

**If you think running a
marathon is tough...**



**try buying a
new or used car!!**

It's true - in most dealerships today it's almost impossible to buy what you want, when you want it... without feeling like you just ran Harbord Diggers and Lake Gillawarna back to back.

Dealing with someone you know and can trust is a big plus. At Westline Ford, Dave Blackhall is personally involved in every aspect of his business, so he can give you the care and attention you deserve. Westline sells a full range of market-leading fine Fords - from Laser - the brilliant breakthrough, up to the luxurious LTD, and including the Japanese built light trucks and vans.

There are over 70 used cars in stock, from as little as \$2,000 and Striders club members are guaranteed 15% off all parts and service purchases.



744 Canterbury Road, Belmore, 759 4622

Sydney Striders

MARATHON & ROAD RUNNERS CLUB

The Blister

VOL 2 NO 2

THE SYDNEY STRIDERS COMMITTEE

RESIDENCE	WORK		
476-6440	20572	Charles Coville	President/Editor
664-1644		Brian Colwell	Secretary STAR organiser
560-3474		Neil Plevy	Treasurer
428-4719		John Jeston	Public Relations
44-6541	799-2334	Geoff Murray	Entertainment/ Social events

EDITORIAL STAR LIMITS

Neil Collum recently approached me regarding the benefits or otherwise of running a training run equal to or greater than 42k's up to 6 weeks prior to competing a competitive marathon.

While I continually stress "what fits the goose may not fit the gander", I believe that very few marathoners can benefit from such an exercise.

Consider the following

1. Because it will be run as a training run, up to an extra half an hour could be spent on the road. Little benefit here, as you will exceed the ultimate marathon requirement and would be tending towards LSD training. You must ultimately run slower than you would in a marathon.
2. After 35k's you would probably encounter the "wall", the depletion of energy zone. Not only is this a stressful time for the body, but also a mental strain. I would not like to train through this.
3. Long runs require recovery. The "wall" zone and marathon distance could demand anything up to 2 weeks of scaled down training. This scaling down would occur at a critical time when training should be approaching a peak.
4. Most races, including marathons, psyche the runner up. A goal that has been set up to 12 weeks ahead for dedicated training extracts an all out effort and discipline on the day. A training run would certainly not produce the same enthusiasm - so necessary for those long hours on the road.
5. Most marathons would have large fields. Fellow runners are an easy source of distraction in helping those minutes tick by. Out on the road with fewer runners to distract you would place more of a mental strain on your resources.
6. If you can competently handle the 32k STARS, you are virtually home and hosed for the 42k event anyway.
7. I know of no marathoners who train up to or over the 42k distance for a standard marathon.

In conclusion:

- (a) If you are a novice - regular STAR attendance is essential to complete the marathon.
- (b) If you have previously completed a marathon - regular STAR attendance plus other speed training is essential for a P.B.

FESTIVAL CITY MARATHON 1981.

John Gale.

On Sunday 2nd August this year the Adelaide Festival City Marathon became my first Marathon. Having been with the Striders for a year I thought it about time I should attempt my first 42 km. run. I packed my bags for the capital of sunny S.A.

I'd travelled in Adelaide previously so I knew the course was fairly flat. It entailed a point to point course from Gawler to Adelaide. Gawler is a sprawling country growth centre, a tourist kick-off spot to the Barossa Valley. It was, I suppose, an appropriate spot to begin the Marathon.

My little tent provided shelter the night before the race. Rain had teamed down and I had the horrible thought of running in very wet conditions the next morning. That was not to be.

I suppose you couldn't ask for much better weather for a Marathon race. Overcast conditions, reasonably dry road and a chilly atmosphere that was warmed only by the Deneorub which was not in short supply. Entrants numbered several hundred, literally all shapes, sizes, ages and sexes, dressed in everything from tracksuits to the shortest shorts. If ever there is a state which has to be Australia's Marathon Champion this is it. It seemed like the start of a fun run and to many it was just that, a great way to spend a Sunday morning out with friends and relatives.

Reports from locals warned me of forboding hills around 32 kms. out. I planned an easy first 20 kms, gradually increasing the pace to the hills where I hoped star stamina would take me to the line.

The race began at 0800 hrs., the sun shattered the early silence as we moved off through the dormant streets.

The early course led through the town proper, it wheeled around the outskirts and finally joined with the Sturt Highway.

Traffic was light this early in the morning but not the spectators. They seemed to be concentrated around every drink stop (every 3 km.) clapping and waving, showing some enthusiasm.

The road just kept on coming and I just kept on going. Wearing the Sydney Striders gear was a great feeling; runners kept on coming up (usually in passing) and commenting on how good it was to see a Sydneyite running down here. To which I quipped "its not running down here I'm concerned about it's running back". Really, everyone I met involved with the race was very friendly. One gent grabbed me by the hand as he passed and introduced himself as a Canberra Strider (he wore red, white and blue, for future reference) it was just that kind of a fun run race.

Still there was the aspect of achieving a good time. That fell flat when at 20 km. I realised I hadn't kept to my race plan. I thought I was going a fit fast but it felt good up to this point. Then very quickly I felt tired and my legs stiffened, not painful just stiffened and refused to move any faster than a slow trot. I wondered if I could hit the wall this early in the race and I kept telling myself the wall is all in the mind, it doesn't exist. Kms. just kept on coming and I ran for drink stops. Then came the hills, they weren't all that big, but then I didn't feel all that great, I just kept on going, trying to convince myself I didn't hurt all over and there wasn't far to go anyway.

Into the lovely suburbs of Adelaide, the trees lining the roads made a good distraction from the race. To many the trees became a site to relieve anxiety: no wonder they were growing so well.

As we got closer to the City centre, people on the street in force clapped us on. Not far to go I kept telling myself, don't do anything stupid - just finish. Well I did finish 3 hrs. 49mins from Gawler to Adelaide a bit slow but I sure had a good time getting it.

For a first race I felt I had achieved something in just crossing the line. From here I can only improve my time. If possible, if I can, Sydney Striders will have an entrant in next year "Festival City Marathon". It was such a good time I'll be travelling the 1,000 odd kms. to run again in 1982.

STRIDERS HALF MARATHON

The planning stages of the Striders Inaugural Half Marathon are now well under way. Once the basic groundwork has been established, Sub-committees will be formed involving non-committee members in some aspect of the organisation.

If you have any leads or contacts in any organisation that may

- 1) be interested in product or financial sponsorship, no matter how small
- 2) have any influence in obtaining or hiring at privileged prices the items below, please advise a committee member.

Miscellaneous product handouts
Start/Finish banner
Microphone and P.A. System
Rope and rope supports (finish tunnel)
Tables
Portable Toilets (8)
Stop Watches (8)
1Km signs (22) -paint and masonite
Dustbins (extra large)
Sponges
Paper cups
Cold Drinks
Cloth race numbers
Printing of entry forms, race literature and result sheets
Certificates
Track suit badges
T-shirts

EXTRACTS FROM AN INTERVIEW WITH BILL RODGERS
(RUNNERS WORLD - APRIL 1981)

"I'm usually pretty wiped out all year long.
Brendon Forster once said - " A distance runner is someone who wakes up in the morning more tired than when he went to bed". I feel that way a lot"

"I don't know a marathoner who hasn't been humbled by it yet. (The Marathon).

CIERPINSKI has been, SHORTER has, I have been, JEFF WELLS just got hurt by it. Everyone who runs the marathon will get hit by it. SALAZAR will get hit by it, and even SEKO"

CLUB LITERATURE

The following literature may be obtained either at STARS or through the mail by forwarding a large self addressed pre-stamped envelope (24c) to "CLUB LITERATURE".

1. Sydney Striders Novice's Guide to Marathonng.
2. Marathon Training Programme.
3. Marathon Pacing Chart (Time splits for varying marathon times.)

The group feels that a special award is in order at the Striders Annual Award Night.

Back to the Marathon. We all met up with Bruce Robertson briefly on the Saturday and then at the start on Sunday morning. It was a cool morning and a very flat course, with the runners looping northwards out and back to the start twice (the 19K mark) before heading south for the final out and back.

Bruce was running at about 3.30 pace at the 19K mark with Osten and Brian all within touch of each other.

John and Mike walked out to the 39K mark to run back with them.

The first Strider through was Bruce. John asked him did he want a hand and he said he did. The pace was brisk and with a bit of encouragement and coaxing Bruce managed to be the clubs current best Marathoner - what an effort 2:39:40 (he must have run the second half of the race bloody fast).

Mike joined Osten at 39K and he came in for his best time of 2:55:08. Not far behind was Brian with his first Marathon behind him in 3:03:

Equally with Bruce, probably the most incredible effort of the day came from Geoff. He spent part of the previous week in bed with the flu and then went out and ran the Marathon in only about 6-7 minutes off his best time. On returning to Sydney he found out from his doctor that he had a respiratory problem. When the doctor was told of his run he apparently just looked on in dismay.

