

Sydney Striders

Road Runners' Club

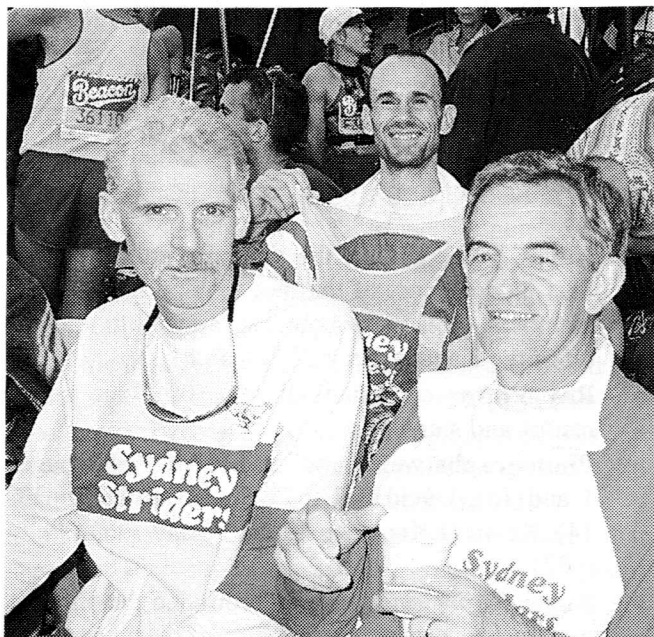


Edition No. 67: June-August 1997

Carl Barker blitzes Comrades, Club Record Stands – by 29 secs!

Comrades UltraMarathon, South Africa, 17 June 1997

UK-based Carl Barker (pictured below) ran a sensational 6:18:58 to lead home Sydney Striders' 6-man contingent in South Africa's classic Comrades 90km ultramarathon on 17 June.



Comrades finishers (L-R) Charles Coville, Carl Barker and Alf Field relax after the race

Carl, who was languishing in a hospital bed only two weeks before the race, missed Trevor Jacobs' 1993 club record of 6:18:29, also for the "down" run from Pietermaritzburg to Durban, by only 29 seconds, an average of one-third of a second per kilometre

over the entire distance! Coincidentally his finishing position of 69th overall was exactly the same position as that achieved by Trevor Jacobs four years earlier.

Richard Briscoe also picked up a silver medal for his sub 7:30 finish (7:18:41), and there were bronzes for four other Striders (Charles Coville 8:55:13, Benny Hagberg 9:05:20, Alf Field 9:30:01 and Dick Bartlett 10:09:53) all of whom finished well under the race's much-feared 11-hour cut-off.

Inside this edition of The Blister, Charles Coville and Alf Field relate their respective experiences of the 1997 Comrades, and we publish an all-time Striders finishers' list for this classic ultramarathon.

Inside Blister No 67:

- ◆ David Sill wins Humberside 24-Hour Ultra!
- ◆ Harvey Blue sketches Spring in Italy
- ◆ Jonathan Trope on an Epic Bike-Ride
- ◆ Two Comrades Marathon viewpoints
- ◆ Brian Grant on his Gold Coast Sub-3
- ◆ Dick Bartlett walks across his native land
- ◆ 10k Series: Results of Races 5, 6, and 7
- ◆ Nutrition: Carbohydrates on the Run
- ◆ Results: City-to-Surf, Gold Coast, Cities Marathon, Equaliser Cross-Country
- ◆ Personal Profile: Fiona Pelly
- ◆ MTG News, Triathlon roundup, Letters, Fixtures, Kaptain AnoraK, Music Quiz

AND MUCH MORE!

The Blister

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

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

Advertising Rates: \$100 per edition per page, ½ page \$50, ¼ page \$25. Classifieds: \$5 per edition, full year \$25. **Circulation:** approx. 400.

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

Copy Requirements

Members' contributions are usually given priority, but non-members' efforts are welcome too. If you use a **computer**, PLEASE submit items on diskette or via email. Typed, faxed or handwritten copy is OK also (if legible!), especially shorter items. The **deadline date** for each edition is published in Club News (starts p3). **Late contributions** will be printed in the following edition, if still relevant. **Email:** Text in body of email message is much preferred. Send tabular material as email attachments. **Disk and file format:** 3½-inch disks. Simple text format is much preferred! **Avoid fancy formatting**, which 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 and white photos, line drawings, cartoons etc, are welcomed. **Verbal contributions** may be "lost" even if accompanied by a very large bribe. **Disks and photos will be returned**, if you're lucky.

Credits

- **Kevin Tiller** did all the database stuff (City to Surf ladder, most of the race results, lists of new members, Roll of Honour etc, as well as quite a bit of the Kaptain AnoraK research);
- **Ray Potter** compiled all the 10k Race series results and standings;
- **Photographs** were supplied by Alf Field (pages 1 and 16), David Sill (p7), Dick Bartlett (pp13-14), Kevin O'Kane (pp 32 & 43) and Fiona Pelly (p32);
- **Roger Rigby** kindly screen bromided the photos.

Wisdom

"I think men who have a pierced ear are better prepared for marriage. They've experienced pain and bought jewellery." Rita Rudner

"The reason most people play golf is to wear clothes they would not be caught dead in otherwise." Roger Simon

Club News

◆ Darren's Training Column

from Darren Benson

Welcome to the new Blister section designed for runners who want to improve their performance. You may know I am the new Striders' Training Director and as such my role will be primarily involved in assisting runners to maximise their potential.

Key elements of my plan include creating an elite Striders' Group (or "Super Striders") aimed at the younger athletes, high performance athletes and Vets. To enable our club runners to compete as Striders in State races, ie entering teams in the winter Cross Country races and summer track series, it is proposed that Striders become a fully affiliated club with Athletics NSW.

Runners wishing to compete in these events should be assisted by the club, as together with improving their performance they will be enhancing the club's reputation and giving it greater exposure. Currently Striders are only seen at major races such as SMH Half-Marathon, Sydney Marathon and City-to-Surf. Striders wishing to run in State races generally do so by registering with another club.

To complement the excellent Sunday morning StaR runs, two extra Striders' training nights are proposed. Wednesday night sessions will be held at Lane Cove River Park, with the runs to be from 5k to 30k. Thursday night sessions are to be held at Rotary Park, Chatswood, for TRACK training (400's, pyramid type sessions). Striders should not be scared of running in a repetitive circular motion - it is actually a highly beneficial form of training. At this stage the times and dates have not been confirmed but hopefully they may be noted in the club Calendar. As it is pretty dark at the moment, perhaps the session could wait for a while, but I would be interested to hear from anyone who is keen to get started.

Most people who have trained with me know that my basic philosophy on distance running is "Go hard or go home" and "You've got to do the miles". A tempered version of this approach is sure to see improvements in your running, and in forthcoming issues I will provide some insights into the world of distance running and performance enhancement.

Before I sign off I would like to notify all 6.20/6.30 Sunday groups that they are safe from my presence for some time. It appears my injury crisis will see me out for quite a while. The motto is "train hard but watch out for speeding cars".

Bye for now, Darren Benson.

◆ Campbell's "Car Boot Sale"

Club Uniforms: by Tina Campbell

As a special new service, we can now mail you your order (postage & packing payable by you).

Two new items have hit the "car boot". Long sleeved running tops made from a breathable fabric called "Aero Cool" - this fabric is similar to a thermal top and is great for cooler morning and evening runs, also good as an "après run" top. White with green cheetah and Sydney Striders logo front and back. Also Striders' T-shirts are back! Made from a light poly/cotton fabric featuring the cat and logo front and back. These two items have been recently ordered and are expected to arrive by mid to late September.

See the enclosed order form for these and other clothing items available for sale. If anyone is interested in purchasing a tracksuit please let me know. I don't have a price for them yet, but the more we order the cheaper they get. I would like to place an order around October. You can reach me as follows: 9428-2001 (home), 9978-9973 (work), 9978-9785 (fax), tcampbell@mail.sunalliance.com.au (email), or at a STaR or Saturday 10k Race.

◆ Committee Deliberations

For members' information, these were the main items discussed at the two most recent meetings of the Club Committee.

Meeting of Thursday 5 June 1997:

- Since Sept '95, Waverton Bowling Club has kindly allowed us to conduct our Committee Meetings on their premises and, from time to time, take advantage of their toilet and shower facilities. These arrangements were greatly appreciated but the facilities were not really suitable for meetings. As a consequence it was decided to seek out a new venue for the meetings and reluctantly give up the occasional use of the other facilities. We have expressed our gratitude to the Committee of the Bowling Club. (*As a consequence of this change we do not have a venue which could be identified as a Sydney Striders' Club House*).
- The new venue for Committee Meetings for the remainder of 1997 is the Board Room of Norths Rugby Club at St Leonards.
- \$900 raised at the special charity 10k race was sent to the Bill Walsh Cancer Research Laboratories at the Royal North Shore Hospital.
- Three year income and expenditure forecasts and

a five year review of the Club's profit and loss statements and balance sheets were presented. The good news is that based on present activities and all being well, the Club should generate a surplus of \$4,000 each year. The five year review showed that members' equity in the Club as at 31 Mar 1997 of \$12,687 was only marginally better than that recorded on 31-Mar-1993 of \$12,275.

- It was agreed that to better inform members of the Club's progress and financial status a consolidated annual report will be distributed prior to the 1998 Annual General Meeting.
- Proposed Business Plan Review to help guide the Club for the next 3 years is to appear in Blister 66. Members to be invited to comment.
- Jim Screen is to review the membership category of Life Member and report back to the Committee in due course.
- The number of financial members at 5 June '97 was 323.
- Committee approved provision of prizes for 10k a tangible way the Club's thanks to the competitors and help lift the profile of the series. 2 prizes up to a total value of \$150 per race will be awarded for each of the last 5 races of 1997.
- The Committee agreed to underwrite the cost of a special 1997 10k series T-shirt to be sold to Club Members and members of the public.
- It was agreed that the 10k Sub-committee should present a review of the handicap procedure to see if the present system provides an equal opportunity for runners of all standards.
- It was agreed to provide prizes valued at \$200 for the Bret Nichols Equaliser on 15 June '97.
- The Blister Editorial Team is to review all print material and make recommendations on the future use of the Club Logo.
- New running gear ordered from EB Sportz.
- The search for better quality material / fashion for the running gear and sports clothing continues. Nothing firm to report.
- Hopetown Relay 7 Sept 1997. It was agreed to support the entry of a team or teams in the relay.
- All positions on the Committee have now been filled. Thanks to Tina Campbell (Uniform Manager), Fiona Pelly (Blister committee), and Richard Briscoe (Social Director and "trainee" Database Manager).

Meeting of Thursday 17 July 1997:

- Total cash reserves are approx \$20,000.
- Voted to continue using the running shoe logo on page 1 of Blister #67 (in black & white) to assess print quality before deciding on permanent masthead and ordering a year or two's worth of

green-coloured Blister "shells".

- Club membership at 340 on 17th July, a club "personal best".
- Enquiries about membership that do not result in runner joining will be followed up with a view to finding out how we can improve (also to follow up on why people leave).
- Unanimous vote to not have a STaR on the same day as the Hopetown relay (7th Sept). We will encourage as many Striders as possible to take part in the relay and the picnic afterwards.
- Voted that club members will be mailed results of 10km series, to bring into line with non-members (who always get results mailed out).
- \$900 for the North Head race and the results were listed in numerous newspapers. Prizes were also given out, organised by Jo Cowan.
- STaR Hosts will be sent guidelines regarding their courses with a view to making all 26 STaRs more consistent. Some general discussion regarding provision of maps from a central source eg UBD CD-ROM to give better quality maps. Resolved that Richard Bamann will investigate further.
- Clothing stocks have arrived from EB Sportz, so everyone should get in quick! Further new items will be sought, eg long-sleeve T-shirts and caps.
- Darren Benson (Training Director) will attempt to gather a group of runners for weekly speed sessions leading ultimately to a Striders Track Team which may also compete in the State Cross Country Comps. Watch this space for details.
- The club has been approached by the bid committee for the 2002 Gay Games, with a view to endorsing their bid. The committee voted to endorse the bid.
- Very brief discussion re late news on further doubt about Sydney Marathon. If it does not go ahead then the club will not organise an open event on the same day (not enough time). The options were narrowed to either a normal STaR or a internal marathon at the Royal National Park along Lady Carrington Drive.
- Completed update of the Club Charter will be voted on by the committee at the next meeting (28th August).

The Sands of Time

"You won't need a stopwatch for me. You'll need a calendar". Brad Renshaw, advising the timekeeper of the Mona Vale Marathon that his services might be required a little longer than expected.

◆ Welcome New Striders!

We welcome members who have joined since the last Blister, and wish them enjoyable, injury-free running with Sydney Striders: **Joined in May:** Paul Brazenor, Sarah Brettell, Peter Madden; **June:** Yoshinori Nishigakiuchi (Japan), Paul Westbrook (USA), Mary King, Mark Davies, Graeme Meachen, Theo Meyer, Alan Murray, Mark Langworthy, Mike Hansen; **July:** David Lancaster, Joe Guerra, Pete Baker, Graham Holton, Richard Wassell, Bronwyn Roberts, Karlene Schade, Jurgen Joester.

◆ Three Storks Strike Striders

Just try saying that three times quickly. We are glad to announce the recent arrival of no fewer than three young Strider offspring:

To Jeff Gissing and family: their first daughter (Catherine Elizabeth) on 16 May 1997, a new sister for Jeff's 2 boys. Jeff says she is "yet another excuse for not running"; **To Andrew Hallam and family:** a 7lb 14oz boy (Luke) on 4 July 1997; And **to Philip and Marion Kennedy:** a 3.1kg boy (Warwick) on 23 June 1997. Such fecundity! The future of Sydney Striders is assured well into the third millennium! Many congratulations all round.

◆ Eds' Notes

from the Blister editors

Here in the bustling nerve-centre of The Blister, while we constantly despair at our inability to obtain timely copy without fancy formatting, we do continue to be delighted by the quality and imaginativeness of submissions. An unusual example of this is the collection of 12 pencil sketches submitted by Harvey Blue after his recent bicycle tour of Italy (pages 23-29).

Readers will realise that space constraints force us to reduce and crop them fairly heavily from their original A4 size, and that pencil drawings may tend not to show up as sharply as one would wish when reproduced, regardless of the undoubted skill of our printer. But they're worth printing, and we decided to print the whole damn lot! If you like them, ask Harvey to show you the originals one day - they're sensational, and we hope you will regard our reproductions of them as simply appetite-whetters.

We offer unqualified apologies to Gary Leahey and John Preston. Blister 66 displayed a photograph of John in the Forster Ironman triathlon, captioned "Gary Leahy" (mis-spelled). Since this is the second time we have printed an incorrect name under John's picture recently, we'll make strenuous efforts to recognise him in future.

In return, can we ask a small favour of all Blister contributors? Just stick a Post-It Note on each photo stating date, photographer, venue, event's name, organiser's name, subjects' finishing times, outright finishing positions, category finishing positions, relevance to the accompanying article if any; and perhaps a suggested caption. This would help us enormously in avoiding embarrassment. Especially if the bod in the picture is wearing sunglasses!

◆ Blister #68 Deadline

Blister #67 has felt the full force of Murphy's Law, with a rare combination of unexpected factors affecting our production schedule. We apologise for its appearance about 4 or 5 weeks later than we'd hoped. It really won't be possible to produce two more before Xmas as previously planned, so **Blister #68** will be the Xmas edition, which we'll aim to have ready for the club's Xmas presentation brunch on 7 December. It will contain the 10k Race Series final results, among other things. What Kevin Tiller calls the "absolute drop-dead deadline" will have to be **Sunday 16 November**, and it's **non-negotiable!**

◆ Roll of Honour

We congratulate **Grahame Murphy**, who recently notched up **5 YEARS** as a member of Sydney Striders.

◆ Condolences

We were saddened to learn that Maureen Coville's father had recently passed away in Edinburgh, Scotland, and offer our sincere condolences to Maureen, Charles and family at this time of bereavement. Our thoughts are with you.

Alarming News

"Here's what I'll do. I'll set our loudest alarm right next to Jan's ear, so I'll know that if I don't get up and turn it off before it rings, I'm a dead man". Kevin O'Kane, contemplating the necessity to wake up at 3.45 am to organise his Mona Vale Marathon after attending a bucks' night the previous evening.

Writer's Block

"I won't run [Comrades] again next year. Writing the article is more difficult than running the race!". Charles Coville, bedevilled by computer crashes, recalcitrant email facilities, flat batteries in cars, and every other possible impediment to submitting his masterpiece to the Blister by the deadline date. (Then The Blister was late anyway).

From the President

by Jim Screen

The committee is now installed at full strength thanks to some good old SSS (Sydney Strider Spirit). Positions unfilled at the AGM have been taken over by Fiona Pelly (Asst Blister Editor), Tina Campbell (Uniforms) and Richard Briscoe (Social Director in addition to duties as "Trainee" Database Manager). A better bunch of volunteers (and conscripts) would be difficult to find in any club. We have a variety of continuing, new and returned-for-another-thing committee members, including a politically correct spread of gender and age.

It is my expectation that the engine room jobs will be done with plenty of skill and that unpredictable happenings will be exactly that; i.e. unpredictable. As soon as possible we will have identified, agreed and commenced our priority tasks such as restoring the range of running gear available to members. The Blister will include progress reports but hopefully you should see the end results rather

than read about progress or the lack of it.

Although the Committee has been elected to do certain jobs to ensure the Club meets its obligations, it also has a responsibility to examine how we do things and introduce improvements and initiatives which enhance the membership experience. We should not overlook however that the most important and hardest workers in any club are the members. Where would we be for instance without those hardy souls who comprise our group of STaR Hosts?

Without active and interested members regularly participating in Club and external events the endeavours of any Committee are doomed. I know (don't ask me how I know) that your present committee will serve the Club very well. All I ask is that you provide them with the energy and desire to succeed by giving them your advice and help and most of all your unqualified support.

Jim Screen, Club President.

Carbo's on the Move: Are they of benefit during a race?

by Fiona Pelly, Sports Dietician (phone 9888-3638)

Running for over 90-120 minutes **at race pace** can totally deplete glycogen stores even if well loaded beforehand. This means your muscles will have to resort to fat or protein for energy. As fat requires oxygen to burn, you will have to slow right down (or walk!) so that sufficient oxygen can reach the muscles. This is 'hitting the wall', a common phenomenon for those who have run marathons. (Check out the walkers at 35-38k!). Local muscle fatigue will result in cramping and/or heaviness of the legs and a total inability to go any faster.

Carbohydrate taken during exercise can overcome the above. Trained muscles will take up the glucose for extra energy, helping you to maintain your pace at the end of a race and therefore better your time. Carbohydrate also offsets hypoglycaemia (low blood sugar levels) that occur during high intensity racing. Since glucose is brain food, you will ultimately 'feel' better and put in more effort.

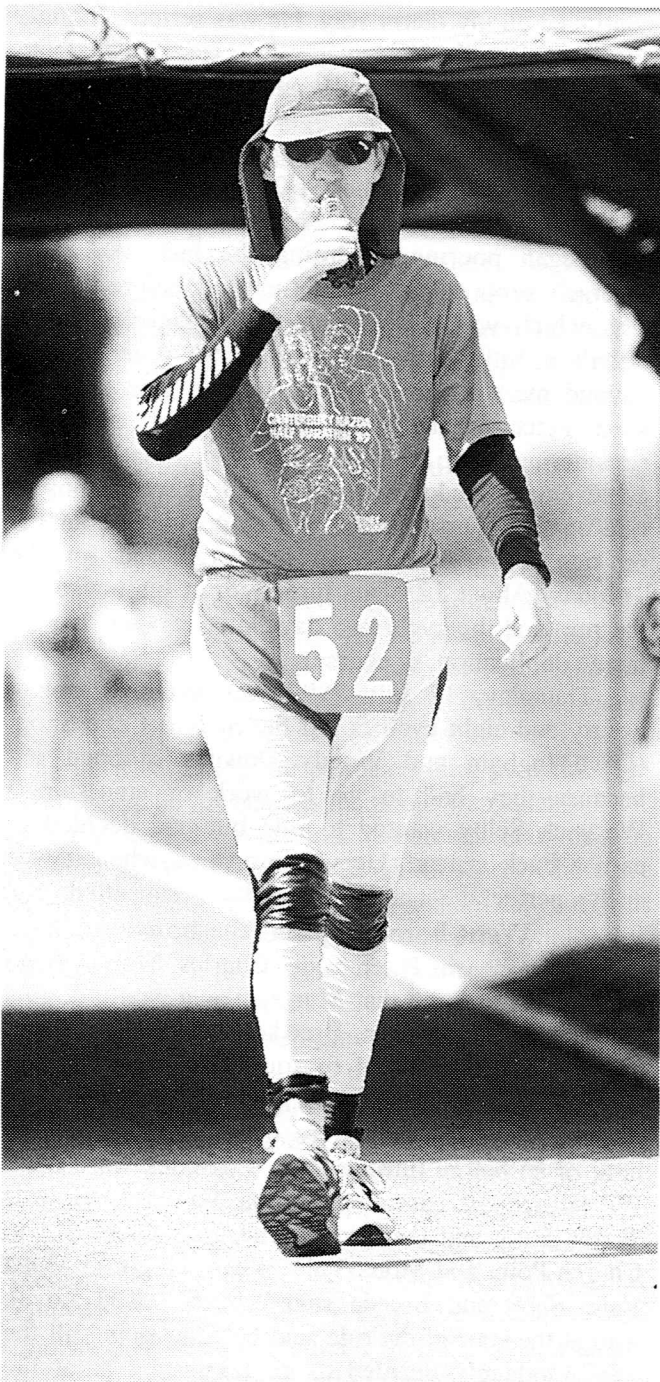
So what type of carbohydrate should you consume? Sports drinks are ideal as they supply fluid and carbohydrate & are absorbed quickly. Fluids are much easier to consume than solids. Solid food may cause gastric upset or sit in your stomach, leaving you feeling 'heavy'.

The amount of carbohydrate needed is around 30-60 gms/hour: 30gms beginning of race at medium intensity, 60gms or more towards end, especially if high intensity. This amounts to around 150-250mls

sports drink every 15mins (available in most distance events). Sports gels (around 20gms carbohydrate) may also be tolerated, especially if extra carbohydrate is needed towards the end of an event. A word of warning about gels: make sure you also drink plenty of fluid (2 cups per gel) or dehydration will result. Remember, fluid should ALWAYS be your first priority as dehydration is dangerous. If you choose other types of solid food, make sure it's moderate to high glycaemic index (GI) ie. >60, which means it will be absorbed quickly into the muscles. (See last Blister for information on GI) eg. Ripe bananas, jelly beans, watermelon, Mars Bars (high fat!). Avoid fruit juice or overdoing the fruit during the race as these contain fructose which can cause osmotic diarrhoea and gastric upset, with unpleasant results!

