

Sydney Striders

*Road Runners' Club
Australia*



Edition No. 76: October - December 1999

The end of 1999.

This is the last issue for 1999 - and it should hopefully reach everybody before the end of the year. Let me take this opportunity to wish everybody a very merry Christmas and a Happy running New Year.

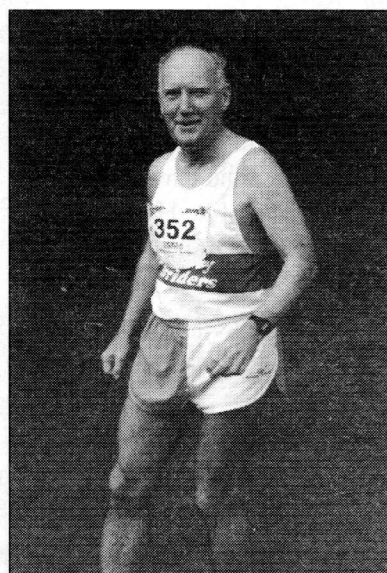
Towards the end of the year there are a lot of winners - as there always are. Hopefully most of the winners turned up for the Awards Brunch (all the awards are listed later in the magazine), but I think a few Striders deserve to be congratulated separately. First of all Brian Grant for winning the Super Series (with the absolute lowest margin) and crowning the season by marrying a jewel - Eva. I hope to be able to "buy" some evidence from the local papparazzis and bring them in the next issue.

The female winner of the Super Series, Joanne Barton, are portrayed later in the mag. Congratulations on a very consistent performance throughout the year.

The 10K Series for 1999 finished -as usual - in Lane Cove River Park. And although the weather was a bit unstable, the run was fantastic. Outright winners were Joanne Cowan and Mathew Kaley (they do run fast!). Congratulations to both of you.

Finally I must mention the winner of the 10K Handicap Section - Frank Dearn. He's been up around the top all year, but topped it all of with a PB in Lane Cove. Frank ran all ten races and his time varied from 57.56 to 54.58. I know he's been putting in the effort during the year, so I can truly say: Well done, you deserved it.

-Ed.



Frank Dearn, winner of the 10K Handicap Series for 1999, looks as if he's ready to run again. Captured here just after the finish in Lane Cove.

Content of Blister No. 75:

- ♦ Brindabella
- ♦ Melbourne Marathon
- ♦ Inter Club Challenge
- ♦ Personal Profile
- ♦ Spirit of Cumbria
- ♦ Super Series (of course)
- ♦ 10K Series (naturally)
- ♦ Marathon Training Group
- ♦ S.W.Bag is back!!
- ♦ 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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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.org.au
Contact the database manager for details to subscribe to "The LiSSt": rwassell@primus.com.au
The President: president@sydneystriders.org.au
Blister contributions: blister@sydneystriders.org.au
I have been informed that only yours truly receives the Blister-contributions, so there is no reason not to submit even confidential reports (gossip) and articles.

Credits

Photographs were supplied by Jim Screen, Kevin O'Kane, Martin Fryer, Michael Bailey and Nick Themsen.

Paper Tiger Printing at Chippendale did the printing. Special thanks to Brad (it's his fault) Renshaw and his crew for excellent support, patience and assistance. Thanks to all contributors who make up this issue of the Blister: Mike Hansen, Steve Cornelius, Kevin O'Kane, Jim Screen, Michael Bailey, Martin Fryer, Sean Greenhill, John Plummer and all the letter correspondents and committee members.

Proofreading was done to some extent.



A few of the Striders on their way to the start of Brindabella on top of Mt. Geminni. This is at the time when the expectations are high and the final preparations being done.

From L to R: Graham Willis, Kirsten, Ed, Brad, Nadine (did she have a good run), Mike Ward (13th time - he must love that bustrip!) Nick Adams (he had a really good one too), Sean Greenhill and Graham Butler.

The Presidents Report



Starting Times

There is little doubt that some people actually like running 100 metres at great speed with little gold necklaces flapping about their necks. Some people like to jump and some people like to hurl lumps of iron all over the place. Other people like to run long distances and belong to a running club made up of like minded people.

Sydney Striders is primarily a long distance running club. To be able to run long distances it is necessary to put in regular long training runs as part of the training mix. Long runs take time and to make it attractive for those wanting to run and also participate in another life away from running it is necessary, depending on your speed, to start somewhere between 6am and

6.30am. It is not a fair (nor is it likely to happen) to expect the benefits of a STaR breakfast to be provided from say 10am to 11 am. Strange as it may seem it takes about the same time in both summer and winter to run the maximum STaR distance of 30ks. For those frightened of the dark, winter does present a bit of a challenge for about 50 minutes or so.

In summary if you want to train long then you start early enough in both summer and winter to arrive back at the start by about 9am.

For those wanting shorter runs there is the traditional way of achieving this by starting at 6am and then running short as provided for on the maps or you may start at 7am.

It would be really good if those wanting even later starts could at least make an effort for a while to come along at 7am. You might even find that you like running with a group of like minded members and become a regular 7am runner. (Then as you improve you will be rewarded by being able to start at 6am.). The Club has recognised the need for a later start and commenced providing a 7am host in January 1999.

Whatever your choice of distance the aim is to run with a group and be back at the start around 9am. This is what running with Sydney Striders is currently about.

Marathon Training Group

The MTG has about 60 participants which is good to see. As well as some existing members who like to belong to a group with a common goal we have been able to attract a good number of new members who want to have a crack at the Celebrating Sport 2000 Marathon next year.

STaRS

Slowly but surely our maps are improving. Unfortunately though our STaR habits are not improving. As the Club grows it is becoming more evident that we will have to "confront" those who continually run in the wrong group. Surely those who streak away from the slower runners in any group, or who arrive at the drink stop first and then buzz off before the rest have a chance to drink, must see that they are not doing the right thing. Perhaps we need a bit more formality in organising the various STaR groups. Perhaps a list of names suggesting which group you should be in might help. Perhaps you might do the right thing.

Celebrating Sport 2000 Marathon 30th April 2000.

This will be a great marathon. But it will be even greater than could be expected as we are well advanced in planning a picnic in Bicentennial Park and within easy walking distance of the Marathon finish to celebrate 20 years of Sydney Striders. We have given the matter a lot of thought and have agreed that even though some of us will only want to crawl off for a good rest it might as well be at a Striders picnic as any where else.

The intention is to invite as many current members as possible to attend even if they do not run in the marathon and in addition any ex member wanting to renew old friendships will also be made welcome. All the details will be available in the new year . In the meantime please put the date in your diary.

Inter Club Challenge

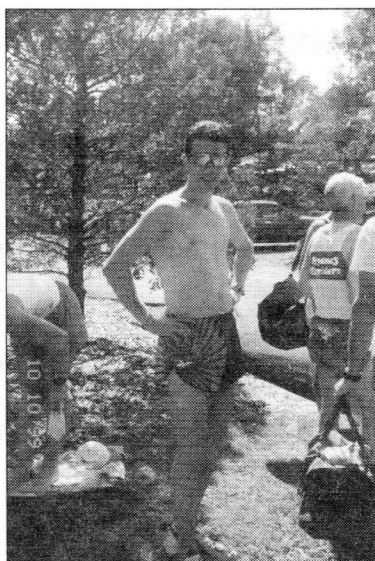
Sincere thanks to the 32 members and their families and friends who turned up for the race. Congrats to Chris Truscott who came first and John Sauer who came second. Well done! We came fourth overall and third with the most runners in the top 25. Campbelltown Joggers did a great job in organising both the race and providing a very tasty BBQ and drinks . Now that we have been represented two years in a row at this event one can only hope that next year we will have a really large turn out and be in a position to give the other Clubs a real surprise.

The Future.

One of the main challenges facing the Club is how to provide fair value to members . The Marathon Training Group has demonstrated that some members like to be organised far more than is the Club's usual way. Many Club members do not want to be regimented and indeed become challenged" at the thought of having to conform in almost any way. Some members want the Club to cater more for their particular needs such as providing expert advice on training and giving more attention to beginners. Others want to participate as registered athletes competing in Aths NSW events as representatives of Sydney Striders.

As the Club continues to grow (we have more than 357 financial members) more structure will be required to make sure all members receive the support and attention which will help them to better enjoy their running and their membership of the Club. Just how we propose to meet these challenges has not been decided but it is certain that we will have to call on more members to help out on a regular basis if we are going to continue running, staying fit and enjoying ourselves as a successful Club.

Jim Screen.
President



To the left, Chris Truscott, the individual winner of the 10K race in the Inter Club Challenge. Below some impressions from a very hot day in the office, however, it looks as if everyone is enjoying themselves.



Not every "Strider" was running in Mt. Annan. Brittany found it much easier to have the occasional snooze in the shade and let dad do the work.

Awards Presentation

Below is listed all the recipients on the Clubs Awards Brunch, 12. December 1999. I hope to be able to bring a full coverage with photos in the next issue. -Ed.

Debut Marathon Award

Male *Dean Gardiner* 3.49.11 Gold Coast
Female *Jacqui Matthews* 3.58.30 Sri Chinmoy (Sydney)

Sub 3 Hour Marathon Improver Award

1st. *Brian Grant* from 2.59.53 to 2.54.25
Gold Coast 3%

Sub 4 Hour Marathon Improver Award

1st. *Graham Willis* from 4.20.12 to 3.39.50
Canberra (15.5%)

Improver of the Year Award

Jenny Truscott

Encouragement Award

Charles King

Equaliser Cross Country Award

Chris Truscott 59.10

Open Marathon Award

Male 1st *Chris Dwyer* 2.42.23 Canberra
Female 1st *Joanne Cowan* 2.58.29 Canberra

Veteran Marathon Award

Male 1st *Chris Dwyer* 2.42.23 Canberra
Female 1st *Joanne Cowan* 2.58.29 Canberra

Masters Marathon Award

Male *Hamish Sutherland* 3.19.05 Stockholm
Female *Tina Campbell* 3.42.13 Canberra

Senior Marathon Award

Male *Manfred Fiedler* 3.44.27 Canberra
Female No female over 60 years ran a marathon this year

Club Marathon Championships

Open Male Winner *Chris Dwyer* 2.42.13
Open Female Winner *Joanne Cowan* 2.58.29
Veteran Male Winner *Chris Dwyer* 2.42.23
Veteran Female Winner *Joanne Cowan* 2.58.29
Masters Male Winner *David King* 3.22.57

Masters Female Winner *Tina Campbell* 3.42.13
Seniors Male Winner *Manfred Fiedler* 3.44.27

