SYDNEY Striders

DHL WORLDWIDE EXPRESS®

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President's Report

Wendy Downes

Welcome to the very first edition of the new "Blister". Its magazine style is a fresh approach to communicating with our members regularly and consistently. I hope you like the format and are inspired to give Editors Graham Butler, Sarah Entwistle and Steve Cornelius lots of your news and views in future issues.

Well, Striders, you've done it again!! You have shown the care and support which typifies the strength of the Sydney Striders' network when one of our own is in strife. This time it was yours truly who was on the receiving end (a tricky case of pleurisy and empyema, if you want the gory details). I was truly moved by your concern for my well-being. To all those who visited me in hospital, sent flowers and cards, and called regularly - thank you most sincerely. You'll be pleased to know that I'm back now, but certainly won't be posing any threat on the track for a while.

Welcome to new members

As we gear up for the 1995 season, may I welcome all the newcomers to DHL Sydney Striders and hope that you will find that the Club's activities meet your needs, whether it's simply the enjoyment of jogging with a group in some of the most scenic areas of Sydney, or to train for an event - be it running, cycling, swimming or whatever. I ask all "old" members to make our new members feel very welcome.

The current membership drive (six-monthly prize of a dinner for two at La Grillade Restaurant) is still operating and we are hoping to boost our numbers quite significantly with the inaugural "Adidas Run to the SCG" in April. Press releases for this event have been distributed, giving details of DHL Sydney Striders as host club, and our name and logos will be prominently displayed. Your assistance in the organising and publicity, both for DHL and Sydney Striders, are naturally very important and I ask you to support Chris Robb in making it a huge success.

I am delighted to see so many members wearing the newly designed singlet which incorporates the DHL Sydney Striders logo; it's bright, distinctive and attractive - I hope you think so too. The singlet offer certainly attracted a record number of early renewals! For those who missed out on a freebie, the singlets are for sale at STaRs at the normal price. For other Striders gear and those who do not wish to purchase a new singlet, please promote our sponsor DHL by attaching an iron-on patch to your singlet, tracksuit, etc. These are also available at STaRs, free of charge.

Striders' social calendar

Our social calendar for 1995 kicked off with the Outstanding Achievement Award dinner at the Earth Exchange on Friday 17 March, which just happened to be St Patrick's Day (what a coincidence that our Club colour is the same as

the shamrock). I would like to thank all those who attended this glittering evening which celebrated the highest athletic achievement for the year as well as the Best of the Blister Award and the President's Award.

1994 was a year of progress and momentous achievement for Sydney Striders and 1995 will no doubt bring similar results. Chris Robb and your hardworking committees are dedicated to the task of making Sydney Striders the biggest and best recreational club (based on running) in Sydney, but we need the assistance of every one of our members, new and old, to meet this goal. Let us know if you can help in any way and also don't hesitate to contact me if you are unhappy about anything or need our help.

Happy New Year and Happy Striding,
Wendy Downes, President

[Editor's note: Wendy's report is the first Blister contribution to appear on the front cover since the founding president Charles Coville, in 1980, produced Edition #1, consisting of 4 foolscap pages stapled together. It seemed appropriate that the current President should have this honour, in launching our new A4 format.]

Club Contacts

CLUB MANAGER, Chris Robb, 959-4269

Club Committee 1994-95

President, Wendy Downes,	449-4093
Vice-President, John Turner,	331-4867
Secretary, David Sill,	489-6463
Minutes Secretary, Jon Marsden,	975-5380
Treasurer, Geoff Taylor,	416-7299
Uniform Director, Dave Ritchie,	960-2386
Blister Editor, Graham Butler,	041-111-2363
Asst. Blister Ed., Sarah Entwistle,	360-4516
Blister Product'n, Steve Cornelius,	427-3604
Membership/D'base, Kevin Tiller,	456-1959
Social Director, George Herisson,	888-2490
Social Director, Patti Crummack,	960-3897
X-Country/Relays, Kevin O'Kane,	449-1435
Training Director, Murray Town,	489-2220
Racing & Calendar, Dick Bartlett,	953-5317
10k Series Director, Mark Fiore,	874-3034
10k Asst Director, Scott Crawford,	416-8117
Internal Races, John Sutherland,	956-8636
Public Relations, Tony Hoban,	428-5957

The Blister

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Copy Requirements

Contributions are welcome from all Striders. Please note the following copy requirements:

(1) In all future editions of "The Blister", COPY SUBMISSION DEADLINE DATES and PUBLICATION DATES will be STRICTLY ADHERED TO in the interests of producing a relevant, up-to-date journal. Copy MUST reach Blister Production Manager by the last day of February, April, June, August, October, and December. ALL late contributions held over until following edition.

(2) IBM-compatible PC 3.5 inch diskettes preferred, but 5.25 inch floppies also acceptable. Apple Macintosh format: submit 3 days before deadline to allow file conversion. Files saved in TEXT FORMAT ONLY are preferred. Do not include formatting features (boldface, italic, underline etc). Headings etc will be readjusted to conform to Blister standard format.

(3) Excel, Lotus or other spreadsheet output: save in TEXTFILE FORMAT, delimited by COMMAS (NOT TABS), submit 3 days before deadline to allow conversion.

(4) Clean, original typewritten copy and READABLE handwritten copy: submit one week before deadline to allow for re-typing.

(5) Colour or black and white photos, line drawings, cartoons etc, welcomed. Please submit 1 week before deadline date to allow for scanning.

(6) Verbal contributions, and those submitted on doctors' prescription pads, will only be accepted if accompanied by a LARGE BRIBE.

(7) All disks and photos will be returned, if you're lucky.

Cradle Mountain: We'll Give It Our Best Shot

Phil Hugill

Having heard much about this run from the various Striders who had attempted it in the past, I was interested to experience the event for myself. Though as I was to find out the actual run was only part of the experience, as with other runs of this type, the travelling there and back, the people you meet, the accommodation, all merge into one to create a unique experience for each entrant, I think.

I had arranged to travel with Steve Urwin, and I guess we both should have known what we were in for when right at the start of our journey, the American pilot of our plane announced in his best McDonald's Drive-through voice that due to the late arrival of the plane in Sydney they were unable to clean it, but he would give it his best shot to get us to Melbourne.

Geographically Challenged

Now I don't know about you, but I was not too happy relying on his best shot, as what's the alternative? His second or third best? It crossed my mind that our lives were depending upon a geographically challenged American who appeared to rely on luck and his emotions to get around. I wondered if I should go and offer some counselling or therapy to assist his and our good fortune. He promised to get back to us but never did, so I left him in peace and we duly landed in Melbourne.

Given our destination was Tasmania I suppose I should explain, travelling with Steve involves ignoring your booked flight, arriving early at the airport and going stand-by to try and catch another connecting flight again on stand-by to get to your destination. Much to my surprise Steve's confidence was vindicated and we arrived in Launceston two hours earlier than planned.

Pickup by Name, Pickup by Nature

Another point worth making is that I've heard it said that this run lacks organisation, a point I would disagree with. The organiser Richard Pickup was there in Launceston to meet us and drive us the two hours to the starting point and our overnight accommodation, as well as supplying water proof maps to order.

We slept at Waldheim Huts, basic but clean shared accommodation with adequate facilities. We shared this hut with several local runners who referred to us as "Mainlanders" a term of some derision we gathered. Still not put off we had an interesting conversation with one of these runners who enlightened us with his running insight, i.e. I'd like to run a marathon one day but you have to really train for it, this the night before an 80k trail race, but the highlight came when he informed us he was worried about his new running shoes giving him blisters as he had just bought them in K-Mart !!

Taswegian Insomniacs

With that it was off to bed only to be woken up at 4.00 am by the locals getting ready, we still can't work out what there was to get ready between 4.00 and 6.00 am but they certainly made sure we knew they were up. Still I guess that's what comes of being a Mainlander, we just didn't understand the attraction of candlelight and various nocturnal creepy things.

Anyway come 6.00 am approx we gathered at the start to hear Richard give final instructions. Richard is a great one for detail and in-depth direction, i.e. "Start here, follow the track and I'll see you at the finish".

He did add "Don't drink the water for 20 km or so due to pollution", and with that we were off. These runs are very different to other races, for a start you all have to carry survival gear, bananas, squeezies and anything else you can think of, all strapped to your waist in a bum bag or in a back pack. Also at the start no-one wants to lead; in fact walking is a good pace to start off at.

Groaned Alarmingly

The run itself starts on duck board held together by wire and more or less runs straight ahead and up into the distance, a sort of yellow brick road striking a path into the wilderness, only the colour was more muddy brown and the duck board creaked and groaned alarmingly. We made the first climb in good time sticking to a loose plan of staying together to keep each other going and letting any speed stars just go ahead.

The next few hours we swapped places with several runners strung out along the track like a line of Xmas tree lights, all this brightly coloured running gear contrasting with the greens and browns of the environment.

Don't Go Daft

I cannot really remember much about the run from the top of the first climb to the last check point at 60 km. Some images come back to me but it's all very confused. I remember seeing two workmen repairing the track and being puzzled as to how they got there, and in the middle of the run as I was covered in mud and dirt seeing two pristine clean runners going in the other direction. In this middle section we went off the plot a bit and moved from 11th position up to 5th passing runner after runner in a mad dash, we then suffered for a couple of hours as they calmly passed us and we went back to 11th position, the moral being don't lose concentration and go daft because you pay for it for a very long time. I remember meeting Alf Field's wife Rosanne just before the check point at 60 km and being eternally grateful for the boiled potato she thrust into my hand. Funny what you'll eat on these runs but then at that point I was just happy to still be able to eat never mind what it was.

From the final check point to the finish is only 18 k-ish they say, but it took us 2 hours 35 mins and we were running most of the way, we finished together in 11 hr 35 mins still in 11th position and I can't speak for Steve but I was very grateful to see the end. I had started to hallucinate in the final hour imagining I could see tents with refreshments and people which turned out to be nothing more then tree branches.

Showered with Socks On

After the finish I had to shower with my shoes and socks still on so I could get rid of the mud and find my feet. We spent the night at the local lodge and in a great deal of pain. The following morning the organiser drove us to the airport for our flight home which we missed. Back to stand-by flights I'm afraid.

During the drive to the airport I got the chance to talk to the race organiser, mainly as there were only the three of us, and Steve was asleep. He made some interesting observations about the run and about life in general, as runners tend to do, it must be all the time out there running we have all this time to think. Anyway Richard's points were that in the Cradle run at least (but it's probably true of other runs as well), female runners are better prepared, trained, determined and more reliable than men. Runners from the mainland (anywhere other than Tasmania) do not grasp how challenging and difficult the conditions can be, and how every year some body will get lost or in trouble because they haven't read the race instructions. During the drive to the airport we drove through an area that had been logged and without getting political, when you see the devastation and desolation left after logging is finished, it's hard not to be very anti woodchipping.

Taswegians in K-Mart Shoes

A couple of points worth making, the local runner in his K Mart shoes who we thought would never make it ran a great race in 11 hours and I think finished about 5th, so all you elite serous types with the go faster shoes take heed, looks can be deceptive. Also though I would recommend this run for the experience and challenge, be warned it is very tough and we were lucky it was not too wet. Of the 43 starters 33 finished and the weather was good, but I would not even contemplate this run in bad weather.

Also congratulations to the organiser for his time and effort, who managed to put on a true wilderness run and still supported the runners without distracting from the challenge.

Other Striders participating this year were Alf Field, Murray Town, Steve Urwin and Richard Bartlett, congratulations to all.