It is essential to start consumption of fluid and carbohydrate BEFORE fatigue commences. If you wait until you're already fatigued, it is too late. It will take a few kms before you notice the effect of the sports drink, but the difference can be huge. In fact, the benefit of carbohydrate consumed during exercise has been shown consistently in research conducted over the last decade. In addition, the combination of fluid and carbohydrate has been shown to have an additive effect on performance enhancement even in events less than 90 minutes. So for those who thought it wasn't possible, yes you can improve your 10k time!

UK Ultra Victory for David Sill!



David Sill pictured during an ultra track race at Doncaster, England, in May 1997

In warm, favourable weather conditions, UK-based Strider David Sill sensationally won the Humberside 24 Hour Track Race in Hull on 2 & 3 August 1997, wearing the green and white of Sydney Striders from start to finish.

His total distance was 120.32 miles (193.64k), shattering his own personal best by well over 20k and propelling him to 4th place on the all-time Striders' 24-hour listing (see Kaptain AnoraK, page 40).

The finish of the Humberside race was a real challenge for David. With four hours remaining he was 31 laps behind the leader. During the next hour the leader was reduced to a walk and with three hours to go the lead was 25 laps, still a daunting 10 kilometres. Gradually the lead was whittled down, until with only 25 minutes to go David Sill took the lead. He was not to be caught again.

From then onwards, David was pressured by the lap counters to run flat out to do seven and a half laps in the last 20 minutes to reach 120 miles. He reports he was "a mess" after the race, but recovered well to enjoy the glory of his victory.

The Humberside race was also memorable for the performance of Max Jones who came second with 191.02 kilometres and who is claiming at least five world records in the 70 year age group. Fortunately the 70 year 24 hour record isn't one of Clifly Young's!

David reports that as he doesn't especially like training in the cold he changed his approach since arriving in England. During 1997 to date he has averaged a total of only 57 kilometres running per week, racing frequently and just doing maintenance jogging between events.

Excluding race mileage he has only averaged 29 kilometres of training per week. Obviously this is a regime which works well!

As an added bonus, David has received notification from the Spartathlon committee last week that he has been accepted for this year's Greek classic ultra.

His Humberside result will surely make him confident of finishing the 245 kilometres in probably hot weather within the 36 hours time limit at the end of September.

Kev's Korner

"We had a crisis in our household this morning. The cappuccino machine broke down." Kevin Tiller, lamenting the exigencies of life in the 1990s before requesting counselling for himself and his distraught wife.

aibohphobia *n.* The fear of palindromes.

It's only 71 to go!

by Jonathan Trope

Some of you may remember Malcolm Satchell's lament about a cyclathon with Peter Corte in the Blister a few years back. I think the heading was "Never Trust a Doctor with a Bicycle", and knowing both the route and the individuals, I thought Malcolm had actually enjoyed the whole ride and might take up cycling in earnest.

At the time I was still fully committed to running and wrote off cycling as a crazy pastime - too dangerous, too restricted as far as routes are concerned, too dependent on good weather, too cold in the winter, too expensive, etc. So I left Malcolm to his own devices and slowly brought Peter back to his senses and the running game. As you have probably noticed, Malcolm didn't persevere and has come back strongly to running.

Sucked in

Just before last year's Comrades, as I was tapering, I got sucked into a ride with Peter, Scott Crawford, Amanda Dawson, Charles Coville and David Ingham. We took a "gentle" ride from St Ives to Manly, Mona Vale, Bayview, Church Point and up McCarr's Creek Rd and back to St Ives (via the cake shop, which I have since discovered is the real reason for Sunday morning cycling). I have to say that it didn't do any harm to my competitiveness at Comrades and I quite enjoyed the outing.

So when Christmas came along last year, I dropped a lot of hints and Karin miraculously suggested that I buy myself a bike as a joint Chrissie and birthday present. Peter then took me to his mate at the cyclery; between them they decided on all the stuff (I still don't know what some of it is for) and I joined the ranks of the "new" cyclists, much to the delight of the proprietor of the shop and all those who can't run faster than me but can pedal better.

Lost rotational motivation

By autumn I was cycling a couple of times a week, but then I got hooked into training Richard Briscoe for his Comrades Silver attempt and when the cold, dark weather came I lost a lot of rotational motivation. Running was still fine, albeit a bit less exciting as in the meantime I'd had a few good cycles in great weather along pretty routes. My longest cycle at this stage was about 75km and I reckoned that, given a bit of time, I could do, say, 120km if it was partly downhill.

When Peter's 50th birthday loomed, I asked him what he was going to do on the day and he said, "I'm taking the day off and riding to Cessnock!" In typical fashion, I commented on his mental health and

continued on my merry way. He was serious, though, so some of us decided to join him (it's not that far, only 130km or so) and I put out feelers on the Internet.

We were flooded with applications. We closed the entries when we reached 20 possibles, amongst which were five probables. The quality of the excuses that began pouring in during the last week was inversely proportional to the time left before the big day, which was a Thursday. (Why Peter's mother wasn't a little more considerate 50 years ago is beyond me.) A great deal of trouble was taken to keep Peter in the dark about all of this, and considering who his friends are, that's some achievement. He knew that a few of us were going to ride on the Thursday, but he had no idea about the pre-ride "surprise run" we had organised for the Tuesday. About 12 of us turned up at his house for the run, and the cycle two days later saw another 10 (some duplication, of course).

Thursday, 17 July 1997, dawned an absolute beauty and eight cyclists left the St Ives Cake Shop. (Dave Ingham and Wendy Downes dropped out because they had to go to work or something.) Warwick Selby wanted to ride but had decided to earn a buck instead. He was mortified when it was such a perfect day and half his patients cancelled.

Went home to paint the house

The team was Peter, Scott, Charles, Murray (who would have guessed that Murray Town would do this sort of thing?) Amanda, Breeda, Rod Lovel and me. The route had changed to something incorporating the Patonga ferry (more later), and Scott and Breeda said right upfront they were only going out for an hour or so before turning back. Cessnock was "out". We pushed off east along Mona Vale Rd, towards Terrey Hills and then down McCarr's Creek Rd to Church Point and Mona Vale. When we got to Mona Vale, Scott and Breeda said "cheers". Rod Lovel, who at the start of the ride said he was "going all the way", suddenly decided to go home and paint the house. So then we were five...

It was now about 8.20 and we reckoned we had sweet Fanny Adams' chance of making the Palm Beach ferry to Patonga at 9am, but Peter tried anyway. He got there with a couple of minutes to spare, with Murray on his tail and Amanda and me trailing about 5 minutes behind. (Amanda got lost again and I had to go and find her.) Charlie performed another of his famous tricks and cycled straight past the jetty, up the hill and on down to

Palm Beach before realising there was no-one in front or behind him. The ferry master wasn't impressed and said he was sticking to the schedule; we could make our own arrangements or come back at 3pm for the next ferry.

Old gent committing suicide

Charlie came back a few minutes later to find us phoning the water taxi service. While we were waiting on the jetty for the taxi, an old gent came striding past us at top speed, looking for all the world as if he were going to go straight off the end of the pier and commit suicide in the water. At the last possible moment, he made a swift about-face and came whooshing back. He must have seen the look of amusement on our faces because he stopped to tell us that this was part of his morning exercise and he needed the extra distance along the jetty.

Hoped the pelican would crap

Water taxis can take five bicycles and six people max - it was a tight squeeze, but what a boat ride! The water was like a mirror when we got into Patonga; and after the taxi left, the tranquillity of the place really impressed us. As we stood on the jetty, Charlie suggested he take a photo of Peter standing near the lamp-post with the bush in the background. Peter moved closer to the pole and then realised that Charlie was hoping the pelican sitting atop the light would crap on his head as the photo was taken!

We started up the hill at Patonga and rode on happily to Woy Woy and West Gosford, where we stopped for refreshments. What a beautiful route this is - along the water, with lovely views the whole way.

There are a few mean hills but nothing daunting and it's reasonably traffic-free. This took about an hour or so, during which time Charlie managed to tell me all about the first 17km of Comrades. I figure it's going to take him another 8 months of early morning runs to complete the story.

71 what?

At West Gosford, Murray decided we would lunch at Wiseman's Ferry. He said we should be there in about 2 hours, so I phoned Karin who had said she'd join us for lunch. I gave her directions and said we'd be there at around 1 or 1.15. What a laugh! We got to the top of the hill at Summersby and saw a sign: "Wiseman's Ferry 71" - 71 what? Kilometres or miles? No-one knew.

Murray then said, "Well, I've never actually been to Wiseman's Ferry along this road." So I phoned Karin and left a message on her voicemail saying we'd be about an hour and a half late. Breeda had called her and was going to meet her there, so I guessed they'd have lunch without us anyway. The second half of the road from Summersby to Wiseman's is a scenic wonder and a cyclist's delight

- there's a 5 or 6km downhill stretch through beautiful bushland where we cranked up to 65km/hour, followed by a winding road alongside the Hawkesbury that's pretty flat and with lovely views of the farmlands and river.

It must be one of the better kept secrets of NSW; there's hardly a soul there. At the bottom of the big hill, I realised we'd just reached the 100km mark, so I got off the bike and declared I'd had it. Charlie and Amanda had also reached a new milestone, so, since we had no champagne, we celebrated with a pee in the bush. And on we went.

Started to tire a bit

I omitted to say that on the way up from Gosford, Amanda started to tire a bit so the ever gallant Peter decided to give her a helping hand. He pushed her up the hills and she drafted on the downhills and this went on for 50km or so until we reached Spencer, which is about 20km from Wiseman's. This is the only time in my brief cycling career that Peter and I have been in the same gear going up a hill - that tells you something about both of us!

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At Spencer, I'd had it in chunks, so I pulled into the local store to get some sustenance. Some of you may know that I don't ever eat chocolate. Well, that's how it used to be. I drank two Cokes, two Gatorade cartons and 3 plastic bags, and ate two Picnics and a packet of chips, and I was still looking around for more when the others cajoled me back on to the bike.

Really rooted

If you think I was stuffed, Amanda was really rooted, so I called Karin in the rescue helicopter. She was into her third or fourth G&T at the Wiseman's Pub (Breeda hadn't pitched at all) at this point, but she ventured out on the ferry and came to collect Amanda. So then there were four...

We cycled on to Wiseman's, which has the same sort of tranquillity and beauty we'd experienced at Patonga, and along the Hawkesbury, where we stopped for more food. The local hamburger shop proprietor was bowled over in the rush for grub and drinks - we must have represented his best day of takings since Christmas 1995 - and he performed admirably under the circumstances.

Hanging in

It was about 3.15 by the time we left Wiseman's and the spectre of a late-night arrival back in the Big Smoke was a bit of a worry but we soldiered on anyway. Anyone who has ever cycled out of Wiseman's will know what a challenge it is; Clissold Rd on the "Wobble" or Pymble Rd on the "Pushover" will give you some idea. It's straight up and it goes on for a couple of kilometres. I just stood up and "walked" on the pedals, trying to conserve what little energy I'd infused at Spencer and Wiseman's. The others found it pretty tough, too, I'm pleased to say.

After that it was sheer "hanging in"; I drafted all I could to keep up with the others. I got a lot of gratuitous advice about pulling not pushing, scraping through at the bottom of the pedal stroke, keeping this leg above that one, and about how to stand up when you're in trouble. None of it made a jot of difference, and I was still feeling rooted and had to battle up any decent-size hill.

Angel of mercy

The sun went over the yardarm at about 5.15 and it started to get quite dark. At this point the angel of mercy

(Amanda) arrived in Peter's Volvo wagon, having deduced that we were going to get caught short for daylight. At this stage we'd reached Mid-Dural. Charlie and I fought for first place in the queue for the back of the wagon and we successfully got our bikes in. Murray and Peter were left to battle it out with the ever-deepening gloom as we drove off into the sunset. So then there were two...

They only rode on for about 10 minutes before calling it quits in the darkness. Murray phoned Rhonda, who brought the Magna wagon out to the top of Galston Rd and collected them. So then there were none...

We all got home around 6-6.30pm, having cycled about 175km at an average of 23.1km/h (excluding stops, of course). Peter and Murray seemed relatively unfazed by the proceedings; Charlie was his usual expansive self and spent the next morning telling Dave Ingham about the first 50km; and I plotted revenge on the whole mob - and I got it on the next run!

Now I know it's 71km from Summersby to Wiseman's.

Sartorial Hint

Don't spend two dollars to dry clean a shirt. Donate it to the Salvation Army instead. They'll clean it and put it on a hanger. Next morning buy it back for seventy-five cents.

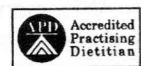
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Gold Coast: the Ultimate Marathon

by Brian S. Grant

Before I describe my expedition to the Gold Coast I should give you my marathon score (Marathon vs Brian): Marathon 5; Brian 0. For me, breaking three hours is a win against the enemy, the marathon. Since my running career (some would say, my addiction) began in 1996, I have raced at distances from 10 to 50km, including five true marathons (42.2km); failure every time. The green and white of the Sydney Striders who frequently beat me gave me an idea: if you can't beat them, join them!

A work injury stopped me from running until early March. My target marathon was the Gold Coast, my Holy Grail. The flatness of the course, the hype from the crowd and the perfect weather made this an easy choice. The race director boasted that in the 18 years of the race, there had been only one hour of rain. Eighteen weeks of training included 10 weeks of 200km-plus weeks, three 10km races, three half marathons, a 47km race, four 40km training runs and 17 STaR runs. Six PBs to boot. I was ready!

Early adrenalin rush

Friday, 11 July, 12.45 am - couldn't sleep. I thought I might as well load the Maloo (Holden HSV utility) and make my way towards my destiny. Everything had been planned months ahead. Accommodation at the Park Regis, 1km from the start at Southport; a late check-out, etc. On arrival at Southport some 11 hours later, I picked up my race number and timing chip. I then took a nap before going to Seaworld to meet up with Nick and Kirsten Thomsen, Rozanne Green, family and friends for the pasta party and an early adrenalin rush on the rides.

Before dinner there was the usual commentary from the sponsors and a chat to last year's winner, Magnus Mickelson (2.20.20). Magnus was asked if he was going to try and lead, like he did last year. Before he could reply, he was informed that a certain Rabbit (Pat Carroll) planned to run the first half in 63 minutes. Magnus replied, "That's a bit quick for me", adding that last year he had decided to go out with the lead pack, but after 1km found he *was* the lead pack. Gert Thys (South Africa), 2.08.30 (Oita, 1997), was strongly tipped to win the race and break the race record of 2.10.11 held by Australian Brad Champ (1989) and the world record of 2.06.50 set in Rotterdam by Belayneh Dinsamo (Ethiopia). The Rabbit was my tip at around 2.12. Dinner included a good selection of pasta, rice, deserts and fruit.

It was then time for the adrenalin junkies to hit the rides! A boat ride looked tame enough for me.

The boat was pulled up ... and up ... and up. What goes up must come down. A 5-10m steep slide down and splash! I was drowned in cold water and I'm still not sure where that warm feeling came from when I stepped from the boat. That was enough adrenalin for me. It was 9pm and I decided to have an early night.

Reduced bank balance

Saturday, 12 July. The atmosphere at the Expo was electric. People were discussing the times they were likely to run, and whether the weather would improve. It was cloudy and mild, 17-18 degrees. The Expo was smaller this year, a little disappointing. But I managed to reduce my bank balance by spending \$280 on two pairs of Asics 2020 mark 11s (colour-coordinated with the Strider uniform). At lunchtime I left the Expo and looked for a loaf of bread at the supermarket. As I crossed the highway I heard a roar from the traffic: "Go Striders!" Peter Truscott was on his way to pick up his number and chip. I made plans to have my prepared evening meal with Nick and Kirsten at the Broadwater Tourist Park, 2km down the road.

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The weather was cold and it was raining. Psychologically, for me, the race had started, but I hadn't planned for rain! After dinner we ran through our final race plans for the morning. Mine was easy: 2.52 finishing time, 4.05 min/km. I bid everyone goodnight and had another early night.

13 July, Gold Coast Marathon. Start 6.45, don't be late. The day had come - NO EXCUSES. The alarm went off at 4.30; it *couldn't* be time to get up - I'd only just gone to sleep. I put the kettle on, ate two pieces of bread with Promite (similar to Vegemite), and turned the radio on to check the weather. Heavy rain, just what I needed. The adrenalin was pumping and my game plan was out the window! Back in the room, two cups of full-strength coffee, a shower, on with the Vaseline and shorts. What about the top? T-shirt under my Striders singlet. Would it get wet; would I get hot? Would I get cold without the T-shirt, gloves, glasses? What effect would the rain have on the clothes I wore? My shoes and socks - would I get blisters? Frustration! What should I do?

In robot mode

At 6.15am, I had to go. It was a 10-minute walk to the start, and I made a detour to the car for my rain jacket. It was really raining - just my luck! I arrived at the start to see the ½-marathon off and put my coat in the clothing tent. I met Derek Smith, relaxed and ready, and smiling president, Jim Screen. I wished them luck, made my way through the mud to the start, and lined up at the front, wet through. My shoes and socks were soggy, and I was cold. I tried not to think about the weather. That's Pat Carroll; is that Gert Thys and last year's winner, Magnus Mickelson?

Bang! We were OFF! The rain was light, temperature around 15 degrees, and I was in robot mode, holding back (North Head 10km, 1km marker in 3.15) - 4.13 for the first km and I was puffing. I hate tapering! The next marker, heading north, was 5km in 20.25 - spot on and running easy, well within myself and feeling better than at the 1km mark. Time passed quickly as I dissociated and let my mind wander - 10km in 40.52. Gert Thys had turned around to head south towards the starting point and was 700m ahead of Pat and Magnus at the 12km mark.

At the 15km mark, 61.30; 20km in 82.00; 21.1km in 86.40. I felt good, although I was 25 seconds behind my 4.05 pace. It was time to speed up. I arrived at the 25km mark at 102.00 - spot on! At the 28km mark I found the 4.05 pace hard, and I arrived at the 30km mark in 2.04.00. I had dropped my pace by 90 seconds, my toes were badly blistered, and every part of my body rebelled against running any further. At the 34km mark I could feel myself slowing down, and my brain could no longer easily

work out the splits. The 35k mark passed at 2.25, off my 2.52 finishing time by 2.05 and I knew I was in trouble!

The kilometres from 35 to 40 passed slowly. It seemed forever to get to the 40k mark, 2.50.10 with 2.2km to go in under 9.50. What had happened? I was letting it slip away from me. The last 5km averaged 5 min/km. My legs started to cramp; I was swaying and wasn't feeling well at all! The crowd at the side of the road cheered and yelled: "Go Sydney Strider, Go!" What should I do - stop and walk, cry, or plod on? What *could* I do? I wasn't done yet - onward! I pushed harder towards the 41k mark, which passed in 2.55, the last k in 4.50; 1.2k to go in under 5 minutes to glory, or better luck next time. If I could only pull a 4 min/k out of the bag. I had to dig and dig harder again. It seemed forever to get to the turnoff to the finish. With 50m to go, I could see the clock: 2.59.30. The crowd roared; the noise was a loud blur. I was out of breath and on the verge of collapse.

Lunged at the finish

I tried for every bit of speed I could get out of my fatigued body and lunged at the finish line, unable to stand without help. I looked at my watch to check my time, and joy and a great sense of achievement came over me - under 3 hours! A man with the magic spray helped me to the recovery area. My confirmed time was 2.59.47. After recovering I met up with other Striders, whose names and times I'm not sure of. But no matter what time or distance raced, everybody was a winner. Congratulations to all the Striders.

PS! Marathon 5; Brian 1.

[Full Striders results elsewhere in this edition - Ed].

Unjustified Rumours

Supplied by Nahtanoj Eport

1) There's no truth in the rumour that Richard Briscoe was barred by the Striders' Committee from wearing Striders' gear in this year's Comrades Marathon because he turned up at the June 10k race in an advanced state of intoxication. Briscoe's personal trainer has advised that his charge, who ran a 7:18 in the colours of his South African club (Old Edwardians) was so confused about what Striders' gear really was after spending his first year as a member watching the "great gear debate" that he said, "Hang it, I'll run in the old stuff!"

2) Scott Crawford emphatically denies that Peter (now skinny again) Corte wimped out of the proposed cycle back from the finish of the Lake Macquarie Half Marathon. Scott says that Peter wimped out of running the Half!

A Walk On The Not So Wild Side

by Dick Bartlett

The Coast to Coast walk devised by A. Wainwright in 1973 stretches 304kms across the north of England from the Irish Sea at St. Bees in Cumbria to the North Sea at Robin Hood's Bay in North Yorkshire.

The route passes through three National Parks; the Lake District, the Yorkshire Dales and the North York Moors and offers magnificent and varied views of England's finest scenery, including sea cliffs at either end, mountains, river valleys, heather moors and waterfalls.

The walk has been divided into 14 daily stages, although it can be done in about 10 days if you wish to rush, and follows, as far as possible, public footpaths, bridleways and rights of way, steering clear of main roads and towns but does, of necessity, take in some quieter back roads and finishes each stage near a town or village for the overnight stop.

Part of a Comrades plan

I was first made aware of this walk when given a copy of a pamphlet by a friend about 4 years ago. This quickly became a topic of discussion with some fellow walkers here and plans were laid 2 years ago to do the walk this year. Late May was chosen for a couple of reasons; it was outside school holidays and gave us all the opportunity to link it to other things we wished to do which for my part was Comrades in South Africa in mid-June.

All our extended walking trips to date had been back packing with tents and food so the Coast to Coast presented a different dimension if we could organise it. Light day packs with our heavier bags

being transported from place to place, a comfortable bed and pub meal at night, not to mention the amazing choice of beers available and a hot cooked breakfast to see us on our way each morning.

Prepared for bad weather

We were lucky with the organisation as, whilst 3 couples were going to go from Australia, another couple who live in the North of England were going to join us. They were able to make all the overnight bookings and were also able to supply a car which was driven by one of the Australian contingent as a knee problem prevented her from strenuous walking.

So all we really had to do was find our way to St Bees for the start on 22 May which was accomplished fairly easily by a combination of a one way car rental to Carlisle and then a pleasant 1 hr train journey down the coast to St Bees on 21st May.

