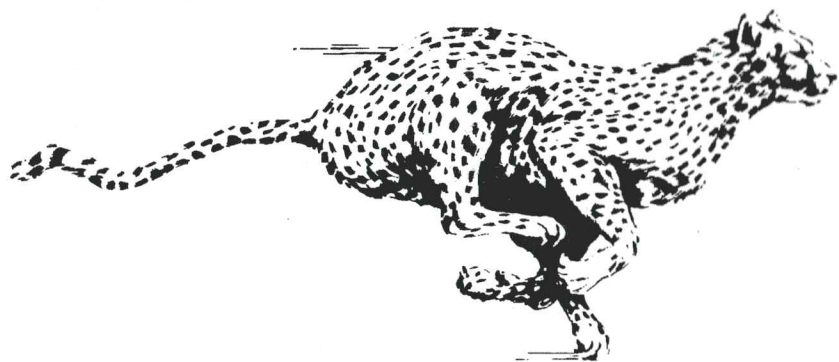




OFFICIAL JOURNAL OF THE SYDNEY STRIDERS ROAD RUNNERS CLUB

ISSUE NO. 47
JANUARY - APRIL 1992

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.

CONTENTS

PRESIDENT'S REPORT	5
SYDNEY STRIDERS 1991 ANNUAL AWARDS	6
OUTSTANDING ACHIEVEMENT AWARD FOR 1991: JOHN TURNER	12
TOKYO JANUARY 1992	14
FROM ONE EXTREME TO THE OTHER	17
IT WAS DEREK'S YEAR	20
"UNDER FOURS": AN ELEVEN KILOMETRE "MILESTONE"	21
ATHLETIC WISDOM	22
"I REALLY DON'T KNOW HOW TO TRAIN..." (OR DAVE SILL CONFESSES)	24
NO LOO STOPS FOR ALF FIELD IN THE STH MELBOURNE MARATHON.	30
ULTRA AMAZING!	32
1991 PICNIC RELAY SUPPLEMENT	Centre section
CRETE? WELL IT IS ON THE WAY TO LONDON ISN'T IT?	36
THE MOTHER OF ALL RUNS: CRADLE MOUNTAIN 1992	40
DOING A LUDWIG	44
FINAL RESULTS OF 1991 HORNSBY / SPORTSCENE 10K HANDICAP SERIES	47
CALLOUS COMMENTS	49
MOBIL CANBERRA MARATHON AND CLUB CHAMPIONSHIP 12 APRIL	51
SYDNEY STRIDERS ANNUAL CROSS COUNTRY (<i>Coming event</i>)	52
CITY TO SURF 1992 (<i>Coming event</i>)	53
SYDNEY STRIDERS HALF - MARATHON LADDER	54
MARATHON LADDER	57
STRIDERS IN TRAINING	62

COMMITTEE OF THE SYDNEY STRIDERS 1991 – 1992.

Elected at the Annual General Meeting, May 1991

PRESIDENT

Steve Nordish

718 5991

VICE - PRESIDENT AND SECRETARY

Jon Marsden

428 2001

TREASURER

Vic Taylor

597 1610

TRAINING DIRECTOR

Ian Whitfield

816 5864

SOCIAL DIRECTOR

Barbara Firkin

625 0750

INTERNAL EVENTS DIRECTOR

Kevin O'Kane

661 5131

PUBLIC RELATIONS

Sarah Entwistle

360 4516

MEMBERSHIP DIRECTOR

Margaret Robinson

718 5991

10K DIRECTOR

Dave Barwick

955 7494

LITERATURE FEATURE EDITOR

John Ayliffe

974 4341

COMPUTER MANAGER

Ian Macarthur

427 6040

LITERATURE RESULTS EDITOR

Scott Crawford

416 8117

SPECIAL PROJECTS COORD

Tina Campbell

428 2001

LITERATURE PRODUCTION

Roger Rigby

487 2302

UNIFORM DIRECTOR

Julie Stenton

439 2165

PRESIDENT'S REPORT

I heard a wonderful line from our "evergreen" Ron Daly not far into the Balmain Bungle. Ron's been racked by injuries over the last few months and after being questioned on how his running was going, he shot back the reply: "ever since I gave that silly physiotherapy away I've been running really well!" Makes you wonder where the answers to your problems really lie.

I'm sure the majority of people who attended the presentation night enjoyed themselves and an overwhelming number commented that they thought it was a great night. Although one could not help but notice the reaction of a few concerning the slightly changed format. Lets hope the "reactionaries" turn up on A.G.M. day (see ad this issue) and whisper their opinions and grievances and get involved. My personal thanks must go to Tina Campbell, her sheer energy and persistence under pressure was extraordinary and without her there would not have been a Presentation Night.

On an environmental note, what about putting a cup in your boot for your Sunday coffee? Not only are you doing the environment a favour but those polystyrene cups are bloody expensive!

Don't forget the A.G.M. is on the 3rd May, Balmain Leagues Club, at 9.30 am following the Balmain Bungle. Remember this is your club we need your **INPUT**. Come along and voice your bitches, opinions, ideas etc. **GET INVOLVED**.

Run and enjoy,

Steve

PRESIDENT

SYDNEY STRIDERS 1991 ANNUAL AWARDS

Presented at the Annual Dinner and Awards Night,
North Sydney Leagues Club, 11 MARCH 1992.

Explanation of club policy on awards:

- * Must be financial member at time the race is 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.

ANNUAL PRIZE GIVING BALLOONS UP NUMBERS DOWN

Wendy Downes

"Don't they all look different with their clothes on"

About sixty members and guests enjoyed TINA'S bash at Norths Leagues Club. And if you weren't there you missed Sarah's sexy little black dress. You won't know that Terry McIver has perfected the art of leg identification. Or how Charles Coville became so adept at crosswords (and got every clue right in the Ivan Freys Monster) – or what Firko looks like in a suit – stunning.

TINA CAMPBELL put a lot of work into a great night with the green and white and the best way for you to congratulate her would be to turn up NEXT YEAR.

CATEGORY 1 - DEBUT MARATHONERS MALE & FEMALE

Male

1st	Peter Corte	3.02.00	Combination
2nd	Mark Robinson	3.07.14	Gold Coast
3rd	Donald Rodgers	3.10.00	Canberra

Female

Susan Roberts	3.11.45	Gold Coast
---------------	---------	------------

CATEGORY 2 - BEST SUB-3HR IMPROVER, MALE & FEMALE

**Note: "Sub-3" refers to the IMPROVED time, not the original and is calculated as a percentage.*

Male

1st	Geoff Cox	3.27.26 1981	to 2.55.58	Honolulu '91(15.17%)
2nd	Kevin Tiller	3.22.08 1986	to 2.56.37	Newcastle '91(12.62%)

Female

1st	Maarlies Laaper	3.07.59 1990	to 2.57.05	Canberra '91(5.8%)
2nd	Joanne Cowan	2.52.44 1990	to 2.46.18	Canberra '91(3.7%)

Special awards (wine) for:

Kevin Tiller	2.62% improvement
Graham Gaggin	9.92% improvement

CATEGORY 3- BEST PERFORMANCE FOR MARATHON, MALE & FEMALE CATEGORY

Best performance by a Female Marathoner:

1st	Joanne Cowan	2.46.18	Canberra
2nd	Maarlies Laaper	2.57.05	Canberra
3rd	Sharon Dobson	2.57.40	Gold Coast

Best performance by a Male Marathoner:

1st	Phil Garvin	2.29.46	Canberra
2nd	Bruce Inglis	2.45.03	Canberra
3rd	Warwick Selby	2.45.49	Melbourne

* 6th consecutive victory in this category for Phil Garvin

Marathon Achievements in 1991:

- * 3rd Mobil Canberra Marathon - 2.29.48
- 2nd ACT Marathon Championship
- 1st Veteran
- ACT & Aust Vet Champion
- 2nd consecutive year to win championships
- selected in ACTv team for Aust Marathon championships at Gold Coast for 8th consecutive year (a record)
- * Ran Gold Coast Marathon in 2.33.48
- * Member of ACT team for Australian Road Championships run at Eastern Creek

CATEGORY 4 - BEST PERFORMANCE MARATHON, VETERAN MALE & FEMALE

Female

1st(Vet)	Joanne Cowan	2.46.18	Canberra
2nd	Sharon Dobson	2.57.40	Gold Coast
3rd	Susan Roberts	3.11.45	Gold Coast

* As Joanne received major Marathon award this award goes to 2nd place.

Male

1st	Phil Garvin	2.29.46	Canberra
2nd	Warwick Selby	2.45.49	Melbourne
3rd	Evan Millar	2.46.36	Gold Coast

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

CATEGORY 6 - BEST PERFORMANCE IN A TRIATHLON (OR SERIES), MALE & FEMALE

Male

John Turner	Foster	11.21.11	(new Aust record by 40 mins)
--------------------	---------------	-----------------	-------------------------------------

- * 1st a/g Sri Chimnoy long course
- * 1st a/g Bundeena
- * 1st a/g Royal National Park
- * 1st a/g Botany Bay Classic
- * 1st a/g Aust Ironman Foster (new Aust record by 40min)
- * 1st a/g Bronte Biathlon
- * 8th a/g World Ironman Hawaii
- * 4th a/g Shoalhaven
- * 3rd a/g Port Macquarie

Female

Sarah Entwistle

Age Group Aust Duathlon Champ. & Aust Olympic Dist. Champ.

- * 1st a/g Eastern Creek Duathlon Series
- * 2nd a/g Botany Bay Cannon Tri
- * 1st a/g Lake Macquarie Tri
- * 1st a/g Shoalhaven Tri
- * 1st a/g NIKE Sprint Tri
- * 2nd a/g Port Macquarie Tri
- * 1st a/g NSW Duathlon Champs (Aust Duathlon Champion)
- * 1st a/g Wollongong Tri (Aust Olympic Distance Champion)

CATEGORY 7 - BEST PERFORMANCE IN ANY EVENT

"MASTER" MALE OR FEMALE (OVER 50)

Alf Field	Comrades	8.08.55
	6ft track	4.43.00

* Also Best Marathon time over 4 marathons: Gold Coast Marathon 3.02.45

Note: Alf was knocked over by a Telecom truck just one week prior to this event.

CATEGORY 8 - 10 K SERIES

THE MIDDLE HARBOUR YACHT CLUB PERPETUAL TROPHY

10k Champion/Handicap winner	Mark Robinson
Outright Winner Male	Chris McLean
Outright Winner Female	Joanne Cowan

CATEGORY 9 - HALF MARATHON, MALE & FEMALE

Female

1st	Joanne Cowan	.19.53	Striders
2nd	Maarlies Laaper	1.21.42	Combination
3rd	Sharon Dobson	1.22.43	Combination
4th	Susan Roberts	1.28.13	Sutherland

** Because Joanne, Maarlies and Sharon all won awards in the Marathon category the award goes to 4th placegetter Susan Roberts.*

Female (Veteran)

1st	Joanne Cowan	1.19.53
2nd	Sharon Dobson	1.22.43
3rd	Tina Campbell	1.31.15

** Because both Joanne and Sharon have won awards in the Marathon category the award goes to 3rd placegetter Tina Campbell.*

Male

1st	Phil Garvin	1.12.23	ACT Vets
2nd	David Toogood	1.14.26	Sutherland
3rd	Godfrey Franz	1.15.43	Combination

** Because Phil received a major award this award goes to 2nd placegetter David Toogood.*

Male (Veteran)

1st	Phil Garvin	1.12.23	
2nd	David Sill	1.18.27	Mt Pritch.
3rd	David Ritchie	1.22.34	Sutherland

CATEGORY 10 - ACKNOWLEDGEMENT AWARDS

Dave Barwick	for 10 k series
John Ayliffe	for Blister
Roger Rigby	for Blister
Kevin O'Kane	for Internal Events

CATEGORY 11- MARIA GEMENIS-CRUICKSHANK OUTSTANDING ACHIEVEMENT AWARD

1st John Turner 62 Points

(See page 12 for achievements).

2nd Joanne Cowan 58 Points

Achievements in 1991:

*1st female Canberra Marathon, PB 6 mins)

*Australian Womens Vets Marathon title holder 1991

*NSW State Marathon Title Holder 1990 and 1991

*5th female, 2 in age group Gold Coast Marathon

*Invited to represent Australia in 3 overseas marathons in 1991.

OUTSTANDING ACHIEVEMENT AWARD FOR 1991: JOHN TURNER



John Turner on stage in Hawaii with "the other" Tina Turner.

"In recent times I have become very familiar with John Turner's bum.. I know all the Striders will now think I'm another one of those funny guys in advertising!

That is not what I mean.

It is simple fact that in all the times I go training with John, I'm so far behind all I get is his back view.

There is only one thing left for me and that is to convince the Hawaii Iron Man

organisers they should change the race to start with a 180 kilometre swim. At least then I might have some chance of beating the old bugger.

If that fails then I feel they should change the rules to make sure that John actually goes back an age group every five years because he is getting faster as he gets older.

This honour could not have gone to a better athlete. More importantly it couldn't have gone to a nicer bloke.

My congratulations mate. It's thoroughly deserved. " [Alex Hamill].

