

Sydney Striders

Road Runners' Club
Australia



Edition No. 72: October - December 1998

Winners are Grinners.

The Club have certainly experienced a great number of winners since the last issue of the Blister. In fact so many, it was difficult to know where to start and where to finish.

Firstly congratulations to the winners of this years 10k serie: Gary Aitkenhead, Joanne Cowan and Mathew Kaley. (See the full report inside this issue.) Also congratulations to Bronwyn Wassell for being runner up in both outright female and the handicap series.

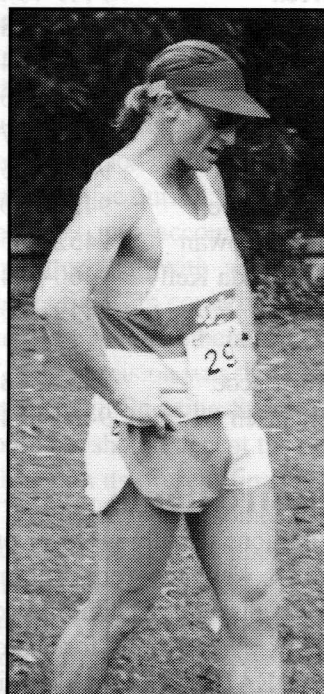
Secondly I must congratulate Martin Fryer and Mike Ward for winning at Glasshouse Mountain, Xandra Dunn for winning Jindabyne Marathon, Elisabeth Edmunds for winning "The Trial Walker" in Hong Kong and also Peter Truscott for (finally) breaking the magical Three.

Non running related winners are Breeda Kelly and her 10K team for conclusion of yet another successful 10K serie, Tina Campbell/Jim Screen for an excellent clothing catalogue, Kevin Tiller for finally getting assistance to keep our website up to date - thanks to Richard Wassell, Kevin O'Kane for starting a very promising and exciting Super Series etc etc.

With all these fantastic and encouraging results and activities, I believe The Club itself is a winner - and that's the way it ought to be!!

May I take this opportunity to wish every member of Sydney Striders a very Merry Christmas and a sensational Happy Running New Year.

-Ed.



*Gary Aitkenhead
(I hope) shortly
after finishing the
final run in Lane
Cove River Park
securing the over-
all handicap win-
nings.
Good luck in
J'burg and sur-
rounding islands.*

Content of Blister No. 72:

- ♦ 10k Series Report for 1998
- ♦ Alf & Roseanne Field in Tunesia
- ♦ Mike Ward and Brindabella
- ♦ Peter Truscott and three hours
- ♦ Super Series - its getting close!!
- ♦ Fluid Requirements
- ♦ The Club Challenge
- ♦ Club News
- ♦ Coming events
- ♦ Letters to the editor

AND MUCH, 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, still not been answered.

Credits

Photographs were supplied by Graham Butler, and Nick Themsen.

Paper Tiger Printing at Chippendale did the printing. Special thanks to Brad Renshaw and his crew for excellent support, patience and assistance

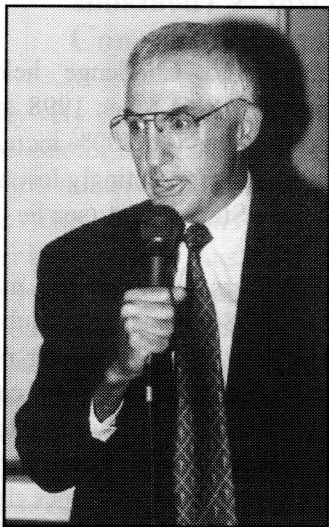
Thanks to all contributors who make up this issue of the Blister: Peter Truscott, Kevin Tiller, Breeda Kelly, Kevin O'Kane, Jim Screen, Phillip Kennedy, Alf and Roseanne Field, Tim Austin, Mike Ward, George Herrison, Richard Bamann and all the letter correspondents and committee members.

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



Amanda Taylor showing Peter William the course for his future 10k series success!!

The Presidents Report



Sporting Spectrum.

In 1993 the Club took the momentous decision to pay a professional manager to handle some specific sponsorship and administrative duties for the Club. The firm of Sporting Spectrum was appointed to the dual position of Major Events Manager and Club Activity Co-ordinator.

This was a bold step at the time and one which was based on the expectation that the Club would soon be in a position to conduct a major running event in Sydney. Unfortunately those expectations were not fulfilled and indeed through unforeseen circumstances the Club actually ended up with fewer events than it had prior to the appointment of a Major Events Manager. Through all of this early period Sporting Spectrum worked hard and was successful in introducing new initiatives and sponsors. They also took on some administrative tasks in order to lighten the work load of committee members.

The outsourcing of both the major events management and administrative duties was dependent on the Club conducting a major event or having a sponsor. The Club was unable to secure an event and the sponsorship which covered the Club's costs in 1994 was not renewed.

Without the financial back-up of either a sponsor or a major event the task of funding a professional manager cut deeply into the Club's resources. As a consequence in 1995 the duties were radically changed and the fee substantially reduced. The only thing that didn't change at that time was the high level of service provided by Sporting Spectrum

through its proprietor Chris Robb. At this point in time the Club covered the costs involved mostly from members subscriptions. The contract was negotiated down in 1996 and the duties re-defined. In 1997 the contract was renewed at an increased cost which was fixed for two years. There is little doubt that Chris and Sporting Spectrum have done as much as they could to properly look after the interests of the Club. However, with costs for most of the services used by the Club gradually increasing it was considered necessary to ask if there was a more economical way of conducting the affairs of the Club. We also had to ask if there was any task which could not be managed internally by either this Committee or future committees.

Although an increase in fees would have covered our growing costs for the immediate future this was not seen as an option when the answer as to whether or not committee members could handle the administrative duties was taken into account. It was clear to the present Committee that with some adjustment to duties and logistics the Club could be effectively and economically managed by its members.

A decision was therefore taken not to renew the contract with Sporting Spectrum for 1999 and that the Committee should accept the challenge of managing the Club within its present financial parameters.

There will be some changes the most notable of which will be a new phone number and P.O. Box number. These are expected to be in place by 31 January 1999. In the meantime it will be business as usual with Sporting Spectrum doing the things it normally does.

No doubt we will miss the direct association with Chris and his team but our relationship with Sporting Spectrum is sound and the decision not to renew our contract is based squarely on economic grounds.

Chris has offered to make sure that our transition to self management goes as smoothly as possible. Chris and all of his staff at Sporting Spectrum and especially Chris Truscott have been of great assistance over the years and we offer them our sincere thanks and gratitude for a job well done.

General Business.

Next year will see the introduction of a new Club event called the Super Series. Full details appear elsewhere in this edition. This initiative was suggested by Kevin

O'Kane and will be managed by him during 1999. Thanks Kev for all of the work you have put into the event to date.

The Super Series will put a bit of zing back into the Club and no doubt the age related competition will generate some good discussions.

Remember you have to be financial and wear your Striders Gear at outside events to be eligible.

An "Extra" STaR Host

The next STaR Calendar will contain details of a 7.00 AM Host. The first Hosts will be from the Committee followed by volunteers from the general membership.

The duties of the 7.00 AM Host will be to look after new members and introduce them to running Sydney Striders style. Many new or prospective members have only run in events such as City to Surf and find the pressure of trying to run 20-30 kms with the 6.00AM group a bit hard to handle.

As a consequence many first timers drop out after a few weeks never to be seen again. Our aim is to look after new members a little better and as soon as they gain in confidence and experience get them running the longer distances and eventually completing half marathons and marathons.

STaR no. 800

Sometime in January 1999 the Club will conduct its 800th STaR. We hope to see lots of the old brigade (you know who I mean) there to celebrate the occasion with the current crop of Sunday runners.

Even if you no longer run we would like to see you there for this remarkable Club achievement. A special T-Shirt has been designed by Tina to commemorate the event. (Order form and details elsewhere in this edition).

Best wishes for Christmas and a bright and prosperous new year with lots of PB's.

Jim Screen.



THE CLUB CHALLENGE.

Eight vs Thousands

The Club Picnic Challenge held at the Cordeaux Reservoir on 18 October 1998 attracted 8 Striders. By all accounts this is a 200% increase on prior years but is still a disappointingly low attendance considering the average Star turnout (sez he on his first club outing!).

The eight Striders in attendance managed to accumulate a massive 1984 points in the club challenge to secure 5th place, lead by some strong running by Geoff Gissing and Matt Kaley. But for the cajouling of Richard Briscoe (you know,.... the dude beaten by Max in the marathon), Striders attendance would have been minimal. I can report that once the arduous task of running was out of the way a grand day out was had by all. Picnic lunches were interrupted for an impromptu game of cricket with the ankle-biters followed by a recce to the damn wall.

After the long slog back to the picnic ground the sweaty majority lobbied by George Harrison decided that a swim at the nearest beach was in order. The convoy, piloted/navigated by Malcolm Campkin-Smith finished the day at Austinmer beach where all the littleies & some biggies smashed ice-creams into their faces and dipped toes into the ocean.

For the record:

KEMBLA JOGGERS	13479
WESTEN DISTRICTS	11774
CAMPBELLTOWN	5754
BILLIES BUSHIES	3776
SYDNEY STRIDERS	1984
BLACKTOWN	897

Phillip Kennedy

STOP PRESS---STOP PRESS---STOP PRESS

ALTERATION TO CALENDAR No 89.

The date for the Palm Beach to Many run as shown in the latest calendar has been changed.

The Race will be held on Saturday 9 January and not Saturday the 2nd as previously stated. All other details remain unchanged.

Letters to the Editor

Congratulations

My very sincere congratulations to *Elizabeth Edmunds* for being the first lady home in a field of 2,800 runners in one of Asia's toughest races, The "Trial Walker" in Hong Kong. 100 km's of hill after hill. She also finished 3rd overall in a time of 16 hours 47 mins (course record 13 hours 15 mins.) on the 13. November 1998.

