

22	Charles Coville	66.54	121	Neil Collum	78.12
30	Sam Daher	69.50	137	Mike Giuffre	80.02
40	Wynne Henderson	70.57	146	Tony Hatch	80.44
46	Ivan Freys	71.52	165	John Blance	82.41
54	John Edwards	72.42	171	John Oldroyd	83.13
59	Winston Marsden	73.10	225	Bill Hunter	88.13
81	Leo Detsikas	75.42	236	Bob Peirson	89.19
87	Brian Colwell	76.17	288	Glenda Murray	95.42
97	John Snelson	77.13	316	Jim Donovan	99.18

NOSH by CHARLES COVILLE

I had not been the first Strider home in a race since the Lake Gillarwana Marathon back in September 1980. While the Nosh was my first taste of sweet success in 1981, it actually turned sour as Neil Plevey twisted his ankle after only a few k's and had to retire from the race. Unselfishly, Dave Cox gave away his race to offer assistance to Neil and to Ambulance him back to the start. Dave, fitter than ever, was hoping to run hard and probably would have been the first strider home (after Neil) had gallantry note prevailed. Thanks Dave for the unselfish act.

Neil's injury was even more embarrassing as I had encouraged him to run. 10 minutes before the start I was giving him cold comfort by disclosing that in all my years of cross country running I could not recall twisted ankles or similar injuries amongst my running friends. Hope I'm forgiven Neil. Neil was heading for a sub 50 minute City to Surf after his excellent Diggers performance. Alas that dream will only be fulfilled in 1982.

After an initial diagnosis of no running and no treatment for a month, a second opinion logically prescribed the hot/cold treatment and indicated light jogging after 2 weeks. Good luck in your recovery Neil.

Due to the "slow" winning time compared to last year, Neil would certainly have had an excellent chance of leading the pack home. A final Nosh anecdote was sub-3 Bill Hunter losing a contact lens during the event; probably the worst race to run out of focus!

Your new committee was elected at the recent AGM.

<u>RESIDENCE</u>	<u>WORK</u>		
476-6440	20572	Charles Coville	President/Editor
664-1644	238-9877	Brian Colwell	Secretary STAR organiser
560-3474	236-1479	Neil Plevey	Treasurer
428-4719	92-0996	John Jeston	Public Relations
44-6541	799-2334	Geoff Murray	Entertainment/ Social events

Please attempt to contact committee members at residence numbers rather than at work.

At a committee meeting on 21st July 1981, annual membership fees were amended from \$15 to \$20. Bearing in mind that an Annual subscription to Fun Runner magazine costs \$18.00, we have no doubt that members are receiving value for money.

STOP PRESS

* City to Surf - Look out for the Striders banner - facing the sea, it will be on the right hand side of the Pavilion.

* 26/7/81 - Striders win Glenbrook - Woodford 25km Challenge Team Trophy, 2nd Bruce Robertson, 4th Sam Daher, 5th Dave Cox, 6th Charles Coville. Other fine performances.

Sydney Striders

MARATHON & ROAD RUNNERS CLUB

The Blister

VOL 2 NO 1

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EDITORIAL

The Annual General Meeting on Sunday 28th June was well attended by 23 members. Newly elected members John Jeston and Geoff Murray along with continuing members Charles Coville, Brian Colwell and Neil Plevy are your new committee for the next six months. The new Constitution (adopted at the AGM) converts the original membership year from July/June, to January/December. Consequently, a further AGM will be held between January 1982 and February 1982.

Probably the most encouraging feature of the forum discussion was the volunteering of 8 members to assist the club other than by way of serving on the committee. This will allow the committee the opportunity to delegate minor tasks to other members thus relieving their work load and allowing them to concentrate on more important issues. Our thanks to the following for their offers of assistance:-

Phillip Caldwell
Neil Collum
Dave Cox
Mike Crawley

John Edwards
Wynne Henderson
Bill Hunter
Bob Peirson

Any member who did not attend the AGM, and did not wish to stand for committee, but who would be prepared to assist on a non-committee basis should contact a committee member for further details.

The recent success in the State marathon was remarkable. P.B's were recorded by most who ran. 8 sub-3 performances were achieved, 4 for the first time. The object within the Constitution of promoting and encouraging long distance running must be succeeding.

The HDSR saw an impressive 1st to Mike Halmy, 2nd in the team prize and many excellent sub 1 hour performances. (A good omen for improved City to Surf times) As the Nike ad states... "There is no finishing line"....

Sub-editor Dave Cox will stand in for me during my six week vacation.

CHAIRMAN'S REPORT

Sydney Striders was formed on Monday 30th June, 1980 to promote and encourage long distance running, particularly in the marathon. One year later our achievements in the marathon makes interesting reading.

No. of marathons entered by Sydney Striders members : 9
No. of Sydney Striders entrants : 69
No of Sydney Striders finishers : 65

Our sub 3 hour ladder too, is most impressive. By the end of last year we had 2 sub 3 members, 6 months later our tally is 19. Furthermore almost every member since joining the club has recorded a P.B. Certainly a major influence must be our practical and well organised Sunday Training Runs. Since an unfortunate St. Ives STAR back in mid August last year we have progressed through the efforts of Mike Bingham and Brian Colwell to present an efficient Sunday event encompassing clear and concise maps, group running, refreshments and a monthly post run BBQ. Runners appear to be satisfied with the organisation as we have rarely had complaints and our recent change to charge 40c for a can of cold drink ensures that all runners receive the same selection of drinks after the STAR.

1981 CLUB CROSS COUNTRY CHAMPIONSHIP

SUNDAY 28TH JUNE

By David Blackhall

The 1981 Club Cross Country Championship was conducted on Sunday, June 28, 1981 in fine, sunny conditions. Twenty-eight runners started and finished the relatively straight forward course of approximately 9km of varied bush track and fire trail starting from Kissing Point and ending in Turramurra South. Six nominated runners did not make the start.

The winner was Neil Plevy, one of Sydney Strider's finest distance runners, who showed just how much speed work he has put in this season by out kicking Tony McCall in the last 200 metres. Neil won the Pewter trophy, and Tony was awarded a complimentary Striders T-shirt for second place.

All runners seemed to enjoy the change of diet from road racing, and plans will be finalised next year to hold the championship over a slightly longer course, whilst retaining the essentially "sprint" nature of the traditional cross country event.

1. NEIL PLEVY	30.28	15. NEIL COLLUM	34.00
2. TONY MCCALL	30.37	16. TONY HATCH	34.39
3. WYNNE HENDERSON	31.45	17. PETER GARRETT	34.43
4. CHRIS STAPLES	31.59	18. BRIAN COLWELL	34.44
5. RAY DORAN	32.00	19. KARL TOPFER	35.08
6. BRUCE ROBERTSON	32.19	20. JOHN SNELSON	35.45
7. ALAN FARRELL	32.42	21. JOHN PHILLIPS	36.00
8. WINSTON MARSDEN	32.51	22. MIKE BINGHAM	36.49
9. DAVID COX	32.59	23. SUE HILL	36.53 *
10. JOHN JESTON	33.04	24. BILL HUNTER	37.23
11. CHARLES COVILLE	33.08	25. PETER RYAN	37.50
12. IVAN FREYS	33.36	26. JOHN BLANCE	38.42
13. JOHN EDWARDS	33.43	27. IAN NEWLANDS	41.27
14. ROGER ADAMS	33.56	28. BOB PEIRSON	44.48

* ONLY WOMAN ENTRANT.

CLUB COLOURS

1. Always wash in cold water.
2. Never bundle up while wet, i.e. immediately after a run in your tog bag.
3. Please do wear club colours at races.

