

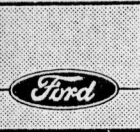
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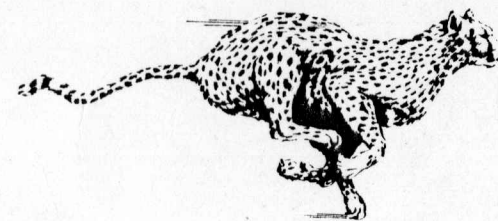
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744 Canterbury Road, Belmore, 759 4622

Sydney Striders

MARATHON & ROAD RUNNERS CLUB



The Blister
NO. 8

Publication Details

THE BLISTER - Bi monthly publication of
SYDNEY STRIDERS MARATHON & ROAD RUNNERS CLUB
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SYDNEY. 2000

EDITOR: CHARLES COVILLE 476-6440 (H) 20572 x 474 (B)
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DECEMBER/FEBRUARY EDITION

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UNTYPE ARTICLES - Sunday 18th April, 1982
TYPED ARTICLES - Sunday 25th April, 1982
RELEASE DATE - 2nd May, 1982
(typed articles: Smallest available black type, single spacing,
A4, 1cm margin)

TYPING

The club acknowledges, with thanks, the voluntary typing of Coral McAllan of many of the articles in this edition.

Editorial

Compliments of the season to all fellow runners.

Our 1982 STARS have produced record attendances, harder running and standards of fitness probably never achieved by members so early in the season.

With so many members running Nike on the 4th April, a key single word of advice for the A.C.T. event is CAUTION.

After the 1981 Harbord Diggers heatwave and disappointing times, Nike, 2 weeks later, became an oasis in the desert with near perfect conditions and P.B.'s a'plenty. The fast course produced a winning time of 2-15-16 and 186 Sub-3 marathoners. (32%)

The Nike must be approached sensibly and cautiously for the following reasons.

- 1) Your training will have been maximum aerobic, minimum anaerobic. The first quarter of the year is the aerobic quarter. Distances of up to 34k'm are pounded out on the road building up the Lydiard concept of time on the road and endurance training.

This training provides the springboard for subsequent racing over shorter distances in the latter months.

The only speed running (over shorter distances) would be during the week.

- 2) Few races will have been run. Races regardless of distance, sharpen you up both physically and mentally. While many STARS often became internal "races" over the last few k's, they are poles apart from the real thing.

Race preparation -

Sleep, diet, peaking etc can not be simulated simultaneously. Thus one cannot "train" for preparation as it only comes through experience. Only 2 races will have been run during these hot summer months - a problem not yet resolved by race organisers, although Striders have contributed a 1/2 marathon to help solve the dearth of events in those early months.

- 3) The course is flattish and fast. A fast Lake Burley-Griffin course could well destroy over zealous runners. The Larpa STAR, while the flattest of our courses, is probably run the quickest. So too for Nike. Members will be going out faster than they have ever done before - a new unknown experience.
- 4) Weather. 2 years ago I ran Nike under weather conditions that were somewhat hot. Although the start time has now been amended from 9.00 to 8.00 a.m., it may well be warm around 11.00 a.m.

I therefore believe Nike should be a CONFIDENCE marathon.

You should aim to run close to your P.B. to give you confidence to destroy the P.B. at the next attempt. Most members will not have run a marathon for over 6 months, and will have forgotten all about the wall and those last few killer k's.

There are marathons a'plenty after Nike - ample opportunity for a fresh P.B. assault.

Unless you have built up confidence you could be in for a frustrating season of potential marathon P.B.'s that were not.

SURVEYS

2 surveys kick off our first Blister of 1982. To keep Striders satisfied on STARS, a survey was undertaken in September last year. Our thanks to all respondents and to Phil Caldwell for his designing and summarising the survey. Modifications have already been made based upon the suggestions.

Striders prides itself on being an innovator. Our regular marathon survey is the only known one in town.

Dave Cox has again produced his invaluable resume. Thanks Dave.

ARTICLES

Members are approached during the season to contribute articles for the Blister;

- Novices relating their first marathon experience (A tradition that most novices have upheld).
- Impressive members performances (marathons and other races) relative to past performances (e.g. A new P.B.)

Please oblige when selected to contribute as the Blister is your own personal magazine relying for its lifeblood on your involvement.

Reports

Presidents Report

INTRODUCTION

Sydney Striders was formed on 30th June, 1980. At the first Annual General meeting a year later, the Club Constitution was adopted, converting the membership year to coincide with the calendar year. Hence the 6 month period between the first and the second annual general meeting.

TREASURERS REPORT

The Treasurers Report has been circulated to all members. The 1981 \$15 membership fees were increased to \$20 for 1982. The membership fees must be reviewed annually to ensure that adequate funds will be available throughout the year to efficiently run the club.

The Blister costs (printing, stationery and postage) continue to be our largest item of expenditure averaging \$1.25 per copy or almost 40% of the membership fees.

MEMBERSHIP

Membership has continued to grow. We peaked at 82 members on record by the 31st December, although that number did drop to 74 by the 22nd February when certain members failed to renew their membership.

RACE ACHIEVEMENTS

The last 6 months of 1981 saw three notable achievements in performance

Mike Halmy became the first Strider to win a major race. He joined illustrious names like Andrew Lloyd as winners of the Harbord Diggers 14k Scenic Run in July.

The 25k Woodford to Glenbrook Teams Challenge in July in the Blue Mountains saw our first ever team's victory. 7 Striders filled the top 10 placings with Bruce Robertson (2nd), Sam Daher (4th) Dave Cox (5th) and Charles Coville (6th) comprising the team.

Bruce Robertson lowered the club marathon record by 1m 27s when he clocked 2H 39M 40S at the Gold Coast Marathon in August. Our marathon statistics make impressive reading:-

P.B's recorded during July-December 1981	13 (25%)
P.B's " " January-June 1981	26 (49%)

On ladder, but did not compete in a marathon during 1981	11 (21%)
--	----------

Competed in a marathon in 1981, but did not improve on P.B. previously recorded as a Strider	3 (5%)
--	--------

Total on marathon ladder at 31.12.81	<u>53</u>
--------------------------------------	-----------

SUNDAY TRAINING RUNS

STARS, one of the cornerstones of the club, have continued at their high standard of organisation under the guidance and Herculean energies of Brian Colwell. As a result of the recent club survey minor course modifications have been made. The 10 established courses should provide sufficient variation in both scenery and terrain to satisfy the majority of members. The 2 staggered starts for the slower and faster paced runners ensures all standards of group road running are catered for. It also enables most members to complete runs simultaneously, affording a greater social contact for the exchange of ideas and experiences.

