SYDNEY Striders

The Blister

Edition No. 63: September-October 1996

Striders: The Spirit of Adventure Lives On

When we received the photo opposite from Strider David Sill in England, the Blister editors began to entertain some serious doubts. Since David is an ultramarathoner of some note, it would not be unreasonable to assume his mind was pretty firmly fixed on a running theme most of the time. And yet here was clear, unambiguous photographic evidence of Our Man doing Something Other Than Running. We began to feel we had discovered one of life's great contradictions, or that the natural order of things had somehow been turned upside down. Until we read his accompanying letter, in which he described the picture as "a photo of me in France, thinking about running". Ah, so all was well then. He hadn't lost his grip, after all.

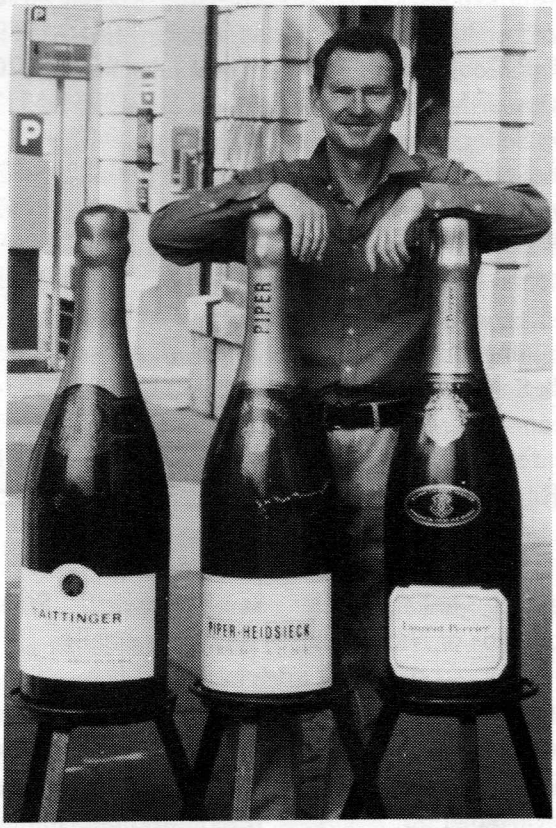
Inside this 63rd Blister:

- **Features:**
  - **Son of Scott of the Antarctic**
  - **Monsieur le Président au Maroc**
  - **Hamburgers and Chips in Japan**
  - **Comrades: the Definitive Story**
- **People:**
  - **July & August Members of the Month**
  - **Personal Profile on Peter Truscott**
  - **Darren "Chocks away Biggles" Benson**
- **Salt & the athlete + Training Diet Part 3**
- **Race Results and Reports:**
  - **10k Series update for Races 7 and 8**
  - **Sydney Marathon, City-to-Surf**
  - **Royal National Park Ultra**
- **Club News, Letters to the Editor**

AND MUCH MORE!

Elsewhere too, the flame of Striders' spirit of adventure continued to burn. Mark Fiore indulged in culinary experimentation in Japan. El Presidente braved the Atlas Mountains of North Africa. Scott Crawford added the Great Frozen Southern Land to the list of continents where Striders have run.

Hey guys, enough already! Readers will start to believe they won't get published in this magazine unless they hop on a plane!



Strider David Sill in the French champagne capital, Reims, resisting temptation and "thinking about running". Oh yeah, Dave.

The Blister

Journal of SYDNEY STRIDERS ROAD RUNNERS' CLUB INC. (Founded 1980). P.O. Box 679, Crows Nest NSW 2065, AUSTRALIA. Circulation 400.

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

Advertising Rates

Full page $100 per issue, ½page $50, ¼page $25.
Classified ads: Single edition $5, full year $25.

Club Contacts

CLUB MANAGER, Chris Robb 9959-4269

CLUB COMMITTEE 1996-97:

President, John Turner	9328-2366
Vice-President/Secretary, Jim Screen	9449-7947
Treasurer, Geoff Taylor	9906-4612
Minute Secretary, Julia Stenton	9411-4328
Uniform Director, Peter Truscott	9489-4754
Blister Editor, Graham Butler	9949-3381
Blister Editor, Sarah Entwistle	9360-4516
Blister Production, Steve Cornelius	9977-3267
Blister Production, Nick Themsen	9484-0848
Membership/Database, Kevin Tiller	9456-1959
STaR Coordinator, Murray Town	9489-2220
Calendar Manager, Dick Bartlett	9953-5317
10k Series Director, John Hamilton	9484-4773
10k Series Assistant, Ray Potter	9482-1682
10k Series Assistant, Derek Smith	9948-7092
10k Series Assistant, Jon Worswick	9557-0209
Internal Events, Keith White	9958-0161

Ex-Officio:

Training Director, Kevin O'Kane	9449-1435
10k Series Adviser, Mark Fiore	9874-3034
Teams Coordinator, Margaret White	9958-0161
Uniforms Asst, Amanda Dawson	019-900-191

Race Results & Address/Phone Changes:

Contact Kevin Tiller (phone or email).

Blister Contributions:

Contact Graham Butler, Sarah Entwistle, Steve Cornelius or Nick Themsen (phone or email).

Email addresses:

Steve Cornelius:. **byker.sands@s054.aone.net.au**
Sarah Entwistle:..... **entwispr@hutch.com.au**
Nick Themsen:..... **themsen@ibm.net**
Kevin Tiller:..... **tiller@ozemail.com.au**
John Turner .....**jturn@ozemail.com.au**

Copy Requirements

Contributions are welcome from all Striders.

(1) Deadline dates for copy are published in the Club News section. Late contributions will be printed in the following edition, if still relevant.

(2) Email contributions: send text in body of email message or as file attachment.

(3) Disk format: PC-compatible 3½-inch disks. Apple Mac disks must be early for file conversion.

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

(5) Tables, results, spreadsheet output: Word95 tabular, Excel95 or Access Database 2.0 preferred. Otherwise contact Blister Production Editors first.

(6) Typewritten, or readable handwritten copy: Note early deadline in Club News for re-typing.

(7) Graphics: Colour or black/white photos, line drawings, cartoons etc, welcomed. Note early deadline in Club News to allow for scanning.

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

(9) 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?

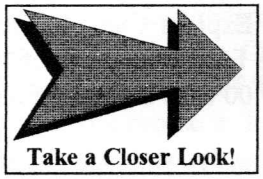
PARRAMATTA
320 Church Street Parramatta
891 9294

RANDWICK
48 Frenchmans Road Randwick
399 3893

Club News

• Picnic Relay, 20 October

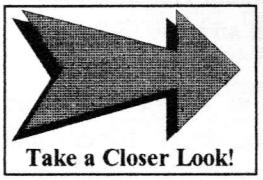
from Keith White



The annual Picnic Relay Race will take place on Sunday 20 October at 9.00 am. The venue is Centennial Park (near the intersection of Loch Ave and Robinson Drive). Bring your family and friends for a day of running, walking, cycling, roller blading, eating drinking and talk. A great way to wind down (or up) after the Mount Wilson to Bilpin run. Teams will be organised on the day and there will be something for everyone. Bring your own grog. Contact Keith White 9958-0161 (h) 9929-0522 (w).

• 1996 Awards Presentation Brunch, Sunday 8 December

from Jim Screen



The Striders' Awards Presentation Day is one of the most enjoyable and important club events of the year. The venue is perfect, the food is good and your partners are welcome. It will be held as usual after the Xmas STaR and will provide a great opportunity for us to get together over an excellent brunch to hear about and acknowledge outstanding Strider athletic achievements during 1996.

Who knows? You might just happen to be one of the winners. But we will never know unless you have completed your race results forms and sent them in to Kevin Tiller at P.O. Box 679, Crows Nest 2065.

Don't forget to put the above date in your diary. Please complete the leaflet enclosed with this issue of The Blister and send it in with your cheque as soon as possible.

Blister #62 Errata

The David Sulman shown in the results of the last Marsfield 10k race with a time of 42m 39s was in fact David Solomon. Humble apologies.

• Club Committee Minutes

summarised by John Turner

For members' information, these were the main items discussed at the July and August meetings of the Club Committee:

Meeting of 18 July 1996

- Review of 1993 Business Plan: a subcommittee comprising Jim Screen, Kevin Tiller and Stephen Jackson set up "to consider the appropriateness of the previous Business Plan to the Club in 1996 and recommend adjustments to ensure its relevance over at least the next three years." Interim report due mid-Sept, final recommendations by end November.
- Next year's Outstanding Achievement Awards Dinner to be held Thursday 6th March 1997 at Waverton Bowling Club.
- Need to arrange hosts for greeting our runners at the finishes of City to Surf and Sydney Marathon. Also, Chris Robb to order a new Striders banner and logo board for such occasions.
- Noted we are collecting more and more club archival material, most recently from Brian Colwell who has kindly donated his complete collection of Blisters and Calendars from Day 1. Jim Screen offered to store the stuff. Kevin Tiller keen to look at the possibility of doing a Club History in due course. Meanwhile please centralise archives with Jim (and that goes for all Club members).
- Steve Cornelius asked re possible interest in a seminar by noted running author Alan Bolton. Muted reaction in view of poor attendance at similar Club-organised talks in the past.

Meeting of 29 August 1996

- Athletics NSW subscription renewed, enabling Strider runners to be Registered Athletes for events which require it.
- Public Risk insurance in place to cover events such as 10K series.
- Annual return lodged with Dept of Fair Trading. Reminder to do this in future within four weeks of each AGM.
- Special thanks to Dave and Helen Ritchie, and Murray Town/John Hamilton for hosting the Striders finishing breakfasts at City to Surf and Sydney Marathon respectively.

Club News

- Club's bank balance is healthy, mainly as a result of the continuing success of the 10K Series. Agreed to put $5,000 on six month fixed deposit. Prudent management requires that we build up a cushion for tough times, and recognise that the Club has a potential long term obligation to repay Life Members who so generously subscribed to their $1,000 debentures when the Club needed funds in 1992/93.
- Committee now has in place a Four Month planning calendar, hopefully to minimise last minute panics when preparing for Club events and deadlines.
- Noted that at least 35 members are now on Internet. Kevin Tiller's Sydney Striders HomePage now gives an intro. to the Club, ladder info., recent race results and a membership form. It is receiving lots of "hits" and some new members as a result (not all are nerds!). Agreed to put tempting snippets from each new Blister on it, together with a Contents list, to excite further interest. Need to get the HomePage listed on major search engines for people seeking the definitive Sydney running experience!
- Current membership 276 paid, plus 75 not yet paid. Reminder letter to be sent to defaulters. Noted there is a healthy stream of new members turning up at STaRs and 10Ks.

• Thredbo Running Week'97

by Chris Truscott

Well it's creeping up on us again and for all those Striders who are not familiar with it, Thredbo National Running Week is the annual pilgrimage south to Thredbo Alpine Village for some altitude training, altitude racing and - some say more importantly - altitude drinking!

The dates for next year's Runners' Week (actually 10 days) are the 10th to 20th January and those who might enjoy a bit of socialising, whilst indulging in a very worthwhile week of altitude training, are most encouraged to come along.

So you might be wondering what exactly can you do for 10 days at just the one place? Well, Running Week organiser Brian Lenton has put together a whole range of activities that will keep you busy every day, if so desired. The outline is:

Friday: Arrive at your own leisure with an informal BBQ at night.

Saturday: Registration and payment of weekly activities ticket. This ticket gives you unlimited usage of the Crackenback Express Chair lift and also the 9 hole golf course for the duration of all 10 days. How much??. $29.00 (less than a half day winter ski lift ticket!)

Sunday: 6k fun run around Thredbo Valley Terminal.

Monday: Kosciusko, 13k walk/run to top of Kosi and back plus Pizza Mixed Relays, 1k or 2k.

Tuesday: 3k handicapped fun run, mixed tennis tournament (pairs mixed randomly) and Thredbo Invational & fun run miles.

Wednesday: Robinson Alpine Mountain & Lakes walking/running epic.

Thursday: Golf tournament, 60 minutes out and back Dingo Run, Friday Flat Lake Biathlon.

Friday: Fast golf tournament, tennis continues and volleyball competition.

Saturday: Kosciusko classic 8k starting Rawson Pass, turnaround at Snowy River Bridge and finishing back at the top of Mount Kosciusko.

Sunday: 6 km Village fun run and 100 Gift

Monday: Time to go home.

Most of the prizes won in Thredbo are from barrel draws, so everyone has equal chances and apart from the running activities as highlighted above, there are various social activities, such as: Nightly Happy hour, Champagne 3 course dinner, Mexican dinner, Revue evening, Cocktail evening, Canberra Marathon quiz night and a Bush Dance farewell night.

There is also an Alpine Toboggan Slide, Mountain Bike Hire, Video Game Arcade and plenty of shopping opportunities. Thredbo Running Week is the type of holiday, where you can have a million and one things to do 110% of the time or simply relax and enjoy the peaceful and quiet surroundings. The choice is yours, but one thing is certain, not only will you make a lot new friends from all around the country, but you'll return with a whole host of PB's just waiting to happen.

So put a group together and book. You are guaranteed a very enjoyable -yet beneficial- week.

To obtain a copy of the Running Week Program, please contact Brian Lenton, Honorary Organizer, Thredbo National Running Week, P.O. Box 5, Duffy, ACT 2611.

Club News

• Team Spirit

by Margaret White

Like to feature among the placegetters in a major event like the City to Surf or the Sydney Morning Herald Half Marathon? It's not a pipe dream! You can do it. Just ENTER A TEAM!

Striders teams have enjoyed stunning success in recent races and many individuals have ruefully looked at the times of teams that did win and thought "If only I'd sent my entry to Margaret!"

In the ½-Marathon, Amanda Dawson, Breeda Kelly and Tina Campbell won the open female category while old timers Ray Doran, Ray Potter and Alex Whitworth were third male vets. Lesley Maher and Ros Lloyd were in the winning female vets team, but for another club which shall remain nameless! They'd better watch out next year!

In the City to Surf, our even older timers, Neil McPherson, Bruce Murray and Manfred Fiedler won the over sixty category. Alex Whitworth, Ray Doran, Rod Lovel and Trevor Jacobs were second in the jogging clubs. Fantastic effort!

Not only did these people win glory for themselves, they raised the profile of our club within the running community. But we could have done so much better! We are Sydney's premier running club - but none else knows. If we entered as many teams as possible in every event in which Striders participate, we'd clean up! We'd be invincible!! We'd have people clamouring to join!

So the next big teams opportunity is the Brindabella (10 Nov). Can't run 54k? No worries. Enter a relay team. Last year nearly 30 Striders went to Canberra, ate a massive meal of pizza and pasta, drank gallons of wine, had a fitful night's sleep, then rose at 5 am to meet the challenge. Of the 4 relay teams entered, 2 set records!

The event is divided into four relay legs of 8.7, 17.8, 17.4 and 9.9 km. You can have a team of 2, 3 or 4 runners. So chat to a few of your buddies and contact me! Or, if your buddies are all pikers, contact me anyway and I'll match you up with some new ones! It's a really well run, enjoyable event and you won't be sorry you made the effort.

If you're entering any other event, consider a team. Send your entry to me (IN PLENTY OF TIME) and, if I can, I'll put you in a team. If I can't, Ill just send your entry in. My address: 56 Third Ave, Willoughby 2068. Tel: 9958-0161.

• SMH Half Marathon: More Results

Apologies to the following finishers whose names were somehow missed from the list published in Blister #62. They include a number of highly impressive PBs:

James Howard	1-27-00 (PB by 10 mins)
George Herisson	1-29-50 (PB by 2 mins)
Joe Vucetic	1-22.30
Clara Vucetic	1-28-00 (PB by 3:20)
Phil Kennedy	1-36-00 (PB by 1 min)
Graham Butler	1-39-42
Hugh Spencer	1-39-53

Don't forget, the only way to really ensure your results get printed in the Blister is to send them yourself to Database Manager Kevin Tiller.

JUST TURN UP

Tired of organising your office social activities?

Looking for some fun new ideas?

How about a staff sport/picnic day at one of Sydney's spectacular parks?

We would be delighted to help you.

At Sporting Spectrum our catch phrase is:

JUST TURN UP ... We do the rest

Our staff will take care of all aspects of your function from booking of venue to catering, marquees & equipment, officials, prizes and **even the sun cream**.

We ensure value for money by tailoring your event to suit your budget and requirements.

SPORTING SPeCTRUM

THE EVENT ORGANISERS

PHONE (02) 9959 4269

Club News

• Roll of Honour

data supplied by Kevin Tiller

Only one Strider has passed a significant membership milestone since our last edition. Please join us in congratulating our former Club President

ALF FIELD

on his

10 YEARS

of membership, including some outstanding service to the club.

• Club Uniform Price List

from Peter Truscott

New Design Polo Shirts	**$25.00**
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

• Unfinancial "Members"

Another gentle reminder

The quotation marks are intentional, since if you're unfinancial, you're really not a member at all! Striders to whom this applies should by now have been contacted individually.

Your Blisters and Calendars will stop arriving in your mail-box very soon! If you genuinely believe you paid (and therefore we've stuffed up), please contact Kevin Tiller NOW to discuss the matter.

• Blister #64 Deadline Dates

The deadline for photos, other graphics, items in Apple Mac format, and anything which requires re-typing will be **Sunday 24 November.** The deadline for contributions via email or on PC format floppy disks will be **Sunday 1 December.**

Please note that these deadlines will be pretty strictly adhered to on this occasion, since we absolutely positively definitely non-negotiably HAVE to have Blister #64 out before Christmas.

Apple Macintosh stuff to Nick Themsen, please. Technical items (health, medicine, diet, training, bikes, swimming, triathlon) to Sarah Entwistle. Photos and other graphics to Graham Butler. Tabular material (Word tables, Excel spreadsheets, Access databases) to Steve Cornelius. Other PC-format files, textfiles etc, and stuff that needs re-typing,, to any of the 4 Blister committee members. See page 2 for contact details.

Thanks, folks

from the Blister editors

The Blister editors would like to thank all those who responded to our desperate pleas for articles and pictures. There is always, 2 weeks before Blister deadline date, that dreadful moment when we get together to discuss publishable material we've received, and are forced to the appalling conclusion that we have 1 photo and enough text to fill 6 pages. It's truly pathetic.

Briefly, we go into desperation mode. But then somehow, the floodgates open and contributions start to roll in like the outflow from Warragamba on a hot day. Remarkable photographs magically materialise, of Striders on mountain-tops, Striders finishing ultras, Striders getting prizes, Striders being Striders, Striders living life. And stories, of Striders doing everything and anything, everywhere and anywhere, with everyone and anyone. Somehow we've got 40 pages, and we're wondering how we can cram it all in.

Then the phone rings, a week after deadline date, and it's a desperate Strider offering a massive bribe if we will just conjure up a ¼ page for the last-minute item he's going to send us in a taxi. The quality of this publication is truly what you, the readers, make it. Many thanks, and just keep on doing it!

PB (President's Blarney)

by John Turner

Breathes there a man [or woman] with soul so dead / Who never to him[her]self has said: / "Beaudy mate, it's this month's first Saturday. / I better get out and run in the Striders 10K." Or words to that effect.

Sadly, it's true. I know, I know - it's hard to believe, isn't it? Yet there are still a few Striders out there who've never sampled a 10K. Never experienced so much pure delight, such a sense of well-being, such paroxysms of joy, that can only come from pitting oneself against this pinnacle of Saturday morning challenges.

