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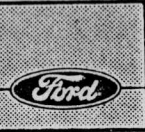
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744 Canterbury Road, Belmore, 759 4622

## **Sydney Striders**

MARATHON & ROAD RUNNERS CLUB

## **The Blister**

NO. 7

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#### DEADLINE DATES FOR BLISTER NO. 8

UNTYPED ARTICLES - Sunday 14th February, 1982  
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(Typed articles : Smallest available black type, single spacing, A4, 1cm margin)

#### EDITORIAL

1981 will be looked upon as a mixed bag of disappointments and successes.

The season started and ended on a disappointing note with adverse conditions at both Harbord Diggers and Gillawarna.

Fortunately the mid year marathons had more favourable conditions and courses with numerous P.B.'s recorded at Campbelltown, State, Gold Coast and Wagga marathons.

17 new P.B. Sub 3's were recorded while there were a further 19 new P.B.'s in the Sub 4 category.

By the new year, new training programmes will be available. More races are planned in the first quarter of the year.

Everyone seems set on running the Nike in Canberra in April, now that the Harbord Diggers has been moved to early May. The Nike is a marathon that has a reputation for fast times and reasonable conditions. All members should seriously consider running this well organised event. The chances of recording a P.B. are excellent.

The club is presently investigating the possibility of group travel (bus) and Group accommodation. Please consult the club prior to making your own private ACT arrangements.

Progress to date on our inaugural half marathon (mid March) is encouraging. Members will be expected to officiate on the day, rather than to compete. An internal race over the course prior to the big event is planned so that members still get the opportunity of experiencing 'The Tough One'.

Let us not forget that for our sport of marathon/road running to survive and grow, we all have to put something back into it.

Striders wishes all its members the compliments of the festive period, and hopes that Santa brings along a season of injury free running.

#### STAR AND RACE PROGRAM

11/10/81 - 22/11/81

By Brian Colwell

| DATE  | VENUE                  | EVENT | NO. OF RUNNERS |
|-------|------------------------|-------|----------------|
| 11/10 | MANLY DAILY GIANT JOG  | RACE  | 12             |
| 18/10 | IRON COVE BAY RUN      | STAR  | 11             |
| 25/10 | NORTH HEAD TREK        | STAR  | 16             |
| 1/11  | JOGGERS CLUB CHALLENGE | RACE  | 5              |
| 8/11  | FISHERS GHOST          | RACE  | 11             |
| 15/11 | ARTARMON AMBLE         | STAR  | 20             |
| 22/11 | LARPA RUN              | STAR  | 18             |

Another 3 races and 4 STARS behind us with a mixture of the 'wet', the 'hot' and the 'petrol strikes' cropping up during these weeks.

Race details are reported elsewhere in this issue.

The new itinerary is now out - please note that starting times from 29/11/81 will be 6.30am. through the heat of the summer months. Don't forget that if you oversleep you can still drive out to meet the runners if you are late - don't expect them to wait!

An important part to remember (once again) is that the idea of the STAR program is GROUP TRAINING, so once the run is under way let's be sociable and keep in those groups. After all, how would you feel if you were a new runner trying to stay with a bunch of club members who went racing off from a drink stop without waiting for you? Would you feel like coming along again? There is no reason why anyone should have to run alone, so like I said before, let's keep it sociable.

#### FARTLEK FOR LUNCH?

Rare, medium or well done? It is your own choice, it's flexible!

As of 1.00p.m. on Tuesday 1st December, the Sam Daher School of Fartlek gets under way in the Royal Botanic Gardens. Thereafter on every Tuesday a group of Fartlek enthusiasts will depart from the western side of the sports fields. (The Hospital Road entrance to the gardens - opposite the Library of NSW and Bent St./Cahill Expressway.)

Running will be preceded by a session of stretching exercises.

Approximately 5/6kms of Fartlek training will be undertaken on the grass sections of the Gardens, mixing light running with accelerated bursts of speed over varying distances.

All standards of running will be catered for. The front runners will wait for the slower and less fit runners after each 'sprint' and thence stay together until the next 'sprint'.

If you work in the city and are tired of those office luncheons, now is the time to Fartlek.

Pupils already include Charles Coville, Phil Caldwell and Neil Plevy.

For further information contact tutor, Sam, at 662-4292(R) or 270-9509 (B)

(As of NOVEMBER 1981 - E. & O.E.)

| NAME                | TIME       | MARATHON              | DATE  |
|---------------------|------------|-----------------------|-------|
| 1. BRUCE ROBERTSON  | 2.39.40    | GOLD COAST            | 8/81  |
| 2. TONY MCCALL      | 2.41.07    | CAMPBELLTOWN          | 5/81  |
| 3. MIKE CROWLEY     | 2.43.20    | HARBORD DIGGERS       | 4/81  |
| 4. DAVE COX         | 2.45.02    | WAGGA                 | 8/81  |
| 5. CHARLES COVILLE  | 2.48.53    | TRANSVAAL STATE (RSA) | 9/81  |
| 6. GERRY SMITH      | 2.50.38    | N.S.W. STATE          | 6/81  |
| 7. SAM DAHER        | 2.52.10    | VETERANS              | 7/81  |
| 8. STUART GREAVES   | 2.54.36    | NIKE                  | 4/81  |
| 9. OSTEN HANSSON    | 2.55.08    | GOLD COAST            | 8/81  |
| 10. ALAN COLE       | 2.55.54    | N.S.W. STATE          | 6/81  |
| 11. MIKE CUTCHER    | 2.55.55    | N.S.W. STATE          | 6/81  |
| 12. BERNIE LIEBMANN | 2.56.05 ** | N.S.W. STATE          | 6/81  |
| 13. NEIL PLEVY      | 2.56.46    | HARBORD DIGGERS       | 4/81  |
| 14. DENIS COOLEY    | 2.57.03    | NIKE                  | 4/81  |
| 15. MIKE ANSCHUTZ   | 2.58.21    | GILLAWARNA            | 9/80  |
| 16. RAY DORAN       | 2.59.23    | GILLAWARNA            | 9/81  |
| 17. BILL HUNTER     | 2.59.25    | VETERANS              | 7/81  |
| 18. JOHN JESTON     | 2.59.32    | N.S.W. STATE          | 6/81  |
| 19. MIKE BINGHAM    | 2.59.33    | N.S.W. STATE          | 6/81  |
| 20. SUE HILL        | 2.59.46 ** | AVON                  | 5/81  |
| 21. WYNNE HENDERSON | 3.00.07    | HARBORD DIGGERS       | 4/81  |
| 22. ALAN FARRELL    | 3.01.15 *  | HARBORD DIGGERS       | 4/80  |
| 23. DAVE BLACKHALL  | 3.02.24    | N.S.W. STATE          | 6/80  |
| 24. BRIAN COLWELL   | 3.03.07    | GOLD COAST            | 8/81  |
| 25. ERNEST WARNER   | 3.04.55    | GILLAWARNA            | 9/80  |
| 26. JOHN PHILLIPS   | 3.05.00    | BIG M                 | 10/81 |
| 27. TONY HATCH      | 3.05.00    | BIG M                 | 10/81 |
| 28. IVAN FREYS      | 3.07.00 *  | HARBORD DIGGERS       | 4/79  |
| 29. STEVE KNIGHT    | 3.11.20    | HARBORD DIGGERS       | 4/81  |
| 30. NEIL COLLUM     | 3.12.21    | GILLAWARNA            | 9/81  |
| 31. PETER GARRETT   | 3.17.27    | NIKE                  | 4/81  |
| 32. PETER BARNETT   | 3.19.51    | HARBORD DIGGERS       | 4/80  |
| 33. ROY NORMAN      | 3.20.00    | ADELAIDE              | 7/80  |
| 34. GEOFF MURRAY    | 3.20.45    | N.S.W. STATE          | 6/81  |
| 35. JOHN SNELSON    | 3.22.23    | HARBORD DIGGERS       | 4/81  |
| 36. BARRY JONES     | 3.23.18    | VETERANS              | 7/81  |
| 37. GEOFF COX       | 3.27.26    | HARBORD DIGGERS       | 4/81  |
| 38. RHON LEVIN      | 3.28.00 *  | BLUEBIRD (RSA)        | 2/79  |
| 39. CHRIS BURKE     | 3.29.53    | GILLAWARNA            | 9/80  |
| 40. NEIL GUY        | 3.29.56    | GILLAWARNA            | 9/80  |
| 41. CARMEN BINGHAM  | 3.30.50    | N.S.W. STATE          | 6/81  |
| 42. JOHN EDWARDS    | 3.32.52 *  | NIKE                  | 4/80  |
| 43. JOHN BLANCE     | 3.34.26    | CAMPBELLTOWN          | 5/81  |
| 44. JOHN FLYNN      | 3.35.37    | GILLAWARNA            | 9/80  |
| 45. DWIGHT NELSON   | 3.37.26    | HARBORD DIGGERS       | 4/81  |
| 46. MIKE NATHANSON  | 3.43.58    | NEW YORK              | 10/80 |
| 47. KARL TOPFER     | 3.46.52    | HARBORD DIGGERS       | 4/81  |
| 48. JOHN OLDROYD    | 3.47.55    | N.S.W. STATE          | 6/81  |
| 49. PETER RYAN      | 3.49.23    | N.S.W. STATE          | 6/81  |
| 50. JOHN GALE       | 3.49.27    | ADELAIDE              | 8/81  |
| 51. DENNIS HEALY    | 3.50.09 ** | HARBORD DIGGERS       | 4/81  |
| 52. ROS KEECH       | 4.15.55    | HARBORD DIGGERS       | 4/80  |
| 53. BOB PEIRSON     | 4.33.40    | HARBORD DIGGERS       | 4/81  |