ACHIEVEMENTS FOR 1991:

ROAD RUNNING:

NSW State Marathon	3.28.14	2nd	55-59 a/g
City to Surf	1.00.41		

TRIATHLONS

Sri Chinmoy Long Course	4.46.11	1st	"
Bundeena	1.54.55	1st	"
Royal National Park	3.17.02	1st	"
Botany Bay Classic	53.48	1st	"
Aust. Ironman - Forster*	11.21.11	1st	"

*(New Australian record by 40 minutes)

Bronte (Biathlon)	1.16.20	1st	"
World Ironman - Hawaii	12.44.22	8th	"
Shoalhaven	2.46.15	4th	"
Wollongong	2.38.20	3rd	"
Port Macquarie	2.30.01	3rd	"

CROSS COUNTRY SKIING

NSW 15k Champs	1.53.41	2nd	"
KAC Martini Classic (9k)	55.42	22nd	"
Paddy Pallin Classic (25k)	2.43.03	17th	"

TOKYO JANUARY 1992

Jo Cowan

I couldn't believe the phone call just prior to Christmas, when I was contacted to run in Japan. I never hesitated in saying "yes" – who would – an all expenses paid trip to Tokyo for one week, and all I had to do was run a – Marathon!!? Needless to say my training quality immediately increased. It was to be a rest time over Christmas but that was not to be. I even refused 2nd helpings of Christmas pudding and brandy sauce – my favourite, but it was worthwhile.

So what was Tokyo all about? The Metropolitan Tokyo Government built new buildings to house their staff. The old building site is to be changed to a new rubbish removal and transformation area. The Tokyo Government wanted to celebrate these new events, so they decided to create a new race to celebrate and invite runners from all their sister cities around the world, plus a group of elite runners to make the event really something. So Sydney is Tokyo's sister city. We used to send a team of runners from the City to Surf race to their 12km run (which is now no longer).

The Government decided to ask another team of runners from Australia as well, which is the team I ran with. NSW Department of Sport & Recreation supplied the managers and uniforms and Tokyo Metropolitan Government supplied the rest. I was selected from my City to Surf result.

Our team was Sean Williams, Robert Spelling, James Brown, Heidi James (who didn't run) and myself. The other team was Paul Arthur, Lyn Clayton, John Curly (Sydney Strider too) Peter Webb, Marina Delhinty. Amongst the Elite runners invited was Steve Montagetti and Lisa Ondreki – so Australian runners totalled 10. We, as a country did extremely well.

We were flown over Business Class, met at the airport by an interpreter and travel guide who stayed with us the whole time. We had to attend only a few functions whereas the other team had so many to attend. The night we arrived in

the hotel we were given windcheaters, programs etc. and that was only the beginning of the presents – the more you give the more they give and of course they try and make their presents better!

So briefly, what happened first day we viewed the course by bus. Of course you try and remember everything and during the race I kept remembering this big downhill area – funny we never came to it! Minds do play tricks. That afternoon was free so we went to Disneyland – it's just like the one in L.A. except everything is in Japanese of course!

Next day we went to the official meeting of the Governor of Tokyo, Mr. Susuki – a special morning tea. That afternoon we had a welcoming function where there was lots of speeches, all the invited international athletes were welcomed to the stage. They must have spent a fortune, millions of yen, on this event. The food was Western and Japanese combination – for sushi and sashimmi lovers – they were in heaven....

It was fantastic to be in a room filled with international athletes – the room was a buzz of excitement!! Interestingly Lisa Ondieki and Liz McColgan were still not the "best of friends" after New York... they stood miles apart and hardly acknowledged each other.

The male athletes were another story. Steve Montagetti talks to everyone – what a fantastic ambassador for Australia. He only met me once, on the plane going over and then he never forgot my name whilst we were there. He was always ready to have his photo taken or give autographs! Some of the other athletes, Ikangaa Barrios and Hussein, plus the Japanese were all so friendly and willing to give advice and help.

The day before the race, everyone got a little "toey" – we shopped then tried to rest – how difficult before such a big event. All I wanted to do was have the event over and done with.

Finally the race morning – walking out of my room, I came across Lisa Ondreki doing intervals in the hallway made my warm up look tame. We were given warm up blankets – pieces of plastic with bubbles to keep us warm. It was 4°C or

so. Needless to say I decided that gloves were definitely in order – whether I would take them off or not was yet to be seen.

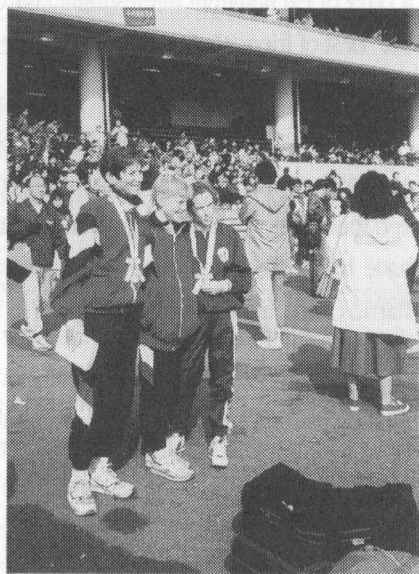
We started and ran a predominantly flat course weaving through the streets of Tokyo – a sea of faces waving flags lined the whole course. There were a few hills – but they were more like “pimples” on a mountain.

Looking back on the event, I remember trying to take water – it was too cold and actually slowed me down – I gave up trying in the end. I had a constant battle with one of the USA ladies who I finally broke away from with 1.5 kms to go. It's amazing what energy you can find when you need to.

The most wonderful sight was running into the stadium and seeing the finish – in Japan they call it a “GOAL” Seeing my time, getting the No. 8 around my neck must be the highlight of my running career. I cannot tell you how proud I felt when I was up on the stadium collecting my medal. I just want to thank all my running friends and predominantly Sydney Striders who train with me and give me confidence and advice. Needless to say we celebrated after the event with lunch and the best gin and tonic I have tasted. Then it was off to the official farewell party and the disco – what a buzz. Ikangaa and Hussein are great dancers – not together of course.

The following day we travelled to Nikko – a tourist town 2 hours outside Tokyo by a “bullet” type train. More shopping on our last day and home – what an experience. I can only say that if you put all the work in the rewards happen – I consider myself very lucky to have had this opportunity. I hope everyone has an opportunity like I did!

– Go for it !!! ♦



Jo Cowan, 8th; Lyn Clayton, 3rd;
Heidi Jones, DNS

FROM ONE EXTREME TO THE OTHER

By Bruce Murray

We have all read or heard about the feats of Alf Field and other Striders - in ultramarathons and in particular The Comrades Ultra Marathon in South Africa. The extensive training programmes undertaken under Alf Field's guidance are also well known. At the other end of the spectrum some of us have competed in much less demanding races overseas, with what can best be described as a minimum of training. I know this applies in my case but there is a bit of a story as to how I came to be in the race.

In the later part of last year my wife, Pat and I were preparing to make a visit to USA as part of a group of ambassadors representing the Sydney Branch of the Friendship Force set up by President Carter when in office and having Branches in many countries throughout the world. The aim of the Friendship Force is to extend the hands of friendship across different countries and different cultures and on this occasion the ambassadors from Sydney were to be hosted by the Branches in Knoxville, Tennessee and Springhill, Florida.

Pat and I decided that while in the US we would also visit other parts of the country, including stays with friends in Lancaster, Pennsylvania and Ventura, California. It was in Ventura (near the end of our trip) that I was to become involved in a race, but until we arrived there I had no idea that the opportunity to race would occur.

Incidentally, the parts of Tennessee which we visited were magnificent, particularly the Great Smoky Mountains, and the hospitality which we received was unbelievable. Our group was given a reception by the mayor of Knoxville and presented with the keys to the city. We were told time and time again by the local people “You-all come back now you hear” this being a typical expression of these southern people.

Digressing again from running, I must mention that while in Lancaster, Pennsyl-

vania we went back in time, visiting the Amish community where the people still travel by horse-n'-buggy, do not have water or electricity connected to their homes.

Eventually we arrived in Ventura, California, this city being located on the Pacific Ocean coastline about 100km north of Los Angeles. We had been in the US about five weeks, and with no intention of racing, my running efforts had been spasmodic, and not involving more than about 40 minutes out on the road on any occasion.

It just so happened that a friend, Bill, in Ventura had entered a 5k race around Lake Casitas where Olympic water sports had been held as part of the Los Angeles Games. Bill asked me to join him in the race and I agreed, thinking that even with my lack of training, I could probably manage to race that distance.

When I asked Bill what time he expected to do, he said somewhere between 20min 20sec and 20min 40sec. I could not envisage doing much better than 25 minutes and at this point I was wishing I had been undertaking an "Alf Field training programme."

The morning of the race came and the weather conditions were a bit of a shock. In Ventura there was, as usual, a cloud cover extending from the ocean and it was cool, but the cloud cover did extend as far inland as Lake Casitas and when we arrived there it was quite hot.

In an effort to cope with the heat, I followed the David Sill regime and had two large glasses of water 1/4 hour before the start of the race. The race started and being keyed up by then, I went to a more realistic pace for my lack of preparation for the event.

I realised by halfway that Bill had not passed me but as he had told me he always finished his training runs flat out, I had no doubt he would overtake me before the finish. However, he was apparently badly affected by the heat and finished some distance behind me, with his time somewhat outside what he had forecast.

No expecting to do very well, I did not pay attention to my time and I was surprised to learn that I was first in my age group. Naturally this made the

experience more memorable for me.

Perhaps of interest to John Hamilton and others, the programme for the day included a 10k starting at 10am in gruelling heat and two bike races, one short and one long. The entry fee of \$US20 for the 5k race covered a souvenir t-shirt and breakfast consisting of muesli, blueberry muffins and coffee. There were various stalls including a most one which served ice cold non-alcoholic beer free. ♦

THE SYDNEY STRIDERS 1992 ANNUAL GENERAL MEETING

Venue: Balmain League's Club

9.30am

May 3, 1992

ALL POSITIONS ARE VACANT

President

Vice - President

Secretary

Treasurer

Training Director

Social Director

Internal Events

DirectorPublic Relations

Membership

Director10K Director

Literature Feature Editor

Computer Manager

Literature Results Editor

Special Projects Coord

LiteratureProduction

Half Marathon Director

IT WAS DEREK'S YEAR

John Ayliffe

Age taken into account Derek White's Year in Review reads like something Moneghetti would be proud of. This is an extract from from a letter he wrote us. Results follow.

"I had quite severe foot problems last year but in '91 they have been much more under control, except in June-July.

I have been painting my house since October and seem to have only completed a fraction of what is usually quite a small place: my running has naturally suffered. maybe in about 1993 (when I'll be 65) I'll have to take part in more athletics."

"DAHLIA DASH"MITTAGONG	17/2/9	18km	34m43s	1st man over 60
TARREN POINT FUN RUN	14/4/91	10km	41m40s	2nd man over 60
MOUNT PRITCHARD JOGGERS HALF MARATHON	5/5/91		94m24s	1st man over 60
CITY TO SURF	11/8/91		60m49s	
CITIES MARATHON (SYDNEY-BLACKTOWN) (Best of three marathon this year)	18/8/91		3h40m24s	1st man over 61
COMO - JANNALI FUN RUN	15/9/91	10km	43m31s	2nd man over 60
PORTUGUESE RUNNERS CROSS COUNTRY	6/10/91	8k	36m31s	2nd man over 60
BLACKHEATH RHODO RUN (Sixth win in this category)	17/11/91	12km	56m42s	1st man over 55

"UNDER FOURS": AN ELEVEN KILOMETRE "MILESTONE"

By Derek White

The year was 1988, a Sunday in July and the event the Bicentennial "Sutherland to Surf". After the initial rush down Flora Street, I was soon aware that another, nominally elderly gent, clad in a red singlet (plus the other necessary garments) was just off my right shoulder.

I knew two things about him - that his name was George Lord and that I would have a hell of a job to keep up with him - I did.

All the way along the undulating Kingsway we pushed one another, never more than two or three metres apart. The red singlet made it easy for me to use my peripheral vision to check on him, while ensuring that I did not tread in anything or on anyone.

I don't know how he felt but I was going flat out. When we plunged down by the Cronulla Hotel and Dunningham Park, George was about one metre ahead on my starboard bow. On the little rise at the southern end of Mitchell Road, I decided it as "now or never" and surged up the slope. With some surprise I swept past my rival and went up Mitchell Road trying to maintain the increased pace. If I had imagined I had been going hard earlier, this as something else. I wheezed like an old locomotive with the regulator full open. All I knew was that the red singlet was not in view: How far behind it might be I could not guess and had to assume it was right on my tail.

We rounded the top of the rising curve and rushed down Murdock Street to the finish line. I was sucking in air like a faulty vacuum cleaner. The time (in error some years) was spot on with my watch, 43m 22s for eleven kilometres, - under four minutes per K at sixty years of age. Not world class but one of the most exciting races I've had.

The fact that I had a sore throat for the rest of the day couldn't spoil it. ♦

ATHLETIC WISDOM

Dr George Sheehan

Finishing a marathon leads to, increased energy, dedication, discipline and a belief that you can make a difference. It's easy to see why. Getting ready for a marathon is like getting ready for combat. Its preparation is basic training.

Marathoners begin their training as raw recruits, then emerge, still untried, at the top of their physical powers. This is where dedication and discipline are born and energy results. They have gone through the purification. They have attained dominance of the body.

The first-time marathoner may be combat-ready but has no concept of how terrible the combat will be. The veteran runner knows the body will be brought to the limits and beyond. Pain and fatigue that the newcomer has never before felt or even imagined is in store. And both the veteran and the first-timer worry that they won't have the mental toughness to carry it off.

But if the runner does, a new self is born. By enduring this 26.2-mile agony, the runner brings forth virtues that previously were only potential in one's being. These virtues are the physical, mental and spiritual strengths that make a runner a successful player in life.

The runner takes the rights of life, liberty and the pursuit of happiness and makes them obligations. We are not free to dispose of our life, cast aside our liberty, cease in the pursuit of happiness. on the contrary, we are enjoined to live the good life.

