

Sydney Striders

**Road Runners' Club
Australia**



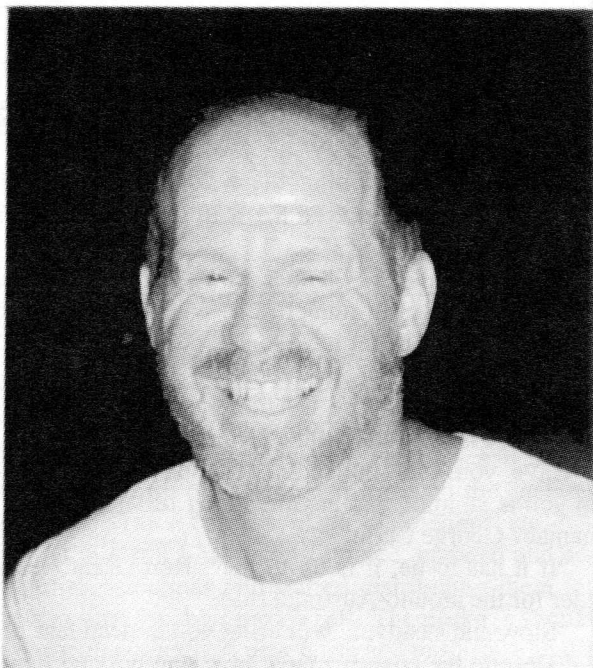
Edition No. 68: September-November 1997

Hearts are Trumps!

Striders 2, Myocardial Infarction 0

Almost two years to the day after being struck down by a heart attack, Strider Ron Stitzinger strode forward to receive his prize for topping Sydney Striders' 1997 10k Race Series Handicap competition.

The award was presented at the club's annual Middle Harbour Yacht Club brunch bash on Sunday 7 December. And the return ticket to South Africa, courtesy of 10k Series major sponsors South African Airways, will remind Ron just how far he has progressed since that dark day in late 1995.



However, Ron Stitzinger is not the only Strider to have triumphed over heart problems. As recently as October this year, long-standing club member and obsessive triathlete Alan Phillips also suffered an infarction, and not only ignored it but went on to successfully complete the Noosa Triathlon (1.5k swim, 40k bike, 10k run) the very same week!

There's a full wrap-up of the 1997 10k Race Series inside on pages 28-33, including results of races 8-10 and final handicap and outright standings. Read more about Alan Phillips' miraculous escape in Club News on page 6.

Inside Blister No 68:

- ◆ All the 1997 Sydney Striders Prizewinners
- ◆ Carl Barker 2nd in London-Brighton Classic
- ◆ David Sill: Striders' first-ever Spartathlete
- ◆ Peter Truscott on the Big Apple Marathon
- ◆ Jenny Truscott runs up Centrepont Tower
- ◆ Hamish Sutherland: a Swedish Reflection
- ◆ 10k Series: Races 8-10 and Final Standings
- ◆ Kevin Tiller on the Glasshouse 100-miler
- ◆ John Ayliffe hot on Bryce Courtenay's heels
- ◆ Sarah Entwistle toughs out Hawaii Ironman
- ◆ Graham Butler braves the Istanbul M'thon
- ◆ Jonathan Worswick: California Connection
- ◆ Fiona Pelly on Nutrition for Holiday Season
- ◆ Race Results: Brindabella, Willy to Billy
- ◆ Personal Profile: Martin Cahnbley
- ◆ Club News, Achilles Club, Triathlon scene, KO'K's MTG News, Letters to the Editor

AND MUCH MORE!

**10k Race Series Handicap Winner Ron Stitzinger
wins a South African Airways return ticket**

The Blister

Quarterly Journal of Sydney Striders Road Runners' Club Inc (Founded 1980), PO Box 679, Crows Nest NSW 2065, Australia. Opinions expressed herein by members or non-members do not necessarily represent official club policy. **Advertising Rates** (per edition): Full page \$100, 1/2page \$50, 1/4page \$25. Classifieds: \$5 per edition, full year \$20. **Circulation:** approx. 400.

Club Phone Contacts

Club Management: Sporting Spectrum
(Phone 9959-4269, Fax 9959-4902)

Club President: Jim Screen 9449-7947
Vice-Pres, D'base & Membership: Kevin Tiller 9456-1959
Secretary: Steve Jackson 9922-2495
Treasurer: Geoff Taylor 9906-4612
Minutes Secretary: Carol Taylor 9418-3648
Social & Asst M'ship Director: Richard Briscoe 9487-3993
Training Director: Darren Benson 9713-1130
Marathon Training Group: Kevin O'Kane 9449-1435
Calendar Manager: Murray Town 9489-2220
STaR Coordinator: Richard Bamann 9489-7070
Internal Events Director: Keith White 9958-0161
Teams Coordinator: Margaret White 9958-0161
Club & 10k Series PR Director: Joanne Cowan . 9452-5051
Uniform Director: Tina Campbell 9428-2001
10k Series Director '97: John Hamilton 9484-4773
10k Series Director '98: Breeda Kelly 9418-3465
10k Series Computer Director: Ray Potter 9482-1682
10k Series Entries Director: Lesley Clarke 9550-1753
10k Series Gear Director '97: Derek Smith 9948-7092
10k Series Gear Director '98: Amanda Dawson. 019900191
Blister Editor: Graham Butler 9949-3381
Blister Assistant Editor: (Position vacant)
Blister Production Editor: Steve Cornelius 9977-3267
Blister Production Editor: Nick Themsen 9484-0848

Copy Requirements

Members' contributions usually given priority. Non-members' efforts welcome too. Submit preferably via email or on diskette. Legible typed/faxed/handwritten copy also OK. **Word limit** for major articles approx 1800. **Deadline dates** in Club News. **Late contributions** printed in next edition, if still relevant. **Email:** Text in body of email message much preferred. Send tabular material as email attachments. **Disk/file format:** 3 1/2-inch disks. Simple text format preferred! **Avoid fancy formatting**, which will only have to be edited out! We use **Microsoft Office 97 Professional** but can convert many other formats. If in doubt, phone Steve Cornelius. **Graphics:** Colour or b/w photos, line drawings, cartoons etc welcome. **Verbal contributions** may be "lost" even if accompanied by a very large bribe. **Disks and photos returned**, if you're lucky.

Club Email Contacts

Information: info@sydneystriders.org.au
Blister Contributions: blister@sydneystriders.org.au
President: president@sydneystriders.org.au
WebMaster: webguru@sydneystriders.org.au

Website and Email LiSt

Website www.sydneystriders.org.au maintained by Kevin Tiller. To subscribe to our email list ("The LiSt"), email to steward@chutzpah.cairns.net.au with a blank subject line and "subscribe sydney-striders your_email@your_domain" (without quotes) in the body of the text. When you are subscribed, post messages to sydney-striders@chutzpah.cairns.net.au for distribution to all.

Credits

- **Kevin Tiller** compiled the prizewinner list, Roll of Honour, new member list and a lot of race results.
- **Ray Potter** compiled 10k Race results and standings;
- **Photographs** were supplied by **Kevin O'Kane** (p1 & p32); **Graham Butler** (p33); **Stephen Guy** (p23); and **Carl Barker** (p8).
- **First Impressions** at Rosebery did the printing. Special thanks to **Brian Tailford & Julie Hemsworth**.
- **Robyn Flemming** and **Nick Themsen** did quite a lot of proofreading.
- **David Sill** supplied a fair few one-liner space-fillers.
- and **Margaret Ward** stuffed a heap of envelopes.

STaR Survival

by Mike Ward

The Essence of Survival

Every morning in Africa, a gazelle wakes up. It knows it must run faster than the fastest lion or it will be killed.

Every morning a lion wakes up. It knows it must outrun the slowest gazelle or it will starve to death.

It doesn't matter whether you are a lion or a gazelle when the sun comes up, you'd better be running.

The Essence of STaRs

Every Sunday morning in Sydney, the 6.10 group takes off. They know they must run faster than the 6.20 group or they will go thirsty.

Every Sunday morning the 6.20 group takes off. They know they must outrun the 6.10 group or they will go thirsty.

It doesn't matter whether you are a 6.10 group runner or a 6.20 group runner when you get to the end the STaR host better have lots of cold Coke.

"All we need in life is ignorance and confidence, then success is assured". Mark Twain.

Have you ever noticed.... Anybody going slower than you is an idiot, and anyone going faster than you is a maniac? George Carlin

"If it has to be, it is up to me". Ron Grant (record holder for the around-Australia run).

"Slow and steady.....will bring you in dead last".

"Despite the cost of living have you noticed how it stays so popular?"

There's a fine line between fishing and just standing on the shore looking like an idiot.

Club News

STOP PRESS! READ THIS!

◆ Palm Beach-Manly, 3 Jan

Rumours that the Palm Beach to Manly 30k has been cancelled now seem to be incorrect. A message posted to the Striders' LiSt on Friday 12 December by club Treasurer Geoff Taylor quotes Harbord Diggers member Bill Burridge (usually a reliable source) as saying the race is "definitely ON". That's 5am on Saturday 3 Jan 98, Corner of Ocean Rd and Palm Beach Rd, Palm Beach. The usual ad hoc car-pooling and taxi-sharing arrangements from Manly's Wentworth St car park around 4am, but remember Manly Council enforces weekend parking regulations.

◆ Club Calendar Correction re February 10k Race!

Please note that the first race in Striders' 1998 10k Series (Saturday 7 February) will be at **Lady Macquarie's Chair, NOT Lane Cove River Park** as listed in the recently-mailed Calendar #86. The host will therefore be Sarah Entwistle, not Tina Campbell.

◆ Awards Dinner: 12 March

The club's annual Awards dinner will be on Thursday 12 March 1998. Awards presented will be the Maria Gemenis-Cruickshank Outstanding Achievement Award (Striders' premier annual trophy), the President's Award for Excellence, and the Tailford Award for best article published in The Blister in 1997. An evening not to be missed, so make a diary note. Venue to be confirmed in a later mailout.

◆ STaR Quality

by Richard Bamann

At recent STaRs you will have seen a Feedback Form. Hopefully, you took the time to complete it and return it, with comments, to the host. The Feedback Form is the first generally visible result of my taking on the role of STaR Co-ordinator.

My job is different from, but related to, Murray Town's Calendar Manager job. He liaises with STaR hosts to draw up the calendar. I focus on the design and quality of STaRs: courses, maps, instructions, etc.

To this end I have consolidated, updated and added to earlier guidelines and started distributing them to the hosts in time for their next STaR. The package should be of particular benefit to new hosts and to those who didn't receive the earlier material.

If you have general or specific comments about STaRs, please let me know and I'll include them and convey constructive suggestions to the hosts. It's only

with such feedback that we as a club can improve our runs, thereby attracting and retaining new members.

NB: The Feedback Form was used for the first time at my own Wahroonga Wobble, 12 Oct. I got some very valuable feedback (more water and toilet stops, drinks before the run etc), which I might not otherwise have received. One possible change before the next Wobble is to revert to the original course, the one that prompted Irwin Light to shout at me: "You failed - I'm still alive!".

◆ Gemenis-Cruickshank Award: Nominations Invited

Nominations are invited for the Maria Gemenis-Cruickshank Outstanding Achievement Award. The club's most prestigious trophy, inaugurated in 1982, will be presented at the annual Awards Dinner on Thursday 12 March to the Strider who, in the opinion of club members, has registered the finest running achievement (or achievements) of the year. Nominations to the club's P.O. Box please, preferably including some details of the nominee's 1997 achievements.

Outstanding Achievement Award voting papers will be mailed to all members early in 1998. Pre-nominations are not required for the "Tailford Award for Best of the Blister" 1997, but you might like to skim through the four 1997 Blisters (editions 65-68) to decide which Blister contributions you will vote for in the New Year.

Membership Renewals

from Treasurer Geoff Taylor and President Jim Screen

Due to a change in financial circumstances the committee has decided to raise the annual subscriptions from \$48 to \$55 per annum with a discount of \$3 for early payment prior to 15 January 1998. It should be noted that the club has held the fees at the same level for two years in a row and has absorbed a number of cost increases during that time.

More recently, due to a change in sponsorship arrangements, the club has been required to pay the full cost of publication of The Blister. Over a number of years The Blister has been published free as a result of the very kind generosity of a long term club member. In respect of the 1998 year we will be required to pay approximately \$6000 towards the cost of producing the club's most prominent and significant publication.

In summary, the club is funding the recent increases in key costs by a combination of raising fees and by reducing the budgeted surplus for the year. We believe these measures will allow the club to retain sufficient net assets to underwrite the activities of the club such as the pre-purchase of club running gear whilst minimising the increase in annual subscriptions.

Please note that all single-year subscriptions are due for renewal on 31 December, regardless of joining date.

◆ Darren's Training Column

from Training Director Darren Benson

Well, daylight saving is upon us. This allows more afternoon time to get in some solid sessions. Three new sessions have now commenced. At this stage they are fairly informal. Basically it is up to you guys to get yourselves organised. The details are as follows:

Tuesday Night: Meet 5.30p.m. Drummoyne Rowing Club, Henley Marine Drive (The Bay Run). This will be a fartlek session, involving 5 surges of 1km with 40m recoveries (ie 7km). This may be followed by a further 7km loop warm down.

Wednesday Night: Meet 5.30p.m. Lane Cover River Park, (start of 10km series race) - opposite Steak House. This session can range from 5 - 30km (10km loops). It should be done at a reasonable tempo.

Thursday Night: Meet 5.30pm onwards at Rotary Park, Mowbray Road, Chatswood. This is the most important summer session. Try 8 x 400m flat out, 200m 'float' (ie steady jog). You may also try a pyramid type session - 200m / 400m / 800m / 1600m / 80m / 400m / 200m. A 2km warm-up and warm-down is recommended. Do around 5 run throughs before your session to get the legs ticking over at a fast pace.

Make sure you remain well hydrated whilst training in summer as dehydration can increase the time taken to recover from hard run. Water is your best source - as opposed to the amber fluid regularly spotted at BBQ's.

A great training 'holiday' is the Thredbo National Running Week. Events begin on Saturday 10 Jan. The first race is the rather daunting Crackenback Challenge, not for the faint hearted! Festivities conclude on Sunday 18 January. Lots of running, plenty of hills (should be familiar to Striders), many events, including golf, tennis, late nights dancing on tables etc. Contact Brian Lenton, P.O. Box 5, Duffy ACT 2611 for further information.

◆ Pozzie Vacant: Assistant Ed.

from the Blister Editorial team

Our Assistant Editor, Fiona Pelly, has regretfully resigned owing to pressure of work, and we thank her for her valuable help during 1997. Fiona will, however, continue to contribute her informative articles on sports nutrition in future Blisters.

We invite volunteers to replace her. All you'll need is a computer, a willingness to harass people mercilessly for articles and pictures, and the sense of humour to survive our (sometimes riotous) subcommittee meetings. An email address would be an advantage too, as would a tendency not to take yourself (or us) too seriously.

Fiona was the only woman on the Blister staff, so the ideal replacement would be of the female persuasion too, since 20-plus percent of Striders are that kind of person. But we believe in EEO. Sort of. Contact Graham Butler (see p.2). Don't send a CV, Graham will chuck a wobbly and rip it up. By the way, the salary is crap.

◆ Deadlines and Stuff

from the Blister editorial team

As Jim Screen has noted in his President's letter, the very generous sponsorship we've received over the last few years from our printer (Strider Brian Tailford at First Impressions) has now come to an end, as we knew it would have to one day. We've had a great run of freebies, arguably the most valuable sponsorship in the entire history of the club, enabling us to produce the kind of magazine most clubs can only dream about. The editors would like to echo Jim's comments in thanking Brian and his team at First Impressions wholeheartedly.

In an attempt to economise now on printing costs, hopefully without compromising Blister quality, a few changes will have to occur. Our publication schedule will, for the foreseeable future, be quarterly instead of 5 per year, with club Calendars timed approximately midway between Blisters. Provisional dates for 1998 are:

Edition	Copy Deadline	Distribution
Blister 69	Sunday 15 Feb 98	Early March 98
Blister 70	Sunday 17 May 98	Early June 98
Blister 71	Sunday 16 Aug 98	Early Sept 98
Blister 72	Sunday 15 Nov 98	Before Xmas 98

In addition, The Blister now appears more textually dense, with a slightly reduced font size and less white space. Please note that we now request contributors of major articles to adhere to a **limit of 1800 words**, and that if we are really pushed for space, priority will be given to copy submitted early. These, and a few other measures such as reducing ladders and 10k series listings, should help us shrink The Blister from a bloated 48-page to a more lean-and-mean 32 or 36 page.

◆ Committee Deliberations

summarised by Jim Screen

For members' information, these were the main items discussed at recent Club Committee meetings:

Meeting of Thursday 28 August 1997

- Treasurer reported \$10,000 on term deposit with approximately \$8,500 in cheque account.
- The Club has been given the name of a contact at the Endeavour College of Natural Therapies to provide trainee massage therapists for the end of some of our events. The Club would have to cover the cost of a Supervisor at \$40 per hour. It was agreed that we trial the idea with say 3 tables available after one of the 10k Series races. Contact to be made with the College to see what can be arranged.
- Press reports indicate the Club was planning to hold a marathon in place of the cancelled Sydney Marathon. A standard response refuting the notion is to be given to anyone who contacts us for details.
- It was decided to use PC software to produce club letterheads in lieu of printing a new supply.
- Blister Production Editor announced that our very valuable printing sponsorship provided by Brian

◆ Hatched ...

Congratulations to Raymond (10k Series computer guru) and Ann Potter on the birth of their son, Michael Wallace, on 6 November. Birth weight 3.91kg, length 50.5 cm, and all systems go!

◆ ... Matched ...

Did the club's bean-counter Geoff Taylor and 10k series gearperson Amanda Dawson think they could slink off, get married, and prevent The Blister's intrepid reporters from finding out about it? If so, they were almost right! Those sly dogs! Despite their attempts to hoodwink the rest of the club, we congratulate them on tying the knot.

◆ ... and (Almost) Despatched!

If you don't have access to the WorldWide Web, badger someone who does, because there's a "must-read" site for all runners! It's Alan Phillips' "Myocardial Infarction HomePage" at <http://www.ozemail.com.au/~alanph/infarcti.htm>.

Read how, in late October, Alan survived not only a heart attack, but also the utter inability of a near-and-dear one to dial 000 for an ambulance! Thrill to the tale of how he decided not to bother with ambulances, hospitals and all that boring stuff, and headed for Noosa

to compete in a triathlon instead! Marvel at Alan's ability to make light of his close brush with the Grim Reaper! Gasp in disbelief at his knowledge of cholesterol! Follow the hyperlinks to cool sites like the Sturme-Archer 3-speed gear page!

We phoned Alan to ask his permission to reprint parts of his Infarction page in these columns, but his number was busy. Like, for about 5 hours. Well, as those who have run with Alan will testify, he does like a chat.

◆ What took Gary so long?!

by One Who Prefers Anonymity

If you've been wondering why you haven't seen much of Gary Leahey recently, it's because he has been desperately trying to finish the renovations to his Annandale home in time for his wedding to longtime squeeze Prue Deacon.

Gary even parked his bike for a while to ensure that the wedding guests wouldn't be standing knee-deep in rubble for the nuptials on Friday 14 November.

Wedding guests report that it was a very romantic ceremony, under the light of the full moon on the brand new deck that Gary built. The newly renovated house is an architectural masterpiece despite the fact that Gary is just as accident prone in his chosen career as he is in ultra distance events. Having found a different way to

cripple himself just about every week of the renovations, he is currently making regular visits to the chiropractor claiming that he fell off the roof putting the finishing touches to the window frames. We actually think it had more to do with the full moon on his wedding night.

Lots of luck to Gary and Prue from all of us.

Kev's Korner

"I can show you round all the toilets in Berowra if you want". Kevin Tiller at a club committee meeting, responding to STaR boss Dick Bamann's comment that some STaR maps could be enhanced by clearer marking of toilet locations.