Ultra Runner of the Year

Male 1st *Kelvin Marshall*
Female 1st *Dawn Tiller*

Triathlete of the Year Award

Brenda Hamill for coming fifth in her age group at the Hawaii Ironman Triathlon

Middle Harbour Yacht Club Perpetual Trophy 10

K Handicap Competition

1st *Frank Dearn*
Open Male *Mathew Kaley*
Open Female *Joan Cowan*

Open Half Marathon Award

Male *Chris Truscott* 1.09.36 Gold Coast
Female *Joanne Cowan* 1.23.13 Sydney

Veteran Half Marathon Award

Male *Chris Dwyer* 1.16.50 Gold Coast
Female *Joanne Cowan* 1.23.13 Sydney

Masters Half Marathon Award

Male *Jonathan Trope* 1.24.08 S.M.H. Half
Female *Tina Campbell* 1.45.54 S.M.H. Half

Seniors Half Marathon Award

Male *Neil McPherson* 1.40.25 Lake Macquarie
No Females

Club Half Marathon Championships

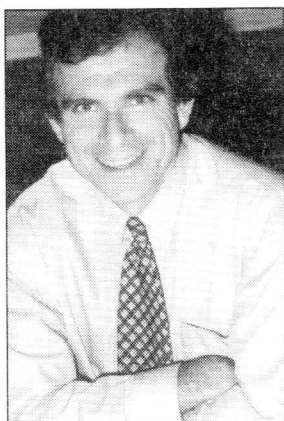
Open Male Winner *Dean Degan* 1.12.04
Open Female Winner *Joanne Cowan* 1.23.13
Veteran Male Winner *Stephen Jackson* 1.25.00
Veteran Female Winner *Joanne Cowan* 1.23.13

Masters Male Winner *Jonathan Trope* 1.24.08
Masters Female Winner *Tina Campbell* 1.45.54

Seniors Male Winner *Manfred Fiedler* 1.47.26



Super Series 1999 Summary



Kevin O'Kane, the instigator and fearless leader of the Super Series throughout 1999, raps up the Series for 1999

One Point Wonder!

The 1999 Super Series Male (General Division) came down to the last event. It was always going to be close. Brian Grant had a narrow lead, while Tim Austin was getting better and better, and appeared to be better suited than Brian over the 10k course. After finishing well in front, Tim watched nervously, counting off the runners between them. Brian passed several runners late in the event, and crossed the line 7 places behind Tim. After counting back over the year's StaRs and events, Brian was the eventual winner by a solitary point. Final results:

Brian Grant	396
Tim Austin	395
Richard Briscoe	325
Stephen Jackson	308
Jonathan Trope	297
Jeff Gissing	269

In the age division categories, winners were Stephen Jackson (2nd over 40, as Brian won larger award), Jonathan Trope over 50 and Manfred Fiedler over 60. All put in great performances throughout the year.

The other Joanne wins

For many years, the lion's share of the Women's awards have been taken deservedly by Joanne Cowan. This year, the winner was by far the most consistent runner in Super Series events throughout the year, Joanne Barton. She was never worse than 5th Strider woman home in any of the 10 events she contested. As an example of her commitment, one needs only to look at the circumstances of the Mt. Annan 10k. Joanne was in Melbourne for a few weeks. The night before the event, she had planned to fly to Sydney, but missed the plane. Up before dawn, she made the early flight to Sydney,

then took a taxi to Campbelltown. Her gear arrived 2 minutes before the 8.00 a.m. start. After a quick change, she charged off, and was first home. Final results:

Joanne Barton	412
Dawn Tiller	347
Tina Campbell	305
Kirsten Themsen	286
Louise Walker	273
Elizabeth Edmonds	273

The age division winners were Kirsten Themsen in the over 40's and Tina Campbell in the 50+ group.

Who's the best?

The aim of the experimental Age and Gender Adjusted division was to see who was the best all round runner, taking into account age, gender, distance and (to an extent) terrain. As only the best eight runs counted, it has been unclear as to who would be the winner of this interesting section.

When the dust cleared after the last event, we had a clear winner. Jonathan Trope, even after gender adjustment, was significantly ahead of Dawn Tiller. Top 6 overall were:

Jonathan Trope	6314
Dawn Tiller	6111
Stephen Jackson	6031
Brian Grant	5874
George Lisson	5733
Joanne Barton	5645

The award for the highest individual score of the year was, not unexpectedly, won by Joanne Cowan, with her run in the last event of the year, the Lane Cove 10k. The top scores were recorded by:

Joanne Cowan	Lane Cove 10k	853
Chris Dwyer	Canberra Marathon	836
Jonathan Trope	Palm Beach to Manly	828
Dean Degan	Sydney Half Marathon	828
John Sauer	Lane Cove 10k	820
Stephen Jackson	Mt. Wilson to Bilpin	819

The lowest score of the year was achieved by Ian Macarthur, a 263 for a pleasant stroll in the City to Surf.

Summary of this year

Apart from a little difficulty getting hold of results for some events, the Super Series ran remarkably smoothly, with record or near record (at least in recent years) attendances by Striders in many events. It also allowed some who had not previously achieved awards to do so. The arguments about the best all-rounder will continue, we hope, in 2000.

Super Series 2000

Because the Olympics will undoubtedly affect scheduling of some events, either directly or indirectly. So far as possible, the events will be the same as for 1999. As the Celebrating Sport Marathon will be a unique event, it will carry double points. The early events will be:

January 8	Palm Beach to Manly 30km
February 5	Domain Striders' 10km
March 4	Six Foot Track Marathon 46km
April 30	Celebrating Sport Marathon 42km
May 21	Sydney Half Marathon

The rules will be basically the same as in 1999, with two exceptions:

- No points for Blister articles, as there was no interest sparked by including this rule in 1999;
- In the General Division, two events (remembering that the Marathon counts as two) may be discarded.

Kevin O'Kane

Streakers!

A few more facts about the Club's obsessives

Fun Runs

I ran 10 consecutive Blackheath Rhodo Runs from 1980 to 1989. Who can top that in any local run?

Closest Calls

Roger Rigby has had the narrowest squeak in The Comrades, making the cut-off of 11 hours by a mere 13 seconds.

This year, Charles King beat the 7 hour time limit in the Six Foot Track Marathon by 12 seconds.

What about those who have just missed – any takers?

Around the world

Pete Baker has completed official marathons in North America, Europe, Antarctica and Australia. Can any other Striders match or beat 4 continents?

Non stop

Paul Glare has been on a streak since July 1990; running every day. He says that he's planning to stop at 10 years next July (and can't wait). We'll wait and see.

K.O'K

Brindabella

14. November 1999

It was a beautiful warm day for a run in the mountains outside Canberra. We had camped near the start/finish area with Brad and Graham Willis the night before the run. Everything was very pleasant except for my calf, that later, as it turned out, made me DNF. The bustrip to the start went well (1 1/2 hours), the start was a bit delayed, but except from that the organisers had everything under control.

The Strider contingent was impressive and I believe the green and white accounted for at least 25% of the starters. Below results as published on the list. If any omissions, please excuse. Finally a big congrats to Nick Adams and Nadene for their respective placements in a very tough downhill run.

1. Trevor Jacobs	47 3:51:10
2. Greg Love	45 4:03:40
3. Nicholas Adams	28 4:04:48 sydney strider
6. Kelvin Marshall	35 4:18:15 sydney strider
8. Pip Thorn	F 39 4:30:23
18. Guy Griffin	40 5:13:46 sydney strider
19. Kath Bergkvist	F 50 5:14:53
24. Nadene Sermon	F 27 5:22:28 sydney strider
32. Mike Ward	46 5:47:00 sydney strider
37. Jim Screen	57 5:54:35 sydney strider
39. Joanne Barton	F 32 5:56:10 sydney strider
42. Graham Willis	50 6:03:07 sydney strider
44. Michael Wilson	53 6:04:07 sydney strider
51. Pierre Van Heerden	41 6:14:09 sydney strider
52. Gordon Forsyth	30 6:16:56 sydney strider
53. Kevin Tiller	33 6:18:00 sydney strider
54. Derek Smith	58 6:18:56 sydney strider
56. Kirsten Thomsen	49 6:26:30 sydney strider
62. Brad Renshaw	53 6:49:40 sydney strider
67. Roger Rigby	56 7:01:54 sydney strider
72. Richard Bartlett	53 7:06:39 sydney strider
73. Graham Butler	51 7:06:39 sydney strider
782. Nick Thomsen	45 Dnf sydney strider
83. Brent Waters	51 Dnf sydney strider
84. Sean Greenhill	Dnf sydney strider

The table shows the first 3 male and female plus all the Striders.



Striders 10K Series



Our 10K race director has been able to shuffle between work commitments in the far east, US and Australia, in addition producing a few PB's of his own in 1999, as well as being a father and husband. And in between all that, he also made the 10K Series run smoothly. Well done.

Race Director's Report

The 1999 Sydney Striders 10K Race Series was sponsored by the Runners Shop on Clovelly Road. Please stop into the Runners Shop the next time you are in need of any running related gear and let Fred and Elaine know you appreciate their support of our 10K Race Series.

Participation

Overall participation in the 10K Races was up just over 20% from last season. The chart below shows the number of entries for each race. As you can see the Strider numbers were largest for races 1 and 10 which were included in this year's Super Series. The chart also shows that our non-member runners have failed to support the Meadowbank course runs.

1999	Striders	Non-members	Total/ Race
Race 1 Domain	87	68	155
Race 2 North Head	50	76	126
Race 3 Meadowbank	61	36	97
Race 4 Domain	64	55	119
Race 5 Lane Cove	60	55	115
Race 6 North Head	49	66	115
Race 7 Meadowbank	54	38	92
Race 8 The Domain	47	59	106
Race 9 Meadowbank	58	20	78
Race 10 Lane Cove	77	41	118
Totals	607	514	1121
Average	60.70	51.40	112.10

The year long handicap and outright competitions (male and female) were again strongly contested. This year's leaders were racing for a total of \$1500 in prize money (1st=\$300, 2nd=\$150 and 3rd=\$50).

The winners are..

Before announcing this year's winners a few notes about the scoring need to be noted. For both the handicap and outright competitions the last race at Lane Cove Park counted double points and only the scores of the best 8 of 10 race results were included in the final totals.

The female outright competition had the closest finish with Joanne Cowen finishing first by just 1 point. Catriona Cater who lead the ladies for most of the year finished second. Jenny Truscott finished a strong third.

Mathew Kaley won the men's outright competition with a string of top finishes. Peter Truscott enjoyed a strong 10 k series and finished second. Our leader for much of the series John Young missed several races near the end of the season and finished third.

You may have noticed that all the outright competition leaders were Striders, this competition was open to all race participants. Several of the individual races were won by non-members.

