

Sydney Striders

Road Runners' Club
Australia



Edition No. 75: July - September 1999

Stride on.

What a winter we've had. Not only exceptionally good weather, but a number of really good runs with a high number of Striders participating. The Equaliser, Comrades, Lake Macquarie Half, Woodford to Glenbrook, Gold Coast Marathons, City to Surf, Mount Wilson to Bilpin, Cities Marathon, various Fun Runs, 10K Series plus – no doubt – many more I'm unaware of. In addition a number of Striders has excelled in multi sport events of different caliber as well as being volunteers in shape of officials, time keepers, committee members, hosts, good training partners etc etc.

The Super Series has developed some sound rivalry and competition amongst the members and definitely contributed to the number of Striders competing in the nominated races. The 10K Series has an increased numbers of runners compared to previous year, our website has never looked better or been updated faster than presently seen – even StaR maps are made available now. On top of this, the membership database has never been bigger and the Marathon Training Group preparing for the Sydney 2000 trial marathon is starting up shortly.

The new committee elected at the AGM in May has held their first couple of meetings and is now looking towards the challenges and special activities the entrance to the new millenium will generate. One of the more dominant is naturally the Club's 20th birthday, which will be celebrated with all the pomp and circumstance it deserves.

Where does all this lead. I believe it is all signs of the Club being a healthy (nearly) 20 years young organization with activities that can attract and suit runners at all levels.

-Ed



A few from the Strider contingent that went to the Lake Macquarie half this year. L to R, Kirsten, The Wassells, Ed, Frank, Mike, Neil and Brad.

Content of Blister No. 75:

- ♦ A lot from City to Surf
- ♦ Comrades 1999
- ♦ Forster Ironman (breathtaking)
- ♦ Personal Profile
- ♦ JLL Challenge
- ♦ Super Series (of course)
- ♦ 10K Series
- ♦ Marathon Training Group
- ♦ Multi sport report
- ♦ and much, much more

- 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.

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Copy requirements

Members contributions usually given priority. Non-members efforts welcome too. Submit preferably via email or on diskette. Legible typed/faxed/handwritten also OK. Word limit for major articles approx. 1800. **DEADLINE DATES** in Club News. Late contributions printed in next edition, if still relevant. Email: Text in body of email message much preferred. Send tabular material as email attachments. **Avoid fancy formatting**, which will only have to be edited out. If in doubt about formats etc, please phone the editor.

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

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I have been informed that only yours truly receives the Blister-contributions, so there is no reason not to submit even confidential reports and articles.

Credits

Photographs were supplied by Kevin O'Kane, 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: Jonathan Trope, Mike Hansen, Kevin O'Kane, Jim Screen, Tim Austin, Mark Fiore and all the letter correspondents and committee members.

Proofreading was done to some extent.

Awards Brunch

The annual awards brunch will again this yaer be held at The Middle Harbour Yacht Club after the Christmas run on **Sunday 12. December 1999**. So please make sure you already now diarise this important event. More info will be mailed to the members.

The database manager has asked me to emphasize the importance of him getting all your results for 1999. So if you haven't reported your results, **NOW** is the time to do so. If you have any questions regarding reporting of your results, please contact Richard Wassell.

Your reported results are the only one taken into account to perform a selection for the various awards. Hopefully I can get the last Blister of the century out on the same day, which means the next Blister deadline will be **21. November 1999**.

-Ed.

The Presidents Report



Marathon Training Group

One of the main events for all long distance runners in year 2000 will be the Celebrating Sport 2000 Marathon to be held on 30 April 2000. With this in mind we will be re-forming the Marathon Training Group. Kevin O'Kane has accepted responsibility once again to fire up the Group and volunteer his considerable organisational skills to ensure that those who want to run their first marathon have a great support group to help them achieve their goals. The MTG is also an ideal way for those coming back from injury to regain their fitness and for those who feel more motivated and comfortable belonging to a group with a specific goal in mind to ensure they keep up with their peers.

Super Series

The Super Series has proved to be just that: "Super". There has been lots of interest in the series and at this point in time it will be held again in 2000. If you have any comment or suggestions regarding the series please give us your thoughts (but not at the 28km mark of a STaR).

Running Gear

The Sydney Striders turnout at many of the well known events has been terrific. It really is nice to see all that green a white and dare I say it, with the passing of time, almost all of the running uniforms look the same. There are still a few old singlets in use but hopefully the owners will go on longer than the singlets and will eventually invest in some new gear.

New Members

We receive many enquiries from runners wanting to join Striders and lots of interested people turn up to see how we do things at the STaRs. It is most important that every one of us takes the time to say hello and ensure that our prospective members are welcomed and looked after during the run. We also have a few regular visitors who need to sign on the dotted line and become official members.

Coming events

We are working hard to arrange a suitable event to mark the Club's 20th anniversary in year 2000. Hopefully we will be able to hold an event which will include all past and present members and link in with the 30th April 2000 Marathon. More details later when a few impossibles have been overcome.

The Inter Club Challenge is being held at Mt Annan Botanic Gardens on Sunday 10 October at 8.30 am. This is a great opportunity to bring your family along to see what you really get up to when you go running. So make sure you pack a picnic brunch, your family and your running shoes and turn up to show the rest of the road running fraternity what we can really do.

Our Awards Brunch at Middle harbour Yacht Club has been booked for the Sunday 12th December. Please make sure this date is in your diary.

"Remember that age is all in your mind. The trick is to keep it from creeping down into your body." Anon.

Jim Screen
President.

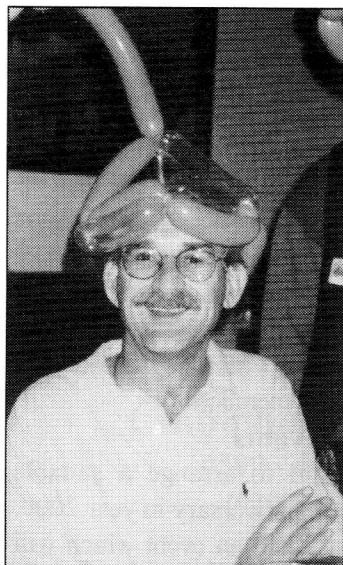
Running Pram Wanted

You will notice from Tim's article later in the magazine, that he now wants to run faster downhill. One way of achieving this is to get your child out in front of you and thereby act as "gravity-increaser". It does also get your kids used to the atmosphere at the really big events.

It's best done in a device with wheels specifically designed for this purpose and should somebody have an unwanted one or know of someone who is storing this running instrument in an unused manner, please contact Tim Austin,

Home: 9564 2171

Work: 9517 1787



Michael Wilson had his debut at this years Comrades - and by the sound of it, he really enjoyed the race. He's even contemplating doing it again!!

He's here caught warming up for a marathon.

The Comrades

16 June 1999

Nine Sydney Striders represented our club at this year's Comrades. We appeared to be the biggest Australian Club group. The total number of Australian's to finish was 29.

Sugar levels

The Comrades Association 78-year history results in an excellent event management style. Support for runners before, during the event and at the finish has to be experienced to be believed. There are drink stations every couple of kilometers that supply Coca-Cola (the best running aid in my view), sports drinks, water, a good variety of lollies and other food - even boiled spuds at some. They also have a few super efficient diabetic blood sugar checking stations for those in need of this service. Runners would not hit the wall in any event if they could monitor and maintain their normal sugar levels in my view.

A high level of mutual support of runners for each other helps make this a pleasant day, as does the atmosphere of some 14,000 runners setting out at 6.00 am in the dark. The start involves some rousing music including Chariots of Fire, a simulated cock crowing and ra ra stuff to get the runners revved up to do this 89.9 km event. A large proportion of the route is lined by an equally enthusiastic larger number of people enjoying picnics and barbecues while cheering on runners. They are a great inspiration to keep going.

Cut-off times

The event is drama filled due to the silver medal and overall finisher's award cut off times being 7.5 hours and 11 hours respectively. If you are not over the line too bad, even though you may be only a metre away from crossing it. Of the 14000 that were scheduled to start the event about 11000 finished within the 11 hour time limit. The majority of finishers crossed the line within the last hour

This year was a downhill run from Pietermaritzburg to Durban. Next year is an up hill run from Durban to Pietermaritzburg. Both ways have lots of ups and downs, some of them serious ones. The finish time limit will be 12 hours to encourage a lot of athletes that did the event in earlier years to return and run the 79th anniversary of the initial Comrades run and the first of the new millennium.

Striders are welcome

Despite the crowd it is easy to spot Sydney Striders. Being able to have a chat with fellow Striders enhances the event. Jim Screen and I ran the first 25 km together. I later ran a short distance with Alf Field and managed a quick hello to a couple of other striding comrades at different stages. The crowd also gave a lot of support to Sydney Striders because of our running gear showing we were from Sydney as well as the comparatively large presence of our Striders over the years.

This year the Australian - South African World Cup one day cricket final was due to be played the next day which caused alot of bravado comments about how we would be trounced. It was fun to respond to these calls, but it would have been greater fun if we could have had a re run two days later. This would have let us stir the crowd about our win that came about due to the SA teams serious error in the last over when we won the World Cup because of a run out that should never have occurred.

Unforgettable

I was so impressed by this year's event the memory of the day and satisfaction of having done it will be stored in my head for a very long time. The finish in the packed Durban stadium is a memorable one all by itself. The full stadium cheers loudly to encourage those still running close to the 11 hour cut off time encouraging them to speed up. The Sydney Striders group all performed well and successfully completed the event within the cut off time.