No excuse

I mean, what else could you possibly do once a month, between say, 6:30 am and 8:30 am (allowing for travelling time), that can bring such ultimate contentment and satisfaction? OK, you married ones have a bit of an excuse, but why not put it off for another week? We're talking about no more than 35 minutes of vigorous physical effort - OK, in ***your*** case maybe a bit longer. From what I hear, that's still about 30 minutes more than you married ones can manage in the alternative! In any case, all you'd have to do is arise 5 minutes earlier, so to speak, and you'd still make the start of the 10K. Really, there's no excuse.

Also, spare a thought for Director John Hamilton and his merry band of 10K committee people. Did you know that, last time, he had to make 24 phone calls to raise the 7 volunteer marshals needed for the Meadowbank course? It's a major undertaking. Every month there are a hundred things to be done. The duties list fills two pages. Fifteen different types of gear to be brought to the venue, from safety pins to banners; thirty jobs to be carried out before the race starts, from course checking to stopwatch setting; and lots more after it finishes, from clean-up to publishing results. Not to mention market promotion between times, and arranging Armaguard for the *prize money*. All voluntary.

Sporting Spectrum

And don't discount the work put in by Manager Chris Robb and his Sporting Spectrum organisation in all of this. Who do you think takes all the phone inquiries from non-Striders, prints the race entry forms and race numbers, and prints and sends out the results booklets to competitors afterwards? Doesn't happen by itself. Sure, we pay a modest fee for that service, but we couldn't operate without it.

Then there's the *prize money*. Oh, you didn't know about the *prize money*? Thought $$$$s would get you going. Well, you'll just have to come along and find out, won't you!

Visiting Pom

Best of all, there's the happy faces at the end of the run. That's why I don't race any more, even though I know I could show those young fellas a thing or two. I just go as a marshal . That way I get to see the delirious contortions of joy on their faces. I'm sure it's delirious - bit uncertain about the joy. Anyway, we've only ever lost one runner. He was a visiting Pom from Oxford so it didn't matter. (Got onto us through the Internet . Some of them can be pretty smart, eh!) He was OK really because he later gave me an Oxford University running singlet. Still, it taught him a lesson: ie if you're a visiting Pom who's about to beat all the locals in their own race, don't presume our marshals will give you a fair break. Like, they'll hide in the bushes until you've gone past - which is what happened on this occasion I'd say. Ve haf vays to stop handicap burglars! Particularly if we suspect they're just after the *prize money*. Ah yes, the *prize money*.....

Spreading the net

One more thing. You know how I bang on about spreading Striders' net wider, particularly towards Western Sydney. Well, John Hamilton's doing it. With this new Stephen Jackson designed course at Meadowbank, we're close to the demographic centre of Sydney - just across the Parramatta River in Silverwater. (It took me 20 minutes from Paddington.) All we'd need to do is design a course for Bicentennial Park at Homebush, and we're right there. We'd have the Olympics in our sights, too, if you see what I mean.

I wish more Striders would come to the 10Ks. Maybe if we quintupled the *prize money* .....

Finally, a word about families. It's a real delight to see so many Strider families represented at our STaRs and 10Ks these days. Striders has always had a great family feel about it, but even more so now. I love it. It's the women, you know. As I've always said: without women you don't get families. Isn't that so true? And Striders is simply

littered with women these days, often with a good bloke in tow. Look at Kevin Tiller! More power to the women, I say .... and to their families.

While I'm on the subject, please think about the woman who usually tows Vice President & Secretary Jim Screen. Jim's wife Annette has had a tough time with bowel cancer recently. Fortunately, they caught it early and she'll be fine with the upcoming chemo, but I know every Strider will join me in wishing her a speedy recovery. Never mind the tow rope, Annette. Just give Jim the odd prod from behind - that'll do for now.

Keep Striding on,
John Turner, President

Antarctica Aboard a Russian Ice Breaker, January 1996

by Scott (of the Antarctic) Crawford

January is usually spent at the seaside but for the first time in 25 years Christmas was spent in Sydney rather than at the beach. I did spend January on the sea but the sea side I was near was ice covered and often just ice.

Prior to my departure I'd been running 90 kms per week so was fit. Great intentions of running daily on the ship's treadmill for 5 hard and fast (for me) Kms was my aim. The treadmill was useless and the Russians couldn't fix it so my intended strategy changed to a hard and fast (for me) static cycle. Have you tried to cycle when the ship is rocking ? The icebreaker was capable of rocking 57 degrees each side that meant that the bridge could move 27 metres from side to side. I didn't experience that but this icebreaker, the Kapitan Khlebnikov, would roll on a damp dishcloth.

Rocked and rolled

After long flights to and around Argentina to visit Iguazu Falls Buenos Aries we arrived at Ushuia in Tierra del Fuego at the southern tip of South America and the Kapitan Khlebnikov.

On 2 January we sailed for the Antarctic Peninsula and its adjacent Islands. The crossing was very calm but the KK rocked & rolled all the way. The second day and the first iceberg was sighted so my prize of a bottle of the worst Russian 'champagne' was devoured that night at dinner. We were to see many more icebergs on the trip but I never ceased to enjoy their beauty, their shapes and their colours. It was as though Michelangelo had spent all of eternity in the Antarctic waters sculpting.

A zodiac was put over the side to collect ice for the bar each afternoon. How old the ice was is anybody's guess but I suspect it was often measured in centuries.

Cycling became a thing of the past as did running but the few opportunities to walk were taken. One walk was from Scott Base (NZ) to Observation Hill overlooking McMurdo Station (USA), and return, a walk of about 6 Kms with a climb to 750 feet above sea level. The temperature was below freezing with a strong cold wind but I strode out as a Strider should and my competitive spirit and residual fitness got me to the top of Ob. Hill first and back to Scott Base where I soon cooled down and became quite cold as I was wet with perspiration. The helicopters could not arrive soon enough to get me back to the KK and a hot shower.

Volcanic ash and snow

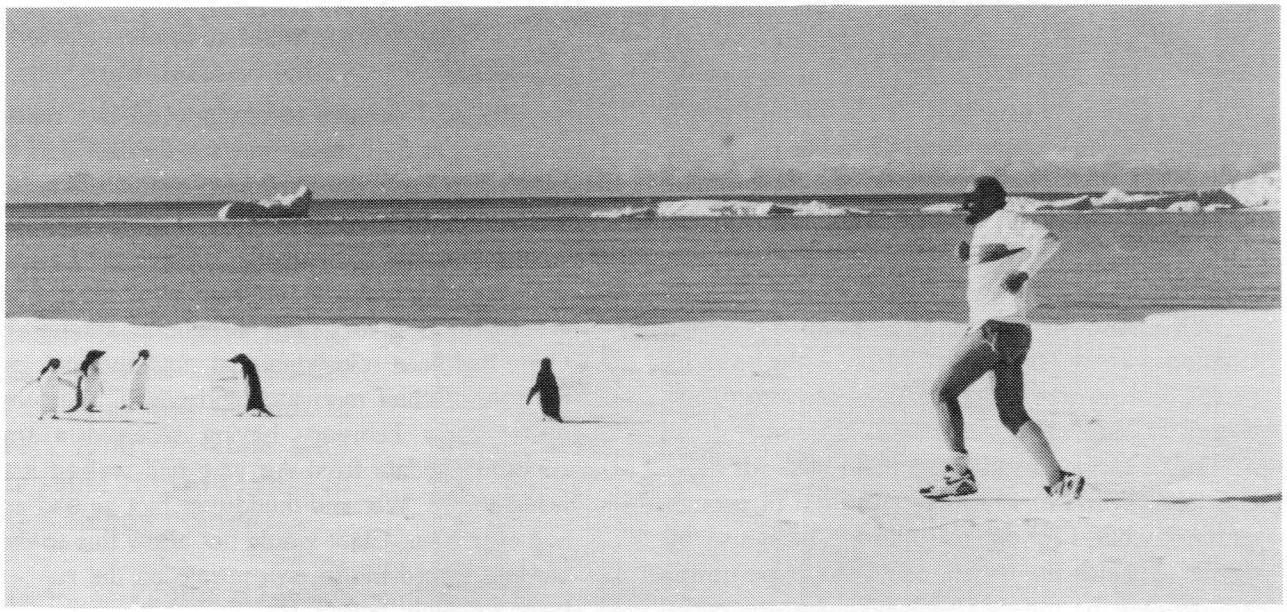
The temperature of the water around Antarctica varies between about +1 and -1 degree Celsius during summer. It freezes at -1.5 degrees. There is an active volcano which forms Deception Island off the Antarctic Peninsular. It last erupted in 1969. There is a narrow entrance into the largely submerged crater which is a wonderfully protected harbour surrounded by the black and white crater walls, black from volcanic ash and white with snow.

Steam rises in places where hot water runs down the black beach. The hot is too hot to stand in at Pendulum Cove so I thought that a mixing of hot and cold water would make the ideal place to swim. What I didn't realise was that the hot does not mix with the cold it simply runs over the top of the cold and quickly loses its temperature. I very soon found out this fact as I dived into water at 1 degree. It fairly takes your breath away.

Warm-up run with the penguins

In preparation for my swim I'd had a warm-up run along the beach with the Adelie penguins. So warmed -up and dressed in swimmers with the Strider's cheetah on the front and SYDNEY STRIDERS emblazoned across my bum I took the plunge. What I should have taken was the pledge - not to swim in Antarctica but ever ready to spread the Strider's message in I went.

As quickly as I could I was mixing the hot with the cold to try and get some feeling back into



Scott (of the Antarctic) Crawford training with Adelie penguins on the Ross Ice Shelf (OR: We've heard of people getting lost on STaR runs, but this is ridiculous)

my body. While all this activity was going on the Adelie penguins were wondering what all the fuss was about as they swim for hours per day in this water that is quite a normal temperature. It was also snowing. I was soon out, getting dry and into thermals, fleece and Gortex. Once these survival activities were complete a swig of vodka did the trick to warm the inner man. I can truly now say that "I swam in Antarctica."

Bemused

From Deception Island we sailed further south and after more trips ashore we reached the Ross Ice Shelf which is 800 Kms wide and about 10 storeys high at the waters edge. We were helicoptered ashore and here was another opportunity to spread the Strider's message. I stripped to my Strider's running gear and again ran with some more bemused Adelie penguins. Nike running shoes are not snow and cold proof especially when you are sinking into the snow but one must dress in running gear if one is going for a run. It was a gloriously sunny day so my Oakleys were also part of the uniform.

First Strider in Antarctica?

I think I am the first Strider to visit Antarctica and while I did not reach the Pole like that other Scott I managed to live to tell the tale.

Antarctica is a beautiful place but it must be treated with respect as the weather can change very quickly. I was most fortunate to go on such a trip and to experience weather that was extremely kind to us. On Sunday the 21st January while you we running the Harbourside Hike I awoke to gale force winds off Cape Adare. It is not advisable to put helicopters up or zodiacs into the water in 75 mph winds. So we left the Antarctic mainland not able to go ashore and see some more of the history that was so fascinating and well preserved in the cold that persists.

Spare a thought for Scott

We think events like the 6 Foot Track, Brindabella, the Forster Ironman and 24 hour runs are great feats to succeed at and they are but spare a thought for the likes of Scott and his 4 companions who walked to the pole, averaging 15 - 20 Km per day, only to find that Amundsen had beaten them to the prize by a month and with that disappointment had to trudge back with insufficient supplies ultimately to their deaths.

Kev's Korner

from Kevin Tiller

You pick what you plant. Just as you can't expect to put potatoes into the ground and harvest tomatoes, you can't become a runner by cycling or lifting weights.

Cradle Mountain & Comrades Marathon

by Dick Bartlett

It is hard to believe that, as I write this, it is 3 months since this year's Comrades. My run in the recent Sydney Marathon will act as my qualifier for next year and very soon I must stop enjoying the après Comrades slothfulness and start training again. No peace for the wicked.

First, though, a few words about this year's Comrades and an earlier event, the Cradle Mountain Run held in February (85km of tortuous, energy sapping, ankle snapping track).

I first tackled Cradle Mountain with Alf Field and John Ayliffe in 1992 . We were all fit enough on the day but, I for one had failed to recognise the degree to which the terrain could slow you down. Add to that the time we took taking photographs and the 6pm cut off at Narcissus (17 kms around Lake St Clair from the finish) was always going to be tough to meet. It was late in the day that, although relatively fighting (or is that running) fit we realised we wouldn't make 6pm so decided we would pull out there and take the boat to the finish. Just a little late, we arrived at Narcissus at 7.30pm to find only walkers at the hut. The officials, support crews and boat had long gone. However they had left a message. You can get hold of the boat owner using the radio in the hut and he will come and fetch you. We tried this but could not reach anyone - the pub was more inviting than waiting on our call - so we had to settle in for a long and uncomfortable night. The emergency gear and rations we had carried all day proved their worth that night. The boat came at 9.30am the next day to take us to Cynthia Bay and our relieved support crews.

Cradle Mountain 1, Bartlett 0

The following year, my wife, Clare and I with John and Sue Hodges walked the track. We started at Lake St Clair on the same day as that year's run so were able to cheer Alf as he settled his score with the track. We took it at a more leisurely pace and finished it in 7 days.

Cradle Mountain 1, Bartlett 1

As far as running it is concerned I licked my wounds for a couple of years but, as Alf had already returned and beaten the track, I was forced to return. This I did in 1995 by which time the cut off at Narcissus had been changed to 5pm. Despite good training I had an awful day and was close to pulling out at half way. This meant a long walk anyway so I decided to struggle on and reached Narcissus at 5.40pm in time for the last boat this time. I arrived at the finish in time to see Alf cross the line for the second time.

Cradle Mountain 2, Bartlett 1

As part of my training for Comrades this year I decided to give Cradle Mountain another try. Clare had been reviewing past runs and took over the role of chief motivator and coach. We turned up in early February having received a track condition update from Alf who had walked it the week before. Wet and muddy, in fact as bad as it had ever been. Clare would not allow this to deter me and forced me to concentrate on the run - no beers the night before, stay in our room and focus on what was ahead of me etc. A very determined person turned up in the dawn light the next morning and despite some shocking conditions, slightly tempered by the additional wooden board walk that has been built, I am pleased to say all went well. I reached Narcissus at 4.50pm in time to catch my breath, clean muddy feet, repack the back pack and head off around the lake for the final 17kms to the finish in 14hrs 17 mins.

Cradle Mountain 2, Bartlett 2

The ghost has been laid to rest and I may retire with a graceful draw. However Alf is still one up on me!!!

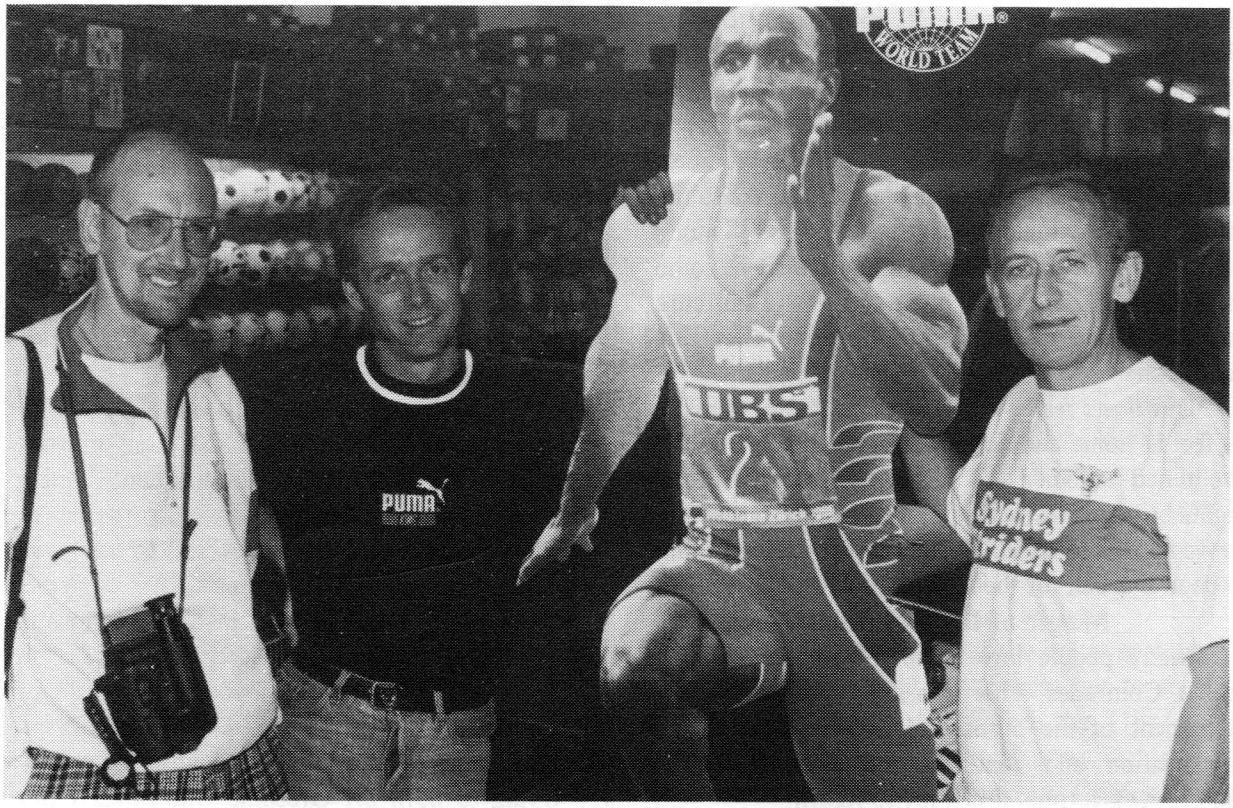
Comrades Marathon 1996

I now turned my attention to Comrades. There was a good group of Striders going and we managed some training runs together. Three Striders (Derek Smith, Grahame Murphy and Graham Butler) had opted to stay with hosts in Pietermaritzburg (PMB) which I arranged through Steve and Nan Gray with whom I stay. Lindsay Matthews of the WA Marathon Club was also going to join us in PMB. So nine of us (runners and partners) travelled together (Jonathan Trope, Jim Screen and Roger Rigby were also on the same plane) arriving in Durban on the Friday morning before the run on Monday.

We had arranged a rental VW microbus for the time we were in Natal and we crammed ourselves and our luggage in and headed off to the Comrades Expo to register and take in the atmosphere. We were due in PMB about 1.00pm and headed off a little late. It was now that I blotted my copy book as a tour leader by getting

Right: Just good friends! Blister editor Graham Butler and former editor Roger Rigby finish the 1996 Comrades Marathon hand in hand. Why does the clock seem to show 9 hours, 99 minutes and 99 seconds? Perhaps Mr Mandela's government has increased the number of minutes and seconds in every hour, to cope with the rapid rate of change in the Rainbow Nation?

Below: In Poobie Naidoo's Pietermaritzburg Sports Warehouse, Striders Dick Bartlett (r) and Grahame Murphy (l) share their vast joint store of running knowledge with Bruce Fordyce, (9-times winner of Comrades Marathon), and a two-dimensional friend.



off the freeway one exit early, losing my way in PMB, finding it again and then turning right one street too early to find ourselves back on the freeway with the next exit some 10kms further on. To add insult to injury when we did get off of the freeway we could not take it back again as a Coca Cola truck, probably carrying Comrades supplies, had overturned and blocked the freeway. We had a slow but scenic trip back to PMB via the back way to finally arrive at Steve and Nan's place about two and a half hours late. They had all been waiting for us and were getting a little worried. Still after introductions all round and a late lunch every one headed off to freshen up ready for a group dinner that night. We had another group dinner on the Saturday night both catered by our hosts who knew about carbo loading etc so we were very well looked after. Steve has run Comrades 10 times but was injured, Nan has run it once and Brad and Nobby, two of our hosts, have both run before and were turning out on Monday also so we were in good company.

