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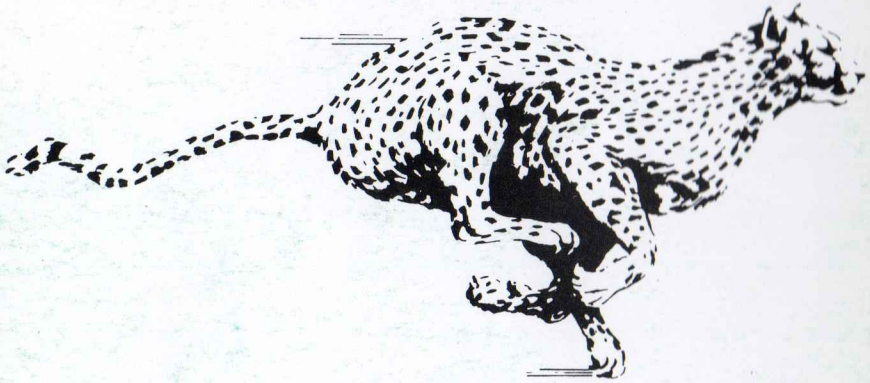

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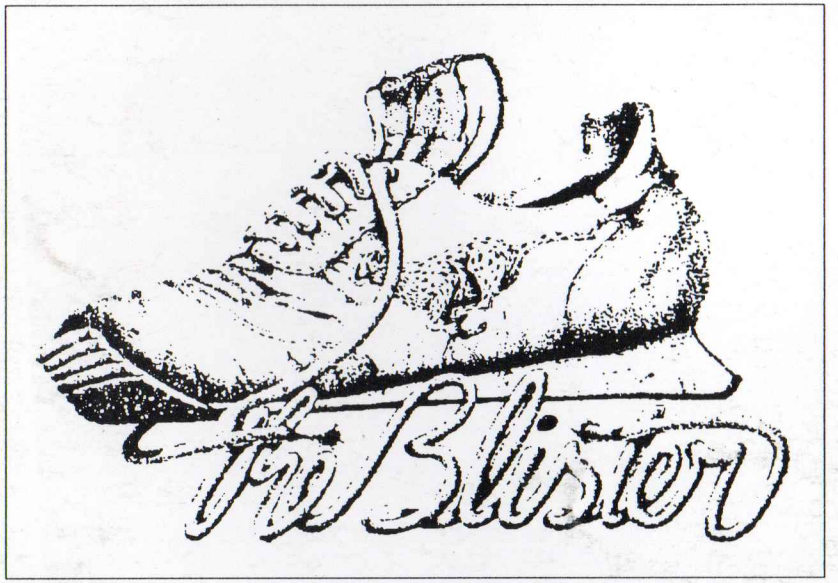

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COMMITTEE OF THE SYDNEY STRIDERS 1993-1994

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PRESIDENT'S REPORT

Welcome to another year in the History of Sydney Striders, and a particular welcome to all those new members I notice we've been collecting.

Of course, Striders' most important event in 1994 will be our *Annual Half Marathon,* on Sunday March 20th. A multiple winner of NSW's Best Road Race award, we must keep up the standard! In the run-up to the Year 2000 every year is going to be important for any sporting club with an eye to Olympic involvement, and our credibility as event organisers is going to be increasingly under the microscope.

Consequently, I must ask all Striders - and families wherever possible - to assist in making this year's event 'Simply The Best -Ever'. **So please - phone Chris Robb on 959 4269 to register your willingness to assist. There has never been a more important Half, so please phone NOW!**

Now to *us. Chris Robb has successfully launched* Striders Tuesday Night Time Trials. Starting at 6.15 PM, and run over 5k and 7.5k, the venue is our clubhouse, Cammeray Golf Club. Numbers are building up nicely.

Chris is also conducting a *Beginner's Class* on Tuesday evenings. His idea is that participating these runners will gradually come to slot into the Time Trials when they are ready. These events should provide the stepping stones to the 10k and 15k runs at 7 AM at the STaRs.

Finally, I hope you'll be pleased that once again our *Club Marathon Championships* will be held in conjunction with the Canberra Marathon in April. Hope to see everyone there.

Feedback from younger, prospective members suggests that there is some reluctance to join the Striders because of the 6am starts to the STaRs. For these runners and also those who we would like to coax back into running STaRs, **there will be a new start time of 7.30am for those who wish to run 5 to 20ks**. Other times remain unchanged.

President Alf

EDITORIAL

John Ayliffe, Joint Editor

'The Blister' is a permanent record of Sydney Striders, our unique running club, and of its people; it enables each of us to build, over time, our own library of all the things which go to make up the ***Sydney Striders.***

This is not a literary journal. Nor does it have any pretensions about being so. It is a record of a life - the Life of Striders. 'The Blister' is at its very best when it is written by you.

We want ***your*** story. We welcome your letters, articles, poems, photographs; your comments and bylines, your drawings... Tell us 'of your accomplishments, take us inside your dreams. Every one of us is different, no one of us the same. Tell us...tell us what it was like, tell us where you've been.

Tell us 'what it was like' when you ran that marathon we never heard of... the one with all the mountains... but particularly the one that was all flat. Take 'us' on your journey, tell us what it was like! It's all part of Striders, of that very special comradeship that comes from ***Striding On.***

We publish without fear or favour. We publish as you write, though we will always be pleased to edit or 'ghost' for you, if you wish.

'The Blister' ought to encompass all aspects of our Club, we aim to keep it well-rounded and real. One of its most important functions is that of a statistical record; so please help us keep your achievements up to date. Another is as an archive of 'firsts'.

There is nothing like your first, and we want to know about it too. Delving back through the issues we found some one hundred 'My First Marathons', and what wonderful reading they made. Oh, give us yours, give us yours!

They say nothing is more certain than nothing remains the same; and as Sydney Striders dares to raise its profile into the Year 2000, help us to record your experiences - as a person, as a ***Strider*** - the way ***you*** see it, warts and all.

§

THIS MOUNTAIN RUN IS NOT FOR WIMPS

Kevin Tiller

The new year weekend saw a much reduced field for the 9th running of the annual "Bogong to Hotham" Trail Run. This 60km run goes from the base of Mt. Bogong, the highest mountain in Victoria, to the summit and then follows the route of the Alpine Way before finishing at the summit of Mt.Hotham which is also pretty high. (The start is near Mt Beauty, about one hour south of Wodonga).

Although only 14km further than the Six Foot Track, rightly regarded as a pretty tough run, most runners will double their Six Foot Track time here, if they finish at all. This is no casual fun run - there is a 5 hour cut-off time at the half-way point which is quite difficult to accomplish indeed. Most years, less than 50% of runners make it to the finish at Hotham.

About 18 runners lined up at the start this year, when it started to run about 5 minutes before the 6:15am start, in contrast to forecast temps of 32C. We set off, with me in 2nd place following a bloke called James. I lost sight of him in the first 200 metres and that was the last I saw of him. I was told at frequent intervals that he was "miles ahead" and so I had to be content with my own company.

The weather got progressively worse going up to the top of Bogong. The summit had visibility of approx 10 metres and it was raining and blowing a gale. I even had to wear gloves, as well as my thermal top and raincoat that I started in. I made the 8km to the summit (which is all uphill) in about 90 minutes. Strictly speaking I was in joint second place as Jonathan had caught me up and we made our way to the summit together, but I was one stride ahead which is all that matters when you get down to it.

After about 2 hours I took my raincoat and gloves off as the weather was warmer. I was able to run better now that we were out of the gale and I left Jonathan way behind, hopefully to never catch me up.

I spent the next hour or so running by myself, luckily I knew the way from last year AND I had a map in case I forgot the route or the weather turned bad. This place was literally in the middle of nowhere. I was surprised, therefore to hear someone come crashing past me and go straight past just as I had veered off track. This person was

no less than Jonathan, my sparring partner and the person I least wanted to get ahead of me. I caught him up and we ran a few hundred metres together to the Big River. This is an apt description and makes the Cox's River in the Six Foot Track look like a baby's bath. It has a chain to cross with, which is required as it is thigh deep of very fast flowing, very cold water. Jonathan, being a wimp, stopped to remove his socks and shoes, whilst I ploughed across anyhow. "Catch you in a minute, Kev" were the words he used. "I sincerely hope not", I muttered to myself.

Onwards and upwards I moved, onwards and up and then down a reasonable track to the half-way point in about 4 hours 30 mins. Geoff Hook, the race director was just setting off 4 starters in a race from the half-way point to the finish and I had about a minutes lead on them, but they caught me up within half an hour. I was able to borrow a pair of scissors to puncture a big blister on the sole of my foot, caused no doubt by going through the river and running for hours with wet socks and sand in my shoe. Perhaps (just possibly) Jonathan may have been correct in stopping at the river. By around the 7 hour mark, about 3 and half hours since he was last seen, Jonathan ran past me. I was feeling knackered by now and the "halfway" runners had all left me for dead already. Jonathan was also out of sight pretty quickly and I resolved to pace myself to arrive home in one piece and to hell with the lot of them.

I made it down the last valley and crawled out the other side; knowing that all 3 major mountains were now successfully traversed, I knew it was plain sailing from here. At the last aid station I actually sat down and consumed what I'd decided would be my last Squeezy of the run. I had given up hope of catching Jonathan or the "halfway" runners and had a chat with the people at the hut.

I decided to try Squeezys on this run to see how they'd go and I reckon they are pretty damn good. I've been selling them by the score to Striders for a year and a half and haven't tried them before. They are worth it if you use them right. (Incidentally, we are getting some more supplies in soon so get your order in now).

I set off again and pretty soon had the "halfway" runners in sight. By now the finish was also in sight, although we still had a few km to go. This was in great contrast to last year when you couldn't even see the finish at the the finish, and to prove it I got lost on the summit for half an hour !

I overtook the 3 "halfway" runners that had come past me as we were all bearing

down on the finish line - obviously the Squeezy had helped. After finishing, I was amazed to find that Jonathan had only beaten me by 5 minutes, but I had to face up to the fact that he ran the better run on the day and so I will have to wait until the next opportunity to grind him into the ground.

All the finishers squeezed into the back of a Landrover to shelter from the strong winds - although the view was excellent. Everyone had been burnt by the sun and the wind. There were only 5 official finishers over the whole course. The local who had won by such a vast margin had already cleared off. The 4th and 5th place runners were coming in together but were about an hour from the finish when we left.

The evening was spent with the competitors and race marshall's in a good restaurant in a small place called Bright, just chatting over the day's happenings. No one had the energy to do anything else.

Next year the run is on January 8th so as it does not clash with the new year, there should be more runners. The race is organised by Geoff Hook, the president of AURA (Australian Ultra Runners Association) and it is well worth supporting their events. This is a fantastic run which both me and Jonathan reckon is the best trail run either of us have done to date. Please consider it for next year.

Many thanks to Kate, Jonathan's girlfriend for driving to the finish to pick us up and listen to us groaning about our aches and pains all the way back to Sydney.

Commiserations to Dave Sill who failed to arrive at the finish, after having taken "a wee while" to make the halfway point, and was not able to continue to the finish.

Male Results:

1.	James X	Victoria	7h:20m
2.	Jonathan Worswick	Sydney Striders	8h:26m
3.	Kevin Tiller	Sydney Striders	8h:31m
4.	Maurice Taylor	Sydney	
5.	Peter Armistead	Victoria	

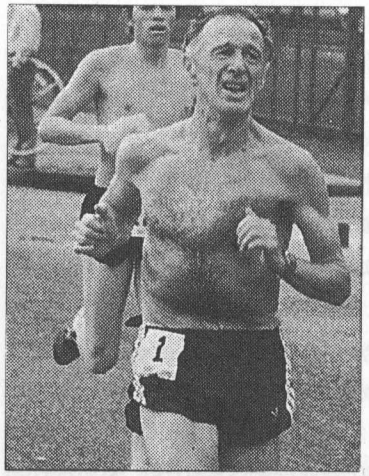
Female Results: None in official time limit

Note: This was the 2nd year that the Striders have had 2 finishers in the top 3. Last year Bruce Inglis was 1st and I was 3rd. (Oh yeah, and Dawn says not to forget to mention that she holds the course record for running to halfway as well as the full distance. Is that OK now, dear ?)