3 Great Lies of Running

from David Sill

"You're almost there"; "It's all down hill from here"; "You're looking good".

Canberra Marathon

1998

The race that delivers...

- a guaranteed event
- a traffic free and AA Certified Course
- accurate split times
- friendly and efficient aid stations
- comprehensive race program and results book
- medallions and certificates

Sunday 19 April 1998

For full details, send stamped self-addressed envelope to: Cundy Sports Marketing,
PO Box 206 Ettalong Beach NSW 2257
Phone 0417 285 609 · Fax 02-4342 7611
Email: cundysm@ozemail.com.au

Run Australia's oldest annual city marathon!

new balance

From The President

by Jim Screen

For thousands of years questions have existed which have tested the resourcefulness and patience of the human race. Many of these questions have been answered by dedicated persons who have applied themselves to finding the truth of things and recording them for future generations. One such record of findings is The Blister which over the years has captured in its pages the views, experiences, achievements and failures of the Club's members. In reading the pages of the Blister one cannot help but learn that the Striders seem to be all things to all people. Yet if one does not read the Blister but simply becomes an active member then perhaps the real world view of the Club is somewhat different to the record.

It is true that the Club is made up of a wonderful bunch of individuals who must be construed as achievers and doers. Few organisations can compete with the quality of the Stars and the number of runners we put on the road every Sunday morning, the organisation of the calendar, the quality of the Blister and of the events conducted by the Club. But few organisations could compete with the insularity of the Club when the wider running scene is considered.

Sydney Striders offers so much for the dedicated long distance runner provided they are a Club Member. We are quick to criticise other organisations but overlook our own shortcomings. So much has been said about the failure of the Sydney Marathon but nothing is said about the Striders' Half Marathon or the Club's internal Handicap Half Marathon. Nothing is said about the lack of support for the annual Equaliser Cross Country event or the annual Picnic Day.

Recently I told a long standing and respected Club member that I had attended the Harrier Board Meeting of Athletics New South Wales. The only response I received was "Why?" The Club could not field a team in the NSW Long Distance Relay (Chatswood to

Hopetown) because of an almost total lack of interest (apathy?) and we have never bothered to participate in any local inter-club competition. (I have a feeling that the organisers have given up seeking our involvement).

We have many fine runners who compete at State and Australian level but not as Striders. Yes, we conduct the very successful 10K Series which is extremely well supported by both Club members and non members and we turn up in numbers at some "adopted events" such as Brindabella, 6 Foot Track and the Canberra Marathon. Many of our longest standing members ignore the Awards Brunch and not enough members of any standing attend the Special Awards Dinner.

We have one of the most distinctive running uniforms going around but we spent most of 1996/97 arguing about trying to change it to something a bit more "with it". Some of those in the "let's change it" camp have not been seen in Club colours or even been seen, since the vote not to change was taken in May 1997.

So the question remains to be answered sometime in the future or perhaps never. "What question?", you ask. The question is about what it is that the Striders wants to be as it heads rapidly towards its 20th year and the year 2000. I for one would be most interested to know.....

Finally I would like to record on behalf of all club members our sincere gratitude to Brian Tailford for his generous support and sponsorship of the printing of the Blister. Brian's sponsorship, which has now concluded, came forth at a time when the Club was experiencing extreme financial pressure. He has provided excellent service and support to the Club for several years. It is with considerable gratitude that I thank Brian on behalf of us all for that support. Although Brian's sponsorship has concluded our business relationship will continue with him in the future on the most favourable of terms for the Club.

Jim Screen, Club President.

◆ Roll of Honour

We congratulate the following members who have reached significant landmarks in their membership of Sydney Striders, and thank them for their loyalty:

15 YEARS: John Plummer, Terry McIver, Alex Hamill, Brenda Hamill and Brent Waters.

10 YEARS: Bill Blecha, Tony Crosby, Roger Rigby, Paul Lunsmann and John Hamilton.

5 YEARS: Peter Hammerschmidt, Stephen Jackson, Cathy Verry, Crispin Gardner, Darren Benson and Brad Renshaw. By the way, since we're mentioning Peter Hammerschmidt, the Blister editors wish to apologise to him for constantly abbreviating him to H'schmidt in result listings and tables for the last 5 years. Sorry, Peter, it's a save-a-tree thing.

◆ Welcome New Striders

We welcome these new members who have joined Sydney Striders since the publication of the last Blister. We wish them happy and injury-free running with us.

Joined in August: Hamish Sutherland, Richard Beecham, Peter Gonshor, Steven Harris, Greg Jamieson, Pat Morris, Mike Migdoll, Brian O'Dea, Charles Leahy, David Loader and Kevin McGurk. **Joined in September:** Daniel Smyth, David Berelsman and Carmel Dal Ponte. **Joined in November:** David Boverman, Chris Ivin and Kerie Kessler.

Carl 2nd in London to Brighton

RRC London to Brighton, Sunday 5 October 1997

UK-based Carl Barker came oh-so-close to winning England's classic London to Brighton 50-miler in October, proudly wearing the green and white of Sydney Striders throughout the race and eventually finishing 2nd, just over 3 minutes adrift of winner Stephen Moore of Hertford and Ware Athletic Club. Even by Carl's high standards, this is a fabulous achievement for him personally, and wonderful exposure for the name of our club on the international stage.

Carl's performance follows hot on the heels of the Humberside 24-Hour Race victory by another English-resident Strider, David Sill (see Blister #67), and ensures that members of the running fraternity in the Old Country will not be permitted to forget the existence of Sydney Striders.

Soon after the "Brighton", we received this letter in Carl's characteristic spidery scrawl, containing all his recent news:

"Leigh, Lancashire (UK), 17th October, 1997: G'day fellow Striders,

Aren't Winters brilliant? It's been a funny sort of year, tooth problems, etc. Today for example I had an ear infection and a tooth that seems to be slightly abscessing. Conversely, yesterday, non too pleased with my 76 minute run to work in Manchester (13 miles). On the way home I decided to put the hammer to the floor and was here in 68 minutes 58 seconds, a 90 second PB. Last Sunday I did my 23 mile training run in 2 hours 21 minutes 37 seconds, another PB. Very good runs indeed a week after running the London to Brighton race.

The run went pretty much to plan. My good friend and fellow runner Dave Helps who helped me with the 12 hour race last year seconded me and apart from the fact that he was unable to jog at all with a serious knee injury and getting detoured at the most crucial stage, just as I took the lead at 47 miles. Everything went OK. The South Africans did look a bit dismissive as I munched tomato sandwiches during the first 30 miles but they do say you should only take things you're used to and I've been eating them for years.

Sociable group

The first 7 miles were run in a group containing the three South Africans and Mark Kleanthous. Stephen Moore had run off quickly from the start. As Mark told us, his history of running includes a 2.24 Marathon, triple Ironman, etc. The group became quite sociable. As Mark quizzed the South Africans on their past it became obvious they were well proven 55 milers, all having beaten me in this year's Comrades.

Stephen Moore began to come into view again at 7

miles and I decided to close the gap on him catching him at 8 miles. After a brief chat I found myself in the lead through 10 miles and up to 14. I had a tomato buttly here knowing of the big hill ahead through the North Downs where my support would be detoured to 17 miles. Mark had disappeared now and we went through 15 miles as a group of 4. Still no sign of Greg Dell, last year's winner.

At 16 miles there's a steep downhill and I stretched out, not particularly intensively, taking the lead once more. It took until around 24 miles before the South



On the Prom at Brighton after the race (L to R): Dave Case, Dave Helps, Carl Barker, British Olympian Sally Gunnell

African three were back by my side. I was hanging on to their pace now, not particularly struggling but knowing that I was now in a race. Once you've cleared the Gatwick area the long undulating hills begin to sort you out from 30 miles and although 62 year old Dave Case who was following the race by bicycle was advising that I stay with them, I yielded to what my legs were telling me. Relaxing on the ups and stretching on the downs I was much more comfortable running alone.

Collided with a squirrel

At 40 miles I emerged from the hills in good shape. The news that one of the South Africans had walked briefly spurred me on. I recall someone saying 'patience is the name of the game' confirming what I was thinking myself. At 42 miles I was in third place and at 44 into second. At 46 miles I saw the leader and despite colliding with a squirrel (it came off worse) managed to

keep relaxed (for me). At 47 miles I was on the shoulder of a tired and wet looking Renier Steyn. I had the lead and as far as I was concerned then I just had to relax, maintain form and take plenty of drinks.

Support disappeared

It was here that I last saw my support as I later found out he'd been again detoured 2.5 miles to the bottom of Ditchling Beacon. It was a long, slow 2.5 miles without the drinks I was desperate for. I was relieved to see Dave at that point, but with the news that Stephen Moore was now a great threat. Just the type of news one likes to have at the base of Ditchling Beacon! After nigh on 50 miles, 'Eee it were a long road up yonder Beacon.' I thought I'd done well to run the entire hill. When Stephen sprang past me just short of the crest it was a bit of a shock. Trying to keep calm, I waited until I got on level ground. At this point as I dropped back into 2nd, both hamstrings popped out in unison.

As soon as I stopped the whole of my buttocks went into cramp spasms. I stood there with a worried look, bent over backwards. My second had driven off in an ill conceived bid to accidentally knock down Stephen. I managed to regain human form briefly and made six steps before the contorting began again. This time I was under foot once more. Stephen a little bouncing dot on the horizon with Brighton now in view. With my musical training I could have sworn the dot was beating to the tune of 'I do like to be beside the seaside.'

I wish I could run

There are another couple of uphill drags before the descent into Brighton. My quads, particularly the insides, were fit to bust. Once we were in descent though I was fine, coasting down the long hill to the finish. A time to reflect on the race, thinking what might have been, thanking the two Daves for their support. Recalling when at the 12 miles point in my 23 mile training run in Horwich a couple of weeks previously an old woman of about 1910 vintage going hell for leather with her walking stick swinging in the opposite direction. As we passed she yelled 'Gee I wish I could run.' So do I luv, cos it feels just fine. It felt just fine entering Brighton too. Regards, Carl Barker."

Results

1. Stephen Moore (Hertford & Ware AC)	6.05.32
2. Carl Barker (Sydney Striders)	6.09.01
3. Clyde Marwick (South Africa)	6.10.32
4. Renier Steyn (South Africa)	6.25.43
5. Daniel de Chaumont (South Africa)	6.25.43

Do The Right Thong

From Club Uniform Director Tina Campbell.

Dave Solomon caught up to me on the run recently and told me of this strange dream he had. I was selling green and white striped thongs from the boot of my car as part of the Striders uniform. Dave went into great detail about how they looked. Does anyone think they would be a seller?

Striders on the Write Track

by Graham Butler and Steve Cornelius

John Ayliffe hits the streets

John Ayliffe, Strider ad-man turned author, has published his first book. If you haven't seen much of John in the past year it's because he's been locked in his hideaway up the Northern beaches finishing the story he had to tell.

"Blind Man's Bluff" from Hal Books Publishing is the true story of Roger McKenzie, John's mate from Grafton. Roger is an extraordinary bloke who became blind at the age of fourteen after a near fatal meningitis attack. Instead of lapsing into the dependent existence of a handicapped person, Roger grabbed life by the throat and headed out into the great world beyond the security of his family life on the Clarence River.

John Ayliffe's book recounts the tale of Roger's travels, adventures and the many people he meets along the way. It presents Roger, not as a super hero, but as the person he really is. John has an obvious writing talent, but what comes through most of all is that this is a story written from John's heart about an exceptional individual and friend. Highly recommended by The Blister's literary review division.

He's everywhere, he's everywhere

While we're on the subject of literary Striders, who could possibly have missed the marketing launch campaign of Bryce Courtenay's latest book Tommo and Hawk? It's a sequel to "The Potato Factory" and second novel in the Ikey Solomon trilogy. Bryce is unquestionably the Strider with the highest public profile and we wish him every success with his latest book.

Seemingly everywhere we turned in the last couple of months he was there, his voice wooing us from radios, his mugshot gazing at us from newspapers, his name appearing three times (count 'em: **three!**) in the recently published list of Australia's top ten favourite books.

Bryce's publicity machine is quite amazing and lots of the stuff they write about him is true. It's an up-front, out-there-and-hit-em, in-your-face approach. Walk into any bookshop and fall over a cubic metre of Bryce's books just inside the door. Disembark from the Manly Ferry at Circular Quay and be accosted by half a dozen flier-proffering bods sporting black T-shirts emblazoned with the Courtenay name. Stumble over more of them smilingly spreading His Word in Martin Place. Spend all day locked in your office hoping they obey the "No Hawkers" sign on your door.

The Blister editors did have one small problem though with the Sydney Morning Herald's 20th October edition where the Stay in Touch section contained an item entitled Lifestyles of The Rich and Famous. Readers were asked to match the names of 22 famous Australians with their recreation activities, as listed in "Who's Who". The answers gave Bryce's only recreation activity as "running marathons". We had to check the date of the edition. Was it 1997 or 1987?

The Striders from the Outside Looking In (OR: Et In Arcadia Ergo)

by Hamish Sutherland

"And I must be off in the morning, love, before the sun does shine, To join those jolly Striders at the front of the starting line."

It was 6.00am, and dark as the bottom of The Pit. Coming from a country where 6 degrees is considered a warm spring day, it was strange to feel like I was about to freeze to death in the cool air of an August Saturday morning in Sydney.

Although I manage to get back to Australia nearly every year, this was to be my first race here. I had timed the trip so that I could run in the City-to-Surf while visiting my family. I found Sydney Striders on the Cool Running Internet site when looking for a 10k run to help me get acclimatised. So there I was, still jetlagged after a mind-numbing 30-hour trip from Stockholm, wandering around Trafalgar Park in rather a daze at 6.45am feeling not a little lost. I mean, jeez, it's still dark (almost) and it's bloody FREEZING and I don't know anyone or even where the start is.

Mixture of accents

Impressions: Great fun talking to other runners in English at last. They talk about exactly the same things as they do in Sweden, of course: why they don't expect to do a good time today, current injuries, whether anyone else there has run x, y or z, and so on. A surprising mixture of accents, too, including South African, New Zealand and American.

I wander up to the start with all the rest and then at last we're off! I don't care all that much for the 10k distance, though. Too much puffing and grunting and hard work. Still, it's good training for the City-to-Surf, and the elation of the race kicks in after a few kilometres as we chug up the hill towards Epping Road. The girl in front of me signals, "I'm lost - left or right?" I point and we swing off to the left up the hill.

Other impressions: The bibs (strange name - they're called "start numbers" in Sweden) are very small. Back home they're so damn big that they seem to cover most of your chest. Roughly proportional to the size of the entry fee, which is typically \$20-25 for a 5-10k and doesn't include a T-shirt.

Too busy dying

On the other hand, even the smallest, most casually organised race in Sweden is always carefully marked, with a large number stuck to a tree or lamppost at every kilometre. Here it was: "Uh - sorry, sport, you'll see a bit of a chalk scribble on the road at the 9k mark." Heck I don't have time to look for that: I'm too busy dying, or regretting that I ever started, or watching the people ahead of me (ie the whole flaming pack) floating effortlessly up a near-vertical hill.

But I digress: Amanda's Roadside Warriors shout both the split time and a good deal of greatly needed and much appreciated encouragement as we burn down the hill at the halfway point. (You mean I gotta do that all

over again? Ouch!) And so finally it's over and I'm high as a kite on endorphins. I couldn't believe my eyes at the sight of the feast laid out to refresh tired runners. Back home you may get one carefully rationed banana and occasionally a chocolate crumble bar if you're lucky.

There is water and, of course, sports drink, which doesn't taste nice even if you mix it with gin or whisky. Come to think of it, who (apart from a Hash House Harrier) would want to? I didn't have time to stay and tuck into the goodies or do more than mumble a few "See yer's" as my sister was waiting to cart me back home to breakfast at Turramurra. It's strange that, in all the times I've run up to Hornsby and back in the early morning, I've never seen a "trotter".

Next day it was a quick trot up to Wahroonga Park and Bobbin Head Revisited. I chickened out on the "dark start" and started at 7.00am with Phil and Brian as guides around the back streets of Wahroonga. This is just not real! There's a map to tell you where to go and what time to be at specific places, and lots more. I mean, these are Australians? (Just kidding!).

It was a bit parky that morning, cold hands making it hard to fill in the membership application after the run. Another difference: you never have to worry about carrying water in Sydney. The rigorous Swedish climate doesn't encourage people or municipal authorities to put taps and drinking fountains in the open, so elastic belts with pockets for four to six water flasks are a popular number amongst the running fraternity here.

Knock 'em all dead

I called in to see Tina later that week to get kitted out with shorts and singlet for the City-to-Surf. Wow, this'll knock 'em all dead back home. Our club uniform is a white CoolMax singlet with "Uppsala Löparklubb" (<http://home5.swipnet.se/~w-59668>) printed in smallish red letters back and front, plus gungy-looking dark blue shorts that I refuse to wear. Please come and see us should you be in this part of the world. We're a small club but very active and really enjoy looking after visitors.

I thoroughly enjoyed my first City-to-Surf. I got to the starting line at around 8.30am ready for a long wait in borrowed jumper and old pants, and by pure coincidence I found myself standing next to a group of five Striders. Great! (It later shrank to four. Someone had to go to the gazunda and couldn't get back through the crowd that had built up in the interval.)

Somebody crumpled up my bib for me (I destroyed it later, trying to iron it flat again) and we all had a good chat. It wasn't nearly as crowded as the start of the Stockholm Marathon or even the Stockholmsloppet (half marathon) and I got going pretty smartly. It was an enchantingly beautiful day and I'd been doing some hill training, first at home and then later up Kissing Point Road, so Heartbreak Hill and its little brothers weren't

nearly as bad as rumour made out. And 66 minutes later I was fighting my way through the throng of other lost runners trying to find where the organisers had dumped our warm-up gear. It wasn't a time worthy of the Striders, but it was the best I could do.

Having a good whinge

I couldn't find the Striders' hospitality tent in the finish area, but I thoroughly enjoyed the whole thing anyway and long to come back next year to do it all again. I won't make the mistake of going back to town on the bus next time, though. But even that was fun, comparing notes with the people sitting in the seat behind and having a good whinge with someone else about the not-to-be Sydney Marathon.

The next day I went up to Armidale to see my mum and then to Smugglers Cove on the outskirts of Coffs Harbour for the rest of week, where I got in more hill training than I wanted.

I returned to Sydney in time for the Strathfield Streak. At the start it was still dark, but not too cold - I was getting acclimatised at last. During the run I found that nearly everyone had run more and/or faster marathons than me. (Ain't it always the way?) Later that day I headed off to the airport and boarded the plane with a heavy heart, bound for Sweden and the green of summer. I really didn't want to go back this time. I was having too much fun with the Striders and was enjoying seeing my family!

Some weeks later I finished a Swedish-language version of "The best of" the Sydney Striders Internet site and talked Kevin into loading it up. If you have some Afrikaans or German (or a lot of beer) you'll recognise most of the words.

What a nice lot

And so, finally, to Richard, Michelle, Kath, Jim, Amanda, Brian, John, Ron, Phil, Tina and all the other Sunday morning runners whose names I can't remember (apologies): thanks for a great time. I really enjoyed being with you and hope to see you again next year. I'm very proud indeed to be a member of Australia's premier runners' club!

Postscript

Postscript: 11 September: AGM of the Swedish Branch of Sydney Striders Road Runners Club over a lunchtime pizza in Stockholm. Östen Hansson was a Strider in the club's very earliest days. He got to be president, since he's lived in Sydney more recently, runs faster and has been a member longer than me. Not only that, he's bigger than I am!