While small groups develop on each run within each category it is nonetheless imperative that members ensure that stops are made for water and that all runners in that group take off together. It should not be overlooked that STARS are primarily GROUP training runs.

Our thanks to all organisers who have organised the events and opened up their houses, especially for the B.B.Qs:-

Phil Caldwell (North Head)	Bill Hunter (Bobbin Head)
Brian Colwell (Larpa & Gap Gallop)	Bob Peirson (Artarmon Amble)
Jim Donovan (Lindfield Lope)	Neil Plevy (Iron Cove)
Sue Hill (Willoughby Wander)	Bruce Robertson (Northbridge Harbour Hop)
Wynne Henderson (Collaroy Classic)	

We averaged 19 members at each of the 18 STARS during the 6 months, with the Willoughby Wander peaking at 28 participants on 20th December.

THE BLISTER

A further cornerstone of the Club is the in house publication - the Blister. Member participation during 1981 has continued. As Editor it is encouraging to publish a magazine while articles are regularly contributed. After 1½ years we had published 7 Blisters. During 1982 it is hoped that 6 bi monthly releases will be made.

The voluntary typing performed by Carmen Bingham, Daf Liebmann and Coral McAllan is appreciated.

SOCIAL EVENTS

During the 6 month period we organised

- i) A day in the Blue mountains for the Woodford to Glenbrook Teams Challenge in July.
- ii) An annual prize giving/party at the Bingham's residence in Normanhurst (Our thanks to Carmen and Mike Bingham for their hospitality)
- iii) A December family picnic in Lane Cove River Park.

The policy during 1982 must be to pursue further social events. It is important that girlfriends, wives and children be catered for as running is a sport that can easily isolate the competitors from the supporters.

AUSTRALIAN ROAD RUNNERS ASSOCIATION

While the ARRA is still at infancy stage, it will nonetheless fulfill an important role on the local running scene.

Thanks to John Jeston for representing the club in a difficult and often frustrating role.

THE FUTURE

The growth of the club is assured with attendances at STARS in 1982 already in the mid-30's, and increasing continuously.

The Blister, club colours and STAR organisation are the facade from which outsiders make their initial contact with, and form their first impressions of, the club.

We pride ourselves on a "professional" and efficient image and I trust that this will continue throughout 1982.

CONCLUSION

I would like to thank my past committee for their hard work and assistance between July and December. In particular I would like to acknowledge the tireless efforts of Brian Colwell and John Jeston who have given unceasingly of their valuable time. To non-committee members who have also helped the club in a variety of ways I also say thank you. While they might not be in the limelight their efforts have certainly lightened the burden of the Club Committee. The 1981 efforts of Phil Caldwell, Dave Cox, Sam Daher and Bill Hunter are greatly appreciated. I hope that the concept of members volunteering their services in a non-committee capacity continues.

Last but not least I appreciate the assistance and understanding given by my wife Maureen who at times must have wondered if there was more to life than Sydney Striders.

I finally urge all active members to consider standing for committee. It is critical that we have a strong and reliable committee to further build upon the solid foundation established over the past 1½ years. Our organisation is truly democratic; your voice and efforts can certainly influence the direction of the club. Keep on Striding,

Charles Coville
PRESIDENT

TREASURER'S REPORT TO THE MEMBERS

It is pleasing to note that the Club's income to date was \$1,269-39, the bulk of which is derived from subscriptions. Our membership number is now 82 consisting of 77 seniors and 5 juniors.

Our special thanks to Gary Holland and Denis Cooley for their donations totalling \$45.00.

Also, we acknowledge the generous support of Dave Blackhall and Westline Ford for supplying our Club T-shirts.

The majority of the Club's expense was related to the production and dispatch of the "BLISTER" and the manufacture of Club colours.

With subscriptions falling due on 1st January 1982, we look forward to the financial support of the members so that the Club can continue to grow and maintain the facilities available at the highest standard.

N. PLEVEY
31st December 1981

INCOME AND EXPENDITURE ACCOUNT FOR THE PERIOD 1/7/81 to 31/12/81

EXPENDITURE	\$	INCOME	\$
PRINTING	241-41	SUBSCRIPTIONS	647-50
POSTAGES	42-98	SALE OF COLOURS	284-00
SUPPLIES	37-70	SALE OF T-SHIRTS	177-00
T-SHIRTS	40-50	RACE FEES	37-62
PHOTOCOPYING	66-27	LITERATURE	3-00
SOCIAL-PRIZEGIVING	88-75	ADS IN BLISTER	20-00
TRAVEL	11-70	DONATIONS	45-00
CASUAL TYPING	20-00	SUNDRY INCOME	45-00
CLUB COLOURS - PATTENS,	446-15	INTEREST	10-27
MATERIAL & SILK SCREENING			
EXCESS OF INCOME OVER EXPENDITURE	273-93		
	<u>\$1,269-39</u>		<u>\$1,269-39</u>

BALANCE SHEET AT 31st DECEMBER 1981

	\$
ACCUMULATED FUNDS BROUGHT FORWARD FROM PREVIOUS PERIOD	265-55
SURPLUS OF INCOME OVER EXPENDITURE FOR THE PERIOD	273-93
ACCUMULATED FUNDS	<u>\$539-48</u>
REPRESENTED BY:	
DEPOSIT WITH N.S.W. PERMANENT BUILDING SOCIETY LIMITED	<u>\$539-48</u>

ACCOUNTANT'S REPORT

To the members of the SYDNEY STRIDERS MARATHON & ROAD RUNNERS:

I confirm that the attached accounts of the association, being the balance sheet drawn up at 31st December 1981 and income and expenditure account for the period 1st July 1981 to 31 December 1981, are in accordance with the books and records of the association and that those books and records have been properly maintained.

M.C. BINGHAM F.C.A.
Chartered Accountant
Registered under the Public
Accountants' Registration Act, 1945,
as amended.

MEMBERSHIP

As at 21st February our membership stood at 74 (9 unpaid) — 21 names were deleted from our records. We had this peaked at 95 prior to the update. An injury free welcome to our new members who have joined since our last Blister (October/November No.7).

