

Sydney Striders

Road Runners' Club
Australia



Edition No. 81: April-June 2001

SMH Half Marathon

By Jim Screen

Despite the drama for many in trying to gain entry into the race, 89 Striders actually made it to the start and to the best of our knowledge all managed to finish. Congrats to all and to the SMH for sponsoring the race. Let's hope that a solution can be found to the limit on the number of runners permitted to enter. There is little doubt that a huge demand exists for community events such as this, so hopefully next year a bigger field will be announced.

Dean Degan was first Strider home in a very good 69.54 followed by Chris Truscott (71.26) and John Young (71.42). Peter Truscott ran very well for a two minute PB of 75.40 and as usual Chris Dwyer weighing in at just under 50yrs ran a fine 77.24.

First Strider Lady was Jenny Truscott in 82.29 (*first in 21-24 age-group. Ed*) followed closely by Jo Cowan in 82.48 (*first in 45-49 age group*). Third place went to Marie O'Connell in 92.24.

Keith & Margaret White did us proud yet again by opening up their home for the post-race breakfast. This is a wonderful gesture and our sincere thanks go to them from every one who visited during the morning.

(Continued page 4 with more pictures)



Peter Truscott charging to a two minute PB of
75.40

Inside Blister No 81:

- ◆ Mark Fiore on his Ironman PB
- ◆ John Hamilton's Fave Run
- ◆ Kevin O'Kane remembers Bathurst
- ◆ Nick Themsen's Copenhagen Marathon
- ◆ Paris Marathon from Gordon Forsyth
- ◆ Alf Field on Comrades 2001
- ◆ Half and Trailwalker pics from Jim Screen
- ◆ Results – SMH, 10k series, Handicap Half

AND MUCH, MUCH MORE !

The Blister

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Copy Requirements

Preferably by **email** or diskette. Typed or handwritten copy is OK (if legible!) for shorter items.

Limit of about 1800 words for an article please, or the poorly wielded editing pencil will have to be deployed on your best lines. Simple text format is much preferred - avoid fancy formatting, which will only have to be edited out. We use **Office 97**, but can convert many other formats. If in doubt, call the Editor. **Photos and Graphics:** Colour or black and white photos, line drawings, cartoons etc, are welcomed. We can scan photos but sending as **jpeg files** is preferred. We endeavour to return photos but it is best not to send your only copy. Late contributions will be printed in the following edition, if still relevant. Members' contributions are given priority, but non-members' are welcome too.

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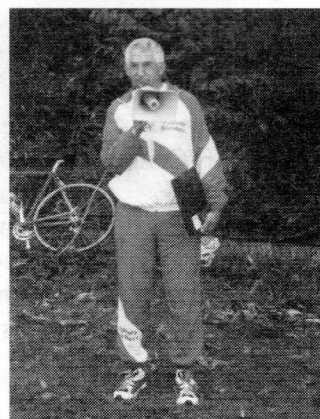
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Jim Screen – President's Report opposite

PRESIDENT'S REPORT

By Jim Screen

Well here we are in the term of our 100th STaR Calendar. What wonderful stories could be told about the experiences, achievements and disasters, which have occurred during the running of the 99 previous calendars. I have heard many yarns, which are now assuming legend status but I must hasten to add there are plenty of legends being created right now. The STaRs as we all recognise, are the heart and soul of our Club.

The STaR Hosts and Calendar Managers over the years are our heroes, for without the contribution made by those volunteers we would not have the best long-training-run program going around. The standard of the STaR breakfasts has continued to improve and in recognition of this the STaR Host of the Year will receive an annual award valued at \$100. We have been gradually updating the STaR maps over the past couple of years and this project is about to receive a boost with Joel MacKay kindly agreeing to take on the task and give Kev Tiller a hand.

But every silver lining has a cloud and the current cloud is our inability to attract sufficient volunteers to act as the 7am host. This role is every bit as important as any other in the club. It is often the starting point for new members who haven't yet tackled the longer distances covered during STaRs.

It is pointless for a new member to turn up at 7am to run, at worst by themselves or, with other new members. One experienced Strider can make the world of difference in showing the newcomer the ropes and telling them about how the Club operates.

7am Host Duties

The task of 7am Host is not onerous. All it requires is for someone to turn up and take whoever is there out for a run. It is the responsibility of the Host to ensure that the group stays together and that the newcomers are looked after. The distances at 7am vary between 10km and 15kms at about 6 minutes per K pace. Not fast and not long but anyone wanting to add a bit of distance can start at 6 am and be back by 7am to take out the group. So what about adding your name to the next Calendar and joining that great bunch of people who are already making a very large contribution to you and to everyone else in the Club.

STaR Groups

On the subject of STaRs four lists utilising race results over the last year or so have been posted on the STaR notice board. These lists are suggested STaR groups and have been prepared with the aim of establishing as best as possible four groups of around equal running speed. Sure there will be overlaps at the top and bottom of each list. Give it a go. If we have completely mucked you around because we have somehow allocated you to a group based on a time you last ran in 1982, don't panic. Let us know and we will put you in the correct group. Calendar 100 also has on the reverse side a suggested marathon pace as it relates to STaRs. Have a look at this and then have a look at the runners in your STaR group.

