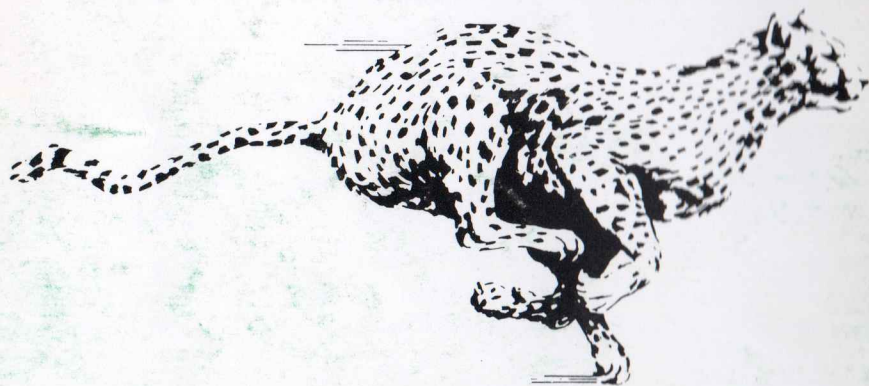


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COMMITTEE OF THE SYDNEY STRIDERS 1993-1994

(Elected at AGM, 2 May 1993)

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VICE-PRESIDENT

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Bret Nichols & Lynndy Bennett: Cross Country & Relay Directors (953 3289)

Steve Urwin: Internal Race Director (953 8036)

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John Ayliffe: Asst Blister Editor (974 4341)

Roger Rigby: Blister Production Director (487 2302)

EVENT MANAGER & CLUB ACTIVITIES COORDINATOR

Chris Robb: (959 4269)

PRESIDENT'S REPORT

I received a very sad letter last week. It was from the Victorian Marathon Club informing us that they were closing down at the end of this year after being in existence for 48 years.

They cite the very problems that we have become aware of- falling membership, lack of enthusiasm to help in club activities and decreasing race participation.

We are determined that Sydney Striders will not suffer a similar fate. We decided to tackle these problems head on by doing a number of things. These include raising funds to enable a club manager/event organiser to be appointed and broadening our activities over time so that our support base will change from the narrow long distance running one presently in existence, to one which will emphasise community fitness and include a greater range of activities that will appeal to all members of the family.

This is why you have witnessed lots of strange activities in the Club recently. These involved the preparation of the club's first business plan "A Strategy for the Future", an Extraordinary General Meeting where a new Club charter and mission statement were adopted, and approval was given for the Committee to move ahead with fund raising activities (other than raising subscriptions) leading to the appointment of a club manager/event organiser.

Events have moved swiftly. We found a young man who is ideally qualified to fill the position of part time club manager/event organiser and the Committee decided that it was important for him to commence his duties as soon as possible. Chris Robb was appointed as our first ever club manager on 1 September 1993.

It was originally visualised that sponsorships for our various events would provide the funds necessary to pay Chris's stipend and that is still the ultimate aim. This does, however, lay the Club open to a financial risk if sponsorships fail to materialise in due course.

For this reason it was decided to introduce a form of Life Membership of the club via a non interest bearing loan which the club is not obligated to repay (but will repay if circumstances ever permit this). You will all have received a letter from me explaining this and offering Life Memberships for the family in exchange for a loan of \$1,000 to the club, payable in full immediately or in instalments of \$350 now, \$350

in 6 months time and the final \$300 in September 1994. Indications are that we should be able to raise sufficient funds to ensure that we can employ Chris Robb for 6 to 12 months without having to resort to club funds or sponsorships. Thereafter his stipend will have to be paid from sponsorships and increased profits from the events that we promote.

I must stress once again that there is no pressure on anyone to participate in the Life Membership fund raising. It is completely voluntary, but I can assure you that if you do participate, you will be guaranteed a "warm fuzzy". That is that nice warm feeling that you get when you do something good for others.

I can also report that we are in the midst of negotiations to obtain a major sponsor for the 10k Series, which may also have exciting ramifications for the Half Marathon and my dream of an international marathon on the Olympic course. I do not want to say anything more at this stage. When we have something concrete to report, I will be crowing from the mountain tops.

Chris Robb has started on the hunt for a suitable club house. I feel that is vital that the club should have a base, a "home", something that will act as a focal point. I visualise that many new club activities will start from there. The sort of things that I am thinking of are Saturday morning runs starting at say 7.00 am of generally shorter distances than STaRs, say 5k to 15/20k, for beginner, novice and intermediate runners, but including something for better runners who want a good pipe-opener on Saturday. Walking and other activities will be introduced as soon as it is feasible to do so. We plan to have runs from the clubhouse during the week, including a time trial, perhaps on a Tuesday evening. STaR's will naturally continue on Sunday mornings as usual. The club seems well set for a long and exciting future.

My grateful thanks to all Striders who have helped the Club to make this quantum leap forward.

A last item concerns a very important 'friend' of the Striders, **South African Airways**: SAA were sponsors of the Strider Half earlier this year and more recently, they were a very important ingredient in helping to make the Strider trip to the 1993 Comrades in South Africa such an outstanding success.

From all Striders, thank you SAA!

ALF
President.

THE JULY EXTRAORDINARY MEETING

Prior to the Extraordinary Meeting held at Balmoral Beach on 12th July, President Alf Field wrote to all Striders to outline a vision for the future of our club. This letter may well become an important part of Strider history and for this reason we have reproduced the letter in this issue.

I have a vision for our club.

I see us hosting a running event of major international appeal, an event which will be televised and which will enable us to interest large sponsors. It will earn us significant revenue. Sufficient to employ a professional club manager/event organiser and perhaps have our own clubhouse.

It is not a new vision. It is something I have thought about for some years, but the secret ingredient - the event - has eluded me. Now I sense an opportunity. If we prepare carefully, start organising now - and if we really want to do it - I think that we can achieve something which will assure the club's long term future.

The event I have in mind is a top class marathon with international appeal and national TV coverage. Why shouldn't Sydney have a marathon to rival those of London and New York?

To some extent the opportunity available to us is predicated on Sydney hosting the 2000 Olympics, but I think that there is an exceptionally good chance of that happening.

One of the problems in staging a marathon in Sydney is getting all the different authorities on side. This problem would evaporate if the Olympics were to be in Sydney and we wished to stage a marathon along the official Olympic marathon route and with the blessing of the Olympic organising committee. It could be run every year prior to the Olympics to help to sort out all the problems that are certain to emerge and to ensure that the team organising the Olympic marathon has plenty of practise prior to the big day. If we are truly proficient, we could be the major part of the team staging the Olympic marathon! I sense that we would have keen sponsor interest and there would be a strong move to have it covered by TV. This is the opportunity which is there for us to grab - if we want it.

The words "if we want it" are important. If we reach out for this challenge, we will

need to employ a club manager/event organiser soon and raise money from sponsors to get the wheels in motion. The club will grow and will change from the cosy thing it is today. In view of the major change proposed, we are calling an Extraordinary General Meeting to discuss these issues and vote on the direction the club should follow in the future.

The entire aspect of the future of the club has been considered by the Presidential Support Group consisting of myself, Kevin O'Kane, John Turner and Charles Coville, augmented by Jonathon Trope and Alan Phillips. We concluded that the club needed a charter or mission statement, as well as a detailed business plan to set out exactly where we wanted to go and how we could achieve our goals.

John Turner was given the job of drafting the mission statement cum business plan and he has made a masterful job of it. The PSG carefully considered John's draft, made a few refinements and passed it for publication. It is a fairly lengthy document which is well worth the time spent absorbing it.

You will notice that in the business plan we not dwell too much on the aspect of Sydney getting the Olympics and rightly so. Our plan should not be dependent on that happening. It will just make our job a little easier if it does eventuate.

I see a chance for my vision to become reality, but it will change the nature of the club. The fun, fellowship, camaraderie etc will still be there, but there will be a new direction and emphasis in the club. I do not see this as a bad thing. In fact, the opposite. If the club does not make itself attractive to new and younger members, it will gradually diminish and die.

This is the opportunity to do something about it. Please come to the EGM and have your say. If you can't be there, send me your written submissions. All ideas are welcome and will be considered. So come to the EGM and be part of an exciting new future for the club.

THE EXTRAORDINARY GENERAL MEETING RESOLUTION: BALMORAL BEACH, 1 AUGUST 1993.

The business of the meeting was to consider and, if thought fit, to pass the following resolution:

That the Club adopts the following:

1. *A new charter which states: "Sydney Striders is a club for athletes which, through service to its members and the wider community, sets standards which are emulated by others".*
2. *A new mission statement which states: "Sydney Striders wants to be known as Australia's foremost club for people who enjoy running. We promote and maintain our reputation for fun, fellowship and mutual support, and we encourage participation in our sport through the quality of the events which we host and the way we foster the fraternity of running."*
3. *That the Committee be authorised to raise funds through sponsorships and other methods (other than raising subscriptions) to enable a professional club manager/event organiser to be appointed with a view to further upgrading the management of the club, expanding the half marathon and 10k series, starting a 24 Hour Race and working toward the establishment of a top class internationally supported marathon for Sydney.*

BUILDING ON STRENGTH: A NEW STRATEGY

A report to members of Sydney Striders Road Runners Club Inc.
prepared by a special committee under the chairmanship of
the President, Alf Field. The report's key recommendations were accepted at
an Extraordinary General Meeting of the Club on Sunday, 1 August, 1993.

Summary

This document reviews our performance as a club and proposes changes aimed at lifting our game. It recommends the following short term program against the background of specific goals and a nominal three year plan:

- Develop a sponsorship package for the 1994 10K Series and Half Marathon, aiming for sponsor acceptance by end-1993.
- Concurrently, seek a part-time manager to help organise events and co-ordinate club activities.
- Acquire the use of a clubhouse and training ground for Sydney Striders by June 1994.
- Aim to double Club revenues in 1994 to \$50,000 by means of new members, sponsorships and other fundraising activities.

Depending on the success of this immediate program, it proposes that the Club should expand its activities in several ways, including promotion of a major Sydney international athletic event such as a marathon.

1. Introduction

Sydney Striders Road Runners Club (*Sydney Striders*) is now in its fourteenth year. Renewed vigour in its organisation, fresh initiatives in its activities, and continued athletic successes by its members have all contributed to the current vitality of Club spirit. Camaraderie and support for healthy lifestyles are paramount.

The Club also contributes to the enjoyment of running for non-members. It organises a successful annual 'Open Half Marathon & 7K Fun Run', and an increasingly popular 'Open 10K', held monthly ten times a year.

Sydney Striders now wants to build on its strengths and move forward. It seeks to increase its relevance to members and to the Australian running community in general.

This document starts the process. First it summarises internal and external factors that affect our decision-making. Then it defines a simple **mission statement** to guide the Club's future direction. This gives rise to four proposed **goals**, each with a set of **objectives** for the medium term.

Finally, the document outlines a **plan of action** for the next three years. If our confidence in that plan is fulfilled, *Sydney Striders* will be a very significant force in Australia's athletic scene.

2. The things that affect us

The environment in which *Sydney Striders* operates is represented by a series of influences. Some are external and usually beyond our control. Others are internal; these we can expect to modify if we choose.

2.1 External influences

For a club built around distance running, there are mixed messages about people's exercise and competition habits today. For example:

- In Sydney, the City to Surf and, more recently, the SMH Half Marathon continue to attract record numbers. Sydney has no significant marathon event but those in other Australian cities get reasonable fields, particularly Gold Coast, Adelaide and Melbourne. Major marathons elsewhere, notably New York and London, have never been bigger.
- Ultra-marathons are expanding, though from a small base. The 1993 Six Foot Track Ultra (46K) near Sydney attracted a near record field of 250 despite its \$50 entry fee. South Africa's most famous race, the 90K Comrades Ultra, had nearly 13,000 starters this year.
- There is some resurgence in Track & Field events in Australia because of the Australian Institute of Sport and good promotion. NSW lags other States but this could change if Sydney wins its bid for Olympics 2000.
- Sydney's running clubs seem to be either in decline or just holding their own. Contrast this with the growth of triathlon clubs such as BRATS, Penrith Panthers and Cronulla.

In a changing world, we need to consider new factors such as the following:

- More opportunities now exist for those wanting an active lifestyle free of the obligation to join a club, eg fun runs, cycling, neighbourhood jogging

groups, exercise classes, bush walking.

- Triathlons and duathlons are growing in popularity, heavily supported by commercial interests because they boost bike sales and associated gear. Similarly for organised bike rides, often oriented to family participation.

Money and management also come into the equation; for example:

- Sponsors have tighter budgets and more choices. Serious sponsorship money prefers events which are covered by press and TV.
- Appearance money is a fact of life for big name sports people. They are now handled by professional managers.
- Professionals are also moving into athletic event management, eg Fred Lebow of the New York Marathon, and locally, Dave Cundy of Canberra. Other specialists offer timing systems and finish line management.

2.2 Internal influences

On the positive side, the Club's key features are:

- Members' involvement in *Sydney Striders* administration and organisation has never been stronger. Club spirit and camaraderie is more vigorous than ever.
- At the core of our committee structure is a group of long-standing members, all of them active distance runners. Most have careers in the established professions or are in significant business positions. Several of our members are prominent in marketing and business management.
- Our internal publications are second to none. They act as a glue that binds the Club into a cohesive whole.

Less helpful characteristics of the Club are:

- The Club's birthplace (Artarmon) somehow still influences its membership catchment area. The typical member probably lives somewhere along the North Shore Line. Few of the Club's events are held south of the airport or west of Drummoyne.
- The Club has no fixed office, clubhouse or home ground.
- Standard distance running remains at the heart of Striders' culture even though some members are diversifying into multi-mode events, ultra-

marathons and track running.

- Although Striders' green and white uniforms are prominent at non-Club events, we have rarely sought to associate with other groups for jointly organised events.
- Club finances are slim but adequate for current purposes. Annual revenues are \$25,000, of which our Open events generate more than half. Net assets are nominal, about \$12,000.

2.3 Analysis

Summarising the Club's situation, its strengths are in its people and their sense of purpose, backed by a long history of catering successfully for the typical member, and his or her desire for good companionship with running peers.

If the Club has one weakness, it is probably that it is resting on its laurels. It has not yet adjusted to the new factors for success in the Sydney athletic scene. Its key resources - particularly the intellectual power of its members - have been under-utilised.

As for opportunities, the scope exists in Sydney for a dominant group of runners, properly organised, to show leadership on behalf of the city's running community. Perhaps the New York Athletic Club is a model. With sponsorship, we could improve our half marathon and 10K's. Beyond that, a Sydney international marathon could be our target. As well, we need to consider other types of events attractive to a younger and more diverse membership.

On the other hand, threats to the Club are mostly represented by the way Sydney's distance running is losing ground to commercially driven non-standard events with higher media profiles.

3. The track ahead

This plan proposes an adjustment to the Club's focus - to one which looks harder at what role our Club can play in the Sydney and Australian athletic scene.

Our charter up to now has, quite properly, been concerned with "catering for all (our) members". The new plan effectively adds the words "and the wider community". It also expresses a concern for quality for the reason that members' enjoyment

of their Club and pride in its achievements will be infectious if our standards are high.

4. New charter

The Club's new charter is as follows:

"*Sydney Striders* is a club for athletes which, through service to its members and the wider community, sets standards which are emulated by others."

How we go about realising that charter can be summarised in this statement of our Club's new mission:

"*Sydney Striders* wants to be known as Australia's foremost club for people who enjoy running. We promote and maintain our reputation for fun, fellowship and mutual support, and we encourage participation in our sport through excellence in the events we host and the ways we foster the fraternity of running."

This mission statement incorporates four pillars on which our Club can be said to be founded:

- **Fellowship** - enhancing health and enjoyment amongst our members, and with clubs, organisations and individuals who share similar interests.
- **Leadership** - having policies and programs which enhance our Club's reputation for quality and leadership in Australian running.
- **Organisation** - administering effectively the Club's human resources and other assets in accordance with its commitment to members and others in the community.
- **Fundraising** - getting adequate financial support for the Club's programs and administrative needs.

These policies can be translated into goals, each with an associated series of short and medium term objectives, as described in the next section.

5. Goals and objectives

Listed below are specific guidelines proposed for Sydney Striders over the next few years.

Goal One: To enhance Club fellowship

- Objectives:**
1. Improve our members' enjoyment of their participation by active programs of peer support, team building, and sharing the work of Club activities.

2. Foster pride in our Club by encouraging quality in serving our members and by promoting to others our Club's attributes.

Goal Two: To be acknowledged as the best in Australia

- Objectives:**
1. Provide balanced social and athletic event calendars which reflect the changing demands of our members.
 2. Develop and maintain market research so as to continually improve our appeal to existing and potential members.
 3. Build membership significantly (2000 by Year 2000 ?). Consider amalgamating with other clubs. Invite joint ventures for special events.
 4. Host top quality open events, including one annual event at an international standard.

Goal Three: The Club's organisation adequately to reflect our commitment to growth, quality and service to our members and the community

- Objectives:**
1. Maintain and develop the Club's organisational structure utilising the inherent skills of its volunteer-based committees.
 2. Acquire the right to use a sporting venue to serve as a clubhouse and primary training base.
 3. Set up and staff a permanent office for the Club's general administration.
 4. Recruit a manager, answerable to a Board of Management, to stage the Club's major open events and co-ordinate Club activities.

Goal Four: To raise enough money to support the Club's commitments

- Objectives:**
1. Get sponsors' financial support for our Open events (currently 10K Series and Half Marathon) sufficient to employ a manager.
 2. Pursue other innovative funding opportunities, eg running

clinics, tours for runners, Olympics-related funds, life memberships, event management for other clubs/agencies.

3. Increase retainable revenue by ensuring our financial controls keep pace with the Club's growth.

6. Business plan for the next three years

These goals and objectives provide the basis for a plan of action covering the period from now to the end of 1996. The plan focuses on Goals Two, Three and Four above, because these are most associated with the practical elements of our new charter.

A cornerstone of the plan is the campaign to win major sponsorships - first to support and enhance the existing *Sydney Strider*-promoted events (our Half and 10K Series), and subsequently to support a major international event for Sydney, such as a marathon.

The plan is summarised in the following table of targets and milestones:

Year	Current	1994	1995	1996
Target membership	225	300	400	600
Income (\$)	25,000	50,000	152,000	250,000
Expenditure(\$)	24,000	48,000	119,000	230,000
Net assets (\$)	12,000	14,000	47,000	67,000
Sponsorship deal for Striders				
Half Marathon and 10K Series	Dec. '93			
Manager engaged (part-time)	Dec. '93			
Club admin. office established (part-time)		Jun. '94		
Striders Clubhouse and training base inaugurated			Jly. '94	
Sponsorships for 1995 international marathon			Sept. '94	
Club admin. office established (full-time)			Jan. '95	
Event Manager (full-time)			Mar. '95	
Inaugural Sydney International Marathon			Sept. '95	
Second Sydney International Marathon				Sept. '96

(Note: "STaR" refers to the *Sydney Striders*' Sunday Training Run, held almost every weekend at one of 25 different locations around Sydney.)

7. Longer term programs

As the Club continues to grow in membership and reputation, its perspectives for the future will expand. This document does not presume to define what programs should be in place beyond the next few years, but the following may be among many possibilities:

- A program to increase the Club's financial strength. In time, its service to members will be limited by its low capital base.
- Growth by merger, perhaps arising out of working relationships established with other clubs when organising major events.
- Diversity of running themes - programs in support of our wider community focus, such as handicapped youth or veterans events.
- New sports - programs formally catering for members with other athletic preferences, eg duathlons, triathlons, adventure trekking, mountain biking, power walking, aerobics, bush walking, novice runners, track runners, cross country, orienteering and rogaining.
- Sports management - selling for profit the accumulated skills of the Club and its staff.
- Name change - to reflect the broader interests of members at that time. (*Sydney Striders Club?*)

These are just examples. If Sydney wins nomination for Olympics 2000, the driving forces for action will be that much greater.

NOTE: The original document circulated to Members, contained the following appendices:

Appendix A sets out the plan in more detail.

Appendix B outlines a revised organisation structure for the Club when its responsibilities expand.

THE RISE AND RISE OF SYDNEY STRIDERS: A MILLENNIAL NIGHTMARE

Steve Cornelius

July 1993: President Alf's "vision for our club" circulated to all members. Sydney Striders to become southern hemisphere's answer to New York Road Runners' Club. Heated discussions break out between radical and conservative Striders' members on STaR runs. Bryce Courtenay drafts plot of new novel entitled "Power of Two Thousand". Steve Whingebag, upset at having to stay awake until page 9 of John Turner's business plan before finding mention of his name, complains about two missing apostrophes, one inappropriate verb tense and two non sequiturs in that document.

September 1993: In Monte Carlo, Juan Antonio Samaranch announces Sydney will host 2000 Olympics. President Alf breaks open case of Grange Hermitage he'd been keeping for Golden Wedding Anniversary. Killara Police pick up stragglers from President's Olympic celebration party at dawn, wandering on North Shore Line near end of Forsyth Street. None of those arrested can remember where they left trousers. Roger Rigby and entire staff of Clemenger go on bender lasting five days to celebrate successful advertising campaign for Sydney 2000. While drunk, they telephone principals of Apple Computer, Pepsi, Pizza Hut, NSW Lotteries, Tooheys and all other accounts to tell them how much they love them.

