Sydney Striders

Road Runners' Club Australia

The Blister

Edition No. 73: January - March 1999

Palm Beach to Manly

- from a spectators view

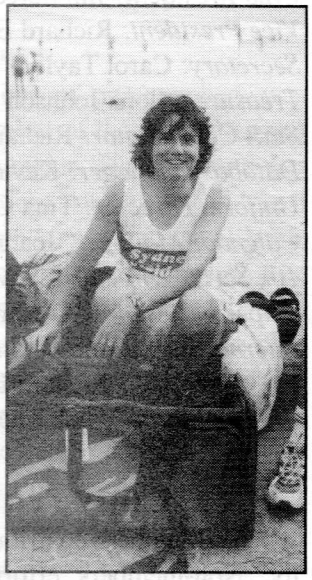
On an overcast Saturday morning (more correctly in the middle of the night) I drove to Palm Beach to watch the start of this annual event. As usual the organization of this run looked to be spot on and it was great to see the number of Striders lining up for the start. The run also commenced The Super Series, which is covered later in the magazine, and although feeling like a circus horse smelling the sawdust, I now appreciate my lack of participation. I wouldn't have made it.

The Strider contingent stretched out from the leaders back to the tail of the field, so doing 4 different stops on the way to the finish, gave me plenty of opportunities to cheer for the green and white and at the same time take some photos of which approximately half turned out to be useless due to either a shaky photographer or ....?

I was most impressed with Michael Bailey, when he pulled a pair of metal scissors from his pants and asked if I could open a pocket rocket, because he couldn't operate the tool due to sweat!! Personally I have never had a sharp metal tool in my pants – and I'm uncertain as to the sanity of having one in a pair of running shorts.

The results are published later in the magazine, but Striders secured two age category winners in Xandra Dunn and Tina Campbell. Congratulations and well done. Both ladies are portrayed opposite with their respective prizes.

-Ed.



This is Tina C. and this is Xandra D.

Content of Blister No. 73:

- The first Super Series Report
- Charles Coville: JLW Challenge
- 10K Series Report
- Striders Awards Brunch
- More Agegrading by Steve C.
- John Preston running in Asia
- K O'K: Runners Week
- 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 87, Killara, NSW 2071, 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.

Club email contacts

The LiSSt: General exchange of running and club related info: *info@sydneystriders.org.au*
Contact webguru for details to subscribe to "The LiSSt": *webguru@sydneystriders.org.au*
The President: *president@sydneystriders.org.au*
Blister contributions: *blister@sydneystriders.org.au*
I'm unaware who - exept from yours truly - receives the Blister-contributions. The question is stilla mystery.

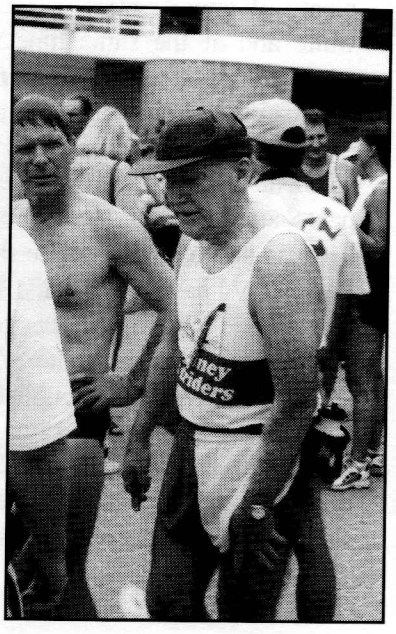
Credits

Photographs were supplied by Richard Briscoe, George Herisson 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

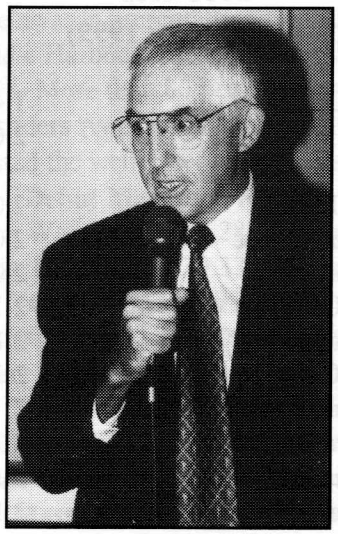
Thanks to all contributors who make up this issue of the Blister: Charles Coville, Mike Hansen, Kevin O'Kane, Jim Screen, Steve Cornelius, John Preston and all the letter correspondents and committee members.

Proofreading was basically not done.



Graham looks at Frank with a sceptical eye at the finish of PB to Manly.(Maybe he's got sand in his eyes from swimming or just forgotten his sunnies.)
What Frank is telling is not reveiled, but perhaps along the lines: "I had to stay behind Michael Bailey. He pulled out a pair of scissors every time I tried to overtake."

The Presidents Report



Recently I read a great story in Readers Digest about Zoe Koplowitz , a lady who has multiple sclerosis and took some 28 hours to finish the New York marathon. Zoe and Grete Waitz (9 time winner of New York Marathon) go together into New York Schools to show kids both ends of the winning spectrum. Grete talks about commitment and discipline and her experiences of triumph and defeat. Zoe talks about herself as someone who has the same satisfaction in achieving something of great personal significance.

For some of the kids winning is a concept they never thought applicable to themselves. But as Zoe says she and Grete show them that , as the poster taped to Zoe's bedroom wall puts it, " The race belongs not only to the swift and strong- but to those who keep on running".

I thought the story very touching and with a message which applies not only to running but to the many things each of us have to face up to in life.

Right, now back to more mundane things.

Email.

One of the developing features of Striders is our ready acceptance of Email as a method of communication. At present Email can only be regarded as a secondary method for the Club, as a whole , because only about half our members use the facility. Email can be a means of communicating just the facts and nothing but the facts or it can be a wonderful way to have a
chat or even to express ones own opinion to an almost captive audience. It is the captive audience bit that I would like to mention.

If someone puts out a request on Email for information then in my view it is most reasonable that any replies go direct to the person involved without involving the rest of the Club. If someone has a desperate
curiosity to know what replies were sent then they can hook into the person who originally made the request and ask for copies of the replies. Please use some discretion before involving 150 people in a reply meant for one.
Please don't cop out by saying the other 149 respondents can trash any message the don't want; they really shouldn't have received it in the first place. Have some thought for others which leads me to my next topic.

STaRs

At a recent STaR one of our members was unfairly challenged by a member of the public; a great big lad with a chip on his shoulder. The challenge was answered promptly and ended up in a free for all which fortunately ended up with nothing more than pride intact and a few bruises on each side of the contest. The incident could have been far worse with more serious injury not only to those directly involved but to club members who attempted to calm the situation. It is not for anyone of us to preach about right or wrong but we should all keep in mind the likely consequences for others and ourselves as result of our own actions and decisions.

On the same day it also became obvious that our perennial problem of running together in groups at STaRs is perhaps becoming a little bit out of control as is the starting time for each of the groups. It is simply not
acceptable to the Club for any member to be dropped off the back of a group and be left to run alone. This is not what the Sydney Striders or STaRs are about. Neither is it reasonable for new or slower runners to set off by themselves into sometimes unknown and deserted areas such as bush tracks and national parks because they were late arriving at the start. Please have a thought for your own safety and well being and some consideration for other members .

If you regularly have runners starting with you but within a few Ks have left you for dead then give them the message to move into a later time slot and run with some of the faster runners. Sunday mornings are for long slow training runs with groups running together on the basis of their running ability. It is not a race day. If you want to run fast then leave with the

6.20am or 6.30 am group. Their slow pace is somewhere near my flat out pace
.. if you get the message.

Administration

Talking about messages, I would like to say that our administrative change over seems to have gone smoothly enough. Mail is getting through mostly to the new P. O. Box number with only some being sent to the old number. This has caused a few minor delays but they have been overcome. Although most phone calls will be met by an answering machine please let us know if you
do not receive a response within a reasonable time. The changes that have been made will financially advantage the Club over time and allow for greater benefits to be generated from your membership fees.

10 K Series

Congratulations to our new 10K Director Mike Hanson and his 1999 , 10 K crew for a very polished performance on 6 February . The Series has not been without its difficulties this year with respect to costs , changes to venues and previously measured courses as well as the loss of our very supportive sponsor South African Airways. SAA could not see their way clear this year to provide their sponsorship which has been replaced by cash prizes . We will be working towards obtaining a new sponsor for next year.

Super Series

The Sydney Strider Super Series blasted off to a good start with the Palm Beach to Manly and the first 10 K race already completed. Lots of thanks to Kevin O'Kane for his efforts and to Steve Cornelius for his huge effort with the Age and Gender Tables. Please be assured that if you run without your Striders uniform and don't make prior arrangements for an exemption because of issues such as being obligated to wear sponsors gear or you have not been able to purchase one, then chances are very likely that you will not be awarded any points.

Annual General Meeting

The Annual General Meeting is scheduled for Sunday 16 May. Starting time is scheduled for 9.30 am immediately after the STaR. Please put the date in your diary now and think about whether or not you would like to be nominated for the Committee. All positions are open.

Jim Screen.

Palm Beach to Manly Results

(9. January 1999)

Winners::

M1	Peter Davies	1.48.22
F1	Helen McGeachie	2.08.24

Striders:

1	Grant Rankin	2.02.47
2	Jonatham Trope	2.06.19
3	Guy Griffin	2.09.47
4	Steve Urwin	2.10.11
5	Phil Boswell	2.10.37
6	Brian Grant	2.11.35
7	Grahame Murphy	2.12.13
8	Richard Briscoe	2.12.24
9	Jeff Gissing	2.12.43
10	GeorgeLisson	2.14.19
11	Malcolm Campkin-Smith	2.20.29
12	Xandra Dunn	2.21.04
13	Gary Leahey	2.21.54
14	Tim Austin	2.26.04
15	Graham Holtin	2.28.30
16	George Herisson	2.29.11
17	Geoff taylor	2.30.45
18	Derek Smith	2.30.58
19	David King	2.31.51
20	Peter Hammerschmidt	2.34.16
21	Mike Wilson	2.36.12
22	Dave Dornbrack	2.38.00
23	Joanne Barton	2.39.42
24	Graham Butler	2.39.43
25	Juan Aguilera	2.40.32
26	Louise Walker	2.40.39
27	Tina Campbell	2.40.45
28	Jim Screen	2.41.34
29	John Ayliffe	2.42.30
30	Robin Cameron	2.43.10
31	Julie Wessels	2.44.38
32	Keith Spackman	2.44.50
33	Graham Willis	2.45.10
34	Manfred Fiedler	2.47.53
35	Phillip Kennedy	2.49.28
36	Keith White	2.50.14
37	Mahmoud El-Khansa	2.52.47
38	Bruce Murray	2.53.38
39	Charles King	2.53.41
40	Paula Whitehouse	2.53.53
41	Lesley Maher	2.55.04
42	Rozanne Green	2.57.07
43	Brenda Hamill	2.57.15
44	Bronwyn Wassell	2.58.55
45	Brad Renshaw	3.00.15
46	Michael Bailey	3.03.28
47	Sean Greenhill	3.13.57
48	Frank Dearn	3.27.49

Awards Brunch 1998

The awards presentattion was succesfully held at Middle Harbour Yacht Club on the 6. December 1998. More than 80 persons were present when the Striders Awards for 1998 was presented. Below is listed the well deserved winners.