27 September: Standing on the steps leading up from the arena in the Berlin Olympic Stadium after the "breakfast jog", wearing my Striders uniform and enjoying the warmth of the early autumn sun, I was approached by a very elegant lady clad in Greenwich club colours. "Hey, I remember running with you one Sunday morning in Sydney in August. Wasn't it great!" Yair, you bet. No one who's been on a run with the Striders ever forgets what a nice lot you all are.

Profile: Martin Cahnbley

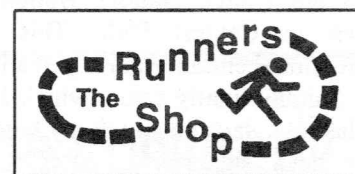
compiled by Fiona Pelly

Name: Martin Cahnbley
Place of Birth: Dortmund Germany
Star sign: Leo. **Family:** No
Occupation: Marketing Consultant
Favourite music: Enigma, Dire Straights, Jazz
Favourite food: Chang's noodles (thanks to dietitian!)
Best time of day: Sunset
Pastimes: Cinema, socialising
Dreams, ambitions: Financially secure, happy, healthy
Years running: 12 **Why started:** To run Comrades
Person most admired: Nelson Mandela
Running goals: Another sub-3 m'thon, Forster Ironman
Race most proud of: First sub-3 marathon
Training partners: Alone or varied
Pre-race preparation: couple of beers (not on advice of dietitian!).

Mike, We'll Miss You

"It never occurred to them that jogging is the most simple-minded of sports, and being chased by dogs could make it exciting." Mike Royko, American journalist, who died in Chicago in April. He will also be fondly remembered for saying "No self-respecting fish would be wrapped in a Murdoch publication".

**Striders'
10k Race
Series
Sponsor**



RANDWICK

48 Frenchmans Rd, Randwick, Sydney 2031
 Tel: (02) 9399-3893, Fax 9398-2737

RUNNING SHOES

25% OFF Rec. Retail Price for all club members. This gives you the best deal in town - The right shoes at the right price.

LOOK AT THESE PRICES

ASICS:	M&W Gel 126	\$115
	M&W GT2020	\$135
BROOKS:	The Beast	\$150
	M&W Addiction	\$120
SAUCONY:	M&W Hurricane	\$140
	M&W Stabil	\$132

**We stock other models with low prices
so just ring Fred Howe.**

The Road To New York

by Peter Truscott

New York is a place unlike any other, a concrete jungle shadowed by a canopy of high rises. It truly is the city that never sleeps. If you're into American movies as I am, the sights and places in New York are enough to keep anyone interested. I was non stop comparing the place I was at to a movie that was shot there. The most fascinating sight for me was the Empire State Building. So many movies I have seen have included this building and it was a dream to just be there.

New York around Marathon time is extra exciting, especially if you're a runner. The whole city knows about it, all the TV shows talk about it, and the main focus of the weather is how will it be for the runners. Not like your Sydney Marathon, when know one in the general public could give a hoot if it was on, or knew it was on. Now it's not on any more.

Firecrackers up our boxers

The New York Marathon is an incredible experience. The expo is like the Sydney Motor Show but all on running. The marathon merchandise was endless. It is no wonder I now am in debt to my credit card account, but it was worth it.

The weather in New York was magnificent when I arrived on the Wednesday and for the rest of the working week. However, Saturday dawned with wet weather just in time for the international friendship run, a 4 mile run from the United Nations Building to Tavern on the Green in Central Park. This run is for all the international entrants and is just a jog.

Sunday finally came, which I was thankful. I spent the last two days mostly in my hotel, when I much rather have been sightseeing. After the marathon we saw everything, even though we walked around like old people with firecrackers up our boxers, but it had to be done.

The three hour wait at the Staten Island end of the Verrazano Narrows Bridge went quite quickly, where we sat down on the grass and listened and watch stupid people do aerobics to warm up two hours before the start. I suppose they had done it in training.

2 million spectators

The weather was overcast with occasional drizzle, and 100% humidity. The temperature was around 12 degrees. The start was slow like the back of the pack in the city to surf, which was very frustrating. It took 1 mile before you could run properly, and 5 miles before I could manage any rhythm. I never felt good through the entire race but manage to hold it together for at least 20 miles. The crowds were incredible, over 2 million spectators along the entire course. The New York City Marathon is the biggest spectator sport in the entire world, It is unbelievable especially when you compare it to the Canberra Marathon.

Approximately half the race is run in Brooklyn New York, you then cross a bridge into Queens and make

your way to the 59th St bridge which leads you into Manhattan. When you enter 1st avenue in Manhattan you are welcomed by 100,000s of spectators, which sends a chill right through your bones. You actually start feeling fresh again, but this feeling only last about a mile, which is around the 17 mile mark. You then make your way to the Bronx. Around mile 20 you start to feel the pinch, however in my case it was a little more than a pinch, it was more like a knot from hell, and in both legs. My hamstrings went ballistic and cramped severely for 4 miles, my race had been run and the time was slipping away. I was on line for a sub 3 hr run until this happened, but there was nothing I could do about it.

So I struggled back into Manhattan and into Central Park, where cheers of come on Australia its not far to go made me feel like a real jogger, and not a runner, because at this stage my hamstrings were so sore I found it hard to walk in coordination little own run. All I could do was hide the grimace and smile and say I would if I could. At this stage a thunderstorm had hit New York and we became soaked. One good thing about the finish despite the very disappointing time was my name and country were read out as I crossed the line, however looking back its probably better if no one knew who I was because I felt a real disappointment in myself after all the training and planning that went into this run and the success I'd had throughout the year in improving. This race was suppose to top the year off, but things don't always go according to plan. However the experience is something I'll never forget.

Just to be part of it

To run a big City Marathon is something I recommend, to run along side people from all different nationalities, to see new sights and to just be a part of it is the greatest thing of all. Though the time was bad, I've now run the New York City Marathon, which is something I'll have for the rest of my life.

For those of you who are interested, my time was 3 hr 11 min 54 sec.

Even though I did not obtain my goal of a sub 3 hr run, I feel it is just around the corner as long as I have one of those days when things go right. If your a betting man, my odds are not looking too healthy, 8 starts, 8 failures to break 3 hrs. I suppose my brother Chris was justified in backing my older brother Rob in beating me, even though he had not trained that much. Rob ran 3 hr 28min 15 sec on no training. It just wasn't my day, like the previous 7 marathons I had been in - they were not my day either! One wonders if there is such a thing as your day in a marathon, but I'll keep on trying until I break that bloody 3 hr mark.

Finally to cap things off, New York is a wonderful city, not as dangerous as people make out. About 4 times the population of Sydney and twice as big, It was the holiday of a lifetime.

Brindabella Classic

10 November 1997

The 1997 Brindabella Classic was won by Colin Fray (UK) in a time of 3:49.24. Trevor Jacobs was 2nd in 3:51.56, his 10th Brindabella Classic. 3rd was Kelvin Marshall in 4:08.11, his fifth Brindabella Classic.

Colin made up a deficit of more than two minutes from Trevor Jacobs at the final drink station, to power away with the race. This is Colin's second visit to Canberra in 1997. He completed the New Balance Canberra Marathon in April in 2:45.43. Trevor Jacobs in the same Marathon recorded 2:36.06 and then went on to be first runner home in the 50km Ultra.

The female race winner was Pip Thorn, who improved on her 1996 time and placing to cross the line in 4:44.34 with Elizabeth Short only 12 seconds behind in 4:44.46. These two ladies now become fifth and sixth respectively on the all time female race times. Sarah Fein was third female in 4:57.59.

The winning team was the Australian Defence Force (Nathan Crowley, Miles Irvine, Frank Kresse and Dave Holland) in a time of 3:34.22, with South Canberra Tuggeranong second team in 3:37.54. This team, called "Seventh Heaven" consisted of Gordon Nightingale, Andrew Shaw, Michael McCamley and Geoff Monro.

The temperature in Canberra at 4 o'clock was 23 degrees. In the morning conditions were good because of cloud cover, which was forecast to clear by midday. It certainly did. Runners probably welcomed their arrival at the drink stations. After the run Drink Station Number 7 (Murray Darling Commission) was voted the best, with stations 9 (Andrew Gardner) and 3 (Jon Stanhope) taking second and third place in the voting. Fast Women won the all females team category for the second year in succession, although down on their good time of last year. Trevor Jacobs was awarded a platter for his 10th Classic, as was Bill Rannard. Six race Goblets were awarded to Richard Lane, Judd Boeker, Alf Field, Jenny Kiss, and Bob Dent.

The provisional results and times which follow were read off the clock as runners crossed the line. They may differ by 1 or 2 seconds from those recorded officially.)

Provisional results

1 st M: Colin Fray (UK)	3:49.24
2 nd M: Trevor Jacobs	3:51.56 (10th Classic)
3 rd M: Kelvin Marshall	4:08.11 (Strider, 5th Classic)
1 st F: Pip Thorn	4:44.34
2 nd F: Elizabeth Short	4:44.46
3 rd F: Sarah Fein	4:57.59

Other Striders

Martin Fryer	4:34.11
Mike Ward	4:52.55 (11th Classic)
Michael Wilson	5:17.30
Graeme Shipley	5:19.12
Keith White	5:27.49
Alf Field	5:29.24 (6th Classic)
Breeda Kelly	5:29.30 (Debut)

Derek Smith	5:32.52 (5th Classic)
David Solomon	5:41.48 (Debut)
Brian Colwell	5:42.20 (11th Classic)
Dick Bartlett	5:48.21 (Debut)
Jim Screen	5:52.43
Roger Rigby	6:13.45 (4th Classic)
Irwin Light	6:25.48 (Debut)
Margaret White	6:29.38

Race Results

Mini-MosMarathon 10k, 27 July 1997

1 st M50-59	Ray Doran	36:12
2 nd M50-59	Alex Whitworth	38:51
1 st M60+	Neil McPherson	44:06

Royal National Park 50k Ultra, 13 Sept 1997

7 th M	Kelvin Marshall	4:09:37
17 th M	Mike Ward	4:41:55
26 th M	David Solomon	4:57:35
5 th F	Breeda Kelly	5:03:59

Berowra Bush Bash 10k, 21 Sept 1997

John Young	34:25	3 rd M (Open)
Catriona Cater	43:48	3 rd F (Open), 1 st F (31-40)
Ray Doran	37:54	1 st M (51-60)
Merri Mack	51:05	1 st F (51-60)

Don't be confused!!

There is only one shop in Sydney's
Greater West which caters for all
levels of runners.

WHICH SHOP?

THE RUNNERS
PARRAMATTA *shop*

323B CHURCH ST PARRAMATTA
PHONE: 9891 9294

Come in and see Robert for all your running needs.

Striders' Prizewinners 1997

Annual Presentation Brunch, Middle Harbour Yacht Club, Sunday 7 December 1997

MHYC's spectacular harbourside setting was again the venue for Sydney Striders' annual Xmas presentation brunch. Scott Crawford did the honours as MC, and numerous members were invited to announce and present awards.

Notes regarding awards: "Debut" marathons must be the runner's first-ever, not just the first as a Strider. In the "Marathon Improver" awards, "Sub-3" and "Sub-4" refer to the improved time, not the previous PB. Male and female runners compete on equal terms for both of these awards. "Veteran" means M40-49, or F35-49. "Master" means M or F50-59. "Senior" means M or F 60+. The "Club Marathon Championship" is based on performances at a single nominated marathon (Canberra 1997), while the Open and age-group marathon awards are based on fastest times in ANY marathon.

Debut Marathon (Male)

- | | | | |
|---|------------------------|---------|--------|
| 1 | Matthew Hammond | 3:03:31 | Cities |
| 2 | Craig Thom | 3:05:54 | Cities |

Matthew's other achievements this year :

SMH Half (1:20:50), City to Surf (51:29)

Debut Marathon (Female)

- | | | | |
|---|---------------------|---------|----------|
| 1 | Robyn Fameli | 3:51:06 | Canberra |
| 2 | Penny Smith | 4:05:07 | Canberra |
| 3 | Fran Laurent | 4:10:38 | Canberra |

Sub 3-Hour Marathon Improver

- | | | | |
|---|--------------------|-----------------|----------|
| 1 | Guy Griffin | from 3:07:00 to | Canberra |
| | | 2:59:30 (4.01%) | |
| 2 | Brian Grant | from 3:02:36 to | G/Coast |
| | | 2:59:47 (1.54%) | |
| 3 | Andrew Smith | from 2:57:15 to | Canberra |
| | | 2:56:12 (0.59%) | |

Sub 4-Hour Marathon Improver

- | | | | |
|---|------------------------|------------------|----------|
| 1 | Manfred Fiedler | from 4:22:54 to | G/Coast |
| | | 3:35:28 (18.04%) | |
| 2 | John Simmonds | from 4:50:00 to | Melb'ne |
| | | 4:00:47 (16.97%) | |
| 3 | Joanne Barton | from 3:52:58 to | Canberra |
| | | 3:29:59 (9.86%) | |

Manfred also ran Canberra Marathon in 3:40:57.

Improver of the Year

1997's Improvement Award to Marathon Training Group member **Margaret White**. Among her races:

- | | | |
|-----|--------------------------|---------|
| Jan | Palm Beach to Manly | 2:58:16 |
| Mar | Six Foot Track | 6:28 |
| Apr | Brisbane Water Bush Bash | 5:24:39 |
| May | SMH Half-Marathon | 1:52:10 |
| Aug | City to Surf | 1:18:10 |
| Aug | Mt Wilson to Bilpin 35km | 3:41 |
| Nov | Brindabella Classic | 6:29:38 |

Encouragement Award

1997's Encouragement Award goes to another MTG member, **Kirsten Thomsen**. Among her races:

- | | | |
|------|-------------------------|----------------------------|
| May | SMH Half | 1:49:50 (PB) |
| May | Thornleigh Half M'thon | 2:00:00 (1 st) |
| Aug | City to Surf | 1:15:49 (PB) |
| July | Gold Coast Marathon | 4:12:38 (Debut) |
| Aug | Mt Wilson to Bilpin 35k | 3:41 |

Equaliser Cross-Country Award

- | | | |
|---|----------------------|-------|
| 1 | Andrew Hallam | 59:15 |
| 2 | Andrew Gibbons | 60:57 |
| 3 | Matthew Hammond | 61:22 |

Open Marathon Award (Male)

- | | | | |
|---|--------------------|---------|----------|
| 1 | Carl Barker | 2:31:22 | London |
| 2 | Chris Dwyer | 2:41:47 | Canberra |
| 3 | Chris Smith | 2:47:45 | Canberra |

Carl Barker's London time is the fastest marathon in the club since Phil Garvin's 2:29 in 1991. Carl's other achievements this year :

Approx 6 marathons at sub-2:40 pace

3rd at Six Foot Track Marathon in 3:46

2nd at London to Brighton (88km) in 6:09

69th at Comrades (90km) in 6:18

Open Marathon Award (Female)

- | | | | |
|---|---------------------|---------|----------|
| 1 | Joanne Cowan | 2:44:12 | Canberra |
| 2 | Dawn Tiller | 3:03:15 | Canberra |
| 3 | Joanne Barton | 2:29:59 | Canberra |

Joanne Cowan's other achievements this year :

- | | | |
|-----|----------------------|-----------------|
| Jan | Palm Beach/Manly 30k | 1:55:03 (1st F) |
| May | SMH Half | 1:19:04 (4th F) |
| Aug | City to Surf | 53:21 |
| | State 10km Champs | 34:52 (PB) |
| | Track 1500metres | 4:32 |

Veteran Marathon Award (Male)

- | | | | |
|---|--------------------|---------|----------|
| 1 | Chris Dwyer | 2:41:47 | Canberra |
| 2 | Grahame Murphy | 2:56:42 | Canberra |
| 3 | Malcolm Satchell | 2:57:43 | Cities |

Chris Dwyer also ran a 1:19 Half marathon at the Gold Coast this year.

Veteran Marathon Award (Female)

- | | | | |
|---|---------------------|---------|----------|
| 1 | Joanne Cowan | 2:44:12 | Canberra |
| 2 | Clara Vucetic | 3:32:05 | Canberra |
| 3 | Fran Laurent | 4:10:38 | Canberra |

Masters Marathon Award (Male)

- | | | | |
|---|-----------------------|---------|------------|
| 1 | Jonathan Trope | 2:58:03 | Canberra |
| 2 | David Sill | 3:16:03 | London |
| 3 | Derek Smith | 3:19:12 | Gold Coast |

Jonathan Trope also ran this year :

- | | | |
|------|-----------------------|---------|
| May | SMH Half | 1:20:42 |
| Jun | Lake Macquarie Half | 1:20:38 |
| Aug | City to Surf | 54:02 |
| Sept | Abel Tasman 35km (NZ) | 3:49:50 |

Masters Marathon Award (Female)

- | | | | |
|---|----------------------|---------|-----------------|
| 1 | Tina Campbell | 3:29:56 | Melbourne |
| 2 | Penny Smith | 4:05:07 | Canberra |
| 3 | Brenda Hamill | 4:29:50 | Forster Ironman |

Tina Campbell also ran a 3:16 at the Mt Wilson to Bilpin 35km and a 1:45 at the Audley Half Marathon

Senior Marathon Award (Male)

- 1 **Manfred Fiedler** 3:35:28 Gold Coast

No female Seniors ran a marathon this year!

Club Marathon Championships

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

Ultra Runner of the Year Award (Male)

The Ultra Award again goes to **Kelvin Marshall**, whose 1997 achievements include:

Jan	Bogong to Hotham 60k	8.37.52 (2 nd)
Jan	Mansfield/Mt Buller 50k	4.28.04 (1 st)
Mar	Six Foot Track 46k	4.26.04
Mar	Maroondah Dam Trail 50k	6.36.34
Apr	Bris. Water Bush Bash 47k	3.45.12
Jun	King of the Mountain 46k	3.17.17
Aug	Tamborine Trek 69k	5.50.35 (1 st)
Sep	Royal National Park 50k	4.09.37 (7 th)
Nov	Brindabella Classic 53k	4.08 (3 rd)
Nov	Victorian Six Hour	73.38k (2 nd)

Notes: Kelvin ran almost 70k at Maroondah. His win at Tamborine Trek was third consecutive year. His non-ultra record for the year read as follows:

Feb	Cubitt Classic 10k	0.38.00 (PB)
Mar	Eaglehawk Half	1.22.34
Apr	Canberra Marathon	2.52.41
Apr	VRR Winelands Half	1.28.12
May	Ballarat Harriers Half	1.24.23
May	Sri Chinmoy Marathon	2.53.53 (3 rd)
Jun	Traralgon Marathon	2.49.47 (PB)
Jun	Cities Marathon	2.57.09
Jul	Coburg Harriers Half	1.24.10
Jul	Gold Coast Marathon	2.52.37
Jul	Devil Bend Half	1.22.48
Aug	June/Wagga M'thon	2.57.27
Sep	Traralgon King of Mount'n 30k	2.15.10 (4 th)
Oct	Melbourne Marathon	2.51.00
Oct	Snowy River Marathon	3.10.24 (4 th)
Nov	Olympic Dream 10k	0.38.44

Ultra Runner of the Year (Female)

This year's award was presented to **Dawn Tiller**, whose achievements this year included:

Dec96	Sunmart Texas Trails 80k	7:35 (7 th F)
Mar97	Six Foot Track 46k	4:16 (1 st F)
Apr97	Bris. Water Bush Bash 47k	4:05 (1 st F)

Notes: Texas Trails 80k was US Championships, with strong field; Time in Six Foot Track was 2nd fastest time ever (behind own course record), and Dawn beat 2nd placed female by 40 minutes; Brisbane Water Bush Bash was course record by 21 mins. Dawn also ran Canberra Marathon in 3:03:15 (PB), and the Nail Can Hill Cross Country 11km (Albury) in 46mins (1st Female).

Triathlete of the Year Award

The winner of this award was **Gary Leahey**. See the full write-up on his 1997 achievements in Sarah Entwistle's triathlon round-up on pages 20-22.

