

Sydney Striders

**Road Runners' Club
Australia**



Edition No. 74: April - June 1999

Striders AGM

The AGM was held after the Harbourside Hike Star on Sunday 16. May in Waverton Bowling Club. This year a quorum was present at the first attempt, as 38 Striders had made the effort to participate.

The meeting went on without any controversies in the sense that the minutes from last years AGM was accepted as fair and accurate. The Profit & Loss Account for the year, showing a deficit of \$3106, was noted and agreed upon. The Balance Sheet showing an equity of \$7351 was approved.

The Committee members prepared for re-election was reelected and Gavin Morisset, Nick Adams and Richard Wassell accepted new positions with responsibilities for uniforms, internal events and the database respectively. Later Charles King has accepted the job as treasurer. Welcome to all the new committee members and for the outgoing members, I'm certain they will miss all the fun and entertainment every committee meeting usually provide. A complete list of committee members and their contact details are shown on page 2.

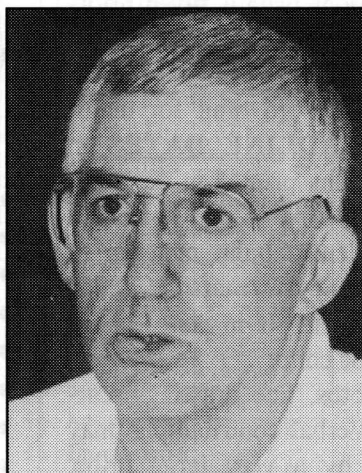
The annual report prepared by the president and distributed before the meeting was straight to the point and covered the main activities of the Club during the last financial year. The major change naturally being the transformation to rely solely upon volunteers to run the Club. A process that hasn't quite finished yet, but with minor alterations seems to be working – and it will most certainly improve the Clubs Profit and Loss Account for the present year.

The StaR's are the backbone of the Club activities and it seems unreasonable that the hosts

have to contribute financially on top of arranging our Sunday morning entertainment. It was consequently decided to increase the "fee" from \$2 to \$3 to cover the expenses of hosting. Personally it means less than a dollar per hour (some of the faster runners may exceed a dollar per hour). A small price to pay for good company and your preferred way to exercise.

All in all a "quiet" meeting reflecting the stability of the Club with Jim Screen at the helm. I think it's appropriate to express a big thank you to Jim for all his efforts in the past year as well as his decision to do it all again for the next 12 months.

-Ed.



Jim Screen has accepted to lead the Striders into the next millennium.

Content of Blister No. 74:

- Nearly nothing about ageproblems
- Almost nothing about nutrition
- absolutely nothing about sore knees

- so please enjoy!!

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.

Advertising Rates (per edition): Full page \$100, 1/2 page \$50, 1/4 page \$25. Classifieds: \$5 per edition, full year \$20. Circulation: approx. 400

Club phone contacts

0500 - JOGGER
(0500-564437)

<i>Club President:</i> Jim Screen	9402-7947
<i>Vice President:</i> Kevin Tiller	9456-1959
<i>Secretary:</i> Carol Taylor	9418-3648
<i>Treasurer:</i> Charles King	9816-5593
<i>Database manager:</i> Richard Wassell	9799-5351
<i>Uniform Director:</i> Gavin Morisset	9451-1434
<i>Calendar Manager:</i> Joanne Cowan	9452-5051
<i>10k Series Director 99:</i> Mike Hansen	9415-6315
<i>Trainign Director:</i> K.O'Kane	9449-1435
<i>Internal Events and Social:</i>	
Nicholas Adams	9438-3190
<i>Blister Editor:</i> Nick Themsen	9484-0848

Copy requirements

Members contributions usually given priority. Non-members efforts welcome too. Submit preferably via email or on diskette. Legible typed/faxed/handwritten 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.zip.au
Contact webguru for details to subscribe to "The LiSSt": webguru@sydneystriders.zip.au
The President: president@sydneystriders.zip.au
Blister contributions: blister@sydneystriders.org.au
I'm unaware who - except from yours truly - receives the Blister-contributions.

Credits

Photographs were supplied by Graham Butler, Andrew Smith, Jim Screen 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: Hamish Sutherland, Mike Hansen, Kevin O'Kane, Jim Screen, Graham Butler, Kevin Tiller and all the letter correspondents and committee members.

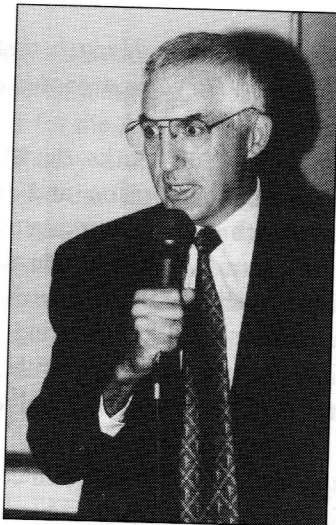
Proofreading was basically not done.

What to expect from the next issue of your favourite running mag.

- ♦ **Personal Profiles are back**
- ♦ **The Trailwalker (who follows Kev)**
- ♦ **The Equaliser**
- ♦ **Gold Coast Marathon Week**
- ♦ **Lake Macquarie Half**
- ♦ **The 10k Series**
- ♦ **The Super Series**
- ♦ **City to Surf**
- ♦ **Willie to Billie**
- ♦ **The Comrades**
- ♦ **Marathon Training Group**

The deadline for material for Blister #75 is set to 25. August 1999. Don't forget it!!!

The Presidents Report



Email - again

Once upon a time someone tried to get a camel through the eye of a needle. I didn't see the sequel on TV so I'm not sure what eventually happened. But I'm sure of one thing and that is who ever it was didn't put the results of the exercise on The Striders LiSSt. If this somewhat interesting undertaking had been reported on our electronic pathway to the information universe it would probably have caused the system to crash. What was the Camel's P.B.; was the needle sterlised; how big was the needle; was it approved by an official measurer; how big was the camel; did it have two humps or one; did anyone hump it; who said the matter could be reported on the LiSSt anyway. To all members who do not have Email keep it that way. To all members who do have Email, good luck. The results of a survey conducted by Richard Briscoe appear in this issue.

AGM

The Annual General Meeting has come and gone for 1999 with the main result being the election of a brand new committee. My sincere thanks to all of last years committee for a job generally very well done. Yes, we had one or two glitches but the Club has survived to progress on to bigger and better things.

New Members

The financial membership of the Club has never been stronger compared to the same time in previous years. We have over 320 financial members and we have a steady flow of new membership enquiries. The down side to this is that we continue

to lose members for all sorts of reasons. These include injuries, not running any longer and just not interested any more. It is more than important that we look after each other within the Club and especially new members. It is also important that when we hear of something special happening to a member either good or bad, that you inform someone on the Committee. Steps can then be taken to ensure that the Club's feelings are conveyed in an appropriate manner and in need the appropriate support offered.

New Committee

The new Committee will have plenty on its plate over the next 12 months including our possible support for the Sydney 2000 Olympic Games and the Club's 20th Anniversary as well as the day to day running of the Club's affairs including a review of the Club's activities, method of management and member services.

Jim Screen

SMH Half Results

Sydney Half Marathon Draft Results Unconfirmed ones marked with ?

NAME	TIME
1. Dean Degan	72.04
2. Chris Truscott	74.12
3. Nick Adams	79.03?
4. Ross Sinclair	79.24
5. Peter Truscott	79.46
6. Richard Briscoe	80.44
7. Guy Griffin	82.34?
8. Grahame Murphy	83.10
9. Joanne Cowan	83.13
10. Jonathan Trope	84.08
11. Dawn Tiller Y	84.58
12. Stephen Jackson	85.00
13. Phil Boswell	85.24
14. Steve Urwin	85.34
15. Jenny Truscott	85.46
16. Tim Austin	86.32
17. Gary Aitkenhead	86.48
18. Jeff Gissing	87.18
19. Andrew Beetz	88.22
20. Malcolm Campkin-Smith	90.18
21. Brian S. Grant	90.40
22. Joanne Barton	90.54
23. Derek Smith	91.06
24. Mark Davis	92.18
25. Michael Lethem	92.40

NAME	TIME
26. Catriona Cater	92.48
27. Mike Hansen	93.46
28. George Lisson	94.14?
29. Alex Whitworth	94.24
30. David Solomon	94.38
31. Gavin Morisset	95.34
32. David Ritchie	95.46
33. David King	96.32
34. Joe Vucetic	97.28
35. Clara Vucetic	97.48
36. Mike Wilson	97.54
37. Jim Screen	98.51
38. Louise Walker	98.52
39. Peter Cobley	99.10
40. Elizabeth Edmonds	99.28
41. Jeff Lie	99.28
42. Jurgen Joester	99.54
43. Graham Willis	101.28
44. Paul Glare	102.44
45. John Shepherd	102.44
46. Peter Cookson	104.12
47. Allan Murray Y	104.34
48. Charles King Y	106.10
49. Jacques Laurent	107.06
50. Manfred Fiedler	107.26
51. Julie Wessels	108.00
52. Graham Holton	108.02
53. Tim York	108.50
54. Tina Campbell	108.54
55. Philip Kennedy	109.04
56. Pamela Scott N	111.10
57. Kevin O'Kane	111.59?
58. Bruce Murray	112.12?
59. Penny Smith	112.14
60. Nick Themsen	112.40
61. Kirsten Themsen	113.14?
62. Michael Bailey	113.36
63. Sean Greenhill	113.38
64. Anna-Greta Pearl	113.56
65. Mark Davis 2	114.38
66. John Simmonds	115.42
67. Richard Wassell	115.42
68. Brad Renshaw	115.48
69. Rozanne Green	116.40
70. Jean-Louis DiDomenico	117.08?
71. Darren Goodsir	117.58
72. Frank Dearn	128.11
73. Patti Crummack	136.32
74. Amy Baxa	136.42
Barry Rutter	???
Carol Taylor	DNF
Chris Dwyer	DNF
Ray Doran	DNF

Sorry for any omissions. Please refer to Striders webpage for complete listing.
-Ed.

Swedish Running

According to this report from Hamish they actually run outdoors in Sweden. They are probably covered in fur!

The Two Lakes run marks the start of the Swedish outdoors athletics season and the Spring Equinox. It starts with a long curving uphill run, continues along wet squishy paths beside the two ice-covered lakes from which it takes its name and after 5,700 meters culminates in a lung-busting 500m hill-climb up to the finish. Anyone brave or mad enough to run the long distance (11km) has to do it all twice.

Snow and ice...

So being a dedicated Born-Again coward I ran 1 lap, incidentally bettering last year's time by about 30 seconds. It was a cold grey day, there was snow on the ground and ice on the lakes and the wind blew chilly gusts but I ran in my shorts anyway, to the accompaniment of catcalls and amazed shouts of "ain't that too cold?" from the spectators gathered along the route.

No door

There was a certain amount of excitement at the start when yours truly decided to wait inside in the warmth of the sports hall until 5 minutes before the 11:20 start of his group. At 11:15 I duly proceeded down the stairs to the men's changing room to stash my sports bag ... and couldn't find the door leading to the outside! Had to quite literally sprint to the start, getting there just in time to hear the starter's gun go off.

5 AM in Stockholm??

It was a great start to the season, and I've subsequently managed to convince fellow Strider Östen Hansson that getting up at 5 a.m. to go running in Stockholm is a great idea.

