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INDEX

The Committee	4
The President's Report	5
Welcome to New Members	7
Outstanding Achievement Award 1989 (Alf Field and Charlie Lynn)	9
Striders Annual Awards - 1989	12
Kaleidoscope (Ron Corden)	17
Striders' Track Day (Mathew Kaley)	21
Reserve Bank 23k Mini-Marathon (James Macdonnell)	23
National Running Week (Bernie King)	24
Marathon Runners Who Have Found Their True Everest (*'The Times'*)	26
'The Marathon Not for Wimps...' (John Ayliffe)	29
'It's Easy From Here...' (Tony Crosby)	31
'I Told My Wife I wouldn't be Late If I Won It...'	34
The 1990 Six Foot Track Marathon Results	37
The 1989 10k Series: Races 10 and 11 Results	39
1989 10k Series Final Points Summary	40
Changes to 1990 10k Series	41
The 1990 10k Series: Races 1 and 2 Results	42
Palm Beach to Manly 30k	45
Callous Comments	46
The Pain, The Suffering....	47
Forster Triathlon, Provisional Results (Late News)	47
Up-Coming Events	48, 49, 50, 51
Overseas Marathons	51
City to Surf Ladder (Scott Crawford)	53
Marathon Ladder (at March 1990)	57
Striders in Training	62

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THE PRESIDENT'S REPORT

Judging by the number of comments regarding the last Blister, congratulations are due to editor Roger Rigby, his assistant editors, Owen Denmeade and John Ayliffe, and all contributors. Roger has an Extra Special issue planned for the 10th anniversary of Sydney Striders. If you would like to be part of this collectors edition, here is an opportunity to become involved in Australias' running history.

Sunday, July 1st, marks the 10th birthday of the club, the day that Charlie Coville decided that Sydney was ready for such an organisation. He might or might not have been correct, but we are still here and will have a party to celebrate the fact. On July 1st we will hold our club Half Marathon Championship on the adjusted Sydney Striders Canterbury Mazda Half Marathon course, from Peter Board High School and through the Lane Cove River Park. We will also use the new 7km fun run course and a 3km walk to give plenty of choices for all members and their families. Special catering, including a BBQ, will be supplied with the costs being carried by the club. Yes, this one is free. Further details on this important day will available at a later date.

We are growing. Membership in 1987 - 225, 1988 - 236, 1989 - 244. In the first eight weeks of 1990, 26 new runners have been welcomed to the club. "Welcome" is the operative word, it is up to all of us to make newcomers feel at home. To assist with this objective, the Striders Committee members and STaR hosts will wear identification tags. The foggy-headed ones will sometimes forget. Robert Elstone is still having trouble filling out his application form. Dig. Dig.

The Sydney Striders Open lOk Series is up and running, on the third Saturday of each month. Please spread the word. Notices are available from David Barwick and myself. Gerald Bayliss of Sportscene, Hornsby, is again kindly sponsoring the handicap series, and his shop can be found in the Northgate Centre.

I visited "our" cheetah at Western Plains Zoo (we sponsor it) and found that I was keener to meet HER than SHE was to meet me. It must be a SHE because it resembles Tina Campbell when Tina is in her best racing form. Even though I repeatedly yelled out that I was the President she still wouldn't come out from the shade of a bloody big rock. Perhaps we should have a wart hog as our logo!

Gai Cunningham decided six days before the Palm Beach to Manly run that breakfast at the Manly Pacific Hotel would be nice. Gai booked it and about 30 Striders turned up. Thanks, Gai, it was very enjoyable.

Over 180 members are now on my photo identification boards, and I'm still working on it. The good shots are from the Ross Betts collection, and the rest are mine. If you are not on display yet, it is just a matter of time and I will have the camera at the right place at the right time.

The Striders Committee has passed a motion that the six fastest males and three fastest females over a half marathon, may represent the club in the Sydney Striders Canterbury Mazda Half Marathon. Selections will only be made from times taken from the twelve months prior to August 1st, 1990, representatives must wear club uniforms.

The ANZAC Marathon on April 25th will again be our Club Marathon Championship with John Sauer and Linda Thompson our defending champions from 1989. With the 1989 problems regarding the finish and the presentation rectified, this should be a successful event, one that Sydney can be proud of. Remember that the wearing of the club uniform is required to qualify for the club championship. As a half marathon will also be held, a large turnout of Striders is expected, so bring along the esky, the kids, the dog, the mother-in-law, the wine, and make a social occasion out of it.

Did I go too far with the mother-in-law?

NOBBY YOUNG
President

WELCOME TO NEW MEMBERS

The Editor

The last few months have seen a very healthy influx of new members to the 'Striders'. Given the normal attrition which occurs over time, a Club like ours clearly needs constant renewal in order to survive and grow.

For this growth to occur so strongly in the 10th Anniversary Year of the 'Striders', speaks volumes for the original aims of the Club and for the great support given to Strider activities over the years by all past and present members.

All Striders welcome the following new members:

Murray Town	Keryn Large
Brian Taylor	Elizabeth Petrie
Noel Pierson	John Preston
Keith Twist	Donald Rogers
Gary Leahey	John Ross
Ian Holmes	Robert Shearer
Phil Daley	Andrew Smith
Leslie Clark	David Toogood
Ian Dow	Michael Turner
Godfrey Franz	Vass Vassiliou
Marlies Laaper	John Hallows
Geoff Large	Bruce Loudon

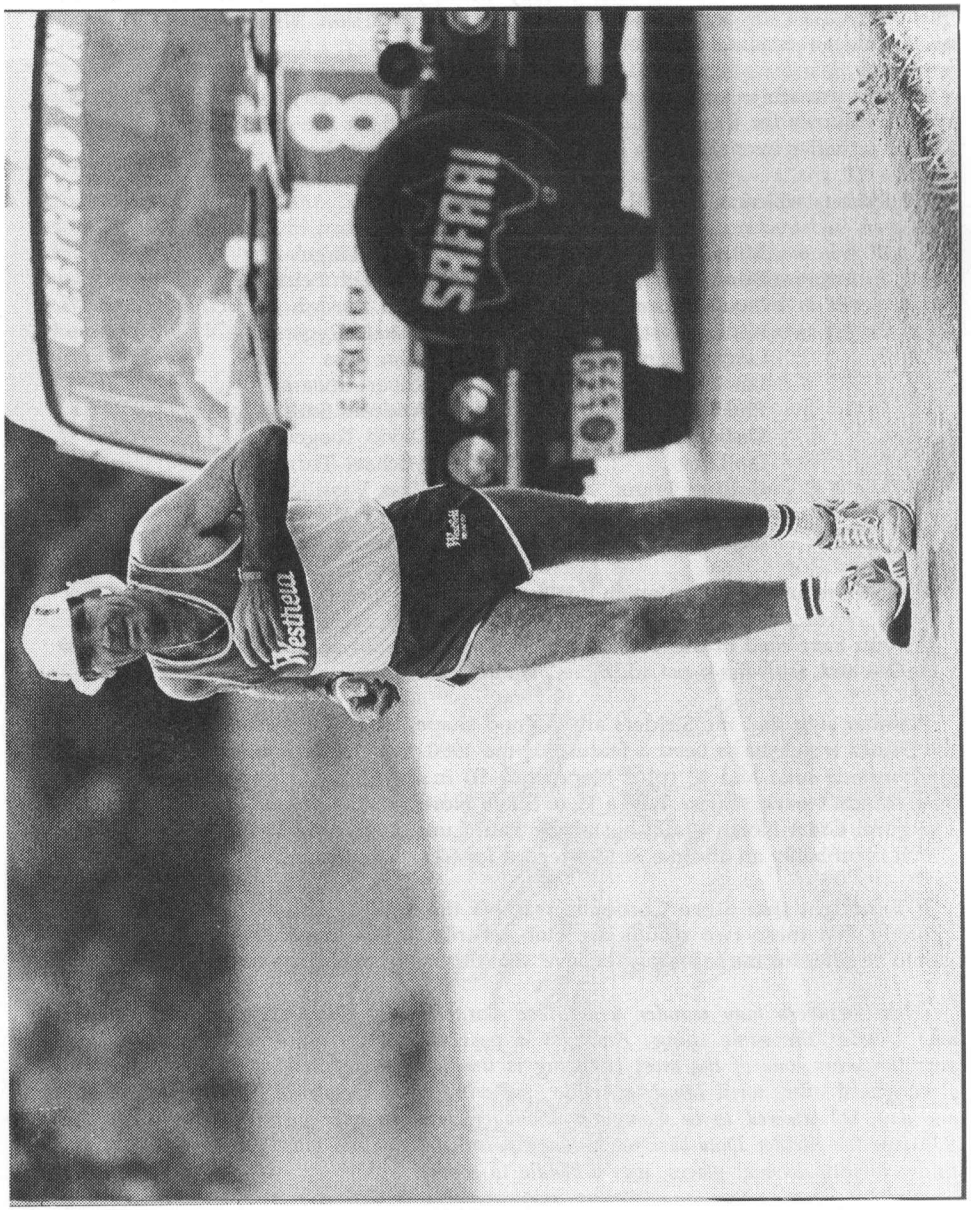
If there are any 'old' Striders in this list who are re-joining, welcome back!

As you have read in the latest President's Report, total numbers at the end of 1989 were 244 and, with the latest additions , we now total 270.

Another sign that the Striders are in good shape, is the very strong attendances at the STaRs which have been a feature of the 1990 running season so far. The recent Harbourside hike had 43 (plus MacArthur II) in the Slow (Labrador) Group alone; You couldn't park within 'half a k' of Steve Nordish's Strathfield run start and the inaugural Great North Walk, hosted by Paul Lunsmann, attracted over 100 starters, which is probably an all-time Strider record for STaR attendance.

If I thought that Steve Cornelius was off the mailing list, I would assert very strongly that these two results are club records. In the circumstances however, it would be safer for me to simply 'believe' that this is 'probably' the case!

(New members may wonder who Steve Cornelius is. There are even old members who wonder the same thing. Amongst a vast number of roles performed by Steve over the years, one of the most enduring is the data-base of Strider statistics which he stood guard over, until Ian MacArthur, suffering from heatstroke on Observatory Hill one day, volunteered to be Computer Manager. Ian has only just come to realise that S.C. ran the Strider Data-base on his own personal Cray II - your Personal Best at any thing, to fifty decimal places, was a doddle to Steve).



OUTSTANDING ACHIEVMENT AWARD 1989.

By Alf Field.

Graham Firkin

1989 Maria Gemenis-Cruickshank
Outstanding Achievement Award.

The nominees for the 1989 Strider's Outstanding Achievement Award were responsible for a staggering number of superb performances. Virtually every one of the nominees would have been a very worthy winner.

What a tragedy for them that they bumped Graham Firkin in the year that he completed the awesome Sydney to Melbourne Westfield Run. This achievement was far ahead of anything else achieved by club members during the year, that it was Firko first and daylight second.

It is nearly a year since Firko completed the Westfield Run, but I still find myself occasionally shaking my head and wondering how the hell he managed to do it. In reflecting on Firko's great run, the one very important factor which I didn't fully appreciate at the time, was how vital mental fortitude and determination are in completing these ultra-ultra long distance events.

It takes courage and a vast amount of mental will-power to drive ones body to the extreme limit of its ability to perform, Firko drove his body to that limit on at least three occasions during the Sydney to Melbourne Run. Twice I thought that he had had it, that there was no way he could continue and make it to Melbourne.

Yet on both occasions, after little more than an hour's rest, he gritted his teeth and managed to cover another 60 kilometres to the next cut-off point. I don't think that we can visualise the agony that he endured during those periods. It was his grim determination and mental discipline which got him through, when Melbourne still seemed an impossible eternity away.

Perhaps Firko felt that if he failed to get to Melbourne that there would not be another opportunity to do so. Perhaps he felt that he would be letting his friends, sponsors and supporters down if he didn't make it to Melbourne Whatever it was, I have little doubt that it was his brain which got his body to Melbourne and not the reverse.

Nearly a year after the event, it is strange how many of the small, relatively unimportant events are the ones which come to mind when I think back over those 8

days 16 hours and 25 minutes last May. I recall Steve Nordish almost caressing Firko's feet as he massaged them as tenderly as a mother handling a new born baby.

There was Margaret Robinson, who was working with the official Westfield party, arriving at the oddest hours to check on progress. I'll always remember Jack Nordish running through the forests alongside the Cann River wearing his beanie and waving to the occasional spectator who thought that he was one of the competitors.

Naturally I recall the final few kilometres to the Finish. It doesn't matter how long a race is, the last two kilometres seem interminable. The walk through the early hours following the blue flashing lights of the police escort is indelibly emblazoned on my memory.

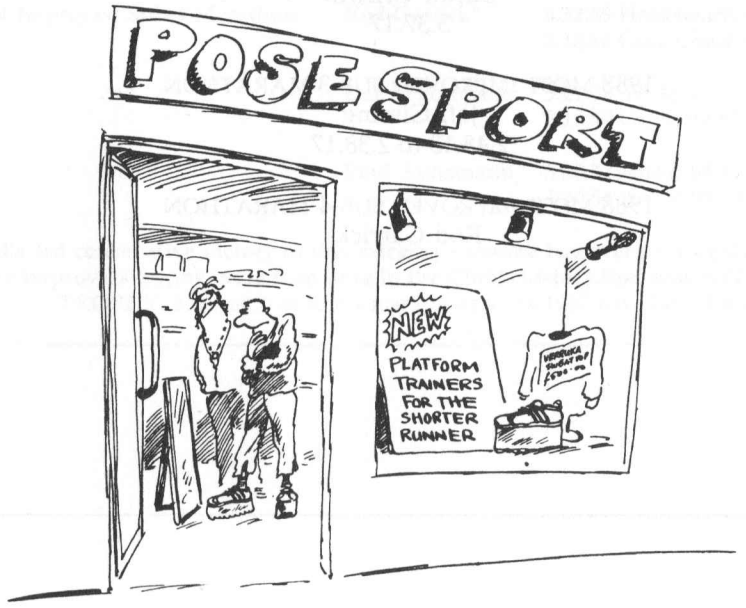
Then there was Barry Jones who seemed to be able to sleep anywhere and at any time; Ken Gray whose video camera seemed to be a permanent appendage to his arm; Toots Gray looking miserable With singed eyebrows and burnt hand when breakfast~ went up in flames, nearly a total disaster; and the indefatigable, ever-reliable Brian Colwell out for a jog in his cycling tights.

No tribute to Firko can be complete without also praising Barbara Firkin. Firko's triumph was very much Barbara's triumph as well. Her support was total. it was her organising ability that got the whole endeavour to the starting line. Thereafter her support, devotion, motivation and love for Fikko was an inspiration to the rest of the crew. Behind every successful man is a good woman. Firko is a lucky man - and he knows it.

