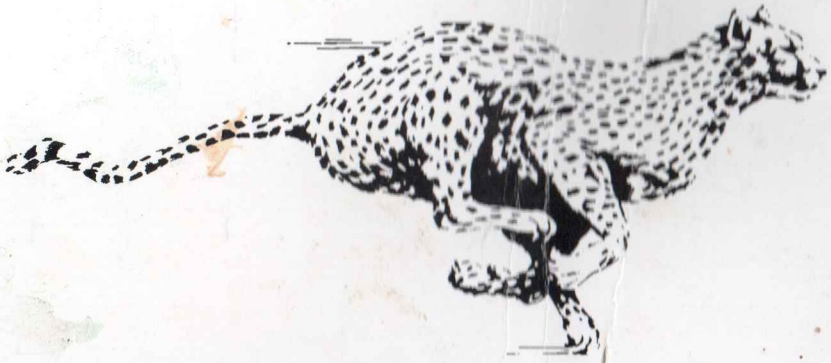

OFFICIAL JOURNAL OF THE SYDNEY STRIDERS ROAD RUNNERS CLUB

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APRIL – AUGUST 1992

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PRESIDENT'S REPORT

New regimes are often judged on what they achieve in their first 100 days in office. Your new Committee has been in office for just 100 days and it is quite exciting to review what has been achieved in that short time. These are some of the things which have been happening:

- A system of "Support Groups" (SG's) has been set up to take the decisions and do the hard yakka, with the main Committee setting policy and ruling on major issues;

- There are four SG's: Administration and Peer Support, Communications and PR, Racing and Race Results and finally Membership and Social. These SG's have their own meetings and are operating effectively;

- A club newsletter called "The Stitch" has been instituted to complement "The Blister". The objective is to fill the gaps between "Blisters", to get racing results published while they are fresh and to provide a vehicle for quick dissemination of Striders' news. The reaction to the first issue of "The Stitch" has been overwhelmingly positive.

- The racing side has been revamped. Race entry forms are now available at the all STaRS and 10k races. Teams are formed for events where team competitions are included. Banners will be available for display at STaRS, 10k races and after major races to act as a focal point for Striders to congregate;

- The 10k series has been revitalised with results coming off the trackside computer within 30 minutes of the winners arrival and full details of handicap and outright positions are on the noticeboard at the STaR the next day;

- A drive for new members is underway and our numbers are starting to pick up quite nicely. A new membership pack is being put together in an attractive green and white folder which will be available for prospective members;

- A decision has been made on the Striders' uniform. The design is reverting to the old green and white quartered shorts and the singlet will have the wide green band with "Sydney Striders" screen printed in white front and back. The green colour is being changed slightly to a modern, fashionable brighter green/blue, which looks

very attractive. New uniforms will be available for sale at the STaR a week before the City to Surf, i.e. on 9th August.

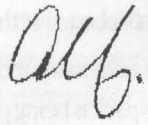
• I have been placing great emphasis on having fun through fellowship and friendship in the club. An important objective has been to create opportunities for Striders to meet in various environments other than just the Sunday morning run by working together (the concept of the SG's) and through social activities. The two social events on the immediate horizon are the late start (10.00am) STaR on August 23rd followed by a family picnic/barbecue at Balmoral Beach and, secondly, Bret and Lynndy's Picnic Relay on October 11th.

• The Committee organising the Sydney Striders Half Marathon on 6th September has been expanded and everything looks to be on track for a fabulous event. (NB. A few more volunteer helpers are still required.)

I think you will agree that it has been a pretty hectic first 100 days!

I have been delighted with the enthusiastic way everyone has responded to my initiatives. The above examples I think illustrate that the new feeling of fun and camaraderie in the club is resulting in a new efficiency in all areas of club activities. There definitely is a new spirit abroad.

I would like to say a very big "THANK YOU" to everyone who has helped bring this about. The Club is what we make it and you have all "done good". I have had fun doing my bit and hope you have enjoyed yours.



PRESIDENT ALF.

A MOST EXCELLENT WAY TO SPEND YOUR HOLIDAYS: PART (1)

by John Turner

Nothing induces concentration or inspires memory like an alien landscape or a foreign culture. (Paul Theroux on travel).

From the top of the mountain pass....

....the sky's canopy almost envelopes your world. All around, its junction with Earth lies below the summit you and your bike now occupy. Dusky snow-capped Rocky Mountain peaks punctuate the horizon, probably a hundred kilometres away. In between, a blue-green haze of valleys and river gorges, the road snaking down into their depths, interrupted where it meets the treeline. Beside you, the summer pastures - massed alpine flowers, white, blue, pink and gold, tiny and delicate, overlying bright grasslands. An eagle glides nearby in the crisp air. Solitude. Silence. Grandeur. An inspiration for lifelong memory.

This is Montana. This is the way Montana rewards you for meeting the challenge of yet another breathless two hour climb in bottom gear. Montanans have good reason for their claim to be closer to Heaven. God welcomes the adventurer atop Her mountains!

Riding a bike across America was my choice of vacation this year. Best to tell you about it in two parts:

Part One *outlines the route of the 1992 Pacific-Atlantic Cycling (PAC) Tour across the American Continent, 5,500 km in 24 days. It describes how it's organised, what preparations and equipment you need, and illustrates a typical PAC Tour day.*

Part Two *tells why I did it, what happened to me and my fellow fruitcakes on the way and how we coped with it, concluding with some personal reflections on what's billed as "the toughest cycling holiday in the world".*

PAC TOUR 1992 - PART ONE

It's easier to define PAC Tour by what it's not. Least of all is it a "wine tour", the ubiquitous family jaunt that so excites the glitzy Leo Schofield mob. Nor is it the Tour

de France - no cheering crowds and few TV cameras. And it's not RAAM, "Race Across America", the famous annual ultra-marathon, 8 to 10 days of sleep deprivation for cycling pros. But RAAM indeed gave birth to PAC Tour and underlies its motivation.

What PAC Tour is, is an athletic adventure. It combines the spirit of long distance cycle racing with the pleasure of backroad sight-seeing, the fleeting comfort of 2-star motel beds, and most of all, the opportunity to test your responses to the extremes of endurance pedal power....day after day after day.

THE ROUTE

PAC Tour 1992 explored new territory - from Everett just north of Seattle in Washington State to historic Williamsburg, Virginia. Most of the six previous tours had followed a more prosaic route from San Diego, Southern California, to Savannah, Georgia, the traditional course of RAAM.

Imagine a line drawn east sou'east from the top lefthand corner of USA's West Coast to the other side of the Continent. Scenic icons of America lie along that line - the Cascade Mountains, Yellowstone National Park, the Rockies, The Badlands, Mt. Rushmore (the Presidential faces carved in rock), prairies, cornfields, the Mid-West, the Appalachians, and finally, the battlefields of the War of Independence. PAC Tour 1992 followed such a route, via county roads and old highways, through the small towns most tourists never see, the heartland of rural America.

In Yellowstone National Park, Montana.

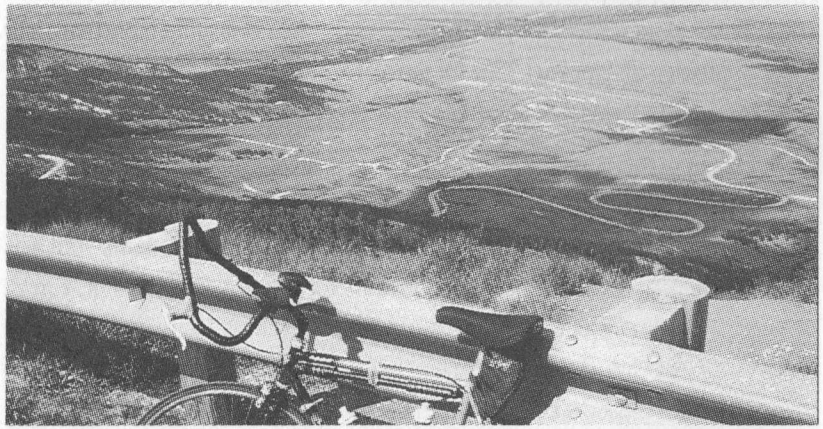
ORGANISATION

Lon Haldeman and his wife, Susan Notorangelo, both veterans of RAAM, (Lon has started in 13 transcontinental races, winning or setting records in 7 of them), bring unique skills to the esoteric world of ultra-cycling. It shows - not only in the couple's expert planning and support of such a challenging adventure, but, for example, in their composure when confronted with anguished tour members, already crushed by a 13 hour 260 km day which may have included 7,000 feet of unaccustomed total climb, now facing the same torture again tomorrow for no other reason than that's what the schedule says we do!

The Haldemans, sixth generation descendants of Illinois farmers, seem to know the byways of America like the backs of their hands. And they know cyclists and their temperaments just as intimately. How else could they assemble a group of 30 or so "tourists", most in full professional or managerial careers, and guide them, expertly and without major incident, across the Continent in just 24 days.

First, there's attention to detail. In the months beforehand, they progressively send you information about what to expect, how to prepare yourself, and who your riding partners will be. Meanwhile, they have designed the route, physically checked it out, booked the motels, and prepared daily route cards on laminated plastic describing every turn and mileage point.

Then there's support logistics - all the equipment and supplies to satisfy the needs



The road to Little Big Horn at Custer's Last Stand, near Cody, South Dakota.

of a small army on the move, each militant with strong views about his/her welfare and articulate in voicing those opinions. Bike spares, maintenance tools, catering equipment, emergency gear, even a massage table, and vehicles to carry it all.

Finally there's the Crew, the eight people who feed and water, cajole and console, who make you and your cycling fitness their Number One priority, all of them top ultra-cyclists or otherwise totally involved in the sport.

PREPARATION

"PAC Tour is not a race but is intended to give the better than average cyclist a full day of riding while seeing the United States" states the Haldemans' brochure modestly. It leads on to a discussion of how intensively you are expected to ride, and thus how to train for the Odyssey.

Want my advice? If you are no more than a casual bike-rider and have never done an ultra-triathlon, PAC Tour is probably not for you. The training regime is Ironman stuff. Here are some of Lon Haldeman's tips:

- Be comfortable training 250-500 km per week for ten weeks before the tour.
- Ride in 33°C heat as often as possible.
- Be able to ride 3.5 km at 40 kph, 7 to 10 times a week.
- Ride a 320 km event (a "double century", 200 miles) in less than 14 hours - a good gauge of PAC Tour fitness.

It's this last test, says Lon, which sorts the men from the boys. "Riders who have come into the tour without a 14 hour double under their belt suffer more than their share of problems". (See **Part Two** for the real-life story!)

GEAR AND EQUIPMENT

What bike to use? If you've read this far, you're probably into bicycles, aware that a fixed wheel Malvern Star with back-pedal brake and fat tyres isn't exactly state-of-the-art. So it won't come as a surprise that the most favoured make on the Tour was - you guessed it - Cannondale, about 40%. As for the rest, Trek was next most popular, a couple of Kleins, a Kestrel, two titanium Merlins, a Huffy, even a Merckx and a fancy Schwinn. But my own dinky-di Clamont rolled along with the best of them and never missed a beat. In the end, it's the bloke not the bike, they say.

This is not the place to go on about bike details. It would take a book by itself. Just

a word though, on gearing. In Australia, most of us regard anything lower than a 21 tooth freewheel as a wimp's gear. For PAC Tour, they warn you before you arrive - fit a 28T. Don't be macho - do it, or you won't make it.

As for other equipment, Lon sends out lots of useful information about what to bring, and how to keep it light. Cold weather and wet weather gear is crucial because, even in summer, northern USA produces conditions we rarely experience in Australia. So full-finger gloves and balaclavas are the go, along with waterproof jackets and arm and leg warmers - not every day or even all day, but for some part of most days.

A TYPICAL DAY

On PAC Tour, no day is like any other - that's part of the fascination. But there are certain rules and routines. The main rules are: be on the road by sun-up, and no riding after dark. So daily distances are never more than someone riding at the minimum of 21 kph (13 mph), including stops, can cover in daylight. The recommended maximum average speed is 27 kph (17 mph). These two limits are set so that the Crew can feed and water the group properly throughout the day at designated "sag" (Support and Gear) stops.

Morning

Here's how it works. You've spent the night in a small town motel, sometimes the town's only motel. The night before, you picked up your Route Card for the next day

Farmlands and backroads in Wisconsin.

and read the Notice Board for special instructions, like what time is - Breakfast! That varies because sunrise varies. Think about it. For a start, you progress west to east at better than 200 km a day. You also cross four time zones. As you pass into another time zone, suddenly the sun gets up about an hour different to the day before. Earlier or later? You work it out. (Sit up straight and pay attention!)

Anyway, it seems like you always have to stumble out of bed before 5:00 am. Only once do I remember the luxury of a sleep-in till 6:00. The Crew sets up breakfast in the motel carpark. You eat standing up. Forget your concept of an American breakfast. It's more like we have at home - cereals, yoghurt, fruit juice - except for the peanut-butter-and-jam-on-bagels touch. Nothing is cooked - no time - and anyway, no cooking facilities in a motel carpark.

Ten minutes later, the first of the riders are on their way. These are the ones who are planning to take it slow today, either because that's what they always do or, more likely they're nursing injuries. Within half an hour everyone has moved out, some in groups, others alone, the better to savour the sunrise. The Crew packs up breakfast and stows it along with your gear bags in the two vans, each of which pulls a big U-Haul trailer, and prepares to follow.

Whatever the scenic distractions of the day ahead, none will be as welcome as the sag stops, two in the morning, one in the afternoon, with lunch in between, each at an interval of about 50 km, and mostly at scenic highpoints anyway. You'll spend only 5 or 10 minutes at the intermediates, refilling your bidons with water or Gatorade, and ripping into Coke, granola bars, sultanas, bananas - and Oreos, a dark chocolate cream biscuit which is to Americans what the Iced Vo-Vo is to Australians.