- | | |
|------------------|-----------------|
| Robert Blackwell | Oraig Johnson |
| Steve Cornelius | Harry Karlikoff |
| Robert Cheetham | Leo Leader |
| John Dawes | Brian Lynch |
| Mike Edwards | Ian Miller |
| Lynne Evans | Peter Pigott |
| Bill Flanagan | Robert Shaw |
| Dot Flanagan | Jim Stillson |
| Jane Flanagan | Jim Travers |
| Richard Harris | Bruce Usher |
| Robert Harrison | Derek White |
| Dave Ingham | |

Sunday Training Runs and Races Analysis

STAR AND RACE PROGRAM 29.11.81 - 21.2.82

DATE	VENUE	EVENT	ATTENDANCE
29.11.81	Collaroy Classic	Star	16
6.12.81	Bobbin Head Hunter	"	20
13.12.81	Artarmon Amble	"	23
20.12.81	Willoughby Wander	"	28
27.12.81	Lindfield Lope	"	20
3.1.82	Gap Gallop	"	38
9.1.82	Palm Beach to Manly	Race	22
17.1.82	Bobbin Head Hunter	Star	34
24.1.82	Collaroy Classic	"	26
31.1.82	Larpa Run	"	27
7.2.82	Iron Cove Bay Run	"	33
14.2.82	Willoughby Wander	"	34
21.2.82	Lindfield Lope	"	36

A dramatic increase in attendance in the New Year which would seem to indicate that a lot of people are training very seriously for the upcoming Nike Marathon.

A large number of new faces have been seen on recent runs and happily a good proportion of them have since joined. To those people we say 'welcome' and don't forget to spread the news of what the Striders have to offer, to your running friends. The club can always use new members!

One or two slight changes in policy on the 'Stars':

- (i) We now have a group departing at 6.15 am (fifteen minutes before the main group) for those who wish to run at a slightly more relaxed pace.
- (ii) For drinks, we now charge 40c per can of soft drink and 20c for powdered drinks - a small change I'm sure no one will mind as it ensures that our run hosts do not finish the day out of pocket.

Hopefully, we should see some new courses coming into being within the next couple of months. Bill Hunter has his "Bush Bash" almost finalised and Wynne Henderson has been promising to arrange an "Avalon Adventure" for us at some stage in the future. Should anyone else want to propose a new course, just get in touch with Brian on 664 1644 (home) or 524 0433 (bus) to discuss the details. Meantime - keep on striding!

CLUB EMBLEM

Ian Newlands produced the new club emblem - a cheetah in full flight. Since variations of athletes in motion have virtually been exhausted as an emblem, a complete change in approach was called for - hence an animal, the world's fastest. Thanks Ian.

Stars Survey

Twenty-five responses were received to our September '81 survey, with results being largely in line with what most of us might have expected, but with some surprises.

..... STRONG SUPPORT FOR EXISTING STAR PROGRAM

- * Members substantially supported the existing selection of runs, both in terms of location and standard of the runs. Locational support reflected the preponderance of runs on the North Shore, where a majority of members reside. This presents some problems for members south of the harbour and is one aspect of the program that probably needs to be subjected to regular review as our membership expands. In the meantime, introduction of another run in the inner-city/eastern suburbs might assist.
- * Respondents widely agreed that the present program gave sufficient variety and that it was best to maintain ten or so basic courses so as to minimise the need to use maps.

..... OCCASIONAL CROSS-COUNTRY AND 'OUTER-ENVIRONS' RUNS SUGGESTED

- * Almost half of the respondents supported the occasional inclusion of cross-country courses in order to add variety to the program. Bill Hunter's new run and a lengthening of the annual cross-country championships course should go a long way to meeting this need.
- * There was lesser, but significant, support for occasional runs in the environs of Sydney.

..... BOBBIN HEAD, WILLOUGHBY, GAP GALLOP & NORTH HEAD RUNS TOP THE RATINGS

- * Members' ratings of the quality of the individual runs saw the above four courses receive very strong and similar support. Allocating 4, 3, 2 and 1, respectively, to each of the four possible ratings (excellent, good, fair and poor) yielded average ratings of 3.55 for Bobbin Head, 3.53 (North Head), 3.48 (Gap Gallop) and 3.40 (Willoughby). These courses were favoured because of their scenic aspects, variations in terrain, traffic-free roads, trees and shade. Their only negative aspects were seen as being that they were confusing until known (Bobbin Head, North Head and Willoughby), the difficulty of shortening the Bobbin Head run once out and some heavy traffic and the lap of Centennial Park on the Gap Gallop.
- * The Artarmon, Northbridge, Collaroy and Iron Cove runs all rated between 3.0 to 3.16 (ie. within the 'Good' range). These courses all had significant positive aspects (scenery, terrain, etc) but these were partly offset by traffic/main-roads (Northbridge, Collaroy and Iron Cove) and lack of water (Collaroy). The golf-course section of the Collaroy run was considered too tough by some given that it came at the end of a long run.
- * Then followed the Lindfield course with a rating of 2.7 and, finally, the La Perouse course with 2.5. The familiarity of the area, overlap with Artarmon course and its steepness (given its length) detracted from the Lindfield course. The problem of overlap could perhaps be overcome by concentrating the Lindfield course more on the middle (rather than lower) North Shore and by incorporating some aspects of the Lindfield course in the Artarmon course (ie. Balls Head, Scientific Laboratory area). The low relative ratings awarded the La Perouse course were because of "traffic/main roads, boring industrial areas on return leg, too flat". However, it is relevant that three respondents gave the course an "excellent" rating on the basis of its "likeness to a marathon course" and the opportunity it gave for concentrating on even splits.

..... UNANIMOUS SUPPORT FOR EXISTING WATER ARRANGEMENTS

- * No need was seen for drink stations with the possible exception of on the Collaroy run (Wakehurst Parkway section).

..... STRONG SUPPORT FOR EARLY START FOR SLOWER RUNNERS

- * Within the context of widespread contentment with starting times, there was strong support for formalising an early start time (20-30 minutes) in order to

encourage novice/slower runners and to ensure that runners finish within close proximity, particularly on barbecue occasions. With some 20 runners starting early on the recent Willoughby run, all that remains is to formalise the early start and to, perhaps, nominate a 'leader' for the early group on each run.

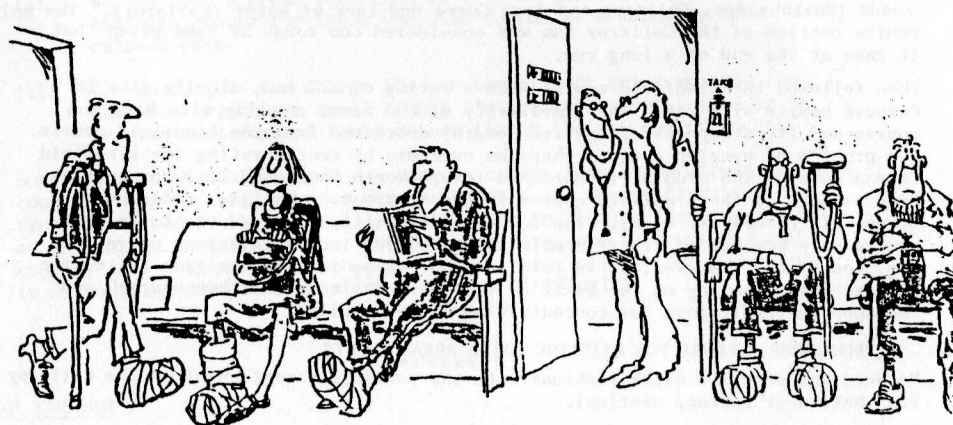
..... SATISFACTION WITH RUN DISTANCES

- * Within this context, the provision of three distances, (20, 25 and 30-32 K) was suggested in order to cater for varying fitness levels although there was one suggestion that even 20K was too long for some novices.
- * The provision of an occasional shorter Star run in order to develop speed was suggested, however, it is probably easier for members to get in shorter speed work by themselves or with other groups mid-week than it is to do 25-30K.