Finally, a word from *Charlie Lynn, the Race Director of the Westfield Sydney to Melbourne Run*. Charlie took my written record of Firko's epic effort and put it into a booklet which I gather is given to aspirant competitors and crew members for future runs. Charlie wrote the following foreword for the booklet:

> This story on the 1989 Westfield Run between Sydney and Melbourne Ist truly a record of as epic.
>
> The author,, Alf Field, is an avid runner himself and an enthusiastic member of the Sydney Striders Road Running Club. Alf was chosen by fellow Sydney Strider and
> Westfield Run competitor, Graham Firkin, to be his Crew commander for the event.
>
> His story tells of the planning, the preparation, the agony and the ecstasy of this epic challenge. It is essential reading for any runner contemplating such an event.
>
> Graham 'Firko' Firkin is a fair dinkum battler. He is 51 years of age and has been a blacksmith for the past 36 years. In 1982 his health was a problem. Hc had high blood pressure, a high cholesterol reading, drank too much beer and smoked too many cigarettes.

> The challenge of running in the 14 kilometre City to Surf motivated him to do something about his condition. When he started to train he couldn't run a single lap of a football field without taking a breather. But he persisted.
>
> City to Surf was conquered that year and, like thousands of other joggers, he sought greater challenges. The marathon, the ironman
>
> triathalon, and marathons all became goals accomplished. In 1988 he decided he was ready for the ultimate challenge in human endurance, the Westfield Run between Sydney and Melbourne
>
> Cynics could say that Firko failed in his first attempt. He only reached Cooma, a distance of 292 kilometres, before a leg injury forced him to withdraw. But when you consider that 292 kilometres almost equals 7 consecutive marathons then it is easier to appreciate the magnitude of his achievement. Indeed it was a greater distance than Pheidippides ran in his legendary run between Athens and Sparta in 490 B.C!
>
> This story epitomises the spirit of the Westfield Run. By the time Firko approached Melbourne the lead runners had long since crossed the finish line and the crowds had gone, but this didn't concern Firko because hc was not in the event to win against the other competitors. He was simply out to win against himself.
>
> Alf Field's account of Firko's epic is a tribute to the spirit of the man, his family, his friends and his dedicated support crew.
>
> It proves that man can do anything he sets his heart on.



Category A - Commemorative Trophies.

1988 OUTSTANDING ACHIEVEMENT AWARD
Graham Firkin

1988 ULTRAMARATHONERS TROPHY
Martin Thompson

1988 BEST FEMALE MARATHONER
Linda Thompson
2.49.30

1988 BEST MALE FIRST MARATHON
Paul Lunsmann

1988 BEST FEMALE FIRST MARATHON
Susan Griffith
3.37.17

1988 MOST IMPROVED SUB-3 MARATHON
Jeff Gissing
2.48.13 to 2.38.17

1988 MOST IMPROVED SUB-4 MARATHON
Rod Garrick

Category B - Debut Marathoners & Improvers

Explanation of club policy on awards:

* Must be financial member at time the race is run;
* "Most improved" marathon calculated as percentage;
* "Sub-3" and "Sub-4" refer to the IMPROVED time, not the original;
* Men and women compete in "Improver" categories on equal terms.

Best Male Debut Marathon	**James Mcdonnell**	**3.02.55 Anzac Day**
2nd	Sidon Yeung	3.09.15 Canberra
3rd	John Fennell	3.30.06 Anzac Day
Best Female Debut Marathon	**Joanne Cowan**	**3.04.35 Anzac Day**
2nd	Margaret Robinson	3.41.46 Anzac Day
3rd	Margaret Pillemer	4.05.00 Melbourne
Most Improved Sub-3 Marathon	**James Mcdonnell**	**3.02.55 Anzac 89 to 2.51.57 Gold Coast 89 (-6.02%)**
2nd	Gavin Morisset	3.04.54 Canberra 87 to 2.54.22 Gold Coast 89 (5.7%)
3rd	John Sauer	2.43.18 Anzac 88 to 2.36.11 Anzac 89 (-4.36%)
Most Improved Sub-4 Marathon	**Rod Garrick***	**3.32.59 Holdsworthy 88 3.18.10 Gold Coast 89 (-6.96%)**
2nd	Dale Thompson	3.21.08 5th Melb 88 to 3.11.40 Canberra 89 (-4.7%)
3rd	Paul Lunsmann	3.30.17 Anzac 88 to 3.20.54 Anzac 89 (-4.46%)

***Rod's 3rd consecutive victory in this category - no-one has ever previously won any Improvers trophy more than once in the Club's history.Rod now KEEPS THIS TROPHY.** 5 of last 6 of Rod's marathons since 1987 have been PB's.

Category C - Marathoners

Explanation of club policy on awards:

* Must be financial member at time the race was run.
* In marathon and half-marathon categories, members may only win ONE TROPHY PER YEAR. If the winner of any marathon or half-marathon category has also won a superior award, the trophy goes to the next fastest. Marathon awards take precedence over half-marathon awards, and open age categories take precedence over limited-age categories.

Fastest Female Marathoner:	**Linda Thompson**	**2.54.00 Cities**
2nd	Joanne Cowan	3.04.35 Anzac
3rd	Dale Thompson	3.11.40 Canberra

* **2nd consecutive victory in this category for Linda Thompson**
* 1st female Six Foot Track - 4.19
* 1st female Anzac Day Marathon - 2.59
* 2nd female Combination Half- 81.14
* 1st female New Caledonia Marathon - 2.59
* 7th female City to Surf - 53.10
* 1st female Cities Marathon - 2.54

Fastest Female Marathoner (Vet):	**Dale Thompson**	**3.11.40 Canberra**
2nd:	Tina Campbell	3.17.49 Anzac
3rd:	Margaret Robinson	3.41.46 Anzac

Fastest Male Marathoner:	**Phil Garvin**	**2.25.34 Gold Coast**
2nd:	Stuart Greaves	2.28.19 Bathurst
3rd:	Carl Barker	2.30.51 Cities

* **4th consecutive victory in this category for Phil Garvin** - kept trophy after 3rd consecutive outright victory and now gets new trophy.
* 7th Nike Marathon - 2.29.12 - selected for ACT Marathon Team
* 12th Gold Coast Marathon - 2.25.34 - ACT representative
* 4th Combination Half- 1.11.71
* ACT Half - 1.09.59
* 3rd ACT Vets Half - 1.12.00
* 63th City to Surf - 46.41
* 23rd 15k Aust Road C'ship - Perth - 48.37 (PB) - ACT representative

Fastest Male Marathoner(Vet)	**Chris McLean**	**2.42.59 Anzac**
2nd:	Alex Whitworth	2.47.43 Canberra
3rd:	Brian Gatfield	2.51.23 Gold Coast
4th:	Bernie King	2.51.56
5th:	James McDonnell	2.51.57

Fastest Male Marathoner(Mast):	**Harvey Blue**	**3.05.50 Anzac**
2nd:	Graham Firkin	3.08.32 Anzac
3rd:	Rod Garrick	3.18.10 Gold Coast

* After just missing out on this award last year, Harvey has finally made it! Just 3 months before his 50th birthday last year he ran a sub-3-hour marathon but after his birthday, needing to achieve 3.12 to win the Masters category, he couldn't string 42 km together.

Fastest Male Marathoner(Sen): **Derek White** **.51.00 Bathurst**

* Only one in this category - Dereks 2nd victory and a club record in this category
* Bettered last years time by 12 minutes in same event.
* He is still the only member in the seniors age-category to complete a marathon since Barry Jones' Canberra Marathon in 1985.

Category D- Ultra Marathoners

Graham Firkin

Triathletes Category: **No Trophy awarded .**

Category E- Half-Marathoners

Fastest Female Half-Marathoner:	**Linda Thompson**	**1.21.14 Combination**
2nd:	**Joanne Cowan**	**1.24.46 Centennial Park**
3rd:	Tina Campbell	1.30.10 Lane Cove

Linda received a Marathon award, so this trophy goes to 2nd placed Joanne Cowan.

Fastest Fem Half-Marathoner (Vet):	**Tina Campbell**	**1.30.10 Lane Cove**
2nd:	Wendy Downes	1.38.54 CentennialPark
3rd:	Dorothy Siepmann	1.40.24 Southern Cross
Fastest Male Half-Marathoner	Phil Garvin	1.09.59 ACT Champs
2nd	**David Winch**	**1.11.33 Lane Cove**
3rd	John Sauer	1.12.12 Centennial Park*

Phil received a Marathon award, so this trophy goes to 2nd placed David Winch.

Fastest Male Half-Marathoner(Vet)	**Ray Doran**	**1.17.03 Centennial Park**
2nd:	Alex Whitworth	1.18.30 Centennial Park
3rd:	Don Price 1.18.56	Centennial Park
Fastest Male Half-Marathoner(Mast)	**John Turner**	**1.28.06 Southern Cross**
2nd:	Graham Firkin	1.37.18 Striders Club
3rd:	Bruce Murray	1.41.00 Lane Cove

Fastest Male Half-Marathoner (Sen)	**Derek White**	**1.34.42 Centennial Park**
2nd:	John Plummer	1.39.28 Centennial Park
3rd:	Ron Daley	1.40.39 Centennial Park

Category F - lOk Handicap Time Trials

lOk Champion	**Phil Garvin**
Outright Winner, Male	Phil Garvin
Outright Winner, Female	Tina Campbell

Category G - Encouragement Awards

For just missing out on "Most-improved Sub-3": **Gavin Morrisset**
by 0.32% A brilliant effort.

Second in Open Age Category: **Stuart Greaves.**
For coming second only to Phil Garvin in the Open-age marathon category with a time of 2.29.19 (only 2m 45s difference)

Most improved member ('weight for age'): **Ron Daley**
For his age (65 next week) Ron must be our most improved member. Since joining Striders last July, Ron has progressed from jogging around the tennis court to an average of 60-70 km a week, including the full 30k on Sundays. He completed the City to Surf in 71m, has a PB of 43 mins for l0k and completed Palm Beach to Manly in 2.31.

Worst 'Improved' Award: **Kevin O'Kane**
+20.54% (3.14.38 '85 to 3.54.37,'89)

The Most Outstanding Achievement Award For 1990

(See page 9)

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KALEIDOSCOPE

Ron Corden

I recently received the Sept/Dec issue of the Blister, courtesy of Allan Phillips and, as an ex-Strider still harbouring fond memories of Sunday morning STaRs, week-ends at Bathurst, mid-week runs, St. Ives-City (6 a.m. Gordon Station, no waiting) and a host of other activities, felt an irresistible urge to offer a kaleidoscope of memories, mostly personal, of about three and a half years as a ,Strider who still has his green and white shorts and vest which occasionally get an airing around the streets of Port Moresby.

First contact came via my job when I was talking to a rep. from a publishing firm. I mentioned that I did a bit of running and he mentioned he had just come from Dave(save the black jelly beans for me)Williams' office and that Dave was also mad. One phone call later I was booked to meet at that Sunday's venue which was somewhere in Willoughby and went along a harbourside track. It was May and cold, made even colder by the thin drizzly rain. A small group set off full of enthusiasm. I went OK until about 24k when a sneaky tree-root up-ended me and gave me lacerations to knees, elbows and hands, I finished up, knackered, back in Willoughby(I think it was a Sue Hill special). I could not move for the rest of the day, but was firmly hooked.

I did not miss too many STaRs after that over the next 3 years. Favourite courses, in joint first place were the Bobbin Head run and the Royal National Park run (organised courtesy of Herb and Carol Luddington). The latter, of course, meant a very early start to check travel documents, visas etc before carefully observing all the speed-limits from St. Ives to Sutherland at 4.30 a.m.(he lied). The early start was more than compensated for by the misty tranquillity of the park disturbed only by the incessant chatter of Nobby Young. I was interested to note that he has been accepted as an Australian. When it happened to me, I was struck by the perspicacity of those who approve such things: obviously there has been a change of personnel(sorry Nobby, I'm only joking). Another top run was the Gap Gallop whose severity over the final kms was softened by the prospect of a hot spa bath(thanks Bryce).

I will now become really kaleidoscopic:

Woodford-Glenbrook 1984 (I think) I was steaming up the hill towards the lOk mark and passed Nobby who had enough breath to say: "You're not supposed to run that fast at your age." I had just completed an ASLE strike-breaking three weeks of running St. Ives-City-St. Ives, Mon-Fri, plus a string of sub 79 minute halves. So I ignored him and powered on to finish in a bit over 95 minutes. On the way I was recruited into a South Sydney vets team by an opportunist fellow who reckoned that I could be signed up whilst running, especially as I was obviously going to beat him and he was their fastest guy. He forged the necessary forms ex post-facto and we duly won the vets section - I never did receive my prize which is poetic justice I guess.

Coffs Harbour half and full. brother Bernie and I went up with the mathematical mystic, Kar Wong. It turned out to be a charity weekend for the Striders. Bernie won

the open in 71 something, I won the vets in 80 something and we won the team. Kar ran the big one and won the handicap despite going off course. After the event, Bernie, sporting his UK team vest was spotted by a member of the same club who had left years ago and lived in Newcastle. I was called over to be introduced and before anything could be said, this guy shattered me with: "You must be his Dad". We all tend to look a bit older after a hard race but I thought that was taking things too far.

Bathurst weekend, half and full. Mike Ward distinguished himself, not on the road, but at the bar/dining table until he gracefully fell asleep in the middle of his pavlova. Next morning's recovery run was in sparkling frost and under clear blue skies around the motor-racing circuit. A panoramic(naturally!) view from the top and a sense of bewilderment at why anyone would want to roar around the track at 200kmph. A gem of a morning.

Bryce Courtenay taking a short cut from the Cronulla beach-road to the STaR start at the SLSC and getting bogged down in the sand ("It was alright last time", he protested). Ten or so Striders warmed up for a 3Ok training run by pushing, pulling and lifting his Alfa Romeo to safety and the run went on as planned.

My superbly planned and prepared attempt at the Big M in 1984. Correct training, plenty of sleep (none of Phillips' DV heroics) then I re-read all about CH-loading. Result - disaster! I changed my diet which up till then was fairly normal(sending off to Tibet for the right yoghurt culture, shooting waiters for putting salt on the table; pretty mundane stuff really). I ate sparingly,protein for a week then out did Pavarotti in the pasta stakes to wind up with a dose of the trots which, if it had have taken place in Calcutta would have precipitated an OXFAM appeal. I arrived at Frankston dehydrated and weak but managed a respectable sub-84 to 21k then fell in a heap around Brighton, never to recover. I swear old ladies in wheel-chairs were going past me up St Kilda Rd. I finished with 3.11 mitigated only by a hug from a Big M girl - I was too tired to hug back and that is exhaustion!

