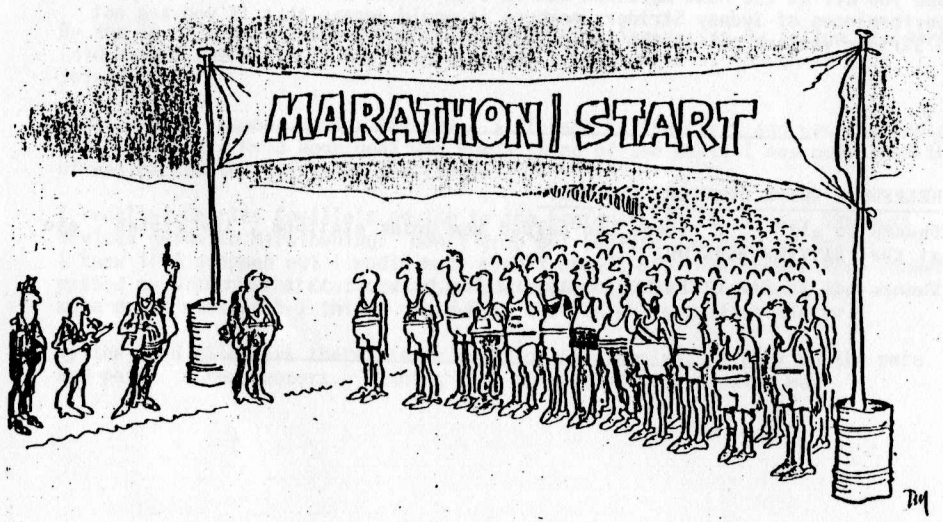


***"Whatever happened to the loneliness of the long-distance runner?"***



## WATER (An extract from "Squash Action" by Brigitte Ranniko)

Ironically, water is the most underrated nutrient as a critical element for optimal performance because of its abundance, and because it is essentially "free".
We need water in a constant, uninterrupted supply as we use it for (1) All energy production in the body; (2) Temperature control; (3) Elimination of by-products of cell metabolism.
As these 3 functions are vital to performance, deprivation of water will limit energy and endurance markedly!
40% of our total water supply occurs in our blood plasma - the fluid which carried nutrients, hormones, waste-products and anti-bodies around our body, 25% occurs in our extracellular fluid (the fluid surrounding individual body cells.) The remaining 35% occurs within our body cells (intracellular fluid), and it is within this fluid that all of our important cellular chemical reactions and energy production occurs.
Sodium ($Na^+$) and Potassium ($K^+$) are the 2 metallic ions occurring in the highest concentration in body fluid. They are involved in (1) maintaining the body's acid-base balance (2) influencing the distribution of body water. Sodium ($Na^+$) is concentrated in the extracellular fluid, and Potassium ($K^+$) in the intracellular fluid. The amount of water in and outside the cells is determined by the osmotic pressure (caused by the difference in concentration of the salts) across the cell walls, and water can move freely from one compartment to the other to balance off these pressure.
Although salts are lost to some degree via perspiration, deficiency of both these ions is rare, as they are in abundant supply in all foods. Sodium ($Na^+$) occurs particularly in processed foods and on the dining table, and Potassium ($K^+$) particularly in fruit and vegetables. Only in extreme conditions (i.e. the loss of 2-5 kgms of body weight as fluids due to perspiration)should any electrolytes ($Na^+$, $K^+$) be replaced - but even then, electrolyte concentration should not exceed 1.5 gms/litre of water (i.e. 1/3 tspn/quart). In other words a very dilute "electrolyte-replacing"drink. The reason perspiration becomes less salty with prolonged activity is not because the body is running out of salt, but because the hormone Aldosterone is regulating the amount of sodium secreted in the urine and sweat glands.
When we consume an excessive amount of salt, it results in an increased concentration of ions in the extracellular fluid, and therefore an imbalance of pressure. Water is subsequently drawn out of the cells (intracellular fluid) in an effort to 'dilute' the extracellular concentration, and balance the pressure.
This dehydrates the body cells, and as proper hydration of cells is critical in attaining optimal performance, it results in considerable reduction of performance capabilities.
Therefore, in summary ingestion of salt, or abuse of "electrolyte-replacing" products can result in dehydration of body cells, and marked hindrance of performance.