Throughout the series the leaders in the handicap competition swapped places. Claiming the top stop at the end of the season was Frank Dearn. Frank who led the handicap series early in the year ran a good race at Lane Cove to reclaim the top spot. Frank was also the only person to run in all 10 of the races this year. Pat Morris who also led the series for part of the year finished second. Gary Aitkenhead followed up last years handicap series win with a third place finish.

The Strider web site has all the results to this year's competitions.

Thank you

I have a lot of people to thank for making the series the success that it was this year. Special thanks to Raymond Potter who spent many a Saturday night calculating the race results, Stephen Jackson for measuring all our courses and then making sure we found all the marks on the day of the race, Joanne Cowen for publicizing our events, Elizabeth Edmonds and Bronwyn Wassell for managing the entries, Jonathan Trope for keeping everyone supplied with drinks, Mahmoud El-Khansa (Mac) for transporting all our gear (and we have a lot), Richard Wassell for getting the results out to the world via our Internet WEB site, Jim Screen for assisting with the administrative items like the hiring of the courses and Brad Renshaw, Richard Wassell, Mike Ward and Pete Baker for working the clocks.

The hosts to this years races were: Pauline Flanagan, Nick Adams, Dave and Helen Ritchie, Dave Dornbrack, Richard and Bronwin Wassell and Tina Campbell. Your assistance was most appreciated.

I'm not going to list all of the Striders, friends and family members who put up their hands to help with the marshalling, registration and recording finishing results. Without all of you the races just would not have happened. Thanks again!

Finally I would like to thank my daughters Erica and Lauren for getting up at 5AM the first Saturday of each month to had out water to the runners.

Mike Hansen

Brindabella Impressions



Brindabella impressions before the start at the top of the mountain. Left: Nadene is presented with her prize for finishing 3rd female after a fantastic run.

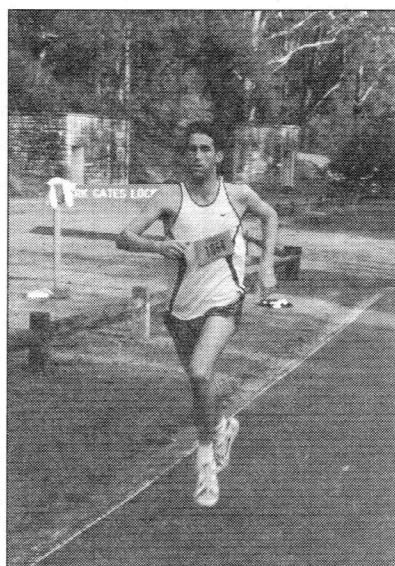
Striders 10K Series Handicap Position 1999

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	M e a d o w b a n k	L a n e C o v e	L e s	T o t a l	P o s i t i o n
	R 1	R 2	R 3	R 4	R 5	R 6	R 7	R 8	R 9	R 10			
Frank Dearn	17	17	2	2	15	14	2	13	11	32	4	121	1
Pat Morris	4	16	18	18		2	11	21	13	4	2	105	2
Gary Aitkenhead	6		20	2	6	2	2	14	12	30	2	92	3
Marlene Taylor	2	21	19	2		21	20	2	2	4	2	91	4
Peter Truscott	12	9	2	8	14	2		19	19	8	2	91	4
John Sauer	9		5					15	14	34		77	6
David Harris	2	7				8			20	36		73	7
Nick Adams	2	18	2			2		20		28		72	8
Stephen Jackson	2					18	13	16	16	4		69	9
Graham Willis	18			14	11	2	14	2	3	4		68	10
Dean Gardiner			2	9	2	22	6	9	17			67	11
Philip Boswell	14			2	2	13	12	4	7	12		66	12
Joe Guerra	2	2	2	21	12	2	22	2	2		2	65	13
Jurgen Joester	2	8	14		16	9	10	2		4		65	13
Andrew Feberwee		22	17	16	2			2				59	15
George Lisson	10			12	13	2	2	11	5	4		59	15
Michael Free							2	22	21	14		59	15
Penny Smith	2	15	2	15	2	17	2	2		4	2	59	15
Mathew Kaley	2	2		10		2	4	6	8	24		58	19
Barry Rutter				2	8	7	15	2	18	4		56	20
Jenny Truscott			21	2		2		18	9	4		56	20
Bernard Fortune	2		12	2	9	12	7		10			54	22
John Hamilton	11	10	6	2	4	2	3	12		6	2	54	22
Jonathon Gliksten	21	11	8	6					4	4		54	22
Elizabeth Edmonds	2			2	2	2				44		52	25
Joanne Barton	2				22					26		50	26
Mahmoud El-Khansa	2	4	2	13	2		2	2	2	20	2	47	27
Greg Bray	2	19	2	2		20						45	28
Catriona Cater	2	12		2	2	2	8	8	6	4	2	44	29
Gavin Morisset			22	20	2							44	29
Joanne Cowan	3		2	2		11		2	2	22		44	29
Kirsten Themsen	2	2	2							38		44	29
Marie Bleakley									2	42		44	29
John Simmonds	8	20	3	2	2	2		2		4		43	34
Benny Gauci									2	40		42	35
Jim Screen	20				18							38	36
Larry Meale				17	20							37	37
Dawn Tiller	2			11	2		2			18		35	38
Graham Holton				2		16	17					35	38
Ivan Freys	2		15				18					35	38
Tim Austin	2		2	2	2		19	2	2	4		35	38

Striders 10k Series

Mens Outright Position 1999

Name	1	2	3	4	5	6	7	8	9	10	Less for 8 Races	Total Points	Posn
	Pts	Pts	Pts	Pts	Pts	Pts	Pts	Pts	Pts	Pts			
Mathew Kaley	14	16		19		16	18	19	20	38		160	1
Peter Truscott	11	10	6	15	19	14		20	21	36	6	146	2
John Young	20	20	21		20		22			30		133	3
Ross Sinclair	10		14	12	18	13		17	15	28		127	4
Nick Adams	12	18	16			15		21		40		122	5
John Sauer	16		18					22	22	42		120	6
Ian Bowsher	7	12	11	9	17	11	14	16		16	7	106	7
Simon Greenland					21	20	21			44		106	7
Stephen Jackson	2					12	16	18	18	32		98	9
Tim Austin	2		3	7	10		13	12	12	20		79	10
John Hamilton	2	5	9	4	12	2	8	14		12	2	66	11
Chris Truscott	19		22	20								61	12
Richard Briscoe	6		13		11	7	9		9	6		61	12
Graeme Cokayne					22	18	20					60	14
Richard Sarkies		11		13			17		19			60	14
Campbell Wratt		2	8	14			15		17			56	16
Philip Boswell	4			2	2	6	10	11	10	10		55	17
Bernard Fortune	2		4	2	9	9	12		14			52	18
Chris Graham			10						16	26		52	18
Greg Coy	9	13	12	2	15							51	20
Gregory Mackey	3	3	2	10	7		7	8	8	2	2	48	21
Simon Hedger	13	17		18								48	21
Bastan de Leeuw	2	9	7						11	16		45	23
Paul Arthur	22	22										44	24
David Harris	2	2				2			13	24		43	25
Jock Davis		21				21						42	26
Dean Degan	21		20									41	27



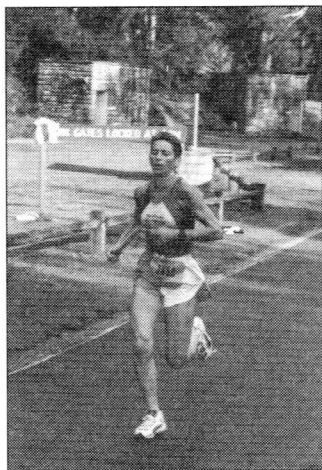
The social director at the finish in Lane Cove. The camera didn't take a pic of the Outright winner, Mathew. Congratulations anyway. I'll try to capture your image next time I'm walking around with a camera around my neck.
-Ed.



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

Striders 10k Series Womens Outright Position 1999

Name	1	2	3	4	5	6	7	8	9	10	Less for 8 Races	Total	Posn
	Pts	Pts	Pts	Pts	Pts	Pts	Pts	Pts	Pts	Pts			
Joanne Cowan	22		22	22		22		21	22	44		175	1
Catriona Cater	18	21		19	20	20	21	19	20	34	18	174	2
Jenny Truscott			21	20		21		22	21	32		137	3
Dawn Tiller	21			21	22		22			42		128	4
Pat Morris	6	9	13	7		5	16	15	16	14	5	96	5
Penny Smith	7	13	16	8	10	9	15	11		2	2	89	6
Elizabeth Edmonds	13			12	13	10				38		86	7
Joanne Barton	17				21					40		78	8
Marlene Taylor	5	11	14	3		6	17	8	12	2	2	76	9
Chantelle Stewart		20						18		36		74	10
Louise Walker	16				18					30		64	11
Rozanne Green	10		15	5	8	2	14	4		2		60	12
Fiona Pelly			18		14	15						47	13
Lesley Maher	12	16	17									45	14
Jenny Wickham	19	22										41	15
Julie Wessels				9		13	18					40	16
Janina Longman						2	13	13		8		36	17
Nadine Shaprio				17					19			36	17
Janelle Burgmann	15	19										34	19
Marie Bleakley									14	20		34	19
Annalise Williams		17		15								32	21
Sarah Campbell				13			19					32	21
Tlaia Calitz								14	17			31	23
Julie Calder				14	15							29	24
Clara Vucetic										28		28	25
Sophie Williams						11		17				28	25



Jo Cowan again winning the 10K series. She looks strong too. Here taken at the finish in Lane Cove.

Trailwalker 2000

The date most likely for the event is May 26/27/28, and this year they are hoping to get 200 teams, up from 86 in 1999. This is a 100km bush event from Hunters Hill to Brooklyn, for teams of 4 with a 48hr cutoff. As it takes a modicum of organisational ability to herd striders into groups of 4, we need to start early.

So : Is anyone interested ? [note: no obligations yet - just expressions of interest]

Kevin Tiller

Spirit of Cumbria



Very few photos are available to portray Steve Cornelius, the earthly connection to S.W. Bag. Steve has been overseas and let us know all about it. He's also started to train with MTG - so the rumours goes. More about that later.

"Art tha' lost?" It was a man's voice, unmistakably English North-Country. I hesitated for a second, more surprised by the use of the archaic second person singular than by the sudden appearance of a runner on what had seemed a deserted Lakeland mountainside.