Hope to see some of you again at Christmas time.

Cheers / Hamish

"Gossip"

A rumour has been circulating amongst our members according to which, yours truly should have arrived to a Thursday night run at Waverton and not even bothered to change to running gear. I should instead have taken a nap in my car waiting for the rain and my wife to arrive, before heading straight back home, not even experience the brave runners take off.

I can confirm the described chain of events actually did take place and I enjoyed the evening.

-Ed.

Annual Awards Dinner 1999

Congratulations once more to Richard Briscoe for assembling a sizeable group of Striders true believers for the Annual Awards bash at the chic Norths Rugby Club, St Leonards. Schooners at the bar preceded the Club's annual Guinness Book of Records attempt to consume the most amount of food in the shortest period of time. None of that wussy women and children to the front of the queue nonsense at this function! Once the catering staff had recovered from such an ugly scene, it was down to the serious purpose of the night, the annual awards.

The Outstanding Achievement award for 1998 was shared by Neil McPherson and umpteenth time winner Joanne Cowan who both had sensational years and received an equal number of aggregate votes.

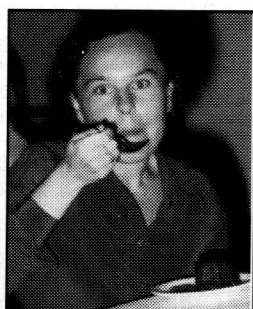
Brad Renshaw and Richard Wassell were voted the best STaR hosts. I can't remember whether or not they supplied chocolate biscuits, but that's my tip for prospective future winners.

Literary genius, or close to it, Mark Fiore, took out the annual award for the Best of The Blister.

Ray Potter was the very deserving winner of the President's Award for his longstanding commitment and contribution to the success of the 10k Series.

Finally, many of us were moved to tears by guest speaker and Achilles Club runner, Nick Gleeson who related the story of his adventurous young life after losing his sight in an accident. There's not much that Nick hasn't had a go at and he was an inspiration to all of us who sometimes look for excuses to sit on our arses.

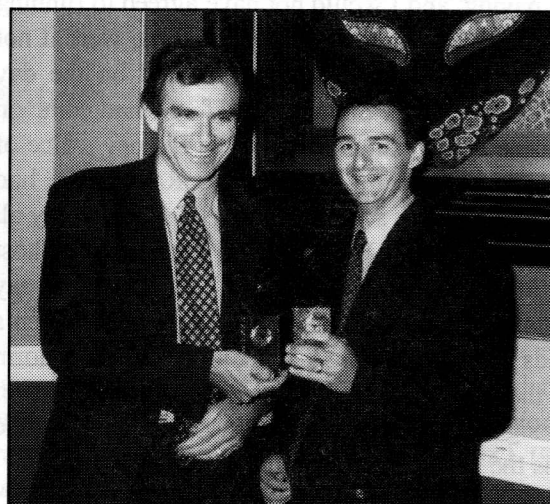
Graham Butler



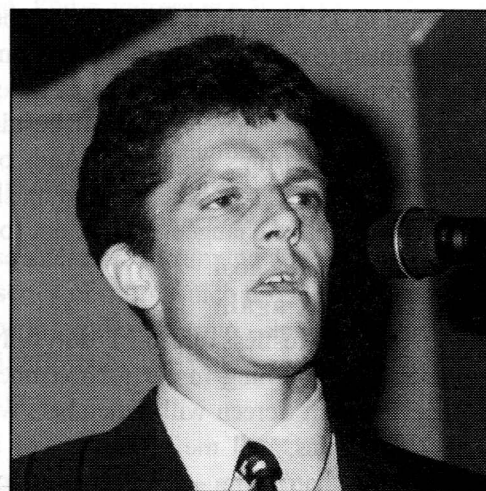
Bronwyn enjoys the desert and Breeda an Irish joke!!



The guest speaker of the evening, Nick Gleeson from Achilles. Unbelievable entertaining.



Kevin O'Kane presents the STaR host award to Richard Wassell



MC of the evening Richard Briscoe try and keep the audience focussed.

Gift Run

John Ayliffe hadn't planned to run another marathon, until he was made an offer he couldn't refuse.

There were times, during the summer, when I thought I'd been given a poisoned chalice (remember the Centennial Park StaR – the temperature was 25C when we began, 32C when we finished, the humidity was a constant 96%+ and there never seemed to be enough water, even when, at one stage, the taps were 100 meter's apart – remember?? How could you forget!)

A tight schedule

So I had to keep reminding myself – THEY were paying, and I would not have agreed to running the Sensyu International City Marathon, were it not that our 30th wedding anniversary fell on the day after the marathon. Some time before I had come on the scene Helen had worked in the Sydney office of a Japanese company called Toyo Rayon; she had kept in touch with some of those people, and they all lived within an 80 km radius of Tadaoka, our host city. Many faxes later, and we had a tight 10-day schedule, which incorporated 5 days with Helen's friends in Kyoto ("tight-schedules" are the norm with the Japanese I am told; they don't let you out of their sight, lest harm come to the "foreigner" – and this is the safest country in the world!)

...pigs might fly.

So after a marathon drought of some 4 years, and with 13 weeks before the agony and the ecstasy, I set myself a weekly timetable that would gradually increase to 75 k's, which I considered the minimum requirement to complete a sub-4-hour run. Although I had been a StaR-absentee for some time, I had continued to keep the current calendar beside my bed on the off-chance pigs might fly. And, of course, with such a lazy, self-deceitful, wimpish attitude nothing would have changed, were it not for the new factor – that I had a goal.

StaR again

So..... after a restless sleep, I dutifully turned up one Sunday morning in early November at, I think Roseville. Jim Screen will remember; we ran 15k's at 7 AM. Yes, call me a crawler, or a wimp (again) – but – thanks Jim – the President got me through! I did about 18 k's the following Sunday, with a lovely young couple, Bronwyn and Richard, and Derek Smith, who wasn't slow to

inform us that it was his comeback run – after multiple by-pass surgery. There were no excuses for me that day!

"In a couple of weeks" – I thought – "I'll give Alan Phillips a run for his money. Not to forget Tina Campbell."

Tina's PB

Tina, the legend, was, I noted, still coming in top-three in her class. And, how well she will remember how, once, long, long ago, we had run our PB's together in the marathon some of us loved enough to enter 4 times. Mike "Xray" Ward will remember; so will Geoff Taylor and Roger Rigby. But, that's the stuff of Striders folk-lore now – of how Tina won her age-group that day, in 3:00:32. Not even a sniff of a woman up ahead could persuade me to throw off the cramp and bridge the one and a half minute gap between us, that might have been enough to spur Tina on to her sub-3-hour goal!!

The Best Club

Those were the days! Now, in 1998, I was hoping the next 12 StaR's would be enough for me to *complete* my next marathon. Coming back to our club – that other Striders' legend, Graeme Firkin, who once ran Sydney to Melbourne, described as "the best club", of any sort he had "belonged to" – was proving to be an excitingly humbling experience! (I can still see Graeme, tearfully delivering his tribute, whilst perched precariously atop a chair in (Strider) Alastair Mackie's restaurant! But, I digress.)

Nothing had changed

Soon, I had graduated to the longer runs and history instantly repeated itself on my first 6 AM StaR. It proved to be a wonderful time-warp, with Bruce Murray still trying vainly to keep the group together; and, when a determined Chris Dwyer burned past us at the 20k's with his old refrain – "I'll keep a Coke for you, John" – I knew nothing had changed.

Christmas came and went. Palm Beach-to-Manly confirmed I should have no illusions – the first half in 75 minutes, the second in 87! The Narrabeen StaR saw me push out the mandatory "long option", with help gratefully received. By now, I had concluded that, allowing for fade, "somewhere between 3.5 and 4 hours" was looking like "nearer 4".

So I ventured to the Striders' 10K in the Domain, with the "Nobby Young Option" on my mind (another legend, Nobby had walked around Australia); your best 10K time should equal 30 seconds-per-k faster than your marathon goal. For the first time in my

life I crossed the line in *exactly* what I had been aiming for – 45 minutes – with the help of Jim Screen (what a President!) and Ivan Freys. But, I was worried. In Japan I would have no such luxury: I'd be on my own.

Leg gave out

Six days before departure worry turned to fear and despair, when I attempted to extend that 4 and a half minute pace out to 20k's. At about 17 k's, my left leg gave out, and with that special kind of pain known to athletes – that goes away when you take the pressure off – I was forced to a walk.

Local physio

So – what to do? THEY had already sent me the ticket, we had that tight-schedule, Helen and her Japanese mates were excited. There was no alternative: the next day, I was in the local physio's rooms, my heart pounding and waiting with baited breath, while I was stretched and pulled, twisted and pushed. The verdict? – “If you do what I am going to ask you to do, I can see no reason why you won't be able to run a marathon next Sunday.” Shit, eh!



Fatigue

So I religiously did the exercise that were laid out on the sheet I was given and by Wednesday I was able to run 10k's without pain. I thought it had been a miracle. But my friend Dr. Irwin Light said what I had thought was an *injury*, was in fact, *fatigue* (“once, I had a runner come into my office on crutches, he ran a sub 2:30 six days later!” Well, if he could).

The most comfortable marathon

There's not a lot to say about the marathon itself; it was amazingly uneventful and, at 8C degrees and flat, conditions proved to be perfect. I got carried away and ran too fast early, of course, which allowed for a long, slow fade. I had no problems with the leg (amazingly) and finished in 3:48.

The Sensuy turned out to be the most comfortable marathon I have ever run. Fortunately, I had

someone to talk to much of the way, a bank manager from Mildura, who was also there on a freebie. He dropped off at about the 30k mark and, from then on, what with only determined Japanese for company, I had a fair idea of what it would be to take a vow of silence (“must get Alan Phillips to do this,” I thought).

Next morning, for the first time ever, I found I had no repercussions, and could even walk up and down stairs without difficulty. I certainly hadn't been handed a poisoned chalice. But, *some* of you will relate to a tiny emotional problem I did find myself concerned about: with the Mayor's party waiting for me at the Finish, could I have DNF'd, even if I had so desired? No such luxury!!

NB. The Sensuy International City Marathon will be on again, in February, next year. They'll be looking for two runners from Pittwater. So, over to you.

John Ayliffe.

The Worlds Greatest Race

Phil Essam of South Australia, a long time Ultra competitor and friend of Sydney Striders is planning to release a book this November on “The World's Greatest Race” which tells the story of the 1983-1991 Westfield Sydney to Melbourne Ultra Marathons.

To try and gauge interest and raise money for printing costs he is now taking orders for presales. The book will be selling for \$15 including postage and handling. Phil's address is :-

Phil Essam

19 Luringa Close

Craigmore, SA 5114

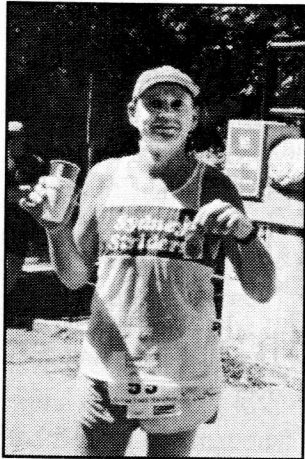
or his phone number is 08 82870325.

I'm sure this book will be a good read for those interested in running and especially this particular series of races which produced so many stories of heroism, endeavour and achievement including some great efforts by our very own Sydney Strider, Graham Firkin.