The 10 Km Series Awards

Middle Harbour Yacht Club Perpetual Trophy (10k Series Handicap Competition: 1st **Ron Stitzinger** 128 pts, 2nd Ted Brailey 114 pts, 3rd Sally Cornelius 98 pts, 4th Greg Coffey 96 pts, 5th Craig Schlitter 85 pts.

Male Outright Comp: 1st **John Young** 198 pts, 2nd Richard Briscoe 149 pts, 3rd Steve Jackson 136 pts, 4th Andrew Hallam 131 pts, 5th Chris Truscott 127 pts.

Female Outright Comp: 1st **Joanne Cowan** 198 pts, 2nd Julie Wessels 161 pts, 3rd Jenny Truscott 141 pts, 4th Annaliese Williams 139 pts, 5th Amanda Dawson 122 pts.

Open Half-Marathon Award (Male)

- | | | | |
|---|-------------------|---------|----------|
| 1 | John Young | 1:09:19 | SMH Half |
| 2 | Chris Truscott | 1:12:55 | SMH Half |
| 3 | Richard Briscoe | 1:16:45 | SMH Half |

John Young's 69:19 was a new club half-marathon record. His other achievements this year:

Jan	Palm Beach to Manly 30k (1 st)	1.45.24
Jul	Gold Coast Half-Marathon	1.17.31
Aug	City to Surf	45:55

Open Half-Marathon Award (Female)

- | | | | |
|---|---------------------|---------|----------|
| 1 | Joanne Cowan | 1:19:04 | SMH Half |
| 2 | Jenny Truscott | 1:32:19 | SMH Half |
| 3 | Joanne Barton | 1:33:35 | SMH Half |

Veteran Half-Marathon Award (Male)

- | | | | |
|---|------------------------|---------|--------------|
| 1 | Stephen Jackson | 1:18:04 | K'bucha Gold |
| 2 | Chris Dwyer | 1:19:19 | Gold Coast |
| 3 | Grahame Murphy | 1:21:12 | SMH Half |

Stephen Jackson entered this age group about a month before the race! He also ran a 51:14 City to Surf.

Veteran Half-Marathon Award (Female)

- | | | | |
|---|---------------------|---------|----------|
| 1 | Joanne Cowan | 1:19:04 | SMH Half |
| 2 | Julie Wessels | 1:42:00 | SMH Half |
| 3 | Breeda Kelly | 1:42:33 | SMH Half |

Masters Half-Marathon Award (Male)

- | | | | |
|---|------------------|---------|--------------|
| 1 | Ray Doran | 1:20:30 | SMH Half |
| 2 | Jonathan Trope | 1:20:38 | Lk Macquarie |
| 3 | Ray Potter | 1:24:21 | SMH Half |

Masters Half-Marathon Award (Female)

- | | | | |
|---|---------------------|---------|----------|
| 1 | Wendy Downes | 1:38:34 | SMH Half |
| 2 | Tina Campbell | 1:45:00 | Audley |
| 3 | Penny Smith | 1:51:10 | SMH Half |

Wendy also won this award in 1996, improving her time by 1 minute in 1997. She also a 63mins City/Surf, 5:06 in the Brisbane Water Bush Bash and 3:19 Mt Wilson to Bilpin. (She has also just become a granny!)

Seniors Half-Marathon Award (Male)

- | | | | |
|---|------------------------|---------|----------|
| 1 | Manfred Fiedler | 1:35:15 | SMH Half |
| 2 | Bruce Muray | 1:39:20 | SMH Half |
| 3 | Neil McPherson | 1:41:01 | SMH Half |

No female Seniors ran a half-marathon this year.

100 miles: Did Nothing Fatal

by Kevin Tiller

I have had a dream for at least the last 3 years, possibly 4. To be able to complete a 100 mile trail run struck me as a great idea pretty much the day I first heard that such a thing existed. I'm weird like that: just get some crazy half-assed idea stuck in my pea-brain and I just can't seem to shake it loose. Of course, back then there were NO 100 mile trail runs in Australia, only in the US of A. I travel from time to time and so figured I'd end up there at some stage.

Fast forward to 1996, I find myself with 30+ marathons under my belt including a bunch of 8 hour plus runs, including one 24 hour. I find out that there is a 100 miler in Australia the coming September. Magic. I make some half-hearted attempts to train up for it, but it just never really happens. I fail to send in an entry form, but convince myself that in 1997 I will enter come what may. For the 1996 event there are 5 runners who turn up for the 100 miles, and none finish, due to excessive heat on the day and probably a bit of inexperience too. My resolve strengthens thinking that I will show those guys a thing or 2.

The event is on again for 1997, and as planned I enter, although my fitness isn't really any better. About my best shot is three 80km races in 4 weeks (back in January) and a bunch of personal worst. A 100 miler is a totally different proposition, as my spousal unit reminds me often and continuously.

Drop kick

The event draws near and I pack myself up and head north to the race. The glasshouse mountains are approx an hour's drive north of Brisbane, and the course is a 3 lapper of "trails". As luck would have it, probably the most experienced 100 mile trail runner in the world is also in town for the race, Suzi Thibeault. Luckily, she is a good sort and doesn't mind spending time with a drop kick like myself. Her 35 finishes compare favorably with my big zip, and so the chance of driving over part of the course with her is too good to knock back. We note that if the temp is similar to the day before then it will be HOT HOT and OPEN with much chance of being burnt alive. All of the course is fire trail and likely to be dusty. Suzi guesses that there will only be 3 runners in the running on the last lap (there will be 8 starters).

We are staying at the Glasshouse Mountains Motel, just a couple of km from the start. The place is full of runners, doing either the 100 miles, 100km or 58km events. Sat morning dawns (early) like 4:00am. The start at 5:30am is just at the daylight hour, with the weather warm, but cloudy. The first lap has the main climb of the event, Beerburum, a 2km up and down of a short peak which reduces everyone to a walk. Coming down I find Suzi and US counterpart Janine DuPlessy peering off into the bush looking at a wallaby. I am trotting along nicely, eating and drinking plenty at the aid stations (every 5km or so apart). By 9:30am all trace of the

clouds has been well and truly been burnt off. It is turning into a scorcher.

At the lookout aid station I am told that my blood pressure is "different" than at the start but they are unable to tell me if that is a good or a bad thing so I clear off quickly before they change their mind. I pick up with a couple of others for the loop around Beerwah. Ian Javes, the race director, calls this a goat track, but it's still a fire trail, although it is a real roller coaster with some VERY nasty ups and downs. We drop one of the runners and eventually I drop off with the person I am running with. Along this stage Janine came past me, as well she should, being a sub-24hr Western States '97 finisher.

Noticeably faster than me

By the return thru the lookout (46km) I am running by myself, slowly, and heat-weakened in a kind of survival shuffle. Suzi Thibeault catches up with me and we attempt to make progress together. It's difficult as I am a slog-it-slow-all-the-way type and she walks the hills and runs downhill and a bit of both on the flats. Her running pace is really VERY noticeably faster than mine. Still, she is very gregarious and is probably keener on running with someone than pressing on to get a quick time. We continue for approx 8km until almost the end of the first lap, remarking on some of the front runners coming back out on their second lap. Before the end of the lap, my pace slumps such that I am really now going slower than walking pace. I come into the turnaround quite some time after Suzi and she is about to head right out.

She takes one look at me and thinks that I am a goner so goes back out for her 2nd lap. Despite my pleadings to everyone who'll listen about "they'll have to pull me off the course - there's no way I'll quit" it's not obvious to me that I should continue. I have never quit a race NEVER not one - of ANY distance so I will not even think about quitting in a normal event. But after 58km of a 160km race, it is clear that I am in deep strife - the chances of me finishing one more lap are slim and of the complete thing slimmer (pretty non-existent actually). I am not really suffering, it's just that my pace is near zero - under trained you could say (I would).

Lazy butt

Club mate Mike Ward, a 58km finisher, checks me to make sure I am not going back out before going off to stay with his family. I haven't quit, I am just having an extended aid stop. I phone my wife in Sydney to see what she thinks I should do (prefers me to get my lazy butt back out on the course but on the other hand doesn't want to bring up my offspring alone). I lay down and have a think about it (probably doze off to sleep here). After a couple of other runners go back out I decide that I must continue. I have some more food and drink and start off, promising I'll quit at the next aid stop if I'm no faster.

I eventually get to the next stop, 4.7km down the track, no faster, probably even slower. I still don't quit but am reduced to walking out of the aid station and down the track. I am contemplating turning back when I realise that the next aid stop is quite a few km away, the other side of some rocky pineapple plantations. That doesn't appeal. I am woken from my mind-wanderings by the sound of a jeep. Suzi has a gammy knee and has pulled out and that pretty much makes my mind up for me and I hop in the jeep. I had never thought about quitting a race before but I think it was clear that on this day I was just not going to finish. Although disappointed I am not going to beat myself up over it - its my own fault for not focusing enough on training over the last few months. As it turns out, most people think that I should have quit at the turnaround and even Suzi was convinced I would. It pleases me that I continued beyond the sensible point to stop.

We both DNF

We both DNF at approx 11 hours into the event, me completing about 64km and Suzi approx 70km. Suzi's explanation of DNF is not the usual "Did Not Finish" but "Did Nothing Fatal" which is probably true in this case.

We went out for a Chinese meal and had a sleep. Come the morning, the rest of the runners had finished, bar one. We all cheered him in (Bill Thompson), just before the awards at lunch time (see special trivia note).

Clearly the organiser Ian Javes is happy with this year's 3 from 8, over last years 0 from 5. And I for one am looking forward to next year's race. Suzi was right about the number of finishers also.

The prize trophies were of local Ironbark, the hardwood symbolising the tough nature of the course and the runners.

Special Trivia Note:

Last year, the organisers were laying the course when the local custard-apple farmer, Bill Thompson, asked what was going on. He was told about the race and entered the 106km event, on no training (other than walking round his orchard and climbing his fruit trees) and pretty much walked the whole way round on no training in just a pair of plimsols and old clothes. This year he trained up in a cheap pair of runners, planning on walking most of the way, with a little bit of running. He finished (just) inside the 30 hour cut-off.

19th Istanbul Eurasia Marathon

by Graham Butler

Running the 19th Eurasia Marathon wasn't exactly a well planned event on my part. Acting on information received during a STAR run two weeks before our planned departure to Turkey, I took the incredibly brave step of announcing to the dark eyed senorita (DES) that "Oh, by the way, there's a Marathon on around the time we'll be in Istanbul. I'll be running it of course and we'll only need to change our itinerary by half a dozen days or so." I'd done very little running training, had no race details, only a severe beating sustained after such a foolish announcement to the DES.

Exotic mysteries of Turkish Telecom

On arrival at Istanbul's Ataturk International Airport you realise that Turkey is going to be a bit basic. They have no arrival forms, no evidence of computerised immigration records. They just write your name down in an old exercise book and stamp your passport. That's it.

Two days before race day, armed with only an Istanbul telephone number and street address, our challenge was to find the Marathon organisers and get a late entry. This meant braving the exotic mysteries of Turkish Telecom, the Turkish language and the Istanbul tram system. Eventually we found the place after being redirected from a nearby hospital psychiatric unit which had a confusingly similar street address to the Istanbul Marathon office.

On the fifth floor of an unlikely looking building we were greeted with enthusiastic Turkish hospitality and cups of apple tea. We were severely embarrassed as ambassadors for Australia when I clumsily upset the tray of cups but with my US\$30 entry fee handed over and a race kit in my hand I was happily on my way, or so I thought.

The DES accompanied me early on race day, Sunday

12th October, to City Hall where the promised fleet of shuttle buses would take runners out to the start on the Asian side of the Bosphorous Bridge. A total of two buses turned up and we were packed aboard like sardines for half an hour before the drivers saw fit to turn up and get the show on the road. I sat on the floor.

Some way after the Bosphorous crossing our bus lurched to a halt and the true chaos began. We found ourselves clambering down steep embankments and crossing tollway barriers amongst thousands and thousands of people. A clue we'd missed was included in the race literature blurb and went as follows. "The Istanbul Eurasia Marathon has managed to become prominent by its beautiful organisations As there will be an eight-kilometre-public marathon apart from the 42 kilometre-marathon, people of all ages will have the opportunity to enjoy this exciting experience."

100,000 participants

Truer words were never written as it turned out. The eight kilometre fun run which was also called a "marathon" had 100,000 participants who were only distinguishable from the 42k Marathon entrants by a most subtle variation on their chest numbers. This turned out to be a most vexing source of confusion for the rest of the day.

The 100,000 crowd, yes that's right, one hundred thousand, were a mixed looking bunch. People ran in just about any clothes they had. Lots of them ran in jeans and work boots and Islamic women even ran in full chadors. Ten minutes before the start and after much verbal prompting in Turkish from crowd members, it dawned on us that we were standing on the wrong starting line! The 42k race start line was 500 metres or so down the road.

After a quick sprint and by now two minutes before the start another major panic as I realised I didn't have the obligatory yellow sticker on my race number to show that I'd actually joined the start at the Bosphorous Bridge. I found the yellow spot man with a minute to go and had just enough time to savour my moment of destiny with the clatter of the TV news helicopter overhead and the rush of emotion I always seem to have in the moments leading up to the gun. I feel quite cosmic in those last moments and ask myself all sorts of questions I have absolutely no answers to. Handing my camera bag to the DES, I muttered something like "See you at the finish." whatever that meant. The sky was dark with great black storm clouds as they fired the gun shortly after 9am and we were off.

Bruce Horwitz, aged 60 from Oakland California, introduced himself as we crossed the Bosphorous Bridge heading towards the European shore. He pointed out the US fleet moored downstream from our crossing point. War games with the navies of half a dozen other countries. Bruce turned out to be the best running companion. We talked constantly for the ensuing four hours with a conversation that ranged from the Kennedy assassination to the collapse of the Soviet Union. We solved most of the world's major issues. Bruce's ambition is to run a Marathon on every continent; the Istanbul Eurasia event giving him two in a single outing. As a result of our chance meeting, we plan to run the Gold Coast Marathon together in 1998 which will add one more continent to Bruce's tally.

Urban nightmare

After crossing the Bosphorous, the course heads up the only major long hill of the race, before doing a couple of out and back loops on the European side, through the busy commercial region of Taksim, through part of the old city wall, before beginning the out and back section along the Sea of Marmaris to the big suburban shopping centre at Bakarkoy and back along the Golden Horn to the bustling ferry terminal at Eminonu. The city of Istanbul with its mosques, palaces, forts and other ancient structures is the most exotic setting imaginable.

Having said that, Istanbul also has to rate as one of the world's great urban nightmares. Much of it is extremely ugly. The practice of placing satellite TV dishes on centuries old buildings is one of the worst aspects of Westernisation and so called progress. Excellent urban freeways and public transport infrastructure are about the only evidence of any attempt at urban planning in this city of 14,000,000 people. Not surprisingly, air pollution was appalling and high heat and humidity added to the unpleasantness of running in this otherwise marvellous place.

Then somewhere around the 30k mark, the rains came. Distance markers were supposed to be every four kilometres, but they seemed fewer and further between than that, so most of the time it was hard to tell just how far we'd gone. It hadn't rained in Istanbul for some months and it had to pick race day of all days. The steep hills leading down to the main road along the Sea of Marmaris quickly became raging torrents which poured thousands of litres of filthy water down onto the course and into our shoes.

A good slog further and before too long we were at the Eminonu ferries where we took the bridge crossing over the

Golden Horn and along the long straight road to the finish at Inonu Stadium. Past the rows of police riot control vehicles and into the stadium where we soon understood why they had the riot control vehicles. Loud Turkish music blared from loudspeakers and an unexpected crowd of some thirty thousand people was out of control. Rows of police with automatic weapons slung under their arms, many with batons drawn, held back a chanting, saluting crowd. "Turkiye! Turkiye! Turkiye!" There was certainly no absence of nationalistic sentiment as Bruce and I waddled across the finish line in 3 hours 48 minutes. Nobody in the crowd seemed to give a damn. And there, right on the finish line, next to the mayor of Istanbul, the police chief and the army generals stood the DES.

Mime and acting skills

What we didn't comprehend until much later was the huge difficulty Debbie had getting to Inonu Stadium and managing to get inside. She'd become caught up in the fun run crowd of 100,000 and walked the eight kilometres from Bosphorous Bridge to the stadium, soaked by the torrential downpour. Then they wouldn't let the fun run competitors inside; only spectators with tickets. This is where Debbie's considerable mime and acting skills overcame her inability to understand Turkish. Escorted from one Uzzi totting policeman to the next, she was eventually escorted as an honoured guest to the VIP area right on the finish line.

Who were the winners of the Eurasia Marathon? What was the winning time? I wouldn't have a clue. Bruce and I did see a handful of very elite looking East Africans leading the race in the early stages, but the chaos of the day and our inability to understand a word of Turkish let us down on these important details. I suppose there's a slim chance that a race results book might arrive in the mail one day, but based on most of our experiences in Turkey, I'm not banking on it.

Footnote: Debbie and I followed our tiring day at the Eurasia Marathon with a visit to a hamam or Turkish bathhouse. The premises of this esteemed establishment were over four hundred years old and operated on a strictly gender segregated basis. (My hopes were dashed.) I hobbled into the men's section feeling rather sheepish in my sarong, wondering what to do next and looking very much like the foreign tourist no doubt. In fact what followed was unquestionably the most painful experience of my life.

A bit like being a dog

Having the bath and massage is rather like being a dog. First they blind you by pouring gallons of hot, soapy water into your eyes before attacking you with a glove made of something like coarse grade sandpaper. The gorilla with short, stumpy fingers was like a Turkish version of Sonny Liston except much stronger. He destroyed what was left of my calf muscles so effectively that I screamed and screamed in pain which brought only considerable mirth from the other patrons. He walked on my back, tortured my toe joints and put me in a series of excruciating neck locks. At the end of this lengthy and painful ritual I had to show how grateful I was by giving him a substantial tip!

"If you have half a mind to run a marathon, you are overqualified".

Greece: The Spartathlon

by David Sill

The Spartathlon traces the route taken by Pheidippides in 490 BC when he ran from Athens to Sparta to arrange for reinforcements to defend Greece against the Persian invaders. He covered the 246km in 2 days. (Pheidippides' more famous journey, from Marathon to Athens, took place shortly afterwards.) The Spartathlon is held at the same time of year as Pheidippides' historic journey and requires competitors, from all over the world, to finish within 36 hours.

I take my hat off to Pheidippides, because I DNF'd. And he didn't have fancy shoes and sports drinks, either! This was the first time I have failed a time cut-off in a race. The race started at 7.00am, and just before 1.00am the next day I missed the 39th checkpoint by 2 minutes as I approached the top of the first of the three peaks. I had covered 136km.

I was very disappointed to miss the checkpoint because the second day wasn't the scorcher the first had been and, in the relatively cool conditions, more than half the starters finished, instead of the usual 30%.

The runners were given extraordinary treatment in Sparta. Every finisher was accompanied to the historic finish area by a police car and two support runners, then taken immediately to the local hospital for a check-up. A row of ambulances waited at the finish all day.

In the evening a reception was held in the central city square, with the mayor, archbishop, army chief etc, making presentations to the top runners. The square was packed with thousands of people, while others hung out of balconies view the proceedings. It was very moving.

Runners have to qualify to be accepted for the race,

but then everything is provided free, including accommodation and meals for five days. There are two other major receptions in addition to the one held in Sparta's main square: one at lunchtime in Sparta, and the other in Athens presided over by the mayor. The whole thing is really awe-inspiring, though I would have enjoyed it more had I finished!

To give an idea of the difficulty of the race, runners have to maintain a pace of 164km per 24 hours but keep doing it for 36 hours. (How many Striders have covered 164km in a 24-hour track race?) And the course travels over three peaks, the highest of which is a dirt track 1.2km above the starting point. During the day the temperature is often 30 degrees, and in the middle of the night it is near freezing going over the mountains.