**(Editor - Does this imply keeping off STAMINADE during a marathon? I don't know. My best marathon time was run by only drinking water. I would be interested to hear members comments on their use of STAMINADE during a marathon.)**

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## The 85th Boston Marathon : 1981

Entrants : 6845

Men :
1. Toshihiko Seko (Japan) 2:09:26 (Record)
2. Craig Virgin (USA) 2:10:26
3. Bill Rodgers (USA) 2:10:34
8. David Chettle (AUST) 2:12:23

Women :
1. Allison Roe (NZ) 2:26:45 (Record)*
2. Patti Catalano (USA) 2:27:51

* 8 minute improvement on previous P.B.
* Second fastest marathon time ever.
* Beware Greta Weitz!

Extracts from an article in THE NATIONAL TIMES by Graham Evans :

"The extraordinary depth of marathon running in the United States was reflected in the fact that 297 men and two women finished in under 2 hours and 30 minutes. That time would have won almost half of the previous Boston marathons.
But for the vast majority of the field in Boston the most satisfying performance was that of Bill Rodgers. He received two standing ovations from other runners at the awards ceremony and his own words at the time said it all : "I wanted to win. That was my No. 1 goal. My second goal, as the Japanese say, was to run honourably" I don't think a lot of people thought that, at 33, I would crack 2:12".
In a country where few top sportsmen bother to put much back into sport, Rodgers is an example for all. Long after all the other top runners had left, Rodgers was still signing autographs and talking to the also-rans from the back of the field, such as myself. When I asked him why he did this Rodgers said: "The sport has been good to me. I am still very fit. I have done well financially. I have been able to travel extensively and meet other runners. Running is perhaps the most democratic of all sports. In every race there are a thousand sub-contests. All runners have their own goals and targets. I enjoy sharing their experience with them."
Perhaps a sign I noticed near Framingham early in the race said it best: " One winner no losers."

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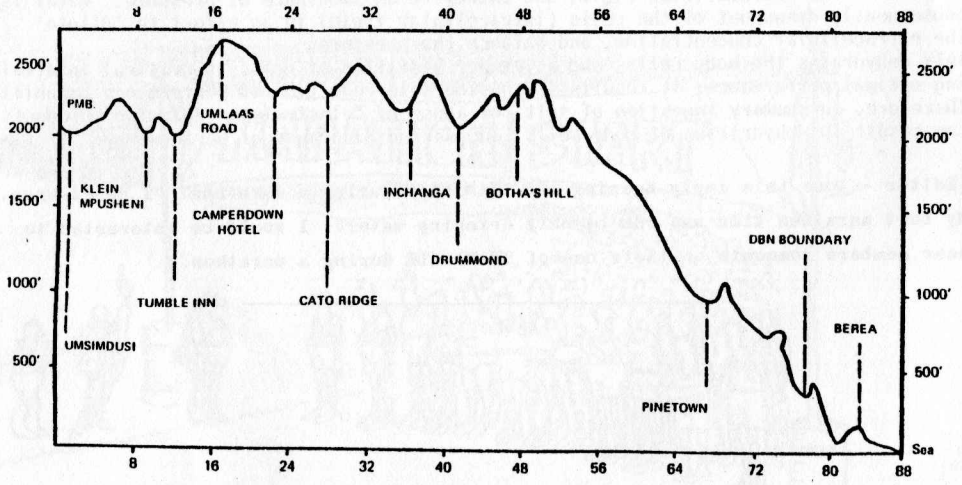
The reason why the COMRADES MARATHON (NATAL, SOUTH AFRICA) is more than a 90km ultra marathon.