Later in the day we all went to the presentation of prizes. Bruce managed 13th place and Osten a lucky dip prize of a return air trip to Sydney. It was most appropriate to collect it in a 'Sydney' Striders T-Shirt (he managed to change it to a return trip to the Gold Coast).

I think that it would be fair to say that a most enjoyable time was had by all, with us promising to come back next year.

Joggers have an unhealthy air

SIR, There is a side to lunch-hour jogging which has already created havoc and suffering and perhaps absenteeism.

The lunch-hour jogger often forgets a shower.

He sits in an office all the afternoon, getting staler by the hour. Those about him yearn in vain for a cordon sanitaire.

As a worker he is often a minus quality.

At best he lapses into a state of somnolence. At worst he sinks into polluted, brotish slumber, too far gone even to watch the



clock ... awakened at finishing time.

F. C. BROWNE,
Barncliffe Square,
Elizabeth Bay.

A letter in THE SYDNEY MORNING HERALD

At long LONG last!! That was the thought going through my mind at the finish. No so much because 42.2k is a long way to run. It just felt so good to finally achieve it after 12 months of frustration and injuries. In retrospect I feel sure a lot of the problems I had suffered were self inflicted - although I believe marathon training has now taught me a degree of patience - the hard way.

The weekend begun with five of us (John Jeston, Osten Hansson, Geoff Murray, Mick Gluffre and myself) leaving Sydney 5am Friday, stopping only to fuel up the car and ourselves, and arriving in good time for more carbo loading at the party staged at the Surf Club. I began to wonder if this carbohydrate loading diet agreed with me when I found that energy in my legs wasn't the only thing being generated. Suffice to say that I did not set out to create my own personal "wind assistance" even if I may have acquired something of a reputation with my fellow travellers.

Saturday started with a gentle jog and followed with a drive around the course, which looked very much to my liking. Flat as a pancake, mainly on traffic free roads and largely following the beachfront. I was really beginning to look forward to it.

Sunday 30th - the day had come. 5.30am, clear sunny weather and a little breeze. The kind of morning to make one feel good, not to mention restless and anxious to get on with it. Milling around, moving into position and then - 6am - we were away. Off to a slow start and into conversation with Bruce Robertson as we began to build up the pace. I decided not to take up Bruce's offer of "stick with me for the first 20 miles" when it became obvious I'd need wings to do so and I watched him pull away after about 10k. However, I was still going well and passing people and about 15k I caught up to the "Striding Swede" in green and white. Osten and I shared each others company for a few kilometres.

It was at the 15k mark that I had come within 1 1/2 minutes of my 3 hours splits - and that was where I stayed for the next 20k. Still running strongly, still passing people, but not making any impression on that bloody 90 seconds. In fact, going through every 5k marker with a frustrated cry of "OH *****! Still a minute and a half off!

It was at about 38 1/2 or 39k I found one or two people beginning to catch me. I don't know if I hit the wall, but it certainly began to seem like the nice flat road was turning into a steeper and steeper hill. A thorough sponging at the last aid station worked wonders then the sight of the finish, and a runner, just in front, made me dig up a sprint I didn't think I had left. I had faded a minute more than the splits allowed over the last 7k but even so I was happy with the pacing on my first 'proper' marathon finish in 3.03.07.

Now all I have to do is knock off at least 3 minutes 08 seconds and "look out ladder - here I come!"

STRIDERS RESULTS

Bruce Robertson	2.39.40	P.B.	- 13th overall
Osten Hansson	2.55.08	P.B.	- 45th overall
Brian Colwell	3.03.07	P.B.	
Geoff Murray	3.27.00		

Congratulations to Bruce on topping the Sub 3 ladder with a run that is a P.B. by 12 minutes and the first Sub 2.40 by a Strider. Likewise to Osten, a P.B. by 4 1/2 minutes, and to Geoff whose performance in finishing so close to his best was remarkable in view of the fact that he ran with a respiratory infection.

The selection of refreshments and assistance offered by the Metal Box (Sponsors) employees was unbelievable. First there was the offer of cold wet sponges. There was sufficient distance between the sponge table and the next drink table to allow a refreshing early morning sponge down. Drink tables of water, Coke, Mineral Water and ESA (Equivalent of Staminade) followed. Paper cups were held out as one ran past so that obtaining a drink was a simple matter of merely reaching out. Dozens of enthusiastic helpers attired in company T-shirts and track suits manned the refreshment station ensuring that even when the mass of slower runners arrived bunched together there would not be any bottleneck in being served. We soon settled into our budgeted pace. The easy to read kilometre boards detailing each cumulative kilometre covered allowed one the opportunity of accurately assessing one's speed.

The refreshment points followed in rapid succession - Commerical Union, Hertz, Southern Sun. Besides offering the obvious solutions to dehydration and regular revitalisation through sponging, the refreshment points were of fantastic psychological assistance. One had merely to 'aim' at the next point 3 kilometres away to overcome the awe-inspiring thought of the many kilometres that lay ahead. It was not long before the next refreshment point with its gang of efficient helpers was around the next bend. The Course undulated gradually through the quiet, dry highveld country-side. By the time that we had reached the standard marathon half way mark in 1 hour 27 minutes we had slotted into a comfortable pace, neither passing nor being passed, and were positioned at 120th.

The easiest section of the race had been completed. Our budget had allowed a substantial fade from the 32 kilometre Jukskei River refreshment point. I was, therefore, well aware that the mere proportioning of time and distance would not achieve a sub 3 hours 30 minutes final time.

The marshalls dotting the course performed the task of directing motor traffic and runners with an air of authority. Each major member club of the Road Running Association provided the necessary staff to adequately organise all aspects of the race.

The brief downhill to the Abercom refreshment point at 32 kilometres was as much invigorating as it was depressing. The yellow T-shirted helpers constituted the largest number of all refreshment point personnel. The sight of the cheering smiling faces with outstretched arms continued for almost two hundred metres. I could well appreciate why Abercom had won the floating trophy for the most efficiently manned station in the 1980 race.

As the last yellow arm flashed past I looked up to see an enormous Abercom billboard "You are now leaving Abercome Country" message coincided with a sudden feeling of weakness. I knew that the race had only just begun as we crossed the Jukskei River and turned to meet the first of the long uphill stretches. My brother set target times for uphill sections to ensure that the fade was within allowable limits. The fact that I struggled to speak to my fellow runners made me consider my state of fitness. I was convinced that the altitude was taking its toll. My kidney stone operation in April and the 3 month lay off had meant that I could only muster 11 weeks of training - this was surely the point at which my fitness was no more. The 12.2 kilometre marker flashed 2 hours 59 minutes. The black and yellow Hertz Courtesy car had an enormous digital clock fixed to the roof. As with the 21.1 kilometre Hertz checkpoint, the time coincided to the second with my wrist stop watch.

The past 10 kilometres had been tough as I slowed, so more and more runners passed me. I seemed to be the only runner being passed. These seasoned ultra marathoners had only got into their stride after 31 kilometres. It had become all too apparent why South Africa leads the field in ultra marathoning.

Most runners who passed me echoed words of encouragement. "Come on Aussie", "Keep it up, mate" and "All Striders are good Striders" from a group of runners from an Eastern Transvaal Club - Springs Striders.

A black runner strode past and with a strong Eulu accent enquired, "Are you really from Australia?" All I could do was grunt and nod my head. While I had been battling the hills Ben Choen the 30 year old black miner from Kinross Mines had established a new record by easily beating last year's winner, Willie Farrell, in a time of 2 hours 46 minutes. Ben's performance was even more unbelievable - not only had he clocked 2 hours 20 minutes for the standard marathon en route for the 50 kilometre ultra, but he had run an excellent 2 hours 14 minutes standard marathon a mere 6 days before. To organise refreshment points at 2 kilometre intervals for the latter half of the race was almost to anticipate my fade. Somehow I seemed to barely survive 2 kilometres without further assistance. The final 4 kilometre climb to the famous Wanderers Club Cricket Ground extracted a determination not to walk. I knew that I had achieved a silver medal as I entered the stadium and heard my name and my brother's announced over the loudspeaker. I had made it with 5 minutes to spare as I eased across the finishing line in 3 hours 40 minutes. In the finishing tunnel I was handed a silver medal, a commemorative plaque and a track suit badge. The Johannesburg Stock Exchange marathon had been conquered.

CLUB PRIZES

The committee recently decided that the following prizes would be awarded for the 1981 season.

1. Best marathoner
2. Best novice marathoner, novice being defined as a member running their first ever marathon
3. Most improved sub 3 performance
4. Most improved sub 4 performance (between 4 and 3 hours)

If you, your company or any other sponsor would like to finance such an award by way of floating trophy would you please contact a committee member before Friday 23rd October 1981.