DR GEORGE SHEEHAN (1918–1993)

"We were not created to be spectators".

'RUNNING AND BEING' SHEEHAN (1978)



Usually, lengthy quotations from other publications tend to go down the back of the 'Blister', as items of lesser interest than the regular contributions made by Striders. However, the article on page 12, compiled by John Ayliffe using Runner's World' as the source, is an important exception to the rule.

George Sheehan was possibly the world's single most influential advocate of running as recreation throughout the 70s and well into the 80s.

An American cardiologist, he turned his own discovery of the joys of running into an international crusade for fitness and enjoyment of life; ultimately to be heard by a huge audience throughout the US and many other parts of the world where the 70s running boom occured. Without question, he was a major influence on the millions of people who have taken up running as a recreation over the last twenty years.

George Sheehan was a pioneer of many aspects of modern training methods and the treatment of running injury and wrote at least eight books on the subject, all of them emphasising the 'philisophy of running' as well as the more prosaic technical aspects of the pastime.

There are no doubt, many Striders who were influenced by George Sheehan's message in the late 70s and particularly, by his miraculous motivational film *'Coping With Life on the Run'*. The film's message still conveys the same potent force that managed to motivate so many would-be runners fifteen or sixteen years ago.

He also had a very practical approach to running: For example, while he was not the inventor of foot orthotics, he made a very early (1970) connection between running injuries and the importance of achieving correct foot-strike, which lead to the widespread use of orthotics for runners. While we take the use of orthotics for granted these days, at the time it was an important revelation and almost every serious runner has been the beneficiary over the intervening years.

As it happens and thanks to a connection with Bryce Courtenay, some of us had a fleeting brush with fame two years ago, when George Sheehan ran with a few Striders during a visit to Sydney. It was a very interesting run and George lived up to his reputation as being a passionate advocate for running as a means of achieving fitness and improved quality of life.

George, by now in his seventies and feeling the effects of the cancer which finally killed him, ran effortlessly with four or five of us from North Sydney and over the Bridge to the Botanical Gardens and back. Apart from the distance, there were no concessions to age and we covered the six k or so at a pretty brisk clip.

The conversation was inevitably about running and George laced his points of view with the sort of well-honed lines for which he was famous:

"I'm Irish, I hurt early and complain often....", and

".....the first hour of running is for the body, the second hour is for the mind...".

Dr George Sheehan was a very great advocate of the pastime which brings all Striders together and for that reason, we felt that his death deserved a special mention. RR

George Sheehan was an accomplished runner.

In 1939 aged 21, he ran a 4:17 mile, at a time when the world record was 4:06.

In 1963, he returned to running after a lapse of twenty four years and in 1969, ran a 4:47 mile to become a world age record holder (50).

During his running career, he raced over every distance from 800 metres to marathons.

Amongst his 50 marathons, he ran 21 *consecutive* Boston Marathons and in 1979, aged 60, achieved a pb of 3:01 in his last run in this race.

In 1992, George Sheehan ran his last race, a 10-miler, six years after being being diagnosed as having prostate cancer.

All the world's running guru died on November 1st 1992. This is how Dr George Sheehan's great friend, running commentator, Joe Henderson, saw

"GEORGE'S LAST MILES"

George Sheehan worried in his last months that he would leave work undone. He wanted to finish one more book.

He called it his 'Death Book'. Knowing that no publisher would accept that stark a title, I suggested that it be 'Miles to Go'. That line comes from Robert Frost's poem, 'I have promises to keep, and miles to go before I sleep.' It best describes how George lived with the prostate cancer that had spread into his bones and was inoperable when discovered in 1986.

In fact, he used Frost's words himself when first revealing his illness.

George went those miles.

He spoke for all runners when he told me in an interview several years ago, 'What we are interested in is performances. Our consuming concern is getting up in the morning and doing our best the rest of the day.'

Speaking for himself, George said, 'At my age, I could be retired. I could be sitting by the ocean, watching the waves roll in and out.

'But I feel I've never achieved all that I could. If you take less of a view than that, you're finished.'

He kept performing in the face of his cancer. He demonstrated what he called 'a healthy way to be ill.'

He wrote hundreds of articles, gave dozens of speeches, and ran scores of races in the next six years. Two new Sheehan books came out right on schedule during that period, as he took the usual three years apiece to fill them.

Maybe he couldn't do his all-time best after the cancer struck. But he still tried to do the best job he could with the tools he was given.

George fought the disease to a stand-still from 1986 to 1992. It hadn't advanced, but neither had it retreated. The final battle began last year with news that the cancer was spreading again. He continued to race until August 1992, finishing the Crim 10-Mile before the disease took him off the road. He continued to speak until last spring, talking at the Boston Marathon before the disease took him off the stage. George continued to write into the autumn, turning his back on the ocean view until he'd gathered enough columns to fill the next book. While Random House expressed interest, it still hadn't offered a contract. George was weakening.

Finally, in October, an editor planned to bring an offer to George's Jersey Shore home. This was one of his bad days physically, and he felt like cancelling the meeting. But he had promises to keep. His last efforts must all be big ones. He would reach the finish line no matter how hard the final miles felt.

'I will not last forever,' he once wrote. 'But I am damn well going to know I have been here. Winning is never having to say I quit.'

George called me on October 20th to say, "We made the deal.' He sounded as exhausted yet ecstatic as a marathoner at race's end. Now he could sit and watch the waves roll in and out. He could rest in the glorious peace that follows a big effort well made. George A Sheehan, MD, died at home on the morning of November 1, four days shy of his 75th birthday. His wife Mary Jane and their 12 children were at his bedside in a room looking out on the ocean.

IN HIS OWN WORDS

Early in his first book, George Sheehan explained his penchant for quoting the master thinkers of history in his own writing and speaking. His mental file of quotes covered every imaginable subject.

'I am living proof that you can go through the world on borrowed words,' he wrote in Dr Sheehan on Running. 'Whatever happens, there seems to be someone who has already expressed my reaction to the event much better than I could.

'So I find it difficult to speak with out giving voice to someone else's words. I quote them because they said so well what I was thinking. They described my experience, my personal truth, in miraculously right words.'

In the process of becoming the best loved writer and speaker in running, George himself became a valued source of quotable quotes. He gave voice to what other runners thought or felt or sensed, but couldn't find the words to express it. His words remain ours to borrow.

The memorable quotes jump off the pages of his books. They'll someday make up a book of their own, a Best of Sheehan. Meanwhile, here's a small reminder of all he said and your appetizer for what's to come.

On talking: *'Running frees me from the monosyllabic inanities of my usual tongue-tied state, liberates me from the polysyllabic jargon of my profession, removes me from the kind of talk which aims at concealing rather than revealing what is in my heart and what I mean to do and be. For me, no time passes faster than when running with a companion. An hour of conversation on the run is one of the quickest and most satisfying hours ever spent.'*

On writing: *'There are times when I am not sure whether I am a runner who writes or a writer who runs. Mostly it appears that the two are inseparable. They are two different expressions of my person, as difficult to divide as my body and mind.'*

On running: *'There are as many reasons for running as there are days in the year, years in my life. But mostly I run because I am an animal and a child, an artist and a saint. So too are you. Find your own play, your own self-renewing compulsion, and you will become the person you are meant to be.'*

On racing: *'No matter how old I get, the race remains one of life's most rewarding experiences. In a race, age changes only place and time. I see my placings get higher and higher, my times become slower and slower. But the experience of the race is unchanged; each race a drama, each race a challenge, each race stretching me in one way or another, and each race telling me more about myself and others.'*

On living: *'In facing life, no one knows exactly what is going to happen, what is going to be needed, where the search for the Grail will lead. The best we can do is be prepared. Running makes you an athlete in all areas-trained in basics, ready for whatever comes, ready to live each day, fill each hour, and deal with the decisive moment. The answer to the big questions in running is the same as the answer to the big question in life:*

"Our consuming concern is getting up in the morning and doing the best the rest of the day."

"Modern man is just not a good animal. First we must be good animals."

"You are built for one of these things: fight, flight or negotiation."

"I'm an experiential writer, and my available experience is now dying. I used to say it took three hours of running to produce a page of writing. Now it's three hours of dying."

[Acknowlegements to Joe Henderson, Runner's World magazine and Fun Runner].

IVAN FREYS: UNSUNG HERO NO.1

John Ayliffe

We've never forgotten, those of us who were there, that night in that little cafe in Eastwood - that has come to be called 'Graeme Firkin's Testimonial Bash' - when the guest of honour stood upon a shaky chair, and said:"this is the greatest club I've ever belonged to (and I've been in many a club, before my time!)"; and we thought, quietly, amongst ourselves" *Why* is it so?"

Of course, it's the people; and that's you.

To Sydney *Siders* Sydney Striders is probably:"who are those guys in green and white pounding the streets on a Sunday morning?"Wouldn't they like to know? These days, it must seem to them, we're out and about all week!

We cover the waterfront, don't we? We're all kinds; and I don't just mean we're runners and part-time runners; or triathletes, bi-athletes, walkers and fitness-heads; or even head-bangers and ultra-freaks. I mean we're extraverts and introverts, loners and groupies, we're in all kinds of businesses, and relationships; we're a microcosm of our city; we're all kinds of personalities; *we're soft and we're loud.*

So what's *the best thing* about Sydney Striders? We're also a bunch of *Unsung Heroes*, and I reckon that's what's best. Take IVAN FREYS: did you know he once got over the marathon distance in a shade under 2 hours 47 minutes? Or that his best 10k time is not much over 32 minutes? But perhaps we should let Ivan tell his own story:

"At school I had run 5th in both my form's 100 metres and mile races. But as none of my friends were interested in running I didn't go on with it.

"I harboured an interest in running for many years until in 1979 I was challenged to race my brother-in-law in the City to Surf. As I knew nothing about the race or training I contacted Sam Daher, a friend of many years, and I joined him and Laurie King in 4 weeks of pavement pounding leading up to a 63 minute City to Surf.

"Winning $20 from my brother-in-law helped develop my interest in running alright - but it was 6 weeks before I started running again."

Those two mates of Ivan's decided they'd all had a good start in the running game.

Both had been reading up on marathons -everything except the *training* part of it - so 42ks became the next challenge.

"The Harbord Diggers Marathon was 3 weeks away, and I trained for it by running 10ks every day as fast as I could right up to the race."

Ivan ran well until halfway, then he hit"the first of several walls."He finished in 3 hours and 7 minutes.

It was after this "failure" that, as a group, the three friends decided they better join a running club, and"learn something about running".

"Sam Daher had heard about a new running club being formed, so a week later we set off to the first of many STaR's, with our beloved Striders."

Ivan's recollections of this period include walking 10k back to Dave Blackall's house after attempting Dave's Bobbin Head STaR. and....

"Brian Colwell's Lazy Loo, and long suffering girlfriend having to get up at 6am to look after us, and then 3 hours later having to put up with 15 smelly and sweating runners dripping onto her lounge room floor whilst having to feed and supply drinks to all of us. Everyone was discussing the best shoes to wear and offering training tips".

"How could anyone forget the famous 'John Jeston's Computerised Marathon Running Splits'. With 'inbuilt fade' they"guaranteed you to break the 3 hour barrier."

Ivan Freys not only did break that magic limit but, eventually, in Canberra 1984, he did that really good one: 2 hours 46 minutes and 54 seconds.

"But for some reason I have not been able to reproduce this run in halves. Half of my marathon time equals 83 and a half minutes, yet all my half marathons have been around the 87-88 minute mark."

Perhaps the further this unsung hero runs the faster he gets, look out 'Comrades, Ivan Freys might be the Strider to surprise!

Modest as he is, and always looking for a more plausible explanation, he suggests it could be his orthotics.

"My ankles are 5% out which, for those lucky enough not to need orthotics, means placing wedges at a crazy angle under each foot to correct any unnatural lean inwards or outwards. I have found this allows me a more efficient running style, and increases my endurance, but at the loss of speed."

Those familiar with Ivan's crazy running style, by which you may pass him 19 times, and he passes you 20, will attest to the frustration caused to both of you.

