

Sydney Striders

**Road Runners' Club
Australia**



Edition No. 71: August- September 1998

Members Ahoj.

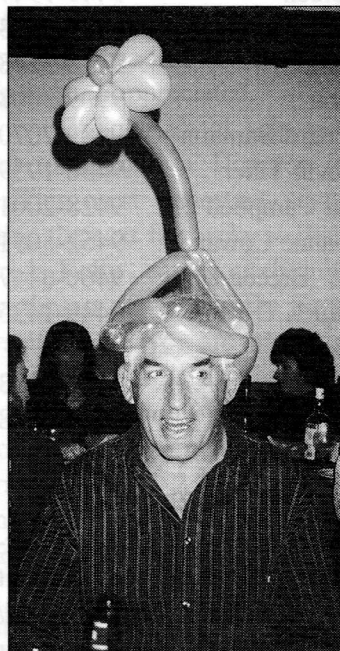
This edition of the Blister - covering the last month of winter and the first month of spring - contains social subjects as well as the more serious running orientated ones.

City to Surf, Mount Wilson to Bilpin, pasta party, Sydney Marathon, Royal National Park Ultra, MTG dinner for 1998 has all past in this short period of time. On top of that the 10k series excitement is intensifying and the Christmas Awards Brunch is lurking on our doorsteps. When you read this, the Inter Club Challenge has probably been won by a Strider. The list of events are naturally in-complete, but is merely shown to draw attention to the fact that Striders participate and excel in so many events.

Yes, it has certainly been a period with many activities and with many more to look forward to, Brindabella, the Super Series and many, many more.

The Blister is a magazine, which in its present form is designed to reflect all the different achievements Striders gain through their "addiction" to running and multi sport events. It is however not possible to serve this purpose without contributions from you - the members. The membership database are exceeding 300 entries and consequently there must be at least 300 new experiences every day. They might not all be running related - it would make a pretty big Blister - but as they say in Australia's Most Wanted, please come forward, however small or insignificant you find your contribution, and let me know about your (running) experiences.

-Ed.



*Jim Screen
demonstrating the
new Striders cap
at the Pre Sydney
Marathon pasta
party. For price
and availability
please contact our
uniforms director!*

Content of Blister No.71:

- ♦ Steve Cornelius, the mathematician
- ♦ Chris Truscott around the world
- ♦ 10k-series: Report and race 9 incl.
- ♦ Bridge with troubled water!
- ♦ City to Surf results
- ♦ Striders in Berlin
- ♦ The "Super Series"
- ♦ Club News
- ♦ Coming events
- ♦ Letters to the editor

AND MUCH MORE

The Blister

Quarterly Journal of Sydney Striders Road Runners Club Inc (Founded 1980), P.O. Box 679, Crows Nest, NSW 2065, Australia. Opinion expressed herein by members or non-members do not necessarily represent official club policy.

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Copy requirements

Members contributions usually given priority. Non-members efforts welcome too. Submit preferably via email or on diskette. Legible typed/faxed/handwritten 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. **Avoid fancy formatting**, which will only have to be edited out. If in doubt about formats etc, please phone the editor.

Color or B/W photos, line drawings, cartoons etc most welcome. Verbal contributions may be lost even if followed by a very large bribe, although the editor always are interested in rumours, gossip and well constructed speculations. Disks and photos will be returned to somewhere at some stage.

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I'm unaware who - except from yours truly - receives the Blister-contributions. The question has still not been answered.

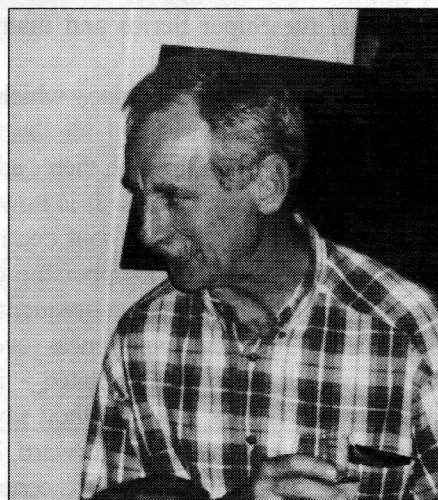
Credits

Photographs were supplied by Graham Butler, Andrew Gibbons and Nick Themsen.

Paper Tiger Printing at Chippendale did the printing. Special thanks to Brad Renshaw and his crew - and by the way, thank you very much for printing Blister # 70 as well.

Thanks to all contributors who make up this issue of the Blister: Steve Cornelius, Chris Truscott, Andrew Gibbons, Kevin Tiller, Breeda Kelly, Kevin O'Kane and all the letter correspondents and committee members.

Proofreading was done by a spell checker with no grammatical sense.



Brad Renshaw is extremely helpful - even without his running gear!!

The Presidents Report



In 1958 when I commenced work I had reason to keep in my special pile of collectables a newsletter published by the royal Bank of Canada. The article which attracted me was on "Disciplines in Life" from which I have borrowed the following lines:-

"One of the most important needs of people going out into the world is discipline. We need to know about discipline because we simply cannot get along with other people without it. By the time we finish our formal

education we have become persons with status within a group entitling us to rights and imposing obligations. Some acts are commanded or forbidden by the general opinion of humanity. The discipline of law is the good person's defence against unjust actions of other people. Other areas in life are governed by rules agreed upon so that people can work and play together. For example the rigidity of the squares and moves in chess, traffic regulations, or the by-laws of a corporation....." To this I would add "and the rules of a running club."

Early in September a new member was disqualified from the 10K Series Handicap Division because of a failure to pay the Club's joining fee despite having competed in the series since the beginning of the year and despite many requests to pay. Earlier in the year another Member with the fastest time in the Club's Marathon Championship could not be declared the winner because he too was unfinancial. Why do these situations arise?

Both persons involved have been disadvantaged. Although it should not have been necessary as the Rules are clear, considerable time was spent assessing both situations and in reaching the deci-

sions to uphold the rights of the other 308 financial members within the Club.

Incidents such as this do nothing for the Committee who volunteer for the task of trying to handle the administration of the Club the best they can. Committee Members are hard to come by and most of them feel their reward for giving up plenty of their time is to receive the ready support of members. Sometimes in Striders even that is a bit hard to detect especially if attendance at Club organised events is considered.

Geoff Taylor has finally left the Committee and his place as Treasurer has been taken over by Ilona Johnson. Thanks Geoff for your many years of service and advice. To Ilona we extend a very warm welcome and our thanks for taking on one of the key jobs within the Club. Ilona is a new member and her willingness to help is most appreciated.

Talking about help reminds me that we now need to appoint a Director for the 1999 10K Series. This most important position needs to be filled within the next few weeks so that our outgoing Director, Breeda Kelly, can properly initiate the new incumbent into the art of running the Series. Please let Breeda or myself know if you are interested.

Thanks to all the members who entered the Sydney Marathon. We had 40 starters which was a good effort. Congrats to Kelvin Marshall on being first Strider home in 2.54.27 and a special well done to Jonathan Trope (Over 50 but not over the hill), for a fine 2.54.34.

Jim Screen.

From the NY Sunday Times of August 30:

EAT ON THE RUN

The Medoc Marathon is nicknamed "the world's longest marathon" because it's meant to be savored like a long French meal. "Also," says Laurent Ourgaut, a race coordinator, "when people are drunk they don't run straight".

The course winds through 54 of Bordeaux's most famous vineyards, including Lafite-Rothschild and Latour; 24 vineyards provide the racers with wine as they pass by. Other luxe touches: 16 massaging stations, 54 bands, 22 food stops serving dried fruit, cheeses, pastries, and (at the 24 mile mark) raw oysters.

Winners are awarded their weight in Bordeaux.

Letters to the editor.

Dead Last!!

I noted in the Blister May-July 1998 at page 9 – the results of the SMH Half Marathon. PB's all over the place. Congratulations to all!

And there it was – right at the bottom of the page. As I read the last name a smile came to my face – oh yes, this is a good read. All those years I have absorbed race results in the Blister before, but nothing prepared me for this last line. I went through the rest of the Blister but like a magnet I kept coming back to the bottom of page 9. The smile, no grin, just wouldn't go away. "Warwick Selby DNF Injured". For "Thimble Heart" it's a bit of a change, usually he's late for the start of a race, not the finish.

Life is good.

Signed: "The quiet one"

Letter from Pofadder

Geagte Meneer,

Ek skryf die brief om u in kennis te stel dat mnr S.W. BAG nog nooit in die Pofadder Maraton deelgeneem het nie. Enigiemand wat glo hy het, word vir die gek gehou. Korigeer asseblief u rekords.

Die uwe,

Johannes Pieter Kobus Van der Westhuizen
Race Director
Pofadder Marathon

Alf accused

[To Alf Field in Germany]

Alf,

I see in the Herald today that "Brazilian Ronaldo da Costa, running only his second marathon, set a world best time of 2:06:05 in the Berlin Marathon, bettering the 10-year-old mark of 2:06:50 set by Ethiopian Belayneh Dinsamo". This can only mean one of two things.

1) You were a participant in a marathon where a world best was set, and you will be able to crow about it ad nauseam for the rest of your life. 2) The course was short, and Dick Bartlett (and others) will push for your finish not to be counted.

I fear that option 2 is the more likely, since this is the first time a marathon finishing time has been

claimed at less than 3 minutes per kilometre (in fact 2mins 59.17secs per km). This is surely an impossible time.

What say you? Did it FEEL short? Do you harbour any doubts? Does your sense of fair play behove you to declare the possibility of an error? These must be very difficult times for you now. You must place the honour of your club ahead of any thought of personal gain. Younger members of Sydney Striders are looking to you to set an example of honesty, fair play, and integrity. We await your declaration.

Regards, Steve Cornelius

Alf replies

Hi Steve,

I saw this guy ahead of me and just couldn't catch him. He obviously could hear me behind him as he kept speeding up. No wonder he broke the world record. Nobody, of course, remembers who came second or third or whatever.

