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Elected at the Annual General Meeting, March 1990.

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PRESIDENT'S REPORT

A few days after the Sydney Striders Westfield 24 Hour Race I received the following letter from Cliff Young. I could never write a President's Report that would give as much interest to the readers of the Blister as this little gem, so I'm sharing the text with you all.

Dear Nobby, Margaret, Jeannette, Mark & Russell & Lindsay,

A few lines to thank everyone for the terrific way you all looked after me. I do appreciate that.

What a good race Nobby for your first 24 Hour Race - you never faltered, blood told in the end!! You have what it takes, mate, and I'm proud of you. I hope your foot has come good and you are running again but not too fast, just slow for a few weeks is the go, you have plenty of speed when you need it.

John Craig took me out to "Hope Town" yesterday and I helped the kids plant the trees, we planted two but dug three holes and we finished up with a spare hole, we all enjoyed ourselves.

John got me to the airport in plenty of time but then the rot set in; the plane got held up for about half an hour and my train left early, the man that sat next to me on the plane hired a car for Geelong and said I could go that far with him - and I had hopes of catching the train I missed at Geelong, but luck was not with me.

We got to Geelong station in good time but as I was getting out of his car, the loud speaker was saying "the Warrambool train is now leaving the Geelong Station, stand clear please". I broke even time with my two bags but it was too late, the guard said he could have held up the train if I had been a couple of seconds quicker, there was no more trains there till this morning, so I asked a taxi driver if he could drive me along the Colac road for a few Ks and I would hitch-hike from there. (I found out later this taxi driver was related to Ned Kelly!?).

When we got out about 3Ks I said "how much?", he said "\$9.90". When I came to and he helped me up from the road I gave him \$10 but it tore a bit because my fingers seized up and couldn't let go.

I wished him a happy life and told him to keep the change - he thought I must be related to "Rothschilds".

After walking a few more Ks trying to get a lift with no luck because it was now near dark and all the motorists thought I'd escaped from "Pentridge", I came to an old public hall at "Warren Ponds" - (by this time my arms were nearly pulled out of my shoulders by the bags). I called it a day and crept stealthily around the back of the hall and luckily found a door open, tip-toed in and put the night in on the stage alongside of the piano, luckily my pillow and blanket were with me.

This morning bright and early I started walking again and had only gone about a K when a truck pulled up and started reversing towards me, thankfully I ran towards the truck and jumped in.

The driver was taking a load of dead chickens to Colac then to Ballarat and he drove me right out to my sister's where my little truck was, about 5Ks out of his way so he was a good bloke, but I was glad to get out of the truck. (Kept thinking about all those poor chickens swinging on hooks in the back of his truck).

It is cold and wet here so I've got the heater going, have just had a good feed of the usual cereals, poached eggs, vegemite sandwiches and some chocolate and will be having some steamed vegetables and cheese on toast for tea. Fed my brother's cattle some hay on arrival, I take it to them on a wheelbarrow, they were glad to see me come home.

The weather looks a bit better now so I'll get out of the house soon and do some work.

My next race will be a 24 Hour Race end of October, then after a 10k fun run in Melbourne in early November I'll get ready for the Six Day which starts on the 18th of November.

If any of you would like to come up and see me during this race I'd be pleased to see you.

Thanks for those nice surprises you gave me at Hensley, Jeannette, I could do with a few more at Campbelltown!?!?

Bye for now, look after yourselves.

Regards from Cliff.

*For the kisses and hugs.
For the boys, hugs.*

FOOTNOTE: Most of the competitors went home after the race and "bombed". Cliff worked on a charity promotion from 11.45am until the evening. While the above events were taking place, I could hardly walk, and did not work for a week. When most of us were saying "never again", Cliff was looking forward to his next three ultra runs. I was thrilled at covering 204 km in 24 hours, he ran 213 km in 1985 at the age of 63. In his best years he was one of the 10 best known Australians, in one of the least followed sports in the country. To sum it up, It's good to have old "Cliffy" around.

Nobby

PRESIDENT

DNF AND EDITORS.

By the Editor.

This editor is pretty embarrassed.

The 'Blister' has been delayed for many months and, worse, everyone has been expecting a special Tenth Anniversary Edition. As you can see, this is not a special edition, just a normal 'Blister', just very late.

All I can claim is work pressure, although no one has a mortgage on that excuse. The projected task certainly took on large proportions and I guess, if we were approaching the project again, the net of helpers would have been spread a bit wider. (This is not to infer that Owen and John have been found wanting, far from it).

However, there will be a special edition in 1990.

To make the project a bit more manageable, we decided to split the project and bring out a late 'Blister', to be followed by the Tenth Anniversary Edition which will be available in time for distribution at the Christmas Run. This is not all that far away, as the Editor knows all too well.

You are a pretty patient club, not to mention the restraint of the President (*Nobby, I even read the Articles to see if there was provision for expulsion of an editor for non-publishing*) and I know that there are a few frustrated members out there. Charles Coville made the point in a very early 'Blister', around 1982 or so, that the magazine was one of the three most important 'Strider' institutions. He made the point to me again early this year and I would not argue with Charles about this. In a number of ways the magazine is, or should be, one of the principal activities which give the Club its special flavour.

Plans are afoot to re-establish the 'Blister' as a reliable publication after this and to improve the range and depth of the content. With current and very available desktop publishing technology, the job can be made much easier for everyone involved.

Keep those contributions coming, and I will start on January/February.

There will be no DNF but it sure won't be a PB.

The Mackie's have moved!
From Tuesday 30 October 1990 Alasdair
Mackie and family
will be at their new address:
157 Dorrington Drive Ashgrove Qld 4060
Phone (07) 366 4232

1990 COMRADES MARATHON - A PERSONAL VIEW.

By Alf Field

I said I would never do it again! People kept reminding me that after running the Comrades Marathon in South Africa in 1983 I had vowed, in print, that I would never do so again. The effort and the pain that I suffered covering nearly 90 kilometres from Durban to Pietermaritzburg on that occasion were such that I could never imagine that I would ever want to try it again.

So what happened? Why did I do it again?

Everyone knows that anybody can make a mistake, but only a fool makes the same mistake twice. Maybe I was foolish, but seven years had dimmed the memories and I began to feel that I would like to try the Comrades with a proper preparation behind me. In 1983 I had had my training interrupted by a knee injury which prevented me from running for almost two months immediately prior to the Comrades. Not the ideal training schedule for a 90 km ultra-marathon.

Or perhaps I just wanted to lay a ghost, the ghost of that 1983 run. Maybe I just wanted to prove to myself that I was not a wimp, that I could handle the Comrades.

Whatever the reason, I planned to be on the starting line in Durban on 31st May, 1990, with a proper training effort behind me. I also hoped that I would have a few Sydney Striders accompanying me and offered to organise an attractive holiday trip to go along with the Comrades.

Despite a great deal of interest from many Striders, the final tally was just three of us, Graham Butler, Dick Bartlett and myself.

We had a great holiday and I mean really great. Graham was appointed official scribe, so I am not going to steal his thunder by telling you about it. His story appears elsewhere. Suffice to say that if I had to rate it out of ten, I would give it an eleven.

I am going to restrict myself to a personal account of the 1990 Comrades.

Firstly the training programme.

How about this: A total of 1,250 kms covered during the 4 months prior to Comrades, which included:

- * *The Six Foot Track marathon through the Blue Mountains from Katoomba to the Jenolan Caves in 5 hours 37 minutes;*
- * *The Canberra Marathon in 3:22;*
- * *The Anzac Day Marathon in 3:16; four 4 hour training runs;*
- * *Sundry 30 km Sunday training runs.*

I felt that I had a solid preparation under the belt. Combined with the advent of "Squeezies", the instant glycogen replacement product, I felt confident that I would have no trouble in demolishing the Comrades this time around.

That is until Dick Bartlett uttered those immortal words: "I'm not feeling so good". It was at breakfast the day before the Comrades. I suddenly realised that I didn't feel well either. After breakfast I felt even worse as my liquid stomach gave vent.

We had food poisoning! Unbelievable. Four months intensive training without a problem and now, 24 hours before the Comrades, we were laid low. Fortunately Graham was spared our misfortune.

What to do? The Bartletts and the Butlers went off to the beach and had a sleep in the sun. I did some shopping and had "lunch" with Rosanne and her family. Lunch for me consisted of some dry rice and plain sliced tomato. After lunch I took myself off to bed.

Later that afternoon I compared notes with Dick. We both felt as if a steamroller had crushed us. Every muscle ached and we shivered with fever. At 5.00pm he went to bed muttering that he did not think that he would run in the morning. Dick's total food intake for the day before the Comrades was two slices of toast.

I persuaded Dick to take a "Grandpa" powder, an old South African remedy for fever and flu, before he went to bed. We agreed that I would wake him at 4.00am and he would decide then whether he would run the Comrades.

We went out to dinner with Graham and his host family. I watched enviously as he wolfed down a huge plate of pasta. All I could manage was a small piece of grilled fish and some steamed vegetables. So much for the grand carbo-loading plan, at least for Dick and myself.

I also dosed myself with a "Grandpa" powder and fell into bed with fingers and toes crossed. I really felt awful. I tossed and turned as I sweated with the fever, unable to sleep. I kept worrying about whether I should run the Comrades. Every runner knows that it is lunacy to run even a short fun run if you are feeling unwell, let alone an ultra-marathon.

Finally, at about one o'clock in the morning, I fell into a fitful sleep. When the alarm woke me at 4.00am, the fever had left me, my muscles no longer ached and I felt blessedly normal.

I rushed to wake Dick. miraculously he too felt quite recovered, so much so that there was no question about whether he would take part.

in the Comrades or not. Nothing was going to keep him away from it. I overheard him telling his wife, Clare, not to let him give up. They would have to carry him away on a stretcher first.

Joyously we donned our gear, stowed our "Squeezies" in the special pockets sewn into our singlets, and headed off to collect Graham.

When Rosanne and Clare dropped us outside the Durban City Hall shortly after 5.00am, the air was warm. So warm that we discarded our track suits and went to the start in shorts and singlets. It was the harbinger of a hot day which was to reach 27 degrees centigrade and cause great discomfort to many runners.

We edged our way into the throng of runners and sat down to await the start of this amazing race which attracted 13,000 entrants. Only 11,000 of these faced the starters gun but amazingly

over 9,700 completed the course (now shortened to 87.4 kms) in less than the allotted 11 hours.

The race is run on a National holiday and the crowds along the entire route are incredible. Many make it a picnic outing, camping alongside the road complete with barbecue and overflowing Eskies. The complete race is televised, from 6 in the morning to the final gun at 5 that afternoon. The atmosphere needs to be experienced in order to be understood.

The start has changed since 1983. With the vast increase in numbers, the start is rather like that of Sydney's City to Surf run. It takes ages for even those in the middle of the field to get moving.

To accommodate the huge number of runners, the route now follows the freeway out of Durban, which is the reason for the slightly reduced distance. Halfway up Tollgate hill, the first of many, I could see a kilometre up the hill and a kilometre behind me. All I could see were the bobbing heads of runners shoulder to shoulder across the 4 lanes of the outgoing freeway. It was just like William street three minutes into the City to Surf.

Dick, Graham and I had decided to try to stay together for as long as possible. This was no easy task given the terrible congestion, but somehow we managed it.

The first 20 kms were fun. We saw Rosanne, Clare and company several times, as well as some other friends. The crowd was jovial and the other runners all wanted to talk and tell jokes. Our Sydney Striders singlets were a source of constant interest. "Are you really from Australia or is your name Sydney?"

I didn't look at the kilometre markers. There is something chilling about a sign which says "Only 81 kms to go" as you are puffing up a steep incline. I tried to look at them only once an hour on the hour to determine how many kilometres we had covered during the hour.

In training we had followed a run/walk routine - 10 minutes running followed by 5 minutes walking. This enabled us to cover 10 kms per hour very comfortably and to keep going hour after hour. We couldn't follow this routine exactly in the Comrades due to the vast number of hills on the route (the ascents total 5,500 feet) and it made sense to walk on uphill sections.

Despite the hills and very slow start, we were very close to the 10 kms per hour pace after 2 hours. Then we hit Field's Hill, the first of the real monsters. Four kilometres long, it took us from the coastal plain to the first plateau at Kloof.

I was very anxious to maintain the 10 kms per hour pace, which would get me to the finish in under 9 hours. In 1983 it had taken me 9 hours 43 minutes to complete the course and I couldn't face the prospect of being slower than that. It would have made a mockery of all the tough training I had put into the 1990 event.

Why bother to train if you can do it in 9.43 with virtually no training and can't beat that time with a solid preparation?

The hours slipped by. Gillits, Hill Crest and then the next monster, Botha's Hill. We were still together. Dick seemed to be coping despite his lack of food intake the day before. Graham had needed a cortisone injection in his foot a couple of days before the race, but he said that he was coping. It was not going to stop him. I felt remarkably well and fresh, which I can only attribute

to the Squeezies.

There is an old maxim that the best way to complete the Comrades is to jog slowly to the start at Drummond, which is the half-way mark. It was on the downhill section into Drummond that I lost contact with Dick and Graham. I went through the half-way mark in 4h.27m, looked back to check on them, and they were nowhere to be seen.

The big Inchanga hill lay just ahead and I felt that they would catch up to me as I walked up this next monster, but I didn't see them again until the finish.

Walking up Inchanga I took stock of my position. In 1983 I had passed half-way in 4.15, so I was already 12 minutes slower this time. On the credit side, I was feeling in great shape whereas in 1983 I would cheerfully have given up at half-way. If I was going to break 9 hours, I would have to do the second half in about the same time as the first - a pretty tall order in the Comrades. Also it was getting close to llam and the heat had built up to 27 degrees. The second half would be run through the worst heat of the day.

There was nothing to be done about it other than to plod on and try to average 10 kms per hour. At every drink station I poured a cupful of water over my head and shoulders and another cupful down my throat. Fortunately there were plenty of drink stations, 57 in all, and generally crewed by a bevy of pretty young ladies. This is one of the features of the Comrades.

The spectators were becoming increasingly vocal, in some cases due to the declining alcohol level in the Eskies being directly proportional to the rise in the alcohol levels in their bloodstreams. It all added to the festive atmosphere of the occasion. My intake, apart from plenty of water was a Squeezy every 40 minutes or so.