We know from experience that, generally speaking, each main group usually splits into two sub groups of faster and slower runners. This little bit of fine-tuning is OK as it is simply a further refinement of the concept of running with people of similar speeds.

We also know that some members prefer to run the 20/21km option. This surely can be sorted out along the way prior to reaching the various cut-off points.

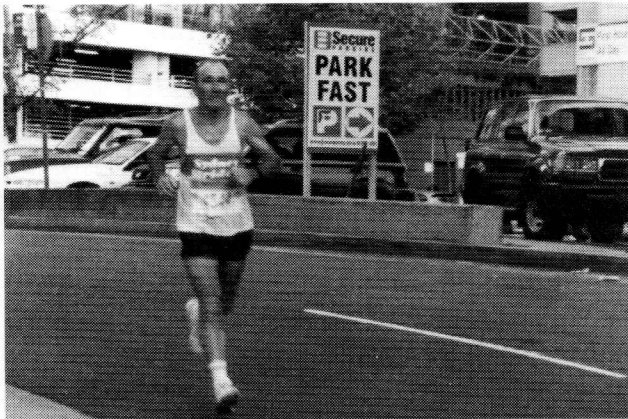
Why Publish Lists

It has become necessary to suggest these groups as it is very obvious that many runners in the 6am group are being completely frustrated because of the futility of trying to move up to the 6.10 group. At present the bulk of the Club's good runners insist on running at 6.10am. If those runners moved as a group to 6.20 then it would make a huge contribution to the Club's ability to provide a great running experience for all members. The present 6.20 runners already run as a group and from what I observe only run at 6.20 because there are no slower runners starting at that time.

Running in well balanced groups will not only make our Sunday training runs more effective but will help to avoid dropping off runners who are then obliged to run alone creating in some situations safety and time problems.

SMH Half Marathon (continued)

By Jim Screen



Ray Doran claims he did it hard but at 61 years 85.08 is not a bad run. (And was first in 60-64 age group. Ed.)

Charles King extended his stride somewhat and managed a sub-100 with a 99.56. Others challenging the timer were Caroline Yarnell and Peter Grunfeld both with 99.22, Dean Gardiner 99.16 and David Crampton 99.08. Neil McPherson came 2nd in the 65-69 age-group in 102.36



Chris Dwyer's dark glasses could not disguise the fact that his half marathon pace of 3.40 per Km was only 15 seconds per km faster than his Canberra Marathon pace.

Chris was first in the 45-49 age-group. Incidentally his Canberra Marathon was 2:43:54. Chris was also first Veteran in that race after a battle with Trevor Jacobs (2:45:33) - not bad for two at the top end of their age group! Ed.

Joel MacKay recorded an amazingly slow time, for him, of 111.40. Perhaps this was caused by him juggling three bean-bags whilst running. Oh, by the way Joel ran Trailwalker the day before in 18 hrs 24 min. This is one tough 100k race and to saddle up for a half marathon warm down makes one wonder. To further compound the mystery of the moment after the Half, Joel was seen to riding his bicycle home. What??? Some mothers do have them.



All eyes are down at the post race breakfast hosted by Keith & Margaret White at their home in Lower Fort St.



Co-host for the morning Margaret White with Blister Editor elect Andrew Smith. Andrew ran 82.58 but Margaret opted for a rest seeing that she had just finished Trailwalker the day before in 26 hours 36min.

(Julie McGaw completed her first Half-Marathon in just under the two hours - 1:59:38 and raised \$4,000 for the CanTeen charity. Well done Julie, on both counts. Ed)

Striders in the News

Liz Taylor's 'international-sibling-run-swapping' story was featured in the Sun-Herald as part of their City-to-Surf build-up. Liz had a pact with her UK-based sister, Ginny, that they both run the London Marathon in 2000 and the City-to-Surf in 2001.

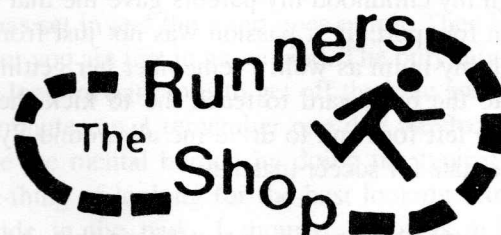
Jenny Truscott was profiled as a leading competitor in the SMH during the Half Marathon build-up.