Wallets given a going over

On Saturday we stopped at a sports store in PMB where we were fortunate enough to meet Bruce Fordyce and revisited the Expo in Durban where everyone gave their wallets a severe going over. With Steve as a guide, we drove back to PMB over the course. It is quite daunting in a vehicle let alone on foot and, with stops, took us over three hours. The highlight for me was the Comrades wall of honour at about the half way mark where for a small fee, runners can buy a space and a plaque on which their name, number, and years they have run is displayed. Thanks to the efforts of Alf Field and Roger Rigby, Sydney Striders has an area of its own and we spent some time viewing and taking pictures there. I am sure another couple of names will be there after this year's run.

Our hosts really went out of their way to make us feel at home and nothing was too much trouble. We dined together on the Friday and Saturday nights but decided that Sunday should be a rest day as we needed to be up at 3am on Monday morning to be in Durban for the start at 6am.

Magic of the Comrades

Many people have written about the magic that is Comrades. This was my fifth run and my enjoyment of the event and appreciation of the organisation and roadside and runner support increases each time. It is a joy to return.

It may sound trite but I ran/walked the first 78kms to Polly Shorts (a 200 metre climb over 2kms) fairly easily - all the training seemed to be paying off. Derek Smith and I kept each other company to Inchanga (just after half way) where the piece of string holding us together kept stretching until he was out of sight to finish half an hour ahead of me.

Brick wall had arrived

Pollys was always going to be a walk, but as I walked up it I began to feel worse and worse. My brick wall had arrived. Fortunately Clare, Steve and Nan were at the top and, since her success at Cradle Mountain, Clare had been rehearsing her motivational speech ready for my arrival. As I sat on an esky and demanded a coke she launched into it. The lights were on but no-one was home and I didn't hear a word, I just asked for another Coke. She tried again, this time I was more forthcoming, I brought the Coke up all over her feet (Oh the trials and tribulations of a supporter). This was the final straw and Steve and Clare forced me to stand up, told me to dig deep and pushed me back on the road. I wobbled off to a water trough, doused my head in ice cold water, started running and felt surprisingly good. I covered the last kilometres at the same pace as Clare, Steve and Nan who drove and we arrived at the stadium at the same time. My finishing time of 9hrs 43mins was a PB for the up run.

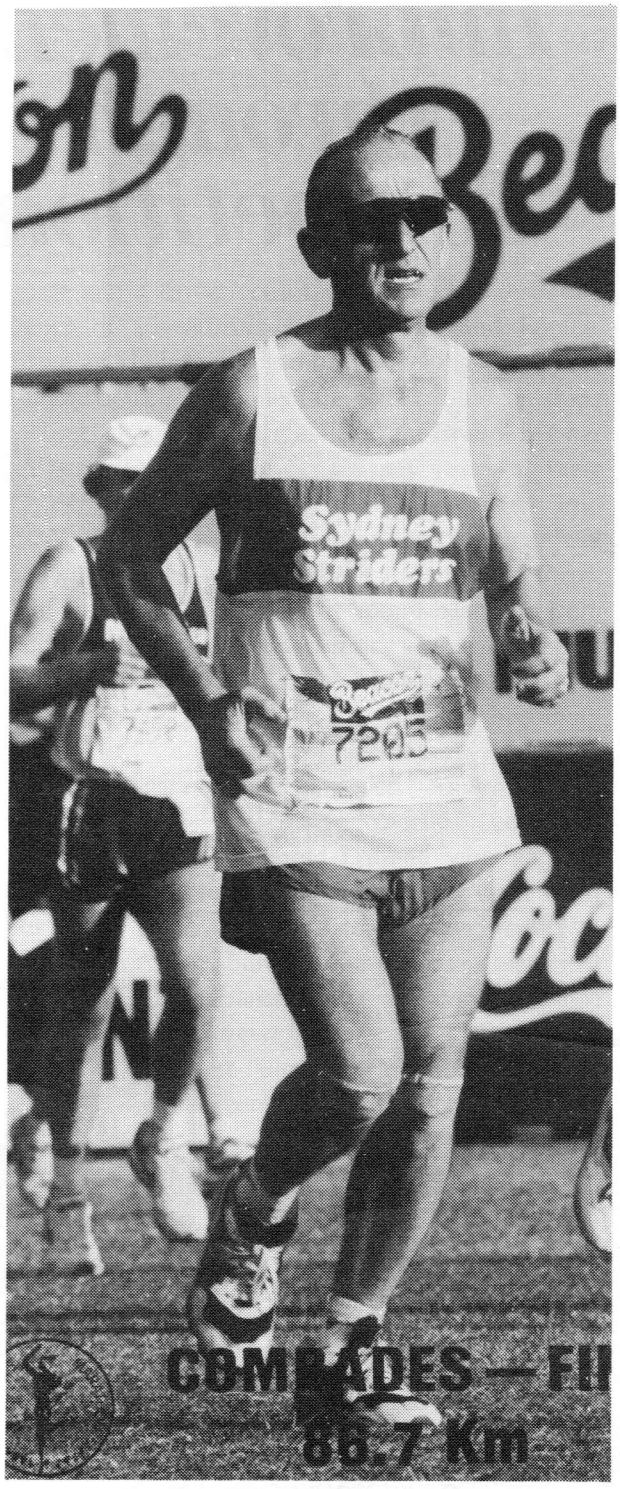
After the finish I couldn't work out where the International Tent, our meeting place, was so I headed for the Information Tent which is where Clare found me. She told me to wait there and went in search of the International Tent. In true Bartlett style I lay down and went to sleep. By the time Clare and I made it to the International Tent all the Striders and Lindsay from WA had finished and were looking extremely relaxed and pleased with themselves.

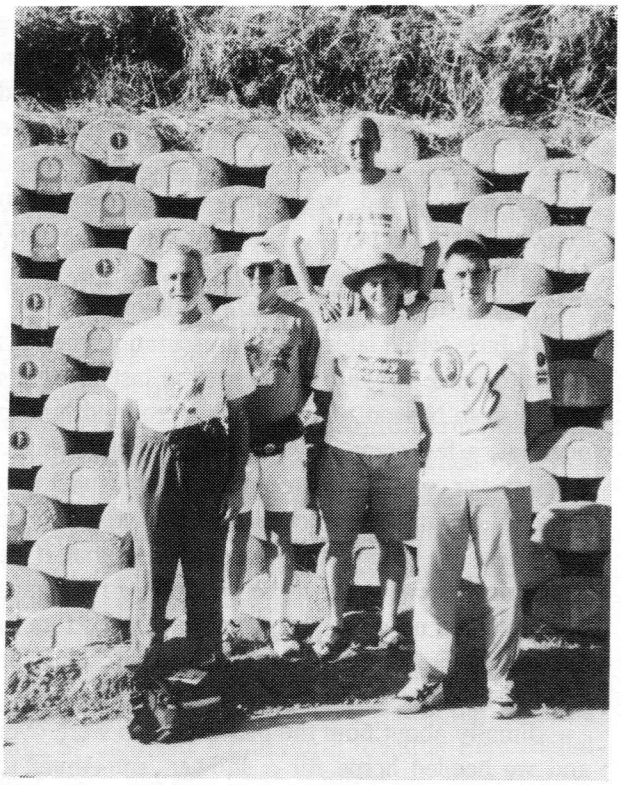
Suicidal pace

I have since watched the tape of the run. Christopher Parkes, an Englishman running his first Comrades, went out at what turned out to be suicidal pace to break the record to half way. He fell by the wayside at 60kms and struggled to the finish well down the field in 6hrs 14 mins. After this a four way battle ensued between Volgin and Grishine of Russia (second in this year's Two Oceans) and Mattheus and Bester of RSA. Volgin fell off the pace, Bester and Mattheus combined in trying to burn off Greshine who never replied to

Right: In relaxed mood at the Comrades' Wall of Honour: (rear) Strider Grahame Murphy, (front l to r) Lindsay Mathews (Western Australia) and Striders Derek Smith, Dick Bartlett and Graham Butler.

Below: The moment that makes it all worthwhile. Dick Bartlett crosses the line to finish the 1996 Comrades ultra.





any of the surges, he just kept running a steady pace to catch up again. Bester fell back in the run to the foot of Pollys and Greshine surged past Mattheus up Polly Shorts to take the race in the second fastest up time of 5hrs 29m. Bester and Volgin caught Mattheus in the run in to PMB and they finished 2nd and 3rd respectively with Mattheus 4th. Don Wallace of Australia, looking remarkably refreshed, finished 12th in a time of 5hr 43 mins which on any previous occasion would have given him a top 10 finish and a gold medal. Such was the class of the field.

Only one horse in the women's race

The women's race was a one horse affair with Ann Trason of USA returning after her disappointment of last year to lead all the way and win in a record time of 6hrs 14m well inside Frith Van Der Merwe old up run record. Maria Bak of Germany who won the down run last year finished second also within the old record. Incidentally Maria's husband finished 13th a few seconds behind Don Wallace.

Sick and sorry sights

Equally fascinating was the battle at the back. Not to see who could beat whom but to see who could get across the line before the 11hr cut off time. There are some sick and sorry sights as the back markers struggle to make it. Gordon Davids

who finished last this year fell 20 metres from the line, stood, fell again, crawled, stood and was then dragged across the line by a fellow runner who had just finished. He was interviewed as he sat there with a vacant glazed expression and was asked how he felt - "Dead, very dead" was his reply. On the day there were 11,264 finishers with 4,800 crossing the line in the last hour.

Mandela congratulates tail-ender

A little while later at the presentations he was asked to come forward to accept the last finisher's award from Nelson Mandela. This required him to negotiate a few steps. It was a struggle but hemade it. However, worse was to come. He received two handsful of gifts so the challenge now was how to get down. He stood at the top knowing that if he tried going down without the support of his hands he would end up a crumpled mess at the bottom of the steps. Fortunately help arrived to take his goodies to allow to negotiate the steps backwards.

Finally about 6pm the presentations were over and we headed home for a shower, something to eat and a welcome rest. Another wonderful and memorable day.

The next day the PMB contingent had a day out with some of their hosts with the home brew at Rawdons going down like a treat. That evening we took our hosts out for a most enjoyable dinner and evening in thanks for the warm and wonderful hospitality they had shown us. To Steve and Nan, Chris and Lianne, Nobby and Lynn and Brad and Jill our heartfelt thanks. Despite assurances to the contrary by some I am sure some or all of us will return for another crack at this challenge.

March for Kaiser Bill

Thanks are also due to Elizabeth, Cathy, Karin and Leanne at South African Airways who did such a fine job of organising our flights, seats and other ground arrangements.

On the Wednesday for most of us it was up early, final farewells and off to the airport to our next destinations - as you were told in the last Blister, Derek to march for Kaiser Bill in Swakopmund and Graham and I to go water divining in the Kalahari.

It's on again in '97

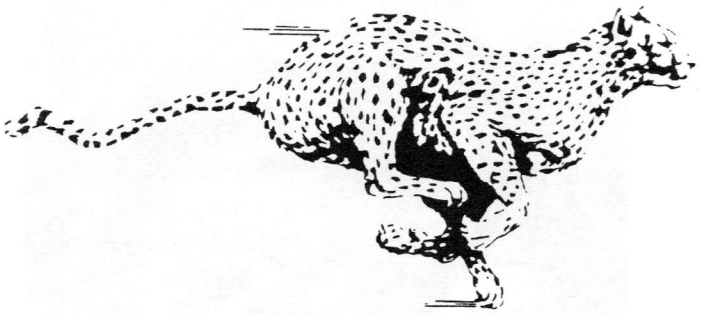
I will be at Comrades in 1997 and will organise things again, if there is sufficient interest of course. I will start this process in early November but if you are interested ring me on 9953 5317 to let me know.

City-to-Surf Analysis

from Jim Donovan

For those of a statistical bent, James tells us that this year's overall City-to-Surf results (not separated by sex, age etc) show a mean of 109:21, a median of 100:31, and a mode probably about 79:30, with a lesser mode at about 148 mins.

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

"Mountain" Biking in Morocco

by John Turner

As we flew into Casablanca, you could almost smell Spring through the window, so brilliant were the fields of wild red poppies below. This was May, the best month for a bike riding visit to Morocco. I took the train, three hours in comfort, across the coastal plains to Marrakech. My ultimate destination, the High Atlas Mountains, formed a broad snow-covered backdrop to the ancient city. Mt Toubkal at 4,167 m (14,000 ft), Morocco's highest, looms as a massif above it.

Bunch of adventurers

Next day, after an early morning run through the city's labyrinthine *soukh*, I met up with the rest of my Exodus Tours mountain bike group - our guide and a driver/cook together with a disparate bunch of adventurers from the UK and France. Brian and Hilary are into bird-watching. Hilary's a rumbustious mountaineering tomboy, never stops talking, insists she's originally from Bristol but her 20 years in London overrides any vestigial West Country accent. We tag her "Noisy East End Bird". Brian is half her size and remains calm in his wife's storm except when it rises to gale force. Marcus, an engineer, is a fit young beanpole from Portsmouth with a wonderful dry sense of humour. He and I become good mates. Later, as a duo, we tend to push the pace a bit thereby becoming known as: "Mad Dog and Englishman". And Rick, my tent mate, is a bearded American-born Parisian. He's a widely travelled economic journalist with the Herald-Tribune who appears too fragile and professorial to undertake such a trip but does so by sheer determination; emits a sparkling sense of humour and profound historical knowledge. His French came in handy because that's Morocco's *lingua franca*, as you know. Mine barely extends past "thé de menthe, s.v.p." which isn't saying much because it's Morocco's standard beverage anyway.

5'4" of muscle

The team was lead by Vik, an MA in French and German, 5'4" of muscle, the product of a Vietnamese mother and an Indian father who is himself a professor of English at London University. Vik spent four months cycling from Pakistan to China via Tibet last year. This was his first time on this tour but fortunately Muhammed, the laconic Moroccan driver of our support Land Rover, knew it like the back of his hand.

Our general aim was to cross the High Atlas in ten days the hard way, ie via donkey paths, goat trails and 4WD tracks that rarely see an ordinary tourist, ending up in Ouarzazarte (pron. Wazzz-a-zzarrrt!), the fabled city on the north western edge of the Sahara. Some days we were picked up by the L'Rover from one point and deposited at another in order to experience a particularly sensational trail or bypass a rare boring bit. One day we were even stymied by a landslide - not that we couldn't get past on our mountain bikes (Diamond Backs with RokShox front suspension), just that the L'Rover would have had to do a 100 mile detour to support us beyond it.

Far from normal

If an overview of our route interests you, get out your atlas and a draw line, within the coloured high areas, from Azilal north towards Beni Mellal and south towards Ouazazarte (most atlases show those points). Our journey roamed either side of that line, often in deep valleys alongside swift mountain rivers and streams, and sometimes grinding over spectacular high passes amongst mighty snowdrifts. Altitude ranged from 1,500m all the way up to 3,000m where the air is crisp and sweet, particularly above the snowline at 2,500m. Total distance? I honestly don't know, but say 500km. Not much by normal road bike standards but High Atlas cycling is far from normal.

Formidable climb

Each day was different. The first was relatively easy, mostly downhill to camp at the Cascades d'Ouzoud - ribbons of water in mighty freefall - to which Marcus and I added another 20km for good measure, uphill, in search of scenic gorges. We turned back, less because of the 5km corniche descent to their base, but more because the formidable climb back up would have seen us picking our way back to camp well after dark. Other days were tougher. Bleak headwinds fought us all the way to our camp at Lac Tislit, a tarn on the high plateau. The evening silence there, however, and the night-into-day moon which silvered the lake's surface was compensation enough.

Weather varied - mountains make their own climate. The occasional rainstorm left mud holes so big you either walked the bike around or rode straight through the middle and hoped for the best.

At day's end, we were usually caked in mud. And no, there are no hot showers in the High Atlas wilderness. The last riding day took us on a twisting 50km descent - the roughest stoniest track of all - down the Dades Gorge, great vertical faces of deep brown rock either side of the fast flowing river that carved them. The small hotel at the bottom gave us our first restaurant meal for nearly two weeks, served under a woven black nomadic tent - very exotic.

Moroccan food rates high with my taste buds. Try this salad recipe: Grill 3 de-seeded halved capsicums cut side down until skin blisters & blackens; cut the capsicums and 3 peeled de-seeded tomatoes into 2cm pieces and mix with a vinaigrette of 1 tblspn vinegar, ground pepper, 1/2 tspn caster sugar, crushed garlic clove, and 1/4 cup of olive oil. Delicious!

Three headings will summarise my impressions of this adventure - **People, Terrain** and **Ambience**.

People

Anecdote: The setting was hardly what you'd call erotic but the humour decidedly was. At a remote lunch stop I wandered down a grassy slope through trees to the stony bank of a quick-flowing stream. On the opposite bank, about 20m away, squatted two Berber women washing clothes; mother and daughter I judged. We admired each other for a minute or two, they barefoot and clad in long woven skirts of blue, crimson and green, and even brighter headscarves; I in my usual fluorescent yellow bike shirt, black lycra knicks and (muddy) hairy knees. All parties were clearly fascinated by what they saw. "Bonjour, mesdames. ça va?" I shouted over the noise of the water, making a sign that indicated my approval of their dress. French clearly wasn't *lingua franca* in this isolated region. The older woman replied in local dialect, her broad grin exposing perfect teeth against a dark complexion. When she reached over and patted the expanding belly of her companion, I noted that Daughter was indeed in the family way. Mother continued the conversation with gestures. The meaning was unmistakable: "Did you do this?" Mock concern. "Non, pas moi. I just got here," I shrugged. "Well, anyway, do you want to come over here and have another go?" Daughter consumed in fits of embarrassed giggles, Mother enjoying enormously the discomfort of both of us. And so it went on; me protesting my inability to swim raging torrents, even for such a prize; Mother, amid the laughter, making it obvious what she thought of both my masculinity and weirdly dressed foreigners in general.

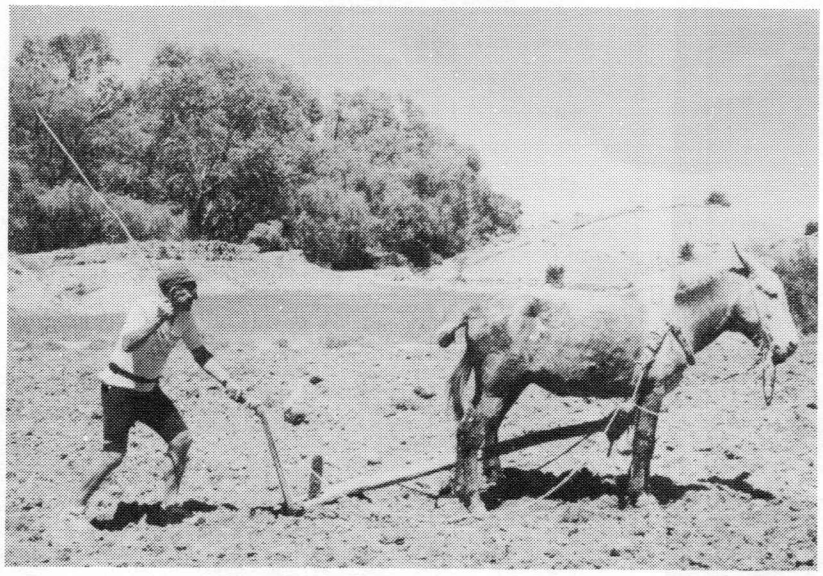
All this in a Morocco whose population universally embraces Islam - more or less. No other incident highlighted so directly to me how the proud Berber tribes still preserve a degree of independence from stricter cultures imposed 12 centuries ago by Arabs further east. Indeed, nowhere in Morocco was I even served at table by a woman. And yet, in the high country, colourfully dressed women - no veils here - tilled fields, herded goats, fetched water and carried firewood. Men on the other hand, in their hooded tan cloaks of horsehair, seemed more often to be found chatting in tea houses, sipping *thé de menthe*, and generally watching the world go by. Nor did I witness even minimal displays of affection between the sexes. Encounters aplenty took place, no doubt, judging by the number of children that appeared out of thin air every time we stopped, no matter how briefly, but I took to wondering whether Western notions of love and esteem in marriage had any Moorish equivalence.