There is a battle to be fought—and fought daily. There is a victory to be won—and won continually. And there is a defeat that must be risked—and constantly overcome. We Can take as our motto the words uttered by Tennyson's Ulysses, "To strive. to seek, to find and not to yield."

The virtue that helps us to our physical goal is prudence, which is avoiding things that are bad for us. It is the acceptance of the lifestyle most likely to give us maximal performance and a long life.

Prudence is to the body what courage is to the spirit. It means doing what you have to do despite the opinions and oppositions of the rest of the world. Even more, it means doing what you have to do when the opposition comes from within yourself.

I can tell you of my own experience as a runner dealing with life. Last June while I was, preparing for a lecture tour, I began to have some pain in my lower back. On the first day of the trip became excruciating, like a great white shark attacking my spine. It was my cancer.

Even with opiates, I could only manage a fitful night's sleep, but of course, couldn't use the drugs during the day when I lectured and gave interviews.

This agony went on and on, through Canada, then Maine and, after a brief stop at home for therapy, out to Chicago. I couldn't have handled it if I had not been a marathoner. I have learned to take whatever comes and do it without questioning. If you are presented with a hill, you climb it. There was never a thought that I would call a sponsor and cancel. In fact, if they should read this now, they would be finding out for the first time what I was going through.

I do not tell you this to commend myself I acted as most runners would act. I was not going to be turned aside by suffering or pain any more than I would quit in a race. Undoubtedly I have my limits—and they may be a lot lower than some of my fellow runners—but they are also much higher than they were the day I first put on running shoes and joined in the race to become an Olympian in life. ♦

A PAIR OF HAIRDRESSERS

The 1992 sadism award has gone to Alex Hamill and Owen Denmeade who forced poor Graham Butler to run their unspeakably hilly North Sydney/Cammeray lunchtime "social run" only two days after Graham's legs had been reduced to cactus in the Six Foot Track Marathon.

In an exclusive scoop by the Blister, Butler referred to the beastly George Patterson duo as a "pair of hairdressers". ♦

"I REALLY DON'T KNOW HOW TO TRAIN..." (OR DAVE SILL CONFESSES)

Dave Sill

The year started, as usual, with the **Palm Beach to Manly**. An undulating 30K course which starts at sea level and has many downhill sections.....amongst other things. It's fantastic to see the sun come up over the ocean. The 1991 race day was a hot little devil and there were no PB's. The Striders who participated enjoyed breakfast at a Manly hotel afterwards, where the hotel guests were delighted to stand in queues and wait while many sweaty bodies filled their usual seats and ate all their food.

In 1991 for the first time I ran those two great bush marathons, the Six Foot Track and **Brindabella**. The Brindabella Classic ("Australia's toughest downhill mountain race") is probably the best race in the land. Any experienced marathoner who can get to Canberra in November should run this fantastic race which passes through the most spectacular and varied terrain. It is only a short drive of about 25 minutes from Canberra to the meeting place at Cotter Reserve below the mountains where the race is run. There is a modern pub there as well as an excellent little camping area.

A bus drives you up to Mt Ginini where the fun begins. In 1990 the first 10K's were run with snow on the ground high in the mountains, then down we went only to get quite sunburned near the end in the heat of the day. It is about 40K's downhill and about 10K up covering what the race director refers to as a "net drop of 1300M". Towards the end there are two hills (ie upwards ones) known as the "two mothers" (named by Saddam?). For those a bit weary after the downhill running they are a gentle reminder that it would not be a good idea to reverse the course. The course length was 50 kilometres in 1990 and increased to 53 in 1991.

The Six Foot Track Marathon is almost as good and most run it because of the rare opportunity to see a real, operational pluviometer. This run is closer to home, starting from the Explorers' Tree near Katoomba and finishing at Jenolan Caves.

This run is of 46 kilometres, but if you are sensible enough to walk the many uphill you run less kilometres than in a standard marathon. I learned a lot about distance running in these two great races. One I raced and the other I just ran, but my times were the same in each. You're never too old to learn about going out too fast, and the longer the race the better the lesson is learned!

I also learned a lesson in the **1991 Bathurst Marathon** - the lesson was that to do well in a race you need to finish in the quickest possible time. Sounds obvious, but I spent 30K's racing against another runner in stead of running to my pre-planned pace. The result was a second half 10 minutes slower than the first (the other guy did the same) and my slowest marathon in four years. Needless to say the other guy finished in front, but if I'd just followed my plan to run my fastest time on the day I may have beaten him.

There were quite a few Striders there doing the marathon or the half so if you feel like a drive in the country pop up to Bathurst. The standard isn't too competitive so you will get a better placing than usual - I actually finished overall fourth!

I really don't know how to train. Every bit of reading I do tells me to include speed work. I ran all my PB's when I only did LSD, then when I started track work the PB's stopped. I've tried all sorts of combinations and can't make it work. I wonder if it really makes that much difference to a long distance runner provided he/she puts the work in? I don't seem to be able to fit in the distance as well the speed work without getting too tired.

I always have trouble planning my racing year. I always wanted to run, two marathons, two half's (halves?), half-a-dozen 10K's and also be in form at City-to-Surf time which means no marathons for two months before (would life be worth living if I lost that precious "preferred start"). I've never managed to be in form for all this. I just don't know how to fit it in! Having the South Melbourne Marathon available at the end of the season - November - helps if you don't mind going around the eight laps. PB territory according to Alf!

Well I've solved that, in a way, by changing the events. The things that make me tired are hills and speed so I've found the easy way out - track ultra marathoning. So easy - you have a bit of a jog, then a bit of a walk, a bit of a chat, then a bit of a rest, then a bit of a jog...etc. A bit of alright hey? Well now I have to plan a year with one

ultra marathon, two half's/v's, Brindabella, the Six Foot Track, Palm Beach to Manly, half-a-dozen 10K's and still try to keep that all important preferred start. Does anyone in the club have a computer program on critical path analysis because I still don't know how to fit it in.

A great experience recently was running the **Campbelltown 24 Hour Race**. It was a very "interesting" event. What goes on in the brain is important, though arguably ultra runners have more blisters than brains. While running one of these you get plenty of time to think about things; such as how to plan your speed work!

There were four Striders participating out of a total field of 39 starters. The entry fee was \$30 which works out at about 20 cents a kilometre which is better value than most races. I also got to see ultra marathon champion and Sydney - Melbourne winner Bryan Smith in action. I actually overtook him once when he slowed down



"The Brindabella Classic...my favorite race".

to have something to eat! The support received from Striders and families at Campbelltown was absolutely marvellous - what a great club the Striders is! These events also give you the opportunity to spend \$150 on a pair of quality running shoes then immediately cut the toe cap off.

Between these longer races I managed to fit in a few shorter ones. I ran the **Mount Pritchard Half-Marathon** in 78.28. Thanks are extended to all the good O/40 runners who stayed away in droves to let me win the age-group trophy. This is one of the best half's (halves?) in town and worthy of a bigger attendance. A top course with excellent trophies and prizes. I managed to just hold onto my preferred start in the **City to Surf** with a 51.40, but I still don't know what you have to do to get to start in front of Harvey Blue.

I fitted a few 10K races into 1991 too, with the fastest being the "**Cen Ten**" in



"Finishing my PB marathon, Hamilton NZ 1987..... 2.52.54".

35.45. I didn't attempt The Three Ports race this year - I burleyed the fish enough the year before.

One thing I don't understand is why last year's club committee did not agree to start a 7.00am STaR. The club does a great job of providing running enjoyment and I can't understand why that enjoyment cannot be offered to the tiny percentage of the running community who like to stay in bed till after 5.00am on a Sunday morning. I don't think the STaR hosts would mind giving an extra hour of their time. I offered to lead the 7.00am STaR for a minimum of three months if needed. Over a period I am sure this would increase club membership by at least 25%.

The Reebok Running Club has just commenced a long Sunday morning run and the only time offered is 7.00am. Do we need to move with the times? I could see a day when the majority go off at 7 whether for the full 30K or something more wimpy. The numbers would drop in mid-summer but that doesn't matter.

Those who ran the Kempsey Marathon may be interested to know that Helen Shapiro's hits were:

	Top 40 entry date	Highest position	Total weeks
Walkin' Back To Happiness	25.11.61	10	12
Let's Talk About Love	16. 6.62	22	10
Little Miss Lonely	1. 9.62	14	13
Not Responsible	2. 8.63	11	5

One of my great passions is early rock and I remember seeing Helen Shapiro at the Sydney Stadium in my mis-spent youth.

So I fitted in just ten races in the year but enjoyed it even more than most years before. Aren't we fortunate that we have such a wonderful variety of races to run and we don't have to travel all that far to get to them. It's marvellous that people are prepared to go to so much effort organising these races especially when many of the best of them have a hundred or less starters?

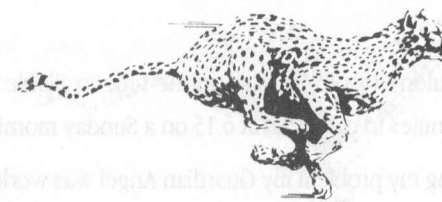
Another thing I don't know about is the "runners high". My little mind boggled



"First sub-three hour marathon, Canberra 1987".

when I read in Blister 45, when a certain lady in our club runs she touches "on euphoria, ecstasy, almost orgasmic pleasure pervades".

Clearly I've been missing out on something! I know that ever since homo erectus has been on Earth he has loved running, but I can't rise to these heights. It's too hard! Actually I usually I run with a limp. Perhaps it comes with time and practice but I don't think I can fit it in. ♦



NO LOO STOPS FOR ALF FIELD IN THE SOUTH MELBOURNE MARATHON.

Another fax flash (or was it a flash fax)
From Alf Field

Another Airport and another Marathon. This time its Melbourne Airport and the South Melbourne Marathon.

I've said it before and I'll say it again something always goes wrong in a marathon. Sometimes its before; other times its during the marathon and sometimes afterwards. On occasions its all three.

Be prepared for the unusual, the unexpected and the unexplainable (inexplicable). Disaster can strike from any quarter.

From this perspective, South Melbourne was just your usual, run of the mill, disaster - laden run.

I timed my departure from the hotel to a nicety. Leave room at 6.00. Enter rental Corolla at 6.05 to arrive at start at 6.15, allowing 15 minutes for stretching and warm-up etc before the 6.30 start. At least that was my proposed schedule.

I left my room at 6.00am precisely and at 6.05 inserted the key into the Corolla's ignition. Turned key. Nothing. D-E-D dead. Even the digital clock did not light up. Then I noticed that the light switch was on. I thumped my forehead with the palm of my hand. What an idiot. What a domkopf. Some mother's have stupid children and Mrs Field really excelled herself this time.

Tried to push start the Corolla to no avail. The battery was not up to raising even the slightest spark. Now 6.15am and only 15 minutes to the start. Panic with a capital "P".

What do I do? I couldn't run to the start in the time available and it would probably take 15-20 minutes to call a taxi at 6.15 on a Sunday morning.

While I was pondering my problem my Guardian Angel was working overtime.

At 6.20 precisely a taxi pulled up in front of the hotel to deposit a customer. Who could possibly want to be dropped at the Park Royal on St Kilda Road at the same time on a Sunday morning?

I asked no questions and dived into the passenger seat. "Hit the gas, mate. I've got a marathon to catch".

I yanked my track suit off so that I would be able to leap into action immediately. With smoking tyres the taxi screeched to a halt in front of the runners assembled on the starting line. I emerged like royalty to the cheers and jeers of those anxious to get the race under way.

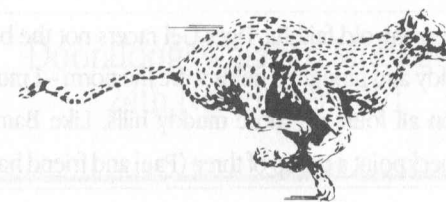
A minute later the starter fired his gun and we were on our way. I know that you want to hear all about my hamstring problems, the blisters, the cramps, the heat, the wind, the nipple chafe, the need to go to the loo (an urge which could not be satisfied due to the more pressing requirement of getting to the starting line on time) - but I'm not going to tell you about these. As I said before, it was just your average, run-of-the-mill, disaster laden marathon.

Not surprisingly I was not jumping out of my skin as I had been in Adelaide. It seemed like a good time to have a comfortable, conservative run and this produced a time at halfway of 89 minutes (vs 84 minutes last year).

Dick Bartlett joined me for the last 1 1/2 loops (7k). The company was welcome as we trundled out the last few kms. I eventually rolled across the finish line in 3:05:36.

I always learn something from a marathon. This time I learnt that one can't expect to run under 3 hours on 45K per week training and one 30K STaR in 2 months.

Now my flight has been delayed and you've got a fax. ♦



ULTRA AMAZING!

CARL BARKER takes on a 54 mile training race in STRIDERS gear- and smashes the course record.

Here is CARL'S story: The race was a 54 mile/87 km trail run from Dunton Green to Farnham, a section of the North North Downs Way (the hilliest section!). It started at 7am so d'A tart was at Dunton Green Rail and unfortunately there weren't any toilets available. However, there was an obliging and enthusiastic reception from the organisers which more than made up for the lack of facilities.

A few showed consternation at the Start as I wore only shorts and Striders t-shirt; were they all wimps? it was rather mild – or did they know something I didn't?

There are two sets of instructions; one to drive to official check points/feeding stations, and one for the runner. Both are in semi-cryptical form and I knew I wouldn't be making any quick breaks, especially as we still had 40 minutes of darkness to get through.

