SYDNEY Striders

The Blister

Edition No. 64: November - December 1996

Last Race Wins 10k Series for Amanda Dawson

A stunning score of 42 points when it really mattered (in the double-points Race 10) was enough for **Amanda Dawson** to win the handicap competition of Sydney Striders' 1996 10k Series. And that victory, of course, brings with it a ticket to South Africa, courtesy of series sponsors, **South African Airways.**

Going into Race 9, Amanda trailed Andrew Segula by a seemingly unattainable 25 points, and when both registered modest scores it looked as if Andrew might have it sewn up. But Amanda put everything into a last-race effort, to win overall by 6 points, 127 to 121.

Darren Goodsir, Stephen Guy and Robi Russell took 3rd, 4th and 5th places, but were never close enough to seriously worry the two leaders.

In the outright comps, Chris Truscott and Clara Vucetic registered relatively comfortable wins in their respective divisions, although Amanda Dawson's name featured highly on the outright list too.

Full 10k report by Series Director John Hamilton inside.

Amanda Dawson, Breeda Kelly, Joanne Cowan: Formidable Striders tri-national threesome (at Canberra, April '96)

Inside this 64th Blister:

- **All the 1996 Club Prizewinners and Placegetters**
- **10km Series: Results of Races 9/10 plus Final Standings**
- **David Sill runs the Classic London-Brighton 50-miler**
- **Warwick Selby at the World Duathlon Champs in Italy**
- **Jonathan Trope tells of his Rottenest Marathon**
- **Technical Tips: Triathlon Research, Fat Loading**
- **Race Reports: Brindabella and the "Willy to Billy"**
- **Biggest Letters Column in Blister History: 4 pages!**
- **Gabriella Andersen-Schiess Lookalike Contest: Pics!**
- **Club News, 10k Ladder, Results, Reports, Lots of Photos**

AND MUCH MORE!

The Blister

Journal of Sydney Striders Road Runners' Club, Inc. (Founded 1980). P.O. Box 679, Crows Nest NSW 2065, Australia.

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

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Copy Requirements

Contributions are welcome from members & non-members alike.

Deadline dates: see Club News section. Late contributions will be printed in the next edition, if still relevant.

Email contributions: text in body of email message or send as a file attachment.

Disk and file format: 3½-inch disks, please. Apple Mac disks must be early for file conversion. Simple text format preferred!

Tables, results, spreadsheets: Word95 tabular, Excel95 or Access database 2.0 preferred.

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

Graphics: Colour or black/white photos, line drawings, cartoons etc, welcomed. Note early deadline to allow for scanning.

Verbal contributions may be "lost" even if accompanied by a LARGE BRIBE.

Disks/ photos will be returned, if you're lucky.

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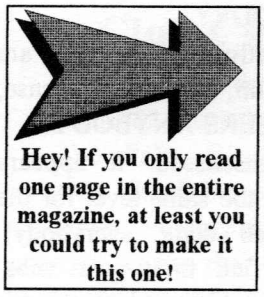
Club News



Hey! If you only read one page in the entire magazine, at least you could try to make it this one!

• Outstanding Achievement Awards Presentations 1997

by Jim Screen

The 1997 Awards Dinner will. be held at the Waverton Bowling Club on Thursday 6 March 1997. Pre dinner drinks at 7.00pm, dinner at 7.30 pm. Diary the date now. All Striders plus partners are welcome to attend.

This social function holds a special place in the Sydney Striders as it gives us the opportunity to congratulate the winners of the Club's three special awards:

- The 1996 Maria Gemenis-Cruickshank Outstanding Achievement Award;
- The 1996 Tailford "Best of the Blister" Literary Award;
- The 1996 President's Award for Excellence.

Watch for further details in a special circular coming your way soon.

• Membership Renewals

A reminder from the membership director

Striders are reminded that all memberships (except, of course, Life Memberships) fall due for renewal on December 31st, regardless of the date you joined the club.

A personalised renewal form will be forwarded to everyone. Please make sure you check, and if necessary correct, the details on the form, and send it in with your remittance.

Renew early! and ensure you continue to receive your Blister 5 times a year.

• New 10k Courses Wanted

from John Hamilton

If you know of a 10k course which could be added to the club's 10k race repertoire, please contact John Hamilton on (H) 9484-4773 or (B) 9378-5768.

• Business Plan Review Sub-Committee

by Jim Screen

In August 1993 a Business Plan was presented and accepted by the Club at an Extraordinary General Meeting. The plan which covered the period from 1993 to 1996 contained some innovative ideas and expectations which dealt with the expected growth of the Club and the direction the Committee of the day thought the Club should take. In some areas the plan was achieved and in others less success was apparent. A Sub-Committee was formed to review the plan and put forward some recommendations which will help guide the Striders to the year 2000. Work has progressed and it is expected that some concrete suggestions will be available for discussion in the new year.

One of the areas to be considered is the Club's Logo. The Sub-committee is confident that this very important issue will be resolved satisfactorily. In the meantime however, 2 articles appeared in Blister 62 which you are all encouraged to read again to refresh your memory. This current issue contains letters received from Club Members on the matter. We anticipate being able to provide clear policy for your consideration in Blister #65.

As always, it is very important that ALL Striders make their wishes known as regards the direction the club should take. There will be ample opportunity to discuss any proposed changes, but in the meantime have a think about what you want YOUR club to be like and then write in and tell us!

• Gemenis-Cruickshank Award: Nominations Invited

Nominations are invited for the club's premier award for 1996. The Maria Gemenis-Cruickshank Outstanding Achievement Award, inaugurated in 1982, will be presented at the annual Awards Dinner on March 6, 1997, to the Strider who, in the opinion of club members, has registered the finest running achievement (or achievements) of the year. Nominations to the club's P.O box, preferably including some details of the nominee's 1996 achievements. Voting papers will be mailed to all members during February.

Club News

• Club Committee Minutes

summarised by John Turner

For members' info, these were the main items discussed at October's Committee meeting:

- Awards/Christmas Brunch at MHYC: Agreed Club will provide some additional funds to ensure this is fully covered.
- Review of Business Plan: noted that the subcommittee comprising Jim Screen, Kevin Tiller and Stephen Jackson has met twice and is scheduled to present a progress report at the next Committee meeting.
- Treasurer's Report: Geoff Taylor's review against budget continues to show Club's finances are healthy. Over-run in printing budget (not Blister) offset by no expenditure on advertising to date. President congratulated Geoff on excellence of his financial reporting.
- President's Report: John Turner has written to all who had not yet paid their current year's subscription. One more reminder to be attached to the next Blister mailout, after which non-payers will be considered to have resigned.
- Athletics NSW confirms that Sydney Striders is registered as an affiliated club so members should have no further problem with ANSW registration when they require it.
- Communications: Nominations to be called for '96 Tailford Award best Blister contribution. Steve Cornelius pleased with outstanding quality and number of articles submitted for Blister #63, but some concern that prominence of members' overseas stories might daunt those writing about local happenings.
- Membership: Kevin Tiller's database shows approx. 300 financial members, similar to '95.
- Uniforms: Meeting welcomed Amanda Dawson who has kindly agreed to assist Peter Truscott in administering uniforms. Some problems to be sorted out - delays by the supplier and design of women's running singlet. Suggested they should review the whole issue of Club uniform design and maybe get expert advice about it.
- 10K Series: Success continues. John Hamilton proposed need for two permanent positions, entry/results recording and PR/Promotion. Will seek help from interested Club members and raise awareness of the need through The Blister. VOLUNTEERS ANYBODY?
- STaRs: Murray Town advised new hosts are required for the River Run, Chatswood Chase, Tourist Trot. VOLUNTEERS ANYBODY?
- Fees for 1997 were discussed. It appears possible to hold subs. at the same level for the third year running (well done, everybody). Some members might find multi-year subs. attractive; Club admin. could cope because our database is now so efficient, thanks to Kevin Tiller. Agreed to explore further. Club's ambition should be to achieve 100% renewals; member loyalty is Club's greatest asset.
- Agreed to continue Club's annual sponsorship of the cheetah at the Western Plains Zoo.
- Agreed to renew/renovate STaR gear, ie tables, gas ring, race folder, first aid kit. Problem raised of notice board too big to fit in some hosts' cars; any ideas welcome.
- John Turner and Scott Crawford in touch with M2 Motorway managers to keep alive prospect of a Club organised community fun run to precede its opening mid-'97. Also, we are aware of Athletics NSW (predicted) problem with Sydney Marathon (Japanese backer dropped out); agreed to "wait and see" if opportunities arise for Club to revisit its 1993 initiatives re this lead-up to 2000 Olympics marathon.

• Athletics NSW Affiliation

from Chris Robb

You may not be aware that Sydney Striders are affiliated with Athletics NSW. What does this mean? It means you can compete in inter-club track events as well as the winter cross country races without paying the extra cost that would normally go to the club. Instead you pay only the NSW affiliation fee of $50 for summer or $60 for the whole year (year begins 31st March).

For more details, call the club office on 9959 4269 or Ahtletics NSW direct on 9552-1244.

Quote of the Month: Oct '96

supplied by Jonathon Trope

"Are you Charles' son?". Unidentified friend of Charles Coville, addressing recently-joined Strider Richard Briscoe, aged 32.

Club News

• Club Calendar Errata

Please note the following correction to Calendar #82, mailed to members in October:

The Palm Beach to Manly 30k race is correctly dated **Saturday** 4 January, but the 6 subsequent **Sunday** dates on that Calendar are all incorrect by one day. Corrected dates are January 12, 19 and 26; and February 3, 10 and 17.

An updated Calendar to be mailed to members in December (possibly with this issue of The Blister) will correct this error.

• Palm Beach to Manly: Transport Arrangements

The annual Harbord Diggers' Palm Beach to Manly 30k race starts at 5 am on Sat 4 Jan 1997. Striders usually meet in Manly's Wentworth Street car park around 3.45 to 4.00 am to organise car pools and taxi-sharing to the start at Palm Beach. Manly-Warringah Taxis estimate the fare to Palm Beach at about $35-$40 - sounds a lot, but when you consider the alternatives it ain't much, shared between 4 passengers. If you're leaving your car in Manly, remember street parking restrictions start at 8.30 am, and you must buy and display a ticket in most off-street car parks from 9 am. Don't risk a fine!

• Striders in Training: We're Back!

After a long absence, the "Striders in Training" feature makes its reappearance (later in this edition of The Blister). It's a feature which aims to keep members informed about training groups they can join, other than official Striders' events. These training groups vary a lot in terms of their distance, their formality or informality, their venues, and their arduousness, but one thing's for sure - if this listing is to be of any use to club members, it will need constant updating with information and feedback from YOU ALL!

We'd be most grateful to hear of additions, corrections or deletions - contact Kevin O'Kane, who has kindly arranged the re-birth of "Striders in Training", on (H) 9449-1435.

• Tailford Literary Award Nominations Invited

Nominations are invited for the 1996 Tailford Award for literary excellence. The fifth annual Tailford award will be presented at the annual Striders' Awards Dinner on March 6, 1997, to the Strider who, in the opinion of club members, wrote the best contribution to this magazine during 1996. Nominations should be sent to the club's PO Box, and must unambiguously refer to any article from Blisters 60 to 64 inclusive.

Voting forms for this award (and for the club's premier trophy, the Outstanding Achievement Award) will be received by members in February or thereabouts.

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Be a Legend in Your Own Lunchtime

Club News

• Aust. Corporate Games, 15 Mar '97: Helpers Wanted

from Amanda Dawson

Sydney Striders are looking for volunteers to help out in the running section of the Australian Corporate Games next March. They will be required from 7.30am for a couple of hours, with their duties involving registration, drink tables and marshalling. If you would like to help the club, please contact Amanda Dawson on (W) 9438-1833 and indicate your time preference.

• Congrats All Round!

It has been the pleasant duty of Club President John Turner to write letters of congratulation to no fewer than 3 club members in recent weeks.

To George and Lynn Herisson, on the birth of a daughter, he wrote: "Welcome to young Claudia Annabelle. All your fellow Striders join me in this. We're always happy to see our Strider 'family' bring more new members to the 'starting line'..."

When Mike Ward's wife Margaret gave birth, also to a daughter, John wrote: "...To the new family member, on behalf of all Striders, welcome, Emily Margaret. In due course, may you keep up the traditions of your illustrious parents in becoming another of our most valued Club people. Mind you, you'll have to be pretty good because they've set a high standard to live up to..."

And when Sandy Street recently achieved the distinction of becoming a Senior Counsel, he also received a letter of congratulation, including these words: "...Naturally, we expect this elevation to so lighten your earthly contact that your swiftness across the (Comrades') ground, if not yet on water, may henceforth be mightily enhanced!..."

We're sure all club members echo John's sentiments, and offer warmest congratulations to George, Mike, Sandy and their families.

(An extra word about the 2nd of the 3 events mentioned above: The Blister editors express their heartfelt appreciation of Margaret Ward's TOTAL refusal to allow the (very!) impending birth to prevent her from packing and mailing Blister #63. Little Emily Margaret had no choice but to delay her world premiere because the Wards believe that The Blister Must Go Through! We won't forget what you did for this magazine, Margaret!).

• Best Wishes, Annette!

Glad to hear the news that Annette Screen (wife of Club Vice-President and Secretary Jim Screen) is making a strong recovery from her recent serious illness. We're sure all readers will join us in wishing her all the best for the future.

• John Young our Fastest City-to-Surfer

Blister #63 recorded Chris Truscott as the club's fastest City-to-Surf finisher for 1996 in a time of 46:42. We have since discovered that in fact this distinction should go to John Young, with his time of 44:55. Phenomenal run, John!

• Blister #63 Errata

The article "Benson Takes Off" (Blister #63, p 26) was in fact written by **Chris** Truscott, not by his brother Peter. It was a sequel to one he wrote in 1995 entitled "Benson prepares for take-off". The editors apologise for any misunderstanding.

• Blister #65 Deadlines

Deadline dates for the next Blister: 21 Feb for photos, graphics, disks in Apple Mac format, and anything which requires scanning or re-typing; and 28 Feb for all other contributions, including PC-format disks and those submitted via email.

• Striders and Email

Approximately 40 Striders with Email access are now on our online mailing list to receive occasional club updates from Kevin Tiller and Blister updates from the editors. Please notify Kevin Tiller to be added to (or, indeed, deleted from!) the list. Please note also that Graham Butler's recent acquisition of email facility means that all 4 Blister editors can now receive your contributions electronically (E-addresses page 2).

• Club Uniforms

Club uniform prices and info now live on the inside back pages. See pp 42-43 this issue.

• Not a Pretty Sight

The editors apologise for the cramped look of certain pages in this Blister. With HEAPS of material and pics, we figured aesthetics might have to be compromised a little to fit it all in. Not a lot of white space on some pages, but tons of reading!

PB (President's Blarney)

by John Turner

We've got lots of champions in our Club. There are two types of 'champion'. Most people think of 'champion - the winner'. But I want to talk about the other type. Have you noticed how one enthusiast makes all the difference? The person whose constant keenness is infectious? They tend to be focussed individuals - people who maintain a strong belief in the relevance of their cause, even if the going gets tough. They 'champion' it - usually by their quiet persistence, rather than noisy statements, which impresses others and creates a following over time.

Without our own 'champions', Striders wouldn't be half the Club it is. Charles Coville was our original champion. He was at the centre of a small group who believed long-slow-distance training in groups on a Sunday morning, followed by a gathering around a self-help breakfast, was the best way to bring average runners up to marathon fitness. He, more than anyone, was responsible for the 'help each other' attitude that pervades Striders even now. Charles was also the champion of Striders Lane Cove Half Marathon, still our best remembered community event.

But he was not alone. Dr. Irwin Light, for example, was and still is the 'champion' for helping Striders understand that few running injuries need not keep you off the road entirely - not a matter of toughness, just good sense about the temporary nature of most strains and the importance of mental attitude to exercise.

Some of our former champions we don't see so much of any more, but most of them are still Club members and therefore still part of the Strider 'family'. I'm thinking of Alex and Brenda Hamill, Nick Reed and Alistair Mackie, who were the originators of Striders' participation in swimming/cycling sports, i.e. triathlons and duathlons. They were my inspirations, and I know many more who owe their wider interests to those pioneers. And who can forget the dedication of the late Bret Nichols who organised our best Picnic Relays and actually originated 'The Equaliser'.

There are lots of others. Certain races have always had champions of the enthusiastic leader kind - for example, you can't go past Mike Ward and Brian Colwell for Brindabella, (both achieved their ten time finishers trophy this year); Wendy Downes practically owns Brisbane Water Bush Bash and the Royal National Park Ultra, and before that, was the driving force behind the dear departed Three Ports Race; Joanne Cowan had a long-standing monopoly on Canberra Marathon where she was both its champion and 'the' Champion for many years. And our best performances in the City to Surf were when super-enthusiast Scott Crawford pulled all our teams together. Overseas, Alf Field draws Striders to the Two Oceans in Cape Town, and he along with Jonathon Trope and Dick Bartlett get us going back to Comrades time after time.

But it's not just the races that bring out Strider champions. Sue Hill, in my view, has been the Rock on which participation by women in Strider events has been built. Other women have subsequently gone further and faster, but Sue remains the steady, consistent and kindly force behind so many of their successes. Down at grass roots level, I can think of no-one recently who has done more for beginner runners than Kevin O'Kane with his Marathon Training Group.

Our 10K Series, Striders' most worthy contribution to the community since our Lane Cove Half died of natural causes, is a credit to the organisational enthusiasm of many people, notably Jonathon Trope, Mark Fiore and, most recently, John Hamilton. Our results and membership database, now so ably managed by Kevin Tiller, was for many years dependent on the loyal persistence of Ian and Edwina MacArthur. Then there were Graham and Barbara Firkin whose catering for Strider internal events had no peer. And lastly, this journal 'The Blister' has been a hothouse for the best kind of Strider champions. The present production manager, Steve Cornelius, has been involved for years one way or another. So was John Ayliffe. Roger Rigby carried the burden almost single-handedly for about five years. But the names that come through as the longest serving and most durable contributors to Striders' high standard publication are current editor Graham Butler and printer Brian Tailford.

Champions all. Members with infectious enthusiasm. Our Club thrives on members who 'champion' their cause and thereby bring enjoyment and fresh horizons to those who follow their lead. Long may it last.

Keep on Striding! John Turner, President

Sydney Striders' 1996 Annual Awards: The Full Listing

data supplied by Kevin Tiller

The club's annual pre-Christmas brunch at Middle Harbour Yacht Club on December 8 was, as usual, the venue for presentation of trophies and awards. We heartily congratulate all those whose names appear on the following complete listing of category winners and place-getters.

This edition went to print before the awards brunch, so pictures will be published in Blister 65.