\*\* MARATHON P.B.'s RUN:BEFORE JOINING STRIDERS (BELOW): SINCE JOINING STRIDERS (ABOVE)

|                 |         |                       |      |
|-----------------|---------|-----------------------|------|
| BERNIE LIEBMANN | 2.40.00 | TRANSVAAL STATE (RSA) | 1978 |
| SUE HILL        | 2.52.01 | AVON - W. GERMANY     | 1979 |
| DENNIS HEALY    | 3.45.00 | LA TAVERNA            | 1980 |

\* RECORDED PRIOR TO JOINING STRIDERS, NO MARATHON RUN SINCE JOINING

PLEASE ADVISE DAVE COX OF ANY ERRORS AS THIS LADDER IS TO BE A REGULAR BLISTER FEATURE

## TRACKSUITS

As a result of the recent club survey, the club has embarked upon an enquiry into obtaining emerald and white club tracksuits. For those members about to buy a tracksuit - hang on. Details will soon be released.

## CLUB HANDOUTS

Before the end of the year, new and updated handouts will be available.

1. Runners Log Book (Price \$1)  
This is a columnar "diary" that allows you to record details of your daily training in the 1982 season for posterity. A must for novices and experienced runners alike.
2. Marathon Training Programme - Novices (Free)  
This is an update on the popular 1981 12 week Harbord Diggers Marathon programme for novices.  
The Coville version has been amended to take into account the thoughts of those who used it.
3. Marathon Training Programme - Next time around and a P.B. (Free)  
Benji Darden published his thoughts on training in the Runners World in APRIL 1981.  
For the marathoner aiming at a P.B. this is a refreshing approach to training.

## ADVERTISEMENTS

To help offset the cost of The Blister (printing, postage and stationery) which presently runs at \$1.00 per copy, the Club has resorted to carrying advertisements. Ads are also seen as a service to those persons who support our fledgling sport. Please take these ads seriously. One response to an ad will have made the sponsors outlay worthwhile and will encourage their continued support.

Westline Ford's support has been extensive and will continue with our half marathon; so don't forget Dave Blackhall when its time for another vehicle outlay.

The logic of the \$30/page rate (\$150 p.a. for 6 editions) is as follows:

Circulation: 100 copies, but not static  
One page ad: \$30  
Ad per Blister: \$0.30

The cost of any mailing campaign by a sponsor would far exceed 30 cents per head.

As with articles for publication, so too for ads - The Blister welcomes them all.

## ERRATUM : BLISTER Vol. 2 No. 2

PAGE 29 I2 Week Marathon Training Schedule

Week 3-5 Friday I0 easy (e) Exclude (e)  
Thurs I0 track Include (e)

The Transvaal State Marathon has the reputation for being the fastest inland marathon course in South Africa.

The one way, undulating and "downhill" course to 35km ended with a climb over the last 7km. This last 7km uphill 'slog' was the only change from the course that Bernie Liebmann had run back in 1978 when he recorded his 2.40 P.B.

In those days the course continued on the flat for the remaining 7kms. Nevertheless I considered it as an excellent course to attempt a P.B., and with a bit of luck, an assault on a sub 2.45 (How quickly one forgets one's limited level of fitness!).

My 4 month lay off between February and May had restricted my 1981 season to a mere 15 weeks training. 4 weeks prior to the race I had successfully negotiated the 50km JSE Marathon at high altitude. Brian Chamberlain had won the race in 1980 in the excellent time of 2.16.

My South African vacation took me to the gold mining town of Welkom (the W pronounced as a V) in the flat and very dry Orange Free State for 10 days. With plenty of spare time available I embarked upon a four day, twice a day training programme. I sensibly mixed the speed sessions, alternating with a slow and fast workout.

The last run of the twice a day programme brought on an inflamed soleus (muscle behind the calf). The result was a painful throb after 45 minutes on the road.

With the State Marathon a mere 2 weeks away I had only 1 option - to ease off on my training, both in intensity and in distance.

Although the throb continued for the following 2 crucial weeks, I restricted my hours to the point where the throb began.

I had tapered for 2 weeks and had only run over the hour on 2 occasions during that period. (65 minutes for each).

Lining up outside the JAN SMUTS Holiday Inn I was somewhat apprehensive about a sub 2.45, although a P.B. (sub 2.50.07) was very much in my thoughts.

My pre-determined plan was to bail (drop out) the moment that the throb increased in intensity.