Debut Marathon Award

F: Julie Wessels 3.38.28 (Canberra)
M: Mike Hansen 3.30.33 (Canberra)

Open Marathon Award

F: Joan Cowan 2.52.00 (Canberra)
M: Chris Truscott 2.36.19 (Rotterdam)

Veteran Marathon Award

F: Joan Cowan 2.52.00 (Canberra)
M: Chris Dwyer 2.41.38 (Venice)

Masters Marathon Award

F: Joan Boltz 3.55.28 (Canberra)
M: Jonathan Trope 2.54.34 (Sydney)

Seniors Marathon Award

F: none
M: Manfred Fiedler 3.47.17 (Canberra)

Sub 3-Hour Marathon Improver

Peter Truscott from 3.14.11 to 2.53.14

Sub 4-Hour Marathon Improver

Christopher Gunns from 4.07.12 to 3.17.59

Improver Of The Year Award

Bronwyn Wassell

Encouragement Award

Penny Smith

Ultra Runner Of The Year

F: Elizabeth Edmonds
M: Kelvin Marshall

Triathlete Of The Year

Paula Whitehouse

Open Half Marathon Award

F: Joanne Cowan 1.18.52 (SMH)
M: Chris Truscott 1.13.13 (Melbourne)

Veteran Half Marathon Award

F: Joanne Cowan 1.18.52 (SMH)
M: Wayne Stanton 1.20.50 (SMH)

Masters Half Marathon Award

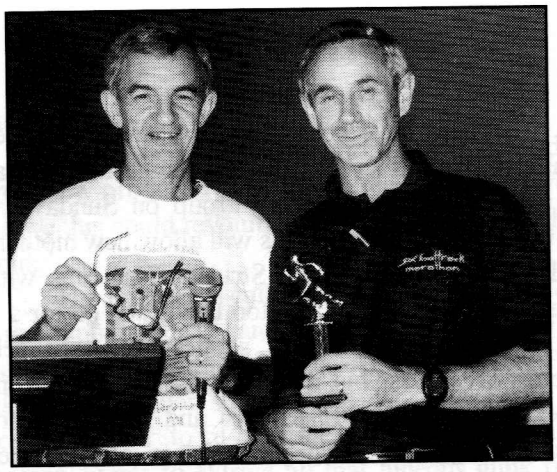
F: Tina Campbell 1.39.04 (Lake Macquarie)
M: Ray Doran 1.19.40 (SMH)

Seniors Half Marathon Award

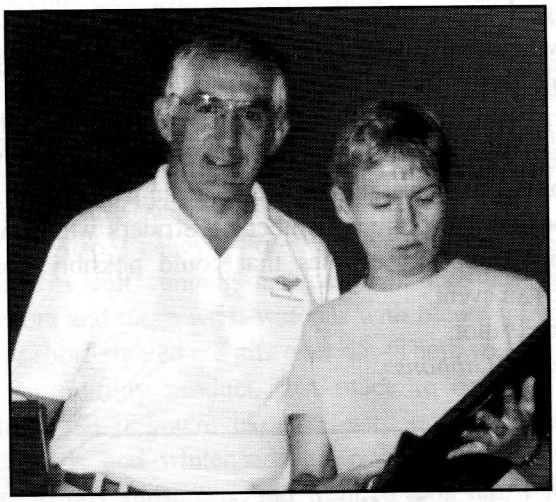
F: none
M: Neil McPherson 1.38.12 (SMH)

Equaliser Cross Country Award

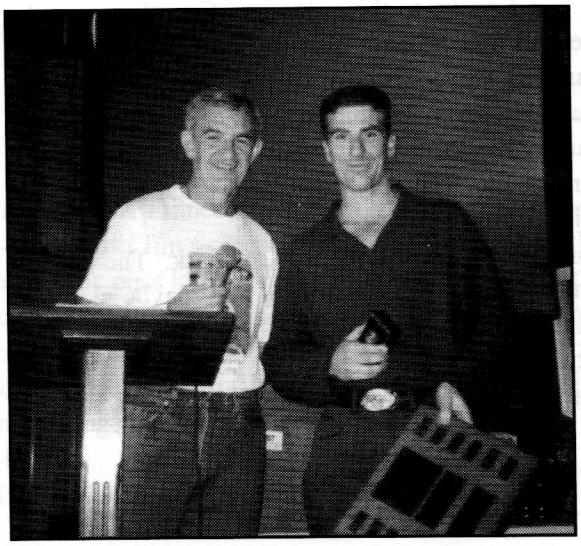
Mathew Kaley



Alf Field presenting to Jonathan Trope. Does these gentlemen look fit or what?



Does Julie look a bit focused or what??
She has already started to learn the other names by heart.



Letters to the Editor

Baby "Running"

There have been plenty of new babies recently in the Strider Family. My suggestion is that we start a Mothers walking group on Sundays at 6.30am or there abouts. This will allow new mothers and Child to come to the Striders Star runs with Husband (or without if he's too lazy!) and go for a 1 1/2 to 2 hour walk. This suggested out of self interest of course but if there is some interest from other mothers my wife Merryn and little Sam are keen. I suggest willing participants could either contact us at home 9876 2056 or through the Blister.

Striders Golf Day

After hearing how Chris Trusscott purchased some graphite shafted golf sticks and is having some lessons I believe it is time for a Striders Golf day. The Male and Female golfers within Striders can swing, curse and dance around the green as they all prove they really should stick to running. I suggest this should be an annual event and I believe there are a number of Striders who have memberships at courses that could possibly host such an event.

Thanks alot,

Andrew Gibbons

No Brisbane Waters

The Brisbane Water Bush Bash (obviously nowhere near Brisbane, but Gosford on the NSW Central Coast) is officially NOT on this April.

I spoke to the organiser, Greg Love, at the weekend and he says that he is in the process of changing the course so that it doesn't cross any roads. However, he thinks the race will be on next year, as the local Hash group are keen to support/ marshall etc. The only downside is that the distance will probably be
shortened to around the 42Km mark. The date is currently being reviewed also, and maybe closer to Easter than Anzac day, which is also a shame as many people
clear out for the long weekends !

Kevin Tiller

How to Route your Calls

Dear Sir,

I understand that Sydney Striders are now answering our own phones again. This presents a great opportunity to install one of those whiz-bang Call Routing systems. You know the kind of thing, you get some voice-over bloke with a real smarmy-sounding voice, and he offers the punter all sorts of informative options. Just think how much useful information we could convey to inquirers, without even having to man the phones at all:

"For information on our major Sunday morning activity, press the STaR key. For information on drug use in long-distance running, press Hash. For information on our 10k Race Series, dial 10. Do this ten times, and your best 8 attempts will be taken into account. For information on scheduled post-STaR fist-fights, dial 10, 9, 8, 7, 6, 5, 4, 3, 2, 1. Or alternatively 000 if you just like to watch. For information on landmark STaR runs, think of a number, add one, and turn up a week too late. For information on the long-running Alf Field vs Dick Bartlett vendetta, dial 100. For information on the true length of the Sydney Marathon course, dial any number you like between 38 and 46. Or just any number you like. For information on Bryce Courtenay's bestsellers, dial 1, as powerfully as you can. For information on appropriate amounts to bribe club officials, dial 50000."

Are we a bunch of Luddites, or are we keen to embrace technology? Let's not miss this golden opportunity to rocket our club into the third millennium.

Sincerely, Steve Cornelius

Quote

"I need to correct one factual error. It is NOT referred to as National Boozing Week, except by former runners such as yourself and Whitfield. I only go to show off my fitness and skills. For example in the tennis, I won my first round 6-0. The fact that I drew Whitfield as my opposition is immaterial. And my consumption was always kept below fatal levels (except on tennis finals night, and that was Whitfield's fault - he brought the third bottle and the beer)."

Kevin O'Kane, in high dudgeon when Steve Cornelius called into question the major activity of National Running Week.

Letters to the Editor (continued)

A Healthy Seminar

Just to let you know that I am giving a seminar called 'Nutrition for Endurance Sports' on Monday 22nd March at Concord Hospital (Conference room 1). I will be covering training diet to beat fatigue, ideal pre-event preparation, glycaemic index and relevance to sport, carbo loading, fat loading, eating and drinking on the run, info on sports drinks, bars and gels, and recovery. The schedule is 6.00pm - refreshments, 6.30 - 8.00pm -seminar. Please call the NSW Institute of Sports Medicine 9767 7925 to reserve a place - let them know you are a Strider. (I am there Wed and Thurs if you want to discuss with me). This seminar is timed so that its before Canberra marathon and rest of racing season, plus before Forster ironman. By the way, the cost is a very reasonable - $15 per person or $25 per family.

Fiona Pelly
Sports Dietitian

A Salute from The Runners Shop

We wish all Striders the best of luck in The 1999 10K Series. We are pleased , once again to be involved Remember we continue to give all members 25% off Rec. Retail Price as well as ensure that everyone gets the "Right" model. For new members (& old ones too) you can find out a bit about us on our preliminary website at www.users.bigpond.com/runnersshop.html
Regards
Fred & Lainie

"A Rocket Pocket Reply"

Dear Sir

I am writing to tell S.W. Bag to go 'bite his bum' - OH if only, we of the pocket rocket brigade had some 'rockets for our pockets'.

Yours sincerely
Junkie

Multi-Function Poultice

Dear Sir,

May I use your columns to share with Striders a great new product which I have recently discovered? I believe this could revolutionise our club's approach to running!

The product is called "Pore Pack", available at all good pharmacists, and consists of a number of adhesive strips, similar to Band-Aids. However, Pore Packs are more than simple Band-Aids, since they are specially shaped to fit over the nose, and treated with cleansing agents to extract all that hideous gunk from your whiteheads and blackheads.

So you can wear them while running, and finish your race with a cleaned-up nose! What's more, you'll save on zinc cream and block-out, because "Pore Pack" doesn't let the harmful rays of the sun through!

Besides, the cleansing agents have a mild "stinging" feel to them, so your PBs will probably improve, because you'll want to finish the race and rip the sticky little bugger off.

Also, I believe "Pore Pack" has the potential to become a cult running fashion item, like heart-rate monitors and those wrist-watches with bloody big digits for short-sighted old gits over 45. There you have it - a multi-utility product, just made to measure for runners! So if you're like me, with crap PBs, ugly blackheads and whiteheads all over your nose, too lousy to buy sunscreen, and want to look hip, I fully recommend "Pore Pack". Nobody nose how good they are till they try them. (Caveat: Don't rip them off too enthusiastically, or the sudden removal of bits of skin and nasal hair can cause mild discomfort).

Sincerely, S.W. Bag

T-shirt swap.

Visiting USA runner Vince Neal has left 3 long sleeve T-shirts with Jim Screen to swap for three Australian shirts. The ones left by Vince seem new but I think they may have been worn once or twice. They are in good condition. Vince is looking for something which identifies a Race or Australia etc. Please contact me and we will arrange a meeting at a STaR or whatever.
Jim Screen

Letters to the Editor (continued)

London To Brighton

Hi All,

The Road Runners Club in the UK now has a web site. There is a page for the London to Brighton race which the RRC sponsor. The page is very long but includes photos including quite a few of Sydney Strider Carl Barker.
It is worth a look.
www.roadrunnerclub.org.uk/lonbright.htm

David Sill

The Things Striders do!!

The following dialog are captured from the LiSSt:

"Being a new member I just wanted to say how much I'm enjoying running with the group. I'm the one who last Sunday had a really tough run. I really appreciated all the encouragement and concern that I recieved.

I've had my first "hitting the wall" experience and survived. I think it's a abit like childbirth. it hurts like hell and you think you won't survive it but you forget so quickly and do it all again. So I'll be back for another run.

Once again thanks for the help(especially the leg massage).
See you soon
Pauline Don"

This immediately prompted this reply:

"Glad you enjoyed it. However, one difference you should be aware of. Being of the Y-chromosome persuasion I haven't had any direct experience of childbirth, but they tell me that once you've done it they give you at least 9 months off. On the other hand, the sadists who run the Striders' STaR program will expect you to front up again after only 6 days off, no matter how much it hurt. Welcome to the Hellfire club.

Yours in sado-masochism,

Madame Lash"

Letter from Pheneou

Áãáðçôå Êõñéå,

Óáò ãñáöù ãéá íá óáò ðëçñïöïñçèïý ïôé ï ê. S.W. BAG äåí å÷åé ðïôå ëáâåé ìåñïò óôïí Ìáñáèùíéï ôïõ Öåíåïõ. Ïðïéïò ðéóôåõåé ïôé å÷åé ëáâåé ìåñïò åéíáé ÷áæïò. Ðáñáêáëù äéïñèùóôå ôá óôïé÷åéá óáò.