My momentary hesitation prompted him to extend his offer beyond the merely implicit, this time offering something a little more concrete, less open to misinterpretation. "Can I 'elp yer?". He was a wiry, eager little man, perhaps forty-something, wearing shorts and battle-scarred Reeboks. There might have been a tee-shirt there somewhere too, but it was covered by the thin waterproof jacket which is obligatory garb in those parts. His strongly-muscled, weatherbeaten legs had seen a lot of vertical miles in the open air.

While I apologised for seeming rude, Madame trotted up to join us, brandishing the small "Scenic Walk No. 6" pamphlet we'd purchased at Bowness-on-Windermere an hour before. "What would help us most right now", she announced, "is to know what a 'cairn' is". The anonymous writer of the pamphlet had delivered excellent value for our thirty pee so far, two panoramic views of the lake worth every bit of 300 times the pamphlet's price, but had failed to consider the potentially disastrous effects of using a local dialect word as a means of directing non-locals across a mountain.

"Oh, 'tis just a little pile o' storns, is a cairn", said the eager athlete, obviously pleased to be of assistance, "Just like yon. We use 'em to mark t'where." It wasn't until he waved a hand towards an example of the species about 50 metres away that I worked

out how to translate his flattened vowels into 'stones' and 'way'. Why hadn't the neat little heaps of stones registered with us? They were all over the place, these cairns. "Where yer from?" There was no stopping Eager-Beaver now. He'd saved us from dying of exposure on a darkening Cumbrian crag, so we were blood brothers and sisters now. "Oss-trairl-yer! I've a broother out there in Mell-born!". The Victorian capital rhymed with 'well shorn'. It briefly occurred to me that if all the relatives of people we'd met in the previous two weeks had stayed put in England instead of absenting themselves to the Antipodes, this mountainside would by now have been obliterated by 1000 pokey townhouses, ten pubs serving ploughmen's lunches, and a Safeways or a Tesco. As if to compensate for this loss, it was instead covered by more sheep droppings per square metre than any other tract of land in the galaxy, not excluding New Zealand.

Eager-Man had been running round these hills thirty years and more, he informed us, displaying vicariously proprietorial delight in sharing them with strangers from the other side of the planet. Shifting smoothly into verbal overdrive, he recommended a 'proper' walk, some 800 percent longer than the gentle one we'd planned, so we could experience the true 'Spirit' of Cumbria in general and of Windermere in particular. His bony index-finger ranged widely over our battered map to illustrate his theme.

Madame and our saviour chatted amicably about the length of the Hume Highway separating us from his brother, and the soaring value of Sterling against the Oz dollar, which would make him Kerry Packer if he chose to visit his brother soon. Meanwhile, I reflected that 'Spirit' was exactly the reason we were in Cumbria in the first place, only it wasn't quite the Spirit he was thinking of.

It was the Spirit of my mother and father, for whom the English Lake District was every holy place you could imagine rolled into one. Born elsewhere in England (Nottingham and Newcastle, respectively), and earning their crust in the shadow of dark satanic mills, my parents adopted Lakeland as their Spiritual Home, seizing every opportunity to climb its peaks, sup thermossed tea beside its tarns, tramp its lonely mountain tracks, allow its mists to swirl around them, absorb its essence into their bone marrow. A weekend wedged between frantic working days, a freezing winter week, no sliver of time was too short to walk more miles of their beloved Cumbria. And in the end, as I always knew it would, this exquisite cameo, this miniature of

mountainhood, this Lilliput of lakedom, was to become their Valhalla in death just as it was their Mecca in life.

On a bitter cold March morning in 1978, my father and I scrambled a half-hour up a muddy 45-degree track to a spot near Sawrey, a quarter-mile from the western shore of Windermere and seemingly a full mile up in the air. There we sat, breath clouding, on an outcrop which afforded a panorama from Ambleside to Bowness and on and on southwards. After a little while, my father solemnly scattered my mother's ashes on the outcrop and made me promise to scatter his own ashes on that spot too, whenever the appropriate time should come.

When that time did come, less than five years later, I realised, to my eternal shame and surging panic, that I had forgotten how to find the place my father chose. I shouldn't have worried. Among his papers I found a short typewritten note, with a diagram and full 6-digit Ordnance Survey reference, outlining (To Whom it may Concern) exactly where he wished his ashes to be scattered, and exactly why. Just in case his wayward son, now living in Sydney Australia, was absent or did not recall. I remember feeling enormous relief at the discovery, and a wry admiration for the quietly methodical nothing-left-to-chance nature which was the mark of the man.

On an equally biting morning in December 1982, I made the loneliest climb of my life to ensure that my parents would lie at rest together, sharing a vista which surely causes tears to well into anyone's eyes even without the poignancy of the site's personal significance. There is no stone or eloquent epitaph to draw the passing rambler's eye to their final resting place. My parents were plain people, deriving more pleasure from the bite of the North Country wind around their ears and the shimmer of a fading sun reflected on a lake's surface than from the most imposing man-made monuments of our civilisation. That was the last time I would ever climb that mountain at Far Sawrey alone.

There have been three further ascents since then, and on each occasion Madame has been there to share whatever emotions the Spirits on the hillside might elicit. The last of these ascents had been the day before our chance meeting with the enthusiastic Spirit-loving runner on the other side of the lake.

Shaking myself back into full consciousness again after some seconds spent recalling these matters, I joined the smalltalk for a short while, then we parted with thankyou's shouted into the breeze. Our name-

less benefactor loped off across his beloved fells, while Madame and I applied ourselves to the task of reaching a distant cairn without entirely submerging our boots in sheep poo.

This endeavour was rendered significantly easier by our newfound knowledge of what a cairn actually was, but profoundly more difficult by the fact that our path crossed an area of unprecedented dung density.

"Have you visited a farm overseas in the last six weeks? Yes / No", said the form we must fill in and present, jetlagged, to customs at Sydney airport. Although "farm" is drawing a fairly long bow, the public pathways east of Windermere certainly crossed paddocks, and there were certainly sheep aplenty in those paddocks, and their visiting cards had certainly adorned our shoes for a while afterwards. Madame and I discussed this at some length and concluded that it would be in the Spirit of the quarantine laws, and indubitably doing our bit for Australia, to tick the "Yes" box and head for the red "Goods to Declare" channel.

This meant facing the inevitable humiliation due to those whose only declarable "goods" amount to a few residual traces of English sheep crap. At moments like this you almost wish you were also carrying a dozen bottles of Bombay Sapphire, perhaps, or a wad of currency in excess of \$10,000 (oh, if only), to make the embarrassment worthwhile.

However, we were spared the agony of retrieving our runners from under the dirty laundry by the timely appearance, at the next customs desk, of another travelling punter carrying a large wooden carving of evidently exotic and possibly voodoo origin. This carving, even to the untutored eye, was riddled with jumbo-size borer or woodworm from top to bottom. Plainly, some very large and hideous creatures with lots of legs, or no legs at all, lurked therein. Accordingly, uniformed custodians were, as we gazed, emerging from every hidden office, from behind pillars, from out of the toilet, to seize this ecological disaster-in-waiting and prevent its entry into Australia at all costs. In the background a small but enthusiastic sniffer dog was dartingly doing its thing, tail wagging like a fly-swat. It was Customs picnic day.

In the face of such competition for official attention, our miserably ordinary boots weren't going to score even a bronze medal, and we were waved impatiently through, towards the all-in wrestling bout which masquerades as a taxi queue. Whatever the Spirit of Cumbria amounted to, it passed through airport customs with us, uninspected and intact, out into the brightening light of an Australian spring morning.

Steve Cornelius

Personal profile - Joanne Barton



Andrew could not have picked a better person to profile than this years Super Series winner, mrs. consistency, Joanne B. And she smiles all the time, even when she is running. Congrats Joanne on a great 1999.

Joanne won the first Strider Super Series this year with consistent performances over a range of races and picked up a few PBs along the way - not all in the Super Series.

Marathon 3h 20m 13s Gold Coast 9m 8s PB
Half-Marathon 90m 54s SMH 2m 41s PB
City to Surf 58m 42s 5m 45s PB
10km 39m 50s Lane Cove, June 1m 52s PB

See the Super Series results elsewhere in this issue for the rest of Joanne's times.

Joanne was formerly a legal secretary/PA, is married to Julian and looks after Oliver aged twenty-one months. Joanne runs with the 6.00 and 6.10 groups.

- *Were you aiming to win the Super Series?*

- I didn't think I could. I thought a higher calibre runner like Dawn Tiller or Joanne Cowan would win. I aimed to do well as a motivational thing to get back from having a baby, it was an added bonus to win. I think the Super Series is a brilliant idea - accessible to everyone - it was good to see everyone so excited about it.

- *What was your training plan?*

- Striders STAR on Sunday and a run with the Go-Jog running club on Saturday. I run three days during the week, which is limited to what I can do with Oliver in the jogging stroller. Runs were up to an hour, so no more than 8-10km, to fit in with Oliver's sleep times. I didn't like him falling asleep in the stroller. I did some fartlek-style training with the stroller - Oliver enjoyed that. I was doing less running than pre-Oliver, people ask how I've improved - maybe it's running with the stroller. I also do some swimming, up to 1km in a session. I taper

for the marathons in the week before by making my runs shorter.

- *What was the toughest race of the Series and the one you were most proud of?*

- Toughest was Mt. Wilson-Bilpin, I had anticipated it being easier, the terrain was rougher and I fell a few times. Of the Series races, I was proudest of the City-to-Surf, and for the year, proudest of breaking 40 minutes for the 10km with 39m50s at Lane Cove in June.

- *Has any Strider been particularly helpful with training or races?*

- Derek Smith gives really good advice. He ran Canberra with me and got me to run negative splits. I normally run even pace. We finished together, he let me beat him by a second. He offered me \$50 to go on and run the 50km - which was declined. It's always interesting to hear what other runners have to say - which is the advantage of clubs like the Striders and Go-Jog.

- *How long have you been running?*

- Since 1990 as a keep-fit thing. 2km after work. In 1995 I joined Go-Jog which has Striders in it (Sue Hill, Joan Boltz, Derek Smith) and joined the Striders to do a marathon - it made the training easier. Go-Jog run on Saturday mornings at 7am for 10km (15km once a month). Like Striders it has different locations and paces including a walking group and is very social - like an extended family.

- *How was running through pregnancy and getting back after having a child?*

- I ran to seven-and-a-half months of my pregnancy - but shorter distances. I wasn't training for anything but I like running so much and the social contact. After seven-and-a-half months running was too uncomfortable so I ran in the deeper part of a pool with a buoyancy belt. I think to be so fit helped with labour. Oliver was born in February 1998 and until October I only ran short distances (up to 10km) as he took up all my time. Julian is good in forgoing a Sunday sleep-in so I can turn up to a STAR.