Yes, I will crow ad nauseum. No, the course was not short. Carrying my injury for the last 15k made it feel like 52k not 42k. There were 28,000 other runners there who will tell you that the course DEFINITELY was not short. You want to argue with all those tough Germans, Swedes, Danes etc, you're welcome.
See Ya, Alf

Hoons

Dear Sir,

I am writing to complain about a noisy group of miscreants who invaded our locality (Manly) on 26 September for their annual dinner. They were "organised", if that is the word, by a Mr O'Kevin, and apparently had some connection with your running club.

Please inform Mr O'Kevin that we have enough disruptive elements in our neighbourhood as it is, without him bringing his gang of rowdy hoons around to cause mayhem. My good lady wife and I were prevented from sleeping until almost 9pm by the appalling noise of their carousing, and my cat was seriously traumatised.

I do hope you will deal with these thoroughly bad hats in an appropriate manner, and that next time they wish to cause havoc they will inflict it on some undesirable locality such as their native Turrumurra.

Sincerely, S.W.Bag

Letters to the Editor (continued from page 4)**Canberra Marathon**

Please see below a media release circulated today by ACT Cross Country Club President Hugh Jorgensen and ACT Athletics Winter Director Richard Miller. Your support, as usual, is encouraged and welcome.

I would appreciate wide circulation amongst Sydney Striders and also an indication of whether the Striders will again incorporate their marathon championship with the Canberra Marathon in 1999.

MEDIA RELEASE**CANBERRA MARATHON DATES****CONFIRMED**

ACT Cross Country Club President Hugh Jorgensen, with support from ACT Athletics Winter Director Richard Miller, has hit back in response to a newspaper article (Daily Telegraph 7 August 1998) suggesting that the Sydney Marathon will move its date to April next year. Such a move would be a direct clash with the New Balance Canberra Marathon.

The Club has referred the matter to Athletics Australia (AA) which has already granted the Canberra Marathon permits to continue to conduct its race on its traditional date, the second Sunday in April in 1999, 2000 and 2001. The 1999 Canberra Marathon will be held on Sunday 11 April.

A clash of dates would mean both races would struggle to field a respectable number of participants because of the limited pool of marathoners in Australia and the fact that marathoners need up to three months between events to fully recover.

The AA permits held by the Club provide the Canberra Marathon with date protection. Another marathon cannot be held in the same geographic area within six weeks either side of the Canberra Marathon date.

The Club will not relinquish its April date as autumn in Canberra is widely acknowledged as the best possible time for a marathon in Australia. The Club, though, has indicated to AA its willingness to forego its race in April 2000 in the interests of the Olympic Games preparations.

At this stage the Sydney Organising Committee for the Olympic Games (SOCOG) will conduct a test event on the Olympic Marathon course on 30 April 2000. This test event will incorporate the Australian Marathon Championships and a selection race for the Olympic Games. If this event is also open to recreational runners, the ACT Cross Coun-

try Club has agreed with AA and SOCOG that there will be no Canberra Marathon in 2000.

The club is already planning for the Canberra Marathon in 2001. That event will be the 25th New Balance Canberra Marathon and will be held on Sunday 8 April 2001.

An early bonus for Australia's leading marathoners who are considering next year's Canberra Marathon is the decision by race sponsors New Balance to provide all expenses paid trips to the USA for the first male and female finishers to compete in the Chicago Marathon in October 1999.

This is a great boost to Australian marathoners seeking Olympic qualifying times in 2000. The Olympic selection criteria have been released and athletes must start chasing Olympic qualifying times from 1 January 1999.

Australians who choose the Canberra Marathon will have two excellent opportunities for qualifying times in 2000 - Canberra in April and, if they win, Chicago in October.

Hugh Jorgensen, PRESIDENT, ACT CROSS COUNTRY

Richard Miller, WINTER DIRECTOR, ACT ATHLETICS

14 August 1998

The President (and thereby Sydney Striders) has supported the view of ACT Cross Country Club in a letter to AA asking to respect the issued permits to ACT Cross Country Club. Canberra Marathon is proposed as one of the venues for the coming Super Series, see later in the magazine. -Ed



G.U.I.T.A.R.: The Age, Gender and Distance Factors

(And, incidentally, why age-categories are inherently unfair).

by Kaptain AnoraK (Steve Cornelius)

GUITAR stands for the General Universal Index Theory of Athletic Relativity. The concept and its acronym are my inventions, but I'm happy to donate them to the running world. GUITAR isn't the most smart-arsed acronym I ever invented, but it's not bad and it'll have to do for now. It's about how differences in age, gender and distance affect race performances, running speed and finishing times.

The Biggest Scam

That's interesting enough in itself. But it's also, incidentally, about why age-categories are the biggest scam in the long glittering history of athletics short of popping performance-enhancing drugs. And it's about what Sydney Striders can do to promote the club's reputation as an innovative trend-setting club, by combating this scam and making the club's awards and competitions fair for all its members.

If you're a non-competitive runner who likes to pause and smell the flowers along the way and never wears a watch, that's great for you, and I wish you many years of relaxing, meditative running. But I do suggest you stop reading this article now and skip to the next one. Because this one will bore you to sobs.

On the other hand, if you want to find out something about how much you'll slow down with advancing age, or how your performances compare with runners younger or older than yourself or those of the opposite gender, or how to compare your PBs over many different distances - this is for you.

Background

Back in the mid-1980s, during a spell as Sydney Striders' computer manager, I worked out a handicap formula for the club's annual Internal Handicap Half-Marathon. It was a clunky old formula, laboriously calculated on a clunky old computer (some, uncharitably, would have added "and devised by a clunky old programmer"), but it was the best we had back then, and worked surprisingly well, given its empirical and computational limitations.

The formula was based on members' reported annual PBs for the previous 3 years, over the half-marathon, marathon and City-to-Surf distances, all appropriately weighted in some way. And it enabled us to stage some quite remarkable staggered-start

races, wherein numerous groups took off at one-minute intervals, slower runners first, head-bangers bringing up the rear. At the finish (if I'd done my job properly) large numbers of runners crashed across the finish-line within a few metres of each other, or at worst within a few short minutes, and you wouldn't have wanted the time-keeper's job for quids. People, including me, used to bust a gut to win these things.

The DF, AF and GF

Though these races were great fun, the handicap formula governing them was somewhat primitive. But it did provide me with an introduction to the question I now call the **Distance Factor (DF)**, which goes like this: "All other things being equal, by how much should your running slow down as races get longer?" (By "all other things equal", I mean we assume consistency of training, weather, terrain etc).

Expressed another way, the DF is the quest for appropriate multipliers to allow comparisons of race-times over different distances. For example, if I remember correctly, my multiplier in those days for comparing marathons with half-marathons was 2.12. So, if you could run a 1:30:00 half-marathon, you should theoretically be capable of a marathon in $90\text{mins} \times 2.12 (=3:10:48)$, assuming of course you'd adequately trained and prepared for the extra distance. A 3:00:00 marathon translates to a half-marathon in $180\text{mins} \div 2.12 (=1:24:54)$.

This turned out to be not half bad as a first stab, particularly considering the paucity of empirical data on which it was based. But read on, because Life Wasn't Meant To Be Easy, and the true formula is not quite as simple as that. In fact, it's so unsimple that I haven't yet been able to fully work it out, and may never do so.

Besides, there were other questions crying out for answers, such as the **Age Factor (AF)**: "All other things being equal, by how much should your running slow down as you get older?" A matter of some interest to most Striders, you'll agree, what with our club median age these days hovering around 45. Of equal interest was the **Gender Factor (GF)**: "By what percentage should male and female race-times differ over the same distance at the same age?" A matter which may cause some friendly (or even quite heated) banter, not only within marriages!

It occurred to me in those days that there might be some grand, overarching, unifying formula which would bring together the DF, AF and GF, a kind of general theory of athletic relativity to facilitate athletic performance comparison in all three of these dimensions. The quest for the GUITAR was born.

The quest renewed

But it wasn't until this year (1998) that I picked up the thread again and went seriously in search of data and formulae which might assist. How the world has changed since 1984! Because now we have (ta-daaaa) the Internet! which although far from a perfect medium, does frequently allow data and opinions which would previously have taken months, years, or forever to assemble, to be tracked down in minutes.

Initially, I experimented with data and formulae from numerous Internet sources. I particularly recommend Rodney Pearson's vast archive at Mississippi State University, <http://www.futuresouth.com/~runner/masters.html>, and David Waller's interesting site, also in the USA, at <http://weber.u.washington.edu/~dwaller/running/bcstrun.htm>. Pearson's source data came from the (US) National Running Data Center, and provides a good starting point. David Waller's site has a rather neat calculation program which allows you to key your own data in and get them compared on the spot.

However, by far the most valuable and comprehensive resource I found in this field is unfortunately not yet available electronically, and came to me only in printed format. It proved well worth the trouble of keying it into my spreadsheet manually and attempting to extract from it some trends and possibly (eventually) some formulae.

Dedicated Anoraks

I refer to the 60-page pamphlet "Age-Graded Tables" (AGT) first published by WAVA, the World Association of Veteran Athletics, in 1989 and substantially revised in 1994. These tables cover the entire range of athletic activity, not just running - there's long-jumps and hammer-throws and decathlon standards and walking events too. There are tables for both genders, and the age-range they cover is, astoundingly, from 8 to 100! Yes, 8 to 100.

WAVA's AGT are the result of many person-years of laborious data-collection and analysis by a team of dedicated "anoraks" who contributed their considerable athletic and organisational experience and expertise free of charge, so that the athletics world could have fair and equitable age-graded competitions. It's a fabulous resource, carefully compiled, and deserves to be not only the standard reference work on the subject, but the handbook of all athletic club event organisers.

AGT enables you (I quote from the introduction) to correct a person's performance to what it would have been in their prime years, and to provide

each individual with a percentage value enabling them to judge their performance in any event without bias to age or sex.