At the finish of our return flight Ansett managed to lose my bag. As the Pilot said, he gave it his best shot , but I guess his shot went astray, with my bag!!

STaR Hosts Needed !!!!

Why not put something back into Striders by becoming a STAR host? A number of STARS have vacancies for new hosts. If you can help out, please give Chris Robb a call on 959-4269.

The Cradle Mountain Run

Alf Field

Is this a different sort of run, or is it? Here are some quotes to help you make up your mind.

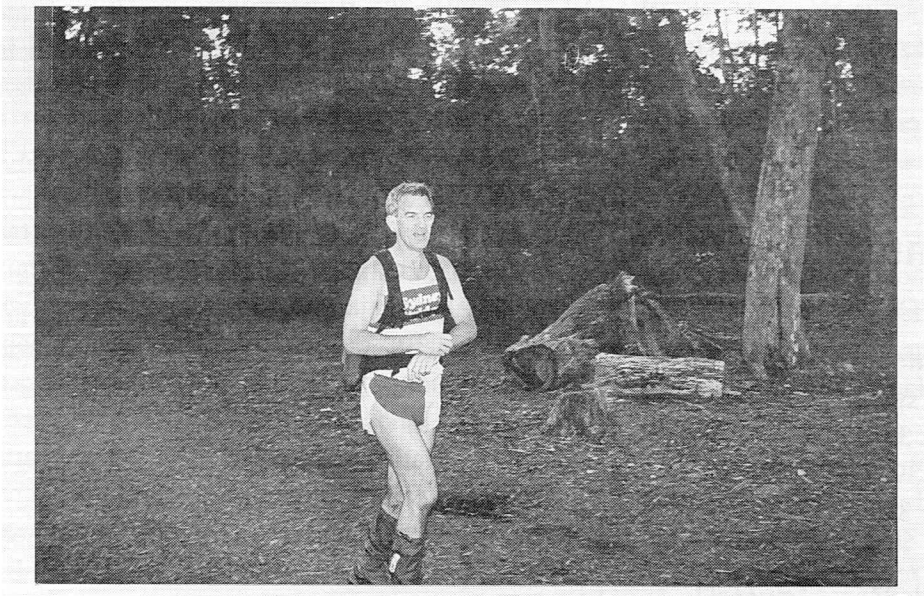
Dr Irwin Light: "This is a ridiculous run. You should not enter it. It is potentially life threatening."

The quotes from the Race Information Brochure (RIB) which follow are also illuminating.

RIB: "The distance is irrelevant. So ignore distance. Think only in time."

AF: Irrelevant! IRRELEVANT! The course measures 80 km on the map but is probably closer to 95 km given the way the track snakes all over the place.

RIB: "The surface and terrain make comparisons odious. Hills are steep, the mud can suck your shoes off, roots and stones make the going slow and dangerous. Please don't underestimate the difficulty of this run. It will be, I guarantee you, one of the hardest one day runs you will have done, particularly if the track is wet."



Alf Field (checking his pulse? setting his wrist-watch?)

AF: Yea verily, Amen.

RIB: "The track can be a quagmire when wet. Some runners from mainland Australia are shocked by the depth and tenacity of the mud or peat bogs."

AF: It rained for the week prior to the 1995 run.

RIB: "This is Alpine country, snow and sleet are not unknown in mid summer. It is mandatory to carry: waterproof clothing, thermal top, thermal long johns, thermal hat, emergency food, bivouac bag, map, cigarette lighter, compass, wound dressings, sun cream, bandaids, elastoplast, and elastic bandage (for snake bite or staunching blood flow if impaled).

AF: Add rations for the day and some dry clothing and it makes for quite a heavy back pack.

Do They Want Us To Compete?

RIB: "Nutrition for a long run like this is a complicated subject. You are responsible for knowing your own requirements. If you do not, you are not a suitable entrant."

AF: Do you get the impression that they really want us to participate in this event?

RIB: "There are no drink stations. There is no vehicular access to the track at all. Only two support parties are available, one at Pelion (approx 35 km into the run), one at Narcissus (approx 70 km)."

AF: The support party at Pelion consists of one person, who had walked in. He counted the runners and recorded their times. For sustenance he offered water and a few canned peaches. Narcissus is accessible by ferry, so there was a much warmer welcome there for runners.

RIB: "Always carry some money with you, just in case you do not finish."

AF: I did not notice any taxis anywhere, but I guess one could pay for the ferry ride out if

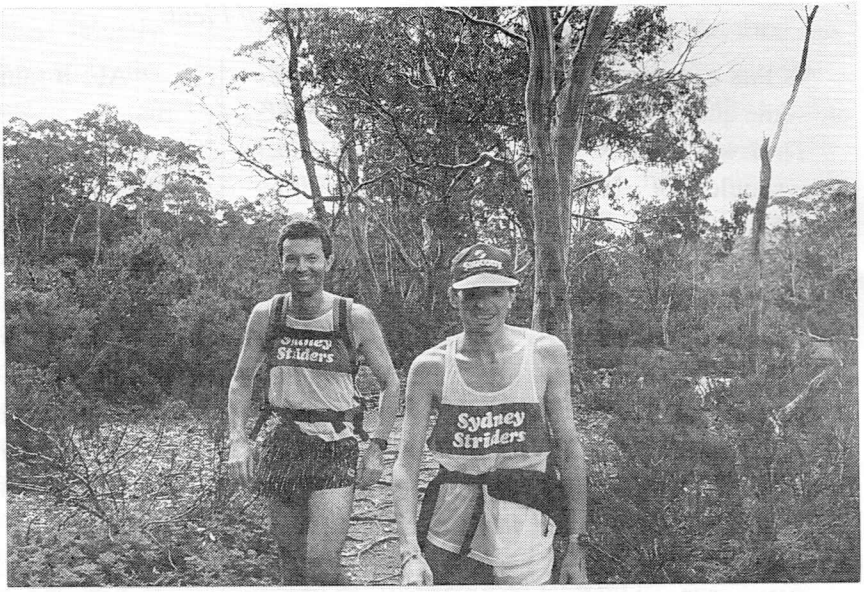
that became necessary.

RIB: "The Cradle Mountain Run is not overburdened with rules. Runners are expected to assist one another as much as possible consistent with fairness. Should there be the slightest doubt about your ability to finish, you must withdraw before you are in real trouble."

AF: How do you withdraw when you are 30 km from anywhere?

RIB: Get the picture? Why would anyone want to do it?

Five Sydney Striders made the journey to Tassie for the Cradle Mountain Run this year, so ask them. They were Phil Hugill, Steve Irwin, Murray Town, Dick Bartlett and myself. Dick Bartlett got cramps and pulled out at Narcissus. The other four made it.



Steve Urwin and Phil Hugill laughing at the pain

Cradle Mountain Results

8 January 1995

(Placegetters and all Striders)

Pos'n	Name, age, state	Time
1	David Ross, 38, TAS	9.10
2	Bruce Nye, 39, TAS	10.40
3	David Cole, 32, TAS	10.42
11	Phil Hugill, 37,	11.34
12	Steve Urwin, 39	11.34
14	Murray Town, 49	11.58
25	Alf Field, 53	13.23
DNF	Dick Bartlett, 49	11.40*

* Dick Bartlett's time to Narcissus only.

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Errata and Apologies (Blister #54)

National Action

On page 16 of edition 54 of The Blister, in the article entitled "Arthur Tunstall - Villain or Victim", mention was made of a "fascist, white-supremacist" organisation, "National Alliance". The author of the article, Steve Cornelius, states that this should have read "National Action", NOT "National Alliance". He wholeheartedly apologises for this error, and expresses his regret at any inconvenience or embarrassment caused thereby.

Personal Opinions

On pages 29-31 of the same edition, in an article entitled "Staggering Marathon Finishes - When Enough is Enough", the by-line read "A personal opinion of Steve Cornelius". The editorial committee wishes to make it clear that this article was in fact jointly written by Graham Butler and Steve Cornelius, and that it accurately represents the viewpoint of both contributors. As stated at the end of the article, the views expressed are not necessarily the policy of the Club.

Don't Trust a Doctor With a Bike

(Author's Name Supplied On Request)

Doctors! When I was young my mother told me that doctors were good and helped people avoid becoming sick and even dying. Now that I am a Sydney Strider, older and I hope not as gullible as in my younger days, I know that SHE WAS WRONG.

Since joining the Striders I have had more to do with doctors than at any time in my life and I can tell you for a fact, instead of trying to help you, they are more likely trying to kill you. If they are not trying to run you into the ground then they are trying to run over you on a bike. In fact, one well known doctor who swore he would never spend more than $300 on a bike, just went out and paid $3000 for one that will have that extra little bit of speed to finish you off quicker but not painlessly. However I digress from my tale to warn all real Striders (the ones that run and not the ones that pedal these over priced dinkys) to BEWARE of Dr. Peter Corte.

Perverse Pleasure

Now I thought I was a friend of Peter's, how wrong I was! Being injured again I was hobbling along with our Saturday morning group when Peter fell and twisted his ankle - I have no sympathy now. He decided he couldn't run the Star and I knew that I couldn't run it either, so we agreed to go for a bike ride. I now know that at this time he took perverse pleasure in suggesting it.

The idea was to go with Charlie Coville's group because they rode slowly and as my only claim to fame was to ride around the block and not fall off when I was 13, a nice sociable ride was the order of the day. The arrangement was to meet at Peter's at 6.30am. To be quite honest I wish I had stayed in bed and followed my animal instinct, and then get up and have tea and croissants. But I did manage to get up - first mistake of the day! I followed directions to Peter's. Well if you could imagine the valley between Mt. Kosciusko and Mt. Crackenback, that will give you an idea of where Peter lives.

Conserve Energy

His comment as we set out on our "social" ride was that we will walk the hill to conserve our energy. Why conserve energy on a social ride I wondered. By the way, plans had changed, we weren't going with Charlie's group, Peter thought a nice scenic ride to Akuna Bay then to West Head would be fitting. Having never been to Akuna Bay I agreed - 2nd mistake of the day! And still only 6.30am.

Anaerobic State

We mounted our bikes on Mona Vale Road and set off quickly, very quickly. I am in an anaerobic state after the first 400m; he was starting quickly and would slow down very soon; after all this WAS a social ride - 3rd mistake and only 6.31am. After about 8 km and only seeing his pink running shorts (who wears pink running shorts?) an old T-shirt and his 1960's $100 bike from the rear, he announced we were averaging 30 km per hour. Well to you bikies that might not sound fast, but to me it was like running 3 1/2 min. kms for 10 km, and I haven't been able to do that for years. To cheer me up he told me it would be easier on the way back (my mother didn't tell me that doctors lied as well). "We could ride at 50 km per hour on this stretch coming home." The only way I could travel at 50 km per hour on the way back would be in an ambulance and I felt that very soon I would need one - thank goodness Peter took his mobile phone!

Well the scenery to Akuna Bay was lovely, we were going down hill and I could see more than the black asphalt 1m in front of my front tyre. We stopped at Akuna Bay for a drink, of course I didn't take a water bottle, anyway who needs a drink on a "social" ride; we could stop at the corner store for a Coke when thirsty (another mistake!). The hill out of Akuna Bay wasn't that bad, it was the hills out to West Head into a head wind that really put the nail in the coffin. However the head wind turned out to be a tail wind because when we turned to come back I really needed that ambulance, and of course Peter's phone was out of radio range. The part that really annoyed me is that he rode up the hills with such ease and didn't even get out of the saddle (wait till we start running again, I'll

show him how to get up hills, I'll be fitter then and I'll even wear 1960's running shoes - IN MY DREAMS!)