As a result of his condition Ivan has given up racing and now enjoys running with minimal injuries. However this is about to change, and all Striders must needs be cautioned well: Ivan has since found another podiatrist and had a new pair of orthotics prescribed. New and improved! He is at present running them in"with good results."

"I hope this means I will now be able to keep up with the headbangers again," Ivan says.

Heaven forbid!

Ivan Freys at the turn-off onto Caves Road during the Six Foot Track Marathon (1989), ...the big hill behind him and the last ten ks to the finish.

THE ZATOPEK EXPERIENCE

Joanne Cowan

Have you ever found yourself on the start line of a race and looked at the competition and thought .... what am I doing here?

Well, that's how I felt at the Zatopek Race in Melbourne on the 16th December. I had never intended racing 10ks on the track, the thought of 25 laps around a track had no appeal at all. It's bad enough doing reps once a week!

So how did I get there?

Well, thanks to a shortage of money ... my job had a few interesting challenges in 1993 ... I was not in a position to finance myself to the Auckland Marathon in October. So, my coach, John Atterton said: "What a waste of good training! Why don't you have a go at the state championships and the Zatopek .... but you have to qualify". Famous last words. So I ran the state 10k, won it and qualified for Zatopek.

What is the Zatopek Series you may ask. Well, it was started in the mid 50's by a guy in the Victorian Road Runners Club who was an Olympian at the Olympics (*Helsinki, 1952 . See also Feb. Fun Runner, p45 - ED.*) named Emil Zatopek and won the 5,000m, 10,000m and the marathon; what an amazing feat! The Victorian Road Running Club decided to create this new fixture on the running calendar every year, which has now become the qualifying round for the Commonwealth Games and the selection of a number of the cross country teams that run the various marathon relays throughout Asia and Europe.

The series is conducted on a Monday to Thursday evenings with the Thursday being the highlight evening. Due to the huge response to these races, the nights expanded from just being on a Thursday evening to four nights.

The first night is the Allcomers Ladies Race. To qualify you have to run under 50 mins for 10ks. This year the race was won by Marina Delahunty in 37:55. Marina trains with myself and a few fellow Striders on Tuesdays and Thursday nights. On that night the men's race was F Grade. Don't know what the qualifying time was for that.

On the Tuesday evening the men's D and E grade races were on. On the Wednesday night the B and C grade races were on. The times these guys ran would make all of us happy ...

The Thursday night was the main night. The weather was perfect, only a light could breeze, no rain (unusual for Melbourne).

The evening started with corporate relays. The women's race was first with 800m relays. Then the men's 1500m relays. After this they ran the Masters Mile and I had the pleasure of watching Mike Lawson from NSW winning this event.

Mike is well known to all of us, he usually wins our 10k series when he turns up and seems to do it with ease. Wayne Stanton has just joined his training group at Narrabeen on Tuesday and Thursday evenings .... we can see that Mike's, influence is really paying off!!! What a Palm Beach to Manly run ... congrats Wayne!

After the Masters Mile there was an Exhibition Race by the wheelchair athletes. Then there was the 1500m steeplechase, with an A group and a B group. Shaun Creighton easily won the event. He has had a very successful season competing overseas.

By this stage my nerves had hit rock bottom ... continuous loo stops during my warm up!!! Before my event there were mens 800m races, however I have to say that I wasn't paying much attention at this stage.

After being called up, each athlete was introduced. There were 20 entered in our race and on the night only 21 raced. I was ranked at 20th, so my finishing place of 10th was really pleasing.

And so the race started; no one was surprised to see Carolyn Schuwalow, (sorry, that's a hard one to spell) and Michelle Dillon at the front. Their average lap pace was between 78 and 80 secs per lap. My average was 83 to 84. They broke away and left a second pack of runners then about 10 metres behind was my pack.

The race was great. I was only lapped once and finished 2 minutes behind them in 34: 43. In the last lap I gave it everything ... it is amazing what you can find in yourself. The crowd was cheering everyone. No one pulled out and I don't think that many runners were over 38 mins.

The feeling of achievement was enormous ... there area few track 10ks coming up ... the Allcomers meet at the end of January ... the Vets State Titles in March and the National Vets at Easter.

ODE TO THE LUNG DOCTOR: 'JOGGER DOC'

J.A.Tyrell (Thanks to Peter Corte for supplying this poem for publication)

He rises early some weekly morns
To meet his friends at the crack of dawn.
They hardly talk, not much is said,
Until they lace their Adidas.
The run today is 30ks
in rain or shine or fog
It doesn't seem to matter,
If they sometimes bog.

Up and down the dales they go
Until the final hill
With all the inches covered
To make up 30ks
And on return, few words are said,
Perhaps an uttered stutter
In fact, the only strength that's left
Is used to cross the gutter.

Our Jogger Doc lies on back seat
And contemplates the morning's feat
Euphoric thoughts cross o'er his brain
But nothing seems to ease the pain.

The car speeds home and out he flops
And staggers to the shower
He turns on all the water jets
To maximise the power.
And as the strength returns to him
And water eases strain,
His body's hidden quite away
by lovely streaming rain.

Then, next there is his breakfast,
Befitting for a king,
For being lean he's lucky too,
And eats most anything.

He hugs his wife and kisses kids
And waves his fond farewells,
And drives into the smoggy air
With lungs as clear as bells
How long they'll last, one never knows
But one thing is for sure
He feels the 30k he ran
Has made him oh so pure!

Today he'll visit patients
With lungs he cannot cure
But hopefully he'll find a way
To help them endure.

§

THE 1993 LONDON TO BRIGHTON ROAD RACE

Kevin Tiller

Me and my lovely wife, Dawn, were planning a trip to the UK to visit relatives and friends - our first trip back since coming out to Oz almost 4 years ago. We picked September for no particular reason and booked our plane tickets. I then thought that as we were over there we might as well look for a race to run. I'd vaguely remembered the London to Brighton being on at vaguely that time of year. Some investigations turned up with the date of 3rd October. Our tickets out were for the 2nd but this was easily changed till the 4th. "Contacts" managed to get an entry form to me, which was sent back to the UK before the deadline and I was in !

1993 saw me running just about as much distance as I my body could stand, whilst still keeping some speed work in there. I ran 6 standard marathons or ultras in the months preceding the race as well as short stuff including a 10Km pb of 36:06, a 1:21 half marathon and a 2:49 marathon in late August just before my departure. I was well impressed with this form and knew that I was in shit-hot shape. My training of at least 100Km a week, but most often 120-130 Km with a high of about 160Km since the previous December had paid off handsomely.

After my 2:49 I caught a bad cold, moved house and went to UK and spent 4 weeks dashing up and down the country with heaps of late nights. My steady routine had been decimated and in the 4 weeks prior to the race I ran about 5 or 6 times, mostly with my coming-back-from-injured wife. My longest run was for 2 hours the Monday before the race !

The morning of the race dawned dark and cold (as it was England). I picked up my race number and bought a T-shirt in a small backstreet around the corner from Big Ben. I had a poo in a corner of a car park (that's for Dale Thompson but the rest of you won't be interested). Most of the runners looked like 50 or 60 year old poms who wouldn't even make a standard 42Km marathon, let alone double that. Walked around the corner and up the road a bit. At 6:59am some mounties stopped the traffic and close to 150 runners jumped the barricades and prepared for the off.

We started on the 7:00am chimes from Big Ben and I had trouble running slowly (as usual) - I ran with the lead group through the first few miles before easing off

slightly to make 10 miles (16Km), around Croydon, in 11th place in 1:07:47. I was running with a few fast South Africans and a couple of Botswanans. They had flew in on the Friday to run on the Sunday and fly home again on the Monday ! Alf Field, President of the Striders appeared briefly by the roadside to take a photo and then buggered off quickly. (Was I hallucinating ?). I continued, anyway, and slowed down a bit and made 20 miles (32Km) at Redhill in 17th place in 2:23:44.

By now the sun was up. I'd been in England 4 weeks and it had literally rained every day but one. Today was a stinker. Just my luck. My support crew would have been a big disaster, had not my wife been there and knew exactly how to look after me. My father drove and thought initially all he had to do was drive to Brighton to pick me up. I said that he had to stop and give me drink and bananas and cheer me on. He thought every 10 miles would be OK until I said that every 2 was more to the point ! My mother-in-law came along to watch this peculiar form of self-destruction occur before her eyes and as it turned out she probably came away the most satisfied...

I estimate the marathon mark flashed by in about 3hrs 10mins, and 30 miles in 3:48:06. I had now slipped back to 25th place. There was a reason for this - my legs had seized up and I could barely stand up let alone run. My Dad shouted out "Hey Kev, have you passed anyone yet ? They all seem to be going past you !". I answered truthfully "Yep, there was a Botswanan lying back there on the kerb. He's a goner". Anyway, it turned out he was the only one I passed all day. All the old codgers came past just like there was no tomorrow.

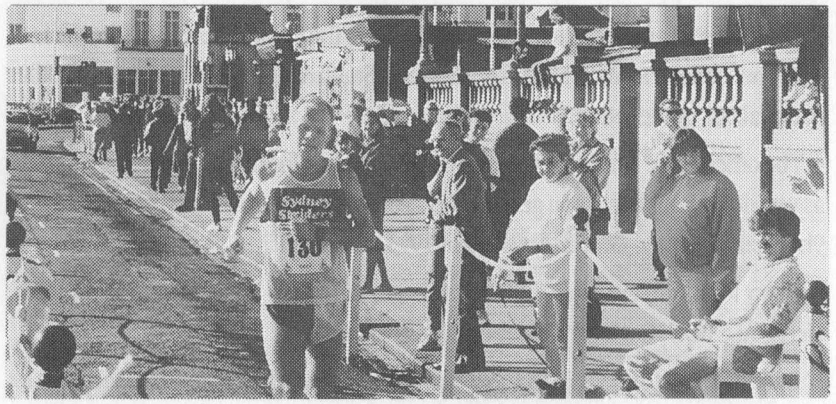
It felt lonely out there, but I could always see a few other runners ahead and there were more than enough running by, and they were a friendly bunch although no-one got much more than a grunt from me. The support vehicles yelled out their support as we leap-frogged each other. Hell, it was actually quite a nice day and we went through quite a few sleepy English villages. Although the roads weren't closed to traffic, cars were never a problem.

Being a Strider, I continued to try my hardest and slog it out but I must confess to gross failure - I walked before I'd even dropped dead, just around the 40 mile mark in 5:29:40, a distant 34th which was a long way from the front of the pack by now. This bodily breakdown was probably due to my enthusiastic starting pace and I was

now running exactly how Dawn had predicted about 15 miles back ! I scanned every horizon for each and every 5 mile mark. Five miles is a long way to run for a cup of water and a slice of orange but at least I could convince myself I was that bit closer to THE END.

The last half of the course is surprisingly hilly. Even the race director had said "hilly" knowing he could not get away with that old trick-word "undulating". The worst was yet to come, the 50 mile mark being on top of a hill, the highest point in the race. It was called Ditchling Beacon (part of the poorly-named South Downs). We'd been warned of this prior to the start, for it was a mother and it went up, UP and UP ! There were quite a few supporters here, as the view was good, and you could be guaranteed to see some real basket-cases coming up the road. I made the top in 7:27:45 for 41st spot and was told the other classic lie which I didn't ever believe, not even for one minute : "It's all downhill from here, mate". I looked up, said nothing and shuffled off. Down the road I nearly wept. "If that's true then why can't I see the sea yet ? Why is there another valley and WHY DOES THIS ROAD GO OVER THAT F'ING HILL OVER THERE !!!"

Years and years of Sunday morning 30Ks came into their own as by now my brain was so fried by the sun and the rest of my body was so wretched and torn that I did the only thing I knew how: I huffed and I puffed and I shuffled and staggered all the way to the top of the next hill. From here, I could see the sea and it was a lovely blue and I could see the road and it was down all the way and I shuffled as fast as my little



"....then I turned the corner to hear "Kevin Tiller..Sydney Striders" and then I stopped and I didn't even care about the time anymore...".

legs could damn well carry me.