Congratulations also to *Xandra Dunn*, our new Strider, for being the 1st lady home in Jindabyne Marathon in a time of 3 hours 24 mins. Again a hilly course, which was completed by *Phillip Kennedy* as well. He came home in just over 4 hours without any serious training. Well done Phillip. See you all on the 9th January at Palm Beach to Manly.

- George

Junkies

Dear Sir,

I am writing to complain about an item in the latest Striders' Gear Catalog distributed by the club's Uniform Manager. Item 4 (Shorts) apparently incorporates a "Key pocket" which is adequately sized, not for a key, but "for 'pocket rocket' racing supplement". "Supplement", as we all know, is code for "drugs".

It seems that Sydney Striders are now shamelessly promoting drugs among members. What next? A stubby-sized pocket to hold a bottle of VB? A squarish pocket for a packet of Holiday 50s? A long thin pocket, pre-stocked with a packet of Tally-Ho and some funny green stuff so Striders can have a crafty token at the 30k point of a marathon?

I hope the club will soon cease this disgracefully shameful practice.

Sincerely,
S.W. Bag

Run like hell and get the agony over with.

Clarence DeMar

Anti G.U.I.T.A.R ?

Dear Sir,

It's with great distaste that I read your article G.U.I.T.A.R. in Blister no.71. Frankly, the suggestion that elderly women who train hard, participate without recognition (because they haven't finished by the time I leave) might actually win races is preposterous. I believe any thought to changing our present "first past the post" should be scrapped.

-30 year old Male.

Letter from Caerfyrddin

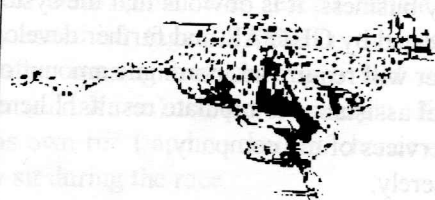
Annwyl Syr,

Yr wyf i'n ysgrifennu i ddweud fod Mr S.W.BAG ddim wedi gystadlu yn y Marathon Caerfyrddin. Mae'r rhywun yn ffôl sydd yn credu fod hwn yn wir.

Gwnewch eich recordiau yn cywir os gwelwch yn dda.

Yn didwylledd,
Owain Ap Brangwyn
Race Director
Marathon Caerfyrddin

**Improvement
through
Competition.**



SAFARI
SOUTH AFRICAN AIRWAYS

Letters to the Editor *continued:*

Dear Sir

What a wonderful idea the GUITAR concept is. This has the potential to revolutionise the way that results are tabulated. Readers may have thought that six and a half pages of explanation was confusing and perhaps over the top. However, I tend to think that what was suggested is only the tip of the iceberg.

If we are going to consider age, gender and distance factors, then I would propose we also consider the following:

- 1) It is well known that running surface makes an impact (so to speak) on running times. Therefore, cross country surfaces or dirt roads – or even bush tracks- would be factored in to overall times
- 2) Hair length and colour is a factor often overlooked. (After all, red cars go faster). However, regular "hair testing" would need to be performed to ensure that tinting is not being done to gain an unfair advantage.
- 3) Income is certainly a relevant factor. I would suggest that we divide times by annual income. This is because income obviously influences running shoes, expensive aerodynamic clothing etc.
- 4) Marital and family status has arguably the most profound effect on running times. Relevant factors that need to be considered are:

- A) Marriage is obviously detrimental to running times. The factor of detriment is greater if the spouse is a non-runner.
- B) Running times are inversely proportional to the square of the number of children you have, ie 2 children make you 4 times as slow, 3 children makes you 9 times as slow etc.

The only exception is the running pram, which greatly decreases running times, firstly because the training effect of such devices are huge and secondly many hours are spent running with the pram because the spouse loves the time without the baby!!

I hope these ideas have been of interest to your readers. Without wishing to put in a blatant plug for my business, it is obvious that the system being suggested by GUITAR and further developed by this letter will require an inordinate amount of professional assistance to tabulate results. I hereby offer the services of my company,

Yours sincerely,

Cal Culator

COMRADES MARATHON 1999

Its time to make a commitment to run in the greatest ultra road race around; The Comrades Marathon.

We should receive the entry forms at the end of the year with all the details. The race will be a "down" run from Pietermaritzburg to Durban and will be held on Wednesday, 16 June, 1999.

Over the years Sydney Striders has been well represented and our green and white colours attract plenty of greetings from participants and spectators alike. In addition we are well known to the organisers who always give us a warm and friendly welcome.

Our major Sponsors South African Airways have reserved seats for Monday 14 June and have indicated a fare of \$1833 plus tax per person Sydney-Joburg-Durban-Joburg-Sydney. There is also accommodation to be arranged in Durban and or perhaps Pietermaritzburg. If we stay in Durban it will be necessary to travel up to P'burg early on race morning.

The initial plan is to leave Sydney on Monday 14 in the evening arriving at Durban mid morning on Tuesday 15. This will allow time to check in to hotels etc and visit the Comrades Expo. which is a must. Should anyone

want more time in Durban or P'burg prior to the 16th, South African Airways also have a flight which departs Sydney during the evening of Friday 11 June.

Please let me know as soon as possible if you are interested in going by ringing me on (02) 9402-7947 or drop me a note by either Email to jscreen@ozemail.com.au or by letter to Jim Screen, 56 Melaleuca Drive, St Ives. NSW 2075.

As soon as entry forms are received from South Africa I propose we get together to discuss race arrangements and post race activities including a training program to help get us through what will undoubtedly be one of

the best days in your life.

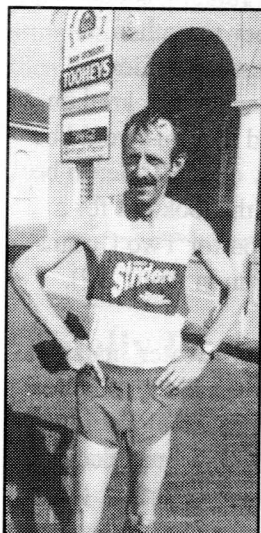
We already have at least 5 starters so you will have some good company for the trip.

Jim Screen

The will to win means nothing without the will to prepare.

Juma Ikanga

1998 BRINDABELLA CLASSIC



November is the time of year when Striders make the annual pilgrimage to Canberra for the Brindabella Classic. This year our representation was down with 13 runners coming from Sydney and one from Melbourne - ultra freak Kelvin Marshall. A mixed bunch it was - some new to the distance ; others new to the course and the remainder there to remind themselves how painful downhill racing can be. It sounds easy - start at the top of a mountain, run alot of downhill interspersed with a couple of uphills and it's allover.

Beautiful scenery, tremendous organisation for the runners, 10 drink stops in the 54 km, clear running water and a pub at the end. What more could you want? Behind all of this there is a challenging and tough course.

Thermal top ??

The day started with a 90 minute coach ride to the top of Mount Ginini. Up and up into the rain clouds we went. The conditions on top vary year by year. Several years ago there was snow; last year a peaceful calm awaited us; this year a bitter wind and cold rain with runners huddling by the coaches. In an attempt to knobble Steve Urwin I'd omitted to tell him how cold it could be in my pre race briefing. He was there with a singlet whilst I'd conveniently found a thermal top and gloves in my bag. Not as though it slowed him down. We were quickly despatched off downwards and that was the last I saw of speedsters like Steve, Kelvin, Nick Adams and Dawn Tiller.

Going out slow...

Dave King and I set off conservatively intending to have a sensible run. Walk up Mt Franklin, saving ourselves for later. We stayed together until the uphills when we gradually became separated. Running comfortably was great until I looked at my watch and calculated that I was way behind my split time for half way. Unfortunately there wasn't enough petrol in the tank to make up lost time in the second half. I think

it was a case of going out slow and getting slower ! Perhaps the principle of going out hard and seeing what happens is a better way of doing it.

As the altitude dropped the temperature increased. After passing Seventh Heaven (Drink Station no 7) I entered what has been christened the "moonscape". This is the logged area. When I first raced here 12 years ago it was barren and resembled what I imagine the moon's surface looks like. Now it has regenerated and looks great. The felling has continued further on to put the exposure to the sun and heat later into the race. Going through this section I teamed up with Phil Clarke from the Bushies. He's another veteran of this event. I was sweating in the heat still wearing the thermal top whilst Phil was getting burnt. We nursed our way through to finish in 5 hrs 12 mins without doing too much damage to ourselves. Our only intent was to avoid being overtaken by other individual runners.

Easy course?

Striders competing in this event for the first time did well. Nick Adams hadn't run further than 35 kms before and came 6th in 4 hrs 28mins. He'd been listening to smooth talking Mike Wilson the previous week who had "persuaded" Nick that it was just another easy run. Mike may soon be hearing from Nick's lawyers. I did hear that Nick paid a visit to the medical fraternity the day after the race to be prescribed gastrolite. His legs were also stuffed for the rest of the week. Not so easy was it Nick ?

New member James Bond fronted up for his second ultra in less than two months. This time he did not try the trick of mixing pure salt and water as he had done at the RNP 50 km in September. Instead he had a good run finishing in just under 5 hrs 30 mins. I have it on good authority that upon arriving at Vanity's Crossing James prostrated himself in the water. Does this make him Vain James ?

Babysitting

The winning time this year was slower than in previous years. Trevor Jacobs was first home followed in just under a minute by Greg Love, organiser of the Brisbane Waters race. At one stage Greg had held a 9 min lead. Dawn Tiller was second female and Paula Whitehouse third (again). Dawn's run was a gutsy effort after nursing and sharing a bed with 2 sick children (and Kevin) the previous night. Kevin sacrificed his own run (and no doubt a chance of winning) to baby sit during the race.