October 1993: Roger Rigby scans Herald's employment section for vacancy as taxi-driver. Large building on Pacific Highway at Greenwich up for lease. Striders' expansion plans hit top gear, spurred by Olympic bid victory. Sponsorship obtained from Apple Computer, Pepsi, Pizza Hut, NSW Lotteries and Tooheys. Fist-fights break out between radical and conservative Striders' members on STaR runs. Bruce Murray elbows 3 other members in nose under misapprehension they are trying to pull his shorts down. Steve Whingebag canvasses support for Extraordinary General Meeting to impeach President Alf for use of word "criteria" as singular noun.

November 1993: Nobby Young, half-way across Nullarbor, abandons attempt to walk around Australia, decides to upgrade in line with Striders' enhanced self-image. Hitches ride back to Perth, flies to Kamchatka to commence Great Walk Around

Asia, scheduled to finish in year 2012. Steve Whingebag promises to run Sydney to Melbourne Ultramarathon backwards wearing silly orange Nepalese lama's hat and whistling "Dixie" if Nobby makes it back to Kamchatka.

December 1993: Drive-by killings at STaR runs. Not many dead. Ian "Mad Dog" Whitfield appointed Club Manager. Kevin O'Kanine claims HIS dog could do better job. Steve Whingebag writes letter to editor of Blister complaining that all other members are dullards who couldn't even spot deliberate ambiguity in phrase "silly orange Nepalese lama's hat".

March 1994: New "sexy" image of Sydney Striders wins President Alf special dispensation to enter Miss Australia Quest. However, he withdraws after "4 Corners" investigative team reveals he only raised total of \$2.50, ninety percent of which was taken from housekeeping money.

June 1994: Dr Paul Russell arrested and jailed for running in harlequin tights made from wife's underwear. Judge, horrified at severity of offence and utter lack of remorse, marks Russell's papers "Never to be released". Striders consider buying Irwin Light's waiting room for Clubhouse, on grounds that there are always at least 6 club members there anyway, and that he has best collection of running magazine back-numbers and sex-technique "how-to" manuals in southern hemisphere. Club buys Opera House instead, since Light's waiting room doesn't have harbour view. Dale Thompson makes sensitive, gracious and eloquent speech before cutting ribbon and declaring Clubhouse open. Minor hitch when access to building temporarily blocked by mountain of unsolicited mail and full-page newspaper advertisements, largely claims, counterclaims and disclaimers by Telecom and Optus. Allegations that Tasmanian forests may never recover from telecommunications battle fall on deaf ears at Mount and Arthur.

July 1994: Scott Crawford goes on bender to celebrate receipt of 3 City-to-Surf entry forms, sufficient to put together one Striders' team. Quickly sobers up on realisation that one is left over from previous year, another is from Dr Paul Russell whose longest run these days is round exercise yard at Malabar Hilton, and the third is for Kevin O'Kanine's dog. Crawford scans permissible teams for "Mixed Species" category, but in vain. Realises life's work in ruins, resigns from club a broken man.

November 1994: President Alf, in fit of patriotic fervour, announces change of

club colours to green and gold. Kevin Tiller, eyes welling with tears, drives semi-trailer load of old green and white gear and 1980's Half Marathon tee-shirts to St Vincent de Paul. Wayne Stanton and Roger Rigby finally write postcards to Nobby Young bought in mid-1993, but are disappointed to find "Nobbygrams" project discontinued owing to unreliability of postal service in Kamchatka.

March 1995: Nobby Young, unaware of post-Gorbachev changes in former Soviet Union, arrives at postal headquarters in St Petersburg but is detained for questioning on suspicion of being hard-line communist when he includes reference to Leningrad in speech. Steve Whingebag complains that St Petersburg is not in Asia. Jim Donovan complains of ambiguity in Whingebag's complaint. Is Whingebag suggesting that Nobby is in wrong continent, or is he proposing St Petersburg be moved out of Europe?

May 1995: Steve Urwin changes name to Dave Ritchie by deed poll.

June 1995: One of two Dave Ritchies changes name to Steve Urwin by deed poll. Unfortunately, it is not known which one.

July 1995: The remaining Dave Ritchie changes name to Steve Urwin by deed poll. Irwin Light changes name to Irwin Urwin by deed poll. All three Urwins turn up at marathon claiming to be same person. Fist-fight fails to clarify matter.

August 1995: One Steve Urwin changes name to Dave Switchbag. Second Steve Urwin changes name to Steve Richbag. Dave Switchbag changes name to Rave Switchbitch. Richie Bartlett changes name to Rich Spongebag. Steve Richbag pole vaults over Steve Whingebag. Rave Switchbitch changes name to Steve Spatchcock. Jock Splotchbag arrr, forget it.

September 1995: Inaugural Sydney International Marathon, great success. Coup d'etat sees Sydney Striders dismiss State Government and install President Alf as benevolent dictator of New South Wales. President Alf declares new language will replace English throughout State until further notice.

October 1995: Shiznog vorogzog horogbog.

November 1995: New language repealed after farcical Striders' committee meeting in which President Alf misinterprets censure motion against his presidency as attempt to buy one of his 3-minute pizza machine franchises. English reinstated as state language, but with proviso that it must be spoken at all times with South Afri-

can accent so that 50 percent of Striders' members don't become confused. President Alf decrees all adult NSW citizens shall belong to Sydney Striders. Club membership swells from four hundred to four million in 24 hours. Bryce Courtenay revises title of novel in progress to "Power Of Four Million". Steve Whingebag imprisoned for maintaining that "masterful" and "masterly" still have different meanings, as do "alternate" and "alternative".

January 1996: President Alf orders seizure by Sydney Striders of all Australian advertising agencies, so that club can effectively police proletariat's entire thought processes on all matters of importance and control every single purchasing decision taken by any NSW resident. Quickly rescinds order when it is pointed out to him that Messrs Hamill, Courtenay, Rigby, Ayliffe, McCarthy, Spencer and Denmeade had already achieved this aim for club as long ago as 1993.

April 1996: At end of Canberra Marathon, Striders invade Parliament House. President Alf sacks Federal government and announces that Australian Republic, to commence immediately, will be one-party state under his dictatorship. Sydney Striders Road Runners' Club renamed The Sydney Striders' Party. Treasurer Wayne Stanton knocks back petty cash docket for streamers and paper hats, submitted by Harvey Blue and John Turner, on grounds that this is not what President meant by "party". Steve Whingebag complains that people should damn well say what they mean unambiguously, as he always does, especially when referring to his silly hat. Whingebag blackballed out of Striders' Party on grounds that the very sentence with which he complained about ambiguity was itself ambiguous. President Alf announces that all Australians shall henceforth be members of Striders' Party. Bryce Courtenay upgrades title of novel to "Power Of Seventeen Million".

June 1996: Nobby Young abandons effort to walk round Asia, discouraged by fact that he is now inexplicably in Portugal. Sacks navigator Jim English. Flies back to Sydney, decides to overcome problem of continually getting lost by walking round something very much smaller than a continent, a lot of times. Announces he will attempt to walk around basement of his house 500 million times. Bryce Courtenay upgrades title of novel to "Power Of Five Hundred Million". Steve Whingebag vows to whistle "Dixie" backwards five hundred million times (with his silly hat on) if Nobby makes it.

September 1996: Group of influential members of Striders' Party attend Atlanta Olympics then continue on to New York, where they storm United Nations building and take control. President Alf threatens to send Nobby Young to walk around Bosnia-Herzegovina. Bosnian Serbs, Croats and Muslims announce immediate cease-fire and detailed plans for long-term reconciliation on condition Nobby keeps walking around basement in Gladesville instead.

January 1997: Television current affairs program screens item on psychiatry without including Brent Waters on panel of experts. Outbreak of porcine aviation reported in Randwick area.

September 1997: President Alf announces that whole human population of world shall henceforth be members of Striders' Party. Bryce Courtenay upgrades title of novel to "Power Of Five Point Five Billion". Hugh Spencer and Wayne McCarthy appear in TV commercial to promote slogan "Striders' World Hegemony Fights Plaque - Six Ways!", but can only show back of heads since they are advertising executives.

August 1998: From UN headquarters, President Alf announces UN/Striders' joint venture into space exploration. Nobby Young emerges from Gladesville basement to announce he will soon begin Great Walk Around Proxima Centauri. Bryce Courtenay upgrades title of novel to "Power Of Whatever Four Light Years Translates To In Kilometres Which Is A Bloody Hell Of A Lot".

November 1999: Steve Whingebag proves that Blister Editor Graham Butler will print absolutely anything by submitting copy of "Mein Kampf" in original German. Butler later claims he thought it was personal account of Berlin Marathon.

September 2000: Kevin O'Kanine's dog wins Olympic marathon in 1 hour, 4 minutes and 28 seconds. Kevin himself takes silver medal in 1:04:29, and is treated for severe gash on wrist where leash has cut almost to bone. Brian Colwell takes bronze in 3:00:01 in 4,987th attempt to break three-hour barrier.

July 1993: Steve Whingebag awakes from particularly unpleasant dream to realisation that Sydney Striders is still cosy little introspective, self-congratulatory, incestuous gang of Sunday morning strollers he's known for the last 11 years, and that nothing, least of all Olympic Games, can ever change that. Can it?

IF YOU WANT TO DO IT AGAIN YOU CAN COUNT ME IN!

Trevor Jacobs

I write this for two reasons. The first is to express my gratitude to the Striders for helping me run Comrades, and the second is to describe the experience as some readers may be interested in this.

I had been trying for some time to find a way to Comrades, and had all but given up, when my wife happened to meet Brenda Hamill after the Canberra Mobil Marathon. One thing led to another, and pretty soon Alf Field made me an offer that I could not refuse - either run for the Striders or else. I had read what PB (President's Best) really stood for, and consequently I chose the course of least damage; run Comrades. Bryce Courtenay twisted the arm of Reed Books (NZ) for some sponsorship. Thanks Bryce.

A special thank you goes to Alf as well as the other Striders involved with arranging everything for me. The trip was extremely well organised and went like clockwork, at least until we rolled up at the Airport Sun Motel in Johannesburg after the race. We discovered that renovations to the motel had started a week early, without notice, and it had closed! Alf soon solved that problem, no fuss.

I was pleased to join the Striders, particularly as I had always admired their running gear. I must admit, however, that I was a bit apprehensive about going to SA given the violence that had occurred after Chris Hanni's death. I frequently scanned the papers for signs of improvement. Alf told me not to worry, but I did anyway, at least a bit. Alf proved to be correct, as we encountered no trouble.

Flying into Johannesburg early in the morning, you could see large native villages, with no lighting, belching out streams of smoke from their morning fires. The smoke stayed low to the ground and was being driven in great arcs across the countryside. For some reason this made me feel edgy for a while, I think because it was so different to anything I had seen before. Flying to Durban soon after revealed a landscape that changed quite quickly from dry semi-arid uplands to hills green with sugar cane, nearer to the coast. Later, during the race, it soon became apparent from the smell that there were also numerous chicken farms in the hills behind Durban

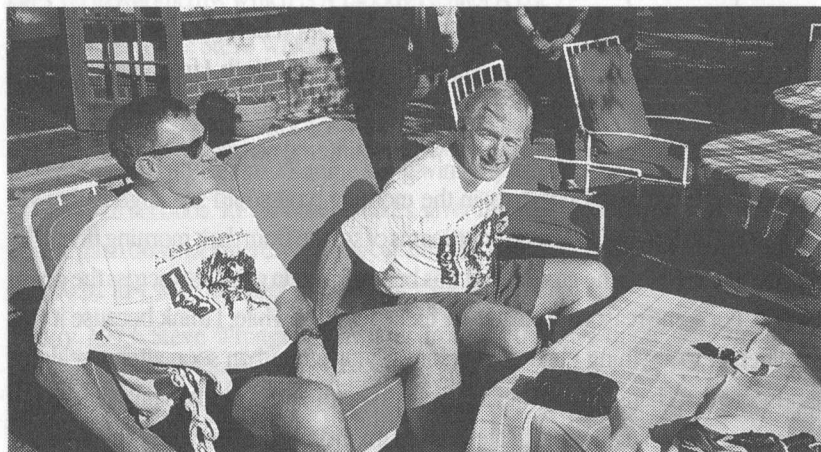
(eggs were very cheap there!).

Alighting at Durban Airport, the heat in the sun's rays was immediately noticeable (the Sydneysiders probably thought it was normal, but coming from living in a refrigerator in Canberra, it was noticeable!). I was billeted with a local rugby and cricket legend David Pearce, who was also going to run Comrades, for the 4th time. He had a great group of friends, most of whom were also running. It was incredible to listen to their enthusiasm for the race. Some of them had not trained properly, but this was no deterrent, they would do it come hell or high water.

Another thing that was immediately obvious to me in SA was the security devices everywhere. Barred windows and doors were the norm, and at major installations, there was often electric fencing and razor wire. I didn't see many police in Durban. They seemed to be concentrated along the main road approaching Johannesburg, parked every 5 Km or so apart.

The race organisers treated us extremely well. They were genuinely pleased to have such a large contingent from an overseas club, and it was great to part of it. The race Expo was almost as interesting as the race itself. The range of products was astounding. And cheap! imagine a packet of Squeezies for \$A5.

Comrades officials showed us the course by bus 2 days before the race. I suppose that was a good thing because it brought home with a crunch what we were up



Two warriors from the 'low train all gain' school of Comrades finishers, Peter Keeble and Bryce Courtenay at Rawdon's the day after.

against. As the hills (mountains?) unfolded one after the other, silence befell the bus. What had we let ourselves in for? Even the flat bits shown on the course profile did not exist. This was going to be a tough, tough course. You could almost see everyone revising (outwards) their EFT's.

The course records set by Bruce Fordyce and Frithe van der Merwe were obviously extremely good. The excellence and great depth of South Africa's runners was also apparent in the Two Oceans Race (56km) held at Capetown in April. The great Belgium runner Jean-Paul Praet (100 Km in just over 6 hours) was placed 33rd in 3.27.59, despite running a good race, some 13 minutes behind the winner (Isaac Tshabalala). We also visited Comrades House in Pietermaritzburg. The memorabilia was fascinating and the snacks provided were delicious.

Now for Comrades itself. What a lifetime experience. It far exceeded anything I had ever experienced in terms of organisation, service, runner and crowd participation, friendliness, awesomeness, competition and sheer atmosphere (better than the City to Surf, dare I say). Despite the bus tour of the course, I decided to try and keep to my pre-race plan of maintaining 4 min per Km. This I managed well to the half way mark in the nice cool conditions. After that the hills seemed bigger (were they?), and the downhill seemed so steep (were they?) that you couldn't capitalise on them by speeding up. The conditions also warmed up considerably near Durban.

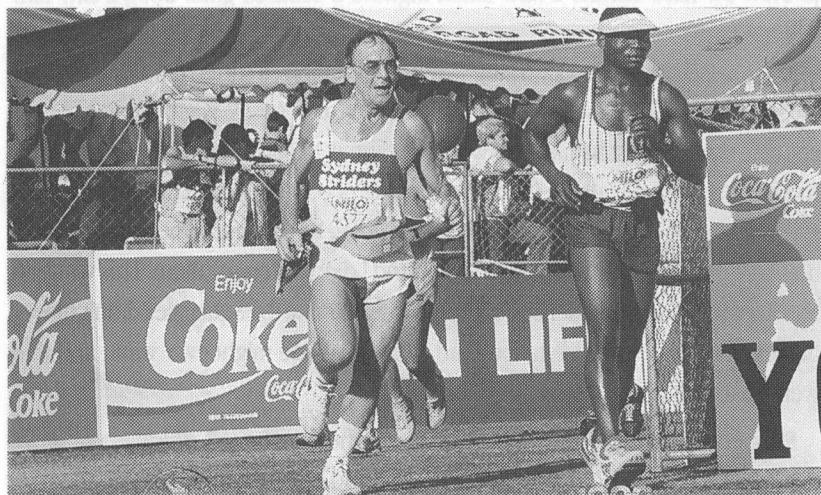
The reception received along the way was incredible; it stirred me along because the spectators seemed surprised (and pleased) that an Aussie was close to the leaders, at least in the first half. At half way I was about 12 min behind the leaders. I was so busy waving and talking (without stopping of course) to spectators and gazing around that I missed my helpers who were going to give me some Squeezies. My helpers even took a close up photo of me and I didn't even see them! This was due, I reckon, to the size and density of the crowds. Missing the Squeezies didn't matter, however, because the aid stations had everything one might ever want, and they were spaced at about 1.5 Km intervals~

Runners were stopping and walking everywhere in the last 30 km, so I figured that I had the choice of either going flat out and risking ending up like them, or being more conservative and ensuring a reasonable time and hopefully place (I had

no idea of my placing; all I knew was that there seemed to be an endless stream of mainly black runners ahead of me). I opted for the latter, and as soon as I finished (6hr 18min plus) and learnt that my placing was 70th (this was later amended to 69th after Herman Mathee was disqualified for not running the complete distance) I felt critical of my decision as my placing left a little to be desired. I was very pleased with my time, however. Now, looking back, I have stopped being critical because there was probably very little difference between the two options.

Charlie Doll from Germany won the race in 5hr 39min 41sec from masses of superb African runners. There was a sprinkling of well-performing European runners in the first 100 places (eg. Roland Vuilleminot from France 15th in 5hr 57min, Josef Schneider (Germany) 19th in 5hr 58min, Burkhold Lennartz (Germany) 32nd in 6hr 03min and Stephen Moore (England) 60th in 6hr 16 min, and Adrez Majier (Poland) was near me, etc.).

I reckon the locals were a bit shocked that a foreigner won, as they hold the race so dear to themselves. Charlie Doll is especially good on hills, however, as he trains predominantly in mountains and does a lot of cross-country skiing. So they shouldn't be too disappointed, particularly as South Africans dominated most of the other front placings. By the way, some of the leading South African runners in this race had marathon pb's around 2h 10min, and several finished well, but the results have



John Turner finishing in the Kingsmead Cricket Stadium, Durban (8:56:49).

shown that a good marathon pb doesn't necessarily equate with a good Comrades time. For example, I had been running with some South Africans who (said they) had marathon pb's around the low 2hr 20min mark, and I thought that they would whip me in this race, but I finished ahead of them. Also, in the last down run, a 2hr 10min marathon runner was leading near the end but blew up with leg cramps. More things can go wrong in ultra's than in marathons!

I really enjoyed relaxing and talking to others in the Milo tent after finishing. It was also great to see the other Striders finishing. The dedication of our group to the task showed as we all finished, albeit in various states physically and mentally! The crowd support the whole way was unbelievable, particularly up the steep hills towards the end. The finishing area was awash with people, and this just increased throughout the day.

Two thirds of the field finish in the last two hours prior to the 11 hour cutoff. What a spectacle! Everyone waited to see the last masses struggling to beat the cutoff, and fiercely encouraged them to make it. Those that did were ecstatic, but those that didn't just stopped (dead, dare I say) in their tracks, to slowly wander off looking devastated. But, I suspect that they were also thinking about doing better next year. Such is the magnetism and status of this race. It is hard to imagine and appreciate the massive organisational effort required to stage such a mammoth race.

After the race we briefly visited the beautiful Drakensburg Mountains at the Natal Royal National Park. The Zulu people in the surrounding area were very nice. Whilst going for my first jog after the race in the Park, I came across a young lad limping to work (he's a cook at the Tendele resort). He had run Comrades and we talked for a while until a car load of his mates picked him up. He trains by running to and from work from his village, some 10 km away. It struck me as being a good place to train (at altitude), with plenty of mountain trails to follow. We then drove to Johannesburg on well made freeways.

I hope that the race can survive the political turmoil currently sweeping the country, and that we'll see the 69th and more staging of the race. Thanks again to Alf and our group of Striders for an excellent experience.

If you want to do it again you can count me in!

28,000 FEET AT THE STARTING LINE: THE 1993 COMRADES

Tony Crosby

It's dawn in Pietermaritzburg. Adrenalin and Dencorub mix with the nervous sweat of 14,000 runners facing up to the challenge of one of the world's greatest ultra-marathons - 90 kilometres of tarmac, roller-coasting over the Natal countryside, lie ahead.

It is cool (5 C) and the floodlight shining from the Town Hall illuminates the area in Commercial Road where the atmosphere is electric with excitement. Some chatter nervously while others silently think of what lies ahead. This is the 67th Comrades Marathon, an event that has survived a war, a depression, droughts and social & political upheaval to touch the lives and hearts of millions.

Pietermaritzburg today is a runner's mecca - the sacred starting point of a pilgrimage that began with a trickle of runners in 1921 and has mushroomed over the years into one of the great sporting spectacles. On that chilly May (24th) morning in 1921, thirty-four determined men were granted permission by the League of Comrades of The Great War to stage a marathon. This elite club of 'Comrades' were dedicated to a common goal - running the 90 km from Pietermaritzburg to Durban as fast as they could.

Just before 6 a.m. the inevitable rendition of "Chariots of Fire", then the tradition crowding of the cock and, right on time, the crack of the starter's cannon sets the race in motion. For the first 20 minutes it is still very dark and crowded. You chat with those running around you, the legs are fresh and raring to go.

The first downhill is the notorious "Polly Shorts" (an absolute killer on the up run). You try to run this downhill as easily as possible saving yourself for the hard terrain ahead. Up 'Little Pollys' to the base of Ashburton. From here you climb steadily all the way to Mpumali where the first big throng of people wait to welcome the runners' through. The terrain is undulating all the way to the highest point in the race - the Dardenelles. Here at the top of the hill stand a clump of gum trees which made all the Australians running feel nostalgic. Up and down from Camperdown to Cato Ridge and then a very pleasant part of the course - Harrison Flats. It is now quite

warm and the wide road is shaded over. This section for approximately 5 k is flat.

