



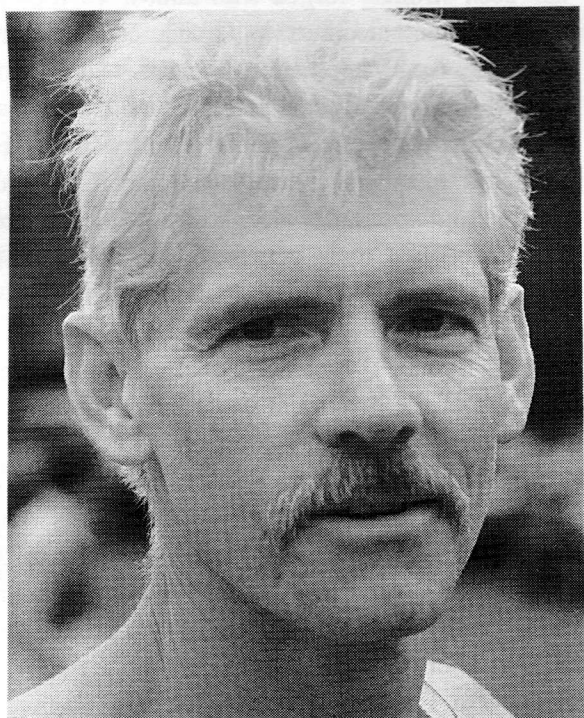
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Road Runners Club Inc.
for 1994/1995



Edition No. 57: May-June 1995

Striders Celebrate 15th Anniversary

"WELCOME TO THE CLUB! (On the assumption that you pay your \$15 membership fee)." These were the first words read by members of the newly-formed road runners' club, SYDNEY STRIDERS, in July 1980, on receipt of their first edition of *The Blister* magazine.



Club Founder Charles Coville

1995 marks the club's 15th anniversary and this is a timely opportunity for us to pay tribute to Sydney Striders' founder, Charles Coville.

It was dissatisfaction with the organisational standard of the 1980 NSW State Marathon which

prompted a small group of runners to meet at Charles Coville's Artarmon flat to discuss forming a club. The running boom was in its ascendancy in 1980, but local standards of event organisation, runner care and training information were generally poor by most international yardsticks.

Of the runners at that inaugural meeting, only Charles himself is still a member, although three others who joined soon afterwards will soon celebrate the 15th anniversary of their membership (see "Personal Profile" in this edition).

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AND MUCH MORE!

Charles Coville's passion for distance running goes back over a decade before the formation of Sydney Striders. An expatriate South African, Charles had grown up with the highly developed club running scene in that country, with its heritage based upon the 90km Comrades Marathon.

A scrapbook of press clippings from Charles' early Comrades running days makes fascinating reading today. We find a record of one C.H. Coville finishing the 1969 "down" run in 392nd place out of 587 finishers in a time of 9:48:25. First place went to Yorkshireman Dave Bagshaw of Durban Savages in a record-shattering 5:45:35, the first of his three Comrades victories.

Focus for radical protest

By the 1973 Comrades, won by Cape Town University student Dave Levick, the event had become a focal point for radical protest over an entry ban against non-white competitors. The press cuttings, yellow with age, show Charles Coville heavily involved in the student protest movement. A dozen black Africans, all unofficial entrants, ran in the Comrades that year. "They ran but they got no glory" was the headline in *The Natal Mercury*. "The marathon is one of the greatest road races in the world and I think it is a disgrace that non-whites are not regarded as official participants.....The spectators were fantastic, but it was sickening to see the attitude of the officials who pretended the black runners were not there and completely ignored them." One group of Comrades finishers from previous years felt so strongly that they "awarded" their medals unofficially to the first black African finishers, Zwelitsha Gono and Simon Mkhize.

"Comrades to stay White" was the *Mercury's* verdict for the 1974 event. Public opinion was divided and emotions ran high. "Our democratic right" said club chairman of Collegians Harriers Athletic Club, who had voted by a 70% majority to keep the Comrades all-white. That year, black runner Isaac Thoka, aged 26, a gardener of Johannesburg, was stopped by a traffic policeman 32 kilometres into the Pretoria Marathon, ordered off the road and threatened with arrest for "illegally" participating in the race. He was told "This is a race for whites only."

"Comrades runners urged to wear black armbands" quoted *The Daily News* of March 30th,

1974. "My message of protest is as follows: All competing Comrades who object to a closed race should run with a black armband": Thus spoke Charles Coville, Comrades number 686, of University of Witwatersrand Cross Country and Marathon Club. Perhaps this was an early indication of our founder's determination and character. At any rate, the South African security forces didn't get him and Charles eventually emigrated to Australia in 1978.

By 1975 some things at least had changed in South Africa. Non-whites and women runners were allowed, for the first time, to officially enter the 50th Comrades. Lesotho mineworker, Vincent Rakabaele, pounded his way into the pages of history by becoming the first official non-white finisher, in 20th place. Elizabeth Cavanagh struck the first official blow for women.

In the twenty years since 1975 much more has changed in South Africa. Apartheid is over and, in one of the miracles of our times, Nelson Mandela is South Africa's President. The link Sydney Striders holds with South Africa and the Comrades has been strongly forged with almost 10% of the club's current membership having completed the race, now an international event. Some hold several finishers' medals and have made their own friendships with runners in that country. Each year Striders' members compete in the Comrades, runners and spectators alike still ask after Charlie Coville. (Tony Crosby gets the odd mention, too.)

20,000 kilometres of STaRs

Since 1980, the club has grown into what it is today; Sydney's premier road running club. Wearers of the green and white have competed in events on virtually every continent and even run at the North Pole! In the 15 years to the end of June the club distributed 77 editions of its club Calendar, staged 13 Open Half-Marathons in the Lane Cove River Park, ran 641 Sunday Training Runs with a total distance of approximately 20,000 kilometres, (the equivalent of a run from Sydney to London), and saw its club magazine, *The Blister*, grow from 4 stapled-together foolscap sheets to the current format between Edition #1 and the edition you are now reading.

From all of us, Charles Coville, a sincere thank you for what you inaugurated fifteen years ago. Here's to the next fifteen!

• Club News

by Chris Robb and others

• Not Just Sunday STaRs

DHL Sydney Striders are a great bunch of people who do a lot more than meet at an ungodly hour on Sunday mornings to pound the pavements.

Aside from the Sunday morning insomniacs there are cycling groups, swimmers, bush runners and cappuccino addicts, to name a few, who get together at various locations to "train" as a group.

Some of the groups are well known but others are of a more clandestine nature. Rumour has it that former President Alf has taken off with his coach to the wilds of Africa. It is suggested that after a few weeks of evading the lions he'll be able to again challenge Dave Ritchie in the 10k series.

Why not share your group details with us so that we can encourage other Striders to join you. Perhaps you work in the city and would like to form an informal group which runs after work once a week, or maybe you are finding cycling on your own is becoming a bit of a drag.

A list of training groups will feature in the next Blister and become an integral part of future calendars. Send details of your training groups to Chris Robb at **PO Box 679, Crows Nest, 2065** or **Fax 959 4902**. Remember, Striders are not just a bunch of long distance nutters, our members participate in all sorts of outdoor activities. Let us know **when, where and what** you do.

• City to TURF

No, it's not a misprint! The NSW Department of Sport, Recreation and Racing are organising the inaugural Parramatta 8km City to Turf Fun Run/Walk from Parramatta Town Hall to Parramatta Stadium to raise funds for the Westmead Children's Hospital.

Entry fee for the event which takes place at 9am on Sunday 1 October 1995 is \$10 for adults, \$6 for children under 18 and \$15 for late entries. Apart from the usual category prizes there will be numerous lucky draw prizes.

Striders are invited to participate, and the organisers are also looking for volunteers for which the club will receive a contribution. If you can lend a hand or need more information, call Julianne Miller or Mike Brimfield on 683-3899.

• Club Contacts

CLUB MANAGER, Chris Robb, 959-4269

CLUB COMMITTEE 1995-96

President, Wendy Downes	449-4093
Vice-President, John Turner	331-4867
Secretary, Jonathan Worswick	516-4405
Minutes Secretary, Lesley Maher	809-2411
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Membership/Database, Kevin Tiller	456-1959
Social Director, George Herisson	888-2490
Social Director, Deborah Robert	906-6816
X-Country/Relays, Kevin O'Kane	449-1435
X-Country Assistant, Jim Screen	449-7947
Training Director, Murray Town	489-2220
Racing & Calendar, Dick Bartlett	953-5317
10k Series Director, Mark Fiore	874-3034
10k Asst Director, John Hamilton	484-4773
Internal Races, John Sutherland	956-8636
Public Relations, Tony Hoban	428-5957

• Hopetown Relay

(Entry Deadline is close! Act on this NOW!).

Last year we entered two teams in this well organised event and a great time was had by all. A few Striders even made an appearance on TV. This year's event, on Sunday 6 August, is billed as a "final trial run prior to the City to Surf".

The Relay, which starts at Westfield Shoppingtown Eastgardens and follows a course along the old Pacific Highway to the Hopetown school for mildly disadvantaged children, consists of 12 stages with two female stages. The event is followed by presentations and a barbecue which is included in the entry fee of \$10 per runner.

Striders had a social and a serious team last year and would love to have two of each this year.

If you are interested please notify Chris Robb **NOW** on 959 4269 or fax 959 4902. Send a \$10 cheque, payable to **Westfield to Hopetown Road Relay** to Chris by **Fri 28 July at the very latest**.

• City to Surf: Act NOW!

(Entry Deadline is close! **ACT ON THIS NOW!**). At the time of writing Chris Robb had only received 3 (yes, three!) entries for City to Surf teams. The new deadline for entries to Chris is **Friday 28 July**. Send entries to PO Box 679, Crows Nest, 2065. No cash please. Cheques only, made payable to City to Surf. **DO IT NOW.**

• Bret Nichols Memorial

"Equaliser" Cross Country

The popular "Equaliser", which this year will be run in honour of Bret Nichols, will take place on Sunday 30 July at 8am.

• Trust Fund

Following the passing of Strider Bret Nichols, a trust account was opened at the ANZ Bank's Neutral Bay branch. The Club Committee wishes to thank all those members who have already deposited funds in this account, and to encourage others to donate generously. The account is in the name of Lynndy Bennett, and the account number is 5180-46054 at branch no. 012-352.

• 1995 Club Relay

The 1995 Club Relay has been tentatively scheduled for Sunday October 8, at a new venue in the Royal National Park. Keep the date free for one of the Club's major events for the year.

The format will be similar to the Dooralong Relay, although the central area will be involved in most of the changeovers to encourage participation by team members and supporters. It is expected that the new venue will alternate with the Dooralong version every second year.

The venue will enable other activities involving families and friends, such as canoeing, walking, barbecues/picnics and cycling. **BE THERE!**

• Committee Position Vacant

Due to unforeseen circumstances, our newly elected minute secretary has had to relinquish her committee position and we urgently need a replacement.

Job description: attending 6-weekly meetings, taking minutes, typing out and forwarding to Chris Robb for distribution.

Please respond to Chris Robb if you can help, as soon as possible.

• The Blister

Official journal of D.H.L. SYDNEY STRIDERS ROAD RUNNERS' CLUB INC., SYDNEY, AUSTRALIA (Founded 1980). P.O. Box 679, Crows Nest NSW 2065.

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Copy Requirements

Contributions are welcome from all Striders. NB:

(1) **Deadline dates:** Copy must reach Blister Production Manager by last day of each even-numbered month. Late contributions will be printed in the following edition, if still relevant.

(2) **Disk format:** IBM-compatible 3.5-inch disks preferred, 5.25-inch acceptable. Apple Mac format: 3 days before deadline for file conversion.

(3) **File format:** Please, please, save files in plain old TEXT format! Production of The Blister is likely to be delayed if you do not.

(4) **Tables, results, spreadsheet output:** Word 6.0 tabular format or Access Database preferred. Otherwise contact Blister Production Editor first.

(5) **Typewritten, readable handwritten copy:** Submit one week before deadline for re-typing.

(6) **Graphics:** Colour or black/white photos, line drawings, cartoons etc, welcomed. Please submit one week before deadline to allow for scanning.

(7) **Verbal contributions** may be filed under "G", even if accompanied by a LARGE BRIBE.

(8) **Disks and photos returned**, if you're lucky.

• Social Events

The social sub-committee, George Herisson and Deborah Robert, are working on a number of forthcoming social events. The first one for your diaries is a Cheap Eats Carbo Loading Dinner on 25th August before the Sydney Marathon.

Other events on the drawing board are a Melbourne Cup luncheon; a wine tasting evening at the Club House; and a family picnic and games champagne breakfast just before Christmas. More details as they come to hand.

• Athletics NSW

Anyone wishing to take part in Athletics NSW events, e.g. track races, must be a paid-up member of that organisation. Membership forms can be obtained from Jonathan Worswick.

• 15th Anniversary T-Shirt

If you didn't already know, 1995 is the 15th anniversary of Sydney Striders, and to commemorate the occasion the club will be producing a specially designed T-shirt.

The T-shirt should be ready for sale during August for about \$20. Phone Peter Truscott on 489-4754 for further information.

• Club Uniforms and Gear

Some new designs in running shorts are being trialled at the moment. The two different styles will be modelled by Peter and Chris Truscott at STaRs. We are looking for feedback on these designs, so don't hesitate to talk to us. At present they are only samples, so changes can be made if necessary. If approved by the majority they will become an alternative to the original Striders' running shorts.

