SYDNEY Striders

The Blister

Edition No. 59: October-November 1995

Miracle Milers Win Striders' National Park Relay

by Jim Screen

Kevin O'Kane may be forgiven for tempting us to try the delights of The Royal National Park on a beautiful October spring morning. At least it was beautiful when most of us left home and headed south. It would seem from later reports that the only place in Sydney with heavy rain was the Striders' Picnic Headquarters. Further research would show that this was nothing more than evidence of O'Kane's Curse. Kevin has organised a couple of events in the Park and each time participants have endured a drenching. Well done Kevin, perhaps you should be in the drought relief business.

Inside This Edition

* Striders' Award Winners: Full 1995 list
* Race Reports, Results and Pictures:
  Brindabella Classic
  National Park Picnic Relay
  Striders' 10k Series Final Standings
* Marathon Training Group Newsletter
* Marathon Ladder, including Sydney M'thon
* The Duzi: Charles Coville Recalls a South African Classic Canoe Ultramarathon
* Dr Irwin Light Slams Running When Injured
* Terry McIver on the Battle for Fitness
* Outstanding Achievement Award: Your Chance to Nominate the High-Fliers
* Tribute to Striders' Long-Standing Members
* Club News, Letters to the Editor

AND MUCH MORE!

(L to R): Mark Fiore, Jonathan Trope, Keith White, Mike Ward, Darren Benson and Bruce Inglis at the start. Were they still smiling at the finish?

Anyway the rain didn't dampen the spirits of Striders and families who supported the picnic. Although the start was scheduled for 7.30 a.m. this was delayed while the teams were reorganised because of no-shows. Kevin, with his eye for detail, re-arranged the teams so well that the final result was only 7min 48sec. difference between 1st and 2nd place over more than 9 hours of racing.

Darren Benson was the star act of the day, competing in 4 of the 5 legs, winning each one. Mere mortals only ran two legs (no pun intended). However, Darren's fitness came under scrutiny. After he had raced some 27 kms he failed to front up for the final 9.5 km leg. They don't make them like they used to. *[Continued page 3]*

The Blister

Official journal of SYDNEY STRIDERS ROAD RUNNERS' CLUB INC. (Founded 1980). P.O. Box 679, Crows Nest NSW 2065, AUSTRALIA. Circulation 300.

Opinions published in this journal, whether expressed by members or non-members, do not necessarily represent the official policy of the club.

Advertising Rates (per edition):

Full page $100, half-page $50, quarter-page $25.

Classified Advertisements:

Single edition $5, full year $25.

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
Minutes Secretary, Lorraine Stevens	314-6937
Treasurer, Geoff Taylor	9906-4612
Uniform Director, Peter Truscott	489-4754
Blister Editor, Graham Butler	9949-3381
Asst. Blister Editor, Sarah Entwistle	360-4516
Blister Production, Steve Cornelius	9977-3267
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
Committee Member, Lesley Maher	809-2411

Race Results, Address/Phone Changes:

Contact Kevin Tiller, phone as above, Internet address: **100244.1707@compuserve.com**

Blister Contributions:

Contact Graham Butler, Sarah Entwistle or Steve Cornelius, phone as above, or the latter's Internet address: **byker.sands@s054.aone.net.au**

Copy Requirements

Contributions are welcome from all Striders.

(1) Deadline dates: Copy must reach Blister Production Manager by last day of each even-numbered month, unless an alternative date is published in Club News. Late contributions will be printed in the following edition, if still relevant.

(2) Disk format: IBM-compatible 3½-inch disks. Apple Mac disks: 3 days earlier for file conversion.

(3) File format: Please save files in text format! Other formats may delay production.

(4) Tables, results, spreadsheet output: Word95 tabular format or Access Database 95 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.

The Runners Shop

PARRAMATTA

RANDWICK

25% OFF

MANUFACTURERS RECOMMENDED PRICE

PLUS 2% DONATION

FROM EACH SALE GIVEN BACK TO YOUR CLUB WHEN YOU PRESENT YOUR VIP CUSTOMER CARD

WHAT OTHER STORE OFFERS THIS?

The Runners Shop is run by runners for runners so we are dedicated to give you the right advice for your next pair of shoes.

WHY GO ELSEWHERE?

PARRAMATTA
320 Church Street Parramatta
891 9294

RANDWICK
48 Frenchmans Road Randwick
399 3893

Striders' Picnic Relay, Royal National Park, 8 Oct 1995

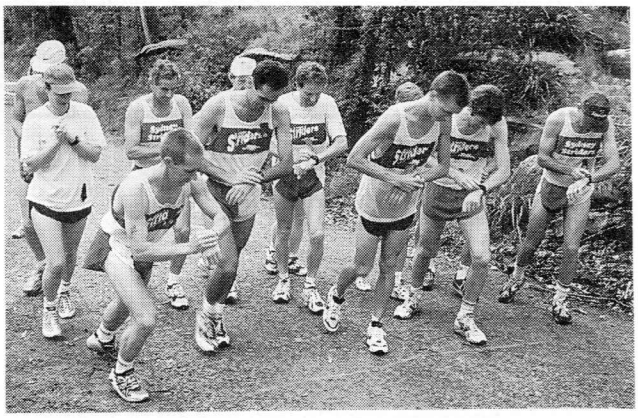
[from page 1] Other fine performances were recorded by Cathy Dunworth ("I only run 5min per km pace") who ran the fastest 4km section in 16.29; Andrew Smith who ran a great 6 km in 21.28 and also the fastest 9.5 km in 35.35. Darren Benson claimed fastest times at 5km in 17.16 and 10 km in 35.31.

Geoff Taylor's Miracle Milers Team won the Perpetual Trophy. The Picnic Relay provides a great opportunity to involve families and friends in a Striders event, at a good location with excellent picnic facilities. When the date for next year's Relay is announced make a commitment to attend. It will be great for you and the Club.

	Miracle Milers	**Whitfield's Wanderers**	**Ron's Runners**	**The Halves ***
Runner 1 4km	Cathy Dunworth 16.29	Tina Campbell 17.07	Craig Budrodeen 18.41	Paula ? 29.46
Runner 2 4km	Cathy McNamara 30.32	Margaret White 19.58	Penny Taylor 20.32	
Runner 1 5km	Peter Truscott 18.10	Joe Degabrielle 21.40	Ron Daly 23.02	Darren Benson 17.16
Runner 2 5km	Jim Screen 21.04	Amanda Dawson 24.16	Greg McKenzie 26.17	
Runner 1 6km	Scott Crawford 24.00	Sharyn Burgess 35.11	Keith White 24.42	Wendy Downes 27.37
Runner 2 6km	Mike Ward 24.07	Tina Campbell 26.32	Andrew Smith 21.28	
Runner 1 10km	Andrew Hallam 37.18	Jeff Gissing 36.17	Jonathan Trope 36.34	Darren Benson 35.31
Runner 2 10km	Mark Fiore 38.18	Bruce Inglis 36.31	Kevin Tiller 43.47	
Runner 1 5km	Cathy Dunworth 20.29	Ian Whitfield 28.29	Ron Daly 22.26	Paula ? 31.18
Runner 2 5km	Bill Blecha 25.39	Joe Degabrielle 22.22	Jonathan Trope 18.17	
Runner 1 6km	Geoff Taylor 23.36	Margaret White 30.58	Manfred Fiedlar 26.16	George Herisson 24.24
Runner 2 6km	Peter Truscott 24.17	Darren Benson 21.38	Dawn Tiller 25.28	
Runner 1 4km	Bill Blecha 21.14	Amanda Dawson 18.59	Greg McKenzie 19.37	Wendy Downes 17.58
Runner 2 4km	Cathy McNamara 24.23	Sharyn Burgess 21.47	Penny Taylor 19.56	
Runner 1 6km	Mark Fiore 23.00	Bruce Inglis 22.33	Kevin Tiller 27.42	Darren Benson 21.46
Runner 2 6km	Scott Crawford 24.54	Margaret McKenzie 38.40	Craig Budrodeen 28.18	
Runner 1 9.5km	Mike Ward 42.14	Jeff Gissing 37.33*	Dawn Tiller 44.23	Kevin O'Kane 46.18
Runner 2 9.5km	Jim Screen 44.40		Manfred Fiedlar 45.28	
Runner 1 9.5km	Geoff Taylor 40.33	J Gissing/B Inglis 38.56*	Andrew Smith 35.35	George Herisson 41.45
Runner 2 9.5km	Andrew Hallam 36.47		Keith White 41.03	
	1st	**3rd**	**2nd**	**4th**
TOTAL TIME	**9.21.44**	**9.35.56**	**9.29.32**	**9.47.18**

* Times count double.

(L to R): Geoff Taylor, Kevin O'Kane, Peter Truscott (crouched), Ian Whitfield, Jonathon Trope, Manfred Fiedler, Paula Citizen, Darren Benson, Joe Degabriele, Bill Blecha, George Herisson, Cathy Dunworth and Dawn Tiller.



Remember the days when runners used to look at the starter, not their wrists? (L to R): Sharyn Burgess (wearing cap), Andrew Hallam, Jonathon Trope (rear), Mark Fiore, Andrew Smith, Darren Benson, Bruce Inglis and Jeff Gissing.

Club News

• Training Information

Chris Robb

Do you have any articles which may be useful to other Striders? Subjects might include: Diet and Nutrition; Training Programs; Stretches; Injuries.

We are compiling a manual to help members with training. If you have any articles which you believe may be of interest please send them to the Training Director, Sydney Striders, PO Box 679, Crows Nest NSW 2065.

• Midweek Distance Runs

John Hamilton

Interested in some long distance training during the week? In preparation for the Canberra Marathon in 1996, I'm running from Beecroft to the City during the week.

The route: principally along Beecroft Road, Epping Road and Pacific Highway.

The time: early Thursday mornings. It's very early to avoid the traffic and the heat. I start at 5:15 am from Beecroft.

The pace: 6:20 am group pace (about 1 hr 45 min for 25k).

If you're interested in joining me for the whole run or en-route then I'd be glad to hear from you. (I've already got one new Strider joining me en-route.) Please contact John Hamilton @ home 484-4773, or @ work 312-0525 for more details.

• Pain in the Domain

John Hamilton

Remember "Pain in the Domain"? Well it's still being run every Tuesday, starting 12:50, in the Domain behind the State Library in the City. Harvey Blue's not the "bus driver" anymore! It involves 14 interval sessions around the Botanic Gardens and the Domain.

If you want some speed work and you work in/near the City, join us - Striders and others. More details can be obtained from John Hamilton @ home 484-4773, or @ work 312-0525.

Striders now have 2 Internet addresses. See page 2.

• Membership Renewals

Anonymous

Members are reminded that all subscriptions are due for renewal on 31 December. Failure to remit your payment on time will result (at best) in your removal from the mailing list, and (at worst) in a visit from Ian Whitfield, Terry McIver, S.W.Bag and other Pommy soccer hooligans.

• Club Uniforms

Peter Truscott

Summer is upon us, and for the fashion sensed, image is everything. It doesn't matter how good a runner you are, cost is nothing when it comes to comfort. So if you want to look Cool, feel Cool and be Cool, Sydney Striders' new Coolmax running singlet is for you. Cut and designed for the runner of the 90s, it's available at your local Uniform Director's office. For $25 it's a bargain.

To add to the depletion of your life savings, new tracksuit pants have been designed to help break the monotony of green in the current design. Coordinated to match the existing top, these new pants are available (order only) at $45.

Finally, for those who have not purchased a 15th anniversary T-shirt, there are only a few left in stock, so hurry and buy a piece of history today.

Price List:

New Design Tracksuit Pants	**$45.00**
New Design Running Shorts	**$25.00**
15th Anniversary T-Shirts	**$25.00**
Mesh Singlets (Male or Female)	$18.00
Coolmax Singlets	$25.00
Cotton Shorts (green & white)	$22.00
Cotton Shorts (plain green)	$22.00
Short sleeved T-Shirts	$18.00
Long sleeved T-Shirts	$22.00
Tracksuits (made to order)	$100.00
Sweatshirts (NEW DESIGN)	$25.00
Triathlon Lycra singlet	$25.00
Triathlon Lycra knicks	$25.00
Bike Pants (with padded seat)	$40.00
Bike Top with pockets at back	$40.00
Lycra Bra Tops	$18.00
Polo Shirts	$20.00
Sqeezys (box of 10)	$10.00

• Outstanding Achievement Award Nominations

Nominations are invited for the club's premier award, the Maria Gemenis-Cruickshank Outstanding Achievement Award for 1995. Nominations should be in writing, include as much information as possible about the running achievements of the nominee (race dates, times etc) and should arrive at P.O.Box 679, Crows Nest NSW 2065 by **Fri 12 Jan 1996.** Voting forms will be sent out to all members with the next Calendar, and the award will be presented at the club's major prizegiving dinner to be arranged in early March.

• Tailford Award

Communications Sub-Committee

The recipient of the Tailford Award for the best *Blister* article of 1995 will also be decided by popular vote of all members, and presented at the prizegiving dinner in March. However, nominations are not required for this award. Voting forms will be forwarded with the next Calendar, and members will be asked to vote for any articles from *Blister*s 55-59 inclusive. Start reading your recent back-numbers now!

• Striders on the Internet

Steve Cornelius

Race results, changes of address and phone number, *Blister* contributions etc can now be made via Email. Check the Internet addresses of myself and Kevin Tiller at the foot of the "Club Contacts" panel on page 2. Any other Striders who have Email addresses are welcome to publish them here.

• Classified/Network Ads

Communications Sub-Committee

Members are invited to participate in a new "Classified/Network" feature column which will begin in the next *Blister* (#60). You might wish to advertise your professional services to fellow members; you might have something to sell (house, car, old running shoes, disused spouse). Whatever it is, the Classified/Network column is for you. Maximum 50 words (but we're flexible). Only $25 a year or $5 for a single edition.

• Blister Deadlines and Copy

Communications Sub-Committee

The deadline for receipt of copy for *Blister* #60 will be the end of January 1996. It is envisaged that during 1996 *Blister* deadlines will gradually be readjusted so that they return to the end of even-numbered months.

A number of perennial problems continue to plague the Communications committee and delay *Blister* production. They include (i) long handwritten items which require typing; (ii) items full of boldface, italic, underline and every other imaginable type of irrelevant formatting; (iii) items submitted verbally; (iv) diskettes damaged in transit; (v) people who believe an Apple Mac is fit for anyone other than 6-year-old girl.(vi) late copy; (vii) very late copy; (viii) ultra late copy; (ix) mega late copy; (x) copy so late it defies credibility; (xi) copy which is æons late.

Please note also that *Blister* production staff will, from #60 onwards, be using Microsoft Office on a Windows 95 platform. Contributions produced using earlier versions of Word, Excel and Access will present no problem. For other formats, please contact Steve Cornelius.

• Marathon Training Group

Kevin O'Kane

The recently-formed Marathon Training Group has become something of a "club within a club". Its latest newsletter appears as a 4-page insert in the centre pages of this *Blister*. Contact Kevin O'Kane on 449-1435 (H) or 283-3355 (B).

• New Committee Position

Communications Sub-Committee

Since the resignation of the irreplacable Roger Rigby, the Communications Sub-Committee has been functioning on about 5 of its V8 cylinders. Graham, Sarah and Steve would welcome another volunteer to take on part of their workload.

Ideally, such a person would be an active member of the *Blister* editorial staff, soliciting contributions and attending editorial meetings, but would also act as a backup on the production side in the event of Steve's absence or incapacity.

Possession of a computer (at home or at work) and some minimal competence in its operation

would therefore be minimum qualifications for the job. Some facility with graphics and/or the ability to produce screen bromides would be an absolute clincher, since the handling of such items seems to occupy a disproportionate amount of the current sub-committee's time and efforts. However, an eager bod with a brain and two hands and not much else would also be welcome.

Why not give us a ring? Your co-option to the club committee will be taken care of in the time-honoured way (bribes, threats etc).