STRIDERS RESULTS

<u>NAME</u>	<u>POSITION</u>	<u>TIME</u>	<u>NAME</u>	<u>POSITION</u>	<u>TIME</u>
MICK HALMY	1	46.28)	WINSTON MARSDEN	102	56.37
NEIL PLEVEY	10	49.37)	MICK GIUFFRE	111	57.19
ALAN FARRELL	33	52.36) *	GEOFF MURRAY	122	57.44
MIKE CUTCHER	40	53.21	NEIL GUY	124	57.46
CHRIS STAPLES	N/K	53.30	BRIAN COLWELL	129	58.05
CHARLES COVILLE	52	54.14	SUE HILL	140	58.36
JOHN JESTON	57	54.32	NEIL COLLUM	N/K	58.44
IVAN FREYS	69	54.53	JOHN GALE	165	60.05
JOHN EDWARDS	70	54.59	RAY DORAN (JNR)	165	60.05
GARY HOLLAND	88	55.48	JOHN BLANCE	210	62.54
			BOB PEIRSON	351	75.49

* SYDNEY STRIDERS ALSO PLACED 2ND IN THE TEAMS CATEGORY (GO-JOG 1ST, HARBORD DIGGERS 3RD)

HARBORD DIGGERS SCENIC RUN

By Neil Plevy

Here I am. Back to the venue of my first fun run! I feel certain that I'm going to enjoy today as much as last year.

My fellow striders all appeared to be in good spirits. The news had broken about Bill Hunters and Sam Dahers great achievements in the Veterans Marathon. Bill had fulfilled a long ambition in breaking the 3 hours and Sam must have grown an extra leg overnight for his 2:52 - Good one Sam. After an efficient start, I found myself in the first half dozen runners then Mike Halmy went past me like I was glued to the bitumen "He's going to give this a shake" I thought. What a prognostication that turned out to be!

The next time I saw Mike was at the loop around North Head. He was just passing Matthew Cull to go to the lead. He was running so easily that I knew he would win.

Sure enough! I had just crossed the finishing line when Lynn rushed up to me to break the good news. Mike had breezed in ! !

Added to Mike's great effort, was the Clubs second in the Mens Team Event plus personal bests for John Blance and Bob Pierson.

All in All, a very good result for Sydney Striders.

COURSE RECORD: Eric Sigmont, 2:16 (this may require confirmation, but Stuart Greaves thinks its right).

1980 WINNER: A Lloyd, 2:23

1980 FIELD SIZE: Approximately 500

1980 FINISHERS: 327

1980, NO. UNDER THREE HOURS: 85

FURTHER INFORMATION: P O Box 7, Surfers Paradise.

EVENT: 1981 SYDNEY MARATHON

DATE: SUNDAY 6TH SEPTEMBER

COURSE DESCRIPTION: (not yet finalised) Show Grounds, Oxford St., College St., Ms Macquaries' Chair, Circular Quay, Rocks, George St, Broadway, Parramatta Road, University, Cleveland St, Oxford St, Bondi Road, Curlewis St, O'Sullivan Road, Old South Head Road, Edgecliff, Ocean St., Oxford Road, Moore Park Road, Show Grounds.

GENERAL COMMENTS: Entry forms not yet available, thus no further information available. If you are looking for a P.B. keep well away!

EVENT: 3RD ANNUAL GILLAWARNA MARATHON

DATE: SATURDAY 19TH SEPTEMBER

STARTING TIME: 7 A.M.

DEADLINE FOR ENTRIES: 11/9/81. Postal entries only. Limit of 500 entries. No Entries on the day

COURSE DESCRIPTION: Out and back twice (different from last year) V. flat.

TRAFFIC CONDITIONS: Roads not closed but virtually traffic-free except for Henry Lawson Drive.

COURSE RECORD: Bill Clingan, 2:33:49 (1980)

1980 WINNER: Bill Clingan, 2:33:49

1980 FIRST WOMAN: Sue Hill, 3:16:50

1980 FIELD SIZE: 334

1980 FINISHERS: 281

1980 NO. OF FINISHERS UNDER THREE HOURS: 53

COMMENTS: Half-Marathon race also on, starting later

FURTHER INFORMATION: Bob or Jean McMurdo, 605-3401;
Kevin Mason (H) 649-6032; (B) 2686500

EVENT: BIG M MELBOURNE MARATHON

DATE: SUNDAY 18TH OCTOBER

START: 8 A.M.

DEADLINE FOR ENTRIES: 28/9/81. Not accepted if postmarked after that date.

COURSE DESCRIPTION: A to B (Frankston to Melbourne Town Hall). Reasonably flat, couple of minor inclines. Same course as last year.

TRAFFIC CONDITIONS: In 1980 roads not closed but left hand lane of main roads closed for runners. Race run all on main roads. Very well marshalled, traffic no problem.

ENTRY FEE: \$3.Result book \$1 extra

COMMENTS: Time-Calls every 5 KM

Pick-up service for people dropping out. Medical stations on route
Clothing transported from start to finish
Trains provided from Melbourne to start, leaving Flinders St. Station
6 A.M. and picking up on route at Caulfield, Ormond and Cheltenham
Stations.

Entry forms available from Brian Colwell

1980 WINNER: A Lloyd, 2:17

1980 FIELD SIZE: Approximately 5,500

SYDNEY STRIDERS 'SUB 3' LADDER. (BEST PERFORMANCES BY SUB 3 HOUR RUNNERS
MADE WHILE CLUB MEMBERS.)

This list has become a regular feature of the club noticeboard, but for
those who have not yet seen it at one of our STARS, here is the current
version (considerably updated since the last Blister.) Congratulations to
all those whose names appear - and here's hoping that the additions and
amendments keep on coming.

	NAME	TIME	MARATHON	DATE
1	Tony McCall	2.41.07	Campbelltown	5/81
2	Mike Crowley	2.43.20	Diggers/L&G	4/81
3	Charles Coville	2.50.07	Lake Gillawarna	9/80
4	Gerry Smith	2.50.30	State	6/81
5	Dave Cox	2.51.54	State	6/81
6	Sam Daher	2.52.10	Veterans	7/81
7	Stuart Greaves	2.54.36	Nike	4/81
8	Alan Cole	2.55.54	State	6/81
9	Mike Cutcher	2.55.55	State	6/81
10	Bernie Liebman	2.56.05	State	6/81
11	Neil Plevy	2.56.46	Diggers/L&G	4/81
12	Denis Cooley	2.57.03	Nike	4/81
13	Bruce Robertson	2.57.17	Diggers/L&G	4/81
14	Mike Anschutz	2.59.21	Lake Gillawarna	9/80
15	Osten Hansson	2.59.23	State	6/81
16	Bill Hunter	2.59.25	Veterans	7/81
17	John Jeston	2.59.32	State	6/81
18	Mike Bingham	2.59.33	State	6/81
19	Sue Hill	2.59.46	Avon	5/81

YOUR NEXT MARATHON

By Charles Coville

With the average club member having completed at least 2 marathons, the
individual goals are now obviously P.B.'s. But beware!

Marathons to be run for P.B.'s should only be selected if they can produce
fast times.

Essential features are:-

1. A Flat/Flatish Course

Details of the on/off secretive Sydney Marathon have now been released.
If you want another marathon under your belt then by all means enter
this one. If your aim is a P.B. stay well away. The traffic and
terrain (plenty of hills) would certainly put times back to pre-Harbord
Diggers days.

2. An Out/Back course or preferably a Double Out/Back course

The recent State Marathon found approval from all members for what
initially was thought to be a "repetitive" race. The fact that the full
field was seen 3 times discarded the "loneliness" myth and actually
made the race interesting (so that's Andrew Lloyd) and allowed time to
fly.

3. An Early Start

The Big M (Melbourne) in 1979 saw a high failure rate and very slow times
due to a late start. Most organisers are aware of the importance of
avoiding the heat.

4. Traffic Free

A traffic free course has obvious benefits. The relaxing atmosphere of
the 1981 State Marathon (and good times) compares stunningly with the
1980 State Marathon through the Southern Suburbs where pedestrians and
traffic lights (not to mention motor vehicles) had to be negotiated with
the deftness of a fleet footed side stepping rugby five-eight!

The chances of a perfect marathon are remote. (Exceptions 1981 State and
ACT/Nike). Few marathons will satisfy all 4 major requirements, so be
prepared to adjust your P.B. ambitions accordingly.

1981 MARATHON SYNOPSIS

By DAVE COX

EVENT: 1981 FESTIVAL CITY MARATHON (ADELAIDE)

DATE: SUNDAY 2ND AUGUST

DEADLINE FOR ENTRIES: 13.7.81. However entries will be accepted from 14/7/81
to 1/8/81 inclusive, subject to late entry fee of \$6.
Entries will also be taken on day of race up to one hour
before start, subject to fee of \$12.