What the tables are for

These tables can be used (again I quote) to keep track of your progress over the years; Compare your own performance in a given event; Compare your own performance in different events; Compare your progress in the current year; Set goals for the current year and future years; Compare back to your best ever performance; Compare your performance to people of any age; Estimate your performance in new events; Compare performances of older and younger individuals in the same or different events; Select the best performance in an event among all age groups; Select the best overall performance in a meet or race; Select outstanding athletes; Give recognition to good performances in the younger or older age groups; Enable athletes at the upper end of their age groups to compete on an equal level with those at the lower end of their age groups; Make the competition more interesting and exciting; Make awards more meaningful; and Establish medal standards. The usefulness of these tables to a club like Sydney Striders is only limited by our own imagination. More of this later.

The data are based on existing age-based world records at every distance, and have been methodically subjected to an iterative review process to ensure they are as representative of athletes' true capabilities as is humanly possible.

I concerned myself with only the running events from 1500 metres to 100km, broadly the range of athletic events in which Striders tend to participate. I laboriously keyed the WAVA data relating to these distances, for both genders and for ages 8 to 100, into my trusty Excel spreadsheet. This involved the entry of 93 years times 17 race distances times 2 genders (=3,162 data points). If anyone wants a copy of this, please feel free to contact me. Then I sat down to attempt to derive trends and formulae from the data.

Some fundamentals

Firstly, what are the fundamentals of age-grading? What's the underlying trend? Well, the appendix notes in the 1994 revision state: "After a certain age (which varies from approx. 30 to 40) performances always get weaker and weaker in an ever-increasing manner. For example, the loss in performance from age 49 to 50 is greater (percentage-wise) than the loss from 48 to 49."

Underlying interdependency

What they don't state, however, is what my spreadsheet derivations revealed. I took the WAVA standards and manipulated them every which way, to extract the underlying trends. Once you've done the boring donkey work of keying in a heap of basic data, this is astoundingly easy to do using Excel, and makes you wonder how people did such calculations 20 or 30 years ago. Perhaps they either didn't bother, or waited weeks while some recalcitrant computer operator tediously fed a bunch of punchcards through a big chugging mainframe's card-reader. How refreshing to live in the age of the personal computer, where you can manipulate data as you wish, within seconds.

I found that the AF varies depending on gender and distance. Interestingly enough, this is also true for the other two factors. The GF differs depending on age and distance. And the DF varies with gender and age.

The three factors have an underlying mutual interdependency which makes it impossible to generalise about any one of them alone without reference to the others. So Malcolm Fraser was right then - life really *wasn't* meant to be easy, and as a result the quest for the underlying GUITAR formula has thus far failed, its complexity (if it is indeed derivable) being well beyond my first-year-Uni mathematical capabilities at this stage. I continue to work on it and to try to elicit assistance. Unfortunately, running anoraks with high-order mathematical talent are comparatively rare birds.

However, this doesn't prevent us from deriving numerous interesting trends from the data, nor does it mean we can't, as a club, use the Age-Graded Tables.

First, a word about the so-called "Open" age-category. Every event listed in the AGT has a plateau region, usually starting around the age of 20, where performance stays at pretty much the same level for a while. This plateau almost always extends to at least 30, but in the longer distance events, it goes much further. Perhaps Heather Turland's recent victory in the Commonwealth Games marathon at age 38, and Carlos Lopes' Olympic gold when he was, if I remember correctly, 39, help to prove this point. Basically, the longer the distance, the longer you can maintain your peak performance.

How long can you stay at your peak?

Table A shows the approximate extent of the "Open" age group for 7 distances. Note that it varies also with gender, with women's performances starting to decline slightly earlier than men's. It's also interest-

ing that there's a trough around 5000 metres, where male and female athletes reach their full potential before the age of 19, and that this doesn't apply to the sprints and longer distances. I have no explanation for this as yet. (In all tables which follow, "half" means a

Table A: Age-Range of "Open" Category

Approximate lower and upper age limits of "Open" age-category (M and F) at selected race distances.

	1.5k	5k	10k	half	30k	mar	100k
M:from	19.5	18.7	20.0	20.0	20.0	20.0	20.0
M:to	32.3	34.5	35.7	36.3	37.0	37.7	39.9
F:from	20.0	18.7	20.0	20.0	20.0	20.0	20.0
F:to	32.0	33.9	34.3	35.4	36.1	36.3	38.2

21.1km half-marathon and "mar" is a standard 42.2km marathon).

Unfair Age-Categories: The Old Evidence

Before we discuss the AF, let's have a look at a recent age-group snapshot of Sydney Striders' membership (Table B). Look at the huge disparity between the sizes of the various age-groups, and between male and female membership.

It was ever thus. During the 1980s I made myself very unpopular with the Sisterhood by writing some very non-PC Blister articles which dared to suggest that awarding one prize to an age-group with 100 members, and another ("equal") prize to a "group"

Table B: Sydney Striders membership August 1998

Age	Male	Female	Age	Male	Female
20-24	3	2	50-54	44	5
25-29	14	4	55-59	24	6
30-34	13	11	60-64	8	1
35-39	36	14	65-69	5	0
40-44	42	10	70-74	2	0
45-49	41	14	Total	232	67

with 2 members, was hardly equality. What a cad I was, eh?

So what's changed in 10 years? Well not much. We have a few more female members, which is great. But if the award of one prize to males aged 40-49 (there are 83 of them) and one prize to females aged 60-plus (count her, there's one of her) is somehow "equality", then I'm Boris Yeltsin. OK, OK, so I like a drink or five. Bad example, but you see what I mean.

The simple fact is that running is a sport which men still do in much greater numbers than women. Also, it's a bell-curve thing. So arbitrarily slicing the membership up by age-ranges has always, and *will* always, result in ludicrous disparities.

Unfair Age-Categories: The New Evidence

But wait, there's more. Here come the steak knives. Let's look at what WAVA's tables reveal about the AF. This is a very sad fact to have to face up to, but once you reach the end of the "Open" age category you're going to slow down. Table C shows by how much you will slow down each year. There are a number of principles here to note. Firstly, the longer the distance of your event, the later the onset of your tendency to slow down (we noticed this in Table A). Secondly, the longer the race distance, the less the annual percentage slowdown, although not by much. Thirdly, women's slowdown starts earlier than men's, gets more accentuated with age than does men's, and applies more dramatically on the shorter distance races. Sorry, girls, don't shoot me, I didn't make the rules.

Table C: The Age Factor: Annual Decline

Approximate **percentage** decline in performance in **previous 1-year period** for males and females at ages 30 to 80 over selected race distances.

	1.5k	5k	10k	Half	30k	Mar	100k
M30	0.00	0.00	0.00	0.00	0.00	0.00	0.00
M35	0.69	0.37	0.00	0.00	0.00	0.00	0.00
M40	0.72	0.71	0.71	0.69	0.70	0.70	0.09
M45	0.75	0.74	0.74	0.74	0.73	0.73	0.72
M50	0.80	0.79	0.79	0.79	0.79	0.77	0.77
M60	0.94	0.92	0.92	0.91	0.92	0.91	0.90
M70	1.18	1.16	1.16	1.16	1.15	1.14	1.13
M80	1.64	1.60	1.61	1.60	1.59	1.59	1.56
F30	0.00	0.00	0.00	0.00	0.00	0.00	0.00
F35	0.79	0.79	0.26	0.00	0.00	0.00	0.00
F40	0.82	0.82	0.81	0.81	0.80	0.80	0.79
F45	0.87	0.86	0.86	0.85	0.85	0.84	0.83
F50	0.93	0.92	0.91	0.91	0.91	0.89	0.88
F60	1.10	1.08	1.07	1.05	1.06	1.06	1.03
F70	1.40	1.37	1.36	1.35	1.34	1.33	1.30
F80	1.95	1.91	1.89	1.88	1.87	1.85	1.80

Table D, also concerned with the AF, not only emphasises the 1-year trends of Table C, it also begins to show why age-categories are a scam. And Table E nails this argument to the floor. These are the equivalent of Table C, but instead of reporting percentage decline in the previous **one** year, they report the performance decline in the previous **5** and **10** year spells.

Men do not fail, they give up trying.

(Elihu Root, 1845 - 1937)

Table D: The Age Factor: 5-Year Decline

Approximate **percentage** decline in performance in **previous 5-year period** for males and females at ages 30 to 80 over selected race distances.

	1.5k	5k	10k	Half	30k	Mar	100k
M30	0.0	0.0	0.0	0.0	0.0	0.0	0.0
M40	3.5	3.5	3.3	2.5	2.1	1.6	0.0
M50	3.9	3.9	3.9	3.9	3.9	3.9	3.8
M60	4.6	4.6	4.6	4.5	4.5	4.5	4.5
M70	5.9	5.8	5.8	5.7	5.7	5.7	5.6
M80	8.1	8.0	8.0	7.9	7.9	7.9	7.7
F30	0.0	0.0	0.0	0.0	0.0	0.0	0.0
F40	4.1	4.0	4.0	3.5	3.1	2.6	0.9
F50	4.6	4.5	4.5	4.5	4.5	4.4	4.4
F60	5.4	5.4	5.3	5.3	5.3	5.2	5.1
F70	6.9	6.8	6.8	6.7	6.7	6.6	6.5
F80	9.7	9.5	9.4	9.3	9.3	9.2	9.0

If you are, say, a 44-year-old man, arbitrarily thrown into a 40-44 age-group, you are effectively competing with 40-year-olds who have at least a 3 percent physical advantage over you. This may not sound like a lot, but it's a start of over 5 minutes (or 1250 metres) on a 3-hour marathon.

Table E: The Age Factor: 10-Year Decline

Approximate **percentage** decline in performance in **previous 10-year period** for males and females at ages 30 to 80 over selected race distances.