• COMMEMORATIVE ('95 WINNERS)

The following commemorative trophies were presented as lasting keepsakes to the following 1995 category winners:

Debut Marathon (male)	**Michael Wilson**
Debut Marathon (female)	**Fiona Pelly**
Sub 3-Hr M'thon Improver	**Grant Ranken**
Sub 4-Hr M'thon Improver	**Neil McPherson**
Open Marathon (male)	**Chris Truscott**
Open Marathon (female)	**Joanne Cowan**
Ultra Runner of the year	**Kelvin Marshall**
10k Series Handicap winner	**Joe Degabriele**

• DEBUT MARATHON: MALE

1st **John Young**	2:35:30 Sydney
2nd Peter Dwyer	3:24:41 Canberra

John Young is a new member this year. He finished the SMH Half (1.10.34) and many races in the 10km series around the 33 to 34 min range.

• DEBUT MARATHON: FEMALE

1st **Cathy Dunworth**	3:26:26 Canberra
2nd Rozanne Green	4:22:57 Canberra
3rd Margaret Gee	4:28:04 Canberra

Cathy's other results this year: Bankstown Half M'thon (1.35.45), SMH Half Marathon (1.37.12).

• SUB 3 HR MARATHON IMPROVER

1st **Darren Benson**	2:59:30 to2:33:19 = 14.59%
2nd George Lisson	2:58:54 to 2:53:09 = 3.21%
3rd Philip Hugill	2:49:10 to 2.47.20 = 1.08%

Darren's 2:33:19 was the Traralgon Marathon, and his previous best was the Sydney marathon 1994.

• SUB 4 HR MARATHON IMPROVER

1st **Clara Vucetic**	3:31.00 to 3:12:53 = 8.56%
2nd David Solomon	3:30:30 to 3.16.30 = 6.65%
3rd Fiona Pelly	3:49:59 to 3.37.06 = 5.60%

Clara's 3:12:53 was the Sydney Marathon, and her previous best was set before joining Striders.

• OPEN MARATHON: MALE

1st **Darren Benson**	2:33:19 Traralgon (winner)
2nd John Young	2:35:30 Sydney
3rd Philip Hugill	2.47.20 Sydney

• OPEN MARATHON: FEMALE

1st **Joanne Cowan**	2:47:22 Sydney
2nd Clara Vucetic	3.12.53 Sydney
3rd Cathy Dunworth	3.26.26 Canberra

Joanne also ran this year:SMH Half Marathon (1.20.32), City to Surf (50.28).

• VETERANS' MARATHON: MALE

1st **George Lisson**	2:53:09 Sydney
2nd Joseph Vucetic	3.06.53 Sydney
3rd Mike Ward	3.12.20 Sydney

• VETERANS' MARATHON: FEMALE

1st **Joanne Cowan**	2:47:22 Sydney
2nd Clara Vucetic	3.12.53 Sydney
3rd Cathy Dunworth	3.26.26 Canberra

• MASTERS' MARATHON: MALE

1st **Jonathan Trope**	2:56:17 Canberra
2nd Peter Hammerschmidt	3.14.19 Canberra
3rd Michael Wilson	3.28.55 Sydney

Jonathan also ran this year : Comrades 87 km (7.43); Six Foot Track 46 km (4.36); Sydney Marathon (2.58.55); SMH Half Marathon (1.24.24); Striders 10km (37.01 PB).

• MASTERS' MARATHON: FEMALE

1st **Brenda Hamill**	3:55 Boston

• SENIORS' MARATHON: MALE

1st **Neil McPherson**	3:43:12 Sydney PB
2nd Bruce Murray	3.45.00 Sydney
3rd Bryce Courtenay	4.50 Boston

Neil also ran this year: SMH Half Marathon (1.38.58 PB); Sutherland Shire Half (1.38.53 PB); City to Surf (1.03.29 PB); Meadowbank 10k (43.30 PB); Mini-Mos'thon 10k (44.40 1st M 60+)

• TRIATHLETE AWARD

Winner: Jonathan Worswick

Jonathan's triathlon recordfor 1996:

Feb: S/Chinmoy 2.2k 80k 21k	37:53 swim, 2:33:59 bike, 1:23:34 run = 4:35:27 (308th from 807)
Mar: Cowra 2.2k 80k 21k	47:07 swim, 2:50:50 bike, 1:17:09 run = 4:55:06
Apr: Forster 3.8k 180k 42.2k	1:11 swim, 6:04 bike, 3:28 run = 10:44:24

Also RAN this year: Bogong-Hotham 60k (8.44, 4th); 6 Ft Track 46 k (3.54, 3rd); Brisbane Water Bush Bash 47 k (4.13, 7th, one week after Ironman!).

• 10k SERIES AWARDS

Handicap winner:	**Amanda Dawson**
Outright male winner:	**Chris Truscott**
Outright female winner:	**Clara Vucetic**

• ULTRA RUNNER AWARD: MALE

Winner: Kelvin Marshall

Kelvin's ultra record for 1996:

Jan: Mansfield-Mt Buller 50k	4.41.00	4th
Mar:Six Foot Track 46k	4.17.21	11th
Mar:AURA Dam Trail 50k	5.25.19	4th
Apr:Brisbane Water Bash 47k	3.52.56	2nd
May:Banana Coast Ultra 85k	6.50.00	1st
Jun:King of the Mountain: 46k	4.05.55	13th
Aug:Tambourine Trek 69k	6.13.52	1st
Sep: Aust. Championship 100k	9.04.08	9th
Sep: Royal National Park 50k	4.16.15	6th
Nov: Brindabella 53k	4.09.17	6th

He was the Strider who ran the furthest distance in one race this year - 100km. Also ran this year: **Marathons**: Melbourne (2.53.09), Gold Coast (2.53.23), Kempsey (2.57.56), Sydney (2.55.00), Canberra (2.59.14), Cities (3.02.00), Brisbane (3.30.10); **Half-Marathons**: SMH (1.24.28), Randwick (1.24.08), Sydney Marathon Clinic (1.27.47 and 1.26.09); **Other Races**: Palm Beach to Manly 30k (2.20.34), City to Surf (0.59.59), Syd. M'thon Clinic 25 km (1.39.51 and 1.43.03)

• ULTRA RUNNER AWARD: FEMALE

Winner: Dawn Tiller	Brindabella 4:29:00 (1st female, 10th overall, 3rd fastest ever)

Also ran this year :October Mt Wilson to Bilpin 35km Trail (2.49, 1st Female, 15th Overall); August City to Surf (54.15 PB).

• OPEN HALF-M'THON: MALE

1st Chris Truscott	1:10:06 Melbourne
2nd John Young	1.10.34 SMH
3rd Darren Benson	1.11.33 SMH

Chris also ran this year :
Jan: Palm Beach to Manly 30 km (1.54.24) 4th PB
Feb: Southern Highlands Fun Run 8k (26.14) 1st
Feb: State 5km Track 5 km (15.32) 15th
Mar: Striders 10km 10 km (33.04) PB, 1st
Mar: Botany Bay Fun Run 8 km (25.29) PB 12th
Mar: Woy Wo y Fun Run 10 km (32.41) PB 9th
Apr: Bronte Teams Tri 8 km (25.47) 1st
May: Westleigh Fun Run 10 km (33.41) 2nd
May: SMH Half M'thon 21.1 k (1.11.55) PB 24th
Jun: State Cross Country 12 km (43.13) 21st
Jun: Razorback Run 14 km (52.57) 8th
Jul: Great NOSH 15 km (59.16) PB 3rd
Jul: Gold Coast Half 21.1 km (1.10.22) 36th
Aug: Striders 10km 10 km (33.14) 1st
Aug: City to Surf 14 km (46.42) PB, 55th
Aug: St George Fun Run 8 km (23.26) 1st PB
Sept: Aust. Cross Country 12 km (43.25) 65th
Oct: 3 Ports Sail/Run #1 12 km (40.03) 1st
Oct: 3 Ports Sail/Run #2 12 km (40.17) 1st
Nov: Brooks Team Tri 5 km (13.50) 1st

• OPEN HALF-M'THON: FEMALE

1st Joanne Cowan	1:20:32 SMH

• VETERANS' HALF-M'THON: MALE

1st Chris Dwyer	1:19:05 SMH
2nd John Hamilton	1:21:00 Sutherland
3rd Godfrey Franz	1:22:10 SMH

• VETERANS HALF-M'THN: FEMALE

1st Joanne Cowan	1:20:32 SMH
2nd Clara Vucetic	1:28:00 SMH
3rd Cathy Dunworth	1:35:45 Bankstown

• MASTERS' HALF-M'THON: MALE

1st Ray Doran	1:20:10 SMH, 1st M 50+
2nd Raymond Potter	1:22:58 SMH
3rd Jonathan Trope	1:24:24 SMH

Ray also ran this year :City-Surf 50.09 1st 55-59.

• MASTERS HALF-M'THON: FEMALE

1st Wendy Downes	1:40:49 SMH
2nd Penny Taylor	1:50:22 SMH

Wendy also ran this year: 6 Ft Track 46k (5.20); Brisbane Water B/Bash 47k (4.55.59); SMH Half Marathon (1.40.49); Royal National Park 50k (5.03.59); and numerous triathlons.

• SENIORS' HALF-M'THON: MALE

1st Neil McPherson	1:38:53 Sutherland
2nd Manfred Fiedler	1:43:26 SMH

• IMPROVER AWARD

Winner: Jim Screen

Jim ran this year :
Palm Beach to Manly 30 km (2.40.54 PB)
Six Foot Track 46 km (5.59.24 PB)
Canberra Marathon (3.38.11 PB)
Canberra 50 km (4.32.29 PB)
Brisbane Water Bush Bash 47 km (5.00.35 PB)
SMH Half Marathon (1.37.14 PB)
Comrades 87 km (10.20.56 PB)
City to Surf (1.07.07)
Sydney Marathon (3.46.44)
Royal National Park 50 km (5.21.30 PB)
Mt Wilson to Bilpin 35 km (3.24.03 PB)
Brindabella 53 km (5.54.44)

• ENCOURAGEMENT AWARD

Winner: Rozanne Green

Rozanne has been an active member of the Kevin O'Kane training group aiming to build up and run a marathon in 1996. Rozanne ran this year :
Palm Beach to Manly 30 km (3.05.21)
Canberra Marathon (4.22.57 Debut)
SMH Half Marathon (1.54.56)
Sutherland Shire Half (1.51.02 PB)
City to Surf (Walked with a visually-impaired Achilles Club athlete in 2.45)

David and Goliath go to the Seaside

by David Sill

London to Brighton 6 October 1996:

The stage was set for the big clash! Would the sling shot work? Would the gods look after little David? What about the hare and the tortoise?

It was Strider against Strider. Big Carl Barker is one of the Striders' best runners who has represented Australia in the ultramarathon. He'd had a great running year. A good London Marathon, 6th in the Crete Marathon, an excellent Snowdonia Marathon in Wales, first in the Townley 12 Hour Race and many other great performances. Little Dave Sill on the other hand had an ordinary year finishing 57th in the Wiggington 10k (don't worry - you're not the only person who hasn't heard of it!), 35th in the 54k Grantham Canal Run and culminating in a 997th placing in the Great North Run.

Running scared

The time and place for the great encounter was 7 am on 6th October in London. It was cold, overcast and drizzling. It was actually rather a nice day for London in October! I stood in front of Big Carl at the start line to get the message across that that was the correct order for the whole race. Big Ben went "bong". Within 10 seconds it was apparent that the plan was not working so I moved to plan B! This was to make Big Carl feel over-confident. I was going to say something to him but his distant heels weren't listening. Oh well, there were 88.5ks for me to teach him a lesson before we reached Brighton..

I could imagine him running scared looking over his shoulder all the time for me to appear. I was waiting to pounce, conserving my energy for the big tussle later on. The first 20 k of the race is along fairly ordinary looking, flat roads none of which were closed for the race. I was running just behind a rather nice German lady at this time and for some reason I only reached the 24k marker 5 minutes before the cut-off. There are strict time limits to be met at each check point of the race or you get "retired". This check point was in a place called Farthing Downs which was a beautiful area of open ground. The fraulein failed to reach a later check point and wasn't allowed to finish the race. I could have helped her along but, no, today's challenge was Big Carl. It was cold and drizzling for the first 30k, which was good because this would make Big Carl despondent.

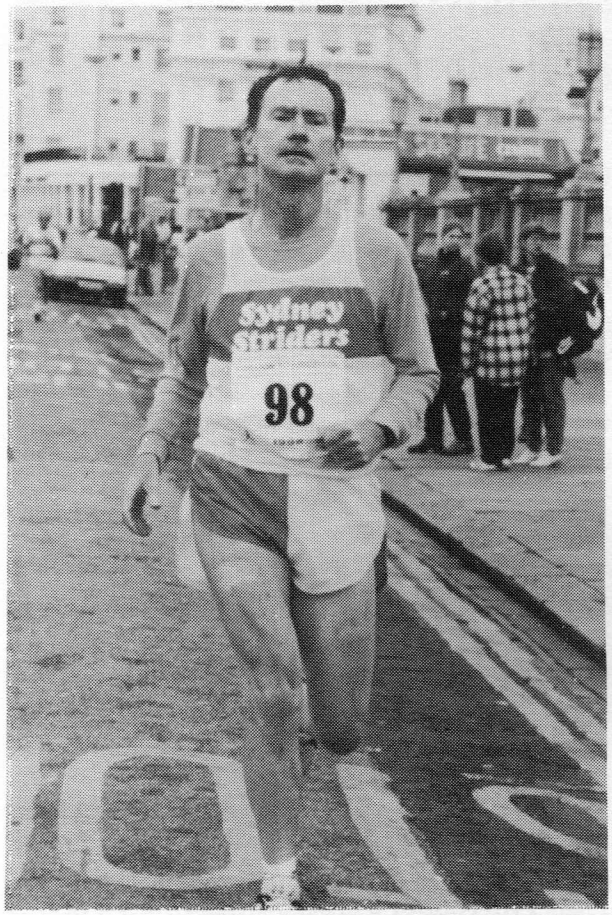
At 35k there was a long steep hill. I walked most of this but knew Big Carl would run it. Good, this would make him tired! At the top of the hill I was surprised not to see Big Carl at the side of the road gasping for breath. We were now going along smaller roads often with no pavement. This was playing into my hand because a fast runner like Big Carl could jump away from traffic in the gutter and twist an ankle! There were gentle undulations for the next 30k through scenic countryside. But where was Big Carl? I was running better now and at the 56k mark was told I was 25 minutes within the cut-off. The time-keeper then said "just because you're safe by 25 minutes doesn't mean you should indulge yourself". "Indulge myself!!". Couldn't this pom see that this miserable looking, frozen, sodden little Aussie was beyond indulging himself?

Was it a murder?

At the 72k mark an eerie feeling came over me. Something significant had happened at this spot. Was it a murder? The scene of a bloody battle? Had the Striders agreed on STaR start times? After a few more kilometres the runners had to go to "Ditchling Beacon". Now let me explain something. They don't put beacons in valleys or flat areas! I dragged myself up the road to the beacon which is 227 metres up. At this point I was absolutely and completely.(censored). I was sure I would find Big Carl's body at the top of this one! But no. After a while I recovered a bit and eventually dragged myself to the last checkpoint at 80.5ks in 8 hours and 4 minutes.

The last 8ks were mostly down hill and runners could pick up a lot of time here. It was a nice way to the finishing line after that (you can tell the race director where to stick his) beacon, and a good place to catch Big Carl! I overtook someone a 100 metres from the finishing line and there was nobody else in front of me. At this point I gave up hope of catching Carl!

I saw Carl shortly afterwards. He looked completely fresh and recovered. I should have known I couldn't catch him. We chatted over a bite to eat and I asked how he went. At the 72k mark he was running third with a long lead over the next runner. But he had serious stomach pains from a sports drink that didn't agree with him and was forced to withdraw from the race. He was a mere



David wrote: "The photographer took the shot just before the finishing line and just before I was wearing my finishing line smile!". For the second successive edition we say "Oh yeah, Dave".

---

two hours in front of me at the time! He got so close to the finish in what would have been a superb time and a certain trophy.

Carl lives in Lancashire but is thinking of returning to Oz in about 18 months. But first he is thinking of entering a race around Africa which will take six months! That makes the London to Brighton sound like a light training run! Any Striders who come to the UK should contact one of us - we need a third runner for team entries.

Well, ...the hare and the tortoise? Never give up hope. Penguins unite!

Results:

1st Greg Dell	6-00-59
2nd Stephen Moore	6-14-06
3rd Robin Gardener	6-33-59
22nd Hilary Walker	7-40-13 (First lady)
58th David Sill	8-42-42

London-Brighton: a Note

by Steve Cornelius

If you're considering running the London to Brighton ultra described in David Sill's article above, you might like to contact me before you go. An English friend of mine, Dave Beattie, besides being one of nature's gentlemen, has a vast store of knowledge and experience of this classic race, and would be more than happy to share it with any member of Sydney Striders.

Dave, who I originally met at uni in England in the 1960s, has run the London-Brighton so many times I've lost count, usually finishing in the top 10 and sensationally winning the race in 1990. His club, Crawley AC, is a habitual winner of the team trophy. In addition he was born and brought up in Brighton, worked for years in London, and lives in the Gatwick area very close to the race's half-way mark. He's the guru of the London-Brighton, knowing every inch of the route. Ask me for his phone number - and don't leave home without it!

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A Strider goes to Italy: World Duathlon Championships, Ferrara

by Warwick Selby

Selby retires! What can you do when a headline like this appears in the Blister. A 10k, ½ or full marathon, 6 foot track, Brindabella didn't seem enough. No, only a World Championship would do. Never mind the training needed, run and bike, and the fact that you need to qualify! The first thing to do was get a training programme. This meant 3 runs, 3 rides a transition session and, for the first time in my life, 2 workouts in the gym with the jocks. It also meant getting up at 5.15 am which is also something new. There were two qualifying races - Wagga States and Canberra Nationals. The first was wet and the second absolutely freezing, around 0° C. I was able to place 2nd in Wagga and 5th in Canberra in my age group, so that was the first objective achieved, selection in the Australian team.

Getting There.

The downside of qualifying was that the training increased, now 8-9 sessions weekly, half of which were high intensity. Hill climbs, intervals, transitions, 40k race pace rides. I am grateful to Sarah, Gary, Paul and others for helping and keeping the motivation going. I couldn't wait for the plane to leave so I could have a rest!

Eventually the time came and Angela, Jonathan and I were off - via a quick trip to Adelaide for 2 hours for work. After all the effort I'd put in I was paranoid that something would go wrong on the way. I thought we were OK until we reached Rome and were about to board our flight to Bologna. Our luggage, more importantly my bike, was still in the airport and hadn't been put on the plane. As a result we missed our flight. I shouldn't have been surprised, given the airline we were flying (libel laws prevent me saying too much). Still, this gave us a chance to meet a large bunch of Americans, also going to Ferrara, and a taste of the international flavour that was to come. One of them told me he was in my age group, then casually dropped the fact that he had come second in the American trials. I was less than impressed - trying to psyche me out and we hadn't even arrived! He reminded me of Dave Ritchie.

Ferrara

Ferrara is described as a renaissance town in the North East of Italy, between Bologna and Padua and about 100k from Venice. It has a castle, a cathedral and a medieval town wall (I knew this because it has a home page on the Web). The reality was not quite as expected, although it was a pleasant enough place, with lots of local cyclists, winding streets and flat roads.