Price List:

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
Squeezys (box of 10)	\$10.00

• Errata

in Blisters #55 and #56

Members have notified us of the following corrections to results published in recent editions of *The Blister*. Please keep sending us those race results, so that our coverage can be as accurate as possible.

Ross Betts' Half-Marathon PB is 1:33:24 at Lane Cove in March 1988.

Andrew Hallam's Marathon PB is 2:50:10 at the Canberra Marathon in April 1995.

Jonathan Worswick's Marathon PB is 2:56:50 at the Sydney Marathon in August 1994.

• On The Streets

Jonathan Worswick

This is the start of a regular article detailing news and correspondence that may be of interest, (when you're sitting on the loo). By the end of my year as secretary I hope to gain a prize for the most consistently boring section in the Blister, so here goes. What's news from the club secretary? Not much actually, but a few items worth a report:

Athletics New South Wales. They will be re-organising ANSW as a company limited by guarantee. In addition, they are proposing to re-arrange their organisational structure so that directors have a general responsibility. This should go ahead after their July General Meeting. How this will affect us, who knows (and who cares!!).

Continuation of DHL sponsorship. Yes or no? Well, we're working on it. Please help if you can by moving any possible business their way.

Olympic Trivia. Since the 1993 Olympic bid, \$2.3 million has been raised from sale of Sydney 2000 merchandise. 4 billion people (est.) will watch and listen to the Olympics on TV and Radio.

• Keep it Simple - Please!

A plea from the Blister Production Editor

Blister contributors have really "come to the party" recently. For the first time ever, you've supplied copy ON TIME (usually), mostly on diskettes. Even Irwin Light TYPES his articles (or gets some other bugger, e.g. receptionist, to do it).

I congratulate you all, and therefore hesitate to ask another favour, but please, please (especially those who still believe Apple Macs are not just girls' computers) would you save computer files in simple, plain old vanilla TEXTFILE format?

I use Word6, Excel5 and Access2 Database. It's not that I can't find some other generous Strider to convert your other files. It's just that I have to deliver your work to them, or courier it, then pick it up, or courier it back. The dilemma is this: either delay *The Blister* by 3 or 4 days, or leave someone's precious contribution out?

Textfile format solves all that. Fancy headings, boldfaces and italics are all going to be converted to *Blister* standard anyway. In the interests of a timely *Blister*, for heaven's sake keep it simple!

Our Future in the STaRs

John Turner

Sometimes STaR hosts get a chance to think. When they do, it's usually with warm feelings about doing your bit for fellow Club members, sending their eager faces and lean bodies off on your carefully planned early Sunday tour of Sydney's magic running haunts; then looking forward to greeting them again an hour or three later when they return, hungry and thirsty, and flushed with an adrenalin high after their healthy, vigorous training run.

But sometimes we have darker thoughts. It's mid-winter, pre-dawn and still pitch black. The icy wind and driving rain remind you how unprotected your STaR starting - and finishing - location is. You wonder why you even bothered buying ice for the drinks - the weather's frozen them regardless. The gas under the hot water urn won't light because the matches are wet. The bloody notice board is blowing away for the third time. And you can't even go run to keep warm because there's still too much to do. The first of your "guests" - the people running short this week - could be back any time now.

And that's when you ask yourself: *"Is everybody happy? Are we doing it right? Is there a better way? And anyway: What's the meaning of life?"*

Unchanged since Pontius was a pilot

Leaving aside that last one for the moment, it's about time we opened up debate about the Sunday Training Run. Just because it's remained unchanged since Pontius was a pilot doesn't mean it can't be improved upon. I mean - look at any winter time STaR and see who's there. If you're a long-standing member it's great, because all your old mates turn up - the hardcore Striders without whom the Club wouldn't exist - the ones who do most of the work and keep it thriving - the ones who get most out of Striders because they put the most in. And you sure-as-hell won't want to make any changes without first winning their support.

What's troubling, though, is just that - lots of "old" faces but not enough new ones. Lots of experienced runners doing it as much for training as for the camaraderie. Too few joggers doing it for fun and recreation, and with enough energy left

over for even more camaraderie. The talk around the hot water urn tends more towards the "how far and how fast" than the more basic pleasures and pains of energetic outdoor exercise. It's a mix that suits *over-achievers* just fine, but it's also one that tends to put plain and ordinary achievers in the shade. Is this really a healthy balance for a club that wants to grow, and "to be known as Australia's foremost club for people who **enjoy** running", as our Mission Statement glowingly exhorts?

So, if you agree the Club might benefit from a better balance, what should we look for? A softer image? Not exactly. We've got so many boundary pushers, adventurers, endurance freaks and genuine champions among our members. The Club respects their feats and they often inspire our own. Sydney Striders wants and needs to retain those colourful characters. Well, how about "softer around the edges"? That's more like it. An image that's less daunting but still reflects the reality - the fact that many of the Club's core members are competitive and do enjoy a good challenge, while many newcomers and some not-so-new members prefer a less Spartan regime.

Some just want to hang loose

What we have to do is a bit like house renovating. The family's growing up and expanding. We still need the rumpus room with its bare boards and posters of The Who - space in which to play it hard and do it tough. We're not about to move to a luxury city apartment, but we should build on a room-with-a-view for those who like their recreation at a slower pace, add a few carpets here and there, put in a few easy chairs and soft furnishings; in other words, add a comfort level that caters for people who want to hang loose, rather than tight.

So how do we get there? To use a Space Age analogy, if Striders is a rocket ship, you might manage to stick some shades of pastel on its teflon-coated surface, but how do you improve its cabin space to accommodate mere astro-tourists alongside the astro-nauts who fly it?

Maybe you don't *change* things so much as *add* things.

Like: adding an 8:00 am mass start to the Sunday schedule. Call it a NaSTaR - Not a Sunday Training Run.

Like: adding an extra host to every STaR - one host gets the early birds under way (then goes for a run him/herself), the other arrives later, feeds the returning hordes and stays on longer for the late starters/finishers.

Like: adding a new and separate run (self-catering, and every Sunday at 7:30 am from the Clubhouse) with no maps, no "5.5 mins per km" stuff, no rules, no set distance, but maybe with a 10 minute coaching, warm-up and welcome session at the beginning - then people just run as far or as fast and in whatever direction that takes their fancy. Maybe you only do that for the few months ahead of the big popular events - SMH Half and City-to-Surf - and see if it takes on a life of its own.

Like: adding some extra happenings at the monthly Saturday 10k Series events, say a 5k cross country event for kids and beginning adults, or an introduction to rogaining with some expert instructor - anything that will show that Sydney Striders supports events other than marathons and ultras.

Structural additions too

All the above are about what we do best, ie running. Perhaps there are some structural additions we should be making as well.

Like: adding State Bank runners to our membership at a cheap introductory rate - or even do a takeover or merger. After all, they wear similar colours. And surely they're not so heavily focussed on quicker and better marathons as we are? Don't know, but we won't know unless we check them out. Or maybe City Tatts runners would fit better. There's a big mob of them starts every Sunday at 8:00 am from Centennial Park. over a variety of courses. Maybe they'd like some real variety.

Like: adding some new awards to our annual brunch-fest, such as Best Sunday Run Award (de-emphasise the *training* bit), Most Consistent Runner "who never yet did more than 10k" Award, and a Best Non-runner Award for those who quietly work away on the sidelines - and we already have several very welcome people in that category.

Like: subtly adding new features to *The Blister*, more to do with health, track & field, nutrition, fitness and sex than with the ecstasy of our latest PB - we head bangers will still deliver plenty of articles in that department.

Like: adding a function specifically to welcome new members and their families, but in any case, add a segment at the annual awards bunfight so that each of them gets special mention and special encouragement to attend. (Our membership database is now so good we can easily identify and highlight them.)

Like: adding "loyalty incentives" to our membership categories, eg annually publish lists of those with continuous Club membership for five years (Silver?), ten years (Gold?), 20 years (Impossibles) - and verbally honour those who, that year, achieve such an exalted state of near-Nirvana for the first time. (Our database may need to be extended a bit to handle it.)

Retain friendship and loyalty

That's enough of a list hopefully to inspire some debate. Not all of the items are practical, and certainly you can't do them all at once. But what's being suggested here is not wholesale *change*. Indeed, leave most things as they are, i.e. the early morning starts, the good value tea-and-Coke-and-Mars Bars breakfasts, the 30k Training Runs. Just find ways to *expand the options* for those who prefer a milder regime, make our Club *more welcoming* for newcomers, and above all, do it in such a way that you retain the *friendship and loyalty* of all our members - new and old.



FIRST IMPRESSIONS

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President's Report

Wendy Downes

The new committee for 1995/96 met in June and it was pleasing to have new faces and new ideas, resulting in many issues being discussed, and ways to improve your club are being put into action. These will be announced in this and future editions of the Blister.

Objective for 1995/96

The main objective set by the committee for this coming year, in line with our Business Plan, is to boost membership to 400 (currently just under 300) by way of a Membership Drive which requires a concerted effort by ALL members. Brought to our attention constantly is the need to make our new members feel welcome; not only must we attract them but we must also try to keep them! So many of us who have been members for a long time tend to ignore this basic need. How about introducing yourself to a new member at the start of the run and staying with that person for the whole distance?

In this light, I feel it is relevant to recount a little story about how I (your President) was on the receiving end of what sometimes seems like Striders' obliviousness to new members, only 1km into a Sunday STaR. Feeling the need to find a loo, as there were none at the start, the first available one being at 1km in Centennial Park, I emerged to find a cold, dark, foggy emptiness - everyone had left! That is, except for 2 other Strider stalwarts who also were in the loo. A lengthy sprint did not bring the group into view and it was only after taking a short cut that we finally caught them. Now, I ask you - if you had been a new member, what would you have done? I know I would possibly have turned around and gone home, never to return, Striders receiving a bad name. This is how we lose members (both old and new).

Keeping groups together has been a problem as long as I can remember; and if anyone has ideas on how to solve this, please let the committee know. What all Striders need to remember is that STaR means Sunday Training Run, not Sunday Try and Race. Other running groups don't seem to have this problem, why do we?

Happy Birthday Striders

Sydney Striders was formed 15 years ago, 30 June

1980, by a group of guys who wanted to train for marathons and didn't want to do it alone. Of these founding members, only Charles Coville himself remains a member today, and I am sure he has seen many changes to the Club he founded. We will be celebrating our 15th birthday at the Annual Cross Country ("The Bret Nichols Memorial Equaliser") on 30 July and Peter Truscott is working on a special T-shirt to mark the occasion.

In Remembrance

Whilst on the subject of "The Equaliser", it was decided to remember Bret by way of a perpetual trophy for this event and to naturally name it after him since he was the instigator of this event and kept it running for some years. This will make the "Bret Nichols Memorial Equaliser" a particularly special event on the calendar for all Striders. The Domain 10k will also be a memorial run for Bret, as will the Dooralong Picnic Relay which, as you all know, Bret and Lynddy also instigated and worked on tirelessly for a number of years.

Run for Cancer

As previously advised, Royal North Shore Hospital approached Striders to assist in the staging of a Fun Run to raise funds for Cancer Research. Knowing that a "one off" event would be costly and time-consuming to stage and would therefore not result in a significant profit, we agreed to use two of our already planned 10k events, the first being Sunday 1 July at Marsfield. The media release attracted some attention including an on air interview on 2NSB. Considering the cold early start it was pleasing to see so many Striders and an equivalent number of non-Striders turn out on the day. There appeared to be more Striders there than at many a STaR! Staff from the Hospital assisted with marshalling and also donated lucky draw prizes. \$600 was raised at this event, and with another scheduled for 4 November at Lane Cove please spread the word and make this a bigger event. The cause is a particularly worthy one when we think of the untimely passing of our own Bret Nichols.

For me the highlight of the event was Striders favourite "daughter" Jo Cowan finishing first with

a huge grin and announcing that she was equal first!! - Jo and baby - yes, Jo is pregnant!! And she still did 79 mins in the Lake Macquarie the previous week. I guess she'll slow down over the next few months and the guys will have a chance to pass her for a change (but not for long!).

Coaching Opportunity

In this edition you will read about Susan Griffiths' coaching sessions. She is an excellent coach and offers a weekly session that will benefit all types of runner, from triathlete to ultra runner. She has offered to train Striders at a time to suit us, should sufficient members be interested, but I urge to you to try it out for yourself, from Unlimited Fitness, first. Immediate feedback will be essential.

Quote of the month

This has to go to Bill Blecha, who arrived at the STaR on 25 June and announced "I don't want anyone to tell me who won the Rugby World Cup final last night, as I am going home to watch the replay this afternoon" - you've got to be kidding!!

Finally, I would like to congratulate all those Striders who have been doing so well in events so far this season, showing Australia and the world that we are a force to be reckoned with, and to wish everyone the best of luck in the many events still to come.

Wendy Downes
President

New South Wales Sport and Recreation

presents the:



Parramatta Town Hall to Parramatta Stadium

8 km Fun Run/Walk

9am - Sunday 1st October 1995

All proceeds to the new Children's Hospital at Westmead

This exciting inaugural event, which is virtually traffic free, will introduce you to many of Parramatta's historical sites. For runners there will be prizes for major place getters & awards for age division winners.

Plenty of Lucky Draw Prizes for Walkers & Runners

Enquiries to the Metropolitan West Regional Office on:

(02)683.3899

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Benson Prepares for Take-Off

Chris Truscott

On a recent trip to Townsville as part of a heat acclimatisation field study, Strider Darren Benson decided to undertake an interval training session around the RAAF base where we were staying. For what would ordinarily be a routine training session, Darren's choice of location was certainly unique. Darren was concerned about the accuracy of each interval, but soon found the ideal stretch to train on. He was seen surging between indicator lights on the airport's runway by a RAAF security guard, who quickly ran to Darren's assistance.