Afternoon

Lunch, at about 140 km, is where you really get to pig out. The fare varies, usually served cold and always healthy, like a chicken and rice pilaf, or pasta with seven layer salad, then fruit and/or say, carrot cake. You eat alfresco, sitting on benches the crew have laid out in the shade - then you go back for more, particularly if there's some extra-rich chocolate cake as well! Never have you felt so justified in stuffing your face.

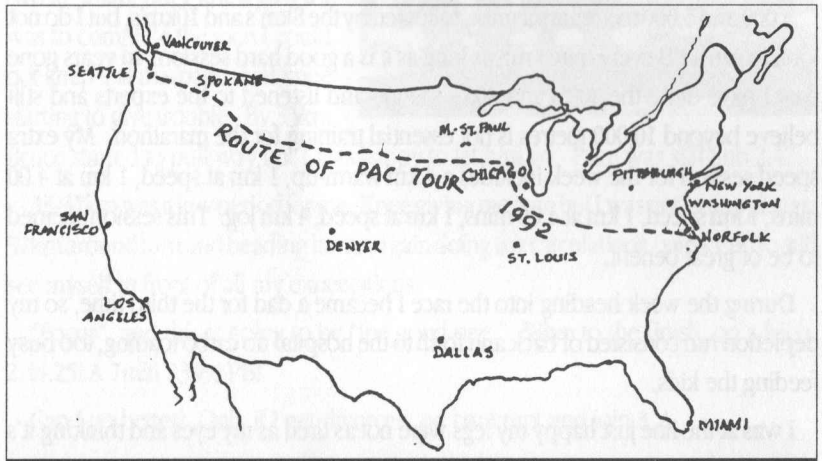
Lunch takes 30 to 40 minutes - more if you aren't up to getting back on your bike just yet. Lunch is also where you discover who's ahead of you today and who's

behind. It's not supposed to matter, but it does. It's also where you can change your pattern, maybe ride with another group or a different partner, for the rest of the day.

Whatever this day's total mileage, the last 20 always feels like 40. So, when at last you glide numbly along Main Street in Smalltown, USA, two things can happen. One is tonight's motel, right there, relief at last. The other is the red-and-white hoarding of Dairy Queen, the national ice cream chain! Joyfully you holler "DQ" and change gears to the one marked Sprint. For, be it known, there is *no* pleasure so sybaritic as a Jumbo Size Chocolate Chip Cookie Dough Blizzard! Bar none! Right there at the end of a 240+ km day.

Evening

With luck it's only late afternoon as you swing into the motel carpark and hoist your bike onto a maintenance stand already set up by the Crew. There you'll clean, oil and adjust, call on Steve Bates, the whiz mechanic, to sort out a problem before darkness descends. After a shower, and maybe a massage, you and your mates can then justify a rape-and-pillage assault on the nearest "All You Can Eat For $5.99" eatery, a truly disgusting display of gluttony by once well-adjusted people. By 9 o'clock, no one is to be seen. The motel falls silent. PAC Tour is dead to the world. Dreaming...dreaming of The Morning...that special morning when...you won't have to get up at 5 o'clock tomorrow and do it all over again.



(Next "Blister", John Turner tells what *really happened* on PAC Tour 1992).

"MY JOURNEY TO A 7.23 PB"

We can't know enough about running so here's some ideas about training from CHRIS DWYER.

Awakening from my normal early summer siesta which is two months off from running, the 1st of December was the start of my focus for Canberra. After years of sitting on the fence happy to run marathons in the low fifties, it was time for improvement.

For someone who lists family, work, and then running as his priorities, I had to rethink my training. The following are my thoughts on training for the *average* runner to complete a respectable marathon. If nothing else, it should answer some of David Sill's questions.

There is never a good fat marathon runner. I started my training at 67 kilos and raced at 61kilos. With most of my work days commencing at 4.30am and finishing at 9pm, the L.S.D. running was out. 120km's per week left me flat and slow. For Canberra, it was very rare for me to get to 100km's per week. The magic word is *"Intense"*, both mental and physical.

Sunday runs became a bit faster, with one in three being 10%-15% below race pace, so at least I have an excuse, whereas Alex, he just likes to bang heads.

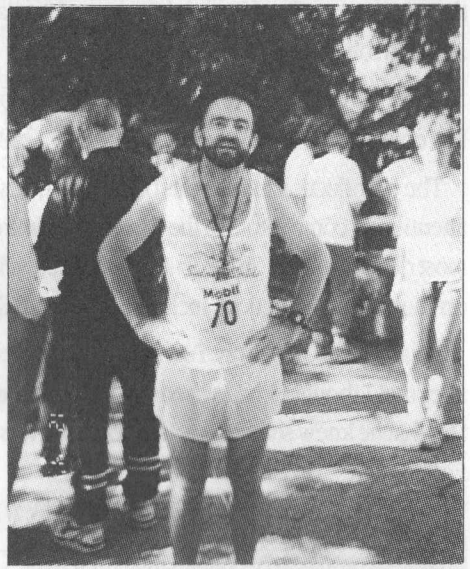
3,000 and 5,000 metres are a must, followed by the 8km's and 10km's, but I do not look to run a PB every time I run as long as it is a good hard session. In years gone past I have done the 400's and 800's routine and listened to the experts and still believe beyond 10,000 metres is not essential training for the marathon. My extra speed session for the week includes a 4 km warm-up, 1 km at speed, 1 km at 4.00 mins, 1 km speed, 1 km at 4.00 mins, 1 km at speed, 4 km jog. This session seemed to be of great benefit.

During the week heading into the race I became a dad for the third time, so my depletion run consisted of back and forth to the hospital no carbo loading, too busy feeding the kids.

I was at the line just happy my legs were not as tired as my eyes and thinking it's good to be in a race where there's no Ray Doran Perpetual Trophy.

A couple of k's into the race I was starting to look for my markers. No Jonathon Trope still probably talking about the futures of Comrades and the Two Oceans. Where was my old foe Graham Burke, mentioned to me before the race start had been off the grog for five weeks. Bad mistake. Bernie King wasn't going to run a fast one - not wearing his spikes. By this time Joanne was out of sight. Someone must have told her the only way to break 2.40 was to run the first 10km in 37mins. This left only Bruce Ingliss. How I was to get sick of that rear view!

Bruce: "What time?" 2.45. "Oh no, going out too fast!" Not having trouble with the pace, this was the time to "focus". Stayed with Bruce to the halfway mark. Stopped for water. Bruce did not. He opened up 20 metres and maintained this to the 23km mark but had not gone away. He was running with two ugly blokes, why not make it four? Mentioned to Bruce: "Still think I'm going too fast." The four of us raced together for the next 5km. Bruce starting to look the stronger. Both Bruce and I dropped the other two at 30km, but I knew that if I was to complete the race I could not keep it at this pace. Left knee starting to give trouble. By 33km Bruce started to pull way but I was happy to let him go. Pace was still Sub 2.47.



33-37km was a low period for me. Knee giving me pain but I was not losing places. 37km around turn and heading home, again doing my calculations - surprised to still see myself in front of all my expectations.

"Focus", and this is going to be "the good one." 38km to the finish, on a high. 2.44.25! A 7min 23sec PB!

Can I go better? Only if I get divorced, go bankrupt and join A.A.

Happy running.

TASMANIAN THREE PEAKS RACE.

Easter 17-21 April 1992. By Gary Leahey.

The Tasmanian Three Peaks Race is an event that you read about, one of life's last adventures for those of us that are foolish enough to progress beyond Foster Ironman and the Six Foot Track.

The Tasmanian Three Peaks is based on the British Three Peaks which tackles the three highest peaks of England, Wales and Scotland. The runs are 24, 32 and 16 miles and it involves 11,000 feet of ascent.

The Tasmanian race was instigated by the now Race Director Martin Pryor, who has competed twice in the British Race as a sailor and runner.

The introduction to the rules of the race notes '..... the Race Committee draws the attention of competitors to the dangerous nature of the sailing through some of the most difficult waters on the East Coast of Australia. Extreme conditions can be found on the mountain sections including snow....'. The scene is set.

I blame it all on Murray Town. Unknowingly he had me training for Foster 1991; after that I thought I had wised up. He waited until November and mentioned at a Star that he knew someone with a boat who was interested in the Three Peaks Race, Easter 1992.

To cut a long story short that arrangement fell through, we advertised through the organisers and several yacht clubs for a boat. Ocean Emu a 43' pink trimaran and skippered by Peter Claringbold needed one more runner. Murray was originally going to Tassie for the Three Peaks and then front up at Foster 3 weeks later for the Ironman. I was still resting from the '91 Ironman and Tassie was to be my Ironman event for the year. I drew the short straw.

Before Ocean Emu arrived the Three Peaks had almost sailed off into the sunset. The running with the pack full of old towels, had stopped. I now had 7 weeks to organise my pack, gear and train. The Six Foot Track appeared to be comparable, and with it the comments .... "what sort of 'crazy' runs this with a six kilo pack" ..... "isn't it hard enough" ..... Well it wasn't unfortunately. The last hit-out was the Canberra Marathon. In six days time the first of the three runs totalling 135 kms, 3,200m of ascent and 317 nautical miles of sailing was to start.

The race rules are:

Seaworthy boat, greater than 8.5m in length and comply with AYE Category 2, ie high degree of self sufficiency required. Boats may be propelled by any means other than motor (other means including sails, rowing, dragging or kedging. A total of 5 crew of which 2 have to run each land segment. The runners can alternate for each of the three run legs.

The runners are to stay together for the duration of the run leg. The recorded time is not until the second runner crosses the line

The organisers scrutineered the boats and the runners' packs on the Wednesday and Thursday prior to the race start. Everything was to be carried on each of the runs, in case of foul weather or exhaustion. The pack had to include:

thermal top and pants

thermal overtop, gloves, balaclava

wet weather jacket and pants

torch, spare batteries and globe

writing paper and pencil

compass and maps

Gary (extreme right) and crew on 'Ocean Emu'.

waterproof matches

sleeping bag, minimum weight 1 kg

bivvy bag 1.8m x 0.9m

emergency rations - 4 oz.

water and food

The runs are unassisted. There are no designated water stops or direction areas. A route is nominated and you have to find it. Water and supplies have to be carried, however the locals on Flinders Island did provide water and food at the food of Mt Strzelecki.

At the beginning of each run leg a statutory 5 minute delay is used to scrutineer the packs where everything is pulled out, only to have to be packed again. The race consists of six legs starting at Beauty Point on the Tamar River.

Leg 1	Sail to Flinders Island 90nms
Leg 2	Run to Mt Strzelecki and return 65kms (vertical climb of 760m)
Leg 3	Sail to Coles Bay 127nms
Leg 4	Run to Mt Freycinet and return 35kms (vertical climb of 1220m)
Leg 5	Sail to Watermans Dock Hobart 100nms
Leg 6	Run to Mt Wellington and return 35kms (vertical climb of 1270m)

Ocean Emu is a straight racing multi-hull. It is normally crewed by 5-6 full time sailors. For this race it was to be crewed by 3 generally tired sailors and 2 exhausted runners, particularly for the 3rd and 5th legs.

The crew consisted of:

Peter Claringbold, Owner and skipper

Rowan Claringbold Sailor, deckhand & general rouseabout

Kingsley Piesse, Helmsman

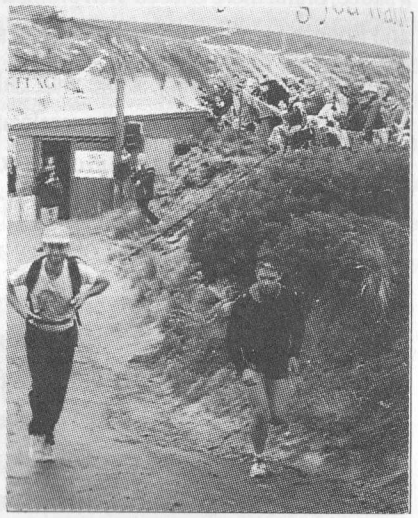
Kurt Stuwe, Runner

Gary Leahey, Runner

and by Peter's wife, Loris, who provided ground support at each of the main land venues, Coles Bay and Hobart.

My introduction to the crew was one trip to Melbourne (a week-end drive!), a short run with Kurt and a couple of hours on Ocean Emu at Western Port Bay.

The pre-race period had a carnival atmosphere with plenty of action as crews made last minute adjustments and stocked-up with provisions for the task ahead. The boats were adorned with flags and advertising banners. All the boats except Ocean Emu were covered with sponsors' logos.



On the Race day an obligatory briefing session warned skippers of the dangers ahead, time for tides and expected direction and intensity of the winds. Runners' instructions, especially for the novices would not mean a lot until we tackled each of the legs.

The start was 2pm Good Friday 17 April.

The start was hectic with boats, including 3 multihulls all tacking for position and attempting to cross the line, which wasn't three boat lengths long. Two boats were penalised an hour at Flinders Island for crossing the line before the gun.

Ocean Emu wasn't first across the line, however with some luck, cunning and a quick boat we arrived at Lady Baron second and landed as the first runners. That was a buzz - first runners in the first run leg. About 5kms into the run we lost the track (I'm used to arrows and clear instruction). The map and reality bore no resemblance. After some back-tracking across a paddock of cattle we were away again. The excitement of being first runner and second to the base of the Mt Strzelecki, some 30 kms into the run soon turned sour when I collapsed, dehydrated half way up the mountain, the result of sea-sick tablets the day before. The remaining climb and descent was not the happiest although it appears I managed a smile for the

obligatory photo at the summit. The last 26kms which was run in the dark, on a remote country road, was the toughest I had ever experienced and we had 70 kms still to run. The roads were straight and no obvious features made it difficult to determine our position. We arrived at the boat at about 9pm after 9 hours and 9 minutes running and sailed straight away.

