

Sydney Striders

**Road Runners' Club
(Founded 1980)
P.O. Box 679, Crows Nest
NSW 2065, Australia**



Edition No. 66: March-May 1997

AGM Votes Jim Screen Striders' Ninth President

by Steve Cornelius

1996-7 Striders Vice-President and Secretary Jim Screen stepped up to the club's "Hot Seat" at the annual general meeting held at Waverton on May 18th. Jim is the ninth person to be elected President of Sydney Striders in its 17-year history. He fills the position vacated by John Turner, who has stepped down after a total of 5 years' committee service.

The Blister takes the opportunity, on behalf of all Striders, to thank John Turner for all his hard work for the club in recent years, and to wish his successor Jim Screen every success as he takes over the reins for 1997-8.

Other committee personnel changes are detailed inside this edition, in Jim Screen's first letter to members as President. In addition, this 66th Blister features the usual wide range of items by and about Striders' members, and the running scene in general.

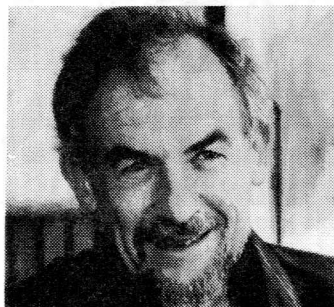
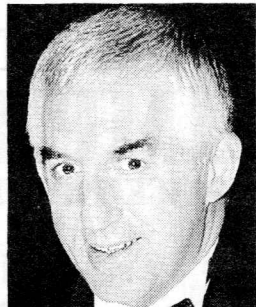
Brenda Kearns and John Walker report on their 238km multi-sport crossing of New Zealand in the

arduous Coast-to-Coast race. Nutritionist Fiona Pelly continues her widely appreciated series with advice on what to eat in preparation for your big race.

And we present a complete report on the popular 10k Race Series, updated to include Races 3 and 4 (April and May). It's all waiting for you inside Blister 66!

Inside Blister No 66:

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- AND MUCH MORE!**



**Left: Retiring President John Turner
Right: Newly-elected President Jim Screen**

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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Website and Email LiSSt

Homepage: Website maintained by Kevin Tiller at: <http://www.sydneystriders.org.au>

To subscribe to the Club email-list ("The LiSSt"), inform the database manager of your email address. When subscribed, send messages to sydney-striders@chutzpah.cairns.net.au for distribution.

Copy Requirements

Members' contributions usually given priority, but non-members' efforts welcome too. If you use a **computer**, PLEASE submit items on diskette or via email. Typed, faxed or handwritten copy OK also (if legible!), especially shorter items. **Two deadline dates** for each edition are published in Club News (starts p3). **Earlier deadline:** photos, graphics, AppleMac stuff, things which need re-typing, scanning or serious re-formatting. **Later deadline:** email submissions or text files on PC compatible diskettes. **Late contributions** printed in the following edition, if still relevant. **Email:** Text in body of email message, send other formats as file attachments. **Disk and file format:** 3½-inch disks. Simple text format much preferred! Your fancy formatting will only have to be edited out! We use **Office 97** (Word, Excel, Access), but can convert many other formats. If in doubt, phone Steve Cornelius. **Graphics:** Colour or black & white photos, line drawings, cartoons etc, welcomed. **Verbal contributions** may be "lost" even if accompanied by a very large bribe. **Disks and photos will be returned**, if you're lucky.



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Club News

◆ AGM Report

A summary of the proceedings of Sydney Striders' AGM can be found in Jim Screen's article "From the (new) President", later in this edition.

◆ Brett Nichols Memorial "Equaliser", 15 June '97: Test your mettle

from Margaret White

There is one Sunday in every year when Striders get to sleep in. (If you're one of the ones that always sleeps in, this is your big chance to run with the regular STaR crowd) Make the most of it, you're about to pit yourselves against each other, the clock and the elements in the toughest of all cross-country races- The Brett Nichols Memorial "Equaliser"

You may be fast but you'll need to be tough as well to stand a chance on Sunday, June 15, at 8.00am, in the Club's annual cross country championship. And don't worry if you're a bit slow - this course isn't called the "Equaliser" for nothing! The course is 14km of breath-taking bushland, starting at Wyatt Ave, Belrose.

There will be prizes for open and over-50 male and female winners and record breakers will receive due recognition. The event is timed (and we'll try to ensure that it is well marked) and is a fitting annual tribute to a well-loved and fondly remembered Strider.

And if you think you're not quite up to the challenge this year but would like to be part of the fun, anyway, we'll need a few helpers. Let Keith or me know- at one of the STaRs, on 9958-0161 or kmwhite@ozemail.com.au. Entry: \$5.

◆ Hopetown Relay, 7 Sept

by Steve Cornelius

The 7th annual Westfield to Hopetown Road Relay will be conducted on Sunday 7 September 1997. The race, which runs mainly along the Pacific Highway from Chatswood to Wyong, is in 12 stages, varying in length from 6.4km to 12.6km.

Please note that if Sydney Striders are to enter a team or teams, our entries must be submitted, by 31 July! Would all those interested in joining a Striders' team on that day please register their preliminary interest with Teams Coordinator Margaret White on 9958-0161 by the end of June, please.

◆ Website and Email Changes

from Kevin Tiller

The Striders Web Page is dead! However, you will be pleased to know it's been reincarnated at our new address, <http://www.sydneystriders.org.au>.

The reasons for this are mainly: (1) The old address was too confusing to remember. (2) It's really a club resource, not just my own personal project. Now that web access is increasing amongst the general populace, it makes more sense to change the name now rather than later. Also, it's on my own personal web space and I wouldn't want to leave the Striders in the lurch if I ever moved off to pursue other interests. You will find that the pages are pretty much the same now as they were before - everything has just been moved across. However, the club now has its own email addresses:

- info@sydneystriders.org.au - a generic email address for the club, and to be used when the following instances do not apply;
- president@sydneystriders.org.au - obvious.
- blister@sydneystriders.org.au - email address for sending in Blister articles;
- webguru@sydneystriders.org.au - anything to do with the web pages.

We can add others if anyone has any bright ideas. This will be useful as we don't have to change stationery or publish a long list of arcane email addresses. Especially useful in that the main address (info@...) can be passed around on a roster system (!) between interested Striders, especially useful if anyone is going away for a long period of time.

Note that these are not unique mail boxes, they are just redirections to existing ones i.e. for now the info and webguru emails get redirected to my own account, the president one to Jim Screen and the Blister one to the entire Blister team.

We only paid a nominal fee for all of this. The monthly costs (approx \$40) were waived due to the deal I negotiated with the Zip. This saves the striders in the region of approx \$500 per annum.

To keep our end of the bargain we just have to give them the odd free ad, so here goes: Zip - the Internet Professionals (<http://www.zip.com.au>), \$29 a month for 40 hours access, \$39 a month for those without a life - 120 hours a month!! Includes your own 5Mb of space to create web pages and a whole bunch of other stuff. If you want my opinion they are a good bunch of people and I would switch to them, except I already get free access !!!

◆ Committee Deliberations

Summarised by John Turner

For members' information, these were the main items discussed at the meetings of the Club Committee on 20th March and 1st May 1997:

- Treasurer Geoff Taylor presented a new report format which shows in detail all income and expenditure for the recent period, allocated by major cost centres. The Club now has \$10,000 on interest bearing deposit. Confirming the Club's financial strength, net assets now stand at \$12,000, some 50% greater than a year ago.
- John Turner presented several new logo designs for discussion, and was given approval to proceed with sample gear for live trials.
- Confirmed that Blister #65 would be the last to be received by people who had failed to renew their subscriptions for 1997.
- Continuing success of 10K Series was noted, with 196 starters at the Manly event - an all time record. Congratulations to all involved. Purchase of a first aid kit and other essential gear was authorised.
- Jim Screen and Kevin Tiller presented an interim report on a revised Business Plan. It stressed the need to upgrade the social side of the Club, to participate in external events and look at the Club's involvement in Olympics 2000. It also envisaged a full history of the Club in time for our 20th year (2000). Still to be addressed are the Club's goals in terms of membership growth, financial targets and how to utilise the Club's funds.
- Richard Bamann, a concerned member, made an excellent presentation on the need to upgrade the quality of our STaRs, including better maps, catering and groups running to the set pace. Committee resolved to look into this promptly.
- Confirmed the decision not to take part in the M2 opening due to uncertainties on the date and likely conflicts with the SMH Half.
- John Hamilton welcomed offers by Breeda Kelly and Lesley Clarke to take on 1998 10k Series Race Director and Race Entry Director respectively. Still outstanding is the position of 1998 Race Gear Director to replace Derek Smith. *[Amanda Dawson later filled position - Ed]*. Resolved that 1997 beneficiary of our two charity 10k events would be the Achilles Club.
- John Turner presented a comprehensive policy and action plan which set out a detailed proposal for managing the complex issues of running uniforms and other clothing. It proposed

recognising gear in two forms - basic gear and fashion gear, the former to be sold at a discount and the latter at more commercial rates so as to achieve financial breakeven between the two. Also the need for better management of stocks and purchasing procedures for reasons of economy and sound business practice. Under a motion from Steve Cornelius, the Committee voted to revert to the original 1980s-style gear, subject to reconsideration of quartered shorts.

◆ Welcome New Striders!

Info supplied by Kevin Tiller

We welcome the following new members who have joined the club since the beginning of 1997, and wish them enjoyable, injury-free running with Sydney Striders. **Joined in January:** Fran Laurent, Carolyn Ryan, Sally Cornelius, Mary Lowes, Kathryn Leader, Jenny Truscott, Lynn Herisson, Gerard Donnan, Paul Tate, Pauline Flanagan, Tim Austin, Jacques Laurent, Mike Brimfield, Gary Aitkenhead, Heidi Von Bernewitz, Greg Coffey, Diane Berger, Pauline Tatam, Paul Brabender, Brian Grant, Lisa Jericevich, John Molyneaux, Debbie Coulter. **Joined in February:** Robyn Flemming, Trevor Curren, Ian Pollard, Elvis Gregory, Sue Thomson, Philip Tunstall, Ross Sinclair, Phil Naylor, Geoffrey Nicholson, Dan Leavy, Paula Leavy, Fameli Robyn, Annaliese Williams, Peter Duncan, Charles King, Carol Taylor. **Joined in March:** Pamela Scott, Phillip Mount, Steve Bourke, Dean Degan, David Marsh, Anthony Howatson, Deirdre Stewart, Carl Barker. **Joined in April:** Melissa Ries, Andrew Gibbons, Robert Chalmers, Chris Jones, Craig Schlitter. **Joined in May:** David King, Gillian Elyan, Catriona Cater, Peter Kilborn, Gary Rosenberg.

◆ Roll of Honour

Info supplied by Kevin Tiller

We congratulate the following Striders on reaching significant membership landmarks:

10 YEARS: Raymond Skinner, Jeff Gissing and Warwick Selby. **5 YEARS:** Jeanette Kristensen, Wayne Meader, Philip Hugill and Paul Kotala.

◆ Honour Roll Errata

When we originally started this Honour Roll back in Blister #59, we stated that **Ray Reid** had been a member for 10 years. It now turns out we had understated his membership. As of 1 January 1997, he had in fact been a member for 13 years. Ray, thank you for your patience ...

◆ Oceania Veteran Games, New Zealand, January 1998

from Jim Tobin (Organising Committee Chairman)

The Oceania Veteran Games are conducted on behalf of the Oceania Association Of Veteran Athletes (OAVA) which administers one of 6 regions of the World Association of Veteran Athletes (WAVA). Recent venues were Auckland (90), Norfolk Island (92), Fiji (94) and Tahiti (96).

The 9th Oceania Veteran Games have been allocated to New Zealand and will be held in Hawkes Bay over the period 17-24 January 1998. The event headquarters will be at the all weather track at Nelson Park, Hastings.

The Games will feature a full track and field program (including multi events) for men and women. In addition there will be a ½-marathon, 8km cross country events and 10k road walks. This activity will be spread over an 8-day period which will include at least one layday. All events will be split into the traditional 5-year age groups starting at age 40 for men and 35 for women. There will be events for pre-veterans (men aged 35-39 and women 30-34). There will be no qualifying standards and the competition will cater for a wide range of ability. To

be eligible to participate New Zealand competitors must be financial members of the NZ Association Of Veteran Athletes (NZAVA) at the time of entry.

The Games are primarily the regional championships for veteran athletes of the relevant Veteran Athletic Associations affiliated to OAVA. These athletes have automatic right of entry. However veteran athletes from member countries of any of the other WAVA Regions around the world are welcome to compete but of course are not eligible to claim Oceania titles. Already we have received many enquiries from America and England apart from our own Pacific countries.

Good quality and reasonably priced accommodation with full facilities is readily available at a large number of motels in both Napier and Hastings. Other budget accommodation options will also be available. Entry forms will be available in May 1997. For further information write to the Organising Committee at Box 7144, Taradale, Napier, New Zealand. Alternatively phone or fax me at (06) 844 5072 or mobile (025) 240 8880.



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Matters Presidential

A round-up of contributions from two occupants of the Hot Seat

Why 3 presidential reports? Has a triumvirate seized control? Well, there's the final "PB" from John Turner, who retired from the presidency on 18

May, then the text of John's more formal "state of the club" speech to the AGM, and finally a few words from incoming president Jim Screen.

PB (President's Bluster) "*They also serve . . .*"

By retiring President John Turner

They also serve who only stand and wait. Well, not quite. What I mean is: many Striders do outstanding things in our Club even though they're not actually running. Take these examples:

Wendy Downes, her first time as a STaR host, faced the wildest weather Sydney ever threw down - Mother's Day 1997. A mother herself, you would have forgiven her for saying: "Stuff it, no-one'll turn up. I'm staying in bed too." Did she what? Awake at 4:30 am, she trundled out to get ice for the drinks, mark the fire trail bits of the course, leave water containers at three isolated points, arrive at Terrey Hills in time to see the few hardy 6 am runners on their way, and then wait around in the cold for the few intrepid Striders to come back, wet, frozen and very appreciative of Wendy's boiling billy.

Kevin Tiller, encouraged by the success of our secondary HomePage on the Internet, off his own bat and in his spare time pulled in a few favours and got us a primary Website <<http://www.sydneystriders.org.au>> at almost no cost to the Club.

Tina Campbell, Breeda Kelly, Bruce Murray, Richard Briscoe, and 21 other concerned Striders, sacrificed their time one Sunday morning at the beginning of May "to give something back to running". They "*stood and waited*" as marshals for the Sussan Classic 10k and 5k, earning \$500 for the Club in the process. It was much the same Strider crew in March, out at Homebush for the Corporate Games 10k and 5k, earning \$600 on that occasion.

Ray Potter, sovereign of the surf and king of the computer, now does an overnight turnaround of 10K Series results - handicap and outright - sometimes nearly 200 of them - so they can be posted on both the Striders' HomePage and the STaR notice board the very next day! Then **Joanne Cowan** reports the top results to the newspapers so they get published in Monday's sports pages. Ray Potter can also give you the exact formula by which handicaps are calculated, on disk if you ask nicely.

Jim Screen, Vice President, Secretary, and sometime Social Director, single-handedly organised the Awards Night last March from go to whoa, from arranging the catering to setting out the tables, from counting the votes to buying the trophies. And, since

Jim took on the secretarial job, our various insurances (Public Liability, etc.) have never been in better shape.

Mike and Margaret Ward are the clever crew who provide the seamless mail-out service - from publisher to your letter box, all 350 of them - many times a year. Not to forget Kevin Tiller who does the address labels, and chief postman **Terry McIver**.

Chris Robb, helped by **Chris Truscott** at Sporting Spectrum, does a myriad of tasks for Striders. For example, their office receives and distributes all our incoming mail. They field the daily phone calls inquiring about Sydney Striders - how to join the Club, where's the next STaR, who's in charge - that sort of thing. They send out kits to everyone who asks about membership. They send out 10K results to all non-members after each race, along with a reminder about the next one. It all helps to keep people coming back time after time - and impresses them with our efficiency.

Julia Stenton, Minute Secretary, goes home after every Committee meeting and promptly types up the Minutes, accurately and neatly, despite her full time job and nearly full time university course.

Geoff Taylor is the most proactive Treasurer any club could wish for. Quietly and without fuss, he banks subscriptions and 10k entry fees, pays all our bills, and gives us summarised financial information that is both timely and easily understood.

So - the people I'm talking about here are the ones whose roles are less well known, but without which our Club would not function a quarter as well as it does. And I haven't even mentioned our Blister team, our 10K organisers, or our STaR management with its 30-odd hosts.

It's people like these who have made my job as President this past year so enjoyable and rewarding. Thank you for serving me and your Club so unstintingly. Take a bow. Striders are proud of you.

Indeed, there's only been one fly in the ointment - uniforms. Nothing is more guaranteed to raise the passions of long-standing members of any club, let alone Sydney Striders. To them I say: hang in there - give us a chance - you won't be disappointed.

John Turner, Retiring President (but not shy!).

President's Annual Report

Text of retiring President John Turner's "state of the club" speech to the AGM, 18 May 1997

Fellow Striders, I am delighted to announce that the past year has been the best yet for Sydney Striders Club by almost any measure you want to choose - best fun, best fellowship, best membership growth, even the best internal stoush (logo/uniforms)!

Why has this good news happened? For one fundamental reason - you, the members, have demonstrated your enjoyment of our Club by "giving back" to the Club. It's a chicken-and-egg thing. You members enjoy what the Club offers so you put in the hours to make it work better, so everyone enjoys it more, and so it goes on.

What in particular has made the difference this year? At least four things - the 10K Series, *The Blister*, the STaR program, and the Club's administration.

Not only has the **10K Series** brought in a lot of money and new members, but to my mind it has served well one of our Club's stated objectives: to use the power of our Club for the benefit of others in Sydney's running community.

Our newsletter *The Blister* has had its most successful season ever. It more than fulfils one of my long-held dreams - a desk-top publication that comes out regularly and in timely fashion, filled with news and views, and very focussed on what Striders want to read.

As for **STaRs**, in my 14 years membership, we have never had as many as 26 different STaRs on the program as we do now. Nor a year when we had so few noticeable stuff-ups in them. Quality, quantity and variety - who could want more? Congratulations to all 35 people who act as STaR hosts.

Administration covers a lot of ground. It's Sporting Spectrum who take all the phone calls, distribute the mail and support the 10K Series. It's our database which keeps close nit on race results and membership records. It's the arranging of meetings, the paying of bills, the keeping of accounts, the ordering of uniforms, etc. In all but one of these areas, our performance has been the best yet. The bad one we intend to fix - pronto.

What of the future? Allow me two more minutes to tell you what I reckon our Club will be like in the (true) millennium - 2001 - just over three and a half years from now. It will focus on three "S"s - Service, Sustainability, and - *sorry* - Celebration.

Service: We will have the services of a coach or coaches to help those who want to train for shorter events, from middle distance track up to half

marathon. We will have a "Related Sports" section whose job it is to promote Striders teams in say, triathlon, extreme competitions like Buller-to-Melbourne, even cross-country skiing and endurance events. And we will have a relationship with a commercial clothing stylist/supplier who will ensure Striders' gear is the envy of every sportsman/woman, on the road and "on the street".

Sustainability: Our Club, in 2001, will not be much bigger than it is now - maybe 450 as against 315 - but the average age of its members will be lower. We will have ten top grade runners aboard. We will market ourselves as a "young, young-at-heart and family club", the club for active sportspeople and their families - even if some of the family members don't run. To organise the creches and kids activities while their parents run, we will have instituted a "Volunteer Recognition" program whereby older, retired or "spare" members will have been brought into properly organised Volunteer Groups and rewarded with honoured status.

Celebration: We will be 21 in 2001, a great reason to celebrate. Not with fireworks and Rave Parties - that's not our style. But we will build on the Fun & Fellowship theme that characterises our Club, organise a third Sydney Marathon - maybe 105 times round the by-then-empty Olympic Stadium track - on roller blades - whatever - a FUN event for Sydney's running community to join Striders Club celebrating its majority. Oh, and a book entitled "Exposed: the Colourful Past of Sydney Striders" complete with foreword by first billion dollar Strider, Bryce Courtenay.

In all of this, I have not mentioned any one Club contributor by name. I'm going to do so now. Brian Tailford of *First Impressions*. For a club like ours, the biggest expense is usually Printing. Not for Striders. His contribution doesn't show up in the Club accounts, but if it did it would be recorded as an annual donation of several thousand dollars, because that's the value of what he prints for free. But there's at least 50 other people who contribute their time and effort to the smooth running of our Club. We can't put a value against it, but we can say: "Thank you. You do us all proud."

And, as retiring President, I thank you for helping to make my year Sydney Striders' "Best Year Yet", but looking at the talent already lined up, I'm sure the coming year will be even better.

John Turner,
President 1996-7.

From the (new) President

An AGM report by Jim Screen

As AGMs go the one held on 18 May 1997 was never going to be quite the same as its predecessors. There were one or two items of unfinished business from the 1996 AGM to take care of and a swift kick in the behind to be delivered to the "committee" for not getting on with the job as well as an outgoing President to farewell and the retirement of some long standing committee members.

John Turner, Vice President for some 5 years and President for one succumbed to his very busy life and decided to retire from the Committee for the time being. John, you did a power of work for the Club and I know every Sydney Strider extends to you their sincere thanks for a job well done.

Sarah Entwistle retired from the position of Blister Editor to give herself some breathing space in an incredibly busy life. Not only is Sarah a very strong supporter of the Club she also runs her own business and gives her voluntary support to other organisations. This year Sarah qualified for the Hawaii Ironman Triathlon and is subject to a fairly heavy training program. We will miss her contributions to the Committee and the Blister and wish her well in all her activities.

Our ever reliable Minute Secretary, Julia Stenton, also needed a break to cope with a heavy mixture of study and work. Thank you Julia for making sure that all the things we said we would do but never did, are faithfully recorded in the committee minutes.

Peter Truscott, Uniforms Manager also deserves special thanks for his work in trying to improve the outward appearance of the Club, as do Dick Bartlett and Jonathan Worswick for their work on the club Calendar and 10k Race Series respectively.

We were lucky, as is often the case to have some keen and talented replacements elected to fill vacancies caused through the retirements. Some more information on them will appear in future editions of the Blister.