Terrain

The High Atlas were formed under the same geological conditions as the Himalayas and the Rockies - the clash of Earth's tectonic plates about 200 million years ago. In the Atlas' case, the upthrust took place when the American and African continents met in collision. The result however, is vastly more spectacular and more varied than the other two. The violence of impact reflects in tortured twisted layers of sedimentary rock, interspersed with mighty injections of metamorphic shales, schists and quartzites. So you get valley walls exposing great wave-like strata, capped in places with five hundred metres of sheer cliff face; towering copper-coloured weather-worn domes in serried ranks like giants' dentures; and elsewhere, mountain profiles like perfect cones topped with symmetrical pediments; along every valley floor, some more than a thousand metres below your vantage point, turbid pale green streams flanked by plots of rice, corn and citrus orchards. Once, we came across a spring whose substantial waters were so clear and sweet that

Right: Preparing to ride the mountains.
Far right: "Did we ride up THAT?"

Above: Mr. Atlas in the High Atlas
Below: The President meets his match



their source was venerated by the nearest equivalent to a temple you'll ever see in Islamic Morocco. And everywhere such vivid colours; not menacing grey as many of their foreign counterparts, but all the hues from pale gold through rich reds to deep browns and black, often in contrasting curved layers like rocky rainbows. Biking gives you 360 degree panoramas of it all - that is, if you dare take your eyes off the ledge you're negotiating, below which awaits oblivion in some dark abyss.

Ambience

The moods of Morocco's remote and beautiful high country impact subtly on your consciousness. Partly it's to do with the grandeur of sparse land forms, but more than that, it's the harmony between physical environment and the people who thrive in it. Riding along, focussing on a lumpy track and constant encounters with rock outcrops, you would suddenly become aware of a village a kilometre away on the opposite valley slope that you hadn't noticed before - a collection of low flat-roofed dwellings huddled around a bulkier structure. You failed to notice them, you realise, because they are all formed of dried mud and blend squarely with the soil from which they arise. The taller building in their midst, or sometimes on a hilltop nearby, is the *ksar* or *Kasbah*. Standing within walls once used for the protection of its Berber villagers, it is a crenellated fortification, intricately decorated. We watched a group of local artisans constructing a one room addition to a house, and were struck by the simplicity of the task - the walls of moistened soil about half a metre thick, manually compacted, and the roof of straw thatch mixed with mud. The straw formed eaves so as to keep rain or melting snow runoff clear of the walls. With slits for windows, only the door was of non-local materials - a weighty metal slab decorated in wrought iron and colourfully painted, the owner's one concession to individuality.

One evening we set up camp within a huge open cave near a river, our tents looking minute under the limestone overhang a hundred metres above. As sunset transformed the rock face into rich gold, a myriad of birds - swallows, martens, rock thrushes, and on the topmost ledge, a pair of tawny eagles - prepared for

night. Not a sign of human habitation anywhere, and yet, within a few minutes, five urchins arrived to stare from a safe distance, as if we were straight from Mars. We became used to this. Our bikes and gear were a constant source of fascination to young Berbers. As Rick explained it, if in your home town a troupe of Touareg in bright blue turbans and wielding ceremonial lances arrived on horseback, you'd gawk too.

In that valley, night replaced day almost on the instant the sun slipped below the ridge, the air became chill and the intensity of star-shine lit our surroundings. Much later, at around three a.m., wakened by the sound of padding hooves and muffled chatter, I opened our tent flap to see four ghostly figures, mounted on donkeys, gliding by. Only as we prepared our breakfast was the mystery solved - stocky Berber women returning, cloaked head to foot against the cold, now walking beside their animals laden with firewood for the day's cooking. The scene was straight from the Bible - nothing had changed in two thousand years. The theme was repeated daily in so many similar images. For example, the methods of agriculture. Most tilling of fields along the river flats was by hand implements, but occasionally by single furrow plough drawn by a pair of mules or less often, oxen. No tractors here.

It may not last long though. In any sizeable village, at least one mud roof sprouted a satellite TV dish. Presumably it was powered by a generator for there's no other electricity in the mountains. Nor telephones, come to think of it. But *how're ya gonna keep 'em down on the farm ....* ?

Postscript

My MTB adventure ended back in Marrakech. I spent a few more happy days in Morocco, hosted by an old university mate, exploring its other fascinating cities. Then I moved on to America for a class reunion at Harvard and foregatherings with business friends in New York. I'm still coming to terms with the contrasts of that journey. High Atlas to Fifth Avenue! Ridiculous.

Striders' City-to-Surf Results 1996

data supplied by Kevin Tiller

Congratulations to Ray Doran, who won the Male 55-59 age category, and Joanne Cowan, winner of the Female 40-44 age category.

A fabulous run of 46:42 made Chris Truscott fastest Strider.

Jazmin Tiller's finishing time of 1:14:59 was one second faster than that of her Dad (Kevin), which is not surprising since he was pushing her stroller. She counted herself fortunate not to be disqualified for accepting assistance.

Apart from little Jazmin, who in later years probably won't remember much about it, 12 Striders set personal best times in the 1996 City-to-Surf.

A total of 63 Striders reported their finishing times this year.

Chris Truscott	0.46.42 PB
Trevor Jacobs	0.47.03
John Sauer	0.47.44
Ray Doran	0.50.09
Jo Cowan (F)	0.50.28
Stephen Jackson	0.50.42
Chris Smith	0.51.23
Andrew Hallam	0.51.34 PB
Godfrey Franz	0.51.42
Grahame Murphy	0.52.06
Geoff Cox	0.53.15
Matthew Hammond	0.53.43 PB
Marlies Laaper (F)	0.54.09
Dawn Tiller (F)	0.54.15 PB
Ray Potter	0.54.48
Rod Lovel	0.55.06
Richard Briscoe	0.55.53 PB
Jeff Gissing	0.56.10
Charles Coville	0.56.34
Guy Griffin	0.57.08 PB
Mark Fiore	0.57.12
Steve Hitchcock	0.58.03
Peter Truscott	0.58.31
George Herrisson	0.58.52
Derek Smith	0.58.54
Kelvin Marshall	0.59.??
Murray Town	0.59.17
Geoff Taylor	0.59.27
Darren Benson	0.59.39
Kevin O'Kane	1.03.04
LouiseF'simmons (F)	1.03.23
Neil McPherson	1.03.29 PB
Mark Robinson	1.03.43
Charles Reis	1.04.??
Michael Wilson	1.04.28 PB
Paul Lunnsman	1.05.21
Fiona Pelly (F)	1.06.00 PB
Manfred Fiedler	1.06.38
Bruce Murray	1.06.54
Jim Screen	1.07.07
Breeda Kelly (F)	1.07.25
Philip Kennedy	1.08.00
Merri Mack (F)	1.08.13
Stephen Guy	1.10.04 PB
Robert Norman	1.11.00
Paul Theriault	1.12.09
David Theriault	1.14.57
Jazmin Tiller (F)	1.14.59 PB
Kevin Tiller	1.15.00
Ross Betts	1.16.33
Lesley Clarke (F)	1.17.34
Jim Donovan	1.18.21
Bill Blecha	1.21.??
Margaret White (F)	1.21.00
Margaret Smith (F)	1.22.14
Kirsten Themsen (F)	1.22.50 PB
Belinda O'Neil (F)	1.27.40
Nobby Young	1.29.29
Grant Rankin	1.31.00
Graham Firkin	1.31.53
Jesse Inglis	1.33.00 PB
Bruce Inglis	1.33.00
Anthony Howatson	1.39.40

Hamburgers and Chips are Good For You

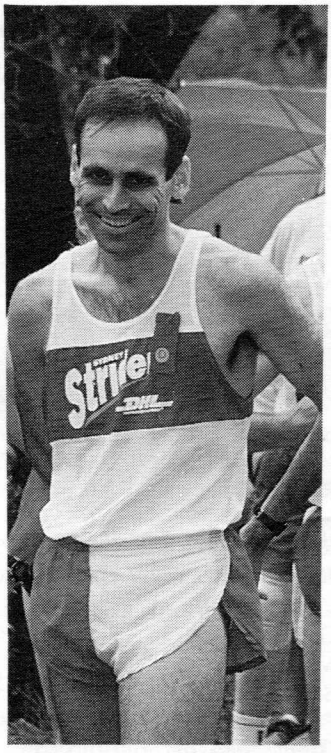
A Short Story by Mark Fiore

The day started with much anticipation. On the previous day, a visit to Tokyo's Information Office had provided a description of a number of good hikes in the areas around Tokyo. For those who have not been to Tokyo, it is a working city, not much to do for a serious young adventurer. Thus, the idea of a good hike in the mountains around Tokyo was appealing.

On Saturday night I surveyed the brochure and the train map and found a "hard" hike that was accessible by the Tokyo transport system. On Sunday, the day started early with the obligatory run. Knowing that I was in for a "hard" hike I kept it to a brisk 14kms in about 65 minutes. Even though it was early, the day was quite warm and humid. It is always the humidity that catches up with you.

Hikers are the ones with backpacks

A quick breakfast of fruit and yoghurt and I was out the door before 8.30am. A brisk walk to the local station. Being a Sunday morning, there were only a few thousand people milling around, not the usual 2 million, all who seem to be walking in the opposite direction to me. I found the correct train line, which is not easy to do when there are about ten in the station. To my surprise there was a stand with brochures and information about hikes. I was obviously in the right place. I grabbed a brochure and whilst it was in Japanese, the map was better than the one I had. There was a load of hikers, (you can tell them, they are the ones with back packs) and there were old ones, young ones, but not many foreign ones. I was not deterred. I jumped on the train and fortunately got told which was the correct carriage. It seems that at one stage of the trip, the train splits into two and that could have been disastrous (or so I thought).



Mark Fiore

The train trip was about 60 minutes. The scenery of the Tokyo suburbs was breathtaking or should I say sickening. With the quality of air in Tokyo the two are the same. Anyway, it wasn't long before the train had split into two and the carriage I was in, headed for the right place. The Oyame mountains National Park. The mountain in particular was Mount Oyame which is a sacred mountain about 1300 metres tall and with spectacular views of the surrounding districts and on a good day, Mount Fuji. I was hoping for a good day.

From the train, I had to catch a bus for the base of the mountain. The bus was easy to find, I just had to follow the 60-70 pensioners with the back packs on. Obviously they do not have Bowling Clubs in Japan. We piled on the bus and it made its way up the narrow streets. The mountains were getting closer and the streets were getting narrower.

Weird looking food

The bus driver nearly knocked over three motor cycles, two farmers and thirty Honda Civics. The bus finally arrived, without any scratches, to the base of the mountain. We all piled off and fortunately for me there was a series of shops. I suddenly had a thought, it may be a good idea to have a little food and drink. Thus, I purchased one bottle of water, one can of Pepsi and with all the weird looking food (I couldn't work out whether any was edible), so I purchased one packet of dried apricots.

Past the shops the first set of stairs led to a Cable Car which was supposed to take us up to the first stage of the mountain to a holy shrine. When I got there it was like the line to the bistro at the local Leagues Club, about 200 old timers. Well, I thought, this was supposed to be a hard hike, so let's forget the Cable Car and start from the base. I looked up the map and worked out the initial path. The route was 3.5 kilometres and I was only adding another half of kilometre. It took me past another smaller shrine, so I thought it would be good to see all the sights, while those other wimps would miss out on this one. I took off

and started to climb the stairs. Boy there seemed to be a lot of stairs.

I reached the smaller shrine. It was really quite impressive. I am glad I walked (easy to say at this stage). I had a good looked around and caught my breath. Did I mention how humid it was? Man it was humid. After a few photos, I then headed off again and up. More stairs and then the stairs turned into a rough track with stones as stairs. This was quite hard going. Being a male of Mediterranean origin, I tend to sweat and boy, I was starting to sweat.

Smart arses

I pushed on and before I knew it I made the top of the Cable Car and the main shrine. There, to greet me was all those old timers looking like that had hit the jackpot on the pokies. Smart arses. I quickly mopped my brow and drank the can of Pepsi and felt better. The shrine was magnificent. These Japanese make a good church and in great spots. Better than the old Catholic Church at West Ryde. The scenery was magnificent. More pictures. Would you believe that the shrine had drink vending machines. Smart move by the local priest. Better option than passing the plate. I was smart, I decided to buy one more can of Coke. I was well prepared for the push up to the peak (oh yeah).

I found the stairs (you beauty, more stairs) and headed up. The old timers were still at the shrine. There was some more trails around that didn't go to the top of the mountain. I thought it would be the last time I saw those bastards. Well, with a couple of other young people (at this stage I still considered myself young) I marched on at quite a pace. It was still another 2 kms to the top and it was quite a steep trail. The stairs were long gone and it was just a rough track with stones going up, and up and up. Did I mention how humid it was? Boy it was humid. By now my T-shirt was completely covered in sweat. Didn't matter. I am a long distance runner, I am used to this.

Air too dirty to see

I was passing plenty of people and I noticed that there were a wide spread of ages. From quite young, to the older type. Everyone was struggling, so I didn't feel too bad. I kept a good pace. At a clearing there was a good view of the plain below and Tokyo. Well, it could have been Tokyo, but the air was so dirty I couldn't see. Since the day was so humid (did I mention how humid?) it was quite misty (we call it smog in Sydney). Thus, it was not a great viewing day. Oh well. Not to matter it was a good hike and the mountains were very scenic. By the way, I decided to have half my water bottle. I thought I deserved it.

A premonition?

Keep going. I was passing a lot of people now. There was a wide range of ages. I passed a guy who was wearing his pajamas and some sandals with socks. He looked over 70. Must have been a priest from the shrine. He had the same dressing gown as the guys down there praying. I had never seen a fit priest before. I came across some kids, must have been under 6. How did they get here? Was there an elevator? Tough kids or tough dad. Probably the latter. Further up the track we were getting near the top. There was a break in the trees. I had reached a pass, which opened up to the other side of the mountain. Now I should see Mount Fuji. I peered into the distance. A friendly Japanese fellow, who spoke some English told me it was not a good day. Was this a premonition? He said that Fuji was that way, but too much cloud and mist to see. He also mentioned that it was still twenty minutes to the top. Well, no point it mucking about, press on.

I kept the pace at a good level and knocked off the remaining distance with not too much problem. Of course I was hot and boy, it was humid. My T-shirt was wet through from the sweat. My cap was wet through from the sweat. I had been sweating a lot. Not too worry. I was at the top. I must have been there, because there was over a hundred people sitting down having a picnic. How did all these people get up here?

Even a bloody dog

Old people, kids and even a bloody dog. Oh well, I found a little space and settled down to enjoy the view, which was still magnificent even though a little misty. It was quite cool up here and now I had stopped walking I felt cold in my wet T-shirt. I was well prepared. I had a sweat shirt (did I mention sweat again). I ripped off the T-shirt and slipped into the sweat shirt. Now, I thought I would let my T-shirt dry. I was not quite sure how.

I tucked into my dried apricots and my can of coke. I was joined by the friendly Japanese fellow. He mentioned that he had performed this climb eleven times this year. He was training for golf. Hey, pass that by me again. Golf! I thought you practiced golf in a club house with a beer. These Japanese take their golf seriously. I asked him for the best route down. He said I could go down the

same way, but there was another trail down, a bit longer but not too steep. How much longer? Three kilometres. No worries.

I started to head down. Near the top of the mountain was a toilet. One of those famous Japanese ones. Na, I will give it a miss. Also, there was a drink vending machine. Boy, those things are everywhere. The cost of a can of Coke was twice that down at the shrine. There was no way I was going to get ripped off. Who do they think I am? Some dummy. By the way, as I started off again I slipped on my T-shirt. Yuk. Guess what, it had not dried. Oh well, I was not up here to date any chicks.

Wimps

The way down was not bad. Obviously, not so much hard work, but I was getting tired. Half way down, I finished my water bottle and kept going at a good pace. Getting down towards the bottom after a good 90 minute walk, I was feeling quite tired. Shit, look who's there. The old timers. 'Took the easy trail guys'. Wimps. 'Get back to the bowling club'.

I passed the old fellows and headed for the bus stop. I found another drink vending machine. Back to the right price. I purchased a can of Coke and knocked it down fast. 'Boy, I do not feel that good. I sure would like to find a decent toilet'. Anyway, the bus was waiting at the stop. I quickly jumped on, thinking it was about to go. However, we sat for awhile. Guess who got on. The bowling team. It was getting a bit stuffy in the bus and it was still quite hot. The bus finally got going and it headed down the narrow streets. Same story. Nearly ran over three motor cycles, two farmers and thirty Honda Civics. It was quite a bumpy ride and I was not feeling well. Finally got to the train station. We all piled off and raced over to the train station. With the rush, I reckoned that a train was due. Oh well, the toilet will have to wait.

I was in pain

The train was not long coming. I jumped on. It was an 'all stops' and would take over 60 minutes to get to Tokyo. I sat down and started getting stomach cramps. Boy, it must have been all those Cokes. The train was slow and I was in pain. At one of the major stops, the train dwelt for awhile. I noticed that some people had got out and moved to the next platform. Aha, an express train. I got up and struggled over. I jumped on the express train. Great this should make the trip a lot quicker. The only problem was the train was crowded and in Tokyo they can crowd a train. I had to stand and the stomach cramps were getting worse. The train was real stuffy and it was still hot. I was counting the stations down. I had four or five stations to go Boy it was stuffy in here, I really do feel unwell, and now dizzy as well.

Bowlers were laughing

The next thing I remember was feeling sleepy. Boy, I didn't think I was in bed. I looked up and saw about a thousand people looking down on me. Shit, I am still on the train. Well, it is not an express any more. They had to stop it and about four guys in uniform crowded around me and put me on a stretcher and carried me off the train. Great, I could see the bowlers laughing now. Smart arses.

Well, now I was on some pokey little station somewhere in Tokyo, lying on a stretcher and feeling quite ill. This is not how I thought I would go. Oh well, when the big guy says your out, your out. After a little while some more guys in uniform picked me up and took me to the guards room. In the room, there was a bed and no, I didn't ask why. The guys helped me on and I rested for a bit. Soon, I really did need to go to the toilet. So, I got gingerly to my feet and asked to use the station toilet. One of the guys showed me where it was and yes, it was one of those Japanese toilets. Well, this would be interesting. I could hardly stand and here I was, delicately poised above the porcelain hole. If you have heard the term, holding on for dear life, well that was what I was doing. Miraculously, I didn't fall again and headed out of there pretty quick.

Stupid questions

I headed back to the guard house and went back to bed. It wasn't long before some more guys came. This time they looked slightly medical and could speak a little English. They helped me to me feet and told me that they were Ambulance officers. Oh yeah, how can I be sure. 'Where is your identification?' Anyway, they lead me out of the station and didn't ask for my train ticket and lead me to an Ambulance. They put me in the back and started asking stupid questions. I told them nothing but my name and age. One of them took my pulse and asked me what was wrong. I told him I was sick. That is what I like about doctors. They always ask intelligent questions.