I do not remember too much of the 2nd sailing leg. I quickly prepared pasta and a sauce, drank more Exceed then promptly fell asleep. The evenings entertainment and floor show obviously was not up to scratch.

The trimaran was very stable with only a slight forward rocking motion. The centre board howled as the yacht accelerated up to 20kns. The wind was up and the route out of Lady Baron varied in depth from as low as 1 metre providing some very anxious moments as the centre board slipped across the shoals.

The overnight sail had us in Coles Bay by about mid-day on the Sunday. Here we go again!

This time we were 2nd boat in; Ronstan Wild Thing was 33 minutes ahead. The run over the saddle and across Wineglass Bay was pleasant; the scenery spectacular, the view amazing. The track to Mt Freycinet was non existent, the weather bleak and cold. We stamped our ID cards and descended the mountain as best we could remember. Then it got harder, the track narrower, the scrub prickly and if I had a dollar for the number of times I stubbed my toes on the roots, rocks and changes in surface well! The last 6 kms were run in the dark. Up and over the saddle again, along the road from the ranger station to the wharf. The locals cheered and offered much needed encouragement. It was about 7pm, 6 hours and 37 minutes for leg 4 and the start of the final sailing leg - 14 hours flat out to Watermans Dock, Hobart.

The alternative route via the Denison Canal at Dunally was not available to Ocean Emu (the Canal is 36' wide, Ocean Emu 35') which had to sail and around Tasman perimeter an extra 20 nautical miles.

I do not remember any of the 3rd sail leg including the gale force winds, the shredded kite and the driving rain (I apparently slept through it - the crew thought perhaps comatose). Ocean Emu averaged 10-14 knots sailing 22 kn at times in a 3-4m swell.

The wind dropped as we rounded into Storm Bay for the long haul up the Derwent. Ocean Emu was 2nd boat into Hobart arriving at Watermans Dock at 9.15am, Mt Wellington was shrouded in fog, 8°C and blowing at 44kns. The climb to the summit at 1270m is 14 kms, with a gradient from 1:13 to 1:3 at the Zig Zag track. The road is followed for the first 8 kms to the Finger Post Track which climbs 320m in 2 kms; The Pinnacle Track climbs another 400m in 2kms. Ronston Wild Thing was 53 minutes ahead, Hazad-A-Tas, last years winner arrived 3rd, 10 minutes behind and overtook us about 3kms from the summit. To retain 3rd place we had to maintain the 9 minute gap between ourselves and 4th place Comalco Cash for Cans. The summit was shrouded in fog, the trig station barely visible. The strong cold wind made it difficult to find the ID cards let alone stamp it. The return of 21 kms is down hill all the way. Running down the road, visibility was about 50 metres. We had to negotiate tourist buses and cars, for the first 7kms, the Finger Post Tack and back to the Huon Road. Could we maintain a 4.15 pace after covering nearly 130 kms in less than 19 hours. The 9 minute gap to 4th place was now 6 minutes and 8 kms to go.

The Third run leg recorded a time of 3 hours 44 minutes - 2 hours 14 minutes to the summit and 1 hour 30 minutes return to the dock.

The final placings were:

Total:	Sail Time	Run Time	Elapsed Time
1st Ronstan Wild Thing	2 d 4 h 27m	17 h 52 m	2 d 22 h 19m
2nd Hazad-A-Tas	2 d 7 h 20m	15 h 09 m	2 d 22 h 29m
3rd Ocean Emu	2 d 3 h 19m	19 h 30 m	2 d 22 h 49m
4th Comalco Cash for Cans	2 d 6 h 23m	18 h 32 m	2 d 22 h 55m

Ronstan Wild Thing was penalised 30 minutes for having a crew member pacing the two runners on the mountain. The race record of 2 days 23 hours and 30 mins held by Verbatim 1989 was bettered by the first 4 boats. Fourteen of the original 17 boats finished. The last boat was True Blue in just over 4 days. Ocean Emu recorded the fastest sailing time, Hazad-a-Tas the fastest run time and Ronstan Wild Thing was the overall winner. Would I do it again? Absolutely Not! but that means yes of course, may be in 1993/4/5/6/9.....

THE BLACK HOLE:
Or "The day our STAR host didn't show up."

by Graeme Butler, John Ayliffe and Alan Phillips.

To us it was a comedy of errors but to you? Probably ridiculous. (Do better? it was the Equinox, love to see you try).

It all started when we asked John Hamilton where the long option bit went on the North Ryde Ramble, and he said: "Just run down to the weir in Lane Cove River Park turn around and run back."

"At five twenty in the morning, in winter! It'll be a Black Hole."

"But it'll be a full moon."

"Right!"

Wrong. Predawn on Sunday June 21st, and John Hamilton's 'full moon' couldn't be seen for a cloud. The sky was a black void.

Naturally we were too early for the STaR host but soon we were to be imagining what John Hamilton would have advised: "Follow the white posts, there are blind runners you know, soon you'll know what it's like." Right.

Later, crawling up out of the Park, like a wombat out of a hole, we were to be blinded, momentarily, by a street lamp as we were to grow accustomed to the light.

Soon, on the normal STaR the map indicated head west. And all went right for us until we hit Pennant Hills Road when we took the road to Dural, and that was the wrong way wasn't it!

But we didn't find that out for a couple of k's did we? According to Graham Butler a simple error like that was something Blind Freddy wouldn't have made. Funny it took Blind Graham so long wasn't it! Not to mention Blind John and Blind Alan.

At Pennant Hills Park we got out targets wrong briefly when we misread the rifle range for the archery area.

Then all seemed right, till we *saw the arrows* and, in jubilation, threw away all our maps.

Four of these in a short space of time and John was to refer to John Hamilton STaR host, as "something of a saint." The others would reserve judgement on that; though, shortly, Alan did initiate such a perfectly marked trail it could form the basis of an 'Instruction manual for STaR hosts.'

Now that didn't seem such a bad idea - 'till we met the old couple.They were walking towards us.

"How far to the University?" we enquired

"Which University?" came the reply.

Right. There were more arrows, big beautiful white flow 'STaR host markers with long bodies and wings like eagles. They beckoned us to follow them.

And there was the old couple again.

"Didn't we...?"

"Yes."

"So we've run...."

"In a circle."

Right.

"So these arrows...?"

"Are for the Cross Country later this morning."

"So where's the Park? Trafalgar Park."

"Oh you're miles from there. But Pennants Hills Park is just around the bend."

At just before 10am we came out of the Reserve and were greeted by a much agitated President.

"Just happened to be passing", said Alf, " on my twelfth trip searching this area!".

(By the way - no hard feelings John Hamilton and thanks for the Cokes and Mars Bars you left.)

SEQUEL TO A YEAR OF PB'S

John B Hamilton

The profusion of articles on how well we have done as runners might be tempered with some notes on possible consequences. It was somewhat ironic that my article on PB's (Blister No 46 September-December 1991) omitted to make the point that injuries can and do happen but there is time to recover and run again. While writing I was unknowingly suffering from a runner's injury.

After the 31km run in the MMI 3 Ports Race in October last year which I finished in 2hr 13min (equivalent to running the City to Surf in an hour, twice) I remarked that I felt sore in the groin. Well, I did push myself a bit, I thought.

Meanwhile I was leading the Hornsby Sportscene 10 km series on handicap points. Of course, having got that far I decided to hang in. On something of a running treadmill. My times became progressively worse. A good trick maybe to pull the target time down for a big hit with double points in the last event? No.

The dull groin pain continued, extending to sharpish pains across the pelvis. After someone remarked that my running action had changed, I went to my GP who ordered X-rays. These appeared to show some bone pulled off the pelvis where an adductor from the right thigh attaches. In medical terms I had "evulsed the tubercle", not an uncommon injury which can happen to other parts of the body as well, so I am told by Paul Russell. I later spoke to James McDonnell who confirmed he had an injury similar to mine (ironic that James introduced me to the Striders). He said it highlights the critical importance of a stretching routine before and after exercise.

Off to the sports doctor at the Narrabeen Sports Medical Centre who referred me to the Dee Why Nuclear Medicine Centre for a bone scan. Here I was to have a 0.5 ml dose of radioactive isotope injected into my right arm. There was an initial scan to check blood flow. Then two hours drinking plenty of water, while the isotope made its way into the bone injuries, after which the water had to be passed immediately before the scan two hours later.

Then to lie on a bench where the gamma camera, a drum-like device on arms, was passed right around me, above and below the bench, relaying electronic messages

to create images on a visual display unit. These images can also be stored electronically. They showed what are called "hot points" around the affected areas.

Osteitis pubis was the diagnosis. Although we can't be sure when the original injury happened, the aggravation was causing the pelvis to rotate differently which in turn caused inflammation of the pelvic joint.

Not as serious as it might have been but enough to stop me running for 6-12 months, the sports doctor said. After 5 months I could have a gait test. This would involve running on a machine while a video is taken to record the action. In the meantime I was allowed to walk, swim, and use an exercise bike (I can ride a bike as long as I don't pump hard on the pedals). However, six months later with the occasional twinge I am still not ready for a gait test.

So, what is my message this time? It must be that when your body tells you something is wrong you better believe it. Ken Graham (in "Superhumans" by Chris Gerrans, THE BULLETIN, January 14, 1992) says, "In most situations, the body is good at self-limiting. If exercise becomes damaging, the body has a feedback mechanism to slow down or stop itself." There is a need to be aware of the possible consequences of pushing through pain and if pain continues you should seek informed advice.

We should perhaps also allow for the fact that irrespective of the circumstances, such as in a position to win, there may come a time when we should stop. We might even take the opportunity to look at other endeavours. As I hope to have shown in my earlier article, there is time to recover and start again if you want to.

Jeffrey Bond (same Bulletin article which is also the source of the following cartoon) says, "The objective of sports psychology is to have the athlete ... able to focus on what is necessary to produce the highest quality performance. That doesn't necessarily mean self-destructing your body."

'PUSHING THE LIMITS'

John B Hamilton's article prompted us to run 'SUPERHUMANS', a recent Bulletin story which looked at pushing the limits and what the consequences may involve. EDITOR.

SUPERHUMANS!

Ultra-endurance athletes are an extraordinary breed of people who delight in taking on seemingly impossible feats of human endeavour. Since emerging in the early '80s, these superhuman individuals have set new standards for the limits of human physical performance.

Ultra-endurance events can last anywhere between four hours and weeks - and they are gradually becoming longer.

The stress on an ultra-endurance athlete's body during training and competition is phenomenal. A recent survey of athletes who successfully completed the Hawaiian Ironman triathlon found that the average weekly training distances were 12km swimming, 365km cycling and 73km running. Most normal people would be extending their training distances.

Sydney athlete Maurice Taylor has completed three Sydney to Melbourne runs, 25 marathons and 25 ultra-marathons (longer than 42km) in the past years. Due to work commitments, most of his training for the Sydney to Melbourne runs is done on weekends. Typically, he sets off after work on Friday evening for a 120km all-night run, arriving home at 9am on Saturday. He starts out at 4am on Sunday and arrives home at about 5pm after completing another 120km. Taylor manages to fit in a few 10km training sessions during the week and one 50km after work on Wednesday, often getting home at 1am Thursday. "I get very uneasy and restless when I can't train...I do become obsessed with training," he admits. "I let myself off the hook by acknowledging that my behaviour is obsessive and a little crazy."

Jeffrey Bond, head of the sports psychology department at the Australian Institute of Sport, says there is a fine line between dedication to training and obsessive-compulsive behaviour. "That's where someone becomes either obsessive or compulsive about a particular thing to the point where they lose control over it. In other words, it controls them rather than them controlling it," he explains. "If you extend that school of thought, it suggests these people are eventually going to kill themselves because they keep looking for more and more ultra things to do. In the end, they're going to self-destruct - it's a sort of death-wish... The objective of sports psychology is to have the athlete in a position where they are in control and able to focus on what is necessary to produce the highest quality performance. That doesn't necessarily mean self-destructing your body."

Ultra-endurance athletes certainly place huge demands on the body's energy reserves. During an ultra-distance event lasting 10 hours to 15 hours, a triathlete expends up to seven times more energy than he or she would during a normal day. Carbohydrates stored in the muscles, liver and blood are the most efficient energy source for the body during exercise. Researchers have shown, however, that the body's stores of carbohydrate run out after about 90 minutes of fairly intense exercise. Therefore, athletes must also draw, as a source of fuel, on fat, which is in abundant supply. It has been estimated that an athlete weighing 65 kilograms with low body fat (10%) has sufficient fat stores to run almost 1000km. But, because the conversion of fat to energy is very slow, the athlete is forced to slow down when fat is being used as the main fuel source. Comparing carbohydrates to fats is like comparing rocket fuel to standard petrol.

"Carbohydrate is your high-octane fuel," says the head of applied physiology at the University of Sydney (Cumberland), Dr Martin Thomson. "You feed in a little all the way through the event and draw on fats as much as possible. Once your carbohydrates are exhausted, you can't maintain a high level of exercise - you have to slow down." This is "hitting the wall".

Well-trained athletes have the ability to exercise at high intensities using fats as their main fuel source, thereby conserving their precious carbohydrates. But even elite athletes can hit the wall and experience the indignity of staggering uncontrollably towards the finish or collapsing in a heap at the side of the road.

"The thing athletes have nightmares about and dread most is not being able to finish an event - it's embarrassing," Bond says. "Not finishing bruises an athlete's ego pretty badly. They are very concerned about their standing among their peers. There is a huge guilt feeling that goes with not being able to continue."

Ultra-endurance athletes have an incredible ability to push their bodies through pain and fatigue in order to achieve their goals. "We do a lot of work on concentrating skills - on the athlete being able to refocus their attention away from how tired they're feeling and on to something outside themselves - it might be a target they're aiming at or a technical aspect of what they're doing," Bond explains.