..... SELECTED RECOMMENDATIONS/COMMENTS

- * "Try a handicap system on some Star runs, with teams of 4-6 runners of 'equal ability' starting together at different intervals."
- * "Start runs from parks rather than individual homes" in order to reduce inconvenience to neighbours.
- * "A need for all members to look after stragglers and visitors/new members who are not familiar with a course."
- * "Hunters Hill section of Iron Cove course bit of a drag."
- * "Don't enjoy starting immediately on difficult bush section of Lindfield course."
- * Some support for occasional runs with other clubs (eg. Blue Mountains run), although the point was made that inter-club runs require significant organisation and are not always well supported.

PHILIP CALDWELL



"Must be another running book on the best-seller list."

Race Review

HARBORD DIGGERS - PALM BEACH TO MANLY

30km, 5.00 a.m. 9/1/82
BRUCE USHER 13th 1.52.57 (30km PB)

Background

Prior to the above my average weekly base was 53km, that commenced as lunchtime running in the middle of June 1981 (no accurate log was kept until mid July as I thought I would only run about twice a week!!) and no speed work ever considered until last month as a client in Sam's lunchtime (Tuesday's 1.00 p.m.) "Lactic Acid Clinic".

And in the same period from mid July only 11 runs of 10 miles or more (this included Sydney and Gillawarna marathons and 2 x 38km runs home from the city).

Therefore I was not in a position to ask my body favours with such an erratic and low training schedule.

Of the 9 races I entered during the latter half of "81" my starts were very cautious and "held back" as a result of advice from experienced runners and my own lack of self-confidence.

The turning point being the "easier course" Manly Daily Giant Jog. After running for 2km with the mob I was getting bored and ran toward the front of the pack up Avalon Hill I noticed a lanky "strider" about 3 minutes ahead and that's where he stayed and virtually how the finishing order was played out. Dave Cox 8th 1.56.33, myself 13th 1.59.30, and full of confidence for my next race (which I thought would be in Autumn 1982).

However, I was conned into Fisher's Ghost (to run for a company team) a very fast start and being passed by only about 8 runners, 2 of whom I out kicked on the grass at the finishing line for a 32nd place and a great boost of confidence.

Preamble to Diggers Run

- A) 4 successive "Star Runs", run hard, prior to Christmas.
- B) From after Boxing Day a 6 day break no running just lots of surfboard riding.
- C) Week prior to race, a mixed bag of 30km, nothing over 10km.
- D) I live at the 4km mark and psychologically feel an advantage on this course.

Tactics

- A) To hang in for as long as possible to Mike Hamly, whom I had met and run with on an earlier "Collaroy Classic" star run,
or
B) start with Dave Cox and not leave his side.

The Race

A bit after 4.30 a.m. - Palm Beach; a loose sort of "run and donate system" is instituted by the diggers (pay at Manly) weather is close to ideal for a mid summer race, lots of emerald green and white around (I can't afford a set of racing colours, new shoes have first priority) a few in garbage bags where I find Dave Cox, (Tactics B) he seems apprehensive about his condition (I feel I'm good for a 1.55 over this slightly hillier course) so at the starting line I keep Mike Hamly in the corner of my left eye.

Fast clean start at 3km alternating between 8th (on the uphill) and 9th (on the downhill) 4km; throw running singlet into front yard of house, call out to sleeping wife. Cnr. of Barrenjoey Road 11th, at Avalon pass Wynne Henderson standing on side of the road and looking a bit suspicious? Bill (forgot his surname) of the Botany Harriers catches up on the Serpentine, we exchange name, rank and mileage (he's a 160km a week runner) he's running a fraction too fast for me so I let him go, he finished about 1 or 2 places ahead for a 1 or 2 minute advantage.

Situation stable until just past Mona Vale Hospital when overtaken by a very fast Western Suburbs runner in black an incredibly fit looking "Go-Jogger" (in uniform) whom in my ignorance I thought may have been Andrew Lloyd (on a ten minute handicap) and an "odd couple". (A short 16 year old and a taller heavily built football type, more a centre than a winger).

Alternating now between 13th when I show the kid I've got a large fuel tank of aviation gas and 14 when I feel like getting pulled along. We silently duel in this manner for the next 15km until the top of Queenscliff Hill where he is showing signs of wear. I try to motivate him (A) by use of the mouth and as that failed (B) by running much faster than him and kicking out hard over the last 50m for a 1.52.57 and another 13th.

The hardest part of the race for me was between Queenscliff Surf Club and the Corso. I never know which is the fastest track and my concentration goes off form and on to orienteering.

Conclusion

I doubt if I could have squeezed a $\frac{1}{2}$ minute off that time unless it was very cold. I lost sight of Mike Hamly along the Narrabeen stretch.

My downhill running needs tuning up (I think a new pair of shoes may help) only negative point. Ran first 10km fast but very easy on the hills and kept a steady pace on the flat which I only altered marginally and thanks to the Harbord Diggers Runners Club for those nice hot cups of tea and biccies and a race that I feel very close to.

P.S. The first time I saw the race (I didn't know what it was) it was about 5.20 a.m., the morning of the "1980 edition" and woke up to hear hammering noises on Whale Beach Road - "Runners lots and lots of them". I was only a retired hang glider pilot and a surfer. I didn't even know anybody who ran, let alone at that time of night!

PALM BEACH TO MANLY RESULTS (30 KM)

NAME	TIME	PLACING	NAME	TIME	PLACING
HAMLY M.	1.45.03	2	COVILLE C.	2.09.01	81
USHER B.	1.52.57	13	JOHNSON C.	2.09.19	82
FLANAGAN B	1.55.52	22	NORMAN R.	2.09.46	85
COOLEY D.	1.58.53	33	BINGHAM M.	2.11.48	98
COX D.	1.58.53	33	HILL S	2.12.24	100 (1st Woman)
DAHER S.	1.59.10	36	MCGREGOR G.	2.25.18	151
JESTON J.	1.59.48	39	MILLAR I.	2.26.37	157
SHAW B.	2.01.15	46	COLLUM N.	2.27.26	161
HANSSON A.	2.01.50	48	EVANS LYN	2.30.49	167
ADAMS R	2.03.38	61	COLWELL B.	2.34.22	178
PLEVEY N.	2.04.54	63	FLANAGAN DOT	Time Oversighted	
DORAN R.	2.05.19	66	PIERSON B.	Time Oversighted	

APOLOGIES FOR ANY OMISSIONS FROM ABOVE LIST.

