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PRESIDENT'S REPORT

As I reflect on the past few months, I find it difficult to believe that 1994 is almost over and has included so much action within our ranks. We've experienced gladness, sadness and achievements, all of which have been highlighted in the Blister and Stitch throughout the year, thanks to our never tiring publicity team of Roger Rigby, Graham Butler, Steve Cornelius, Sarah Entwistle.

The Blister has become a collector's item for many Striders since its inception in the early 1980's (Steve would have the exact date I'm sure, and all the back issues) - and this edition will probably be the last in its current format, so make sure you save it. Roger Rigby has been the producer of this first class publication since 1988 (the format for which, incidentally, has been copied by other major clubs throughout Australia) and has decided that its time he handed the reins over. Nobody really understands the work that goes into such a publication, and I thank Roger for his dedication in all those years. Our "news team" will be working on a brand new format for 1995 which will combine the efforts of Sarah (the Stitch) and the Blister team to provide a newer more regular publication in a different format which will rival any club mag in Australia.

The highlight of 1994 must surely be our sponsorship deal with DHL which came after an agonising period of trying to hang on to Chris Robb as our manager knowing full well that we had reached the end of our funds which were raised to retain Chris for one year. Perhaps many members are not aware of the amount of work that goes on behind the scenes in the running of Sydney Striders (or any club for that matter) and the hard working committee members are all very busy people with limited time. Striders need Chris and we consider ourselves fortunate to have him turning the wheels.

Another bonus! We advised earlier that you would be receiving DHL logos to affix to running gear; well the news now is that, if you pay your membership renewal by the end of January you will receive a brand new, specially designed DHL Sydney Striders singlet - free!! Effectively that means you get your 1995 membership for half price!

South African Airways have been our loyal and generous sponsors for the 10k

series for yet another year, and who better to take out the handicap series, and win a trip to South Africa, than Richard Field (son of Alf) - no it was not rigged - and by the time you read this the other ticket will have been won by another lucky Strider at the Annual Awards/Christmas Brunch at Middle Harbour Yacht Club.

There have been many notable achievements amongst our members in 1994, including Jo Cowan's superb 2nd in the Gold Coast Marathon, David Sill breaking the Club record for a 6 day race - 654.8km (wow!). They have all been recognised at some time during the year in the publications. Now its your turn to nominate the person(s) you think worthy of the "Outstanding Achievement Award" for this year. I urge you to send in your nominations so that the rest of the members can vote and we can present the lucky person with the prestigious "Maria Geminis-Cruickshank Award" at the special dinner in March, details of which will be advised early in 1995.

As we move forward into 1995 our energies are being channelled into the brand new, high profile, "Adidas 8" Fun Run on 23 April, directed by Chris Robb and hosted by Sydney Striders - more of this soon, but I can say that it is styled on the very popular race in Melbourne "Run to the G" (MCG), and will include the SCG. With the laying to rest of the Striders Half, I know I can count on you all to divert your enthusiasm to this race. Striders have always been generous in giving something back to running - lets keep it up!

There have some of our members who have needed our support this year - Kevin and Dawn Tiller, Debbie Stokes, Margaret Ward, Bret Nichols - and I know that we have shown how much we can help. The Striders network is a close and caring one and I hope it always remains this way. I am proud to be a Sydney Strider and I hope you are too.

My very best wishes go to all of you and your families for a safe, happy and healthy Christmas.

Happy Striding!!

Wendy Downes

BRINDABELLA CLASSIC 1994

Jim Screen

Since becoming a Sydney Strider I have heard many stories about running. Inspiring stories about 24 Hour Races, 100K races, Cradle Mountain, Comrades and Brindabella. Stories handed down by the trustworthy "younger" Sages of the Club. Stories from those who have "been there, done that."

I had Brindabella marked out in my diary as a possibility. Fifty three kilometres on foot is a long way for someone who still regards a Marathon on foot as a very long way and the ability to finish as a minor miracle.

With only a limited amount of written material available to give me background on Australia's Toughest Downhill Mountain Race I sought information direct from the aforementioned Sages. The conversation went along the following lines.

Q. "Whats' the race like?"

A. "Much better than a marathon. Brindabella is for people who like running for the sheer pleasure of running through the great Aussie outdoors; it's for those who have glimpsed the higher order of things and want to attain life on a higher plane."

Q. "Oh."

A. "Yes, and there is plenty of opportunity to take it a bit easy. Ultra runners pace themselves, they enjoy the event and the comradeship and sometimes it is perfectly OK to walk."

Q. "Oh".

A. "Yes, ultras don't knock you around any where near as much as a marathon where its all rip, tear and bust."

Q. "Oh".

A. "Brindabella is great; lots of nice forest trails around beautiful mountain sides and all down hill."

Q "Oh".

A "There's a few uphill bits but these don't present any real problem." (See comments about walking)

Q "Oh".

A " There's also some steep down hill bits but these don't present any real problem."
(See comments about walking)

Q. "Oh".

A " And the weather is OK too. One year it was 5 below with snow all around and a wind chill factor of minus 40 but it was not a worry. We just left our T-Shirts on and dropped them off at the first drink station."

Q. "Oh".

A." Even if it gets a bit cold at the start, which it really doesn't, it warms up later to 40 above with a dust factor of plus 30 "

Q. " Oh "

A. " But don't worry about the heat; with any sort of luck the river crossings will be deep and fast. The cold rushing mountain waters will be right up around your thighs.....bliss..... You will really be grateful for the chance to relax and cool off while you ease yourself across the river on the life support rope."

Q " Oh "

A. "You don't have to worry about a thing. Some of the Striders have done this race each time its been run; they love it."

Oh well, I guess it sounded OK. After all, a Sydney Strider Sage wouldn't tell a "porky" to anyone.

So armed with this valuable accurate information I found myself enjoying a bus ride along a narrow road high in the southern mountains. Magnificent blue valleys stretching into the distance.

Our very affable bus driver missed a gear change on a tricky corner which prompted an unidentified Strider to comment along the lines of "Has this bloke ever driven a bus before?" The driver's reply to no one in particular.." If he can run as fast as his mouth he must be a bloody champion."

Later the driver offered us his race strategy. "When the bus stops, get off and run like hell." Very funny from a person who obviously thought he was transporting a bunch of lunatics.

Anyway, at Mt Ginini, the start of the race , it wasn't cold. Everywhere there were runners putting vaseline into places you only read about, sucking Squeezys and eating

other strange foodstuffs, rubbing, stretching, and one bloke warming up.

The first stage was a bit of a surprise as apart from a relatively short steepish climb up Mt Franklin it was easy down grade. After running around a thing on the top of Franklin it was over the side and straight down. No Track! What! No one said anything about this. But not so bad and we soon arrived at drink station No 2. Time for a quick drink, some fruit and on our way.

A longish section around the side of the ranges, some ups and downs and more drinks at station 3. Still feeling OK but aware there was only 36 Kms to go. Oh. Still working our way around the edge of the range to aid station 4. What a pleasant bunch of people. Friendly, a range of eats and drinks as good as D. J's food hall (even better at the time).

More down hill and I'm running by myself. What a pleasant experience. Silence. My quads are starting to remind me of missed Sunday Training Runs, of three days recently on a house boat, of last weekend at Bowral and of a wine trip up the Hunter a few weeks before. But still down I go. In retrospect this was my favourite section.

The climb up to Bulls Head focussed my attention for a while. Fortunately the Sages' advice was now ringing in my ears. Walk a little , reflect a little on what misfortune you might like to see happen to the Sages, smirk a little at the thought. Hullo, what do we see coming down off Bulls Head, the Sages. Looking fresh and happy they wave and smile a little " didn't we get that sucker smile".

I didn't have the time or the energy to hurl myself at them as they were gone in a trice and I still had to get to the aid station which was AT THE TOP OF THE BLASTED HILL. But it was worth the climb. Another terrific bunch of people. Drinks, fruit, lollies, sponges and a helpful cheerful atmosphere.

Off Bulls past half way and down, down, down. Aid station 6 was a welcome sight then on to 7 where some blatant touting for votes for the best aid station showed that these particular locals had their act altogether.

I was getting hot & tired now. My quads were on fire and stuff the Sages. Along a hot and dusty road where a couple of fellow travellers joined me as we jogged and walked. Through aid station 8 and on to Vanity Crossing where the cool flowing waters surged around my ankles and made not the slightest bit of difference to the pains in my legs.

On through the moonscape of a logged pine plantation to station 10 for a last drink.

Up another hill, mostly walking now, over the top and down to the finish and there they were. The Sages; refreshed and relaxed. How can people associated with the communications industry get it so wrong. I'm almost sure Messrs Graham Butler, Roger Rigby, and their smiling associate, Peter Hammerschmidt, meant no harm

The same attributes, however, could be put to good use in describing the superb organisation of the Classic. The A.C.T. Cross Country Club and its helpers deserve high praise indeed for the way in which the race was organised and conducted. This is clearly an event organised by runners for runners. Congratulations and thanks for a wonderful day.

Now if I was asked a question along the lines of: Q. "What's the race like?"

I might be inclined to say :

A. "Much better than a marathon. Brindabella is for people who like running for sheer pleasure etc etc etc".

RESULTS, BRINDABELLA CLASSIC, SUNDAY 13 NOVEMBER, 1994

1.	Trevor Jacobs	3.45.08	First male, 1st Strider
2.	Kelvin Marshall	4.00.05	
3.	John Muir*	4.07.27	
9.	Jonathon Worswick	4.32.24	
11.	John Sutherland	4.47.10	
12.	Murray Town	4.48.56	
15.	Derek Smith	4.54.15	
22.	Jonathon Trope	5.05.27	
23.	Bronwyn Hanns *	5.05.51	First female
31.	Mike Ward	5.16.31	
32.	Alf Field	5.17.52	
34.	Peter Hammerschmidt	5.19.15	
38.	Malcolm Satchell	5.25.22	
51.	Graham Butler	5.42.21	
57.	Roger Rigby	5.50.56	
58.	Brian Colwell	5.55.10	
71.	Paula Whitehouse	6.13.53	First female, 1st Strider
72.	Jim Screen	6.13.53	

*Non-Strider

BRINDABELLA ON NOT MUCH TRAINING AT ALL

Graham Butler.

One of the common fallacies of running is that it's essential to actually train for endurance events, and particularly for lunatic fringe phenomena such as ultra marathons. Books and magazine articles espouse the case for progressively training the body to cope with the various stresses and demands involved in events above and beyond the standard marathon distance, etc, etc. Boring and a waste of time, I'm sure you'll agree.

My own experience is that it doesn't matter two hoots whether you train much or not at all! Last year I waddled through the 90 kilometre Comrades Marathon epic on no training at all during the two months prior to race day. The fact that I'd passed death's very door and done zero training during April/May merely proves my point.

In March this year, after just a bit of training, I broke my foot in the Six Foot Track Race, but still took a finisher's medal, simply to prove that ultras don't even require two feet to finish!

Since that unfortunate episode I've spiralled into what can only be described as a life devoted to sloth and pleasures of the flesh, with long distance running training taking very much a back seat. Recently I was able to test my training theory again at the 53 kilometre Brindabella Classic.

The explanation of my ultra technique has more to do with being British and believing in the things in life that really matter, rather than messing about pounding the bitumen every day.

This year my Brindabella training amounted to a six week build-up of around 45 kilometres per week; a 30k STAR on consecutive weeks and the odd mid-week "cappuccino run" with my Striders pals from the luxury imported car set in North Sydney.

My result on the day was a credible performance of 5 hours 42 minutes. Not bad for bugger all training and a day that was hot and sticky from early on, unlike one previous year when it actually snowed at the start!

My running buddy, Roger Rigby, had done even less training and fudged a

similarly impressive result at Brindabella '94. At this point I should add that the similarity between Roger Rigby and myself ends. Roger is not British, but overcomes this hideous disadvantage by imbibing incredible amounts of chemical "additives," not only before and during, but also after ultra marathon events. I'll leave him to describe the exact content of these potions, but I will divulge that the makers of "Exceed" have identified Roger Rigby and his street address in Wahroonga as the niche heavy user core of their entire product range. Rigby is the subject of extensive direct mail campaigns, fly/run/drink incentive packages and the recipient, no doubt, of whole canteens of steak knives. Excess would probably be a better description of Roger's rather worrying "habit".

The Brindabella Classic is a rip snorter event which all Striders should participate in, regardless of national origin. Trevor Jacobs and our other mates from ACT Cross Country Club deserve a medal for what they do. I'll be back again next year, although training probably won't even get a look in.



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ARTHUR TUNSTALL - VILLAIN OR VICTIM?

Steve Cornelius

On August 17 this year, and for some time afterwards, the Australian media gave much prominence to reports that Arthur Tunstall, chef de mission of the Australian Commonwealth Games team in Canada, had said something about disabled athletes during a street interview with a Canadian TV journalist.

Some media reported some of his words verbatim (but not many words). Others used indirect speech. Some reported what other people had said they heard him say. Some, not untypically, but to their discredit anyway, just invented what they thought he had probably said. Some reporters seemed not really to know exactly what he had said, or in what context, and many seemed not really to care, but there was broad consensus that what Mr Tunstall had said about disabled people was very nasty indeed.

Some of us who watched the media frenzy which followed Arthur Tunstall's comments soon began to feel distinctly uneasy about the affair, not because we feared his comments were bigoted, but because no-one seemed willing to publish or broadcast the full context. Perhaps it had been a very long interview, too long for a newspaper report or news bulletin?