Ìå ôéìç,
Äçìçôñéïò Ðáðáäïðïõëïò (Dimitrios Papadopoulos),
Äéïñãáíùôçò Áãùíá (Race Director),
Ìáñáèùíéïò Öåíåïõ (Pheneou Marathon)

Striders "SLSC"

Rescued from the showers after Palm Beach to Manly:

1 x pair striders shorts (smallish)

Handling fee applies.

Phil Kennedy

Were they about to drown or did you just feel sorry for them?
-Ed.

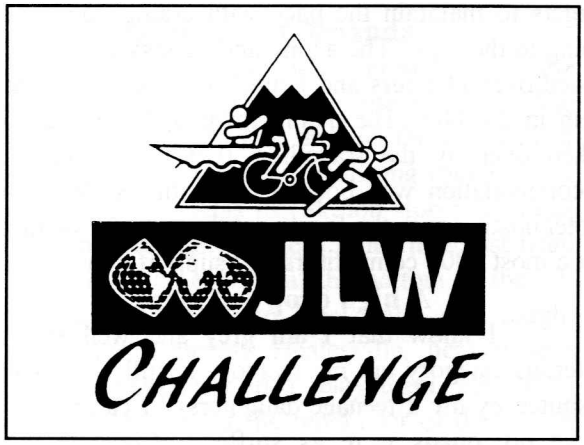
StaR and Calendar adjustment.

I cannot remain silent any longer. The "800th" STaR will in fact be the 801st, owing to the fact that the Chatswood Chase of 30 May 1993 was listed on the Calendar without a number. It fell between the Rocks Push (16 May, STaR 551) and the North Head Trek (6 June, billed as StaR 552, but in fact 553).
Every STaR since then has been out of kilter by 1.

A similar thing happened to the club Calendars in 1990, when the June-August and August-October editions both bore the serial number 53. Every Calendar since then has borne a number which is one smaller than its true number.
Mr P. Dantic, alias S.W.Bag

"Good one SWB. If someone could fix this we all have a one week better chance of still being alive for the big party at Star 1000! Or is that the millenium Star?

David"



THE JLW CHALLENGE
28 & 29 November 1998

"This is crazy" shivered my wife Maureen huddled inside her snow covered parker, hood well down over face, as she slipped in the bogged track on the climb towards the Mt Buller summit. Torrential rain had fallen for the preceding 24 hours but it had fortunately stopped. It was a 300 meter climb to the top from where we had parked , and for the first time in my life, I agreed with a non competitors' assessment of an endurance race. Through the dense fog, howling wind and light snow Maureen, my support crew for 25 years, experienced in all types of endurance events, added "You too have got to be crazy". I agreed. I was freezing, nervous and concerned at being undertrained. Racing in 1998 had been a disaster with only 2 short races to show since my gallbladder removal in March, hamstring and then calf injuries.

The most demanding challenge

I had trained in a canoe for 3 months, having not paddled for 20 years. Of the last 8 weeks I had only run in the preceding 2 weeks and prior to that managed only 1 STaR since April. Yet here I was about to undertake the most demanding solo endurance challenge of my career; the 233k, 6 leg triathlon running, canoeing and cycling from Mt Buller, the highest point in the Victorian snowfields at 1804m, to Melbourne, 2 days away.

Harder than six foot

As the summit was too dangerous for the start, due to the ice and slushy snow on the ground, the race started 100m from the top. By 5.45am we were heading down the ski slopes on the start of the torturous 33k run leg. The mountain scenery was breathtaking. This leg is rated one of the toughest runs around. It took me 65 minutes of downhill running before the nightmare ceased. It was relentless jarring, slipping, sliding, scrambling along mountain paths to the Howqua river down below. My quads were stuffed. Warwick Selby rated this leg harder than Brindabella or 6ft Track. He is still injured. Then the river crossings. Last year there were 14. This year, due to heavy rains and tracks being washed away, the course was modified and included a mere 3 splashes. The waist deep water was freezing, the rocky river bed slippery and dangerous. At the 3rd crossing the powerful flow briefly dragged the smaller competitors downstream. Water bottles had to be filled at the river crossings with no Crypto and Giadia to worry about.

I had survived...

This byo/diy event required competitors to be self sufficient with no drink stations provided. Then the 8k rough roller coaster bush tracks followed by the 8k undulating dirt road before the canoe transition at Howqua Inlet on Lake Eildon. I had survived without any calf problems and raced into the transition ecstatic with my placing (35th /106) and general physical condition, although I did need assistance to change out of my running gear into my canoeing /cycling gear. Steve Urwin, and Warwick were in relay teams only competing in the 2 run legs. They recorded 3h 59m and 4h 5m respectively, ahead of my 4h 16m.

A sinking feeling

Cramp set in from the start of the canoe leg and I had to paddle up to the rapids with my left leg outside of the cockpit. My borrowed canoe, like others in the race, had a rudder below the waterline. Alternatively, rudders can be above the waterline and swivel in and out of the water as rocks are hit. The organisers were negligent in starting the race above the rapids leading into the Eildon lakes. In 1997 the start was below the rapids. I snapped my rudder and cracked the hull on the first rocky rapid. Talk about a sinking feeling. With 20k to paddle across large expanses of water, into a howling headwind and choppy waves with no steering, my 2nd nightmare had begun. I had also left my repair kit back in the transition and had to wait for a passing canoeist to give me repair tape. Not having a knife or blade, I had to chew pieces of tape off the roll. The result was frayed edges on the tape that only stuck for short periods until the water eased the tape off the damaged hull. The expected 3 hour adventure became a 4 hour calamity.

Filled with water

The remaining rapids were negotiated without steering and on one occasion I shot a rapid backwards, but amazingly did not fall out. Once through the rapids, I had to stop and empty the heavy canoe of water on 5 occasions. This necessitated paddling off

course to the nearest land which was a slope on a ledge with no area to easily beach. On one occasion I waited 10 minutes for the hull to dry and then as I was about to apply the tape, the canoe and I slipped slowly back into the cold lake. However, the most frightening experience was when I was half way across the biggest expanse of lake. The canoe started to rapidly fill with water. I had to sprint into the headwind and sloppy waves to land. I beached just as the water lapped over my seat and I was a mere shudder away from rolling the canoe (canoes full of water roll very easily). These events were draining, both physically and mentally.

Support crewing

They certainly took the edge off me in the paddle on day 2. I finally arrved at the 2nd transition after 4h 13m to a relieved Maureen who had expected the worst. She had experienced her own nightmares in struggling to get to the 2nd transition in time and then having the support crew of a fellow competitor over pump the tyres of my bike and blow the inner tube. Subsequent hair raising experiences for Maureen included the canoe sliding along the car roof carrier while driving between transitions and

almost decapitating a group of cyclists. Who said support crewing was easy.

Charles approaching the finish down the Yarra

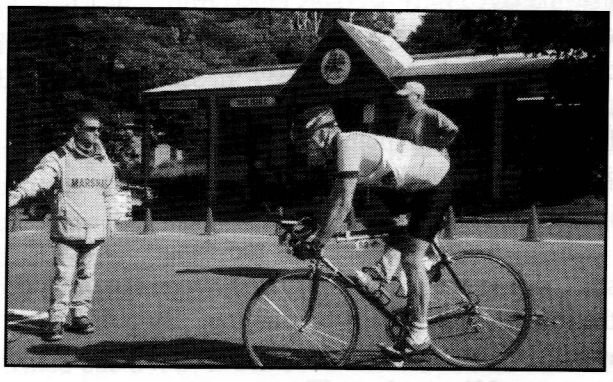
The 57k road cycle was either uphill or into a 20kph gale. It started with a steep 3k climb from the cycle transition at the lake to the main road. Then it was over the aero bars trying to reduce the wind resistance. The only time that the wind was not full on into your face was when it was side on. It never abated. It was almost as bad as the gale in the 1998 Wollongong ride. The last 10 k's were a long lonely uphill into Marysville, the overnight stop. Throughout the cycle, through green farming countryside, I had few competitors around to act as targets to maintain the pace with cramp coming and going in the legs. The agony and ecstasy of day 1 had lasted over 11 hours and I finished the cycle just after 4pm in 2h 44m. The quaint town of Marysville was taken over by the travelling JLW entourage. All accommodation was booked out with the Marysville Hotel hosting both the finish and the mega carbo dinner for almost 1000 competitors and support crew.

A high drop out rate

I know that I am grey and well into the veterans category but my memory is still intact (often disputed by my 2 teenage daughters). I can not recall when my quads were as stuffed. Concrete quads greeted me at the start of the 20k run on day 2 where Neal Connelly, President of the St Ives Tri Club, and finisher of 13 Ironmen triathlons swapped "JLW war"stories. The experienced triathlete acknowledged that he was more stiff and sore after day 1 than after any Ironman event. The event has a high drop out rate of 1 in 4 starters. Although it comforted me to know that other more experienced head bangers were also suffering, it didn't ease the pain for the 2k solid uphill climb at the start and then the progressive ascent to the transition at the summit at Dom Dom Saddle. Each step hurt. Even Comrades was not as painful. What massage the night before? The scenic course through the lush cool forest did partially serve as a distraction.

Dehydrated at 6.30 am

The hills saw me walking against all my principles (actually, I had none left by this stage). Warwick, who was to turn in a top ranking performance, conceded that he too had walked. Yellow urine spooked me at a pit stop. Dehydration at 6.30 in the morning. This was ridiculous. At the transition I sculled the cramp relieving Coke and continued drinking the magic potion throughout the rest of the day. 20k in 2h 26m said it all.



Charles at the end of Day 1 in Marysville

Heaven sent Amanda

One motivating factor throughout all the adversity during the event was the scenery. The start of the 75k road cycle through the forest must rank as one of the most awe inspiring routes that I have ever cycled. Alas the 8k non stop free wheel descent was freezing. My legs failed to adjust from the running to the cycling at the bottom of the hill and the uphill cycle into Healesville was tough. Shortly after departing Healesville, heaven sent Amanda, a competitor in a relay team, arrived to cycle alongside me for the remainder of the leg. A personal trainer from Mosman to boot. The long and steep rolling Yarra Valley hills were taking their toll on me. She was the distraction that I needed as we swapped stories and then started to pass fellow competitors. At Ivanhoe on the outskirts of Melbourne, after 62k, the racing stopped. This was due to traffic and traffic lights and competitors were given 1 hour to complete the remaining 13k without jumping the lights. After 3h 42m I finally dismounted.

Flinders Street, Melbourne

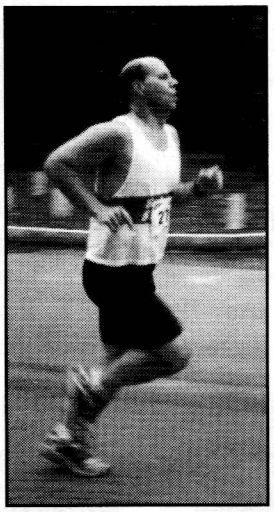
Nausea had set in and I felt like the Yarra looked - brown and murky. This was no river of romance. My rudderless canoe was passed by competitors in quicker boats with steering. Expending energy to steer rather than to propel forward was sole destroying. The compulsory portage at Dwight Falls at halfway never seemed to arrive. Crampimg, sore but relieved, I paddled into the finish individual.at the Boatsheds opposite Flinders Street station in downtown Melbourne after 20h 57m, high on the copious quantities of Coke that I had consumed, becoming the second Strider, after the illustrious Murray Town, to have conquered the sensational JLW Challenge as an individual.

Charles Coville

David Ingham,Murray Town and Steve Urwin

Name	33k Run	20k Canoe	57k Cycle	Total Day 1	20k Run	75k Cycle	28k Canoe	Total Day 2	Total Day 1+2
Individual Division									
Charles Coville	4.16	4.13	2.44	11.13	2.26	3.42	3.34	9.43	20.57
Overall Individuals	35th/106	89th/100	58th/99	63rd/99	47th/88	57th/84	66th/83	53rd/83	55th/83
Veteran Individuals	7th/26	20th/24	10th/24	9th/24	9th/20	11th/20	16th/20	10th/20	10th/20
Tri Team Division									
Warwick Selby	4.04 24th/89				1.51 18th/84				15.41 11th/82 Vets 2nd/9
Steve Urwin	3.59 19th/89				1.53 28th/84				16.59 24th/82 Vets 5th/9
Murray Town		3.03 55th/86					3.02 51st/82		
David Ingham			1.59 22nd/85			2.59 29th/83			

10 k Series Report



This years 10k Race Director, Mike Hansen. He actually put in some miles himself

Question: What do Penny Smith, Paul Arthur and Joanne Cowan have in common?
Answer: they all won a $50 gift vouchers from the Runners Shop at the first Sydney Strider 10Km Series Race.