The guard, accompanied by a large German Shepherd eager to make friends, advised Darren that he was not only running on the RAAF runway, but also on the Townsville Domestic and International Airport strip. He then showed Darren a new stretching technique of lying face down on the tarmac with his hands behind his back.

After Darren was finally released on bail, he immediately earned the nickname "Tarmac" from none other than Andrew Lloyd. Darren, however, still maintains he looked right then left then right again. But did you look up, Darren?

Running Down the Superhighway

Kevin Tiller

I have recently connected to that object of much hype, the Internet / Infobahn / Superhighway (call it what you will) and quickly became aware of something of interest. There is an Ultra Runners' Discussion Group on a truly global scale.

It works like this: (1) you send an email message to an address stating you want to join the group; (2) from then onwards, any messages you send to the required address will be sent to ALL other subscribers; (3) therefore you receive all messages sent by anybody.

In-tray flooded

After only a couple of days, my in-tray was flooded by approx. 10 messages a day on subjects such as: (1) Race results of the current stages of the Trans-America race (60 days straight of 80km a day). Australian Pat Farmer is placing extremely well; (2) Why some ultra runners piss themselves a lot after a long time running; (3) Race reports from all over the world; (4) Runner "biographies" from newly-subscribed people; (5) Discussions on diet / drinks / training; (6) Discussions / announcements on more things than I had the time to read.

In my short time as a subscriber I have received messages from a dozen different countries although there is a USA bias. Subscription is free, subject to the your usual internet provider's connection / email charges. The only problem is you could spend so long reading email you wouldn't get time to train. **My own email address is:** email: 100244.1707@compuserve.com.

Below is a list of other running-related discussion groups: (last revised April 9, 1995). There are numerous other running and related discussion areas out there on the Internet. They fall into two categories: mailing lists and newsgroups. Mailing lists are accessed via e-mail. Instructions on how to subscribe to each of the mailing lists below are included with their description. Newsgroups are accessed via a news reader available through many Internet services. Ask your Internet service provider to give you details on how to access newsgroups.

Running Discussion Groups

ULTRA: This mailing list discusses the sport of ultramarathoning, that is, distances greater than

a marathon (26.2 miles) and other extreme races. To subscribe, send a message to: *listserv@dartcms1.dartmouth.edu*. In the body of the message, put the line: *subscribe ultra FirstName LastName*.

DRS (Dead Runners Society): The mother-of-all running mailing lists (1400+ subscribers) discusses running and other topics in a very informal setting. To subscribe, send a message to: *listserv@dartcms1.dartmouth.edu*. In the body of the message, put the line: *subscribe drs FirstName LastName*.

DRM (Dead Runners Mind): This offshoot of DRS, another mailing list started by Chris Conn, discusses the philosophical and psychological aspects of running. To subscribe, send a message to: *listserv@dartcms1.dartmouth.edu*. In the body of the message, put the line: *subscribe drm FirstName LastName*.

rec.running: This Usenet newsgroup is a more formal discussion area covering the general topic of running.

Orienteering: This mailing list discusses the sport of orienteering. To subscribe, send to: *orienteering-request@graphics.cornell.edu*. Your request will then be forwarded to the listowner.

t-and-f: This mailing list discusses the sport of track-and-field. To subscribe, send a message to: *listproc@gac.edu*. In the body of the message put the line: *subscribe t-and-f FirstName LastName*. For further information, send the message: *info t-and-f to: listproc@gac.edu*. The list manager for t-and-f is Derrick Peterman *dwp@mps.ohio-state.edu*.

HASH-L: This mailing list covers the hashing scene. To subscribe, send a message to: *listserv@ym.usc.edu*. In the body of the message, put the line: *subscribe hash-l FirstName LastName*

Various other local mailing lists

There also exist many regional mailing lists (in Cleveland, for example, we have the DRNEO - Dead Runners of NorthEast Ohio list) which cover local running scenes. You'll have to find these on your own (for now).

Related Discussion Groups

rec.sport.triathlon This Usenet newsgroup discusses....Take a guess!

OUTDOR-L: This mailing list deals with the great outdoors, camping, hiking, and backpacking. To subscribe, send a message to: *listserv@vm.temple.edu*. In the body of the message, put the line: *subscribe outdoor-l FirstName LastName*

rec.backcountry: This Usenet newsgroup discusses hiking and other outdoor activities.

SPORTSCI: This mailing list discusses the uses of science to enhance performance in sport. To subscribe, send a message to: *majordomo@stonebow.otago.ac.nz*. In the body of the message, put the line: *subscribe sportsci*

misc.fitness: This Usenet newsgroup covers general fitness topics.

weights: This list discusses weightlifting of all types from weight training to bodybuilding to power lifting. Send a request to Michael Sullivan at: *weights-request@fa.disney.com*.

SPORTPSY: This mailing list deals with exercise and sports psychology. To subscribe, send a message to: *listserv@vm.temple.edu*. In the body of the message, put the line: *subscribe sportpsy*

FirstName LastName

SPORTSOC: This mailing list deals with the sociological aspects of sports. To subscribe, send a message to: *listserv@vm.temple.edu*. In the body of the message, put the line: *subscribe sportsoc FirstName LastName*

SportHist: This mailing list is for those interested in sports history. To subscribe, send a message to: *listserv@pdomain.uwindsor.ca*. In the body of the message, put the line: *sub sporthist FirstName LastName*.

racewalk: This manually administered mailing list covers the sport of racewalking. To subscribe, send a request to: *racewalk-request@reed.edu*.

Any omissions, changes or comments about this list should be sent to Joe Jurczyk (ULTRA list co-listowner) at *an241@cleveland.freenet.edu*.

Kev's Korner

"I rang up in September, so it was, like, ten months into the year" (Kevin Tiller, at Striders' Committee meeting). *[Editors' note: Yes, of course, that's why they call it September, from the Latin "septem" (ten).]*



Striders at the 6-Foot Track (L-R): Phil Hugill, Jonathan Worswick (rear), Wendy Downes, Steve Urwin, Murray Town, John Craig-Sutherland, Geoff Taylor, Carl Hayes, Mike Ward.

Do you have the Nerves for Speed?

Keiran Barry B.Ex.Sc.

In Formula One racing "nerves" are required to travel at break neck speeds. In running and triathlon, nerves are also required for break neck speed but in a physiological sense! The ultimate aim of any race is to cover the distance in the shortest possible time; and the winner is the person who can maintain the greatest average speed over the entire distance. Your performance therefore is determined by a combination of speed and endurance; and the shorter the race, the greater the role speed plays.

How to develop speed

The development of speed is influenced by many elements. These include glycogen stores, muscle fibre type and development, capillary density and the enzymes involved in energy production to name just a few.

However, a key, yet often forgotten, factor in determining speed is the neuromuscular system which can become highly developed through sprint training. This article will focus on developing the nervous system.

The role of the nervous system

Muscular contractions are controlled by nervous impulses. The nerve fibre which causes activity and the muscle fibres it innervates are collectively referred to as a motor unit.

As the number of motor units are genetically determined, increasing the speed or power of a contraction is ultimately controlled by the nervous system increasing the number of impulses sent down each fibre or increasing the number of nerve fibres innervated.

Low intensity training tends to activate mainly slow twitch muscle fibres. However, as intensity of training increases, more impulses are sent down a greater number of muscle fibres so that more fast twitch fibres are activated, muscular contractions become more powerful and frequent, and you travel faster.

Of course this results in greater energy demands, so you fatigue quickly and require longer rest periods between sessions. This will limit the amount of work you can do unless you are able to increase the speed of your workouts without overloading the energy system greatly.

Overspeed training

"Overspeed" training can provide the answer. This form of training involves gaining an artificial advantage to increase your speed beyond normal levels without dramatically increasing energy costs. It may involve downhill run sprints, high cadence work on the bike in an easy gear, or swimming with flippers. These sessions develop the nervous system by greatly increasing the number, and frequency, of nerve impulses without greatly stressing the body.

The key to this type of work is efficient technique. Motor units develop very specific activation patterns, i.e. the nerves send messages to the muscles in very specific patterns developed through numerous repetitions. It is therefore essential to retain the same technique during all speed work and particularly overspeed work.

If you are fatigued the messages from your nervous system come through in a scrambled pattern and your technique falls away. So in effect you teach your muscles to work inefficiently. So never do these sessions when you are fatigued, always allow plenty of recovery between each interval and maintain good form throughout.

Key points

Duration: -Swim intervals should be 25-50 metres, cycle and run sprints between 30 seconds and 2 minutes. **Intensity:** around 90%. **Repetitions:** 5 to 10 repeats is ideal. **Recovery:** speed is the goal, not endurance, so the length of the rest doesn't matter. These sessions should be done with at least a 1:3 work to rest ratio.

Running

Downhill running is the preferred method. However, this can place a lot of stress on the quadriceps and joints so avoid steep grades and if possible perform the repeats on grass. The hill should be 80-100 metres in length.

Run the hill above race pace, concentrating on leaning slightly into the hill (but keep shoulders erect), arms relaxed with your fingers and hands loose, thumbs brushing your hips. Maximise stride length by trying to make foot contact brief and flicking your feet up high toward your backside. Most importantly don't fight the hill.

Some runners go to the extreme of being towed behind a vehicle to increase speed. However, apart from the obvious risk involved, it's probably only advantageous for sprinters.

Cycling

There are a number of effective methods of overspeed cycling. These include wind assisted or downhill sprints, efforts behind a motorbike and high cadence training. Probably the best method is high cadence work.

Doing overspeed work mainly involves short, high cadence bursts, using the small chain ring. Stick to a cadence where your technique remains smooth. Initially this may be 110-130 rpms and as it becomes more comfortable, you should be able to reach around 160 rpm during intervals of 30-90 seconds. If you don't have access to rollers or a windtrainer, try the same technique on a long gradual downhill. Remember the cycling action must stay smooth throughout. Never pedal at a cadence which makes you feel erratic.

Swimming

Flipper swimming is the easiest method of overspeed training. You should swim around 20-30% faster than normal intervals. This highlights any areas of resistance, thus encouraging the swimmer to remain streamlined. Flippers also increase foot mobility which is a major factor in kick efficiency.

Start out with kicking repeats. Keep your arms extended (without kick board if possible) and head tucked, breathe to the front and as little as possible to maintain a streamlined position. You should be aware of both the up and down stroke during the kick.

Follow this with freestyle - look for any area of your swim that is not smooth (e.g. hand entry) or excess body roll. Kick powerfully and concentrate on moving your arm through the water quickly and smoothly. Finally, remove the flippers and swim four freestyle intervals at the same intensity. Try to repeat the technique used with the flippers - remember you are trying to teach your nervous system to work in an efficient pattern, so you must be able to repeat the technique without flippers (this will become easier as time goes on).

Should I be doing overspeed work?

We all should be doing a proportion of speed work in our training program. The priority you give to

overspeed training should be based upon several factors.

1. The race distance you're training for. The shorter the race the greater the emphasis on speed.

2. Your endurance base. Speed work results in a large accumulation of metabolic waste products. A sound aerobic base is important as it develops the ability of the body to quickly disperse or utilise these waste products.

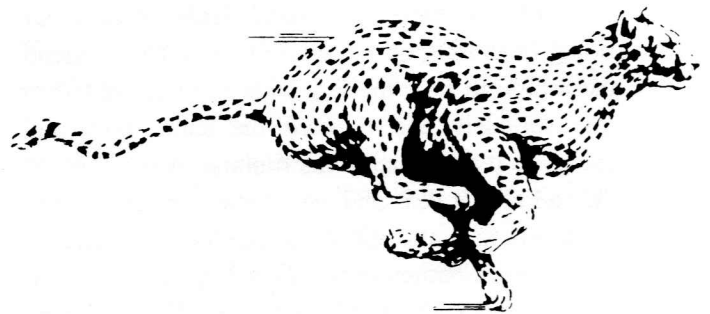
3. The time of year. The closer you get to goal races, the greater the emphasis should be on speed.

For most people one overspeed session weekly for each discipline should suffice. Space each speed session with sessions concentrating on other factors such as endurance, so that you never do two sessions within 36 hours of each other.

If you work on these developments regularly and maintain good form throughout you should soon find that your cruising speed in both training and races improves quickly.

[Keiran Barry is an Exercise Scientist, a Run and Triathlon coach, and director of Bondi Energy Lab. For training programs, call him on 02-365 7341].

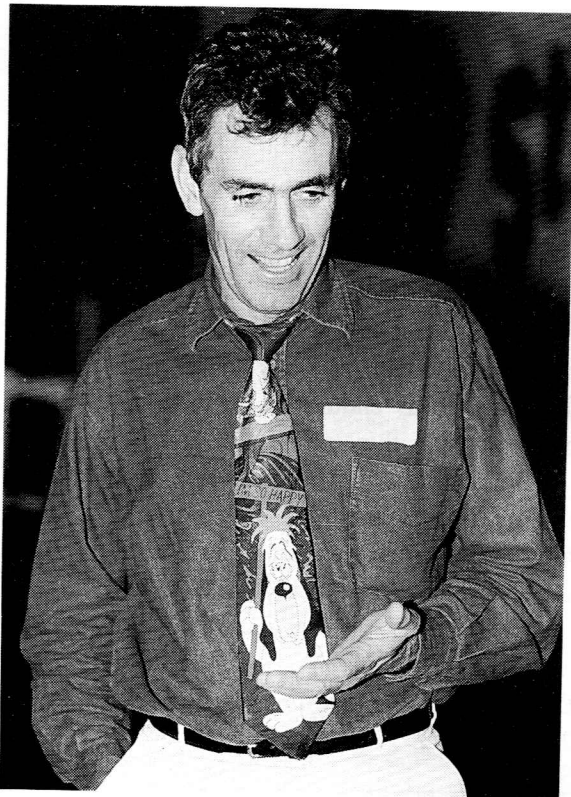
Improvement through Competition.