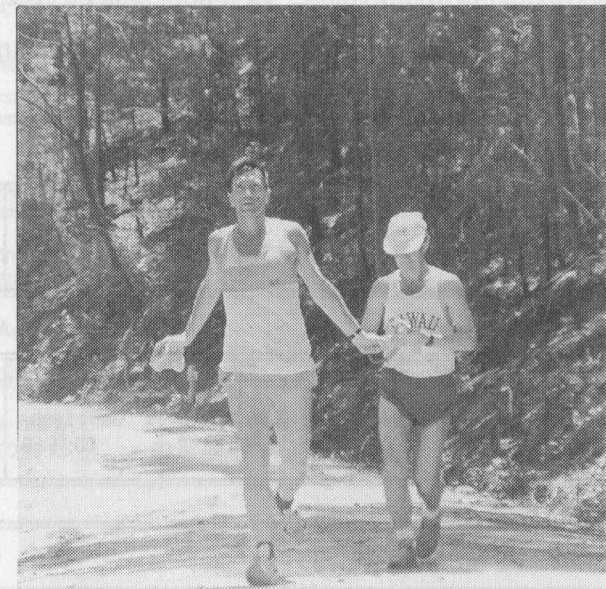
The route is very difficult to follow, particularly early on, marked by a combination of acorns and signs – many of which have broken off or fallen down! The course record was set last year by Paul Woolger who was third in last year's London to Brighton and was claimed to be a very good 1500m runner. He seemed the only one to have any idea of the route and was therefore dictating the early 'pace'.

The first 20 miles were run painfully slowly in a group of five – it was very frustrating as one couldn't make a break and Paul seemed to be deliberately slowing the proceedings. so we queued at stiles, waited while fellow group members took a pee, and chatted pleasantly; yaargh!!! At one point Paul stopped and we had to wait up the road for 5 minutes just to see where we should go next.

I had decided to wear my old faithful Tiger Gel racers not the best choice as it was very wet and muddy and ploughed fields were the norm – I must have looked pathetic scrambling on all fours up those muddy hills. Like Bambi on Ice! We reached the 24 mile checkpoint a group of three (Paul and friend had dropped off)

Sydney Striders

1st Annual Picnic Relay Day



Graham Butler, a Jillaby Jiggler, handing over to Dave Ritchie at the end of leg 3 – 2.

Dooralong/Watagan Mountains
24th November 1991

"You can tell the difference between a Sydney Strider and an orienteer..."

Lynndy Bennett

Thank you to everyone, both Striders and non-Striders, who made the effort to leave SS natural habitat and venture up to the Watagans for this event.

When you've spent the past 3 weeks dreading each incoming phone call "Now who's ringing to drop out...?" or "I hope this isn't the Forestry Commission prohibiting access to the forest roads", it's gratifying to

have the turnout we did on Sunday 24th November. Although the number of participants fell from an initial 86 down to 70 starters, the burden of challenge seemed to enthuse rather than faze most teams. The welcome sight of a wagon-train of 40 or so additional family and friends who had arrived during the relay reinforced the social aspect of the day.

Upon reflection, some of the noteworthy items were: Timekeepers — Graeme Gaggin, Amanda Craig-Sutherland, Beth Reid and Ian McArthur — without them, the entire operation would have been more

1st MANDALONG MOOCHERS

CLOCKWISE

Captain
Tina

Campbell
Total Time
08:39:34

Start-1	1-2	2-3	3-4	4-5	1st Half
T Campbell 00:23:17	Jon Trope 00:33:50	Alan White 00:29:46	K O'Kane 00:20:53	T Campbell 00:26:14	2:14:00
ANTICLOCKWISE					
Start-9	9-8	8-7	7-6	6-5	1st Half
Bruce Inglis 00:18:15	Chris McLean 00:33:27	Nick Whealy 00:23:18	Garry Leahy 00:15:59	Chris McLean 00:27:01	1:58:00

2nd MARTINSVILLE MEANDERERS

CLOCKWISE

Captain
Terry

McIver
Total Time
09:00:26

Start-1	1-2	2-3	3-4	4-5	1st Half
John Ross 00:01:00	Jo Cowan 00:56:35	A Scott 00:23:45	Jon Marsden 00:29:10	John Ross 00:26:14	2:16:44
ANTICLOCKWISE					
Start-9	9-8	8-7	7-6	6-5	1st Half
J Stenton 00:26:00	Steve Urwin 00:36:09	Paul Russell 00:22:25	M Satchell 00:14:39	Steve Urwin 00:30:47	2:10:00

5-6	6-7	7-8	8-9	9-Finish	2nd Half	Total
Alan White 00:33:19	Jon Trope 00:14:35	T Campbell 00:29:03	Chris McLean 00:32:45	Jon Trope 00:20:21	2:10:03	4:24:03
5-4	4-3	3-2	2-1	1-Finish	2nd Half	Total
Bruce Inglis 00:33:31	Garry Leahy 00:20:19	K O'Kane 00:24:46	Nick Whealy 00:36:14	Bruce Inglis 00:22:41	2:17:31	4:15:31

5-6	6-7	7-8	8-9	9-Finish	2nd Half	Total
Jo Cowan 00:28:32	Luke Russell 00:19:16	John Ross 00:31:06	Jon Marsden 00:38:46	Jo Cowan 00:20:18	2:17:58	4:34:42
5-4	4-3	3-2	2-1	1-Finish	2nd Half	Total
A Scott 00:30:35	Paul Russell 00:17:46	J Stenton 00:29:42	M Satchell 00:33:57	Steve Urwin 00:23:44	2:15:44	4:25:44

difficult. Thanks to their patience, lurking about all day in any available shade, we have a comprehensive record of times for all runners and all stages, and Ian is coercing from the computer a printout of the correlated information. Because of the team shortages, some people ran more than their allotted 2 stages.

One such hero claimed his 3 1/2 stages were the equivalent of a 30km Wahroonga Wobble. Probably most people who were disappointed at the prospect of two short runs, eg. 9km and 7km, achieved a surprisingly satisfactory intensity under the pressure of competition

and an average speed for the event was 4:20, which, considering the heat, terrain, duration and shortages forcing people to run extra stages, is impressive for a 9-hour event. (It's 5 seconds less than Bret's calculated average when he devised the course.)

How nice to know that we slower runners didn't impede the overall average too drastically. Alan Tonge — our SS walker, acquitted himself admirably by not only being keen to participate where no other walker would, but also by clocking up 2 unexpectedly fast stages. Those who braved the imprecations against "bloody mad

5th. COORANBONG CRAWLERS

CLOCKWISE

Captain
Steve Gill

Total Time
09:15:31

Start-1	1-2	2-3	3-4	4-5	1st Half	5-6	6-7	7-8	8-9	9-Finish	2nd Half	Total
Andy Simpson 00:21:07	Mike Eady 00:40:58	Andy Simpson 00:24:37	Karin Gaggin 00:21:13	Tom Sims 00:26:16	2:14:11	Karin Gaggin 00:33:52	Mike Eady 00:16:43	Tom Sims 00:34:38	Andy Simpson 00:32:33	Mike Eady 00:24:21	2:22:07	4:36:18
ANTICLOCKWISE												
Start-9	9-8	8-7	7-6	6-5	1st Half	5-4	4-3	3-2	2-1	1-Finish	2nd Half	Total
G Firkin 00:23:00	Steve Gill 00:33:22	Dan Gray 00:23:50	P Donnelley 00:16:37	Joan Boltz 00:34:11	2:11:00	G Firkin 00:42:39	Steve Gill 00:17:16	Dan Gray 00:27:20	Steve Gill 00:34:17	Joan Boltz 00:26:41	2:28:13	4:39:13

6th WATAGAN WANKERS

CLOCKWISE

Captain
Cameron Osborne

Total Time
09:22:21

Start-1	1-2	2-3	3-4	4-5	1st Half	5-6	6-7	7-8	8-9	9-Finish	2nd Half	Total
D Thompson 00:25:56	C Osborne 00:33:14	John Whealy 00:28:46	C Osborne 00:18:30	Tony Maloney 00:25:46	2:12:12	Liz Mackie 00:35:40	Tony Maloney 00:15:34	John Whealy 00:27:23	C Osborne 00:34:27	Liz Mackie 00:23:26	2:16:30	4:28:42
ANTICLOCKWISE												
Start-9	9-8	8-7	7-6	6-5	1st Half	5-4	4-3	3-2	2-1	1-Finish	2nd Half	Total
Ron Daly 00:23:45	J Hamilton 00:33:37	W Stanton 00:21:38	Alan Tonge 00:26:09	G Dominish 00:33:41	2:18:50	J Hamilton 00:34:42	Alan Tonge 00:32:43	Ron Daly 00:25:22	W Stanton 00:34:13	G Dominish 00:27:49	2:34:49	4:53:39

runners" of Doug at the Primary Club bar, and donated some money (estimated in excess of \$250), can be assured that he and the Primary Club charity are grateful for our visit.

You can tell the difference between a Sydney Strider and an orienteer – orienteers know not only what a map is, but also how to read it, *and* which way is up. It was good to see so many orienteers take part despite the clash with an orienteering event that day, and they certainly blitzed many Striders over the course. There was some pre-race conditioning and carbo-loading the previous night by those

who stayed at Dooralong. Though low in numbers, they were high in spirits. (and champagne, and mead, and wine....)

Casualties – Alex Whitworth had an alarming finish to his first stage, and was intelligent enough to follow commonsense and doctor's orders by withdrawing. Benny Hagberg, one of the club's strongest hill conquerors, did well on the hills but put in a damaging sprint on the flat and also withdrew injured. Possibly the most unexpected withdrawee was the a-door-able Donald Else who suffered a freak accident (ask him about it) and after recovery mused "It's the only

7th DOORALONG DAWDLERS

CLOCKWISE

Captain
Ray Reid

Total Time
09:25:38

Start-1	1-2	2-3	3-4	4-5	1st Half	5-6	6-7	7-8	8-9	9-Finish	2nd Half	Total
J B Hamilton 00:24:46	J C-Sutherland 00:37:26	Phil Daly 00:27:17	J C-S & P D 00:20:16	Liz Campbell 00:29:25	2:19:10	J B Hamilton 00:33:16	Liz Campbell 00:17:52	C-Sutherland 00:27:15	J C-S PD JBH 00:34:26	J C-S PD JBH 00:21:30	2:14:19	4:33:29

ANTICLOCKWISE

Start-9	9-8	8-7	7-6	6-5	1st Half	5-4	4-3	3-2	2-1	1-Finish	2nd Half	Total
Nikki Taws 00:20:30	A Whitworth 00:34:34	Brian Taylor 00:25:56	Robi Russell 00:19:21	Brian Taylor 00:33:39	2:14:00	Nikki Taws 00:35:44	D Thompson 00:22:09	Robi Russell 00:29:12	Brian Taylor 00:40:58	Robi Russell 00:30:06	2:38:09	4:52:09

8th PRIMARY CLUB PLODDERS

CLOCKWISE

Captain
Benny Hagberg

Total Time
09:28:05

Start-1	1-2	2-3	3-4	4-5	1st Half	5-6	6-7	7-8	8-9	9-Finish	2nd Half	Total
D Barwick 00:30:21	Mike Ward	C Dominish 00:22:00	M.W. & C.D. 00:17:02	M.W. & C.D. 00:24:49	2:11:20	Terry Rose 00:32:53	D Barwick 00:19:47	J Nesbitt 00:33:52	M.W. & T.R. 00:41:08	Everyone 00:25:33	2:33:13	4:44:33

ANTICLOCKWISE

Start-9	9-8	8-7	7-6	6-5	1st Half	5-4	4-3	3-2	2-1	1-Finish	2nd Half	Total
M Robinson 00:25:00	Terry Rose 00:39:11	S Nordish 00:26:07	J Nesbitt 00:21:16	Chris Dwyer 00:43:16	2:34:50	Chris Dwyer 00:24:59	C Dominish 00:21:16	S Nordish 00:29:07	M Robinson 00:32:23	Chris Dwyer 00:20:57	2:08:42	4:43:32

time I've ever been floored by a woman...". He didn't avail himself of the defence offered in the Marquis of Cleansberry rules and lodge a protest, probably because it was a member of his own team who tried to incapacitate him.

Protests — there was a heated protest (which owed nothing to the temperature of the day) from Chris Dwyer, who out-Selbyed Warwick by running well, but just not in the right direction. After Paul Russell's unsuccessful attempt to sabotage Robi Russell's team by getting her there long after the start, he then had the audacity to

overtake her in their mutual stage 7-6. Tina Campbell's team of Mandalong Moochers successfully proved the basis of the team selection — they were not the fastest runners individually, but skilful utilisation of each runner's strengths, and careful organisation in advance gained them first place overall.

They further demonstrated their team mentality by agreeing to timeshare the winner's trophy, but it was disappointing that none could be persuaded to run a lap of honour wearing the trophy shorts inside out.