• Club Archives

Steve Cornelius

Owing to my recent purchase of a very small house in Fairlight (we're talking *seriously* small here), a few hard decisions have had to be made. Anything which is not likely to be used in the next 2 weeks, and doesn't have tangible family-related sentimental value, has had to take the long trip out the door. This is, of course, a lifestyle choice on the part of Sally and myself, but it is not without consequences for Sydney Striders.

For a start, a box full of *Blister* back numbers, the official Editor's Archive Set going back to edition #1, has been transferred to the abode of Graham Butler.

Secondly, a medium-size bag of vintage Striders' T-shirts is no longer in my possession, but is now in Jim Screen's attic, constituting the embryo of a Striders' sartorial archive.

I did try to sell them once, but the highest offer I got was $2 ($2 the lot, not $2 each) from Paul Russell. Despite this, and despite the fact that it's not a complete set, you would have to agree there are a few treasures among them.

There's the full set of half-marathon marshal's shirts, from every race since inception: 1982-83-84-85-86-87-88-89-90-91-93 (none was made 1992). These include the rare red V-neck half-marathon shirt from the inaugural West Killara race in 1982, now owned only by a handful of members, the controversial stark blue-on-green "Half" shirt of 1986 and Lane Cove River Park "duck" shirt of 1990, and the brilliantly colourful "Bicentenary cockie 88" and "Trees 91" shirts.

There's also the original white-on-green round-neck from 1981, the first club T-shirt ever made, and a full set of Striders' 24-hour race shirts 1987-88-89-90, including the superb 1988 green/red/black number (the only shirt ever designed by S.W.Bag)!

The special event shirts are the 200th Star (designed by Bryce Courtenay), the 250th Star, the "ten cheetahs" shirt for the club's 10th anniversary in 1990, and the classic and extremely rare blue "Bernie King" shirt from the bus-trip of 1986 when the club took Bathurst apart. This was incidentally the only time in his life that Bryce Courtenay made two punctuation errors in a single phrase!

There's also the impressionist "cheetah on running shoe" which drew massive critical acclaim at the 1987 half-marathon. Thanks are due to Jim Screen for his generosity in housing this priceless club treasure, and members are invited to contribute their own pre-loved T-shirts.

• On The Streets

Jonathan Worswick

Thinking of doing some track work? Well here's your chance to sample what's in store for international athletes in the coming years - Homebush Olympic stadium.

• Sydney International Athletic Centre

Warm-Up Arena: 400m track (8 lanes), hammer/discus cages, shotput cirles, high jump fans, steeplechase water jump, javelin runways, pole vault runways, long/triple jump, storage and athlete accommodation (that's showers and loo!).

Entry fees	Adult	Child/Concession
Training session	$3	$2
Season Pass	$120	$85
20 visit card	$48	$32
50 visit card	$105	$70

Times: Mon-Fri 7am-9pm, Sat-Sun 8am-6pm
Arena Hire fees: Weekdays $70/hour, weekends $90/hour, Field lighting $40/hour. Hire fees include starting blocks and PA system. Bookings and information 752 3444

There are various clubs that train during week nights such as LAPD triathlon club or you can turn up like I do, once in a blue moon, and do your own thing. I have purchased a 20 visit pass which on arrival gets punched by the attendant. The warm up track is adjacent to the main stadium, access is by Parramatta Road at Lidcombe or via the main entrance to the Olympic stadium.

• Aquatic Centre

Learn, improve your technique or just have some fun. There's something for everyone, (this sounds like an advertisement!). For those people who have yet to visit the Olympic swimming arena I should emphasise that there are various laned pools, childrens pools, slippery dips, jacuzzi etc. I swim in the mornings as there are fewer people, on average 2 per lane which isn't bad. Schools use the pool so be careful on timing your arrival.

There are also various types of swim school, for instance the Master class is Mon/Wed/Fri 7pm-8pm, Tue/Thur 6.30am-7.30am, Sat 7am to 8am

Fees: Swim school/squad: payment calculated on a term-to-term basis but on average is $8 per adult per session. General: $3.50 for an adult although there are various passes that can be purchased which will bring your average entry to around $2.50. I have a 50 visit pass for $120. Further information phone 752 3666

• Athletics

If anyone is interested in track racing I have regular correspondence from Athletics NSW (ANSW) on the coming events. Although various entrance applications are required in advance some of the events do look worth the effort. Give me a buzz for more info.

• Recent Events

Veterans' World Championships Buffalo, NY, USA, July 95

Over 5000 Athletes from 79 countries competed in the 11th biennial championships. Australia was represented by 214 competitors. Only GB, Canada and Germany had a greater representation.

15 athletes maintained their record of competing at every one since 1975 including two Australians, sprinter Reg Austin and middle distance runner Jak Stevens.

Despite very warm weather, 58 world records were broken during the 11 days. Australia smashed 6 world records, capturing 36 titles and claiming a total of 80 medals.

Space limitations prevent us from printing individual results, which can be obtained from ANSW.

The next world champs will be held in Durban, South Africa, in 1997, which may be of interest to our clubs SA ex-patriates.

• Errata

Corrections supplied by Kevin Tiller

Ross Betts' City to Surf PB was 65:31 in 1989. Ron Daly ran the Canberra Marathon in April 1995 in 3:38:59 (2nd in his age group).

Steve Cornelius regrets to announce that he made an error in typing his own telephone number in *Blister* #58. He has received 100 lashes, not for making the error, but for being the only old fart (except John Turner) pedantic enough to notice it.

• Race Results

as notified to Kevin Tiller

Graeme Hansen: Sydney Marathon Aug 1995, 3:18:48 and Richmond Marathon, Virginia, USA, Oct 1995, 3:09:37 (PB)

Gary Leahy: Opperman 24hr bike ride (Forbes to Deniliquin): 500km in 23:30 (team of 5 in relay: Gary Leahy, Jonathan Page, Ian Spencer, Mark Burgess, Malcolm Rodgers).

• Member of the Month

The "Member of the Month" and "Personal Profile" features will return in *Blister* #60.

• The STaR of the Beast

With acknowledgments to Revelation 13:18

Here is wisdom. Let him that hath understanding count the number of the beast: for it is the number of a STaR run; and his number is Six hundred threescore and six.

4th February 1996, the 666th STaR. Venue not yet decided. Any ideas on how to celebrate it?

• Committeespeak

Mark Fiore, in committee meeting, October 1995: "[The Marsfield 10k course] is always quite a popular run, it's just that nobody likes it".

Wendy Downes, in committee meeting, November 1995: "OK, next item on the agenda, apologies. Is there anybody here who hasn't apologised yet?".

Kevin Tiller, in committee meeting November 1995: "I reckon we should have it in January so we can start the New Year with a bit of a swoosh".

Swoosh? Does he have a Nike Sponsorship?

Striders' Annual Presentation Brunch

Middle Harbour Yacht Club, Sunday 3 December 1995

As usual, the sun shone on this spectacular setting in which to honour our best runners.

Club policy on awards:

Award recipients must have been financial member at the time of the race, and may win more than one trophy per category. All results must be sent to the club and/or published in the *Blister*. No responsibility acceptedfor results not received.

1994 COMMEMORATIVE AWARDS

Male debut marathon	**Darren Benson**
Female debut marathon	**Sue Marr**
Male Open marathon	**Chris Dwyer**
Female Open marathon	**Joanne Cowan**
Sub-3-Hour improver	**Chris Dwyer**
Sub-4-Hour improver	**Peter Cookson**
Male Ultramarathoner	**David Sill**
10k Handicap winner	**Richard Field**

BEST DEBUT MARATHONS

Awarded for a first-ever standard marathon.

M	1	**Michael Wilson**	3.39.54	Sydney
M	2	James Howard	4.01.00	Sydney
M	3	Mark McCrindle	4.15.00	Sydney
F	1	**Fiona Pelly**	3.49.59	Sydney

BEST MARATHON IMPROVEMENTS

Improvements are calculated as a percentage. Males and females compete on equal terms.

	Sub 3 Hours	From	To	At	%
1	**Grant Ranken**	4.23.53	2.56.53	Syd.	33%
2	Chris Truscott	2.59.27	2.47.23	Canb.	7%
3	Marlies Laaper	2.55.55	2.51.53	Canb.	2%
	Sub 4 Hours	From	To	At	%
1	**Neil McPherson**	4.19.59	3.48.22	Syd.	12%
2	Barbara Frerck	4.20.00	3.52.49	Cities	10%
3	Neil McGill	3.13.28	3.00.37	Canb.	7%

10k SERIES AWARDS

Handicap competition	**Joe Degabriele**
Male outright competition	**Darren Benson**
Female outright competition	**Joanne Cowan**

OTHER AWARDS

Improver of the year	**Chris Truscott**
Encouragement award	**Margaret White**
Male Ultramarathoner	**Kelvin Marshall**
Female Ultramarathoner	**Dawn Tiller**
Triathlete of the year	**John Preston**

BEST MARATHONS

Open Age Category (all ages)

M	1	**Chris Truscott**	2.47.23	Canberra
M	2	Phil Hugill	2.49.10	Canberra
M	3	Andrew Hallam	2.50.10	Canberra
F	1	**Joanne Cowan**	2.41.48	Canberra
F	2	Marlies Laaper	2.51.53	Canberra
F	3	Wendy Downes	3.33.01	Sydney

Veterans' Age Category (M40+, F35+)

M	1	**Chris Dwyer**	2.52.48	Sydney
M	2	Chris McLean	2.54.10	Canberra
M	3	Grahame Murphy	2.58.10	Canberra
F	1	**Joanne Cowan**	2.41.48	Canberra
F	2	Brenda Hamill	3.44.10	Sydney
F	3	Clara Vucetic	3.47.00	Sydney

Masters' Age Category (50+)

M	1	**Raymond Potter**	3.00.48	Cities
M	2	Derek Smith	3.10.58	Canberra
M	3	Alex Whitworth	3.20.00	Sydney
F	1	**Wendy Downes**	3.33.01	Sydney

Seniors' Age Category (60+)

M	1	**Ron Daly**	3.38.59	Canberra
M	2	Neil McPherson	3.48.22	Sydney
M	3	Bruce Murray	4.05.00	Sydney

BEST HALF-MARATHONS

Open Age Category (all ages)

M	1	**Darren Benson**	1.12.14	Bankstn
M	2	Chris Truscott	1.15.54	Canberra
M	3	Andrew Hallam	1.17.23	SMH
F	1	**Marlies Laaper**	1.22.00	SMH
F	2	Clara Vucetic	1.32.00	SMH
F	3	Brenda Hamill	1.37.58	SMH

Veterans' Age Category (M40+, F35+)

M	1	**Graham Murphy**	1.20.59	SMH
M	2	Phil Boswell	1.24.26	SMH
M	3	Rod Lovel	1.25.28	SMH
F	1	**Clara Vucetic**	1.32.00	SMH
F	2	Brenda Hamill	1.37.58	SMH
F	3	Cathy Verry	1.40.57	G/Coast

Masters' Age Category (50+)

M	1	**Raymond Potter**	1.25.00	SMH
M	2	Alex Whitworth	1.26.36	SMH
M	3	Derek Smith	1.26.58	SMH
F	1	**Wendy Downes**	1.39.34	G/Coast

Seniors' Age Category (60+)

M	1	**Ron Daly**	1.42.22	SMH

Why I Waited for Murray

David Ritchie

Murray Town is one of the hard men of the club. He is one of the quiet achievers of the club. Murray is also a prolific performer. This year he has run in many events including Six Foot Track, Brisbane Waters Bush Bash (47km), Jagungal Wilderness (80km) and Fosters Iron Man Marathon (90km). He also cycled from Texas to Canada in nineteen days. On many occasions Murray "entertained" me on Sunday runs with colourful details of some of the highlights. I was in awe, anything over 42k's is beyond my limited comprehension.

And so it came to pass that only a mere 7 days after running the gruelling Comrades (90km) in South Africa Murray started in the Sydney Half Marathon. I finally caught up to Murray running with Ian Holmes at about the 17km mark. Ian was having heart problems so we left him. Murray and I ran on, we went past Geoff Caban who seemed to be looking for $2 coins on the ground and then with 1 km to go I left Murray. Why? Simply he wasn't going fast enough. What else was I supposed to do? Wait for him, not likely.

The taste of victory over a fellow Strider is usually very sweet. You can give the defeated a verbal stir until the next race, then hope like hell that you win again based on the view that if you dish it out, you must also be prepared to cop it. But the taste in my mouth that day was bitter. In fact that afternoon I was in deep depression. Why didn't I wait for Murray? He was backing up from one of the hardest runs in the world and I didn't wait for him. What kind of victory was that? A big nothing, a big zero, a big doughnut!

And so to the Sydney Marathon. I left Scott Crawford and Peter Hammerschmidt at 30k, the conversation wasn't much!(i.e. I couldn't get a word in). I then caught up with Murray and Kevin Tiller at the 37km mark. Kevin at that stage was putting in one of his famous long fades. Murray and I ran together until the 40k mark when we both agreed we were in survival mode. On we ran, bloody hell Peter Hammerschmidt just ran past. I'll go after him, no I'll run with Murray. No I'll push on and try to catch Peter. Onto the track and round the first bend. Where's Murray? I can't do it again. I did not wish to experience that bitter taste again so I turned and waited. Murray caught up and we ran to the line together. I felt better, I felt cleansed, I felt an inner peace with my spiritual self. *[Editor's Note: A number of eye-witnesses have alleged that in actual fact Murray waited for Dave but this has been hotly denied. Legal proceedings are now pending.]*

From the President

Wendy Downes

What a year it's been, this year in which our Club turned 15. Quite a good one when I add it all up, despite a few setbacks along the way. Three features stand out above the rest. One is the continued success of our 10k Series, thanks to our dedicated band of organisers so capably led by Mark Fiore. Another is the renewed vigour of this publication *The Blister* from hard working Communications subcommittee (Graham Butler, Sarah Entwistle and Steve Cornelius). And the third is Kevin O'Kane's back-to-basics Marathon Training Group initiative which has captured the imagination of new and old runners alike, staying together and not leaving anyone behind. All of them fine examples of what keeps Sydney Striders Club strong and thriving.

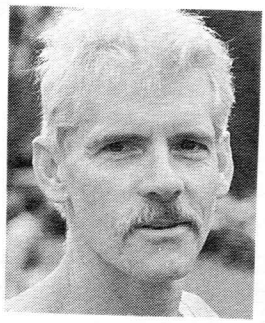
Also pleasing is our enthusiasm for "giving something back" to the community through Striders' support for charity causes. Most notable during the year were the "adidas Run to the SCG" in support of the Starlight Foundation, and our two special 10k Series events whose total proceeds we donated to Royal North Shore Hospital's cancer research unit. We have more and bigger occasions in mind for next year.

Naturally we were disappointed that our major sponsor could not continue for a second year, but it gave us a valuable learning experience that adds to our confidence in approaching others to replace DHL. We continue to work on that. Meanwhile, I'm pleased to report that the Club's finances are still in very reasonable shape, not only because of previous contributions from our Life Members, but also due to the generosity of Club members Brian Tailford (of First Impressions Quick Printing) and Alan Phillips whose continued support does so much to keep our communication costs down.

Finally, a big thank you to all who have contributed to our Club's success during 1995, and may I wish you and your families a joyous festive season and a flourishing, healthy 1996.

Duzi by Name and Doozey by Nature

Charles Coville



Charles Coville

I have taken on many challenges unprepared, but my 1972 indulgence in the Pietermaritzburg Durban Canoe Marathon (The Duzi) ranks as my most daring.

The Duzi is the twin event of the Comrades Marathon. It takes place between the same Comrades towns in Natal Province in South Africa, but obviously there is no "up" event. It is more than a canoe marathon as it includes portaging (where you carry the canoe) or up to 30% of the 160km. The Comrades is a stroll compared to this 3-day test of endurance!

My brother, Neil, was undertaking a doctorate in chemistry at McGill University in the separatist state of Quebec and was scheduled for a holiday back in South Africa. I decided to give him a holiday to remember and suggested the Duzi. Neither of us had ever paddled before but we both had a background in running, especially marathons. Neil had competed in numerous marathons (Boston PB of 2:26) and so the invite to compete in another "marathon" appeared to be quite reasonable. Or was it?

