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ISSUE 44
JANUARY/MARCH 1991

REGISTERED BY
AUSTRALIA POST
PUBLICATION
NBQ 5422

Club Magazine of
SYDNEY STRIDERS ROAD RUNNERS CLUB
P.O. BOX N119, GROSVENOR STREET
SYDNEY NSW 2000.

CIRCULATION 350.

CONTRIBUTIONS ARE WELCOME FROM ALL MEMBERS.

Copy requirements:

Clean originals only, Courier, Elite or similar fonts, from typewriter or any printer except dot-matrix or DP line printer. Apple or PC DOS diskettes accepted with copy generated on most popular WP software, diskettes will be returned. Writers should note that a 'Blister' page contains approximately 600 words.

ADVERTISING RATES: \$30 PER FULL PAGE, \$100 PER ANNUM (4 pages).

Published by The Sydney Striders Road Runners Club.

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COMMITTEE OF THE SYDNEY STRIDERS 1990 - 1991.

Elected at the Annual General Meeting, March 1990.

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816 2017

VICE-PRESIDENT
Ian Whitfield
816 5864

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Jon Marsden
428 2001

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Edwina Macarthur
427 6040

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Dave Barwick 955 7494

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Ian Macarthur 427 6040.

PRESIDENT'S REPORT

This is my final President's Report and an appropriate time to look at what was, what is, and what will be for the Sydney Striders Road Running Club. One strength of our club has been our willingness to change with the times. Our membership has increased substantially in recent times despite a decline in the numbers of people running and a great decline in the numbers of events for runners to compete in. We can always do better, but we should recognise that a lot of members are doing many things very well. Running was at its peak about seven years ago.

In those days:

- Probably over 60% of members ran a marathon each year.
- Many members ran more than three marathons a year.
- Many members used half marathons as stepping stones to their first marathon.
- Sponsors were willing to put money into running events. Usually it was really a donation from a prosperous and generous company manager who knew a Strider.
- Many hours of Striders business was carried out "at work".
- Company computers, printers and photostat machines were utilized a great deal.
- Striders officials had a reasonable amount of spare time to get thing done for the club.
- We didn't carry club insurance.
- Nobody had a job that could become obsolete.
- There always seemed to be enough money to go around.
- In short, there didn't appear to be any dark clouds on the horizon.

The situation now is:

- Less than 30% of our members ran a marathon last year.
- I doubt that anyone ran more than three marathons.
- Shorter distances are more popular than they were.
- The Six Foot Track Race attracts more Striders.
- Less Striders intend to run a Marathon, or any more marathons.
- Companies don't have spare funds to donate and more jobs can go.
- Club officials are more restricted in company time.
- The office equipment is not as available as it used to be.
- Most jobs are more demanding than they were years ago.
- Where the hell did those dark clouds come from?

What will be the future?

I can only surmise. Running in general will become a "user pays" sport as company donations will not be there. What we receive is what we will pay for. A tri-athlete pays about \$35 to go in an event, and a runner expects to pay \$10. Expensive events will be very difficult for running clubs to stage without sponsorship, so hopefully more basic events will appear. Striders have a very sound financial base and a wealth of members experienced in organising running events. Our internal club competition might need to make up the lost ground caused by the main cancelled events from the Sydney running calendar.

As individual officials have less spare time to give to the club, we need to look at spreading the work load. If each member, at present not committed to any role, helped out just once a year it would make a massive difference.

I might be biased, but I believe Sydney Striders to be a great club. In five years time, it will be even greater because distance runners thrive on challenges. Not all those challenges are on the road.

Over the years I have enjoyed the company of runners, most of them Striders. To them, thanks, it's been great.

I would especially like to thank the following:

Carol Luddington, who handed me the reins five years ago, after making many of use aware how important it was to make new people feel welcome in our midst.

Steve Cornelius, for guiding me through the first couple of years as President.

Edwina MacArthur, for supplying us with an expertise that has been invaluable over the years.

Tina Campbell, a great (little) work-horse to whom I owe a great deal.

Wendy Downes, who started on the committee when I became President, and I would not have stayed this long without her help and support.

We have been fortunate to have very good committee people and STAR hosts over the years. Thank you. As Jack Gibson would say, you have "done good".

Finally, thanks for the plaque that was presented to me on the Awards Night. For those of you who were not there, Paul Russell had two and a half pages of notes putting shit on me. That was revenge for the odd crack I have made at members in the past. He then had half a page of "good stuff" that I have to my credit.

Why do I feel that I'm behind on points?

Nobby

PRESIDENT

SYDNEY STRIDERS ANNUAL AWARDS

Annual Dinner 8th March 1990.

Category A - Commemorative Awards

For those who received Perpetual Trophies for 1989

1.	Best Male Debut Marathon	James McDonnell
2.	Best Female Debut Marathon	Joanne Cowan
3.	Most Improved Sub-3 Marathon	James McDonnell
4.*	Most Improved Sub-4 Marathon	Rod Garrick
5.	Fastest Female Marathoner	Linda Thompson
6.	Fastest Female Marathoner Vet	Dale Thompson
7.	Fastest Male Marathoner	Phil Garvin
8.	10k Handicap Series Champion	Phil Garvin
9.	Presidents Ultra Trophy	Graham Firkin
10.	Outstanding Achievement Award	Graham Firkin

Category B - Debut Marathoners & Improvers

Explanation of club policy on awards:

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

Best Male Debut Marathon	Ron Daley	3.28.46 Anzac Day
	2nd Geoff Taylor	3.39.39 Canberra
	3rd Alan White	3.41.00
Most Improved Sub-3 Marathon	David Toogood	3.10.47 Melbourne 89
		2.51.21 Gold Coast 90
		(10.2%)
	2nd Joanne Cowan	3.04.35 Anzac 89
		2.52.44 Anzac 90
		(6.4%)
	3rd Bret Nichols	3.05.30 Aust 83
		2.56.14 Anzac 90
		(5.0%)

Most Improved Sub-4 Marathon

Margaret Robinson	3.41.46 Anzac 89 3.23.53 Kempsey 90 (8.0%)
2nd Gary Leahy	3.20.48 Anzac 88 3.09.55 Cities 90 (5.4%)
3rd Peter Zaunmayr	3.48.00 Anzac 90 3.38.05 Honolulu 90 (4.3%)

Category C - Marathoners

Explanation of club policy on awards:

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

Fastest Female Marathoner	Joanne Cowan*	2.52.44 Anzac
	2nd Tina Campbell	3.06.01 Adelaide
	3rd Margaret Robinson	3.23.53 Kempsey

Marathon achievements*: 1st female - Anzac Day, a 21 minute PB to become State Marathon Champ.
4th female - New Caledonia, 2.55 - 1st in age group, 10th outright.

Fastest Fem Marathoner (Vet)	Tina Campbell	3.06.01 Adelaide
	2nd Margaret Robinson	3.23.53 Kempsey
	3rd Mavis Garrick	3.52.57 Bathurst

Fastest Male Marathoner	Phil Garvin	2.29.26 ACT
	2nd Carl Barker	2.32.33 Kempsey
	3rd Geoff Large	2.37.41 Snowy R.

- 5th consecutive victory in this category for Phil Garvin.

Fastest Male Marathoner(Vet)	Phil Garvin	2.29.26 ACT
	2nd Warwick Selby	2.41.19 Anzac
	3rd David Sill	2.55.28 Gold C'st.

- As Phil received major Marathon award this award goes to 2nd place.

Fastest Male Marathoner(Mast)	Alf Field	2.57.43 Sth Mlb
	2nd Rod Garrick	3.32.00 Bathurst
	3rd Alan Tonge	5.33.54 Adelaide

- Alf just made this trophy - by 1 month (turned 50 in October), breaking 3 hrs for the first time.

Fastest Male Marathoner(Sen)	Ron Daley	3.28.46 Anzac
	2nd Derek White	3.46.53 Cities

- Derek has been the only contender for this trophy since 1985 and even though he bettered last year's time by over 4 mins it was not enough to take out the trophy again this year against "young newcomer" Ron Daley.

Category D - Ultra Marathoners

Carl Barker

First Adelaide 50k track race, breaking the Australian record by 8 minutes,
in a time of 5h 27m 24s

Category E - Triatheletes

Peter Keeble

1990 Forster Nutri Metics Ironman Australian Triathlon Championships
12h 01m.56s (record 50-55 yrs - old record 13.48.00)

Finisher 1990 Bud Lite Ironman Triathlon World Championship - Hawaii.
14h 10m 37.4s

Category F - Half-Marathoners

Fastest Female Half-Marathoner	Joanne Cowan	1.20.32 Striders
	2nd Tina Campbell	1.30.53 Striders
	3rd Marlies Laaper	1.27.45 Bathurst (1st lady).

- Both Joanne and Tina won awards in the Marathon category so this award goes to 3rd placegetter Sarah.

Fastest Fem Half-Marathoner (Vet)	Tina Campbell	1.30.53 Striders
	2nd Sarah Entwistle	1.31.47 Sth Cross
	3rd Keryn Large	1.38.34 Bathurst

- Same applies as above.

Fastest Male Half-Marathoner	Geoff Large	1.10.38 Striders
	2nd John Sauer	1.10.54 Lane Cve
	3rd Phil Garvin	1.11.40 ACT

Fastest Male Half-Marathoner(Vet)	Phil Garvin	1.11.40 ACT
	2nd Warwick Selby	1.17.59 Strd.H/c
	3rd James McDonnell	1.19.11 Striders

Fastest Male Half-Marathoner(Mast)	Ray Doran	1.15.40 Striders
	2nd Bruce Murray	1.34.30 Striders
	3rd Richard Baaman	1.42.29 Striders

Fastest Male Half-Marathoner(Sen)	Ron Daley	1.38.00 Strid.Hcp
	2nd Derek White	1.40.44 SMC
	3rd John Plummer	1.49.00 Striders

- Ron won a major marathon award so this award goes to 2nd placegetter.

Category G - 10k Handicap Time Trials

MIDDLE HARBOUR YACHT CLUB AWARD

10k Champion	Bret Nichols
Outright Winner, Male	Mathew Kaley
Outright Winner, Female	Lynndy Bennett

"SOME RUNNERS DON'T TALK TO ME AT STaRS ANYMORE".

The Editor, with help from an anonymous source.

The standing down of President Nobby (some Striders would say that he had never stood up, or at least that's the general impression of our small but perfectly formed Pres.) does present several unique problems and, not least, what can be said that has not been said before?

Luckily, some fascinating data has fallen into the editor's hands, possibly from the same source as the Westpac letters (there *must* be some litigation going on against Nobby somewhere, surely). This data included gripping information such as:

"... Nobby started writing in the Blister in 1984 (Blister #20 according to the anonymous pedant) under 'Thoughts of Nobby Young', of which he wrote five..."

(Thank God I joined the Striders late in life).

Well, our Pres got right down to it, in the fifth line of his first article in Blister #20:

".... I could be to the Blister what Phillip Adams is to The Bulletin..."

Phillip baby didn't last long at the 'Bully' after about that time either, I seem to recall.

There is another thing about Nobby's first article.

Thirteen Striders get a mention in the single page (that was the first and last of the short 'Thoughts...'). Was this the first shot in the 'Elect a Short President Campaign'? Did Steve Cornelius recognise the threat at the time? Was Steve over confident? Why did it take two further years for Nob to make the grade? Did Literature Director Flanagan realise what he was unleashing when he accepted the first 'Thoughts....'? Why was the Vice-Presidency vacant at the time of Nobby's first article, did the incumbent accept the inevitable and flee?

And a further thing.

Of the thirteen, only four still run with the Striders. A couple show twice a year and another came back after a very long absence (Safe from Nobby now, I bet he thought; I wonder what sort of shock he felt when he realised...?). The others have vanished. Gone. Probably joined another club. Is there a connection I wonder to myself.

By issue #22 he's done it!

There it is, inside the front cover; "VICE-PRESIDENT Nobby Young". In two issues, no less! I bet Steve was starting to squirm by this. (I also bet Danny Quayle took secret lessons from Nobby, it's the *only* possible explanation for *his* rise).

That issue was remarkable for the fact that it contained photos of people. No other Blister before or after is quite so rich in such priceless records. You have to see them in retrospect to get the full drift of what they imply.

There's this amazing photo of a pre-lined Alex smiling out from the bottom right corner of page 27. (Just goes to show what success and tris can do to the most youthful countenance - when

was it taken? Despatch Department of Jackos?).

Moving right along.

Billy Flanagan taken when he was caught unawares, probably in one of those photo-booths at Wynyard Station - judging from the look of his collar and tie, he was practicing for his buck's night (Before Billy, no one in history had ever turned up at a 10k series the morning after - or of - his buck's night).