GUEST SPEAKERS

The club has decided to invite guest speakers to address members at STARS and Social events. Suggestions on possible guest speakers should be advised to a committee member.

SYDNEY STRIDERS - SUB 3 LADDER

<u>NAME</u>	<u>TIME</u>	<u>MARATHON</u>	<u>DATE</u>
1. BRUCE ROBERTSON	2.39.40	GOLD COAST	8/81
2. TONY McCALL	2.41.07	CAMPBELLTOWN	5/81
3. MIKE CROWLEY	2.43.20	DIGGERS	4/81
4. DAVE COX	2.45.02	WAGGA	8/81
5. CHARLES COVILLE	2.48.53	TRANSVAAL STATE (RSA)	9/81
6. GERRY SMITH	2.50.38	N.S.W. STATE	6/81
7. SAM DAHER	2.52.10	VETERANS	7/81
8. STUART GREAVES	2.54.36	NIKE	4/81
9. OSTEN HANSSON	2.55.08	GOLD COAST	8/81
10. ALAN COLE	2.55.54	N.S.W. STATE	6/81
11. MIKE CUTCHER	2.55.55	N.S.W. STATE	6/81
12. BERNIE LIEBMANN	2.56.05	N.S.W. STATE	6/81
13. NEIL PLEVEY	2.56.46	DIGGERS	4/81
14. DENIS COOLEY	2.57.03	NIKE	4/81
15. MIKE ANSCHUTZ	2.58.21	GILLAWARNA	9/80
16. RAY DORAN	2.59.23	GILLAWARNA	9/81
17. BILL HUNTER	2.59.25	VETERANS	7/81
18. JOHN JESTON	2.59.32	N.S.W. STATE	6/81
19. MIKE BINGHAM	2.59.33	N.S.W. STATE	6/81
20. SUE HILL	2.59.46	AVON	5/81

More and more "Sub 3's" - in N.S.W., interstate and even internationally! For the statistically minded, the nine best times were achieved on different marathons, with a total of eleven represented in our "Top 20" - which must say something for the depth and consistency of the club's runners.

Congratulations on some substantial improvements to P.B.'s posted by Bruce Robertson and Osten Hansson at the Gold Coast, Dave Cox in Wagga and Charles Coville in South Africa. Also, a couple of extremely good first marathon performances in the heat at Gillawarna from Ray Doran with 2.59.23 and Harry Karlikoff who has joined the club since running his 2.50.01.

While on the subject of "Interstate Striders" the Blister has now acquired correspondents in both Queensland and S.A. with the moves of two of our Sub 3 men, Tony McCall and Mike Anschutz to Brisbane and Adelaide respectively. Good luck to both in their new locations.

* * * * *

THE 1981 50 KILOMETRE JOHANNESBURG STOCK EXCHANGE MARATHON : BY Charles Coville

My last competitive run in South Africa was the prestigious Comrades Marathon in 1976 prior to my immigration to Australia.

As South Africa is without doubt the world leader in ultra marathoning, I decided to enter an ultra marathon during my 6 week South African vacation to relive that unique ultra experience.

Two of the 3 leading ultras had already been completed during the first half of the year. The 56 kilometre Two Oceans in Cape Town had been run back in April while the most famous ultra race of all, the 90 kilometre Comrades Marathon between Durban and Pietermaritzburg had been run for the 56th time at the end of May. Thus the 50 kilometre Johannesburg Stock Exchange marathon was the obvious choice as it coincided with my August vacation. While the 2 former ultras were all at sea level, the JSE was run inland in the Transvaal at an average height above sea level of 1,700 metres. Not only would altitude be a problem but the race was being run from Pretoria to Johannesburg. The "up" run meant that there was a change in altitude from 1,400 metres to 1,800 metres. It also meant that from the 32 kilometre checkpoint at the Jukskei River there was an almost continuous 18 kilometre uphill climb to the finish at the Wanderers Stadium.

South African ultras are all set over tough hilly courses, so even though I was not familiar with the JSE course, I knew that it would be very demanding. The JSE was only being run for the fourth time, having been run "down" twice and "up" once.

As road running is very much an established sport throughout the country, the newspaper and TV coverage leading up to the race was extensive. The leading runners are household names and it came as no surprise that the newspapers had forecast their placings of the top runners.

Enclosed with the acceptance of my entry was a comprehensive 96 page programme. A cursory glance at this publication soon revealed that this was to be a well sponsored, professionally organised race.

The numerous prizes were awe-inspiring. I knew that a gold medal for the top 10 finishers was beyond my capabilities, so a silver medal for finishing within 3 hours 45 minutes appeared to be a realistic goal. Finishers between 3 hours 45 minutes and 6 hours received bronze medals.

The programme included an alphabetical list of the 2,111 entrants as well as a number of practical and helpful articles by the top runners e.g. Five Ways to Improve One's Racing Performance, Ultra Marathons and Bailing (Dropping Out) by the 1981 Comrades Winner, Bruce Fordyce.

The top 50 runners had been seeded and only they were allowed 'seconding' - outside assistance. The remainder of the field would have to rely solely on the official refreshment points - every 3 kilometres to the half way mark, thence every 2 kilometres to the finish. I arrived at the Harlequins Club in Pretoria just under an hour before the start. Already the motor traffic had built up some distance from the Club entrance. Checking in was well organised - my official race number packet included a free singlet. I recognised a lot of familiar faces from the old days. The atmosphere was excited and electric. Large queues had congregated around the free coffee/tea kiosk.

It was strange to see all competitors line up in club colours after experiencing the casual 'anything goes' approach of Australian runners.

The governing body of athletics is the AAA with the Road Runners Association representing all road runners, via club membership. To compete in a road race Club membership is necessary. Club colours must be worn. Thus with 204 Clubs competing the bright array of club colours added a colourful spectacle to the prompt 6.30 a.m. start.

I had begun the race with my brother who had recorded a respectable 3 hours 9 minutes 2 years prior. I believed that it was his experience that would be of assistance during the second half, so the race tactic was to run with him (He had actually settled on a sub 3 hour 45 minute goal too). Before we had even settled into our budgeted 4 minutes 5 second per kilo pace, we encountered the first refreshment point 3 kilometres from the start.

Whilst we had heard the course contained some undulation I doubt that any of us was prepared for the frequency and steepness of grade throughout the first 14k. Even the numerous downhill sections offered no relief on the somewhat rugged track and the run can truly be regarded as gruelling. However the times recorded were surprisingly fast. I've no doubt that representing their club brings out the best in many of the Striders.

It was a clear advantage to have had local knowledge of the course and this added further merit to the Striders efforts. In fact by the half way mark it was obvious to me that victory was in the Striders grasp and the real race became to fill the 4 spots to comprise the team. At that stage Bruce was battling for 1st or 2nd placing outright, I was challenging for 3rd or 4th and I could see Charles Colville immediately behind commencing to make his move with Dave Cox also in hot pursuit. The ultimate team finishing order was Bruce Robertson (2nd outright) Sam Daher (4th) Dave Cox (5th) and Charles Colville (6th).

Commiserations to Ray Doran who finished 8th outright in a time of 91.23 and was clearly the first "veteran" home but because he was not informed of an apparent last minute inclusion of this category he omitted to nominate himself. Victory in this category was therefore awarded to Mick Feeney (B.M.J.) who was placed 11th outright in a time of 92.55.

To say the day was a great success would be an understatement. Everyone enjoyed themselves and a number of match races had developed within the race which contributed to the closeness in finishing times.

I'm sure that I'm speaking for the rest of us when I extend thanks to the Blue Mountains Joggers for hosting a well organised and pleasurable event. I especially liked the distance markers every kilometre throughout the last 10 kilometres. A large gas B.B.Q. facility was freely made available and many of the competitors, spouses and friends remained to enjoy a drink and picnic lunch in the natural surroundings of the Euroka Clearing.

Definitely an event to mark on your racing calendar for next year when the Striders attempt to retain the trophy it now holds.