Yiannis Kouros has won the race four times and holds the course record of 20:29.

The good news for Australia is that Paul Every finished comfortably with over an hour to spare. This makes up for his disappointment at Winschoten, where he was below his best as a member of Australia's 100km world championship team. The smile of delight on his face as he finished was still there 24 hours later. He was over the moon. Congratulations to Paul.

I don't know why I had a poor race, but it was obvious in the first 20km that I wasn't going very well. I suppose I over-raced, with three 24-hour races and one 12-hour race in the previous six months. Still, I had a reasonable year, and there's always next year! Where are those running shoes? I'd better start training!

Marathon Training Group: 1997 Wrap-up, 1998 Prospects

by Kevin O'Kane

The 1997 Group officially finished after the very successful Mona Vale Marathon from Manly to Mona Vale and return, which we ran on August 31 as a replacement for the Sydney Marathon. The MTG dinner at Benjamin's Roof, Cremorne, was a most enjoyable way to wind it all up. This year's Group ran through the running season, instead of through summer as in 1996. As a result, there were many more options available. We took advantage of these with a vengeance. 13 Group runners ran 10k PB's, as the Group really took on the 10k handicap series. Going into the last run, 2 of the top 3 were Group runners, while the other was married to one. As well, 11 Group runners ran Half Marathon PB's, there were 4 debuts and 9 PB's in the City to Surf, and 5 debuts and 8 other PB's in Marathons. Of course, not everyone is aiming for PB's. Other highlights included:

- The very successful 6 pm runs each Thursday night at Waverton Bowling Club. They're still on through summer. Turn up any Thursday (maybe not Xmas).

- The enjoyable buildup for the City to Surf, with training runs over the course, and the pre-race coffee in my office overlooking the start.
- The continuation of the Group encouragement during the long Sunday runs.
- The tremendous support from Group runners, family and friends for the Mona Vale Marathon.

Marathon Training Group 1998

I asked those in the 1997 Group what they wanted to do in 1998, and got a very good response. It was pretty clear that the favoured option was to train over summer for the Six Foot Track Marathon and Canberra Marathon, and then review later 1998 goals. So that's what we'll do. That means that you have to start training NOW. If you aren't ready to start now, it's still likely that we'll have a group of later starters, so make sure you contact me. To register interest in the '98 MTG, contact me on 9449-1435 (H) or 9283-3355 (B) and I'll send you more details.

Triathlon Round-Up

by Sarah Entwistle

◆ Hawaiian Ironman:

Almost a Matter of Life or Death

18 October 1997: 3.9k swim, 180k cycle, 42.2k run

I wish I could say "It was fun", but quite honestly "It was an experience and some!" Apart from a violent thunderstorm raining on our Parade of Nations a few days before the big event, we had been enjoying hot but relatively calm conditions for the previous 10 days. Then on race day, Kona's wind gods suddenly got crazy, trying to blow 1500 triathletes backwards with up to 100kph headwinds, while dehydrating and sizzling their bodies with 40C+ temperatures.

Winning German Thomas Hellreigel's bike time was more than 30 minutes slower than last year; second place getter Jurgen Zack (another German) said it was the worst conditions he had ever competed in; and leading Australian contender Chris Legh, who was in third place at one stage on the bike, collapsed in 11th place 100 metres from the finish to be carried over the line on a stretcher. He then spent five days in hospital and had part of his bowel removed.

The women's race was also full of drama with eight time champion Paula Newby-Fraser and challenger Natasha Badman both pulling out. Canada's Heather Fuhr (Newby-Fraser's training partner) went on to win, another Canadian Lori Bowden was second and Brazil's Fernanda 'G-String' Keller grabbed third place by running past Americans Wendy Ingraham and Sian Welch (Greg's wife) who were literally CRAWLING on hands and knees to the line.

A Very Long Day

As for the rest of us, it was a long, hard day with a record 150+ DNFs. Hellreigel's extra half hour on the bike translated into 45 to 60 minutes for most of us, and dehydration was the order of the day. Being smaller than average, I suffered more than most in the headwinds and decided it was all too hard, backed right off and just spun my wheels in an easier gear. I had trained really hard for this race, intending to go for a podium finish (ie. top 5 in my category). Instead, I mentally retired from triathlon during the race and decided that if I ever did finish, then I would just stick to running from now on. Believe me, my bum (along with 1499 other bums) has never been so glad to get off my bike - ever.

The infamous 'killer' run seemed relatively easy in comparison. I was actually going pretty well having saved my legs a little on the bike. I was wearing my Australian team bathers, and there seemed to be a very large contingent of Australian supporters in the crowd judging by all the "Come on Aussie" cheers.

I only spotted Derek Smith once, when I was out on the run and he was on his bike heading back to the transition area. I was hoping to see him again on the way back from the run turnaround, but it very suddenly gets

dark at about 6.00pm, and I mean DARK. The moon doesn't come up until about 10.00pm and out on the highway there is NO light whatsoever. We are all given green glow-sticks, and that's all you can see. Just green things bobbing up and down, and you have to work out whether they are coming or going.

Having felt pretty good, I suddenly cramped up really badly in the last 10k, presumably through dehydration, and was forced to walk for a while. When I finally did get to the line, I was therefore rather amazed to find out that I had placed 7th place in my category, having thought that I must have been in least 37th place. My amazement then turned to disappointment when I saw that I had only missed out on 5th place by a couple of minutes. Maybe next time (I also decided to put off retiring for another day!).

The first thing you think about when you cross the line is to head for the massage tent so you can have a lie down. The organisers however have other plans. First they make sure you can still stand without falling over, then they place you in line to pick up your finisher's medal and t-shirt, then another line to wait to have your photo taken (and of course, we are all looking just gorgeous!), and yet another line to pick up your street clothes, before they finally let you stagger with all your bags over to the massage tent. That massage was simply heaven!

Our new Ironman World Champ

There were many heart-warming race stories, but one of the best was Sydney's John Maclean becoming the first wheelchair athlete to beat the 17 hour cut-off time for able-bodied athletes, with literally hours to spare in 12:21:38.

The years of hard work finally paid off for John who had previously missed the cut-off time in the strong winds of 1995, and last year missed out by just 15 minutes because of a flat tyre. And, although John himself hasn't quite yet made it to the Ironman Hall of Fame, his wetsuit has. As he finished with thousands of spectators cheering him on, the Ironman organisers asked for his wetsuit as a keepsake.

And for his next challenge, John aims to become the first wheelchair athlete to swim the English Channel.

Not surprisingly 80 year old Jim Ward failed to finish in the tough conditions, but Ironman favourite American Bill Bell had a great day. This 74 year old, who has become somewhat of a media celebrity in America, seems to improve with age and finished well within the cut-off time. At the carbo party we learnt that during one recent television chatshow, Bell explained that the reason he kept competing was because he liked a few beers, and thought female triathletes had the best bodies. "So it's chicks and beer that keep you going!", the host replied.

Despite the unpredictable conditions, the whole

Hawaiian Ironman experience is something that shouldn't be missed. From the daily ritual of meeting at the race swim start, spotting the stars, checking out what the Brazilians are wearing, lusting after Jurgen Zack, grabbing as many freebie energy bars, swim caps, magazines, water bottles, t-shirts and socks as you can possibly scam, to driving around town in a white convertible Mustang, it's all such a BUZZ.

And that's not all. There's also Margaret. Every morning, hanging around the swim start in the midst of the hundreds of super-fit, lean, tanned bodies of the world's best triathletes doing their morning swim training, would be the spectacle of Margaret - a very large blonde 40-ish lady in a black leather studded G-string and very low cut black leather studded bikini top barely covering her very generous bosom. Margaret certainly livened up morning swim time and to her delight probably had more photos taken of her than anyone else on the island. However, the Aussie contingent was suddenly terribly embarrassed to discover that Margaret actually hailed from BOND!.

According to my friends John and Teresa, also of Bondi, Margaret is the ex-model and buxom blonde who graced all those Bondi beach postcards for so many years. Margaret has since married an Hawaiian, lives on Kona, has three children and spends her time painting mermaids. Aloha. **Striders' Hawaii Results:** Sarah Entwistle 12:34, Derek Smith 14:47.

◆ Triathlete Of The Year Award

The Triathlete Award for 1997 goes to **Gary Leahey**, although special mention must go to Brenda Hamill and Derek Smith who both had great seasons, and to Murray Town for finding the longest, most mind-numbing and torturous event on the triathlon calendar.

Gary Leahey just seems to get better and better with age, despite being the most accident prone (triathletes have plenty of opportunities for accidents). Having got off to a slow start early in the year due to injuries sustained at the JWL Challenge (another Murray favourite), Gary warmed up for the Ironman with a hard fought category third place (the first medal finish in his long triathlon career) at the tough 1997 NSW Long Course Championships (2k swim/80k bike/20k run) at Cowra in March.

Then, at the age of 44 (the back-end of one of the toughest age groups), he managed an outstanding eight minute PB at the Australian Ironman at Forster Tuncurry in April. Gary clocked a very fast 10:19 for the 3.8k/180k/42.2k event, and missed out on qualifying for Hawaii by a mere 38 seconds.

He didn't let that minor setback cramp his style, going on to qualify for the very challenging 1997 World Long Course Championships in Nice in June, where he was 4th Australian home overall, in 7:39 mins for the 4k/120k/30k course. He even managed to stay upright on his bike despite the near vertical descents which were the catastrophic undoing of the leading Australian who ended up in a ravine with a lot of broken bones.

Gary has been a longtime supporter of the Striders and can always be seen breaking up the 6.10 group in his Striders gear. Well done Gary. We expect even better things of you in 1998, especially in your new age group.

◆ Forster/Tuncurry Half Ironman

Sun 23 Nov 1997: 1.9k swim / 90k cycle / 21.1k run

As I sat on my bike that morning, being blown across Sydney by a hot northerly gale, I spared a thought for all those poor sods fighting their way through the Forster qualifier half Ironman. Still guys, if you think that was tough, just wait 'til you get to Hawaii.

There seemed to be an unusually high number of Striders competing, and they all seem to have done pretty well. Derek Smith obviously hadn't had enough of the wind and heat in Hawaii and was competing even though he had prequalified. Scott Crawford, in more or less his first triathlon, won 6th and final qualifying place in his age group, despite the fact he dropped his chain at about 20k. Andrew Gibbons (20th overall) and Chris Smith (31st) positively flew to take 5th place in their respective categories.

Mark Fiore beat last year's time by 13 minutes, and in tougher conditions. Unluckily, he also had tougher competition and missed out qualifying by seven spots. However, he does have a second chance at the Callala Bay Half Ironman in December. Go for it, Mark!

There were 608 finishers, and I hope I've got all the results. I'm also not sure who else qualified, so I'm sorry if I have missed anyone. Please fax all your triathlon results to 9247-4525 or e-mail entwispr@hutch.com.au. The final column of the results table shows overall position followed by placing in age category.

Name	Swim	Bike	Run	Total	Posns
Andrew Gibbons	29:35/2:29:41/1:32:09	4:31:25	20'5		
Chris Smith	31:32/2:32:00/1:32:48	4:36:20	31'5		
Mark Fiore	33:22/2:57:41/1:45:34	5:16:37	281 / 47		
Hakan Parsson	41:40/2:52:15/1:47:46	5:21:41	323 / 53		
Scott Crawford	35:55/2:58:36/1:52:00	5:26:31	351 / 7		
Charles Coville	43:44/3:14:50/1:42:07	5:40:41	415 / 25		
Derek Smith	36:40/3:16:39/1:50:53	5:44:12	437 / 3		
Peter H'schmidt	47:13/3:31:30/1:52:19	6:11:02	549 / 5		

◆ Brenda On Top Of The World

ITU Triathlon World Championships, Perth, 16 November 1997: 1.5k swim / 40k cycle / 10k run

She tried to tell us she was doing the World Triathlon Championships just for the fun of it. But we knew better. Congratulations to Brenda Hamill who put in an amazing performance in Perth on 16 November and is now No.3 in the world in 50-54 age category.

By all accounts the 'Worlds' in Perth were a major success for Australia in many ways. The Australian team was dubbed by the other countries as the 'Dream Team' with so many previous World titleholders to its name, and it certainly lived up to its reputation. Chris McCormack from Sydney won the men's title; but it was the Aussie girls who really dominated the world.

Emma Carney, Jackie Gallagher and Michellie Jones (all previous World Champs) came 1st, 2nd and 3rd

in the women's race; and the female junior team led by Nicole Hackett took 1st, 2nd, 3rd and 4th. Only the junior males failed to perform.

The venue itself also put in an outstanding performance with many international athletes stating the '97 Championships were the best 'Worlds' ever with exceptional facilities, weather and a wonderful atmosphere. Barrie Shepley, the Canadian National Head

Triathlon Coach, who had been posting a daily commentary on the internet throughout Championship week, told the rest of the world: "If you have never been to Perth (the best on earth in Perth), a city that will host 10 major World and International competitions in less than 12 months, I strongly encourage you to. The people are awesome. The weather is always excellent and the training facilities are first-rate."

Race to the Top

by Jenny Truscott

Excitement, worry and nerves were the first three emotions that ran through my head when I entered the Sydney Tower run-up on 6 September. Luckily I had a few knowledgeable and experienced Striders to reassure me. George Herrison and Dean Degan had also entered so it made my decision to compete that much easier.

It was unfortunate for me that the race fell on the same day as the Shelley Beach 10km. However, being crazy as I am I went in the Shelley Beach race also. Afterwards I was walking to the car and found it hard to walk up about 20 stairs to the carpark. That's when I started to get anxious.

I arrived at the start and registered. To my surprise their weren't many female competitors, 30 in total and thoughts of coming last entered my head.

It was a shock to realise that the distance from the start to the actual stair-well was only 20-30 metres which we were given to sort ourselves out. The race started on Castlereagh Level of Centre Point and was to climb over 10 flights of stairs to the observation Deck. The gun went off, and we all raced off. There was a lot of pushing and shoving going on, even for a bunch of girls.

I was having a great time, I thought it was fun, (even my brother saw me on the news that night smiling from ear to ear). It all soon changed when I got to the second flight of stairs and my legs went on me. I started to walk. If you wanted overtake someone it took at least 2-3 flights of stairs to do so as the stair well was really narrow and hard to move around someone.

I'd reached half way and couldn't see anyone around me. All I could hear was the heavy breathing of the other competitors somewhere in the stairwell.

I finally reached 10 flights to go and then 9 flights, 8, 7 and so on until I reached the top and then had to pick myself up and run down a ramp to the finish line where I was placed in 6th position in a time of 11 min 30 sec.

All I can say is that it was a great experience, never having competed in a race like this before. I enjoyed it afterwards, but during it, I found it a real struggle. Other Striders that took the challenge were Dean Degan 5th, George Herrison 2nd year in a row, and John Young, who was a top 5 finisher in 1996. Overall it was a great day with a great view of the city, once I got up there. However given the option, the elevator is the way to go!

One week later, you'd think I would have learnt, but the Chatswood Vertical run was on and I was primed for a great performance. Only 13 flights of the Royal and Sun Alliance Building but still the feeling of the lactic acid build-up was very present. I entered it alongside Dean Degan 1st male, John Young 2nd male, Tina Campbell 1st in age and with the helping support and organisation of the Sporting Spectrum Crew. It was a great day for me as I came 1st in my age category and 1st in the open females. I'm sure everyone else who entered would have agreed, hopefully next year the popularity of the event will further increase. Having now completed 2 stair runs in 2 weeks, I came to the conclusion that this kind of event is for people who prefer to do things the hard way. I personally would much rather endure the boring elevator music than put with up with the pain and heartache of doing it the hard way!

Striders Results

6th F Jenny Truscott 11:28, 5th M Dean Degan 7:59

Chatswood Vertical Fun Run

by Tina Campbell

Royal Sun Alliance and Chatswood Rotary (and managed by Sporting Spectrum) recently held a run/walk up the 15-storey Sun Alliance tower in Chatswood. For \$10, competitors received a T-shirt and a "show bag" of sponsors' giveaways. The 20-plus race categories included age groups, school teams and business teams.

In the women's 41-50 age group there were only two entrants. The winner won in a time of 2 minutes 29 seconds, about 9 minutes ahead of the runner-up! I was that winner; the runner-up (or walker, in this case) insisted on carrying her handbag with her.

The event will be held again next October, and it's worth entering for the lucky draw prizes alone. This time they gave away a week on Hamilton Island for 4 people; a return flight to Cairns with 2 nights' accommodation; a week in a resort in Port Macquarie for a family of up to 6 people; and lots of \$50 vouchers for age-categories.

Striders Results

Dean Degan	1:23	1 st Open and 1 st 21-30 Male
John Young	1:51	3 rd Open Male
Jenny Truscott	2:16	1 st Open and 1 st 17-20 Female
Tina Campbell	2:29	1 st 41-50 Female

Achilles Running Club Update

by Wendy Downes

It's been a busy year for our disabled. Nick Gleeson (blind) has been a regular starter in the Striders' 10K Series and has bettered his time considerably over the year. Strider Rozanne Green, who has been chasing the elusive 50 minute target has piloted Nick on a number of occasions, so has also been pushing (or pulling) him along in her quest. Nick's usual pilot Cathy Katen (the blonde who has featured with Nick in just about every newspaper in Sydney) has been cracking the whip in other events, including the SMH Half Marathon, Kombucha Half and City to Surf, and more recently the New York Marathon.

Some of our other disabled have also been competing in the same events, either walking or running. Nick Gleeson, Philip Cook (partially blind) and Marion Hetherington (who has a chronic muscle disorder) all competed in the **New York Marathon** on 2 November. This goal was set early in the year and the budgeted \$15,000 to send them, together with 3 pilots, was achieved by various means including 2 movie pre-release nights, chocolate sales, raffles, and generally by just asking - Bondi and Fairfield Lions were very generous. Pilots were Rozanne Green, Cathy Katen and Ellis Janks (a committee member and physiotherapist).

They had the most enjoyable marathon, quite euphoric, and were also accompanied by Lisa Ondieki for the entire race. Lisa was wonderful and a tremendous support both physically and emotionally - it's a pity she decided to move to Adelaide instead of Sydney (you may remember John Turner's recall of his telephone conversation with her at last year's Christmas brunch.). Our members have returned with wonderful stories and new goals. Incidentally, Achilles worldwide had many hundreds of participants in the New York Marathon. Achilles New York has more volunteers than they know what to do with and even "charging" them \$60 a year to join does not discourage them (we only ask \$10).

Recruitment of new members in Sydney has been gradual and our media exposure throughout the year had resulted in lots of enquiries, an acceptable level of new volunteers to match the number of disabled, and we continue to grow steadily. We always need new members of course and would welcome assistance in any (shape or) form. Currently Strider/Achilles members are yours truly (WD), Chris Robb, Rozanne Green, Breeda Kelly, Brenda Kearns, Mark Young and Belinda O'Neill. If you want to join our happy band, please contact me (home phone 9449 4093) or Chris Robb (9959-4269).

Please accept our sincere thanks for the donation this year of 50% of the proceeds from two of the 10k races. This generous donation will assist our club to grow by way of assisting our disabled to participate in events they would otherwise not be able to and, most importantly, to assist with the growing of their self confidence and self esteem.



Achilles runner Nick Gleeson with pilot Rozanne Green at Striders' Meadowbank 10k Race

SMH Half-Marathon

Age-Category and Team results

The following individual and teams results emerged from the Sydney Morning Herald result list, which finally landed in our mailboxes 4 months after the event. Great event, but one does wonder how they could possibly take 120 days to process their results.