STARTING TIME: 8 A.M.

COURSE DESCRIPTION: A to B (i.e. point to point).
Mostly flat and gently undulating with series of
"heartbreak hills" from approximately 30KM to 35KM.

TRAFFIC CONDITIONS: Not known. However, it is believed that one side of
freeway may be closed to traffic for part of the way,
during early stages of course. Traffic later becomes
heavier as runners approach city.

COURSE RECORD:

1980 WINNER: Ian Graves, 2:21:03
1980 FIRST WOMAN: Desiree Letherly, 3:01:23
NO. OF STARTERS IN 1980: 726
NO. OF FINISHERS IN 1980: 691
AVERAGE TIME IN 1980: 3:36
SLOWEST TIME IN 1980: 6:06

COMMENTS: Starters may assemble at University Gymnasium, Mackinnon Pde, Nth. Adelaide by 6.30 A.M. for special buses to starting point at Gawler, or may check in by 7.30 A.M. at start, at Princes Park, Gawler.
Expected temperature: Approximately 10° at start, to 15° by finishing time.

In 1980 there was emphasis on catering for novices, hence the high percentage of finishers.

CARBO LOADING PARTY: 31.7.81 (Friday night) at University Gym (address above) at 6.30 p.m.. Tickets \$5.

FURTHER INFORMATION: Tim Anstey of "Runners Inn" ph. (08) 272 1803

ORGANISER: Bruce Abrahams
C/- Festival City Marathon
P O Box 96
GLENELG 5045

EVENT: WAGGA MARATHON

DATE: SUNDAY 23RD AUGUST

DEADLINE FOR ENTRIES: Not known. However, entry forms not yet issued. Believe it may be possible to enter right up to day of race.

START TIME : 8 A.M.

COURSE DESCRIPTION: A to B (Junee to Wagga). Said to be very flat

TRAFFIC CONDITIONS: Race to be run on main road, but traffic expected to be very sparse.

WEATHER CONDITIONS: Expected to be cool, no more than 7 or 8 degrees.

No previous history, as this is inaugural event.

COMMENTS: Hotel accommodation will be available for runners, courtesy of friend of Neil Plevey (not free however).

EVENT: GOLD COAST MARATHON

DATE: SUNDAY 30TH AUGUST

START: 6A.M

DEADLINE FOR ENTRIES: Entries must be postmarked no later than 14/8/81.

COURSE DESCRIPTION: From Surfers Paradise, northwards to a turn-around point, then southwards past starting point to another turn-around point, then north again to finish at starting point. Not known if course retraces itself over same road northwards and southwards. Believed to be flat and scenic.

TRAFFIC CONDITIONS: Not known, in 1980 roads were not closed to traffic, but traffic was sparse and roads were wide.

ENTRY FEE: \$6 (includes T-shirt for all finishers and badge for all finishers under 3 hours)

CARBO LOADING PARTY: Friday night, (28/8/81) at Chevron Hotel, Surfers Paradise \$5.

Twenty miles is often regarded (realistically I think) as about the half way point for effort in a marathon. I had allowed a Coville-Blister fade of 5% but I made a rather audacious decision to use up my fade allowance in the first half of the last lap and depend on picking up speed at the end. I consciously relaxed and let the group get away from me. One was an experienced sub 3 man, one was making his 10th attempt to break 3 and the other was running his first marathon. Ray stayed with me and we started to look for Sam. I conserved energy all the way against the wind and used up most of my "allowance" so when I turned away from the wind I had 4 km to go in 17½ mins (despite the usual misinformation from the novice from our group who I had caught again at this stage, that we had 3 km to go in 16 mins!) I picked up to 4-16 for the next 3 km, got clear of the novice then ran the last 1 km in 4-12 to finish in 2-59-25 (4.8% fade). The novice ran 3-00-04 and the others from our group were well under 3.

It was a bit like Alice's Cheshire Cat; as I approached the finish, I could see the biggest self satisfied smile I've ever beheld. As I got closer I could see that it was attached to Sam Daher and we knew he had excelled himself. I would have felt guilty about those thoughts we expressed over his tactics except that he didn't think I could do it either, so now we are even.

Barry Jones came in with a P.B. of 3-23-18 which I regard as being at least as good as the Daher/Hunter results and which gave him a silver medal for second in 55-59 age group. In fact, there were quite a few P.B.'s and near P.B.'s. Why in such a strong wind? The southwest wind caused (a) low temperature, (b) low humidity, (c) very low pollution. I am sure that all those factors helped me, plus the civilised 9 a.m. start and the fact that the recent evolution of long distance running clubs like Sydney Striders helps us to be much better prepared for marathoning. Tactics? Less important than preparation I think. I have recorded, but don't necessarily recommend the radically different Daher/Hunter approaches. Barry didn't use tactics - he just ran! Thanks to Ray Doran for his company and encouragement over the last 20 miles. Next project? Get Ray under 3 at Gillawarna.

Statistics: 75 starters, 47 finishers, Sam Daher 10th, Bill Hunter 15th, Barry Jones 34th.

VETERANS MARATHON by SAM DAHER

Having missed out on competing in the State Marathon through injury and spurred on by the many good performances of fellow club members in that run I was eager to participate in the Veterans Open Marathon having been informed of it by Bill Hunter during a STAR run.

In trying to break 3 hours - after 2½ years of Marathon competition - I had exhausted all excuses, which included runs in conditions that were either too hot, wet, humid, hilly etc. These conditions however had not prevented other runners from reaching creditable times and the Veterans Marathon was to be my moment of truth. I would either break 3 hours and, if not, then it was not a matter of the elements being unfavourable as the lack of ability to do so.

Happily, although conditions were windy in sections, the times were not affected and it was a pleasure to run a marathon in which dehydration, probably the greatest enemy to a marathon runner, was reduced to a minimum.

The run was represented by three Sydney Striders and it would have been four had Ray Doran arrived on time.

All three Striders finished with personal best times with Bill Hunter recording 2-59-25 and Barry Jones 3-23-18.

I have made no secret of the fact that I wanted to break 3 hours but just as eager, I think, was Bill who at a young 50 years of age has the determination that seems reserved for the youthful competitor.

I must admit I had my doubts as to whether Bill could break 3 hours and it goes to show that you should never underestimate anyone and especially one who is as determined as Bill. In fact Bill's time was good enough to earn him a silver medal in his age category and Barry Jones also earned a silver medal.

Congratulations to both of them.

Ray Doran, who I rate as one of the club's real improvers had the misfortune to arrive late due to a mix-up in starting times and the field had completed almost a lap ($10\frac{1}{2}$ Km) on his arrival. This was to have been Ray's first marathon and the experience would have stood him in good stead for an attack on the Gillawarna Marathon. It was not to be but he did complete the remaining 3 laps (approx 32 Km) and the manner in which he finished was sufficient to suggest his turn is just around the corner. I have no doubt his sub 3 hours will be achieved in far less time than it took me to achieve mine.

The standard of organisation of the Veterans Marathon was, as expected, excellent and many familiar faces were sighted.

The crowd which braved the wind and cold wildly cheered all the finishers.

Whilst Bill, Barry, Ray and myself were running at the south side of the harbour I later learnt the Sydney Striders were creating club history in the popular Harbord Diggers Scenic Run.

The club certainly is making its mark in a very short space of time. How much bigger and better it gets is anyone's guess thanks to the work, time, effort and enthusiasm of the club committee.

There is little opportunity for the individual to express gratitude to the hard working committee who are well known to all of us and without whose abilities the club could not function.

GOOD WORK FELLOWS.



"I spy a Red-Bellied Accountant, a Crested Homebody, a Brown-Bearded Professor and a species I've never seen before."

We don't think more than two days a week of interval work is needed. Quite frankly, it's better to do less interval work than too much. Interval work can drive you up the wall (Editor - if you can achieve 1 interval session a week you're doing well).

4. Be flexible. By being flexible we mean flexible. For example, use any wasted time for training. If you have 30 minutes each day of wasted time, use it for training. That can be somewhere between 30 to 40 kilos extra a week. That means the difference between a 3.01 marathon and a 2.55 marathon or better.