Our representatives official times and places were as follows;

Sydney Strider	Time	Place
Richard Briscoe	8.03.06	1322
Gary Aitkenhead	8.48.12	2592
Dave King	9.16.33	3636
Pierre Van Heerden	9.25.46	4064
Michael Wilson	9.31.26	4337
Gordon Forsyth	9.40.58	4854
Alf Field	9.44.04	4989
Jim Screen	10.28.08	7784
Dick Bartlett	10.52.10	10323

Cramps

Richard, Dick, Alf and Pierre have each completed many Comrades. Richard has done more than 10, which earned him a green number. He also has 2 silver medals. Jim has done 2. For David, Gordon, Gary and myself it was our first. Dick suffered cramps for over half the distance and did well to complete the run. The rest of us had the normal ups and downs you would expect for a long working day style run. It's like a whole of life experience as you go through stages of despair, joy and satisfaction during the period of the run. Levels of optimism vary to pessimism as your original time goal disappears and then reappears or is replaced by an extended goal. This all becomes irrelevant when you finish and the joy and huge satisfaction of having completed this event takes over.

Support extraordinaire

Comrades is a one of a kind race. The biggest crowd doing a long ultra with a huge support group and mutual support for each other is more notable than in any other event I have experienced or heard of. The level of assistance, support and positive encouragement is a unique experience that it would be hard not to thoroughly enjoy, despite the body feeling pain at times.

If life presents a possibility to do this event I recommend you seize the opportunity. The only trouble is the first one may hook you and you'll become addicted and want to keep doing them like Alf, Dick, Pierre and Richard. I am a little addicted after the 1999 event and am now trying to work out if and how I can get to Durban for 16 June 2000 to do next years event.



Long training runs

A sub 4.5-hour marathon time is the usual qualification for running Comrades. Training over a total distance of 1800 to 2000 kms during the five months or so prior to mid June at over 100 kms per week for the second part of this period is recommended as your preparation. A few marathons during the period and also a couple of longer runs should also be included. The maximum training run we did was a slow (Comrades speed) 60 km which was the best psychological preparation. Most did the Canberra 50km and Six Foot track as other long training runs. While this may sound a bit too hard, the effort is totally worth undertaking for the joy and satisfaction that is left with you after completing this great event.

I hope to be running this event on 16 June 2000 as part of a large Sydney Striders contingent and to see plenty of our Striders there.

Michael Wilson

Gold Coast 1999

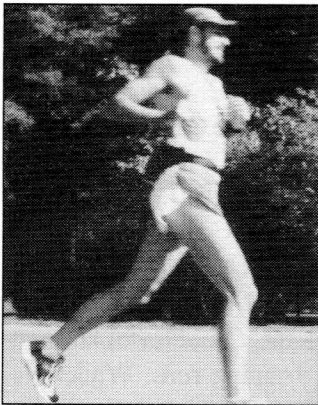
There was a large contingent of Striders going to Gold Coast this year - the largest in the past three years anyway. Below is listed the Striders result I could find in the Published results. There were several others, unfamiliar to me, so please excuse any omissions.

Marathon results:

Trevor Jacobs	2.41.36	(2. in agecategory)
Brian Grant	2.54.25	PB
Kelvin Marshall	2.55.47	
Andrew Smith	3.03.54	
M. El-Khansa	3.19.53	
Joanne Barton	3.20.51	
Mike Hansen	3.22.14	PB
Fiona Pelly	3.43.03	
Penny Smith	4.02.28	(1. st in agecategory)
K. Themsen	4.24.40	
Karin Conn	4.25.35	
Peter Baker	5.09.30	
Cathy Baker	5.09.32	
John Symonds	DNF	
Michael Bailey	DNF	

Half marathon results:

Chris Truscott	1.09.36
John Young	1.11.13
Peter Truscott	1.19.28
Richard Wassell	1.51.38
N. Themsen	1.58.53



In the picture Tim Austin (he runs so fast I can't catch him with my camera) who has produced an article about his 1st day as a 30 year old. It happened to coincide with The City to Surf.

Milestones, Babies and The City to Surf!!

Have you ever wondered what is the best preparation for a race like The City to Surf?? 14 grueling kilometers, 50,000 people, long hills, bright sunny weather, late start (hey, we are runners – 10 AM is late).

Firstly, there's the training. It has been OK. Only missed a couple of StaR" in 3 months. Even got to Berowra plus Barrenjoey and back in one piece (endurance must be OK.) 10 km race once a week – nearly set a PB last week.

After this, you'd think that given a life long ambition with The City to Surf, the drive to set a PB (hopefully 53 minutes), get a "legitimate" preferred runner status next year. A light meal Saturday evening and an early night would set things up nicely.

Wrong

You see, thanks to my parents, a birthday in early August is an occupational hazard with City to Surf's. Inevitably, the parties were the night's before; 18th, 21st, 25th and now the big 30. Back in January the party was organized, little knowing the running would be improving in the intervening months.

Milestones

The Metropolis, North Sydney, is pumping as normal on Saturday night. The pool tables are cheap, the beer's cold, 100 friends are milling about, and before you know it, golly gosh it's 1.30 AM. Have to leave before the last guests (Are you running tomorrow? "you're mad", "fat chance you'll finish" SNIGGER SNIGGER). Wander in the back door; what's this; Wallabies vs Springboks 5-3 halftime, better watch this. 3.00 AM ZZZZZZZZ.

Babies

Those of you with children know the joy they bring. The beautiful smile when they wake up in the morning. My 11-week old son loves the morning. However, thankfully on this particular morning a little later than normal, but still 7.30 comes round quite quick. I rapidly become aware of furry tongue requiring quenching. Banana, some bread, off we go.

The City to Surf

Get a decent start, there is Steve Jackson. 2km now; there was Steve Jackson. Edgecliff, Pete Truscott goes by ... oh no, I must have overcooked it a bit at the start. 3km; 10 mins – that's almost a PB. I must stay calm. Keep on track to Rose Bay.

Half way; 27 mins – still on schedule. Start negative thinking "I'm tired, how much sleep did I get last night". Past the cemetery, that's appropriate. The liver is struggling with the lactic acid; it demand long service leave after last night.

Just think of running SS singlet spotted at 1 o'clock, it's Graham Murphy just passing on the right side. Why does he always pick me up towards the end of races?? Sop that negative talk!! 10 km; just over 38 mins. Say to Graham "that can't be right, marker must be in the wrong place. Graham agrees.

In the past, the couple of little hills and long straights at Dover Heights have got me. I must push along. Set sail down the hill. 12km; under 46 mins, maybe 53 minutes is possible after all. Finally left Graham behind, but he must be there somewhere. Don't look back!! Hit North Bondi – push along Campbell Pde. Think of Jonathan Trope's run and immediately feel better. See my wife and 11 week old son cheering me on (as only an 11 weeks old can).

U-turn and along the beach. Feel like I'm sprinting (rare feeling for a Star runner) except for the whipper snipper middle distance chumps gobbling me up. Cross the line, look at the watch, 52:46. But nobody worries about that, because you want to see your real time – the one on the card. Smile at the official handing out time cards and get a few seconds bonus. Sure enough 52:41 is official.

Relief

Turned a new decade – and the first race is a PB. Hope this keeps up. Goes to show that men also get better after they've had a baby!!

So you've read all the articles in Runners World on race preparation, but here's my advice; be relaxed (have a big night), have a baby (just be careful with whom), and turn into a new decade. It worked for me.

Tim Austin

Multi Sport

After my little add in the last Blister, Brenda Kearns came forward and has submitted this contribution. Thank you Brenda. I'll try and get a photo in the next issue.

Multisport Miscellany

Our editor has observed that quite a number of Striders participate in various multisport events. So welcome to our new regular multisport news column. Here we plan to tell you about events that Striders have been in and let you know about coming events that you may be interested in trying. Contributions and comments are welcome.

Jones Lang La Salle Challenge

The JLW Challenge in Victoria is a well known multisport endurance event and this year NSW saw it's own version in the inaugural Jones Lang La Salle Challenge at the end of May. The race incorporates running, cycling and kayaking on a 180 kilometre course starting at Katoomba in the Blue Mountains and finishing at Observatory Hill in Sydney two days later. It is open to individual competitors, teams of three and corporate teams of up to six.

The first stage is a tough 21 km bush run from Katoomba down into the Jamison Valley and up (and up and up) to the Kings Tableland near Wentworth Falls. Mountain biking is next, 51 km on bush trails finishing at Euroka Clearing near Glenbrook. From there the kayakers paddled 30 km on the Hawkesbury and Nepean Rivers to finish the day at North Richmond. Day two started with a 49 km road cycle to Rydalmere followed by a 12 km paddle down the Parramatta River to Gladesville and finishing with a challenging 17 km run around the harbour shores and over the bridge to the Observatory.

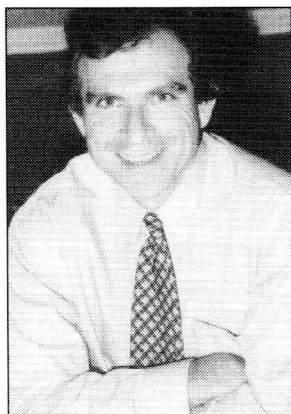
Some 225 competitors took part with the individual honours going to Victoria's most accomplished endurance athlete John Jacoby. He was so good he actually completed the whole course on his own in a faster time than any of the teams.