3rd JILLABY JIGGLERS

Captain Bill Blecha	CLOCKWISE												
	Start-1	1-2	2-3	3-4	4-5	1st Half	5-6	6-7	7-8	8-9	9-Finish	2nd Half	Total
	Derek Smith 00:22:28	Ivan Freys 00:36:30	W Selby 00:25:18	W Selby 00:19:25	Derek Smith 00:23:59	2:07:40	Ivan Freys 00:34:59	Bill Blecha 00:17:28	Derek Smith 00:26:51	Bill Blecha 00:33:14	Derek Smith 00:25:12	2:17:44	4:25:24
Total Time 09:03:36	ANTICLOCKWISE												
	Start-9	9-8	8-7	7-6	6-5	1st Half	5-4	4-3	3-2	2-1	1-Finish	2nd Half	Total
	G Butler 00:22:00	Bret Nichols 00:36:29	Mat Kaley 00:19:31	L Bennett 00:23:17	D Ritchie 00:30:43	2:12:00	Bret Nichols 00:33:58	L Bennett 00:27:16	G Butler 00:24:40	D Ritchie 00:38:06	Mat Kaley 00:22:12	2:26:12	4:38:12

4th LEMON TREE LOAFERS

Captain Sue Hill	CLOCKWISE												
	Start-1	1-2	2-3	3-4	4-5	1st Half	5-6	6-7	7-8	8-9	9-Finish	2nd Half	Total
	Sue Hill 00:27:52	G Taylor 00:38:48	Derek Hall 00:26:58	D.H. & B.C. 00:20:39	D.H. & B.C. 00:26:15	2:20:32	Derek Hall 00:29:38	B Colwell 00:16:22	G Taylor 00:28:13	S.H. & B.C. 00:40:48	Derek Hall 00:20:24	2:15:25	4:35:57
Total Time 09:10:41	ANTICLOCKWISE												
	Start-9	9-8	8-7	7-6	6-5	1st Half	5-4	4-3	3-2	2-1	1-Finish	2nd Half	Total
	Chris Downes 00:18:30	Jeff Gissing 00:35:16	I Whitfield 00:24:29	Donald Else 00:19:12	Chris Downes 00:30:33	2:08:00	Jeff Gissing 00:35:14	I Whitfield 00:21:21	D.E. & I.W. 00:29:35	J.G. & I.W. 00:38:30	Chris Downes 00:22:04	2:26:44	4:34:44

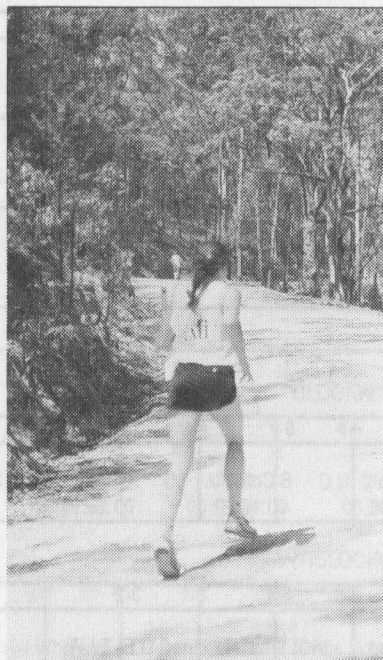
In all, an experiment that demonstrated the Sydney Striders can act as a club, and relate socially, the relay was very enjoyable. It's amazing how much fun you can have "sitting in a car watching



Bret Nichols about to overtake John Hamilton at the top of the biggest hill, the 7k 5-4 leg, immediately after playlunch.



Dave Ritchie leads Jeff Gissing on leg 2-1 along Lemon Tree Rd, with Ron Daly chasing.



Nikki Taws striding it up the big 5-4 hill (from Martinsville lunch stop to Wishing Well picnic area).

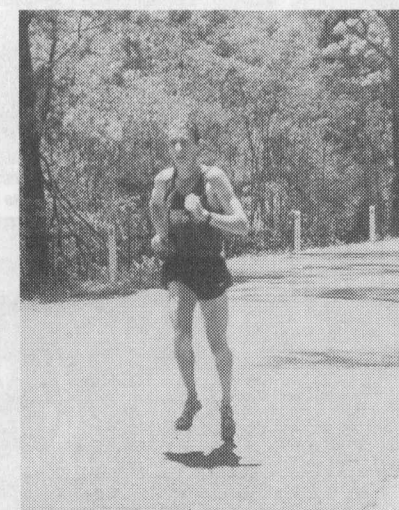
someone else run". For next year, we are targetting September. I'm certainly glad that that Sydney Striders 1st Annual Picnic Relay was not the first and only. ♦



Terry McIver, Ian Whitfield and Bill Blecha holding the event's Perpetual Trophy. We are still seeking the original owner of these shorts: We want to pay for them!



An unextended smiling Jeff Gissing living up to his teams name "Lemon Tree Loafers"



Matt Kaley powering uphill on leg 8-7.



Tina Campbell lunging for her winner's trophy as Bret Nichols seeks refuge, at the Dooralong prizegiving.



The start at about 7.30am outside Dooralong Hall, with each team dispatching their anticlockwise and clockwise halves in opposite directions.



All teams gathered for the briefing before the start in Dooralong Hall.



Families and friends picnicking in the afternoon after the finish.

"...In all, an experiment that demonstrated the Sydney Striders can act as a club, and relate socially, the relay was very enjoyable....."

and Norrie Williamson was navigating, having done the run some years previously. He ran straight to the toilet block at the check point to leave Stephen Moore and me to exit with fresh clues in hand. It didn't take long to discover we were of like mind – we were going to turn this into an 'event' and had enough of the past proceedings.

Stephen and I rolled our sleeves up and were going at it some, and I can recall commenting "Let's not get carried away – there are still 30 miles left!". But we were working as an efficient team – one spotting the acorns the other had missed and one reading the clues whilst the other spotted signs.

Timing to check points had been a nightmare to work out. Inga, who crewed for me in our car, had to 'dash off' to North London to play a crucial league deciding match of rugby union for Wasp against Eton Manor, and would have to leave from the 33.5 mile check point. Here, her brother and girlfriend would take over the crewing after driving up from Brighton to rendezvous at 11-11.30 am.

The change over went perfectly well for me which was a relief. We entered the 33.5 mile check well clear and feeling still in good nick. I'd been on tomato butties and water and had switched to the old favourite of Mars bars and Coke and water. Stephen was on Isostar a Leppin and Squeegies.

We left the check and carried straight on – I was unhappy about the red arrows (which had been yellow). We stopped after 1km and read the comic – we should have borne left down the steep hill and across the river, then to drop straight down to the river – which we did – it was an almost vertical chalk cutting with the odd grab in passing. A real hairy descent.

We reached the river and barely stopped to reason; wading across we asked a fisherman on the opposite bank who told us where the foot bridge was and said "By the way – the river is toxic" (Wonder how many fish he caught!) We were eventually back on the trail, slowly trying to regain the lost rhythm, as we ascended the opposite hills vineyards. Stephen pointed out the scar through the trees back across the valley – vertical it looked.

As we entered the check point - "did you get lost?" was the first thing I heard. I knew we'd lost time. My crew were expecting me 12 minutes earlier (it was a short leg, only 2.5 miles but took 35 minutes). But we had regained the mental determination to carry on.

Another short leg from 38.5 to 40 miles saw us in a larger car park. Lots of Harleys out for a Sunday run and families treating their kids to junk food. The way out deluded us. We took the 'obvious' way, ran for 500m in the least expected place, losing another five minutes.

From here on it was a difficult run. I'd been wanting to toilet for miles - the legs were sore and the guts were over watered/coked. I think Stephen was feeling it too. The scenery and small churches and cottages are picturesque along here with hills of browned ferns many trees, and the M25 motorway has turned north now and left us in peace. The muddy tracks have been replaced by sandy bridle paths which sap the legs and twist the sore joints. Only six miles remaining and three to the last check point at 51 miles.

Stephen was putting in some attempts to break me over this three mile stretch. I hung doggedly on and he didn't have the strength to gain any ground. As we got to the 51 mile check it was obvious that we'd just had the battle for honours. As we left for the final run in, I asked Stephen how he wanted it - shared finish or 'go it alone' for the last 3? To my relief he accepted a draw which took off the pressure.

The finish turned out to be up a steep hill and across a busy road into the station at Farnham (toilets provided!) - a welcome sight indeed. Stephen had told me of some of his past races. He switched to ultras about two years ago, breaking the record in the South Downs 80 mile World Championships in 9h 37m. Since then he'd concentrated on 100km road, running a best of 7h 02m in Holland last year. He is on the GB team to run in Barcelona on 16 February.

We'd finished the North Downs Way in 7h 44m, breaking the course record of 8h27m (run in dry conditions last year) so all in all a satisfying outing. Last year's winner, Paul Woolger, and Norrie Williamson, of New York RRC finished jointly 3rd, reinforcing the spirit these types of races are run in. The first woman was Hilary

Walker who broke her own record of 9h15m to finish in 8h44m.

We were greeted by an array of goodies laid on by the organisers Richard Pountney and Alan Deacon (who both ran), smilingly served up by family members and friends. The entry fee was a mere 3 pounds and t-shirts were available at small cost. The organisers do a wonderful job on a low budget and I'm sure would make any overseas entrants very welcome. ♦

Contacts:

North Downs Way - Alan Deacon, 88 Upper Lewes Road,
Brighton, BN2 3FF
Tel: (0)273 682998 Fax: (0)273 670399

1992 Championship Series:

Mendip Trial Race, 40 miles (or 15 miles for wimps),
26 April 1992 - Alison Wilson, 26 Riverside Walk, Midsomer Norton,
Bath, Avon, BA3 2PE

SDW Mile World Championship Trail Run,
27/28 June 1992 Harry Townsend, 6 Manor Road,
East Grinstead, Sussex, RH19 1LR
Tel: (0)243 322508

Otter High Peaks 40 Miles,
26 September 1992
Otter Controls, Hardwick Square South,
Buxton, Derbyshire, SK17 6LA

**Life is queer with its trists and turns
As everyone of us sometimes learns
And many a fellow turns about
when she might have won had she stuck it out
Don't give up though your pace is slow
You might succeed with another blow.**

CONTRIBUTION BY 'ANON'

CRETE? WELL IT IS ON THE WAY TO LONDON ISN'T IT?

November 1991 and Dick Bartlett ran the
International Vardinoyannios Marathon, Heraklion, Crete.

Some might think that I fit my business trips around marathons but honestly it is the other way round. You only have to read through AIMS magazine to see the number of marathons that are being run around the world at any given time.

For my recent trip to England a quick glance through the AIMS calendar showed there was one in Amsterdam and one in Crete whilst I was in that part of the world. I figured that with a couple of nights in Amsterdam pre-race I might be too exhausted to run on the Sunday so Crete selected itself. A couple of faxes later and my entry into the Crete marathon was confirmed. It was at this point that I started to discover that there are marathons and there are marathons.

The only AIMS marathons I have run in have mass participation events. The elite runners run their own race and the rest of us turn up on the day, expect no special treatment, as if we even knew there was any being given, enjoy the atmosphere, make friends and tell a few lies on the way, finish and go home.

When the Crete marathon committee advised that not only was there no entry fee but that they would pay for the accommodation and meals for 4 days, I began to think that this marathon might be different. And so it was.

My wife, Clare, and I arrived at the official hotel on the Thursday before the marathon and within 5 minutes we received a phone call from the organiser to ensure we were ok, a nice touch. At the same time I arranged to register on the Saturday morning so we had 2 days at leisure and plenty of time to check out the guests as they arrived. Who was a runner, the wife or the husband or both, what time were they going for, were they sub 3hrs or plus 3hrs like me? I have never concerned myself with such matters before! The pressure was getting to me already.

We had a great time checking out the museum in Heraklion, with its 3500 year old artefacts, and the archaeological sites that dot the island and Saturday morning soon arrived. I checked in, met the organiser and at this stage my heart started to sink. My worst fears were being confirmed. There was a huge field of 130, of whom, 85 were from overseas mostly invited and paid for totally, including fares and spending money the organisers had got me cheap!).

There were even team managers to accompany the runners who came from 19 countries including Russia, Norway, Finland, Belgium, Italy, England and of course Australia (Clare became honorary team manager). When I first checked the list of entrants I was unable to find anyone with a slower time than mine. The mean times ranged from 2h 14m to 2h 35m and the ladies 2h 35m to 2h 55m. At that rate I was going to be last by a long way and I started to consider headlines for my article such as 'He who is last shall be first' on the basis that I would be last home but the first Australian. Still I was there so I decide? to forget about the run and enjoy the activities the organisers had put on for competitors that day.

done their job well. Saturday morning we went by coach, escorted by police, to the palace of Knossos for a guided tour of the ruins. Saturday lunch was a huge pasta load back at the hotel. Clare made the observation after having seen competitors at breakfast and then lunch that for their size marathon runners put away heaps of food. Piles of toast, cake etc for breakfast then a few hours later plates and plates of pasta (I was one of then and having a ball).

In the afternoon we had a coach tour of the marathon route and that evening a technical meeting. This was attended mainly by the team manager, and Clare



passed the honour of attending this meeting to me. It was here I discovered a new element to marathon running.

I had never realised so many things were important enough to cover in minute detail. Proceedings were lengthened by the fact that a number of different languages were being used (The English team manager asked a question, he prattled on for about 5 minutes waving his arms wildly about and it turned out he was asking the same questions as the English team manager? Details that were discussed included such items as where the drinks would be placed on the table, would there be a sign to indicate that a drinks table was coming up, what side of the road the kilometre markers would be, whether the 10K race that was being held in conjunction with the marathon should start at the same time, before or after the marathon etc etc. Finally the meeting finished and as I was back marker and didn't have to worry about all these details.

Sunday morning soon came around and we got in the buses to go to Knossos which was the starting point. Things seemed a little disorganised and there was much shouting, arguing and gesticulating amongst the officials. The start banner refused to stay up because of the wicked wind that was blowing but despite all this the race started on time and I soon found myself running at the back eating the dust of all the invited runners.