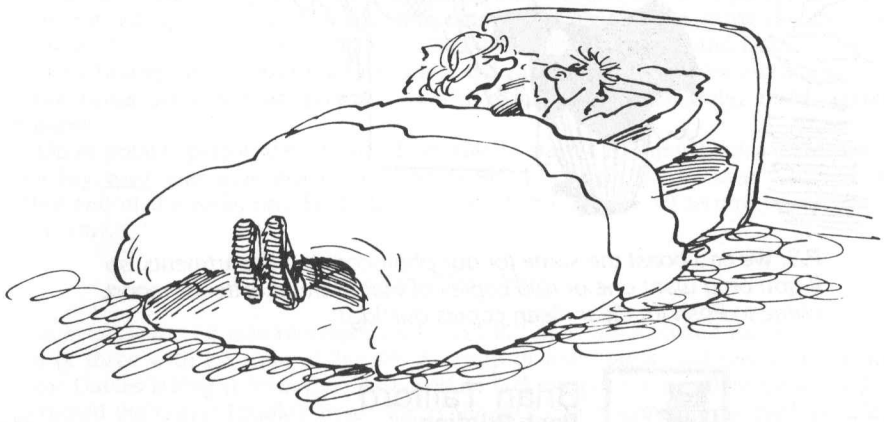
1986(I think - why didn't I keep a diary?) I accompanied Alan Phillips over the second half of the Budget Marathon (what will it be called this year? Budget [in Liquidation] Marathon?) with the aim of getting him inside 3.20 and a PB, the second following inevitably from the first. All was well until the old one/two of Fitzroy St and St. Kilda Rd hit him and he faltered. He did finish some minutes outside his objective and I lost him in the crowd to find him in the recovery tent(a.k.a. Dante's Inferno or The Scream) muttering Hail Marys while a nurse tried to un-cramp his legs. She said to me wide-eyed, amidst a cacophony of groans, screams and weeping, "Why do they do this to themselves?" I replied truthfully, "Because they enjoy it."

Bondi Beach for a staged finish for the Bond Corp Annual Report. A group of us wereto be pictured holding or downing cans of Tooheys. One of the lackeys came around spraying us with water and, since it was pretty chilly at the time, I asked him what that Was for. He replied, 'To make you look sweaty.". I offered to run to the other endof the beach and back to produce some real sweat No thanks," He said, "It doesn't look realistic enough". Beer never tasted quite the same after that!

Shortly after Brother Ernie joined the Striders.I was called up to the front of the pack and asked to translate what he was saying. Having just,metaphorically, stepped off the boat from Liverpool, he had an accent that made the cast of Bread sound like Sir Laurence Olivier. It took a few months to achieve a measure of acculturation but I believe they can understand him in Melbourne if he speaks slowly. I warned Keith Canard about the dangers of his mixing it with him (12 years younger and 10 minutes faster over the 42 h), Keith ignored me and the next time I saw him he was in a cardiac unit at Hornsby Hospital. The two of them would take off straight from the start of a STaR and cover 30k in around 2.15, week after week. "That's not training.", I said, "It's bloody madness.". Bernie too, paid the price and wound up with something ending in 'oxicosis' and a bill of around $300 for pathology tests. He has since recovered and now runs mainly track in Melbourne. I hope Keith has also recovered and is back running, but less frenetically.

I could go on ad infinitum and naseam but other contributors must have a fair go. (*I don't know what it was like in your day Ron, but contributors are pretty thin on the ground at the moment - in fact, reading great contributions like yours, I would listen to an argument for you to supply monthly instalments in return for the 'Blister' being re-named 'The Corden Chronicle'!*). I still run, but knee injuries preclude long distances so I mix it with cycling, walking and swimming. Have a great 1990 all of you.

Ron Corden ,Box 540, Port Moresby,Papua New Guinea,20 Dec 1989



"I know it's supposed to be the equivalent of a two-mile run, but there's no need to dress for the part!"

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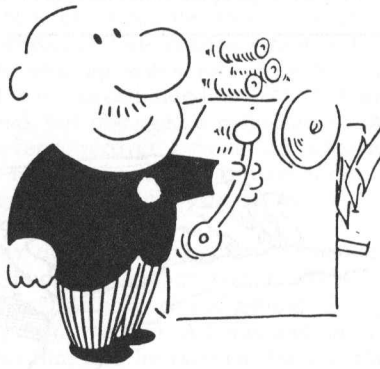

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STRIDERS TRACK DAY

Mathew Kaley

Rain.

We don't seem to have much luck with this event. Saturday, 24th February marked the Second Annual Striders Track Day, a wonderful afternoon's worth of fun and, somewhat frivolous events on the track, ranging from the short distance of 3,000 metres right down to the ludicrous 100 metres.

Unfortunately, for the second year running, the rain joined us on this afternoon and made every endeavour to drown the event. It probably had a good chance of achieving this (everyone knows that Striders don't come out in the rain), but the day was saved by a 'fringe element' that thought running 100m in the rain sounded 'kind of fun'.

So, thirty-two hardy 'track-athletes' greeted the gun at Narrabeen Athletics 'Stadium' and proceeded to burn up the track.

1,500M - 'Metric Mile'.

Terry and I huddled under an umbrella while the rain tore into the field. Were they despondent? Well, I don't know. They still ran though.

Bill Mc Lennan flew around in 4:10, followed in by Carl Barker and John Sauer. Dale Thompson was first female home. With the entire field now soaked to the skin I figured that I had a good chance of getting them to run again. So we moved from a sodden state (ie NSW) to a ludicrous one.

100m - 'Blue Ribbon Event'.

It is something to see marathoners and ultra-marathoners run a 100m sprint. Danny Gray turned up thinking it was 100km, but in his usual good spirit ran the event anyway. Two men went under 13 seconds, Bill McLennan (12.46) and Dansie Sawkyns (12.89). Taking into account the rain, wind and the cream cakes Nobby brought along, these times were almost certainly world records. Unfortunately, IAAF weren't present.

Other notable performances came from Gerald Baylis, running 13.08 as a Master. (*If you buy <u>your</u> gear from Northgate Sport & Ski, you might do the same!* - ED). At the other end of the scale, tiny Holly Inglis crashed through the 20 second barrier for the first time.

800m - "Half Mile'.

This event was split into two heats and again Bill McLennan blitzed the field for three out of three with his time of 2:06:09. A group of four fought out second place with Peter Davies taking it from Carl Barker. Kate Jackson ran the excellent time of 2:28:00 to record the fastest female's time. Ian Whitfield came cruising across the line in 2:39, ahead of his rival Kevin O'Kane, looking confident that he would win the day. Was Kevin beaten this time?

Long Jump.

A change of venue to the long jump pit, which looked none too inviting, being as soggy as it was. But I guess if you will do a 100m in the rain , you will do just about anything and twelve Striders did. The longest jump of the day was 4.81m by someone who should have stayed holding the tape measure.

Carl Barker made a close finish of it with his 4.50m, while Ian Macarthur was unlucky to only get third with his 4.08m (on his final jump he actually landed somewhere at about the eight metre mark only to fall backwards onto his knees, then backside, then elbow, then further to register 3.45m. I guess there is a slight hiccup in his technique).

The judges were lenient with fouls, to a point anyway. Only one foul was recorded, when Edwina Macarthur took off about one and a half feet in front of the board. She said it was an accident... ,a sly one that, Edwina!.

400m - 'One Lapper".

An interesting mix between sprinting and endurance. It produces stunning speed, awesome stamina and large amounts of pain. I was on the right side of the stop-watch. Bill McLennan produced the only time under the minute (57.79s). Surprised?

Perhaps a little surprise came for Dave Ritchie though, who ran 61.28s for second. He tells me that it is over twenty-five years since he won a 400m event. I guess he has slowed down less than he thought. Dale Thompson ran 75.00s to be fastest female and Whitfield beat O'Kane to put a seal on the feud.

3,000m - 'Exhaustion'.

There was not a lot of energy to go around for this final event, but most still gave it a go as there was little to lose that had not already been lost. Carl Barker ran the very respectable time of 9m 23s with John Sauer and Bruce Inglis following him in. From then on, there paraded a stream of runners in various stages of exhaustion (or at least lactic muscle fatigue). Scott Crawford in 10.38. Bruce Murray, who had competed in just about everything, in 12.03. Edwina Macarthur in 13.58.

Dead-heating after some 17 minutes came little Holly Inglis and little William Macarthur (one year old - in case you are wondering, he was pushed by his dad).

Thus ended the Second Striders Track Day. And yes, we had barely started packing up when the sun broke through the clouds for the first time.

And the rain stopped.

RESERVE BANK 23KM MINI MARATHON

James Macdonnell

For those interested in having a solid training run next year under race conditions as a lead up to Six Foot Track and other early marathons, the Reserve Bank 23km mini-marathon held each year on the last Friday of daylight saving is recommended.

The run commences 5.15pm (2nd March) in The Domain, proceeding to Double Bay via the back streets of Woolloomooloo and Kings Cross, returning via Farm Cove over the Harbour Bridge to Kirribilli and back to the Domain.

The first 10 Km has some challenging steps as well as the classic 1 in 2 gradient of Loftus Road leading from Rushcutters Bay to the appropriately named Marathon Street in Darling Point.

As all Striders know, there is nothing like racing up hills early in the season to test progress with muscle development of the calves and quadriceps (not to mention heart, lungs etc). Unfortunately this resulted in a lot of shuffling as distinct from striding in the second (and flatter) lOkm of the run and consequently fairly slow times in the run home.

Some thirty runners competed and the course was adequately marshalled or chalk-marked. Traffic was not a problem. Change facilities were available at the Bank in Martin Place. A post-race function was held on the 20th Floor of the Bank with extensive views over the city and Harbour. Over drinks, invitations were exchanged between Bankers and Striders for future events.

The run combined a rigorous workout with a pleasant environment and could be usefully added to any Strider's training calendar.

Results:	1st	David Lewis (RESERVE BANK)	lhr 22min (race record)
Striders:	10th	James McDonnell	lhr 43min
	12th	Danny Gray	lhr 47min
	16th	John Hamilton	lhr 54min

NATIONAL RUNNING WEEK 1990

Bernie King

Looking forward to the same week in January 1991 and back on Running Week '90 brings to mind some varied thoughts. January is hot, especially in Sydney whilst Thredbo, the home of NRW for the past 10 years is warm by day and cool by night. It even snows at Thredbo in summer. This brief look at Thredbo '90 is destined for a winter edition of the 'Blister' when in Sydney we can still run ....., don't bother going to Thredbo now, the running's no good.

I'll wait until January '91 for the 11th Thredbo National Running Week although I must admit having missed '81 and '83. I did miss two days this year, when the atttraction of International Athletics in Sydney was too great, Seb Coe was worth the admission price alone.

Thredbo still remains the best value family holiday known to man although this year, only Lucette and I ventured south. It's even a good holiday without your wife. During the snow season, this is probably the norm.

We arrived in Thredbo on the Monday, just in time to see Mat Kaley win a Pizza for his efforts in the Relay (3rd year in a row). Mat is to Pizza's what Ben Johnson is ..... . To watch the relays was really a bonus, we had actually planned a grand entrance at the Happy (2) Hours.

Tuesday, gave the Tennis a miss and concentrated on organising a sweep for a Handicap Mile and also trying to organise the handicaps. What a rort. Canberra's Ron Vines stole the event, he made Seb Coe of the previous Sunday look ordinary. Getting priorities right, we followed the mile with another Happy (2) Hours then a Pasta Night ..... 30k's tomorrow.

Wednesday, the Robinson Epic is now certainly the world's finest training run. Regardless of how fast or slow this is run, it is always worth the trip. 30k's all in high country taking in Kosciusko's summit, Carruthers Peaks, Lake Albina and the Blue Lake, Charlotte's Pass and the high plains home; fantastic. We finished the day with a dinner in the Tom Groggin Restaurant and Pat Clohessy as guest speaker. Then off to the Schuss Bar, some people went there evey night and then to the Piano Bar. The whole week is based on endurance.

Thursday, the program said Golfing, Canoeing and a Biathlon. Somehow or other, I got in a 14k run and of course tried the Happy (2) Hours.

Friday was set aside for more Golf, Tennis, Women 's Run, Men's Run and the Thredbo Gift. Rain forced the Gift to be postponed but that only gave more people more time to get more money on Mat Kaley, Kevin O'Kane and Bernie King (yours truly) again were honest bookies for the event, which was finally run on Sunday and won in controversial circumstances by David Middleton from Nathan Moore, very

close indeed and most unfortunate for Geoff Moore who had backed his boy "off the map".

Saturday started off with Volleyball and then the 10k Kosciusko Classic. This is the only race in the world containing a 5k jog to and from the start finish area. Again a Happy (2) Hours finished the day.

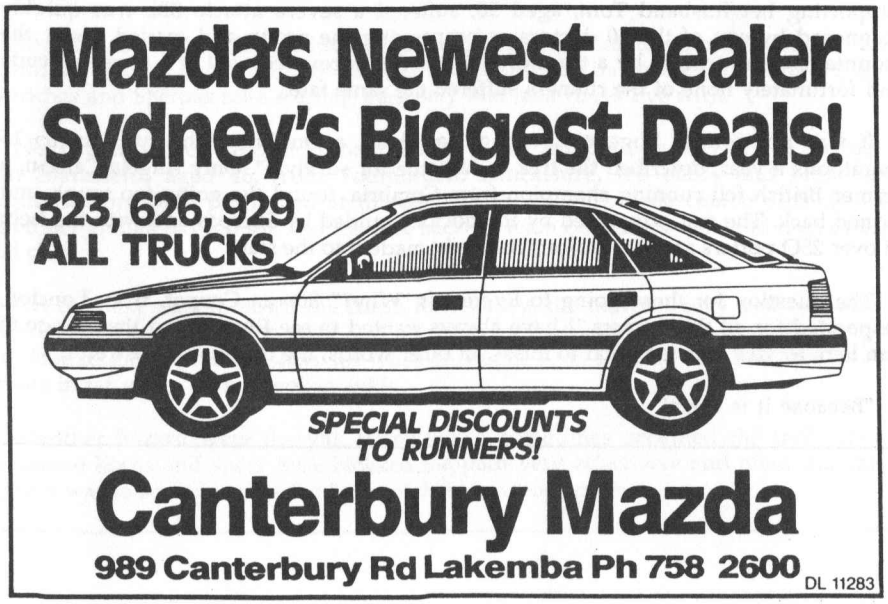
Sunday contained another Fun Run, the postponed Gift, Volleyball, Happy Hours, Free Drinks and Party and then to the Piano Bar.

What a week, although this year I was only there Monday - Sunday inclusive, I still managed 85k's including 22k's of racing. I missed the Golf, Fishing, Tennis, Canoeing, Biathloning and Volleyball. Getting priorities in order, I didn't miss a Happy Hour, Dinner or Race.

Participating Striders in '90 were Mat Kaley, Kevin O'Kane, Ian Whitfield, Lucette King, Scott Laurance, Dave Curdy, Brian Lenton, Barry Rutherford, Bernie King.

Most events were won by Jim Gulledge and Jenny Gilbert but the accent of Running Week is participating and, regardless of one's ability, eveyone has a great time and generally looks forward to doing it all again.

Next year, January 11 to January 21.



MARATHON RUNNERS WHO FOUND THEIR TRUE EVEREST

From 'The Times', London, December, 1989.

Conditions for the start of the second Everest Marathon were perfect. It was 7am and the air temperature had risen to -IOC There was no wind to stir the fine glacial dust at Gorak Shep, the last stone hut before the Everest base camp and the only cloud was a plume blowing from the top of Everest itself.

Seventy-nine runners from eight countries, clad in thermal underwear and down jackets rather than the traditional vest and shorts, were waiting to set off.
Each of them was relieved to be running at all, as, in the world's highest marathon, just reaching the start had been an achievement. They had left friends and families behind to fly to Katmandu, the pagoda-roofed capital of Nepal, and from there made an arduous 15-day trek through the terraced Himalayan foothills into the heart of the world's highest mountains.