For Sale

As a free service to members, the Blister will run (excuse the pun) a column for FOR SALE items. Please contact the Editor or Sub-Editor.

Marathon Ladder

(as at February, 1982) (E.&O.E.)

The table below ranks only those marathon performances achieved by runners while they were members of Sydney Striders. Hence, results achieved prior to joining Striders are not taken into account.

However, where a member's best-ever, or only, marathon time was recorded prior to joining Striders, that result is shown in a separate column on the right-hand side of the table, together with year and location.

Age will be shown in the next Blister for each runner - the members age when he or she achieved the result shown on the ladder. Ages will be included to enable results to be seen in better perspective. Would members please advise Dave Cox of their ages as well as any incorrect details. Ages can be withheld.

NAME	TIME	MARATHON AS A STRIDER	DATE	MARATHON PRIOR TO JOINING STRIDERS
1. BRUCE ROBERTSON	2.39.40	GOLD COAST	8/81	
2. TONY MCCALL	2.41.07	CAMPBELLTOWN	5/81	
3. DAVE COX	2.45.02	WAGGA	8/81	
4. CHARLES COVILLE	2.48.53	TRANSVAAL STATE RSA	9/81	
5. SAM DAHER	2.52.10	VETERANS	7/81	
6. STUART GREAVES	2.54.36	NIKE	4/81	
7. OSTEN HANSSON	2.55.08	GOLD COAST	8/81	
8. BERNIE LIEBMANN	2.56.05	N.S.W. STATE	6/81	2.40.00 Transvaal State
9. NEIL PLEVY	2.56.46	HARBORD DIGGERS	4/81	RSA 1978
10. DENIS COOLEY	2.57.03	NIKE	4/81	
11. MIKE ANSCHUTZ	2.58.21	GILLAWARNA	9/80	
12. RAY DORAN	2.59.23	GILLAWARNA	9/81	
13. BILL HUNTER	2.59.25	VETERANS	7/81	
14. JOHN JESTON	2.59.32	N.S.W. STATE	6/81	
15. MIKE BINGHAM	2.59.33	N.S.W. STATE	6/81	
16. SUE HILL	2.59.46	AVON	5/81	2.52.01 Avon W.Germany
17. WYNNE HENDERSON	3.00.07	HARBORD DIGGERS	4/81	1979
18. DAVE BLACKHALL	3.02.24	N.S.W. STATE	6/80	
19. BRIAN COLWELL	3.03.07	GOLD COAST	8/81	
20. JOHN PHILLIPS	3.05.38	BIG M	10/81	
21. TONY HATCH	3.05.38	BIG M	10/81	
22. STEVE KNIGHT	3.11.20	HARBORD DIGGERS	4/81	

23. NEIL COLLUM	3.12.21	GILLAWARNA	9/81
24. PETER GARRETT	3.17.27	NIKE	4/81
25. GEOFF MURRAY	3.20.45	N.S.W. STATE	6/81
26. JOHN SNELSON	3.22.23	HARBORD DIGGERS	4/81
27. BARRY JONES	3.23.18	VETERANS	7/81
28. GEOFF COX	3.27.26	HARBORD DIGGERS	4/81
29. CHRIS BURKE	3.29.53	GILLAWARNA	9/80
30. NEIL GUY	3.29.56	GILLAWARNA	9/80
31. CARMEN BINGHAM	3.20.50	N.S.W. STATE	6/81
32. JOHN FLYNN	3.35.37	GILLAWARNA	9/80
33. DWIGHT NELSON	3.37.26	HARBORD DIGGERS	4/81
34. MIKE NATHANSON	3.43.58	NEW YORK	10/80
35. KARL TOPFER	3.46.52	HARBORD DIGGERS	4/81
36. JOHN OLDROYD	3.47.55	N.S.W. STATE	6/81
37. PETER RYAN	3.49.23	N.S.W. STATE	6/81
38. JOHN GALE	3.49.27	ADELAIDE	8/81
39. BOB PEIRSON	4.33.40	HARBORD DIGGERS	4/81

BILL FLANAGAN
ROBERT HARRISON
HARRY KARLIKOFF
DICK HARRIS
BERNARD COOLEY
LEO LEADER
IVAN FREYS
CRAIG JOHNSON
BRIAN LYNCH
MICHAEL EDWARDS
BRUCE USHER
DAVE INGHAM
DEREK WHITE
JOHN EDWARDS
LYNNE EVANS
JANE FLANAGAN
BOB CHEETHAM

2.46.52 BIG M 1980
2.50.00 N.S.W. STATE 1980
2.50.00 GILLAWARNA 1981
2.53.10 FIESTA BOWL ARIZONA U.S.A. 1980
2.57.45 N.S.W. STATE 1981
3.05.00 CAPE PENINSULA R.S.A. 1979
3.07.00 HARBORD DIGGERS 1979
3.10.00 VAAL. R.S.A. 1980
3.13.47 N.S.W. STATE 1981
3.14.00 VETERANS 1981
3.16.48 GILLAWARNA 1981
3.18.12 HARBORD DIGGERS 1980
3.26.34 NIKE 1981
3.32.52 NIKE 1980
3.37.00 AVON 1980
3.42.00 BIG M 1980
3.51.00 BIG M 1981

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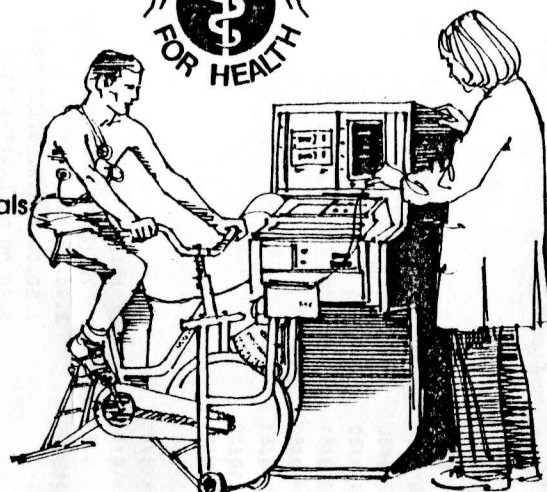
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- stress (exercise)
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Note: Bankcard accepted

Technical Corner

TRAINING TIPS

by Greg Colbourne and Medifit

Starting this month and in every issue to follow, Greg Colbourne, one of Australia's leading exercise physiologists and Director of the Medifit Clinic will present articles on training hints, facts, and myths.