The Sydney Striders 10Km Race Series is got off to an big start on 6 February with 155 runners contesting the race. The race was closely contested from the top of the ladder to the bottom. While I haven't confirmed this with our data base expert I'm sure there have not been to many 10Km's with better finishing times than our mens and womens leaders.

Mens		**Womens**	
1. Paul Arthur	31.50	1. Joanne Cowen	37:37
2.Dean Degan	32.29	2. Dawn Tiller	39.22
3. John Young	32.44	3. Sarah Fien	40.03

I must make special mention of one of the best finishes of the day where Kirsten Themsen put in a big finish to edge out Nick Themsen , Bronwyn Wassell and Frank Dearn.

There are some changes in the prize structure for this year's series that you should be aware of:

Following each monthly race we will be awarding a $50 gift voucher from the Runners Shop to the top male and female finisher along with two randomly drawn winners. The winners of the random draws must be present to win.

At the end of the series, cash prizes will be awarded to the top three finishers in the Outright Male, Outright Female and Handicap divisions. The first finishers in each division will receive $300 cash plus a $100 gift voucher from the Runners Shop. The second finishers in each division will receive $150 cash. The third finishers in each division will receive $50 cash.

The outright awards are open to all race participants (including non-Striders). The outright points will be awarded on the same basis as previous years (22 points 1st finisher – 2 points for each participant completing the race).

While we will not require a Strider uniform (I put that in there just for you Kevin), the handicap division is open only to Striders (i.e. you must be financial to accumulate handicap points in a race).

I would like to strongly encourage all of you to join us each month. We have a good team of people working to make this series happen.

Mike Hansen

Uniform Update

An order form has been included in this edition of the Blister. New items available but not on the catalogue are:
Women's two piece running suit $25 for each piece (can be ordered separately)
If you would like to see a prototype of the two piece please contact me with a fax number and I will fax you a 'picture'.

Most of you will have probably noticed that the green material in the shorts has faded badly. We have taken this issue up with Hot Design who is currently talking to the dye house.

Close off date for orders will be **MARCH 24th** with delivery expected early April (unless the material for the shorts needs to be redyed and cannot be back to Hot Design by this date).

Tina Campbell

10k Outright Results for Race 1, Domain

Name	Posn	Gender	Race 1 Domain 6-Feb-99
Paul Arthur	1	M	31.50
Dean Degan	2	M	32.29
John Young	3	M	32.44
Chris Truscott	4	M	33.42
Peter Davies	5	M	34.01
Tom Richardson	6	M	34.29
John Sauer	7	M	35.13
Christopher Dwyer	8	M	36.03
Mathew Kaley	9	M	36.25
Simon Hedger	10	M	36.30
Nick Adems	11	M	36.41
Peter Truscott	12	M	36.58
Ross Sinclair	13	M	37.19
Greg Coy	14	M	37.26
Richard Jagger	15	M	37.32
Joanne Cowan	16	F	37.37
Ian Bowsher	17	M	37.40
Richard Briscoe	18	M	37.43
Andrew Hallam	19	M	37.45
Philip Boswell	20	M	37.58
Gregory Mackey	21	M	38.03
Jonathan Trope	22	M	38.05
John Hamilton	23	M	38.07
Jeff Gissing	24	M	38.08
Bastan de Leeuw	25	M	38.15
David Harris	26	M	38.35
Bernard Fortune	27	M	38.40
Grahame Murphy	28	M	38.41
Chris Ellis-Allan	29	M	38.54
Brian Grant	30	M	38.56
Stephen Urwin	31	M	39.19
Dawn Tiller	32	F	39.22
Tim Austin	33	M	39.32
Wayne Stanton	34	M	39.40
Raymond Potter	35	M	39.44
George Lisson	36	M	39.59
Sarah Fien	37	F	40.03
Andrew Smith	38	M	40.04
Ron Maher	39	M	40.08
Phiiip Suriano	40	M	40.20

The above table does not contain results for all participants in the 10k-series. Only the 40 first contestants are published here. If you are looking for anyone in particular or simply want to review all participants, please go to the Sydney Striders webpage or the database manager.

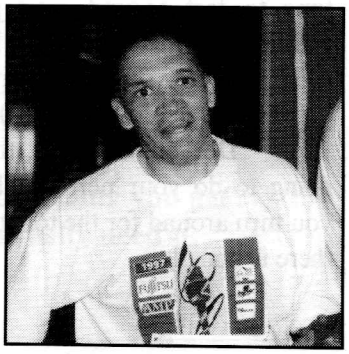
10k Handicap Position after Race 1

Name	Time	Target	Hcap Posn	H'cap Pts
Gavin Skews	46.29	52.03	1	22
Jonathon Gliksten	40.21	45.44	2	21
Jim Screen	44.19	48.08	3	20
John Ayliffe	44.58	48.45	4	19
Graham Willis	46.08	48.30	5	18
Frank Dearn	57.29	59.05	6	17
Dean Degan	32.29	33.54	7	16
Chris Truscott	33.42	34.55	8	15
Philip Boswell	37.58	39.02	9	14
Jeff Lie	40.42	41.34	10	13
Peter Truscott	36.58	37.47	11	12
John Hamilton	38.07	38.52	12	11
George Lisson	39.59	40.23	13	10
John Sauer	35.13	35.29	14	9
John Simmonds	53.12	53.23	15	8
John Young	32.44	32.49	16	7
Gary Aitkenhead	41.00	41.05	17	6
Richard Briscoe	37.43	37.48	18	5
Pat Morris	53.42	53.46	19	4
Joanne Cowan	37.37	37.38	20	3

Anyone not listed above got 2 points in that race.

Personal Profile

Name: George Herisson
Status: Married, 2 daughters, Alexandra and Claudia
Years Running: 20
Best & Worst Feature: My sense of Humour
Favourite Food: Seafood, Pasta
Favurite Movie: Chariots of Fire and The Deer Hunter
Best Time of The day: Any time with my 2 kids.
Sporting Heroes: Greg Welsh and Deek
Best Achievement: Winning the under 11;s Egg & Spoon Race at school.
Sporting Goal: Winning Gold in the Sydney 2000 Games. Winning races overseas is fine, but winning in my hometown in front of 110,000 spectators will be special.



Would you buy a used car from this man? Probably not. He's in real estate!!

Starting Blocks for Marathons in Asia!

For those of you who haven't had the pleasure of running marathons in Asia you might be interested in this rather ancient tradition.

It all started many years ago when marathon runners started to warm up and go through the paces and movements. As we all know the most important movement of all is the bowel movement and unless this is carried out correctly and properly your whole race plan can go down the drain (excuse the pun).

The start of the Bangkok Marathon & 1/2 Marathon was one of my first experiences with this great tradition which I might add most of the Thai's didn't appear to participate in.

No language problems

Since I have lived in Thailand for a little while now I was able to ask the necessary question in Thai ! "Bi hong nam u tin ni" I said in my best Thai tones. Then came the problem, Thai's assume because you ask a question in Thai you can speak the language fluently (wrong) never mind, the Thai's are the same as us when giving directions so off I went looking for the porta loo's.

There was a queue of about ten people outside what looked like a normal park toilet, so with the speed of Tina Campbell I was on the end of the queue starting to go through my "toilet queue stretching routine" waiting for my turn and hoping that I was going to be able to relive myself in one clean blast (as you do).

One thing I did note whilst waiting in the queue was that the Thais spent a lot less time in the toilet than the average westerner, I wonder why. They use starting blocks, a porcelain hole in the ground with a foot pad on each side (hence the name starting blocks)and a tub of water with a old ice cream container floating in it.

Laundry before racing..

Well I have to tell you 10 mins before the starting gun is due to go off you don?t have much time to fart around, you just assume the squat position and make sure you have percy pointing the right way (or you end up giving your race shorts a bit of a rinse before the race).

Do your business, thinking about how your going to do your personal best today, that?s until you turn around for the toilet paper and fine out that there is none !

Then you realise why the ice cream bowl was floating in the top of the tub of water. That?s right, to wash the old A hole with !

I wont go into the knack of doing it because to be quite honest I haven't mastered it quite yet! but I have to tell you it takes a bit of practice to master it.

In the front row

Any way all was well and off I trotted with nice clean running shorts and another experience behind me. The rest of the starting procedure was all Thai so I didn't have a clue what was going on. But the up side to the starting procedure is that it was quite easy to move your way to the front and if you ever get to see the start line of the 1998 Bangkok Half Marathon you will see me in the front row !

A good race was had by all - the Thais certainly know how to take care of you and the whole course is lined with well wishers, well you think they are wishing you well because you haven't a dam clue what they are saying !

I managed to finish in 1. 39 .22 which I was very happy with because I haven't run more than 12km straight for the last six months and my longest training run was 7.5km. The winning time for the over 35 year olds was 75 minutes so the competition is quite tough. If you ever have a chance to run in Thailand do so - its an experience you will never forget.

Its funny you know, I always wondered why the Thai's always put their hands together in the praying position and bowed their head to you instead of shaking your hand !

John Preston

-And a few other Asian comments

I competed in a duathlon a couple of months ago in a rural area of Thailand called Chombun. I had been invited to by a couple of Thai guys I had been riding with.

The race briefing was a hoot it was all in Thai and I didn't have a clue what was being said until the race official saw that I looked confused then he said " watch the monkeys and go that way". Luckily it was an out and back course and I wasn't in the lead (I came 5th overall and Ist over 40).

The Thai's really appreciate the foreign competition but they will do anything to try and beat you. At the start of the duathalon you had to lay your bike on the ground because they had no bike racks. I didn't want to lay my trusty $5000 bike on the ground so I lent it up against a tree within the boundaries of the

transition area. Then I snuck over the fence to relieve myself, when I came back a couple of minutes later my bike was surrounded by 12 other bikes so I couldn't get it out !

I didn't want to offend any one I just let it be, the race organiser saw what had happened and I hoped he would fix my problem, sure enough when I came in off the run someone was waiting in the middle of the transition area for me with my bike and helmet !

At the presentation the Thai's always want the foreigners on the VIP table and you are treated like royalty (some find it hard to take but I feel quite comfortable in the situation).

I have managed to get myself up to speed with most of the Thai's with limited training and am normally in the top 3 over 40's with a couple of good wins under my belt.

For those of you that are still kicking around with old hairy legs Peter Corte you better start stepping up the pace a bit because Preston is on his way back and ready to kick big butt!

I miss all you guys big time and I remember all of your achievements and the magic that you all have, in being able to go that little bit further than the normal.

As for all this crap about how you deteriorate with age I have to say what a load of old rubbish, you can go as fast as you want to its just a matter of how much you want it. If you ever start to believe the crap that was written in the last issue just look around you at the next star, and see that there is living proof that the Striders are the exception to the rule. No disrespect to the author but save that sort of rubbish for American TV . A fact that you may want to add to your data base for losers is that in the Phuket International Triathlon I raced in the 45 to 50 age group and came 8th - if I had been in the 40 to 45 I would have been 4th!!

#%+!%&|~+#^

Sawadee Krap from Bangkok !

John Preston

New Baby Alert

Vivienne & Richard Briscoe.

A beautiful baby daughter, Lauren Ashley Briscoe, born on 30 December. (2.775 kg and 47 cm long.) sister to a very interested big brother Matthew.

Congratulations and best wishes from your Sydney Strider family.

Trailwalker again

Elizabeth Edmonds attempted to send this, but it had weirdo formatting and blew a fuse, and for those of you wondering - yep - Bryce is one of the original Sydney Striders :

Trailwalker web page is at : http://www.caa.org.au/trailwalker/

To Runners, Would be Runners, Walkers, Talkers, Hikers and Bikers!