It is a romantic journey but one full of hazards for the runners A few had sprained ankles and pulled muscles, caused by training on the unfamiliar ground. Many more had suffered from diarrhoea and sickness, travelling in the primitive conditions of the world's second poorest country.

Once above 10,000 feet the temperatures dropped as low as -20 C and there was the ever-present threat of acute mountain sickness (AMS). This is a reaction to the lack of oxygen at higher altitudes and unless the body gradually adjusts it can cause fluid on the lungs or brain and death. Just a week before the race, three Japanese trekkers failed to acclimatize and died as a result.

The long walk-in should have allowed a safe acclimatization but AMS is unpredictable and Heather Clark, aged 48, from Haslemere, Surrey, who was supporting her husband Tom, aged 50, suffered a severe attack. She was quickly diagnosed by one of the 10 doctors accompanying the group and carried down the mountainside overnight by a team of Sherpas. She recovered well at a lower altitude and fortunately none of the runners suffered the same fate.

It was no wonder Eugene Kavanagh, aged 50, a Dubliner who runs up to 15 marathons a year, described the trek as "a battle for survival". Only Angela Carson, a former British fell running champion from Cumbria, found the going too tough and turned back. The rest, supported by the doctors, guided by Sherpas and with the help of over 25O porters and 80 load-carrying yaks made it to the start.

The question for those going to Everest is "Why?" Steven Cooper, from London, responded for all the runners."I have always wanted to see Everest and the chance to run here as well was too good to miss". In other words, the traditional answer:

"Because it is there!"

In the world's oddest marathon most aimed simply to complete the course but an elite few were out to win. Stewart Dutfield, aged 34, a Briton living in New Jersey, had returned to defend his title after winning the first race in 1987 in 4hr 53min. But against better opposition he did not expect to win again.

A team of eight from the 2nd King Edward's Own Gurkhas, based in Hong Kong, were representing Nepal, along with four of the best Sherpas. The only man likely to challenge them was Jack Maitland, a 27-year old Scot. Maitland is a mercurial character who turns up at the world's hardest races. A former international orienteer and British fell running champion, he won the Guinness Mount Cameroon race up a 13,000ft volcano in West Africa last January and was fitting in the Everest Marathon before going to the Commonwealth Games in New Zealand, as part of the Scottish triathlon team.

Only Maitland and one of the Gurkas braved the cold and started in shorts Tony Hunt, a 45-year-old antiques dealer from Norfolk, who had the original idea for the race, flagged them off.

Gorak Shep is at 17,000 foot (higher than any summit in Europe) and although the start was enthusiastic the first slight rise reduced many to a walk. At that altitude there is only 54 per cent of the oxygen that we are used to breathing at sea level and any over-exertion quickly brings on oxygen debt and a gasping halt.

The race is mostly downhill, finishing at the Sherpa capital of Namche Bazaar (11,200 feet) but the terrain, altitude and a few steep climbs along the way are challenge enough.

For the first five miles. which took competitors across the moraine beside the Khumbu glacier and over the boulder fields and ice patches below Everest, the Gurkhas and Sherpas set a starting pace only Maitland could live with.

Next came a steep descent to the Pheriche Valley and the only accident of the race. Ian Stansfield, aged 46, from Todmorden, Lancashire, fell badly and broke an ankle.Doctors were positioned at three-mile intervals down the course each with a stretcher and an oxygen set, and the race back-up team carried Stansfield to the nearest aid post.

On the next section, down the Dudh Kosi Valley, the narrow rocky trail was often hundreds of feet above the river and supreme concentration was needed. There was no time to look up at the sheer ice walls of Mount Ama Dablam as a fall here could result in far worse than a broken ankle.

Another hazard were the yak trains which sometimes occupied the trail. Their fearsome horns and sheer bulk blocked the path very effectively and often the only option was to scramble up a bank out of their way, losing time.

By the halfway stage, at the burnt out Buddhist monastery of Tengboche, Gurkha Kusang Gurung led from a second Gurkha, a Sherpa and Maitland, who was four minutes down. A steep, dusty descent through a pine and rhododendron forest allowed the Nepalese to extend their lead but then a long 1,5OOft ascent to the 20-mile mark changed the race.

Maitland is renowned for his climbing powers and pulled back to take the lead from Kusang Gurung. The race was then between these two over the undulating last six miles. Maitland used his experience: "My calves ached but I dug in on every ascent and never looked back". His determination was sufficient to break the Gurkha and with three miles to go he pulled away to win in 3hr 59min 04sec.

Behind him the Nepalese took seven of the top 10 places and Dutfield improved his time to 4hr 28min 39sec but could only take fifth. The first American home was J. Martin' Jones, aged 47, who won the veterans' prize, coming 11th in 5hr 06min 5lsec. Dawn Kenwright, from Wales, came 16th in 5hr 44min 32sec to win the women's race.

The Sherpas of Namche Bazaar cheered throughout the day as the finishers came in. All of them were running for Nepalese charities which provide clean water and health care to those in need. The Rev John Webster aged 56, from Glasgow, had returned after competing in the 1987 race to raise over £8,000. The race organizers, Bufo Ventures Ltd, a Lakeland-based holiday company, expect the race to raise over £25,000 in total.

Angus Campbell, from Clydebank, ran the race wearing a kilt and carrying bagpipes and was there to pipe in the last finishers who took 12 hours to struggle¢ round.

They finished well after dark and as the lights from their torches bobbed down the hill every runner and the whole of Namche Bazaar shouted, cheered and whistled. It was an emotional and fitting climax to a day when British sporting tradition at its best came to Everest and triumphed.

(Article supplied by Brian Gatfield).

AUSTRALIAN RUNNER

26 SYDNEY STRIDERS RUN IN

'THE MARATHON NOT FOR WIMPS'

SATURDAY 24TH, MARCH 1990

A personal look at
The Annual Six Foot Track race, by John Ayliffe.

I didn't break my foot this year. Neither did I break a leg to get there.

Warwick Selby did. Warwick came fifth. In four hours and two minutes. An incredible run.

Never doubt it. The humble amongst the Striders, who were there, will not tell you the truth.

(I am not so humble), the facts are these, the truth is this:

For a start, the Six Foot Track is either one and a half feet wide or twelve feet wide, depending on which part of it you are speaking of; the terrain of the Six Foot Track varies from big rocks that move, and little pebbles, that move, and loose earth that moves, and water - that moves! - and steps, and mossy stones, and bitumen (with a pronounced camber), to a wet and soggy marshy bit where I once saw a single Adidas Oregon running shoe stuck-hard-in-for-keeps. >>>>>>

The Six Foot Track is not anything you can do, even reasonably, on a training programme of less than 90-100 km's a week.

My current training schedule is 50-60 k's a a week, if I'm lucky. I was lucky to finish. So was Irwin Light. His Master Training Plan at present is 30 kms a week.

The most amazing run was Bryce Courtenay's. And I mean A-M-A-Z-I-N-G. Bryce did it in about seven hours - but our world famous author sleeps about four hours a night, is writing the sequel; and a couple of days before the little bloke ventured into the wilderness - the 46.02 km's of mountain country - he finally put to bed Andrew Gucci's month-long advertising campaign.

But back to the Main Event. I thought Warwick Selby's four hours and fifty seconds last year was one of the Outstanding Achievements of 1989, but having done it again - about half an hour ahead of the nearest Strider - I nominate him for 1990. Now.

I mean what we are talking about is this: first a 1 km fall-down from Katoomba, at 1,050 metres above sea level, to the valley floor at about 500 metres; followed by (the best section) 14kms over rich, undulating countryside to the Cox's River, 300 metres above sea level. Then you climb, 3 kms uphill, to 700 metres. An awful downhill (without the skis) takes you to Little River, at about 500 metres; then it's up, up, but not away, to the pluviometer, at 1,000 metres.

Next, it's 15 km's to the Finish: first another 300 metres to climb, then the bitumen; and finally the second worst down bit you've ever seen (the first was the Start, remember?). The ground moves, your quads scream, your ankles feel like a snake bit them all round, you cramp, you swear, you pray ...

And at the Finish you've got to vote. Green?

278 started the 1990 Six Foot Track.50 didn't make it.

Many Striders did. As a club we should be proud of them all.

"...ITS EASY FROM HERE..."

Tony Crosby finds out the truth about the 1990 Six Foot Track.

How did you find the Six Foot Track?

Turn left off the highway at the Explorer's Tree.

Standing at the start one could not have been blamed for thinking that the Sydney Striders, Woodside Runners and Billy's Bushie's had asked a few friends to join them for a run in the Blue Mountains. Our cheerful little president (who becomes an Aussie this week - obviously nobody told him N.Z. had just won a cricket test against us) was doing his duty, motivating his troops and endeavouring to obtain interesting pre-race quotes from some of the 280 starters.

After the traditional Tea and Damper, Ian Hutchison issued last minute instructions to the group, made an excellent $6,000 presentation to the Bushfire Brigades and right on 10am, just when most sensible people were leisurely casting their votes, away we went.

Our little group of Hamill's B&A, Sue Hill, John Ayliffe, Bryce Courtenay, Dr. Irwin Light, my mentor motivator and private coach Alf Field plus two set off at the back of the pack. The 3k - 600m down hill section, Nellie,s Glen is very slow.

At last we reach the Megalong Valley floor and Alf and I take off. Plan A is under way. We are to run 10k - walk 5k. The next 11k's along Megalong Road is enjoyable undulating fire trail, passing through private paddocks over a couple of stiles, through a few small creeks and gradually descended the long ridges which lead to the Cox's River. After approximately 2k's on a narrow track parallel to the Cox we follow other runners across the river. Shake a few grains of sand out of the shoes, grab a drink, have some more of our "energy food" and take off for the first of the "Big" hills. Sue, Irwin and John are just behind us as we set off after Kevin O'Kane.

Very soon it becomes apparent just how bloody steep these hills are. This sure is a hard slog. It is now quite hot and running is out of the question. Plan A is gone. I look at Alf with just a suggestion of despair. He assures me that "Plan B" is now in place and all is well. I am experiencing the first of many "mood swings" which are to take place over the next few hours. The Top does arrive and with it more water, but before we descend the 3k to "Little River", you have to climb 1k over Mini-Mini Saddle. This almost kills me as we try to run the whole way.

>>>>

After getting your (now almost bone dry) shoes full of water and sand for the second time in crossing Little River it starts all over again, only longer and steeper (if possible). We pass Ian Whitfield who looks like he has been run over by a truck. I feel a lot better after seeing Ian. He informs us that he went A over T at the bottom of Nellie's Glen. He also tells us that this is his third and last time he is doing the S.F.T. I look into his eyes and I believe him. I can see his size 10 1/2 New Balance 996's are hurting. At long last, Thank God, we arrive at the pluviometer.

"It's easy from here" says one of the Bushfire Brigade marshals.

"What does he mean, there are still 19 bloody k's to go". I ask Alf. *"It's all right for him sitting on his A... , cutting bananas to say it's easy..."*

"Calm down Tony", says the coach,*"He is only trying to encourage us"* .

The next 10k is uphill but more gentle. We are passed by an ambulance and a Billy's Bushie on a mountain bike. A short while later we pass the same gent pushing his bike up a hill.

"Bugger this", says Alf, *"If he can't ride up with all those gears we can't possibly run up, let's walk"*. He gets no argument from me.

With about 2k's to go to the tar road I am no longer the pleasant little person I was at 10am. After 2 1/2 hours going uphill from the Cox's river and 4 1/2 hours in all, the acute pain in my legs is transforming me into a "Grump". The rain, fine trails, trees etc. have lost their charm. I now hate the sound of the "Bell-birds" and if I come across one more smiling Fire Brigade marshal telling me what a great run I am having, I am going to do my block.

For his part Alf has not complained once. The man is not human. I have always looked up to Alf (mainly due to the fact that he is about a foot taller than me) but he amazes me with his easy going style and encouraging comments. He has been keeping count of the number of people we have passed since the Cox's River. 67 to this point. Right now I don't give a stuff.

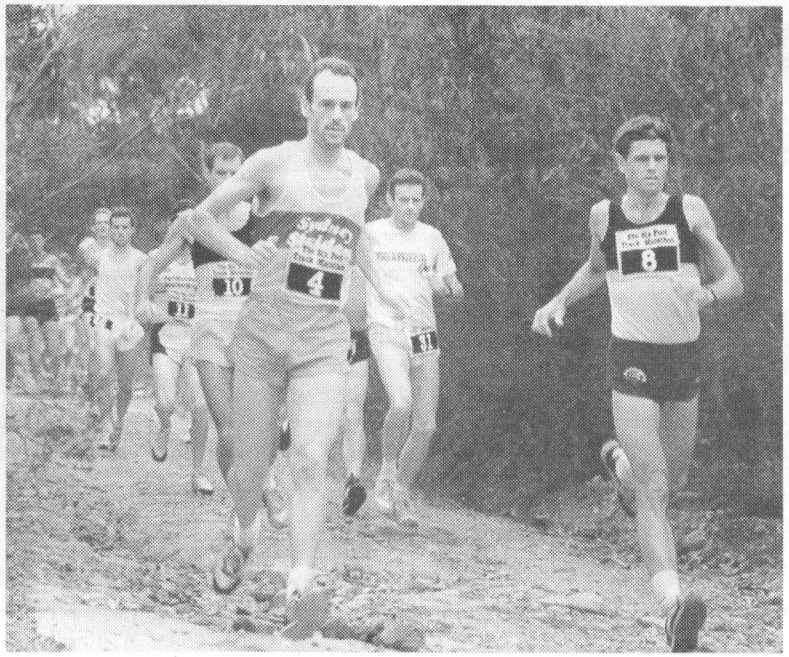
At last, the main road. The lovely Rosanne is there to meet us. A change of shoes and away along the bitumen road, for some reason, I do admit, I feel a bit better now. Only just mind you. I don't want you to start thinking I am enjoying myself. After approximately 3k's there is a long hill leading up to the cabin. Naturally any suggestion of improvement I had experienced is now a distant memory. We see John Turner about 300m ahead. Alf feels we can catch him. I know better. I have run (or tried to) with JT before.

Back into the "lovely" bush at the cabin for approximately 4k's before the BIG 3k plunge down to Caves House. The pain has moved up from the left ankle to cramp in both calves and now into my right knee which feels like it's Brenda Hamill's, not mine.

At last 5 hours 37 minutes after we left Explorers' Tree it's all over. This finish must be both the most beautiful and most welcome anywhere. We shake hands and I thank my mentor for all his help both during our training and throughout the race. Only then he tells me he too found the going tough (you would never have known) on the track. It's all over and I am a happy little thing once again. Nobby informs us that we "looked just great at the finish". Alf and I open the first of many beers and proudly wearing our 6 Foot Track Finishers medals we join the crowd to cheer on the others. "Mountain Man" comes in breaking 6 hours for the first time - on his 6th attempt.

Most of the pain, for now, has gone so when the question is asked - "Will you do it again" and "How did you enjoy the run". I answer "It was a bit tough but it was great" and "Of course I will - next year".