Jim S.

Six Foot Track

Brian has called his article: The Six Foot Bloody Track Marathon 1999. Reason for this will become apparent further down in the text.



Brian was the second Strider home. Well done. Also by submitting this article for the Blister, he's eligible for 10 SuperSeries point

The Start

This years beginning of the Six Foot Track Marathon was late because of the increased number of entrants (about 550) and a minutes silence for a runner that was shoot dead in Sydney two weeks prior that had entered for the race. The weather was warm and humid, the start at 8:15 didn't help any runner, but as usual the marshaling was spot-on. Like every other runner in the field I had expectations of what I considered a practical finishing time would be (4:15), fulfilling that dream would definitely be another matter.

Went out to hard

Spirits were very high, there were quite few runners hoping to break five hours, to mention a few (Christian) names, Roger, Ross and David, all have better than good chances to realise their goals. The women's race was to be dominated by Dawn who was hoping to give the previous unbelievable record of 4:10 (held by her) a nudge. Leading up to the race I was very unsure of my capabilities, the previous year I had three attempts at the marathon distance for three duck eggs (failed to finish). At around 7:30 am on the morning of the race I had come to realise "What Madness" had I gotten myself into. I started to remember back to the previous year when as usual I went out to hard reaching the river in 72 minutes and in turn was absolutely dead in reaching the Pluviometer, whereby making the "statement" that every runner tends to make at that particular time in the race "never Bloody again".

Start at Pluviometer

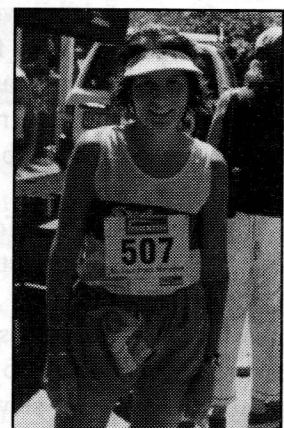
The secret in running this particular race is to gain as much prior knowledge from past masters, these should include, Malcolm, Warwick, Steve, Dawn and others, carefully evaluate this information, then "run the race Your own way" then you can only blame your self when you are recovering over the next day, days or weeks. On a serious side of the race, many of the masters will tell you that the race starts at the Pluviometer? I conclude that they are defiantly close to the money (being right), If you can plod to the finish line from there, you can run a very good (maybe a Pb) time.

As an interest I ran my race to certain times of arrival at landmarks on the track (table included). My target times for 1998/99 is shown. The slight difference in the early arrival times show how important it is to be conservative at the start. Other factors that influenced a good time for me were, adequate sleep, being fully hydrated the day before and morning of the race and forcing myself to have most of the prior week off without putting on the runners!



Dawn again fastest woman in the bush. Congratulations. Dawn was very tired after the race but still managed to come to the finishing line and ask for "the little ginger-head" every so often. He arrived eventually..

I guess Xandra surprised a few people with her excellent 4.35. Outright 4th and winner of her age category. Fantastic stuff.



1998 Six Foot Track Times

(Target 3:59 : Actual 4: 36)

Start (explorer's Tree) to

	Target	Actual
Megalong Valley Road	42	37
Cox' River	80	72
Stock Yards	99	97
Pluviometer	144	154
Caves Road	195	215
Finish	239	276

1999 Six Foot Track Times

(Target 4:15 : Actual 4: 16)

Start (explorer's Tree) to

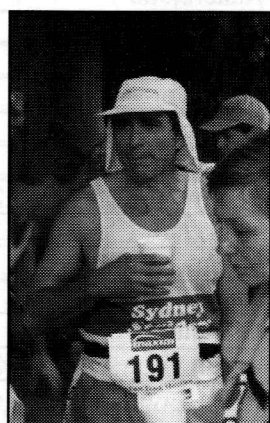
	Target	Actual
Megalong Valley Road	42	38
Cox' River	80	76
Stock Yards	100	101
Pluviometer	145	156
Caves Road	195	212
Finish	255	256

For one particular Strider without any sledging? (no name given), a good judge told me that 4:16 equates out to about 3:00hrs in a flat marathon, a little bit away from a 2:53:09 but maybe the Gold Coast

For the runners' that didn't run that special time? There is next "Bloody" year.

I will not include other runners' times, everybody has their own tale to tell, but congratulations to Dawn on Winning in a time of 4:23 and to Xandra (about 4:35) and to George 4:25 fantastic, a credit to all Striders' that participated and made this the best Six Foot Track Marathon to date.

Brian Grant



A couple of happy finishers although K.O'K looks as if he's about to spit it out again. Maybe the wine is too young.

Six Foot Track Results**Winners Times:**

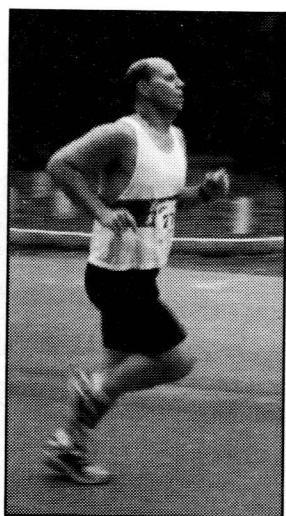
1.	Stephen Ikin	3.43.45
1.	Dawn Tiller	4.23.23

Striders:

1.	Sam Vella	3.56.31
2.	Brian Grant	4.16.13
3.	Stephen Urwin	4.17.22
4.	Kelvin Marshall	4.21.25
5.	Dawn Tiller (F)	4.23.23
6.	George Lisson	4.25.19
7.	Martin Fryer	4.35.29
8.	Xandra Dunn (F)	4.37.18
9.	Richard Briscoe	4.42.14
10.	Wayne Stanton	4.50.05
11.	Tim Austin	4.53.34
12.	Gary Aitkenhead	4.55.55
13.	Cameron McCullagh	5.03.47
14.	Bernard Fortune	5.03.49
15.	Ross Sinclair	5.12.26
16.	David King	5.22.09
17.	Derek Smith	5.25.13
18.	Paula Whitehouse	5.29.00
19.	Michael Wilson	5.29.54
20.	Jacques Laurent	5.39.48
21.	Jim Screen	5.40.42
22.	Graham Willis	5.47.30
23.	James Bond	5.47.26
24.	Tina Campbell	5.53.11
25.	Roger Rigby	5.55.44
26.	Wayne McCarthy	6.01.53
27.	Ivan Freys	6.03.16
28.	Joanne Barton	6.06.16
29.	Keith White	6.15.05
30.	Tony Crosby	6.15.47
31.	Graham Butler	6.15.48
32.	Dave Dornbrack	6.29.09
33.	Mike Ward	6.29.39
34.	Manfred Fiedler	6.31.12
35.	Philip Boswell	6.31.41
36.	Kevin Tiller	6.32.27
37.	Andrew Grant	6.48.09
38.	Robi Russell	6.50.25
39.	Paul Russell	6.50.26
40.	Kevin O'Kane	6.50.27
41.	Margaret White	6.52.06
42.	Charles King	6.59.48

Congratulations to all.

Striders 10k Series



Mike has submitted the 10k report just before the Lane Cove Charity Run. It's not his fault Blister production takes time. I believe he's presently running in Korea - and will be abck faster than ever!!

Thank you

With the fifth of ten races just around the corner its time to take a quick break to say thanks to all of the Striders, Strider spouses, Strider children, Strider parents and Strider significant others that have helped with the 10K races this year. Each of the 10 races requires a team of 12 - 15 people to come together and deliver a quality effort. Every race requires gear to be transported and set-up, registration of runners, results to be recorded and calculated, cups of water to be filled, passed out and then collected, along with marshalls and to keep everyone on the proper course.

Numbers

We are currently averaging about 65 Striders and 60 non-Striders at each race. While this is an increase over last year I believe we should be able to do better. We seem to have a very solid group of "regulars" who attend each race rain or shine. I know everyone's not interested in racing but I have to believe that we should be able to get one-third of our members out to each race.

Competition fierce

Leaders for the handicap and outright competitions continue to change on a monthly basis. With cash prizes for the top three positions in both the men's and women's outright competition along with the club handicap competition I would expect that this will continue throughout the year. In reality these races are still wide open, as only the top 8 results will be used to determine the final leaders. If you're curious about your position in any of the competitions check out the Strider WEB site. Kevin Tiller and Richard Wassell are posting the results to the WEB site almost as fast as Raymond Potter can produce the results.

Whisky before running...

As usual last month's race in the Domain was a memorable event. Imagine my surprise when I putted into the car park at 5:50 AM only to be greeted by a group of Morris Dances celebrating the sunrise on 1 May. I don't think any of the runners shared in their Whiskey (a little early for me) but we did enjoy their music and spirit. My other image of that day (besides the wind and rain) was that of Penny Smith charging to the finish with a city garbage truck following ever so close. We tried without success to get her to move to the side of the road. Following the race Penny told me she knew the truck was following but she also knew that she was on her way to a new PB so the truck was just going to have to wait.

Mike Hansen

Handicap Placing after 4 Runs

Name	R1	R2	R3	R4		
Pat Morris	4	16	18	18	56	1
Andrew Feberwee		22	17	16	55	2
Jonathon Gliksten	21	11	8	6	46	3
Marlene Taylor	2	21	19	2	44	4
Gavin Morisset			22	20	42	5
Frank Dearn	17	17	2	2	38	6
Penny Smith	2	15	2	15	34	7
John Simmonds	8	20	3	2	33	8
Graham Willis	18			14	32	9
Peter Truscott	12	9	2	8	31	10
Chris Truscott	15		13	2	30	11
John Hamilton	11	10	6	2	29	12
Gary Aitkenhead	6		20	2	28	13
Joe Guerra	2	2	2	21	27	14
Greg Bray	2	19	2	2	25	15
Jurgen Joester	2	8	14		24	16
Sandra Belcher			2	22	24	16
Jenny Truscott			21	2	23	18
Gavin Skews	22				22	19
George Lisson	10			12	22	19
Nick Adams	2	18	2		22	19
Mahmoud El-Khansa	2	4	2	13	21	22
Mark Shingler		2		19	21	22
Jim Screen	20				20	24

For a complete listing of all contestants, please see the website or contact the database manager.

-Ed.