**This presentation of the course shows clearly the variations of altitude in relation to distance run. One can readily realize the pounding a runner receives in the last half of the race on the "down" run. On the "up" run a man's mind is concentrating on reaching the top of a hill, but on the "down" run he has ample time to reflect upon the jarring his body is being subjected to. It should also be noted that the "down" run includes a deal of up-hill work.**

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## CAMPBELLTOWN JOGGERS MARATHON 17.5.81

MIKE BINGHAM

The dawn came early along the road to Campbelltown, the scene of the second Campbelltown Joggers Marathon. Signposts in conspicuous places pointed the way for bleary-eyed participants. Arriving outside the Catholic Club we were directed to the spacious car park at the side.

Already a formidable array of runners were present for this well organised marathon which although not heavily advertised or sponsored is fast becoming a must for Sydney Marathoners.

We lined up just before 7 A.M., the weather was near perfect - a cool morning and a light cloud cover to keep it that way for the run. The gun signalling the start went off precisely on time and some 90 runners set off up the Menangle road towards Menangle. Up was the appropriate word as the road made varying inclines forever upwards. However we were comforted by the thought that with any luck the return would be dowhill!

On arriving back the name of each runner was called out as he approached the finish line and his time automatically recorded; a certificate with 5K splits and turnaround time being available within an hour of the finish. Off to a refreshing shower and breakfast, courtesy of the Catholic Club; to most runners a long cold beer; however tea, coffee and soft drinks were in plentiful supply. Later on food was available for cooking on the BBQ facilities at the club.

Most stayed on after the marathon to enjoy this , the best part of the marathon - the post run discussions, the eating and the drinking.

Without doubt the enthusiastic organisation of the marathon was not only the best experienced by the writer but impressive on the small budget of the Campbelltown Joggers and a pointer to others that with an enthusiastic club a marathon can be organised without the outlay of vast sums of money.

The long term aim of marathoners should be the availability of a marathon (within reasonable reach of Sydney) each weekend of the season. Therefore a runner could choose the marathons he wishes to run in and train accordingly in the knowledge that for whatever reason he is unable to attend his chosen marathon there will be another one the following week thereby avoiding the need to run in the oppresive conditions experienced in 1980 Western Districts and 1981 Harbord Diggers Marathons.

Striders had three runners out who all recorded good times:

| | | |
|---|---|---|
| Tony McCall | 2.41 (6th overall) | WINNER: Horst Wegner 2.22.29 |
| Mike Bingham | 3.12 | FINISHERS: 88 |
| John Blance | 3.34 (personal best) | |

Mark it down in your calendar for 1982.

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## CAMPBELLTOWN MARATHON

TONY McCALL

From the outset it was evident that this was a very well organised event. Marshalls directed cars to parking areas and unbelievably, looked happy doing it.

The registration area was well ordered and each postal entrant had a plastic bag containing their entry number and T- Shirt waiting for them. Free coffee was available which was welcome as the morning was grey and quite cool. I came to Campbelltown for my third marathon, thinking that perphaps I might run well enough for a place. Depending of course, on who else showed up. My fears were well founded when I saw the familiar figure of Horst Wegner doing his warm-up. Last year winner, Bill Clingan, arrived . Keith Swift, the Parramatta 50K track champion also turned up. Along with these were quite a few distance guys whose faces were familiar. There goes my place!.

So, at precisely 7.00 A.M. the Mayor of Campbelltown wished us well and sent us off. My plan was, if possible, to stay in touch with the leaders for as long as I could. Horst had other ideas, though, and set a pace that none of us could match. Not so far behind, however, came your faithful reporter along with Steve Montague, Clingan, Swift and young Gary Beale.

We were all locked together and in fact our split times were to be the same right through until 30K:-(36.15, 72.57, 1.48.45).