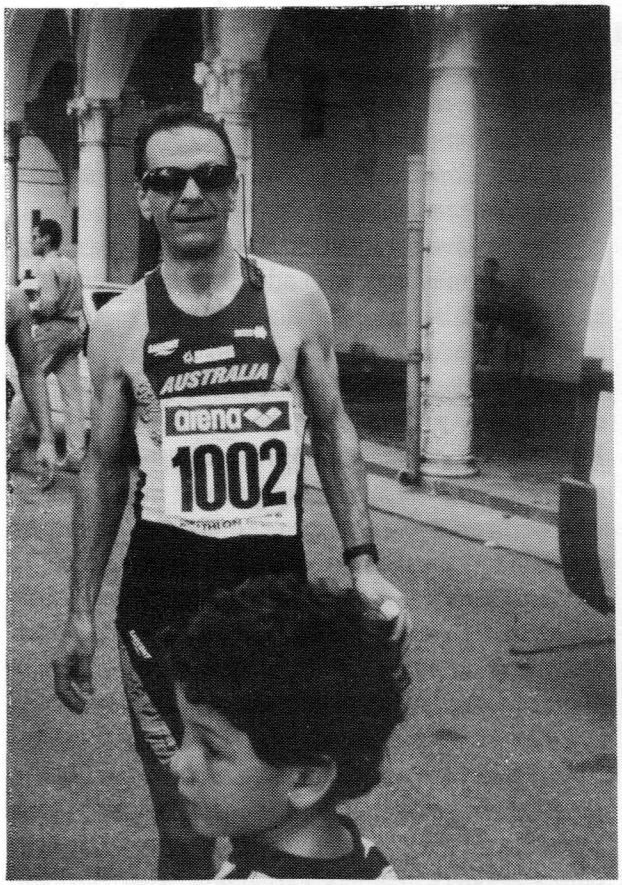
Over 1500 people had turned up for the Championships (1100 or so were age-groupers and the rest professionals). This meant that the hotels were all oversubscribed and a group of Australians, including the three of us, were assigned to the "Hotel from Hell" - one single room for me and a double room for Angela and Jonathan. It was a good thing we didn't bring more than one bag and a bike because there wasn't room for anything else. I kept looking for the bars on the windows. Still, once we got out and about and soaked up the atmosphere it didn't seem so important. Just wandering around with athletes from so many other countries was a buzz. In all there were 37 countries represented, including one competitor from St Kitts and Nevis.

Lead-up

The highlight before the race was the opening ceremony. Each team gathered in the old town and marched together to the cathedral square, with a large crowd watching. We each had our own flag bearer and banner holder dressed in traditional costume. When we reached the square we waited while we were introduced by an English announcer - "and now we welcome a country with one of the best records in triathlon and duathlon - AUSTRIA. What? not Austria? Oh, Australia. Oh yes, that's right, they're out of alphabetical order again." Now I understood why our luggage came out in the EEC section at Bologna airport! The Brazilians thought it was Carnivale and danced, bounced and sang their way through the town. They still hadn't stopped when we left on the Monday.

There was a pasta party after this, where I had a chance to finally meet the other Australians in my age group, who somehow had managed to get into the best hotel in Ferrara with most of the rest of the team.

The pros raced on the Saturday. They ran the same course as we were going to, but their ride went around the old town wall. This is what we



Warwick Selby in relaxed mood after the finish of his duathlon in Ferrara

were supposed to do, but at the last moment the organisers decided to change the course and we were to do 40k out and back to a local village. It was great to be an Australian in the crowd. In both the men's and women's races Australians led from start to finish, taking out both events (Andrew Noble and Jackie Gallagher). We also had 3 of the first 6 men. It made people very aware of all the Australians, including the age teams, and meant that the following day there were plenty of encouraging calls.

Race Day

The weather could not have been better. It was sunny, clear, windless and about 15° C. 1100 age-groupers gathered in the Piazza Ariostea in readiness for the race. I hadn't done a race like this before where the quality of the competition was so high, let alone the bikes they were riding. I now knew why triathletes shave their legs - it is a psychological ploy for when your bike isn't as good as everyone else's.

By this stage I was getting very nervous. I knew what to expect in a marathon, but this was something I wasn't used to. Waiting for the women and younger ages to start was nerve-wracking, particularly since no-one seemed to want to talk. This was serious stuff! We had been told that the starts would be 5 minutes apart, but the organisers again excelled themselves and we all went off 3 minutes behind each other. This certainly made for a compact event, especially on the ride.

The run set off from the piazza and then into the old winding streets of Ferrara. There was a reasonably large crowd all the way and lots of encouragement. The first run (supposedly 10k) was 2 loops of this course. I was trying not to go too hard, as I had done in Wagga and Canberra, but was pleased to finish the run in just on 34 minutes (what! the Italians get the distance wrong? never- it's a PB).

I was feeling good when I got onto the bike. The conditions were still perfect and the road absolutely flat with a good surface. Ferrara is only small so very quickly we were out in the countryside, where there were still lots of

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spectators. All of the competitors were on the road so it was crowded but meant that there were some good riding times. The 40k seemed to go very quickly and we were in the Piazza again.

As soon as I got off the bike I realised just how hard the ride had been. My glutei maximi were absolutely screaming and it was almost impossible to run into the transition with my bike, let alone bend down and put my shoes on. This is where the Strider's experience came in. I thought about how I felt going down the hill at the end of the 6' track or the end of the Pymble Pushover and suddenly it didn't seem too bad. It only took about 500 metres and I was able to stretch out again. I started to run past people and suddenly I began to feel a lot more comfortable.

This time it was only one leg of the run course - through the streets, past the cathedral, over the cobblestones outside the castle, into the main street where I saw one of the other Australians in my age group. There was only about 500 metres to go and I felt confident I could catch him. This time I thought of all those 10k races and put in a bit more effort. I cut inside the last corner leading up to the last long stretch and then raced to the end. I had finished in 1.53.58, 34th in my age group and 2nd Australian. I was pleased. I couldn't have gone any harder. I knew this because I couldn't walk! I needed Jonathan to hold me up (see photo) Still, this wasn't new and memories of Jenolan caves came flooding back. I had enjoyed this race immensely and everything leading up to it.

After

The closing ceremony was held that evening in the Piazza. The Brazilians were still partying, the New Zealanders doing the haka and the Australians getting the prizes. The results were available already and I was most impressed me by the winning times in each of the men's age groups:

20-24	1.40.05	35-39	1.38.23
25-29	1.38.47	40-44	1.38.59
30-34	1.38.10	45-49	1.39.23

This meant that the winner in my age group was only just over 1 minute slower than the fastest time for any age!

After this I needed a holiday so we went to Turkey. I'd recommend this to anyone. I'd also recommend that if the opportunity is there to do something like go to a World Championship or anything else that requires that extra bit of effort, then do it. It's worth it in the end.

Old Thimbleheart is back!

UK Road Runners' problems

[Eds' note: We are grateful to David Sill, currently based in England, for sending us this extract from the [UK] Road Runners' Club magazine, dated 2 March 1996. David comments: "Does this remind you of anything?"].

"We have been seriously concerned at the decline in membership and have agonised over what should be done to encourage the many road runners not even aware of our existence to join.

Many years ago we tried advertising for membership through the athletic press. Membership certainly improved but then declined as advertising ceased. The argument in those days was perhaps we were trying to attract the wrong sort of runner. But what is the wrong sort of runner? Surely we should represent the whole spectrum, from the slow to elite, from club orientated to lone soloist and from the shortest distances run to the longest. This has always been our avowed aim.

We have decided to advertise in the athletic press once again and also to take a long hard look at ourselves, including the newsletter cover, the club stationery, leaflets explaining what the club has to offer and finally even the club's logo which has been with us since our very beginning. The last move brought forth the greatest passion, many council members feeling that we should modernise and update how we appear and many others horrified that we should even think of changing the logo. We spent money commissioning new designs, and considerable time debating them.

Whether we change any of these things is still undecided but the bottom line is we need to attract new members, we need the help of the younger generation if we are to survive.

Signed: John Legge,
Chairman, Road Runners Club (UK)

Nipple Protectors

from Jonathan Trope

A funny thing happened at a STaR when Geoff Caban noticed I was wearing a "band" around my chest and asked Breeda Kelly if she knew what it was. Quick as a flash, Breeda said "It's a nipple protector", whereupon Geoff, who suffers terribly from the dreaded bleeding nipple syndrome on long runs, dashed up to me and asked where he could buy one. When I said "It's a pulse rate monitor" he was most put out!

Is Fat the Fuel of the Future?

By Fiona Pelly (Bsc Dip Nut Diet APD)

As we all know, both carbohydrate and fat can be used as fuel source during exercise. Up until now the emphasis has been on the performance enhancing effects of carbohydrate. However, it now appears that the role of fat has been underestimated. The latest research is showing that dietary fat may have more or a role in exercise performance than we have previously thought.

It appears that by manipulating our diet we can influence the proportion of fat and carbohydrate that is burnt. As we get fitter, we become more efficient at burning intra-muscular triglyceride (fat stored within the muscle). It seems that we can train the body to burn this fat more efficiently during exercise (ie fat adapt). This in turn will help to decrease our reliance on muscle glycogen. But remember most well trained individuals store enough glycogen for around 1.5 - 2 hours of continuous exercise, so most events will not benefit by fat adapting. It also appears that fat adapting is only of benefit for events over 3 hours (eg. Ironman, ultramarathon, 3 hour+ marathon)

How do I fat adapt?

You are still best training throughout the year on a high carbohydrate diet. In the week before your event begin with following a 3 day low carbohydrate, high fat regime, then carbohydrate load for the 3 days immediately prior to the event. Many of you will instantly say this reminds you of the 'old' method of carbo loading were the aim was to deplete the muscle of carbohydrate before the carbo load. Yes, this method is similar, however it is not necessary to train hard during the 'fat load' period. In fact it is still necessary to taper your training to ensure maximum fuel storage.

Another interesting finding is that fat ingested during exercise may also enhance performance for endurance activities. The only types of fat that seems to have this effect are known as medium chain triglycerides (MCT's). MCT's are absorbed and metabolised as quickly as glucose unlike most other fats. It appears that the best performancing enhancing effect occurs when the MCT's are combined with glucose. This is probably because the MCT's act as an addition fuel for the muscle.

Where do I get MCT's?

MCT's are not found naturally in food and are presently sold to those with gastrointestinal problems who can't digest normal fat. They are also very expensive! It does appear that some companies in the US are manufacturing sports bars and gels containing MCT's and these are just starting to appear on the Australian market. The best solution would be to provide MCT's in a sports drink so that fluid requirements can be met at the same time, however it may be a long time before a palatable solution can be found!

The bottom line.

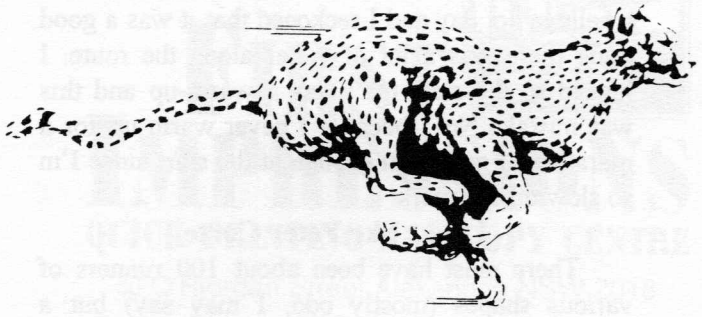
- Carbohydrate is still the best fuel for training and competition;
- For ultra-events, try fat loading followed by carbo loading (if possible, try in training first);
- Stick to sports drinks during the event. If you want to try MCT bars and gels remember to practice in training first and always consume plenty of fluid at the same time.

From last edition's nutrition news

My apologies to Benny who lives in Hong Kong who I mentioned trained in Bangkok. At least the climatic conditions are fairly similar!

[Fiona Pelly is a Strider and professional Sports Dietitian, contactable on 9888 3638].

Improvement through Competition.



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The Rottenest (Half) Marathon

by Jonathan Trope

What a dish of ointment! I thought that when Basil Hanna (who has tried very hard to be accepted as a Strider but keeps on being thrown back into the WA Marathon Club) invited me to come and run the "Island Marathon" I was going to one of those idyllic settings somewhere in the Pacific where every day is better than anything Queensland can put on. I was amazed to find that I first had to go to Perth (a long way from Australia) and then catch a ferry across to what some mate of mine in WA described as "the desert with fringe benefits".

The ferry trip should have been the first warning; I nearly got sick after 10 minutes and still had 20 to go. Good thing I've got my Doctor and Nurse with me, I thought as the ferry rocked and rolled, pitched and yawed its way across the swells whipped up by the "Freo Doctor" which is well known to all those who follow Australia's cricket fortunes (or misfortunes as they seem to be at present).

Cycling aimlessly

Then into the Lodge at Rotto where the room nearly claimed my life as I slipped on the carpet at the entrance (after ½ a glass of wine with dinner) and then thankfully sank into a soft bed where I recovered from the rigours of Transcontinental travel.

The Saturday was spent aimlessly cycling around the island looking at the flora and fauna (apart from birds and quokkas there's not a lot) and having a couple of swims and snorkelling attempts at the various beaches. Then, the BIG event, the pasta party, where Basil told some awful jokes and everyone was very polite and we all went to bed early to miss the second course.

Sunday dawn was a bit humid with promise of a helluva hot day and I reckoned that it was a good thing there was a lot of water along the route. I jogged to the start (½ k) as a warm-up and this was mistake No 1 because I never warm up for a marathon; I get warm enough at the start since I'm so slow off the mark.

Looks like Peter Corte

There must have been about 100 runners of various shapes (mostly odd, I may say) but a couple of guys who looked like they may be able to run a bit. You know how it is, you meet someone who looks like Peter Corte and then he runs like Phil Hugill. So I lined up with the Hugill look alikes and bingo, we were off and they were already 200m behind me but ol' Fatty Corte was blazing away down the route, streets ahead already!

I took no notice of anyone and that was good 'cause they took no notice of me either and I proceeded to set my own pace at around 4:10 per k. This was not as easy as you may think because the first marker was at the 5k point (at least it was in the right place, not like our illustrious Sydney Marathon). At around 2k I felt a slight twinge in my left hamstring which then proceeded down the leg and lodged itself in the Achilles for a k or so before going away completely. All OK I said (mistake No 2) and carried on happily.

No problems at all during the next 8k or so at which point one goes past the start as the course is a four lap affair (1 x 13.5 and then 3 x 9.5). I was "looking good" according to all the yokels and feeling great according to my demented head (mistake No 3). At 21.1k, which I passed in 87:10, I decided that today was going to be my day (mistake No 4) and I started making plans how to spend the prize money (I actually decided to fly back to the mainland instead of chancing the ferry again).

Toddling along just fine

Then I passed some young bloke (under 40) into 6th place overall and made up my mind that I'd just keep going at this leisurely pace and give it a real blast for the last 8 or so k's (mistake No 5). I was toddling along just fine as I passed the 23k imaginary mark and then "twang" I popped a hammy! I couldn't believe it as this has never happened to me before so I walked for a bit and then tried to jog only to stop very quickly again. In retrospect this was not mistake No 6.

Dejectedly, I went back to the Start/Finish and tried to get some commiseration from the crowd and officials but alas, all they said was "there's the medical tent, mate". I moped around for a bit, iced my leg, went back to the room and had a shower, breakfast and then back to the Finish to cheer in the winner.

Now I know what it's like to be one of the fast guys - you are all clean and tidy when the others come in and you can be so condescending and ever so nice to them in their agony. The race went on

for hours (as usual) but it got really hot, over 30 degrees I believe and they still had a 5 and 10k fun run at 10:30 can you believe?

So there was my half marathon, not my best but I guess the first at Rottnest.

Seriously though, the whole weekend was great. The venue is superb, the race was well organised, the people were friendly even though I was from the East Coast, and the scenery and serenity of Rottnest are really worth the trip. Particular thanks to the WA Marathon Club, especially Basil and Chris who arranged the hotel, the race, the pasta party, the weather and especially the ice for the leg!

It's not the worst run, it's the Rottenest!

Ironman Athlete Can Injure Heart

from the Internet via Ann Potter

New York (Reuters): Researchers have found biochemical evidence of heart injury in some athletes who competed in an Ironman Triathlon.

They say 6 of 23 participants in the gruelling competition had elevated blood levels of a protein (troponin) produced by heart muscle in response to injury. 2 had increased levels in 2 different types of the protein, similar to levels observed in people who have heart attacks. In addition, ultrasound images (echocardiograms) of the heart showed abnormal heart motion in five participants, which the researchers say may also indicate heart injury.

"We found that those who finished faster (who did the best) showed evidence of the biggest damage. And those who did not do well time-wise did not have any increase in their troponin, or did not have any significant changes in their echocardiograms," said study lead author Dr. Nader Rifai, associate professor of pathology at Harvard Medical School.

Before and after the triathlon, Rifai and his colleagues collected blood samples from the 23 racers, none of whom had any evidence of coronary disease. The samples were analysed for troponin T and troponin I, which are sensitive chemical indicators of heart cell injury. Echocardiograms were also administered before and after the competition. None of the participants prior to the race showed blood or echocardiogram signs of heart damage.

"The question is, what does it all mean? We don't know at this point," said Rifai, who presented the findings this week at the American Heart Association's 69th Scientific Sessions in New Orleans. "... For the first time, we know for sure that ultra-endurance (prolonged exercise) causes myocardial (heart muscle tissue) injury in some athletes. But we don't know if it's transient damage or will persist to cause problems in the future."

"We also don't know at what level of intensity we start seeing the damage. These are all issues that we will be working on the future," Rifai said. Rifai and his Boston colleagues note that the physical demands of an Ironman Triathlon are far more strenuous and sustained than the type of physical activity that health experts consider good for the heart.

In this particular type of event, participants swim 2.4 miles in the ocean, ride in a bicycle race for 112 miles, and run a full marathon -- 26.2 miles. Rifai points out that exercise routinely results in biochemical evidence of skeletal muscle injury, apparently without long-term effects. But whether this holds true for heart muscle remains to be determined.

"Certainly, we don't want people to get the idea that moderate or even intense daily exercise is harmful," he said.

Quote of the Month, Nov '96

"Chris Truscott knocked off Clara Vucetic on the final race." (10k Series Director John Hamilton, describing the exciting events of Race 10 in his final report on the series).

FIRST IMPRESSIONS
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Sydney Striders' 1996 10k Race Series

by John Hamilton

BEP...BEEP...BEEEP...BEEEEP...BEEEEEP...

Whoa! What! **5:00** blares the red of the alarm clock digits in amongst the dark of the early, early morn!

What day of the week is it ??? Saturday ??? Why's the alarm going off ???