	1.5k	5k	10k	Half	30k	Mar	100k
M30	0.0	0.0	0.0	0.0	0.0	0.0	0.0
M40	5.5	3.9	3.3	2.5	2.1	1.7	0.1
M50	7.9	7.8	7.8	7.8	7.7	7.7	7.6
M60	9.1	9.0	9.0	9.0	9.0	9.0	8.8
M70	11.4	11.2	11.3	11.2	11.2	11.1	11.0
M80	15.6	15.3	15.3	15.2	15.2	15.1	14.9
F30	0.0	0.0	0.0	0.0	0.0	0.0	0.0
F40	6.6	5.0	4.3	3.5	3.1	2.6	1.0
F50	9.2	9.1	9.0	9.0	8.9	8.9	8.7
F60	10.7	10.6	10.5	10.5	10.4	10.4	10.2
F70	13.5	13.3	13.2	13.1	13.0	12.9	12.7
F80	18.6	18.2	18.1	18.0	17.8	17.7	17.2

It gets worse. If you're a 59-year-old woman arbitrarily thrown into a 50-59 age group, you're effectively conceding a physical advantage of over 10 percent to the 50-year-olds. This amounts to a virtually irretrievable 24 minutes on your 4-hour marathon! That's like allowing your 9-years-younger friend, who has by some quirk of fate dropped into the same age-category as you, to be around the 4k mark when you start. If that's fair, I'm Yasser Arafat. OK, OK, so I'm ugly. Bad example, but you see what I mean. At least I don't wear a David Jones bag on my head.

The answer to the problem of unfair age-categories is, of course, age-grading, of which more later. But first, a look at how the GF works.

The Gender Factor

Table F can be used to convert race times in either direction - male times to equivalent female, and vice-versa. E.g. to convert a 1:25:00 half-marathon by a man aged 50 to the equivalent for a woman of the same age, multiply by 1.126, giving 1:35:43.

Table F: The Gender Factor (GF)

To convert male race-time to equivalent female race-time, age and distance remaining constant, select age (left) and distance (top), then **multiply** by factor shown. To convert female race-time to equivalent for male, **divide** by factor. Factors for ages 20 and 25 are identical to those for age 30.

	1.5k	5k	10k	half	30k	mar	100k
30	1.110	1.110	1.109	1.103	1.099	1.095	1.095
35	1.115	1.115	1.112	1.103	1.099	1.095	1.095
40	1.121	1.121	1.120	1.114	1.109	1.105	1.104
45	1.128	1.128	1.126	1.120	1.115	1.111	1.110
50	1.135	1.135	1.133	1.126	1.122	1.117	1.115
55	1.143	1.142	1.140	1.134	1.128	1.124	1.122
60	1.152	1.151	1.148	1.142	1.136	1.131	1.129
65	1.162	1.161	1.158	1.151	1.145	1.140	1.137
70	1.173	1.172	1.168	1.162	1.155	1.150	1.146
75	1.187	1.186	1.181	1.174	1.167	1.161	1.157
80	1.204	1.202	1.197	1.189	1.182	1.175	1.170

This is the equivalent of saying that 50-year-old women can expect to be 12.6% slower than men over this distance. (But NB, do not fall into the trap of assuming this also means the man's time is 12.6% faster than the woman's. It ain't, for the same reason that although 10 is 100% greater than 5, 5 is only 50% less than 10. Think about it.) To convert the other way, use the same factor, but divide instead of multiplying.

The trend goes like this: In relatively short races at Open ages, to say that women's times are about 11 percent longer than men's would be a good rule of thumb (conversion factor 1.110). As the distances increase, the difference tends to fall slightly. By the time you reach marathon distance, it's fallen to 1.095. However, the GF increases with age, and more dramatically over shorter distances. By the age of 70, the factor has blown out to 1.150 (a 15 percent difference) in marathons, and 1.173 at 1500 metres.

The Distance Factor

Plainly, the DF will show that you slow down as races get longer. This much we all knew already. However, as with the rest of this analysis, it's not just as simple as that. To illustrate the trends, it's useful to look at some comparisons between races whose distances are in the ratio of exactly 2 to 1. See Table G.

Table G: The Distance Factor (2 to 1 conversions)

Conversion factors for selected pairs of distances whose ratios are exactly 2 to 1, for males and females aged 30 to 80.

	3k to 1.5k	10k to 5k	20k to 10k	30k to 15k	mar to half	50k to 25k	100k to 50k
M30	2.162	2.079	2.088	2.106	2.126	2.139	2.215
M40	2.140	2.067	2.074	2.089	2.108	2.119	2.186
M50	2.138	2.068	2.074	2.089	2.107	2.119	2.184
M60	2.136	2.068	2.073	2.088	2.107	2.118	2.182
M70	2.134	2.069	2.072	2.086	2.106	2.117	2.179
M80	2.129	2.069	2.070	2.084	2.104	2.115	2.174
F30	2.161	2.078	2.078	2.091	2.110	2.124	2.218
F40	2.140	2.065	2.064	2.075	2.091	2.104	2.188
F50	2.138	2.065	2.063	2.073	2.089	2.102	2.186
F60	2.136	2.064	2.062	2.073	2.088	2.099	2.182
F70	2.134	2.062	2.060	2.071	2.084	2.096	2.178
F80	2.129	2.060	2.058	2.068	2.080	2.091	2.171

The conversion factors vary quite radically with age, gender and distance, despite the ratio of race distances in all 7 cases being exactly the same. Paul Keating would like this - it's a kind of J-Curve. At the lower distances, the conversion factor is relatively high, perhaps because the 1500 metres is, comparatively speaking, almost a sprint, somehow a different kind of animal from all other distances in this example.

By the time you compare 10k with 5k, or 20k with 10k, the factor has dropped down into the 2.06 or 2.07 range. Then it starts to climb again, until the 100k versus 50k factor is even higher than the one at the extreme left. I would account for this by proposing a "fatigue factor" which disproportionately affects ultra distances compared to shorter races.

In both genders, the conversion factor drops with increasing age. Women's conversion factors are pretty much the same as men's, but noticeably lower than men's in the more senior age groups. I can't offer a reason for these phenomena. But one thing it shows for sure - all those simplistic formulae which rely on just doubling the time and adding a fixed percentage to allow for the slowdown are what I'd long suspected they might be, namely hogwash, and if you try to apply them universally you'll make huge, huge errors.



SOUTH AFRICAN
AIRWAYS

Some other conversions

Space is limited in this magazine, so I can't apply the next section to all ages. As examples, I'll use ages 30, 50 and 70 for both genders, and the reader can extrapolate (interpolate, perhaps?) as required. See Table H. I've selected 7 popular race distances (1500 metres, 5k, 10k, half-marathon, 30k, marathon and 100k), but it wouldn't be that hard to calculate conversion factors for any pair of distances in the range 1500m to 100k.

Table H: The Distance Factor (popular distances)

To convert race time over a shorter distance to equivalent for a longer distance, **multiply** by factor. To convert longer to shorter, **divide** by factor. Examples given are for males and females at ages 30, 50 and 70.

M30	5k	10k	half	30k	mar	100k
1.5k	3.748	7.792	17.232	25.205	36.639	98.026
5k		2.079	4.598	6.725	9.776	26.156
10k			2.211	3.235	4.702	12.580
half				1.463	2.126	5.689
30k					1.454	3.889
mar						2.675
M50	5km	10k	half	30km	mar	100k
1.5k	3.688	7.625	16.734	24.375	35.265	92.807
5k		2.068	4.538	6.610	9.563	25.166
10k			2.195	3.197	4.625	12.171
half				1.457	2.107	5.546
30k					1.447	3.807
mar						2.632
M70	5km	10k	half	30km	mar	100k
1.5k	3.677	7.607	16.674	24.281	35.113	92.185
5k		2.069	4.535	6.604	9.550	25.071
10k			2.192	3.192	4.616	12.119
half				1.456	2.106	5.529
30k					1.446	3.797
mar						2.625
F30	5km	10k	half	30km	mar	100k
1.5k	3.748	7.789	17.131	24.959	36.149	96.711
5k		2.078	4.571	6.660	9.646	25.805
10k			2.199	3.204	4.641	12.417
half				1.457	2.110	5.645
30k					1.448	3.875
mar						2.675
F50	5km	10k	half	30km	mar	100k
1.5k	3.687	7.611	16.609	24.088	34.702	91.209
5k		2.065	4.505	6.534	9.412	24.740
10k			2.182	3.165	4.559	11.983
half				1.450	2.089	5.492
30k					1.441	3.787
mar						2.628
F70	5km	10k	half	30km	mar	100k
1.5k	3.673	7.576	16.508	23.913	34.406	90.044
5k		2.062	4.494	6.510	9.366	24.512
10k			2.179	3.157	4.542	11.886
half				1.449	2.084	5.455
30k					1.439	3.765
mar						2.617

Some interesting differences emerge in the DF between the different ages and genders, but I'll leave readers to scan the data themselves on this occasion and move on to a proposal or two about how we can use all this stuff to benefit the club.

But What Does It All Mean?

What's the use of all this stuff, apart from enabling a few members of Sydney Striders to perform some passably interesting comparisons between race performances (their own and other people's)? What's the point of it if we can't apply it somewhere?

Well I think it can be applied in quite a few ways, and Striders being an innovative mob I'm sure readers will think some up. But to me, none is more useful than what these tables can do for our system of rewarding runners in the veterans' age categories.

Effectively, age-grading *gets rid of arbitrary age categories altogether*. Just let me run that past you again, in case, like me, you are dim, and didn't immediately grasp first time just how far-reaching this is: *It renders age-categories totally, utterly redundant!* Because now, everyone (yes everyone, of either gender and any age, including the "Open" age group) can compete in one great big age-category.

Basically, we now, for the first time, have the means to compare *any* performance, by *any* runner of *either* gender, over *any* distance from 1500 metres to 100 km. Each race result can quite easily be converted, for example, to a simple 3-digit number, like a score out of 1000, or if you prefer, a percentage taken to one place of decimals. I'll write something about how this is done in the next Blister, partly because I've already taken up more of the editor's space than he bargained for, and partly because I'm still working on it.