The course, an out and back affair, went out along Menangle road, through scenic pastureland. It was not, however, an easy course. Several reasonable hills and a couple of unreasonable ones made it a toughie.

Coming back from the half way mark, Horst was well on his way to winning and our little company has a chance to survey any potential threat to our position. No one seemed really close but we didn't relax. At about the 25K mark I spotted fellow Strider, Mike Bingham running easily in the opposite direction. I still felt I was running freely enough and we even clowned for some photographers at 30 K. All fun comes to end sooner or later, however with me, it was sooner. At about 32K Gary fell back slightly, but I came apart badly. My legs felt like cement blocks and I slowed down dramatically. There's no fun in watching a bunch of guys who you have run and chatted with for two hours disappearing into the distance. They didn't even slow down a little. I plodded on as best I could. A drink and a sponge at one of the plentiful and well-manned drink stations revived me slightly and on I went. Finally the finish line loomed up. Home at last.

Our german friend won the event in the really outstanding time of 2.22.29. Montague, Swift and Clingan all crossed the line next, together in 2.33.00 with Beale on 2.35. Yours tiredly wandered over the line in 2.41.07 for 6th position. All runners agreed that the Campbelltown Joggers were to be congratulated for a job well done.

Driving back to Sydney I ponder my forthcoming schedule. There's a marathon in Tamworth in two weeks, which really is too soon for comfort. But, we'll see.

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## SUNDAY TRAINING RUN (STAR) PROGRAM - BY BRIAN COLWELL

| | DATE | VENUE | EVENT | NO. OF RUNNERS |
|---|---|---|---|---|
| | 18/1/81 | Larpa Run | STAR | 26 |
| | 25/1/81 | Bobbin Head Buster | STAR | 30 |
| | 1/2/81 | Willoughby Wander | STAR | 32 |
| | 8/2/81 | Iron Cove Bay Run | STAR | 27 |
| | 15/2/81 | Artarmon | STAR | 32 |
| | 22/2/81 | Larpa Run | STAR | 19 |
| | 1/3/81 | Northbridge - Harbour Hop | STAR | 22 |
| | 8/3/81 | Bayview Burn-Up | RACE | 22 |
| | 15/3/81 | Collaroy Classic | STAR | 22 |
| | 22/3/81 | Bobbin Head Buster | STAR | 25 |
| | 29/3/81 | Gap Gallop | STAR | 27 |
| * | 5/4/81 | Diggers/Legal & General | MARATHON | 28 |
| | 12/4/81 | Northbridge - Harbour Hop | STAR | 11 |
| | 19/4/81 | Willoughby Wander | STAR | 22 |
| | 26/4/81 | Larpa Run | STAR | 24 |
| | 3/5/81 | Lindfield | STAR | 23 |
| | 10/5/81 | St Ives | STAR | 20 |
| | 17/5/81 | Iron Cove Bay Run | STAR | 16 |
| | 24/5/81 | Collaroy Classic | STAR | 17 |

* See Separate report for details.

The STAR program has enjoyed continued popularity with 42 new runners between 18/1/81 and 24/5/81, and 14 of that number having since become club members (with two or three more currently on the verge of doing so). More variety has been offered with the addition of new courses and more to come, so a vote of thanks to those members who have staged some very enjoyable runs over the past weeks.

The policy for post run refreshments has been slightly changed in an effort to ensure that a variety of drinks is still available for the later runners home. Arrangements will now be 40¢ per can of soft drink, with staminade provided for no cost.

The emphasis on group training has been maintained and it is pleasing to note that a runner is very rarely seen footslogging it solo on our STARS. Remember also that new runners coming along should be made to feel welcome, so if you see a strange face, - introduce yourself - be sociable - thats what makes the running more enjoyable.