SMH Half Marathon Results

Supplied by Richard Wassell

Dean	DEGAN	1.09.54	M	Mary	STRINGER	1.38.28	F
Chris	TRUSCOTT	1.11.26	M	Peter	TEDESCO	1.38.56	M
John	YOUNG	1.11.42	M	David	CRAMPTON	1.39.08	M
Peter	TRUSCOTT	1.15.40	M	Dean	GARDINER	1.39.16	M
Christopher	DWYER	1.17.24	M	Peter	GRUNFIELD	1.39.22	M
Ross	SINCLAIR	1.18.06	M	Caroline	YARNELL	1.39.22	F
Greg	COY	1.19.12	M	Graham	SHARP	1.39.30	M
Greg	DONOVAN	1.19.44	M	Charles	KING	1.39.56	M
Richard	BRISCOE	1.22.08	M	Ralph	MELANO	1.42.32	M
Jenny	TRUSCOTT	1.22.29	F	Neil	MCPHERSON	1.42.36	M
Grahame	MURPHY	1.22.30	M	Jeff	MORUNGA	1.32.40	M
Joanne	COWAN	1.22.48	F	Jacqui	MATTHEWS	1.32.56	F
Andrew	SMITH	1.22.58	M	Michael	SHARP	1.43.30	M
Bastiaan	DE LEEUW	1.23.53	M	Geoff	TAYLOR	1.43.48	M
Ray	DORAN	1.25.08	M	Peter	COOKSON	1.44.08	M
Philip	BOSWELL	1.25.22	M	George	LISSEN	1.44.40	M
Peter	CREMEN	1.26.34	M	Brian	O'DEA	1.44.56	M
Sean	RYAN	1.27.48	M	Brendan	MASON	1.44.58	F
Gary	AITKENHEAD	1.28.22	M	Michael	WILSON	1.45.23	M
Ron	SCHWEBEL	1.30.59	M	Paul	GLARE	1.45.22	M
Mark	ROBINSON	1.31.14	M	Tina	CAMPBELL	1.46.00	F
Stephen	BODNAR	1.31.48	M	Dennis	NEL	1.46.30	M
John	Van Yzendoorn	1.30.58	M	Philip	KENNEDY	1.46.32	M
Marie	O'CONNELL	1.32.24	F	Heiko	SCHAEFER	1.47.04	M
Mark	DAVIS	1.32.36	M	Richard	FRYKBERG	1.47.56	M
James	BROOKS	1.32.52	M	Ronald	STEVENS	1.48.32	M
Stephen	JACKSON	1.33.30	M	Janis	PRIEST	1.49.10	F
Jeff	MOREHEN	1.33.32	M	Steven	NORDEN	1.49.30	M
Ann	MURAS	1.34.00	F	Eliza	RAYWARD	1.50.00	F
Gregory	PRERAU	1.34.08	M	Joe	FLINN	1.50.10	M
Mike	HANSEN	1.34.18	M	Richard	WASELL	1.50.32	M
John	FRYKBERG	1.34.38	M	Ted	BRAILEY	1.50.58	M
Heather	FORSTER	1.35.02	F	David	ADLER	1.51.16	M
Peter	HAMMERSCHMIDT	1.35.02	M	Joel	MACKAY	1.51.40	M
Mark	SCHAEFER	1.35.14	M	Jurg	KUNZLE	1.53.06	M
Stephen	BALL	1.35.40	M	Michael	BAILEY	1.54.3	M
Malcolm	CAMPKIN-SMITH	1.36.08	M	John	SINGLETON	1.56.22	M
Alex	WHITWORTH	1.36.26	M	Julie	MCGAW	1.59.38	F
Jose	VILAR	1.37.06	M	Andrew	WAUDBY	2.00.38	M
Christian	SELLARS	1.37.08	M	Robi	RUSSELL	2.00.52	F
Darren	GOODSIR	1.37.10	M	Frances	BROWN	2.08.18	F
Peter	WOODS	1.37.24	M	Andrew	JOSEPH	2.09.28	M
Marie	BLEAKLEY	1.37.34	F	Alistair	COOKE	2.16.32	M
Paul	JACKSON	1.38.20	M				

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Australian Ironman 2001

Passion for Ironman

By Mark Fiore

Part of my yearly journey with the Ironman Triathlon at Forster is to take on the task of writing about my experience. This may be slightly self-indulgent, but I think it helps me to rejuvenate myself or maybe to purge myself. Previous years have proven to be interesting to write about, sometimes funny, other times tragic and sometimes disappointing in regards to athletic performance. The key thing is that I have always bounced backed with the enthusiasm to continue with Triathlons and running.

Many times before this years race I had concluded that I would probably take a break after this Ironman and not race the following year. I had told my training partners, some friends and my wife. By the end of the Ironman weekend I was ready to sign up for the next year.

I feel that this year's race was very important for me. Not that the time of 11 hours 19 minutes is a spectacular athletic performance. Solid, but not spectacular. I know plenty of people who have done much better. I am sure that you have as well. I know that I can do better and hope to do so. However, it was a race where I really felt that I belonged to the Ironman family. It took me 4 attempts.

To move forwards I feel that I need to look back and show my gratitude to a lot of people.

It is hard to explain the passion for Ironman. I believe it is a natural progression of a passion for life that for me also includes a passion for sport. Where the passion comes from and how deep it is depends greatly on your influences. Of course the family is a crucial factor. I have a lot to thank my family for. Especially my mum and dad. The first thing I was thankful for was that, after I was born, they decided to leave England for the land of opportunity. After having travelled extensively and lived in places such as England and Belgium, I am truly thankful that my folks decided to come to Sydney to live. Then through my childhood my parents gave me that great passion for sport. That passion was not just from my dad but my mum as well. I remember her getting me out into the back yard to teach me to kick the ball with my left foot and to drive me all around Sydney and the state for soccer matches.

In a sad way the most important lesson that she gave



me was her own demise. A fit and feisty lady she was slowly turned into an invalid from asthma. A slow agonising death followed as her lungs slowly gave way. For someone who didn't smoke, it was a cruel thing to happen to her. But you know sometimes life is like that. It reinforced the message to me that you cannot take your health for granted. You have to work hard at it, but the fantastic thing about it, is that the fitter and healthier you get the better you feel and the more out of life you get.