Well, after being passed by so many unfit overweight weekend cyclists, we finally hit McCarr's Creek Road - I think that's what you call it, I was an incoherent mass of jelly by this time and not sure I was hearing correctly when Peter announced that we would call into Bond's Nursery on the way home. Did he want to buy a tree or a plant, maybe in South Africa all the trees are small and you can carry them on a bike. Anyway I couldn't ask him as by this time he was out of sight and he hadn't even raised a sweat.

Leg Shaking Uncontrollably

Finally I arrived at the Nursery. I dismounted, one leg shaking uncontrollably, the other unable to hold the weight. I was led inside. Well I thought I had died and gone to heaven - a coffee shop with cakes, pastries, buns, tea and coffee, even Coke! We ordered coffees (I don't even like coffee but I needed the caffeine to get me the last 10 km home), sweet scones with jam and double cream and washed down with Coke - a true athlete's breakfast.

Outside while discussing how much faster Peter would be than Warwick on a Cameldale or a Ziper, we spied some bloke with a flat, his bike looked like about 10 grand's worth - even the Olympians didn't have bikes like this. I pondered whether I could keep up with Peter on his dinosaur if I could somehow steal this bloke's bike. Anyway, it was probably a cheap imitation as the wheels didn't even have spokes, only thin steel strips and it still got flat tyres.

On the last 10 km where we were supposed to be riding at 50 km plus (into a head wind again), as usual Peter disappears into the distance while I try and slipstream trucks just to keep him in sight. Finally we turn into his street, thank goodness he lives at the bottom of the mountain, I collapse on the grass convinced that the good doctor is practising on me for euthanasia (when it becomes legal) - I even feel old enough for it NOW. To add insult to injury I am now told that we have ridden 70 km "but what a slow time". 70 km! I've never ridden more than 30 km in my life before. Anyway, propped up against the fence, I feel better than running a Star with the 6.30 group.

P.S. It's Monday morning, maybe it wasn't that bad after all, perhaps I could tackle Akuna Bay on the way back as well - NEXT WEEK!

Bogong to Hotham Results

8 January 1995

All Finishers Listed

Pos	Name, Age, State	Time
1	Jonathon Worswick, 31	8.03.00
2	Kelvin Marshall, 30	8.14.30
3	Clive Davies, 53	8.24.07
4	Dawn Tiller, 29	8.29.38
5	Peter Armistead, 47	8.42.26
6	Kevin Cassidy, 34	9.33.37
7=	Phil Hugill, 36	9.51.28
7=	Murray Town	9.51.28
7=	John Sutherland, 40	9.51.28
7=	Kevin Tiller, 28	9.51.28
11	Max Scherleitner, 64	10.24.13

Dawn Tiller set course record for Start to Halfway, Halfway to Finish, and therefore Start to Finish! Striders 1st, 2nd, 4th, & 7th (4 times).

Bogong to Hotham 1995

Dawn Tiller

Last year, Kevin Tiller (my husband) persuaded Jonathan Worswick to run this race, suggesting it might be to his liking. It was. It's across rough mountain tracks, and Jonathan hates anything flat or easy. It's also long - 60Km, although it feels like many more.

For a whole year now they've both been telling anyone who'd listen (and many who wouldn't) that this race was the best event on the calendar. Anybody calling themselves a "trail" runner should be there. They were successful to the extent that this year there were 8 Striders entered : Kevin, myself, Jonathan, Phil Hugill, Mike Ward, John Sutherland, Murray Town and Kelvin Marshall.

They told everyone it was "the best race ever and a must for all serious ultra runners with lots of great trails and bush with spectacular mountain views" which was only half the story.

Freaking Out as Hills Got Bigger

Phil was freaking out in the car travelling to the start when the "hills" got bigger and bigger. Of course, the mountains would be even worse when you are actually going up the side! Just how many would start the following day remained to be seen, especially as we camped in the shadow of the biggest of them all : Mount Bogong, which just happens to be the highest mountain in Victoria, thank you very much!!

I was at an advantage, like Kev and Jonathan, as I'd run two years before and knew what to expect. My race plan was simple this year : not to get lost, as my map reading skills and sense of direction leave a lot to be desired, and to beat Kev, as he hadn't been training much after his ultra efforts last year. As I was fit, I thought that I'd like to try to beat my previous best time.

Phil initially aimed to run with me but when he realised my map reading skills were comparable with his own he went to Plan B. Plan B was to run with someone who did know the way and hopefully make it to the finish.

Race day arrived with ideal weather conditions, coolish, with some cloud cover. Although the race is in the first week of January, the action takes place across the High Plains and is not too hot. Usual running attire is a thermal top and shorts with waterproof and thermal tights in a bum-bag if really bad weather hits. I ended up wearing a thermal top all day and was comfortable.

Only One Woman Crazy Enough

The course begins at the base of Mount Bogong and continues to the summit and then follows the route of the Alpine way before finishing at the summit of Mount Hotham. This year saw an average field of 25 runners, including the 8 Striders. There was only one female - me ! The toughest part of this race is to meet the cut off point at Watchbed Creek (approx. half way at 32Km) within 5 hours. Failure to do so means you will not be allowed to continue. Obviously, everyone was nervous at the start - the treacherous climb up Mt Bogong and the cut-off weighing heavily on everyone's minds.

At 6.15 am we were off - a guy called Andrew Kromer went sprinting off into the distance not to be seen until half way. He was going for broke to beat the course record at half way which he did in a time of 3.26.02 ! I'm not surprised he didn't carry on to Hotham - Wimp ! A small group of us, mostly Striders, followed suit at a more sedate pace. The climb up "The Staircase" to the summit of Mt Bogong began all too quickly and all that could be heard was the rasp of heavy breathing and Jonathon talking non-stop all the way to the summit where he promptly disappeared into the distance to later win the race. I hate to think how fast he could have gone if he hadn't talked so much, since the rest of us were too tired and breathless to talk, let alone grunt !

Walking Quicker Than He Could Run

Kev was soon lagging behind - I now realise why short legs are a disadvantage as I was walking quicker than Kev's attempt at running up hill and I soon overtook him. After more than an hour and a half of climbing I was at the summit which was once again under cloud, spoiling the otherwise spectacular views

although, being somewhat scared of heights this may have been an added advantage ! Under the cloud cover I soon lost sight of the other runners and quickly found myself very much alone.

The summit is a very wild and lonely place with only the haunting sound of the wind blowing past the ski poles to keep you company. The race follows the ski poles all the way to the finish. They are spaced about 20 metres apart which should be adequate to mark the way, except that it is difficult to find them sometimes. The cruel twist is that they are each numbered - #1200 at Bogong summit and dropping one number at a time to #0 near the finish ! Checking the numbers as you go past is enough to send you crazy.

Flair For Getting Lost

With my usual flair for losing my way I came across a fork in the path and with the mist could not see to the next pole. Which was the correct one ? A couple of minutes later a figure followed me out of the mist. Kevin had managed to catch up. He put me on the right track and so we continued together. He had obviously caught a second wind and kept plodding upwards.

After another steep uphill and steep downhill sections we were at the "Big River". After a bit of bush bashing, as we had unknowingly come off the correct path 50 metres or so from the crossing, we were ready for action. The river was almost waist high with a strong current and I was hanging onto the chain with all my strength as I slipped my way across to the other side. The only good thing about it was that the water numbed my aching and sore feet!

How Quickly We Forget

Once across the other side and up another steep section we caught up with the rest of the group including Phil Hugill and John Sutherland. It was at this point that I started thinking about how quickly the mind forgets such tortures, as we'd been running for two and a half hours now. Within a few days time I would be saying how much I enjoyed it all - it's strange how the mind plays these tricks. One squeezy later and feeling somewhat refreshed I made my break away from the group not seeing them again until the finish. I ran hard to half way knowing that it wasn't too far away, reaching it in a PB and course record time, for females, of 4.35.43 and 7th overall.

The second half of the race is considered easier because it is a lot flatter and it's almost impossible to get lost as you are running across the High Plains - "Man from Snowy River" country and the ski poles snake all the way off to the horizon - definitely an advantage! The stage of the race out of Watchbed Creek involves a long undulating section on a 4WD road. This part of the race is one of the toughest for me because feeling somewhat tired each small rise feels like Mt Bogong all over again and the temptation to turn round and go back to the half way point and get a ride home is unbelievably strong !

Squeezys To The Rescue

I was also feeling very hungry and fast running out of energy but by this stage I had more than enough of squeezys, jelly beans and snakes and so decided to try out a Power Bar instead - perhaps not the best time to try something new but I was desperate ! Wow ! What amazing food and I was soon feeling on top of things again and managed to pick up the pace and catch up to old timer Peter Armistead who was also having a good run. In the distance were 2 other runners who were only doing the second half, having set off from halfway only a couple of minutes before I arrived. Both were still agonisingly fresh but I knew that wouldn't last too much longer and then hopefully my chance would come. It came at the last steep uphill before the last check point as I overtook Peter and one of the Halfway runners, but the other one managed to stay ahead of me reaching the end some 5 minutes before me. The climb to the finish is not easy since it just happens to be at the summit of Mount Hotham. This year we were lucky to have clear views so at least you could try and admire the fantastic countryside as you finished the last gruelling climb to the summit. I managed to finish 4th overall in a PB time of 8.29.38 - over an hour and a half better than the previous women's record that I set the last time I ran 2 years ago!

The Striders once again did very well that day with Jonathan winning in a time of 8.03.00 with Kelvin coming second some 11 minutes

later. Kev finished over an hour later than me in a personal-worst time of 9.51.28 hand-in-hand (?) with fellow Striders Phil, John and Murray.

Hubby "slaughtered"

Not only had I slaughtered my lovely husband on the day, but he couldn't even use the excuse that he wasn't fit as I beat his best time when he WAS fit!

Phil, John and Murray thoroughly enjoyed the run, so they said about two weeks later, when their bodies stopped aching.

Of the 11 full-distance finishers, 7 were Striders which was quite an achievement and one that the club should be proud of. Mike Ward was the unlucky Strider to miss the cut off time (by some 6 minutes) which just shows how tough it is. Mike is a mean runner having completed every single Brindabella Classic (53 km Trail run) and numerous others. Come back next year and pull your finger out, Mike!

The Ultimate Ultra (Ultimate in Striders Spirit)

Phil Hugill

First of all, for those unfamiliar with this event, there are several points that need to be stated (so you don't get tempted.)

1. The first hill is the hardest climb you will ever have attempted.

2. The second hill is worse than the first.

3. The third and final hill is worse than the first two.

And There's Worse To Come

The bits in between are either;

4. Huge downhill mudslides, broken by large rocks.

5. Boggy moorland which sucks the shoes from your feet and the spirit from your soul.

6. Raging torrents of water, freezing cold and loosely described by the organiser as "creeks that you have to cross."

Put all the above together, throw in dense undergrowth, disappearing trail, dead ends, biting cold wind, sunburn, heat exhaustion, various wildlife and thousands of flies and that pretty much describes the event, physically at least.

Well, yes and no. Having died on the second hill after two hours of running, I then had to survive another eight hours to the finish. I would normally, therefore, be whingeing and complaining about everything and everybody connected with the event, but the experience was so dramatic and wonderful to finish, I can say it was the hardest but most satisfying event I have ever competed in.

The reason for writing this report though was not to dwell on the run itself, but more to acknowledge the support and encouragement of my fellow Striders. From about halfway where I was saved from despair by Murray Town, we ran as a group, myself, Murray, John Sutherland and Kevin Tiller.