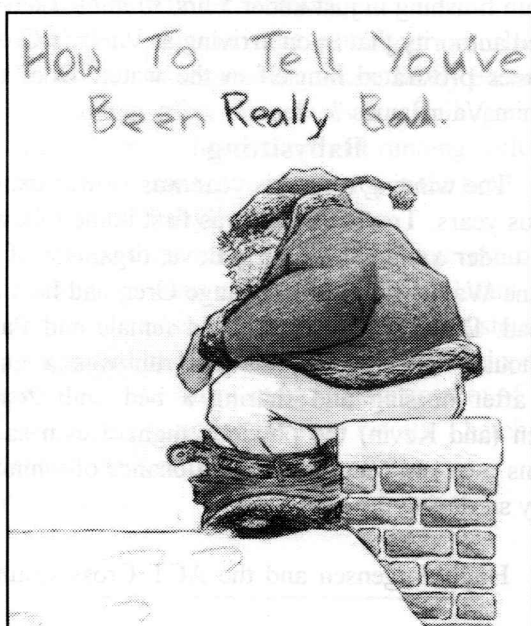
Hugh Jorgensen and the ACT Cross Country

Club are to be congratulated for putting on such a well organised race. Their focus is on looking after the runners and not making a quick buck for themselves. There are ample drink stations, massages at the end and a quick prize giving held at the scheduled time. And full results posted on a web site within 24 hours. The bigger and more expensive races should take note. Races like this are much more enjoyable. The low numbers of Striders present was noted and commented upon. How about some entrants next year - individuals and relay teams?

There were 76 individual starters and about 70 completed the course. All Striders were in within 6 hours.

1	Trevor Jacobs	3.53.58
2	Greg Love	3.54.57
6	Kelvin Marshall	4.17.22
7	Nick Adams	4.28.35
8	Steve Urwin	4.30.02
	1 Pip Thorn	4.30.06
	2 Dawn Tiller	4.37.44
13	Guy Griffin	4.44.30
25	Mike Ward	5.12.49
26	Dave King	5.17.47
33	Mike Wilson	5.28.55
34	James Bond	5.29.37
	3 Paula Whitehouse	5.29.57
44	Dick Bartlett	5.49.29
46	Roger Rigby	5.52.44
47	Graham Butler	5.52.45
48	Brian Colwell	5.54.22

Mike Ward



JINDABYNE '99 -ONE FOR YOUR DIARIES

The inaugural Jindabyne marathon was held on Sunday 15 November in perfect running conditions.

After abandoning the Sydney marathon, I committed myself to running a marathon before the end of '98. I found details of the Jindabyne marathon on the Coolrunning site and decided that this would be the one. Xandra Dunn was the only other Strider to be coerced into the trip as she was on the look out for a marathon, hoping to get qualification for Two Oceans out of the way (and yes, it is only run in April '99).

Camping

This was my first visit to the greater Jindabyne area. I decided that as the weather was likely to be reasonable, I would subject the family to a long overdue camping experience. This entirely uninformed decision proved (luckily for me) to be an inspired one as the lake-side experience was simply awesome. We had the place to ourselves and the setting was superb, as were the facilities. (I must admit though that sharing a tent with a teething 1 year old is not ideal pre-race preparation). It is worth noting that as the race is held out of season, there is an abundance of accommodation of all varieties/tastes/budgets, including specials at Horizons resort (a little plug for the race sponsors and hosts).

The race was described by the organisers as 'the highest marathon in Australia'. I suspect a typo - & that this should have read 'hilliest'. The small field of 50 odd runners was fairly strung out by the halfway mark and the solitude was a very pleasant change from the usual city race bun-fight. (I think that I even had a conversation with some suitably unimpressed bovine buddies at the 35km mark).

"an easy sub 4.."

As you would expect, the course was 'undulating' by nature. The hills combined with my lack of preparation to produce a 'p.w.' of 4:16 (the monster at 27km got me). It was thoroughly enjoyable all the same. I naturally convinced myself that my effort was an easy sub 4 on any other course (ah....the art of self-deception finely honed by a long distance runner). Either way, I could not think of a more enjoyable course on which to chalk up a p.w.

Xandra (first Strider home) had an excellent run, winning the womens race in 3:24, having to battle the whole way with the 2nd runner consistently 20-30 metres back. The course is essentially two separate out-and-o watchback legs, so it was encouraging and entertaining to watch the progress of others and

marvel at the ever-expanding periods of isolation.

All in all, this is one for the 'alternate marathoner' looking for something a little different and is highly recommended. If you are not after a p.b, but rather a well-organised, challenging run in stunning scenery and a great (long) weekend away, then put this one in your diaries for '99 (3rd Sun in Nov I think).

Philip Kennedy

I finally Broke Three!!

It's been ten Marathons in the making, which included a lot of disappointment, disbelief from running friends and incredible leg pain to achieve, but finally my first sub3 hour marathon has been run.

After New York last year, where I was in the best 10-km shape of my life, I struggled through a disheartening performance in 3 hours 11 mins 54 sec. However it was still a PB, so I decided to concentrate fully on the Marathon in 1998. This included being coached by Mike Lawson on Tuesday and Thursday nights and averaging 90-100 km per week.

My speed training was based more on threshold work rather than lactic work. A new training partner – in the shape of Wayne Stanton, who is a much more qualified and capable marathon runner than I'll ever be – helped me train to a level to achieve my goal.

Since March I've been consistently training hard with Wayne leading up to the Gold Coast Marathon in July. At this point I would also like to thank Joanne and all the guys in the 6.20 group at STaR's for being positive, interested and supportive in my progress. This meant a lot to me.

Now on a lighter side, I'll like to thank Brian Grant for his insight, inspiration, motivation, dedication and his bl.... sarcastic comments!

Well the Gold Coast occurred, Wayne ran well in 2:53:50, I was oh so close in 3:00:28 – only 30 sec to knock off. Still a PB of 11 min30 sec. Brian struggled, but he can dance the night away like a true champion. The only thing he has beaten me in. He didn't even come close in a sculling race, I was ordering the next round and Brian was still going!!

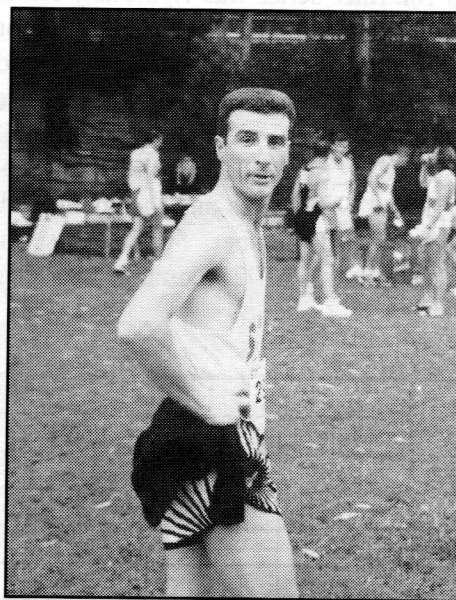
So after Gold Coast I decided to keep going for Melbourne in October. This was a big decision as I wanted a break, but I wanted to break Three even more!!

My dedication to break three hours inspired a revised version of Queens "I want to break free" to "I want to break three". The tune dedicated me was belted out at a StaR run by the three inspiring composers – and in front of everyone. I won't mention who they are, but Joanne Cowan, Richard Briscoe and Andrew Gibbons know who they are. Needless to say it was very funny and it motivated me a lot.

October and Melbourne marathon arrived and to cut a long story short, I broke three!! My time was 2:53:14, an 18 min 40 sec PB over the year.

I started with the aim to run 4 min/km for as long as I could, build up a buffer for the last struggling part of the race and still get under 3 hours. At 10 km I was 39:50, 20 km 1:19:35, 30 km 1:59:46 and at 35 km 2:20:20. I couldn't believe I was still around 4min/km and never fell into a bad patch at all. However from 35 to 40 km I started running around 4:30min/km and 4:40 for the last 2 km. It was one of those days where everything went my way, finally. 1 out of 10. Am I happy to have broken Three?? YES.

Peter Truscott.



Peter from one of his better angles. It's just amazing what a green background can do.

The shot is actually taken after the last 10k-series run in Lane Cove River Park, where Peter informed me he had no intention whatsoever to extend any run for more than 3 hours ever again!

10k- Series 1998

1998 10k Race Series Report



*Breeda Kelly in
one of her more
relaxed moments.*

Many thanks to our 1998 10k Race Series sponsors:

South African Airways - who provided one return ticket to South Africa for the winner of the eagerly contested Sydney Striders Handicap Competition, and another for one lucky runner who completed at least five of the 10k Races in 1998.

Australian Runner and Athlete Magazine - if you took out a magazine subscription at a 10k Race your entry to that 10k Race was free.

Gatorade.

The Runners' Shop, Randwick.

As in previous years, the 1998 Sydney Striders 10k Race series was vigorously contested, whether the contestants were aiming at outright winning position, trying to get their times down to win the handicap or just trying to improve their running fitness.

Race 3, Shelley Beach 4th April, had the biggest field 139 finishers and the smallest, Race 9 at Homebush 3rd October, 50 finishers. In total, there were more than 927 entrants throughout the year.

The 1998 10k Race Series raised in excess of \$3600 (net) for the Sydney Striders.

This year the Achilles Running Club was the recipient of the proceeds from both charity races at Lane Cove. Jim Screen presented the \$500 cheque to Rosanne Green

The organisers had problems attending every race but Peter Truscott and Rod Lovel had no such problems they raced around the track on each and every one of this year's 10k Races. Well done guys.

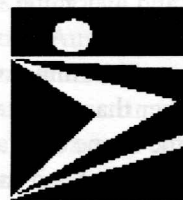
Its beneficial to stay around until all the announcements have been made, Rod won the after race raffle twice, picking up running shoes and running top and bottom.

Now to the racing results of the 1998 10k Race Series:

Female outright winner: Joanne Cowan

Male outright winner: Mathew Kaley

It is worthy to note that both Joanne and Mathew held the lead at Race 5 and maintained it through till the end of this year's 10k Race Series. Joanne had 110 points at half way missed runs 7, 9 & 10 to finish with 154 points. At the half way mark Mathew had 104 points missed runs 7 & 8 to finished with 187 points. Congratulations Joanne and Mathew.