Oh yea, it's a 10k Race day - goodie, goodie! Spring out of bed - as much as one can spring in the early, early morn! Don the familiar green and white tracksuit, race downstairs and quickly eat up a bowl of cereal and scull a glass of fruit juice. Brush the teeth. Kiss the wife goodbye. Out the door. No sign of life in the street - it's quarter past five in the morning and all the sane people in this part of the world are asleep! There are lights at the top of the street (like the ones at the end of the tunnel), they get closer, and I recognise them as belonging to Mark Fiore's car - my lift. Quickly I run to the corner, thereby saving Mark 50 metres driving. I jump in Mark's car and we're off.

Mark takes every known back route to North Head, and all of a sudden we're there. It's a two man show this fine morning, a new course, and a whole lot of fun! Like the precision team we are: up go the recording tables, out comes the recording gear. Mark dashes off to mark the course (Mark's good at marking!), etc. The first runners arrive and we've soon got 79 runners raring to go! In between, the drinks have been iced and the Gatorade prepared with all the finesse of a cordon-bleu chef. It's 07:00, and in the Sydney Striders' tradition of starting races on time regardless of Joanne Cowan just landing at the entry table, and the Vucetics circling the entry table in their Ford Capri, the familiar words "take your marks, go" (or words to that effect), shatter the air at North Head, and the runners are off to enjoy a pleasant and scenic 10k run crossing over 60 speed humps.

After the runners have gone, Mark and I prepare the turning point, half way drinks, the finish line and the finish equipment. During all this we applaud the runners who pass, cajole them to go better and faster, and enjoy the expressions of pleasure on their faces (10k Race Team members don't have to be masochists but it sure helps!). No sooner is all ready at the finish line than John Young comes charging towards it, followed by Darren Benson, and third Chris Truscott. Marlies Laaper led the women home in this event. And so began the 1996 10k Race Series!

Come May, and the election of a new Sydney Striders Committee, the 10k Race Series baton was passed from Mark Fiore ably assisted by myself to Ray Potter, Derek Smith, and myself. This new 10k Race Team presented the remaining six 1996 10k Races and achievements and trivia are splashed across the pages below.

The 1996 10k Race Series ended with a most moving moment when the first disabled runner took part in the last 10k Race - look for the 10k Race Moving Moment elsewhere in The Blister for details.

10k Race achievements and trivia:

The 10k Race Series attracted fields from 79 to the largest ever of 134 runners. Four 10k Races attracted over 100 runners.

Gross revenue was $6,845, expenses were about $500 and runs for cancer earned the Oncology Unit of the Royal North Shore Hospital $900. So Sydney Striders benefited to the tune of $5,445 from the 10k Race Series.

Outright 10k Series leaders at the half way point were Chris Truscott (1st male) and Joanne Cowan (1st female). At the end of the 10k Race Series first to sixth placings were:

1st: Chris Truscott (1st male)
2nd: Clara Vucetic (1st female)
3rd: Andrew Hallam (2nd male)
4th: Amanda Dawson (2nd female)
5th: Joanne Cowan (3rd female)
6th: Andrew Smith (3rd male).

Some trivia (Outright 10k competition)

Female trivia first:

- Joanne won every one of 7 races she ran;
- Marlies Laaper won race 1;
- Clara Vucetic won race 8; and
- Jenny Truscott, with a big "end of 10k Race Series finish", won race 10.

Male trivia:

- Chris Truscott took placings in the 7 races he ran; winning races 2, 5 and 7; second in races 3, 4 and 6; and third in race 1;
- John Young won races 1, 3, 4, 6 and 10; took second in race 9; and third in race 2; and
- Darren Benson was the "bridesmaid" in all the races he ran; he took second in races 1 and 2; and third in races 3, 5 and 9. Mind you

Darren's' times were low to mid 30 minutes for the 10k and I wouldn't mind being the "bridesmaid" with those times!

Dream trivia now:

- Fastest female time in the 10k Race Series was from Joanne Cowan in race 3 with 36:50; and
- Fastest male time in the 10k Race Series was from John Young in race 1 with 32:28. Later races saw John challenge this time and succeed in coming oh, so very close to it!

More trivia (Handicap 10k Competition)

What's happened to last year's Handicap finalists?

- Joe de Gabrielle only ran 2 races earning 4 points, marshalled another, went to South Africa, and is richer for the experience, though thinner in the wallet;
- Brenda Kearns ran 4 races, earning 22 points;
- Manfred Fiedler ran 6 races, earning 21 points.

What does that tell us about what happens to Handicap finalists ??? The 10k Race Handicapper catches up with them!

Our oldest runner:

Frank Dearn ran 7 races earning 34 points, and came back from injury during the 10k Race Series to finish strongly! Good on you Frank!

Ten 10k Races run:

Rod Lovel was the only Sydney Strider who did it! for 36 points.

Nine 10k Races run:

Clara Vucetic for 52 points;
Chris McLean for 47 points;
Andy Hallam for 44 points; and
Jo Vucetic scored the minimum 2 points for every race run! Good on you HandBrake!

Handicap 10k Race Results

1st: Amanda Dawson with 127 points.
2nd: Andrew Segula with 121 points.
3rd: Darren Goodsir with 96 points.
4th: Stephen Guy with 89 points.
5th: Robi Russell with 74 points.

Congratulations Amanda! Amanda won the Handicap 10k Race on the last run!

Amanda took her time from 48:43 at the end of 1995 to 47:18 in race 3 to 44:25 in race 7 to 43:49 in race 8 to 43:44 in race 9, and then 42:23 in race 10! Amanda's last race result was a PB; a 1 minute 21 second improvement against last race; and a 1 minute 25 second improvement against Handicap! A sensational effort!

Before closing though I must thank a lot of people, whose help made the 10k Race Series what it was this year. They are:

10k Race Team:

Ray Potter - 10k Race Computer Director;
Derek Smith - 10k Race Gear Director;
Stephen Jackson - 10k Race Measurer; and
Sporting Spectrum & Chris Robb - Club Manager.

10k Race Hosts:

Dick Bartlett; Tina Campbell; Paul Russell; Robi Russell; Sarah Entwistle; and Chris McLean.

10k Race Past Officials:

Mark Fiore; Jonathon Trope; and Scott Crawford.

10k Race Helpers:

Carol and Cameron Osborne, Sharon McGann, Robi Russell, Sue Clark, John Whealy, Peter Truscott, Chris Truscott, Steve Cornelius, Dave Ritchie, Phil Boswell, Chris Gunns, John Turner, Graham Butler, Peter Dwyer, Kirsten and Nick Themsen, Lesley Maher, Jim Donovan, Joe de Gabriele, Joanne Cowan, and any others I may have missed. I also must thank:

The 10k Race Sponsors:

South African Airways; Australian Runner and Athlete; **Gatorade**; and **The Runners' Shop**.

All the sponsors made a valuable contribution to the 10k Series, and we owe them our support.

Lastly, I must thank a most important group who make the events what they are:

The runners.

Without you, there's no race! and for your enjoyment, here's the 1997 10k Race Calendar:

Race	Venue	Date
1	The Domain	1 Feb 1997
2	North Head	1 Mar 1997
3	Shelley Beach	5 April 1997
4	Meadowbank	3 May 1997
5	Lane Cove	7 Jun 1997
6	North Head	5 Jul 1997
7	Marsfield	2 Aug 1997
8	Shelley Beach	6 Sep 1997
9	Meadowbank	4 Oct 1997
10	Lane Cove	1 Nov 1997

See you there! and please bring a friend so he or she can participate in the joy of running the Sydney Striders' 10k Races. 1997 10k Race entry fees remain the same as in 1996: $5.00 for Sydney Striders and $8.00 for their guests, and 10k Races 5 and 10, the charity ones, $7.00 for Sydney Striders and $10.00 for their guests.

Have a very Merry Christmas and a hell of a Happy New Year.

Postscript

from John Hamilton

PS: I think it's time I thanked those who helped me gain the 10k Race Directorship. Jonathon Trope, my Campaign Manager worked tirelessly in the lead up to the elections for this Sydney Striders Committee position and never wavered in his belief that I should have this prestigious position. Scott Crawford, Campaign Fund Manager, added oomph when needed, and Mark Fiore made sure nothing stood in the way of me gaining the Directorship. With a Campaign Team like this behind me there was no way all of the other candidates, traditional at the elections to the Sydney Striders Committee positions, were going to beat me to this position!

Thank you Team, you'll keep!

10k Race Moments

Brought to you by sponsors SAA

by John Hamilton

10k Race Moment One:

A 10k Race runner made a pit stop during the first 10k Race at North Head only to find a dead body in the bushes! The 10k Race Team were relieved to learn it wasn't a participant and the Police from Manly where left to solve the mystery.

10k Race Moment Two:

Chris McLean, an elder statesman of the Sydney Striders, noted the body suit upon an attractive female runner who had finished well before him in the last 10k Race and said "where can I get one of those body suits and do they come with the body because I sure need to replace the body I've got!". (PS: Chris; I, and several Sydney Striders, can assure you that anything you replace will be an improvement!)

10k Race Moment Three:

A greying, balding, genteel member of Sydney Striders greeted the 10k Race Computer Director one race morning with "the results are wrong!*@!", and Ray exchanged in a shaken but friendly tone "well how are you this fine morning?"

10k Race Moment Four:

Robi Russell kept the 10k Race Computer Director awake at nights worrying about 10k Race Handicap Results! (PS: The 10k Race Results have been checked three times, and for some runners, more than that.)

10k Race Moving Moment:

Another first for the 10k Race Series was achieved at the last 10k Race at Lane Cove when the first disabled runner took part. Nick Gleeson, from the Achilles Running Club, accepted the 10k Race challenge, and with the assistance of Rozanne Green, completed the course in 69:08. As Nick approached the finish line, runners turned to watch and encourage Nick to finish strongly with a tremendous round of applause, and Nick responded magnificently with a strong 100m sprint across the finish line - a most moving moment and, really, what running in the Sydney Striders is all about, encouragement and camaraderie.

(PS: I know there are many Sydney Striders who have considered themselves "disabled" on the morning of a 10k Race, and run. Some let the 10k Race Team know it (naively in the hope of a favourable adjustment to their 10k Race Handicap), and some let all who'll listen know. However, you don't count! and the 10k Race Team show no favour or fear in its allocation of 10k Race Handicap.)

South African Airways Random Draw Prize

The winner of the random draw prize (a ticket to South Africa flying SAA) was not known at the time of going to press, and will be announced in Blister #65.]

Kev's Korner 1

from Kevin Tiller

There are those who are really quite fast
There are those who are generally passed
Some want to run, Only for fun
But only one gets to be last!

December, 1996 Volume 2.1

Sydney Striders Road Runners' Club

Marathon Training Group

and Half Marathon

Edited, written, produced and distributed by Kevin O'Kane
Tel: 9449 1435 (H) 9283 3355 (Bus.)

Just when you thought it was safe to go back on the streets .....

We're back !

Bigger (it's been a long and comfortable off season) and better than ever.

After last year's success, some members got faster, some ran longer, and some just put up their feet for a while. Come January, it's time to oil the creaking joints, pull out the Nikes and look to the new year.

You might have noticed that I've added "Half Marathon" to the name. The change in starting dates means that members will have the option of training for the Half or of going all the way.

While we're not about breaking records, except your own - the Marathon Training Group is about you against yourself, with the other group members in support - you will get the chance to do better than last year's members at skills such as spotting large sums of money on the ground (and dodging the poles), finding water in the western suburbs desert, entertaining the group with a (slightly off-key) duo with your Walkman in the depths of Wahroonga ,and a myriad of other previously hidden talents.

Want to say anything?

Anyone can have their say in the newsletter, so long as it's not too defamatory, and is not written by a cat or S.W. Bag.

January 19, 1997 at 7am

This is when the 1997 version of the Marathon Training Group kicks off. The run that day is the Great North Walk, which starts from the Valentia Street Wharf at Woolwich. And bring your towel for post-run stretches.

This year, you don't have to train through the heat of summer, the Christmas party season, and your annual holidays. We'll probably run from January to August. If you're further advanced than that, you can go for the Six Foot Track, or the Canberra Marathon, and join in with the rest of the Group when you start going longer.

The first run will be 10/15 kms, so make sure you train up to this distance. The Group will take over from there.

Because it is possible in the training period to train for half marathons, the training for these can also be an aim for those not yet ready for the big one, or not yet sure.

Join up now

If you're interested in running with the Marathon Training Group in 1997, please fill in the form on the back of this newsletter, and give, post or fax it to me as soon as you can. Send the form now whether you are starting from a low base, or whether you are already in good shape and intend to join in later on - the rest of us will be encouraged by your progress.

What do you want to do ?

I'm open to suggestions from anyone interested, so long as they are consistent with our ultimate aim to train for marathons.

As well as our Sunday runs, all we need for mid-week training sessions is a bit of enthusiasm and organisation.

Kevin O'Kane

INSIDE

② What's happening in 1997
③ No excuses
④ Entry form

What's happening in 1997

If you don't know what we were up to 1996, the aim of the Marathon Training Group is to support each other in a group within Sydney Striders, with a view to one or more long distance race(s), particularly the Marathon. To do this, we make sure that Group members start **and finish** their long runs together, in the process pulling each other up, not down.

We try to encourage in particular those who have not previously thought of themselves as fast, or as marathoners. In this the 1996 Group was particularly successful. Of the 7 non-marathoner Group members who showed the enthusiasm and commitment to get through the first 3 months, all 7 successfully completed their first marathon in Canberra - with other Group members cheering them home. And we had more fun getting there than should be legally allowed - well almost.

In 1996, we ran from October to April, so it was easy to focus on the main events ..... because there weren't any others.

In 1997, the Group's training period is from January to August. While we'll still be aiming towards an end goal - such as the Gold Coast Marathon and, hopefully, the Sydney Marathon if it exists. As well, however, there are many other events available to Group members, so other options will open up. It will be possible to train for the Marathon, or for the Sydney Half Marathon or for any of several other half marathons. You can judge how your training is going, according to your performances. Half marathoners then have the option of stepping up to the Marathon, putting the feet up or using the training base built up to aim for the City-to-Surf and other fun runs. Because we are training through the fun run season, it might be fun to hit a fun run or two en masse, to give variety to your training and to build some speed.

It would be nice to have a good mix of novices, improvers and experienced runners, and a good mix of runners training for the marathon and those looking to the shorter distances.

Once I have a few dates, I'll put a calendar together, so if anyone has a list of 1997 events, or details of any favourite runs, let me know.

No excuses

Excuse 1 *I'm too slow*

Comment: Don't assume this. Even if you're a little slower than the rest. If you are prepared to turn up every week, let me know. All we need are a few starters at any pace, and we can work something out.

Excuse 2 *I'm too fast*

Comment: There's no maximum speed. There's nothing to stop sub-groups at various paces, as long as you are prepared to STAY TOGETHER TO THE END.

Excuse 3 *There's no point - I can't run PB's any more*

Comment: So don't run for a PB. Run to have fun. Keep in mind that there are plenty of inexperienced runners who could benefit from all that knowledge you have. You really can enjoy others' success as much as your own.

Excuse 4 *I don't run marathons any more*

Comment: Have you forgotten what it's like to run along the beach at dawn, or the fresh smell of a bush run after an early morning rain shower? And then there's the buzz you feel at the start of the marathon - it does come back.

Excuse 5 *I don't like running when it's hot/cold/flat/hilly*

Comment: It's easy to think negatively, but it really is all in the mind. You can train and dress for almost any weather, and there's plenty of variety on our spectacular STaRs. If you have to walk up a monster hill or two, we'll wait - or more likely walk with you.

Excuse 6 *I'm still a Striders member, but I run with / on /at ..... now*

Comment: Why not come back and be reminded why you ran with Striders when you first started. And bring your running partners with you.

Excuse 7 *Every time I step up my distances I get injured*

Comment: In nearly every case this is because of your shoes, or how you train. So get a good pair of shoes and start to train smart, with the help of other Group members. And stretch properly every day - I'll bet you don't.

Membership Form

1997 Marathon Training Group

N.F.P.
(Tick Box)

NAME.....

ADDRESS.....

..... ☐

AGE..... ☐

OCCUPATION..... ☐

PERSONAL BESTS **5kms**..... ☐

10kms..... ☐

City to Surf..... ☐

Half Marathon..... ☐

Marathon..... ☐

Best running moment .....

.....

.....

Worst running moment .....

.....

.....

1997 aim(s) ..... ☐

..... ☐

..... ☐

If you don't want something published in the newsletter, please tick the box. Oer just don't fill it in. Other than your name and address, nothing else is essential. Anything not ticked may appear in print sooner or later.

Joining fee Nil to Striders members

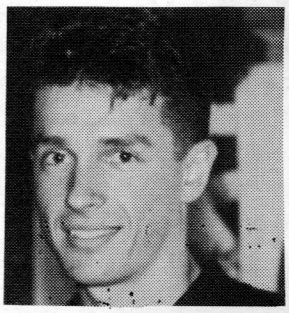
Send or hand your completed form to me - Kevin O'Kane, 4 Somerset Avenue, Turramurra 2074, or fax to 9283 3366

Members of the Month

by Sarah Entwistle

Congratulations to ChrisTruscott and Dawn Tiller, who are both invited to see our uniform team Peter Truscott and Amanda Dawson at at the next STaR to collect their prizes.

October: Chris Truscott



Chris Truscott

Living proof that not all Striders are 'ultra' freaks, Chris started off October with a dazzling performance in the 3 Ports Race, winning both 12k run legs in very impressive times.

The following weekend, Chris then blitzed the Melbourne Half Marathon with a 16 sec Personal Best to finish 4th overall (and 3rd Australian). His time of 70.06 also puts him in 2nd place on the Striders Half Marathon ladder behind Phil Garvin who ran 69m way back in 1987.

That makes Chris our fastest half marathoner for 9 years! Chris also recently clocked some great times on the track - his best '96 results are below:

Recent Results

3 Ports, 2 x 12k run legs	40.03 WINNER 40.17 WINNER
Melbourne Half Marathon	70.06 (4th) 16s PB
Brooks Triathlon, Kurnell - 5k run	13.50 Fastest run split (team)
3000m	9.09
800m	2.03
1500m	4.10

November: Dawn Tiller

Dawn Tiller

Training with a babycart must be the way to faster times judging by Dawn's performances over the last couple of months. Establishing herself as the State's leading female distance and bush runner, Dawn was not only first female across the line in the inaugural Mt Wilson to Bilpin 35k bush run in October, she also gave the guys a run for their money, finishing 15th overall (of 100+ finishers).

Dawn followed up this outstanding performance with a sizzling one at Brindabella in November by finishing first female, 10th overall out of 84 finishers, and second Strider (Kelvin Marshall was first), as well as posting the 3rd fastest female time on record.

This of course is all just a warm up for Dawn and Kevin's trip to the States in December when they will be competing in an 80k trail race in Houston, Texas. Good luck to you both, and show those Yanks what bush running is all about.