Outright Position, Women after Run 4

Name	R 1	R 2	R 3	R 4	Total Points	Pos n
Joanne Cowan	22		22	22	66	1
Catriona Cater	18	21		19	58	2
Lesley Maher	12	16	17		45	3
Penny Smith	7	13	16	8	44	4
Dawn Tiller	21			21	42	5
Jenny Truscott			21	20	41	6
Jenny Wickham	19	22			41	6
Pat Morris	6	9	13	7	35	8
Janelle Burgmann	15	19			34	9
Marlene Taylor	5	11	14	3	33	10
Annalise Williams		17		15	32	11
Rozanne Green	10		15	5	30	12
Elizabeth Edmonds	13			12	25	13
Madeleine Tancered	9	15			24	14
Kirsten Themsen	2	7	12		21	15
Chantelle Stewart		20			20	16
Sarah Fien	20				20	16
Stacey Quitzau			20		20	16
Monica Kiracy			19		19	19
Cathy Ligghs				18	18	20
Fiona Pelly			18		18	20
Jody Palmer		18			18	20
Rochelle Spargo	3	5	10		18	20
Joanne Barton	17				17	24
Nadine Shaprio				17	17	24
Sandra Belcher			11	6	17	24
Andrea Klaringah				16	16	27
Louise Walker	16				16	27
Bronwyn Wassell	2	2	9	2	15	29
Antoinette Bottom	14				14	30
Elizabeth Skene		14			14	30
Julie Calder				14	14	30
Sarah Campbell				13	13	33
Sheryl Macrow-Cain		12			12	34
Brenda Kearns	11				11	35
Lisa Cash				11	11	35
Christine Skene		10			10	37
Denise Gardiner		2	8		10	37
Judy Bell				10	10	37
Julie Wessels				9	9	40
Caroline Paterson		8			8	41
Susan Tutt	8				8	41

Outright Position, Men after Run 4

Name	R 1	R 2	R 3	R 4	Total Point	Pos sn
Chris Truscott	19		22	20	61	1
John Young	20	20	21		61	1
Mathew Kaley	14	16		19	49	3
Simon Hedger	13	17		18	48	4
Nick Adams	12	18	16		46	5
Paul Arthur	22	22			44	6
Dean Degan	21		20		41	7
Peter Truscott	11	9	5	15	40	8
Greg Coy	9	13	12	2	36	9
Ian Bowsher	6	11	10	9	36	9
Ross Sinclair	10		14	12	36	9
Greg Coy	9	13	12		34	12
John Sauer	16		18		34	12
Campbell Wratt		2	7	14	23	14
Richard Sarkies		10		13	23	14
Daniel Nesci				22	22	16
Damian Tancred				21	21	17
Jock Davis		21			21	17
Phil South		19			19	19
Sean Fitzpatrick			19		19	19
Adrian McGarva			18		18	21
John Hamilton	2	4	8	4	18	21
Peter Davies	18				18	21
Richard Briscoe	5		13		18	21
Andrew Smith	2	2	2	11	17	25
Randy Brophy				17	17	25
Tom Richardson	17				17	25
Bastan de Leeuw	2	8	6		16	28
Gregory Mackey	2	2	2	10	16	28
Paul Raven				16	16	28
Christopher Dwyer	15				15	31
Ian Graves		15			15	31
James Palethorpe			15		15	31
Randy Brophy		14			14	34
Jonathan Trope	2	6	2	2	12	35
Tim Austin	2		2	7	11	36
Even Hoskins		2		8	10	37
Chris Graham			9		9	38

The tables on this page are incomplete. Please refer to the Sydney Striders webpage or contact the database manager.



Profile: Fred Howe The Runners Shop

I visited our invaluable sponsor for the 10k Series and asked him a few questions.

Fred, you have done a lot of running. What did get you started in the first place??

Before I ran my first marathon in 1960 I was a fairly good track, cross country & road runner from 800Mtrs. to 30 Kms. I ran 2:30:29 in the Doncaster to Sheffield 1960 when I was 26 years old. By a strange coincidence my first marathon in Australia in 1964 was exactly the same time. My best time was in 1965 when I was second fastest in Australia with 2:22:18. I ran my last marathon in 1990 when I was 55 in my slowest time 2:58:36.

What was your best ever running experience?

My best running experiences were running for Great Britain in Holland in 1961 and finishing 2nd. to Torgersen from Denmark who had finished 6th. in the 1960 Olympics. Also I was rather pleased when I set a new "Worlds Best" for 30 miles of 2:48:06 in 1963 on the track.

Who do you consider the best runner ever?

In my opinion Emil Zatopek (3 golds in the Helsinki Olympics) is the best runner ever. He was so far ahead of his contemporaries but he was always generous in his encouragement to all other runners.

Do you have any idols in running?

My "idols" are all the runners who stand at the start of a marathon knowing that they will take at least 3.5 hrs. to complete the distance. I've never run for that length of time.

With your running experience (40 marathons), what do you find most important in preparation for a marathon?

The most important aspect in training for the marathon is to build your long distance run up gradually over several years and then to maintain it all year round. Regardless of your ability a marathon is a long way and you can only run up to your potential if your legs are strong enough to keep you on pace all the way.



The Runners Shop, 223 Clovelly Rd

When did you get the idea to start The Runners Shop?

I have owned "The Runners Shop" for the past 13 years although I had work for the previous owner full time for 2 years & part time for 3 years. I had a definite plan which I have stuck to basically only selling product that I believed in (I'm famous for what I don't sell) I have also moved with the times in as much as I've seen the changes coming with regard to some brands chasing the fashion side and not really catering for "serious" runners & walkers.

It has been one of the pleasures of my life being paid to do what I really enjoy doing and since I married Lainie 4 years ago the business has just got better every year.

What should people look for when buying running shoes?

The most important features to look for when buying running shoes is correct fit and the right mechanics for the individual. Also only buy your shoes from someone who has run at least 40 marathons.

How long should a pair of running shoes last?

We use 1000 kms. as the limit for a pair of shoes (sounds a lot but it's only 20 km./week for a year) however by the time you have clocked 700 kms. it's time to add a new pair to your collection. Don't wait until you start falling apart. If you are doing more than 40 kms./week you should really have 2 pairs on the go, alternating every run.



Are there any limitations in the equipment people can get from your shop?

I have limitations on what we stock because we don't sell what we don't believe in. We are a bit idealistic but our reputation is so important to us that we would rather lose a sale than make a "quick buck". Our repeat business is the main reason for our continuing growth. We are in our retirement years now, I'm nearly 65 and Lainie is 57, however as long as we have our health and continue to enjoy what we are doing we hope to be around for quite some time.

You have been involved in the Sydney running community for some time. How do you see the development over the years and where are we headed?

The Sydney running scene, along with the rest of the world, peaked several years ago as far as competitive running is concerned. The City to Surf is not really indicative of Sydney's running population. There are actually less "runners" now than 7 years ago, however the "fitness" boom is in full stride. We are selling more shoes than ever, but mostly to people who are just jogging or walking for their health. Sure they might do the C - S but it's just a FUN day with no concern about their times. They are not supporting the Fun runs like they used to.

Is there any reason why Sydney can't establish itself with a big event like Boston, London, N.Y. or similar?

Because of the attitude I just mentioned, I doubt if a Sydney marathon will ever become a London, Boston or N.Y. We will never get enough locals and the huge overseas contingent needed would rather stick with the proven marathons than travel all the way to Australia. I would think that Sydney has, in the last couple of years blown any chance it might have had with the Olympic City magnet. The Gold Coast is really the only vague chance of Australia developing a Big One.

Fred and Elaine supports Striders tremendously, so please support them when you can. Their details are:

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



Fred and Elaine outside their shop in Randwick. Very knowledgeable and friendly people. They support Striders, please support them if you can.

More Six Foot Track

The first strider home last weekend was Sam Vella in 3:56 (6th place) - a new recruit, which allows him to scrape into 3rd place all time best for the 30-39 age group. He is a long time runner in the Sydney area, and was not in striders gear, which threw a lot of people off the scent. He usually runs for the Bondi Bastards (sorry make that the Brats).

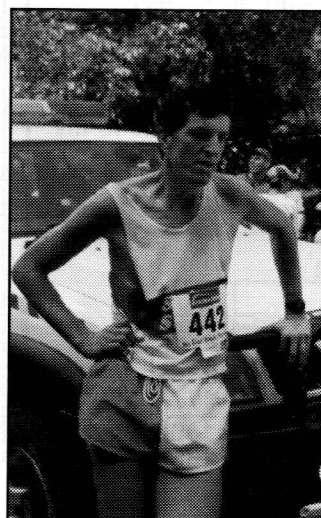
I have also amended the striders all time Six Foot Bests at :

<http://www.sydneystriders.org.au/alltime6foot.shtml>

Additions to this list were :

Sam Vella	3rd Male 30-39
Brian Grant	3rd Male 40-49
Manfred Fieldler	2nd Male 60+
Alexandra Dunn	1st Female 40-49

Well done !

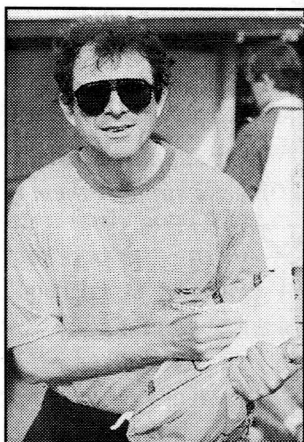


Charles King (our new treasurer) is regaining composure after a very close finish of 6:59:48 in the SFT. Only 12 seconds from the official cut-off time!!

I'm glad his shoe-lasers didn't come undone!! Great effort Charles!!

The 1999 Super Series

1999 Super Series to date



*Our fearless leader
in the Super Series:
K.O'K.*

*I'm certain what
he's writing is not
about the SS. The
photo was taken
years ago!!*

Super Series General Division

The General Division is, at least for this year, the main event. The pointscore counts down from 42 to 2, 1 point per place, in the 11 events comprising the Super Series. The best 10 count. In addition, there are bonus points for StaR attendance (don't forget to put your name in the book every week) and for Blister articles published about Super Series events.

General Division - Male

Competition has been fierce for the men at the top of the tree in the General Division. Richard Briscoe is in front after 5 races, but is off to Comrades. Hot on his heels are Brian Grant (who briefly hit the lead last month) and the very consistent Steve Urwin. With inevitable absences and the occasional bad race, the final result is impossible to predict, and even some of those well behind could still catch up.

There are also hotly contested age division awards in the General Division. Brian Grant and Steve Urwin are fighting out the 40+ category, while half a dozen runners (David King has his nose in front) have a realistic chance in the 50+'s. Manfred Fiedler has a huge lead in the over 60's, due to his great consistency and injury to Bruce Murray and Neil McPherson.

Top scores are:

BRISCOE, Richard	207
GRANT, Brian	195
URWIN Steve	193
AUSTIN, Tim	177
KING, David	136
FORTUNE, Bernard	132
WILSON, Mike	131

General Division - Female

It is a different story in the women's divisions. Joanne Barton is having a superb year, and gets further in front each month. It is hard to see her losing the lead if she keeps going the way she has started. However, we all know that injury or illness can strike without warning, and some of those chasing are really warming to the task.

Despite missing 2 of the first 5 runs, Joanne Cowan leads the 40+ ladies at this stage, with plenty of other runners in hot pursuit. Tina Campbell is in equal second place overall, and dominates the 50+ group. Tina never runs a bad race. For any woman admitting to being over 60, there is a category win waiting. No entrants so far. The leaders are:

BARTON, Joanne	206
CAMPBELL, Tina	158
WALKER, Louise	158
TILLER, Dawn	137
COWAN, Joanne	129

Age and Gender Adjusted Category

An innovation for the Super Series has been the addition of a completely new category, based on the WAVA tables described previously by Steve Cornelius. For the first time, runners can consider the merits of each run after adjusting for the differences between genders, for the difficulty of the course and for the unavoidable slowing down as ages and distances increase.

To no-one's surprise, the highest score recorded so far this year was by Joanne Cowan, in the Domain 10k race. However, as the competition is based on the best 8 out of 11 events, and Jo is focussed on the big events, there is plenty of scope for others. It will be interesting to see how the early leaders go against some of those who started late, or have missed some events.