ONLY ONE AIRLINE KNOWS AFRICA
SAA
SOUTH AFRICAN AIRWAYS

Member of the Month

by Warwick Selby and Sarah Entwistle



Paul explains his dog-eat-dog philosophy

May: Paul Russell

Striders' latest National Champion

What do you do after you've run plenty of sub-3 marathons, eight Six-Foot Tracks, heaps of 10K's (with a PB of 34 min) and then find that injury sets in? Many people would sit back, reflect on past glories and take it easy. Not PJ Russell, which is no surprise to those who know him well. In late 1992 he bought his first bike, and was not put off by the fact that he didn't know much about riding or putting on toe clips (they don't go round the heels). In June the following year he started to ride seriously and devoted the same time and energy to it as he had to his running. A new bike at the end of last year and even more serious training led to his first attempt at the Australian Veterans' Road Race Championships (Vet 3 age category) on June 12 1995. On a cold Victorian day Paul rode the race of his life and beat the odds-on favourite to win and become National Vet 3 Road Race Champion. As his personal reward he is just about

to leave for a ride across America from South to North through the Rockies. This is fairly typical of what a Strider is prepared to do, whether running, riding or whatever. Paul, and his outstanding effort, should be an inspiration to us all and shows that if you are prepared to put in the work the rewards are there whatever the circumstances.

June: Murray Town

Couple of baa-lambs short of a flock

Against our better judgement, we voted to give our June Member of the Month Award to amazing Murray Town for managing to reach a milestone 50 years against all reasonable odds. You've probably noticed that Murray's name has popped up a few times in the last couple of Blisters - in fact in every race over 42.2K.

Well this month, we are happy to report that only two weeks after successfully completing the 90K Comrades in 8 hrs 28 mins, Murray achieved his target of running the SMH Half in under 90 mins (in fact in a sprightly 88:46).

Murray wins one of our ultra warm Sydney Striders sweatshirts which will probably come in very handy on those chilly nights when he joins John Turner, Harvey Blue and Paul Russell to ride across the Rockies at the end of July. Despite the fact that Murray has only pedalled 50K on his bike since April, we are certain that his incredible tenacity and endurance will help him up and over those rather long steep hills!

Congratulations and Happy Birthday Murray. Please see our uniform manager, Peter Truscott, at the next STaR to collect your prize.

NB: The following training programme is NOT recommended for slightly more sane Striders wanting to run a sub-90 min half marathon.

Bogong to Mt Hotham, 70K	9:51:28
Cradle Mountain, 80K	11:58:00
6ft Track, 46K	4:25:42
Jagungal Wilderness, 80K	10:30:00
Forster Ironman, 3.8K/180K/42.2K	12:30:28
Brisbane Water Bush Bash, 47K	4:20:00
Comrades, 90K	8:28:00
SMH Half Marathon, 21.1K	1:28:46

Drug Takers (and Other Cheats)

Irwin Light

I guess we all have an opinion about drugs. My opinion is that drug pushers have no defence and deserve nothing short of decapitation. Where that leaves the purveyors of cigarettes, I'm not sure. If this argument were used in regard to drugs in sport, there would be a lot of clever members of the medical and allied professions running around with nothing above their shoulders.

Dark and dingy orifices

In the case of Warwick Selby, it probably wouldn't make any difference anyway, as he spends his days with his head up some very dark and dingy orifices).

Banned for life

We must all agree that drugs taken to give an athlete an advantage over another competitor should be prohibited, and that offenders should be banned for life. Now the obvious performance-enhancing drugs are adequately covered in the social pages of the newspapers.

Hardcochs (sic)

What about the more serious things which make up the very large grey areas, such as Aspirin and especially Besenol? The official list of banned drugs includes Strychnine and Rectinol! There is also a substance called Hardcochs Anafil! Recently we saw the situation where a front row forward played for his country in a World Cup Final, having been found guilty in the past of abusing (or using) anabolic steroids. He had previously tested positive and served a very short suspension before returning to the national team.

Sever their gonads

Perhaps it was because of this lenient treatment that a fellow South African athlete in her early teens tested positive early this year. Lenient penalties will always lead to increased drug use. Cut their gonads out if you ask me!

What is to become of us?

In the good (?) old days, a competitor in the Olympic marathon was disqualified for accepting an apple from a spectator. Nowadays, we take aspirin, anti-inflammatory drugs, steroid injections and IV fluids during the race. Where will it end?

Need Some Coaching?

Wendy Downes

Susan Griffiths is a runner extraordinaire. Apart from the fact that she is a Sydney Strider (by her own admission a poor one), you have probably heard her name bandied about, especially after her incredible achievement in the 1993 Comrades, crossing the line after 90km as the 3rd Australian and 3rd Strider (beating most of the guys) out of 20 other Australians (all Australians bar one), in a time of 8hrs 56m, placed in the top 100 females. Remarkable!

Susan also puts a lot back into running by helping others to achieve their potential. She holds a level 1 Australian Track and Field Association coaching certificate in endurance running which includes steeplechase and race walking, plus she also is a qualified fitness leader. This led her to training, very successfully, a group of 29 runners from Unlimited Fitness in St Leonards for the 6-Foot Track in 1994 and 1995. Susan has a devoted following at ULF; her weekly training sessions including a 1-hour interval/fartlek session followed by some excellent stretching.

Designed to improve your ability

Susan's training sessions are designed to improve your ability - they are varied, interesting and intense. If you think you could benefit from this type of training and are not already doing so, why don't you give a try - Monday night at 6.30pm, at ULF, or on Wednesday morning at 6.30am with Gary Swain, who has worked closely with Susan for the last couple of years. The sessions will cost you \$1 if you are a ULF member or \$3 for non-members, plus \$2 for a shower.

Offer to Sydney Striders

As a follow on from the above, Sue has also offered her services and skills to Sydney Striders on another night from a destination to be agreed, and I would welcome feedback from members who would definitely be interested in this type of training. We all know we need it to improve, but somehow never seem to get around to it. Intervals on your own just doesn't seem to happen!! Please phone Chris Robb on 959-4269 so that we can put something into place which would suit everyone. In the meantime you are welcome to join the ULF group on Mondays and Wednesdays.

Personal Profile: Sue Hill

by Steve Cornelius

The second edition of *The Blister*, published only 3 months after the club's formation and dated August-October 1980, was the first to carry a full list of financial members of Sydney Striders. Of 31 members in that list from 15 years ago, only 4 have remained with the club through thick and thin and are still on our membership list in mid-1995.

Three of the four are men. **Charles Coville**, the club's founder, is profiled in our lead article in this edition of *The Blister*. He was the inaugural President of the club, a position from which he resigned in early 1984. **Brian Colwell** played an early role in the club Committee, and his tireless STaR co-ordinating work in the club's formative years was invaluable to the development of one of Striders' fundamental activities. **Jim Donovan**, the scourge of public golf courses and more recently famous for his lucid spokespersonship for the organisation Action for Public Transport, designed numerous early versions of the infamous Lindfield Lope STaR from his home in Tryon Road, testing the mettle of successive generations of mid-North Shore runners, and stamping his idiosyncratic imprint on the history of the club.

What of the women on that 1980 membership list? There were only two. **Carmen Bingham** stayed with Striders for a while but disappeared from the club's mailing list around the same time as did her husband Mike. **Sue Hill**, however, is still alive, and well, and faithful to Sydney Striders, and living in Lane Cove, and turning up to STaR runs, and showing not the slightest sign of being in her 6th decade, despite the fact that she is.

Sue was the first woman to join Sydney Striders, in August 1980, the first female representative on the Committee, and the first woman to act as STaR host. She hosted the original Willoughby Wander, serving tea and biscuits in her Cobar Street backyard, then generously took over my own Harbourside Hike when I decided I had no energy left for hosting.

First to run a 50-miler

In the absence of any convincing evidence to the contrary, she is believed to be the first Australian woman to complete a 50-mile race, turning out with the intention of running only a

standard 42.2k marathon but continuing for the full distance when her lift home failed to turn up.

We salute Striders' "first lady" and longest-standing female member: **Sue Hill**.

Name	Sue Hill
Place of Birth	Sydney
Early Haunts	The bush of Wahroonga and Bobbin Head
Occupation	Physiotherapy Manager
Best feature	Warped sense of humour
Worst feature	Warped sense of humour
Favourite magazines	Don't read any except professional journals
Favourite books	Biographies
Favourite music	Baroque era
Favourite food	Indian
Best time of day	Morning
Other hobbies and pastimes	Bushwalking and other outdoor activities; reading, theatre, music
People (living or dead) you admire	Lots of people, for different reasons. Can't pick just one or two.
Dreams and ambitions	To further explore places less frequented by tourists, e.g. Tibet, Andes, Patagonia, Galapagos Islands
Years running	20 plus
Why did you start?	To get fit for cross-country ski-ing
Running ambition	To run Comrades Marathon
Favourite race	Brindabella
Race you are most proud of	2:52 at the 1979 Avon Marathon in Berlin
Training partners	No-one runs slowly enough these days except wounded Striders. 2 delightful Striders wait for me these days.
Advice to a new runner	Don't take it too seriously, don't let it become an obsession
Why did you join Striders?	Found a flier on my car when flushed with success after NOSH run in August 1980



Sue Hill: first woman to join Striders

Bryce Courtenay: Order of Australia

The Club offers sincere congratulations to long-standing Striders' member Bryce Courtenay, who was mentioned in the Queen's Birthday Honours List as a Member of the Order of Australia in the General Division.

The citation reads "For service to advertising and marketing, to the community and as an author", but what it does not mention is his invaluable service to Sydney Striders Road Runners' Club.

Bryce Courtenay joined Sydney Striders in 1982 and wasted no time in getting himself elected to the club Committee. His work during the early and mid 1980's as *Blister* Production Editor set new standards of professionalism for the club magazine, and his hospitality in hosting the club's earliest prizegiving ceremonies at his Vaucluse home are not to be forgotten.

The short-lived but highly polished newsletter *Striding On* was conceived and produced almost entirely by Bryce Courtenay, and remains one of the club's most adventurous experiments.

The club can count itself fortunate that this energetic and multi-talented individual is still one of its valued members. Well done, Bryce!

Village Green Boys' Bike Club Ltd

Alan Phillips

Notice of Inaugural General Meeting.

The first general meeting of the recently formed Village Green Boys' Bike Club will be held at 78 Bay St, Mosman on 6 August 1995 at 2 pm.

Agenda

1. Election of directors and office holders.

These are the suggested positions with possible candidates:

Team captain and course co-ordinator: (Hugh Spencer?) Chooses courses with a careful eye for: inclusion of steep hills; liberal coverage of gleaming new glass; proven use by large double-bogie-with trailer, concrete and gravel trucks and getaway routes for escaped lunatics.

Membership Director: (Keith Wearne?) Responsible for ensuring that nobody who rides better than any existing member is admitted to the club for long.

Maintenance Director: (Alan Phillips?) Responsible for the club's Total Quality Assurance Bike Maintenance Programme and for ensuring that all members are schooled in the latest roadside fix-it techniques.

Training Director: (Michael Mooney?) In charge of teaching the younger members the art of on-bike hangover management and the latest in high speed cornering techniques.

Director Vintage Bikes division: (Owen Denmeade?) Provides the link between the post-modernist school of OCLV, Aluminium trend-line framing with the more traditional themes of bike deco and bike nouveau often expressed in 531/TIG double butt welded steel.

Gear Director: (Roger Bich?) Makes sure that members are at all times dressed in well-tailored, heavily branded, bike-fashion co-ordinates and that the younger members are taught always to wear clean nicks in case they are involved in an accident.

Director of Sexual Affairs: (Graham Butler) When we want his effing advice we'll ask for it.

2. Adoption of club motto. The following three have been submitted for consideration: (1) *Fino tubo andara floscio* (until our tubes go limp); (2) *Noi cavalcatas verso mangiare* (we ride to

eat); (3) *Per lycros noi sentire grandé* (in lycra we feel great).

3. Position of Associates. In view of the increasing attendance of Associates at the post ride debriefing meal some members have requested clarification of their status.

Some members have expressed the opinion that if Associates were allowed to ride it would inhibit the freedom of members to pass complimentary remarks about various (sometimes) female members of the public who the group chance upon while performing their exertions. Others have made it known that they have no objection at all to associates being allowed to ride with the group provided that they are not related to any of the members.

There has been a tiny minority that misunderstood the concept of "position of associates" and have provided some suggestions which do not appear to be entirely practical.

4. Sledging: There have been a couple of incidents this year of a member completing the entire Saturday course without sledging another member. Whilst these incidents appear to have been isolated and have probably been caused by unwellness of the members in question, it is felt that they represent such a departure from acceptable group behaviour that some form of penalty is in order.

One suggestion is that any member found to have committed such a despicable act of non-sledging should be made to miss breakfast that day. Any other suggestions?