Kevin was, much like me, mentally and physically exhausted, John had leg cramps which severely restricted his running and Murray suffered great discomfort on the downhills. I think individually all or us would have stopped, given up or just given it away if by ourselves, but collectively we came through it. We finished in a heap together in 9 hours 51 minutes. To me the whole experience was a physical nightmare but an emotional high point. So thank you to my fellow Striders who demonstrated that there is a true spirit of support running through the Club, and of course congratulations to all the other Striders who attempted this run.

Send Us Your Mug Shot

One of the easiest ways for new members to get to know the names of some of their new-found running mates is through our photo board but it is presently a little out of date - no shots of Steve Cornelius running backwards or John Turner wearing one of his many hats.

So we are appealing to you to help us out by sending a recognisable photo of yourself to Peter Cookson care of the Striders post box: PO Box 679, Crows Nest, 2065.

Better still if you are a budding photographer bring your camera along to the STaRs for a few weeks, snap off clandestine, compromising, recognisable shots of your mates and send the film or photos to Chris Robb. We'll even pay the film and developing costs.

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

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

SAA SOUTH AFRICAN AIRWAYS

SYDNEY Striders

DHL WORLDWIDE EXPRESS

The Runners Shop RANDWICK

Gatorade Thirst Quencher

Australian athlete RUNNER

$5 Entry Fee includes refreshments ($3 DHL Sydney Striders Members). Register on the day.
Entry Fees for the two "Runs for Cancer" will be $10 (non-members), $6 (members).
(All funds raised to be donated to Oncology Unit of Royal North Shore Hospital).
Enquiries: Chris Robb (02)-959-4269.

Remainder of 1995 Programme:

Sat. 1 April:	North Head, Manly (Cnr Darley Rd and North Head Scenic Drive)
Sat. 6 May:	Mrs Macquarie's Chair, The Domain (Royal Botanic Gardens, Sydney)
Sat. 3 June:	**Run for Cancer.** Shelley Beach Park, Manly (east end of Bower St)
Sat. 1 July:	Trafalgar Park, Marsfield (Cnr Trafalgar Place and Waterloo Road)
Sat. 5 August:	Shelley Beach Park, Manly (east end of Bower St)
Sat. 2 September:	Mrs Macquarie's Chair, The Domain (Royal Botanic Gardens, Sydney)
Sat. 7 October:	North Head, Manly (Cnr Darley Rd and North Head Scenic Drive)
Sat. 4 November:	**Run for Cancer.** Lane Cove River Park, Chatswood West (Fullers Bridge)

Running High: The Himalayan 100-Mile Stage Race

John Turner

It's pitch black and cold as charity. "Wake up. Come quickly. Everest is dawning, I'm telling you." The voice outside the hut is accompanied by loud tapping on the icy window pane. You fumble for the light button on your Casio. Hey, it's still the middle of the night, just after five. Sunrise ain't till six. Well, if they say so... mumble... groan.

No need to get dressed. You already are. It was too cold to take anything off when you hit the sack last night, and that despite the two locally made sheets-of-lead blankets which kept you pinned to the mattress all night, itself about as pliant as concrete. Note to self: next time, at least pack your sleeping bag.

Gloves on, parka pulled up to your ears, you stumble out into the frozen night, trying hard to revive the enthusiasm that originally took you away from sunny sea-level Sydney to this ice-bound trekking station, 12,000 feet up in the Himalayan foothills.

The Reason For It All

Suddenly, you know why you've come. They stand before you, no...above you. The mightiest mountains in the world, massive and darkly looming, their topmost spires tinged with the merest pink, afloat on a sea of earthly darkness. The dawn source of their glowing is at first unseen by us observers 60 kilometres away and five kilometres lower in altitude. You catch your breath and gaze in awe as the eastern horizon slowly fills with light and far off glaciers blush, then gleam gold with intensifying radiance.

My decision to come to India was sparked by my Ironman mate, Murray Town. He'd got it from a Californian friend. "Himalayan Run & Trek (HRT)", said the ad. "The Himalayan 100 Mile Stage Race is the most unique event in the world!" (Most unique? Wow! Is that good, or what?) "Excellent views of Mt. Everest, Lhotse, Makalu, Kanchenjunga, and mountains in five countries..."

Real Mountains

For as long as I can remember, real mountains had fascinated me. As a child, I was deprived of mountains, coming from Western Australia where it's pancake flat. I had always sought books about mountaineering. In 1953, when Hillary and Tensing conquered Everest, I was there in spirit. So a trip that satisfied two basic urges in one hit - to run and to visit Mountain Mecca - had to be, well, kind of unique!

Tread Lightly

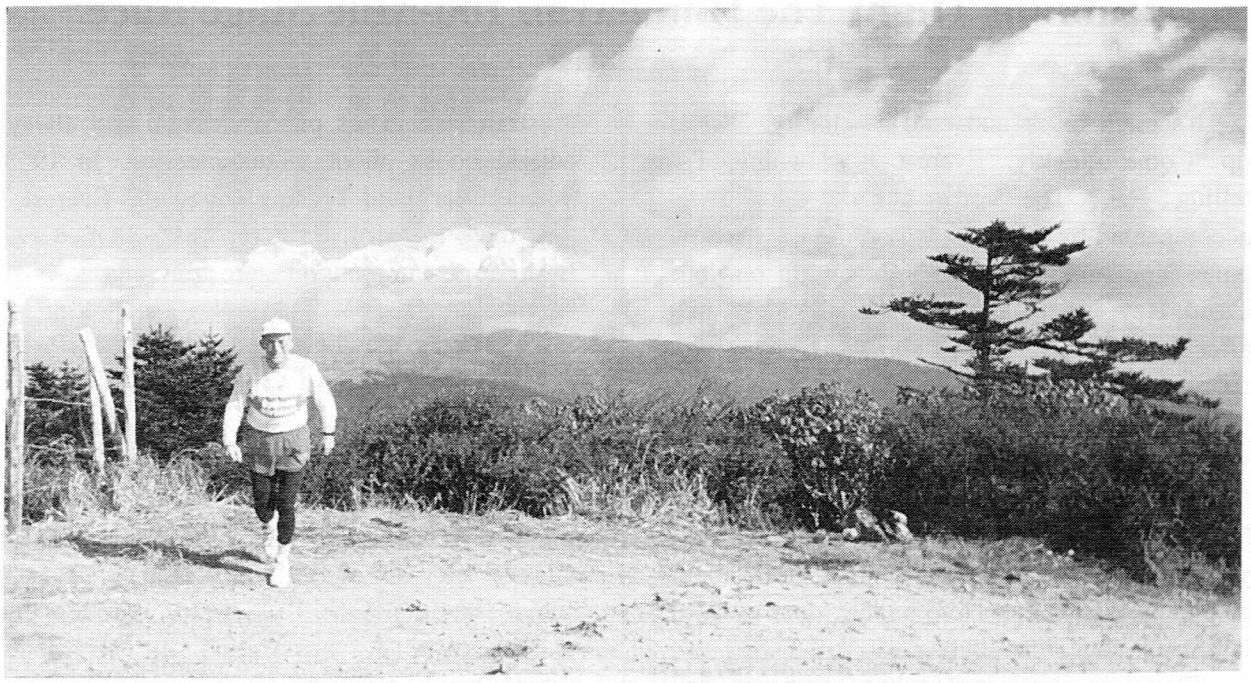
Jim Crosswhite, head of Force 10 Expeditions, the US promoter of Himalayan Run & Trek, is a legend in ultra running. He's raced all the big ones in USA - Badwater 200, Western Classic, etc. Since 1991, he'd teamed up with Indian identity C.S. Pandey to organise this annual race. It was billed as a "model international eco-sports trip", its aim being to tread lightly on the environment and lift the economies of West Bengali hill communities en route, but with dignity and respect.

The 1994 event was scheduled for the last week of October. From the Indian capital, Delhi, you first fly two hours east to Bagdogra, the closest airport to Darjeeling at the foot of the Himalaya in West Bengal. Darjeeling is a former hill station of the British Raj, and source of India's most famous tea varieties (like Golden Orange Pekoe...mmm!)

If you think of a map of India, it's away towards the east, squeezed between Nepal on the left, Bangladesh on the right, and just beneath one of India's most remote provinces, Sikkim.

Three hours on one of the world's most tortuous road journeys then takes you from the plains at Bagdogra, only a few hundred feet above sea level, to Darjeeling at 7,000 feet (2,100 m). Alternatively, you could travel by "toy train", a narrow gauge railway built last century. It's drawn by cute little decorated steam engines and takes eight hours.

Either way, because the road and rail tracks coincide for most of the 70 kilometre climb, you can take in the breathtaking scenery and study the quaint road warnings set into rocks along the way - "Don't Lose Nerve on Curve", "Drive Faster Means Disaster", "15 mins Late in This Life Could Mean 15 mins Early in Next".



John Turner running high

Come to think of it, better to study the road signs than look out the other side. The view down from that window will often give the distinct impression there's nothing between you and some barely discernible rocky river bed several kilometres below!

And another thing. In these parts of India, it resolves a lot of difficulties if you adopt a mindset that rejects the tempo and complexity of Western life. Time is less important here. Amenities we take for granted are often non-existent. So be patient. Change down a couple of gears. Go with the flow.

Do It "Because It's There"

Next day offers the chance to acclimatise to your new altitude, visiting the sights and delights of Darjeeling and preparing for the start of the race the following day. Best of Darjeeling's many attractions is the Himalayan Mountaineering Institute, an Aladdin's cave of climbing memorabilia. So many relics of my heroes and their almost superhuman exploits - Tenzing Norgay's boots that he wore when he first set foot atop Mt. Everest; Norton's diary of the ill-fated 1924 expedition from which Mallory ("Because it's there!") and Irvine never returned. Were they, perhaps, the original conquerors of Everest?

After that, it's 160 kilometres over five days; 100 miles, in US terminology, of the toughest but most spectacular ultra-running you'll ever know - or would be if the event takes place that year. More of that anon.

Although the daily distances don't mean much without taking into account factors such as altitude, gradient and track surface, I'll list them anyway - 39, 32, 42, 21 and 27 kilometres. If those figures fail to grab your attention, then perhaps these pen pictures will!

DAY 1 (Maneybhanjyang 6,600 ft to Sandakphu 11,800 ft) If you survive this first day, you'll manage the rest of the trip. Note that the elevation change from start to finish is only about 5,000 ft. Over a distance of 39 km, for the mathematically perceptive, that's an average gradient of only 4%. Forget it. Actual gradients are as much as 20%, the first of them immediately after the start and for at least 5 km. Indeed, the first 30 km is living testimony to the principle that what goes up must come down. Every rise is followed by an equally precipitous downhill, while the final few kilometres to the top at Sandakphu are so steep even champions are reduced to walking. Best time for the 39 km: 4h 0m; for ordinary mortals, anywhere between five and ten hours.

If that isn't bad enough, consider the running surface - great blocks of stone, roughly squared, to form a kind of cobbled road. It is trafficable by jeep, but only with difficulty, and it snakes back and forth to surmount the impossible steepness of the hillsides.

Most impressive are the huge retaining walls of similar construction which carry the road across ravines and defiles. You marvel at the labour force which put them in place, block by mighty block. It was all built, they say, for the impending visit of a Shah of Persia to show him the views at the top. In the event, he never turned up, which must have been a test of the local stiff upper lips of the day.