The head guy asked me what hospital did I want to go to. Now, hang on a second. In my 34 years I have not spent one night in hospital and I

wasn't going to start now in a foreign land where communication was going to be a problem. I realised I better start thinking straight. I sat up and thought 'What would Boony say?'. I told the guy I would like to go to the Century Hyatt hospital. He wasn't impressed. He told me that they were an Ambulance not a taxi. Good one Boony. I told the guy all I needed was a good rest and pleaded for him to let me go. They made me sign some form in Japanese and opened the door of the Ambulance. I made a break for it.

No fresh air in Tokyo

I stumbled out into the street and as usual there was about 1 million Japanese heading in the opposite direction. I looked for a busy road and made my way to it. Fortunately, it wasn't far and there was a couple of taxis waiting around. I jumped in the first taxi and asked for the Century Hyatt. Off we went, and I started to feel a bit sick again. I opened the window of the taxi to get some fresh air. Big mistake. There is no such thing as fresh air in Tokyo. This would be interesting. Fortune struck again, I was closer to my hotel than I thought and within five minutes we were at my hotel. I paid the driver and stumbled out.

The concierge was on hand to help me to my room. He asked me if I wanted to see a doctor. I told him that it was not a good idea. Doctors and I never seem to get on. I laid down and slept for a couple of hours. When, I awoke I felt a bit better. I had a bath. I now felt a lot better. I rang for room service. 'No funny food please. Just Hamburger and Chips.' I quickly polished off my meal and went to bed. I slept through the night and in the morning felt fine. See, Hamburger and Chips are good for you.

Postcript. I really did enjoy my day trip. "That which does not destroy me, only makes me stronger".

Diary of a Ski Disaster

by Jean-Louis Didomenico

[Eds' note: Jean-Louis, who has recently joined Striders, sent us this cautionary tale of his appalling experiences down at the Snow.]

Last week-end was a 3-day first attempt to check the snow out in Australia... for me, after 13 years being here.

I did not know it was going to be such a fight! I am used to European runs, 500m drop minimum, with many at 1,000 metres and more. But, some friends were pestering me to go and see the beauty of the Snowies. Didn't want to drive... caught the bus... WRONG!!!!

Much later I found out that Cooma has a little airport... with my frequent flyer Ansett I could have done it in 10 times less...and for free !!! Anyway...Thursday night, Central station, 23:00, a bunch of Rambos with their snow boards, boarding the Greyhound. Very uncomfortable.

Running 10kms requires some fitness... but skiing requires some good shaped squats... and I forgot all about it! Not for long, as they reminded me of their existence very quickly !!!

Perisher... last week-end, while Sydney was battling a storm and holding its roofs and fences... Perisher was coping with a blizzard and snow falls. Well, if Perisher has the highest ski lift in Australia, it has also the most exposed to blizzard... bottom line: withhold the quad-chair-lift. This is more or less 20% of the capacity gone.

Outcome? queueueueueueueueueuuuuusss!!! at every T-bar... at 58 dollars per day, queuing 45 minutes, lift-up in 5 minutes (or less) and run down in 5 or 10... that makes it 6 to 10 dollars per run.

The trip back home was on Sunday afternoon. What can one guess on Friday afternoon but traffic jams? We were stranded for 2 hours literally stopped... no way out to stretch our legs... one never knows when the traffic might move on again.

End result, 3 days of very little sleep, and a return at 2am... with work to go to the next ... sorry, SAME MORNING !!!

I am telling you... a 10kms run is more fun.

More news of Carl Barker

from Dave Beattie in England

[Eds' note: This is part of the text of an email message received recently by S.W.Bag from one of his old mates in England]

I did the Two Bridges race in Scotland last Saturday - 35 miles 650 yards, including the Kincardine Bridge and the Forth Bridge. Met an Aussie chum of yours - member of Striders! Carl Barker, Oz international ultra-runner - he ran very well and finished 4th. Had a good chat with Carl, he knew you well, and is in UK for some time yet, but will eventually return to Sydney. The race was won by Simon Lund of Wigan Athletic Club (95 winner).

Letters to the Editor

How much salt?

Dear Striders,

Following the comment about 'Less salt' on page 25 in Blister #62 I would like to make my fellow Striders aware of the following. Runners' sweat can contain 1+ gram of sodium (or salt) per litre, and in hot conditions you can easily sweat 2 litres an hour. As a comparison a typical sports drink may contain 100 mg sodium per can.

Based on this, many long distance runners may have a problem getting enough salt rather than too much. Obviously this is very individual depending on how long you run, how much you sweat and what your sodium intake normally is like. It is also my understanding that low sodium levels may prevent your body from absorbing fluids that you take on while running (ie low salt intake increasing the risk of dehydration rather than the other way around). For this reason sodium replenishment is a critical facet of performance during ultras and I understand that salt is regularly provided at aid stations on many ultras. I would be interested to know what other wisdom there is in the Striders community on this subject.

Finally for the record, I do not have any qualifications in this area but I take great interest in issues related to exercising in hot weather - my training for ultras in the unforgiving Hongkong summer make this a necessity!

Yours sweating, Benny Hagberg

[Eds' note: We are happy to oblige. There is indeed some other wisdom on this subject within the Striders community. See Fiona Pelly's article later in this edition of The Blister].

Not a bloke

Tina Campbell: Demonstrably not a bloke!

Dear Sir,

I do not wish to seem pedantic (like a certain S.W. Bag), but who was responsible for putting together the Sydney Morning Herald Half-Marathon article and results (page 28, Blister #62)? I would like it known that I am not a BLOKE - so therefore I demand an "F" beside my name next time I appear in a results list.

TYIA, Tina Campbell **F**

*[Eds' note: We approached the person responsible (the Database Manager) and his considered reply was: "**F** Off"].*

World Vets' Championships 1997

[Eds' note: the following letter was received via email by Kevin Tiller after its author had encountered our World Wide Web page].

Dear Striders,

Greetings from South Africa. Thought I would let you know about the forthcoming World Veterans' Athletics Championships to be held in Durban, South Africa from 17 to 27 July 1997. Besides the usual track and field events, there will be Cross country, road walk and a marathon event. We will soon have our own site and more information available. Meantime, contact me on funinsun@iafrica.com or fax 27-31-3046196.

This is going to be two weeks of great competition and fun. Over 7,500 Athletes are expected and it is hoped that the standard marathon will be the biggest ever held on the African continent. So start planning to be there.

I also send greetings to all the Sydney Striders whom I know from the Comrades' Marathon - and to them I issue a very special invitation.

Kind regards, Linda Barron (CEO, World Veterans' Athletics Champs '97, formerly of Comrades' Marathon).

Nothing To Do With Me

Dear Sir,

Strider Jim Donovan reports that there is a shop marked "Sydney Bag's Warehouse" in Redfern Street, with apostrophe as shown. I wish to make it clear that it has nothing to do with me. My name is S.W. Bag, not S.B. Warehouse.

Sincerely, S.W. Bag

Letter from a bunch of Utopians

Estimata Sinjoro,

Skribo por ke vin informu ke Sinjoro S.W. BAG neniam konkursis en la Maratonkonkuro por Esperantistoj. Se vi tian kredo, vi estas idioto. Bonvoli šangu via registroj.

Sincere, Malgaja Bastardo, Race Director,
Maratonkonkuro por Esperantistoj

The Salt Story

by Fiona Pelly

[Eds' note: Fiona Pelly is an accredited sports dietician and a member of Sydney Striders. She can be contacted on 98883638 or 015462262].

In response to Benny Hagberg's letter, I thought it would be worthwhile discussing sodium requirements for athletes. As stated in last month's Blister, most Australians do consume too much salt or sodium , but does this apply to those who exercise?

Sodium is needed to balance the amount of water within the cells of our body. The level of sodium in our body is carefully maintained by the kidneys. If we eat salty foods more sodium is excreted, while a diet low in salt results in reabsorption of sodium back into the blood. Sodium is also lost via sweat, however athletes and those who live in hot climates are more efficient at diluting their sweat. Athletes are also better at reducing loss of sodium through the kidneys. As most athletes eat more food than the average non-exerciser, they also tend to consume higher levels of sodium. For this reason most athletes do not require additional salt in their diet.

However, as Benny pointed out, loss of sodium through sweat can become a problem during ultra-endurance events (or continuous exercise that lasts over 4 hours). Risk groups are:

- Those who sweat profusely and only partially replace this loss with water or a low sodium drink (otherwise known as **hyponatraemic dehydration)**
- Those who have a low sweat rate who consume excess amounts of water in effect diluting their sweat **(water intoxication).**

Preventing excessive loss of sodium

Both situations can easily be rectified by substituting water with sports drinks. To make sure adequate sodium and fluid is obtain, drink a sports drink with a concentration of 20-30 mmol sodium. (46mg -69mg per 100mls) This should be stated on the label. Note that although most sports drinks contain some sodium, not all contain this higher concentration.

The use of sports drinks

The first sports drinks introduced in the 1970's contained high levels of sodium to mimic the composition of sweat. It was originally thought that significant levels of sodium were lost in sweat and must be replaced, which we now know is not true (except in the extreme cases mentioned above.) Why then are sodium and other minerals added to sports drinks? The reasons are outlined below:

- Sodium increases the speed at which fluid and glucose is absorbed into the body. This means that we are less suseptible to dehydration and thus can exercise for longer or at a higher intensity.
- Sodium improves palatibility as it offsets the sweetness of the added sugars. There is also some evidence that after exercise and when dehydrated most people have a preference for a slightly salty tasting beverage
- Sodium and other electrolytes do need replacing in ultra endurance events over 4 hours.

Dehydration problems

The most common problem arises in those who sweat profusely, as they are at risk of both dehydration and sodium depletion. Many athletes don't drink enough on a day to day basis and often go into events already partially dehydrated. Fluid is absorbed faster if small amounts are drunk regularly. If already dehydrated, fluid will be absorbed slowly and may sit in your stomach or cause a stitch during running. This often results in the athlete drinking less due to discomfort, which of course exacerbates the problem! Dehydration can also cause gastric upset, so runner's diarrhoea can be caused by lack of fluid as much as by the food you eat beforehand. Loss of as little as 2% of body weight can decrease exercise performance even at low intensities . Dehydration can also affect mental functioning and co-ordination. Most seriously, a loss of 5-6% body weight due to dehydration becomes dangerous and can result in heat stroke and death

How to determine your fluid needs

Start by drinking regularily throughout the day. Don't save up until training. Check the colour of your urine. This should be vertually clear (unless taking vitamin supplements!). During exercise fluid losses should be matched to sweat rate. Obviously, the more you sweat, the more you lose. Sweat rate is determined by:

- Sex - males sweat more than females;
- Fitness level - sweating mechanisms are better in the very fit;
- Exercise intensity and duration;
- Temperature and humidity;
- Body surface area (the bigger you are, the more sweat you lose);
- Genetics - thank your parents for this one!

- Temperature and humidity;
- Body surface area (the bigger you are, the more sweat you lose);
- Genetics - thank your parents for this one!

On average most people will sweat at a rate of 1 Litre/hour. Fluid replacement should match the rate of sweating which can be measured by loss of body weight during exercise ie. 1 kilogram of weight loss = 1 litre of fluid that needs replacing. Remember, thirst is NOT a good indication of fluid needs.

What about salt and cramping?

Latest research indicates that extra salt will not reduce cramping. Cramping has more to do with poor posture, shortened muscle length, very intense exercie and exercise to fatigue, although the exact cause is still not known.

In answer to Benny's letter:

A low sodium intake won't *prevent* fluid absorption, but consuming sodium in combination with fluid can speed it up. This may be the saving grace against dehydration in those that struggle to meet fluid losses. For ultras and other events over 4 hours, YES, sodium replacement is vital as large amounts will be lost in sweat especially in hot climates (such as Benny's training conditions in Bangkok.)

I have outlined below a strategy for those who compete in ultras:

- Make sure you're fully hydrated BEFORE the race;
- Check the type of sports drink on offer at drink stations - does it contain sufficient sodium? (and carbohydrate);
- Consume sports drink from early in the race - don't wait until already dehydrated.
- Match your own sweat rates as mentioned above (practise in training first). Remember the hotter the day, the more you will need. This may mean more than one cup per drink station;
- If possible, make up your own drinks. This way you ensure the right concentration. Always make to instructions on the container. Altering concentrations can affect the carbohydrate concentration which will slow down the rate of fluid absorption possibly leading to dehydration.
- If you can stomach it and feel hungry, eat solid food towards end of race. (eg. Sports bar) This will provide sodium and carbohydrate, but remember you MUST drink as well.
- Practice using sports drinks in training

Good luck Benny in your next event!

Striders' Club Logo

Note from the Blister editors

The question of the club logo was raised at the Annual General Meeting in May, and two articles on the subject were published in Blister #62. Since then, correspondence on the matter has been received from some Striders members. These views are well respected and have been noted by the Club Committee. The Blister is happy to receive further letters and invites debate on this controversial and important subject. However, we have decided to defer publication of further correspondence on the logo until the next Blister issue #64 which will be out before Christmas. This decision was taken in order to allow the Business Plan Review Sub-Committee, appointed by the club committee, time to finish its task of recommending future directions for the Club without being biased or encumbered by the logo debate.

Benson takes off!!

by Peter Truscott (sequel to " Benson prepares for Takeoff", Blister #59)

It seems that ever since Darren Benson was a boy, all he wanted to do was fly. His obsession first became evident to me last October, when he thought that if he ran fast enough along the Townsville Airport Tarmac, he might actually take-off. Unfortunately his attempt was cut short and he was subsequently grounded by a pack of hungry German Shepherds and an astounded Security Guard.

Well, not to be disheartened, Bensmeister (as he is known to some) tried again, just before this year's City to Surf. He decided he didn't want to be stopped short in his next attempt by any more dogs!! So, he chose a different venue to further explore his "Superman Fantasy!". Lyons Road, Five Dock was the place!! Halfway across the road was the successful take-off, and the other side of the Holden Barina was touch-down!!!

He had done it!! Darren had actually flown. Witnessed by many, including one particularly distraught driver, Darren managed to achieve more height and length than both Tim Forsythe and Carl Lewis could ever hope for!

There are a few who hope Darren's days of flying (besides using an aircraft, like the rest of us) are over. At the same time, we are pleased to announce, full recovery was made!!

Your High Performance Training Diet: Part 3

Adapted from an article by Karen Inge B.Sc. Dip Diet F.ASMF

[Eds' note: Parts 1 and 2 of this series of articles were printed in Blisters #61 and #62].

Vitamins and minerals to maximise performance

Ensuring an adequate vitamin and mineral intake is essential for maximising performance. A good intake of the antioxidant vitamins - A, C and E - is important for recovery. These are found in green and yellow vegetables, fresh fruit, and brown rice, rice bran, wheatgerm, nuts and seeds respectively.

The B-group vitamins are also essential for optimal athletic performance. These are used to assist in many important functions in the body including the conversion of carbohydrate to energy, and are found in wholegrain cereals such as brown rice legumes, green, leafy vegetables as well as low fat dairy products, lean meat, and liver.

While deficiencies of vitamins will affect your performance, there is no evidence that athletes should be supplementing with particular vitamins to improve performance if their dietary intake is adequate.

There are two minerals of particular concern for athletes, iron and calcium.

Increasing Iron

Iron is important for maintaining haemoglobin levels, and deficiencies can result in tiredness, early fatigue and poor performance. Particularly at risk are female athletes (especially those trying to lose weight), endurance athletes and vegetarians.

The richest sources of iron in the diet include liver and kidney, lean red meat and poultry. Green leafy vegetables, legumes, eggs and some breakfast cereals also contain a lot of iron, however we don't absorb this iron as well. Including vitamin C rich foods with these sources of iron will help enhance absorption, for example have a glass of orange juice with your lentil, rice and spinach pie.

Tips to increase iron intake

- The richest sources of iron in the diet include lean red meat, liver and kidney as well as the dark meat of poultry and fish. Eat these foods on a regular basis.
- Include plenty of green leafy vegetables, iron rich breakfast cereals, and legumes.
- Include Vitamin C rich foods with meals based on iron rich plant foods to help absorption.
- Avoid drinking tea with meals as its tannic acid stops iron absorption.
- Only take iron supplements if advised by your dietitian or physician after blood tests to determine your iron levels.

Increase Calcium

Calcium is important for bone strength and muscle and nerve function. During adolescence when growth is occurring, calcium needs are high. Female athletes who have infrequent or absent menstruation also have much higher calcium requirements as they are at higher risk of 'osteoporosis', or thinning of the bones.

The best sources of calcium in the diet are low fat dairy foods and canned fish with edible bones. Green leafy vegetables, nuts and seeds also contain calcium, however it is not as well absorbed from these foods.

Tips to increase calcium intake

- Include at least three serves of lot fat dairy foods each day - milk, yoghurt, and low fat cheese.
- Include low-fat milk, like Lite White, on cereal, in smoothies, or in custards and rice puddings.
- Melt low fat cheese on rice cakes, or use ricotta cheese or low fat Philadelphia on toast in place of margarine or butter .
- Dollop low fat yoghurt or low fat cream cheese on baked potatoes, or eat low fat fruit yoghurt as a snack.
- Make creamy rice pudding by blending Sunlong Jasmine rice with low fat fromage frais and fresh or canned fruit. Chill and enjoy.

Drink more water

Humans are the only animals for whom thirst is not an accurate indicator of fluid needs. By the time you feel thirsty, you are already partially dehydrated.

The effects of dehydration are debilitating and extremely dangerous, so it is of vital importance to prevent this from occurring. The correct way to replace water losses and maintain normal temperature is to drink enough fluid to replace the amount of fluid lost.

A good guide is for every kilogram lost during exercise, you need to drink one litre of water. This fluid should be replaced before, during, and after exercise. Keep fluid intake to no more than 1 litre

per hour - approximately half a glass of water every 10-15 minutes in the hours before exercise. Young children may need a little less but it is still critical that they have fluid regularly throughout exercise sessions.

Water is the best fluid to replace sweat losses during training, however, in endurance events (such as marathons or triathlons), a carbohydrate/electrolyte are recommended. Drinks very high in sugar, such as soft drinks, are best avoided before and during exercise, but may be used immediately after exercise to help recovery.

A word about alcohol

Alcohol is a powerful drug which has an adverse effect on sporting performance. Although different people react differently, even small amounts will make you perform worse rather than better.

Alcohol increases the risk of dehydration and can cause low blood sugar levels, therefore should be avoided well before and after exercise.

Alcohol is also high in kilojoules with few other essential nutrients so it should be avoided by athletes needing to lose body fat.

After exercise alcohol can aggravate soft tissue injuries resulting in increased bruising and swelling. This can delay treatment and slow down recovery.

Musical Quiz Corner

by Terry McIver

The Music Quiz continues to attract a small but dedicated band of followers. Tina Campbell and David Ritchie scored 4¾ and 4½ respectively out of 5 for their responses to the questions in Blister #62, losing marks for spelling Bobby Darin's surname incorrectly. Tina spelled it Darren as in Benson, while David spelled it Darrin as in nothing we've ever heard of. Once again David Sill got all the correct answers and spelled them all correctly. We suspect he has some encyclopaedia of rock music at his disposal, but what can we say other than "Congratulations"?

The answers were (1) Bobby Darin; (2) Little Richard; (3) Chubby Checker; (4) Cher; (5) Cliff Richard (who doesn't).

David Sill sent quite a provocative note, but from a safe distance (England!). He wrote: "In reply to John Hamilton's comment that he 'could have answered all the last ones if he was as old as David Sill', please tell John that wisdom comes with age and life experience. He should show due respect to his elders, preferably from a kneeling position. Please make the questions a bit harder in future or John might fluke one right one day!".