Graham Butler in his Beetles haircut period. He looked mean then, but not as mean as now, with short hair - (I have always imagined that Gra secretly runs in a pair of bovver boots with steel toe caps when no Striders are around).

Brian Tailford. Looks calm and relaxed, with hair. The next 22 Blisters changed that.

Then, on page 34: God, look at the cunning and desperation in those eyes. Aggressive, thrusting chin. Mouth slightly open in anticipation of yet another barbed and hurtful riposte. The sort of look that a postie gets as he savours the thought of the last pension cheque he managed to shred. You can sense the verbal violence just waiting to explode. Underneath, in a really aggressive typeface, you know, all jagged and pregnant with malice: "NOBBY YOUNG".

Over to page 43.

'The thoughts of (small type) NOBBY YOUNG' (**huge type**). In the very first line:

"Some runners don't talk to me at STaRS any more.....".

This 'Thoughts...' really does go on a bit. For three pages in fact. That's not overwriting by Strider standards, just by Nobby's standards.

But he's cunning you know (it's in the eyes, as I mentioned), the article is double-spaced. And it has huge indents. And enormous para breaks. Reduced by these factors, the article would take up half a page. Edited to even Blister standards, it would fit on a STaR Mars Bar wrapper in 24 point type. One side only. If Bryce Courtenay got to it, he would reduce it to the size of the first line in his next book. Something like:

'Some runners don't talk to me'.

There was some other pedantry which came my way, things like:

"Nobby has taken 128* unsolicited 'pot-shots' at 50 different people in 22 Blister articles":

Himself	11
Steve Cornelius	10
Bernie King	9 (is that all?)
Alex Hamill	7
Terry McIver	7
Miscellaneous	84

*(Batting average of 5.818 'shots' per issue).

(Smart boy, Nobby, he knew when not to put Terry at the top of the list. Horrible things can happen when you slag people who come from where Terry comes from).

Well, the more you get into this subject the more there seems to be discovered. I think that the best route from now on, is for the Striders to set up a poison-pen committee, so that during his retirement Nobby has something to read when Margaret puts him in his rocking chair in the sun each morning.

See elsewhere for some other trivia concerning Nobby's achievements while he was member and President of The Striders. Don't be fooled. Anyone could do what he has done. If they had the time, the ability, the inclination and those eyes. He might have run a good PB once. So has Phil Garvin. He might have run to Wollongong and held a Club record. What about Graham Firkin. It goes on and on. President? There have been others, not many, but others. Longest serving? Well, as the saying goes, 'the voters get the leader they deserve.....'. On ya, Nobby!



NOBBY LACKS A SENSE OF DIRECTION

Some reminiscences by Bruce Murray

In early days with Striders Nobby liked to play practical jokes, such as pulling down other runners shorts out on the run, but stopped this after receiving a cut near the eye after bumping my elbow during one of his attempts, during the Wahroonga Wobble. I have never seen him look so embarrassed.

Nobby lacks a sense of direction (unbelievable for a postman) when on STaRS. Even last year during the Berowra STaR, when a group I was with took a wrong turn and (after soon realising this) was returning to the course when Nobby speared past with Tina Campbell in tow, going the wrong way. I am still wondering where they got to, they finished the STaR long after our group.

This lack of direction out on the run contrasts sharply with the direction Nobby has given the Club during his Presidency. He has a had a great deal to do with:

Broadening the Club's appeal to a wider cross-section of runners.

The growth of the 10k series and the development of these races as open events.

The introduction of the 15k option on STaRS.

The growth in interest within the Club in ultra-marathon activities and the staging by the Club of its own 24-hour track race.

The introduction of a provision for walkers at 10k races and STaRS.

Nobby has also been responsible for other innovations which have benefitted the Striders:

The introduction of the massive notice board.

The recording of members by photographs and their display on the board, thus helping Striders to identify other members.

The purchase of soft drinks direct from the suppliers at a substantial saving to the Club.

Personally Nobby has achieved much:

He has been honoured as Strider of the year.

Race Director of the Sussan 10k.

He has officiated on the Westfield Sydney-Melbourne ultra run.

He has topped the 200k mark in the Striders 24-Hour Race (204k in 1990).

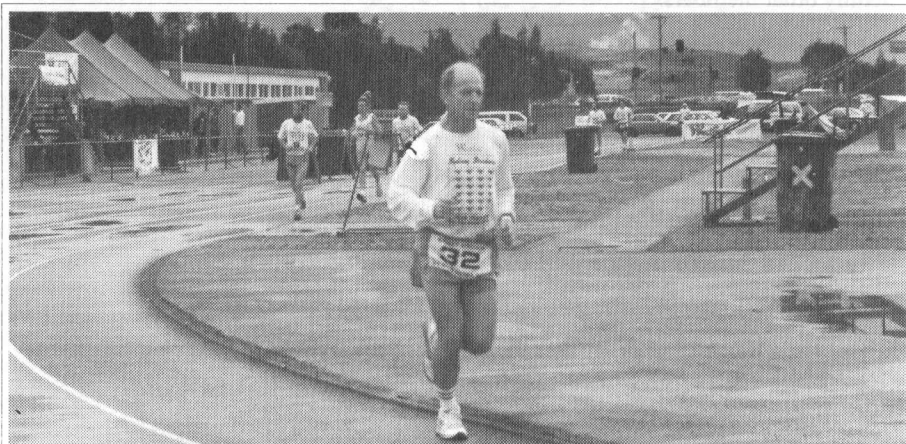
He held the Wollongong-Sydney Strider record for three years (7.00.50).

He has been a trail blazer for Striders with the Six Foot Track Marathon over the years.

NOTES ON NOBBY.

(OR, ITS ENOUGH TO MAKE YOU TIRED TO READ ABOUT IT).

- Started running in 1982, training for the City to Surf, then progressed to longer distances and joined the Striders in March 1983.
- Became Vice-President in 1984 as a stand-in when Alistair Mackie resigned, under the Presidency of Steve Cornelius.
- Elected President in 1986.
- On the founding 24-hour Race Committee in 1986, and was Race Referee in 1986, 87, 88. Competed in 24 hour Race in 1989 and 1990, when he broke Graham Firkin's record of 201k to achieve 204k and is current holder of Strider record for this race.
- Race Director of Sussan 10k in 1988 and 1989.
- Ran first marathon in 1983 (NSW State) in 3.27.56 and achieved 3.10.41 in the Australian in the same year. Achieved a PB of 2.56.33 in the NSW State Marathon in May 1984.
- Competed in the Sydney-Wollongong Ultra Marathon in 1984 and the Wollongong-Sydney in 1985, when he recorded 7.00.50, a club record held for three years.
- Winner of Outstanding Achievement Award in 1985.
- Winner of the President's Award for Ultra's in 1984 and 1985.
- Race official in the Westfield Sydney-Melbourne in 1986, 87, 88.
- Involved in organisation of Sydney-Griffith relay race for charity and, in 1984, ran for 24 hours to raise funds for the Gladesville Public School.
- Served a record five years as President of the Sydney Striders, 1986 - 1991.



Nobby Young on his way to a Strider record of 204k in the 1990 Strider 24 Hour Race.

MESSAGE IS THE MESSAGE

Connie McNamee

Massage is a simple non-intrusive therapy which restores, rehabilitates and revitalises your body and mind. There are many different kinds of massage therapy. They all involve systematically working the muscles and other soft tissues of the body to optimise the functioning of the various bodily systems. Massage therapy eases the pain and discomfort of injuries, strains, accidents and illness to allow the body's natural healing processes to work most effectively. It enhances your vitality and sense of well-being. Massage can be a regular part of your health care plan. You can work with a massage therapist to either overcome or prevent injury and illness. Massage keeps your muscles and soft tissues well-toned, improves your posture and re-balances your mind and body.

Why does an athlete need Massage?

Exercise is good for us. We all know this is true. Exercise provides healthy stress by elevating the heart rate, increasing blood-flow to the skin, injecting tissues with oxygen, increasing the size and efficiency of the heart and lungs and releasing a variety of chemicals in the brain that makes us feel better than before exertion. Now the bad news: Exercise stresses and strains the muscle tissues. It also can injure the tendons and ligaments which are frequently stretched beyond their normal bounds by the athlete's enthusiasm or the demands of the sport. Exercise also tears the fibres, stretches the fascia (the clear tough covering of the muscle) and accounts for blood and fluid build-up which leaves the exercised muscle stiff and sore.

So what does Massage do?

Massage reaches these exercised damaged muscles. Done properly, the deep and educated probing stimulates circulation, increases lymphatic flow, breaks up fibrosis that binds one muscle fibre to another, relaxes muscle spasm and relieves pain. All without drugs. All without expensive medical equipment. All with just oil and properly used hands.

Why does Massage Work?

Research has shown that massage increases both muscle blood flow and venous return. We can therefore expect that with an increased blood flow to a tired muscle comes an increased interchange of wastes and nutrients between the circulatory system and the muscle tissue. Improved circulation removes waste products of exercise at a faster rate. Lactic acid, an exercise pollutant that builds up in the muscles when there is lack of oxygen, is quickly pushed out of the muscles by oxygenated blood. This rapid removal of waste products and the oxygenation of tissue allow the athlete to overcome fatigue and injury. This will also have the effect of accelerating the body's natural healing and recovery processes and help prepare the athlete for future exercise. Other soft tissues like tendons and ligaments have poor blood supply and will greatly benefit from a well administered massage.

It isn't blood circulation alone that contributes to the maintenance of muscle. Lymph is a very important fluid in the lubrication and "cleaning" of our muscles. Thick and colourless, it is like

the motor oil of the human body. This process is made more effective by the deep stroking and kneading of the soft tissues. Not only does it decrease friction between the muscles, it aids in the removal of lactic acid, that painful by-product of exertion that causes muscles to sting. Lymph also helps to remove other harmful chemical by-products of exertion from your muscles via the blood stream, where they are eventually filtered through the kidneys and then excreted. The only thing that stimulates lymphatic flow better than massage is exercise. But the problem with exercise is that it creates waste products that need to be floated away by lymph.

With vigorous exercise comes shortening and tightening of the muscles. Massage has the ability to assist in returning these tired muscles to their optimum length. Again, seen as part of the recovery process, massage used in combination with a carefully structured program, can assist in preparing the athlete for further exercise and help in the prevention of many over-use sports injuries.

FOUR AREAS OF ATHLETIC MASSAGE

There are four interrelated roles of massage relevant to the sports enthusiast.

1. Prevention of injury.
2. Preparation.
3. Recovery.
4. Relaxation.

Prevention of injuries

Injury is perhaps the greatest factor preventing an athlete from reaching his/her real potential. A major injury can prevent normal activity or even bring a career to a premature end, while a minor injury can prevent training and performing at full capacity. Regular massage treatments aimed at keeping muscles at their optimum resting length can lower the risk of many soft tissue and associated over-use injuries. The benefits of massage are cumulative. Overtime the condition of the athlete's tissues will continue to improve and this improvement can be maintained with progressively fewer treatments. Anyone with any of the following can probably benefit from the "painful pleasure" of preventive athletic massage:

(a) Recurring injury: Is there an Achilles tendon that always hurts after a run? How about tennis elbow? Massage may loosen up some severely tightened muscles that are creating tendon irritation.

(b) Chronic stiffness: Do certain muscles feel as though they are bound by bandages? Preventive massage may remove some of the muscle tension or oedema (fluid build-up or swelling) that causes this feeling of tightness.

(c) Sore spots: Perhaps lactic-acid build-up has caused muscle tension that won't go away. Preventive massage can take the pressure of tears in the muscle fibres and get rid of that lactic-acid marinade, both of which cause soreness.

(d) Chronic pain: Preventive massage can soften the scar tissue that irritates surrounding tissue to cause painful muscle spasms.

Preparation

Massage offers both physiological and psychological benefits when administered immediately before competition. Psychologically it can create a more positive mood, reducing tension and mental fatigue and providing a renewed sense of vigour. Its physical effects can also be very significant. Pre-event massage can reduce the pain associated with injury and create greater joint mobility and muscle flexibility. It is important that an athlete should not be too relaxed before an event, therefore stimulatory, vibratory and frictional techniques should be used in addition to stretching. Massage should be used as an adjunct to the normal warm-up process, rather than a substitute for it. The real physiological power of massage comes from the rapid and fresh fluid exchange that it causes and its ability to realign muscles that are shortened from use or in a state of spasm from over-use.

Recovery

Massage increases the effectiveness of circulation and especially the muscle blood flow. One scientific study showed that 10 minutes of deep stroking and kneading of a calf doubled the blood-flow to that area for more than 40 minutes. Ten minutes of exercise on the other hand increased (not doubled) the blood-flow for only 10 minutes.