- 4th female outright:** Joanne Cowan 79:06
- 3rd male 50-54:** Jonathan Trope 80:40
- 2nd male 55-59:** Ray Doran 80:30
- 1st female 20 or under:** Jenny Truscott 92:19
- 1st female 40-44:** Joanne Cowan 79:06
- 3rd female 40-44:** (ex-strider) Louise Fitzsimmons 97:53
- 1st female 50-54:** Wendy Downes 98:34
- 2nd husband/wife, one aged 35+:** "Fit 4 It" 185:26 (Paul Brazenor 95:08 and Sarah Brettell 90:18)
- 3rd husband/wife, one aged 35+:** "Herne Hill Harriers" 192:19 (Dan Leavy 88:31 and Paula Leavy 103:48)
- 2nd All-Female team:** Striders Supremes" 294:46 (Joanne Barton 93:34, Wendy Downes 98:34, Breeda Kelly 102:38)
- 1st Male & Female Team:** "Striders Skuds" 263:04 (Joanne Cowan 79:06, Mark Fiore 84:35, Stephen Guy 99:23)
- 1st Corporate Team** (companies >100 employees): "Optus Grey Ghosts" (incl. Mark Langworthy 82:30)
- 3rd Corporate Team** (companies >100 employees): "First Data Resources" (incl. Gerard Donnan 84:03)
- 2nd Veterans:** "Striders Supermen" 245:31 (Ray Doran 80:30, Jonathan Trope 80:40, Raymond Potter 84:21)
- 3rd Veterans:** "Striders Stallions" 252:30 (Brian Grant 83:16, Neil McGill 83:21, Rod Lovel 85:53)

And of course, thanks to Margaret and Keith White for taking the time to organise these teams.

Willy-to-Billy Results

Mt Wilson To Bilpin, 16 August 1997

9	Malcolm Satchell	2:37:13
10	Greg Byrne	2:39:13
16	Martin Fryer	2:44:12
18	Greg Jamieson	2:46:24
19	Rod Lovel	2:47:12
25	Tim Austin	2:53:19
26	David Loader	2:53:28
27	Mark Langworthy	2:55:30
30	Grahame Murphy	2:57:15
36	John Hodges	3:02:33
38	Murray Town	3:03:18
41	Tony Hatch	3:07:18
45	David Solomon	3:10:22
47	John Sutherland	3:12:09
48	Keith White	3:13:18
53	Breeda Kelly (4F)	3:16:19
54	Tina Campbell (5F)	3:16:21
55	Darren Goodsir	3:17:40
56	Wendy Downes (6F)	3:19:35
61	Ian Holmes	3:21:48
63	Kevin Tiller	3:22:48
64	Paula Whitehouse	3:23:03
65	Richard Bartlett	3:24:12
68	Graham Butler	3:25:33
72	Deborah Stokes	3:28:11
79	Peter Hammerschmidt	3:29:48
80	Wayne McCarthy	3:31:58
81	Alf Field	3:31:58
83	Brian Grant	3:34:43
85	Kevin O'Kane	3:34:43
87	Michael Wilson	3:35:19
88	Jim Screen	3:35:41
93	Pauline Flanagan (13F)	3:39:29
94	Margaret White (14F)	3:41:06
95	Kirsten Themsen (15F)	3:41:34
97	Penny Smith (17F)	3:45:45
99	Sue Hill (18F)	3:47:19
108	Brenda Hamill (19F)	3:59:07
109	Roger Rigby	3:59:07
110	Alex Hamill	4:06:08
114	Robi H-Russell (20F)	4:10:56
116	Merri Mack (21F)	4:14:11

Holiday Season Nutrition Tips

by Fiona Pelly Bsc Dip Nut Diet, Sports Dietitian

For most of us, this time of year is a time of celebration and relaxation. All too often this involves both eating and imbibing as training programs are temporarily forgotten. On offer are all those tempting treats we don't normally eat throughout the year. Unfortunately, as most of these foods are high in fat there is a tendency for many of us to gain weight. Alcohol is also of concern. The combination of alcohol and fatty food is more likely to make us gain weight than fatty food alone. So how do we get through the celebrations without being a social martyr? Following are a few practical tips for survival:

- When eating out, have a small serve of what's on offer and fill up on plain bread and salad.. Remember you don't have to eat everything on your plate. Many of us find it extremely difficult to waste food.
- Avoid standing near the food. It's too easy to keep nibbling.
- Put food onto a plate first so you are more aware of how much food you're eating. Avoid just popping straight in your mouth.
- Eat slowly and be aware of when you're full. Don't be scared to say 'No' to seconds.
- If you know you won't eat until late, have a snack before you go to avoid overeating later.
- Never drink on an empty stomach . Alcohol enhances your appetite and makes those fatty snacks irresistible.
- Make your first drink a softie and alternate one alcoholic drink with one soft
- Dilute alcohol with a soft drink (eg.shandy)
- Offer to drive so you can't be tempted to drink.
- Be conscious of how much you're drinking, don't get a top up before finishing your glass
- Aim for around one glass per hour, especially if its a long night.
- If you know you're in for a big meal, plan to do a run the same day or the day after.
- Alcohol makes you dehydrated, so extra fluid will be needed prior, during and after the run.
- If you're going away on holidays, make sure you take the time to run. Try and prepare some of your own meals rather than eat out all the time, not only will it save money but you will be less tempted by those rich meals. Remember, fresh fish and seafood are healthy, low fat alternatives in the hot weather .

ALL NUTRITION CONSULTATIONS 10% OFF DURING DECEMBER AND JANUARY. (Just mention this article). Phone 9888-3638.

What Yer Thinking

by Kevin Tiller

What Yer Thinking	What It Means
step,slide,step,pause,slide	Running Palm Beach sand dunes
1, 2, 3, 4, 5, 6	Yesterday it only took 9,124
3, 6, 9, 12, 15	Long strides
Boom,boom,boom,boom	You need new shoes
Ah, ah, ah, ah, stayin alive	You like to run to disco
Reel 'em in, reel 'em in	You like to compete
011000001011110	You're a computer programmer
Left, left, left right left	You're running in combat boots

What Yer Thinking	What It Means
Ouch, ouch, ouch, ouch	You've got a dodgy hammy
Ahhh,Heelp,Ahhh,Heelp	You only run when chased
Zoom, zoom, zoom, zoom	You like to think you're fast
paf paf paf paf	You are fast
Trip trap trip trap	You're 1 of the billy goats gruff
Tromp tromp tromp tromp	You're the ogre
43k 44k 45k 46k	You're training for Comrades
? ? ? ?	You got lost on the STaR

The California Connection

by Jonathan Worswick

Angeles Crest 100 - 27-28 September 1997

[Part 1 of a 3-part account]. **Overview:** The 100 miles includes 90 miles of trails and 8 miles of dirt road in the Angeles National Forest (1½ hours North East of LA) including portions of the Pacific Crest Trail, and 2 miles of paved road. There is a 21,610 foot gain, 26,700 foot loss, resulting in a 48,310 feet total elevation change. The highest point is Mt. Baden-Powell at 9,210. Start is 5am Saturday. The cut-off is 33 hours later.

Like a number of 100 milers the run has a web-page with information, pictures and results and had "live" web coverage during the event.

The Build Up: I trained with an experienced group of San Diego runners, most of them having completed AC more than once, Ben Hian having won 3 times and Tom Neilson who has this thing about placing second. So that was a good start. I learnt as much as I could from them. We spent many long runs over different parts of the course. Coming up to the race I knew most of the trails and all the major climbs. This point is very important for pacing during the run.

I ran a couple of 50 milers, 50k's and a 12hr race in preparation (oh and the Aussie Ironman). The 50 milers are very important as they are totally different to 50k's. Our long training runs varied from 20 to 45 miles and we also did some back to back ie Saturday and Sunday. We also did a couple of night runs and runs at altitude.

An important point is also to acclimatise. Most of the US 100 milers are at high altitude, for example the Hardrock 100 varies from 9000 to 13000ft. The average person starts feeling the affects at 8000ft plus, some more than others. Nausea, head ache, tooth ache, lack of breath etc are the signs to look out for. If you can't get to train high then allow time prior to the race. Drinking plenty goes without saying.

During the year there are a number of organised AC trail runs on part of the course and a couple of trail repair days. This is becoming common in US 100 milers, and entails helping a National Park ranger repair or build new trails. I might add it's damned hard work.

Pre-Race: I spent a couple of evenings compiling a suitable schedule with my pacer, Shawn McDonald (one of the organisers of the SURF club in San Diego). Pacers are allowed after 53 miles. Shawn had run a number of 100s before and knew the AC course like the back of his hand. He projected a schedule of 22:35, an hour faster than I had originally anticipated, which scared

me a little. 24 hours was the objective of the more competitive runners.

A fellow trail runner (Jennifer Janis) who studies Chinese medicine, offered me a crash course in acupuncture treatment to increase my energy flow (Chi) which I duly accepted (needing every help I could get). I also followed some advice from a good friend in Australia who is a Naturopath (Colm Benson) who practices in Manly (plug, plug..) and a marathon coach who trains some of the American female marathon runners based in Colorado (Willie Rios) for various herbal concoctions. I'm glad there wasn't a dope test! I should also state that trying out ideas is not advisable for most people. I however have a strong constitution and seldom suffer side effects but good advice is to try new food, bum bags, shoes etc well in advance.

I also had a friend (Jennifer Ruther) who volunteered to act as support. There are many places that spectators can get access so it's good to have someone to hand you items such as special drinks, sun lotion, spare shoes etc. This task is not for wimps as you will be driving most of the day (which may end up being two days) and you get various types of abuse from your runner, who will probably not be their normal sedate self. A good idea is to supply your support person(s) with labelled containers, map, expected times and the course rules. Drop bags should be sent ahead even if you do have support.

The day before (Friday) is spent checking in, organising drop bags, taking a medical, pep talk, pasta party and trying to relax. The start is at Wrightwood (approx 6,000ft) on the East side of the San Gabriel mountain range. During winter this village is packed

Do you want to improve your Race Times?

SPORTS NUTRITION CONSULTATIONS



FIONA PELLY
BSc Dip Nut Diet
Accredited Practising Dietitian



- **Eat to Compete** - Work out your ideal training diet
- **Lean down** - Reducing body fat NOT muscle
- **Race Time** - Carbo loading, pre-event meal, eating on the run and recovery
- **The Great Fluid Debate** - Sports drinks versus water
- **The Female Athlete Triad** - Amenorrhoea, eating disorders & osteoporosis
- **Solving the Tiredness Mystery** - Discover easy ways to combat fatigue

A variety of packages available including body fat analysis

Written information on all topics

Computer analysis of diet available on request

ph/fax: 9888 3638 M: 015 462 262

with skiers whereas for this weekend it was taken over by runners.

There was extra publicity this year due to 10 Tahamara Indians (from Mexico) taking part in their regional dress (skirts and sandals). *[to be continued....]*

San Juan Trail 50

Sunday 26 October 1997, Cleveland National Forest, Orange County, California. A very tough 50-mile race on forest trails and truck roads, with 8,000ft of elevation gain.

The race started just after sunrise. It was an unusually clear day and the views were spectacular. The first half of the run dropped down to the west side of the mountain range, towards the coastal plain. We could clearly see Catalina Island, which is usually invisible through the smog.

I had a relaxed start and settled in the second group. I knew most of the top ten runners, as they were locals to San Diego or LA. Among them were a couple of recent converts to trail running, as well as some very experienced and tough 100-milers. In the lead pack were three Tahumara Indians (from Mexico) who I had had a tussle with during my recent Angeles Crest 100-miler.

It was 13 miles down to the foot of the valley, then a long slog back up the hill to the start. Surprisingly enough, it only took 20 minutes longer to go up than down. The terrain was narrow trail, but it provided good running if you could negotiate the hairpin bends without sliding on the sandy surface. At the first turnaround point I was about 8th or 9th. During the long climb I reeled in a number of people - or they fell away!

The halfway point is at the race start, and it's difficult to continue knowing that the hardest part of the course is still to come. I arrived in joint 3rd place alongside a good friend of mine, Patrick Gunnarson, who I seem to end up running with for at least a few miles during every race I compete in. The aid station volunteers said the leader was 10 minutes, and 2nd place 8 minutes, ahead.

After the aid station there is 3 miles of wide road and fire trail and more ascent. By the top of this climb I had moved into 3rd place and made up a minute on Patrick. Next was a long, rough downhill, which I decided to take easy so as to retain some energy for the toughest climb of the race. I lost a minute or two by the next aid station, which was just before the climb, but I wasn't overly concerned as I knew I had enough energy left to at least run/walk the climb.

The climb was awe-inspiring, as it seemed to go straight up. It was open terrain and the trail had numerous switchbacks. The day had become pretty warm, although I managed with just one bottle. I felt good going uphill and expected to reel in the front pair, both of whom I knew and had trained with a number of times. This would give me the chance to make a move on the last section of the course, which was mostly runnable.

It wasn't to be. The front runners, who had well-

paced and excellent runs, pulled away by a couple of minutes. I got to the top about 15 minutes behind the leader. I then increased the pace on the rolling section and managed to pull in a few minutes on 2nd place. This section of the course is mostly runnable on wide fire trail, although a few short, steep climbs require hands-on-knees walking.

The last 3 miles is a repeat of the section after halfway, but downhill. I managed to keep up a relatively good pace while enjoying the views. So, for me, a long, tough race on a great trail ended with a 3rd place finish. I replenished fluids by drinking coke, beer and soup, and thought about those people who were still out there; some would still be running in the dark 12 hours later.

Results: Doug Spencer 7:35, Scott McKenzie 7:43; Jonathan Worswick 7:49 (1st Strider); Patrick Gunnarson 8:12(ish!). I think the first woman finished around 10 hours.

Race Results

John Simmonds (member of the Marathon Training Group) ran a 4:00:47 PB for the Melbourne Marathon. His previous marathon results were: Mona Vale Marathon (31 Aug 97) 4:11:26, 1996 Sydney Marathon 4 hours 50 mins.

From the 10k Results Desk

by 10k Race Series Computer Guru Raymond Potter

Just a few words from the Far Side of the results desk. Well I was going to write about how difficult it had been taking over and in the first year getting helpful comments like "The results are wrong!", instead of "Hello how are you?"

However, this year completes my first full year as race results person and despite a few early problems the number of opportunities seems to be diminishing. Or have we all gone to sleep?

I, we that is my assistant on race day, Ann sometimes have a struggle to get the results to the next days STaR. This can be caused by problems such as runners turning up between 4 to 10 minutes late and finishing without a number. The poor time keepers have to make desperate decisions and I have to interpret these to you all. Never the less as far as humanly possible we have tried to make the results more accessible, understandable and out the next day. If you have any constructive (dare I say it) criticism or ideas they would be most welcome.

Lastly I would like to thank Bruce Murray who has been bringing the results to the Stars whilst I have been recuperating from go old Arthur, and Kevin Tiller who has plugged the information onto the web.

Enough, enough, onwards, forwards, ever faster. My congratulations to all the 10km runners. I enjoy the races and I hope you all do too. Please contact me for any information.

Letters to the Editor

Young back in Young

[Ed's note: Nobby Young has kindly agreed to our printing this missive, originally addressed to Kevin Tiller, as a letter to the Blister Editor.]

Dear Kevin,

Something must be done about that mongrel S.W. Bag, who is now so influential in the club. Even Steve Cornelius wasn't that bad! Let me know if he is under 5'6" and I will come and sort him out. If he is under 5', let Tina [Campbell] do it. If he is under 4'6" let Jim Screen have a go. As new president he should be given a chance to prove himself.

Please let Jim know what he needs to be able to do as president: 1 Have people taller than himself look UP into his eyes during conversations (Charles). 2 Use words that have not made it into the dictionary (Steve 1). 3 Remember every trivial bit of information about every family member of each Strider Carol. 4 Break every rule on how to run a serious running club and make fun of the members (Nobby). 5 I went missing for this year, so I don't know what attributes he had (Steve 2). 6 Show the ability to run very well, and run everything very well at the same time (Wendy). 7 The same as above, plus running everywhere as well (Alf). 8 Be willing to have running as a second sport as one can go a lot further in a given time on a bike (John).

Now I have to get serious and admit a failure. Back in 1993-94 the 16,000km walk around mainland Australia went close to the original plan. The 2,000km Sydney-Melbourne and around-Tasmania walk early in 1997 also went much as planned. However, with the USA walk, the theory and the plan fell over. Someone got it wrong. Me!

Let's backtrack a bit. I flew to Seattle in NW USA and started walking South. The roads were suitable, the weather good (although I had quite a bit of rain), the locals were puzzled, cautious and friendly, and the new cart worked very well. Walking a marathon or so a day was very comfortable.

On the down side I found that you never go onto private property unless expressly invited by the owner, even if you only want information, and camping in any form on the road side is a no-no. I also found a human body, at least I'm almost certain that it was a body, lying on a private driveway. I was not game enough to walk onto the property and check it out in case I joined it; I did what any American would do, got to hell out of the area and did nothing.

I walked 300 km in 7 days, from Seattle to Portland, then decided that I needed a week to decide if the walk was definitely ON or definitely OFF. Too many thoughts were going around in my head to make a decision at the time. It was always obvious that there were some risks involved in a walk around the States, but I had to do a proper trial over there to accurately assess those risks.

It worked out like this. There was a slight chance I would be mugged at some time over a three year period. There was a slightly larger chance that I would be shot at. However, the risk of being attacked by a guard dog (or plural of guard dog!) was a serious problem. I was challenged by more attack type dogs (fortunately all suitably restrained) in one week over there than I had in 14 months of walking in Australia. Americans are very big on protecting themselves and their properties, mainly against each other. Security is BIG business, and rather intimidating to country born blokes like me.

Long distance walking has to be fun and relaxing or there isn't any purpose in doing it. Danger means stress. I need stress like I need a new hair-drier.

At the end of my week on the road I caught a train and then travelled 20,000 km (on a special travel deal with Amtrax) through 45 states. Sydney to Perth is about 4,000 km. I found this to be a great way to see a lot of the country at a very low cost, and also meet hundreds of people. It also gave me time to think!

After one week on the rails I decided the walk was OFF. It can be very safe in America when there are plenty of people about, but it is not wise to get away from the safety of numbers. If I was a football player instead of a solo long distance walker I would have been okay. The American walk was always critical as the sponsorship deals involved would enable me to have funds to walk in other countries. It was not meant to be!

I planned to return to Australia at the end of the train journey. To see so much of the countryside from the comfort of a train was well worthwhile and I'm pleased that I took the opportunity to do so. In all I had one month in America.

I then flew to Sydney where I bought a caravan, and was heading South-West within days. I stopped at an old mate's place in Boorowa where I managed to do a beautiful backwards dive down his shearing shed steps. I scored very well while in the air but lost many points due to a poor landing. A pipe frame broke my fall. It felt like it also broke my back, but all it did was put me out of action for 8 weeks while my ribs recovered. I will not be returning to diving!

I'm now a citizen of Young again after an absence of 25 years. This was the first town I worked in when I came to Australia as a 20 year old. Young is a very pleasant town with a great name, large enough to have the basic requirements for comfortable living without the problems associated with big city living.

Over the next few months I hope to get settled into work and community life, then look around for some sort of a challenge to keep me motivated. At this time I have no idea what that challenge will be. On the other hand, now that I'm becoming 'normal' again, I might just take up lawn bowls!

Regards to all, Nobby (Young).

12 years on

Greetings, I am pleased to find your web site. In 1985 when I took a temporary assignment in Sydney from March through July, in an effort to keep up my running and to meet fellow runners, I contacted the Sydney Striders and joined your Sunday morning fun runs. I grew as a runner, thanks to Sydney Striders.

In fact, I later represented Guam in the 1988 Olympics in Seoul; and I was president of the Guam Running Club from 1990-92. I'm currently much slower but still enjoy my daily runs except for on/off hamstring problems. I have pleasant memories of your club and think you are very friendly folks. Pleased to see your city get the Olympics. You'll do a better job than Atlanta.

I have forgotten many of the people but I remember Stephen Knight, who enjoys his wine, and Steve Cornelius, who probably has totally forgotten me, but picked me up for runs the very first time when I stayed on York Street. Best of luck to everyone,

James Walker (jlwalkerjr@kuentos.guam.net)

Most Comrades, most marathons?