5. Special award for the most exciting offing. These are the nominations received to date for the prestigious award of the CBC (Companion of the Brown Chamois): (a) Wayne McCarthy (ex member) for his near perfect execution of "Tyres over my Tee Shirt". Very high marks were earned for artistic impression here but on a couple of technical points (how he controlled his fear) he did not do so well. (b) Michael Mooney for his brilliant appearance in "Beyond the Parapet" which really had the audience on the edge of their bike seats with excitement. The sheer audacity of this move makes it hard to beat, especially as it was performed apparently sober and without a safety net! (c) Roger Bich for his starring role in "One Flew Over the Guardrail". This one

obviously drew heavily from his earlier experiences as a jockey in the Grand National. The nomination suffers just a touch in the execution area. It must be remembered that in the final analysis neither rider or bike managed to make the jump and marks were deducted for a refusal. With that said though, it can not be denied that the move showed imagination and called for an exceptional degree of courage.

6. Special Dag Bag of the year award for most improved dresser. Only one nomination has been received so far: Keith Wearne. For the brilliant job of invisible mending he did to the cigarette burn on the left cheek of his nicks through which white flesh was once extruded like toothpaste; For his multi-coloured fashion raincoat called Johnny and for his crotchless, backsideless, suspenderless black riding nylons.

7. Roadside Maintenance - own bike rule. Owing to the increasing number of sabotage attempts by members ostensibly offering friendly assistance, it is recommended that all necessary repairs be the responsibility of the individual. The only exception to this rule is where a member lends his pump to another who is either a conscientious objector to pumps or who is carrying a pump which is shorter than his pecker and therefore about as effective. In the interest of not leaving Keith Wearne on Wakehurst Parkway for ever, members are allowed to donate tubes to him.

8. Tube repair center. All perished or punctured tubes are to be handed to St Vincent de Butler for repair and for later distribution to the needy.

9. Nose clearing in packs. A delicate subject but there have been a number of complaints from members who claimed to have been showered in the nasal contents of the rider in front. This is apparently very hard to remove from lycra after a couple of hours in the sun.

Some research has been carried out on this subject and it seems that the problem arises mainly in runners who have recently taken up cycling. These people are evidently still using the single nostril blow-to-the-side technique which is common among runners. Experienced cyclists have developed a variant known as the projectile down-blow which is kinder to cyclists behind but does sometimes suffer the disadvantage of soiling the

rider's riding cleats or leg.

Until the new techniques have been practised and learned, the recommendation is that members either use their sleeve or ride to the back when a clearance is needed.

10. Other business/close. Light refreshments consisting of burned meats, limp salads and cheap wine will be served following the close of the meeting. Each member will be entitled to bring along one associate to the meeting provided they take no part in the formal proceedings.

Please contact the Honorary Acting Secretary on 906 5566 to register your intention of attending.

Striders' Technology helps New Australians

Kevin Tiller

Back in the mid-1980s, the club found it could not manage its mailing lists and databases using manual "pen and paper" methods. Much money was invested in the latest technology to help out and a brand new IBM PC was bought. These were scarce machines back then - there were some used at Striders' work places, it's true, but they were far too expensive to even consider having at home. It was complicated work too. Steve Cornelius and Ian MacArthur spent many an hour late at night cutting their teeth trying to deduce how Dbase "database" would be able to spew out a complete list of Striders' names and addresses onto the shiny new dot matrix printer by the morning cutoff. The computer, to be fair, did an admirable job and all of its 20Mb hard disk space, 1Mb RAM and its Intel-286 silicon chip have been well used over the years.

However, it's a different world now. Many Striders have a computer at home that is seemingly light years ahead of the old clunker. Software is easier to use, being driven by a mouse and a single click. The computer is not a black art anymore - it is well understood by many Striders who even make a living by such means, me included. I have acquired a new PC at home, and use software the Striders PC is not able to even install, let alone run. I can produce mailing lists (laser printed) in the blink of an eye and all sorts of other magic. The Striders' PC has been gathering dust ever

since. I know my PC could die a torturous death (and by implication, the club's databases) or I could quit running (and the club) in shame at my rapidly deteriorating form. But the database is well backed up and there are half a dozen Striders who are amply qualified to take over from me, with their own PCs to boot. The Striders PC is now not very useful to us and we should "do something, anything, to get it out of our house before it gets thrown out with the garbage" (suggests Dawn).

That's what I put to a recent committee meeting. They agreed. We could sell it (for about \$200 max) or we could give it away to someone who'd be put it to good use. That sounded like a grand idea. Done. However, it still sat in our house looking a bit lost next its shiny new cousin. The only time it was switched on was to remove all the Striders files off it. Then eventually I met someone from the Wesley Mission. He ran a program to help refugees integrate into Australia, for instance, by starting businesses using the trades they had originally been trained in. This would help the refugees get started on their new lives and Australia would gain new skills too. When I showed some interest, he told me that he was looking for a PC give to an Iranian man and his wife who had recently arrived in the country. Many of their close relatives had been killed and it was the best they could do to escape with just the clothes they stood in. The man was a gardener in Iran and was trying to start his own business here. I mentioned that I had a PC and would the specifications be OK. With the words "Beggars can't be choosers" a deal was struck.

The Sydney Striders are sincerely thanked for their kind donation.

Photos Wanted

Blister Editorial Committee

Well, we tried asking you to send photographs of yourself. That didn't work. What an over-modest, self-deprecating lot you all are. OK, let's try it another way. Would you all please bring your cameras to the next STaR run and take a load of pictures of EACH OTHER. We won't pay you for the photos, but you WILL all get a nice warm inner glow and a *Blister* full of pictures.

Letters to the Editor

Cessation of hostilities

Dear Sirs,

I, Kaye Lynnette Phillips, do hereby declare that from this day I shall acquiesce to the ownership, by my partner Alan Phillips, of a maximum of three (3) bicycles at any one time. I agree to allow him to vary the mix of his bicycle collection (currently two road bikes and one hybrid bike) provided that the total seasonally adjusted value of the collection does not exceed 15 times Average Weekly Earnings (AWE) as measured periodically by the Australian Bureau of Statistics (ABS).

I also agree that I shall cease all hostilities in respect to Alan's bike ownership policy. I recognise the wisdom of his actions of hoarding bikes as a precaution against the widely predicted world shortage of bikes.

I further attest that I have not signed this document under duress. By my hand I give effect to this deed.

Lynne Phillips, 6 July 1995

Aristotle's Laws of Thought Revisited

Dear Editor,

The runner profile column I have undertaken to provide for *The Blister* is on an occasional basis, i.e. every issue except those I have not done it for, e.g. this issue. Therefore, please expect one for the next issue, but not this one. If you have any questions then call me.

Thanks, Kevin Tiller

[Editors' note: Thanks for letting us know. It's not a worry on this occasion because as you can see we chucked a couple of glasses of cheapish red wine at Sue Hill then conned her into being the "Personal Profile" victim for this edition. However, we would point out that your statement is philosophically analytical, in that it reduces to "I will write an article when I don't fail to write an article", or more elementally "A is equal to A when it is not equal to Not-A". We believe Aristotle first put forward this thesis as the Law of Non-Contradiction, along with a couple of other fundamental laws of thought, around 2½-G years ago, and would warn you against any attempt to patent the idea. Someone else got there first.]

Spot of bovver

Dear Numbskulls,

Recently at a STaR run, I was asked if the club has a motto. Indeed we have. It is "If you see a head, kick it". I suggest we print this in very large letters on the 15th anniversary T-shirt.

Sincerely, S.W.Bag

Letter from Santo Niño

Mahal na ginoa,

Sumusulat ako sa inyo para sabihin na si G. S.W.BAG ay hindi kailanman nakatapos ng Santo Niño Marathon. Ang sinumang umisip na natapos niya iyon ay isang hangal. Paki ayos ninyo ang inyong listahan.

Taos-pusong sumasainyo,

Armando Reyes,

Race Director, Santo Niño Marathon



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Comrades Marathon

Alf Field

A few things were different about Comrades 1995. Firstly it was longer than normal at 90.7 kms versus the more normal 88 or 89 kms. This would have been OK if the extra distance had been added to the BEGINNING of the race, but the sadists added it to the END.

Secondly the race was run earlier than usual, on 20 May instead of 31 May (It will be on 16 June from 1996 onwards). The temperature at the start in Pietermaritzburg was 12 degrees C compared with the more normal 3 to 5 degrees. This appeared to be bad news because the temperature rose to a peak of 32 degrees later in the morning.

The heat and extra distance took its toll. The number of finishers was down to 10,500 from an entry of 13,500, an attrition rate of 22 percent. This compares with a range of 4% to 10% in other years. The number of silver medallists (finishers under 7hrs 30mins) also seemed to be about half the number achieved in prior years.

Almost all the Striders, with the exception of Wayne McCarthy, performed below their expectations. When comparing times with their mates in future years, they will be able to claim that their times were on the LONG course and bear no comparison to those achieved on the SHORT course. Next year's "up" run will be about 4km shorter than the 1995 Comrades.

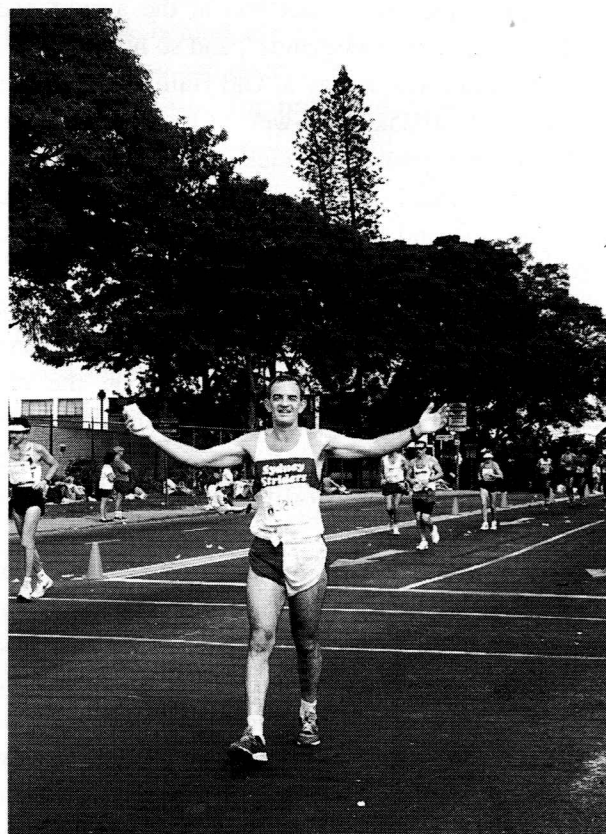
The race was notable for me because I caught up with Chris McLean and Jonathan Trope, both firsts for me and an indication of how tough those two guys were doing it. In fact I must have passed Jonathan on the run, probably while he was having attention somewhere, as I did not see him again and yet finished ahead of him.

It was also notable because Bruce Fordyce, winner of 9 Comrades and holder of the records for both the "Up" and "Down" runs, caught up with me. I'll write that again just in case you think it is a mistake or a typo. Bruce Fordyce caught up with me and as he ran past he said "Hello Sydney, is Godfrey Franz still running?"

"Sure he's still running", I yelled back. "Well say hello to Godfrey for me and tell him I've got a video of Godfrey urging me on during one of the

races that he seconded for me". So Godfrey, consider the message delivered. The great man still remembers you. He will be 40 next year and will give it a serious go again and try to get his 10th gold medal.

This report would not be complete without recording the lengths some people will go to in order to get on TV. Everyone knows that with the final gun about to go at 11 hours to signal the cut-off time for medals, there is guaranteed TV exposure. One of our members, a certain Roger Rigby, was observed spending about 5 minutes outside the stadium doing and re-doing his shoe laces so that he could drift in and finish in 10:59:43. Exactly 17 seconds before the gun fired. Roger set a new record for the closest finish by a Strider to the 11 hour cut-off, having out-keeble Peter Keeble.



Ex-President Alf, who finished in 9:25:31, in relaxed mood at Pinetown

[Eds' note: Great run, Alf. But how does one do a typo in a hand-written contribution?].

A Close Shave

Roger Rigby

The trouble with the Comrades is that a single run is not enough. What if the first time was a dream? Or a fluke? Or too slow? Or a lot of fun? How come the locals run it up to 40 times in a lifetime? How come everyone you meet during a Comrades knows Charles Coville? Why do they call every Aussie 'Bruce'? Or 'Brenda'? Where is Arthur's Seat? It is all a mystery.

Hyper-efficient organiser

Which is why I found myself back in Durban again on 17 May and looking around the crowd at the airport for Lance Ayliffe. All international Comrades visitors know Verna Ayliffe, the hyper-efficient organiser for overseas Comrades runners. You need to get to the place you're staying about 25k outside Pietermaritzburg, where no trains, buses or any other transport goes? Well, that's not a problem: back came the fax: "my husband Lance will meet you at the airport and take you up to the Midlands", and so he did.

My plan was to stay at Old Halliwell which is situated about 25k north-west of Pietermaritzburg. The nearest town is Howick, which could easily be any small country town in Australia; picturesque and not much altered I would think, for the last sixty years.

The original name for Old Halliwell (part of the building dates from 1830) was Steven's Canteen, which was a way-station on the old military road between Pietermaritzburg, once the British military headquarters of the region and Estcourt, which was a fortified town further in the interior.

We are not far from the area where much of the action occurred during the African War (1899-1900) between the British and the Boer and many of the places names not far from Old Halliwell are redolent of actions fought in those times: The Battle of Spion Kop, the Blaauw Kranz River, the Crossing of the Tugela River, the wonderfully named Battle of Wagon Hill, the Battle of Colenso, the Relief of Ladysmith, and a lot more.