A SYDNEY STRIDERS FIRST

The winning team from left to right

Dave Cox
Sam Daher
Charles Coville
Bruce Robertson

FURTHER RESULTS ARE LISTED HEREUNDER

	<u>NAME</u>	<u>OUTRIGHT PLACING</u>	<u>TIME</u>	<u>OUTRIGHT TEAM RESULTS</u>
(1)	Bruce Robertson	2nd	81.55	1st - SYDNEY STRIDERS AGGREGATE TIME - 5.47.42
(2)	Sam Daher	4th	87.34	2nd - BLUE MOUNTAIN JOGGERS AGGREGATE TIME - 6.02.36
(3)	Dave Cox	5th	89.06	
(4)	Charles Colville	6th	89.07	
(5)	Bernie Liebmann	7th	90.41	
(6)	Ray Doran	8th	91.23	<u>VETERANS TEAM</u>
(7)	Ivan Freys	10th	92.48	1st - VETERANS CLUB (containing 3 Sydney Striders) AGGREGATE TIME - 7.39.37
(8)	Brian Colwell	15th	94.49	
(9)	John Jeston	16th	95.16	<u>WOMENS TEAM</u>
(10)	Neil Collum	22nd	98.03	1st - BLUE MOUNTAIN JOGGERS AGGREGATE TIME - 7.57.01
(11)	Dave Blackhall	22nd	98.03	
(12)	Geoff Murray	26th	98.55	<u>OUTRIGHT INDIVIDUAL RESULTS</u>
(13)	Neil Guy	28th	99.47	1st - Graeme Heap (BMJ) - 78.20
(14)	Bill Hunter	31st	101.03	2nd - Bruce Robertson(SS) - 81.55
(15)	Sue Hill	32nd	101.04	3rd - K. Ostroliski(C'town) - 87.31
(16)	John Gale	33rd	102.32	
(17)	John Blance	42nd	111.40	<u>VETERANS</u>
(18)	Barry Jones	43rd	113.00	1st - Mick Feeney (BMJ) - 92.55
(19)	Ron Bonser	44th	115.36	
(20)	Chris Burke	50th	116.59	<u>WOMEN</u>
(21)	Glen McGregor	52nd	117.16	1st - Georgina Price (BMJ) -100.13
(22)	Jim Donavan	61st	148.32	2nd - Sue Hill (SS) -101.04

STAR & RACE PROGRAM: 26-7-81 - 27-9-81

<u>DATE</u>	<u>VENUE</u>	<u>EVENT</u>	<u>NUMBER OF RUNNERS</u>
26/7	WOODFORD TO GLENBROOK	RACE	22
2 /8	NORTH HEAD TREK	STAR	19
9 /8	CITY TO SURF	RACE	N/K
16/8	IRON COVE BAY RUN	STAR	26
23/8	ST.IVES - BOBBIN HEAD	STAR	23
30/8	WILLOUGHBY WANDER	STAR	17
6/9	LINDFIELD LOPE	STAR	13
13/9	COLLARROY CLASSIC	STAR	15
19/9	LAKE GILLAWARNA	MARATHON	9)
"	"	1/2 "	6)
27/9	NORTHBRIDGE-HARBOUR HOP	STAR	12
4/10	GAP GALLOP	STAR	19

A disappointing decline in attendance in the past few weeks, but certainly not in performance as the race results and reports elsewhere in this issue will show.

Two new events came into this program:

- (i) The Woodford to Glenbrook Challenge - a most enjoyable day in the mountains, a beautiful and very successful run with the Striders romping home as winners of the teams challenge.
- (ii) Phil Caldwell's North Head Trek - a demanding but scenic course which went down (and up!) very well.
Thanks also to Phil for the well stocked table of 'munchies' he provided at the finish.

The itinerary for October-November should provide some variety, with a couple of shorter distance races included for those who have scaled down their distances for the summer season. This and all future itineraries will be mailed, so here's hoping we see plenty of faces on Sunday mornings.

WOODFORD TO GLENBROOK TEAMS CHALLENGE

26 July 1981

SYDNEY STRIDERS register its first teams victory. No, it was not in the Boston Marathon nor the City to Surf but the inaugural Woodford to Glenbrook Teams Challenge. Nevertheless it was a creditable victory and whilst the effort may not have been as meritorious as the club's second placing in the more competitive Harbord Diggers Scenic Run when Mick Halmy, Neal Plevy and Alan Farrell carried the banner, as the racing personality on television used to say "the greatest pleasure in life is to win".

The distance of the race was $24\frac{1}{2}$ kilometres and 64 runners representing 4 clubs faced the starter. The clubs represented were:

- | | | |
|-----|--------------------------|---------------|
| (1) | Sydney Striders | - 22 starters |
| (2) | Western District Joggers | - 18 starters |
| (3) | Blue Mountain Joggers | - 16 starters |
| (4) | Campbelltown Joggers | - 4 starters |
| | Miscellaneous | - 4 starters |

Veteran teams were also nominated and 3 Striders in Bill Hunter, Barry Jones and Ron Bonser together with John Baker from the Veterans club won this category.

The Striders did not field a team in the womens division but the club was represented by Sue Hill who was placed 2nd individually.

The weather was kind and remained cool but dry throughout. All in all an ideal day for running and the subsequent B.B.Q, picnic, grog-on whatever you want to call it.

Whilst the race was due to start at 10am it was about 11am when former Australian Olympic representative Basil Dickinson set the field on its way. A train delay on route from Glenbrook to Woodford was the cause of the late start.

The race commenced at break-neck speed with a B.M.J. sprinting the first kilometre or so. This was obviously a tactic to break up the field and to this end was successful. However the runner had a severe case of the staggers shortly afterwards and this left Bruce Robertson to continue the pace. At about the 3k mark the ultimate winner, Graeme Heap (BMJ) passed me and set out after Bruce and from that point on the rest of us were competing for the remaining placings. Graeme and Bruce were clearly in a class of their own in that field as was evidenced by their times recorded.

12 WEEK MARATHON TRAINING SCHEDULE :

OCTOBER, 1981

INTRODUCTION - CHARLES COVILLE

I have known Brian Chamberlain since the late sixties when we attended the University of the Witwatersrand, Johannesburg, together.

I have witnessed his progress from a 2.59 standard to his position of South African Marathon Champion in 1978.

His personal best of 2.15.26 ranks him at No.9 on the all time South African ladder. The value of his enclosed training schedule is that he has designed it from personal experience and that it has that rare hallmark of being practical. Thirty-two year old Brian works as a full time computer programmer and also manages to lead a 'normal' family life which includes bringing up a 2 year old son. His running fits into his work and family life so perfectly that his training must be regarded as being practically successful.

While his speed and natural talent suit his training for regular sub 2.20 marathons, I nonetheless believe that all serious marathoners can take a leaf from Brian's successful programme modified for 2.30 to 2.35 performances even if you are a post 3.00 runner.

COMMENTARY - BRIAN CHAMBERLAIN

This schedule is designed for 2.30 to 2.35 marathoners and should be commenced preferably after a few weeks break. The break:-

- 1) Gives your body a chance to recover from previous training and builds up strength
- 2) Increases enthusiasm when you start training and prevents staleness.

Week	# 1	#2	#3 - 5	#6 - 11	#12
Sunday	5 easy	20 easy	30 easy	30 easy	25 easy
Monday	8 easy	8 easy	10 fast (a)	10 fast (a)	10 fartlek
Tuesday	8 easy	12 hard (b)	10 fartlek	8 easy (d)	10 very hard
Wednesday	10 easy	8 easy	15 easy	15 easy	10 easy
Thursday	10 easy	12 hard (b)	10 track	8 easy (d)	8 easy
Friday	12 easy	8 easy	10 easy (c)	10 easy	5 easy
Saturday	8 easy	10 easy	10 hard (c)	8 easy (d)	42 race
				10 hard (c) (d)	
Total	61 k	78 k	95 k	119 k	110 k

- (a) Fast but relaxed
- (b) Run hard towards the end of session
- (c) Hard including hills
- (d) Two session - one a.m.; one p.m. All p.m. sessions should be done hard
- (e) Track. This must vary every week so that your speedwork is not done at the same speed. Your speed should vary between 60 seconds and 80 seconds per lap (400 m) depending upon the session

Examples of sessions :-

- (i) 8 x 400 m with 2 minutes rest
- (ii) 6 x 800 m with 3 minutes rest
- (iii) 3 x 1500 m with 5 minutes rest
- (iv) 1600, 1200, 800, 400 with 1 lap jog between each.

Note :

Each track session should be preceded by 3 km to 5 km warm up jog and 2 x 100 m strides.

5th July, 1981

Michael Halmy

The Committee,
Sydney Striders Marathon Runners Club,

SUBJECT: Proposal for Implementation
of a Point Score System to
Establish the "CHAMPION CLUBMAN"

As the name suggests the proposal is to establish the Champion Clubman as distinct from the Club Champion. It is not intended to be a system to necessarily arrive at who is the best runner rather to recognise other attributes.

In an effort to achieve this aim it is suggested that points be scored in three categories.

- (1) OVERALL PERFORMANCE
- (2) TIME IMPROVEMENT
- (3) STAR RUN ATTENDANCE

CATEGORY 1 - OVERALL PERFORMANCE

Points could be allocated for order of placings amongst the Strider's finishing positions in nominated events. These events can be chosen by the committee and no doubt would include all marathons substantially supported by the Striders such as the Harbord Diggers, The State, Lake Gillawarna. Possibly other events of lesser distances but with wide appeal such as the Scenic Run, City to Surf, Woodford to Glenbrook Challenge and Great Nosh could also be included.