Of course exercise pumps considerable blood and oxygen to the muscles but it also increases the amount of waste that needs to be removed. All this is a vicious circle that leads to muscle soreness. Massage breaks that circle, flushing the tissues with oxygen filled blood thus accelerating the body's natural healing and recovery process. From vigorous exercise comes a reflex shortening of the muscles. This is when pulls and tears can happen. Massage can assist with the elongation of these muscles, in addition to stretching and low level exercise. A good stretching routine will pull some of the knots out, but it can't match the powers of massage for spreading and soothing the fatigued strands of muscles.

Relaxation

Exercise is stress. It is healthy stress in that it relieves the tensions that build up in day to day living, but it is still stress. And too much stress from exercise creates reactions similar to those caused by job stress. This is commonly known as "overload syndrome" or simply overtraining. Of course a finely tuned athlete takes longer to become fatigued. Although massage can't eliminate fatigue entirely, it greatly reduces the chances of "running out of steam". Massage won't make the athlete stronger but it will improve the condition of his/her muscles so they can work to their full potential.

An athlete should seek relaxation massage during intensive training, competition, long travel or where there has been some disruption to normal sleeping patterns. These conditions add considerably to normal stress and lead to substandard performances. The techniques used are very soothing and generally cover larger areas of the body in a rhythmical fashion, often concentrating on the muscles of the neck, shoulders and back, those most susceptible to tension from stress and anxiety. A single treatment is generally sufficient to produce the desired results.

RUNNING MASSAGE PROGRAM

Because running is the act of pushing the body forward the muscles that are mostly used are those in the back of the legs, particularly the calves. The front of the legs and the lower back are also used a lot. Although they receive none of the pounding that the legs and back do, the shoulders may also need massage to relieve the effects of arm swinging, and the neck may also become tense, depending upon an individual's running style.

Reflexology, which is the massage of the feet is extremely effective in stimulating the internal organs and body systems, thus energizing the entire body. One feels a sense of lightness and "springiness" in the feet while running following this treatment.

MASSAGE SCHEDULE: For a person who runs at least 5 times a week, I recommend full massage of the legs 3 times per week, 15 minutes per leg. Also the feet, back and shoulders need massage at least once a week. For a person who runs less than five times a week, two full leg massages should suffice, but back and shoulders should be massaged once a week. A full body massage takes about 75 minutes.

People respond differently to deep massage. Some will come out of a session lethargic and some invigorated, while others will feel little immediate change at all. But as the condition of the soft tissues steadily improves over the next 24 hours they will experience a greater sense of well-being.

You can use massage to help in the healing of many injuries and illnesses or simply as a very effective part of staying fit and healthy and enjoying life more fully.



Connie McNamee
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Telephone (02) 869 2814

RUNNING OUT OF TIME AT FIFTY

Alf Field

Saturday, 24th November 1990. As the 2.00pm Australian Airlines flight to Melbourne soared gracefully out of Sydney's Kingsford-Smith Airport, I gazed out of the window at the creamy breakers rolling in across the translucent blue waters of Cronulla Beach and pondered why I was making this journey to run my 6th marathon of the year.

It probably had something to do with my recent 50th birthday. In fact, I know it had a hell of a lot to do with my 50th birthday. This is the age when one starts to become conscious of one's mortality. It is not so much the number 50 which is the problem, it's all those other little things that point to fast fading vitality.

Like opening the refrigerator door and wondering what it was that you wanted to take out. Or worse still, not being sure whether you wanted to take something out or put something in. Like looking at a pretty young air hostess and your first thought is, "Gee, she looks like my daughter!"

It's the age when your kids give you books for Christmas filled with cartoons. It sort of hits you in the guts because for the last year you have been sneaking your spectacles into restaurants so that you can read the menu. And, dammit, only four years ago you could read the telephone directory without glasses!

I was very aware of this not so gradual bodily disintegration. I knew that I was running out of time. "For what?" you might well ask.

After running 29 marathons and never breaking the three hour barrier, I still had the temerity to think that age didn't matter, and that I could run a marathon in less than three hours.

So at 6.30am on Sunday, 25th November 1990, I fronted up for the starters gun in the South Melbourne marathon. Was this going to be IT or simply the 30th failure to break three hours?

I had a new strategy for this race. I mean, you DO learn something after running 29 marathons and I had finally uncovered the TWO PROFOUND TRUTHS OF MARATHON RUNNING. I will now share these truths with you, totally free, gratis, without charge:

1. Something will ALWAYS go wrong in a marathon, and
2. It's NEVER ONLY ONE thing that goes wrong.

After banging my head against the wall on 29 occasions I had finally learnt that you HAVE TO EXPECT THAT THINGS WILL GO WRONG. You have to plan for it, and allow for it in assessing what you can or want to do.

So if you want to run 3:15, you've got to plan to run 3:10. When things go wrong and you miss 3:10 but run 3:14, well you're ecstatic.

Now you can see my new strategy. I had to try to run it in 2:55 so that when things went wrong and some "slippage" occurred, resulting in 2:59, well WOWEE!

This was something I could NOT, REPEAT NOT, confide to the guys in the 6:10 group on the

regular Sunday training runs. You've got to understand that these guys are pretty basic, sort of feet on the ground (in a manner of speaking) type of people. They would KNOW that I had finally flipped my lid. How could someone who had never broken three hours in 29 starts now talk about doing it in 2:55? As well as being over fifty and all that.

I think you see the problem. No talkies. Silence is golden, etc. Just get out there and do 2:55 and then enjoy the look on their faces.

But where were these guys when it was time to be counted. Not one of my Sydney Striders Club mates was in the line-up at Melbourne's Albert Park. "Too late in the season", "Who wants to go eight times around a five kilometre track?", "Can't afford it". More excuses than a porcupine has quills. Bunch of lazy bums.

Even my dear wife Rosanne, had drawn the line and refused to go to Melbourne with me. I suppose you can't really blame her. After picking up the pieces and listening to all the excuses on 29 prior occasions, she was having her own form of 'hitting the wall'.

But I digress. There I was feeling lonely waiting for the starter's gun and muttering obscenities to myself. Why obscenities? Because the damn race hadn't even started and the first thing had already gone wrong. There was a nasty 15 knot wind blowing out of the north-west resulting in 2k on the eastern side of the 5k track around Albert Park Lake being into the wind, thanks to the organisers decreeing the race be run in an anti-clockwise direction.

Multiply that 2k by the eight circuits we would have to negotiate and you have 16k running into a stiff headwind whipping off the lake. Not very nice. Not very nice at all. Could easily add two or three minutes to my time.

No doubt the smart Alecs are thinking "What about the tail wind on the other side of the circuit?". No such luck. That area is heavily wooded and built up, shielding the runners from the tail wind.

Well you can't just opt out because the conditions aren't favourable, especially after making the trip from Sydney and getting up at 5.00am. You've got to give it your best shot and I still wanted to try to run 2:55.

Splits? Simple. I was going to run at four minutes per kilometre pace for 30k, taking 2 hours exactly, then try to run at 4 mins 30 secs per kilometre for the next 12k (ie 54 minutes), tack on a minute for the last 200 metres and bingo, 2:55. Easy if you say it quickly, but a big ask if, like me, you've never covered 30k in two hours before.

Nice thing about four minutes per kilometre is that it's exactly 20 minutes per 5k. First 5k - 19.34 - too fast; second in 20.04 - just right. Third 5k in 20.44 - too slow, must speed up. Fourth 5k in 20.28, but something's gone wrong. Tear in right calf muscle, probably from running on left hand camber. Must try to run more in centre of road, but that's the longest route.

Half-way in 85:23, just a little off the four minute per kilometre pace I wanted. Right calf still painful but can keep running.

Just ignore the pain.

Approaching 30k but time has already run out to achieve two hours exactly. Eventually pass through 30k in 2:02:53, nearly 3 minutes off target. Still possible to do 2:55 if I can run 4:20 pace per kilometre.

At 32k something goes in lower right leg, between calf and ankle. More painful than the torn calf, but lower right leg racked with pain every step. Can keep running if I ignore the pain, but 2:55 looking unrealistic. Things (plural) DO go wrong in marathons.

At 37k right thigh cramps. Please God, not now, not this time. Cramp eases, continue at slower pace. Another cramp at 39k but continue running. Somehow pass through 40k in about 2:47. Final 2.2k is into the wind which seems even stronger - feels like pushing against an All Black Ruby scrum.

Try to keep the pace steady and void cramps. Pain in lower right leg getting worse. Wonder what damage I am doing. Incredibly I'm still passing runners - or am I lapping them? "You've got it made", yells a fellow runner as I pass him "just one kilometre to go".

Last corner and I can see the finish line. Finally I can read the digital clock at the finish. Got to hurry. Lengthen stride. Bad mistake as left calf cramps up. Not stopping now. Got to keep going.

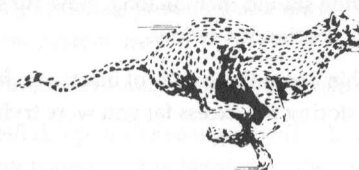
Like a sailor with a peg leg, I hobble towards the line, left calf cramped solid and right leg feeling as if it is being attacked by a school of piranhas. Eyes glued to the clock as the seconds tick away. Eventually across the line - 2:57:43! WOWEE!!

* * * * *

The euphoria has now subsided. The pain in the legs has disappeared, but that time is on the scoreboard for ever.

I won the medal for coming third in my age group, the first time I have won anything in a marathon. The winner in the over-50 age group did 2:47, beating me by 10 minutes. Quite amazing how many good runners there are out there.

So is it time to retire? Not bloody likely. If it hadn't been for that damn wind and torn muscles I would have done 2:55. Next time everything will go smoothly with no problems, AND I will be targeting 2:50!



BODY TALK: "WE'RE ON THE RIGHT TRACK"

The bad news is that most of us tend to put on weight and gain body fat as we get older. Our energy metabolism decreases so even when our physical activity doesn't, we still seem to be burning fewer calories.

Our "burn" rate actually begins slowing around the age of 25, which means we require fewer calories to maintain our normal weight. However, recent research has shown that endurance athletes can keep their metabolism rate up just as effectively as when they were younger.

According to Liz Applegate, Ph.D., new scientific studies show an exercise routine may be even more beneficial to middle-agers than the young.

We all know that exercising regularly boosts metabolism for younger people. Studies with young adults have proven the rise in basal metabolism (the rate at which your body burns calories daily to support basic functions like breathing and heartbeat) with regular endurance-type activities. However, according to recent research, endurance exercise may boost metabolic rate even further in older people, helping to ward off those extra inches.

Researchers at the University of Vermont compared the metabolic rates of younger and older males who were either endurance-trained runners or sedentary. The active 18-36 year olds ran an average of 75 kilometres per week and had about 8.5 percent body fat, while their sedentary counterparts had 12 percent body fat.

The active 59-76 year olds ran an average of 55 kilometres a week and had approximately 16.5 percent body fat, while their sedentary counterparts sported 24 percent body fat.

As expected, the younger runners had metabolic rates that were 5 percent higher than the sedentary young men. But more significantly, the older runners averaged calorie-burning rates that were 7 percent higher than those of their inactive counterparts. When the researchers took into account the older runners' highest body-fat levels, they found that, despite increased age, metabolic rate was the same in younger and older runners. This suggests that the typical age-related slowdown in metabolic rate was halted by endurance exercise.

From these early studies, it is exciting to realise that the inevitable slowdown may not be inevitable after all and we can actually throw a wrench into the time machine.

Ideally a regular training routine should include long, slow runs, stationary bike training at moderate intensity and/or long, continuous swims.

However, be warned that within about three days of inactivity, fat production goes into high gear and you are likely to start storing the excess fat you were trying so hard to avoid.

CRUISING TO SUCCESS (Adapted from Britain's Running Magazine November 1990)

Leading US running coach and ex Olympic Pentathlete, Jack Daniels, has had one goal for 30 years - to develop a workout that would help runners to achieve the greatest benefit from the least amount of training. He now believes that he has found the answer.

Daniels knew that such a workout would have to be built on equal parts of motivation, injury prevention and training effectiveness to advance fitness and racing potential. In other words, training hard enough to improve but not so hard that you get burned out and injured.

A successful training programme has many parts, from early seasoning conditioning to pre-race sharpening, but according to Daniels the most essential part, which is so productive, mistake-proof and easy to do, is what he calls 'threshold pace' training.

And, as far as he is concerned, one particular type of threshold training, which he has named 'cruise intervals', is the biggest breakthrough in training since the development of classic interval training nearly 50 years ago.

Daniels' theory is based on his own experiences as an Olympic pentathlete in the fifties, his studies in Stockholm with some of the great physiologists of our time, and from the sixties and seventies as an adviser to some of America's top runners. In the seventies and eighties he also worked as a research physiologist for Nike's Athletics West teams, analysing the performance of runners like Joan Samuelson, Alberto Salazar and Ken and Lisa Martin.