Prior to Race

The lead-up to this year's race is relatively uneventful. I faced the qualification series with trepidation with my rising age in the age group. Now that I am 38, it means that I am approaching the arse-end of the age group, competing with guys that are only 35. My concerns were not warranted. I qualified at the first race in November at Forster. The race was held in tough conditions and as a result my time of 5 hours 11 minutes was slower than the last couple of years. However, everyone was slower. It must have been because of the GST. I mean everyone is blaming the GST for everything. So a 2% slower qualification time in 2000 can only be the result of the tax. Seriously, I suspect that the 2000 Olympics probably caused such a disruption to people's lives that it meant that many hours of training were lost. Too many late hours watching HG & Roy.

After qualifying my training went well. I only had one slight hiccup. I trained quite hard in January and this included whilst I was on holiday at Avoca Beach. I did quite a lot of running on sand and felt a strain in my calf. I went to a Striders run in Wahroonga the following Sunday and the calf packed it in. I ended up walking back to the car. When I got home I started my ice treatment straight away. I am not sure what was on TV, but I remember I watched it for quite awhile. The ice pack quickly made my leg numb. When I eventually shuffled off for my shower, the calf looked red and once I got into the shower I suddenly realised why. I had burned my leg. Once the calf lost the numbness, the pain started. I hobbled around for the day and went to the physio the next day. He couldn't believe what I had done. He was so worried about the burn becoming infected that before he would treat the calf muscle he sent me to a chemist to buy burn ointment and a proper dressing.

After a week of treatment the calf was better. The only problem was that the burn had blistered the skin and when the skin peeled it left a white patch on my brown leg. Many of my training mates were concerned that I had had a major bike accident. When I told them what had happen, they fell about laughing.

The last couple of months were great. Good training, plenty of sunshine and no problems. The last month I really watched my diet, gave up the alcohol and really structured my taper. I also had a number of massages from Andrew Gibbons. Andrew is not only a great masseur, but also an inspiration. He has raced Ironman a number of times including qualifying for the World Championships in Hawaii. His best time is 9 hours and 47 minutes and let me tell you, that is spectacular. Whilst getting my massages I also got plenty of advice on how to approach my training and the race. Andrew's approach to his training, racing and family is all about getting the right balance and that is life's most important lesson.

The Race

Having done the race 3 times I have got used to the hype that surrounds the race. I felt relaxed once I got to Forster. Also the weather leading up to the race was great, so it gave my kids the opportunity to do plenty of playing and to get to the beach. This also helped a lot. If the family is happy then it makes it so much easy to prepare for the race.

Race day started wet and cool. This was surprising, as the forecast had been good. But, then again why does it surprise us when the weather bureau is wrong? My Dad took me to the 6:15 am start. Again a great

influence in my life. A little quieter than my mum, but someone who always supported me through thick and thin. Even now in his seventies he tries to come to all my races and acts as my support crew. A very good soccer player in his time, he keeps supporting me, though he probably thinks that I should hang up the running shoes. Though as I remind him, I remember watching him playing soccer well into his fifties.

Swim

The swim start was as good as it can be. With 1,200 pairs of arms and legs thrashing around it is hard to find space. But somehow I did. The first turn was mayhem, but I stayed out of trouble and then got into a nice rhythm. I felt great. My ability to attend swim squads this season was limited due to family and work commitments. However, I had managed to fit in a few sessions over the last two months and felt capable of doing well in the swim. On the second lap I noticed that it was still quite crowded. I thought that this was a good sign as I had managed to keep up with the middle part of the field. I exited the water in 65 minutes, which was a 2-minute PB.

Bike

I scooted through transition and got on my bike. The weather was improving and it was not long before the rain had stopped and the sun started to break through. This year there was a crack down on drafting and the introduction of 10-minute sin-bin for a drafting or blocking offences. Thus, the early part of the ride was mainly focussed on keeping clean and finding a good rhythm. The first lap of the cycle went very well.

The bike has always been my weakest leg. Maybe I am not built for cycling as I always have struggled in the past. This year I was helped greatly by some of my training partners. Early in the season I rode plenty of hills with a mate Paul Killeen. Paul had decided to give Ironman a miss this year but still did some hill work with me. Paul is a strong rider and I spent most of my time chasing him up the hills around Bobbin Head and the old Pacific Highway. In the last 2 months I joined another mate Michael Radecki on torture sessions in Centennial Park. These sessions were very simple. You warm up, and then ride the 4 km loop of the park as fast as you can for 3-4 hours. After the 1st hour your legs and back are screaming for a rest, but there is no respite. By the 2nd hour, the pain has set in and the mind goes numb. Then by the 3rd hour you are just in ga-ga land. The only thing you got to look forward to is to get off the bike and go for a 20 minute run. I remember one day we decided to relieve the mental burden by doing the typical male sexist thing of looking for the best looking feminine backside in the park. I thought this was a bit of

lighthearted fun until when I was on my run a male roller-blader came up to me and in a foreign accent said "Mmm nice body". I ran as fast as I could straight to my car and got out of there quick. Next week it was all business. No more mucking around.