DAY 2 (Sandakphu 11,800 ft to Molle 11,700 ft, and back) Once again, mere altitude figures are deceptive. At one point, it plunges to 10,500 feet, with 15% gradients both down and up. And the out-and-back course means you do it twice. Total climb for the day is about 4,000 feet. No more stone blocks underfoot though - this is trail running, but trails less suited to runners than to yaks, those local beasts of burden who barely conceal their baleful resentment of intruders.

Your compensation however, is richly rewarding - continuous accompaniment in the form of breathtaking views. The first and third highest mountains in the world, Everest and Kanchenjunga, along with several other peaks above 8,000 metres, display their awesome splendour throughout the day. Best time: 2h 37m for the 32 km.

Take a Deep Breath

DAY 3 (Sandakphu 11,800 ft to Rimbik 6,350 ft) You'll need those sustaining mountain views again today because it's a full marathon distance. Give up hope, though, of a sub-three. Even the speediest will only just crack four and a half hours. You retrace yesterday's run to Molle, then go 7 km beyond it to Phalut (not 'Phulet', as Crosswhite's brochure insists, but what's in a name?). Pause here to gape at the view because you're now 20 kilometres closer to the mighty massif, Kanchenjunga. Then return to Molle (11,700 feet), take a deep breath, and hurtle down the last 12 km, dropping 5,000 feet through jungles and farms, to Rimbik.

The village of Rimbik is significant if only because it's where you can luxuriate in your first hot shower for three days! And buy a beer. It may also be the first night that doesn't freeze your butt off!

DAY 4 (Rimbik 6,350 ft to Palmajua 6,560 ft) Sounds like an easier day - starting time 9 am, not the 7 am of previous days, paved roads, finish point level with the start. Wrong. Take a look at the course profile. It drops 3,000 feet to the Raman River before rising back up to the finish, with plenty of undulations in between. Probably 4,000 feet of total climb in 21 km. Now you understand why the record to date is 1h 27m, with most runners taking two or three hours! Afterwards, bus back to Rimbik for an afternoon of R&R in warm, clear sunshine.

Back Where You Started

DAY 5 (Palmajua 6,560 ft to M'bjang 6,600 ft) Today you get to end up where you started five days earlier. But the course profile is different. Yes, it's almost the reverse of yesterday - first you go up, for about 10 km, then mostly down for 17 km. Best time to date: 2h 15m; average about three and a half hours. Again, however, the trade-off is the scenery - lush forest trails with panoramas of mighty hillsides and deep valleys lost in the haze below distant snowcapped peaks.

At the village of Maneybhanjyang, a colourful awards ceremony greets finishers and their supporters (accompanying people will have walked the trails or ridden the baggage jeeps each day). From there, you are transported to nearby Mirik for well-earned celebrations shared with your, by now, very best friends.

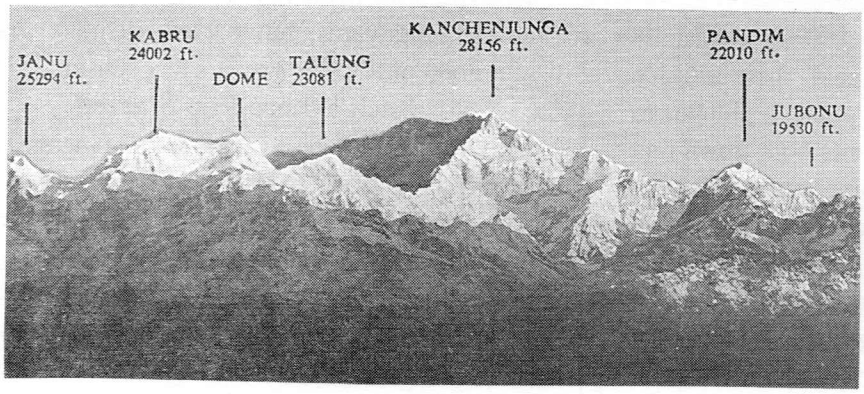
Next day everyone departs, many to seek out more of India's rich cultural heritage including, no doubt, the Taj Mahal at Agra, the Red Fort in Delhi, and the Amber Palace at Jaipur. We did, but that's for another episode.

So who won the 1994 race? Answer: no-one, because the Stage Race did not happen last year. Crosswhite cancelled it about two weeks before it was due to start because some competitors, mainly from USA and Japan, pulled out on hearing about the plague in India.

In hindsight, it was a poor decision. For one thing, it was confined to India's westernmost

states, mainly Gujarat, 3,000 km across the country from HRT territory in West Bengal. For another, it was a world press beat-up. The panic evaporated almost as fast as it struck. Three weeks into the epidemic, 264 cases had been confirmed and just 56 people had died - a tiny fraction of the toll from India's more chronic diseases. And this one was smartly brought under control by a 40-year-old antibiotic, tetracycline.

There had been a rumour of cancellation as I prepared to leave for India, but no-one could confirm it. After discussion with my hosts, the helpful and efficient Government of India



"Plenty of Undulations"

Tourist Office in Sydney, I judged life was too short to miss an opportunity like this. Anyway, it seemed the chances of carking it on Southern Cross Drive, on my way to the airport, were higher than from a roving Y. pestis bacteria.

Home Brew!

And that's how I came to travel the route of the Himalayan 100 Mile Stage Race. I even ran part of it but not with much vigour. Two reasons for that. One was the absence of aid stations which the organisers would normally have set up every three or four kilometres. The other was to indulge my fascination with the region - smiling Gorkha families in their isolated farmlets, sharing "chang" (home brew) through a bamboo straw, so hospitable; laden yak teams on their way to market; the colourful stupas and prayer flags which grace every knoll; magnificent forests of rhododendron, magnolia and silver fir. When you don't have to run against the clock, you can set different priorities.

What's it like running at 12,000 feet, a mile higher than our own Mt. Kosciusko? Surprisingly easy, in fact. At first, you feel a bit light-headed, certainly the need to draw each breath more deeply, and maybe the odd headache.

Adapting to Altitude

But quite soon you adapt and it feels little different to sea level. Breathing is slightly more laboured, that's all. As for altitude sickness, it is not a factor below 15,000 feet, and even then only some people are affected.

The Challenge Awaits You

Barring accidents, 1995's 100 mile event will be held from October 31 to November 7. If it runs true to form, about 30 people of all ages and abilities will do the trip. This year, HRT offers other options too. The week before there's a mountain bike rally over a similar course. The week after, HRT plans to hold the Mt. Everest Challenge Marathon on a course like Day 2 of the Stage Race, followed two days later by a 10 km race back at the resort town of Mirik. If you want more details, call me. India's great hospitality awaits you.

Life Memberships

Feel like renewing your membership for the last time? Assist your club financially by purchasing a Life Membership. These are still available now for $1000 each. This amount can be paid as a single lump sum, or in three instalments of $350. $350 and $300. A Life Membership would also cover all the members of your immediate family. Contact Chris Robb on (02)-959-4269.

Host Wanted

FOR SHELLEY BEACH 10k

A volunteer is sought for the Shelley Beach 10k races on Saturday 3 June and Saturday 5 August. It doesn't involve a lot of work - just marking out the course with chalk and arranging drinks and ice.Anyone who is interested please contact Mark Fiore 874 3034 (H) or Chris Robb on 959 4269.

Blisters!

David Sill

I am relatively new to ultra running and have had a lot of problems with blisters. My problems only arise after about 100 kilometres into a race. Blisters on the balls of the feet looked destined to save me from the lunacy of races longer than 24 hours! Those of us who have done a 24 know the challenges of the second half of the race, but if you feel real pain every time your foot hits the ground it is difficult to maintain the resolve to run on.

From reading books and talking to podiatrists I learned that blisters are caused by friction on the skin that causes the layers of skin to become sore and to separate, and for fluid to build up between the layers. (They also cause podiatrists' bank balances to get bigger!). This blistering is mother nature's way of telling us something .... but we are too clever to listen!

One suggested solution to reduce friction is to keep the feet dry all the time, but this is of no real use if you perspire a lot. You can't spend too much time changing socks. The other common suggestion is to fill your shoes with Vaseline. I don't know if this works for the balls of the feet but it may be worth a try.

A Fraction Too Much Friction

I tried the Thurlow socks to try to reduce the moisture. Many runners recommend these, but they made it worse for me. The thing I learned from these was that my socks need to be fairly tight fitting to reduce movement and creasing of the sock. As I perspire a lot, dry feet was not my solution. So, I had to stop the friction, but how?

The subject is not treated well in books I have read, but "de Castella On Running" (1984) gives some interesting advice. He says blisters can be caused by (1) incorrectly fitting shoes,(2) twisting on the ball of the foot at the same time as the push off, (3) pounding long distances on hard surfaces. He also says "harden sensitive areas by applying products like Friar's Balsam, methylated spirits or Condy's Crystals. Check for creases in the socks and ill-fitting or poorly made shoes". Robert shaves calluses from his feet before major races. After shaving the calluses he applies an adhesive material called Moleskin to his soles. This is readily available from most chemists. The closely-woven surface of the Moleskin reduces the friction between the foot and the shoe".

Eureka!

With this as a guide I appear to have found a solution that works for me. I looked at the Spenco products, but could not see how "Second Skin" could work on a weight bearing part of the foot. Then I saw another of their products called "Pressure Pads" and these have worked for me. They are slightly padded sheets with adhesive on one side that sticks to the skin. They stick to the skin and don't move, which stops the friction.

My pre-race foot preparation is now as follows. Take two pressure pads and trim one end of each into a semi-circle that matches the shape of the ball of the foot up to the toes. Remove the backing and place the adhesive side on the ball of the foot. It is wide enough to wrap around the side of the foot near the big toe giving extra protection for a pronator. I support this with some waterproof tape, preferably one that allows air through to the skin This needs to be done very carefully to make sure everything stays perfectly flat with no creases. It is also important for longer races that the tape is not too tight or it may affect circulation as your feet swell. Check every 12 hours during the race and replace if necessary. For 24 hour races, one or two small pieces of tape are enough for me. In multi-day races I replace it every 24 hours though it will last for several days with thorough taping. Blisters on the toes are no longer a problem since I now cut a slit across the toe box of my running shoes. I no longer need tape or Vaseline on my toes.

Problems In The Wet

The pressure pads may not work so well in bush runs with water crossings. More extensive tape support would be required here. Also I don't know how they will go in heavy rain. You need to be careful taking them off so as not to damage the skin. This is easily done with a little methylated spirits or solvent and takes about a minute.

Pressure pads cost about ten dollars for a box containing four full sheets. I am sure there are other similar adhesive products available too. Smaller sections of pressure pad can be used on other wear points of the feet as well. They are not stocked by all pharmacies and may be difficult to get in remote areas (e.g. Victoria)!

[Editor's Note: What could be more appropriate than an article on how to prevent the perennial runners' problem which gave this magazine its name? Readers whose attempts at prevention have failed, however, may be interested to note that the very first edition of The Blister, in 1980, contained these words of advice from the founding President, Charles Coville]:

"Did you know that the appearance of a blister a few days prior to a major race is not a problem? The C.H. solution (Coville/Hodgkiss) is as follows: With a needle and cotton, pop the blister and thread the cotton through. Perform up to 5 times and leave the cotton threaded through the blister. After 2 days the blister should be dried out. Apply methylated spirits morning and evening for a further 2/3 days. Initially it may be painful (the application of the meths), but at least it will have cleared by race day."

Adidas Run to the SCG

Chris Robb

Plans are well under way for the Adidas Run to the SCG which will be hosted by the DHL Sydney Striders on Sunday 23 April and promises to be an exciting addition to the Sydney running calendar.