We needed to be well prepared for bad weather in the North of England at that time of year and our fears seemed well founded as we drove through a lot of rain from London. However the first day was bright and sunny as we all traipsed off to the beach to undertake the customary dipping of toes into a freezing Irish Sea (the fresh water streams at Cradle Mountain in Tasmania are warmer!) and from there on we had not a drop of rain for 14 days and our sun cream was put to an unexpected amount of use.

Driving back to London on the 15th day, guess what? Down came the rain which then seemed to set in, as those of you who tried to watch Wimbledon and the 2nd Test match would know.



This is what it's all about: Dick Bartlett and friends "in an English pub somewhere"

As far as the walk is concerned, for those interested, the day by day schedule, borrowed from the brochure, is set out below, and I have added a couple of comments.

Exception

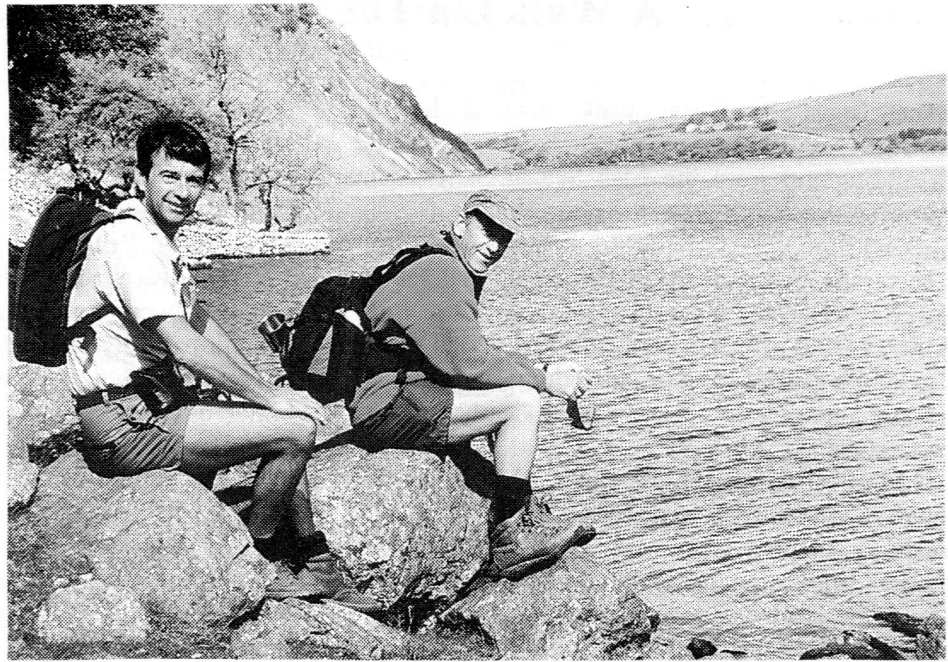
In general however everything went without a hitch with one exception when 3 of the party took a wrong turn and it took us about an hour to regroup.

The book and maps we had kept us on track as, surprisingly, the track was not easily distinguished in some places so quite a bit of map reading was required.

Wherever there was a high option we took it and were rewarded with some spectacular views which more than compensated us for the effort required to get there. The first four days were the hardest both terrain wise and getting into the swing of things after which we were able to tackle any terrain that was thrown at us.

We all suffered some foot ailment or other, mainly blisters of course and only one of our group finished the walk in the same pair of boots they started in. A few observations:

- Your B&B is always at the other end of town from which you arrive.
- Your room at the B&B is always at the top of 3 steep flights of stairs when you are knackered from the days walk and the trudge through town trying to find your accommodation.
- All pubs en-route seem to have the same menu (different prices though).
- Each pub en-route seemed to serve a different selection of Bitter (great Comrades training).
- No matter how hard the up hill bit is the down hill is always worse.
- The majority of B&B proprietors where we stayed were great. One however was immediately nicknamed Basil (of Fawlty Towers fame) when we saw the number of notes left around the place warning guests not to do this and that. In person he also lived up to the nickname.
- The English are great walkers. During the week we did not see too many people but come



Dick Bartlett and companion at Ennerdale

weekends we fell over them (see day 4 below).

- The 7 of us walking were of varying levels of fitness but, unlike STaRs, we started and finished together each day although there was some regrouping as the day proceeded.
- We all came to enjoy baths as showers were not always a feature of our accommodation. The Radox was great.

All in all the walk lived up to expectations, we had no drop outs and 14 days after the start a proud group strolled down the steep road of Robin Hood's Bay to the bottom where we took off our boots for the final time and waded in the North Sea.

Our last day was weather perfect and at one stage we passed a couple strolling with their dog to be greeted in a broad Yorkshire brogue with the words 'Ec lad it's a grand day'. It was a grand day and a grand walk, on the not so wild side.

1. St Bees to Ennerdale Bridge (22.8kms). The walk begins with an ascent and traverse of St Bees Head, a 5km long promontory with cliffs falling 300feet into the Irish Sea. The route leads past Moor Row and Cleator to Dent, a 1131 ft high former deer park with panoramic views. The path descends (steeply) into Uldale, alongside Raven Crag, Flat Fell and Kinniside Stone Circle to Ennerdale Bridge. Quite a hard first day that took us longer than it should have as we were still finding our stride.

2. Ennerdale Bridge to Rosthwaite (23.2kms). This section begins with a walk along the shores of Ennerdale Water, the most westerly of the lakes to Ennerdale Forest. Here we climbed high to the High

Stile Range and followed the ridge with the track used in bad weather way below us. Our climb was rewarded with spectacular scenery and views of Buttermere and Crummock Water. We were also rewarded with a few anxious moments trying to find the right path but eventually found our way to descend via an old toll road to Seatoller and then on to our overnight stop at Rosthwaite. The longest (9am to 7.15pm) and hardest day by far, was well worth it and made remaining days easy by comparison. A sort of ordeal by fire.

3. Rothswaite to Grasmere (15.2kms). the path leads to the secluded side valley of Stonethwaite, dominated by Eagle Crag and then climbs to the head of far Easedale (phew, another steep climb). From here we took the high route (only to be taken in fine weather) following the north side of far Easedale via Helm Crag from where there are spectacular views of Grasmere and a number of lakes. We passed strange shaped rocks known as the Lion, the Lamb and the Howitzer and then dropped down to Grasmere, famous home of Wordsworth.

4. Grasmere to Patterdale (12.8kms). Leaving Grasmere the route leads around Great Tongue (another steep climb) to the outlet of Grisdale Tarn. Here we had a choice of 3 routes. One group went to the right via St Sunday Crag which was slightly less strenuous than the route myself and two others took. A steep, steep 1.5hr climb, with little or no forward movement, over grass and shale to Helvellyn at 3118ft high. We then traversed the notorious Striding Edge which, the day before, we were quite concerned about. However when we got there we couldn't move for people (it was the Sunday of a bank holiday weekend) and, believe it or not, we had to queue to get through the narrow neck to it. Once there, aside from dodging walkers coming from the other direction it was relatively easy and nothing like as hard as the pictures we had seen made out. Once past this we descended into Patterdale our last stop in the Lake District.

5. Patterdale to Shap (25.2kms). The path rises steadily to Angle Tarn and Satura Crag and meets High St, the highest Roman road in England. This road is followed to Kidsty Pike, the highest point of the main walk (if you don't do the Helvellyn option) and descends out of the Lake District to Haweswater and around this into pleasant flat countryside past the ruins of Shap Abbey to Shap.

6. Shap to Kirkby Stephen (32kms). The walk now moves into lesser known, but historic, limestone landscape through the quiet valley of Oddendale (it was here we lost a group of three and spent an hour running around the moors trying to find each other - a moment of minor panic). Next is the upland

limestone area of Orton Scar after which comes the prehistoric village of Severals followed by the valley of Smardale and the limekilns on Smardale Fell. The overnight halt is the old market town of Kirkby Stephen.

7. Kirkby Stephen to Keld (20.4 kms). Three important milestones are reached on this section; the Yorkshire Dales National Park is entered, the main watershed of the Pennines is crossed, and, at Keld the half way point is reached. Much of the walking was on pathless moorland terrain and a high point of 2178ft was reached before dropping down to Keld, the first village of Swaledale.

8. Keld to Reeth (18kms) This section passes through the former lead mining are of upper Swaledale and passes numerous derelict mines most of which date back to 17th and 18th centuries. The natural beauty of the area has certainly been spoilt but the sense of history about the place more than compensates and, to my mind, was one of the highlights of the walk.

9. Reeth to Richmond (16.8kms). The country side changes along the wooded valley of the Swale and this was an easy half days walk allowing us plenty of time to explore the historic city of Richmond and its castle.

10. Richmond to Ingleby Cross (36.8kms). This was the day we were most concerned about and we made an earlyish start and tackled the walk with vigour right from the start. Walking was through fields and farmyards etc and was flat so we were able to make good progress. This was the day we reached the lowest point of the walk at 110ft and got us from the Dales to the Moors. It all turned out to be rather easy and we had plenty of time at the pub that night.

11. Ingleby Cross to Clay Bank Top (19.6kms). More climbing to the moors and then a pleasant stroll on a wide track followed by a descent to Clay Bank Top.

12. Clay bank Top to Blakey (14.8kms). A steep climb to Urra Moor (the highest point of the North York Moors) and then a 10km walk following the track of the old Rosedale Ironstone railway to Blakey where the only building was our accommodation, The Lion Inn. What a wild place this would be in the winter high up on the moors.

13. Blakey to Grosmont (20kms). We descended from wild moorland to pleasant, green, lush pastures and followed the River Esk to Grosmont. This is the home of the North York Moors Railway where we had a 5km ride on a steam train to Goathdale which is one of the locations for the filming of Heartbeat.

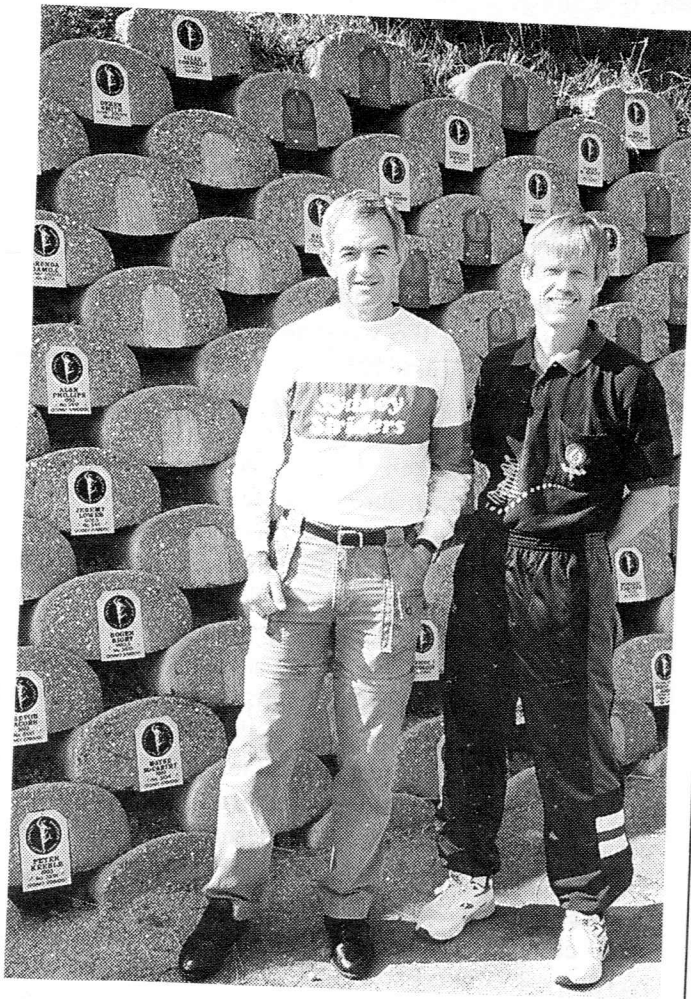
14. Grosmont to Robin Hood's Bay (26.4kms). On this last lap the scenery changed once again to

heather moor with quite a climb out of Grosmont. After the moors we descended to the hamlet of Littlebeck and then walked through a pleasant wooded section after which we saw the first sign post to Robin Hood's Bay which was only 3kms away but our route took us north to the cliffs and then south back to the bay which, in all, was 8kms. The cliff top views were particularly scenic and the 8kms passed

quickly. Then we were in Robin Hood's Bay with houses clinging to the steep hillside and a former haunt of smugglers. Thank goodness the tide was in and we were saved a long walk to the water to dip our toes in the North Sea. Once this traditional ritual was over it was time for another ritual, that of downing numerous pints of local brew!

Comrades Marathon 1997

By Alf Field



Alf Field and Benny Hagberg at Striders' section of the Comrades Wall of Honour. Note the remaining blank spaces for Striders.

In 1967 a runner described the Comrades Marathon as follows: "The spirit amongst the competitors and spectators is something peculiar to the Comrades and I am very sure that you would not find it anywhere else in the world. The marathon does something for a person which you cannot put into words. It is as if, once you have started, nothing can stop you and if you are once successful in finishing

you cannot wait for the next Comrades." I am now certain that this description is absolutely accurate. There comes a point where one is hooked and the addiction becomes all-consuming.

Green Number Club

In the Comrades, each runner has a personal race number which continues to be allocated provided he or she continues to run the race on a reasonably regular basis. Once a runner has completed 10 Comrades, they secure a right to that number in perpetuity. In subsequent years the number is printed on a green-coloured race bib and the runner becomes a member of the "Green Number Club". These green numbers are highly prized and greatly respected.

In 1968, Clive Crawley secured the right to his coveted number 1 in perpetuity. When asked whether he would now retire from running the Comrades, he replied: "I suppose I will, but you should run at least once in your green number." So he turned up the next year to run in his green number and he has turned up every year since then, running his 39th Comrades this year. This equalled the record set by Leige Boule, who is no longer running. What amazed me is that Crawley is now 66 and he finished in the amazing time of 8.45.20. Any bets that he will be there next year to run his 40th?

About an hour after Crawley finished, he was joined on the 39 medals mark by Kenny Craig who finished in a more sedate 9.41. Craig is 61, some 5 years younger than Crawley, so expect him to be back for his 40th next year. Then it will be a race to be the first to complete 50 Comrades!

Comrades is a drug

There is no doubt that Comrades must have something special to draw runners back to the well so consistently. The 1967 runner whose views are recorded above, got it right. It is a drug and we keep going back for more. How else does one explain someone voluntarily running 39 Comrades?

Richard Briscoe became the first Sydney Strider to secure his green number when he finished in a very creditable 7.18.41 this year. Well done, Richard. See

you back there next year when you sport your green bib for the first time.

Although Sydney Striders contingent was much smaller this year, the group included Carl Barker, who finished in a sensational 6.18.58 in 69th position.

Charles Coville broke 9 hours, finishing in 8.55.13. This was a great effort, as Charles said his knee "seized" at 60km and he had a very painful shuffle to the finish. I believe it was Charles' 8th Comrades, so only two more to go for the green number. For years, runners have asked me as they passed me during the Comrades: "Do you know Charles Coville?" I don't know why Charles didn't have a sign on his back saying, "I AM Charles Coville." I do know that Charles was quite emotional about the reception and support he got from the crowd and other runners along the way.

A surprise entry was Benny Hagberg, who ran with the Striders regularly a few years ago. Benny is now living in Hong Kong and says he is still a Strider. Benny finished in 9.05.21 in his first Comrades, a most creditable debut. Benny finished full of running. He passed me with 25km to go and then stuck 25 minutes into me over that distance.

The reason Benny was able to do this to me was partly due to problems I was having with my back. I had taken a heavy spill about 2km from the start and obviously put my back out. Immediately after the fall I experienced a pain in my lower back, a pain which increased steadily with each passing kilometre. How did I fall? Charles Coville somehow located me in the crowd of runners after the start and we were having a nice chat. In the dark early hours I wasn't paying proper attention to where I was putting my feet while talking to Charles and tripped over a lump of concrete, just missing a street light standard as I fell. Thus I suffered a painful back for 88km, and when I finished I had a large lump that looked like a sausage in my lower back. I honestly thought my running days were over. Fortunately, 10 days of total rest brought about a vast improvement and I'm happy to

report that I'm running again.

I finished in 9.30.01 in my 7th Comrades. I am certainly hooked and would dearly love to secure my green number. For some reason, when I first ran Comrades in 1983, I scored the number 301. As you can imagine, there are not many three-digit numbers around today. Even the great Bruce Fordyce had to settle for four digits - 2403. My number also seems to be in quite an illustrious batch. Number 300 was worn by John Smith when he won in 1962, and by Brian Gomersall when he won in 1965. The great David Bagshaw, who won in three consecutive years (1969, 1970 and 1971) and held both the up and down records, had number 303. Mike Orton, who won in 1972, sported number 307.

So it looks as if I'll have to run another four Comrades, 3 to secure a green number and once more to show it off. June 2001 seems a long way away.

Dick Bartlett finished in 10.09.51 looking as fresh as if he had just done a 14-day walk across England (which he and Clare had in fact done immediately prior to Comrades). Dick did his usual trick of lying down and falling asleep immediately he arrives at the finish, but I dragged him up. I felt rather guilty about this the next day when he told me that Rick, one of the Western Australian runners they were travelling with, collapsed at the car just as they were about to leave Durban. Rick had to be stretchered to the medical tent where he received two containers of drip. By the time he was fit to leave it was 8pm and the poor Bartletts still had to drive back to Pietermaritzburg. A very long day by any standard.

The race was won this year by Charl Matheus (5.38) after a thrilling duel with Nick Bester (5.30). The ladies' race looked to be all over bar the shouting for Maria Bak of Germany. All the TV commentators were saying she was home and hosed, when Ann Trason made her move from several minutes behind Bak. Trason eventually won by a couple of minutes in 5.58, a truly sensational time.

Name	Position	Lion Park	Halfway	Kloof	Mayville	Finish
Charl Matheus	1	00.58.22	02.43.49	03.47.20	05.01.03	05.28.37
Nick Bester	2	00.59.23	02.44.05	03.47.20	05.00.46	05.30.41
Jaroslav Janicki	3	00.59.42	02.46.40	03.51.14	05.07.06	05.32.50
Ann Trason	26 (1F)	01.04.59	03.00.45	04.11.58	05.30.36	05.58.27
Maria Bak	32 (2F)	01.04.59	02.59.59	04.09.56	05.30.29	06.07.00
Valentina Liakhova	88 (3F)	01.04.59	03.03.41	04.23.05	05.51.53	06.22.51
Carl Barker	69	01.04.52	03.04.29	04.20.41	05.46.50	06.18.58
Richard Briscoe	601	01.07.36	03.20.46	04.52.12	06.38.25	07.18.41
Charles Coville	2,977	01.28.44	03.58.00	05.49.13	08.07.51	08.55.13
Benny Hagberg	3,307	01.41.19	04.38.33	06.30.07	08.26.32	09.05.20
Alf Field	4,447	01.35.49	04.30.38	06.29.35	08.43.53	09.30.01
Dick Bartlett	6,633	01.44.55	04.42.08	06.49.34	09.18.29	10.09.53

1997 Comrades Marathon - A 21 Year Reflection

by Charles Coville

"Never again". The words are as much part of the runner's vocabulary as are the words "PB", "Hitting the wall", "Fartlek" and "How much further?"

"Never again" I screamed to Dave Hodgkiss expecting some sympathetic support as he shuffled over to me. I approached 45th Cutting, one of the last hills, with less than 10km to go in the 1997 Comrades Marathon and I was taking strain. "You know Charlie you are completely boring!" mumbled Dave as only he could. "When we ran our first Comrades together back in 1969 you echoed those boring words for the first time. Yet you went on to run another 7 of these races". Dave jogged alongside me showing scant regard for his being 50 lbs overweight. "I also recall you saying in 1976 during your final swan song race just before emigrating 'never again'. Yet here you are back at Comrades still as boring as ever."

The credibility I lacked

Had I had a grain of energy left I may have taken a swipe at Dave. But how could I? We'd been through so many running and canoeing ultra marathon experiences together that I still had respect for 'fatty'. He also had the credibility that I lacked. He retired in 1995 saying "never again" after 22 Comrades (including numerous top100, sub 7 hour placings) and had kept to his word. His overweight body bore testament to his honesty. So why was it that I went back on my word yet again, this time after 21 years?

Let's go back a few years. In 1992 I made a "come back" after a some years in low key mode. I got within 30 seconds of a City to Surf PB, ran a NOSH PB, ran my first 6 Foot Track and Nowra King of the Mountain. All this at the age of 43 with Comrades not on the agenda. I almost achieved my come back goal of a sub 2.50 marathon by running 2.53 at Gold Coast. But then disaster struck. The day after Gold Coast my big left toe became swollen (a bit of a woozy injury I thought) and many months later osteo-arthritis was finally diagnosed. "Cut back on long distance running" was the advice from Bryce Courtenay's doctor. "By doing that you can keep running the short stuff for longer". Made sense, so goodbye STaRS and marathons and hello Ocean Swims and Triathlons.

Reputation would have been intact

4 years down the track in late 1996 a Johannesburg family reunion (after 11 years) was proposed to celebrate Coville senior's 80th birthday. Now had Ronald Coville been born in April 1917, not

June 1917 then I would definitely have run 2 Oceans Marathon in Cape Town and not Comrades in Durban and my reputation would have remained intact.

Bearing in mind my gammy toe and Dr Irwin Light's professional advice I chose to cautiously train for Comrades but not tell anyone; just in case I chickened out. I was not too sure how my toe would hold out. A Palm Beach to Manly 30k, one 25km STaR, two 30km STaRs and a 38km STaR was all I could muster up for my first marathon in 5 years, the Canberra Marathon which I had to run in under 4.30 to qualify for Comrades.

Disaster struck

All was going well at 4.08 min/km pace and a sub 3 in mind when disaster struck at 27km. Without warning my calf muscle (soleus) tore. To continue/qualify or not to continue/qualify - that was the question. I continued to finish in 3.04 in what was the most painful marathon (in an injury sense) I have ever run.

A commitment was now required. I entered Comrades still injured and received my old number 686. Low numbers carry prestige because they indicate that you have been around a long time. You get reallocated your prior year number unless you don't run for 2 years. After 10 finishes you receive your number in green in perpetuity. New numbers allocated are in the high 39,000's. Even Bruce Fordyce's number wasn't 3 digits but was in the low 1,000's. So receiving 686 again made me feel like an "experienced Comrades runner" and was the type of motivation I needed to get focused on the race and get my injuries under control.

It was only 8 weeks to Comrades and I was advised to lay off for 3 weeks, stretch, get physio etc to help my calf recover. So ended my training in the most crucial period when I should be doing plenty of 30km plus long runs. After 3 weeks I did manage a run to the AGM Star in Waverton with Richard Briscoe (my training partner since late last year) and then continued on the Star to log up a tiring and slow 52km. My calf had survived but only just.