Robert De Castella admits he has "hit the wall" on occasions: "It can have a very major impact on you or you can minimise it. A lot has got to do with the mental conditioning and mental strength."

But "the wall" is not the only physiological problem experienced by ultra-endurance athletes. Normal bodily processes undergo a complete transformation during prolonged exercise. A condition known as cardiovascular drift occurs when there is competition for blood flow between the skin and muscles. The heart responds by pumping harder and faster but may not be able to cope with the increased demand. This may cause reduced blood flow to the brain, leading to dizziness or fainting. Reduced blood flow to the muscles also causes the athlete to slow down. An athlete who continues to exercise at a high intensity and does not take in adequate fluid risks developing heart exhaustion which can be fatal.

According to research, problems experienced by ultra-endurance athletes also include: Temporary muscle damage; temporary impairment of heart muscle function; hyponatremia (low sodium in the blood); reduced levels of potassium, zinc, calcium and other important substances; destruction of red blood cells; anaemia (reduced red blood cell or haemoglobin in the blood); kidney and liver damage; and blood loss in the urine and faeces.

Despite these findings, most experts consider ultra-endurance to be quite safe provided it is performed sensibly. "If they have time to undergo an adequate training program, most people can adapt to perform these events," says Ken Graham, senior sports scientist at the NSW Academy of Sport in Sydney. "In most situations, the body is good at self-limiting. If exercise becomes damaging, the body has a feedback mechanism to slow down or to stop itself."

Dr Stuart Watson, vice president of the Australian College of Sports Physicians, agrees: "As long as they don't ignore the warning signs, I don't think they're doing themselves any permanent damage. There's no good evidence at all to suggest these

sorts of endurance events will cause arthritis unless there is a pre-existing joint problem or injury."

Watson is quick to point out that participation in endurance sports is not without its risks. "Disruption of menstruation is a very important consideration in female athletes. Those who do have menstruation irregularities, particularly amenorrhoea (cessation menstruation), over an extended period of time are definitely at risk of experiencing osteoporosis (weakened bones). That can be like a ticking time bomb. It can be something that doesn't show up until later in life. They may not recover and are at a higher risk of severe osteoporosis in middle age and old age. With that can

'THE 1992 THREDBO MOUNTAIN CHALLENGE'

Day one. Saturday, January 25. The Thredbo Mountain Challenge gets underway. First is a biathlon, a run of 4.5kms, a bike ride of 18kms, another 4.5km run. Later comes a foot race up Mount Crackenback - 2km. Then they tackle the mountain on their bikes, a 15km ride.

"It's just a warm-up," says Ken Murray of Tri-Sports Promotion. He put the event together for the Thredbo Resorts Centre, which sought summer events to attract tourists to a holiday area mainly known for snow and skiing. Last year was the first; this year's is on the Australia Day weekend.

Day Two. This is the challenge, an eight-stage, multidiscipline event. That means a long day's journey from anticipation to exhaustion. The athletes set out from Thredbo for a 9km run, ride 15km, run another 16km, cycle 21km to arrive at Lake Jindabyne where they swim 2km and paddle in kayaks for 10km, cycle 37km and run 10km back to Thredbo.

Day Three. The cool-down. A triathlon, swim leg of 3km, 33km bike ride, 9km run.

Last year, 50 individuals and 40 teams of two or three athletes competed in various events. Seven people entered every event every day.

"Halfway through day three, even they started to slow down a little," Murray says. Three finished. There was little in the way of monetary reward but they won the ultimate accolade, Conquerors of the Mountain.

come the crippling effects of crush fractures of the vertebrae and other injuries." A common belief is that sports such as triathlon, which involve more than one activity, are less stressful on the body. "It depends on which population you're talking about," Dr Mary Jane Fitzpatrick, medical director of the Australian Triathlon Federation and Australian team doctor. "It probably is less stressful for the recreational athlete to do cross training because they don't do a large amount of training. They divide the total training time by three sports and therefore reduce the stress on the body. But, at the elite level, I would suggest that this may not be the case because they really do train very hard in all events."

And as for the safest of ultra-endurance events: "Up to ironman distance (3.8km swim, 180km cycle and 42km run) is reasonable, " Fitzpatrick says. "Beyond that I'd have significant hesitation for most people. Physiologically, there probably is a limit but we really don't know where that limit is or whether it is the same for everyone."

ASS ASSINATION!

MALCOLM SATCHELL goes to extraordinary lengths to beat fast old lady in the GOLD COAST marathon.

Sydney Striders now have their own hitman - Malcolm Satchell. Whilst running in the recent Gold Coast Marathon with Warwick Selby, Malcolm became so engrossed with his watch (well that's his excuse) that he bowled over a poor, defenceless old lady at the 10km mark and left her lying spreadeagled in the gutter. Reliable sources inform us that he broke stride only to ensure that it had been a bullseye and continued on his dastardly way.

Upon being told at the end that she didn't look too good as she was being loaded into an ambulance he went white - had he failed in his first international assassination? Malcolm was last seen roaming the streets of Surfers looking for more victims to practice upon - preferably with white sticks on pedestrian crossings.

CANBERRA REVISITED (or Pain Again)

By Johnathon Trope

On our way back from the '91 Canberra Marathon, Steve Urwin and I decided that we'd try to run the '92 event with a specific target of sub 2.50 in mind. Seeing that the '91 race was Steve's first (and comfortable) sub 3 and that I'd had a fairly good one, we felt confident that we'd be able to run a planned race again.

When we ran Holdsworthy later in the year both of us felt our training approach of flogging our guts out at weekends after a week of moderate running was starting to work and we got more confident again. Then came Christmas, fruit cake, holidays and laziness and when I got back from a holiday in South Africa at the end of January, I gave Steve a call to discuss our strategy for the assault. He responded with the wonderful news that he'd been struck down by "Delhi Belly" or some similar ailment (which I was sure was a cop-out) and that unless he got it out of his system (excuse the pun) he was unlikely to be in good shape for any running except for the Loo.

So it was that I met up with a couple of guys at the top of a hill in Turramurra on an early Tuesday morning bemoaning my fate at having to run Canberra "on my own". Charles (Coville, who else?) replied saying that he was running Canberra too and had a few friends looking at the same sort of time. That really buoyed me up so I set about re-scheduling my life around running 60-100km a week for the next 10 weeks. My wife, Karin, who has been long-suffering about my running anyway, was quite happy to go to Canberra with me as our only daughter is at Uni there and we've been wanting to interfere with her life for a few days just to keep our hand in.

As usual, race day dawned far too early in the program (some may say I peaked 2 weeks early) but I felt pretty good - not that any runner worth his salt ever admits to being OK at the start of a race; I've never come across such a bunch of hypochondriacs in my life! The. start was as uneventful as ever, everyone else took off and I was on my own again. I pushed off at a steady 4 min per K (clever game plan that as you have to maintain it all the way to break 2:50). When I passed Kevin (Noddy) Tiller at 5K, I reckoned something was amiss. Then I saw Godfrey Franz just ahead of me which really gave me a jolt until I remembered that he was only running 10k with Marlies. She was one of the supposed members of the "bus" that was going

to run to the plan so I tagged on and when Godfrey peeled off at the Telopea Park School, we were slap on target (39:50).

Marlies is, as everyone knows, a really steady runner and we stuck to our pace through the half (84:20). At around that time we wanted to see how the race was developing as the better runners were returning from the first of the "out and backs". For some unknown reason at 28k we suddenly lost about 30 sec in a km. Kevin caught up at that time and I decided to push the pace a bit to ensure we stayed on schedule. Marlies and Kevin seemed to drop off and I shuffled on.

Going up to the final turn at the West end of the lake, I had another chance to lose concentration as I saw all those fellow Striders ahead of me, notably Phil Garvin (2:33), Chris McLean (2:35), Joanne (2:42), Bruce Inglis (2:43), Chris Dwyer (2:44). By this time I'd passed Bernie King (2:55) but I knew that my target was unattainable and in spite of Scott's continuous exhortations and comments about "looking good", I wasn't. Anyway I managed to hang in for the last few k's at or about 4 min per k and finished in a PB of 2:51:47, which was 43 sec better than Holdsworthy '91.

Other sub-3 times were Marlies (2:55), Hugh Cameron (2:56) and 'Noddy' Tiller (2:56) all three being PB's. As usual, the organisation was great, the run was in good conditions and the camaraderie special. The announcer at the end didn't have a clue as to who was wearing which number but that was a small glitch in a good day.

I still have to break 2:50!

Coming soon!

Second Annual Striders Relay, Dooralong.

11th October, 1992

See page 67 for further details.

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THE GREAT AUSTRALIAN WALK OR "JUST A STROLL AROUND THE ISLAND"

By Nobby Young.

During 1993 I will be walking around Australia. I will miss the delights of Tasmania due to a rather rough stretch of water, but a holiday there in 1994 sounds like a very good idea.

The basic plan for the walk is as follows:

- The course will follow the Number 1 Highway around mainland Australia, a distance of about 14,900 kilometres.
- The start will be in Sydney on the first of March, 1993, and the finish will be in Sydney about 8 1/2 months later.
- The walk will be continuous, as in a minimum distance MUST be covered each day. The minimum target is 50 kilometres.
- I understand it will be a world record as the longest continuous walk ever achieved.
- I also understand that it will be the first time the Number 1 Highway has ever been covered on foot.
- It is anticipated that the event will qualify for the Guinness Book of World Records.
- It will be a solo walk as I will not be taking any support walkers with me, although I do expect supporters to join me for short distances as I go around the nation.
- I will have only one Manager/Minder with me, Mr Jim English, a specialist in the care of endurance sports people.
- We have a mobile home fitted out for the venture.
- My intention is to use only one large national company as the major sponsor. This company will cover the costs incurred in staging the event in return for signage on the support vehicle and the clothing worn. Further promotions will be arranged with the major sponsor.
- Details regarding sub-sponsorship will be discussed with the 9 major sponsors and the Life Education Centre, a wide coverage in the national regional media, press, radio and TV, is assured.

AND HERE'S A BRIEF HISTORY OF 'OUR NOBBY'

In the past I have been involved in the following:

- *Five years as President of the Sydney Striders Road Running Club.*
- *Two years as Race Director of the Sussan Womens 10K Classic.*
- *Eight years of official involvement in the Lane Cove Half Marathon.*
- *Five years as an official on the Westfield Run from Sydney to Melbourne.*
- *Five years as an official on the Sydney Striders Westfield 24 Hour Track Race, the NSW Championship, including Race Director.*
- *In 1993 I ran 100K during a bed-push staged by Sydney Striders to raise funds for the Princess Alexandria Childrens Hospital.*
- *In 1983 I ran 100K, and I ran for 24 hours, to raise about $5,000 for the Gladesville Public School.*

A TALE OF TINA

Nobby Young remembers...

Tina was born in a very small New Zealand town (is there such a thing as a large NZ town?) called Waitutaenue. In maori wai means water, tutae means shit (I hate to be crude but I must be honest) and nui means big. This was a very early case of river pollution, but we should not blame Tina for it.

By school age, eleven years later, Tina and her family had moved to Whangarapatuitaipapaini, quite a large town with electricity and a Memorial Hall. In NZ, any population centre with more than 40 people has a Memorial Hall, but they can not recall what they should remember.

The "Welcome to Whangarapatuitaipapaini" sign restricted the access into town to a one-way road, but it was not a problem because the locals did not venture away from home and no one else wanted to go there. Only two people have ever left there permanently, Tina and a well known ex-Australian State Premier who decided that he would do better on donations in brown paper bags over here than trying to seek out a living over there, where brown paper bags are used for a school lunches, not petty cash.

Now, you may believe that dwarf tossing originated in Queensland pubs, but in fact it is a spin-off from what was known as "Tina Tossing" when Tina was at school. Two boys would hold Tina by the wrists and ankles and toss her over the cross bar on the school football ground goal posts.

Only the rugby and the domestic fights attracted more spectators!! They would use four sheep skins for her landing, not letting on that the sheep were still inside the skins as the RSPCA would not approve if they knew the truth. The sheep were not used for any other purpose as it was felt that they had served the town (and Tina) well enough. Anyway, there were about 60 million other sheep to use, so to exempt four was not a big deal.

Tina is a bi-lingual, being fluent in Maori and having a pretty good grasp on English. I like the way the natives welcome Aussies to NZ in their Maori tongue. The tourists think they are saying something like "welcome to the land of the long white cloud" while they are really saying "what about that fucking under-arm bowling, eh?". A quaint habit is the rubbing of noses. I saw Dave Ritchie rubbing noses with John Craig-Sutherland early one Sunday morning and thought he was keeping up with tradition. I complimented him on doing so, only to be informed that he had a boogey up his nose and no pocket in his running gear to keep a hankie. That figures.

Tina decided to come to Australia when she heard that we always use other peoples money. To borrow is great, the more the better, paying it back is not required!! To become a national hero only requires the borrowing of vast amounts of money, it did not matter a stuff what you did with it!! Tina was geared up to start

STRIDERS 'MOLE' IN RUNNERS SHOP A WIN FOR US.

John Ayliffe

Smart move of Fred's to take on veteran Strider's member Dan Gray.

Danny once ran six marathons in as many weeks - remember? - so he ought to know his way around. And of course there's only one thing better than getting inside info and that's getting it cheaper.

Having visited recently, this reporter can advise Danny is already a dab hand although by the ninth shoe I tried his lacing up was getting a bit dodgy.

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DANNY GRAY
Assistant Manager

48 Frenchmans Road,
Randwick, 2031
Sydney, Australia

borrowing when 1990 arrived and some shit-head changed the rules. Some folks wanted something in return for what they lent and the whole system collapsed, so Tina had to get a job. Fortunately Cameron Osborn required an assistant to assist his secretary, and space in the office was very limited. Tina fitted the bill, or to be more accurate, fitted into the remaining office space, and landed the position.

