

SYDNEY Striders

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Road Runners Club Inc.
for 1994/1995



Edition No. 58: July-September 1995

"Equaliser" Cross Country: A Fitting Memorial to Strider Bret Nichols

by Jim Screen

30 July 1995: Some say it was cold, some say it wasn't as cold as last year when it was really cold, others were too cold to say. Whatever the real situation was didn't matter to the hardy group of Striders who gathered at dawn to take on the "Equaliser", this year in memory of Bret Nichols.



Darren Benson receives the Bret Nichols Memorial Trophy from Warwick Selby

There were some great efforts recorded (and not recorded) on the day. Perhaps worthy of special mentions are the timing marshall who selectively missed the times of 8 runners and Nick Thomsen who managed to be the only one to lose himself, not in the bush but in the middle of St Ives, the easiest section of the course. Well done

Nick, at least you got back in time for breakfast.

Darren Benson, Chris Truscott and Mathew Kaley had a great tussle. The three were only a few paces apart at the drink station and all were running strongly. Darren went on to win in 56.30 from Chris 57.35 and Mathew 57.45.

Joanne Cowan & Co. performed at her (their) usual high standard by winning the Open Female Section in 67.06. Dawn Tiller was not far away in 2nd place 69.42 followed by Clara Vucetic 75.22.

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AND MUCH MORE!

Clara and Joseph Vucetic set some sort of a course record by winning their respective sections of the 40-49 age group, Clara in 75.22 and Joseph's time accurately recorded between 59.44 and 61.14. (Sorry about that).

Scott Crawford put in a fine effort on the day to come home in 69.17 and win the 50 to 59 Years Men's section (just shows you what can be done, doesn't it?). Wendy Downes also ran well on the day and was first 50+ female home in ?.....you guessed it, time not recorded. Well done Wendy and Scott.

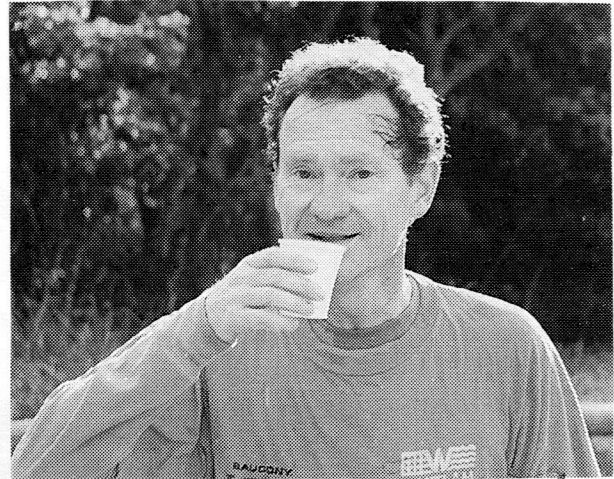
Sub-centenarian's category

The 60+ and under 100 section was well won by Manfred Fiedlar (you guessed it again) followed home by Bruce Murray in 80.49.

Robi Russell, Bill Blecha and Bruin Dog swept the field home in 98.40.

The presentation speech was delivered by Warwick Selby .When presenting the trophy to Darren he reminded us of Bret's love of running, especially through the bush and in particular the Equaliser Course. We were also able to reflect on the contribution made to Sydney Striders by Bret with the support of Lynndy. The very fine perpetual trophy which carries his name, and the strong competition to win it in the years ahead, will be fitting memorials to Bret's work for the club.

Thanks and well done to Kevin O'Kane and his band of helpers. They look forward to seeing more of you at the start in '96. Full results are printed later in this edition.



**David Sill taking on fluids
(does he actually look hot?)**



**Jonathon Worswick
hotly pursued by Jeff Gissing**



Chris Truscott, in a hurry, still has time for a drink

• Club News

by Chris Robb and others

• Striders' New Clubhouse

Fireworks over the harbour (courtesy of Sydney Harbour Casino) and a wine-tasting evening on Wednesday 13 September served as the official welcome to our new clubhouse at Waverton Bowling Club.

Why, you may ask, have we moved from Cammeray to Waverton?

There were a number of difficulties with Cammeray including parking problems, the cold, exposed STaR start and the toughness of the Park Avenue Hill (no we're not a bunch of wimps but three climbs in one Time Trial begin to wear a bit thin).

While we are appreciative of the opportunity which the committee at Cammeray afforded us we felt it was time to seek out a venue which better suited our activities.

What's so good about Waverton?

- Less than 5 mins walk from Waverton station
- Heaps of parking
- Balls Head Reserve just around the corner
- Spectacular views of the City
- Showers
- Sheltered meeting point for STaRs
- Bowlers don't start till lunchtime
- Lunch & Dinner available Thursday to Sunday
- Open by midday Tuesday to Saturday
- Open 9am on Sundays and 4pm on Mondays

How will we use the new Clubhouse?

We encourage members to use Waverton as a regular base for training runs. To start with we are proposing three training days. These will be informal and unstructured to allow for flexibility. Meeting times as per below will be advertised.

Tuesdays 6.30pm

Thursdays 6.30pm

Saturdays 8.30am.

The time trial option will still be available on Tuesdays but at the same time members are encouraged to meet for short or long training runs and interval sessions on all three days. To start with we may only get two or three people but in time we hope to have a number of groups meeting and doing the training of their choice.

A 2.5 km course has been designed, starting and finishing at the clubhouse, and time trial participants will be able to choose any multiple of that distance.

In short:

- Turn up
- Discuss your preferred option with others
- Link up with the runner or runners with the same plans as yourself
- Have an enjoyable run with a training partner or partners rather than run on your own at home
- Vary your distance and partners from week to week depending on your mood and goals

The Address:

Waverton Bowling Club
Woolcott Street (off Bay Rd)
Waverton (Phone 9955 2729).

• Club Contacts

CLUB MANAGER, Chris Robb 9959-4269

CLUB COMMITTEE 1995-96

President, Wendy Downes	449-4093
Vice-President, John Turner	331-4867
Secretary, Jonathan Worswick	557-2546
Treasurer, Geoff Taylor	416-7299
Treasurer (relieving), Wayne Stanton	9975-1141
Uniform Director, Peter Truscott	489-4754
Blister Editor, Graham Butler	9949-3381
Asst. Blister Editor, Sarah Entwistle	360-4516
Blister Production, Steve Cornelius	9977-3266
Membership/Database, Kevin Tiller	456-1959
Social Director, George Herisson	888-2490
Social Director, Deborah Robert	9906-6816
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	9953-5317
10k Series Director, Mark Fiore	874-3034
10k Asst Director, John Hamilton	484-4773
Internal Races, John Sutherland	9956-8636
Public Relations, Tony Hoban	428-5957

• The Blister

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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 save files in text format! Other formats may delay production.

(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.

• STaR Hosts Needed

Murray Town

New hosts are required for the River Run (starts at Putney), the Iron Cove Bolter (Drummoyne) and the St. George Stroll (Kyeemagh). Or, of course, anyone can suggest and design a new STaR course for our repertoire. Contact Murray Town on 489-2220 for details.

• Striders' Email Contact

Kevin Tiller

Address changes, race results, Blister articles and letters to the Editor or Committee may now be sent via email for prompt attention. Address: **100244.1707@compuserve.com**. There is just no excuse for not sending in those race results now!

• Club Uniforms and Gear

Peter Truscott

Sydney Striders' 15th anniversary T-shirt is now on sale, and for those who are yet to buy one, the price is \$25 (that's not including a tip). To obtain one of these brilliantly designed new T-shirts, see Peter or Chris Truscott at the next STaR run or 10k event.

While we're on the subject of brilliant designs, the new Sydney Striders' running shorts, equipped with the regulation Cheetah, are now available in ladies' and mens' sizes for \$25. The original quartered green and white shorts are still available, with the new ones adding a slice of variety. So rush in and buy today! At these prices they won't last, which means I'll have to order more.

Price List:

New Design Running Shorts	\$25.00
15th Anniversary T-Shirts	\$25.00
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

• Marathon Training Group

Kevin O'Kane

If any of these is you:

"I don't run STaRs any more because I can't keep up with the headbangers";

"I've taken it easy for a few months (or years) and I'd like to get back into it";

"It's too hard for me to go from the 15k (or 10k) group to the 6.00 group";

"I'd like to run a marathon just once, but I don't know where to start";

"I've heard about the Six Foot Track, but I

never get around to doing it";

"By the time I get over Christmas, it's too late to start training for Canberra";

"I've been a member for a while, but I don't really know many people";

"I always stuff up when I run a marathon. I don't really know what I'm doing wrong";

"I just want run with a group which will stay together";

I could continue, but you know what I mean. If any of these is you, turn up at 7.00 on the STaR on 15th October, or join in later (not too much later, I hope). You don't have to train for a marathon - you can use the group for whatever you want. One thing is guaranteed. The group WILL stay together.

Any questions, ring me 283 3355 (Bus.) or 449 1435 (Home)

• Errata

in Blister #57

Jack Woodward's half marathon PB is 1:28:11 at Centennial Park (Sept 1988).

• On The Streets

Jonathan Worswick

Sports Travel: As a member of Athletics NSW we are eligible for special sporting rates for all our travel needs. This benefit can be obtained by booking through Australian Sports Travel (AST) and mentioning that you are a member of ANSW. Bookings 1800 626 424.

Sporting Injuries Scheme: The scheme provides personal accident and injury cover. A lump sum is paid to any person who is injured while participating in an authorised activity or sporting event and who has suffered a permanent disability of a *certain* kind.

In the event of an injury:

- (1) Report the injury to an official of the club as soon as possible;
- (2) Sign the Initial Injury Advice form;
- (3) Complete a Benefit Application form;
- (4) Make sure the club supports the information contained in the forms;
- (5) Forward the application to the Sporting injuries committee with statements from witnesses, medical

reports, hospital discharge documentation etc.

ANSW Membership Figures: Summary of members of some of the other large Metro clubs, (kindly provided by ANSW):

Club	F	M	Tot
Asics Wests	76	146	222
Reebok	101	156	257
Cumberland Ryde Hornsby	100	127	227
Saucony Sutherland	121	215	336

Trivia: ANSW expenses for the Sydney Marathon are \$860,249 a large chunk being TV fees of \$120,000.

• New STaR at Akuna Bay

designed by John Hamilton

The Akuna Bay Arg g g g g h h h h h!!!! is a new STaR, first scheduled for 15 October.

Hill rating: not for wimps !!!!!!!

Bush content: zot, although there's plenty on both sides of the roads on the run !!!!!!!

0		Frank Beckman Reserve, Yulong Avenue, Terry Hills
0.1	L	at McCarr's Creek Road
2.0	R	at entrance to Ku-ring-gai Chase Nat. Park (KCNP) (McCarr's Creek Road)
5.0	L	at West Head Road
		NPWS KCNP toll booth
6.5	L	Liberator Gen. San Martin Dr.(Lgsmd)
10.6		Akuna Bay Marina (stay on Lgsmd)
12.9		Illawong Bay (stay on Lgsmd)
14.0	R	Cottage Point Road(start long option)
0	R	Cottage Point Road (long option)
4.2	turn	turn round at end (long option)
8.4	R	(Lgsmd) (long option)
14.0	R	(Lgsmd) (finish long option)
16.9		Ellis Trig (stay on Lgsmd still)
18.9		NPWS KCNP toll booth (McCarr's Creek Road at intersection)
21.0	R	Yulong Avenue SHORT option
21.5	R	Booralie Road
25.0	R	The Greenway (on residential street) (Terrey Hills Golf/Country Club sign)
25.5		around end of residential street loop
26.0	L	Booralie Road
29.5	L	Yulong Avenue
30.0		Beckman Reserve, Yulong Ave, T/Hills

From the President

Wendy Downes

By now you have probably all heard the rumour that we are relocating our club house from Cammeray Golf Course to Waverton Bowling Club. This decision was reached for many reasons, the primary one being location. It has been obvious for a while that Cammeray is not easily accessible for commuters and in the winter is a very cold and windy location.

Make one visit to Waverton and you will be pleasantly surprised. The view is outstanding, the atmosphere friendly and welcoming, the park and street ideal for our requirements, and they offer good inexpensive food - where else can you get a 3 course meal for \$10? Some of you will have already tried out the venue at the introductory wine tasting night on 13 September, organised by Deborah and George.

Choice of weekday runs

We intend to use this facility for meetings, social events, and run venues. We will soon be publishing meeting times for a choice of runs during the week and hope that you can find one that suits you. Showers are available and it's just around the corner from Waverton Railway Station - drop in on your way home from work. With sufficient interest we will be able to get Susan Griffiths to run training sessions from Waverton. We'll keep you posted.

DHL Sponsorship

Regrettably DHL will not be renewing their sponsorship owing to a change in management and subsequent change in company policy. We are grateful for their support of the past year which has enabled us to keep Chris Robb as our manager, but now have to move on to finding a replacement, very quickly. We have learnt a great deal through the DHL/SS relationship and they were thrilled with our performance and contribution to their marketing efforts. We now feel that we are better placed to offer any potential sponsor a really good deal and ask you to all think really hard about whether in fact you can steer the committee in the right direction. Maybe you are, or know someone else who is, a major company decision maker and can either talk to us yourself or put us in touch with the right person. If we want the club is to grow and mature, and be able to offer all that we would wish, as per our Business Plan, then we need a manager and we need a sponsor. We cannot have one without the other. Please help by

thinking hard about this one and getting in touch with myself or John Turner.