I finished the first lap of the cycle leg in 2 hours 45 minutes. I was ecstatic. I felt comfortable and the crowd was great cheering us as we headed into and then out of town again. I know the 2nd lap of the bike is the hardest part of the race and I was right again. The sun had come out and the wind was picking up. I started to feel a bit sore around the 120 kms mark and the legs started to cramp on the rough sections in Coomba Park road. I decided to ride conservatively over the last 50 kms, saving my legs as much as possible. As I headed to the Lakes Way turn I felt the wind strengthening. The last 25 kms was straight into the head wind and was pure hell. Later we were told that the wind reached gust of 30-40 kms per hour. I can tell you it felt like it out on the road. I just kept my head down and tried to keep going without damaging the legs any further.

Back into town and I started to feel better. The last 25 kms took me just over an hour, but overall I had ridden 5 hours and 53 minutes for the 180 kms. Another PB. I got off the bike and headed for the transition tent. Now this was a slow transition. I completely changed into my running gear, including new socks. I gave my legs a quick massage and gathered myself for the run. Coming out of the tent I recognised a few of my fellow competitors and again I thought that I was in a good position.

Run

Running is my strength. I came from a running background that has been strongly influenced by Sydney Striders. My serious running started whilst I lived in Europe. Simple reason was that I couldn't play soccer because of work commitments and language issues so I decided to just run. After running the Rotterdam Marathon and also completing a sub 3-hour marathon in Belgium, I returned to Sydney in 1990. Friends back in Sydney were Marlies Laaper and Godfrey Franz, who encouraged me to continue running and to join Striders. I felt very welcome at the club and soon became a regular 6.20 group member. This has been a great constant factor in my fitness regime. I have made a heap of friends from this group such as "old farts" like Wayne Stanton, John Hamilton, Jonathon Trope, Charles Colville, Stephen Urwin, Warwick Selby, Jeff Gissing, Phil Boswell, Brian Grant, Chris Dwyer, Stuart Greaves, Andrew Smith, Stephen Jackson, Grahame Murphy, Ray Doran to the young guns like the Truscott

family, Richard Briscoe, Matt Kaley. And of course I have to make special mention of Jo Cowan. I love to spend time with her each Sunday morning (during the run of course) having a chat. She has had such great results, has so much experience and is a bit of a legend to the group. We all look up to her. Whilst some days the 6.20 group does push it hard (especially if Chris Dwyer and Chris Truscott are there), most times it is a great training pace. In fact they usually run slower than the 6:10 group.

A number of Striders have also been very helpful with my transition to Triathlons. There has been Gary Leahey, Sarah Entwistle, Peter Hammerschmidt, Scott Crawford, Paula Whitehouse, Keith Sprackman, Derek Smith and of course Andrew Gibbons.

The run is always tough in Ironman. The main reason is that your legs are already "shot" from the bike ride. Normally when I come off the bike I am already cramping, so the run is all about survival. This year I felt okay, but the cramps were still there. I took it very easy to start. I saw a friend who was racing just in front, but I didn't push it to catch him. There is plenty of time to do that. I just built slowly into the run making sure I took on plenty of fluids. The crowd is great on the run. Plenty of encouragement. I had a lot of friends who came up to support me, which is amazing. People taking time to drive 4 hours up from Sydney and spend all day shouting encouragement to the competitors.

Over the years I have met a lot of people who have been wonderful in their support of what I do. It is amazing when I look back and think about some of the friends I have had over the last twenty years. Some have just thought I was stupid to be doing things like marathons and triathlons. I find that their negativity is not what I need, so I drifted away from them. Whilst others, who may not have a sporting background, but still have been so supportive and positive about having a passion for something. I think it is important that you surround yourself with positive people, even though they may not have the same interests. Some of the friends that I have made have had not had easy lives and have had some bad experiences. However they have bounced back and I hope to think that I have contributed to their lives as much as they have helped me.

The first lap of the run was going okay until I drank some Coke. I am not sure why, but it may me feel a bit ill. It slowed me down and I made sure I drank plenty of water at the next few aid stations to flush the coke out. I completed the first lap in about 1 hour 53 minutes. On the second lap I also had a few flat

spots, but the key thing was that I kept running. The second lap is always very hard and the course looks like a war zone. There are people everywhere, lots walking. I had managed to go past quite a few, though a few also ran past me. One was a fellow Strider, Elizabeth Edmonds who was flying. My legs started to cramp quite badly with 12kms to go. So I decided to knuckle down and just keep going. No stopping for water or anything (even toilet). Very soon I got in a reasonable rhythm and just kept going. I passed quite a few people over the last 10kms and realised I was going to do a PB. I kept pushing for that finish line and before I knew it I was there. A strong finish resulted in a marathon time of about 4 hours 11 minutes. So including the transitions a total time of 11 hours and 19 minutes.

Post-Race

At the end of the race I met up with my family. I could see the joy in the faces of my wife, dad and

kids at how well I did. As you can imagine I really owe them a lot to allow me to do Ironman. It is not easy. Both my wife and I are General Managers of software companies and work long hours (another passion). Her love and support has been fantastic. Her tolerance to my training is very much appreciated. I know she would probably like me to not train so much, but she never tells me that (or nags me about it). We just work our lives around to fit it in, which includes the kids' sport as well. Now most of my swimming sessions are done whilst my son is doing his swim squads (maybe a next generation triathlete).