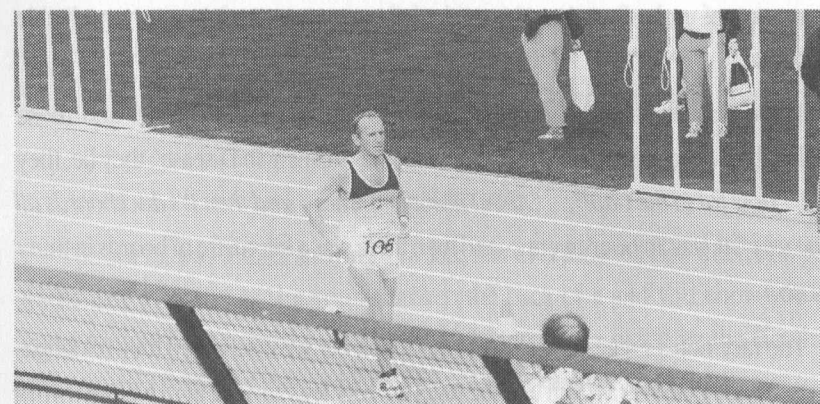
What can I say about a marathon that most of you don't know already. I think the words of one of the English runners probably say it all. When I asked him if he had gone on the coach that day before to view the course he replied, in his northern accent, no, what was t'point cos 26 mile were 26 mile! For the record the race was on mainly flat terrain, 150 police were out to keep the locals from driving their cars, donkeys, sheep etc on the course and from my observations they were needed, drink stations were plenty, using bottled water thankfully, no one lost their way and we had to run the last 10K into the wickedest wind I have ever encountered on a run.

The men's race was won by Josef Kazanecki of Poland in 2hrs 23m 58s with 2 Russians following him in a minute later and the ladies race was taken put by

Valentina Genakia, a Russian in 2h 50m 37s. Second and third were in the stadium at the same time as Valentina with Anita Herkman of Finland. (We thought her husband was the runner, he turned out to be the team manager) finishing second 8 seconds later Marina Beliyeva, another Russian, third a further 4 seconds back. What of the lone Australian entrant? I finished in 3h 22m 16s in 78th position out of 110 finishers so I didn't need my headlines after all.

We were taken back to the hotel by coach and after an afternoon and early evening of rest we attended the official after marathon function. 150 or so runners and managers (Clare decided that this one was one function she should attend in her honorary capacity) and 300 invited guests. Naturally we had to put up with a lot of speeches the most memorable of which was the mayor of Heraklion talking for ages, the interpretation of which was "The mayor thanks all the volunteers and runners for making the day such a success".

It was a fun night and we spent a lot of time talking to other runners as best we could, given that I haven't learnt Russian, or whatever, and they didn't have too much English, but we got by. We all had energy left for the Zorba dance and many more and wandered off to bed at about 2am. The next day there was address swapping and fond farewells. Hopefully we will get the chance to visit some of those we met and we certainly would love to entertain them here in Australia, particularly on a Sunday STaR. ♦



Dick Bartlett finishing the International Vardinoyannios Marathon, Crete.

THE MOTHER OF ALL RUNS: CRADLE MOUNTAIN 1992

By David Sill, Steve Nordish,
Alf Field, Dick Bartlett and John Ayliffe.

*"This run will get me about as close to Everest as I want to.
But I think we're going to need each other". JOHN*

If you want to experience the striking beauty of Tasmania's Overland Track, walk it over at least three days - and keep your eyes above the ground. Viewed from this perspective you will feast upon majestic old mountains that emerged at a time when God was still in control.

The colours of the landscape are green, brown and blue and on every sunny day all become tinged with yellow ochre from an ozone-depleted sky, for this is where the 'hole' is centred, that is currently altering the climates of the world.

Rarely does the runner see any of this. For you the primary colour is black. It is in the mud that you can't take your eyes off, in the snakes you hope not to see. It is the colour of the leeches, of mosquitoes as large as march flies. At times it is the colour of your thoughts.

Cradle Mountain is just not 'runnable' - not with any kind of ease. Dave ran more than most of us, badly twisted his ankle, fell over, came tenth in a very creditable 12h.49m.

There was no race organisation on this most dangerous of runs and those 'officials' we did meet were all afflicted with the 'Tasmanian Disease': they lie, they lie! *"How far to the Gap?"*, *"About twenty minutes - and then it's duckboards all the way"*. It was an hour-twenty - and then there was a kilometre of boards in thirty or so.)

The race notes suggested gaiters as an option but we discovered they're obligatory; for the button grass will tear the hairs off your legs and the mud will suck your shoes off.

ALF, DICK AND JOHN'S STORY

Cradle Mountain is a wilderness run and the Parks and Wildlife are determined to keep it that way. Signs at each end of the track carry the ominous message: "People die in these Mountains".

There are no radios in any of the huts, you are there to 'survive'.

It took us thirteen and a half hours to arrive at Narcissus, Lake St Clair, to find we'd failed to reach the cutoff point and anybody official had gone home.

So we got to use the mandatory survival gear and ended up sleeping the night in a plastic bag, temperature outside 2°C.

Meanwhile, our three wives and John's teenage children spent restless nights haunted by their earlier experience of the Race Organiser (who didn't organise!) cheerfully greeting them with the ominous news:

"Aren't you the wives of those three blokes from Sydney who are lost in the mountains?"

WAITING:

"I just hope the weather holds up for them. To them it's another goal, another achievement". ROSEANNE FIELD

"...another injury!" SAM AYLIFFE

"Something out of the system". CLAIRE BARTLETT

*"Do you think they'll ever get back to just jogging
ten or twenty K's?" HELEN AYLIFFE*

STEVE'S STORY.

"The last bit was soul-destroying. I'm sure that everyone felt that when you get to the lake at Narcissus Hut you've broken the back of it and you know you're going to finish. But it breaks your heart. It's torture made worse by the fact that when you leave the hut there's nearly a kilometre of duckboard - but it comes to a deadend! And then there was the darkness.

It's dark under the canopy and the black mud returns. If you looked out at the lake and then down again you couldn't focus and then you have to look up all the time to see the red dots on the trees to make sure you're still on the track.

And the roots are worse in there. Because there's no sun they grow on top of the ground!"

DAVE'S STORY.

"I came here as much for the romance of Cradle Mountain as for the run, but I was determined to be first Strider.

I wouldn't do this twice!

Many of the runners I spoke to were disappointed that the conditions were so bad this year.

Perhaps in hindsight I should have taken it easy instead of hurting myself by going for it. The mountain was beautiful but I was going to be competitive and didn't get much of a look at it.

It was absolutely incredible.

Nothing we could have done in any shape or form could have set us up for Cradle Mountain. I mean how could you train for such conditions! The black mud!"

"Where in hell could you train for knee deep - thigh deep - mud!" DICK

"Once again I learnt something about myself. After all I was in no man's land after five and a half hours." JOHN

"You're lucky you didn't run the last bit!" STEVE

"It's not a run It's an experience. In fact it'd almost be enough to get yourself dropped up the top by helicopter, give yourself a run for an hour or two and get out again." DICK

"I shudder to think what it would have been like in snow and wind." ALF

"The big problem was finding anywhere you could run. It was extremely

dangerous. But my abiding memory of this event was the total lack of organisation or management. I've been having nightmares about what could have happened if anyone of us had been badly injured. I think the ferry driver should be reported. By leaving us out there the way he did put us in a potentially dangerous situation. And he has a virtual monopoly on the tourist dollar around the lake". ALF

"John starts running through a little bit of mud and suddenly there's a bloody great log somewhere in there lengthways. It catches the tip of his toe and he's ass over khyber." DICK

"This wasn't the Six Foot Track.....or even the Comrades. This was something else." ALF

"It was a real tough son-of-a-bitch." STEVE

"It's Tasmania, it's wilderness and for them it's probably a picnic. But you walk and drive to a picnic!" JOHN

IN THE WEEKS AFTER:

"Same time next year?" ALF *"Here we go again!"* DICK. ♦



The only official we ever saw....at the 35k mark.

DOING A LUDWIG

David Ritchie

On a Sunday morning in 1848 the explorer Ludwig Leichhardt set out from the Darling Downs with map in hand to go on a long round trip journey. Sound familiar? He journeyed with other travellers, but on the way he became lost and paid the ultimate price. No, he didn't have to listen to Alan Phillips or Wayne Stanton, he perished, rolled over, went stiff, he died.

This ability to lose direction with map in hand is not just confined to poor Ludwig. Every Sunday, Striders set out with map in hand hoping to return from whence they came. Whilst I understand that no one has yet paid the ultimate price I understand there have been some close encounters. Any knowledgeable Strider knows there are certain club members that one just does not follow. To put yourself in their hands could well result in missing out on lunch.

With map in hand these Ludwigs run at the front and possess supreme confidence. A diminutive ex-president comes to mind. As soon as he stated this way the group would stop, take a quick vote and proceed in the opposite direction.

It is obvious that there exist a few members who have a good sense of direction but the majority are a bit like Ludwig. Here are some examples of the latter:

☐ Peter Johnson on the Barrenjoey Bash lost confidence in his map and ditched it. A couple of ks on, Peter came to the conclusion that the map knew more than he did. He had to retrace his steps, find the crumpled discarded map and then continue on his journey.

☐ It was reported in the last issue of "the Blister" that George Lisson got lost in his last two marathons. One only hopes George doesn't take this weakness to work, Sydney train commuters already pay a heavy price.

☐ The club's annual cross-country race has got nothing to do with finding out who can run fast. It's who can follow a trail. Scott Lawrence got lost during such a club event when he missed the biggest flour-made arrow known to mankind

☐ This writer was one of a group who found themselves crossing a swollen stream in Lane Cove National Park during a race. Crossing this "stream" was bad enough (scenes from the movie "Deliverance" haunted the mind), but the realisation that the crossing was not required did not bring joy and happiness. During the re-crossing the long reach of Nobby saved Phil Garvin from a deliverance to a higher place.

☐ Why runners in the 6. 20am group allow Warwick Selby to lead is a mystery and perhaps a strong reason why that group is getting smaller in numbers. Warwick may not get lost around the human anatomy (he's got a piece of paper from Bombay University to prove it), but give the man a map and well, I know his wife keeps the front porch light on every Sunday night.

☐ There was a period last year when Bruce Murray went overseas. Did the 6. 10am group pay a heavy price! For weeks indecision and extra k's were the result. Needless to say his passport has since been confiscated.

There is argument as to the earliest that runners have become lost on a STAR. There is the case when runners on the Bondi Lifesaver run took a wrong turn in the first k and headed out to the point at Ben Buckler, next stop New Zealand. Graham Butler's name has been mentioned as being out in the front.

☐ There is also the case of the group that couldn't decide whether to go left or right going out of the car park at the start of one of the STaRs at Drummoyne. Whilst there is no documented evidence Warwick Selby's voice could be heard providing advice.

Are there any benefits in going in the wrong direction?

Doing one of the clubs half-marathon races held in Centennial Park, this writer finally caught Tina Campbell and enquired whether we were travelling in the right direction. On being told quite emphatically in the affirmative we both finally crossed the finishing with myself registering a ten minute PB. Too bad it was from the opposite direction! On the same day James Macdonell left the road and reached the finishing line via some football fields. Bureaucrats within the club didn't accept his time either.

During the clubs first Country Relay held at Duralong Striders again showed this ability to get lost. Yes it was John Marsden who, following the clear instruction from his captain Terry McIver, ran the wrong way. Also Jenny Nesbit found the beautiful scenery along her particular leg so entrancing she went too far and missed the signs. Captain of her team Chris Dwyer couldn't say too much as he proceeded to do the same on a later leg.

Perhaps what the club really needs is to recruit some orienteers. These smart buggers read maps and run in the bush all at the same time. We only need 3 or 4 of them, one for each group. Think of it no anxiety, no arguing just worry free running. ♦

RUNNING NUMBERS

Editor

We thought you'd find these interesting.

NIKE's estimated 1992 advertising budget :

\$ 100, 000, 000

Time that a physiologically "ideal" runner should be able to run for the marathon, according to the Mayo clinic researcher Michael Joyner MD : 1.57.58

After completing the 2.4 mile swim and the 112 mile cycle Chilean Christian Bustos ran the marathon leg in 2.36.08 in the '91 Budweiser Ironman Canada Triathlon.

The current world marathon record is held by Ethiopian Belayneh Densimo at 2.06.50. ♦

** Courtesy US Running Magazine*

FINAL RESULTS OF 1991 HORNSBY / SPORTSCENE 10K HANDICAP SERIES

David Barwick, Series Director 1991

1ST	Mark Robinson	162 points
2ND	John B. Hamilton	134 points
3RD	Warwick Selby	125 points

OVERALL MALE

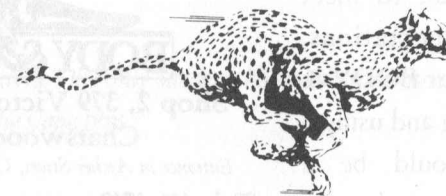
1ST	Chris McLean	228 points
2ND	John Hamilton	207 points
3RD	Warwick Selby	203 points

OVERALL FEMALE

1ST	Joanne Cowan	176 points
2ND	Dawn Tiller	125 points
3RD	Marlies Laaper	124 points

The 1992 series opens on 21st March at the New Domain Course as set up by Bret Nichols. The new series is to be held over 10 months and with your best 8 races counting.