Club Marathon Championships

It was pleasing to see 44 Striders turn out for the club marathon championships incorporated in the Sydney Marathon, 95% wearing club colours and promoting not only Striders but our current Sponsor DHL. Unfortunately there were few spectators (perhaps due to lack of publicity) but those that did turn out all seemed to be cheering for Striders. Results are published in this edition and I congratulate all those who finished this tough course, albeit a Striders' course (we love those hills!). I can't tell you how delighted I was to achieve the status of Club Female Marathon Champion for 1995, thanks to the non-attendance of (pregnant) Joanne and Marlies. Thank you girls!! Congratulation to Trevor Jacobs for his superb 2.39 and Phil Hugill for his 2.51. Great times! And of course I have to mention the eternal machine - Murray Town, who, having just returned from riding his bike across America (with very little pre-event training), which was preceded by Comrades, which was preceded by every other challenging event in Australia, clocked up 3.22 in the marathon. and he's STILL going!!! I think it's time someone did a drug test.

New uniform designs

Peter and Chris Truscott have been spending many hours over the drawing board coming up with new designs for our club uniform. I think most members are aware of the 15th anniversary T-shirts which are proving very popular and now we have an alternative shorts design to the traditional green and white. You too can now run like the wind with a cheetah behind you - the new design features our mascot on the rear and is very distinctive.

And on the subject of our mascot - David Sill, Chris McLean and Geoff Taylor, whilst recovering from Comrades in South Africa this year, scoured the country looking for a carved cheetah. They found that most of them were leopards but eventually discovered a beautiful specimen, matched its spots against a photograph, and carried the heavy carved stone animal back to Australia where it was mounted on wood and presented at the Annual Bret Nichols Memorial "Equaliser". David, Chris and Geoff - we

thank you. At present it is adorning my bar at home and looking for a more permanent residence. Also on the same subject, how many members are aware that we also sponsor a cheetah at Western Plains Zoo? Next time you are in Dubbo - pay him/her a visit.

As the racing season draws to a close I ask you to make sure that you send all results to Kevin Tiller for entry into the database so we have everything on record for the awards in December. It's no good complaining after the awards presentation that you did a better time than the prize winner, when you hadn't sent your times in. Kevin does a wonderful job with results, and membership data, and has set up a very sophisticated database programme - he can print out anything. Kevin is a very valuable Strider and works very hard behind the scenes, keeping us all up to date, and now that Dawn is pregnant again, he will be spending more time at home and needs something to do (sorry Kevin).

Happy Striding, Wendy Downes



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Alan Phillips Bike Group Humiliated

Graham Butler.

The Alan Phillips School of Bicycle Maintenance, advertised in a previous issue of The Blister, has had its prestige irreparably buckled, according to sources close to the group.

Some weeks ago, the Dad's Army cycling pack had dismounted to rest and refuel at Church Point when a shabbily attired youth pestered the group, pleading to ride with them for a while and claiming that he hadn't done much bicycle riding since he was a nipper. The boy's obvious lack of cycling savoir-faire, tattered jumper, baggy tracksuit pants, sandshoes, and ancient rusty Malvern Star, contrasted quite noticeably with the splendour of the Alan Phillips crew, equipped with their four thousand dollar bikes and designer label lycra outfits. His overall impression was that of the veritable stripling on a small and weedy beast, to quote the words of the Australian bard. Polite requests to accompany the elite group were treated condescendingly and patronisingly, but knowing that he'd only keep up for a few minutes they agreed to let the lad tag along.

It was thus to the creaking of the Malvern Star's badly maintained bottom bracket and chain gear, which hadn't even smelt a drop of oil in the past decade, that the cycling party set off towards the long and arduous ascent of McCarrs Creek Road.

From halfway into the climb through Kuringai Park though it became obvious that a significant upset was in the process of occurring. The resplendently attired riders of Treks and Cannondales were simply no bicycling match for the upstart on the rusty Malvern Star. In fact he had been quietly awaiting their arrival for quite some time when the gasping, perspiring geriatrics rounded the final bend at the top of McCarrs Creek Road, aghast in their disbelief. He just kicked our arse! explained one of the more politely eloquent members.

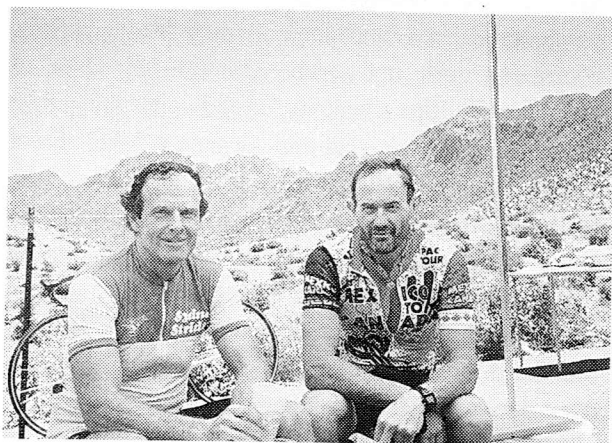
The moral of this true story is quite clear. Youth and vigour cannot be substituted by money spent on equipment or finery of attire. In the words of the oracle, Alex Hamill, You can't buy a new pair of legs at Clarence Street.

Member of the Month / Member Profile

by Kevin Tiller and Sarah Entwistle

July: Harvey Blue

Congratulations to Harvey who has just returned from a mammoth effort of cycling up and over the Rockies (see story in this issue). Harvey put in many long lonely hours on his bike throughout winter to build the definitive endurance base to tackle this challenging journey. Now back on his bike in Sydney, a rejuvenated Harvey is leaving us all in his wake as he shows off his new pedal prowess. Harvey and August winner Trevor Jacobs each win a Striders' sweatshirt.



Harvey Blue (r) with Murray Town during their recent North American epic ride

August: Trevor Jacobs (Member Profile)

As Trevor was the first Strider home in both City-to-Surf and Sydney Marathon, we couldn't help nominating him as Member of the Month AND according him the honour of being in this edition's "Profile" spotlight. Although we don't get to see Trevor that often, as he lives in Canberra, he is an enthusiastic member and supporter of the club, and wears Striders colours whenever in Sydney. It's fantastic that he managed to make it up to the big smoke on two separate weekends in August. To show our gratitude in return the Striders should make a note in their diaries to go down to the nation's capital on 12th November for the 53Km Brindabella Classic bush run. Trevor is the Race Director. (That was a free plug).

Full Name	Trevor Allen Jacobs
Place of Birth	Bordertown, South Australia
Age	44
Family	Wife and 3 daughters
Occupation	Civil Engineer (in water - Murray Darling Basin)
Best Feature	Patience and determination
Worst Feature	Having no bum (nickname at work is "Nobum")
Favourite non-running mag	Readers Digest Short Stories
Favourite music	Slim Dusty (and songs where you can hear the words)
Favourite food	Breakfast Cereals
Best time of day	Eating breakfast
Other hobbies and pastimes	Cycling, occasional triathlon, tennis, gardening, travelling and running club admin (shame you don't live in Sydney Trev)
People (living or dead) you admire	My dad and mum, Pat Farmer and Dave Cundy (Canberra M'thon Race Director) for his admin abilities
Dreams & ambitions	Run under 7 hours for 100Km and under 2hrs 30 in a marathon
Years running	13 (after many years of Aussie Rules and soccer)
Why did you start	Inspired by my sister when she ran a marathon
Running ambitions	Improve on all my running PBs
Races you are most proud of	Course record at Brindabella 1992 (53Km), and my 1993 Comrades (90Km South Africa)
Training partner	John Muir and Rod Higgins (when I can keep up with them)
Advice to a new runner	Aim for a steady progression over a number of years and don't get too obsessed.
Personal Bests	10Km 32:40, ½-M'thon 71:30, M'thon 2:30:32, 100Km 7:08, and 24 hours 201Km

A Typical P.A.C. Tour Day or "Oh! That should be fun"

Harvey Blue

DAY 8: I am composing this at 3:00 a.m. lying in bed wide awake, wondering what madness made me come on this Mexico to Canada, Ridge of the Rockies P.A.C. tour ride. I slept well last night, but now all I can think of is what happened yesterday, a typical P.A.C. Tour day. I finished off day 7 well, rode into motel in the middle of the field. Friends from Denver, Bill and Julie Scott were at the motel to welcome me. We had a great dinner and talked about the tour. Lon Haldeman, the tour organiser is a hero of Bill's. Bill has ridden since he was a kid, and knew of Lon's prowess. Bill decided to ride with me to the first SAG (Support and Guidance) stop at Delta, a distance of 30 miles.

Legs go to jelly

We start at 6:30 am with the route for the day Montrose to Rifle, 131 miles and 6000 feet plus of climbing. Bill and I cruise in a peleton for about 15 miles through undulating farmland on back country roads. Very easy going at about 28 m.p.h. Suddenly Bill says he has to stop for a pee. So I stop with him and the peleton vanishes. As we start up again Paul Hartman (6'4" of shaven muscle power) pounds past at 38 m.p.h. So we get in behind him to catch up with the peleton. This goes on for about 10 miles, and just as we approach the back of the peleton my legs go to jelly. I look back and Bill is about 200 yards behind in the same condition. I am in trouble and I have only done 25 miles, with 106 to go.

Bill and I drift around Delta looking for the SAG which we find in a small park with most of the riders there. Bill says goodbye and goes off to find Julie and succour. After a drink and a bite to eat I make the mistake of going into a nearby toilet rest room. All the riders obviously see me do this for they all immediately leap on their bikes and disappear. When I emerge I see 5 riders left. They are Paul Russell, Australian 80 kilometre road racing champion for his age, Lon Haldeman two times winner of the race across America (RAAM) and current record holder of men's and mixed across America tandem cycling records, John Strongman placed 7th in last years RAAM, and 2 guys who look as though they have just got off the

plane from "Le Tour". I roll out of town with this group, still wondering about my legs. I casually ask what is in the next section? "Grand Mesa" says Lon pointing to a distant mountain, "35 miles and 5800 feet of climbing". "Oh!" said I, "That should be fun", by which time the group is a small dot disappearing about a mile or so in the distance. Last again!

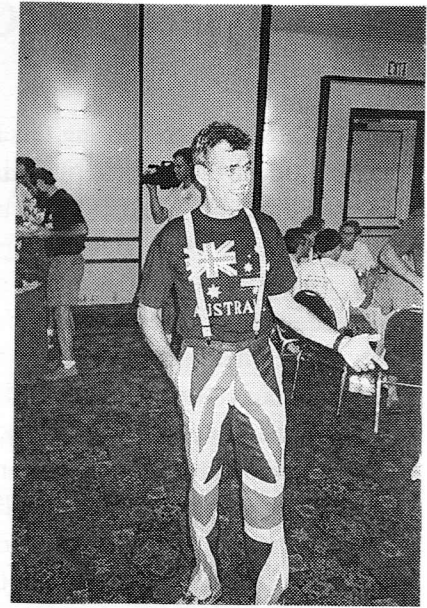
This is redneck country

I turn left towards Grand Mesa, (loose translation Bloody Big Plateau) and start climbing the foothills through Orchard City. This is real redneck country. I know this when I pass Timothy McVey's Used Artillery Yard. Second hand camouflaged armed personnel carriers, ammunition trucks in the front yard, Tanks and howitzers round the back. The pick ups have rocket launchers on the racks on the back windows, not shotguns.

Gatorade is dog repellent

I am pushing through Cedaredge when I notice a guy to my left coming out of his front gate with a poodle in his arms, with another poodle and a black hunting dog at his feet. The black hunting dog is eying me off. He keeps the black hunting dog inside the gate but the poodle slips out. He opens the gate to get the poodle in and the black hunting dog is out like a start at the Dapto Dogs. My top speed at this time is 8 m.p.h. and the dog is onto me in a flash. I immediately think of my mate Allan's advice to me back in Sydney on how to act when attacked by plain's Indians. "Place the bikes in a circle." This is very difficult with one bike, but I manage to dismount and get the bike between me and the beast. I then found the true use of warm Gatorade. It is dog repellent. One squirt between the eyes and off it went. As I rode off up the road I fully expected a rocket between the shoulder blades for my treatment of the fellow's dog.