Now starts the long, hard club up to Inchanga. Most around me are walking this "mother". Although I still feel OK I take the advice of others around me and join the "walkers".

The descent into Drummond is long and steep. There you pass the standard marathon mark (42.2 km) - my time a shade over 4 hours is about what I was hoping for. 3 km on, the village of Drummond and we're halfway. 4 hours 20 mins. - still feeling OK and happy with the time. Just after this I witnessed a spectacle which I felt embodies everything that the Comrades Spirit means and stands for. We passed a school for physically handicapped Zulu children. Lining the roadside was a collection of pupils, leaning on their crutches or sitting in their wheelchairs, clapping, cheering and encouraging us to carry on running and not give up the challenge which was denied them by virtue of their disabilities. I was very moved by this group of spirited and proud children. Their inspiration was such that I would have done anything rather than give up. We all ran past touching as many of the outstretched hands as we could.

Now comes the longest uphill stretch in the run - Botha's Hill (55 km). Over the top and the boys of Kernsey College are waiting to clap and cheer as you run on to Hillcrest, Winston Park & Gilletts. Running out of Gilletts there is a banner above the road which reads "Vasbyt". This is an old Afrikaans expression which translates simply to bite hard".

30 km to go and it's all starting to go wrong. My legs feel like lead but my time is fine. If necessary, I can walk from here and finish in the 11 hour time limit. (By the way the winner, Charly Doll of Germany has been in for a while - 5 hours 39 minutes.) Past Kloof Station and it is down the infamous Field's Hill - 5 km of very steep descent on legs (quads) that are shot. The road is thickly lined on both sides with supporters cheering you on. Running in the Sydney Striders colours drew a lot of positive attention.

Relief comes at the bottom of the hill with a fairly flat stretch of road through Pinetown. Next a steep climb up Cowie's Hill but at least I know that from the top I will be able to see Durban 18 km away. It is now hot (27 C) and humid and, more than ever, it is important to drink at every stop. A tough 10 km section through

Westville to 45th Cutting. This stretch is on the highway without flat sections, shade and crowd support.

Two more hills, 45th Cutting and Tollgate. 5 km to go. The highway filters into Durban where the weaving crowd-lined streets pull me ever closer towards Kingsmead. Kingsmead is a very special place for me for it was here that, in 1950, my father took my brother and me to my very first cricket Test. It was against Hassett's Australian side and I remember Neil Harvey scoring 151 not out to win the game for Australia. It is also the venue where, in 1953, I saw my first every rugby Test, again versus Australia. This time Hennie Muller's Springboks defeated Dr. John Solomon's Wallabies 18-8. So it was with a high degree of emotion that I ran into Kingsmead Stadium in front of some 35,000 people. As I entered the stadium I saw two other Sydney Striders runners. There were the first of our group of 18 runners from Sydney that I had seen since the 20 km mark. Suddenly all the pain in my legs disappeared. I ran after them and crossed the line with them in 9 hours 37 minutes in place 5601.

It's over. I feel \$1,000,000. I feel as if I have won the bloody thing. I receive my medal and throw my arms around my two mates who are as elated as me. It is truly a day that none of us will ever forget.

For the record:

58 refreshment stations	40,000 Noogi bars
4,000 helpers (70 per station)	5,000 packets of chips
800,000 plastic drink bottles	250 kg Anti chaf
180,000 sachets of energy liquid	350 kg Icy Hot Rub
30,000 litres of bottled water	250 bags oranges
200,000 litres of tap water	200 bags potatoes
75,000 litres of Coke	
200 sponging troughs & 70,000 sponges	

The record for the Down run is 5 hrs. 24 mins. and the Up run is 5 hrs. 27 mins., both held by the nine times winner, Bruce Fordyce. The great Wally Hayward first ran and won this race in 1930, at age 21 in a time of 7 hrs. 27 mins. and last ran in 1989, age 80, in a time of 10 hrs. 58 mins.

THE WORLD'S GREATEST ROAD RACE

Graham Butler.

It's 3.30am and I'm lying wide awake in our Drakensberg National Park retreat. I have a dry mouth, a mild hangover and feel too jetlagged and physically exhausted to have much hope of sleeping. Later I learn that the disturbance going on outside wasn't machete wielding Africans after all, but Messrs. Rigby and Turner, fortified with several glasses of fine South African vino, returning from nocturnal bushwalking amongst the local leopard population! It takes all sorts.

Just 36 hours ago I gained my second finisher's medal in the Comrades Marathon. I'm still feeling overwhelmed by the magnificence of this extraordinary race; the same way I felt the first time in 1990, but more so. I just can't stop the movie in my mind on fast replay at a thousand frames per minute.

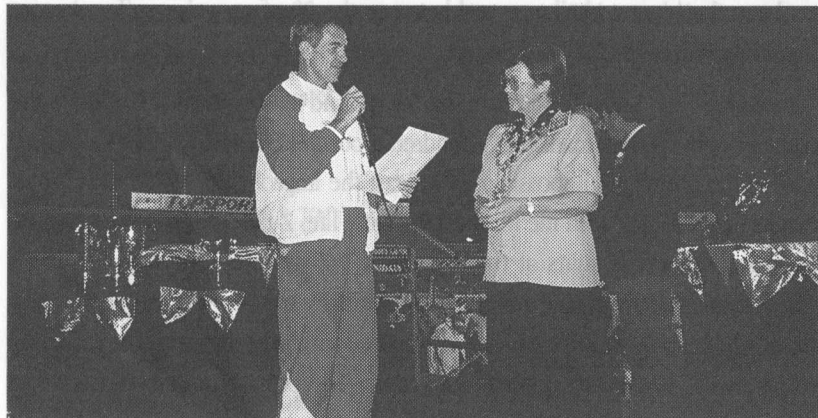
The atmosphere at Kingsmead Stadium is absolutely electric. I've crossed the line carrying my green balloon in a fraction under 10 hours, a time I've set body and soul against for the last agonising 10 kilometres, cheered along by half the population of Southern Africa. The Sydney Striders up in the stand are going berserk with the rest of the crowd; a dream come true. I've hugged John Ayliffe and Alan Phillips and there's a photograph to prove it. We've shared a group victory rather than a series of individual ones. The race itself has been the easy part. Getting to the starting line has been the biggest challenge and between the 20 of us we've suffered more breakdowns than my old Ford Prefect.

Race Day begins a little after 3am sharing tea and toast with Dick Bartlett in the kitchen of our Durban mansion. A hundred thousand faces and voices help us all achieve the seemingly impossible, or at least the improbable. My head is full of images that will stay with me for the rest of my life. Zulu women scrambling for discarded runners' T-shirts at the bottom of Polly Shorts. The crippled black children, immaculate in blue uniforms, supported by crutches and callipers, cheering their hearts out. Slapping hands with hundreds of black teenagers. The small boy in Pinetown, who I toss my green Oakley cap to. The look on his angel face is worth the price of a hundred caps.

Like visiting Royalty, we flash international competitor cards to officials at the preferred start chute. Pressed like sardines, we huddle together in the cold Maritzburg predawn as the big clock at City Hall approaches 6am. From that moment the emotional cocktail of the event takes over. But now with only a minute to go they're playing the Chariots of Fire music on the world's greatest stereo system. When the music stops the cockerel crows and the gun fires. A great cheer goes up and Africans ululate as the massive crowd shuffles forwards. We hold onto each other's shoulders to stay together in the crush. We're on our way in the world's greatest road race. The Sydney Striders' bus!



The Sydney Striders 1993 Comrades Marathon Team.



Alf Field presenting the Sydney message to the Mayor of Durban.

HOW TO COMFORTABLY RUN 90KS ON LESS THAN 60 K A WEEK.

Hugh Spencer

I'm afraid this is another Comrades story.

But hopefully one that will remove the fear barrier from you competing in the best race you will run in in your life.

When I joined the Striders in the mid eighties my ambition was to break three hours for the marathon. I was doing 90 plus ks a week with a top of 120. It was a combination of long and slow, plus fartlek plus a fast 20k each week. I got my marathon time down to 3:09 in 1987. The price I paid was painful knees, constant weariness and a wife (Sam) who said I always looked like death. So I gave it away - and since 1987 just ran short distances slowly two or three times a week. I learned to swim and took up cycling instead.

Therefore in January this year, when I committed to running Comrades, I knew I had to do a lot.

I started running a bit, quietly confident that the hard work I did all those years ago would stand me in good stead.

The Six Foot Track was a shattering wake up call. The 48 k's took me six hours twenty five and it hurt like hell. Without the support of Wayne McCarthy and Bryce Courtenay I would have quit after four hours. It was truly awful.

It made me realise how big a challenge Comrades would be for me.

So, I went and took advice from two people.

First a physio. With her I mapped out a weekly program of exercise designed to give me strength and endurance.

Next I went to a sports nutritionist who helped me come to terms with the need to significantly increase my food intake. She set out to have me increase my weight even as my weekly workload went up.

My weekly program was designed to minimise running so as to avoid knee problems. Monday I rode my stationery bike for forty minutes. Tuesday I did forty

minutes gym work, building leg strength, Wednesday I ran 18k at moderate pace. Thursday I would do forty minutes on the stationery bike plus do the leg exercise at the gym Friday I would swim for thirty minutes. Saturday I did a long run. Usually four hours (occasionally five) with the Comrades group at sedate (read slow) pace. Sunday was a rest day.

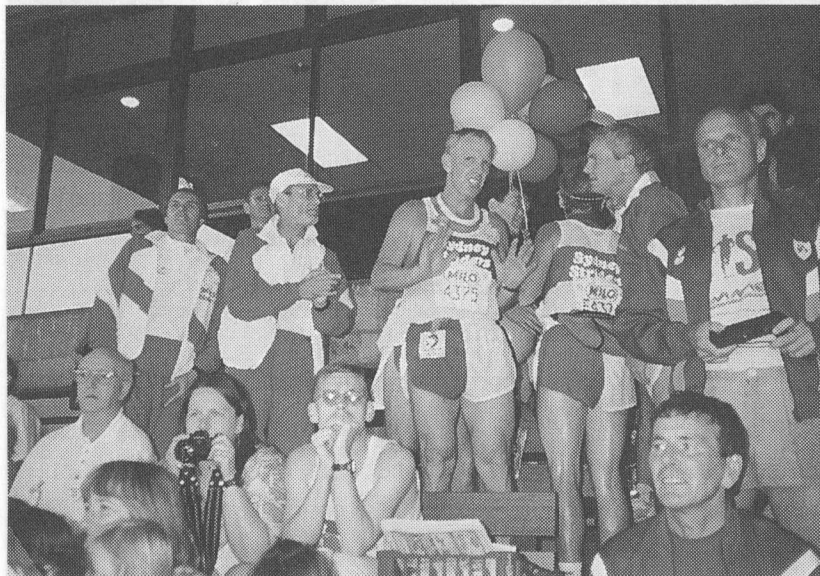
The program was marvellously varied in comparison to my previous running-only regimen. And week by week I got stronger, faster, put on weight and felt well and relaxed. Sam said I looked as if I might survive.

My ambition had always been to finish the Comrades. Time was irrelevant.

I not only finished in 10:09 I actually felt fine, strong, clear-headed - and exhilarated beyond belief to discover it is possible to run/walk 89.9 k's.

The race itself is a life-enhancing experience. Which is why I wanted everyone who runs at all to appreciate that even with low mileage you can conquer the Comrades.

So please . . . just do it



Relieved and pleased Striders in the Kingsmead Stadium stand at the finish in Durban. (L to R): Peter Hammerschmidt, Roger Rigby, John Ayliffe, Alex Hamill, Graham Butler, Brenda Hamill, Tony Crosby.

COMRADES '93: DOWN AND UP, AND ALL IN ONE DAY.

By John Ayliffe

They have a most humiliating way of telling you how far you've travelled in the Comrades Marathon: they tell you how much you have to do.

'70 kms to go' was when I died in the ass. Fell into a black hole. For the third time.

"Fair go, I've been running for two hours already. On my own!"

Earlier in the pre-dawn dark at Pietermaritzburg, when the gun had gone off, somehow I became separated from Phillips and Crosby, my running partners. And that was when I died the first time - with the realisation that I could well have to run this thing alone, a solitary Strider making passage to Durban nine or ten hours away. The loneliness of the long distance runner was writ awfully large.

The Plan was we would run the first ten kilometres and then have a walk, but I couldn't find the sign. So it was at about twelve that I came upon John Turner and Alf Field - and died the second time. Weren't they looking for eight hours, "What if they're after Silver!"

(Funny how you think you're saying some of these things out loud - when you're not ... or are you?)

They may not have known it but, believe me, John and Alf dragged me through that depression. All the way to Halfway. Where I came alive!

Oh, the vicissitudes of Comrades - forty five kilometres and now they play a Giant Joke!

From the race profile, Drummond appears to be at the bottom of a hole. Its straight down (and straight up). And there at the lowest point was a huge glaring theatre set, a beautiful bridge of many colours, a Lloyd Webber miracle. Produced out of timber and plastic it straddled the roads, an arch of certainty: "You'll make it now!". Laughlines ached, spirits soared.

I was alright from there, now I was to enjoy, enjoy!

Comrades is ninety kilometres of people. Running, walking, observing. In their thousands.

Greetings: "Welcome to South Africa", thick and guttural in Afrikaaner tongue. "Bryce Courtenay, sign my book", in deep, dark letters on heavy boards. "G'Day Bruce and Sheila": forgive them, they've been isolated all these years.

Magnificent country, rich and rolling hills. No time for sightseeing - but no-one misses the cripples: a hundred yards of beautiful black school kids all in a line and every one crisply dressed, smiling white teeth smiles.

Of course it had to finish (but the memories will hold on). Comrades '93 was finally, running into a stadium of twenty five thousand people and feeding the multitudes by carrying a Peace Accord balloon, TV statement on a National holiday.

It was an extraordinary event. Did it hurt? I'm certain it did, I mightn't run for quite a while.

Nobody gets out of Comrades lightly. But I'll never forget the day my spirits soared.



Comrades House, Pietermaritzburg, home of the Comrades Marathon Association.

THE COMRADES SONG.

by Hugh Spencer

CHORUS

Roll up, stagger up, everybody come

Join the Sydney Striders

And we'll take you for a run.

We took the Comrades challenge

And it's been a mighty trip

It's brought us pain and laughter

And the joy of Comradeship

& President Alf's tips,

Or simply hitch a tow rope

to Peter Hammerschmidt.

If you want the perfect model

You must look to Peter K.

He judged it to perfection

on the 31st of May.

He did the 89 k

with four minutes to spare.

And he's pissed off that he went too fast

He won't do that next year!

The crowds were simply marvellous,

they carried us along

with "Come on Sydney Striders"

and "you're looking good and strong".

The only thing that pissed us off,

We must ask for a truce

with the twenty-seven thousand twits

who thought to call us "Bruce".

By throwing up before the start

Alex lost his medication

(which incidentally, was enough

to cure a third world nation).

Ask Alex how he ran the race,

He really can't remember,

And if there's any justice,

There's a double bronze for Brenda.

If Sue was only beautiful

then she would just be fine.

We started on the stroke of six

in Pietermaritzburg

After "Chariots of Fire"

and the crowing of the bird,

we were excited we were nervous

at the thought of ninety k's.

But we ran and walked and triumphed

on the mightiest of days.

We have to start with Trevor

He's our quickest man by far.

The only way you'll beat him

is to do the trip by car.

Nick used the run to pick up girls

And Nick was doing fine,

'til she told him she was married,

just before they crossed the line.

If you want to beat the Comrades

you must learn to run and walk,

unless you're Alan Phillips,

when you talk and run and talk.

You must arm yourself with Besenol,

But she runs too bloody quickly
to be a friend of mine.
Dick Bartlett helped her on her way,
'cos he didn't feel too bad,
'til he heard spectators praising Sue
for running with her dad!

Spencer, as you might expect,
called a food consultant in.
"Your diet's crook, it's weight for you,
you're simply much too thin."

This seemed to work in training,
he was awesome on the hills.
But he only made the Comrades
thanks to eighty-seven pills.

The mighty Roger Rigby
We knew was bound to last
Though he ran the first too slowly
And the second half too fast.
'Next time I'll beat those bastards'
Is what Tony Crosby said
'Alf may prove a problem
But I'll leave John A for dead'

Ayliffe asked the Lord to help
On his Comrades debut day,
But God dislikes a whinger
And blew both his toes away.
Young Butler who had not been well
Said it was a drag
Carrying his Squeezies
In a colostomy bag

Courtenay was a mite too fat
and somewhat under trained
He cramped a lot while on the track
And finished badly maimed.
But he could have made the medal
And would not have felt so crook,
If he hadn't stopped continually
To autograph his book

Denmeade grew quite boring
deciding not to come.
So he and Macka thought they'd do
a *private* Comrades run.
Blue Mountains to the city hall,
they'd do it on their head.

THE 'PON MY SOLE AWARD FOR 1993

has been won by Blister Editor, Graham Butler whose running shoes were refused entry to Australia by Sydney Airport Quarantine officers on their return from the Comrades Marathon.

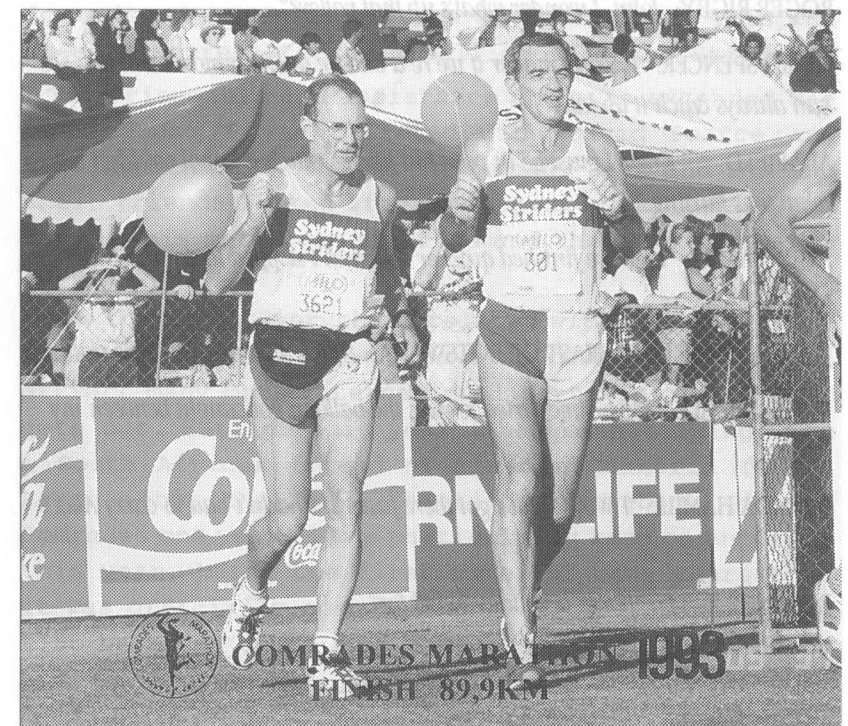
A quantity of elephant dung had attached itself to the already offensive smelling size eleven Reeboks during the owner's morning run in Victoria Falls National Park. The shoes were only admitted to God's Own Country after extensive scrubbing and fumigation had taken place. They were returned soaking wet in a very official-looking, sealed plastic bag.

But on the way they found a pub
So both got pissed instead.
Irwin was our needle man
He's deeply into pain
He fixed up Hamill's knee a treat
He hasn't run again
John Turner's a triathlete
So the run was just prelim
It simply got him down to Durban
For the cycle and the swim
To Caroline, Roseanne and Clare,
Celia, Lynn & Sam,
who listened to our ravings

and drove our kombi van.
Who nursed the tired and wounded
and cheered us all day long
to them with love and gratitude,
we dedicate this song.

CHORUS

***Roll up, stagger up, everybody come
Join the Sydney Striders
And we'll take you for a run.
We took the Comrades challenge
And it's been a mighty trip
It's brought us pain and laughter
And the joy of Comradeship***



John Ayliffe and Alf Field (4th run) in 1993 Comrades, (=9h 37m 12s).

COMRADES QUOTES

JOHN TURNER.... Came away from the trip with a big PB – the world land speed record in a Kombi van.

GRAHAM BUTLER Got the best close-up of an elephant's tonsils.

NICK REED Thought the Comrades was a type of 'sngles club' for meeting birds.

SUE GRIFFITHS.... We all went right off her – sheilas shouldn't run that quick.

TONY CROSBY.... Was shitty about being mistaken for Sue Griffith's father.

LYNNE PHILLIPS: *"The next day it was like going for an outing with a bunch from the Sunnyside Retirement Home".*

ROGER RIGBY: *John, I wonder what's up that valley?"*

HUGH SPENCER: *"It won't matter if we're a bit late at Drummond will it? – we can always catch it up later".*

ALF FIELD: *"... Knew I must be in pain but had so much Besenol couldn't tell what was hurting."*

ALEX HAMILL: *"I'd have finished quicker if I hadn't stopped to do a TV interview."*

JOHN AYLIFFE (THE BEAST OF BOTSWANA): *"Stick with me, you'll be right..."*

PETER KEEBLE: *"Every time I tried to run, the balloon got caught between my knees."*

BRENDA HAMILL: *"I Would have got there faster if I hadn't had to carry Alex's bags."*

ROSANNE FIELD: *"It was a holiday to kill for".*

§

LETTER

Linda Barron,
Executive Officer,
Comrades Marathon Association,
Comrades Marathon House,
18 Connaught Road,
Scottsville, Pietermaritzburg,
SOUTH AFRICA

Dear Linda,

Thank you very much for the facsimile transmission of 22 June 1993 regarding a number of final matters. Thank you also for the earlier communications, as they made for a hassle free experience with Comrades. This was greatly appreciated by myself and all the Striders.