It wasn't. Its extent and content became known when the ABC's "Media Watch" broadcast the full interview the following Monday (22 August). In case you missed it, here it is:

INTERVIEWER: We're doing a story on disabled athletes.

TUNSTALL: Ha ha my favourite subject, yes, heh, heh.

INTERVIEWER: I gather you're not in favour of integrating disabled with able athletes?

TUNSTALL: Well, I've made that statement many times, and I do not believe that they should be integrated with the Commonwealth Games. I've got great admiration for them, I think they're wonderful people, but the real story is that there's not too many people who are game to agree, who will come out and support me. There's a lot of people here who believe the same as I do, and it being a very delicate subject, they're not game to express their opinion.

INTERVIEWER: Why are you against the idea?

TUNSTALL: Because I believe that there should be a separate Commonwealth Disabled Games where they can all compete together.

INTERVIEWER: Why not integrate them, 'cause everybody is saying that this is great, the first time ever ...

TUNSTALL: Well, I can tell you that it's an embarrassment for those people, and for the athletes in the village. (Turns to walk away).

INTERVIEWER: Just hang on for a second.

TUNSTALL: No, look, I'm not going to make any more comment.

INTERVIEWER: I know you've been going ...

TUNSTALL: I'm not going to ... I'm not going to make any more comment, because all I'm doing is feeding the press to make a story out of it. I'm expressing the opinion of a lot of people who are not game enough to get up and say it. I admire the people, I think they're wonderful, and it's great to see them here. My belief is, there should be a separate Commonwealth Games disabled championships, the same as they have in the Olympics.

INTERVIEWER: Could you just explain why, though?

TUNSTALL: I've just explained the position to you, and I'm not going to do it again." (Turns away).

Was that it, then? Was that all? It took all of 85 seconds and contained fewer than 300 words. Why had the Australian media been so reluctant? Many television and radio stations devoted much more than 85 seconds to their report on the Tunstall interview, and newspapers for days afterwards poured ink by the gallon into columns discussing his "gaffe", but none, as far as I am aware (until Stuart Littlemore), saw fit to broadcast or print the full text for the public to judge for themselves. If they had, the public might just have judged it the non-event it really was, and the journalists involved might have had to look elsewhere for a scapegoat to tar and feather.

In line with the journalistic custom these days, most reports selected the most controversial-sounding sentence and broadcast or printed it in isolation. Many went a step further, supplying a different and misleading context, thereby applying a spin

that, in my submission, was quite undeserved. The sentence, "Well, I can tell you that it's an embarrassment for those people, and for the athletes in the village", was repeated so many times that few Australians could have been left in any doubt that Arthur Tunstall thought disabled athletes, and/or their disabilities, were an embarrassment.

Look at the context, however, and it becomes clear that whatever his meaning was, it couldn't have been that disabled athletes were an embarrassment. The only reasonable interpretation, given the context, is that by "those people" Mr Tunstall meant disabled athletes, and therefore the "it" which was "an embarrassment for [them]" could not have been either the athletes, or their disabilities, or even their presence. The disabled athletes weren't embarrassed about being themselves, or about being disabled, or about being there. Very far from it.

Perhaps the key to the mystery lay in an interview on Channel 10 News, on August 18, in which Paul Wiggins, an Australian disabled athlete and team member, said "I said myself at one stage it's a little embarrassing for ourselves, to think that we could only get 55 disabled athletes out of the whole Commonwealth to come to these Games". So THAT was it? It began to look as if Arthur Tunstall was arguing that the source of embarrassment was the resources allocated to disabled athletes; and/or the poor response from disabled athletes; and/or the lack of willingness of participating countries to select and pay for disabled athletes; and/or lots of things very different from disability itself.

This is supposition, of course, but consider the following. During his interview, Mr Tunstall made ten statements relating to disabled athletes, five of which were unequivocally full of praise for them. Another three were neutral, expressing his (not unreasonable) personal opinion that the Commonwealth Games should follow the lead of the Olympic Games in having a separate championship, dedicated entirely to the disabled. This is a viewpoint which, if anything, could equally be argued as FAVOURING the disabled, in that it would guarantee them their own share of the limelight without being swallowed up in the much larger able-bodied Games.

Mr Tunstall made NO negative statements about the disabled, but this was virtually ignored by most of the Australian media, because poor old Arthur made the tragic blunder of also including two statements which were decidedly

ambiguous. Now, can we just guess which ones were used almost exclusively by the media in their 6-second grabs of Mr Tunstall's voice? You bet your sweet life we can. The ambiguous ones, and sod the rest. Context? Schmontext. Really tiresome to have to deal with anything longer than a sound-bite, isn't it?

So we had Channel 7 News telling us that Mr Tunstall had "said paraplegic athletes were an embarrassment". Wrong, he didn't. The Australian Financial Review said he had "said it was an embarrassment that disabled athletes were taking part". Wrong. Far too simplistic. Both the Canberra Times and the Sydney Morning Herald reported him as saying that "the inclusion of disabled athletes" was itself the embarrassment. I don't think he did. The Age said he had said that "able-bodied athletes felt embarrassed because these people were around" (I don't think that was even close to being accurate, either), then called him "reactionary, pig-headed, dictatorial, bombastic, boorish". The West Australian, in very big letters, labelled him a "BAD SPORT". The mob was in full cry. They had seen a head, and were kicking it for all they were worth.

It got worse for Mr Tunstall, if that was possible. Australia's favourite daughter Cathy Freeman started winning medals by the fistful, and exuberantly paraded, in addition to the Australian national flag, a similarly-sized red, gold and black flag widely known as "the Aboriginal flag". Arthur Tunstall remonstrated with Ms Freeman over this act.

The media, and indeed the Australian public, might have asked themselves a few questions. Was the Australian chef de mission in fact forced to uphold a Games regulation which obliges teams to compete under a single flag?. Did he have a choice? Wasn't this basically a good regulation, designed to achieve cohesion in national teams? Would it have been acceptable for Tani Ruckle (she wouldn't have, but just let's suppose) to parade the Australian and Canadian flags, as a mark of respect for both her new and former countries? Or for a 4th-generation Australian of Scottish ancestry to display the cross of St Andrew to honour his heritage? How about the Eureka flag to show membership of the Builders' Labourers' Federation, the Communist Party of Australia (Marxist-Leninist) or the fascist, white-supremacist National Alliance, all of which have adopted it as their symbol? Where does it stop? Which sub-groups of Australian society are "OK" to wave the flag of their community at the Games, and which "Not OK"? Macedo-

nians? Greeks? Muslims? Christians? Whites? The English? Women? ALP members? Neo-Nazis? Esperantists? Atheists? Jews? Gays? Heterosexuals? Is Mr Tunstall's belief that a team should be united under a single banner any less praiseworthy than Ms Freeman's pride in her Aboriginal community and heritage?

Such questions were briefly considered, but ultimately swept aside. The media, and the Australian public, brought up on gladiatorial, adversarial contests, had to have a winner and a loser. Here was the choice. A young, very fit, physically perfect, popular, female, aboriginal athlete, who had risen from humble origins to greatness, was showing just the right amount of rebelliousness to remind us of Dawn Fraser in Tokyo (but not enough to frighten the horses), and had spent the previous week becoming a champion and genuine Aussie folk-heroine. Or, an old, slightly roly-poly, bespectacled, balding, unpopular, male, white Anglo-Celtic official, who might have risen from humble origins but so long ago that no-one could remember, was showing just the right amount of officiousness to remind us of those bastards who had oppressed Dawn Fraser in Tokyo, and had spent the previous week being called a bigoted old fool.

Now, neither of the participants, to their credit, regarded this as a contest, but media contest it was, and can we just guess which one was going to win? You bet your sweet life we can. Ms Freeman, holding a ten-nil advantage before the contest even began, could have just about bared her bottom to the crowd and still come out a dead cert winner. The flag of her community was unfurled again, and the inherent ambiguity of the word "nation" was demonstrated anew. (Q: Were the 1992 Olympics a showpiece for the Spanish nation, or the Catalan nation? A: It depends what you mean by nation).

Meanwhile, the whipping-boy continued to be flagellated without mercy. The sanctimonious Pat O'Shane, in full-on knee-jerk mode, told us Mr Tunstall was "small-minded" and "mean-spirited". It didn't stop when he arrived home, either. When Mr Tunstall gave a 30-minute news conference to attempt to clarify his comments, even Auntie ABC's 7:30 Report placed such an anti-Tunstall spin on its short, facile report that the conventional wisdom was in no danger of being disturbed. In a report lasting just over 3 minutes we heard, ironically, exactly 85 seconds of clips of Arthur Tunstall, carefully selected for their controversiality and/or failure to enlighten. One wondered what was actually said during the

remaining 27 minutes, but the ABC wasn't about to tell us. The smirk on host Geraldine Doogue's face at the end of the report said it all. Tunstall's reputation was in tatters, and it was going to stay in tatters.

So it did. As late as November 7, a Sydney Morning Herald editorial opined that Mr Tunstall was "an official out of touch with modern sentiments about disability and Aboriginality". Really? What did he actually do and say? His ideas on the provision of separate Games for disabled athletes may differ from the majority, but they are neither criminal nor discriminatory. His belief that Australian athletes in an official Australian team should exclusively display the Australian flag may differ from the majority, but it is neither racist nor bigoted. Unfortunately, these facts are now immaterial. His reputation is permanently shot, and no amount of rational analysis will bring it back to life. Australians sometimes have great difficulty handling difference. Just ask Lindy Chamberlain.

One is reminded of these lines from "Othello":

*Who steals my purse, steals trash; 'tis something, nothing;
was mine, 'tis his and has been slave to thousands;
But he that filches from me my good name
robs me of that which not enriches him,
and makes me poor indeed.* (III, iii, 153).

Well said, perceptive Bard. Had Arthur Tunstall's purse been stolen, the perpetrators might now be paying the penalty. But those who have filched from him his good name continue to work on, unpunished for their innuendo, their devotion to the simplistic, their unfair re-contextualisation, and their downright lies. A shabby way to treat a man who has given over four decades of his life to the administration of amateur sport, but I fear he may not be the last victim of our society's current inability to maintain concentration for more than a few seconds.

As Noam Chomsky lamented in "Manufacturing Consent", if your thesis cannot be expressed in the time-span between ad-breaks, there is no forum for your thesis in the modern media. And if you are gauche enough not to be able to express your viewpoints without ambiguity, you can get done like a dinner.

HEAT EXHAUSTION IN THE CITY-TO-SURF: WHO IS AT RISK?

By Warwick Selby

A recent report published in the Medical Journal of Australia has examined who was at risk of suffering from heat exhaustion in the 1991 and 1992 City-to-Surf races and the results are interesting and unexpected. They questioned 79 runners in the 2 races who developed heat exhaustion either during or at the end of the run. These were compared with 310 other runners of matching age, sex and performance and who didn't suffer from heat exhaustion.

Questions were asked about height, weight, experience in previous fun runs, duration and type of training, distance covered each week, intensity and speed during training, whether they felt they had trained hard enough or not, personal motivation and expected performance during the run (whether they planned to run a PB, actually improved last year's time or felt that they ran hard), preparation in the 24 hours before the run (alcohol intake, sleep, breakfast on the day), fluid intake during the run, level of effort and whether they had symptoms on the run. What did they find?

About 1 in 700 runners developed heat exhaustion. The main symptoms were weakness, stumbling, dizziness, confusion, loss of memory and unusual or aggressive behaviour. There was no difference between age groups or sex in the likelihood of heat exhaustion.

The highest rate was in preferred runners (1 in every 100). Group A runners (the main start) were also more likely to suffer heat exhaustion than group B runners (the second start) (1 in 500 versus 1 in 1600).

Could those at risk of heat exhaustion be identified from the questions that were asked? They found that there were 4 major risk factors:

1. Well motivated runners were 7 times more likely to develop heat exhaustion than the least motivated. Motivation meant feeling adequately prepared, trying to run a PB and feeling that they had run hard during the race.
2. Not drinking during the run increased the likelihood of heat exhaustion 5-fold.
3. Previous episodes of heat exhaustion also increased the risk 5-fold.
4. Failure to acclimatise, i.e. not training during the warmer parts of the day.

Over half of those who had heat exhaustion had more than one of these risk factors.

There was no difference between those who were running their first City-to-Surf and those who had run it before. Difficulty sleeping the night before or alcohol consumption also did not put runners at greater risk of heat exhaustion. However, these people may well have decided to take it easy on the day or decided not to run at all. These factors should still be avoided before major races and the same applies to anyone who has had a recent viral infection.

These results show that the well-motivated runners are more likely to develop heat exhaustion during this and other races. All Striders need to be aware of this. It is vital to drink fluids during the race even if you think you don't need to - it may be too late and there are plenty of examples of this amongst the Club's members. Anyone who has had heat exhaustion before particularly needs to take care. The Club may also need to look at having some training runs later in the morning for this sort of race or at least encourage members to do some training at the appropriate time.

[Reference: Lyle, D.M., Lewis, P.R., Richards, D.A.B. et al. "Heat exhaustion in the Sun-Herald City-to-Surf Fun Run". Medical Journal of Australia 1994; 161; pp. 361-365].

OH DEAR, DID WE SAY THAT?

A quote from the club's newsletter "STRIDING ON", Volume 1, Number 4 (August 1983), from an article on the Avon women's marathon.