I screeched down the road into Brighton and headed towards the sea as if nothing could stop me; everyone yelling out "Good on Ya", "Come on Aussie" and then I turned the corner to hear "Kevin Tiller..Sydney Striders" and then I stopped and I didn't even care about the time anymore or my position because it was all over and I had finished. I could stop running. I couldn't sit down because my legs were all done in but at least I could stop.

MALE RESULTS:

1.	Stephen Moore	Hertford AC (UK)	6:07:22
2.	Russel Crawford	Germiston (South Africa)	6:11:49
3.	Stewart Peacock	Rand AC (South Africa)	6:17:39
42.	Kevin Tiller	Sydney Striders (Aust)	8:20:25

FEMALE RESULTS:

1.	Carolyn Hunter-Rowe	Pudsey AC (UK)	6:34:10
2.	Hilary Walker	Serpentine RC (UK)	7:23:36
3.	Patricia Bonner	Finch Coasters (UK)	10:04:53 (unofficial)

NOTES:

1. Total race distance is 55 miles (88Km).

2. Carolyn Hunter-Rowe had recently won the World 100Km championship in Belgium and Hilary Walker had just set the course record of running from Lhasa to Kathmandu (approx 14 days). I was well impressed by this.

3. Hilary hosted an overseas runners' get-together the Friday evening before the race at her house just a stone's throw from Harrods. South Africans outnumbered all other nationalities put together.

4. The official time limit is 9hrs 30mins but you can unofficially finish after this as long as you don't complain if you get run over. You can't complain if this happens before 9hrs 30mins either. Official finishers in 1993 numbered 79.

5. Entry forms are available from John Legge, 21 Station Road, Digswell, Welwyn, Herts, AL6 0DU, England. Telephone (043) 871 6508.

Race date is 1st Sunday in October (approx), closing date is likely to be around 1st week of September and it costs £15.

BLISTERING LETTERS.

In the distant past, there was a great and fiery tradition of letter writing in the Club, with the heartfelt missive very often finding its way to the Blister Editor, if not actually sent to the Editor direct.

In recent years, the character of these letters has become somewhat muted and benign, even allowing for Mr S.W.Bags desperate attempts to be noticed.

This issue of the Blister has proved to be an exception and not before time.

Whatever you might think of the arguments and the counter-arguments in the following letters, healthy debate is the stuff of good clubs and the Blister is as good a forum as any, to get something off your chest. A few 'Blistering' letters can do us no harm and may even get useful debate going.

However, it is only fair to point out that a right of reply will always exist and if possible, in the same issue. Also, if you write to the Committee, President or to individuals in the Club, we do *not* assume that you want the letter published – we always check first!

(6th December 1993.)

Letter to the President

Dear Alf,

I am writing to you to express my extreme disappointment at the results of the prize giving for the Ultra Marathon class.

I can accept my exclusion from the candidates, however I was unaware that to be included as a candidate one must run more than one event. My real "gripe" is that it seems that if a person doesn't run the Comrades Marathon then they are excluded as a possible winner.

I believe that there is a discrimination against people who do not have a large enough bank account to

enable them to travel overseas. I myself would love to run Comrades however I cannot afford to and I expect that the majority of the club members are in the same position. It seems that the Comrades Marathon commands a disproportionate amount of publicity within the club where out of the 100 pages in the last Blister, the Comrades was mentioned on at least 34 pages.

While I know that Steve Urwin is an extremely good runner I cannot remember one time when he has beaten Bruce Inglis in a head on confrontation. You described the Bogong-Mt.Hotham Ultra as extremely difficult; within 3 months after Bruce won that event he ran 4th in the 6 Foot Track, some 20 *minutes* faster than Steve. Because Steve had the finances and the family non commitment to travel to South Africa and compete in the Comrades Marathon, he has won this years' ultra marathon award. Who knows how far Bruce may have beaten him by, had he have had the same opportunity.

I do believe that because ultras are of differing lengths and degree of difficulty, then only events within Australia should be considered when this prize is awarded and therefore ending the discrimination against those who can't afford to travel overseas.

This criteria I feel should also be applied to the prize for Triathalons as well so as everyone may select their races to compete against their peers on equal terms. I do not begrudge Steve's recognition for his achievements this year as they have been excellent.

There is too much importance placed upon one race for which most Striders cannot associate with.

Yours faithfully,

MALCOM D. SATCHELL

President Alf replies:

Dear Malcolm,

Thank you very much for your letter of 6 December 1993 which I received just before Christmas. I appreciated receiving your input on the Ultra Marathon Award and will attempt to give you a comprehensive response.

I propose to spell out the guidelines that I used to determine the winner as I think that this will go a long way towards answering your criticisms and will also help everyone to know what to expect in the future. The guidelines that I used were as follows:

1. If a person produced a performance (or series of performances) which transcended all others, being clearly and unarguably superior to any other candidates performance, then that person should receive the award.

2. In the event of there being no discernible clear cut winner, then the award should go to the person with the best overall performances through the year.

3. In judging the performances under 2 above, cognisance should be taken of the fact the award is "The President's Award for Ultra Marathon Running" and that this should be interpreted literally. Thus the word "Ultra" means that running events should carry more weight than bush or mountain type events.

In 1993 Striders produced a large number of exceptionally good ultra performances, but I was unable to select any one as being clearly superior to all others.

How could I differentiate between Michael Burton's win in the National Park Ultra and your win in the Six Foot Track, or Steve Irwin's win in the Australasian 100K Championships? What was the relative merit of Bruce Inglis' win in the Bogong-Mt Hotham Ultra?

Consequently I reverted to judging on the basis of the best overall performances through the year. Obviously if a person competed in only one ultra event during the year and that performance did not produce the uniquely superior performance to win the Award, then that person could not be in contention for "best overall performances through the year". Sadly I had to exclude you and Michael Burton on these grounds.

The next thing to decide was how many ultras a person had to have completed during the year in order to be able to form an opinion on best overall performances. I decided that only people who had completed 3 ultras had enough data to allow me to form an opinion, but I decided to shade this requirement in the case of Bruce Inglis because I was in awe of his performance in the Bogong-Mt Hotham event and I included him as a candidate for the Award.

I sympathise with your views on Bruce Inglis and I was keen to give him the Award. In the final analysis I had a couple of problems with the Bogong-Mt Hotham Ultra.

The first related to the nature of the event. It starts with a 4,500 foot climb up Mt Bogong which takes an hour and a half (give or take 15 minutes either way), followed by a descent where long sections are extremely precipitous, a river crossing followed by a zig-zag track up a near vertical mountainside. This latter ascent took John Turner and myself over an hour to complete, and we were far from being the slowest.

My point is that the event is more akin to mountaineering than running. The second and less important problem was the smallness of the field with only some 12 finishers.

In fairness to the quality and quantity of the performances of the other candidates, I felt that Bruce needed a good performance in another event,

preferably a running event over more than 80k, in order to round out his performances and allow me to award him the trophy. I took the trouble to telephone Bruce to enquire whether he perhaps had competed in some other ultras during the year. Bruce confirmed that our data base was correct and that he had competed in just 2 ultras during the year.

I do not propose to go into detail on all the candidates, but I can assure you that I put a great deal of thought and soul searching into judging this Award. I agonised over it for several days - and nights for that matter. I believe that I followed a logical set of guidelines and was fair and objective about it.

Your suggestion that Steve Urwin would not have won the Award if he had not competed in the Comrades Marathon and that anyone who had not run Comrades was excluded from winning the Award implies bias and favouritism on my part which I strenuously reject. In fact, I found the accusation personally quite hurtful. Perhaps I could be faulted for not setting out the guidelines in my presentation, but that would have made an excessively long talk even longer.

I saw the Comrades as a 90k ultra which was clearly a "running" event. It carried about the same weight as Kevin Tiller's run in the London to Brighton race which was 88k and also clearly a "running" event. It would have carried the same weight as a 90k running ultra in Australia or anywhere else for that matter in judging the Award.

It all boils down to the fact that I was the sole arbiter of this Award and must take sole responsibility for it. I saw it as a blanket photo finish, but it was Steve Irwin's nose that I saw in front.

Your suggestion that only Australian ultras be used in judging future Awards is I believe both unfair and impractical. Striders do travel from time to time and

often take advantage of their travels to compete in different foreign events. Kevin Tiller went to the UK to see his parents and took advantage of the occasion to run the London to Brighton race. Steve Urwin took his wife and new baby to the UK to show his parents their new grandchild. He scheduled his return through South Africa so that he could compete in the Comrades.

It would be unfair to simply ignore these events in looking at Kevin and Steve's performances. To take the situation to its extreme, if a Strider travelled overseas and won the World 100K Championship, should this achievement be ignored simply because it did not take place in Australia?

The test should be that foreign events should not carry greater weight in the judging process than local events of similar stature, which is the basis on which I approached this situation.

Regarding your comments about the excessive number of articles on the Comrades in the Blister, I must say that if more Striders were to write a greater number of articles for the Blister, then the editors would have greater flexibility in determining what they publish.

As things stand at present if all the Striders who participated in the Brindabella Classic decided to write articles on that event, then the Blister would appear to be unbalanced with too many articles on the Brindabella. That is what happened with the Comrades and is a tribute to the unique nature of that event that it could stimulate so many articles.

Just a final word on the Comrades.

The Comrades Marathon Association have offered to billet and look after any Striders who wish to compete in the 1994 event.

Thus the cost should be the air fare, (which I believe will be about $1,950.00) plus any personal

spending money. I realise that this may be beyond the budgets of many Striders, but at the other extreme, it's not just a rich man's junket either.

I hope that these comments will have clarified the situation for you.

Yours sincerely

ALF FIELD

The Editor 17.1.94
The Blister

Dear Graham,

A quiet voice of concern from the back of the room.

In the euphoria that is sweeping the Striders at the moment, can a voice of concern over the direction the club is moving still be heard?

Let me first say that the Striders is a great club, run by an enthusiastic and hard working band who clearly want to do their best for it. No-one can fault the motives driving the current changes to the club.

The debate I wish to air is over how structured a club should get? In particular I find the concept of a corporate plan an anathema for a running club. Perhaps in the business world such documents are necessary, and maybe even useful, but not to guide our recreational activities.

In my experience of corporate plans they are driven by bureaucrats running organisations of supreme mediocrity to give some pretence of higher motive. They are essentially meaningless documents, which may

promote an image, but have no substance. Does a bunch of runners need one to motivate them? Is this a case of a group of frustrated corporate execs trying to achieve for their leisure pastime what they can't manage in the workplace?

A certain amount of informality is essential for a running club.

It is one of the reasons why I run, to escape from the structured existence around the daily work cycle.

By all means have some organisation to the club, but lets not try to incorporate the management philosophies of the corporate world inside it.

Perhaps it would be illuminating for the Striders to look at the way the other great Sydney long distance running club operates, Billy's Bushies, and compare their organisational structures?!

Notwithstanding my concerns, I certainly hope the Striders are successful in their goals over the next few years.

There's an ambitious plan in place. As is realised it's vital to attract younger members (like myself?) back into the fold. But with a corporate image I wonder if the Sydney Striders will be able to manage it'?

Sincerely

Michael Burton

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SYDNEY STRIDERS ROAD RUNNERS CLUB ANNUAL AWARDS PRESENTATION

Sunday 5th December 1993
Middle Harbour Yacht Club

Master of Ceremonies:
Steve Cornelius

DEBUT MARATHON AWARD

Presenter : KEVIN TILLER

This refers to the athlete's first ever "standard" marathon, NOT their first marathon as a Sydney Strider (if they've completed one before).

The winner of last year's perpetual trophy for this award, now receives a commemorative trophy which can be kept forever : *Paul Mandl*

1st (Male)	**Paul Kotala**	**4:22:18**	**Foster Ironman**

Paul's other achievements this year : Aug City To Surf:76:08

1st (Female)	**Dawn Tiller**	**3:09:13**	**Canberra**
2nd	Victoria Clark	3:34:07	Canberra

Dawn's other achievements this year: Bogong To Hotham 60km Trail Run :9:35. Broke course record for half-way and full distance by approx 1 hour. Marsfield 10Km: 41:07. Six Foot Track Trail Run: 4:31 (First female). Sussan 10km Melbourne: 39:25.First sub-40 km (34th from 3000)

BEST SUB 3-HOUR MARATHON IMPROVER AWARD

Presenter : JOANNE COWAN

This refers to the improved time, not the original and is calculated as a percentage. Males and females compete on even terms in this category.