The field was small by South African standards. The 600 plus starters were comprised essentially of the local Johannesburg and neighbouring towns' marathoners.

The 6 top South African runners were in the U.S.A. about to run the Nike in Oregon - unofficially. The National Cross Country Championship had been held the previous day. Furthermore, the country's fastest marathon, just outside Cape Town, was scheduled for the following week-end. So, by competitive standards, the field was considered "weak".

Within 2ks I had settled into my budgetted 3.50/k pace. I had adopted a veteran 2.40 marathoner as a 'partner' after 15 minutes on the road and ran with him to the 35k mark.

As with the 50k JSE Marathon (see previous Blister) this race was well organised.

The 1km markers and 3k refreshment stations are the obvious difference between South African and Australian Marathons. (A pre-requisite under the rules of the S.A. Road Runners Association). My 1.21 at halfway was spot on budget - 3.51 per k. The merits of the 1k markers were a godsend at 30ks. The 'veteran' appeared to be picking up the pace. Should I follow or should I let him go? The obvious answer was to test my pace. The markers and a reliable digital CASIO revealed a 3.59 pace. Not only had I to stick with my partner, but a further pace increase was necessary. My soleus was throbbing, but not painful enough to bail. I survived the change in tactics until the 35k when the 'gentle' hills appeared. Welcome the Wall!

At this stage a sub 2.45 had been on the cards. However my pace of 4.00 per k had become extremely demanding.

The severity of the fade not only saw a sub 2.45 disappear, but at the 40k marker a 2.50 looked possible. A frantic final 1.2k spurt saw me home in 2.48.53. I had faded an amazing 30 seconds per k for the last 10ks!. There is an old adage in marathoning- 'When you think that you're stuffed, remember that the guy next to you probably isn't feeling much better either'.

Sure enough many runners related their fade over the last few hilly ks. My brother for example, was heading for a 2.30 before the hills.

He faded to a 2.35

The statistics for the 'weak' field were astonishing.

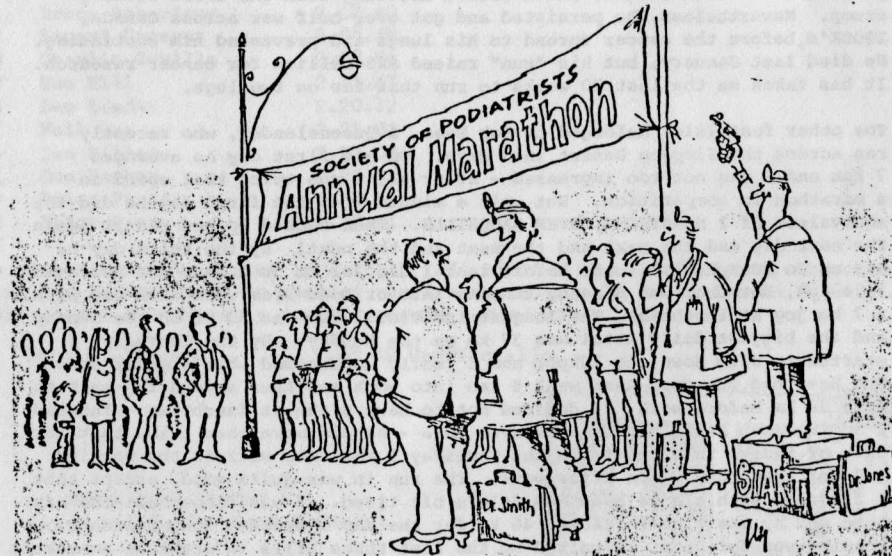
1st: BEN CHOEU 2.14.47

(Winner of a standard 5 weeks prior in 2.14, winner of the 50k JSE in 2.46 4 weeks prior. So much for all the theories on recovery!)

5th: BARRY BEADSWORTH - VETERAN - 2.20.00

5 Sub 2.20's recorded.

My 2.48.53 placed me 110th out of approx 550 finishers.



"We do this every year when business is slow."

This competition kicks off (Lillee terminology) as of the start of the 1982 season. The draft rules as published in Blister Vol. 2 No. 2 have been amended with regard to points scored for marathon time improvement. They will be based upon a % rather than the actual time improvement i.e. A 5 minute improvement from 3.00 to 2.55 would rank above a 5 minute improvement from 4.00 to 3.55. (2.8% and 2.1% respectively). 4 points would be allocated to each 0.5% improvement.

So for starters you will need to have the 1982 itinerary and begin with regular attendances at STARS and races.

#### KEEPING STRIDERS HUMBLE (by Bill Hunter)

Two recent television programs described running feats which impressed me. A Canadian teenager Terry Fox contracted cancer and had one leg amputated above the knee. He got a stump and learn't not only to walk with it, but also a form of running which consisted of a hop on his own leg followed by a step on the stump. It's harder than running - you try it! Terry then decided to "run" across Canada to raise funds for cancer research. As he progressed he lost weight, which caused bleeding from the loose-fitting stump. Nevertheless, he persisted and got over half way across Canada, 2000K's, before the cancer spread to his lungs and prevented him continuing. He died last January, but his "run" raised \$25 million for cancer research. It has taken me the last 20 weeks to run that far on two legs.

The other feat (sic) belonged to Bob Beer, a Queenslander, who recently ran across the Simpson Desert in 5 days. On his first day he averaged 7 Kph and I was not too impressed - after all I run twice that speed in a marathon in competition. But wait a minute - on the first day he did the equivalent of 2 MARATHONS, OVER SANDHILLS. Then backed up and did it again the next day and the next and the next and the next! By the third day he was up to 10 Kph. The week before last I did 201 km in 6 days and averaged 11.4 Kph, but that was done by running into or home from work each day with a 7 km jog at lunchtime. The longest individual run was 33 km on the Sunday and the biggest daily total was 37 km on the Monday. By the Thursday, I started to slow down (to 10kph) and I really understood what a great show Bob Beer had put up. Last week I ran into work and then around the park to make 38 km before work. I decided not to have a run at lunchtime - instead I admired Bob Beers performance even more - he did more than twice that for each of 5 days in a row! On the Thursday I ran into work in the morning (24 km) then home again after work. The run in was quite good, except that I finished with a sore knee and felt a bit tired. I was slower all the way home and by the time I reached 46 km for the day I decided long distance running was for nuts. I walked up the last three hills in absolute amazement at Bob Beers run across the Simpson, because I was running in cool weather on Sydney roads - he was running on hot sand. Not only do I know I couldn't do it - I don't even want to try. After all I can remember several incidents of people perishing in trying to cross the Simpson - some quite recently.

Early morning and the journey to Palm Beach (it always seems such a long drive) brought back memories of the Harbord Diggers 'Palm Beach to Manly' the previous January. A few differences for this one however; the start was in daylight (no need for miners lamps this time!) and from North Palm Beach along Barrenjoey Rd, instead of from South Palm Beach and over Whale Beach Road. The less demanding start was certainly appreciated by yours truly - allowing the mind and body to creep more gently into wakefulness and develop a rythm a great deal more easily than the early hills of the Diggers course.