But this would enable (e.g.) a 53-year-old woman's 10k time to be compared fairly with a 35-year-old man's time for a marathon, and ranked accordingly. The implications are staggering. While there would always need to be prizes for the fastest time outright in any event or series, the whole age-group thing could be totally revolutionised.

Imagine the popular 10k Series with its Handicap formula revised or augmented to include age-grading. A prize for the best age-graded 10k runs of the entire year. Imagine the recently proposed Striders' Super Series carrying age-graded prizes for each race and the series as a whole. Imagine working out (and this wouldn't be too hard) the best age-graded performance by any Strider anywhere during the entire year, and presenting a perpetual trophy, whose prestige would rank right up there just below the Gemenis-Cruickshank trophy.

Imagine an annual presentation brunch in which ALL the prizes are meaningful, and ALL have been won fair and square in open competition with ALL other club members. Imagine an award system which no longer perpetuates the farce of presenting prizes to people for being the only member of their category.

Imagine having a club record age-graded performance, and/or a ladder to replace the boring old marathon ladder on which many of us will "never ever" (where have I heard that before?) beat our very old PBs. Imagine how many Striders we may find who are competing at world level in age and gender corrected terms, but who currently get scant acknowledgement of their achievements. (I just can't wait to see where a certain plumber from Huntley's Point, currently in his 50s, will stand on our first age-graded ladder. If he ain't top, I'm Baroness Thatcher. Don't even think about it!)

The possibilities are only limited by our imagination. But armed with the results of WAVA's fabulous research and design, we need never again bother with separate age category prizes for men and women, or for those worn-out concepts, the Vets, Masters and Seniors. Simply present the awards to those who've registered the best age-graded scores, regardless of whether they're 23 or 73, and regardless of the accident of birth which rendered them male or female.

To very badly paraphrase someone important, All men (and women) *were* created equal, but everywhere they are in chains. The chains in this case are our old ingrained and outmoded habits as regards age-categories, and it's time to break free of them now, because we now, for the first time, have the means to do so. Freedom, brothers and sisters! Dare to challenge orthodoxy. An end forever to a system which arbitrarily favours those who are female, or who, like me, just happen to be an age which ends in a zero. Lobby your local committee member TODAY.

More anoraky stuff along the same lines in the next edition just before Xmas, including how to work out your own age-graded PB, and perhaps some progress towards the GUITAR formula. Meanwhile, if you want to grab some of these data in electronic form and work things out for yourself, phone me on (h) 9977-3267 or email me (scorn @ zeta.org.au). You'll need a PC with Win95 and some version of MSExcel. Happy running.

Steve Cornelius

RESULTS

MT WILSON TO BILPIN BUSH RUN

15 AUGUST 1998

Michael Burton 2.22.34 1st Place

Sydney Striders

Stephen Urwin 2.41.10

Dawn Tiller 2.44.32 Female

Course Record by 8 Minutes

Christopher Gunns 2.48.58

Graham Murphy 2.49.10

Rod Lovel 2.50.10

Tim Austin 2.53.45

Raymond Potter 2.54.05

David King 2.57.02

George Lisson 2.57.29

Mike Ward 3.01.34

Tony Hatch 3.01.57

David Solomon 3.02.13

Graham Holton 3.05.28

James Bond 3.05.28

Michael Wilson 3.09.39

Breda Kelly 3.12.35

Paula Whitehouse 3.18.23

Brent Waters 3.18.35

Tina Campbell 3.24.38

Manfred Fiedler 3.25.58

Roger Rigby 3.26.00

Paul Glare 3.30.29

Jim Screen 3.30.44

Brad Renshaw 3.37.23

Mike Hansen 3.37.23

John Whealey 3.37.29

Richard Wassell 3.40.10

Graham Willis 3.41.37

Kevin Tiller 3.43.23

Sue Hill 3.53.00

Bronwyn Wassell 3.54.25

Gillian Elyan 3.57.06

Robi Hancock-Russell 4.07.38

Carol Taylor 4.12.08

Kevin O'Kane 4.12.08

Margaret Gee 4.25.01

I'm unaware of the total number of participants, but the Striders contingent certainly must have dominated this event - and what a performance by Dawn! Top stuff!!

SYDNEY MARATHON

Despite the waiting time before start, it seems the Striders did very well. Below the results and please excuse any omissions.

Kelvin Marshall	2.54.27
Jonathan Trope	2.54.34
Andrew Gibbons	2.57.16
Gary Aitkenhead	3.08.39
Brent Waters	3.10.21
Christopher Gunns	3.17.59
George Lisson	3.18.08
Mahmoud El-Khansa	3.24.37
Richard Briscoe	3.25.28
Mark Fiore	3.25.28
Cathy Dunworth	3.25.29
David King	3.26.22
Mike Hansen	3.26.23
David Solomon	3.26.24
Michael Wilson	3.29.35
Elizabeth Edmonds	3.31.39
Mark Davis	3.33.19
Ted Brailey	3.47.08
Peter Cookson	3.49.08
Jim Screen	3.50.57
Graham Butler	3.51.36
Alf Field	3.51.36
Dick Bartlett	3.54.54
Gary Leahey	3.56.27
Alan Phillips	4.01.02
Keith White	4.01.34
Kevin O'Kane	4.04.05
Brad Renshaw	4.04.49
Darren Goodsir	4.09.48
Bronwyn Wassell	4.14.15
Rozanne Green	4.15.37
Greg Coffey	4.20.06
Graham Willis	4.20.52
Gillian Elyan	4.21.00
Bruce Murray	4.22.37
John Simmonds	4.26.58
Richard Wassell	4.34.38
Ted Lillis	4.50.00
Roger Rigby	4.54.49
Charles King	4.41.34

Nostalgia isn't what it used to be.

How to Break Three on the Bare Minimum

After much hassling from the Truscott boys particularly Pete, who by now has probably smashed three hours in Melbourne, no pressure if you haven't Pete!! Now to say I don't train that hard is not quite true. What is wrong with 10,20 or 30 km per week leading up to a Marathon?

My story started out always being able to run around the block ok, then Triathlon from the Corporate teams triathlon at Narrabeen to Olympic to half Ironman and then Ironman distance. (We all really don't have an addictions do we??) I found that in running a lot with the bike training I was getting injured a lot, mainly ITB. So my solution was less running and more bike.

Actually I found that the bike helped my fitness levels when I did a run, particularly with hills. Those sessions I did do were quality sessions (now don't laugh all you super km people) 1 track session of 5 km per week and the Star run on the weekend with the Striders. So now it is out in the open the *Andrew Gibbons* secret training manual. However I must say that you if you plan to use this system it could help to have a base fitness of 10 years long doing multi sports events. So in summary if you have a good base level of fitness you will surprise yourself how well you can go on a limited amount of training. Just make it quality!!

new balance

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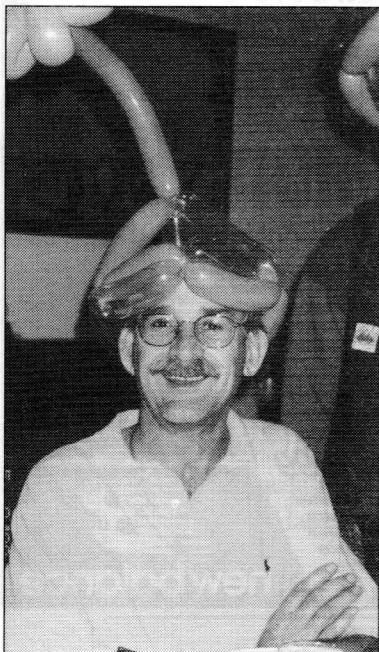


new balance

Water on the Bridge

"Spot the fourth Strider against the Southern Pylon of the Harbour Bridge!"

When Guy ran past Richard, Jonathan and I in the first 2 km of the race, we were surprised when he past us again at the 5 km mark, telling us he had to have a leak on the Bridge. It was only when my wife had the photo developed that I saw the humor of the moment. As you can see in the background Guy up against the Bridge giving it all he's got, creating a slick for the runners behind. I suppose he can be excused because of the late start! So don't forget whenever you are running, keep smiling - you might be on candid camera!!!



Another enthusiastic Strider testing out the new head gear. Sunday mornings are never gonna be the same again!!

STaR Payments

(I know I should be out there doing the star at this time on a sunday morning but I have to be at work this week - I am just slacking off to write this email)

As you know, or should do, you are meant to put \$2 into the tin provided at each star to cover the cost of the food and drink - not really very onerous, but many people forget. I understand what its like. Its a bit of a pain, but please do it - there have been a few times recently when not everyone has paid and it seems to be a bit of a recurring habit.

Given that we all joined the striders to RUN and not to muck around with enforcing rules about \$2 in tins, when we are all totally wiped out after a run, I had an idea that I'd like to bounce around. It might even generate some discussion.

The host usually spends approx \$70-\$90 per week catering for the star - call it \$100 (as a worse case). There are approx 50 stars per year - hence we need \$5000 to cover the cost per annum. There are 300+ members, but lets use 250 as a worse case. Therefore if each member chipped in \$20 per annum this would cover the cost. If we added this to the membership fee - it would rise from \$55 to approx \$75 per annum OK, the numbers would vary, but does this sound like something the club should pursue as an idea

Of course a bit more thought is required as far as "guests/non-members" are concerned...

I would have said that it might encourage more members to attend, seeing as they would have pre-paid but I don't think the \$2 is why people don't go ...

YOUR THOUGHTS ?

Kevin Tiller
Sydney, Australia
tiller@bigfoot.com

"It's better to burn out than to fade away" (Young)

All things being equal, fat people use more soap.

A Run or Two Around the World

Some of you may know that I recently went overseas on a whizz-bang world trip. Then again most of you probably don't – hence this article.