Broke down

The Sydney Morning Herald Half was my next major set back 1 week later when my calf muscles disagreed with my plan for a speedy half and called it quits at 15km. To add insult to injury my nemesis Godfrey Franz beat the hobbling author by a mere 30 seconds. Finally, I broke down on Dr Corte's Tuesday morning run from Gordon station and had to retire after 3kms into the run and shuffle painfully

home. Comrades was a mere 20 days away and I could not manage a 14 km training run! I was due to fly out 6 days later and it was decision time. Retire gracefully as there was someone up there trying to tell me something after 30 years of marathon running or as I did in Canberra - keep on keeping on. Like all obsessed runners I chose the latter.

Enter Matt Olsen masseur supremo. After 2 intense sessions (normally takes 5) Matt assured me with an air of confidence that Comrades was possible. His sessions were so painful I cried out like a baby. "Do other patients whinge?" I inquired somewhat embarrassed. "No" replied Matt nonchalantly. "You are the only patient that doesn't swear at me".

It was inspiring driving the undulating course the day before the start of the 72nd Comrades, recalling the agony and ecstasy of Comrades days gone by. Advertising billboards and hot air balloons appeared all over the course. On course advertisers didn't exist in the early 70's. The Runners Expo in Durban with its numerous commercials stands in an enormous hall reminded me of the Show Bag Pavilion at the Royal Easter Show and was an event to behold. All the latest in food, gadgetry, clothing was on display.

The Bruce McAvaney of S.A.

As I checked in at the International Stand, I felt a tap on my shoulder and a friendly "Step this way please". No it was not the infamous security police but an interviewer's assistant requesting my attendance for a radio interview. Ian Laxton is the Bruce McAvaney of South African TV and radio. I knew Ian from the 70's and felt somewhat overwhelmed when he introduced me as "Charles Coville from the famous Coville running family". I did not realise the impression my brother and father had left on the running community since my emigration. Lindsay Weight, 1984 and 1987 female winner, undertook most of the interview and I resisted the temptation of discussing Striders personalities such as Kar Wong, Nobby Young, Kevin Tiller, et al. Where would I have begun?

Neil, my brother, offered his view on my race strategy. "Since you've come all this way and waited so long why not at least start the race. Experience the start, the crowds and drink stations and if your calf is playing up drop out at 10km. After 10, if you continue, you are committed to finish". What a strategy, one I have never ever contemplated before. With friends such as Rob Steer running number 31 and my other acquaintances starting no 9, 14, 15...23, how could I ever have an excuse for not finishing? Two further offers of advice included not drinking at the first few drink stations and running at 5 min /km pace. "With 55 drink stations along the route you will end up bloated and will lose time if you stop and

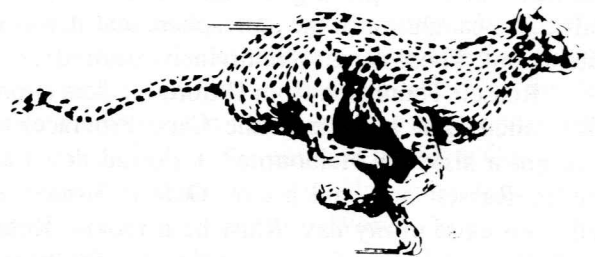
drink too early" suggested Trev Parry, a gold medallist and consistent sub 7 hour runner. "There is a big difference between running 4.30 and 5.00. Given your state of fitness a 4.30 min/km pace would be too quick while 5.00 would be more comfortable. Surely all you want to do is survive and finish".

The spectators and runners at the start were reminiscent of City to Surf. What an eye catcher to see the first loo stop. A mere 2 kms into the race not even out of Pietermaritzburg and runners were lined up, as far as the eye can see, side by side pointing P at the P. I joined them at 3km and only stopped again for another relief at 60km.

The countdown displayed by the distance markers soon made me realise that I should aim to only note them every 10 km. Seeing signs stating 89 to go, 88 to go, 87 to go would have destroyed me if I looked out for each one. There were no signs in the early 70's and we had to rely on the odometers of our seconds' cars following the race to inform us of our progress. Today all non official vehicles are banned from the course. Runners take over the entire road.

Each drink station was sponsored and competed for the drink station of the race award. No wonder they were so enthusiastic. Dancing girls (like a League or AFL match), bands or radios blurted out songs to which you could relate. "And I would walk 500 miles" (Terry McIver - name the Scottish group that had the hit) was the most played number.

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Each drink station offered a smorgasbord of eats and drinks. Water in sachets, coke, sports drinks, bananas, oranges, lollies and the coup de grace - boiled/baked potatoes. The latest Dr Tim Noakes (of Running Lore fame) research espoused that spuds were the way to go (something Breeda can be proud of). They rank as one of the fastest absorbed carbohydrates. Unfortunately no mince, cream and chives thrown in. If only the youngsters of today realised that if were not for our seconds of yesteryear carrying food and drink in their vehicles we would all have died from dehydration and hunger.

Passed Clive Crawley (Race no1. on his vest) at the bottom of Polly Shorts. Clive had completed 38 Comrades races along with 2 other runners - the record number of finishes. Race numbers are inscribed with the runners name and number of races completed. I wondered why so many runners that I did not know knew so much about me.

Midnight Oil

I felt my right calf tighten and I had not even reached 10km. Was this the beginning of the end? How could I possibly bail now? Mind you, 79.9 km with a tight calf was going to be an interesting experience. "Focus away" I prompted myself. The only way out was to switch off. "How can we sleep when our beds are burning" pulsed across the dry winter grass as I turn a corner and headed into drink station no 3. The band was playing Midnight Oil. The sign. It must be for me. There was a message there, somewhere. I raise a clenched fist, "On you Garrett!" I shouted out in appreciation.

Bands? I used to sing to myself to help pass the time. Locomotive Breath was a popular ditty (Still there Terry?). Who would have guessed that a second sign would present less than 2k later. He was no Michael Hutchence but I didn't care. Suicide Blonde never sounded sweeter. It was drink station no 4 and the next band was playing. I was over the 10k mark, calf tight, caught up in the atmosphere and it was too late to bail. Those signs were divinely inspired.

"Russell Thompson from Oxford Striders (from a city called East London in the Cape Province) and I've got a sister in Melbourne". I slowed down as I passed Russell and said g'day. Oxford Striders did not even exist in my day. Must be a rookie. Russell was to be my saviour for we ran together for the next 40kms. Russell did all the talking, I did the listening and focused away from those dreaded km signs. He had his problems - injured too, undertrained but running his no 10 and with the same goal as me, to run 5 min/km. Some rookie.

My hidden goal (besides getting past 10km and then finishing) was to get to half way in 4 hours, leave myself 5 hours for the second half and not to

walk - I was paranoid about my calf seizing. Inchanga and Drummond are the big, and I mean big Rose Bay / Double Bay hills and they just keep on going forever. By not walking I passed numerous runners. Uplifting.

Hansie Cronje the Springbok cricket captain had his own little unofficial seconding table. Hard to imagine Tubby running a table chewing gum and chasing after runners with a water bottle. Under the big Pick and Pay arch at half way and I feel like a grand prix driver at Albert Lake. Only problem is that they can change tyres and get refilled; wishful thinking. 3.55 and right on target. By now both calf muscles were tight but still no tear; so I was 1 up on Canberra Marathon.

Is your name Sydney?

The enquiring and encouraging spectator and runner support for the traditional Strider vest was indescribable. Without identification it would have been a completely different race. How could we ever have debated changing the font for something more modern but less identifiable. "Go Aussie", "Thanks for coming over to run", "Are you really from Australia?", "Is your name Sydney?" (and he was serious too), "Sheila is in front of you Bruce - ha ha" (the famous South African time warp), "Pity you can't play rugby" ("Pity you can't play cricket" - that shut him up), "Hope you enjoy your first run" (If only he knew). Suddenly I was at 50km. My 5 min / km pace was no more. Time to change a gear - slower. It was now 6 min / km to 70 km.

The crowds were getting deeper and more supportive but still no one has asked me that infamous question - "Do you know....?". I recall in the 70's stopping at an intersection and asking for directions as there were no runners in sight. I had nearly 3000 ahead of me and nearly 9000 behind. "Which way to Durban" I inquired, one can't take this race too seriously. "Weirdo" I overheard a khaki clad Afrikaner respond. "Hierdie Australian kerel is mal" (This Aussie is mad).

I was hurting. My tight calf muscles and overall discomfort was now a distant memory as my itb and hamstring took over centre stage in the "let's compete to see who can be the most painful" competition. But motivation kept me going - no walking, break 9 hrs.

Nauseating smell

The smoke from the spectators' BBQ's wafted across the course in the suburban streets and became a nauseating smell. Couldn't complain though. I would rather have the spectators with their smoke than no spectators. Spectators were a luxury when the runners only numbered the magical 1000. Pinetown and 20km to go and my legs were no longer communicating with my brain. I considered walking.

But how could I? Wall to wall spectators, I couldn't let them down. And what of my goal? I still hadn't walked. Up Cowies Hill and I was the only one running. It hurt. The spectators acknowledged my effort. My throat choked up and I felt goosies all over and a cold tear ran down my cheek. I was overcome with emotion. A middle aged man in a baggy grey suit, tie and shirt ran past me. He was wearing his green number. I wondered if he had competed 10 Comrades attired in such a manner. Probably had to go to work straight after the race. Strange!

Suddenly Dave Hodgkiss appeared and I echoed those immortal "never" words. "Only 2 more hills to go. I suggest you consider walking part of the last 2. They are killers" says Dave finally offering me some encouragement. Just as well that I heeded his advice. Those killers may have torn my calf muscles - almost as bad as Monteith on the Wahroonga Wobble. No one around me ran them. Did not feel so guilty walking for the first time.

Franchising opportunity

4k to go. "Can you pass a message on to Charles Coville?". I spun around to see Dave Kinsey. Perhaps I was not recognisable with my silver sunnies and peak cap but I always thought that my grey hair was a give away. "Sure" I responded relieved that it had finally happened although not quite as I had expected. "Tell Charles that I enjoyed my visit to Sydney and it was great running with him", said the runner from South Coast Striders. Not another Striders. There must be a franchising opportunity out there. "I will tell him now, since it is me. I have waited all race for this, but you won't understand".

I turned onto the track and burst into tears. I raised my fist in defiance in the air and let rip with "you little beauty". I had read all about it before in Blisters each July yet somehow I never thought that I would be so moved by another Comrades. As I strode over the electronic pads the champion chip tied to my shoe lace recorded me at 8.55. Mission accomplished against all odds. Matt Olsen, masseur supremo, you're my hero. "Will you be back next year?" asked the middle aged official as she lead me over to the International tent. "Well" I started cautiously. "Never..." I paused. Time to redeem myself. If only Dave was there to hear me "Not on my itinerary for next year". I had finally restored my credibility!

Race Anecdotes: In 1969 (my first Comrades) I was 392nd out of 586. 28 years later I was 2954th out of 11271. My times ranged from 7.16 to 9.54. This was my 3rd fastest out of 7 races run between 1969 and 1976. I boycotted the 1974 race as part of the black armband protest against blacks not being allowed to compete officially. 2 Blacks have since gone on to win Comrades.

Triathlon Roundup

from Merri Mack and Sarah Entwistle

Merri Mack reports: Derek Smith, one of the two Strider qualifiers for the big one in Hawaii, summed up his training as "steady as she goes, and all I seem to be doing is working and training". Derek however has had time to do the Gold Coast Marathon in 3:15 and also down an occasional glass of red wine.

New triathlete: Scott Crawford has joined Wendy Downes and Charles Coville as a member of one of the newest Triathlon clubs in NSW, St Ives. Scott is acquitting himself really well on the bike and we all know about his running prowess. And of course he can swim, so St Ives have gained themselves a keen and mean triathlete.

Wendy Downes is leaving all the other girls behind at St Ives Club and took out the Women's Open Club championship point score as well as the over 35 point score. Wendy is also doing brilliantly in the Club Winter Duathlon series. There is absolutely no truth in the rumour that she cannot swim, it's just she cannot put the whole three together. Certainly when she masters this slight hiccup, Wendy will be dangerous in any age group. Cold mornings are spent at the North Sydney pool stringing 20 x 50-metre laps in, so watch out triathletes.

Meanwhile Brenda Hamill who pretty well swept all before her in various triathlon series this year is resting on her laurels because it's too cold (at least for cycling). That's her excuse anyway. On the recent Italian cycling tour, Brenda did everything including going down a treacherous mountain track in the pouring rain as a finale. Brenda is off to the world championships in Perth (16 Nov), likewise Merri Mack who is ignoring the cold and getting a few laps in between the island and the pipe down at Balmoral through winter (just have to stay ahead of Wendy!). Merri took out her age group point score at the recent Balmoral Triathlon Club's presentation. Brenda by the way belongs to the Saucony Brats based in Bondi just to make sure the 3 budding over 50 Strider female triathletes don't end up in the same club. Alex Hamill was 3rd in his age group in the State Cup.

Sarah Entwistle reports: "In early June Gary Leahey competed in the World Long Course Championships in Nice, and was 4th Australian over the line. It was a great effort from Gary over a very tough course of 3k swim, 130k bike and 30k run in 40°C heat. Apparently the leading Australian contender went over the edge of a ravine and broke just about everything (Gary's normal trick!!)".

Contact Sarah Entwistle (Ph 9360-4516, email entwispr@hutch.com.au), or Merri Mack (Ph 9487-3070, email merri_mack@idg.com) with results.

Striders' All-Time Comrades Honour Roll

Name	Date	Age	Time	Posn
Trevor Jacobs	1993	V	6:18:29	69
Carl Barker	1997	P	6:18:58	69
Charles Coville ★	1972	O	7:16:17	72
Richard Briscoe	1997	P	7:18:41	601
Jonathan Trope ★	1986	V	7:22:47	919
Jonathan Trope	1996	M	7:43:53	1111
Steve Urwin	1993	P	7:50:49	1320
Jonathan Trope ★	1985	P	7:54:21	969
Alf Field	1991	M	8:08:55	1904
Charles Coville ★	1971	O	8:12:38	259
Steve Urwin ★	1984	O	8:16:20	1730
David Sill	1995	V	8:23:10	1684
Murray Town	1995	P?	8:29:26	1846
Chris McLean	1995	V	8:31:57	1903
Geoff Taylor	1996	P	8:45:05	2667
Charles Coville	1997	V	8:55:13	2977
Susan Griffith	1993	P	8:55:41	3335
John Turner	1993	M	8:56:49	3389
Alf Field	1990	V	8:57:33	3073
Charles Coville ★	1973	O	8:59:00	600
Benny Hagberg	1997	V	9:05:20	3307
Alf Field	1996	M	9:08:53	3562
Jonathan Trope ★	1984	P	9:09:06	3248
P Hammerschmidt	1993	M	9:13:04	3977
Wayne McCarthy	1996	M	9:16:02	3885
Derek Smith	1996	M	9:17:50	3973
Geoff Taylor	1995	P	9:18:19	3391
Charles Coville ★	1970	O	9:21:56	329
Grahame Murphy	1996	V	9:24:25	4305
Alf Field	1995	M	9:25:31	3663
Alf Field	1997	M	9:30:01	4447
Dick Bartlett	1993	V	9:31:28	4840
Alf Field	1993	M	9:37:10	5100
John Ayliffe	1993	V	9:37:14	5101
Tony Crosby	1993	V	9:37:16	5103
Graham Butler	1990	V	9:43:14	5038
Dick Bartlett	1996	M	9:43:49	5413
Alf Field ★	1983	V	9:44:25	3190
Charles Coville ★	1969	O	9:48:25	392
Charles Coville ★	1976	O	9:50:00	993
Roger Rigby	1996	M	9:50:10	5815
Graham Butler	1996	V	9:50:14	5822
Alan Phillips	1993	V	9:55:53	6250
Charles Coville ★	1975	O	9:56:00	988
Graham Butler	1993	V	9:58:37	6416
Dick Bartlett	1990	V	10:02:56	6164
Dick Bartlett	1995	V	10:04:33	5482
Jonathan Trope	1995	V	10:06:49	5568
Hugh Spencer	1993	M	10:09:06	6899
Dick Bartlett	1997	M	10:09:53	6633
Wayne McCarthy	1995	M	10:10:35	5757
Roger Rigby	1993	M	10:17:41	7486
Jim Screen	1996	M	10:20:56	7750
Stephen Myerson	1995	P	10:25:45	6773
Dick Bartlett	1994	V	10:31:48	7474
Nick Reed	1993	P	10:39:20	9220

Name	Date	Age	Time	Posn
Brenda Hamill	1993	V	10:47:31	10018
Alex Hamill	1993	M	10:47:35	10028
Peter Keeble	1993	M	10:54:26	10861
Roger Rigby	1995	M	10:59:43	10477

The table opposite is a complete list (or as complete as we can ascertain) of all Striders' finishing times in the Comrades Ultramarathon. It was compiled by Kaptain AnoraK with a lot (and we mean a lot!) of assistance from Brian Stacey, of Unisys in South Africa, who maintains the official Comrades database. The listing does not include finishing times outside the official 11-hour race cut-off (e.g. Bryce Courtenay is known to have completed at least one in over 11 hours), but does include known pre-Strider finishes by people who are currently members of the club (denoted by ★). Age groups are calculated as at the time of running each race (O = Under 30, P = Prevet 30-39, V = Vet 40-49, M = Master 50-59).

Striders' records include:

- **Most Comrades finishes as a Strider: 6 each by Alf Field and Dick Bartlett.** Others to have completed more than one as a member are Graham Butler 3, Roger Rigby 3, Geoff Taylor 2, Jonathan Trope 2 and Wayne McCarthy 2.
- **Most consecutive: Dick Bartlett 5 (1993-97).**
- **Most Comrades all-time finishes by current (1997) Striders (including races run before the Sydney Striders club was formed): Charles Coville 8,** followed by Alf Field 7, Dick Bartlett 6, Jonathan Trope 5.
- **Fastest by a Strider: 6:18:29 by Trevor Jacobs 1993** (this is also the club's Vet 40-49 age record). **Fastest in other male age-categories:** Prevet 30-39 **Carl Barker 6:18:58** in 1997, missing the club record by only 29 seconds. Master 50-59 **Jonathan Trope 7:43:53** in 1996. No Strider under 30 or over 60 is known to have completed a Comrades under 11 hours.
- **The only female Strider to have run Comrades is Brenda Hamill, 10:47:31 in 1993.**
- **Best finishing position by a Strider: 69th by Trevor Jacobs in 1993 and Carl Barker 1997.**
- **Closest Squeak: Roger Rigby's 10:59:43 in 1995,** only 17 seconds inside the cut-off time.

Novel Philosophy

I'm not into working out. My philosophy: "No pain, no pain". Carol Leifer

Italia Spring Tour 1997

Pencil sketches and commentary by Harvey Blue

The two days spent in Rome before the start of the tour see two of our crew pick-pocketed of everything, and give me time to buy a sketchbook, pencil and eraser. My first sketches are of the rooftops of Rome, looking towards St Peters from Campidoglio (A), a small curved church, La Maddalena (B), and Castle Sant'Angelo from the Tiber (C). One of the crew asks, "Why just buildings?" "Cause I can't draw people."

Next day I sketch a statue at Campidoglio of Marcus Aurelius on his horse (D). "Thought you couldn't draw people." "Statues are different; they don't move."

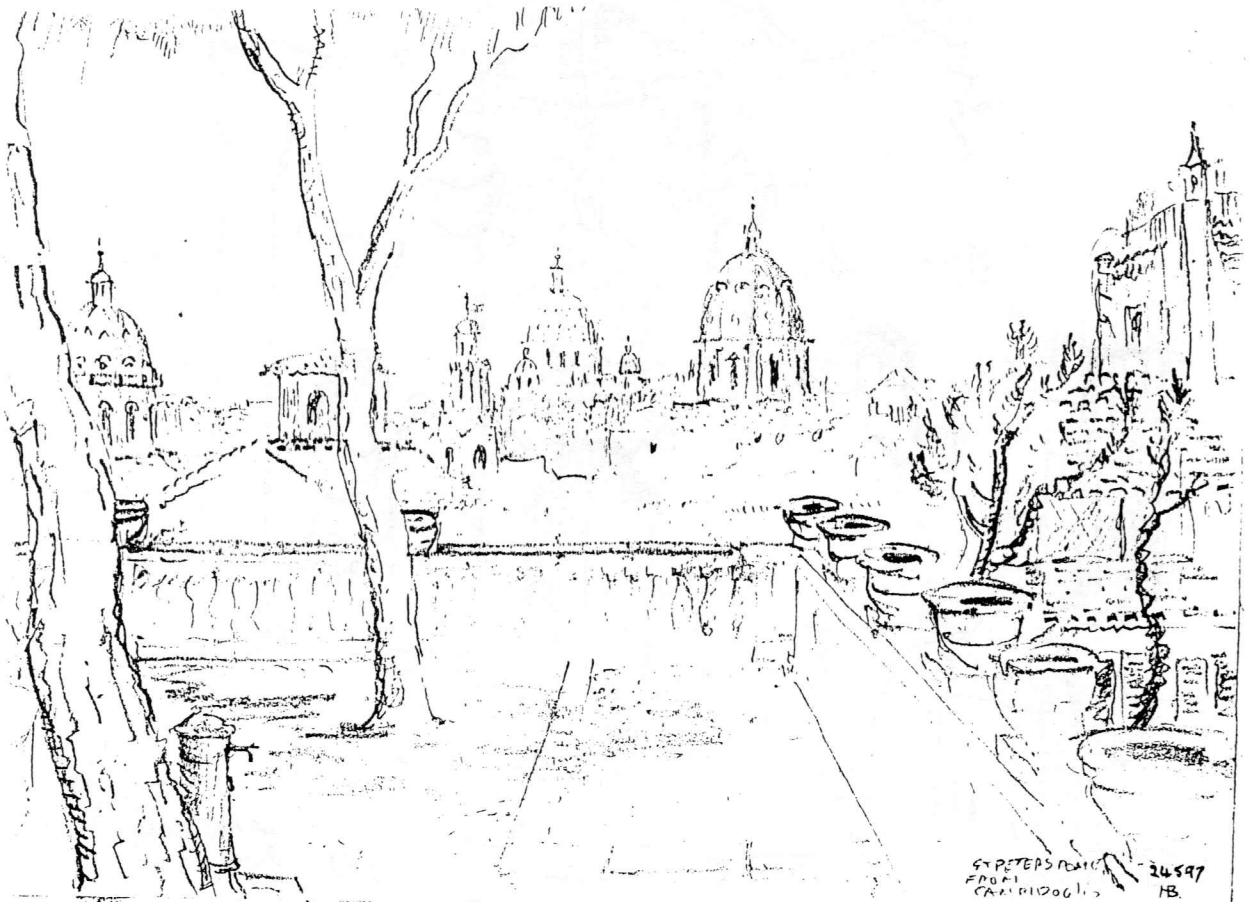
On the first day of the tour we ride 110km to Bolsena, a beautiful lakeside medieval hill town. Paul Russell and I decide that 110km isn't far enough, so we ride around (correction: up and down) the town. I find a great domed tower to draw (E). I figure that with 8.30am starts and an average 100km a day of cycling, there will be time for sketching in the

afternoons. I neglected to take into account the great after-ride lunches that blur the vision.