You'll probably be able to come up with 101 excuses why you can't run on a particular day. But that's all they are, excuses. Some people have been very innovative in terms of their training. Emil Zatopek, who won the 5,000, 10,000 meters, and the marathon in the 1952 Olympic Games, would run in place for two hours in a tub of dirty laundry rather than miss a workout. Now that's dedication (Editor, you've got to be kidding!). Other runners that we have known have ridden bicycles, cross-country skied, even swam when injured or when conditions prevented them from running. Others have run on stairs or treadmills. They really want to drop their times and be highly competitive. If you share that desire, develop the attitude that nothing can stop you.

5. Don't worry about setbacks or mistakes. You may get injured, develop a cold, or have some problem which curtails your activity. It will drive you up the wall but it's best to rest, recover, and then go back full bore. If you try to go back too soon, you'll be headed for trouble. Try your best to rest and to give your body a chance to recover.
6. If your training schedule works for you, stick to it. Don't jump from pillar to post. If something doesn't seem right then it may be time to change. But if you continue to make improvement you must be doing something right.

The worst thing you can do is to change your training right in mid-stream when you are having success. You should have confidence in your abilities and in your training regimen. You should know what is best for you. Don't worry about what you read or hear from other people. You know what's best for you.

Of course, this doesn't mean you should have a closed mind. You may want to beg, borrow, and steal from other people. It's just that once you have a philosophy, stick to it.

BLISTER TIPS

1. Morning training in winter is more bareable on the hands and fingers if you wear a pair of cheap Franklins cotton gardening gloves. Once you've warmed up you can take them off and tuck them into your running shorts. Even if you do lose one, at under \$1 a pair its certainly excellent warm value.
2. Getting stale on your training runs from home? Try changing your courses by experimenting with a new one; or even run your regular/favourite course in reverse.
3. The Adidas Shops (Hunter, Pitt and George Street Stores) seem to be on 'sale' regularly. Although they stock only Adidas (obviously) and Nike, the sale prices can save you anything up to 25% on regular prices. So keep your eyes open.

SAM DOES IT! NOW WE CAN ALL RELAX

Three Sydney Striders do P.B.'s in the Veterans Marathon -

by Bill Hunter

Earlier this year I ran the Audley $\frac{1}{2}$ marathon in 90-45. When I was talking to some Striders afterwards I said "now all I have to do is run that speed for the second half of a marathon and I will break 3 hours". I meant it, but it has been revealed that at least one S.S. thought I was having myself on - I suppose its true I haven't exactly starred in the STARS. In the NSW Veterans marathon on 5 July I ran the second half in 91 $\frac{1}{2}$, broke 3 and won a silver medal to boot for second in the 50-54 years age bracket. Mind you, I don't think I could assert that it was inevitable (as it was/is for many of you younger Striders) having failed in 1973 (3-43), 1979 (3-21), 1980 (3-03) and 3 times so far in 1981 (3-33, 3-27, 3-00 $\frac{1}{2}$).

Of course, we all knew it was inevitable that the exuberant Sam Daher would soon break 3, but he was worrying so much about it that he was making me feel tense. Now he has and we can all relax. He did it in style, 7 minutes (and 16 years) before I did! What makes Sam's run so meritorious is that (a) it was only 3 weeks after he withdrew from the State Marathon with injury, (b) he didn't break 3, he killed it - 2 hr 52 min 10s and (c) he did it in strong gusty winds on a course thats not particularly easy.

I can't give you a blow by blow description of Sam's run because of the nature of the course and his tactics. The course was 195 m then 4 x 10.5 km laps. I did the 195 m from start to finish line in 47 secs and by then Sam was already turning out of Corish into Denison Street. When I turned out of Denison into Wentworth Ave, Sam was a speck in the distance and when I got to Bunnerong Road, Sam was out of sight. Bearing in mind that I had deliberately started fast (3-52/km), Sam had taken off like a rocket. Surely he had to blow up going out so hard on such a windy day! Don't get the idea I kept running sub 4/km: when I turned into the wind I slowed considerably. As I turned into Botany Road I was passed by a group of 3 young runners who were going well so I latched onto them and shamelessly shielded from the wind as much as possible. Finished my first lap 10 seconds under my "plan" and was joined by Ray Doran. He had intended to start with us but got fouled up over the start time. He said Sam was "miles ahead" and sticking to some gun runners like glue. One of us said, "I wonder if we will catch him before he pulls out?"

The front runners in our group faltered when we hit the wind on lap 2 so Ray and I pressed on and led them for that lap, allowing me to reach half way half a minute ahead of schedule; I took off my long sleeve shirt at this stage to reveal the emerald and white in all its glory. The youngsters led again in lap 3 which I finished nearly a minute ahead of schedule.

AS FOR the organisation of the race, I found it very difficult to fault. Time checks and drink stations were very good. My one gripe would be that the finish consisted of 300 yards or so of bumpy uphill grade over grass - very surprising after such a superb course.

The course itself was of four laps : out and back twice. I didn't expect to enjoy that sort of layout, thinking it would be too repetitive. But on the contrary, it was interesting because there were people to watch coming back the other way, which helped to pass the time.

All in all a very successful marathon, and one I'll be back for next year if the course and organisation are the same.



"... and I'd like to see a pair of shin splints."

THE SECOND TIME AROUND (Running with the Pack by LYN CRYDERMAN)

Now you have a marathon under your belt. You've experienced the joys and frustrations, the agony and the ecstasy. Now you have some idea of what happens in a race. You know you can improve your time. Instinctively, you know where your weaknesses are.

1. Do more speed work. If you want to knock 15 minutes off your previous time, for example, speed work can help you. Set aside one day a week to go at a faster pace than you intend to run the marathon. Let's say your new goal is a sub 3.00 marathon. That's about a 4.16 pace. You might try running 14 K's at a 4 minute pace once a week. Or you might speed up slightly in one segment of your regular training runs. Let's say that you run 60 minutes a day. Six to 10 minutes might be at a faster pace.
2. Get involved in more and more races. There's nothing like racing to quicken your pace. Run these every two or three weeks.
3. Increase your kilos. The marathon is a kilo based race. If you have a good kilo base, your times are bound to come down. Dr Paul Slovic did a study several years ago that showed that the success of marathon runners was contingent upon a runner's training kilos two months before the run. For example, he found that the sub-three hour runners averaged 15 K's a day or 100 K's a week. The 3.01 to 3.30 marathoners ran 10 K's a day or 70 K's a week. The 3.31 to 4.00 runners averaged 8 K's a day or 55 K's a week. And the 4.01 and up marathoners average 6.5 K's a day or 45 K's a week. The verdict: go long.
4. Go on extra long training runs. Most training schedules calls for weekly runs of about two hours at most, once a week. Research suggests that a 2 $\frac{1}{2}$ to 3 hour run occasionally - maybe three times or so in the three months prior to the run - may be advantageous. These runs may be 32 K's or more. We are no longer talking to a beginning marathoner. You already have one under your belt. So the extra long runs may be helpful to you. (Editor - already covered by STARS)

5. Lose some weight. In a marathon, your weight will significantly affect your performance. Extra weight slows you down. Of course, our recommendation, that you lose weight and fat is based on the assumption that you have a few pounds of fat to shed. Generally, the lighter you are, the fewer the orthopedic problems. Think about it: your feet hit the ground 600 to 720 times per kilo. Would you rather have 125 pounds hitting the pavement or 180? Secondly, the lighter you are, the more efficiently you move. For every 1 percent drop in weight there is a corresponding 1 percent gain in oxygen consumption. That's significant. The amount of oxygen you are able to consume is one of the most important determinants of how well you'll do in running.*

* (Editor - weight loss would not apply to the average Strider as few members are over weight)

6. Do some hill training. Hill training will strengthen your hip flexors, quadriceps, and calf muscles. The hills will also improve your aerobic capacity or oxygen consumption. Hills will also give you confidence in training and improve your performance during marathon running.

AND YET AGAIN

After you have two marathons under your belt, you will probably be doing some serious thinking about how you can improve your times even more. There are additional principles you can use to improve your times. These principles are based on concepts advocated by Ron Daws in his book, The Self-Made Olympian. Daws, as his book title implies, was an Olympic marathoner in 1968.