Wallaby star David Campese and Australian netball captain Michelle Fielke, who are both sponsored by Adidas, will be supporting the event - Campese will participate in the 8 km run and Fielke will join the walkers in the 4 km event.

Aspiring runners and walkers will be able to follow training programs by the two Adidas stars in the Wentworth Courier, Weekly Southern Courier and Inner Western Courier which will be running a six week promotion of the run, including maps of the course and entry forms.

MMM will be running a two week promotion including ads, merchandise and free entry give-aways on a daily basis. The Giant Thunders and Summer Bus will be in attendance on the day.

100,000 entry forms have been printed carrying the DHL Sydney Striders logo with the words "hosted by". The event will provide a great opportunity to generate exposure for the club and we will coordinate a membership drive on the day.

The 4 km run and walk will start at 8 am in Driver Avenue alongside the SCG. Runners and walkers will turn left into Lang Rd and left again onto the bus roadway alongside Anzac Parade. At Robertson Rd they will turn left, cross Lang Rd and proceed along Cook Rd before turning left into Moore Park Rd, left into Driver Ave and enter the SCG via the members' entrance to finish with a lap of the hallowed turf.

Runners in the 8 km event will face the starter at 8.15 am but will follow the bus roadway to Alison Rd before turning left into Darley Rd and following the outside of Centennial Park via York Rd to Oxford St, where they will turn left proceed to Moore Park Rd to finish with a lap of the SCG. All competitors will leave the SCG via the gate which the likes of Sir Donald Bradman and Allan Border used when going out to bat for Australia.

Opportunity To Promote Striders

The Adidas Run to the SCG not only provides a fantastic opportunity to promote our club but also an opportunity to raise funds for the club - we will be paid for each volunteer who helps on the day and could make close to $3,000 if we get a good turn-out. **So if you haven't returned your volunteer form, please contact Chris Robb on 959-4269 AS SOON AS YOU READ THIS. Please respond even if you are unable to help as it saves us having to phone and check on your availability.**

There will be a Sydney Swans match on the SCG the night before the run so set-up will have to take place in the wee hours of the morning. Any of you insomniacs who would like to volunteer your night-time services please contact Chris Robb on 959 4269 - promise we'll let you go home and sleep as soon as the set-up is complete.

Palm Beach to Manly Results

7 January 1995

(Placegetters and all Striders)

Pos	Name	Time
1	Greg Love	1.51.18
2	Aled Recs	1.52.51
3	Darren Benson (1st Str)	1.52.51
4	Lorraine Davis (1st F)	1.54.03
10	Joanne Cowan (2nd F)	1.56.46
11	Wayne Stanton	1.58.13
16	Chris Truscott	1.59.40
21	Michael Burton	2.01.55
22	Greg Byrne	2.02.22
31	Godfrey Franz	2.05.17
35	Joe Vucetic	2.06.53
36	Andrew Hallam	2.06.57
46	Steve Urwin	2.09.39
52	Marlies Laaper (3rd F)	2.11.57
61	Andy Eccles	2.13.02
67	Malcolm Satchell	2.15.01
68	Peter Corte	2.15.01
69	Clara Vucetic (4th F)	2.15.06
72	Derek Smith	2.15.59
78	Gary Leahy	2.17.21
84	Geoff Taylor	2.18.20
85	Peter Truscott	2.18.22
99	Scott Crawford	2.21.01
105	George Herisson	2.22.56
113	Peter Hammerschmidt	2.24.15
131	Steve Roach	2.28.08
134	Dave Thierault	2.28.32
138	Sue Marr	2.29.32
164	Alf Field	2.34.16
167	Phil Boswell	2.35.23
168	Dick Bartlett	2.35.27
172	Graham Butler	2.36.44
173	Sue Griffiths	2.36.51
200	Steve Nordish	2.42.58
209	Roger Rigby	2.44.47
211	Wendy Downes	2.44.52
215	Jim Screen	2.47.23
230	Margaret Robinson	2.53.00
233	Steve Cornelius	2.53.38
259	Graham Firkin	3.11.38

DHL Striders' Clothing

Prices current at January 1995

Below is a list of Striders clothing currently available from our Uniform Manager, Dave Ritchie. To order, please contact Dave at the next STaR, or call him on (h) 960 2386 or (W) 290 3766.

Mesh Singlets (Male or Female)	$18.00
Coolmax Singlets	$22.00
Cotton Shorts (green & white)	$22.00
Cotton Shorts (plain green)	$22.00
Short sleeved T-Shirts	$18.00
Long sleeved T-Shirts	$22.00
Tracksuits (made to order)	$100.00
Sweatshirts (NEW DESIGN)	$25.00
Triathlon Lycra singlet	$25.00
Triathlon Lycra knicks	$25.00
Bike Pants (with padded seat)	$40.00
Bike Top with pockets at back	$40.00
Lycra Bra Tops	$18.00
Polo Shirts	$20.00
Sqeezys (box of 10)	$10.00

TO ORDER BY MAIL, Write to:
DHL SYDNEY STRIDERS, P.O BOX 679, CROWS NEST NSW 2065, enclosing a cheque for the full amount. Your order will be ready for collection at STaRs. If you would prefer to receive it by mail, please call Dave Ritchie first to arrange postage.

Helpers Needed (S.M.H. Half-Marathon, 28 May)

We need helpers to organise the Striders' meeting and after-race area at the Sydney Morning Herald Half Marathon to be held on Sunday 28th May. Ring Chris Robb on 959-4269 for details if you can lend a hand on that day.

Well Done Colin Lund

The versatility and range of skills demonstrated by Striders' members never cease to amaze us. The "Northern Beaches Weekender" newspaper reported in February that Strider Colin Lund had received the NSW Little Athletics Coach of the Year Award. We offer our congratulations to Colin, who modestly claimed it was "a real surprise".

10k Series Update

Event no. 1 of the 1995 Sydney Striders 10k series held on February 4 at Marsfield attracted a field of 60 starters.Overall placegetters were:

1	Darren Benson	34.26
1F	Joanne Cowan	35.30
2	Chris Truscott	34.45
2F	Marlies Laaper	38.48
3	Godfrey Franz	35.26
4	Chris McLean	36.30
5	Mat Kaley	36.35

Winners on handicap position (actual times followed by target times) were:

1	Andrew Hallam	36.41	39.43
2	Peter Cobley	41.24	44.16
3	Chris Truscott	34.45	37.10
4	Carl Hayes	42.08	44.00
5	Andrew Smith	36.35	38.18
6	Joanne Cowan	35.30	37.12
7	Marlies Laaper	38.48	40.10
8	Darren Benson	34.26	35.44
9	Dawn Tiller	40.12	41.24
10	Mike Ward	41.06	42.03

24-Hour Team Relay

Team members wanted

DHL Sydney Striders propose to enter a 20-member team in the "TAB Olympic 24 Hour Relay" at the Sydney International Athletic Centre on 29 and 30 April 1995. The following are extracts from the organisers' publicity material and entry form:

"The TAB Olympic 24 Hour Relay is a team fundraising event which consists of teams of 20 participants who take turns, relay style, in running ... around a 3.5 km circuit, non-stop, for 24 hours. ... Runners will find that over the 24 hour period they will probably run four or five times each. ... The TAB Olympic 24 Hour Team Relay is your opportunity to help our Australian athletes realise their dreams, as the money raised will go towards the 1996 Aust. Olympic team".

Entries will be $400 per team ($20 per runner if we enter a full team of 20). **Expressions of interest to Chris Robb on (02)-959-4269 AS SOON AS YOU READ THIS PLEASE. The entry deadline is very close!**

Member Of The Month Award

by Sarah Entwistle

Two of our most promising young athletes - **Darren Benson** and **Dawn Tiller** - receive the Striders Member of the Month Awards for January and February 1995.

Dashing Darren won our January Award for his third overall placing in the 30K Palm Beach to Manly run in an impressive time of 1:52:51. In January, Darren also competed in the State 5K championships at Homebush.

Darren is also the man to beat in the new Striders 10K Series. He was first Strider home and third overall in the Marsfield 10K in February in 34:23, and first Strider and second overall in Lane Cove 10K in an even faster 34:11.

Dazzling Dawn won the February award for her supreme efforts in winning the gruelling 60K Bogong to Hotham run in 8:29:00, breaking her own course record (set in 1993) by more than an hour, and finishing 40 minutes ahead of the second woman (and even further ahead of most other Striders, including husband Kevin).

Since then, **Dawn** has continued her record-breaking ways winning the Six Foot Track, taking 9 mins off the course record and setting a new female record of 4:10:05.

Congratulations to both **Darren** and **Dawn** who each win one of our stunning new Striders sweatshirts. Please see Dave Ritchie at the next STaR to collect your prize.

Blister Back-Numbers

Have you a spare ORIGINAL copy of Blister #43 from 1990, or the 10th anniversary special edition "Ten Blistering Years", from the same year?

Copies of these editions are required to complete the "Editors' Archive Set".

We have originals of editions #31-40 inclusive (1987-1989), edition #25 (1985), and the very rare edition #4 (1981), which we would be willing to exchange for the 2 missing back-numbers mentioned.

Please contact Steve Cornelius (427-3604 or 252-3266) if you can help.

The Six Foot Track Marathon

Steve Urwin

Grey drizzle greeted the 281 starters, more than 10% of whom were Striders. The usual Le Mans start on the downhill fire trail provided the similarly usual amount of jostling and several minor casualties, one of whom was Jonathan Worswick. Soon the group hit the top of Nellies Glen and the brakes were well and truly applied. Onto relatively even terrain at the bottom and the position shuffling started again. By now the feet were wet through - good job the toes were thoroughly vaselined.

Phil Hugill and I had split a tin of Maxim to try it out before the race. On the Maxim-suggested carbo load regime we'd have needed two tins each (at $20 a time!). We found, however that Maxim was not on all of the drink stations, particularly early on, and it was therefore difficult to plan your race around it (i.e. as a substitute for Squeezies). We had both carried a couple of Squeezies as insurance and used them mid to late in the run.

Phil and I were running together and a little while before Cox's River, when we reckoned that we were probably lying around the mid-twenties, we came upon and passed Kevin Tiller, only to have him fly past us minutes later in a drunken Squeezy stupor. It was a further hour before we caught him again.

As Phil & I have a different approach to hills, we had already agreed to run our own race once we got to the major inclines. Phil eased slightly ahead as I fell into a fast walk (something which is well worth some specific training) though it was some time before he was out of sight. By half way up the second hill (just short of the Pluviometer) I had caught back up and only one runner had come past me, and stayed ahead, since Cox's River.

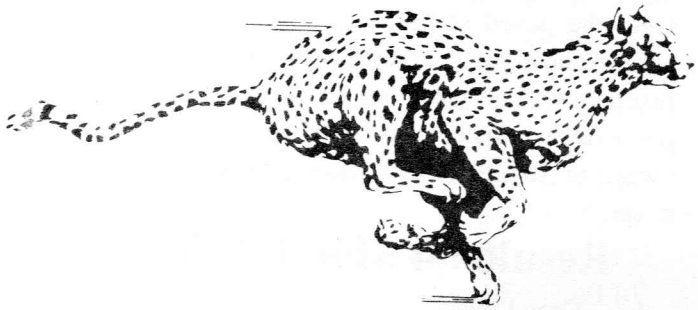
By the time we reached the Pluviometer our legs were still in fairly good shape and we settled into a steady pace. Underfoot, the sandy soils had given way to sticky clay which was both slippery and clung to the soles. Onto the road at the Forestry Hut and still feeling reasonable, if a little cool from the constant drizzle. Jonathan Worswick was in clear sight ahead, as he had been on and off since Cox's River. We maintained pace and position on the road then turned off for the last few km's of bush and that dreadful downward spiral.