Unfortunately the positions of Uniform Manager and Social Director were not filled. If you were unable to attend the AGM but would like to make a contribution to the running of the Club now is your chance to become involved. Please let me know if you would like to help.

Treasurer Geoff Taylor reported a healthy surplus for the year of \$3,948 and 10k Series Director John Hamilton reviewed the success of the races and announced some exciting new initiatives for the second half of the series. (You will have to

attend the Races to find out what these are.)

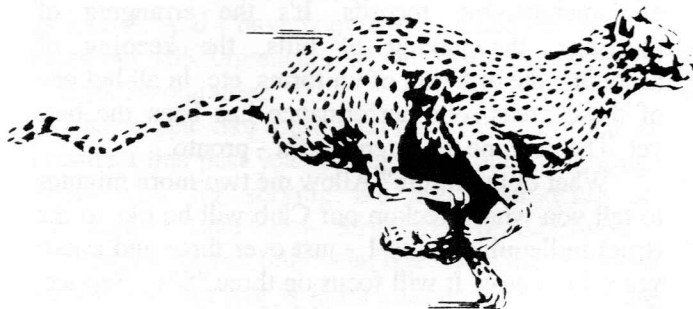
At long last the members of the Club had an opportunity to vote on the style of Logo to be used. Some healthy debate ensured that a decision carried by the Committee at its last meeting before the AGM, to revert to the original style and colour ie. Sydney Striders in equal prominence, white on green, and on the front and back of singlets was endorsed by a majority 66% of those in attendance.

The Committee was questioned as to why the matter should be debated at the AGM when in fact it had been passed at Committee. The Committee was also charged with the task of getting a supply of running kit (in the latest fabric and style if possible) pronto or else.....and in due course report back to the members on the overall graphic image of the club.

Elsewhere in this edition is a summary of a proposed charter and objectives for the Club over the next couple of years. It places heavy emphasis on getting back to the basics of running a first class running club while not ignoring the future. Inherent in this is that the current Committee will be committed to doing things which reflect the views of the majority of members. Minority views will always be heard and if they are good enough may even win the day after they have been voted on by the members.

PS. Has any one seen a Cheetah around anywhere?

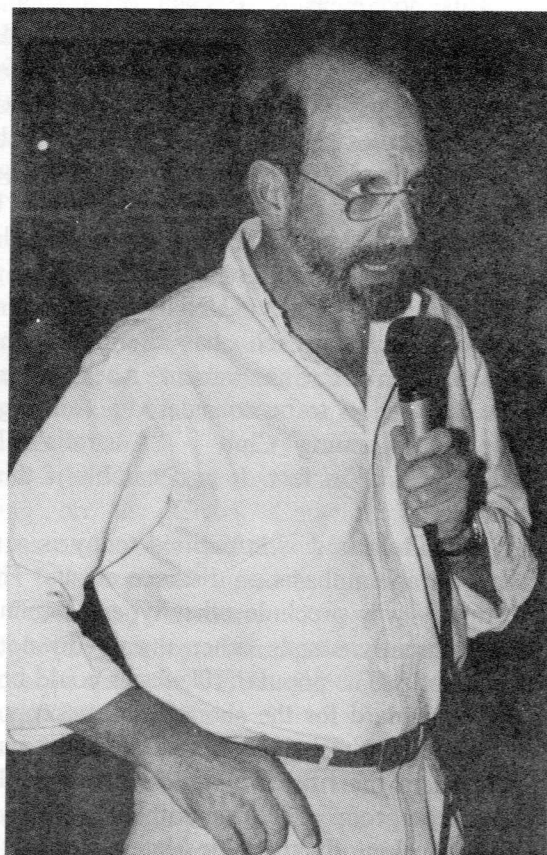
Improvement through Competition.



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Striders' Presentation Night, Waverton, 6 March 1997

Photos by Graham Butler



Top left: Chris Truscott with the club's premier trophy for 1996, the Maria Gemenis-Cruickshank Outstanding Achievement Award. Top right: Scott Crawford presents the "Raz" awards to a number of hapless recipients. Below: The "Gang of Four" (alias Blister team) receive the 1996 President's Award for Excellence. L to R: Sarah Entwistle, (presenter) John Turner, Steve Cornelius, Graham Butler, Nick Themsen.

Striders' Business Plan Review

Summarised by Kevin Tiller on behalf of the Review Subcommittee

This document is a result of a small "sub-committee" (Jim Screen, Steve Jackson and Kevin Tiller) that has reviewed the previous 1994-1996 Business Plan, with the specific objective of outlining the next 3-year plan (1997-1999 inclusive).

The rather grandiose plans of 1994 (eg 2,000 members by the year 2000) have been scaled back to a more realistic level, and the focus of this plan is to tighten up the workings of the club, to put the emphasis back into the RUNNING. The phrase "A back-to-basics approach" has been mentioned and this would be a fair assessment. Above all else, we want the Striders to be considered a well-organised, competent Running Club – "Australia's Premier Running Club" in fact. It is debatable if this is the case today.

The Club as it is structured today is a running club with an emphasis on distance events. This does not in any way preclude other types of running but as it presently stands other events do not figure prominently. The popular 10k series could be said to set the standard for the shorter events supported by the Club with half marathons and marathons featuring in the life of a typical member. There is also a keen group of Ultramarathoners who roam the country looking for the added interest of that type of running. A large group of members participate in local fun runs which are generally around the 10k distance.

Sydney Striders is neither a Triathlon Club, a Cycling Club nor a Swimming Club. If any member wants to focus on these activities then they do so with the Club's 100% moral support and if they choose to do their running training with the Striders then the Club is the richer for their support. The Club already acknowledges its members participation in Triathlon by making an award available for the Triathlete of the Year and the Blister regularly supports the activities of Club members by featuring articles on their exploits. As such, though, the main emphasis of the club will be on running.

As a start we plan to use the term "Charter" instead of "Business Plan", as the Striders is indeed a Running Club and not a business. Whenever someone in the club has a bright idea, we will hold that up against the Charter, and if it seems to be in conflict with the Charter, the idea will be discarded.

Charter

Sydney Striders aims to be known as Australia's Premier Running Club by promoting and

maintaining an environment for fun, fellowship and achievement and mutual support to runners of all standards.

Objectives

Fellowship: To enhance health and enjoyment amongst our members, other clubs, organisations and individuals who share similar interests.

Leadership: To actively develop the Club's reputation for quality leadership and foster the fraternity of running.

Organisation: To have effective administration of the Club's human resources, financial and other assets in accordance with the Club's commitment to its members and others in the community.

It should be noted that the following issues have been hotly debated at one committee meeting, with NO agreement on any issues, so they are still open to further discussion and ultimately some change. All members are advised, as usual, to make their point of view known, especially to committee members. Of course, all members are free to attend committee meetings also.

Brief discussion points for '97-'99 (inclusive)

- 1) It is recommended that an open event (of half marathon or similar distance) be staged and this is carried across to the 1997-1999 goals.
- 2) Continue with the part time manager arrangement, but try to get more help in organising events rather than just admin tasks.
- 3) Review the club's use of Waverton Bowling Club as a "clubhouse".
- 4) Previous plan had a goal to "double Club revenues in 1994 to \$50,000.00 by means of new members, sponsorships and other fundraising activities." This item will be immediately struck from the club's plans as it is fundamentally against the philosophy of the club to have a goal to raise the revenue of \$50,000. We are a Running Club not a profit-making concern.
- 5) From a base of about 270 members in mid-1993, the plan suggested a target of 600 members by 1996. In that respect, the plan was a failure, there being only 312 financial members as at the end of 1996. However, this represents solid growth.

Year	'90	'91	'92	'93	'94	'95	'96
Joined	68	47	51	67	63	73	73
Left		65	49	45	45	61	64
Yr/End Total	267	249	251	273	291	303	312

It is recommended that a review be undertaken of why members are leaving at an increasing rate and who they are.

Goals 1997-1999

Goal 1(a): To promote Club fellowship by :

- Conducting STAR runs every Sunday.
- Publishing a regular calendar of events at least 2 weeks prior to expiry date of the current calendar.
- Providing breakfast at The Sydney Marathon, City to Surf and SMH Half Marathon
- Conducting an Outstanding Achievement Awards Dinner and Awards Ceremony
- Conducting a Christmas Breakfast & Awards Ceremony
- Publishing at least 5 Blisters each year
- Conducting Pasta Parties prior to major events
- Organising group travel to "away" events
- Coordinating members participation in events
- Conducting internal events including Annual Picnic Relay, Equaliser Cross Country and Handicap Half Marathon
- Providing a good quality Club Uniform at minimum price
- Maintaining an Internet presence
- Supporting Club Members in times of need.

Goal 1(b): To build and retain membership numbers by conducting appropriate promotion and market research in order to achieve a net growth of 20 on number of financial members as at 31st December each year.

Goal 2(a): To conduct a regular top quality 10km Handicap Series open to Club Members and the public in general.

Goal 2(b): To actively participate in events such as the Hometown Relay, the Interclub Challenge, the TAB Relay (Homebush), and NSW Veterans' Athletics Club Events.

Goal 2(c): To organise and conduct an external distance event (even low-key if no funds from sponsors are available).

Goal 2(d): To develop high level plans by the 1998 Annual General Meeting regarding the Club's involvement in the year

2000 celebrations and the Sydney Olympics.

Goal 2(e): To start the compilation of a "History of Sydney Striders" from 1980-2000 to be completed by the year 2000. This is expected to contain at least an all-time club bests for all age groups for 10km, Half Marathon, City to Surf and the Marathon distances. It should also contain, if not the content of all Blisters then at least significant club records including as many photos as possible. This is not necessarily a Year 2000 event, but more a way of preserving what History there is left before we lose any more of it.

Goal 3(a): To review the Club's organisational structure with a view to disbanding the various sub-committees as they currently stand. Ad-hoc committees can be established for pre-specified tasks eg Blister, 10km, Charter Review as and when the situation arises.

Goal 3(b): To ensure that at all times decisions impacting on the Club's Constitution, Charter, Objectives and Goals and the way the Club goes about its business are ratified by a majority of the elected Committee Members.

Goal 3(c): Employ a Manager answerable to the Committee to stage the Club's major open events and coordinate Club activities.

Goal 3(d): Club events to be self supporting by way of either external sponsorship or by participants fees ie the obtaining of sponsorship is not crucial to any of the club's programs, as long as there is enough to cover our expenditure.

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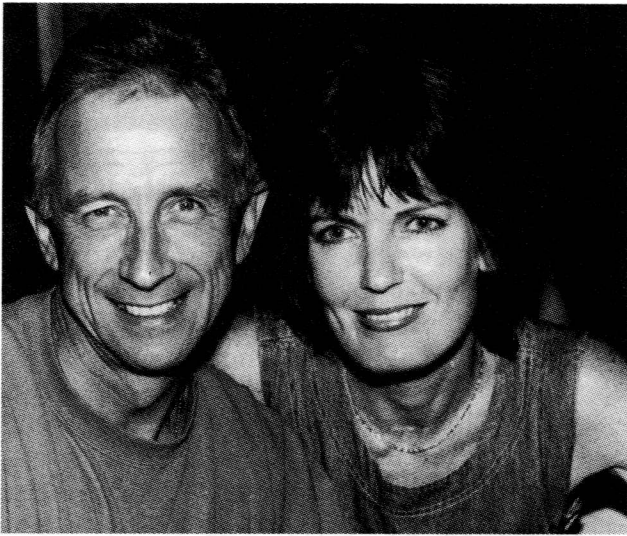
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Coast To Coast

by Brenda Kearns and John Walker



The authors pictured at Striders' presentation night, Waverton Bowling Club

In February the central South Island of New Zealand is host to what is probably New Zealand's toughest multisport endurance race - the Coast to Coast. We were there this year and it was the most exciting event we have ever participated in.

The Coast to Coast (sponsored by beer company Speights) starts at Kumara, a small town on the west coast and competitors cycle, run and paddle 238km to Christchurch on the east coast. Around 800 participate and about half of them are in the two-person two-day teams race. Several hundred more compete as individuals over two days and another hundred do 'The Longest Day', an individual one-day race. The race record is just under 11 hours but for most (including us) the goal is just to finish.

Off road running

We joined up with some friends and entered two veterans' teams, one male, one female. Our team mates Dave and Wendy competed in the event a few years ago and this time they took the easy option of the sitting down stages - cycling and kayaking. We were in for a mountain run on the first day and the final cycle stage to the finish. We knew the run section was going to be tough, and so our preparation included as much "off road" running as possible. Our long runs included the Manly to The Spit track out and back each week for several months leading up to the race.

Early February and we're ready to go, all we have to do is get 2 kayaks, 3 bikes, 4 competitors and 2 support crew to the wild west outback of New

Zealand. The nearest international airport is at Christchurch over 200km from the start, so we got a preview of the countryside as our convoy drove over to the west coast. The scenery was incredible especially over the dividing range, though the thought of running over it was a little daunting.

Restless night

The town of Kumara (population approximately 500) has two big days each year. One is the annual race meeting, the other is the Coast to Coast. The locals team together to put on a pre-race banquet the night before the race and it was wonderful, then it was off to our cabin in a nearby town for a rather restless night's sleep.

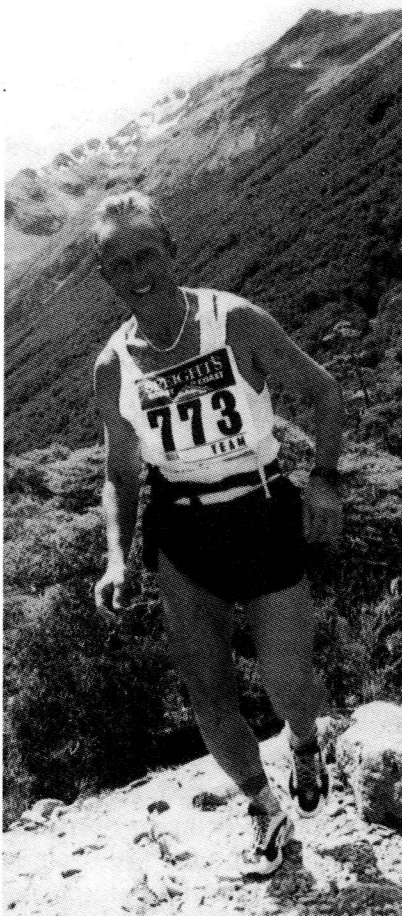
Race day dawned fine and clear, a remarkable event in itself on the west coast of New Zealand. It was an early start to get Dave and Wendy down to the beach for their 3km run followed by a 57km cycle through the coastal farmland and into the foothills of the Southern Alps. Getting ourselves and our support crew to the transition was no easy task either with hundreds of support vehicles on a typically narrow New Zealand road.

The run stage heads into the hills following a river up towards its source in the mountains. It is only 26km long but the race information warned that the top athletes would take 3 hours to complete it and the rest of us would need up to 8 hours. A lot of the running is actually in the river, a cold swift flowing river with smooth round stones in its bed, no need for water stations, the river is crystal clear and clean to drink. There is no track to follow, no signposts and as the riverbed climbs, the rocks get bigger and the water channels get swifter.

5k on river stones

We crossed the river hundreds of times - the other side always looked like a better place to be! After about 3 hours we reached Goat Pass, the steepest part of the run leading to the highest point, time for a brief stop, a drink and take in the magnificent snow-capped mountain scenery. We were hopeful that from here it would be all downhill but alas it was not to be, though at least we had a track to follow from there. The track took us over tussock land, through bush, through more rivers, down ladders and eventually out to another river where we ran the last 5km on river stones, pleased to be finished in under 6 hours.

Most competitors, ourselves included, camped out the night in a big grassy field at the end of the run. So it was off to the local pub for a meal and in



**Above: John Walker
Below: Brenda Kearns**

for an early night before an even earlier start on the 2nd day.

Our race information said we had to be out of the camp by 5.30am and alarms started ringing all around us at about 4.30. Wendy and Dave were left at the camp with their bikes while we headed down to the Waimakariri River to the kayak transition area in absolute darkness. The start of day two is staggered to avoid congestion and competitors cycle 15 km to the river before heading off on a 67 km paddle on grade 2 rapids. Our team mates caused a bit of a stir with their kayaks - they are not very experienced paddlers and opted for safe short plastic kayaks, a marked contrast to everyone else's sleek fibreglass or kevlar racing models. They did however eventually get to the next transition area without mishap and once again it was our turn.

The final cycle leg is absolutely flat, across the Canterbury Plains and through Christchurch to Sumner Beach and has a reputation for being windy. On this day it lived up to

its reputation and we had a very strong headwind to contend with the whole way. By this stage too, the 'Longest Day' competitors were starting to come through, having started their race at 5 am. We were given a map of Christchurch and were a little worried about our navigational abilities at this stage of the race. Imagine then our delight when we reached the first set of traffic lights and found the traffic stopped in both directions to let us go through.

The locals in and around Christchurch deserve a mention at this stage, they were so supportive. All along the cycle route there were people out at their front gates and on street corners, clapping and cheering.

At the finish our bikes were taken from us and we had a difficult but triumphant run over the sand to the finish line to be congratulated by the race organiser with a can of the sponsor's beer. Fatigue was overcome by the euphoria of having completed an event we had always regarded with awe.



Running with Obstacles

by Nick Themsen

Having commenced to run a little again, it has always amazed me the difficulties you experience in meeting or overtaking various obstacles on narrow foot-paths. These obstacles can take the form of elderly couples, single pensioners with or without a cane, young couples and single parents with or without a pram, or a combination of all of the above, but including a pet - usually in the shape of a dog.

Over time it's been my experience that you have to handle these obstacles in a different manner in order not to hurt the obstacles or yourself - not to mention the dogs.

Collision can be detrimental

In general you have to establish at a very early stage, say at least 100 metres before impact, whether there is enough room to manoeuvre on either right or left. Nothing is more frustrating than zig-zagging the last 100 metres only to find that the obstacle is located on the same side of the path when meeting. Should this happen, don't forget to stop. The consequences of a collision can be detrimental and set you back several weeks in training.

Elderly couples are normally the easiest to handle, I find. I'm unaware if it's due to lack of speed or inability to handle changes. However, they normally stay on line and rarely deviate from their selected direction. Meeting them front on therefore normally doesn't cause any problems, as long as sufficient space is available to pass. Overtaking can be a bit of a problem, but easily solved by whistling a naughty song the last 40 metres before overtaking. This normally makes them stop and concentrate, thus allowing you to pass. The only downfall to take into consideration is the possibility of them having switched off their hearing aids.

Single pensioners can normally be treated in the same manner. However you might have to change your running style and keep your arms close to the body. Otherwise they assume you're gonna snatch their handbag - in which case they can become violent. It's also advisable, when overtaking a pensioner with a cane, that you start the concert a bit earlier in order not to risk a quick whip or even worse - to be tripped when passing.

Contents of pram screaming

Younger couples with a pram have to be treated a bit differently. They seem to have this feeling of security surrounding them and walking side by side, it's very difficult to get one of the proud parents to make space available, by either going in front or behind the other. More drastic means then have to be

introduced. The best weapon is to get the contents of the pram to start crying/screaming. They will normally do anything - almost -to avoid this happening, so if you have the breath, start making as much noise as possible at an early stage before meeting the couple. That'll get their attention and almost certainly make passing possible. However, if their little toddler has been wakened by your behaviour, it's time for one of your weekly speed sessions.

Pets are very nice to their "parents" being kids or adults. If you feed them well, some of them even go to the extreme of defending their "capturer". Don't misunderstand me, I sincerely believe every household should have pets. Personally we keep a gold fish in a bowl and a hermit crab. They have been chosen due to their lack of fur and inability to make noise. The ones you meet on your daily exercise in the neighbourhood are of course of a different form and shape -and what's more important - they usually have sharp teeth!

In order to avoid them being deeply planted in your flesh, it's advisable to proceed with a high degree of caution, the optimum being to run with a big stick to protect yourself, but it's almost impossible to fit one into the Striders uniform. Any development and introduction of a Striders belt to accommodate this requirement only, is probably too much to ask.

Tree climbing abilities

Dogs without their "parents" are normally easily scared off by putting up a performance as a living scarecrow. However difficult this may be - some are more natural than others, just think of the various running styles we see - practice makes perfect.

When accompanying their master, dogs behaviour becomes completely unpredictable. After passing such a "couple", the worst experience is to hear the word "Kill!!" behind you. That's when your speed sessions really have to stand the test and occasionally your tree climbing abilities as well. Luckily this situation rarely occurs. Normally you can get away with a friendly word and make a course deviation to the other side of the road. If absolute necessity makes you pass or overtake on the same footpath as the dog, make sure his owner is between you and the dog - and don't get caught in the leash!! It should be mentioned that no particular species of dog is better than others. However German Shepherds and Dobermans seem to be more inclined to aggressive behaviour.

Other runners can also cause joyful experiences. When meeting them, make sure to put your indicator on. Left or right arm and passing should not involve any dramas. Remember to smile and give some encouraging words when meeting, to make absolutely sure that the other runner is left with the impression you are in better shape than him or her. When overtaking things are a bit different. Most runners hate to be overtaken and consequently dig deep into the last resources, to try and avoid the inevitable.

Last milligram of energy

After a couple of k's they usually give in by staying in the middle of the path at a considerably lower speed. Coming around them, make sure your breathing is absolutely normal and you're sprinting for the next 100m or as long as it takes to get out of sight from the other runner. If necessary turn off at the earliest possible time to regain your breath, but remain invisible to the overtaken runner. This will definitively drag the last milligram of energy out of the conquered.

Finally you have to exercise the utmost consideration when overtaking single women, especially if you are running in the evening and you have to overtake shortly after climbing a steep hill. The first thing the poor woman hears is your puffy breathing and I guarantee, her mind switches to robbery and attack! A potential very dangerous situation is about to occur. Who can blame her! Despite the fact that your mind is working overtime to try to remove lactic acid from your thighs and inhale sufficient oxygen not to suffocate!!

In order to avoid a confrontation and create a situation where you might be physically hurt, there's only one solution. Back off, slow down or even walk until it's become apparent to the woman that you really don't represent any threat at all.