SOUTH AFRICAN
AIRWAYS

Race	Striders			Non Members			Total		
	Male	Female	Total	Male	Female	Total	Male	Female	Total
1	58	9	67	30	7	37	88	16	104
2	41	5	46	29	7	36	70	12	82
3	57	10	67	56	14	70	113	24	137
4	43	12	55	35	7	42	78	19	97
5	39	5	44	33	2	35	72	7	79
6	41	5	46	51	6	57	92	11	103
7	45	5	50	49	9	58	94	14	108
8	23	14	37	36	9	45	59	23	82
9	30	3	33	14	6	20	44	9	53
10	39	6	45	27	5	32	66	11	77
Total	416	74	490	360	72	432	776	146	922

10k Series continued

Handicap winner: Gary Aitkenhead

Gary had 2 points after the first race, 22 points after Race 5 and finished with 121 points picking up 42 points in the last race at Lane Cove - a double points race. Gary is the recipient of a return ticket to South Africa courtesy of South African Airways.

4th Mike Hanson 87 points
5th Philip Boswell 82 points

Thank yous:

It is without doubt that the 1998 10k Race Series success was due to many and, in particular, I would like to express my thanks to:

Ray Potter for the 10k Race results - a magnificent effort.

Joanne Cowan for 10k Race publicity - promoted us well.

Lesley Clarke for 10k Race race entries - there when needed

Amanda Taylor, Jonathan Trope & Mahmoud El-Khansa (Mac) 10k Race gear - plenty of drinks

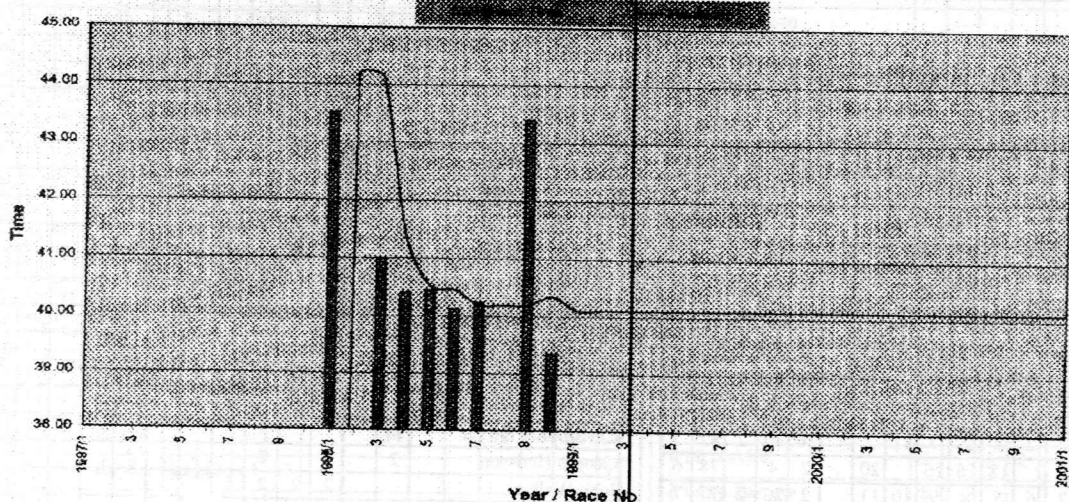
Chris McLean, Dave & Helen Ritchie, Robi & Paul Russell, Penny & Andrew Smith - sterling hosts in the true sense of the word.

Chris Robb, Chris Truscott and Sporting Spectrum - for all sorts of 10k Race help.

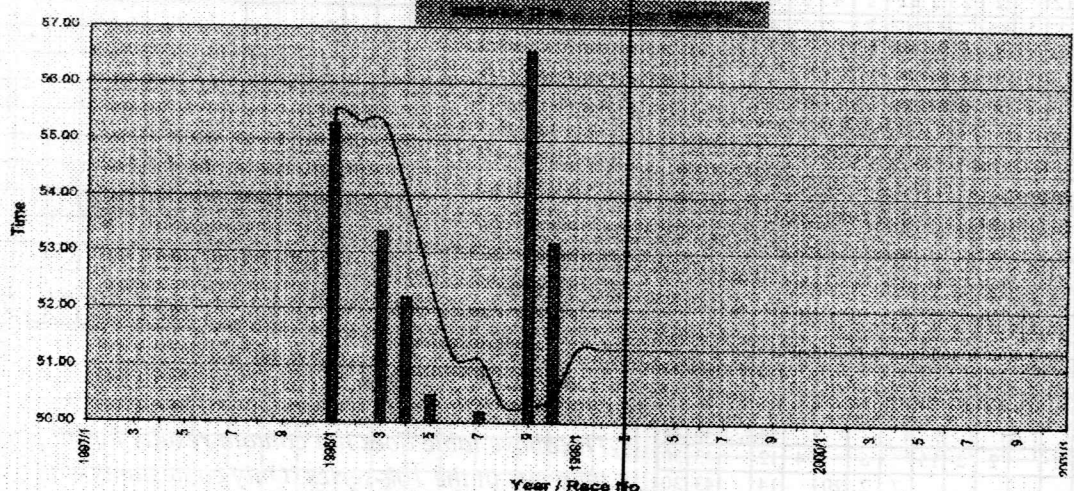
Stephen Jackson - who always made sure the runners ran 10k - will have new markings for the 1999 series.

Geoff Taylor and Ilona Johnson- for collecting the 10k Race loot.

Sydney Striders 10 km Individual Handicap Race Results for Gary Aitkenhead



Sydney Striders 10 km Individual Handicap Race Results for Bronwyn Wassell



Congratulations Gary.

A comparison of Gary Aitkinhead and Bronwyn Wassells Results. It all came down to the last race!

Other Handicap Competition results were:

2nd Bronwyn Wassell 98 points
3rd Ross Sinclair 90 points

Mike Ward, Mary & Mike Wilson, Stephen Guy, Peter Baker, Greg Coffey, Ross Sinclair, Helen Ritchie, Anna Greta Pearl, Jonathan Trope, Amanda Taylor, John Shepherd, Ron Daly, Robyn Fameli, Annaliese and Peter CoWilliams, Doug Lee, Megan Jackson, Raymond

Potter Brad Renshaw, John Turner, Harvey Blue okson - 10k Race Marshals, Lead Bike, Time-keepers, race day helpers - for answering the plea for help.

Together, everyone ensured the 1998 10k Races Series were quality events, put on by Sydney's premier road running club.

Thank you and all the best for the 1999 Sydney Striders 10k Race Series.

Breeda Kelly

Handicap Series results for 1998.

Name	R1	R2	R3	R4	R5	R6	R7	R8	R9	R10		
Gary Aitkenhead	2		21	14	4	19	2		17	42	12	1
Bronwyn Wassell	20		19	20	19		14		2	4	98	2
Ross Sinclair	16	11	2	13			2	9	13	24	90	3
Mike Hanson	18		20		20	2	17			10	87	4
Philip Boswell	2	2	2	2	7	11	2		16	40	2	82
Richard Wassell	2		18	16	16		20		2	4	78	6
Mahmoud El-Khansa	2	6	5	8	9	10	11		2	26	2	77
Stephen Urwin	21		2	18	6	6	8		14		75	8
John Hamilton		2	2	2	2	14	10	21	20		73	9
Jeff Lie	19		15				2			34	70	10
Mathew Kaley	2	19	11	17	2	8			6	4	69	11
George Lisson	2	2		2	2	2			19	38	67	12
Geoff Taylor	12		2	2	2	2	2	4	9	32	2	65
Neil McPherson	2	5	16		17	17	2			4	63	14
Rod Lovel	2	2	4	2	2	18	7	14	12	4	4	63
Charles King	14		17	6	8	2	13				60	16
David King	2		9	9	10	12	15		3		60	16
Dean Degan							19	19	22		60	16
John Hodges	7	14	2						5	30	58	19
Raymond Potter	9		2	15	11	2		15			54	20
Peter Truscott	13	4	2	2	2	2	2	18	8	4	4	53
Mark Davis	4	7	2	2			9			28	52	22
Allan Murray						22		22		4	48	23
Daniel Smyth	22	18	6	2							48	23
Peter Dulsion	2	12	2	5	2	15		8			46	25
Rodney Green	2	22			22						46	25
Kerie Kessler	2		22			21					45	27
Andrew Smith	10	15	13	2			2		2		44	28
Jennie Lee										44	44	28
David Ritchie	2		2	2	15		6		4	12	43	30
Jeff Gissing						7	2	20		14	43	30
Richard Briscoe	2	2	2		2	2		11	20		43	30
Tom Burnell	2	2	2	2	2	2	5	7	21		2	43
Wayne Stanton	6	2	2	3	2		2	10		16	43	30
Bill Blecha		2	2			20	18				42	35
Dan Leavy	2		2	2	2			16	18		42	35
David Solomon	2	2	2	4	3	9	4		15		41	37
Joanne Cowan	15	2	7	2	2	2		11			41	37
Andrew Gibbons							2			36	38	39
Greg Coffey	2	2	2	2	2	4	2		2	22	2	38
John Hawkins	17	17		2							36	41