On our day off in Florence, however, I manage to sit in a café at Boboli Gardens which overlooks the city and sketch the dome and spire of Santo Spirito (F), designed by Brunelleschi. The sketch isn't really finished, because I couldn't afford more coffee at the prices being charged. Five days later, with one of our crew in hospital with a broken collarbone and six cracked ribs (another story), I meet Adrienne in Rome. I decide to have a go at drawing people in Piazza Navona (G). Bernini's fountain statues are looking aghast at Santa Agnese in Agone (H), by Borromini, so I draw that too. I find all these "B" architects very confusing.

The next day it's on to Prague (I) to see the gothic skyline of tulip turrets and spires. I left the last two days free to see the Jewish quarter, but both are Jewish holidays, so I'll have to come back again.

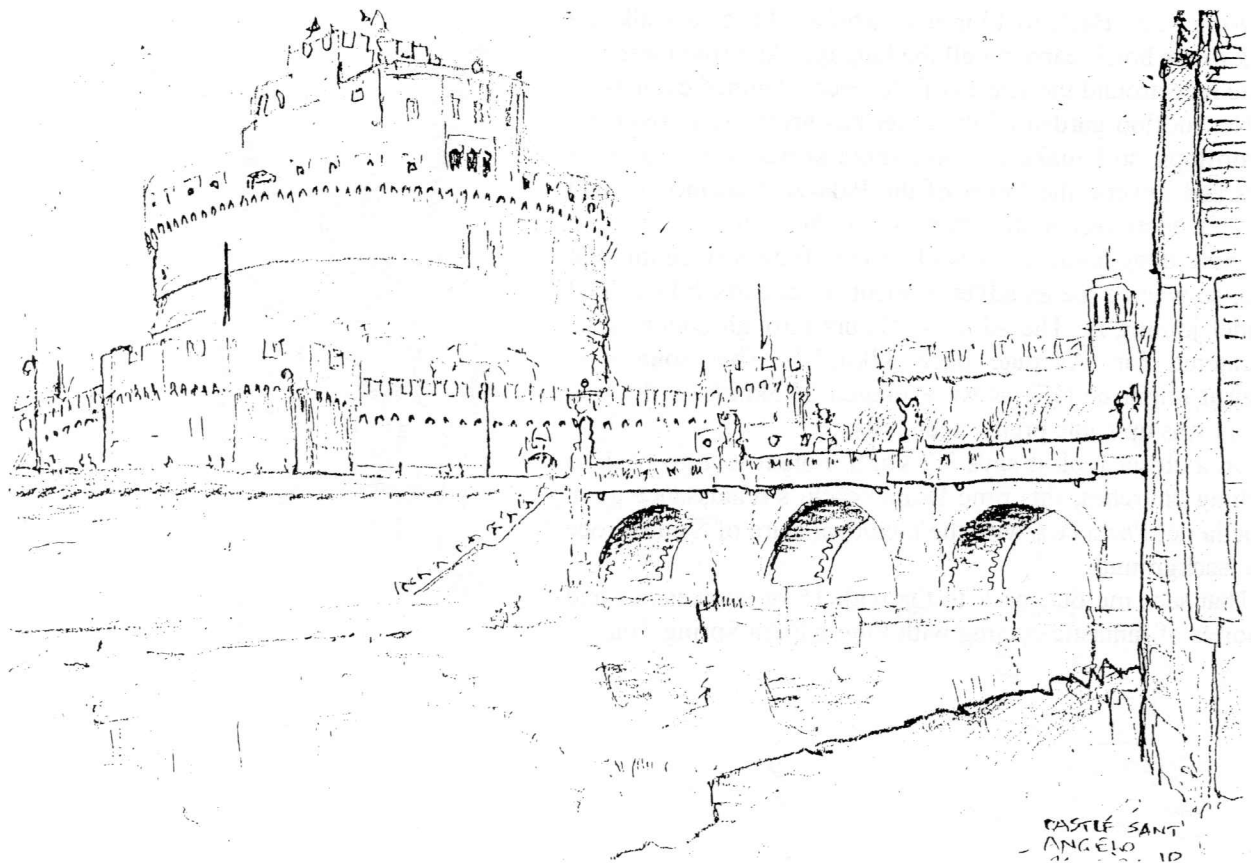
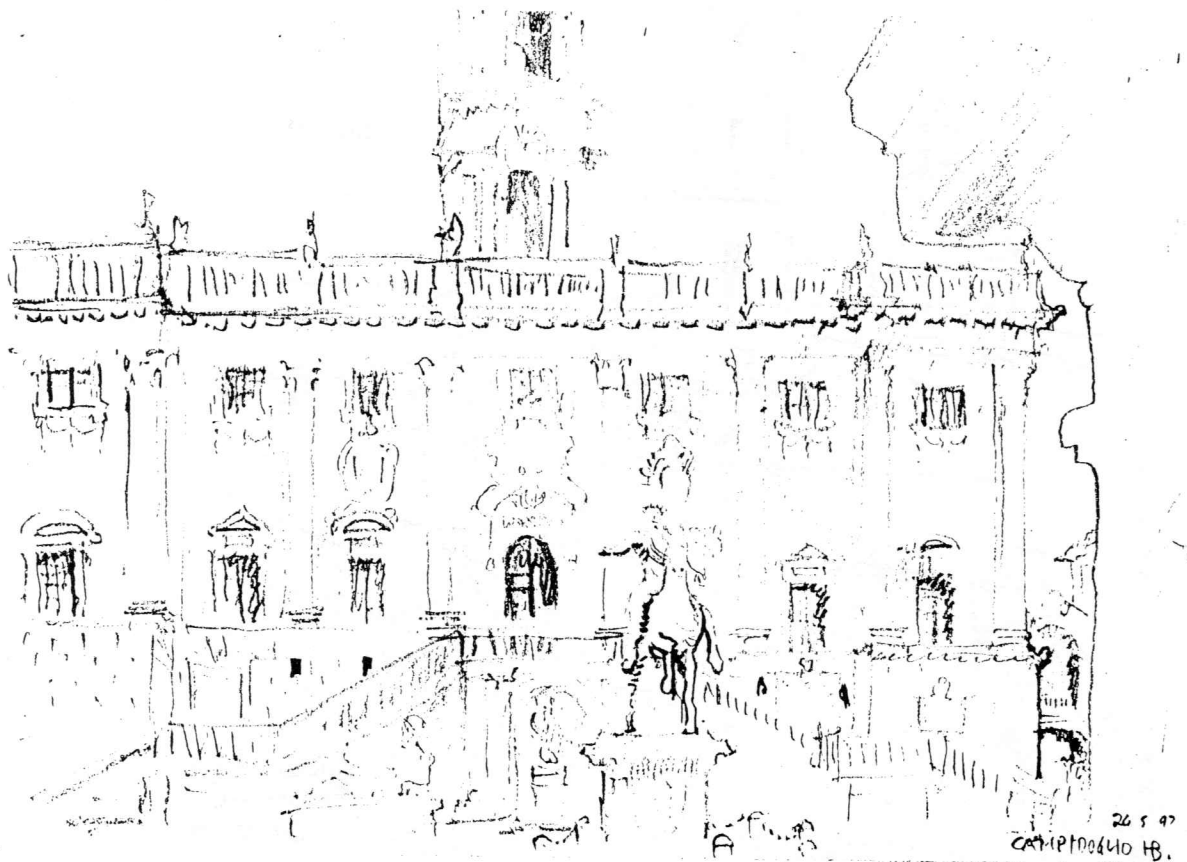
[Commentary continues p26]



A: Rome, St Peters from Campidoglio



B: Rome, La Maddalena



(Above) C: Rome, Castle Sant'Angelo from the Tiber;
(Below) D: Rome, Statue of Marcus Aurelius at Campidoglio

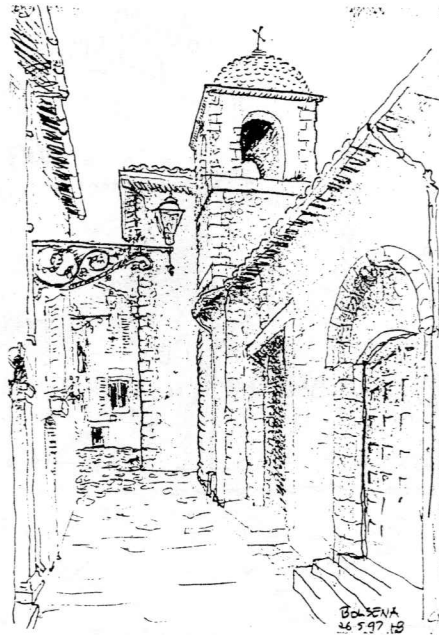
[from p23] Back to Florence, where I have to walk the last 2k to the hotel, carrying all the luggage. At 11pm there is a bicycle race around the streets of Florence. Damned cyclists.

The rooftop garden of the hotel has great views over the city rooftops, so I make a couple more sketches, this time of turrets and towers: the tower of the Palazzo Vecchio (J), and Forte Belvedere (K) on the other side of the river.

I have done nothing but walk in the 10 days since the ride ended, so when I see an advertisement for country bike rides I consider joining in. The ad says, "Tours through countryside. All catered for. Average pace 32km/h." That sounds as though it might be OK, as we averaged 28.5km/h on the ride and that was up some pretty steep hills.

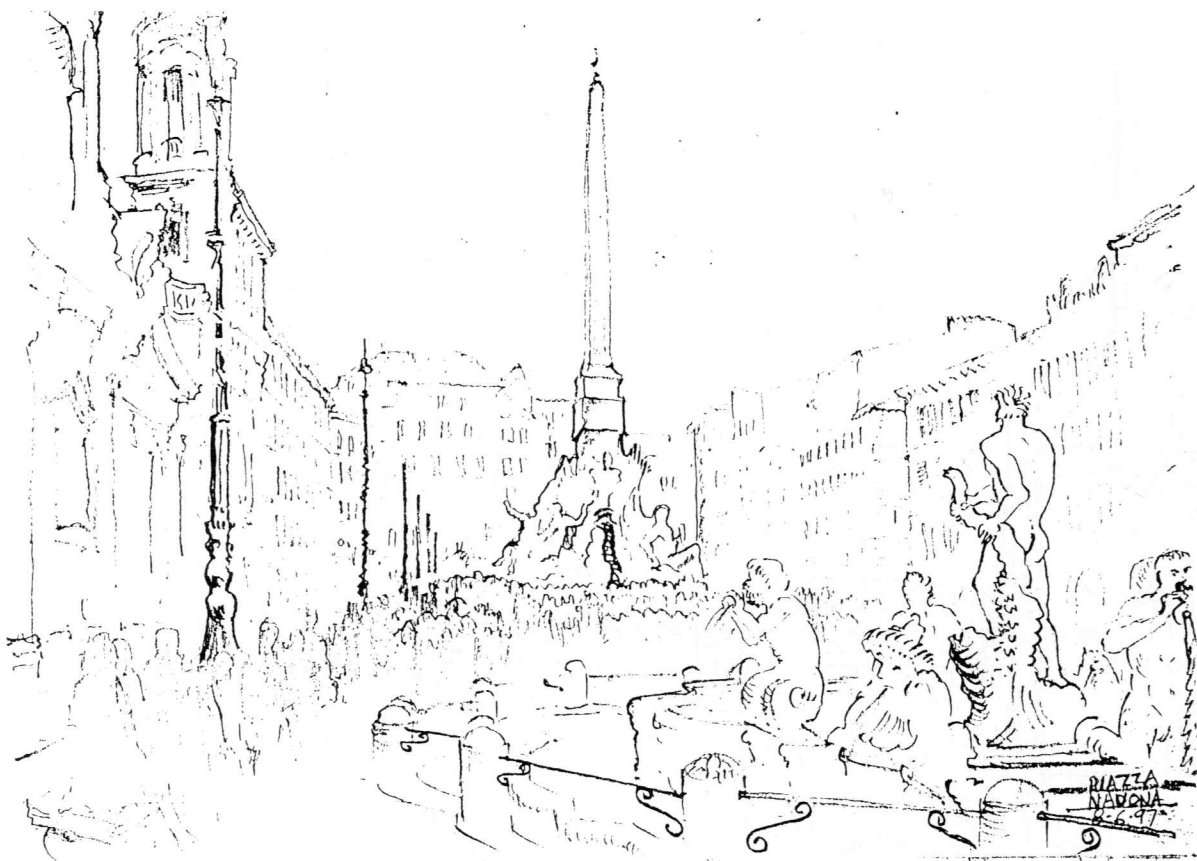
On a closer look it says 3.2 km/h. Forget it. I go back to sketching churches, this time Brunelleschi's renaissance gem, Cappella de' Pazzi (L), with the medieval spire of Santa Croce in the background.

That sees me out, back to Oz with 15 or so sketches and memories of fantastic cycling with Pino's Italia Spring Tour.

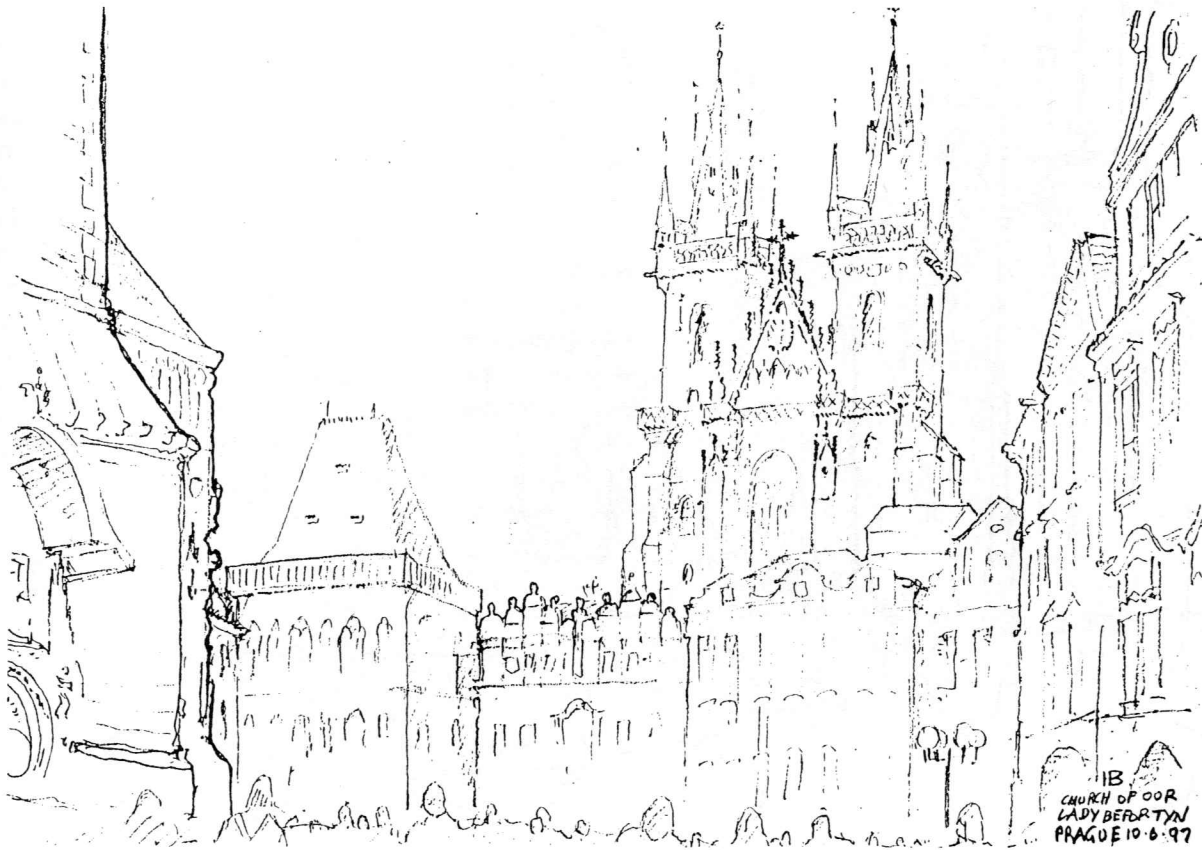
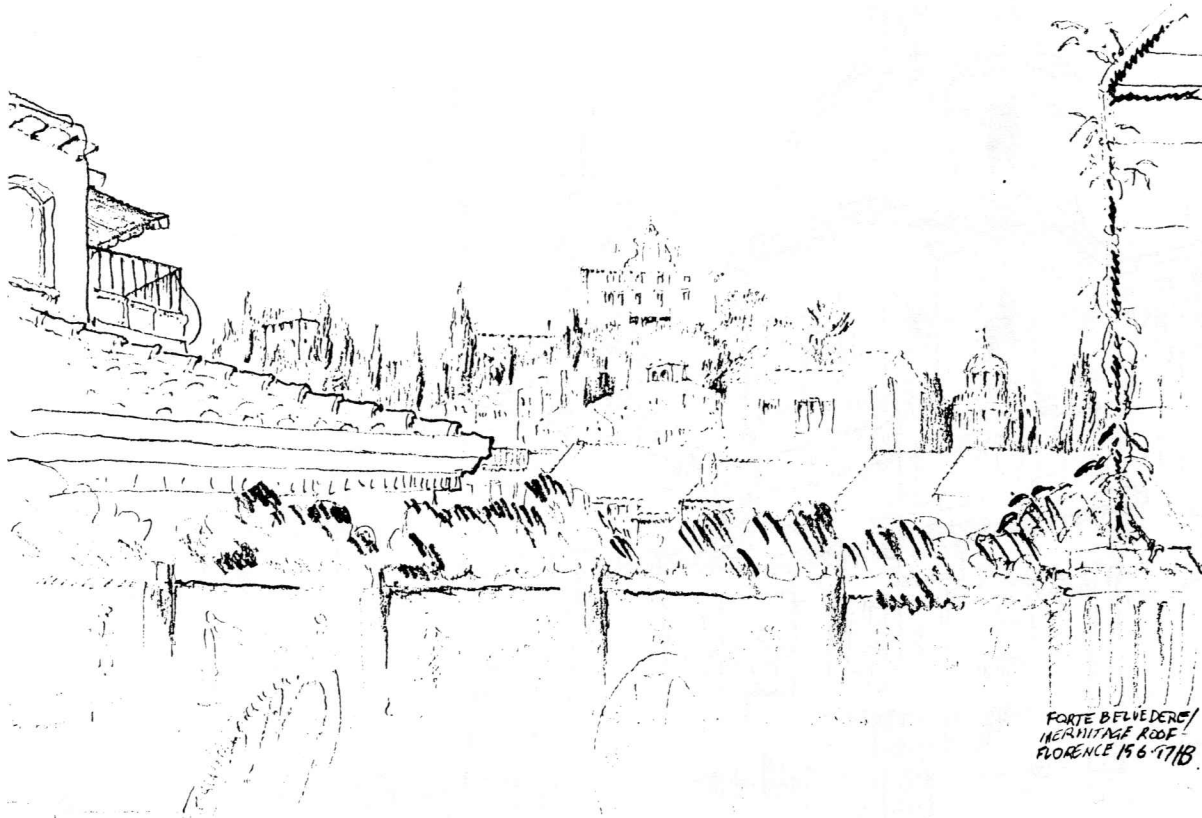


SANTO SPIRITO
FLORENCE
31-5-97

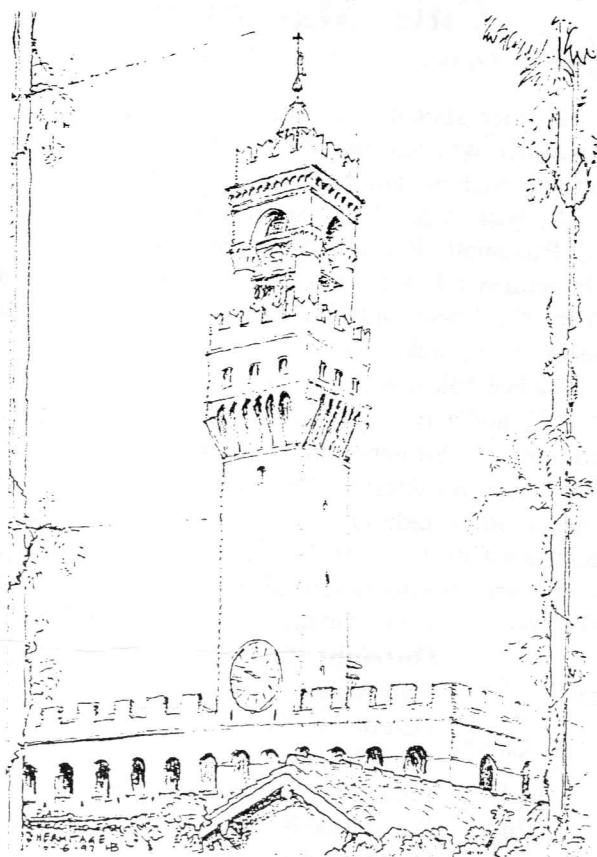
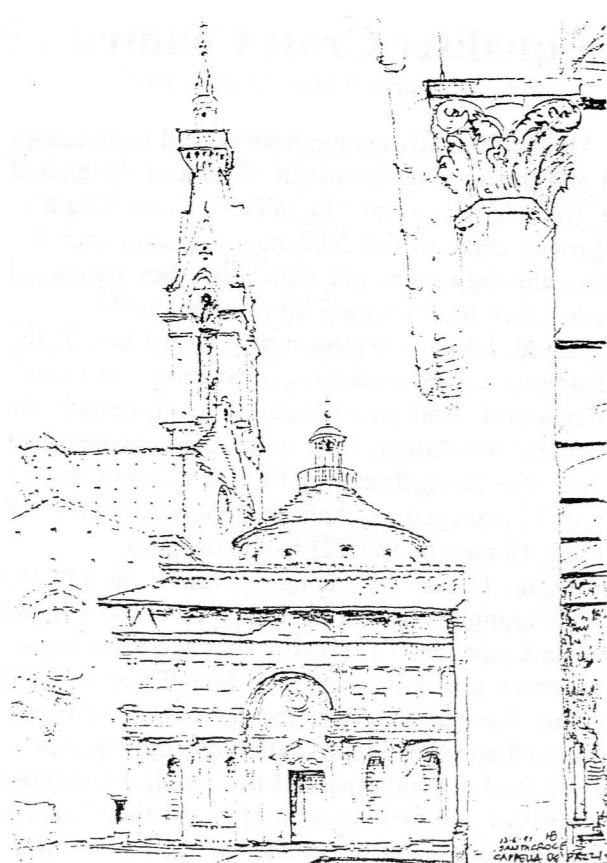
(Above) E: Bolsena, domed tower; (Below) F: Florence, Santo Spirito



(Above) G: Rome, Piazza Navona; (Below) H: Rome, Sant'Agnese in Agone



(Above) I: Prague, Church of Our Lady Befortyn; (Below) K: Florence, Forte Belvedere



(Left) J: Florence, Palazzo Vecchio; (Right) L: Florence, Cappella de' Pazzi & Santa Croce

Striders in Training

Listing maintained by Kevin O'Kane

For additions, corrections and deletions, please notify Kevin O'Kane (b) 9283-3355 (h) 9449-1435 (NB not the Blister editors). This listing can include any regular running, cycling, swimming or walking group which Striders might like to join. 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		Hensley Athletic Field, Corish Circle, Pagewood

Equaliser Cross Country

from Margaret White: 15 June 1997

Almost 60 hardy competitors braved the freezing cold and threatening downpour to contest the annual Bret Nichols Memorial "Equaliser" Cross Country. All proved equal to the challenge and completed the course, although some got more than they bargained for when they took a wrong turn (sorry folks!).