Four Striders were there that we know of. John Walker and Dan Leavy formed a team with a Victorian paddler and scooped up second prize in the mixed teams division. Paula Leavy and Brenda Kearns teamed up with a Cronulla paddler and finished third in the open womens race. By all accounts it's a great race and well worth considering if you are free on May 20 & 21 next year.

Coming events

October 23/24	Hawkesbury Canoe Classic 111 km overnight from Windsor to Brooklyn in aid of the Arrow Foundation. All types of canoes and kayaks are allowed and around 600 paddlers take part each year.
November 7	MBF Triathlon Series Race 1 at Kurnell; 500m swim / 20km bike / 5km run This is the first of a six race series.
November 14	Minolta Half Ironman at Forster Qualifying race for the Australian Ironman
November 21	Sri Chimnoy Triple Triathlon in Canberra A nine leg 150 kilometre event open to individuals and teams of up to nine.
November 27/28	Jones Lang La Salle Challenge in Victoria A two day running, cycling and kayaking event open to individuals and teams.
December 5	MBF Triathlon Series Race 2 at Kurnell
December 19	Callala Half Ironman Last qualifying race for the Australian Ironman
January 9	MBF Triathlon Series Race 3 at Kurnell

Super Series 1999



Going thru the limited photo archive in my possession, it is amazing that nearly all the shots of K.O'K is taken in party dress and always doing something different from running.

Super Series to date

Participation levels in the Super Series events continues at a high level. There has been plenty of interest among the participants about their progress. It has been an encouraging first year. Let me know if you have any suggestions for improvement.

General Division - Male

The male section of the General Division is building towards an extremely interesting finish. It is looking very much like it will come down to the very last event to decide the winner. Brian Grant has a great record in the bush and in the longer runs, and he has been near the lead throughout the year. Tim Austin has also been very consistent all year, and has been particularly strong in the shorter events. The last two events are 10k races!

Brian Grant, Jonathan Trope and Manfred Fiedler all have good leads in the age group divisions.

Top scores are:

GRANT, Brian	351
AUSTIN, Tim	332
BRISCOE, Richard	247
TROPE, Jonathan	230
JACKSON, Stephen	229
LISSEN, George	228

General Division - Female

After the first seven events, Louise Walker came within a few points of Joanne Barton's lead. Louise was unable to compete in the next two events, and Joanne has now re-established her lead - despite a somersault in the Mt. Wilson event. Dawn Tiller is close behind.

Kirsten Themsen now leads the over 40's,

while Tina Campbell is invincible in the 50+ category.

The leaders are:

BARTON, Joanne	327
TILLER, Dawn	305
WALKER, Louise	238
CAMPBELL, Tina	231
THEMSEN, Kirsten	216

Age and Gender Adjusted Category

Because three events can be dropped, the winner won't be known until the last event. Brian Grant still leads the "best 8" list, but many others still have a good chance, including Jonathan Trope and Dawn Tiller.

Events to come

The Club is looking for strong representation in the last two events, particularly in the Inter-Club Challenge at Mt. Annan Botanical Gardens.

October 10	Inter-Club 10k challenge	10k
November 6	Final Striders 10k	10k

Results

The final results will be available, and prizes will be presented, at the annual Christmas prizegiving.

Bad news

The Brisbane Water Bush Bash

The 47 kilometer bush run around Brisbane Water on the Central Coast, held approximately April, will not be on next year - and are unlikely to be held in the future. Greg Love, race organizer, claims lack of effort/ organizational ability has made him come to this conclusion.

Royal National Park Ultra

This press release was received from the organizers:

"The Ultra is cancelled

We have been awaiting formal approval from the National Parks and Wildlife Service. NPWS have now advised that consent is conditional on Bushies meeting conditions for unrelated activities. The Bushies are not able to meet these requirements.

we realise the disappointment to many who have previously participated and those who have been looking forward to the run. However the event is cancelled by circumstances beyond Bushies control

Billys Bushies, per John Brett"

Only sad that paper pushers can get so much power.
-Ed.

Striders 10K Series



Mike was not happy with the photo used in the latest magazines, so I had to get a shot of him from a different angle.

Here he's seen crossing the finish at Lake Macquarie Half on a beautiful winter morning.

The 10Km Race Series continues to unfold. By the time of the next Blister the series winners will be decided. But before we crown the final winners the half way leaders need to be recognized. The outright women's leader through five races is Catriona Cater followed closely by Joanne Cowen (2nd) and Dawn Tiller (3rd). On the men's side the leader through five races is John Young. John is followed by Chris Truscott (2nd) and Peter Trucott (3rd). Both Catrina and John will be receiving \$50 Runners Shop prizes for their efforts. Having opened the outright competition up to all race participants it's interesting to see the mid season leaders made up entirely of Strider members.

The overall competition is very much undecided with everyone able to drop there two lowest races. With cash prizes available to the top three finishers the last two races should be interesting.

The handicap competition also seems to now be generating some interest based on the phone calls I'm now receiving after each race. Those of you that follow this closely will no doubt have noticed that Marlene Taylor has made a large jump in the last month to the top position. Unfortunately we had a problem with the handicap results posted after race 6. When the initial results were posted for race 6 Marlene Taylor's time was credited to Geoff Taylor (and Marlene received no points). When this problem was identified the results for race 6 were recalculated and Marlene received the 21 handicap points she earned on the day.

The Strider WEB site continues to be the best source of information on individual race performances and all the series competitions. I've also tried to keep the results current on the noticeboard at the Sunday STAR runs.

Mike Hansen

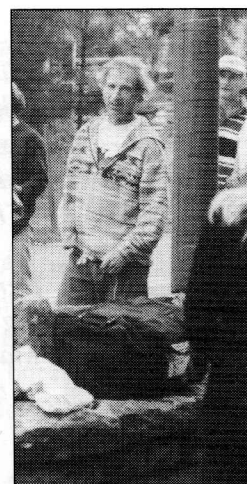
Handicap Positions after Race 8

Only the top 40 shown, please refer to database manager or website for further details

Name	D o m a i n	N o r t h H e a d	M e a d o w b a n k	D o m a i n	L a n e C o v e	N o r t h H e a d	M e a d o w b a n k	D o m a i n	T o t a l	P o s i t i o n
	R1	R2	R3	R4	R5	R6	R7	R8		
Pat Morris	4	16	18	18		2	11	21	90	1
Marlene Taylor	2	21	19	2		21	20	2	87	2
Frank Dearn	17	17	2	2	15	14	2	13	82	3
Peter Truscott	12	9	2	8	14	2		19	66	4
Joe Guerra	2	2	2	21	12	2	22	2	65	5
Graham Willis	18			14	11	2	14	2	61	6
Jurgen Joester	2	8	14		16	9	10	2	61	6
Andrew Feberwee		22	17	16	2			2	59	8
Penny Smith	2	15	2	15	2	17	2	2	57	9
Gary Aitkenhead	6		20	2	6	2	2	14	52	10
Dean Gardiner			2	9	2	22	6	9	50	11
George Lisson	10			12	13	2	2	11	50	11
John Hamilton	11	10	6	2	4	2	3	12	50	11
Stephen Jackson	2					18	13	16	49	14
Philip Boswell	14			2	2	13	12	4	47	15
Jonathon Gliksten	21	11	8	6					46	16
Greg Bray	2	19	2	2		20			45	17
Bernard Fortune	2		12	2	9	12	7		44	18
Gavin Morisset			22	20	2				44	18
Nick Adams	2	18	2			2		20	44	18
Jenny Truscott			21	2		2		18	43	21
John Simmonds	8	20	3	2	2	2		2	39	22
Jim Screen	20				18				38	23
Larry Meale				17	20				37	24
Catriona Cater	2	12		2	2	2	8	8	36	25
Graham Holton				2		16	17		35	26
Ivan Freys	2		15				18		35	26
Barry Rutter				2	8	7	15	2	34	28
Sandra Belcher			2	22	10				34	28
David Solomon	2	2	4	2	7	5	2	7	31	30
Chris Truscott	15		13	2					30	31
John Sauer	9		5					15	29	32
Tim Austin	2		2	2	2		19	2	29	32
Mark Davis	2	2		2	2	3		17	28	34
Rozanne Green	2		2	2	2	2	16	2	28	34
Mahmoud El-Khansa	2	4	2	13	2		2	2	27	36
Mathew Kaley	2	2		10		2	4	6	26	37
Tom Burnell	2	14	2		2	2	2	2	26	37
Alex Rubin	2				19	2	2		25	39
Joanne Barton	2				22				24	40
Michael Free							2	22	24	40