A few words from Bryce Courtenay, patron of Sydney Trailwalker: "Twenty years ago almost to the day, I picked up a copy of James Fixx's, The Complete Book of Running and, like millions of others, it changed my life. I bought my first pair of Nike Daybreaks and went out to pound the pavement. Twenty-one years later, after competing in 39 marathons and ultra-marathons I'm still out there in the early morning, an aging Labrador unable to function without a daily running fix.

In truth I was never a talented runner, I always seemed to finish after everyone had showered. But that's the point about running, it's something you do for yourself, its better than prayer or meditation, in fact it is both put together with the sunrise added. These days I have more scar tissue than I have calf muscle and I'm constantly breaking down, but I would rather give up writing than running. A run in the morning early and a couple of K's down the road or along the beach front and you've forgotton about your impending bankruptcy, divorce, mortgage, taxation, your quarrel last night with the kids, boyfriend, girlfriend, the internecine warfare with your neighbours, all become trivial in a runner's life.

When you finally burst through the kitchen door back home with your sweatshirt drenched, your mind is oiled and humming and your day, come what may, cannot be completely screwed up, because God gave you two skinny legs and a big heart and set you firmly down on the road of life and said, run baby, run for your life.

The Trailwalker awaits you, it could just possibly change everything."

Bryce Courtenay

Experience is something you get just after you really need it.

The Super Series 1999

SS SS Report

The 1999 Super Series finally kicked off with the Palm Beach to Manly. It was great to see so many runners decked out in the green and white. The second race, the Domain 10k, had an even bigger turnout, although it was a little disappointing that a number of runners were not eligible for points because they were not in uniform. Nevertheless, over 50 runners fought out the points.

In the General Division, Grant Rankin and Xandra Dunn were the leading scorers in the Palm Beach to Manly. Interestingly, results were different over the shorter course in the Domain 10k, with Joanne Cowan and Chris Dwyer collecting the major points. However, consistency is what the Super Series is all about, and so far Jonathan Trope has what it takes, with a second and a third. Joanne Barton is the leading woman after 2 events, running well up in each event to hold off Louise Walker. Already the point for each StaR attendance looks like being vital when the season points are tallied. Don't forget to sign the book!

Men - General Division Results to Race 2

1	TROPE, Jonathan	81
2	BRISCOE, Richard	79
3	BOSWELL, Phil	78
4	GISSING, Jeff	73
5	GRANT, Brian	73
6	URWIN Steve	73
7	MURPHY, Grahame	71
8	LISSON, George	64
9	AUSTIN, Tim	63
10	WILSON, Mike	45
11	RANKIN, Grant	44
12	KING, David	44
13	DWYER, Christopher	44
14	GRIFFIN, Guy	40
15	HAMILTON, John	38
16	SCREEN, Jim	37
17	FORTUNE, Bernard	36
18	DORNBRACK, Dave	36
19	CAMPKIN-SMITH, M.	32
20	SMITH, Andrew	32

For full details of every run in the Super Series, please refer to the notice board at the StaR's.

Women - General Division Results to Race 2

1	BARTON, Joanne	82
2	WALKER, Louise	78
3	GREEN, Rozanne	70
4	WASSELL, Bronwyn	66
5	TILLER, Dawn	44
6	COWAN, Joanne	43
7	DUNN, Xandra	42
8	CATER, Catriona	41
9	CAMPBELL, Tina	40
10	CAMERON, Robin	39
11	EDMONDS, Elizabeth	38
12	KEARNS, Brenda	37
13	MAHER, Lesley	36
14	TUTT, Susan	35
15	SMITH, Penny	35
16	THEMSEN, Kirsten	34
17	MORRIS, Patricia	32
18	TAYLOR, Marlene	31
19	FLANAGAN, Pauline	6
20	WHITE, Margaret	5

The experimental Age and Gender Adjusted Division already looks like adding a great deal of interest to the Super Series. It aims to do as much as possible to compensate for inequalities between genders and distances, with the help of Steve Cornelius to fine tune the calculations. The fact that 5 of the top 10 scores so far were at each venue looks like its on the right track. Jonathan Trope has a big lead after the first two events. However, Jonathan is not running the Six Foot Track, so that the lead is there for the many runners behind to take. Good luck.

Age and Gender Adjusted Division Results to Race 2

1	TROPE, Jonathan	1630
2	BOSWELL, Phil	1517
3	MURPHY, Grahame	1486
4	LISSON, George	1471
5	URWIN Steve	1463
6	GRANT, Brian	1462
7	BRISCOE, Richard	1422
8	GISSING, Jeff	1416
9	FIEDLER, Manfred	1408
10	SCREEN, Jim	1383
11	WILSON, Mike	1379
12	KING, David	1375
13	AYLIFFE, John	1356
14	BARTON, Joanne	1343
15	AUSTIN, Tim	1323
16	WALKER, Louise	1299
17	WILLIS, Graham	1264
18	EL-KHANSA, Mahmoud	1256

Striders' 1999 Age-Grading Experiment: Some Q's and A's

Age-Grading? What are you talking about?

A quick re-cap, for anyone who hasn't read my original article (Blister #71, page 6). The Age-Graded (AG) Tables are a set of standards, or weighting factors, which enable comparison of athletic performances. They can be used to compare (a) athletes of different ages and/or opposite gender, (b) performances in the same event or different events, or (c) an individual athlete's career performances.

The AG Tables were compiled by the World Association of Veteran Athletes (WAVA), published 1989 and revised 1994. They are not based on a single standard formula, although spreadsheet analysis does show recurrent patterns. AG Tables are empirically based on approximate world records at all ages, and are the result of thousands of person-hours of research and meticulous cross-comparison.

How extensive are the AG Tables?

Huge. Sydney Striders only use a small part. In running alone, they cover distances from 50m sprints through to 100km. But there are also tables for field events (all the throws and jumps), plus most popular race-walking distances, hurdles and steeplechases.

Most remarkably, however, they cover an almost unbelievable age range (8-100) in 1-year increments, and there are separate tables for men and women.

Currently our club only needs to use running standards from about 1500 metres upwards, in adult ages up to about the mid-70s, although individual members who do other events or are parents of junior athletes might find some of the other tables useful.

How can I use the AG Tables?

You'll need a pocket calculator! Better still, a spreadsheet if you're going to do lots of this! **To calculate an AG rating** for a race performance, first convert the finishing time to seconds. Call this number "P" for Performance. Then find the WAVA standard for the appropriate distance and age in the table printed in this Blister. Call this number "S" for Standard. Be aware there are separate tables for men and women! Divide S by P, then multiply by 1000. The result is your AG rating, expressed as a score out of 1000. (NB You will also frequently see AG scores expressed as a percentage, to 1 decimal place, by those who use just 100 as their multiplier. I find a simple 3-digit number easier to work with).

Example: A 40-year-old woman runs a marathon in 3:15:48. So P=11748 seconds. The WAVA standard (S) for an F40 marathon is 8549. So the rating is 8549 divided by 11748, times 1000, = 728.

To calculate an equivalent for any given race performance, first convert the known race-time to seconds and call it "P1". Look up the standard for that performance and call it "S1". Look up the age, distance and gender combination for which you want to generate an equivalent performance (this could be opposite gender, different age, different distance, or any combination of those three variables). Call its WAVA standard "S2". Divide S2 by S1, then multiply by P1, convert the resulting number of seconds to hours, minutes and seconds, and that's your equivalent performance.

Example: A 50-year-old male runs a half-marathon in 90 minutes exactly, and we want the equivalent performance for a 30-year-old female running 10k. Convert 90 minutes to 5400 seconds. Look up S1 and S2, in this case 3955 and 1795 respectively. Dividing 1795 by 3955 then multiplying by 5400 gives 2451, = 40 minutes and 51 seconds.

How good am I? What's a classy AG score?

How long is the proverbial piece of string? It depends what you mean by "good". One thing's for sure, if your score has 4 digits, either you're close to a world record, or your calculator's stuffed. An AG score of 1000 is, by definition, approximately world record standard for your age and gender.

WAVA suggest 900 is "World" class, 800 "National" class, 700 "Regional" class, and 600

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

"Local" class. I myself suggest that 500 is "Enjoying your run, looking at the flowers" class, and 300 is "Overweight middle-aged cove like me with fat gut and passion for chips and beer" class.

We're getting to the point where we will soon be able to look at Striders' historical record and perhaps discover the champion run of all time by any Strider. Already we're finding a few high 800's and an occasional one or two in the very low 900's, so if you're in that category, tell me about your exploits.

How are Striders using AG Tables in 1999?

I suggested to Kevin O'Kane that he might like to apply them to his novel Super Series concept, and the Committee kindly agreed to give them a run on a test basis, in parallel with the traditional age-category awards. There will be one prize at the end of the year for the best grand total of AG scores (each runner's best 8 AG scores from the 11 events will count), and another prize for the single race performance which registers the highest individual AG score of the year. Progress scores on at least the first 2 races of the 1999 Super Series (Palm Beach to Manly plus Race 1 of the Striders' 10k Series) will appear in this issue.

How do we deal with distances not covered by the AG Tables? And what about races which cover hilly terrain?

This has certainly been something of a challenge, because the Tables only cover popular race distances and assume flat, properly-measured courses. That's why we're billing our 1999 usage of AG as "experimental".

Distances not covered in the AG Tables are the easier of these two problems. Although the Tables aren't based on any simple overall formula, when you plot the values on graphs, you do get smooth curves. I've worked out an algorithm for interpolating values between the WAVA standard distances. (I'll publish details of this at some stage, but there just isn't room here now). It's not a difficult procedure, and I suggest it's relatively uncontroversial as long as we stick to intermediate distances and don't go EXTRApolating for distances outside the Tables' range. I think my algorithm should be valid for all distances from about 5km up to about 75km, which covers a large percentage of the races Striders do.

The problem of hilly terrain is a tougher one, but still solvable. Plainly it would be ludicrous to assess performances in, say, the Six Foot Track using its nominal distance of 46km, when most people you ask say it feels more like 60! There are 5 races in the 1999 Super Series which need special consideration owing to hilly terrain, non-standard distances, uncertainty about course measurement, or potential delays owing to crowding. They are Palm Beach to Manly, Six Foot Track, Equaliser, Woodford to Glenbrook and City-to-Surf.

David Sill kindly sent me a pamphlet from the (UK) Road Runners' Club, who apply "terrain weightings" to many known races over there, in order to generate target times for their Standards Awards. I'm not sure exactly what their formula is, but it set me thinking, and I came up with a method. It's based on the idea that the nominal distance of such races is irrelevant – what really matters is the times which Striders have recorded in the past. The method goes:

1) Take Striders' Race Results archives 1994-1998, including almost 2000 individual performances.
2) Generate a list of all instances where a Strider has run a hilly race plus at least one other race of known distance during the same year. For most races this produces quite a sizeable set of result pairs, each pair consisting of one "Benchmark" result and one "Target" result.
3) Eliminate any pairs whose Benchmark race was part of a triathlon or other multi-event, or where essential details were unclear, and any which suggested hilly terrain. Benchmarks are typically flattish, well-measured courses such as SMH Half, Canberra Marathon and Striders' 10k's.
4) Generate an AG score for all the Benchmark races, then work out how long its paired race would have had to be, to produce an identical AG score. This gives you a theoretical distance for Target races, based on empirical data.
5) Look at the sets of theoretical distances to ensure they're fairly normal bell-curves, note their median value, and round it to the nearest whole kilometre. I call this value a race's "Flat Equivalent Distance" (FED) and if it's a non-WAVA distance, I then generate AG standards.

This method produced the following FEDs when applied to 8 popular races:

Race	Nom	FED
City to Surf	14k	14k
Equaliser Cross Country	15k	16k
Palm Beach to Manly	30k	32k
Mt Wilson to Bilpin	35k	40k
Six Foot Track	46k	60k
Brisbane Waters Bush Bash	47k	55k
Royal National Park Ultra	50k	58k
Brindabella	53k	60k

(NB The first 4 are in the Super Series, the other 4 are

not. "Nom" means the race's nominal distance. I'm still working on Woodford to Glenbrook, which requires perusal of a few very old Blisters!).