Conditions were perfect, cool with a little rain and as the field moved away Dave Cox soon shot off into the distance, then myself, while a short distance behind, Bruce Robertson and Bernie Liebmann soon got over their hangovers and lack of sleep and joined Charlie Coville in the "Great Striders Mobile Vaudeville Show". I understand a few good jokes were told and a great deal of singing took place - with Stuart Greaves also joining in for the second half of the run. I can't vouch for the standard of the harmonies (fortunately they never came within my earshot) but it must rate as a novel way to 'psyche out' your fellow competitors - with the ultimate 'psyche out' being Bernie's trick of running the final kilometre whilst smoking a cigarette!

The organisation showed one or two weak points; paper numbers that disintegrated within the first few kms, thimble sized paper cups with no clear indication of whether they held plain water or Taurina Spa (I still don't know what I was tipping over my head), and a bus containing runners' clothing which did not arrive until the early finishers had been standing around soggy and shivering for some minutes. These points aside, it was an enjoyable run on a good day if, like me, you enjoy running in the rain.

Striders results are shown below:

| Pos. | Name            | Time    |
|------|-----------------|---------|
| 8    | Dave Cox        | 1.56.33 |
| 24   | Brian Colwell   | 2.03.45 |
| 44   | Bruce Robertson | 2.08.40 |
| 47   | Stuart Greaves  | 2.08.48 |
| 48   | Charlie Coville | 2.08.54 |
| 69   | Sue Hill        | 2.12.47 |
| 105  | Leo Leader      | 2.20.12 |
| 117  | Neil Guy        | 2.21.03 |
| 126  | Ian Millar      | 2.22.04 |
| 144  | Don Parker      | 2.25.34 |
| 189  | Peter Pigott    | 2.35.19 |
| 192  | Peter Ryan      | 2.35.31 |

The winner was Rob. Higley in 1.45.37, 276 started and 246 finished, the oldest being Syd Hesketh with an amazing performance at age 75 to finish in 2.56.03 - with several considerably younger people behind him.

44 Bernie Liebmann 2.08.40 Unofficially

AN OGDEN NASH LAMENT  
(Appropriate for Road Runners)

BENEATH THIS SLAB  
JOHN BROWN IS STOWED  
HE WATCHED THE ADS  
AND NOT THE ROAD.



The Big M marathon has to be the most exciting marathon on the calendar or if you can ignore the marathon aches and pains the ultimate fun run.

Great weekend. A long drive down stopping overnight at Wodonga.

Tony Hatch and I loose in greater? Wodonga. Pasta at Emelios washed down with Soda water.

On to Melbourne. Seven people in a Sigma up to Carlton for another Italian meal.....How many carbohydrates can you hold.

More Soda water.....roll on Sunday afternoon.

Up early Sunday 4.30!!

Out on the 6.00 special train to Frankston. What a trip.....full of runners standing, sitting and lying on the floor. Fortunate to share the trip with Michael and Carmen Bingham.

7,000 starters gather in the carpark in the weak early morning sun.

Toilets strained to the maximum.

The big moment arrives!

The band strikes up and the mighty 7,000 march, shuffle and limp the Kilometer to the start.

Impossible to hear the starter just try to jog when everyone else does.

Its just like the start to the City to Surf. Only those who start in front have any hope of achieving scheduled times.

Tony Hatch and I trying to break 3hrs lost 4 minutes over the first 10km off our scheduled time.

First 15km are hard going dodging around other runners all of the time. Hard to develop a rhythm. Roads are good with crowds lining the roads handing out oranges and encouraging every body.

15 to 20km things starting to sort themselves out.

Room to move. Starting to run along side the sea. The weather is warming up. Crowds are still great. A few girls in bikinis Tony points out to me.

Blackrock at last. Half way. Difficult to identify distance markers and drink stations at a distance because of the crowds.

Up a hill turn right and along the Esplanade. The sea is beautiful the crowds are marvellous and we are B.....hot.

See few people we know but past the 25km we see the familiar figure of Sue Hill.

Exchange greetings moan about the heat and on we go.

On to 30km our pace is slowing. Things are not good. Hot and tired. Tony gets the stitch. Following all the high principles of sportsmanship, fellowship and genuine concern I leave him behind. This is a MARATHON. Catch up to Sue again. (She had slipped past looking like an ad for Cool-Char®).

Trudge on to 35km. This has got to be the hard part. You can see the City but it does not get any closer.

35km drink station Sue says she is going to stop for a drink. I grab a cup of water and plod on.

Into the Valley of Death. Saint Kilda Road. Long.....very hot and going on forever.

Runners starting to pack up.

The war memorial seems to move at the same pace but in the opposite direction.

Easily persuaded that it is time for a walk by another Sydney runner who looks as old as I feel.

Sue bounds past.....she does not speak.

Suddenly Hatch is alongside again and we grind out the last few Kilometers together. Snatch a drink at 40km past the war memorial over the bridge by the Flinders Street station and finish.

At the time of writing we have still to have our times confirmed but according to our watches it was 3.05.

Verdict on the Big M.....The best organised Marathon and the most fun. Roll on next year because I will certainly return to Melbourne.

As to the rest of the weekend.....No more Soda Water!!

### 5DN Westfield Super Run - 17.5kms

By Mike Anschutz

The Westfield Super Run was held to commemorate the 21st anniversary of the Westfield Arndale shopping complex at Kilkenny.

The run was over a flat course along Marion Rd, down the western side of the city and passed the airport, to Westfield Marion Complex. The flat course was a refreshing change from the much undulating fun run courses in Sydney.

The race commenced Sunday morning about 8.00am., which is a much more sensible time to start a fun run. Six hundred starters turned up to the entrance of Arndale shopping centre for the start. The morning was quite warm; about 21°C with low humidity, which made the running conditions quite pleasant. I decided to wear my club colours, and received a warm reception from the South Australian runners who had heard of the club and met some of our members participating in the Adelaide Festival Marathon.

The run was well organised. It was one of the few fun runs I have run in that started on time, the marshalling was excellent, and there were 9 drink and sponge tables along the course.

My target for the race was to break 72 minutes, which worked out to be just under 4 minutes a kilometre. I got off to a very good start and after the first kilometre, I found myself in the first 20 runners. I found I was running well and felt good, but made the mistake of picking up my pace to catch the front runners 150 metres ahead of me. After 6 kilometres I realised I had gone out too fast, as people started to pass me. Settling down to a slower pace, I held my position. At the 10 kilometre mark I received a second wind and managed to regain some placing. I was running well now and managed to keep this pace up for the rest of the race. I had no idea how I was going for time because there were no kilometre markers along the course, but after 60 minutes I saw the finish tower in the distance and realised that I was going to achieve a good time. I crossed the finish line in 64mins. 36 secs., a much better time than I originally expected.

Located at the finish was a mini computer used to record your time and placings on a print-out sheet, making placings immediately available.

The winner finished in a time of 60mins. 17 secs. with the first female finishing in 67mins. 47secs. I was placed 11th outright, which was a pleasing result.