So it is a big thank you to her, the kids, mum, dad and my friends. My passion for Ironman is undiminished. My determination to stay as healthy and as fit as possible is still there. I can't think of a better sport to compete in or a better bunch of people to follow my passion with.

7.a.m. StaR HOSTS

By Penny Smith

Do you fancy a short run at a gentle pace as a change from your usual Sunday STaR? Or maybe you need a reason to get back into Sunday running? How about hosting a 7 a.m. group?

The 7 a.m. group was introduced to welcome new runners to the Striders by having a 10 to 15 km course run at an easy pace. The group is 'led' by a host whose main role is to stay at the back with the slowest runners so that no-one gets lost, left behind or so discouraged that they are never seen at a StaR again.

A request for hosts is circulated via the Striders email list when the calendar is being prepared. If you would

like to host a group and are not on this list or don't have access to email please contact me and I will call you when arranging the next calendar.

We are currently looking for hosts to lead the groups on.....

19 August	Western Wanderer
2 September	Middle Harbour Picnic
16 September	Berowra Big Dipper

Contact Penny Smith on 9427-2794 or at ransbysmith@ozemail.com.au

Boston Marathon

Sarah Braund elected to run Boston instead of Canberra – finished in 3:35:05 and won the MTG prize for 'Closest to Predicted Time'.

Matt Fitz-Gerald ran a PB of 2:45:38.
Well done both !!

The 'Rainman'

George 'The Rainman' Herrisson reckons he has set a Striders record with his last three 'Buffalo Creek' StaRs being heavily rained upon. A group of old lags concurred at the time that his May STaR ranked in the top three wettest StaRs of all time. George is now heavily in demand among Striders with farming relatives.

The Bathurst Bus Trips

by Kevin O'Kane

This is the first in a series of retrospective articles, covering aspects of Striders activities which newer members may not be aware of. Not that we want to live in the past, but it might be of interest, and give us ideas for the future. Thanks for the idea Kevin.

Back in the mid 1980's, when there were marathons here, there and everywhere, long time Strider Bernie King conceived the idea of a green and white assault on the Bathurst Marathon. In July, 1985, a busload was duly collected and descended on the unsuspecting town on the morning of the run. As a half marathon was run in conjunction with the event, most of those who came were able to get a run in.

The race started and finished in the main street of Bathurst. It was run at mid-morning on the Saturday, after the Bathurst winter chill had lifted a little. The course was flat and fast, with sometime Strider Stuart Greaves first home in 2.43. In the Half Marathon, Striders provided 15 of the first 40 runners, including 3 top 10's. Not that the running was the main event.

Mike Ward pigs out

In the innocent, or ignorant, days of 1985, the theory was that, if you ran enough, you could eat and drink what you liked. Jim Fixx, the original running guru, put forward the theory that no-one who had run a marathon under 4 hours had ever died of a heart attack. This remained the conventional wisdom for years, at least until poor old Jim died of a heart attack at 50. In the days leading up to the marathon, Mike Ward loaded up on (and I quote) "Potatoes, chips, hamburgers, roast chicken, cake, Coke, beer and red wine" without a twinge of guilt. Breakfast beside the road was coffee, Coke and chocolate. Very scientific. As you might expect after that, Mike finished 6th overall, with a 16 minute PB.

Sangria and Song

That evening, those who had survived several hours partying at the local pub, and later the local wine bar, really let their hair down at the Spanish restaurant that Bernie had booked out. Sangria and song flowed late and loudly.

Mt. Panorama and bust!

The next morning, a tradition was born. Aching heads and joints creaked out of their motel cocoons into the sub-zero Bathurst dawn, giving birth to a colourful parade of obscene tights, beanies, bonnets and berets and even Terry McIver's luridly striped neck-to-knee bathing costume. The motley procession headed out and up for a "recovery run"

around the very steep Mt. Panorama motor racing circuit. Up was pain, down was cruelty. It was supposed to be 6.5kms, but someone forgot the 2kms to the circuit, and the same back. What could be better pre-breakfast entertainment? Dodging the hoon-mobiles, which hadn't been to bed yet, of course. No wonder we did it every year after that.

Snowy Mountains

The tales of 1985 meant that the 1986 bus was fully booked well in advance. The 6.00 a.m. bus from Chatswood (it was supposed to be 4.50, but the bus driver thought we needed some time in the cold to acclimatise for Bathurst) carried the runners through the Blue Mountains, large tracts still covered with the snow which had fallen in the previous week. So to a roadside café for final loading an hour or two before the race. Terry McMahon, obviously following Mike Ward's lead from the year before, consumed a couple of hefty meat pies laden with dripping red sauce with his pre-race chips. There was also talk of a sausage roll which disappeared. And then he ran 84 minutes, a PB, for the Half!

You're supposed to run, not float

The 1986 marathon was a memorable one, run in crisp but perfect conditions. Phil Garvin seemed to float above the ground as he sped around the flat course, his 2.21 time setting the Club marathon record that still stands unchallenged 15 years later. Picture the startled and scurrying officials fumbling on the main street finish line as Phil sprinted home 20 minutes earlier than they had expected. For good measure, the previous year's winner Stuart Greaves came in second. Most Striders opted for the Half, if only to get the party moving a little earlier.