1. Develop aerobic capacity and general endurance. Once you are able to do one long run (32 K's minimum for experienced runners) and two or three moderately long runs (16 to 24 K's) your goal is not to go farther but faster. These fast runs, however, are to approach, but not exceed, maximum ability. According to Daws, "For training purposes, one's maximum aerobic capacity at any point can be approximated by guessing the kilometre pace at which one could run a marathon."

Also, during the week include one workout that covers a hilly terrain. That should be interspersed with fast and slow running. You might begin with a couple of easy K's and then repeat sections of a 3.00 to 4.00 pace or until pleasantly tired.

That training is extremely important. But you cannot participate in this kind of effort unless you have built an adequate base.

2. Develop your power and stamina. According to Daws, this is best done by increasing the resistance. He advocates hill running, running in sand, in water, up stairs.

Half K's and/or 1 K hills are probably best. When you do hill training, you should do it about three times a week. Be certain you keep the long run, but you might cut your week's kilos by about 10 to 20 percent.

3. Learn to maximize your capacity to tolerate anaerobic work and pace. You'll also want to increase your efficiency at faster speeds. According to Daws, "Tolerance to anaerobic work is developed by performing difficult anaerobic work, so interval training now becomes of value. It can be performed on the track, but it is usually best to use the track only to check progress."

When you begin this interval work it is best that you start slowly. Do not, we repeat, do not start with fast runs or sprints. Over the weeks, slowly pick up your pace. When your fitness level improves, then you can go faster and faster. In the beginning, you might do slow running with short rests and then gradually move into faster runs with more rest. Finally, you can do fast workouts and rest a little between runs.

JOHN JESTON

Well it has been twelve months now since I started running and if someone had told me that I could have run, let alone race 42.195 km then I would have told them they were mad.

Lets face it, anyone who can run that far is a little unusual. Twelve months later my opinion hasn't really changed.

We are a 'little' unusual. We are 'special', because we have experienced something that most people have never and will never experience in their entire life. We have experienced an overwhelming sense of achievement, a sense of well being and self confidence that is something very special.

My first marathon was the Harbord Diggers in April this year. As everyone knows it was a dreadful day and I completed the course in 3:13:27. I must admit that I was disappointed with the time but, never having run a marathon, the sense of achievement had me on a high for the next week or two.

Between this and my second effort, the N.S.W. Marathon Championships, I had not trained as conscientiously and didn't think I was as well prepared. (Average 80K per week).

I had decided to change the way I trained slightly. Instead of the 30-35K runs every Sunday I would have a go at a few short Fun Runs.

I ran a 9K Penrith Fun Run in 31:11 and a 8K in 32:59 from the Bridge to Balmoral. During the week I also had a longer 25K run.

As I haven't really been running long I have found that I just cannot take any more than two weeks of heavy training before I need a very easy week to recover. Hence I adopted this approach of 2 hard weeks and one easy one.

The Sunday prior to the marathon Ousten Hansson and I went out to the marathon course at Liverpool. At the end of a 30K run over the course I felt the first twinge of enthusiasm.

All that week the enthusiasm died. I felt that if I could not get psyched up then I would'nt run well (as happened in the Diggers). For the next few days, in bed prior to going to sleep, I would close my eyes and just imagine myself in the race and running fast and feeling good.

By the time Saturday night arrived I was extremely nervous. In fact I was literally trembling. I remember saying to my wife, Judy: "I'm really scared I hope this is good and just means that I'm getting psyched up".

I didn't sleep much that night and was still very nervous in the morning. By the time I reached the starting point the nervousness has subsided to apprehension.

I had planned to run about 3:10:00, or 3:5:00 if I really felt good.

As usual I was dragged out too fast and by the time I hit half way in 1:26:48 it suddenly occurred to me that I felt good and if I could keep this up, even allowing for a fade, I just might break the 3 hours.

The feelings of pure emotion that passed through me at times during this second half of the race, when I thought I could do it, were quite incredible.

Later, towards the end, I became very worried that I might miss out by a few seconds and when I saw the grass hill at the end I just could not believe it. Dual thoughts went through my mind as to not breaking 3 hours and the wheel chair guys whom I had been running with earlier.

Well, I ran my guts out, literally, up that hill and made it - by a big 28 seconds for 2:59:32.

It's a good feeling, I can tell you, and worth all the months of effort that goes into it.

DAVE COX

To me, the State Marathon had everything going for it: traffic-free roads, a mostly flat course through bushland, ideal running weather (fine but cool with very low humidity) and good organisation. Little wonder, I think, that so many people ran good times; it was the most enjoyable marathon I've been in. Quite a few of us in the Striders ran under three hours for the first time. In my case I think the reason for this was a combination of the above factors, together with the fact that it was just one of those days when everything came together and went right. Also, to a very large extent I have to thank Charlie Coville and Bernie Liebmann who, particularly in the first half, set me running at the right pace and kept me there.

thought !! The last thing I need is Garbo-Whatyoumaycallits !!

From the time we met for drinks at the Edinburgh Castle and all the way through our meal at Nicodemos, I was absolutely engrossed with scintillating conversation about T-Shirt sizes for the Marathon, best shoes to wear, Mileage per week, times to be run and times that had been run by Club Members and a whole stack of people that for some reason I, alone, had never heard of.

The various types of injuries and remedies being tossed around the table were enough to interest anyone.

I was also subjected to some "HARD CORE" running reading material - JOHN JESTON'S Computerised Splits for a 3-10 MARATHON. I could hardly put it down !!

My sincere thanks to SAM DAHER, who fought overwhelming odds, to fit in a hilarious story about his PUB CRAWLING HOLIDAYS TO KALGOORLIE AND CAIRNS. SAM, I'm still laughing !!!

Judging by the clean plates, I think everyone enjoyed the night.

BY LYN PLEVY - A non runner of many years experience.

NSW STATE MARATHON RESULTS

Gerry Smith	2.50.30 P.B.	Tony Hatch	3.11.00 P.B.
Dave Cox	2.51.54 P.B.	Geoff Murray	3.20.00 P.B.
Alan Cole	2.55.54 P.B.	Barry Jones	3.28.00 P.B.
Mike Cutcher	2.55.55 P.B.	Carmen Bingham	3.30.50 P.B.
Bernie Liebmann	2.56.05	Dave Blackhall	3.32.05
Osten Hansson	2.59.23 P.B.	John Blance	3.39.00
John Jeston	2.59.32 P.B.	John Oldroyd	3.47.00 P.B.
Mike Bingham	2.59.33 P.B.	Peter Ryan	3.49.00 P.B.
Bill Hunter	3.00.29 P.B.	Brian Colwell	4.06.45 P.B.

NSW State Championships

By Osten Hansson

At dawn on the 14th June the familiar weatherbeaten faces were gathering again after some hectic days of carbo-loading. I had a feeling that the recovery period after the Harbord Diggers clash had been a bit short, but still I felt in good form thanks to an injury free preparation period.

The pre-race planning had involved an intensive study of a number of optimistic magazine articles on Sub 3 hour strategy, so my mind was filled with splits and fading-factors. Many thanks should be directed to John Jeston, who spent a number of sleepless nights (or was it business time, John?) with his mini-computer, trying to teach it to calculate and cough up a large number of race splits.

At the start there was a highly competitive atmosphere and it was a relief to hear the bang of the royal armed forces artillery. We were on our way and right from the start I had the thought of breaking that bloody 3 hour barrier, so I kept a brisk pace and when passing the 1 mile mark the Casio told me 6.52, which was exactly on schedule. At the 5 K, 10 K and 15 K marks I was a few seconds up and the race was enjoyable that far. When approaching 17 K, Mike Bingham caught up with me and he looked very alert so I kept up with his pace and logged 1.26.30 at the half way mark, which encouraged me.

At this stage the dreaded feeling of tiredness and stiffness in the legs came creeping up and my thought was of course that I had fallen in the usual trap of starting with an over-ambitious pace. Soon thereafter I heard a familiar voice getting closer and I was soon told that I was looking good, that was the last thing I heard and saw of Dave Cox until after the race, he was FLYING! I didn't even attempt to follow him and soon I saw Mike Bingham also disappearing ahead of me and I asked myself, what went wrong?