Striders 10k Series

Name	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Total Points	Pos
	Pts	Pts	Pts	Pts	Pts	Pts	Pts	Pts		
Women										
Catriona Cater	18	21		19	20	20	21	19	138	1
Joanne Cowan	22		22	22		22		21	109	2
Penny Smith	7	13	16	8	15	9	15	11	94	3
Dawn Tiller	21			21	22		22		86	4
Jenny Truscott			21	20		21		22	84	5
Pat Morris	6	9	13	7		5	16	15	71	6
Marlene Taylor	5	11	14	3		6	17	8	64	7
Rozanne Green	10		15	5	13	2	14	4	63	8
Elizabeth Edmonds	13			12	16	10			51	9
Fiona Pelly			18		17	15			50	10
Lesley Maher	12	16	17						45	11
Jenny Wickham	19	22							41	12
Julie Wessels				9		13	18		40	13
Chantelle Stewart		20						18	38	14
Joanne Barton	17				21				38	14
Louise Walker	16				19				35	16
Janelle Burgmann	15	19							34	17
Sarah Campbell				13			19		32	18
Annalise Williams		17		15					32	18
Julie Calder				14	18				32	18
Sandra Belcher			11	6	14				31	21
Sophie Williams						11		17	28	22
Janina Longman						2	13	13	28	22
Madel. Tancered	9	15							24	24
Men										
John Young	20	20	21		20		22		103	1
Mathew Kaley	14	16		19		16	18	19	102	2
Ian Bowsher	7	12	11	9	17	11	14	16	97	3
Peter Truscott	11	10	6	15	19	14		20	95	4
Ross Sinclair	10		14	12	18	13		17	84	5
Nick Adams	12	18	16			15		21	82	6
Simon Greenland					21	20	21		62	7
Chris Truscott	19		22	20					61	8
Graeme Cokayne					22	18	20		60	9
John Sauer	16		18					22	56	10
John Hamilton	2	5	9	4	12	2	8	14	56	10
Greg Coy	9	13	12	2	15				51	12
Stephen Jackson	2					12	16	18	48	13
Simon Hedger	13	17		18					48	13
Tim Austin	2		3	7	10		13	12	47	15
Richard Briscoe	6		13		11	7	9		46	16
Paul Arthur	22	22							44	17
Jock Davis		21				21			42	18
Dean Degan	21		20						41	19
Gregory Mackey	3	3	2	10	7		7	8	40	20
Campbell Wratt		2	8	14			15		39	21
Bernard Fortune	2		4	2	9	9	12		38	22
Philip Boswell	4			2	2	6	10	11	35	23
Andrew Smith	2	2	2	11	8	8		2	35	23



Above is the only picture available in the archive of last years winner of the Presidents Award and also the man behind the computerization of all the 10K Series results.

Indispensable effort.

Outright position after 8 runs for both women and men

are shown in the table to the left. It had to be reduced to fit the existing format of the Blister, but if anyone wants additional information, please visit the website where every result for every contestant in every race is available as well as both realised and target times. If you have any problems with this or is unable to gain web access, please contact our database manager, Richard Wassell, who will be able to provide the information you are looking for.





Mark Fiore - winner of the Best Blister Article Award in 1998 - has submitted this brilliant article and will no doubt be a contender for this years award to. Mark's photo shows the only time I've seen him in Striders gear.

Australian Ironman 1999 The Race Without Time

The 1999 Australian Ironman Triathlon at Forster started in cold, murky conditions. In fact, so cold and so murky, that the officials postponed the start of the race to ensure that there was going to be some sunlight. The officials were worried that they may lose some competitors in the dark. Actually the whole lead up to the race was dominated by two factors. The first was the date of the race. Due to the combination of an early Easter, school holidays and the Anzac Day long weekend, the race was scheduled for the first weekend in May. The second was that the weather at the end of summer and start of autumn had been very wet. There had been a lot of rain and in most of my long training rides and runs I ended up getting wet. So when race week appeared and the forecast was rain, it came as no great surprise.

Wetsuit

At race registration whilst we stood in the rain, all the talk was about how cold the water was in the lake. In the accompanying Expo the wetsuit companies were doing great business. I had a wetsuit, but it was a long-john (ie. no sleeves) and old. My wife asked me if I should buy new one with full-length sleeves. It was a hard decision. Getting a new wetsuit 2 days before a major event, was not the smartest thing to do. If it wasn't the correct fit, I could blow my race in the first few minutes. I wouldn't want to do that would I?

I decided to test the water to see how cold it was. We drove out to the lake where the swim was and I put on the old wetsuit, cap and goggles and jumped in. It was pretty cold. I started to swim and slowly warmed up. After 15 minutes I returned to

the shore. Due to the pouring rain my wife was sitting warmly in the car and asked me how it was. I said it was okay. My arms were fine. It was more my feet and head. A long-sleeve wetsuit wouldn't help those areas. So the fateful decision was made. No new wetsuit. We go with the well-used wetsuit.

Negative thoughts

That evening at the Pasta Party my training group got together and the cold water was a main point of discussion. I told them that I had tested the water at lunchtime and it wasn't too bad. One of the guys said he was there at 6am in the morning and reckoned it was freezing. He pointed out that this was race start time, not lunchtime. Good point. The guys and girls that I had been training with were very good. I had always been the slow one in the group. However, I had been improving and feeling quite confident that I would do better than last year (11 hours 45 minutes). The training had gone well and there was no sickness this year. I had qualified for the race in a similar way. Just missed out at the Forster Half, then qualified at the Callala Half on the back of a sub-90 minute half-marathon. So it was all positive thoughts. One of the guys said that the problem with cold water was that hypothermia normally sets in after 55 minutes (which is what his estimated swim time was). Since my estimate was 65 minutes, a couple of negative thoughts crept in. He said he was only joking (yeah right).

The swim

So back to the start. It was cold and dark. I decided to put a lot of vaseline on my exposed areas such as feet and arms. I put two swim caps on to protect my head and took the plunge. It was cold, but the race soon started. Soon the cold water was the least of my worries. For some reason I seemed to get caught in the middle of a giant scrum. This year there was 1,200 starters and it was very tight. On the first turn, I copped a big right hand to the head. It was a bit of a shock and took me a while to get my orientation back. Soon after I also had another clash that resulted in my losing my watch. Not sure how it happened, I just felt the band snap and the watch slipping off my wrist. Oh well, not to worry, it wasn't an expensive watch and time is not what this race is about.

During the 2nd lap of the swim I started to feel cold. There seemed to be pockets of cold water. At one stage I decided to look up and see where the last turn was and my legs started to cramp. The last part of the swim became a real struggle. I was feeling very cold and my legs were cramping badly. I decided to ease off and swim easily with no kicking. When I got to the finish, I stood up and felt very wobbly. I headed into

transition and saw the time of 68 minutes. Not bad considering. In transition they had a shower that you run through. For some odd reason I thought that the water would be warm. I stopped under the water and got a bit of a shock. More cold water. Great. By now I noticed I was shaking. I was struggling to get my wetsuit off, then I went to pick up my bike gear bag and dropped it. My hands were so cold I couldn't get them to function properly. I picked up my bag and walked to the bike transition tent.

Couldn't stop shaking

I knew I was in trouble when I got into the tent and one of the volunteers asked me if I was okay. He said I was looking a bit blue and he told me he would get a doctor. When the doctor arrived he asked me what was wrong. Now, if you have read some of my previous stories, you know my complete contempt of doctors. I had just spent 68 minutes in 17 degrees water, looking blue and shaking and the doctor asked me what was wrong. I told him I was cold and couldn't stop shaking. He advised to remove my wetsuit and he would get me a blanket. I felt lucky that he didn't charge me \$32.00 for that bit of advice. When he returned I was expecting one of those new space blankets. But, no he handed me a woollen blanket that looked older than I did and that had been borrowed from the local hospital. I sat down and put it around me. The blanket was falling apart and I ended up with wool all over me, which wasn't a pleasant experience.

I decided to relax and sit quietly for a few moments. My volunteer helper was great. He got all my bike gear out. Now this was a moment where a crucial decision had to be made. Due to the inclement forecast I had packed all my winter bike gear. This included some bike knicks, top, socks, gloves and rain jacket. When the doctor came back he said that I could attempt to start the bike leg and see how I felt. I decided to put the winter bike gear on and get going. I was still shaking which included chattering teeth. I got dressed with the help of my volunteer. He wished me luck and I left the transition tent, taking it very easy. I got to my bike, jumped on and headed out.

No bike computer

My teeth were still chattering, but I started to warm up. When I started to feel a bit better a rainstorm came rolling in. This made the conditions very cold and treacherous. There was water all over the road and in some places 2-3 inches deep. Whilst I was not pushing it very hard, I looked down to see my bike computer had packed it in. This left me with

just my heart rate monitor. At this stage I was not bothered. I was not in a racing mood. I decided to just cycle easily to a heart rate of 135-140.

Pissing and pissed off

Whilst I was now feeling warmer I started to encounter another problem. Now this isn't pleasant but after every drink I needed to piss. Pissing on the bike is a skill (if you can call it that) I had recently learnt. Normally you need to do this once or twice in a race and whilst it is unpleasant, a quick wash down from the water bottle normally gets you going again. Having to piss every 15-20 minutes is quite unnerving and worrying. It also slows you down as I can't peddle and piss at the same time (a new skill to be learnt).

As I was approaching halfway I had no idea of what time I was doing. All I know I was going slowly. As I got to the halfway turnaround the course announcer called out my name and made the comment to the crowd to cheer to give me encouragement. He also made a remark that the crowd would be there at the end to help me finish. Boy, I must be looking bad. The announcer is American and I suppose he thought that his comments were supportive. Well they just pissed me off and made me feel even worse.

Can't let the support down

I headed out of town and back into the rainstorm again. The clouds seemed to be hanging around the hills just south of Forster. I was feeling pretty miserable at this stage. I was seriously thinking about pulling out. I was struggling with my emotions and decided to eat as much as I could to build up my energy. By the time I got to 120 kms I decided to stop at the next aid station. I was unsure whether I should quit or go on. I decided to go to the toilet properly. As I stopped one of the volunteers asked if they could hold my bike. When I finished with the toilet another said that I was doing real well and there was not long to go. I stood and looked at the bike. In my mind I visited the room of mirrors. I had a good long hard look at myself. It would be easy to pull out now, but if I did I would be letting a lot of people down. The family and friends who had supported me and my training partners. I knew my time would be slow, but I had to keep going. I grabbed some more food, thanked the volunteers and



gotback on the bike.