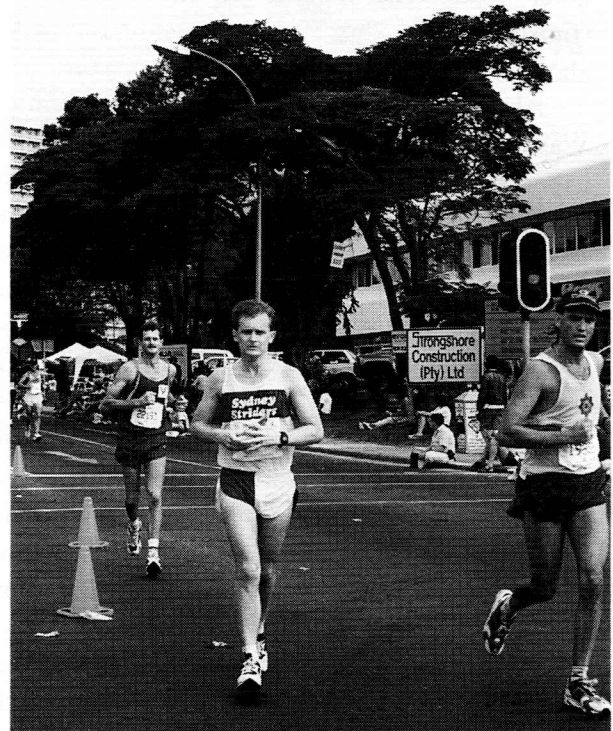
My nightmare: The Run From Hell

Together with the fabled Drakensburg Mountains in the distance, this part of Natal is

worth serious attention by the visitor. That was the good part of the trip. As Bryce Courtenay is inclined to say '..... I had a dream.....'.

My particular dream has sometimes been 'The Run from Hell'. The sort of dream where the faster you move your legs, the less ground you make over the course. Or the longer you go, the farther the finish line is from where you are....., there are other variations and I know that every Strider has a secret store of them.

(My good mate Denmeade has a nightmare that he actually runs in dirty running shoes, with the laces twisted and even a different coloured lace on each foot; the day he confided this dream to me, he broke down and I must say that he has been a changed man ever since and that was years ago).



**Strider Geoff Taylor at Pinetown
on his way to a 9:18:19 finish**

The 21st May 1995, was the day I my own bad dream came true.....We started at Pietermaritzburg at 6am, in the dark, all 12,500 of us. The morning was clear and mild at about 11

degrees, which is just nice for a day's run. Everyone has read about or heard of the spectacular course taken by the Comrades between Pietermaritzburg and Durban, so I won't add to the readers' pain. From the start the course follows the old Maritzburg-Durban road, which is sealed and once the town is cleared, passes through pleasant rolling countryside with distant ranges on the horizon which, it is worth noting, are around Drummond and will in fact be traversed in the course of the day's journey.

Jog the first 45k - to the start

The locals say that 'you jog to the start at Drummond....', which is absolutely the truth for the majority of runners. Drummond is situated on a narrow neck between two ridges and is 45k out, although this year the true halfway was a bit up the hill on the Alverstone side, due to the fact that the '95 Comrades was the longest ever run at 90.4k with the extra bit added at Pinetown. (Obviously any Strider who ran prior to 1995, only did the short option).

I didn't feel bad at Drummond and nor did I feel good, which is a preferred state to be in if a reasonable second half is to be accomplished. I was also disappointed at the time to this point of 4h54m, as I had hoped to be halfway by 4h20m to 4h30m or so, which should have provided me with a reasonable overall time of perhaps 9h40m to 9h50m.

To get out of Drummond, we average runners walk. Up about 5 or 6k of mainly hills, through Alverstone, Rob Roy, Bothas Hill and on to Hillcrest. The day is getting hotter, much more so than during the 1993 run.

Well out of sorts

I am now well out of sorts and starting to re-adjust the finishing time and slowing down by the minute. Calculating, calculating, calculating....., and the result is not getting any better.

6h30m at Hillcrest is not good and I now realise that my plan is simply to finish at any time under the 11 hour cut-off. Nothing is going particularly wrong, except without some residual energy it is a bit problematic to keep running at about 6min/k for long periods.

There are high points: the crowd support along the Comrades route is something to be experienced and the Strider Green simply seems

to turn the locals on _ there is amazing goodwill and I think that this is almost a reason on its own to run Comrades. There is also no escape from your mates. A solid-looking-and-friendly-runner pulls up alongside and says(in a fine South African accent): "Do you know Tony Crosby?" Do I know Tony Crosby _ I only run with him two or three times a week. He's a buddy. "Tell him that Clarkie says hullo...". (This is in a field of about 12,000, mind you). We have a chat about 'Tone' and Clarkie moves off into the crush.

Back to the job in hand: The afternoon of 20 May 1995 was the lowest point of my 17 years of running marathons. No strength, no endurance and the certain knowledge that a small mistake with get me the dreaded DNF.

Still, I always marvel at how a runner's brain loses touch with reality and I can honestly say that there was never a moment that made me consider stopping and giving up. Even when the cramps started at Pinetown (and to my total horror, the fabled Besenol didn't even help at this stage), 70k behind me and about 20k to go. On and on and on and on and on.

Good for battered egos

45th Cutting, Tollgate and a hill which I simply flew up when we did the 1993 run; Barea, the streets of Durban, left into Walnut Street and the huge crowds are now hysterical, as they have been calculating and realise that our part of the field are close to the critical time, some will make it and some won't. You cannot believe the crowd support and Striders gear stands out, which is very therapeutic for battered egos I can tell you.

About nine minutes to go. Right into a street which brings into sight Kingsmead Stadium looming ahead in the late afternoon. I have a strange feeling of calm and I am quite relaxed about the time, ' it will be close, but it will be ok.', I tell myself every few minutes or so.....

Beyond deafening

Three minutes to go. Into the narrow road, around the outside of the stadium, through the tunnel and turn right onto the beautiful grass track. The crowd is now beyond deafening and is just another strange sensation to the background, there is no point in looking around, all that matters is the track, the clock and the finishing tower now looming ahead. I remember all this

from 1993 and it looks good, I tell myself.

Check the clock, not long, perhaps 60 seconds before the Finisher fires his dreaded gun. About 20 metres to go, no problem..... And that is how I cheated ignominy by 17 seconds - official time 10h59m43s. I never want to experience such a sensation again in all my life!

Dante's Inferno

Over the line, all was chaos. It almost impossible to walk anywhere between the finish line and the chutes without stepping on a collapsed body on the grass, by the dozen. There were stretchers, medical teams and all sorts of noise, relief, crying, laughing. In the twilight and with the huge roaring of the crowd, the scene was like something from Dante's Inferno..... It was a very dramatic moment to experience and quite consistent with the end of a pretty bad dream.

The body is ok, the mind is seared, it is extraordinary how wet you get if you run all day in 32 degrees, you remember the 57 drink stations and the long run down Field's Hill, I still have six Squeezys left, Exceed didn't do the trick this time, or Besenol _ it's amazing how you think of inconsequential things at times like this.

Stoicism? Or dementia?

Mustering what I imagined looked like Stoic calm (but probably only looked like a demented grin), I collected my medal in the chute and with very great difficulty, found my way through the

still hysterical crowd to our tent, orange juice and flat grass on which to lay. I then gave away Stoicism and drank up the sheer joy of not having to move any part of my body for a change.

After a while, I look up and take in the surroundings of the international visitors tent: there is a sort of silence and not a lot of talking but you see the sense of accomplishment when you look into the faces.

Statue of a Strider

Then I notice at the entrance to the tent, someone has placed a statue of a Strider on a chair and all I can see is its silhouette against the bright lights of the stadium outside. I watch and there is not a movement. After a while I think that I had better stand up or they will cart me away and perhaps I will also take a closer look at the statue.

It's Macca. As Wayne McCarthy told me later, he didn't want anything or to talk about anything, he just wanted to sit there and experience the sensation of having run Comrades. And that is just how it gets you. It is a great sensation, the Comrades, every inch of the way. I wouldn't miss the pain for quids. 1996: the 'up' run.

(PS: As an Aussie, it could have been very much worse. The '95 Comrades was before the first game between the Wallabies and the Boks., if it had been run after, well that would have been another dream from hell!).

Striders at the 6-Foot Track (L-R): Phil Hugill does his Flasher imitation; Dawn Tiller always finds something to smile about; Bruce Inglis contemplates the destruction of the universe; Steve Urwin and Chris McLean look satisfied; (rear) John Sutherland's mind is elsewhere



Six-Foot Track Marathon

Race Report by Steve Urwin

4 March 1995: 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.

Drunken Squeezy stupor

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 and 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 PB. Dawn Tiller was only several minutes away, in setting a new ladies' record for the event.

Results:

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

Brisbane Waters Bush Bash

22 April 1995: Fifty seven runners competed in this demanding 47k run through Brisbane Waters national parks and council reserves. The weather was cool with a brief shower to start, but then cleared for perfect running conditions.

Last year's winner Michael Burton was well in the lead at the half way mark and went on to win in 3:36:08. Strider Steve Urwin ran a great race, almost taking second place but was narrowly beaten into third place by Kevin Dean in 3:46:43, a mere 2 seconds ahead. And second Strider Phil Hugill wasn't far behind in 3:49:25.

Jackie Hill won the ladies' race in 5:06:07, with Strider Sue Hill third in 5:25:24.

Results:

1	Mike Burton	3:36:08
2	Kevin Dean	3:46:43
3	Steve Urwin (1st Strider)	3:46:45
4	Phil Hugill (2nd Strider)	3:46:54
5	Kelvin Marshall	3:49:25
8	Malcolm Satchell	3:59:20
14=	Mike Ward	4:20:00
14=	Murray Town	4:20:00
?pos	Keith White	4:49:32
28	Jackie Hill (non-Strider, 1st F)	5:06:07
32	Sue Hill (3rd Female)	5:25:24
35	Jim Screen	5:38:40
37	Brent Waters	5:40:28
38	Paula Whitehouse	5:40:37

Comrades Marathon 90k

21 May 1995:

Striders' Results:

1684	David Sill	08.23.10
1846	Murray Town	08.29.26
1903	Chris McLean	08.31.57
3390	Geoff Taylor	09.18.19
3662	Alf Field	09.25.31
5479	Dick Bartlett	10.04.33
5565	Jonathan Trope	10.06.49
5754	Wayne McCarthy	10.10.35
6771	Stephen Myerson	10.25.45
10470	Roger Rigby	10.59.43

[Eds' Note: Roger Rigby's finishing time, just 17 seconds under 11 hours, is the closest to race cut-off time in Striders' history.]

Ryde Games 9k Fun Run

Race Report by George Herisson

On Sunday morning April 9th while sane Sydney residents were in bed or in church, Sydney Striders were on the road in Canberra, Forster or at the STAR.

Five DHL Striders decided to sleep in and tackle the hilly 9km fun run from Ryde Eastwood Leagues Club. When I arrived there were runners everywhere, sitting, jogging, talking, stretching, relaxing and a surprising number had already stripped to their shorts and singlets, although there was more than 30 minutes to the start. Ray Doran and Steve Jackson had already gone around the block about ten times.

It was a quality field, the ladies including Carol Horn and Sylvia Rose. Woodstock and Portuguese runners were well represented. The run started with a 100 metre climb and after 1 km we had to negotiate another hill which ran over a kilometre from Denistone to Eastwood. I ran with Carol Horn for the first 3k, exchanging surges until I ran out of gas.

Steve, Ray and Mark Fiore finished in the top 10 and Sylvia Rose won the ladies' race.

As we returned to Ryde the spectators, in good numbers, lined the streets leading to the car park. It was a great day for DHL Sydney Striders as we also picked up place and age group prizes. The winning male time: 30.30

Striders' Results:

2.	Steve Jackson	30.32
4.	Sylvia Rose (1st F)	30.38
6.	Ray Doran	31.10
8.	Mark Fiore	32.50
27.	George Herisson	35.48
51.	Joan Boltz	42.02

Canberra 50k

9 April 1995

Striders' Results:

Chris McLean	3.30.27
Jonathan Trope	3.48.20
David Sill	3.53.35
Geoff Taylor	4.01.16
Charles Reis	4.11.53
Roger Rigby	4.34.09

King of the Mountain

Race Report by Jonathon Worswick

25 June 1995: This inaugural race is in addition to the existing KOM 32km that has been run for a number of years. I'll start with results as they put the race into perspective.

Striders' 46k Results (times approximate):

1. Trevor Jacobs (Strider)	3.00
2. Greg Love	3.02
3. Andrew Hicks (B.Bushies)	3.22
5. Your secretary (hurrah)	3.29
6. Kelvin Marshall	3.32
? Mike Ward	3.52

(sorry Mike, I didn't get your placing)

To have only 18 competitors but include one of the top ultra distance runners in the country (Trevor Jacobs) and Greg, who is no pushover either, was a credit to the race organisers although the rest of us thought "damn we've no chance".

For those of you who don't know, the races begin at a small village just south west of Berry (Nowra way) and ends up over the hill in Kangaroo Valley. Road, bush track and four wheel drive trails are the order of the day. Although I should add that it's all runnable, even the hill. Note: Harvey, I'm not putting you in the same class as Mr Skase.

The countryside is as picturesque as you can find in NSW, rolling hills, lush paddocks and cottages you dream of (the sort of place Chris Skase would be were he not in Spain).