After an extremely successful staging of the inaugural Hornsby Advocate Road Race in March, I had only a few days to Prepare, Pack and Piss-off on my trip. I was travelling with a mate who was completely uninterested in running, and believe me this made things a little difficult.

We travelled through Hong Kong, London and to Germany for the Berlin Half Marathon. This was to be my big race – the one I would live off for the rest of this year just as I have been doing with Zatopek 10000m of December '97. But it ended up being an absolute shocker. I told people that I came 11th in the International Berlin Half Marathon and this ensured a few free drinks but my time of 73:19 was very disappointing considering I was hoping for sub 69 minutes.

Excuses

Wet roads, cold weather, no lead pack, sore back, no ability, barefoot, ran too far, saw Claudia Schiffer at 10k mark and couldn't repeat my 29:35 first 10k, hit the wall (or at least the part that's still standing), too many pre race drinks, jet lag, Chest bib too heavy, earthquake I think that'll do!!

I left Berlin for the Netherlands. One week in Amsterdam was all I needed to get going again and prepare for the Rotterdam Marathon. I even had a visit from my now pommy brother over for the Easter break.

All window shopping and cookie eating aside we travelled to Rotterdam. Because there was nothing else to do besides dinner with the Dwyer brothers, I had to focus on what was ahead – a mid-day start and also 42.195 km.

Race Day: Weather good, roads good, feeling good.

I had managed to lie and get a seeded start (worth the effort in case you're wondering), so I was shuffled onto the start line next to Tegla Laroupe. The first 2 km were easy, just trotting along side the soon to be world record holder. After that she took off and I joined a pack of 6. My aim was to stay with the pack until 25km, whatever the pace. I was feeling good at 10km (34:30) and come half way I noticed that I beat my Berlin Half time by 1 second (73:18).

Thoughts of sub 2:30 immediately ran through my head but as soon as I hit 25 km I dropped off the pack. I should have just set myself the goal of staying with them for the whole bloody race.

The rest of the marathon was hard going. I started slowing at 32 km and if not for the thousands of spectators would have walked more often.

I crossed the line in 2:36:18 and was happy to have finished after my DNF two years prior in my last attempt in Canberra. Apparently 10km was just too far for my friend who dropped out half way and was there to assist me to the massage room.

Upon completion of the race, we travelled through Europe, including Switzerland, Austria, France, Belgium, Italy, Greek Islands, Cyprus and then onto New York, San Francisco and Los Angeles. Throughout this time (3 months) I ran approximately 10 times and hence came back very unfit, overweight and well rested. This is why I'm struggling at all the StaRs each Sunday.

My position in the marathon was 90th and although I was long way of the now new world record of 2:06:05, Rotterdam at least was a step in the right direction. A definite must for the travelling Marathoner!!

Chris Truscott

City to Surf Results (as reported on the day)

Dean Degan	46.15	First Strider
(Congrats)		
John Young	47.35	
Chris Truscott	48.40	
Peter Truscott	52.09	
Richard Briscoe	52.43	
Jeff Gissing	52.54	
Jo Cowan	53.13	First Woman
Aged 40-44 (Congrats)		
Tim Austin	54.23	
Ray Potter	54.30	Second Man
Aged 55-59 (Congrats)		
Andrew Smith	55.12	
Ross Sinclair	56.04	
Rod Lovel	59.01	
Craig Thom	59.12	
Jeff Lie	59.55	

City to Surf results continued

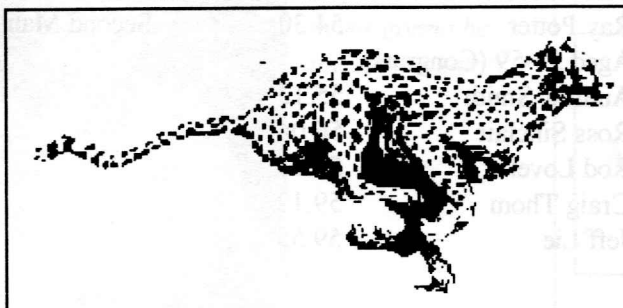
Mike Hansen	60.14
Allan Murray	62.50
Geoff Taylor	63.03
Neil McPherson	63.05
Kevin O'Kane	64.10
David King	64.46
Jim Screen	65.29
Greg Coffey	66.32
Manfred Fiedler	67.16
Ted Brailley	68.02

Stephen Guy	70.16
David Lancaster	70.28
Richard Wassell	72.15
Brad Renshaw	73.42
Ross Betts	74.03
Kerie Kessler	74.43
John Simmonds	75.32
Tony Hatch	75.43
Gillian Elyan	78.12
Bronwyn Wassell	79.30

Penny Smith	80.12
Kirsten Thomsen	81.38
George Herisson	82.27
Alexandra Herisson	82.27
Jim Donovan	86.20
Bruce & Jesse Inglis	88.07

Frank Dearn	90.25	
Dawn Tiller	91.44	Pushing
Stroller + 2 .		
Lynn Herisson	96.14	
Margaret Smith	96.48	
Kevin Tiller	To Be Advised.	
Carol Taylor	To Be Advised.	

Many thanks to Judy Hansen and Fraser Taylor for getting up at the crack of dawn to host the City To Surf breakfast and for helping to clean up at the end.



This fast and furious Irish woman is looking after the 10k series this year.

Sydney Striders 10K Series report

Just one more to go! Saturday, November 7 will be the last 10k race for this year. The venue is Lane Cove River Park hosted by Penny and Andrew Smith. This will be our second charity run for this season. For those who are in with a good chance to win the handicap series, this is a double points race, so keep up the training!

The current leader of the handicap series is Bronwyn Wassell (92 points), Mike Hanson (77 points) is in second position and a close third is Richard Wassell (72 points).

Not including Homebush, the attendance for the year is 790 – Striders 409 and Non-Striders 381. Shelley Beach (Saturday, April 4) has proved the most popular venue to date with attendance Striders 69, Non-Striders 70. Striders' attendance at North Head on September 5 was down to 28 – forty members competing in the Sydney Marathon the following day probably had an impact!

North Head surprises:

Dave and Helen Ritchie were surprised when, carrying out the duties of host to perfection, they checked to make sure that all the kilometre markers were in the correct place and discovered the 4k and 8k markers had been stolen! The Ranger was surprised – he did not expect to see us there and Rod Lovell was surprised when he won the running top and bottoms – he previously won the running shoes. I had just called out the place number, gave Rod his prize when Rod came up and wanted to know what his place was. Well, it was early on a Saturday morning!

Breeda Kelly

Sydney Striders 10k Series Position after 9 runs.**Outright Position**

Name	Total Points	Position
Joanne Cowan	154	1
Mathew Kaley	142	2
John Young	130	3
Peter Truscott	116	4
Richard Briscoe	114	5
Ross Sinclair	111	6
Wayne Stanton	109	7
Andrew Smith	106	8
Bronwyn Wassell	105	9
Rozanne Green	102	10
Stephen Urwin	97	11
John Hamilton	96	12
Rod Lovel	94	13
Penny Smith	93	14
Philip Boswell	88	15
Tim Austin	88	15
Annalise Williams	77	17
Bremda Kearns	77	17
Raymond Potter	68	19
Lyn Allan	67	20
Dean Degan	66	21
Stephen Jackson	63	22
John Sauer	62	23
Julie Wessels	59	24
Jeff Gissing	54	25
Kerie Kessler	54	25
Steven Holland	50	27
Chris Ivin	49	28
Dan Leavy	49	28
Peter Dulson	48	30

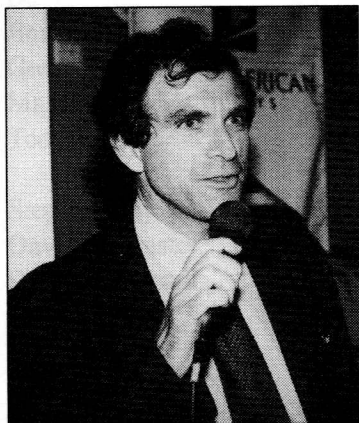
Handicap Position

Name	Total Points	Position
Bronwyn Wassell	94	1
Gary Aitkenhead	78	2
Mike Hansen	77	3
Richard Wassell	74	4
Stephen Urwin	74	4
John Hamilton	72	6
John Young	67	7
Mathew Kaley	64	8
Ross Sinclair	62	9
Rod Lovel	61	10
Dean Degan	60	11
Charles King	59	12
David King	59	12
Neil McPherson	58	14
Mahmoud El-Khansa	52	15
Raymond Potter	52	15
Peter Truscott	50	17
Daniel Smyth	48	18
Rodney Green	46	19
Kerie Kessler	45	20
Peter Dulson	45	20
Allan Murray	44	22
Andrew Smith	43	23
Phillip Boswell	43	23
Tom Burnell	43	23
Bill Blecha	42	26
Dan Leavy	41	27
David Solomon	40	28
Joanne Cowan	39	29
Jeff Lie	36	30

*Due to lack of results received in electronic format, only the 30 best placings in each category is shown.
For a complete set of results, please consult the notice board on STaR's and registration area at the 10k series run. -Ed*

The 1999 Super Series

Kevin O'Kane has proposed a new series of runs during 1999 called the "Super Series". His proposal was distributed as a flyer at several STaR's. The content of this flyer is brought below:



K.O'K in one of his many pep-talks. He is usually in running gear when performing.

The Concept.

Striders compete and excel in many fitness activities. Previously the Club has recognized individuals for their achievements in specific areas. However, there is always the argument over which is better – number of events contested, number of high placings, difficulty of individual events etc. While those arguments can never really be resolved, the Club has decided to look at achievements in diverse events throughout the year. The "Super Series" concept aims to recognize and reward the consistent performers for their efforts and their versatility.

When?

The series will commence in January 1999, with the Palm Beach to Manly, and will continue until the last 10k in November 1999. Winners announced, presentations made at 1999 Christmas prizegiving.