I had arranged to meet Rosanne and Clare at Camperdown, 24 kms from the finish, to pick up some extra Squeezies. It was a great lift to see them there, the last time we had seen them had been on Field's Hill, nearly 4 hours earlier.

I was still managing 10 kms per hour, but it was getting tougher to maintain the pace. I was definitely starting to tire and the hills, of which the course seemed to have an unending supply, were increasingly harder to scale. Coming up to seven hours on the road and I could see the 19 kms to go sign up ahead. I was still on target to beat 9 hours.



An hour later I was approaching the start of Polly Shorts, the most infamous and steepest of the monster hills. It was here that Bruce Fordyce had earlier in the day come from 4th place and 4 minutes behind the leading runner at the bottom of Pollys to take the lead at the top of the hill. He was the only one of the leading runners to run the entire length of Polly's. Fordyce won the event in 5h.40m one of the slowest of his nine victories in the race, complaining of the "hideous heat".

I needed to complete the last 9.5 kms in an hour to get inside the 9 hour mark, but I still had Polly Shorts to negotiate. I knew that I would have to walk it, but had no idea of how long that would take. The crowds and TV cameras were massed along Pollys as everyone knew that this was where the drama would unfold.

The minutes were ticking by rapidly and I didn't seem to be making too much progress. I began to get alarmed that there would not be enough time to get to the finish in under 9 hours. I began to realise that I was going to have to run up part of Polly Shorts.

"Only 400 meters to the top" yelled one of the spectators. He was a lying bastard.

I decided that I needed to run these last few hundred meters. I ran for about a minute, with great difficulty I might add, and reached the next corner, expecting to see the top of Polly's just ahead. No such luck. My shoulders slumped as I saw Polly Shorts extending way into the distance. At least another kilometre to the top.

I did some quick calculations and realised that I could no longer beat the 9 hour mark. Just another ambition turned into fantasy by the notorious Polly Shorts.

Finally the top of Polly Shorts. "It's all downhill from here" yelled another spectator. Another lying bastard. After six minutes easy downhill, there was another hill. It was neither steep nor long, but after over 80 kms, the psychological damage of Pollys had left me with no ambition other than to finish. No matter how insignificant the hill, I was going to walk it.

To be fair, the going was generally downhill and it was certainly one of the easier parts of the course. I must have been going faster than I had anticipated because when I reached the 3 kms to go sign, my watch read 8.42. I only had to average 6 minutes per kilometre to beat the 9 hour mark. That was exactly the pace I had been doing all day, but could I do it with some 85 kms already under the belt?

I was feeling quite good, tired yes, but no problems. No cramps, thank God. No pain. I decided to give it a go. I popped my last Squeezy and set my watch as I passed the 3 km to go sign.

Suddenly the adrenalin was flowing and my feet were flying. As I passed the 2 km to go sign I looked at my watch - 4.50 for the last km! Wow! Look out 9 hours, here I come.

There was a nasty little hill in the penultimate kilometre, but I was not going to walk now. That kilometre was eclipsed in 5.10. I had a full 8 minutes for the final kilometre to beat 9 hours. "Just keep going" I kept muttering under my breath as I kept pounding away.

Somehow the approaching stadium and cheering crowds diverted my attention from my rubbery legs and heaving lungs. I saw Rosanne and Clare yelling and waving at the entrance to

the stadium. As I entered the final straight, the official finish clock clicked on to 8.57. I had done it. I had completed the last 3 kms in a total of 15 minutes, something I have seldom done in a standard marathon! I had achieved an almost even split, 4.30 for the second half versus 4.27 for the first.

The predominant emotion was relief. Relief that it was all over. Relief that nothing had gone wrong. Relief that I had finished in such good shape - only one small blister. Relief that the food poisoning episode had had no apparent effect. Relief that I had survived the gruelling heat.

It took me a while to locate Rosanne and Clare in the milling throng. I was desperate for news on Dick and Graham. Rosanne told me that at Camperdown (24 kms from the finish) Graham had been 25 minutes behind me while Dick had been 20 minutes behind Graham. This was a shock as, out of the three of us, Dick has the best marathon PB.

Obviously the fact that Dick had eaten nothing the day before was taking its toll and he was struggling. He was experiencing what I had experienced in 1983. Apparently he had wanted to give up at Camperdown but Clare had refused to let him, reminding him that if he wanted to quit he had to do so on a stretcher. He had carried on.

Graham arrived running strongly. He seemed to have grown six inches and he was smiling from 500 meters out. One could almost sense his elation. He had also had a secret target - he wanted to beat my 1983 time of 9.43 and he achieved this by a whisker. He had needed to run the last kilometre in 5 minutes to achieve his goal and he had done it.

We then settled back to await Dick's arrival, fearing the worst. Remarkably, he finished only 20 minutes after Graham and promptly found a spare patch of lawn and went to sleep. It took ages to locate him. Apparently he had walked for 4 kms after Camperdown and this had refreshed him sufficiently to allow him to get going again.

The day after Comrades is P-day, the day one pays for one's efforts in pain. So it was with some trepidation that next morning I gingerly pushed myself out of bed and stood up. I flexed my muscles and did some stretching, but where was the pain? Where was the stiffness? There was nothing. Disbelieving I jogged down the passageway, but still nothing. The only pain I could locate was in my right shoulder and that was because it was bright pink from the sunburn sustained from nearly a day under the hot African sun. What a marvellous feeling that is, to have competed well and to have done so without injury.

Dick pulled up in similar fashion, but Graham had suffered cramps in his right thigh and his hamstring was painful for a couple of days. Otherwise he too was in fine shape after the Comrades.

I believe that we have Squeezies to thank for this remarkable outcome. As they constantly replace the glycogen level in the body, one never reaches that point where the body has to break down body fat and muscle fibre in its quest for energy when glycogen reserves are depleted. Consequently, due to the limited damage done, particularly in slowly run ultras, recovery is spectacularly swift. (Incidentally, Squeezies are now available in Australia.)

Finally I allowed the elation free ride. I had conquered the Comrades. I no longer felt like a wimp. The ghost of 1983 had been well and truly slain and buried. All in all, I thought it wasn't a bad effort for an old body soon to turn 50.

OFFICIAL RESULTS-

Entered - over 13,000

Started - over 11,000

Finished - 9,749

Finishing positions:

1.	Bruce Fordyce	5.40.25
2.	Hoseah Tjale	5.45.19
3.	Meshack Radebe	5.45.40
4.	Mark Page	5.46.42
5.	Jean-Marc Bellocq	5.47.32*
6.	Eprahim Sekotlong	5.48.01
7.	Boysie Van Staden	5.48.37
8.	Shaun Mleiklejohn	5.48.58
9.	Gary Turner	5.49.11
10	Nick Bester	5.52.43

** Marc Bellocq competed in a 100 kilometer race in France 5 days before the Comrades!*

First woman: Naidene Harrison 7.02.42

Sydney Striders:

3,015	Alf Field	8.57.33
4,959	Graham Butler	9.43.14
6,081	Dick Bartlett	10.02.56



"THEN THERE WAS POLLY SHORTS".

by Dick Bartlett

It is 5.30 am, Thursday 31st May 1990 and I am beginning to wonder what came over me when I agreed to run in this race. Here we are, three Sydney Striders amongst 11,000 equally mad South Africans waiting for the gun to go in half an hour for our all day jaunt, uphill I might add, over 87.4 km from Durban to Pietermaritzburg.

I know what I feel like nine times out of ten at the end of a marathon and I have often commented both at that stage and for some weeks after "Never will I run more than marathon distance!" I have crewed for Brian Tailford in the Sydney-Wollongong and Striders 24-hour run and seen first hand what happens when you take your body past that 42.4 km mark. Yet here I am, just getting over a 24 hour bout of food poisoning and very little to eat, half an hour away from the starting gun of a double-bloody-marathon.

I place the blame fair and square at Alf Field's feet. He had done it once before and, despite saying he would never do it again, has convinced me it wasn't so bad after all so why not give it a go. Besides, there was the added attraction of three weeks in Africa as a minor added incentive.

Alf first raised the idea last August and, having lost weight and regained some enthusiasm, I was running as well as ever and thinking about the possibility of another sub-3 in Melbourne, I was easy prey. Unfortunately, the wind beat me in Melbourne but when I set off in November for a 12 month transfer to London, I was still sold.

I ran the New York Marathon on the way over in 3h 5m 39s, despite taking 9.5 minutes or so for the first mile, so I was feeling fit and enthusiastic at the start of a winter season in London.

Then work took over and I found it increasingly difficult to get out for runs (not that the cold and short days had anything to do with it) and I began to have second thoughts. I had intended to run some marathons whilst in England but still haven't got around to it, so I wasn't able to use these as a base for my training. However, come mid-February when England begins to come out of hibernation and those bloody strong winds were beginning to abate, I began to get enthusiastic again.

Over the next few months, I was out every day at first light, running around Hyde Park. I managed to find an incline around the park which, at the end of a 20 mile run, seemed like Everest but it sure wasn't the type of hill training required for the Comrades. So another plan was devised. Clare, my wife, and I went to the country a few weekends where we stayed at the traditional "English B & Bs". On the Saturday, after breakfast of bacon and eggs, we would take off, much to the amusement of the other guests, me running and Clare cycling. I was following Alf's advice and running 10 minutes, walking 5 minutes.

This turned out to be a particularly interesting way to see the English countryside. 4.5 hours in South West Wales and 9 hours around Land's End remain, unbelievably, fond memories. The day out at Land's End, in particular. The temperature was in the low 20s, the sun out and the countryside picturesque. We ran and cycled, stopped for a bit of sightseeing and a photo all day. I figured I covered about 55 km in 6 hours, which gave me an average of 9 km per hour, which translated to what I felt as an acceptable 10 hours in South Africa.

So with three fairly long runs under my belt and, as it turns out, about the same number of kilometres Alf had covered in four months, we flew off to Harare to meet up with Alf and Graham.

I don't know if three weeks holiday prior to a long run is the ideal recipe for success, particularly considering the size of some of our bar bills, but it was a wonderful experience. In fact, I believe Alf rated it too low. I would give it 15 out of 10 and go back for that part of the trip like a shot. We did manage some running in between sightseeing, eating and drinking. The Zambezi Stomp (H0, B10 and Game Viewing 20 out of 20) and the Blyde River Canyon Scramble were two which stick in the memory.

Still, the holiday quickly drew to a close and we found ourselves in Durban a few days before the great race. We drove the route, which proved difficult even for our car which dropped a muffler, visited the Comrades Expo and caught up on 70-odd years of the race's history, lay on the beach and celebrated Roseanne's 50th (more beer). However, the fun had to stop and at 6 a.m. on 31st May, the gun went.

Thinking back on it, it is amazing how quickly the first half of the race went by and, wait for it, I was thinking ONLY another marathon and a bit to go. Alf, Graham and I managed to run/walk together to the half way in about 4.5 hours. The most astonishing thing was that the crowds of runners around us never thinned out during this time, making it difficult to keep together, although Alf was obviously chomping at the bit and running ahead of us at times on the downhill stretches.

Equally astonishing were the number of people who turned out as spectators. They literally lined the route all the way and gave the runners enthusiastic support, which I might add, was very welcome towards the end.

Our fellow runners were also wonderful company, particularly when they realised we were from Sydney, Australia and gave us a great welcome as they passed us or we passed them. One joker latched on to us and tried to keep us amused with his repertoire of sheep jokes. (Nobby, you should have been there - you'd have loved it!) Fortunately, we lost him in the crowd after a short while!

We reached Drummond and the half way point and at this stage Alf, who was looking strong, pulled ahead on a downhill section and was lost in the crowd of runners. I stayed with Graham until we hit Inchanga and a 4 km uphill section. It was getting hot and I was beginning to feel the effects of the run so far and lack of food in the preceding 24 hours. We walked Inchanga and Graham, who was walking faster, pulled ahead. I caught him a few kilometres further on and we ran together for a while until Graham said "We'll run to that point over there [about 400 metres] then we'll have a walk". I couldn't make it and it was here I lost Graham.

With 30 km to go, the wheels had really fallen off and I started to think about getting a lift with the Runner Recovery vehicle; however, pride would not allow this. I knew that Clare and Roseanne would be waiting at about the '26 km to go' mark, so I decided to carry on until then and reassess the situation at that stage. I couldn't run so I walked and started calculating. I walked 1 km in 10 minutes and with 27 km to go, even if I walked all the way, I could make it in a smidge over 11 hours, so there was a chance of getting the bronze medal after all. I walked on to the 26 km mark; no sign of Clare and Roseanne, so I walked another kilometre, still no sign, so I decided

to try running. I topped up with Coke at the next refreshment station and took a few tentative steps. Surprise, it didn't feel too bad so I carried on running, covered nearly 2 km before finally seeing Clare and Roseanne at the '24 km to go' mark. I muttered something about wanting to give up a while back, but Clare wasn't interested; just shouted at me to keep going or else. A fellow down the road told me not to take any notice of her, but he doesn't know her like I do. I kept on going, running for 10 minutes, walking for 5 minutes, and really not feeling too bad. In fact, 10 hours was looking realistic rather than the 10h 59m 59s I was prepared to settle for. I had given up squeezies at this stage and was taking a cup of Coke at every refreshment station, which were spaced out at about 1.5 km intervals.

A few memories from the 24 km to 8 km to go marks are, one runner who pulled off the road to a group who were having a picnic, asking for and getting a sandwich, the smoky BBQs on the side of the road, the glazed eyes, not of the runners but the spectators who were feeling the effects of the sun and, more likely, the beer, and above all else, the continued cheerfulness and camaraderie of the runners no matter how they hurt.

Then there was Polly Shorts. Christ, it didn't seem much when we drove it the other day but after nearly 80 km, it looked like Mount Everest. Time for a long walk; there was no way I was going to run. I had a chat with a husband and wife from Capetown who were running together for the third time (bloody fools) and finally hit the top of the hill with Pietermaritzburg just 6 km away. No way was I going to stop now; a few more Cokes and I'd be there. I grabbed a Coke and walked past a TV crew. As I passed, someone asked if I was from Sydney, Australia. On getting a yes answer, he asked if I would wait there a while and do an interview for TV. What the heck, I needed a rest anyway, so stood there a few minutes and then had the interview, was wished good luck, and off I trotted.