Recent Results

Mt Wilson to Bilpin, 35k	2.52.13 (1st female)
Brindabella, 47k	4.29.08

Kelvin's Korner

That's Kelvin, not Kevin. The club's Ultra runner of the Year has been winning things again! Quote from the Coffs Harbour press under the headline "Marshall strides to ultra victory": "Sydney Strider Kelvin Marshall made his 5th long distance race of the year a winning one with an all-the-way victory in the 14th annual Bananacoast Ultramarathon over an improvised out-and-back course on Sunday. Marshall, 31, had competed in the Brisbane Waters Bash over 47km on Saturday. Marshall crossed the line in an excellent 6:50 to join an elite group to break 7hrs for the 85km".

And from the Gold Coast Daily Mail "Two Tambourine Trek titles in a row for Marshall [who] battled the heat and hills to win his second consecutive Tambourine Trek title on the weekend. Marshall completed the 68km mountain race from McIntosh Is to Mt Tambourine and back in 6:13. Tough conditions took their toll on competitors. Marshall's time was 37 minutes slower than his course record of 5:36. 'But it was an outstanding performance considering the unusually hot conditions', said race director Ian Cornelius. 'The Tambourine Trek is one of the toughest courses in Australia." Congratulations, Kelvin, on flying the green and white flag so successfully.

Mount Wilson to Bilpin 35k Bush Run (The "Willy to Billy")

by Jim Screen

The first Mt Wilson to Bilpin Bush Run held on Saturday 19 October was a rip roaring success and the organisers and sponsors deserve a hearty round of applause from all of us who like bush running. Sure there was a bit of a delay when the bus was late to take runners from Bilpin to the start but this did not detract in any way from the main reason we were there on the day and that was the run itself; 35 kms of undulating ,hilly bush trails with 3kms of bitumen.

Back of the pack mob

122 runners started at the Silva Plana reserve, Mt Wilson, for the journey which would take us through eucalypt forests, rain forests, farm lands, fern groves, and apple orchards. As could be expected there were some uphills & some downhills but nothing to dismay even the most critical. The weather was fine & mild in the early part & perfect for running. It did warm up a bit later for the back of the pack mob but then it always does.

A feature of the actual course was the opportunity to see some Australian bush in pristine condition. Waratahs were everywhere and their brilliant colours stood out like traffic lights. Flannel flowers ,heath and lots of other flowering natives will make this run into one of the most enjoyable on the calendar.

The actual organisation was very good with plenty of drink stops .The track was well marked and the general race supervision seemed to be well and truly up to par. Twenty-seven Striders turned out on the day; from gun runners to beginners.
Bruce Inglis led the charge for the Striders and finished in 13th position with a time of 2.48.45. He was followed closely by Malcolm Satchell 14th place in 2.50.36 and Dawn Tiller 15th overall and first female in 2.52.13.

Did not fall over

Dawn was in fantastic form on the day and came in some 18 minutes ahead of the second lady. Third female and showing that she will be a force to reckon with over this distance was Cathy Dunworth who was 29th overall in a time of 3.10.36. Rodney Lovell also put in a good effort to finish just ahead of Ray Potter. For those interested in the more unusual aspects of a race it was pleasing to note that Michael Wilson did not fall over once on the day though he made several very good attempts to do so. There were also no reports of Alf Field falling down as has been reported in the past.

Special mention should be made of the super efforts put in by Elana Leigh & Margaret White who finished 105 and 106 .Elana found the warm weather towards the end of the run not to her liking but she held on to finish although in a not to "cool" a manner. Her feelings could best be judged when asked by a drink station attendant if apart from the heat she enjoyed seeing all of the trees. Her reply. " what trees".

Age shall not weary them

Margaret proved once again that a little bit of determination goes a long way in distance running. Breeda Kelly finished with a crook knee and Sue Hill was heard muttering about "age shall not weary them."

The race was won by the flying Andrew Lloyd in 2.17.21 from Greg Love 2.25.48 and Michael Burton 2.30.16. Not a bad line up of talent for an inaugural race. Peter Harold, Race Co-ordinator and his team of volunteers from the Mt Wilson and Bilpin Bush Fire Brigades did a great job . Congratulations, well done, see you next year.

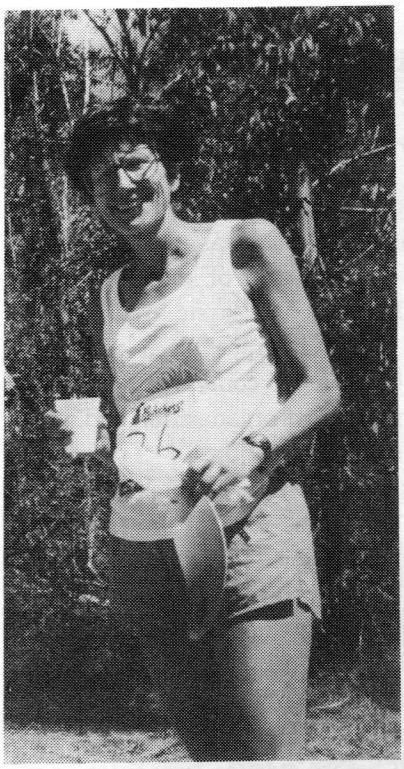
An Olympic Opportunity?

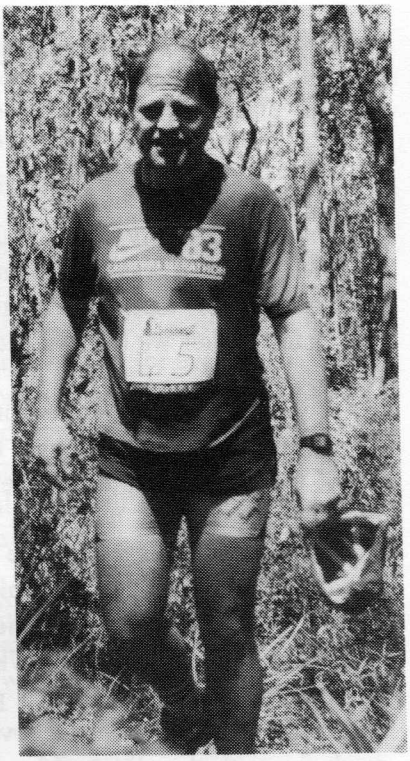
From Sarah Entwistle

Here's your chance. According to an article in the October issue of US Triathlete magazine, USA Triathlon (USAT) is looking for elite athletes, such as runners and swimmers, to commence training for the US team to compete in triathlon's debut in the Sydney 2000 Olympics.

Here's the hitch. Individuals interested in being considered for the USAT team must meet the following standards: 1,500m swim time of 17:30-18:30 men and 18:30-19:30 women; 40k bike time of 0:55-0:58 men and 1:00-1:03 women; and 10k run time of 30:30-32:00 men and 34:30-36:00 women.

The applications will be reviewed along with those from full-time professional and amateur triathletes. Three men and three women will be selected and given the opportunity to train at the Olympic Training Center in Colorado from March 1997. Good luck!





At the "Willy to Billy": LEFT: Sue Hill (before the race? After? Who knows, she always looks very cool); CENTRE: Graham Butler celebrates his finish; RIGHT: Dr. Livingstone, I presume? No, Dr. Irwin Light, emerging from the bush wearing the classic blue Nike Canberra Marathon 1983 T-shirt. Had he been blundering around the bush for 13 years?

"Willy to Billy" Results

1	Andrew Lloyd	2.17.21 (non-Strider)
2	Greg Love	2.25.48 (non-Strider)
3	Michael Burton	2.30.16 (non-Strider)
13	Bruce Inglis	2.48.45
14	Malcolm Satchell	2.50.36
15	Dawn Tiller	2.52.13 (1st female)
17	Rodney Lovel	2.53.39
19	Raymond Potter	2.54.17
25	Graeme Shipley	3.08.50
29	Cathy Dunworth	3.10.36 (3rd female)
32	Kevin Tiller	3.11.12
34	Murray Town	3.11.57
41	Keith White	3.18.52
46	John Sutherland	3.21.47
47	Tony Hatch	3.23.02
50	Michael Wilson	3.23.56
51	Jim Screen	3.24.03
54	Alf Field	3.28.00
56	Breeda Kelly	3.29.05
64	Paula Whitehouse	3.36.21
66	Graham Butler	3.37.38
68	Manfred Fiedler	3.38.43
74	Julie Wessels	3.43.39
85	Kevin O'Kane	3.49.25
89	Lesley Clarke	3.53.05
94	Roger Rigby	4.01.00
95	Irwin Light	4.01.01
97	Sue Hill	4.01.23
105	Elana Leigh	4.08.32
106	Margaret White	4.08.43

Xmas Shopping Guide

We fully intended to do a full-size feature in this edition on what Striders would like to receive for Xmas. So we sent an email message to about 40 club members on our emailing list, requesting feedback. We received only one, from David Solomon, who suggests:"How about a pair of younger faster legs? I'm sure they're available from Darren Benson or Chris Truscott. Just need one of our good Doctor Striders to do the transplant!"

The North Pole has been notified, David. Hope the fat bloke in red can fit them down your chimney.

Brindabella Classic, 10 November 1996

Report number 1: by Robyn Flemming (an honorary Strider for the day)

At Bulls Head, the second relay change and approximate half way point on the 54 km descent from Mt Ginini, it was cold, damned cold. But not so frigid as at the top, where a little over two and a half hours earlier we had watched the start of the race.

I was an honorary Strider for the occasion and second runner in a two woman team with Breeda Kelly. Breeda was hoping to overcome a bad knee and run the second half with me, but as she climbed up to Bulls Head she shook her head: "You're on your own, kid" she said.

Took off down the hill

I had run the distance (27km) only once in training, but my inexperience proved to be an advantage. I had resolved, above all, to have as much fun with the race as I could. I was in luck: just ahead of me as I took off down the hill was Paul, Keeper of the Reptiles at Taronga Zoo and an experienced marathoner and ultra runner.

I ran with him for about 10km along a dirt road through dense bush and felt perfectly fine. If it hadn't been a race, I would have wanted to be there anyway. The next stretch of 7 km to the Seventh Heaven aid station was on my own. Apart from a quick duck into the bushes, I kept up a steady pace which was faster than I had planned but felt comfortable.

Muttered Irish curses

At the third relay change point I was delighted to see Breeda recovered enough from the first stage to join me for the final 9.9km. This was through more open country, with young forest and my first real hills for the run.

It was getting hot, damned hot. We were soon joined by Mandy Dawson. Breeda, who was suffering from her knee again, muttered Irish curses at my right elbow, while on my left Mandy impersonated a drill sergeant.

The finish appeared a kilometre or so before I expected it and Breeda and I were able to dig down and sprint to the finish in a combined time of 5.02.50.

Many thanks for Sydney Striders Kevin Tiller, Mandy Dawson, Breeda Kelly, Cathy Dunworth and Margaret White for welcoming me as a team member. Congratulations to Dawn Tiller for her great win!

Report number 2: by Jim Screen (an honourable Strider at all times)

That beguiling lady of the southern mountains, Brindabella Classic showed she has lots of class as she displayed her usual array of moods for the running of the 10th Annual Classic. "Australia's toughest downhill mountain race" is a must for distance running buffs as it combines all of the elements of toughness, great organisation and a the beautiful Aussie mountains.

There are lots of ways of describing the scene at Mt Ginini just before the start of the race. For one it was so cold that visions of brass monkeys and so on hardly seem to do justice to the wind which snap froze everything (and I mean everything) it could get a go at. Groups of runners huddled around the bus motors to extract whatever warmth there was and the hearty souls who stripped down well before starting time were soon involved in tight knit groups trying to benefit from the heat of humanity.

Suffering from exposure

Mike Ward claimed he was suffering from exposure and was engulfed by a group of female runners which was the envy of many of us left out in the cold. Amanda Dawson was feeling a little chilled out because she managed to move her parked car into the path of a b.....y great bus, the driver of which claims he didn't see her because she wasn't there. Amanda claims it was not her fault but then don't they always. Murray Town says it wasn't really cold giving some credence to those who claim he is a slice short of a loaf.

If trivia records were kept ,the record for stripping down for the start would belong to the Brindabella Classic.At least 90 % of the field still had warm up clothes on with 10 seconds to go. The starter was encouraged to stop talking and get the show on the road and then away we went.

The race was won by Glenn Paterson in 3.43.51 followed by Trevor Jacobs in second place in 3.44.01 (First Strider). Kelvin Marshall (up from Melbourne & keen to set the record for the most kilometres travelled getting to ultra events) was second Strider in 4.09.17 . He was followed by the in form Strider , Dawn Tiller who in her first attempt at the Classic was first female home by a country mile in 4.29.08. Second place went to Pip Thorn in 5.03.56 followed by "move over or get sand in your face".

Paula Whitehouse in 5.38.15.who was third lady in this her third Classic. Well done Paula for a great effort.

Dawn's time was the third fastest ever for a female and according to the race report she looked very comfortable at the finish. Dawn and Kevin also took out the prize for the Husband & Wife Team event. The race report unkindly even if factually pointed out that Kevin finished almost an hour behind Dawn but we wouldn't repeat that in the Blister.

Nobody of note fell over

Alf Field and Michael Wilson didn't fall over . Indeed Alf finished strongly in 5.30.33 just ahead of Derek Smith. Michael when he stays on his feet , even with a pair of the blackest big toe nails ever seen , was a true mate and ran with Jim Screen who should have had a Did Not Start but who was not going to have a Did Not Finish. Both finished equal 50th place in 5.54.44.

The official race report made mention of the great effort by Greg Wright ,a diabetic who completed the full distance whilst continually testing his blood sugar levels. Michael Wilson is also a diabetic and carries a clever little gauge which every so often he produces to do his own testing. It is not unusual to hear Michael utter an expletive about the read out being too high or too low. The good thing about running with Michael though is he carries the best little selection of glucose tablets which he is generous enough to share at the appropriate times.

Cathy Dunworth figured out the origins of the "loneliness of the long distance runner" and retired at drink station 8 with only about 10 kms to go. Breeda Kelly teamed with Robyn Flemming to set a race record in the Female/Female relay section in the snappy time of 5.02.50 while Amanda Dawson and Margaret White came in third in the same section with a time of 5.30.41.

For those interested ,as well as developing into a fine runner , Amanda has this ability to change layers of clothing while on the run without first taking the outer layers off. Very clever number 99, very clever.

Finished 10 Classics

Mike Ward and Brian Colwell achieved the distinction of finishing 10 Classics and were honoured with the presentation of permanent race numbers. This is a great achievement to be able to front up each consecutive year for 10 years and finish. Brian had to make a dash back from overseas to be able to compete. He had not much training but looked fine when he crossed the finish line in a time of 6.17.35 which was well below his standard.

Heads turning

Brian didn't look half as good as the glam. Trudy Rae from the Terrigal Trotters who finished in 6.24.33. Trudy had the spectators heads turning as she finished without a hair out of place ,lipstick perfectly applied and a smile for everyone.

Congratulation and thanks to Trevor Jacobs , Race Director and Peter Johnson ,Assistant Race Director for another fabulous Brindabella Classic.Thanks also to all the volunteers who turned out to make the event possible. The Wireless Institute, St John Ambulance Brigade,the Army , SES and the Om Shanti Masseurs. Special thanks to those who looked after us at the Aid Stations. You're worth your weight in gold. See you next year.

Results:

1	Glenn Paterson	3.43.51 (non-Strider)
2	Trevor Jacobs	3.44.01
3	Peter Spehr	3.57.01 (non-Strider)
6	Kelvin Marshall	4.09.17
10	Dawn Tiller	4.29.08 (1st female)
12	Malcolm Satchell	4.41.00
13	Ray Potter	4.41.22
19	Mike Ward	4.56.19
19	Murray Town	4.56.19
29	John Sutherland	5.13.15
32	Tony Hatch	5.15.41
34	Kevin Tiller	5.17.42
41	Alf Field	5.30.33
42	Derek Smith	5.30.46
44	Keith White	5.37.14
45	Paula Whitehouse	5.38.15 (3rd female)
50	Jim Screen	5.54.44
50	Michael Wilson	5.54.44
54	Graham Butler	5.56.09
62	Brian Colwell	6.17.35

Relay results (Female/Female category):

1st Sydney Striders (Breeda Kelly and Robyn Flemming 5.02.50 (record)

3rd Sydney Striders (Amanda Dawson and Margaret White 5.30.41

Kev's Korner 2

from Kevin Tiller

"Most people run a race to see who is fastest. I run a race to see who has the most guts." Steve Prefontaine.

TOP: Brindabella training group, knock-kneed and shivering (L-R): Geoff Taylor, Amanda Dawson, Scott Crawford, Andrew Healey, Andrew Smith, Jonathan Trope.
CENTRE: Striders at Cotter Dam before the Brindabella (L-R): Mike Ward (rear), Dawn Tiller, Margaret White, Breeda Kelly holding Jazmin Tiller, Keith White, Cathy Dunworth, Amanda Dawson, Murray Town, Kevin Tiller.
BELOW: A smiling Alf Field strides confidently out ahead of Dawn Tiller at the start of the 54th Brindbella. The situation later was very different!

Kev's Korner 3

by Kevin Tiller

Did anyone read about the New York City Marathon Psyching Team? There was an interview with Maryellen Duane, a Ph.D. Apparently there are about 75 psychoanalysts, behaviour therapists, and sports psychologists who work the marathon and comfort people having a bad day, and spend a lot of time "mothering" them at the finish (their words, not mine). She says the Psyching Team is trained to "treat people in a regressive state. Even if the runners are angry-looking, we say congratulations. They're hurting inside."

I've got just one thing to say: **Where were you at Brindabella when my wife was disappearing off into the distance?**

Striders' Annual Picnic (Or: "Let's get wet in the park")

by Keith White

For the 2nd year in a row, that old jogger in the sky wasn't smiling for the Annual Striders' Picnic Day. We didn't think the weather could possibly be worse than the rather poor show Kevin O'Kane organised for us last year. We were wrong.

Post modernist hound

It was a bleak, howling, bitterly cold southerly which greeted Margaret, our son Nicholas and our Basenji (yes folks that oh so chic, post modernist running hound) Nelson as we enthusiastically leapt from our warm beds on Sunday 20th October 1996.

In fact, leaping from bed is probably stretching things as it was the morning after that wonderfully scenic, code for up and down like a fiddlers elbow, Mt Wilson to Bilpin Run. However I digress, that is another story altogether.

Not only was it freezing, yes folks there's more it was also raining and the spot we had approved for our picnic had no shelter.

Packed to the gunwales

And so it was with both vehicles packed to the gunwales - Bar.B.Q.'s, volley ball, beer, ice, sausages, rolls etc. etc., we set off with our hearts full of gloom and our legs hurting like hell, at least there was no STaR on that morning and we had had a sleep in.

As we arrived, El Presidente and myself made the executive decision that it would fine up and so we pushed on as planned. By now at least it was only drizzling.

Finally a few - very few stout of heart Striders started to trickle (like the water down my back) in. We formed two somewhat informal teams, "The Archilles Tendons" and "The Stress Fractures", got the Bar-B.Q.'s set up and assembled the volley ball kit (which was kindly lent to us by Sporting Spectrum). Indeed the enthusiasm shown for the volleyball was a reflection of the general level of keenness shown by most club members for the day in general, i.e. nobody played, not once was the ball picked up, just as well as it probably would have been blown away.