The friendship and assistance that was extended was tremendous. I was billeted with David Pearce and Pamela Richardson whilst in Durban. Dave and Pam and their friends looked after me superbly well. Dave and many of his mates ran the race and the enthusiasm was unbelievable.

Now the race. Everything related with it was a truly remarkable experience. I have no doubt that it will attract many more international participants as word gets out. Earlier this year I had been talking with a South African friend of mine in Canberra (Geoff Large, from the Rand Athletic Club) about "doing" Comrades one year. I was particularly keen on entering this year, being the first time for many years that it was officially open to international runners, and also being a "down" run. Geoff preferred to debut on the "up" course, but I couldn't wait (must be something to do with being a "vet"?). Geoff had informed me of the toughness of the course, but, even despite this

advice, when we drove over it in the bus (again, a very well organised exercise that was much appreciated) I was truly in awe! The silence that befell the runners in the bus as the tour progressed and the hills unfolded was deafening! I think everyone was recalculating their plans and finishing times. I nevertheless stuck with my original plan of trying to maintain 4 mins/km, with the realisation that this was going to involve a mammoth effort, but worthy of "having a go".

What an unparalleled experience. The course is very tough and the times achieved by your top men and women runners are superb, worthy of great respect by the rest of the world. But most impressive was the sheer atmosphere that permeated everywhere, prior to and during and after the race. The huge crowds, the excellent aid stations, the music, support, huge number of runners, etc were something to behold. Obviously I am so impressed by Comrades that I'm having trouble selecting the right superlatives!

My friends and family here are very interested in the photographs that I and others took of the race and surrounding scenery. This included the beautiful Drakensburg Mountains which we visited on our way back to Johannesburg. The other Striders that stayed on for another week greatly enjoyed the Okavango Swamps.

I am deeply indebted to Alf Field and his fellow Striders for arranging for me to run. The sponsorship deal with SA Airlines for our group was terrific - business class seats for the economy price. This was the first time that I had flown business class and I think that I have now been spoilt; I guess that I will soon have to re-adjust however!

I was very happy with my time of 6hr 18min on such a tough course, but I have to admit that I was mildly shocked at my placing of 69th; I had hoped to have been

higher placed. I think this simply demonstrates the great ability and depth of South African runners!

I have since noted that South Africans took out the first three places in the recent Melbourne Marathon. In three previous 100 Km World Cup races I had placed 14th, 17th and 31st. With the time that I ran Comrades, I now believe that I can break 7 hrs for 100 Km, and hopefully get well under this barrier. We'll find out in August in Belgium.

I would like to participate in Comrades again to improve my time and position. I would also like to be considered by the Comrades Marathon Association when invited athletes are selected, if this is at all possible. Could you please arrange for such consideration Linda? Also, could you also please inform me of past good performances by Australians in Comrades (ie. whether any have run quicker than my time and by how much) so that I can generate some interest over here amongst our good runners to set new records.

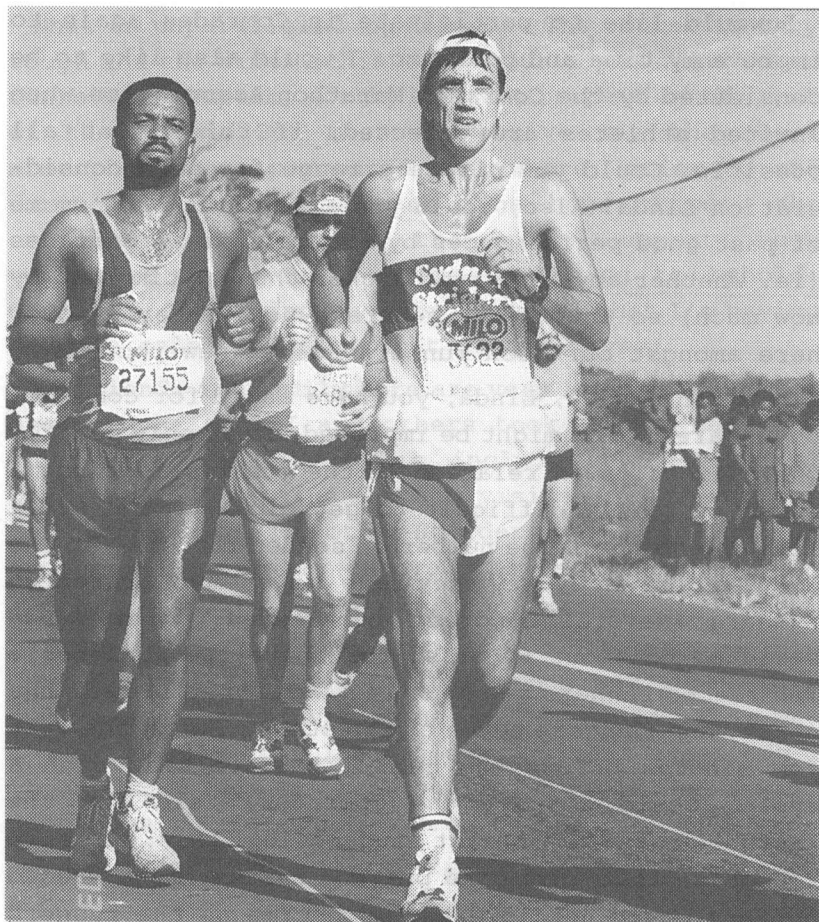
On a final note, Linda, you have asked for comments on any areas that might be improved. I can only proffer one suggestion in relation to the start situation. I found it fairly difficult to get close to the start line due to the large number of seeded runners. At the City to Surf in Sydney they have a system of preferred runners (several hundred) and seeded runners (restricted to about 60 or so for the elite athletes). The seeded runners are kept in a warm-up area near the start, and they are taken to the start line in the last few minutes before the gun. I believe that such a system could improve the Comrades start for the fastest runners. Whilst suggesting this, I also recognise that under the present system, most seeded runners would not lose too much time as the runners soon spread out. However, the extra space provided to

the elite runners and a reduced time at the start line would minimise the possibility of hassles and frustration.

Thanks again for everything, Linda, and everyone else involved (thousands!).

Yours sincerely,

Trevor Jacobs



Graham Butler at Harrison Flats, 3h 48m after the start at Pietermaritzburg.

SOME 1993 COMRADES STATISTICS

From 1993 Official Results, acknowledgements to the Comrades Marathon Association.

Winner, mens: Charly Doll (Germany) 5:39:41

Second, mens: Theophilus Rafiri (SA) 5:42:16

Winner, womens: Tilda Tearle (SA) 6:55:07

Second womens: Rae Bisschoff (SA) 7:00:30

First team, mens: av time for 4 runners, 6 hours (nearest).

First team, womens: av time for 4 runners, 8 hours 59 min.

First vets, men: av time for 4 runners, 6 hours 23 min.

Oldest to finish: Jeremiah Mnisi (aged 77): 10:56:09

Total entries: (registered on the day): 13,032

Total finishers: 11,314 (86.82% of registrations).

Finishers by age group:

18-19:	92
20-24:	762
25-29:	1,651
30-34:	2,696
35-39:	2,588
40-44:	1,864
45-49:	1,010
50-54:	441
55-59:	148
60-64:	45
65-69:	11
70-77:	6

Finishers per hour.

Under 6:	0.19%
6-7:	2.78%
7-8:	10.8%
8-9:	17.35%
9-10:	26.25%
10-11:	42.63%

Most Comrades completed by 1993 finisher/s.

Kenny Craig (Savages Club) 9:01:17, 35 finishes (age 57).

Clive Crawley (Savages Club), 9:02:09, 35 finishes (Age 62).

Henry Greyling (DAC), 10:40:52, 35 finishes (age 63).

COMRADES - STRIDERS FINISHERS

by Alf Field

• **Trevor Jacobs: 8.18.29** - finished in 69th position and did everything his sponsors could have wished for. He could have pushed harder in the final 30k but rightly opted to be conservative to be sure of a good finish. If he had pushed it and blown up, he would never have forgiven himself. The experience will help him to improve next time.

Steve Irwin: 7.50.49 - I was certain Steve was going to get a silver medal, which just goes to show how difficult it is to get under 7.30. A great run.

• **Sue Griffith: 8.55.41** - after the problems Sue had with her foot during the weeks prior to Comrades this is more than sensational, its quite amazing. Congratulations.

• **John Turner: 8.56.49** - what a tough SOB (Strider Old Boy). He did it in style and comfort. Could easily have been 30 minutes faster.

• **Peter Hammerschmidt: 9.13.04** - another surprise package. Was headed-off under 9 hours when a hamstring problem hit. A fabulous debut Comrades.

• **Dick Bartlett: 9.31.28** - a seasoned old campaigner who produced a 30 minute PB. It helps not have food poisoning the day before Comrades! A truly great performance considering Dick's knee problems and surgery just a few months ago.

• **John Ayliffe and Alf Field: 9.37.12** - something to treasure, sharing Comrades with my friend John. I think that I helped him during the first half but he surely helped me avoid a DNF. The last 30k we an agony for me as tendon injury at Cato Ridge gradually worsened. John was in great shape and on a serious high when he realised that he was going to finish in a very respectable time. He could have run the last 10k and taken many minutes off his time, but he stayed with me and got me home. Thanks, mate.

• **Tony Crosby: 9.37.16** - if Comrades had been 200 metres longer John and I would have suffered indignity of having Crosby flash by us on the finishing straight. Tony is a deceptively good and courageous runner. Another great debut.

• **Alan Phillips: 9.55.53** - it takes Alan 60k before he starts to feel strong. The last 30k was his quickest. Another case of someone being on a serious high and he found

it easier than he anticipated it would be (but will never admit it).

• **Graham Butler: 9.58.37** - the running corpse. Took up his hospital bed and ran. Probably gave his doctor apoplexy. Incredible performance from one who should not have run at all.

• **Hugh Spencer: 10.09.06** - the Besenol man. Quite achiever. Fixed his mind on his goal and just went out and did it. Great one, Hugh.

• **Roger Rigby: 10.17.41** - could easily have been under 10 hours. Wanted an easy run so that he could enjoy the experience and finish with a desire to do it again. Successful on all counts. Another quiet achiever who puts a lot of thought into what he does.

• **Nick Reed: 10.39.20** - no question, testosterone and a beautiful lady put the finishing touches to an incredibly gutsy performance. Used up his last ounce of reserves.

• **Brenda and Alex Hamill: 10.47.31** - there is no truth in the rumour that Brenda carried Alex's bum bag for the last 10k. I think she carried both Alex and the bum bag! A great performance by this husband and wife team.

• **Peter Keeble: (10.54.26) and Bryce Courtenay (11.12.00)** - two of the gutsiest runs I can recall. Both deserved medals but only Peter got one. Peter ran with a virus on limited training and is still paying the price.

Bryce was also a victim of under training, had severe cramps for the last 60k and severely blistered feet.

There are some who think that Bryce fell prey to his predilection for having pretty girls run their hands over his body. Why else would he stop at every massage station on the route?

Eleven massages at 2 minutes each total 22 minutes. If you deduct 22 minutes from 11.20 you get 10.58. Ergo, Bryce could have got a medal if he had avoided the pretty masseuses. On the other hand he might never have finished if he had not had those massages, sadly, we will never know the answer.

§

LETTERS

Brian Swart
PIETERMARITZBURG
South Africa

Alf,

Comrades 1993 was, for me, almost a total disaster, finishing with less than 300 seconds to spare. I think the lung virus I picked up 4 weeks before simply got me in the end.

But some of the few highlights that I did experience was meeting up, and running a few k's with the members of Sydney Striders. Folk like Graham Butler, who I bumped into on a number of occasions and ran with for quite some distance until he decided to jettison me because my pace did not leave much tolerance between success and failure.

Then Brenda and Alex Hamill who I caught some 2 k's or so before 45th Cutting. They appeared to be totally overwhelmed by the scale of the event. They couldn't stop complimenting us on the way it went off. I left and went ahead of them at 45th when they were stopped for a TV interview. A few k's later, by which time I had been reduced to a shambling wreck, they flew past as if I were marking time.

And of the 3 or 4 others, whose names I didn't get, all were delightful folk. I hope they all have fond and agonising memories of this country.

Speaking to some of you chaps at the post-race cocktail function gave me the impression that the Sydney Striders are likely to become a regular feature of future Comrades (is the Gunga Din in danger of being purloined off to the land of the koala?) with greater numbers wanting to take on the race, albeit at enormous cost and personal sacrifice.

This prompted me to pop a question or two at a few friends, and the result was that all would be delighted to accomodate, at no cost, a visiting runner or two for 3 or 4 days. At this stage, without even trying, I could find places for 12 to 15 runners for the 1994 race, and probably more with a little effort.

If you know of anyone who would like to take up this offer, please get in touch with me, providing they have no objection to staying in private homes. Mind you that would be far superior to hotel accomodation in any event.

I would hate to see anyone denied the opportunity of running the Comrades for the sake of cost alone.

Can you let me have a copy of the edition of your club magazine that carried "my story". I'd like it for my personal records.

Regards,

Brian Swart.

§

July 19 1993
8 Goodwin Avenue
Blackridge
Pickermaritzberg

Alf,

Thank you very much for destroying my birthday resolution right from day one.

On Sunday, 4th July, I turned 48 and went out for an early morning 25 km run with a friend and firmly resolved to run at least 10 km a day for 100 consecutive days.

Then, on Monday the 5th, I arrived home from work at 5.15pm intending to go out and run.....but in my mail was your letter and the copy of the Blister No 50. When I had finished reading it, it was 9.30pm, pitch black

outside and bitterly cold.....no run..... Resolution blown. Thanks very much, mate.

The Blister is, quite honestly, by far the best club magazine I have ever read. Whoever is responsible for its publication is really doing a fabulous job.

I notice, however, from the back cover that you fellows seem to be having a problem getting rid of your members. Body and Sole are offering "20% off all Striders". How are their sales going?

Tell me one thing, what is a STAR? Being a simple little Dutchman not too well up on Aboriginal colloquialisms, I am ignorantly intrigued by the frequent reference to it.

Would you like me to write the odd article for the Blister from time to time? I don't know if you are aware of it, but I am the culprit responsible for writing those rubbish limericks in the Comrades Brochure, so what follows is my method of getting even with those members of Sydney Striders who had the temerity to beat me on Comrades. You are welcome to publish them in the Blister if you wish.

Maybe some more "poisoned ink" will flow in the days ahead.

If the following request is out of the question, please say so. Is it possible for me to join Sydney Striders as a foreign member? If so, could you let me have an enrolment form, and also let me know how much your annual subscriptions are, as well as the cost of a Sydney Striders vest (I think one size smaller than yours would fit me). I can get green shorts locally.

Regards

Brian Swart

Sydney Striders 3rd Annual Picnic Relay Day

Dooralong/Watagan Mountains 12th October 1993



1st Tina Campbell's Tigers

Yellow Total time 9:06.13	Clockwise					
	5.7km 0-1 Ian Manners 25.05	8.6km 1-2 Ken Edmondson 37.11	6.0km 2-3 Mark Robinson 25.38	4.8km 3-4 Nick Whealy 19.26	7.0km 4-5 Tina Campbell 27.47	Half 2:15.07
	Anti - Clockwise					
	5.7km 0-9 Sue Hill 24.32	9.0km 9-8 Jeff Gissing 34.06	6.3km 8-7 Murray Town 23.43	4.0km 7-6 Stuart Smith 19.31	7.8km 6-5 John Turner 31.12	Half 2:13.04

1st 4:28:11

2nd John Craig-Sutherland alias Lesley Maher's Lions

Red Total time 9:08.25	Clockwise					
	5.7km 0-1 Julie Peksis 25.50	8.6km 1-2 Bill Dalton 33.26	6.0km 2-3 John Sutherland 25.50	4.8km 3-4 John Hodges 18.29	7.0km 4-5 George Toskas 28.29	Half 2:12.04
	Anti - Clockwise					
	5.7km 0-9 Ron Daly 24.00	9.0km 9-8 Ross Keys 43.23	6.3km 8-7 Dot Seippmann 27.57	4.0km 7-6 John Hawkins 14.46	7.8km 6-5 Colin Townsend 29.35	Half 2:19.41

2nd 4:31:45

3rd Wendy Downes' Wombats

White Total time 9:14.28	Clockwise					
	5.7km 0-1 John Ross 24.35	8.6km 1-2 Susan Creighton 41.46	6.0km 2-3 John Whealy 29.57	4.8km 3-4 Crispin Gardner 18.08	7.0km 4-5 John Darcey 23.32	Half 2:17.58
	Anti - Clockwise					
	5.7km 0-9 Greg Love 18.33	9.0km 9-8 Simon Fretton 34.01	6.3km 8-7 Iain Dow 25.48	4.0km 7-6 Wendy Downes 17.07	7.8km 6-5 Phil Daly 51.44	Half 2:27:13

6th 4:45:11

	7.8km 5-6 Nick Whealy 31.52	4.0km 6-7 Tina Campbell 18.27	6.3km 7-8 Ian Manners 28.52	9.0km 8-9 Mark Robinson 35.53	5.7km 9-10 Ken Edmondson 22.37	Half 2:17.41
	7.0km 5-4 Murray Town 34.20	4.8km 4-3 Sue Hill 25.25	6.0km 3-2 Stuart Smith 24.51	8.6km 2-1 Jeff Gissing 32.07	5.7km 1-0 John Turner 23.38	Half 2:20.21

4:38:02 9:06:13

	7.8km 5-6 John Hodges 29.24	4.0km 6-7 George Toskas 18.57	6.3km 7-8 Bill Dalton 24.47	9.0km 8-9 John Sutherland 34.25	5.7km 9-0 Julie Peksis 25.38	Half 2:13.11
	7.0km 5-4 C. Townsend 34.58	4.8km 4-3 Ross Keys 20.28	6.0km 3-2 D. Seippmann 26.04	8.6km 2-1 John Hawkins 34.44	5.7km 1-0 Ron Daly 27.15	Half 2:23:29

4:36:40 9:08:25

	7.8km 5-6 John Whealy 32.14	4.0km 6-7 John Ross 17.23	6.3km 7-8 John Darcey 26.44	9.0km 8-9 Crispin Gardner 33.49	5.7km 9-0 Susan Creighton 24.41	Half 2:14.51
	7.0km 5-4 Greg Love 31.03	4.8km 4-3 Simon Fretton 17.16	6.0km 3-2 Iain Dow 24.44	8.6km 2-1 Phil Daly 35.16	5.7km 1-0 Wendy Downes 26.07	Half 2:14:26

4:29:17 9:14:28

4th Dale Thompson's Dingoes

					Clockwise									
Purple	5.7km	8.6km	6.0km	4.8km	7.0km			7.8km	4.0km	6.3km	9.0km	5.7km		Clockwise
Total time	0-1	1-2	2-3	3-4	4-5	Half		5-6	6-7	7-8	8-9	9-0	Half	Finish
9:15.26	Linda Thompson	Martin Thompson	John Bonsing	Dale Thompson	Debbie Stokes			Linda Thompson	Dale Thompson	John Bonsing	Linda Thompson	Debbie Stokes		
	23.00	37.28	31.08	23.57	27.46	2:23.19		30.34	19.35	29.23	38.12	26.00	2:23.44	4:47.03
					Anti - Clockwise									
	5.7km	9.0km	6.3km	4.0km	7.8km			7.0km	4.8km	6.0km	8.6km	5.7km		Anti-clockwise
	0-9	9-8	8-7	7-6	6-5	Half		5-4	4-3	3-2	2-1	1-0	Half	Finish
	Derek Smith	Warwick Selby	David Solomon	Bret Nichols	Peter Cookson			Warwick Selby	Bret Nichols	Peter Cookson	Derek Smith	David Solomon		
	20.34	34.58	24.25	16.00	34.48	2:10.45		33.45	20.03	24.59	34.11	24.40	2:17.38	4:28.23

3rd 4:34:04

4:41:22 9:19:26

5th Elizabeth Campbell's Baboons

					Clockwise									
Orange	5.7km	8.6km	6.0km	4.8km	7.0km			7.8km	4.0km	6.3km	9.0km	5.7km		Clockwise
Total time	0-1	1-2	2-3	3-4	4-5	Half		5-6	6-7	7-8	8-9	9-0	Half	Finish
9:29.56	David Cleland	Brian Colwell	Kevin O'Kane	Joan Boltz	Elizabeth Campbell			Kevin O'Kane	Elizabeth Campbell	Brian Colwell	David Cleland	Joan Boltz		
	22.13	35.10	28.47	23.49	29.08	2:19.07		33.25	19.10	26.04	34.14	25.53	2:18.46	4:37.53
					Anti - Clockwise									
	5.7km	9.0km	6.3km	4.0km	7.8km			7.0km	4.8km	6.0km	8.6km	5.7km		Anti-clockwise
	0-9	9-8	8-7	7-6	6-5	Half		5-4	4-3	3-2	2-1	1-0	Half	Finish
	Russell Wallace	Sandra Wallace	Peter Hamer	Ray Reid	Steve Gill			Steve Gill	Peter Hamer	Ray Reid	Russell Wallace	Sandra Wallace		
	19.14	34.53	28.35	18.17	38.51	2:19.50		34.53	22.25	38.51	34.20	21.44	2:32.13	4:52.03

4th 4:36:57

4:50:59 9:29:56

6th Julia Stenton's Jaguars

					Clockwise									
Green	5.7km	8.6km	6.0km	4.8km	7.0km			7.8km	4.0km	6.3km	9.0km	5.7km		Clockwise
Total time	0-1	1-2	2-3	3-4	4-5	Half		5-6	6-7	7-8	8-9	9-0	Half	Finish
9:33.00	Bob Williamson	Mike Ward	Jon Marsden	Darren Goodsir	Julia Stenton			Jon Marsden	Darren Goodsir	Bob Williamson	Mike Ward	Julia Stenton		
	24.22	37.34	27.35	21.11	32.30	2:23.12		30.52	16.08	28.56	40.46	27.34	2:24:16	4:47.28
					Anti - Clockwise									
	5.7km	9.0km	6.3km	4.0km	7.8km			7.0km	4.8km	6.0km	8.6km	5.7km		Anti-clockwise
	0-9	9-8	8-7	7-6	6-5	Half		5-4	4-3	3-2	2-1	1-0	Half	Finish
	Tony Robinson	Paul Russell	Jonathon Trope	Dave Barwick	Mary Molloy			Jonathon Trope	Mary Molloy	Dave Barwick	Paul Russell	Tony Robinson		
	22.38	35.38	21.29	18.17	42.05	2:20.07		33.41	21.21	31.58	33.25	25.00	2:25.25	4:45.32

5th 4:43:19

4:49:41 9:33:00

The Top Twenty Martinsville Hill times ('Hill of Fame').