Now came Grand Mesa. The road could be seen switchbacking up the face of this 10,400 foot high mountain. Up, up and still up through forest of Aspen (named after a ski resort hereabouts) with meadows of wild flowers, and then up to forests of pine with small glacial lakes still spotted with snow drifts. I counted seven false crests, and



P.A.C. Pics

courtesy of Harvey Blue:

(above left):

The Rockies

(above right):

Patriotic Paul Russell

(below left):

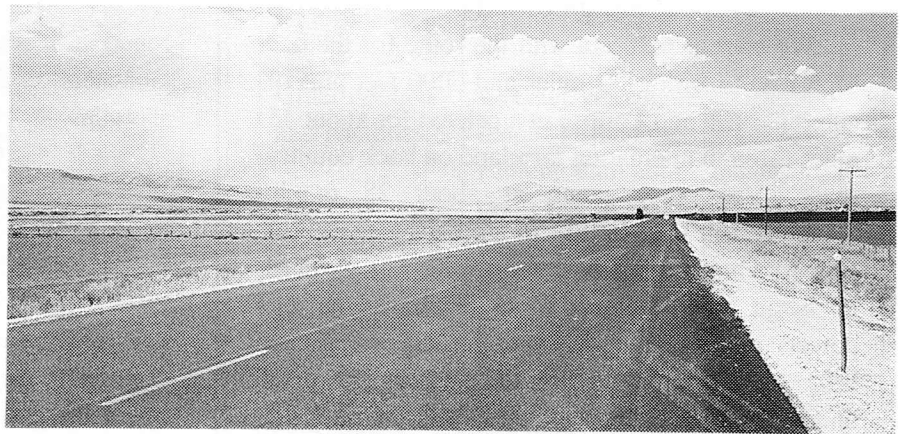
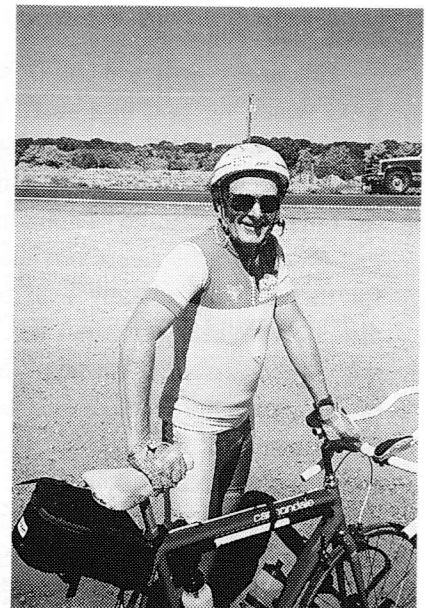
Lounge chair on wheels

(below right):

Murray Town

(centre):

The road goes on forever.



on the seventh I cried. But then I realised I had made it. I passed three riders on the climb, two of whom immediately saw their plight was hopeless and got in the SAG vehicle to the top, just to keep me last. I arrived at the top with Ron Bobb on a recumbent bike, a lounge chair on wheels with a clear plastic spinnaker (really a windshield). Then came 20 miles and 4000 feet of descent at speeds of 47 m.p.h.. Others had got up to 60 m.p.h. but were long gone. This would have been perfect cycling had it not been for the cattle grids about every two miles or so, requiring a slowing of pace or a leap with the bike at break neck speed. The temperature, which had dropped to a pleasant 10 degrees C as I climbed, now went up to 40 degrees C as I approached Mesa for lunch.

Picked me for an Aussie straight away

After lunch Ron Bobb and I rode out of Mesa for about a mile and turned right as instructed on our official direction map and proceeded down into the Colorado River valley. After ten miles or so I noticed the river was running the wrong way, and then sure enough we came to Plateau City, clearly off the route. Plateau City, despite its name, consisted of one store and two houses. We went in to the store to ring the hotel to let them know we'd be late. The store owner picked me for an Aussie straight away. "We got an Aussie here in town, he lives opposite." So over I go to see my fellow country man, hoping he may be able to give us a lift. The first bloke I see is a tall Mexican guy who says the Australian is inside. So he calls him and out comes Glen from Albury Wodonga, about 20 stone covered in tattoos. "G'day mate, have a beer. I got the league on the tele inside. Come on in." "Another time perhaps Glen. You see I am a bit lost. Could you give us a lift down the road?" "Jeez I'd love to mate, but the Ute's Stuffed." I felt I should have explained to the Mexican chap that Glen's indigenous native American Indian of those parts had not died and been mounted by the local taxidermist, but he was Glen's companion and he had probably heard this lingo before.

So Ron and I rode back to the Debeque cutoff, the road we should have

taken. This took us up a small canyon and over into the valley of the Upper Colorado River. Ron commented on how it was like riding into the Grand Canyon, and it was. The cliffs on the far side were sheer and about 3000 feet high, striated with a variety of pinks and greys, standing out in the afternoon sun. We rode on and at Parachute we found the SAG vehicle out looking for us. At this stage I had 138 miles on the odometer, 7 more than prescribed for the day. I had had enough so I hopped on the SAG truck. Ron however did the lot just to make me feel bad.

Ate five Big Macs

When we arrived at the hotel Debbie, one of the support crew said "Oh! I heard you got lost." "Oh not me," said I. "I just went up to Plateau City to have a beer with an Aussie mate of mine, Glen from Albury Wodonga." That shut her up.

I was too shattered from the day's ride to go far to a restaurant, so I went to the two opposite. The first was a Chinese, the other a Macdonald's. American Chinese restaurants are monosodium glutamate dispensaries, and I loathe Macdonald's food. Nevertheless I sat down and ate 5 Big Macs.

As I settled down to sleep I casually asked Murray Town my room mate "What's on tomorrow?" "Just 2800 feet up the wall of the canyon and 153 miles onto Vernal." "Oh!" said I "That should be fun!"



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Tapering Can Give You The Edge

Keiran Barry, B.Ex.Sc

If, like most runners, you've been training hard in preparation for this season's races, you may be wondering what little bit extra you can do to give yourself the edge on race day. The answer is not more but less - in the form of a balanced taper.

To taper means to reduce your training workload prior to an event, or series of events, by a) training less frequently, b) training at a lower intensity or c) training for less time. But how and why does tapering work, and which is the right formula for you?

Why taper?

Intense long term endurance training results in a decreased ability to exert muscular power due to the draining of energy-producing enzymes and intra-muscular fuel supplies. Research shows that tapering can overcome these problems.

The following are just a few examples of numerous studies evaluating the effects of reduced training on performance on professional and recreational athletes.

Author	Taper involved	Result
Houmard	Runners: Vol: 70% drop Intensity: Same Freq: 17% drop Taper: 21 days	VO2 max stable; Time to exhaustion up by 9.5%; Improved running efficiency
Wilson	Runners: Vol: 50 % drop Freq: 30% drop Taper: 6 days	Increased lactate threshold; Increased oxidative enzymes; Increased muscle glycogen
Costill	Swimmers: Vol: 50% drop Freq: 10% drop Intensity: Same Taper: 14 days	Improved power; Improved swim times; Lactate production same
Neufer	Swimmers: Vol: 50% drop Freq: 50% drop Taper: 28 days	VO2 max maintained; Decreased swimming efficiency

The research highlights a number of interesting facts, most importantly the increased running and swimming efficiency. This means that the athlete will be able to achieve a faster speed for the same amount of energy than prior to the taper.

This adaptation comes about primarily through increased glycogen storage and use of blood glucose at sub maximal levels, combined with an increase in the oxygen carrying capacity of the blood and the greater ability of the muscles to utilise that oxygen.

However it should be noted that in studies such as Neufer's, if frequency is reduced by more than 40% or more over an extended period, then a drop in performance occurs.

A large fall in frequency can lead to an alteration in motor recruitment patterns, and consequently your technique will become less effective and performance will suffer. This is most evident in swimming, where a 'feel' for the water can quickly be lost.

Many athletes and coaches still believe that reduced training leads to reduced performance, but as can be seen from the above studies, the benefits - both physiological and psychological - far outweigh the risks.

Physiological benefits of tapering

- * Increased time to exhaustion
- * Improved exercise efficiency
- * Increased haemoglobin and haematocrit concentration leading to increased oxygen carrying capacity. (Running damages red blood cells, so decreasing your running volume alone may increase their concentration)
- * Increased muscle glycogen levels
- * Increased oxidative enzymes
- * Improved lactate threshold
- * Increased power

Psychological benefits

- * Feel fresher and faster
- * Decreased training stress leads to improved mood state and performance.

NB: Athletes who underwent a taper larger than normal initially had a lower mood state prior to the race (which would indicate imminent poor performance) yet they showed increased performance.

When the same athletes undertook the same taper a second time; their mood state was vastly improved prior to the race and they had a further increase in performance.

Risks

- * If training frequency drops to much below a 20% reduction an alteration in motor recruitment patterns may occur which leads to inefficient movement patterns.
- * An increase in recovery; heart rate and lactate levels suggests that a fall in maximum measures, such as oxygen consumption may occur if the taper continues over an extended period.
- * Excess nervous energy.

Guidelines for tapering

Length of taper: Depending on the race, and your training history, 7 to 28 days. Generally speaking the longer you have been in training; the more your taper should approach 28 days.

If you have one race only, the taper should be longer than for a series. If tapering for a series of consecutive races, you should be including the races as a hard session within the taper.

Volume: The volume of training you drop back to will be effected by the length of the taper. The shorter the taper, the greater the drop in volume. For a one week taper decrease volume between 50 and 70%. For greater than seven days a reduction of around 50% is appropriate.

Frequency: As outlined above, frequency should not drop by more than 30%. Particularly for a taper greater than seven days.

Intensity: This is probably the key aspect. Your intensity should remain at 90-100%. Your body is able to recover with the reduction in volume. Maintaining the intensity allows you to increase the speed at which you work efficiently and also provides a psychological boost as you will feel faster approaching the race.

General: You can taper many times throughout the year. The more numerous the tapers, the shorter each one should be.

Also keep this information in mind when you can't train due to illness or injury. It may stop you rushing back in and training when not fully recovered, or training too hard, too soon.

Finally, don't be afraid to experiment to determine a taper that is right for you.

*

[Keiran Barry is an Exercise Scientist, running and triathlon coach and Director of Bondi Energy Lab, Tel: 02-365 7341]

The Abel Tasman Run: It's a Classic!

Jonathan Trope

As you can all imagine, it took a great deal of arm-twisting by Wendy, our illustrious President, to get me to take up the generous offer by Graeme West of Nelson Striders for us to send a member of the club to run the second Abel Tasman Classic, especially as you all know, I'm not the greatest bush trail runner even though it's the one place I can beat Chris McLean every time.

Kiwis: masters of understatement

When I spoke to Graeme, he said the trail was pretty good (Kiwis are masters of understatement usually) and that the winner of the inaugural run last year, John Knight, a well-known triathlete in NZ, completed the 38km course in 3:03 in poor weather conditions. No worries, mate, it'll be a breeze!

I read a few things about the course before I departed from Sydney and packed a heap of gear, including polyprop top, gloves, multiple T-shirts, squeezies, ankle guards, bandages, Voltarin, Panadol..... Graeme had said that he'd lend me a Parka and a woolen beanie, so I omitted those from the ever growing list of "what if" stuff. I thought long and hard about taking sunnies and a peak (every time I've been on South Island it was raining) but I lobbed them in anyway.

Swarming with tourists

The Abel Tasman National Park is on the North Coast of New Zealand's south island, and the start of the track is at Marahau, about 90k from Nelson. The "hidden" coastline (much of which can only be viewed from the sea) encompasses superb beaches, rocky headlands, estuaries and native bush growing down almost to the waterline. Half of the Park's border follows the coastline and there are a multiplicity of walking tracks that are used by bush trappers, many of whom spend several days exploring the area. Apparently the Maori people used the area extensively before European settlement and there is still evidence of their presence. The Park is one of NZ's smallest covering about 22,500ha and unlike some of the others, it is accessible on a first come best dressed basis, i.e. you don't book.. According to the locals, the Park is swarming with tourists, mainly Germans and Scandinavians from October to March.

The Department of Conservation (DOC) controls access to the Park and when the Nelson Striders sought permission to hold their first race last year, DOC insisted on limiting the numbers as they felt that runners may inflict a lot of damage on the trail. In the end DOC were happy with the result and agreed to allow the race to be staged again this year.

Inaccessible by road

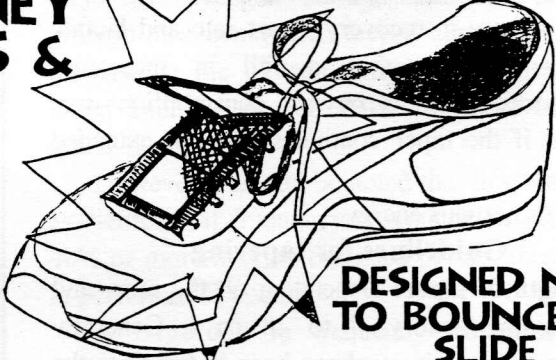
Organisation of the run is in itself a major achievement, as there are a host of matters that need to be taken care of. Most of the parts of the track are inaccessible by road so marshals have to be taken in by boat, boats and buses are needed to return runners to the start (point to point run), timing gear and personnel have to be bussed to the finish along with all runners gear, hot food, drinks, etc. Search and Rescue Teams have to be organised (helicopters, boats, paramedics) and a careful check procedure has to be followed to ensure every runner is accounted for at each of the four checkpoints. A sweeper (tail end Charlie) jogs the route to assist stragglers if required. In addition, the Striders arranged a Pasta Party/Briefing at the Riwaka Hotel on the preceding night and a Prizegiving Dinner at the same venue after the race.

The Start is staggered by anticipated finishing time to ensure that all runners cross the Awaroa Inlet as close to low tide as possible with walkers starting at 9am and the fast guys at 12 noon this year. This results in the faster runners passing others on route. The rule is that slower

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runners run on the inside to allow the others to take the marginally more hazardous outer route.

I arrived at the start at Marahau with Marie and Patricia Lenting, with whom I stayed the previous night, about a half an hour before Marie was due to start (11am). The weather was absolutely brilliant, clear sky, light breeze and about 15 degrees. At the start, there was a strict survival gear check to satisfy DOC and we were

warned in clear terms that spot checks would be held to ensure that no gear was discarded along the way. The penalty is disqualification which I guess is a pretty good deterrent after 38k but the threat of sending people back to pick up any discarded Squeezy or food wrappers (all of which were marked with your race number) was even more daunting.

