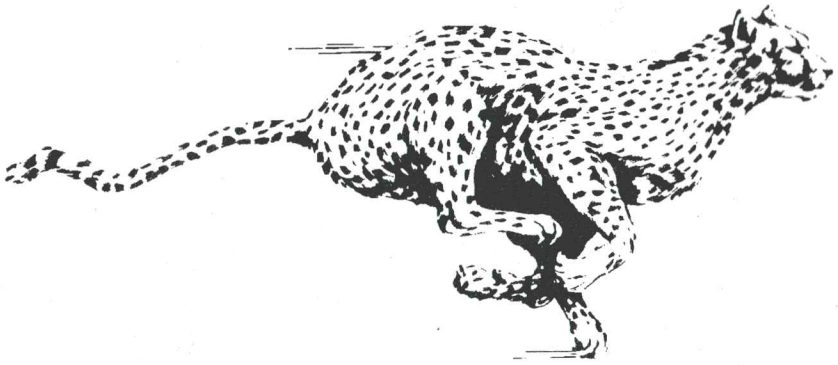

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COMMITTEE OF THE SYDNEY STRIDERS 1991 – 1992.

Elected at the Annual General Meeting, May 1991

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7185991

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PRESIDENT'S REPORT

First and foremost I'd like to farewell and congratulate Nobby on his record stint as Club President. What more can be said that hasn't already? Good luck Nob.

Goodbyes are also in order to Edwina MacArthur (Treasurer), Bruce Murray (Training Director & Star Coordinator). Both have been invaluable in their respective fields.

A bit of new blood Vic Taylor (Treasurer), Julie Stenton (Uniform Manager) plus a reshuffle of familiar and reliable faces I think, makes for a very effective combination for the coming 12 months.

By the time you read this our first meeting has already passed and the feeling I got was very positive. A real "hands on" approach seems to be the theme for this year's activities. To give the club more of a "club feel" about it this time around we will be attempting to get more members actively involved in all aspects of the club operations so watch out, you may be next.

I would like to take this opportunity to congratulate the half marathon committee for the very professional way in which our flagship event is progressing. Against the odds (lack of sponsorship, other events falling by the wayside etc) they are showing us that the Striders "half" will remain Sydney's premier running event. Its up to us, the members, to get

behind them and give our support. Well done gang!

On an individual note, two exceptional performances have been achieved recently which deserve a special mention:

Firstly, Joanne Cowan for her two outstanding marathon performances. Canberra this year with a blistering (pardon the pun) 2.46.18. and the Gold Coast 2.46.42. How strong is this lady?

Secondly, Alf Field who, defying all the odds, (e.g. gets hit by a truck and then runs the Canberra marathon the following week) has decided that now he's reached the big 50 its time to get serious. Just recently Alf ran the Comrades in South Africa and recorded 8.08.53 a PB by 57 minutes on last years time and this year the course was 2K longer than the previous year! No stopping the man.

I'll end this little effort by reminding you, the member, that all committee meetings are open to all financial members, so, if you have any gripes (with the exception of STaR runs being broken up by individuals who are in the wrong group, honestly, we've tried) or ideas, we would be only too happy to hear from you.

Run and enjoy!

Steve

PRESIDENT

THE LAMENTED STaR

by John Ayliffe

Right from the start they took off, just the two of them, like bats out of hell, and sprinted off into the near-dark morning.

The Mars-like red ochre of a Pinatubo sunrise painted the sky. False dawn.

This was the 6 o'clock Group and we were determined to stay with the bunch, but only after 5k's it had spread out like the close of a marathon.

We regrouped at the first drink stop where words were said that would make no difference. By now the 6 o'clock Group was down to half a dozen and when the 6.02 joined us that made us eight. The next drink stop saw the 6.05 sidle up. Amazingly, we dropped them off after just a few kilometres.

The 6.07 Group had taken a shortcut, we find this out at the next drink stop. They thought the 6.09 Group had too and we could expect to run across them soon. The once-stalwart 6.10 Group turned out to be a motley crew of some seven or eight which caught us up at about 18ks; complaining they used to be twenty and hoped the others were lost.

Journeys without maps teach hard lessons, as a couple from the 6.03 Group had discovered when we found them on a corner in Paddo looking right and to left. They sheepishly tucked in behind as and we were to stay that way. The 6.20 Group passed the 6.18, who were passing us, and none of these newcomers numbered more than three or four.

And now....rounding the final bend of what had become another characteristic STaR we lamented how it used to be on a Sunday morn; when we pushed our way up to 30k's with twenty or thirty mates to help and guide us through various stages of fitness, some sporting hangovers and lack of rest.

We were Four Groups then, up to a hundred runners spread across them. And we stayed together because we were a club.

"The Greatest Club I ever joined," said Graeme Firkin once, on a stool in a restaurant full of Striders and their partners and friends.

FORSTER IRONMAN 1991.

Louise Fitzsimmons

This years Forster ironman attracted the hottest field since its inaugural event in 1985 with 583 competitors - 32 internationals and Australians from every state. The event also attracted a record attendance of Striders, with all nine finishing well.

The conditions suited the spectator more than the competitor, with cloud cover cooling things down in the afternoon, unlike last years overcast, cool day.

This year saw many records broken, with the winners Pauli Kiuru from Finland nearly 10 minutes ahead of Dirk Aschmoneit and Ken Glah in 8:22:40 and Jan Wanklyn (Aust) and wife of Ken Glah, nearly 15 minutes ahead of Louise Bonham and T.Bishoff in 9:34:06.

In the 55–59 category, John Turner put what looked like an effortless performance to record 11:21:11, 1.5 hours ahead of his next rival (to take first in age setting a new Australian record by 40 minutes and achieving a place in the 1991 Hawaiian Triathlon in October)!

Alasdair Mackie was the fastest Strider with a superb 10:17:21 and is also on his way to Hawaii in October with John Turner and Murray Town.

There were 532 finishers, 5 disqualified for drafting. The average speed for men – 11:25:32, women – 12:03:18. Steve Burke completed his 4th Forster Ironman with a PB of 11:55:36.

> Seconds after a collision involving a colleague's car in Merrylands on Saturday morning, the two youths in the other car bolted in different directions. A man passing by chased the driver down a side road and out of sight. Five minutes later he hadn't returned, but his girlfriend, who stayed by the scene said: He'll get them – he's a marathon runner and won't give up". Sure enough, a short time later, he was back with the errant driver.
>
> [Column 8, Sydney Morning Herald 17 July 1991].

FORSTER 1991 RESULTS

Thanks to Gary Leahey for compiling results.

	Swim 3.8k	Bike 180.2k	Run 42.2k		Place o/all	Age place
Alsater Mackie (cat 6) 40 - 44	1.12	5.22	3.42	10.17.21	99	7
Murray Town(1) (cat 7) 45 - 49	10.50	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(2) (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	1.08	7.14	5.61	13.29.00	483	44

(1) *Qualifies for Hawaii, October 1991. Age record by 41 minutes.*
(2) *Qualifies for Hawaii, October 1991.*

COME ON COMRADES!

Alf Field's post-race fax provides us with something to ponder.

Sometime you will have to do the Comrades - its magic, really quite an unforgettable experience.

Couldn't sleep much on the plane and kept thinking that the Striders should start an Aussie version of Comrades.

There seem to be a number of essential ingredients:

1. The race must be held on a national public holiday when not much else is on. e.g. Anzac Day would not do.

2. The race must be televised in its entirety.

3. The race must be gruelling; more than a marathon with the winners taking 4 1/2 to 5 hours to complete. It must be tough enough to inspire awe, but not so tough that it discourages fit people from feeling they might want to give it a try.

4. There should be 3 races in 1. The Comrades distinguishes these by having ten gold medals for the first ten placegetters (i.e. the race for elite runners); silver medals for those completing the course in 7:30 or less (for average runners, 7:00 being the equivalent of a 3:00 marathon) and bronze medals for those battlers whose victory is to complete the course within the allotted 11 hours.

5. The course should be point to point, scenic and in an area accessible to large numbers of spectators.

Within Striders membership is enough talent to get something like this going. Once successful it will support a permanent Race Director.

BIG BUSINESS - COMRADES VETERAN AMAZED

Alf Field

We didn't believe it was possible : another Comrades report from Alf Field, and this one's his best, a real gem. Read it in its entirety, but if you can't wait to find out what Alf did, flip to the last para first. You're amazing, Alf! (Editors).

I am writing this at Johannesburg Airport the day after the 1991 Comrades Marathon. This race continues to amaze me. This year there were 16,000 entrants and 15,000 starters (up 25% on 1990) of whom 90% finished the gruelling 89.2K course, "down" from Pietermaritzburg to Durban. Last year the "up" course was 87.4K, the difference being due to the different starting and finishing points in Pietermaritzburg.

The growth in interest generated by the race has been phenomenal. As recently as 1978 the race attracted only 1500 starters, so there has been a ten-fold increase in starters in thirteen years. I think that this has been due to the saturation TV coverage of the event, which really only got under way in the early 1980's.

There is non-stop T.V. coverage from 5.45am to 5.00pm, which is the final cut-off time. As the race is held on a national public holiday, it attracts an incredible number of TV viewers.

The result of these developments is that the Comrades has become big business. It now has its own permanent headquarters in a house which is owned by the Comrades Marathon Association and is located in a Pietermaritzburg suburb. This also serves as a museum for the event.

The C.M.A. also has its own permanent staff who are responsible for organising the race and co-ordinating the hundreds of other details which go into the running of a major event. I wonder how many running events can boast that they have their own permanent H.Q., museum and permanent staff? Not surprisingly, the Comrades is one of the best organised races anywhere.

It is interesting to speculate on some of the financial aspects of the event. The Executive Officer of the Comrades promised me an interview to discuss this subject after the race had been run, which is an offer I will follow up in due course.

Meanwhile I will just point to some of the more important revenue sources.

The entry fee is A$20.00, so 16,000 entries contributes A$320,000.00 - not bad for starters.

Then there is the major sponsor - MILO. What is 11 1/2 hours saturation T.V. coverage worth to a major sponsor? The answer must be plenty because there are many major companies clamouring to grab the major sponsorship, but MILO have no intention of relinquishing its spot.

There are 59 drink and feeding stations along the route and these are also farmed out to sponsors who have the responsibility for finding the minimum of 70 helpers at each station and providing all the necessary services at their station. There is great competition to have the best drink station. No doubt the C.M.A. makes a substantial charge to the sponsors whose drink station billboards might appear from time to time on the T.V., as well as being seen by the 16,000 runners and a proportion of the 300,000 spectators who line the route.

The difference that I noticed this year was that not all 59 drink stations had different sponsors. For the first time several were sponsored by the same corporation, a nation-wide supermarket chain. Presumably they took up a few stations which other sponsors gave up. It made me wonder if they were trying to gradually move to complete sponsorship of all the drink stations, which would mean regular T.V. coverage of their advertising hoardings at each drink station during the 11 1/2 hour broadcast.

The same supermarket chain sponsored the kilometre markers. Presumably they paid for the markers as well as an amount to swell the C.M.A coffers. Every kilometre there it was: "68 K TO GO - SHOP AT PICK'N'PAY". Coca-Cola also got into the act. At the finish of both the men's and women's event, the finishing tape was emblazoned with the familiar red and white logo. Not only was this seen by the millions of television viewers, but the front page of every newspaper the next day carried pictures of the winners breasting the Coca-Cola tape.

Not satisfied with that, Coca-Cola towels in red and white were draped over the shoulders of the first ten finishers, who were all naturally interviewed on T.V. immediately with the Coca-Cola towels much in evidence. What did that cost Coke?

(Naturally the largest single earner for the C.M.A. must be the T.V. rights to the event, which is a figure I suspect may grow rapidly in the years ahead.)

Finally there are a host of smaller income generators, ranging from the fee the photographer must pay for exclusive rights to photograph the runners and sell prints to them; to suppliers of the various balms and ointments used by runners during the race and the T-shirts given to runners. Even the rescue buses were provided by a car hire company with their corporate name and logo very much in evidence.

In short, the Comrades must be a very big income earner and I suspect that gross revenues must be in excess of A $1 Million and possibly even A $2 Million.