Snap a canoe in seconds

Johannesburg must be the largest city in the world not located at the sea or on a river. This was our first problem - where to train. There are 2 smallish lakes in suburban Jo'burg with the nearest river (Vaal) over 120km away. So our 2-week training programme consisted of 5 paddles on the flat, uninspiring lakes of Emmerentia and Wemmer Pan. We decided that our programme should be weighted towards the art of falling out, as the Duzi (full name Umsindusi) is a strongly flowing country river of unfriendly rapids that can snap a canoe within seconds if one is slow to respond to a mishap like overbalancing and falling out.

We perfected this art but we knew that this was only in a sterile environment. What would happen in a real fast flowing river? And what of our numb bums? Cyclists have to overcome the same problem which takes years of experience to master. Fingers crossed yet again as we crammed yet another unknown into our 2-week crash course.

The dos and don'ts in the General Information and Rules added to our anxiety. "If you do retire during the race you must get to the checkpoint under your own steam. We do not run a rescue service for broken down canoes. If you have a broken neck, back, arm or leg, we may consider your case."! "Portaging: there are many weary miles of portaging. This is part of the race and you must train for it." "Wear a life jacket if you are nervous. You only have one life." "If it gets dark and you are still on the river, look out for the skyrockets to guide you to camp."

And so it was that we ventured into the great unknown on that hot Wednesday morning as we tentatively placed our canoe in the narrow brown Duzi in the lush serene surroundings of Alexander Park in the centre of Pietermaritzburg.

The first day is certainly the toughest for the unprepared for the 2 portages of Campbells (10k) and Guinea Fowl (5k) within the first 25k soon take their toll and spread out the field. In a portage the canoe is carried on the shoulders of the front and rear canoeist. The rubber shoulder pads start to feel threadbare as the race progresses as the 6.5m fibreglass boat also weighs 18kg.

Finally came a cropper

We are able to negotiate a lot of the early rapids which are considered small and our confidence improves with every stroke of the wooden shafted, fibreglass bladed paddles. We had heeded the instructions of not using "plywood nailed to a broom handle". The river is up this year and we shoot the notorious Vegwaan rapid but get too cocky and finally come a cropper on the dangerous Mission rapids. We snap our rudder cable and all of a sudden the race takes on a new dimension - steering without foot control is a big, big problem. We crash into many overhanging African thorn bushes but fortunately our life jackets protect us from injury.

The 2 rivers we are to paddle meander through hilly rural Zululand. The scenery is quite spectacular and many black locals view our progress with curious interest. The river never gets wider than 50 metres so that in the event of a

mishap it's not too far to the comfort of the river bank.

The river valley gets hotter by the hour as the sun rises overhead. As we struggle through yet another portage we are advised by 2 old hands who have been with us since the start that this year is a breeze for portaging - last year when the river was low there was 35kms of portaging on the first day and a mere 15kms of paddling.

We paddle into camp just before sunset on the first day exhausted but relieved. It is midnight before we finally get to bed as the repairs to the rudder took longer than expected. Over 20% of the 222 starters have already retired but we are still hanging in although we are only a couple of places from last position.

Saved by the skyrockets

As we prepare for bed, cheering breaks out at the finish line. 2 friends have arrived with paddles but minus a canoe. Their canoe capsized and disintegrated at Vegwaan rapids; they lost their way and finally arrived in camp from over the mountains on the wrong side of the river. They had been saved by the skyrockets guiding them to camp. Both Dave and Pete developed septicæmia and were badly dehydrated - perhaps an unusual omen, for Dave won Comrades a few years later.

At least with Comrades you don't have to run the race a second time the following day. Starting day 2 with blisters on your hands and feet, sore shoulders and feeling generally stuffed makes one appreciate the enormity of this endurance event.

The start to the second day is not nearly as spectacular as the first as one may choose to paddle or carry to the checkpoint 3km away. The leaders usually run, and only a high river would prompt them to paddle. We decided to paddle.

We finally encounter the hazard that we had been warned about - stone-throwing African kids! These piccaninnies have built up a mound of rocks over the preceding 364 days. Their intention is to cause a wipe out and then swoop down and steal the rubber beach balls used as buoyancy in the body of the canoes. Their success rate was high. This was fortunate for us as we were so far back in the field that they already had their year's supply of balls and left us alone.

Prior to joining the Ungeni river, the Duzi meanders and 2 saddle portages are undertaken. This brings out about 1 km below the confluence and this is the start of one of the most scenic stretches of the race. Deep in the valleys of Zululand you feel that you are light years away from the civilised western world - primitive native huts, subsistence farming, dirt tracks and the rich colours not too dissimilar from the Australian outback. There is an eerie silence save for the splashing of the paddles. On top of the mountains in the distance is the Comrades course.

The path of the next portage and the river converge at a drop known as the Slide. Our confidence is up as we negotiate the steep drop which is very shootable and looks far worse than it is.

No hippos at Hippo Rocks

At Foley Marani causeway we meet our seconds for a replenishment of drinks. The water is polluted, but not to the naked eye. Debilitating diarrhoea within 24 hours is the end result of any river water unwittingly swallowed. Yet another portage at Ngumeni Hill, the worst on the second day. Hippo Rocks some distance downstream is avoided; not because of any hippos, but because of the biggest drops encountered on the race so far. There are no crocodiles or hippos on the river and the only wildlife we encounter is a leguvaan (goanna) and a friendly snake. The bird life is abundant.

After reaching Mfula store another meeting with our seconds and then the last 15km of the day. This is a frustrating section as it is very much a bump-scrape affair over the sandbanks over the final 5km. The weir at the end of the day adds a little excitement and helps us to cool off.

Our rapid shooting improves throughout the day and we only fall out 4 times. However the portages are getting harder and harder, so much so that we take on more rapids instead of the optional portages.

Young topless maiden

We have barely finished dinner for the evening when a large imposing Zulu male visited out campsite along with a young topless maiden dressed in her traditional Zulu best. While I only know a few choice Zulu words, they are not needed as it is not difficult to work out what his mission was. His gesticulations said it all. He was offering his daughter to Neil of me for the evening and was open to negotiation. We explain that we are really exhausted and not up to it, and so as not to offend him suggest that perhaps the same place and same time, but next year! We are after all in Zulu tribal land and are visitors passing through and do not wish to offend.

The first 15km of the last day are a pain! Sandbanks on this wide stretch of the river and flat water are annoying. Only the smiling faces of our seconds and a welcome drink at the causeway checkpoint gives any sort of relief. This is the calm before the storm. The mouth of yet another gorge heralds the start of a most dangerous rapids. And the proud Top Needle high above is as magnificent as the rapid of the same name below.

The experienced singles canoeist alongside us explains that the portaging queue across the soccer field to avoid shooting the boat breaking rapid is getting longer each year. We heed his advice to portage despite feeling weak and sore. A short while later we encounter Side Shute and Mzunnyate Rapids. They have claimed many canoes this year and will continue to do so for years to come. We cautiously portage yet again.

Grown men cry

Finally Burma Road is reached. Those Striders who have run the "up" Comrades know that Polly Shorts, the last hill (steep and 1.5km long) outside Pietermaritzburg, is the final straw that breaks the camel's back. Well Burma Road not only breaks your back but also reduces grown men to tears (no exaggeration!). Burma Road is the hardest portage of the entire race, but interestingly is optional. It consists of a 300 metre climb in the first 2.5km followed by a 4km downhill trek. It cuts out about 12km of river. To paddle around is debateably quicker but the chances of breaking your canoe are high. Some historic races have been won on this portage when the super fit have run the entire portage, passing the leaders on the way up.

We find the climb tougher than our wildest expectations. The heat is unrelenting and we long to get back on the water to cool off. The heavy undergrowth means that on occasions we have to pass the canoe around trees blocking the narrow path. The top of the climb finally comes into sight and we collapse at the summit to recover. It is like an oasis - a drink station at the top and one of the most spectacular views of the race. The distant river in the valley below meanders through the last gorge and heads south to Durban, the sea and the finish.

No more portaging

We vow no more portaging as we launch our boat for the final stretch home. It's only 30km to the Indian Ocean. Little John, Molweni, Island, Top and Bottom and Five Finger Rapids can destroy a boat in seconds but we take the risk - we are sapped of the strength to lift a canoe yet again. Our exhaustion tells as we fall out in the last rapid of the race! Neil drifts downstream as I scramble over the slippery rocks to save our boat. My apron that clips over the cockpit to keep out water gets caught on a branch and I wonder if this is the end? I finally break free and get to the boat before it fills up completely with water. It weighs a ton but I am able to direct it half submerged to the bank. Five Fingers has given our boat a nasty tear down the side of the hull and repairs are required. We use the fibreglass repair kit that we have carried but never used during the race. 30 minutes later we are paddling the flat water with no more rapids to worry about.

We struggle to walk around Natal Estates Pumphouse weir. Our bodies are screaming out for rest but our marathon running experience keeps us hanging in. It's only 15km to go. First the sight of Kensington Flats and then Athlone Bridge. We have arrived but only just - we make the cut off by 15 minutes! We finish last in the doubles (57th) and second last overall (83rd) but who cares? Over 60% of the field retired. While the winners paddles and portaged for 9h 24m, we got our money's worth by taking 25h 14m.

Overcome sore bums

We had perfected the art of falling out and quick recovery, had overcome sore bums and had mastered all those other inexperienced variables that we discussed during those 5 training sessions on the 2 dams on the Transvaal highveld hundreds of kilometres away from one of the world's most challenging canoe races.

The "never again" post-race comment faded over time and I finally became inspired to return for another 3 Duzis, 2 with my running colleagues as partners and one race in a single canoe (this was the toughest race of all). My final farewell Duzi in 1977 just prior to emigration to Australia saw me reduce my time in a doubles canoe to 15h 43m and finish in the top 50%.

In a future *Blister* I will reprint some photos, describe the history and provide some interesting statistics of this unique African adventure.

In time I will also write an article for another *Blister* on the highlight of my brief canoeing career (1972-77) - 650km down the Orange River (the border between South Africa and Namibia) to the Atlantic Ocean in 13 days in 1972 with 7 friends in single canoes and a support crew of 12 in 4 Land Rovers over water never paddled before.

Brindabella Classic: "Australia's Toughest Downhill Race"

Phil Hugill

Some people may disagree with me, but having just completed my first Brindabella run I would like to know where the 'downhill' sections were?

To clarify for the uninitiated, the Brindabella Run is a 54k trail race, starting at the summit of Mt Ginini which is approximately two hours west of Canberra. It then undulates along fire trails until the finish at The Cotter Hotel which is about thirty minutes from Canberra.

The author (3rd from left) and some of his mates at the Brindy

I travelled down to this race with Kevin and Dawn Tiller and as usual we shared some classic conversation, ie "What's your race plan, Kevin?"; answer: "go out hard and hang on". I won't share any more with you as it's all too embarrassing, as Dawn pointed out "stop whingeing and get on with it". I think this was directed at both me and Kevin. Dawn has a strong humanitarian streak in her, almost Mother Theresa in magnitude, probably summed up with her view that "if you're still able to moan about it you haven't suffered enough".

Your toe-nails will grow back

Anyway moving along to the Race Report, Ultras are so much more than the run itself, for all you runners yet to experience the pain and the pleasure of an Ultra, try it, you won't regret it. Well maybe, but after a few months your toe-nails will grow back and you'll treasure the memory.

The event actually started on the Saturday night, when about 20-25 Striders, family, friends and guests got together for a pasta dinner (many thanks to Mike Ward for organising this) The meal was an Ultra in itself, the Garlic bread starting the night, which we slowly devoured as we waited and waited for the soup. We settled into the hard long endurance part of the night , after 1-2 hours the pasta arrived on large communal plates.

La Grande Bouffe

I'm unsure as to the consistency and flavour of the pasta, but anyone who has seen the original 'Alien' film where the green object explodes from the stomach of one of the crew will be able to visualise the food moving in front of us. There followed a slow tiring decline in our performance, suddenly interrupted by the unexpected arrival of chicken and fish main courses, (much to this vegetarian's delight!). This was around the three hour mark. We felt duly satisfied that we had completed this arduous meal journey when we were caught out by the appearance of salad. At this point I gave up, unable to stay the pace and face the prospect of coffee at dawn.

The next day, ready to face anything after the previous night's test, we gathered at the Cotter Hotel for the coach transport to the race start. The race is quite unusual in that you start with a steep decline over loose ground for a few hundred metres then proceed for 2-3k along a flat fire trail. Relay teams also compete so you find yourself racing far too quickly, not remembering that you're going the full distance and the relay runners drop off after 9k, (well that's my excuse). In this early stage there's also a steep climb and descent to the summit of Mt Franklin, though only about 1k in both directions, followed by a long up-hill climb which took nearly an hour to complete (remember this is a downhill event!).

A wee pit-stop

After some two hours of running I was going along steadily with Johnathan Worswick from the Striders, when we were joined by another runner (non-Strider) who amazed both myself and Jonathan as he proceeded to urinate mid-stride. The skill and dexterity of this runner was quite something as he directed his stream high and left with not an apparent drop touching him, he

informed us mid-stream that he was just training in preparation for the Hobart Marathon, hoping to beat his PB of 2hr 32, In total awe of his skills and ability, both running and bodily, we dropped off his pace and wished him well.

At this point I basically 'blew' and was unable to stay with Jonathon, with my chest going tight and legs like lead I struggled into the half way point at Bulls Head.

Everything else is irrelevant

I have yet to confirm this but my memory of Bulls Head aid station is of a large crowd of people being entertained by a jazz band, which is a bizzare sight in the middle of an Ultra. Anyway several squeezys later I was still going and remember just a long slow grinding couple of hours as I struggled through this never ending section, a mostly dusty fire trail through a valley and down hill to Vanity's crossing.

This is followed by a steep up hill climb with my head never once raised, at this point in an Ultra, I have to say scenery the environment, other runners or anything become irrelevant as you focus totally on conserving energy and keeping going. After what seemed an eternity plodding along a rolling down hill section, suddenly the fire trail ends and you come out on to the road and can see the finish.

Wished for a leg transplant

The finish, what can I say, well thank you to the organiser Trevor Jacobs and to all his helpers and volunteers at the aid stations. Much as usual I remember little of my conversation or actions, at this point I basically lay down and wished my legs could be transplanted onto somebody else, anyone would do.

All the Striders competing, I believe about 23 in all, seemed to enjoy themselves and complete the event successfully, though some did need medical attention for cuts and bruises.

My personal thoughts on the run are:

* it's a wonderful challenge and a good experience;
* the run is well organised and supported;
* the uphill sections should not be underestimated;
* the relay team idea is a very good concept and more Ultras should adopt this, as it introduces more people to the events and means there's always runners about on the course so you're not left isolated and lost.

That's all, and thanks again to Trevor Jacobs for all his efforts in putting the run on.

Results

Craig Ambler (1st)	3:42:20
Mo Bartley (USA) (1st F)	4:21:06
Striders:	
Trevor Jacobs (3rd)	3:51:23
Jonathan Worswick (7th)	4:07:12
Phil Hugill (10th)	4:16:44
Raymond Potter	4:27:10
Kelvin Marshall	4:30:22
Mike Ward	4:46:25
Jonathan Trope	4:50:54
Kevin Tiller	4:53:50
Derek Smith	4:57:18
Murray Town	4:58:12
Rod Lovel	5:00:01
Tony Hatch	5:00:15
Brian Colwell	5:08:20
Peter Hammerschmidt	5:08:43
Keith White	5:24:41
George Herisson	5:26:28
Paula Whitehouse (7th F)	5:37:17
Jim Screen	5:37:59
Alf Field	5:42:41
Relay Teams	
Category FMFF: "Beaudies and the Beast" (Margaret White, Andrew Smith, Penny Taylor, Amanda Dawson)	4:33:00 (record)
Category FFMF: "3.5" (Wendy Downes, Dawn Tiller, Geoff Taylor, Wendy Downes again)	4:25:32 (record)

The Voice of Experience

The accumulated wisdom of Dr Paul Russell

On Snot

"It's a pain in the arse to ride in a headwind behind someone with a cold, because when they blow their nose, you get all their snot."