Hi Guys, Being a new member I didn't realise that there were a number of records I can now lay claim to. First a brief introduction - I moved to Sydney from South Africa in January this year. My sister (Rozanne Green - you can't choose your family!!) who is a big fan of Striders introduced me to the 10km series and I decided to join Striders myself. Having read the latest Blister I submit the following for scrutiny.

- 1) Most all- time Comrades finishes: 11
 - 2) Most consecutive Comrades: 11 (1983-93)
 - 3) Most marathons: 94
- My marathons include 38 ultras including 11 Two

Oceans (10 in a row), and 56 standard marathons. If you count Comrades as two marathons (and I don't) I have completed 105 standard marathons.

I got tired of long distances in 1993 and since then have concentrated on half marathons and 10 km races. After 18 years of running I set my PB over 21km last year (87mins) and my best 10km time this year at the striders' 10km at North Head (40.33) is my all time PB.

I am thinking of building up my enthusiasm to do another 6 marathons and reach the magic 100.

Regards, Mark Davis

Kaptain AnoraK reports: Mark is "now retired from Comrades but may be tempted to do another one now that I am in my forties". His complete Comrades record:

1983: 9.43 1984: 8.44 1985: 8.39 1986: 8.06pb
1987: 8.25 1988: 8.28 1989: 8.29 1990: 9.49pw
1991: 8.18 1992: 8.15 1993: 8.36

Selfish

Dear Boofhead, A fellow Strider informs me that recently some people around this club have displayed a distressing tendency to place their spouses, their families and their jobs higher on their personal priority list than the club. One hopes this kind of selfish attitude will not continue much longer. These losers should take a good look at their lives, sort out what's really important, and get their priorities straight. Thank you for your attention.

S.W. Bag

Letter from Gawn

Yatriyon ko nivedhan hai ki Shri S.W.BAG ne Ragan Gawn ke Marathon me bhag nahi liya. Jo koe sochtha hai ki Shri Bag ne uus Marathon me bhag liya uski galath faimi hai. Aap ka record up-to-date kar lijiye.

Shukriya, U.P. Singh, Race Director

Striders in Training

Additions, corrections, deletions, please notify Kevin O'Kane (b) 9283-3355 (h) 9449-1435 (NB not the editors). If you spot errors or omissions, don't assume someone else will let us know. New/changed details 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 5.30am★. 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 now reconstituted for summer months★	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
Saturday Morning Bush Group: Northside bush run, 6.30am summer, 7am winter	Jonathan Trope, Scott Crawford and others	Various locations. Contact Scott Crawford scottc@s054.aone.net.au
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

Sydney Striders' SAA 10k Race Series: The 1997 Finale

◆ 1997 Series Director's Notes

from John Hamilton

The '97 10k Race Series was proudly sponsored by:

- **South African Airways**, who provided one return ticket to South Africa for the winner of the eagerly contested Sydney Striders Handicap Competition, and another for one lucky runner who completed at least five of the 10k Races in 1997.
- **Australian Runner and Athlete Magazine**: if you took out a magazine subscription at a 10k Race your entry to that 10k Race was free.
- **Gatorade**; and **The Runners' Shop, Randwick**.

The 1997 10k Races saw many runners competing vigorously throughout the series, whether they were at the front of the field or at the back. The biggest field was almost 200 at Shelley Beach and the smallest 68 at Meadowbank. In total, there were more than 1200 entrants throughout the year:

Race	Striders			Non-Striders			Total		
	M	F	Tot	M	F	Tot	M	F	Tot
1	75	17	92	43	11	54	118	28	146
2	53	20	73	46	8	54	99	28	127
3	68	22	90	63	26	89	131	48	179
4	56	15	71	53	4	57	109	19	128
5	55	13	68	46	13	59	101	26	127
6	58	19	77	47	11	58	105	30	135
7	53	18	71	27	4	31	80	22	102
8	59	15	74	42	7	49	101	22	123
9	35	11	46	17	5	22	52	16	68
10	51	11	62	27	4	31	78	15	93
Tot	563	161	724	411	93	504	974	254	1228

Because of these numbers and the relative success of the 1997 10k Series this year, it raised over \$6,500 net for Sydney Striders. This also means that the two charities supported this year (Achilles Running Club and Manly Hospital) will be well rewarded in the new year.

The 1997 10k Race Series also produced the first 10k Race T-Shirt which met with limited success. Ray Potter's efforts in getting the T-Shirt off the starting blocks and racing around the track are to be applauded.

Others who got off the starting blocks and raced around the track on each and every one of this year's 10k Races also deserve praise. They were: John Hawkins, Rod Lovel, Roy Rankin, Craig Schlitter and Craig Thom. Well done guys.

Now to the results of the 1997 10k Race Series:

Female outright winner: Joanne Cowan;

Male outright winner: John Young.

It is worth noting that both Joanne and John held the lead at race 5 and maintained it through till the end of this year's 10k Race Series. They too are to be congratulated on some magnificent racing.

Handicap winner: Ron Stitzinger.

For a guy who suffered a heart attack a few years ago, and only returned to Australia after an extended trip to the USA just after Easter this year, Ron put in an impressive effort to take out the Handicap Competition. Of course, Ron is the recipient of a return ticket to South Africa courtesy of South African Airways. Congratulations Ron.

Other Handicap Competition results were: 2nd Ted Brailey, 3rd Sally Cornelius, 4th Greg Coffey, 5th Craig Schlitter. The lucky runner who completed at least five of the 10k Races in 1997 and won the random draw prize was Barney Gordon, who also receives a return ticket to South Africa courtesy of South African Airways. For those who are interested the odds were about 1 in 100!

In particular, I would like to express my thanks to **Ray Potter** for the 10k Race results - a magnificent effort; **Joanne Cowan** for 10k Race publicity - always promoted us well; **Amanda Dawson** for 10k Race gear - always resourced the team well; **Tina Campbell, Sarah Entwistle, Chris McLean, Dave Ritchie, Robi and Paul Russell** - sterling hosts in the true sense of the word; **Chris Robb, Chris Truscott and Sporting Spectrum** for all sorts of 10k Race help; **Steve Jackson**, who always made sure the runners ran 10k, not a metre more nor less; **Geoff Taylor** for collecting the 10k Race loot. Together, everyone ensured the 1997 10k Race Series were quality events, put on by Sydney's premier road running club.

Breeda Kelly, it's all yours in 1998.

◆ Lost for words!

by 1998 10k Race Series Director Breeda Kelly

I was sitting back enjoying listening to the achievements of fellow club members (congratulations to all winners) when John Hamilton, coming to the final moments of his term as 10k Race Director, requested I come to the front.

After delivering some more 10k statistics he handed me the microphone - what a surprise! What a shock! What to do? What to say?

What did I say? Something about the mix up regarding the first 10k of 1998, which is to be held on the first Saturday in February at Mrs Macquarie's Chair and hosted by Sarah Entwistle, not Lane Cove hosted by Tina Campbell as stated in the club Calendar.

What I would like to have said? - "Thanks John for the wonderful job you have done over the past 2 years. I hope I can continue the good work and that the 10k will grow in popularity. I hope you will enjoy your retirement from organisational duties and be a contender for the handicap series next year. Congratulations to Rod Stitzinger for winning the handicap series. I hope you will enjoy the trip to South Africa compliments of South African Airlines and thank you so much for volunteering to be 10k Race Director 1999".

◆ 10k Handicap Competition: Final Standings

Minimum points for inclusion: 23. Only best 8 races count. Full listings of Handicap and Outright competitions can be found on the club's Website

Name	Race:	1	2	3	4	5	6	7	8	9	10	Tot
Ron Stitzinger						13	21	16	18	18	42	128
Ted Brailey	2	12				19	19	10	20	12	20	114
Sally Cornelius	2	20	16	10	2			21	11	14	4	98
Greg Coffey	2	16	2	2	2			22	7	21	24	96
Craig Schlitter	2	13	6	3	12	17	11	19	2	4		85
George Herisson	10				2	2	2	19	14	16	16	81
Philip Kennedy	2	22			2	20	2	2	12	17	4	81
Annalise Williams	2	2	17			21	15	18	2	2		79
Richard Briscoe	16		2			2	2	2	6	15	32	77
Julie Wessels	2		22	17	2	13	2	2	2	8	4	70
Ross Sinclair		2	4	19				2	2	13	28	70
Debbie Coulter	2	21	15	11	2			14				65
Craig Thom	22	10	2	18	2	2	2	2	2	2	4	62
Mark Langworthy						2		8	2	9	40	61
Christopher Smith	2		19								38	59
David King						2	14	17	5	20		58
Tim Austin	2		13			18	2	7	10		4	56
Philip Boswell	2	2				14	2		2	2	30	54
Peter Truscott	2	2	8	13	2	2	2	2	17	6		52
Stephen Jackson	2		2	2	2	9	2	2	11	22		52
Robyn Fameli						2	18	13	15	2		50
Margaret White	2		21	16			2	2	2		4	49
Bronwyn Roberts							2	2	16		26	46
Doug Lee	2	15	2			2	5	20				46
Malcolm Satchell	19		2	9	10			2			4	46
Mike Hanson									2		44	46
Paulina Flanagan		2	9	20	2	11	2					46
Mark Davis						2	2	2	2	36		44
Paul Glare	11					22	2	9				44
Charles Coville	9									34		43
Steve Cornelius	2	18	20			3						43
Scott Crawford	20	7	2	7	2						4	42
Kevin O'Kane	2	2	12			5		2		4	14	41
Matthew Hammond	21					17						38
Tony Hatch	5	2		2	16	7			2		4	38
Raymond Potter	18	4	2	2	2				2	2	4	36
Jenny Truscott	2	19	3	2			2	2		5		35
Nick Selby			2	4	2	16	9	2				35
Brian Grant				2	15	8	2			2	4	33
Joanne Cowan	17	2	2	2		2	2			2	4	33
Grant Rankin									13	19		32
John Young	15	2	2	2			2	2	2		4	31
M'moudEl-Khansa	12	9	2	2			2				4	31
Manfred Fiedler	2			2	9			12	2		4	31
Maxwell Coleman	14	11		2	2					2		31
David Marsh		2	11	2	6			2	2	2		27
Jonathan Trope	4		2	14			2				4	26
Richard Wassell							2	2	22			26
Robert Inglis	2					2	2		2		18	26
Rod Lovel	2	2	2	2	2	2	2	2	2	2	12	26
Lyn Allan	13		2			2		2	2		4	25
Sue Thompson		2	2	21								25
Anthony Howatson			2	15	7							24
Megan Glasby	2						20	2				24
Pat Morris								2		22		24
Paul Brabender	2			22								24
Dianne Berger	2	17	2						2			23
Martin Fryer							2		21			23

◆ 10k Series: The Outcome

by Steve Cornelius

The Handicap Competition

As usual, the handicap competition, with its fabulous prize of an SAA ticket to South Africa, was keenly fought. You may recall that after Race 7, Annalise Williams had overtaken Sally Cornelius to lead by 75 points to 71, with Debbie Coulter hanging on to 3rd with 65. By that time, Craig Schlitter and Ted Brailey had sidled into contention in 4th and 5th places with 64 and 62. Few people noticed Johnny-Come-Lately Ron Stitzinger lurking in 8th place on 50pts.

It couldn't have been much closer after race 8 at Shelley Beach, when Craig had his moment of glory, leading both Sally and Ted by only a point, 83 to 82. While Annalise began to lose ground, scoring only the 2 points for turning up, Dark Horse Stitzinger registered another 18 points to claim 5th place on 68.

By this time, Debbie Coulter had decided that a November holiday in Turkey, of all places, with Graham Butler, for heaven's sake, would outrank attendance at the final race, and that's where her challenge petered out. There's no accounting, as my old dad used to say, for taste.

Race 9 at Meadowbank was sparsely attended so most of those who made the effort were rewarded with more points than they expected. Sally took the lead again on 96, leading Ted by only 2. Craig Schlitter had dropped back to 4th on 83, but Eminence Grise Ron Stitzinger now emerged as the one to watch in 3rd on 86. With double points up for grabs in November at Lane Cove River Park, it was anyone's for the taking.

Race 10 is notorious for gut-busting, death-or-glory efforts. But on the killer hills of the LCRP course it was Ron Stitzinger who put in a faultless effort to be one of only two runners to beat their handicap and take 42 precious points. He had missed the first 4 races of the series, but was Mr Consistency for the final 6, a tremendous effort to overhaul the previous competition leaders.

◆ 10k Outright Comp: Women's Final Standings

Minimum points for inclusion: 29. Only best 8 races count.

Joanne Cowan	22	22	22	22		22	22		22	44	198
Julie Wessels	14		16	19	17	17	16	16	18	42	161
Jenny Truscott	20	21	20	21		18	20		21		141
Annalise Williams	15	11	14		20	20	19	21	19		139
Amanda Dawson	18			16	19	13			16	40	122
Penny Smith	13	12	12		16	11	14			28	106
Robyn Fameli					21	21	21	22	20		105
Lyn Allan	16		10		13		13	12		38	102
Gillian Elyan				14	14		10	11	14	36	99
Rozanne Green	12	10	11	12	15	10	12	14	13		99
Sally Taggart	21	20	19				17	20			97
Margaret White	11		8	13		9	11	13		30	95
Pauline Flanagan		13	13	18	18	16	15				93
Breeda Kelly			15	17		15		18	17		82
Sally Cornelius	7	3	2	9	10		6	8	12	26	81
Dianne Berger	17	17	18					17			69
Fiona Pelly	19	18		20							57
Tina Campbell						19	18	19			56
Bronwyn Roberts						4	8	9		32	53
Dawn Tiller			21		22						43
Kirsten Themsen	10	9	7	11							37
Debbie Coulter	6	4	2	8	11		5				36
Brenda Kearns										34	34
Robin Cameron		15	17								32

◆ 10k Outright Comp: Men's Final Standings

Minimum points for inclusion: 29. Only best 8 races count.

John Young	22	22	22	22		22	22	22		44	198
Richard Briscoe	17		15		8	16	15	17	21	40	149
Stephen Jackson	7		2	8	14	17	19	13	20	38	136
Andrew Hallam	15		19	16	20	20	20	21			131
Chris Truscott	21	21	2	21		21	21	20			127
Ross Sinclair		8	9	15			18	14	19	36	119
Peter Truscott	6	11	16	17	9	12	11	19	22		117
Andrew Smith	13	16	18	11	16		7			22	103
David Marsh		12	17	12	19		14	15	14		103
Rod Lovel	2	13	12	3	10	11	9	6	13	24	98
Mark Langworthy					18		17	12	17	32	96
Philip Boswell	2	9			13	13		7	15	28	87
Christopher Dwyer	20	19			22	19					80
Jonathan Trope	10		11	13		15				30	79
Christopher Smith	11		20							42	73
Andrew Gibbons				19				18		34	71
Tim Austin	2		5		15	8	13	11		14	68
Craig Thom	2	2	2	7	6	6	8	4	12	18	63
Brian Grant				4	11	14	12		16	4	61
Grahame Murphy	12		10	10			16	10			58
Darren Benson	16	20	21								57
Dean Degan	19	18		20							57
Raymond Potter	9	10	6	5	7			2	8	10	57
Ray Doran				14		18		16			48
George Herisson	2			2	2	2	2	3	11	16	40
Matthew Hammond	18				21						39
Malcolm Satchell	4		2	6	12		10			4	38
Stephan Parker		17		18							35
Geoff Cox		14	2		17						33
Mark Fiore	2	4	7		5	10		2			30
Philip Huggill	8		13	9							30
Phillip Barrow	2		2	2	4	7		2	10		29
Wayne Stanton		15	14								29

Ted Brailey put up a valiant rearguard action to stave off the challenge, but would have needed to be 39 seconds faster, a tough ask on a tough course, to outpoint Ron. Meanwhile Sally Cornelius, who had battled from a 71 mins 10k in February's crippling heat to a time in the low 60's by October, had a totally catastrophic run in Race 10, scoring only 4 points for turning up, and settling for a creditable 3rd on 98.

Greg Coffey scored lots of late-season points to whiz into 4th place on 96, while former leader Craig Schlitter faded to 5th on 85.

I guess if Madame and I are going to South Africa, I'll have to either earn the money, or rob a bank, or get fit for the 1998 season myself. Meanwhile, we all hope Ron Stitzinger fully enjoys the rewards of his exemplary consistency in the latter half of the series.

The Outright Competitions

Speedsters Joanne Cowan and John Young utterly wiped out the opposition in the female and male outright competitions respectively this year. Their records were identical: Raced 8, won 8, scored 198 points.

If this sounds like just another day at the office, think again - both Joanne and John put in maximum effort every time they turn out. 198 is the maximum possible points score in this series, and both deserve tumultuous applause for achieving it.

In the women's outright competition, Julie Wessels was a worthy and consistent runner-up on 161 points, one of those rare people who score well in both outright and handicap divisions. However, either Jenny Truscott (3rd on 141) or Annaliese Williams (4th, 139) might easily have squeezed into 2nd place if they'd turned up for the double-points final race at Lane Cove River Park.

Among the blokes, Richard Briscoe and Stephen Jackson finished Races 9 and 10 with something of a flourish to take 2nd and 3rd places on 149 and 136 points, taking advantage of the absence of Andrew Hallam and Chris Truscott at those events. The latter two finished 4th and 5th respectively on 131 and 127.