- *What distances do you like best?*

- I like half-marathons - not too short, not too long and a chance to be tactical. Not like a 10km where you just have to go fast, or a marathon, which burns you out if you get it wrong. I also enjoy Six Foot Track and Brindabella for the beautiful scenery. The Canberra Marathon is a favourite for the people and the atmosphere. It's a bit 'loopy' for PBs, but it's pretty.

- *How do you lift yourself through bad patches in a race?*

- I don't push myself hard enough to use everything I've got. I don't feel I finish well enough. The only ugly race this year was Six Foot Track, for which I was ridiculously under-prepared. It was just a question of wanting badly to finish so putting one foot in front of the other.

- *What's the next target?*

- Another baby - then a comeback, maybe with a double jogger. Hopefully quicker next time. Maybe the next child will need less sleep. I will do a City-to-Surf, if only as a walk, then I would really like to get my marathon time down and try to break three hours.

Andrew Smith

Strider on the South Pole

A number of people have asked me where Grahame Murphy is.... well, he is about 390km from the Antarctic coast on foot heading for the South Pole.

The only reason I am not with him is lack of money! Grahame was keen enough to mortgage the house and sell the car to finance the expedition. To keep track of his progress visit

<http://southpole.activemanagement.com.au/>

He is due to arrive at the South Pole for New Years Eve, but is a little behind schedule - the renowned late Striders surge is needed to get there!

Stephen Jackson

As previous mentioned, Steve C. has started to train again. Here's his correspondence with K.O'K after his first run with MTG:

Hi Kevin,

Just a note to thank you for the spectacular applause which unexpectedly welcomed me to your Marathon Training Group yesterday morning (14 Nov). As you will know, I am a person of quiet disposition and unaccustomed to this kind of reception, but despite its obviously ironic intent, it stimulated enough adrenalin to carry me through the 15k, against all odds.

I have to say that without your group I would probably only have run about 5k yesterday morning, so it was well worth spending half the afternoon combatting the effects of middling-to-severe heat exhaustion.

I see your group as a benevolent dictatorship, something akin to Huxley's "Brave New World", in which there is room for individual variations on the main theme as long as they do not subvert the pleasure of the majority. So I do hope you weren't too offended by my comments about your group's organised post-run stretching, and that you did not in fact attempt to insert the exercises in the orifice which I (perhaps rashly) suggested.

Regards,

Steve Cornelius

The reply from Kevin came prompt:

RE: Thanks

I accept your comments in the spirit in which they were obviously intended. Does that mean you'll run again before the next millenium?

By the way, have you heard of this new stuff called water. Really helps with heat exhaustion. So does staying off the piss the night before.

Kevin has always given me (and everybody else) invaluable advice!!

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

Bulldog 50 km Trail Race

This report was submitted by Jonathan Worswick, who apparently does A LOT of trail running "over there". He submits his contributions to the list, so you might already have read this story. Read it again. It's fascinating.

Date: 11th Sept, 99

Start: 6:00am

Location: Malibu, California (45 minutes NW of Los Angeles airport)

There is also a 30km trail run and hike at the same place and time.

Malibu Coastline

As some of you may know from my previous race reports the southern Californian coastline is far from flat. This course contains 2 main climbs which are run-able (for some!), and a number of smaller rolling ups and downs, a couple of technical downhill sections, some tarmac, fire road and single track trail. Oh, and some great views of the Malibu coastline and valleys inland.

I spent the night before the race in the National Park campsite freezing in my car listening to the local Coyote community flex their lungs. I had assumed the temperature would be the same as in San Diego so refrained from taking my sleeping bag, big mistake.

The Race

The race started in the dark with little fuss as everyone was keen to warm up. I had managed to say quick few hello's to a number of local runners who I knew, noticing some talented runners in the group. This was a slight surprise as in 2 weeks is the Angeles Crest 100 mile endurance race and many of the people would be running so should be in a tapering mode.

The race began with a flat run through a couple of canyons then a steep climb on tarmac and fire road. I quickly lost touch with the lead groups and settled in to walking the steep climb being passed by many runners who decided to run. I made the top with the sun just peaking over the easterly hillsides; this provided glorious views of the coastline and the coming race route.

I decided to pick up the pace on the downhill which soon become single track trail and began to pick up places. The trail was fairly sheltered so the temperature remained ideal for running. I passed through a couple of aid stations refilling my water bottle and picking up some fruit. We gained some of the height lost, once again with good views of the surrounding area. By this stage I had

moved into about 8th place. The race followed an almost complete loop then an out and back followed by 2 miles flat (ish) to the finish.

The last main climb contained about 3 miles of switch back single-track trail. I managed to maintain a good pace up the climb and reeled in another 3 by the turnaround. One of these being a well known 53 year old nordic ultra runner called Jussi Hamalainen, I chatted quickly then continued downhill. The out and back allowed us to check the positions of other competitors and also to pass our best to friends.

A late kick

I had passed the lead pack of 4 runners as they headed down realising they had a large gap, which I would be unlikely to bridge unless someone hit the "wall". I still pushed as hard as I could, knowing that Jussi could produce a late kick.

I held my pace up to the finish managing 5th place, which I was very pleased with.

The course was extremely well marked, the aid stations sufficiently stocked and the organisation pleasantly low key.

Results

119 started, 115 finished

1.	Ian Torrence	3:58
2.	Peter Park	4:02
3.	Tom Green	4:04
4.	Rob McNair	4:10
5.	Jonathan Worswick	4:20

13. Annie Langstaff 5:09

Jonathan Worswick



Christmas is approaching and Nick found reason to celebrate in November.

The Glasshouse (almost) 100 mile Trail Run

There are a few Striders who partake in extreme runs. Martin Fryer is one of them and has submitted this report.

It's hard to write a race report about the first event that you did not finish (DNF). Nevertheless, the experience of participating in this truly unique Australian event, with its share of amazing scenery and gutsy human performances, is worth recounting.

A Unique Event

The Glasshouse Trail 100 is the only 100 mile trail event held in Australia - it has been held in the Glasshouse Mountains, inland from the Sunshine Coast in QLD, annually since 1996 by race director Ian Javes, a legendary Aussie ultra runner in his own right. Just think of running/walking approximately 4 marathons, or 5.3 StaRs, or 1.8 Comrades, or sixteen 10K's in a row, all on trail, and you have an idea of the scale of the event. The race covers about 80 km of undulating trail in a loop form, and is normally held on the last weekend in September. Ultra competitors may attempt one loop (50 miles/80 km) or two loops (100 miles/161 km). A shorter ultra is held over 55 km on the Saturday, with 12 km and 27 km events also run on the Sunday morning. Trail running of this magnitude is relatively young in Australia, as shown by the small number of entrants and an even smaller number of successful finishers of the 100 mile event - 0/5 in 1996, 3/8 in 1997, 4/12 in 1998, and 6/11 in 1999. This year the Striders entrants were Dawn Tiller (55 km), Sean Greenhill & Kevin Tiller (50 mile), and Mike Ward and myself (100 mile). Even though we were both undertrained for an event this long, Mike and I mutually encouraged each other to enter the big one - Why? - because we had completed and enjoyed the 100 km Trailwalker in May - because it was there - because we were too slow to run any short distances at any decent pace - and, like most trail ultras - because it is a great way of flushing the concerns of the rat race out of your system.

Daytime thoughts

Eleven of us set off at 5:30 am on the Saturday morning for what was going to be a long day at the office. I love the lack of urgency of these starts compared to traditional races - we all set off at a very slow pace with no one keen to lead for the first couple of hundred metres. Most of the field soon left Mike and I behind, with only the 2 walkers left following us. We were joined by a tall, lanky guy

from Perth who introduced himself as Geoff, whose running experiences had included completing the Marathon des Sables in the Sahara. He stuck with us and chatted - we assumed a leisurely pace and before long we were climbing the steep track to the top of Mt Beerburum. We saw the leaders coming back down the same track - Graham Medill (winner of this event in 1997 & 1998), followed by Paul Every (Australian 100km representative, entering for the first time), and several others were in front of us. We caught up to and chatted with Carol La Plante, an American veteran of many 100 milers who had liked the experience of Glasshouse so much last year she came back for more! These people are definitely not right in the head. Carole headed off into the distance, though we were to catch up with her and Kevin Tiller (running the 50 miler which started 15 min later) just before station 3 at 16K. From here to the first medical check (station 5) it is mostly pretty easy going on undulating, wide dirt roads. It was already starting to get much warmer than the previous year's race - Mike and I were a bit concerned. One last climb along a narrow bit of track and the four of us made Station 5 (27km) at around 3.25 hours. Everyone passed their medical checks (body weight, heart rate, blood pressure) - like last year I actually put on a kilo or so from the start, reflecting my efforts to stay well hydrated. From here you head out towards the far end of the loop, firstly through a nasty, roller coaster section known as the "Goat track" which had many steep, slippery sections (which we were not looking forward to seeing again that night). With well controlled run/walking we breezed through station 6 and made station 7 in good time, seeing Dawn Tiller heading back the other way with a pack of male competitors in tow. The 5.3 km loop back to station 7 allowed us to take our waist packs off, which felt heavenly and made us realise the effect of the extra weight we had been carrying. Kevin dropped off from our group during this loop and we picked up another US runner, Jordan (50 mile competitor), to our group. He stayed with us a while but also dropped - we heard later in the day that he finished in pretty bad shape and required a few hours of oxygen and icing down to revive. We finished this sun-exposed loop, having completed a little over our first marathon (43.2 km) in a personal worst of 5h37min. That's another great thing about these races - you set a string of PW's! It was really hot now (probably low 30's, with extra radiant heat from the dirt road surfaces) and while we (Geoff, Mike and I) were moving steadily we were extending

the walking stretches dramatically and drinking a lot of fluid (roughly 1.5 litres per hour for me, half water, half isosport). Medical checks back at station 5 were OK - we tried to pack down some sandwiches, fruit, peanuts, and whatever else we could stomach. The next section is a long loop around Mt Beerwah which starts on a fire road but soon ends up on a steep, uneven trail through rainforest. We all started to feel pretty fatigued through this section. Like last year, we passed several people here (one was a Japanese woman in the 100 miler who had got lost and also had a bad fall, another guy in the 50 miler was wandering along with one of the soles of his shoes blown out). This year and last year there seemed to be a fairly reproducible "wall" that occurs here (roughly 60 km) which requires some getting through. We made station 8 (on the far side of the mountain) - 62.7 km at 8h14min. From here back to station 5 we were walking a lot but at least making progress- Mike was feeling quite bad and sensibly encouraged us not to push too hard. His next medical check was a bad one - he had a very weak pulse, low blood pressure, and had a bad headache - he looked like he was not going to continue. The medics gave him some ice to cool down, and with our encouragement and a decent break he courageously pushed on. A nice long downhill stretch (which we walked) and eventually we were all able to put in a few short runs here and there - I mean really short - one of us would say "let's run to the second tree up there" (50m away) and the rest would grudgingly follow. At the end of these stretches our legs were feeling really heavy, and a dull, soreness in the quads was pretty much continuous. At the last station (with 4.6km to go to the end of our first lap) we were lifted by the adrenaline and anticipation of getting back to the Start. I was pleased with our discipline - I had planned for about 11h30min for the first loop and the 3 of us finished the first loop (80 km) in 11:12. After medical checks we ate some baked potatoes, had a shower, changed into our night gear and picked up night backpacks - a total leisurely stop of about 40 min. We were shocked to see Graham Medill (last year's winner) leave 5 min before us. He had been held there for a good hour and a half because of medical concerns - the heat had taken its toll. We set off at an elapsed time of 12h, which was about 5:30 pm, giving us about half an hour before nightfall.