Strider Opens Running Shop

From Kevin Tiller

If you've been around Striders for a while you may remember **Dan Gray**, a long time member, STaR host and enthusiast of the Striders' 24-hour runs in the 1980s. He was working at the Runners Shop in Randwick until recently, and has now opened up a running shop in Sutherland. It's **Southside Runners**, Shop 2, 29 East Parade, Sutherland NSW 2232. The phone is 9545-6010, and they're open 7 days a week.

"You have to stay in shape. My grandmother, she started walking five miles a day when she was 60. She's 97 today and we don't know where the hell she is." Ellen DeGeneris

Sydney Marathon Wars Resolved?

From the CoolRunning Webpage

16 May '97: Sydney's rebel marathon organisers suffered a blow yesterday when Police denied having given their event the required traffic authority approval. Sports promoter Frank Bates, himself a former policeman claimed he had secured police approval to run his event on August 31st. This is the same day as the official SOCOG-sanctioned Sydney Marathon along the Olympic course from North Sydney to Olympic Park, Homebush.

Bates said he had official police approval for his event, the International Sydney Harbour Marathon, on almost the same route. Senior PC Steve Doran of NSW Police Operations Planning Unit confirmed yesterday the approval claim by Bates was incorrect. "No police approval has been issued. Authorisation has gone to no organisation" Doran said. It would appear that Bates' claim of police approval is based on the fact that the traffic coordinators for the seven councils affected by the route have no objections to the race going ahead. The Athletics NSW traffic route management plan was submitted to police yesterday morning. An internal police report on the marathon conflict was to have been sent yesterday to a higher authority, perhaps to the Deputy Commissioner, seeking advice.

The Sydney Marathon is the property of ANSW and Marathon Management, a division of Ausfit whose company chairman is Derek Clayton. Ausfit conduct the Melbourne Marathon and the Sussan Women's Classic road running series. But this tale of two city marathons has become highly politicised with the decision by SOCOG to endorse the ANSW race. The establishment race is to be "leased" from ANSW in 1999 and conducted as the official Sydney Olympic Marathon Test Event. Under the terms of the agreement ANSW will negotiate only with SOCOG's Team Millennium Sponsors, which are the official Sydney Olympic Sponsors, to sponsor the Sydney Marathon.

For these reasons it is inconceivable that the NSW Police Board would provide a traffic permit for Bates' race because it represents the potential for an exercise in ambush marketing on the Olympic front. ANSW president Ralph Doubell, a team-mate of Clayton's at the Mexico Olympics, said SOCOG will also assist in the marketing and promotion of the event this year and next. "We will run a cost-efficient and successful event on behalf of the sport" pledged Doubell, a director and divisional head of corporate and institutional banking for Deutsche Bank AG.

Nocturnal Mission

by Jim Donovan

I read with interest Byker.Sands' story (on the Striders' LiSSt) of how he and several other Striders ran along the M2 one Sunday recently, starting from North Ryde. I had reason to believe that security was so tight that you would only get about 1km before being rounded up at gunpoint but Byker.Sands said there was no sign of it.

So, I thought I should try. On the 25th of March, under the beneficent glow of a full moon, I left the foul-smelling suburb of Seven Hills and ran onto the Old Windsor Road end of the M2. It was clear that much remained to be done before the road could be opened. In its then state, it would have been unsuitable for use for any sort of a race. There were gaps in the road, perhaps where sections of concrete failed acceptance testing and would have to be re-poured. And there were several places where road and pedestrian bridge crossings were unfinished; at most of these, public crossing were still open and there were gates both ways onto the M2 route. But a plus: such gates would seriously hamper any motorised security force which set out to catch stray Striders.

The most interesting discovery was a large batching plant near the western end. I was delighted to see that its office bore a huge sign "ABI GROUP - PAVING AUSTRALIA", confirming what the greenies have been saying for years. However, it was locked for the night and all seemed quiet. There were many diverse vehicles parked at various worksites, especially near the western end, but again there was no sign of anyone on guard.

I jogged past a lit-up playing field which threw so much light onto the M2 that someone might have seen me on the motorway and perhaps called the police. However, the M2 soon entered bushland and it would then have been very difficult for motorised security to get close without me hearing them and having sufficient notice to hide.

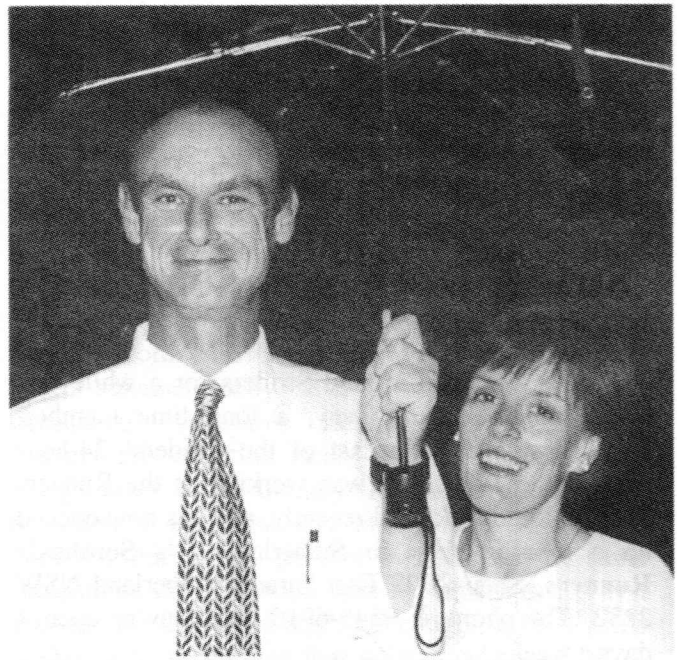
At Windsor Road, a central busway joins the M2. It is partitioned off by 900mm concrete dividers. As anyone who attended the Woodward Commission of Enquiry into the Castlereagh Freeway would know, these dividers are unbroken. The road goes downhill from Windsor Road and then back up. Climbing up that hill, with the moon shining straight into my face, I did not notice a 4WD vehicle parked in the shadow of the Barclay Road bridge until I was nearly level with it. The cabin light came on as I approached and I thought I was caught.

Incredibly, the security man who had been sent

to catch me was sitting in his car reading something and hadn't noticed me. I moved quietly into a half-shadow less than 10 metres behind his car and crouched down, trying to look like one of the barrels of waste which were dotted along the whole length of the road. He switched his light off and sat there, presumably hoping I would materialise from the darkness and run past his car whereupon he could start his engine and chase me.

After a few minutes, I felt confident that he couldn't be looking in my direction, even with his rear-view mirrors, so I very slowly oozed over the concrete divider into the bus lane and flopped down. It would then have been theoretically possible to crawl away either east or west unobserved behind the divider. Even if he had seen me, the concrete dividers would have prevented his car getting close to me. However, it seemed to be an occasion for discretion rather than valour.

After about five more minutes, he got out of his car and had a long look to the west, hoping to see me running up the hill from Windsor Road. Like Brer Rabbit, I lay low and said nothing. I was terrified that he might peer over the divider, or that my phone might ring, but my luck held. He got back into his car and sat there for a further few minutes. Then he started up and drove out of sight eastward. I decided not to follow him and abandoned the trip, thus becoming the first Strider to use the new Muirfield bus station.



Keith and Margaret White at the Striders' presentation night, with their "Raz" award for staging the wettest Striders' run of 1996.

The Show Must Go On

By Steve Cornelius

Sunday 11 March 1997, Mothers' Day, at the Frank Beckman Reserve, Yulong Avenue, Terrey Hills, venue of Sydney Striders' StaR run number 725. It's the turn of the Akuna Bay ARRGGHH, a name which turns out to be not only highly appropriate, but somewhat prophetic too. Because it's brass monkey cold, blowing Storm Force Ten, and the rain is horizontal. It's been that way most of the night.

Only one person has a really cast-iron excuse for being there: **Wendy Downes**, chosen by fate as the StaR host on this most unlikely of days for a run. And Wendy turns up, in weather conditions conceivably worse than for any of the preceding 724 StaRs in the club's history because, fundamentally, she's a nice person and she's made a commitment. This is what makes Striders such a great club. Perhaps a medal for devotion to duty wouldn't be out of the question.

Rest of the lunatics

But what about the rest of the lunatics who rolled out to Terrey Hills in the semi-darkness and ran in a gale? What would possess anyone, other than the host, who HAS to be there, to haul themselves out of a nice warm bed to run 20k or 30k in conditions not dissimilar to Boeing's test wind-tunnel? An underwater wind-tunnel, come to that. For heaven's sake, what was THEIR excuse? Personally, I wimped it and just rolled over in bed when the alarm went off, simply because I couldn't have thought of an excuse for going. Not one which would stand up in the clear light of the morning, anyway. And not one which would have withstood even the most cursory scrutiny by a spouse who already regarded my sanity as debatable.

So I asked a few of the 20 or so who did the ARRGGHH to tell me, in a single sentence please, just why they went.

The over-riding need to get fit or stay fit figured frequently in people's responses. **Joanne Cowan** "needed to do the training" and felt that if she didn't go then, she wouldn't go all day. **Peter Truscott** was training for the SMH Half and the Gold Coast Marathon, and felt he wouldn't have done 20k by himself. Oh yes, and he "had to" pick up a video of the London Marathon from Ray Potter. ("Had to"?). **Penny Smith** was facing a half-marathon two weeks later, with her "training programme in a shambles". **Kevin Tiller** had been crook, and felt he had "got to get fit".

So some Striders are plainly single-minded,

driven folk, for whom climatic conditions are irrelevant in the broader picture of their own personal readiness for races. The phrasing of their answers says so much: needed to, had to, got to, must. Plenty of obligation words and strong modality.

When you gotta go...

Others found less athletic motivation. **Ray Potter**, for instance, had promised to deliver that video to, er, oh yes, Peter Truscott, so he just "had to" go. Yep, well, when you gotta go ...

But there were also those who were not quite so driven by obligation or obsession. **Breda Kelly** "just wanted to see how many other crazy people there were". **Andrew Smith** got out of bed as normal and didn't realise the weather was so bad until he got there. He claims he "would have gone for curiosity's sake anyway". **Sue Hill** claimed she never looks at the weather until she gets in her car, by which time she's committed to going anyway. **Kevin O'Kane** only went in order to "challenge the weather to do better". **Nick and Kirsten Thomsen** reckoned it wasn't raining at all when they awoke at 4.45, but it was "pissing" by the time they got to Pymble. They actually reached Terrey Hills but immediately went home, reasoning that no-one in their right minds could possibly run in such conditions, and were back in bed by 6. Now that's more my style!

As a side issue, some club records were also set on ARRGGHH day. **Kevin O'Kane** continued Striders' glorious tradition of silly hats by wearing, for the first time ever, an appalling brown beanie which he's "not normally allowed to wear in public", and which even his dog Tippy O'Kanine has the good taste to loathe. **Amanda Dawson** said she'd not been as cold since she got lost on the glacier at Mount Cook. And somehow, magically, host Wendy conjured up hot showers at the end, a phenomenon virtually unknown in Striders' 17-year history.

We were sensible

But perhaps a comment by **Andrew Smith** best expressed the way Striders, an idiosyncratic and unusual group of people at the best of times, tend to regard themselves. Despite their tendency to get up at sparrow's f*rt on a Sunday morning, seemingly oblivious to climatic discouragements, and indulge in a level of exertion most citizens would regard as verging on madness, Striders see themselves not as obsessive, but as normal, mainstream, sensible, upright, logical. "We were sensible," said Andrew, "We stuck to the roads". I didn't care to ask him if the irony was intentional.

Nutrition News

by Fiona Pelly, Sports Dietitian

Over the next couple of issues of The Blister I will be discussing issues relative to improving your race times. This will include such issues as sports drinks, bars and gels, fluid and carbohydrate requirements during the event and starting today with the pre-event meal. If there are other sports nutrition issues that fellow Striders would like me to discuss, please contact me on 9888 3638 or e-mail me at pelly@ibm.net.

The pre-event meal

The main role of the pre-event meal is to prevent hunger and top up liver glycogen (especially after an overnight fast). The meal should be one that is familiar and practised. In other words, this is not a time to try new foods as they may not agree with your digestive system! Eating foods low in fat and not too high in fibre will leave you feeling 'light' for the run. Fatty foods take longer to be digested and excessive fibre can make you feel bloated.

The best choices are foods high in carbohydrate (see examples below). Research shows that carbohydrate (both solid and liquid) consumed in the hour before exercise can improve exercise performance as compared to water. Liquid carbohydrate does have the added benefit of supplying fluid. Generally a large meal is recommended 2-4 hours before or a snack up to 1 hour before the event. Traditionally, eating is not recommended within 1 hour of the event because it was thought that an increase in insulin secretion occurred in response to the food, which in turn caused a drop in blood glucose at the start of exercise and suppressed the use of fat as a fuel source during exercise. This theoretically can lead to an increase use of muscle glycogen, which may lead to depletion of stores and fatigue sooner (not ideal for an endurance event).

Glycaemic Index

What may be more relevant is the TYPE of carbohydrate consumed. For those who haven't heard of the glycaemic index (GI), it's the rate at which a food high in carbohydrate results in a rise in blood glucose. Those foods with a lower GI cause less insulin secretion and give a more steady release of glucose into the blood. A recent study reported greater time to exhaustion with low GI (lentils) versus high GI (potato) foods. I don't believe this is very practical, after all who eats lentils before a run! (there are other side-effects!) However, inclusion of small amounts of protein (eg fruit, low fat yoghurt), can also lower the GI and may be more practical.

Early morning events

Many runners prefer to race empty, as they don't like the discomfort of a full stomach. If this is the case, make sure you have a carbohydrate rich meal and supper the night before (you may also benefit from the use of sports drinks during event for extra carbohydrate).

Nervous and can't eat?

High carbohydrate drinks (eg. Fruit juice, Sustagen sport, smoothy, Exceed high carbohydrate source) can be used to top up blood sugar levels.

Gastric upsets

These are most commonly caused by dehydration or excess caffeine. If you have drunk plenty of fluid the night before and have not consumed caffeinated drinks and still suffer from gastric problems you may need to alter your diet. Choose low fibre foods (white bread, tinned fruit) over the last 24 hours or use a meal replacement such as Sustagen sport. For the pre-event meal, stick to familiar foods or avoid eating and substitute with a high carbohydrate drink. Sip water every couple of minutes up until the start of the event (don't gulp in one hit) and don't have a coffee before racing.

Pre-event meal ideas

Meal 2-4 hours before (not for early morning events - have as a supper the night before):

- cereal with tinned fruit & skim milk, juice
- pancakes with banana and syrup, water
- toast with baked beans (watch fibre!) or spaghetti, fruit juice
- crumpets with banana and honey (no butter), fruit smoothy
- pasta with tomato sauce, tinned fruit, water

Snack 1-2 hours before:

- small bowl of cereal with low fat milk
- tinned fruit
- jam sandwich or toast (no butter)
- smoothy (low fat milk)
- low fat yoghurt and fruit
- Sustagen sport or high carbo drink
- Large glass of fruit juice

Kev's Korner

"If you stage an external event, you have three sources of revenue. Either you get sponsorship, or those participating pay their fair whack". Kevin Tiller, explaining the arithmetic of race management in a recent committee meeting.

Best Forster Weekend Yet!

Australian Ironman, Forster, 13 April 1997: 3.8k swim/180k bike/42.2k run

by Sarah Entwistle

Place	Name	Swim	Bike	Run	Total time	Cat. Place
183	Chris Jones	1:03:48	5:18:07	3:49:42	10:11:37	25th
225	Gary Leahey	1:04:27	5:28:19	3:47:07	10:19:53	14th - PB
385	Roy Doutreband	1:03:11	5:53:29	3:52:31	10:49:11	34th
403	Jonathan Worswick	1:12:10	6:07:34	3:33:11	10:52:55	102nd
565	John Preston	1:06:40	5:42:08	4:39:59	11:28:47	56th
588	Murray Town	1:12:02	6:18:05	4:03:39	11:33:46	18th
666	Sarah Entwistle	1:15:54	6:34:18	3:58:55	11:49:07	3rd
751	Brian Colwell	1:07:56	6:44:17	4:24:00	12:16:13	59th
758	Derek Smith	1:16:29	7:05:18	3:56:28	12:18:15	1st
815	Paula Whitehouse	1:11:38	6:34:07	4:56:32	12:42:17	14th
827	Brenda Hamill	1:12:39	7:06:32	4:29:50	12:49:01	2nd
953	Merri Mack	1:35:55	7:24:36	6:03:15	15:03:46	6th

Note: Bike times include swim/bike transition, Run times include bike/run transition

Wow! What a weekend! The Australian Ironman is always great, but this year eclipsed everything that had gone before with record numbers of both elite and age-group competitors, an exceptionally high standard at all levels, and many memorable moments.

Four time champion, and Ironman Australia record holder (8:06:39, 1992) Finland's Pauli Kiuri was back again to reclaim the title he had almost made his own, 1996 champion and heartthrob, German Jurgen Zack, was there to defend his title, with compatriot Thomas Hellriegel out to dethrone him, and super-Ironwoman Paula Newby-Fraser was looking for her 20th Ironman victory!

On top of that, we had Ironman legend and 7-time Hawaii Ironman champ Mark Allen commentating for US TV. He was also there to support wife Julie Moss who is largely responsible for inspiring so many Americans, and athletes around the world, to attempt the Ironman with her courageous crawl across the line in one of the very first Hawaiian Ironman events in the early eighties.

However, it was 26 year old Canadian, Peter Reid, who achieved the second fastest Ironman Australian time ever of 8:08:49 to eclipse the German onslaught on the race

The race began at 6.15am in spectacular fashion with a single swim 'wave' of around 1000 competitors fighting for clear water (some hope!). NSW's Darren Turner took the Eyeline swim prim in 45:39, just seven seconds outside the 1993 record. Pauli Kiuru led the international favourites out in eighth place, equal with NSW favourite Bruce Thomas, and 40 seconds ahead of Jurgen Zack.

Once on the bike, the Germans soon took over with Zack and Hellriegel quickly into the lead ahead of Thomas and Reid. Australia's 24 year old Chris Legh also mixed it with the leaders and actually assumed the lead towards the end of the first lap when both the Germans overshot the second turnaround point. Zack was first off the bike in 4:30:53, just three seconds outside the course record, with Reid 35 seconds behind, Hellriegel third and Legh fourth.

Out on the run, Reid quickly overtook Zack, as did Hellriegel then Chris Legh who came in third to break Bruce Thomas' Australian Ironman record with a time of 8:17:54

Just a short time after the elite men completed the course Paula Newby Fraser ran further into the history with her 20th Ironman victory from 25 starts. Wendy Ingraham was second with Peter Reid's girlfriend, Canadian Lori Bowden third. Robyn Roocke in fourth place was first Aussie home, and Julie Moss was first age-grouper and seventh overall.

As for the rest of us, we were waaaaaay back. This was probably the largest contingent of Striders ever, and we all managed to finish in more or less one piece. Amazing!!

Everyone did extremely well but special congratulations go to Gary Leahey who had a great race finishing 14th in his category, and was very unlucky to miss an Hawaii spot by one place; also to first time Ironman competitors Derek Smith and Brenda Hamill who came first and second in their respective categories, with Derek claiming a Hawaii spot; and well done to Paula Whitehouse who

somehow managed to organise her four (or is it five?) children enough to find time to train.

My own race was, as usual, eventful. Having had knee injuries since Christmas and an extremely interrupted training program, I had prepared myself for a difficult race. However, despite all my pre-race psychological preparation, the minute my knees gave up, I completely went to pieces and nearly threw my bike into the nearest ditch. Thankfully there was nobody near me at the time, otherwise their bike would have probably ended up in the ditch too.

Fortunately, I had thought to bring some Panadol (it's legal), so I took three and gave myself a severe counselling to get on my way again. I knew I couldn't go hard otherwise I would never be able to finish, so I just sat back, spun the pedals and enjoyed the scenery. The Panadol obviously worked because when I finally got off the bike (half an hour behind schedule), I actually felt pretty good, and despite cramping calves and wonky knees, had a reasonably easy run. Also thanks to the army of Striders supporters, the run was definitely the most enjoyable part, and I finished feeling almost normal.

Sadly 68 year old Bob Southwell failed to finish his fourth Ironman due to sickness, and the oldest male and female competitors, Bill Bell (74) and Mickey Shapiro (60), both from the US, failed to beat the new, longer 15 and half hours cut-off time.

However, there are always plenty of happy tales from Forster including the annual achievement of blind triathlete Ched Towns. This year Ched took around 30 minutes off his record with the help of Bob Montgomery who gave up his own race when Ched's wife and racing partner Judy had to withdraw following a bike accident. Bob was presented with a special award in recognition of his achievement.

Each year, there are more and more reasons to make the trip to Forster whether as a competitor or spectator. Ironman weekend this year also included an aquathlon, the inaugural Ironman Port Stephens to Forster Yacht Race, and inaugural Ironman Golf Challenge. As Jonathan Worswick said on the way back to Sydney, "I thought I would get Forster out of my system this year, but I think I want to do it again next year." It's a bit like that! God only knows why!!

Results (Men):

1: Peter Reid	Canada	8.08.49
2: Thomas Hellriegel	Germany	8.12.59
3: Chris Legh	Australia	8.17.53
4: Jurgen Zack	Germany	8.30.08
5: Bruce Thomas	Australia	8.38.52

(Chris Legh set a new Australian record)

Results (Women):

1: Paula Newby-Fraser	USA	9.08.21
2: Wendy Ingraham	USA	9.25.49

3: Lori Bowden	Canada	9.28.02
4: Robyn Roocke	Australia	9.41.22
5: Celine McEvoy	Australia	9.49.29

[Ed's note: Sarah Entwistle was 2nd in the W40 age group and qualified for Hawaii. Referring to her 666th placing at Forster, she wrote: "I didn't aim for such a devilish number, but I did suffer hell on the bike (thanks to my knee injuries) and took about half an hour longer than I should, so maybe it was just destiny!! I actually had a very slow and relaxed race and really feel quite guilty for qualifying for Hawaii when poor Gary practically killed himself to qualify and just missed out by two places."

Forster: Supporters' Results

by Tina Campbell

Here are the times for the Striders Supporters at the Forster Ironman:

Breeda Kelly	0630-1900
Tina Campbell	0630-1900
Scott Crawford	0630-1900
Wendy Downes	0630-1900
Paul Russell	0630-1800
Robi Russell	0630-1800
Irwin Light	(time unknown)
Roger Rigby	(time unknown)

It was a tough day for us all. A solid 5 hours was spent standing on the main corner into town with the list of competitors and shouting our lungs out. Next year I will do more training for the event and perhaps take a chair.