The points score system proposed for MARATHONS only is:

- 20 for first Strider to finish
- 16 for second Strider to finish
- 12 for third Strider to finish
- 10 for fourth Strider to finish

and so on reducing progressively by 1 point to 13th placing.

Because time improvement points may not be scored in non-marathon events IF these events are included only a nominal point scoring system is recommended such as

- 1st - 6 points
- 2nd - 5 points
- 3rd - 4 points

and 2 points to all other finishers.

After waiting something like seven months I finally managed to pick up my official Striders running gear from Brian Colwell on the Wednesday before the Scenic Run, and was now all set to try them out for the first time.

It was a cool, nippy morning although not as bad as some of the conditions you can get in Canberra when there is snow abounding the nearby hills - no need for a second T-shirt or mittens today. My training over the past month had been spasmodic (less than 250kms) due to the unwelcome appearance of those mid-year exams but I managed to train solidly for the week I was at home.

The runners got away almost on time and being in the second row enabled me to move away quickly and easily. I've been making some mistakes in recent races by going out too fast at the beginning - something I purposely tried not to do in this run.

When we first reached Manly Beach (about 2K) I felt I was comfortably placed in 5th with the leader 20m ahead but not getting any further away. I remember the last time I ran down this street towards Manly was at the end of the 30K race last January; I was probably going about half of today's pace and feeling every painful step.

By the end of the promenade I had moved into 4th place with the next stage of the run being the hard bash up the hill toward North Head. I lost some ground on the Go-Jog runner (3rd) but the leading pack was still the same distance ahead. The road levelled slightly and a drink station came into view, a third of the course covered. Using my stopwatch I quickly extrapolated my expected finishing time. I don't remember what it was but it seemed like a good thing to do at the moment!

Shortly afterwards the second placed runner pulled off to the side of the road and stopped. He didn't seem to be in any distress but all of a sudden I found myself in 3rd place and my confidence rose. I was now running at the same pace as 'Go-Jog' and when he passed the lead runner I soon followed suit. Feeling a little stronger now that I had recovered from the effects of the hill, I started to close the gap on 'Go-Jog'.

At half way we did a small loop before heading back along the way we'd come. The tourists at North Head seemed to take little interest in us at first although I suppose that they would have become a trifle more curious by the time the first hundred or so runners had passed.

Just where the loop ended I pulled level with 'Go-Jog' and waited to see if he was going to make an effort to pick the pace up to retain the lead. He didn't, so I pushed cautiously past him, very much unsure if it was the right thing to do. There was still 7K left to run.

Running back through the rest of the field is a weird sensation, especially when I was the current leader. The shouts of support I got from other Striders and even people I didn't know was great and helped to spur me on. The official car that was supposed to be showing the way got swamped by upcoming runners and it lost the lead for a brief period. Thoughts flashed through my mind. "What if it doesn't catch up again? I could lose my way! I've seen that happen before!!" The car shows up some seconds later and that steep uphill climb earlier becomes an even steeper downhill bone-jarrer. This hill became an excellent place to put some distance between first and second and I headed down toward Manly for the second time.

I paced myself carefully along the flat stretch past the beach. After crossing the canal I glanced back over my shoulder to see that I had about a thirty metre lead. Would it be enough considering how well this guy charged up the last hill? This last stage of the race, before the final sprint to Harbord, was crucial. It was a tough slog up a winding road, and into the wind, but the expected challenge did not eventuate and I coasted to my first win in a road race by a 25 second margin.

Elation, surprise and relief were the first things I felt when I stopped and even now, I still can't believe it.

Footnote: The last two winners of this run ('80 & '81) were in the same class at primary school!!!

LAKE GILLAWARRA MARATHON - BY RAY PORAN

Saturday 19th September, 1981 and Lake Gillawarra, the venue for my first attempt to run a marathon. For about 3 weeks prior to the marathon I gradually increased my weekly runs of 7 miles Tuesday, 7 miles Thursday and the Sunday S.T.A.R.

The first 2 weeks I added a 7 mile run on Wednesday. The following 2 weeks were 10 miles Tuesday, 10 miles Wednesday, 7 miles Thursday and S.T.A.R. on Sunday. The 5th and 6th weeks were 10 miles Tuesday, Wednesday, Thursday and S.T.A.R. on Sunday approximately 50 miles per week for the 2 weeks which was about as much as I could manage, as the three 10 miles runs by myself were becoming very boring.

My training plan was to reach a maximum 60 miles per week, but I just didn't have the enthusiasm to carry it out. The second last week I dropped back to 47 miles.

The Sunday before the marathon I ran the short course of the Collaroy run with the last 3 miles at faster than race speed, as a start of 3 days of depletion preceding the 3 days of carbo-loading, I now know why the word depletion is used as it really took everything out of me. My only run this week was 6 miles of Tuesday night which I think was run from memory as I had no strength or inclination what so ever.

The next 3 days of carbo-loading was a little easier to take with an odd beer back on the menu.

The Saturday morning finally arrived, I can't say that I felt really strong or keen to get on with it, and by starting time the race plans that had gone through my mind on how to run had ended up, run within myself, don't push it and finish.

In the first 5 km. I ran at an easy pace, but I didn't feel good and there seemed to be hundreds of runners ahead. About 6 km. out I ran with and talked to a young fellow who was running the "marathon", but was running at a pace which I felt comfortable at. About half way back he increased his pace which left me running alone.

At the half way mark which I passed in 1-25 and a bit I was greeted by my lazy son who asked how I was feeling and then told me I would have to pull my finger out. At this stage I was starting to feel the heat and also had a few stabbing pains in the groin, an injury which had developed in the later stages of my preparation.

From about 26 km. to 35 km. I began to settle down to an easy rhythm and at about 36 km. when I spotted smiling Sam up ahead I decided on a plan for the last 6 km. which was to catch and run with Sam until the main road and then stretch out, which was how I was feeling. Then without warning I got a cramp in the left hamstring and Sam got further ahead.

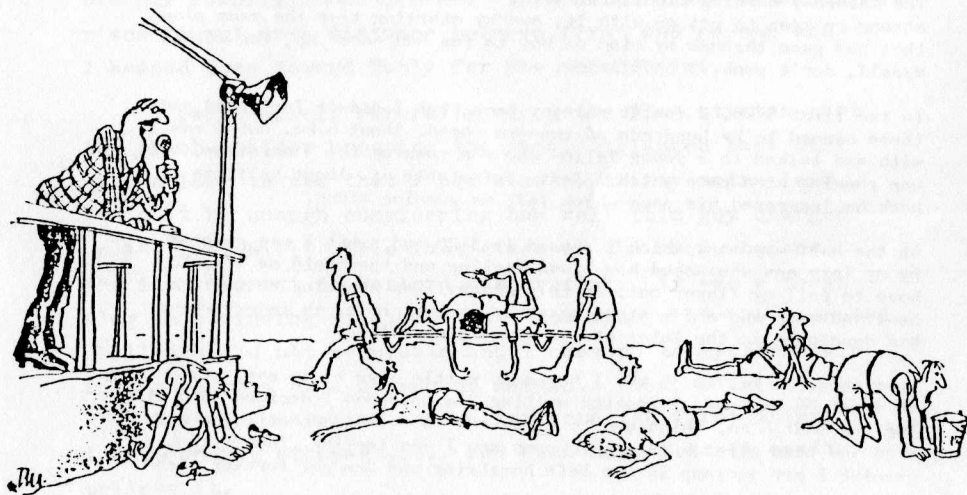
MAKATHUNS & MAKATHONERS

After some stretching exercises I was able to get back into the race but it was still sore and I couldn't stretch out properly, with 4 km. to go it hit me again so another stop and more stretching and hobble off again in much discomfort from the cramp and the heat of the sun. About 2 km. from the finish my calf muscles cramped up so it was another stop and more stretching. This time I doubted whether I could walk to the finish let alone run, but the cramp eased off so I took off again only to have a re-occurrence about 1 km. out, stop again, more stretching then hobble off for the last km. with what felt like daggers sticking into my calf muscles.

About 200 m. out I was met by my son and John Geston who ran with and urged me on over that finish line which I thought some smart "R" had moved 200 metres back. Then as I got my time it began to sink in, you broke 2 hours you old "R" you broke 3, after that all I could think of was to get in the shade and have a cold can of beer.

To run up the Gillaurna marathon the course was nice and flat but uninteresting compared to our S.T.A.R. runs, (I may be spoiled by the striders scenic runs) the weather was too hot on the day. I doubt that I will ever deplete again before the carbo-loading and I am one very happy little old runner who is really looking forward to my next marathon in the new year and cooler weather.