Indeed, taking a wrong turn was just one of the challenges met and overcome by winner (for the 2nd year running), Andrew Hallam. Showing remarkable grit and determination, Andy more than compensated for his poor navigational skills. He triumphed over 2nd and 3rd placegetters, Andrew Gibbons (60.57) and Matthew Hammond (62.22) to win in 59.15.

Joanne Cowan, 1st female, wasn't far off the pace, finishing in 62.00 from Dawn Tiller (65.14) and Catriona Cater (64.10). Proving that age is no barrier to stunning performances, Jonathon Trope (64.10) and Tina Campbell (65.06) led the over 50's home. Rod Lovell and Chris Jones won lucky draw prizes.

We think a good time was had by all. Even those who got lost and arrived back after the time keepers had, rather impatiently, abandoned their posts were still smiling and very polite about it! Well done, everyone! Full results were as follows:

Andrew Hallam	59.15	Clara Vucetic	73.25
Andrew Gibbons	60.57	Amanda Dawson	73.52
Matthew Hammond	61.22	Kevin O'Kane	74.46
Stephen Jackson	61.32	Craig Schlitter	74.49
Joe Vucetic	61.50	Tina Campbell	75.06
Joanne Cowan	62.00	Manfred Fiedler	75.30
Malcolm Satchell	62.10	Graham Butler	75.51
Geoff Cox	62.27	Steve Cornelius	76.50
Andrew Smith	62.36	Julie Wessels	76.50
Rod Lovell	62.47	Bruce Murray	76.59
Neil McGill	62.54	Breeda Kelly	77.10
Warrick Selby	63.20	Wendy Downes	78.03
Jonathon Trope	64.10	Paula Whitehouse	78.56
Peter Dulson	64.50	Peter Cookson	80.00
Dawn Tiller	65.06	Penny Smith	80.20
Brian Grant	65.14	Louise Massie	82.21
Scott Crawford	65.43	Jim Screen	82.50
Alex Whitworth	66.04	John Ayliffe	82.51
Greg Jamieson	66.29	Paul Lunsman	84.11
Mike Ward	66.39	Brad Renshaw	85.10
Gerard Osnnan	66.52	Pauline Flanagan	85.10
Murray Town	67.11	Mike Hanson	85.10
John Hodges	67.21	Robin Cameron	86.27
George Herrison	68.18	Vicki McGill	92.00
Catriona Cator	68.30	Belinda O'Neil	92.00
Kevin Tiller	70.04	Mary King	108.00
David Solomon	70.19	Carol Taylor	108.00
Geoff Taylor	71.22	Bronwyn Rogers	??
Chris Jones	72.03	Richard Wassell	??

Cities Marathon

Report and results from Craig Thom: 29 June 1997

The race started at Sydney Town Hall 6:30am, the weather was approx. 7°C, clear sky with cloud cover approaching, good conditions for the start.

The first stage of the run up to the 20km mark along Parramatta Road to Granville was good with a slight head wind. After this point the weather took a turn for the worse and it rained to the finish line at Francis Park, Blacktown.

The last 15k was tough, the weather being a cold wet 8°C, not a race for achieving PB's. Given the conditions all Striders ran well. In age categories, Striders won an unusual "quadruple bronze", taking 3rd place in 3 individual and one team category. Blacktown City Council did an excellent job in the running and co-ordination of the race and Police traffic control was outstanding. All times are official.

Outright Placings:

Men:	1 st	Paul Arthur	2:35:22
	2 nd	Damon Harris	2:36:50
	3 rd	Chris Goodsell	2:37:28
Women:	1 st	Linda Kay Christison	2:58:38
	2 nd	Bernadette Robards	3:34:09
	3 rd	Heather Christison	3:40:01

Striders' Results:

14 th Kelvin Marshall	2:57:09 (3 rd age 30-39)
15 th Malcolm Satchell	2:57:43 (3 rd age 40-49)
21 st Matthew Hammond	3:03:31 PB (3 rd age 20-29)
23 rd Craig Thom	3:05:54 PB
24 th Joseph Vucetic	3:11:48
Striders Seniors won 3 rd team prize for age 40-49.	

SMH Half-Marathon

25 May 1997

The following times never quite made it into the SMH results list in the last Blister, owing to time pressure on getting the issue out. Exactly how the Blister editor contrived to leave his own time out remains a mystery. Thanks to George Herrisson for tracking down some of the more elusive Striders! **James Howard ran with an Achilles Club member. Craig Schlitter's run was a debut over the distance.

Ray Doran	1:20:30	Louise Reed	1:36:35
Grahame Murphy	1:21:12	Brent Waters	1:37:35
Jeff Gissing	1:22:21	Graham Butler	1:38:29
Gerard Donnan	1:24:03	Amanda Dawson	1:40:00
Martin Fryer	1:25:25	Philip Kennedy	1:40:06
Rod Lovel	1:25:53	Craig Schlitter	1:41:28
Robyn Fameli	1:31:54	Cathy Verry	1:41:35
Steve Hitchcock	1:32:38	Doug Lee	2:00:00
Grant Rankin	1:34:35	James Howard **	2:18:37

City-to-Surf

10 August 1997

A PB is recorded if it is your debut run (according to club records). A PBS means it was a PB as a Strider, but you had run faster before you joined.

Name	Time
Andrew Hallam	0:50:08 PB
Ray Doran	0:50:50
Stephen Jackson	0:51:14
Jeff Gissing	0:51:21
Matthew Hammond	0:51:29 PB
Richard Briscoe	0:51:45 PB
Peter Truscott	0:52:05 PB
Grahame Murphy	0:52:44
Ross Sinclair	0:53:05 PB
Joanne Cowan	0:53:21
Jonathan Trope	0:54:02
Brian Grant	0:54:14 PB
Alex Whitworth	0:54:33
Neil McGill	0:54:43 PB
Mark Fiore	0:55:27
Gerard Donnan	0:55:48 PB
John Hodges	0:56:10
George Herisson	0:56:47 PBS
Craig Thom	0:57:05 PB

Name	Time
Rod Lovel	0:57:14
Darren Goodsir	0:58:58 PB
Phil Garvin	0:59:01
Kevin O'Kane	0:59:31
Craig Schlitter	1:01:07 PB
Mark Robinson	1:01:42
Sarah Entwistle	1:01:43
Jeffrey Lie	1:01:48
Keith White	1:02:18
Mike Hansen	1:02:31 PB
Murray Town	1:02:48
Geoff Taylor	1:02:55
Alan Murray	1:03:06 PB
Pauline Flanagan	1:03:45 PB
Wendy Downes	1:03:52
Tony Byrne	1:04:11
Neil McPherson	1:04:14
Michael Wilson	1:04:40
Ted Brailey	1:05:20 PB
Philip Kennedy	1:05:30 PB
Stephen Roach	1:05:33
Julie Wessels	1:05:39
Bruce Murray	1:05:40
Breeda Kelly	1:06:15
Manfred Fiedler	1:06:18 PBS
Paul Lunsman	1:06:21

Name	Time
Ross Betts	1:06:44
Greg Coffey	1:08:13 PB
Nick Themsen	1:10:33 PB
Pauline Tatam	1:10:50
Jim Screen	1:11:19
Elana Leigh	1:12:26 PB
Penny Smith	1:12:29 PB
David Lancaster	1:13:37 PB
Joanne Barton	1:14:30
Cathy Verry	1:14:49
Kirsten Themsen	1:15:49 PB
Douglas Lee	1:15:52
John Simmonds	1:15:54 PBS
Gillian Elyan	1:16:00 PB
Margaret White	1:18:10
Leo Leader	1:18:42
Carol Taylor	1:18:45 PB
Kathryn Leader	1:19:05 PB
Megan Glasby	1:21:14 PB
Michael Bailey	1:21:15 PB
John Ross	1:23:56
Jim Donovan	1:24:01
Bruce Inglis	1:29:53
Margaret Smith	1:34:16
Sally Cornelius	1:35:00 PBS
Roger Rigby	1:42:00

Music Quiz

by Terry McIver

Once again thanks to Tina Campbell, for trying hard to get all the correct answers to the final Music Quiz. I'm sorry Tina I can only give you 3 out of 5. Tina wrote: "As this is the last quiz and I am the only person to have participated in all of them I guess I win the prize". Sorry to disappoint you, there is no prize. However, we did enjoy your answers to question 3 (What do Bob Dylan, Cassius Clay & Albert Einstein have in common?). Having two bob every which way, you tried:

They are/were all pacifists; None of them can sing; Their birthdays fall on the same day; They all live in the US of A; None of them have ever run a marathon; They all changed their

original names; Something to do with religion.

The correct answers to the final quiz were: (1) Normie Rowe; (2) Que Sera Sera; (3) They are all on the Front cover of the Beatles album Sgt. Pepper's Lonely Hearts Club Band; (4) Engelbert Humperdinck; (5) Brian Jones, Bill Wyman, Keith Richard, Charlie Watts and Mick Jagger.

Hope to be back on a Striders' page in the near future.

Race Results

Randwick Half, 13 July

John Hawkins	1:30:58
Richard Wassell (PB)	1:54:20
Bronwyn Roberts	2:05:50

Gold Coast 10k, 13 July

Dean Degan	35:18
Jenny Truscott	40:38
Errol Bckir	46:50

Gold Coast Half, 13 July

Chris Truscott	1:12:41
John Young	1:17:31
Peter Truscott (PB)	1:18:41
Chris Dwyer	1:19:19
Pauline Tatam	1:48:00
Cathy Verry	1:47:55

Gold Coast M'thon, 13 July

Brian Grant (PB)	2:59:47
Derek Smith	3:19:12
Michael Wilson (PB)	3:19:40
Manfred Fiedler (PB)	3:35:27
Nick Themsen	3:59:14
Jim Screen	4:05:56
Kirsten Themsen (debut)	4:12:38
Rozanne Green (PB)	4:17:07

Lk. Macquarie Half, 22 June

Brian Grant	1:22:26 (PB)
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Sutherland Half, 29 June

John Hawkins	1:40:00
Rozanne Green	2:15:00

(Rozanne ran with Nick Gleeson from Achilles Running Club)

Adelaide M'thon, 10 August

Alf Field	3:40:28
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Member of the Month

by Graham Butler

May 1997: John Young

One of the club's all-time great performances was recorded by speedster John Young in May's SMH Half-marathon - a time of 69:15, which sets a new club record for the distance and dislodges Phil Garvin from the top of the half-marathon ladder after about a decade! A great run, John!

June 1997: Carl Barker

Member of the month for June goes to Carl Barker for his amazing 6.18.58 finish in the 1997 Comrades Marathon. Carl had more strife than Flash Gordon in making it to Pietermaritzburg on June 16th, but with a bit of help from our old friend, Brian Swart, got to the start line on time to clock a stunning debut result for the 90k roller coaster. His place of 69th overall in the so called "down" run put him nearly four minutes in front of the women's third place getter, Valentina Liakhova who was 88th overall. He was just over a minute ahead of Liakhova at the Drummond halfway mark. Congratulations to Carl for his terrific effort.

July 1997: Brian Grant



Kevin O'Kane training group member, Brian Grant has put the work in with up to 200kms some weeks to smash the 3 hour barrier at this year's Gold Coast Marathon on July 13th. With a handful of marathons under his belt, Brian's determination and hard training have paid off with a string of personal bests in everything this year from 10k to the marathon.

A Gold Coast finishing time of 2.59.47 was good enough to achieve what most of us only dream about. Congratulations to farrier and horse dentist Brian who is our July member of the month.

Personal Profile: Fiona Pelly

This time we profile the newest member of the Blister Team (aka "Gang of Four"), Fiona Pelly.



Full name	Fiona Pelly
Place of Birth	Sydney Australia
Star sign	Scorpio
Age	32
Family	No
Occupation	Sports Dietitian
Favourite non-running reading	Books on psychology (why we do what we do)
Favourite music	All types except C&W and opera.
Favourite food	Can't tell this on the grounds that it might incriminate me!
Best time of day	Dawn
Other pastimes	Swimming, walking, movies, travelling, wining and dining
Dreams and ambitions	Publish a book, do more study, become well known, makes lots of money, then buy a house. (Not necessarily in that order!)
Years running	Seriously - 3 years
Why started running	Got sick of the gym, like getting outdoors, can't ride a bike!
Person most admired	Both of my Grandmothers - 'strong' women
Sporting ambitions	5 marathons, one OS (done 2), ½M'thon in 95mins, 10km under 43mins, get close to the front in the City to Surf!!!!
Race/events most proud of	1 st m'thon (Sydney 95), 2 nd m'thon (G/Coast 96) 13mins faster
Training partners	Friends Mary and Brian
Pre-race preparation	Pasta, water and an early night (need I say more!)

Diet Hint

"I have a great diet. You're allowed to eat anything you want, but you must eat it with naked people." Ed Bluestone.

Striders' City-to-Surf Ladder

Our experimental "Recent PB" ladders, printed in Blister #66, received a mixed but generally favourable response. One member wrote: "I found the 1994-97 marathon and half-marathon ladders an interesting concept, but somewhat ego deflating. It just proves that '...age shall not weary them, nor the years condemn ...' does not always hold true, not in my case anyway. What might be interesting is to show members' PBs compared with their most recent PB (1996-97). What a great incentive for us 'slowing downers' to get the finger out and do something about it."

Er, well, you may be onto something here, as long as some account is taken of the age difference between one's all-time PB and recent PB. For example, if your all-time PB was 15 years ago, you're hardly likely to be bettering it ever again, but you may well be recording even better times on an age-adjusted basis.

This ladder is a City-to-Surf ladder, and space constraints have forced us to exclude times run before joining the club.

Name	Time	Yr
Phil Garvin	44:33	'86
John Sauer	44:54	'92
John Young	44:55	'96
Godfrey Franz	46:38	'93
Chris Truscott	46:42	'96
Trevor Jacobs	47:03	'96
Geoff Cox	47:40	'88
Chris McLean	48:05	'89
Stephen Jackson	48:06	'93
Ray Doran	48:12	'87
Christopher Dwyer	48:25	'94
Darren Benson	48:46	'95
Jeff Gissing	48:56	'88
John Hodges	49:26	'87
David Sill	49:36	'87
Grahame Murphy	49:54	'92
Ivan Freys	50:00	'84
Alex Whitworth	50:08	'91
Wayne Stanton	50:08	'86
Andrew Hallam	50:08	'97

Name	Time	Yr
Steven Holland	50:25	'95
Joanne Cowan (F)	50:26	'92
Terry McIver	50:48	'88
Charles Coville	51:12	'82
Christopher Smith	51:23	'96
Joseph Vucetic	51:28	'94
Matthew Hammond	51:29	'97
Warwick Selby	51:30	'91
Andrew Smith	51:32	'92
Malcolm Satchell	51:32	'92
Kevin Tiller	51:43	'93
Richard Briscoe	51:45	'97
Stephen Urwin	51:46	'92
Mike Martin	51:47	'95
Alan Kaplan	51:52	'95
Scott Crawford	51:52	'89
Paul Russell	51:52	'88
Peter Truscott	52:05	'97
Harvey Blue	52:26	'86
Marlies Laaper (F)	52:58	'93
Ross Sinclair	53:05	'97
Mark Fiore	53:05	'91
Jonathan Trope	53:31	'94
Paul Mandl	53:55	'92
Bruce Inglis	53:57	'94
Peter Cobley	54:00	'82
Nobby Young	54:05	'90
Brian Grant	54:14	'97
Dawn Tiller (F)	54:15	'96
John Ayliffe	54:26	'91
Neil McGill	54:43	'97
Raymond Potter	54:48	'96
Brian Colwell	54:57	'95
Philip Boswell	54:57	'96
Alf Field	54:58	'90
Rod Lovel	55:06	'96
John Turner	55:07	'88
Murray Town	55:22	'91
Martin Cahnbley	55:25	'96
James Howard	55:30	'96
John Cullity	55:32	'91
Sue Hill (F)	55:44	'81
John Plummer	55:48	'91
Gerard Donnan	55:48	'97
Mike Ward	55:55	'85
Steve Hitchcock	56:01	'94
Michael Royal	56:20	'96
Mark Robinson	56:23	'93
Tony Crosby	56:30	'87
Brent Waters	56:35	'84
Robert Inglis	56:47	'90
George Herisson	56:47	'97
Roy Doutreband	57:04	'95
Craig Thom	57:05	'97
Guy Griffin	57:08	'96
Phillip Barrow	57:11	'95
Keith White	57:12	'93
Gary Leahey	57:14	'89
John Walker	57:18	'95
Geoff Taylor	57:20	'94
Kevin O'Kane	57:25	'87
John Preston	57:42	'92
Tina Campbell (F)	57:57	'90

Name	Time	Yr
John Shepherd	58:22	'96
Bruce Murray	58:30	'85
Tony Hoban	58:33	'95
Derek Smith	58:37	'95
Clara Vucetic (F)	58:39	'94
Grant Rankin	58:50	'94
Darren Goodsir	58:58	'97
Steve Cornelius	59:00	'82
Stephen Roach	59:02	'85
Allen Hissey	59:04	'90
Ian Whitfield	59:12	'88
Kelvin Marshall	59:22	'95
Brian Tailford	59:26	'84
Stephen Lloyd	59:28	'89
Sarah Entwistle (F)	59:48	'90
Wendy Downes (F)	60:02	'86
David Fahey	60:07	'91
Raymond Skinner	60:21	'95
Phil Madden	60:34	'95
Graham Firkin	60:37	'89
David Solomon	60:43	'95
Andrew Grant	60:52	'95
Benny Hagberg	61:03	'90
Edward Sharp	61:05	'94
Craig Schlitter	61:07	'97
Jeffrey Lie	61:08	'96
David Smitheram	61:12	'95
Charles Reis	61:37	'95
Kevin McBrearty	62:04	'92
Mike Hansen	62:31	'97
Jeremy Lowes	63:00	'92
Alan Murray	63:06	'97
Graham Butler	63:11	'84
Susan Griffith (F)	63:20	'90
Joan Boltz (F)	63:22	'92
Andrew Harrison	63:25	'96
Neil McPherson	63:29	'96
John Ross	63:30	'93
David Hayes	63:43	'95
Pauline Flanagan (F)	63:45	'97
Paul Lunsman	63:46	'94
Merri Mack (F)	63:48	'93
John Sutherland	63:52	'92
Cameron Osborne	63:59	'95
John Newcomb	64:00	'93
Bruce Christie	64:00	'95
Ron Daly	64:16	'92
Breda Kelly (F)	64:25	'94
Joanne Barton (F)	64:27	'96
Michael Wilson	64:28	'96
Roger Rigby	64:38	'92
Ray Mainsbridge	65:00	'94
Richard Hannan	65:06	'95
Julie Wessels (F)	65:17	'96
Ted Brailey	65:20	'97
Jim Screen	65:25	'95
Philip Kennedy	65:30	'97
Ross Betts	65:31	'89
Leo Leader	65:56	'92
Brad Renshaw	66:00	
Fiona Pelly (F)	66:00	'96
Brenda Kearns (F)	66:08	'95
Manfred Fiedler	66:18	'97

Name	Time	Yr	Name	Time	Yr	Name	Time
Cathy Verry (F)	66:34	'95	Penny Smith (F)	72:29	'97	Patrick Freeman	80:40
Peter Butcher	67:07	'94	Lesley Clarke (F)	73:31	'95	Megan Glasby (F)	81:14
Ian Manners	67:14	'93	David Lancaster	73:37	'97	Michael Bailey	81:15
Eliz. Campbell (F)	67:40	'90	Jim Donovan	73:41	'95	Margaret Smith (F)	82:14
Rosalind Lloyd (F)	67:45	'90	David Theriault	74:57	'96	Ian MacArthur	83:11
Paul Glare	68:01	'95	Peter Cookson	75:41	'94	Tom Burnell	83:15
Paul Kotala	68:08	'92	Kirsten Themsen (F)	75:49	'97	Bryce Courtenay	85:28
Greg Coffey	68:13	'97	John Simmonds	75:54	'97	Theo Meyer	85:36
Brian Taylor	68:24	'90	Gillian Elyan (F)	76:00	'97	Frank Dearn	85:46
Bill Blecha	68:36	'89	Margaret White (F)	76:45	'94	Belinda O'Neil (F)	87:40
Lesley Maher (F)	69:13	'90	Julia Stenton (F)	76:55	'91	Sally Cornelius (F)	95:00
Stephen Guy	70:04	'96	Nick Selby	78:07	'96	Gregg Mackenzie	96:00
Nick Themsen	70:33	'97	Rozanne Green (F)	78:15	'94	Graeme Nyland	97:38
Robert Norman	71:00	'96	Carol Taylor (F)	78:45		Alan Tonge	105:30
Elizabeth Edmonds (F)	71:04	'94	Kathryn Leader (F)	79:05	'97	Michelle McCarty (F)	124:00
Barney Gordon	71:30	'95	Vicki McGill (F)	79:58	'96		
Elana Leigh (F)	72:26	'97	Marg. Langsworth (F)	80:00	'94		

1997 Striders' 10k Race Series: Races 5, 6 and 7

by John Hamilton

The 10k Series is proudly sponsored by:

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

10k Race 5 - Lane Cove, 7 June 1997

The first Run for Charity of this year's 10k Race Series was well supported, with 68 Striders and 70 guests (26 women, 112 men). The charities to be supported this year are The Achilles Running Club and Manly Hospital. The race was hosted by Tina Campbell and crew, who did a sterling job of directing the runners over a new course which takes in the very scenic (ie mighty steep) and challenging (ie very hard) Scribbly Gums stretch up to the caravan park and back down on the up-leg. Fortunately, runners were spared (by Steve Jackson) this excursion on the down-leg! The race took place in winter conditions, and breakfast (heaps of really good food) was provided by The Achilles Running Club and served up by Wendy Downes and Rozanne Green. It all went down very well and provided a nice conclusion to the race.