The two Striders who were in their "Striders uniforms" were very easy to spot, especially on the cycle leg where it is very hard trying to eyeball people you know as they pass by you so fast (thanks John P and Murray, you made our job much easier).

[Did Messrs Light and Rigby do a DNF? Ed].

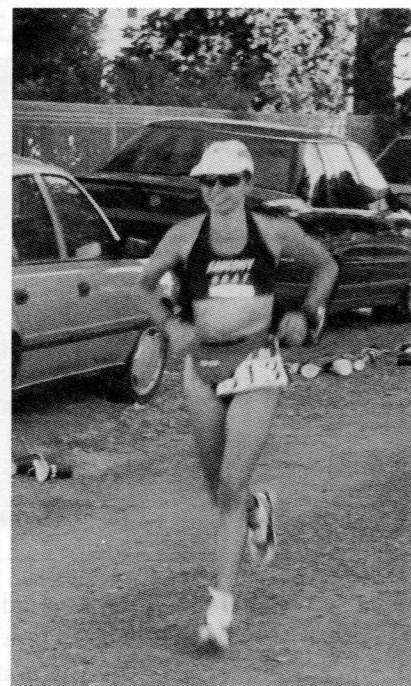
Murray's Ultra-Tri

The full story of Murray Town's Sri Chinmoy Ultra Triathlon (see Blister 65) is as follows:

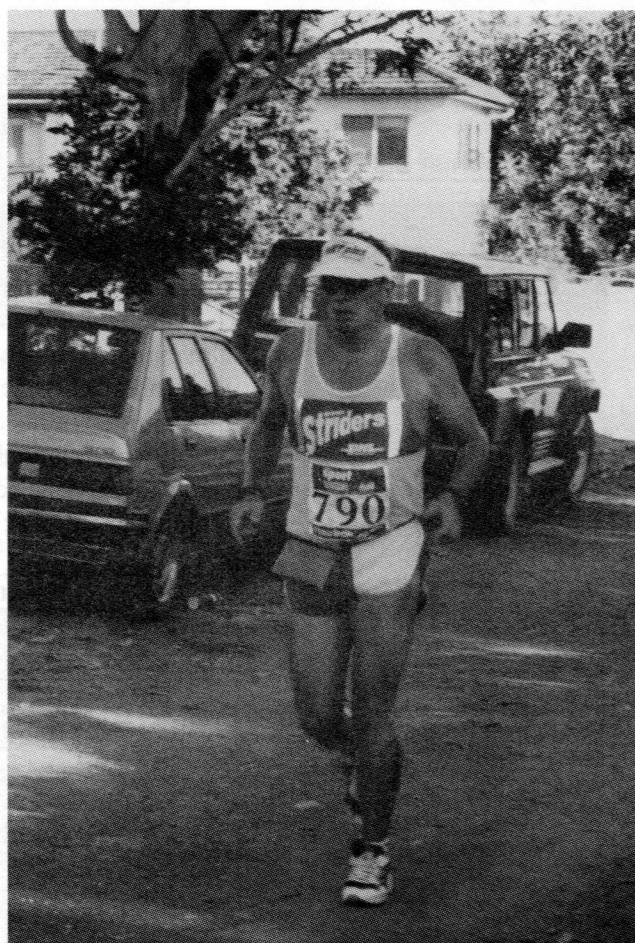
- The race started at 0700 Fri 14 Feb with a 15k swim in Lake Burley-Griffin. 30 laps of 500m.
- The 2nd leg started at 2200 Fri 14 Feb, a 400k cycle on the relatively flat, smooth roads at RAAF Base Fairbairn. 103 laps of a 3.9k course.
- The 3rd leg started midnight Sat 15 Feb, a 100k run on cycle paths and road near Lake Burley-Griffin. Approx 71½ laps of a 1.4k circuit.
- Official times: 15k swim 6:53:29; 400k cycle 16:14:22; 100k run 10:41:32; Total 33:49:23.

Forster Ironman: Some of the Striders

Photos by Roger Rigby

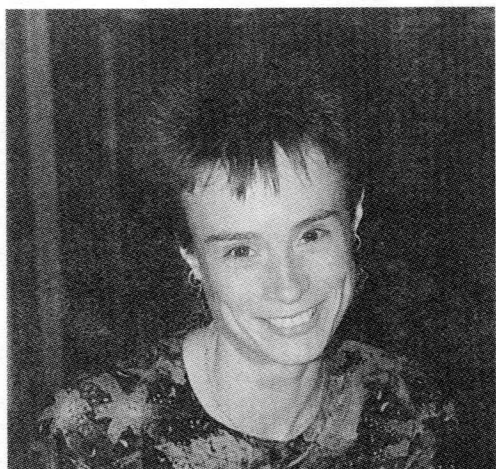


(L to R) Above: Merri Mack, Murray Town, Sarah Entwistle. Below: Brenda Hamill, Gary Leahy.



Member of the Month, March 1997: Dawn Tiller

by Graham Butler



What better reason could we have for nominating two members of the month than to acknowledge Dawn Tiller's amazing string of competition successes. On 1st March Dawn blitzed the field at the Six Foot Track in 4.16, just short of her previous course record.

A 6 minute personal best followed in April's Canberra Marathon in a time of 3.03. Now it's a question of when rather than whether Dawn will smash the 3 hour Marathon barrier. Sometime very soon would seem a safe bet.

A win and course record at the Brisbane Water Bush Bash came only a fortnight after Canberra in an amazing 4.09. This demanding and hilly ultra course is combination of trail and road running which suited Dawn's diverse racing talents down to the ground. Albury's Nail Can Hill 11.3 km race attracted over 700 runners and was the next venue for yet another win by Dawn. There she managed to defeat the highly fancied local champion in the third fastest ever time for the event.

If you get the idea that this kind of success comes easily, think again. An insight into Dawn's training regime was extracted by The Blister from a source close to Dawn. A total of 120 to 140 kilometres of running per week around the hilly terrain of Berowra includes at least one long run and two speed sessions per week. Jo Cowan is a regular training partner, just in case Dawn ever felt like taking an easy run. Dawn includes two sessions per day several times each week and the afternoon run includes pushing infant Jasmin in the stroller. And all this is on top of working, being a mother and tolerating her husband, Kevin.

Member of the Month April 1997: Derek Smith

by Sarah Entwistle



In his first triathlon season, Derek Smith has excelled himself by winning a coveted spot in the ultimate triathlon - the Hawaiian Ironman. Derek is winging his way to Hawaii following his great performance at the Forster Australian Ironman which he completed in 12:18:15, winning his category.

Derek started his quest for Hawaii at the Half Ironman race at Forster last November, followed by a category win at the Callala Bay Half Ironman in December when he qualified for the Forster Ironman. In fact, he finished in the top three of his category in every triathlon he entered this season.

Congratulations Derek. Happy training through the cold dark winter, and show those Americans a thing or two in Hawaii. (Results in the following table refer to Derek's placing in the 55-59 age group in each case).

Date	Event	Distance (k)	Result
17/11/96	Half Ironman, Forster	1.8/90/21.1	5:49:07 3 rd
17/12/96	Half Ironman, Callala Bay	1.8/90/21.1	5:32:41 1 st
5/1/97	NSW Triathlon Champs, Wyong	1.5/40/10	2:33:29 2 nd
17/2/97	Sri Chinmoy Long Course, Canberra	2.2/80/20	5:11:52 2 nd
13/4/97	Ironman Australia, Forster	3.8/180/42.2	12:18:15 1 st

Left: Derek Smith pictured during the run stage of the recent Forster Ironman Triathlon

Autumn, 1997

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.)

Training run times

From now until the group winds up after the Sydney Marathon, the group should be running 30km on Sundays.

Long Run Sunday

Each Sunday at STaR venues
6.00 a.m.

Mid-week (Yes, it's still on)

Thursday 6.00 p.m. 9.5kms
Waverton Bowling Club

This is a good run - you can also do a 5km short version, or add a bit extra on.

Non Group members are also most welcome - the faster runners move along at a good pace.

Not too late

If anyone still wants to join the Marathon training group, there's still time to do so, but not much. We need supporters, too.

Kirsten wins!

So far as I know, the first outright race winner for the Marathon Training Group was on May 4, 1997, when Kirsten Themsen fought off the challengers to be first woman home in the Thornleigh Half Marathon.

Who's going to be the second?

Ted Brailey

Ted was the first Group member this year to break the 50 minute PB barrier for 10 k's. He reduced his best time from 50.13 to 48.41 at North Head. Look out for Ted in the racing season. He's very determined.



LIVES AT: Roseville

OCCUPATION: Accountant

WORST RUNNING

MOMENT: Being passed by the ladies in the 10k (get used to it, Ted) and failing to beat 50 minutes.

Rozanne breaks 50



I said at the start of the year that this was one of the headlines we wanted to see. Well, she finally did it. After trying forever to break the 50 minute barrier, Rozanne Green ran 49.48 at Manly on April 5. She wasn't the only one to do well. Marathon Training Group members ran 1-2-3 on handicap (180 ran) with Julie Wessels, Margaret White and Steve Cornelius the burglars involved.

INSIDE

- ② Racing results
- ③ An ounce of prevention
- ④ Injury of the month
- ④ Speedwork
-

Racing Results

The racing season has been on in earnest since the last newsletter. Some of the results:

6 Foot Track

4 Group members finished the Six Foot Track Marathon. Because of the timing this year, we can't claim much credit for the runs. Other than the mutual support between Margaret and Lesley, these runners trained themselves. Jacques didn't even run with Striders beforehand, but we'll claim him, as he joined the Group before he ran.

Lesley Clarke	5.56
Peter Cookson	6.15
Jacques Laurent	6.15
Margaret White	6.28

Canberra Marathon 13 April

Fran Laurent	4.10.38 (debut)
Pamela Scott	4.30.46
Jacques Laurent (50k)	3.54.05 for marathon - a PB

Brisbane Waters 47k 27 April

Lesley Clarke	5.24.38
Margaret White	5.24.38

These two runners just keep on going

Audley Half Marathon 3 May

We had four Group runners at Audley for the half marathon over the undulating course. We were joined by Robi Russell as a supporter and Brian Grant from the lunatic fringe. [Brian ran under 90 minutes in the half marathon at 1.30 pm, backing up from a PB 38 something in the morning 10k! He ran the STaR the next morning. Don't race him] The rest of us enjoyed the run, more or less. At least it was scenic. Bill flashed home past some slightly slower moving trees from last place to grab second last in the last few kilometres.

Kevin O'Kane	103.20
Tina Campbell	105 mins
Lesley Clarke	under 2 hours
Bill Blecha	131.13

Thornleigh Half Marathon 4 May

Kirsten upstaged Nick, being the first woman home in this difficult run. She let the younger runners have a start, and then used the miles in the legs in the last bit. Congratulations, Kirsten.

Nick Themsen	116 mins	
Kirsten Themsen	2 hours	1st place

An ounce of prevention

To keep on the road, sometimes you need to stand back and think about where you are heading, and whether that is what you want. It's just commonsense when you think about it. So, before your training gets into full swing, perhaps it's time to take a minute to think.

Obsession

Most Marathon Training Group runners fit running into their lives with some degree of perspective. For a few, the running might, for a time, start to be disruptive to your work, or your family. Maybe you have to sacrifice a few minutes off your time for sanity. So what? Do what you can, and enjoy your time on the road.

The one big race

When you start to train for a Marathon, or Half Marathon, or for a PB at a particular race or distance, it is natural that this is what gets you started, and, for a while, keeps you going. After you've done it, or got it out of your system, maybe you'll remember the race, and the buzz you felt. But you'll certainly remember the camaraderie of the Sunday runs, the sunrise on that crisp late autumn morning, the milestones along the way, the day you realised you'd really get there. Enjoy every day, every run.

Weight

A significant proportion of Marathon Training Group members list weight loss, (usually between 10kg and 20kg!), as among their aims. Weight will gradually come off simply as a result of your increasing distance. If you try to force it off by slashing your normal food intake at the same time, you run the risk of tiredness, vitamin and mineral deficiency, and loss of enthusiasm for life and running. On come the kilos again. Be patient.

Overtraining

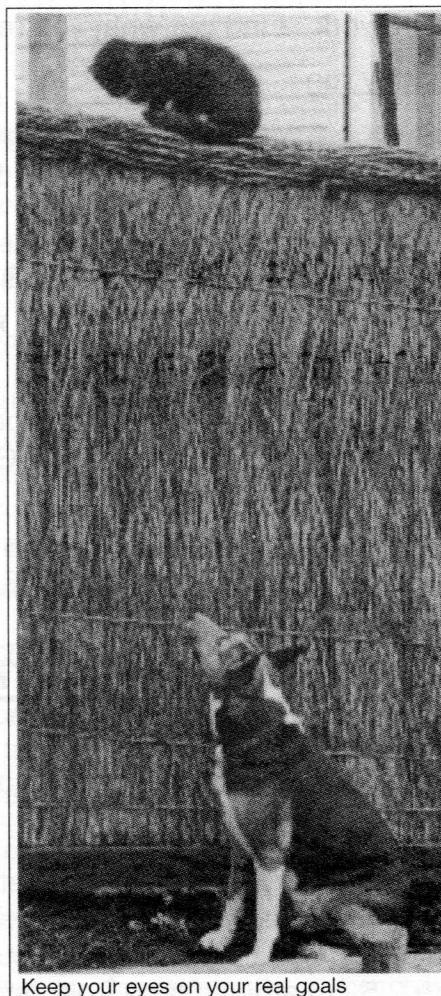
When you started out, stepping up your distances was a drag. Then, one day, everything clicks, and you find yourself becoming ever stronger and faster. The temptation is to really put in the hard miles. In fact, your best chance of improvement is to gradually increase distance and intensity. Prepare a training schedule. Follow it. Be patient.

Diet

As you have heard many times, you are what you eat (and drink). I'd hate to think what that makes Bill. If you try to run after a night on the grog, or on a high fat diet, it won't work. Your body's energy will be used in eliminating what you put into it. What should happen is that you should be using the good food you take in to produce fuel for running.

Undertraining

Perhaps you started out full of enthusiasm, but it was a long way to some of those runs, so you decided to skip a few. Then you found the few long runs you did left you tired and drained. You kid yourself that you're doing gymwork, or swimming, and that makes up for the missed runs. But you find yourself 4 weeks away from your goal race, then 3, then 2, then it's here. So you pull out, or you struggle around, and wonder why you bothered, or you feel as if you cheated yourself of the performance you should have had. But wait a



Keep your eyes on your real goals

minute! It's not too late yet. NOW is the time to do the hard work, the long runs at Berowra, and Mona Vale, and Bondi, to add that extra mid-week run, to really start the speedwork. Find out what you're capable of. Don't die wondering.

Sunday run

As I keep saying, your longest run of the week should be your slowest. If you exhaust yourself on Sunday, either you'll get injured, or you won't be able to do the faster runs you need during the week. Running at the Group's pace is, unless you're much too fast, just better training. If you're a slow learner, remember this after the tenth time you really push yourself, and you're too tired or sore to run until Wednesday. Those continual nagging injuries aren't accidents, they're your body talking. Listen to it. I'm right!

Support

As I Keep saying, the support you give the others now is likely to be returned when you need it later. Encourage fellow Group members. Wait for them. Do you think I've finished nagging? Not a chance.

Think now, run later. But not too much later.

Injury of the month

Plantar fasciitis - Pain at the base of the heel from inflammation of the plantar fascia, a band of tissue that runs from the heel to the ball of the foot

Try anti-inflammatories, and stretching your calf gently 4 or 5 times a day. Reduce mileage or, if pain remains, stop. Otherwise it goes on forever. Do what you can to reduce strain to the area. Consider using arch support, heel cups or orthotics. Tape the sole of your foot with 2.5 cm athletic tape from one side of the arch to the other. Try stiffer motion control shoes to control overpronation, a common cause. The new shoes may also change the pressure points and flex of your foot. Keep a pair of supportive shoes beside your bed for when you get up, even during the night. You are most at risk of re-injury or aggravation when you take those first few steps.

By the way, virtually everything above, except the taping, works equally well for achilles tendinitis.

Speedwork

You know that I keep going on about doing some sort of speedwork. An article in May's Runner's World shows why. It refers to a study of a group of experienced runners. For four weeks they increased their weekly distance from 45 miles to 105 miles (earlier studies had shown no real effect for smaller increases). They showed marginal increases only in their marathon running pace. The following year, the same runners over the same 4 week period kept their weekly miles at 45 in total, but included 10 x 400 metre repeats and 9 x 1,000 metre repeats - not all in the same session. After only 4 weeks of this, the runners were, on average, *almost one minute per mile* faster in their marathon paced running. That's clearer than I can put it.

Walk On, Walk On, With Hope In Your Heart

Gleaned from Nobby Young's WebPage: Introduced by Kevin Tiller

At last, there has been some ACTION on Nobby's World Wide Web homepage. He is now in Tassie (see, he can walk on water!). You can check up on him at <http://www.nobby.com>

A little known fact is that his Nobbiness was the first Strider I ever had occasion to meet so you could say that there was NEVER any hope for me ... and I guess I have been partial to him ever since.



The Hobart Report 8 March 1997

I'm now deep into Tasmania and loving the place. I told ABC radio here yesterday that if I find a job and a wife I will not return to the mainland. Hobart is a nice place so I am having a couple of days off while I'm here. Gives me a chance to get this report to Chris, Rob and the staff at Walmac to load onto my site. My skills with the Net are very limited so I greatly appreciate what they are doing for me. Their business is going to grow so fast that they will be working their butts off. I think they have a tiger by the tail. I'm too old and brain damaged to learn even a fraction of what they know about this new dang-fangled technology. Thanks also to the boys for sending all my Email messages to me, and thanks to all the senders. It gave me a boost to receive them

and a good laugh at some of the comments ... keep them coming. Club Ped members have not managed an E-mail yet but they will come good, I think, I hope, I'm not too sure!

Last Friday (28 Feb.) at 2 p.m. I officially finished with Australia Post. At the time I was nearing the top of one of the many long hills down here. I stopped the cart, had a drink of cordial and at exactly 2 p.m. yelled in my loudest voice ... FREEDOM!!! Several times, actually. Some might think that to be a bit odd but it wasn't a problem, there wasn't a person in miles and no one will ever know about it. Free to put a very difficult couple of years behind me and free to go and do whatever I damn well please to do.

See it for yourself

Tasmania is bigger than mainlanders think and smaller than Tasmanians think. By the time I get back to Devonport I will be the only one with a realistic idea on the true size.

After the last report from Penguin I stayed a couple of nights with a Salvation Army family (and extended family) in Burnie. It was well worth the steepest hill I have climbed to get to their house, and as of all Salvation Army people I have met in the past, I was very impressed to see how much they do to help others in the community. I then travelled down the West Coast to Queenstown, through beautiful and mainly isolated country. I don't have the skills to describe how good it was, you will have to go and see it for yourself.

Queenstown is unlike any place I have ever seen before. I'm not sure it belongs to Australia, it is different in every way. It also threw up another interesting character. Gerry arrived in Queenstown from Europe in 1951 to work for the Mt Lyell Mining Company and has now bought the single men's quarters and turned them into motel and backpackers units. He still looks like a miner to me. That is a compliment.

Cliffy off round Oz

I have received a message (Email) that Cliff Young is on his way around Australia and has his own Internet site. Good on you Cliff. You are the major reason that I, like many others, became an ultra marathon runner. None of us will ever be better than you, even though at your age of 43 you should know better than to be doing this stuff.

For most of the last seven weeks I have camped out at night, mainly in the bush or quarries etc. One night I stayed at the Tarraleah Chalet, at a discounted

rate, and met another walker. Jim Valiance did his walking in the Antarctic, pulling his gear on a sledge, and getting so cold that icicles formed like tusks from his nostrils. He had to melt the icicles to remove them so as not to pull away the skin. He also at times slept in a hole in the snow with a husky. Jim looks like he could drive in tent pegs with his face and be sure not to cause any pain or damage. He is also far enough behind me for me to write that!

I also had the good fortune to meet a couple of retired "elderly" English people who are riding bikes all over the place. Have no idea how many countries they have been to, but it must be heaps. I pumped them for information about clothing as I reasoned that they must have worked out all the best methods of handling weather conditions by this time. I have been making a few mistakes. If I could think of something I got 100% right I would mention it here, but the task is beyond me. Always ask questions, it is better than learning from your own mistakes.

Steve Cornelius, Sydney Strider who, along with Cliff Young and Dave Williams is mainly responsible for convincing me that endurance sport is fun, has not sent me a humorous Email yet. Slow thinker, still working on it.

When I get back to Devonport in about three weeks I will decide on where I go and what I do next. I want my next long walk to be the USA, but it will take the best part of a year to line up a major sponsor, suitable charity and a promoter. Then I will have to find someone willing to travel round the country (USA) for 2-3 years being like me, a nomad. A job of some sort will be the go. What demand is there for a 50 year old, short, tenacious, bald, honest, fit, very fit!, person of no fixed abode? No doubt some readers could add to this paragraph. I have just decided to make Walmac my employment agents as they are very easy, unlike me, to contact. By the way, I also have a lot of nerve!!!

Three of a Kind

Three S's

"The 3 S's: Service, Sustainability and (sorry) Celebration". Retiring President John Turner, adopting the phonemic approach in preference to the orthographic in order to expound how he sees Sydney Striders in the new millennium.

Three C's

"The 3 C's Run: Coogee, Cappuccino and a Cab". Roger Rigby, describing one of the less strenuous options available to those who run with the "Alternative Striders" group each Saturday from the Sydney Football Stadium.

Striders' Best Streaker!

by Kevin Tiller

The club has a well-earned reputation for being a bunch of nutters. As runners we're often told we are a bit freaky for choosing to go out and run instead of vegetating on the couch. Most of us though only run somewhere in the region of 2 to 5 days a week and it's great fun. (OK, some of you might run six days a week religiously). As you'd expect, there is always some damn fool around who takes a bit of good clean fun to dangerous extremes. It's a good bet it's a Strider. So it's particularly heartening to find that we are encouraging newer members to throw off the shackles of normality and show their true colours.