Obviously there are some pretty hefty expenses as well, but the principle that appears to have been adopted is to find a sponsor for each of the specific areas of outgoings. One area where this cannot apply is in the provision of marshals along the course. With a 90K course and 15,000 runners, a huge number of marshals are required.

This problem was solved by approaching charities such as Rotary and Round Table in each town and village along the route to provide marshals for their particular section of the course. Naturally the C.M.A. would then make a suitable donation to the particular charities.

Whichever way one looks at it, the CMA must be making a handsome profit on the Comrades Marathon, a profit which seems slated to get bigger each year.

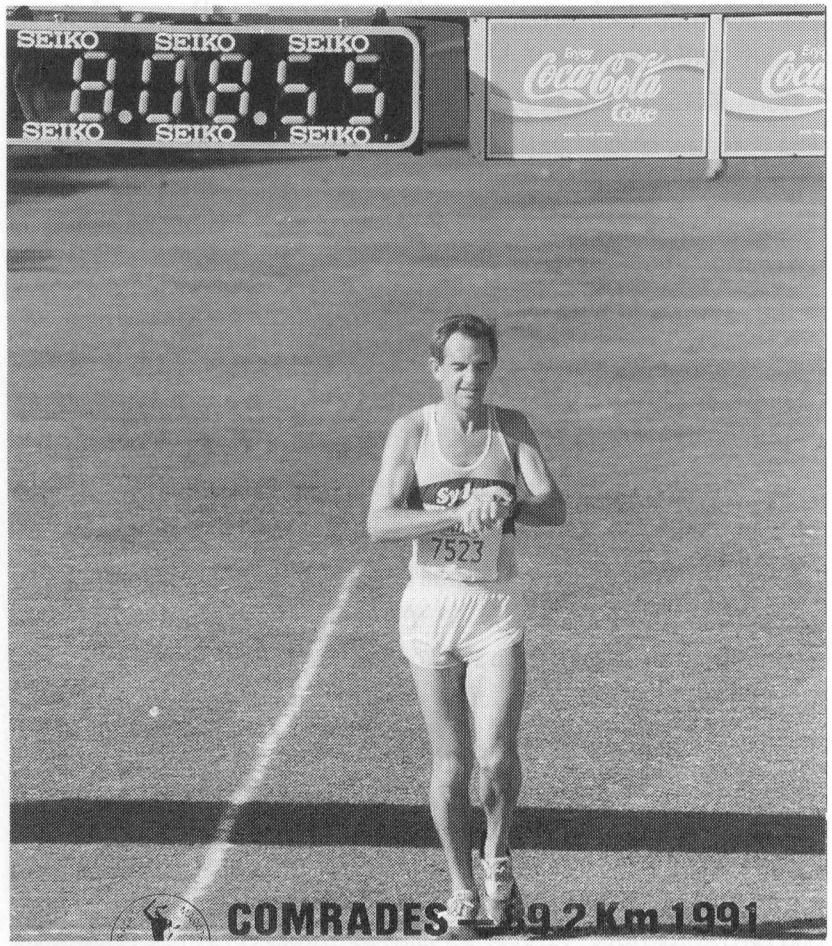
What is the C.M.A. going to do with all this money? I suspect that from next year (especially if sporting sanctions are lifted) the prize money in fairly serious sums will be offered for the first time in a bid to attract the world's best athletes and also to keep the better South African runners competing at home.

I think that the Comrades has the potential to become one of the world's leading ultra-marathon events once sporting sanctions are lifted. Perhaps the Striders Committee might like to think about the features which have made the Comrades such a success when they consider the type of race which the Striders could promote as the club's flagship event.

Incidentally, I did run in this years Comrades and had a great run, finishing in 8

hours 8 minutes. Allowing for the extra distance, this was nearly an hour better than my PB last year. I started very gingerly. All those tales of excruciatingly painful quads and the down run being tougher than the up had made their mark. I am happy to report that I have very little pain in the quads (or anywhere else) and hardly any stiffness. The pain in the quads after the Six Foot Track was far worse than after this Comrades down run.

If anyone else is considering running Comrades, all I can say is DO IT. It's an experience you'll never regret.



Picture of a happy man...

KEMPSEY MARATHON 1991

Margaret Robinson

NEWSFLASH!! God runs Kempsey Marathon.

DATE: 8th June 1991.

DESTINATION: Kempsey.

MODE: Canterbury Tours - Nissan Nomad.

OCCUPANTS: Steve Nordish, Marg Robinson, Dave Barwick, Pauline Barwick, Dave Williams, George Lisson.

GOALS: To have an extremely good time and to run Kempsey Marathon if time permits.

It didn't take long to realise this was to be no ordinary excursion. 2K into the trip and we had to stop at Beacon Hill to let George out so he could throw up! Apparently, George had been to a redundancy party (not his) the night before and didn't leave the Balmain Leagues Club until 1.00am. He then managed to pull himself together until the 73K mark, halfway down the hill at Mooney Mooney Bridge before another pit stop was required. Two salad sandwiches for lunch seemed to quieten Georgy boy down as he slept the remainder of the journey to Kempsey.

I couldn't help thinking on the way up that this is the stuff Striders legends and folklore are made of. Could George, after a lead up preparation of this magnitude, turn it around and run a Sub 3??

The highlight of the journey up was the changing weather. It changed from bad to worse to disgraceful and by the time we arrived at the Golf Club Carbo Load I'd run out of adjectives.

The Carbo itself was the usual affair, a mob of half starved looking people sitting around waiting to pounce on anything that moved or looked remotely edible. Its worth the admission just to see the look on the caterers faces as they attempt to place the food on the tables only to have half of it taken before it even hits the table-cloth.

The weather situation had deteriorated to the point of ridiculous by the time we left the Golf Club and driving, torrential rain accompanied us for the entire 40K journey to South West Rocks. I wondered if the caravan park would still be there when we arrived. It was, with the usual group of familiar marathon faces from Western Districts, Billys Bushies etc. Brian Colwell was there complete with snorkel and flippers. He'd arrived a day early, I guess to acclimatise to the prevailing conditions.

During the night whilst listening to the howling wind and rain one could not help but think "Well at least I won't have to run tomorrow, surely they'll call it off, surely the road is flooded, surely the drink station people will perish, surely Kempsey Jogging Club will come to its senses and sanity will prevail".

Well as we all know, anyone that runs is not sane and there is very little sanity in the running fraternity.

I know this for a fact because a few hours later I was standing there with this mob of 157 other desperates waiting for the starters signal and that noise from the gun that puts a lump in your throat. A short lived lump, but never the less its always there.

Kempsey Marathon is very flat except for a hill at 5K and a rise at 40K. Given the right conditions (this year definitely excluded, although try telling that to John Hamilton). I consider this course a P.B. special. Considerate motorists, wonderful countryside, very friendly and competent water station people, great post race hot food, gentle masseurs and a professionally run presentation with great prizes and you have the right formula for what I think, is NSW best marathon. I am hoping as a club we can support this event next year in a big way by taking a charter bus up for the long weekend. If you have any thoughts or ideas on this please contact me.

Meanwhile back in the race strange events were taking place. Ross Foster, the race director suggested that anyone anticipating a finishing time of 4 hours plus could start half an hour earlier and their time would be adjusted accordingly. So when I passed a rather slow runner at the 15K mark I naturally thought he was an early starter. When I passed him again at 20K I really thought delirium had set in or his twin brother was a slighter faster runner. The lump in my throat immediately returned at 28K when sure enough, just ahead was the same white T shirt and black

track pants. What would I say to him when I loomed up behind? Do you live here? G'day, funny time of day to do fartlek sessions? I think you missed a drink station? are you cheating?

I didn't have to use any of those embarrassing questions because with 100 M left before I caught him, a red Falcon pulled up and in he leapt.

During all this excitement a good and bad news situation had arisen. The rain had eased (good) but the the head wind picked up. (bad) Unfortunately because we were heading towards the coast and there was a easterly gale blowing, the closer we got to the finish the worse the wind got (nearly another good and bad).

As I struggled past the pub at South West Rocks and waved to all the boys at the window who raised there schooners, I couldn't help thinking if he was fighting the head wind or enjoying the warmth of the red Falcon.

I crossed the line a mere 30 minutes outside my Kempsey PB, grabbed a quick massage and went in pursuit of white T shirt Black Track-pants. Sure enough he was nowhere to be found as though he has mysteriously vanished from earth. Was this my first clue?

My next clue was to come during the presentation. Bill Clingan, who won the race in a very respectable 2.38 given the conditions, on receiving his trophy, thanked God for helping him win and without him etc. Surely this was it. This was the piece of jigsaw I was looking for, Black Trackpants wasn't just any runner.

My suspicions were confirmed when Bill's wife, who was first lady over the line in 3.07 thanked God for his assistance and without him etc etc. Well, now I knew, a wave of excitement rushed over me and I remembered how people used to say to me "I ran in a race with Deek once" Mind you Deek usually runs the whole 42.195K but I guess when you're....

An interesting sidelight to the event was the fact that the rain eased right off just before the start and held off until the end of the presentation when all of a sudden it returned with a vengeance (another clue perhaps).

Just to prove we were no wimps, the traditional Kempsey Caravan Park B.Q. (piss up) went ahead despite the rain with many of the usual Marathon stories being told (they run a close second to fishing stories) I decided to keep my story to

myself until George, who had made a marvellous VB drinking comeback was positive he had passed "Some Bloke" twice during the race. Everyone laughed and said (except me) the state you were in, you probably saw two of him anyway.

We sat around for hours changing topics when right in the middle of trying to remember Helen Shapiros major hit single, Dave Williams assured me that in the old days no one ever changed the subject off running onto something else, that just wasn't on. If you didn't talk constantly about PB's, STaRs, what's your next big one? (now theres something you could change the subject with) injuries, course stuff ups etc, you were considered a social outcast.

One by one valiant Striders wandered (some staggered) off to bed and I wondered what some of the originals would have thought of certain current members as they bounced off caravans on their way to dreamland. I decided Helen Shapiro would have to wait until morning.

We bid farewell to the other waterlogged enthusiasts as they waded through the caravan park and during the long drive home with its usual highlights 1. Never ending highway patrol cars. 2. torrential rain 3. frustrating end-less traffic jams on the freeway, several question kept gnawing at me:

1 Does He really need to drive a family car - surely a word in Wayne McCarthy's ear?

2 Does He use Squeezys?

3 Does He use the obvious special drink?

4 Where was He when I needed him at 35K?

These and other questions could possibly be answered next year, barring injury.

One last thing, if your contemplating running Kempsey next year. For Gods Sake - woops- I think I'd better leave it there.

PS George missed legend status by 29 minutes and 27 seconds.

KEMPSEY MARATHON RESULTS:

1	Karin Houseman	3.19.07	PB
2	John B Hamilton	3.20.38	PB
3	Derrick Smith	3.20.50	
4	Joan Boltz	3.27.32	
5	George Lisson	3.29.26	
6	Michael O'Brien	3.29.46	
7	Ann Satz	3.31.09	1st Marathon
8	Graeme Gaggin	3.32.27	PB
9	Steve Nordish	3.41.02	
10	Marg Robinson	3.44.17	
11	Kevin Fitzgerald	3.58.08	
12	Dave Barwick	4.29.56	
	Brian Colwell	D.N.F.	

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Contact Strider Brian Tailford

GOLD COAST STOP PRESS: AN ALF FAX (THE DAY AFTER)

Alf Field

I seem to spend my time sitting in airport lounges writing reports on various runs at your behest! This time it's Brisbane airport and the event is the Australian Marathon Championships on the Gold Coast, run this morning.

Why it is called the "Australian" Marathon Championships is beyond my comprehension - more than half the runners are Japanese! This applied with even greater force to the Half Marathon run in conjunction with the main event.

Only Andrew Lloyd, who produced a blistering finish to win the male section of the Half, prevented a clean sweep by the Japanese who took out the male and female divisions of the Marathon and the female section of the Half.

The weather on the Gold Coast at this time of the year is unbeatable. Literally not a cloud to be seen, virtually no wind and crystal clear air. Early morning temperature was 18 degrees quickly climbing to 24 - 25 degrees, which is really a titch warmer than I like it for marathons.