I started at 11:30, based on my statement that I felt a 3:15 marathon time was a good

indicator of my fitness level and also because of my relatively slow progress through the bush. I soon found myself in the middle of the pack of 40 or so runners, most of whom seemed to be of a similar standard. The first part of the track is on a boardwalk which then gives way to what can only be considered a fabulous "bush" trail with a smooth surface (no rocks, roots, steps or similar hazards) which continues for about 10k through lovely coastal vegetation alongside the sea and offers magnificent views. Make no mistake though, it is not easy running as the route undulates, there are many twists and turns, lots of bridges, most of which can only carry a limited number of people at one time, and there are some really tough hills.

Brief pitstop

The high quality trail ends at the first checkpoint at Torrent Bay at which time it gives way to a more typical pathway, still better than most we run on in Oz and generally soft underfoot. At this point I made a brief pitstop and lost touch with the group of Wellington Marathon Clinic blokes I had run with so far but I caught up to them as we climbed a steep hill on our next leg to Bark Bay. Again the terrain was quite challenging and I was struck by the many times we climbed to the top of a saddle only to drop down to sea level shortly thereafter. I was careful to pace myself to ensure I didn't repeat my famous Comrades blowup.

After the Bark Bay checkpoint there are more of the climb/descent routines all of which go through great bush with magnificent outlooks (if I had the time to enjoy them it would have been even better) and after a long downhill track we arrived at the Onetahuti or Tonga Beach, the first of the treks across the beach sand. I got down to the semi-hard stuff at the water's edge and ploughed on, passing a lot of people from the earlier groups.

Nightmares

We had already passed many on the bush trails and it was much easier to go through that I'd imagined it would be, mainly because the slower runners were very considerate. Some of them said after the event that they'd have nightmares for days following all the "coming through" calls on the route. The first of the fast bunch started to pass me on the climb out of Tonga Beach and they continued to catch and pass from then till just before the next checkpoint.

Anyway, the beach came to an end thankfully but

only to be replaced by another big climb/descent series which culminated when we got down to the Awaroa Inlet, a source of much wailing and weeping by last year's participants. I reckon there's a good 15 minutes of beach running there, including the tidal crossing. It's a beautiful spot, but the running is tough as the sand is soft (I sank in about 75mm on every step) and the water crossings were up to 300mm deep. I did a really good camel imitation and actually enjoyed this part immensely, making up a lot of ground on other runners.

Horribly thick squeezies

By this time I was starting to feel quite good and I pressed on with only a few of the Wellington guys, one of whom had spent the whole of the run so far promising to find me some wild asparagus. I was more interested in making sure I got enough water into my body to dilute the horribly thick squeezies I'd brought with me. We walked a few of the steeper hills and then barrelled down the other side only to be faced with yet another up.

When we got to Goat Bay, I stopped to tie a lace and the Wellington bloke caught up happily clutching the asparagus which I just had to eat. It wasn't at all bad, mind you, but I don't think I'd go back to look for it. The beach run was again a passing parade and then the last hill loomed. By this time only two of the Wellington guys remained so we set off up the pathway.

We all walked a bit, waiting for one another and after reaching the summit, the final descent to Totaranui was in our sights. We finished close together, in a time of 3:47 which I must say is a pretty good run for me under those conditions. I guess that I could take about 10-15 minutes off if I were fitter and ran the hills less conservatively but there's not much to be gained on the downhill stretches if you're not good at that type of running.

I ended up 40th in the event, 9th of 44 in the 40-49 age group, two minutes behind the 1st Lady who started ahead and stayed there, and nearly an hour behind the winner, Jonathon Wyatt of Wellington (2:51:10).

The first walkers dead-heated in 6:03:52 in 197th place out of a total of 217 finishers. Marie Lenting was first Nelson Strider Lady home in 4:50 (4th in her category and 132nd overall) and Chris Gates was the first Nelson Strider Male in 3:35 (21st overall). The last runners came in at 6:47.

We lazed around for a while at the finish and enjoyed the really great weather, some of the runners opting for a quick dip in the fairly cold water. There was hot food and cold drinks available, all the gear was ready and waiting and at about 5pm we departed on the boat (some went by bus) back to Kaiteriteri where the cars were parked. The boat trip was another experience; fabulous views of the coastline and islands and a great display by a school of dolphins that tracked the boat for at least half an hour.

Heaps of prizes

After a shower back at the beach house we went to the Riwaka Hotel for the prizegiving dinner which was most enjoyable. There were heaps of prizes for each category and many spot prizes as well. I gave prizes to the winning Nelson Striders and I'm sure they'll enjoy using the gear donated by the club.

All in all it was an excellent event; the weather, which was atrocious last year, did a complete about face this time and it couldn't have been better. Although we ran in the hottest part of the day, it was really of no consequence as there is a lot of cover on the track and the drinks stations, though few and far between (of necessity) were well placed.

Cult event

Everyone I spoke to enjoyed the run and many will be there to take it on again in '96. Graeme intends to limit numbers to around 200 in future and I'm sure he'll have no difficulty in reaching the quota as this will probably become a cult event due to its appeal to those who enjoy fantastic scenery, good bush tracks and a challenging, well organised run.

My thanks to Graeme and Averil West and the Nelson Striders for the opportunity to compete in their event. Marie Lenting was a great host, making sure I met a lot of her clubmates, arranging for use of the beach house and ferrying me around to all the sights of Nelson. I hope that Sydney Striders can return the compliment sometime by hosting some Nelson Striders here when they come to Sydney to experience one of our great events. Thanks also to Sydney Striders for nominating me for the run, I will certainly go again.

Kev's Korner

Kevin Tiller

The miracle isn't that I finished. The miracle is that I had the courage to start.

Cyberkids

With acknowledgments to Brent Waters' article in "Computer Living" magazine, August 1995

Strider Brent Waters is Professor of Child Psychiatry at one of Sydney's largest hospitals, but freely admits that until 1993 he was a "cybervirgin", never having operated a computer or played a video game. But he had learned a lot about the place of new electronic technologies and entertainment in children's lives, and he has now shared this knowledge with Australian parents in his latest book "Cyberkids".



Brent Waters

Professor Waters has adopted a number of simple principles in advising parents how to cope with their children's technological involvement. He writes: "Be interested in your children's use of technology. Notice how much, when and with whom they use the technologies. Have a clear idea of your own standards in these areas. Don't be afraid to say no. And learn a few tricks to apply to special situations such as the Internet and video games."

Other publications co-authored by Brent Waters with Liz Kennedy include "Every Toddler: The ABC of Parenting 1-4 Year Olds" and "Every Kid: Parenting Your 5-12 Year Old".

Sydney Striders wish him every success in this latest venture into print.

The Bore of Running

Kevin O'Kane

Much attention is focused on the mechanics of the runner - how you hold your head, position of the arms, where you put your feet etc. However, there appears to be a shortage of research on what to do with the grey matter between the ears. Do you use it, leave it in the car, or stuff it down the front of your shorts in case it might come in handy.

Theorists in this area divide runners into the associators (asses) and the dissociators (dissolutes). Each runner has to decide whether to closely and continuously monitor the functions of their well oiled bodily machines or to drift off with the fairies. The word is that elite runners tend to be asses while the proletariat are dissolutes.

It clearly takes considerable concentration to be one of the asses. This concentration must be kept directed at the body and its immediate environment. During a marathon, for example, one might monitor one's breathing, hip extension, push off, or shoulder tension. The dissolute, however, might be savouring last night's bottle of red, or what he/she got up to afterwards. He/she only listens to the body when it bellows with all the passion of a politician protesting innocence.

A dysfunctional body can be both a great assistance and a distraction to would be asses. There's nothing like a bout of the runs to concentrate the mind on how quickly the legs can cover the last two kilometres. Conversely, the gentlest whispers of discomfort from a rogue hamstring can be a cacophony within an hour. By that time, concentration on the body is not a problem. Dissolutes, however, can also use their abilities to enhance their running. They claim that their ability to conjure up a tropical paradise can be most useful in covering the boring miles, or in case the runner beside you decides to tell you "How I ran the Comrades" - mile by endless mile.

Some bastards you just have to pass

The mind can also be used for focusing on externals. You can concentrate on running a PB, conning the handicapper, or just finishing. Or you can direct your energies at a particular person. There are some bastards you just have to pass 50m from the finish, or pull out 110% to keep them in their place.

As an insight into the inner workings of the (my) mind, I need only to refer to my run in the Six Foot Track race a few years ago. I was, as usual, grossly undertrained, so each passing kilometre increased the imperative of keeping my body upright by whatever means the mind could use.

Human pincushion

In the early stages, I jogged past Alan Phillips, in full Comrades training, while he was in the walk phase of the Alf Field walk/run theory. The first time he went past me, at about 7 or 8 kms, I was feeling merely irritable, which feeling was compounded by his usual infernal cheeriness. Instead of watching powerlessly as his rear end disappeared in the distance, I fashioned myself an imaginary dartboard with the obvious centre. After several mental bullseyes, the pain I had started to feel was adequately compensated by my perverse delight in contemplating the human pincushion. So much so that I felt no great animosity when I plodded past during another of his walking sections. Thus sustained, I floated along for a couple of hours until the chorus from my abused fibres sent me back to the mind in search of inspiration. A smile returned with the thought of the discomfort Alan must be feeling with each step. However, after the 20th comforting replay, I realised it was possible the mental darts might fall out after a while. A few well placed barbs were attached. The resultant mood lift carried me up and over the big hills. No-one had passed me for over 2 hours until, somewhere along the long grind above the Pluviometer hill, I could feel my spirits and energy ebbing away as I faced the depressing prospect of the last 15k with legs on fire. At that precise moment, the "G'day Kevin" hit me like a thunderbolt as he whooshed past me (smiling!) with not a dart in sight. Despite my exhaustion, I reacted quickly and seconds later the harpoon shot him 15 feet up a eucalypt, arms and legs protruding like a swastika. Feeding on the sight in my mind's eye, I coasted to the end, tired but exultant.

The point of all this is: Think not what you can do for your mind, but what your mind can do for you. And don't smile when you run past me.

A Blister Gem

selected by Wayne McCarthy and reprinted from Blister #40, Aug/Sept 1989

[The Blister has been in existence since the earliest Striders days, and tens of thousands of words have been recorded in that time, some just simply information, here and there wise counsel and advice, statistics and not least, 'contributions'.

A few years ago the Club attempted to encapsulate the real gems in a booklet published for the club's 10th Anniversary, titled 'The Best of The Blister'. This booklet really did contain some gems. However it was a 'oncer' which means that members who have joined since publication are probably not aware of its existence nor of the literary jewels which contains.

As space allows in the new Blister, there could well be irregular repeats of some of those jewels. The following article is an example of past Blister contributions which stand out as noteworthy examples of the often idiosyncratic Blister contribution style.]

The President's Report.

by Nobby Young

At odd times in the past I have been known to exercise literary licence between the spotted cat of the front cover and the Westline message on the rear cover of the Blister. In other words, I have distorted the facts in order to improve the story, and even invented the facts in the first place. I might have distorted the facts that I invented, but that would only be when I was short of material on Steve Cornelius. On the other hand, the following story is all FACT and such a classic that it must be shared around.

From Nobby's maligned cousin.

Is there anyone in this world who has not seen a school report which reads something like "so and so is working to a satisfactory level at present, but has not reached their full potential". This probably sums up my running career. Some people manage to go from strength to strength, I stumbler from injury to physical disability. The worst to physical disabilities of my running career were dogs named 'Ben' and Scruffy'.

'Ben' was a Benji-type of dog, full of energy and 'Scruffy' was a black heinz panther-like dog who fancied himself as part greyhound, I think.

The tale begins when I was training for a marathon in 1985 and the owners of Ben and Scruffy thought it would be a great idea if the dogs joined me on my training runs. This sounds ideal in theory, but in practice, well, things went wrong.

These friends (well, ex-friends) firstly didn't tell me that the dogs weren't leash trained! So, the first 3k were hell because Ben and Scruffy wrenched my shoulder joints from their sockets as they bounded in different directions, sometimes even bounded straight ahead!! The next 5k were also hell because I physically had to drag the dogs around the streets and then back to their home. They were so unfit that they virtually collapsed when I delivered them home. Then I would actually go for a real training run for myself. I suffered this a few nights.

Tactfully I tried to explain to my friends that this running business wasn't working out for the dogs or myself and that I wasn't getting much training done for myself with the two dogs. Problem solved they said _ the next night I could take one dog 8k then drop him home, pick up the other dog and go for another 8k. Once again this sounded great in theory, but somewhat less than that in practice, but who am I to upset my good friends?

Ben met me the next night, straining on the leash, ready to drag me as far as he could, which he most certainly did. Then he started to tire. For a kilometre or so he managed to stick with me, then he started to fall behind. He looked tired so I stopped and gave him a drink from someone's front garden tap. He sparked up a bit and kept with me, but, bit by bit he began to slow until I literally had to drag this dog to keep him moving. This had me a little worried and, upon closer inspection, I found that my dragging was the only thing that was keeping him moving. Yes, he had died! Well, what a quandary I was in. My friends insisted on my bringing out this dog, and now, it lay dead in the gutter!

How was I going to explain it to them? "Sorry I ran your dog to death"! No, I couldn't do it. I also knew I couldn't carry a dead dog 2 or 3k either. What else was there to do but tie it up to the

nearest fence, run back to their house and tell them "Its not very well". Yes, that's what I'd do I had to appear humane though, so I pulled the dog out of the gutter, up onto the footpath, near a tap in a front garden. Of course I turned the tap on, just in case this very unwell dog got thirsty. Ben all set, I headed for his home, ready to face the family.