The Races

1	January	Palm Beach to Manly, 30k
2	February	First Striders 10k
3	March	Six Foot Track Marathon, 46k
4	April	Canberra Marathon, 42k
5	May	SMH Half Marathon, 21k
6	June	The Equaliser, 15k
7	July	Woodford to Glenbrook, 25k
8	August	City to Surf, 14k
9	September	Royal National Park Ultra, 50k

10	October	Inter-Club 10k Challenge
11	November	Final Striders 10k

These events are not set in stone, and may be changed before the event. The Club will keep you informed of any changes to the program throughout the year. In future years, different events may be included. The first five events, however, are definite, so that you can start training now.

The Rules

(In fairness to all, rules will be strictly enforced)

- 1 There will be no entry fee for the Super Series for Sydney Striders members.
- 2 Only financial Sydney Striders members are entitled to earn points. Members must be financial on the day of the event to earn points. Unfinancial members will get no points. It does not matter if you join or re-join later. In the case of the January event, members must become financial by 31 January. If they do not, any points earned by them in the January event will be cancelled, and will not be reinstated. No other adjustments to points will be made.
- 3 Points in the Super Series to be awarded on a similar basis as the 10k series. There will be 42 points for the first Strider home, with a reduction of 1 point for each place (shared points for ties). All competitors will receive two points. Male and female points will be allocated separately. All other Striders who turn up to help, support etc will also receive two points. Articles accepted prior to the last event for publication in the Blister (in relation to Super Series event) will attract 10 points extra. All runners at StaRs get 1 point for each StaR they register at.
- 4 All awards will be based solely on the total number of points obtained during the series. Official results (where published) are conclusive as to positions and times.
- 5 There will be at least 1 person designated at each event to take results (including supporters). It is the competitors responsibility to give results to that person, or to the Series coordinator at the following Saturday at the latest. If results are not passed on in this period, there will not be any corrections allowed later.
- 6 Club uniform is compulsory for all events in the series, unless there are sponsorship clashes or some other acceptable reason. In this event, you should let the series coordinator know before the series start. It will be **too late** to apply for exemption on the day of the event. Without an exemption, no uniform, no points.

7 Points to be posted on the notice board on the following Sunday run. Once the points are posted they are final. No protests or correspondence are entered into after that, unless there are a processing error. Any person whose points are omitted or posted wrongly through such an error will have an adjustment made (+ or -).

The Awards

Awards will be made for the person with the highest number of points in the following categories:

Open Male	Open Female
Over 40 Male	Over 40 Female
Over 50 Male	Over 50 Female
Over 60 Male	Over 60 Female

Other categories (if any) to be advised.

Competitors can win one award only.

The Super Series concept and idea is embraced/accepted/approved by the Committee and there will be no changes made to the first couple of events listed above, so start training for Palm Beach to Manly.

K.O'K asked for comments/alternatives/suggestions at the same time the flyer was distributed. If you have any suggestions or good ideas then please contact Kevin before 10. November 1998. The next Committee meeting is held on the 19. November 1998 and any adjustment to proposed courses, Awards, point system etc are going to be decided upon at this meeting.



Randwick Runners Shop
223 Clovelly Road
Clovelly, NSW 2031
Phone: 9315 8711, Fax 9315 7382

Sydney Striders achieve fame, if not fortune

I'm not a paid-up member of the Striders, but I have run with the "Pain in the Domain" group. I also happen to be a Sydney-based sports writer, and am proud to announce that - at last - post-run interviews from the SMH Sydney Half Marathon with several Striders have now been published in the latest issue (Vol. 19 No. 2: August) of the Fun Runner magazine. If and when I get my photos back, you can also post them on your website's photo gallery, as long as you can scan transparencies (slides).

[By the way - why have you Striders almost no action shots of each other ? Get into it !]

I no longer have anything to do with Fun Runner - I've deserted them for the Aussie publication of Runner's World. If any Striders have personal stories they would like me to report, particularly if it involves a long career as a runner, overcoming hardships or a genuinely funny anecdote or three, please contact me.

For those of you who don't know me, my name is Bernard Kellerman. I can best be contacted on 9955 0770, or by email on kellrman@eisa.net.au. See ya's on the road.

Apparently good running stuff is hard to get these days. If you have a story to tell, please think of your old editor before this commercial, not-even-member journo distort your story beyond recognition. I promise to print any supplied photos, even act as a photographer if necessary. -Ed.

Upcoming events

- 7. November Last 10k series 1998, Lane Cove
- 8. November Brindabella Classic
- 15. November Jindabyne Marathon,
- 2. January 1999 Palm Beach to Manly

Undoubtedly many more runs are on the calendar. To keep updated of venues and opportunities, please refer to the Strider Calendar and coolrunnings website.

If at first you don't succeed, skydiving is not for you.

Three Years down for the Marathon Training Group

Back in mid 1995, I was running by myself at the recommended 6.00 group pace. Not for the first time, the rest of the group had strung out over several kilometers. I was running 5.30/km pace, and hadn't seen another runner – except the dog – for an hour. I had been a Striders member then for about 10 years, and it occurred to me that there must be others in the Club who wanted to run at that pace, but who had simply given up. The conventional wisdom was that Striders were beyond organisation. As a result, every A.G.M. was dominated by often heated discussion of what could be done. But it had all been tried before, without success.

Noone to be left on their own

Working on the (unproven) assumption that runners weren't naturally selfish, I began to think about what could be done. By the time that run was finished, I had a proposal together, involving a "no frills" training group for the next Canberra Marathon. I chose that as the basis for the Group, as I thought a common goal would capture the imagination of participants. I also conceived of a basic newsletter just for the Group. I did this with the hope that, if I was able to focus attention on non-elite individuals, then slower runners would feel that their achievements were appreciated too. They might also appreciate those around them. Rule 1 stated that runners were not to be left on their own. I also included a few training tips collected from 20+ years of mistakes.

From the first, it appeared that there was much interest. On the first October Sunday at Terrey Hills, about 15 runners turned up. It took quite a bit of persuasion (nagging) to keep the runners together, but it was a good start. By Christmas, we had a Group of 28 turn up for the Balmain Bungle. Very soon, as runners became friendly with those around them, I could see that the Group was running so as to allow the slowest runner to keep up. And after a while, those slowest runners weren't so slow after all. Rozanne Green was probably the slowest runner early on. When she ran past Bill Blecha in the Palm Beach to Manly, he unwisely commented "I must be running slowly if you can go past me." Nearly 3 years on, and Bill hasn't beaten Rozanne since.

Goal achieved

The Palm Beach to Manly was the first long distance race for many of the members. That helped focus attention on Canberra, although the holidays claimed several members. Nine runners survived to finish Canberra in April. Other than me, there was one previous marathon between them. Most of them were floating on air for weeks after.

Sydney Mona Vale Marathon

For our aim in 1997, I selected the Sydney Marathon. The success of the first Group had not gone unnoticed, and, early in February, 40 runners turned up for the second Group run of the year. By the end of the year, 50 members had actually filled out forms to join the Group, and many more ran with us informally from time to time. Even old geezers like Steve Cornelius and Keith Jackson came out of retirement. The Thursday night runs at Waverton took off. The first year, it was usually only Nick Themsen and I running. Soon, we could count on 10 or 12 every week running the scenic 9.5kms. Everything was heading smoothly towards the finale. Several times I checked details for the Sydney Marathon, each time receiving confirmation that it was definitely on, and that forms would be out soon. July suspicions turned into August disaster when the Sydney Marathon was cancelled. Faced with a Group membership ranging from upset to suicidal, I had to come up with something. Two weeks to organise a marathon from scratch isn't much, but I lived through it, somehow. So, on the Sydney Marathon date, the 15 strong field in the Mona Vale Marathon left Manly at 5.00 a.m. The support of the 20 or so helpers made the event a huge success, from Brian Grant's first race win – with a sub 40 last 10 kms – to PB's for half the field, and a different marathon experience for all. And, to end it all, a couple of weeks later, we celebrated the year with a 40 strong dinner, admiring the great certificates created by Brad Renshaw and the numerous photographs of all runners produced by the helpers on the day.

The oldest Debut

1998, and it was off to the Six Foot track for the runners in an advanced state of fitness. All Group members finished, mostly for the first time. A few weeks later, it was back to Canberra again, and 14 marathoners took off. Among all the highlights, Frank Dearn's marathon debut stood out. After a very short training period and a bout of flu the week before, Frank was possibly the oldest debutant in Striders' history when he crossed the line. Without the Group support through his training, he could not have done it. He's now looking to Gold Coast, 1999. In a triumph of hope

over pessimism, the surviving members set their sights on the Sydney Marathon, which actually happened. As always, all our starters finished. Before that, we had hit most of the distance events within 2 hours of Sydney. The last event of our year was the Royal National Park relay, in which we entered several teams. Great weather, great day.

Annual Awards

Each year at our annual dinner, there are a number of highly sought after awards. For example, Breeda Kelly won the "Mad as a Cut Snake" award in 1996 for racing back after a fast Six Foot Track debut to run several legs of the TAB relay at Homebush that evening. This year, Pete Baker was told by his doctor he could start jogging 6 weeks after a broken ankle. That first jog was the Honolulu Marathon. Despite this, Pete was only runner up to the seriously mad Brian Grant. And who could forget Carol Taylor's superb efforts last year to easily win the Burke and Wills Award for the navigationally challenged. She even got lost FOUR times trying to find Star starting points. She was even worse on the run!

So what are the results of the Marathon Training Group to date?

1. The Club can cater for runners who are not in the elite class.
2. Just about anyone prepared to put in the work can train with the Club for a marathon or other distance event.
3. We have established a viable and scenic mid-week run at Waverton. Several Striders have started with the Thursday night runners.
4. We have established a new social group in the Club with our current and former members.
5. AGM's are much shorter.