It was fairly easy going after that. The crowds were as thick as ever and as enthusiastic. One lady with rather large boobs, no bra and a desire to swing with the music, brought me to a stop for a while, but Jan Smuts Stadium and the finish line beckoned so I plodded on. Finally, it was there. I ran into the station expecting something like the size of crowd at the stadium at the end of Sydney or World Vets marathons, but one last surprise, the place was jam packed. Round the field to the finish in just under 10 hrs 3 mins, happy as Larry and feeling not too bad.

I had no idea where Alf, Graham and the girls were, we had not attended to this little detail before setting out, so I grabbed a Coke, lay down and let things take care of themselves. About 15 minutes later, Les, one of Alf's friends, found me and took me to meet a jubilant Alf and a very happy Graham. A few photos, more Coke, and we headed off home for a beer, steak and bed.

Next day, with no stiffness (was it the Coke or the squeezies?) we packed, said our farewells, flew back to London with memories of an absolutely wonderful holiday and a great day sightseeing between Durban and Pietermaritzburg.

When I was interviewed, I was asked if I would run it again. The answer was no, but I would come back to visit the country again and stick to running marathons.

Now it is all a slightly distant memory. I hear Alf is thinking of organising a trip to Tasmania for the Cradle Mountain to Lake St. Clare 80 km run. Like a bloody fool, I've registered my interest.

"AN AMAZING FLOOD OF ENDORPHIN ACTIVITY".

By Graham Butler.

My whole experience of Comrades was felt through my right foot. With less than five months to prepare for the 87 kilometre uphill event, I was stuck with plantar fasciitis. I became one of Irwin Lights regular patients.

Back on the road and into what became some reasonable mileage through April and May. My preparation barely adequate though, alternating between weeks of around 100 kms and weeks of very little running as foot soreness dictated.

I ran a couple of 3 hour 40 Marathons at Canberra and Anzac Day, and did three raining runs of around 40kms and experimented with Alf's supply of "Squeezies". They really make a difference.

I fitted in mileage by running home twice per week from Surry Hills to Forestville; a course of around 20kms with some decent hills thrown in on the North Sydney and Roseville Bridge sections.

By the final six weeks I'd acquired the lean and hungry look and felt as much as I ever could like running 87 kilometres uphill.

Race Day

I won't attempt a mile-by-mile description of the race, but I'll abbreviate by saying that it's the greatest thing I've ever taken part in.

The start at 6am was like the City to Surf again. We shuffled amazingly slowly for the first several kilometres and it was very warm and humid.

The aid stations deserved full marks on all counts: all corporately sponsored and each trying to out do one another in terms of total runner support.

The unique things about Comrades are the hills which go on forever, the crowd enthusiasm and the sheer numbers of people who turn out to line the entire length of the course.

Alf, Dick and I ran together until just before halfway at Drummond where Alf took off strongly. I felt remarkably strong and light at this stage and my foot only hurt me on the downhills.

Zimbabwe.

We braved the perils of Air Zimbabwe and took the one hour flight to Victoria Falls.

Later we checked into the magnificent old Victoria Falls Hotel and soaked up the splendour of a by-gone age as well as several beers. After an idyllic day there we were tempted to cancel this Comrades running nonsense and simply loaf weeks away drinking cold beer.

We visited the "Smoke That Thunders", truly one of the world's wonders and enjoyed a

fabulous dawn run on the tracks around the Falls and the Zambezi River where we almost ran into several species of game, bushbuck, warthog and baboons to name a few.

Johburg

We suffered badly from the altitude on our early morning run through the posh suburbs of Johannesburg.

After another early morning altitude run we continued to the edge of Kruger Park and the famous Londolozi Game Reserve. We spent two busy but fantastic days there; up at 5.30am each day for the first two game drives.

We made the long drive back to Johannesburg and a flight to Cape Town; one of the worlds most spectacular cities. We spent four great days and nights there before flying to Durban for the Comrades. All we needed was a drive over the course for a look at the hills; a big mistake I thought for anyone prone to odd moments of self doubt.

Lunch at Pietermaritzburg was at a Greek restaurant, run by Indians with mainly Italian dishes. I can't remember what Clare Bartlett, Dick, my son, and I ate but we picked the right things and suffered none of the debilitating food poisoning which later afflicted both Alf and Dick. The night before the race, I thought that neither of them would make the starting line, but they did.

In the second half of the race, an amazing flood of endorphin activity seemed to flood my body. I felt no pain, just a strong tingle all over and a marvellous feeling of elation. Later I experienced some cramping in my right hamstring, but this was bearable and responded to massaging with a handful of ice.

I had a secret goal of breaking 9 hours, but the heat of the day, a top of 27 degrees, and my own lack of preparation made me settle for a more realistic target. With nearly 80k behind me I tried to run at least part of the infamous Polly Shorts but this just wasn't to be and like nearly everybody else I walked.

With Jan Smuts Stadium only a couple of kilometres away I found some reserve and managed to pile on the pace, passing scores of runners reduced to walking.

I crossed the finish line in 9 hours 43 minutes 14 seconds, a few seconds ahead of my goal. I received the bronze finishers medallion I never thought I'd get. Cowabunga!!

The Day After.

The next day I was sore in one hamstring but otherwise remarkably unscathed from my little jaunt. I put that down to several things; staying well hydrated with a mixture of water and Coke (about 5 parts to 1), taking a Squeeze about every half hour from the very start which meant I never felt anywhere close to hitting the wall and finally, the conservative early pace with walk and runs on the big hills.

I already have half an ambition to try for a sub 9 hours in the 1992 up run, all going well.

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1990 MEMBERS' CROSS-COUNTRY

'THE EQUALISER'

Kevin O'Kane

At 3.00 a.m. I was roused by the familiar pelting of rain on the roof. In the nick of time. My reputation was safe! For days I had become increasingly concerned at the blue skies and drying winds, sinking to absolute depression when Friday's paper listed the chance of Sunday morning rain at 10%.

Visions of angry and disappointed amphibians demanding refunds on their new snorkels had me tossing and turning after I retired to the chilling sight of starlight through the windows.

But now the worry was over.

Like last year and the year before that, once again Barbara Firkin and I would be left alone with her tables groaning under breakfast, waiting in vain for any sign of the few competitors who braved the storms as the 2 hour mark passed, while they still searched fruitlessly for any trace of the globs of flour long since engulfed by the rising torrents.

The day of The Equaliser arrived fine and clear, but cool. In the hollow pit of my stomach, I knew that this was all Bret Nichols' fault. Not only had he designed the course and marked it with 75 signs and 50kg. of flour. Now he'd ruined the weather I'd arranged. Soon the Striders arrived in their hordes, with a few guests for extra spice.

Even Ian Whitfield considered running, before deciding to savour the sights of real runners arriving at Acron Oval after the savage rise from the river. The former marathoner, former half-marathoner, and former 10k runner was now a former cross-country competitor.

The fine weather and the Bret Nichols touches led to a record 78 starters, including 7 guests, heading off. Considering the toughness of the course, the standard of performance was excellent. Anthony Scott collected his first Striders' Gold (I think) with Mathew Kaley earning silver.

Andy Simpson was third. Joanne Cowan more than equalised two thirds of the field, finishing 23rd overall and finishing very strongly to take the Women's Gold from Dale Thompson (who was lucky to avoid disqualification after pacing Bruce Inglis into 42nd position).

Alex Whitworth and Tina Campbell went well for the Veterans medals, defeating strong competition. John Turner (Master), ahead of Paul Lunsman, and Adrian Kol (Senior), ahead of the Dog, deserved the medals in their respective divisions.

Surprise of the day was probably the run of President Nobby Young, 3rd Veteran and only 3 minutes behind Alex, but ahead of Scott Crawford and new veteran Phil Garvin. Now do it on the road, Nobby.

This would certainly have been topped if the first progress report had been continued. Edwina Macarthur is looking very fit lately, but it did come as a mild surprise to hear that she was leading the field by 20 seconds at Acron Oval.

Statistics for the run (guests excepted) are:

U20	1
20-29	7
30-39	33
40-49	23
50-59	6
60+	1

Male entrants 56 (79%)
and female entrants 15 (21%).

Overall, 'The Equaliser' was an undoubted success, proving that claims that Striders are wimps are (Ian Whitfield excepted) well wide of the mark. What they need is a challenge. Try it underwater next Year.

1990 MEMBERS' CROSS-COUNTRY "THE EQUALISER"

Name	Acron Oval	Finish	Name	Acron Oval
1. Anthony Scott	21.52	54.17	51. Gai Cunningham	80.01
2. Mathew Kaley	22.55	57.13	52. Tracy Rockwell	80.46
3. Andy Simpson	24.02	58.53	53. Ian Dove	81.32
4. Bret Nichols	24.26	59.55	54. Louise Fitzsimmons	81.56
5. Alex Whitworth	24.22	60.50	54. Bob Mann	81.56
6. Chris McLean		61.52	56. John Fennell	85.14
7. Steve Gill	25.15	62.27	57. Margaret Robinson	85.16
8. Steve Urwin	25.29	63.13	58. Nicholas Whealy	85.28
9. Ewen Thompson		63.23	58. John Whealy	85.28
10. Cameron Osborn	24.58	63.37	60. Miriam Mott	85.50
11. Nobby Young	25.53	63.56	61. Lesley Clarke	87.53
12. Scott Crawford	25.50	64.08	62. Bill Blecha	88.28
13. Phil Garvin		64.27	63. Sue Hill	93.22
14. Bill Fazl		64.48	63. Edwina Macarthur	93.22
15. Jim Phelan		64.49	65. Alan Hicks	97.45
16. John Hamilton		65.33	66. Adrian Kol	102.22
17. Gary Leahey	26.42	65.46	67. Amanda Sutherland	104.22
18. Ivan Freys		66.22	68. Lynndy Bennett	105.16
19. Phil Daley		66.25	68. Louise Richards	105.16
20. Murray Town		66.35	70. Alan Tonge approx	105.30
21. Warwick Selby	24.09	66.48	DNF Carl Barker	22.05
22. Terry Rose	26.26	66.58		

23. Joanne Cowan	27.04	67.03
24. John Turner	26.12	68.08
25. Bruce Hudson	26.56	68.30
26. Mike Ward	27.53	68.50
27. Dan Gray		71.06
28. Rob Inglis	28.20	71.07
29. George Lisson		71.22
30. Paul Lunsman		71.37
31. Alan White		71.46
32. Harvey Blue	28.54	71.47
33. Dave Peterson		72.05
34. Stephen Burke		72.52
35. Steve Nordish		73.08
36. Jon Marsden		74.25
37. John B. Hamilton		74.26
38. Brian Colwell		74.34
39. Graeme Gaggin	30.00	74.44
41. Geoff Taylor		75.07
42. Bruce Inglis	30.30	75.18
42. Dale Thompson	30.30	75.18
44. Graham Firkin		75.22
45. John Sutherland		75.53
46. Bruce Murray	30.25	76.18
47. Tina Campbell	30.46	76.23
48. Susan Griffith		78.01
49. Wendy Downes		79.05
50. Leslie Maher		79.10

Also competed:

Jock Davis	21.23	52.55
Mark Darvodelsky	21.45	54.42
Peter Hinds	22.40	56.37
Ian Adamson		62.42
Nikki Taws	29.06	72.40
Julie Calder		79.42
Merri Mack		81.56

AWARDS:

1st Male: Anthony Scott
2nd Male: Mathew Kaley

1st Female: Joanne Cowan

1st Male Veteran: Alex Whitworth
1st Female Vet.: Tina Campbell

1st Male Master: John Turner

1st Senior: Adrian Kol

252 Glenmore Road
Paddington NSW 2021

The Editor 'The Blister'.

Dear Sir,

Someone should DO something about it! People just don't seem to care. Where will it end? Bruce complains about it. Even Dale doesn't like it. Harvey denies it. I'm not sure about Tina. Nobby is trying. And it's getting worse. Maybe Scott should expose it himself before we get 60 Minutes to probe the thing.

Yours etc. John Turner.

PS: Above is a multi-purpose Striders' whinge letter, simple and to the point, you'll agree, but general enough for any runners beef. This time I want to apply it to:

STaR groups which go out faster than they oughta.

Spare a thought for the novice Strider, or a wimp recovering from injury, or even the likes of Mike Ward or me, still savouring Saturday night's third bottle of red. It's we who know the loneliness of being left behind on a Sunday morning.

I suggest the Club adopts its one and only rule: Each STaR group MUST stay as a pack until the Drink Stop hearest the first 10k and each Host to mark it clearly on the map. That way we can be assured of variety in our conversation for at least the first 45 minutes. And if Nobby's in the pack, that should be enough for anyone!

TAKING THE LONG OPTION

James Macdonnell

Those ambiguous terms "rewarding", "challenging" and "character building" all come to mind when reflecting on experiences with Sunday morning long options.

Typical members of the group that gathers in the early morning gloom will be Striders stalwarts with such modest goals as surviving their annual marathon or trying to improve on their previous 3 hours plus marathon attempts. Elite runners i.e. anyone who runs under 2 hours 50 minutes, need not apply.

For your average marathoner, taking a 38 K long option is just another item on the marathon training check list like the carbo hydrate loading. Completion time is not important.

The only champion runner that I can recall encountering on a long option was Carl Barker who was using the STaR as a recovery run after an injury suffered in one of his extraordinary race efforts during 1989. No doubt, Carl's normal idea of a long option would be 100 kilometres over hills at race pace but on this occasion his injury slowed him down sufficiently that we ran together for most of the way. That particular run was the Tourist Trot (H2, B0) out of Centennial Park and is one of the more enjoyable long options.

When it comes to experience in long options, including the essential skill of being able to read obscure street signs in the pitch black, Mike Ward is a good man to have on your side. Survival in my first attempt at the rather difficult Chatswood Chase (H3,B2) long option was aided by Mike's company particularly over the last long climb up Mowbray Road. The painful memory of being unable to rise off my knees after taking water at the service station just short of the top of the hill has still not quite faded.

The Harbourside Hike long option at Naremburn (H3,B5) also has its share of hills but perhaps is a little more manageable. Dragging the leaden legs over the last 10 K with Terry Rose and Steve Urwin is a recent experience.