We know Tina is famous for her running, at least in her age group where the competitors are few and far between, but she has also had a go at triathlons. It was only when she discovered that she had two weak legs, the swim and the bike, not the ones she stands on, that she decided to stick to running. This proves that although marathon runners have dense bones, Tina is not dense above the shoulders, not at the time of writing, anyway. As proof, Tina always wanted to race over 10k without men getting under her feet, so she became the driving force where to go, and all the women thought what a great thing she was doing for them. It only happened because the little devil wanted to run in it, herself, there was no charity involved in it at all!

Talking about charity, there was something to her credit. Tina started a half-way house for the under-privileged at Mowbray House, Lane Cove. It is true that there was only one down-trodden type given assistance, but if you ever met Jon you would understand, as the amount of work required on severe cases is incredible.

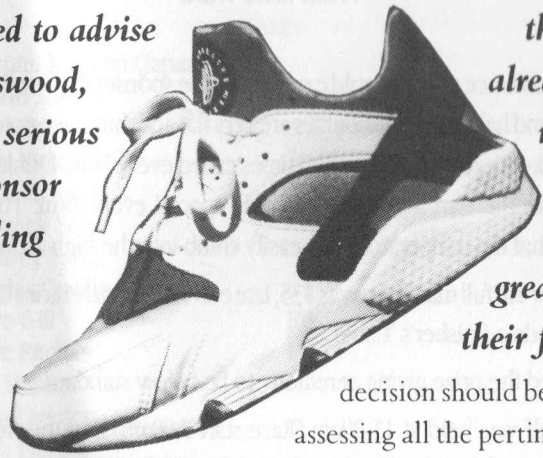
Tina also looked after the club uniforms for a long time, being selected for the role because she could pass as being Jewish, and was not known as being gay or even over-sexed. One morning she was taking the inside leg measurement on Terry McIver when someone asked "how long is it". She replied that it was not as long as Jons. Maybe we could hold a competition!!

A couple of years ago Tina took a trip to Mt Everest, looking for the meaning of life. It was something to do with missing a sub three hour marathon by a narrow margin, and, lets face it, there was not a great deal of meaning in her life at the time. Well, Tina climbed Everest until she found a snow cave with a guru sitting in it, in the lotus position, looking into his naval. What a shock she got when she realised that he looked just like Charles Coville!! Maybe it is true that we all have a double somewhere, but just to be sure, could anyone tell Tina if Charles has frost bite scars on his bum.

20% OFF ALL STRIDERS

BODY & SOLE
CHATSWOOD SPONSORS FOR 1992

We are pleased to advise that BODY & SOLE, Chatswood, already a popular haunt for the serious runner is now our major sponsor for 1992 and will be providing terrific prizes and offering great discounts to Striders and 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, knowlegeable 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.

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BODY & SOLE prices are generally very competative 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.

BODY & SOLE

Shop 2, 379 Victoria Avenue, Chatswood 2067

Entrance in Archer Street, Opposite McDonalds

Tel: 411 4712 **A/H: 913 8428**

GOLD COAST MARATHON: RACE SURVEY

From Mike Ward

A well organised race as one would expect with the sponsorship available from JAL. Both the full and half marathon courses are very flat and thus have potential for PB's. Distance markers every kilometre and times called every 5km. Drink stations were abundant from the start and were probably spaced every 3km. This is essential considering that the temperature can easily climb into the high 20's on race day.

Entry fee for the full marathon was $35, late entries $50 and entries on the day $60. This did include a finisher's T shirt.

I considered the prize giving ceremony to be below standard.

1. The half was held at 11.00am (Race start 7.00am) and the full at 12.00am (Race start 6.45am). This is too long after the finish.
2. Both ceremonies went on for too long.
3. In the rush to get out results there were errors in the team's events.
4. The sound system was on the most part inaudible.

Pre-race information mailed out with the numbers was very good. Included with it was a survey by the Queensland Tourist Board to find out what attractions and standard of accommodation runners and their families would like to see in the future. This shows their opportunity for families to shape a holiday around it. For future reference it is worth noting that East West have packages for approximately $400 per person comprising return air fare and 5 night's accommodation.

Overall an event worth attending, especially if you can relax for a few days there before and after the marathon.

PLEASE WRITE FOR 'THE BLISTER'

Pop your stories in the 'Blister Box', it's at every STaR. We accept: Material typed, double spaced please. APPLE or PC DOS Diskettes also accepted. Photographs, cartoons, drawings, poems, - they all help make a good Blister.

GOLD COAST MARATHON AND HALF MATATHON

Australian Marathon Championships, 12th July 1992.

MALE:

1st	Katsumi Kitajima (Japan)		2.14.14
4th	Gerard Barrett	1st Australian	2.16.46
33rd	Phil Garvin	ACT - 1st State team	2.33.40
53rd	Chris McLeanNSW	2nd State team	2.39.38
68th	Malcolm Satchell		2.42.35
70th	Warwick Selby		2.43.07
	Godfrey Franz		2.50.58
	Charles Coville		2.53.25
	Steve Gill	PB	2.54.49
	Dave Ritchie	PB	3.04.xx
	Ray Skinner		3.09.40
	Greg Overton		3.09.xx
	Mark Fiore		3.09.xx
	Alf Field		3.09.xx
	Dick Bartlett		3.29.30
	Derek Smith		3.37.xx
	Peter Johnson		3.54.xx

FEMALE:

1st	Mari Tanigawa (Japan)	Record	2.35.46
3rd	Jenny Dowie	1st Australian	2.40.40
89th	Joanne Cowan	2nd Australian	2.46.32
	Sharon Dobson	NSW 2nd State team	2.54.xx
	Marlies Laaper		3.00.31
	Sue Roberts		3.13.xx
	Joan Boltz		3.25.49
	Tina Campbell		3.34.xx

HALF MARATHON, MALE:

1st	Benson Masya (Kenya)		1.01.16

[Fastest half marathon run in the world during 1992, fastest half marathon ever run in Australia].

2nd	Malcolm Norwood	1st Australian	1.02.05
	Geoff Cox		??
	Stuart Howard		??
	Terry Rose		1.29
	Ian Whitfield		1.40

HALF MARATHON, FEMALE:

1st	Midori Fumoto (Japan)		1.09.37

TRAINING TIPS FROM THE NEW YORK ROAD RUNNERS CLUB

By Bob Glover.

Mileage: Novice marathons and "casual" marathoners generally build to a peak of 40-50 miles per week which they hold for at least 6-8 weeks, then taper down over the last 2-3 weeks prior to race day. Veteran marathoners should build to 50-70 miles per week prior to tapering over the last 2-3 weeks.

Long Runs: Novice marathoners gradually build up the long runs and complete at least three runs of 18-20 miles prior to the marathon. *Do not attempt to run long every weekend.* Plan to do your long runs well in advance so you can get them in every other weekend. Veteran marathoners should run "long" every other weekend or 2 of every three over the last three months prior to the race. They should attempt to get in at least 6 runs of 20-22 miles. No marathon runner should attempt a long run that will take longer than 3 1/2 hours. The result would be severe fatigue and vulnerability to injury. Save the "tearing down" that comes with runs longer than 22 miles for the marathon itself. *The last long run should be 2-3 weeks in advance of the marathon.*

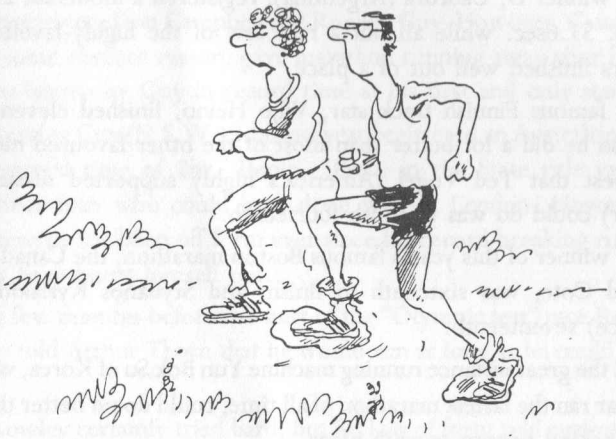
Speedwork: Novices benefit from some speed work because it will help them improve running form and mental discipline. Ease into these workouts and only complete one a week unless you are being monitored by a qualified coach. Sample workouts would be: 4-6 repeats up a 200 yard hill at 10K race pace; 6 repeats of 880 yards at 5K-10K race pace with a 3 minute recovery; 4 repeats of one mile at 10K race pace with a 3 minute recovery.

Experienced marathoners need to improve their speed and 10K times in order to be able to zip through a marathon at a pace that is faster than their normal daily training pace. They should start with one speed workout a week and, perhaps, later build to two. Sample workouts include: 6-10 repeats of a 200-400 yard hill at 10K pace or faster; 6-8 repeats of 880 yards at 5K race pace or faster; 4-5 repeats of one mile at 10K race pace or faster.

Novice marathoners should run some races of 10K-25K to learn how to handle pacing fluid replacement, etc. Do not run these all out, but rather as long training runs. Veteran marathoners should pick some long races (10 miles-30K) in August and September to build strength and find one long race and one short race (5 miles-10K) to run hard in the last 3-6 weeks prior to the marathon in order to test your fitness level and predict your marathon. If you do the Computer Run, do it as a fun run the week before.

Running Equivalents: You can minimise the wear and tear on your body by replacing up to 20% of your mileage with biking or swimming. Do these activities at a pace that will get your heart rate in your training range and count how many miles you would have run during the alternative training as "running equivalent mileage".

Injury: Do not attempt to train if you are favouring injury. Seek advice from a sports medicine expert who is familiar with runners and all their complaints and aches. Replace running with biking or swimming if possible while you recover. If an injury is threatening your health as you approach the marathon, note that you can cancel your spot and be guaranteed entry for next year's marathon. Consult the Marathon Instruction brochure for cancellation deadlines.



"I know they were expensive, but you can't keep plastic bags on them forever ..."

***GARY LEAHEY** came upon this in a magazine called Sports Novels, October 1948 edition. The article was penned soon after the London Olympics. Anybody who has run the London Marathon will be wondering if they're talking about the same course! The story goes on to talk about the poor attitude Australia had to distance running in those days when Herb Elliot, John Landy, Merv Lincoln and Dave Power were but small lads (who were listening?). EDITOR.*

WHERE ARE OUR STAR MARATHON RUNNERS?

By Joe Galli

Victory of an outsider and poor showing of favoured runners in Olympic marathon throws emphasis on Australia's apparent lack of good men over the marathon courses.

Should Australia have been represented in the Olympic marathon race?

This is a question that has been widely discussed since the results of that race were learned.

The winner D, Cabrora (Argentina), registered a moderate 2hr. 34min. 51.6sec. while all but a rare few of the highly-favoured runners finished well out of a place.

The famous Finnish track star, Viljo Heino, finished eleventh. Even so he did a lot better than most of the other favoured men. The best that Ted Vogel (America's highly supported distance runner) could do was to finish fourteenth.

The winner of this year's famous Boston marathon, the Canadian Gerard Cote, was sixteenth to finish, and Stylianos Kyriakidies (Greece) seventeenth.

And the great distance running machine Yun Bok Su of Korea, who last year ran the fastest marathon of all time, could do no better than finish behind twenty-seventh place.

From the few accounts to hand (as I write) the Olympic course was a tough one, and even Johannes Coleman (South Africa), winner of the 1938 Empiad marathon and of the gruelling Comrades marathon of 56 miles, said it was the hardest he has ever tackled.

"The course had too many inclines" said the veteran Coleman, who finished fourth.

On times, Gordon Stanley (Victoria) could have finished within the first ten in the Olympic race. He has proved himself to be Australia's best by winning the Victorian marathon last September in 2hr. 37min. 21sec.; and, in April, the special "Olympic test," staged by the N.S.W. A.A.A.

In the latter event Stanley's time was well outside the standard set by the Australian Olympic federation, but there seems little question that the conditions were right against fast times.

Furthermore, Mr G. J. Thompson of the Victorian Marathon Club, who accompanied Stanley to Sydney, said that the course was more than the standard distance of 26 miles 385 yards.

Mr Thompson's opinion was shared by Sport's Novels' editor, Arthur Thorn, who followed the race.

Only other Australians who were in world class over the marathon distance were Don Campbell and Rowley Guy. However, Campbell, for some obscure reason, gave marathon running away after having been beaten by Guy in record time at his first and only start.

Rowley Guy (N.S.W.) who last year registered an Australian best-on-record time of 2hr. 36min. 30sec. in the State title race, is another man who could have done well at London. However, I believe he has been off form ever since his record breaking run and may have burnt himself out.

A few minutes before the start of the "Olympic test" race Rowley Guy told Arthur Thorn that he would run as long as he could stand up.

Rowley certainly tried hard, but his loss of form told against him. He appeared distressed (some 300 yards behind Stanley) at the ten miles' mark, and collapsed in the streets of Mascot after having

covered 13 miles.

Gordon Stanley is an intelligent young man who knows his capabilities, and I feel that he will develop into Australia's finest marathon runner. In fact, I look to him as a possible winner of the 1950 Empire Games title, presumably in New Zealand.

The Victorian Marathon Club, which is doing sterling work for this branch of amateur athletics, is proposing to switch the annual Victorian race from September to late October, or even November.

Idea behind this is twofold: (1) To give our runners the chance to develop and race in warm to hot weather, similar to that as encountered in the Olympics; and (2) that it may be a better guide to the selectors of future Olympic and Empire Games teams.

If the Victorian Marathon Club plans work out as they hope, then Australia may have a lead towards improvement of overall distance running standards, which are deplorably low.

They hope, by their influence, to bring about regular track competition over three and six miles, and their metric equivalents, so that Australian runners can have some way of checking their times against those of overseas.