The winner of last year's perpetual trophy for this award, now receives a commemorative trophy which can be kept forever : *Chris Dwyer.*

1st	**John Sutherland**	**3:07:53 to 2:52:47**	**Canberra (8.037%)**
2nd	John Hamilton	2:54:44 to 2:47:22	Canberra (4.216%)
3rd	Kevin Tiller	2:56:32 to 2:49:26	Cities (4.022%)

John's other achievements this year. Palm Beach To Manly 30Km: 2:19:32. City To Surf: 55:02. Auckland Marathon: 3:07. Various Striders 10Km runs: 38 mins.

BEST SUB 4-HOUR MARATHON IMPROVER AWARD

Presenter :JOANNE COWAN

This refers to the improved time, not the original and is calculated as a percentage. Males and females compete on even terms in this category.

The winner of last year's perpetual trophy for this award, now receives a commemorative trophy which can be kept forever : *Geoff Taylor*

1st	**Steve Hitchcock**	**4:14:17 to 3:12:40**	**Canberra (24.232%)**
2nd	Peter Hammerschmidt	3:45:14 to 3:24:29	Canberra (9.213%)
3rd	Sharon McGann	3:55:00 to 3:39:54	Canberra (6.426%)

Steve's other achievements this year : Aug City To Surf: 56:12 (2min PB)

BEST PERFORMANCE FOR A MARATHON AWARD: OPEN MALE & FEMALE

Presenter : JOHN AYLIFFE

The Open category is for any age runner including those that may be Veterans or Masters.

The winner of last year's perpetual trophies for this award, now receive a commemorative trophy which can be kept forever : *Phil Garvin & Joanne Cowan*

Phil had won this award for 7 years in a row - what an achievement !

1st (Male)	**Chris McLean**	**2:37:47 Canberra**
2nd	Chris Dwyer	2:39:37 Gold Coast
3rd	Malcolm Satchell	2:43:56 Canberra

Chris's other achievements this year : Palm Beach To Manly 30Km: 2:06:27. City To Surf: 48:32. Cities Marathon: 2:48. Various Striders 10Km runs:35-36 mins

1st (Female)	**Joanne Cowan**	**2:42:00 Canberra**
2nd	Linda Thompson	3:03 South Melbourne
3rd	Dawn Tiller	3:09:13 Canberra

This is the 4th year in a row that Joanne has won this award. Joanne's other achievements this year : *(See next page).*

Palm Beach To Manly 30Km: 2:00:22 (2nd) National Half-Marathon Championships:. 3rd. City To Surf: 51:34. Oct Queen of the Mountain - 3 Ports Race (1st). NSW State. 10Km Championships: 35:21 (1st). Various Striders 10Km runs: 36 mins.

BEST PERFORMANCE FOR A MARATHON AWARD: VETERAN MALE & FEMALE

Presenter : JOHN AYLIFFE

A Male becomes a veteran on their 40th birthday, whilst a female becomes a veteran on her 35th birthday.

1st (Male)	**Chris McLean**	**2:37:47**	**Canberra**
2nd	Chris Dwyer	2:39:37	Gold Coast
3rd	Malcolm Satchell	2:43:56	Canberra
1st (Fem)	**Joanne Cowan**	**2:42:00**	**Canberra**
2nd	Linda Thompson	3:03	South Melbourne
3rd	Brenda Hamill	4:02:20	Canberra

BEST PERFORMANCE FOR A MARATHON AWARD: MASTERS MALE & FEMALE

Presenter : JOHN AYLIFFE

Both males and females become Masters on their 50th birthdays.

1st (Male)	**Alex Whitworth**	**2:52:43**	**Canberra**
2nd	Alf Field	3:21:38	Gold Coast
3rd	Peter Hammerschmidt	3:24:29	Canberra

Alex won this award last year. Alex's other achievements this year: Striders Cross-Country 1st Master: 62:39. City To Surf: 52:27

1st (Fem)	**Joan Boltz**	**3:37:00**	**Gold Coast**

Joan won this award last year. Joan's other achievements this year: Marsfield 10Km: 47:18

ULTRA-RUNNERS OF THE YEAR AWARD

Presenter : ALF FIELD

The winner of last year's perpetual trophy for this award, now receives a commemorative trophy which can be kept forever : *David Sill*

Male	**Steve Urwin** (Perpetual Trophy)			
	Mar.	Six Foot Track 47k	4h 24m	24th
	Apr.	Bris. Waters 47k	3h 54m	1st
	May	Comrades 90k	7h 50m	1320th
Female	**Dawn Tiller** (Inaugural Trophy).			
	Jan.	Bogong to Hotham 60k	9h 35m	1st (w)
	Mar.	Six Foot Track 47k	4h 31m	1st (w)

TRIATHLETE OF THE YEAR AWARD

Presenter : JOHN TURNER

The winner of last year's perpetual trophy for this award, now receives a commemorative trophy which can be kept forever : *John Preston*

Winner 1993: Sarah Entwhistle

Sarah's achievements in 1993 were: Sri Chinmoy Long Course, 1st Female 40+. NSW Long Course Age Group Champion: NSW (Penrith) Long Course Championship, 1st female 40+. Aust. Ultra Distance Age Group Champion: Forster Ironman Triathlon, 1st Female 40+; qual. for World Ironman Championships (Hawaii) – competed, but withdrew after 6hs and 130k due to ilness. Callala Beach Olympic Triathlon 1st female 40+. Saucony Sprint Series, Kurnell, 1st female 40+.

THE 10K SERIES AWARDS

Presenter : JOHNATHON TROPE

The winner of last year's perpetual trophy for the handicap competition, now receives a commemorative trophy which can be kept forever : *John Hodges*

The Middle Harbour Yacht Club Perpetual Trophy:

10K Handicap Competition *(see next page)* >>

1st	**Peter Corte**	**152 points**	
2nd	Wayne Stanton	118	
3rd	John Hamilton	115	

Male Outright Competition

1st	**Wayne Stanton**	**180 points**
2nd	John Hamilton	173
3rd	Chris McLean	160

Female Outright Competition

1st	**Joanne Cowan**	**176 points**
2nd	Susan Marr	124
3rd	Marlies Laaper	104

BEST PERFORMANCE FOR A HALF-MARATHON AWARD:
OPEN MALE & FEMALE
Presenter : WARWICK SELBY

1st (Male)	**Jock Davies**	**1:08:55**	**Sydney Morning Herald**
2nd	Mike Johnson	1:12:24	Dublin
3rd	Godfrey Franz	1:12:48	Sydney Morning Herald

Jock's other achievements this year : Great Nosh Footrace: 1st 58:25

1st (Female)	**Joanne Cowan**	**1:19:00**	**Sydney Morning Herald**
2nd	Marlies Laaper	1:20:18	Sydney Morning Herald
3rd	Sue Roberts	1:25:30	Sydney Morning Herald

BEST PERFORMANCE FOR A HALF-MARATHON AWARD:
VETERAN MALE & FEMALE
Presenter : WARWICK SELBY

1st (Male)	**Phil Daly**	**1:16:28**	**Sydney Morning Herald**
2nd	Warwick Selby	1:18:14	Sydney Morning Herald

3rd	Chris McLean	1:18:56	Sydney Morning Herald

(Cont'd)

Phil's other achievements this year : City To Surf: 51:02

BEST PERFORMANCE FOR A HALF-MARATHON AWARD

1st (Female)	**Joanne Cowan**	**1:19:00**	**Sydney Morning Herald**
2nd	Sue Roberts	1:25:30	Sydney Morning Herald
3rd	Sharon Dobson	1:26:44	Sutherland

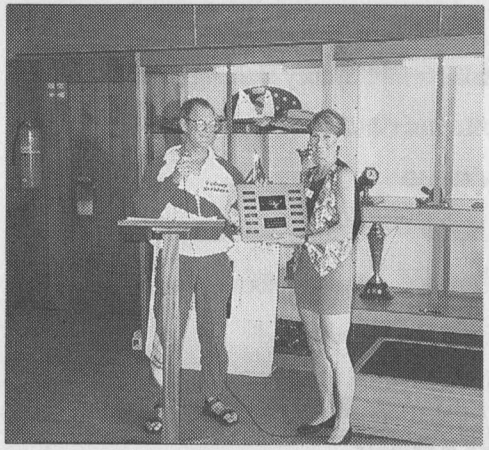
BEST PERFORMANCE FOR A HALF-MARATHON AWARD:
MASTERS MALE & FEMALE
Presenter : WARWICK SELBY

1st (Male)	**Ray Doran**	**1:17:12**	**Sydney Morning Herald**
2nd	Alex Whitworth	1:18:56	Sydney Morning Herald
3rd	Ron Schwebel	1:20:10	Sydney Morning Herald

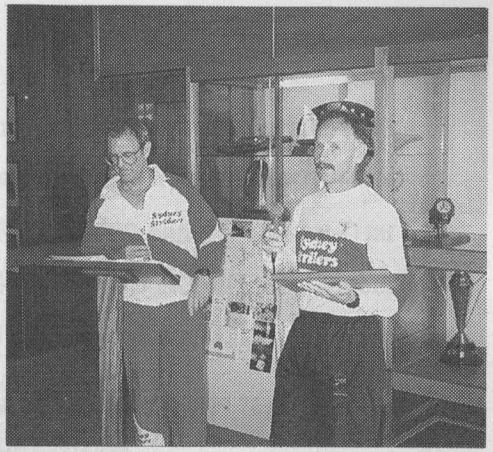
Ray's other achievements this year : Sutherland Half Marathon: 1:18:47. City To Surf: 49:22.

1st (Female)	**Joan Boltz**	**1:37:30**	**Sutherland**

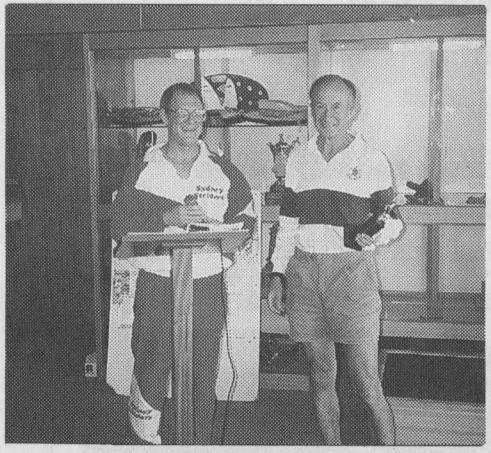
Striders at the Awards Brunch, Middle Harbour Yatcht Club.



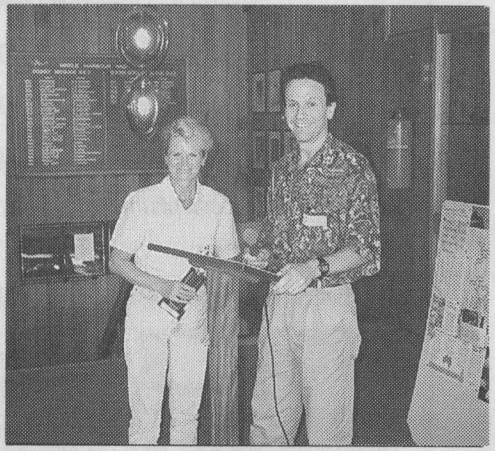
Best marathon (F), Joanne Cowan 2:42:00 Canberra



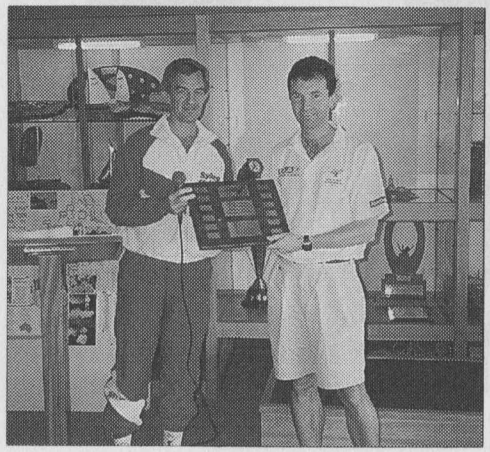
Best marathon (M), Chris McLean 2:37:47 Canberra



Best marathon Masters(M), Alex Whitworth 2:52:43 Canberra



Best marathon Masters (F), Joan Boltz 3:37:00 Gold Coast



Ultra Runner of the Yeart (M), Steve Urwin.