Finally I am convinced I would never be able to run a marathon without the help of the Sydney Striders and their S.T.A.R. runs on Sundays.



"Looks like everybody's having a great time today at our First Annual Fun Run."

WOMEN'S BEST — July 1981

Grete WAITZ	(Nor)	2:25:41	New York	1980
Allison ROE	(NZ)	2:26:46	Boston	1981
WAITZ	(Nor)	2:27:33	New York	1979
Patti CATALANO	(USA)	2:27:51	Boston	1981
CATALANO	(USA)	2:29:33	New York	1980
Joyce SMITH	(UK)	2:29:56	London	1981
Joan BENOIT	(USA)	2:30:16	Boston	1981
SMITH	(UK)	2:30:27	Tokyo	1980
Julie SHEA	(USA)	2:30:54	Boston	1980
CATALANO	(USA)	2:30:57	Montreal	1980
Jacqueline GAREAU	(Can)	2:30:58	Tokyo	1980
BENOIT	(USA)	2:31:23		1980
GAREAU	(Can)	2:31:26	Boston	1981
Lorraine MOLLER	(Aus)	2:31:41	Nike	1980
GAREAU	(Can)	2:31:42	Montreal	1980
Marja WOKKE	(Hol)	2:32:29	Nike	1980
WAITZ	(Nor)	2:32:30	New York	1978
SMITH	(UK)	2:33:32	Sandbach	1980
Ingrid CHRISTENSEN	(Nor)	2:34:24	New York	1980
GAREAU	(Can)	2:34:28	Boston	1980
ROE	(NZ)	2:34:29	Nike	1980
Christa VAHLENSIECK	(WIG)	2:34:48		1977

At what age does a marathoner reach his peak?

From a study of the ages of the world's top ten it would appear to be around 24 to 26 with only Bill Rodgers and Ron Hill having run their personal bests when they were 32 years old. Alberto Salazar, who was 22 when he set his best (and, at the time, his only) time in last year's New York marathon, is the youngest in the world's top ten.

NAME	PB	AGE
Derek Clayton	2:08:33	27
Gerard Nijboer	2:09:01	25
Shigeru Soh	2:09:06	25
Ian Thompson	2:09:12	25
Toshihiko Seko	2:09:26	24
Bill Rodgers	2:09:27	32
Ron Hill	2:09:28	32
Dick Beardsley	2:09:36	24
Alberto Salazar	2:09:41	22
Waldemar Ciepinski	2:09:55	26
Average	26.2	

* If Clayton's 2:08:33 is ignored, his second best time of 2:09:37 set in Fukuoka in December 1967 still places him in the top ten.

Who is the world's best marathoner?

On the basis of his ten best times, none other than Bill Rodgers whose 2:10:34 for third place in this year's Boston marathon now gives him ten sub-2:12 marathons — twice as many as any other man.

They are:

2:09:27	Boston	April 79
2:09:55	Boston	April 75
2:10:10	New York	October 76
2:10:13	Boston	April 78
2:10:34	Boston	April 81
2:10:56	Fukuoka	Dec. 77
2:11:27	Fukuoka	Dec. 75
2:11:29	New York	Oct. 77
2:11:42	New York	Oct. 79
2:11:58	Eugene	May 76

Frank Shorter, second best ever marathoner on the same basis of comparison, has five sub-2:12's to his credit and Ron Hill has three.

Who says you can only run one or two marathons a year?

Not Dick Beardsley, that's for sure.

He's the American, you'll recall, who finished joint first in the London Marathon in March.

His incredible record over the last few months reads:

New York	Oct 26, 1980	2:13:55	9th
Houston	Jan 10, 1981	2:12:49	2nd
Beppu	Feb 1	2:12:40	3rd
London	Mar 29	2:11:48	1st
Minnesota	June 20	2:09:36	1st

From well over 100th to eighth in the world rankings in less than a year!

LAKE GILLAWARNA MARATHON 19/9/81

OVERALL WINNER

HORST WEGNER 2.28.04
(new course record)

FIRST WOMAN

M. Geminis 3.05.57
(new course record)

STRIDERS RESULTS

Position	Name	Time	
18	Dave Cox	2.54.41	
27	Ray Doran	2.59.23	P.B./novice
30	Sam Daher	3.01.32	
38	Mike Bingham	3.06.58	
40	Sue Hill	3.07.26	
45	Bill Hunter	3.10.19	
49	Neil Collum	3.12.21	P.B.
62	Charles Coville	3.17.04	
79	Neil Guy	3.30.29	

* Harry Karlikoff who is yet to join ran as a SYDNEY STRIDER; was placed 10th in the smart time of 2.50.01

152 STARTERS 105 FINISHERS

Saturday 19th September, 1981 saw the third running of the W.D.J.H. Lake Gillawarna Marathon. Coincidentally, this was also my third marathon attempt. Run in perfect spring weather, although rather warm for running, the event attracted only 152 starters (105 finished) compared with 334 (281) in 1980. The inaugural Sydney Marathon held only two weeks earlier probably accounts for the drop in numbers.

Starting on time at 7.00 a.m., the run was generally well organised with drink stations and distance markers at 5 km intervals. Personally, I would like to see distances marked at say, 2 km intervals to assist with pacing.

Having trained more for this run than for previous marathons, I was after a P.B. time. Total training mileage in the eight weeks before the run was 720 km compared with 676 for Harbord Diggers and only 489 for the 1980 Gillawarna Run.

The 720 km figure is still below the 813 km suggested by the Striders training programme and I would be interested to hear what other peoples' training mileages are. On the positive side, it was no harder to do 720 this year than to do 489 last year. The training effort was not well timed and the 8 km and 10 km tapering runs in the final week were a struggle instead of easy gallops. Consequently, the final week was very depressing and in retrospect these runs should probably have been omitted. Finally I selected 3H 10M as my most optimistic time and made up pace notes for 3H 10M and 3H 20M fully intending to drop out if I fell behind 3H 20M pace at any time.

On the day I felt reasonable and started briskly but comfortably, passing Bill Hunter as we circled the park and finally settling into a group with Sue Hill and John Edwards. We passed the 5 km mark at about 22 minutes - just ahead of the 3H 10M schedule. Still feeling comfortable I stayed with the group which was soon passed by Bill Hunter. At about 11 km we met the leaders returning to the park followed by the faster Striders. Just after the 12 km turn around, John picked up speed and left us as he was finishing at the ½ marathon. At about 15 km I felt we were slowing and decided to try to stick to my schedule.

Running alone to the half way mark, I caught up with Brian Colwell just as he finished the ½M in 92M 12S. This was just behind the 3H 10M schedule. Rounding the park for the second time I began to feel tired and was tempted to join the Striders who were recovering after the ½M. At this point Sue was about 200M behind.

The second half of the run was a struggle and the drink stations seemed to be getting further apart. At about 30 km, the leaders appeared again heading for the finish and running at what would be a good sprint pace for me. Sue caught up again just before the final 33 km turn point and just as Charles Coville came in sight looking distressed, having blown, but heading for the finish. Rounded the turn two minutes behind schedule and finding it hard to care much about it - and certainly unable to do anything about it. Sue was much too strong and I headed back alone. Overtaking Charles was a new experience, spoilt by the fact that he was walking and obviously feeling the effect of his recent running holiday (probably the only circumstances in which I'll ever pass him).

The last lap was a battle against sore legs and the day started to feel very warm. Drink stops were like an oasis now and it was hard to get moving again after each stop - I for one can't drink on the run. It was some consolation not to lose any more time, at least up to the 40 km mark. At about 40 km both calves seemed cramped and I started to walk 20 seconds and jog 2 minutes to keep moving. John Gale came along at about 41 km, hopped out of his car and kept me company to the park entrance - his company and encouragement were greatly appreciated.

Entering the park I found a new burst of energy, overtook two runners who had just passed me and sprinted for the finish.

The final agony came when the finish line was about 100M behind the ½M finish so that I ran out of sprint and just plodded to the line.

I didn't reach the point of promising never again, never again at any stage and the final time of 3H 12M 21S was a P.B. by about 10 minutes. Roll on the Nike.

EDITOR: Being a Strider at Gillawarna had its advantages in being "seconded" by JOHN GALE. JOHN revived me by his mere presence.

AUSTRALIAN ROAD RUNNERS ASSOCIATION (A.R.R.A.) BY John Jeston

A couple of months ago the Striders were approached by Kevin Mason on behalf of the Sydney Marathon Clinic (SMC). The purpose was to see if we were interested, together with other clubs, in organising a series of races similar to the recent SMC series.

The idea was to spread the workload amongst several clubs.

The Striders Committee saw this as an opportunity to form an overall governing body for N.S.W. road runners. Thus we have put a great deal of effort into the formation of the Australian Road Runners Association (A.R.R.A.).