Only thus can we hope to challenge the world (and Europe in particular) in future international meetings.

Cross-country is fine for developing distance runners-up to a point.

But they need the sharp racing that only tracks can give to fit them out for the Olympic Games.

A long-range policy instituted now may see Australia competently represented over 5000 metres, 10,000 metres and the marathon in 1956 at Melbourne.

The psychological aspects of endurance performance is vital. It's what differentiates, to a large degree, the people who go on to win or perform very well and those that just participate or just get through the event. It really takes a lot of mental discipline and mental strength and conditioning to get the best out of yourself physically.

'YOU'RE MY HERO'

We thought it was timely to make our first road runners tribute to the man who probably got so many of us started.
Not to be sexist, next issue will feature LISA MARTIN.[ED].

My father was the one who really got me started running, mainly because I was the eldest in a family of seven children. He suddenly decided that he wanted to start an exercise programme and began jogging on the spot in the bedroom. I was about 12 at the time and I remember the chandelier came crashing down in the living room.

"He was shaking the foundations of our home so my mother kicked him outside and told him he could do all the running he wanted out there."

He promptly decided I should accompany him on his morning jaunts around Kew and I was dragged out of bed at six o'clock in the morning. I hated it at first but, after a while, I realised I could beat my father home and I progressed to running at school.

At school I was running for the moment, just enjoying the social aspects of the sport, the personal challenge and satisfaction of doing it well and achieving results to chart my performance and progress.

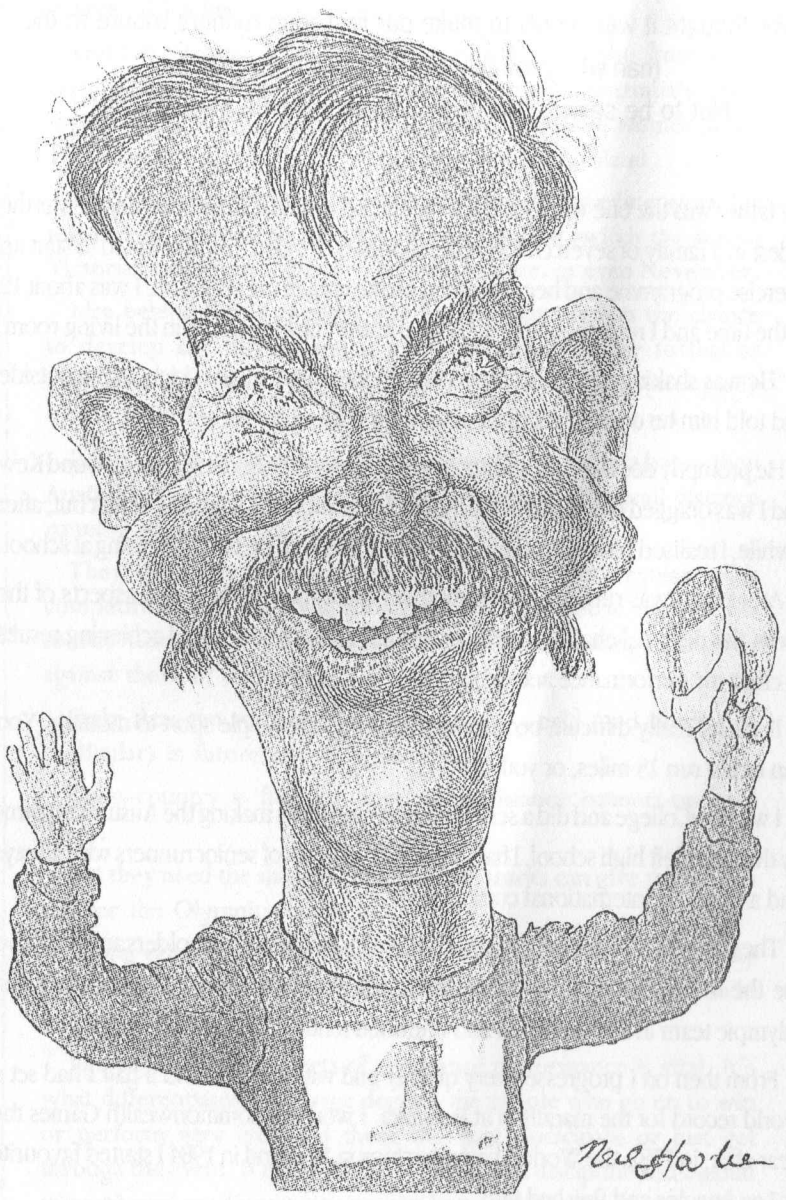
It wasn't really difficult, because running is a very simple sport to monitor. You can either run 15 miles, or you can't.

I went to College and did a science degree and I was making the Australian teams by the time I left high school. I had got in with a group of senior runners who always had a focus on international competition.

The talk was all about the Olympic Games and world record holders and that gave me the impetus and laid the foundation for my career. In 1980 I made my first Olympic team in the marathon and I finished tenth.

From then on I progressed very quickly and within a year and a half I had set a world record for the marathon at Fukuoka. I won the Commonwealth Games the year after, in 1982, the World Championships in 1983 and in 1984 I started favourite in Los Angeles and finished fifth.

"Primarily, what an athlete has to do, is focus totally on each event and do the best



you can. No one can, or should, ask for any more than that."

I'm devastated if I feel I haven't done my best but I can live with the result at the end of the day, provided that I know I gave one hundred per cent. It doesn't matter whether it is sport, business, the family, or whatever, you don't want to look back and feel that you could have tried a little bit harder or done a little bit more.

That may mean that you have to set yourself higher targets in the first place. In my case, I wanted to be The Man of La Mancha and achieve the impossible dream. If you are going to have a dream it may as well be something that is impossible to achieve. If you set yourself a realistic goal, you are setting yourself up for a possible failure. With an unrealistic goal, an impossible dream, you still strive with all your heart to achieve it.

In the old Greek days, sport was an art but we have separated it from art. Those first Olympics were about physical beauty and strength and power and not a thing of war. Indeed, the wars stopped so that the games could go on.

Now, we pull together countries who are traditionally or politically opposed to each other to compete in a friendly rivalry.

The best of anything should be acknowledged, whether it is picking up the garbage or running a country. I think that sport, today, has a greater role to play in addressing that fact. To show the way, in that people must try harder, be dedicated and committed. Strive to follow those simple rules and the results will come... you WILL be successful, as an individual or a nation.

You may never be a world leader, or a world champion, but you will get better and that, in the long run, is all that matters.

ACKNOWLEDGEMENTS TO OPEN ROAD MAGAZINE.

ANOTHER CALLOUS COMMENT

It happens to 'famous' people too!

Who was the best selling author who flew across the country to fulfil a speaking engagement at a Banker's conference in Perth - only to discover: To the fifty delegates he was a *complete unknown!*

STOP PRESS! STOP PRESS!

[Editors Note: No! please No!].

MILFORD TRACK RUNNING RACE GETS GO-AHEAD

Coast-to-coast race organiser Robin Judkins is delighted Conservation Minister Denis Marshall has approved his next venture, an endurance race on the Milford Track.

Mr Marshall announced yesterday approval for the 51km running race from Glade House to Milford Sound, subject to a number of conditions.

The approval was for a one-off event in April 1993, with *no guarantee of further approval for similar events.*

Conditions included that strong measures be taken to minimise the effect on the track and other users, that detailed environmental impact assessment and monitoring take place and that organisers ban practising on the track before the race.

The event would have to be marketed as the only opportunity to run the track, Mr Marshall said.

The Milford Mountain Marathon proposal drew opposition from several groups, including the Southland Conservation Board.

Mr Marshall said concerns related to protecting its reputation as the finest walk in the world.

"It is inevitable that different groups of users have differing recreational aims, all of which cannot be satisfied in any one place at the same time".

"The argument that a five-hour event, held after the walking season is over, will detract from the enjoyment experienced by thousands of trampers each year is difficult to sustain". Mr Marshall said.

Mr Judkins, who had originally sought a concession to run a race on Milford Track annually for 10 years, said he was happy with Mr Marshall's decision despite the one-off approval.

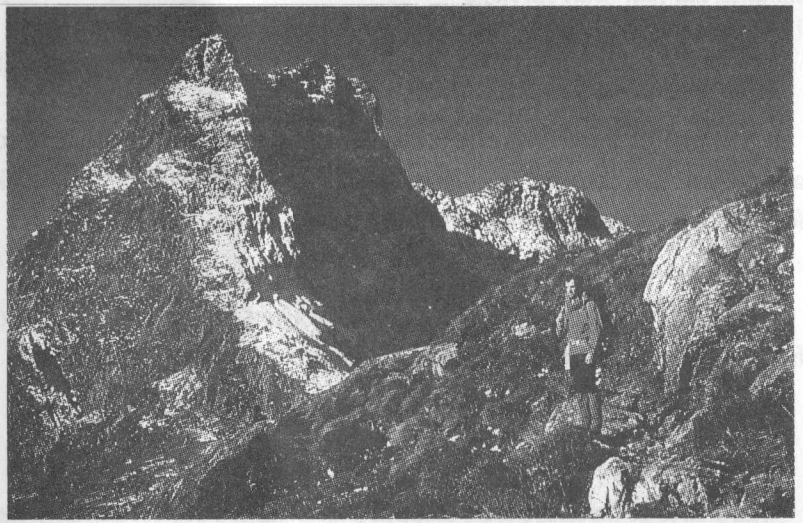
"I'm absolutely delighted and I look forward to doing the race," he said.

He expected about 1000 competitors to take part - 500 New Zealanders and 500 International runners.

Royal Forest and Bird Protection Society condemned the decision to allow the race and called it to be reviewed.

Field officer Mile Harding said the society believed the event was an inappropriate use of a national park walking track.

NZPA Press Release.



GET IT RIGHT DAVE!

MIKE WARD's spelling advice to DAVE RITCHIE could have saved him further embarrassment at 'King of the Mountain'.

Steve Urwin paid his entry fee for King of the Mountain but was unable to make the starting line due to ill health. Dave Ritchie kindly volunteered to run in his place (and thus save the entry fee) as Steve Urwin. Upon registering, Dave's first big worry was knowing which age category he should run in. Then the real hard one - how to spell his name. After telling the race official that Urwin started with an "I" and not finding his name there, he then had to admit that he had trouble with letters and that he thought it started with a "U".

MY MOST INTERESTING MARATHONS:

1. Irwin Light: Six Foot Track

In 1990, I ran the six Foot Track Marathon (46k) in 6 hours 31'. In 1977, I ran the Comrades Marathon (88k) in 7 hours 36 minutes. Being mathematically inclined the following inescapable conclusions apply:

1. I am capable of running the last 42k of the Comrades Marathon in 1 hour 5 minutes. Eat your heart out Deek!

OR

2.The Comrades is a piece of old piss.

It goes without saying I was in peak condition for both races.... After all I carried about 87k along with me from Katoomba to Caves House and I only had to carry 74k for Durban to Pieter Maritzburg.

Would you run it again?

Would I run them again? It's like an IQ test. If you run either of them twice, you fail. Ask Paul Russell and Charles Coville.

2. David Ritchie: Bathurst 1990.

"I found it tough, godawful, cold, freezing, endless, bleak,..."

With 5-6k to go the temperature dropped (Maximum of 8 degrees that day), the wind blew harder and then it started to rain - cold rain! Crowd support was non-existent, fellow runners were few and far apart. I had to run/walk to the finish as there was no other way of getting there! Finally I crossed the line - where were my fellow Striders - in the van trying to keep warm! My only saving grace - Harvey Blue was still out there!

3. Bruce Murray: Six Foot Track Marathon March 1990.

"I found it tough, different, stimulating, demanding, gruelling and never ending but for all that, *magnificent*".

The gathering at the start might have resembled a picnic with runners eating

damper with tea, but the descent from the Explorers Tree down the steep mountain-side to the valley below quickly dispelled any thoughts of a fun run.

For the most part I ran (and walked) with John Ayliffe and our time for 6 1/4 hours for the 48k demonstrates that the event was some sort of ordeal. We had to cross 2 rivers, negotiate other obstacles such as fences and very rough terrain, as well as contending with extremely steep grades up and down mountains.

Yet the marathon is probably remembered more for the beautiful scenery of the bush, rivers and mountains; the fresh mountain air; and above all the tremendous spirit among runners who were most supportive of one another.

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

4. Alf Field: Gold Coast 1990.

"Deflating but exhilarating".

Seventy five miserable bloody seconds! That's what separated me from breaking 3 hours. Watching the finish clock move from 2:59 to 3:00 with less than 200 metres to go - *thats* deflating. But it was a 4 1/2 minute PB - *that's* exhilarating!

Editors Note: 4 months later Alf ran 2.57.43! in the South Melbourne Marathon.

5. Sue Hill: 1st Tokyo International Women's Marathon. November 1979.

It's hard to believe, I know - but yes, I did once run the "occasional" marathon.

Most memorable, though not my fastest, was in Tokyo. This Women's Marathon was restricted to 80 competitors, of whom 20 were invited foreigners. I was somewhat surprised to be one of the two Australians invited and was naturally quick to accept. What an opportunity to see a bit of Japan.

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

The race itself was an experience. Crowds four deep lined the entire route, all seemingly with programmes as they chanted our names incessantly (though it took me sometime to recognise "Sue" in Japanese). Cut off times at each 5km mark meant

that anyone running at a pace of 5 mins/km or more (3hr 30min marathon) was removed from the cause - a necessity given the volume of traffic in Tokyo and the fact that roads remained traffic free for the entire distance. Luckily I completed the distance on foot, finishing 15th overall in 2hrs 53mins, in plenty of time to enjoy the post race banquet that evening.

Yes, I'd accept an invitation back anytime! After all, you don't actually have to finish the race to be part of the post race celebrations - wish I'd realised that sooner!