Tim Austin			2	21	2	2	2			4		33	42
Rozanne Green	2		2	2	18		2		2	4		32	43
Ted Brailey	2	16	10				2		2			32	43
Dean Gardiner							2	17	10			29	45
Manfred Fiedler		13			12	2			2			29	45
Julie Wessels	2	20	2							4		28	47
Chris Ivin		21	2		2	2						27	48
Jurgen Joester			2	2		2	16			4		26	49
Kevin O'Kane	2		14		2	2	2			4		26	49
Steve Zolessi	8		2	10			2			4		26	49
Steven Holland	2	10	2	12								26	49
Peter Cookson							13	12				25	53
Catriona Cater			2	22								24	54
Jodie Pfennigworth							2	21				23	55
Brian Grant	2		2	2	14	2						22	56
Christopher Gunns								22				22	56
John Sauer		8	2						12			22	56
Brad Renshaw							21					21	59
Lyn Allan	2	9	8	2								21	60
Philip Kennedy	2									18		20	61
Christopher Smith				19								19	62
Mike Ward			2	11					6			19	62
Charles Coville	2							16				18	64
Robert Chalmers				2	13		2					17	65
Annalise Williams	2	2	2	2						8		16	66
David Lancaster				2					13			15	67
Alan Murray	2	2	2	7								13	68
Jonathan Trope					5		2			6		13	68
Penny Smith	5	2		2			2		2			13	68
Stephen Jackson	2	3	2			2				4		13	68
Jenny Truscott			12									12	72
Stephen Guy	2		2			2	2			4		12	72
Christopher Dwyer	11											11	74
George Herisson	2				2		2	3	2			11	74
John Walker			2	2	2	5						11	74
Barney Gordon		2			2		2			4		10	77
Doug Lee	2	2	2							4		10	77
Joe Degabriele		2	2						2	4		10	77
John Whealy	2	2	2	2		2						10	77
Michael Wilson			2	2		2	3					9	81
Brenda Kearns				2	2	2		2				8	82
Frank Dearn			2							2	4	8	82
Peter Madden	2			2		2		2				8	82
Phil Naylor	2		2	2				2				8	82
Andrew Feberwee		2							5			7	86
Chris McLean										7		7	86
Bruce Murray	2	2		2								6	88
Craig Thom	2	2	2									6	88
Keith White										2	4	6	88
Margareta Langsworth							2				4	6	88
Nick Selby	2		2	2								6	88
Ron Stitzinger		2	2						2			6	88
Tony Hatch	2						3					5	94

The above table does not contain results for all participants in the 10k-series. Only contestants with 5 points or more are published here in the magazine. If you are after results for anyone in particular or simply want to review all participants, i must refer you to the Sydney Striders webpage or the database manager.

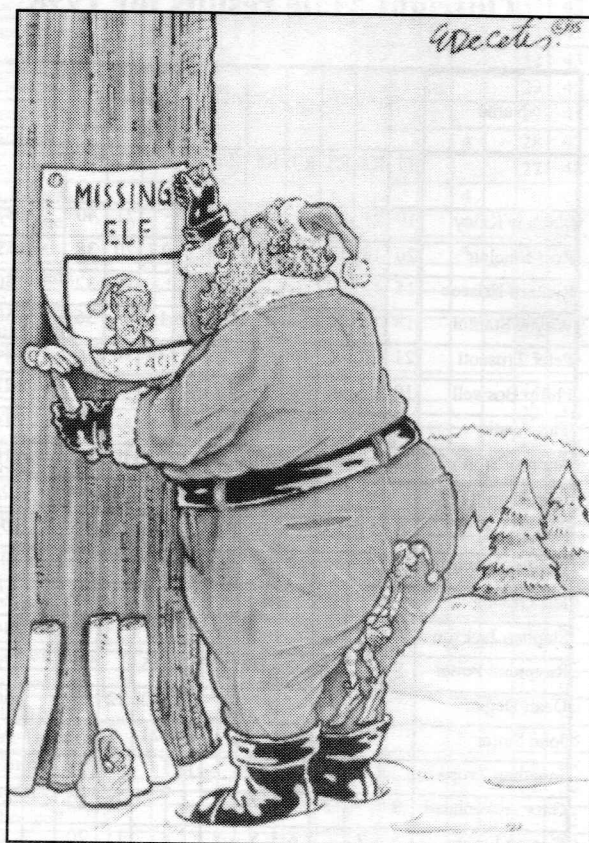
Outright Male results for 1998

Name														
	R1	R2	R3	R4	R5	R6	R7	R8	R9	R10				
Mathew Kaley	19	21	20	22	22	22			21	40		187	1	
Ross Sinclair	20	18	17	20			5	17	20	38		155	2	
Richard Briscoe	15	15	19		21	21	8		19	32		150	3	
Wayne Stanton	18	16	18	17	17		12	16		36		150	3	
Peter Truscott	21	20	2	16	12	5	9	20	16	10	7	122	5	
Philip Boswell	10	12	6	10	14	16	11		15	34	6	122	5	
Tim Austin			15	18	20	18	19			24		114	7	
Andrew Smith	16	19	21	19			21		14			110	8	
John Hamilton		6	8	12	11	15	13	18	18			101	9	
Rod Lovel	7	11	13	8	10	14	10	14	13	16	15	101	9	
Stephen Urwin	13		9	14	15	17	16		17			101	9	
Jeff Gissing						19	17	19		30		85	12	
Stephen Jackson	17	17	12			20				18		84	13	
Raymond Potter	9		7	13	18	10		15				72	14	
Dean Degan							22	22	22			66	15	
John Sauer		22	22					21				65	16	
Jonathan Trope					19		18			28		65	16	
Gary Aitkenhead	2		2	4	7	11	6		9	22		63	18	
George Lisson	2	7		6	5	7			11	20		58	19	
Andrew Gibbons							14			42		56	20	
Steven Holland	12	13	14	15								54	21	
Dan Leavy	2		10	9	8			12	12			53	22	
Peter Dulson	2	8	3	7	9	12		11				52	23	
Chris Ivin		14	11		13	13						51	24	
Brian Grant	11		2	11	16	5						45	25	
Darren Benson										44		44	26	
John Hodges	6	10	4						7	14		41	27	
Grahame Murphy			16				15					31	28	
Stuart Greaves										26		26	29	
David Solomon	2	4	2	2	4	2	2		6			24	30	
Christopher Dwyer	22											22	31	
Geoff Taylor	2		2	2	2	2	2	6	2	4	2	22	31	
Mark Davis	2	5	2	2			3			8		22	31	
Christopher Smith				21								21	34	
Jeff Lie	5		2				2			12		21	34	
Chris Truscott							20					20	36	
David King	2		2	2	2	2	4		5			19	37	
Craig Thom	4	9	5									18	38	
Greg Coffey	2	2	2	2	2	2	2		2	4	2	18	38	
Mahmoud El-Khansa	2	2	2	2	2	2	2		2	4	2	18	38	
David Ritchie	2		2	2	2		2		3	4		17	41	
George Herisson	2				2		2	7	4			17	41	
Mike Hanson	2		2		3	2	2			6		17	41	
Mike Ward			2	5				10				17	41	
John Walker			2	2	6	6						16	45	
Neil McPherson	2	2	2		2	2	2			4		16	45	

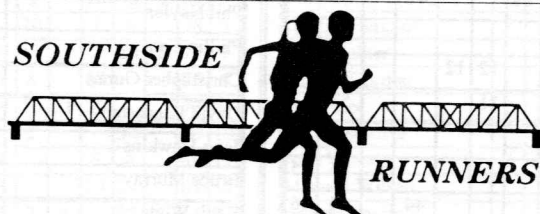
Richard Wassell	2		2	2	2	2	2	2	4		16	45
Tom Burnell	2	2	2	2	2	2	2	2	2	2	16	45
Allan Murray						2		9		4	15	49
David Loader	14										14	50
Kevin O'Kane	2		2		2	2	2			4	14	50
Greg Donovan								13			13	52
Steve Zolessi	2		2	3			2			4	13	52
Charles King	2		2	2	2	2	2				12	54
Dean Gardiner							2	8	2		12	54
Joe Degabriele		2	2					4		4	12	54
Jurgen Joester			2	2		2	2			4	12	54
Stephen Guy	2		2			2	2			4	12	54
Barney Gordon		2			2		2			4	10	59
Charles Coville	2					8					10	59
Chris McLean									10		10	59
Doug Lee	2	2	2							4	10	59
John Whealy	2	2	2		2		2				10	59
Ted Brailey	2	2	2				2		2		10	59
Alex Whitworth						9					9	65
Alan Murray	2	2	2	2							8	66
Bill Blecha		2	2			2	2				8	66
Daniel Smyth	2	2	2	2							8	66
Frank Dearn			2						2	4	8	66
Jonathon Gliksten									8		8	66
Manfred Fiedler		2			2	2			2		8	66
Michael Wilson			2	2		2	2				8	66
Peter Madden	2			2		2		2			8	66
Phil Naylor	2		2	2			2				8	66
Phillip Barrow	8										8	66
Christopher Gunns							7				7	76
David Lancaster			2					5			7	76
John Hawkins	2	3		2							7	76
Bruce Murray	2	2		2							6	79
Keith White									2	4	6	79
Nick Selby	2		2	2							6	79
Philip Kennedy	2									4	6	79
Robert Chalmers				2	2		2				6	79
Rodney Green	2	2			2						6	79
Ron Stitzinger		2	2					2			6	79
Andrew Feberwee		2						3			5	86
Gavin Skews										4	4	87
John Boakes										4	4	87
Peter Cookson						2	2				4	87
Robert Inglis					2	2					4	87
Tony Hatch	2					2					4	87
Peter Dwyer	3										3	92
Tom Hodges						3					3	93

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Outright Female Results for 1998

[illegible]

SOUTHSIDE



Over the past eighteen months ***SOUTHSIDE RUNNERS*** has become **The Specialty Running Shop** not only in the Sutherland Shire but throughout the metropolitan area.

Runners and triathletes have found **SOUTHSIDE RUNNERS** stock the best and most comprehensive range of training and racing shoes available.

Owners Danny and Phil have been uncompromising in their desire to stock only the best quality performance shoes from the major suppliers in the Australian market. While for some time now the **Asics** brand has been the benchmark for running shoes more recently both **New Balance** and **Adidas** are also making some outstanding shoes for all types and levels of runners.

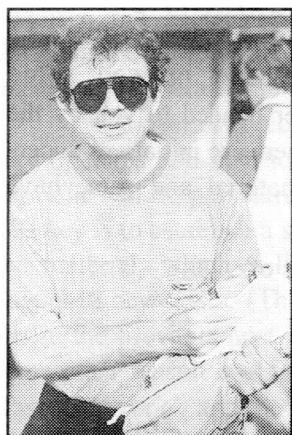
In essence what is of utmost importance at **SOUTHSIDE RUNNERS** is the quality of the shoe, not the brand name. There are many high quality performance shoes that can be purchased for a relatively small outlay. High price does not necessarily mean high quality. The professional service and advice provided at **SOUTHSIDE RUNNERS** will guarantee that you purchase the correct shoe for your particular needs.