Orienteering courses

Ivan Freys deserves particular praise. He spent an enormous amount of time and effort organising the orienteering courses. Thank you Ivan. I'm sure the five or six people who participated also congratulate you! I suppose all up, 15-20 people would have dropped by through the morning.

A few relays were run with the result being a dead heat between "The Archilles Tendons" and the "Stress Fractures". Some, Breeda for example, even backed up after the Bilpin Run. I fortunately, as the host, didn't have to put myself through that agony.

And of course, at about 1.00pm as we were packing the grossly over catered-for sausages, rolls, wine, beer etc. our earlier prediction that it would fine up, came to pass. The sun came out, the wind dropped and the weather turned into a very pleasant afternoon.

Sorry for the lack of photos - I couldn't keep the rain off the lens.

Pocket Rockets are Back

by Sarah Entwistle

Thank God they're back. Those who've already experienced them know just how good they are when you need that quick burst of energy. And those who haven't just don't know what they're missing. **Pocket Rockets** are finally back in the country, reformulated and repackaged to help you go faster and longer than ever.

These are no ordinary Squeezies. Pocket Rockets are designed to give you the ultimate boost when you most need it, e.g. halfway through that bloody bush run. They're STRONG, so use them sparingly.

Formulated in "collaboration with world class athletes", new Pocket Rockets contain 25 grams of a delicious carbohydrate gel in chocolate or new lemon lime (new flavour tastes great), and now includes caffeine as well as natural guarana plus a mix of amino acids to maximise performance.

Pocket Rockets are offered to Striders at a special price of $10 a box of 6 sachets (RRP $15). Please contact Sarah Entwistle at the next STaR or phone/fax 9360 4516 for emergency supplies.

Letters to the Editor

Two racing singlets

Dear Sir, I refer to the articles in "The Blister" issue no.62 concerning the subject of the club logo.

I have two racing singlets, one with the old logo on it and one with the new. Every time I run in a race, especially an overseas event, I find that I don the one with the old logo. It is more visible and identifies me as an Australian runner. You might say that I have voted with my feet. I would like to see the return of the old logo - both on the front and back of the racing singlets.

When I refer to the old logo, I refer to the words "Sydney Striders" in the old font. I don't have any strong feelings about the cheetah. It doesn't appear on my old racing singlet, so it probably is a side issue.

Might I suggest that the Committee call a referendum on the subject and then abide by the wishes of the majority. This clearly is an emotive issue and should not be decided by the Committee.

Yours in less fleetness of foot, Alf Field

In defence of the logo

Dear Striders, In defence of the logo: I think it's GREAT. It is modern, stylish, and relevant. It is also so vastly superior to the antiquated and ugly writing of the old logo, I find it hard to believe there is even the remotest consideration of reverting to the old style.

Just ask any graphic designer - and these are the people who know about these things - and they will tell you that style of writing was almost out of date when the Striders first adopted it 15 years ago. If we do continue to use it, it's not exactly presenting the progressive, more youthful image that the Club is desperately trying to promote to attract new, younger members, is it?

And what exactly is the debate about? Do members really hate the new design? Are they afraid of change (they write books on how to deal with people like you)? Or are they simply complaining about the word 'Sydney' not being prominent enough?

If the latter is the case (which I suspect it is), and a significant percentage of the members feel so strongly about it (of which I have significant doubts), the sensible approach would be to go back to the designers to adapt the new logo to represent 'Sydney' more strongly, and not take the retrograde step of embracing the 'old'. After all, even monoliths like Telecom manage to update their logo!!

The new logo was presented to the Committee at the time along with a number of other designs. We chose the one we liked best and one which we felt would be most recognisable as 'the Striders' in Sydney, which is where 99.9 per cent of us run 99.9 per cent of the time.

And in case you are wondering why I personally rarely wear the Striders logo, old or new, it's because I don't like the gear. I hasten to add that this is absolutely no reflection on our uniform manager, Peter Truscott, who is doing a great job. It is simply that our supplier does not seem to be able to provide attractive, up-to-date gear for women. We are addressing this issue and hopefully will soon be able to offer you a few new fabrics and designs.

Regards, Sarah Entwistle

Old and New

Dear Sir, It has been over 10 years since my last contribution to The Blister, but I feel compelled to write after having read the articles by John Turner and Charles Coville in Blister #62. My views may tread on a few toes, and for that I apologise up front. I would like to emphasise that my quoting of various sections of John's article is not directed at him personally, as he (I assume) was relating comments of the committee in 1993.

In essence, I agree with Charles - what was wrong with the old logo? I don't care that the cheetah isn't an Australian native animal - associating the club with a symbol of excellence is more important to me. Most corporations would kill to have their image associated with the word "Sydney" during the next 4 years, yet our new logo hides it!

The old logo sends out such a strong, clear obvious image, yet we are told the new logo was derived by:

- "Creating an imagined square box";
- "Eliminating the dot in the 'I'";
- "Sloping the word 'Striders'" (because we run up hills?);
- "A go-fast stripe flash"!

All of this symbolic jargon is terrific if you are a marketing student and can spot the concepts employed. As for self-taught marketers like myself, our instinct tells us to keep the message simple so

Letters to the Editor

that **anyone** can understand it, and therefore have a greater impact.

The points about the old logo being "musty with age" and "a bit monochrome" are ridiculous, as Charles rightly points out with reference to the like of IBM and Coke.

Peter Cookson's London Marathon article on page 20 of the same issue of The Blister states: "The Striders' logo drew a good response. I was wearing the T-shirt which has Sydney Striders in clear letters front and back, and I had welcome encouragement throughout the race". Hard to improve on that statement!

John rightly points out the committee is elected to manage and make decision, and having served on the committee for two years I appreciate this is a difficult task. However, changing the club's image is perhaps outside any committee's responsibility and should instead be by way of a referendum.

Sincerely, Brian Tailford

StaR times and uniforms

Dear Sir, I would like to comment on a number of issues in the club which are an ongoing debate.

1: STaR start times: I never cease to be amazed why the club continues to restrict membership to people who like to get out of bed at 5-ish on Sunday mornings. I'm sure those who don't join our club, especially the younger ones, find it a strange decision too.

2: Club uniform and colours: There was a time when you could recognise a clubmate on a distant horizon by the distinctive stripe and the green and white shorts. Sadly no more. Members can wear almost any shorts they want. When you see a club group running together you are lucky if any two are wearing the same uniform or even the same shade of green. The identity built up so proudly over the years is diluting. It's sad that Australians don't have much sense of tradition.

I agree completely with what Charles Coville wrote in Blister 62 about the club name and how it is presented. When a group of us go to the Gold Coast Marathon with our new uniform(s), who are we? Similarly the Cheetah has been an integral part of the uniform and logo forever. It looks superb! It's really sad that the fastest creature on land faces extinction in our club.

Finally, I've looked through the last three Blisters. The old uniform with the word "Sydney" appearing prominently has not been the official uniform for about two years. Yet in those three Blisters there are 9 shots of club members in the old uniform and only 5 in the new. The members must be proud of the old uniform.

Sincerely, David Sill

Emblazoned

Dear Sir, I first became aware of Sydney Striders not because of advertising, or word of mouth, or the Half Marathon, but because of constant exposure to the name emblazoned on the back of green and white singlets gradually (and sometimes quickly) disappearing in front of me. While I have no objection to the club having a "logo" in its present, or some other, form, the fact remains that, unless you know what it says to start with, the present logo is not readable if you are more than a very short distance away. To me, the name of the club and its logo are quite separate, and their display on the uniform should serve different functions. We should not lose sight of the advertising benefit in having our name in large letters on the front and, more importantly, on the back, of our singlets.

At a recent STaR, I observed a member rummaging vainly through the uniforms looking for a singlet with the "old" lettering, and then walking away, disappointed, without a club singlet. Those who travel to distant events have often spoken of the buzz they get when the name "Sydney" in large print triggers an enthusiastic response from spectators or other runners. Members draw as much pride from "Sydney" as they do from "Striders", and I feel that the uniform should reflect this. Like most others, I usually wear my "classic" singlet when I run out of Sydney. I find this always draws a few responses along the way. On the few occasions I have used a "new" singlet, I have yet to receive one word of recognition.

While there appeared to be valid reasons at the time for a change, I feel that a return to something like the "old" singlet has much to recommend it. So long as visibility is not compromised, I would have no problem with changes of material, styling, font etc., to keep the uniform smart and up to date.

P.S.I like the new shorts with the cheetah on the back, though.

Sincerely, Kevin O'Kane

Letters to the Editor

Pathetic attempt at humour

Dear Female Striders, As one of the supposed editors of this magazine, I would like to apologise for Nick Themsen's pathetic attempt at humour with "Because we are men" in the last issue.

The publication of this piece, which was stolen from someone else's equally pathetic mind, was obviously a conspiracy by the male members of the Blister team, whom I would have thought should have known better.

Rather than lower myself to Nick's level with a "Because we are women" reply, I will simply say that, like the old logo, this sort of humour is ugly and antiquated and completely out of touch with modern attitudes. It is also likely to cause mass resignation by female members.

In fact, I would like to assure female members that the Committee strives to make the Striders a club of equal opportunity, and this sort of out of date chauvinistic behaviour is abhorred.

So, grow up Nick. No more of this boring, beer swilling, old-fashioned male macho stuff. This is 1996 in case you hadn't realised.

Regards, Sarah Entwistle

[Steve Cornelius writes: I should take most of the blame. There was no conspiracy. It was 1.30 am, my judgment wasn't exactly razor-sharp, and I was paying no attention to content and heaps of attention to its word-count: JUST right to fill the final space on the Blister's final page. It hadn't actually struck me as a possible source of either humour or offence; more whimsical, really. I'm very sorry for any offence it caused, and will try to use more acceptable fillers in future. Even at 1.30 a.m.] [Nick Themsen writes: I'm a member of a joke-club on the Net and occasionally forward a copy to Steve to be used as a "filler" when we're putting The Blister together. It was not intended to offend anybody or express a particular chauvinistic attitude. On the contrary. The most important persons in my life are all women, so please accept my apology for trying to be amusing unsuccessfully .I would however, like to receive a copy of "Because we are women" for my collection!]

Crafty little blighter

Dear Sir, I was reminded of the picture of Scott Crawford "worrying" penguins on the Antarctic continent recently when running through Lane Cove River Park last week as a duck ran out from behind a bush and, for no apparent reason, chased me. The crafty little blighter had waited until I was past before giving chase so that to anybody watching, it at least looked like it was successfully seeing me off - which of course was not true - I just needed a spot of speed work at that point. On my return down the same track I did establish that the reason he had chased me was to show off to his partner and young brood of ducklings, who were hidden in a grassy area behind the bush.

Whilst hardly a close encounter worthy of much note it set me thinking that all Striders must at some time have been chased by all manner of matter, whether animal, vegetable or mineral. I thought it might be interesting to hear from fellow Striders of such encounters, and maybe the editor could give a Close Encounters award to the best tale.....? (p.s. you may have to filter out tales of spear wielding Zulus from some of our Comrades)

Regards, Peter Cookson

[Eds' note: Top idea. We invite such tales from our readers. Being of limited means, however, the prize will necessarily be modest - perhaps one of those tasteful "three flying ducks on the wall" sets popular in years gone by?].

Our Fellow Striders in Waikikamuukau

[Eds' note: Extracts from a letter to Jonathan Trope from New Zealand's Nelson Striders, who attended the Sydney Marathon. See elsewhere in this issue for details of Nelson Striders' open events for 1997.]

Dear Jonathan,.....We had a great time in Oz. Very different to every other time we've been over but was certainly the medicine we required.....

Thank you for your hospitality in Sydney - we really enjoyed your company - just a shame we couldn't have squeezed in more. Please pass on our thanks to the Sydney Striders for making our group so welcome at Homebush Stadium, I know it was well appreciated by the Kiwis. We thoroughly enjoyed the marathon and I think the tour party will be bigger next year. I personally have some unfinished business with that course which I'd like to settle sooner rather than later.....

We had a great run on Sunday - up along the hill tops between Nelson and Richmond. The views were absolutely amazing and we finished off in a Strider's back garden eating croissants and

Letters to the Editor

drinking coffee. The sun was shining and there wasn't a cloud in the sky. Damn shame to be living in paradise!

Last night our Striders pack was almost up to 50. We've introduced a walking group now which started off with 10 so we expect that to grow even larger over the next few weeks. Our target is 15 regulars by Christmas.....Look forward to seeing you in Nelson soon.

Regards, Graeme and Averil West.

Father, I cannot tell a lie

Dear Sir, I suppose I'd better come clean. It was MY fault that plain green and plain white shorts were approved as official club uniform items as alternatives to the traditional green and white halved ones. Mea culpa.

It was a couple of years ago I think, and committee were insisting the club's marathon championship be awarded only to a runner wearing the full official uniform. I said I didn't see why members should be forced to wear shorts with inbuilt underpants which chafed intimate parts of the anatomy. I'd never worn the awful green and white ones, since I regarded jockettes as a fashion item and preferred to buy those featuring loud colours and startling designs.

Against all my prior expectations, somehow I managed to persuade the committee. Or perhaps they voted for my proposal just to stop me whingeing. Anyway, one way or another, plain green or white passed into club policy.

I didn't say this at the time, but I also loathed the traditional shorts because they were objects of derision to members of other clubs, who often referred to them as "jester's pants". I figured my delicate sensibilities couldn't handle any more mockery than I already got for my spindly legs, crap marathon times and silly hat, so I damn well wasn't going to make it worse by wearing ludicrous shorts too.

There, I've said it now. Bring on the flames.

Sincerely, Steve Cornelius

Not a bloke, could be a feller

Dear Sir, I certainly agree with the editors of Blister 63 that Tina Campbell is "demonstrably not a bloke". Here in the bleak north of England they have things they call "fells". These are steep hills out in the countryside which many people choose to run up. These runners are called many things (which is not surprising) but one of the names is "fellers". If Tina were to come over here she would not be a bloke but she could be a "feller"!

I was interested to read the article about "penguins" (slow runners) in Blister 62. However, it was cruel of the editors to show a picture of a pack of penguins in Blister 63 with Scott Crawford at the back of the pack! You'll probably be hearing from his lawyers.

Sincerely, David Sill

[Hmmm. It wouldn't be the first time. Ed.]

Bag versus Kerchief: debate re-emerges

Dear Sir, Why should we blindly accept your assertion (Blister #63) that the difference between Blokes and Sheilas is demonstrable? A few editions ago, you couldn't even distinguish between a bag and a kerchief.

Yours, Fauntleroy Cholmondeley-Fortescue.

Worst-case scenario

Dear Sir, I am writing to complain about the appalling number of clichés habitually used by your contributors and correspondents. Basically, at the end of the day, mainstream Striders will have to own the problem. It will require an attitudinal paradigm shift, a back to basics approach, a new mission statement, to ensure a can-do empowerment situation. The ballpark bottom line is that the worst-case scenario would envision a fallback position to a damage control situation syndrome. Why can't we resolve to de-emphasise the negatives to bring about a sea change in our core values vis-a-vis our Blister writings? You're either with me or against me.

Sincerely, S.W. Bag

Letter from the I.P.A.

diə sɛ, ai əm ɹaitiŋ tu ɪnfɔm ju ðæt ɛs dʌblju bæg həz nɛvə kəmpitəd ɪn ði ɪntənæʃənəl fənɛtɪk əsəusiɛiʃnz mæɹəθən. ɛniwʌn hu θiŋks hi hæz ɪz ə ful. pliz ʌdʒʌst jɔ ɹɛkɔdz.

sɪnsiəli, ai pi ɛi sɪmbəl, ɹɛis daiɹɛktə

Sill-E Quote

from David Sill via E-mail

This was in the June edition of Ultramag: "We don't stop playing because we get old; rather we get old because we stop playing" - George Bernard Shaw.

Musical Quiz Corner

by Terry McIver

Answers Blister #63 questions were: (1): John Lennon; (2) Priscilla White; (3) Cat Stevens; (4) The Eagles (known as Stoned Ponies when with Linda Ronstadt); (5) Mick Nesmith's mother (Mick was the tall one in the Monkees who could actually play the guitar and sing).

Once again David Sill got maximum 5 points. That's 3 times in a row, and David wins a dinner for 2 at Waverton chip shop (on condition he pays his own fare from his home in England to claim it).

Tina Campbell got 3¾ points, losing 1 for putting "Stone Ponies" instead of Eagles. She accuses me of "getting bloody picky with the spelling". I'm picky with punctuation too - she lost another ¼ for an apostrophe in "Cat Steven's".

David Ritchie got 4½ for omitting the first syllable of "Priscilla", a bit like calling himself "Vid Ritchie". He writes: "If I am wrong on any of the above, I'll sue 'cause my Mum reckons I'm never wrong". Fine. See you in court.

Now for 5 more: (1) Who is Herbert Khaury better known as? (2) Who is Gordon Sumner better known as? (3) What was so unusual about Sandie Shaw (who had a hit in the 60s with "Puppet on a String")? (4) Who was known as the 5th Beatle? (5) Who is Ronald Wycherley better known as?

Good luck everyone. I'm slowly running out of easy questions, so I think I may get the Chop.

PS: In answer to Tina's question "How many mm of rain fell during Woodstock?", it was 6.25.

Nelson Striders (NZ)

Sydney Striders members considering a trip to the Shaky Isles during 1997 might like to consider running one of these races, staged by our Trans-Tasman friends the Nelson Striders:

- Saturday 12 April 1997: "Loop the Lake" St Arnaud to Lake Rotoiti.
- Sunday 18 May 1997: "Maungatapu Gold" Mountain Marathon (40k). Individuals or 2-person relay plus mountain bike option.
- Saturday 13 Sept 1997: "Abel Tasman Coastal Classic". "If anyone ever asks what one event to put on the list for the run of a lifetime, it's the Abel Tasman Coastal Classic".

Details: Averil & Graeme West, PO Box 129, Nelson NZ. Phone (0011-643)-548-3132 or 548-3655, Fax 548-4932.

Fat Ass 54

from Kevin Tiller

Kevin writes: "I will be seeing Dave Sill in the UK and we are planning on the following race: THE FAT ASS 54 MILER (Sevenoaks to Farnham). It starts with the statement "Firth's Tenth Frisky Filthy Formidably Fabulous Feckless Fight the Flab Fat-ass Fifty Four Finally Finishing in Farnham" It also says "no support, no awards, no wimps". The declaration includes "I know and therefore will not complain that the North Downs are neither flat, paved nor lit and that in the month of January the weather could become a little inclement making shoes muddy"."

Just can't wait for your race report, you two.

Striders' WebPage

by Steve Cornelius

If you have World Wide Web access and haven't visited Striders' Webpage recently, I suggest you drop in there for a look. It's brilliantly maintained by Kevin Tiller, near his homepage at http://www.ozemail.com.au/~tiller/striders.html. You'll find club histories, race results, Blister highlights, and much more.