Leg 5-4, approximately 7k with a vertical rise of 385 m (1:18).

1.	29.23	John Sauer	1992	1st
2.	30.04	Colin Dominish	1992	2nd
3.	30.35	Anthony Scott	1991	1st
4.	31.01	David Gill (?)	1992	1st

5.	31.03	Greg Love	1993	1st
6.	33.17	Kevin Tiller	1992	4th
7.	33.31	Bruce Ingils	1991	4th
8.	33.41	Jonathon Trope	1993	2nd
9.	33.45	Warwick Selby	1993	3rd
10.	33.47	Chris Downes	1992	2nd

First female

20.	35.44	Nikki Taws	1991	6th
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7th Lesley Clarke's Leopards

Blue Total time 9:47.38	Clockwise					
	5.7km 0-1	8.6km 1-2	6.0km 2-3	4.8km 3-4	7.0km 4-5	Half
	Marie Nuss 36.26	Bruce Inglis 36.23	Ian Holmes 27.59	Lesley Clarke 24.46	P. Hammerschmidt 25.37	2:31.11
Anti - Clockwise						
	5.7km 0-9	9.0km 9-8	6.3km 8-7	4.0km 7-6	7.8km 6-5	Half
	Jim Screen 23.40	Greg Byrne 37.05	Ray Summerville 24.47	Dave Ritchie 15.07	Hugh Spencer 36.23	2:17.02

7th 4:46:13

8th Merri Mack's Monkeys

Pink Total time 10:12.44	Clockwise					
	5.7km 0-1	8.6km 1-2	6.0km 2-3	4.8km 3-4	7.0km 4-5	Half
	Jeremy Lowes 24.13	Geoff Taylor 36.34	Jeremy Lowes 29.40	Charles Beelaerts 29.07	Ron Stitzinger 29.22	2:28.56
Anti - Clockwise						
	5.7km 0-9	9.0km 9-8	6.3km 8-7	4.0km 7-6	7.8km 6-5	Half
	Wayne Meader 22.20	Owen Denmeade 48.15	Merri Mack 27.04	Luke Russell 18.06	Sarah Entwistle 35.10	2:30.55

6th 4:59:51

	7.8km 5-6	4.0km 6-7	6.3km 7-8	9.0km 8-9	5.7km 9-0	Half	Clockwise Finish
	Bruce Inglis 33.45	Marie Nuss 20.53	Ian Holmes 27.22	P. Hammerschmidt 42.35	Lesley Clarke 28.15	2:32.50	5:04.01
	7.0km 5-4	4.8km 4-3	6.0km 3-2	8.6km 2-1	5.7km 1-0	Half	Anti-clockwise Finish
	Dave Ritchie 38.35	Ray Summerville 20.21	Jim Screen 24.41	Greg Byrne 35.02	Hugh Spencer 27.56	2:26.35	4:43.37

4:59:25 9:47:38

	7.8km 5-6	4.0km 6-7	6.3km 7-8	9.0km 8-9	5.7km 9-0	Half	Clockwise Finish
	Geoff Taylor 30.58	Charles Beelaerts 22.00	Jeremy Lowes 29.28	Ron Stitzinger 41.53	Geoff Taylor 23.14	2:27:33	5:04.01
	7.0km 5-4	4.8km 4-3	6.0km 3-2	8.6km 2-1	5.7km 1-0	Half	Anti-clockwise Finish
	Wayne Meader 42.39	Luke Russell 23.58	Owen Denmeade 36.48	Merri Mack 35.25	Sarah Entwistle 26.30	2:45.20	5:16.15

5:12:53 10:12:44



AMAZING EXPERIENCES IN THE LIFE OF BRIAN

In a letter to the PRESIDENT, expatriate Strider BRIAN SWART waxes lyrical about wearing our colours close to the gods and throws in a bit of his poetry as well.

Dear Alf,

Thanks very much for the vest and shorts. They both fit perfectly. I have enclosed a bank draft for \$16 to cover your package as well as the \$10 you suggested. If there is anything else I have to pay, please let me know.

I'll be wearing SS colours for the first time at the Dolphin Coast 1/2 marathon at Ballito (30kms north of Durban) on Sunday, 22 August.

On Saturday, 4 September I'll be displaying them on the highest mountain race in the world over 50kms from the Royal Natal National Park to the top of the amphitheatre in the Mont-Aux-Source area of Drakensburg. I don't know if you know the area while both stunningly and majestically beautiful, it is also brutally cruel, especially for an ageing cardiac cripple. Anyway it will be my honour to display SS colours at a higher altitude than anyone has previously done (some 3100 metres above sea level, and 360 metres higher than the Swiss Alpine Marathon). A route profile and short background to the race is attached if you are interested*. I should reach the summit sometime between 10 and 11am Southern African time, so I suggest you go into your garden between 6 and 7pm Sydney time and look up into the sky. I'll be up there, somewhere, waving down at you. By the way, there are only two ways to get to the top of the Amphitheatre, on foot or by helicopter. I'll let you know how it went in due course.

I have enclosed for the 'Blister', a few "poisoned-pen" attacks on some of the chaps who ran Comrades.

I hope they enjoy them. I suppose I have opened myself up to all sorts of retaliation now, and no doubt the verbal fisticuffs will soon start raining down on me.

Regards,

Brian Swart

Pietermaritzburg.

[* If you really want one the Blister can provide. EDITOR].

Susan Griffith

8:55:41

*A speedy young Sheila called Susan
found Comrades was physicy bruising'
But that helluva thirst
From her finishing burst
Was a dammed good excuse to go boozin'.*

Peter Keeble

10:54:26

*A skinny ole codger called Keeble
Could crawl thru the eye of a needle
After 10.54
Believe me, you sure
Looked buggered, decrepit and feeble.*

Peter Hammerschmidt

9:13:04

*A speedy young Strider called Alan
Downed water and coke by the gallon.
He then had to rush
To the nearest bush
What he did there, he just isn't tellin.*

Nicholas Reed

10:39:20

*A tired old runner called Reed
At Drummond relinquished his lead
Then lacking in zest
He lay down for a rest
To re-kindle his lightning speed.*

Alf Field

9:37:12

*A decrepit old codger called Alf
Spent too many years on the shelf
Then, on 31 May
After 90 odd kay
Said, "Gee, I'm sure proud of myself,"*

Alex Hamill

10:54:35

*There was an old fella called Hamill
An extraordinary long-distance mamill
But on Comrades he oughta
Have taken more water
And not try to outlast a camill*

LAND ROVER WINTER CLASSIC: 31 JULY/1 AUGUST, 1993

Wendy Downes..

Everyone knows that if a challenge is thrown out to me I will take it, and this was no exception.

There I was, making my lunch in the kitchen at work and chatting idly about a particular bush run I had just enjoyed (Shoalhaven King of the Mountain I think) and one of the girls (Kayaks, Dragonboats, parachutes being part of her adventurous existence) asked "Can you run in the bush then?"

"Can she ever", someone kindly volunteered.

"Can you read a map?" was the next question. "Of course I can. I read one every Sunday".

I was then IN - part of a 6 lady team for the Land Rover Winter Classic (ex Wild Trek) at Mt Hotham/Omeo. My running partner was to be Nora O'Donovan (83m HM, with a glowing record).

Was I capable of keeping up with her?

The Winter Classic is a gruelling race combining heroic overall fitness and mental toughness with a medley of sporting skills. Competitors enter as teams of six (where 2 members complete each section), teams of 2 or as individuals. Over the weekend they battle rapid rivers, run (orienteer) through dense bush, cross-country ski over snowy hills and fly headlong down dirt tracks on skinny wheeled road bikes. Total distance? Only 148 km - but it's the terrain traversed that produces such a rugged challenge.

Merri Mack informed me that she, with Dale Thompson, had completed the event as a pair and I thought if she could do that then my part this year would be a breeze. My estimation of Merri and Dale was raised significantly after that weekend.

So, with very basic knowledge of orienteering, gleaned from one of our skiers, with 2 kayaks and skis on the roof, 3 bikes on the back and 3 passengers, I set off for Omeo, the last part of the all day drive being more than 100km of windy unmade road of the Barry Way, only to find myself sleeping on the floor of the Omeo Golf



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Club (a bare shell without showers) along with 20 others, the majority being from the Sydney University Canoe Club and me old enough to be mother to most of them (talk about an adventure!)

After torrential rain and howling wind during the night and the prospect of no snow and dangerous cycling conditions, the dawn broke to a beautiful day (albeit cold) and it was snowing on the mountain. There was insufficient snow for the set course but they managed to set a course which entailed running up hill and through slush - I was in awe of the experts!

Our ladies were last to finish so Nora and I were at a disadvantage from the start. "You'll have trouble making the cutoff time" we were told.

"Don't worry about them" said our team mates, "They are our secret weapon". Unfortunately the secret weapon misfired and we let them down (on this leg anyway).

With compass and map in hand we headed off into the dense bush (no marked trails here), failed to find checkpoint 1, found checkpoint 2 by accident and then on to CP 3.

Our supporters encouraged us with the fact that we had made up a lot of time on the other ladies and could still catch them. However, CP 4 was to be our undoing. We were told it was in the creek bed under a rock - we trekked through dense bush, clambered up and down steep cliffs, manoeuvred ourselves through the rocky creek bed and failed to find it, so having wasted too much time already we headed straight up the mountain side (the only way out) where no man has ever gone before (I think even mountain goats would have a problem).

As we had missed CP4 we couldn't get a bearing on CP5 so missed that and CP6 after running in circles for a while, found CP7 by accident and headed for the road. We had been out for so long that they were on the point of sending in a search party - we could hear the sirens and car horns telling us where they were. But we just wanted to find the checkpoints and finish properly (stupidly).

We took 3.5 hrs for 15km which should have taken about 2hrs and incurred heavy penalties and missed the cutoff time. In hindsight we should have done what the other novices did - head for the road and take all the penalties, but at least do it is

reasonable time. Our grim determination and guts on this leg won us a spot prize at the end so it was worth it anyway!

Our girls got off on the bikes before we finished so we headed for the kayak section the other side of town. Our expert, Caroline, saved the day with an excellent paddle but unfortunately lost her partner in the first 100m. Poor Meg fell into the water 3 times, the 3rd time losing her boat and ending up on the wrong side of the fast flowing river clinging to a tree, while Caroline chased the boat for a kilometre to rescue it before continuing on. Meg was rescued and returned to us unharmed (although a bit bedraggled).

At the end of Day 1 we were not looking good - heavy penalties and minus a paddler. There was no way Meg was going into the water on Day 2, it being a very turbulent stretch of the Mitta Mitta River and the ice was still on the car as we watched the start. Caroline was as good as the men and watching from a vantage point called Pin Ball (for obvious reasons)

I wondered what sort of stuff these people are made of - raging rapids and big rocks to manoeuvre around backwards, sideways, upside down (1 guy smashed his kayak in half). The rescue people stand by with ropes at the ready. This is definitely NOT for me, I vowed!

Nora and I were set to go again, but this time we had company - one of the mens team was injured and his partner (slightly injured) agreed to run with us. We had the advantage of being early starters this time with all the excitement of others starting at the same time, and Steve being an experienced orienteer.

We took penalties at the start by electing not to cross through the river - it was very high, fast flowing and icy cold ("No way!" said I - "Lets take the bridge"). We found every checkpoint thanks to Steve, the terrain was tough but less tough than Day 1 and we were grimly determined to make good time. Nora is faster than me but I managed somehow to stay with her and we finished ahead of most of the other females. Our cyclists (the finishing leg) had good ride on a very tough course and our spirits rose again.

Watching the end of the race at Omeo, I was in awe of the individual competitors who completed this arduous event in better time than most teams. They put

themselves through incredible challenges and are supremely fit. I also recall the cyclist who buckled his wheel on the last leg and his team mate cycled to the finish, borrowed a wheel and took it back to his mate so he could finish; and the cyclist who crossed the line and passed out, while still on his bike; and the guy who crossed the line in his kayak upside down.

45 teams and 28 individuals competed, some of them coming back year after year, the majority from Victoria, and including 3 veteran teams, a fair percentage of females, and ALL very fit.

I'll do it again, but only after gaining considerably more knowledge of orienteering. I've already forgotten the awful drive home, after leaving Omeo at 4pm on Sunday and tackling the Barry Way in half dark, to arrive home at 1.30am and then be at work at 8am. Although, on second thoughts - maybe I'm getting too old for all this (who said that?!)

WENDY DOWNES 50TH BIRTHDAY (SOMETHING 'F')



Clockwise from top:

Wendy "Flapper" Downes, Paul "Flash at 50" and Robi "Fun" Russell, Sarah "French" Entwistle, Alf "Fishfinger" Field and "Flapper", Jo "Felix" and "Frenchman" Cowan.

SIX FOOT TRACK - ROLL OF HONOUR

Kevin Tiller

I think that the Six Foot Track Marathon and a bit (46Km) is a jolly good day out in the countryside. Many of you agree as it has been supported by the green-and-white in large numbers over the last few years.

I love looking over race results and had the idea of looking at the Club's efforts in this race. But rather than list our efforts as a ladder, I thought it would be more interesting to look at some of the times split up by age groups. This approach has 2 advantages :

1) Lets face it, many of the Striders are getting on a bit. (An ex-president pointed out that 60% of the club are men in their 40's). It is not good enough to just list the fastest, or each person's fastest time ever. The interest is in seeing how well other people of the same age do. It adds an extra dimension to the results, and may encourage more Striders to run.

2) I might get my name in print, as there are only a few Striders under 30 years old.

Let me know of any inaccuracies and omissions and I will attempt to keep it up to date.

PS: If you think this is a good idea, I'd be keen on doing a similar sort of thing for City To Surf, Marathons etc.

Sydney Striders Road Runners Club Six Foot Track Marathon - Roll of Honour

Age Group: Under 30 Years

	Male		Female		
1	Michael Burton	3:40:31	1991	Dawn Tiller	4:31:37 1993
2	Kevin Tiller	4:15:43	1993		
3	Jonathon Worswick	4:25:16	1993		

Age Group: 30 - 39 Years

	Male		Female		
1	Warwick Selby	4:00:50	1989	Linda Thompson	4:19:28 1989
2	Bruce Inglis	4:06:13	1993	Dale Thompson	5:34:56 1991
3	Steve Urwin	4:24:15	1993		

Age Group: 40 - 49 Years

	Male		Female		
1	Malcolm Satchell	3:54:51	1993	Sue Hill	5:11:20 1987
2	Warwick Selby	4:02:17	1990	Wendy Downes	5:12:50 1993
3	Don Price	4:18:12	1987	Tina Campbell	5:16:44 1991

Age Group: 50 - 59 Years

	Male		Female		
1	Alf Field	4:43:20	1991		
2	John Turner	5:10:26	1993		
3	Harvey Blue	5:25:51	1989		

Age Group: Over 60 Years

	Male		Female		
1	Derek Smith	5:23:47	1992		
2	Ron Daly	6:23:57	1993		



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24 HOURS - LEST WE FORGET

Kevin Tiller

"Never, in the field of human endeavour, have so many athletes given so much, for so little"

The above (mis)quote aptly sums up the sacrifices made by a number of Striders over the years. Heroic (and crazy) efforts were put into training and racing by regular club-runners over months and in some cases, years. Some runners left work at 5pm to run home, arriving at 2am. Others ran all night over the weekend. Still others took sickies and ran round ovals by themselves for 12 hours at a time.

These were people driven to a mission; an obscure, thankless dream of new horizons and personal conquests - to push their tortured bodies over the edge, to savour the experience and hopefully come back to tell the tale.

None of them received any personal gain other than a T-shirt and enough memories to keep their grandchildren happy for many years.

As the Striders are putting on their nationally acclaimed 24 Hour Race again this October, I thought that it would be interesting to look back at the history of those who gave their all in this particularly gruelling battle.

Only a few legends have been passed from runner to runner over the depths of time, but a study of the literature and some hunting enabled me to come up with a first pitch at the Official Sydney Striders 24 Hour Ladder.

You will notice that the vast majority of Striders ran their best (or only) 24 hour runs in the Striders event, which always used to be held at Hensley Field. It is heartening to see so many Striders support their own club event with such a healthy "Do Or Die" attitude and I'm sure the Firkins are hoping the tradition will continue this year.

There may be a few people with long memories who can point out inaccuracies and omissions - just let me know and I will attempt to keep this list up to date.

Sydney Striders Road Runners Club

24 Hours Running - Roll of Honour

Please Note:

(i) The distance can be measured over any surface as long as it is part of an officially timed and measured course.

(ii) All runners must be financial members of the club at the time of the race.

1	Nobby Young	204.08Km	Hensley, NSW	Sept, 1990
2	Graham Firkin	203.60Km	Hensley, NSW	Sept, 1990
3	Dan Gray	198.57Km	Hensley, NSW	May, 1987
4	Brian Colwell	183.5Km	Hensley, NSW	Aug, 1988
5	Keith Jackson	168.7Km	Hensley, NSW	Aug, 1988
6	Steve Nordish	166.25Km	Hensley, NSW	Sept, 1990
7	David Sill	164.38Km	Adelaide, SA	Oct, 1992
8	Carl Barker	162.47Km	Campbelltown, NSW	Oct, 1989
9	Matthew Kaley	158.52Km	Hensley, NSW	May, 1988
10	David Barwick	151.00Km	Caboolture, Qld	Sept, 1992
11	Duncan Richards	137.39Km	Hensley, NSW	Sept, 1990
12	Brian Tailford	135.88Km	Hensley, NSW	May, 1988

Callous Comment heard after Strathfield Streak:

It is fairly well known that Alan Phillips only goes to work to pay for his Squeezy addiction. He over-ordered his supplies for the Comrades Marathon and has in the region of 20 boxes of 10 Squeezys left.

Forced by his wife to clean out the larder or leave home, he's had to make a tough decision:

"I'm going to enter as many Ultras as it takes to finish the supply ..."

This much self-sacrifice should not go unrewarded ...

VOLCANOES IN THE MIST: CENTRAL AMERICAN TRAVEL NOTES

John Ross.

The Maya

The great Mayan civilisations of Central America extended from about 250 AD right until about 1250 AD. The last independent kingdom was not defeated until the 1690s, only a decade before the union of England and Scotland, when Boston and New York were small seaports. The Mayans built large cities that included massive pyramids, temples, palaces, steam baths, and sacrificial pools. All of this was achieved without the aid of pack animals, metal tools, or the wheel.

Features of Mayan life were a great interest in astronomy (many of the pyramids are accurately aligned to produce unusual shadow effects during the equinoxes), ball games after which the captain of the winning team was ritually decapitated (a great honour!), and the widespread practice of human sacrifice. The Central American Indians of today are direct descendants of those ancient pyramid-builders, and now and then the visitor will see a face in the crowd that could have come straight from the wall carvings on the temples and palaces of old.

Mexico

I started the trip on the Eastern tip of the Yucatan Peninsula in Cancun - sort of a Surfers Paradise with tacos. I headed westwards from there, visiting the Mayan sites of Chichen Itza, Uxmal and Palenque. I discovered very quickly that I don't have much of a head for heights, as soon as I climbed to the top of the first pyramid: it looked like a near-vertical drop of 25 metres looking down from the top. Many people strode up and down as casually as though they were on the staircase at home, but others (including me) had to hold onto the nearby chain for moral support.

The hotels were good in Mexico, though more expensive than I expected. The bus system was efficient, and the food was not bad, and usually not spicy - however, there was always a fierce-looking selection of different chilli sauces on the table for the locals/fearless/masochistic. Apart from the Mayan sites, the rest of the Yucatan was fairly colourless, with the exception of the town of San Cristobal de las Casas, near the Guatemalan border in the south. This is an old Spanish colonial town with

bustling markets, reminiscent of Andean towns in Peru.