While shoes are the most important stock item at **SOUTHSIDE RUNNERS** we also keep the full range of **Polar Heart Rate Monitors** plus an extensive range of men's and women's athletic attire including the **Asics High Performance Running and Triathlon Range**.

If you live on the north side of Sydney don't be put off coming to **SOUTHSIDE RUNNERS** as we are **OPEN 7 DAYS** and have an well-organized mail order system and all club runners receive a discount.

SOUTHSIDE RUNNERS
Shop 2/ 29 East Parade
Sutherland

Super Series 1999



This happy coach-look-alike is not gonna last long. The stringent rules and regulations of "The Super Series" does simply not allow for this kind of extravagance. Uniform on and remember - be financial!!

THE CONCEPT

Striders compete and excel in many fitness activities. Previously, the Club has recognised 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 recognise 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

1999	
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	Sydney Half Marathon 21k
6 June	The Equaliser 15k
7 July	Woodford to Glenbrook 25k
8 August/	City to Surf 14k
9 September	Mt. Wilson to Bilpin 35k
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, because of cancellations, date changes etc. 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 three 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. A member is financial if, and only if, his/her renewal or joining fee is received by the Membership Director prior to the commencement of an event. Unfinancial members will get no points. It does not matter if you join or re-join later. In the case of the January event only, existing 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. There will be at least 1 person designated at each event to take results (including supporters). It is the competitor's responsibility to give results to that person, or to the series co-ordinator by the following Saturday at the latest. If results are not passed on in this period, there will not be any corrections allowed later. The Club will not chase up results if the runner does not supply them.
4. 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 co-ordinator know before the series starts. It will be too late to apply for exemption on the day of the event. Without an exemption, no uniform, no points. If you want to claim an exemption for the first race, fax the attached form to Kevin O'Kane prior to 22 December, 1998.
5. Points to be posted wherever possible on the notice board at the following Sunday run. Once the points are posted, they are final. No protests or correspondence entered into after that, unless there is a processing error. Any person whose points are omitted or posted wrongly through such an error will have an adjustment made (+ or -).
6. It is the competitor's responsibility to supply date of birth where not already on database. This should be supplied at the first event, or advised direct to the Series Co-ordinator. If no information supplied, age of 25 will be assumed.
7. The decision of the series co-ordinator is final in the

event of any dispute, objection or appeal.

THE AWARDS

There are two completely different sections for the 1999 Super Series, with the awards in each section calculated quite differently, although based on the same events.

GENERAL SECTION

The major awards for 1999 will be the Open male and female winners in the General Section. General Section awards will be made for the person with the highest number of points in each of the following categories (ages will be as at June 30, 1999 for all age categories). Competitors can win one award only.

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

* Points in the Super Series General Section to be awarded on a similar basis as the 10k series. There will be 42 points awarded to the first Strider home, with a reduction of 1 point for each place (shared points for ties). All competitors (and helpers for Striders' events) will receive a minimum of two points. Male and female points will be allocated separately. Articles accepted prior to the last event for publication in the Blister (in relation to a Super Series event) will attract 10 points extra. All hosts and runners at STaRs get 1 point for each STaR they register at.

* 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. Best 10 out of 11 events counted.

AGE AND GENDER ADJUSTED SECTION

There will be two awards in this section.

1. The highest total in the best 8 out of 11 events. It will not be a necessary pre-condition to complete 8 events.

2. The highest individual score achieved by a runner any Super Series event during the year.

Points in this section will be calculated in accordance with published WAVA tables. The tables allow a score out of 1000 to be given for each event (for example, the highest score so far calculated is 899 for Phil Garvin's club marathon record). As points are adjusted for age, gender and distance, so that each run can be compared, there is no need for separate age or gender categories. Events with difficult terrain, and for which the Club already has records, such as the Equaliser and the Six Foot Track Marathon, will also have a terrain factor calculated. K.O'K.

New STaR Maps and Instructions

You may recently have noticed some changes to the pieces of paper handed to you by the STaR hosts. Still early days, there are initiatives underway to improve the STaR material and some have already materialised.

The activities fall into the areas of:

- course instructions
- accurate distances
- maps
- short courses.

I am in the process of re-typing course instructions to give them a consistent format across all STaRs and also using as large a font as possible on an A4 page. In addition, they will often be more concise in the belief that Striders think well on their running feet and do not need unnecessary text.

Combined with the updated instructions is a project to re-measure the courses. This is done, not by driving or walking or running the course, but by using a software package called "MetroView Pro Sydney". It is really the UBD street directory on a PC. One of its many features is the ability to measure distances, both along straight and curved routes.

To date five courses have been measured this way. It is not a fast process, given I also do other things like trying to get the odd run, even a STaR, to fit into my schedule. But they are being rolled out as we go along.



I have measured and compared against the Turramurra Trotters' distances, which were measured by wheel some years ago. The difference was less than 1 % and could be attributed as much to the steadiness, or otherwise, of my clicking hand as to the software or the wheel.

Breeda Kelly is in the process of having all 10 km courses accurately measured and certified. Once that is done, I will again use the MetroView Pro software to compare.

Maps should also change and improve. You will have noticed some recent colourful initiatives. These were excellent examples of what is possible. However, they were expensive and privately funded by the hosts. Neither can the club ask all hosts for such

contributions, nor spend the money for all STaR maps to be upgraded to that level, having just acquired the MetroView Pro package. So, first things first and we will continue looking for ways to make maps generally more legible.

The overall objective is to build up a repository of maps and instructions for all STaRs. Most likely, it will be part hard copy and part electronic. The key is to establish a single point of reference for the material, which will greatly assist with handovers to new hosts. (There have been recent cases where the previous host had left the country or for some other reason could not be contacted and some 'fast footwork' and a bit of improvisation was needed by the new host.)

Finally, there is now a concerted drive to re-introduce 10 km and 15 km courses, distinct from to longer ones. These are intended for the 7 o'clock group to attract and retain new blood to the club. See separate article on this subject by Jim Screen.

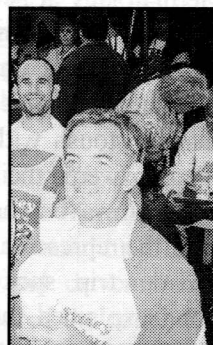
In the meantime, I welcome all constructive suggestions and would also like to encourage all Striders to make use of the Feedback available at STaRs.

Richard Bamann
STaR Co-ordinaator.



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

CARTHAGE MARATHON



Alf Field at one of his numerous attack on the Comrades. This time he's been to the other end of Africa and enlighten us with a report.

This adventure started at the Berlin Marathon Expo where I picked up an entry form for the Inaugural Carthage Marathon in Tunisia. As we had never been to Tunisia, we didn't hesitate. I quickly filled in the entry form and mailed it off with a cheque for the entry fee.

Language Barriers

We then disappeared for three weeks to North America. When we returned, there had been no response to my entry from the organisers of the Carthage Marathon. I was loathe to organise a trip to Tunisia only to find that the Marathon had been cancelled, so I called the telephone number in Tunis displayed on the entry form. The conversation went something like this:

"Bonjour M'sieur", a cheerful female voice.

"Do you speak English?" I asked tentatively.

"No!"

"Is there anyone there who speaks English?"

"No!"

"Oh...well, Marathon? Carthage Marathon? Does anyone know about the Marathon?"

"No!"

I gave up, seriously regretting that my second language was Afrikaans (which is only useful in South Africa) and not French. What to do? I eventually located the telephone number of the German travel agency that had handed out the entry forms in Berlin and called them. Fortunately I got to speak to the lady who had been at the Expo and spoke passable English. The Marathon was definitely going to be on the 31st October. She was going to be in Tunis herself and gave me her hotel telephone number, promising that if I contacted her, she would make all the necessary arrangements for me to run the Marathon.

Armed with this assurance, we decided to make the trip and duly arrived in sunny Tunisia. The weather was dreadfully boring. Never a cloud in the sky and temperatures always in the 22-26C range. We stayed at a pleasant beachside resort hotel at Hammamet, about 60k east of Tunis and a little further from

Carthage.

When I tried to call the German lady at her hotel, she was never in and either never got my messages or she didn't return calls. Stumped again. How was I going to contact the Marathon organisers? I didn't fancy another humiliating stoush with the pleasant female French voice that answered their telephone in Tunis. I finally had a brainwave. The lady who had met us at Tunis airport, the representative of the company that organised our trip, spoke very good English. I called her and explained the situation. She promised to call the organisers and would let me know what was happening.

A trip to Tunis

Five minutes later she was back on the line. The organisers would get someone who could speak English to call me from their office at 9.30 the next morning. Which is how I finally made contact with the organisers, who turned out to be a local travel agency. I needed to get to their offices in Tunis (the capital City) with a photocopy of my passport and they would arrange everything. I would go right away, I said, without considering how I would get from Hammamet to Tunis. When I asked the Concierge about using a Taxi, he just laughed. Hammamet Taxis weren't allowed to go to Tunis. I had to take the bus, which I duly did, and was deposited at a terminus on the outskirts of Tunis. I then got a local taxi to take me to the address that I had been given.

It was in the seedy part of town and the travel agency's premises were minute, the street frontage being no more than 3 to 4 metres wide and the depth maybe twice that. Miracle of miracles, there was my English-speaking German lady friend from Berlin. I could have kissed her.

Delayed a Day!

Nobody admitted to having received my entry form. I had to complete a new one and pay another entry fee. The nice German lady would bring my number to the Start and, oh, by the way, the Marathon has been postponed a day, its now on 1st November!!! (Makes the Sydney Marathon's hour and a half delay look quite good.) Apparently they had issued two entry forms with different dates on them, so had decided to pick the later date. Fortunately it didn't make any difference to us as we were going to be in Tunisia for 6 days and our dates straddled the weekend.