Nighttime thoughts/Rednecks & fireworks

Pretty close to nightfall we saw Kevin (without a torch) heading the other way, and sometime after that, Sean - we were pleased that our fellow Striders would successfully complete their 50 miler efforts. We walked pretty briskly through to station 3 with no running at all - that heavy legged feeling didn't look like it was going to go away - the 3 of us all had headaches by this time and each took a Nurofen tablet. Mike was looking pretty green again - we all had a bit of veggie soup and soldiered on. It was nice to be in the cool of the night - we were also fortunate to have a full moon, which allowed us to switch our torches off on sections of the dirt roads. The night quiet was suddenly punctuated by the sound of a really loud dune buggy which was obviously getting closer to us and was full of people in a Saturday night mood. We got off the road, turned our torches off, and like the heroes that we were, stood still (slightly crouched) hoping the hell that we wouldn't get harassed and used as entertainment. As someone pointed out to me later - that probably wasn't such a good move as we probably did a good impersonation of frightened kangaroos and could have made excellent spotlighting targets! We made station 4 (100.2km) at 15h16 min - a landmark for Mike and I, as our previous longest distance covered was 100 km. We also heard that Graham Medill had pulled out of the race there - so obviously some people were feeling even worse than us. It was a one foot after the other procession to station 5 - Mike was fading badly and we were all a bit rough. Our malaise was interrupted by what sounded like a gunshot, really close by, and we were suddenly awake. We instinctively laid low, imagining some pissed redneck wandering the trail with a shotgun. After a cautious few minutes another shot rang out - but this time I noticed, above the trees, some colourful fireworks being let off from higher up on the mountain - not something you tend to expect at this time and place. We made it to station 5 in a sorry state - Mike was gone - his blood pressure reading was 70/30 and he was withdrawn from the race - 105.8km in 16h41min - a PB distance for him and a heroic effort. The dreaded under-foot blisters had come to haunt me - so I burst them and placed Compeed pads on them. Geoff and I had a longish break and set off into the night for the loop out to 7 and back. For some reason the heaviness had left my legs and I felt good. We walked briskly (even jogged a little) and were making adequate progress at around 5-5.5 km/h over varied terrain for the next 3.5 h or so - with the full moon and mist around the mountains making for an ethereal experience. The return loop from 7 (122.5 km

onwards) was my downfall. I started getting light headed and wobbly - Geoff thoughtfully stopped several times to see if I was OK. I was hoping that this would just be another "wall" to pass through but neither food, drink or rest was helping. To make things worse, the blister pads I had put on had obviously made things worse and it was becoming painful to even walk downhill without losing form. The next couple of hours were an eternity of dizziness and foot pain and seizing quads - it was clear that I was slowing to a pace that wasn't even a decent walk. Approaching station 5 I made that hardest of decisions - to withdraw on the basis of my only pre-race withdrawal criterion - loss of form that might lead to long-term injury. I had come 133.6km in 22h 24min- only 27km to go -but it might as well have been 100. I wished Geoff well - he went on to finish 3rd in 28:37, followed 12 min later by Bill Thompson, the local custard apple farmer who walked the whole way (he is a fast walker), and had a few stubbies of Guinness en route to boot! Carole La Plante, a veteran of many tough 100 mile races in the US, was last to make it within the 30 hr cutoff (29:08). Paul Every won the event in 23:28 after getting lost for half an hour or so in the early hours of the morning.

Final thoughts

It's no fun having your first DNF but I guess if you've never have had one then maybe you've never really pushed to your limits. Its easy for me to sit back now and regret my decision - these are the tough decisions to make - there is certainly a fine line here between bravery and stupidity. I love ultra events like this for many reasons - most of all because they attract a great, friendly bunch of competitors (not like those irritable 10K whippets) that truly respect each other - there is a great sense of camaraderie. Also, the top placings in these events can be quite unpredictable as anyone can have a bad day (or night) due to a multiplicity of potential factors (blisters, hydration, food, falls, getting lost, just plain stuffed). The race is a great leveller across age groups and abilities - patience is critical - the finish times of the walkers show you that if you are a brisk walker you can finish under or close to the 30h cutoff. This raises an issue for any runner considering doing this race - determining what type of run/walk ratio you are comfortable with, allowing for the attrition effect of sheer mileage.

Thanks

Thanks must go to the organisers, aid station volunteers, and medical staff for putting on a first class

event. Ian Javes hinted that this event might not be held again due to increased insurance liability requirements - this would be a great loss for Australian trail running. If this event is held in the future I would encourage more Striders to participate in this event as the start/finish of a vacation at the Sunshine Coast or other parts of QLD. The race web page is www.coolrunning.com.au/ultra/glasshouse.shtml. Finally, I should congratulate all the competitors for their efforts - particularly the gutsy runs of my fellow Striders (including another win by Dawn Tiller in the 55km event)- - their results are listed below, along with the winners and times of the ultra events.

100 miles

Place	Name	Time
<u>80km split</u>		
1(M)	Paul Every	23:28:36
	9:08:00	
1 (F)	Carol La Plant	29:08:22
	11:52:00	
DNF	Martin Fryer	22:24
(133.6km)	11:12:06	
DNF	Mike Ward	16:41
(105.8km)	11:12:06	

50 miles

1(M)	Bruce Hargreaves	8:40:49
1(F)	Natascha Costello	8:56:24
9	Kevin Tiller	13:04:52
10	Sean Greenhill	14:06:56

55 km

1(M)	Malcolm Buchanan	5:03:06
1(F)	Dawn Tiller	5:26:22

Martin Fryer



It's a very long day in the office!! Martin and Mike battling the heat.

Lessons from Sport

John Plummer, a longstanding member I believe, has written a book to be published next year. He has submitted this appetizer and another will follow in the next issue.

Background

I believe that many useful lessons can be learned from all sport. All my life, I have been a dedicated athlete. In my youth, I was a schoolboy middle distance track champion who went on to win NSW State titles in all distances from half a mile to ten miles. In the 1950 Empire Games in Auckland I represented Australia in the half and one mile.

In 1956, I was ranked 20th in the world in 5000 metres track, and 4th in Australia. Unfortunately, only three athletes from each country could be entered in each Olympic Games event. Similarly, in the 1500 meters, I was ranked 4th and could only be an Olympic reserve. Whilst I had reduced my one mile time down to 4:05, John Landy had broken the four minute mile in 1954. Throughout the years since then, I have competed as a Veteran Athlete and still compete interstate and overseas. I am currently the over 70 Australian champion in the 1500 meters run.

I state the above so you may understand my passion for athletics and sport, and to support my belief that a healthy body is not only very desirable, but is also conducive to a healthy mind.

Perseverance Pays

Having boasted above of my athletic prowess, let me now tell you how I turned failure into success.

At age 14, I refused to enter my school athletic championships as I was almost last in any sprint race.

Then a miracle occurred. At age 15, I was forced to run up to a mile in a drill squad in my lunch hour as punishment for talking too much in class. Because I was hungry and had hidden talent, I finished the run first, ahead of the other offenders. Thus encouraged, I entered the half and one mile races next year at school and set new records.

A somewhat similar story concerns my swimming ability. At age 13, I failed my elementary life saving exam, as I could not swim breast stroke under water to recover a brick six foot off the bottom and tow it on my back to shore.

Determined to success, I trained and prac-

tised so that the following year, I passed and achieved higher medals and then represented the school in breast stroke swimming.

Perseverance, coupled with lucky circumstances and good genes, resulted in success.

Accordingly in the following notes, I examine some of the success factors involved in sport.

Gold Medal Success

A sport psychologist, who studied a number of gold medalists, suggested that the six main attributes of success were

- Self analysis. The successful athlete knows his or hers strengths and weaknesses. This critical should be honest but never negative. A negative self-analysis decreases your motivation and doesn't offer solutions.
- Self-competition. When an event ends, a champion doesn't ask, "Did I win?", but asks, "How did I do?" You can only control your performance. It doesn't make sense to compare yourself to others. Winning or losing becomes secondary and at times irrelevant.
- Focus. The athlete must always be in "the present", concentrating on the task at hand, not on the outcome. If you regret the past or worry about the future, it inhibits your performance.
- Confidence. Successful athletes control anxiety by setting tough but reasonable goals. By facing a challenge where the outcome is within your ability, you achieve a state of "flow", which leads to increased confidence.
- Toughness. This is a mental trait that involves accepting risk and trying to win rather than trying not to lose. A "tough" athlete accepts commitment, sees change as an opportunity and believes in control of their destiny.
- Game Plan. Even for elite athletes, talent is not enough. They need a game plan. Your own game plan for living can be simple or complex, depending on your level of ability and experience.

Run to Win

The training steps of Olympic Champions apply equally to achieving success in life and work.

The following are some of their recommendations I have derived from studying their performance and philosophy:

- Do the work. To be the best in the world requires years of hard training and practice. You must progressively train harder and include repetition work.

You need to push to your limits and beyond. This makes you not only physically stronger, but psychologically stronger too. It helps you develop the mental toughness you need to beat the best.

- Find a good coach. The encouragement of a coach, or a mentor, plays an important part in reaching your goals. Often, 98% effort is God-given talent, but the last 2%, that makes the difference between success and also-ran, comes from within.
- Concentrate on your goal. Your event becomes your top priority, and you schedule everything around it. Running, or any endeavour at the elite level, is a very selfish thing. You must keep your eyes constantly on your goal.
- Think positively. "Every great runner has what I call arrogance", said one coach. "In their minds they never admit defeat". If they don't win, then it was not their day, not a better person. You must believe in yourself.
- Stay healthy. If you are sick or injured, you can't train, you can't compete and you can't run. Smart runners and coaches build rest periods into their training programs to help the body "catch up".
- Accept pressure. To deal with pressure, compete against yourself. Consider your own performance rather than how you are doing against other competitors. If you are properly prepared, then winning, or losing, will take care of itself.
- Maintain race-day control. All the preparation in the world won't get you a gold medal if you are not concentrating on it. You must concentrate your mind on victory. Many athletes said that before a big race they imagined their victories by closing their eyes and seeing themselves relaxing, running well, passing competitors and winning. They had a race plan and they pictured its success in their mind's eye.
- Run through the finish line. Many a race is won in the last stride. Never give up until you have passed the finishing line.
- Hope for a little luck. You need a little luck on your side, even if it is just the absence of bad luck.