Guatemala

The first thing I encountered in Guatemala was La Mordida ("The Bite"): after flashing my passport at the border, complete with the visa I had paid \$US10 for, the official said "Welcome to Guatemala...two more dollars, please". The second border official, 10 metres further along, said "Your luggage is OK...one dollar, please". The same thing happened when I re-entered Guatemala from Belize a couple of weeks later. Another feature of Guatemalan life appeared on the long-distance buses, where the conductor collected up all the tickets near the end of the trip - I was told that he will sell the same tickets again when his official book of tickets is used up!

Guatemala was very colourful and interesting, especially the Highlands of the south-west. There were many spectacular volcanoes (some still alive and smoking) towering over the Spanish colonial villages, deep blue lakes reflecting the mountains, and exotic Indian markets with brightly-dressed campesinos coming in to sell their wares.

From the highlands, I flew north up to Tikal, the biggest and most extensive Mayan site, with pyramids so big (up to 64 m. high) they haven't been restored yet - they look like hills covered in trees and vines, with carved stone roofcombs perched on the top. This is how all the Mayan ruins must have looked to the early Conquistadors, back in the 16th century.

Belize

From Tikal, I travelled east to the Caribbean coast, into Belize - the former British Honduras. This country was quite a change from Mexico and Guatemala. After two weeks of dealing with short, quietly-spoken Hispanics, I was suddenly surrounded by tall, boisterous West Indians, speaking a funky kind of English, and all hassling me to hire their boat out to the islands - a bit confrontational, at first. However, Belize had a lot of appeal when you got used to the up-front locals, and you stopped worrying about the unstoppable crime wave that filled the local papers! Not so much laid-back as laid-right-down.

I travelled south along the romantically-named Hummingbird Highway, which started off well enough as a sealed road, but gradually deteriorated to a bumpy, dusty, bone-shaking bush track. A good example of how an exotic name doesn't

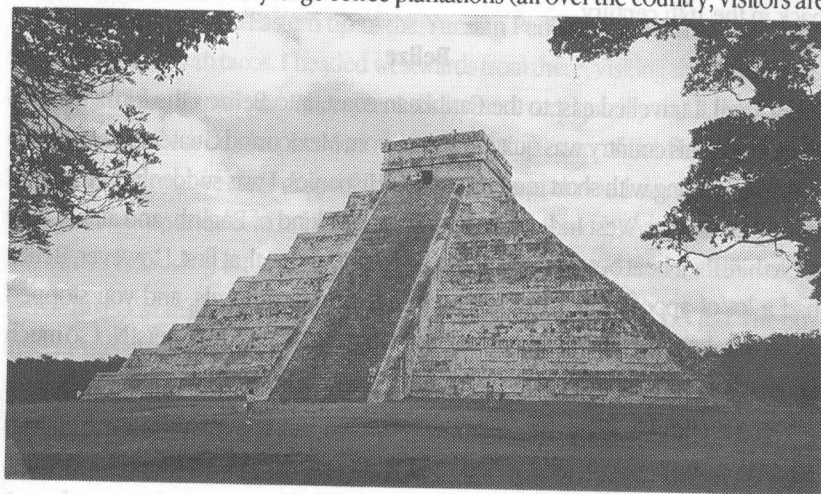
always mean an exotic experience! Belize is famous for its "shotgun" houses: ramshackle, unpainted boxes on stilts, so named because you can fire a shotgun through the front door, and the bullets will go straight through the central passage-way and not damage anything!

The main news item I remember from Belize (related to the above-mentioned crime wave) was that the official limousine recently bought for the Governor-General was claimed by the U.S. police to have been stolen in the U.S. and driven down to Belize for a quick sale!

Costa Rica

I flew further south to Costa Rica for the last week of the trip. 27% of this country is protected in the form of National Parks, Cloud Forests, Biological Reserves, etc. (The other side of this conservationist push, however, is that Burger King own huge tracts of land which are used as grazing for 4-legged hamburgers-on-the-hoof). This is the home of such birds as the legendary quetzal (highly prized by Mayan kings for their long red tail feathers, and now nearly extinct), several types of toucans (sort of a top-heavy blackbird with a long multi-coloured beak), hummingbirds, and scarlet macaws. Also, monkeys, armadillos, crocodiles, sloths, and thousands of different insects abound.

Costa Rica also has very large coffee plantations (all over the country, visitors are



Pyramid of Kukulcán, Chichén Itzá, México.

offered free coffee in the hope of enticing them to buy a kilo or two of the beans to take home), and a few active volcanoes. Many of the volcanoes are so high (10,000' or more) that they are often clouded over, so that when you get up to the crater, there is plenty of roaring and acrid sulphurous fumes pouring out, but the view is very misty. It is certainly an experience to stand on top of an active volcano that has a history of devastating eruptions, and to feel the thing bubbling away under your feet, building up for the next explosion!

The weather in Central America at this time (their winter) was good: warm and humid in lowland and costal regions, and mild in the highlands. Since it's tropical, there is always some rain, but not much in winter. Getting around is easier than in some parts of the third world, but the old American Bluebird school buses that are used as second-class public transport are pretty overcrowded and rickety. Security is a problem in some places like Guatemala City and Belize City, but I managed to get out with all my possessions intact.

Things to buy in the region are colourful clothing, bags and rugs, wooden masks, jade and silver jewellery in Guatemala, rugs and hammocks in Mexico, nothing much in Belize, and carved wooden handicrafts in Costa Rica. Getting there is not cheap (it cost me \$A2600 to fly to Mexico, down to Costa Rica, then back home from there). Guatemala was by far the cheapest, at about \$US20/day, followed by Mexico at \$US35/day, and Belize and Costa Rica at \$US40-45/day.

Guide books:

Lonely planet books: "La Ruta Maya" and "Costa Rica" - very good practical honest detail, good maps.

"Central American Handbook" - expensive, good detail, but lousy or insufficient maps.

Final Note:

Recipe seen on a 7 oz. bottle of Melinda's Extra Hot Chile Sauce from Belize (made from habanera chillis - the hottest!):

"Bold Belizean Buffalo Wings": Simmer one bottle of Melinda's with 3/4 stick of butter. Add garlic and black pepper to taste. Brush on fried or baked chicken wings and serve with plenty of refreshments!!

WORLD 100 K CHALLENGE: BELGIUM, 8 AUGUST 1993

by Trevor Jacobs

I was very keen to participate in this race held at the town of Torhout (which means forest, incidentally, but there was no forest!) to make it 4 out of 4 championships that I had contested. Thanks to support by the ACT Office of Sport and Recreation, I was able to compete. AURA selected the largest team ever to contest the event, with 6 men and 4 women included. There were 32 countries and 363 runners participating.

Upon arrival in Belgium, we soon discovered that the race organisers were seriously contemplating cancelling the event because their King (Boudewijn) had recently died and the funeral had been scheduled for race day. It was incredible to witness the love that the Belgian people had for their king, and the profound impact that his death had had on the country. Thankfully the organisers agreed to postpone the event to the day after his funeral (bearing in mind that runners and helpers had flown in from all around the world). As resting on the bed was my plan for the day before the race, we saw on TV hour after hour of funeral processions and services. All channels telecast the funeral, and later in the day and evening there were replays. This was a memorable preparation for the race.

Weather on race day was fine and cool to start with, but it soon warmed up after the rather late 8 am start. The course consisted of 10 x a 10 km loop, which was very convenient for our handlers and spectators, and, I believe, also convenient for the runners without any chance of getting bored; there was always plenty to think about during the race.

I had decided beforehand to set out at just under 4 min/km, similar to my approach to the Comrades in May, and try and hold this pace for as long as possible. The aim was to get well under 7 hours and try and get near to Don Wallace's Aus record of 6hr 39min. As it turned out, if I had achieved this aim it would have placed me well in the top 10 finishers. There was a high dropout rate in the second half of the race, and although I slowed significantly also, I managed to finish OK. Most of those retiring did so due to cramps, probably due to excessive sweating and stress from the very humid and warm to hot conditions that developed as the day wore on.

Nicole Carroll from Qld was the first Aussie to succumb at 30 km, followed by Safet Badic from Vic after 50 km. Safet ran with the race leaders early, passing through 50 km in 3hr 9min. He was stopped by severe cramps, however. Don Wallace pulled out at 70 km after he realised that he was slowing and was not going to beat his National Record. I think he passed 50 km in about 3hr 15min. Anne Staunton from the ACT retired at 70 km, after a great effort (she had been sick for a long time beforehand), when it became obvious that she would not complete 100 km within the time limit.

I ran with Don Wallace for the first lap (38min 52sec) then let him go because I felt that the pace was a bit too fast. The next two laps went to plan with 10 km splits of 39.32 and 39.14, but after a toilet stop things slowed a little for some inexplicable reason giving splits of 41.40 and 42.10 to yield 50 km in 3.21.08. This was still very close to my original target of 3.20.00, but the last splits were a bit of a worry to me at the time.

The slowing trend continued unfortunately, and subsequent splits were 43.36, 45.18 and 45.54, to give 80 km in 5.35.52. The last 2 laps took 46.20 and 45.43 to give 100 km in 7hr 08min 55sec (an average of 14 km per hour), for 25th spot, 3 mins behind the 1st Kiwi (Russel Prince, who was 2nd outright in 1990 in USA), 9 mins behind the first American and 10 mins behind the first Pom, but ahead of the 2nd Kiwi, American and Pom; that was a little bit of consolation. Don Ritchie also retired from the race and I beat for the first time ever Roland Vuilleminot from France, who won the event in 1990 in Italy. Twelve of the 32 countries had their first runner finishing before me. I was very pleased to be the first Aussie home for the 4th year in a row.

Of the teams, many seemed to get annihilated, probably none worse than the British men's team who had only 3 finishers. The race was won by Konstantin Santalov in 6.26.26, for the 2nd year in a row. The first woman was Carolyn Hunter-Rowe from Great Britain in 7.27.19 (44th outright). Even Konstantin suffered from cramps towards the end of the race and actually came to a complete stop with about 200m to go, but soon got started again to win by 2.33 from Jean-Paul Praet from Belgium. Third was Peter Hermanns also from Belgium in 6.36.26. The second woman was Valentina Shatyaeva from Russia in 7.27.39 (45th), and another Russian,

Valentina Liakhova, was third in 7.38.01 (49th).

Bruce Cook from Qld (formerly ACT) was the next Aussie in 7.56.21 for 73rd place, then Geoff Boase also from Qld in 8.19.16 (104th). Andrew Law came in 135th with 8.42.57 after battling severe stomach pains for most of the race due to excessive wind (what did you eat Andrew?); this was a gutsy effort just to finish. The Yanks gave him some pills to expel the gas which worked so well that when Santalov was nearing the finish he sat in behind Andrew for a while (which was very brave as Andrew was literally ripping along at this stage) and Andrew received a caution from the officials for pacing Santalov. This was a bit rough on Andrew I believe, because you cannot control who runs behind you very well, and it could be argued that Santalov should have been cautioned for sitting on Andrew. It was an interesting talking point.

Even more interesting was the fist-fight between Jean-Paul Praet and Charl Mattheus from South Africa.

I asked Charl what had happened after the race and his version of the incident was that he stopped briefly to use the toilet and sprinted to rejoin the lead pack. Praet accused him of cheating as he could not believe that he could have caught them up so quickly.

As they ran along Praet repeatedly called for the officials to remove Charl from the race, which they did not. Later, at a drink station, Charl accidentally splashed Praet and that is when Praet apparently snapped and he and an assistant got stuck into Charl, who subsequently withdrew. Santalov stepped in to keep them off Charl. After the race the South Africans lodged a protest but it was dismissed. This seemed pretty weak to me if the incident was as described above, and perhaps the appeal was dismissed because they could not verify one version or the other.

Another interesting comment I gleaned from the South African coaches was that their runners that competed in the Comrades race on 31 May did not fare very well in this race. Probably there was not enough recovery time (2 months)? It was also interesting to see the fantastic level of support most of the other countries gave their athletes.

The South Africans were easily the best organised and equipped, which included team suits and ties, all travel, their own bus and accommodation etc. The British team

runners had everything supplied (airfares, coaches, accommodation costs, walkie talkies for their assistants, kit etc, and likewise for other countries such as USA, Russia, Belgium, France, Germany etc.

All the assistance we got, apart from what the individuals could rustle up, was one airfare and U\$1,500 from the IAU shared amongst 11 people. It is a pity that this prestigious event is not recognised as such in Australia and supported to the extent that many of the other countries enjoy.

Nonetheless, Athletics Australia have been very helpful with all other aspects of getting Aussies to the event. Hopefully its status will grow.

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THE
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IT'S AIR-BRAINED, BUT GROG AFTER A JOG KEEPS YOU YOUNG

Look what we found in the Sydney Morning Herald (Ed).

New research on flies suggests that frequent, strenuous exercise may accelerate, not slow, ageing.

And the biologist who did the research says people obsessed with jogging should drink alcohol to reduce the risk of premature ageing.

It has to do with the way the absorption of oxygen can trigger certain atoms and molecules - called "free radicals" - which can damage living cells.

According to Professor Rajindar Sohal, of the Southern Methodist University in Dallas, Texas, aging is really the accumulation of irreversible damage caused by oxygen.

"We are oxidised to death," said the professor of biological sciences, whose research has convinced him that excessive exercise, such as frequent jogging, is crazy.

In one experiment he confined a group of flies to a space so small that they had to walk, with the result that they lived twice as long as a group given room to fly. Their sedentary life reduced their oxygen intake, reducing cell damage.

In a second experiment, flies were exposed to pure oxygen for three days. They lived longer, but only because oxygen damage had rapidly aged them to the point where they were no longer able to fly.

The aging had dramatically slowed their metabolism, cutting their intake of the gas, said Professor Sohal. He said enzymes in humans provided an anti-oxidation defence system. But aging accelerated whenever the oxygen intake exceeded the capability of the defence system.

"Some exercise is necessary to maintain the health of the cardiovascular system and muscle tone and proper levels of sugar in the blood," he said.

"Severe exercise, in which some people are engaging, is crazy if they want to live a long time."

"It will accelerate your ageing process. This is my hypothesis.

"Normal walking around, working in one's garden, and climbing two or three flights of stairs and just being normally active is all you need."

He said joggers should drink alcohol, which contains ethanol, to slow the ageing process.

"One of the best anti-oxidants is ethanol," he said.

"I would very strongly suggest that if people are compelled to run they should at least have a drink afterwards to quench some of the free radicals they have generated."

Asked what he had in mind, he replied "like a beer, or wine or whiskey".

Professor Sohal hoped his research would help determine how much exercise was excessive.

He also hoped to find out if improving the anti-oxygen defences could extend life.

"I don't want to extend the life of people, but I would love to extend the life of dogs and cats," he said, explaining that stretching human life would be harder.

His views were given cautious support by a visiting professor of pathology who is doing research into free radical cell damage at Sydney's Heart Research Institute

"I think he might be right," said Professor Ulf Brunk, from Swedens Linkoping University.

"Real heavy exercise might add to the ageing process."

Professor Brunk said Professor Sohal had achieved "very striking results in favour of his theory", although he warned that it was too early to make firm conclusions. Professor Brunk said: "I would like to share his opinion that moderate exercise in the form of walking, maybe playing golf and a bit of tennis, is what we need.

"Anything that goes beyond moderation is more harmful than helpful. We tend to look at how people appear when they are 20 and are doing all these things. But what they look like when they are 50 or 60, there is very little knowledge about."

Even if excessive exercise did not cause rapid aging, it could, he warned, still wear out the body.

Ms Lucy Lisbona, 24, a university student studying sports science, who also

competes in aerobic competitions and works as an instructor at Healthland, Bondi Junction, jogged along Bondi Beach yesterday, unconcerned by the American research.

"There could be something in it," she conceded, adding that she suspected many other factors, including genetics, defined how long she would live.

Ms Lisbona jogs up to eight kilometres a day, four or five days a week.

"I do it to keep fit, and mentally it is so relaxing," she said.

But she agreed that some people did run too much.

"Anything more than five days a week is too much. You need at least one day off."

RUNNERS GUIDE TO ETERNAL YOUTH

Hastily conceived by IVAN FREYS, with a little help from the EDITORS

To be consumed immediately, after aerobic exercise, as any delay could start the ageing process prematurely!

5k's

A nutty little heart-starter this one, should be followed by something that gets down to it quickly, both in regards to refreshment and by nature of a 'hit'. A gin and tonic perhaps.

10k's

Funny how you always know you've done this one. A 'classy' run. Reward yourself with a nice, expensive Chardonnay.

Well now this is the City to Surf distance isn't it? You've just got to get pissed. Beer, wine, anything, you like ought to alleviate the horrific ageing effects, brought on by heart break-hill.

Half Marathon

Fancy half a shot with perhaps a beer chaser. That's the spirit.

30k's

Your weekly STAR quality run and lately its been hurting hasn't it! You need something that refreshes the parts that normal lubrication doesn't reach. Heinekens'

a start, but that's about all. May I recommend a good, old hearty red. Take the top off the previous night and it ought to be just right.

THE MARATHON

Your 'champagne' event, this one always deserves a celebration. You don't have to take the yuppie trail to Moet and Verve though. There are great Australian numbers such as Salinger and the top Killawarra (but I bet you've got one of your own!)

ULTRAS

Big potential problems here, you're probably on your own. But it has been suggested there's nothing to it but to just drink all the way. Add light beer to your Squeezys but when the going gets tough you might need a shot in the arm.

(Graeme Firkin never seems to age and there's a man who loves his beer!)

Good luck, kids, go for it.

BRIAN LENTON IN HIS BOOK

'THROUGH THE TAPE' ASKS PAT, "WHAT IS THE GUTS OF YOUR COACHING PRINCIPLES?"

Pat's reply is, "Relaxation is my most important principle. I believe it is essential to success and especially to sustained achievement over several years. While tension and pressure limit one athlete's fulfilment, relaxation can transform another into a superior athlete.

"Physical relaxation is very important and takes the form of adequate sleep, recovery runs and relaxation in training rather than being over-competitive. All are important when an athlete is training over long distances and disregard of these can be costly.

"Secondly, psychological relaxation is likewise important. Interest in one's everyday work or study and peer group enables the athlete to relax and consequently perform better. The absence of conflicts with regard to work (which usually occupies so much of one's time), one's peers, and with regard to training, consistency and confidence (or faith) in patterns of training are also decisive. These create a psychological climate which promotes a relaxed and positive athlete - preferably one with an interest in others. An athlete needs to be serene, balanced and constant."

"I emphasise a program appropriate to the individual - and balanced. A varied and well balanced program will incorporate long runs, recovery runs, and quick, sustained efforts over shorter distances. These important latter efforts are often run over a hill circuit. I believe hills are ideal for developing sustained speed."

ODE TO COURTENAY ON HIS 60TH BIRTHDAY

by John Turner

*This year on the last day of May,
Bryce Courtenay to Comrades did stray.
With stiff upper lip,
And Green and White strip,
He prayed for the youth of Peekay.*

*The morning arrived and our Bryce was all
heart,*

Lined up at a quarter to sparrowfart.

"If I try then I might

Be home by midnight,

If the Finish was nearer the bloody Start."

"The trouble," said Bryce as the race progressed,

"By autograph hunters I'm least impressed.

It's not effing knees,

That's got me displeased,

It's from cramp in me hand I'm distressed."

Birthday Boy, you're certainly not past it;

Comrades' full ninety K you have lasted.

You were there at the finish,

But it's not to diminish

The fact that you're still an old bastard.

HAPPY BIRTHDAY, BRYCE!!

JO COWAN'S MARATHON TRAINING SCHEDULE

EVENT TARGET 2H 30-35M.

4 Week Cycle: EG: Build up first 3 weeks to 80-90% workload, then 4th week recovery at 70-80% workload.

16 Week Cycle	WK1	WK2	WK3	WK4	
	110	115	120	100	= 445K (Quality Week 2)
	WK5	WK6	WK7	WK8	
	110	120	115	110	= 455K (Qlty Week 5)
	WK9	WK10	WK11	WK12	
	110	120	110	120	= 460K (Qlty Week 11)
	WK13	WK14	WK15	WK16	
	110	120	115	80-90	= 440K (Qlty Week 13 & 15)
					Recov. Week 14 & 16).

Notes:

- Adjustments will be made for major races
- One swim or circuit per week
- Include hills at least twice per week (specific and in a quality run)
- Swimming - cycling - may be interposed for recovery or if injured
- Swimming can also be a useful adjunct to additional strength and/or aerobic development.

Marathon, suggested sessions.