The extra day gave us an opportunity to get a car with a driver to show us around the course. I

was quite relieved to find that it was a 10k loop completed 4 times with a bit added to the start and the finish to make up the Marathon distance. That meant only two drink stations had to be organised and with a 10k loop there was less chance of me getting lost. There were only 200 starters and my nightmare was getting lost and not being able to ask anyone how to get back on track. I had serious reservations about the quality of the organisation from what I had seen thus far and the whole issue was compounded by the fact that this was going to be the first running of this Marathon. I felt sure that a 42k point to point race would have been a disaster.

Police and Bike Riders

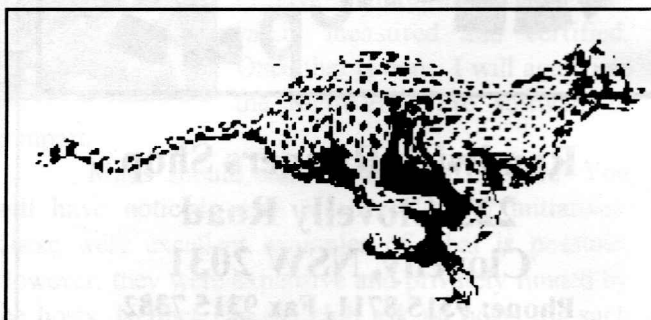
As it turned out, it could still easily have been a disaster. Although there were plenty of policemen around directing traffic, nobody seemed to be co-ordinating what should be happening. This resulted in some initial chaos with vehicles getting into areas reserved for runners and a few minor accidents, but by the second loop, things were under better control.

One near catastrophe which might have involved me was the sudden appearance around a corner of a bunch of cyclists heads down, bums up, going hell for leather in race mode on the runners track and coming straight at us. Fortunately I saw them coming and leaped to the side, but I heard yells and curses from runners behind me who were nearly taken out.

In the end I didn't get lost and things settled down to the normal tedium of churning out the 42.2k's. The weather was hotter than I would have wished for (about 26C) but there was ample water so I finished without any problems in 3.51.30. Not a great time, but I think that I can claim to be the first English-speaking runner to have ever completed the Carthage Marathon, being the only English-speaking competitor this year.

It was a fun trip and well worth all the effort to get there.

Alf Field



TUNISIAN VISIT

We left a cold and wet England on the 29th October en route for an unknown Tunisia. As we crossed Europe the weather never seemed to improve until our approach to Tunis airport when suddenly the sun shone and we saw a sparkling sea below us. Wow it looked good!

Alf and Joyce had European Passports, but this lonesome Aussie had been instructed to get a Visa (cost one pound) as soon as I landed. Our first encounter with Arab policemen confirmed my belief that women count for little. They preferred to speak to Alf and after leaving us cooling our heels just long enough to let us know who was in authority, we got the visa and off we went.

The warm air that met us as we left the airport was heaven. It was never hot in all the time we were there, but gloriously warm! We were met by a driver and driven the hour-long drive to Hammamet where we were to stay.

I was amazed at the smiling faces we saw everywhere. We soon found that Tunisians have a great sense of humour and were always ready to laugh and joke with us. Our hotel was spotlessly clean... I never saw an insect except the endless flies around the pool, so then I began to worry about whether they could still use DDT. These prejudices wouldn't stop!

Shopping

I must say that our experience of Hammamet made me think of Spain years and years ago. The buildings are white washed, there is a mass of colour in the gardens, you see the occasional donkey cart and everything is CHEAP! When we got the hang of shopping in the Medina (no ... I never got the hang of that really). Alf became a fierce haggler and we were bargaining over such little prices that I got a real conscience about it. Soon I found that no matter how low we beat them down we could still have got the thing cheaper somewhere else.

One day we got down to the Medina (the old walled city, the "Casbah", crammed with tiny stalls), to go shopping when a young lad came up to us and said "Madam, you don't recognise me. I am a waiter from your hotel. Today I am off duty." I am always suspicious and never trusting, so he got short shrift from me. I saw him around the Medina from time to time but thought nothing of it. The next day we went down there to have lunch at a German brewery/restaurant in town that had a great view of the ocean. As we were going into the restaurant this

same fellow bobbed up next to us. I never gave him a chance to start his spiel. I just said "Oh, so its you again". If I had said Abracadabra he could not have disappeared faster! He must have been up to no good, but he could not remember if it was us he had done!!

Course inspection

The Carthage Marathon, (the real reason why we were there!), enabled us to see parts of the country that we might not have seen otherwise. We hired a car and driver for two days. On the Saturday we explored the route and the surrounding area. We have left historic Carthage for the next time we go there and we enjoyed modern Carthage this time. Our driver did not know what a marathon was but as he told us MANY times that he loved sport (he meant football) and he had been at school for 5 years. He could speak good French and English, these he had studied 5 years and he spoke taxi German! He was very patient and tried hard to work the course out for us. We had a wonderful lunch as we travelled around, at a beach resort in the North. Barbecued fish... it was excellent! Also a Tunisian Blanc de Blanc wine, also good. Jellell, our driver insisted on calling it a "White of white". Well I guess he was right! He didn't drink wine of course. Later we visited an exquisite village on a cliff side above the ocean called Sidi Bou Said. It is like an artist's colony. Everything seems to be painted in blues and white and I'm sure on a clear day you could see Sicily.

Marathon and Police

On the day of the Marathon we left Hammamet very early to have Alf there in good time. It was a warm day, warmer than he would have liked. The organisation was shaky to say the least. It was the first marathon ever held there, so I suppose you would expect a few hiccups. The starting gun wouldn't work. In the end everyone counted off the start (in German) and as they left the gun suddenly went off. I collapsed in a heap and then found Jellell also doubled up with the giggles.

We went off to get a cup of coffee before positioning ourselves to watch the race. We chose, as our vantage-point, a big intersection where three double highways and two small roads met. What I haven't mentioned yet is the number of policemen that were everywhere in Tunisia. (For the security 'according to Jellell) Well that security we could have done without. We had a policeman at every road, and each one concentrated on the traffic approaching him. Did they bother to see what the other guys were doing with their traffic? No way. Chaos reigned. I was watching runners approaching the intersection only to see one

policeman letting a few trucks through on his side while another was waving cars through on his side and yet another was waving runners through from another side.

I was getting hysterical, throwing caution to the wind and abusing them left, right and centre. One truck actually bumped a runner before they realised what they were doing. In the middle of all this a cycle race (going against the traffic and quite oblivious of the marathon) came flashing down the hill straight through the runners! Luckily there were only about twenty cyclists or there could have been a real disaster.

Somehow no one was seriously hurt and there was certainly a carnival atmosphere at all times. A band provided Arab music at the finish and lots of little boys provided wild uninhibited dancing which was much more fun than the music! Alf finished in good shape in 3 hours 51 minutes. Joyce who had never seen a marathon got quite enthusiastic about it all and even enjoyed watching the New York Marathon on the TV that evening!

Altogether we enjoyed the relaxed and warm atmosphere we encountered wherever we went. Coming from South Africa in its dark days I know you can't go on the surface appearances in a police dominated State. But surely these police were more stupid than usual. Could they be as bad as those in S A all those years ago? It's hard to say. All I can say is this is a very friendly place to visit and apart from the pests in the Medina we had no trouble at all. No beggars, no intimidation and no ladies in black to remind us of women's low state in Arab countries. In fact the women we met were all quite modern and casually dressed.

It was a good place to escape to from a wet and cold English Autumn. Oh yes, the food was not too bad at all, provided you liked eggs, tuna, tomato, bread and cheese in various combinations for breakfast and lunch. The evening meal at the hotel was very good. Always something Tunisian on the menu as well as a good choice of French, Italian or German food. We saw no Americans at all but we were staying in a 4 star hotel and one would assume they would be at the 5 star places. Many Europeans and a smattering of English... and one Aussie that I know of!

Roseanne Field.

Fluid Replacement for Running



Fiona Pelly is the NSW State Director of Sports Dietitians. Her article was distributed as a flyer with SMH 1/2 results, but is relevant to all runners and are brought here thanks to Fiona and Gatorade.

Whether you are racing, doing a training run or interval training, you will need to replace the fluid you lose as sweat. Sweating is the way your body keeps cool, and if you don't replace fluid losses you risk becoming dehydrated. Dehydration will not only decrease your running ability, but can lead to heat stroke and even death.

Race Time

Running at race pace can deplete your energy stores even if you have eaten well beforehand. During running your muscles use stores of carbohydrate within your muscle (called glycogen). If these become depleted, you will have to slow down and maybe even have to walk. This is known as "hitting the wall", and is quite a common phenomenon for those who have run marathons.

Fluid and Carbohydrate

Sports drinks such as Gatorade are ideal for providing both fluid and carbohydrate in a form that is absorbed quickly and is easy to consume on the run. In fact, consuming carbohydrate with fluid, as with sports drinks, has been shown to improve performance more than drinking fluid alone, or carbohydrate alone.

After drinking Gatorade during your run, your muscles will take up the glucose for extra energy, helping you to maintain your pace at the end of a race and therefore better your time. Drinking Gatorade can also offset low blood sugar levels that can occur during high intensity racing. Since glucose is brain food, you will immediately "feel" better and put in more effort.

Benefits of Sodium

Gatorade also has the benefit of containing sodium. Sodium helps increase the speed at which fluid and glucose is absorbed into the body. This means that you are less susceptible to dehydration and thus run at

a higher intensity for a longer time. Sodium makes the drink more palatable as most people have a preference for a slightly salty tasting fluid during exercise.

Faster Recovery

Research shows that consuming carbohydrate as soon as possible after finishing a race or training speeds up recovery time. Most people don't feel like eating straight after exercise, especially high intensity exercise, and Gatorade is an easy way to meet fluid and carbohydrate needs immediately after a race or training.