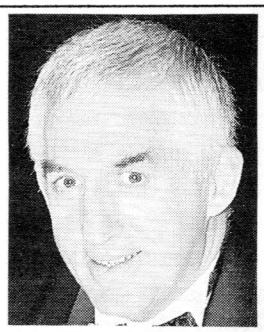
On Sex

"The major worry about bike riding is that it makes you impotent. If you sit on a bike 8 hours a day, your dick doesn't work. On a long bike ride, you can forget morning erections. In fact, you can't even feel it. But bike-riding can increase size and frequency of erection in the short term."

[Editors' note: Dr Russell offered no opinion about the likely effect of long distance bike riding on those not equipped with a "dick", sometimes known as the "otherly gendered".]

Brindabella: A Second Opinion

Jim Screen


Jim Screen

Ultra marathons are really super to go in and you can have a lot of fun. For starters they are longer than your ordinary old 42.2 marathon. You get time to walk some and there are nice views to take in as you stroll along. They are held away from pollution and traffic and provide an opportunity to strip down to singlet and shorts and almost be as one with nature.

And the stories that abound about the joys of ultra marathoning are designed to lure the unsuspecting into an experience which will not be forgotten. Sydney Striders has many accomplished story tellers who spend much of their time spreading the word (not necessarily the facts).

The story tellers gloss over the facts somewhat, which are that you have fun either the day before or two weeks after but mostly never on it, the reason they are longer than 42.2 kms is that you only successfully wreck your quads ,knees and ankles between 42.2 and the finish. Walking is usually dictated by the vertical nature of the roads and trails and the natural survival instincts of the human body. Remote wilderness has something to do with the lack of pollution and how else can you suffer hypothermia and sunburn unless you take off most of your clothes.

Mike Ward moves in

Mike Ward is one such story teller. His line is old and not always effective. For example as witnessed at a recent Sunday Training Run . He targets an unsuspecting but likely looking lady Strider and moves in.

"See, these are Striders. Their names are Wendy and Peter and George. See how they run. They run down hills and they enjoy it so much. See the profile of the run. If I hold the page on an angle it makes the run even more down hill and easy. See the pretty names on the Run. This is the Magic Forest. This is where the Striders enjoy themselves after running 32 kms with another 22 kms to go. And this is Moonlight Hollow.It takes you all the way down just so you can run all the way up." On this particular occasion his quarry didn't fall for the story. But many did.

The gathering point this year was the night before at a convivial Italian restaurant. Mike Ward organised a group of 30 Striders and friends who enjoyed some fine wine, pasta, salad and a good time. This get-together provided an interesting glimpse into the Strider psyche. Drink lots of wine and whatever before a big event because you probably won't be able to after it. Alf Field alleges that the two Russian Ultra Marathoners, Gennardy and Igor, who visited the Club in 1994 said that red wine was good for long distance runners. I thought they said after the race. Perhaps this helps explain why Alf fell over no less than twice during the run and recorded as he said, a personal worst. (Alf keeps muttering something about being overseas for six months and six kilos overweight being the cause of his woes.)

Paula Whitehouse managed to remove the skin from both knees in a most spectacular way. She at least recorded a great P B. An improvement of 36:36 and was first lady Strider home for the second year in a row. Well done Paula.

Talking to no one in particular

George Herrison was observed talking to no one in particular as he came down off Bulls Head. It seems his legs were hurting and he was seeking some assistance from the fairies in the Magic Forest. Something must have worked as he went on to finish his first Brindabella in good form.

Dashing Derek Smith was seen "walking" down hill. Who would have believed it. Perhaps it was his pre-race hydration program ? Not to be outdone in any preparation department ,our urbane restaurateur of the decade, Peter Hammerschmidt, continually delves into his" bum bag" during long runs for tasty snacks. But what does he eat ? Perhaps a portion of cod fillets wrapped in leeks and served on a celeriac remoulade. Whatever it is it certainly doesn't slow him down. But we digress.

Looked like $2

Race day was coolish and overcast. Ideal for running. Mt Ginini was very busy with runners and friends. This year record entries were received for both the full run and the relay events. We had time for a few photos,a bit of vaseline here and there,a quick drink and greetings to old friends. Trudy Rae

looking like a million dollars was there from the Terrigal Trotters. Mountain Man looking like $2.00 was also there from the Western Districts Joggers and Harriers as well as lots of other friendly faces from both clubs. About 8.30 AM the race started and away we went.

Well it must have been good for running because records in the relays were set and no fewer than 7 of the 17 Striders running the full distance bettered last year's time or set a PB. Overall, the first four females broke five hours and the first four men were under the four hour mark. In the previous eight classics only three women and seven men had broken these marks. Race winners were Mo Bartley from the USA in 4.21.06 and Craig Ambler from Wagga in the fine time of 3.42.20.

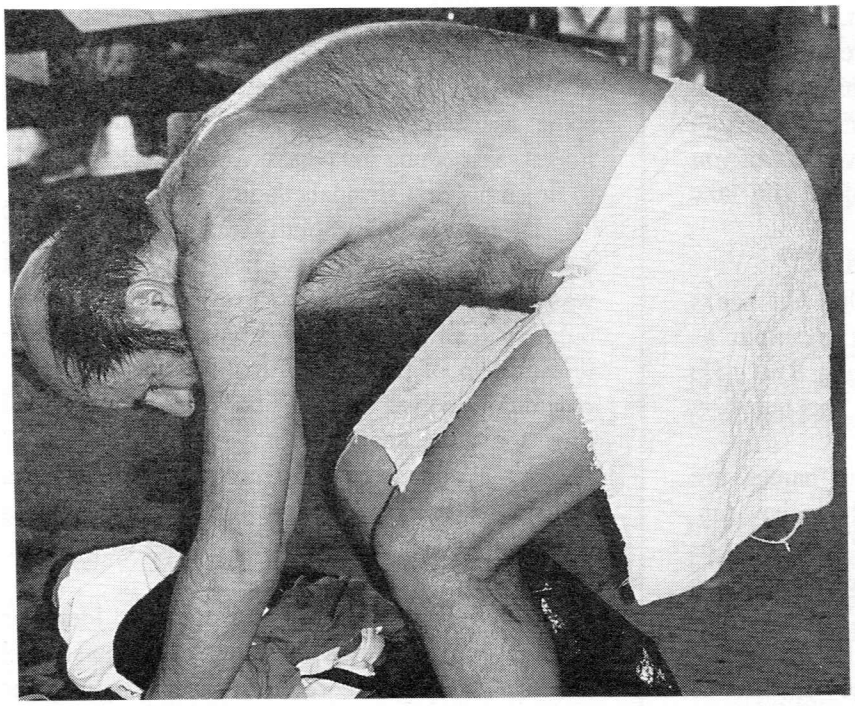
Top runs came from Jonathan Worswick in 4.07.12 and Brian Colwell whose 5.08.25 took a mighty 46.45 off his '94 time. Striders relay teams performed exceptionally well setting two records.

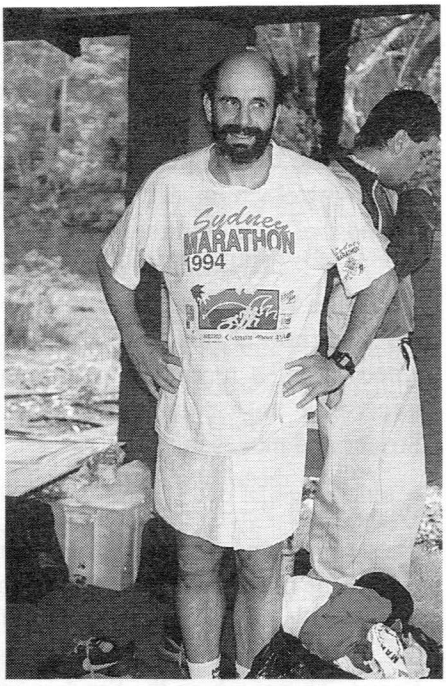
Andrew "The Beast"

In the Category FMFF the Striders Team of "Beaudies and the Beast" comprising Margaret White, Andrew Smith, Penny Taylor and Amanda Dawson set a record of 4.33.0. Well done. Not to be upstaged the other record setting Striders Team ,the "3.5 s", of Wendy Downes, Dawn Tiller (responsible for the "point five"), Geoff Taylor and Wendy Downes (only one Wendy, she ran twice) finished in the excellent time of 4.25.32. Wow.

Mike Ward and Brian Colwell are members of an exclusive group of 4 runners who have completed all 9 Classics. This is a great achievement which might help explain why Mike spends so much time telling all and sundry about the wonderful Brindabella. This brings me to thanking and congratulating the Race Director, Trevor Jacobs, his organising committee,Graham Skelton, Ken Eynon, Dave Cundy and Graeme Small on yet another successful event. Very special thanks to all the other organisations and volunteers who provided communications, massage, first aid , aid stations, course marshals and starting and finishing line personnel. All the volunteers are tremendously friendly and helpful and go out of their way to make you welcome.

For those wondering what the Brindabella Classic is, it is a 54km Trail Run which starts at the top of Mt Ginini (1762 M) and finishes at the Cotter Reserve (475 M) which is near Canberra. The course is a combination of dirt road, four wheel drive tracks and a little bit of bush for good measure. It is a superbly organised event, scenic, challenging and ever so satisfying to finish. See you there next year.





(Left): What is this man doing? And (Right) why is he looking so peeved?
Answers in a plain brown envelope, please, to Blister Editors. Confidentiality assured.

Summer, 1995 - 6

Sydney Striders Road Runners' Club

Marathon Training Group

Edited, written, produced and distributed by Kevin O'Kane
Tel: 449 1435 (H) 283 3355 (Bus.)

What's going on?

Aims: The stated aim is to prepare for the 1996 early season marathons. The secondary aim is to enjoy training as a group of similar runners. Marathon running is not essential.

Running: The Group started training together in mid-October over 10 to 15 kms at a fairly gentle pace. There are now about 25 regular and semi-regular members, and usually 2 or 3 sub-groups. We're working up our mileage as per the Training Schedule (Page 3).

Stretching: One of the features of the Group runs are the post-run stretches, both Sunday and mid-week.

Rules: The main rule is to stay together. The rest of the rules are to help out with this.

Races: The first race for group members is the Palm Beach to Manly, for those who are fit enough. Otherwise, the only races scheduled are the Six Foot Track Marathon and the Canberra Marathon

How to join

Just turn up for one of the training runs, and fill in a form. No fees. There will be photographs of all members on a board at Sunday runs. There are no restictions on faster runnners joining if they wish, as we move up to the longer distances.

Would you leave this woman ?

Well, neither could anyone else. It's no secret that Dawn was doing it tough in the early sessions. With a bit of determination and support, Dawn is now out there setting the pace.

DAWN SHAW

LIVES AT: Brighton-Le-Sands

OCCUPATION: Co-ordinator, frail aged day care

LIKES: Lisa Ho fashions, tight butts

DISLIKES: Thongs, socks worn with sandals

FAVOURITE FOOD: Pasta

FAVOURITE DRINK: Water

FAVOURITE EATERY: Someone else's cooking

1996 AIMS:

Palm Beach to Manly

Canberra Marathon 3.40

When and where

Sundays

December

At STaR venues 20/25 kms

January 6.00 a.m.

At STaR venues 25/30 kms

Mid-week

Thursdays 6.00 p.m.

At Waverton Bowling Club

About 10 kms

INSIDE

2 Training Schedule
2 10 reasons to run with the Marathon Training Group
3 What pace to run at
4 The Rules

Training Schedule

2 March 1996 Six Foot Track	14 April 1996 Canberra Marathon	Long Run	Weekly kilometres
By end October	By end October	15km	35km to 45km
By 26 November	By end November	20km	45km to 55km
By 17 December	By end December	25km	55km to 65km
By 7 January	By end January	30km	65km to 75km
By end January	By end February	30km	75km to 85km
By end February	By end March	30km	75km to 100km

10 Reasons to Run with the Group

10. Focus.

9. Encouragement.

8. Bill Blecha's jokes and insults. Impossible to avoid either.

7. Hear from our panel of experts each Sunday how to achieve world peace, balance the budget and run a marathon (Just as many solutions for each).

6. Give yourself your best chance to achieve your goals.

5. Post-run stretching keeps you injury free. You can even walk properly on Sunday

4. Watch the internal struggle for David Hayes - to party or to run. A new instalment each week.

3. The groups stay together the whole way.

2. Help stop yourself training too fast.

1 You get to read the monthly newsletter and disagree with everything I say.

What Pace to Run At

OK. You've set you goals for the season, or the year. You have calculated how far you need to run. But do you run fast, slow, long, short etc. to get there.

The Sunday Run

When considering the pace to run the Sunday STaR, you need to look at why a long run is necessary in your program. The purpose, according to physiologists, is to work on base endurance and fat metabolism*. It is not to build speed. It is not to practice acceleration. It is not to prove that you can run your companions into the ground. The age-old Striders practice of running as a group to half way, and that it is then OK to step up the pace and drop off the group one by one is not only selfish. It is physiologically unsound. The dead feeling in the legs until Wednesday every week is not necessary and it is not beneficial. You should be saving the speed for specific sessions, where your effort is efficient. Your longest run of the week should also be your slowest.* By way of illustration, Robert de Castella sometimes ran his long runs at 7.00 to 7.30 mile pace. At his speed, Deek would often be dropped off by the 6.10 group, and occasionally by the 6.00 group. While it may appear to be heresy to suggest that Striders should be running STaRs 2 minutes a kilometer slower than race pace, that is exactly what we should be doing. But are you game to try it?

Why run fast?

While most experienced runners do not doubt that some form of speedwork is essential in a balanced program, there are some runners who have reservations. Beginners can see improvement every time they run while their distance increases, with no fast work at all, while there are advanced runners who believe that fast running is likely to cause injury. Unfortunately for the less experienced, their speed will plateau, and the improvement will stop. As for injury risk, the best predictors are in fact high mileage, a previous history of injury and failure to include enough rest in your training schedule. Speedwork, properly planned, both increases your raw speed and increases the threshhold pace at which you can run comfortably for long periods.

Why run slow?

If some fast work is good, why not just run quality and cut out "junk miles"? Because low intensity training works on the oxidative capacity of the muscle and trains the muscle cells to reap a greater percentage of energy from the limitless fats available rather than the limited carbohydrate. Slower running educates the muscles to work more efficiently in an aerobic manner by building up the size and number of mitochondria (where aerobic metabolism takes place) in each cell.*

Structure your program

I know of one Strider (No longer an active distance runner) whose weekly training consisted of 15km on hills each day, and the 30k STaR on Sunday. The most common feature of the runner's results consisted of endless injuries and, considering the training effort, mostly disappointing race results. Another former Strider became famous for a program which consisted of 2 hard, hilly 10k's, a 3000m or 5000m race, and a run with the fast group on Sundays. But nothing slow. That runner improved rapidly and, over a period of 4 or 5 years, achieved some very good results in marathons and even ultras. Unfortunately, and perhaps not coincidentally, he is no longer able to run at all because of continual joint problems. On my own part, I ran with the 6.00 group earlier this year in training for the Canberra Marathon. Every Sunday, I was the last Strider in, often by 15 or 20 minutes. In the Marathon, the other members of the 6.00 group were between 6 and 25 minutes behind me, even though nearly all had trained harder and longer than I did, and have just a much, if not more, ability. The same usually happens each year in the City to Surf. It isn't coincidence, it's just that I have a plan, which I follow. Basically, I run very slowly on Sundays, I do 1 or 2 fast days, and run at a slower pace on other days. If you think about what you are aiming to do, you also can plan a program that includes a balance of a slow Sunday run,

some fast (but not long) days and recovery work. Or you can just keep wondering why you don't race better. **KO'K** * Runner's World, September, 1995 "Train slower, race faster"

The Rules

In order that the Group will satisfy the needs of the greatest number of people, it is necessary to have a few rules. Obviously, the fewer, the better. However, as the rules go to the core of what the Group has been established to do, you are expected to follow them if you want to continue to take advantage of the Group train.