Finishing together as a group is the ideal and a long option group of two makes such an outcome more certain as John Ayliffe and I found in April last at the Davidson Park run out of Lindfield (H4,B8). An attraction is that the first 8 K is effectively a loop back to the start whereby you can then share your exertions with your normal STaR group for the remaining 30 K.

Just as you can experience a "bad" marathon you can have a "bad" long option. Mine was at my first long option attempt in the North Ryde Ramble (H3,B9) in March of last year. Getting hopelessly lost in the Lane Cove river bush and having to backtrack on legs which had already seized up after having run 30 K in wet conditions was a real "character builder". I remain eternally grateful to Tina Campbell and Ray Skinner for their charity and mercy in getting me out of there. The only person still remaining when we stumbled back to the start after being out for exactly 3hrs 45 minutes was a concerned looking STaR Host.

The last of the six long options is the Ten Bridges Classic (H3,B0) which is a personal favourite despite the tough finishing section through the River Rd. area of Lane Cove. Apart from its picturesque nature its circular route around the Harbour lends a certain degree of inevitability to ultimately finishing. The limited amount of bush track is also a help!

Taking the long option enables you to run with a small group for 3 to 4 hrs at a manageable pace and you get to know a fair bit about your fellow runners. The camaraderie that develops when you all share the simple goal of just finishing a long option is one of the special moments in Striders running.

SO MANY MARATHONS AND WHY DO WE DO IT?

By John Ayliffe.

Extraordinary isn't it. We say they're "too far ... God gave us enough steam to run 35ks and man stuck in the rest."

JOHN AYLIFFE thought that. Until he ran Adelaide and had the race of his life. "No one passed me from 30ks and I finished strongly loving every minute except the last two".

The truth was he dropped off the 4:10 pace at 35ks just where God said he would and failed to break 3 hours by 2 minutes. Of course the Real Truth was this: 89.30 was too slow for the half.

We marathon runners are constantly rationalising but it seems most of you agree with this: "a marathon finished is a marathon won". That's something ALEX HAMILL said once. Wise advice that, there's some truth in it - must have been a terror that motivated Alex to come up with that one.

JOHN SAUER ran another sub 2:40 at this years Anzac. This is what he said: "Never again".

Haven't we heard that before?

Listen to ALAN TONGE after the 1990 London Marathon which he described as a "buzz" and "stimulating Alan said: "At the finish I said 'never again' but I'm considering going again next year". Look how God won over the 30,000 or so who turned out for that great event: It was "pouring with rain at the start and bright sunshine at the finish". Out of adversity into the light in full Striders uniform, there was Alan Tonge striding out, the only one of us who literally lives up to our name.

ALF FIELD once said "never again" about the Comrades, and penned a novella to convince himself. Now of course Comrades doesn't really count, after all that's two marathons; and anyway, as you now know, Alf was lying too. The only way we ever fail a marathon is when we don't finish.

DAVE RITCHIE says he won't go back to Bathurst which he "just had to finish, there just wasn't any other way of getting there!"

The maximum that day was 8°C and "with 5 to 6ks to go the temperature dropped, the wind blew harder, then it started to rain - cold rain!

Dave's only consolation was this: "Somewhere out there was HARVEY BLUE". Where was JOHN TURNER?

According to IRWIN LIGHT if we went by statistics we wouldn't do anything again. In 1977 the young Irwin, weighing in at 74kgs ran the Comrades in 7 hours and 36 minutes. He didn't do that again. The Six Foot Track's a bit over half the distance and this years 87kgs Irwin Light completed that monster in 6 hours 31 minutes. What's the bet he'll just have to put things into their right perspective next year? "It's like an IQ test," he says, "If you do it twice you fail". But on that reckoning what's wrong with saying you failed the first time, if at first you don't succeed....?

BRUCE MURRAY thinks he ran 48ks over the 46ks Six Foot Track. "The descent down the steep mountain side to the valley floor quickly dispelled any thoughts of a 'fun' run. We had to cross two rivers, negotiate fences and very rough terrain as well as contending with extremely steep grades up and down mountains.". And he still did it.

You want Bruce's advice?

"This is one event which should not be missed by all Striders who have completed an ordinary marathon".

That doesn't add up. Now marathons are ordinary. Try telling that to TINA CAMPBELL who's run just over 3 hours more times than she can count including 3+ almost zero zero in the Vets. Or DANNY GRAY who once ran 5 marathons in as many weeks and lived to tell the tale. Or your other half, better half, friend, doctor or anyone else who's prone to that fervent cry: "I think you're crazy running marathons - at your age - in your condition - with your job!". On second thoughts that could be just the way to get the monkeys off our backs: They're ordinary marathons, just ordinary.

Boston '86 (Deek's Boston, remember?) was "quite nice but cheeky" for JOHN TURNER. He'd "worked out what I'd say as we cold-sweated at the start line. 'Deek,' says I, 'Come 'ere. look, calm down For Chrissake, it's only Boston, not the Striders Half. All you have to do is put your right foot forward then follow it with your left foot - very quickly. Right? Never mind, I'll show you when we get going. The plan is this. I'll take you as far as Heartbreak, then you're on your own. Right? All we want is a record. Right? And if it starts to hurt, I'll be behind you".

He must have heard me because the rest is history.

But we never saw him again. Maybe it was partly because Brian Gatfield and I accidentally found ourselves striding along behind a cute blonde apparition in pale blue with "Baby Jane" emblazoned across her backside. Thus preoccupied, we ended up at the Finish some 1hr 8min after Deek ... and the bastard never even waited to say thank you.

There's gratitude for you. Who cares - we had a lovely time, even without a piece of his prize-money.

Prize-money? Ask SUE HILL about that. The 1979 Tokyo Womens marathon. 80 competitors only and Sue one of the two invitees from Australia.

"If you want to experience a meticulously organised marathon, try Japan - nothing, absolutely nothing is left to chance. In fact allow an additional pre-race day to just absorb the race instructions".

The crowds were four deep the whole way "all seemingly with programmes as they chanted our names incessantly". Sue was 15th overall in 2:53 "in plenty of time to enjoy the post-race banquet". And then they tell her "you don't actually have to finish to be part of the celebrations - wish I'd known that earlier".

There's something extraordinarily obsessive about marathons. And they are everywhere. Test your general knowledge: Name the Country / State / Island that doesn't have an annual marathon. Second question: how many of them have Striders run? Probably a hundred. Our list was starting to look like a paragraph, boring without verbs.

But that's SYDNEY STRIDERS isn't it - so many marathons - been there, done that, and we'll do it again! All the while protesting we won't.

STOP ME IF YOU'VE HURT THIS!

Owen Denmeade

George Sheehan, the great running doctor philosopher, battling the big "C", in a recent letter to Bryce Courtenay, showed he has not lost his wonderful spirit and love of running.

Being a doctor and a runner has its problems.

Other runners are always seeking free advice (advice is probably worth what you pay for it!) Why anyone would take advice from someone stupid enough to run marathons beats me.

Dr. Irwin Light reckons his runner consultations have fallen away dramatically since he stopped bulk billing. Irwin, having forgotten his shoes one day, turned up at the Rugby Club with new shoes in a box. Everyone agreed running in new shoes was not prudent. 2km into the run we came across the good doctor running bare foot with a new shoe in each hand!!

Doctors don't take advice, they give it!

A doctor spoke recently at a big medical conference on "Everything you ever wanted to know about sleep but were too tired to ask".

Leo Leader has an article in the current Australian Medical Journal on "Safety for Road Runners" who are feeling run down".

Brent Waters was on the radio today (is he ever off it) on whether running affects your sex life. Apparently, whether it helps or damages your sex life is inconclusive (except that you are never there to have one!). It has been determined however, that women runners spend most of the time during sex thinking about running, while male runners, when running, think constantly about sex! well, I'm off for a run so I'll get outa your way!

Rich men, poor men, beggarmen, thief.

What an extraordinary diverse group the Striders are. We have Striders who regularly fly to

London, Rome, Paris and New York and we have Striders who, if it were not for the Sunday STaRS, would never leave the house.

We have Striders who never wear the same pair of shoes twice and we have Striders who have run in the same pair of Tiger's since they joined.

We have Striders who live in million dollar houses and Striders who sleep in doorways (it's true, we do have Striders who live in million dollar houses!).

We have Striders who write international best sellers and we have Striders who have difficulty reading (especially maps!). We have Striders who arrive at starts in Ferraris and in Porsches and we have Striders who come to starts on foot!.

We have Striders who are university professors and we have others who left school at fifteen (at fifteen Alex Hamill left Fort Street due to illness and fatigue ... they got sick and tired of him!). We have Striders who really look like runners and we have Bryce Courtenay!

We have Striders who have been 'capped' 42 times at Rugby for Australia and others who know someone who knows someone who once lived next door to 'Blockin' Roach.

We have Striders with no money and we have Striders with too much money (how can you have too much money?). We have Striders who appear on radio and on tv and speak at International Conferences and we have Striders who would have trouble leading a group in silent prayer. We have Striders who restrict themselves to a cup of tea (no sugar!) after each STaR and we have others (he knows who he is!) who regularly has 3 Mars bars, 27 jelly beans, 4 pieces of fruit cake and 3 Cokes.

All of us Striders, all of us bound together, all of us one big green family, (long before it was fashionable to be green) all of us drawn together to share the early hours of Sunday in the streets of Sydney, you would not be dead for a million dollars (I dunno, that is a lot of money!) ... I don't know about you but I just love being a Strider!!

Cowabunga dude.

True story (well!).

A Strider who happens to be a Crown Prosecutor tells of a recent incident in Court. This bloke is up before the judge (who also happens to be a Strider) charged with indecent assault of an old lady while drunk, in possession of drugs and a stolen vehicle whilst on bail from a charge of exposure and fraud. The judge looks closely at the accused and then says:

"Don't I know you?

"Yes, your honour" says the accused. "I'm a Strider, we ran together last Sunday in the slow group"!

"Ah' I remember" says the judge "Nike Gel shoes, 100km per week and a marathon PB of 2.52. Gold Coast wasn't it"?

"That's right your honour"!!

"Case Dismissed"!! Says the judge, "and, as for you, in future I'd appreciate you not wasting this Court's time with minor offences".

The accused cannot believe his luck and smiling, begins to leave the court.

"Not so fast"! says the judge.

"I haven't finished with you ... your type of person really pisses me off. You obviously have little regard for rules and regulations, your behaviour, if allowed to continue strikes at the very heart of everything that is good and decent, breaks down our cherished value system, destroys everything we believe in. With a sub 3 hour marathon you should not be running with the 6 o'clock group"!!

THE LONG-DISTANCE RUNNER ISN'T LONELY.

Morag Fraser talks to Pat Clohessy, distance-running coach at the Australian Institute of Sport, Canberra.

Pat Clohessy has all the traditional hallmarks of a loner. He is reserved, thoughtful, determined.

You might copyright him as one of BHP's quiet achievers. And he's had a lifetime of achievement in what we commonly think of as the loneliest of sports—long distance running. He's been at it, as both competitor and coach, since the early '60s. His personal successes include representing Australia at the 1962 Commonwealth Games, the Helsinki World Games, and winning 5000m titles in the US. He has coached some of Australia's greats, most notably Robert de Castella. In 1988 his contribution to sport was fittingly celebrated with the awarding of the Order of Australia.

But when you talk to him about his life and sport, the recurring theme is not individual victory or pounding the solitary track but group support, team interaction, encouragement—people helping and inspiring other people.

"I was helped by a group," he said, "well-known people like John Landy and the famous New Zealand Olympic coach, Arthur Lydiard. Lydiard was the great enthusiast, the great encourager. Landy had an interesting philosophy. He went out on his own and established himself as the greatest athlete in the world but he was also extremely generous in helping other people.

"So I have always tried to reciprocate and work on the principle that if you have confidence in people then they will strive to fulfil that confidence. That is what I have carried over into my own coaching."

In between international sporting commitments Clohessy became a history teacher. And there lies the clue to his other insistent theme - the need to integrate sport with normal life and work. He completed a Diploma of Education at Monash during its infamous "red" days, and taught at Oakleigh High School. In 1967 he made the decisive move to Xavier College where he was to stay, as a teacher, athletics coach, and master of Red House ("no political connotations"), for the next 17 years. Xavier was clearly formative for him:

"There was a great staff there and I made a lot of close friends. They have a fine tradition—so

many opportunities, in academic areas, in sport, in school opera, debating, social work. The house system at Xavier gave boys the opportunity for involvement, to develop talents for leadership and participation. We had some excellent house presidents, leaders in social work like Geoff McArthur, Brendan Crotty, Kevin O'Shaughnessy and Peter Howard. There was an opportunity in every area. But while the encouragement was there, basically the initiative had to come from the student. I don't think that's a bad thing." Teaching and coaching proved an ideal mix.

"It was a unique opportunity for me. When you work with students of a wide range of abilities it's rewarding because you are bound to get significant improvement out of most of them. And the experience of teaching and dealing with hundreds of boys is good preparation for coaching because you learn to recognise different abilities and personalities. Coaches who aren't involved in teaching deal with a much narrower group and I think it restricts their coaching vision."

Shrewd vision and some luck gave Pat Clohessy one of his greatest coaching opportunities. Football, of course, is the winter sport in Melbourne and Xavier ranks with the best. But fortunately, 'footy' isn't every school boy's dream. One refugee from the reserves was Rob de Castella. He took up cross country running with Clohessy. Pat speculates that one epic school run from Xavier to Bendigo raised more than just money for multiple sclerosis: "Might have given Rob de Castella an inspiration to run a marathon, I think. "Typically, the Bendigo "marathon" was a team effort. Clohessy remembers all the names: "Jimmy McCauley was there. And Kevin Pearce. His father was mayor of Bendigo. And Fr. Terry Kelly."

In 1983 he moved to the Institute of Sport in Canberra, to coach Australia's athletic elite. He had already been appointed as coach to several national teams, so the Canberra move formalised a natural progression. But he carried his coaching-teaching philosophy (and his memory for names) with him.

Clohessy looks after the interests of athletes in "satellite" groups in other capital cities. They are part of an integrated network. And he lists his Canberra core group like a large family. There's Maree McDonagh, a schoolteacher from Melbourne. And Pat Carroll and Simon Doyle, working very well, and Tani Ruckle, a Canadian-born marathon specialist who is now an Australian citizen. Last month Rob de Castella came back to train, and Gerard Barratt, a chemistry teacher, is a top runner at 5000 and 10,000m. Susan Hobson, also a teacher, came up the hard way through the local ranks.