And for the past four years, he has coached at the State University of New York with non-scholarship runners, not too different from many of you reading this article. Daniels says their previous accomplishments wouldn't project future greatness, yet they've made incredible progress in very little time.

From all his coaching experiences, Daniels concludes that there are five crucial ingredients to any training programme for distance runners:

1. The programme must be built around basic scientific principles.
2. All runners cannot be treated and trained the same.
3. Positive results are a function of consistency in training.
4. The way a training system is presented and the runner's confidence in it are as important as the system itself.
5. No one has all the answers, and no system is foolproof.

Threshold pace training builds upon all five ingredients. It uses good training principles that can satisfy the needs of any runner. It is tailored to the individual and can be adapted to changes in fitness. It won't cause you to overtrain and it will build your confidence with each workout. And it will produce results whether you're at the back of the pack, in the middle or way up front.

The proper pace

The key to great workouts is knowing how to select the right pace. At very slow speeds, you can run for quite a long time because your body is able to clear lactic acid as quickly as it is produced. As you pick up the pace, however your running muscles begin dumping more lactic acid into your blood and when you run very fast, your body becomes overwhelmed by lactic acid and you must stop.

Daniels uses a car speed limit as an analogy. "Imagine a car speeding along a heavily policed freeway at just under 100kph. At this speed the car can go forever, but if it exceeds 100kph it will be forced to pull over by the police.

Threshold pace is the pace beyond which your blood begins to accumulate lactic acid at an accelerated rate. In the car analogy, threshold pace is 100kph. Luckily, your body is more flexible than the speeding laws. Find a way to raise your lactate threshold, and you can run longer at a faster speed. It's as if the speed limit was suddenly raised to 110kph. This is what happens when you follow my threshold training plan.

Some runners have a good feel for pace, but most of us need help which is why Daniels has created the 'Threshold Pace' chart which lets the runner use a recent 5k or 10k time to find their equivalent threshold pace. Alternatively, add about 10 seconds per kilometre to your current 10k race pace.

Your threshold pace workouts should not be turned into all-out competitive efforts. Some runners do this in an attempt to convince themselves that they're getting better. Instead, work on becoming aware that you're running the same speed with less effort. Threshold pace should feel 'comfortably hard'.

Use the chart to adjust your training intensity as your performance dictates, but don't change threshold pace more than once every three weeks. If you don't have any races to use in monitoring your progress, it's okay to increase your threshold pace four seconds per mile every third week as long as you're feeling strong. If you are using a pulse monitor to check your pulse while running, threshold pace should push your pulse to about 90 percent of maximum.

There are three kinds of threshold pace workouts: Tempo runs, cruise intervals and cruise repetitions.

Tempo running

A tempo run is a steady, controlled run that should last about 20 minutes at threshold pace. A steady intensity of effort is important. Going too fast on a tempo run is no better than going too slow, and neither is as beneficial as running the proper pace. You could perform a longer-than-20 minute tempo run, but 20 minutes has been shown to produce positive results, and it will leave you relatively fresh.

Here's a typical workout: After a two or three kilometre warm-up, run for 20 minutes at your threshold pace, then do a three kilometre warm down. Sounds simple, but beware of the following factors:

- * Never do tempo runs with a partner or group of runners. To do a tempo run correctly, you must complete it at a very specific pace, and it's rare to find a partner or group of runners moving at the same pace as you. Plus, when runners get together, they all too often turn the workout into a race. This destroys the value of the run.

- * Resist the temptation to run each tempo harder than the previous one. This is a trap many runners fall into since a tempo run is hard but controlled and you know you could put a little more effort into the next one and do it faster. But, it won't add to your fitness. When you run faster than threshold pace, you enter into 'no man's training land', somewhere between threshold and interval training pace. This in-between pace serves no real purpose. So, stay cool and keep your tempo runs under control.

- * It's important to run at the right intensity, speed will vary under different conditions. When you encounter wind, hills, even temperature extremes, maintain a steady effort and don't worry too much if your splits vary from mile to mile. Occasionally, it's a good idea to try tempo running on the track because you can measure your intensity exactly.

Tempo running is also a great way to learn how to concentrate on pace which is invaluable for racing.

Cruise intervals

Plenty of scientific evidence, not to mention common sense, explains that you can run longer at a certain pace if you take short rests, than you can by running that pace nonstop, as in tempo running. This type of intermittent run/rest approach also reduces the stress level of training. This concept many years ago gave rise to interval training - probably the world's most popular form of high-level athletic training.

Now the same idea introduces a newer, more effective form of training - cruise intervals. Cruise intervals are basically a type of threshold pace running in which you divide the workout into several segments that are separated by recovery periods. As a result, the lactic acid level in your blood remains quite constant, the same as in a steady tempo run. (Daniels has tested this in his runners and found it to be true even after running 10k of cruise intervals.)

A typical cruise interval session should include a warm-up, the cruise intervals and a warm down. Daniels recommends any distance from one to three kilometres for cruise intervals (three to 10 minutes of hard running per interval). The 30 to 60 second short rest between intervals is essential to the workout.

How many cruise intervals can you do on each hard day? The general rule of thumb is that your cruise intervals should total no more than eight per cent of your total weekly workout. For instance, if you run 50k a week do one 4k session of cruise intervals, and if you run 80k a week, do one 6k session of cruise intervals.

Cruise repetitions

Daniels also uses threshold pace training for a third kind of workout which he calls "cruise repetitions". These are threshold pace runs of 800m, 1200m or 1600m with full recovery after

each, rather than the short rest after cruise intervals. Cruise repetitions are for pre-race quality training. When you do cruise repetitions, you know you did a real workout but you feel better after it than you did before. On these days, stop just after three or four repetitions.

Examples of cruise interval workouts are:

Current 10k time: 40:00
 Current training: 65k
 Cruise interval pace: 4.05/k
 Workout: Warm up, then run 4 x 1k in 4.05 with 60 second recover jogs. Warm down.
 Current 10k time: 34:00
 Current training: 96k
 Cruise interval pace: 3.44k
 Workout: Warm up, then run 5 x 1.5k in 5.16 with 60 second recovery jogs. Warm down.

According to Daniels, threshold pace training has worked for his runners and he's certain it can work for you. If you give it a try for several weeks, I am convinced you'll find more spring in your stride and an increased enthusiasm for training. In running there's little to match the good feeling and great results of 'cruising' through a workout.

STOP PRESS: FORSTER IRONMAN RESULTS.

	SWIM 3.8K	BIKE 180.2K	RUN 42.2K		PLACE O/ALL	AGE PLACE
Alister Mackie (Cat 6) 40-44	1.12	5.22	3.42	10.17.21	99	7
Murray Town (Cat 7) 45-49	1.05	5.44	3.57	10.47.24	174	3
Gary Leahey (Cat 5) 35-39	1.09	5.38	3.59	10.47.24	174	22
John Preston (Cat 5) 35-39	1.07	5.43	4.08	10.59.00	210	29
John Turner (Cat 9) 55-59	1.13	5.57	4.10	11.21.11	258	1
Brian Colwell (Cat 6) 40-44	1.16	6.47	4.23	12.27.40	410	36
Merri Mack* (Cat 8) 50-54	1.37	7.24	3.59	13.01.00	458	2
Graham Firkin (Cat 8) 50-54	1.33	7.04	4.23	13.06.00	463	11
Steve Nordish (Cat 6) 40-44*ex-Strider.	1.08	7.14	5.61	13.29.00	483	44

HIGHLIGHTS

John Turner: First in age, First NSW and Australian Ultra distance triathlon. New Australian records by 40 minutes and a place to the big one in Hawaii next October. Murray Town: Third in age and place to the big one in Hawaii.

BRISBANE REPORT

by Alistair Mackie

I am not sure if the Mackie's going North is a current comparison of that famous pioneering advice "Go west young man" but it certainly felt like it as we negotiated the pieces of bitumen surrounded by holes - commonly referred to in NSW as a highway. What a pleasure it was to cross the Tweed and drive onto a vehicle surface equivalent to a billiard table.

By-passing the coastal playgrounds, which were developed in foresight by Queensland for its southern 'friends' to enjoy the aesthetic pleasures of life in the Sunshine State, we reached that country town of the seventies (Joh's embarrassment of the eighties). Ah, Brisbane, bathed in a setting sun, the colours of which are only seen in the tropics or by photo journalists during the southern winter.

I can appreciate some of the more cynical readers believing we may have changed our spots even to the extent that Queenslanders, specifically Brisbane people, are thought to be a parochial lot. Nonsense I say, no sooner had we moved into our new home (the address which you have courtesy of the last Blister) minus furniture, which arrived 24 hours after us, we had a visit from one neighbour offering us a cup of tea. By her charge of \$2.00 a cup of tea, I gathered that this lady was originally from Melbourne.

Then we met our immediate neighbour with their very new family addition (what joy!!!) who had a lot to say. The Mackies obviously made quite an impression on this family as two weeks after we moved in they put their house on the market and are now in the process of moving out.

Around the same time, I innocently answered the phone to be greeted by Harvey Blue who was in Brisbane for the weekend (how much can the Mackies stand?). It really was good to see you Harvey and enjoy a run together.

As it happened I had been looking for training contacts and had seen an advertisement promoting a 10k fun run at West End on the Sunday starting at 8.00am. Although a late start, Harvey and I decided this would be fine and we arranged to have a warm up run together. I suggested picking Harvey up, confident of finding my way across three suburbs at 6.00am in the morning with my trusty UBD. Having allowed about an hour to go 5k, I did arrive a 'little' early and I am sure Harvey's family in Brisbane enjoyed their early morning call courtesy of their dog taking an instant dislike to me (I know, I know) and waking up the entire block.

We arrived at the venue for the fun run followed by about three cars of runners who thought that we knew where we were going (a navigator, Harvey, you're not). This area of West End is also used by the QMRRC which I think is the "Queensland Marathon and Road Racing Club", so this provided a splendid chance to establish contact with what we would consider an equivalent of Sydney Striders. Seem like a friendly lot and obviously very competitive.

The fun run started at 8.00am by which time it was about 29C and 80% humidity. Ah, Brissie

hot and sticky one day, humid the next - perfect running weather. It was a good, well organised race and was taken out by Steve Austin just ahead of yours truly and Harvey Blue.

We are looking forward to our new lifestyle and environment in Brisbane but we'll always have many wonderful friends in Striders, and an even greater number of wonderful memories.

Dear Editor,

Since you took the trouble to imply (in Blister No.42) that I am something of a smart-arse and a whinge-bag, I suppose that I'd better demonstrate these tendencies to you.

In that issue you wrote that the Great North Walk STaR attracted over 100 starters - "probably an all-time Strider record". It may well be, but were you aware of the following facts:

- * The first STaR to attract over 50 runners was Sam Daher's Tourist Trot in Centennial Park on 16 January 1983.
- * The first time a STaR attendance reached triple figures was on 15 April 1984, again at Sam Daher's Tourist Trot in Centennial Park (150th STaR). Most of them got pretty pie-eyed on champagne that day, too.
- * The lowest-ever STaR attendance was 10, at the 12th STaR, coincidentally in Centennial Park on 26 October 1980.
- * 102 Striders were among the finishers in the Australian Marathon on 10 June 1984, the only time that more than 100 Club members finished a single marathon. (Incidentally, this event was commonly referred to as "the Wang" but not by me, because I thought it sounded a bit sus.)
- * The capital of Bolivia is La Paz.

Well, that should be enough to convince you I'm a smart-arse. Now for the whinge-bag:

How can you call a STaR the "Great North Walk"? By definition, a STaR is a Sunday Training RUN, so how can a run be a walk? It's a contradiction in terms.

In my opinion, the Club has never been the same since all you Johnny-come-latelies took over. We managed to black-ball all the triathletes, but I sometimes wonder if it was worth the effort when I see a fine club like this going to the dogs.

I'd advise you in future to do your homework before publishing rash claims of any sort.

Don't you worry about that, oh my goodness no!

Steve "Megabyte" Cornelius.

**FAREWELL SPEECH TO NOBBY YOUNG ON HIS RETIREMENT
AS PRESIDENT OF THE SYDNEY STRIDERS ROAD RUNNERS CLUB.
ANNUAL AWARDS DINNER, MOORE PARK GOLF CLUB, 8TH MARCH 1991**

Delivered by Strider, Dr Paul Russell.

A few weeks ago I was running with a fellow Strider who had just been on the receiving end of one of Nobby's more pungent bursts of humour and he asked me: "Do you know the one mistake both Nobby's father and Saddam Hussein made? Answer: they both withdrew too late".