I struggled on through the rain and with 30km to go I rode up to Dick Quinn. Dick has completed every Australian Ironman and he is as tough as teak. Last year he completed the race with cracked ribs. I asked him how he was going. He said that it couldn't wait to get off the damn bike. I concurred and asked him what he thought of the conditions. "Worse he has ever seen".

Typical male

With 15kms to go I got the fright of my life. My training partner Paul came up to me and said hello. "Shit, Paul what are you doing back here". He told me that he got disoriented in the swim and had suffered a mild case of hypothermia. Now I had expected Paul to be at least half an hour head of me, even if I was racing well. So to see him back hear was a real shock. It just confirmed to me that I was not the only person struggling out here. I should stop feeling sorry for myself and finish this damn race.

Paul's a good cyclist (on most days) so he passed me and pushed on to the finish. I tried to hang on as long as I could and pushed hard over the last few kilometres. Having a mate just in front of me suddenly fired up the old competitive spirit. Typical male reaction.

Toilet again

I came into the bike-run transition feeling a bit better. I looked at the clock in the finishing shute and it was over 8 hours 10 minutes. Shit 7 hours on the bike. No wonder my bum is sore. Now all I have to do is run a marathon. Paul was already in the transition tent getting dressed for the run. I sat down next to him and again decided to get put a fresh set of clothes on including a fresh set of socks. Again taking my time was a wise decision. Paul left transition and I followed not long after. I scampered out of the tent and suddenly realised I better go the toilet. So back in to the port-a-loo. After a couple of minutes I was ready to run. Fast transitions have never been my forte.

Running - and late

Out on the run, I took it easy early on to make sure I didn't blow up and have to do a lot of walking. The accommodation my family was staying in was on Rockpool Rd, which was about 2 kms into

the run. When I got to that point my wife came up to the side of the road and asked me why I was so late. Typical, here I am putting my body through torture and I get a gobful from my wife about being late. I tried to explain that I had a bit of trouble with hypothermia, but was okay now. She implored me to take it easy and make sure I finished.

I was feeling comfortable on the run, though it started to rain again. I was able to keep up a nice rhythm and was having no problems with cramps. I was able to run for the whole of the first lap including all the hills. As I approached the half-marathon mark, I caught up with Paul. He said that I was looking good and to keep it going. He was still struggling a bit, so when I went past I made sure that I put in a bit of effort to put in some distance between us. I didn't want to give Paul something to chase. That is what being a good friend is all about.

Cramps

I got to the half-marathon mark in just under 2 hours. Considering how I was earlier in the day I was feeling quite good. I ran past the house where the family were supposed to be and there was no sign of them. I was told later that they were watching the Swans and it was an exciting match. It is good to know where you fit in on their priorities. They told me that they thought I would be struggling and my good progress surprised them. I suppose I am not the first guy who finished second to Plugger.

On the second lap as I approached the hills I started to struggle with cramps in my quadriceps. I decided to walk the big hills. At this stage of the race, most are doing the same. It was getting dark and it was still cold and wet. I grabbed my glow sticks and decided to try to run as much as possible. This would keep the cold away and also hopefully Paul. After the main hills I was able to run again in a slow rhythm. I was passing plenty of people, so it made me feel better. In the dark it is hard to see whom you are passing and conversely, who is passing you.

I started to get toilet problems again. I decided to try to learn a new skill. It was dark, so no-one to could tell and I was running in a swimming costume and was already wet. That was handy. It is amazing what you can teach your body to do.

Finish

With 10 kms to go I was running slowly, but the important thing was that I was running and only a couple of people passed me (and Paul was not one of them). Also without knowing it, I had passed Michael, another training partner. Michael had been suffering from a gastric complaint prior to the race and it caught

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Clovelly, NSW 2031
Phone: 9315 8711, Fax 9315 7382

up with him during the run.

With 5 kms to go I felt quite good, so I tried to put in a nice strong finish. Even though it was cold and wet, there were still plenty of people supporting the runners over the last few kilometres. I put in a good finish and got a great response from the crowd. The finishing clock shows 12 hours and 17 minutes. This means that excluding transition I was able to run just over 4 hours for the marathon. I thought that it was a pretty good effort.

To hell and back

After the finish, I quickly went to the massage tent. Boy, does that feel good. I think it should be compulsory to get a massage after every race. After the massage I was starting to feel cold again, so I went for a hot shower before meeting up with friends and family. Finally after 12 hours I finally felt warm again. I caught up with Paul. He finished just over 3 minutes behind, so he held on very well on the 2nd lap.

Even though I was feeling a bit unwell I decided to stay on and see all the finishers. I fuelled up on food and drink and talked with friends on how it had been very hard day. We cheered everyone in until the end. There were a lot of people who looked liked they had had a very tough day.

Went to bed that night, knowing that I had been to hell and back. I thought that even though I was slower than the previous year, it was a more gutsy effort. In the end, the time doesn't matter, it was all about finishing. It would have been easy to pull out many times. It was harder to keep going, but that is what Ironman is all about. It is not about time, it is about finishing.

Mark Fiore

Uniforms

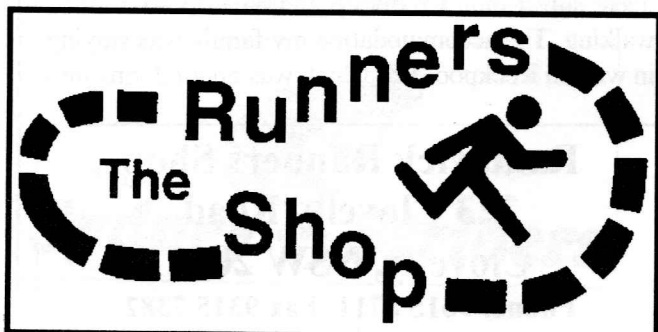
With this edition of the magazine you should get an orderform from our new uniforms director, Gavin Morisset. The form has to be returned to Gavin no later than 30. September 1999, so please make up your mind fast. The orderform is based upon the previous distributed catalogue. If you need a copy, have any questions or simply want to have a chat with Gavin, please call him. It's probably the last production before Christmas, so consider presents. Also use the old gear for training and get some new for Star's and races.

-Ed

Results - The Equalizer

27. June 1999

1.	Chris Truscott	59.10
2.	Steve Jackson	1.00.10
3.	Anthony Lowes	1.01.56
4.	Andrew Smith	1.02.09
5.	Matthew Kaley	1.02.55
6.	Brian Grant	1.03.14
7.	Chris Dwyer	1.04.06
8.	Tim Austin	1.04.10
9.	Jeff Gissing	1.05.42
10.	Joanne Cowan	1.06.12
11.	Jonathan Trope	1.06.20
12.	Bruce Inglis	1.06.25
13.	Dallas Pierce	1.07.14
14.	Dawn Tiller	1.07.40
15.	Joel McKay	1.08.52
16.	Ewan Harsburgh	1.10.52
17.	Peter Truscott	1.10.55
18.	David Solomon	1.11.03
19.	Barry Rutter	1.11.15
20.	John Walker	1.11.28
21.	Mike ward	1.11.46
22.	Joanne Barton	1.12.39
23.	Jenny Truscott	1.13.11
24.	Dave Ritchie	1.13.37
25.	Chris Gunns	1.13.49
26.	Steven Lyons	1.14.15
27.	Louise Walker	1.14.40
28.	Elizabeth Edmunds	1.15.15
29.	Paul Gare	1.15.50
30.	Jacqui Matthews	1.16.07
31.	Mike Hansen	1.16.20
32.	Phil Kennedy	1.17.04
33.	Jeremy Lowes	1.18.10
34.	David Lancaster	1.18.23
35.	Graham Willis	1.18.55
36.	George Herrison	1.19.20
37.	Kevin Tiller	1.21.41
38.	Manfred Fiedler	1.23.50
39.	Paula Leavey	1.24.02
40.	Brenda Kearns	1.24.02
41.	George Lisson	1.24.36
42.	Kevin O'Kane	1.26.17
43.	Larry Meale	1.26.24
44.	Robert Chalmers	1.27.02
45.	Catriona Cater	1.27.20
46.	Paula Whitehouse	1.34.50
47.	Marlene taylor	1.35.47
48.	Monica Glare	1.35.50
49.	Carol Taylor	1.39.05



Blood, Sweat, but NO tears!

(My Willy to Billy story)

Saturday 21 Aug 1999 saw the 4th running of the Mt Wilson to Bilpin 35km bush run, and with Super Series points on offer, it attracted a good contingent of Striders. (Almost a ¼ of the field as it turned out).

PB - on track

My goal was to improve on last years time, a modest 3:41, and after completing the first 10km in 57 minutes, I was well on the way to achieving my aim. I was running around 20 seconds behind Allan Murray and Charles King, and saw them leaving each drink stations as I was coming in.

Around 15km I caught up to, and ran with Allan, (Charles had cleared out) but going up the last road section before the big down hill, he got away from me, which saw me again running around 15 seconds behind him.

I knew from last year's race that a drink station awaited me at the bottom of the hill (about 6km away). I also knew that Allan would set a pace that I could handle up the other side, so I figured that if I caught him by the bottom and ran with him as long as I could up the other side, I would finish with a PB.