Rolling hills did I say? (**Rolling**; see undulating **Undulation**; a gentle slope. Gentle slope, after 44 kms you've got to be kidding. Ouch, I could still feel my calves a week later. Although the ultra didn't have the big hill of the 32km it had a profusion of rolling hills through Morton National Park and into the Roo valley. Great for a Sunday drive.

All that aside as per usual there was a very friendly atmosphere for spectators as well as runners (or walkers as I might as well have been doing later in the race). The start was freezing cold, beanies were worn extensively even during the race. I made a mistake by not taking thermal gear (oops, I also forgot to take my Striders' vest, sorry Wendy), the

teeshirt I wore did not keep me warm enough either. Anyway, from the start the groups divided into chasing packs, Kelvin doing a brave effort to stay with Trevor and Greg for about 7km. I ran with Andrew Hicks and a triathlete called Barry, for a while providing quite a pleasant conversation until I hit the big W at about 30km, after which I was doing all I could to keep out of Kelvin's pocket, who had slipped behind after his initial onslaught. At about 40km we joined the other runners from the 32km course who seemed to be bouncing along merrily, much to my dismay. Then on to the finish. A good run also by Mike who wasn't far behind Kelvin and myself.

After sampling delicacies at a fantastic bakery avec coal fire and mugs of cappuccino and conversation with the other Striders we ambled home after a enjoyable day.

The KOM 32km race had an appearance by Andrew Lloyd (who came 1st, not suprisingly in around 2 hours). The Striders involved were Wendy (our fearless leader) and Joe Degabriele who I believe was running his first long distance race, congratulations Joe.

Striders' 32k Results:

Wendy Downes	2.53.57
Joe Degabriele	2.57.59

Jo Cowan Take Note

Source: Sydney Morning Herald 19 June 95

"Runner Sue Olsen, more than 8 months pregnant, not only finished [Grandma's Marathon, Duluth, Minnesota] but felt well afterwards. She ran a respectable time of 4hr 50s (sic). Many people thought Olsen, 38, was crazy for running a marathon just 16 days before her due date. Olsen sought and was given the go-ahead from her doctor. Spectators were supportive, she said. It was opinions before the race she could have done without. "What they don't realise is that the level of training I'm used to is so much more extensive than this", she said. She beat all women and men to win a 24-hour run 3 years ago, covering about 200km. She also covered 350km at a 48-hour run in France last summer. Some speculated she might have the baby during the marathon, but that was not a concern. Her most pressing urge at the finish was eating an ice-cream."

Sydney Morning Herald Half-Marathon

9 April 1995: Striders' Results:

Darren Benson	1.13.59
Chris Truscott	1.16.04
Andrew Hallam	1.17.23
Godfrey Franz	1.17.42
Stephen Jackson	1.18.44
Grahame Murphy	1.20.59
Marlies Laaper	1.22.00
Philip Howell	1.24.26
Peter Truscott	1.25.00
Raymon Potter	1.25.00
Ian Henderson	1.25.02
Rod Lovel	1.25.26
Kelvin Marshall	1.25.44
John Hodges	1.26.30
Alex Whitworth	1.26.36
Derek Smith	1.26.58
Mark Fiore	1.27.20
John Hamilton	1.27.48
David Ritchie	1.28.46
Murray Town	1.28.46
Geoffrey Caban	1.28.57
Mike Ward	1.29.22
Charles Reis	1.29.30
Tony Hoban	1.29.48
Peter Copley	1.30.45
Philip Johnston	1.31.12
Terry Rose	1.31.30
George Herisson	1.31.48
Jim Phelan	1.31.50
Keith White	1.32.00
Clara Vucetic	1.32.00
David Solomon	1.33.40
Aiko Abbas	1.33.54
Graeme Nyland	1.34.04
David Theriault	1.35.38
Brian Colwell	1.37.08
James Howard	1.37.36
Joe Degabriele	1.37.36
Brenda Hamill	1.37.58
Stephen Roach	1.38.16
Manfred Fiedler	1.39.50
Stephen Hitchcock	1.40.00
Wendy Downes	1.40.44
Jim Screen	1.41.24
Sue Marr	1.41.36

Ros Lloyd	1.41.42
Merri Mack	1.41.50
Ron Daly	1.42.22
Alan Hill	1.42.36
Peter Cookson	1.42.48
Peter Hammerschmidt	1.43.18

Hard Rock Cafe 8k Fun Run

Race Report from David Ritchie

21 May 1995: This race started outside Hard Rock Cafe in Crown St., then led runners through E. Sydney, Rushcutters, Darling Pt, Kings X and Woolloomooloo before bringing them home along Oxford St. A fast downhill finish in Crown St back to the Cafe. Well organised, challenging course, well marshalled with a good breakfast served in the Cafe, plus a great T-shirt included in the entry fee. With all proceeds going to the Ted Noffs Foundation, this race is well worth participating in.

Striders' Results:

17.	Chris Truscott	26:40
28.	Godfrey Franz	27:15
Pos?	John Hodges	29:40
87.	David Ritchie	30:40
92.	Marlies Laaper	30:47
99.	Brian Colwell	31:02
134.	Peter Truscott	31:59
Pos?	Roy Dautreband	32:32
176.	Chris Robb	32:57
198.	Louise Fitzsimmons	33:38
255.	Wendy Downes	35:00
301.	Sharon McGann	35:37
313.	Merri Mack	35:48
350.	Cathy Verry	36:40
Pos?	Sandra Wallace	36:53
Pos?	David Fahey	36:55
377.	Susan Creighton	36:56
402.	Martin Cahnbley	37:23

Franz Stampfl 1913-1995

Source: Journal of AthleticsNSW June 1995

Franz Stampfl (born in Vienna) died March 19 in Melbourne at the age of 81. A legendary coach and great advocate of interval training, he will forever be remembered for his involvement in the training of Roger Bannister on his way to the first sub-four minute mile in 1954.

Individual Striders' Race Results: January to June 95

29 Jan 95	Mansfield to Mt Buller 50k	Kelvin Marshall	4.36.39
4 Feb 95	Liverpool 100km Track	David Sill	11.18.14
12 Mar 95	Weston Creek Half-Marathon	Chris Truscott	1.15.54
12 Mar 95	AURA Dam Trail 55k	Kelvin Marshall	6.41.42
19 Mar 95	Sydney Marathon Clinic 30k	Darren Benson	1.54.58
25 Mar 95	Jagungal Wilderness 80k Run	Murray Town	10.30.54
1 Apr 95	Striders North Head 10Km	Chris Truscott	33.35
8 Apr 95	Canberra Marathon Eve 10k	Darren Benson	0.34.16
23 Apr 95	Run to the SCG 8k	Darren Benson	0.26.50
23 Apr 95	Run to the SCG 8k	Joanne Cowan	28.12
30 Apr 95	Thornleigh Half Marathon	Darren Benson	1.15.11
7 May 95	Woy Woy Cross Country 21.1k	Darren Benson	1.18
13 May 95	NSW Championship 10k	Darren Benson	33.30
21 May 95	Canberra Half Marathon	Darren Benson	1.15.56
3 Jun 95	Parramatta 16k Fun Run	Darren Benson	0.54.31

Canberra Marathon

9 April 1995

Striders' Results:

Joanne Cowan	2.41.48
Chris Truscott	2.47.23
Phil Hugill	2.49.10
Andrew Hallam	2.50.10
Marlies Laaper	2.51.53
Kelvin Marshall	2.52.18
Chris McClean	2.54.10
Grahame Murphy	2.58.01
Neil McGill	3.00.37
Derek Smith	3.10.58
Jonathan Trope	3.13.38
Keith White	3.15.51
David Sill	3.16.41
Peter Truscott	3.19.24
Greg Overton	3.19.35
Mike Ward	3.19.58
Geoff Taylor	3.22.13
Charles Reis	3.23.40
Kevin O'Kane	3.30.31
Jim Screen	3.41.10
Roger Rigby	3.44.47
Wayne McCarthy	3.45.09
Martin Cahnbley	3.48.14

10k Series ½-Way Update

Mark Fiore

We are at the halfway mark of the 1995 10km series. The first half of the series has been very successful with the overall numbers up. Obviously the prizes of trips to S. Africa have been an incentive for members and non-members. We have included a new race at North Head, which was scenic and very fast. If you want a fast 10km time, this is the course for you.

Not only have the numbers been up, but so too has the quality of the races. In the men's section our two young guns Darren Benson and Chris Truscott have been running some fantastic times and mixing it with the best runners in the state. We have also seen some fine runs by Andrew Hallam and it is good to see Matt Kaley back and running into some of his old form. This year the young guys have put it to some of our older and more established stars, who are starting to falter. Guys like Godfrey Franz, Wayne Stanton, Stephen Jackson, the writer and many others seem to be struggling. I think these guys need to visit the room of mirrors and come out with a more committed effort for the second half of the series.

In the ladies' section, we have seen some great efforts. As usual up front are Jo Cowan and Marlies Laaper. Both have had some super runs this year already. The most promising aspect of the ladies' section has been the increased numbers this

Would contributors to *The Blister* please note that the deadline for edition #58 is 31 August. Earlier for photos and handwritten articles please.

year. A lot of ladies are improving their times each month and putting a lot of us blokes to shame.

The handicap series is popular as ever and a real incentive for a lot of our runners. At this stage Manfred Fielder is leading, from Joe DeGabriele and Frank Dearn. Most of the runners leading this series are not head bangers, so it shows how the handicap can give the average runner who wants to put in, a great chance to win a big prize (ie. a trip to S. Africa). Also, any runner who runs or helps in 5 or more races is also eligible to be in the draw for a trip to South Africa. Last year the draw had only 70 people in it, so that it pretty good odds.

Finally, as the races are becoming more popular, it does mean we do need more help in putting the races on. So if you can't run one of the races, please see if you can still come down and help. We need timers and marshals. The races start at 7 am and are usually over by 8am, so that isn't much time to help your club.

10k H'cap Points: Races 1-5

(Minimum points for inclusion: 4)

Name	R1	R2	R3	R4	R5	Tot
Fielder, Manfred		22	19	19	18	78
Degabriele, Joe	2	11	21	20	19	73
Dearn, Frank	10	20	20	2	2	54
Wallace, Sandra	2	15		17	20	54
Cobley, Peter	21	21	2			44
Hallam, Andrew	22	14	2	4	2	44
Kearns, Brenda				21	22	43
Walker, John		16		14	13	43
Benson, Darren	15	9	2	7	8	41
Holmes, Ian	11	6	6	2	11	36
Laaper, Marlies	16	8	9		2	35
Truscott, Chris	20	7	2	2	2	33
Blecha, Bill	2	17	11	2		32
Kaley, Matt		12		18	2	32
Very, Cathy		2	15	12	2	31
Solomon, David	5			13	12	30
Urwin, Steve			17	8	2	27
Herrison, George	12		10	2	2	26
Niland, Graham		10	2		14	26
Smith, Andrew	18	2		5		25
Maher, Lesley	2	5		15	2	24
Stitzinger, Ron			22		2	24
Cowan, Joanne	17		2	2	2	23

Name	R1	R2	R3	R4	R5	Tot
Frerck, Barbara	2		4		16	22
Hannan, Richard				22		22
Shepherd, John					21	21
O'kane, Kevin			18	2		20
Truscott, Peter		2	2	16		20
Hayes, Carl	19					19
Hodges, John	2			2	15	19
Taylor, Penny		19				19
Greaves, Stuart		18				18
Jackson, Stephen	2	2	12	2		18
Mckenzie, Margaret			13	2	3	18
Ward, Mike	13		5			18
Wallace, Russell					17	17
Madden, Phil			16			16
Mckenzie, Greg			14	2		16
Hugill, Philip			2	11	2	15
James, Peter	2	2	2		9	15
Fiore, Mark	2	2	2	6	2	14
Franz, Godfrey	6	4	2		2	14
Ritchie, Dave		2	2	3	7	14
Tiller, Dawn	14					14
Fahey, David	2	2	7		2	13
Fennell, John		13				13
Reis, Charles	7	3			2	12
Wilson, Mike			2		10	12
Lovel, Rod	2		2	2	5	11
Potter, Raymond				9	2	11
Taylor, Geoff	8		3			11
Boswell, Phil	2	2	2	2	2	10
Doran, Ray				10		10
Murphy, Grahame	2		2	2	4	10
McLean, Chris	9					9
Campbell, Tina			2		6	8
Gardener, Crispin			8			8
Barrow, Phil		2	2	2		6
Green, Rozanne			2	2	2	6
Hill, Sue			2	2	2	6
Robinson, Mark		2	2		2	6
Whealy, John	2		2		2	6
Freys, Ivan	2	2				4
Glare, Paul	2	2				4
Houlahan, Anthony	4					4
Mcpherson, Neil		2	2			4
Russell, Robi			2		2	4
Satchell, Malcolm	2	2				4
Stevens, Lorraine	2	2				4

10k Outright Points

(Races 1-5: Minimum points for inclusion: 4)