When Wendy Downes asked me to do this presentation, I was initially puzzled, we have so many gifted and humorous speakers in the Club I wondered why she had chosen me, a somewhat inarticulate medical practitioner, then she confided that what she really wanted was a diagnosis, "What was Nobby suffering from", we all know he is not normal but he has defied psychological analysis. Our resident psychiatrist prof. Brent Waters has left the club mainly because of his failure to diagnose Nobby, I decided the best way to analysis Nobby was to do a psychological analysis of his presidency comparing the attributes of a good Sydney Strider's president with how he fulfilled these attributes.

First of all our president should be a figurehead. In his early days Nobby was more of a figure bum. He would delight in pulling his shorts down while running on stars and progressed to pulling down other peoples shorts as well. This practise however ceased when he cut his backside while shaving in the shower. In Blister 39 he gives us details of how this occurred. So here we have a first personality flaw, that of anal fixation.

Second attribute I looked at was communication. Nobby again concerned me with his level of communication from early on in his presidency. In his first report, he opened by stating that there was nothing to report, it took him 240 words to report this. By the third president's report it took him 391 words again to tell us there was nothing to report. By the sixth report he quote "was having difficulty in coming up with anything to say" there was 748 words in that report. In the seventh report he mentioned he had installed an answering machine by his bed, I don't know who else has rung Nobby at home, but when I rang, the answering machine started with "Dear Margaret". Anyone who leaves messages to their wives on answering machines by their bed has got problems. Further light was thrown on this particular problem by Nobby's presidential report No. 5 which opened with quote, "Margaret and I were sitting in bed one evening and I thought of Steve Cornelius" end of quote, so here we see another couple of psychological flaws emerging, one an increasing difficulty in communication and an unresolved Oedipus complex. A diagnosis was forming, however it would be

remiss of me not to extol a few of Nobby's other presidential virtues.

Firstly, a good example to his members, I would like to quote from Nobby's 1986 daily training manual as an example of his training. First entry 21.3.86 six foot track marathon, next entry 1.8.86 five km training run, this is from a man who claims to do regular training.

The next attribute that one looks for in a good Strider's President is a motivator, someone who inspires and motivates, in this regard Nobby has mastered the ability of the pot shot. Here are some interesting statistics on pot shots compiled by non other than Steve Cornelius so they are impeccable. In the twenty blisters for which Nobby has been president he took 128 pot shots at 50 different people. Now who did he attempt to stir up the most with these, . . . himself. he took 11 pot shots at himself, 10 to Steve Cornelius, Bernie King copped 9, Alex Hamill copped 7 and Terry McIver also copped 7. In your honour Nobby, Steve Cornelius and Terry McIver went to a Steve Winwood concert tonight so as not to disrupt any accolade that you may receive, in fact none of the above victims are present.

Next, our president needs to be a good thinker. The Thoughts of Nobby Young, there were five of them in six years in Twenty Blisters, this is a good example of the Kiwi brain power, I was at a conference on microsurgery not so long ago in the states and they are working on brain transplants there, in fact they have progressed so far that it is now possible to have a live brain transplant and a flourishing market has actually developed in live brains. You can actually purchase a brain of your choice, you can get an Irish brain for \$10, you can get a Japanese brain for \$10,000, you can get an American brain for \$15,000 but a New Zealand brain was going to cost \$100,000. One of the delegates was prompted to ask "why the New Zealand brain was so expensive, postulating that perhaps they were pretty scarce, the speaker said no, in fact the reason was they were almost brand new, never been used.

A president needs to be a team man. Nobby paid two glowing tributes to his team through his five years of presidency. In the first instance he thanked several of them for not standing for re-election. In the second instance he congratulated them for passing a motion. Our resident gastroenterologist Dr. Warwick Selby would like to see those members after the night for their impending colonoscopies.

Finally integrity is important in a president. Nobby has given some insight into his level of integrity by reporting in Blister 39 that he admitted to distorting facts occasionally, he then added that most of the facts that he distorted were invented in the first place. So in getting back to my diagnosis, we have here someone with an unresolved Oedipus complex. I consulted my psychiatric text books and they tell me that problems in this area are due to failure of the developmental milestones around the age of one. Now the

major developmental milestone that occurs around the age of one is acquiring the ability to walk, so this is your problem Nobby, you never learnt to walk properly and you've been attempting to do so ever since. Seriously though, folks Nobby can not only walk, he can run faster and better and further than nearly anybody here. In fact his retirement from running and the presidency is due an article published recently in the journal of the American Medical Association in which they calculated that on average there is a running death for every 396,000 hours of running and Nobby has got about three hours to go.

I have listed some of the numerous achievements that Nobby has recorded both in his personal and in the club's running life.

Nobby started running in 1982 for the City to Surf, he joined the Striders in 1983 and ran his first marathon that year in 3 hours, 27 minutes, 56 seconds. He has since run many other marathons with a personal best of 2 hours, 56 minutes. In 1984 and 1985 he accomplished many outstanding achievements, he ran the Sydney to Wollongong twice, recording a best time of 7 hours and 50 seconds which was the club record for three years. He won the president's award for ultra marathons in both 1984 and 1985 and won the outstanding achievement award in 1985. In 1986 he was voted into the president's running shoes and this temporarily altered his running records. However, he returned in 1987 to win 10km road race series. His other highlight that year was being hailed by a garbage truck driver on the North Ryde Ramble. 1988 the good news was that he won a prize at the Sydney Strider's Graham Firkin fund-raising dinner, the bad news was that it was a comprehensive medical to be administered by me. His other achievement in that year was to be an official in the Sydney to Melbourne Westfield run, where he achieved the remarkable record of being photographed with 21 of the 23 finishers. 1989 was a big year for both Nobby and New Zealand, he became an Australian citizen. This reminded me of New Zealand Prime Minister 'Piggy' Muldoon's comment when asked about the brain drain that was supposed to be occurring from New Zealand to Australia, he stated that it was improving the IQ of both countries. 1990 was probably one of Nobby's greatest years certainly as far as personal achievement goes, when he set a club record of 204km for 24 hour run.

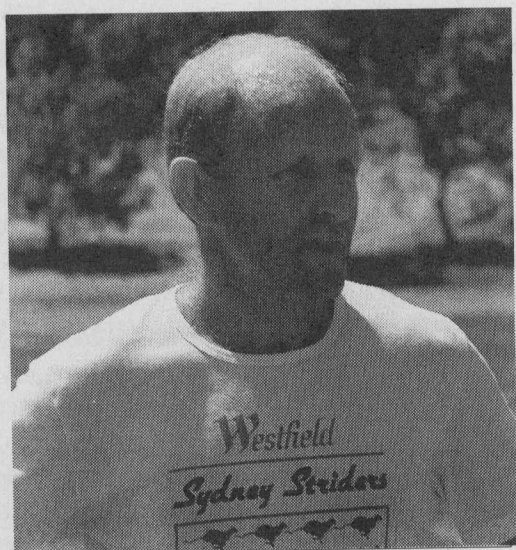
As far as the Sydney Striders goes, Nobby has also given many outstanding contributions, he has been the president for the last five years, a club record and he has overseen some of the biggest advances in the club's history, these include the institution of the 10km race series, which has been an outstanding success, the club's involvement in ultra marathons which is highlighted in having our own very successful 24 hr run, the 15km addition to the Sunday STaRs and the catering for walkers in the STaRs and the 10km series. There have been numerous achievements such as introductions of the large notice board, photographs of members in order to encourage our friendship

amongst members and welcoming of new members and so on.

In the field of running in general, Nobby has also been enormously active. He's been the Sussan 10km race director, he's been an official on the Sydney to Melbourne ultra marathon, he has also been involved in numerous charity runs, including Sydney to Griffith charity run, the one cent bed push and the Gladesville Public School charity run which was one that he did off his own bat, where he set a world record for running in ever diminishing circles for over 24 hrs. In fact, any major running event in the last six years one has always seen Nobby there with his postie smile, a word of encouragement and a joke to go with.

Nobby, it is with great pride and gratitude on behalf of the Striders and in fact, the whole running fraternity that I present to you this plaque.

I would like to finish off by asking all the Striders to be upstanding and I would like to propose a toast to Nobby Young, a vintage Strider: I can do no better than quote from 1988 Blister written by that well known Strider Mr A. Non, "Nobby Young, the last of the fortified range. A cheeky little thing. Distinguished by a pungent bouquet that lingers on the palate for as long as you let it. A unique style shown by many years in the bottle, Character sometimes a little coarse. Once uncorked should be disposed of as soon as possible, A one off release." *Ladies and gentlemen I give you Nobby Young.*



NOBBY YOUNG
PRESIDENT 1986 - 1991

REFLECTIONS: BLISTER ISSUE NO.42 AND THE 10TH BIRTHDAY.

Derek White

Having recently received and immediately read my copy of No.42, I could not resist sharing my thoughts with you all. If you now bother to follow my wanderings through the first quarter or so of 1990, I'll have you flipping back and forth through the pages of Roger's first issue of the year like a schoolboy with his first "Penthouse"!

The year started with a delayed, happy event. Page 47 ("The Pain, the Suffering, the Cheers") bears witness to the fact that my daughter Margaret was supposed to make us grandparents about Boxing Day 1989. On 3rd January, baby Elizabeth finally decided to cross the start-line and after some pain and suffering by her proud mother, the cheers followed.

Seventeen days later I arose to find my old enemy had sneaked up on me during the night, - the sciatica was BACK, this time with a brand new manifestation, - a partially numb left foot and lower leg ("Pins and Needles"). Any attempt to run on it caused an awful wobble, the foot couldn't pronate and supinate normally and an ache developed in the ankle. I completed a week of commuting jogging and two 20km Sunday trots which, alas, only confirmed that I was doing myself no good. On 1st February I started physiotherapy sessions and stopped running. Since turning sixty, I seem to have made a habit of developing sciatica early in the year which has eased off just in time for the "Dahlia Dash" in February. No such luck this time.

The Striders Annual Awards Night was again a great encouragement (see page 15), although I hadn't really run Bathurst in 51 minutes and had improved by 12 seconds, - not minutes! This year I took my wife to the party and we were greeted at the top of the stairs by a smiling Nobby. Our President must surely have missed his vocation as a high-level diplomat: "Hello!" he beamed, then to my wife: "We only see this bloke when he has an award to collect!"

The foot problem has persisted over the ensuing fourteen weeks, made worse in early April and early May by two severe relapses into the more common sciatic manifestations. Exercises and traction improve things but the foot-problem persists (see pages 52 & 61). Cycling became too painful as an alternative.

A long time ago now I tore up my entry and cheque for the Anzac Marathon and now Bathurst was a non-start. The next stage could well be that illustrated inside the back cover. Happily I can still be a finisher in the event pictured on page 19! - Which is definitely NOT the cause of my sciatica!

Just to add some more masochism to March, my dentist and I decided that my upper teeth were nearly all worn out, so on a memorable Thursday 22nd March, I completed a sort of "dental ultra" by having all ten pulled under local anaesthetic, including two surgical root extractions. On Friday 20th April, more lovely pain, I commenced breaking-in my new, shining, "bucky" denture. I can tell you it's more uncomfortable than breaking-in a new pair of running shoes (see page 11). Getting them out is hard enough but putting the bloody things back over ulcers brings tears to the eyes.

Amongst all this discomfort, Elizabeth has been a joy. At four months she already exhibits some signs of being a runner, the legs are strong and active and she is constantly thirsty.

My records show that on 22nd June 1990 I completed the A.A.A. Marathon, but because the marshals had all gone home at about three hours, TAKING THEIR PLACARDS WITH THEM, I not only went the wrong way with another runner, but received no time at the finish because the officials there had also decamped! It was soon after that I heard that someone (Charles B.) was so disgusted that he was trying to found a marathon club; I seem to remember a foolscap sheet being handed out at events. So even in this strange old world good can come out of ill. A Happy Tenth Birthday to you all, keep the flag flying at Bathurst, thanks to Roger for those lovely big painless Blisters (who is the brilliant cartoonist?).

I shall complete the "City to Surf" even if I have to walk; if I can't make the "Cities" I might even try Melbourne for the first time. I now have prospects of a large, magic needle at Royal North Shore in June. Hope to see you soon after if it works.

Cheers !

Correction to article in Striders Anniversary Commemoration book 'Ten Blistering Years'.

The commemorative book contains an article entitled "*The Hot Seat: Pen Pictures of Strider Presidents*". This article appears on page 31 and is also alluded to in the Chapter introduction on page 7.

The article outlines the contribution of each of the four Presidents which have been elected during the ten years since founding of the Striders.

The article was wrongly attributed to Nobby Young and the actual author wishes to remain anonymous.

EDITOR.

INJURY CLINIC

Crossing the injury barrier

Although cross-training has proved an effective technique for developing and maintaining levels of fitness, many runners still don't take advantage of it.

They often consider running an all-or-nothing proposition. So, when they get injured and can't run, they quit training altogether.