Week 1

Mon am	8-10k at 4.30-4.00/km
pm	6-8km Fartlek/Hills
Tue am	6-8k
pm	5-6 x 1000 at 3.20-3.0 jog 600 + alt sit & push ups x 20
Wed	15k 5:00 km + circuit or swim
Thu am	8-10k
pm	15 x 300 at 55 secs with 100 jog rec's or HILLS (reps) *

Fri am Quality 10k
 pm rec 6k
 Sat am Easy 8-10kpm Race or hills
 Sun L.S.D. 20k

Week 2

Mon am 8-12 k pm 8-10k
 Tue am 6-8k pm 3 x 2k at 7:05 - 20 slow jog 800 + Alt Sit & push ups x 20
 Wed 15k + Circuit or swim
 Thu am 8-10k
 pm 15 x 400 at 78-84 secs with 100 jog Rec's or HILLS (Reps)
 Fri am Quality 10k
 pm Rec 6k
 Sat am Easy 8-10k
 pm Race or hills
 Sun L.S.D. 25k

Week 3

Mon am 8-12k
 pm 8-10k
 Tue am 8-10k
 pm 7 x 800 at 2:40 - 50 jog 400 + Alt Sit & push ups x 25
 Wed 15k Easy + Circuit or swim
 Thu am 8-10k pm Hills (Steady intervals) *
 Fri am Quality 10k
 pm Rec 6k
 Sat am Easy 8-10k
 pm Race or hills
 Sun LSD 30k

Week 4 (Recovery)

As week 1 but 10% slower, and Thu pm Long easy hills

Fri 1 session easy 10-12k
 Sat pm Grass hills, fast intervals
 Sun 15-20k

BUT! We will discuss the LAST WEEK TAPER for the Canberra race.

Vary Track Sessions:

e.g. 10 x 500 * 300 Rec's) Alt
 7 x 600 * 200 Rec's) Months
 4 x 1200 * 400 Rec's) Tuesday
 Tempo
 Cross country reps and intervals

**Am or pm Swims can be added and/or substituted*

SYDNEY STRIDERS CHRISTMAS RUN AND 1993 ANNUAL AWARDS PRESENTATION AND BRUNCH

10am Sunday 5 December 1993
 at the Middle Harbour Yacht Club
 \$15 per head (children \$10)

(See the latest Calendar mailing for RSVP reply form)

Come and enjoy the 21k Christmas Run. Start times: 7, 7.05, 7.10, 7.15,
 7.20, 7.30 and a 10k option at 8am. (see new calendar also).

WE HAVE THE NUMBERS

by Steve Cornelius

How close are YOU to cracking that sub-three-hour marathon? Have you had the agonising experience of gasping your way desperately through the last 100 metres to the finishing line after a hard-fought 42k, only to see the remorseless big digital clock tick over to 3:00:01 as you crash over the line? After twenty stabs at the 2:40 barrier, does your PB remain tantalisingly and frustratingly in the low 2:40's? Is your nemesis a more modest three-and-a-half or four hours? Or is it some other landmark time which causes you to awake at 3 a.m. in a cold sweat with visions of the nightmarish digital clock which will never allow you to break through into the promised land?

Are YOU pig-sick of these smart-arse dickheads on their landmark ego-trips continually bragging of their boring sub-3's and their mind-numbing sub-3:30's and their miserable sub-2:40's? And have you ever mused on the arbitrariness of the landmark times we regard as significant? What intrinsic quality does a 2:59:59 marathon possess that sets it forever apart from a 3:00:01? And are you just a teensy bit WEARY of this terminal boofheadedness about round-number barriers that we invented and which, in a just world, shouldn't exist?

THEN TAKE HEART! There is GOOD NEWS! ALL marathon runners can now boast of having JUST managed to crack a significant landmark time, no matter what their PB! The only qualification you need in order to join the smart-arse dickheads on landmark ego-trips is to have completed a single marathon, in ANY TIME WHATSOEVER! Here's how it works.

You just have to adopt a slightly more adaptable frame of mind as to what constitutes a significant landmark. Reading a few Edward de Bono books on lateral thinking would be a top way to start. Let's take the so-called 3-hour barrier as a kick-off. Can't crack it? No worries. If your PB is between 3:00:00 and 3:02:25 (inclusive) you can proudly tell your clubmates about your "Sub-Fibonacci marathon". Explanation, I hear you chorus? It's like this. The Fibonacci numbers are an infinite series which begin 1, 1, 2, 3, 5, 8, 13, 21, 34 etc, in which each number is the sum of the

previous two. 3:02:26 is the only humanly possible sub-4-hour time which, when expressed in seconds, is a Fibonacci number (10946), so if you broke 3:02:26 you've done a "Sub-Fibonacci". Getting in the swing of it?

You're not quite in that category, but can break 3:08:29? Then you've achieved a "Sub-pi marathon". Remember pi, or 3.141592653589793 etc etc, the ratio of the circumference of a circle to its diameter? Who ever said that 3 is more significant than pi? Run a marathon in under 3:08:29 and you've done it in less than pi hours, a fabulous "Sub-pi".

Here's one for the faster boys and girls. Fed up with kowtowing to those who've broken 2:45 or 2:40? Here's YOUR big chance to get back at them with your "Sub-10 Marathon". That's sub-10,000 seconds, if your PB is 2:46:39 or faster. That's the slowest time which can be expressed in seconds in 4 digits or fewer. So what's so special about hours? Who said we can't take seconds instead as our major time unit in measuring marathon times?

You're probably beginning to see the possibilities of this kind of approach to landmark times. Sky's the limit, mate. Want to upstage Bryce Courtenay? Then run a "Power of Two Marathon". Got to be able to break 2:16:32, which isn't everybody's cup of cocoa, but breaking 2:10's a bloody sight harder. 2:16:32 is 8192 seconds, which is 2 to the power of 13, and the only humanly achievable time under 4 hours which is an exact power of two. Rookie marathoner who runs at a slightly more relaxed pace, are you? Then YOUR "Power of Two" can be 16384 seconds, or 4:33:04, or 2 to the power of 14. See, we can accommodate all abilities.

Here's my own favourite, the "Sub-Quarter Marathon". 2:55:48 or better allows you to brag of having run faster than a quarter of a second per metre throughout your 42195 metre race, which suits me down to the ground as my own PB is just 17 seconds better. And I just missed out on the "Sub-Three-Thousandth" at 2:55:18, which is just under one three-thousandth of a year (reckoning a year at 365.2422 days, or the time it takes the earth to rotate around the sun).

Haven't found a landmark to suit you yet? How about the "Sub-Three-Bens Marathon" at 3:26:33? At that pace, you're taking almost exactly 3 times as long to run each 100 metres as Ben Johnson did in his drug-enhanced frenzy of 9.79 seconds at the Seoul Olympics. If you can't quite make that, perhaps the "Sub-8 Marathon" is

your style? 3:29:45 just enables you to claim you broke 8-minute miles all the way.

The only marathoners who won't be able to take advantage of this expanded approach to landmarks are those who have no imagination, flunked first-grade arithmetic, or can't afford a calculator. Your "Sub-e Marathon" is 2:43:05 which, expressed in hours, is just less than "e" or 2.718281828459045 etc etc (the base of natural logarithms). Your "Sub-Boiling Marathon", at 3:31:59, is one second faster than 212 minutes, the Fahrenheit temperature at which water boils. Your "Pandigital Square Marathon" is an attractive option at 3:17:06 or 11826 seconds, because 11826 squared (139,854,276) is the smallest square which uses each of the digits from 1 to 9 exactly once.

Look, I'll get out of your way now and let you work a few of these beauties out for yourselves. But before I go, how about confounding the opposition with your "Bob Beamon Marathon", if you can break 2:28:20? That's one second for every millimetre the great man recorded in his epoch-making Long Jump of 8.90 metres in the Mexico Olympics in 1968. And you can apply this technique to other distances as well. If you can break 36:48 for a 10k road run, you can astound onlookers with your justified claim of having taken less than one-millionth of a lifetime (reckoned as the usual three-score-and-ten years at 365.2422 days per year).

Tell you what - just send \$10 and a stamped addressed envelope and I guarantee to supply YOU with a landmark not more than 2 minutes greater than the your own Personal Best. If you want a fancy European-sounding name attached to it like "Sub-Fibonacci", better send \$15. But won't it be well worth it to be able to compete on even terms with those blinkered boofheads whose world-view only encompasses hours as significant landmarks? Just think - you need never again be embarrassed by your inability to crack a landmark arbitrarily set by someone else.

If reality doesn't fit your theory, don't adjust your theory; do like economists do, and adjust reality!

S

LETTER

3 October 1993

Hello Sydney Striders,

I'm writing from Turkey Creek, and it reminded me of you. Thank you for all the cards, especially the nice two. To one of them, the answer is no, I do not shave my legs to upset Fred Nile and I do not want to go up to Oxford Street with you when I get back. Thanks for the offer, I have sent a list of other club members who would be worth a try.

To the other, I will never let on that you wrote such lovely things as the others would rib you about it. How are things on Mowbray Road?

When I left Sydney I thought I would end up with a story a day to tell. WRONG. I played the role of a guest speaker at a classy hotel in Darwin, started by dropping my trousers to get their attention and show my fantastic suntan, spoke for half an hour and hardly got started on the stuff I had to tell.

Far too much to write about, so I will do another newsletter shortly. Keep running even though most of you are getting slower. Congratulations to those of you who have had some stunning successes.

Regards,

Nobby

Cable Beach Club
BROOME
Sunday 23rd May, 1993

Dear Nobby and James,

Perusal of a map of Australia reveals that Broome is just about as far from Sydney as it's possible to go without leaving our glorious sunburnt country and heading for foreign parts.

Broome seems an appropriate place, therefore, for you to receive this small package which has been carefully put together as a "survival kit" to bolster your spirits at this pivotal stage in your Odyssey.

Each item has been specifically selected to target one of Humankind's basic instincts or needs, so that once you have opened and used all the enclosed items, no aspect of your human existence will remain unfulfilled. And what a veritable treasure-house of goodies Broome has turned out to be! Every one of the enclosed items was obtained right here in Broome, one way or another (from local emporia, Saturday's trash-and-treasure market, harassment of local residents, or downright honest-to-goodness theft). Broome has proved so bountiful that one must now call into question the conventional wisdom which holds that the Bush is deprived and underprivileged in comparison with the pampered, yuppified capital cities.

Sally and I sincerely hope your "survival kit" proves useful and entertaining, and that you can therefore face the second half of your walk with

fortitude and a renewed faith in your own humanity, with all your basic instincts and needs fulfilled.

Such a kit, we believe, gives new meaning to the old anthem:

"YOU'LL NEVER WALK ALONE" !

Best regards from Steve and Sally Cornelius.

P.S. A few notes about the individual items are on the accompanying sheet.

SOME NOTES OF EXPLANATION:

1. For the BASIC SURVIVAL INSTINCT, we enclose an item of non-perishable foodstuff, coincidentally, it seem, produced by one of your relatives. We have also included a short cautionary note against the possibility or over-indulgence.
2. The INSTINCT FOR THE PROVISION OF SHELTER was a difficult one to address, since real estate here is not cheap, and we are folk of limited means. However, if the enclosed item delivers its full potential, you should be able to purchase a modest dwelling, or at the very least a few nights' luxurious shelter at the Cable Beach Club which has looked after us so well.
3. The INSTINCT FOR INTELLECTUAL STIMULATION can be fulfilled with this small item purchased at an unlikely venue: the local Crocodile Farm. We have taken the liberty of presenting it in its unassembled state, in order to enhance the intellectual challenge involved.
4. The INSTINCT FOR PERSONAL BEAUTIFICATION AND

ADORNMENT: these items are proudly sponsored by the Cable Beach Club, and are not intended as an obtuse or snide comment on your standards of personal freshness. We understand that one of the items may be of limited usefulness to those for whom a full head of hair is but a distant memory.

5. The INSTINCT FOR SEXUAL FULFILMENT: We are working on the assumption that after so many months on the road, you may have forgotten some basic principles. These items will leave you in no doubt. We would hate to think that deprivation in this respect might cause you to imitate those, similarly deprived, who serve in Her Majesty's Navy or Prisons.
6. For the RECREATIONAL INSTINCT, a small item which will give hours of pleasure. Additionally, those of a dextrous disposition have been known to make a comfortable living out of such items.
7. The SOCIAL or HERDING INSTINCT can, we are assured, be fulfilled by this small but valuable item which has immeasurable local significance. We are not experts in these matters, but locals assure us that simply wearing this item will assure you of instant popularity. Everyone, they say, will want to be your friend. Our informants advise, however, that you should take it off at the South Australian border, where its magical powers are neutralised; and that you should AT ALL COSTS AVOID wearing it, or even mentioning it, in VICTORIA, whose

tribes will be enraged by it to the extent that your lives may be in danger. We do not understand the reason for these attitudinal differences.

8. The NEED FOR AESTHETIC FULFILMENT: Our favourite, this one! These beautiful, finely-crafted artworks will delight the most discriminating of aesthetic tastes, providing a living reminder of the heights to which human creativity can soar. Enjoy!
9. We understand your constant NEED FOR SPIRITUAL FULFILMENT, and while we cannot, of course, satisfy this ourselves, we have enclosed information on several sources of fulfilment, including both mainstream and alternative kinds.
10. For your NEED FOR POLITICAL INVOLVEMENT, we offer a book whose uniquely appropriate title will surely strike a chord and inspire you to even greater efforts towards the emancipation of your political soul.
11. Finally, for your INSTINCT FOR THE TRANSCENDENT, a small but potent item which will surely transport you from this earthly realm and afford you the opportunity to communicate on a higher level. Fly away, self-levitate, experience astral travel with this remarkable item!

Good luck
and best wishes

from Steve and Sally Cornelius.

1. Packet of "Nobby's" Nuts, 50 grams. Copy of "Me and My Tummy" by Mr. Greedy, from the "Mr. Men" series.
2. Scratch Lottery ticket, max. prize \$25,000.
3. 24-piece jigsaw puzzle featuring very large crocodile, jaws open.
4. Small bottle of Cable Beach Club shampoo and cake of CBC soap.
5. Copy of "Playboy" featuring "life-size poster of Baywatch's Pamela Anderson".
6. Pack of playing cards obtained for \$1 at Trash-and-Treasure.
7. "West Coast Eagles" badge.
8. Copy of "Tattooing by Women" magazine, issue #4 ("An Outlaw Biker Collector's Edition").
9. Pamphlets for Broome's Uniting Church, 7th Day Adventist Church, and "Broome Health and Healing Centre".
10. Paperback: "No Easy Walk To Freedom" by Nelson Mandela.
11. Miniature winepack (2 glasses).



Nobby Young meets Life Education mascot Harold in the Darwin Mall, 22 July 1993.

We have captured Nobby Young in Outback

ignore this and we send him back alive!

send ten thousand we send him in 2 pieces.

send \$20,000 and we send 3 pictures!

signed

Your friend

The Editor
Blister Magazine

This is Urgent!!

WHINGEBAG STRIKES AGAIN.

If you thought that the last letter from Mr Bag was a flush in the pan (spelling error intended), you seriously underestimate the determination of the man.

However, we are particularly delighted to publish his latest letter as it contains a serious ERROR. In fact so serious, that we have taken steps to isolate Nobby from the knowledge, as he would be certain to abandon his record-attempt just to hasten back to Sydney to gloat.

As all Striders who are well versed in club affairs know, it is some years now since we decided to separate the Blister editorial function from the production function. This detail would seem to have been missed by our prolix letter writer, which is of course, a matter which will provide extreme joy to those Striders who have waited years for such a public factual upset to occur.

As for rejecting contributions, I am sure that the Real Editor would do no such thing, as god knows the editorial policy of the Blister is entirely plebeian in its outlook and therefore has a very low reject threshold.

Fellow Striders, enjoy the moment, you have waited long enough!

The Editor,
Blister Magazine.

Dear Sir,

Without wanting to piss in your pocket (at least, not to the extent that you might reasonably be expected to notice and begin to resent it, anyway), I am writing to say how delighted I am to see you back in the Editor's chair after your Sabbatical.

The reign of your immediate predecessor has been a barren period indeed for a forward-thinking individual like myself, who tends to view the broad sweep of club history and doesn't like to get too bogged down

in the pettifogging details. Mr Rigby has frequently rejected my carefully-constructed contributions to the Blister on the flimsiest of grounds, e.g. that he "would be risking having the trousers sued off him", or that he "doubts the veracity" of one of my allegations, or that "Alex Hamill is my (i.e. Rigby's) mate". Such moronic pedantry, such paltry regard for truth. Sometimes I began to suspect a vendetta was being acted out. The reliability of this unctuous, self-satisfied charlatan can easily be judged by his inability even to spell "whingebag" consistently in the last issue.

You, sir, on the other hand, have an unparalleled reputation for publishing just about ANYTHING AT ALL, and HANG THE CONSEQUENCES. I remember on one occasion sending you a Coles New World docket by mistake, and you even published that, claiming you thought it was the Marathon Ladder.

While I've got your attention, I would like to highlight a most serious matter, namely the omission of a serial number from the announcement of the Chatswood Chase STaR in the April/June 1993 Club Calendar. If this is not corrected at once, we will find ourselves in the year 2002 celebrating the 1000th STaR run a week late! I have kept silent, against my better judgment, over similar catastrophic errors in the past, e.g. the appearance of two consecutive Calendars in 1990 bearing the same serial number. This is a terrible secret with which I have lived now for 3 years, but the sleepless nights are now taking their toll, and I have chosen to reveal all. Why we have to tolerate the slackness which has caused two sickening errors in 3 years I just don't know - plainly the club is going to the dogs, and Kevin O'Kanine's cross-country hound is one of them.

Oh yes, and please inform Nobby Young that if he

really does arrive back in Martin Place from his Round-Australia Walk at 10 a.m. on 28 February 1994, he will be 5 hours 48 minutes and 46.08 seconds short of having spent EXACTLY one year on the road, since a year is in fact 365.2422 days. Probably even Ian "Mad Dog" Whitfield knows that, but Nobby never was one for informing himself of the TRULY IMPORTANT facts of the universe.

I look forward to the imminent resumption of our previous amicable understanding, namely that I write what I like and you bloody well print it, or me and some of the boys from the works will be round your way. I know where YOU live, too.

Kind regards,

S.W.Bag

Editor's note: Steps have been taken to ensure that Mr Bag gets to share the car in which Mr Kanine's canine will be travelling during the next Dooralong Relay. The previous minder of Mr Kanine's canine, has very generously given up that particular berth so that Mr Bag can enjoy in full, the richness of the experience. ED.

NEW STaR TIME: 6.05AM

STaR start times are now 6, 6.05, 6.10, 6.15, 6.20, 6.30, and 7am
(for 15k and 10k).

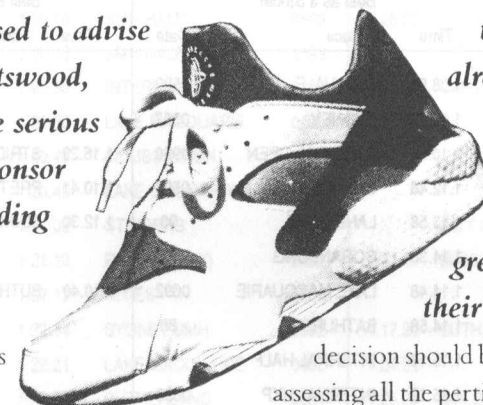
Remember, STaR stands for Sunday *Training* Run and not *race*, please keep to your time group and give the pack a chance to stay together. If you get the urge, you can always pick up a faster group as it moves through!