1. THE RUNNERS STAY TOGETHER! NO EXCEPTIONS. If you want to push the pace along faster than the slowest members of the Group can go, then you'll have to run with another Group. If you want to charge up a hill, then wait at the top for the last of the Group to catch up. It will not be acceptable to do the usual STaR thing and charge off in the second half of the run. If this is too slow for you (I hope there will be enough runners for sub-Groups at different paces) you will have to run with other runners until the Group's pace suits you. If you start with a Group, you finish with them.

2. Wait at drink stops, toilets until the last person runs past you.

3. Support other runners if they are finding the going tough.

4. Be realistic. Don't start with a Group whose pace is too slow or too quick for you.

5. Do your training during the week. You can't expect others to spend their run waiting for you if you've taken it easy and lose your fitness. Try to keep up with the training schedule as much as you can. If you fall too far behind, either work hard to catch up, or try again next year.

6. Allow time for Group stretching after your Sunday run. It's part of the run.

7. Have fun and enjoy your running. That's the whole point.

Striders' Roll of Honour

Data compiled by Kevin Tiller, notes by Steve Cornelius

If you've been a Strider for a while and you are struck by the number of unfamiliar faces at a run or function, just consider this: no fewer than 115 current members will have been Striders for 5 years or more on 31 December this year.

If membership of Sydney Striders sometimes seems to have a lot in common with a revolving door, just look at the number of people who DON'T revolve. 49 members (over 15%) have held on to Striderhood now for more than a decade.

And there is now, since the club's 15th birthday earlier this year, a small select group (only 6) of 15-year members!

The Blister will, in future, devote a small section in each edition to honour those members who have recently reached their 5th, 10th or 15th anniversaries.

The following, however, is a "one-off" complete list of those 115 loyal Striders.

Long may they remain members, and let us hope their numbers keep on swelling.

The only remaining inaugural member of Sydney Striders is the club's founder

Charles Coville

Thank you Charles, for getting us off the ground in 1980 and sticking with us!

The only five other 15-Year Members:

Brian Colwell
Geoff Cox
Ivan Freys
Jim Donovan
Sue Hill

14 Years:
Leo Leader
Ray Doran

13 Years:
Alex Hamill
Brenda Hamill
Brent Waters
Bryce Courtenay
John Plummer
Steve Cornelius
Terry McIver

12 Years:
Brian Gatfield
Bruce Murray
Graham Butler
Harvey Blue
John Turner
Lesley Maher
Nobby Young
Paul Russell
Peter Cobley
Peter Donnelley
Peter Keeble
Robi Russell
Wayne Stanton

11 Years:
Brian Tailford

11 Years (cont'd)
Edwina Macarthur
John Hodges
Mike Ward
Owen Denmeade
Stephen Roach

10 Years:
Alex Whitworth
Allen Hissey
Benny Hagberg
Beth Reid
Bruce Inglis
Christopher Dwyer
Dick Bartlett
Graham Firkin
Ian Whitfield
Irwin Light
Kevin O'Kane
Phil Garvin
Ray Reid
Scott Crawford
Wayne Mccarthy

9 Years:
Alan Phillips
Alf Field
Barbara Firkin
Dawn Shaw
Frank Gallagher
Gavin Morisset
Jack Woodward
John Timbs
John Whealy
Jonathon Marsden
Keith Jackson
Ross Betts
Tina Campbell
Wendy Downes
William Thompson

8 Years:
Bill Blecha
David Sill
Jeff Gissing
John Ayliffe
John Hamilton
Paul Lunsmann
Raymond Skinner
Roger Rigby
Tony Crosby
Warwick Selby

7 Years:
Alan Tonge
Geoff Taylor
Ian MacArthur
Joanne Cowan
John Cullity
John Sauer
Malcolm Satchell
Susan Griffith
Victor Taylor

6 Years:
Alan White
Brian Taylor
Chris McLean
David Ritchie
Frank Dearn
John Fennell
Murray Town
Peter Johnson
Robert Inglis
Ron Daly
Sarah Entwistle
Stephen Urwin
Suzanne McRae
Terry Rose

5 Years:
Elizabeth Campbell
Gary Leahey
Godfrey Franz
Iain Dow
Ian Manners
John Cruickshank
John Preston
John Ross
John Sutherland
Jonathan Trope
Julia Stenton
Kevin Fitzgerald
Kevin McBrearty
Kevin Tiller
Lesley Clarke
Mark Robinson
Marlies Laaper
Susan Roberts

Eds' note:Kevin,why was this info supplied in a file called **oldfogey.doc***?*

The Come-Back Trail

Terry McIver

For the last two years I have been thinking of getting back into some kind of training, I was going to say running but after three knee operations, and now only one cartilage left between the two knees, running is out. I was doing a fair bit of cycling and was training for the Sydney to Wollongong in 1993, but a week before the event I had an argument with a taxi, and yes, the taxi won. It's taken me a long time to get back on the bike, I tried a few times but was just too scared.

Well about 4 months ago this Strider who'd been trying to get me back on the road again said I needed something to get me going. At the time, he was getting ready to do the Mexico to Canada bike ride. He said he would be away for about four weeks and by the time he got back he wanted me to be able to ride with him and a few other Striders in the Saturday morning group. If not I had to take them all out to dinner in a restaurant of their choice (not McDonalds). So there it was, I had not done anything for two years and what happens? A fellow Strider who is also a very good friend gives me four weeks to get back into it.

Stuffed

My first day back, a Saturday morning. I leave home 6 am to do the northern beaches ride that I was doing before my accident. I wanted to see if I could still do it. 3 hrs and 45 mins later I knew I could still do it. Mind you, I got home, had breakfast and a shower, then spent the rest of the day in bed. I was stuffed. By the way, the ride is about 73 km and takes in McCarr's Creek hill.

Well now that I knew I could do it, it was just a matter of getting fit, so the next Saturday off I go again, same ride by myself. This time got a flat tyre, but felt a lot better, then I thought maybe I should try another ride during the week. Soon forgot about that as I would be too tired for the ride on Saturday. I got my time down to 2hrs 50min, but still doing it hard.

Well no more time left, the following weekend this so called friend was coming back hoping to collect on the challenge, it was very hard going out with a group after so long but I hung in there, and finished not too far behind, and in a time of 2hrs 34mins.

So that was the start of my new bike riding career with the one and only Dr Paul Russell. I had a bit of an idea what it would be like riding with Paul, from our running days. He won't let me run any more, keeps telling me it's because of my knees but I really think it's because he could never beat me in running. At the moment he can on the bike, but give me a bit of time and I'll get there. I wonder what excuse he will come up with for me not to ride a bike.

Thought there was a speed limit

Well after a few weeks Paul says I have to come over and do some speed work in Centennial Park. The group starts at 4.30pm and you just ride around the park. As we ride round he starts telling me most of the group are 'A' grade riders. By this time we are in the middle of the pack, and it's getting faster and faster. I thought there was a speed limit in the park and we were doing twice that. I dropped off after about ten laps, when they where doing between 40 & 45km/hr, and tried to hang on the next time they came round but could only manage two laps. I must admit it does do you a lot of good, it's like doing track work in running, helps a great deal no matter what distance you run.

Any way the other week Paul phones me up on the mobile to tell me he might not be able to come over and do some speed work, but seeing as I had my bike in the car I said I would go any way, and maybe have an easy session. Started off with the group and as it got bigger, as usual it got faster, and to my surprise I was up near the front, staying with them and feeling really good. Then what happens, the mobile starts ringing, had to slow down and let everybody past, and I'm hanging on the back to answer the phone. Who is it? Yes, Paul. He tells me he just drove into the park and next time we come round can I slow down and he will join on the back. I said Paul, as I'm talking to you the pack is slowly pulling away from me. Anyway when we get round to him he's still getting ready, so being the mate I am, I stop and wait for him, ready to go.

Sensible? Not Paul

Now to me, the most sensible thing would be to ride round the park, let Paul warm up and then join on the back when they came round. Not Paul. He jumps on the bike and says right, if we cut through the middle of the park and pedal like mad we should catch them, so off we go, we get half

way across the park and there goes the pack. No chance, so we keep going, and we come round to the short cut again. This time we get 3/4 of the way and past they go but there are a few slower ones and Paul says come on we can catch the tail enders. He is having to really shout to me as by this time I'm about 40m behind him, and hanging in, but not for long. So I spend the next 45mins going round on my own and just doing a few quick laps now and again. Still enjoyed it. Must have done, because Paul said I had, and I've been back.

Here's the best one so far: Sydney to Wollongong. Paul says I have to do the time trial, he can't do it as he is doing the ride with his wife and son Robi and Juke. Now we need a car in Wollongong on the Saturday so we can all come back in it after the ride. Then it turns out we need two cars as there are more people wanting a lift back. Paul comes up with an idea. He and I should drive down very early Saturday morning and ride our bikes back. I have only ever done Sydney-Wollongong on foot, but I am advised that on a bike it should only take about 3hrs, easy pace.

Head for Sydney like bats out of hell

We get down to Wollongong at about 6.15am. By the time we get ready to leave it's about 6.45, and we head off to Sydney like bats out of hell. I think, hang on, if we keep this up there's no way I'm even going to be able to get up the next day, never mind ride back down to Wollongong again. Anyway I think he will slow down soon and get in a nice easy pace. No way. He then begins to tell me about the hills, Stanwell Park (very steep), then the hill down into the National Park, and as we are going down I know there's only one way out and the up part is going to be a hell of a lot longer then (funny that, isn't it?). Well we get to the top, incidentally meeting 2 Striders, Sarah Entwistle and Jonathan Worswick.

Drinks and eats at Sutherland. I get there soon after the others. As I leave the shop, Paul announces he has to be at work by 11am. It was then 9.30am, which means he has to average about 45km/hr to get back to Cammeray, and it's raining, so off he goes apologising for leaving me and for underestimating the time to get back from Wollongong.What can one do? Grin and bear it. After a rest, Sarah and Jonathan say they are going the long way back to Sydney, so I say I'll stay with them for as long as I can, all the time thinking how the hell am I going to do all this again tomorrow?

Then I remembered I have a friend who lives in Miranda, so I stop and give them a call. They were just going into the city, how lucky can you get. So it's about 1.30pm and I'm in my friends' car just near Town Hall when my mobile rings. It's Paul, enquiring where I am. I said I'm just outside Town Hall in the city, not home yet, let him sweat a bit, probably thinks I'm still riding back .

Yes I did make it the next day, got down there in 3hrs 24mins, hit the wall with about 10km to go. And boy, it's a lot more dangerous on a bike then when running. Next year I hope not to do the Paul Russell head banging Wollongong to Sydney one day and vice versa the next. Even he admitted it was a daft thing to do.

Forget Mr Plod

I'm really grateful to Paul for getting me back on the road again, since without him I would still be just thinking about it and not really doing any thing about it. I have ridden a push bike ever since I was a kid and I've fallen off loads of times, but you just get back on again and you think what a dickhead you were (or the other person in the group was) for causing the fall. It's no big deal, but when you get someone in a car who runs over you and only just bothers to stop when his front wheel is a few inches from your foot, it can be really scary. Didn't sleep for a long time after that. As for Mr Plod, forget about them, they don't want to know about it.

I have clocked up about 1500km since I started riding again, which was near the end of July 95, so I think if I hang around with Doctor Russell I'm in for a very challenging 1996. I noticed that there are a lot of Striders now riding bikes. Maybe we should all get together some time and have a bike STaR, calling it Striders for Riders.

I hope next year to do a few duathlons, that's if I can get a clearance from my friend the doc. All I know is at the moment I'm very happy to be back doing things with Striders, and thank you once again to Paul (I think) for getting me back into the world of head bangers.

Kev's Korner

Kevin Tiller

There was a young man on a track
Who would run his repeats back to back
He said "I don't know which I enjoy mo'
The nausea or heart attack!"

Aussie Sporting Heroes

Dr Irwin Light

Well, another Australian Sporting Hero (ASH) has emerged. Pat Farmer has successfully run across the USA. Now I hear him interviewed and he tells us all that he completed most of that run with a stress fracture of his leg. Well I'm sure it hurt him and I'm sure he feels proud to be an Aussie and brave as hell.

Is it OK for sport to hurt?

Is this the message, however, that we should be giving our young sportspeople? Do we need to get the message across that it's OK for sport to hurt? Should we let them hear us say it?

Everyone remembers the Los Angeles Olympics because that was the first time a women's marathon was run at the Olympics. Who remembers the winner and how she looked in the stadium? And who remembers Gabriella Andersen-Schiess? Whenever there's publicity about a marathon, that is the photo we see. Does that give road running or jogging or physical exercise in general a good or a bad image, and should we let it happen?

What medical officers must do

To my way of thinking, the ball is in the court of the duty medical officers at these events. It was refreshing recently to see that a medical officer employed by a rugby league club had the good sense to resign after a dispute between himself and a coach over the fitness of a player to take the field. This sort of integrity is commendable and unfortunately sadly lacking.

Pat Farmer should not have been allowed to continue running, nor should Gabriella Andersen-Schiess when she began to show signs of distress. To the credit of the Australian cricket team's physio, that bloke Warne was removed from duty at the recent test match, at great cost to his team, for all the correct reasons.

Impart good images

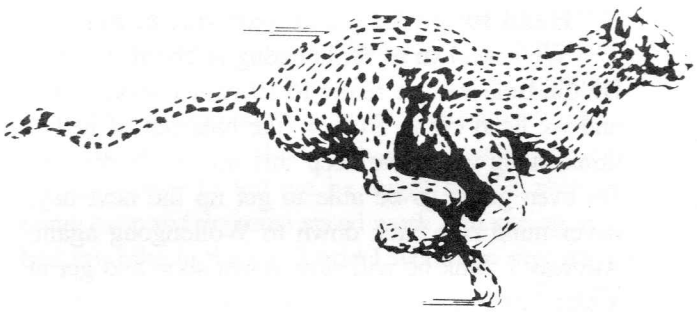
I'm rambling on, I know, but we should be imparting good thoughts about distance running, and good images. The responsibility for maintaining the image lies with all competitors, and with all administrators, and above all with those in a position to make a meaningful decision. As the poet Bob Dylan once wrote: "If you want somebody to trust, trust yourself". Our ASHes need our guidance.

Strider's Ego Pricked

Steve Cornelius

Submitted someone's *Blister* contribution to my computer's Spellchecker. It questioned the word "Phillips". Well, hey Alan, my own name's a bit of a worry, too. But at least with my name it doesn't suggest "phallus" as an alternative. Good thing you're not called Phillips-Head, eh?

Improvement through Competition.



ONLY ONE AIRLINE KNOWS AFRICA
SAA
SOUTH AFRICAN AIRWAYS

FIRST IMPRESSIONS
QUICK PRINTING AND COPY CENTRE
80 O'Riordan Street Alexandria NSW 2018
Phone 667 3993 Fax 317 5439
Contact Strider Brian Tailford

This Summer I Went Running

Steve Cornelius

For best effect, this should be sung (preferably not by me) to the tune of the whimsical "This summer I went swimming, this summer I might have drowned". Acknowledgments and apologies to Loudon Wainwright. This does not describe my actual experiences. It's just a song, right?

This summer I went running
And I didn't stop to think
Got a blistered foot and sunburnt nose
And it made my armpits stink
Boy, did my armpits stink.

This summer running friends all said
Now Vaseline's what you need
But I just ignored their good advice
So it made my nipples bleed
Wow, it stings when nipples bleed.

This summer I ran forwards
And a few k's backwards too
And I found that nothing smells as bad
As a sweaty running shoe
A filthy old running shoe.

This summer I did a trail run
And that's not all I did
I smashed my metatarsal bone
When I stepped on a cattle grid
Just watch out for cattle grids.

This summer I ran in fun runs
And marathons I like
But I didn't do triathlons
'Cause I can't afford a bike
Expensive, those damn bikes.