The Medifit Clinic employs some of Australia's leading Sports Scientists and Sports Medicine experts providing a much needed coaching, training, and injury prevention clinic. Medifit's services have been used by corporations, businesses, government agencies and sporting bodies.

Greg is an ex-professional sprint champion who won major races in Australia and overseas. He specialises in training and conditioning athletes, including:- Kim Warwick - professional tennis player; Debbie Wells - track; and our own John Jeston.

AGE AND PERFORMANCE

"At what age does my performance start to decline?"

This question is asked to me many times and I am sure our readers are just as curious.

Answer: There are two processes working in opposite directions: training, which increases your capabilities;

and ageing, which tends to decrease them. Ageing is an inevitable process, but it can be delayed by training. It differs between individuals. If you are slow to mature, you will probably be slow to age. Leaving training aside, the ageing process is going to set in between the ages of 35 and 45, and in terms of muscular strength we suffer roughly a one percent decline per year.

Other results of ageing are: a decrease in flexibility, leading to reduced stride length; a decrease in maximum oxygen uptake; and a decrease in mental drive, which could be related to the hormone balance.

Training, however can offset this decline to a remarkable extent. In almost every respect, the performance of the really fit person is 100% superior to that of the untrained person - that is, the fit person's oxygen uptake will be, say 60ml/O₂/min as against 30ml/O₂/min in the untrained. We see this at Medifit daily in the course of our human performance testing. The trained persons strength, measured as a bench press, might be 100kg as against 50kg (for an 80kg man). What we see, therefore, is that someone who does no training before the age of 30, and then takes it up, may perform better in everyway at the age of 40 than he was doing at 28. However, once he reaches the point where he is training as hard as he can, the ageing process will eventually set in and he will start to decline. The decline is still nowhere near that of the untrained. If we look at the marathon we find that the really fit over 60 year old can run under three hours, (world standards), thus outperforming any untrained person of any age and might I add, probably most of us.

Champion Clubman Competition

POINTS TALLY TO 21.2.82

Pos.	Name	Points	Pos.	Name	Points	Pos.	Name	Points
1	COLWELL B.	34		SHAW B.	18	51	CALDWELL P.	4
	DORAN R.	34	27	CORNELIUS S.	16		CONNOLLY P.	4
	HANSSON O.	34		INCHAM D.	16		EVANS D.	4
4	COLLUM N.	30		LEADER L.	16		EASTWOOD G.	4
	COVILLE C.	30		LYNCH B.	16		FLANAGAN A. (F)	4
	JESTON J.	30		NEWLANDS I.	16		FULTON K.	4
7	FLANAGAN B.	28	32	BINGHAM M.	14		GREAVES S.	4
8	FLANAGAN D. (F)	26	33	AVERY R.	12		HARRISON B.	4
	JOHNSON C.	26		BLACKWELL B.	12		HATCH T.	4
10	USHER B.	25		DONOVAN J.	12		KARUKOFF H.	4
11	BLACKHALL D.	24		EDWARDS M.	12		LEE R.	4
	TRAVERS J.	24		HANLON M.	12		MARCH C.	4
13	COX D.	22 1/2		HARRIS D.	12		MURRAY G.	4
14	ADAMS R.	22		PARKER D.	12		McGUIRK M.	4
	HALMY M.	22		PIGGOTT P.	12		NELSON D.	4
	HILL S. (F)	22		RYAN P.	12		PHILLIPS J.	4
	MILLAR I.	22	42	DAWS J.	8		RADFORD T.	4
18	FLANAGAN J. (F)	20		FREYS I.	8		ROWNEY G.	4
	GIUFFRE M.	20		HUNTER B.	8		STILSON J.	4
	LIEBMANN B.	20		KNIGHT S.	8		SNELSON J.	4
21	EVANS L. (F)	18		ROBERTSON B.	8		TINDALE M (F)	4
	HENDERSON W.	18		SAWLE G.	8		WHITE D.	4
	McGREGOR G.	18		WILMOT J.	8		WILSON B.	4
	PIERSON B.	18	49	COOLEY D.	6 1/2		WOOLGAR C.	4
	PLEVEY N.	18	50	COOLEY B.	6	75	NORMAN R.	4

POINTS SCORED TO DATE HAVE BEEN AMASSED AS FOLLOWS:

1/ 4 Points for STAR ATTENDANCE (whether participant or not) at:

i/	GAP GALLOP	3.1.82
11/	BOBBIN HEAD HUNTER	17.1.82
111/	COLLAROY CLASSIC	24.1.82
iv/	LARPA RUN	31.1.82
v/	IRON COVE	7.2.82
vi/	WILLOUGHBY WANDER	14.2.82
vii/	LINDFIELD LOPE	21.2.82

2/ THE PALM BEACH TO MANLY RACE - 9.1.82

Non-marathon point scoring system of 6-5-4-3 for the first 4 placings within the Club membership and 2 points for the remaining finishers - PLUS an additional 4 points for the wearing of Club colours (T-Shirt or Singlet).

Inter State Report

QUEENSLAND REPORT No.1 - TONY MCCALL

Dear Striders,

Your faithful Queensland correspondent bids you all a belated happy new year and hopes its an injury-free one for all of us.

Since moving up here in September last year I've had a good chance to assess the quality of distance runners and fun runs too. It seems that while there are some very strong runners about, there's obviously not the quantity that Sydney possesses. The fun runs that I've entered so far seem well organised and this year due to strong participation from several groups, fun runs and marathons will be co-ordinated well in advance to avoid date clashes.

So what has your isolated reporter been up to?

Well its a long, HOT, HUMID story. The summer climate here is really not conducive to healthy running at least that's the way its been this summer. In a space of two months of arriving here we had the hottest November day on record, the wettest November on record (in only 4 days!) and wind storms and flash floods that made driving a real joy. Then there's the humidity - my God, the humidity. I thought I was reasonably well adjusted to summer running, but on most days I can't run around the block without becoming drenched. It really is very depleting. I was advised to drink more fluids and thats helped a bit. Even so, its been hard to maintain interest to such a degree that my mileage has dropped to about half the distance I usually average (no secrets divulged, sorry). I have'nt done much racing - a 10k race in December where I ran poorly for 14th place in just under 38 minutes. Then last month a 5k race in 15.58 for 5th place. I was pleased with that run and the winner was only some 40 seconds ahead.

As usual I got trounced near the line by a couple of guys. Could have been Neil Plevy and Bruce Robertson for all I knew.

With all I've just related I can't see much chance of a good marathon time until at least later in the year. The longest single run I've done in 5 months has been 25k and that knackered me for days. Most of the Brisbane distance runners are currently building up for the University of Queensland Marathon on May 9th. However, I'm going to make my first long one for the year in the Bundaberg marathon on May 30th.