In conclusion, the race was well organised, a pleasant day, friendly runners and a real thrill to me to achieve a good placing in my first Adelaide run.



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# Five ways to improve one's Racing Performance

- by Dr. Tim Noakes

(The GEORGE SHEEHAN of SOUTH AFRICA)

When I have trained my best, when this imperfect physical-mental-spiritual machine has reached its racing peak, there are still five ways in which I may improve my racing performance.

The first is, of course, carbohydrate-loading. The Swedes re-discovered that in 1967, when Eric Hultman and Jonas Bergström<sup>1</sup> showed that exhaustion during prolonged moderate-to-high intensity exercise, like marathon running, occurred at the same time that the muscle carbohydrate (glycogen) stores became depleted. This fatigue, they therefore concluded, must be due to depletion of the glycogen stores in the active muscles. Had these incisive Swedes stopped there, we could still have forgiven them. But they did not, with the result that their subsequent studies enslaved an entire generation of marathoners to the most extreme form of dietary masochism — the carbohydrate-depletion, carbohydrate-loading diet.

For these diligent workers<sup>2</sup> found that the highest muscle glycogen levels could be achieved if muscle glycogen levels were first depleted by moderate exercise of about two hour's duration and then maintained at low levels for a further three days by continued training whilst a carbohydrate-free diet was eaten. After a final three days, during which only carbohydrates were eaten, muscle glycogen levels were found to be increased by as much as 300%.

But the diet is not without its drawbacks, most of which relate to the carbohydrate depletion phase. First, after about 24 hours without carbohydrates, any physical effort much greater than a walk becomes very tiresome. And second, after 36 hours carbohydrate-craving, even the most docile, congenial runner becomes an aggressive, short-tempered monster of quite impossible proportion. Yet despite these major obstacles, such has been the tolerance of our families, friends and employers, and our own unshakeable conviction in the merits of this dietary subterfuge, that for 13 years we have persisted.

Now, fortunately, that may be at an end. For we may have concluded too much from Bergström and Hultman's studies which, with hindsight, we now appreciate were performed on untrained subjects. For more recent studies show athletes do not need to carbohydrate-deplete to achieve maximum glycogen storage. All they need do is eat a high carbohydrate diet for the last three days before the race.<sup>3</sup>

Do not, however, be too rapid to completely reject the depletion phase. For one must not ignore the beneficial effects of depleting on the psyche. I am inclined to agree with one superior runner who said that the extra discipline needed for depleting indicated that he had done everything possible. It showed that, even before the race, he was mentally-tougher than those runners who did not deplete.

The second way to improve performance is to drink two to two-and-a-half cups of coffee some time before the race. For the purists, such a practice may constitute doping, and I ask them to ignore the next few paragraphs. But for the rest of us, the 300 milligrams of caffeine contained in that pre-race coffee acts in two ways: First, it stimulates the release of free fatty acids from adipose (fat) tissue, thus blood-free fatty acid levels rise<sup>4</sup>. How, you may ask, can this possibly aid performance?

The answer is that during exercise, the active muscles extract virtually all their energy from two major fuels, carbohydrates and fats, in proportions that are, in part, controlled by the blood fat levels. Thus when blood fat levels are high, more energy comes from fat than from carbohydrate metabolism, whereas the opposite applies when blood fat levels are low.

For reasons that are not yet clear, it may take anything up to 90 minutes exercise before the body can mobilize fats fast enough so that optimum blood fat levels are achieved. Thus during the first 90 minutes of any prolonged exercise such as marathon running, the active muscles must extract more energy than they need from the alternative, non-fat energy source, in this case carbohydrate. If, as is currently believed, carbohydrate depletion explains the exhaustion experienced during prolonged exercise<sup>2-3</sup> then this 90 minute period during which carbohydrates are burnt in excess must hasten the onset of fatigue and should therefore impair racing performance. By stimulating fat release before the onset of exercise, caffeine should reduce the time-lag before the optimum balance of carbohydrate/fat metabolism is achieved, thereby sparing precious carbohydrates. The second important effect of caffeine is that it has a direct inhibitory effect on the rate of muscle glycogen breakdown during exercise<sup>5</sup>.

The result of both these mechanisms is that during exercise after caffeine ingestion, 40% less energy comes from carbohydrate metabolism<sup>5</sup> and this "carbohydrate sparing" should improve performance.

What we still don't know is how soon before exercise this caffeine should be ingested to achieve optimum benefit. In their original research, Bellet and his colleagues<sup>4</sup> found that blood fat levels peaked only four hours after caffeine ingestion. Thus one would expect maximum benefit if the coffee was ingested of the order of four hours before the race. But until we have more definitive data, that must be for each runner to determine.

But caffeine ingestion is also not without its problems, the most important being that it stimulates urine formation. Thus the caffeine loaded runner may find that the minutes he would have gained from the carbohydrate-sparing effect of caffeine, were wasted as he stood immobile at the side of the road, seeking relief from this caffeine-induced diuresis.

The third way to aid performance is to stretch before the race. Running, as Dr. George Sheehan first remarked, causes three things to happen to the muscles, and two of them are bad. The bad things that happen to the runner's muscles are that those muscles most used (calf, hamstring and back) become tight and inflexible, whereas their antagonists (front of calf, quadriceps and abdominals) become weak and underdeveloped. These bad things which can be prevented only by the regular stretching and strengthening of the appropriate muscles, get worse with each mile that we run. Yet most runners like myself do nothing about it. We are like my friend from King William's Town, whose wife teaches Yoga. "I have an expert in my house," he confessed, "yet still I won't stretch".

My own inflexible approach to stretching is broken only by an attempt at my marathon best. For I suspect that during marathons, biochemical changes occur in my already inflexible muscles which make them even less flexible and therefore less able to perform optimally. Cardiac surgeons are aware of an analogous, more fatal condition. It occurs during open-heart surgery; the heart suddenly refuses to pump normally, and goes into irreversible contracture, the so-called "stone heart". It is the ultimate muscle cramp.

What is of interest to the runner is the evidence that this ultimate cramp may be caused by an abnormality of glycogen metabolism which, by analogy, might occur in those skeletal muscles whose glycogen levels had been severely depleted by prolonged exercise. Indeed there is anecdotal evidence that glycogen-depleted muscles may be abnormally inflexible. Thus the experienced observer of athletic gait, the podiatrist Steven Subotnick, has concluded that the most noticeable change in running gait near the end of a marathon is that the muscles lose their flexibility. This could explain why, as he strode majestically through Central Park in the closing miles of his superlative 1980 New York City Marathon victory, the running gait of Alberto Salazar was described as "strong, but tight".

I suggest that this added muscle tightness which may well be caused by the muscle glycogen depletion near the end of the marathon may not only facilitate cramping but may also limit one's running speed. Furthermore my experience has also been that the muscle groups that are the least flexible before the race, are also the ones most likely to develop the worst post-race muscle soreness.

The fourth performance aid is to drink everything in sight during the race. And the fluid that doesn't go into the stomach must be doused over the head, abdomen, legs and arms.