Ultra Runner of the Year (F), Dawn Tiller.

29 January 1994

The Editor
The Blister
Sydney Striders.

Dear Graham,

A cry from the (Committee) wilderness

Too structured? Sydney Striders? Oh, come on, Mike Burton! As Voluntary Acting Deputy Assistant to our Executive Working Party on Macroeconomics & EEO, reporting to the Logistics Branch of our Subcommittee on Competitive Policy in Squeezy Acquisitions, loosely titled Odds & Sods, I know a thing or two about structure-challenging trouble-makers.

If I read you right, Mike, this what you are saying:

• our Club's workers have hearts of gold but couldn't organise a sandwich shop in Melbourne;

• your mum was frightened by an MBA, and you yourself have an unnatural fascination with the word "corporate", ie united body, (Elle maybe?); and,

• that mob of geriatric goat-worshippers down Sutherland way *might* do it better but who knows? (I mean, when was the last time a Bushy beat a Strider, with or without Squeezys?)

Look, Mike, between you and me, you're actually on the right track - taking the piss out of the Committee. Steve Cornelius does it all the time. His acid piece on page 18 of the last "Blister" left a trail of dead and wounded among our mediocre supremos like you wouldn't believe.

But it takes more than a Whingebag to divert us from our paths of righteousness. In fact, it stiffens our resolve. We survivors are more than ever determined to be "politically correct". For example, we have rules,

soon to be workshopped, about the length of water stops and how fast you will be allowed to run. And our symposium "Corrective Meditation for 6:30 Group Intransigents" could help you feel better about your daily work cycle, and your ride home as well. (Being p.c. is harder than you think because we're mostly warm and fuzzy pussies on the inside.)

What's more - and you should pay attention to this, Mike - we only ever take notice if someone comes up with imaginative, creative, constructive ideas!

Fat chance! That last so-called "good idea" six months ago - the business plan thing - only resulted in appointing Chris Robb, getting our own Clubhouse, raising 15 grand, starting up Tuesday time trials, us bidding for the Olympics 2000 Marathon, and winning 50 new members. Bugger all really. So much for Alf's vision and stuff.

Mike, I could pee in your pocket and tell you I'll move a motion about the informality you want, but I know it's got a snowball in Hell's chance.

Now, if you were to come along to a meeting and tell all the other frustrated execs exactly how to fix the mess they've got us in, I'll count the numbers for you. I know I can manage that.

Your obedient servant,

John Turner

Head of Striders Hoaxes and Rorts

(until Nobby Young gets back, that is!)

The Editor
and his Sycophantic Hangers-On,
Blister Magazine.

Dear Sir,

I was disappointed to read, in Blister 51, your unctuous comment about my allegedly having made an error. Such fatuousness does you no credit. There was only one occasion in my entire life, many years ago now, when I was actually wrong about something, and that was the occasion on which I thought I had made a mistake, but it eventually turned out that I had not.

You claim that it is "some years" (unspecified) since the Blister editorial function was separated from the production function. This may be so, but the "Club Committee" pages of only the 8 most recent Blisters mention the following 8 job titles for the motley, ragtag band of no-hopers who produce the club's magazine: Blister Editor, Assistant Blister Editor, Blister Production Director, Literature Features Editor, Literature Production Director, Literature Results Editor, Literature Production (sic), Literature Director, and Assistant Literature Director(s).

This constant musical chairs act suggests (a) that you would be unaware of the occurrence of anal or rectal combustion, which is probably taking place in your vicinity at this very moment; and (b) that if YOU don't know what your jobs are called, the average punter out here in Striderland might reasonably be expected to have Buckley's and sod-all.

Now to matters of importance. The latest edition of Nobby Young's scrawlings from the back of beyond refers to me as (I quote): " ... the bloke who so severely damaged the club in his one year as president that I [Nobby] had to take the job for five years to clean up the mess". The bit about the damage is not only

correct, it is somewhat understated. A drunk chimpanzee with a frontal lobotomy would have been a better selection for Club President than myself in 1984, and it is a matter of some wonder that the club even survived at all.

However, as regards Mr Young's part in the monumental clean-up, it is plain to see that the heat of the Nullarbor has addled the man's brain, since my immediate successor as Club President (in 1985) was in fact the inimitable Carole Ludington. Here was a formidable woman who would have made Bronnie Bishop look ineffectual in comparison, a woman who inherited the indescribable mess resulting from my cavalier, mad-hatter presidency, took one contemptuous glance at the problems and solved them all, not in five years, but within about FIVE HOURS! Not only that, Ms Ludington, with typical efficiency, anticipated all the problems which could possibly occur in the 5 years (1986-90) following her own presidency, and solved them BEFORE THEY OCCURRED! The sun has obviously affected Mr Young to the extent that a year of his life has entirely expunged itself from his memory.

Having cleared that up, I wish to raise the question of the material I submitted for publication in the last edition and which you so rudely rejected for the most trivial of reasons. Firstly, I must disagree that the edition of "War and Peace" was "too long for publication in a magazine". It was much shorter, and its plot considerably less intricate, than any of the accounts of the Comrades Marathon which you inexplicably saw fit to publish. Next time, I will make it an Australian work such as "Poor Country My Fellow" in the hope that you will be better disposed to publish. Secondly, the intimate photographs I submitted, far from being "disgusting and likely to corrupt", contained a lot less violence than the picture of Nobby Young getting his head bitten off by a donkey (p.86) and a lot less sexual innuendo than the nauseating scenes of degradation captured at Wendy Downes' birthday party (p.57).

Why don't you just DO YOUR JOB and PUBLISH the copy you receive? If you don't, the consequences could be quite severe. I have to tell you that I know where ALL EIGHT OF YOU live!

Sincerely, S.W. Bag

SUE SETS RECORD.

Which Sue, I hear you say.

Strider Sue Griffiths is the answer and her record is for the greatest number of visitors (25+) ever brought to a STaR by one member!

Since about October, Sue has been training a group of members of *Unlimited Fitness*, the excellent gym located near St Leonards Station, magnificently run by owner *Jim Josephson* (it is worth a plug, as quite a few Striders have been members over recent years with good results and besides, Jim is a nice bloke).

The Unlimited group are all very fit, however in the main without long distance road running experience. Nevertheless, Sue came to the conclusion that they could all make the Six Foot Track with a good preparation period. Not your average run for a first attempt at a serious distance!

Now, about ten weeks on, Sue has just about got her group to a peak and the recent Balmoral STaR was a part of the training routine. It was a great run, with the field stretching for miles as all the regular groups sorted out themselves and the visitors sorting out each other as well as the Striders!

Judging by the group who accepted the challenge from Ray Doran (now they would not do *that* if they knew what was good for them!), there will be some very happy Unlimited runners at Caves House on 5th March.

Unaccountably, there was a faint rumble from someone about so many visitors on the day – well, we all go to the Club meetings and we have all agreed that to survive we must keep bringing in new members.

A brilliant effort Sue; we hope you can influence your 'team' to join the Striders and thanks for coming Unlimited Fitness runners! RR

THE PHONE CALL FROM HELL

Steve Cornelius

Ring ring, ring ring, ring ring

WHINGEBAG: Hello.

NOBBY: G'day y'ole bugger I just wanted to tell you everything that's happened to me in the last 14 years ...

WHINGEBAG: Who's this?

NOBBY: ... since I've been on the road walking around Australia and let you know about some of the bloody idiots I've met along the way you wouldn't ...

WHINGEBAG: Who the ... ?

NOBBY: ... believe it you'd have to see some of these country hicks or you wouldn't credit just how gullible they are one of them the other day only had a hundred buck note and I ...

WHINGEBAG: Look, who in the namer Gawd IS this at 4 a.m.?

NOBBY: ... spun him this yarn about how Jim and I never carried any change and can you BELIEVE it the bastard swallowed the whole story and gave us the whole bloody hundred for charity you wouldn't read ...

WHINGEBAG: That's Nobby Young, isn't it?

NOBBY: ... about it and I said to Jim afterwards there's one born every minute they're just not equipped to deal with city slickers like us it's lambs to the slaughter eh who said fund-raising was difficult ...

WHINGEBAG: Nobby I know it's you because ...

NOBBY: ... any bugger could con money out of these bloody dodos it's money for jam anyway let me tell you about this place where we are now we rocked in about 3 o'clock yesty arvo and there was the mayor and the local talkback radio jock ...

WHINGEBAG: ... I'd recognise those centralised high front vowels anywhere.

NOBBY: ... and the chairman of the local Aboriginal Land Council and the Country Women's Association President and the Parks and Gardens Committee bloke and the captain of last year's local netball league champs and a couple of Swedish backpackers with blonde hair one of them had the most enormous ...

WHINGEBAG: Careful, mate, if you're on your mobile, anybody could be ...

NOBBY: ... norks you've ever seen in your life you'd have creamed your ...

WHINGEBAG: Nobby, where are you calling from?

NOBBY: ... jeans anyway this joint's called er Bullama ... er Bullamarka ... Bullamulla ... arrrrr Bullamullamullakankabulla stuff it mate they all sound the bloody same after you've been on the road as long as I have anyway it doesn't matter I wanted to tell you about how I got into philosophy because ...

WHINGEBAG: Philosophy? That is Nobby Young, isn't it?

NOBBY: ... I got a lot of spare time out there on the highway with no bugger to talk to and I do a fair bit of rehearsing the standard spiel I give to dopey radio jocks and people I phone up at 4 a.m. but you can only get so much mileage outa that so finally I got to thinking about ethics and existence and knowledge and epistomology and ...

WHINGEBAG: Pissed? You speak for yourself, buster. I just got out of ruddy bed.

NOBBY: ... all that stuff and I came to the conclusion that the only philosophical

outlook which can possibly make any sense is solipsism and I bet you're about to say what the ...

WHINGEBAG: ... bloody hell's that?

NOBBY: ... bloody hell's that so I'll tell you it's the theory that the self is the only object of verifiable knowledge or that nothing but the self exists in the whole universe ...

WHINGEBAG: Cripes. If you're the only bastard around, who d'you reckon you're talking to, then?

NOBBY: ... and it'd seem ridiculous wouldn't it except that as I travel around Australia I find there are heaps of solipsists in every town in fact there are flaming THOUSANDS of us all with the same faith in solipsism and it's come to the point where I've got so much support I decided to start an Australian Solipsists' Club we've already got a five-figure membership and branches in four states plus the Northern Territory and ...

WHINGEBAG: Jeez, your AGM'd be a rip-snorter if no bugger could positively verify the existence of anyone else there.

NOBBY: ... probably the best thing to come out of this is that I came to the conclusion I'm quite a good sort of a bloke after all ...

WHINGEBAG: Well at least THAT aspect of your philosophy's right ...

NOBBY: ... what? right? ...

WHINGEBAG: ... right up the Swannee.

NOBBY: ... because if I'm alone in the universe I'd better be a good bloke or else NO-ONE AT ALL is a good bloke, what do you reckon..

WHINGEBAG: Dunno, mate, never been too crash-hot on philosophy at 4 a.m.

NOBBY: ... anyway the only thing that really matters now is the money and the book know what I mean and ...

WHINGEBAG: Money? Book?

NOBBY: ... if we can raise a heap of dough and get our names in the book ...

WHINGEBAG: What book, mate?

NOBBY: ... the Crackpots' Book of Records you drongo what flaming book do you reckon God don't you ever read anything more intellectual than New Idea well anyway they interviewed Jim and me for 6RS which covers 2 square miles or 2 miles square I'm not sure which is the greater around Bullamakarkalarkey and you'd be surprised the questions some talkback callers ask some of them'd be more at home up Oxford Street I reckon ...