The fall

About 500m before the drink station disaster struck, when I fell. As my right arm doesn't work (the result of a stroke), I put my left hand out to break my fall, and then rolled to my right. As Margaret White will testify (she falls in more bush runs than anyone else I know), Falling Body in Running Garb + Dirt Track = Blood, and lots of it!

Running (read Walking) up the hill on the other side was pure murder, and the finish could not come soon enough, but the bloody hill (no pun) just kept going. Suddenly I saw a Kevin Tiller walking just ahead, and as I got caught up to him, I saw that it he had also fallen. and thought that his collar bone was dislocated. Doing the right thing, I walked and talked, compering notes about were we had come to grief, all the way to the finish. My PB had gone for another year.

Shower? No. Sandwich? Yes.

I didn't have a shower, and before you ask, it's not because I had one last week (you know what they say about Poms and water!). I wanted to see the other runners finish, and I heard there was a

sausage sandwich with my name on it.

The presentations were held in Bilpin Hall, Paul Arthur winning with Chris Truscott a close 2nd in 2:17. Then in was the turn of the ladies, with Dawn Tiller also 2nd.

The announcer said they have a special award this year, of a bottle of Port for the runner who crossed the finish line with the most blood, and when he said Richard then paused, a chorus of Sydney Striders shouted my Surname. (I was secretly wishing another Richard had won)

One fall, one bottle of Port, no justice is their Margaret!

Richard Wassell

Striders results from Willy to Billy.

Truscott	Chris	2:17:24
Jackson	Steven	2:30:46
Vella	Sam	2:31:21
Selby	Warrick	2:39:11
Lisson	George	2:39:20
Grant	Brian	2:39:58
Tiller	Dawn	2:47:54
Austin	Tim	2:49:15
Dunn	Xandra	2:52:17
Edmonds	Elizabeth	2:56:01
Mackay	Joel	2:59:02
Freys	Ivan	3:02:13
Ward	Mike	3:03:48
Barton	Joanne	3:04:50
Holton	Graham	3:07:35
Lovel	Rod	3:12:30
Matthews	Jacqui	3:14:26
Hammerschmidt	Peter	3:15:03
Willis	Graham	3:17:33
Dornbrack	Dave	3:18:30
Hanson	Mike	3:20:27
Screen	Jim	3:20:55
Laurent	Jaques	3:23:06
Serman	Nadene	3:25:32
Wessels	Julie	3:26:30
Rigby	Roger	3:31:53
King	Charles	3:34:38
Wilson	Micheal	3:35:56
Murray	Allan	3:39:30
McCarthy	Wayne	3:40:10
Spencer	Hugh	3:40:10
OKane	Kevin	3:43:07
Murray	Bruce	3:49:57
Themsen	Nick	3:51:10
Wassell	Richard	3:51:35
Tiller	Kevin	3:51:42
Themsen	Kirsten	3:52:48
Renshaw	Brad	3:57:57
Greenhill	Sean	4:11:18

The City to Surf 1999 Results

Degan	Dean	0:45:35
Young	John	0:46:42
Truscott	Chris	0:46:47
Adams	Nicholas	0:49:15
Kaley	Matthew	0:49:45
Dwyer	Christopher	0:49:46
Jackson	Stephen	0:50:03
Brophy	Randy	0:51:21
Truscott	Peter	0:52:10
Austin	Tim	0:52:41
Murphy	Grahame	0:52:46
Briscoe	Richard	0:53:16
Tiller	Dawn	0:54:26
Truscott	Jenny	0:54:44
Hirner	Michael	0:54:53
Donnan	Gerard	0:55:37
Gissing	Jeff	0:55:50
Trope	Jonathan	0:56:05
Grant	Brian	0:57:51
MacKay	Joel	0:58:03
Shingler	Mark	0:58:24
Barton	Joanne	0:58:42
Vucetic	Joseph	0:58:47
	Fortune Bernard	0:59:33
Hansen	Mike	1:00:02
	Cater Catriona	1:00:03
Robinson	Mark	1:00:16
Joester	Jurgen	1:01:01
Lovel	Rod	1:01:12
Free	Micheal	1:01:37
Garvin	Phil	1:02:22
Edmonds	Elizabeth	1:02:32
Colwell	Brian	1:02:32
Matthews	Jacqui	1:02:35
Glare	Paul	1:03:13
O'Kane	Kevin	1:03:22
Willis	Graham	1:03:40
Van Heerden	Pierre	1:03:40
Hocking	Bernard	1:03:41
Dunn	Xandra	1:03:42
Roach	Steve	1:04:04
Gardiner	Dean	1:04:48
McPherson	Neil	1:05:30
Shepherd	John	1:05:30
King	Charles	1:05:33
Franz	Godfrey	1:05:53
Murray	Allan	1:06:16
Screen	Jim	1:06:26
Laurent	Jacques	1:06:52
Fiedler	Manfred	1:06:56
Taylor	Geoff	1:07:17
Campbell	Tina	1:07:40
Kennedy	Philip	1:08:02
Laaper	Marlies	1:09:05

Patrick	Jon	1:09:12
Taylor	Marlene	1:09:54
Murray	Bruce	1:11:53
Renshaw	Brad	1:12:07
Didomenico	Jean-Louis	1:12:13
Scott	Pam	1:13:32
Richardson	Tom	1:14:36
Themsen	Kirsten	1:16:13
Green	Rozanne	1:16:19
Brailey	Ted	1:16:28
Belcher	Sandra	1:17:17
Themsen	Nick	1:17:20
Ford	Peter	1:17:24
Simmonds	John	1:18:18
Conn	Karin	1:19:00
Dearn	Frank	1:20:15
Gilpin	John	1:21:40
Betts	Ross	1:22:00
Partridge	Tony	1:22:11
Donovan	Jim	1:26:34
Ross	John	1:26:53
Plummer	John	1:27:24
Charlton	Enid	1:30:21
Gardiner	Denise	1:31:40
Langsworth	Marguerita	1:37:52
Serman	Nadene	1:42:34
Herisson	George	1:44:10
Herisson	Lynn	1:48:00
Firkin	Graham	2:34:01
Macarthur	Edwina	2:39:39
Macarthur	Ian	2:39:40

Star Start Times

Every Strider is familiar with our present StaR system whereby the different groups start at 6.00, 6.10 and 6.20 as outlined on the back of the calendar.

George Herisson has made a survey covering a number of different clubs in Sydney and their start times for Sunday runs vary from 6.30 to 8.00. It is also Georges opinion that we would be able to recruit more members by starting later - at least in the cold and dark months of winter. I know we did attempt to change StaR times a couple of years ago without much success, but I don't think this should stop us if the need exists. Consequently I'm inviting views on the matter and would prefer contributions to be send directly. It's not the intention to generate an insurmountable load on the LiSSt.

-Ed. (It's not an abbreviation for Edmund, as I heard the other day.)

The careful reader of the Blister will remember an ad from last edition, seeking a "personal profiler". The Blister had hardly hit the street, before Andrew Smith offered to help out with this matter. Below is his contribution for this issue. As with Brenda, the club archives doesn't contain a photo of Andrew. I'll try and get one for the next issue. I know Andrew is a keen Man. United supporter, so he can't be bad.

Personal Profile – Chris Dwyer

At this stage in the year, Chris' Canberra marathon time of 2-42-43 is the fastest Open and Vet for 1999. Chris runs his own business in property services and provides contract cleaning for offices and warehouses. He is married to Hena with children Adam, 14, Mark 12 and Amy 7.

PBs

Marathon	2-38-30	1994	Gold Coast
Half	1-15-11	1994	Nabiac
City-Surf	48-25	1994	
10K	34-08	1997	Melbourne

When did you start running?

As a schoolboy I did 5 and 10 km, then went sailing and came back to running in 1980, joined the Striders in 1984 and ran 3:17 in the Legal & General marathon in Manly.

What were you sailing?

Single man Moths – 11 footers with 85 sq. metres of sail from 1968 to 1982. I took part in a few Australian titles and in 1978 came second in NSW and represented Australia in the World Championships held in Queensland.

Then you retired from sailing...

Sailing is time-consuming if you want to stay at the top. There's weight training, I weighed 74 kilos then, 59 kilos now – and it was all muscle. Gear is always breaking on boats and needs repairing. And then running a business and being married with children. For running I can just have shoes in the back of the car and run when work is quiet. I can't fit a boat on the car.

What advice do you have for marathon runners wanting to improve?

Whatever your target pace is – do it in training.

What is your marathon training program?

Run hard and often! 140km per week over ten weeks with a two week run down. Three weeks hard, one easy. On Sunday run a warm-up of 10km, then a solid pace for 20km, on the next Sunday 3-4km warm-up then 20km at your marathon pace. Tuesday – short repetitions, Wednesday - 24 km at 4:15 pace (40 secs per km over marathon pace), Friday - 3 x 3km at half-marathon or even 10km pace, other days - some hills and 6 x 1 mile sessions.

Do you prefer to train solo, with one training partner or in a group?

Mostly I run on my own, a little with Chris Truscott and John Young or with my brother. It's hard to find people to run the same pace – there's no 6:30 group now. (Interviewer – see Nick Adams)

Are the competitive qualities required in sailing the same as in running?

Yes the same. You've got to be disciplined and train hard. I go out at 11pm on some nights to get a run in – there's no such thing as 'haven't got time'.

Your current Marathon, Half-Marathon and City-to-Surf PBs were all in 1994 – what were you doing right?

Consistently doing 6 x 1 mile (400m recovery) at 5:30 pace, sometimes 10 x 1 mile. A disciplined lifestyle and give up booze. Take six months out of life and say that's what I want.