"Next year, and high time too, the Olympics introduce a women's marathon. Few men these days think of female competitors as second rate runners, most of us are fairly used to settling in behind a trim bottom we know we're unlikely to pass, and many an elite runner has been passed on the final straight by a pair of size six Nikes."

Oh lawdy. Trim bottom? Try printing that sort of stuff in 1994! Only 51 percent of the population are now allowed to comment on other people's bums, and they're women. They even do it in car advertisements.

WORLD MASTERS GAMES.

Jim Screen

More than 23000 athletes from 71 countries gathered in Brisbane between 26 September and 3 October to compete in 30 different sporting pursuits ranging from athletics and swimming to indoor cricket and touch football.

The city was alive with visitors, many wearing their specially designed T-shirts and track suits. The locals had gone out of their way to make everyone welcome and the general organisation at the South Bank Parklands Information Centre was professional and friendly.

Included in the thousands of athletes were some 3000 competitors in track and field, 70 teams in netball, and 100 teams in softball. There were 2000 swimmers and the triathlon, with the largest number of individual competitors ever, more than 1000, surpassed even the World Triathlon Championships.

Publicity south of the Tweed was light on to say the least. This was perhaps the biggest multi sporting discipline event ever held in Australia and it went by with not much more than a whimper from the Sydney media. There was some wonderful TV footage of a dear old lady, Mary Maina, from the Gold Coast, 101 years old (young), taking 5.10 minutes to swim 50 metres thus setting a world record in the over 100 class. But not much more.

The official application form failed to mention a marathon. Only a chance conversation with Striders' President Wendy Downes alerted me to the fact that one was now in the program. A few quick phone calls to Brisbane, a speedily despatched entry form and next minute I'm an official entrant in the World Masters Games.

The welcome ceremony was held late afternoon on Saturday 1st October with the marathon scheduled for next day. So, equipped with my new Striders Track Suit I made my way out to ANZ Stadium with the help of two very kind Queenslanders who gave me and an Italian couple (He a marathoner, She a "dish") a lift when we were stranded at a bus stop.

The ceremony was a terrific experience. The stands at ANZ Stadium were packed with competitors and spectators. Colour everywhere and the feeling of friendship

and goodwill abounded. The grand parade around the oval was a riot of fun. Most of us didn't hear the usual speeches. The evening closed with what I would consider the best fireworks display I have ever seen.

5.30AM came soon enough. There were 225 entrants for the journey and the starting area buzzed with the usual pre race activity. A good group of well wishers had gathered.

Many of these were there for the Half Marathon which was to start soon after. The weather was warm but fortunately it was an overcast day which took care of the sun but on the other hand built up the humidity.

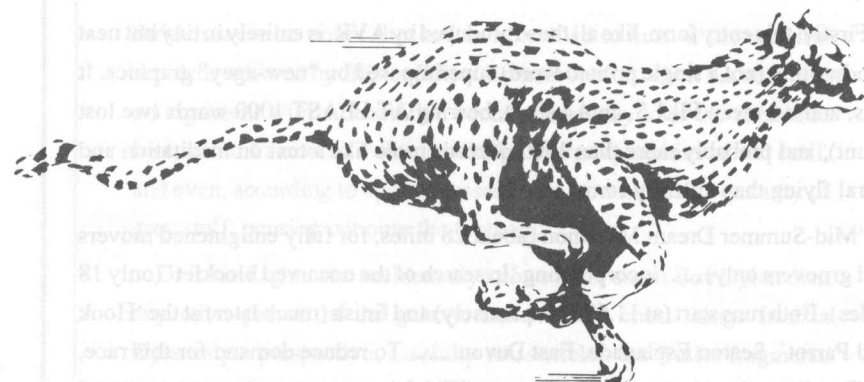
For some reason or other I thought that the Masters was going to be hard. The course was basically flat with the hills conveniently placed at about 26km and 36 km. The run became a slog for me at about half way. No reason. Just a slog. At this point my spirits were lifted somewhat by a familiar call. "Go Strider." On further investigation it turned out to be Dave Barwick (now a resident of the Sunshine Coast). Dave's call was most welcome even though the crowd at this time were all most supportive.

I lost interest in the hills out near the Queensland University but was helped a bit when I eased up alongside another runner who looked like I felt. (He claimed that I looked like he felt) He had just arrived from South Africa to live in Brisbane. This was his 50th Marathon and he had finished Comrades on a couple of occasions. His excuse was lack of recent training. I had no excuse. As we were both stoggering (staggering / jogging) at about the same pace we urged each other on over the last 10kms to finish just inside 4 hours. My still un-official time (waiting on result book) was 3.55.00.

The total experience of the Masters Games was one not to be missed. The organisation of the Marathon was first class but no little memento of the occasion. To get a medal one had to run a place in whatever class. (In your dreams). The next World Masters Games in Portland, Oregon USA during 1998 will have a lot to live up to as the Queenslanders turned on an occasion which will take a lot to equal.

Well done the Toads.

Improvement through Competition.



ONLY ONE AIRLINE KNOWS AFRICA



SOUTH AFRICAN AIRWAYS

**Major sponsor of
the Sydney Striders Half Marathon**

SON OF AXE VALLEY RUNNERS

Page 52 of the last Blister (edition 53) bore a short article on the English running club Axe Valley Runners, and referred to one of their highly idiosyncratic race entry forms, which was to be reprinted "overleaf". Owing to an error on the part of the editorial team, or lack of space, or the Production Manager having a bad day with his haemorrhoids, or something, this entry form did not appear "overleaf". In fact it did not appear "at all". The management apologises for this error and for any confusion caused thereby.

Space does not permit us to reprint this collector's-piece entry form in its entirety, but perhaps a few chosen sentences from it may prove entertaining, and if nothing else, a pleasant change from your average functional name / address / declaration / signature format.

Firstly, this entry form, like all those produced by AVR, is entirely in tiny but neat handwriting (not a single printed word) superimposed on "new-agey" graphics. It fills, and we mean FILLS, an A4 sheet, bearing AT LEAST 1000 words (we lost count), and probably more than 1500. It reads more like a text on meditation and astral flying than an entry form:

"Mid-Summer Dream Marathon (about 28 miles, for fully enlightened movers and groovers only) incorporating 'In search of the uncarved blocklet' (only 18 miles). Both runs start (at 11.57 a.m. precisely) and finish (much later) at the 'Hook and Parrot', Seaton Esplanade, East Devon. To reduce demand for this race, AVR will be keeping it very quiet. [This] is an accurately non-measured extravaganza of Zoroastrian Becoming (and Bemoaning) with lots of guaranteed weather [It is] also an anthropo-tectonic metaphor for the never-ending search, the key to the secret window on the unknowing of your running, the multi-enfolded pathway to nowhere. In short (or indeed long) the very now of your ecstasy through running. You have been specially selected to receive this information by the Great Number Cruncher In The Sky You and this event are indistinguishable. You cannot evade it. You will dance with magical and mystical forces beyond the shores of daily illusion. They will guide you lovingly and gracefully to a celestial reunion with ancient wisdom and future peace. Please ask yourself some searching

questions before entering (such as 'Who am I?', 'Where am I?', 'Why am I?') Death is not the end. There will be several watering holes, but it has been observed that a pint of GENIUS at the Hook and Parrot before the start will enable you to reach unimagined depths (or heights) of courage and endurance The course will be distinctively and erratically marked by that creative maestro, Bomber Bayliss, but you will need to THINK about where you are going".

There is more, oh so much more, but the Blister, alas, is finite. In contrast, Axe Valley Runners' races and entry forms always seem to contain an element of the infinite, not to mention the infinitesimal. If England can no longer be regarded as the home of the world's greatest eccentrics, it isn't the fault of Axe Valley Runners.

BLOOD ON THE TRACKS

Striders were no doubt shocked and horrified to hear of the dreadful accident suffered by Blister Editor Graham Butler, when his head lost an argument with a decorative concrete archway over the foreshore footpath to Cremorne Point, resulting in large quantities of red stuff, and even, according to eye-witnesses, a not inconsiderable quantity of grey stuff, pouring out onto the footpath.

Dr Irwin Light, who incidentally knows more about Bob Dylan than any other person in the galaxy, and looks at most things from a Dylanesque perspective, carefully reassembled the Butler fragments and later sewed them together. Light characteristically titled the incident "Blood on the Tracks".

[Readers might like to know that some statistical evidence is being gathered to show what effect major medical incidents have on GB's race performance. A trend is emerging which tends to show that there is an inverse effect of serious medical conditions on a future race; or in other words, the worse the incident, the better he goes. We will keep you informed - *prod ed*].

MIDDLE-DISTANCE RACES LOST IN QUAGMIRE OF TV DROSS

In August 1994, soon after the end of the Commonwealth Games, the Sydney Morning Herald reported that Network TEN had made "a mess, as a swarm of irate and well-received callers to the Alan Jones radio show pointed out, of each day presenting recorded events from Canada as if they were live". Mr Mike Lattin, TEN's program director, however, had commented, *inter alia*, "We copped a fair bit of criticism and a degree of that criticism may have been justified", but "the good thing is that we maximised the result in terms of ratings". This is hardly surprising, since no other channels had the rights to the Games. Sports enthusiasts wishing to watch the Games really had little choice but to swim around in TEN's miasma of sporting rice-pudding and desperately hope not to drown.

Around the same time, a member of Sydney Striders, who prefers to remain nameless, wrote a politely-phrased and comprehensive 3-page, 1600-word letter to Network TEN concerning their television coverage of the Games.

The letter concentrated on two aspects of the coverage which, in his opinion, did little to enhance his enjoyment of the Games: firstly, the difficulty of ascertaining even the approximate time at which specific events were to be broadcast; and secondly, the fragmentation of events lasting more than a few minutes into small bite-sized chunks, scattered over a period very much longer than their actual duration, sometimes over several hours.

The letter recognised the difficulties experienced by a broadcaster of a multi-sport event such as the Games, but made numerous constructive suggestions as to how an approximate timetable might be published and qualified. It pointed out that, for viewers who had more than a passing interest in sport and were looking forward to coverage of specific events, Network TEN's treatment of the Games as sporting Musak was nothing short of infuriating. The difficulty of locating one's favourite event(s) amongst 14 hours of intros, promos, ad-breaks, profiles, travelogues, previews, post-mortems, medal ceremonies and events from other disciplines, commented the writer, boggled the mind, and often made one simply decide it was all too hard to bother watching any of it at all.

The letter asked if there was any justification for screening middle-distance races

from the track in 4-to-5-minute chunks, separated often not only by advertisements but all manner of other material? While both the marathons were well covered (possibly because little else was occurring concurrently) the track events in the 3,000 to 10,000 metre range had been hacked about like the victims of an axe-murderer.

The women's 3,000 metres and men's 3,000 steeplechase, each of which are completed in under 9 minutes, were interrupted midway by ad-breaks. The men's 5,000, usually one of the highlights of any athletics meeting and normally only a shade over 13 minutes long, was reduced to a 4-minute chunk covering only the final 4 laps, shown well over 12 hours after its actual completion, and this despite having a remarkably exciting finish (but unfortunately, no Aussie winner). The men's 10,000 was broken into four chunks of three to five minutes each, separated by long ad-breaks and cuts to other events. Each time the coverage returned to the track, 4 or 5 laps had mysteriously disappeared, and the position of the runners had radically changed, but since the commentating team made no allowance for this, the viewer faced the almost impossible task of reorientation. As for the women's 10,000, the writer of the letter was forced to the conclusion that it had not been broadcast at all, and finally got the result from the Herald the following morning. This was in marked contrast to the broadcast of the 1992 Olympics, where the men's 10,000 was presented entire and uninterrupted, and the women's 10,000 given similar prominence and minimal interruption.

The letter congratulated Network TEN on the technical quality of the broadcasts, but expressed the hope that if future multi-sport events such as this were presented by TEN, a different scheduling philosophy would be adopted. It warned the station that many sports enthusiasts would also have found the fragmentation of their favourite events annoying, and that this aspect would have left them feeling less than well-disposed towards Network TEN.

The writer of the letter received this perfunctory reply, dated 1st September. "Dear [Sir], Thank you for your letter of 30 August concerning our recent Commonwealth Games coverage. Our coverage was a major undertaking which proved to be a considerable success for Network TEN and was very popular with the overwhelming majority of our viewers. The comments we received from our viewers throughout Australia about aspects of our coverage were conveyed to our

production team in Canada on a daily basis and, where necessary, corrective action was taken. We appreciate the trouble you took in letting us have your views." It was signed by Gerry Thorley, the General Manager.

Mightily impressed at the explicit way in which his individual concerns had been so painstakingly addressed, and fully convinced, by TEN's self-congratulatory tone, that he must have utterly misjudged the quality of the coverage, the Strider penned the following letter: "Dear Mr Thorley, Bollocks to you too. I didn't read your letter either." But he didn't mail it, deeming Mr Thorley and his motley purveyors of wallpaper sport unworthy of the expenditure of 45 cents on a stamp.

Next time, if TEN can't tell him when to find the bits that turn him on, the Strider in question just won't bother to turn THEM on.

THE COLLECTED WISDOM OF KEVIN TILLER (1)

Heard from Kevin Tiller in Striders' Committee meeting, during discussion of the fact that some runners in the veteran age group regularly take out open prizes: "It just so happens that all the fastest runners in the club are about (pause) 80". Well, we did think there might be something Joanne Cowan was concealing from us.