WHINGEBAG: ... boggles, mate.

NOBBY: ... and there was a Kraut cyclist, a Japanese sky-diver and a coupla Frogs on grass-skis being interviewed at the same time but I made bloody sure none of them got a word in edgeways anyway we finished up at the RSL and they do a mean prawn cocktail and sweet and sour pork there I tell yer what ...

WHINGEBAG: Nobby, I've got something I have to ...

NOBBY: ... anyway the last town but one we got a hundred percent of the population to make a donation that's ...

WHINGEBAG: ... tell you. Australia Post gave you the bullet last week.

NOBBY: ... all three of them and one of them had a mangy looking catalogue or cattle dog I think he called it and even the hound chipped in ten bucks as well so ...

WHINGEBAG: And an earthquake struck Gladesville last week.

NOBBY: ... we said cripes that's great and in the very same place I got to give my five thousandth media interview it was for the Dead Man's Creek Clarion I think gave them the standard spiel I can do it without notes now at three seconds notice got a front page spread the first Sydneysider to get that since John Kerr ...

WHINGEBAG: Your house burned down yesterday.

NOBBY: ... sacked Gough Whitlam in 1975 they really appreciate anyone who goes through their town at less than 160 k's an hour mind you even at walking pace you'd be through some of these places in half a minute ...

WHINGEBAG: I saw your name in the Guinness Book of Records.

NOBBY: ... they got three houses a pub and a couple of public dunnies blink and you'd miss it WHAT DID YOU SAY? WHICH BLOODY BOOK?

WHINGEBAG: I knew there'd have to be at least one way to get your attention. The Guinness Book of Records.

NOBBY: How could they do that when I haven't even finished walking yet? The stupid bastards I was only ...

WHINGEBAG: But ...

NOBBY: ... talking to them the other day I said now don't forget this'll be the longest uninterrupted bit of walking and they said ...

WHINGEBAG: ... Nobby it's ...

NOBBY ... don't worry we've got it all in hand for our next edition and now you're telling me they've gone and printed it before I've even finished they'll have ...

WHINGEBAG: ... not that at all, it's ...

NOBBY: ... got all the distances and times wrong ...

WHINGEBAG: Who mentioned uninterrupted walking? This was the world record for uninterrupted TALKING.

NOBBY: ... wait till I get on the phone to them I'll give them an ear-bashing they'll never forget you can't trust anybody these days to get anything right can you I was only saying to Jim the other day ...

WHINGEBAG: Far Kurnell.

NOBBY: ... it's a good job there are a few people left in the world like us who know how to organise ...

Click.

NOBBY: ... things properly I know you'd agree with that being the pedantic old fart you are eh?

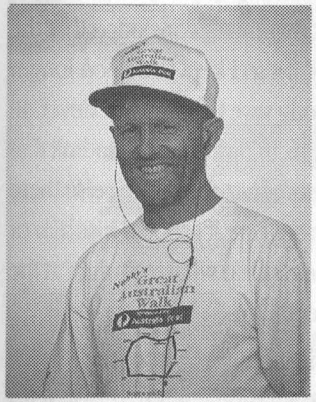
Silence.

NOBBY: Hello? ..... Hello? ..... Bloody line's dropped out you wouldn't read about it oh well plenty more folk to ring after all we're only on the C page who's next Crawford Denmeade Donovan Field Firkin Garvin hell at this rate we'll be lucky to get out of town before daybreak ...

§

THINGS WILL SOON BE NORMAL AGAIN. (WHAT THE HELL IS NORMAL?)

Orbost, 22 January, 1994



Thirty seven days and 1500km to go and I'm not at all sure how I'm going to handle life when the Walk is all over. A while ago when out on the road I had an overwhelming feeling of not belonging anywhere, just being part of everything. Maybe a few days rest is needed.

The crew, Jim, is still going well but I think he will both be pleased to be home again. One thing for sure, it has been an experience that he will never forget. I told a radio station a while back that it took me 12 years to set up the Walk, one year to do it, and it will take another 12 years to get over it. It sounded like a good line.

In the North it was so hot that I didn't use socks, jocks or locks (hair). Down in the South in mid summer I was back into the socks, considered the jocks but couldn't do a damn thing about the locks!

In the last newsletter I mentioned the road trial I was doing on the Teva sports sandals. After passing the 1000km mark I thought that I would push on and see if I could make it from Cocklebiddy to the GPO in Adelaide. Missed by 40k. The total distance covered was 1514k. Makes me feel tired to think about it!

Adelaide, what a welcome. Australia Post were really on the ball and there wasn't any doubt that the public knew that they were supporting Life Education. What pleased me most was a very high profile escort into the GPO with plenty of media coverage, we (AP) need the public to know that we are involved in community affairs.

A radio story. I said that Ponong in South Australia was famous for two reasons last year. I broke the Australian walk record there and it was the only place that Bronwyn Bishop didn't visit.

Would you like to know how I got into this crazy business? Many years ago a

runner by the name of Steve Cornelius wrote an item for the Sydney Striders Running Club about the great fun he had running in a road race from Sydney to Wollongong.

I didn't know at the time that absolutely nothing he writes should ever be believed, and I took the article seriously. Several times I ran the 84k between the two cities, finding it to be very hard work and no fun at all. At that time I concluded that the distance must be a bit short for me to get to the "fun" bit so I kept taking on longer distances. Made it to 204k (in 24 hours) and I'm bloody sure that fun was never an accurate description of the experiences. So here I am, 16,167km and I must admit that there has been some. Lots of it. There has also been lots of just about thing else there is to experience. When I catch up to Steve again, I'm not sure if I should kiss him or knee him in the groin, so I will just follow my impulses and do what feels right at the time. Would you like to be around next time we meet?

Media interviews are up to about 330 at the moment but who's counting? Bryce Courtenay can get that in a month, but then again he is a runner who can also tell a bloody good story. He beat me in the Canberra marathon back in about 1984, up until that time I really liked the little bugger.

The above mentioned marathon was the official trial for the Los Angeles Olympics, used for selection of the Australian team. Neither Bryce nor I made the team we were just not good enough ..... on the day.

All Seasons hotels have treated me to their special kind of hospitality on this venture, at the Atrium in Darwin, the Freeway in Perth and the Swanston and Welcome in Melbourne. Here is my ultimate compliment, I would love to work in any of them as they have a really warm, friendly atmosphere that makes you feel good. To all the staff that I met at All Seasons, my thanks and gratitude, it has been my pleasure to meet you.

If you want good roads around your area, don't live where one side of politics can't loose the seat and the other side can't win it. Marginal seats get all the promises in an effort to swing a few voters. Go to Northern NSW to test out my theory.

At Colac we met up with Cliff Young and Drew Kettle, a couple of real characters of the endurance running world. They walked into town with me and it was a pleasure to see the reaction to them from the public. I slowed them up a bit but they

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are in a lot better shape than me.

I almost always carry toilet paper in my left pocket. In some parts I have walked for a week without seeing a building, let alone a toilet, so it has become a habit. Ever found that the roll has run out when it is too late to do anything about it? My left pocket has saved me twice.

Oh how we rely on the phone. If it wasn't for Telecom MobileNet I think I would have lost what is left of my sanity. Out here we have to rely on others to look after us so much that the phone has become critically important.

Manager Jim related to a group of people one night at dinner in Geelong about his experiences as an alcoholic and his way of controlling his addiction. He has not had a drink in years but he is aware that the danger will always be there. When Jim talks on the subject he has the power to rivet the attention of all to what he has to say. There is so much to learn from one who has been down where he has been, and one can but admire his courage in bearing his soul so that others might avoid the pitfalls that he has so bravely faced.

Melbourne gave us the use of a lane of the Westgate Bridge for an entry into their city. I was joined by Olympians Kathy Freeman and Rob Woodhouse, plus escort vehicles, police and other walkers. There were so many Australia Post people about I'm sure it must have effected the mail deliveries. Rob and Kathy both had a bit of trouble with the walking~ Rob was like a fish out of water and Kathy had a bruised bum from driving go-carts or something the night before. The bruises sounded like a tall story but I didn't check the facts.

Before I left Sydney I spent a day at a "media school" so that I wouldn't make a goat of myself in front of a camera. The summary at the end of the day was that I was doing most things wrongly, there wasn't enough time to change my habits and it was best to leave me alone as what I did for some reason just "worked."

The three of us out here have become experts on tourist parks having stayed in so many of them. The standard varies greatly and I think that we must have experienced both ends of the scale. We have been sponsored by the Big 4 Tourist Park group and have really enjoyed their support and hospitality. Many travellers target the Big 4's as they are assured of the high standards required to be part of the group.

Memories. About three years ago I went to a grass running track in Lane Cove and started running at 5am with a torch until it became light. Each hour for the next twelve hours I completed 25 laps, l0km an hour for a total of 120km. There was a very good reason for it. I wanted to run 200km in a 24 hour track race later that year and knew that if I was strong enough physically and mentally to do the 120km in twelve hours, I would make the 200km 24 hours. See, I bet you didn't think I had a good reason!

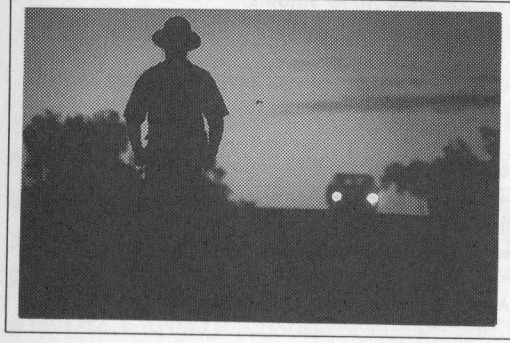
Did you think of us on Christmas day? While you were taking it easy, we were up at 3.30am, I was on the road by 3.50 and knocked over more than 50km for the day. Just another day except for the cooks doing something special for dinner. Next year MUST be a little different. On New Years Day Gwen walked a marathon, part of the time with Westfield runner Kevin Mansell in tow. Strange way to start the year.

Back in the West I mentioned to someone that all the people we meet are friendly, sociable, generous, cheerful and have the interests of Australia at heart. I told him that I wondered where all the bums are who are mucking the country up. He worked it out in a flash, he said that they are all in politics. I'm (almost) sure that he was only joking.

The most often asked question on this walk is "how are the feet." Every morning now I get out of bed and have a good look at them in preparation for the inevitable inquiry. The only difference I find is that each day they get a little closer to my eye-balls.

There will be one more newsletter before the finish of the walk and then a wrap-up when it has all become part of history.

Regards to you all, wherever you happen to be.



NEXT ISSUE:
NOBBY YOUNG IN HIS OWN WORDS.
- HOW I BROKE THE RECORD.
- MEDIA INTERVIEWS I HAVE DONE.
- WHAT I SAID TO STEVE
- THE MEANING OF IT ALL.
- AND MUCH MUCH MORE!

BUYING A SHOE?
HERE ARE SOME IMPORTANT POINTS TO CONSIDER.

WEIGHT: All shoes are not created with all runners in mind. Shoes are designed to suit certain weights. If a shoe suits your weight it will maintain stability and shoe life will be prolonged.

TORSIONAL RIGIDITY: A good shoe should provide stability. It should 'give' a little but you should not be able to twist it out of shape - as you would twist a wet towel.

MIDSOLE FLEXIBILITY: Good shoes will 'flex' at the middle to approximately 30 degrees. This serves to minimise stress on the achilles and permit the foot to function naturally.

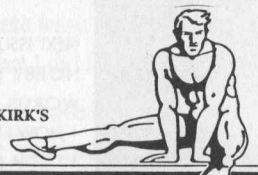
HEEL CUP OR HEEL COUNTER: Look for a firmer heel cup generally made of thermoplastic to promote rear foot control and stability.

SHOCK ABSORBTION/CUSHIONING: A shoe should have good shock absorbtion qualities especially around the rear foot where most of the impact occurs.

MID SOLE DENSITY: This will often indicate who this shoe is designed for. Attempt to compress the midsole, the shoe that compresses less will generally suit a heavier runner where the softer midsole will suit the lighter runner.