Well I guess we'll just leave you two to sort it out between yourselves. Meanwhile, here are 5 more questions, all of which have something to do with musicians or their relatives: (1) Who said they were more popular than Jesus Christ? (2) What is Cilla Black's real name? (3) By what name is Yusuf Islam better known? (4) Who did Linda Ronstadt's backing group go on to be? (5) Who invented the typist's life-saver White-Out?

Sydney Marathon: Striders' Results

data supplied by Kevin Tiller

The following 28 Striders reported their times in the 1996 Sydney Marathon:

John Young	2.35.30	PB Debut
Phil Hugill	2.47.20	PB
Joanne Cowan (F)	2.47.22	
George Lisson	2.53.09	PB
Jonathan Trope	2.58.55	
Wayne Stanton	2.59.48	
Guy Griffin	3.07.00	PB
Richard Briscoe	3.11.12	
Mike Ward	3.12.20	
Peter H'schmidt	3.15.00	
David Soloman	3.16.30	PB
Geoff Taylor	3.17.30	
Stephen Jackson	3.36.00	
Philip Kennedy	3.36.00	
Graham Shipley	3.36.10	
Murray Town	3.37.00	
Brent Waters	3.38.00	
Leo Leader	3.38.00	
Neil McPherson	3.43.12	PB
Bruce Murray	3.45.00	
Jim Screen	3.46.44	
Tony Crosby	3.56.00	
Wayne McCarthy	3.56.00	
Paula Whitehouse (F)	3.56.48	PB Debut
Alf Field	4.00.01	
Irwin Light	4.03.00	
Margaret Smith (F)	4.22.10	
Margaret Gee (F)	4.38.00	PB

Personal Profile: Peter Truscott

by Sarah Entwistle

In this edition, we profile Peter Truscott, who does such a great job as Uniform Director on the Striders' club committee.

Full name	Peter Gordon Truscott
Place of Birth	Royal North Shore Sydney
Age	27
Star sign	Taurus
Family	4 brothers, 1 sister & Dad
Striders' committee pos'n	Uniform Director
Occupation	Asstistant Managing Director, family business
Best Feature	Coolmax running singlet sold for $25
Worst Feature	My Achilles tendon
Favourite non-running reading	TV Guide
Favourite music	Mental as Anything
Favourite food	Pasta Marinara
Best time of day	Going back to bed at night
Other pastimes	Ten Pin Bowling, Cricket
Person most admired	Steve Moneghetti
Dreams & ambitions	To keep bettering myself in everything I do
Years running	On and off for 15 years
Why started	I wanted to be as good as my elder brother Robert
Sporting ambitions	To get within half an hour of my brother Chris in a marathon, then I might break three hours
Races/events you are most proud of	Each year I'm waiting for it. I'm still waiting.
Training partners	My brother Chris, sister Jenny and the stopwatch
Pre-race preparation	Go out to the Orient in town, drink, pick up some women, then refuse any invitation because you have to get up in one hour to run. Although, it depends how good looking they are - if they are really good, forget the run!

Member of the Month

by Sarah Entwistle

July: Ray Doran

Ray Doran must be the most feared vet runner in Sydney. He just seems to get faster and faster with age, and in the last few months has blitzed every race in Sydney either winning his category or, in the case of the Mini-Mosmarathon 5k, winning outright.

Our July Member of the Month Award very deservedly goes to Ray who promises to keep beating most guys half his age.

Recent Results

Mini Mosmarathon, 5k	17.25 WINNER!
Ryde City Games, 9k	31.40 1st 50+
City to Surf, 14k	50.09 1st 50+
Sutherland to Surf, 11k	37.50 1st 50+
UTS Haberfield Bay Run, 7k	24.38 1st 50+
SMH Half-M'thon, 21.1k	1.20.10 1st 50+

August: Jonathan Trope

We're not sure we should really reward anyone mad enough to run Comrades, but Jonathan Trope made such a good job of it we've decided to be a rash and name him the August Member of the Month. Jonathan was first Strider home by more than one hour, so he certainly deserves the accolade. However, we do want to stress that we don't encourage this sort of lunatic behaviour! Fortunately, Jonathan sometimes runs shorter distances too and has just run a PB at the new Meadowbank 10k.

Recent Results

Canberra Marathon, 42.2.k	2.56.00
SMH Half-M'thon, 21.1k	1:24:24
Comrades, 90k	7.43.00
Sydney Marathon, 42.2k	2.58.00
Striders 10k, Meadowbank	37.01 PB

Congratulations to Ray and Jonathan who both win one of our popular Sydney Striders' training tops.

Please see our hardworking uniform manager, Peter Truscott, at the next STaR to collect your prize.

Striders' Race Results

data supplied by Kevin Tiller

Date	Event	Dist	Name	Time	Notes
26/05/1996	SMH Half	21.1	John Hamilton	1.24.20	
30/06/1996	Sutherland Shire Half	21.1	John Hamilton	1.21.20	
30/06/1996	Sutherland Shire Half	21.1	Matthew Hammond	1.20.27	
01/07/1996	Lake Macquarie Half	21.1	John Hamilton	1.22.00	
21/07/1996	Gold Coast Half	21.1	Chris Truscott	1.10.22	
21/07/1996	Gold Coast Marathon	42.2	George Herisson	3.18	
21/07/1996	Gold Coast Marathon	42.2	Fiona Pelly	3.37.06	F PB
25/08/1996	Grantham Canal Run (UK)	53.0	David Sill	4.51.45	35th out of 160

Running the Bases

by Dr John Bingham

[The 2nd in the "Penguin Papers" series].

One my way to the pool one evening, I noticed a young boy, maybe 10 or 11 years old, standing alone at home plate in an empty baseball field. His actions struck me as curious and I found myself so fascinated that I just sat in my car and watched.

He was standing at home plate swinging his arms around wildly. Suddenly, without warning, he bolted towards first base. As he rounded first base, he through his arms up and ran around the bases waving his fists above his head. At that moment, I knew what had happened. He had hit the winning home run, and was running the bases.

His joy was the joy that many of us feel every time we put on our running shoes. It is a joy that is rooted not in PRs but resides deep in our imaginations. Those of you at the front may be doers, and I applaud your accomplishments. But from the mid-pack back, we are dreamers living out a fantasy that is no less real that the boy in the ball park.

I know, as I approach that point in a race where doubt creeps into my mind, that I am running with unrivaled grace. Or at least, I think I know. I worked the water table at a recent local 5K, and watched with amazement as friends that I knew had been ahead of me the week before PLODDED past. How can this be, I wondered. How is it that I am so fluid and graceful [in my mind] and yet my Penguin colleagues look so ponderous.

My answer may be your answer. I am running in my childhood dream. I am running unfettered by my past indiscretions with food and smoke and people. For the 20 minutes [or 30, or 60] a day that I am running, I am a runner. I am skilled and competent. I am relaxed and self-assured. I am all that I ever wanted to be. I am all that I am not when I'm not running.

The lesson I learned, again, from this boy was that it is important to put action into your dreams. It wasn't enough for him to hit the winning home run in his mind. He needed his body to experience the real sensation of running the bases. It wasn't until I began to put action into my dream of being fitter, and healthier, and leaner that my body finally got the message. I had often hit the home run of dieting success or saving money or being better in my relationships, but I rarely ran the bases.

I am often asked by well meaning non-runners and some not so kind eagles and sparrows if I get bored running as slowly as I do. My answer is always; NO ! How can I be bored when I'm leading the Boston Marathon? How can I be bored when I am locked in mortal combat with the memory of a mean spirited elementary P.E. teacher. How can I be bored when I am running down that junior high bully? After a lifetime of running from, how can I be bored running to.

Not long ago, in the middle of a 5k, I yelled to a corner worker, 'Hey, seen any fast runners come by here yet?' He looked at me, and without hesitation said, 'Nope, you're the first one'. I don't know who that man was, but I know that in his heart he is a Penguin. He knew that for me, as for so many others, the real race is in our imaginations. And he knew, that what was most important was that I was running the bases.

Waddle on, friends.

Achilles Running Club

by Wendy Downes

Earlier this year, Chris Robb wrote in the Blister about the formation of the Achilles Running Club, an organisation originating in New York and now with over 110 branches worldwide. The Club is a voluntary, charitable organisation which encourages and assists disabled runners to participate in road running with the general public.

These disabilities include stroke, cerebral palsy, paraplegia, arthritis, diabetes, epilepsy, asthma, amputation, visual impairment, multiple sclerosis, cystic fibrosis, cancer, traumatic head injuries, and other conditions often thought to be a reason to "stay out of running".

The chairman of the Sydney branch, Richard Shakenovsky, formed a branch in Johannesburg 8 years ago and the disabled members attained remarkable personal achievements, such as Comrades, the New York Marathon etc. When he migrated to Sydney last year he saw the opportunity to start another branch here, and wasted no time. Since its inaugural meeting in April, the club has moved ahead in leaps and bounds. It is now an incorporated body, a charitable organisation, has an active committee, sponsors such as Australian Fashion Group, Corporate Express, Reebok, McCabe Brown (laywers), a membership of 54 of whom 15 are disabled (mostly vision impaired). We are currently training 2 members for the 1997 New York Marathon (they are not quite ready for this year!)

We had 40 members in the City to Surf, of whom 14 were disabled (walking or running), and gained good publicity and media exposure before and during the event.

The club needs to grow more and I urge you to think about what you can do, to help put something back into running and to help someone less able to enjoy what you have taken for granted for so long, who might otherwise not be able to. After standing down as President earlier this year, I saw the opportunity to do just that and am gaining immense satisfaction from the enjoyment these people display from just being able to get out there and do it. Other Striders regularly involved are Rozanne Green, Belinda O'Neil and Chris Robb when he gets the time. Bryce Courtenay is a member and ran with a blind runner in the City to Surf.

Anyone can become a member - membership is $10 which includes a T-shirt, and we need all the money we can get! Maybe you know someone who has a disability or maybe you have one yourself (as listed above, not including a stone in your shoe or a partner who doesn't understand), or maybe you can help out as a volunteer: **we'd love to have you join the club**. Volunteers are on a roster basis for Sunday morning training and with the current roster the commitment is once every 4 weeks and involves "piloting" a disabled person for a walk or run over any distance up to 10km. The more people we get on the roster the less often the responsibility to attend.

We have been using Centennial Park as our training ground for Sunday mornings but from 5 Oct will be meeting in Hyde Park, near St James Railway Station, using the Domain and Mrs Macquarie's Chair for our run/walk. We meet at 8am and finish with coffee at the cafe in the Domain. Options are:

- Join the club as a supporter
- Join the club as a disabled member
- Join the Club as a volunteer on a roster basis
- Join the club as an volunteer in other areas

A membership form is enclosed with this Blister.

For the Female Runner

from Kevin Tiller

Can't make the Australian Olympic team? Lisa Ondieki too fast for you ? Then you should move to one of the following countries, where the female marathon record is more achievable:

Laos: 3:37.26 Khampeng Mitpasa (Moscow, 6 July 1986); **Sudan**: 6:20.46 Abdelhadir Nadiri (Zagreb, 19 July 1987); **Gibraltar**: 5:45.30 Jackie Bebagun (Gibraltar, 6 April 1985); **Senegal**: 5:25.13 Gilberte-Marie Gomis (Dakar, 11 January 1987); **Northern Marianne**: 5:10.56 Carol Lynn Pierce (Mangilao, 2 Aprile 1994); **Fiji**: 5:06.22 Anasa Navavia (Suva, September 1984); **Virgin Islands**: 4:41.30 Velma George (New York, 14 November 1993); **American Samoa**: 4:18.57 Georgine Tomisato (Pago Pago, 1983).

Royal National Park Ultra, Sat 28 September 1996

by Jim Screen

Overcast cool weather greeted the 99 starters in Billy's Bush Runners' 1996 50k Ultra. As many relay runners were also set to enjoy a well organised event over a terrific course. Starting promptly at 7.00am the field was taken from the start in the wake of another field; that is Alf Field who with arms upraised lead the field for the first 100 metres.

You'll be sorry

Alf, an experienced ultra runner of some note was seen soon after walking on a 1 in 200 grade (almost level) hill. "You'll be sorry later" we heard in the distance as we left him behind muttering about hills like this one being as steep as Everest in a couple of hours time.

About 46 kms later when he went past a walking Jim Screen on a slightly down hill sandy stretch of trail he was uncharacteristically heard to say." Come on , no walking, it's not uphill you know." A few seconds after Alf disappeared around a corner, Jim, trying to run, tripped over a partly hidden stump and fell flat on his face on the dirty dusty sandy track and in an also uncharacteristic act wished the same on Alf.

Spectacular falls

Michael Wilson made his mark on the race by falling over no less than three times in most spectacular ways. He left a trail of blood and skin behind him which was most impressive. Anyway, someone who stops the momentum of his running partner by suggesting they walk for a while and then runs over 300 metres of soft beach sand deserves to fall over now and then even if just to let said running partner catch up.

Kelvin Marshall, who has been banished to Bleak City (Melbourne) for professional reasons, paid us a welcome visit. Although he was first Strider home and finished 6th overall he thought he could have done better but perhaps his legs were still feeling the effects of the 9 hour 100km race he had run in a fortnight before.

Bruce Inglis put in a good effort by running 6th for most of the journey but somewhere along the way he ended up 14th. Bruce thanks all those runners who kicked sand in his face on the way past.

Wendy Downes ran a terrific race pointing out all the while that the pace was far too fast but not slowing for a second. Wendy was second female home and won herself a $100 prize. She was 30th overall and 5th Strider. Wendy's pace was such that Mike Ward was in conversation distance at the 18km drink station. He was very gracious but you should have seen the look on his face.

The unexpected sighting of the Striders' rear guard woke Mike up and from there on he lifted his tempo to catch a fast tiring Kevin Tiller at Bundeena beach about 1.5 kms from the finish. According to Kevin Mike went past like a man with a mission. (Rumour has it that he wanted to get home in time to watch the AFL Grand Final) Kevin has been building his fitness up over the year to launch an assault on Mike Ward's favourite "it's easier than a marathon and its all down hill " race, the Brindabella Classic.

Murray Town unaided

Murray Town (I run the same pace up down and level) ran his usual steady pace on not much training and without the aid of either a bike or a kayak.

This Ultra covers a really first class course South of Sydney from Grays Point to Bundeena. The first 25k or so from the start down to Audley on the Port Hacking River, along Lady Carrington Drive and the Parkway is through beautiful bush and riverside rain forest on a first class surface. Running conditions are so good it is easy to forget that the ultra is not a half marathon!!!

Then up a b----y steep hill for a kilometre or so to the top of the coastal plateau. A few more kms and then on to the magnificent Curra Moors Track. More concentration required here as the track is a bit more difficult but every where wild flowers in profusion. Dropping down to Wattamolla the coastal scenery is worth every ounce of perspiration. The Royal National Park Management has done a lot of very worthwhile track work and should be congratulated for their efforts. It's nice to know that by sticking to the made tracks as this race does, we are privileged to enjoy one of Australia's great assets while having an absolute minimal impact on the environment.

Sting in the tail

The landscape north of Wattamolla is more rugged but the rocky scenery is very challenging and interesting. A bit of climbing and some downhill, across cliff tops with ocean views along the Marley Beaches and up to the final half a

dozen K's to Bundeena.

All things considered this is the sting in the tail. Lots of soft sandy tracks to remind you (and so will Alf if he's around) in no uncertain terms about running 10k pace on Lady Carrington Drive.

The race does pass through some remote areas and for those thirsty horses among us it is probably a good idea to carry a bottle. Any Spartans or camels could probably manage without one and survive from the organised drink stations along the way. This year running conditions were near perfect. Cloudy, cool and low humidity but given a fine day which can occur at this time of year good race management such as a cap, sun screen,& extra water would be a wise option for most.

Three legs

For anyone not wanting to run the full distance the relay is the way to go. 3 legs of 19k, 16k and 15k will provide plenty of challenge and get you involved in a classic event. The logistics are easy to plan and any number of Striders would enjoy meeting the challenge.

Congrats and thanks to race Coordinator Barry Bulmer and his volunteer helpers, Billy's Bushies and sponsor Comfrig Manufacturing Pty Ltd, Bundeena RSL and Management and Staff of The Royal National Park. See you next year, last Saturday in September.

Striders' results:

Kelvin Marshall	4:16:15	6th
Bruce Inglis	4:33:04	14th
Mike Ward	4:41:35	15th
Kevin Tiller	4:44:59	17th
Wendy Downes (2nd F)	5:03:59	30th
Murray Town	5:09:22	33rd
Michael Wilson	5:11:18	35th
Alf Field	5:11:39	37th
Jim Screen	5:21:30	43rd

Half-Wit Half

from an anonymous runner on the Internet

Found a great ½-marathon, the Half-Wit Half in Reading, Pennsylvania. Running it for the T-shirt (doesn't everyone need one that proclaims they're a half-wit?) and for the race description which says in part, "A VERY diverse dirt, rock, grass and leaf-covered single-double-triple-track trail run. Ugly uphills, steep downhills; steps and stumps; rocks and roots; creeks and critters; fallen trees and probably fallen runners, uneven footing and uncaring volunteers.

Only negative is brief asphalt at the finish and the possibility of nice weather; we are not set up to allow entries under 18 or to organize search parties, initiate medivacs, perform CPR on the first date or provide on-trail Last Rites or mercy killings.

We CAN & WILL give you an accurate and interesting course, hold a well organized and runner-friendly event and answer the question: 'WHAT SICKO LAID OUT THIS COURSE?'" With that kind of publicity who could pass this race up?

Because we are Men (The Repressed Male)

supplied by Nick Themsen

If you put a woman on a pedestal and try to protect her from the Rat Race, you're a Male Chauvinist Pig. If you stay home and do the housework, you're a pansy. If you work too hard, there's never any time for her and the kids. If you don't work enough, you're a good-for-nothing layabout. If she has a boring repetitive job with low pay, this is exploitation, but if you have a similar job, you should get off your arse and find something better. If you get a promotion ahead of her, that is favouritism. If she gets a job ahead of you, it's equal opportunity. If you mention how nice she looks, it's sexual harassment, if you keep quiet, it's male indifference. If you cry, you're a sheila - if you don't, you're an insensitive bastard. If you thump her, it's wife-bashing. If she thumps you, it's self defence. If you ask her to do something she doesn't enjoy, that's domination. If she asks you, it's a favour. If you appreciate the female form and frilly underwear, you're a pervert. If you don't, you're a poofter. If you buy her flowers, you're after something. If you don't, you're not thoughtful. If she has a headache, she's tired. If you have a headache, you don't love her any more. If you want it too often, you're oversexed. If you don't, there must be someone else.

2000 Olympics: Is the Dream Becoming a Nightmare?

By Steve Cornelius

Like most Sydneysiders, my heart swelled with civic pride in September 1993 when my city won the right to stage the 2000 Olympic Games. Here at last, I thought, was the one chance in my lifetime to attend a sporting event of global significance without incurring the prohibitive cost of international travel. Such considerations have, with monotonous predictability, scuppered all my previous plans to attend Olympic Games or soccer World Cups (every 2 years for about the last 20 years!). This was a dream come true. And when plans were announced for a 110,000 seater stadium, the biggest in Olympic history, it looked like tickets for high profile events might just be a little easier to obtain.

How naïve I was! SOCOG now seems to be going flat out to make it difficult for ordinary citizens to attend any of those high-profile Olympic events. Fabulously attractive as the $10,000 "Gold Pass" offer is, how many ordinary Australians can justify an outlay like that for such a share right now? Governments blather interminably about their devotion to "The Family" and "Mainstream Australia", whatever they are, but your average 4-person family of sporting enthusiasts (2 adults, 2 kids) would have to fork out $40,000 for the privilege, a sum easily exceeding many Australians' annual net family income. Increasingly, the average family is beginning to feel not mainstream but distinctly marginal.