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

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

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

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



**Shop 2, 379 Victoria Avenue,
Chatswood 2067**

Entrance in Archer Street, Opposite McDonalds

Tel: 411 4712

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HALF MARATHON LADDER

Best as a Strider				Best Before Joining		
NAME	Time	Race	Date	Time	Race	Date
JOCK DAVIS	1.08.55	SMH HALF	0593			
PHIL GARVIN	1.09.22	SYDNEY	0587			
JOHN SAUER	1.10.54	STRIDERS OPEN	0990	1.16.29	STRIDERS OPEN	0388
GODFREY FRANZ	1.12.48	SMH HALF	0593	1.10.41	PRETORIA	'83
MICHAEL BURTON	1.13.58	LANE COVE	90	1.12.30	EDINBURGH	0984
WAYNE STANTON	1.14.30	CORANBONG	0485			
CHRIS McLEAN	1.14.48	LAKE MACQUARIE	0692	1.10.40	SUTHERLAND	0483
GEOFF COX	1.14.58	BATHURST	88			
DON PRICE	1.15.10	INTERNAL HALF				
JEFF GISSING	1.15.12	INTERNAL HKP	0890			
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
JOANNE COWAN	1.16.17	TOKYO	0192			
TERRY McIVER	1.16.23	BATHURST	0786			
PHIL DALY	1.16.28	SMH HALF	0593			
DAVID SILL	1.16.36	SUTHERLAND	0688			
RON FEENEY	1.16.44	SHANLEY HALF	0387			
CHRIS DWYER	1.16.50	LAKE MACQUARIE	0692			
BRET NICHOLS	1.16.52	IRON COVE	0285			
STEPHEN JACKSON	1.17.02	SMITHFIELD	1092			
WARWICK SELBY	1.17.14	SYDNEY SMH	0592			
ALEX WHITWORTH	1.17.40	LAKE MACQUARIE	0692			
MALCOLM SATCHELL	1.17.59	INTERNAL HKP	0890	1.17.59	INTERNAL HKP	0890
MALCOLM SATCHELL	1.17.59	INTERNAL HKP	0890			
GRAHAME MURPHY	1.18.10	SMH HALF	0593	1.17.00	EDINBURGH	0688
MARK FIORE	1.18.22	SUTHERLAND	0691	1.26.30	HASSETT BELGIUM	1089
CHARLES COVILLE	1.18.23	RANDWICK	0780			
KEVIN TILLER	1.18.47	SUTHERLAND	0691	1.21.00	LONDON-SCOTTISH	'86
JOHN HODGES	1.18.47	BATHURST	0787			
PAUL RUSSELL	1.19.08	STRIDERS HALF	85			
CRISPIN GARDNER	1.19.50	STRIDERS HALF	0992	1.18.47	SOUTHERN CROSS	0490
STEPHEN GILL	1.19.56	CANBERRA	0592	1.21.45	STRIDERS	0989

Best as a Strider				Best Before Joining		
NAME	Time	Race	Date	Time	Race	Date
BRIAN GATFIELD	1.19.57	SUTHERLAND	0689			
RON SCHWEBEL	1.20.10	SMH HALF	0593	1.28.20		
MARLIES LAAPER	1.20.18	SMH HALF	0593			
JONATHAN TROPE	1.20.35	INTERNAL	0392	1.21.50	CARTORIA	0388
STEPHEN URWIN	1.20.36	LAKE MACQUARIE	0692			
WILLIAM THOMPSON	1.20.46	COMBINATION	0788			
BRIAN COLWELL	1.20.48	LAKE GILLAWARNA	?			
SCOTT CRAWFORD	1.21.02	STRIDERS	0790		CITY OF SYDNEY	
GRAEME HANSEN	1.21.19	READING (UK)	0492	1.27.45	MANUREWA (NZ)	0486
PETER COBLEY	1.22.13	CITIES	0586			
THOMAS NORRIS	1.22.14	SYDNEY SMH	0592	1.17.30	SUTHERLAND	'86
SHARON DOBSON	1.22.21	LAKE MACQUARIE	0692	1.24.21		0491
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			
JOHN AYLIFFE	1.22.54	LANE COVE	0790			
PHILIP HUGILL	1.23.09	SMH HALF	0593	1.17.00	GT NORTH RUN	'88
MIKE WARD	1.23.18	CITY OF SYDNEY	0587			
GRAHAM BUTLER	1.23.59	CITY OF SYDNEY	0586			
RAYMOND SKINNER	1.24.01	INTERNAL HALF	0988			
ALAN WHITE	1.24.20	SUTHERLAND	0790	1.36.13	COMBINATION	0789
HUGH SPENCER	1.24.40	CITY OF SYDNEY	0586			
PAUL KILLEEN	1.24.41	SMH HALF	0593	1.28.58	STRIDERS HALF	0892
JOHN TURNER	1.25.16	COMBINATION	0788			
JIM PHELAN	1.25.18	SYDNEY SMH	0592	1.28.45	THORNLEIGH ROTY	0590
SUSAN ROBERTS	1.25.30	SMH HALF	0593	1.35.07	SOUTHERN CROSS	0490
DEREK SMITH	1.25.39	CANBERRA	0592			
GREGORY BYRNE	1.26.00	ELOURA	0793			
TONY CROSBY	1.26.15	INTERNAL HALF	'88			
GREG OVERTON	1.26.37	STRIDERS HALF	0992			
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			
JOHN PRESTON	1.27.44	SMH HALF	0593			

NAME	Best as a Strider			Best Before Joining		
	Time	Race	Date	Time	Race	Date
PETER CORTE	1.27.54	SMH HALF	0593			
BRUCE MURRAY	1.27.54	WEST DIST JOG	0785			
BRIAN TAILFORD	1.27.57	GILLAWARNA	'85			
JOHN HAWKINS	1.28.02	INTERNAL	0892	1.27.16	SOUTHERN CROSS	0489
GARY LEAHEY	1.28.15	INTERNAL	0892	1.30.42	SYDNEY M CLINIC	1287
JOHN WHEALY	1.28.19	COMBINATION	0788			
TINA CAMPBELL	1.28.26	CITY OF SYDNEY	'87			
JOHN CULLITY	1.28.27	INTERNAL	0392			
SUE HILL	1.28.30	GREENBELT (SA)	0583			
DEREK WHITE	1.28.31	SUTHERLAND	0687	1.28.22	SUTHERLAND	0581
GEOFFREY TAYLOR	1.28.42	SMH HALF	0593			
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	1.29.34	GOLD COSAT	0792			
DAWN TILLER	1.30.59	CANBERRA	0592	1.31.07	COMBINATION	0791
ROGER RIGBY	1.31.00	INTERNAL HALF	'89			
JOHN PLUMMER	1.31.35	SUTHERLAND	0687			
SARAH ENTWISTLE	1.31.47	SOUTHERN CROSS	0490			
RICHARD BAMANN	1.32.17	SS INTERNAL HKP	85			
TIMOTHY READ	1.32.36	ELOURA	'91	1.40.00	ARMEX	88
GEORGE HERISSON	1.33.00	SMH HALF	0593	1.21.30	LAKE ILLAWARRA	'84
BENNY HAGBERG	1.33.04	ANZAC	0490			
PETER DONNELLEY	1.33.14	INTERNAL	0392			
JOAN BOLTZ	1.33.15	SUTHERLAND	0791	1.29.15	CANBERRA VETS	0787
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			
TONY CROSBY	1.34.03	SMH HALF	0593			
KEITH JACKSON	1.34.04	INTERNAL	0392			
KARIN GAGGIN	1.34.11	COMBINATION	0791	1.30.30	SPRINGWOOD	0387
RON DALY	1.34.50	SMH HALF	0593			
PAUL LUNSMANN	1.35.04	SYDNEY SMH	0592			
ALEX HAMILL	1.35.12	SYDNEY SMH	0592			
TONY ROBINSON	1.35.40	SMH HALF	0592			
SUSAN GRIFFITH	1.36.00	STRIDERS HALF	'90			

NAME	Best as a Strider			Best Before Joining		
	Time	Race	Date	Time	Race	Date
DAVID THERIAULT	1.36.06	SMH HALF	0593	1.39.00		
STEVE NORDISH	1.36.12	CANBERRA	0592			
WENDY DOWNES	1.36.30	SMH HALF	0592			
MERRI MACK	1.36.30	SMH HALF	0593			
IVAN FREYS	1.36.46	INTERNAL	0892			
LESLEY MAHER	1.37.08	SMH HALF	0592			
DALE THOMPSON	1.37.08	SYDNEY SMH	0592			
OWEN DENMEADE	1.38.30	SYDNEY SMH	0592			
NAZHA SAAD	1.38.30	CITY MARATHUON	0592	1.38.30	CITY MARATHON	0592
IAN MANNERS	1.38.44	SMH HALF	0593			
BRIAN TAYLOR	1.38.59	SOUTHERN CROSS	0490			
DICK BARTLETT	1.40.29	INTERNAL	0892			
MARGARET ROBINSON	1.40.49	SYDNEY SMH	0592			
STEPHEN ROACH	1.40.52	SMH HALF	0593			
IAIN DOW	1.41.23	SYDNEY SMH	0592			
PHIL MADDEN	1.41.42	SMH HALF	0593			
ALAN PHILLIPS	1.42.24	SMH HALF	0593			
GRAHAM FIRKIN	1.42.53	INTERNAL	0392			
JIM SCREEN	1.42.58	COMBINATION	0791	1.53.00	STRIDERS OPEN	0890
BRYCE COURTENAY	1.44.52	SYDNEY SMH	0592			
CATHY VERRY	1.45.00	SMH HALF	0593	1.39.38	SYDNEY M HERALD	0892
BRENDA HAMILL	1.45.02	SYDNEY SMH	0592			
ELIZABETH CAMPBELL	1.47.18	ANZAC	0490			
WILLIAM BLECHA	1.47.20	LANE COVE	'89	1.43.45	RANDWICK RUGBY	'84
LESLEY CLARKE	1.47.45	COCOA RIVER USA	0192			
ROBI RUSSELL	1.48.12	INTERNAL	0592			
PETER JOHNSON	1.49.50	SMH HALF	0593			
P. HAMMERSCHMIDT	1.50.07	INTERNAL	0892	1.45.40		0592
LEO LEADER	1.50.14	SMH HALF	0593			
DAVID BARWICK	1.52.24	SYDNEY SMH	0592			
JULIA STENTON	1.52.31	SUTHERLAND	0691	1.58.06	SUTHERLAND	0689
PAUL GLARE	1.53.49	INTERNAL	0892	1.35.48	USA	1190
IRWIN LIGHT	1.55.34	SMH HALF	0593			
BARRY JONES	1.57.00	INTERNAL HALF	0890			
ROSS BETTS	1.57.20	S.M.H.	0592			
ADRIAN KOL	2.04.40	SYDNEY SMH	0592			
FRANK DEARN	2.05.45	THORNLEIGH RTY	0591			
ALAN TONGE	2.23.39	ADELAIDE GREENB	88			

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

NAME	Age Race		Best as a Strider			Best Before Joining		
	Now	Age	Time	Race	Date	Time	Race	Date
PHIL GARVIN	V	P	2.21.56	BATHURST	0786			
GODFREY FRANZ	P	O	2.29.38	JOHANNESBURG	1083	2.21.36	BUFFALO	0382
CHRIS McLEAN	V	V	2.35.55	CANBERRA	0492	2.27.31	AUSTRALIAN	'83
JOHN SAUER	P	O	2.36.11	ANZAC	0489			
MARTIN THOMPSON	V	V	2.37.23	TRARALGON	0688	2.28.07	POLYTECH UK	'77
DON PRICE	V	V	2.37.31	ANZAC	0488			
BRUCE INGLISS	P	P	2.38.11	NEWCASTLE	0788			
JEFF GISSING	O	O	2.38.17	ANZAC	0488			
RON FEENEY	O	O	2.38.32	LONDON	0485			
WAYNE STANTON	P	O	2.38.51	AUSTRALIAN	0686			
WARWICK SELBY	V	V	2.41.19	ANZAC	0490			
CHRIS DWYER	V	V	2.41.28	CANBERRA	0493			
ALEX WHITWORTH	M	V	2.41.49	WORLD VETS	1287			
JOANNE COWAN	V	V	2.42.00	CANBERRA	0493			
TERRY McIVER	V	V	2.42.24	WORLD VETS	1287			
MALCOLM SATCHELL	V	V	2.42.29	AUCKLAND	1192	2.42.33	CITIES	0890
CHARLES COVILLE	V	P	2.45.13	WINSTONE, NZ	1083			
IVAN FREYS	V	P	2.46.54	CANBERRA	0484			
STEPHEN JACKSON	O	O	2.47.04	HOLDSWORTHY	0992			
JOHN HAMILTON	P	P	2.47.22	CANBERRA	0493	3.01.30	WANG	0683
PETER DONNELLEY	M	V	2.47.42	AUSTRALIAN	0684			
PAUL RUSSELL	V	P	2.47.53	CANBERRA	0484			
RAY DORAN	M	V	2.48.23	AUSTRALIAN	0687			
ALISTAIR MACKIE	V	P	2.49.22	MELBOURNE	1084			

NAME	Age Race		Best as a Strider			Best Before Joining		
	Now	Age	Time	Race	Date	Time	Race	Date
KEVIN TILLER	O	O	2.49.26	CITIES	0893	3.22.08	LONDON	0486
LINDA THOMPSON	V	P	2.49.34	S MELBOURNE	1188	2.49.32	MELBOURNE	'86
WILLIAM THOMPSON	V	V	2.49.38	ANZAC	0488			
PETER COBLEY	V	P	2.50.01	AUSTRALIAN	0683			
JON MARSDEN	P	O	2.50.17	AUSTRALIAN	0687			
HARVEY BLUE	M	V	2.50.17	AUSTRALIAN	0683			
GRAHAME MURPHY	P	P	2.51.20	HOLDSWORTHY	0992	2.43.09	CITIES	0889
BRIAN GATFIELD	V	V	2.51.23	GOLD COAST	0889			
PHILIP HUGILL	P	P	2.51.47	CITIES	0893	2.57.00	DUBLIN	1091
JONATHAN TROPE	V	V	2.51.47	CANBERRA	0492	2.54.20	VAAL	0388
DAVID SILL	V	V	2.52.54	HAMILTON NZ	1087			
SHARON DOBSON	V	O	2.54.14	GOLD COAST	0791	2.53.00		1182
GAVIN MORISSET	M	V	2.54.22	GOLD COAST	0889			
STEPHEN URWIN	P	P	2.54.27	N CALEDONIA	0792	3.04.00	BAS'STOKE UK	0686
STEPHEN GILL	V	V	2.54.49	GOLD COAST	0792	2.55.40	ANZAC	0489
STEVE CORNELIUS	V	P	2.55.31	NSW STATE	0682			
MARLIES LAAPER	O	O	2.55.55	CANBERRA	0492	3.27.00	ANZAC	0489
RAYMOND SKINNER	V	V	2.55.57	ANZAC	0488	3.12.56	MELBOURNE	86
GEOFF COX	O	O	2.55.58	HONOLULU	1291			
BRET NICHOLS	V	P	2.56.14	ANZAC	0490			
NOBBY YOUNG	V	P	2.56.33	NSW STATE	0584			
MIKE WARD	V	P	2.57.41	AUSTRALIAN	0686			
ALF FIELD	M	M	2.57.43	S MELBOURNE	1190	3.05.52	CANBERRA	'86
MARK FIORE	O	O	2.58.33	COMBINATION	0791	2.58.08	HUY, BELGIUM	0690
DICK BARTLETT	V	P	2.58.34	MELBOURNE	1085	2.59.32	MELB VETS	0784
JOHN TURNER	M	V	2.58.46	AUSTRALIAN	0685			
PAUL MANDL	P	P	2.59.14	MELBOURNE	0592			
SUE HILL	M	V	2.59.15	AUSTRALIAN	0684	2.52.01	AVON, W GERM	'79
SCOTT CRAWFORD	V	V	2.59.21	ANZAC	0490			
TINA CAMPBELL	M	V	3.00.32	WORLD VETS	1287			
SIMON FRETTON	P	P	3.01.42	CANBERRA	0493	2.35.05	MANOLIOS	0984
BRIAN COLWELL	V	P	3.01.47	MELBOURNE	1082			
PETER CORTE	V	V	3.02.00	COMBINATION	0791			

NAME	Age Race			Best as a Strider		Best Before Joining		
	Now	Age	Time	Race	Date	Time	Race	Date
JOHN AYLIFFE	M	V	3.02.12	ADELAIDE	0890			
DAVE BLACKHALL	V	P	3.02.24	NSW STATE	0680			
BRENT WATERS	V	P	3.03.01	MELBOURNE	1082			
DAVID RITCHIE	V	V	3.04.13	GOLD COAST	0792	3.07.41	AUSTRALIAN	'88
ALEX HAMILL	M	V	3.05.15	GILLAWARNA	0884			
MURRAY TOWN	V	V	3.05.47	CANBERRA	0492	3.00.51	VIENNA	0488
MARK ROBINSON	P	O	3.07.14	GOLD COAST	0791			
JOHN C-SUTHERLAND	P	P	3.07.53	AUCKLAND	1192	2.57.00	HASTINGS NZ	0888
HUGH SPENCER	M	V	3.09.02	AUSTRALIAN	0685			
JOHN HODGES	V	P	3.09.07	MELBOURNE	1084	3.41.39	MELBOURNE	1083
DAWN TILLER	O	O	3.09.13	CANBERRA	0493			
GREG OVERTON	P	P	3.09.16	GOLD COAST	0792	3.15.02	CANBERRA	0491
GEOFFREY TAYLOR	O	O	3.09.26	CANBERRA	0493			
GARY LEAHEY	V	P	3.09.55	CITIES	0890	3.20.48	ANZAC	0488
LEO LEADER	V	P	3.10.00	CANBERRA	0484	3.05.00	PEN'SULA, RSA	'80
GRAHAM BUTLER	V	P	3.10.13	AUSTRALIAN	0686			
TERRY ROSE	V	P	3.10.23	CITIES	0889	3.07.12	CHRCHURCH	0687
STEVE NORDISH	V	P	3.11.11	KEMPSEY	0688			
STEPHEN ROACH	P	P	3.11.16	AUSTRALIAN	0686			
DALE THOMPSON	V	P	3.11.40	CANBERRA	0489	3.36.06	STH MELB	'78
SUSAN ROBERTS	V	O	3.11.45	GOLD COAST	0791			
PETER KEEBLE	M	M	3.11.49	ADELAIDE	0984			
WENDY DOWNES	M	V	3.11.56	ANZAC	0487			
KEITH JACKSON	V	P	3.12.27	COMBINATION	0787			
IRWIN LIGHT	V		3.12.31	AUSTRALIAN	0684	3.10.38	BLUFF, USA	'77
STEVE HITCHCOCK	O	O	3.12.40	CANBERRA	0493	4.14.17	MELBOURNE	1088
JOHN WHEALY	V	V	3.12.51	CITIES	0888			
JACK WOODWARD	M	V	3.12.54	ANZAC	0488			
TONY CROSBY	V	V	3.13.02	WORLD VETS	1287			
BRYCE COURTENAY	S	V	3.13.58	CANBERRA	0483			
ALAN PHILLIPS	V	V	3.14.02	AUSTRALIAN	0687			
BRIAN TAILFORD	V	P	3.14.03	CAM'TOWN	0785			
KEVIN O'KANE	V	P	3.14.38	AUSTRALIAN	0685			

NAME	Age Race			Best as a Strider		Best Before Joining		
	Now	Age	Time	Race	Date	Time	Race	Date
BRUCE MURRAY	S	M	3.14.49	CAM'TOWN	0784			
JEREMY LOWES	V	V	3.14.58	CANBERRA	0493	2.24.17	STH AFRICA	'83
KARIN GAGGIN	V	O	3.19.07	KEMPSEY	0691			
RICHARD BAMANN	M	V	3.19.34	AUSTRALIAN	0685			
JOAN BOLTZ	M	M	3.20.35	CITIES	0891	3.07.46	GOLD COAST	0787
PAUL LUNSMANN	M	V	3.20.54	ANZAC	0489			
ROGER RIGBY	M	V	3.21.25	WORLD VETS	1287			
IAN WHITFIELD	V	P	3.22.15	CANBERRA	0487	3.13.06	AUSTRALIAN	'83
GRAEME HANSEN	V		3.22.52	LONDON	0492	3.10.45	AUCKLAND	0286
BARRY JONES	S	M	3.23.18	VETERANS	0781			
DEREK WHITE	S	M	3.23.26	CAM'TOWN	0784	3.26.34	CANBERRA	0481
ROSS BETTS	M	V	3.23.28	CITIES	0888			
BRENDA HAMILL	M	P	3.23.38	SYDNEY	0983			
MARGARET ROBINSON	M	V	3.23.53	KEMPSEY	'90			
PETER HAMMERSCHMIDT	M	S	3.24.29	CANBERRA	0493			
PAUL GLARE	P	P	3.25.21	CANBERRA	0493	3.29.50	USA	0690
RAY REID	V	P	3.27.57	AUSTRALIAN	0686			
MARK PRESTON	P	P	3.28.20	CANBERRA	0491	3.28.35	GOLD COAST	0789
FRANK GALLAGHER	M		3.28.36	AUSTRALIAN	0686	3.24.51	AUSTRALIAN	'84
RON DALY	S	S	3.28.46	ANZAC	0490			
JOHN FENNELL	V	P	3.30.06	ANZAC	0489			
TIMOTHY READ	M	M	3.31.11	CANBERRA	0491			
GRAEME GAGGIN	V	P	3.32.27	KEMPSEY	0691			
CATHY VERRY			3.33.26	CANBERRA	0493	3.30.48	CANBERRA	0492
WAYNE MEADER	P	P	3.33.50	MELBOURNE	0592			
VICTORIA CLARK	O	O	3.34.07	CANBERRA	0493			
WAYNE McCARTHY	M	V	3.34.54	WORLD VETS	1287			
SUSAN GRIFFITH	O	O	3.35.20	GOLD COAST	0790			
JOHN PRESTON	V	P	3.39.39	ANZAC	0490	3.39.39	ANZAC	0489
SHARON McGANN	O	O	3.39.54	CANBERRA	0493	3.55.00	GOLD COAST	'91
JOHN TIMBS	V	V	3.40.00	AUSTRALIAN	0687	3.23.08	AUSTRALIAN	'84
MICHAEL BURTON	O	O	3.40.31	6 FOOT TRACK	0391	2.28.47	EDINBURGH	0984
ASHLEY JACKSON	O	O	3.40.56	AUST IRON TRI	0592	3.19.52	HARBORD DIG	'83

Age Race			Best as a Strider			Best Before Joining		
NAME	Now	Age	Time	Race	Date	Time	Race	Date
ALAN WHITE	V	V	3.41.00	ANZAC	0490			
OWEN DENMEADE	M	V	3.42.51	AUSTRALIAN	0684	3.36.00	SYDNEY	'83
EDWINA MacARTHUR	V	P	3.44.47	CANBERRA	0486			
KEVIN FITZGERALD	M	M	3.45.22	COMBINATION	0791	3.16.39	BUDGET	1086
PETER JOHNSON	M	M	3.45.24	BUDGET	1089	3.40.53	CANBERRA	0484
ROBI HANCOCK-RUSSE	V	P	3.49.00	WORLD VETS	1287			
DAWN SHAW	M	V	3.49.47	ANZAC	0487			
DAVID BARWICK	M	V	3.50.58	CITIES	0890	3.56.59	SYDNEY	0987
WILLIAM BLECHA	M	V	3.58.40	BATHURST	0789			
JIM SCREEN	M	V	4.01.21	CANBERRA	0492			
JIM DONOVAN	V	P	4.06.57	CANBERRA	0483			
LESLEY MAHER	V	P	4.08.00	AUSTRALIAN	0684			
TONY ROBINSON		?	4.29.27	COOMA	1092			
ALAN TONGE	S	M	5.07.02	ADELAIDE	0889	4.46.49	ADELAIDE	'85