THE COLLECTED WISDOM OF KEVIN TILLER (2)

Heard from Kevin Tiller in Striders' Committee meeting, during discussion of the distribution of patches bearing our new sponsor's logo: "Perhaps we could hire someone to sit there after the run with a sewing machine". Oh yeah, and sew what?

THE COLLECTED WISDOM OF KEVIN TILLER (3)

Heard from Kevin Tiller in Striders' Committee meeting, 3 seconds before leading the discussion onto an entirely different topic: "This isn't going off the subject, but".

DHL SYDNEY STRIDERS ROAD RUNNERS CLUB ANNUAL AWARDS PRESENTATION

Sunday 4th December 1994
Middle Harbour Yacht Club

Master of Ceremonies: Nobby Young

DEBUT MARATHON AWARD

Presenter: JOANNE COWAN

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

Last year's perpetual trophy winners receive a commemorative trophy :

Paul Kotala , Dawn Tiller

Male	3rd Phil Boswell	3:15:51 Sydney
	2nd Neil McGill	3:13:28 Canberra
	1st Darren Benson	2:59:30 Melbourne

Darren's other achievements this year: July Striders 10k - Shelly Beach 34:22 1st Strider. July Bankstown Half Marathon 1:16:23 1st under-20. Aug City To Surf 49:50. Aug Sydney Marathon 2:59:30 PB. Oct NSW 10k track Championship 34:02. Nov Sydney to 'Gong bike ride (92k) 2:59:18.

Female	1st Sue Marr	3:47.xx Sydney
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Sue's other achievements this year: May SMH Half Marathon 97:54 PB. Aug City to Surf 68:00. Nike Sanctuary Cove 5k 21:04 PB Jan Deakin Triathlon (1.5/40/10) 2:31 Mar Penrith Long Course Triathlon 3:48 2nd in age group. (1.8/67/16) Sep Gloucester Mountain Man 3:47. (22 mtb/11 paddle/9 run)

BEST SUB 3-HOUR MARATHON IMPROVER AWARD

Presenter: PAUL RUSSELL

Notes: 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.

Last year's perpetual trophy winner receives a commemorative trophy:

John Craig-Sutherland

3rd	Phil Hugill from	2:51:47 to 2:50:59 Gold Coast (0.465 %)
2nd	Joanne Cowan	2:42:00 2:40:12 Canberra (1.132 %)
1st	Chris Dwyer	2:41:28 2:38:30 Gold Coast (1.837 %)

BEST SUB 4-HOUR MARATHON IMPROVER AWARD

Presenter: PAUL RUSSELL

Notes: 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.

3rd	Andy Eccles from	3:35:27 to 3:08:08 Sydney (5.358 %)
2nd	Jim Screen	4:01:21 3:47:00 Gold Coast (5.946 %)
1st	Peter Cookson	3:50:28 3:29:53 Canberra (8.931 %)

Special Note: Peter should be awarded the perpetual trophy to keep for a year, but last year's winner Steve Hitchcock has just moved out of the metropolitan area and has been unable to return it.

Peter is therefore awarded his individual trophy now. When the perpetual trophy is made available it will also be given to him to keep for a year.

Peter's other achievements this year: Mar Striders Internal Half Marathon 1:42:53. Aug City to Surf 75:41.

BEST PERFORMANCE FOR A MARATHON AWARD OPEN MALE & FEMALE

Presenter: JOHN TURNER

Note: The Open category is for any age runner including those that may be Veterans or Masters. Last year's perpetual trophy winners receive a commemorative trophy :

Chris McLean, Joanne Cowan

Male	3rd Phil Hugill	2:50:59	Gold Coast
	2nd John Hamilton	2:47:22	Canberra
	1st Chris Dwyer	2:38:32	Gold Coast

Chris's other achievements this year : Apr Canberra Marathon 2:38:38 PB, Club Champion. Jun North Ryde 10k 34:54 PB. Jun Nabiach Half Marathon 75:12 PB, 1st overall. Aug City to Surf 48:25.

Female	3rd Joan Boltz	3:42:00	Gold Coast
	2nd Wendy Downes	3:31:14	Gold Coast
	1st Joanne Cowan	2:40:12	Canberra

Joanne's other achievements this year: Jan Palm Beach to Manly 30 1:58:35. July Lake Macquarie Half Marathon 1:17:49. July Gold Coast Marathon 2:45:39 1st Australian. Numerous Striders 10ks.

BEST PERFORMANCE FOR A MARATHON AWARD VETERAN MALE & FEMALE

Presenter : JOHN TURNER

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

Male	3rd Jonathan Trope	2:58:37	Canberra
	2nd Graeme Murphy	2:53:42	Gold Coast
	1st Chris Dwyer	2:38:32	Gold Coast
Female	2nd Sue Marr	3:47:00	Sydney
	1st Joanne Cowan	2:40:12	Canberra

BEST PERFORMANCE FOR A MARATHON AWARD MASTERS

MALE & FEMALE

Presenter : JOHN TURNER

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

Male	3rd Alf Field	3:31:00	Gold Coast
	2nd Peter Hammerschmidt	3:16:19	Gold Coast
	1st Derek Smith	3:05:10	Gold Coast

Derek's other achievements this year : Apr Canberra Marathon 3:13:23. Sept Sunrider Half Marathon 1:31:18. Nov Brindabella Classic 53k 4:54:15.

Female	2nd Joan Boltz	3:42:00	Gold Coast
	1st Wendy Downes	3:31:14	Gold Coast

Wendy's other achievements this year : Apr Brisbane Water Bush Bash 47k 5:02:56
1st overall. Aug City to Surf 64:31 1st in age-group. Nov World Duathlon Championships, Hobart, 6th in age-group. Nike Women's 5k 22:01 1st in age-group.

ULTRA-RUNNER OF THE YEAR AWARD

Presenter : WENDY DOWNES

Last year's perpetual trophy winner receives a commemorative trophy :
Steve Urwin.

1st **David Sill**

David's achievements this year : 19/11/94 Australian 6 Day Championship 654.8k 6 days. 2nd on handicap. 7th place overall. New Striders record for 6 days. 2nd longest run ever by a Strider. 4/6/94 Australian 48hr Championship 253.4k 48:00. 2/10/94 Liverpool 24 Hour 150.8k 24:00. 23/10/94 Sri Chinmoy 24 Hour (Adelaide) 150k 24:00. 31/3/94 Wollongong 24 Hour 100k 24:00. 6/3/94 Six Foot Track 46k 5:41. 10/4/94 Canberra 50k 50k 5:15. 24/4/94 Brisbane Bush Bash 47k 4:49.

No Female Ultra Trophy this year

TRIATHLETE OF THE YEAR AWARD

Presenter : SARAH ENTWHISTLE

1st **John Preston**

John's achievements this year : Ironman Australian Championship Forster. 17/4/94 10:43 4th in 40-44yr age group, 3.8k swim 59:02, 42k run 3:48. Ironman World Championships Hawaii 15/10/94, 11:10; 3.8k swim 180k bike 42k run. NSW Long Course Championship Penrith 27/3/94 3:15 3rd in 40-44yr age group 1.8k swim 67k bike 16k run. NSW Duathlon Championships Dapto 3/7/94 1:14 3rd in 40-44yr age group 4k run 25k bike 4k run.

THE 10K SERIES AWARDS

Presenter : MARK FIORE

Last year's perpetual trophy winner for the handicap gets a commemorative trophy :
Peter Corte

The Middle Harbour Yacht Club Perpetual Trophy, 10K Handicap Competition:

1st	Richard Field	144 points
2nd	Phill Boswell	124
3rd	Jeff Gissing	97

Male Outright Competition

1st	Jeff Gissing	179 points
2nd	Stephen Jackson	173
3rd	Godfrey Franz	139

Female Outright Competition

1st	Lesley Maher	186 points
2nd	Rozanne Green	125
3rd	Sue Hill	112

BEST PERFORMANCE FOR A HALF-MARATHON AWARD

OPEN MALE & FEMALE

Presenter : KEVIN TILLER

Male	3rd Darren Benson	1:16:23	Bankstown
	2nd Chris McLean	1:16:11	Gold Coast

Special Note: Trevor Jacobs actually ran the club's fastest half marathon this year (1:12:53 at Weston Creek) but due the fact that he lives in Canberra and is president of the ACT Cross Country Club he has asked not to be eligible for any awards.

1st Chris Dwyer	1:15:12	Nabiac
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Female	3rd Sue Marr	1:27:54	Sydney Morning Herald
	2nd Maarlies Laaper	1:22	Sydney Morning Herald
	1st Joanne Cowan	1:17:49	Lake Macquarie

BEST PERFORMANCE FOR A HALF-MARATHON AWARD

VETERAN MALE & FEMALE

Presenter : KEVIN TILLER

Male	3rd Dave Ritchie	1:25:52	Canberra
	2nd Jonathan Trope	1:20:35	Sydney Morning Herald

Special Note: Again, Trevor Jacobs actually was the club's fastest veteran over the half marathon this year and he has asked not to be eligible for any awards.

1st Chris Dwyer	1:15:12	Nabiac
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Female	2nd Breedia Kelly	1:43	Sydney Morning Herald
	1st Joanne Cowan	1:17:49	Lake Macquarie

BEST PERFORMANCE FOR A HALF-MARATHON AWARD

MASTERS MALE & FEMALE

Presenter : KEVIN TILLER

Male	3rd Jim Screen	1:42:05	Striders Internal
	2nd Peter Hammerschmidt	1:31:20	Sydney Morning Herald
	1st Derek Smith	1:31:18	Sunrider Half

Female	1st Joan Boltz	1:42:39	Canberra
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Joan's other achievements this year : Jul Gold Coast Marathon 3:42:00.

BEST PERFORMANCE FOR A HALF-MARATHON AWARD

SENIORS MALE & FEMALE

Presenter : KEVIN TILLER

Notes: A runner enters the Senior category after their 60th birthday.

Male 2nd Neil McPherson 1:43:53 Sydney Morning Herald
1st Ron Daly 1:37:38 Sydney Morning Herald

Ron's other achievements this year: Jan Palm Beach to Manly 30k 2:41:53. Aug City to Surf 65:32.

IMPROVER OF THE YEAR AWARD

Presenter : WARWICK SELBY

1st Andy Eccles

Andy's achievements this year : Apr Canberra Marathon 3:35:27 Debut. May Brisbane Half Marathon 1:28:32 PB. July Gold Coast Half Marathon 1:24:10 PB. Aug City to Surf 53:47 PB. Aug Sydney Marathon 3:08:08 PB. Sept Sunrider Half Marathon 1:25:50. Numerous Striders 10ks at 40 mins or under.

ENCOURAGEMENT AWARD

Presenter : WARWICK SELBY

1st Jim Screen

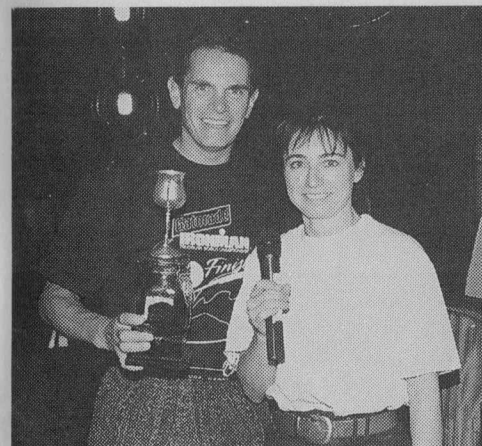
Jim's achievements this year : 12/12/93 Honolulu Marathon 4:10:54. 5/2/94 Striders 10K 48:36. 5/3/94 Striders 10K 46:36. 13/3/94 Striders Internal Half Marathon 1:42:05 PB. 10/4/94 Canberra Marathon 3:51:19 PB. 7/5/94 Striders 10K 45:53 PB. 22/5/94 S.M.H. Half Marathon 1:42:30. 4/6/94 Striders 10K 47:23. 2/7/94 Striders 10K 46:00. 17/7/94 Gold Coast Marathon 3:48:43 PB. 14/8/94 City To Surf 66:11 PB. 28/8/94 Sydney Marathon 3:47:09 PB. 2/10/94 World Masters Marathon 3:55:00. 5/11/94 Striders 10K 45:51 PB. 13/11/94 Brindabella Classic 6:13:53. Jim also competed in a Striders team for the Sydney to Hoptown Relay.



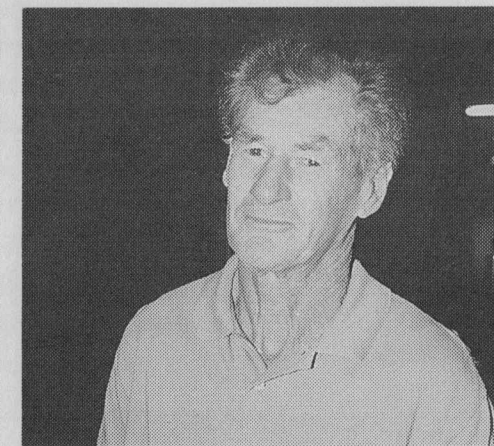
Jim Screen. Encouragement Award



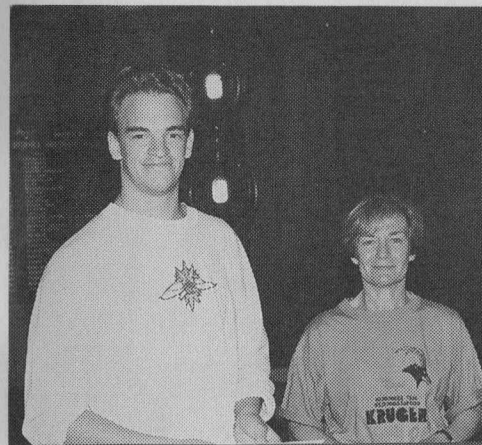
Dave Sill. Ultra Runner of the Year Award.