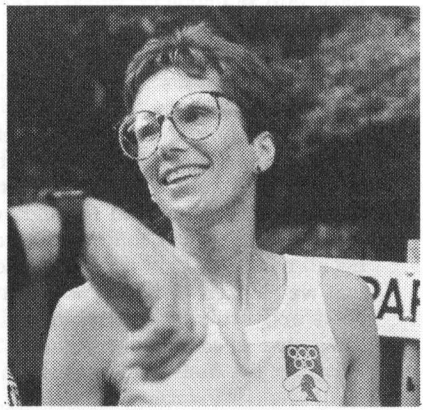
Finally, on reflection I think all who ran would agree with the printing on the back of the official running vest,"This Mountain Run is not for Wimps".



"I told my wife I wouldn't be late if I won it..."

WHO SAID THIS?

"Give me a five hour triathlon any day, they're easier than that"!

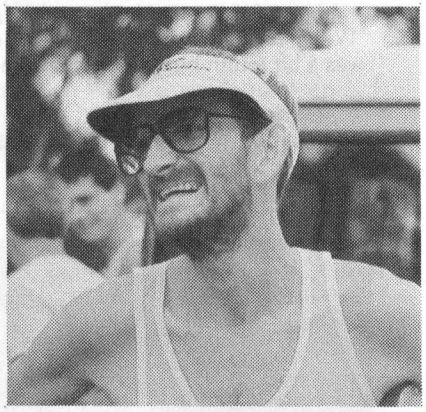


AND THIS:

"Shit, my portable phone doesn't work (in the car park at Katoomba)."

AND THIS:

"Mine worked up there, on that hill."



ALF FIELD USED THE RACE AS A TRAINING RUN FOR THE COMRADES, THIS IS WHAT HE SAID:

"It might be 46 kilometres but it's the equivalent of about 70."

BRUCE MURRAY:

"You really need to train on hills for this!"

JOHN AYLIFFE:

"Thanks Bruce!".

MIKE WARD:

"If you really like this you should try Brindabella".

("Like?").

"Two runners just came in ahead of you, John Turner - but they came in in a van".

AT THE START:

"The swim's my strength. I intend to catch all the other runners on the swim".

"I'm an idiot really. But you see every year in this club the 'labradors' have to test themselves".

"Oh, I'm going to take it easy, really easy".

"We're in good shape. We're ready for it this year".

"Somewhere between five and what's the cut-off point".

"If I finish this I'm going to try the City to Surf.".

"Why isn't Harvey here ?".

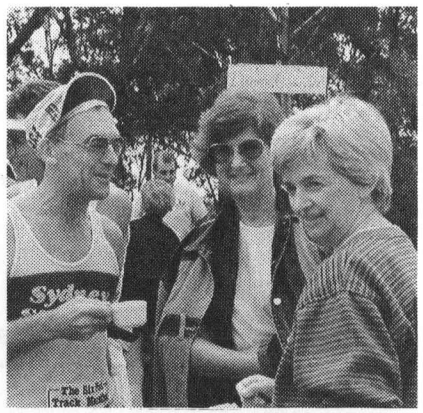
"Two bottles of red at the finish".

(These comments not necessarily in order: Alex Hamill, John Ayliffe, Warwick Selby, Iain Dowe, Alf Field, Irwin Light, Nobby Young, Kevin O'Kane, Graeme Butler, Bryce Courtenay and Mike Ward).

AT THE FINISH:

"Well it's over now Warwick. How does it feel?"
"You'll have to get down here to ground level, Nobby to interview me."

"I'm completely stuffed".



"...only went in it because I'd heard the swim leg across the river was tough ... somebody forgot to mention the hills! It has to be one of the greatest runs of all ... but I would not have said that about 3pm on Saturday".

ALEX HAMILL

"Definitely harder than Sydney to Wollongong, but I enjoyed every minute of it, except when I heard Alex offering to swap me for a cold can of beer at one of the drink stop"

BRENDA HAMILL

MORE MARSHALLS THAN YOU CAN POKE A STICK AT.

There are over 150 vehicles within the Blue Mountains Bushfire Brigade, and on the 24th March, 1990 over a third of them were on the Six Foot Track. Complete with their volunteer personnel. The young, the old, the fit, their leaders, women and men.

This is one day they hope they won't have to fight a fire. One day these tireless workers get to see some other men and women battle the elements, of a different kind.

They were everywhere - except on that one big hill where, on a humid day, you, the runner, didn't seem to be able to run/walk more than a kilometre without a drink. They said they'll attend to that next year.

The Annual Six Foot Track Marathon is the biggest fundraising event these stalwarts see in any year. This year's cheque was for $6,000 and every runner who heard the Brigade Commander's acceptance speech prior to the start of this crazy race, felt honoured to be part of it. And spurred on to get there.

"Get there".

Perhaps only a runner understands that.

THE 1990 SIX FOOT TRACK MARATHON

Early unofficial results.

PLACE	RUNNER	TIME
1	Paul Woodhouse	3.35.47
2	Roger Hardy	3.47.49
3	Greg Love	3.48.25
4	Terry Christian	3.59.24
5	**Warwick Selby**	**4.02.17**
6	Bill Lloyd	4.03.09
7	Peter Armistead	4.06.00
8	Max Bogenhuber	4.07.59
9	Andrew Hicks	4.13.06
10	Doug Edwards	4.17.09

STRIDERS:

5*	**Warwick Selby**	**4.02.17**
19	Carl Barker	4.27.51
55	Mike Ward	4.54.38
95	Paul Russell	5.21.41
96	Terry Rose	5.23.52
101	John Turner	5.25.47
114=	Alf Field	5.37.12
114=	Tony Crosby	5.37.12
132	Ian Whitfield	5.44.39
157*	**Sue Hill**	**6.02.14**
159	Kevin O'Kane	6.04.47
170	John Ayliffe	6.16.39
171	Bruce Murray	6.16.45
175	Iain Dow	6.23.19
188	Brian Tailford	6.29.33
193	Brenda Hamill	6.38.22
194	Alex Hamill	6.38.22
194	Irwin Light	6.38.21
219	Bryce Courtenay	7.09.23
	Graham Butler, Bill Blecha	DNF
	Malcolm Satchell, Brent Waters, David Williams, Owen Denmeade, Geoff Cox	DNS DNS

Finishers: 227 .Race Record:3.28.17 (1985). Paul Russell carried a medical kit.

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MESSAGE TO SYDNEY STRIDERS:

SPORTSCENE HORNSBY IS DEDICATED TO THE SPORT OF DISTANCE RUNNING AND MANAGER/FELLOW STRIDER GERALD BAYLIS HAS COMPETED IN 1989 IN MAJOR EVENTS ON THE DISTANCE CALENDAR INCLUDING:

THE ANZAC HALF-MARATHON, THE GREAT NOSH, CITY-TO-SURF, CITIES MARATHON AND THE MOSMAN 10K.

AND

WE ARE THE SPONSORS OF
THE 1989 SPORTSCENE/SYDNEY STRIDERS
10K HANDICAP SERIES.

Contact Gerald Baylis on 477 5611
and support your fellow Strider and race sponsor.
(We offer a **15% discount** to Sydney Striders).

THE 1989 SPORTSCENE/STRIDERS 10K HANDICAP RACE SERIES.

Race 10/Manly, 9th December1989

POS	NAME	TIME	TARGET	VARIANCE	H'CAP POS	POINTS
1	Phil Garvin	33.02	32.25	+0.37	6	17
2	Steve Gill	34.59	35.11	-0.12	2	21
3	Chris McLean	35.33	34.39	+0.54	8	15
4	Gerard Frahill	36.35	35.17	+1.18	9	14
5	Warwick Selby	36.55	36.10	+0.45	7	16
6	John Hamilton	37.32	37.41	-0.09	4	19
7	Scott Crawford	38.29	36.50	+1.39	10	13
8	Geoff Large	38.30	first run			
9	Terry Rose	39.22	39.13	+0.09	5	18
10	Martin Hope	39.34	40.30	-0.56	1	22
11	Terry McIver	39.54	35.37	+4.17	17	6
12	John Ayliffe	40.00	38.17	+1.43	11	12
13	Dan Gray	40.10	38.13	+1.57	12	11
14	Rob Inglis	40.30	first run			
15	Alf Field	41.17	38.54	+2.23	15	8
16	Steve Irwin	41.34	39.25	+2.09	14	9
17	Dave Ritchie	41.36	39.36	+2.00	13	10
18	Nobby Young	41.59	38.37	+3.22	16	7
19	Alan Phillips	42.51	first run			
20	Geoff Taylor	45.27	45.38	-0.11	3	20

Race 11, Mosman, 20th January 1990.

1	Phil Garvin	34.28	32.29	+1.59	9	28
2	Steve Gill	36.58	35.01	+1.57	8	30
3	Chris McLean	37.15	34.44	+2.31	11	24
4	Scott Crawford	38.48	37.00	+1.48	7	32
5	Bret Nicholls	39.21	36.22	+2.59	13	20
6	Chris Barker	39.21	36.48	+0.33	1	44
7	Greg Fitchman	39.54	first run			
8	Steve Urwin	40.04	39.25	+0.39	2	42
9	Terry Rose	40.40	39.13	6	34	
10	James Macdonnell	41.06	37.08	+3.58	16	14
11	Mike Ward	41.55	38.42	+3.13	14	18
12	Terry Bailey	41.59	40.40	+1.19	4	38

13	Dan Gray	42.05	38.25	+3.40	15	16
14	Tina Campbell	42.11	40.08	+2.03	10	26
15	Mike Elder	43.03	41.43	+1.20	5	36
16	John Ayliffe	43.07	38.17	+4.50	19	8
17	Rob Inglis	43.22	40.43	+2.39	12	22
18	Alf Field	43.52	39.08	+4.44	18	10
19	Geoff Taylor	46.10	45.30	+0.40	3	40
20	John Fennell	49.46	45.48	+3.58	17	12
21	Margaret Robinson	50.47	+5.14		20	6
22	Edwina McArthue	54.01	45.54	+8.07	21	4
23	Alan Hicks	54.40	first run			
24	Lyndy Bennett	59.54	first run			

10K RACE SERIES
1989 FINAL POINTS SUMMARY

	HANDICAP POINTS			OVERALL POINTS	
1	Phil Garvin	171	1	Phil Garvin	238
2	Scott Crawford	156	2	Chris McLean	202
3	Chris McLean	141	3	Steve Gill	194
4	Steve Gill	129	4	Scott Crawford	165
5	Geoff Taylor	122	5	Warwick Selby	161
6	John Fennell	110	6	James Macdonnell	130
7	Warwick Selby	107	7	Michael Grimm	121
8	James Macdonnell	104	8	John Sauer	100
9	John Hamilton	98	9	John Hamilton	99
10=	Roger Rigby	91	10	Bill Flanagan	98
10=	Michael Grimm	91			
12	Alf Field	78			
13	Gerard Frahill	77			
14	Chris Barker	76			
15	Terry Bailey	76			
16	Terry Rose	73			
17	Tina Campbell	64			
18	Martin Hope	61			
19	Bret Nichols	58			
20	John Sauer	57			

CHANGES TO THE 1990 SPORTSCENE/STRIDERS 10K HANDICAP SERIES.

The new series of 10k races now under way are being conducted according to new new rules decided on by the Striders Committee late last year:

1. The races will be held on the third Saturday of each month and operate over twelve months.

2. The handicap series will be retained for Club members and a 'Sydney Striders Open 10k Time Trial' will be incorporated for non-members.

3. The events will be publicised in "Fun Runner" and Australian Running".

4. All competitors will register before each race, wear a number and pay an entry fee of $2 for non-members and $1 for members of Striders.

5. The series will still be under the control of the Training Director and the present Hosts, plus a 10k Series Director will be elected at the next AGM to manage handicap times, printing of results, etc. For further information about the new position, see Nobby Young.

THIS 10K HANDICAP SERIES IS SPONSORED BY

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THE 1990 SPORTSCENE/STRIDERS 10K HANDICAP RACE SERIES.

Race 1/Lane Cove, 17th February 1990

POS	NAME	TIME	TARGET	VARIANCE	H'CAP POS	POINTS
1	Jock Davis	32.07	open			
2	John Sauer	33.26	32.18	+1.08	23	2
3	David Hardiman	34.33	open			
4	Steve Gill	36.01	35.13	+0.48	17	6
5	Malcolm Satchell	36.20	36.02	+0.18	20	11
6	Brett Nicholls	36.47	36.37	+0.10	9	14
7	Warwick Selby	36.51	36.15	+0.36	16	7
8	Wayne Stanton	37.00	36.47	+0.13	10	13
9	Jeff Gissing	37.09	36.13	+0.56	21	2
10	Martin Thompson	37.14	37.27	-0.13	8	15
11	Bill Flannagan	37.21	36.04	+1.17	24	2
12	Scott Crawford	37.26	37.10	+0.16	11	12
13	Charles Coville	37.43	38.36	-0.53	**5**	18
14	George Lisson	37.49	38.05	-0.16	7	16
15	James Mcdonnell	38.16	37.23	+0.53	18	5
16	Terry Rose	38.17	39.22	-1.05	**4**	19
17	Steve Urwin	39.04	39.29	-0.25	**6**	17
18	Chris Barker	39.11	38.51	+0.20	13	10
19	Dan Gray	39.20	38.25	+0.55	20	3
20	Terry Bailey	39.28	40.48	-1.20	**3**	20
21	John Hamilton	39.32	37.34	+1.58	25	2
22	Alf Field	39.56	39.23	+0.33	15	8
23	Dave Ritchie	40.30	39.36	+0.54	19	4
24	David Goor	41.11	open			
25	Mike Ward	41.47	38.57	+2.50	29	2
26	Benny Hagberg	42.30	first run			
27	Bruce Murray	42.33	41.28	+1.05	22	2
28	Geoff Taylor	43.40	45.34	_1.54	**2**	21
29	Paul Lunsman	43.44	41.37	+2.07	27	2
30	Dale Thompson	45.51	43.51	+2.00	26	2
31	Kevin O'Kane	46.14	41.43	+4.31	30	2
32	John Fennell	46.23	46.03	+0.20	13	10
33	Lindsay Armstrong	48.10	open			
34	Edwina MacArthur	48.42	46.09	+2.33	28	2
35	Danse Sawkins	49.34	open			
36	Elise Forner	51.38	open			
37	Anne McLaren	54.20	open			
38	Lindy Bennett	56.21	60.30	-4.09	**1**	22
39	Jennifer Higgins	56.22	first run			