They met me at the front door with Scruffy. I explained to them that Ben was very unwell and tied up to someone's fence and that I'd go with them to pick him up. They wouldn't have any part of it, no, my training was too important. With that they thrust Scruffy's lead into my hand and got into their car and after hasty directions, set off to pick up Ben.

Scruffy set off at a "bat-out-of-hell" pace, dragging me behind. As soon as I could take control, and Scruffy would follow, I aimed back towards my friends house.

I was ready for the abuse and yelling and upset. As Scruffy and I Approached the front door, we were met by the family, stony faced and sombre. They had tissues at hand and gently thanked me for my valiant efforts to help Ben, who they found dead when they got to him. They tried to console me and continued to thank me for helping him to die with dignity. (I felt lower than a snake's belly).

Next day I rang to once again express my sorrow at the passing of Ben. The news was bad, yes, Scruffy had died during the night.

Perhaps this is what led me to a PB time of 3h 16m. Anyone want their dogs taken for a walk?

Madam Prez's 1995 Form

Results supplied by Kevin Tiller

1995 race performances by **Wendy Downes:**

Race	Dist	Time	Position
Hard Rock Cafe	8k	35 mins	1st 50+
SMH Half	21k	100:44	2nd 50-54
Shoalhav'n KOM	32k	2:53:57	6th female
NOSH	15k	68:30	1st 50-59
Gold Coast Half	21k	99:34	3rd 50-54
Maxim Duathlon	5/24/5k	1:31:12	1st 50+
Striders Equaliser	14k	78 mins	1st master
City To Surf	14k	67:26	2nd 50-54
Sydney Marathon	42k	3:33:07	2nd 50-59

"What does a broken foot feel like?"

The Bret Nichols Memorial Equaliser Cross Country is renowned as a demanding and potentially dangerous course. The ankle-twisting descent early in the course is fraught with perils for the unwary or unlucky runner. And so it was that misfortune took its toll on Strider Ivan Freys who came to grief on this very section in the recent event, sustaining a nasty wrench to his foot that had him hobbling after the race, fearing the worst.

Now most people in this predicament would consult a medical practitioner or the X-ray department of their local hospital or medical centre. Subscribers to alternative health care might go to a bone cruncher, natural healer, energy channeler, past lives therapist or colonic irrigator. Whatever your preference, you'd probably ask the advice of someone who can provide a cure to the problem. But not our Ivan Freys. No sir! He hobbled around on his suspected fractured foot for a few days before consulting none other than our coordination-challenged injury freak, Graham Butler. In the last couple of years, Butler has broken all known records in the entire history of running for stitches inserted, blood lost and bones broken. Medical specialist he isn't!

Imagine the conversation if you will. "What does a broken foot feel like?" "What could that white thing be poking out the side of my foot?" "Will I be able to run the Sydney Marathon in a couple of weeks time?" Graham Butler was his usual obliging self and assisted by reeling off a blow-by-blow description of each of his countless injuries and the circumstances leading to each. Only after a good half hour on the phone did he suggest the possibility that Ivan should actually seek professional medical advice.

The happy ending is that Ivan hadn't broken his foot after all and did run the Sydney Marathon. The incident does raise an interesting insight into human nature though. How often do we misguidedly seek solutions to our problems through the shared misfortunes of others? But consider for a moment, how wise is this really? If you were unfortunate enough to find yourself charged with murder, would you contact a good QC or Ivan Milat?

Striders' Marathon Championships 1995 (Sydney Marathon, 27 August 1995)

Jim Screen.

For some Striders the Marathon started when a group gathered together on the Friday prior to the event for a night of carbo loading, good company and a glass of wine or two. The good company and wine were a huge success but fair dinkum, an Italian restaurant where we had to beg for pasta is something which could be called lots of things but 'different' will do. Watch for next years carbo party because all those who participated on this occasion had a good time despite the culinary deficiencies of the restaurant.

Marathon morning was warm and cloudy. However, this seemed to attract Striders. Green and white gear could be seen everywhere. 44 members turned up to compete in the Club Marathon Championships and incidentally to participate in the Sydney Marathon. Pre race excitement was high as running tactics were discussed and last minute preparations made. Stop watch batteries checked, heart pace monitors strapped on, nipples taped, vaseline wherever, shoes not too tight and in some cases hats on.

One interesting conversation overheard between two prominent club members centred on hats. "Should we wear a hat? It looks a bit overcast." (This is being said during the longest spell of dry, hot weather in the recorded history of weather in Sydney). "Yes, it's a bit cloudy, I don't think we need a hat today." This joint decision having been made, our intrepid marathoners ran hatless in what might well have been the warmest, windiest, sunniest and glariest marathon ever. Talk about judgment.

The starting area was busy and colourful with a large contingent of runners from Japan complete with banners, hype and designer running outfits. The start was held up because of an oil spill somewhere out on the course but after about 7 minutes delay the race got under way. Wheelies away first then the rest of us. The field quickly stretched out into the usual marathon procession as runners settled into their race pace and headed for Olympic Park.

For me, this particular race was highlighted by

the amount of spectator support given by non competing Striders. They seemed to pop up everywhere. Its a really great boost to hear your name called out and to see a friendly face along the side of the road. Thanks and well done. Another feature of this course is that it has several sections which double back providing a great opportunity for involvement by competitors. Its good to see other Striders performing well and being able to call out encouragement or to just wave in acknowledgment as they go on their way.

Most marathons produce stories of personal bests, of pain and glory, lack of preparation, overtraining and injury. One such story involves Joe Degabriele who had done the hard yards in training but was doing it tough being badly hampered by cramp. Just when things were at a pretty low ebb he received some great encouragement from Pat Freeman. Joe went on to finish his first marathon and Pat added another finishers medal to his trophy case.

The Striders contingent was led home by Trevor Jacobs who won the (Male) Open Section in 2.39.36. Given the tough conditions on the day this was a great effort. Phil Hugill ran an excellent race in 2.51.00 to take second place. This was just 1.50 slower than his Canberra P.B. Third home was Christopher Dwyer 2.52.48.

The (Female) Open Section was won by non other than our Club President, Wendy Downes in 3.33.01. Second place went to Brenda Hamill in 3.44.10, and third was Rosalind Lloyd in 3.46.30.

Trevor Jacobs also won the Male Veterans (40-49) from Chris Dwyer and Jonathan Trope (No hat) third in 3.04.23. Female Veterans (40-49) was won by Brenda Hamill from Ros Lloyd 2nd and Clara Vucetic third in 3.47.00

At the serious end of things Alex Whitworth showed good form on the day to win the (Male) Masters (50-59) in 3.20.00, followed by Peter Hammerschmidt 3.21.00 and Murray Town 3.22.41. Peter's result was very satisfying for him as it was in many ways a test of his fitness after recovering successfully from a painful injury.

Murray Town continued his amazing saga of personal fitness and endeavour (See Blister 57) having only just returned from a bike riding adventure in the Rockies.(USA).

Wendy Downes was undisputed winner of the (Female) Masters Category, while the war horse section, Male Senior 60+, was won by Neil McPherson in 3.48.22. Bruce Murray was second in 4.05.0 and Manfred Fiedler 3rd in a hamstring plagued 4.22.54. (All race results/times are subject to confirmation and such dreary things as being financial and so on.)

It is easy to see that Sydney has a wonderful opportunity to impress the world with its Marathon. The course takes in some fine views of Sydney's waterways and historical areas. This year the race organisation seemed to be on the ball with only a few minor glitches apparent to competitors. At least our numbers stayed on this time. Lets hope the organisers continue with their improvements and that next year we can put in an even bigger and better Striders Contingent.

Club Championship Category Winners

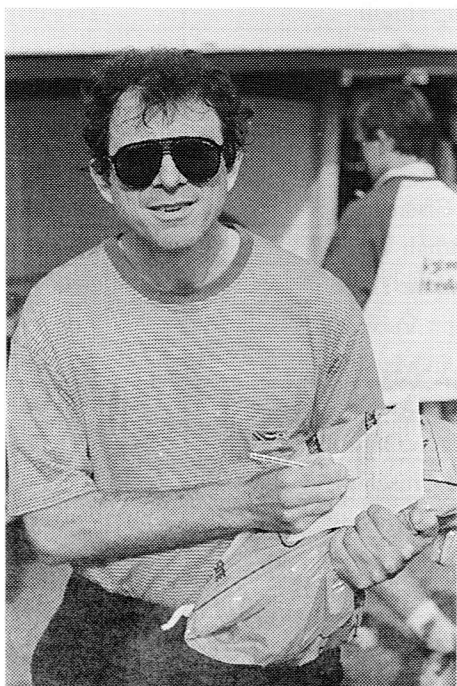
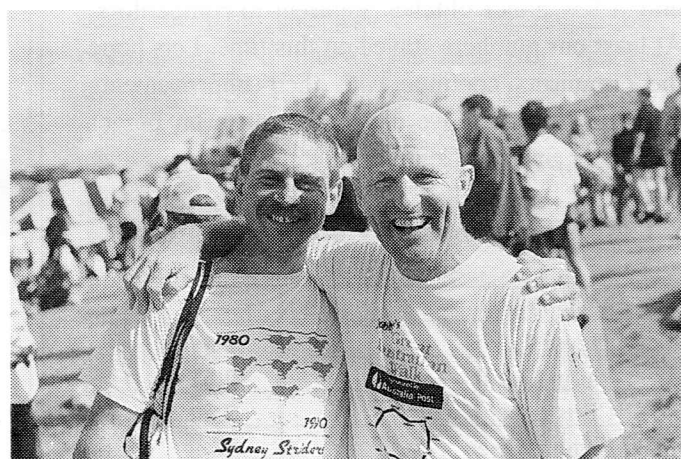
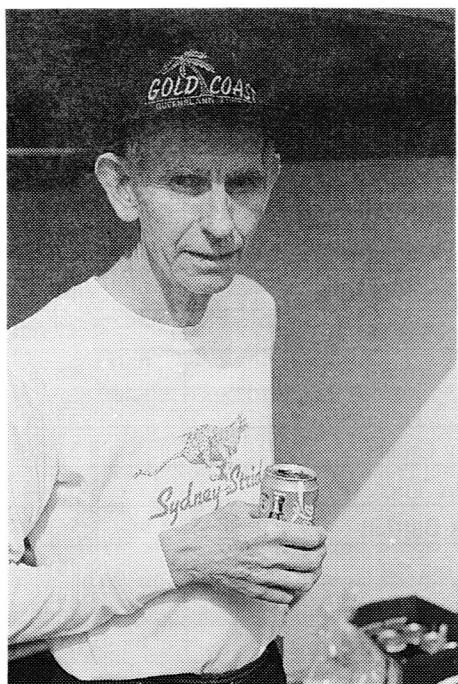
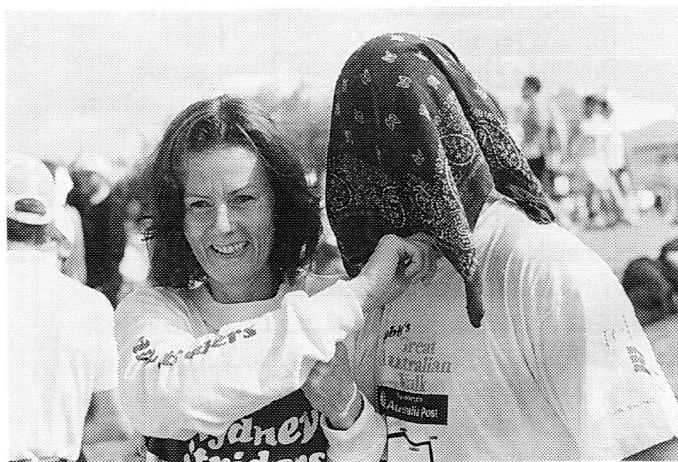
Male Open	
Trevor Jacobs	2:39:36
Philip Hugill	2:51:00
Christopher Dwyer	2:52:48
Female Open	
Wendy Downes	3:33:01
Brenda Hamill	3:44:10
Rosalind Lloyd	3:46:30
Male Veteran (40-49)	
Trevor Jacobs	2:39:36
Christopher Dwyer	2:52:48
Jonathan Trope	3:04:23
Female Veteran (35-49)	
Brenda Hamill	3:44:10
Clara Vucetic	3:47:00
Cathy Verry	3:53:04
Male Master (50-59)	
Alex Whitworth	3:20:00
Peter Hammerschmidt	3:21:00
Murray Town	3:22:41
Female Master (50-59)	
Wendy Downes	3:33:01
Male Senior (60+)	
Neil McPherson	3:48:22
Bruce Murray	4:05:00
Manfred Fiedler	4:22:54

Full results listing

Trevor Jacobs	2:39:36
Philip Hugill	2:51:00
Christopher Dwyer	2:52:48
Stuart Greaves	2:53:58
Chris Truscott	2:56:57
Wayne Stanton	2:57:08
Jeff Gissing	2:57:18
Jonathan Worswick	2:59:45
Jonathan Trope	3:04:23
Joseph Vucetic	3:05:39
Kelvin Marshall	3:05:40
Ivan Freys	3:14:06
Grahame Murphy	3:15:00
Peter Truscott	3:18:00
Alex Whitworth	3:20:00
Peter Hammerschmidt	3:21:00
Murray Town	3:22:41
David Ritchie	3:22:47
George Herisson	3:23:10
Scott Crawford	3:24:38
Keith White	3:28:00
George Lisson	3:28:02
Kevin Tiller	3:30:40
Charles Reis	3:31:00
David Solomon	3:33:00
Wendy Downes (F)	3:33:01
Michael Wilson	3:39:54
Peter Cookson	3:43:45
Brenda Hamill (F)	3:44:10
Clara Vucetic (F)	3:47:00
Terry Rose	3:48:00
Neil Mcpherson	3:48:22
Tony Crosby	3:51:20
Cathy Verry (F)	3:53:04
Dick Bartlett	3:56:00
Jim Screen	3:56:57
Brent Waters	3:57:00
James Howard	4:01:00
Bruce Murray	4:05:00
Derek Raper	4:14:50
Manfred Fiedler	4:22:54
Alex Hamill	4:25:00
Irwin Light	4:25:00
Joe Degabriele	4:29:58
Patrick Freeman	4:35:00

City-to-Surf, 13 August 1995

Some pictures taken on the day



Striders pictured at Bondi after the City-to-Surf: (Top left): Kool Kat Kevin O'Kane writes down Striders' times; (Bottom left): Bruce Murray enjoys some of the Real Thing; (Top right): Bill Blecha seems satisfied with his run; (Centre right): Jeff Gissing renews his friendship with former Striders President Bill Iardball; (Bottom right): Tina Campbell displays a more prudish attitude to Nobby Young's follicular nudity.