So the AG ratings for January's Palm Beach to Manly (elsewhere in this edition) were rated on its Flat Equivalent Distance of 32km.

I'll continue to monitor how this method goes, and recalculate at the end of 1999, by which time I plan to increase the quantity of Benchmark data by at least 50% and possibly more.

Doesn't this tinkering corrupt the Tables and compromise their usefulness?

Well firstly I stress that the Tables themselves are not being "corrupted". Not a single original WAVA value has been changed. I prefer to see what we are doing as enhancing, extending, or adapting the AG Tables, in ways which are (I think) defensible statistically, empirically and methodologically.

We have to face the fact that whenever we try to compare performances in different races, we are comparing apples with oranges to some extent, NO MATTER which system we employ. ALL systems of cross-race comparison experience declining reliability in the following order (best to worst):

- Compare performances within a single race;
- Compare different races on the same course;
- Compare different races with similar characteristics (distance, terrain etc);
- Compare races with different characteristics.

What we're doing with AG is admittedly quite a radical enhancement of the original WAVA basis, but there's no law says you can't do it. I don't know of any other club in the world, let alone Australia, which is trying this kind of experiment to the degree that we are (once again, Sydney Striders blaze a new trail!).

Sure, AG isn't a perfect system when applied to road and trail races, but that has more to do with the nature of those races than with the nature of AG. Unfortunately for us, road and trail races are what we do – and they aren't clinically exact entities! I would submit that whatever inequities are inherent even in our "cutting-edge" version of AG, they aren't in the same league as the inequities inherent in our existing systems (talking of which, see below – and weep).

Doesn't all this AG stuff introduce unwanted competitiveness into the club?

Sydney Striders have never insisted that their members compete in anything if they don't want to, and we're not now. If you don't want to know your AG ratings, I suggest you do what you've probably been doing for years with the 10k Handicap Series, the Marathon Ladder, and all the other traditional rankings – just don't bother looking at it!

I prefer to see AG as giving everyone a chance to be competitive if they wish to, when many have been effectively denied that by the vagaries and arbitrariness of the current system. If you don't like what's on TV, you push the button labelled "Off". Same applies with AG.

Why do we need AG? Our traditional system has served us well, hasn't it?

Wow! How long have you got?! It reminds me of that TV cereal ad with the dorkish young bloke and his patronising family - The Things We Do!

For example, since our formation in 1980, we have routinely presented so-called "Best Marathon" and "Best Half-Marathon" trophies on the basis of accepting results from just about any race anywhere in the world which cared to call itself a marathon or half-marathon. We have rarely applied any selectivity to these results, and have not enquired into accuracy of course measurement except in those few cases when some gross anomaly appeared (e.g. the first Sydney Marathon 1981).

You know what I found out recently? You're going to hate this. Last year's Sydney Marathon results are officially null and void as far as IAAF and AIMS are concerned. It wasn't measured by a qualified course measurer. It's not necessarily short, it's just that its actual length is unknown. It could be 39k or 45k for all we know. Sorry to all those Striders who ran it, but your result doesn't count on the world scene. Here at Sydney Striders, however, we still list it in our marathon ladder because we don't apply world-accepted standards of course measurement to those rankings.

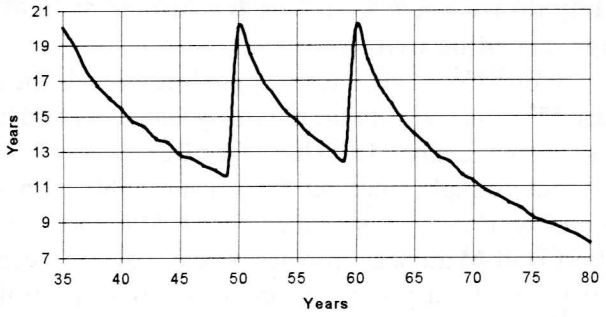
It gets worse. Take a look at the graph below. It turns the spotlight on our current method of dividing up our older runners. Currently our women's categories are Veterans 35-49, Masters 50-59 and Seniors 60+. The biggest problem with this system is that as you progress through any age group, you are increasingly at a physiological disadvantage compared with the youngest members of your group.

On the graph, the horizontal axis shows a woman's actual age. The vertical axis shows the age which a teenage girl would have to be, in order to experience an equivalent physiological disadvantage if she had to compete with 20-year-olds.

So a woman aged 40 is, even after only 5 years in the "Veterans" category, at the same physiological

disadvantage compared to 35-year-olds as a girl aged 15-and-a-half competing with 20-year-olds. By the time she is 45, the average woman is effectively like an "under-13" competing in the Open category. And at 49, just before she graduates to so-called "Master" category, she's effectively "under-12"!

Suddenly, arbitrarily, at 50, she's at the top of the heap for no other reason than that she has a zero at the end of her age (oddly, this didn't work for her at 40, but it does now). Then she quickly



starts going downhill again in comparison with the youngest in her so-called "age group". By 59, she's competing like a 12-year-old against 20-year-olds again. Don't even think of what happens to women over 70 who have to compete in one big arbitrary "Seniors" category. The situation is a bit better for men, their Veterans' being 40-49 – but not very much better.

We wouldn't even dream of asking real 12-year-olds to compete in the Open category, and if we did, public opinion would justifiably rip us apart. So why do we perpetuate a system which is every bit the equivalent of such an unthinkable situation?

This "system" doesn't even merit the name "system". The only systematic thing about it is its systematic discrimination against older athletes! Such irony. It's a system whose rationale for existence was to compensate older athletes for their inevitable physiological decline, but which discriminates against the majority of the very group it was meant to assist. It's so dumb, it redefines "dumb".

And I haven't yet got around to mentioning those annual awards (including the club's premier award) which are based entirely on subjective assessment of achievement, with little attempt to quantify and compare in any systematic way. Nor the anomaly which saw one member last year win no fewer than 4 trophies for running a single race (Open and Vets Best Marathon, Open and Vets Club Championship). I could go on all night.

Don't get me wrong. I'm not about belittling the achievements of past award winners in any way. I promote AG as a way of properly identifying and rewarding achievers. Nor do I suggest that the faults in our current system were put there deliberately. I'm simply pointing out that there are some very significant weaknesses in our system. AG inevitably has some weaknesses and inaccuracies too, but you can say two things about it with confidence: First, EVERY feature of AG has some empirical data and/or logical reason behind it. And second, any fine-tuning which AG undergoes will be for an exactly quantifiable reason. That has to be a great leap forward.

How will Striders use AG in the future?

The club committee will decide this, not me. So you'd better let them know what you think, or get elected yourself. If most members want it totally scrapped at the end of 1999, I'm sure the committee will be happy to scrap it. On the other hand, if you like it or want it changed in some way, mention this to a committee member near you. Write letters. Criticise it. Praise it or curse it. But remain silent, and the committee will decide without your input.

I have a few ideas myself, and I'll be quite frank – eventually I'd like to see the total abolition of age categories. I don't want anybody to be under any illusions here, I don't want people coming back to me later and saying oh Steve, you never warned us, you snuck it past us. So here it comes again – I want revolution! Age categories as they currently exist are BALONEY, and I'm going to keep on attacking and ridiculing them until they fall apart from the vibrations of people's laughter. I hope that was clear enough. We've a way to go yet before that happens. But fundamentally it will come down to whether you like the AG concept and the way we're doing it. Concepts you've liked in the past (Blister, 10k Series, STaRs, etc) have been perpetuated. Less popular and less inspired ideas (I won't name them!) have died. It's up to you to decide which category AG is in.

Meanwhile, good luck with your own participation in our AG experiment for 1999. If you're scoring in the 900s, you could be the club's all-time champion. If you're scoring in the 400s, continue to enjoy looking at the flowers.

A few footnotes:

I've sent the editor 2 full pages of AG Tables*(The tables are printed on page 22 in this magazine. -Ed)*, but if he's short of space, he's going to have to chop out every second row. If he's seriously short, he'll just publish every age divisible by 5. If this happens, that's life. However, I am gradually putting together an AG package which will fit on a diskette, including a spread-

sheet and some documentation and explanation. My aim in this is to make the whole AG procedure transparent to everyone and less of a Black Box. I'll post to the email LiSSt when it's complete.

Also, I've had to omit the summary of the semi-subjective survey of race distances. That will also get posted to the LiSSt. Real soon now.

I'd welcome comments on any of the above, from anyone at all. These might include suggestions on improvements, criticisms of methods, whatever. Just a couple of final points – I'm sorry I can't help you increase your AG scores, and I don't take bribes.

Steve Cornelius

The following is received from The Scretary of Achilles Running Club.

Achilles was established in 1983to encourage disabled people to participate in road running with the general public. The Club was founded by Dick Traum and Robert Glover from the nited States and the Achilles Club has expanded into 40 chapters in the United States and over 110 chapters in six continents.

The 1997 New York Marathon for example had 248 Achilles runners from all around the world competing in the 26.2 mile race. Achilles also organises special running events for disabled children.

Achilles has many local and national events each year. The club is unigue because of it's emphasis on running which has inspired many volunteers to assist the disabled to pursue the simplest of dreams - their desire to run.

Achilles welcomes anyone with a disability who wants to run. Membership in the Achilles Running Club will include races, fun runs, coaching, workouts, club t-shirts and newsletters.

Achilles members run with disabilities which include inter alia cerbal pausey, paraplegia, arthritis, epilepsy, amputation, visual impairment (including total blindness), multiple sclerosis etc. All Achilles members participate in running workouts and enter races and fun runs. They enjoy the companionship of other members and volunteers and a lift one gets to both body and mind from regular exercise.

Two and a half year ago the Sydney Chapter of Achilles Running Club was started.

With only a handful of volunteers numbers soon grew. Now Achilles members are a well known adition to the various races and fun runs, locally, interstate and overseas.

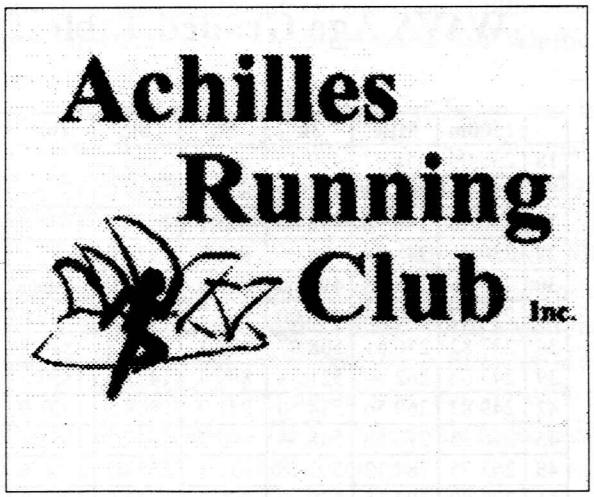
Achilles Running Club is designed to assist people with disabilities to enjoy the benefits of running and walking.

In 1997, Achilles, a registered charity, managed to send three disabled members, two of whom were blind, to New York to compete in the New York Marathon. More recently, ten disabled people completed the City to Surf and the Sydney Half Marathon.

Achilles members meet every Sunday at 8am on the Art Gallery steps to train. Disabled members are assisted by a roster of volunteers. Any visitor or new members are always welcome. If you see any of our members racing, don't hesitateto say hello.

Extra volunteers and financial support are always needed.