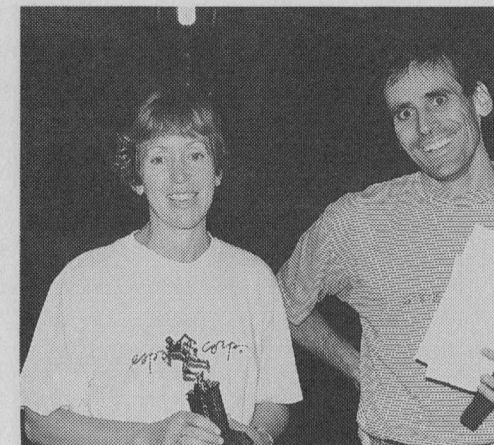
John Preston. Triathlete of the Year Award.



Ron Daley. Best Performance for a 1/2 Marathon, (Sen).



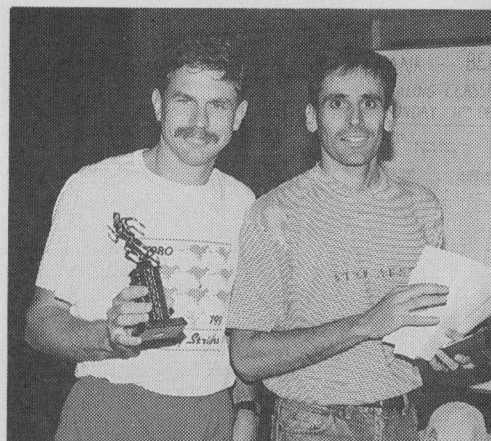
Richard Field. MHYC Perp. Trophy, 10k H'cap Series.



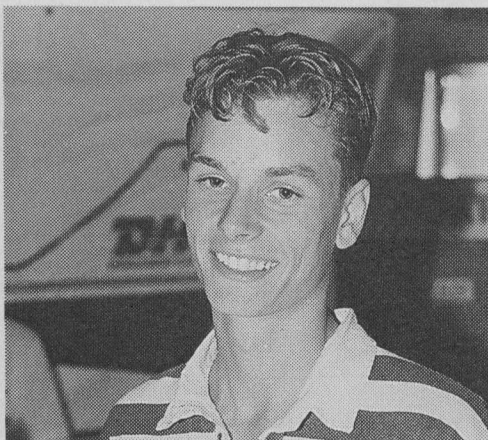
Lesley Maher. 10k, Female Outright Competition.



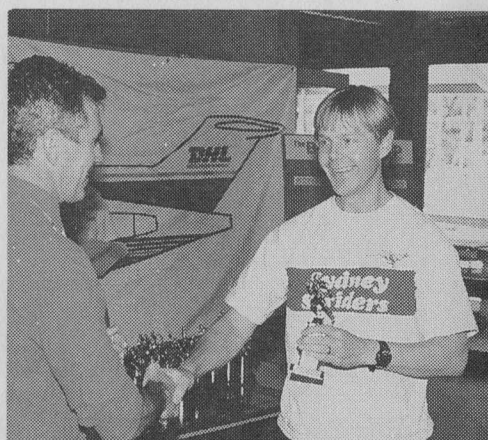
Wendy Downes. Best Performance, Marathon (Mast).



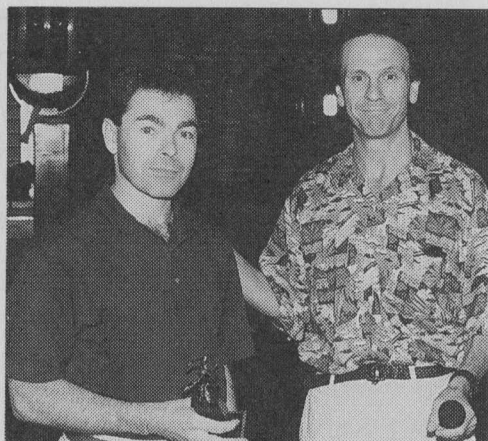
Jeff Gissing. 10k Series, Male Outright.



Daren Benson. Debut Marathon Award.



Peter Cookson. Best Sub-4 Hr Marathon Improver.



Andy Eccles. Improver of The Year Award.



Joanne Cowan. Best Perform. for a Marathon, Open (F)

STAGGERING MARATHON FINISHES

- WHEN ENOUGH IS ENOUGH.

A personal opinion of Steve Cornelius

Most of us have done it; hit the wall in the middle or latter stages of a Marathon and hung in there, against all odds, to avoid the imagined stigma of a DNF and get a finisher's medal. We might even secretly take pride in having toughed it out, at having had the strength of character to grit our teeth and achieve the impossible. Perhaps it's even part of the ethos of Marathon running, to keep going, to survive, to achieve.

Of course, there's a fine line between this heroic sort of performance and possible life-threatening stupidity, but the distressed runner, himself/herself is in a poor position to make any rational decision, once the onset of severe distress, dehydration, low blood sugar and disorientation have been passed.

There have been many instances where elite runners have put themselves in this position. In the London Olympics of 1908, Dorando Pietri of Italy entered the White City Stadium, turned the wrong way around the track, was redirected and collapsed five times. Eventually, officials intervened. "It was impossible to leave him there, for it looked as if he might die in the presence of the Queen. Dorando was disqualified for receiving assistance.

Most of us can recall newsreel footage of England's Jim Peters staggering and collapsing at the end of the 1952 Empire Games Marathon. He spent the next two days in an oxygen tent and was lucky to pull through. In the Mexico City Olympics of 1968, John Stevens plodded through the crowd, knees bandaged, hours after the rest of the field had finished. Press reports of the era claimed that the crowd had applauded his courage and dignity. This is the true journey of the hero - to continue, to go beyond one's limit, to complete what seems impossible. One ponders to reflect whether the author of this comment had ever even run around the block.

Perhaps the classic staggering finish of all time took place at the 1984 Los Angeles Olympics when the Swiss runner, Gabriela Anderson-Schiess probably received more media coverage than the winner, Joan Benoit (USA). Even people who know nothing at all about running can still recall the pictures of Anderson-

Schiess. Hardly anyone though, apart from dedicated athletics fans, can recall the name or the images of winner, Joan Benoit.

In the 1994 Commonwealth Games, Australia's Tani Ruckle had been less than completely well with the aftermath of a viral infection in the days before the race. Her coach thought she was "90% fit" but we now know that Tani was in trouble by the 8k mark. Starting was probably well-advised on the probability that her illness would not affect her badly. Continuing was ill-advised to the extent that only Tani herself could judge. What is especially worrying is to read press reports that "The crowd, watching Ruckle's tortured journey on large screens around the finish area, stayed to see her finish. Some ran alongside urging her on."

We can only imagine what went through Tani's mind in the course of that race. She would have wanted to honour her family by doing well, or at least by finishing, but that wasn't achieved by inflicting on them almost as much stress as she suffered herself. It's understandable that she wanted to do well in her native land, but that's not achieved by losing perspective on your own health.

Making poor judgements on whether to drop out or continue is one which faces all classes of marathoners, not just the famous or elite. Many of us can see our own questionable decisions to stoically continue in direct comparisons with Tani Ruckle, Jim Peters or any of the better known staggering finishers. It's understandable to be catastrophically disappointed at seeing months or years of training go down the drain owing to faults in preparation, pacing or through inopportune illness or injury, but it's foolish to allow that consideration to drive you to an act of pointlessness.

Nobody likes to bring up the phrase: "bringing the sport into disrepute." Staggering to the finish in a Marathon isn't at all in the same league as those who do drugs, fight on the pitch or accept bribes. But one has to remember the way the media will highlight the performance of a staggering athlete above and beyond the competitor who finishes looking fit and well. We're not able to stop the media highlighting what they see as drama and sensation, but we have a responsibility to be aware how bad it looks. The public image of Marathon running has suffered so much from the "heroic" acts of a few that the truly heroic acts of many are disproportionately diminished.

It's understandable and OK to slow down and walk to avoid being ill. It's

understandable to want to finish, even hours later, looking good and cheerful. But it's foolish in the extreme to continue when injured, or heat distressed, disoriented, or overcome by the effects of recent illness.

For elite athletes, it's understandable to want to give the public value for their money and support when you're representing your country. But it's foolish to think that the public are so stupid that they cannot understand the dangers of continuing when distressed. Jane Flemming pulled out after only four seconds (!!!) of the 100 metre Hurdles, which was the first event in her two day Heptathlon at the 1992 Barcelona Olympics. The Australian public thought none the less of her. In fact, if anything, their regard for her grew.

The difference between Jane Flemming's experience and Tani Ruckle's, it might be claimed, is that Jane "had to" pull out because she was plainly injured. In fact, Tani Ruckle was just as plainly "injured" after 8k of her Marathon as Jane Flemming was after two hurdles of her Heptathlon. It's just that the injury crept up on Tani rather than happening suddenly. Some might say that Tani Ruckle "had to" pull out. Only she truly knows. Marathoners, of all people, should recognise that the argument of having come so close to the finish and therefore not wanting to pull out is invalid. The physical and psychological "halfway" point in a Marathon is around twenty miles, as anyone who has done a Marathon knows. When you're not feeling good, that halfway point moves closer to the finish. In extreme cases, it can even be in those last 400 metres on the track in the stadium.

There is clearly a strong case for giving medical officials the authority to insist that staggering, distressed runners be pulled out of the event. The health and future well-being of the runner, including the possibility of death or permanent disability, is a responsibility morally incumbent on race organisers, regardless of the legal fine print or waivers on official entry forms.

In closing on this subject, it's worth looking back at a quote from the January 1985 edition of the now defunct Striders' newsletter, Striding On. "As anyone who has hit the wall will tell you, they are simply not equipped to make the decision themselves."

This article is opinion only and is not necessarily the policy of the Club.

OSTEOARTHRITIS: ARE YOU AT RISK?

(Journal article contributed by Leo Leader, summarised by Steve Cornelius.)

A study by a group of Finnish researchers, recently published in the British Medical Journal, looked into the question of whether participation in various sports, at the elite level, increased the risk of developing osteoarthritis.

The scope of the study, both chronologically and in terms of its number of subjects, was extremely wide. The researchers tracked no fewer than 2,448 male athletes who had represented Finland at least once in the Olympic Games, World or European championships, or in intercountry competitions, between 1920 and 1965. These athletes were divided into three broad groups, and were tracked over a 21-year period ending in 1990. The method of study was to compare the groups' relative rates of admission to hospital during that period for osteoarthritis of the hip, knee or ankle joints. The incidence of osteoarthritis in a control group of 1,403 males was also studied over the same period. Control subjects had all been medically examined at the age of 20 and classified as fully fit for military service, and were matched with the elite athletes in terms of age and area of residence.

The first group of elite athletes, whose results would probably be of most interest to Striders' members, had represented their country in "endurance" sports. These are long-distance running and cross-country skiing, which are characterised by "a high amount of repetitive loading of the weight-bearing joints".

The second group, "mixed" sports, were defined as those "with a greater risk of high impact loads and sprains of the joints". These included players of soccer, ice hockey and basketball, as well as track and field athletes. Many Striders would also be interested in the results of this group, since it included (under "track and field") jumping, sprinting, hurdling, middle-distance running and decathlon. Finally, boxers, wrestlers, weightlifters and throwers, whose sports involve fewer repetitive actions but higher forces when loading the joints, were classified as participants in "power" sports.

The results were expressed in terms of what the researchers called "odds ratios", an expression of the risk of hospitalisation for osteoarthritis as compared with the general population. The research showed that all three groups had higher instances of hospitalisation than the control group. The risk for endurance sports was 1.73

times the norm, while for mixed sports it was 1.90 times and for power sports 2.17 times. The figure for mixed sports must be qualified by the fact that the odds ratios for the constituent sports in the group differed by as much as a factor of 4 (see detailed figures below).

Striders can take some comfort from the fact that endurance sports showed up better than the other two groups, although the increased risk as compared to the general population might be something of a worry. However, the fact that there are well-known and well-documented cardiovascular health benefits to be gained from endurance running would have to be taken into account against any increased risks of osteoarthritis. Besides, the researchers qualify their results by saying that "there is no general agreement on whether running can predispose to primary osteoarthritis of the hip".

It is interesting to note that the mean age at first admission to hospital was higher in endurance athletes than in all of the other groups (70.6 years compared with 58.2 for mixed sports, 61.9 for power sports, and 61.2 for controls). The researchers suggest that "the higher than average life expectancy and physically active lifestyle in endurance athletes may explain some of the admissions to hospital at very old age, all of which is probably, on balance, further heartening news for runners.

The odds ratios in more detail were as follows: Long distance runners 1.84; cross country skiers 1.58; soccer players 2.10; ice hockey players 4.23; basketball players 1.04; track and field athletes 1.39; boxers 1.70; wrestlers 2.75; weightlifters 2.74; throwers 1.53.

Reference: Kujala, U.M., Kaprio, J. and Sarna, S., "Osteoarthritis of weight bearing joints of lower limbs in former elite athletes". British Medical Journal, Vol. 308 (22 Jan 1994), pp 231-234.

*"There is a time to run and a time to rest.
It is the true test of the runner to get them both right".*

Noel Carroll (1981)

PHYSICIAN, HEAL THYSELF.

by an Intrepid Staff Reporter.