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AVON MARATHON - 24.5.81

CARMEN BINGHAM

It is Sunday 24 May. 5 A.M., I am starting to get ready, for my big day. I feel I should be there, supporting the girls even if it is always a battle getting up so early in the morning, especially Sunday, my only day to lie down a little longer. Never mind, if I do not go I know I will regret it later on, that always happens.

6. A.M., ready to go. My parents who are here visiting me decided to go and see something that for them is very difficult to believe, I never was such a keen runner at home, for them it is a surprise. Michael also encouraged me.

On the way to Manly I start to get nervous, I can not help it. Will I finish?, have I done enough training? , will I do a good time? etc.

However, 7 A.M. is coming, ready to go, the gun went off and there I go. Always I found the first lap is the most difficult.
I start to warm up, I see a lot of familiar faces, all of them per haps with the same thoughts.

Feeling very well, start to pace myself, unfortunately I am running alone, nobody to match my pace, very close to me some, but no one with me. Never mind, I think of last year, I was very lucky to run with a girl a little faster than myself all the way along, we nearly forgot that we were in a marathon, chatting along we did not feel the time. She was there again, but she told me before starting that her training had not been as she wanted and she was just hoping to do the 22K and then decide. With this in mind, I thought it better that I forget about running with her because my aspirations were different. I wanted to finish and I wanted to do a good time if that was possible. Perhaps it was because I knew that my parents were there and I thought it would be nice to do my best.

Coming to the half way mark, feeling quite okay, I have no drink all the way up and I thought I had better sip a little bit, I always do it because it is a must, not because I needed, I am a person that does not seem to need too much water, once I got a stitch and now I am scared.

Going through Collaroy I start to feel a little tired, suddenly something that gave me energy, my fellows Striders just finishing their Sunday morning run clapping together and cheering me up, I managed to smile, something that is not very difficult for me, Neil, David, Wayne, Bob, all there. Coming to the top of Dee Why, another familiar face, someone that I met in Lane Cove, a River Runner, Joe, very kind he starts to run with me for a little while, giving me advice and telling me that from now on the course was very flat and easy.

It seems that from time to time I get my second wind and feel like I have just started. Passing through Dee Why, knowing by then that home is coming soon. What a relief, it starts raining a little. Fell in a couple of very big patches of water and my shoes are by now soaking. Start to worry that nothing else will happen.

The end is very near, finally the finish, feeling hundred per cent, I can run a little bit longer, husband running along side to cheer me up and crossing the line in 3.35, for me a fantastic time. Very happy and glad that it is over but still thinking of the next one.

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THE AVON MARATHON - Sue Hill.

No need yet to limit the field and impose a time limit for this Marathon. With only about 40 competitors, it is the one race where I don't feel hesitant about taking some of the limelight and starting in the front line.

The Marathon, on May 24th, is the third Avon Marathon to be held in Australia. All have been run on the Harbord Diggers course - and I must be one of the few stalwarts who has competed in, and finished, all three! Perhaps that is my excuse for taking 4½ minutes longer over the distance this year than last.

Well, no more gripes about my disappointing run - many others were justly proud of theirs.

Organisation of the event can't be faulted. Avon certainly did us proud with regular and superbly manned drink and sponge stations (plenty of words of encouragement accompanied the staminade or water), and splits given accurately at each 5km mark plus halfway.

The leading runners didn't really change from the 2km point onwards. I understand Rosemary Longstaff (A.C.T.) held the lead throughout the race, closely followed by Bev Shingles (N.Z.), Barbara Byrnes (VIC.) and Tess Bell (N.S.W.). Only towards the end did this group spread out significantly.

Of course, I was unable to observe all this, being several minutes behind. For me,and I suspect, many others, it was an extraordinarily lonely race with, very often, no-one even in sight to act as a lure or a challenge. Boredom is certainly the hardest thing to contend with (as I maintain - it's all in the head - and I was feeling empty headed!). I found myself actually stopping at drink stations, just for a chat. At one stage I even stopped to re-tie my shoe laces (double knots and all!) and was soundly reprimanded for worrying about such trivialities. When passing the paper boy at Narrabeen on the return journey, there was a temptation to grab a Sun Herald for light relief - but I was not sure that I could make the necessary speedy getaway!