Phil Garvin seconds from his 2.21 Club record

Once again, the juices flowed freely at the Sol-Y-Sombra that night.

Worn with the Wind

The last of Bernie's large-scale trips was in 1987. Race day arrived with weather conditions which few of us had coped with before. The course was a double out and back one, and the problem was that we started off directly into a roaring wind, the howling so loud that it was virtually impossible to



The author taking it easy

talk, even to someone next to you. Just as well, as it was Whitfield beside me for the first half. It was as eerie as it was unexpected when, at the turnaround point with the wind suddenly behind us, the roar changed instantaneously

into that utter silence you can only get in the country when the weather has forced the wildlife to find shelter. Even the golfers were indoors. Not a single sound other than the slap slap/ huff puff of our personal heart lung machines.

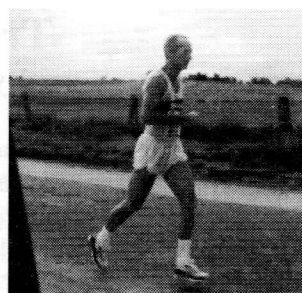
The marshal has a cuppa

I have a special memory of the last corner. I had never run top 10 in anything before (or since), and, with Graham Firkin just in front of me, I had ground it out through the pack from 25th to 10th on the second lap, with only 2 or 3 kms to go. Maybe all the sane runners had stopped at half way. Pity that the marshal on the last corner had retreated to shelter for a cuppa. The smarties behind knew where to go, and shot past before we knew where we were. So it was 13th.

A few minutes later, my old nemesis Ian Whitfield completed his last marathon. Without breaking stride, he ran straight into the nearest "Ladies", emerging ashen grey shortly after. By then the Verve was three parts gone. Tough. Couldn't have had anything to do with the pizza and beer the night before. It doesn't work for everyone, Ian. We probably had a great night, at least that's what the photos show. But I don't remember much.

Harvey's Blues

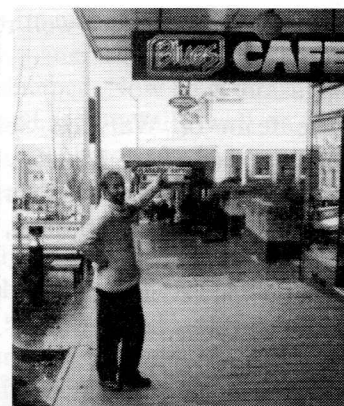
We had a smaller scale trip in 1990. Four days of fog lifted not long before the run, before Bathurst turned on a traditional grim winter's day. Striders Bill Thomson and James McDonnell battled it out most of the way, with Bill overtaking a gutsy but weary James in the later stages to win, although



James McDonnell does the marathon shuffle

James held on for second. Harvey Blue later set a dubious Striders record. Much later. After a mid-nineties first half, he "ran" about three hours slower for the second half.

After 1990 interest faded. Bernie had moved on, and interest in travelling to the same place every year was low, so we let Bathurst fade. Like many experiences, the Bathurst Marathon bus trips will probably remain in the past. Apparently, Police requirements have made it impractical to run the Marathon any more, although the Half Marathon is still on, so far as I know. But what's this about the first annual Mudjee Marathon in August this year. Next year?



Harvey Blue's cafe choice

In our older and more structured Club of the "noughties", we might think that a bus trip is a bit down market for us. However, we might do well to think of the invisible bond which forms by itself in a group which is stuck together for a while, even only for a day or two. We certainly didn't worry back in 1985, and I wonder if the spirit of adventure is completely lost.



Which 1990 marathoner has nothing to hide?

Trailwalker

By Jim Screen

What a great event this is becoming. Runners and walkers of all shapes, sizes and ages, trained and untrained, but all keen and willing to take on a very tough 100kms of mostly bush running.

The race was held in brilliant conditions. Cool but two beautiful sunny days. There were some 1200 entrants making up 300 teams who raised in excess of \$500,000 for Oxfam.

The winners in race record time were the Gurka Signals Team who covered the distance in 14 hrs 22 mins.

Sydney Striders were well represented and produced some great results.

The team of Warwick Selby, David King, Gary Leahey and Joel MacKay finished in 7th place Outright in a time of 18 hrs 24 mins. The team of Keith White, Adrian Spragg, Mike Ward and George Herisson not only finished in 16th place but they were winners of the Over 40s Team Section. Well done "Striders on the Storm". Hmmm.



At the start of Trailwalker all "bright eyed and bushy tailed". Unfortunately we do not have an equivalent photo at the finish. Left to Right. Warwick Selby, David King, Gary Leahey and Joel MacKay.

Strider ladies were not to be outdone and also produced some terrific results. Margaret White and Lesley Clark with two non Strider friends Myriam Mott and Suzie Cippollone walked the course in 26 hrs 36 min. This was a fantastic effort considering things like missing a footbridge and consequently having to wade waist-deep across an icy river in the dead of night. Talk about determination.