The current top 10 (after 5 events) are:

URWIN Steve	3682
GRANT, Brian	3618
BRISCOE, Richard	3532
KING, David	3383
FIEDLER, Manfred	3378
WILSON, Mike	3369
SCREEN, Jim	3354
AUSTIN, Tim	3324
BARTON, Joanne	3270
WILLIS, Graham	3122
FORTUNE, Bernard	2632

Events to come

The remaining 6 events include 3 off-road runs, and 4 events are under 15kms. Unfortunately, as a result of scheduling over which we had no control, there are events in consecutive weeks on 2 separate occasions. This will test the durability of runners, as well as ability.

Hopefully there will be a big turnout to contest events such as the Woodford to Glenbrook (a fast 25km bush run on forgiving fire trails) and the Interclub 10k challenge, where Striders have not been well represented in recent years. It wasn't always the case. In the early to mid-1980's, Striders dominated the Woodford run, and performed well in the Interclub event more than once. Note that the Interclub challenge is a little closer this year, being held at Campbelltown.

June 27	The Equaliser Cross-Country	15k
July 4	Woodford to Glenbrook	25k
August 15	City to Surf	14k
August 21	Mt. Wilson to Bilpin	35k
October	Inter-Club 10k challenge	10k
November 6	Final Striders 10k	10k

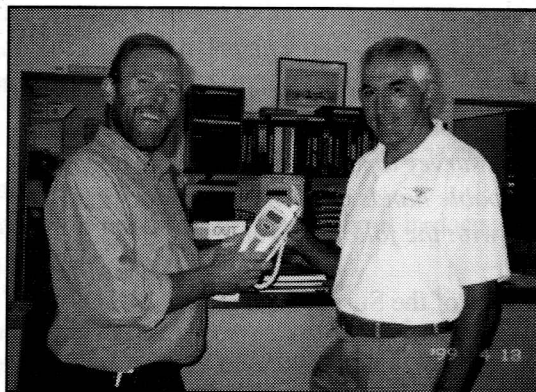
Results

Check the Striders web site after each event for the latest scores, or read the noticeboard. The final results will be available, and prizes will be presented, at the annual Christmas prizegiving.

Kevin O'Kane.



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



10K Series Charity Days

Each year two of the 10K Series races are designated Charity Days and a couple of dollars are added to the entry fee to raise funds for charity. The Club then matches the amount raised to bring the amount to be donated up to around four or sometimes five hundred dollars. The two charities selected for 1999 are the Manly Hospital and the Achilles Running Club.

Jim Screen (right) is pictured presenting a new digital thermometer to George Livingstone, Nurse Unit Manger, Orthopaedic Ward of the manly Hospital. The funds to pay for the thermometer will come from the Lane Cove 10K on 5 June 1999.

Our thanks to all of the runners who contribute to this worthwhile community activity.

Jim Screen

Comrades 2000

Good news for those slow recreational chatters and joggers like me.

The cut off time for the 75th/2000 Comrades Marathon will be 12 hours, and the qualifying time will be 5 1/2 hrs for a standard marathon. This new time will only be for Comrades 2000.

Rozanne Green

Wanted:

A profile editor

It's the intention to produce a profile (member, sponsor, etc) in every issue of the Blister. If somebody amongst the Striders could fancy him/her doing just that 4 times a year. Please contact me. -Ed.

The email saga

As a result of some of the comments generated by "the sore Knee" saga, The Committee decided to conduct a survey amongst the members. It was left in the capable hands of Richard Briscoe and he came up with the following report:

The Results of the Survey held on the 28/2/99,
There were 53 replies:

1. Stay as we are, no change. (23 Votes)
2. Relevant subjects only and replies to the sender. (9 votes)
3. Create a second "Striders chat list". (0 votes)
4. 2 & 3. (21 votes)
5. To be taken off the list. (1 vote)

Some of the comments received (no names mentioned):

"1. are people using email from work or home as this will probably decide how "annoyed" they will be receiving supposedly junk email.

2. some email applications allow re-direction, monitoring etc of incoming mail. This could be used to move any striders related mail to a separate folder etc.

3. do we want this "list" to be used as a "chat line" or for more of a serious discussion about club issues? I would tend to feel that it should be a "chat room" style as many members on not email capable!"

"I personally use it as a contact to what's happening in sydney and usually skim all striders mail regardless of the relevance.

Ref cluttering up a system - its simple to delete an item once read which is what I do - unless of course I want to keep it."

"I personally don't mind receiving the Emails. It's easy to see which mail is from Sydney Striders, so I can prioritise them amongst my work mail. If I open a mail, and see at a glance that I'm not interested in it, I can easily delete it. I suppose what I am getting at, is that this isn't an issue for me. I'm always looking to learn new things anyway, so the 'Sore Knees Saga' was of interest to me (esp as I'm a new runner)."

"only 60%"? Gee, most organisations would kill

for that sort of email coverage of membership. A couple of comments for the survey:

1) users need to be reminded of the difference between "reply to sender" and "reply to all".

2) Always have "SydneyStriders" in the subject line. I use this to automatically direct the Striders mail into a separate folder for later perusal.

3) delete irrelevant parts of the message to minimise the amount of repetitive data being zapped around cyberspace."

"My vote? Option 3 - two levels of email list. One for formal communications, the other for "knee saga" type messages. Put me in both.... oh yes, education would also help as per my comments above."

"I would opt for (1). I used to complain about the number of emails, until I started to enjoy the interaction which the LiSSt provides. Subscribers DO have some choices ?

- "delete on sight",

- read those with a relevant heading,

- if it is all too much just 'unsubscribe'!

"I'm unaware of a mail program without a delete button. In the "sore knee saga" there wasn't one single message without a description in subject. So if you didn't want to know about sore knees, all it took was a click with your mouse on the delete button. It takes approx. 1/10 of a second. I can't believe Striders, who are supposedly fit and active persons, cannot produce the required amount of energy. Quite frankly, it's beyond me, how they mustered sufficient energy to get on the LiSSt in the first place. That exercise in itself would have demanded more energy than 4000 deletions of messages they don't want to read.

I guess to be fair here, the message I would like to send is: always fill out your subject-field, which makes it so much easier for the receiver to determine whether he or she wants to read that particular message. Also if you are having a particular running problem and you can reach about 200 or more runners with one hit on the LiSSt, it's obvious to try to take advantage of all the experience accumulated amongst these 200 members. In my humble opinion, it's the first choice. Libraries, doctors, physios, shoemakers and the like comes second.

People who cannot sort their mail and thereby concludes it's too timeconsuming (or whatever) to be a member of the LiSSt, may as well get off - they will

always complain anyway. I just hope they have the energy left to do that.

"I wouldn't be looking for any change Richard, however Striders who are finding the volume too high (!?) should of course have the option of being removed from the list. As I understand it, an 'unsubscribe' has always been available..."

"Richard - as long as the subject heading is clear cut, it shouldn't matter as then you just decide to open or delete"

"Possibly, if the list is monitored, some items could be marked 'reply to sender'."

"The Striders emails add interest to my day. I don't see why those who don't want to be on the list just take their names off, like with any other list."

"Thanks, I also was getting a little TMI (to much info). If we all could just use the 'reply to author' option that would half the emails and I for one would be happy. Other wise I am happy to stay on-line."

"Leave as is, I enjoy reading about how I can do things better with training, avoiding future problems etc. Let those who don't want to read all the mail either delete or be deleted. This type of communication is what I've been looking for for a while."

"You have my vote to stay as we are."

"I've no problem with the current set up so long as no "inappropriate" material is sent via the system. True, some of the material is irrelevant but much of it is interesting and informative; I believe it is an important way to communicate issues to members of the club. It is also a means for people to get to know others in the club, no matter how remotely, and for those who cannot attend organised events (STARS etc) to feel a part of the club."

- "1. Stay as we are, no change. NO
2. Relevant subjects only and replies ONLY to the sender. YES (as amended)
3. Create a second "Striders chat list".
YES, IF THERE IS A DEMAND.

(But I wouldn't choose to be on it unless it could be made accessible 'on demand' only, perhaps as a one-month rolling addition to the Web Page?)

4. 1 & 3. NO! (1 and 3: Yes)

5. To be taken off the list. YES, as currently operated.

Thanks for opportunity to have input in decision making process."

I guess the result is leave as is, but please be carefull to fill out the subject field and also make sure that replies without any general public value are send to the originator and not the LiSSt.

BROKEN WING CLUB.

Bruce Murray , our evergreen runner and Star of the STaRs did a neat job on his humerus (arm dummy) not his sense of humour, which he also lost when doing a rather quick pirouette off a ladder. Bruce broke his arm just below the shoulder but we are pleased to report he is now back at STaRs and well on the way to not even wanting to remember.

Alex Hamill also managed something a bit more than normal when he fell recently on a training run. Alex slipped over and sort of landed on his knee which immediately decided to part company with most of what keeps it in its normal place. Thank goodness we have skin. Alex scored a most serious injury for his troubles but from all reports he is now making a sound recovery .

Richard Field , winner of the 10K Series Handicap in 1994 had a spot of bother with a female. A female lion that is! Richard is a Safari Camp Manager and Guide in Botswana these days. He was attacked without warning and received serious injuries mainly to the back of his head. Richard survived his ordeal thanks initially to a couple of super calm travel agents he was guiding when attacked. They managed to drive the lioness off and get Richard back to camp. From then on many people showed courage and gave Richard enormous support. At the forefront were his mum and dad, Alf & Rosanne and girlfriend Rebecca who helped look after Richard from the moment he was brought into camp a little worse for wear. Richard is now well on the road to recovery and is resting up in the UK.

Jim Screen

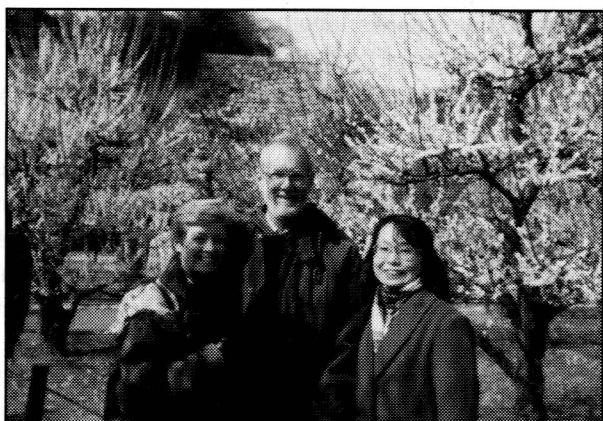
Lessons from Tadaoka.

For John Ayliffe, and wife Helen, Japan was an embarrassment of riches and hospitality that came straight from the heart.

Surprise

"Today, I've got a surprise for you," said Nagano-san, our tireless minder, through his volunteer interpreter, Tomako, as our driver steered the Tadaoka "official" car along the course of the marathon I would run the next day. It was our third day of the "Japanese experience", the famed hospitality visitors hear about, but are never prepared for.

We had already been welcomed by the Mayor of Tadaoka and his key staff, and enjoyed a "greeting" lunch, put on for us by the local citizen's association. Many speeches, a young female musician played a traditional musical instrument, the *koto*, for us, and a local group practised their English on Helen and me, with a short play they had written for the occasion. Now Nagano-san was promising us a surprise!



John and Helen with hostess and cherry blossoms

Tadaoka, Pittwater's sister city

We had already been showered with so many gifts I was beginning to think we worked for the IOC. We had brought some presents with us, including from the Pittwater Council Mayor. But, the loot we had attracted so far could only mean one thing - I was going to have to run for my supper, no risk!