I had to rely on Rosanne to keep a record of the times and Striders for me and it is likely that she missed quite a few that she did not know, so the following is almost certainly not a complete summary of the Striders performances.

Geoff Large appears to have been the first Strider home in 2.34.40 although Phil Garvin was also seen flashing home at about the same time.

Rosanne always makes a note of the time of a guy called Tony Larkum because she knows it always gives me the pip. He generally wins the 50 - 55 year old age group and finished this year in 2.34.50! Quite fantastic.

The lady Striders produced another remarkable set of performances with Joanne Cowan once again to the fore in 2.46.40. Sharon Dobson and Marliese Laaper had a great duel. Sharon was infront for most of the race but Marlies kept pegging her back, eventually getting her nose in front near the finish to complete an outstanding 2.57.21 to Sharon's 2.57.40.

Marliese has improved out of sight this year. She set a 2.57 PB in the Canberra Marathon in April, a 10 minute improvement on her previous PB.

Some of the other Striders results:

Evan Miller	2.46.36
Brian Gatfield	2.57.30
Alf Field	3.02.45
Mike Ward	3.08.33
Terry Rose	3.12.09
Dick Bartlett	3.15.40
Joan Boltz	3.23.07

The finish of the Half was very exciting, with Andrew Lloyd breaking away from the bunch to win in 1.03.08. To give you an idea how close it was, Brad Camp finished about 5th in 1.03.57. The first lady's time was about 1.11.00.

It did not go unnoticed that Godfrey Evans ran the half (incidentally in 1.17.13) rather than compete against Marliese in the Marathon!

A couple of other times :

Ray Skinner 1.24.42 and Tina Campbell 1.31.30. Regrettably my trusty scribe missed the other Strider's who were there. My apologies for not mentioning your times.

THE EQUALISER

Sydney Striders 1991 Cross Country Race, Sunday 2nd June.
by Bret Nichols.

Well Kevin, I'm sorry about the weather. But it is great to see continuing keen support of the annual cross country race, even in the face of fine clear cool conditions.

The 14.5km Equaliser course in the Davidson Valley was used for the second time and 60 runners were equalised; ie. what went down had to come up.Some might agree with Harvey Blue, who claims it's more of a paralyser.

From the gun it's lkm to the beginning of a 125 metre vertical drop over the next 2.2km, down to the first crossing of Middle Harbour Creek. Via the Lower Cambourne Track and Acron Hill a 100 metre vertical climb over the next 2.2km took you to the drink stop at Acron Oval, St Ives, after which a 1.75km stretch along Acron, Ayres and Roma Roads returned you back into the bush. With a sharp hairpin bend to the left at Selby's S-Bend (christened after Warwick Selby got in the shit last year by running off the course) you're contouring for the next 2.2km past the tree-loppings tip before descending 95 vertical metres over the next lkm down to the second crossing of Middle Harbour Creek.

Finally it's that equalising 125 metres over 24km.l again - climbing this time and the lkm finishing "burst" to the line.

So you've relived your run? And you survived? And you'll be back next year? Of course. From my point of view as deviser of the course, it's a pleasant surprise that so many enjoy running it; it's been such a bastard to me, repeatedly making me breathe heavily and suffer tired legs. The appeal must be in the beautiful bushland and the Firkin/O'Kane catering. (I think it's firkin okay too - LB)

Certainly, Striders are better runners than swimmers. Remember the Lane Cove cross country course - the rain, the creeks in full flood, the coursemarkings obliterated by rain, getting lost only to be overtaken on the run in to the finish around the university oval?

Are some Striders wimps though? Did they prefer to run the Wahroonga Wobble 30km course as an alternative to the cross country course for fear of sprained ankles and the competitive shorter distance? Were they afraid to race for fear of not being up to their best? Or did they, perhaps, apply their notorious map-reading skills to calendar-reading?

Back to the fun though. Jock Davis won for the second successive year, in 53:23, this time as a member of the Striders. Anthony Scott came second in 54:22, with Andy Simpson third in 55:36. Notably, these three are members of the Bigfoot Orienteering Club, and among the best in Australia. Chris McLean, 4th overall, won the veteran men's category with a time of 58:49, having gained an unfair advantage by training on the Six Foot Track and Butler's Stairs at Woolloomooloo.

Joanne Cowan was 11th overall and won the women's division in 63:59, an improvement on last year's result 3:04. The average age of the competitors was 39 years, the average time was 71 minutes, and most runners significantly bettered their 1990 times for the same course.

Running conditions were fantastic; cool weather with a clear sky, and equally fantastic was the catering by Barbara and Graham Firkin, with beer and champagne laid on in addition to the fresh fruit, cake, sammies, as well as the Diet and genuine Coca Cola. Thanks to Kevin O'Kane for looking after the Acron Oval drink stop.

Thank you also to those who helped mark the course: Tina, Jo, Dave and Rachel; and to Lynndy who marshalled and de-marked the course. New Strider member Michael Burton, second placegetter in the 1991 Six Foot Track stayed close to Jock Davis until the hill leading up to Acron Oval, but withdrew at the oval, still suffering a lingering flu virus. Sensible!

Conspicuously absent this year was Warwick Selby. Rumour has it that he arrived and started late (as usual) and ran off course (again), emerging at the end of the sodden Melbourne marathon, with a time of 2:45:49. Silly?

As to Striders being runners rather than swimmers, most crossed Middle Harbour Creek via the rock shelf at the left of the direct wet crossing. A few, however, including Jock Davis, Bondi "basher" Harvey Blue, and intrepid Swede Benny Hagberg took the plunge, while course marshal Lynndy Bennett took photos.

Louise Fitzsimmons' progress across the creek was impeded by the reluctance of her dog Kimba to get wet. Wendy Downes and Graham Firkin briefly ran off course into the tree-loppings tip to inspect the welfare of her trees which were blown over by the storm winds that tore through Turramurra earlier this year.

To be equal to the task next year, stay in touch with the training group who regularly run the course; Wednesday evenings throughout daylight saving and Saturday mornings the rest of the year. Phone 953 3289 for details.

PORRIDGE AND WILD OATS

The advertising possibilities for Uncle Toby's have taken on horrific potential with the release of a study yesterday which found that an oat-based diet increased the male sex hormone testosterone by 12 per cent in a group of male marathon runners. As well as improving their race times by an average of 2.78 per cent, researcher Dr Simon Spedding says the girlfriend of one runner fell pregnant during the trial, for the first time in 10 years! [*bet she didn't know he was on Uncle Toby's! - Ed*].

Is the following fax, which arrived from Uncle Toby's, a sign of years to come?

.....In the Scottish Highlands they know exactly what to do when there's a wee cold snap in the air. You might think they'd give up wearing the the kilt for a start, but not so . . . the knees and thighs and goodness knows what else can brave to cold if they're fortified with oats. Iron man Craig Riddington who wears even less than the doughty Scots when competing has acquired a trick or two from Highland friends. He swears by Porridge Power, starting each day with Uncle Toby's Oats. Those of us who have tried that wicked Scots nightcap, Athol Brose – a delicious mixture of oats, cream and whisky – know exactly what he means....!

(Acknowlwedgments to 'Short Black' column, Sydney Morning Herald – compiled by Ross Muller).

SYDNEY TO MELBOURNE 1991 – A STORY FROM THE DRIVERS SEAT

By Mark Foley and Brian Colwell

Keith O'Connell comes from a background of quiet but steady long-distance running. Anyone running marathons or ultras over the last six years would likely know Keith as the essential battler blessed with a ready sense of humour.

Many wished him well in the Westfield Run, but I'm sure that a lot of people who didn't ~now him gave him little chance of making it to the finish. After all, his 24 hour best of 189 kms seemed to indicate that a modest distance could be expected at best. However, Reith has the experience of being Crew Captain for various runners over the last five years including Mary Hanudel (USA), Frank Kelly and Wanda Foley. Keith absorbed the information gained from these efforts like a sponge and combined this with a couple of years ultra distance training with Wanda, Brad Boyle, Dave Taylor, Brian Colwell and other clubmates from Western Districts Joggers and Harriers.

Keith based his training on what his body could handle and wasn't afraid to include up to three rest days a week. He assembled a crew which had over 21 Westfields between them, comprising : Brian Colwell (Crew - Captain), Wanda and Mark Foley, Ernie Hatton, Brad Boyle, John May, Kevin Butler and Peter Janovsky. The crew worked a roster which allowed for regular rest breaks and ensured rotation between tasks in the front and rear vehicles. Ernie Hatton (fresh from surgery to both feet and sporting steel rods through two toes) arranged Keith's food and kept the crew going with healthy, delicious meals. Brian monitored Keiths progress and was always aware of kilometre rates, splits, and estimated arrivals at cut off points. Mark and Wanda were co-physios and kept Keith to a rigid plan which never wavered - despite his colourful comments every time his feet were (regularly!) dunked in ice cold water and his shins iced. Keith himself was aware of the benefits of this preventative treatment, which has borne out by the fact that he had no major injuries and didn't make one call to the race doctor or race physio, finishing with just some swelling to the ankles due to forgoing any lengthy

treatments over the last day.

Keith ended up being the only finisher from the group of eight 'first time' starters who left Liverpool at 11 am on Wed 15th. After gaining himself a bit of media attention by leading the field for the first three hours, he settled down to following his race plan. This still resulted, st Belconnen (258 kms), in him passing Rob Channels, again becoming race leader, and enjoying the company of the lead vehicle driven by Graham and Barbara Firkin. Keith then promptly stopped for a scheduled rest break and a couple of hours well earned sleep, allowing Rob Channels to pass.

It was on the road out of Canberra, on the long climb (4 kms) up the hill at Tuggeranong that Keith took his only backward steps during the entire race. Hearing a very loud 'BANG!' he ran back to the support van, thinking that it might have been hit by another vehicle. In actual fact, a build up of gas in the oven had caused an explosion when Ernie, our fearless cook, had attempted to light the grill. As well as a couple of cupboard doors being blown off, a great spout of flame belched forth from the stove at about groin level, leaving Ernie with a hole burnt in his track pants around a part of his anatomy that he certainly hadn't been intending to expose to the elements up in the snow country. This also came close to causing the most serious injury problem that Keith would have had to worry about - once he found out what had happened, he almost strained his ribs from laughing too much. It certainly took his mind off the hill!

Local ultra-runner Trevor Harris and his wife Lorraine came out to give encouragement as Reith pushed on to Cooma. Kouros passed at Cooma on his unofficial run, but was taken the wrong way by his crew (following the old course towards Bombala, instead of the new route to Jindabyne). Keith once more took the official lead and was passed soon after by Kouros (again). Yet again another rest break saw Channels pass. Keith just laughed about this as his goal was to finish, nothing more. Randi Bromka and Craig Rowe were within 25 kms behind us, along with Helen Stanger who was stil making good progress despite suffering cruel shin splints since before Canberra.

Keith arrived in Adaminaby in second place and stopped for autographs and a two hour sleep. The crew enjoyed the BBQ provided by the locals while Tony

Collins (started 12 hours behind Keith) pushed past.

Later that night Keith again passed Rob Channels and forged on across 'the roof of Australia'. The next two days were freezing but fine as the course climbed to 1630 metres. The scenery was beautiful, the hills horrendous and the roads icy until midday. Reith passed 512 kms on the way down to Tumut Pond Dam, where the crew offered him a bet to run across the dam nude. This was rejected on a technicality (the runner must wear clothing displaying the 'Westfield' logo at all times) so with the temperature at about one degree we all settled for a group photograph (clothed) and moved on. More amazingly steep hills, the downhills worse than the up. Bryan Smith passed here (muttering something unprintable about the hills!) then later we here to see Andrew Law and Jean Giles Boussiquet go by. Mark Gladwell and Keith 'leap frogged' for days, and ran together for a while. In fact they did more than just run together - at one point they both decided the local landscape was in need of fertilising, squatted down side by side as they formed their own 'Twin Peaks'. Our intrepid photograper captured this moment for posterity, but I have been asked to withhold the picture from publication.