This edition of the Blister has a distinct "Sports Medicine" bias, with an article on the effects of Step Exercise, another on the incidence of heat stress in the City-to-Surf, and a third on osteoarthritis. Readers may be interested to know, however, that this proliferation of medical material was largely unintentional, and stemmed from an idea by an intrepid Blister reporter.

The massive success of aerobics clubs and classes had often led this reporter to wonder why so many people would voluntarily pay good money to do boring, repetitive, artificially-designed exercises, cooped indoors with a lot of other sweaty bodies, while being harangued by a loud-mouthed instructor and blasted by thumping, mind-numbing music, when they could don their running shoes, run out the door and do natural exercise for which the body seemed to have been specifically designed, in God's good air, free of the noise, free of charge, and free to do it at their own pace.

He was willing to admit that aerobics classes might possess some mystery appeal, and that he had somehow missed it, until the appearance of a new and even more stultifying fad, "Step Exercise", with its accompanying clubs, classes and clobber. Stepping up and down onto a little brick for 30 or 60 minutes, in his opinion, had all the appeal of shoving one's head down the toilet and pulling the chain, and bore the same relation to proper exercise (running) as did the back of a Cornflakes packet to the complete works of Shakespeare.

Besides the boringness of it all, were these "Step Zombies" actually doing themselves any good? Why not talk to four Striders members of the medical fraternity, and put together a composite article summarising their views on the matter? Taking care not to reveal the full extent of his own uninformed prejudices against the stepping fad, the intrepid reporter invited contributions from those who might know.

Dr Irwin Light readily consented to contribute, latching onto what was obviously one of his pet topics, but also, disconcertingly enough, scribbled madly on a prescription pad for a few seconds and said "Show this to Dr Warwick Selby". The message seemed, to the uninitiated journo, to read: "Wigwam. Dork stabs rabbit's cock (a) Helicopters? (b) Periodic dog's tits? (c) Shites inconvenience? (d)

Ref sux disparagingly?".

He ought to have realised that physicians, faced with a prescription pad, immediately lose the elementary writing skills they acquired in kindergarten. Selby readily and without obvious difficulty translated the message as: "Warwick. Does Step Reebok cause (a) Haemorrhoids? (b) Perianal dermatitis? (c) Stress incontinence? (d) Reflux oesophogitis?". If this is how doctors communicate with each other, our intrepid reporter mused, who'd be a bloody pharmacist?

Dr Selby embarked upon a full and frank discussion of these four questions. His verdict was: "(a) No. (b) No. (c) No. (d) No. (All of the above) No. I have thought at length about the gastroenterological implications and complications of Step Exercise. The only association that I can make is that anyone who does Step Exercise has shit for brains.". However, he did contribute a rather lengthier summary of a well-researched journal article on heat exhaustion, which wasn't quite what our reporter originally asked for, but was deemed to be of considerable interest to Striders.

In response to the request for a contribution, Dr Leo Leader was sympathetic, empathetic, energetic, frenetic, pathogenetic, photosynthetic, antipyretic, didactic, anticlimactic, prophylactic, heliotactic, psychoanalytic, scholastic, esemplastic, symbiotic, and necrotic but in the final analysis, apologetic. He could give us nothing at all on Step Exercise, but here was a lovely article, unedited, from the British Medical Journal, about something completely different. Oh thank you, thank you, blurted our reporter, unsure quite what to make of this, and shambled on his merry way.

The last of the four medics was Dr Paul Russell. His contribution was uncomplicated and, as usual, uncompromising. "If you want my opinion on anything at all", he advised, "take Irwin Light's contribution and just add 'NOT' before every verb. Then print it as it stands.".

Our intrepid reporter went on his way, attempting to whistle. He had scored, for his trouble, one contribution on the topic, two on quite different topics, one illegible prescription form, one gastroenterological viewpoint on the world, and one exercise in first-year university formal logic. We ought to be grateful, he later commented to the Editor, that the health of our mighty nation is in such capable hands.

STEP EXERCISE: AN UNNATURAL ACT?

by Irwin Light

I have been asked many times at dinner parties, and even by some paying customers, what is the best form of exercise and what is the worst. The fact that my answers always cause disagreement and anger (never mirth) is NOT due to my conservative nature. Rather it is due to misinformation through the media and misinterpretation of information given to them by various practitioners.

From the cardiovascular point of view the only requirement is aerobic exercise (NOT an "Aerobics Class") for 30 minutes or so, three times a week. Now that is not enough for most of us, but there is no evidence at all that running or walking causes osteoarthritis of the hips, knees or ankles. It is just as likely to cause osteoarthritis of the hands!!

The point of this note is to mention the WORST type of exercise. In my opinion, this is undoubtedly step aerobics and step machines. I say this only from the point of view of joint and muscle injury. Our bodies were made to locomote! The good lord in his wisdom (and if anyone wants to argue the point I have indisputable evidence that god is a male) gave us hips, knees and ankles, all for us to walk upright. All of this walking is done at one level. So is running; and these pursuits therefore do not produce any wear and tear in the joints and muscles used.

Now when people exercise at two different levels, the joint and muscles are used in an unnatural way, and this creates problems for these joints and for the back which has to work at constantly changing angles. Just look at people on those step machines. Do they look as if they're doing something natural? No-one on a step machine looks as good as Sebastian Coe and I do when we're running. They all lean forward, they have no gait to speak of!! Talk about repetitive strain!

I'm not complaining anyway. Since marathon running has become less popular, I've needed the extra business!



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RANDWICK
48 Frenchmans Road Randwick
399 3893

Dear Non Participant,

Pardon my "dig" but I reckon that nowhere near enough members run the increasingly competitive 10k Series, and you're one of the culprits. At least you've given me a chance to submit a report on the SAA sponsored, Gatorade, Runners Shop and Australian Runner supported Series for 94, so here goes.

Right from the start I knew that my partially bald, old mate Peter Corte had no chance in the Handicap event so I started training him for the main event. He blew up in the first couple of races so I revised the training methods and told him to stay off the chocolates.

On the other hand Steve Jackson was flying and built up what appeared to be an unassailable lead in the outright competition by the halfway stage. He wasn't doing too badly in the handicap either but the inimitable Jeff Gissing was on the warpath. Jeff just got fitter and faster as the year wore on and I tipped him as a potential dual winner around the time that Steve Jackson took a dive into the North Pole. Steve really never recovered from that trip (anyone who spends that much time with Graeme Murphy never recovers). Anyway Steve soldiered on with his shins splints, hamstring and achilles injuries, never giving up.

In the Ladies' event Lesley Maher showed her usual consistency and was never in danger of losing the lead. Joanne and Marlies only ran a few times and Lesley had it all her own way. No doubt about it; if you're there every time, you've got to do well.

In the meantime, Corte was training behind the scenes.

After four events or so, a new player entered the fray, first as a new member and then as an aspirant ticket holder. This was the younger Field, a clone of Alf, by name Richard. He started off in what can only be described as a pretty shocking state of

unfitness which I thought may be terminal at one stage and proceeded to get better and faster. In the space of four events, Richard had Jeff Gissing and Phil Boswell in his sights. By the start of the final event, all Richard had to do was be 1 second closer to his handicap than the others and he'd get the trophy.

Jeff Gissing knew he had to beat Steve Jackson to win the outright trophy and was all fired up at the start. Steve, on the other hand, had to beat Jeff by 2 places and although it looked close at one stage, Jeff had it in the bag as he knew Steve was still suffering from Murphitis amongst other things.

On the day, it went pretty much to plan; Jeff ran well to beat Steve and Richard smashed his record with a fantastic 45min or so and found out what Alf couldn't - "How do I get rooted?".

Peter Corte had the run of his life - 37:35, a 2 minute PB. He even passed Godfrey at one stage, but has whacked his chances of ever winning the handicap again as he'll not be getting any more help from me, I can assure you.

The full results are now available for all to see and I'd like to congratulate the winners of the respective competitions. I hope more members will turn out for the 95 Series which will be bigger and better under the able management of Mark Fiore. I'd also like to thank the hosts, Paul and Robi, Tina and John, John and Dick, Sarah and Bret and Lynndy for their efforts this year (again).

Mark Fiore took over as 10k Race Director after I conned him into thinking that it was a breeze for a computer guru like him and he's done a great job, so good that I'm going to nominate him for the position in perpetuity at the next AGM.

Scott Crawford deserves a special thank you as he was, as ever, always there first. This year he attended every event and only got to run in one I believe. Steve Jackson measured and marked the courses even though this didn't help his results or change his handicap a bit. Then there were a number of

helpers at various events who made the whole thing possible.

To all of you, I would like to express my sincere thanks.

Never forget the sponsors they say, so let me again show our appreciation of SAA's great contribution to the Series and the Club. The Runner's Shop gave us the other prizes, Gatorade gave drinks at the finish at a few events and we got free advertising from Australian Runner.

I hope you'll join us again next year, the first event is at Marsfield on the first Saturday of February.

See you there.

Sincerely,

Jonathan Trope

**ONE TO WATCH OUT FOR NEXT YEAR
(DICK BARTLETT, DON'T MISS THIS ONE!)**

Jungfrau Marathon, Switzerland.

This is the toughest marathon in the world! Starting from Interlaken, it covers the classic distance of 42.195 k and a difference in altitude of 1,810m.

The course is set amid Switzerland's superb Alpine setting of the Eiger, Mönch and Jungfrau mountains, and ranges from idyllic Lake Brienz to the foot of the Eiger North Wall.

The Jungfrau Marathon is a memorable experience for spectators. Special trains are operated between the Interlaken Ost and the Eiger Glacier station.

(Held on 24 September 1994 - for information on future runs contact: Information, OK Jungfrau-Marathon, Postfach, CH-3800 Interlaken, Switzerland).

(From a handout contributed by Strider Wayne McCarthy).

To the Sydney Striders

Dear Committee / Editor,

Jonathon Worswick's got a good point. Why don't the Striders go bush on their STaRs? Trundling out 30k on the roads week after week really isn't that good for the body, but going for two hours in the bush instead has all the same fitness benefits, and keeps you injury-free at the same time!

As the Striders have gradually moved toward a club that even night owls can join. I have wondered why I still don't ever seem to find myself getting up on Sunday Mornings for a long run with them.

It can't be the time anymore, why 7.30am is even later than the Billy's Bushies 7am start on Saturdays. But I find the Bushies more alluring. Perhaps it's the whingeing over whether you should be in the 6.25 or 6.26.5 start group? But no, that's not really a serious enough matter to keep a committed runner away.

Perhaps it's the courses STaRs traverse?

Yes, that's more to the point. While moving around the Sydney area is good for new scenery it would be nice to place an emphasis on choosing an amiable surface to run on. With the vast tracts of bush in and around Sydney, picking a route that emphasises trail running isn't that difficult.

Humans weren't really built for pounding it out on the roads week after week. While we may be forced to take our midweek runs that way, surely we can be gentle on ourselves on our long runs? And the views sure do beat those of another new housing estate!

So how about trialling a monthly STaR which is a bush bash instead of a road plod?

Sincerely,

Michael Burton

10 November 1994
The Editor
Blister Magazine

Dear Sir,

David Blackhall's resignation from Sydney Striders may well have gone unnoticed by the majority of the membership, so I figured someone ought to put everyone in the picture and set some records straight. Blackhall (only his wife calls him David) was one of the original magnificent 7 (or was it eight or nine?) who started this club way back when. His athletic achievements as a club member are many. Time and space prevent me from listing them all. However, suffice it to say that he has the oldest marathon PB on the ladder and I was there when he came within 120 seconds of running a sub-3 marathon on 2 or 3 occasions. He is the only person I have ever seen run up the hill on Kissing Point Road carrying a cat; and then run the same route the following day looking for the blasted animal when his twin daughters noticed it was missing.

To be serious, David Blackhall single-handedly held the club, and in particular the half-marathon, together in the eighties when sponsorship was scarce. His company, Westline Ford, continued to sponsor the event in spite of there being precious little return for his investment. Financially at the time it was perhaps more prudent not to do so. That, ladies and gentlemen, is what is meant by club loyalty.

If Blackhall has not renewed his membership only because of his new job in Melbourne, then we should be making him a Life Member as a token of the club's appreciation. If indeed he is a little disturbed by the direction the club is taking, we should all be sitting up and taking notice. Sydney Striders was lucky to have him as a member, and we should do all we can to keep him.

Sincerely,

Irwin Light

The Blister Editor

Dear Fellow Orienteer,

Mike Burton's letter (a copy of which is also in this issue of your esteemed rag) got us talking at the last meeting of the Racing and Results subcommittee as many of us have this deep underlying masochistic proclivity to pound ourselves into oblivion every weekend by running on the hard, unforgiving surfaces that are a feature of our STaRs.

"Racing and Results" is responsible for course selection, hosting, organisation of events, calendars, the 10k Series, internal and external (or exterminated) half marathons and so on. We must take the blame for not including bush runs on the STaR calendar because of which we have starved our members of the scenic beauty of Sydney. When did you last get an opportunity to view the scenery from the top of the Bilgola plateau, amble around the Opera House, dash through the Domain, puff past Palm Beach, blitz Balmoral or Bondi, loaf through Lane Cove or hurry into Hunter's Hill on a STaR? When do you get to breeze through the bush on the Great North Walk, belt around the Berowra area or chase the 6:20 group from Clontarf to Manly or Chinaman's Beach to Mosman with the Striders?