Is training enough or is attitude in the race important?

If you've done the training you can be confident. I don't let negative thoughts and doubts in.

What has been your favourite race?

In Australia, the Gold Coast. It's well organised and I have run two sub-2-40s there. Internationally, the Berlin Marathon in the year after the Wall came down. It was the most fantastic of my thirty marathons. There were 23,000 runners and 1.5 million spectators. It ran round the Brandenburg Gate and Checkpoint Charlie and was only the second marathon course to go through East and West Berlin.

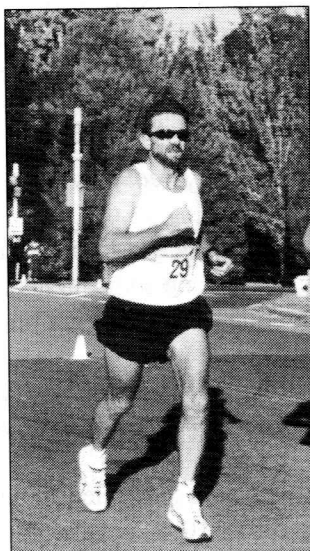
Who is the most competitive Strider you have run against?

Don Price back in 1991-92 was always there. He trained hard and ran a few 2-40s. Also Chris McLean, you couldn't get past Chris when he was in form.

Have you any running goals remaining?

No, I think I've done it all - slowly retiring. 30 marathons, 22 under 2h 50m, 4 under 2h 40m. I'm going to the Berlin Marathon in September, hoping to get under 2h 40m. When I turn 50 next year I'd like to break 50 minutes for the City-to-Surf.

Great stuff from Andrew. Chris, portrayed below during Canberra Marathon this year.



*Good Luck in Berlin, Chris
(How about a travel report with a few photos for the next magazine??) -Ed*

Woodford to Glenbrook

4. July 1999

I have always wanted to do that race for as long as I have heard about it. That goes back to a committee meeting in April, I think. I have been to the mountains many a time, still I didn't even know where the towns were located on the map. Never mind, it was a race in the Super Series (which I might add is far beyond my running capacities), with a lot of Striders and also the first run after a couple of weeks with the flu circulating in the family. To add bad to worse, we had entered the Gold Coast the following week, so I needed to brush the dust of my running shoes and get ready anyway.

We met the green and white contingent on the starting line - and there was quite a few of them there. They were easily recognisable, because they didn't wear a bike helmet. I don't know how many bike riders turned up for this race, but as they were started in order of ability and age it became clear they easily outnumbered the runners. There were hundreds of them.

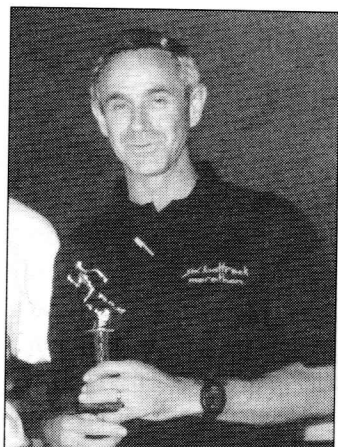
Well, they took off, Kevin (babysitter) Tiller kindly got our bags and promised to bring them to the finish and with approximately half an hour delay we started. My supportive better half had decided to do it slowly with me (of which I'm most appreciative) and within the first 10 minutes after hitting the trails, it was like a Sunday stroll in the park. Except for the fact, that the park was basically empty!!

We (read I) tried to hang on to a couple of pensioners and succeeded to about half way. They were a lovely couple. We were leading up some hills, they were leading up others. I passed him (because he was waiting for his wife) and received encouraging comments. So I returned the favour when the reverse chain of events took place. I think it only spurred them on. They knew all along that they had us. As it turned out the wife was in a bit of toilet trouble, which she overcame around the half way mark and we never saw them again. Not even at the finish. They'd probably already gone home by the time I got there!!

The greatest triumph was however not to be the last Strider. With about 5 km to the finish, Kirsten simply couldn't run slower - and didn't want to walk. So I caught up with her at the finish and enjoyed the silence of the bush battling to the line alone. After finishing noticed that Charles (King) came after me. I had definitely not passed him - but he might have had the need for a deviation. So I was happy, at least for about ten minutes until I realised Charles had been 20 minutes delayed at the start, arriving late. Officially I beat him with ten though. Next year!!

-Ed





Jonathan Trope had set his mind on the Super Series. That decision ended up bringing him to Hyde Park to do City to Surf - and what a run he had.

Why the Hell Did I Run the City to Surf?

At the start of this year, I decided that I'd have a go at the SuperSeries in both the Age Group and Age and Gender sections. Knowing that I'd need a minimum of 8 events for the A&G and probably 9 or 10 to put me in a reasonable position for the Age Group, I decided well in advance which events I'd leave out - Six Foot Track (too hard) and the damn City to Surf. Having put that into the plan, I proceeded to train for the Canberra Marathon after a reasonable result in the Palm Beach to Manly in early January. My darling daughter, who has somehow always managed to get her own way for the last 25 years, decided to get engaged in March and guess what date they picked for the engagement party? That's it, the Canberra Marathon went out the window despite a really wonderful offer from Ray Potter to drive me there after the party the night before! So I reviewed the position and decided to stick with 8 events and still miss City to Surf which you may by now have realised that I detest.

Anyway time went on, my training regime got slacker and slacker and somewhere down the track, maybe at the 22k mark on the Woodford to Glenbrook, I decided that I wasn't doing enough to allow me to run Mt Wilson to Bilpin comfortably so, hang it all, I decided to enter my least favourite race.

The start

I tried to get a preferred start by giving a recent 10k time (37:47) pointed out that I'd won a few age group placings at Woodford and the SMH half but all to no avail which really made me even madder.

Anyway, I dutifully turned up at the start an hour and a half early, got to a reasonable position and waited around for the gun. It was a really super day and the crowd was in high spirits as usual. Those slimy, good for nothing, cheats slid in from

the side about 15 minutes from the start and in their usual way the officials did nothing about it despite all their warnings.

Suddenly, off went the gun and by the time I got to the start line it looked as if there were about 20000 runners ahead of me. How fat blokes and wobbly women that start walking up the hill to the bridge at the Cross could get there without cheating amazes me but I passed at least 50 that would easily be "before" ad material for Jenny Craig. I also passed one woman walking with her baby in a stroller as I entered the tunnel!

Bush visit

But I digress. Standing around for 90+ minutes before a race doesn't ever do my bladder any good so by the time the race started, I was desperate for a pee. The Gatorade bottle trick has lost its novelty and it's quite impossible to get out of the crowd before the gun, without a preferred bloody start. Like a lot of others, I reckon it's too risky to pull your pants down close to the Cross, so I headed for the bushes after the tunnel, near the White City entrance, where I spent a penny and close on a minute of valuable time. The bushes there would have had a good watering from all the blokes that stopped for a chat while I was there.

The race

By the time I got to pass Kevin O'Kane, the 3k marker was behind me and I then checked my watch for the first time at 4k - 17:19 - Oh Boy, that's pretty bad! The next k was not too bad (3:30) so I slowed down a bit for the 6th which went by at 24:50. Somehow, the hill was bad for me this year (lack of training showing up?) and I got to the 7k at 29:46 (4:56). The next 2 were OK, both in 3:37 but this showed in the following 2 k's which were 4:00 and 4:14 respectively. I then realised that I'd have to boot it a bit to get under 56 minutes as I'd just gone through 11 in 45:14. So there was 10:46 to go for 3k which mentally I reckoned was around 3:35 per k. Considering that the last k isn't exactly what you can call flat, I tried to put in a bit of a burst down the hill and the next 2 k's went in 3:47 and then 3:26 followed by the final k in 3:39 which gave me an overall time of 56:05; my PW but one (I ran 56:15 about 10 years ago).

It's a Fun Run

While I must say that I enjoyed the race more than any other year I've run it, I won't be back unless I'm not doing it as a race since it's not an event at which one can do well without a good starting position.

It's fantastically well organised, the route is spectacular, the run down the hill to Bondi must rate as

one of the better finishes on the calendar. It's a pity that one can't have a real go from the start but that's all part of the fun I guess and after all, it's a fun run as 50,000 or more winners will tell you.

Well done to all the Striders that participated, especially those who achieved PB's and those that ran it under sufferance just because it's in the SuperSeries!

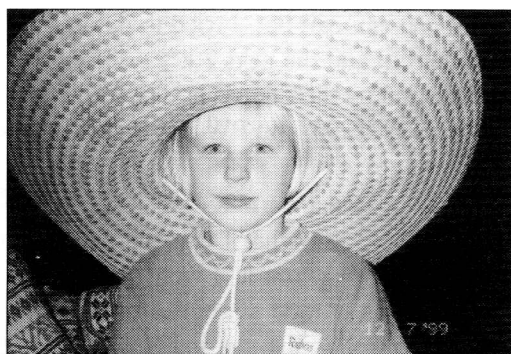
Jonathan Trope

100-metre World Record

An 96-year old man shattered an age group world record when he ran the 100-meter dash in 24.01 seconds. Erwin Jaskulski of Honolulu broke the 95-and-older age-group record of 38.82 seconds set by Kazuhiko Tsutsumi of Japan in 1997, informs the officials at the Punahou Relays. Jaskulski broke the world record twice last year, but his efforts weren't recognized by the World Association of Veteran Athletes because of technical questions about wind and the lack of electronic timing equipment.