And the future? I'm having a year away from running a formal Group next year to get the new Super Series off the ground. But there will be a big (hopefully) Marathon Training Group aimed at the marathon on the Olympic course in April, 2000. See the Blister next year for details. That doesn't mean no runners in 1999. I'll be there, as will the majority of runners from our three groups to date. See you then.

Kevin O'Kane

Spartathlon

The bad news is that I failed to finish the Spartathlon again so will have to go back there again next year for a third attempt. Last year I did really badly and did not even get to the tough part of the course.

This year I did much better and actually finished all the tough parts before running out of steam just 27 kilometres from the finish. Full race distance is 246 km.

I am annoyed with myself at not finishing because I was 40 minutes ahead of the cut off when the wheels fell off. I'd been running for 32 hours, the sun was blazing down and I was absolutely f... 27 kilometers looked such a long way! Nevertheless, if I had handled myself better I may have been able to recover and continue. So I am annoyed with myself. Almost all of the remaining 27 kilometres was down hill! GRRRRR!

I am now weighing up whether to go to New York next May for a Sri Chinmoy 6 or 10 day race. (There are not any races like that in Europe). I'd like to do it but will have to sacrifice a lot of other races if I go. I would like to run 1000 kilometres in 10 days. Maybe I would have a chance of beating Firko's distance for the longest run by a Strider, though I am not quite sure how long that I was. Still undecided. The job situation could be the decider.

All the best,

David

Email from David Sill to Kevin T. I'm wondering about my ability at the moment, probably unable to finish the last 27 k's of Dave's run even starting from scratch. He'd been running 219 clicks before he stopped. How do you do that?? -Ed.

Blister # 72 Deadline

In order to produce the last Blister of 1998 and get it to the members before Christmas, I need to receive all material **absolutely no later than Sunday 22. November 1998.**

The production will take place in the following week and there will consequently **NOT** be made any exemption from this date. I would like to drown in new material, but please adhere to the deadline and we will all - family, friends, work, the printer, the distribution process etc - avoid the unnecessary stress caused by acceptance of late material. -Ed.

World marathon record broken

I think a few Striders went to the Berlin Marathon. If they did they saw history in the making. The following is supplied with thanks to David Blaikie

Ronaldo da Costa of Brazil ran 2:06:05 Sunday at the Berlin Marathon to break the 10-year-old world marathon record of 2:06:50 set by Be-layneh Densimo of Ethiopia on April 17, 1988, at Rotterdam, The Netherlands. The race featured \$2 million in prize money.
(All Time Top 10).

Da Costa broke the old record by 45 seconds. Running in only his second marathon, he broke free from the pack at the midway point of the 25th Berlin Marathon and ran alone under bright sunny skies to win in two hours, six minutes, five seconds. Da Costa was finished fifth in Berlin last year in 2:09:07. He turned a cartwheel at the finish line in celebration after crossing the line more than a minute ahead of Kenyan

Josephat Kiprono, who clocked 2:07:26. Another Kenyan, Samson Kandie, was third in 2:09:11.

"I came simply to run under 2:08 but the conditions were so good I just decided to go for it," said da Costa, 28. "My training had gone very well. At the start I felt a bit weak and that gave me a few worries. But then I noticed I was going well. My manager shouted to me after 39 kilometers: 'Come on, Ronaldo; go for it.' I knew then that the record was on.

"I was very cautious last year because it was my first marathon. But I caught a lot of people in the second half of the race. I came back to Berlin because it's a fast course."

Da Costa won 40,000 marks (\$23,850) for first place and a 100,000 mark (\$59,630) world record bonus. Dinsamo broke the previous record by 22 seconds. Dinsamo and Da Costa are the only people to have run under 2:07.

Marleen Renders of Belgium won the woman's race with a personal best time of 2:25:56, beating Susann Chepkemei of Kenya in second in 2:28:18.

Renata Kokowska of Poland was third in 2:31:53.

The Berlin Marathon, a flat fast course which winds through 10 of Berlin's 23 districts, had produced two of the world's fastest 10 times and before Sunday the second-fastest time of 2:07:02 was run here by Kenyan Sammy Lelei in 1995.

Relatively warm

The weather conditions were less than ideal for the runners, with temperatures a relatively warm 15 degrees celsius. There there was also no breeze.

More than 27,000 runners took part in the race, the largest field ever, to celebrate the 25th anniversary of the run and several million spectators lined the city streets. Only the New York and London marathons with about 30,000 participants are larger, organizers said.

The Berlin Marathon began with a few hundred runners in West Berlin and became a city-wide run for the first time in 1990 after the Berlin Wall opened.

The course now passes directly through the Brandenburg Gate where the Berlin Wall once stood.

The final two kilometers run down the city's famed Kurfuerstendamm shopping boulevard, and the race ends in front of the Gedächtnis church.

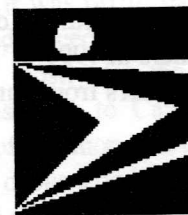
Results

Men

1. Ronaldo da Costa, Brazil, 2:06:05 (world men's marathon record)
2. Josephat Kiprono, Kenya, 2:07:26.
3. Samson Kandie, Kenya, 2:09:11.
4. Reuben Chebutich, Kenya, 2:10:39.
5. Turbo Tumo, Ethiopia, 2:11:00.
6. Paulo Guerro, Portugal, 2:11:03.
7. Diego Garcia, Spain, 2:11:03.
8. Abebe Mekonnen, Ethiopia, 2:12:12.
9. Andries Khulu, South Africa, 2:12:35.
10. Martin Stege, Germany, 2:12:41.

Women

1. Marleen Renders, Belgium, 2:25:56.
2. Susann Chepkemei, Kenya, 2:28:18.
3. Renata Kokowska, Poland, 2:31:53.
4. Iris Biba, Germany, 2:32:59.
5. Yoshiko Ichikawa, Japan, 2:33:30.



SOUTH AFRICAN
AIRWAYS

Striders in Berlin

Thought I'd better post the results for the 3 Striders who ran Berlin Marathon on the 20th.
RESULTS: (Name, placing, time - about 27,000 starters)

Field, Alf	(10647)	3:55:31
Fiedler, Manfred	(17310)	4:33:21
Sutherland, Hamish	(17916)	4:38:35

(this man should join Kevin's MTG)

Couldn't get close enough to the front (all those elite runners blocking the way) to see the new record being set ;-). But it was great fun and definitely the best support from the spectators that I've ever experienced. They use the Champion Chip in Berlin so you don't have to worry about how long it takes to get to the start. The streets are VERY wide and the course is very flat and mostly quite interesting sights to see on the way around. Highly recommended.

I met Manfred quite by chance whilst walking up to my start group, and dined with Alf, Roseanne & friends after the race.

Hope to see you all this Christmas at a STaR and/or the Palm Beach-Manly jog.
Cheers / Hamish

Striders Award Brunch

On Sunday 6. December, after the Christmas run, will the annual event be held at Middle Harbour Yacht Club. With this edition of the Blister is enclosed an application form that has to be received by Richard (Briscoe) before 16. November.

In order to be eligible for one or more of the awards, please make sure that the database manager (that is Kevin Tiller) has received all your results for 1998. If you haven't reported, please get them in NOW.

Striders in Training

What and When	Who	Where
Achilles Running Club: Chris Robb 9959 4269. Assisting disabled walkers/runners. Sunday 8 am.	Rozanne Green, Chris Robb and others	Hyde Park near St James Station, Elizabeth Street, Sydney
Equalizer AM Group: 12k or so, Wed. 5.30 AM. Contact Kevin O'Kane 9283 3355	Keith White, Breeda Kelly, Brian Grant, El Pres, Mike Hansen and others	Akron Oval, Akron Road St. Ives
Equalizer PM Group: Up to 14k, Wed. 6.00 PM. Contact Mike Ward 9957 3566	Check for group details for winter months.	Wyatt Reserve, Wyatt Avenue, Belrose
Lane Cove River Runners: About 10k. Tuesdays and Fridays 5.45 PM. Contact Mike Ward 9957 3566	Mike Ward, Scott Crawford, Rod Lovell, George Lisson	Lane Cove River Park, Fullers Bridge Entrance, Fullers Road
Marathon Training Group: About 10K. Thursdays 6.00 PM. Contact Kevin O'Kane 9283 3355	Michael Bailey, Ricard & Bronwyn Wassell, Brad Renshaw, Carol Taylor, Bill Blecha and others	Waverton Bowling Club, Wollcott St. Waverton
Saturday Morning Bush Group: Nothside Bush run, 6.30AM summer, 7.00AM winter	Jonathan Trope, Scott Crawford and others	Various locations. Contact Scott Crawford scottc@s054.aone.net.au
Sun Alliance and Royal 5k Handicap: Wed 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)

Sydney Striders 1998 10k Race Series

Sydney Striders Open 10k Races

- ♦ Six scenic courses
- ♦ Start 7 AM sharp, 1st Saturday of the month
- ♦ Registration from 6 AM

Entry fees for 1998: Striders \$5, non-Striders \$8

Runs for Charity: Striders \$7, non-Striders \$10

Entry fee includes refreshments

Enquiries: Sporting Spectrum 02 9959 4269

Remainder of 1998 Programme

7. November

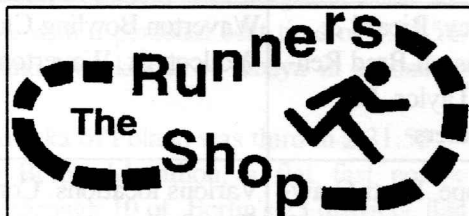
Lane Cove

River Park

Fullers Bridge, Chatswood West (**Charity Run**)

(this is the last race of the season. You can earn double points and the Club supports Manly Hospital and Achilles Running Club with donations from the two annual Charity runs, so there is absolutely no excuse for not running.)

The Sydney Striders are proud to be associated with our sponsors



**SOUTH AFRICAN
AIRWAYS**



Sydney Striders