I think the Champion Clubman competition is an excellent idea to promote interest and incentive within the Club. I also know that the committee in their wisdom will provide a points system for interstate Striders - thereby enabling me to win. Rightly so, too. This year I forsee club members racing better than ever and predict that someone will go under 2.30 for the marathon.

One final point, if you're holidaying up here may you be struck with Achillies tendonitis if you don't look us up. We have heaps of room and you could always hire a bike to keep up with me on the road.

Stay mobile, Striders.

Marathon Survey

The table below is designed to provide sufficient information about the marathons in the first half of 1982 to enable members to select a suitable 41.1k race.

The club intends providing entry forms for all marathons.

EVENT	AREA	DATE: (i) OF RACE (ii) OF DEADLINE FOR ENTRIES	COURSE DESCRIPTION	COURSE RECORD
Nike International Marathon	Canberra	(i) 4-4-82 (ii) 12-3-82 (Late entries accepted subject to additional fee)	Mostly flat; Double out-and-back; Some undulations	Graeme Kennedy 2:15:16, 1981
Avon Women's Marathon	Manly	(i) 18-4-82, 7a.m. (ii) Up to race date	Mostly flat, some undulations; out-and-back	Elizabeth Hassell, 2:45:32, 1980
Harboard Diggers	Manly	(i) 2-5-82 (ii) 23-4-82 (Late entries accepted subject to additional fee)	Mostly flat, some undulations; out-and-back	John Andrews, 2:24:00 1980
Campbelltown Joggers Leader Marathon	Campbelltown	(i) 16-5-82 (ii) 7-5-82	Out and back; Gently undulating	Horst Wegner, 2:22:29, 1981
Commodore Computers 1982 N.S.W. State Marathon Championship	Holsworthy	(i) 27-6-82 (ii) 8-6-82	Double-out-and-back; mostly flat	Steve Poulton, 2:17:07, 1981
Veterans' Marathon	Hensley Athletic Field Pagewood	(i) 4-7-82 (ii) Entries on the day	4 laps; undulating, largely flat, no big hills	not known
Big M Melbourne Marathon	Frankston, Melbourne	(i) 17-10-82 (ii) Late September	Mostly flat, with some undulations; point-to-point	Andrew Lloyd, 2:17:37, 1980

For out-of-Sydney marathons, Sydney Striders will organise transport and accommodation.

Information not yet available will be included through the year as the survey is progressively updated. This will include details of other marathons not yet shown on the table: Gold Coast (August), Adelaide - Festival City (August), Wagga (August), Gillawarna (September) and hopefully the Perth Peoples' Marathon.

1981 SIZE OF FIELD: (i) STARTERS (ii) FINISHERS	1981 WINNERS: (i) MALE (ii) FEMALE	1981 NO. OF SUB- 3 HOURS	ENTRANCE FEE	CONTACT
(i) 750 (ii) 585	(i) Graeme Kennedy, 2:15:16 (ii) Judith Hine 2:44:08	186	\$6.00 (Additional \$10 for late entries)	Dave Cundy P.O. Box 144, Kambah A.C.T. 2902
(i) 38 (ii) 32	(i) N.A. (ii) Rosemary Longstaff, 2:49:07	7	\$2.00	Brenda Sheens, 452-9337 (work)
(i) Approx. 600 (ii) 548	(i) Warwick Lightbourne, 2:30:05 (ii) Jenny Walker, 3:04:49	42	\$5.00 (Additional \$2 for late entries)	For entry forms Legacy 26 7-9155 For information Jeff Thorsen, 451-1111 (work) 939-1039 (home)
(i) 120 (ii) 95 approx.	(i) Horst Wegner, 2:22:29 (ii) Joan Sutton 3:19:05	20	\$5	Ken Saunders (046) 25-2686 (home) (02) 236-9309 (work)
(i) 500 (ii) 377	(i) Steve Poulton, 2:17:07 (ii) Penny Waters, 2:50:09	120	\$4	Keith Reynolds, 645-4440 (work) 637-2984 (home)
(i) 72 (ii) 37	(i) Steve Pollard, 2:39:02 (ii) Carol Luddington 4:01:18	9	\$2	Logan Irwin, 666-8533 (work)
(i) 5807 (Entrants) (ii) 3769	(i) Andrew Lloyd 2:19:03 (ii) Jackie Turney, 2:42:12	362	Not Known	Mrs. Win May, Sec. Big M. Melbourne Marathon, Olympic Park Admin Bldg., Swan St., Melbourne, Vic. 3002

Technical Corner — Bailing Bruce Fordyce

1981 Winner of the 90k Comrades Marathon in 5.37.28

A novice has to learn when he first takes up running not least of all a rather strange vocabulary including words such as "blow", "psycho" and "bail". I learnt that these three seemingly unrelated words, important perhaps to a hippie, psychiatrist and parabat respectively, could be linked meaningfully for a runner in a sentence such as this — "Bruce was so "psycho" that I knew he would "blow" on the first hill and "bail" at 30 kilometers."

Translation robs this sentence of much of its charm but for foreigners and non-runners it means — "Bruce was so mentally timid that I knew he would exhaust himself on the first hill and retire from the race at 30 kilometres."

I learnt too that there were two distinct attitudes to bailing in my club. One which belonged to the older, traditionalist school of runners was simply, do not bail! I was told that the first commandment of racing had to be engraved on my heart — "I have to finish at all costs, even if I have to crawl into that stadium on my hands and knees." The second attitude to bailing belonged to the rebellious younger members of the club. They told me — "If it is not your day get out of the race before you hurt yourself." Being a confirmed coward I immediately supported the youngsters. But I have never been able to justify my cowardice with what I believe is sound reasoning on the subject of bailing.

Drive yourself on to the finish when you are exhausted, injured or dehydrated and you risk permanent damage to your health. You may not be able to run again for some time. A traumatic race can make you even more "psycho" than a quick clean bail.

You may not be prepared to push yourself again for fear of undergoing an experience as harrowing as the last. Jim Peters and Dorandro Pietri are two athletes who pushed themselves too far and our own Johnny Halberstadt came close in the 1980 Comrades marathon. The cost of finishing can be very high but the cost of bailing is only hurt pride. Perhaps it is a humbling experience; you are forced to admit that the course or opposition has bettered you; your macho image takes a hammering and if you are a member of my club your "psycho ladder" rating automatically rises ten vicious points. For some time you may have to endure quite a bit of teasing from fellow runners. It really is only your pride that has to suffer. You may find yourself wondering if you have started a dangerous precedent — if you bail once it is easier to bail the second time. I do not believe that this is necessarily so. The solution is simple — recover, learn from your mistakes, alter your training programme or race strategy, build up again, and when you are ready, race again. Properly prepared you will find the thought of bailing never enters your head.