City-to-Surf, 13 August 1995

Results supplied by Kevin Tiller

Trevor Jacobs	47:23
Chris Truscott	48:07
Darren Benson	48:56
Godfrey Franz	48:59
Ray Doran	50:07
Geoff Cox	50:15
Jeff Gissing	50:45
Mike Martin	51:47
Chris McLean	51:51
Joseph Vucetic	52:38
John Hodges	53:47
Alex Whitworth	53:54
Joanne Cowan	54:02
Grahame Murphy	54:09
Brian Colwell	54:57
Peter Truscott	55:17
Rod Lovel	55:31
Phil Garvin	55:39
Michael Turner	55:40
Andrew Beetz	56:02
Philip Boswell	56:04
Marlies Laaper	56:12
Neil McGill	56:13
Michael Roval	57:01
Phillip Barrow	57:11
Roy Dautreband	57:14
Mark Fiore	57:42
Mark Fiore	57:47
Terry Rose	58:08
Terry Rose	58:09
Ron Schwebel	58:13
Tony Hoban	58:33
Derek Smith	58:37
George Herisson	58:53
Charles Coville	59:08
Kelvin Marshall	59:22
Geoff Taylor	59:36
Kevin Tiller	1:00:08
John Milliken	1:00:20
Raymond Skinner	1:00:21
Phil Madden	1:00:34
David Solomon	1:00:43
Martin Cahnbley	1:01:04
David Smitheram	1:01:12
Charles Reis	1:01:37
Clara Vucetic	1:01:57
Jonathan Worswick	1:03:38
David Haves	1:03:43
Cameron Osborne	1:03:59

Kevin O'Kane	1:04:38
Neil McPherson	1:05:05
Richard Hannan	1:05:06
Jim Screen	1:05:25
Philip Johnston	1:05:43
David Fahey	1:06:01
Paul Lunsman	1:06:11
Manfred Fiedler	1:06:28
Andrew Smith	1:06:31
Cathy Verry	1:06:34
Bruce Murray	1:06:48
Tina Campbell	1:06:56
Wendy Downes	1:07:29
Paul Glare	1:08:01
Ron Daly	1:08:12
Graham Butler	1:08:14
Breeda Kelly	1:09:07
Tony Partridge	1:11:10
Lesley Maher	1:13:20
Lesley Clarke	1:13:30
Jim Donovan	1:13:41
John Ross	1:13:48
Bill Blecha	1:22:14
Nobby Young	1:34:27
Graham Firkin	2:12:55

Outstanding Age Category Runners

Male open	
Trevor Jacobs	47:23
Chris Truscott	48:07
Darren Benson	48:56
Female open	
Joanne Cowan	54:02
Marlies Laaper	56:12
Clara Vucetic	1:01:57
Male veteran (40-49)	
Trevor Jacobs	47:23
Chris Mclean	51:51
Joseph Vucetic	52:38
Female veteran (35-49)	
Joanne Cowan	54:02
Clara Vucetic	1:01:57
Cathy Verry	1:06:34
Male master (50-59)	
Ray Doran	50:07
Alex Whitworth	53:54
Derek Smith	58:37

Female master (50-59)	
Wendy Downes	1:07:29
Male senior (60 +)	
Neil Mcpherson	1:05:05
Manfred Fiedler	1:06:28
Bruce Murray	1:06:48

A word of thanks to our printer

On behalf of the entire club Committee and all members, the editorial committee would like to express our grateful thanks to Strider Brian Tailford, of First Impressions printers at Alexandria, for his generosity in printing *The Blister*.

This effectively amounts to a very valuable sponsorship which enables the club to produce its major publication.

Thank you, Brian. Your generosity will not be forgotten.

Stop Press

Blister publication dates

The Blister editorial committee apologises for the late appearance of this edition, which was caused by factors largely out of our control.

We have provisionally scheduled **30 November** as the deadline for the next Blister (#59), i.e. **one month later than usual**.

Please note that this deadline will have to be strictly observed if that edition is to reach members before Christmas. Thank you all for your assistance.

City-to-Surf in Reverse

Steve Cornelius

This not is article another backwards running about. Fact in, I am going never to backwards run again, ever in life my. This is article an about Managers Database who insist on names printing in order reverse when there no reason earthly for it is. Is this a shot cheap? Yes, it is. Has something this like been before done in Blister The? Yes, it has. But until Managers Database realise that names given should precede names family unless searches alphabetical necessary are, I continue will at them to fun poke.

Stuck right in

1995 Surf-to-City race results consider the. These seemed, times at, not so much a list, more a runners' condition or disposition description of. Hardy Charles, Crisp Barry and Strong Linden finished looking good, as did Sharp Drew, Sharp Ben, Power Timothy, Strong Stephen, Goode Michael and Able Christopher. Game Andrew up put a show good quite, in the circumstances. However, Savage Howard, Wild Robert and Ruff Mark stuck right into the organisers got, and who blame them can when names their printed in the order wrong are? Coy Greg cameras at the finish avoided, while French Mark did his best level to unobtrusive stay lest he a protest anti-nuclear provoke. Hose Mick was a request frequent at the top of New South Head Road. Daffy John psychiatric help after the race needed, and Mooney Chris de-programmed was.

Occupations certain were better in the throng than others represented. Baker Tim, Baker Kevin, Baker John and Baker Richard were best team of four, but disappointment expressed at only medals receiving, saying they kneaded dough. Butler Marlon, Butler Dane and Butler Emma that category won would have, if their fourth member finished had, which shows how hard to get good help days these it is. Constable Paul arrested Hood Neil and before Beak David dragged him.

Many misprints

Nobility was there no shortage of, either. Royal Michael beat Noble Charles and Noble Jason to the line, with King Charles, King Darren, King Tony, King Robert and Prince Wayne behind far not. Unfortunately, many misprints year this in

the results were there, such as King Cindy, King Belinda and King Rebecca. Rich Jimmy and Golden Tony the flag flew for recently acquired wealth.

Small of stature

Most finishers relatively small of stature were. Little Malcolm, Little Anthony, Little Chris, Little Paul and even Littler Guy finished strongly, beating Light John, Short Philip and Small Stephen. Long Peter the final metres 100 in 50 paces only covered. The age distribution heavily skewed was, with Young John, Young Peter, Young Jim, Young Wayne, Young Matthew, Young Gary and Child David heavily outnumbering Senior Nic and Gray David.

Caucasians the type racial predominant were. This point to illustrate, consider White Andrew, White Marc, White Peter, White Jim, White Brad, White Craig, White Douglas, White Edward and White Gary. Black Mark disqualified was, while the unfortunate Brown Mark to change his shorts half-way up Heartbreak Hill was obliged.

Sex and violence

Violence never from the surface far is, and this year runners exhorted were to Stamp Carl, Hunt Steve, Tan Stanley, Stone David, Topp Stephanie, Fry Belinda, Cook Diane, Curry Frank, and Pepper Adam. Some people, however, stop about sex thinking never can, even when running. Dabbling in relationships were Date Ritchie, Hug Jeff, Kiss Jenny and Popkiss Tom (a variant interesting). More seriously involved were Lay Jeff, Hung Darren and Ball Stephen, whose brother Bond Stephen indulged in pursuits kinkier with Whipp Michael. Waggler Keith popular with the spectators proved, while Leek Barry arrested for exposure indecent was.

Beer Bob

Hopgood Andrew the amputee category won, and our friends four-legged by Trotter John, Barker Adam and Lion Michael represented were. Clay John had trouble his feet dragging, Beer Bob his visit to the early opener regretted, and Buggy Paul disqualified was for wheels using.

Year next the Manager Database to his senses come might. Pigs fly might, too.

Equaliser Cross Country

1995 Results

1	Darren Benson	56.30
2	Chris Truscott	57.35
3	Mathew Kaley	57.45
4	Phil Huggill	59.44
4	Jonathan Worswick	59.44
6	Joseph Vucetic (1st M 40-49)	*
7	Wayne Stanton	*
8	Geoff Cox	*
9	John Hodges	61.14
10	Mark Fiore	63.08
11	Charles Coville	63.45
12	Neil McGill	64.15
13	Rod Lovell	64.24
14	Kelvin Marshall	65.28
15	Jonathan Trope	65.37
16	Jeff Gissing	66.25
17	Peter Truscott	66.46
18	Chris McLean	66.53
19	Joanne Cowan (1st F)	67.06
20	David Ritchie	67.34
21	Mike Ward	68.58
22	Scott Crawford (1st M 50-59)	69.17
23	Dawn Tiller	69.42
24	Robert Norman	70.08
25	David Sill	71.12
26	Charles Reis	71.24
27	David Hayes	72.43
28	Peter Corte	73.05
29	Ivan Freys	73.49
30	Kevin Tiller	73.50
31	Peter Hammerschmidt	74.20
32	Clara Vucetic (1st F 40-49)	75.22
33	Paul Lumsden	*
34	Joe Degabriele	*
35	Brenda Hamill	*
36	Manfred Fiedlar (1st M 60+)	*
37	Wendy Downes (1st F 50-59)	*
38	Bruce Murray	80.49
39	Breeda Kelly	81.18
40	Lesley Clarke	87.54
41	Nick Thomsen	92.53
42	Robi Russell	98.40
42	Bill Blecha	98.40

* Time not available

All-Time Honour Board

	Male Open	
1	Jock Davis (1991)	53.23
2	Anthony Scott (1990)	54.17
3	Andy Simpson (1991)	55.36
4	Mike Burton (1993)	56.12
5	Darren Benson (1995)	56.30
6	Wayne Stanton (1993)	57.08
7	Mathew Kaley (1990)	57.13
8	Chris Truscott (1995)	57.35
9	Chris McLean (1993)	58.16
10	Stuart Greaves (1992)	58.51
	Male 40-49	
1	Chris McLean (1993)	58.16
2	Steve Gill (1992)	60.29
3	Alex Whitworth (1990)	60.50
	Male 50-59	
1	Alex Whitworth (1994)	61.38
2	Harvey Blue (1991)	67.31
3	John Turner (1993)	68.05
	Male 60+	
1	Bruce Murray (1993)	73.34
2	Manfred Fiedlar (1995)	Sub-80
3	Adrian Kol (1990)	102.22
	Female Open	
1	Joanne Cowan (1991)	63.59
2	Susan Roberts (1991)	68.04
3	Linda Thomson (1991)	69.19
4	Dawn Tiller (1992)	69.42
5	Tina Campbell (1991)	70.29
6	Wendy Downes (1993)	71.27
7	Merri Mack (1993)	73.51
8	Sue Clarke (1991)	74.33
9	Karin Housmans (1991)	75.00
10	Dale Thomson (1990)	75.18
	Female 40-49	
1	Tina Campbell (1991)	70.29
2	Wendy Downes (1993)	71.27
3	Merri Mack (1993)	73.51
	Female 50+	
1	Wendy Downes (1994)	77.01
2	Sue Hill (1993)	80.41
	Dogs	
1	Tippy O'Kanine (1993)	78.12
2	Kimba Fitzimmons (1990)	81.56
3	Bruin Blecha (1995)	98.40

Letters to the Editor

Medic spits the dummy

Dear Sir,

I give up. I wrote an abusive article in the last Blister kicking as many heads as I could. Not one of the alleged drug-takers responded.

Is it because nobody bothers to read my column? Well, bummer it. I've spat the dummy and I won't write a column this month.

And I'll stand on your grave 'til I'm sure that you're dead (Bobby said that!).

Sincerely,

Irwin Light

[Ed's. note: Hear hear. Striders are a bunch of wimps who don't deserve to read your incisive insights. You ought to quit while you're ahead.]

The Bag That Wrote The Letter

Dear Wombat-Bottom,

I just wondered if you were aware that these days it seems to be the fashion in literary circles to claim an identity and ethnic background which are not actually your own. People have even won prestigious literary awards by such means.

Certain letters which you have published in recent editions of The Blister (preferring for some utterly inexplicable reason to print them in the original Mandarin, Romanian and Tagalog) are blatant examples of this trend. If the signatories are truly "Race Directors" then I am the conductor of the last tram to

Bondi. Please try to be more vigilant about this matter in future.