NOW, HERE ARE SOME IMPORTANT REASONS TO CONSIDER BODY & SOLE:

- We know runners because we are runners.
- Stock top brands such as Asics, Brooks, Mizuno, Nike, Saucony.
- Conveniently locates in Chatswood.
- Plenty of parking next door in Chatswood Chase.
- Sponsor Sydney Striders 10k Series.
- Offer 12.5% discount to Striders.



KEN KIRK'S

BODY & SOLE

SHOP 2, 379 VICTORIA AVE, CHATSWOOD, NSW 2067. PH 411 4712

Enter from Archer St. opposite McDonalds

1993 BODY AND SOLE 10k SERIES

Jonathon Trope

The series this year was fairly well-attended, in particular in the early stages. We had a peak of 108 runners at the Domain in April and close to 100 at Shelly Beach in May. The numbers fell to a low of 36 at the rain-affected Mosman run in June - the tough course had nothing to do with the poor turn-out!

The men's outright series wasn't decided until the final event with Wayne Stanton, John Hamilton and Stephen Jackson all in the picture after event 9. Steve wimped out after injuring himself at the Auckland Marathon and Wayne kept up his cat and mouse tactics to the very end, taking the men's prize from a very determined and rapidly improving John Hamilton. Wayne, John and Stephen were models of consistency and because of this, they ousted faster runners such as Godfrey Franz and Chris McLean.

Godfrey won 6 of the races, Chris, Jock Davis, (Mad) Mike Johnson and Wayne won one apiece.

In the ladies comp, Joanne romped home well ahead of anyone else, having won races 1,2,4,7,8,9 and 10. Marlies Laaper and Sue Marr won one each and the rain won the ladies race at Mosman in June.

The table at the end shows times of the first male, first female, Wayne Stanton and Peter Corte at each of the races and it makes interesting reading. Godfrey's times for the six races won by him vary from 32.49 (Shelley Beach) to 35.38 at the last race (Mosman) but they were mainly in the 33 minute range. Joanne's time ranged from 35.57 (Marsfield) to 37.39 (Domain) a variation of only 1.42 and Wayne's were in the 35.03 (Domain) to 36.51 (Lane Cove)range - a variation of 1.48.

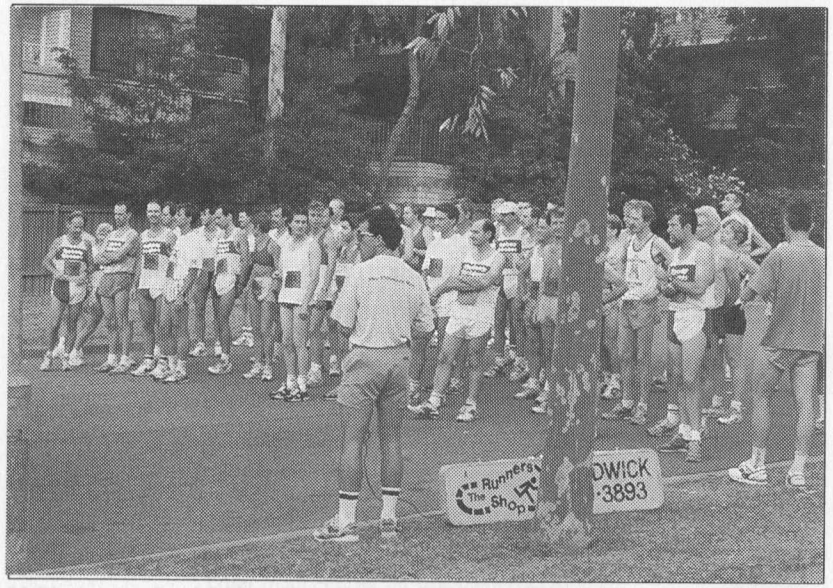
Peter Corte worked out how to win the handicap competition early on in the year - all you need is to turn up every time and run a bit better than the target. What isn't so easy is to ensure that 10 others don't do the same thing. Also, it's not a simple matter to beat the target time especially when the Mosman run follows the flat Shelley Beach race. Peter was in a little danger from John Hodges, Wayne and John Sutherland during the middle stages of the series but he held on to win comfortably at the end. His times showed a gradual improvement from 43.07 at the start to 39.12

at event 9. I think he loafed through the Mosman run at the end of the series (41.01) in an attempt to flesh out his 94 handicap.

In 94, we'll start anew with handicaps based on the previous year's levels plus 2% which will give everyone a chance. I will give new handicaps to those for whom I don't have previous data based on the original formula of time in the qualifying event plus 1%, but I reserve the right to adjust the handicap if I feel it is justified on the basis of other performances.

All the courses are now AA certified by courtesy of Terry McIver and Stephen Jackson (to whom I extend my thanks again) and we're hoping to get an increased level of sponsorship for the Series in 94 that will make it much more attractive to all Striders.

I should remind you all that the series was sponsored by BODY & SOLE in Chatswood again this year. BODY & SOLE provided prizes for the leading male and female runners at the halfway stage as well as a prize for the winner of the Handicap Comp at the end of the year. Members of Sydney Striders are afforded a 12.5% discount on goods at BODY & SOLE: I urge you to support those who support us.



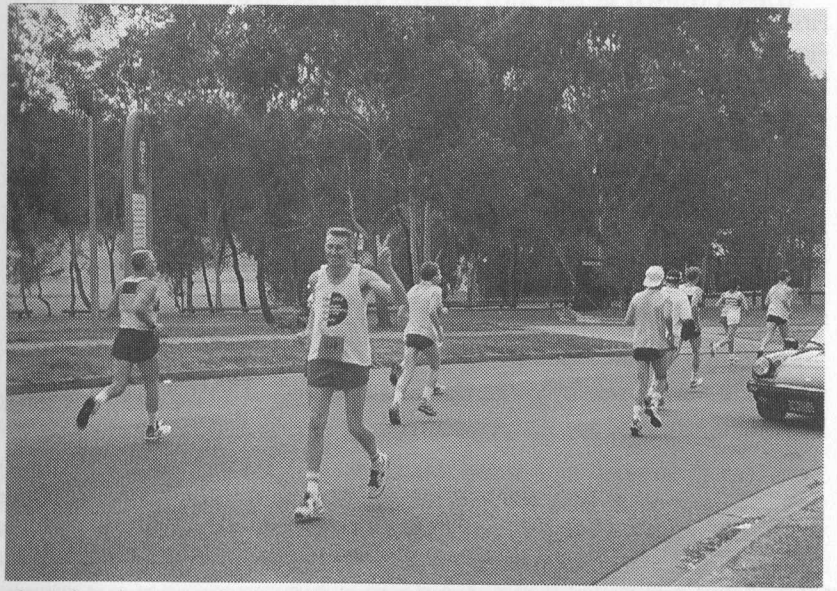
The start, Marsfield run in the 10k Series....

There are as usual a few individuals that I must single out because of their help throughout the year, without them the Series would be almost impossible to stage and manage efficiently.

They are:

- The hosts, Paul Russell, Tina Campbell, Bret and Lynndy Nicols, Sarah Entwhistle, Dick Bartlett and John Hodges.
- Scott Crawford, who is always present as assistant race director
- Julie Stenton who controls entries and does timing at each event
- Steve Urwin, Charles Coville and Amanda Craig-Sutherland, each of whom helped at various times throughout the season
- And last but not least, Peter Corte, who arrived at my doorstep after the prize-giving with my new car.

I hope you've enjoyed the 93 Series and will participate again in 94. If you've never run the 10k races, please come and join us on the first Saturday of each month from February to November.



Steve Cornelius running backwards and whistling 'Dixie' at Marsfield .... but that's another story.

The dates and venues for the 1994 Series are:

5th February	Marsfield	2nd July	Marsfield
5th March	Lane Cove	6th August	Shelley Beach
2nd April	Domain	3rd September	Lane Cove
7th May	Shelley Beach	1st October	Mosman
4th June	Mosman	5th November	Domain

Enjoy your running in 1994.

RESULTS: SYDNEY STRIDERS 1993 10K SERIES

Name/Venue	Marsfield	Lane Cove	Domain	Shelley	Mosman
First Male	34.29	33.18	33.15	32.49	35.43
First Female	35.57	36.45	37.39	36.03	
Wayne Stanton	36.34	35.10	35.03	36.48	35.43
Peter Corte	43.07	41.01	39.36		39.44
First Male	35.08	34.15	34.38	34.34	35.38
First Female	45.15	36.13	37.39	37.19	36.36
Wayne Stanton	36.12	36.51	35.50	35.15	36.34
Peter Corte	40.11	39.41	39.44	39.21	41.01

Notes

1. Races 1,3,4,7,8 and 10 won by Godfrey Franz
2. Race 2 won by Jock Davis
3. Race 5 won by Wayne Stanton
4. Race 6 won by Chris McLean
5. Race 9 won by Mike Johnson
6. All Ladies' events won by Joanne Cowan but for events 3 and 6 which were won by Marlies Laaper and Sue Marr respectively.

§

Run in the Striders SAA 10k Series and you could end up in AFRICA.

Two return tickets to South Africa to be won, courtesy of our major sponsor, South African Airways. One will go to the winner of our ever-popular Handicap Division, open to Striders only (so why not become a member soon?) The other will be a lucky draw prize, open to everyone completing five events.

SAA SOUTH AFRICAN AIRWAYS

Runners The Shop RANDWICK

Gatorade THIRST QUENCHER

and athlete RUNNER

Sydney Striders

Enquiries: write Sydney Striders
P O Box N119 Grosvenor Place Sydney 2000. Or phone: (02) 959 4269.

1994 Programme: 5th February Marsfield . 5th March Domain .
2nd April Lane Cove . 7th May Shelley Beach . 4th June Mosman .
2nd July Marsfield . 6th August Shelley Beach . 3rd September Lane Cove .
1st October Mosman . 5th November Domain

PCM 4428

CALLOUS COMMENTS

How to win an argument with Dale:

Start the argument at the bottom of the hill, say your piece fast then accelerate up the hill at a great rate of knots. It worked for a couple of Johns .....

Secret training:

Irwin Light has been spotted on numerous occasions sculling around Centennial Park in the early morning gloom. Rumour has it that he is training for a Comrades comeback, but then again by the look of his designer 'stubble', maybe he is trying out for a spot in a rock band.

FIRST IMPRESSIONS

QUICK PRINTING AND COPY CENTRE

80 O'Riordan Street Alexandria NSW 2018

Phone 667 3993 Fax 317 5439

Contact Strider Brian Tailford

BRINDABELLA CLASSIC: 53 K

14 November 1993.

1.	Trevor Jacobs	3.41.40	
7.	Kelvin Marshall	4.15.30	
8.	Jonathon Worswick	4.20.02	
14.	David Sill	4.49.55	
15.	Geoff Taylor	4.50.31	
16.	Murray Town	4.53.19	
17.	Mike Ward	4.53.52	
23.	John Turner	5.05.15	
26	Alf Field	5.09.13	
29.	Wendy Downs	5.12.54	(3rd lady)
31.	Peter Hammerschmidt	4.14.12	
33.	Derek Smith	5.15.54	
36.	Brian Colwell	5.21.46	
45.	Graham Butler	5.33.23	
48.	Roger Rigby	5.37.03	
70.	Gary Leahey	6.36.29	

MALE:

1	Trevor Jacobs (Strider)	3.41.40	
2.	John Jacoby	3.57.14	
3.	John Muir	4.00.22	

FEMALE:

1.	Bronwyn Hanns	4.45.21	12th overall
2.	Jenny Kiss	5.09.00	24th
3.	Wendy Downes (Strider)	5.12.54	29th

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	HASSELT 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			

	Best as a Strider			Best Before Joining		
NAME	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			

	Best as a Strider			Best Before Joining		
NAME	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

	Age Race			Best as a Strider		Best Before Joining		
NAME	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			

	Age Race			Best as a Strider		Best Before Joining		
NAME	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 Now	Age	Time	Best as a Strider Race	Date	Best Before Joining 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	CHR'CHURCH	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 Now	Age	Time	Best as a Strider Race	Date	Best Before Joining 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	KEMPSIE	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 HAMMERSCHMI	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	CAMBERRA	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

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