It was only at the 40km mark that I eventually spotted another runner, Jacky Turney (VIC.), visibly slowing, in front. This was all that was needed to quicken the pace - and she was the only person I managed to overtake during the entire 42.2kms.

Winning times were not impressive with R. Longstaff finishing in 2.49.07, Bev Shingles 2.50.29, B. Byrnes 2.53.36, T. Bell 2.55.55, J. Pratten 2.57.22 and then myself in 2.59.45. Hopefully, times run in Ottawa will be better - and I'm sure they will.

Another plus for Avon were the 8 and 3 km fun runs organised in conjunction with the Marathon, and they were far better attended with, at a guess, well over 200 in each. Needless to say, I felt no desire to be part of either of those, preferring, at that stage, to hold an umbrella aloft - and TALK to people after the enforced silence!

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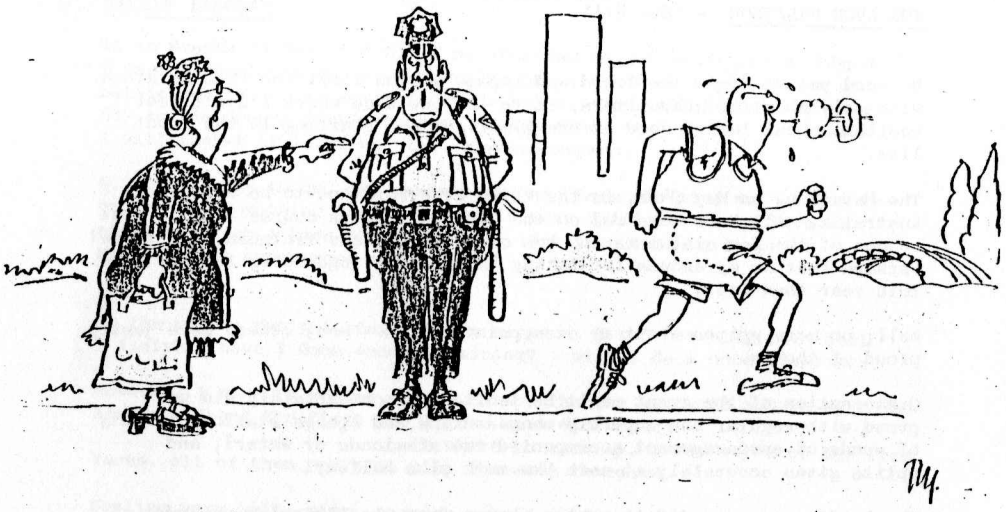

***"Officer, arrest that dirty old man.***
***He's the heavy-breather who's been following me around the park."***

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KING OF THE MOUNTAINS

MT. CRACKERBACK = EASTER

Well, it had to happen - a Sydney Striders first. Bruce Robertson was the first, first! Once again, good ol' faithful North Shore Times reported the event in typical sensational fashion (photo too).
"The King of the Mountain race is a gruelling 2.5km sprint up Mt. Crackenback, made extra difficult by the high altitude and rarified air.
Bruce completed the course in 21 min, beating 80 other runners from Victoria, Canberra and NSW for the title. He described the race as the most torturous of his running career. He needed oxygen and medical attention at the finish."

Well done Bruce.

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MARATHON TRAINING PROGRAMME

A marathon training programme was distributed in January for the Harbord Diggers Marathon, the first of the 1981 season.

To update for the future 1981 marathons would be an impossible task - varying standards of fitness for different marathons.

The original M.T.P. should therefore be amended to suit your future needs.

For those of you who have not received a M.T.P., free copies are available from the Editor.

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