Of course, the International City Marathon had always been only a detail - I'd done all the suffering, training in 90%+ humidity back home. Primarily, we were there for our 30th wedding anniversary. And, when I told them about that? Big

mistake! Pile on more gifts and hospitality, congratulations from Japan! How would we ever return such generosity?

So, I began to wonder: who are these people? And what is Tadoaka, Pittwater's sister city? Well, I was learning about that, somewhat, as we toured the area with Nagano-san, plus our interpreter and driver, in our "official" Tadaoka car.

Workers and factories

The course of the marathon wound through 7 shires. Tadaoka was one of them and only 4kms square (blink and you'll miss it!). Population? About 18,000. And all mostly factory workers - textiles, spinning, blankets; timber enhancement, plywood, veneers. The ordinary people, the workers of the nation (that *are* a country, its backbone).

The contrast between Tadoaka and Pittwater, geographically and physically, glares with dissimilarities. For them, not the attraction of beach, bush and waterways. No hills to wander here, neither cottage or mansion for residence. Instead, grey shoebox terraces, tiny flats. And factories, endless factories.

..give children a dream.

Bicycles share the footpath amicably with pedestrians and those fortunate to own a car, often have a parking arrangement streets away from their home. Not much money here, I thought, unlike Pittwater, where we seem to have more and more new-wealth moving in every day.

Helen and I were over-awed by the Tadaoka Shire offices - where they had found the wherewithal to make an environment that would be central to their ratepayers' needs. A Civic Centre to be proud of, it incorporates a Public Health Centre, Sports Centre, Gymnasium and swimming pool, Rehab facilities.

"Here, we give children a dream," they said, as we toured free playrooms, study rooms, computer rooms. There are workshops, woodwork rooms, a 200-seat state-of-the-art hall. Plus a gallery. Outside, a large, open space of greenery and Japanese gardens provides a peaceful oasis, where residents are welcome at anytime.



Recognise anyone??

Entrance to Paradise

Tadaoka Shire seems to have done so much with its budget, that is of real and present value. I suspect the people of Tadaoka are quietly envious of Pittwater's wonderful, natural environment. They overtly marvel at our luck. And yet, "giving" is their nature - be careful you don't express your liking for something you see, or you'll find it in your room!

Such memories we came away with - not least, the respect these Japanese accord one another. But I'll never forget Nagano-san's face on that day we drove the marathon course, when he finally presented us with the "surprise" he had promised.

His is a jolly face, round, open, and proud. And it was beaming, when he took us to Tadaoka's newest creation, centre-piece of a "place for the people" they are constructing, called Riverside Park.

There, in relief, is the map of Australia, set in ceramic tiles. Beside it, in a convex half-moon shape, like the entrance to paradise, is a single word: *Pittwater!*

The next day, I did run for my keep. I ran for us. But, I think, if I am really honest - I ran for them.

John Stephen Ayliffe is the author of "Blind Man's Bluff," the adventures of "a blind Walter Mitty." He is currently completing a novel. This piece first appeared in "Pittwater Life."

The following letter received:

Olympic Athletes' Families Looking for a Rest Stop

Sunara Fernando:-Athletes' Family Host Inc.

The families of athletes support and sacrifice for years to see their child progress from Little Athletics to their ultimate sporting achievement - the Olympic Games (all those years of driving them to training finally paid off!)

The Athletes' Family Hosting Program gives their family a chance to support them on their big day, by providing free accommodation with Sydney sidlers, during the Games. As a host you'll share first hand their joys and disappointments, and really feel a part of the Games. The athletes' family members, your guests, will come from other parts of Australia, and from all over the world. For many guests, it will be their first time travelling, and their

first time in Australia. This is a great chance to not only be a vital part of the Olympics, but show visitors that Sydney is one of the most beautiful places in the world, with a culture of friendliness and hospitality. There's a lot of scepticism about the Olympics at the moment, but this is one program that is really about the people who count - the athletes, and the people who helped them get there, their families (the ones minding the kids while they're running, or going out to buy Dencorub - sorry, a shameless pull on the heart-strings).

What's involved?

You will be asked to provide free bed and breakfast for two members of an athletes' family, in the Greater Sydney Area, for a minimum of eight days during the Games, and help them get to the nearest form of Olympic transport.

We are also looking for volunteers to play important roles in the program. **If you would like to be a team leader in your area**, and provide support and information on the program to 10-20 hosts in your local area, or be a volunteer in numerous other roles call me;

Sunara Fernando, Host Services Manager, on 9297 4150.

If you would like more information on the program, or an application form which will be sent out after the program launch in early August please write to :-

Athletes' Family Host, Level 4J7 Sydney 2000 Headquarters, GPO Box 2000, Sydney 2001.

The Equaliser 27. June 1999

Come and join fellow Striders in "The Memorial Bret Nichols Equaliser".

The founder of the run, who succumbed to cancer 5 years ago, was an enthusiastic bush runner and the course he designed remain unchanged.

It is approx. 14 km with a creek crossing or two.

Start: Wyatt Avenue, Belrose at 7AM.

There is no STaR that day, it's part of the Super Series, so NO EXCUSES!!

Striders Marathon Championship 1999, Canberra

Canberra Marathon - still as a spectator.

We arrived at the hotel sometime during Saturday morning, only to meet Brian (Grant) in the carpark unloading his car. He appeared to have luggage to more than a week and still he assured me he was going back to Sydney the next day!!

The afternoon was spend in the expo, collecting Kirsten's start kit, chatting with the other Striders (quite a big contingent) and running the 10k fun run, as the fitness level still hadn't reach marathon level.

The evening was spend at the official pasta party with a few other Striders. Richard (Wassell) not fully recovered after a stress fracture had done his bit during the Saturday as well. Consequently he and I didn't have to go to bed early or for that matter stay sober. So we were the last to leave and I wonder if they had any more red wine!?

Sunday morning arrived and both Richard and myself made it to the starting line to see all the green and white take off. I then went down to what must now be known as "the Cow-bell corner". Judy Hansen, Erica and Lauren came to the corner too, equipped with some noise-making tools (horns, bells etc). In addition several other spectators turned out to have noise-making mechanisms of different caliber. Some of which sounded like cow-bells. All in all a very "active" part of the course.

The conditions was very close to perfect for running. Not a wind for at least the first 4 hours of the run and temperatures below 15 all the time. Nice sun and a very good crowd. What more can you ask for?? - except participate.

So after an hour -or so- I ran with Frank for about 3k's. He'd done the first 10 in 60 min. and was following a group of runners from Achilles. A move that probably turned out to be to fast to early. Frank made a PB of 22 minutes (congratulation!!) but finished just outside 5 hours in 5:00:18. There is always next time.

Then I ran the last 12k with "Sundew" -a nickname for my wife readily accepted until she found out it was the name of a meat-eating plant from the northern hemisphere - and dragged her over the line in a PB of 15 minutes. I'll have to keep an eye out for her now!!

Untill next time, safe running!!

-Ed.

CLUB MARATHON CHAMPIONSHIP

CANBERRA 11 APRIL 1999

OPEN MALE

1	Chris Dwyer	2.42.23
2	Kelvin Marshall	2.55.41
3	Steve Urwin	2.55.42

OPEN FEMALE

1	Joanne Cowan	2.58.29
2	Louise Walker	3.21.46
3	Nadene Shapiro	3.33.45

MALE VETERAN 40-49 Yrs

1	Chris Dwyer	2.42.23
2	Steve Urwin	2.55.42
3	Brian Grant	3.02.00

FEMALE VETERAN 35-49 Yrs

1	Joanne Cowan	2.58.29
2	Kirsten Themsen	3.55.51
3	Rozanne Green	4.15.01

MALE MASTERS 50-59 Yrs

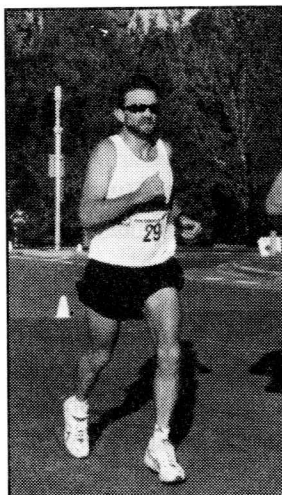
1	David King	3.22.57
2	Michael Wilson	3.29.08
3	Derek Smith	3.36.17

FEMALE MASTERS 50-59 Yrs

1	Tina Campbell	3.42.14
---	---------------	---------

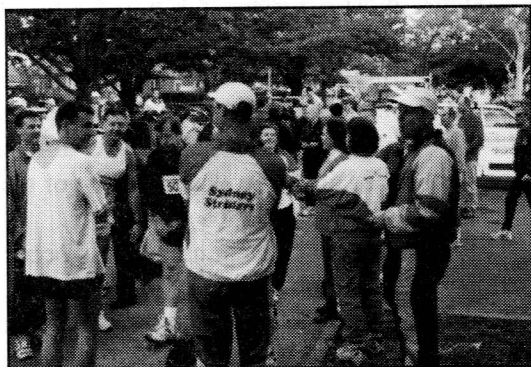
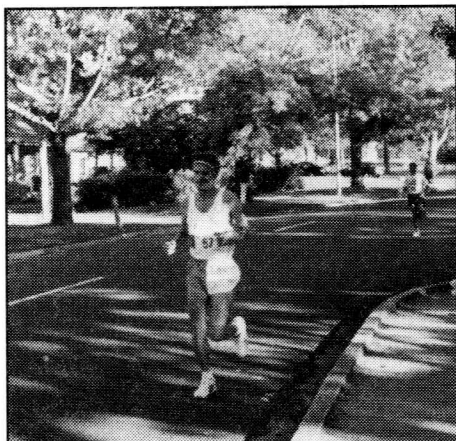
MALE SENIORS 60 Yrs +

1	Manfred Fiedler	3.44.39
2	Frank Dearn	5.00.18



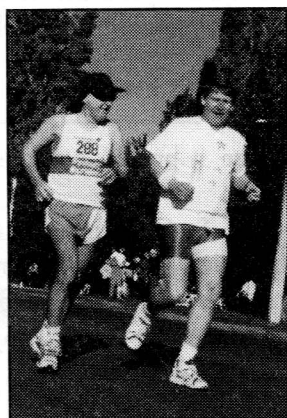
As always, Chris Dwyer looking good and producing a magnificent time. (left)

15 minutes before the start (below)



Kelvin Marshall (above) battling it out in Canberra. He does a lot of running, see later in the magazine!!

Just to prove, I actually did run that Sunday. Frank and yours truly (right).