Time was, of course, when to drink fluids during a marathon race was to be something less than masculine. Thus the early marathoners were expected to be camels of the road. Fortunately, research by Professors Wyndham and Strydom of the former Chamber of Mines Human Sciences Laboratory in Johannesburg showed just how dangerous this practice is. For they found that the uncorrected dehydration of marathon runners caused their body temperatures to reach levels similar to those found in heat-stroke victims<sup>6</sup>. Furthermore we know that adequate fluid ingestion during exercise will prevent an excessive rise in body temperature.

But the avoidance of heatstroke is not the principal concern of the performance orientated runner. It is enough to know that dehydration and, more particularly, a rise in body or skin temperature is likely to impair running performance, probably because the increased skin temperatures cause blood to pool in the dilatable veins of the arms and the legs. Therefore, two important practical points are, first, that this blood-pooling can be prevented if both local and whole body skin temperatures are kept low by, for example, sponging with ice-cold water<sup>7</sup>. Second, this effect would explain why the fastest marathons are run at ambient temperatures of 40° F when blood-pooling is either minimal or absent.

The perennial question is of course what, and how much should one drink during prolonged exercise. The current dogma is that ice-cold water, taken regularly in small amounts is the standard for warm weather races but that a dilute (3%) sucrose or glucose polymer solution is best in cold weather<sup>8</sup>. During marathons then, one must choose between optimum fluid or energy replacement. For one reason alone, one cannot have both.

And that reason is that during exercise of moderate-to-high intensity, the rate of gastric emptying and therefore of fluid absorption by the intestine is reduced. Under such conditions, hypotonic solutions cause the least inhibition of gastric emptying, but fluids that have been made either iso- or hypertonic by the addition of even quite small amounts of glucose, sucrose, or the common sodium, potassium or magnesium salts, cause a proportionately greater inhibition of gastric emptying, thereby reducing the rate at which these fluids can be absorbed. Thus gastric emptying is fastest when distilled water is drunk. It is further enhanced if the water is

drunk ice-cold and if the stomach is always kept half-filled by drinking small amounts regularly.

If dehydration were the sole problem faced by the marathoner, then he would need to drink only ice-cold water. But since 1924 there has been a suspicion that some carbohydrate must also be ingested during marathon races. For in that year for the first time, a group of researchers recorded low blood sugar levels in a group of Boston marathon finishers<sup>9</sup>. The lowest blood sugar level was in fact measured in one unfortunate runner who was brought unconscious to the finish by members of the Boston constabulary. When the runners were advised to increase their carbohydrate intakes both before and during the following year's race none developed hypoglycaemia, and the running and scientific community probably considered the problem solved. Until last year that was, when at the 1980 Comrades Marathon two Pietermaritzburg physicians, Chris Kelly and John Godlonton, recorded very low blood sugar levels in a group of collapsed runners, including a former race winner<sup>10</sup>.

In retrospect, Johnny Halberstadt, who lead the 1979 Comrades Marathon for close to 80 kilometres, also probably succumbed to hypoglycaemia during the 1979 race. In a subsequent conversation he stated that he had run to the point where he was light-headed, he was unable to concentrate and was on the verge of fainting. Despite very strict dietary beliefs, one of which is the steadfast avoidance of artificial drinks, Halberstadt completely baffled his team of helpers by responding to instinct and demanding a litre of Coke. What is of particular interest is that shortly after drinking this rapidly absorbable, high carbohydrate drink, Halberstadt took off with renewed vigour just failing to win the race.

In memory of this event, we now refer to the "Coke test" for diagnosing hypoglycaemia during marathon running. If the symptoms described by Halberstadt develop and if they are relieved within a few minutes of drinking Coke, then the athlete was hypoglycaemic.

The question is how such carbohydrate ingestion can be effective so rapidly. That sucrose ingested during exercise is rapidly absorbed and metabolized has been shown by Dr. Spinney Benade and his colleagues<sup>11</sup>. They found that the radioactive label from ingested sucrose had already appeared in expired air within ten minutes of ingestion. More recent studies show that during exercise, as much as 25 grams of glucose can be metabolized every hour after a 100 gram glucose load<sup>12</sup>. As the brain's glucose requirements are only about 5 grams per hour, this ingested carbohydrate would therefore easily cover these needs if it were not preferentially used for leg muscle metabolism, whose peak rate of carbohydrate metabolism during exercise may be of the order of 125 to 175 grams per hour. If Halberstadt's recovery was indeed solely due to the correction of the mental effects of hypoglycaemia, then we must conclude that sufficient of the 60-100 grams of carbohydrate he ingested in that litre of Coke was preferentially used for cerebral metabolism.

How then does one approach this problem of fluid ingestion during marathon races? One approach is to drink only iso- or hypertonic carbohydrate solutions in cool conditions. In hot races it is probably best to drink mainly ice-cold water but near the end of the race, when one's thirst mechanism is flagging and the desire to drink has essentially gone, it may be best to concentrate on drinking small amounts of carbohydrate-rich solutions in order to prevent hypoglycaemia. Although I have not yet tried it, I can see that in a race as long as the Comrades, it might be beneficial for the faster runners to try to ingest a large (50-100 gram) carbohydrate load some time before the last 30 kilometres of the race.

How much should one try to drink? Sweat rates as high as 2 litres per hour have been measured in heavier marathon runners, thus theoretically an equivalent amount should be replaced during exercise. But in practice it is usually found that most runners can, at most, drink about one litre per hour, and that for only a few hours. Near the end of longer races such as the 90-km Comrades Marathon most runners voluntarily reduce their fluid intakes despite levels of dehydration which might be quite severe<sup>10</sup>. Possible reasons for this voluntary dehydration are either that the raised body temperature reduces thirst, or that nausea develops due either to hyperthermia or to fluid accumulation in the stomach, or to "motion sickness", or even possibly to the progressive reduction in intestinal blood flow caused by "blood pooling."

The fifth and final way to improve racing performance is the only one I have not yet tried. It is "blood doping".

"Blood doping" was introduced into the sporting literature in 1972 by the expert Swedish physiologist, Bjorn Ekblom and his colleagues<sup>13</sup>. These workers wished to determine whether the maximum whole body oxygen consumption ( $VO_{2max}$ )<sup>14</sup> was limited by the heart's ability to pump blood or by the tissues ability to take up the oxygen carried in the bloodstream. To differentiate between these possibilities Ekblom chose to study the effects of artificially increasing the blood oxygen carrying capacity in a group of subjects. He did this by re-infusing red blood cells which, to ensure compatibility, had been withdrawn from each subject six weeks earlier and then stored. The six week time lag allowed each athlete to correct naturally the anaemia that had been caused by the blood loss. Endurance time and  $VO_{2max}$  were tested according to a standard protocol both before and shortly after blood-loss, and again immediately after re-infusion. Both endurance time and  $VO_{2max}$  fell after blood-loss and were markedly increased after blood re-infusion. Ekblom, it seemed, had his academic answers, and the athletes a new undetectable "doping" procedure.