♦ 10k Race Results: Races 8, 9, 10

*supplied by Raymond Potter***Race 8: Shelley Beach, 6 Sept 1997**

Name	Time	Targ.	Next Targ.	Pos'n	
				H	O
Richard Wassell	50.41	52.42	51.05	1	55
Martin Fryer	38.02	39.12	38.16	2	15
Ted Brailey	44.54	46.03	45.08	3	41
Craig Schlitter	42.21	43.25	42.34	4	29
Ron Stitzinger	49.42	50.45	49.55	5	53
Peter Truscott	35.44	36.36	35.54	6	4
Bronwyn Roberts	55.01	55.53	55.11	7	13
Robyn Fameli	39.49	40.41	39.59	8	1
George Herisson	39.53	40.37	40.02	9	20
Grant Rankin	37.55	38.37	38.03	10	14
Philip Kennedy	43.28	44.08	43.36	11	34
Sally Cornelius	62.22	63.00	62.30	12	14
Tim Austin	37.33	38.11	37.41	13	12
Paul Glare	41.40	42.18	41.48	14	25
Robert Chalmers	43.49	44.22	43.56	15	35
Greg Coffey	44.22	44.52	44.28	16	38
Richard Briscoe	36.34	36.57	36.39	17	6
David King	44.29	44.43	44.32	18	40
Alex Whitworth	39.00	39.08	39.02	19	18
Alan Murray	42.42	42.48	42.43	20	32
Mark Langworthy	37.27	37.32	37.28	21	11
Geoff Taylor	42.39	42.43	42.40	22	31
Rozanne Green	50.19	50.19	50.19	23	8
Annalise Williams	42.53	42.50	42.50	24	2
Breeda Kelly	46.06	46.01	46.01	25	4
Margaret White	50.38	50.26	50.27	26	9
David Marsh	36.58	36.46	36.47	27	8
John Young	32.32	32.17	32.19	28	1
Robi Russell	48.48	48.31	48.33	29	7
Andrew Gibbons	35.56	35.38	35.40	30	5
Lyn Allan	50.45	50.24	50.26	31	10
Ross Sinclair	37.08	36.46	36.48	32	9
Philip Boswell	38.33	38.08	38.11	33	16
Grahame Murphy	37.43	37.13	37.16	34	13
David Solomon	42.12	41.41	41.45	35	28
Gillian Elyan	50.48	50.15	50.18	36	11
Andrew Hallam	35.29	34.54	34.58	37	2
Keith White	43.12	42.30	42.34	38	33
Mark Davis	41.49	41.07	41.11	39	26
Craig Thom	39.29	38.41	38.46	40	19
Ray Doran	36.40	35.51	35.56	41	7
Rod Lovel	38.51	38.00	38.05	42	17
Tina Campbell	44.26	43.35	43.40	43	3
Phillip Barrow	40.21	39.23	39.29	44	21
Bruce Murray	45.46	44.46	44.52	45	43
Tom Burnell	55.58	54.55	55.02	46	58
Hakan Parsson	41.35	40.30	40.37	47	24
Stephen Jackson	37.21	36.13	36.20	48	10
Tony Hatch	42.25	41.12	41.19	49	30
Peter Dulson	40.54	39.35	39.43	50	22
Mike Ward	41.53	40.17	40.27	51	27
David Ritchie	44.10	42.32	42.42	52	37
Jurgen Joester	44.58	43.17	43.28	53	42
John Whealy	46.01	44.03	44.15	54	45
Dianne Berger	47.23	45.18	45.30	55	5
Chris Truscott	35.43	33.37	33.49	56	3
Manfred Fiedler	47.08	45.01	45.14	57	47
Michael Wilson	43.57	41.45	41.58	58	36

Name	Time	Targ.	Next Targ.	Pos'n	
				H	O
Brian Taylor	53.51	51.35	51.49	59	56
Julie Wessels	47.46	45.27	45.41	60	6
Robert Inglis	45.55	43.31	43.45	61	44
Mark Fiore	41.15	38.33	38.48	62	23
Barney Gordon	48.31	45.43	45.58	63	51
John Hawkins	47.24	44.05	44.20	64	50
Nick Selby	49.37	46.03	46.18	65	52
Raymond Potter	44.27	38.11	38.26	66	39
John Plummer	55.36	46.24	46.39	67	57
Peter Madden	50.37	41.16	41.31	68	54
Joe Degabriele	56.50	44.15	44.30	69	59
Mike Hanson	46.24		46.52	70	46
David Smyths	47.10		47.38	71	48
David Lancaster	47.14		47.42	72	49
Pat Miles	51.03		51.34	73	12

**Ted Brailey: 2nd in 10k Series Handicap Comp****Race 9: Meadowbank, 4 Oct 1997**

Name	Time	Targ.	Next Targ.	Pos'n	
				H	O
Pat Morris	51.07	58.20	52.34	1	8
Greg Coffey	42.01	44.28	42.30	2	18
David King	42.53	44.32	43.13	3	21
Grant Rankin	37.01	38.03	37.13	4	5
Ron Stitzinger	48.55	49.55	49.07	5	31
Philip Kennedy	42.48	43.36	42.58	6	19
George Herisson	39.15	40.02	39.24	7	12
Richard Briscoe	35.52	36.39	36.01	8	2
Sally Cornelius	61.46	62.30	61.55	9	11
Ross Sinclair	36.09	36.48	36.17	10	4
Ted Brailey	44.33	45.08	44.40	11	26
Stephen Jackson	35.56	36.20	36.01	12	3

Name	Time	Targ.	Next Targ.	Pos'n H	O
Breeda Kelly	45.42	46.01	45.46	13	6
Mark Langworthy	37.09	37.28	37.13	14	6
Julie Wessels	45.24	45.41	45.27	15	5
Bruce Murray	44.37	44.52	44.40	16	27
Peter Truscott	35.40	35.54	35.43	17	1
Jenny Truscott	40.19	40.32	40.22	18	2
Kevin O'Kane	43.50	44.03	43.53	19	24
Phillip Barrow	39.25	39.29	39.26	20	13
Philip Boswell	38.08	38.11	38.09	21	8
Brian Grant	37.54	37.56	37.54	22	7
Mark Davis	41.12	41.11	41.11	23	17
Geoff Taylor	42.52	42.40	42.41	24	20
Annalise Williams	43.06	42.50	42.52	25	4
Craig Thom	39.05	38.46	38.48	26	11
Craig Schlitter	42.56	42.34	42.36	27	23
Stephen Urwin	40.02	39.26	39.30	28	14
Rod Lovel	38.44	38.05	38.09	29	10
John Hawkins	45.01	44.20	44.24	30	28
Michael Wilson	42.55	41.58	42.04	31	22
Peter Dulson	40.42	39.43	39.49	32	16
Brian Taylor	52.52	51.49	51.55	33	34
Gillian Elyan	51.22	50.18	50.24	34	9
John Whealy	45.23	44.15	44.22	35	30
Maxwell Coleman	50.32	49.13	49.21	36	32
Robyn Fameli	41.22	39.59	40.08	37	3
David Marsh	38.22	36.47	36.56	38	9
Alan Murray	44.19	42.43	42.53	39	25
Raymond Potter	40.35	38.26	38.39	40	15
Tom Burnell	57.26	55.02	55.16	41	35
Joanne Cowan	39.19	36.11	36.26	42	1
Amanda Dawson	47.37	44.00	44.15	43	7
Barney Gordon	51.03	45.58	46.13	44	33
Rozanne Green	57.02	50.19	50.34	45	10
Charles King	45.08		45.35	46	29

Race 10: Lane Cove River Park, 1 Nov 1997

Name	Time	Targ.	Next Targ.	Pos'n H	O
Mike Hanson	45.13	46.52	46.00	1	33
Ron Stitzinger	48.53	49.07	49.25	2	48
Mark Langworthy	37.17	37.13	37.36	3	7
Christopher Smith	36.08	35.59	36.21	4	2
Mark Davis	41.30	41.11	41.38	5	17
Charles Coville	40.25	40.02	40.28	6	13
Richard Briscoe	36.33	36.01	36.26	7	3
Philip Boswell	38.42	38.09	38.35	8	9
Ross Sinclair	36.57	36.17	36.43	9	5
Bronwyn Roberts	55.58	55.11	55.49	10	7
Greg Coffey	43.17	42.30	43.01	11	23
Stephen Jackson	36.49	36.01	36.27	12	4
Ted Brailey	45.41	44.40	45.13	13	35
Robert Inglis	44.51	43.45	44.18	14	31
George Herisson	40.44	39.24	39.56	15	15
Kevin O'Kane	45.15	43.53	44.27	16	34
Rod Lovel	39.34	38.09	38.41	17	11
Andrew Gibbons	37.06	35.40	36.10	18	6
David Solomon	43.11	41.45	42.18	19	22
Keith White	44.05	42.34	43.09	20	26
Jonathan Trope	38.31	36.50	37.22	21	8
Craig Thom	40.31	38.48	39.21	22	14
Craig Schlitter	44.23	42.36	43.12	23	29
Lyn Allan	52.14	50.26	51.07	24	4
John Young	34.10	32.19	32.49	25	1
Peter Dulson	41.49	39.49	40.25	26	19
Hakan Parsson	42.38	40.37	41.13	27	21
Scott Crawford	42.34	40.30	41.07	28	20
Tony Hatch	43.28	41.19	41.57	29	24
Mahmoud El-Khansa	46.13	43.38	44.19	30	36
Julie Wessels	48.03	45.27	46.10	31	2
Manfred Fiedler	47.55	45.14	45.56	32	46
Robert Chalmers	46.41	43.56	44.37	33	39
Michael Wilson	44.50	42.04	42.44	34	30
John Ayliffe	50.49	48.01	48.45	35	50
Alf Field	47.33	44.30	45.12	36	44
Raymond Potter	41.43	38.39	39.17	37	18
Gillian Elyan	53.32	50.24	51.10	38	5
Jeff Lie	44.10	41.02	41.42	39	27
John Hawkins	47.45	44.24	45.06	40	45
Bruce Murray	48.02	44.40	45.22	41	47
Philip Kennedy	46.31	42.58	43.39	42	38
Tim Austin	41.23	37.41	38.18	43	16
Andrew Smith	40.19	36.36	37.13	44	12
David Ritchie	46.27	42.42	43.23	45	37
Sally Cornelius	65.44	61.55	62.47	46	10
Jurgen Joester	47.17	43.28	44.09	47	42
Joanne Cowan	40.20	36.26	37.03	48	1
Stephen Guy	47.30	43.28	44.09	49	43
John Walker	44.13	40.00	40.39	50	28
Amanda Dawson	49.16	44.15	44.57	51	3
Margaret White	56.08	50.27	51.12	52	8
James Howard	46.53	40.12	40.51	53	41
Penny Smith	56.35	49.27	50.11	54	9
Brian Grant	45.12	37.54	38.32	55	32
Brenda Kearns	53.59	46.00	46.43	56	6
Marg. Langsworth	67.41	58.01	58.51	57	11
Malcolm Satchell	49.17	38.26	39.04	58	49
Chris Ivin	38.55		39.42	59	10
David Krip	43.52		44.45	60	25
Charles Krip	46.52		47.49	61	40
Alan Burton-Woods	56.42		57.50	62	51

Sally Cornelius: 3rd in 10k Handicap Comp

Tanya! Hide!

by "Tom"

For Christmas this year my wife purchased me a week's worth of private lessons at the local health club. Though still in great shape from when I was on the varsity chess team in high school, I decided it was a good idea to go ahead and try it. I called and made reservations with someone named Tanya, who said she is a 26-year-old aerobics instructor and athletic clothing model. My wife seemed very pleased with how enthusiastic I was to get started.

Day 1. It's suggested that I keep an "exercise diary" to chart my progress this week. Started the day at 6.00am. It was tough to get up, but worth it when I arrived at the health club and Tanya was waiting for me. She's something of a goddess, with blond hair and a dazzling white smile. She showed me the machines and took my pulse after five minutes on the treadmill. She seemed a little alarmed that it was so high, but I think just standing next to her in that outfit of hers added about ten points. Enjoyed watching the aerobics class. Tanya was very encouraging as I did my sit-ups, though my gut was already aching a little from holding it in the whole time I was talking to her. This is going to be GREAT.

Day 2. It took a whole pot of coffee to get me out the door, but I made it. Tanya had me lie on my back and push this heavy iron bar up into the air. Then she put weights on it, for heaven's sake! Legs were a little wobbly on the treadmill, but I made it the full mile. Her smile made it all worth it. Muscles feel GREAT.

Day 3. The only way I can brush my teeth is by putting the toothbrush on the counter and moving my mouth back and forth over it. I'm certain I've developed a hernia in both pectorals. Driving was okay as long as I didn't try to steer. I parked on top of a Volkswagen. Tanya was a little impatient with me and said my screaming was bothering the other club members. The treadmill hurt my chest so I did the stair monster. Why would anyone invent a machine to simulate an activity rendered obsolete by the invention of elevators? Tanya told me that regular exercise would make me live longer. I can't imagine anything worse.

Day 4. Tanya was waiting for me with her vampire teeth in a full snarl. I can't help that I was half an hour late - it took me that long just to tie my shoes. She wanted me to lift dumbbells. Not a chance, Tanya. The word "dumb" must be there for a reason. I hid in the men's room until she sent Lars looking for me. As punishment she made me try the rowing machine. It sank.

Day 5. I hate Tanya more than any human being has ever hated any other human being in the history of the world. If there was any part of my body not in extreme pain I would hit her with it. She thought it would be a good idea to work on my triceps. Well, I have news for you, Tanya: I don't have triceps. And if

you don't want dents in the floor, don't hand me any barbells. I refuse to accept responsibility for the damage, YOU went to sadist school, YOU are to blame. The treadmill flung me back into a science teacher, which hurt like crazy. Why couldn't it have been someone softer, like a music teacher, or social studies?

Day 6. Got Tanya's message on my answering machine, wondering where I am. I lacked the strength to use the TV remote so I watched 11 straight hours of the weather channel.

Day 7. Well, that's the week. Thank God that's over. Maybe next time my wife will give me something a little more fun, like free teeth drilling at the dentist.

Heart Research

from our UK correspondent

Chicago (Reuters): A health researcher said medical data and studies of more than 8,000 male runners showed that more than 30 minutes of strenuous exercise a day could greatly reduce the risk of heart disease. However, health officials warned that a high-mileage running program could carry other health risks.

In an article in the January 27 issue of the American Medical Association's Archives of Internal Medicine, researcher Paul Williams reported the risk of coronary heart disease (CHD) decreased with each 10-mile increase in weekly distance run -- up to 40 to 49 miles per week, an AMA release said. "Over a 10-year period, men who ran 64 kilometres or more per week have a 30 percent lower risk of CHD than those who ran less than 16 kilometres per week," according to the release.

The article also said runners averaging more than 50 miles a week were 2.5 times more likely to have high levels of high-density lipoprotein cholesterol -- the good cholesterol -- than runners averaging less than 16 km a week.

Lower blood pressure

The studies showed long-distance runners had lower incidences of hypertension and required less medication to lower blood pressure and cholesterol levels. But Williams warned that men intending to start a running program should first undergo a physical examination. "It is important to emphasise that there are some risks associated with vigorous exercise that may increase with intensity and duration," he said in the release.

An accompanying editorial in the AMA edition warned that excessive mileage by runners may increase the frequency and magnitude of musculoskeletal injuries, chronic fatigue, amenorrhea (absence of menstrual periods), depressed immune function and other overuse problems. "We further agree that some activity is better than none and more is better than a little," the editorial said.

[Eds' note: Source: Ultramarathon World Website at <http://fox.nstn.ca/~dblaikie>].

The Athlete's Psychological Response to Injury

(a collaborative effort ...)

The athlete's response to an injury follows an adaptation of the standard "Death And Dying" acceptance model.

First, the athlete is shocked. "What!?!?! Huh?!?!?! *%&^%\$#@*%&^%\$#!!!!!" It is best to keep small children and ministers away from the athlete during the shock phase. However, you might want to record his verbal response and send it to the script-writers for Roy & HG's "Club Buggery".

When the athlete finally passes out of the shock phase, he moves into the denial phase. The athlete refuses to believe that he is injured. He will continue to run on, say, a broken leg, telling himself "Look at those white shards sticking out of my calf! Do you suppose that that is an infection by some bone-white pointy-headed parasite? As soon as this half-marathon is over, I'll have to stop and take a look at that!"

He'll also tell himself that it really doesn't hurt that much - "Hey, this doesn't really feel so *%&^%\$#@(&*%&^%\$# bad, after all - I mean, it feels better than that time when I was really injured!"

When the pain (or, as is much more likely, the resulting reduction in performance) becomes so great that it can no longer be explained away as "heat cramps", the athlete will have to stop running and walk back to the car. This induces the phase known as "anger", in which the athlete attempts to control a non-controllable situation by standing beside the road and cursing. Athletes will vary as to whom they think is to blame:

- **Themselves:** "I can't believe that I got hurt again! Why, I just got hurt last week? How could I possibly have hurt myself again!"
- **Parents:** "Why did they have to give me these rotten genes? Come to think of it, why did Mum and Dad ever have to meet in the first place? They went and had ME, and so it's their fault I'm injured!"
- **Society:** "If I had had more milk in my school lunches, I wouldn't have had this stress fracture that I ignored that turned into a real fracture that turned into a compound break which now has me bleeding all over the pavement!"
- **Fate:** "Why did God ever conspire with the Devil to do this to me? Why did they give me the desire to run, with a body that isn't up to it? Life is unfair - God hates me - I'm gonna eat some WORMS!"

Next comes the bargaining phase, where the athlete tries to see if he can take enough aspirin to continue to run through the injury. This is actually the first sign that the athlete is truly an unwell human being and needs help. This phase is characterised by the athlete taking aspirin, Disprin, Neurofen AND Royal Jelly all at once.

When the athlete gets a paper cut and bleeds a half a

litre of thin red fluid, he enters the depression phase. The reality of the injury is apparent, and everybody in the office is laughing at him because he walks funny. This depression will be either covert or overt. Covertly, the athlete goes chucks away perfectly good running shoes and stops his subscription to "Fun Runner". Overtly, the athlete actively rejects other's support, telling 'em to "Shut up! Just shut up! I can't run, so I don't give a damn - so there! Nyah! Wah! I could have been a somebody, I coulda been a contender instead of a fat slob which is what I am let's face it mate. It's the end of the world as we know it, and I Feel Fine."

After these stages the athlete will generally enter the longest endurance phase, the Bitch Phase. During this phase the athlete will be intolerable; his mood will oscillate from grumpy to sudden outbursts; he won't sleep well and doesn't like to see happy people, smiling, having a good time. Unable to run, he doesn't think that others should have a purpose in life, and will spill coffee on the proposal that you worked all night on, telling you by way of apology that it really didn't matter in the long run - who gives a damn, anyway? Just leave me alone!

If the athlete lives through the Bitch Phase, he will finally reach the sixth and final stage, Acceptance. Here the athlete acknowledges that he is injured, that he has to rehabilitate, and that being upset or unhappy about it doesn't change it and only makes it worse, for himself and for those around him. His attitude improves, and he sings as he walks down the office hallways. Birds chime in and the sun shines. Rainbows appear and there is peace in the Middle East.

The athlete will know that he has completed the acceptance stage because he will get injured again.

K9 Logic

"Did you ever notice when you blow in a dog's face he gets mad at you? But when you take him in a car he sticks his head out the window!" Steve Bluestone

Dying to Know Why

"I'm desperately trying to figure out why kamikaze pilots wore helmets." Dave Edison

McRedundancy

"I went into a McDonald's yesterday and said, 'I'd like some fries.' The girl at the counter said, 'Would you like some fries with that?'" Jay Leno

Missing Stuff

You may have noticed a few regular departments missing from this Blister. Kaptain AnoraK and his Kobber were too flat out at work to do their stuff, but should reappear next time. Member of the Month will also reappear. However, we may not have a lot of room for Marathon, Half-marathon, City-to-Surf and 10k Ladders in our new lean and mean format. Ladders are very space-consuming, and besides they're usually available on the club's website, much more up-to-date than we can print them.

Sydney Striders' 10k Race Series

Sydney Striders' 1998 Open 10k Races: 6 scenic Sydney courses.
Start 7am sharp, 1st Saturday of the month. Registration on race day from 6am.

**Sydney
Striders**



SOUTH AFRICAN AIRWAYS

Africa's Warmest Welcome



Runner
M A G A Z I N E

Entry fee includes refreshments. Register on the day.

Entry fees for 1998: Striders \$5, Non-members \$8. Runs for Charity: Striders \$7, Non-members \$10

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

1998 Programme:

- | | |
|---------------------|--|
| 7 Feb 1998: | Mrs Macquarie's Chair, The Domain (Royal Botanic Gardens, Sydney)
(NB NOT Lane Cove River Park as stated in Striders' Calendar #86) |
| 7 Mar 1998: | Meadowbank Park (South end of Adelaide St - Parramatta River end) |
| 4 Apr 1998: | Shelley Beach Park, Manly (East end of Bower St) |
| 2 May 1998: | North Head (Corner Darley Road and North Head Scenic Drive) |
| 6 June 1998: | Meadowbank Park (South end of Adelaide St - Parramatta River end) |
| 4 July 1998: | Run For Charity: Lane Cove River Park, Chatswood West (Fullers Bridge) |
| 1 Aug 1998: | Shelley Beach Park, Manly (East end of Bower St) |
| 5 Sep 1998: | North Head (Corner Darley Road and North Head Scenic Drive) |
| 3 Oct 1998: | Homebush: Venue To Be Announced |
| 7 Nov 1998: | Run For Charity: Lane Cove River Park, Chatswood West (Fullers Bridge) |

**FIRST
IMPRESSIONS**
QUICK PRINTING AND COPY CENTRE



- Business Cards
- Leaflets
- Letterheads
- Newsletters
- Envelopes
- Invoice Books

Graphic Design - Scanning
Computer to Plate Technology

Contact Strider Brian Tailford

488 Botany Rd, Alexandria NSW 2015
Tel: (02) 9699 2299 Fax: (02) 9699 2399
Email: firstimp@webtel.net.au

***Improvement
through
Competition.***



SOUTH AFRICAN AIRWAYS

***Africa's Warmest
Welcome***