For information, please contact Cathy Katen on tel 02 9261 1211 (b/h) or email: cathy,katen@mccabes.com.au



Coming events

21/3	Lindfield Fun Run
10+11/4	Canberra Fun Run and Marathon
16/5	Canberra Half Marathon
23/5	Sydney Morning Herald Half
30/5	Brisbane Marathon

Plus many, many more. To keep updated of venues and opportunities, please refer to the Strider Calendar and coolrunnings website

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WAVA Age Graded Tables: Standards for Men (seconds)

	1500m	Mile	3k	5k	8k	10k	12k	15k	10Mls	Half	25k	30km	Mthon	50k	100k
18	211.23	228.41	451.61	782.9	1293.9	1641.6	1990	2531	2729	3649	4382	5339	7757	9363	20761
21	207.70	224.39	448.96	778.4	1278.9	1618.4	1962	2486	2680	3579	4296	5235	7610	9190	20360
24	207.70	224.39	448.96	778.4	1278.9	1618.4	1962	2486	2680	3579	4296	5235	7610	9190	20360
27	207.70	224.39	448.96	778.4	1278.9	1618.4	1962	2486	2680	3579	4296	5235	7610	9190	20360
30	207.70	224.39	448.96	778.4	1278.9	1618.4	1962	2486	2680	3579	4296	5235	7610	9190	20360
33	208.71	225.21	448.96	778.4	1278.9	1618.4	1962	2486	2680	3579	4296	5235	7610	9190	20360
36	213.04	229.87	456.06	786.6	1287.4	1626.1	1968	2489	2681	3579	4296	5235	7610	9190	20360
39	217.56	234.75	465.65	803.1	1314.5	1660.3	2009	2541	2737	3645	4367	5310	7684	9256	20360
42	222.32	239.88	475.73	820.5	1342.9	1696.3	2053	2596	2797	3723	4462	5424	7849	9456	20669
45	227.32	245.26	486.31	838.7	1372.8	1734.0	2098	2654	2859	3806	4561	5544	8022	9665	21120
48	232.65	251.01	497.59	858.1	1404.6	1774.3	2147	2715	2925	3894	4666	5672	8207	9887	21602
51	238.30	257.09	509.54	878.7	1438.3	1816.9	2199	2780	2995	3987	4778	5808	8403	10123	22111
54	244.35	263.62	522.35	900.7	1474.4	1862.6	2254	2850	3070	4087	4897	5953	8612	10375	22655
57	250.92	270.69	536.23	924.5	1513.6	1912.1	2313	2926	3152	4195	5027	6110	8839	10648	23245
60	257.95	278.26	551.07	950.1	1555.4	1965.0	2377	3007	3239	4310	5165	6278	9081	10940	23874
63	265.83	286.75	567.71	978.7	1602.3	2024.3	2449	3097	3336	4439	5320	6466	9352	11267	24578
66	274.42	296.01	585.83	1009.8	1653.4	2088.8	2527	3196	3442	4580	5489	6670	9647	11623	25343
69	284.04	306.36	606.10	1044.6	1710.4	2161.0	2614	3306	3561	4737	5678	6899	9977	12019	26196
72	294.97	318.13	629.11	1084.1	1775.2	2242.8	2713	3431	3695	4915	5891	7158	10350	12469	27162

WAVA Age Graded Tables: Standards for Women (seconds)

	1500m	Mile	3k	5k	8k	10k	12k	15k	10Mls	Half	25k	30k	Mthon	50k	100k
18	233.00	251.97	499.40	866.9	1432.7	1817.0	2198	2798	3016	4027	4830	5877	8506	10233	22708
21	230.46	248.98	498.00	863.7	1419.0	1795.0	2175	2751	2963	3948	4730	5752	8331	10047	22288
24	230.46	248.98	498.00	863.7	1419.0	1795.0	2175	2751	2963	3948	4730	5752	8331	10047	22288
27	230.46	248.98	498.00	863.7	1419.0	1795.0	2175	2751	2963	3948	4730	5752	8331	10047	22288
30	230.46	248.98	498.00	863.7	1419.0	1795.0	2175	2751	2963	3948	4730	5752	8331	10047	22288
33	232.27	250.63	498.00	863.7	1419.0	1795.0	2175	2751	2963	3948	4730	5752	8331	10047	22288
36	237.82	256.61	508.97	878.1	1436.8	1813.8	2194	2769	2981	3960	4736	5752	8331	10047	22288
39	243.66	262.90	521.38	899.4	1471.6	1857.6	2247	2836	3052	4055	4849	5884	8481	10201	22326
42	249.83	269.56	534.50	921.9	1508.3	1903.9	2303	2906	3128	4156	4969	6029	8690	10451	22866
45	256.35	276.58	548.34	945.7	1547.1	1952.8	2362	2980	3208	4262	5096	6182	8909	10715	23434
48	263.35	284.12	563.18	971.1	1588.7	2005.1	2425	3060	3293	4376	5231	6346	9144	10997	24042
51	270.80	292.15	579.00	998.3	1632.9	2060.9	2492	3145	3384	4497	5376	6521	9395	11297	24689
54	278.85	300.82	596.05	1027.5	1680.6	2120.9	2565	3236	3483	4627	5531	6709	9664	11620	25384
57	287.61	310.26	614.62	1059.3	1732.6	2186.3	2644	3335	3589	4769	5700	6914	9957	11971	26139
60	297.06	320.44	634.64	1093.6	1788.5	2256.7	2729	3442	3704	4921	5882	7134	10273	12349	26950
63	307.70	331.89	657.15	1132.1	1851.4	2335.8	2824	3562	3833	5093	6087	7381	10626	12773	27860
66	319.38	344.48	681.86	1174.4	1920.3	2422.6	2929	3694	3975	5281	6311	7652	11014	13237	28855
69	332.54	358.65	709.66	1221.9	1997.9	2520.1	3046	3842	4134	5492	6562	7956	11449	13758	29970
72	347.61	374.87	741.47	1276.3	2086.5	2631.6	3181	4011	4315	5733	6850	8303	11945	14352	31239

GLOBAL PROPERTY SALES

Hi Fellow Striders,

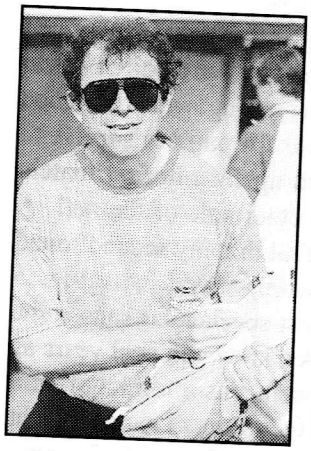
We have changed our name to GLOBAL PROPERTY SALES, which means

* No area restrictions *No franchise fees for a sale * We participate in advertising cost

I can offer my professional and friendly service to you much cheaper than other real estate agents. We are based in Epping, but have sold properties on the Central Coast, Northern Beaches, Eastern Suburbs, so if you or any of your friends are contemplating selling, I will be happy to be of assistance. Please contact me on 0413 544 390 or at a StaR. *-George Herisson*

National Runners Week

Sojourn in the Snowies



The generic Sydney-Canberra freeway drags on, broken only by the signs insisting on McDonalds or Hungry Jacks. My spirits lift suddenly as we swing towards Lake George and the high plains. Putting Queanbeyan behind, we're in the Monaro (named after the aboriginal word for "woman's breast" because of the shape of the rolling hills - but I'd already called them the mammaries before I read it). The lifeless green-grey of the landscape, pocked by giant basalt boulders, is not broken by trees or foliage. For a change, this is because of the soil and not the saw. Anticipation replaces impatience as we pass the weathered Ski Hire shops and caravan parks of Cooma and Berridale and the red and grey glass, stone and wooden edifices of Jindabyne, and we're finally on the Alpine Way, heading up to our destination.

If this is January, it must be Thredbo.

"the village"

The village of Thredbo (it is always "the village") still nestles warily below the closed Alpine Way as it did before that terrible day in 1997. Thredbo's physical scars are dwarfed by the dusty frenzy of roadworks, which have turned Thredbo 1999 into a building site. Trucks move the rubble incessantly in the extended daylight hours of the southern mid-summer. Unlike last year, nobody talks much about the disaster. But it is always there like an unwelcome guest. Having uneasily paid my respects to the site (adjacent to the lodge where I stayed several times) in 1998, I have no wish to return. The road still passes quietly by, sullen in the summer heat, its former happy bustle probably gone for a decade. Many of the club lodges lined up on the side of the hill are deserted and overgrown, and will never re-open. The locals say that whatever is still open is safe. Probably.

Brian Lenton

But we are here for the 19th annual National Runners Week. National Runners Week is Brian Lenton. This is not to belittle the efforts of Brian's wife Linda, and hordes of willing volunteers. But without Brian and his surgically attached megaphone, it would not exist The work throughout the year to co-ordinate sponsors, helpers, organisers, permits, prizes etc. is dwarfed only by what he puts into the week itself. Every day has an interesting event or three, punctuated by Brian's laconic commentary.

The place is suffering from the usual mild infestation of Striders. Former Strider Bernie King has barely missed a year since he was young, and that's a long time. The regular Truscott trio are there, and John Sauer turned up for his annual liver cleansing diet of red, white and amber. Former Marathon Training Group member Lorraine Stevens is here again with the family. There seems to be a Stevens or two in every event. Cameo appearances by Geoff Cox, now in Canberra, and Chris Dwyer kept the green and white colours showing. Former Strider Dot Siepmann showed up for the first time in a decade, a little slower but keener than ever. And of course Ian Whitfield, larger than life.

Happy hour is the place to be in the late afternoon. To meet, catch up on the day, plan and to just have a drink. Sit in the sun, lean back and just stare up the mountain as the shadows grow longer.

The food seems better this year. Altitude 1380 is a café with restaurant quality food - and good coffee. There are more eateries in the village worth a visit than there are days to eat, and some have Runners Week specials. The pizza shop and noodle bar vie with the cafes for the fast food. Half a dozen other places will more than take care of the7 evenings.

Pizza Relay

Random team events conspire to get people to talk to each other. The most popular is the Pizza relay for about 30 teams of 5. Each member of 4 or 5 randomly chosen teams wins a pizza for finishing in a secret predetermined position. The nine year old running my team's last leg was "generously" allowed to finish a metre in front by an elite runner, who naturally won the pizza. The final sprint in 1988 produced one of Brian's legendary lines when Dot Browne and Dot Siepmann sprinted for the line "Two Dots together - it's a colon". Aaaagh! And then there's the Canberra Marathon Quiz night - trivia in joggers.

Oh yes, the running! First up, the Crackenback Challenge, 2k or so straight up under the chair. What a way to start the week! You can strain your

neck just looking up the "hill". Two Terrigal Trotters, fresh from Palm Beach to Manly in the morning, sprint belatedly from the car park to the start. The savagery of the course soon causes the familiar thigh wobble from soon after the start, as the effort pulls the air from your lungs like a corkscrew. . A new lesson I learned this year is that it is not wise to suggest that a female runner might have wobbly thighs. At times, it does not seem possible to conquer this course, but the lessons of years past are that, with persistence, it is. At the top, the mountain tracks stretch out into the mist. It never fails to move the soul, that first sight of "the top". The mountain walks are, in all honesty, fabulous. If you can still breathe.

For the less adventurous, there is no need to ever run a serious hill, let alone a mountain. Village runs include flat fun runs over 3 and 6 kms, a feature 1,500 metre event and, for the sprinters, the Thredbo Gift over 100 meters or so. Women, kids and veterans have their own separate fun runs on Friday, and the Thursday swim/run biathlon includes a brisk 2.5k run. For the 8th time (out of 8), I was last out of the water. Maybe next year I'll train, but probably not. Emphasis is on fun, with prizes for most events based on participation, not results.

Just me and the hills

Monday is the day to head for Kosciusko, and I decide to jump the queue. At 6.30 am, hours before the chairlift moves, I'm "running " up under the chair again. By myself, this time, and I feel an urgency to be out of sight. At the top, and I can see about 30 jet black crows, stuck as if made of plastic on some of the many electronic relay towers. Only their eyes move as I puff past, with the silence clamped tightly around me. As the village disappears from sight and mind, I feel a bit like Captain Kirk, beamed up to another reality. The landscape is clearly alien, but not unfriendly for that. The black-green and grey is tinged yellow between the long shadows by the first rays of the sun. A startled fox, all feather-duster tail, stares, puzzled, at me for a full minute before scurrying off as I shuffle breathlessly closer up the metal grid. For another half hour, it's just me and the hills., which move grudgingly aside to let me pass, and then resume their guard. Soon enough, I'm on the rocky trail to the summit. Crack! Abruptly the spell is broken by the crunching steps of a cyclist from Charlotte's Pass, climbing with sharp frosty breaths. At the top, I pause without a word to allow him the day's first 360 degree view. I've seen it before. He is still looking at Victoria when I leave 10 minutes later. Although I am almost back before Chris Dwyer and Chris Truscott are first off the chair, I can feel long before that, with the muffled village sounds weakening the wildness at every step, that the mountain has put away its private face, and is now open for business.