Canberra Marathon, Striders results

1	Trevor Jacobs	2:38:58
2	Chris Dwyer	2:42:23
3	Kelvin Marshall	2:55:41
4	Steve Urwin	2:55:42
5	Grant Rankin	2:56:18
6	Guy Griffin	2:56:53
7	Joanne Cowan	2:58:29 F
8	Richard Briscoe	3:00:00
9	Brian Grant	3:02:00
10	Gary Aitkenhead	3:02:28
11	Wayne Stanton	3:05:17
12	Martin Fryer	3:08:08
13	Tim Austin	3:08:47
14	Bernard Fortune	3:17:59
15	Mahmoud El-Khansa	3:19:27
16	Louise Walker	3:21:46 F
17	Juan Aguilera	3:21:46
18	David King	3:22:57
19	Mike Hansen	3:24:46
20	Michael Wilson	3:29:08
21	Nadene Shapiro	3:33:45 F
22	Joanne Barton	3:36:16 F
23	Derek Smith	3:36:17
24	Kevin O'Kane	3:38:23
25	Graham Willis	3:40:30
26	Tina Campbell	3:42:14 F
27	Manfred Fiedler	3:44:39
28	Jim Screen	3:48:45
29	Pierre Van Heerden	3:49:54
30	Dick Bartlett	3:51:08
31	Keith White	3:51:20
32	Steven Harris	3:51:33
33	Pauline Flanagan	3:53:32 F
34	Kirsten Themsen	3:55:51 F
35	Graham Butler	3:56:32
36	Kevin Tiller	4:04:36
37	Roger Rigby	4:05:37
38	Rozanne Green	4:15:01 F
39	Robi Russell	4:22:02 F
40	Pauline Don	4:29:53 F
41	Charles King	4:35:12
42	Frank Dearn	5:00:18

Striders 50k results in Canberra

3	Trevor Jacobs	3:13:25
13	Richard Briscoe	3:40:56
15	Wayne Stanton	3:43:42
18	Gary Aitkenhead	3:50:45
25	Michael Wilson	4:10:42
31	Nadene Shapiro	4:18:54
35	Jim Screen	4:44:36
41	Keith White	4:47:08

A real running story.

Joggers need court to settle running feud

It sounds like a Dr. Seuss book, which told of a north-going Zax and a south-going Zax bumping into each other and both refusing to budge. But this isn't a children's story. Or is it?

Meet the plaintiff: Brenda James. The 42-year-old loves to run in the Islands community in Gilbert.

Meet the defendants: the husband-and-wife team of Rhett and Barbara Muller. They also run in the Islands, in the opposite direction.

When James and the Mullers have met on the street, all have refused to budge. So one got a court order against the others.

The Mullers have to stay 10 feet away while James runs, or they can be arrested.

James told the court that the couple run side by side and refuse to move over, or to run single-file, to allow her to pass. She said they force her into the street.

There have been some elbows exchanged, and some words. She says she's been spit on.

James went to Gilbert Municipal Court and was granted an injunction against harassment. The Mullers can't contact her by phone or in writing. Or when she's running.

The defendants "shall not come within 10 feet of plaintiff while she is running," according to the April court order, which is good anywhere in the United States for one year.

The runners also were ordered to run against the flow of traffic, which could keep them on opposite sides of the street or running in the same direction.

If the Mullers violate the order, they could be arrested and prosecuted for interfering with judicial proceedings.

Judge David Phares granted the injunction. "Ideally, I'd like them to sit down on the lawn, drink their Gatorade and work out a solution," he said. If that isn't possible, he prefers they come to court for mediation or a ruling by a judge "rather than having people handle these kind of debates physically." "Our courtroom is not that crowded," he adds.

The tiff seems out of place in the Islands.

The Gilbert community near McQueen and Warner roads is built around man-made lakes, where ducks strut along the water near fancy homes

with perfect lawns and nice cars.

The streets and sidewalks are wide. Bike paths are plentiful.

Numerous calls seeking comment were not returned. Notes left at the Muller and James homes went unanswered.

While the court order is recent, the feud has been running for a while.

In court records, James said that on March 22, Barbara Muller was "running towards me forcing me into traffic" and James says she accidentally hit Muller.

On April 1, the couple were running toward her and wouldn't move, "forcing me into traffic and Rhett and I hit each other in passing."

Another injunction had been issued in September and served to the Mullers by Gilbert police. James told the court at the time that on two different days she was screamed at. Once, she said, one of them spat in her face.

The court had asked what harm could occur if the injunction was not granted.

James wrote: "more yelling and screaming and spitting, maybe physical hitting or tripping."

An October hearing was set; the judge sent the three to mediation.

Terms were worked out where James would essentially be left alone, but she says those terms were violated, so she went back to the court.

The injunction is now in effect for a year.

And jogging is supposed to be relaxing.

John Crawford is an associate professor specializing in conflict resolution in Arizona State University's Department of Communication.

"It's a pointless, relatively childish act," he said of the dueling joggers. "Absolutely childish."

He also calls the case "absolutely fascinating."

He likened the dispute in some ways to road rage, where a minor act can erupt into a case of "I'll teach you."

"It's like two little boys pushing each other in the shoulder ... pretty soon there's blood on the wall," he said.

To Crawford, the case also reflects a problem with society: "I think we're running to the law and running to outsiders increasingly rapidly. 'I'm going to tell the cops on you.' 'I'm going to tell the courts on you.' It's another very bad sign of things we're doing badly" as a society.

Nick Appleton of Tempe runs every day. He sometimes comes across teens walking on the sidewalk who won't make room for him, or cars whose drivers don't give him the right of way.

But the fact that the dispute is with fellow joggers, he said, is a shock.

"Typically, you go by, you lift up your hand, you say 'hi,' you do something," he said, and the natural thing would be for the couple to fall into single file. "It's really kind of that runners' code.

"Runners aren't hockey players," he adds. "They're nice, gentle people."

This article was submitted by Kevin Tiller. He has no doubt searched the net somewhere and found it interestin. Maybe because he could relate the problem to Berowra??!!

The Comrades

This fascinating ultra marathon is over for 1999 by the time you read this. The event is on 16. June and Striders are again this year represented by a contingent comprising the following runners:

9076	Gary Aitkenhead
7205	Richard Bartlett
11683	Richard Briscoe
301	Alfred Field
8906	David King
4420	Jim Screen
8161	Pierre Van Heerden
8877	Michael Wilson

These are the names coming up when searching for Sydney Striders in the competitor database. Hopefully they have all performed well and had a good run without any insurmountable problems. We are all looking forward to a nice read in the next edition of your favourite running magazine: The Blister!!!



Advertisement

EXTEND YOUR RUNNING CAREER

Dont let injuries stop you from pursuing your goals - consider an assessment for Active Reflex K's Orthotics. If your shoes wear unevenly you have postural imbalance which may cause

- Scoliosis
- Back, Hip and Knee Pain
- Musculo-Skeletal Pain
- Tension Headache

Active Reflex K's Orthotics work by stimulating the Foot-Brain reflex chain to balance your standing muscles. A kinesiological Assessment maps which of the seven acupressure points are weak and the orthotics are individualised to provide constant stimulation to these points to promote relief.

For further information contact

CAROL TAYLOR
22c PENGILLY St,
RIVERVIEW, NWS 2066
94183648 \ 0419275157

Website:<http://www.vol.it/ciplay/index.htm>

I also provide compression socks and stockings which should be worn on any long plane flight to prevent blood clots and swelling. These even come in fashion colours!

Anyone with painful toes and feet could ask me about the Silipos products which contain a gel to lubricate and moisturise the skin while it reduces vibration and shear forces. These fit around toes, under the sole or adhere to the skin. I will have the Silipos kit on the Sunday STaRs.

Wanted

I believe a high numbers of Striders are actually partaking in other sporting activities but running. And if not participating - there certainly exists an interest for multi sport events - triathlon, duathlon and other variations of endurance challenges. I would therefore like to introduce a fixed column regarding multisport activities in the Blister. Personally I have no background, experience and/or knowledge that would allow me to produce this column. If anyone is interested, please contact me.
-Ed.

The K. Marshall Travelling Show

This is just absolutely unbelievable. During a year our own ultra marathoner, for I don't know how many years in a row, is running 1466 km in competition!! - or the equivalent of 116k's per month in average.

How much training on top of that?? A total of 21 marathons or ultramarathons in a year. That's nearly every second week!! Please enjoy the reading below. I promise not to stand against you, Kelvin.

<u>Rac</u>	<u>Event</u>	<u>Date</u>	<u>Distance</u>	<u>Time</u>	<u>Other Information</u>
e					
1	Mt Bogong To Mt Hotham	10/1/99	60 KM	9:20:53	6th Overall (Winner: 7:10:00)
2	Mansfield To Mt Buller	24/1/99	50 KM	4:20:01	2nd Of 15 (Winner 4:01:06)
3	Sri Chimnoy Canberra 100 KM	21/2/99	100 KM	9:04:51	1st Of 10 (Run Leg Of Ultra Triathlon)
4	Six Foot Track Marathon	6/3/99	46 KM	4:21:25	18th of 507 (Winner: 3:43:45)
5	AURA Maroondah Dam Trail	21/3/99	50 KM	4:54:09	3rd of 11 (Winner 4:20:28)
6	Canberra Marathon	11/4/99	42.195 KM	2:55:41	60th of 455 (Winner 2:18:01)
7	VRR Winelands Half Marathon	18/4/99	21.1 KM	1:27:26	14th of 100 (Winner 1:18:39)
8	Tamborine Trek	2/5/99	68.8 KM	5:59:09	Winner (Five in a Row !!!) (1st Of 10)
9	Coffs Harbour To Grafton	9/5/99	85 KM	7:23:??	Winner (3 from 3 starts) (1st of 6)
11	Run To The MCG	24/5/98	8 KM	0:33:18	163rd of 3,030 (Winner: 0:23:57)
12	Sri Chimnoy Melbourne Marathon	31/5/98	42.195 KM	2:54:41	4th of 68 (Winner: 2:36:47)
13	Traralgon Marathon	7/6/98	42.195 KM	2:53:22	2nd of 26 (Winner:2:45:53)
14	Shoalhaven Ultra Marathon	14/6/98	46 KM	3:24:24	3rd of 10 (Winner: 3:10:33)
15	Sri Chimnoy Half Marathon	28/6/98	21.1 KM	1:22:06	(Winner 1:17:00) Personal Best
16	Gold Coast Marathon	12/7/98	42.195 KM	2:55:42	92nd of 1,710 (Winner: 2:11:20)
17	Blacktown Cities Marathon	26/7/98	42.195 KM	2:58:40	11th of 120 (Winner: 2:47:00)
18	Malvern Mini Marathon	2/8/98	10 KM	0:38:02	11th (Winner: 0:31:03)
19	Half On The Park	9/8/98	21.1 KM	1:19:55	Personal Best (16th of 297. Winner: 1:09:20)
20	Junee To Wagga Wagga Marathon	16/8/98	42.195 KM	2:54:44	4th of 35 (Winner: 2:43:10)
21	Greater Shepparton Marathon	23/8/98	42.195 KM	2:52:02	2nd of 13 (Winner:2:50:53)
22	Sydney Marathon	6/9/98	42.195 KM	2:54:27	(Winner:2:15:51) 42 of 743
23	Victorian Half Marathon	13/9/98	21.1 KM	1:24:15	138th of 320 (Winner 65:51)
24	Royal National Park	19/9/98	50 KM	4:24:20	6th of 97 (Winner: 3:47:10)
25	Glasshouse Mountains Trail	26/9/98	100 Mile	25:24:11	2nd of 12 (Winner: 23:06:23)
26	Melbourne Marathon	11/10/98	42.195 KM	2:51:45	(Winner 2:12:49) 68th of 1,424
27	Rialto Run Up (Age Group Run)	25/10/98	1267 Steps	0:11:01	14th of 34 (Winner 0:07:52)
28	Bright Alpine Climb (Four Peaks Run)	31/10 To 3/11		5:40:06	19th (Winner 4:07)
	Day 1: Mount Porepunkah (1,194 Metres)	31/10/98	7.364 KM	0:59:45	
	Day 2: Mount Feathertop (1,922 Metres)	1/11/98	10.87 KM	1:28:59	
	Day 3: Mount Hotham (1,860 Metres)	2/11/98	14.77 KM	1:52:03	
	Day 4: Mount Buffalo (1,200 Metres)	3/11/98	10.46 KM	1:19:19	
29	Brindabella Classic	8/11/98	54 KM	4:17:22	6th of 78 (Winner: 3:53:??)
30	Olympic Dream	15/11/98	10 KM	0:39:26	(Winner: 30:07) 290th of 5,359
31	JLW Challenge	28/11 To 29/11	Mixed Team		2nd Overall Time: 16:58:15 (Winner: 16:56:46)
	Day 1	28/11/98	33 KM	3:55:13	39th Of 221 (Winner 3:05:25)
	Day 2	29/11/98	20 KM	1:41:48	15th Of 202 (Winner 1:23:28)
32	Kurrawa To Point Danger & Return	6/12/98	50 KM	3:37:42	2nd Of 28 (Winner 3:31:00)