10k Race 6 - North Head, 5 July 1997

Races 6-10 offer three lucky draw prizes. Race 6 was hosted by Dave Ritchie and, like Race 5, was run over a new course. This didn't prove too daunting for the 77 Sydney Striders and 67 guests (29 women and 115 men) who raced under threatening weather conditions over what is considered to be the fastest

(ie flattest) course in the 10k Series. Fortunately rain held off all the way from set-up to the final announcements and lucky draws. The 3 lucky draw winners were Keith White, who "ran" away with a pair of running shoes, and two guests who won a top and bottom running set and a 10k Race T-shirt.

If you want to have a chance at winning one of the three lucky draw prizes given away at each of the remaining four 10k Races this year, you'll first have to front up and then stick around for the draw. If you aren't there when your name is called, it's a redraw and the crowd is quick on the redraws!

Lucky draw prizes have been obtained from The Runners' Shop, Randwick, at very favourable prices. Please support the 10k Race sponsors and make sure they know you are doing so.

Thanks go to Tina Campbell and crew for marshalling 10k Race 5, Dave and Helen Ritchie for hosting 10k Race 6, to Steve Jackson for configuring, measuring and marking both new courses after the "authorities" put up gates across the old courses. Joanne Cowan for 10k Race publicity and arranging the prizes, to Amanda Dawson for cleaning and transporting the 10k Race gear, to Chris Robb for all sorts of 10k Race help, to Geoff Taylor for collecting the 10k Race loot, to Ray Potter for the 10k Race results and for organising the T-shirts, and to John Screen, Jonathon Trope, Chris McLean, Derek Smith, Charles Coville, Breeda Kelly, Annaliese Williams and Doug Lee for providing lots of help. Together everyone ensured that the 5th and 6th 10k Races of the 1997 10k Race Series, put on by Sydney's premier road running club, were quality events.

[Eds' note: Race 7 credits were not available at the time of going to press].

10k Striders' Race Series: Results of Races 5, 6 and 7

Race 5: Lane Cove River Park, 7 June 1997

Name	Time	Target	Hcap Posn	Next Target	O/R Posn
Brad Renshaw	46.23	52.20	1	47.34	42
Annalise Williams	43.30	47.49	2	44.22	3
Philip Kennedy	43.42	45.34	3	44.04	30
Ted Bailey	47.33	48.59	4	47.50	44
Tim Austin	37.50	39.00	5	38.04	8
Matthew Hammond	35.33	36.15	6	35.41	2
Tony Hatch	41.41	42.14	7	41.48	25
Brian Grant	38.25	38.53	8	38.31	12
Philip Boswell	38.17	38.37	9	38.21	10
Ron Stitzinger	53.41	54.00	10	53.45	51
Craig Schlitter	44.49	44.57	11	44.51	35
Jim Screen	47.38	47.44	12	47.39	45
Malcolm Satchell	38.22	38.27	13	38.23	11
Manfred Fiedler	45.15	45.15	14	45.15	36
Penny Smith	49.20	49.15	15	49.16	7
Anthony Howatson	48.37	48.29	16	48.30	47
David Marsh	36.54	36.34	17	36.36	4
Kevin O'Kane	44.17	43.57	18	43.59	33
Andrew Hallam	35.45	35.21	19	35.23	3
Steve Cornelius	45.42	45.13	20	45.16	40
Christopher Dwyer	35.11	34.41	21	34.44	1
Rozanne Green	50.42	50.09	22	50.12	8
Mike Ward	40.45	40.11	23	40.15	20
Scott Crawford	41.04	40.26	24	40.30	21
Greg Coffey	46.11	45.30	25	45.34	41
Raymond Potter	38.50	38.06	26	38.11	16
David Solomon	42.07	41.21	27	41.25	27
Rod Lovel	38.33	37.44	28	37.49	13
George Herisson	41.54	41.00	29	41.05	26
Geoff Taylor	43.20	42.22	30	42.28	28
Geoff Cox	37.25	36.25	31	36.31	6
Debbie Coulter	64.33	63.29	32	63.36	12
Phillip Barrow	40.39	39.35	33	39.42	19
Sally Cornelius	64.34	63.28	34	63.35	13
Jill Elyan	51.04	49.53	35	50.00	9
Andrew Smith	37.30	36.14	36	36.21	7
Stephen Jackson	37.55	36.38	37	36.46	9
Sally Crawford	57.58	56.39	38	56.47	11
Dawn Tiller	40.05	38.43	39	38.52	1
Craig Thom	39.50	38.24	40	38.32	17
Peter Dwyer	41.23	39.47	41	39.57	23
Mark Fiore	40.02	38.22	42	38.32	18
John Hawkins	45.28	43.42	43	43.53	37
Peter Dulson	41.06	39.15	44	39.26	22
Richard Briscoe	38.37	36.35	45	36.47	15
Pauline Flanagan	48.22	46.19	46	46.31	5
Graham Butler	44.35	42.30	47	42.43	34
Neil McPherson	46.49	44.40	48	44.53	43
Robert Inglis	45.30	43.15	49	43.29	38
Mark Robinson	41.31	39.12	50	39.26	24
John Simmonds	55.10	52.36	51	52.51	53
Lyn Allan	52.38	50.02	52	50.17	10
Doug Lee	48.33	45.56	53	46.11	46

Name	Time	Target	Hcap Posn	Next Target	O/R Posn
Peter Truscott	38.36	35.56	54	36.11	14
Julie Wessels	49.18	46.01	55	46.16	6
Amanda Dawson	47.13	43.30	56	43.45	4
Maxwell Coleman	52.47	48.58	57	49.13	50
Tom Burnell	58.32	54.23	58	54.38	54
Kevin Tiller	43.47	39.20	59	39.35	31
Nick Selby	52.39	46.54	60	47.09	48
Phil Madden	52.44	40.46	61	41.01	49
James Howard	58.42	39.42	62	39.57	55
Mark Langworthy	37.09		63	37.31	5
Robyn Fameli	42.11		64	42.36	2
Allan Murray	43.31		65	43.57	29
Robert Chalmers	43.56		66	44.22	32
David King	45.41		67	46.08	39
Peter Killborn	55.06		68	55.39	52

Race 6: North Head, 5 July 1997

Name	Time	Target	Hcap Posn	Next Target	O/R Posn
Paul Glare	41.18	45.01	1	42.03	27
Ron Stitzinger	50.33	53.45	2	51.11	52
Megan Glasby	53.54	56.16	3	54.22	17
Ted Bailey	45.41	47.50	4	46.07	44
Robyn Fameli	40.32	42.36	5	40.57	2
Craig Schlitter	43.11	44.51	6	43.31	34
Nick Selby	45.47	47.09	7	46.03	45
Annalise Williams	43.03	44.22	8	43.19	3
David King	44.56	46.08	9	45.10	40
Julie Wessels	45.05	46.16	10	45.19	6
Neil McPherson	43.54	44.53	11	44.06	37
Pauline Flanagan	45.42	46.31	12	45.52	7
Ray Doran	35.41	36.29	13	35.51	5
Stephen Jackson	35.59	36.46	14	36.08	6
Brian Grant	37.44	38.31	15	37.53	8
Tony Hatch	41.03	41.48	16	41.12	23
Andrew Hallam	34.39	35.23	17	34.48	3
Doug Lee	45.29	46.11	18	45.37	42
Tina Campbell	43.27	44.01	19	43.34	4
Sonja Navakas	46.31	47.03	20	46.37	9
Michael Wilson	41.40	42.05	21	41.45	29
Phillip Barrow	39.18	39.42	22	39.23	16
Margaret White	50.15	50.31	23	50.18	14
Philip Boswell	38.05	38.21	24	38.08	9
Breda Kelly	45.59	46.07	25	46.01	8
Joanne Cowan	35.56	36.03	26	35.57	1
Chris Truscott	33.25	33.26	27	33.25	2
Geoff Taylor	42.28	42.28	28	42.28	31
Rozanne Green	50.14	50.12	29	50.12	13
Christopher Dwyer	34.49	34.44	30	34.44	4
Philip Kennedy	44.13	44.04	31	44.05	38
Mark Fiore	38.43	38.32	32	38.33	13
John Young	32.21	32.07	33	32.08	1
Stephen Urwin	39.40	39.25	34	39.26	18
Darren Goodsir	41.17	41.00	35	41.02	26
George Herisson	41.24	41.05	36	41.07	28

Name	Time	Target	Hcap Posn	Next Target	O/R Posn
Mike Ward	40.37	40.15	37	40.17	21
Robert Inglis	43.52	43.29	38	43.31	35
Penny Smith	49.40	49.16	39	49.18	12
Tom Burnell	55.04	54.38	40	54.40	57
Rod Lovel	38.32	37.49	41	37.54	12
Brian Taylor	52.16	51.31	42	51.35	54
Peter Dwyer	40.46	39.57	43	40.02	22
Alex Whitworth	39.55	39.01	44	39.06	19
M'moud El-Khansa	44.27	43.33	45	43.38	39
Jonathan Trope	37.40	36.44	46	36.50	7
Craig Thom	39.33	38.32	47	38.38	17
Tim Austin	39.06	38.04	48	38.10	15
Derek Smith	41.11	40.01	49	40.08	24
John Hawkins	45.04	43.53	50	44.00	41
David Solomon	42.45	41.25	51	41.33	33
Richard Briscoe	38.16	36.47	52	36.56	10
Bruce Murray	45.51	44.22	53	44.31	46
Peter Cookson	46.44	45.09	54	45.19	48
Kevin Tiller	41.14	39.35	55	39.45	25
Keith White	43.53	42.04	56	42.15	36
Peter Truscott	38.20	36.11	57	36.24	11
Alf Field	46.45	44.15	58	44.30	49
Barney Gordon	48.02	45.28	59	45.43	50
Phil Naylor	46.25	43.44	60	43.59	47
Amanda Dawson	46.43	43.45	61	44.00	10
David Ritchie	45.31	42.02	62	42.17	43
Jenny Truscott	44.32	40.04	63	40.19	5
Robi Russell	53.22	48.16	64	48.31	15
Merri Mack	53.51	46.48	65	47.03	16
Phil Madden	49.00	41.01	66	41.16	51
James Howard	55.50	39.57	67	40.12	59
Martin Fryer	38.49		68	39.12	14
M Davis	40.33		69	40.57	20
Alan Murray	42.22		70	42.47	30
Jurgen Joester	42.43		71	43.09	32
Pamela Scott	47.16		72	47.44	11
R Wassell	51.56		73	52.27	53
T Meyer	52.36		74	53.08	55
P Westbrook	53.52		75	54.24	56
Carol Taylor	54.40		76	55.13	18
B Roberts	55.14		77	55.47	58

Race 7: Marsfield, 2 August 1997

Name	Time	Target	Hcap Posn	Next Target	O/R Posn
Greg Coffey	44.41	45.34	1	44.52	33
Sally Cornelius	62.51	63.35	2	63.00	16
Doug Lee	44.54	45.37	3	45.03	37
George Herisson	40.29	41.07	4	40.37	21
Annalise Williams	42.43	43.19	5	42.50	4
David King	44.36	45.10	6	44.43	31
Ron Stitzinger	50.38	51.11	7	50.45	48
John Hodges	39.47	40.15	8	39.53	19
Debbie Coulter	63.10	63.36	9	63.15	17
Robyn Fameli	40.37	40.57	10	40.41	2
Manfred Fiedler	44.58	45.15	11	45.01	38
Craig Schlitter	43.24	43.31	12	43.25	28
Ted Bailey	46.02	46.07	13	46.03	43

Name	Time	Target	Hcap Posn	Next Target	O/R Posn
Nick Selby	46.04	46.03	14	46.03	44
Mark Langworthy	37.35	37.31	15	37.32	6
Tim Austin	38.14	38.10	16	38.11	10
Tina Campbell	43.41	43.34	17	43.35	5
Darren Goodsir	41.09	41.02	18	41.02	23
Gerry Donnan	39.22	39.12	19	39.13	17
Alan Murray	42.58	42.47	20	42.48	27
Alex Whitworth	39.27	39.06	21	39.08	18
Craig Thom	39.04	38.38	22	38.41	15
Philip Kennedy	44.33	44.05	23	44.08	29
Brian Grant	38.22	37.53	24	37.56	11
Malcolm Satchell	38.54	38.23	25	38.26	13
Grahame Murphy	37.42	37.09	26	37.13	7
Kevin O'Kane	44.35	43.59	27	44.03	30
Ross Sinclair	37.23	36.42	28	36.46	5
Theo Meyer	53.49	53.08	29	53.12	50
Neil McPherson	44.51	44.06	30	44.10	35
John Hawkins	44.47	44.00	31	44.05	34
Stephen Jackson	36.58	36.08	32	36.13	4
Bronwyn Roberts	56.46	55.47	33	55.53	14
Andrew Hallam	35.54	34.48	34	34.54	3
Lyn Allan	51.24	50.17	35	50.24	9
Rod Lovel	39.02	37.54	36	38.00	14
Megan Glasby	55.32	54.22	37	54.29	13
Rozanne Green	51.25	50.12	38	50.19	10
Richard Briscoe	38.05	36.50	39	36.57	8
Margaret White	51.34	50.18	40	50.26	11
Penny Smith	50.41	49.18	41	49.27	8
David Solomon	42.56	41.33	42	41.41	26
Julie Wessels	46.42	45.19	43	45.27	6
Peter Dulson	40.53	39.26	44	39.35	22
Jurgen Joester	44.37	43.09	45	43.17	32
John Young	33.38	32.08	46	32.17	1
Mark Davis	42.31	40.57	47	41.07	25
David Marsh	38.13	36.36	48	36.46	9
Chris Truscott	35.20	33.25	49	33.37	2
Peter Truscott	38.30	36.24	50	36.36	12
Pauline Flanagan	48.02	45.52	51	46.05	7
Jenny Truscott	42.30	40.19	52	40.32	3
Joanne Cowan	38.17	35.57	53	36.11	1
Kevin Tiller	42.22	39.45	54	40.00	24
Andrew Smith	39.17	36.21	55	36.36	16
Bruce Murray	47.28	44.31	56	44.46	45
Geoff Taylor	45.32	42.28	57	42.43	39
Graham Butler	45.56	42.43	58	42.58	42
Jill Elyan	53.30	50.00	59	50.15	12
David Ritchie	45.50	42.17	60	42.32	41
Jeff Lie	44.51	40.47	61	41.02	35
Richard Wassell	56.47	52.27	62	52.42	52
Tom Burnell	59.15	54.40	63	54.55	53
Paul Glare	48.49	42.03	64	42.18	47
George Lisson	45.44	38.12	65	38.27	40
Keith White	51.31	42.15	66	42.30	49
Steve Harris	40.05		67	40.29	20
Joe Guerra	47.58		68	48.27	46
Laurie Stopford	53.58		69	54.30	51
Pat Morris	57.45		70	58.20	15

1997 Striders' 10k Race Series: Handicap Placings to Race 7

Minimum points for inclusion: 10

Name	Races:	1	2	3	4	5	6	7	Tot
Annalise Williams	2	2	17		21	15	18		75
Sally Cornelius	2	20	16	10	2		21		71
Debbie Coulter	2	21	15	11	2		14		65
Craig Schlitter	2	13	6	3	12	17	11		64
Ted Bailey	2	12			19	19	10		62
Craig Thom	22	10	2	18	2	2	2		58
Julie Wessels	2		22	17	2	13	2		58
Philip Kennedy	2	22		2	20	2	2		50
Ron Stitzinger					13	21	16		50
Doug Lee	2	15	2		2	5	20		46
Greg Coffey	2	16	2	2	2		22		46
Pauline Flanagan		2	9	20	2	11	2		46
Margaret White	2		21	16		2	2		43
Steve Cornelius	2	18	20		3				43
Malcolm Satchell	19		2	9	10		2		42
Tim Austin	2		13		18	2	7		42
Matthew Hammond	21				17				38
Scott Crawford	20	7	2	7	2				38
George Herisson	10			2	2	2	19		35
Paul Glare	11					22	2		35
David King					2	14	17		33
Nick Selby			2	4	2	16	9		33
Robyn Fameli					2	18	13		33
Tony Hatch	5	2		2	16	7			32
Peter Truscott	2	2	8	13	2	2	2		31
Jenny Truscott	2	19	3	2		2	2		30
Maxwell Coleman	14	11		2	2				29
Raymond Potter	18	4	2	2	2				28
Brian Grant				2	15	8	2		27
Joanne Cowan	17	2	2	2		2	2		27
M'moud El-Khansa	12	9	2	2		2			27
Ross Sinclair		2	4	19			2		27
John Young	15	2	2	2		2	2		25
Manfred Fiedler	2			2	9		12		25
Sue Thompson		2	2	21					25
Anthony Howatson			2	15	7				24
Megan Glasby	2					20	2		24
Paul Brabender	2			22					24
Richard Briscoe	16		2		2	2	2		24
David Marsh		2	11	2	6		2		23
Kevin O'Kane	2	2	12		5		2		23
Brad Renshaw					22				22
Jonathan Trope	4		2	14		2			22
Neil McPherson	2	2	2		2	12	2		22
Christopher Smith	2		19						21
Dianne Berger	2	17	2						21
Dawn Tiller			18		2				20
Dean Degan	2	6		12					20
Peter Dwyer	2	14			2	2			20
Philip Boswell	2	2			14	2			20
Lyn Allan	13		2		2		2		19
Rozanne Green	2	2	7	2	2	2	2		19
Stephen Jackson	2		2	2	2	9	2		19
Andrew Hallam	2		2	2	4	6	2		18

Name	Races:	1	2	3	4	5	6	7	Tot
Brian Taylor				14	2		2		18
Penny Smith		2	2	2		8	2	2	18
Ray Doran					8		10		18
John Hodges		2						15	17
Jeff Lie		7	2	2	2			2	15
Christopher Dwyer		8	2			2	2		14
John Hawkins		2	2	2	2	2	2	2	14
Mike Ward		6		2	2	2	2		14
Rod Lovel		2	2	2	2	2	2	2	14
Kirsten Thomsen		2	3	2	6				13
Andrew Smith		2	2	2	2	2		2	12
Chris Truscott		2	2	2	2		2	2	12
Lynn Herrison			2	10					12
Jim Screen						11			11
Bill Blecha			8	2					10
David Solomon		2		2		2	2	2	10
Geoff Taylor				2	2	2	2	2	10
Graham Butler		2		2	2	2		2	10
James Howard		2	2	2		2	2		10
Mark Fiore		2	2	2		2	2		10
Mark Langworthy						2		8	10
Phil Madden		2	2		2	2	2		10
Phillip Barrow		2		2	2	2	2		10
Tina Campbell							4	6	10
Tom Burnell			2		2	2	2	2	10

More Diet Tips

"The second day of a diet is always easier than the first. By the second day you're off it." Jackie Gleason



FIRST IMPRESSIONS

QUICK PRINTING AND COPY CENTRE

488 Botany Rd Rosebery (near Collins St)

Contact Strider Brian Tailford

Tel: (02) 9699-2299 Fax (02) 9699-2399

1997 Striders' 10k Race Series: Outright Placings to Race 7

Minimum points for inclusion: 11

Name	Races:	1	2	3	4	5	6	7	Tot
Joanne Cowan	22	22	22	22		22	22		132
John Young	22	22	22	22		22	22		132
Jenny Truscott	20	21	20	21		18	20		120
Andrew Hallam	15		19	16	20	20	20		110
Chris Truscott	21	21	2	21		21	21		107
Julie Wessels	14		16	19	17	17	17		100
Annalise Williams	15	11	14		20	20	19		99
Pauline Flanagan		13	13	18	18	16	16		94
Rozanne Green	12	10	11	12	15	10	13		83
Peter Truscott	6	11	16	17	9	12	11		82
Andrew Smith	13	16	18	11	16		7		81
Chris Dwyer	20	19			22	19			80
Penny Smith	13	12	12		16	11	15		79
David Marsh		12	17	12	19		14		74
Richard Briscoe	17		15		8	16	15		71
Stephen Jackson	7		2	8	14	17	19		67
Amanda Dawson	18			16	19	13			66
Robyn Fameli					21	21	21		63
Rod Lovel	2	13	12	3	10	11	9		60
Sally Taggart	21	20	19						60
Darren Benson	16	20	21						57
Dean Degan	19	18		20					57
Fiona Pelly	19	18		20					57
Lyn Allan	16		10		13		14		53
Margaret White	11		8	13		9	12		53
Dianne Berger	17	17	18						52
Ross Sinclair		8	9	15			18		50
Jonathan Trope	10		11	13		15			49
Grahame Murphy	12		10	10			16		48
Breda Kelly			15	17		15			47
Dawn Tiller			21		22				43
Tim Austin	2		5		15	8	13		43
Brian Grant				4	11	14	12		41
Jill Elyan				14	14		11		39
Matthew Hammond	18				21				39
Sally Cornelius	7	3	2	9	10		7		38
Debbie Coulter	6	4	2	8	11		6		37
Kirsten Thomsen	10	9	7	11					37
Philip Boswell	2	9			13	13			37
Raymond Potter	9	10	6	5	7				37
Tina Campbell						19	18		37
Mark Langworthy					18		17		35
Stephan Parker		17		18					35
Malcolm Satchell	4		2	6	12		10		34
Craig Thom	2	2	2	7	6	6	8		33
Geoff Cox		14	2		17				33
Ray Doran				14		18			32
Robin Cameron		15	17						32
Christopher Smith	11		20						31
Philip Hugill	8		13	9					30
Wayne Stanton		15	14						29
Mark Fiore	2	4	7		5	10			28
Sonja Navakas		14				14			28

Name	Races:	1	2	3	4	5	6	7	Tot
Sally Crawford			8	5		12			25
Megan Glasby	8						6	10	24
Sue Thompson		7	4	10					21
Andrew Gibbons				19					19
Clara Vucetic		19							19
Phillip Barrow	2		2	2	4	7			17
Paula Leavy		16							16
Dan Leavy		7	8						15
Melissa Reis				15					15
Craig Schlitter	2	2	2	2	2	2	2		14
John Hawkins	2	2	2	2	2	2	2		14
Steven Holland	14								14
Bronwyn Roberts							4	9	13
Doug Lee	2	2	2		2	2	2		12
Greg Coffey	2	2	2	2	2		2		12
Neil McPherson	2	2	2		2	2	2		12
Pamela Scott							12		12
Peter Dwyer	2	6			2	2			12
Philip Kennedy	2	2		2	2	2	2		12
Mike Ward	2		2	2	3	2			11
Robi Russell			3				8		11
Stephen Urwin	2		2	2		5			11

On a Hiding to Nothing

Iraq has confirmed its participation in the World Track and Field Championships, bringing the record number of entries to 200 countries. The International Amateur Athletic Federation said the championships, which run Aug. 2-10, would be "the most well attended sporting competition in history." The IAAF said the 1996 Atlanta Olympics attracted 197 nations. The previous best for the world championships was 191 in Goteborg, Sweden, two years ago. The inaugural world championships in Helsinki, Finland, in 1983 was attended by 153 nations.