Winning Ways

"You are what you think you are" reminds us that the sub-conscious mind is the first and final step in winning.

You should re-train and re-program your mind to visualize your goal and see your success in

your mind's eye.

Winning can then become a habit, as the mind concentrates on eliminating mistakes and errors.

"All men are created equal", but not all choose to stay that way. Winning can become your desire and, hence, your attitude.

John Plummer

Comrades 2000

The time has come once again to seriously consider entering the greatest Ultra of them all; The Comrades Marathon.

The 75th Comrades Marathon (an up run) from Durban to Pietermaritzburg, in South Africa a distance of 87km (54 miles) will be held on Friday 16th June 2000.

The run will start at 5am and finish at 5pm. This is an extension of one hour for the year 2000 only. Qualifying times have also been relaxed with the standard marathon time being extended to 5hr 30min.

Foreign competitors (thats us) must pay US\$100 entry fee. This includes the hire of a Champion Chip for timing purposes, a special runner's package, viewing of the route by coach, visit to the Comrades Marathon House and Museum in P'Burg, entry to a foreign competitor's area at the Comrades Experience (Durban) to register and collect race numbers. The fee also includes a race brochure and map, a medal and badge to all finishers and a foreign competitors area at the race finish and a tog bag service. This is all good value. If we have enough interest the Club will try and negotiate a special air fare to help lower your costs.

Even more important is to participate in what you will forever call the best running day of your life.

Entry forms will be available in January 2000.

For further information please contact Jim Screen who will be pleased to send you some further information on the great race.

Jim Screen

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

Who gives a damn. Melbourne Marathon

Four Marathons in a collective 18 hours is what Nick Themsen, John Simmonds, Brad Renshaw and myself managed to achieve in Melbourne on October 10 – between us!

We finished within about 10 minutes of each other. For none of us was it a first Marathon, for all of us it was the slowest Marathon we are yet to run. We were all very very satisfied with our respective efforts despite the apparent failure as far as time was concerned. Certainly for me and I'm sure for the others too, it felt like a great win!

The point I want to make is that sometimes to beat the Marathon challenge is what's most important and not necessarily breaking the world record or running a PB.

Whoever we are, however many 42.195K events we have completed, to run a marathon at all should be considered a huge personal triumph. I feel that at Striders we have a tendency to belittle the enormity of our individual and collective achievement. We must not fall into this trap.

Gold Coast Disaster – July 1999

All my split time targets were taped to my wrist, 55 minutes for 10 ks, 110mins for 20ks, 1hr 57 for the half distance – I was only just behind schedule all the way, then calamity! At the half Marathon I was a whole four and a half minutes behind my target time – can you imagine how bad that was? The day seemed black, wrecked, a disaster, a dismal failure. In fact it could only be described as a total and complete catastrophe!

At least that's how it felt at the time!

Pressure Pressure Pressure!

Why – what went wrong?

I had given myself the target of sub four hours and anything worse was not acceptable. On reflection I was capable of running close to four hours even after the 2.01.30 half marathon but mentally I was beaten and DNF'd at about 25k. I was devastated.

John had much the same experience and also beat himself mentally – he too was perfectly capable of running a good race but pulled out at about 27k. There's no doubt we had both put far too much pressure on ourselves.

Who Gives a Damn?

Once when I was ranting and raving to Gillian Elyan about there being no point in running

in any race unless a PB was the intention (Gillian is the South African chick in Striders who ran the 2 Oceans Ultra a few years ago), she suggested that I had become far too caught up in the whole issue of speed and time as far as my proposed future Marathon runs were concerned and added "who gives a damn?".

Melbourne's 26 Miler

Early to bed the night before only to awake to a filthy day – absolutely pissing down. The rain appeared well set in for the whole day – a good temperature nevertheless but it seemed definitely a day for blistered feet. The gods were good to us however and the rain miraculously stopped just seconds before the slightly delayed start! No excuses, but we weren't looking for any.

John and I felt we needed to face our demons after the Gold Coast debacle. We both felt that this time we were running just to finish a Marathon once again. Brad and Nick had (and still have) this lunatic idea of doing Comrades 2000 and needed to run a qualifying time marathon, of five and half-hours if you please! Brad even said he wasn't sure if he'd make it! I was comforted by that sentiment 'cos I thought I may be able to keep up with him. Nick (our illustrious editor) was cagey but muttered something about hoping to go under five!

Marathons are Fun!

(Or should be!)

We all ran together for the first 15k or so – we ran slowly, chatting between ourselves and to other runners. I have honestly never enjoyed a run more. What with pee stops and drink stops etc. we split up a bit after 17k or so but now and then we each came back together with one or the other of us. We were genuinely supporting each other as we had agreed. We had also agreed that from about half distance we were essentially on our lonsosomes.



Before the start in the Formula 1 Pitt building.

Kevin O'K's absolutely correct instruction to start a marathon slowly was obeyed as I have said. To be brutally fair I think we ran out very slightly too slowly. The terrific benefit though of not going out too fast and not being reduced to walking in the last 10ks or so is the huge mental uplift experienced when passing other runners who are less fit or who have started out too quickly.

Actually I thought I'd catch John at the end (still a bit of competitiveness in me!) because I seemed to finish stronger than he on some of our Sunday long runs but he was the champion that day. My excuse is that his slight age seniority over me and indeed the others entitled him to lead! Nick was next to finish just a few hundred metres behind John.

The Joy of Finishing!

One and a half Ks from the end of the Melbourne course is a loop. The effect is that you can see who's just in front of you and who's just behind.

I decided to wait for Brad (yes I was in front of him!) and that was the most significant happening for me in any part of my 3 Marathon experiences. We ran together for the last 1500 metres, not quite hand in hand, but together – two winners.

One of us, I'm told it was me, was high as a kite and the other one, that must have been Brad, appeared slightly drunk having consumed a couple of light beers which were offered by spectators on the way!

We ran up the finishing stretch, punching the air and shouting and screaming with delight – we'd run another Marathon! And the time?

Who gives a damn.

Michael Bailey.



Marathons should be fun. It still was at this early stage around the 10K mark. We are all trying to hold John back on St. Kilda Road. -Ed.

TWO OCEANS MARATHON

For the slightly less adventurous another great race by world standards is the Two Oceans Marathon. This is a spectacular ultra distance road race of 56kms (35 miles) which is run annually in Cape Town on Easter Saturday. The scenery is stunning, the organisation exceptional, and the experience unforgettable. Entry forms are available at STaRs and further information is available from Jim Screen.

As with Comrades the chance to run in these great races would not be complete without planning a safari or two while you are over in SA. It is a great experience to see such a diversity of wild life while enjoying first class hospitality. Once again if you want more info please contact Jim Screen who will be pleased to put you in touch with the right people to organise your trip.

Results – NSW Distance Runner of the Year

Points are awarded through the winter season of NSW club competition for places in Road Running and Cross-Country events. High places for Striders Dean Degan and Joanne Cowan.

Male

1 st	Jeremy Horne	65 points	
2 nd	Scott Westcott	55 points	
3 rd	Dean Degan	47 points	1 st
Strider			
25 th	Chris Truscott	11 points	
37 th	Guy Griffin	7 points	
37 th	John Young	7 points	

Female

1 st	Bronwyn Ellis	51 points	
2 nd	Elizabeth Miller	50 points	
3 rd	Kate Maslen	44 points	
3 rd	Susan Mulready	44 points	
4 th	Joanne Cowan	40 points	1 st
Strider			
11 th	Jenny Truscott	22 points	
18 th	Dawn Tiller	13 points	

Sri Chinmoy Marathon

The weather forecast last night said Sydney would be 29 degrees in the city, a couple of degrees hotter in the outer suburbs. I wasn't especially worried- when I was down at Dolls Point yesterday there had been a cool wind blowing off Botany Bay to keep things pleasant. However there was no wind at all this morning, and stifling heat turned the Sri Chinmoy Marathon into a survival march for most of the competitors.

An 11pm phone call from Kevin Tiller solved my transport problem- I got a lift with him to the race. Ambling around in the already rising heat at 6am, I spotted a few familiar faces- Striders Mike Wilson, Dick Bartlett, Gordon Forsyth and a few others (I didn't see Guy Griffin). Paul Every was also there- two weeks after winning the Glasshouse 100 mile, he'd cycled down from his home in Epping to run.

The Start

And at 6.30, about 30- 40 runners took off. For the first couple of kilometres, my legs felt a little "snap, crackle, pop"- cobwebs from Glasshouse, I suppose. I settled into a rhythm running on the shoulder of a fit looking blonde European lady, who had to put up with an overweight hairy guy blowing and puffing at her shoulder blade for the next hour and a half.

The course was three loops of an out and back along the Botany Bay beachfront, on cycle path, through parks and on a few roads. Each of the three loops was a jot over 14 kilometres. I had brought along two bottles and was glad for the fact, even though each out and back had eight or nine aid stations. The sun was rising over the water, casting a fierce glare over the runners and beachgoers.

My legs felt good, seeing as they'd covered 80K a fortnight earlier. Still running on the shoulder of my companion, we reached the northern end of the beachfront, swung onto a bike path, through two carparks and out to the turnaround. Paul Every was in the second group, behind the leader, who was running all by himself. Kevin was only a few minutes ahead and shuffling along.

The heat

Returning along the beachfront, I really began to notice the heat and started sipping constantly from my bottles, even refilling them at taps between aid stations. We reached the start again, turned around, and almost straightaway my legs went

lead. I was still moving along okay, but it now required real effort. My companion was a metre ahead, then two, then three, as the half marathon runners made their start and swamped the marathoners. I heard a voice drawl behind me, "Mister Sean Greenhill, I never thought I'd see you here." I turned and looked at the face of the speaker. After a few seconds, I realised it was Mark Schaefer, an old schoolmate who dominated the cross country events back then. And here he was now doing the Half. Sitting on his shoulder was another familiar face, Rick, the enthusiastic character I ran much of the Canberra marathon with. I ran with the two of them for a minute or two, then away they went as my legs started dropping. By now it was really hot, the heat radiating off the asphalt and concrete as we ran.