THE PERFECT GIFT
(for the person who has everything).

As told to John Ayliffe

It was a Sunday morning like any other Sunday morning - for a Strider - and at about 7.30am Brenda Hamill, who was running with Owen Denmeade, spotted an old brass instrument. It was bobbing up and down in the hand of a man, running towards them. Suddenly hit by a shaft of early morning sunlight, it shone like a beacon.

"What's that?" Brenda enquired of Owen Denmeade.

Now anyone who knows our 'most gentleman' of Striders knows Owen knows everything; he would never let you down, no matter how curly the question.

"That", replied Owen, *"is a Water Board master key"*.

"And...?" asked an impatient Brenda.

"You know those taps that haven't got handles? It makes them all work".

"Ah!" exclaimed Brenda *"That's what I'll give Alex for his birthday!"*.

WHAT WAS IT LIKE?

Nobby Young

A while ago, in a plan to generate more articles for the Sydney Striders Road Running Club magazine "The Blister", I sent twenty letters to club members asking them to write about the first time they decided to go "ALL THE WAY". I requested that they cover the following points;

1. What convinced you to go "ALL THE WAY"?
2. Did anyone try to talk you out of doing it?
3. Were you confident your first attempt would be successful?
4. Was it as good as you thought it would be?
5. Did you sweat much?
6. Did you become short of breath?
7. Were you congratulated on your performance?
8. Did you feel like repeating the effort?
9. Did you experience a "high"?
10. What was the reaction of your friends when you bragged about it afterwards?

You see, Striders have training runs that are structured to assist newcomers to road running. They can start with a 15k or 23k course option before they go "ALL THE WAY" and run a full 30K course.

The replies I received from my letters are of no value to a running magazine, but I find myself in possession of some very titillating information on twenty of our club members.

What is the market like for this type of literature?

(Nobby : Canberra is the marketing centre for this kind of stuff but do you think we could throw a special Striders party and invite all your correspondents?)

WHAT WAS IT LIKE!

My response to Nobby's request for an article on
the "first time I decided to go ALL THE WAY".
By Wendy Downes.

It was my intrigue and sense of adventure that convinced me to "go all the way" at the ripe old age of ... (middle age), plus I wanted to know what it would feel like. For most people their first time is in the back of Dad's car but for me it was out in the open air on a beautiful day in the mountains.

Although I did perspire rather a lot and there was lots of heavy breathing going on, it was every bit as good as I thought it would be - I saw flashing lights, heard birds singing (not bells ringing) and the earth actually moved! I experienced an incredible high that lasted quite some time afterwards. Doing it with friends really helped and when (John) and I came together at the end that was really something!

The other participants (yes, there were more than 2) all congratulated me on my "first" and said I did really well, but when I bragged about it to my friends I was met with mixed reactions - some in awe and some disgusted. I mean, how many other silly women are there who would attempt such an experience for the "first time" at middle age, and actually brag about how much they enjoy it !

6ft Track 1993 - here I come!!

"Why don't we go to my place and replace our lost body-juices?"

LOOSE ENDS.

Ouch!

Annual torture held at Kona, Hawaii where hundreds of athletic Ironmen flock to swim 2.4 miles of ocean, cycle 112 miles and run a full marathon. Harry Cordellos, totally blind, finished in 1981 and Watt Stack, 73, of San Francisco completed the course and then had minor surgery to "remove a bicycle seat from his ass."

They Stoop to Conquer.

A certain cigarette company thought they'd been handed a godsend. The man was eighty eight years old - and he'd been smoking since he was sixteen. Three packets a day!

Enter the PR man, with a deal he couldn't refuse. Money, free fags - plus fame!

The first appointment was to be a radio interview in a week's time. A limousine would collect the old bloke at 9.30. After the interview he'd be lunched and then delivered home. Easy. Nice.

But: come the day prior when the PR people rang to confirm there arose a hitch.

"Sorry, deals off," the eighty year old informed.

"What's the matter?" inquired PR.

"Too early," came the surprising reply.

"What, nine o'clock?"

"Yep, afraid I don't stop coughing till eleven!"

"You win some, You lose some!"

After training for 9 months for the 1974 Boston Marathon, Beauregard Splod ran a split second to Hiram Holt after the gruelling 26 mile 385 yard event. The Omega electronic timer recorded the difference as 2/1000th of a second between the pair, a margin of 3 millimetres or the length grown by a fingernail in 24 days.

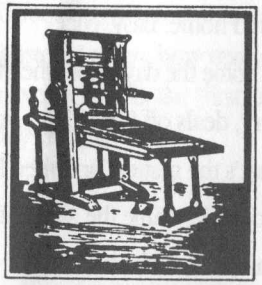
Zatopek, Mrs & Mr.

Emil, who was already a gold medal winner form the London Olympics in 1948, created an unprecedented treble at the 1952 games by winning the 5000 metres, 10,000 metres and the marathon - all in record time.

On hearing he was delayed at the track, his wife, Dana, who'd been at home keeping dinner warm, ran to the stadium and threw a javelin at the bouncing Czech. Mrs Zatopek missed the moving target but broke the Olympic record (165'7") and won a gold medal.

There's hope for you yet!

In Athens on 10 October, 1976, an amazing Greek completed a marathon in 7 hrs. 33 mins. Yordanidis was 98 years old. Apparently he'd been taking a quiet ouzo in a local taverna when he thought he heard someone say, "the Turks are coming".



FIRST IMPRESSIONS
QUICK PRINTING AND COPY CENTRE
80 O'Riordan Street Alexandria NSW 2018
Phone 667 3993 Fax 317 5439
Contact Strider Brian Tailford

HALF MARATHON LADDER

At 9 August 1992		<--- Best as a Strider --->			<--- Best Before Joining -->		
NAME	SEX	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
MICHAEL BURTON		1.13.58	LANE COVE	0090	1.12.30	EDINBURGH	0984
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	0088			
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
CHRIS MCLEAN		1.15.37	INTERNAL	0392	1.10.40		'76
RAY DORAN		1.15.40	INTERNAL	0990			
BRUCE INGLISS		1.15.44	SYDNEY SMH	0592			
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			
CHRISTOPHER DWYER		1.17.02	SYDNEY SMH	0592			
CAMERON OSBORNE		1.17.57	CENT PARK	0088			
WARWICK SELBY		1.17.59	INTERNAL HKP	0990			
MALCOLM SATCHELL		1.17.59	INTERNAL HKP	0890	1.17.59	INTERNAL HKP	0890
ALEX WHITWORTH		1.18.08	SYDNEY SMH	0592			
JOANNE COWAN	F	1.18.11	SYDNEY SMH	0592			
MARK FIORE		1.18.22	SUTHERLAND	0691	1.26.30	HASSELT BELG.	1089
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	'86
PAUL RUSSELL		1.19.08	STRIDERS HALF	0085			
JAMES MCDONNELL		1.19.11	NORTH RYDE	0790	1.25.12	SUTHERLAND	0688

STEPHEN GILL		1.19.56	CANBERRA	0592	1.21.45	STRIDERS	0989
BRIAN GATFIELD		1.19.57	SUTHERLAND	0689			
PHIL DALY		1.20.30	SYDNEY SMH	0592			
JONATHAN TROPE		1.20.35	INTERNAL	0392	1.21.50	CARTORIA	0388
BRIAN COLWELL		1.20.48	GILLAWARNA	?			
DONALD RODGERS		1.21.00	SUTHERLAND	0691			
SCOTT CRAWFORD		1.21.02	STRIDERS	0790		CITY OF SYDNEY	
STEPHEN URWIN		1.21.22	SYDNEY SMH	0592			
MARLIES LAAPER	F	1.21.42	COMBINATION	0891			
PETER COBLEY		1.22.13	CITIES	0586			
THOMAS NORRIS		1.22.14	SYDNEY SMH	0592	1.17.30	SUTHERLAND	'86
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 SYD	0587			
GEORGE LISSON		1.24.18	LANE COVE	0790			
ALAN WHITE		1.24.20	SUTHERLAND	0790	1.36.13	COMBINATION	0789
GRAEME HANSEN		1.24.55	INTERNAL	0392			
JIM PHELAN		1.25.18	SYDNEY SMH	0592	1.28.45	TH'LEIGH ROT	0590
DEREK SMITH		1.25.39	CANBERRA	0592			
RAYMOND SKINNER		1.26.02	SYDNEY SMH	0592			
FREDRICK BARTON		1.26.45	COMBINATION	0791			
MARK PRESTON		1.26.57	INTERNAL	0790			
JOHN C.-SUTHERLAND		1.27.00	STRIDERS HALF	0790	1.24.00	HASTINGS NZ	0488
GRAEME GAGGIN		1.27.03	MT PRITCHARD	0591			
MURRAY TOWN		1.27.16	SYDNEY SMH	0592			
ANDREW PENFOLD		1.27.51	INTERNAL	0392	1.24.05	??	?
BRUCE MURRAY		1.27.54	WEST DIST JOG	0785			
BRIAN TAILFORD		1.27.57	GILLAWARNA	0085			

SUSAN ROBERTS	F	1.28.13	SUTHERLAND	0691	1.35.07	S. CROSS	0490
GARY LEAHY		1.28.16	STH CROSS	0490	1.30.42	SYD M CLINIC	1287
JOHN WHEALY		1.28.19	COMBINATION	0788			
GREG OVERTON		1.28.24	SYDNEY SMH	0592			
JOHN CULITY		1.28.27	INTERNAL	0392			
DEREK WHITE		1.28.31	SUTHERLAND	0687	1.28.22	SUTHERLAND	0581
IAN WHITFIELD		1.28.49		0788			
TERRY ROSE		1.29.04	SYDNEY SMH	0592	1.19.00	WESTPORT NZ	0287
KEVIN O'KANE		1.29.10	INTERNAL HALF	0387			
STUART HOWARD		1.30.04	SYDNEY SMH	0592			
GEOFFREY TAYLOR		1.30.08	SYDNEY SMH	0592			
TINA CAMPBELL	F	1.30.53	SS HALF	0990			
DAWN TILLER	F	1.30.59	CANBERRA	0592	1.31.07	COMBINATION	0791
JOHN PLUMMER		1.31.35	SUTHERLAND	0687			
NOEL WORTHINGTON		1.31.43	GILLAWARNA	0886			
SARAH ENTWISTLE	F	1.31.47	STH CROSS	0490			
JOHN HAWKINS		1.31.51	INTERNAL	0392	1.31.54	AIS CANBERRA	0591
RICHARD BAMANN		1.32.17	SS INT HKP	0085			
WILLIAM THOMPSON		1.32.31	CANBERRA	0592			
JOHN B HAMILTON		1.33.00	SS H'CAP	0891	1.48.27	STRIDERS OPEN	0387
BENNY HAGBERG		1.33.04	ANZAC	0490			
PETER DONNELLEY		1.33.14	INTERNAL	0392			
DAVID FAHEY		1.33.19	STRIDERS	0991			
JOHN ROSS		1.33.20	INTERNAL HKP	0790	1.33.20	GREENBELT	0583
HARVEY BLUE		1.33.40	SYDNEY SMH	0592			
JOHN AMOS		1.33.48	COMBINATION	0791	1.33.59		0790
KEITH JACKSON		1.34.04	INTERNAL	0392			
KARIN GAGGIN	F	1.34.11	COMBINATION	0791	1.30.30	SPRINGWOOD	0387
PAUL LUNSMANN		1.35.04	SYDNEY SMH	0592			
ALEX HAMILL		1.35.12	SYDNEY SMH	0592			
RON DALY		1.36.02	CENT PARK	0791			
STEVE NORDISH		1.36.12	CANBERRA	0592			
ROGER RIGBY		1.36.21	SYDNEY SMH	0592			

WENDY DOWNES	F	1.36.30	SYDNEY SMH	0592			
JOAN BOLTZ	F	1.36.44	CANBERRA	0592	1.29.15	CANBERRA VETS	0787
DALE THOMPSON	F	1.37.08	SYDNEY SMH	0592			
PETER CORTE		1.37.44	INTERNAL	0392			
OWEN DENMEADE		1.38.30	SYDNEY SMH	0592			
STEPHEN LLOYD		1.38.40	SYDNEY SMH	0592			
BRIAN TAYLOR		1.38.59	STH CROSS	0490			
STUART PALMER		1.39.00	SS INTN'L	0091			
LESLEY MAHER	F	1.40.23	STRIDERS HALF	0790			
MARG ROBINSON	F	1.40.49	SYDNEY SMH	0592			
IAIN DOW		1.41.23	SYDNEY SMH	0592			
HUGH SPENCER		1.42.52	SYDNEY SMH	0592			
GRAHAM FIRKIN		1.42.53	INTERNAL	0392			
JIM SCREEN		1.42.58	COMBINATION	0791	1.53.00	STRIDERS OPEN	0890
SUE HILL	F	1.43.34	INTERNAL	0392			
BRYCE COURTENAY		1.44.52	SYDNEY SMH	0592			
KEN ALCHIN		1.45.00	KATOOMBA	0790	1.38.30	SUTHERLAND	0889
BRENDA HAMILL	F	1.45.02	SYDNEY SMH	0592			
ELIZABETH CAMPBELL	F	1.47.18	ANZAC	0490			
WILLIAM BLECHA		1.47.20	LANE COVE	0089	1.43.45	R'WICK RUGBY	'84
LESLEY CLARKE		1.47.45	COCOA R. US	0192			
FRANK ASSENZA		1.50.46	RANDWICK	0782	2.03.52	STRIDERS HALF	0382
DAVID BARWICK		1.52.24	SYDNEY SMH	0592			
JULIA STENTON	F	1.52.31	SUTHERLAND	0691	1.58.06	SUTHERLAND	0689
ROBI RUSSELL	F	1.55.40	INTERNAL	0392			
BARRY JONES		1.57.00	SS INTL HALF	0890			
ADRIAN KOL		2.04.40	SYDNEY SMH	0592			
FRANK DEARN		2.05.45	THORNL'GH RTY	0591			
ALAN TONGE		2.23.39	ADEL GREENB	0088			