It is to be hoped that Iraq's athletes, should they fail to win medals, do not suffer the same alleged treatment as their nation's football team, who recently were eliminated from the World Cup Asia Zone qualifying round.

It is reported that Saddam Hussein ordered the offending players to be taken to a military base and beaten on the soles of their feet, giving a whole new meaning to the phrase "taking a caning from the opposition".

Cough Medicine

"You have a cough? Go home tonight, eat a whole box of Ex-Lax, tomorrow you'll be afraid of a cough." Pearl Williams

Kaptain AnoraK

by Steve Cornelius and Kevin Tiller

Firstly, thanks for a vote of confidence from a Strider who had better, for the moment at least, remain anonymous, since we don't want to "out" him against his will. He writes "Please keep up the Kaptain AnoraK column(s). They are among my favourite items in the Blister. I guess that makes me a sad loser." Well friend, if that's true, we feel it's nothing to be ashamed of. After all, the two authors of "Kaptain AnoraK" have made being sad losers firstly a lifestyle and latterly an art-form. We say, just keep on sadly losing, and don't apologise to anyone about it. If you feel like coming out of the closet, you may realise that spotty-faced nerds have more fun!

Counting marathons

Boy, did we start something with the "how to count marathons" story! Despite the fact that most opinions we received disagree with the "One Comrades = Two Marathons" method of counting marathons, everyone must admit that Richard Briscoe's "century" is a fabulous achievement. (See "Letters to the Editor", page 28). Let it be formally recorded that **Richard Briscoe** claims to be the first Strider to record **100 marathons** using, what will we call it, the "Multiple Counting" method. (NB Since Richard has been a member for only about a year, the claim of "most marathons run as a Strider" will probably be picked up by another member.) However, even using the "one event, one marathon" method, Richard's total is **89**, a number no other Strider has yet claimed to have surpassed.

Kaptain AnoraK's Kobber posted a message to the Dead Runners' Society email list asking "Is there an official ruling on this? I know most runners are anarchists at heart and will ignore official rulings if they feel like it, but wondered if there was one anyway." Not surprisingly, he got quite a response. The "Deads" would normally express 15 different opinions on a fairly straightforward question like "What's the capital of Bolivia?" (Is it Buenos Aires? Tierra del Fuego? Peru? Tibet, maybe?), but on this question they were pretty much unanimous.

Carey Stoneking wrote: "It is always one event one marathon... This counting business, well I just can't get into it, but each to their own, and whatever motivates people to get off their butts is OK by me."

Dan Baglione wrote: "Rules? What rules? I thought you Aussies were more laid back than that. A marathon is a marathon. A 100km is an ultramarathon. These are two totally different classes of running events. One should not demean a 100k by calling it a marathon. You people still have too much

of the British in you. Far too formal (Stuffy?)." [*Hey, watch it, Septic! Half the Blister committee is English as are Kaptain AnoraK and his Kobber.* - Ed]

Dave Littlehales wrote: "...an ultra is in a separate category entirely not to be counted with marathons. For example when asked, I say that I have done X# of marathons and Y# of ultramarathons. 98.5% of the population looks at me like I'm nuts. How wonderful to be nuts."

Jeff Wold wrote: "I've done five marathons, six 50ks, two 50 milers (5 attempted), and one 24hr run. That's worth a grand total of 5 marathons. Of course this is my opinion, and worth what you paid for it."

Elliot Aronoff wrote: "One race of 42.2 km or more = one marathon or one ultra regardless of length. Some people like to count anything over 42.2 km as an ultra. Many including myself won't count an ultra unless it is a minimum of 50 km."

Norm Yarger wrote: "I agree that an ultra does not count as a marathon or two. How many 10Ks do you count for a marathon? Most keep them totally separate. Do I call a 10K two 5K runs?"

Brock McKinlay wrote: "I do not believe that a 100Km race should be counted as 2 Marathons. However, I can't think why a stage race that has stages longer than a marathon (ie Trans America Footrace) couldn't be counted as multiple marathons. After all each day has a mass start and covers a predetermined distance greater than a marathon. Mind you if I had the chance and the ability to do such a race I wouldn't say that I had done a marathon a day for 64 days I would describe it as a single achievement."

24-Hour Races

To other topics. David Sill's recent victory in the UK's Humberside 24-Hour race (see page 7) prompted KA's Kobber to draw up an all-time Striders' 24-Hour Roll of Honour. Performances listed in the table below are PBs only (some Striders have, of course, run numerous "24s").

As you can see, ex-Pres and ultra-walking loony **Nobby Young** still holds the club record with his 204k effort at Hensley in 1990, when he finished just over one lap ahead of **Graham "Firko" Firkin**, Striders' only Sydney-to-Melbourne finisher.

We have no record of any female Strider ever competing in a 24-Hour race. Perhaps they are too sane to contemplate such lunacy.

Note: The distance can be measured over any surface as long as it is part of an official race (of any duration) that is correctly measured and timed.

Striders' 24-Hour Roll of Honour

	Name	Km	Venue	Date
1	Nobby Young	204.08	Hensley	9/90
2	Graham Firkin	203.6	Hensley	9/90
3	Dan Gray	198.57	Hensley	5/87
4	David Sill	193.64	Humberside UK	8/97
5	Brian Colwell	183.5	Hensley	8/88
6	Kevin Tiller	176.8	Liverpool NSW	10/94
7	David Williams	170.279	Campbelltown	10/91
8	Keith Jackson	168.7	Hensley	8/88
9	Steve Nordish	166.25	Hensley	9/90
10	Carl Barker	162.47	Campbelltown	10/89
11	Matthew Kaley	158.52	Hensley	5/88
12	Phillip Hugill	153	Liverpool NSW	10/94
13	David Barwick	151	Caboolture Qld	9/92
14	Duncan Richards	137.39	Hensley	9/90
15	Brian Tailford	135.88	Hensley	5/88

Striders' ancient history

Now a few blasts from the past, culled from some of the very early editions of The Blister. As with all klaims published in Kaptain Anorak, these are open to challenge, but we believe them to be true:

- First-ever victory by a Striders' team: 26 July 1981, the inaugural Woodford-to-Glenbrook 24.5k. **Bruce Robertson, Sam Daher, Dave Cox** and **Charles Coville** finished 2nd, 4th, 5th and 6th respectively. The picture of the awesome foursome with their trophy also happened to be the first photograph ever published in The Blister. (Source, Blister #6).
- First female Strider to break 3 hours (just made it!) in a marathon as a club member: **Sue Hill** 2:59:46, Avon Women's Marathon, May 1981. (Source, Blister #6).
- First-placed runner in the first Marathon Ladder ever published in The Blister: **Tony McCall** 2:41:07. This was a "Sub-3 Only" ladder, which appeared in Blister #5 in late 1981. How times have changed.
- A Komikal Klaim to finish off: The first whingeing letter ever published in The Blister (#6)! And it was before S.W. Bag even joined the club! It was ghost-written by **Sue Hill**, signed by then-President **Charles Coville**, and addressed to **Mike Agostini**, Race Director of the notorious and ill-fated "short course but it doesn't matter" Sydney Marathon of 1981. In addition to the woeful course measurement, the letter criticised poor marshalling which caused runners to lose their way, inadequate and poorly-manned drink stations with insufficient sponges, failure to publicise random draw winners, and lack of planning. The start of a glorious Striders' tradition of five-star whingeabagging, which continues to this day.

Striders' Pre-History

Finally, a nice piece of detective work by Kaptain AnoraK's Kobber, about one of our senior Striders, which makes such lovely reading it deserves to appear under its own headline (see column opposite).

Modest John, Senior Strider

by Kevin Tiller

Whilst compiling the information for the Kaptain AnoraK article in the last Blister on who has the oldest standing personal bests, I became intrigued by the one set by John Plummer in 1954, a PB of 31:40 for 10km. Jeez that was a long time ago. I don't want to dwell on how long ago it was, or make guesses or cheap comments on John's age (he is merely the second oldest Strider on the books, if you are interested).

Of course 31:40 was a truly great time. Even by today's standards. But in the 1950s there was no running boom, no Jim Fixx, no Nike, no Air-Max-Soles. No carbo loading. No coolmax. From what I have read there was a lot of "gumption" and guts and all sorts of other things, no doubt.

Unknown to John himself, for he doesn't know about this article, I dug around in the official record books and found out that he actually won the NSW State Cross Country Championships, when it was 10km in distance. This was even further back in 1948 (Aug 7 to be precise). John ran a 33.53 in Centennial Park to take out the award. Of course Charlie Coville wasn't even born then, so clearly hadn't invented the Striders either. John therefore wore the colours of Western Suburbs.

The next year, John made it a double. Winning on the 23rd Jul 1949, again for Western Suburbs (although Charles Coville was a nipper of 5 months old by now!). The time of 36.35 was pretty good, but the course was in Campbelltown this time so it might be hard to compare the two races.

John Plummer was still to run his 10km PB and kept plugging away. Although he didn't win the Championships again, he is still remembered in the archives. This next paragraph is in the official Athletics NSW history: "One of the most memorable races came in 1952 out at Campbelltown when torrential rain changed the normally quiet Fishers Ghost Creek into a raging torrent, flowing at head height. The course took runners across the creek four times and was described as "close to being a cross country swimming championship". The 1948 and 1949 champion, John Plummer, at one point had to save a fellow competitor from being washed down stream."

Good on you John, you are a credit to us all (and we'd love to interview you on running in Sydney BEFORE the Striders started).

Letters to the Editor

Pathetic effort

Dear Sir,

What a pathetic effort by Athletics NSW and SOCOG to be unable to build on 3 years of success in developing a world-class marathon event in Sydney. Most other major cities in the world host and profit from a high-profile marathon - even Adelaide does it with style - but not poor old Sydney. What makes our administration uniquely incompetent? Pity about the visitors, tough luck on the runners, too bad about the last minute cancellation, sorry about the lost opportunity to showcase Sydney's organisational capabilities. Congratulations, folks.

Sincerely, Brian Gatfield

[Eds' note: Brian's letter was originally published in the SMH and is reprinted here with his permission. We feel it more than adequately expresses the feelings of many Striders.]

Quasi-scientific study

Dear Sir,

In reference to the article in Blister #66 re: counting marathons. Much as I have a lot of respect for former president Alf Field, he is of course, full of it! My own personal opinion is that what we are supposed to be counting is the number of unique races that are at least 42.195m in length. That's why we don't count training runs. Clearly the Comrades marathon is a race, but equally it is only one race.

Of course, there are some people in the club that feel I push my own opinion a bit too readily down other people's throats, so I undertook a quasi-scientific study of the issue. I emailed about 2,500 of my closest Internet running buddies to try to get some consensus. The consensus surprised even me. Most thought that even daring to compare an ultra with a mere marathon was a concept too cheap and nasty to contemplate, and that we should list x marathons, y 80kms and z 24 hour runs etc, which I think is way too clumsy. The most useful response was asking how often you count a marathon as 4 individual 10km races. I like that answer.

To date I have completed 42 marathon races (even though quite a number have been significantly longer).

Yours, Kevin Tiller

[Eds' note: Let's not be too harsh on poor old Alf Field - he now says he has reconciled himself to counting one race as just one marathon, and is going hell for leather to complete his "ton" that way. A selection of the Internet responses Kevin received are to be found in "Captain AnoraK".]

100 Not Out

Dear Sir,

In response to the article in Blister 66 "How Many Marathons", the issue was whether to count ultra marathons over 84.4 km as two marathons or not. I am inclined to agree with Alf [Field]. The place to draw the line is if it is an official event with a cut off time and, as Alf said, to be able to furnish documentary evidence of events you've completed.

On the 3rd May 1997, I completed my 100th marathon using Alf's method of calculation. The event was the Bathurst Marathon, with a mere 20 entrants. I finished in 2nd position with a time of 3:11 and won my age group (30-40).

Another Strider, Murray Town finished in 4th place in a time of 3:35 and won his age group (50-59). We both were awarded engraved pewter beer mugs for our efforts.

Here is a summary of marathons and ultras I have completed:

Ultras over 84.4 km (11x2=22)	22
Ultras less than 84.4 km	26
Sub 3 Hour marathons	24
Marathons between 3hrs and 3:15	16
Marathons between 3:15 and 3:30	8
Marathons over 3:30	4
Total	100

Chow for now, Richard Briscoe

Getting one's Jollies

Dear Sir,

I'm going to get into trouble for this, but it won't be the first time. At a recent meeting, Striders' committee endorsed Sydney's bid to host the 2002 Gay Games and voted to write the letter of support requested by those involved in the bid. Mine was the only vote against this endorsement.

I didn't raise any discussion at the time because it's really not that important, and I was clearly well outnumbered anyway. However, I would like to use your columns to clarify the reasons for my opposition to our support for the Sydney bid, and by inference the entire concept of the Gay Games.

My opposition is absolutely NOT based on homophobia or support for the "Fred Nile" viewpoint. I believe such attitudes are misplaced in civilised society, and that citizens ought to be free to choose and practise whatever sexual preferences they wish, without of course bringing other citizens to harm, or exploiting those under age.

Rather, my opposition is based on the belief that one's declared sexuality is, frankly, a daft criterion on

which to select athletes for sporting competitions. Gender, age and disability are all significant physiological differences which genuinely prevent different groups of people from competing against each other on equal terms, but I fail to see how your preference as to "how you get your jollies" is relevant to your ability to run fast or throw things a long way.

Sexuality is either genetically determined or a lifestyle choice. If it's genetically determined, would we endorse the 2002 Left-Handers' Games, the 2002 Redheads' Games, the 2002 Games For People With Big Noses? If it's a lifestyle choice, would we endorse the 2002 Lawyers' Games, the 2002 Polygamists' Games, the 2002 Pit-Bull Terrier Fanciers' Games, the 2002 Games for Cappuccino Drinkers in Cafés, the 2002 Rubber Fetishists' Games, the 2002 Games for Adherents of Feng Shui? The proliferation of Games for This and Games for That simply trivialises meaningful competition.

A gay acquaintance with whom I discussed this, although not a sports fan or athlete himself, thought gay athletes possibly suffer discrimination and verbal abuse in open competition, and may therefore wish to compete in a more tolerant environment. I accept this, but do feel that continuing to compete separately is more likely to raise opposition and exacerbate the long-term problem of prejudice. Besides, if people openly criticise your lifestyle choices or genetic makeup, why not tell them to sod off and mind their own business, then use your annoyance to fire yourself up to beat them? If they persist, there is always recourse to the law in many countries.

Two further considerations. Firstly, what test do the organisers of the Gay Games intend to apply to determine entrants' sexuality? If they have a definitive criterion which distinguishes gays from straights, many people would love to know what it is so they don't keep wasting their time chatting up people they've no chance of bedding. And if they haven't, how can they call recipients of gold medals the "best gay athletes in the world" when they could be as straight as the road across the Nullarbor?

Secondly, I wish the organisers of the Gay Games every success in what will undoubtedly be a wonderful group expression of gay solidarity in the face of discrimination, but I'd be much happier about endorsing their concept if I thought there was a snowflake in Hell's chance of getting a 2002 Heterosexual Games off the ground without the most appalling scream of outrage in the history of sport.

I'd be interested to hear the opinions of other Striders (particularly gay Striders) on these matters.

Sincerely, and wearing my asbestos trousers,
Steve Cornelius

Old Farts

Dear Sir,

I am writing to complain about your choice of front page photographs in the last edition (Blister 66). The decision to feature these two old farts simply because they are past and present club Presidents is a retrograde step.

Your three immediately preceding choices of front page picture were preferable by far: one of the more youthful Striders for Blister 65, a bevy of feminine pulchritude for Blister 64, and three blood big bottles of piss for Blister 63. However, the latter would have been enhanced by whitening out the image of the leering Pommy with the 5 o'clock shadow.

I do hope you will resist the temptation to feature presidents and UK residents on Blister 67's front page.

Sincerely, S.W. Bag

Letter from Zadar

Dragi Gospodine,

Ya vam pishem da vas obavestim da S.W. BAG niye nikad uchestovo u Zadar u kraguyevcu na Maratonckim trkama. Ko god veruye da on niye normalan. Molim vas ispravite vashe podatke.

Sa poshtovanyem,

Stevo Mihaljovich, Direktor Trka

Taking on City Hall

by Jim Donovan

Older members will remember Jim Campbell who lived beside the railway line at Wollstonecraft and who several years ago was a keen STaR runner despite his advanced veteran status (there's a correct term for that, no?). In fact, he died running; he set out from home one day to run to his son's place and fell by the roadside.

One day, railway engineers went mad and regraded, without any warning to neighbours, the railway embankment between St Leonards and Wollstonecraft in such a way that most of the run-off from one side of about 700m of track was offloaded into Jim's garden. He protested, to no avail. He dug several agricultural drains and channels. He complained to the local council and to local MPs (both State and federal, I think) but no-one could tell the railways how to direct their run-off.

Quite recently, Jim's former house, the one next to it, and the adjacent Mormon property were sold to a developer who at the time of writing (June) is building a block of flats on the site. And the railways have just installed a long drain so the developer's work isn't spoiled by runoff!

Marathon Training Group Update

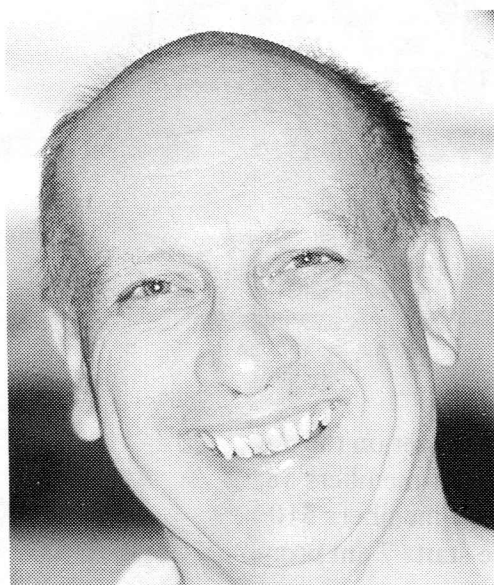
by Kevin O'Kane (Mona Vale Marathon report by Steve Cornelius)

Kirsten Themsen



The quiet achiever Kirsten, who lives at Cherrybrook, may not make as much noise as Nick, but don't be surprised if she improves more than anyone this year. She's doing the work. Her best running moment: Finishing her first half marathon.

John Simmonds



Company Secretary John Simmonds' aims for 1997 were to complete the Sydney Marathon and SMH Half Marathon.

PB Count

Marathon Training Group members have been recording some outstanding performances so far in 1997. So far as I am aware, the count to date of members who have recorded PBs or successful debuts is 10 in the 10k, 10 for half marathons and 5 for marathons - so far.

Also, 5 of the 1st 11 runners on handicap after 6 races are MTG members, as were 8 of the 1st 20 at North Head 10k, which produced 6 PBs for members. 3 others ran within 30 seconds of their best. Margaret White was 2 secs off - she must break 50 soon.

Ted's triumph

I made the mistake of offering a bottle of wine for the best PB in the Sydney Half Marathon. The competition was cut-throat, but Ted Brailey triumphed with a PB of more than 8 minutes. His "trophy" didn't last long - like his PB.

Mona Vale Marathon, 31 August 1997

If you're brassed off at seeing the utterly inept Athletics NSW cancel the marathon for which you've trained all year, you just go and organise your own. At least, you do if you're Kevin O'Kane. 16 MTG members fronted at Manly at 5am for the "Mona Vale Marathon", over the old (so old, only KOK recalled it) Harbord Diggers' course. Supported by a skeleton crew of marshals, drink waiters and timekeepers, all but one finished. Some runners of the female persuasion finished with significant quantities of blood streaming from face and knee wounds, but they seemed undaunted. Gory pictures may feature in Blister #68. 3 debuts and 4 PBs was a great result.

Name	½-way	M'thon
1 Brian Grant	1:32:40	3:08:22
2 David Loader	1:32:40	3:33:35
3 Keith White	1:47:10	3:41:57
4 Mike Hansen	1:55:07	3:44:44 Debut
5 Pete Baker	1:55:20	3:50:50
6 Julie Wessels (1F)	1:55:15	3:52:11 Debut
7 Graham Holton	1:55:15	3:52:12
8 Bruce Murray	1:51:30	3:55:32
9 Kevin O'Kane	1:55:07	3:59:12
10 Benny Gauci (2F)	1:57:05	3:59:18 PB
11 Brad Renshaw	1:57:30	3:59:42 PB
12 Gillian Elyan (3F)	1:59:40	4:00:12 Debut
13 Margaret White (4F)	1:57:30	4:00:44 PB
14 John Simmonds	1:58:28	4:11:26 PB
15 Carol Taylor (5F)	1:59:40	4:13:03
Pamela Scott	1:56:02	DNF

Alf's Lament

"It is said that if you wish to see what you will look like in 20 years' time, look at yourself after you have finished the Comrades' Marathon." Alf Field, after the 1997 event. Readers may make their own judgement of the veracity of this claim by turning to the front page of this edition.

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

Sydney Striders' 1997 Open 10k Races and 5k Walks.
6 scenic Sydney courses. Start 7am sharp, 1st Saturday of the month.
Registration on race day from 6am.

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

**Sydney
Striders**



Africa's Warmest Welcome



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

Enquiries: Sporting Spectrum (02)-9959-4269.

Remainder of 1997 Programme:

- | | |
|--------------------|---|
| 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) |