In addition to Kevin's own homepage, there are links to 4 others belonging to Striders' members. Stuart Greaves presents, among other things, an impassioned item about gun control in the wake of the Port Arthur massacre; Jim Donovan demonstrates his expertise on the subject of public transport and challenges you to beat his record for long URL names; and Chris Smith givesprominence to this year's City-to-Surf, the cartoon character Dilbert, and some interesting thoughts about Microsoft.

There's also a link to Nobby Young's homepage, which my Internet connection totally refuses to find every time I try, although Kevin swears it works for him (OK, we know the Web's anarchic, and long may it remain so!).

Just a few of the Striders who are out there on the cutting edge of third-millennium technology - pay them a visit soon!

(Dawn and) Kev's Korner

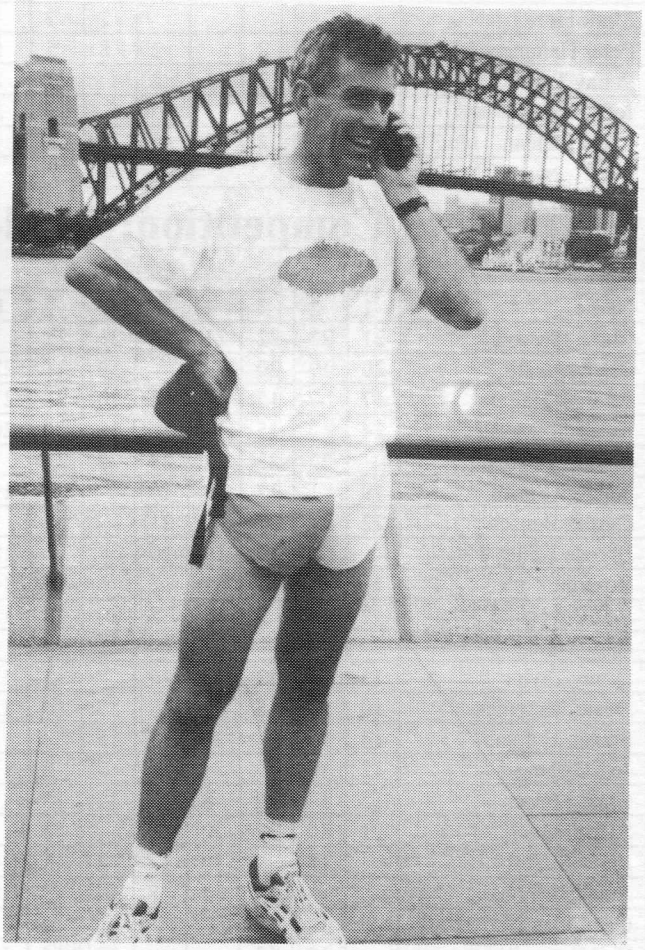
"His IQ drops 50 points every time he laces up a pair of running shoes." (Dawn Tiller talking to a friend.....)

Captured on Camera

BELOW: John Prescott with the latest in bub-carriages, burning up enough energy for two despite the wet.

RIGHT: Mary Howarth, 1995 UK 100k champion and Lesley Maher Lookalike Contest winner. Alternatively, what was Lesley Maher doing running 100k in England last year under an assumed name? Note the singlet, cunningly half-concealed behind the trophy; it reads "--------y Striders -------s Club". Remind you of anything?

BELOW RIGHT: Remember when Dr Paul Russell used to wear loud harlequin tights and Union Jack tracky-bottoms? Not any more! However, no-one can accuse him of being out of touch. The mobile is always handy on the run to advise a patient or keep abreast of stock market trends. Increase the pethidine! Sell the West Texas Crude and Pork Belly futures!



Sydney Striders' 1996 10k Race Series: Final Standings

data supplied by Ray Potter

Individual race points listed only for top 21 (H'cap and Outright), owing to space constraints. Only best 8 races counted. Column "↓" shows points subtracted where a runner has completed more than 8 races.

Handicap Competition: Leader Board

Name	1	2	3	4	5	6	7	8	9	10	↓	Tot
Amanda Dawson			19	13	2	14	19	9	9	42		127
Andrew Segula			20	22		22	21	16	8	12		121
Darren Goodsir					21	19		20	2	34		96
Stephen Guy						2	2	21	20	44		89
Robi Russell		21	2	2	20	2	12	2	13			74
Rozanne Green	2	17	2		15	13	14	2		4		69
Desie Joannides			14	20	22	4	3	2	2			67
John Young						20			16	28		64
Mathew Hammond									22	40		62
James Howard			17	14	9	11	9	2				62
George Lisson			2		17	12		18	11			60
Rob Inglis		19	22		16							57
Geoff Cox	2	2	9						5	36		54
Charles Coville			2	2	2	21				26		53
Clara Vucetic	12	2	7	6		17	2	2	2	4	2	52
Raymond Potter			2	4	7		2		6	30		51
John Shepherd	7	18		2	2	2	13	2		4		50
Charles Reis	2		3			10		10	2	22		49
Mark Fiore						2	2		12	32		48
Peter Hammerschmidt	17	2	2		2	8	5	5	7			48
Penny Taylor	20	7	2	11	2		2	2	2			48
Jeff Gissing	2	2					2	2	15	24		47
Chris Mclean	18	2	2	2	2	15	2		2	4	2	47

Outright Competition: Leader Board

Name	1	2	3	4	5	6	7	8	9	10	↓	Tot
Chris Truscott	21	22	22	21	22	21	22			42		193
Clara Vucetic	20	19	20	21		19	21	22	21	42	19	186
Andrew Hallam	17		15	18	19	20	21	21	20	40	15	176
Amanda Dawson	14		15	17	19	18	20	20	20	44	15	172
Joanne Cowan		22	22	22	22	22	22		22			154
Andrew Smith	19		17	19	20			19	16	28		138
Darren Benson	22	21	21		21				21	26		132
Breeda Kelley			16	19	20			18	16	40		129
Rozanne Green	11	11	7		13	16	14	14		36		122
Rod Lovel	9	14	7	13	13	10	16	15	13	22	16	116
John Young				22		22			22	44		110
Penny Taylor	13	16	12	13	16		13	13	12			108
Desie Joannides	10		8	12	18	17	16	15	10			106
Steven Holland	14	19		20	17	15			12	8		105
Jeff Gissing	12	15					6	17	19	34		103
Chris Mclean	15	17	10	8	14	17	15		2	4	2	100
Sally Taggert	21	20	19	20			2		18			100
Robi Russell		15	9	10	17	2	15	16	15			99
Jonathan Trope			14	12	8	14	17	18	15			98
Geoff Cox	5	16	19						17	36		93
Phil Boswell		13	12			12	14	14	6	16		87

Run the Length of Africa!

from David Sill

The latest Runners World magazine had a little bit about the Africa run that Carl Barker was talking about. "Running the length of Africa, from Alexandria in Egypt to Cape Town in South Africa (over 6000 miles), is a daunting proposition, but that's the aim of Run for Africa. A team of runners will set off next August, aiming to run 45 miles a day - no mean target, as the terrain includes desert, mountain and jungle - and arrive in Cape Town in February 1998. The run is being organised in conjunction with Save the Children and Save the Rhino International. The team is looking for two more runners if anyone is interested".

Kev's Korner 4

by Kevin Tiller

The first online membership payment by credit card from the Striders internet Web page has been processed! Congrats to Vic Taylor - as a retired gentleperson your grasp of technology is showing up those young whipper-snappers.

Sydney Striders' 1996 10k Race Series: Final Standings

This continuation of the final listing includes all runners who scored at least 4 points in either division.

Handicap listing (continued)

Jeff Gissing	47
Chris McLean	47
Darren Benson	46
Phil Boswell	46
Pirooz Mehrabam	45
Andrew Hallam	44
Jonathan Trope	44
Chris Truscott	43
Steve Zolezzi	43
Keith White	42
Max Coleman	38
Kirsten Themson	38
Mike Wilson	37
Sue Hill	36
Rod Lovel	36
Sally Taggert	35
Mike Ward	35
Frank Dearn	34
Peter Truscott	34
Tina Campbell	33
Andrew Smith	33
Neil McPherson	31
Alex Whitworth	30
Tom Burnell	29
John Simmonds	29
Lesley Clark	28
Joanne Cowan	28
Steven Holland	28
Tony Hatch	27
Breeda Kelley	27
Wayne Stanton	27
Scott Crawford	26
David Solomon	26
Peter Cobley	25
Mahmoud El-Khansa	25
Barney Gordon	25
Kevin O'Kane	25
Philip Hugill	24
Malcolm Satchell	24
Lyn Allan	23
Peter Cookson	23
Cathy Dunworth	22
Brenda Kearns	22
Brian Taylor	22
Manfred Fiedler	21
George Herrison	21
Jenny Lee	21
Kathy Wong	21
John Ayliffe	20
Marg. Langsworth	20
Nick Selby	20
Ron Stitzinger	20
Tony Byrne	19

Paul Glare	19
Paul Russell	19
John Gilpin	18
Joe Vucetic	18
Belinda O'Neill	17
Peter Dulson	16
Stuart Howard	16
Nick Themsen	16
Jonathon Worswick	16
Fiona Pelly	15
John Walker	15
Errol Bekir	14
Godfrey Franz	14
Grahame Murphy	14
Geoff Taylor	14
Derek Smith	13
Wendy Downes	12
Jeff Lie	12
Sharon McGann	12
Bruce Murray	12
Steve Cornelius	10
Alf Field	10
Stephen Jackson	10
David Smitheran	10
John Hodges	8
Marlies Laaper	8
Steve Urwin	8
Tony Brown	7
Ted Brailey	6
Richard Briscoe	6
Billy Thompson	6
Cathy Very	6
Ray Doran	5
Allyn Allan	4
Liz Campbell	4
Joe Degabriele	4
Chris Dwyer	4
Peter James	4
Doug Lee	4
Phil Madden	4
Lesley Maher	4
Susan Mifsud	4
Christopher Murphy	4
Sonja Navakas	4
Ed Packel	4
Hakan Parsson	4
Chris Smith	4
Craig Thom	4
John Whealy	4

Outright listing (continued)

Tina Campbell	85
Marlies Laaper	85
Grahame Murphy	82
Sue Hill	75
Philip Hugill	73
Stephen Jackson	71
Raymond Potter	71
Peter Truscott	68
Godfrey Franz	66
Brenda Kearns	66
Alex Whitworth	66
Cathy Dunworth	60
Joe Vucetic	57
Mathew Hammond	55
Lesley Clark	51
Richard Briscoe	50
George Lisson	49
Peter Dulson	48
Andrew Segula	48
Mark Fiore	47
James Howard	45
Cathy Very	44
Peter Cobley	41
Susan Mifsud	38
Chris Smith	38
Kirsten Themson	38
Wayne Stanton	36
Ray Doran	34
Jenny Lee	34
Lesley Maher	33
Wendy Downes	32
Mike Ward	32
Charles Coville	29
Peter H'Schmidt	29
John Walker	28
Sharon Mcgann	25
John Shepherd	24
Chris Dwyer	22
Fiona Pelly	21
Liz Campbell	20
Sonja Navakas	20
Belinda O'Neill	20
Tom Burnell	18
Mike Wilson	18
Jonathon Worswick	18
Susan Griffith	17
Dawn Tiller	17
Kathy Wong	17
Frank Dearn	16
Barney Gordon	16
Michelle Mccarty	16
Jeff Lie	15
Paul Russell	15

Steve Urwin	15
Scott Crawford	14
Darren Goodsir	14
John Hodges	14
Pirooz Mehrabam	14
Charles Reis	14
John Simmonds	14
Brian Taylor	14
Geoff Taylor	14
Crispin Gardener	13
Peter Cookson	12
Manfred Fiedler	12
Stephen Guy	12
Tony Hatch	12
Neil Mcpherson	12
Bruce Murray	12
Kevin O'Kane	12
Malcolm Satchell	12
Steve Zolezzi	12
Tony Byrne	11
Megan Glasby	11
George Herrison	11
Elana Leigh	11
Derek Smith	11
David Smitheran	11
Alf Field	10
Andrew Harrison	10
Marg. Langsworth	10
Max Coleman	8
Mahmoud El-Khansa	8
Andrew Harrison	8
Rob Inglis	8
Nick Selby	8
Keith White	8
Errol Bekir	6
Ted Brailey	6
Tony Brown	6
Ed Packel	6
David Solomon	6
Ron Stitzinger	6
Billy Thompson	6
Peter Corte	5
Allyn Allan	4
John Ayliffe	4
Joe Degabriele	4
Peter James	4
Doug Lee	4
Phil Madden	4
Christopher Murphy	4
Hakan Parsson	4
Nick Themsen	4
Craig Thom	4
John Whealy	4

Striders' 10k Series Results: Races 9 and 10

Race 9: Shelley Beach, 5 Oct 1996

Name	Time	Target	Hcap Posn	Next Target	Race Posn
Mathew Hammond	37.03	41.10	1	37.52	5
Kathy Wong	63.22	67.18	2	64.09	15
Stephen Guy	44.13	45.50	3	44.32	30
Jenny Lee	45.39	46.52	4	45.54	6
Malcolm Satchell	39.34	40.32	5	39.46	18
Darren Benson	32.51	33.36	6	33.00	2
John Young	32.41	33.14	7	32.48	1
Jeff Gissing	36.57	37.27	8	37.03	4
Scott Crawford	42.14	42.44	9	42.20	26
Robi Russell	48.00	48.26	10	48.05	8
Mark Fiore	38.40	39.04	11	38.45	13
George Lisson	37.54	38.18	12	37.59	9
Joanne Cowan	37.02	37.23	13	37.06	1
Amanda Dawson	43.44	44.02	14	43.48	3
Andrew Segula	39.11	39.09	15	39.09	16
Peter H'Schmidt	40.17	40.15	16	40.15	21
Raymond Potter	38.51	38.46	17	38.46	15
Geoff Cox	37.08	36.58	18	36.59	6
Lyn Allan	50.40	50.28	19	50.29	10
Rod Lovel	37.58	37.46	20	37.47	10
Andrew Hallam	35.42	35.23	21	35.25	3
Cathy Dunworth	43.56	43.36	22	43.38	4
Peter Truscott	38.42	38.22	23	38.24	14
Jonathan Trope	37.30	37.09	24	37.11	8
Peter Cobley	39.37	39.15	25	39.17	19
Darren Goodsir	41.57	41.13	26	41.17	25
Phil Boswell	39.15	38.30	27	38.34	17
Charles Reis	42.41	41.54	28	41.59	26
John Hodges	40.56	39.54	29	40.00	23
John Walker	41.02	39.59	30	40.05	24
Peter Dulson	40.31	38.58	31	39.07	22
Manfred Fiedler	46.50	45.16	32	45.25	33
Errol Bekir	47.03	45.27	33	45.37	34
Steven Holland	38.09	36.29	34	36.39	11
Breeda Kelley	47.13	45.32	35	45.42	7
Andrew Smith	37.18	35.30	36	35.41	7
Lesley Clark	55.39	53.44	37	53.55	14
Penny Taylor	52.09	50.14	38	50.25	11
Tom Burnell	55.50	53.43	39	53.56	40
Clara Vucetic	43.42	41.32	40	41.45	2
Tony Hatch	44.44	42.32	41	42.45	32
Nick Selby	49.41	47.15	42	47.30	37
Sally Taggert	44.44	42.08	43	42.23	5
Godfrey Franz	38.39	35.38	44	35.53	12
Grahame Murphy	40.16	37.12	45	37.27	20
Joe Vucetic	42.23	39.05	46	39.20	27
Frank Dearn	60.01	56.11	47	56.26	42
Alf Field	47.27	43.20	48	43.35	35
Brenda Kearns	49.54	45.36	49	45.51	9
Phil Madden	49.38	44.53	50	45.08	36
Desie Joannides	53.25	48.21	51	48.36	13
Pirooz Mehrabam	61.30	56.18	52	56.33	43
Barney Gordon	50.24	44.54	53	45.09	38
Chris Mclean	42.47	37.15	54	37.30	29
John Simmonds	58.43	52.50	55	53.05	41
Mike Wilson	44.21	36.23	56	36.38	31
Tina Campbell	53.10	43.52	57	44.07	12
Derek Smith	55.40	40.14	58	40.29	39

Race 10: Lane Cove, 2 Nov 1996

Name	Time	Target	Hcap Posn	Next Target	Race Posn
Stephen Guy	42.13	44.32	1	42.41	29
Amanda Dawson	42.23	43.48	2	42.40	1
Mathew Hammond	37.02	37.52	3	37.12	7
Keith White	41.48	42.30	4	41.56	25
Geoff Cox	36.18	36.59	5	36.26	5
Darren Goodsir	40.55	41.17	6	40.59	21
Mark Fiore	38.26	38.45	7	38.30	11
Raymond Potter	38.35	38.46	8	38.37	13
John Young	32.41	32.48	9	32.42	1
Charles Coville	39.57	40.04	10	39.58	17
Jeff Gissing	36.58	37.03	11	36.59	6
Charles Reis	41.55	41.59	12	41.56	27
John Ayliffe	47.58	48.01	13	47.59	42
Andrew Hallam	35.30	35.25	14	35.25	3
Max Coleman	49.57	49.50	15	49.51	43
Steve Zolezzi	41.54	41.29	16	41.31	26
Andrew Segula	39.45	39.09	17	39.13	16
Peter Truscott	39.07	38.24	18	38.28	14
Rod Lovel	38.33	37.47	19	37.52	12
Phil Boswell	39.28	38.34	20	38.39	15
John Shepherd	41.30	40.36	21	40.41	24
John Whealy	44.43	43.40	22	43.46	34
Joe Vucetic	40.26	39.20	23	39.27	18
Mike Ward	41.22	40.12	24	40.19	23
Tony Hatch	44.05	42.45	25	42.53	33
Richard Briscoe	37.20	35.56	26	36.04	8
Alf Field	45.17	43.35	27	43.45	36
Peter Cookson	46.47	44.52	28	45.04	38
Geoff Taylor	43.46	41.51	29	42.02	32
Peter Dulson	41.08	39.07	30	39.19	22
Clara Vucetic	43.50	41.45	31	41.58	2
Chris Truscott	35.27	33.19	32	33.32	2
Barney Gordon	47.26	45.09	33	45.23	41
Bruce Murray	46.33	44.13	34	44.27	37
Brian Taylor	54.54	52.34	35	52.48	46
Breeda Kelley	48.02	45.42	36	45.56	3
Andrew Smith	38.05	35.41	37	35.55	9
Malcolm Satchell	42.25	39.46	38	40.01	31
Pirooz Mehrabam	59.27	56.33	39	56.48	49
Ted Brailey	52.53	49.58	40	50.13	45
Tom Burnell	56.58	53.56	41	54.11	48
Neil Mcpherson	46.56	43.49	42	44.04	40
John Simmonds	56.28	53.05	43	53.20	47
Steven Holland	40.30	36.39	44	36.54	19
Frank Dearn	61.08	56.26	45	56.41	50
Darren Benson	38.25	33.00	46	33.15	10
Mike Wilson	42.21	36.38	47	36.53	30
Chris Mclean	44.51	37.30	48	37.45	35
Rozanne Green	69.08	50.24	49	50.39	5
Chris Smith	35.33		50	35.55	4
Ed Packel	40.39		51	41.04	20
Craig Thom	42.08		52	42.33	28
Doug Lee	46.53		53	47.21	39
Susan Mifsud	50.25		54	50.55	4
Allyn Allan	51.39		55	52.10	44

Striders in Training

Listing maintained by Kevin O'Kane

Re-introducing a list of venues where Striders train. Advise Kevin O'Kane (B) 9283-3355 or (H) 9449-1435 of details of any other regular running, cycling, swimming, walking etc group which Striders might like to join. In years gone by, this feature used to be one of the most popular and useful of all Blister items. If you spot errors or omissions, DON'T ASSUME SOMEONE ELSE WILL LET US KNOW! It's YOUR training list - YOU keep us updated!