Out of the high country, the going remained tough and news of runners out of the race filtered through. Race updates and various statistics prepared by Ian Hutchison and Big Chris Stephenson were delivered by mobile officials every day . Our officials alternated between Steve Nordish and Max Bogenhuber, both friendly faces and both continually pleased and amazed with Keiths progress.

Once through Wodonga the whips were cracking but not at Keith who was still running with the same style and pace as st the start. Rather it was the crew, fine tuning and trimming all the fat from rest breaks, stretch breaks and icing.

By the last day it appeared from forward projections that Keith would reach the finish with about a minute to spare. Anyone knowing Keith was aware that the 'O'Connell kick' would be demonstrated, and it was. Assisted by the company of Sandy Barwick (NZ) over the last 30 kms, Keith reached the line in 8 Days 10 Hours 51 Minutes - still with his sense of humour, which he kept in fine form throughout.

The key to his success would have to be Keiths positive attitude and unwavering determination - this coupled with fine weather, good luck and a loyal, efficient crew got him to the finish. A winner by any standard.

SOME STATISTICS ON KEITH O'CONNELLS WESTFIELD PERFORMANCE.

DAY	KM	CUME	RESTING	RUNNING	DAILY AV
1	166.5		3h 25m	20h 35m	8.09kph
2	123.0	289.5	5h 28m	18h 32m	6.64kph
3	113.8	403.3	5h 18m	18h 42m	6.09kph
4	105.6	508.9	5h 27m	18h 33m	5.69kph
5	103.4	612.3	6h 36m	17h 24m	5.94kph
6	114.7	727.0	4h 51m	19h 09m	5.99kph
7	109.9	836.9	4h 08m	19h 52m	5.58kph
8	124.6	961.5	2h 57m	21h 03m	5.92kph
8.5	66.5	1028.0	0h 42m	10h 09m	6.55kph

☐ **SUNDAY'S City to Surf brought all sorts. Alan Phillips, of Mosman, saw a woman runner whip out a cellular phone and start dialling. Why? She had to check on her babysitter.**

☐ **EVA SAMU, of Oatley. is the City to Surf runner (or in her case. walker), who was talking on a cellular phone (Column 8, yesterday). But she wasn't making a call. she says - she was phoned twice by her daughter Monika, 4 1/2, who was asking when she'd be home.**

Column 8,
Sydney Morning Herald,
Tuesday, 13 August.

Column 8,
Sydney Morning Herald,
Wednesday, 14 August.

SYDNEY STRIDERS

20TH ANNIVERSARY CITY TO SURF RESULTS 1991

BLISTER SUPPLEMENT

STRIDERS DAY: 1991 CITY TO SURF

John Ayliffe

"I can feel an affinity with the Sydney people because they're coming out and doing what I do," said Monnors on a postcard Sydney day, perfect conditions for the great event's coming of age.

It was a great run, a great record, and just great being there. Stacks of PB's for Striders and Moneghetti achieved his, anyone with the name 'Steve' would now be ready for anything. All agreed they've booked armchair rides for the coming World Cup Marathon, "wouldn't miss it for quids."

Eighty Striders completed the toughest of 14ks, though many could have sworn the Hon Nick did slip the tongue beautifully when he praised "the 38,000

Sydney S(tr)iders who entered the race."

Striders were magnanimous, at every level of the race, and every one must be congratulated.

We had 9 under the 50 mark (that's in the first 260), 29 of us ran better than 55 minutes, 47 cracked the hour, 69 beat 70 minutes.

It was great to see Mavis and Rod Garrick back, and still trying to get us to adopt those half cheetah track suits. Rod only ran as a training effort for the following Tuesday, when he was to retire as a longtime wharfie - and they finally built that house at Wamberal, "the way (they) bloody wanted it!"

A few of the Half Marathon Committee were highly visible putting it in there at the Finish. They must have handed out thousands of entry forms between them! Looks like September 1st is set to be a really big one (all help needed from members all).

Did anyone see Nobby finish? 92.08 put him in the first half of the field, at 16,423. Looks like what he did on the run he now intends to emulate as a walker.

There were stacks of notable achievements. Just a few would have to include first female Strider, Jo Cowan's 51.10, Marlies Laaper's 55.16, Phil Garvin split Mat Kaley and David Winch with a credible 46.57, not bad when you consider he's now

an old man (Over 40).

The Flying Flannagan's look set for a Husband and Wife award with Bill's great 50.14 and Carolynne's 70.22, but they'll be pushed by Marlies and Godfrey.

Many others. Here are all the Striders results we could find. Team Results will feature at a later date.

1991 CITY TO SURF: STRIDERS PRIZE LIST

MEN AGED 30 AND OVER

lst	Sydney Striders	166.02
	Wayne Stanton	53.08
	Ewen Thompson	55.50
	Stephen Burke	57.04

MIXED (MEN AND WOMEN)

lst	Sydney Striders	148.13
	Matthew Kaley	46.44
	Elizabeth Miller	49.03
	Scott Crawford	52.26

FAMILY OF FOUR

2nd	Winches	
	David Winch and family	

MEN AGED 40 TO 49

3rd	Sydney Striders	150.31
	Chris McLean	49.17
	Alex Whitworth	50.07
	Phil Daly	51.07

WOMEN AGED 25 TO 29

3rd	Elizabeth Miller	49.03

WOMEN AGED 35 TO 39

2nd	Joanne Cowan	51.10

WOMEN AGED 45 TO 49

lst	Joan Boltz	62.19

Go for it Striders -
but you blokes have got a bit of
catching up to do!

CITY TO SURF NOTES FROM SHANGRI – LA

Scott Crawford

(Scott Crawford couldn't sleep on the plane. Faxed your Editor multiple pages from the Shangri-La Hotel, Singapore).

The Iron Man Triathletes were again running:

MURRAY TOWN) both off to Hawaii
JOHN TURNER)
JOHN PRESTON
GARRY LEAHEY
MERRI MACK

JOHN TURNER still had some of FORSTER in his legs and his head as he let HARVEY BLUE turn the tables on him this year.

EWEN THOMPSON travelled from Canberra for the run and got a magic start.

JOANNE COWAN, JOHN SAUER AND MIKE BURTON were all seeded runners - PHIL GARVIN was not sighted but probably also received a seeded start.

Apologies to any other seeded runners.

JOANNE COWAN nearly came to grief at the start as a runner fell in front of her but was picked up by a strong competitor.

JOHN B. HAMILTON cracked 60 minutes by running 59.15. He was a happy boy when contacted to reveal his time.

ALEX WHITWORTH ran a PB of 50.07 but as always was not happy with his performance.

KEVIN TILLER after great performances this year had a miserable run for him but an extremely good run when you consider his handicap - the flu.

WARWICH SELBY has refused to run with the Doctors again unless there is a 20 men team.

Last year 3 in Team 1 DNS. This year 4 in Team 2 DNS.

Physicians heal thyselves.

TERRY MCIVER who last year ran as TERRANCE MCIVES to hide, this year failed to run claiming 2 knee jobs 2 weeks before was too much handicap.

Did CHRIS DWYER run twice? 389 in 51.04 and 570 in 69.1.

JOHN TURNER ran three times

640	in	53.15
2105	in	60.41
325	in	64.01

The 50's men would prefer the quicker J. T.

We lost a number of Striders in Tuesday's Sydney Morning Herald.

MARLIES LAAPER who reported	55.16
MIKE WARD	56.33
GEORGE LISSON	57.20
SUSAN ROBERTS	58.15
TINA CAMPBELL	58.17
HUGH SPENCER	68.38
CURTIS HALL	70.03
JULIE STENTON	76.25

We did however manage to find TERRY (wait for it) HAILSTONE.

NICHOLAS WHEALY, the youngest club member, was the only Strider to receive an asterisk beside his name and win a prize.

NOBBY YOUNG walked a P.B. of 92.08 and was the last Strider to finish. When asked his time, everyone who heard thought he was giving his age.

MERRI MACK was sighted before the start and ran 62.03 for 2701st place.

MAT KALEY & SCOTT CRAWFORD conspired by employing a "ring in" in an attempt to win the Mixed Men & Women category. ELIZABETH MILLER (nee ROSE) who was 6th woman in 49.03.

HARVEY BLUE again got a magic start.

JOHN TURNER was also prominent early. He obviously started with HARVEY.

IRWIN LIGHT did you run?

We found THEODORE THEODORE again this year 1808th in 59.38.

BERNIE (or is it BURNIE) KING refused to run as a Strider and bring glory to his club. See the team results for further news on this turncoat BERNIE can almost be forgiven for running with his training partners.

PHIL GARVIN had a warm up run the previous Sunday and a coke at HARVEY BLUE'S Bondi Lifesaver after running the course with a few strong Russians in 46 mins and hardly a sweat.

VASS VASSILOU that former Strider came in 1103rd in 56.40.

BARRY JONES has his arm twisted to run with the Grandpas in the over 60's and ran a creditable 76.02 only to find RON DALY has been unable to run due to a back injury. A sure Medal gone begging.

ADRIAN KOL also in the 60's team can run better when he has his dog to show him the way.

The 30s Womens team which had a strong Gold Medal chance missed out as SHARON DOBSON (a sub 3 hour Marathoner and new Strider) had to return to Kiwiland at short notice. She'll be back.

Those two Orienteers ANDY SIMPSON and CAMERON OSBORNE also known as the odd couple were only just separated at 50.44 and 50.32 respectively.

DAVID SILL has reverted to self and not run as DAVE DOGGITT.

Is MR CALDWELL who came 1447th in 58.15 really the long lost PHILIP CALDWELL.

CHARLIE LYNN came 3285th in 64.04 keeping that other Westfield Ultra runner CLIFF YOUNG company. CLIFF came 3272th in 64.03.

BERNIE KING (371st in 50.53) really left his mark on the race. BERNIE must have been spreading his favours around ie.

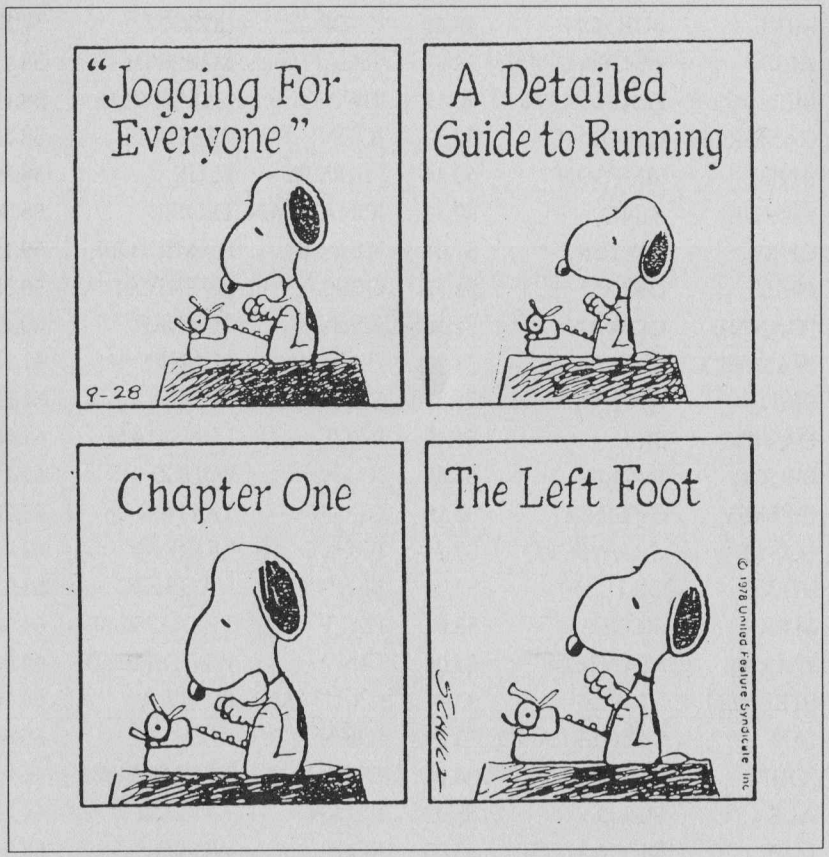
40	JANE KING	54.01
1199	WARREN KING	57.09
1251	BELINDA KING	57.23
1347	IAN KING	57.51
2312	JEANIE KING	61.27
2812	PETER KING	62.52
3392	SHANE KING	64.16
3463	GRAHAME KING	64.25

Who knows how many little BERNIES ran in after 65 minutes .