In 1992 we also welcome a new sponsor of the series, Body and Sole at Chatswood, and at the same time thank Hornsby Sportscene for all their support in the past. ♦

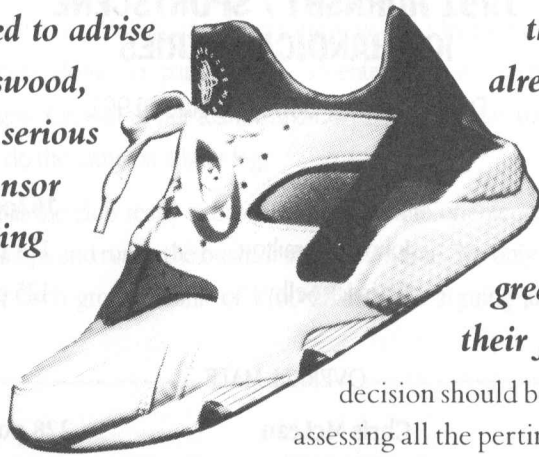


20% OFF
ALL STRIDERS

BODY & SOLE

CHATSWOOD SPONSORS FOR 1992

*We are pleased to advise
SOLE, Chatswood,
haunt for the serious
our major sponsor
will be providing
and offering
Striders and*



*that BODY &
already a popular
runner is now
for 1992 and
terrific prizes
great discounts to
their families.*

Most Striders already know Body & Sole and regularly pop in just to oggle the latest whiz-bang running shoes and to chat with Tim, Ken or Lisa about whats coming up (or going off!!) from the numerous footwear suppliers. Each time you go back to BODY & SOLE you can expect to see the same friendly, knowledgeable and experienced staff who run themselves and can understand your language, your likes, dislikes and your previous product experiences. As new products become available or old favourites disappear the staff will assist you to identify the ideal product to meet your demands and expectations.

What you won't find at BODY & SOLE is pressure! Buying and using a new running shoe should be a pleasurable experience and your

decision should be made only after assessing all the pertinent information, trying on and evaluating all possible choices and keeping them on until you are absolutely sure of your choice. We're never in a hurry and neither need you be!

BODY & SOLE prices are generally very competitive and even juicier after the special discount to Striders is deducted.

So come on in and introduce yourself to Tim, Ken or Lisa — we're genuinely looking forward to meeting more Striders over the coming season.



Shop 2, 379 Victoria Avenue,
Chatswood 2067

Entrance in Archer Street, Opposite McDonalds

Tel: 411 4712

A/H: 913 8428

CALLOUS COMMENTS

QUESTION: What do you do when you're blind, want to be a triathlete, and don't have the money for the expensive tandem bike you need?

ANSWER: Ring the Managing Director of Australia's largest advertising agency. Suddenly your whole life leaps up a cog as Alex Hamill whips his mates into gear for non-tax deductible donations. And BART BUNTING'S on his way.

C'est la vie

P.S Bart sent all donors a Christmas card, with thanks. Plus this photo. We wish him all the luck in the world.

MY GOD IT'S A WOMAN

JO COWAN continues to impress, and at the running of this year's Palm Beach to Manly she particularly impressed the men.

Our First Lady was not only First Woman home, she was also First Strider as well.

Is this a First for the Club too?

HEARD ON THE RUN.

"Mike Ward. He's so thin to x-ray him they just hold him up against the light."

Your Editor loved this one, even though it is a bit close to the bone (his bone!):

"I used to take Valium to relax, till I couldn't get it between my clenched teeth. Then I took up running."

More of Mike:

"He's so thin he's the only Strider who fastens race numbers both front and back - with the same pins."

HOW MANY TIMES HAVE YOU HEARD THIS ONE?

"My wife reckons there's only one thing more boring than a runner and that's a runner who's unable to run."

WORTH THE MEMORY:

It was a long time ago but we thought this one too good to forget:

Nick Reid once shared a room with Alister Mackie at Forster. The morning of the Big One Nick rose at 5am to find Alister had been to the bathroom before him. He knew by the blood and skin lying around from Al's first attempt at shaving his legs.

ANOTHER JOURNEY WITHOUT MAPS STORY:

"Peter Johnson once got lost on the Barrenjoey Bash, threw his map away, got even more lost, and in the end he had to retrace his steps three or four kilometres to find it."

MORE BIGGEST LIES

"I'd be better if it wasn't for the anti-biotics."

"I'm only out for a training run."

"It's not me leading from the front it's you pushing from behind." ♦

To the Editor: WORDS OF WISDOM

Gone are the days of women succeeding by learning to play men's games....

As we rush into the 1990's there is little disagreement about what business must become, less hierarchical, more flexible and team-oriented, faster and fluid. And in my opinion, one group of people has an enormous advantage in realising this necessary new vision: Women.

Modern management methods reflect Women's inner strengths and those most outmoded methods reflect men's inherent weaknesses.

(The above was 'kindly' donated by John Preston, I would just like to add the following - Dale Thompson you have right of reply, sock it to him! - Ed.

MOBIL CANBERRA MARATHON AND CLUB CHAMPIONSHIP 12 APRIL 1992

10	Phil Garvin	(V)	2:33:47
11	Chris McLean	(V)	2:35:56
22	Joanne Cowan	(V) (4min PB) 1st female	2:42:31
23	Bruce Inglis		2:43:09
	Chris Dwyer	(V) (6min PB)	2:44:25
	Jonathon Trope	(V) (PB)	2:51:47
	Bernie King	(V)	2:55:52
	Marlies Laaper	(1min PB) 5th female	2:55:56
	Hugh Cameron	(9min PB)	2:56:20
	Kevin Tiller	(PB)	2:56:31
	Murray Town	(V) (PB)	3:05:47
	Derek Smith	(V)	3:09:41
	Alf Field	(M)	3:09:51
	Greg Overton		3:10:11
	Ewan Thompson		3:11:01
	John Turner	(M)	3:13:53
	George Lisson		3:14:58
	Dick Bartlett	(V)	3:18:50
	Gary Leahey		3:24:59
	David Sill	(V)	3:24:59
	Terry Rose		3:34:20
	Brian Taylor		3:49:00
	Peter Johnson	(M)	3:54:50
7	Geoff Large	(former Strider)	2:31:55

Joan Boltz, Tina Campbell, Susan Roberts, DNF.

**Bold = Fastest Strider male, female or age group.*

CANBERRA MARATHON EVE 10k

Geoff Cox	34:32
Steve Gill	36:31
Dawn Tiller	41:22
Dale Thompson	43:03
Sue Hill	49:11

**Coming
event**

Sydney Striders Annual Cross Country

**The 'Equaliser' Course
Davidson Park
7am, Sunday 28 June 1992.**

Enquiries

**BRETT NICHOLS
TELEPHONE: (H) 953 3289**

For course, see loose insert map this issue of the 'Blister'

**Coming
event**

City to Surf 1992

Striders!

**Start considering
your team mates
for this year's race.**

**Support your club
and run in a Striders Team!**

Enquiries

**SCOTT CRAWFORD
TELEPHONE: (H) 416 8117
(B) 261 5066
FAX: 261 5662**

Davidson Park 1788-1988



Scale 1:10,000



A horizontal scale bar with major tick marks at 0, 100, 200, 300, 400, and 500. The bar is divided into five equal segments, each representing 100 units.

For information contact
Orienteering
Association of NSW,
P.O. Box C163,
Clarence St,
SYDNEY 2000
Phone (02) 27 7520

7am Sunday 28 June 1992
Phone Bret Nichols 953 3289

contours		cliff (impassable)	
formline		possible rockface	
earth bank		sandstone formation	
terrace mound		large/small boulder	
knoll, mound		boulder group	
pit		bare rock	
depression		rocky ground	
erosion gully		sealed road	
watercourse		major track	
pond		minor track, path	
well		small path	
building		powerline, pylon	
built-up area		large/small tower	
clearing		high fence	
vegetation: slow run		barrier, gate	
vegetation: walk		wreckage	
vegetation: fight		mannmade feature	
pipeline			
cave			

SYDNEY STRIDERS HALF – MARATHON LADDER

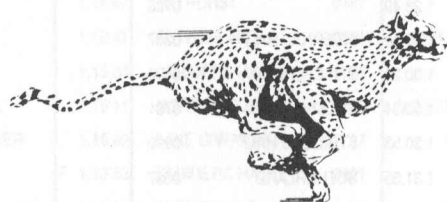
At 17 April 1992	<--- BEST AS A STRIDER --->			<--- BEST BEFORE JOINING --->		
NAME	TIME	RACE	DATE	TIME	RACE	DATE
PHIL GARVIN	1.09.22	SYDNEY	0587			
JOHN SAUER	1.10.54	STRIDERS OPEN	0990	1.16.29	STRIDERS OPEN	0388
MATTHEW KALEY	1.13.21	STRIDERS OPEN	0790			
MICHAEL BURTON	1.13.58	LANE COVE	90	1.12.30	EDINBURGH	0984
EVAN MILLAR	1.14.12	LANE COVE	0486			
DAVID TOOGOOD	1.14.26	SUTHERLAND	0691	1.23.09	NEWCASTLE	0888
WAYNE STANTON	1.14.30	CORANBONG	0485			
GEOFF COX	1.14.58	BATHURST	88			
DON PRICE	1.15.10	INTERNAL HALF				
JEFF GISSING	1.15.12	INTERNAL HKP	0890			
GODFREY FRANZ	1.15.26	STRIDERS	0990	1.10.41	PRETORIA	'83
RAY DORAN	1.15.40	INTERNAL	0990			
JOHN HAMILTON	1.16.01	SUTHERLAND	0690	1.22.24	GILLAWARNA	0982
TERRY MCIVER	1.16.25	BATHURST				
DAVID SILL	1.16.36	SUTHERLAND	0688			
RON FEENEY	1.16.44	SHANLEY HALF	0387			
BRET NICHOLS	1.16.52	IRON COVE	0285			
CAMERON OSBORNE	1.17.57	CENTENNIAL PK	'88			
MALCOLM SATCHELL	1.17.59	INTERNAL HKP	0890	1.17.59	INTERNAL HKP	0890
WARWICK SELBY	1.17.59	INTERNAL HKP	0990			
MARK FIORE	1.18.22	SUTHERLAND	0691	1.26.30	HASSETT BELGIUM	1089
ANDY SIMPSON	1.18.23	INTERNAL HKP	0990	2.20.00	SHEFFIELD UK	83
CHARLES COVILLE	1.18.23	RANDWICK	0780			
JOHN HODGES	1.18.47	BATHURST	0787			
KEVIN TILLER	1.18.47	SUTHERLAND	0691	1.21.00	LONDON-SCOT'SH	'86
PAUL RUSSELL	1.19.08	STRIDERS HALF	85			
JAMES MCDONNELL	1.19.11	NORTH RYDE	0790	1.25.12	SUTHERLAND	0688
CHRISTOPHER DWYER	1.19.49	LAKE G'WARNA	'87			
JOANNE COWAN	F 1.19.53	STRIDERS HALF	0991			
BRIAN GATFIELD	1.19.57	SUTHERLAND	0689			
PETER WATSON	1.20.20	BATHURST	0691	1.19.36	THORNLEIGH ROTY	0591
DONALD RODGERS	1.21.00	SUTHERLAND	0691			
SCOTT CRAWFORD	1.21.02	STRIDERS	0790		CITY OF SYDNEY	

JONATHAN TROPE	1.21.27	STRIDERS HALF	90	1.21.50	CARTORIA	0388
MARLIES LAAPER	F 1.21.42	COMBINATION	0891			
EWEN THOMPSON	1.21.47	ACT DRUG OFF.	0589	1.22.15		0986
BILL FLANAGAN	1.22.11	GOLD COAST	0790			
PETER COBLEY	1.22.13	CITIES	0586			
MARK ROBINSON	1.22.27	SUTHERLAND	0691	1.25.28	GOLD COAST	0790
ALF FIELD	1.22.32	INTERNAL HALF	0890			
DAVID RITCHIE	1.22.34	SUTHERLAND	0691			
STEVE CORNELIUS	1.22.40	STRIDERS H'KP	0388			
SHARON DOBSON	F 1.22.43	COMBINATION	0791	1.24.21		0491
JOHN AYLIFFE	1.22.54	LANE COVE	0790			
MIKE WARD	1.23.18	CITY OF SYDNEY	0587			
STEPHEN GILL	1.23.55	CANBERRA	0591	1.21.45	STRIDERS	0989
GEORGE LISSON	1.24.18	LANE COVE	0790			
ALAN WHITE	1.24.20	SUTHERLAND	0790	1.36.13	COMBINATION	0789
WILLIAM FAZL	1.25.19	STRIDERS	0790			
FREDRICK BARTON	1.26.45	COMBINATION	0791			
MARK PRESTON	1.26.57	INTERNAL	0790			
JOHN CR-SUTHERLAND	1.27.00	STRIDERS HALF	0790	1.24.00	HASTINGS NZ	0488
GRAEME GAGGIN	1.27.03	MT PRITCHARD	0591			
MIKE FOSTER	1.27.19	STRIDERS 10TH	0790			
BRUCE MURRAY	1.27.54	WEST DIST JOG	0785			
BRIAN TAILFORD	1.27.57	GILLAWARNA	'85			
SUSAN ROBERTS	F 1.28.13	SUTHERLAND	0691	1.35.07	SOUTHERN CROSS	0490
GARY LEAHEY	1.28.16	STH CROSS		1.30.42	SYDNEY M CLINIC	1287
JOHN WHEALY	1.28.19	COMBINATION	0788			
DEREK WHITE	1.28.31	SUTHERLAND	0687	1.28.22	SUTHERLAND	0581
JOHN PRESTON	1.28.44	STRIDERS 10TH	0790			
IAN WHITFIELD	1.28.49		0788			
KEVIN O'KANE	1.29.10	INTERNAL HALF	0387			
TERRY BAILEY	1.30.21	STH CROSS	0490			
GEOFFREY TAYLOR	1.30.34	HOLSWORTHY	0791			
TINA CAMPBELL	F 1.30.53	STRIDERS HALF	0990			
JOHN PLUMMER	1.31.35	SUTHERLAND	0687			
NOEL WORTHINGTON	1.31.43	LAKE G'WARNA	0886			
SARAH ENTWISTLE	F 1.31.47	STH CROSS	0490			
RICHARD BAMANN	1.32.17	SS INTERNAL HKP	85			
JOHN B HAMILTON	1.33.00	STRIDERS H'CAP	0891	1.48.27	STRIDERS OPEN	0387

MARATHON LADDER

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. [At April 1992 – please advise Editor of any errors or omissions].