Since Ekblom's original study, a number of other similar experiments have produced conflicting results so that the technique, and the academic and ethical questions it raises were rapidly becoming a dead issue, if not amongst the athletes, then at least amongst the scientists. But now, unfortunately, the issue is again current because the most detailed and carefully controlled study<sup>15</sup> has confirmed that blood doping does in fact do exactly what Ekblom said it would.

Would I ever be tempted to try blood doping? I doubt it. I am like my colleague who inquired whether a friend in the local Blood Bank would not consider taking some blood from him so that he might be "blood doped". "George", the reply came back quickly, "if I took so much as a 100 millilitres of blood from you, I would fear for your life. You need all the blood you have. Just to keep you living".

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TEAMS 10K CHALLENGE - LAKE GILLAWARNA PARK,  
GEORGES HALL - SUNDAY 1ST NOVEMBER

|      |               |       |
|------|---------------|-------|
| 1st  | HORST WEGNER  | 32.20 |
| 7th  | DAVE COX      | 35.56 |
| 20th | RAY DORAN     | 37.10 |
| 30th | JOHN JESTON   | 38.25 |
| 46th | NEIL COLLUM   | 39.39 |
| 80th | GLEN MCGREGOR | 47.42 |

TEAMS:

|             |                      |
|-------------|----------------------|
| 2402 points | WESTERN DISTRICT     |
| 1084        | BANKSTOWN SPORTS     |
| 571         | MT PRITCHARD         |
| 530         | CAMPBELLTOWN JOGGERS |
| 304         | SYDNEY STRIDERS      |
| 162         | NAVY                 |

Glenn McGregor

The Joggers Club Challenge held for the third successive year at the Western Districts Joggers and Harriers Club at Georges Hall saw 140 runners competing the 10km for the shield, represented by six clubs.

Although only five Striders turned up on the day it was undoubtedly a result of the Kurnell petrol strike and the restricted sales over the past week. This also accounted for the overall numbers being down on the 200 plus expected by the organisers.

This was to be my first run back with Striders after a number of weeks off with an injury, prolonged by my own attempt at self-diagnosis and treatment. Frustrated, it wasn't till I received treatment from Des Donovan of Maroubra who recognised my pulled hamstring that I experienced any improvement. I'm sure I've learnt a lesson there somewhere.

Anyway, the run was a little late starting getting away just before 8.00 am. The weather which had been wet for the last few weeks remained dry and fortunately cool with overcast conditions for the duration of the run. The wet weather had left the track in bad condition however, being very muddy and slippery underfoot in places.

Although it is a scenic course it didn't detract any from the numerous hills which I was relieved to see the top of. Being "out and back" it was good to see the other green singlets on the way back, well placed and running strongly. A few words of encouragement here.

First runner home was Mt Pritchard Jogger in a time of 32.20. With points being given for the first 100 home WDJH came out easy winners, having a good turnout of runners on their home course. Striders came fifth on points behind Bankstown, Mt Pritchard and Campbelltown, respectively. Accordingly WDJH will be holding the event next year.

Personally, I enjoyed the run and the course and was pleased to run with Striders again. Now with my injury hopefully behind me I'm looking forward to the regular Sunday STARS with the club and am now aiming for that first marathon next April.

THE 90K COMRADES MARATHON (NATAL, SOUTH AFRICA)

Monday 1st of June saw the running of the 56th Comrades Marathon. The Blister Vol.1 No.4 detailed a graph of the hilly terrain. Each year the race alternates between 'up' and 'down'. 1981 was an 'up' year.

Medals are awarded as follows:

|                   |   |        |
|-------------------|---|--------|
| Top 10            | - | Gold   |
| Under 7 1/2 hours | - | Silver |
| 7 1/2 to 11 hours | - | Bronze |

At 5.00 p.m., on the finishing track, a gun is fired to end the race. Every year there are runners on the track who are only seconds away from finishing officially within the 11 hour limit. Sadly, their efforts of 11 hours plus are all in vain (what a way to go!) Its then a 365 day wait until the next year.

1981 Durban to Pietermaritzburg 'up' run

|                  |       |
|------------------|-------|
| No. of starters  | 3,925 |
| No. of finishers | 3,567 |
| Finishing rate   | 91%   |

Winner: Bruce Fordyce (Wits University) 5h 37m 28s (record)

'Down' Record - A. Robb (1978) 5h 29m 14s

Comrades courage right down the line :

Every year the Comrades Marathon produces feats of great courage and endurance, not all of them reported in the newspaper headlines. The "up" run from Durban to Maritzburg on Monday (31st May) was no exception.

Bruce Fordyce's 5 hr 37 min. 28 sec. victory was a stunning triumph over perhaps the strongest Comrades field in history. But all down the field men and women fought and won personal battles just as courageously.

There was Isabel Roche-Kelly's astounding 6 hr 44 min 35 sec which lopped more than half an hour off the women's record she established on the faster "down" run last year.

The true merit of that achievement can be gauged by the fact that less than five years ago the South African women's standard marathon record stood at 3 hr 04 min - and Roche-Kelly ran two "standards" back-to-back at about 3 hr 12 min pace across the most tortuous road race terrain in the country.

Equally astonishing in its way, was the feat of veteran Liege Boule, who came in among the stragglers in 10 hr 12 min 37 sec. A modest performance, you might think, but Boule is 72 years of age and was completing his 37th Comrades.

A slip of a man who runs quietly on his own, his eyes fixed on the road in front of him and his almost bald head glistening with sweat, Boule ran his first classic almost 50 years ago in 1933 - 23 years before Bruce Fordyce was born!

An 18 year old who set out to beat Boule's record would be at least 56 before he accomplished the feat - and Liege says he isn't finished yet.

Sixty-two-year old Sarel Snyman, who runs with his left leg tightly strapped in a brace - his achilles tendon was irreparably damaged during the war - failed by seconds to reach the finish within the 11 hour limit. But this experience was less traumatic than it might have been. You see, Sarel has finished the race 16 times before

## ANNUAL PRIZE GIVING PARTY

Saturday 7th November.

Our thanks to the Bingham's for kindly opening their Normanhurst residence for our 2nd annual prize giving. Thanks too, to the wives who prepared the eats for the 36 members/wives/acquaintances who attended.

### BEST MARATHONER, 1981

Bruce Robertson's 2.39.40 at Gold Coast in August eclipsed Tony McCall's 2.41.07 at Campbelltown. Bruce is also the first sub 2.40 Strider. I confidently predict Bruce as Striders' first Sub 2.30 next year.

### BEST NOVICE, 1981

Wynne Henderson's 3.00.07 established at the first marathon in 1981 in April at Harbord Diggers, stood until mid September when veteran Ray Doran ran an excellent 2.59.24 at Gillawarna under adverse conditions and attacks of cramp in the last few kms.