SYDNEY STRIDERS 1991 CITY TO SURF: PROVISIONAL RESULTS

JOHN	**SAUER**	**46.22**	MARLIES	LAAPER	55.16
MAT	KALEY	46.44	MURRAY	TOWN	55.21
PHIL	GARVIN	46.59	EWEN	THOMSON	55.50
ANTHONY	SCOTT	47.02	KEVIN	TILLER	56.22
DAVID	WINCH	47.03	MIKE	WARD	56.33
RAY	DORAN	49.07	STEPHEN	BURKE	57.04
GODFREY	FRANZ	49.05	TERRY	ROSE	57.05
CHRIS	MCLEAN	49.17	JIM	PHELAN	57.15
MIKE	BURTON	49.41	GEORGE	LISSON	57.20
ALEX	WHITWORTH	50.07	SUSAN	ROBERTS	58.15
BILL	FLANAGAN	50.14	TINA	CAMPBELL	58.17
CAMERON	OSBORNE	50.32	JOHN	PRESTON	58.28
ANDY	SIMPSON	50.44	HARVEY	BLUE	58.39
BERNIE	KING	50.53	JONATHAN	TROPE	58.50
CHRIS	DWYER	51.04	JOHN B	HAMILTON	59.15
PHIL	DALY	51.07	GREG	OVERTON	59.58
JOANNE	**COWAN**	**51.10**	JOHN	TURNER	60.41
WARWICK	SELBY	51.30	GARY	LEAHEY	61.18
BRET	NICHOLS	51.33	STEPHEN	LLOYD	61.55
DAVID	SILL	51.40	PAUL	LUNSMAN	61.56
BRUCE	INGLIS	51.59	JOAN	BOLTZ	62.19
JEFFREY	GISSING	52.15	GEOFF	TAYLOR	62.28
SCOTT	CRAWFORD	52.26	BRUCE	MURRAY	62.40
STEVE	GILL	52.28	BENNY	HAGBERG	63.31
MARK	FIORE	53.05	DALE	THOMPSON	64.00
WAYNE	STANTON	53.08	IAN	WHITEFIELD	64.02
STEPHEN	URWIN	53.30	GRAHAM	BUTLER	64.18
IAN	SUTHERLAND	53.29	JOHN	ROSS	65.05
JOHN	AYLIFFE	54.26	OWEN	DENMEADE	66.05
ALF	FIELD	55.02	BRIAN	TAYLOR	67.27
LUIS	DE CARLOS	55.05	ROS	WONG	68.34

ROD	GARRICK	68.35	ALAN	HICKS	75.53
HUGH	SPENCER	68.38	BARRY	JONES	76.02
KEVIN	O'KANE	68.52	JULIE	STENTON	76.25
WILLIAM	BELCHA	68.56	MAVIS	GARRICK	79.37
LEO	LEADER	69.14	ADRIAN	KOL	85.20
ELIZABETH	CAMPBELL	69.27	NOBBY	YOUNG	92.08
NICHOLAS	WHEALLY	69.49	EVAN	MILLER	DNS
CURTIS	HALL	70.03	PAUL	RUSSELL	DNS
CAROLYNNE	FLANAGAN	70.22	PETER	CORTE	DNS
BRYCE	COURTENAY	72.07	RON	DALY	DNS
LESLEY	CLARKE	73.37	SARAH	ENTWISTLE	DNS
JOM	SCREEN	73.58	SHARON	DOBSON	DNS



THE THEORY OF RELATIVITY

by John Ayliffe

It's the bane of our lives: most non-runners just don't understand. They can't comprehend why we do it. But its worse, much, much worse when they can't relate to how well we did it when we did it.

It's the Theory of Relativity, of course, and in practice it affects us all, however recently it affected Alister Mackie penultimately when Alan Phillips was questioning him about Alister's recent wonderful achievement in the Forster Triathlon, the most notable result of which was that he was only one of a select few to gain entry into the prestigious Hawaii Ironman.

Now it can be argued that Alan Phillips is a runner though a great deal of his running time is spent having a bob each way in various restaurants along the ridge to the Spit (his favourite eatery is Cappriccio's at Cremorne and when, shortly after reading this you visit that establishment, perhaps you too will become a Divided Soul).

The conversation went like this:

Alan: *"Hear you tripped the light fantastic at Forster eh Alister? Con gratulations. What was it, eight hours ...? Is that good?"* (As you can see Phillips made a great start to which Alister probably by dint of modesty didn't reply.)

Alan: *"The swim leg. What was the split for that Al?"*

Alister: *"1:12:46 for 3.8 k's"*

Alan: *"Sorry. Can't relate to that."* (Alan Phillips is a pom)

Alan: *"But the bike, what did you do on the bike?"*

Alister: *"5:22:01"*

Alan: *"And the distance?"*

Alister: *"186 kilometres"*

Alan: (after a long pause) *"Is that good?"*

(Alan Phillips doesn't go that far for his holidays - on wheels anyway! - so Alister's phenomenal, amazing bicycle ride - the time, the distance - was, to Alan, totally and utterly meaningless).

Recovering shortly, he drew himself up to at least six feet five - he stood on a chair - and, eyeballing now a Strider who was found to be good enough to gain entry into this year's Hawaii Ironman, Alan Phillips uttered the only question, of the three, he knew he could relate to.)

Alan: *"And what about the important leg Al, the Marathon, what did you do for the Marathon?"*

Alister: *"Three hours, fourty-two minutes and thirty four seconds.*

Alan: *"What! I did that in London when I'd been on the Beaujolais for a week!"*

Those who were there said big Alister just looked at him; Alister Mackie looked at Alan Phillips for a long time - before he gave him the benefit of the doubt. Non-tris just don't understand. It's the bane of a triathlete's life.

Alister Mackie	7th place
Swim	1:12:46
Bike	5:22:01
Marathon	3:42:34
TOTAL	10:17:21

John Turner broke Peter Keeble's Masters Record which also gained John entry into Hawaii's Ironman.

Swim	1:13:54
Bike	5:56:30
Marathon	4:10:47
TOTAL	11:21:11

A RUNNING FIX: POETRY IN MOTION

by Joanne Tibbitts

The sun just peeps above the horizon
Tinges of pink touch the scattered clouds
The cold numbs my hands
and the air burns my nostrils
as I breathe slowly in
There is a fresh stillness
dominating my consciousness
My body moves
in time to the natural rhythm
of
the earth
As my heel hits the ground
I feel the connection
and relish it
As my toe pushes off
I spring into life
The bush radiates tranquillity

Every muscle in my body
feels alive
in action
or waiting
in anticipation
My body and mind meld
Motion becomes automatic
One foot then the other
The k's slip by
almost unnoticed
My mind expands
permeating
overtaking
my awareness
Time, space, distance
are superfluous

Ideas, solutions, concepts ...
fantasy, role play, affirmations ...
I am everything
I can do anything
Anything is possible
probable
likely
certain
Mind, body and soul are one
touching on euphoria
ecstasy

almost orgasmic pleasure
pervades
A plateau of contentment rises up
from within
Everyone
Everything
is wonderful
beautiful
at peace

Mind, body and soul are totally
receptive

Half an hour
two hours
four hours
later ...

I emerge
from a dream
or a coma
My body fights
for its separateness
And keeps up it's rhythmic motion
One leg after the other
in unison
co-ordinated
Arms balancing the motion
adding power to the strides
Torso twisting
one way then the other
My mind is at rest
is satisfied
content
.... high

When fatigue
or hunger
or guilt
set in

I head for home
The addictive desire
abated
for today.

GEORGE SHEEHAN'S VIEWPOINT: MORE OR LESS.

Acknowledgements to Runner's World.

If I had to describe the basic principles of my training in as few words as possible, I would say, "Low mileage; high intensity." I usually run no more than 20 to 25 miles per week, including speedwork and races. Despite my low mileage, I stay competitive with runners who do double that amount.

Many of my friends put in considerable time on the roads but race infrequently. When they do compete, I can usually give them a run for their money.

My program goes back almost 30 years to my start in road racing. In those days I took my cue from the old-timers: Train 5 miles a day, five days a week, take a day off and then race. Over the years I modified this program, taking more and more days off, putting in one day of speedwork, but still racing every weekend.

I have been astounded at times by how little training I need once I reach a peak. On occasion I have limited my entire running program to one race a week. I have gone as long as a month on such a schedule and noticed no change in my racing times. I know of other runners who for one reason or another had to reduce their running to one race a week and had the same experience.

It now appears that other runners have discovered that "less is more." The Bare Minimum Track Club in Greenville, South Carolina, has followed a program much like mine with considerable success. Their two main ingredients are a long group run on the weekend and a track workout Wednesday night. Members have done measurably better in both the lOk and the marathon despite reducing their mileage to about 30 per week.

Current research would attribute their success and mine to high-intensity training. In a study reported in *The Journal of Allied Physiology,* runners trained 40 minutes a day, six days a week, running as fast as possible. Then, in three separate trials, they reduced either frequency, duration or intensity. When intensity was maintained, reducing frequency by one-third (to four days a week) or duration by one-third (to 27 minutes per workout) caused no effect. Further decreasing frequency by two-thirds or duration by two-thirds (to 13 minutes per workout) had only

minor effects over a 15-week period.

However, reducing *intensity,* while maintaining both frequency and duration, caused a significant decrease in oxygen uptake, heart function and long- and short term endurance. These changes occurred quite rapidly—within five weeks of the change in the training program.

These researchers established that frequency had the least effect on running performance. Duration became a factor only after it was reduced by two-thirds. This is not to say that frequency and duration are unimportant, but it points out that high intensity training, such as interval training and races, is the key to getting the most out of your ability.

AU this suggests that you can significantly reduce your training time and still run as well or even better than you do now. First, take three days off a week. On the other four days do a total of 3 hours running, incorporating (1) a race, (2) a workout of interval quarters and (3) a couple of longish runs, 45 minutes to an hour at an easy pace.

There are hazards, of course, to such programs. While high mileage can lead to injury, high intensity may lead to staleness. My difficulties have rarely been due to overtraining, they have been caused by over racing. So from time to time and especially after PRs, I find it helpful to back off from interval workouts.

"Train little, hard and often".
Jim Peters (1955)

"Fewer miles, more speed".
Bruce Fordyce (1981)

"The marathoner, I think, puts in too many miles and races too much".
Alberto Salazar (1981).

Acknowledgements to 'The Lore of Running' – Tim Noakes

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STRIDERS IST ANNUAL PICNIC RELAY

Sunday, 24th November, 1991.

Elsewhere in this "Blister" is another article about the concept and objectives of this new fun event. Since the writing of the other article, the route has been resolved and the start/finish/picnic venue selected. The start/finish is at Dooralong, a small country town northwest of Wyong on the Central Coast, only lhour and 20 minutes from North Sydney. The route is a 65 Km loop which goes-up and over the Watagan Mountains and round their base through Martinsville, Cooranbong, Mandalong and Jilliby. At Dooralong we'll use the local community hall and park for our picnic and afternoon fun activities. So, in case of difficult conditions, rain or fire bans, we will be covered. There are outdoor barbeque facilities, a kitchen, tennis courts, toilets, showers, bushwalk trails and nearby horseriding. It's a great place for kids and adults to play. The start will be at 7.30am and the running will finish between 12.30pm and lpm, with the picnic following.

Cars will accompany teams on the relay, probably with 4 runners riding while the 5th runs.

Camping overnight on the Saturday night should be possible.

When

Sunday 24th November 1991.

Route

Loop of 60-65km.

Stages

10 stages, with predetermined baton change points, plus 1 special stage. Stages vary in length, from 3-4Km to 10-12Km. At the finish,there is a special sprint stage around the oval, involving the whole team, so that spectators can witness your superlative form.

Teams

10 runners per team, in 2 groups of 5. One group of 5 runs the loop clockwise, while the other group of 5 simultaneously runs the same loop anti-clockwise. Each runner runs 2 stages, but not consecutively. We want as many teams as possible.