When passing the 25 and 30 K marks my 3 hour margin was shrinking and when Bernie Liebmann passed me and John Jeston caught up with me, I felt miserable. Suddenly I almost heard a blister on my right big toe crack, I felt an immediate pain and the Huger GT went red, with 10 K to go.

Strangely enough I managed to hang on to John's pace until 40 K where he seemed to slow down a bit and Mike Bingham became visible again. This gave me a boost, but I don't know where the energy came because all my storage of spaghetti and bread was since long gone. The two remaining kilometers were rough and especially the terrible grass finish, which seemed as steep as a mountain.

It was a wonderful feeling to get the small piece of paper confirming the finishing time, starting with a 2 even though I was only 37 seconds from the magic limit. When I limped up to the first aid station, I felt like I was walking on clouds and it was lovely to see all the blisters being cut up and the multicoloured liquids being squeezed out by a suffering lady.

I sometimes wonder, why I am doing all this, but I definitely think I am hooked.

JOHN OLDROYD

Like so many others who are serious about their running it had always been an ambition of mine to complete a Marathon.

For so long Sunday 14 June 1981 had seemed a long way off but finally that day had arrived and so too my first attempt at a Marathon - the NSW Marathon.

Despite a rather late night I had left home on the Sunday by 6.00 pm for the drive to Holsworthy Army Camp. With an estimated 700 starters the beginning of the run went off smoothly with the field spreading quite quickly. During this stage I kept reminding myself not to run too fast, something that is a little more difficult than it sounds. For the first 5 km I ran with Bob Peirson after which I seemed to meet up with a lot of other different people - really quite a social event. The Marathon course which was of the "out and back twice" variety only involved a few slight grades and generally was quite reasonable. The first circuit of the course I completed without too much bother. Unfortunately at the 25 km mark I began to feel a little fatigued. At the 30 km mark a "Time Official" told me that I would probably complete the run in 3 hours 27 minutes this was verified by Bob Peirson when I passed him on the last return leg of the course. By the 35.0 km mark fatigue had really set in and I just seemed to have nothing in reserve. For the next 7 km my pace alternated between a slow jog and walking. Eventually I completed the course in 3 hours 47 minutes - not exactly record shattering but my long standing ambition to run a Marathon had finally been realised. My sense of elation at completing the run was extreme. No doubt I will always remember those last few metres before the finish, my energy depleted, and my wife calling out "Go Johnno".

Overall I thought that the NSW Marathon was extremely well organised and my effort in completing the course was amply rewarded.

GUNNERY TO RUNNERY, JUNE 6 by John Edwards

This run was organised by George Fitzgerald of The Runnery and was billed as "The most spectacular road race in the Southern Hemisphere" with a spectacular finish at the annual Lion's Club Fireworks Display, Brookvale Oval.

There was only one thing George had overlooked - the weather. It was a beautiful day if you happened to be an arctic duck. By some miracle the rain held off until the runners lined up at the School of Artillery. In light rain and howling wind the field headed for North Head. Amongst the throng I recognised a few faces, but didn't specifically notice any Striders.

The initial route was that followed by the Diggers' Scenic Run. It then continued on past the Diggers' Club towards Curl Curl. By this stage the field had split into bunches. The wind was behind us and there was no point in slipstreaming - a tactic I use regularly when running into the wind. I think that if runners in a bunch did this, as cyclists do, then race times could be improved.

Meanwhile, back to the run. We entered Pittwater Road just before Dee Why Lagoon and continued at an easy trot towards Narrabeen and Powderworks Road. At this stage everyone was cold but enjoying the run and company.

Remembering Sue Hill's advice, I elected to walk the first 500 metres of Powderworks Road. The bunch drew about 400 metres ahead. On the run down to Wakehurst Parkway I was surprised how effortlessly I caught up with them again.

By the time we reached Collaroy I could honestly say I have never been so cold in my life. My arms were numb from the shoulder down.

The rest of the run was a nightmare. I have never cramped before but was reduced to walking and jogging - nothing helped, not even watching ankles of the runners going past - and there were plenty. I had never experienced the "Wall" before, but at the 17 mile mark there it was with a brickie building it as high and wide as he could. Well much to my surprise I finished and in the company of someone I hope looked worse than I did.

It was a great consolation to find that many other runners had suffered in a similar manner.

When all is said and done, I think the real thanks and gratitude must go to the people who manned the drink stations and called the splits under atrocious conditions.

CLUB LITERATURE

The following literature may be obtained either at STARS or through the mail by forwarding a large self addressed pre-stamped envelope (24c) to "CLUB LITERATURE".

1. Sydney Striders Novice's Guide to Marathoning.
2. Marathon Training Programme.
3. Marathon Pacing Chart (Time splits for varying marathon times.)

DATE	VENUE	EVENT	No. OF RUNNERS
31.5	BRIDGE TO BALMORAL	8K RACE	H.K.
7.6	CAP GALLOP	STAR	17
14.6	N.S.W. STATE MARATHON	MARATHON	25
21.6	WILLOUGHBY WANDER	STAR	18
28.6	STRIDERS & COUNTRY	8K RACE	28
5.7	DIGGERS SCENIC RUN	14K RACE	21
12.7	GREAT MOSH FOOTRACE	15K RACE	18
19.7	LARFA RUN	STAR	21

Almost a dearth of STARS in this report - only three due to the preponderance of races in the calendar. Unfortunately no results were published for the 'Bridge to Bay' (although we do know that Bruce Robertson was 11th and Neil Plevoy 15th) but results of the other races are detailed elsewhere in this edition.

Congratulations to Mick Halmy on another Striders outright win in the Diggers Scenic Run, also to Neil Plevoy and Alan Parrell who were the other members in our team which took second place in the Open Mens category. On the subject of "teams" - don't forget that a lot of events do have team categories. If this is the case with an event you plan to enter - WAIT - and before you put in your entry form check and see if the Striders can field a team. For details on this, check with either;

Wynne Henderson: Ph. 981 2430 (H) or 43 0455 (B) Brian Colwell: Ph. 664 1644 (H) or 238 9877 (B)

ELECTROLYTE VS WATER by John Edwards

Following a question raised in last month's Blister, I would like to relate a friend's experience.

During last year's Lake Gillawarna Marathon, John (running his first marathon) took a well known electrolyte replacement drink every 5km. I was out on the course spectating and seconding 5km from the finish when John passed by looking rather pale.

With about some 100/150 metres to go I noticed John had collapsed and was in a semi-conscious state. There was no way he could finish. An ambulance was called for and they commenced a drip. John showed very little improvement and to the layman his condition appeared slightly different to those who had collapsed from exhaustion.

He was admitted to hospital - the diagnosis and subsequent tests indicated that he had an overdose of electrolyte.

Obviously the decision of what to drink during a long race is a personal one, but care and commonsense should assist.

Editor: One answer is to drink one cup of H₂O and one cup of staminade every 5km thus ensuring dilution of the electrolyte replacement drink.

The 1980 Lake Gillawarna Marathon started late, 8.00 a.m. on a hot day when the temperature at midday had risen to 23°C. Almost all cases of competitors "collapsing" can be attributed to insufficient fluid intake during the race.

The importance of regular (every 5km without fail) fluid intake would be the most important rule to be adhered to during a marathon.

My own advise - drink at least 2 cups of fluid at every refreshment station. Its fluid replacement that is essential not electrolyte replacement. If you have been drinking regularly during STARS, stitches should not become a problem as your body will have been trained to handle fluids on a run.

There is every reason to suppose that this race will become Australia's equivalent of the NIKE/O.T.C. Marathon in the U.S.A. That race is traditionally fast, with 2:10 performances by the men and sub 2:40 in the womens race. Canberra's race this year was held on April 12th starting at 8 a.m. in cool but sunny conditions, with a gentle breeze. Like its U.S. counterpart, it produced many personal bests and some excellent performers among the place-getters. Graeme Kennedy, a 23 year old Victorian, improved his personal best by over 8 minutes to win in 2:15:16. This places him 10th on the all-time Australian marathon list. Judith Hine of N.Z. also posted a personal best to win in 2:44:08, the fastest time run by a woman in Australia.