Have you not heard lots of our members, especially the ladies (no more sexist comments please) asking for more bush runs to test their leg and ankle strength because the roads are becoming increasingly congested with incompetent gremlins running along without due consideration for the speed humps?

We must have been deaf to the innermost desires of our members who obviously want to "go bush" more regularly, so we came to the conclusion that we should give Mike's suggestion a fair go. I don't think that we should start at once a month so let's do a Bush STaR twice a year at first, just like any other STaR. Since it was Mike's enthusiasm for such a STaR that got us thinking (a feat in itself) I believe it's only fair to give him the opportunity to set the course and host the run. The

only constraints are those contained in Mike's letter; namely that the run be on forgiving surfaces where injuries are unlikely, through picturesque countryside within reasonable striking distance of the Clubhouse (our Demographic Centre) not longer than two and a half hours for the 6:00 am group (don't use my average speed indications in the last Stitch as a basis). Oh, one more stipulation; it has to be well marked as Striders are not well known for their orienteering skills.

So Mike, there you are - we're behind you and will give you every assistance. We think the first run should be in March 95 (to ensure that we don't have to run through the bush in the dark at 6:00am) and it'll go onto the calendar to be issued in February on the assumption that you contact Murray Town or me prior to that date to confirm you've got it in hand.

Sincerely,

Jonathan Trope

MEXICAN TAKES NY MARATHON DESPITE WRONG TURN!

On Sunday, 6 November, German Silva was victorious in the 1994 New York City Marathon, despite a startling mistake when he took a premature turn into Central Park and had to defeat by two seconds, his friend and training partner, Benjamin Paredes, in a time of 2.11.21.

Tegla Loroupe, a 21 year old Kenyan running her first marathon, became the first black African woman to ever win a major marathon event, in a time of 2.27.37.

From The New York Times, 7 November 1994

The Editor

Blister Magazine

DNA Sydney Striders

Dear Sir,

As a proud member of DDT Sydney Striders, I wish to protest over the amount of blatant plagiarism practised by contributors to DLP Striders' publications. The last edition of DMR Striders' execrable "Blister" magazine was fairly bristling with examples.

John Turner's "Virtue, Vision, Vitality, Value", for instance, was a shameless pinch from Julius Caesar's "Veni, Vidi, Vici, Voila" ("I came, I saw, I conquered, and Bob's your Uncle"). Alf Field's "Fun, Fellowship and Friendship" was nicked either from the Autumn 1958 edition of the Scunthorpe (England) YMCA magazine, or from a poster I once saw advertising a concert by The Village People.

What's more, some DBM Striders have been at this game since long before the club was founded. Bryce Courtenay, for example, would have us believe he wrote "Louis the fly, I'm Louis the fly, straight from rubbish tip to you" in the 1960's. This is a lot of old cobblers. Anyone alive and half conscious in the early 1960's knows this is almost a word-for-word steal from "Louie Louie, Louie Louie, woh-oh baby, we gotta go". It even scans the same. Well, almost. It's difficult to see how people who perpetrate such flagrantly transparent plagiarism can still call themselves DSO Sydney Striders.

'seaQuest' DSV Sydney Striders ought to be ashamed that such thieves of intellectual property are members, and I demand that the committee of DAT Striders take steps to end this practice and blackball those responsible. I personally will supply the polish, if need be.

Sincerely,

S.W. Bag (DFC Sydney Striders and Bar).

Dear Sir,

I was astounded to read about my retirement in the last issue of The Blister. I can only paraphrase Mark Twain and say that the reports of my retirement are greatly exaggerated! I have thought long and hard about how such a misleading report could have arisen. There is only one obvious conclusion. This is yet another part of Dave Ritchie's great plot to slowly rid himself of his faster opposition. Other evidence for this came from Alf Field's admission that it was Mr Ritchie's pressure that led to him giving up the presidency (in the same issue of The Blister). Is there no limit? Where will it all end, I ask you - Jo Cowan, Chris McLean, Steve Moneghetti??? I may yet have to refer this matter to my solicitors (Sue, Grabbit & Run and partners).

As for my so-called "friends" (fair-weathered I call them) I still feel the bruises from being kicked when down. I thought they would have more integrity than to get into bed with Mr R. No more soap for Mike Ward when he crosses the Cox's! No more pacing for Malcolm Satchell! No more waiting for Jo Cowan in 10K races! No more marathons with Scott Crawford!

I would like to announce now that my competition plans for 1995 are already well in hand. I will be doing the MiniMos 2km (if I can get a start), the 3-legged race at the local school fete and, as a highlight of the year, The 6-foot track (its width, not its length); and more besides.

Thimble heart indeed!!

Watch out Mr Ritchie.

Warwick Selby.

MOB FRENZY AT DOORALONG

Kevin O'Kane

- | | |
|---------------|--|
| Mon. Oct.3 | Teams chosen from the list of definites (79). 7 teams of 10, plus reserves cover withdrawals. |
| Thurs. Oct. 6 | 7 withdrawals. Numbers now 72. Excuses poor. |
| Fri. Oct. 7 | 11 withdrawals. Numbers now 61. Excuses good. |
| Sat. Oct. 8 | 12 withdrawals. Numbers now 49. Excuses imaginative. |
| (6 pm) | Only course marker/marshall withdraws. Leave for Dooralong. |
| Sun. Oct. 8 | (4.45 am) Leave with Ian Whitfield to mark course, check for bushfires. No time to finish last 3 legs. |
| 6.40 am | Arrive back to prepare for 7.00 am briefing, 7.30 start. |
| 7.28 am | All team captains eventually turn up. 1 'no show' runner, but a few extras. Will be enough for 4 full teams, 1 combined team. Usual last minute juggling to keep teams even. Captains meeting decides to run all runners in clockwise direction rather than both, to keep community feel. It works. Multiplies the options for captains, who use greatly differing tactics throughout. |
| 8.00 am | Teams off late after usual frantic search for last 2 runners. |
| 8.19/8.22 | The Gulls open up a big lead, finishing the first leg 1st and 2nd. Mat Kaley more than 10 mins ahead of the Galah 'A' and Peacock 'A' |
| 9.49 | After their big early lead, the Gulls teams are now 7th and 8th on the road, well behind the first 6 teams, who start the 7km downhill leg to half way within a little over 2 minutes. |
| 10.14.50 | Galah 'A' team, 9th after the first leg, first to half way. |
| 10.14.51 | Gull Matthew Kaley finishes in 2nd position after 7 km leg in 20.14. |
| 10.14.57 | Galah 'A' team 3rd in, most other teams in shortly after. No one lost yet! |
| 10.45 | Event re-starts. Gulls and Galahs 1st and 2nd, but both have used stronger teams in the first half than they'll have in the 2nd. Ravens and combined Eagle/Jabiru team look threatening. |
| 11.29 | After Darren Benson and I demoralise the opposition in first 2 legs, |

Galah	'A' team starts uphill 6.3k leg with a 5.29 lead.
11.58	After a scorching leg from Raven 'B' team runner (should that have been Raven 'A' Chris McLean, the 5.29 deficit is now a 1.21 lead.
	Chris was last seen searching for next runner Ron Stitzinger - obviously not aware of Chris's speed. Conversation censored.
12.05	Gary Leahey starts 2nd last leg for the Eagles, with the Eagle/Jabiru team closing rapidly on the Galahs. Gary had asked for this leg, as he had run it twice before, and was familiar with its twists and turns.
12.15	Being helpful, I advised Gary to take the next turn left. I wasn't to know that there was a minor road left just before.
12.30	Gary reaches the end of a very pleasant country lane, although his enjoyment was limited. Eventually the team rescues him.
12.45	I wave to Gary nearing the end of his leg. The windows fog up - steam from his ears.
1.00	Galah 'A' team finishes 1st. When the dust settles, Galahs combined team 1st in 9.08.32, with the Eagle/Jabiru team 2nd in Gary's detour probably cost 7 or 8 minutes going on other runners.
9.17.24.	Close!
1.45	Presentation of the trophy to Galah captain Greg Byrne. 2nd team attempts to disrupt proceedings. Gunshots (or an old Datsun?). Truckloads of overripe fruit and language. Worst of all from Merri Mack: I'll write to the Blister about this!
2.00	As immolation was ruled out by the fire ban, Brian Colwell and Phil Boswell were looking for a noose that could take my weight. Compromise reached. The Galahs get the trophy and the Eagle/Jabiru team share the glory. If you've seen the trophy, there is not much doubt who really wins.

Acknowledgements:

- Bret Nichols for the concept and help with organisation.
- Ian Whitfield, Jim Screen, Bill Blecha and Nobby Young (yes he's back) for timekeeping without missing a beat.
- Gary Leahey for the entertainment.

	0 to 1 (5.7k)	1 to 2 (8.6k)	2 to 3 (6.0k)	3 to 4 (4.8k)	4 to 5 (7.0k)	Half Way
Peacock "A"	Patti Crummock 29.33	Jason Joshua 33.50	Mike Burton 23.17	Joan Boltz 24.18	Ken Bungate 29.29	2.20.57
Peacock "B"	Breda Kelly 26.37	Iain Dow 38.31	Gus Villablanca 35.17	Jim Donovan 23.47	Derek Smith 23.38	2.27.50
Raven "A"	Brian Reidy 27.01	Andrew Hallam 32.46	Andrew Smith 25.43	Sandra Wallace 24.04	Penny Taylor 30.09	2.19.45
Raven "B"	Simone Salier 28.13	Ray Mainsbridge 35.24	Chris McLean 25.33	Ron Stitzinger 22.43	Ray Somerville 27.20	2.19.13
Galah "A"	Stephen Byrne 29.03	Darren Benson 30.37	Eugene Irvine 28.05	Craig Budrodeen 22.20	Greg Byrne 24.45	2.14.50
Galah "B"	Jose Da Silva 25.45	Bill Dalton 34.50	Mike Royal 28.27	Kevin O'Kane 21.18	Paul Mandl 24.37	2.14.57
Gull "A"	Mathew Kaley 19.01	Bruce Harrison 34.17	George Herrisson 31.14	Colleen ? 29.19	Chris Truscott 21.36	2.15.27
Gull "B"	Peter Truscott 22.45	Mike Ward 35.40	Jim Hoggett 34.18	David Theriault 21.54	Mathew Kaley 20.14	2.14.51
Eagles	Tony Pigott 25.17	Phil Boswell 34.17	Gary Leahey 29.20	Carol Taylor 25.56	Ivan Freys 24.10	2.19.00
Jabirus	Merri Mack 26.00	Jeff Gissing 31.43	Murray Town 27.57	Lesley Clarke 26.43	Brian Colwell 23.06	2.15.29

	5 to 6 (7.8k)	6 to 7 (4.1k)	7 to 8 (6.3k)	8 to 9 (9.0k)	9 to 10 (5.7k)	2nd Half
Peacock "A"	Joan Boltz 38.14	Patti Crummock 20.38	Ken Bungate 29.29	Mike Burton 31.06	Jason Joshua 21.07	2.25.25
Peacock "B"	Gus Villablanca 36.09	Breeda Kelly 18.05	Jim Donovan 32.01	Derek Smith 36.05	Iain Dow 23.05	2.26.38
Raven "A"	Andrew Hallam 29.51	Penny Taylor 21.11	Brian Reidy 34.33	Andrew Smith 33.25	Sandra Wallace 30.03	2.29.03
Raven "B"	Ray Mainsbridge 31.10	Simone Salier 19.02	Chris McLean 23.01	Ron Stitzinger 42.12	Ray Somerville 27.07	2.22.32
Galah "A"	Darren Benson 27.39	Kevin O'Kane 17.04	Craig Budrodeen 29.51	Eugene Irvine 36.50	Greg Byrne 23.31	2.14.55
Galah "B"	Jose Da Silva 37.41	Connie McNamee 19.57	Bill Dalton 24.58	Paul Mandl 40.59	Michael Royal 20.15	2.23.50
Gull "A"	Lynn Herrisson 39.51	Jim Hoggett 15.55	David Theriault 28.40	Peter Truscott 37.04	Bruce Harrison 21.03	2.22.33
Gull "B"	Mike Ward 31.43	Michele McCarty 26.52	George Herrisson 29.34	Chris Truscott 34.16	Rose Reidy 26.04	2.28.29
Eagles	Phil Boswell 30.42	Carol Taylor 19.45	Tony Pigott 29.34	Gary Leahey 46.14	Ivan Freys 27.07	2.27.46
Jabirus	Murray Town 30.50	Lesley Clarke 20.44	Brian Colwell 27.11	Jeff Gissing 32.15	Merri Mack 24.09	2.15.09

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 Kevin Tiller (226 3302) of any errors or omissions.