To Win

Times of the clockwise and anti-clockwise loops are added to give total time. Shortest total time wins.

General

Each team will be equally matched with fast, medium and slow runners. If you haven't run for a while, this is a great opportunity to get into it again. At the halfway point, near Cooranbong, there is a stop where the anti-clockwise and clockwise halves of each team meet and may remix teams if they wish. The route takes you into the famous charity Primary Club at the Lemon Tree Cricket Ground and the baton change will be at the bar, where a Striders donation will be made and a beer downed. Depending on response, a walkers' stage may be included. During the picnic there will be additional fun stages involving children.

LETTER TO THE EDITOR: THE LATE OPTION.

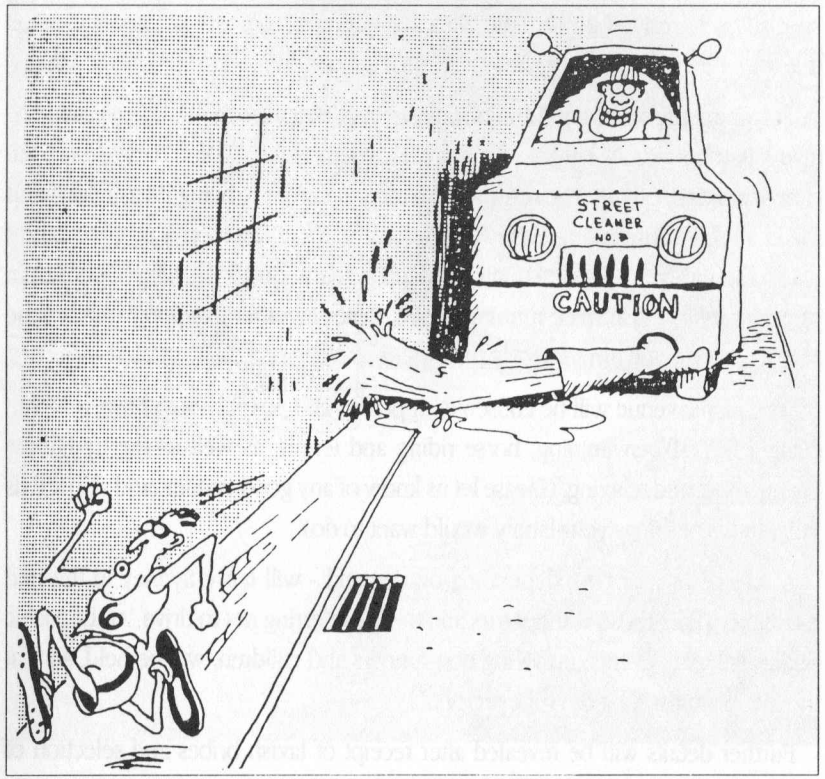
Michael Burton

I have just returned from my first STaR of the year, the Wobble around Wahroonga, and very enjoyable it was. But why my first STaR when the year is nearly half over? The answer is that this STaR provided a revolutionary new choice, the "Late Option". I am one of, I believe, a not inconsiderable number of Sydney runners who are just not able to get up at 5am on Sunday mornings in order to go for a run! Not every body is an early bird, some of us are night owls, and the way the Striders is currently organised, this just about precludes us from all but occasional appearances at Striders events.

The Wahroonga STaR alleviated this problem by the simple expedient of having the course pass by the start after some 9km, thereby allowing me to join in as the groups passed by at 7am. That I couldn't do the full 30km I felt was of little consequence; I actually believe that doing regular runs of over 2 hours duration is more likely to be detrimental to optimal competitive performance, than regular 90min - 2 hour runs. For instance, I did the "6 Foot Track" ultra with only one run as long as two hours in the previous three months to the event, and don't think it impaired my race in any way (OK, I didn't really plan my training this way - I did think I ought to do a little more before an ultra, but when it came to the day of the STaR I had set aside for this purpose, I just wasn't able to climb out of bed when the alarm went off!). What is important in training is getting the right amount of quality, and not the quantity - see the excellent article in Blister 44 on "Cruising to Success" if you don't believe me.

To return to my first point, I believe the Striders could easily provide, as an alternative to the 6am starts, a group starting at 7-7:30am (I would prefer the later time, but I can compromise!) *with little extra effort.* If arranging for a full 30km is deemed to hard for the Late Option (i.e. the organiser doesn't want to have to wait around to midday for everyone to get back), just set a distance around 20km, possibly taking a short cut to the full STaR course. Don't worry about defining running speeds to begin with - just let those turning up sort out the speed they want to run at. I gather that there was some kind of survey to this effect conducted recently, and the committee rejected the concept of the Late Option. However, this must surely rate as a most biased survey, since almost by definition, those active Striders are the very people who don't mind getting up at 5am in the first place! I believe the committee sought a firm commitment from a number of runners to do the Late Option on a regular basis, which is a non-starter. In my case I actually race most weekends, rather than train, and I wouldn't be likely to make it more than once a month. For any number of reasons this is likely to be the case for the majority. And isn't there another overriding reason for having the Late Option, that of increasing the membership (and revenues) of the club. How many people have never joined the club (or left soon after joining) simply because the thought of getting out of bed at 5am on a Sunday morning is simply too much?

So my proposal is simple; introduce the Late Option, make it a shorter (around 20 km) run if that is easier to organise, give it a few months, and see what happens!



SYDNEY STRIDERS COUNTRY RELAY AND PICNIC

Bret Nichols & Lynndy Bennett

Sunday 24th November will be a special day. A new event, the First Annual Country Relay, will be held, as a fun day for all; not only for Striders, but also for their family and friends.

The emphasis will be on providing an occasion equally enjoyable for runners and non-runners, the fast, medium , and slow, the young and old(er), adults and children. For once in the year, the rest of the family will share the camaraderie that drags Striders from their beds and other delights at 5.30am each Sunday.

The relay will start and finish at the picnic lunch venue, and will be run throughout Sunday morning. Competition will be between 8 - 10 member teams specially selected to be of equal ability; the winning team will not necessarily be that with the fastest runners, but rather the best co-ordinated and managed team.

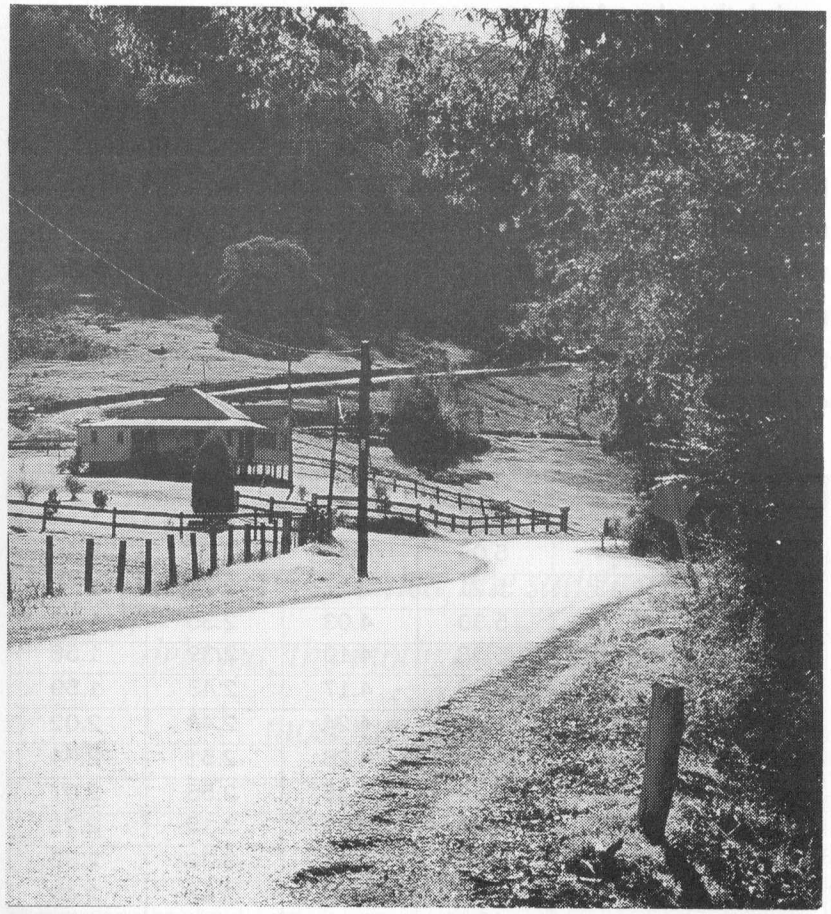
Stages are predetermined and of various lengths, and each runner will carry the teams baton twice. We want as many teams as possible. Volunteers to be team captains please call us. The route for the relay is currently being investigated and the beautiful Yarramalong Valley and Watagan Mountains loop is a prime candidate, with easily accessible country and forest roads, and little traffic. There is an opportunity for bush track running within some stages, and support cars will be able to accompany runners.

The picnic venue will be chosen to appeal to all : possibly with bush walking, cycling (BYOB), swimming, horse riding and tennis, as well as the traditional lazing about and relaxing. (Please let us know of any good venues, and also tell us what kinds of things your family would want to do).

A special bus, or two, depending on demand - will leave Sydney in the mid morning to take those without cars and those preferring not to drive. At the picnic additional team events, involving non-runners and children, will be held, so that the final result will be fun for everyone.

Further details will be revealed after receipt of lavish bribes and selection of teams and captains. Reconnaissance outings (good exercise and fun themselves) will be arranged well in advance, to enable formation of tactics, and to cultivate cunning. Applications for team mascots will be accepted from Simba and Rags Craig-Sutherland, Chien Crawford, Kimba Fitzsimmons, Tippy O'Kane and other contenders.(NB: chance for success is greater for able bodied quadrupeds than for axolotls)

The more the merrier, so please tell your family and friends about this event and set aside the 24th November NOW. It's your chance to make the Striders an even better club.



HOW DO I TRAIN FOR A 10K?

Courtesy South Australian Road Runners

This is a frequent question asked by runners.

10km is the most popular distance for fun runners. There are literally scores of events around this distance each year. Whereas a 42.2km marathon requires 2 to 3 months of extended training after at least 7 months basic training, and the marathon is best done only once or twice per year, 10km events can be attempted quite regularly throughout the year.

Running a good 10km time is dependent upon doing the right amount of relevant training. The term 'relevant' is the vital word, because in order to run a fast 10km, you must do some of your training at 10km pace or faster. This is achieved by what is called "interval training", where you run a certain distance fast for a set number of times with each fast run interspersed by a rest period.

The table of interval distances, times, and number of repetitions is a guide to this type of training. The level at which you start is selected by starting at your last 10km time and progressing slowly to your target. You should train for at least 4 weeks at one level before progressing to the next.

Training Dist x No. Repit. (4 -6 slow jog between each)

10k time	3 x2400	4 x 1600	5 x 1200	6 x 800	8 x 600
32	7.42	5.01	3.42	2.22	1.44
33	7.54	5.09	3.48	2.26	1.46
34	8.13	5.21	3.57	2.31	1.50
35	8.30	5.30	4.03	2.35	1.53
36	8.40	5.38	4.10	2.39	1.56
37	8.56	5.48	4.17	2.43	1.59
38	9.12	5.59	4.24	2.48	2.02
39	9.21	6.04	4.28	2.51	2.04
40	9.39	6.15	4.36	2.55	2.07
45	10.51	7.00	5.09	3.15	2.21
50	11.55	7.40	5.37	3.32	2.33
55	12.55	8.18	6.04	3.48	2.45
60	14.06	9.02	6.36	4.07	2.57

Suggested 10k Training Programme.

Sunday. 1 – 1.5hr easy run. H:R 130 - 150bpm.

Monday. 30min easy run. H.R. 130 - 150 bpm

Tuesday. Intervals. Select distance and time from table. Change the interval distance every week, but stay at same level for at least 4 weeks.

Wednesday. 45 - 60 min easy run. H.R. 130 - 150 bpm

Thursday. 45 mins steady with 2 x 5 min bursts en route at race pace. Finish with 6 x 100m stride outs.

Friday. Rest.

Saturday. Fartlek or race.