Some of the broad objectives of the A.R.R.A. would be:-

- 1) To further develop the standard of Australian Athletics by promoting and encouraging the sport of Road Running through the organisation of Road Races.
- 2) To render assistance to other organisations, corporations, associations, etc. in the promotion, arrangement and organisation of Road Races.
- 3) To establish a set of standards, and formulate rules and regulations to ensure a high standard of Road Races.
- 4) To preserve and represent the interests of Road Runners.
- 5) To liaise with other Australian and overseas Road Running and Sporting organisations.
- 6) To liaise with Clubs and Promoters in the promotion and co-ordination of Road Races.
- 7) To establish and maintain a set of records for all usual distances covered by road races.
- 8) To liaise with Government, Local Government and other bodies.

Currently a great deal of time is being put into the initial draft of the A.R.R.A. constitution. This will be circulated to the 20-30 running clubs in Sydney and surrounding areas.

Each club will be asked to have a member attend a meeting to discuss the draft constitution and elect a working committee to carry on with the formation.

It is proposed that the series of races include those listed below. Prizes will not be awarded for each race, but on the series basis.

The exact formula has not yet been worked out but will be something like your best 6 races counting towards your result.

There will be lots of categories (every 5 years) and prizes from 1 to 5 in each category.

PROVISIONAL CALENDER

9 / 1	HARBORD DIGGERS	30K
7 / 2	SYDNEY MARATHON CLINIC	25K
14 / 3	SYDNEY STRIDERS	20K
APRIL	HARBORD DIGGERS	42K
	NIKE CANBERRA	42K
30 / 5	GO JOG	20K
27 / 6	STATE	42K
JULY	GLENBROOK / WOODFORD	24K
AUG	CLUB CHALLENGE CENT. PARK	?
SEPT	GILLAWARNA	21K

OUTSTANDING ACCOUNTS

A comment was made recently about the tone and circularisation of the recent letter following up outstanding accounts.

An analysis of the outstandings, and the effect upon cash flow, requires strict follow up, regardless of what might appear to be insignificant amounts.

T Shirts	9 members outstanding	\$47.00
Colours	6 " "	\$107.25
Membership	14 " "	\$105.00
		<hr/> \$259.25 <hr/>

We trust that members thus appreciate the importance of prompt settlement and the necessity to circularise members.

We did not intend to embarrass members and apologise for any errors that may have occurred.

MEDIFIT FITNESS CLINIC

Medifit are a unique team of professionals who provide consultation and advice in all areas of human performance.

The Medifit Professional Team includes: -



ATHLETES:—

seeking the winning edge through a scientifically designed conditioning programme.

SPECIAL NEEDS SERVICES

ATHLETES AND SPORTSMEN:

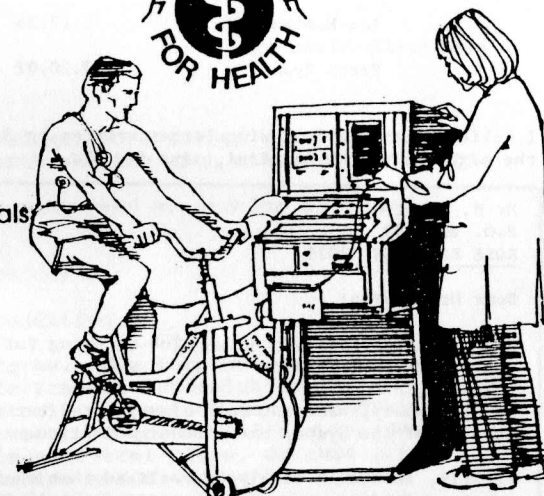
Medifit in conjunction with Medifit can evaluate an athlete's functional capabilities with a highly sophisticated battery of medically conducted tests.

From the results of these tests we can develop a programme of conditioning designed to give you the winning edge.



14 Hayberry St.
CROWS NEST

436-2684



FITNESS TESTS

Health Evaluation:

A comprehensive health assessment involving a medical consultation, blood tests (including blood fat levels) blood pressure under stress resting and stress, electro-cardiographs, body fat measurements, spirometry (respiratory efficiency) and aerobic function (fitness): tests designed to accurately determine the state of a person's health and fitness.

Physical Fitness Assessment:

Medifit professional staff have developed a battery of physiological tests that have been designed to accurately evaluate a person's physical fitness, optimum weight, strength, aerobic power, flexibility and maximum level of physical work capacity.

HOURS:

FITNESS CLASSES

- 11.00 a.m. - 8.00 p.m. Mon. - Fri
- 9.00 a.m. - 2.00 p.m. Sat.

EARLY BIRD CLASSES

- 7.00 a.m. - 9.00 a.m. Mon. - Wed. - Fri.

"The Safe Way To Fitness"

The results of the Sydney "Mini" Marathon are listed below:

Sue Hill (1st lady)	2.48.46
Ian Newlands	3.12.36
Peter Ryan	3.20.02

I believe that the following letter written by Sue Hill via the Club to the organiser, Mike Agostini, says it all.

Mr M. Agostini
P.O. Box 109
ROSE BAY NSW 2029

Dear Mr Agostini,

Sydney Striders is a running club catering for and fostering the longer and marathon distances.

We, like many, were not only disappointed but also angry at certain aspects of the Sydney Marathon organisation.

Firstly, it should surely be realised that when a marathon course is promised (and you certainly specified the 42.2kms in the entry form) participants expect to run the full 42.2kms. Unlike Fun Runs, anyone entering a marathon (whether you wish to call the Sydney Marathon a fun run or not) will have trained hard and long hours, many over a 6-12 month period. For most it is a race against themselves, i.e. to better a previous time over the distance, or just to achieve the distance once. The majority know they will be winning no medals or prizes, therefore what satisfaction is there in running an impressive time that will be recognised by no-one because the course was short. For that matter, how short? Perhaps you would answer this accurately.

Secondly, though the Police on the whole did a good job in traffic control at major intersections, the same could not be said for the Marshalls, particularly in the latter half of the course. Many were so inconspicuous that runners headed off in the wrong directions before a yell put them right. (Turning right into Queen Elizabeth Drive at Bondi was a classic example where NO Marshall was to be seen.)

Thirdly, some of the drink stations were barely adequately manned and insufficient sponges were provided.

Fourthly, what happened to the two Random Draws for trips to the Honolulu and Big M marathons? Are we to hear who won these?

Finally, it is sad that a race which, although far more demanding than is usual for a marathon course, has the potential to become a notable Sydney event, should be spoiled by lack of planning and organisation.

We feel these comments voice the feelings of many participants. For this marathon to be supported by runners in future years and thus become a success it is essential that these shortcomings be recognised and rectified. We trust that you will give your assurances on this point and also answer the other questions posed in this letter.

Yours faithfully,

C. H. Co ville

C. H. Co ville
President

GETTING MORE FROM YOUR SHOES

by David Blackhall

A recent achilles tendon strain led me, in a rather circuitous way, to a discovery which I feel is worth sharing with other club members.

Grant McCormick (physiotherapist) diagnosed my problem as being related to two major factors -

- . inadequate pre-run stretching;
- . a severe forefoot varus condition.

The stretching was obviously up to me. The forefoot varus was a little more complicated. To quote Stephen Subotnick on the subject (p.31 The Running Footdoctor), a forefoot varus condition exists when there is an angle between the ground and the inside metatarsal heads, with the foot in a neutral plane, so that little or no weight passes through the inside heads during the running cycle. Because the outside metatarsals are striking the ground first, the entire foot carries unusual degrees of stress. The result is usually metatarsal strain, forefoot stress fractures and, in my case, achilles tendonitis.

Understanding the problem was one thing - but how to correct it?

After some false starts, and a number of deadends, I finally found a craftsman who was not only willing to make me a pair of flexible orthotics capable of correcting my forefoot varus, but would re-sole my dilapidated New Balance 420's as well.

Bill Connelly is a colourful little Scotsman who has been making personalised athletic footwear for 46 years. In his crowded little store in Redfern, Bill has the material and equipment to literally construct shoes from the ground up. By taking him a well-worn pair of running shoes, you can obtain a complete analysis of foot and leg problems. Bill will then tailor a pair of orthotics to correct any major deficiencies. If this is not necessary, Bill will simply rebuild the shoe for about 30-50% of the cost of a new pair.

Bill is a humorist as well as a craftsman. If you're going to see him, allow plenty of time, and be prepared to enjoy yourself!