### MOST IMPROVED SUB 3 PERFORMANCE

Dave Cox's ladder of success makes one wonder when it will begin to taper off. His 39 minute improvement left all opposition for the award back at the refreshment stations.

|                      |         |
|----------------------|---------|
| 9/80 Gillawarna      | 3.24.27 |
| 4/81 Harbord Diggers | 3.10.21 |
| 6/81 NSW State       | 2.51.54 |
| 8/81 Wagga           | 2.45.02 |

### MOST IMPROVED SUB 4 PERFORMANCE

"Slow" runner Neil Collum no longer qualifies under that banner. Like Dave, his one year experience in marathoning was probably the most influential factor in quicker marathons at the end of the 81 season. An analysis of both their training methods would indicate a change from their inaugural test of endurance of LSD training, to speedier and even lower mileage.

|                 |         |
|-----------------|---------|
| 9/80 Gillawarna | 3.35.42 |
| 6/81 NSW State  | 3.22.23 |
| 9/81 Gillawarna | 3.12.21 |

## FISHERS GHOST 12K - CAMPBELLTOWN

SUNDAY 8TH NOVEMBER

1700 Starters (Approx.)

|            |               |       |
|------------|---------------|-------|
| 1st MALE   | HARRY WARD    | 37.33 |
| 1st FEMALE | ALISON QUELCH | 44.08 |

|       |               |       |       |               |       |
|-------|---------------|-------|-------|---------------|-------|
| 8th   | Mike Halmy    | 39.09 | 128th | Brian Colwell | 46.13 |
| 45th  | Dennis Cooley | 43.10 | 135th | John Edwards  | 46.26 |
| 45th  | Dave Cox      | 43.10 | 194th | Mick Guiffre  | 48.16 |
| 65th  | Bob Shaw      | 44.08 | 237th | Ivan Freys    | 49.41 |
| 94th  | Mike Anschutz | 45.10 | 262nd | Geoff Murray  | 55.13 |
| 102nd | John Jeston   | 45.28 |       |               |       |

STRIDERS 3rd in Team Competition

The side stitch, like shin splints, is a common affliction among runners, especially during the first stages of conditioning. The pain is sharp and usually makes itself felt just under the rib cage. The side stitch is probably the result of two basic causes.

The first is improper breathing. This creates spasms in the diaphragm. To reduce the problem, do "belly breathing." That is, when you inhale, distend the diaphragm, pushing the abdominal wall out. When you exhale, push the diaphragm in so the belly is flattened. It's just the reverse of what you would normally do.

The second cause is probably the most common. It's a spasm of the ligaments attached to the liver, pancreas, stomach, and intestines. These ligaments are put under stress when you run vigorously. The bouncing action causes them to stretch, causing the pain. You can end the side stitch by simply gripping the side and pushing it in. In severe cases, you can lie on your back and raise your feet in the air, or even try standing on your head or hands. The inverted position relaxes the ligaments and relieves the spasm.

There are some other things you can try with the side stitch. Don't eat or drink within three hours before running; during the attack, bend forward, inhale deeply, and push the belly out; and if the pain is intolerable, lie flat on your back, raise your legs over your head, and support your hips.

## Muscle Cramps And Spasms

When one of your muscles contracts powerfully and painfully, you have a muscle cramp. The contraction may occur at any time—at rest as well as during activity. Cramps usually occur without warning. Occasionally, however, you may be able to feel one "building up."

There are a number of causes for muscle cramps. They include fatigue; cold; imbalance of salt, potassium, and water levels; a sharp blow; or overstretching of unconditioned muscles.

You can probably reduce the chances of a cramp by maintaining a proper diet, making sure you have a proper warm-up prior to vigorous activity, and stopping activity before you become extremely fatigued. Tapering off is a good idea.

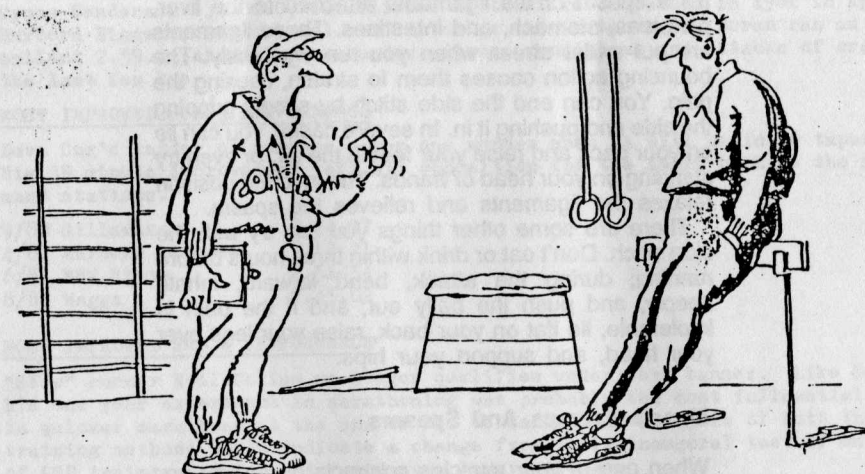
Once a cramp does occur, it can usually be stopped by simply stretching the muscle affected and firmly kneading it. Usually, a sense of tightness or dull pain will follow, making it necessary to apply heat and massage to the area to restore circulation.

If you're plagued with frequent cramps, you can usually eliminate the problem by drinking plenty of fluids, eating foods high in salt and potassium, and doing muscle strengthening and stretching exercises.

# BLACKTOWN CITIES MARATHON 1ST NOVEMBER 1981

|                  |            |         |  |
|------------------|------------|---------|--|
| No. of finishers | 91         |         |  |
| No. of sub 3's   | 12         |         |  |
| 1st male         | Ian Graves | 2.29.16 |  |
| 1st female       | Sue Hill   | 3.00.07 |  |

No further details available



**"... and when that barefoot Kenyan starts to make his move, step on his toes."**

## ANOTHER SYDNEY STRIDERS CHAMPION IN THE MAKING.....

It is always pleasing to be able to report on wins by members of the club, so congratulations to Mick Giuffre for his considerable success in the Friday night competition held by Randwick Botany Harriers from which he collected age group awards for the following;

- ATHLETE OF THE YEAR
- 2nd in PENTATHLON (100m, 400m, 800m, high jump, discus)
- HIGHEST POINT SCORE FOR YEAR (all events)

These resulted in three rather impressive looking trophies which, coupled with the arrival at the same time of a City to Surf medallion (member of Sydney Striders team - 3rd in 'Sporting other than Athletic Clubs'), made for a rather eventful week. Well done Mick.

## THE SYDNEY STRIDERS COMMITTEE

|                                                 |                 | <u>RESIDENCE</u> | <u>BUSINESS</u> |
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## SITUATIONS VACANT

### TYPISTS

As always, we are short staffed in the typing pool. Please advise if you have access to a typist, even if it is only for the occasional typing.

### WORD PROCESSOR

The Striders Marathon Ladder has now been established. The obvious way to retain and update is on a word processor disc. Volunteers who have access to this creation of genius are called for.

### PRINTING

Any contact in the printing game? Tenders are called for to print our famous letterhead and address the rear of envelopes.

## \$20 SUBSCRIPTION TO "THE RUNNER"

An opportunity exists to subscribe for this top US publication for a mere \$20 per annum. This magazine is rated by some runners as a far better publication than ye old faithful, "Runners World". (One reason - fewer ads.)

If you wish to participate in a group club subscription, advise the editor by Sunday 13th December. (Striders Xmas BBQ).