Shuffling

As I approached the turnaround, Kevin was shuffling back towards me. "I feel bloody terrible," I told him, then reached the turnaround (the half marathon) in about 2.06, the slowest halfway split in any of my marathons. About a kilometre back, I crested a slight rise (about a metre or two) and dropped to a walk for a few minutes, then doggedly began shuffling again. I began to make a point of swapping jokes with aid station staff, thinking that as long as I could do that, I was still *compus mentis*. My feet started to become painful, and I eventually shuffled to the turnaround at the start/ finish again. There was an aid station a few metres before the turnaround, and Kevin arrived there on the way out as I entered heading in. By now my face was a grimace as I tried to maintain a decent pace in the heat. Need a goal, I thought. Kevin's only a few minutes ahead, if I can put one foot forward consistently, maybe I'll catch him. My pace picked up again to something approaching reasonable and finally at about 33K I saw Kevin. He was shuffling, shoulders hunched, arms splaying around.

"Kevin, you all right?"

"Yeah," he replied straightaway and picked up to run with me. We started an unimpaired dialogue...

SG- "This is hotter than Glasshouse."

KT- "Yeah. I don't care what the weather forecast said, it's hotter than 29 here."

SG- "With the heat radiating up of the concrete, it's got to be at least 35 or 36." (it was 33 in the city, according to the news)

KT- "Yeah."

SG (after another minute or two)- "Where's that f... aid station?"

Survival

We eventually caught another runner, a big bearded guy running in stubbies. He ran with us, and gradually he and I drew away from Kevin out on the bike path. The two of us turned, and saw Kevin had dropped to a walk. We caught another runner who was walking, who picked up and went with us. Gradually those two guys pulled away from me. We had reached the 35K turnaround in 3.59, and I vowed that this would not be the first time I'd run a 5+ hour marathon. It'd be a tough call, as by now my legs barely picked up off the footpath, my feet hurt with every footfall, and I was increasingly overheating and getting sunburned. I walked twice briefly on the way back, but eventually finished in 4.55.56, a new personal worst but an effort I was immensely proud of, given the conditions. The winners time was 3.09. Mike Wilson, normally a 3.30- 3.40 runner, did 4.06. After a bit of worrying on our part, Kevin finally appeared down the finishing chute and completed his survival trek in 5.17.

Aftermath

Straight away he told me, "we'll go now," took his keys, and began to walk towards where the car was parked. He took a few paces then threw up, walked a few more, threw up again, walked, threw up again. He vomited more than a dozen times in the middle of the park. We reached the car, turned the airconditioning on and absorbed it for a few minutes before driving off. Tonight I'm sunburned, my feet are tender and legs somewhat stiff. But I was never able to run fast enough in the stifling heat to really take a lot out of my body. It's probably the flattest marathon I've run (maybe flatter than Gold Coast) but by far the toughest, and holding out for a sub 5 hour finish is as great an achievement as anything I've done. Now for Brindabella.

Sean Greenhill

By the sound of it, it would have been a very difficult day. Sincere congratulations to all Striders that finished that grueling event. Unfortunately I'm not in possession of all the finishing times, but I guess it's one of those "Who gives a damn!" -Ed.



French Forest Gump

SYDNEY, Nov 9 (Reuters) -

A financial adviser known as the French Forrest Gump ran sore-footed into Sydney on Tuesday after knocking more than two weeks off the record for running across Australia from coast to coast. Serge Girard took 46 days 23 hours and 15 minutes to cover the 4,000 kilometres (2,500 miles) from the Indian Ocean city of Perth to Sydney on the Pacific coast.

He got through 20 pairs of shoes in five million strides along railway tracks and deserted outback roads. The 46-year-old covered 81 km, or almost two full marathons, every day. He beat the previous trans-Australia record of 63 days, set last year by American Jesse Dale Riley. "The Australians were very welcoming, every time we needed something they helped us straightaway," Girard told Reuters after crossing the finish line at the Sydney Opera House.

"At the beginning they called me 'the crazy Frenchman'," he added. "It was a beautiful adventure." Girard, who became known as "the French Forrest Gump" after breaking the record from Los Angeles to New York two years ago, was accompanied by three physiotherapists, a podiatrist, a logistician, a camera crew and a photographer.

He drank 10-15 litres of water a day, plus one glass of Australian red wine, and consumed a daily 8,000 calories.

Diggers

There were two guys working for the city. One would dig a hole, he would dig, dig, dig, the other would come behind him and fill the hole, fill, fill, fill. These two men worked furiously. One digging a hole, the other filling it up again.

A man was watching from the sidewalk and couldn't believe how hard these men were working, but couldn't understand what they were doing. Finally he had to ask them.

He said to the hole digger, "I appreciate how hard you work, but what are you doing? You dig a hole and your partner comes behind you and fills it up again!"

The hole digger replied, "Oh yeah, must look funny, but the guy who plants the trees is sick today."

Sometimes, judged by the look of other people, I must admit, running is a bit like the above. The standard answer to keep things quiet is of course: "It feel so good, - when I stop!!"

-Ed.

Striders on Track

One of the many subsets of running pursued by Striders is centred round the Interclub series at Homebush. The high achievers so far this season have been Jenny and Peter Truscott who have both been hitting the PBs.

Since the track season started in October Jenny has run PBs in the 3000m, 5000m and 10k track and her 1500m time of 4m 38s was good enough for her qualify for the National Championships next February. Jenny has run 18m 11s for the 5000m and taken her 3000m time from 10m 30s to 9m 59s. Her previous best 10km was 39m 30s on road, in November's NSW 10km Championship (track) she ran 37m 32s and finished 3rd in the state.

Brother Peter has also clocked up three track PBs this season, running 4m20s in the 1500m, 9m 27s in the 3000m and 16m26s in the 5000m – the last a 54s PB. Matt Kaley and Peter, placed first and second respectively in the Striders 10km series have had a couple of track battles this year. Peter ran his PB to finish 14th in an 'A' grade 5000m with Matt 15th in 16m 37s. Positions were reversed in a 'B' grade 1500m with Matt taking 1st place in 4m 15s and Peter's PB giving him 2nd place. Matt has also run 2m06s for the 800m this season and did 34m58s in the State 10km Championship.

Other Striders seen in the State 10km were Ross Sinclair (37m10s) and Richard Sarkies (36m10s). Richard has also run a 17m08s in the 5000m. Chris Truscott is running 4m07s for the 1500m and 8m50s for the 3000m, John Young 9m13s for the 3000m and 15m57s for the 5000m. Chris Dwyer is not having the best of times with injuries at the moment but has still managed a 17m40s in the 5000m. And last but not least Joanne Cowan - second in the NSW State 10km Championship in 37m15s and running 17m50s for the 5000m.

Andrew Smith (reporting for the Blister- keep them coming).



Letter to the Editor

Dear Sir,

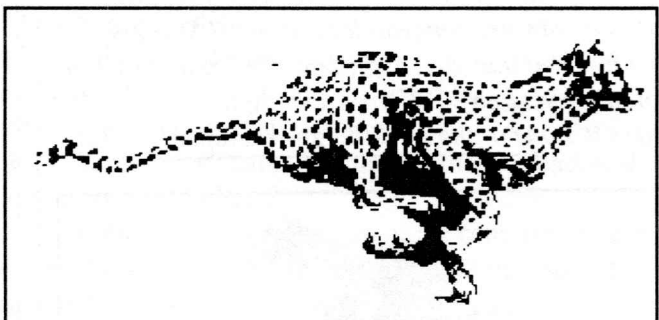
The recent referendum confirming the popularity of the monarchy in Australia has indirectly highlighted a fundamental flaw in the constitution of Sydney Striders. The club's members are clearly crying out for a figurehead, and no mere commoner President, regardless of his or her personal qualities, can hope to command the respect and loyalty which are requisites of the position.

Typically, a Striders' President serves only 2 or 3 years before retiring or being deposed, creating an unsettling air of instability and a resultant diminution of respect for the office. What the club plainly needs at the helm is a hereditary monarch, willing to devote a lifetime of service to Sydney Striders and present a consistently recognisable figurehead at functions and other public occasions.

Accordingly, in a gracious act of self-sacrifice, I am putting forward my own name as Sydney Striders' first king, with a view to a coronation in early 2000. As you will know, I am of noble birth, being related to the Cholmondeley-Fortescue family of Weston-Super-Mare, England, and therefore am well qualified for the position. I intend to adopt the title "King Bag the First", although my subjects may address me in most contexts as "Your Bagness" or "Your Majestic Whin-geness".

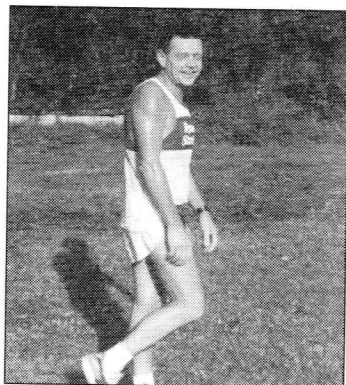
My entourage and I will be attending the next meeting of the club committee to outline how the transition from presidency to monarchy can be made as smoothly as possible. Please request all committee members to be appropriately deferential on that occasion.

Sincerely, S.W. Bag



The Photo Gallery

In this issue naturally reserved for winners!!



Brian is naturally the object for our pics in this issue. Not only did he win the Super Series for 99, but he's been married in the meantime. Look at the difference before and after.

Bottom left: Jonathan T, who always appears very confident and joyful. He won the Age and gender adjusted category.



In the archives exists a few pic's of Brian. I find it almost impossible to believe that there will ever be one where his more delighted than this. However, I'm still to see his wedding pic's?!



The MTG, not being covered much in this issue due to it's own monthly newsletter, is presently having a big success. The winners are the participants and there are lots of them on a Thursday night!!

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

It's all over. The winners are Jo Cowan and Mathew Kaley outright and Frank Dearn in the Handicap Section. The Series continue in 2000, with the first run being The Domain, Feb. 5.

The Sydney Striders are proud to be associated with our sponsor

(they are closed from 25/12/99 to 15/01/00 for holidays. They deserve it!)

Normal opening hours: Tuesday, Wednesday, Friday: 9:30 to 5:30

Thursday: 9:30 to 7:00

Saturday: 9:00 to 3:00

Sunday and Monday Closed

They will however process mailorders at no additional charge to Striders and you can still maintain your 25% discount as a member. There's simply no excuse for not renewing your membership!!

Randwick Runners Shop

223 Clovelly Road, Clovelly, NSW 2031

Ph.: 02 9315 8711 Fax: 02 9315 7382

-ask for Fred



Sydney Striders