Tuesday is tennis day, where those who can hold a racquet (and a few who can't) are paired off to bid for glory in the knockout- young with old, good with bad, men with women etc. 16 pairs to survive to the Friday night finals. I turn up for my first match. Hallelujah! Whitfield on the other side of the net! A slightly fortunate 6-0 later, I find that my second round opponents can play. 6-0 the wrong way.

One of Australia's most spectacular runs is the 30k around the mountain peaks, known in past years as the "Epic". Sadly, it was cancelled as a formal event a couple of years ago, after the runners were caught unprepared by a weather change. Be ready for anything up high. Half a dozen of us take off on Wednesday morning, complete with water and windjackets. The cloud is all around, visibility about 5 metres maximum, lifting only after the spectacular lakes were behind us. Disappointing, but that's the way it is in the mountains.

It is worth getting to know some of the people. You can, of course, stay in your own world, and no-one will bother you. But there's a story behind every face, such as Ludwig Rabina who came to Thredbo in the 1950's, and organised the first runs up the mountains. We learn a little about Ludwig and Thredbo at Wednesday's Runners Week dinner.

Thursday and cabin fever cloud has settled in for the day, so it seems. Around noon, Jan and I take the chair for a trip up and a stroll in the cloud. After 10 minutes, it is suddenly clear and hot. It has been for hours. Two Danish walkers, burnt Ferrari red in the thin mountain air, try impossibly to find a way to move without pain. We look back, the cloud still filling the valley behind, as if the village does not exist. There is no evidence here that it ever had.

the third bottle?

Friday night under the stars, watching the tennis finals. Pizza, red wine and good fun. Some tennis too. As the lesser teams go south, the cold snuggles up, and the night seems to move ever more slowly and unreally in a fog of tennis and talk. Or maybe it's the third bottle. All too soon and too easily it is over. I'm not surprised that my Tuesday conquerors won the final in 15 minutes. Not like the

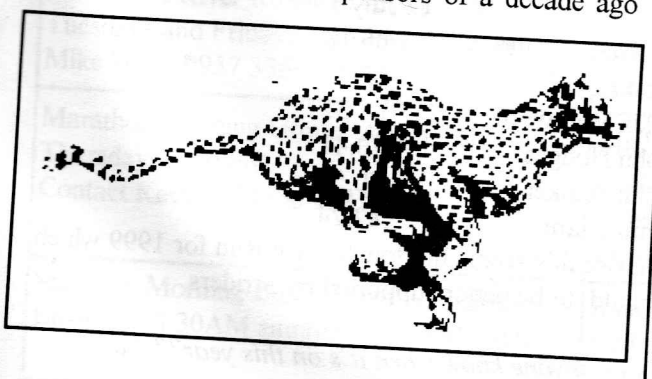
classic final of a few years ago, when Mike Lenton, son of Brian, and a large lump of a lad, unsportingly took on a team including a 4'3" 13 year old, Jack something. Using his 2 foot and 40kg advantages, Mike slammed the ball at young Jack all evening, but it kept coming back. The crowd was hoarse an hour later when Jack hit the winner wide of Mike.

The golf course is bounded by bush. Scenic, lovely to stroll by, but once your ball goes in, it stays in. And I'm not going into the well-named Snake Gully or the Viper Pit to look for it. On the 4th tee, a wombat hole has a picket fence, and Wally's name on the letter box. I stayed out of there, too. One year I almost fluked a win in the Runners Week competition, but this year it's a pleasant walk with some of the many runners from Wagga Wagga.

The younger brigade seem to party, and party, and party. Ask the Truscotts. Tuesday night tabletop dancing in the T-Bar restaurant sounded a bit like television wrestling without rules. I didn't see the results of the 2.00 am fun run that night. That might be because there was nothing to pin the numbers to without drawing blood. There often seems to be a mobile party following the action around the village. They even dropped in one night. Volleyball seemed to be the sport of choice for the under 30's - again in random (sort of) teams.

Will it continue?

But National Runners Week can't last forever. Brian has been at it for 20 years come 2000, which might be a nice round number to finish on. Year by year, bureaucracy erodes the edges - and sometimes more - of its uniqueness. The National Parks people seem to be more restrictive and less supportive each year, rightly concerned, no doubt, to protect the environment, limit their own liability and to avoid the thousand to one possibilities. Unfortunately, this also means that some of the excitement of running on the edge is diminished in proportion. The village now has many more summer attractions than before, so that each year it needs the runners a little less. Many of the sponsors of a decade ago have gone, and only some have been replaced.



Or Brian may wish to pursue a career in comedy. It's a little known fact that Brian almost beat Jerry for the lead in Seinfeld. Perhaps his insistence on Bernie King as Kramer was too much for the producers. Not that there's anything wrong with that.

I haven't got around to mentioning the cycling, mountain bikes, fishing, squash, gym, indoor pool, horseriding, Shakespeare on the Green or the Blues bands. Or the leg-tearing Kosciusko Classic to the summit. There's something for everyone at Thredbo.

Like any place, Thredbo has its drawbacks. In bad years, the flies require layers of repellant. Fortunately, this was not a bad year. And, as almost all of the events require you to be at the lowest point of the village, everywhere else is up, and up, and up.... And, unless your accommodation has parking, be ready to walk. These, however, are minor gripes, and by the end of the week, the extra hill sessions on the way home each day may be starting to help.

Perhaps the 1999/2000 Marathon Training Group could use Runners Week 2000 to prepare for the big Marathon on the Olympic course, so organise your holidays now to be free around the 2nd or 3rd week in January. There may not be a next time. If you're interested, tell me now.

Kevin ~~O'Kane~~

Canberra Marathon Press Release

The New Balance Canberra Marathon organisers, who have been at loggerheads with athletics authorities for the past seven months over the race's continued existence, have been rewarded with an overwhelming vote of confidence by athletes.

In a recent poll, over 50% of readers of a Sydney based newsletter voted the Canberra Marathon the best marathon in NSW and ACT for 1998. No other marathon received as much as 15% of the vote.

This victory for Canberra Marathon is particularly sweet as the organisers, Supported by the ACT Government and Canberra Tourism and Events Corporation, have battled with Athletics Australia and Athletics NSW since July last year over the timing of Sydney Marathon.

Until recently Athletics NSW, the organiser of the Sydney Marathon, had intended putting the Sydney Marathon on in April 1999 in a direct clash with the long established Canberra Marathon.

Canberra organisers now hope that this resounding vote of confidence by the athletes will uarantee the future of the New Balance Canberra Marathon as Australia's premier autumn marathon.

This success is also reflected in early entries for the 1999 New BAlance Canberra Marathon, which will be held on 11 April. Entries at this stage are up 80% on last year and over 100% on 1997 figures.

Hugh Jorgensen, President
ACT Cross Country Club Inc.

Your 15 Minutes of Fame

Recent exchanges on the Striders' email "LiSSt" give a clue to the optimum method of obtaining your very own 15 minutes of fame. The best way to Get Noticed is to post a small, inocuous message to the LiSSt detailing some ailment which currently afflicts you, and asking subscribers for their diagnosis and advice. One such message recently mentioned "sore knees".

The response was staggering. Physios sent messages about bio-mechanics. Dieticians ranted about the relationship between your diet and your knees (a relationship many of us would have considered tenuous at best). Old, worn-out runners banged on about old, worn-out shoes. Bank managers offered credit for the knee sufferer to buy plentiful new shoes. New Agey types said Astral Flying and saying "Ommmmmm" a lot would help. Gynaecologists pontificated about, well, those special things gynaecologists deal with all day. Shoe-shop owners mentioned special discounts.

The knee sufferer was adjudged, in quick succession, to be overtrained, undertrained, pronating, supinating, pregnant, post-menopausal, club-footed, a typical Virgo, a shining example to us all, a pain in the arse, and a dangerous subversive. Her soles were crap. Her uppers were crappier. Physios abused dieticians. Dieticians abused doctors. Bank managers abused everybody.

And at the end of the day, Pauline had had her 15 minutes of fame. But the bloody sore knees just wouldn't go away!

Steve Cornelius

Striders Contact details.

As part of the transition from Sporting Spectrum to our own administration, a new telephone number have been rented from Telstra. It's a product named Telepath One which basically is an overlay number pointing at one or several "real numbers". This means The Club can maintain the same number irrespective of the answer point.

Presently Jim Screen is the first point of contact when you ring, but should he not be available or busy, Richard Briscoe is the next on the list – and finally if unsuccessful there as well, MessageBank will answer and you can leave a message.

The advantage for the Club is, that any changes in contact persons do not require reprinting of stationary and a free White Page listing is included in the service.

The number we have been able to secure for the Club is as follows:

0500 JOGGER (0500 564 437)

so no need in the future to remember difficult number combinations. This will remain the Clubs telephone contact number. If you are calling from your office, the telephone system in your organization may be barred from dialing a number with prefix 05. This barring can of course be lifted. Alternatively you will have to use your home phone or a mobile.

The Clubs faxnumber 02 9402 7948 is presently an extra line Jim Screen kindly have allowed to be used.

Finally the address has changed to: **P.O. Box 87, Killara, NSW 2071** allowing mail collection to be performed easily whether arriving by car, train, bike or on foot.

Late result :

Great Nosh 15k Bush Run

12 July 1998

Charles Coville	66.18
Rod Lovell	67.23
Alex Whitworth	68.32
John Hodges	70.41
John Walker	70.50
Paul Glare	82.24

Diarise this scenic but tough Bush Run for 1999 which should to be better supported by Striders.

Does anyone know when it's on this year??-Ed

RUNNING TO REDUCE THE INCIDENCE OF SPINAL CORD INJURY

Our Objective

Our aim is to raise $50,000 for Spinesafe. This is to be achieved by having a team of fifty runners participating in the Canberra Marathon on April 11, 1999 with each runner raising $1000 in personal sponsorship.

The ultimate objective is to raise funds for the employment of additional lecturers to further the Spinesafe mission. One additional lecturer can reach some 30,000 people per annum.

The Spinesafe Education Program

Established in 1982, Spinesafe is a not for profit organisation that conducts interactive lecture based programs with students and the community in NSW and the ACT. The Spinesafe mission is **"to reduce spinal cord injury in the community".** The presenters are all wheelchair users as a result of permanent spinal cord injury.
Details: Gavin White 9874 8892/0419 327 896

Letter to the Club, interested please contact Gavin.

Sri Chinmoy Ultra Triathlon

21/2/99 (Midnight to be exact).

Run leg of the Sri Chimnoy Ultra Triathlon.
First: Kelvin Marshall 9:04:51 (Run Only)
Second: Paul Every 9:49:51 (Overall Triathlon Winner: 30:38:55)
Third: Nick Mallett 9:50:21 (Overall Triathlon 2nd: 30:39:14)
Fourth: Astrid Benohr 10:03:14 (Overall First Woman: 33:46:43)
Fifth: David Baldwin 10:57:57 (First all male team: 34:13:16)
Certainly won't go down as my greatest ever win (question whether I'd actually call it a win) also my personal worst by 43 Seconds. *(What a flop after more than 9 hours. I can understand your disappointment after winning with a margin of 45 minutes!! Kelvin, it's a great result. Congratulations. -Ed*
Anyway hopefully it was good training for the Six Foot Track,

Kelvin Marshall

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 orhers	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 and others	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: Northside 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

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	Meadowbank Park (South end of Adelaide St. - Parramatta River end)
6. November	Lane Cove River Park, Fullers Bridge, Chatswood West (Charity Run)

The Sydney Striders are proud to be associated with our sponsor

The Runners Shop | The Runners Shop

Sydney Striders