Race 2/Centennial Park 17th MARCH 1990

POS	NAME	TIME	TARGET	VARIENCE	H'CAP POS	POINTS
1	John Sauer	32.08	32.25	-0.17	16	
2	Geoff Large	32.16	first run			
3	Peter Davies	32.20	open			
4	Phil Garvin	33.43	32.41	+1.02		
5	Andrew Jackson	34.06	open			
6	David Hardiman	34.44	open			
7	Steve Gill	34.59	35.18	-0.19	15	
8	Godfrey Franz	35.13	first run			
9	Roger Bloor	35.17	open			
10	John Galvin	35.18	open			
11	Gerard Frahill	35.47	35.25	+0.22		
12	Bret Nicholls	35.54	36.36	-0.42	12	
13	Michael Grimm	36.06	36.03	-0.03		
14	Wayne Stanton	36.16	36.46	-0.30	13	
15	James Mcdonnell	36.22	37.28	-1.06	**6**	
16	Scott Crawford	36.24	37.12	-0.48	10	
17	Charles Coville	36.25	37.54	-1.29	**4**	
18	David Sill	36.32	36.27	+0.05		
19	Tim Mickleborough	36.41	open			
20	Terry Rose	36.54	38.20	-1.36	**3**	
21	Mat Kaley	37.15	34.26	+2.49		
22	John Hamilton	37.22	37.46	-0.24	14	
23	Terry McIver	37.25	35.52	+1.33		
24	Bill Flannagan	37.44	36.12	+1.32		
25	Mici ????	37.53	open			
26	Michael Elder	37.58	41.51	-3.53	**1**	
27=	Alex Duykers	38.10	open			
27=	George Lisson	38.10	37.52	+0.18		
29	Dan Gray	38.22	38.30	-0.08	19	
30	Margaret Howe	38.52	open			
31	Fred Howe	38.57	first run			
32	John Ayliffe	39.08	38.22	+0.46		
33	Alf Field	39.11	39.26	-0.15	17	
34	Terry Bailey	39.35	39.44	-0.09	18	
35	Steve Lloyd	39.45	40.29	-0.44	11	
36	John Whealy	39.55	39.49	+0.06		
37	Richard Dentsch	39.59	open			
38=	Harvey Blue	40.16	39.30	+0.46		
38=	John Preston	40.16	first run			
40	Marlies Laaper	40.24	first run			
41	Alex Hamill	40.50	41.55	-1.05	7	
42	Dave Ritchie	41.27	39.41	+1.46		
43	Seamus Frahill	41.29	open			
44	Benny Hagberg	41.36	42.55	-1.19	5	
45	Bruce Murray	42.29	41.35	+0.54		
46	Peter Dentsch	42.38	open			

POS	NAME	TIME	TARGET	VARIENCE	H'CAP POS	POINTS
47	Geoff Taylor	43.10	44.03	-0.53	=8	
48	Keryn Large	43.15	first run			
49	Brian Tailford	43.23	43.06	+0.17		
50	Duncan Richards	43.53	39.57	+3.56		
51	Linda Barach	44.08	open			
52	Sarah Fien	44.30	open			
53	Brian Taylor	44.32	first run			
54	Edwina MacArthur	45.31	46.24	-0.53	=8	
55	Margaret Robinson	47.34	45.48	+1.46		
56	Brenda Hamill	48.01	first run			
57	Ian McArthur	48.07	42.00	+6.07		
58	Elise Forner	48.41	open			
59	Lindy Nesbitt	48.42	open			
60	Jenny Nesbitt	49.06	open			
61	Gill Cavenagh	49.07	open			
62	Danielle Duyckers	51.12	open			
63=	Lindy Bennett	54.00	57.11	-3.11	2	
63=	Jennifer Higgins	54.00	57.12	-3.10	?	

PALM BEACH TO MANLY...30K.

6th January 1990

MALE

1st 1:45:08 Paul Woodhouse
2nd 1:45:40 Geoff Large
3rd 1:45:42 Tony Summerville
4th 1:48:42 Peter Davies
5th 1:49:26 Peter Spitzkowski

FEMALE

1st 2:03:17 Joanne Cowan
2nd 2:07:04 Donna Sedgeman
3rd 2:09:09 Cecilia Harvey
4th 2:09:32 Tina Campbell
5th 2:10:02 Sarina Baker

STRIDERS

2nd	1.45.40	Geoff Large
8th	1.51.03	Carl Barker
15	1.55.46	Evan Miller
21	1.58.35	Godfrey Franz
25	1.59.05	Malcolm Satchell
29	2.00.10	Don Price
30	2.00.36	Steve Gill
31	2.01.22	Warwick Selby
34	2.01.49	Wayne Stanton
40	2.02.55	Bernie King
41	2.03.17	Joanne Cowan
42	2.04.36	Alex Whitworth
50	2.06.32	Charles Coville
54	2.07.07	George Lisson
61	2.08.22	Murray Town
64	2.09.03	Bret Nichols
66	2.09.15	Stephen Urwin
67	2.09.32	Tina Campbell
84	2.13.06	Mike Ward
87	2.13.14	David Toogood
90	2.13.35	David Richie
97	2.15.05	Nobby Young
106	2.17.45	John Hamilton
112	2.18.21	Karen Housmans
114	2.18.26	Alan Phillips
116	2.18.51	Danny Gray
118	2.18.59	John Ross
119	2.19.37	Geoff Burgess
122	2.20.49	Terry Rose
123	2.21.00	Terry Bailey
130	2.23.12	Dave Williams
144	2.25.19	Stephen Roach
147	2.25.53	Steve Nordish
157	2.27.26	Gary Leahey
170	2.29.57	Benny Hagberg
172	2.30.07	Graham Firkin
174	2.31.29	Ron Daley
189	2.35.05	Geoff Taylor
192	2.3S.33	Louise Fitzsimmons
193	2.35.35	Graham Butler
195	2.36.10	Gai Cunningham
203	2.41.40	Keryn Large
207	2.43.59	Kevin O'Kane
222	2.56.02	Ingrid Martin
231	2.59.33	Michael Elder
233	3.01.15	David Barwick
239	3.11.52	Bill Blecha
240	3.11.55	Gary Jackson

The above 48 members of Sydney Striders completed the course. The same 48 also climbed out of bed at 3am, met in a vacant car park in Manly at 4am, travelled collectively to Palm Beach by 5am, to then run back to Manly. Overweight, sloppy non-runners often claim that "bloody joggers" are just funny in the head. Each January I find it a bit easier to see their point!!!

Geoff Thorsen and his willing band from Harbord Diggers do a great job with this event. As we struggle up those bloody hills at least we have the satisfaction of knowing that they had to get out of bed at a ridiculous hour as well.

No doubt that about fifty Striders will be there again in "91".

CALLOUS COMMENTS

Callous Campbell

John Turner missed the STaR on March 18th. We heard from one who knows, that he was too tired to front up after marching in 'that' Mardi Gras the previous night. Just as well the Rushcutters Rocks STaR is not scheduled for a while, I hear he is 'hot property' at Kings Cross.

ooo

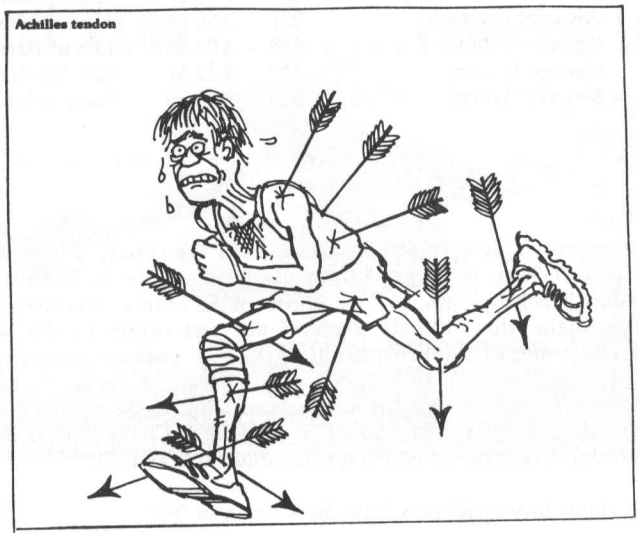
Those who attended the prize giving dinner would have noticed that Owen 'lost the bet'. For those of you who missed a fun night, Owen's idea of testing the PA system was to wear a 'loud' jacket. You know one of those designs that looks at home in a league's club foyer.

ooo

Also strutting around like a prize bantam at the presentation night was the club's figurehead Nobby Young. Proudly displaying a new Peter Allen stubble coiffure, it shows what lengths a desperate hack runner will seek to maintain some form. Anything to avoid being forced to run STaR's with Bryce Courtenay's 'Fat Labrador' group. Unfortunately it backfired when he accidentally 'velcroed' himself to Owen's jacket.

ooo

NOBBY: "When are you going to hospital?"
ROGER: "Tomorrow".
HARVEY: "What are you going to have done, a lobotomy?".
(A brave man is Harvey, he obviously doesn't have any concept of editorial bias. He will in time though! - ED).



THE PAIN, THE SUFFERING, THE CHEERS.

From Derek White in his Christmas card, December 1989:

"You may have noticed that there are two differences between your records and my typed sheet:

1. *After investigation, the City to Surf organisers discovered that the 'Second Man 60-69' was actually 37, - so they gave me the Silver!*

2. *I was 2nd not 1st in the 'Over 60 Vets 12k cross country.*

I finished the year with 22 awards and my second daughter is supposed to present me with my first grandchild on Boxing Day! "

ooo

Results of Strider entrants in the 1989 SOUTH MELBOURNE MARATHON from Dave ('Wobble') Sill:

3rd (30th overall) in the 40+ (vets) category:	Dave Sill in 2.53.07
52nd overall,	Ray Skinner in 2.57.59

LATE NEWS.

Forster 'Iron Man' Triathlon

Sunday 1 April 1990

Four Striders entered and four Striders finished the most gruelling 'tri' event on the calendar. Conditions were good and there were a lot of unofficial 'handlers' in attendance to provide moral support including Dr. Erwin (*"30k a week"*) Light, Alex (*"I'd swap my wife for a beer"*) Hamill, Brenda (*"Always does it easier than than her husband"*) Hamill, Alasdair Mackie, Barbara Firkin, Margaret Robinson, Louise Fitzsimons, Nick Reid.

The Strider competitors were:

Murray Town:	11h.18m.00
Steve Nordish:	11h.59m.12
Peter Keeble:	12h.02m.00
Graham Firkin:	12h.17m.00

BATHURST REVISITED

A WEEKEND AWAY

16 - 17 JUNE 1990

BATHURST MARATHON AND HALF MARATHON

A 'STRIDER' WEEKEND IS PROPOSED:

Leave Sydney at dawn on Saturday 16 June

Drive by mini-bus(es) to Bathurst, breakfast on the way.

Check into motel.

Race starts at 11am (both marathon and full).

Dinner at local restaurant.

Relaxed early Sunday morning run around Mt Panorama.

Drive back to Sydney departing mid-day, lunch on the way.

The cost is yet to be finally determined, however, the above format should cost less than $100 per person for the entire weekend.

Please contact:

Wendy Downes - 416 8233 (w) or 449 4093 (h)

by 29 April

if you wish to enter this event and enjoy a pleasant weekend as part of the Strider team.

BATHURST REVISITED -
A *weekend away* - 16/17 June.

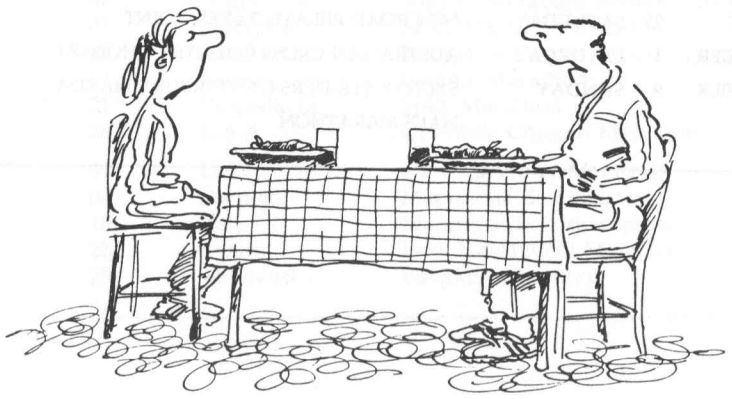
Bathurst Marathon and Half-Marathon - enjoy a weekend in the country.
Phone Wendy Downes to make a reservation for this event by 29April.
416 8233 (w), 449 4093 (h)

MMI 3 PORTS RACE
It's on again ! - 27/28 October.

Keep this weekend free on your running calender and start training for this unique event involving running and sailing. The format is the same as for 1989 with some refinements, namely a shorter offshore sailing leg, to make the 1990 3 Ports a more enjoyable event for the runners. Phone Wendy Downes for information and to register your name for this event - **416 8233 (w), 449 4093 (h).**

NEW YORK MARATHON TRIP: 1990

John Ross and Wayne McCarthy are planning a run in the NYM in November this year. Anyone who is interested in making a combined attack should contact Wayne on 929 7322 (W) or 428 1607 (H). Applications for entry take a while to be processed for visiting runners and it is a good idea to make an early entry, particularly if other travel plans depend on a successful application. If keen, check Wayne without delay.



"Carrots! Jogging! Carrots! Jogging! Do you think it's worth trying to prolong our lives?"

CALENDAR OF MAJOR FIXTURES 1990: SYDNEY, CANBERRA, NOWRA, BRISBANE, HOBART

Courtesy of the ACT Cross Country Club.

MAY	5	SATURDAY	NOVICE CROSS COUNTRY-SCARBOROUGH PARK
MAY	12	SATURDAY	SUTHERLAND 1/2 MARATHON- ROYAL NATIONAL PARK
MAY	20	SUNDAY	NSW SCHOOLS CROSS COUNTRY CHAMPIONSHIPS MACQUARIE UNIVERSITY
JUNE	2	SATURDAY	NSW 5K/IOK/15K ROAD CHAMPIONSHIPS :
		OR	
	3	SUNDAY	HENSLEY FIELD - PAGEWOOD
JUNE	16	SATURDAY	PARRAMATTA 10 MILE - PARRAMATTA PARK
JUNE	24	SUNDAY	AUSTRALIAN 15K ROAD CHAMPIONSHIPS
JULY.	I	SUNDAY	AUSTRALIAN ALL SCHOOLS CROSS COUNTRY CANBERRA
JULY	14	SATURDAY	NSW 8K/6K AND LITTLE ATHLETICS CROSS COUNTRY. CAMBEWARRA, NOWRA
JULY	22	SUNDAY	AUSTRALIAN MARATHON - QUEENSLAND
JULY	28	SATURDAY	NSW 12K etc CROSS COUNTRY, CREST OF BANKSTOWN
AUGUST	12	SUNDAY	CITY TO SURF
AUGUST	25	SATURDAY	NSW ROAD RELAYS, TAREN POINT
SEPTEMBER	1	SATURDAY	AUSTRALIAN CROSS COUNTRY - HOBART
SEPTEMBER	9	SUNDAY	SYDNEY STRIDERS-CANTERBURY MAZDA HALF MARATHON

OVERSEAS MARATHONS IN 1990.

With thanks to Frank McCaffery.