As we got onto the single file track I, perhaps recklessly, took the brakes off and sped past two competitors, running together. As I got to the last checkpoint I was hyperventilating and had to slow my stride to calm my breathing. Onto the paved section now and I could hear cheers ahead with other competitors finishing just below. Into the finish line and a 21 minute p.b. Dawn Tiller was only several minutes away, in setting a new ladies record for the event.

Results: 4 March 1995

1	Greg Love	3.32.12
2	Michael Burton	3.42.36
3	Bill Clingan	3.46.38
5	Bruce Inglis	3.57.07
6	Kelvin Marshall	3.57.21
9	Jon Worswick	4.01.42
11	Steve Urwin	4.03.17
14	Phil Hugill	4.04.32
19	Dawn Tiller	4.10.51
24	Chris McLean	4.21.25
26	Murray Town	4.25.42
29	Mike Ward	4.32.18
30	Geoff Taylor	4.34.19
64	Kevin Tiller	4.56.00
76	Brian Colwell	4.59.26
88	Alf Field	5.03.49
89	Keith White	5.05.05
94	Grahame Murphy	5.08.09
115	Roger Rigby	5.20.02
139	Brenda Hamill	5.33.21
158	Wayne McCarthy	5.44.28
172	John Turner	5.50.43
175	Susan Griffith	5.51.42
183	Kevin O'Kane	5.54.06
190	Sue Hill	6.01.32
194	Tony Crosby	6.05.09
216	Irwin Light	6.16.39
226	Robi Russell	6.25.11
247	John Singleton	6.49.56
	Graham Butler	DNF

Improvement through Competition.



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"We can't all be heroes"

"because someone has to sit on the side of the road and clap as they go by."

Will Rogers

Butler Out!

In a shock announcement that has constitutional lawyers running for their law books, the Federal Minister for Health, Dr. Carmen Lawrence, has "ripped up" the Medicare card of one Graham Butler of Sydney.

"The Australian public has had enough and they won't take it anymore. This Butler character is just a liability on the Australian Health System. Because of his inability to stay in one piece I have decided to take the only reasonable step available and have withdrawn his Medicare card. His family are okay but he is out!"

It seems the reason behind this incredible decision lies in Mr Butler's recent accident-prone running history. Every time Mr. Butler pulls on his running shoes and sets forth he ends up losing blood and having stitches inserted. Be it head, arm or leg they have all suffered from Mr. Butler's desire for greater speed.

It is understood that a ban exists at Royal North Shore Hospital and his own running club makes him run by himself.

Mr. Butler's reaction to this unprecedented move has been to seek comfort in his own solitude. "I don't move around much because the stitches may break and my doctor has warned me about losing any more blood."

FOOTNOTE: A well known constitutional lawyer's response to the Federal Minister's action was that it was legally correct as the subject of the action was born outside Australia.

Team Entries

Sydney Morning Herald Half-Marathon and Sydney Marathon

Club Manager Chris Robb is coordinating Striders' teams for these events. Entry forms to Chris at P.O. Box 679, Crows Nest, as team entries must be sent in a single envelope.

The SMH Half-Marathon is on 28 May. Entries to Chris Robb BY FRIDAY 5 MAY AT THE LATEST. $25 cheque (no cash, please) made out to SMH Half-Marathon.

The Sydney Marathon is on 19 August. Entries to Chris Robb BY FRIDAY 19 MAY AT THE LATEST. $45 cheque (no cash, please) made out to Sydney Marathon.

Comrades' Marathon: Striders' Tour, 1995.

Excitement is building amongst a growing group of Striders who plan to travel to South Africa in May to run the Comrades Marathon. 1995 race day is Saturday 20th May

The Comrades Marathon is an ultra distance road race of almost 90 kilometres run annually between Pietermaritzburg and Durban in Kwazulu/Natal. The tough, hilly course offers a challenge without being impossible for those of us with only average running talents. The 11 hour cutoff time is quite achievable for reasonably fit, experienced Marathoners. You certainly don't need to be a super-athlete to finish this event.

Attractive Airfare Package

Striders have managed to negotiate a very attractive airfare package and there are very reasonably priced options for onward travel to Europe. It may be possible to billet with South African families in the days before the event.

Striders who have run Comrades will tell you there's no event on Earth quite like it. If you're turned on by crowd scenes and lots of emotion, this is the one for you.

If you're interested in joining this tour, contact either Jonathon Trope (418-1603) or Roger Rigby (487-2302) urgently.

Don't Forget to Kick In

Striders are reminded that there is a standard charge of $2 for refreshments at each and every Sunday Training Run (STaR). Please don't forget to put your contribution in the cash-box! Our hosts contribute enough to the club by giving up their spare time, without having to subsidise runners' breakfasts too!

Club Marathon Championships

This year's Striders' Club Marathon Championship will be decided on members' performances in the Sydney Marathon on 27 August (NB: not the Canberra Marathon as in previous years). Members are reminded that in order to qualify, they must be financial at the time of the race, and must wear official Striders' uniform during the race.

What a Difference A Decade Makes

Many Striders would be unaware that during 1983 and 1984, the club produced a monthly subscription newsletter entitled "STRIDING ON", which was packed with news, results and opinion on the international and local running scene. It ran to about a couple of dozen editions before folding.

A browse through the pages of this newsletter is an interesting and entertaining exercise. Volume 1, Number 9, from January 1984, revealed the following little gem as an illustration of how much the language has changed in the past ten years:

"Australian marathoners returning from this year's Hawaiian Marathon brought back the word 'Bonking' to replace that well-known expression 'Hitting the Wall'. If you've ever done it you'll know that it's a rotten experience by any name. May you all stay away from the Bonking experience for the coming year".

What can we say? "How was last week's marathon, mate?". "Arrr, started off OK, but finished up bonking. Quite a lot of other runners did too, including quite a few of the women". "Yeah? People were bonking all over the place, were they? Sounds fantastic! Listen, when next year's entry forms come out, make sure you grab one for me too, will you?".

Letter to the Editor

The Editor,
Blister Magazine.

Qin Ai De Xian Sheng,

Wo Tong Zhi Ni **S.W.BAG** Xian Sheng Chong Wei Wan Cheng Wei Yu **LOP NOR** De Ma La Song Bi Sai. Gao Shu Ni Men Zhe Tian Shi De Ren Shi Ge Ben Dan. Qing Gai Zheng Ni Men De Ji Lu.

Cheng Zhi De,

Wang Da Zhong
Race Director,
Lop Nor Marathon.

Banana & Carrot Muffins

Recipe courtesy Rosemary Stanton, Eating for Life, Murdoch Books.

A wonderful low-fat weekend breakfast, or tasty morning or afternoon snack. Serve hot from the oven and you won't need to add butter. Preparation time -15 mins, Cooking time -20 mins, makes 12 muffins.

Ingredients: 1 large carrot, 2 bananas, 1 tbsp dark brown sugar, 2 eggs, 1/4 cup low fat yoghurt, 1 tsp cinnamon, 1 1/3 cups wholemeal flour, 2 tsps baking powder, 1/2 cup unprocessed bran.

In a food processor, shred carrot finely. Add bananas, sugar, eggs, cinnamon and yoghurt and whiz until well blended. Sift flour and baking powder into banana mixture, tipping husks out of sifter into mixture. Add processed bran and mix quickly being careful not to overmix. Place mixture into 12 greased muffin pans. Bake at 200C for 20 minutes. Serve warm.

Nutritional information per muffin: Protein 4g, fat 1g, carbohydrate 15g, good dietary fibre 4g, energy 375kj (90 cals). Also provides some calcium and potassium, low sodium (95mg).

Sri Chinmoy Ultra

Attention David Sill and David Sill Look-alike Competition winners! The Sri Chinmoy 700, 100, 1300 and 2700 mile races will take place later this year in New York! "Certified, flat, well-paved, well-lit, 1-mile loop." Certified participants, too, we reckon. Anyway, if this is your bag, as they say, it's 3 September to 4 November for the Big One, 17 to 30 September for the wimpish 700 miler. Stamped addressed envelope for further details to: Sri Chinmoy Marathon Team, 150-47, 87th Ave, Jamaica (sic) New York 11432, USA. Good Luck.

Half-Marathon Ladder

[Editor's Note: Because the frequency of "The Blister" is now increasing from 3 to 6 issues per year, the Club Marathon Ladder will no longer be automatically included in every issue. Our intention is to bring you a variety of ladders and rankings, including 10k and Half-Marathon as well as the traditional Marathon Ladder. We begin with this list of Half-Marathon rankings, which includes only members who have run a Half-Marathon since joining. Those members' best pre-joining performances are also listed where applicable. Please advise Database Manager Kevin Tiller (456-1959) of any errors or omissions.]

Name	Sex	Time	Venue of Race run as Striders member	Date	Time	Venue of Race run before joining club	Date
Phil Garvin		1.09.22	Sydney	0587			
John Sauer		1.10.54	Striders' Open	0990	1.16.29	Striders Open	0388
Godfrey Franz		1.12.48	SMH half	0593	1.10.41	Pretoria	1983
Mathew Kaley		1.13.00	1990				
Michael Burton		1.13.58	Lane Cove	1990	1.12.30	Edinburgh	0984
Wayne Stanton		1.14.30	Coranbong	0485			
Chris McLean		1.14.48	Lake Macquarie	0692	1.10.40	Sutherland	0483
Geoff Cox		1.14.58	Bathurst	1988			
Christopher Dwyer		1.15.11	Nabiac	1994			
Jeff Gissing		1.15.12	Internal Hkp	0890			
Ray Doran		1.15.40	Internal	0990			
Bruce Inglis		1.15.44	Sydney SMH	0592			
John Hamilton		1.16.01	Sutherland	0690	1.22.24	Gillawarna	0982
Joanne Cowan	F	1.16.17	Tokyo	0192			
Terry McIver		1.16.23	Bathurst	0786			
Phil Daly		1.16.28	SMH half	0593			
David Sill		1.16.36	Sutherland	0688			