His emphasis, invariably, is on whole people, not just statistics. He encourages his athletes to study, to qualify in other areas. "I think it is critical in their overall success. And I think history will show that the most successful are the ones who also have their qualifications. Look at John Landy, Merv I Lincoln, or Ron Clarke, who was a qualified accountant and set 17 world records while he was very busy running Adidas in Melbourne."

Pat Clohessy's approach to his life's work reaches way beyond success, beyond winning or losing. Not that he would put it like that. He is more comfortable with facts - usually about other people - than with spiritual speculation. But he is a serious man and he does risk the occasional tribute to his sport, a tribute which dispatches the romantic myth of the isolated, lonely runner: "I think the great thing about distance running is that it's the great leveller. It is a great, unifying thing."

REPRINTED FROM 'THE MESSENGER' MAGAZINE WITH THANKS.

WE BATHE IN TINA'S GLORY... AN ADELAIDE MARATHON REPORT.

By John Ayliffe.

She had a bloody escort.

For some 19ks our own - your own - TINA CAMPBELL was escorted by a very important looking person riding a bicycle, which sported a very conspicuous flag that bore the words 'FIRST FEMALE'. Naturally, MIKE WARD and I were going to bathe in Tina's glory and make the most of this!

The flag carrier's name was Lyn and she was a great psychologist. "You running the marathon?" she asked, doubtfully casting an eye over her odometer.

Of course Mike and I weren't going to say anything, but for a moment there we nearly died in the ass; after all, a half marathon was being run in conjunction with our event and I thought "if this sheila thinks our friend - your friend - TINA is leading that, boy we have got trouble!

Lyn turned out to be a lovely lady, she reminded me of Allan Phillips but only because she motored around the mouth (see elsewhere in this magazine). Chatting with Lyn really helped us to relax into the race and I think I lost a good two minutes (see my time! see my time!) of aerobic energy when I just had to respond with a bad Jewish joke.

But this is TINA'S story, this is TINA'S glory we're talking of! And mine! and Mike's!

It was wonderful, like all good things that happen in the great world, it was wonderful - while it lasted.

Did we care when the eventual winner came dashing through at about 19ks - the strong silent type she was, determined as hell, you knew this was her marathon (third last year she was) - did we care?

Briefly, oh yes, briefly we did. Way to go - but the memory of the fabulous 19ks will linger on.



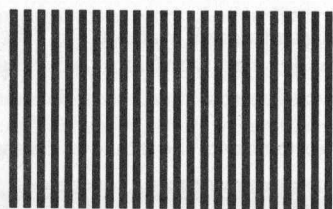
Thanks TINA, thanks MIKE. And Margaret an Adelaide, oh Adelaide, Striders will be back your great race, you're a great city and you put on a great Marathon on Sunday August 26th, 1990; it was a beautiful windless sunny day, of 16° c; we ran over traffic free main roads and easy-going parklands, to a marvellous conclusion on a path by the Torrens, a theatre adjacent.

Encore! Encore! Oh yes, we will return.

RESULTS.

First:	<i>Frank Shevlin (vic).</i>	2.22.49
First female:	<i>Heather Rose (SA)</i>	2.58.02
Striders:	<i>John Ayliffe</i>	PB 3.02.12
	<i>Tina Campbell (2nd F)</i>	3.06.00
	<i>Mike Ward</i>	3.13.00
	<i>Margaret Robinson</i>	3.33.00
	<i>Steve Nordish</i>	3.46.00

Simply the one in '91



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For full details send stamped self-addressed business envelope to: ACT Cross Country Club, GPO Box 252, Canberra, ACT 2601

BOOST FOR CANBERRA MARATHON.

The Canberra Marathon organisers (the ACT Cross Country Club) may still be seeking a major sponsor to replace Nike, who sponsored the race from 1979-89, but they have received some good news that will ensure the race remains as one of Canberra's feature annual sporting attractions.

For the past seven years the Canberra race has had competition for leading runners and overall numbers from the Sydney-based Anzac Day Marathon, which has always been held shortly after the Canberra Marathon. Because of the loss of sponsorship in Sydney, the Anzac Day event will no longer be held.

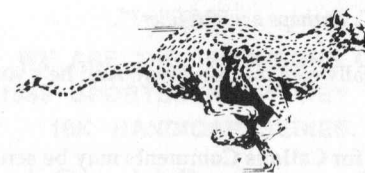
Last year the Anzac Day event attracted around 700 runners, slightly more than the Canberra Marathon, and an associated half marathon attracted around 2000 runners. With the demise of the Sydney event, the ACT Cross Country Club is predicting that numbers in Canberra will again approach the 1000 mark.

Only the Melbourne Marathon, with 4000 runners, and the Gold Coast Marathon, which attracted 1000 runners for the first time this year, can boast bigger fields. Both Melbourne and the Gold Coast have the advantage of larger population bases and the respective marathons enjoy large promotional budgets.

The Cross Country Club has launched an advertising campaign promoting the Canberra Marathon amongst Australia's running community. Part of this campaign is directed at those Sydney runners who have stayed at home in recent years and raced the Anzac Day event. The club's advertising features the fact that the Canberra Marathon is now the only autumn marathon in NSW or the ACT.

Race director Dave Cundy said, "We're very excited about 1991. The last couple of years have been tough with the loss of our Nike sponsorship and decreasing numbers as more and more Sydney runners opted to race at home rather than travel. I think we'll see many of these runners back in Canberra in 1991 after an absence of several years".

The 1991 marathon will be held on Sunday 14 April and will again incorporate the Australian and ACT Veterans Marathon Championships and the ACT Marathon Championships. Full details will be available during December.



CALLOUS COMMENTS.

By Callous Campbell.

A few 'Blisters' ago (the magazine 'Blister' not the bubble on the skin type blister) a column was started for you to send your nasty, nice, callous, libellous comments to. What happened? The editor is only too glad to receive items so please send them in

Here is a good one :

"Whilst running a certain state marathon recently it was noted that some male Striders were not running to their full capacity. Instead they chose to run with the lead female (for the first 20km), amazing what some guys will do for attention Apparently this is not the first time Strider males have stooped to this attention seeking, I am told it also happened at another state marathon last year where one of our guys ran practically the whole race with the lead women just to appear in the publicity photos. Still if that's what it takes to get a good time 'go for it guys'

"If you can get your mother in law running 8km each day, by the end of the week she would be 50km away!"

"Best headline of the year after the outstanding performances of Lisa Martin, Tani Ruckle etc: "Womens Running? No Knockers!!"

Bryce Courtenay has signed so many copies of his book that the only valuable ones are the unsigned copies.

"Everything was hurting ... my vain began to hurt!"

"We are not yes men! When Alex says No!
We say No!"

"The story that Alex Hamill hired Bryce, Derrick and Owen for Patts City to Surf team is ridiculous ... he would have hired Phil Gavin and Bernie King!"

I received a photocopy of an ad for an industry event (I won't mention the industry, it only upsets Nobby). The general thrust of the ad doesn't matter much, it just featured a picture of The Man running, with His Building prominently featured in the background. Pictures of The Man are a dime a dozen in Sydney press these days. What was interesting though, was the note attached to the ad:

"...perhaps a useful filler?"

Now John, that is what I call a really elegant put-down. And he's your mate!

All snippets for Callous Comments may be sent to:
PO Box N119 Grosvenor Place, Sydney, 2000.

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THE 1990 SPORTSCENE/STRIDERS
10K HANDICAP RACE SERIES.

Race 3 / Manly, 21st April 1990

PLC	NAME	TIME	TARGET	VARIANCE	H'CAP POS	POINTS
1	Jock Davis	31.44	Open			
2	John Duck	32.47	Open			
3	Anthony Scott	33.22	33.46	- 0.24	5	18
4	Charlie Dickinson	33.40	Open			
5	Urs Klasler	34.13	Open			
6	Chris McLean	34.55	35.49	- 0.04	9	14
7	Mat Kaley	35.03	34.41	+ 0.22	14	9
8	Gerard Frahill	35.18	Open			
9	Peter Hines	35.40	Open			
10	Brendan Smith	35.43	Open			
11	Warwick Selby	35.48	36.19	- 0.31	4	19
12	Rick Hailey	35.56	Open			
13	Bret Nichols	35.57	36.02	- 0.05	7=	16
14	James McDonnell	36.00	36.35	-0.35	3	20
15	John Hamilton	36.05	37.27	- 1.12	2	21
16	Steve Gill	36.08	35.03	+ 1.05	26	2
17	Charles Coville	36.41	36.39	+ 0.02	10	13
18	Geoff Cox	36.42	36.06	+ 0.36	18=	5
19	Greg McKay	37.08	Open			
20	Scott Crawford	37.15	36.34	+ 0.41	21	2
21	Joanne Cowan	37.18	1st run			
22	Geoff Eldridge	37.30	Open			
23	Terry McIver	37.38	36.01	+ 1.37	29	2
24	George Lisson	38.23	37.54	+ 0.29	17	6
25	Mike Elder	38.49	38.45	+ 0.04	11	12
26	John Ayliffe	38.53	38.27	+ 0.26	16 7	
27	Matt Baldwin	39.34	Open			
28	Bill Fazl	39.38	1st run			
29	John Whealy	39.45	39.50	- 0.05	7=	16
30	Terry Bailey	39.49	39.32	+ 0.17	12	11
31	Philip Trinder	40.09	Open			
32	Alf Field	40.37	39.12	+ 1.25	28	2
33=	Stephen Burke	40.38	37.58	+ 2.40	33	2
33=	Harvey Blue	40.38	39.35	+ 1.03	25	2
35=	Bruce Hudson	40.39	Open			
35=	Allan Jip	40.39	Open			
35=	Steve Hall	40.39	Open			
38	Alan Batchelor	40.40	Open			
39	Dan Gray	40.47	38.24	+ 2.23	32	2
40	Seamus Frahill	40.57	Open			
41	Paul Smith	41.06	Open			
42	John Preston	41.16	40.40	+ 0.36	18=	5

POS	NAME	TIME	TARGET	VARIANCE	H'CAP POS	POINTS
43	Kevin McBrearily	41.27	Open			
44	Alex Hamill	41.46	41.03	+ 0.43	22	2
45	Duncan Ritchards	42.17	40.12	+ 2.05	31	2
46	Graham Butler	42.22	40.59	+ 1.23	27	2
47	Pam Hayes	42.29	Open			
48	Bruce Murray	42.41	41.40	+ 1.01	24	2
49	Benny Hagberg	42.58	42.01	+ 0.57	23	2
50	Graeme Gaggin	43.05	1st run			
51	Susan Tremont	43.06	Open			
52	Nick Thompson	43.36	Open			
53	Geoff Taylor	43.44	43.21	+ 0.23	15	8
54	Joanna Geary	43.46	Open			
55	Ian Whitfield	44.32	41.50	+ 2.42	34	2
56	Anthony Haworth	44.58	Open			
57	Jon Marsden	45.16	38.06	+ 7.10	36	2
58	Nick Reed	45.31	1st run			
59	Brian Taylor	45.39	44.59	+ 0.40	20	3
60	John Fennell	45.57	46.05	- 0.18	6	17
61	Brenda Hamill	46.05	48.30	- 2.25	1	22
62	Louise Fitzsimmons	46.06	45.58	+ 0.18	13	10
63	Kevin Tiller	46.10	Open			
64	Colin Tabell	46.11	Open			
65	Elizabeth Campbell	46.15	1st run			
66	Marion Langford	46.25	Open			
67	Barry Rutherford	46.26	Open			
68	David Salt	47.20	Open			
69	Ken Alchin	47.44	1st run			
70	Lindy Nesbitt	47.54	Open			
71	Gerald Bayliss	47.55	Open			
72	Gill Cavanagh	48.05	Open			
73	Marg. Robinson	48.52	45.59	+ 2.53	35	2
74	Don Spork	49.09	Open			
75	Russell Young	49.45	47.51	+ 1.54	30	2
76=	Jo Oates	50.01	Open			
76=	Lois Hamilton	50.01	Open			
78	Teri Pickard	51.31	Open			
79	Paige Bargerion	61.08	Open			

Race 4/Banksmeadow, 9th May 1990

1	Carl Barker	33.50	1st Run			
1	Charlie Dickinson	33.50	Open			
3	Mat Kaley	34.01	34.43	- 0.42	5	16
4	Chris McLean	34.39	34.56	- 0.17	9 =	12
5	Steve Gill	34.49	35.10	- 0.21	8	13
6	Peter Hinds	35.11	Open			
7	Bret Nicholls	35.17	35.58	- 0.41	6	15
8	Tom Norris	35.49	Open			

POS	NAME	TIME	TARGET	VARIANCE	H'CAP POS	POINTS
9	Warwick Selby	35.50	35.54	- 0.04	12	9
10	John Hamilton	35.57	36.29	- 0.32	7	14
11	Geoff Eldridge	36.03	Open			
12	Anthony Scott	36.32	33.27	+ 3.05	21	2
13	Dave Sill	36.47	36.28	+ 0.19	13 =	8
14	Scott Crawford	37.00	36.38	+ 0.22	15	6
14	John Ayliffe	37.00	38.30	- 1.30	4	17
16	Charles Coville	37.24	36.39	+ 0.45	17	4
17	Terry Rose	37.32	37.13	+ 0.19	13 =	8
18	Michael Stack	37.47	1st Run			
19	Steve Ruston	37.51	Open			
20	Bill Fazl	38.00	40.02	- 2.20	2 =	19
21	Paul Wandell	39.15	Open			
22	Bill Thomson	39.16	1st Run			
23	Kevin McBrearty	39.35	Open			
24	Bruce Hudson	39.36	Open			
24	Mike Ward	39.36	39.12	+ 0.24	16	5
26	Dan Gray	39.40	38.38	+ 1.02	19	2
27	Terry Bailey	40.52	39.34	+ 1.18	20	2
28	Mark Preston	41.11	1st Run			
29	John Sutherland	41.47	Open			
30	John Walker	41.59	Open			
31	Harvey Blue	43.00	39.41	+ 3.19	22	2