This summer I did step exercise
The steps were not too steep
But the stultifying music
Fair sent me off to sleep
Yeah, it made me want to sleep.

This summer I got shin splints
Sore hips and a dicky knee
And Achilles tendonitis
It's a fun activity
Oh, fun and health for me.

This summer I got serious
I ran with attitude
Sometimes I ran with clothes on
And sometimes in the nude
Got arrested in the nude.

This summer I wore New Balance
Nikes, Asics, Reeboks too
Spent thousands, but I couldn't find
The perfect running shoe
Please God, a comfy shoe.

This summer I found my shorts can rip
And shoes can lose their soles
And I ran with my T-shirt inside-out
And a sock with sixteen holes
It had fully sixteen holes.

This summer I burgled handicaps
And cheated in every race
Took short cuts, even caught the bus
'Cause I couldn't match the pace
It was such a blistering pace.

This summer I did fartlek
Went into oxygen debt
Tried running anaerobically
And I ain't recovered yet
No, ain't recovered yet.

This summer I tried rebirthing
Got in touch with my inner child
I chanted mantras while I ran
And drove my clubmates wild
Yeah, drove the bastards wild.

This summer I preached on running
My friends were not impressed
And now they all refer to me
As a proselytising pest
I'm just a running pest.

This summer I went running
I was inclined to roam
But for all the good it did me
I might have stayed at home
Should have bloody stayed at home.

Letters to the Editor

Not a Bag

Dear Sir, Many people have commented that the picture in the last *Blister* featuring Nobby Young with a bag over his head is the best photo you have ever published. I would like to point out that it is not a bag, but a kerchief. If anyone is qualified to know what a bag looks like, it is I.

Sincerely, S.W. Bag

Letter from Angoulême

Messieurs, J'écris pour vous notifier que S.W.Bag n'a jamais couru le Marathon d'Angoulême. Si vous croyez qu'il l'a couru, vous êtes vraiment stupide. Ayez, s'il vous plaît, la décence de corriger vos archives. Cordialement à vous,

Jacques Mercier
Race Director, Angoulême Marathon

Kelvin's Korner

That's Kelvin, not Kevin. Congratulations to Strider **Kelvin Marshall** for his great victory in QLD Ultra club's Tambourine Trek (68km) in August, in a record 5:36:54. Top run, Kelvin.

Kevin's Other Korner

Kevin Tiller

2 guys out trail-walking one day turn a corner to face a huge grizzly bear. One guy starts pulling on his running shoes. His friend looks at him skeptically and whispers, in a panic, "What - you think you're going to outrun that bear?" His friend looks at him, jumps to his feet and says, "I don't have to out run him. I just have to outrun you."

The Fine Line Between Achievement and Lunacy

Steve Cornelius

A recent newspaper article (*Sydney Morning Herald Spectrum section, 25 November 1995*), headlined "Is this the world's meanest tour-guide?", grabbed my attention. You know how it is when the face staring out of the photo is one with which you're very familiar?

It was Charlie Lynn, Vietnam veteran, ex-Army major, ultra runner, ironman triathlete, formally director of Sydney's Anzac Day Marathon, ex-manager of the Sydney-Melbourne ultramarathon, joker extraordinaire and general all-round Good Bloke. Ex-Strider, too. I hadn't talked to him for a while, but had many pleasant memories of working in close cooperation with Charlie when Westfield (his then employer) used to sponsor Striders for a nice few dollars and in return used our 24-Hour Track Race as the NSW qualifying race for their Sydney-to-Melbourne, an arrangement which suited them and us very well.

Seriously fit or seriously bonkers

I was aware that in the years post-Westfield he had moved on to organising what I had dubbed "Holidays from Hell" - hikes across the Kokoda trail for the seriously fit or the seriously bonkers. Charlie always was a pain-equals-gain wallah, desperately committed to the fair-dinkum Aussie Anzac spirit, and if you could ignore this somewhat gung-ho aspect of his personality, he was a top bloke to work with. Above all, you could rely on Charlie. If Charlie Lynn promised he was going to send you a cheque, or he was going to be there to help at 12 o'clock, or he was going to speak to Fred Bloggs on your behalf, then you could bet your house he was going to bloody well do it.

I didn't know, however, that in recent years the corporate sector has latched onto Charlie's gut-wrenching slogs across Kokoda. Now they're lining up to send their executives and managers to prove they've got balls. As for the women, if they haven't got balls before they go, they sure have when they come back. If they come back.

Kick corporate butt

As I read, I began to recognise signs of a terrible myth that I'd encountered before. It is the myth which says that if you take a bunch of sedentary workers, who are neither seriously fit nor seriously bonkers, and hurl them through a bout of physical challenges which would tax the reserves of a hardened SAS platoon, driving them to the point of physical collapse and psychological breakdown, euphemising it as a "leadership and team-training scheme", they'll come back to their desks and kick corporate butt for the rest of their lives. Then your company's shares will rocket on the stock market and the atmosphere in your office will be full of "can-do" enthusiasm.

Frankly, it's cobblers. Don't get me wrong. I think there's a lot to be said for the idea that physical exertion and achievement can make you feel good. For quite a long time afterwards, too. My own four finishes in the 1983-86 Wollongong 50-milers, although not in the same class as the Kokoda, the Sydney-Melbourne, or an Ironman, are still a source of pleasurable, if somewhat distant, memories. They represented, at the time, the culmination of a number of years of effort and training, combined with some considerable knowledge of how my body reacts to prolonged exercise. They were undertaken in the context of a long history of long-distance running, proven fitness, psychological preparation and specific planning.

The satisfaction I drew from these four ultras is tangible even today. The feeling of running up George Street to Sydney Town Hall at the end of my first 50-miler, knowing I'd just run in from Wollongong, would not be easy to describe, but is as vivid and pleasurable today as it was in 1983. However, its relevance to my abilities and effectiveness in 1995 as a consultant linguist and speech database manager is at best tenuous and at worst imaginary.

Barely survived

The Herald article got worse as I read. Not only were people being pushed to their limits up there on the Kokoda trail, they were getting badly injured, and in some cases barely surviving. "[She is] almost blind from an insect bite which has left her face and body badly swollen. Both her ankles are twisted and she is close to giving up". "Today is the hardest day of their lives so far, more difficult even than yesterday's gruelling 14-hour slog". "Lynn cheerfully recounts the story of a trekker who went insane before collapsing into unconsciousness ... The man's life was saved only

by an emergency survival pamphlet hastily retrieved from the bottom of a rucksack". "They wade thigh-deep through the icy water. A slip could see them swept away in the pounding water". "Bruce Riley, 54, a successful Sydney businessman, limps into Kokoda village ... For much of this [trek], he has hobbled up and down mountains with a fractured right ankle."

Lynn "believes adversity should be introduced to Australian business on a planned scale. 'We don't need another war; all you need is to take people out of the system and take them back to basics where they can't hide behind their desks - to get rid of all the crap'."

This is the crap

Sorry, Charlie. You're a lovely bloke and all, and I can write that with confidence because I know you, but crawling across the Kokoda trail with a broken ankle isn't "getting rid of the crap". Crawling across the Kokoda trail with a broken ankle IS the crap. Calling that kind of hardship character-building IS the crap. Taking a bunch of people who are probably scared to tell their gung-ho manager they don't want to do it, and pushing them beyond normal human endurance, IS the crap. And what's more, they're likely to come back and take it out on others around them. In many cases, their horrific experiences on "leadership courses" make them scornful, perhaps resentful, of colleagues who haven't crawled through the same hell.

There's an eerie similarity between this current fad and another one which reached its zenith of popularity in the 1980's. It's the one in which you pay about 500 bucks to attend a weekend seminar, where they sleep-deprive you for about 48 hours, "re-birth" you, scream at you a lot, put you "in touch with" yourself, then send you back into the community "self-actualised". Some victims of this rubbish are fortunate enough to settle back into their normal personas, after a few weeks of super-nova enthusiasm. Others spend the rest of their corporate existence being abrasive, go-getting nuisances to everyone around them. And a substantial number finish up in psychologists' rooms, getting expensively straightened out by a practitioner who HAS got proper qualifications.

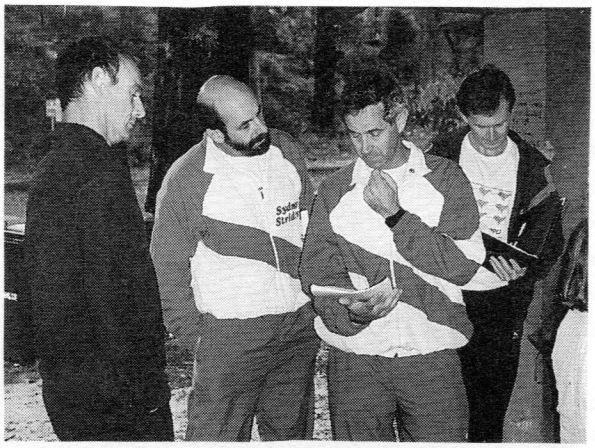
Act of supreme idiocy

There's nothing wrong with doing the Kokoda trail, just as there's nothing wrong with doing ultramarathons. But the same principles apply to both: (1) Continuing when you're tired is an act of ordinary perseverance, and you'll look back on it with fondness. (2) Continuing when you're extremely tired is an act of character, and you'll look back on it with satisfaction. (3) Continuing when you're knowingly injured is an act of supreme idiocy, and you'll probably look back on it with befuddlement instead of the shame you really should feel. (4) The belief that what you're doing will somehow, magically, enable you to drive your desk better is a delusion which may be very hard to shake off.

Muddled thinking

The muddled thinking which leads to this kind of foolishness revolves around the idea that the same code of conduct which got guys through trench warfare in Flanders or jungle combat in Vietnam applies here, now, in the middle of Sydney in 1995. The difference is that the guys who actually went through that personal hell in 1915 or 1968 didn't have a choice, and wouldn't have wished their experiences on their worst enemy.

We, on the other hand, DO have a choice. If that choice is to put ourselves through some physically testing experience, we should approach it with the knowledge that to continue when injured is an act of idiocy rather than bravery. As I have written before, there is absolutely no glory in staggering across a finishing-line and being helped to the medical tent or put on a drip. If you are so silly as to have ignored the symptoms, you deserve what you get.



(L to R): Keith White, Scott Crawford, Jonathan Trope and Geoff Taylor study the form at the Picnic Relay

Musical Quiz Corner

Terry McIver

For those who occasionally think about something other than running, a test of your musical knowledge. Firstly, for Bob Dylan fans.

1: What's Bob Dylan's real name?

2: Name the song he wrote about his wife, and on what album?

3: How many albums has he made?

4: Which group has just recorded which old Bob Dylan song?

5: (for the true Bob Dylan fan) Name the song that goes for 11 min 18 secs and the album which contains it, and why Casanova is being punished?

Secondly, for the non Bob Dylan fans!

6: Name the 5 members of The Travelling Wilburys (real names, and stage names).

7: Carly Simon wrote and sang the hit song "You're so vain" in1973. Who do most people think the song was about?

8: Name the last song ever performed live by the Beatles. And where?

9: What did one of the Beatles say at the end of the song in question 8. Which Beatle was it?

10: What was the name of the group which backed Cliff Richard early in his career? Why did they have to change their name, and to what?

Answers to the Musical Quiz Corner, c/- Blister editors. Also if you have any questions (about Bob Dylan or any other musician), let me know. If I don't know the answer I'll find out for you.

Comrades Marathon 1996

Dick Bartlett

The date of Monday 17th June has been set for the 1996 Comrades "up run" from Durban to Pietermaritzburg; a course distance of a mere 89 kilometres.

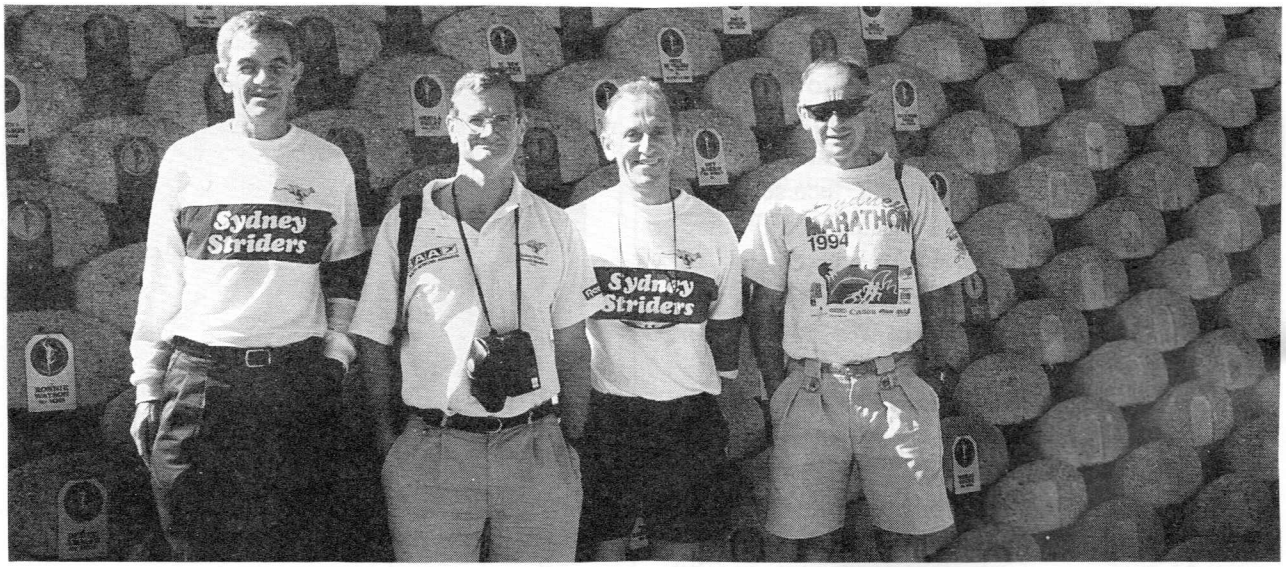
Interest in our planned Striders 1996 tour has now been registered by some twenty people including family and friends of club members. We hold reservations for twenty seats on South African Airlines Sydney to Johannesburg flight on Thursday 13th June and a special economy class return ticket price of $1,932, excluding airport taxes, has been negotiated.

Plans for hotel accommodation or billets with South African runners are being explored. There are many options for seeing something of Africa after the Comrades run. These include trips to Victoria Falls and a camping safari in Zimbabwe. SAA have several other "do-it-yourself" travel options on offer.

Entry forms for Comrades are expected to arrive shortly and the Comrades Marathon Association send us their best regards and hope to see many Striders in South Africa next June.

A written update will be sent shortly to those Striders who have already registered their interest in the 1996 tour.

Any other interested members should contact Dick Bartlett on 9953 5317 as soon as possible.



Backs to the wall! (L to R): Alf Field, Roger Rigby, Dick Bartlett and Chris McLean at the Comrades Wall of Honour earlier this year

1995 Sydney Striders 10km Series: Final Results

Mark Fiore

A very successful 1995 10km series has now been completed. The numbers were slightly down on the previous year, though this was mainly in respect to visitors. We were plagued by some bad weather towards the end of the series and some running magazines using last year's calendar which doesn't help.

Where are the old blokes?

The racing was keen throughout this year and we had some top quality races with people of all ability improving their times, which was great. This year we saw a higher number of Striders participating in five or more events and more Striders' ladies participating. The only area we seem down is those old blokes who seem too scared to put their "big" reputations on the line.

Of course at this time of year we are all interested in the results. First, I have to thank a number of people who have helped me put this series on this year. This includes the hosts of each event, especially the Russells who hosted 4 events between them. Other key people who continually helped were John Hamilton, Jonathon Trope, Scott Crawford and Chris Robb.

Not suprisingly the winner of the outright competitions were **Darren Benson** and **Joanne Cowan**. Both runners were pushed throughout the series by Chris Truscott and Marlies Laaper respectively. They ran consistently outstanding times in all races and were worthy winners.