Source: Roger Pedrick.

"From the outside, this runner's world looks unnatural. The body punished, the appetites denied, the satisfactions delayed, the motivations that drive most men ignored".

George Sheehan (1978).

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1991 SPORTSCENE/STRIDERS 10 K SERIES

MOSMAN

POS.		NAME	RACE NO.	TIME	TARGET	VAR.	H'CAP. POS.	POINTS
1	22	Michael Burton	20	34.11	35.55	-1.44	2	21
2	21	Chris Mclean	30	35.16	34.48	0.28	13	10
3	20	Bill Flanagan	87	35.27	35.44	-0.17	6	17
4		A. Penfold	89	35.40				
5	5.	Buruberger	70	36.13				
6		Paul Ramsey	59	36.41				
7		Warwick Selby	105	37.00	36.13	0.47	15	8
8		Wayne Stanton	121	37.30	36.02	1.28	20	3
9	17	Bret Nichols	85	37.31	36.16	1.15	18	5
10	16	Steve Gill	51	37.38	35.58	1.40	21	2
11		M. Spackman	31	37.55				
12		G. McKay	86	37.57				
13	22	Joanne Cowan (F)	93	38.13	36.14	1.59	23	2
14	15	John Hamilton	64	38.27	35.01	3.26	27	2
15	14	Alf Field	76	38.54	38.54	0.00	10	13
16	13	Mark Robinson	95	39.00	39.48	-0.48	4	19
17	12	Kevin Tiller	52	39.35	39.46	-0.11	8	15
18	11	John Hodges	1	39.56	40.00	-0.04	9	14
19	10	Steve Burke	125	40.35	38.28	2.07	2	
20	9	Mike Ward	23	40.42	40.07	0.35	14	9
21		H. Punshaw	22	41.11	-	-	-	
22	8	Graeme Gaggin	99	41.30	41.06	0.24	12	11
23		G. Eldridge	90	41.37	-	-	-	
24	7	Garry Bourer	60	41.56	1stRace	-	-	
25		W. Lowe	107	42.10				
26	6	David Fahey	46	42.16	44.55	-2.39	1	22
27	5	Geoff Taylor	61	42.31	42.44	-0.13	7	16
28		D. Flanagan	68	42.50				
29		G. Chubb	29	42.56				
30	4	Mike O'Brien	50	43.01	40.36	2.25	26	2
31	3	Mark Preston	3	43.04	40.45	2.19	25	2
32	21	Sue Roberts	72	43.13	44.19	-1.06	3	20
33	2	Benny Hagberg	55	43.24	42.24	1.00	17	6
34		J. Bennett	62	43.27				
34		J. Williams	71	43.27				
35		W. Brockes	53	43.46				
36	2	J.B. Hamilton	98	43.54	44.12	-0.18	5	18
37	2	Tim Read	2	44.05	42.47	1.18	19	4
38		H. Pederson	24	44.59				
39		R. McLachlan	26	45.00				
40	2	Paul Glare	128	45.03	1stRace	-	-	
41	20	Karin Houseman	100	45.08	44.12	0.56	16	7
42		R. Tiong	119	45.13				

POS.		NAME	RACE NO.	TIME	TARGET	VAR.	H'CAP. POS.	POINTS
43		P. Kotalla	80	47.16				
44	2	Kevin O'Kane	96	48.05	43.26	4.39	29	2
45		M. Segaert	88	48.12	-		—	
46	5	McGann	81	48.54	-		—	
47		Jim Screen	9	49.06	1st race			
48	2	Bill Bletcha	79	49.44	49.37	0.07	11	12
49	19	Sue Hill	74	50.40	48.50	1.50	22	2
50		K.Walters	114	53.35				

MARSFIELD - RACE 5

1		Sam Williams	244	34.44	-	-	OPEN	
2		Simon Riley	1024	35.32	-	-	OPEN	
3	22	Chris McLean	1065	36.02	34.51	1.11	21	2
4	21	John Hamilton	219	36.07	36.51	0.51	20	3
5	20	Warwick Selby	1038	36.28	36.18	0.10	11	12
6	19	Mark Fiore	220	36.53	37.42	(0.49)		3
7	18	Bret Nichols	276	36.55	36.24	0.31	16	7
8	17	Jeff Gissing	1100	37.12	36.56	0.16	13.10	
9	16	Steve Gill	507	37.19	36.08	1.11	21	2
10	15	Chris Dwyer	171	37.27	36.09	1.18	24	2
11	14	Kevin Tiller	279	37.40	39.37	1.57	1	22
12	13	Terry Rose	230	38.24	38.16	0.05	10	13
13	12	Mark Robinson	262	38.29	30.10	0.41	4	19
14	11	Jon Trope	1049	38.42	37.36	1.11	21	2
14	11	Steve Urwin	1025	38.47	38.18	0.29	15	8
26	9	John Hodges	504	39.21	39.57	0.36	5	18
17	8	John Cullity	1032	39.37				
18	7	John Ayliffe	247	39.41	37.08	2.33	28	2
19		Mike Gooley	478	39.44			OPEN	
20	6	Lois De Carlos	1045	39.50				
21	5	Julius Horvarth	275	39.57				
22	4	David Ritchie	238	40.03	40.09	0.06	7	16
23		Sharon Dobson	1051	40.28			OPEN	
24		Geoff Eldridge	453	40.36			OPEN	
25	3	Mike Ward	212	40.44	40.11	0.33	17	6
26	2	Peter Zaunmayr	493	41.53	41.10	0.43	19	4
27	2	John Sutherland	27	42.11	40.52	1.19	25	2
28	2	Geoff Taylor	305	42.36	42.34	0.02	9	14
29	2	Benny Hagberg	311	42.47	42.30	0.17	14	9
30		Garrie Chubb	257	43.07			OPEN	
31	2	John Whealy	229	43.14	40.10	3.04	29	2
32		Dawn Williams	294	43.15			OPEN	
32	22	Sue Roberts	1023	43.15	43.26	(0.11)	6	17
34	2	John B Hamilton	234	43.52	43.58	(0.06)	7	16
35	21	Joan Boltz	480	46.09	43.51	2.18	27	2

POS.		NAME	RACE NO.	TIME	TARGET	VAR.	H'CAP. POS.	POINTS
36	20	Elizabeth Campbell	255	46.24	45.47	0.37	18	5
37	2	Jim Screen	250	48.11	49.06	(0.55)	2	21
38	2	Kevin O'Kane	252	49.25	43.41	5.44	30	2
39		Kylie Lewis	303	49.39			OPEN	
40	2	Bill Blecha	462	49.48	49.38	0.10	11	12
41	2	Frank Dearn	1058	60.21	58.06	2.15	26	2
		Joanne Paterson	446	WALKER			OPEN	
		Mark Palmer	447	WALKER			OPEN	
		Jenny Peterson	434	WALKER			OPEN	
		Tricia Whealy	233	WALKER			OPEN	
		Janice Jeffrey	277	WALKER			OPEN	
		Duncan Richardson	1030	DNF			OPEN	

DOMAIN DASH JULY 20

1	Bill Flanagan	34.47	35.30	(0.43)	5	17
2	Chris Mclean	35.05	34.58	+0.07	14	9
3	Anthony Scott	35.35	33.45	+1.50	23	2
4	Alex Whitworth	35.44	37.43	(1.50)	1	22
5	Chris Dwyer	35.56	36.17	(0.21)	8	15
6	Steve Gill	36.23	36.15	+0.08	11	12
7	Warwick Selby	35.35	36.19	+0.16	10	13
8	Bret Nichols	36.56	36.27	+0.29	17	6
9	Mark Fiore	37.04	37.03	+0.01	13	10
10	Steve Urwin	37.12	38.21	(1.09)	5	18
11	Scott Crawford	37.17	36.46	+0.31	18	5
12	Jonathon Trope	37.51	37.43	+0.08	15	8
13	Kevin Tiller	38.01	38.03	(0.02)	12	11
14	John Cullity	38.03	40.01	(1.58)	2	21
15	John Ayliffe	38.07	37.23	+0.44	19	4
16	Paul Mandl	38.42	Open	-	-	
17	Nick Stewart	38.43	Open	-	—	
18	Graeme Gaggin	40.48	41.08	(0.20)	9	14
19	David Fahey	41.34	42.48	(1.14)	4	19
20	Dawn Williams	41.42	1st Run	-	-	-
21	Paul Russell	41.46	35.56	+5.50	27	2
22	J B Hamilton	42.09	43.53	(1.44)	3	20
23	Paul Lunsman	42.42	41.27	+1.15	21	2
24	Geoff Taylor	43.01	42.34	+0.27	16	7
25	James Smith	43.53	Open	-	—	
26	T Coolex	44.09	Open	-	—	
27	Benny Hagberg	44.11	42.32	+1.39	22	2

Continued on page 55 >

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.

Alan Tonge

Wollongong 'Lighthouse' 10k Fun Run – 16 June;
3rd Place Mens Walk; 4th Placeoverall in age group: 64m:17s

David Ritchie

AIS Drug Offensive CBR Half Marathon Canberra, 19 May: 1:26:43
Sutherland Shire Half Marathon 23

CALLOUS COMMENTS AND BIGGEST LIES.

(All care taken with accuracy, but no responsibility taken for content)

- Emerging from the bushes Jo said "I like to spread it around".
- After 100 minutes of 1k intervals John goes for a banana and a coke, but denied the cancer stick - cunningly hidden in the map pocket of his car - was his.
- Overheard at the Corporate Club 16/6:

  "John Preston to Marlies Laaper: "I blame you for my groin problem, I haven't been able to run for three weeks" ....What did she do John!!
- At the Commercial Hotel Bathurst after the running of the Marathon:

  Dave Sill had rung the organiser earlier in the week to find out what time it would take to win the marathon. The organiser asked Dave what time he was planning on running - Dave said "around 2:56" to which the organiser said "YOU WILL WIN ON THAT TIME"!! So on the 15th of June Dave trundled over the mountains to follow the footsteps of other Striders who have take out the honours. The winner ran 2:38:52, 2nd place 2:42:11, 3rd place 2:51:38 - Our Dave ran 4th 2:58:40, you didn't win Dave but you 'done well' ...
- By John Ayliffe and Adam Searle with apologies to Ivan Freys at the back of the pack where he's not used to being.

  1. "I'm only out for a slow one today"
  2. "Sorry, I've been overtraining"
  3. "I'm just coming back from an injury"
  4. "That couldn't have been 10 k's"
  5. "I did 58 in the City to Surf but I got a bad start"
  6. "I'd love to come for a run but I've got a meeting to go to"
  7. "I bet I'd beat you if I didn't drink"
  8. "Let them go, they'll burn themselves out"
  9. "I'd be up there if it wasn't for my knee"
  10. "I'm not used to running in these shoes"

MARATHON LADDER

at July 1991

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 1991; the second symbol denotes age at which personal best was achieved. Please advise Ian McArthur (427 6040) of any omissions or errors.