Race 5/Mosman, 16th June 1990

1	John Sauer	33.16	32.11	+ 1.05	18	5
2	Mathew Kaley	33.17	34.09	- 0.52	5	18
3	Simon Gilbert	35.31	Open			
4	Bret Nichols	36.01	35.25	+ 0.36	= 10	13
5	Steve Gill	36.22	34.53	+ 1.29	20	3
6	Warwick Selby	36.50	35.51	+ 0.59	= 15	8
7	Y. Bolton	36.54	Open			
8	John Hamilton	37.07	36.03	+ 1.04	17	6
9	Wayne Stanton	37.34	36.22	+ 1.12	19	4
10	Peter Griffin	37.51	Open			
11	Jeff Gissing	38.04	36.19	+ 1.45	= 22	2
12	Bill Gazl	38.17	39.36	- 1.19	4	19
13	Terry McIver	38.21	36.11	+ 2.10	25	2
14	Charles Coville	38.29	36.44	+ 1.45	= 22	2
15	Joanne Cowan	38.39	37.40	+ 0.59	= 15	8
16	5. Hall	38.42	Open			
17	Alan Hendrick	38.46	Open			
18	Duncan Richards	38.53	40.25	- 1.32	2	21
19	Stan Johnson	38.59	Open			
20	Jenny Gilbert	39.05	Open			

POS	NAME	TIME	TARGET	VARIANCE	H'CAP POS	POINTS
21	Alf Field	39.17	39.21	- 0.04	7	16
22	Brian Gatfield	39.43	40.07	- 0.24	6	17
23	Mike Ward	40.00	39.14	+ 0.46	13	10
24	Mark Preston	40.10	41.36	- 1.26	3	20
25	Dan GRay	40.18	38.44	+ 1.34	21	2
26=	Kevin McBrearty	40.57	1st Run			
26=	D. De Montfort	40.57	Open			
28	Rob Inglis	41.05	40.58	+ 0.07	8	15
29	John Sutherland	41.21	1st Run			
30	Steve Lloyd	41.51	39.54	+ 1.57	24	2
31	Steve Bulgin	42.31	Open			
32	John Whealy	42.38	39.46	+ 2.52	27	2
33	Ash Warner	42.49	Open			
34	L. Ferguson	43.01	Open			
35	Doug Marklun	43.15	Open			
36	Geoff Taylor	43.53	43.09	+ 0.44	12	11
37	Tin Hoskin	44.06	Open			
38	Kevin Tiller	44.14	1st Run			
39	G. Shields	44.26	Open			
40	Roz Wong	45.42	44.55	+ 0.47	14	9
41	Ken Alchin	45.45	47.25	- 1.40	1	22
42	Miriam Mott	48.05	Open			
43	Jan Dove	48.11	Open			
44=	Russell Young	48.19	48.06	+ 0.13	9	14
44=	Tracy Rockwell	48.19	1st Run			
46	Edwina Macarthur	48.26	45.57	+ 2.29	26	2
47	Helen Walker	49.13	Open			
48	Lynndy Bennett	55.20	54.44	+ 0.36	= 10	13
49	Amanda Sutherland	55.21	1st Run			

Race 6/Marsfield, 21st July 1990

1	Geoff Large	33.40				2
2	Mat Kaley	34.35	33.27	+ 1.08	28	2
3	Chris McLean	34.42	34.42	nil	16=	7
4	Peter Hinds	34.45	Open			
5	Bret Nichols	35.04	35.29	- 0.25	14	9
6	John Hamilton	35.14	6.09	- 0.55	8	15
7	Sean Fitzpatrick	35.21	Open			
8	Chris Dwyer	35.23	37.41	- 2.18	2	21
9	Warwick Selby	36.11	35.57	+ 0.14	21=	2
10	Wayne Stanton	36.18	36.29	- 0.11	15	8
11	Steve Gill	36.19	35.02	+ 1.17	30	2
12	Jeff Gissing	36.43	36.29	+ 0.14	21=	2
13	Scott Crawford	36.50	36.40	+ 0.10	20	3

POS	NAME	TIME	TARGET	VARIANCE	H'CAP POS	POINTS
14	Trevor Long	36.54	Open			
15	Charles Coville	37.02	36.54	+ 0.08	19	4
16	James Bador	37.35	Open			
17	Terry Rose	37.53	37.15	+ 0.38	25	2
18	Nobby Young	38.04	38.52	- 0.48	9	14
19	Bill Fazl	38.06	38.33	- 0.27	11	12
20	Bruce Hudson	38.30	1st Run			
21	Kevin Casey	38.39	Open			
22	Mike Ward	39.45	39.19	+ 0.26	24	2
23	Marlies Laaper	39.49	40.48	- 0.59	7	16
24	Tina Campbell	39.49	40.20	- 0.31	12	11
25	John Sutherland	40.24	41.46	- 1.22	5	18
26	Terry Bailey	40.53	39.42	+ 1.11	29	2
27	Stephen Burke	41.00	38.13	+ 2.47	34	2
28	Steve Lloyd	41.29	40.06	+ 1.23	31	2
29	Geoff Taylor	42.06	43.13	- 1.07	6	17
30	Peter Smith	42.34	Open			
31	Allan Jip	42.37	Open			
32	John Amos	42.43	1st Run			
33	Steve Bulgin	42.54	Open			
34	Benny Hagberg	43.05	42.07	+ 0.58	27	2
35	David Hocking	43.31	Open			
36	Keryl Large	43.45	43.41	+ 0.04	18	5
37	Ken Alchin	44.00	46.05	- 2.05	3	20
38	Peter Worner	44.22	Open			
39	Kevin O'Kane	44.24	42.13	+ 2.11	32	2
4C	Mike Titley	44.42	Open			
41	Dale Thompson	44.51	44.05	+ 0.46	26	2
42	Ray Case	45.01	Open			
43	Edwina Macarthur	46.12	46.12	nil	16=	7
44	Richard Duggan	49.20	Open			
45=	Alan Hicks	49.33	50.07	- 0.34	10	13
45=	Leefe Hicks	49.33	Open			
47	Bill Blecha	50.40	48.01	+ 2.39	33	2
48	Lisa Talty	51.09	Open			
49=	Duncan Richards	51.33	39.11	N/A		2
49=	Louise Richards	51.33	54.50	- 3.07	1	22
51	Jennifer Higgins	52.33	54.32	- 1.59	4	19
52	Sam Ingui	53.11	Open			
53	Lynndy Bennett	54.22	54.48	- 0.26	13	10
54	Amanda Sutherland	59.51	55.54	+ 3.57	35	2
55	Alan Tonge	69.20	1st Run			
—	Rosalind Wong	DNF				
—	Miriam Mott	DNF				

Race 7 / Centenial Park, 18th August, 1990

PLC	NAME	TIME	TARGET	VARIANCE	H'CAP POS	POINTS
1	John Sauer	31.54	32.18	- 0.24	= 11	12
2	Jeff Large	32.00	32.24	- 0.24	= 11	12
3	Sean Williams	32.05	Open			
4	Mathew Kaley	34.32	33.34	+ 0.58	22	2
5	John Hamilton	34.36	35.25	- 0.49	6	17
6	Bret Nichols	35.14	35.09	+ 0.05	18	5
7	Warwick Selby	35.28	35.58	- 0.30	10	13
8	Steve Gill	35.30	35.10	+ 0.20	21	2
9	Joe Muscat	35.36	Open			
10	Wayne Stanton	35.55	36.09	- 0.14	14	9
11	Tom Norris	36.09	Open			
12	Charles Coville	36.13	36.55	- 0.42	7	16
13	Terry McIver	36.37	36.24	+ 0.13	19	4
14	John Ayliffe	37.06	3/.18	- 0.12	15	8
15	Alf Field	37.39	39.18	- 1.39	2	21
16	Nobby Young	38.30	38.14	+ 0.16	20	3
17	Marlies Laaper	39.22	40.01	- 0.39	8	15
18	Robert Inglis	40.01	40.59	- 0.58	5	18
19	Bill Flanagan	40.13	36.21	+ 3.52	27	2
20	Jon Marsden	40.23	38.21	+ 2.02	25	2
21	John Preston	40.26	40.44	- 0.18	13	10
22	Mark Preston	40.29	40.27	+ 0.02	17	6
23	Dave Ritchie	40.45	39.31	+ 1.14	23	2
24	Paul Lunsmann	40.46	41.52	- 1.06	3	20
25	Ron Burke	40.59	Open			
26	Terry Bailey	41.30	39.49	+ 1.41	24	2
27	Beeny Hagberg	41.38	42.13	- 0.35	9	14
28	Geoff Taylor	42.05	42.11	- 0.06	16	7
29	Les O'Connor	42.48	Open			
30	Ken Alchin	43.20	44.25	- 1.05	4	19
31	John Plummer	43.40	41.07	+ 2.33	26	2
32	Glen Butterworth	46.13	Open			
33	Iain Dove	48.15	1st Run			
34	Lyn Berg	51.14	Open			
35	Lynndy Bennett	52.14	54.27	- 2.13	1	22

Race 8 / Manly, 15th September 1990

1	Geoff Large	32.18	32.06	+ 0.13	7	16
2	John Sauer	34.18	31.59	+ 2.19	2	2
3	Mat Kaley	34.38	33.40	+ 0.58	14	9
4	Cameron Osborne	35.10	34.38	+ 0.32	9	14
5	Wayne Stanton	35.55	35.58	- 0.03	6	17
6	Steve Gill	36.02	35.12	+ 0.50	12	11

PLC	NAME	TIME	TARGET	VARIANCE	H'CAP POS	POINTS
7	Warwick Selby	36.36	35.34	+ 1.02	15	8
8	Peter Donlevy	37.03	Open			
9	Chris McLean	37.05	34.42	+ 2.23	22	2
10	Brett Nichols	37.08	35.10	+ 1.58	19	4
11	Scott Crawford	37.14	36.41	+ 0.33	10	13
12	Terry Rose	38.33	37.19	+ 1.14	16	7
13	Paul Every	38.42	Open			
14	Steve Urwin	38.46	39.09	- 0.23	4	19
15	Joanne Cowan	39.21	37.46	+ 1.35	18	5
16	Chris Gunne	39.29	Open			
17	Robert Inglis	39.53	40.13	- 0.20	5	18
18	Mal Nicholson	40.15	Open			
19	John Whealy	40.37	40.01	+ 0.36	11	12
20	Tina Campbell	41.10	39.55	+ 1.15	17	6
21	Ashley Warner	42.19	Open			
22	Kevin Tiller	42.35	44.41	- 2.06	2	21
23	Geoff Taylor	42.58	42.06	+ 0.52	13	10
24 =	Marlies Laaper	44.00	39.30	+ 4.30	23	2
24 =	Keryn Large	44.00	43.41	+ 0.19	8	15
26	Nicholas Whealy	45.26	52.06	- 6.40	1	22
27	Mark Petersen	46.29	Open			
28	Brian Taylor	47.06	45.03	+ 2.03	20	3
29	Lois Hamilton	48.54	Open			
30	Lynndy Bennett	51.17	52.41	- 1.24	3	20
31	Brian Kelsey	53.50	Open			

Race 9 / Woolwich,, 20th October 1990

1	John Sauer	35.00	32.13	+ 2.47	24=	2
2	Matt Kaley	35.03	33.46	+ 1.17	7=	16
3	Andrew Jackson	35.23	Open			
4	Stephen Buchberger	35.39	Open			
5	Chris McLean	36.31	34.56	+ 1.35	10=	13
6	Joe Muscat	36.34	Open			
7	Bret Nichols	36.39	35.22	+ 1.17	7=	16
8	Wayne Stanton	36.46	35.56	+ 0.50	4	19
9	David Sill	37.12	36.30	+ 0.42	3	20
10	Steve Gill	37.19	35.17	+ 2.02	16	7
11	Cameron Osborne	37.28	34.41	+ 2.47	24=	2
12	John Hamilton	37.31	34.42	+ 2.49	26	2
13	Peter Donlevy	37.49	Open			
14	Ian McKenzie	37.52	Open			
15	Elizabeth Rose	37.54	Open			
16	Charles Coville	37.58	36.21	+ 1.37	12	11
17	Warwick Selby	38.09	35.40	+ 2.29	21=	2
18	Jeff Gissing	38.21	36.30	+ 1.51	15	8

PLC	NAME	TIME	TARGET	VARIANCE	H'CAP POS	POINTS
19	Scott Crawford	39.13	36.44	+ 2.29	21=	2
20	Sharon Dickinson	39.23	Open			
21	Steve rJrwin	39.47	38.51	+ 0.56	5	18
22	Alf Field	40.27	37.59	+ 2.28	20	3
23	Paula Allan	40.36	Open			
24	Dan Gray	40.42	38.53	+ 1.49	13	10
25	John Whealy	41.09	40.05	+ 1.04	6	17
26	Rob Inglis	41.18	39.57	+ 1.21	9	14
27	Kevin Tiller	41.22	43.00	- 1.38	1	22
28	David Ritchie	41.28	39.38	+ 1.50	14	9
29	Michael O'Brien	41.36	Open			
30	David Humphries	42.07	1st Run			
31	Nobby Young	42.26	38.16	+ 4.10	30	2
32	Marlies Laaper	42.40	39.45	+ 2.55	27	2
33	Treasa Lowe	42.48	Open			
34	Jane Amos	43.01	Open			
35	John Amos	43.25	43.09	+ 0.16	2	21
36	John Preston	43.31	40.30	+ 3.01	28	2
37	Geoff Taylor	43.46	42.11	+ 1.35	10=	13
38	Paul Lunsmann	44.09	40.59	+ 3.10	29	2
39	Andrew Tindale	44.19	Open			
40	Benny llagberg	44.24	41.45	+ 2.39	23	2
41	John Windle	45.53	Open			
42	Keryn Large	46.06	43.43	+ 2.23	19	4
43	Geoff Large	46.06	N/A			
44	Nicholas Whealy	49.05	46.46	+ 2.19	18	5
45	Angela lill	49.18	Open			
46	Kevin O'Kane	49.23	42.26	+ 6.57	31	2
47	Ian Fraser	52.51	Open			
48	John Singleton	53.08	Open			
49	Lynndy Bennett	53.41	51.34	+ 2.07	17	6
50	Devek Johanson	57.18	Open			

**323, 626, 929,
ALL TRUCKS**



**SPECIAL DISCOUNTS
TO RUNNERS!**

Canterbury Mazda

989 Canterbury Rd Lakemba Ph 758 2600

DL 11283

OUTRIGHT POINTS AFTER RACE 9.