Poking around the edges of Striderland, I chanced upon a rare soul. He is doing a "Ron Hill" and is trying to maintain a running streak where he goes out running EVERY DAY WITHOUT FAIL. Ron Hill is a northern English gentleman who ran every day for 26-odd years, including the days immediately after knee surgery etc (the streak was broken after he was confined to bed after a car accident in approx 1994).

I first met this particular Strider a few years back, around 1993, when his streak was approaching 1000 days (what!?) and he swore blind that he was going to quit then as it was getting to him. Can you imagine what its like, ensuring that you go EVERY SINGLE day. Whilst thinking about this month's Kaptain Anorak article, I thought about him and imagined what I would do in his position. I figured that there was no way I would stop after running every day for a 1000 days. I might hate the streak but I wouldn't be able to just NOT GO on any particular day. I would learn to live with it, the same as I live with having to go to work everyday.

I chased the Strider up and enquired as to what had happened to "The Streak". Clearly the man is a Strider of the First Degree. Ladies and Gentlemen, I present you with ... **Paul Glare!**

"Thanks for inquiring about my streak; it's still alive; I've lost count of exactly what day I'm up to, but it began back on July 27, 1990 so it must be around the 2500 day mark now; I'm hoping to keep going to the year 2000 at this stage. Thanks very much again for enquiring about what has become a very dear friend to me but a source of derision or else disinterest to most other people (my wife included!). PS I have the documentation to prove it!"

Paul doesn't come to STaRs much these days, but if you know him, wish him well and let him know that he is amongst friends. All the best for 2000, Paul! [See Kaptain Anorak's Kolumn, where the record Klaim is stated explicitly - Ed.]

Forthcoming Events

compiled by Steve Cornelius

Here's a selection of races which Striders might like to consider entering in the next few months. I'm most grateful to the Derek Foley Sporting Services (DFSS) newsletter "The Right Track", and the CoolRunning webpage, from which much of this information has been culled. Details of how to subscribe to DFSS, an informative monthly running summary, can be obtained from Derek Foley by phoning 9597-6750. CoolRunning's website is at www.coolrunning.com.au.

All care taken, but no responsibility for inaccurate info - I recommend contacting the organisers before attending. Also, the fact that a run is listed here does not necessarily guarantee quality organisation. Caveat Cursor (let the runner beware!).

8 June: Woodstock 8k Fun Run: Venue Woodstock Community Centre, Church St, Burwood (400 metres from Burwood Station). Start time 9am. Contact Steve Lloyd (h) 9489-7118, (w) 9247-1222.

8 June: Kempsey Marathon: Venue Trial Bay Gaol, South West Rocks. Start 7.30am. Contact Peter Lancashire (w) 065-622-144 or (h) 065-631-700.

22 June: Lake Macquarie ½-Marathon: Venue Norm Johnson Oval, Speers Point. Start 8am. Contact Paul Busteed 049-611994.

22 June: Run To The SCG 8k & 4k Fun Runs: Finish at Moore Park near the SCG. Contact 9999-2208 during business hours.

29 June: Sutherland ½-Marathon: Start 7.30am. Eloura Surf Club, North Cronulla. Contact Jack Parkes 9525-3560.

29 June: Cities Marathon (Sydney to Blacktown): Starts at Sydney Town Hall, 6.30am. Contact 9839-6089.

6 July: Woodford to Glenbrook 25k Cross-Country Run or Cycle: A little effort might be required to organise your transport, as with all point-to-point runs, but it's worth it for this pleasant run through the bush on a fire-trail. You can park your car near the finish-line at Euroka Clearing, where there are picnic and toilet facilities (NB a \$7.50 fee is payable to enter the Blue Mountains National Park). Then the organisers provide a shuttle bus to Glenbrook Station for participants (but not bikes) to catch the train to Woodford. Bikes can't be carried on the train. Runners' registration from 8-10am at Woodford Bushfire Brigade Headquarters, corner Railway Parade and Park Road, Woodford. Transport available for runners from Woodford Station to Brigade Headquarters. Cyclists' rego from 7.30-9.30am, and the details of the cyclists' staggered start

are too complex to list here. Runners all start en masse at 10.15am. Confusingly, 2 very similar phone numbers are listed as Info Lines: 9841-6144 and 9891-6144. I don't know which is correct.

13 July: Gold Coast Marathon and Half-Marathon: See full details in half-page advertisement on page 5 of this issue.

20 July: Sutherland to Surf 11k: Start time not known. Contact 9523-4343.

27 July: Mini-MosMarathon 10k & 2k Fun Runs: Venue Allan Border Oval, Mosman. Proceeds to Mosman Primary School. Contact phone 9969-9325, fax 9968-1324.

10 August: City-To-Surf: Not much that can be written about this event has not already been written, but for those who've been asleep since 1971 or just arrived in town, it's 14k with a hill or three, and if you're up the back the winners will have finished before you start. Trip and fall at the start, you're dead. WebPage sunherald.fairfax.com.au/city_to_surf.html.

24 August: Ryde East Fun Runs 5k and 10k: Venue Ryde East Primary School 9am. Contact Derek Jardine 9809-5035.

31 August (?): Sydney Marathon: There has been some considerable controversy over this event, with two different aspiring organisers submitting proposals. The likely date seems to be 31 August, and Athletics NSW claim they are most likely to be the organisers. See the article "Sydney marathon wars resolved?", in this Blister, & make up your own mind.

7 September: Hoptown Road Relay: See "Club News" section page 3 for further details.

13 September: Royal National Park 50k Ultra: Start 6am at Grays Point Oval. Contact Barry Bulmer 9520-6774.

14 September: Newport to Manly Half-Marathon: 7am start. Contact 9999-2208 during business hours.

28 September: Bankstown City Half Marathon: Starts 7.30am at Featherston Street Bankstown (near the Railway Station). An Expo and number pick-up will be held at Rydges Hotel Bankstown, Cnr Hume Highway and Strickland St, Bass Hill, on Saturday 27th between 10am and 2pm. For an entry form, send s.a.e. to PO Box 20, Georges Hall NSW 2198 or contact Ken Saunders (Race Director) via E-mail at saundersk@fastlink.com.au or phone 046-252686.

18 October: Mt Wilson to Bilpin 35k Bush Run: Venue Silva Plana Reserve, Mt Wilson. Start time not known. Contact Peter Harold 049-671-222.

Letters to the Editor

To Ed from Ed

Dear Striders, I am heading back to Chicago and I want to thank the Striders, individually and collectively, for greatly enriching my time in Sydney. You have a wonderfully organized club (logo debates notwithstanding) and it was a pleasure to meet so many fine folks and dedicated runners.

I feel like I know Sydney much better than I know Chicago thanks to all those STAR runs. But Chicago is a great place to get to know as well, especially outside of our winter months. So I invite and urge any of you who find yourselves near Chicago to get in touch with me. I can provide you with some reciprocal hospitality and a nice run with our local running club (Lake Forest / Lake Bluff Running Club, about 30 miles north of downtown Chicago).

Here is some contact information and I would love to hear from some of you: Ed Packel, 730 Highview Terrace, Lake Forest, IL 60045, USA. Phone: (h) 847-295-7067, (b) 847-735-5155. Email: packel@math.lfc.edu

Cheers and G'Day, Ed Packel

[Editor's note: Ed left us in March. We wish him good running back home, and hope he can come to see us again soon].

Oceania Veteran Games 1998

(This letter was received by Strider Vic Taylor in February. See also our reprint of the OVG's blurb in the Club News section.)

Dear Vic, Thank you for your letter regarding the 1998 Oceania Veteran Games. We look forward to hosting a good sized team from the Sydney Striders to Hawkes Bay for the competition. The entry forms will be available in May and your name has been included on our list so you will receive them to distribute to members of your Club.

I enclose our latest flier which covers all the basic information available. Please feel free to photocopy and distribute it, and use it in part or in total in "The Blister". I also enclose some details of the region for you to circulate to your veteran athletes to inspire them!

Our organising committee has block booked a lot of accommodation in Hastings, but be assured, there is a good range of motels available as well as hotels. The city of Napier is as well served for accommodation and is only 20 minutes by car from the track. This option may suit some who hire cars. Details will be on the entry form.

We would enjoy receiving a copy of your magazine if possible. Both Jim and I will be

competing at the Australian Veterans Championships at Easter in Melbourne. Perhaps we may meet you or your club members there

Regards, Helen Tobin

Publicity Officer

Association of Veteran Athletes

Nutter

Dear Sir, I have just been reading the latest Blister (#65) and to my amazement I see that we as a club are accepting advertisements from any old fruit and nut (it would seem). The ad on page 29 "Sports Nutrition Consultants" sounds good enough (the sort of thing the members might like) but then the principal advertiser, a Ms Fiona Pelly, I believe, gives her qualifications as a "BSc in Dip Nut Diet". What is the standard of Striders advertisers coming to? Dip Nut Diets? What?!

What are they dipped in? Wheatgerm? Chocolate? or PocketRocket? I've heard of the grapefruit diet, the F-Plan diet but not the Dip Nut Diet. And which university is giving BSc's away in Dip Nut Diets? Surely this is a sign that I am getting older and a whole generation of knowledge has slipped me by, whilst my back was turned ... ?

WHAT?! She's a STRIDER!?! She set a PB!?! Quick, can you get me on the Dip Nut Diet as soon as possible, yeah sure, any topping

Kevin Tiller

Nutter replies

Kevin, My friends will tell you I am a total nut, especially those who can't understand why anyone would get out of bed at 5.30am on a Sunday to run! (Note: under this classification all Striders are 'nuts'.)

The letters after my name refer to a Post Graduate Diploma in Nutrition and Dietetics obtained from the University of Sydney. The year after I graduated (1990), the uni decided to change the Diploma to a Masters in Nutrition and Dietetics as it obviously got too many complaints from people like yourself about all the "dipped nuts" out there! Many dietitians now use the initials DND as they obviously came across the same problems. I think I might have to give in and do the same!

Fiona Pelly

Striving for understanding

(To Mr S.W.Bag, c/- The Editor)

Dear Mr Bag, With humbleness I recall your time in the Lop Nor Marathon of March 1991. In a year of poor harvests, we were impressed by your fortitude in maintaining your pace and finishing a

handsome place of 3,231,456th out of a field of 3,231,460. Where other foreign devils disputed their places due to the alleged 45 minute queues at each drink station, you sir, showed considerable face in displaying gratefulness for your position in the field. We here in poor Lop Nor will never forget your vigour in holding off against the runners behind you, who I am sure you will recall each had a wooden leg.

Since that auspicious day, I have maintained an interest in the club of runners with whom you live and, with the help of a special government grant, I have learnt English for the purpose of discovering more about the strange world outside Lop Nor. I am sure you will agree that the facility of this letter shows that I have learnt my lessons well. I have read all copies of your esteemed Blister and have attempted to understand the form of joking which is used by your members.

As you would understand, such a culture is not easily grasped by an outsider and I do not feel that I have yet reached complete understanding. We have a saying here in Lop Nor, "The more you reach for understanding of the unknown, the more the unknown becomes the unknown". I feel that this applies to much to do with the Blister and with your club of running.

An example is the person Cornelius who wears funny hats and runs backwards in underpants. We here in Lop Nor do not understand this. Is he ill? Perhaps he is of a strange family who suffered an evil curse many years ago.

I attach an article discovered with my new found skills in a magazine not for running but for other things, called "Country Life". Perhaps this is also published by your club of running as there is a mention of one Cornelius who also left his home in hunger, thirst, cold and nakedness. Does member Cornelius come from a family of bakers by some chance?

Yours in esteem, Chang Sat Sen,
Centre for Foreign Studies, Lop Nor, China

[Ed's note: Space limitations prevent us from printing the full text of the accompanying clipping, but it tells the story of the 12th century Derbyshire baker Cornelius, who for many years lived a hermit's existence in a cave. There is, however, no record of his having run backwards clad only in underpants.]

S.W.Bag replies

Look here, If you're the original scumbag who hoodwinked Roger Rigby into printing a spurious marathon time beside my name in Blister 55, or if you are indeed Roger Rigby masquerading as a Zen Buddhist, you've caused enough damage already without hovering around like a bad smell. Because of

you, every edition of The Blister now contains a letter from some marathon organising twit claiming I never ran their godforsaken race. Can't you just Bog Off and leave me alone?

S.W. Bag

Letter from Düsseldorf

Sehr geehrte Damen und Herren!

Ich möchte Sie Hiermit informieren, daß S.W.Bag nie am Düsseldorfer Marathon teilgenommen hat, und das jeder, der es dennoch glaubt, ein Narre ist. Bitte Berichtigen Sie ihre Unterlagen.

Mit freundlichen Grüßen, Günter Tönges,
Wettbewerbveranstalter, Düsseldorfer Marathon.

Personal Profile: Pauline Flanagan

compiled by Nick Themsen

Full name	Pauline Flanagan
Place of Birth	Birmingham, England - I'm really Irish though!
Age	32
Star sign	Sagittarius
Family	No
Occupation	Software Engineer
Favourite non-running reading	20th century classics
Favourite music	Anything, except country & western!
Favourite food	Potatoes, of course!
Best time of day	Evening
Other pastimes	Scuba-diving, roller-blading, skiing, bad golf
Dreams and ambitions	Make lots of money and retire early.
Years running	7, but not serious until 1997.
Why started running	Wanted a City/Surf T-shirt
Person most admired	My aunt Bridie, a dynamo district nurse
Sporting ambitions	Do a marathon. Do the City to Surf in under 60 minutes.
Race/events you are most proud of	City to Surf '95 in 67 mins (does my life revolve around this event?!)
Training partners	Marathon Training Group, work buddy Mike
Pre-race preparation	5 pints Guinness followed by a plate of bacon and cabbage!

Canberra '97 (Incorporating Club Marathon Championship)

from Kevin Tiller

Striders' Results:

Trevor Jacobs	2:36:02
Christopher Dwyer	2:41:27
Joanne Cowan	2:44:12
Chris Smith	2:47:45 PB
Kelvin Marshall	2:52:33
Andrew Hallam	2:53:24
Philip Hugill	2:54:07
Richard Briscoe	2:55:58
Andrew Smith	2:56:12 PB
Grahame Murphy	2:56:42
Jonathan Trope	2:57:56

Guy Griffin	2:59:30 PB
Neil McGill	3:00:41
Dawn Tiller	3:03:15 PB
Joseph Vucetic	3:04:12 PB
Charles Coville	3:04:28
Philip Boswell	3:04:33 PB
Peter Dwyer	3:06:30 PB
Tim Austin	3:14:59 PB
Mike Ward	3:20:27
Graeme Shipley	3:23:15
George Herisson	3:23:26
Mahm'd El-Khansa	3:25:27
Joanne Barton	3:29:59 PB

Alf Field	3:30:45
Keith White	3:31:14
Clara Vucetic	3:32:05
Manfred Fiedler	3:40:40 PB
Dick Bartlett	3:42:46
Robyn Fameli	3:51:06
Graham Butler	4:01:47
Penny Smith	4:05:07 debut
Charles Reis	4:12:17

Neil McPherson DNFed with dodgius-hippius.

The future of the Canberra Marathon has been looking a bit dodgy since the demise of the Mobil sponsorship, but New Balance stepped in a couple of weeks back, and they promise a partnership of numerous years, so that is great news for this excellent marathon.

The weather was approx 10C at 6am, rising to 22C by 1:30pm. Conditions were generally thought to be ideal, wind-free by all, although I think that by the 2hrs 30 mins mark, it was warming up a bit. Most runners seemed to run a few minutes slower than expected. Note: all times are official.

Outright Male placings:

1st Eduard Nabunome (Indonesia)	2:23:35
2nd Zerihun Gizaw (Ethiopia)	2:24:42
3rd Louis Young (ACT)	2:26:09

Outright Female placings:

1st Gabrielle O'Rourke (NZ)	2:42:41
2nd Joanne Cowan (NSW)	2:44:12
3rd Bev Lucas (QLD)	2:49:38

Club Marathon Championship Results:

Open Male	Chris Dwyer *
Open Female	Joanne Cowan
Veteran Male	Chris Dwyer *
Veteran Female	Joanne Cowan
Masters Male	Jonathan Trope
Masters Female	Penny Smith
Seniors Male	Manfred Fiedler

* Trevor Jacobs prefers to just win awards for his "first claim" club - the ACT Cross Country club - of which he is President. Congrats to all!

With the Canberra 10km on the Saturday, I unfortunately neglected to record any times, suffice to say the following Striders were in attendance: John Young, three Truscotts (Peter, Chris and Jenny), Steve Jackson, Vicki McGill, Lyn Herisson, Megan Glasby, and ..ermmm.. apologies to anyone I forgot.

On the 50km front, as usual there were FAR fewer volunteers at the end of the first 42km, the only times I have are: Jo Vucetic (3:40:52), Dick Bartlett (4:28), Charles Reis (5:16:24), Graham Butler - where did you get to?

Carl Barker Blitzes London!

Dave Sill, reporting the London Marathon in an email message, wrote: "The exciting news is that Carl Barker ran 2.31.22 and finished 138th. All us penguins should feel sorry for Carl who was disappointed at not breaking 2.30!"

Kevin Tiller replied: "At the 6-Foot Track, Carl pretty much signed up with the Striders again. He was out of cash on the day but sent it on to me just a week or so afterwards. He always runs in Striders' colours, so his London time is clearly the fastest time by a Strider this year. In fact it's the fastest Strider time since 1991 (Phil Garvin's 2:29:46)."

Gold Medal for Speedy Dick

No, it's not what you're thinking! It's about Dick Bartlett, who took out 1st place in the M50-54 age category in January's Hobart Marathon. Dick's time was 3.37.34.

Canberra Half-Marathon

Two Striders ran the Canberra Half on Sunday 18 May 1997. They were:

Fiona Pelly (1:40:53, PB and 15th female)

Lesley Clarke (1:53:52)

Brisbane Waters Bush Bash

by Kevin Tiller

As usual, Striders provided about a third of the field for this 47km jaunt around Brisbane Waters, near Gosford. The start, at 6am, was in the dark, but once the day started properly, the sun burnt through the mist for a warm sunny day. The course is mostly trail/rainforest/dirt road with some road sections thrown in. It is a very changeable course as far as terrain goes. Moderately hilly, but definitely easier than 6-Foot. The event is mainly due to the efforts of Greg Love, Central Coast speed merchant of repute, helped in part by the local Hash House Harriers.

There were numerous mumblings of discontent due to the high number of runners not being able to find their way on the route. The first placed male did about 1k extra in full view of the finish line attenders. Strider Steve Urwin did a "Geoff Taylor 1996" and approached the finish line from the wrong direction, as did Victorian motor-mouth Kevin Cassidy. Phil Hugill tried to make up for the fact that the following week's Australian 100k Championship had been cancelled and ran to Lisarow as a "Long Option". He estimates that he only ran approx 60km. Wendy Downes and Breeda Kelly kept each other company as they added on a couple of km. Its only about 4 or 5 times that Wendy has run this course... !

Male Placegetters:

1. Sam Vella 3:36:50 (estimated)
2. Kevin Dean 3.36.50
3. Steve Sayers 3.41 (Steve Urwin ruled himself ineligible)

Female Placegetters:

1. Dawn Tiller 4.05.35 Course Record by 21 mins !
2. Elizabeth Short 4.29
3. Judy Lucas 4.52

Sydney Striders' results:

1	Jonathan Worswick	3.42.25 (5th)
2	Kelvin Marshall	3.45.12
3	Richard Briscoe	3.57.04
4	Malcolm Satchell	3.57.04
5	Dawn Tiller	4.05.35
6	Murray Town	4.21.18
7	Martin Fryer	4.21.18
8	Mike Ward	4.21.18
9	Keith White	4.41
10	David Solomon	4.43.57
11	Alf Field	4.48.39
12	John Sutherland	4.49
13	Dick Bartlett	5.04.45
14	Brent Waters	5.05.54
15	Wendy Downes	5.06.56
16	Breeda Kelly	5.06.56
17	Michael Wilson	5.18
18	Margaret White	5.24.39
19	Lesley Clarke	5.24.39
20	Margaret Gee	6.12.12

Phil Hugill and Steve Urwin did variations of the course (on target for approx 3:40 ish and 4 hrs ish respectively).

Avalon 50-Miler

by Kevin Tiller

Los Angeles, USA, 11 January 1997: Given that this race was only 7 days after the previous weekend's "epic" 54 miler (86km), and given that I had flown from the UK to the left-hand side of the US, I did not hold out much hope in this race. It started on Catalina Island, approx 20 miles off the coast of LA, meaning that you have to stay on the island the night before the run as it is a 5am start.

The first two hours are run in the dark up into the mountains. It's almost all uphill. Once day breaks, you get some good views of the coastline of Catalina Island and of the Californian coastline.

The course is basically a figure 8 around the island, where the cross-over is at the top of the mountains, and the extremities are at sea-level - so you are constantly going up and down.

Unbelievably, I took off at a gentle pace and kept that going all day. The weather was cool and cloudy - I just wore shorts and a long-sleeved thermal with my Striders singlet.

So many people asked me about Sydney and whether I came over just for the race that I almost wished I hadn't worn it.

The last section of the run was about 8km on road going VERY steeply downhill. I even managed to pick up the pace here and burn a few people off, finishing in 9:06 giving me approx 50th from 180. This was my fastest race in my holiday and so I was well pleased with myself.

One of the best things about this race was staying in a hotel only 20 metres from the start / finish line!

Bush Bash: The Alternative View

by Ian Whitfield

Line up outside the Gosford Sailing Club for the start of the race. I think to myself, Mad Buggers, but then I must be just as bloody mad to be there at the start. Oh for the days before knackered knees, I would have been at the start line myself and given a lot of these buggers a real run for their money.

Never mind, I had been invited to spend the weekend on the Costa De Central Coast, so I might as well see some others suffer. I think to myself, Pity O'Kanine wasn't here, I'd have liked to see him on his hands and knees at the finish. Never mind - maybe that misguided Manchester United fanatic, Mike Ward, could end up in strife.

After a quick coffee with my friends, we followed the field to Woy Woy where we saw many of the runners, including Striders, go through. First Strider I saw was Malcolm Satchell running strongly, followed shortly by Dawn Tiller, first lady at that stage and throughout the race.