But instead of viewing your injury as a loss or the end of the game, you can turn it into the perfect opportunity for cross-training.

Admittedly, there is no ideal substitute for running, but most physiologists agree that cycling, rowing and cross-country skiing are good alternatives, since you use many of the same muscles for each of the three sports.

Depending on the nature of your injury, you'll probably be able to cycle, row or ski without the trauma that comes with daily pounding of the streets and off-road running routes. But if your leg injury prevents you from doing those lower-body-intensive sports, try swimming. Although swimming probably won't improve your running, it will provide an excellent total-body workout and help you to develop flexibility and co-ordination.

As runners often suffer an intense psychological reaction to injury, one of the major benefits of cross-training is that it diverts your attention from what is weak and disabled to what remains strong and functional. Cycling, rowing, skiing and swimming emphasise what your body and legs can do, not what they can't.

You won't forget about your running injury while you cross-train, but you will put it in perspective through a process called 'displacement'. By freeing your mind from its preoccupation with what you can't do, your rehabilitation will seem faster and psychologically less painful.

Other activities strenuous enough to stimulate the cardiovascular system can eventually match running's psychological benefits: they can reduce fatigue, tension and anxiety, while enhancing self-esteem, and recreational pleasure.

Most importantly, cross-training can keep you in the game and speed your return to running.

(Adapted from an article in British Running Magazine)



The MMI Insurance Group, sponsors of the MMI 3 Ports Race, extends its thanks to the Sydney Striders for their effort and co-operation in this year's event.

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Owen Denmeade

Finally happy with the arrangement of his gear on the back seat Denmeade fires up the little white fun machine, at this point, Hamill (late!) explodes from the lift and announces 'We'll take my car'. The reason we are taking his car becomes immediately apparent. The 'Z' car has hardly cleared the garage before Alex begins a series of high powered telephone calls, in between unsolicited advice on choice of traffic lanes, Balmoral can be tricky. Christmas week and the Mosman ladies are out in their Reebok Pulsars! One last call to the beautiful Mrs Richards. (Ringing! Ringing!) Colleen has obviously done a bunk soon after the children have gone out to play.

Scott, Roger, PK and Steve a young art director from Clemenger, are there when we arrive, Tony Crosby lets us in.

The Balmoral Beach Club is a delight, blue formica tables and a change room open to the sky with sand on the floor and wooden benches around the sides. The walls are covered in the most wonderful framed and faded photographs of Australia's finest, mostly in service uniforms, many who never came back to the club, other photos of blokes in 'cossies' with skirts and white belts plus half a dozen badly lettered black boards, rules, race and social details and smart alec comments.

Almost everybody has arrived, there has been a bit of a mix up on where we were meeting but we will not go into that! We are about to take our first running steps when Allan Phillips pulls up, Tony gives him complete details, where we are running, everything! (we never see him again!!!)

Along the beachfront promenade (lookin! lookin!) Rigby drags us belly aching into the bush and the hills at the south end. Conversation seriously diminished. We are now into the military reserve on Middle Head. We have agreed to run for 20 minutes and then turn back (we don't).

A brief stop at the end of the road, through a break in the lantana you can see Nielsen Park (a jewel!) The best part about being on this side of the Harbour I reckon is that you can see the Eastern Suburbs!!

We head back, suddenly cloud cover, cool relief, for some reason Michael Mooney and I have 'dropped off' the main pack, with Steve in between. A BONUS! from our position 100 metres back we watch this fluorescent clump powering relentlessly through the dips and twists, over the black ribbon of road between the tall gums and the bush. Pink, lime, orange, yellow and a splash of red probably needs one pair in cobalt blue (everybody is an art director!!)

Along the beachfront (she's gone!) Mooney spots a film crew at the Rotunda they are shooting a Wrigleys commercial (Michael has provided the insurance for the shoot!) we run over, they are not shooting anything due to the cloud cover, they are sitting about in docksiders, panama hats,

mobile phones in their laps, we don't stay long.

Back to the club and into the water for the swim leg, Keeble in his authentic fluoro lemon IRONMAN shorts demonstrates the easy powerful stroke he used in Hawaii. Ivan sights a white pointer two metres at least (it's a joke!)

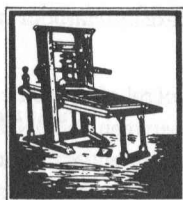
Amazingly, Alex does not swim, having just had an 'eye job', aesthetic surgery they call it, but he does not look too beautiful!! Black eyes and you could blind-fold him with a piece of string.

We sit on the front wall and do what we always do (we talk about people who are not there!) we talk about Wayne and Hugh who have not been able to leave the McWasps nest high above the North Sydney cloud cover. Someone even suggests that Wayne is considering selling a car (no one really believes this, Wayne buys cars, he does not sell cars!) Tony appears with ice-cold Pepsi, magic!

Scott makes repeated unsuccessful attempts to open the door which needs a pin number (more unsolicited advice!) if this was cash card his card would be long gone.

The showers are old fashioned and sensational, soon we will be standing around the barbecue where Hamill surprisingly shows he has not forgotten everything he learned in the backyards of Balmain by doing a really good job with the sausages (fat and skinny!). We drink cold Powers and Crosby reveals his Powers wristwatch, a brewery version of the Mickey Mouse watch. No one knows why he is wearing it and he does not say. Ayliffe discovers green stuff in his sausage (herbs!) we laugh a lot and we continue to bull-shit each other, but something is not right!!! We talk about Bryce who is in London finishing book two, everyone wishes he were here (everyone that is, except Owen, who is minding the Porsche!).

There are frequent silences, as each of us remember the moment minutes earlier that John Turner (a delightful bloke!) discovered his wallet with a full set of plastic, drivers licence and several hundred bucks is missing! A period of disbelief, uncertainty, annoyance (and the rest!) a thorough check it's gone! *[The wallet turned up on John's desk at work, but that's a story which JT will tell in a future 'Blister' - Ed].*



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VENICE MARATHON 1990

Peter Johnson

Should you be considering inclusion of Venice in your 1991 Marathon program a word or two of advice may be worthwhile.

At the outset don't tell anyone, except perhaps the Italian organisers. If you do, expect to be bombarded with a fusillade of the most puerile of Venetian jogging jokes. Such gems as: "I always thought you could walk on water!" or the hilarious "You'll have to pump up, not pull up, your socks then!" will soon have your sides splitting.

Next it is vital you avoid attending Oktoberfest in Munich during race week. While medical opinion, and my own, rates beer as perfect preparation, the effort required in raising the huge steins containing this nectar can tell during the final few kilometres.

And do not try to locate the finishing point in Venice on the day before the event. Unless you are a superior swimmer, loaded with antibiotics, you face a minimum of six hours stumbling through this thousand or more years old labyrinthine city. Even then the likelihood of locating the finishing line set at "Chiesa Della Salute" is slim indeed.

But above all, avoid tapering your mileage in favour of shopping excursions with your wife, or anyone else, especially if these are of such duration as would have Cliff Young calling it quits.

In 1990 I did all of these with the result it was only the realisation I was wearing the venerable Strider singlet which drove me on to actually finish.

They tell me the winner was Senor Gelindo Bordin, who after a week of languishing in a gondola, sipping the sponsors special industrial strength Gatorade, removed from obligations marital, found it easy. Bordin, a local lad, got the break on me early to finish in around 2 hours 13 minutes.

Though it was well run the event had some eccentric features which left me somewhat bemused. For instance, because the weather was quite warm the start was put on to 10.30am. And yet the runner's buses departed for the start at Stra around 7.00am.

While I'm sure Stra is an admirable town, it is strained to hold one's interest for three hours. And this is despite Stra being the site of the initial meeting of Mussolini with Hitler in 1934. Their power breakfast occurred in the Villa Pisani, at the 400 metre mark and, as everyone now knows, had World War II high on the agenda.

At my pace I was in a better position than most runners to confirm the Villa's reputation for beauty. Whilst there I was able to confirm Stra as centre of the Movement for a Public Toilet-Free Italy, and it should also be noted heavy rain for the duration of the wait added little to its charm.

The noise prior to, at and after the start was truly awesome. A thousand or so Italians, Spaniards and Frenchmen gave vent to their excitement. The Germans and I were silent.

Disappointedly I was unable to join in because, although I speak a smidgin of Italian and French this doesn't extend to screams and whistles.

With all these latins ankle deep in adrenalin it was scarcely surprising the early pace was a cracker. Consequently those of us at the back of the grid were soon able to see a clear road ahead. Though clear of runners it wasn't clear of water however.

It seems when Marco Polo brought back the innovation of cambering of road surfaces to prevent flooding he left the instructions behind in China. As a result the roads around Venice are cambered upside down and are quickly inundated when it rains.

We, at the rear, happily splashed along through the Brenta Riviera encouraged by shouts of "Bravi", "Bravo" which I took to mean "looking good".

The rain showed no sign of easing as I cruised through the forgettable towns of Dolo, Mira, Oriago, scarcely even pausing as I collected drinks and sponges.

"So I weigh 95 kgs", I said to myself.

"So what? I can carry that, just step on the gas!"

It was at the aptly named town of Malcontenta my first doubts appeared. My ample left thigh reported the concrete therein had commenced to set. I didn't reply, treating the communication with contempt.

At the halfway point my spirits lifted as it appeared, momentarily, I might be in line for a P.B. I was averaging a relatively superb 5.1 minutes per kilometre. What if it had been mostly downhill!

Just outside Mestre, 25kms, a generously proportioned Italian matron shouted "Australia, Melabourne!! Bravi!" As far as I know it was the one and only acknowledgement of Australia's representation in the event.

By Mestre both legs had become fluent in Italian and were screaming "Alt!" All I could do was plead "Avanti".

There it took maybe the most courageous act of this century for me to not turn left into the foyer of the Hotel Ambascatori, my headquarters for this campaign, and anonymous retirement.

Actually what really kept me going was information from a motor cycle carabinieri who informed we stragglers "Bordin arrivo!" He had just finished - about sixteen kilometres ahead.

It is claimed the Ponte della Libertà, which links Venice to the mainland, is only five kilometres long. I dispute this but agree it is dead boring straight. At this stage I cunningly incorporated power limping, into my race plan together with fully integrated baritone groaning of various Vivaldi airs.

The mere sight of Venice has lifted the hearts of countless sensitive souls from Ruskin to Wilde to modern Oz socialites. No less me, especially as a hot sun appeared, to shine down for the last ten kilometres and incidentally raise a delightful haze of steam from the bitumen.

Around the docks of Venice I stumbled with even my eyebrows shouting abuse.

It was there I learned "Lavari in corso" doesn't mean "Lavatory in case" but "Roadworks ahead". As we tripped through potholes it became clear "ahead" referred to the future.

As always the 41km mark appeared almost as a surprise. A patient crowd greeted us showing their admiration for our efforts by shaking their heads, pointing and shouting "stupido"!

I must say I was touched at this wonderful spontaneous traditional Italian gesture of affection.

Finally through the finish arch and into the arms of my long suffering wife - she had been there for a couple of hours. But, even though the race was done, Italians can still make it interesting.

As the clock approached the 4 hour mark, agitated runners in the recording line pointed back to the time thus preventing the harassed steward from recording their numbers.

That's when being 95kg helps. I merely pushed the others aside and had my number, 1850 confirmed at 3 hrs 58 plus.

Unsporting, unbecoming of a Strider you say? Perhaps but I did salute them with their own traditional greeting as I elbowed past "Excusi Stupido" seemed to placate them no end.

One has to be careful, I may be silly enough to wish to run Venice again.

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THE INAUGURAL AMPOL/MAN FROM SNOWY RIVER MARATHON

With kind permission of Charlie Lynn

Whenever a large contingent of ultra runners travel a long distance to run a mere 42.2km you know it is not an ordinary marathon.

And when you have a carbo-loading party which has more carbos than such a contingent can consume, then you really wonder what the organizers have in store.

AIS distance running coach, Pat Clohessy, gave us a hint: "It starts off hilly, then it gets steep and then you hit the mountains!"

Pat advised us to take it easy for the first 28-30km and then up the tempo over the last 12-15km because it was flatter. You could almost hear the combined thought - if it was hilly at the start of an out and back course, how could the last 12-15km be flatter? We didn't ask.

The local doctor explained the normal hazards of marathon running. Nobody took much notice until she mentioned she was also running. Once we knew she was mad as well, we listened.

The October long weekend signals the end of the snow season in NSW. On Sunday morning it was evident that the weather would be more suitable for skiing than for running.

But this did not deter more than 120 hardy marathon runners from assembling in the main street of Cooma and facing the pine-clad ridges in readiness for the start.

There was Graham 'Mountain Man' Kerruish who made his name when he didn't win Westfield.

And Max Bogenhuber was there, a stripling who won a 'silver buckle' at the Western States 100 miler in Leadville USA.