Name	Sex	Time	Venue of Race run as Striders member	Date	Time	Venue of Race run before joining club	Date
Bret Nichols		1.16.52	Iron Cove	0285			
Stephen Jackson		1.17.02	Smithfield	1092			
Warwick Selby		1.17.14	Sydney SMH	0592			
Alex Whitworth		1.17.40	Lake Macquarie	0692			
Malcolm Satchell		1.17.59	Internal Hkp	0890	1.17.59	Internal Hkp	0890
Mike Martin		1.18.05	Striders	0394	1.20.00		
Grahame Murphy		1.18.10	SMH half	0593	1.17.00	Edinburgh	0688
Mark Fiore		1.18.22	Sutherland	0691	1.26.30	Hasselt Belgium	1089
Charles Coville		1.18.23	Randwick	0780			
Andrew Smith		1.18.36	Lake Macquarie	1992			
John Hodges		1.18.47	Bathurst	0787			
Kevin Tiller		1.18.47	Sutherland	0691	1.21.00	London-Scottish	'86
Paul Russell		1.19.08	Striders half	85			
Crispin Gardner		1.19.50	Striders half	0992	1.18.47	Southern Cross	0490
Stephen Gill		1.19.56	Canberra	0592	1.21.45	Striders	0989
Brian Gatfield		1.19.57	Sutherland	0689			
Ron Schwebel		1.20.10	SMH half	0593	1.28.20		
Marlies Laaper	F	1.20.18	SMH half	0593			
Jonathan Trope		1.20.35	Internal	0392	1.21.50	Cartoria	0388
Stephen Urwin		1.20.36	Lake Macquarie	0692			
William Thompson		1.20.46	Combination	0788			
Brian Colwell		1.20.48	Lake Gillawarna				
Scott Crawford		1.21.02	Striders	0790		City of Sydney	
Graeme Hansen		1.21.19	Reading (UK)	0492	1.27.45	Manurewa (NZ)	0486
Colin O'Brien		1.22.06	Marathon clinic	1987			
Peter Cobley		1.22.13	Cities	0586			
Sharon Dobson	F	1.22.21	Lake Macquarie	0692	1.24.21		0491
Mark Robinson		1.22.27	Sutherland	0691	1.25.28	Gold Coast	0790
Alf Field		1.22.32	Internal half	0890			
David Ritchie		1.22.34	Sutherland	0691			
Steve Cornelius		1.22.40	Striders Hkp	0388			
John Ayliffe		1.22.54	Lane Cove	0790			
Philip Hugill		1.23.09	SMH half	0593	1.17.00	Gt North Run	'88
Mike Ward		1.23.18	City of Sydney	0587			
Peter Truscott		1.23.44	Gold Coast	0794	1.25.20		
Graham Butler		1.23.59	City of Sydney	0586			
Raymond Skinner		1.24.01	Internal half	0988			
Andrew Eccles		1.24.10	Gold Coast	0794			
Alan White		1.24.20	Sutherland	0790	1.36.13	Combination	0789
Hugh Spencer		1.24.40	City of Sydney	0586			
Paul Killeen		1.24.41	SMH half	0593	1.28.58	Striders half	0892
John Turner		1.25.16	Combination	0788			
Jim Phelan		1.25.18	Sydney SMH	0592	1.28.45	Thornleigh Rty	0590
Susan Roberts	F	1.25.30	SMH half	0593	1.35.07	Southern Cross	0490
Derek Smith		1.25.39	Canberra	0592			

Name	Sex	Time	Venue of Race run as Striders member	Date	Time	Venue of Race run before joining club	Date
Gregory Byrne		1.26.00	Eloura	0793			
Tony Crosby		1.26.15	Internal half	1988			
Mark Preston		1.26.57	Internal	0790			
John Sutherland		1.27.00	Striders half	0790	1.24.00	Hastings NZ	0488
Graeme Gaggin		1.27.03	Mt Pritchard	0591			
Murray Town		1.27.16	Sydney SMH	0592			
Chris Truscott		1.27.42	SMH	0594	1.17.45	SMH	0593
John Preston		1.27.44	SMH half	0593			
Peter Corte		1.27.54	SMH half	0593			
Bruce Murray		1.27.54	West Dist Jog	0785			
Brian Tailford		1.27.57	Gillawarna	'85			
John Hawkins		1.28.02	Internal	0892	1.27.16	Southern Cross	0489
Gary Leahey		1.28.15	Internal	0892	1.30.42	Sydney M Clinic	1287
John Whealy		1.28.19	Combination	0788			
Tina Campbell	F	1.28.26	City of Sydney	1987			
John Cullity		1.28.27	Internal	0392			
Sue Hill	F	1.28.30	Greenbelt (SA)	0583			
Geoff Taylor		1.28.42	SMH half	0593			
Ian Whitfield		1.28.49		0788			
Terry Rose		1.29.04	Sydney SMH	0592	1.19.00	Westport NZ	0287
Kevin O'Kane		1.29.10	Internal half	0387			
Stuart Howard		1.29.34	Gold Coast	0792			
Dawn Tiller	F	1.30.59	Canberra	0592	1.31.07	Combination	0791
Roger Rigby		1.31.00	Internal half	'89			
John Plummer		1.31.35	Sutherland	0687			
Sarah Entwistle	F	1.31.47	Southern Cross	0490			
Richard Bamann		1.32.17	SS Internal Hkp	1985			
Timothy Read		1.32.36	Eloura	'91	1.40.00	Armex	88
Craig Utian		1.32.44	SMH	0594	1.38.00		1993
George Herisson		1.33.00	SMH half	0593	1.21.30	Lake Illawarra	'84
Benny Hagberg		1.33.04	Anzac	0490			
Peter Donnelley		1.33.14	Internal	0392			
Joan Boltz	F	1.33.15	Sutherland	0791	1.29.15	Canberra Vets	0787
David Fahey		1.33.19	Striders	0991			
John Ross		1.33.20	Internal Hkp	0790	1.33.20	Greenbelt	0583
Harvey Blue		1.33.40	Sydney SMH	0592			
Keith Jackson		1.34.04	Internal	0392			
Karin Gaggin	F	1.34.11	Combination	0791	1.30.30	Springwood	0387
Ron Daly		1.34.50	SMH half	0593			
Paul Lunsmann		1.35.04	Sydney SMH	0592			
Alex Hamill		1.35.12	Sydney SMH	0592			
Tony Robinson		1.35.40	SMH half	0592			
Susan Griffith	F	1.36.00	Striders half	'90			
Wendy Downes	F	1.36.00	SMH half	0593			
David Theriault		1.36.06	SMH half	0593	1.39.00		

Name	Sex	Time	Venue of Race run as Striders member	Date	Time	Venue of Race run before joining club	Date
Steve Nordish		1.36.12	Canberra	0592			
Merri Mack	F	1.36.30	SMH half	0593			
Ivan Freys		1.36.46	Internal	0892			
Lesley Maher	F	1.37.08	SMH half	0592			
Dale Thompson	F	1.37.08	Sydney SMH	0592			
Owen Denmeade		1.38.30	Sydney SMH	0592			
Nazha Saad		1.38.30	Cities Marathon	0592	1.38.30	Cities Marathon	0592
Ian Manners		1.38.44	SMH half	0593			
Brian Taylor		1.38.59	Southern Cross	0490			
Dick Bartlett		1.40.29	Internal	0892			
Jeanette Kristensen	F	1.40.30	Sunrider	0994	1.30.00		
Margaret Robinson	F	1.40.49	Sydney SMH	0592			
Stephen Roach		1.40.52	SMH half	0593			
Iain Dow		1.41.23	Sydney SMH	0592			
Phil Madden		1.41.42	SMH half	0593			
Alan Phillips		1.42.24	SMH half	0593			
Jim Screen		1.42.30	SMH	0594	1.53.00	Striders Open	0890
Peter Cookson		1.42.53	Striders	0394			
Graham Firkin		1.42.53	Internal	0392			
Neil McPherson		1.43.53	SMH	0594	1.44.30	SMH	0592
Tony Partridge		1.43.54	SMH	0594	1.50.00		1993
Bryce Courtenay		1.44.52	Sydney SMH	0592			
Cathy Verry	F	1.45.00	SMH half	0593	1.39.38	SMH	0892
Brenda Hamill	F	1.45.02	Sydney SMH	0592			
Elizabeth Campbell	F	1.47.18	Anzac	0490			
William Blecha		1.47.20	Lane Cove	1989	1.43.45	Randwick Rugby	1984
Lesley Clarke		1.47.45	Cocoa River USA	0192			
Robi Russell	F	1.48.12	Internal	0592			
Peter Butcher		1.48.22	Sunrider	0994			
Joe Degabriele		1.48.30	Sunrider	0994			
Peter Johnson		1.49.50	SMH half	0593			
Peter Hamm'schmidt		1.50.07	Internal	0892	1.45.40		0592
Leo Leader		1.50.14	SMH half	0593			
David Barwick		1.52.24	Sydney SMH	0592			
Julia Stenton	F	1.52.31	Sutherland	0691	1.58.06	Sutherland	0689
Paul Glare		1.53.49	Internal	0892	1.35.48	USA	1190
Irwin Light		1.55.34	SMH half	0593			
Barry Jones		1.57.00	Internal half	0890			
Ross Betts		1.57.20	SMH	0592			
Rozanne Green	F	1.58.02	SMH	0594	1.54.00	Diggers	1980
Adrian Kol		2.04.40	Sydney SMH	0592			
Frank Dearn		2.05.45	Thornleigh Rrty	0591			
Alan Tonge		2.23.39	Adelaide Greenbelt	88			

In The Beginning

Steve Cornelius (Blister Production Editor)

In the beginning The Editor created the Blister. And the Blister was without form, and void. And darkness was upon the face of its pages. And The Editor said, Let there be columns: and there were columns. And the evening and the morning were the first day.

And The Editor said, Let there be a firmament in the midst of the columns, and let it divide the left hand side of each page from the right. And there was a firmament. And the evening and the morning were the second day.

And The Editor said, Let there be a logo, but first Let there be Sydney Striders and DHL Couriers, that the logo might have something to refer to. And it was so. And the evening and the morning were the third day.

And The Editor said, Let there be photographs in my own image. And He saw that it was good, and blessed the photographs, saying, be fruitful and multiply. And the evening and the morning were the fourth day.

And The Editor said, Let there be frames to hold the photographs, and nice neat boxes to hold short feature articles, and page numbers on every page. And it was so. And the evening and the morning were the fifth day.

And The Editor said, Let there be articles, and advertisements, and race results, and marathon ladders, and letters to the editor, and text of every kind, and Let the text have dominion over the photographs. And The Editor saw everything He had made, and behold, it was very good. And the evening and the morning were the sixth day.

And on the seventh day The Editor looked around and said, hey, no bugger has sent me any copy. And He smote his breast, saying, this wasn't in the script, this was supposed to be my bloody day off, and now I have to spend the entire day on the phone chasing up people who are a week late with their contributions.

And on the eighth day, the windows of heaven were opened, and a great flood of copy fell from the Heavens upon The Editor's desk. And the Editor was sorely troubled, saying, this wasn't supposed to happen until Chapter 7. My desk is as an Ark, borne up on a flood of paper and floppy disks, like unto the mighty Deep.

And on the ninth day, the Editor was deluged with disks of strange and unreadable format, whereupon He cursed his Tribulation, saying Verily, these Apple Macs are the work of Satan come to earth.

And on the tenth day, the Editor's phone ran hot with contributors begging Him to accept their copy, and others who beseeched Him to type out articles for them, and others who said, Why isn't the Blister out yet, at which The Editor was filled with wrath, and uttered dire oaths and imprecations.

And it came to pass, after forty days and forty nights, that The Blister finally made it to the printer's, but the Editor caused a mighty tablet to be inscribed with the following single, all-embracing commandment: "In future Thy copy shalt be on time, and Thou shalt bloody well type it thyselves!".

But seriously, folks:

This is my first issue as Blister Production Editor since Roger Rigby's retirement. I'd like to thank Roger for the unbelievable job he has done in this position over the last few years. The standards he has set for our club magazine make him a very hard act to follow, and he'll be sorely missed on the editorial team.

The merger of Blister and Stitch means that promptness of publication is now much more important. If the new Blister, incorporating all the ex-Stitch news, results and snippets, is to remain up-to-date and relevant, it will have to come out **on time, every time**. Roger Rigby was just an old Teddy Bear about deadlines and formats, because he's a nice bloke. **I, on the other hand, am neither old, nor a Teddy Bear, nor a nice bloke**.

From now on, if your copy is late, the blister will go to press without it. The editorial committee guarantee to provide a timely, relevant newsletter, but only if we receive copy **on time, in a format we can easily use** (see requirements, page 2). That's the deal. We'll do our best if you do too.