A while afterwards, old warhorse Mike Ward came through, head down, bum up, snarling, gnashing his teeth. Probably some well timed comments about his beloved Manchester Utd losing to Borussia Dortmund spurred him on to get away from members of the "Toon Army" Sydney Branch.

John Sutherland came past and stopped for a chat. A man after my own heart, relaxed about it all. Then some of the lady members came by, Breeda Kelly barrelling through with a good hearty Top Of The Morning To You, looking remarkably fresh. Probably comes from training on Irish Mist Liqueur.

Another Strider - Wendy Downes, running as strongly as ever. Memories of the old 6.10 group tearaways of the mid-80s came flooding back. Good days they were, although certain members including yours truly had a bit of a reputation. Want to know more? Ask O'Kanine.

Anyway, on to the finish at Gosford and confusion reigns supreme, runners coming from all directions. The winner, Sam Vella, came from the wrong direction having run a K or so extra. Kevin Dean, who came from the right direction, finishing a minute or so earlier, generously conceded the

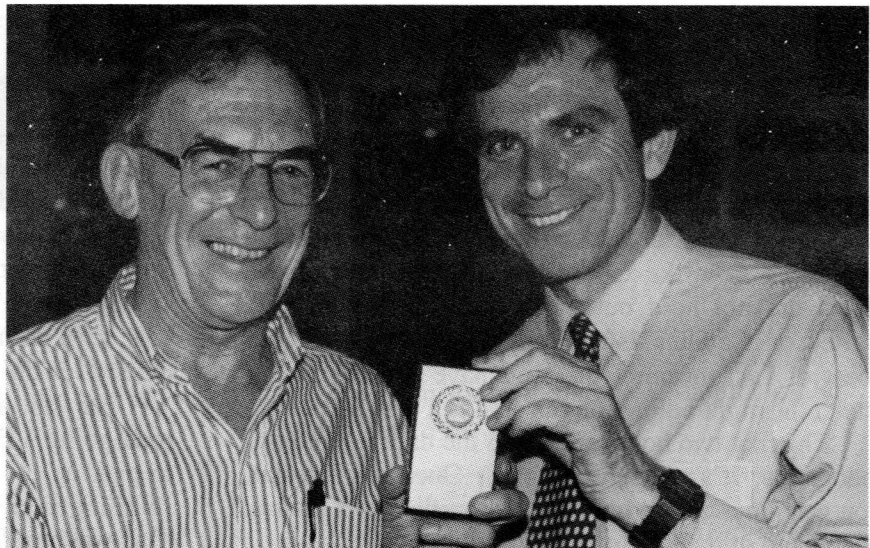
win to Sam, though I guess technically he could have claimed it, having run the correct but shorter course. Just goes to show sportsmanship still exists, unlike some professional sponsored sports backed by media barons.

Striders who ran a bit extra were Steve Urwin (who ruled himself ineligible having run a variation of the course in around 4 hours), and Wendy and Breeda (who kept each other company). Apparently Wendy has only run the course 4 or 5 times!

Well they all came in eventually, Mike Ward still chanting Manchester United footballing obscenities. Dick Bartlett and Alf Field looked as if they wanted to go round again in preparation for Comrades. Dawn ran as strongly as ever and beat a lot of the guys in the process. Margaret White and Lesley Clarke finished together, as they had been all the way, finishing in a credible time of 5:24:39.

I thought as I watched the presentation (a relaxed affair in Gosford Sailing Club over a beer or two), this would have been a great run to do - very scenic and I would imagine easier than the Six Foot Track. Ah well, maybe someone will come up with a way of fixing crook knees one day.

Despite the confusion at the end I think most runners enjoyed the race, which is due to the efforts of Central Coast speed merchant Greg Love with help from the local Hash House Harriers and Terrigal Trotters. Congratulations to all who ran.



John Turner (L) presents the commemorative trophy for the 1995 President's Award for Excellence to Kevin O'Kane at Striders' presentation night in March.

The California Connection

Racing report from the USA by Jonathan Worswick

The AJT 50

San Diego Sunday March 16, 1997: Blue Jay campground, Cleveland National Forest, Southern California (south east of LA). Course 31 miles (yes the Americans still use miles!), Tough scenic forest trails & fire roads between 2000-4000 feet elevation.

This is a race full of variety, from single trail through rocky ground, technical descents, forest and some tarmac and plenty of hills. The weather was below average but actually ideal for running and some good views of surrounding hills and valleys could be seen when you weren't watching your feet. Aid stations were positioned at convenient trail/road crossings. The race had a record entry of about 180 people most of who completed the course although about halfway the course passed through the start/finish point so it was very tempting to drop out.

I took my time at the beginning as I was unsure of my fitness having only returned at Xmas from a 5 month sabbatical from serious running. The first 5 miles or so were single track downhill. It was extremely difficult to pass people so I stuck behind a bunch and had a social chat. We returned back up the same hill after a turn round point at the first aid station. By this time people had strung out and I decided I was feeling OK so increased the effort slightly. I passed a few and went through halfway about 19th.

The next part of the course was a winding tarmac then wide fire trail up another hill. Once at the top a fast descent down a rough track then another hill which was a single gravel track. It seemed to be two steps forward and one back, at this stage of the race it wasn't a pleasant experience. I continued to walk/run up this climb and gradually reeled in more runners. Once at the top, a short distance of rolling hills then the fast descent down the fire trail and tarmac road to the finish. An excellent run and well worth doing.

Results:

1: Tom Nielsen (37)	4:12:53
2: Tom Green (31)	4:13:55
3: Dave Robinson (35)	4:18:10
9 Jonathan Worswick (33)	4:40:20

Sorry, no female results to hand. Suffice it to say Dawn T would have been a long way in front of the leading lady.

AC (Angeles Crest) Training Run

The AC 100 miler is one of the hardest 100's on the circuit over here, it competes with Leadville and Wasatch as it has large climbs (one of them being 5 miles long), it is high in elevation (up to 9,000ft) and

the weather can be extremely hot. It is situated about 3.5 hours drive East of Los Angeles and is a narrow stretch of mountains that separates the coastal plains from the desert. The course follows a hiking trail.

Last week I spent 8.5 hours (give or take), doing the 1st 37 miles of the course with 8 other San Diegan and Orange County runners. We started at a ski village climbed about 9500 feet in total getting up to one of the highest points on the course at 9000ft. We had water drops at about 4 places but also carried two bottles each (and we needed them, even me who is somewhat of a camel).

The scenery was superb, although looking West was a tad hazy due to the LA smog. The terrain was mainly pine trees, bush and dry sandstone. We only had sun cover for about 40% of the day. The trail varied from good fire trail to very narrow and fairly extreme walking track. It was very hot, I managed to run all day in a vest even though we ran through isolated spots of snow. For more info check out the AC web-page <http://reality.sgi.com/stanj/ac100.html>.

High Sierra 50m and 30km fun run

Location, Bishop, Inyo County, California (5 hours North East of LA). About 60 runners in the 50 miler and 35 runners in the 30km. Trail: Non-technical, wide in most places, runnable Aid: Every 2 to 5 miles. Includes hot soup, bean stew as well as the usual water, fruit and sports drinks. Even ice, which most people threw into their caps as well as putting in their water bottles to keep cool.

The race starts just a few miles west of the small town of Bishop just below the snow clad peaks of the West ridge of the valley at 6.00am Saturday morning. Probably one of the most spectacular glacial valleys in the US, Owen's valley is the home of the Mammoth Ski Resort (and Mammoth Ale) and the Manzanar relocation camp (the US labour camp for US/Japanese nationals during WWII).

There's an abundance of things to do in the area for all the family, from climbing, hiking, fishing or horse riding to relaxing in the local hot springs, drinking the local ale and listening to blue grass music. Las Vegas, Death Valley and Yosemite are only a few hours away.

Anyway, the race began at 6.00 in warm conditions that were destined to get much warmer - in 80's and 90's. The course record holder Ben Hian slowly pulled away from the field closely tracked by the other favourite (who's name I forget). I later crossed their paths as the course came back on itself at about 34 miles, they were still together. Ben

eventually pulling away to lead at the finish by 10 minutes or so (19 seconds behind his record time).

The first 20 miles is a slow climb up the mountain, the air getting thinner as the views get more spectacular. After a steady start I alternated between 5th, 6th and 7th place until my first (of 5) mishaps. Due to a very indistinct marker the first 10 people went the wrong way near the highest point of the trail. This didn't affect the places much although I lost about 10 minutes. After realising the mistake and being chased by the marshal from the next aid station on a motorbike we got back on course.

A few more miles of up and down I managed to come unstuck again as I was running on my own. I lost another 5 minutes waiting for the next runner to catch up. We then got to the turn around and headed back. I was feeling quite good and going well until yet again junction with no markers, I spent another few minutes wandering around until 2 runners caught up and then we all wandered around together until we eventually picked up the trail again. It should be noted that the trail is not indistinct it was just unfortunately not very well marked.

Within the next couple of miles I had a major bonk that caused me to lose 4 places in the last 10 miles and spend the rest of the race wanting to curl up on the side of the trail and die. Fortunately the last 11 miles is all down hill so I leant forward and managed a few miles of slow jog in between stretches of walking. I was first Strider to finish (!!!) in 8:38

To add to the clothing debate I wore my DHL Striders vest and only one person commented on me being from Sydney (the Sydney bit being too small).

Jo's 34:52 a Club 10k Record?

Jo Cowan's new PB of 34:52 in the State 10km Championships 10 May 1997 looks very much like a Striders' female 10k all-time record! We're checking the records to make sure of this. Just how much faster can this woman go?!

12-Hour Bronze for David

Congratulations to UK-based Ultra-Freak Strider David Sill, who placed 3rd in the George Littlewood 12 Hour Challenge in Sheffield during April, covering 118.32km (average 6:05 per kilometre!)

Quote of The Month, May '97

"A secret admirer will reveal himself to you shortly". Fortune cookie opened by Graham Butler at Chinese restaurant, 1 May 1997, much to amusement of teenage son.

The Barry 40

by David Sill

I have had the privilege of seeing one of the truly great ultra runners of the world in action. Don Ritchie was described in the race programme as "Age 52. Quite simply the greatest ultra runner of all time. He has achieved World Track Best Performances at 50km (twice), 40 miles, 50 miles, 100km, 100 miles and 200km. Also set World Road Bests at 100km and 100 miles and has an unparalleled record in events up to 24 hours". (I don't know what they would have said if Yiannis Kouros had been there!).

The race was the "Barry 40", a 40 mile (64k) track race held near Cardiff on 2 March. This is in (old) South Wales. The race always attracts a top quality field and many world bests and age group best have been set here. In fact there have been 41 such world bests in the eleven year history of the race.

The lady winner set a new world best in the 40 year age group. The male winner was within 6 minutes of the outright world best for 40 miles, set by Don Ritchie in 1982. (Don is now well past his best). These were particularly meritorious performances in view of the very strong wind that blew across the track all day. The leaders' results included:

- 1: Simon Pride (Scotland) 3.54.24
- 2: Stephen Moore (England) 4.05.18
- 5: Don Ritchie (Scotland) 4.23.28
- 1F: Hilary Walker (England) 5.05.58
(world age best)

I now know what Don Ritchie's heels and backside look like. I saw these many times during the race as he kept lapping me! I didn't see his face till after the race. Unfortunately, I didn't do as well as these wonderful runners. It's sad that they don't give prizes for doing OK in the first three quarters of the race. The wheels really fell off for me in the last quarter. (A sprint at the start ain't worth a fart!).

Race statistics: Entered 43, Started 40, Finished, within time limit 20.

My intermediate times show the deteriorating story: Marathon 3.30.21; 30 miles 4.02.36; 50k 4.13.17; 40 miles 5.49.42. That's right, the last 10 miles took me 1:47! (Can you imagine the pleasure?). My finishing position was 20th and I was the last runner to finish within the time limit.

The good news is that I only missed a world best time for 50km by 21 years. Not bad for a race with a six hour time limit! (The world best for 50km in the 70-74 age group is 4.16.50). I was the first Australian ever to run in this event and I wore our club green and white with pride. The cries of "Come on Sydney" were there as usual. But sorry I was last finisher everyone!!!!

Striders in Training

Listing maintained by Kevin O'Kane

Notify additions, corrections, deletions to Kevin O'Kane (b) 9283-3355 (h) 9449-1435 (NB not Blister editors). Listing can include any regular running, cycling, swimming or walking group. If you spot errors or omissions, Don't assume someone else will let us know. New or changed details are marked with a star: ★.

What and When	Who	Where
Achilles Running Club: Chris Robb 9959-4269. Assisting disabled walkers/runners. Sunday 8am.	Wendy Downes, Chris Robb, Rozanne Green	Hyde Park near St James Station, Elizabeth St, Sydney
Equaliser A.M. Group: 12k or so, Wednesdays 5.45am. Contact Kevin O'Kane 9283-3355	★ Keith White, Breeda Kelly, Doug Lee, Brian Grant, Kevin O'Kane, Annaliese Williams	Acron Oval, Acron Rd, St Ives
Equaliser P.M. Group: Up to 14k. Wednesdays 6.00pm. Contact Mike Ward 9957-3566	★ Group suspended during winter months – too dark!	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: About 10k. Thurs 6.00pm. Contact Kevin O'Kane 9283-3355	Kevin O'Kane, Nick Themsen, Kirsten Themsen and others	Waverton Bowling Club, Woolcott St, Waverton
Sun Alliance & Royal 5k Handicap: Wednesdays 12.10 pm. Contact Tina Campbell 9978-9973 or Cameron Osborne 9978-9976	Tina Campbell, Cameron Osborne	Western Park, Pacific Highway, Chatswood (next to Chatswood Toyota)
Veterans' Track: 5000m (1 st week each month), 3000m (other weeks). 6.00pm sharp Thursdays	Steve & Sally Cornelius	Hensley Athletic Field, Corish Circle, Pagewood

10k Director's Annual Update

Report presented by 1997 10k Series Director John Hamilton at the club AGM, 18 May.

"Take your marks, get ready, go ..." has been something I've heard on the first Saturday of the month for the last 4 years.

During that time Striders' 10k Race Series has matured and become a prestigious event. I say this with confidence because I only have to look at the growing numbers of runners and reflect on their smiles as they finish the races to know it's true.

Last year there were an average of 57.1 Striders and 44.4 guests at a 10k race. That's an average of 101.5 per race. This year all 4 10k races have had a bigger field! All indications are that this will continue for the remaining 10k races this year.

The 10k races have the potential to generate a lot for the club in terms of members and revenue. Steps which have been and are being taken to harness this potential are:

- Publicity: I thank Jo Cowan and Sporting

Spectrum for their efforts here;

- The introduction of the 10k Race T-shirt, and I thank Ray Potter for the zeal he has shown here;
- Prizes: Yes, 10k Race prizes on top of our already sensational end of series prizes from South African Airways and The Runners' Shop;
- New courses: It is nearly certain there will be a 10k race at Homebush in 1998.

Every effort is being made to attract runners and make the 10k Series more attractive. This benefits not only runners but Sydney Striders as well.

In closing, I'd like to thank all those who help with the 10k races because it's only the combined efforts of those directly involved that allow me to get up on the first Saturday of every month and say "Take your marks, get ready, go ...".

10k Errata

by Raymond Potter

There have been some changes in the 10km handicap results as reported in Blister 65. This has come about because of adjustments in items like Richard Briscoe's handicap not being changed from

last year and a couple of other handicap changes. It has meant a recalculation of the handicap results. The writer humbly requests absolution.

1997 10k Series: Races 3 and 4

by John Hamilton

The 10k Race Series is proudly sponsored by:

- South African Airways, who are providing a return ticket to South Africa for the winner of the eagerly contested Striders Handicap Competition, and the another for one lucky runner who completes at least five of the 10k Races this year.
- Australian Runner and Athlete Magazine - if you take out a subscription at a 10k Race your entry to that 10k Race is free.
- Gatorade and The Runners' Shop.

10k Race 3 - Shelley Beach 5 April 1997

A huge field fronted for this race - 196 starters - biggest ever! There were:

- 90 Sydney Striders and 106 guests; or
- 51 females and 145 males; or
- 179 finishers and 17 DNF.

Any way you look at it, it's a great result for the Sydney Striders and the running fraternity.

The 10k Race took place at a beautiful location under perfect conditions. The field was packed with top runners and the competition was keen. Just have a look at the results and you'll see some fantastic times from all who participated.

I acknowledge that the large number of runners made the start and first kilometre or so crowded and a mitigation strategy has been devised to counter this risk to the successful conduct of future events. (Should any runner ever have an issue with the 10k Race events and how they are being conducted or how they could be improved, would they please make it known to me - I can be contacted on 9484-4773 (H) or 9378-0969 (W).)

My thanks to Joanne Cowan who arranged pre- and post-race publicity, Robi Russell who hosted the race and marked the course and kilometres, Lesley Clark who took entries and helped with results, George Herrison for distributing drinks at halfway, Dave Ritchie and Chris McLean who clocked runners across the finish line, Derek Smith who brought the gear, helped distribute drinks at half way and helped with marshalling, Chris Robb who took entries, helped with marshalling and various other facets, Geoff Taylor who collected the "booty", and John Turner who helped with marshalling and "things Presidential". Together, this ensured the third race of the 1997 10k Race Series was a quality event, put on by Sydney's premier road running club for runners.

10k Race 4 - Meadowbank 3 May 1997

Another big field fronted for Race 4- 132 starters this time! There were 70 Striders and 62 guests. The race took place on the shores of the Parramatta River,

again under perfect conditions. All sorts of runners fronted, including several who had inquired about the terrain and kilometre marks during the preceding week! Just goes to show how keenly contested these events are! If you need any further proof, have a look at the results and you'll see some keen times.

This particular course allowed a good start. Its double loop at the start followed by a short out-and-back then a long out-and-back gave the large spectator field plenty of opportunities to observe the graceful (and not so graceful) runners in full flight. Its precise markings ensured the runners knew exactly where to go and to the best of my knowledge none got lost (anyway this isn't a problem as the spectators will usually tell any runner where to go).

Thanks this time go to Chris McLean, the host and timekeeper of this 10k Race, ably assisted by Karen Hallam on the clock, Joanne Cowan who arranged pre- and post-race publicity, Ray Potter the 10k computer wiz, Derek Smith the gear wiz, Amanda Dawson who assisted Derek, John Turner, Chris Robb and Dave Ritchie on the clock, Penny Smith as marshall, Geoff Taylor the 10k Race Sheriff, and special guest appearance by Nicola Cowan who judged the 10k Race event. Together, this ensured the fourth race of the 1997 10k series was another quality event, put on by Sydney's premier road running club for runners.

Special thanks

Special thanks go to Ray Potter for results for open and handicap 10k Race, and the new individual 10k Race calculator - please see Ray for details. Ray puts an enormous amount of effort into the results, and considering the numbers involved, he's doing a tremendous job. Whilst every effort is made to publish results which are accurate, some errors do occur (eg consider the number of variations to the spelling of your surname - if a variation occurs and it's not detected, a "new" runner is created in the results and isn't corrected until we know about it) - please bear this in mind when reporting errors. Where any error is detected and brought to our attention, you can be assured it will be corrected, even if it only involves a ONE second adjustment to that most coveted of belongings - your handicap time!

Next race in the series

Lane Cover River Park, 7 June 1997. This is a Charity Event - Sydney Striders \$7.00, guests \$10.00. 10k Race Host is Tina Campbell. Start gun goes at 07:00 sharp! For the remainder of the 1997 10k Race Calendar, see back cover of this Blister.