Sincerely,

S.W. Bagidenko

Letter from Jullundhur

Piyaré Sahab Jee,

Mehn éy thooahnoo dahsun layee likh réhahn key Siri Mahn S.W. BAG kadee vee Jullundhur dey vitch hoey lamee dohrh nahee dohréy. Jéy koey mundah hay key oh dohréy hun tahn oh bévkoof hai. Meherbahnee kar ké toosee ees bahréy ahpnee leekhar noohn theek kar louh.

Aap dah dahs,

Kuldip Singh

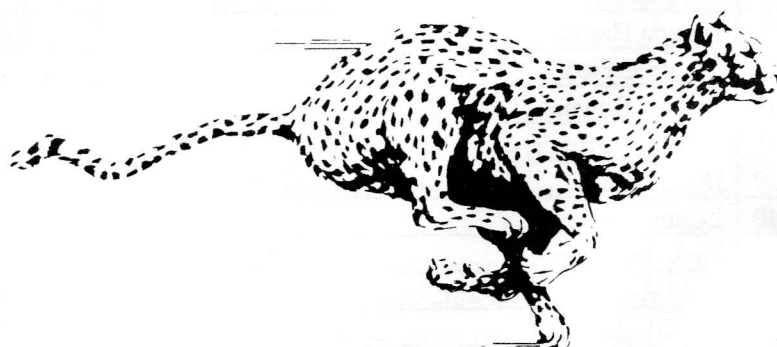
Race Director, Jullundhur Marathon

Inspiration

It is not the critic who counts, not the man who points out how the strong man stumbled, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena; whose face is marred by dust and sweat and blood; who strives valiantly, who errs and comes short again and again; who knows the great enthusiasms, the great devotions, and spends himself in worthy cause; who, at best, knows in the end the triumph of high achievement; and who, at worse, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who know neither victory nor defeat.

[Theodore Roosevelt].

Improvement through Competition.



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Striders' 10k Series Update

Race results and points standings supplied by Mark Fiore

Runners please note: Each individual race result listing is sorted in order of handicap position. Handicap and outright points scored are listed in the two updated total points lists which follow.

Race 6: Marsfield, 1 July 1995

Name	Time	Target	H/c Pos	Next Target	O/r Pos
Greaves, Stuart	36.41	37.21	1	36.49	3
Kearns, Brenda	45.34	46.12	2	45.42	2
Cox, Geoff	36.42	36.59	3	36.45	4
Fielder, Manfred	45.46	45.45	4	45.45	28
Solomon, David	43.21	43.04	5	43.06	24
Crawford, Scott	42.33	42.06	6	42.09	20
Shepherd, John	45.48	45.21	7	45.24	29
Potter, Raymond	39.32	39.00	8	39.03	9
Harrison, Lynn	55.47	55.14	9	55.17	9
Coville, Charles	40.57	40.13	10	40.17	12
Reis, Charles	42.54	42.03	11	42.08	22
Kaley, Matt	36.07	35.14	12	35.19	1
Verv, Cathy	49.04	48.07	13	48.13	5
Frerck, Barbara	51.14	50.14	14	50.20	6
Russell, Robi	52.14	51.13	15	51.19	8
Johnston, Philip	42.34	41.25	16	41.32	21
McPherson, Neil	47.21	46.12	17	46.19	32
Jackson, Stephen	36.21	35.11	18	35.18	2
Smitheran, David	41.28	40.18	19	40.25	15
James, Peter	46.19	45.03	20	45.11	31
Lovel, Rod	39.24	38.08	21	38.16	8
Hodges, John	39.55	38.36	22	38.44	10
Boswell, Phil	40.36	39.00	23	39.10	11
Murphy, Grahame	38.24	36.45	24	36.55	7
Walker, John	41.26	39.43	25	39.53	14
Hallam, Andrew	36.54	35.11	26	35.21	5
Blecha, Bill	55.25	53.42	27	53.52	34
Stevens, Lorraine	48.34	46.42	28	46.53	4
Ward, Mike	42.10	40.04	29	40.17	18
Ritchie, Dave	42.24	40.15	30	40.28	19
Killeen, Paul	44.14	41.53	31	42.07	26
Howard, James	46.13	43.52	32	44.06	30
Stitzinger, Ron	57.05	54.09	33	54.24	35
Cowan, Joanne	38.35	35.32	34	35.47	1
Harrison, George	44.01	40.57	35	41.12	25
Dearn, Frank	61.01	57.03	36	57.18	36
McLean, Chris	41.59	36.38	37	36.53	17
O'Kane, Kevin	48.51	43.25	38	43.40	33
Campbell, Tina	52.07	45.17	39	45.32	7
Suter, John	37.03				6

Name	Time	Target	H/c Pos	Next Target	O/r Pos
McCarty, Kevin	41.07				13
Turner, Michael	41.51				16
Skinner, Ray	43.20				23
Cookson, Peter	45.35				27
Mack, Merri	46.20				3
Langsworth, Margoseta	64.06				10

Race 7: Shelley Beach, 5 Aug 1995

Name	Time	Target	H/c Pos	Next Target	O/r Pos
Madden, Phil	43.24	45.55	1	43.54	33
McPherson, Neil	43.49	46.19	2	44.19	36
Howard, James	41.45	44.06	3	42.13	28
Hannan, Richard	43.21	45.36	4	43.48	32
Crawford, Scott	40.19	42.09	5	40.41	22
Henderson, Ian	36.11	37.57	6	36.32	8
Shepherd, John	43.40	45.24	7	44.01	34
McBrearty, Kevin	40.39	42.16	8	40.58	25
Verv, Cathy	46.46	48.13	9	47.03	4
Solomon, David	41.49	43.06	10	42.04	29
Dearn, Frank	56.04	57.18	11	56.19	41
Kaley, Matt	34.05	35.19	12	34.20	2
Taylor, Penny	53.22	54.33	13	53.36	8
Johnston, Philip	40.21	41.32	14	40.35	23
Smitheran, David	39.27	40.25	15	39.39	19
Coville, Charles	39.20	40.17	16	39.31	18
Kaplin, Alan	37.12	38.08	17	37.23	12
Frerck, Barbara	49.26	50.20	18	49.37	7
Degabriele, Joe	43.43	44.37	19	43.54	35
Walker, John	39.12	39.53	20	39.20	17
Jackson, Stephen	34.42	35.18	21	34.49	3
Stanton, Wayne	36.16	36.52	22	36.23	10
Truscott, Peter	38.10	38.40	23	38.16	14
Fielder, Manfred	45.22	45.45	24	45.27	38
Doran, Ray	35.49	36.04	25	35.52	7
Kearns, Brenda	45.31	45.42	26	45.33	2
Hugill, Philip	36.13	36.17	27	36.14	9
Reis, Charles	42.07	42.08	28	42.07	30
Holmes, Ian	40.43	40.44	29	40.43	26
Lovel, Rod	38.20	38.16	30	38.16	15
Smith, Andrew	37.04	36.58	31	36.59	11
Benson, Darren	33.45	33.34	32	33.35	1
Taylor, Geoff	41.23	41.11	33	41.12	27
Franz, Godfrey	35.07	34.51	34	34.53	4
Ward, Mike	40.33	40.17	35	40.19	24
Stevens, Lorraine	47.14	46.53	36	46.55	5

Name	Time	Target	H/c Pos	Next Target	O/r Pos
Wallace, Russell	38.02	37.24	37	37.28	13
Wallace, Sandra	46.24	45.44	38	45.48	3
Potter, Raymond	39.52	39.03	39	39.08	20
O'Kane, Kevin	44.40	43.40	40	43.46	37
Schwebel, Ron	39.12	37.57	41	38.05	16
Partridge, Tony	48.19	46.57	42	47.05	40
Fahey, David	47.49	46.15	43	46.24	39
Truscott, Chris	35.40	33.56	44	34.06	6
Maher, Leslev	48.42	46.51	45	47.02	6
Hill, Sue	54.52	52.45	46	52.58	9
Laaper, Marlies	40.26	37.37	47	37.52	1
Russell, Robi	54.52	51.19	48	51.34	10
Holland, Steven	35.30				5
White, Derek	40.06				21
White, Keith	43.06				31

Race 8 (Bret Nichols Memorial Race)
The Domain, 2 Sept 1995

Name	Time	Target	H/c Pos	Next Target	O/r Pos
McKenzie, Greg	53.42	65.23	1	56.02	33
White, Keith	41.38	43.32	2	42.01	18
Stitzinger, Ron	52.39	54.24	3	53.00	31
Taylor, Penny	51.58	53.36	4	52.18	10
Greaves, Stuart	35.55	36.49	5	36.06	3
Cox, Geoff	36.20	36.45	6	36.25	4
Smith, Andrew	36.35	36.59	7	36.40	5
Blecha, Bill	53.31	53.52	8	53.35	32
Trope, Jonathan	38.40	38.55	9	38.43	8
Smitheran, David	39.25	39.39	10	39.28	12
Campbell, Tina	45.32	45.32	11	45.32	3
Kearns, Brenda	45.33	45.33	12	45.33	4
Potter, Raymond	39.10	39.08	13	39.08	11
Fielder, Manfred	45.32	45.27	14	45.28	27
Kaplin, Alan	37.29	37.23	15	37.24	7
Fahey, David	46.31	46.24	16	46.25	29
Coville, Charles	39.53	39.31	17	39.33	14
Walker, John	39.42	39.20	18	39.22	13
Taylor, Geoff	41.34	41.12	19	41.14	17
Solomon, David	42.27	42.04	20	42.06	21
Fiore, Mark	38.53	38.26	21	38.29	9
Hill, Sue	53.34	52.58	22	53.02	13
Lovel, Rod	38.54	38.16	23	38.20	10
Benson, Darren	34.18	33.35	24	33.39	1
Boswell, Phil	39.56	39.10	25	39.15	15
Franz, Godfrey	35.46	34.53	26	34.58	2
Dearn, Frank	57.16	56.19	27	56.25	34
Degabriele, Joe	44.53	43.54	28	43.60	25
Mcpherson, Neil	45.30	44.19	29	44.26	26

Name	Time	Target	H/c Pos	Next Target	O/r Pos
Hugill, Philip	37.29	36.14	30	36.22	6
Holmes, Ian	42.01	40.43	31	40.51	19
Wilson, Mike	46.01	44.41	32	44.49	5
Stevens, Lorraine	48.29	46.55	33	47.04	6
Harrison, George	42.47	41.12	34	41.21	23
Laaper, Marlies	39.29	37.52	35	38.02	1
Ward, Mike	42.15	40.19	36	40.31	20
Hannan, Richard	45.45	43.48	37	43.60	28
Russell, Robi	53.34	51.34	38	51.46	14
Johnston, Philip	42.40	40.35	39	40.47	22
Green, Rozanne	54.53	52.34	40	52.48	15
McGann, Sharon	49.14	46.48	41	47.03	7
Verv, Cathv	49.30	47.03	42	47.18	8
McLean, Chris	39.59	36.53	43	37.08	16
O'Kane, Kevin	48.02	43.46	44	44.01	30
Ritchie, Dave	44.52	40.28	45	40.43	24
Cowan, Joanne	40.43	35.47	46	36.02	2
Maher, Leslev	52.04	47.02	47	47.17	11
Backhouse, Julie	49.32				9
Leigh, Elana	52.23				12

10k Handicap Points: Races 1-8
(Minimum points for inclusion: 6)

Name	1	2	3	4	5	6	7	8	Tot
Fielder, Manfred		22	19	19	18	19	2	9	108
Degabriele, Joe	2	11	21	20	19		4	2	79
Kearns, Brenda				21	22	21	2	11	77
Dearn, Frank	10	20	20	2	2	2	12	2	70
Solomon, David	5			13	12	18	13	3	64
Greaves, Stuart		18				22		18	58
Verv, Cathv		2	15	12	2	10	14	2	57
Wallace, Sandra	2	15		17	20		2		56
Kaley, Matt		12		18	2	11	11		54
Shepherd, John					21	16	16		53
Walker, John		16		14	13	2	3	5	53
Blecha, Bill	2	17	11	2		2		15	49
Taylor, Penny		19					10	19	48
Hallam, Andrew	22	14	2	4	2	2			46
Stitzinger, Ron			22		2	2		20	46
Benson, Darren	15	9	2	7	8		2	2	45
Cobley, Peter	21	21	2						44
Hannan, Richard				22			19	2	43
Smith, Andrew	18	2		5			2	16	43
Holmes, Ian	11	6	6	2	11		2	2	40
Laaper, Marlies	16	8	9		2		2	2	39
Madden, Phil			16				22		38
McKenzie, Greg			14	2				22	38
Potter, Raymond				9	2	15	2	10	38
Cox, Geoff						20	17		37