All requirements were met for the Relay according to the referee and officials stated "This record has to be recognized by WAVA". "Everything was in place to meet all the requirements, including adequate officials, electronic timing equipment and wind gauges. It is our hope that Erwin Jaskulski can finally take his recognized place as the world's fastest human in his age group."

Maybe there's hope after all. I'll just have to wait.
-Ed.



One of the greatest Striders supporter you'll ever find. Here taken celebrating dad's PB on Gold Coast. The surname is Hansen. -Ed.

Lake Macquarie Half – a sleeping PB

20. June 1999

It was all Brad's (Renshaw) fault. He was from memory the driving force behind getting a number of Striders to collectively agree to go to the Central Coast and spend a few hours on an early Sunday morning. I had nothing to do with it; I was simply dragged into it and promised to meet him at the start of F3.

It was a pretty cold and clear morning where the duna seemed more tempting than ever. Especially since the flu had got the better of me the day before. A promise is a promise though, so with a couple of cold & flu tablets in the system we got to the meeting point in time. I was unaware of the exact location of the start, which I told Brad. He had a description, which Mike was trying to get to me at the side of the F3. However with everybody in the car, why wait any longer?? I took off, not knowing Mike was trying to deliver the directions. Had I known, I would have tried the old bus-driver trick. Full speed and brake. Full speed and brake. That would have kept him warm. We arrived with plenty of time to the start.

We caught up with Kevin (O'K) before the start and I (nearly) always listen to his good advice. He's opinion was: don't run – and who was I to neglect so wise words from such an experienced runner. I was however pre-registered with no refund if you didn't compete. That minor problem was solved because Graham was going to register on the day. He simply got my number. Voila. (Hope none of the organizers read this).

I watched the start with a cup of instant coffee and collected the excess T- and sweat- shirts the runners had used to keep warm before start. That was at the 1k marker – just next to my car. Since it was an out-and-back course, there was really no need for me to stay awake and consequently I napped for an hour or so.

I woke and stayed at the finishing line, trying to get some decent photos of everyone, cheering and complimenting on a good effort. All in all I had a fairly easy day in good sunshine. I was told the course was flat and the organization of the run in top, so what more could you ask for.

The postscript arrived a few weeks later, when I to my surprise received a finishers certificate. It is the first time I've come sleeping to a PB. It was of course Graham's time. Well, there's always another Half out there.

-Ed.

2000 Marathon Training Group

About the Marathon Training Group

The Marathon Training Group is a sub-Group within Sydney Striders. You need to be in Sydney Striders to be a member of the Marathon Training Group. Any Striders member can join. The Marathon Training Group was formed by me in 1995, to provide support for runners to move up to the marathon, or to run one after a period of inactivity. It was immediately successful, and the Group operated until the end of 1998. It has become apparent over time that the enjoyment and friendships arising out of our training was, for most, equally significant, or more so, than just attaining a goal. This is not to say that goals have not been achieved. Most of our runners have achieved their goals along the way, and have also come up with new challenges.

What does the Marathon Training Group do?

Many members know we exist, but not much more. A few more know the Golden Rule – always stick together. But what the Group does best is to provide support, whether on a long Sunday run or generally. Support by many members (not just me) can include encouragement, practical help, recognition, company or (if necessary) intimidation. The Group works best with a shared goal, and the big Olympic Trials Marathon on April 30, 2000 will be just that.

Newsletter

Once a month I put out a newsletter with articles on all aspects of training including general information, workouts, injury treatment, training schedules etc. The newsletter deals with items of interest as they arise – it is much more immediate than the Blister version which you may have seen. As a result, it keeps those who can't run every week up to date, so that they are never left out.

Training programs

The newsletter will set out general programs for three levels – survival, comfort and improvement oriented. In addition, individual programs can be provided on request.

Group runs

As members live in many areas of Sydney (and the bush), mid-week runs are limited at present to 6.00pm Thursday nights from Waverton Bowling Club (open to anyone). Pace from sub-5min/kms to 6+ mins/km. As always, the Group will support you, and you will enjoy the run. Of course, if we have a few runners in other areas, there's nothing to

prevent a weekly run starting in Centennial Park, or Bondi, or Five Dock.

Having fun

Once you get to know other runners, the momentum will take you, too. While you may want to finish (or run that PB), when you look back, you'll see all the rest, too. It won't happen overnight, but it will happen.

When do we start?

The 2000 Marathon Training Group will start off at the Inter-Club 10k Challenge at the Mt. Annan Botanical Gardens on October 10. After that, we'll be running 10kms to 15 kms at 7.00am on Sundays for a while.

Kevin O'Kane

StaR Breakfast

After the increase in the price from \$2 to \$3 the quality and variety of the Sunday morning breakfast has certainly changed. It started with Iron Cove Bolter (hosted by the host of the year 1998, the Wassels and Brad Renshaw) where the selection of cakes and fruit was supplemented by sausage sandwiches!! Since then we have seen egg & bacon muffins and boiled rice and lentils. It probably won't last long before we need more cooking equipment for the StaR's. Then we might experience the first a la carte breakfast with courses like Venison a la Runner, Prawn de la Jogger or perhaps a Sydney Striders Seafood Selection. I'm certain K.O'K will be happy to provide very qualified suggestions as to the most suitable beverages to compliment the various menus. Joking aside, I find the quality of both maps, course marking and efforts put in by the StaR hosts has increased over the last year – and with the StaR's being the heart and soul of the Strider-activities, it makes Sunday morning so much more than just another day of training. Thank you to all the StaR hosts.

-Ed.

Randwick Runners Shop

223 Clovelly Road

Clovelly, NSW 2031

Phone: 9315 8711, Fax 9315 7382

Streakers!

Edited by Kevin O'Kane

This section is to recognise the true obsessives among us, as well as finding out some of the more interesting, unusual or meritorious achievements. Do you have the most (in total, in a row, varied etc.), the longest, fastest, slowest, furthest, costliest or strangest of anything. The invitation is extended to all Striders to submit their achievements. For starters:

Fun Runs

City to Surf There have been 29 so far.

Notable performances by Striders:

Most Jim Donovan 28 in succession
Phil Garvin also 28

Slowest learner Neil McPherson PB on 22nd attempt. Next time I'll print all those over 20 runs. Let me know.

Ultra Madness

Six Foot Track Paul Russell 13

Brindabella Mike Ward }
Brian Colwell } all 12 so far

Around the world

Between 8 January, 1980 and 17 December, 1992, Phil Garvin ran 120,676 kilometres, which is at least a couple of times around the Equator. This is not far short of 180 kms every week for the entire period!

Grahame Murphy and Stephen Jackson have both completed a run around the world non-stop. In 1994, while at the geographic North Pole, they each ran once around the base of the commemorative pole, and in the process crossed all 24 time zones. It took them approximately 20 seconds.

Non stop

In the absence of any confirmed opposition, the greatest number of consecutive days run by a Strider is 507 by Chris Truscott, ending in April, 1997.

Graham Firkin ran from Sydney to Melbourne in the Westfield run in about 8 days.

Jonathan Worswick took 33.5 hours non stop to complete the Hard Rock 100 miler in Colorado last year.

After his doctor told him to walk, not run, Nobby Young walked around Australia.

Year in, year out

Grahame Murphy has 18 successive years of running a sub-3 marathon every year. But not this year – yet.

[Note: If anyone tries to use the “last” or “first” of the millenium, I'll give Steve Cornelius your address to explain to you in words of ten syllables when the millenium really ends (or ended).]

Kevin O'Kane

Letter of appreciation

Club President,

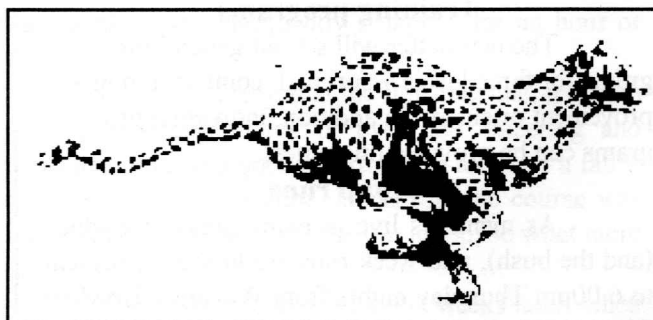
Could you please pass on my appreciation to your members who participated in the 1999 Comrades Ultra Marathon.

They and their wives made a lone Aussie from Wagga Wagga feel very welcome, taking the trouble to include me in all their festivities both before and after the event.

They are a credit to their Club and the wider running fraternity and helped make a truly great running experience also a more enjoyable and memorable one. Thanks to all.

Tony Harper, RAAF Base, Wagga Wagga, NSW 2651.

This letter has already been circulated on the LiSSt. Sounds like a nice chap. Wonder what they did to him over there? And by the way, don't call Wagga Wagga Wagga. -Ed.



The Photo Gallery



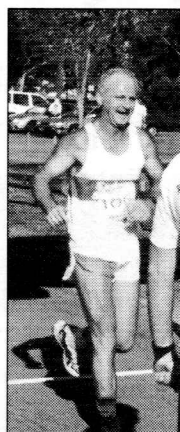
Above: When you finish as fast as Brian and Peter, you'll just have to wait at the end (CTS 99)



Above: Pete and Cathy Baker celebrating their finish on the Gold Coast.



Left: Gary, Wayne and Tim showing the colors in Canberra earlier this year



Left: Brad (it's his fault) Renshaw finishing strong at Lake Macquarie Half

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

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