Position	Name	Points	Races
1	Brett Nichols	165	9
2	Steve Gill	158	9
3	Matt Kaley	156	8
4	Warwick Selby	134	8
5	John Sauer	131	6
6	Wayne Stanton	116	7
7	John Hamilton	115	8
8	Charles Coville	102	8
9	Chris McLean	97	5
10	Scott Crawford	89	7

HANDICAP POINTS AFTER RACE 9.

1	Lynndy Bennett	117	8
2	Geoff Taylor	113	9
3	Brett Nichols	102	9
4	Charles Coville	86	8
5	John Hamilton	85	8
6	Ken Alchin	80	4
7	Wayne Stanton	79	7
8	Warwick Selby	68	8
9	Matt Kaley	65	8
10=	Terry Rose	55	5
10=	Alf Field	55	
10=	Rob Inglis	55	
13	Steve Urwin	54	
14	Steve Gill	53	
15=	Scott Crawford	50	
15=	Bill Fazl	50	
17	John Whealy	49	
18	Chris McLean	48	
19=	Kevin Tiller	43	
19=	James McDonnell	43	
21=	Terry Bailey	41	
21=	Jennifer Higgins	41	

**SPECIAL DISCOUNTS
TO RUNNERS!**

Canterbury Mazda
989 Canterbury Rd Lakemba Ph 758 2600

CITY TO SURF 1990: HIGH AND LOW LIGHTS.

Compiled by Scott Crawford.

ALAN WHITE	2600	62:56
ALAN WHITE	1577	59:32 (How many are there?)
ANDREW LLOYD	2736	63:17
THEODORE THEODORE	2820	63:30
CHARLES WINN	Didn't, he come in 2820 63:30	
DAVID WINCH	Have you secretly returned from NZ and run 56:46 ?	
RAY DORAN	Who ran using the alias Raymond Dorna in an attempt to hide from the world the fact that he is now 50. He still ran 49:01.	
DAVID BARWICK	Who last year lost one shoe at the start and failed to finish. Saved his shoe this year by not entering.	
JAMES MCDONNELL	Failed to run because the organisers wouldn't give him a preferred start or was he unfit ?	
SCOTT CRAWFORD	Who ran in the 1st City to Surf in 62:30 and came in 333rd could only manage 599th place in 53:50 this year.	
PHIL GARVIN	Again failing to run with the Striders.	
JOHN SAUER	Again the fastest Strider in 45:49 and 40th place.	
GODFREY FRANZ AND MARLIES LAAPER	Announcing to the world their living arrangements by winning the Husband and Wife under 35 section (Subject to Protest).	
NOBBY YOUNG	Failing to crack 54 mins. definitely one of the highlights as the scribe did crack 54.	
WARWICK SELBY	Needs a doctor - perhaps Michael Grimm could help. Speaking of doctors, Paul Russell ran 52:13 just a few weeks after an arthroscopy on his knee, while Terry McIver could only manage 52:53, eighteen months after his knee job. Terry tried to hide this fact by running as Terrence McIver.	

IVAN FREYS	Would James Dagleish please send in a photograph for the notice board.
ROBERT ELSTONE	stopped for a stroll at Dover Heights and still ran 52:46 - just imagine if he had run all the way.
IAN MAC ARTHUR	Beat Phil Garvin home by about 30 metres but was recorded 6 seconds slower. Phil's seeded start had more Privileges than Phil thought.
BRYCE COURTENAY	Pushed the Striders' baby and was told that Moneghetti had won and they hadn't reached Ocean Street Woolahra - 45minutes for the first 2kms.
OWEN DENMEADE	Running without Owen Denmeade.
	Running without Bryce Courtney.
	Bryce "wrote" three chapters for his next novel during the run. The problem was he forgot what he had "written" by the time he finished - a bad attack of heat exhaustion.
BRET NICHOLS	Losing his watch at the start and deciding that Warwick Selby getting away from him was more important than the timepiece (or was it 88,000 feet heading in his direction).
MALCOLM SATCHELL	Let his son Karl beat him.
WAYNE MC CARTHY	Let daughter Justine beat him BUT Bruce Inglis didn't let little Holly beat him - S H A M E !!
NICHOLAS WHEALY	Who must be about the youngest Strider who ran in a team with about the oldest Striders.
ADRIAN KOL	Didn't put his entry in through the Club so there was no 60's mens team. A certain team silver medal gone begging - Next year please Adrian.
	Rumour has it that a well known Strider Husband and Wife team has started training for the H & W over 45 category in 1991 - Watch this space for progress report.
JOHN WHEALY	...didn't run as he couldn't face defeat by his 11 year old son Nicholas.
MAT KALEY	Feeling like death warmed up by still running so as not to let down Robert Elstone and Geoff Large, the other member of his 21-29 team. Mat was rewarded with a team win.

CITY TO SURF TEAMS RESULTS

CB: MEN 21 - 29

SYDNEY STRIDERS

Mat Kaley	50.34
Robert Elstone	47.27
Geoff Large	46.09
	<u>144.10</u>

1990 TEAM TIMES

1st	153.34	Brat Boyz
2nd	168.07	Woodstock Runners
3rd	175.22	Wadd Squad
4th	197.15	Sperm Bank Clerks
		Protest lodged

CC: MEN 30+

SYDNEY STRIDERS

John Sauer	45.49
Carl Barker DNS	0.00
Phil Daly	50.51
Ewen Thompson	55.21
	<u>151.31</u>

1st	147.57	Bankstown Sports
2nd	151.31	Sydney Striders
3rd	156.41	Woodstock Runners
4th	178.22	Wind Suckers

Cf: WOMEN 30+

SYDNEY STRIDERS

Sarah Entwhistle	59.48
Dale Thompson	68.08
Keryn Large DNS	0.00
Gai Cunningham	73.19
	<u>201.15</u>

1st	174.52	Kembla Joggers
2nd	193.31	Woodstock Runners
3rd	201.15	Sydney Striders
4th	227.19	Kirra Sneaks

CG: MIXED

SYDNEY STRIDERS

Joanne Cowan	52.20
Bret Nichols	51.07
Scott Crawford	53.50
	<u>157.17</u>

1st	153.46	Earlwood, Sports
2nd	157.17	Sydney Striders
3rd	170.08	Rooty Hill RSL
4th	182.41	The Dozen

SYDNEY STRIDERS A

Ros Wong	69.06
Alastair Mackie	57.53
Stephen Burke	58.41
	<u>185.40</u>

SYDNEY STRIDERS

10 K SERIES

Linndy Bennett	85.44
Ian Whitfield	66.42
Brian Taylor	68.10
	<u>210.36</u>

Alex Whitworth	50.31	2nd	152.54 Sydney Striders
Terry McIver	52.53	3rd	153.19 Bills Boys
	152.54	4th	154.45 Going Down
Steve Gill	53.43		

IB: MEN 50 - 59**SYDNEY STRIDERS**

Ray Doran	49.01	1st	155.14 Roberts Strata
Harvey Blue	58.27	2nd	160.31 Newcastle Vets
Paul Lunsmann	63.22	3rd	163.48 Harboard Diggers
	170.50	4th	166.45 St George Oldies
John Turner	68.55		

ID: WOMEN 40+

Tina Campbell	59.03	1st	189.57 Steel Magnolias
Margaret Robinson	67.34	2nd	194.17 Sydney Striders
Elizabeth Campbell	67.40	3rd	209.01 Kembla Joggers
Robbie Russell DNS	0.00	4th	241.58 Shebears
	194.17		

EJ: JOGGERS**SYDNEY STRIDERS**

David Sill	52.30	1st	140.55 Earlwood Sports
Jeff Gissing	50.08	2nd	142.19 Blue Mountain Joggers
Bernie Kiong	51.10	3rd	153.48 Sydney Striders
	153.48	4th	155.08 Customs Joggers
John Ayliffe	65.10		

SYDNEY STRIDERS A

Charles Coville	51.39	1st	
Ivan Freys	52.46	2nd	
Wayne Stanton	52.00	3rd	
	156.25	4th	

**SYDNEY STRIDERS
RUNNING CLUB**

Nobby Young	54.05		
Iain Dow	61.53		
Mike Ward	57.00		
	172.58		

**SYDNEY STRIDERS
CLUB**

Terry Rose	55.46		
Stephen Lloyd	69.03		

SYDNEY STRIDERS**HALF MARATHON**

Justine McCarthy	88.35		
Steve Urwin	56.15		
Bill Blecha	75.01		
	219.51		
Wayne McCarthy	88.36		

SYDNEY STRIDERS**ROAD RUNNERS**

James Dalgleish			
John Hamilton	61.23		
John Craig-Sutherland	0.00		

1990 TEAM TIMES**EN: HEALTH PROF.****SYDNEY STRIDERS**

Dr Warwick Selby	53.19	1st	145.25 The Physioterrorists
Dr Michael Grimm DNS	0.00	2nd	155.40 Rainbow Trout
Dr Paul Russell	52.13	3rd	176.24 Dianetics Runners
		4th	176.37 Flying Medicos

GA: HUSBAND & WIFE**UP TO 34 /STRIDERS**

Godfrey Franz	48.34	1st	111.53 Galloping Gilberts
Marlies Laaper	56.57	2nd	128.51 Campbell
	105.31	3rd	131.01 Greedy's
		4th	134.43 Lisa & Pat

HUSBAND & WIFE**45+ /STRIDERS**

Rod Garrick	62.39	3rd	136.45 Sydney Striders
Mavis Garrick	74.05		
	136.45		

GG: FATHER/DAUGHTER**(TO 11 YRS) STRIDERS**

Bruce Inglis	110.01	1st	120.19
Holly Inglis	110.02	2nd	132.00
	220.03	3rd	175.88
		4th	181.17

IA: MEN 40 - 49**SYDNEY STRIDERS**

Chris McLean	49.30	1st	144.24 Delvin's Famous Pies
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Alf Field	54.58	SYDNEY STRIDERS	
	179.47	HALF MARATHON	
SYDNEY STRIDERS STARS		Benny Hagberg	61.03
Bruce Murray	62.28	John Ross	73.40
Kevin Tiller	68.21	Geoff Taylor	62.27
Alan White	59.32		197.20
	190.21	SYDNEY STRIDERS	
		10K SERIES	
		Barry Jones	84.23
		Ron Daly	67.42
		Nicholas Whealy	71.42
			223.47

OTHER PRIZES WHERE STRIDERS PARTICIPATED

MEN 40 - 45	PHIL GARVIN	3rd
MEN 50 - 54	RAY DORAN	2nd
WOMEN 30 - 34	JOANNE COWAN	2nd
WOMEN 40 - 44	TINA CAMPBELL	4th

Other industrial, trade and Commerce - Women.

Winning team Nortel Bellea included former Strider Merri Mack (59:32).

Men's Sporting Clubs: (Not athletic or jogging club).

2nd Team MB Wonders included Phil Garvin.

3rd Team Big Foot Orienteers Ski Club

- included Andy Simpson and Cameron Osborne.

Jogging Clubs:

Winning team Earlwood Sporta No. 1 included Scott Lawrence.

Airlines:

- 2nd Team Qantek included that well known Iron Man Triathlete Murray Town.

Husband & Wife over 35+:

4th Team included Susan Griffith.

Father and Son 12 - 14:

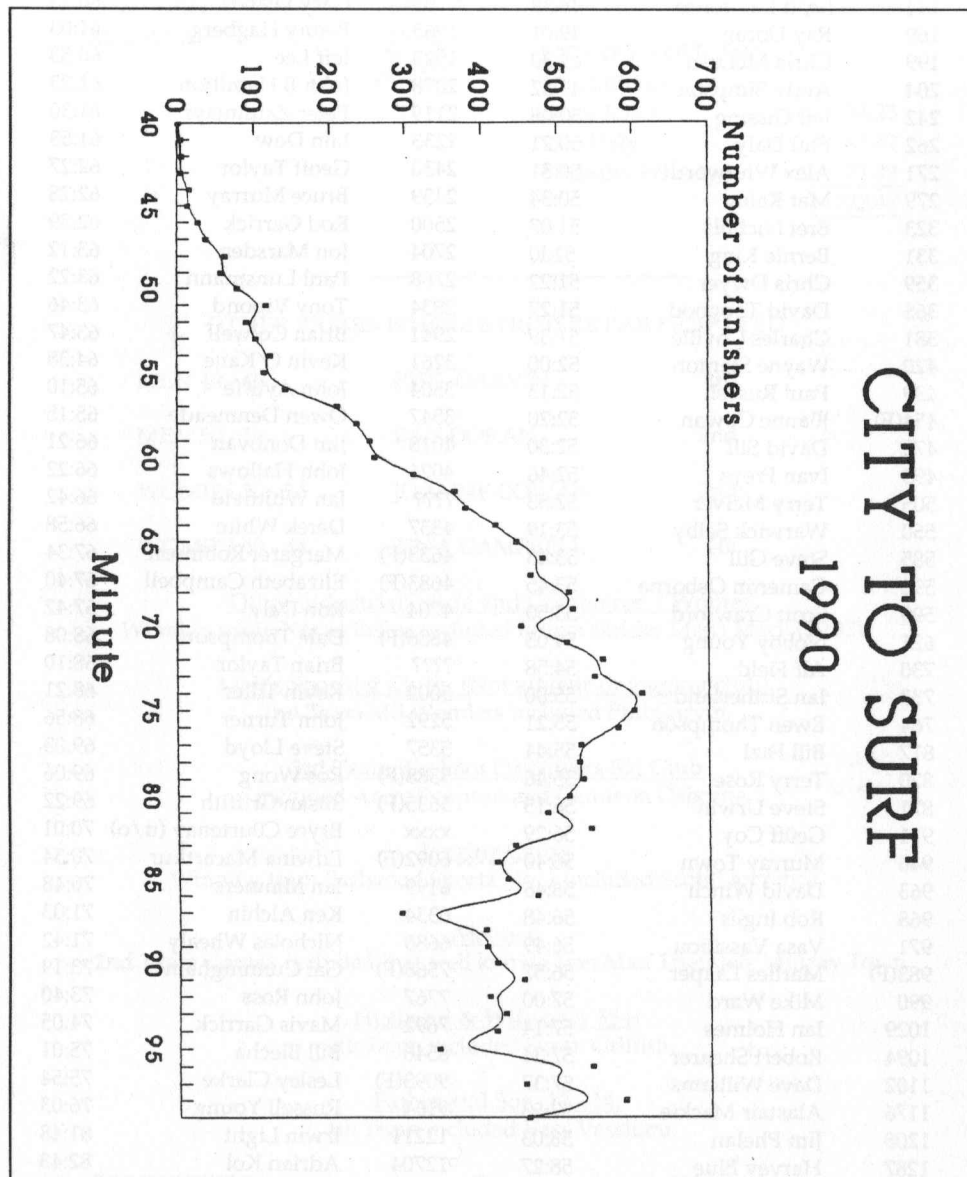
4th Team included Vass Vassiliou.