10k Race Results

supplied by Ray Potter

Race 3: Shelley Beach, 3 April 97

Name	Time	Target	Hcap Posn	Next Target	O/Rt Posn
Julie Wessels	46.20	51.15	1	47.19	7
Margaret White	50.51	54.41	2	51.37	15
Steve Cornelius	44.31	48.01	3	45.13	42
Christopher Smith	35.20	38.35	4	35.59	3
Dawn Tiller	38.09	41.01	5	38.43	2
Annalise Williams	47.18	49.55	6	47.49	9
Sally Cornelius	63.38	65.50	7	64.04	22
Debbie Coulter	63.42	65.49	8	64.07	23
Brian Taylor	50.53	53.00	9	51.18	60
Tim Austin	38.35	40.39	10	39.00	18
Kevin O'Kane	43.34	45.29	11	43.57	39
David Marsh	36.17	38.04	12	36.38	6
Lynn Herrison	61.25	63.11	13	61.46	21
Paulina Flanagan	47.48	49.12	14	48.05	10
Peter Truscott	36.23	37.47	15	36.40	7
Rozanne Green	49.48	51.08	16	50.04	12
Craig Schlitter	45.04	46.21	17	45.19	45
Phil Naylor	43.29	44.43	18	43.44	38
Ross Sinclair	38.01	39.10	19	38.15	14
Jenny Truscott	39.47	40.53	20	40.00	3
Craig Thom	39.30	40.32	21	39.42	23
Joanne Cowan	35.48	36.42	22	35.59	1
Malcolm Satchell	38.50	39.37	23	38.59	21
Robin Cameron	46.02	46.38	24	46.09	6
Doug Lee	45.49	46.23	25	45.56	47
Mahmoud El-Khansa	43.19	43.52	26	43.26	36
Penny Smith	49.09	49.41	27	49.15	11
Bill Blecha	53.28	53.58	28	53.34	61
Sally Crawford	56.35	56.56	29	56.39	18
Richard Briscoe	36.33	36.41	30	36.35	8
Rod Lovel	37.37	37.45	31	37.39	11
Andrew Smith	36.10	36.17	32	36.11	5
Kirsten Thomsen	52.23	52.30	33	52.24	16
Jeff Lie	40.48	40.53	34	40.49	27
John Young	32.21	32.23	35	32.21	1
Jonathan Trope	37.41	37.38	36	37.38	12
Andrew Hallam	35.23	35.16	37	35.17	4
Darren Benson	33.29	33.21	38	33.22	2
Dianne Berger	45.25	45.17	39	45.18	5
Mark Fiore	38.30	38.21	40	38.22	16
Keith White	42.09	42.00	41	42.01	32
George Lisson	38.38	38.09	42	38.12	19
Wayne Stanton	36.39	36.08	43	36.11	9
Raymond Potter	38.34	38.00	44	38.04	17
Breeda Kelly	46.34	46.00	45	46.03	8
Lyn Allan	50.33	49.59	46	50.02	13
Grahame Murphy	37.46	37.07	47	37.11	13
Greg Coffey	46.06	45.20	48	45.25	48
Frank Deam	58.11	57.24	49	57.28	62
David Solomon	42.11	41.15	50	41.21	33
Phillip Barrow	40.21	39.24	51	39.30	25
John Hawkins	44.31	43.30	52	43.36	42
Philip Hugill	37.17	36.15	53	36.21	10
Tony Byrne	45.19	44.16	54	44.22	46
Mike Ward	41.10	40.04	55	40.11	28

Name	Time	Target	Hcap Posn	Next Target	O/Rt Posn
Hakan Parsson	41.38	40.23	56	40.30	29
Sue Thompson	58.28	57.04	57	57.12	19
Stephen Urwin	40.47	39.15	58	39.24	26
Sally Taggart	44.07	42.22	59	42.33	4
Neil McPherson	46.24	44.29	60	44.40	51
Charles Reis	44.42	42.19	61	42.33	44
Geoff Taylor	44.27	42.00	62	42.15	41
James Howard	41.59	39.27	63	39.42	31
Errol Bekir	48.37	46.00	64	46.15	55
Alf Field	46.41	44.00	65	44.15	52
Nick Selby	49.43	47.01	66	47.16	59
Joan Boltz	50.39	47.54	67	48.09	14
Peter Cobley	42.13	39.19	68	39.34	34
Stephen Jackson	39.29	36.14	69	36.29	22
Scott Crawford	44.19	40.41	70	40.56	40
Nick Thomsen	49.35	45.16	71	45.31	58
John Preston	46.08	40.58	72	41.13	49
Graham Butler	47.23	42.00	73	42.15	53
Godfrey Franz	41.48	36.00	74	36.15	30
Chris Truscott	39.48	33.07	75	33.22	24
Geoff Cox	43.20	36.10	76	36.25	37
Robi Russell	59.49	48.01	77	48.16	20
Marlies Laaper	55.10	39.01	78	39.16	17
Paul Russell	59.48	40.00	79	40.15	63
Don Leaky	38.11		80	38.34	15
Gerry Donnan	38.49		81	39.12	20
Mark Brabender	42.23		82	42.48	35
Christopher Gunns	46.09		83	46.37	50
Steve Bourke	47.59		84	48.28	54
Anthony Howatson	49.03		85	49.32	56
Van der Poll	49.08		86	49.37	57

Race 4: Meadowbank, 3 May 97

Name	Time	Target	Hcap Posn	Next Target	O/Rt Posn
Paul Brabender	42.57	46.09	1	43.35	32
Sue Thompson	54.41	57.12	2	55.11	13
Paulina Flanagan	45.52	48.05	3	46.19	5
Ross Sinclair	36.19	38.15	4	36.42	8
Craig Thom	38.04	39.42	5	38.24	16
Julie Wessels	45.41	47.19	6	46.01	4
Margaret White	50.15	51.37	7	50.31	10
Anthony Howatson	48.13	49.32	8	48.29	49
Jonathan Trope	36.31	37.38	9	36.44	10
Peter Truscott	35.45	36.40	10	35.56	6
Dean Degan	34.12	35.05	11	34.23	3
Debbie Coulter	63.20	64.07	12	63.29	15
Sally Cornelius	63.19	64.04	13	63.28	14
Malcolm Satchell	38.19	38.59	14	38.27	17
Ray Doran	36.21	37.00	15	36.29	9
Scott Crawford	40.19	40.56	16	40.26	24
Kirsten Thomsen	51.48	52.24	17	51.55	12
Fiona Pelly	44.11	44.41	18	44.17	3
Nick Selby	46.48	47.16	19	46.54	46
Craig Schlitter	44.52	45.19	20	44.57	38
Tony Hatch	42.10	42.30	21	42.14	28

Name	Time	Target	Hcap Posn	Next Target	O/Rt Posn
John Young	32.03	32.21	22	32.07	1
David Marsh	36.33	36.38	23	36.34	11
George Herisson	40.59	41.03	24	41.00	27
Grahame Murphy	37.09	37.11	25	37.09	13
Jeff Lie	40.47	40.49	26	40.47	26
Philip Kennedy	45.38	45.34	27	45.34	41
Stephan Parker	35.24	35.19	28	35.19	5
Mike Ward	40.17	40.11	29	40.11	23
Stephen Urwin	39.32	39.24	30	39.25	21
Andrew Smith	36.34	36.11	31	36.14	12
Raymond Potter	38.29	38.04	32	38.06	18
Peter Cobley	40.00	39.34	33	39.37	22
Manfred Fiedler	45.40	45.12	34	45.15	42
Keith White	42.30	42.01	35	42.04	30
John Whealy	44.31	44.00	36	44.03	35
Nick Themsen	46.04	45.31	37	45.34	43
Breeda Kelly	46.43	46.03	38	46.07	6
Jenny Truscott	40.42	40.00	39	40.04	2
Chris Truscott	34.05	33.22	40	33.26	2
Andrew Hallam	36.00	35.17	41	35.21	7
Michael Wilson	42.45	42.01	42	42.05	31
Joanne Cowan	36.45	35.59	43	36.03	1
Rozanne Green	50.51	50.04	44	50.09	11
Greg Coffey	46.12	45.25	45	45.30	44
Phillip Barrow	40.27	39.30	46	39.35	25
Rod Lovel	38.37	37.39	47	37.44	20
John Hawkins	44.39	43.36	48	43.42	37
Bruce Murray	45.22	44.15	49	44.22	40
Mahmoud El-Khansa	44.35	43.26	50	43.33	36
Philip Hugill	37.31	36.21	51	36.28	14
Geoff Taylor	43.29	42.15	52	42.22	34
Peter Cookson	46.23	45.01	53	45.09	45
Stephen Jackson	38.01	36.29	54	36.38	15
Tom Burnell	55.53	54.13	55	54.23	55
Frank Dearn	59.24	57.28	56	57.40	56
Maxwell Coleman	50.47	48.46	57	48.58	51
Brian Taylor	53.21	51.18	58	51.31	54
Barney Gordon	47.19	45.16	59	45.28	48
Peter H'schmidt	42.19	40.01	60	40.15	29
Graham Butler	45.08	42.15	61	42.30	39
Jean-L Didomenico	51.01	48.01	62	48.16	52
Amanda Dawson	47.15	43.15	63	43.30	7
Stephen Guy	47.17	43.13	64	43.28	47
Phil Madden	48.30	40.31	65	40.46	50
Andrew Gibbons	35.17		66	35.38	4
Brian Grant	38.30		67	38.53	19
Graeme Nyland	43.06		68	43.32	33
Melissa Reis	47.18		69	47.46	8
Jill Elyan	49.23		70	49.53	9
Chris Rannos	51.44		71	52.15	53

Long-standing PB Broken

from Kevin Tiller

Rozanne Green ran 49:50 for the Manly 10km in April 1997. This beat her PB of 50 mins set in her first ever 10km EIGHTEEN years ago! Way to go Rozanne!

10k Handicap Table to Race 4

supplied by Ray Potter

Minimum points for inclusion: 8

Name	R1	R2	R3	R4	Tot
Craig Thom	22	10	2	18	52
Debbie Coulter	2	21	15	11	49
Sally Cornelius	2	20	16	10	48
Julie Wessels	2		22	17	41
Steve Cornelius	2	18	20		40
Margaret White	2		21	16	39
Scott Crawford	20	7	2	7	36
Paulina Flanagan		2	9	20	31
Malcolm Satchell	19		2	9	30
Maxwell Coleman	14	11		2	27
Jenny Truscott	2	19	3	2	26
Philip Kennedy	2	22		2	26
Raymond Potter	18	4	2	2	26
Mahmoud El-Khansa	12	9	2	2	25
Peter Truscott	2	2	8	13	25
Ross Sinclair		2	4	19	25
Sue Thompson		2	2	21	25
Craig Schlitter	2	13	6	3	24
Paul Brabender	2			22	24
Joanne Cowan	17	2	2	2	23
Greg Coffey	2	16	2	2	22
Annalise Williams	2	2	17		21
Christopher Smith	2		19		21
Dianne Berger	2	17	2		21
John Young	15	2	2	2	21
Matthew Hammond	21				21
Dean Degan	2	6		12	20
Jonathan Trope	4		2	14	20
Doug Lee	2	15	2		19
Dawn Tiller			18		18
Richard Briscoe	16		2		18
Anthony Howatson			2	15	17
Brian Taylor			14	2	16
Kevin O'Kane	2	2	12		16
Peter Dwyer	2	14			16
David Marsh		2	11	2	15
Lyn Allan	13		2		15
Tim Austin	2		13		15
Ted Bailey	2	12			14
Jeff Lie	7	2	2	2	13
Kirsten Themsen	2	3	2	6	13
Rozanne Green	2	2	7	2	13
George Herisson	10			2	12
Lynn Herrison		2	10		12
Paul Glare	11				11
Bill Blecha		8	2		10
Christopher Dwyer	8	2			10

Name	R1	R2	R3	R4	Tot
Mike Ward	6		2	2	10
Charles Coville	9				9
Fiona Pelly	2	2		5	9
Tony Hatch	5	2		2	9
Andrew Smith	2	2	2	2	8
Chris Truscott	2	2	2	2	8
Frank Dearn	2	2	2	2	8
John Hawkins	2	2	2	2	8
Peter Cobley	2	2	2	2	8
Ray Doran				8	8
Rod Lovel	2	2	2	2	8

10k Outright Table to Race 4

supplied by Ray Potter

Minimum points for inclusion: 8

Name	R1	R2	R3	R4	Tot
Joanne Cowan	22	22	22	22	88
John Young	22	22	22	22	88
Jenny Truscott	20	21	20	21	82
Chris Truscott	21	21	2	21	65
Sally Taggart	21	20	19		60
Andrew Smith	13	16	18	11	58
Darren Benson	16	20	21		57
Dean Degan	19	18		20	57
Fiona Pelly	19	18		20	57
Dianne Berger	17	17	18		52
Andrew Hallam	15		19	16	50
Peter Truscott	6	11	16	17	50
Julie Wessels	14		16	19	49
Rozanne Green	12	10	11	12	45
Paulina Flanagan		13	13	18	44
David Marsh		12	17	12	41
Annalise Williams	15	11	14		40
Christopher Dwyer	20	19			39
Kirsten Thomsen	10	9	7	11	37
Penny Smith	13	12	12		37
Stephan Parker		17		18	35
Amanda Dawson	18			16	34
Jonathan Trope	10		11	13	34
Breeda Kelly			15	17	32
Grahame Murphy	12		10	10	32
Margaret White	11		8	13	32
Richard Briscoe	17		15		32
Robin Cameron		15	17		32
Ross Sinclair		8	9	15	32
Christopher Smith	11		20		31
Philip Hugill	8		13	9	30
Raymond Potter	9	10	6	5	30
Rod Lovel	2	13	12	3	30
Wayne Stanton		15	14		29

Name	R1	R2	R3	R4	Tot
Lyn Allan	16		10		26
Dawn Tiller			21		21
Sally Cornelius	7	3	2	9	21
Sue Thompson		7	4	10	21
Debbie Coulter	6	4	2	8	20
Andrew Gibbons				19	19
Clara Vucetic		19			19
Matthew Hammond	18				18
Stephen Jackson	7		2	8	17
Geoff Cox		14	2		16
Paula Leavy		16			16
Melissa Reis				15	15
Jill Elyan				14	14
Ray Doran				14	14
Sonja Navakas		14			14
Steven Holland	14				14
Craig Thom	2	2	2	7	13
Mark Fiore	2	4	7		13
Sally Crawford		8	5		13
Malcolm Satchell	4		2	6	12
Philip Boswell	2	9			11
Carolyn Ryan	9				9
Joan Boltz			9		9
Craig Schlitter	2	2	2	2	8
Don Leaky			8		8
Frank Dearn	2	2	2	2	8
Greg Coffey	2	2	2	2	8
Jeff Lie	2	2	2	2	8
John Hawkins	2	2	2	2	8
Mahmoud El-Khansa	2	2	2	2	8
Megan Glasby	8				8
Peter Cobley	2	2	2	2	8
Peter Dwyer	2	6			8
Scott Crawford	2	2	2	2	8

“Reykjavik Daily” Extract

supplied by David Sill after a trip to Iceland

“Die reittour vom Sydney Striders fahrt die reittouren very fast gutmutig der Australia wahrnehmung auf kangaroo hoppen. Sonnenuntergang cheetah not hoppen beginnt um run bloody fast unserer diese eichrucksvolle vroom vroom! Voressant everywhere urwuchsig parachute North Pole können für langere Scott Crawford aufenthalte Antarctica fahrt mit dem penguins! Gebirgslandschaft mit vereisten Himalayas können das big boss John Turner schneeverhältnissen funny hat leiosogn enfaent. Hierzu hell ovalot Comrades Marathon eigenen zahleichen 10k series. Erlebniszentrum airline profits og fogru the Striders!”

Striders' Half-Marathon Ladder 1994-1997

data supplied by Kevin Tiller

This ladder shows the fastest half-marathons run by current members, but only since the beginning of 1994 when full race records began to be stored in the club database. Only races run as a Strider are included. Times set at the SMH Half on 25 May 97 are NOT included. This is an experimental "recent PB" ladder, and we would appreciate your comments. Some future ladders will be in the traditional format and will include the more long-standing PBs.

Name	Date	Event	Time
Chris Truscott	20-10-96	Melb'n	1.10.06
John Young	26-5-96	SMH	1.10.34
Darren Benson	26-5-96	SMH	1.11.33
Warren Matulick	26-5-96	SMH	1.14.47
Chris McLean	17-7-94	G.Coast	1.16.11
Andrew Hallam	28-5-95	SMH	1.17.23
Godfrey Franz	28-5-95	SMH	1.17.42
Geoff Cox	28-5-94	Brisbane	1.17.45
Joanne Cowan (F)	15-7-94	Lk Macq	1.17.49
Mike Martin	13-3-94	SS Internal	1.18.05
Andrew Smith	26-5-96	SMH	1.18.25
Christopher Smith	26-5-96	SMH	1.18.44
Stephen Jackson	28-5-95	SMH	1.18.44
Christopher Dwyer	26-5-96	SMH	1.19.05
Ray Doran	26-5-96	SMH	1.20.10
Matthew Hammond	30-6-96	Suth'land	1.20.27
Grahame Murphy	28-5-95	SMH	1.20.59
John Hamilton	30-6-96	Suth'land	1.21.00
Jeff Gissing	26-5-96	SMH	1.21.02
Wayne Stanton	26-5-96	SMH	1.21.24
Jonathan Trope	17-7-94	G.Coast	1.21.50
Marlies Laaper (F)	28-5-95	SMH	1.22.00
Philip Hugill	26-5-96	SMH	1.22.22
Joseph Vucetic	26-5-96	SMH	1.22.30
Raymond Potter	26-5-96	SMH	1.22.58
Peter Truscott	20-10-96	Melb'ne	1.23.17
Kelvin Marshall	14-7-96	Randwick	1.24.08
Andrew Eccles	17-7-94	G.Coast	1.24.10
Philip Boswell	28-5-95	SMH	1.24.26
Steve Urwin	17-7-94	G.Coast	1.24.30
Rod Lovel	26-5-96	SMH	1.24.52
Ian Henderson	28-5-95	SMH	1.25.02
Neil McGill	26-5-96	SMH	1.25.15
David Sill	31-3-96	Ackworth	1.25.51
Dave Ritchie	15-5-94	Canberra	1.25.52
Mark Fiore	26-5-96	SMH	1.26.16
John Hodges	28-5-95	SMH	1.26.30
Alex Whitworth	28-5-95	SMH	1.26.36
Derek Smith	28-5-95	SMH	1.26.58
Clara Vucetic (F)	26-5-96	SMH	1.28.00
Murray Town	26-5-96	SMH	1.28.16
Andrew Eccles	23-5-94	Brisbane	1.28.32
Charles Coville	26-5-96	SMH	1.28.36
Geoffrey Caban	28-5-95	SMH	1.28.57
Mike Ward	28-5-95	SMH	1.29.22
Charles Reis	28-5-95	SMH	1.29.30
George Herisson	26-5-96	SMH	1.29.40
Tony Hoban	28-5-95	SMH	1.29.48
Peter Cobley	28-5-95	SMH	1.30.45
Philip Johnston	28-5-95	SMH	1.31.12

Name	Date	Event	Time
Terry Rose	28-5-95	SMH	1.31.30
Keith White	28-5-95	SMH	1.32.00
Gary Leahey	26-5-96	SMH	1.32.10
Peter Dwyer	23-6-96	Lk. Macq	1.32.36
Craig Utian	22-5-94	SMH	1.32.44
Peter H'schmidt	26-5-96	SMH	1.33.05
John Shepherd	26-5-96	SMH	1.33.08
Graeme Shipley	26-5-96	SMH	1.33.24
Crispin Gardner	26-5-96	SMH	1.33.36
David Solomon	28-5-95	SMH	1.33.40
Aiko Abbas	28-5-95	SMH	1.33.54
Graeme Nyland	28-5-95	SMH	1.34.04
David Theriault	28-5-95	SMH	1.35.38
Cathy Dunworth (F)	29-9-96	Bankst'n	1.35.45
Amanda Dawson (F)	26-5-96	SMH	1.36.22
Brent Waters	26-5-96	SMH	1.36.58
Philip Kennedy	26-5-96	SMH	1.37.00
Brian Colwell	28-5-95	SMH	1.37.08
Jim Screen	26-5-96	SMH	1.37.14
Joe Degabriele	28-5-95	SMH	1.37.36
James Howard	28-5-95	SMH	1.37.36
Ron Daly	22-5-94	SMH	1.37.38
Peter Cookson	26-5-96	SMH	1.37.52
Kevin O'Kane	26-5-96	SMH	1.37.54
Brenda Hamill (F)	28-5-95	SMH	1.37.58
Stephen Roach	28-5-95	SMH	1.38.16
Bruce Christie	28-5-95	SMH	1.38.50
Neil McPherson	30-6-96	Suth'land	1.38.53
Tina Campbell (F)	26-5-96	SMH	1.39.18
Breeda Kelly (F)	26-5-96	SMH	1.39.20
Geoff Taylor	26-5-96	SMH	1.39.22
Wendy Downes (F)	1-7-95	G.Coast	1.39.34
Manfred Fiedler	28-5-95	SMH	1.39.50
Hugh Spencer	26-5-96	SMH	1.39.53
Steve Hitchcock	28-5-95	SMH	1.40.00
Jeanette Kristensen (F)	25-9-94	Sunrider	1.40.30
Fiona Pelly (F)	18-5-97	Canberra	1.40.53
Cathy Verry (F)	16-7-95	G.Coast	1.40.57
Susan Marr (F)	28-5-95	SMH	1.41.36
Merri Mack (F)	28-5-95	SMH	1.41.50
Tony Crosby	26-5-96	SMH	1.41.54
Roger Rigby	26-5-96	SMH	1.41.54
Michael Wilson	26-5-96	SMH	1.42.28
Nick Thomsen	17-9-95	Bankst'n	1.43.38
Tony Partridge	22-5-94	SMH	1.43.54
Ernie Jordan	26-5-96	SMH	1.44.10
Phil Madden	26-5-96	SMH	1.46.16
John Gilpin	26-5-96	SMH	1.47.44
Peter Butcher	25-9-94	Sunrider	1.48.22
Joe Degabriele	25-9-94	Sunrider	1.48.30
Maxwell Coleman	26-5-96	SMH	1.49.30
Penny Taylor (F)	26-5-96	SMH	1.50.22
Rozanne Green (F)	30-6-96	Suth'land	1.51.02
Elana Leigh (F)	26-5-96	SMH	1.52.30
Barbara Frerck (F)	28-5-95	SMH	1.52.48
Lesley Clarke (F)	26-5-96	SMH	1.54.00
Leo Leader	26-5-96	SMH	1.55.30
Vicki McGill (F)	26-5-96	SMH	1.59.10
Michael Bailey	26-5-96	SMH	2.01.30
Margaret Gee (F)	26-5-96	SMH	2.02.30

Striders' Marathon Ladder 1994-1997

data supplied by Kevin Tiller

This "Recent PB" ladder follows the same principles as the half-marathon ladder on the facing page. It has been updated to include Canberra 1997. The traditional marathon ladder will return.