Aim to drink 800 mls to 1 litre of sports drink, such as Gatorade, preferably within 30 mins of finishing the race. The carbohydrate in Gatorade will help replenish your muscle glycogen stores, and the sodium will help retain the fluid you consume rather than losing this fluid through urine.

Important Fluid Tips

The day before the race – drink regularly throughout the day making sure you have more than normal to overhydrate your body. (You should consume at least 2 – 3 liters of fluid depending on your body size and sweat rate). Consuming drinks that contain sodium (such as sports drinks) will assist with fluid retention and prevent loss of fluid through urine.

Race day – Carry a drink bottle and sip regularly up until the start of the race. During the race, aim to drink 200-250 mls (1 full cup) every 15 minutes.

Drink early in the race because it is essential to start drinking before fatigue commences. If you wait until you are tired you will have lost much of the performance benefits. It may take a few kilometers before you notice the effect of drinking Gatorade, but the difference will be immense.

Sports bar and gels can also supply carbohydrate, however, fluids are much easier to consume than solids while running, and solid food may cause gastric upset or sit in your stomach, leaving you feeling "heavy".

Some people worry that drinking will slow down their race time, however if you don't drink you will increase the risk of dehydration and this will definitely slow you down.

The amount you need to drink is based on your sweat rate, which will vary depending on intensity, duration, temperature and humidity. To measure your sweat rate, weigh yourself before and after a run. Every kilogram of weight you lose equals 1 liter of liquid that needs replacing.

Drinks such as fruit juice and soft drinks are too concentrated in carbohydrate and may cause gastric upset and even diarrhea during exercise, and are therefore not recommended for consumption during running.

Fiona Pelly

If you feel great, you'll do the running that takes off the weight. So...sleep well, eat well, don't overtrain, serve the world, have good relationships, a great job, and smile a lot.

David Sill
david@drenai.demon.co.uk

Melbourne Marathon

Unfortunately I haven't received any report of serious length regarding this event, but Jon Patrick reported his result in the following manner:

Kevin, I'm not sure who collects the data for the club newsletter but I wanted to say that I ran 3:17 for the Melbourne marathon (a PB by 6 mins) and I met Malcolm who ran 3:12.
cheers
Jon Patrick

Congratulations to both of you.

I know that Neil Mcpherson did the half in a pretty respectable time (between 90 and 100 mins.) but is unaware of any other Striders performance in this event.

-Ed

Blister Deadlines 1999

Blister #73:	21. February 1999
Blister #74:	23. May 1999
Blister #75:	22. August 1999
Blister #76:	21. November 1999

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.

SPORT VOLUNTEERS FOR ATHLETICS

The national launch of Volunteers 2000, the official recruitment campaign of the Sydney Organising Committee for the Olympic Games (SOCOG) and the Sydney Paralympic Organising Committee (SPOC), will occur on October 9, 1998. This campaign will target all Australians interested in becoming "generalist volunteer" at the Olympic or Paralympic Games.

If you are interested in applying for a "generalist volunteer" role (ie. a role not directly related to the conduct of the athletics competition) submit a "Registration of Interest" as part of the general campaign. As a part of the Volunteers 2000 campaign these "Registration of Interest" forms will be available in your Sunday paper on October 18 October 17 in WA).

SOCOG Athletics is running a parallel "direct recruitment" campaign in order to identify qualified people to take on "specialist volunteer" roles within the athletics competition management structure. It is anticipated that the majority of these specialist volunteer roles will be sourced from the membership of Athletics Australia and its member associations, as well as other associated organisations. This is to ensure we attract applicants with the required athletic competition experience.

If you are interested in being involved as a "specialist volunteer" in the conduct of the athletics competition for the biggest and greatest sporting event (strike through: s) in Australia's history, please follow the steps outlined:

1. Ensure that you meet the following essential criteria in order to be considered for a specialist volunteer role in athletics:

- (i) Minimum of 18 years of age at the time of the Games;
- (ii) Ability to read and speak English;
- (iii) Willingness and availability to attend interviews and training sessions;
- (iv) Agreement to wear the official Olympic and/or Paralympic Games Uniform;
- (v) Responsibility for your own travel outside the Sydney Metropolitan area and accommodation during the Games;
- (vi) Friendly and positive manner;
- (vii) Available to work as a volunteer at the athletics test event(s): Australian All Schools Track & Field Championships, Sydney, December 1999 and/or Australian Marathon and Race

Walks Selection Events, Sydney, 29-30 April 2000 (dates tbc);

(viii) Available to work as a volunteer for a minimum of 10 days at one or each of the Games (eg. 10 days at the Olympic Games or 20 days over both the Olympic and Paralympic Games);

(ix) In-depth understanding of the sport of athletics gained as a competitor, official, administrator or volunteer;

(x) Preferably a registered member of Athletics Australia, its Member Associations or the wider road running fraternity in Australia.

2. Provided you meet the above criteria, submit your resume to SOCOG Athletics.

This should be done by forwarding an "athletics resume" of not more than two pages in length, outlining your relevant skills and experience to: Athletics Competition Manager, Sydney 2000 Olympic Headquarters, GPO Box 2000, Sydney NSW 2000; or fax 02 9297 2019.

This must reach the SOCOG offices no later than Thursday 24 December, 1998.

Please note: this is a targeted recruitment drive - please do not advise your family or friends to follow this same process, unless they also meet all of the criteria listed.

3. Ensure that your resume includes:

- (i) a statement addressing each of the criteria listed above (inc. the club/running group you are a member of);
- (ii) nomination of your Games preference, ie. Olympics, Paralympics or both;
- (iii) any preferences you may have regarding the type of volunteer role (see list of positions below);
- (iv) your contact details.

In early 1999, SOCOG Athletics will identify a 'short list' from the resumes received. If you are short listed, we will forward you an official Volunteers 2000 application form to be completed and returned to the address indicated. Your application will then be considered for a specialist volunteer position in athletics. Unfortunately we are not in a position to acknowledge the receipt of all resumes, nor to personally respond to those who are not short listed in this initial step, or who are not selected in the next stage of the process.

Note - final selection of specialist athletics volunteers to work at the Olympic and Paralympic Games will not occur until December 1999, after the athletics test event.

The following provides an indication of the sorts of specialist volunteer positions that individuals will be recruited to fill for the conduct of the athletic

competition. Please take this into account in your 2 page resume.

ADMINISTRATION

Secretariat: Sport Administration Coordinators (Inscriptions/Confirmations, Schedule, Clerical Services), Sport Administration Assistants (Inscriptions/Confirmations, Clerical, Jury), Drivers.

Sports Information: Sports Information Coordinators (Stadium, Village), Sports Information Attendants (Stadium, Village), Records Clerk, Technical Video Coordinator & Operators.

Sport Staff Services: Sport Staff Coordinators (Schedule), Sport Staff Attendants. **Athlete Services:** Athlete Services Coordinators (Lounge, Seating, Transport), Athlete Services Attendants.

TECHNICAL OPERATIONS

Field of Play: Field of Play Coordinators (Hurdles & Start Area, Set Up, Implement Retrieval, Athlete Apparel), Carpenter, General Hands. **Sport Equipment:** Sport Equipment Attendants. **Officials:** Officials Services Coordinators (Schedule, Lounge), Officials Services Attendants (Schedule, Lounge).

TRAINING SITES (includes training sites & warm-up venues)

Sport Equipment Coordinators & Attendants, Field of Play Coordinators & Attendants, Athlete Services Coordinators & Attendants..

ROAD EVENTS

Course Marshal Coordinators / Crew Chiefs / Marshals, Aid Station Coordinator / Chiefs / Crew, Course Vehicle Drivers, Timing & Results Coordinator / Crew, DQ Board Operator.

SPORT PRESENTATION

Sport Presentation Coordinators & Assistant (includes Spotters), Announcer Coordinators, Announcer Assistants (Administration, Spotters).

OTHER FUNCTIONAL AREAS AT SOCOG THAT MAY SEEK OUR RECOMMENDATIONS

Medical: Nurses, Doctors, Physiotherapists, Masseurs. Olympic Family: Protocol Attendants. Language Services. Spectator Services. Media.

If someone is seriously interested in becoming a volunteer for The Olympics, please notice the deadline of 24. December 1998 for submission of resumes.

Striders in Training

<i>What and When</i>	<i>Who</i>	<i>Where</i>
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

Sydney Striders

1999 10k Race Series

Sydney Striders Open 10k Races

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

Entry fees for 1999: Striders \$5, non-Striders \$8

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

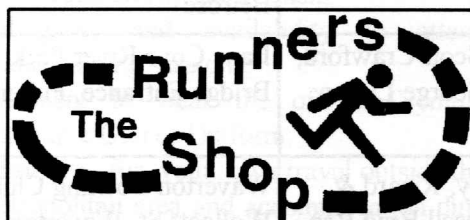
Entry fee includes refreshments

Enquiries: Sydney Striders 0500-JOGGER

1999 Programme

6. February	Mrs Macquaries Chair, The Domain (Royal Botanic Gardens, Sydney)
6. March	North Head (Cnr. Darley Rd and North Head Scenic Dr.)
3. April	Meadowbank Park (South end of Adelaide St. -Parramatta River end)
1. May	Mrs Macquaries Chair, The Domain (Royal Botanic Gardens, Sydney)
5. June	Lane Cove River Park, Fullers Bridge, Chatswood West (Charity Run)
3. July	North Head (Cnr. Darley Rd and North Head Scenic Dr.)
7. August	Meadowbank Park (South end of Adelaide St. -Parramatta River end)
4. September	Mrs Macquaries Chair, The Domain (Royal Botanic Gardens, Sydney)
2. October	North Head (Cnr. Darley Rd and North Head Scenic Dr.)
6. November	Lane Cove River Park, Fullers Bridge, Chatswood West (Charity Run)

The Sydney Striders are proud to be associated with our sponsors



SOUTH AFRICAN
AIRWAYS



Sydney Striders