My wife and I had, of course, prepared ourselves to pay possibly as much as a couple of thousand dollars for Olympic tickets around 1999. In Atlanta, the **cheapest** tickets for the opening and closing ceremonies were about 300 Aussie dollars, with athletics and swimming finals sessions not far behind. And of course such sessions were always going to be over-subscribed. It was never going to be easy, and it was never going to be cheap. But it would have been worth making a few sacrifices, we thought, to participate in one or more of the great moments in Sydney's history. We would even have been willing to queue for a few hours (or even days) in the rain to get those precious tickets.

But then came the punch in the guts. Mere willingness to save pennies and queue in the rain wasn't going to be enough - now our attendance at the really big Olympic events required the staggering sum of $20,000, up front, now please, not in 1999. On the other hand, if we couldn't afford that, we could join the shitfight with the rest of the plebs later for the remaining 30,000 tickets. Us and the rest of the world. (NB it's not 80,000, because 50,000 are reserved for "Olympic Family". Do you wish you had a family like that?).

So we went from a reasonable chance of obtaining reasonably expensive but affordable tickets, in equal competition with everyone else, to pretty much Buckley's chance of getting any tickets at all, since we don't meet the first requirement - a fat bank balance.

The $10,000 share offer is a terrific way to finance the building of the stadium. Unfortunately it's also a terrific way to ensure only corporate fatcats get to attend the Games, because it now looks likely the typical purchaser of a $10,000 share in the Homebush stadium will not be an individual or family, but a corporate entity, whose smartypants bean-counters will doubtless find devious ways of writing off the expense as a tax deduction. The tickets will become not just tickets to a sporting event, but status symbols and tools of corporate entertaining, as the SCG's and SFS's corporate boxes have now become.

Mr Chris Chapman, CEO of Stadium Australia, the consortium building the stadium, showed recently just how out of touch with reality the scheme really is. Replying to suggestions the 4 banks underwriting the deal might reserve most Gold Passes for their own clients, he commented that Stadium Australia would encourage them to exercise their discretion to ensure average families could obtain packages. What a joke! As if the "average family" is suddenly going to find $10,000 worth of spare cash floating around for each of its members to go to the Olympics!

Are we sounding like sore losers? You bet we are! What began as the fulfilment of a dream for ordinary Sydneysiders is now rapidly turning into our worst nightmare. We feel like the world is invited to our town's biggest party, but the doorman has strict instructions to keep us out. In fact, being anywhere in the world other than Sydney in September 2000 is beginning to sound like fun. I'm glad I have no kids - I don't think I could dream up an adequate response to the question "Daddy, when the Olympics came to Our Town, why did we just go to the beach?".

Sydney Striders' 10k Series 1996: Results to Race 8

results and standings supplied by Ray Potter

Results, Race 7: North Head, 3 Aug 1996

Name	Race Time	Race Targt	H/c Pos	Next Targt	O/r Pos
David Solomon	40.21	43.14	1	40.56	23
Andrew Segula	39.56	42.47	2	40.30	18
Frank Dearn	55.38	58.21	3	56.11	45
Amanda Dawson	44.25	46.48	4	44.54	3
Pirooz Mehrabam	55.55	57.52	5	56.18	47
Belinda O'Neill	52.56	54.46	6	53.18	12
Stuart Howard	40.05	41.54	7	40.27	20
Paul Russell	39.25	41.03	8	39.45	16
Rozanne Green	50.24	52.01	9	50.43	9
Robi Russell	48.15	49.41	10	48.32	8
John Shepherd	40.13	41.39	11	40.30	22
Jonathan Trope	37.23	38.41	12	37.39	6
Wendy Downes	46.19	47.30	13	46.33	4
James Howard	38.30	39.40	14	38.44	10
Rod Lovel	37.30	38.39	15	37.44	7
Phil Boswell	38.25	39.29	16	38.38	9
Peter Cobley	39.01	40.05	17	39.14	13
Peter H'schmidt	40.33	41.30	18	40.44	24
Desie Joannides	48.07	48.59	19	48.17	7
Jeff Lie	41.15	42.05	20	41.25	25
Joe Degabriele	43.48	44.28	21	43.56	34
Mark Fiore	38.58	39.29	22	39.04	12
Andrew Hallam	35.16	35.45	23	35.22	2
Keith White	42.31	42.57	24	42.36	29
Stephen Jackson	35.33	35.57	25	35.38	3
Chris Truscott	33.15	33.37	26	33.19	1
Clara Vucetic	41.27	41.48	27	41.31	2
Scott Crawford	42.32	42.51	28	42.36	30
Peter Cookson	44.46	45.00	29	44.49	35
Manfred Fiedler	45.55	46.08	30	45.58	39
Steve Zolezzi	41.26	41.39	31	41.29	26
Grahame Murphy	37.10	37.20	32	37.12	5
Philip Hugill	35.54	36.04	33	35.56	4
Sally Taggert	42.07	42.11	34	42.08	27
Raymond Potter	38.51	38.46	35	38.46	11
Bill Blecha	54.48	54.41	36	54.42	44
Alex Whitworth	39.15	39.07	37	39.08	14
Barney Gordon	45.03	44.53	38	44.54	37
Steve Urwin	39.19	39.05	39	39.06	15
Brian Taylor	52.43	52.24	40	52.26	43
Chris McLean	37.37	37.13	41	37.15	8
Geoff Taylor	42.23	41.48	42	41.51	28
Joanne Cowan	37.59	37.19	43	37.23	1
Lesley Clark	54.24	53.40	44	53.44	14
Sue Hill	52.51	51.59	45	52.05	11
Penny Taylor	50.55	50.02	46	50.07	10
Phil Madden	45.51	44.47	47	44.53	38
Joe Vucetic	40.03	38.48	48	38.55	19
Jeff Gissing	39.53	37.28	49	37.43	17
Susan Griffith	47.17	44.47	50	45.02	6
George Herrison	43.45	41.12	51	41.27	33
Billy Thompson	42.59	39.58	52	40.13	31
John Simmonds	55.54	52.35	53	52.50	46
Kevin O'Kane	50.15	44.08	54	44.23	42
Peter Truscott	44.46	38.01	55	38.16	36
Liz Campbell	54.23	47.01	56	47.16	13
Mike Wilson	43.30	35.53	57	36.08	32
Sharon McGann	57.14	47.18	58	47.33	15
Hakan Parsson	40.11		59	39.56	21
Sonja Navakas	47.12		60	46.57	5
Nick Selby	48.40		61	48.25	40
Stephen Guy	49.11		62	48.56	41
Chris Murphy	52.13		63	51.58	42

Results, Race 8: Meadowbank, 7 Sept 1996

Name	Race Time	Race Targt	H/c Pos	Next Targt	O/r Pos
Max Coleman	48.59	53.14	1	49.50	41
Stephen Guy	45.03	48.56	2	45.50	33
Darren Goodsir	40.46	43.02	3	41.13	21
Paul Glare	44.22	46.35	4	44.49	32
George Lisson	37.54	39.54	5	38.18	7
Tina Campbell	43.28	45.27	6	43.52	2
Andrew Segula	38.49	40.30	7	39.09	10
Neil McPherson	43.30	45.06	8	43.49	30
Nick Selby	46.57	48.25	9	47.15	38
Fiona Pelly	44.38	46.06	10	44.56	4
Errol Bekir	45.10	46.37	11	45.27	35
Derek Smith	39.57	41.23	12	40.14	14
Charles Reis	41.38	42.56	13	41.54	26
Amanda Dawson	43.49	44.54	14	44.02	3
Manfred Fiedler	45.06	45.58	15	45.16	34
Sue Hill	51.24	52.05	16	51.32	11
Jonathan Trope	37.01	37.39	17	37.09	5
Peter H'schmidt	40.08	40.44	18	40.15	17
Chris Dwyer	35.09	35.42	19	35.16	1
Mike Ward	40.06	40.35	20	40.12	16
Rozanne Green	50.19	50.43	21	50.24	9
Breeda Kelley	45.27	45.51	22	45.32	5
Jeff Gissing	37.23	37.43	23	37.27	6
Phil Boswell	38.28	38.38	24	38.30	9
Robi Russell	48.24	48.32	25	48.26	7
Keith White	42.29	42.36	26	42.30	28
George Herrison	41.22	41.27	27	41.23	23
Jeff Lie	41.29	41.25	28	41.25	24
Peter Cobley	39.19	39.14	29	39.15	12
Andrew Hallam	35.30	35.22	30	35.23	2
Malcolm Satchell	40.39	40.31	31	40.32	20
Clara Vucetic	41.43	41.31	32	41.32	1
Rod Lovel	38.03	37.44	33	37.46	8
Alex Whitworth	39.29	39.08	34	39.10	13

Name	Race Time	Race Targt	H/c Pos	Next Targt	O/r Pos
Peter Cookson	45.20	44.49	35	44.52	36
Desie Joannides	48.52	48.17	36	48.21	8
Peter Truscott	39.14	38.16	37	38.22	11
John Shepherd	41.29	40.30	38	40.36	25
Penny Taylor	51.18	50.07	39	50.14	10
Scott Crawford	43.52	42.36	40	42.44	31
Brian Taylor	53.48	52.26	41	52.34	44
Bruce Murray	45.38	44.04	42	44.13	37
Joe Vucetic	40.35	38.55	43	39.05	19
Andrew Smith	37.01	35.20	44	35.30	4
Peter Dulson	40.30	38.48	45	38.58	18
James Howard	40.46	38.44	46	38.56	22
John Hodges	42.08	39.39	47	39.54	27
Kevin O'Kane	50.19	44.23	48	44.38	43
Mike Wilson	43.07	36.08	49	36.23	29
Paul Russell	48.43	39.45	50	40.00	39
Liz Campbell	62.24	47.16	51	47.31	13
Richard Briscoe	36.11		52	35.56	3
Andrew Harrison	40.05		53	39.50	15
Jenny Lee	47.07		54	46.52	6
J-L Didomenico	48.45		55	48.30	40
Ted Brailey	50.13		56	49.58	42
Megan Glasby	56.29		57	56.14	12

Handicap Placings to Race 8

Minimum points for inclusion: 8

Name	1	2	3	4	5	6	7	8	Tot
Andrew Segula			20	22		22	21	16	101
Amanda Dawson			19	13	2	14	19	9	76
Rozanne Green	2	17	2		15	13	14	2	65
Desie Joannides			14	20	22	4	3	2	65
James Howard			17	14	9	11	9	2	62
Robi Russell		21	2	2	20	2	12	2	61
Darren Goodsir					21	19		20	60
Rob Inglis		19	22		16				57
George Lisson			2		17	12		18	49
Clara Vucetic	12	2	7	6		17	2	2	48
John Shepherd	7	18		2	2	2	13	2	46
penny Taylor	20	7	2	11	2		2	2	46
Chris McLean	18	2	2	2	2	15	2		43
Jonathan Trope			12	2	2	9	11	6	42
Peter H'schmidt	17	2	2		2	8	5	5	41
Pirooz Mehrabam				2	19		18		39
Chris Truscott	14	11	2	2	2	6	2		39
Phil Boswell		10	2			16	8	2	38
Kirsten Themson			18	18	2				38
Sue Hill		9	2		14	2	2	7	36
Sally Taggert	22	2	2	5			2		33
Tina Campbell			2	2	10			17	31
Mike Wilson		12	11		2	2	2	2	31
Alex Whitworth			13	9	2	2	2	2	30
Rod Lovel	5	2	2	7	3	2	6	2	29
Mike Ward	4			2	2	18		3	29
Steve Zolezzi				21	6		2		29

Name	1	2	3	4	5	6	7	8	Tot
Frank Dearn	2	2	2	2			20		28
Charles Coville			2	2	2	21			27
Neil McPherson		2	2		8			15	27
Andrew Smith	19		2	2	2			2	27
Wayne Stanton	21	6							27
David Solomon	2		2				22		26
Lesley Clark		22		2			2		26
Andrew Hallam	9		2	2	2	7	2	2	26
Darren Benson	13	8	2		2				25
M'moud El-			21		2	2			25
Stephen Guy						2	2	21	25
Kevin O'Kane			15	2	2	2	2	2	25
Charles Reis	2		3			10		10	25
Philip Hugill	16			2	2	2	2		24
Tom Burnell		2	2	15	2	2			23
Peter Cobley		2		12			7	2	23
John Simmonds				21			2		23
Max Coleman								22	22
Steven Holland	6	4		8	2	2			22
Peter Truscott	15			3			2	2	22
Tony Hatch				21					21
George Herrison			4	2	11		2	2	21
Breeda Kelley				17	2			2	21
Cathy Dunworth		14	6						20
Brenda Kearns	3	15		2					20
Margareta		20							20
Ron Stitzinger	2	16	2						20
John Young						20			20
Lyn Allan				19					19
Tony Byrne		13	2	2	2				19
Peter Cookson					13	2	2	2	19
Manfred Fiedler	2		2		5		2	8	19
Paul Glare								19	19
Barney Gordon	11	2		2	2		2		19
Paul Russell		2					15	2	19
Joanne Cowan		2	8	2	2	2	2		18
John Gilpin					18				18
Nick Selby						2	2	14	18
Brian Taylor			2		12		2	2	18
Belinda O'Neill							17		17
Stuart Howard							16		16
Nick Themsen				16					16
Jonathon			16						16
Fiona Pelly						2		13	15
Raymond Potter			2	4	7		2		15
Joe Vucetic	2	2	2	2		2	2	2	14
Geoff Cox	2	2	9						13
John Walker	2	5	2	2	2				13
Errol Bekir								12	12
Scott Crawford	2	2		2	2		2	2	12
Wendy Downes			2				10		12
Godfrey Franz	8		2	2					12
Jeff Lie		2	2		2		4	2	12
Sharon McGann	10						2		12
Grahame Murphy			2	2	4	2	2		12
Derek Smith								11	11
Steve Cornelius				10					10

Name	1	2	3	4	5	6	7	8	Tot
Peter Dulson	2	2		2	2			2	10
Stephen Jackson				2	2	4	2		10
David Smitheran			10						10
Geoff Taylor	2		2	2		2	2		10
Jeff Gissing	2	2					2	2	8
Marlies Laaper	2	2	2			2			8
Bruce Murray		2	2			2		2	8
Steve Urwin	2		2	2			2		8

Outright Placings to Race 8

Minimum points for inclusion: 8

Name	1	2	3	4	5	6	7	8	Tot
Chris Truscott	21	22	22	21	22	21	22		151
Clara Vucetic	20	19	20	21		19	21	22	142
Joanne Cowan		22	22	22	22	22	22		132
Andrew Hallam	17		15	18	19	20	21	21	131
Amanda Dawson	14		15	17	19	18	20	20	123
Rod Lovel	9	14	7	13	13	10	16	15	97
Desie Joannides	10		8	12	18	17	16	15	96
Chris McLean	15	17	10	8	14	17	15		96
penny Taylor	13	16	12	13	16		13	13	96
Andrew Smith	19		17	19	20			19	94
Rozanne Green	11	11	7		13	16	14	14	86
Darren Benson	22	21	21		21				85
Steven Holland	14	19		20	17	15			85
Marlies Laaper	22	21	21			21			85
Robi Russell		15	9	10	17	2	15	16	84
Jonathan Trope			14	12	8	14	17	18	83
Sally Taggert	21	20	19	20			2		82
Grahame Murphy			16	17	15	13	18		79
Sue Hill		12	10		14	15	12	12	75
Tina Campbell			14	18	21			21	74
Philip Hugill	18			2	16	18	19		73
Breeda Kelley			16	19	20			18	73
Stephen Jackson				14	18	19	20		71
Alex Whitworth	7		13	11	11	5	9	10	66
Phil Boswell		13	12			12	14	14	65
Godfrey Franz	20		20	15					55
Brenda Kearns	18	18		16					52
Jeff Gissing	12	15					6	17	50
Joe Vucetic	10	11	8	4		6	4	4	47
James Howard			6	6	9	9	13	2	45
Cathy Very	15			14	15				44
John Young				22		22			44
Raymond Potter			9	10	12		12		43
Lesley Clark	12	13		8			9		42
Peter Dulson	6	12		9	10			5	42
Cathy Dunworth	19	4	18						41
Peter Truscott	11			16			2	12	41
Geoff Cox	5	16	19						40
Kirsten Themson	9		6	11	12				38
Peter Cobley		9		7			10	11	37
Wayne Stanton	16	20							36
George Lisson			4		7	8		16	35
Ray Doran		18				16			34

Name	1	2	3	4	5	6	7	8	Tot
Lesley Maher	16	17							33
Wendy Downes			13				19		32
Lyn Allan		14		15					29
Peter H'schmidt	4	7	2		2	4	2	6	27
Andrew Segula		2	2	2		3	5	13	27
John Walker	2	10	5	3	6				26
Sharon McGann	17						8		25
Chris Dwyer								22	22
Mike Ward	2			2	4	7		7	22
Fiona Pelly						2		19	21
Richard Briscoe								20	20
Liz Campbell							10	10	20
Sonja Navakas						2	18		20
Belinda O'Neill				9			11		20
John Shepherd	2	8		2	2	2	2	2	20
Jonathon			18						18
Charles Coville			2	2	2	11			17
Susan Griffith							17		17
Jenny Lee								17	17
Dawn Tiller			17						17
Michelle McCarty	8	8							16
Jeff Lie	2	5	2		2		2	2	15
Paul Russell		6					7	2	15
Steve Urwin	3		2	2			8		15
Mark Fiore						2	11		13
Crispin Gardener	13								13
Tom Burnell	2	2	2	2	2	2			12
Scott Crawford	2	2		2	2		2	2	12
John Hodges	8			2				2	12
Kevin O'Kane			2	2	2	2	2	2	12
Mike Wilson		2	2		2	2	2	2	12
Tony Byrne	2	3	2	2	2				11
Megan Glasby								11	11
George Herrison			2	2	3		2	2	11
Elana Leigh			11						11
David Smitheran			11						11
Frank Dearn	2	2	2	2			2		10
Manfred Fiedler	2		2		2		2	2	10
Barney Gordon	2	2		2	2		2		10
Margareta		10							10
Brian Taylor		2	2		2		2	2	10
Geoff Taylor	2		2	2		2	2		10
Derek Smith								9	9
Kathy Wong		9							9
Peter Cookson					2	2	2	2	8
M'moudEl-khansa		2	2		2	2			8
Darren Goodsir				2	2	2		2	8
Andrew Harrison								8	8
Rob Inglis	2	2	2		2				8
Neil McPherson		2	2		2			2	8
Pirooz Mehrabam		2		2	2		2		8
Bruce Murray		2	2			2		2	8
Charles Reis	2		2			2		2	8
John Simmonds			2	2	2		2		8
Steve Zolezzi			2	2	2		2		8

Marathon Ladder

data supplied by Kevin Tiller

The marathon ladder is updated to include the recent Sydney Marathon. Only those who have run a marathon as a Striders member are listed. Where those members are known to have run a marathon prior to joining, it is also listed (right columns), and marked with an asterisk if faster than the best as a Strider. Please notify Kevin Tiller of any errors or omissions, but refrain from abusing him - it's unlikely to be his fault.