The course is not absolutely flat, but the undulations in the middle of the modified out-and-back course are minor and probably serve to relieve the tiring effect of pounding on a flat road. Whether it's the course, the weather or just the atmosphere of the event, though, most people recorded their best times and out of 585 finishers, 186 broke 3 hours.

The organisation was flawless, and reflected the fact that the NIKE is organised and manned by runners. For instance, sponge stations were thoughtfully placed half-way between drink stations. Official splits were given at one mile and each 5 kms. Every mile on the course was clearly marked by a large, easily legible board. Accurate times were also given, perhaps by enthusiastic supporters, at 10 and 20 miles as well as half-way. The course was closed to traffic and patrolled by police. Total concentration could be given to running.

This was my first marathon, so I can make no direct comparisons, but everyone seemed to be as pleased as I was with the course, conditions, organisation and general 'feel' of the event. I certainly hope to run again next year.

STRIDERS RESULTS:-

81	Tony McCall*	2.43.58
141	Stuart Greaves	2.54.36
146	Gerry Smith*	2.56.07
154	Dennis Cooley	2.57.03
306	Peter Garrett	3.17.27

* Joined Striders subsequently.

I confess to zealous log-book keeping and constant planning of training. I also play around with numbers in an attempt to predict my potential times. Being a running book and magazine addict, I accumulate tid-bits of information which I try to tie in with my own experiments and experiences. Rather than give a detailed account of my first marathon, then, I will try to outline my approach to it. The keystone of my preparation derived from reading that the "collapse point" generally comes at three times one's daily training average over the previous 6 to 8 weeks. I decided not to attempt a marathon unless I could average over 100 kms per week for 8 weeks, then 'taper off' in the final ten days or so. My original plan had been to aim for the 1980 Western Districts at Lake Gillawarna. While I was building gradually towards 100 kms in mid-year, though, I raced a 25 km and the 30 km "Giant Jog". Evidently this was too much for my recuperative powers! For a month after the 30 km I found it difficult to do more than 70 kms per week and decided that I wasn't ready for a marathon. I started a very gradual build-up in two planned "phases", pointing to the NIKE marathon in Canberra in April, 1981. Phase I was simply building to the stage where I could run 100 kms a week. I gave myself until February, 1981 to do this (starting about September, 1980). Phase II involved 8 weeks at this level followed by a gradual reduction over the final 10 days before April 12th. I decided to forego racing during my build-up to avoid digging too deeply into my reserves.

The major problem during this training was getting a 'long run' each weekend. I was training alone, and quite often the thought of getting out to run for 2 hours or more was too much - even though I usually enjoyed it once I started! In January it was looking as if I would get stuck at about 80 km a week. I recognised that I had to find training partners for those long runs. Margaret Ricardo told me about the "Striders" at Talay's Runners' Shop, so with some trepidation I tried a Sunday training run. The regular long runs, and the contact with other runners, helped me over the final weeks and I achieved my second phase more or less as planned. As the marathon day approached, I tried to make an estimate of my capabilities based on best times at other distances. I finally hit on a method of constructing a 'pace graph' which seemed to fit my other times quite closely. By extending the line to the 42.2 km distance, I estimated that I should be capable of about 3.20. I actually doubted very much that I would achieve this. 3:30 seemed vaguely possible if I was lucky. Until the final three weeks, my long runs had been at best strained and at worst disastrous!

My pacing strategy is outlined in the table below. I decided to start more slowly than even pace because I read in David Costill's Scientific Approach to Distance Running that this helped to conserve glycogen. I also made a pact with myself to walk at each drink station and take one cup of water and one of Staminade. There were two reasons for this. First, Costill has found that dehydration, and consequent elevated body temperature, are important factors in "the wall". Second, diluting electrolyte replacement drinks as much as possible aids rapid absorption. (Ideally, one would have very diluted Staminade in squeeze bottles to avoid slowing down.) Some might think that this is a lot of drinking - but I found on long runs that the final kms were much easier the more I drank. As a former racing cyclist I also was aware of "hunger flatness" - a drop in blood sugar which leaves you feeling weak and unable to concentrate. (cyclists actually eat bananas and sandwiches during races - not recommended for marathoners!) On the "Collaroy Classic" run a few weeks before the marathon, I actually did have the symptoms described, and had to stop for a few minutes. On the day of the race, though, I had no problems - probably because of the dilute sugar in Staminade.

The pacing plan and my actual times were :-

	Planned	Actual
1 mile	24:00	24:10
5 km	48:00	48:10
15 km	1:11:30	about 72 mins.
20 km	1:35	1:35 (plus a few secs.)
25 km	1:58:30	1:57:50
30 km	2:22	2:21 plus
35 km	2:45:30	2:45 plus
40 km	3:09	3:07:30
42.195 km	3:19:19	3:17:27

I doubted very much whether I could keep to this. I expected to fade in the second half, but hoped I might scrape in under 3:30. As it turned out, I felt good at 30 km and was tempted to speed up, but I had made up my mind to try to stay "on pace" until at least 35 km, remembering some painful final kilometres in races last year. Even maintaining the same pace, though, I was passing people constantly. At 35 km I picked up and ran my fastest 5 km to the 40 km mark. In the final two kilometres I started to really hurt, but I was determined to keep going as hard as possible. My left calf started to cramp up so I applied the cyclists' remedy - go harder! Not that going harder involved speeding up at this stage - every step required concentration. Coming up to the finish I looked at my watch and realised I was going to do 3:17. It was hard to believe, after all my plotting and calculation, that I was going to be within two minutes of my projected time! I had expected a drastic slowdown, despite my mathematics. Perhaps I took more care with 'scientific' ideas than necessary - but my attempts to leave as little to chance as possible seem to have paid off in a first marathon experience better than I had hoped for at any stage of my preparation. Without those Sunday runs with the Striders, though, I would still be struggling to "get out the door".

Other disadvantages included :-

- adopting the AAA constitution
- attending monthly AAA meetings
- officiating at AAA events where members participate
- receiving no apparent benefit by way of advice, encouragement etc.

The only immediate benefit to the club would be in State competitions where official AAA registration can be compulsory (e.g. ACT marathon). However, this problem is overcome by a one day registration at a discounted rate.

CONCLUSION :

The club has had various teething problems during the past 12 months. I believe this to be inevitable in any situation concerning a new venture. Fortunately the achievements of the club cancel out past problems.

The policy of maintaining a broadly based club must be pursued. Novices are almost guaranteed success in their first marathon provided that they adhere to our Training Programme and are injury free. Slower runners have the opportunity to improve by training with faster runners, while the competition up front should be sufficient for any 6 minutes per mile marathoner. I confidently predict a sub 2H40m before the end of the season while 1982 should see our first sub 2H30m. Thanks to all committee members and non-committee members for their enthusiastic efforts - and remember - keep on striding!!

CHARLES COVILLE

July, 1981

TREASURER'S REPORT TO THE MEMBERS

It is pleasing to note that the club's income to date was \$1,778.33, the bulk of which is derived from subscriptions. Our membership is now 69 consisting of 65 seniors and 4 juniors. Donations from Dave Blackhall, Roy Norman and Gary Holland totalling \$44.50 are gratefully acknowledged.

Following a disappointing experience with our initial order for club colours, your committee has invested in a stock of material and patterns which explains the substantial expenditure on club colours. Most of the rest of the expenditure has been incurred in the production and dispatch of the "Blister" and associated publications.

At the end of my term of office, I have much pleasure in handing over the responsibility for the club's funds to my successor with \$308.05 in the bank and a further amount of about \$100 expected in response to the recent 1/4 subscription levy.

M.C. BINGHAM

24TH JUNE 1981

INCOME AND EXPENDITURE ACCOUNT FOR THE PERIOD FROM

30TH JUNE 1980 TO 21ST JUNE 1981

INCOME:

Subscriptions (65 senior & 4 junior)	\$1,131.00
Sale of colours	499.50
Race fees	84.50
Donations	44.50
Interest	18.83
	<u>\$1,778.33</u>

EXPENDITURE:

Printing and stationery	\$ 242.88
Postages	94.56
Telephone	11.85
Casual typing	50.00
Supplies	93.99
Social - cost of prize giving evening, etc.	131.90
Travel	10.55
P.O. Box	71.00
Adverts.	20.00
Sundry	30.00
Club colours - patterns, material and silk-screening	<u>713.55</u>
	<u>\$1,470.28</u>

BALANCE ON DEPOSIT

\$ 308.05

Cost \$5.90
Postage .90
\$6.80

Order from MAGNAMAIL PTY. LTD.
P.O. BOX 453
BROOKVALE 2100

Order article No. A249 (Milograph)

Used to measure STAR maps, UBD's etc.