What and When	Who	Where
Achilles Running Club: Assisting disabled walkers and runners. Sundays 8.00am. Contact Chris Robb 9959-4269	Wendy Downes, Chris Robb, Rozanne Green	Hyde Park near St James Station, Elizabeth St, Sydney
Equaliser A.M. Group: 12k or so, Wednesdays 5.30am. Contact Kevin O'Kane 9283-3355	Keith White, Breeda Kelly, Kevin O'Kane	Acron Oval, Acron Rd, St Ives
Equaliser P.M. Group: Up to 14k. Wednesdays 6.00pm. Contact Mike Ward 9957-3566	Mike Ward + ?	Wyatt Reserve, Wyatt Ave, Belrose
Lane Cove River Runners: About 10k. Tuesdays and Fridays 5.45pm. Contact Mike Ward 9957-3566	Mike Ward, Amanda Dawson, Scott Crawford, Rod Lovell, George Lisson	Lane Cove River Park, Fullers Bridge entrance, Fullers Rd, Chatswood West
Marathon Training Group: (Resumes late January). About 10k. Thursdays 6.00pm. Contact Kevin O'Kane 9283-3355	Kevin O'Kane + ?	Waverton Bowling Club, Woolcott St, Waverton
Veterans' Track: 3000m or 5000m. 6.00pm Thursdays	Various members, infrequently	Hensley Athletic Field, Corish Circle, Pagewood

Striders' 10k Ladder

data supplied by Kevin Tiller

10k performances recorded before joining Striders could not be printed owing to space constraints. Notify Kevin Tiller of all errors and omissions but please refrain from abusing him - it's unlikely to be his fault.

Name	Time	Venue	Date
John Sauer	0.31.52	Intervarsity	0490
Phil Garvin	0.32.14	Sportscene 10k	1989
Chris Truscott	0.32.41	Woy Woy	0396
Godfrey Franz	0.32.49	Striders	0593
John Young	0.33.05	Marsfield	0796
Darren Benson	0.33.15	Lane Cove	0396
Geoff Cox	0.33.30	Harrow UK	0489
Wayne Stanton	0.33.30	Botany Harriers	0486
Stephen Jackson	0.33.45	Revesby	1992
Chris McLean	0.34.01	Centennial Park	0292
Ray Doran	0.34.12	Muscular Dist'y	0690
Paul Russell	0.34.29	Sportscene 10k	1989
John Hamilton	0.34.36	Centennial Park	0790
David Sill	0.34.52	Mini-Mosm'thon	0887
Andrew Hallam	0.34.53	North Head	0495
Christopher Dwyer	0.34.54	Marsfield	1994
Jeff Gissing	0.35.01	Mini-Mosm'thon	0789
Terry McIver	0.35.01	Sportscene 10k	1989
Andrew Smith	0.35.13	Domain	0696
Steven Holland	0.35.25	Sri Chinmoy	0795
Warwick Selby	0.35.28	Centennial Park	1990
Malcolm Satchell	0.35.39	Sportscene 10k	1989
Joanne Cowan (F)	0.35.40	Lady Macquarie	0492
John Hodges	0.35.46	Sportscene 10k	0587
Philip Hugill	0.35.54	North Head	0896
Anthony Wolfenden	0.36.00	Manly	0895
Kevin Tiller	0.36.06	Manly	0593
Brian Colwell	0.36.09	Randwick Botany	1989
Richard Briscoe	0.36.11	Meadowbank	0996
Alan Kaplan	0.36.14	Mini-Mosm'thon	1995
Scott Crawford	0.36.18	Sportscene 10k	0589
Charles Coville	0.36.25	Centennial Park	0390
Jonathon Marsden	0.36.27	Sportscene 10k	1989
Mark Fiore	0.36.27	Centennial Park	0991
Alistair Mackie	0.36.34	Sportscene 10k	1989
Stephen Urwin	0.36.36	Striders	1992
Marlies Laaper (F)	0.36.51	NSW Champs	1993
Grahame Murphy	0.36.57	Domain	0696
Peter Truscott	0.36.58	Woy Woy	0396
John Ayliffe	0.37.00	Banksmeadow	0590
Mark Robinson	0.37.00	Marsfield	0794
Jonathan Trope	0.37.01	Meadowbank	0996
Jonathan Worswick	0.37.17	Marsfield	0496
Alex Whitworth	0.37.21	Sportscene 10k	1989
Nobby Young	0.37.21	Sportscene 10k	1989
Alf Field	0.37.38	Centennial Park	0890
John Sutherland	0.37.38	Domain	0493
Terry Rose	0.37.51	Centennial Park	0991
George Lisson	0.37.54	Meadowbank	0996
Mike Ward	0.37.58	Sportscene 10k	1989
Phillip Barrow	0.38.01	Manly	1994
Rod Lovel	0.38.03	Meadowbank	0996
Steve Cornelius	0.38.13	Lane Cove	1989
Philip Boswell	0.38.18	Domain	0895
Harvey Blue	0.38.22	Sportscene 10k	1989
Tony Crosby	0.38.24	Mini-Mosm'thon	
Peter Cobley	0.38.31	Sportscene 10k	1989
Ivan Freys	0.38.33	Sportscene 10k	1989

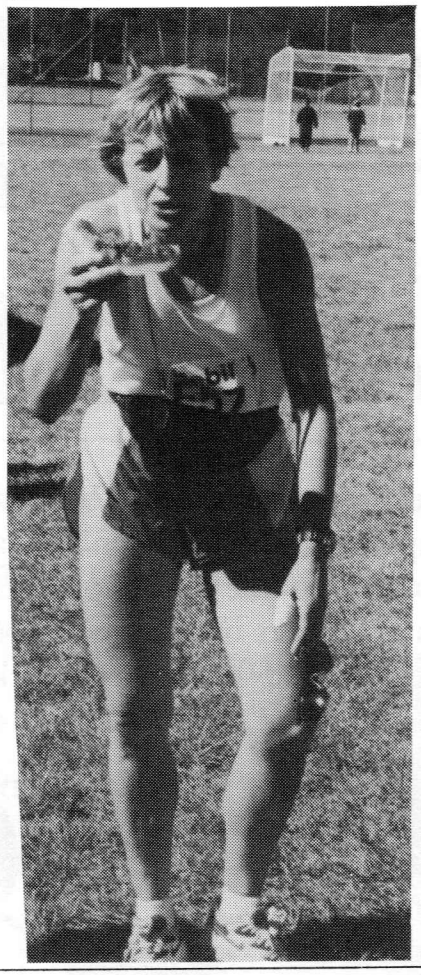
Name	Time	Venue	Date
Gavin Morisset	0.38.35	Sportscene 10k	1989
Raymond Potter	0.38.35	Domain	0696
Dick Bartlett	0.38.37	Sportscene 10k	1989
Paul Mandl	0.38.41	Domain	1991
John Turner	0.38.47	Australia Day	0188
Andrew Segula	0.38.49	Meadowbank	0996
Peter Dulson	0.38.53	Domain	0696
Hugh Spencer	0.38.54	Sportscene 10k	1989
David Ritchie	0.38.55	Sportscene 10k	1989
Tina Campbell (F)	0.38.56	Sportscene 10k	1989
Graeme Hansen	0.39.02	Toronto Canada	0595
John Whealy	0.39.05	Sportscene 10k	1989
Steve Hitchcock	0.39.14	Mini-Mosm'thon	0792
Graham Firkin	0.39.24	Sportscene 10k	1989
Dawn Tiller (F)	0.39.24	Melbourne	0493
James Howard	0.39.26	Domain	0696
David Smitheram	0.39.29	Marsfield	0496
Stephen Lloyd	0.39.30	Striders	1989
Alan White	0.39.32	Combination	0791
Joseph Vucetic	0.39.37	Marsfield	0496
John Hawkins	0.39.50	Striders	0492
John Walker	0.39.54	Domain	0696
Peter Corte	0.39.56	Domain	0696
Derek Smith	0.39.57	Meadowbank	0996
Andrew Harrison	0.40.05	Meadowbank	0996
Peter Hammerschmidt	0.40.08	Meadowbank	0996
Hakan Parsson	0.40.11	North Head	0896
John Shepherd	0.40.13	North Head	0896
John Preston	0.40.16	Centennial Park	0390
David Solomon	0.40.21	North Head	0896
Matthew Hammond	0.40.22	Manly	0595
Kevin O'Kane	0.40.22	Australia Day	0188
Robert Inglis	0.40.30	Sportscene 10k	1989
Graham Butler	0.40.32	Body & Sole	1092
John Plummer	0.40.43	Sportscene 10k	1989
Darren Goodsir	0.40.46	Meadowbank	0996
Bruce Murray	0.40.54	Sportscene 10k	1989
Graeme Nyland	0.41.04	Manly	0695
John Ross	0.41.08	2 day	0190
Ian Whitfield	0.41.10	Sportscene 10k	1989
David Fahey	0.41.11	Lane Cove	0891
Paul Lunsmann	0.41.13	Sportscene 10k	1989
Jeffrey Lie	0.41.15	North Head	0996
Alex Hamill	0.41.19	Sportscene 10k	1989
George Herisson	0.41.22	Meadowbank	0996
Steve Zolessi	0.41.26	North Head	0896
Clara Vucetic (F)	0.41.27	North Head	0896
Ian MacArthur	0.41.34	Sportscene 10k	1989
Tony Hoban	0.41.37	Marsfield	0496
Charles Reis	0.41.38	Meadowbank	0996
Roger Rigby	0.41.59	Sportscene 10k	1989
Geoff Taylor	0.42.05	Centennial Park	0890
Tony Hatch	0.42.07	Domain	0696
Sally Taggart (F)	0.42.07	North Head	0896
Craig Thom	0.42.08	Striders	1196
Keith White	0.42.29	Meadowbank	0996
Susan Griffith (F)	0.42.30	Mosman	1990
Benny Hagberg	0.42.30	Lane Cove	0290
Brian Tailford	0.42.41	Sportscene 10k	1989
Ron Daly	0.42.49	Centennial Park	0291
Alan Phillips	0.42.51	Sportscene 10k	1989
Phil Madden	0.42.58	Mini-Mosm'thon	1995
William Thompson	0.42.59	North Head	0896
Michael Wilson	0.43.07	Meadowbank	0996
Merri Mack (F)	0.43.10	Mini-Mosm'thon	0793
Joe Degabriele	0.43.19	North Head	1995
Neil McPherson	0.43.30	Meadowbank	0996
Cathy Dunworth (F)	0.43.31	Marsfield	0496
Richard Hannan	0.43.43	10k series	0695
Amanda Dawson (F)	0.43.49	Meadowbank	0996
Peter Butcher	0.43.54	Mini-Mosm'thon	1994
Mahmoud El-Khansa	0.43.59	Marsfield	0496
Rosalind Lloyd (F)	0.44.10	Mosman	0790
Paul Kotala	0.44.15	Shelly Beach	0992
Tony Byrne	0.44.16	Lane Cove	0396
Peter Cookson	0.44.26	Domain	0696
Brian Taylor	0.44.32	Centennial Park	0390
Fiona Pelly (F)	0.44.38	Meadowbank	0996
Barney Gordon	0.44.45	Domain	0696
Edwina MacArthur (F)	0.44.58	Sportscene 10k	1989
Stephen Guy	0.45.03	Meadowbank	0996
Nick Themsen	0.45.03	Manly	0595
John Fennell	0.45.04	Sportscene 10k	1989
Brenda Kearns (F)	0.45.11	Lane Cove	0396
Manfred Fiedler	0.45.22	Manly	1995
Breeda Kelly (F)	0.45.27	Meadowbank	0996
Errol Bekir	0.45.42	Lane Cove	0396
Jim Screen	0.45.51	Striders 10km	1194
Lesley Maher (F)	0.45.59	Cen Ten	0890
Peter James	0.46.14	Lane Cove	0396
Wendy Downes (F)	0.46.19	North Head	0896
Elizbth Campbell (F)	0.46.30	Mini-Mosm'thon	0793
John Gilpin	0.46.39	Domain	0696
Ray Reid	0.46.52	Sportscene 10k	1989
Nick Selby	0.46.57	Meadowbank	0996
Robi Russell (F)	0.47.01	State Vet Track	0390
Jennie Lee (F)	0.47.07	Meadowbank	0996
Sonja Navakas (F)	0.47.12	North Head	0896
Bill Blecha	0.47.20	Sportscene 10k	1989
Lesley Clarke (F)	0.47.30	Columbia	0292
Brendan Dadswell	0.47.30	Striders	1195
Tom Burnell	0.48.30	St Marys	1095
J-L Didomenico	0.48.45	Meadowbank	0996
Maxwell Coleman	0.48.59	Meadowbank	0996
Wayne McCarthy	0.49.12	Sportscene 10k	1989
Lyn Allan (F)	0.49.54	Manly	0595
Penny Taylor (F)	0.49.58	Domain	0696
Rozanne Green (F)	0.50.04	Manly	0694
Tony Brown	0.50.16	Marsfield	0796
Elana Leigh (F)	0.50.22	Marsfield	0695
Cathy Verry (F)	0.50.23	Domain	0696
Dawn Shaw (F)	0.51.05	Sportscene 10k	1989
Sue Hill (F)	0.51.24	Meadowbank	0996
John Simmonds	0.52.04	Domain	0696
Kirsten Themsen (F)	0.52.11	Manly	0595
Belinda O'Neil (F)	0.52.56	North Head	0896
Ron Stitzinger	0.53.04	Lane Cove	0396
Margaret White (F)	0.53.06	Mini-Mosm'thon	1994
Pirooz Mehrabani	0.55.55	North Head	0896
Megan Glasby (F)	0.56.29	Meadowbank	0996
Frank Dearn	0.57.31	Sportscene 10k	1989
Marg. Langsworth (F)	0.57.54	Lane Cove	0396
Alan Tonge	1.04.17	Lane Cove	0191
Kathy Wong (F)	1.05.59	Lane Cove	0396

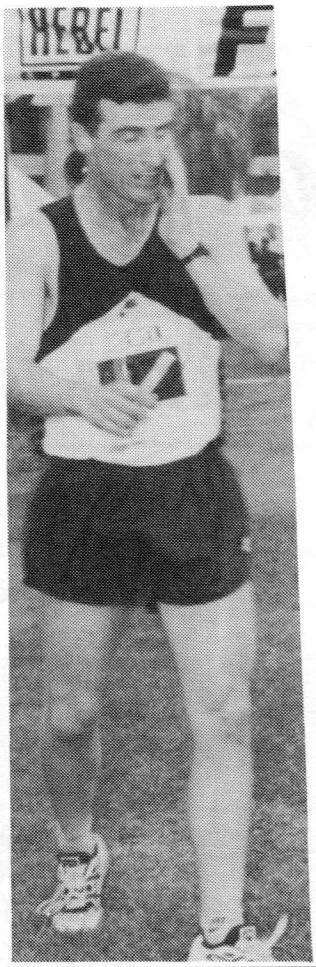
Health Warning!

from Graham Butler

Right: Amanda Dawson provides a health warning on the dangers of eating watermelon, after the 1996 Canberra Marathon. In doing so, she also wins the much-coveted Gabriella Andersen-Schiess Look-alike Trophy. (PS: Yes, we did ask her permission to publish this.)

Far Right: Peter Truscott after finishing just 4km in the Rebel Sport Corporate Team Challenge. Imagine what he looks like after a marathon. (PS: Yes, we did ask his [brother's] permission to publish this. Well, sort of.)





Club Uniforms: Order Form

Item	Price	Size	Qty	Total$
Mesh Singlet, male	18.00			
Mesh Singlet, female	18.00			
Coolmax Singlet	25.00			
Shorts, green & white	22.00			
Shorts, plain green	22.00			
Shorts, new style, cheetah	25.00			
Shorts, Lycra	25.00			
Tee-shirt, short sleeved	18.00			
Tee-shirt, long sleeved	22.00			
Tracksuit, made to order	100.00			
Tracksuit pants only	45.00			
Sweatshirt	25.00			
Triathlon Singlet	25.00			
Bike Pants, padded seat	40.00			
Bike Top, rear pockets	40.00			
Bra Top	18.00			
Polo Shirt, new design	25.00			
Polo Shirt, old style	20.00			
Squeezys, Box of 10	10.00			
			Total$:	

Please photocopy and complete this form and send to Sydney Striders, PO Box 679, Crows Nest NSW 2065 or hand to Amanda Dawson or Chris Truscott at the next STaR or 10k. If you prefer to have your purchase mailed, call Amanda Dawson on (B) 9438-1833 to arrange postage.

Name:

Phone: (H):

Phone: (B):

Payment enclosed for $

Circle one of the following:
Cheque / Bankcard / Mastercard

and, if applicable, enter your credit card details below.

Card number: | | | | | | | | | | | | | | | | **Expiry:**_____

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

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

SAA
SOUTH AFRICAN AIRWAYS

SYDNEY Striders

The Runners Shop
RANDWICK

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Australian athlete RUNNER

Entry fee includes refreshments. Register on the day.
Entry fees for 1997: Striders $5, Non-members $8,
Runs for Charity Striders $7, Non-members $10
First Saturday of every month, Race starts 7 am prompt.

Enquiries: Chris Robb (02)-9959-4269.

1997 Programme:

1 Feb 1997:	Mrs Macquarie's Chair, The Domain (Royal Botanic Gardens, Sydney)
1 Mar 1997:	North Head (Corner Darley Rd and North Head Scenic Drive)
5 April 1997:	Shelley Beach Park, Manly (East end of Bower St)
3 May 1997:	Meadowbank Park (South end of Adelaide St - Parramatta River end)
7 Jun 1997:	**Run For Charity:** Lane Cove River Park, Chatswood West (Fullers Bridge)
5 Jul 1997:	North Head (Corner Darley Rd and North Head Scenic Drive)
2 Aug 1997:	Trafalgar Park, Marsfield (Corner Trafalgar Place and Waterloo Rd)
6 Sep 1997:	Shelley Beach Park, Manly (East end of Bower St)
4 Oct 1997:	Meadowbank Park (South end of Adelaide St - Parramatta River end)
1 Nov 1997:	**Run For Charity:** Lane Cove River Park, Chatswood West (Fullers Bridge)