NAME	RACE	AGE	TIME	RACE	DATE	PREVTIME	PREV RACE	PREV DATE
PHIL GARVIN	P	2.21.56	BATHURST	0786				
GODFREY FRANZ	O	2.29.38	JO'BURG	1083	2.21.36	BUFFALO	0382	
CHRIS McLEAN	V	2.35.55	CANBERRA	0492	2.27.31	AUST	1983	
JOHN SAUER	O	2.36.11	ANZAC	0489				
BRUCE INGLIS	P	2.38.11	NEWCASTLE	0788				
JEFF GISSING	O	2.38.17	ANZAC	0488				
CHRIS DWYER	V	2.38.30	GOLD COAST	0794				
WAYNE STANTON	O	2.38.51	AUSTRALIAN	0686				
JOANNE COWAN	V	2.40.12	CANBERRA	0494				
WARWICK SELBY	V	2.41.19	ANZAC	0490				
ALEX WHITWORTH	V	2.41.49	WORLD VETS	1287				
TERRY McIVER	V	2.42.24	WORLD VETS	1287				
MALCOLM SATCHELL	V	2.42.29	AUCKLAND	1192	2.42.33	CITIES	0890	
CHARLES COVILLE	P	2.45.13	WINSTONE, NZ	1083				
IVAN FREYS	P	2.46.54	CANBERRA	0484				
STEPHEN JACKSON	P	2.47.04	HOLDSWORTHY	0992				
JOHN HAMILTON	P	2.47.22	CANBERRA	0494	3.01.30	WANG	0683	
PETER DONNELLEY	V	2.47.42	AUSTRALIAN	0684				
PAUL RUSSELL	P	2.47.53	CANBERRA	0484				
RAY DORAN	V	2.48.23	AUSTRALIAN	0687				
ALISTAIR MACKIE	P	2.49.22	MELBOURNE	1084				
KEVIN TILLER	O	2.49.26	CITIES	0893	3.22.08	LONDON	0486	
WILLIAM THOMPSON	V	2.49.38	ANZAC	0488				
PETER COBLEY	P	2.50.01	AUSTRALIAN	0683				
HARVEY BLUE	V	2.50.17	AUSTRALIAN	0683				

NAME	RACE AGE	TIME	RACE	DATE	PREVTIME	PREV RACE	PREV DATE
JON MARSDEN	O	2.50.17	AUSTRALIAN	0687			
PHILIP HUGILL	P	2.50.59	GOLD COAST	0794	2.57.00	DUBLIN	1091
GRAEME MURPHY	P	2.51.20	HOLDSWORTHY	0992	2.43.09	CITIES	0889
BRIAN GATFIELD	V	2.51.23	GOLD COAST	0889			
JONATHAN TROPE	V	2.51.47	CANBERRA	0492	2.54.20	VAAL	0388
DAVID SILL	V	2.52.54	HAMILTON NZ	1087			
SHARON DOBSON	O	2.54.14	GOLD COAST	0791	2.53.00		1182
GAVIN MORISSET	V	2.54.22	GOLD COAST	0889			
STEPHEN URWIN	P	2.54.27	N. CALEDONIA	0792	3.04.00	B'STOKE UK	0686
STEPHEN GILL	V	2.54.49	GOLD COAST	0792	2.55.40	ANZAC	0489
STEVE CORNELIUS	P	2.55.31	NSW STATE	0682			
MARLIES LAAPER	O	2.55.55	CANBERRA	0492	3.27.00	ANZAC	0489
RAY SKINNER	V	2.55.57	ANZAC	0488	3.12.56	MELB	1986
GEOFF COX	O	2.55.58	HONOLULU	1291			
BRET NICHOLS	P	2.56.14	ANZAC	0490			
NOBBY YOUNG	P	2.56.33	NSW STATE	0584			
MIKE WARD	P	2.57.41	AUSTRALIAN	0686			
ALF FIELD	M	2.57.43	SOUTH MELB	1190	3.05.52	CANBERRA	1986
MARK FIORE	O	2.58.33	COMBINATION	0791	2.58.08	HUY, BELG	0690
DICK BARTLETT	P	2.58.34	MELBOURNE	1085	2.59.32	MELB. VETS	0784
JOHN TURNER	V	2.58.46	AUSTRALIAN	0685			
PAUL MANDL	P	2.59.14	MELBOURNE	0592			
SUE HILL	V	2.59.15	AUSTRALIAN	0684	2.52.01	AVON, W'GER	1979
COLIN O'BRIEN	P	2.59.16	WANG	1986			
SCOTT CRAWFORD	V	2.59.21	ANZAC	0490			
CHRIS TRUSCOTT	O	2.59.27	SYDNEY	0894	2.59.37	MELB	0594
TINA CAMPBELL	V	3.00.32	WORLD VETS	1287			
SIMON FRETTON	P	3.01.42	CANBERRA	0493	2.35.05	MANOLIOS	0984
BRIAN COLWELL	P	3.01.47	MELBOURNE	1082			
PETER CORTE	V	3.02.00	COMBINATION	0791			
JOHN AYLIFFE	V	3.02.12	ADELAIDE	0890			
BRENT WATERS	P	3.03.01	MELBOURNE	1082			
DAVID RITCHIE	V	3.04.13	GOLD COAST	0792	3.07.41	AUST	1988
DEREK SMITH		3.05.10	GOLD COAST	0794			

NAME	RACE AGE	TIME	RACE	DATE	PREVTIME	PREV RACE	PREV DATE
ALEX HAMILL	V	3.05.15	GILLAWARNA	0884			
MURRAY TOWN	V	3.05.47	CANBERRA	0492	3.00.51	VIENNA	0488
GRAHAM FIRKIN	V	3.07.11	CITIES	0885			
MARK ROBINSON	O	3.07.14	GOLD COAST	0791			
JOHN SUTHERLAND	P	3.07.53	AUCKLAND	1192	2.57.00	HAST. NZ	0888
ANDREW ECCLES	P	3.08.08	SYDNEY	0894			
HUGH SPENCER	V	3.09.02	AUSTRALIAN	0685			
JOHN HODGES	P	3.09.07	MELBOURNE	1084	3.41.39	MELB	1083
DAWN TILLER	O	3.09.13	CANBERRA	0493			
GEOFF TAYLOR	O	3.09.26	CANBERRA	0493			
GARY LEAHEY	P	3.09.55	CITIES	0890	3.20.48	ANZAC	0488
LEO LEADER	P	3.10.00	CANBERRA	0484	3.05.00	PEN'SULA SA	1980
GRAHAM BUTLER	P	3.10.13	AUSTRALIAN	0686			
TERRY ROSE	P	3.10.23	CITIES	0889	3.07.12	C'CHURCH NZ	0687
STEPHEN ROACH	P	3.11.16	AUSTRALIAN	0686			
DALE THOMPSON	P	3.11.40	CANBERRA	0489	3.36.06	STH MELB	1978
SUSAN ROBERTS	O	3.11.45	GOLD COAST	0791			
PETER KEEBLE	M	3.11.49	F/CITY ADELAIDE	0984			
WENDY DOWNES	V	3.11.56	ANZAC	0487			
KEITH JACKSON	P	3.12.27	COMBINATION	0787			
IRWIN LIGHT	P	3.12.31	AUSTRALIAN	0684	3.10.38	BLUFF, USA	1977
STEVE HITCHCOCK	O	3.12.40	CANBERRA	0493	4.14.17	MELB	1088
JOHN WHEALY	V	3.12.51	CITIES	0688			
JACK WOODWARD	V	3.12.54	ANZAC	0488			
TONY CROSBY	V	3.13.02	WORLD VETS	1987			
NEIL MCGILL	P	3.13.28	CANBERRA	0494			
BRYCE COURTENAY	V	3.13.58	CANBERRA	0483			
ALAN PHILLIPS	V	3.14.02	AUSTRALIAN	0687			
BRIAN TAILFORD	P	3.14.03	CAMTOWN	0785			
KEVIN O'KANE	P	3.14.38	AUSTRALIAN	0685			
BRUCE MURRAY	M	3.14.49	CAMTOWN	0784			
JEREMY LOWES	V	3.14.58	CANBERRA	0493	2.24.17	S.AFRICA	1983
GEORGE HERISSON	P	3.16.02	GOLD COAST	0793	2.56.00	MELB	1985
P. HAMMERSCHMIDT	S	3.16.20	GOLD COAST	0794			

NAME	RACE	AGE	TIME	RACE	DATE	PREV TIME	PREV RACE	PREV DATE
CHARLES REIS	P	3.16.49	GOLD COAST	0794	3.14.57	CANBERRA	1994	
KARIN GAGGIN	O	3.19.07	KEMPSIE	0691				
RICHARD BAMANN	V	3.19.34	AUSTRALIAN	0685				
JOAN BOLTZ	M	3.20.35	CITIES	0891	3.07.46	G. COAST	0787	
PAUL LUNSMANN	V	3.20.54	ANZAC	0489				
ROGER RIGBY	V	3.21.25	WORLD VETS	1287				
IAN WHITFIELD	P	3.22.15	CANBERRA	0487	3.13.06	AUST	1983	
RAY MAINSBRIDGE	V	3.22.44	CANBERRA	0494				
GRAEME HANSEN	V	3.22.52	LONDON	0492	3.10.45	AUCK	0286	
BARRY JONES	M	3.23.18	VETERANS	0781				
ROSS BETTS	V	3.23.28	CITIES	0888				
BRENDA HAMILL	P	3.23.38	SYDNEY	0983				
PAUL GLARE	P	3.25.21	CANBERRA	0493	3.29.50	USA	0690	
CARL HAYES	V	3.25.34	CANBERRA	0494				
RAY REID	P	3.27.57	AUSTRALIAN	0686				
MARK PRESTON	P	3.28.20	CANBERRA	0491	3.28.35	G. COAST	0789	
FRANK GALLAGHER	V	3.28.36	AUSTRALIAN	0686	3.24.51	AUST.	1984	
RON DALY	S	3.28.46	ANZAC	0490				
PETER COOKSON		3.29.53	CANBERRA	0494				
JOHN FENNELL	P	3.30.06	ANZAC	0489				
DAVID THERIAULT	V	3.31.00	GOLD COAST	0794				
TIMOTHY READ	M	3.31.11	CANBERRA	0491				
GRAEME GAGGIN	P	3.32.27	KEMPSEY	0691				
RAY SOMMERVILLE	P	3.33.03	CANBERRA	0494				
CATHY VERRY		3.33.26	CANBERRA	0493	3.30.48	CANBERRA	0492	
WAYNE MEADER	P	3.33.50	MELBOURNE	0592				
WAYNE MCCARTHY	V	3.34.54	WORLD VETS	1287				
SUSAN GRIFFITH	O	3.35.20	GOLD COAST	0790				
JOHN PRESTON	P	3.39.39	ANZAC	0490	3.39.39	ANZAC	0489	
SHARON MCGANN	O	3.39.54	CANBERRA	0493	3.55.00	G. COAST	1991	
JOHN TIMBS	V	3.40.00	AUSTRALIAN	0687	3.23.08	AUST	1984	
MICHAEL BURTON	O	3.40.31	6 FOOT TRACK	0391	2.28.47	E'BURGH	0984	
ALAN WHITE	V	3.41.00	ANZAC	0490				
OWEN DENMEADE	V	3.42.51	AUSTRALIAN	0684	3.36.00	SYDNEY	1983	

NAME	RACE	AGE	TIME	RACE	DATE	PREV TIME	PREV RACE	PREV DATE
TONY PARTRIDGE	S	3.43.00	GOLD COAST	0794				
EDWINA MacARTHUR	P	3.44.47	CANBERRA	0486				
IAN MANNERS	P	3.44.48	CANBERRA	0494				
KEVIN FITZGERALD	M	3.45.22	COMBINATION	0791	3.16.39	BUDGET	1086	
PETER JOHNSON	M	3.45.24	BUDGET	1089	3.40.53	CANBERRA	0484	
JIM SCREEN	V	3.47.00	GOLD COAST	0794				
ROBI RUSSELL	P	3.49.00	WORLD VET	1287				
DAWN SHAW	V	3.49.47	ANZAC	0487				
DAVID BARWICK	V	3.50.58	CITIES	0890	3.56.59	SYDNEY	0987	
WILLIAM BLECHA	V	3.58.40	BATHURST	0789				
KEN EDMONDSON	P	4.04.20	CANBERRA	0494				
HIROAKI ISOGAWA	V	4.04.23	CANBERRA	0494	4.24.00	SASAYAMA	0393	
JIM DONOVAN	P	4.06.57	CANBERRA	0483				
LESLEY MAHER	P	4.08.00	AUSTRALIAN	0684				
PAUL KOTALA	O	4.22.18	FOSTER TRIATH'N	1993				
TONY ROBINSON		4.29.27	COOMA	1092				
ALAN TONGE	M	5.07.02	ADELAIDE	0889	4.46.49	ADELAIDE	1985	
BAG S.W.	V	11.05.11	LOP NOR	0391				

**The Blister Editors thank the following contributors
to this issue of the Blister:**

Graham Butler
Michael Burton
Steve Cornelius
Wendy Downes
Leo Leader
Irwin Light
Wayne McCarthy
Alan Phillips
Jim Screen
Warwick Selby
John Sutherland
Kevin Tiller
Jonathon Trope
S.W. Bag

Thanks for past efforts.

This is the last 'Blister' which I will produce.

The difficulty of being able to devote adequate time to each issue is the principal reason, as well as my view that the Club magazine needs some fresh thinking, in the production area anyway. Five years is, by my calculations, a year or so too many!

'Blister' production has been a bit of a saga since the early days of the Club, however we have always seemed to be able to hit the streets with a full complement of articles; late sometimes, but full!

Steve Cornelius, for his sins, will take over magazine production and contributors will find him very much less benign. The general drift of a recent conversation with him about deadlines, was that a DEADLINE IS A BLOODY DEADLINE and, like Auntie Jack, anyone running late will expose themselves to a better than even chance of having their arms ripped off.

My thanks to all those contributors which have assisted me since issue no. 41 and in particular, to those great editors, Graham Butler and Steve Cornelius and ex-editor John Ayliffe.

ROGER RIGBY
Blister Production Director