MILOGRAPH

Now you can measure any length of road in a jiffy. Simply trace the route you wish to follow and the milo-graph will measure its distance automatically. Saves time and effort, no more mental calculations.



Our 3 month marathon preparation from January to March established the foundation of "time on your feet Training". The lack of adequate open competition during this period did result in a long slog into April. In 1982 the club should be able to offer an additional internal race to complement the Bayview Burnup.

I believe that the foundation mentioned above, along with our present era of shorter races culminating in the City to Surf will provide the right balance for an assault on P.B.'s in Sept or Oct.

Club handouts were also of assistance to members in adequately preparing them for the 42 km event. Handouts included a Marathon Training Programme and a Novices Guide to Marathoning.

On the former I would appreciate a report back of members own training programmes as there may be other features that we could incorporate into the club programme. Alternatively we could offer members the option of a number of diverse programmes. While training programmes do appear in running magazines, they tend to be too theoretical or impractical for most members.

Club Colours

Our biggest disappointment of the year was undoubtedly the problems associated with the acquisition of club colours. Shortly after formation the committee decided to investigate the possibility of having special club colours manufactured privately. A survey of running gear from 3 leading sports stores had revealed unsatisfactory garments for sale. The obvious choice of colours was emerald and white, as emerald was the least popular colour amongst clubs. It took 4 months to track down Palmer Enterprises - our only private manufacturer lead at that time.

A series of broken promises by both the manufacturer and the silk screener resulted in our first delivery in Feb. with a further delivery 1 month later. By the time that the Palmers had sold their business in March, the original order for both singlets and shorts had not been satisfied. A decision was then taken by the committee to have a full set of patterns cut as this appeared to be the biggest obstacle to future manufacture. Although we expected to readily find a private manufacturer once new patterns had been cut, this did not eventuate. The result was that my wife, Maureen volunteered to satisfy the back orders not met under the Palmer era. Today Maureen has taken over the full time manufacture of our gear and in this regard I declare my interest.

The recent response to the new order forms has been encouraging. All recent orders should be satisfied shortly.

SATURDAY TIME IMPROVEMENT COMPETITION (STIC)

Our venture into speed session competition at Lane Cove River Park concluded in March due to lack of support.

I hope that members nonetheless set aside one session a week for speed training, particularly now that the marathon mystique has been superceded by a desire for new and improved P.B.s.

Thanks to Neil Colburn and Dave Cox for their organisational efforts after I handed over to them.

THE BLISTER

The future of the Blister is dependent upon your timely contributions.

I believe that it is the duty of the Editor to delegate assignments to members, not only to lessen his burden, but also to achieve a fuller member participation. Future deadline dates for submission of articles will be detailed in our itinerary.

Previously we have waited on articles after deadline dates, as this caused delays in release of our magazine, we will in future go to press on the due date, regardless of outstanding articles.

Production costs are high - alarmingly so. However, the acquisition of a recent contact has enabled us to reduce total costs (which incidentally includes photostating, typing, envelopes and postage) from \$1.56 to \$1.15 per copy.

Would any member with contacts in the printing trade please advise the Editor as we are still looking to reduce the costs even further.

INSURANCE

New application forms have now been designed and released so that once again we will publicize the CASICO insurance cover. Quarterly applications will in future be submitted to the insurer for all new applicants. This ensures that cover will be available to all new members throughout the year. Our thanks to Neil Plevy for his involvement as the insurance co-ordinator.

SOCIAL EVENTS

Our first Film Evening back in March was most successful. We hope to arrange further shows in the future. Club dinner responses have been fair. To date we have had

- 1) A half year prize giving/cheese and wine party at the Liebmann's residence.
- 2) A Xmas dinner at a restaurant in Chinatown.
- 3) A pre State Marathon Carbo loading dinner at an Italian restaurant
- 4) A post State Marathon dinner at a Dutch/Indonesian restaurant.

Our switch from monthly post STAR lunch BBQ's to BBQ's immediately following the STAR have been highly successful in encouraging greater socialisation amongst members.

Our thanks to all hosts for their hospitality. We get little feedback on what members require by way of social events. It will be the function of the new committee to research members' requirements.

MARCH 1982 HALF MARATHON :

An open half marathon race is planned for March 1982, to fill the dearth of races at that time of the year as well as to provide a warm up for the Harbord Diggers and Nike Marathons in April. A venture of this magnitude will require the efforts of all members if we are to succeed. You will be approached by your committee in the near future to perform minor tasks in preparation for the event. You will also be expected to assist on the day, so please oblige, as it must not be left to your committee to do all the work.

The groundwork has already been laid when earlier this year a suitable venue was found. Support was also obtained from Willoughby Council for staging the event within their Shire.

EMBLEM :

No suitable club emblem was forthcoming during the past 12 months. Any suggestions are welcome.

DONATIONS :

A vote of thanks to the following members for their kind donations. Cash was received from Gary Holland, Dave Blackhall and Roy Norman. John Blance supplied \$20 worth of postage stamps, while Roy Norman also donated our large current supply of stationery incorporating our letterhead. Our membership lists and name/address labels have been forthcoming via Mike Nathanson compliments of the Sigma Data Computer Company.

Thanks too, to Daf Liebmann for all the typing, particularly of the Blister. Carmen Bingham and my wife Maureen also helped out in times of crises.

AAA AFFILIATION :

Affiliation to the N.S.W. AAA was considered at the outset of the club's formation. The disadvantages far outweighed the advantages. The overriding factor that dissuaded us from affiliating was the financial requirement of \$12 per member per year that had to be paid to the AAA. At present it is a struggle for Sydney Striders to survive on \$15 per season per member.

THE GREAT NOSH FOOTRACE By Glenda Murray

Last year my husband ran this race for the first time. He was so enthusiastic about it that I decided that I must run it this year. I arrived at Tyron Road within 10 minutes before the start.

Already a large cross section of runners were making their way towards the start. The track leading to the start was certainly a warm-up for things to come.

At 10a.m. precisely Alan Cole sent us on our way with a few words of advice "To be careful not to slip off the side of the cliff as the fall was steep and we may bruise our ankles".

The faster runners quickly made their way to the front as we had been warned that the track becomes very narrow making it impossible to overtake.

It was very pleasant breaking through the serenity of the bushes on a perfect winters day. The sun was shining brightly, the sky was cloudless and there was no wind with which to contend. It was a contrast to running on the highway with the noise of the traffic, (including the sounding of the horn at the sight of a female runner) not to mention the fumes emitted from the heavy trucks.

There was no time for boredom in this race, everyone was busy watching where their feet landed as there were plenty of obstacles like stones, rocks, logs, trees, bushes and a few mud holes here and there. As the pace became pretty slow in parts because of the rugged terrain, the magnificent scenery of middle harbour could be admired. The fellow runners were also friendly and talkative.

After the half way drink station the downhill run was very steep and rugged and the climb up the other side was equally as gruelling where one had to clammer up some very large rocks. I must admit that on one occasion I called for a gentle push from behind - I never did see who actually gave me that "push".

The path was lined with pink streamers to show the way and race officials were situated at key points to keep the runners on the course.

I was feeling very pleased with myself towards the end of the race when I thought I had spotted my friend Bob a Sydney Strider. I ran up behind him and called "I've caught you now Bob". To my surprise when the fellow turned around I realised it was not my friend Bob. I apologised and quickly passed him hoping that he did not gain the wrong impression.

The Nosh is really a great and an exhilarating experience. It is certainly different but a must for all those who enjoy a challenging fun run through the bush.

Many fellow runners stayed and enjoyed a picnic lunch together with much discussion about the run and of course the runs to come.

Thanks to Alan Cole and his band of helpers who put so much into making it such a successful day.