Details are :-

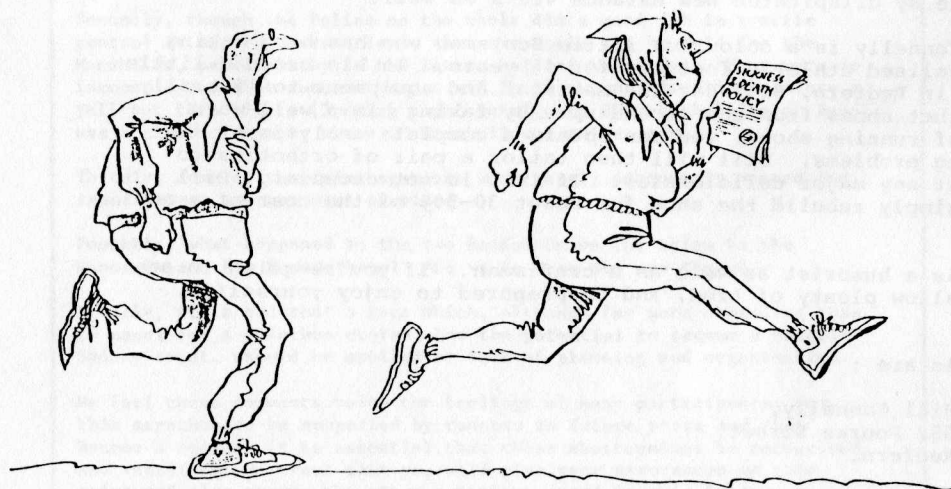
Bill Connelly,
652 Bourke Street,
Redfern.

Phone: 698 3069

CITY TO SURF - 9/8/1981 - KNOWN STRIDERS TIMES

59	Mick Halmy	47.08	791	Chris Staples	56.12
112	Bruce Robertson	48.54	917	Mick Giuffre	56.52
114	Tony McCall	48.56	1187	Dave Blackhall	58.14
209	Alan Farrell	51.05	1197	Tony Hatch	58.16
254	Sam Daher	51.44	1381	Leo Detsikas	59.00
328	Mike Cutcher	52.42	1449	Dwight Nelson	59.15
417	Dennis Cooley	53.32	1550	John Gale	59.40
417	Ivan Freys	53.32	1757	Don Parker	60.18
437	Steve Knight	53.44	1787	Neil Guy	60.25
455	Alan Cole	53.55	2979	Karl Topfer	64.08
486	Garry Holland	54.12	3148	Ray Doran	64.36
601	Wynne Henderson	55.06	3454	Barry Jones	65.24
662	Winston Marsden	55.28	3642	Ian Newlands	65.53
708	Sue Hill	55.44	4299	Jim Donovan	67.20
750	Brian Colwell	56.01	5428	Ron Bonser	69.22
764	Neil Collum	56.05	5888	Ray Doran	70.50
766	Geoff Murray	56.06	7370	Bob Pierson	74.02

Apologies to anyone whose time does not appear above
- but there were a lot of names to check through on
the results sheets.



"Are you sure the doctor recommended five miles a day?"

"OLYMPIC WAY" MARATHON, WAGGA WAGGA, 23 AUGUST 1981

By Dave Cox 2.45.02 (P.B.)

The Olympic Way Marathon was held to commemorate the 25th anniversary of the bearing of the Olympic torch through Wagga Wagga and Junee on its way to the 1956 Melbourne Olympic Games.

The marathon was run over the same course as taken by the torch-bearer, starting in Junee and finishing at Wagga Wagga.

Neil Plevy's Wagga mate ("Looney by name and Looney by nature") had assured him the course was dead flat, with a slight downhill grade from 30KM to the finish. It sounded too good to be true, and sure enough it was; but I didn't find that out 'til it was too late to pull out.

Initially the biggest worry was the weather. All day Saturday it rained with strong cold winds- so bad in fact that I decided I'd stay in bed Sunday morning if it was still that bad. Amazingly, Sunday dawned fine and clear though cold. It was ideal running weather with very low humidity and a temperature of two degrees. So there went my excuse for not running, shot to pieces. (Since finding out what the course was really like I'd had a sense of foreboding and would have welcomed a good excuse for opting out).

A bus carried runners from Wagga to the start at Junee. There were about 100 starters, this being the first time the race has been held. (The organisers hope to make it an annual event).

The course turned out to be largely undulating, though there were long flat sections. But there were two diabolical hills just after the start, and a long gradual hill from 25 to 28 KM. (Actually it was long but not so gradual). At least there was a gentle downhill slope from about 29 to 32 KM which helped.

Anyway it certainly wasn't your common garden-variety, dead-flat marathon course. For most of the way we also ran into a slight headwind. All in all not an easy course for a marathon but nevertheless an enjoyable one because of the beautiful green countryside (which I noticed less and less as the race went on).

The organisation was faultless. Drink stations and time checks were good, the race started on time and the recording at the finish was also good.

One of the most tremendous aspects of the whole race was the encouragement from bystanders. The Wagga locals had turned out in force; not only were they dotted along the roadside for much of the way, shouting encouragement, but they lined the streets for the last couple of kilometres through Wagga. They cheered and clapped every runner and, at that stage of the race, I don't need to tell you what a boost that was.

Statistics: the winner was John Bell from Canberra in 2:29:13; second was Des Johnson (RAAF base Wagga) in 2:31:51, and third was Joe Murphy (Melbourne) in 2:31:52. The first girl finished in 3.56.

In summary, a very well-organised, happy, friendly race. The course wasn't the fastest or easiest around (not many people seemed to record P.B's) but neither was it particularly murderous. Anyway it was lovely to run in the countryside surrounded by hills, grass and sheep. My thanks to Neil Plevy, for arranging accommodation for us at Looney's parents' pub at Wagga. Very comfy indeed.

GOLD COAST MARATHON

It was 4.45am on Friday when Osten Hanssen, Brian Colwell and Mike Giuffre started to arrive at John Jeston's place. 5.00am and we were off to pick up Geoff Murray for the short drive to the Gold Coast.

At about 5.00pm, after surviving the drive of the Jeston/Colwell racing team, we were in Murwillumbah trying to find out the details of the proposed fun run on the next day (Saturday). John and Mike were to run in it as they were not competing in the Marathon.

After half an hour we discovered that the Fun Runner has done it again - it wasn't on until Saturday week.

Upon arriving at our accommodation, we found it to be the most magnificent home unit you could wish for. Indoor pool, outdoor pool, sauna, 1/2 tennis court, beach across the road view up and down the coast, superb furnishings and so on.

We showered and were off to the Carbo-Loading night as soon as we could. The Surf Club was over-crowded. The organisers claim to have had twice as many turn up as expected and the organisation unfortunately reflected this.

The spaghetti, and meat (claimed to be Kangaroo by Colwell - this will be explained in detail later), and bread was made palatable by bronzed Gold Coast girls wandering up and down the stage in bikinis.

The next day was spent, after a brief 30 minute run, relaxing and then driving around the course.

Actually the majority of the day was really spent dodging pockets of gas fired from the rear end of our illustrious club secretary - one Brian the 'fart' Colwell.

Well back to the Kangaroo meat - he claims it must have been Kangaroo meat because it makes dogs fart. It didn't affect any of the rest of us, so there must be a moral there somewhere.

We have heard of Marathon runners having 'weird' bowel problems but never anything like this. The rest of the group decided that Brian must be a sure thing for the race - if only he could get a good start - no one would be game, let alone able to pass him.

At 2.30am on Sunday, John was awakened to what he thought was a World War II bombing raid, only to discover that it was our little friend trying to blow the bathroom up.

The most incredible thing was the next morning he still wanted to spend time on the loo.

CATEGORY 2- TIME IMPROVEMENT

Time improvement points can only be successfully implemented for marathon events. I propose 4 points for each 1 full minute reduction of a P.B. to a maximum of 20 points for each event.

For people competing in their first marathon 20 points may be allocated for successfully completing the distance.

The P.B.'s are those attained on and from 1 January 1980. Earlier P.B.'s only used if marathon not run in 1980. P.B.'s attained on non Association Approved courses should be disregarded (e.g. Sydney Marathon).

CATEGORY 3 - STAR RUN ATTENDANCE

4 points for attendance to each STAR RUN

In an attempt to even out the competition, points scored in any one event cannot exceed 25. This is because if one of the faster runners was first Strider to finish and in doing so achieves a 5 minute reduction in P.B. the resultant 40 points with prospects of more to come would soon become an insurmountable target for runners pinning their hopes on time improvement points only.

The system devised allows the more experienced runner to collect points for high order of placing whilst the beginners can gain by having a greater scope for time improvement points and successful completion of an initial marathon.

If adopted the proposal could be implemented 1 January 1981 (commencing with points for STAR RUNS) and all that remains is

- (1) for the committee to nominate the events (and to decide whether non marathon events to be included)

and

- (2) collation of P.B.'s for each member.

Prior to adoption perhaps other Striders may have suggestions or comments on the proposal.

SAM (never make a suggestion again) DAHER

Please advise suggestions or comments to a committee member on or before the Annual Prize-Giving (7th November)