PETER ZAUNMAYR	1.33.00	MAZDA	0890	1.36.31	STRIDERS HALF	0790
BENNY HAGBERG	1.33.04	ANZAC	0490			
DAVID FAHEY	1.33.19	STRIDERS	0991			
JOHN ROSS	1.33.20	INTERNAL HKP	0790	1.33.20	GREENBELT	0583
RON DALY	1.36.02	CENTENNIAL PK	0791			
GREG JERRETT	1.36.49	STR IRON CV	0286			
KERYN LARGE	F 1.38.34	BATHURST	0690	1.30.42	READING UK	1189
BRIAN TAYLOR	1.38.59	STH CROSS	0490			
STUART PALMER	1.39.00	STRIDERS INTN'L	'91			
LESLEY MAHER	F 1.40.23	STRIDERS HALF	0790			
MARG ROBINSON	F 1.41.28	COMBINATION	0791			
JIM SCREEN	1.42.58	COMBINATION	0791	1.53.00	STRIDERS OPEN	0890
KEN ALCHIN	1.45.00	KATOOMBA	0790	1.38.30	SUTHERLAND	0889
ALAN HICKS	1.46.04	STRIDERS 10TH	0790			
ELIZABETH CAMPBELL	F 1.47.18	ANZAC	0490			
WILLIAM BLECHA	1.47.20	LANE COVE	'89	1.43.45	RANDWICK RUGBY	'84
FRANK ASSENZA	1.50.46	RANDWICK	0782	2.03.52	STRIDERS HALF	0382
NICHOLAS WHEALY	1.51.05	STRIDERS 10TH	0790			
JULIA STENTON	F 1.52.31	SUTHERLAND	0691	1.58.06	SUTHERLAND	0689
LESLEY CLARKE	1.55.08	STRIDERS 10TH	0990			
BARRY JONES	1.57.00	INTERNAL HALF	0890			
FRANK DEARN	2.05.45	THORNLEIGH RTY	0591			
ALAN TONGE	2.23.39	ADEL GREENB	88			



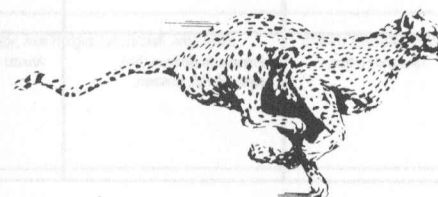
At 18 Apr 1992	←--- BEST AS A STRIDER ---→					←- BEST BEFORE JOINING →-		
	AGE							
NAME	CAT	CAT	TIME	RACE	DATE	TIME	RACE	DATE
PHIL GARVIN	V	P	2.21.56	BATHURST	0786			
GODFREY FRANZ	P	O	2.29.38	JO'BURG	1083	2.21.36	BUFFALO	0382
CARL BARKER	O	O	2.30.51	CITIES	0889	2.31.55	CITIES	'88
JOHN SAUER	O	O	2.36.11	ANZAC	0489			
BILL FLANAGAN	O	O	2.36.47	CANBERRA	0482			
DON PRICE	V	V	2.37.31	ANZAC	0488			
BRUCE INGLISS	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			
MALCOLM SATCHELL	V	P	2.42.31	CITIES	0890	0.42.33	CITIES	0890
JOANNE COWAN	F	V	2.42.31	CANBERRA	0492			'83
CHRIS MCLEAN	V	V	2.42.59	ANZAC	0489	2.27.31	AUSTRALIAN	
MATHEW KALEY	O	J	2.43.51	MELBOURNE	1087			
CHRIS DWYER	V	P	2.44.25	CANBERRA	0492			
CHARLES COVILLE	V	P	2.45.13	WINSTONE, NZ	1083			
IVAN FREYS	V	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		
JON 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		
JONATHAN TROPE	V V	2.51.47	CANBERRA	0492	2.54.20	VAAL 0388
JAMES MCDONNELL	V V	2.51.57	GOLD COAST	0889		
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	P P	2.55.17	CANBERRA	0491	3.04.00	BASINGSTOKE 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
GEOFF COX	O O	2.55.58	HONOLULU	1291		
BRET NICHOLS	P P	2.56.14	ANZAC	0490		
SCOTT LAWRENCE	O O	2.56.19	AUSTRALIAN	0684		
HUGH CAMERON		2.56.20	CANBERRA	0492		
KEVIN TILLER	O O	2.56.31	CANBERRA	0492	3.22.08	LONDON 0486
NOBBY YOUNG	V P	2.56.33	NSW STATE	0584		
MARLIES LAAPER	F O O	2.55.56	CANBERRA	0492	3.27.00	ANZAC 0489
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	STH 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	MELBOURNE V 0784
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 M 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	3.02.12	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	0884		
DAVID RITCHIE	V V	3.05.35	GOLD COAST	0791	3.07.41	AUSTRALIAN '88
MURRAY TOWN	V V	3.05.47	CANBERRA	0492	3.00.51	VIENNA 0488
GRAHAM FIRKIN	M V	3.07.11	CITIES	0885		
MARK ROBINSON	O O	3.07.14	GOLD COAST	0791		
DAN GRAY	V V	3.07.21	GOLD COAST	0787		
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
DONALD RODGERS	V P	3.10.00	CANBERRA	0491		
LEO LEADER	V P	3.10.00	CANBERRA	0484	3.05.00	PENINSULA, R 80
GRAHAM BUTLER	V P	3.10.13	AUSTRALIAN	0686		
TERRY ROSE	V P	3.10.23	CITIES	0889	3.07.12	CHRISTCHURCH 0687
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 MELBOUR '78
SUSAN ROBERTS	F V O	3.11.45	GOLD COAST	0791		
WENDY DOWNES	F M V	3.11.56	ANZAC	0487		
KEITH JACKSON	V P	3.12.27	COMBINATION	0787		
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	CAMTOWN	0785	
KEVIN O'KANE	P	P	3.14.38	AUSTRALIAN	0685	
BRUCE MURRAY	M	M	3.14.49	CAMTOWN	0784	
DOT 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	
JOAN BOLTZ	F	M	M	3.20.35	CITIES	0891 3.07.46 GOLD COAST 0787
JOHN_B HAMILTON	M	M	3.20.38	KEMPSEY	0691	3.31.58 AUSTRALIAN 0687
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	V	V	3.22.40	CANBERRA	0491	
BARRY JONES	S	M	3.23.18	VETERANS	0781	
DEREK WHITE	S	M	3.23.26	CAMTOWN	0784	3.26.34 NIKE CANBERF 0481
ROSS BETTS	M	V	3.23.28	CITIES	0888	
BRENDA HAMILL	F	M	P	3.23.38	SYDNEY	0983
MARG ROBINSON	F	M	V	3.23.53	KEMPSEY	'90
KARIN GAGGIN	F	O	O	3.25.34	CANBERRA	0489
ROD BROWN	P	P	3.27.32	MELBOURNE	1089	3.18.05 CANBERRA 0489
RAY REID	V	P	3.27.57	AUSTRALIAN	0686	
MARK PRESTON	P	P	3.28.20	CANBERRA	0491	3.28.35 GOLD COAST 0789
KERYN LARGE	F	V	V	3.28.24	CANBERRA	0491 3.39.42 POTTERIES UK 0689
FRANK GALLAGHER	M		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	
GRAEME GAGGIN	P	P	3.32.27	KEMPSEY	0691	
JOHN AMOS	M	M	3.34.54	CANBERRA	0491	

WAYNE MCCARTHY	M	V	3.34.54	WORLD VETS	1287	
PETER ZAUNMAYR	O	O	3.38.05	HONOLULU	1290	3.48.00 ANZAC 0490
NICK REED	O	P	3.38.43	CANBERRA	0484	
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
MICHAEL BURTON	O	O	3.40.31	6 FOOT TRACK	0391	2.28.47 EDINBURGH 0984
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 4.26.19 HARBORD DIG '80
DAWN SHAW	F	M	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	
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	RT'BURN NZ	1190	
ALAN HICKS	V	V	4.08.41	ANZAC	0490	
BILL MCCARTHY	M	V	4.26.23	MELBOURNE	1085	
ALAN TONGE	M	M	5.07.02	ADELAIDE	0889	4.46.49 ADELAIDE F/CT '85
JUSTINE MCCARTHY	F	O	O	5.09.15	NEW YORK	0490



STRIDERS IN TRAINING

TITLE & CONTACT	DAY/TIME	START/VENUE	COURSE
PAIN IN THE DOMAIN Harvey Blue 32 - 2476	Tues 12.45pm	Entrance to Domain opp Mitchell Library.	Botanic Gardens and Domain
RANDWICK RUNNERS SHOP Mid-week track series. Fred Howe B: 399 - 3893	Wed 6.30pm	Sydney Athletic Field cnr Anzac Pde and Dacey Ave. Randwick.	Track
RANDWICK RUNNERS SHOP Fred Howe B: 399 - 3893	Tues 6.15pm	The Runners' Shop 38 Frenchman's 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 12.05pm and 1.15pm.	Domain, south of Art Gallery.	Domain, along waterfront in Botanic Gardens to steps opposite Opera House and return.
LANE COVE RIVER RUNNERS Terry McIver H: 416 - 1076 B: 878 - 2149	Tues 5.30pm and Fri 5.30pm	Lane Cove River, Fullers Bridge entrance.	South of river, Fullers Bridge, Ryde Rd and return.
VETERANS TIME TRIALS Terry McIver H: 416 - 1706 B: 878 - 2149	Thurs 5.45pm	Hensley Field, Corish Circle and Wentworth Ave Pagewood	Track.
NORTHS RUGBY RUNNERS Bryce Courtenay B: 957 - 7100 Owen Denmeade B: 957 7100	Mon to Fri group run 10k	Check Owen	To Mosman Bay or Botanic Gardens
WOODSTOCK RUNNERS Kerry Bray H: 744 - 9835 B: 569 - 942	Tues: All groups 6pm Thurs: 6pm Sat: 8am	Tues: Woodstock Centre, Church St Burwood. Thurs: Campbell Field, Princess St Canterbury. Sat: Brett Park, Drumoyne	Tues: Road runs. Thurs: Intervals and races on grass oval track. Sat: Iron Cove Bay run.
TURRAMURRA TROTTERS	Sat 6.50am	Turramurra Station Car Park, (off Eastern Road)	Course starts at 6.5k and builds up to 15k. Turramurra, Wahroonga, Waitara and Hornsby.
WESTERN DISTRICTS JOGGERS AND HARRIERS Keith Gillies H: 77 - 8674	Sat. 7.30pm (1st Sat each month starts 7am).	Lake Gillawarna, Henry Lawson Drive (opp Ashcroft Park), Georges Hall.	Through Gillawarna
MOSMAN INTERVALS Paul Russell H: 929 - 8168 Warwick Selby	Tues and Fri 6pm.	Entrance to Mosman Oval, Myahgah Rd., Mosman.	Around Oval (375 m grass).

Please notify changes or errors to the Editor.

PARTICIPATING STRIDERS	DISTANCE AND OTHER NOTES
Charles Coville, Dan Gray, John Hamilton, Tina Campbell, John Turner, Bret Nichols, Harvey Blue.	Intervals at sprinting pace.
Ian Whitfield, Fred Howe.	Alternating weeks: 1st week 800m followed by 3000m 2nd week 1500m followed by 5000m. Prize for 1st, 31st, 91st. \$100 gift voucher (Randwick Runners Shop).
	16k at competitive pace, with 8k option. Two groupd 4 - 4.5 mins/k and 4.5 - 5.5 min/k
Tina Campbell, Dave Winch, John Hamilton, Cameron Osborne, Alex Whitworth, Dan Gray.	6.6k race. Runners leave every minute between 12.05pm and 1.15pm. Mainly teams event, individuals also welcome. Not on during Dec and Jan.
Terry McIver, Sue Hill, Joanne Cowan, Bernie King, Warwick Selby, John Sauer, John Whealy, Scott Crawford, George Lisson, Malcolm Satchell, John Hodges.	Tues: Race pace. Fri: Medium STaR pace
Barry Jones, Dot Seipmann, Scott Crawford, Bill Thompson, Terry McIver	Alternating weeks: 1st week: 1 mile track then 3000m track. 2nd week: 800m track then 5000m track
Owen Denmeade, Peter Keeble, John Ayliffe, Bryce Courtenay, John Pettit, Alex Hamill, Scott Crawford, Wayne McCarthy, Allan Phillips, Roger Pigby.	Mon to Fri, medium pace 10k approx.
Derek White, Dan Gray, Lesley Lear, Dorothy Seipmann.	Tues: Various pace groups 10k. Beginners run/walk Thurs: 3k down to 100m, including relays, all times recorded. Sat: 7k very easy pace.
David Sill.	Starts 6.50am. Handicap race, faster runners leave at 1 minute intervals.
Dot Seipmann	Measured 10k each week. Handicap race 1st Saturday of each month. Earliest handicap starters 7am
Paul Russell, Warwick Selby, John Hodges, Dick Bartlett, John Ayliffe.	3 minute intervals with approx 2 minutes in between.