Name	1	2	3	4	5	6	7	8	Tot
Frerck, Barbara	2		4		16	9	5		36
Crawford, Scott						17	18		35
Truscott, Chris	20	7	2	2	2		2		35
McPherson, Neil		2	2			6	21	2	33
Herrison, George	12		10	2	2	2		2	30
Coville, Charles	2					13	7	6	28
Maher, Leslev	2	5		15	2		2	2	28
Cowan, Joanne	17		2	2	2	2		2	27
Urwin, Steve			17	8	2				27
Niland, Graham		10	2		14				26
O'Kane, Kevin			18	2		2	2	2	26
Reis, Charles	7	3			2	12	2		26
Jackson, Stephen	2	2	12	2		5	2		25
Smitheran, David						4	8	13	25
Ward, Mike	13		5			2	2	2	24
Campbell, Tina			2		6	2		12	22
Fahey, David	2	2	7		2		2	7	22
Howard, James						2	20		22
Truscott, Peter		2	2	16			2		22
Hodges, John	2			2	15	2			21
White, Keith								21	21
Haves, Carl	19								19
Hugill, Philip			2	11	2		2	2	19
Wallace, Russell					17		2		19
Franz, Godfrey	6	4	2		2		2	2	18
James, Peter	2	2	2		9	3			18
Johnston, Philip						7	9	2	18
Mckenzie, Margaret			13	2	3				18
Ritchie, Dave		2	2	3	7	2		2	18
Henderson, Ian							17		17
Lovel, Rod	2		2	2	5	2	2	2	17
Taylor, Geoff	8		3				2	4	17
Fiore, Mark	2	2	2	6	2			2	16
Herrison, Lynn	2					14			16
Russell, Robi			2		2	8	2	2	16
McBrearty, Kevin							15		15
Boswell, Phil	2	2	2	2	2	2		2	14
Kaplin, Alan							6	8	14
Tiller, Dawn	14								14
Trope, Jonathan								14	14
Wilson, Mike			2		10			2	14
Fennell, John		13							13
McLean, Chris	9					2	2		13
Doran, Ray				10			2		12
Murphy, Grahame	2		2	2	4	2			12
Hill, Sue			2	2	2		2	2	10
Stevens, Lorraine	2	2				2	2	2	10
Gardener, Crispin			8						8
Green, Rozanne			2	2	2			2	8
Barrow, Phil		2	2	2					6
Robinson, Mark		2	2		2				6
Whealy, John	2		2		2				6

10k Outright Points: Races 1-8 (Minimum points for inclusion: 4)

Name	1	2	3	4	5	6	7	8	Tot
Benson, Darren	22	22	21	22	22		22	22	153
Very, Cathy	15	18	18	18	16	18	19	15	137
Cowan, Joanne	22		22	22	22	22		21	131
Laaper, Marlies	21	22	21		21		22	22	129
Truscott, Chris	21	21	22	21	21		17		123
Franz, Godfrey	20	20	20		19		19	21	119
Kaley, Matt	18	18		20	18	22	21		117
Kearns, Brenda	14			17	19	21	21	19	111
Hallam, Andrew	16	19	18	19	20	18			110
Jackson, Stephen	15	17	19	18		21	20		110
Maher, Leslev	16	20		21	17		17	12	103
Stevens, Lorraine	17	21				19	18	17	92
Wallace, Sandra	13	19		20	18		20		90
Smith, Andrew	17	15		15			12	18	77
Frerck, Barbara	11		17		15	17	16		76
Campbell, Tina			19		20	16		20	75
Hugill, Philip			17	17	8		14	17	73
Hill, Sue			15	16	14		14	10	69
Murphy, Grahame	10		15	13	15	16			69
Greaves, Stuart	11	16				20		20	67
Russell, Robi			16		13	15	13	9	66
Lovel, Rod	8		4	6	10	15	8	13	64
Boswell, Phil	3	12	9	7	6	12		8	57
Fiore, Mark	7	8	13	11	2			14	55
Cox, Geoff					16	19		19	54
McKenzie, Margaret		16	13	14	11				54
Potter, Raymond			11	9	5	14	3	12	54
Green, Rozanne			14	15	12			8	49
Taylor, Penny		17					15	13	45
Walker, John	2	9		5	4	9	6	10	45
Kaplin, Alan					11		11	16	38
Truscott, Peter		10	8	10			9		37
Hodges, John	9			4	9	13			35
Urwin, Steve			14	14	7				35
Wallace, Russell				12	13		10		35
Doran, Ray				16			16		32
McLean, Chris	19					6		7	32
Coville, Charles	4					11	5	9	29
Henderson, Ian					12		15		27
Stanton, Wayne					14		13		27
Robinson, Mark		14	10		2				26
Smitheran, David					3	8	4	11	26
Herrison, Lynn	10					14			24
Barrow, Phil		2	12	8					22
Wilson, Mike			2		2		18		22
Cobley, Peter	2	13	6						21
Griffith, Susan			20						20
Mack, Merri						20			20
Tiller, Dawn	20								20

Name	1	2	3	4	5	6	7	8	Tot
Holmes, Ian	2	5	2	2	2		2	4	19
Taggart, Sally				19					19
Vucetic, Clara	19								19
Ward, Mike	2		7			5	2	3	19
Holland, Steven							18		18
Tylman, Ester	18								18
Ritchie, Dave		3	3	3	2	4		2	17
Satchell, Malcolm	6	11							17
Suter, John						17			17
Dearn, Frank	2	2	2	2	2	2	2	2	16
Fielder, Manfred	2	2	2	2	2	2	2	2	16
Gardener, Crispin			16						16
McGann, Sharon								16	16
Reis, Charles	2	7			2	2	2		15
Trope, Jonathan								15	15
Backhouse, Julie								14	14
Degabriele, Joe	2	2	2	2	2		2	2	14
Vucetic, Joe	14								14
Gissing, Jeff	13								13
Langsworth, Margoseta					13				13
Blecha, Bill	2	2	2	2		2		2	12
Fahey, David	2	2	2		2		2	2	12
Herrison, George	2		2	2	2	2		2	12
Langworth, Margaret	12								12
Rankin, Grant	12								12
Solomon, David	2			2	2	2	2	2	12
Taylor, Geoff	2		2				2	6	12
Leigh, Elana								11	11
James, Peter	2	2	2		2	2			10
McCarty, Kevin						10			10
McPherson, Neil		2	2			2	2	2	10
Niland, Graham		6	2		2				10
O'Kane, Kevin			2	2		2	2	2	10
Stitzinger, Ron		2	2		2	2		2	10
Schwebel, Ron	2						7		9
Johnston, Philip					2	2	2	2	8
McKenzie, Greg		2	2	2				2	8
Shepherd, John		2			2	2	2		8
Turner, Michael						7			7
White, Keith							2	5	7
Freys, Ivan	2	4							6
Hannan, Richard				2			2	2	6
Howard, James				2		2	2		6
Whealy, John	2		2		2				6
Crawford, Scott						3	2		5
Houlahan, Anthony	5								5
Robb, Chris			5						5
Fennell, John	2	2							4
Glare, Paul	2	2							4
Madden, Phil			2				2		4
Partridge, Tony				2			2		4

City-to-Surf Ladder

[Eds' note: For the first time, we include a City-to-Surf Ladder instead of the more traditional Marathon or Half-Marathon Ladder. Space considerations have forced us to limit the ladder to results achieved as a Striders member and omit pre-joining performances. Please notify Database Manager Kevin Tiller of errors and omissions.]

Name	Time	Year
Phil Garvin	0.44.33	1986
John Sauer	0.44.54	1992
Mathew Kalev	0.46.50	1990
Trevor Jacobs	0.47.23	1995
Geoff Cox	0.47.40	1988
Chris McLean	0.48.05	1989
Chris Truscott	0.48.07	1995
Christopher Dwver	0.48.25	1994
Stephen Jackson	0.48.26	1992
Godfrey Franz	0.48.34	1990
Darren Benson	0.48.56	1995
Jeff Gissing	0.48.56	1988
Rav Doran	0.49.10	1990
John Hodges	0.49.26	1987
David Sill	0.49.36	1987
Grahame Murphv	0.49.54	1992
Ivan Freys	0.50.00	1984
Wayne Stanton	0.50.08	1986
Joanne Cowan	F 0.50.26	1992
Terry McIver	0.50.48	1988
Mark Robinson	0.51.04	1994
Phil Daly	0.51.09	1992
Stephen Gill	0.51.11	1989
Charles Coville	0.51.12	1992
Joseph Vucetic	0.51.28	1994
Alex Whitworth	0.51.28	1992
Warwick Selbv	0.51.30	1991
Malcolm Satchell	0.51.32	1992
Andrew Smith	0.51.32	1992
Kevin Tiller	0.51.43	1993
Stephen Urwin	0.51.46	1992
Mike Martin	0.51.47	1995
Scott Crawford	0.51.52	1989
Paul Russell	0.51.52	1988
Steven Holland	0.52.00	1994
Anthony Wolfenden	0.52.00	1995
Mark Fiore	0.53.05	1991
Jonathan Trope	0.53.31	1994
Ron Schwebel	0.53.47	1994
Paul Mandl	0.53.55	1992
Bruce Inglis	0.53.57	1994
Peter Coblev	0.54.00	1992
Marlies Laaper	F 0.54.16	1992
John Avliffe	0.54.26	1991
Sharon Dobson	F 0.54.35	1992
Brian Colwell	0.54.57	1995

Name		Time	Year
Alf Field		0.54.58	1990
Peter Truscott		0.55.17	1995
Rod Lovel		0.55.31	1995
Michael Turner		0.55.40	1995
Sue Hill	F	0.55.44	1981
Terry Rose		0.55.46	1990
John Plummer		0.55.48	1991
Mike Ward		0.55.55	1985
Steve Hitchcock		0.56.01	1994
Andrew Beetz		0.56.02	1995
Philip Boswell		0.56.04	1995
Neil McGill		0.56.13	1995
Murray Town		0.56.17	1994
Tony Crosby		0.56.30	1987
Margaret Robinson	F	0.56.31	1992
Robert Inglis		0.56.47	1990
Dawn Tiller	F	0.56.47	1994
Michael Roval		0.57.01	1995
Roy Douteband		0.57.04	1995
Phillip Barrow		0.57.11	1995
Garv Leahev		0.57.14	1989
Geoff Taylor		0.57.20	1994
Kevin O'Kane		0.57.25	1987
Jonathon Marsden		0.57.34	1992
Jonathan Worswick		0.57.38	1994
John Preston		0.57.42	1992
Tina Campbell	F	0.57.57	1990
Susan Roberts	F	0.58.15	1991
Tony Hoban		0.58.33	1995
Derek Smith		0.58.37	1995
Clara Vucetic	F	0.58.39	1994
Grant Ranken		0.58.50	1994
George Herisson		0.58.53	1995
Steve Cornelius		0.59.00	1982
Allen Hissev		0.59.04	1990
Ian Whitfield		0.59.12	1988
Kelvin Marshall		0.59.22	1995
Brian Tailford		0.59.26	1984
Alan White		0.59.32	1990
Sarah Entwistle	F	0.59.48	1990
David Fahey		1.00.07	1991
John Milliken		1.00.20	1995
Raymond Skinner		1.00.21	1995
Phil Madden		1.00.34	1995
David Solomon		1.00.43	1995
Keith White		1.00.53	1994
Benny Hagberg		1.01.03	1990
Martin Cahnblev		1.01.04	1995
David Smitheram		1.01.12	1995
John Turner		1.01.36	1994
Charles Reis		1.01.37	1995
Greg Byrne		1.01.45	1993
Kevin McBrearty		1.02.04	1992
Bruce Murray		1.02.40	1991
Stuart Howard		1.02.53	1992
Wendy Downes	F	1.02.58	1993

Name		Time	Year
Richard Bamann		1.03.00	1979
Jeremy Lowes		1.03.00	1992
Graham Butler		1.03.11	1984
Harvey Blue		1.03.15	1992
Joan Boltz	F	1.03.22	1992
John Ross		1.03.30	1993
David Haves		1.03.43	1995
Paul Lunsman		1.03.46	1994
Merri Mack	F	1.03.48	1993
John Sutherland		1.03.52	1992
Cameron Osborne		1.03.59	1995
Ron Dalv		1.04.16	1992
Breeda Kelly	F	1.04.25	1994
Roger Rigby		1.04.38	1992
Ray Mainsbridge		1.05.00	1994
Neil McPherson		1.05.05	1995
Richard Hannan		1.05.06	1995
Jim Screen		1.05.25	1995
Susan Griffith	F	1.05.25	1989
Philip Johnston		1.05.43	1995
Leo Leader		1.05.56	1992
Peter Donnellev		1.06.23	1992
Manfred Fiedler		1.06.28	1995
Cathy Verrv	F	1.06.34	1995
Ian Manners		1.07.14	1993
Elizabeth Campbell	F	1.07.40	1990
Owen Denmeade		1.07.54	1992
Paul Glare		1.08.01	1995
Paul Kotala		1.08.08	1992
Brian Tavior		1.08.24	1990
Ross Betts		1.08.24	1994
Bill Blecha		1.08.36	1989
Fiona Pelly	F	1.09.00	1994
Leslev Maher	F	1.09.13	1990
Elizabeth Edmonds	F	1.11.04	1994
Tony Partridge		1.11.10	1995
Jim Donovan		1.13.41	1995
Ray Sommerville		1.15.00	1994
Peter Cookson		1.15.41	1994
Leslev Clarke		1.15.54	1990
Julia Stenton	F	1.16.55	1991
Jeffrey Lie		1.17.01	1995
Ian Macarthur		1.23.11	1989
Rosalind Lloyd	F	1.24.00	1992
Adrian Kol		1.24.12	1992
Graham Firkin		1.24.36	1994
Bryce Courtenay		1.25.28	1992
Barney Gordon		1.26.00	1994
Frank Dearn		1.29.25	1993
John Lee		1.29.56	
Nobby Young		1.34.27	1995
Alan Tonge		1.45.30	1993

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.



Entry Fee includes refreshments. Register on the day.
Entry Fees for the "Run for Cancer" will be \$10 (non-members), \$6 (Striders 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. 4 November: Run for Cancer. Lane Cove River Park, Chatswood West (Fullers Bridge)