Extracts from Athletics Australia, May Newsletter

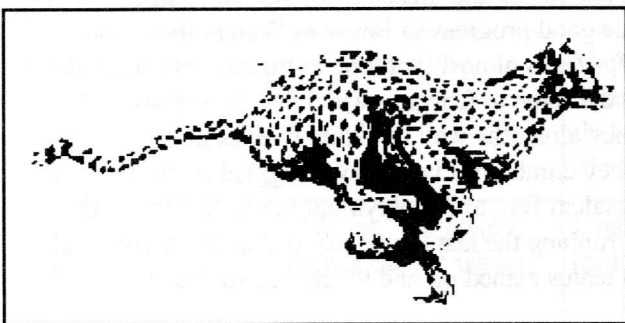
Distance Running Newsletter No. 5 May 1999

GREAT MARATHON RESULTS

NICKY CARROLL, KERRYNN McCANN and LEE TROOP lead an impressive list of results in the last few weeks. Competing in the London Marathon Nicky led the women's race for much of the time finishing in 4th place with another pb of 2hrs 25 mins and 52secs. Kerryann finished in 7th place with a big pb of 2hrs 28mins and 44secs in what was her first marathon for a couple of years. In the 1998 World list counting 3/nation this would have ranked them in 10th and 25th spot respectively.

Lee Troop was debuting and finished in 11th spot with an official time of 2hrs 11mins and 21 secs. He just missed being the best ever Australian for a first up marathon. This honour goes to Lee's coach and mentor, Steve Moneghetti, who incidentally is still struggling to get back to full training after a string of setbacks during the last 12 months. It all started last year whilst Steve was doing one of his final runs prior to the London marathon when he fell over and damaged a knee. In the middle of this period Steve claimed a very courageous 3rd place in the CG 10k. We all wish Steve a complete recovery and hope to see him back in full flight very soon.

Unfortunately for Heather Turland and Sean Quilty who both travelled to Nagano, weather conditions were poor with a very strong headwind. However CG Champ Heather still managed a very acceptable 2hrs 36mins 26 secs to finish 5th just over a minute outside the A standard. The winner, Yegorova of Russia clocked 2hrs 28mins 41 secs. Sean Quilty finished in 13th spot in 2hrs 21mins 43secs. The winner of the men's race was Kabiga of Kenya in 2hrs 13mins 26secs.



OLYMPICS 2000

There are around 70 Mondays to go before the Sydney Olympic Track and Field program gets under way.

It is anticipated that many of our distance runners will be among the largest Olympic team ever selected by Athletics Australia.

Selection in the team is likely to be based on achieving the IAAF qualifying standard (yet to be set despite the fact that the Q period began on January 1 1999), and performing well in the key selection races. Many distance runners around the country may not believe they can achieve the highest honour possible, though I suspect there are an equal number of others who think they just might make it.

THE CELEBRATING SPORT 2000 MARATHON - 30 APRIL 2000

Organiser: SOCOG in partnership with Athletics Australia Start Time: 7a.m.

Championship: The race will incorporate the Australian Marathon Championships and will be Australia's final selection race for the Olympic Games.

Course: To be held on the Olympic Marathon course. This will be the only race outside the Olympic and Paralympic Games to be held on the Olympic course.

Eligibility: The race will be open to all runners but with a strict 5 hour limit. Wheelchair athletes will be invited and will start prior to the able bodied runners.

Preferred runners: There will be 150 invited runners who will have a preferred start. These runners will compete in 'Olympic Mode'. That is, they will have access to accommodation at Sydney Olympic Park, transport to the start line, access to special drinks, split timing and the Olympic results system, etc. Arrange of other benefits will be announced shortly.

Qualification for preferred runners status: Australian athletes who break 2.30(men) and 3.00(women) during the 1999 calendar year will be invited to be preferred runners. The numbers will be made up to a maximum of 150 from international athletes who also meet certain standards.-

Nobody is so fast or so good, that he/she can't run with the slowest in the group.

The Trailwalker

This is not an official race report, just a brief update as I know a few people are interested - no doubt someone more successful than me will write a fuller account for the Blister magazine.

The Sydney Trailwalker is a fundraiser for Community Aid Abroad that goes from Hunters Hill, a posh harbourside area, to Brooklyn, a northern outpost, on the wildest meanest most roundabout route it is possible to find. Most of the track is a single-file type thing with lots of rocks, boulders, tree roots, creek crossings etc - but basically following the Great North Walk.

Snakes and Spiders

There were numerous briefing sessions beforehand where the dangers of snakes, spiders, dehydration and just plain getting lost were covered. [Numerous people get themselves lost for 3 or 4 days at a time on the wilder parts of the course with alarming regularity]. They would allow 100 teams to enter - on condition that each team raised \$1000 each. It seemed to attract the same crowd as the Walk on Want, a 10km walk through the city streets. I think some of these people had a rude shock !! Entrants run as a team of 4, entering and leaving all aid stations together. Although one person may drop out and 3 can finish, only teams of 4 are eligible for awards. The event started in Hong Kong some 15 years ago and I believe that there is also a UK version now, run along the South Downs Way.

Striders influence..reaches far

It started 10am Friday morning and has a 48 hour cut off. I had entered with a team of Sydney Striders [myself, Mike Ward, Martin Fryer and Keith White]. The day was bright and sunny with no clouds in sight. We had estimated some finishing times, and when we would hit certain checkpoints. Martin had a set of estimates and I had a set of "slow" estimates [22hr] as well as some "fast" ones [15hr]. The White's offspring, Olly, was following by car and would use these to time when he had to be at the next stop. We set off at a steady pace, after a few words from Bryce Courtenay [the author, a Sydney Strider and sometime Ultrarunner]. Alex Hamill, also a Strider, fired the starting gun [Striders influence on Sydney distance running reaches far & wide]. We were pretty much on pace with our slow times even though many other teams went off sprinting. Through Lane Cove [12km], Thornleigh [25km], Cherrybrook, Rosemead/Hornsby [40km]. Although we were still on our

"slow" pace, it actually felt quite fast, and on target for a 22hour finish. The next leg - Rosemead to Crosslands, was a big one and would lead us into the dark. We had estimated being at Galston Gorge by night and we were pretty much spot on - jogging down a firetrail in the half light just before the Gorge, and finally getting out our torches just before the big downhill. The army had a few squaddies watching this difficult part of the course and had christmas tree lights / sort of thing shining the way.

It was OK running in the dark, and we were feeling pretty OK still, finally coming into Crosslands just overtaking another team. We were running in 7th/8th or so for most of the day, and were slowly picking up teams. Here we met up with Malcolm Satchell, another Strider. After some noodles and more substantial food [a hot potato and pitta bread] we set off to Mt Kuringgai, a scant 6km away but probably a couple of hours - there was much darkness and uphill here, and a few "dodgy" creek crossings.

bum-crack-rash?

At Mt Kuringgai we were met by the Hanson family and Graham Willis. Also this is where Olly handed over the reins of the support vehicle to Margaret White. The leg from Mt Kuringgai to Berowra, only 10km, proved to be a bridge too far for me. The track was beautiful in the full moon, but very rocky and very slow. My pace had dropped to almost nothing and I was suffering from ?bum-crack-rash or something like that. I was a sorry sight. I finally eased in to the Berowra checkpoint at 1am, and I think the other 3 had quite an easy trot over that leg, although we were all suffering from the duration of the run so far. I think I was half asleep here - even when running along. We checked out quickly and moved down a couple of streets to my house, some 500metres away, and just 20metres off track.

We kicked them out

I finally pulled the pin here at the 72km mark [erm..40 miles + ?], feeling that I was too slow for the team and would only prolong the duration of their run by hours and hours. We filled them up with soup and hot coffee and kicked them out. Apparently they made good progress to Berowra Waters [hour and a half] - takes almost that long in the daylight when fresh and the same to Cowan - which has numerous rock climbs along the way - holding torches in their mouth as they climb up. I hear they struggled on the leg from Jerusalem Bay to Brooklyn but made 22:51 for 6th finish, running the last km or two in a quick "road" pace. 100 teams signed up and 90 started so that was excel-

lent.

Maybe if it was a solo event I would have continued. Would I have quit if I didn't run past my house ? now that's a tough question. But I will be back next year for a finish for sure. Maybe next year we will get a couple of striders teams going ?

ps for those of you who know Derek Foley from The Right Track, I think he broke his ankle at 60km and his team continued to finish 24th in 29 hours !

From the organisers :

The last "team" to finish was one army guy who had a bung knee from about 50km. He finished at 45.5 hours. Ouch!!

Total of 87 teams started the inaugural Sydney Trailwalker. The Gurkhas finished in 15.12, including 45 minutes of being lost. The second place team - The Berowra Bush Runners - came in just under 19 hours. These guys should have been the top team given that they train long distance on the very trail every weekend. The third place team was a real surprise - three blokes and a GIRL who finished just after the Berowra team!! These are mates of mine and the girl, Jacqui, had never run more than 20km!!

Have to take some training tips from her!! The Sydney Striders who were expected to be top runners, came in "un-official" at about 22 hours and in 6th place.

22 of 87 teams finished

Of the 87 starting teams, a total 67 "teams" finished...ie, a representative of 67 teams finished. Total number of "complete" teams that finished.....22. That's it!! 22!! Based on what we saw at CP 6 [Mt Kuringai], that is a wee bit better than what we estimated. Team members were dropping out right, left and centre!!

General consensus by those that have run both HK and Sydney - the Sydney trail is not as difficult in terms of steep ups and downs but...this trail has lots of smaller ups and downs and the footing is absolutely terrible. As the times show...this course must be slower!!!

Kevin Tiller

I'm glad the report is unofficial -it's simply too good - and are looking forward to receive an "official" one from a finisher. -Ed.

Striders in Training

<i>What and When</i>	<i>Who</i>	<i>Where</i>
Achilles Running Club: Chris Robb 9959 4269. Assisting disabled walkers/runners. Sunday 8 am.	Rozanne Green, Chris Robb and others	Hyde Park near St James Station, Elizabeth Street, Sydney
Equalizer AM Group: 12k or so, Wed. 5.30 AM. Contact Kevin O'Kane 9283 3355	Keith White, 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. 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

Randwick Runners Shop

223 Clovelly Road, Clovelly, NSW 2031

Ph.: 02 9315 8711 Fax: 02 9315 7382

-ask for Fred



Sydney Striders