				<——BEST AS STRIDER——>			<——BEFORE JOINING——>		
NAME	FEM	AGE CAT	PB AGE	TIME	RACE	DATE	TIME	RACE	DATE
PHIL GARVIN		V	P	2.21.56	BATHURST	0786			
CARL BARKER		O	O	2.30.51	CITIES	0889	2.31.55	CITIES	'88
GEOFF LARGE		O	O	2.34.40	GOLD COAST	0791	2.24.32	PENINSULA RS/	0286
JOHN SAUER		O	O	2.36.11	ANZAC	0489			
BILL FLANAGAN		O	O	2.36.47	CANBERRA	0482			
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		O	O	2.38.51	AUSTRALIAN	0686			
EVAN MILLAR		V	P	2.39.34	CANBERRA	0488			
ANTHONY SCOTT		O	O	2.39.56	MELBOURNE	1087	2.39.06	ANZAC	0486
WARWICK SELBY		V	V	2.41.19	ANZAC	0490			
ALEX WHITWORTH		V	V	2.41.49	WORLD VETS	1287			
TERRY MCIVER		V	V	2.42.24	WORLD VETS	1287			
MATHEW KALEY		O	J	2.43.51	MELBOURNE	1087			
CHARLES COVILLE		V	P	2.45.13	WINSTONE, NZ	1083			
JOANNE COWAN	F	V	V	2.46.18	CANBERRA	0491			
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			
PAUL RUSSELL		V	P	2.47.53	CANBERRA	0484			
RAY DORAN		M	V	2.48.23	AUSTRALIAN	0687			
ALISTAIR MACKIE		V	P	2.49.22	MELBOURNE	1084			
WILLIAM THOMPSON		V	V	2.49.38	ANZAC	0488			
PETER COBLEY		V	P	2.50.01	AUSTRALIAN	0683			
HARVEY BLUE		M	V	2.50.17	AUSTRALIAN	0683			
JONATHON MARSDEN		O	O	2.50.17	AUSTRALIAN	0687			
DAVID TOOGOOD		O	O	2.51.21	GOLD COAST	0790	3.10.47	MELBOURNE	1089
BRIAN GATFIELD		V	V	2.51.23	GOLD COAST	0889			
CHRISTOPHER DWYER		V	P	2.51.50	CANBERRA	0487			
JAMES MCDONNELL		V	V	2.51.57	GOLD COAST	0889			
JONATHAN TROPE		V	V	2.52.28	COMBINATION	0791	2.54.20	VAAL	0388
DAVID SILL		V	V	2.52.54	HAMILTON NZ	1087			
GAVIN MORISSET		V	V	2.54.22	GOLD COAST	0889			
JOHN HAMILTON		P	P	2.54.44	ANZAC	0488	3.01.30	WANG	0683
MIKE FOSTER		V	V	2.55.12	HASTINGS NZ	0885			
STEPHEN URWIN		O	P	2.55.17	CANBERRA	0491	3.04.00	BASINGST'K	0686
STEVE CORNELIUS		V	P	2.55.31	NSW STATE	0682			
RUSSELL BLACK		V	P	2.55.51	CITIES	0883	2.50.38	SYDNEY	'82
RAYMOND SKINNER		V	V	2.55.57	ANZAC	0488	3.12.56	MELBOURNE	86
BRET NICHOLS		P	P	2.56.14	ANZAC	0490			
SCOTT LAWRENCE		O	O	2.56.19	AUSTRALIAN	0684			
NOBBY YOUNG		V	P	2.56.33	NSW STATE	0584			
MARLIES LAAPER		O	O	2.57.05	CANBERRA	0491	3.27.00	ANZAC	
SHARON DOBSON	F	V	O	2.57.40	GOLD COAST	0791	2.53.00		1182
MIKE WARD		P	P	2.57.41	AUSTRALIAN	0686			
ALF FIELD		M	M	2.57.43	SOUTH MELB	1190	3.05.52	CANBERRA	'86
MARK FIORE		O	O	2.58.33	COMBINATION	0791	2.58.08	HUY, BELGIUM	0690
DICK BARTLETT		V	P	2.58.34	MELBOURNE	1085	2.59.32	MELB VETS	0784
KEVIN TILLER		O	O	2.58.37	CANBERRA	0491	3.22.08	LONDON	0486
JOHN TURNER		M	V	2.58.47	AUSTRALIAN	0685			

GEORGE LISSON		P	P	2.58.54	CITIES	0890	3.04.51	ANZAC	0487
SUE HILL	F	M	V	2.59.15	AUSTRALIAN	0684	2.52.01	AVON, W GERM	'79
SCOTT CRAWFORD		V	V	2.59.21	ANZAC	0490			
JEFF LEE		V	V	2.59.46	LONDON	0587	3.00.57	MELBOURNE	1085
TINA CAMPBELL	F	V	V	3.00.32	WORLD VETS	1287			
BRIAN COLWELL		V	P	3.01.47	MELBOURNE	1082			
PETER CORTE		V	V	3.02.00	COMBINATION	0791			
JOHN AYLIFFE		V	V	3.02.16	ADELAIDE	0890			
DAVE BLACKHALL		V	P	3.02.24	NSW STATE	0680			
BRENT WATERS		V	P	3.03.01	MELBOURNE	1082			
ALEX HAMILL		V	V	3.05.15	GILLAWARNA	884			
DAVID RITCHIE		V	V	3.05.36	GOLD COAST	791	3.07.41	AUSTRALIAN	'88
GRAHAM FIRKIN		M	V	3.07.11	CITIES	0885			
DAVID WILLIAMS		V	P	3.08.15	CANBERRA	0483			
TERRY BAILEY		V	P	3.08.49	CANBERRA	0488			
HUGH SPENCER		M	V	3.09.02	AUSTRALIAN	0685			
JOHN HODGES		V	P	3.09.07	MELBOURNE	1084	3.41.39	MELBOURNE	1083
GARY LEAHEY		P	P	3.09.55	CITIES	0890	3.20.48	ANZAC	0488
LEO LEADER		V	P	3.10.00	CANBERRA	0484	3.05.00	PENINSULA, RS	'80
GRAHAM BUTLER		V	P	3.10.13	AUSTRALIAN	0686			
STEVE NORDISH		V	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	3.36.06	STH MELB	'78
WENDY DOWNES	F	M	V	3.11.56	ANZAC	0487			
TERRY ROSE			?	3.12.09	GOLD COAST	0791			
KEITH JACKSON		V	P	3.12.27	COMBINATION	0787			
MURRAY TOWN		V	V	3.12.46	ANZAC	0490	3.00.51	VIENNA	0488
JOHN WHEALY		V	V	3.12.51	CITIES	0888			
JACK WOODWARD		M	V	3.12.54	ANZAC	0488			
BRYCE COURTENAY		M	V	3.13.58	CANBERRA	0483			
ALAN PHILLIPS		V	V	3.14.02	AUSTRALIAN	0687			

BRIAN TAILFORD		V	P	3.14.03	CAM'TOWN	0785			
KEVIN O'KANE		P	P	3.14.38	AUSTRALIAN	0685			
BRUCE MURRAY		M	M	3.14.49	CAM'TOWN	0784			
DOROTHY SIEPMANN	F	M	V	3.16.53	MELBOURNE	1084			
ROD GARRICK		M	M	3.18.10	GOLD COAST	0889	4.09.00	HARBORD DIG	'80
RICHARD BAMANN		M	V	3.19.34	AUSTRALIAN	0685			
PAUL LUNSMANN		M	V	3.20.54	ANZAC	0489			
STEPHEN BURKE		O	O	3.21.24	BATHURST	90	2.54.08	CANBERRA	'87
ROGER RIGBY		V	V	3.21.25	WORLD VETS	1287			
IAN WHITFIELD		V	P	3.22.15	CANBERRA	0487	3.13.06	AUSTRALIAN	'83
MICHAEL O'BRIEN		P	V	3.22.40	CANBERRA	0491			
JOAN BOLTZ	F	M	M	3.23.07	GOLD COAST	0791	3.07.46	GOLD COAST	0787
BARRY JONES		S	M	3.23.18	VETERANS	0781			
DEREK WHITE		S	M	3.23.26	CAM'TOWN	0784	3.26.34	NIKE CANB'RA	0481
ROSS BETTS		M	V	3.23.28	CITIES	0888			
BRENDA HAMILL	F	M	P	3.23.38	SYDNEY	0983			
MARGARET ROBINSON	F	M	V	3.23.53	KEMPSEY	'90			
KARIN HOUSMANS	F	O	O	3.25.34	CANBERRA	0489			
GEOFF COX		O	O	3.27.26	HARBORD DIG	0481			
ROD BROWN		P	P	3.27.32	MELBOURNE	1089	3.18.05	CANBERRA	0489
RAY REID		V	P	3.27.57	AUSTRALIAN	0686			
KERYN LARGE	F	V	V	3.28.24	CANBERRA	0491	3.39.42	POTTERIES UK	0689
FRANK GALLAGHER		V		3.28.36	AUSTRALIAN	0686	3.24.51	AUSTRALIAN	'84
RON DALY		S	S	3.28.46	ANZAC	0490			
JOHN FENNELL		V	P	3.30.06	ANZAC	0489			
ROBERT EYRE		V	V	3.30.36	COMBINATION	0791	3.16.40	FORD	0989
TIMOTHY READ		M	M	3.31.11	CANBERRA	0491			
NOEL WORTHINGTON		M	M	3.31.17	AUSTRALIAN	0686			
MARK PRESTON		P	P	3.32.08	GOLD COAST	0790	3.28.35	GOLD COAST	0789
JOHN AMOS		M	M	3.34.54	CANBERRA	0491			
WAYNE McCARTHY		V	V	3.34.54	WORLD VETS	1287			

PETER ZAUNMAYR		O	O	3.38.05	HONOLULU	1290	3.48.00	ANZAC	0490
GEOFFREY TAYLOR		O	O	3.39.38	CANBERRA	0490			
JOHN PRESTON		P	P	3.39.39	ANZAC	0490	3.39.39	ANZAC	0489
JOHN TIMBS		V	V	3.40.00	AUSTRALIAN	0687	3.23.08	AUSTRALIAN	'84
ALAN WHITE		V	V	3.41.00	ANZAC	0490			
OWEN DENMEADE		M	V	3.42.51	AUSTRALIAN	0684	3.36.00	SYDNEY	'83
EDWINA MACARTHUR	F	V	P	3.44.47	CANBERRA	0486			
KEVIN FITZGERALD		M	M	3.45.22	COMBINATION	0791	3.16.39	BUDGET	1086
ROBI RUSSELL	F	V	P	3.49.00	WORLD VETS	1287			
MAVIS GARRICK	F	M	V	3.49.10	WORLD VETS	1287			
DAWN SHAW	F	V	V	3.49.47	ANZAC	0487			
PETER JOHNSON		M	M	3.50.22	CANBERRA	0491	3.44.01	CANBERRA	0488
DAVID BARWICK		V	V	3.50.58	CITIES	0890	3.56.59	SYDNEY	0987
MICHAEL BLACKWELL		M	M	3.53.47	WORLD VETS	1287			
GRAEME GAGGIN		P	P	3.56.02	CANBERRA	0489			
JOHN ROSS		M	V	3.57.10	CANBERRA	0489	4.05.00	AUSTRALIAN	'83
WILLIAM BLECHA		V	V	3.58.40	BATHURST	0789			
PHILIP FUNNELL		P	P	3.59.30	CITIES	0889			
JIM DONOVAN		V	P	4.06.57	CANBERRA	0483			
LESLEY MAHER	F	V	P	4.08.00	AUSTRALIAN	0684			
ANDY SIMPSON		O	O	4.08.23	ROUTEB'N NZ	1190			
ALAN HICKS		V	V	4.08.41	ANZAC	0490			
BILL McCARTHY		M	V	4.26.23	MELBOURNE	1085			
MICHAEL BURTON		O	O	4.37.00	QUAD DIPSE	1190	2.28.47	EDINBURGH	0984
ALAN TONGE		M	M	5.07.02	ADELAIDE	0889	4.46.49	ADELAIDE	'85
JUSTINE MCCARTHY	F	O	O	5.09.15	NEW YORK	0490			

From page 47.

28	Ian Whitfield	44.14	42.05	+2.09	25	2
29	A Townsend	47.25	Open	-	—	
30	Paul Glare	47.34	45.30	+2.04	24	2
31	Jim Screen	47.42	48.22	(0.40)	7	16
32	Kevin O'Kane	49.35	43.56	+5.39	26	2
33	Bill Blecha	50.39	49.39	+1.00	20	3
34	Alan Tonge	self/time	65.26	-	-	-

10 K RESULTS AFTER 6 RACES

HANDICAP POSITIONS.

1. J B Hamilton	89 Points
2. Graeme Gaggin	79 "
3. Kevin Tiller	76 "
4. Mark Robinson	71 "
5. Bill Flanagan	58 "

OVERALL POSITION (FEMALE).

1. Joanne Cowan	66 "
2. Karin Houseman	61 "
3. Sue Roberts	43 "
4. Marlies Laaper	42 "
5. Joan Boltz	41 "

OVERALL POSITION (MALE).

1. Chris McLean	123 "
2. Warick Selby	89 "
3. John Hamilton	87 "
4. Steve Gill	82 "
5. Bret Nichols	75 ll