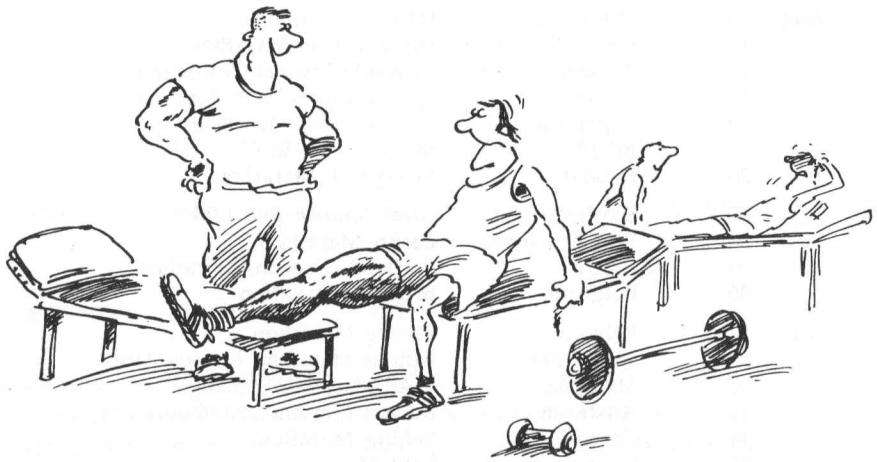
May	01	Italy	Romaratona
	06	U.S.A.	Long Beach Marathon
	06	U.S.A.	Pittsburg Marathon
	06	W. Germany	*Berlin 25k Race*
	06	W. Germany	Olympic City Marathon Munich
	12	Sweden	Gothenburg Half-Marathon
	13	Holland	Spa Marathon Amsterdam
	13	Hungary	Ibusz Marathon Budapest
	13	Turkey	*Golden Horn Half-Marathon*
	20	W. Germany	Hanse-Marathon, Hamburg
June	02	Sweden	Stockholm Marathon
	10	Australia	Sunny Queen Marathon Queensland
	24	Brazil	City of Rio de Janeiro Marathon
	30	W. Germany	Marathon-Night of Nurnberg
July	08	Argentina	*Buenos Aires Half-Marathon*
	22	Phillipines	*Magnolia 20k Road Race*
	23	Australia	Gold Coast Marathon
	29	Brazil	Blumenau Marathon
Aug	05	Indonesia	Jakarta Marathon
	11	Finland	Helsinki City Marathon
	12	Australia	Adelaide Festival City Marathon
	12	Australia	*Sydney City-to-Surf Road Race*
	19	Argentina	*Rosario Half-Marathon*
	25	Brazil	Maratona Do Rio.
	26	Iceland	Reykyavik Marathon
Sept	30	Scotland	*Great Scottish Run (25k)*
	30	W. Germany	Berlin Marathon
	30	U.S.A.	Portland (Oregon) Marathon.
	30	Belgium	Brussels Marathon
Oct	07	Italy	Venice Marathon
	07	Argentina	Adidas Marathon Buenos Aires
	07	Malaysia	MAS Marathon Penang.
	14	Australia	Budget Marathon Melbourne
	14	China	Beijing Marathon.
	21	Yugoslavia	Split Marathon
	28	U.S.A.	Old-Style Chicago Marathon
Nov	04	U.S.A.	New York City Marathon
	04	Portugal	Marathona de Lisbona
	18	Italy	Maratona di Romacapitale
	25	Japan	Lake Kawaguchi Marathon
	25	Thailand	Bangkok Marathon

Dec	02	Japan	Fukuoka Marathon
	09	U.S.A.	Honolulu Marathon
	31	Brazil	*Sao Paulo Silvestre Road Race*

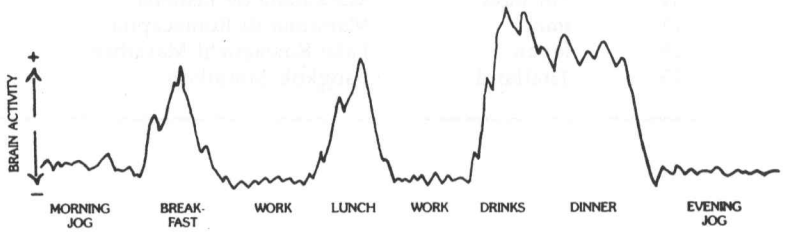
This is not an exhaustive list: Dublin (Rep. of Ire) is usually held late October, Vardinoyannis Marathon on the Isle of Crete (Greece) in November and several others.

For further information, contact Frank McCaffery.

The Sydney Striders acknowledge and thank Frank McCaffery for the use of this list.



"That's pretty good. Tomorrow we'll start on the other leg ..."



CITY TO SURF LADDER: 1982 - 1989

Scott Crawford

The Ladder of financial members has been compiled from the Club's records as published in the Blister and consequently may not be exhaustive. Please therefore advise the details of any omissions or errors to:

SCOTT CRAWFORD
Phone 416 8117 (Home) or 261 5066 (work),
or mail to: C/- The Club, P.O. Box N119, Grosvenor St. Sydney 2000
or give to Scott at any STaR.

1	**PHIL GARVIN**	**44:34**	**1986**	30=	SCOTT CRAWFORD	51:52	1989
2	JOHN SAUER	45:22	1989	30 =	PAUL RUSSELL	51:52	1988
3	SCOTT LAWRENCE	45:44	1987	32	BILL FLANAGAN	52:12	1982
4	DAVID WINCH	45:49	1987	33	PHIL DALY	52:18	1989
5	GEOFF COX	47:40	1988	34	JON MARSDEN	52:21	1987
5 =	EVAN MILLAR	47:54	1988	35	JAMES MCDONNELL	52:24	1989
6 =	ANTHONY SCOTT	47:54	1989	36	HARVEY BLUE	52 :26	1986
8	CHRIS Mc LEAN	48:05	1989	37	CHRIS DWYER	52: 35	1987
9	CARL BARKER	48:09	1989	**38F**	**LINDA THOMPSON**	**53: 10**	**1989**
10	ROBERT ELSTONE	48:10	1989	39F	JOANNE COWAN	53: 1 5	1989
11	RAY DORAN	48:12	1987	40	IAN SUTHERLAND	53: 16	1989
12	JEFF GISSING	48:56	1988	41	EWAN THOMPSON	53: 33	1988
13	MATTHEW KALEY	49:10	1987	42	STEVE BURKE	53: 36	1988
14	JOHN HODGES	49:26	1987	43	MARTIN THOMPSON	53: 31	1989
15	DAVID SILL	49:36	1987	44	GAVIN MORRISET	54:01	1989
16	BERNIE KING	49:49	1987	45	JOHN EVENNETT	5 5: 01	1983
17	IVAN FREYS	50:00	1982	46	ROBERT INGLIS	55:06	1989
18	WAYNE STANTON	50:11	1986	47	JOHN TURNER	55: 07	1988
19	ALEX WHITWORTH	50:30	1989	48	DAVE BLACKHALL	55: 19	1982
20	TERRY Mc IVER	50:48	1988	49	NOBBY YOUNG	55: 32	1988
21	BRETT NICHOLS	50:59	1984	50	ALEX HAMILL	55: 36	1984
22 =	PETER DONNELLEY	51:06	1985	51	JOHN AYLIFFE	55:42	1987
22 =	STUART GREAVES	51:06	1982	52	ALF FIELD	55: 49	1987
24	STEVE GILL	51:11	1989	53	BRIAN GATFIELD	55: 54	1985
25	CHARLES COLVILLE	51:12	1982	54	MIKE WARD	55:55	1985
26	ALISTAIR MACKIE	51:20	1988	55	RON FEENEY	56: 00	1982
27	BRUCE INGLIS	51:28	1986	56	MIKE ELDER	56:06	1989
28	MICHAEL GRIMM	51:34	1989	57=	BRIAN COLWELL	56: 18	1982
29	WARWICK SELBY	51:40	1989	57=	MICHAEL MINEHAN	56: 18	1986

57=	CAMERON OSBORNE	56: 18	1989	98	BARRY RUTHERFORD	63:53	1989
60	TERRY ROSE	56: 39	1989	99	STAN FLECK	64:21	1985
61	DAVE TOOGOOD	56: 42	1989	100	JIM VERCO	64:52	1989
62	JEFF LEE	56: 55	1987	101	DAN GRAY	64:56	1985
63	BRYCE COURTENAY	57: 23	1982	102	MARTY RODGERS	65:01	1989
64	KEVIN O'KANE	57:25	1987	103	ROSS BETTS	65:31	1989
65	STEVE NORDISH	57: 47	1987	104F	DALE THOMPSON	65:48	1983
66	STEVE URWIN	57: 50	1989	105	ROGER RIGBY	65:48	1988
67F	TINA CAMPBELL	57: 56	1987	106	NOEL WORTHINGTON	65:56	1985
68	RUSSELL BLACK	58 :08	1985	107	LEO LEADER	66:55	1987
69	RAY SKINNER	58:09	1987	108	JIM DONOVAN	67:01	1984
70 F	SUE HILL	58:12	1982	109F	ROSALIND WONG	67:42	1989
71	DAVE WILLIAMS	58:18	1989	110F	ELIZABETH SEIDL	68:10	1989
72	BRUCE MURRAY	58:30	1985	111F	MARGARET ROBINSON	68:27	1898
73	PAUL LUNSMANN	58:31	1989	112	BILL BELCHA	68:36	1989
74	CHARLIE LYNN	58:36	1988	113	JOHN FENNELL	69:14	1989
75	JOHN HILL	58:41	1989	114F	EDWINA MACARTHUR	70:12	1987
76	IAN MILLAR	58:46	1982	115F	MAVIS GARRICK	70:56	1983
77	MALCOLM MCDONALD	58:50	1985	116	PHIL CALDWELL	71:00	1987
78	DEREK WHITE	58:53	1983	117	RUSSELL YOUNG	71:30	1983
79	STEVE ROACH	59:02	1985	118	RON DALY	71:58	1989
80	IAN WHITFIELD	59:12	1988	119	BARRY JONES	72:12	1983
81	JEFF BURGESS	59:23	1986	120	IRWIN LIGHT	72:16	1987
82	ROD GARRICK	59:26	1989	121	ADRIAN KOL	73:12	1985
83	FDOT SIEPMANN	59:27	1985	122	TERRY BAILEY	73:37	1989
84	STEVE LLOYD	59:28	1989	123	JOHN ROSS	73:45	1985
85 F	LOUISE FITZSIMMONS	59:44	1986	124	STEVE CORNELIUS	73:46	1989
86 F	WENDY DOWNES	60:02	1986	125	OLEG SZLICHTA	74:19	1985
87 F	BRENDA HAMILL	60:30	1984	126	LES GIESLER	74:29	1989
88	BRENT WATERS	60:32	1984	127	NICK WHEALY	75.19	1989
89	PETER KEEBLE	60:36	1984	128F	ROBI RUSSELL	75:43	1989
90	GRAHAM FIRKIN	60:37	1989	129F	LESLIE LEAR	75 51	1985
91	JOE LOEWY	60:58	1985	130	FRANK ASSENZA	80:43	1983
92	BILL WHITE	61:08	198'1	131	WAYNE McCARTHY	82:10	1985
93	CHRIS BARKER	61:21	1989	132	IAN MACARTHUR	83:11	1989
94	OWEN DENMEADE	62:45	1985	133	DEREK TITMUS	91:44	1989
95	JOHN PETTIT	63:09	1987	134	DON PRICE	92:17	1987
96	GRAHAM BUTLER	63:11	1984	135	MALCOLM SATCHELL	99:32	1989
97	GREG JERRET	63:52	1987	136F	BARBARA FIRKIN	142:22	1987

stop press!

PETER KEEBLE WINS AGE CATEGORY IN THE FORSTER TRIATHLON

TIME 12 hours 02 minutes.

Previous age record smashed by 1 hour 45 minutes.

Qualifies for entrance to Hawaiian Triathlon.

Sydney Striders Half Marathon

Over 21.1 kms through Sydney's beautiful Lane Cove River Park.

Danny Boltz

Plus 7.5 km Fun Run

NEW DATE

SEPTEMBER 9, 1990

"A QUALITY EVENT"
featuring

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

Veterans Challenge
for men 0/40 + women 0/35

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

PRESENTED BY SYDNEY STRIDERS ROAD RUNNERS CLUB INC.

AND PROUDLY SPONSORED BY

Canterbury Mazda

989 Canterbury Rd Lakemba Ph 758 2600 DL 11283

MARATHON LADDER

At March, 1990.

Age categories: J = Junior (under 20), O = Open (20-29), P = Pre-Veteran (30-39), V = Veteran (40-49), M = Master (50-59), S = Senior (Over 60). In each case, the first symbol denotes age at 4 Feb 1989, the second denotes age at which personal best was achieved. **Please advise Ian McArthur (427 6040) of any omissions or errors.**

				<---------BEST AS A STRIDER--------->			<---BEFORE JOINING --->
NAME	FEM	CUR AGE	PB AGE	TIME	RAC	DATE	
PHIL GARVIN		P	P	2.21.56	BATHURST	0786	
STUART GREAVES		0	0	2.28.19	BATHURST	0789	2.22.54 OTSU JAPAN 0387
CARL BARKER		0	0	2.30.51	CITIES	0889	2.31.55 CITIES 88
DAVID WINCH		P	0	2.30.59	CITIES	0888	
JOHN SAUER		P	0	2.36.11	ANZAC	0489	
BILL FLANAGAN		P	0	2.36.47	CANBERRA	0482	
MARTIN THOMPSON		V	V	2.37.23	TRARALGON	0688	2.28.07 POLTECH/UK '77
DON PRICE		V	V	2.37.31	ANZAC	0488	
BRUCE INGLIS		P	P	2.38.11	NEWCASTLE	0788	
JEFF GISSING		O	0	2.38.17	ANZAC	0488	
RON FEENEY		O	0	2.38.32	LONDON	0485	
WAYNE STANTON		P	0	2.38.51	AUSTRALIAN	0686	
EVAN MILLAR		P	P	2.39.34	CANBERRA	0488	
ANTHONY SCOTT		O	0	2.39.56	MELBOURNE	1087	2.39.06 ANZAC '86
ALEX WHITWORTH		V	V	2.41.49	WORLD VETS	1287	
TERRY MCIVER		V	V	2.42.24	WORLD VETS	1287	
CHRIS MCLEAN		V	V	2.42.59	ANZAC	0489	
MATHEW KALEY		O	J	2.43.51	MELBOURNE	1087	
MALCOLM SATCHELL		P	P	2.44.41	MELBOURNE	1088	
CHARLES COVILLE		P	P	2.45.13	WINSTONE, NZ	1083	
WARWICR SELBY		P	P	2.45.48	ANZAC	0489	
IVAN FREYS		P	P	2.46.54	CANBERRA	0484	
BERNIE KING		V	V	2.47.23	WORLD VETS	1287	
PETER DONNELLEY		V	V	2.47.42	AUSTRALIAN	0684	
NOEL BARTON		V	P	2.47.48	ANZAC	0487	
PAUL RUSSELL		P	P	2.47.53	CANBERRA	0484	
RAY DORAN		V	V	2.48.23	AUSTRALIAN	0687	
ALISTAIR MACKIE		P	P	2.49.22	MELBOURNE	1084	
LINDA THOMPSON	F	P	P	2.49.34	STH MELBOURNE	1188	2.49.32 MELB '86