The handicap series was fantastic this year. It was a closely fought battle throughout. Leaders through the year included Frank Dearn, Stuart Greaves, Manfred Fiedler, Joe DeGabriele and Brenda Kearns. With the last race counting for double points, the latter four runners were all in with a chance. After all the calculations were performed (best 8 of 10 races) only 2 points seperated the first three. The winner was **Joe DeGabriele**, second was Brenda Kearns and a gallant third was Manfred Fiedler. All three are to be congratulated for their efforts. Those who saw the last race can testify the effort these runners put in to improve their times.

1996 series

We all look forward to the 1996 series. We are putting together the calendar for those races (see provisional calendar on back cover of this Blister) and hope those who took part in 1995 will be back and that all members will contribute to the continuing success of the club's premier event.

Not only have the numbers been up, but so too has the quality of the races. In the men's section our two young guns Darren Benson and Chris Truscott have been running fantastic times and mixing it with the best runners in the state. We have also seen fine runs by Andrew Hallam and it is good to see Matt Kaley back and running into his old form. This year the young guys have put it to some of our older, more established stars, who are starting to falter. Guys like Godfrey Franz, Wayne Stanton, Stephen Jackson, the writer of this article and many others seem to be struggling. I think they need to visit the room of mirrors and come out with a more committed effort for the 1996 series.

Great runs by the ladies

We have seen great efforts from all our ladies. As usual up front are Jo Cowan and Marlies Laaper. Both have had super runs this year. The most promising aspect of the ladies' section has been the increased numbers. A lot of ladies are running each month, improving their times and putting a lot of us blokes to shame.

The handicap series is popular as ever and a real incentive for a lot of our runners. Most of the handicap leaders are not head bangers, so it shows how the handicap can give the average runner a great chance to win a big prize (a trip to South Africa). Also, any runner who runs or helps in 5 or more races is eligible to be in the draw for a trip to South Africa. Last year the draw included only 70 people, this year 67, so it's pretty good odds.

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

South African Airways to sponsor us again

Finally, a very big thank you to South African Airways. Elizabeth Campbell announced at our annual December prizegiving that SAA will again be donating 2 free flights to South Africa. This is a wonderful incentive and much appreciated.

Race 9: North Head, 7 Oct 1995

Name	Time	Target	H/c Pos	Next Target	O/r Pos
Elana Leigh	50.41	52.54	1	51.08	7
Greg McKenzie	54.25	56.02	2	54.44	32
Alan Kaplin	36.21	37.24	3	36.34	8
Derek Smith	40.22	41.23	4	40.34	19
Stuart Greaves	35.13	36.06	5	35.24	3
Penny Taylor	51.25	52.18	6	51.36	8
Sue Hill	52.11	53.02	7	52.21	9
Joe Degabriele	43.13	44.00	8	43.22	26
Peter H'schmidt	41.38	42.23	9	41.47	22
Russell Wallace	36.46	37.28	10	36.54	10
Tina Campbell	45.01	45.32	11	45.07	2
Raymond Potter	38.37	39.08	12	38.43	13
Ian Holmes	40.31	40.51	13	40.35	20
John Sauer	34.16	34.30	14	34.19	1
Philip Hugill	36.12	36.22	15	36.14	6
Geoff Cox	36.17	36.25	16	36.19	7
Mark Fiore	38.22	38.29	17	38.23	12
David Solomon	42.05	42.06	18	42.05	24
Steven Holland	36.06	35.51	19	35.53	5
John Walker	39.39	39.22	20	39.24	17
Brenda Kearns	45.56	45.33	21	45.35	3
Lorraine Stevens	47.28	47.04	22	47.06	5
Manfred Fiedler	45.52	45.27	23	45.30	28
Barbara Frerck	50.03	49.37	24	49.40	6
Robi Russell	52.12	51.46	23	51.49	10
Godfrey Franz	35.27	34.58	26	35.01	4
Mike Ward	41.11	40.31	27	40.35	21
Geoff Taylor	41.55	41.14	28	41.18	23
Sandra Wallace	46.32	45.48	29	45.52	4
Peter Truscott	39.02	38.16	30	38.21	14
Mike Wilson	45.41	44.49	31	44.54	27
Phil Boswell	40.09	39.15	32	39.20	18
Rod Lovel	39.15	38.20	33	38.26	15
Frank Dearn	57.21	56.25	34	56.31	34
Rozanne Green	53.45	52.48	35	52.54	11
Andrew Hallam	36.28	35.21	36	35.28	9
Darren Benson	35.05	33.39	37	33.48	2
Ian Henderson	38.19	36.32	38	36.43	11
Scott Crawford	42.51	40.41	39	40.54	25
Chris McLean	39.19	37.08	40	37.21	16
Richard Hannan	46.21	44.00	41	44.14	29
Joanne Cowan	39.18	36.02	42	36.17	1
Peter Johnson	56.19	52.32	43	52.47	33
Barney Gordon	45.47				27
Brendon Dadswell	48.55				30

Random Draw Winner

A surprised, delighted **Grahame Murphy** was the winner of the random draw (a ticket to South Africa), courtesy of the 10k Series' sponsor, South African Airways. The draw is open to anyone who runs, or assists in organising, at least 5 races.

Race 10: L/Cove River Pk, 4 Nov 1995

Name	Time	Target	H/c Pos	Next Target	O/r Pos
John Shepherd	41.45	44.01	1	42.12	20
Sally Taggert	46.10	48.11	2	46.34	4
Brendon Dadswell	47.30	49.24	3	47.53	31
George Lisson	40.16	41.43	4	40.33	16
Greg McKenzie	54.09	54.44	5	54.16	39
Brenda Kearns	45.19	45.35	6	45.22	3
James Howard	41.58	42.13	7	42.01	21
Jonathan Trope	38.43	38.43	8	38.43	10
Russell Wallace	36.55	36.54	9	36.54	7
Mike Ward	40.41	40.35	10	40.36	19
Raymond Potter	38.52	38.43	11	38.44	11
Joe Degabriele	43.32	43.22	12	43.23	28
Mike Wilson	45.16	45.04	13	45.05	29
Chris Dwyer	35.55	35.40	14	35.42	3
Bill Blecha	53.52	53.35	15	53.37	38
Andrew Hallam	36.08	35.28	16	35.32	4
Keith White	42.48	42.01	17	42.06	25
George Herrison	42.10	41.22	18	41.27	22
John Walker	40.13	39.24	19	39.29	15
John Sauer	35.08	34.19	20	34.24	1
Penny Taylor	52.28	51.36	21	51.41	12
Mark Fiore	39.15	38.23	22	38.28	12
Barbara Frerck	50.37	49.40	23	49.46	10
Peter Cobley	40.36	39.38	24	39.44	17
Peter H'schmidt	42.52	41.47	25	41.53	26
David Solomon	43.11	42.05	26	42.12	27
Charles Coville	40.41	39.33	27	39.40	18
Stuart Greaves	36.32	35.24	28	35.31	5
Wayne Stanton	37.31	36.23	29	36.30	8
Geoff Taylor	42.32	41.18	30	41.25	24
Rod Lovel	39.57	38.25	31	38.34	14
Lorraine Stevens	48.49	47.06	32	47.16	7
Marlies Laaper	39.46	38.02	33	38.12	1
Godfrey Franz	36.51	35.01	34	35.12	6
Darren Benson	35.42	33.48	35	33.59	2
Chris McLean	39.17	37.21	36	37.33	13
Geoff Cox	38.43	36.19	37	36.33	9
Sandra Wallace	48.45	45.52	38	46.07	6
Malcolm Satchell	42.22	39.28	39	39.43	23
Cathy Very	50.18	47.18	40	47.33	8
Sharon McGann	50.36	47.03	41	47.18	9
Kevin O'Kane	48.21	44.01	42	44.16	32
Richard Hannan	49.04	44.26	43	44.41	34
Alf Field	48.22	43.27	44	43.42	33
Manfred Fiedler	50.33	45.29	45	45.44	35
Philip Johnston	46.05	40.47	46	41.02	30
Frank Dearn	62.05	56.31	47	56.46	40
Tony Partridge	52.58	47.05	48	47.20	37
Joanne Cowan	42.12	36.17	49	36.32	2
Lesley Maher	53.16	47.17	50	47.32	13
Rozanne Green	58.54	52.54	51	53.09	14
Scott Crawford	50.34	40.54	52	41.09	36
Wendy Downes	47.10		53		5
Brenda Hamill	51.05		54		11

10k Series Statistics

John Hamilton

Maximum attendances at a race: Striders 61 (#1, Marsfield); Non-Striders 54 (#3, North Head), Total 101 (#3, North Head).

Minumum attendances at a race: Striders 40, Non-Striders 10, Total 50 (all #2, Lane Cove).

Average attendance: Striders 49.5, Non-Striders 31.4, Total 80.9.

Fastest male performances: Strider Darren Benson 33:29 (#5, Shelley Beach), Non-Strider Sean Williams 33:17 (#2, Lane Cove).

Fastest female performances: Strider Joanne Cowan 35:19 (#3, North Head), Non-Strider Anne Osborne 38:32 (#4, Mrs Macquarie's Chair).

Only 2 ran all 10 races: Frank Dearn, age 62, (9th on handicap); and Manfred Fiedler (3rd).

10k Final Handicap Placings

NB: Only best 8 performances counted. Minimum points for inclusion: 6.

Name	1	2	3	4	5	6	7	8	9	10	Tot
Joe Degabriele	2	11	21	20	19		4	2	15	22	114
Brenda Kearns				21	22	21	2	11	2	34	113
Manfred Fiedler		22	19	19	18	19	2	9	2	4	112
John Shepherd					21	16	16			44	97
Greg McKenzie			14	2				22	21	36	95
Stuart Greaves		18				22		18	18	4	80
Raymond Potter				9	2	15	2	10	11	24	73
David Solomon	5			13	12	18	13	3	5	4	73
Frank Dearn	10	20	20	2	2	2	12	2	2	4	72
Penny Taylor		19					10	19	17	4	69
Bill Blecha	2	17	11	2		2		15		16	65
John Walker		16		14	13	2	3	5	3	8	64
Andrew Hallam	22	14	2	4	2	2			2	14	62
Sandra Wallace	2	15		17	20		2		2	4	62
Cathy Very		2	15	12	2	10	14	2		4	61
Russell Wallace					17		2		13	28	60
James Howard						2	20			32	54
Matt Kaley		12		18	2	11	11				54
Mike Ward	13		5			2	2	2	2	26	52
Ian Holmes	11	6	6	2	11		2	2	10		50
Darren Benson	15	9	2	7	8		2	2	2	4	49
Richard Hannan				22			19	2	2	4	49
Peter Cobley	21	21	2							4	48
Geoff Cox						20		17	7	4	48
Ron Stitzinger			22		2	2		20			46
Jonathan Trope								14		30	44
Marlies Laaper	16	8	9		2		2	2		4	43
Andrew Smith	18	2		5			2	16			43
Barbara Frerck	2		4		16	9	5		2	4	42
Sally Taggert										42	42
Scott Crawford						17	18		2	4	41
Brendon Dadswell										40	40
George Herrison	12		10	2	2	2		2		10	40
George Lisson	2									38	40
Phil Madden			16				22				38
Tina Campbell			2		6	2	2	12	12		36
Mike Wilson			2		10			2	2	20	36
Chris Truscott	20	7	2	2	2		2				35
Alan Kaplin							6	8	20		34
Joanne Cowan	17		2	2	2	2		2	2	4	33
Neil McPherson		2	2			6	21	2			33
Keith White								21		12	33
Charles Coville	2					13	7	6		4	32
Lesley Maher	2	5		15	2		2	2		4	32
Kevin O'Kane			18	2		2	2	2		4	30
Philip Hugill			2	11	2		2	2	8		27
Steve Urwin			17	8	2						27
Mark Fiore	2	2	2	6	2			2	6	4	26
Sue Hill			2	2	2		2	2	16		26
Graham Niland		10	2		14						26
Charles Reis	7	3			2	12	2				26
Stephen Jackson	2	2	12	2		5	2				25
David Smitheran						4	8	13			25
Godfrey Franz	6	4	2		2		2	2	2	4	24
Peter Truscott		2	2	16			2		2		24
Geoff Taylor	8		3				2	4	2	4	23
David Fahey	2	2	7		2		2	7			22
Philip Johnston						7	9	2		4	22
Elana Leigh									22		22
John Hodges	2			2	15	2					21
Rod Lovel	2		2	2	5	2	2	2	2	4	21
Peter H'schmidt	2								14	4	20
Carl Hayes	19										19
Ian Henderson							17		2		19
Chris McLean	9					2		2	2	4	19
Derek Smith									19		19
Chris Dwyer										18	18
Peter James	2	2	2		9	3					18
Marg'ret McKenzie			13	2	3						18
Dave Ritchie		2	2	3	7	2		2			18
Robi Russell			2		2	8	2	2	2		18
Lynn Herrison	2					14					16
Lorraine Stevens	2	2				2	2	2	2	4	16
Kevin McBrearty							15				15
John Sauer									9	6	15
Phil Boswell	2	2	2	2	2	2			2		14
Rozanne Green			2	2	2			2	2	4	14
Dawn Tiller	14										14
John Fennell		13									13
Ray Doran				10			2				12
Grahame Murphy	2		2	2	4	2					12
Crispin Gardener			8								8
Tony Partridge				2			2			4	8
Malcolm Satchell	2	2								4	8
Wayne Stanton					2		2			4	8
Phil Barrow		2	2	2							6
Sharon McGann								2		4	6
Mark Robinson		2	2		2						6
John Whealy	2		2		2						6

10k Final Outright Placings

NB: Only best 8 performances counted. Minimum points for inclusion: 4.

Name	1	2	3	4	5	6	7	8	9	10	Tot
Darren Benson	22	22	21	22	22		22	22	21	42	195
Joanne Cowan	22		22	22	22	22		21	22	42	195
Marlies Laaper	21	22	21		21		22	22		44	173
Godfrey Franz	20	20	20		19		19	21	19	34	172
Brenda Kearns	14			17	19	21	21	19	20	40	171
Andrew Hallam	16	19	18	19	20	18			14	38	162
Cathy Very	15	18	18	18	16	18	18	15		30	151
Sandra Wallace	13	19		20	18		19		19	34	142
Lorraine Stevens	17	21				19	17	17	18	32	141
Stuart Greaves	11	16				20		20	20	36	123
Chris Truscott	21	21	22	21	21		17				123
Lesley Maher	16	20		21	17		16	12		20	122
Barbara Frerck	11		17		15	17	15		17	26	118
Matt Kaley	18	18		20	18	22	21				117
Tina Campbell			19		20	16	20	20	21		116
Stephen Jackson	15	17	19	18		21	20				110
Geoff Cox					16	19		19	16	28	98
Philip Hugill			17	17	8		14	17	17		90
Mark Fiore	7	8	13	11	2			14	11	22	88
Raymond Potter			11	9	5	14	3	12	10	24	88
Rod Lovel	8		4	6	10	15	8	13	8	18	86
Sue Hill			15	16	14		13	10	14		82
Penny Taylor		17					14	13	15	22	81
Russell Wallace				12	13		10		13	32	80
Rozanne Green			14	15	12			8	12	18	79
Robi Russell			16		13	15	12	9	13		78
Andrew Smith	17	15		15			12	18			77
Grahame Murphy	10		15	13	15	16					69
John Sauer									22	44	66
John Walker	2	9		5	4	9	6	10	6	16	65
Phil Boswell	3	12	9	7	6	12		8	5		62
Chris McLean	19					6		7	7	20	59
Wayne Stanton					14		13			30	57
Sally Taggert				19						38	57
Marg'ret McKenzie		16	13	14	11						54
Alan Kaplin					11		11	16	15		53
Peter Truscott		10	8	10			9		9		46
Sharon McGann								16		28	44
Jonathan Trope								15		26	41
Chris Dwyer										40	40
Charles Coville	4					11	5	9		10	39
Ian Henderson					12		15		12		39
Wendy Downes										36	36
Steven Holland							18		18		36
John Hodges	9			4	9	13					35
Steve Urwin			14	14	7						35
Peter Cobley	2	13	6							12	33
Ray Doran				16			16				32
Mike Ward	2		7			5	2	3	2	8	29
Elana Leigh								11	16		27
Mark Robinson		14	10		2						26
David Smitheran					3	8	4	11			26
Brenda Hamill										24	24