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 9 August 1992	Age		<---- Best as a Strider ---->			<-- Best before Joining -->			
NAME	Sex	Cat	Time	Time	Race	Age	Time	Race	Date
PHIL GARVIN		V	2.21.56	BATHURST	0786	P			
GODFREY FRANZ		P	2.29.38	JO'BURG	1083	O	2.21.36	BUFFALO	0382
JOHN SAUER		O	2.36.11	ANZAC	0489	O			
DON PRICE		V	2.37.31	ANZAC	0488	V			
BRUCE INGLISS		P	2.38.11	NEWCASTLE	0788	P			
JEFF GISSING		O	2.38.17	ANZAC	0488	O			
RON FEENEY		O	2.38.32	LONDON	0485	O			
WAYNE STANTON		P	2.38.51	AUSTRALIAN	0686	O			
ANTHONY SCOTT		O	2.39.56	MELBOURNE	1087	O	2.39.06	ANZAC	0486
WARWICK SELBY		V	2.41.19	ANZAC	0490	V			
ALEX WHITWORTH		M	2.41.49	WORLD VETS	1287	V			
TERRY MCIVER		V	2.42.24	WORLD VETS	1287	V			
MALCOLM SATCHELL		V	2.42.31	CITIES	0890	P	0.42.33	CITIES	0890
CHRIS MCLEAN		V	2.42.59	ANZAC	0489	V	2.27.31	AUSTRALIAN	'83
CHARLES COVILLE		V	2.45.13	WINSTONE, NZ	1083	P			
JOANNE COWAN	F	V	2.46.18	CANBERRA	0491	V			
IVAN FREYS		V	2.46.54	CANBERRA	0484	P			
PETER DONNELLEY		V	2.47.42	AUSTRALIAN	0684	V			
PAUL RUSSELL		V	2.47.53	CANBERRA	0484	P			
RAY DORAN		M	2.48.23	AUSTRALIAN	0687	V			
ALISTAIR MACKIE		V	2.49.22	MELBOURNE	1084	P			
WILLIAM THOMPSON		V	2.49.38	ANZAC	0488	V			
PETER COBLEY		V	2.50.01	AUSTRALIAN	0683	P			
HARVEY BLUE		M	2.50.17	AUSTRALIAN	0683	V			

At 9 August 1992	Age		<----- Best as a Strider ----->			<-- Best before Joining -->			
NAME	Sex	Cat	Time	Time	Race	Age	Time	Race	Date
JONATHON MARSDEN		O	2.50.17	AUSTRALIAN	0687	O			
DAVID TOOGOOD		O	2.51.21	GOLD COAST	0790	O	3.10.47	MELBOURNE	1089
BRIAN GATFIELD		V	2.51.23	GOLD COAST	0889	V			
CHRISTOPHER DWYER		V	2.51.50	CANBERRA	0487	P			
JAMES MCDONNELL		V	2.51.57	GOLD COAST	0889	V			
JONATHAN TROPE		V	2.52.28	COMBINATION	0791	V	2.54.20	VAAL	0388
DAVID SILL		V	2.52.54	HAMILTON NZ	1087	V			
GAVIN MORISSET		V	2.54.22	GOLD COAST	0889	V			
JOHN HAMILTON		P	2.54.44	ANZAC	0488	P	3.01.30	WANG	0683
STEPHEN GILL		V	2.54.49	GOLD COAST	0792	V	2.55.40	ANZAC	0489
STEPHEN URWIN		P	2.55.17	CANBERRA	0491	P	3.04.00	BASINGSTOKE	0686
STEVE CORNELIUS		V	2.55.31	NSW STATE	0682	P			
RAYMOND SKINNER		V	2.55.57	ANZAC	0488	V	3.12.56	MELBOURNE	86
GEOFF COX		O	2.55.58	HONOLULU	1291	O			
BRET NICHOLS		V	2.56.14	ANZAC	0490	P	. .		
NOBBY YOUNG		V	2.56.33	NSW STATE	0584	P			
KEVIN TILLER		O	2.56.37	NEWCASTLE	0991	O	3.22.08	LONDON	0486
MARLIES LAAPER	F	O	2.57.05	CANBERRA	0491	O	3.27.00	ANZAC	0489
SHARON DOBSON	F	V	2.57.40	GOLD COAST	0791	O	2.53.00		1182
MIKE WARD		P	2.57.41	AUSTRALIAN	0686	P			
ALF FIELD		M	2.57.43	STH MELB	1190	M	3.05.52	CANBERRA	'86
MARK FIORE		O	2.58.33	COMBINATION	0791	O	2.58.08	HUY, BELGIUM	0690
DICK BARTLETT		V	2.58.34	MELBOURNE	1085	P	2.59.32	MELBOURNE V	0784
JOHN TURNER		M	2.58.47	AUSTRALIAN	0685	V			
GEORGE LISSON		P	2.58.54	CITIES	0890	P	3.04.51	ANZAC	0487
PAUL MANDL		P	2.59.14	MELBOURNE	0592	P			
SUE HILL	F	M	2.59.15	AUSTRALIAN	0684	V	2.52.01	AVON, W GERM	'79
SCOTT CRAWFORD		V	2.59.21	ANZAC	0490	V			
JEFF LEE		V	2.59.46	LONDON	0587	V	3.00.57	MELBOURNE	1085
TINA CAMPBELL	F	M	3.00.32	WORLD VETS	1287	V			
BRIAN COLWELL		V	3.01.47	MELBOURNE	1082	P			
PETER CORTE		V	3.02.00	COMBINATION	0791	V			
JOHN AYLIFFE		V	3.02.12	ADELAIDE	0890	V			

At 9 August 1992	Age		<----- Best as a Strider ----->			<-- Best before Joining -->			
NAME	Sex	Cat	Time	Time	Race	Age	Time	Race	Date
DAVE BLACKHALL		V	3.02.24	NSW STATE	0680	P			
BRENT WATERS		V	3.03.01	MELBOURNE	1082	P			
DAVID RITCHIE		V	3.04.13	GOLD COAST	0792	V	3.07.41	AUSTRALIAN	'88
ALEX HAMILL		V	3.05.15	GILLAWARNA	0884	V			
MURRAY TOWN		V	3.05.55	BLACKTOWN	0891	V	3.00.51	VIENNA	0488
GRAHAM FIRKIN		M	3.07.11	CITIES	0885	V			
MARK ROBINSON		O	3.07.14	GOLD COAST	0791	O			
HUGH SPENCER		M	3.09.02	AUSTRALIAN	0685	V			
JOHN HODGES		V	3.09.07	MELBOURNE	1084	P	3.41.39	MELBOURNE	1083
GARY LEAHEY		P	3.09.55	CITIES	0890	P	3.20.48	ANZAC	0488
LEO LEADER		V	3.10.00	CANBERRA	0484	P	3.05.00	PENINSULA, RS	'80
DONALD RODGERS		V	3.10.00	CANBERRA	0491	P			
TERRY ROSE		V	3.10.23	CITIES	0889	P	3.07.12	CHRISTCHURC	0687
STEVE NORDISH		V	3.11.11	KEMPSEY	0688	P			
STEPHEN ROACH		P	3.11.16	AUSTRALIAN	0686	P			
DALE THOMPSON	F	V	3.11.40	CANBERRA	0489	P	3.36.06	STH MELBOUR	'78
SUSAN ROBERTS	F	V	3.11.45	GOLD COAST	0791	O	. .		
WENDY DOWNES	F	M	3.11.56	ANZAC	0487	V			
KEITH JACKSON		V	3.12.27	COMBINATION	0787	P			
JOHN WHEALY		V	3.12.51	CITIES	0888	V			
JACK WOODWARD		M	3.12.54	ANZAC	0488	V			
TONY CROSBY		V	3.13.02	WORLD VETS	1287	V			
JOHN HILL		V	3.13.19	AUSTRALIAN	0685	P			
BRYCE COURTENAY		M	3.13.58	CANBERRA	0483	V			
ALAN PHILLIPS		V	3.14.02	AUSTRALIAN	0687	V			
BRIAN TAILFORD		V	3.14.03	CAM'TOWN	0785	P			
KEVIN O'KANE		V	3.14.38	AUSTRALIAN	0685	P			
BRUCE MURRAY		M	3.14.49	CAM'TOWN	0784	M			
ROD GARRICK		S	3.18.10	GOLD COAST	0889	M	4.09.00	HARBORD DIG(	'80
KARIN GAGGIN	F	O	3.19.07	KEMPSIE	0691	O			
RICHARD BAMANN		M	3.19.34	AUSTRALIAN	0685	V	. .		
JOAN BOLTZ	F	M	3.20.35	CITIES	0891	M	3.07.46	GOLD COAST	0787
JOHN B HAMILTON		M	3.20.38	KEMPSEY	0691	M	3.31.58	AUSTRALIAN	0687

At 9 August 1992	Age		<----- Best as a Strider ----->			<-- Best before Joining -->			
NAME	Sex	Cat	Time	Time	Race	Age	Time	Race	Date
PAUL LUNSMANN		M	3.20.54	ANZAC	0489	V			
ROGER RIGBY		V	3.21.25	WORLD VETS	1287	V			
IAN WHITFIELD		V	3.22.15	CANBERRA	0487	P	3.13.06	AUSTRALIAN	'83
BARRY JONES		S	3.23.18	VETERANS	0781	M			
DEREK WHITE		S	3.23.26	CAM'TOWN	0784	M	3.26.34	NIKE CANBERF	0481
ROSS BETTS		M	3.23.28	CITIES	0888	V			
BRENDA HAMILL	F	M	3.23.38	SYDNEY	0983	P			
MARG ROBINSON	F	M	3.23.53	KEMPSEY	'90	V			
ROD BROWN		P	3.27.32	MELBOURNE	1089	P	3.18.05	CANBERRA	0489
RAY REID		V	3.27.57	AUSTRALIAN	0686	P			
MARK PRESTON		P	3.28.20	CANBERRA	0491	P	3.28.35	GOLD COAST	0789
FRANK GALLAGHER		M	3.28.36	AUSTRALIAN	0686		3.24.51	AUSTRALIAN	'84
RON DALY		S	3.28.46	ANZAC	0490	S			
JOHN FENNELL		V	3.30.06	ANZAC	0489	P			
TIMOTHY READ		M	3.31.11	CANBERRA	0491	M			
NOEL WORTHINGTON		M	3.31.17	AUSTRALIAN	0686	M			
GRAEME GAGGIN		P	3.32.27	KEMPSEY	0691	P			
WAYNE MEANDER		P	3.33.50	MELBOURNE	0592	P			
JOHN AMOS		M	3.34.54	CANBERRA	0491	M			
WAYNE MCCARTHY		M	3.34.54	WORLD VETS	1287	V			
NICK REED		O	3.38.43	CANBERRA	0484	P			
GEOFFREY TAYLOR		O	3.39.38	CANBERRA	0490	O			
JOHN TIMBS		V	3.40.00	AUSTRALIAN	0687	V	3.23.08	AUSTRALIAN	'84
MICHAEL BURTON		O	3.40.31	6 FOOT TRACK	0391	O	2.28.47	EDINBURGH	0984
ALAN WHITE		V	3.41.00	ANZAC	0490	V			
OWEN DENMEADE		M	3.42.51	AUSTRALIAN	0684	V	3.36.00	SYDNEY	'83
EDWINA MACARTHUR	F	V	3.44.47	CANBERRA	0486	P			
KEVIN FITZGERALD		M	3.45.22	COMBINATION	0791	M	3.16.39	BUDGET	1086
ROBI RUSSELL	F	V	3.49.00	WORLD VETS	1287	P			
MAVIS GARRICK	F	M	3.49.10	WORLD VETS	1287	V	4.26.19	H'BD DIGGERS	'80
DAWN SHAW	F	M	3.49.47	ANZAC	0487	V			
PETER JOHNSON		M	3.50.22	CANBERRA	0491	M	3.44.01	CANBERRA	0488
DAVID BARWICK		V	3.50.58	CITIES	0890	V	3.56.59	SYDNEY	0987

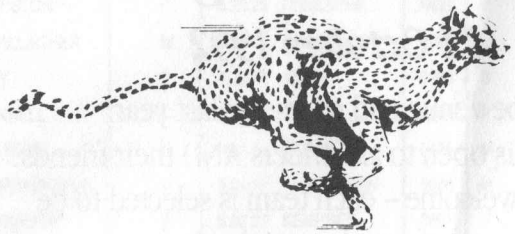
At 9 August 1992	Age		<----- Best as a Strider ----->			<-- Best before Joining -->			
NAME	Sex	Cat	Time	Time	Race	Age	Time	Race	Date
WILLIAM BLECHA		V	3.58.40	BATHURST	0789	V			
JIM DONOVAN		V	4.06.57	CANBERRA	0483	P			
LESLEY MAHER	F	V	4.08.00	AUSTRALIAN	0684	P			
ALAN TONGE		M	5.07.02	ADELAIDE	0889	M	4.46.49	ADELAIDE F/CI	'85

2nd Annual Striders Picnic Relay Dooralong

11 October 1992

Same venue and course as last year.
This event is open to all Striders AND their friends.
Walkers welcome – each team is selected to be of equal strength.
Note earlier date – cooler conditions!
100 runners required.

The following Striders have been appointed as 1992 team captains and will be contacting all Striders over the next few weeks:

Malcolm Satchell
John Whealy
Warwick Selby
Mike Ward
Steve Gill
Terry McIver
Steve Urwin
Gary Leahey
Wayne Stanton
John Craig–Sutherland

Call Bret Nichols or Lynndy Bennett on 953 3289 for details.