WILLIAM THOMPSON		V	V	2.49.38	ANZAC	0488	
PETER COBLEY		P	P	2.50.01	AUSTRALIAN	0683	
HARVEY BLUE		M	V	2.50.17	AUSTRALIAN	0683	
JONATHON MARSDEN		P	0	2.50.17	AUSTRALIAN	0687	
CHRISTOPHER DWYER		P	P	2.51.50	CANBERRA	0487	
JAMES MCDONNELL		V		2.51.54	GOLD COAST	0889	
DAVID SILL		V	V	2.52.25	HAMILTON NZ	1087	
DAVID ROBINSON		V	V	2.52.32	AUSTRALIAN	0686	2.36.06 KENYA '63
CEDRIC SIDEBOTTOM		V	V	2.53.59	AUSTRALIAN	0685	
GAVIN MORISSET		V	V	2.54.22	GOLD COAST	0889	
BRIAN GATFIELD		V	V	2.54.25	AUSTRALIAN	0687	
JOHN HAMILTON		V	P	2.54.44	ANZAC	0488	
MIKE FOSTER		V	V	2.55.12	HASTINGS NZ	0885	
STEVE CORNELIUS		V	P	2.55.31	NSW STATE	0682	
RUSSELL BLACK		P	P	2.55.51	CITIES	0883	2.50.38 SYDNEY '82
RAYMOND SKINNER		V	V	2.55.57	ANZAC	0488	
SCOTT LAWRENCE		O	0	2.56.19	AUSTRALIAN	0684	
NOBBY YOUNG		V	P	2.56.33	NSW STATE	0584	
BRIAN LYNCH	•	V	P	2.56.59	AUSTRALIAN	0683	
MICHAEL MINEHAN		P	P	2.57.13	AUSTRALIAN	0685	
PETER MCGRAW		P	P	2.57.23	MELBOURNE	1086	
MIKE WARD		P	P	2.57.41	AUSTRALIAN	0686	
DICR BARTLETT		V	P	2.58.34	MELBOURNE	1085	
JOHN TURNER		M	V	2.58.47	AUSTRALIAN	0685	
SUE HILL	F	V	V	2.59.15	AUSTRALIAN	0684	2.52.01 AVON, WG, 77
JEFF LEE		V	V	2.59.54	LONDON	0587	
TINA CAMPBELL	F	V	V	3.00.32	WORLD VETS	1287	
SCOTT CRAWFORD		V	V	3.01.20	WORLD VETS	1287	
NICK READ				3.01.24	CANBERRA	0489	
BRIAN COLWELL		P	P	3.01.47	MELBOURNE	1082	
DAVE BLACKHALL		V	P	3.02.24	NSW STATE	0680	
BRENT WATERS		V	P	3.03.01	MELBOURNE	1082	
GEORGE LISSON		P	P	3.04.05	ANZAC	0489	
JOANNE COWAN	F	O	0	3.04.35	ANZAC	0489	
ALEX HAMILL		V	V	3.05.15	GILLAWARNA	0884	
ALF FIELD		V	V	3.06.48	ANZAC	0488	3.05.52 CANB '86
GRAHAM FIRKIN		M	V	3.07.11	CITIES	0885	
JOHN AYLIFFE		V	V	3.07.18	ANZAC	0487	

DAN GRAY		V	V	3.07.21	GOLD COAST	0787	
DAVID WILLIAMS		V	P	3.08.15	CANBERRA	0483	
TERRY BAILEY		P	P	3.08.49	CANBERRA	0488	
HUGH SPENCER		V	V	3.09.02	AUSTRALIAN	0685	
JOHN HODGES		P	P	3.09.07	MELBOURNE	1084	
SIDON YEUNG		P	P	3.09.15	CANBERRA	0489	
LEO LEADER		V	P	3.10.00	CANBERRA	0484	3.05.00 .S. AFRICA..'80
MICHAEL TOPLEY		V	V	3.10.10	MELBOURNE	1086	
GRAHAM BUTLER		V	P	3.10.13	AUSTRALIAN	0686	
BOB MANN		V	V	3.10.27	AUSTRALIAN	0683	
STEVE NORDISH		P	P	3.11.11	KEMPSEY	0688	
STEPHEN ROACH		P	P	3.11.16	AUSTRALIAN	0686	
DALE THOMPSON	F	V	P	3.11.40	CANBERRA	0489	
PETER KEEBLE		M	M	3.11.49	F/CITY ADELAIDE	0984	
WENDY DOWNES	F	V	V	3.11.56	ANZAC	0487	
KEITH JACKSON		P	P	3.12.27	COMBINATION	0787	
IRWIN LIGHT				3.12.31	AUSTRALIAN	0684	3.10.38 BLUFF, USA '77
JOHN WHEALY		V	V	3.12.51	CITIES	0888	
JACK WOODWARD		V	V	3.12.54	ANZAC	0488	
TONY CROSBY		V	V	3.13.02	WORLD VETS	1287	
JOHN HILL		V	P	3.13.19	AUSTRALIAN	0685	
BRYCE COURTENAY		M	V	3.13.58	CANBERRA	0483	
DAVID RITCHIE		V	V	3.14.00	GOLD COAST	0889	
ALAN PHILLIPS		V	V	3.14.02	AUSTRALIAN	0687	
BRIAN TAILFORD		V	P	3.14.03	CAMPBELLTOWN	0785	
KEVIN O'KANE		P	P	3.14.38	AUSTRALIAN	0685	
BRUCE MURRAY		M	M	3.14.49	CAMPBELLTOWN	0784	
PETER JOSEPH		V	V	3.15.16	AUSTRALIAN	0648	3.07.54 MELB '83
IAN MILLAR		V	P	3.16.03	AUSTRALIAN	0683	
ROSS WALL		V	V	3.16.20	WORLD VETS	1287	
ROD GARRICK		M	M	3.18.10	GOLD COAST	0889	
JOE LOEWY		V	P	3.18.43	ANZAC	0487	
PAUL LUNSMANN		V	V	3.20.54	ANZAC	0489	
ROGER RIGBY		V	V	3.21.25	WORLD VETS	1287	
IAN WHITFIELD		V	P	3.22.15	CANBERRA	0487	3.13.06 AUST '83
BARRY JONES		S	M	3.23.18	VETERANS	0781	
DEREK WHITE		S	M	3.23.26	CAMPBELLTOWN	0784	
ROSS BETTS		V	V	3.23.28	CITIES	0888	
BRENDA HAMILL	F	V	P	3.23.38	SYDNEY	0983	

BILL WHITE		V	V	3.25.09	MELBOURNE	1085	
GREG PROWSE		V	P	3.26.15	AUSTRALIAN	0685	
GEOFF COX		0	0	3.27.26	HARBORD DIGS.	0481	
LYNNDY BENNETT	F	V		3.27.28	CITIES	0889	
ROD BROWN		P		3.27.32	MELBOURNE	1089	
RAY REID		V	P	3.27.57	AUSTRALIAN	0686	
FRANK GALLAGHER		V	V	3.28.36	AUSTRALIAN	0686	3.24.51 AUST '84
JOHN PETTETT		V	V	3.29.11	WORLD VETS	1287	
STAN FLECK		M	M	3.29.34	AUSTRALIAN	0684	3.18.20 CANB '83
JOHN FENNELL			P	3.30.06	ANZAC	0489	
NOEL WORTHINGTON		M	M	3.31.17	AUSTRALIAN	0686	
GRAHAME DEACON		P	P	3.31.21	SYDNEY	0984	3.23.43 SYDNEY '83
MALCOLM MACDONALD			P	3.33.04	AUSTRALIAN	0683	
WAYNE MCCARTHY		V	V	3.34.54	WORLD VETS	1287	
SUSAN GRIFFITH	F	O	0	3.37.47	MELBOURNE	1088	
CECILY WILLIAMS	F	P	P	3.38.36	AUSTRALIAN	0686	
NICK REED		P	P	3.38.43	CANBERRA	0484	
JEFF BURGESS		P	P	3.39.05	CANBERRA	0486	
JOHN TIMBS		V	V	3.40.00	AUSTRALIAN	0687	3.23.08 AUST '84
MARTIN HOPE		V	V	3.41.01	ANZAC	0489	
MARGARET ROBINSON	F	V	V	3.41.46	ANZAC	0489	
OWEN DENMEADE		M	V	3.42.51	AUSTRALIAN	0684	3.36.00...SYDNEY...'83
EDWINA MACARTHUR	F	P	P	3.44.47	CANBERRA	0486	
STEPHEN BURKE		O	0	3.45.00	HONOLULU	1288	2.54.08 CANBERRA '87
OLEG SZLICHTA		P	P	3.46.15	AUSTRALIAN	0684	
STEPHEN WINNER		O	0	3.46.29	CITIES	0888	
DERRICK TITMUS		V	V	3.47.09	AUSTRALIAN	0683	
ROBI RUSSELL	F	P	P	3.49.00	WORLD VETS	1287	
MAVIS GARRICK	F	V	V	3.49.10	WORLD VETS	1287	
DAWN SHAW	F	V	V	3.49.47	ANZAC	0487	
VIC COLLINS		V	V	3.50.56	MELBOURNE	1086	
PHILIP CALDWELL		P	P	3.52.32	AUSTRALIAN	0683	
QUEENIE TOPLEY	F	P	P	3.52.52	MELBOURNE	1086	
MICHAEL BLACKWELL		M	M	3.53.47	WORLD VETS	1287	
GRAEME GAGGIN			P	3.56.02	CANBERRA	0489	
JOHN ROSS		V	V	3.57.10	CANBERRA	0489	
WILLIAM BLECHA		V	V	3.58.40	GOLD COAST	0889	
DAVID BARWICK		V	V	4.00.00	GOLD COAST	0889	3.56.00 SYDNEY 0987
MARGARET PILLEMER	F	V	V	4.05.00	MELBOURNE	1089	

JIM DONOVAN		V	P	4.06.57	CANBERRA	0483	
LESLEY MAHER	F	P	P	4.08.00	AUSTRALIAN	0684	
RODNEY PHILLIPS		P	P	4.12.42	AUSTRALIAN	0685	
KEITH WEARNE		V	V	4.16.58	AUSTRALIAN	0685	
BILL MCCARTHY		V	V	4.26.23	MELBOURNE	1085	
ALAN TONGE		M	M	5.11.53	KEMPSEY	0789	4.46.49 ADEL '85

STRIDERS IN TRAINING

TITLE & CONTACT	DAY/TIME	START/VENUE	COURSE
PAIN IN THE DOMAIN Harvey Blue 32-2476	Tues. 12.45 pm .	Entrance to Domain opposite Mitchell Library	Botanic Gardens and Domain
RANDWICK RUNNERS' SHOP Fred Howe B: 399-3893	Wed. 6.15 pm	The Runners' Shop 38 Frenchmans Rd Randwick	Randwick-Clovelly then either: 1) Left to Bronte, Tamarama, Bondi or 2) Right to Coogee and Maroubra
CORPORATE CUP Michael O'Mara B: 228-8225 Tina Campbell B: 233-9973	Every second Wed. between 12.05 pm & 1.15 pm	Domain, South of Art Gallery	Domain, along water front in Botanic Gardens to steps opposite Opera House and return
L/COVE RIVER RUNNERS Terry McIver H: 416-1076 B: 878-2149 Ewen Thompson H: 427-3834	Tues. 5.30 pm and Fri. 5.30 pm	Lane Cove River Park. Fullers Bridge Entrance	South of River. Fullers Bridge to Ryde Rd & return
VETERANS TIME TRIALS Terry McIver H: 416-1706 B: 878-2149	Thurs. 5.45 pm	Hensley Field, Corish Circle & Wentworth Ave, Pagewood	Track followed by additional track or road. Matra--ville & Botany.
NORTHS RUGBY RUNNERS Bryce Courtenay B: 957-7100 Owen Denmeade B: 957-7100	Mon to Thur: group run. Friday: race. 12.15 pm 10k.	Northern Suburbs Rugby Club, Alfred St. North, North Sydney	To Mosman Bay or across Harbour Bridge to Millers Point.
WOODSTOCK RUNNERS Kerry Bray H:744-9835 B:569-9428	Tues: all groups 6 pm. Thur: 6 pm. Sat: 8 am.	Tues: Woodstock Centre, Church St, Burwood. Thur:Camp--bell Fld,Princess St,Canterbury.Sat: Brett Pk,Drummoyne	Tues: Road runs. Thurs: Intervals & races on grass oval track. Sat: Iron Cove Bay Run.
TURRAMURRA TROTTERS Bruce Murray H: 476-6484	Sat. 6.50 am	Turramurra Station Car Park (off Eastern Road)	Course starts at 6.5k & builds up progressively to 15.1k. Turramurra, Wahroonga, Waitara, and Hornsby.
WESTERN DISTRICTS JOGGERS & HARRIERS Keith Gillies: H:77-8674.	Sat. 7.30 am (1st Saturday each month start 7.00am)	Lake Gillawarna, Henry Lawson Drive (*opp.* Ashcroft St), Park Georges Hall	Through Gillawarna
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)

PARTICIPATING STRIDERS	DISTANCE & OTHER NOTES
Charles Coville, Dan Gray, John Hamilton Tina Campbell, John Turner, Bret Nichols Harvey Blue	Intervals at sprinting pace
Harvey Blue, Tony Vipond, Mathew Kaley Brian Colwell, Kevin O'Kane, Mike Ward and 4.5-5.5 min/km.	16k at competitive pace, with 8k option. 2 groups: 4-4.5 mins/km,
Tina Campbell, Dave Winch, John Hamilton Cameron Osborne, Alex Whitworth, Dan Gray	6.6k race. Runners leave every minute between 12.05 pm & 1.15pm. Mainly teams event, individuals also welcome. Not operating in December and January.
Terry McIver,Sue Hill,Joanne Cowan,Kevin O'Kane Bernie King, Philip Caldwell, Warwick Selby John Sauer, John Whealy,Linndy Bennett, Scott Crawford, George Lisson, Malcolm Satchell Jenny Higgins, Duncan Richards, Louise Richards, Louise Fitzsimmons, Sally Crawford, JohnHodges,	Tues: Race Pace. Friday: Medium STaR Pace. 10k.
Barry Jones, George Lisson, Dot Siepmann Ced Sidebottom, Ian Whitfield, Scott Crawford Bill Thompson, Revin O'Kane, Mike Ward Terry McIver, Terry Bailey	Alternating weeks: 1st week: 1 mile track then 3000 metres track . 2nd week: 800 metres track then 5000 metres track.
Owen Denmeade, Peter Keeble, John Ayliffe Bryce Courtenay, John Pettit, Derrick Titmus Alex Hamill, Joe Loewy, Scott Crawford, Wayne McCarthy, Allan Phillips, Roger Rigby.	Mon to Thur: Medium pace 10.6k. Fri: Race over same course.
Derek White, Bill White Dan Gray, Lesley Lear Dorothy Siepmann relays. All times recorded. Sat: 7k at very easy pace.	Tues: various pace groups 10k, beginners run/walk 5k. Thur: 3k down to 100m including
Bruce Murray, Vic Verco, David Sill at 6.50 am. Faster runners leaving at 1 minute Intervals thereafter.	Handicap race. Slowest runners start
Bill White, Dot Siepmann race 1st Saturday of each month. Earliest handicap starters 7 am.	Measured 10k each week. Handicap
Paul Russell, Warwick Selby, John Hodges Dick Bartlett, John Ayliffe	3-minute intervals-with approx. 2 minutes rest in between.