In all 36 STRIDERS won prizes - A great effort - approximately 30% of those known to have .

CITY TO SURF RESULTS

40	John Sauer	45:49	1359	Stephen Burke	58:41
49	Geoff Large	46:09	1448(F)	Tina Campbell	59:03
82	Phil Garvin	47:21	1560	Bill Flannagan	59:28
85	Robert Elstone	47:27	1577	Alan White	59:32
137	Godfrey Franz	48:34	1649(F)	Sarah Entwistle	59:48
144	Scott Lawrence	48:38	1763	Gary Leahey	60:15
169	Ray Doran	49:01	1963	Benny Hagberg	61:03
199	Chria McLean	49:30	1923	Jeff Lee	60:53
204	Andy Simpson	49:32	2078	John B Hamilton	61:23
242	Jeff Gissing	50:08	2119	Peter Zaunmayr	61:30
262	Phil Daly	50:21	2233	Iain Dow	61:53
271	Alex Whitworth	50:31	2430	Geoff Taylor	62:27
279	Mat Kaley	50:34	2439	Bruce Murray	62:28
323	Bret Nichols	51:07	2500	Rod Garrick	62:39
331	Bernie King	51:10	2704	Jon Marsden	63:12
359	Chris Dwyer	51:22	2768	Paul Lunsman	63:22
365	David Toogood	51:27	2934	Tony Vipond	63:46
381	Charles Coville	51:39	2941	Brian Colwell	63:47
420	Wayne Stanton	52:00	3261	Kevin O'Kane	64:38
439	Paul Russell	52:13	3504	John Ayliffe	65:10
454(F)	Joanne Cowan	52:20	3547	Owen Donmeade	65:15
470	David Sill	52:30	4018	Jim Donovan	66:21
493	Ivan Freys	52:46	4026	John Hallows	66:22
505	Terry McIver	52:53	????	Ian Whitfield	66:42
550	Warwick Selby	53:19	4337	Derek White	66:58
585	Steve Gill	53:43	4633(F)	Margaret Robinson	67:34
590	Cameron Osborne	53:45	4683(F)	Elizabeth Campbell	67:40
599	Scott Crawford	53:50	4704	Ron Daly	67:42
621	Nobby Young	54:05	4886(F)	Dale Thompson	68:08
730	Alf Field	54:58	????	Brian Taylor	68:10
733	Ian Sutherland	55:00	5002	Kevin Tiller	68:21
764	Ewen Thompson	55:21	5292	John Turner	68:56
817	Bill Fazl	55:44	5357	Steve Lloyd	69:03
820	Terry Rose	55:46	5388(F)	Ros Wong	69:06
871	Steve Urwin	56:15	5635(F)	Susan Griffith	69:22
911	Geoff Coy	56:29	xxxx	Bryce Courtenay (u/o)	70:01
940	Murray Town	56:40	6092(F)	Edwina Macarthur	70:34
963	David Winch	56:46	6199	Ian Manners	70:48
968	Rob Inglis	56:48	6334	Ken Alchin	71:03
971	Vasa Vassiliou	56:49	6680	Nicholas Whealy	71:42
983(F)	Marlies Laaper	56:57	7568(F)	Gai Cunningham	73:19
990	Mike Ward	57:00	7767	John Ross	73:40
1029	Ian Holmes	57:14	7692	Mavis Garrick	74:05
1094	Robert Shearer	57:34	8546	Bill Blecha	75:01
1102	Dave Williams	57:37	9093(F)	Lesley Clarke	75:54
1176	Alastair Mackie	57:53	9164	Russell Young	76:03
1208	Jim Phelan	58:03	12211	Irwin Light	81:48
1287	Harvey Blue	58:27	12704	Adrian Kol	82:43

xxxxx	Barry Jones (u/0)	84:23	15976	Karl Satchell	90:37
13889(F)	Amanda		15982	Malcolm Satchell	90:38
	Craig-Sutherland	85:27	23607	Bruce Inglis	110:01
14061(F)	Linndy Bennett	85:44	23615(F)	Holly Inglis	110:02
15158(F)	Justine McCarthy	88:35	31973	Ian Macarthur	
15164	Wayne McCarthy	83:36		+ William	151:07



10TH ANNIVERSARY HALF MARATHON AND 7.5K FUN RUN

Lane Cove 1st July.

1.	Robert Elstone	72.09	56.	Ros. Wong	96.57
2.	John Sauer	72.10	57.	Malcolm Gibson	98.22
3.	Phil Garvin	72.26	58.	David Humphries	99.00
4.	Mathew Kaley	73.21	59.	Alistair Mackie	99.38
5.	Warwick Selby	76.29	60.	Graham Firkin	99.39
6.	Phil Daly	76.41	61.	Lesley Maher	100.23
7.	Malcolm Satchell	77.16	62.	Edwina Macarthur	100.24
8.	Bret Nichols	77.20	63.	Graham Butler	101.06
9.	Don Price	77.53	64.	Richard Bamann	102.29
10.	Andy Simpson	78.24	65.	Stephen Burke	103.16
11.	Wayne Stanton	79.01	66.	Bruce Loudon	103.17
12.	James McDonnell	79.11	67.	Alan Hicks	106.04
13.	Charles Coville	79.23	68.	Mavis Garrick	106.42
14.	Chris McLean	79.32	69.	John Cruickshank	107.07
15.	Terry McIver	79.34	70.	Sue Hill	107.21
16.	Joanne Cowan	79.40	71.	Ron Daly	107.56
17.	Michael Stack	80.34	72.	Bill Blecha	108.39
18.	Scott Crawford	81.02	73.	Gai Cunningham	109.28
19.	Jeff Gissing	81.31	74.	Nicholas Whealy	111.05
20.	Bill Flanagan	82.06	75.	Brian Taylor	111.33
21.	John Hamilton	82.32	76.	Roger Rigby	111.43
22.	Ivan Freys	82.47	76.	Iain Dow	111.43
23.	John Ayliffe	82.51	78.	Alex. Hamill	111.44
24.	Ewen Thompson	83.07	78.	Alan Phillips	111.44
25.	Duncan Richards	83.17	80.	Owen Denmeade	111.46
26.	Nobby Young	83.20	81.	Nick Reed	111.50
27.	George Lisson	84.18	82.	Noel Worthington	113.12
28.	Ray Skinner	84.36	83.	Louise Fitzsimmons	113.34
29.	Terry Rose	84.47	84.	Leo Leader	113.35
30.	Bill Fazl	85.19	85.	Jennifer Higgins	113.37
31.	Bruce Hudson	85.41	86.	Lesley Clarke	115.08
32.	Alan White	86.40	87.	Peter Keeble	116.11
33.	James Dalgleish	86.49	88.	Louise Richards	116.38
34.	Mark Preston	86.57	89.	Irwin Light	116.48
35.	Mike Foster	87.19	90.	Lynndy Bennett	122.57
36.	Mike Ward	87.40	91.	Amanda Craig-	
36.	Peter Cobley	87.40		Sutherland	126.41
38.	John Craig-		92.	Wayne McCarthy	130.00
	Sutherland	88.16	93.	Alan Tonge	148.41
39.	John Preston	88.44	DNF	Alex Whitworth	
40.	Dan Gray	88.47	DNF	Harvey Blue	
41.	Jack Woodward	88.48	DNF	Steve LLOYD	
41.	Tina Campbell	89.48	DNF	Bill Thompson	
43.	John Whealy	90.37			
44.	Noel Barton	90.52			
45.	Ian Manners	91.18			

46.	Keith Jackson	92.35	Guest Cameron Osborne	78.37
47.	Bernie King	92.42	Guest Tony Vipond	92.09
48.	Geoff Taylor	92.54	Guest Peter Zaumeyer	96.15
49.	Jon Marsden	93.15	Guest Arthur Huxtable	96.18
50.	Brian Colwell	93.36	Guest Miriam Mott	97.00
51.	John Amos	93.59	Guest Kister Isacson	102.29
52.	Bruce Murray	94.30	Guest Trevor Roberts	111.48
53.	John B. Hamilton	96.15	Guest Ray Sleyford	113.46
54.	Susan Griffith	96.39	Guest Fran Stores	116.41
55.	Kevin Tiller	96.47		

AGE BRACKETS

0 to 19	I male, 2 female
20 to 29	8 male, 1 female
30 to 39	30 male, 11 female
40 to 49	38 male, 2 female
50 to 59	9 male
60 plus	1 male

AWARDS

Open Male:

Ist Robert Elstone 72.09, 2nd John Sauer 72.10, 3rd Phil Garvin 72.26

Open Female:

Ist Joanne Cowan 79.40, 2nd Tina Campbell, 89.48, 3rd Susan Griffith 96.39

Veteran Male: Warwick Selby 76.29

Veteran Female: Female Mavis Garrick 106.42

TEAMS EVENT

Green: (Joined 1.6.80 to 1.1.85)28 finishers, average time 93.18
Red: (Joined 1.2.85 to 1.4.88)23 finishers, average time 94.24
Blue: (Joined 1.4.88 to 31.7.89)18 finishers, average time 99.00
Brown: (Joined 1.8.89 to date)24 finishers, average time 96.19

7.5 km. FUN RUN

Ist	Ian Whitfield	37.33	5th)	Sally Crawford	50.20
2nd	Leena Bamann	39.10	5th)	Brenda Hamill	50.20
3rd	Rachel Peterson	42.05	7th	Lachlan Lee	53.05
4th	David Peterson	42.08	8th	John Lee	53.13
9th	Catherine O'Kane	62.49	10th	Carmel Climpson	65.37

CORRECTIONS AND ADDITIONS

The bits which didn't make the bits on the Strider computer...

There is no doubt that the keeping of the Strider records is one of the most important official functions of the Club. It is not for nothing that we pound the pavement in search of the elusive Personal Best and just about the only public recognition the average Strider receives, is to see the magic time set in 12pt Palatino appear in a copy of the 'Blister'.

In addition, the Editor (to use the term in the widest possible sense) receives regular correspondence pointing out errors and reporting results of individual performances. The tone of these letters range from pride to plaintive anguish about the remorseless way in which the Editor, the Computer Manager, the President, and the Editorial Assistants (amongst others) savage the accuracy of the Club records.

This page has been inaugurated in order to provide an outlet for the recording of results which trickle in and also for the noting of corrections for posterity.

Readers can assume congratulations and apologies where appropriate.

Derek White	City to Surf (1984)	58.12	Missing from records.
David Sill	Hamilton Marathon N.Z.	2.52.54	Correction.
David Sill	'Lighthouse Ten' W'gong (P.B. - 3rd male 40 - 49yrs)	35.05	For the records.
Karin Housmans	Nike Canberra Marathon '89	3.25.34	Error in March ladder.
Carl Barker	Kempsey Marathon '90 (1st male)	2.32.33	For the records.
Margaret Robinson	Kempsey Marathon '90 (3rd female)	3.23.53	For the records.
Steve Nordish	Kempsey Marathon '90	3.28.??	For the records.
Peter Keeble	Hawaiian Iron Man Tri 6th October.	14.10.00	For the records.

MARATHON LADDER CONTINUED FROM PAGE 59....

MARGARET PILLEMER	F	V	V	4.05.00	MELBOURNE	1089	
JIM DONOVAN		V	P	4.06.57	CANBERRA	0483	
LESLEY MAHER		F	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

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		O	O	2.28.19	BATHURST	0789 2.22.54 OTSU JAPAN
CARL BARKER		O	O	2.30.51	CITIES	0889 2.31.55 CITIES 88
DAVID WINCH		P	O	2.30.59	CITIES	0888
JOHN SAUER		P	O	2.36.11	ANZAC	0489
BILL FLANAGAN		P	O	2.36.47	CANBERRA	0482
MARTIN THOMPSON		V	V	2.37.23	TRARALGON	0688 2.28.07 POLTECH/UK
DON PRICE		V	V	2.37.31	ANZAC	0488
BRUCE INGLIS		P	P	2.38.11	NEWCASTLE	0788
JEFF GISSING		O	O	2.38.17	ANZAC	0488
RON FEENEY		O	O	2.38.32	LONDON	0485
WAYNE STANTON		P	O	2.38.51	AUSTRALIAN	0686
EVAN MILLAR		P	P	2.39.34	CANBERRA	0488
ANTHONY SCOTT		O	O	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
WARWICK 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

MARATHON LADDER CONTINUED:

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	
JONATHAN MARSDEN		P	O	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	O	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	O	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	

MARATHON LADDER CONTINUED:

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

MARATHON LADDER CONTINUED:

GREG PROWSE	V	P	3.26.15	AUSTRALIAN	0685	
GEOFF COX	O	O	3.27.26	HARBORD DIGS.	0481	
LYNN DY 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	1	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 FV		V	3.41.46	ANZAC	0489	
OWEN DENMEADE	M	V	3.42.51	AUSTRALIAN	0684	3.36.00 ...SYDNEY... '83
EDWINA MACARTHUR FP		P	3.44.47	CANBERRA	0486	
STEPHEN BURKE	O	O	3.45.00	HONOLULU	1288	2.54.08 CANBERRA '87
OLEG SZLICHTA	P	P	3.46.15	AUSTRALIAN	0684	
STEPHEN WINNER	O	O	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	ANZAC0487	
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

< CONTINUED PAGE 55

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 Fullers Bridge Entrance	South of River. Fullers Bridge 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, across Harbour Alfred St. North, North Sydney	To Mosman Bay or 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	Tues & Fri 6 pm	Entrance to Mosman Oval, Myahgah Rd, Mosman	Around oval (375 metres, grass)