Name	R1	R2	R3	R4	R5	Tot
Benson, Darren	22	22	21	22	22	109
Truscott, Chris	21	21	22	21	21	106
Hallam, Andrew	16	19	18	19	20	92
Cowan, Joanne	22		22	22	22	88
Laaper, Marlies	21	22	21		21	85
Very, Cathy	15	18	18	18	16	85
Franz, Godfrey	20	20	20		19	79
Kaley, Matt	18	18		20	18	74
Maher, Lesley	16	20		21	17	74
Wallace, Sandra	13	19		20	18	70
Jackson, Stephen	15	17	19	18		69
Mckenzie, Margaret		16	13	14	11	54
Murphy, Grahame	10		15	13	15	53
Kearns, Brenda	14			17	19	50
Smith, Andrew	17	15		15		47
Hill, Sue			15	16	14	45
Frerck, Barbara	11		17		15	43
Hugill, Philip			17	17	8	42
Fiore, Mark	7	8	13	11	2	41
Green, Rozanne			14	15	12	41
Campbell, Tina			19		20	39
Stevens, Lorraine	17	21				38
Boswell, Phil	3	12	9	7	6	37
Urwin, Steve			14	14	7	35
Russell, Robi			16		13	29
Lovel, Rod	8		4	6	10	28
Truscott, Peter		10	8	10		28
Greaves, Stuart	11	16				27
Robinson, Mark		14	10		2	26
Potter, Raymond			11	9	5	25
Wallace, Russell				12	13	25
Barrow, Phil		2	12	8		22
Hodges, John	9			4	9	22
Cobley, Peter	2	13	6			21
Griffith, Susan			20			20
Tiller, Dawn	20					20
Walker, John	2	9		5	4	20
McLean, Chris	19					19
Taggart, Sally				19		19
Vucetic, Clara	19					19
Tylman, Ester	18					18

Name	R1	R2	R3	R4	R5	Tot
Satchell, Malcolm	6	11				17
Taylor, Penny		17				17
Cox, Geoff					16	16
Doran, Ray				16		16
Gardener, Crispin			16			16
Stanton, Wayne					14	14
Vucetic, Joe	14					14
Gissing, Jeff	13					13
Holmes, Ian	2	5	2	2	2	13
Henderson, Ian					12	12
Langworthy, Margaret	12					12
Rankin, Grant	12					12
Kaplin, Alan					11	11
Reis, Charles	2	7			2	11
Ritchie, Dave		3	3	3	2	11
Dearn, Frank	2	2	2	2	2	10
Degabriele, Joe	2	2	2	2	2	10
Fielder, Manfred	2	2	2	2	2	10
Herrison, Lynn	10					10
Niland, Graham		6	2		2	10
Ward, Mike	2		7			9
Blecha, Bill	2	2	2	2		8
Fahey, David	2	2	2		2	8
Herrison, George	2		2	2	2	8
James, Peter	2	2	2		2	8
Freys, Ivan	2	4				6
Mckenzie, Greg		2	2	2		6
Solomon, David	2			2	2	6
Stitzinger, Ron		2	2		2	6
Whealy, John	2		2		2	6
Houlahan, Anthony	5					5
Robb, Chris			5			5
Coville, Charles	4					4
Fennell, John	2	2				4
Glare, Paul	2	2				4
Mcpherson, Neil		2	2			4
O'kane, Kevin			2	2		4
Shepherd, John		2			2	4
Taylor, Geoff	2		2			4
Wilson, Mike			2		2	4

10k Series, Race 5: Shelley Beach, 3 June 1995

Name	Time	Target	HPos	Next target	HPts	OPos	OPts
Kearns, Brenda	45.22	49.33	1	46.12	22	4	19
Shepherd, John	44.46	47.41	2	45.21	21	32	2
Wallace, Sandra	45.22	47.12	3	45.44	20	5	18
Degabriele, Joe	44.18	45.54	4	44.37	19	30	2
Fielder, Manfred	45.28	46.54	5	45.45	18	34	2
Wallace, Russell	37.07	38.31	6	37.24	17	9	13
Frerck, Barbara	50.00	51.12	7	50.14	16	8	15
Hodges, John	38.23	39.28	8	38.36	15	13	9
Niland, Graham	41.05	42.09	9	41.18	14	26	2
Walker, John	39.33	40.23	10	39.43	13	18	4
Solomon, David	42.56	43.35	11	43.04	12	29	2
Holmes, Ian	40.37	41.14	12	40.44	11	23	2
Wilson, Mike	44.34	45.07	13	44.41	10	31	2
James, Peter	44.57	45.26	14	45.03	9	33	2
Benson, Darren	33.29	33.56	15	33.34	8	1	22
Ritchie, Dave	40.10	40.36	16	40.15	7	22	2
Campbell, Tina	45.14	45.30	17	45.17	6	3	20
Lovel, Rod	38.05	38.21	18	38.08	5	12	10
Murphy, Grahame	36.43	36.55	19	36.45	4	7	15
Mckenzie, Margaret	65.14	65.23	20	65.16	3	12	11
Herrison, George	40.56	40.60	21	40.57	2	24	2
Stanton, Wayne	36.51	36.54	22	36.52	2	8	14
Truscott, Chris	33.57	33.56	23	33.56	2	2	21
Maher, Lesley	46.58	46.50	24	46.51	2	6	17
Dearn, Frank	57.11	57.02	25	57.03	2	37	2
Very, Cathy	48.15	48.06	26	48.07	2	7	16
Whealy, John	42.48	42.38	27	42.39	2	28	2
Hallam, Andrew	35.20	35.10	28	35.11	2	3	20
Boswell, Phil	39.13	38.59	29	39.00	2	16	6
Potter, Raymond	39.20	38.58	30	39.00	2	17	5
Cowan, Joanne	36.03	35.28	31	35.31	2	1	22
Reis, Charles	42.36	41.59	32	42.03	2	27	2
Stitzinger, Ron	54.51	54.04	33	54.09	2	36	2
Kaley, Mat	36.21	35.07	34	35.14	2	5	18
Franz, Godfrey	36.03	34.43	35	34.51	2	4	19
Fahey, David	47.33	46.06	36	46.15	2	35	2
Hill, Sue	54.08	52.36	37	52.45	2	9	14
Urwin, Steve	39.01	37.27	38	37.36	2	15	7
Robinson, Mark	40.06	38.15	39	38.26	2	20	2
Fiore, Mark	40.09	38.15	40	38.26	2	21	2
Green, Rozanne	54.31	52.21	41	52.34	2	11	12
Hugill, Philip	38.55	36.02	42	36.17	2	14	8
Russell, Robi	54.08	50.58	43	51.13	2	10	13
Laaper, Marlies	42.32	37.22	44	37.37	2	2	21
Cox, Geoff	36.37					6	16
Henderson, Ian	37.34					10	12
Kaplin, Alan	37.45					11	11
Smitheran, David	39.54					19	3
Johnston, Philip	41.00					25	2

DHL Sydney Striders' Half-Marathon Ladder

[Rankings include only members who have run a 1/2-M'thon since joining. Those members' best pre-joining performances are also listed (RHS) if faster. Advise Kevin Tiller (456-1959) of any errors or omissions.]

Name	Time	Race	Date	Time	Race	Date
Phil Garvin	1.09.22	Sydney	0587			
John Sauer	1.10.54	Striders Open	0990			
Godfrey Franz	1.12.48	SMH Half	0593	1.10.41	Pretoria	1983
Mathew Kaley	1.13.00		1990			
Darren Benson	1.13.59	SMH	0595			
Wayne Stanton	1.14.30	Cooranbong	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			
Chris Truscott	1.15.54	Weston Creek	0395			
John Hamilton	1.16.01	Sutherland	0690			
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			
Stephen Jackson	1.17.02	Smithfield	1092			
Warwick Selby	1.17.14	Sydney SMH	0592			
Andrew Hallam	1.17.23	SMH	0595			
Alex Whitworth	1.17.40	Lake Macquarie	0692			
Malcolm Satchell	1.17.59	Internal Hkp	0890			
Mike Martin	1.18.05	Striders	0394			
Grahame Murphv	1.18.10	SMH Half	0593	1.17.00	Edinburgh	0688
Mark Fiore	1.18.22	Sutherland	0691			
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			
Paul Russell	1.19.08	Striders Half	1985			
Crispin Gardner	1.19.50	Striders Half	0992	1.18.47	Southern Cross	0490
Stephen Gill	1.19.56	Canberra	0592			
Brian Gatfield	1.19.57	Sutherland	0689			
Ron Schwebel	1.20.10	SMH Half	0593			
Marlies Laaper	F 1.20.18	SMH Half	0593			
Jonathan Trope	1.20.35	Internal	0392			
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			
Graeme Hansen	1.21.19	Reading (UK)	0492			
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			
Mark Robinson	1.22.27	Sutherland	0691			
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			

Name		Time	Race	Date	Time	Race	Date
Peter Truscott		1.23.44	Gold Coast	0794			
Graham Butler		1.23.59	City of Sydney	0586			
Raymond Skinner		1.24.01	Internal Half	0988			
Alan White		1.24.20	Sutherland	0790			
Philip Boswell		1.24.26	SMH	0595			
Hugh Spencer		1.24.40	City of Sydney	0586			
Paul Killeen		1.24.41	SMH Half	0593			
Raymond Potter		1.25.00	SMH	0595	1.17.30	Watagan	1986
Ian Henderson		1.25.02	SMH	0595			
John Turner		1.25.16	Combination	0788			
Rodney Lovel		1.25.26	SMH	0595			
Susan Roberts	F	1.25.30	SMH Half	0593			
Derek Smith		1.25.39	Canberra	0592			
Kelvin Marshall		1.25.44	SMH	0595	1.21.20		0690
Greg 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			
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	1985			
John Hawkins		1.28.02	Internal	0892	1.27.16	Southern Cross	0489
Gary Leahey		1.28.15	Internal	0892			
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			
Geoffrey Caban		1.28.57	SMH	0595	1.28.00		1989
Terry Rose		1.29.04	Sydney SMH	0592	1.19.00	Westport NZ	0287
Kevin O'kane		1.29.10	Internal Half	0387			
Charles Reis		1.29.30	SMH	0595			
Stuart Howard		1.29.34	Gold Coast	0792			
Tony Hoban		1.29.48	SMH	0595			
Dawn Tiller	F	1.30.59	Canberra	0592			
Philip Johnston		1.30.59	SMH	0595			
Wendy Downes	F	1.31.00	WDJH Half	1985			
Roger Rigby		1.31.00	Internal Half	1989			
Peter Hammerschmidt		1.31.20	SMH	0594			
John Plummer		1.31.35	Sutherland	0687			
Sarah Entwistle	F	1.31.47	Southern Cross	0490			
George Herisson		1.31.48	SMH	0595	1.21.30	Lake Illawarra	1984
Clara Vucetic	F	1.32.00	SMH	0595			
Keith White		1.32.00	SMH	0595			
Richard Bamann		1.32.17	SS Internal hkp	1985			
Timothy Read		1.32.36	Eloura	1991			
Craig Utian		1.32.44	SMH	0594			
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

Name		Time	Race	Date	Time	Race	Date
Ross Betts		1.33.24	Lane Cove	0388			
Harvey Blue		1.33.40	Sydney SMH	0592			
David Solomon		1.33.40	SMH	0595	1.30.30		
Aiko Abbas		1.33.54	SMH	0595			
Keith Jackson		1.34.04	Internal	0392			
Graeme Nyland		1.34.04	SMH	0595	1.31.00		
Karin Gaggin	F	1.34.11	Combination	0791	1.30.30	Springwood	0387
Ron Daly		1.34.50	SMH Half	0593			
Paul Lunsman		1.35.04	Sydney SMH	0592			
Alex Hamill		1.35.12	Sydney SMH	0592			
David Theriault		1.35.38	SMH	0595			
Susan Griffith	F	1.36.00	Striders Half	1990			
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			
James Howard		1.37.28	SMH	0595			
Joe Degabriele		1.37.36	SMH	0595			
Brenda Hamill	F	1.37.58	SMH	0595			
Stephen Roach		1.38.16	SMH	0595			
Owen Denmeade		1.38.30	Sydney SMH	0592			
Nazha Saad		1.38.30	City Marathon	0592	1.38.30	City Marathon	0592
Ian Manners		1.38.44	SMH Half	0593			
Brian Taylor		1.38.59	Southern Cross	0490			
Manfred Fiedler		1.39.50	SMH	0595			
Steve Hitchcock		1.40.00	SMH	0595	1.34.54	Royal Life Melb	0886
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			
Iain Dow		1.41.23	Sydney SMH	0592			
Jim Screen		1.41.24	SMH	0595			
Susan Marr	F	1.41.36	SMH	0595			
Rosalind Lloyd	F	1.41.42	SMH	0595			
Phil Madden		1.41.42	SMH Half	0593			
Alan Phillips		1.42.24	SMH Half	0593			
Peter Cookson		1.42.48	SMH	0595			
Graham Firkin		1.42.53	Internal	0392			
Neil Mcpherson		1.43.53	SMH	0594			
Tony Partridge		1.43.54	SMH	0594			
Bryce Courtenay		1.44.52	Sydney SMH	0592			
Cathy Verry	F	1.45.00	SMH Half	0593	1.39.38	Sydney M Herald	0892
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	CocoaRiver USA	0192			
Robi Russell	F	1.48.12	Internal	0592			
Peter Butcher		1.48.22	Sunrider	0994			
Peter Johnson		1.49.50	SMH Half	0593			
Leo Leader		1.50.14	SMH Half	0593			
David Barwick		1.52.24	Sydney SMH	0592			
Julia Stenton	F	1.52.31	Sutherland	0691			
Paul Glare		1.53.49	Internal	0892	1.35.48	USA	1190
Irwin Light		1.55.34	SMH Half	0593			
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 Rty	0591			
Alan Tonge		2.23.39	Adelaide G'belt	1988			

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.



\$5 Entry Fee includes refreshments (\$3 DHL Sydney Striders Members). Register on the day.
Entry Fees for the "Run 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. 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)