		<<< Best as a club member >>>			<<<<<< Best 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			
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	Holsworthy	0992	2.32.17 *	NZ	1985
Philip Hugill		2.47.20	Sydney	0896	2.57.00	Dublin	1091
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			
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			
Kelvin Marshall		2.50.46	Melbourne	0695	2.51.37	Gold Coast	0794
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
John Sutherland		2.52.48	Canberra	0493	2.57.00	Hastings NZ	0888
David Sill		2.52.54	Hamilton NZ	1087			
George Lisson		2.53.09	Sydney	0896	2.58.54	Cities	1990
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	Holsworthy	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			
Jon Worswick		2.56.50	Sydney	0894	2.52.45 *	London	0485
Grant Rankin		2.56.53	Sydney	0895	4.23.25	Foster Ironman	0493
Mike Ward		2.57.41	Australian	0686			
Alf Field		2.57.43	S 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

		<<< Best as a club member >>>			<<<<<< Best before joining >>>>>>		
Name		**Time**	**Venue**	**Date**	**Time**	**Venue**	**Date**
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	3.18.00	Ottawa Canada	1981
David Ritchie		3.04.13	Gold Coast	0792	3.07.41	Australian	1988
Murray Town		3.04.50	Sydney	0894	3.00.51 *	Vienna	0488
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
Guy Griffin		3.07.00	Sydney	0896	3.16	Canberra	0495
Graham Firkin		3.07.11	Cities	0885			
Mark Robinson		3.07.14	Gold Coast	0791			
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
Richard Briscoe		3.11.12	Sydney	0896	2.47.16 *	Durban	
Stephen Roach		3.11.16	Australian	0686			
Philip Boswell		3.11.22	Canberra	0493			
Susan Roberts	F	3.11.45	Gold Coast	0791			
Peter Keeble		3.11.49	Adelaide	0984			
Wendy Downes	F	3.11.56	Anzac	0487			
Keith Jackson		3.12.27	Holsworthy	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	3.22.40	Wang	0683
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			
Peter H'schmidt		3.14.19	Canberra	0496			
Kevin O'Kane		3.14.38	Australian	0685			
Peter Truscott		3.14.40	Canberra	0496	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
David Solomon		3.16.30	Sydney	0896			
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			

		<<< Best as a club member >>>			<<<<<< Best before joining >>>>>>		
Name		**Time**	**Venue**	**Date**	**Time**	**Venue**	**Date**
M'moud El-Khansa		3.22.51	Canberra	0496	3.21.27 *	Canberra	0495
Ross Betts		3.23.28	Cities	0888			
Brenda Hamill	F	3.23.38	Sydney	0983			
Graeme Nyland		3.25.06	Sydney	0894	3.15.28 *	Sacramento USA	1291
Paul Glare		3.25.21	Canberra	0493	3.29.50	USA	0690
Carl Hayes		3.25.34	Canberra	0494			
Cathy Dunworth	F	3.26.26	Canberra	0496			
Ray Reid		3.27.57	Australian	0686			
Tony Hoban		3.27.58	Canberra	0496	3.33.38	Canberra	0491
Michael Royal		3.28.01					
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	3.50.28	NSW	0991
Amanda Dawson	F	3.30.00	Canberra	0496			
John Fennell		3.30.06	Anzac	0489			
David Theriault		3.31.00	Gold Coast	0794			
Cameron McCullagh		3.31.46					
Cathy Verry	F	3.33.26	Canberra	0493	3.30.48 *	Canberra	0492
Wayne Meader		3.33.50	Melboune	0592			
Wayne McCarthy		3.34.54	World Veterans	1287	3.34.54		
Susan Griffith	F	3.35.20	Gold Coast	0790			
John Young		3.35.30	Sydney	0896			
Philip Kennedy		3.36.00	Sydney	0896	3.13.00 *	Ellanos Valley	1994
Graeme Shipley		3.36.10	Sydney	0896	3.06.12 *	Anzac	0488
Breeda Kelly	F	3.36.19	Canberra	0496			
Fiona Pelly	F	3.37.06	Gold Coast	0796			
Jim Screen		3.38.11	Canberra	0496			
John Hawkins		3.39.30	Macau	1994	2.59.50 *	Sydney	1983
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			
Owen Denmeade		3.42.51	Australian	0684	3.36.00 *	Sydney	1983
Tony Partridge		3.43.00	Gold Coast	0794			
Neil McPherson		3.43.12	Sydney	0896	4.19.59	Melbourne	1993
Kirsten Themsen	F	3.43.52	Canberra	0496			
Edwina MacArthur	F	3.44.47	Canberra	0486			
Ian Manners		3.44.48	Canberra	0494			
Peter Johnson		3.45.24	Budget	1089	3.40.53 *	Canberra	0484
Ken Edmondson		3.45.32	Gold Coast	0794			
Clara Vucetic	F	3.47.00	Sydney	0895	3.31.00 *		
Robi Russell	F	3.49.00	World Veterans	1287			
Brian Taylor		3.49.01	Canberra	0592			
Dawn Shaw	F	3.49.47	Anzac	0487			
Michelle Baskin	F	3.53.02	Canberra	0496	4.10.00		
Paula Whitehouse	F	3.56.48	Sydney	0896			
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			
Jim Donovan		4.06.57	Canberra	0483			
Christopher Gunns		4.07.12	ForsterIronman	0495			
Lesley Maher	F	4.08.00	Australian	0684			
Mark McCrindle		4.12.13	Canberra	0496	4.15.00	Sydney	0895
Derek Raper		4.14.53	Sydney	0895	3.12.45 *	Wildcoast	1986
John Newcomb		4.15.00	Sydney	0894	3.15.00 *	Los Angeles	1986
Belinda O'Neil	F	4.21.58	Canberra	0496			
Margaret Smith	F	4.21.58	Canberra	0496	4.19.00 *	Sydney	0894
Paul Kotala		4.22.18	Foster Ironman	1993			
Manfred Fiedler		4.22.54	Sydney	0895			
Rozanne Green	F	4.22.57	Canberra	0496			

		<<< Best as a club member >>>			<<<<<< Best before joining >>>>>>		
Name		**Time**	**Venue**	**Date**	**Time**	**Venue**	**Date**
Joe Degabriele		4.29.58	Sydney	0895			
Lesley Clarke	F	4.33.30	Canberra	0496			
Patrick Freeman		4.35.56	Sydney	0895	3.59.00 *	Johannesburg	1986
Andrew Smith		4.37.13	Six Foot Track	0396	2.57.15 *	Melbourne	1989
Margaret Gee	F	4.38.00	Sydney	0896			
Vicki McGill	F	4.38.39	Canberra	0496			
Julia Stenton	F	4.46.00	Sydney	0895			
Alan Tonge		5.07.02	Adelaide	0889	4.46.49 *	Adelaide	1985

City-to-Surf Ladder

data supplied by Kevin Tiller

The City-to-Surf ladder is updated to include this year's event. Only those who have run a City-to-Surf as a Striders' member are listed. Where those members are known to have run one prior to joining, it is also listed (right columns), and marked with an asterisk if faster than the best as a Strider. Please notify Kevin Tiller of any errors or omissions, but refrain from abusing him - it's unlikely to be his fault.

	As Strider		Before Joining	
Name	**Time**	**Yr**	**Time**	**Yr**
Phil Garvin	0.44.33	'86		
John Sauer	0.44.54	'92		
Godfrey Franz	0.46.38	'93		
Chris Truscott	0.46.42	'96	0.51.01	'93
Trevor Jacobs	0.47.03	'96	0.45.26 *	
Geoff Cox	0.47.40	'88		
Chris McLean	0.48.05	'89	0.46.14 *	'83
Stephen Jackson	0.48.06	'93	0.49.28	'89
Ray Doran	0.48.12	'87		
Christopher Dwyer	0.48.25	'94		
Darren Benson	0.48.46	'95	0.53.20	
Jeff Gissing	0.48.56	'88		
John Hodges	0.49.26	'87	0.56.29	'83
David Sill	0.49.36	'87		
Grahame Murphy	0.49.54	'92	0.49.28 *	'89
Ivan Freys	0.50.00	'84		
Wayne Stanton	0.50.08	'86		
Steven Holland	0.50.25	'95	0.52.00	'94
Joanne Cowan (F)	0.50.26	'92	0.59.04	'87
Terry McIver	0.50.48	'88		
Charles Coville	0.51.12	'82		
Christopher Smith	0.51.23	'96	0.49.56 *	'94
Alex Whitworth	0.51.28	'92		
Joseph Vucetic	0.51.28	'94	0.51.45	'93
Warwick Selby	0.51.30	'91	0.59.00	
Andrew Smith	0.51.32	'92		
Malcolm Satchell	0.51.32	'92	0.53.07	'87
Andrew Hallam	0.51.34	'96	0.54.30	'94
Kevin Tiller	0.51.43	'93		
Stephen Urwin	0.51.46	'92		
Mike Martin	0.51.47	'95		
Paul Russell	0.51.52	'88		
Alan Kaplan	0.51.52	'95	0.51.46 *	'94
Scott Crawford	0.51.52	'89	1.02.30	'71
Anthony Wolfenden	0.52.00	'95		
Harvey Blue	0.52.26	'86		
Marlies Laaper (F)	0.52.58	'93	1.00.59	'89
Mark Fiore	0.53.05	'91	1.02.30	'77
Jonathan Trope	0.53.31	'94	0.56.14	'90
Matthew Hammond	0.53.54	'96	0.58.01	'95

	As Strider		Before Joining	
Name	**Time**	**Yr**	**Time**	**Yr**
Paul Mandl	0.53.55	'92	0.57.41	'90
Bruce Inglis	0.53.57	'94		
Peter Cobley	0.54.00	'82		
Nobby Young	0.54.05	'90		
Dawn Tiller (F)	0.54.15	'96		
John Ayliffe	0.54.26	'91		
Raymond Potter	0.54.48	'96	0.50.30 *	'85
Brian Colwell	0.54.57	'95		
Alf Field	0.54.58	'90		
Rod Lovel	0.55.06	'96		
John Turner	0.55.07	'88		
Peter Truscott	0.55.17	'95	0.54.08 *	'82
Murray Town	0.55.22	'91		
Sue Hill (F)	0.55.44	'81	0.54.30 *	'79
Terry Rose	0.55.46	'90		
Philip Boswell	0.55.46	'94	0.56.10	'93
John Plummer	0.55.48	'91		
Richard Briscoe	0.55.53	'96		
Mike Ward	0.55.55	'85		
Steve Hitchcock	0.56.01	'94	0.58.47	'89
Neil McGill	0.56.13	'95	0.56.11 *	
Mark Robinson	0.56.23	'93	0.56.28	'90
Tony Crosby	0.56.30	'87		
Brent Waters	0.56.35	'84		
Robert Inglis	0.56.47	'90	0.51.40 *	'76
Michael Royal	0.57.01	'95	0.56.50 *	
Roy Doutreband	0.57.04	'95	1.10.00	
Guy Griffin	0.57.08	'96	0.58.12	'95
Phillip Barrow	0.57.11	'95		
Keith White	0.57.12	'93	1.00.00	
Gary Leahey	0.57.14	'89		
John Walker	0.57.18	'95	0.57.00 *	'94
Geoff Taylor	0.57.20	'94		
Kevin O'Kane	0.57.25	'87		
Jonathon Marsden	0.57.34	'92		
Jonathan Worswick	0.57.38	'94	0.53.52 *	
John Preston	0.57.42	'92	1.07.41	'89
Tina Campbell (F)	0.57.57	'90		
Susan Roberts (F)	0.58.15	'91	1.03.59	'89
Bruce Murray	0.58.30	'85		

Name	As Strider Time	Yr	Before Joining Time	Yr
Tony Hoban	0.58.33	'95	1.02.30	'90
Derek Smith	0.58.37	'95		
Clara Vucetic (F)	0.58.39	'94	1.01.00	
Grant Rankin	0.58.50	'94	0.52.19 *	'91
George Herisson	0.58.52	'96	0.50.42 *	'86
Steve Cornelius	0.59.00	'82		
Stephen Roach	0.59.02	'85		
Allen Hissey	0.59.04	'90		
Ian Whitfield	0.59.12	'88	0.58.55 *	'83
Kelvin Marshall	0.59.22	'95	0.56.48 *	'94
Brian Tailford	0.59.26	'84		
Stephen Lloyd	0.59.28	'89	0.51.58 *	'75
Alan White	0.59.32	'90	1.02.40	
Sarah Entwistle (F)	0.59.48	'90	1.01.25	'89
Wendy Downes (F)	1.00.02	'86		
David Fahey	1.00.07	'91		
Raymond Skinner	1.00.21	'95		
Phil Madden	1.00.34	'95	1.02.36	'93
David Solomon	1.00.43	'95	0.59.32 *	'89
Andrew Grant	1.00.52	'95	1.04.42	'93
Benny Hagberg	1.01.03	'90		
Martin Cahnbley	1.01.04	'95	1.01.00 *	'93
Edward Sharp	1.01.05	'94	1.09.10	'92
David Smitheram	1.01.12	'95	0.58.58 *	'94
Charles Reis	1.01.37	'95	0.59.14 *	'92
Greg Byrne	1.01.45	'93	1.04.00	'92
Kevin McBrearty	1.02.04	'92	0.46.36 *	'74
John Shepherd	1.02.13	'95	1.02.53	'90
Jeremy Lowes	1.03.00	'92	1.03.00	'89
Graham Butler	1.03.11	'84		
Susan Griffith (F)	1.03.20	'90		
Joan Boltz (F)	1.03.22	'92	1.00.22 *	'86
Neil McPherson	1.03.29	'96	1.06.42	'93
John Ross	1.03.30	'93	1.03.06 *	'83
David Hayes	1.03.43	'95	1.05.12	'91
Paul Lunsmann	1.03.46	'94		
Merri Mack (F)	1.03.48	'93		
John Sutherland	1.03.52	'92		
Cameron Osborne	1.03.59	'95		
John Newcomb	1.04.00	'93	0.56.00 *	'78
Ron Daly	1.04.16	'92		
Breeda Kelly (F)	1.04.25	'94	1.11.04	
Michael Wilson	1.04.28	'96	1.08.00	
Roger Rigby	1.04.38	'92		
Ray Mainsbridge	1.05.00	'94		
Richard Hannan	1.05.06	'95	1.08.33	'94
Jim Screen	1.05.25	'95	1.30.19	'90
Ross Betts	1.05.31	'89		
Philip Johnston	1.05.43	'95		
Leo Leader	1.05.56	'92		
Bruce Christie	1.06.00	'95	1.03.00 *	'92
Fiona Pelly (F)	1.06.00	'96	1.09.00	'94
Brenda Kearns (F)	1.06.08	'95	1.13.00	'94
Peter Donnelley	1.06.23	'92		
Manfred Fiedler	1.06.28	'95	1.02.54 *	'86
Cathy Verry (F)	1.06.34	'95	1.06.35	'91
James Howard	1.06.58	'95		
Peter Butcher	1.07.07	'94		
Ian Manners	1.07.14	'93		
ElizabethCampbell (F)	1.07.40	'90	1.07.17 *	'89
Rosalind Lloyd (F)	1.07.45	'90		
Owen Denmeade	1.07.54	'92		
Philip Kennedy	1.08.00	'96		
Paul Glare	1.08.01	'95	1.08.00 *	'86
Penny Taylor (F)	1.08.04	'95	1.18.00	'85
Paul Kotala	1.08.08	'92	1.03.45 *	
Brian Taylor	1.08.24	'90	1.09.15	'89
Bill Blecha	1.08.36	'89		
Lesley Maher (F)	1.09.13	'90		
Stephen Guy	1.10.04	'96		
Robert Norman	1.11.00	'96	1.00.06 *	'94
Elizabeth Edmonds (F)	1.11.04	'94	1.07.00 *	
Tony Partridge	1.11.10	'95	1.13.00	'93
Barney Gordon	1.11.30	'95		
Lesley Clarke (F)	1.13.31	'95	1.15.20	'89
Jim Donovan	1.13.41	'95	0.59.39 *	'73
David Theriault	1.14.57	'96	1.05.00 *	
Peter Cookson	1.15.41	'94	1.03.10 *	'89
Margaret White (F)	1.16.45	'94	1.18.29	'93
Julia Stenton (F)	1.16.55	'91	1.19.24	'89
Jeffrey Lie	1.17.01	'95		
Rozanne Green (F)	1.18.15	'94	1.18.00 *	'85
Patrick Freeman	1.20.40	'95		
Margaret Smith (F)	1.22.14	'96	1.17.00 *	'94
Kirsten Themsen (F)	1.22.50	'96		
Ian MacArthur	1.23.11	'89	1.05.00 *	
Tom Burnell	1.23.15	'95	1.12.05 *	'79
Graham Firkin	1.24.36	'94		
Bryce Courtenay	1.25.28	'92		
Frank Dearn	1.25.46	'95	1.21.12 *	'89
Belinda O'Neil (F)	1.27.40	'96	1.25.00 *	'90
Gregg Mackenzie	1.36.00	'95		
Graeme Nyland	1.37.38	'94		
Alan Tonge	1.45.30	'93	1.37.28 *	'87
Michelle McCarty (F)	2.04.00	'94		

Old Olympic Rules

from "Netpicker"

Courtesy July/August 1996 Archaeology Magazine: Summary of Some of the Original Olympic Rules, circa 500BC. (1) False starting in a race: penalty: FLOGGING!!!! (2) Prohibited actions in the pankration (a combo of wrestling and boxing): biting and eye-gouging. Accepted actions included: kicking, choking, finger-breaking, and jabs to the genitals. (3) Penalty for adult women caught attending the GAMES: Being hurled from the cliffs of Mount Typaion! Unmarried women could, it appears attend! (4) While Carl would have been able to enter and win the long jump, there were no team sports in the original contests, so there goes the whole debate on the 4 x 100! (5) Many of the statues that lined the route to the stadium were paid for by fines paid by the athletes for lying, bribing their competitors to lose, and outright cheating!! In some things "human nature" has been of very stable disrepute.

1996 Membership Application Form

Given name: .....Family name:.....
Sex: ☐Male ☐Female Date of Birth: (day/month/year) .....

Address: .....

.....Post Code: .....

Telephone: (H).....(W).....Occupation:.....

How did you hear about us ?

☐ Another Strider (name :) .....
☐ Striders Race (10k/½ Marathon:) .....
☐ Running Store (name :) .....
☐ Magazine (name :) .....
☐ Another Runner .....☐ Other (how :) .....

Running Background

How long you have been running : .....years.....months.....
Type of running you are interested in : .....
Best 10K time : .....when : .....where : .....
Best City to Surf : .....when : .....
Best Half Marathon time : .....when : .....where : .....
Best Marathon time : .....when : .....where : .....

1996 Charges (please select by circling amount)

Joining Date	Full Member	Student Under-20 Unemployed	Joining Date	Full Member	Student Under-20 Unemployed
Jan/Feb/Mar	$48	$28	Jul/Aug/Sep	$24	$14
Apr/May/Jun	$36	$21	Oct/Nov/Dec	$12	$7

All memberships are due for renewal on 31st December 1996, regardless of joining date.

Payment Method

☐ Cheque (payable to "Sydney Striders") ☐ Mastercard
☐ Money Order ☐ Bankcard
☐ Cash ☐ Visa

For credit card payment only:

Name on card: .....
Card number: .....
Expiry date: .....

Signature: .....
"I would like to automatically renew my membership every year using these card details, until I notify the club in writing": ☐Yes ☐No

Club Running Kit

"Please send me an order form for the club running kit": ☐Yes ☐No

Mail this form and payment to: Sydney Striders, PO Box 679,Crows Nest NSW 2065
(Keep this address and use it for any correspondence)

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

Runners The 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.

Remainder of 1996 Programme:

Sat 2 Nov: Lane Cove River Park, Chatswood West (Fullers Bridge)