Name	Date	Event	Time
Carl Barker	Apr-97	London	2.31.22
Darren Benson	07-Jul-96	Traralgon	2.33.19
John Young	18-Aug-96	Sydney	2.35.30
Trevor Jacobs	13-Apr-97	Canberra	2.36.02
Chris Dwyer	17-Jul-94	Gold Coast	2.38.30
Joanne Cowan (F)	10-Apr-94	Canberra	2.40.12
Philip Hugill	18-Aug-96	Sydney	2.47.20
John Hamilton	10-Apr-94	Canberra	2.47.22
Chris Truscott	09-Apr-95	Canberra	2.47.23
Chris Smith	13-Apr-97	Canberra	2.47.45
Andrew Hallam	09-Apr-95	Canberra	2.50.10
Marlies Laaper (F)	09-Apr-95	Canberra	2.51.53
Kelvin Marshall	09-Apr-95	Canberra	2.52.18
George Lisson	18-Aug-96	Sydney	2.53.09
Graeme Murphy	17-Jul-94	Gold Coast	2.53.42
Jeff Gissing	10-Apr-94	Canberra	2.53.42
Chris McLean	09-Apr-95	Canberra	2.54.10
Richard Briscoe	13-Apr-97	Canberra	2.55.58
Jonathan Trope	14-Apr-96	Canberra	2.56
Andrew Smith	13-Apr-97	Canberra	2.56.12
Grant Ranken	27-Aug-95	Sydney	2.56.53
Wayne Stanton	27-Aug-95	Sydney	2.57.08
Guy Griffin	13-Apr-97	Canberra	2.59.30
Kevin Tiller	10-Apr-94	Canberra	2.59.41
Jonathan Worswick	27-Aug-95	Sydney	2.59.45
Neil McGill	09-Apr-95	Canberra	3.00.37
Raymond Potter	25-Jun-95	Cities	3.00.46
Dawn Tiller (F)	13-Apr-97	Canberra	3.03.15
Joseph Vucetic	13-Apr-97	Canberra	3.04.12
Charles Coville	13-Apr-97	Canberra	3.04.28
Philip Boswell	13-Apr-97	Canberra	3.04.33
Derek Smith	17-Jul-94	Gold Coast	3.05.10
Kelvin Marshall	27-Aug-95	Sydney	3.05.40
Peter Dwyer	13-Apr-97	Canberra	3.06.30
Murray Town	17-Jul-94	Gold Coast	3.06.31
Andrew Eccles	28-Aug-94	Sydney	3.08.08
Mike Martin	27-Aug-95	Sydney	3.08.45
Graeme Hansen	01-Oct-95	Virginia, USA	3.09.37
Mike Ward	18-Aug-96	Sydney	3.12.20
Clara Vucetic (F)	18-Aug-96	Sydney	3.12.53
Martin Cahnbley	01-Oct-95	Auckland	3.13.44
Geoff Taylor	10-Apr-94	Canberra	3.13.58
Ivan Freys	27-Aug-95	Sydney	3.14.06
Peter Hammerschmidt	14-Apr-96	Canberra	3.14.19
Peter Truscott	16-Jul-95	Gold Coast	3.14.42
Tim Austin	13-Apr-97	Canberra	3.14.59
Keith White	09-Apr-95	Canberra	3.15.51
David Solomon	18-Aug-96	Sydney	3.16.30
David Sill	09-Apr-95	Canberra	3.16.41
Charles Reis	17-Jul-94	Gold Coast	3.16.49
George Herisson	21-Jul-96	Gold Coast	3.18.00
Alex Whitworth	27-Aug-95	Sydney	3.20.00

Name	Date	Event	Time
Ray Mainsbridge	10-Apr-94	Canberra	3.22.44
David Ritchie	27-Aug-95	Sydney	3.22.47
Graeme Shipley	13-Apr-97	Canberra	3.23.15
Scott Crawford	27-Aug-95	Sydney	3.24.38
Steve Roach	17-Jul-94	Gold Coast	3.24.46
Mahmoud El-Khansa	13-Apr-97	Canberra	3.25.27
Carl Hayes	10-Apr-94	Canberra	3.25.34
Cathy Dunworth (F)	14-Apr-96	Canberra	3.26.26
Keith White	27-Aug-95	Sydney	3.28.00
Michael Wilson	14-Apr-96	Canberra	3.28.46
Paul Glare	10-Apr-94	Canberra	3.28.55
Kevin Tiller	14-Apr-96	Canberra	3.29.50
Peter Cookson	10-Apr-94	Canberra	3.29.53
Joanne Barton (F)	13-Apr-97	Canberra	3.29.59
Kevin O'Kane	09-Apr-95	Canberra	3.30.31
Alf Field	13-Apr-97	Canberra	3.30.45
Terry Rose	17-Jul-94	Gold Coast	3.30.55
David Thierault	17-Jul-94	Gold Coast	3.31.00
Wendy Downes (F)	17-Jul-94	Gold Coast	3.31.14
Ray Sommerville	10-Apr-94	Canberra	3.33.03
Dick Bartlett	10-Apr-94	Bungay UK	3.34.33
Philip Kennedy	18-Aug-96	Sydney	3.36.00
Fiona Pelly (F)	21-Jul-96	Gold Coast	3.37.06
Leo Leader	18-Aug-96	Sydney	3.38.00
Brent Waters	18-Aug-96	Sydney	3.38.00
Jim Screen	16-Jul-95	Gold Coast	3.38.51
Ron Daly	09-Apr-95	Canberra	3.38.59
Manfred Fiedler	13-Apr-97	Canberra	3.40.40
Joan Boltz (F)	17-Jul-94	Gold Coast	3.42.00
Tony Partridge	17-Jul-94	Gold Coast	3.43.00
Neil McPherson	18-Aug-96	Sydney	3.43.12
Brenda Hamill (F)	27-Aug-95	Sydney	3.44.10
Roger Rigby	09-Apr-95	Canberra	3.44.47
Ian Manners	10-Apr-94	Canberra	3.44.48
Bruce Murray	18-Aug-96	Sydney	3.45.00
Wayne McCarthy	09-Apr-95	Canberra	3.45.09
Tony Crosby	27-Aug-95	Sydney	3.51.20
Barbara Frerck (F)	25-Jun-95	Cities	3.52.49
Cathy Verry (F)	27-Aug-95	Sydney	3.53.04
Tony Crosby	18-Aug-96	Sydney	3.56.00
Paula Whitehouse (F)	18-Aug-96	Sydney	3.56.48
Ruth McColl (F)	27-Aug-95	Sydney	3.59.05
James Howard	27-Aug-95	Sydney	4.01.00
Graham Butler	13-Apr-97	Canberra	4.01.47
Ken Edmondson	10-Apr-94	Canberra	4.04.20
Hiroaki Isogawa	10-Apr-94	Canberra	4.04.23
Penny Smith (F)	13-Apr-97	Canberra	4.05.07
Derek Raper	27-Aug-95	Sydney	4.14.50
Alex Hamill	20-Apr-96	Boston	4.15
Mark McCrindle	27-Aug-95	Sydney	4.15.00
Margaret Smith (F)	14-Apr-96	Canberra	4.21.58
Rozanne Green (F)	14-Apr-96	Canberra	4.22.57
Irwin Light	27-Aug-95	Sydney	4.25.00
Margaret Gee (F)	14-Apr-96	Canberra	4.28.04
Joe Degabriele	27-Aug-95	Sydney	4.29.58
Patrick Freeman	27-Aug-95	Sydney	4.35.56
Bryce Courtenay	20-Apr-96	Boston	4.50

Kaptain AnoraK's Kolumn

by Steve Cornelius

David Sill was among the first to respond to Kaptain AnoraK's inaugural appearance in Blister 65. His letter began with a kouple of what we might kategorise as **Komikal Klaims 1 and 2**: He wrote: "I think Nobby [Young] should be recorded for pulling more people's shorts down than anyone else during STaR runs. The Strider who most frequently gets lost must be George Lisson."

Indeed so. We would be very surprised to hear of any Strider who consistently bettered either of these records, since Nobby and George are truly masters in their field. David continues in more serious vein, so we'd better put this in as:

Klaim 11: Longest distance in a 6-day race: **David Sill**, 654+km.

David says: "If we must stick to running ones I think I have the record for the six day race of 654 point something kilometres. This is unless some other fruit loop went aimlessly round in circles more times than I did without realising they were going absolutely nowhere! Maybe the shape of that track was so etched into my mind that I developed my life long fetish for donuts, or is that doughnuts?"

It took me six days to work out I was going nowhere and decide to stop. Nobby holds the club 24 hour record and is obviously a lot smarter than me. It only took him one day to realise he was going nowhere and throw in the towel!"

Here's another which is unlikely to be beaten by any other Strider. See Kevin Tiller's article "Striders' Best Streaker" elsewhere in this edition: **Klaim 12**: Longest training "streak" (number of consecutive days on which a run of some sort was undertaken): **Paul Glare**, 2,500 days and still going! His uninterrupted streak began on 27 July 1990, and this record Klaim assumes he has continued at least as far as 31 May 1997, around about the time you will be reading this.

Jim Donovan responded to our note about the City to Surf, with the result that we can now publish **Klaim 13**: Most City-to-Surfs run by a current Strider: **Jim Donovan** has run 25 of the 26 City-to-Surfs, missing only the inaugural one in 1971. This, of course, leads to: **Klaim 14**: Most City-to-Surfs run as a financial member of Sydney Striders. Again, **Jim Donovan**, with 16. He joined the club soon after the 1980 event, and has run every one since (1981-1996).

A topic which might trigger a lively discussion is which Strider has run the most marathons? The answer seems to be "It depends how you count them". (See "How Many Marathons" in this edition)

Alf Field's total currently is 69 (or 75 if you count his 6 Comrades finishes as two each). However, we are not aware of anyone who betteres the following:

Klaim 15: Most completions of separate events of marathon distance or greater: **Dick Bartlett** with 73, including 61 standard marathons and 5 Comrades. This total should soon rise to 75, as he intends to run the Hereford Marathon in England soon, plus another Comrades in June. (Dick's score would therefore currently be 78 under Alf Field's scoring system, rising soon to 81).

To finish on a less Kontroversial note, here are a Kouple more KomiKal ones. We'll let Andrew Smith explain in his own words:

KomiKal Klaim 3: "Strider with the largest trophy: **Andrew Smith** proudly holds a trophy measuring an awesome 0.9m (about 36 inches, which sounds even more impressive). The trophy was for the winning team in the 1988 Yokota Striders 5 x 5km relay in Japan. Crafted in the finest quality Japanese gold-sprayed plastic, it features four Classical columns, four eagles, two lions (with shields), a globe, a runner, copious laurel leaves and a winged goddess holding aloft what appears to be a marshmallow, but is probably intended to be a crown. Even if another Strider comes up with a bigger trophy, I am sure that this one will not be surpassed for taste!"

KomiKal Klaim 4: "Fastest 'marathon' before becoming a Strider. Again from Japan in 1988 came **Andrew Smith's** astounding time of 36 mins 52 secs for the full course of the 8th Sakado Mainichi Charity Marathon. And no, he didn't cut it short or pull out early. This is believed to be an Australian record but not quite a world record as two Americans and a good many Japanese finished ahead. This Kolumn does not wish to hear from detractors who may observe that this time looks remarkably similar to Smith's 10km times and that the term "Marathon" in translation to Japanese often means any road-race of 10km and above. The race T-shirt says it was a Marathon and that's good enough for us."

Quote of the Month, April '97

"He who wins has overcome pain but will suffer still, as he will have to go to the bank to get a loan to go to South Africa". Striders' 10k Series Director John Hamilton, expressing the harsh reality behind the glorious dream.

Kaptain AnoraK's Kobber

by Kevin Tiller

After a re-jig of the club's database it is now easier than ever to sort through the mass of interesting, or not so interesting information. Here are some facts that some club members would prefer to NOT be revealed :

Klaim 16: The oldest marathon PB set by a Strider after they joined the club, has the dubious privilege of being owned by none other than **Steve Cornelius**, set in June 1982 at the NSW State Marathon. It was a 2:55:31 and I think that is the reason that he is now on the comeback trail.

Klaim 17: The oldest marathon PB set by a Strider prior to them joining the club appears to have been set by **Kevin McBrearty** way back in 1970. This was also the NSW State Marathon. Seems like that must have been a tough course as he doesn't have a marathon time recorded since he joined the club.

Klaim 18: The oldest half-marathon PB set by a Strider after they joined the club is held by none other than the club founder, **Charles Coville**, back in July 1980 (he ran a 1:18).

Klaim 19: The oldest half-marathon PB set by a Strider prior to joining the club was **Stephen Lloyd's** run in 1967. This was a great 1:12 and must surely classify as the club's best-kept secret. Never mind - your secret is safe with the "Anoraks"! This race was in Romford, Essex (a far flung corner of the UK).

Clearly they make them tough over there ...

The club's 10km PB records are a bit dodgy because so many of these are being run (and have been run over the years) that historically have not been recorded. **Klaim 20:** The records to date give the oldest club PB to **Alex Whitworth** for his 34:30 on Australia Day, 1985. I think prior to that date the club was hard-core marathons only and nobody dared submit 10km times. Luckily times have changed.

Klaim 21: However, the PB to end all PBs, oldest 10km PB before joining Striders was set in 1954 by **John Plummer**, a member for almost 15 years. His time of 31:40 would in fact place him at the top of the Striders 10km ladder now. Well Done !

Klaim 22: The City to Surf is obviously a run that many many striders compete in every year. The oldest PB on the books, set whilst a Strider, belongs to one of the very early members. **Sue Hill** - if you train hard for the next few weeks you could just scrape under that 55 mins!

If we allow PBs set before they joined Striders, then Scott Crawford wins the award for his 62 mins set in 1971 (the year it was first run!) and was he one of those little shits that only comes up to your waist? surely he couldn't have been older than about 10 back then). Interestingly his real PB, 51 mins, was set in 1989, which shows a remarkable consistency.

How Many Marathons?

by Steve Cornelius, with significant input from Alf Field

Wearing my "Kaptain AnoraK" hat, I asked Alf Field how many marathons he had run in his glorious career. His total is an impressive 75, but that includes 6 Comrades Ultras, each of which he counts as 2 marathons. His basis for this is that each of them (90k) is longer than two standard 42.2k marathons.

As he says, "If I ran 2 marathons on 2 separate days, they'd count as 2 in the total. Just because I am stupid enough to run 2 marathons on the same day, for some strange reason I am expected to disregard the 2nd marathon as if it never happened. In fact, it was far more difficult than the first."

This is a persuasive argument. However, as I pointed out, do you count David Sill's 6-day club record of 654km as 15 marathons end to end? What about Graham Firkin's Sydney-Melbourne 1,015k as 24 marathons? Possibly even Nobby Young's round-Australia walk of 15,000k could be 355 marathons? If you count ultras as multiple marathons, you can

finish up crediting an ultra specialist, who's only run a handful of standard marathons in his life, with a record for running the most marathons. Where do you draw the line?

Well, said Alf, what should I count it as, if I ran to the sign which reads "End of the first Marathon" and camped there for the night before completing the remaining 48km the next day?

Well, said I, probably none at all! Because neither of them would get you onto an official finisher's list. All you'd get would be a big DNF. To get your name in the Guinness Book, you'd have to be able to furnish documentary evidence of EVENTS you've completed. Otherwise it just becomes a count of any old long runs we've done anywhere, on any old arbitrarily chosen stretch of road.

Alf was unconvinced. His total is 75, his Comrades are worth 2 each, and ain't no-one going to persuade him otherwise! What do readers think?

Stop Press: John Young Smashes Club Record in Sydney Morning Herald Half-Marathon, 25 May 1997

Results and brief report speedily supplied by Kevin Tiller on the day of the race!

Men:	1. Steve Moneghetti	62:32
	2. Pat Carroll	62:55
	3. Paul Arthur	66:58
Women:	1. Heather Turland	73:20
	2. Liz Miller	74:14
	3. Sue Malaxos	77:08

Here is the current known list of Striders finishers at today's race. If you are not listed or are incorrectly listed then let me know and I will fix the records. It was perfect conditions, although maybe a bit warm for the geezers down the back of the field. Note that where it says a PB, then this indicates a "PB as a Strider" which clearly includes your debut run.

Special mentions: **John Young** for being

such a speed demon. His time puts him at the top of the Striders' Ladder for current members and I think that this is probably the all-time Striders record. Wait for confirmation of this over the next couple of years (!). **Jo Cowan** for still finishing 4th female despite not being pleased with her time and of course **Murray Town** for going down early to set up the gear (and to still find time to race!).

Note that the number of Striders finishers differs from the tally of names on the sheet at the finish due to duplicate results and a number of ring-ins (!) who are not on the club's books...NB: PW stands for "Personal Worst" or "Piss Weak" depending on the runner.

Name	Time
John Young (6 th)	1.09.15 PB
Chris Truscott	1.12.55
Richard Briscoe	1.16.45 PB
Andrew Hallam	1.17.57
Joanne Cowan (4 th F)	1.19.04
Peter Truscott	1.20.01 PB
Jonathan Trope	1.20.42
Matthew Hammond	1.20.50
Geoff Cox	1.21.26
Brian Grant	1.23.16 PB
Neil McGill	1.23.21 PB
Philip Boswell	1.23.23 PB
Stephen Jackson	1.23.33
Philip Hugill	1.24.04
Warwick Selby	1.24.06
Tim Austin	1.24.19 PB
Raymond Potter	1.24.21
Craig Thom	1.24.30 PB
Mark Fiore	1.24.39
Derek Smith	1.25.46
Chris McLean	1.26.00
Godfrey Franz	1.26.16
Charles Coville	1.26.48
Stephen Urwin	1.26.50
Alex Whitworth	1.27.00
Andrew Smith	1.27.02 PW
Mike Ward	1.28.46

Name	Time
Peter Cobley	1.30.48
Scott Crawford	1.31.19
Murray Town	1.31.19 PW
Tony Hatch	1.31.58 PB
Jenny Truscott (F)	1.32.19 PB
Jeffrey Lie	1.32.31 PB
Paul Brabender	1.32.50 PB
John Hodges	1.33.10
Geoff Taylor	1.33.10
Joanne Barton (F)	1.33.35 PB
Michael Wilson	1.35.08
Manfred Fiedler	1.35.15 PB
Annaliese Williams F	1.36.34 PB
Kevin O'Kane	1.36.41
Alf Field	1.38.00
Kevin Tiller	1.38.16 PW
Wendy Downes (F)	1.38.34
Bruce Murray	1.39.20
Stephen Guy	1.39.23 PB
Aiko Abbas	1.39.28
Maxwell Coleman	1.40.35 PB
Neil McPherson	1.41.01
Pauline Flanagan F	1.41.09 PB
Julie Wessels (F)	1.42.00 PB
Steve Cornelius	1.42.29 PW
Greg Coffey	1.42.31 PB
Breeda Kelly (F)	1.42.33

Name	Time
Brad Renshaw	1.42.59 PB
Nick Thomsen	1.43.22 PB
Stephen Roach	1.43.45
Deirdre Stewart (F)	1.46.25 PB
Tony Crosby	1.49.50
Roger Rigby	1.49.50
Kirsten Thomsen F	1.49.50 PB
Lesley Maher (F)	1.50.00
Ron Daly	1.50.15
Penny Smith (F)	1.51.10
Rozanne Green (F)	1.51.56
Margaret White (F)	1.52.10 PB
Belinda O'Neil (F)	1.53.00 PB
Peter Keeble	1.54.00 PB
Jim Screen	1.55.36
Elana Leigh (F)	1.56.00
Pauline Tatam (F)	1.56.00 PB
Michelle Baskin (F)	1.57.00 PB
Vicki McGill (F)	1.57.04 PB
John Simmonds	1.59.48 PB
Bill Blecha	1.59.57
Lesley Clarke (F)	2.03.06
Sally Crawford (F)	2.11.32 PB

[The Blister editors express their appreciation of Kevin's rapid turnaround of results!]

Webpage Photo Gallery

From Kevin Tiller

A new feature has been added to the Webpage: The Photo Gallery. I have acquired the Blister team's archive of photos and I've just put up the first

batch of 20 or so pictures. Many of them are black and white, and small and of distinctly dodgy quality. However, some of the pics are good and in colour.

If you are new to the club, this may help identify some people. Expect further updates to this section from time to time.

Tina Cleans Up

Anonymously contributed

It was recently reported that Tina Campbell still has a heap of assorted Strider equipment stored under her house in Lane Cove. Most of it is, frankly, crap, left over from the now-defunct Open Half-Marathon.

One particularly bulky item is the large old metal trough, laboriously constructed and maintained by Ray Doran down through the years, and previously used as a multiple water-fountain at the end of the Half. In marked contrast to the house's owner, it's very big and seriously ugly. Not the kind of item to which you'd willingly give house-space unless you were a very dedicated StriderMate.

Since this item is reported to be seriously impeding Tina's progress in tidying up her property, suggestions were invited as to what she might do with it. Thus far we have received only three:

- Melt it down and sell it;
- Make it into a trophy;
- Send it to Canberra addressed to Mal Colston.

Further suggestions will be gratefully received by the editor, who might even offer a modest prize for the most imaginative. Then again, he might not.

And Did Those Feet ...?

And did those feet in ancient times, walk upon England's mountains green ...? By the time you read this, Strider Dick Bartlett will be in the Old Country, where he intends to meander 320km on winding public pathways across the north of England. It's a scenic trek from St Bee's Head on the west coast to Whitby on the east, especially designed to steer clear of towns, villages and "satanic mills". Sounds idyllic – happy wandering, Dick.

Blister #67 Deadlines

And other notes from the editors

Deadline for photos, Apple Mac stuff, material which needs re-typing, and anything which requires serious re-formatting will be **13 July**. Deadline for text contributions via PC-compatible floppy disk or email will be **20 July**. And we should have Blister #67 out to you around the first week of August.

Late submission of copy has been a serious problem for Blister #66. We thank all contributors for their mighty effort, but do encourage everyone to (at least) let us know if your stuff is not going to materialise. The article on the "Slow-Down Factor" mentioned in Blister #65, has been held over.

Music Quiz

by Terry McIver

I think this will be the last MQ for a while. The old brain box is getting a bit empty. Only one reply this time. Onya Tina, sorry to say I can only give you 2 out of 5 for correct answers, but 5 out of 5 for effort. Hope you didn't use the Internet!!

Answers to questions in Blister 65:

- 1) Slim Dusty (Pub with no beer)
- 2) Seekers (I'll never find another you)
- 3) Garry Glitter
- 4) George Harrison (My Sweet Lord)
- 5) Johnnie Ray

New questions:

- 1) Which Australian pop singer went to the Vietnam War when he was very popular.
- 2) Name the hit song he had.
- 3) What do Bob Dylan, Cassius Clay & Albert Einstein have in common?
- 4) Who was Gerry Dorsey better known as?
- 5) Last & easy one: Name the original members of the Rolling Stones.

21 Thoughts to Get You Through Any Crisis

dredged up by Nick Thomsen

(1) Indecision is the key to flexibility. (2) There is absolutely no substitute for a genuine lack of preparation. (3) Happiness is merely the remission of pain. (4) Nostalgia isn't what it used to be. (5) The facts, although interesting, are irrelevant. (6) The careful application of terror is also a form of communication. (7) Someone who thinks logically provides a nice contrast to the real world. (8) Things are more like they are today than they have ever been before. (9) Anything worth fighting for is worth fighting dirty for. (10) Everything should be made as simple as possible but no simpler. (11) Friends come and go, but enemies accumulate. (12) I have seen the truth and it makes no sense. (13) Suicide is the most sincere form of self-criticism. (14) If you think there is good in everybody, you haven't met everybody. (15) All things being equal, fat people use more soap. (16) If you can smile when things go wrong, you have someone in mind to blame. (17) One-seventh of your life is spent on Monday. (18) By the time you can make ends meet, they move the ends. (19) Not one shred of evidence supports the notion that life is serious. (20) There is always one more imbecile than you counted on. (21) Never wrestle with a pig. You both get dirty and the pig likes it.

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Remainder of 1997 Programme:

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)