And Big Chris Stephenson, who also ran the Western States 100 but who didn't win a 'silver buckle'.

There was Mark and Wanda Foley with a band of enthusiasts from Western Districts Joggers who came down to join the run.

And Tina Campbell from Sydney Striders came along to lend a hand.

The Cooma townsfolk looked at the gathering with wry amusement and wondered why anybody would take to those hills without a horse!

Shire President, John Jones, sent the runners on their way at the crack of 9 and they took to the hills like a herd of brumbies in search of shelter.

The locals had gone to a lot of bother to ensure runners were well catered for. Race Director, Barry Lynch, left nothing to chance.

Drink stations with clear, ice cold mountain water were located every 2km. SES volunteers maintained a close eye on everybody and St John's Ambulance personnel handed out oranges, bananas, bread & honey, Kit Kat bars and jellybeans.

It was all too much for 'Mountain Man' Kerruish who came in last. Mountain Man is a big eater and just couldn't leave each station until all the food was gone.

At the sharp end of the race Sydney Strider, Geoff Large, sent the flint stones flying as he established a 1.5km break over Martin Thomas at the half way mark.

He went on to win the event in 2:37.41 - just over 2km ahead of Martin Thomas and 3km ahead of third placegetter, Phillip Wakeley.

Back in the field Colleen Bolton, a Jindabyne policewoman, was running her first marathon. She took the lead at the 15km mark but hit the wall at 39km.

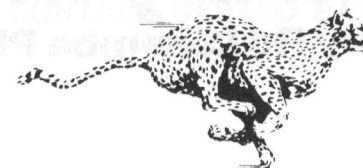
Tina Campbell's marathon experience paid off as she pegged Colleen and eventually took the lead with less than 2km to go. Tina took the double for Sydney Striders by winning the womens' section in a time of 3:36.59.

And over the next few hours 104 of the 120 starters came down from the hills and recorded PB's for one of the world's most challenging marathons.

*'And down by Cooma, where the pine-clad ridges raise
Their torn and rugged battlements on high.
Where the air is clear as crystal, and the stars fairly blaze
At midnight in the cold and frosty sky.
And where around the Overflow the reed-beds sweep & sway
To the breezes. And the rolling plains are glum,
The Man from Snowy River Marathon is a household word today
And the competitors tell the story of their run.'*

Striders in race:

Geoff Large	2:37:41	1st (winner)
Charlie Lynn	3:32:38	32nd
Tina Campbell	3:36:59	39th (1st woman)
John Whealy	3:50:47	
Margaret Robinson	3:54:03	=57th
Steve Nordish	3:54:03	=57th



DEJOGGERACER

Supplied by John Hamilton, acknowledgements to Ian Bennett.

JOG PLACIDLY amid the cars and waste, and remember what ease there may be in silence.

AS FAR AS POSSIBLE be on good terms with other athletes. Make your runs fast or long, but listen to others, even those triathletes; they too have their story.

AVOID loud and aggressive harriers; they are a vexation to the spirit.

IF YOU COMPARE yourself with others you may become vain or bitter, for there will always be faster or slower runners than yourself.

ENJOY your achievements as well as your plans. Keep interested in your PBs, however humble; they are real possessions in a runner's changing fortunes.

EXERCISE CAUTION in cross-country runs, for the bush is full of broken ankles and grazed limbs. But let this not blind you to what beauty there may be.

MANY PERSONS strive for faster times, but everywhere there are those with excuses. Be yourself. Especially do not feign crook tendons.

NEITHER BE CYNICAL about fitness, for in the face of all your sore muscles and disappointments, it is an end in itself.

TAKE KINDLY the counsel of the coach, gracefully admitting that he was right – again!

NURTURE strength of body, but do not distress yourself with over-training. Many breakdowns are born of fatigue and loneliness. Beyond a wholesome discipline, be gentle with your body.

YOU ARE A CHILD OF THE ROADWAY, no less than the bikes and the cars (*Metaphorically speaking, one would hope* – Ed.). And whether or not it is clear to you, no doubt your training is unfolding as it should.

THEREFORE, be at ease at the start, no matter what race you may choose to contest. And whatever your aspirations, in the noisy confusion of the start, keep peace with your soul. With all its aching bones and broken dreams, it is still a beautiful lifestyle.

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2	Anthony Scott	34.16	33.42	+00.34	3=	20
3	Steve Buchberger	34.50				
4	Mathew Kaley	35.26	33.54	+01.32	10	13
5	Chris McLean	35.41	35.05	+00.36	5	18
6	Stef Mathios	36.02				
7	Bret Nichols	36.25	35.30	+00.55	7	16
8	John Muscat	36.30				
9	Wayne Stanton	36.40	36.01	+00.50	6	17
10	Steve Gill	37.03	35.29	+01.34	11	12
11	Geoff Nicholson	37.18				
12	Ian McKenzie	37.32				
13	John Hamilton	37.45	34.57	+02.48	18	5
14	Charles Coville	38.27	36.31	+01.56	14	9
15	Joanne Cowan	38.30	37.56	+00.34	3=	20
16	David Humphries	39.13	42.32	-03.19	1	22
17	Scott Crawford	39.14	36.59	+02.15	16	7
18	Jeff Gissing	39.15	36.41	+02.34	17	6
19	Chris Gunns (?)	39.48				
20	Mark Robinson	39.54				
21	Alf Field	10.05	38.14	+01.51	13	10
22	Greg Buchberger	40.25				
23	Mark Preston	40.33	40.27	+00.06	2	21
24	John Preston	41.50	40.25	+01.25	9	14
25	Paul Russell	42.19	35.11	+07.08	22	2
26	Nobby Young	42.29	38.31	+03.58	20	3
27	Peter Zaunmayr	42.30				
28	Tony Brock	42.45				
29	Jane Amos	42.53				
30	John Windle	43.37				
31	Juian Foxall	43.47				
32	Benny Hagberg	43.59	45.00	+01.59	15	8
33	Geoff Taylor	44.05	42.20	+01.45	12	11
34	Andrew Wise	45.05	70.02	+03.26	19	4
35	K.Stewart	45.11				
36	Joan Boltz	46.05				
37	Simon Butler-White	47.01				
38	John Molloy	47.53				
39	Sue Hill	48.21				
40	Greg Jameson	48.48				
41	Ian Frazer	49.30				
42	Angela Hill	49.41				
43	Bil Blecha	53.01	48.16	+04.45	21	2
44	Hideko Frazer	54.08				
45	Graham Lucas	54.10				
46	Lynndy Bennett	68.12	51.47	+16.25	23	2
47	Alan Tonge	73.28	Walker			
	Average (runners)	41.60				

RACE 11 - 1990 10K HANDICAP SERIES, MARSFIELD 15 DECEMBER 1990

Pos.	Name	Time	Target	Variance	H'cap pos.	Points
1	Geoff Large	32.35	32.07	0.28	4	
2	Jock Davis	32.35	open			
3	John Sauer	33.04	32.36	0.28	4=	
4	Michael Burton	35.34	open			
5	Mathew Kaley	35.53	34.03	1.50	14	
6	Wayne Stanton	36.04	36.06	-0.02	3	
7	Bret Nichols	36.21	35.36	0.45	8	
8	Peter Donlevy	36.29	open			
9	Ian McKenzie	36.32	open			
10	Steve Gill	36.51	35.38	1.13	10	
11	Warwick Selby	37.30	35.55	1.35	12	
12	John Trope	37.40	open			
13	Joanne Cowan	37.45	37.59	-0.14		
14	Bill Flanagan	38.25	36.36	1.49	13	
15	Scott Crawford	38.46	37.13	1.33	11	
16	Mark Fiore	38.52	open			
17	Alf Field	39.06	38.25	0.41	6	
18	Steve Urwin	39.48	38.57	0.51	?	
19	Kevin Tiller	40.09	42.42	-2.33	1	
20	Terry Rose	40.28	37.26	3.02	18	
21	Terry Kutra	40.33	open			
22	John Hamilton	40.41	35.12	5.29	22	
23	Malies Laaper	40.43	40.00	0.43	7	
24	Glen Lockwood	41.05	open			
25	Gordon Young	41.05	38.46	2.58	7	
26	Bruce Hudson	42.01	38.53	3.08	19	
27	Mike Ward	42.10	39.22	2.48		
28	Chris Norris	42.49	open			
29	Martin Thompson	43.01	37.17	5.44		
30	Jon Marsden	43.11	38.33	4.38	21	
31	Sue Roberts	43.53	1st run			
32	Mike Bundy	43.59	open			
33	Andrew Wise	44.42	1st run			
34	Geoff Taylor	44.50	42.31	2.19	15	
35	Geoff Wilson	44.52	open			
36	Keryn Large	48.22	43.57	4.25	20	
37	Grey Jemmeson	48.41	open			
38	Kevin O'Kane	53.46	42.41	11.05	25	
39	Bill Blecha	56.05	48.31	7.34	24	
	average (runners)	40.49				
	Eric Middleton	DNF				
	Helen Middleton	DNF				
	Tricia Whealy	Walker				
	Connie McN-Burton	5km				

RACE 12 - 1990 10K HANDICAP SERIES, LANE COVE 19 JANUARY 1991

Pos.	Name	Time	Target	Variance	H'cap pos.	Points
1	G.Large	33.48	32.10	1.38	14	18
2	C.Barker	34.09	34.10	-0.01	6	34
3	M.Kaley	34.50	34.11	0.39	8	30
4	G.Nicholson	35.34	-			
5	J.Muscat	36.28	-			
6	J.Hamilton	36.34	35.27	1.07	11	24
7	S.Gill	36.50	35.45	1.05	10	26
8	I.McKenzie	37.04	-		19	
9	B.Nichols	37.20	35.41	1.39	15	16
10	J.Cowan	37.35	37.48	-0.13	3	40
11	M.Fiore	38.01				
12	B.Flanagan	38.05	36.47	1.18	12	22
13	G.Churchill	38.08				
14	S.Urwin	38.50	39.02	-0.12	5	36
15	C.Colville	39.02	36.43	2.19	18	10
16	T.McIver	39.06	36.25	2.41	19	8
17	M.Charleswrth	39.24				
18	M.Goodley	39.34				
19	K.Tiller	39.37	40.40	-1.03	1	44
20	A.Farrell	39.46				
21	T.Rose	39.49	37.41	2.08	17	12
22	M.Ward	41.02	39.37	1.25	13	20
23=	R.Morgan	41.11				
23=	J.Trope	41.11	38.03	3.08	21	4
23=	J.Burgess	41.11				
26	A.Field	41.14	38.29	2.45	20	6
27	R.Brown	41.18				
28	G.Tomkin	41.46				
29	M.Robinson	41.49				
30	M. O'Brien	42.01				
31	M.Larne	42.10				
32	S.Barclay	42.19				
33	M.Pluss	42.22				
34	J.Windle	42.25				
35	J.McNaughton	43.05				
36	P.Zaunmayr	43.07				
37	G.Gaggin	43.18	43.31	-0.13	3=	40
38	A.Mattea	43.33				
39	B.Hagberg	44.07	42.12	1.55	16	14
40	M. Thompson	44.30	37.37	6.53	25	4
41	D.Thompson	44.30	44.10	0.2	7	32
42	A.Wise	44.38	45.09	-0.31	2	42
43	L.Housman	44.52				
44	K.Large	45.02	44.12	0.5	9	28
45	G. Palmer	45.58				

RACE 12 (Continued...)

Pos.	Name	Time	Target	Variance	H'cap pos.	Points
46	J.Plummer	46.04	41.22	4.42	24	4
47	A.Satz	46.20				
48	A.Hill	46.26				
49=	M.Munro	48.30				
49=	G.Jemmeson	48.30				
51	J.Screen	48.55				
52	B.Taylor	49.22	45.15	4.07	23	4
53	B.Blecha	52.51	48.46	4.05	22	4
54	J.Dean	53.55				
55	A.Tonge	64.13	Walker			
Average(runners)		41.66				

1990 10K HANDICAP SERIES OUTRIGHT RESULTS

1	MATT KALEY
2	BRET NICHOLS
3	STEVE GILL
4	JOHN SAUER
5	JOHN HAMILTON

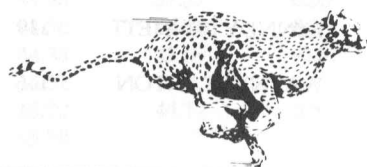
HANDICAP RESULTS

1	BRET NICHOLS	140
2	GEOFF TAYLOR	125
3	MATT KALEY	124
4	LYNN DY BENNETT	119
5	WAYNE STANTON	116

THRESHOLD PACE CHART

Check your current fitness level in the columns marked 5k and 10k to find your own threshold pace.