Name	1	2	3	4	5	6	7	8	9	10	Tot
Lynn Herrison	10					14					24
Phil Barrow		2	12	8							22
Ian Holmes	2	5	2	2	2		2	4	3		22
Malcolm Satchell	6	11								4	21
Susan Griffith			20								20
Merri Mack						20					20
Dawn Tiller	20										20
Clara Vucetic	19										19
Frank Dearn	2	2	2	2	2	2	2	2	2	4	18
Joe Degabriele	2	2	2	2	2		2	2	2	4	18
Manfred Fiedler	2	2	2	2	2	2	2	2	2	4	18
David Solomon	2			2	2	2	2	2	2	4	18
Geoff Taylor	2		2				2	6	2	4	18
Ester Tylman	18										18
Dave Ritchie		3	3	3	2	4		2			17
John Suter						17					17
Bill Blecha	2	2	2	2		2		2		4	16
Crispin Gardener			16								16
George Herrison	2		2	2	2	2		2		4	16
George Lisson	2									14	16
Charles Reis	2	7			2	2	2				15
Julie Backhouse								14			14
Greg McKenzie		2	2	2				2	2	4	14
Kevin O'Kane			2	2		2	2	2		4	14
John Shepherd		2			2	2	2			6	14
Joe Vucetic	14										14
Jeff Gissing	13										13
Richard Hannan				2			2	2	3	4	13
Marg. Langsworth					13						13
David Fahey	2	2	2		2		2	2			12
Philp Johnston					2	2	2	2		4	12
Marg. Langworthy	12										12
Grant Rankin	12										12
Mike Wilson			2		2			2	2	4	12
Scott Crawford						3	2		2	4	11
Keith White							2	5		4	11
James Howard				2		2	2			4	10
Peter James	2	2	2		2	2					10
Kevin McCarty						10					10
Neil McPherson		2	2			2	2	2			10
Graham Niland		6	2		2						10
Ron Stitzinger		2	2		2	2		2			10
Ron Schwebel	2						7				9
Peter H'schmidt	2								2	4	8
Tony Partridge				2			2			4	8
Michael Turner						7					7
Brendon Dadswell									2	4	6
Ivan Freys	2	4									6
John Whealy	2		2		2						6
Anthony Houlahan	5										5
John Fennell	2	2									4
Alf Field										4	4
Paul Glare	2	2									4
Phil Madden			2				2				4
Derek Smith									4		4

Marathon Ladder

Data supplied by Kevin Tiller

This ladder, last printed in *Blister* #56, has now been updated. Only Striders who have run a marathon since joining the club are listed. Faster marathons run prior to joining, are also listed. Kevin Tiller writes that he "accepts full responsibility for cock-ups, stuff-ups, oversights and acts of God (which is a rare thing for anyone to say these days)", but in the end the editors believe that the responsibility comes down to you. Please notify Kevin of any errors and omissions, but refrain from abusing him. It's unlikely to be his fault.

		<---------	-----As a Strider----	------>	<----------	--Before Joining--	------>
Name		**Time**	**Venue**	**Date**	**Time**	**Venue**	**Date**
Phil Garvin		2.21.56	Bathurst	0786			
Stuart Greaves		2.29.18		1989	2.22.54	Kyoto, Japan	0387
Godfrey Franz		2.29.38	Johannesburg	1083	2.21.36	Buffalo	0382
Chris Mclean		2.35.55	Canberra	0492	2.27.31	Australian	1983
John Sauer		2.36.11	Anzac	0489			
Bruce Inglis		2.38.11	Newcastle	0788			
Jeff Gissing		2.38.17	Anzac	0488			
Trevor Jacobs		2.38.18	Canberra	0495	2.30.32		
Christopher Dwyer		2.38.30	Gold Coast	0794			
Wayne Stanton		2.38.51	Australian	0686			
Joanne Cowan	F	2.40.12	Canberra	0494			
Warwick Selby		2.41.19	Anzac	0490			
Alex Whitworth		2.41.49	World Veterans	1287			
Mathew Kaley		2.42.00		1988			
Terry Mciver		2.42.24	World Veterans	1287			
Malcolm Satchell		2.42.29	Auckland	1192	2.42.33	Cities	0890
Charles Coville		2.45.13	Winstone, Nz	1083			
Ivan Freys		2.46.54	Canberra	0484			
Stephen Jackson		2.47.04	Holdsworthy	0992			
John Hamilton		2.47.22	Canberra	0494	3.01.30	Wang	0683
Chris Truscott		2.47.23	Canberra	0495	2.59.37	Melbourne	0594
Peter Donnelley		2.47.42	Australian	0684			
Paul Russell		2.47.53	Canberra	0484			
Ray Doran		2.48.23	Australian	0687			
Philip Hugill		2.49.10	Canberra	0495	2.57.00	Dublin	1091
Kevin Tiller		2.49.26	Cities	0893	3.22.08	London	0486
William Thompson		2.49.38	Anzac	0488			
Peter Cobley		2.50.01	Australian	0683			
Andrew Hallam		2.50.10	Canberra	0495	2.46.48	Melbourne	1992
Harvey Blue		2.50.17	Australian	0683			
Jonathon Marsden		2.50.17	Australian	0687			
Jonathan Trope		2.51.13	Gold Coast	0793	2.54.20	Vaal	0388
Grahame Murphy		2.51.20	Holsworthy	0992	2.43.09	Cities	0889
Brian Gatfield		2.51.23	Gold Coast	0889			
Marlies Laaper	F	2.51.53	Canberra	0495	3.27.00	Anzac	0489
Kelvin Marshall		2.52.18	Canberra	0495	2.51.30		0794
David Sill		2.52.54	Hamilton Nz	1087			
Sharon Dobson	F	2.54.14	Gold Coast	0791	2.53.00		1182
Gavin Morisset		2.54.22	Gold Coast	0889			
Stephen Urwin		2.54.27	New Caledonia	0792	3.04.00	Basingstoke Uk	0686
Steve Cornelius		2.55.31	NSW State	0682			
Raymond Skinner		2.55.57	Anzac	0488	3.12.56	Melbourne	1986
Geoff Cox		2.55.58	Honolulu	1291			
Nobby Young		2.56.33	NSW State	0584			
Jonathan Worswick		2.56.50	Sydney	0894	2.52.45	London	0485

		<--------	-----As a Strider----	----->	<----------	--Before Joining--	----->
Name		**Time**	**Venue**	**Date**	**Time**	**Venue**	**Date**
Grant Ranken		2.56.53	Sydney	0895	4.23.25	Foster Ironman	0493
Mike Ward		2.57.41	Australian	0686			
Alf Field		2.57.43	South Melbourne	1190	3.05.52	Canberra	1986
Mark Fiore		2.58.33	Combination	0791	2.58.08	Huy, Belgium	0690
Dick Bartlett		2.58.34	Melbourne	1085	2.59.32	Melbourne Vets	0784
John Turner		2.58.46	Australian	0685			
Paul Mandl		2.59.14	Melbourne	0592			
Sue Hill	F	2.59.15	Australian	0684	2.52.01	Avon, W Germany	1979
Scott Crawford		2.59.21	Anzac	0490			
Darren Benson		2.59.30	Sydney	0894			
Tina Campbell	F	3.00.32	World Veterans	1287			
Neil Mcgill		3.00.37	Canberra	0495			
Raymond Potter		3.00.46	Cities	0695	2.43.54	Holsworthy	1986
Brian Colwell		3.01.47	Melbourne	1082			
Peter Corte		3.02.00	Combination	0791			
John Ayliffe		3.02.12	Adelaide	0890			
Brent Waters		3.03.01	Melbourne	1082			
David Ritchie		3.04.13	Gold Coast	0792	3.07.41	Australian	1988
Derek Smith		3.05.10	Gold Coast	0794			
Alex Hamill		3.05.15	Gillawarna	0884			
Joseph Vucetic		3.05.39	Sydney	0895	2.51.01		1990
Murray Town		3.05.47	Canberra	0492	3.00.51	Vienna	0488
Graham Firkin		3.07.11	Cities	0885			
Mark Robinson		3.07.14	Gold Coast	0791			
John Sutherland		3.07.53	Auckland	1192	2.57.00	Hastings Nz	0888
Mike Martin		3.08.45	Sydney	0895	3.20.00		
Hugh Spencer		3.09.02	Australian	0685			
John Hodges		3.09.07	Melbourne	1084	3.41.39	Melbourne	1083
Dawn Tiller	F	3.09.13	Canberra	0493			
Geoff Taylor		3.09.26	Canberra	0493			
Graeme Hansen		3.09.37	Virginia, Usa	1095	3.10.45	Auckland	0286
Gary Leahey		3.09.55	Cities	0890	3.20.48	Anzac	0488
Leo Leader		3.10.00	Canberra	0484	3.05.00	Peninsula, Rsa	1980
Graham Butler		3.10.13	Australian	0686			
Terry Rose		3.10.23	Cities	0889	3.07.12	Christchurch	0687
Stephen Roach		3.11.16	Australian	0686			
Susan Roberts	F	3.11.45	Gold Coast	0791			
Peter Keeble		3.11.49	F/City Adelaide	0984			
Wendy Downes	F	3.11.56	Anzac	0487			
Keith Jackson		3.12.27	Combination	0787			
Irwin Light		3.12.31	Australian	0684	3.10.38	Bluff, Usa	1977
Steve Hitchcock		3.12.40	Canberra	0493	4.14.17	Melbourne	1088
John Whealy		3.12.51	Cities	0888			
Jack Woodward		3.12.54	Anzac	0488			
Tony Crosby		3.13.02	World Veterans	1987			
Martin Cahnbley		3.13.44	Auckland	1095	2.57.00	Stellenbosch	1989
Bryce Courtenay		3.13.58	Canberra	0483			
Alan Phillips		3.14.02	Australian	0687			
Brian Tailford		3.14.03	Campbelltown	0785			
Kevin O'kane		3.14.38	Australian	0685			
Peter Truscott		3.14.42	Gold Coast	0795	3.18.04	Melbourne	0594
Bruce Murray		3.14.49	Campbelltown	0784			
Jeremy Lowes		3.14.58	Canberra	0493	2.24.17	South Africa	1983
Keith White		3.15.51	Canberra	0495	3.16.00		
George Herisson		3.16.02	Gold Coast	0793	2.56.00	Melbourne	1985

		<---------	-----As a Strider----	------>	<----------	--Before Joining--	------>
Name		**Time**	**Venue**	**Date**	**Time**	**Venue**	**Date**
Peter Hammerschmidt		3.16.20	Gold Coast	0794			
Charles Reis		3.16.49	Gold Coast	0794	3.14.57	Canberra	1994
Bruce Christie		3.17.58	Blacktown	1993			
Joan Boltz	F	3.20.35	Cities	0891	3.07.46	Gold Coast	0787
Paul Lunsmann		3.20.54	Anzac	0489			
Roger Rigby		3.21.25	World Veterans	1287			
Ian Whitfield		3.22.15	Canberra	0487	3.13.06	Australian	1983
Ray Mainsbridge		3.22.44	Canberra	0494			
Ross Betts		3.23.28	Cities	0888			
Brenda Hamill	F	3.23.38	Sydney	0983			
Paul Glare		3.25.21	Canberra	0493	3.29.50	Usa	0690
Carl Hayes		3.25.34	Canberra	0494			
Ray Reid		3.27.57	Australian	0686			
Frank Gallagher		3.28.36	Australian	0686	3.24.51	Australian	1984
Ron Daly		3.28.46	Anzac	0490			
Peter Cookson		3.29.53	Canberra	0494			
John Fennell		3.30.06	Anzac	0489			
David Solomon		3.30.30	Sydney	0894			
David Theriault		3.31.00	Gold Coast	0794			
Cathy Verry	F	3.33.26	Canberra	0493	3.30.48	Canberra	0492
Wayne Meader		3.33.50	Melbourne	0592			
Wayne Mccarthy		3.34.54	World Veterans	1287	3.34.54		
Susan Griffith	F	3.35.20	Gold Coast	0790			
John Preston		3.39.39	Anzac	0490	3.39.39	Anzac	0489
Michael Wilson		3.39.54	Sydney	0895			
Sharon Mcgann	F	3.39.54	Canberra	0493	3.55.00	Gold Coast	1991
John Timbs		3.40.00	Australian	0687	3.23.08	Australian	1984
Alan White		3.41.00	Anzac	0490			
Jim Screen		3.41.10	Canberra	0495			
Owen Denmeade		3.42.51	Australian	0684	3.36.00	Sydney	1983
Tony Partridge		3.43.00	Gold Coast	0794			
Edwina Macarthur	F	3.44.47	Canberra	0486			
Ian Manners		3.44.48	Canberra	0494			
Kevin Fitzgerald		3.45.22	Combination	0791	3.16.39	Budget	1086
Peter Johnson		3.45.24	Budget	1089	3.40.53	Canberra	0484
Clara Vucetic	F	3.47.00	Sydney	0895	3.31.00		
Neil Mcpherson		3.48.22	Sydney	0895	4.19.59	Melbourne	1993
Robi Russell	F	3.49.00	World Veterans	1287			
Dawn Shaw	F	3.49.47	Anzac	0487			
Fiona Pelly	F	3.49.59	Sydney	0895			
Barbara Frerck	F	3.52.49	Cities	0695	4.20.00	Sydney	0894
Bill Blecha		3.58.40	Bathurst	0789			
Ruth Mccoll	F	3.59.05	Sydney	0895	3.42.08	Canberra	1994
James Howard		4.01.00	Sydney	0895			
Ken Edmondson		4.04.20	Canberra	0494			
Jim Donovan		4.06.57	Canberra	0483			
Lesley Maher	F	4.08.00	Australian	0684			
Derek Raper		4.14.53	Sydney	0895	3.12.45	Wildcoast	1986
Mark Mccrindle		4.15.00	Sydney	0895	4.15.00	Sydney	0895
Paul Kotala		4.22.18	Foster Triath'n	1993			
Manfred Fiedler		4.22.54	Sydney	0895			
Joe Degabriele		4.29.58	Sydney	0895			
Patrick Freeman		4.35.00	Sydney	0895	3.59.00	Johannesburg	1986
Graeme Shipley		5.01.52	Six Foot Track	0494	3.06.12	Anzac	0488
Alan Tonge		5.07.02	Adelaide	0889	4.46.49	Adelaide F/City	1985

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

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

SAA SOUTH AFRICAN AIRWAYS

SYDNEY Striders

The Runners Shop RANDWICK

Gatorade Thirst Quencher

Australian athlete RUNNER

Entry fee includes refreshments. Register on the day.
Entry fees for 1996: Striders $5, Non-members $8.
First Saturday of every month, Race starts 7 am prompt.
Enquiries: Chris Robb (02)-9959-4269.

Provisional 1996 Programme (please check Striders' Calendar):

Sat 3 Feb:	North Head, Manly (Cnr Darley Rd and North Head Scenic Drive)
Sat 2 Mar:	Lane Cove River Park, Chatswood West (Fullers Bridge)
Sat 6 Apr:	Trafalgar Park, Marsfield (Cnr Trafalgar Place and Waterloo Rd)
Sat 4 May:	Shelley Beach Park, Manly (east end of Bower St)
Sat 1 Jun:	Mrs Macquarie's Chair, The Domain (Royal Botanic Gardens, Sydney)
Sat 6 Jul:	Marsfield (Cnr Trafalgar Place and Waterloo Rd)
Sat 3 Aug:	North Head (Cnr Darley Rd and North Head Scenic Drive)
Sat 7 Sep:	Meadowbank Park (New Course, details to be announced)
Sat 5 Oct:	Shelley Beach Park, Manly (east end of Bower St)
Sat 2 Nov:	Lane Cove River Park, Chatswood West (Fullers Bridge)