I wasn't entirely convinced of this myself, but then I looked at the experiences of others. In the heat of the 1977 Boston marathon Bill Rodgers dehydrated trying to stay with Jerome Drayton's torrid pace. At 18 miles he was out of the race. Cheryl Jorgensen didn't even make Drummond in the 1979 Comrades marathon: an injury forced her to bail with sixty kilometres still to run. And distance isn't always the major factor: Hasely Crawford bailed the 1972 Olympic 100 metre final at the 25 metre mark. There are many other examples of runners suffering similar experiences, but most of them came back later with convincing results. Bill Rodgers stormed back to win the 1978 Boston marathon in 2:10:13. Cheryl Jorgensen won a silver medal in the 1980 Comrades marathon and Hesely Crawford waited four years to return and win the Montreal Olympic 100 metre final.

Of course, ideally we should know ourselves well enough to predict our performances in a race. If the training has gone well, if we feel strong and excited about racing, then there should be no danger of the dreaded blow; but we all make mistakes, perhaps we start off too fast, or take fluids too late. Next time you're in a daze fighting to keep moving, with sore legs and miles to run, with no chance of a best time and no sign of a seconding table, take my advice — Bail!

BAILING

by Charles Coville

If you are injured you must Bail. You may have gone into the race with an injury or perhaps it developed on the day. Aggravating an injury will only cause a longer lay off and perhaps long term damage. Bailing and a prompt cure of the injury can see you back in a marathon in a short time. There are sufficient marathons in and around Sydney to ensure that the next marathon isn't too far away.

However, injuries aside, Bailing takes on different meanings for different runners.

THE NOVICE

You must finish on your first attempt. No ifs or buts. Unless you get that first one behind you, you have no platform to go forward.

As time goals are only curious niceties, a complete bombing out and an extra 1/2 an hour on the road should not be looked upon as failure. All those hard months of training must at least be rewarded with the success of completion. You will have obtained a wealth of experience by enduring 42.2ks. Second time around will almost definitely be another P.B. (Striders history has shown this).

THE SEASONED MARATHONER AIMING AT A P.B.

My rules are quite simple: If you have trained hard, have psyched yourself up and know after your first step that it just isn't going to be your day (i.e. you are feeling downright lousy), and there isn't going to be a P.B., you may well be justified in considering a Bail. However, 3 qualifications to the final decision.

- (1) You should run at least 25% of the course to establish if the blues are only temporary.
- (11) If you intend Bailing it should be done by 1/2 way, assuming no pick up in performance.
- (111) Once you're into the 30k's, then I'm afraid you're committed to finish. The reason is quite simple. From 30k's on the traditional marathon test starts. Thus there should be no confusion with bombing in the danger zone. Almost every seasoned marathoner has bombed out in his career. So there will be no justification for a Bail merely because you have started going backwards.

Even though justified Bailing has cleared my conscience on the day, I found it difficult to live with after the event. I have Bailed on 4 occasions (14% Bail rate). 3 were injury related and were definitely justified. However I still was extremely disappointed. My first and most torturous Bail was during my first Comrades Marathon. I Bailed before halfway due to a knee injury. As that 90k distance is only run once a year, it was a long 365 day wait to prove that I really could do it.

I have only Bailed once when attacking a P.B. On the day, the 2H 45m qualification time for a Half Blue (University Award) was never on. I lost all interest in the race and Bailed reasonably early.

In the final analysis it's up to you, because you are the one that you have to live with until the next marathon.

Striders Half Marathon

HALF MARATHON SUB COMMITTEE

<u>TITLE</u>	<u>MEMBER</u>
RACE PRESIDENT*	Charles Coville
RACE SECRETARY*	Brian Colwell
RACE TREASURER*	Neil Plevy
PUBLIC RELATIONS/ SPONSORSHIP MANAGER*	John Jeston
MISCELLANEOUS MANAGER*	Geoff Murray
COMPUTER MANAGER	Osten Hansson
COURSE MANAGER	Dave Cox
ENTRIES MANAGER	Neil Collum
GROUND MANAGER	Phil Caldwell
HOUSE MANAGER	Dave Blackhall
RACE DOCTOR	Leo Leader
RECORDING MANAGER (START)	Bob Shaw
RECORDING MANAGER (FINISH)	Bill Hunter
REFRESHMENT MANAGER	Mike Bingham

* Race Judges

JUNK FOODS AND THE RUNNER

Phil Caldwell and I recently approached the principal of Beaumont Road Public School regarding the use of their canteen for the Half Marathon. "We would require chocolates, sweets and cold drinks, especially Coke" was Phil's suggestion. "Sorry", replied the principal, "we only carry health foods."

It Happened on the Run

- Sam Daher's quotes of the month
"If it hurts, it must be good", "Pain is gain".
- Leo 'Gynae' Leader must be wondering what 'Being On Call' really means. His STARS are spent offering medical diagnosis and advice to members. On the recent Lindfield Lope, Bruce Usher actually made an 'appointment for a consultation' later on in the run. Payment is a Coke and Mars Bar immediately following the consultation.

What's Happening

Tuesdays - Sam Dahers School of Lactic Acid (or All You wanted to know about Fartlek, but were afraid to participate). Meet at the western end of the Domain at the Corporate Cup Start/finish area (The Hospital Road entrance to the gardens - Opposite the Library of N.S.W. and Bent St/Cahill Expressway). (Contact Sam Daher). Tuition starts at 1.00p.m.

7th March - Deadline date for Nike Reservations. A few seats are still available for the all-inclusive \$55 package to the Nike in Canberra. (Contact Neil Plevy)

7th March - Deadline date for ordering club tracksuits that will be available for Nike. Cost \$40. (Contact - Neil Plevy)

21st March - The day that Striders' members were not backward in coming forward to provide manpower for our first open event. (Contact - Brian Colwell)

August - City to Surf. Even if you are involved in your firms informal team, you should still enter as a Strider. Sam Daher has recently Surveyed the 1981 results (see next Blister) and believes that many age category team medals are up for grabs for Striders members - provided that they enter through the club. So please route your entry via the club and we will do the rest. (Contact - Sam Daher)

Club Committee

		<u>RESIDENCE</u>	<u>BUSINESS</u>
PRESIDENT/ EDITOR	CHARLES COVILLE	476-6440	20572
SECRETARY/ STAR ORGANISOR	BRIAN COLWELL	664-1644	
TREASURER	NEIL PLEVY	560-3474	236-1322
PUBLIC RELATIONS/ A.R.R.A. REPRESENTATIVE	JOHN JESTON	428-4719	909-3022
ENTERTAINMENT SOCIAL EVENTS	GEOFF MURRAY	44-6541	799-2334