Fitness Level		Threshold Pace
5k	10k	per k
27.00	56.03	5.76
25.12	52.17	5.29
24.08	50.05	5.16
23.09	48.01	5.04
22.15	46.09	4.67
21.25	44.25	4.56
20.39	42.50	4.47
19.57	41.21	4.38
19.17	39.59	4.05
18.40	38.42	3.98
18.05	37.21	3.90
17.33	36.24	3.83
17.03	35.22	3.77
16.34	34.23	3.46
16.07	33.28	3.40
15.42	32.35	3.35
15.18	31.46	3.30
14.55	31.00	3.25
14.33	30.16	3.21
14.13	29.34	3.17
13.54	28.55	3.13
13.35	28.17	2.83
13.18	27.41	2.80
13.01	27.07	2.76

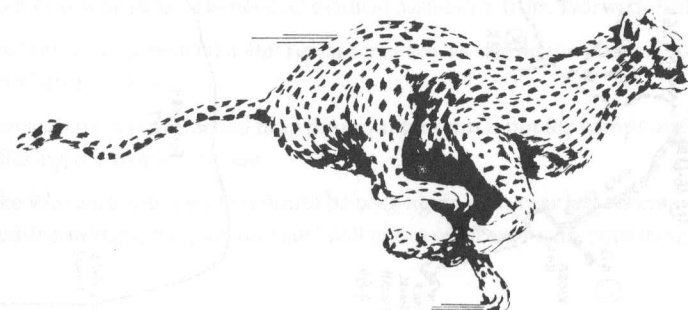


THE BRINDABELLA CLASSIC 11 NOVEMBER 1990 - FINISHERS.

ACT Cross Country Club

PLACE	NAME	RESULT			
1*	GEOFF LARGE	3.36.14	19	Phillip Jamieson	4.38.39
2	Bruce Cook	4.01.55	20=	Terry Strachan	4.39.13
3	John McCrystal	4.05.43	20=*	MIKE WARD	4.39.13
4	Roger Hardy	4.05.54	22*	DAVID SILL	4.44.46
5	Ernie Stewart	4.10.07	23	Paul Every	4.49.29
6*	WARWICK SELBY	4.17.48	24	Ian Johnson	4.50.27
7	Bill Lloyd	4.22.29	25	Stephen Blenkinsopp	4.50.40
8=	Jeff Rudd	4.23.22	26	Phillip Mezzino	4.50.52
8=	Danny Flynn	4.23.22	27	Craig Goodall	4.51.03
10	Kent Williams	4.24.13	28	Creese Syred	4.53.56
11*	BRET NICHOLS	4.26.23	29	George Russell	4.58.35
12	Oliver Williams	4.27.39	30*	KEVIN TILLER	5.02.34
13	John Carlton	4.28.08	31*	NICK READ	5.03.25
14	Alan Anderson	4.30.54	32	Bob Dent	5.04.28
15*	MALCOLM SATCHELL	4.32.50	33	Dave Sutton	5.04.58
16	Sean Cunningham	4.33.42	34	Geoff Stanton	5.07.06
17	Andrew McKenzie-Hicks	4.35.51	35	Christopher Guy	5.07.34
18*	JEFF GISSING	4.36.02	36	James Skett	5.09.27
			37	Doug Markulin	5.12.07

*(SYDNEY STRIDER)



Scott Crawford

Provisional results.

<u>Place</u>			<u>Place</u>		
2	Mike Burton	3:47	84	Gary Leahey	5:02
8	Christ McLean	4:08	86	Murray Town	5:03
11	Warwick Selby	4:12	100	John B. Hamilton	5:14
21	Bruce Inglis	4:23	104	Tina Campbell	5:16
25	Kevin Tiller	4:25	115	Dick Bartlett	5:21
31	Steve Urwin	4:28	123	Steve Nordish	5:26
41	Bret Nichols	4:40	138	Paul Lunsmann	5:30
46	Alf Field	4:43	143	Sue Hill	5:32
47	David Sill	4:44	146	Steve Gill	5:33
51	Benny Hagberg	4:45	147	Dale Thompson	5:35
55=	Mike Ward	4:47	153=	John Ayliffe	5:37
55=	Scott Crawford	4:47	153=	Ivan Freys	5:37
60	Terry Rose	4:48	160	Paul Russell	5:40
64	Jeff Gissing	4:50	175	Brian Colwell	5:51
77	Jon Marsden	4:57	176	Kevin O'Kane	5:51
188	Margaret Robinson	5:56	237	Bruce Murray	6:35
				Alan Tonge	DNF

Hell on two legs otherwise known as the 6 Foot Track Marathon was held on Saturday the 23rd of March. This was the eighth running of the event and was by far the biggest field yet. 324 entries of whom 290 starters with 33 Striders who ran being 11% of the field, green shirts everywhere.

Some notable results were achieved, particularly from second place-getter Mike Burton and eighth place getter Chris McLean. Other notable runs were from Kevin Tiller and Steve Urwin.

Paul Russell, the event doctor, ran his race treating exhausted runners, carrying a large water bottle and a two-way radio. He needed medical assistance from Warwick Selby at the end.

We'll find out how beneficial a 46k run is three weeks before the Foster Triathlon for Garry Leahey and Murray Town.

As can be seen from the attached map the mountain run is not for wimps and there are now 66 quads suffering the worse for wear.

Some like Warwick Selby will no doubt be back again next year but others who disagree with the old running maxim, "no pain no gain" will wimp out from future runs if they have any sense.

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

Godfrey asked John Sauer how he went in the last 10k time trial.....

*"32? It was a bit slow due to the hot weather".
If only the rest of us could say that !*

Heard after the Strathfield Streak:

*"Who was the girl you were running with, Dave?"
Dave: "That wasn't a girl, it was Dale".*

(Dont' worry Dave W, we won't mention your surname).

Another episode in the life and times of 'John and Harvey':

Harvey was knocked off his bike again!! This time while innocently waiting on traffic lights to change. When John was asked why he wasn't hit as well, he replied: "I always stand two paces behind Harvey for just that reason.....".

Not everyone who starts running later in life will achieve the success of men like Jack Foster who emigrated from Liverpool to New Zealand at the age of twenty-four. By thirty-two this former cyclist was the overweight father of four children. As he tells in his book 'Tale of the Ancient Marathoner':

'One day I had the bright idea that I'd have a run for a while. It was summer time and the good weather inspired me. We were out for a picnic and a swim. I set off before lunch, thinking I'd have a run, then a swim. What I thought to be many miles later, I arrived back at the car.

"What's wrong, have you forgotten something?" my wife asked.

I didn't understand.

"You've only been gone seven minutes," she said.

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

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 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 is intended 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.

Graham Firkin	Macquarie Fields 12 Hr	100.611k	New information.
Barbara Firkin	Ditto	32k	New information.
David Williams	Ditto	92.4k	New information.
Dave Barwick	Ditto	87.5k	New information.
	Bathurst Marathon 1990	4.28.00	New information
	Gold Coast Marathon 1990	4.04.19	New information
	The Cities Marathon 1990 PB	3.50.58	New information

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:

WILLIAM THOMPSON	V	V	2.49.38	ANZAC	0488	
PETER COBLEY	P	P	2.50.01	AUSTRALIAN	0683	
HARVEY BLUE	M	V	2.50.17	AUSTRALIAN	0683	
JONATHON MARSDEN	P	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	2.59.15	AUSTRALIAN	0684	2.52.01 AVON, WG,77
JEFF LEE		V	2.59.54	LONDON	0587	
TINA CAMPBELL	F	V	3.00.32	WORLD VETS	1287	
SCOTT CRAWFORD		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	3.04.35	ANZAC	0489	
ALEX HAMILL	V	V	3.05.15	GILLAWARNA	0884	
ALF FIELD	V	V	3.06.48	ANZAC	0488	3.05.52 CANB '86
GRAHAM FIRKIN	M	V	3.07.11	CITIES	0885	
JOHN AYLIFFE	V	V	3.07.18	ANZAC	0487	
DAN GRAY	V	V	3.07.21	GOLD COAST	0787	

MARATHON LADDER CONTINUED:

MARLIES LAAPER	F	P	P	3.07.59	ANZAC	0490	
DAVID WILLIAMS		V	P	3.08.15	CANBERRA	0483	
TERRY BAILEY		P	P	3.08.49	CANBERRA	0488	
HUGH SPENCER		V	V	3.09.02	AUSTRALIAN	0685	
JOHN HODGES		P	P	3.09.07	MELBOURNE	1084	
SIDON YEUNG		P	P	3.09.15	CANBERRA	0489	
LEO LEADER		V	P	3.10.00	CANBERRA	0484	3.05.00 S. AFRICA... '80
MICHAEL TOPLEY		V	V	3.10.10	MELBOURNE	1086	
GRAHAM BUTLER		V	P	3.10.13	AUSTRALIAN	0686	
BOB MANN		V	V	3.10.27	AUSTRALIAN	0683	
STEVE NORDISH		P	P	3.11.11	KEMPSEY	0688	
STEPHEN ROACH		P	P	3.11.16	AUSTRALIAN	0686	
DALE THOMPSON	F	V	P	3.11.40	CANBERRA	0489	
PETER KEEBLE		M	M	3.11.49	F/CITY ADELAIDE	0984	
WENDY DOWNES	F	V	V	3.11.56	ANZAC	0487	
KEITH JACKSON		P	P	3.12.27	COMBINATION	0787	
IRWIN LIGHT				3.12.31	AUSTRALIAN	0684	3.10.38 BLUFF, USA '77
JOHN WHEALY		V	V	3.12.51	CITIES	0888	
JACK WOODWARD		V	V	3.12.54	ANZAC	0488	
TONY CROSBY		V	V	3.13.02	WORLD VETS	1287	
JOHN HILL		V	P	3.13.19	AUSTRALIAN	0685	
BRYCE COURTENAY		M	V	3.13.58	CANBERRA	0483	
DAVID RITCHIE		V	V	3.14.00	GOLD COAST	0889	
ALAN PHILLIPS		V	V	3.14.02	AUSTRALIAN	0687	
BRIAN TAILFORD		V	P	3.14.03	CAMPBELLTOWN	0785	
KEVIN O'KANE		P	P	3.14.38	AUSTRALIAN	0685	
BRUCE MURRAY		M	M	3.14.49	CAMPBELLTOWN	0784	
PETER JOSEPH		V	V	3.15.16	AUSTRALIAN	0648	3.07.54 MELB '83
IAN MILLAR		V	P	3.16.03	AUSTRALIAN	0683	
ROSS WALL		V	V	3.16.20	WORLD VETS	1287	
ROD GARRICK		M	M	3.18.10	GOLD COAST	0889	
JOE LOEWY		V	P	3.18.43	ANZAC	0487	
PAUL LUNSMANN		V	V	3.20.54	ANZAC	0489	
ROGER RIGBY		V	V	3.21.25	WORLD VETS	1287	
IAN WHITFIELD		V	P	3.22.15	CANBERRA	0487	3.13.06 AUST '83
BARRY JONES		S	M	3.23.18	VETERANS	0781	
DEREK WHITE		S	M	3.23.26	CAMPBELLTOWN	0784	
ROSS BETTS		V	V	3.23.28	CITIES	0888	
BRENDA HAMILL	F	V	P	3.23.38	SYDNEY	0983	
BILL WHITE		V	V	3.25.09	MELBOURNE	1085	

MARATHON LADDER CONTINUED:

GREG PROWSE	V	P	3.26.15	AUSTRALIAN	0685		
GEOFF COX	0	0	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	P	3.38.36	AUSTRALIAN	0686	
NICK REED		P	P	3.38.43	CANBERRA	0484	
JEFF BURGESS		P	P	3.39.05	CANBERRA	0486	
JOHN TIMBS		V	V	3.40.00	AUSTRALIAN	0687	3.23.08 AUST '84
MARTIN HOPE		V	V	3.41.01	ANZAC	0489	
MARGARET ROBINSON	F	V	V	3.41.46	ANZAC	0489	
OWEN DENMEADE		M	V	3.42.51	AUSTRALIAN	0684	3.36.00 ...SYDNEY...'83
EDWINA MACARTHUR	F	P	P	3.44.47	CANBERRA	0486	
STEPHEN BURKE		O	0	3.45.00	HONOLULU	1288	2.54.08 CANBERRA '87
OLEG SZLICHTA		P	P	3.46.15	AUSTRALIAN	0684	
STEPHEN WINNER		O	0	3.46.29	CITIES	0888	
DERRICK TITMUS		V	V	3.47.09	AUSTRALIAN	0683	
ROBI RUSSELL	F	P	P	3.49.00	WORLD VETS	1287	
MAVIS GARRICK	F	V	V	3.49.10	WORLD VETS	1287	
DAWN SHAW	F	V	V	3.49.47	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

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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)

Please notify changes to the Editor.

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