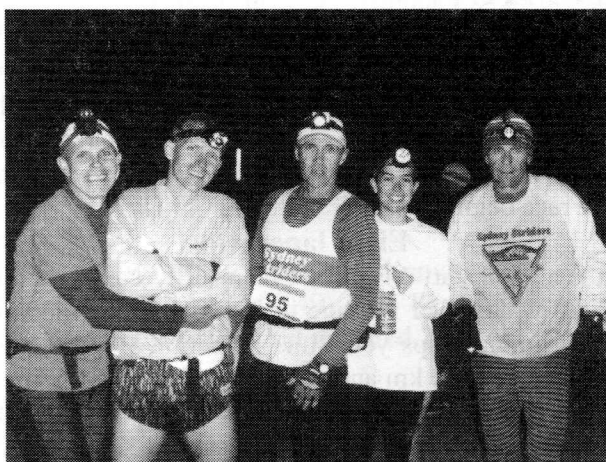


What a way to get motivated at the start of Trailwalker. Lesley Clarke (left) and Margaret White with famous Strider and Patron of Trailwalker, Bryce Courtenay.

Brenda Hamill and Sally Crawford finished in 28 hrs 18 mins, Brenda without the aid of her bicycle. Tracey Love entered with a group of walkers but decided to pull out at Berowra Waters because she kept going to sleep and walking off the track. Next year Tracey we will find you a running team. Kevin Tiller and Sean Greenhill were FARTs on this occasion appearing in Striders colours but running with the Fat Ass Racing Team. Sean managed to finish in 22 hrs 29 but Kev, like Tracey, succumbed to a bout of sleep walking. In the interests of safety and not holding up his teammates, Kev also retired "asleep" at Berowra Waters.

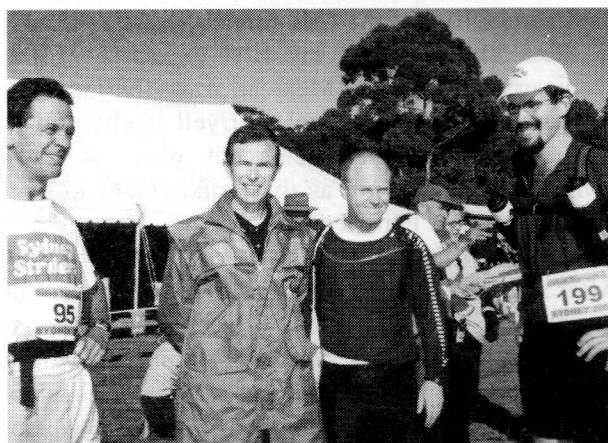


What a team. All shiny and new at the start. Eventual winners of the over 40 Teams Category despite the odd looking headgear and the very serious look on Mike Ward. L to R: Keith White, Adrian Spragg, Mike Ward and George Herisson.



Setting off from Berowra at about 10pm. It was not that cold but the team was in good spirits and looking forward to the long challenge ahead. L to R: Gary Leahey, Joel MacKay, David King, (Jacqui Matthews Support Team) and Warwick Selby.

Trailwalker is steadily establishing a tradition for outstanding personal and team achievements. It is well organised and supervised and presents a tremendous challenge right here on our own back step. Remember that it's on again in May next year so start thinking now about your team and getting your mind wrapped around a training program which will get you to the end safe and sound.



Warwick Selby (left) with his team's support crew Barry Rutter second from left). The other two are FARTS (Fat Ass Racing Team) and are non other than Striders Vice President Kevin Tiller and Sean (Ultra) Greenhill (in the cap).

Broken Wing Club

Scott Crawford heads the list of unfortunates who have come to grief in the pursuit of health, wealth and happiness, (perhaps not wealth). Scott, moving at great speed, as is his habit, whilst on his bicycle was deceived by a corner during a stage of the RTA Big Ride from Oberon to Canowindra. The end result was an untidy landing during which he managed fractures in his sternum, ribs, hand and wrist. The good news is that Scott is just about fully recovered and is back on the mechanical beast, which suffered far less than he did in the incident.

Michael Wilson has finally succumbed to a long running problem (no pun intended) with a hamstring. It wouldn't get better no matter how hard he ran or how much treatment he obtained. Now he is thrashing the North Sydney Pool and is hopefully well on the way to overcoming an injury, which would have kept mere mortals, sidelined long ago.

Not so **Jim Screen**. Sidelined for twelve weeks at the end of last year by a combination Achilles tendon and heel injury (old injury revisited). Under medical supervision started to run again in January. Lots of ice, elevation massage, liniments, X-rays, orthotics, new shoes, rest and so on. After a slow but promising build up the heel gave up the ghost with the end result being no running for the foreseeable future.

Barry Rutter, George Lisson and Andrew Smith were in close contention in the Super Series 40+ Division with close finishes through Palm Beach – Manly, Six Foot Track and Canberra. Now the race is for recovery - Barry Rutter started with illiotibial band syndrome which causes severe local pain over the outside of the knee but has now been diagnosed with problems in the medial cartilage. George Lisson battled through Canberra and the SMH Half but has succumbed to plantia fascia difficulties. Andrew Smith is out with Achilles tendon grief.

Hatch, Match and Despatch

To Dawn and Kevin Tiller, Kody Tiller born 3:13am, 29th June, weighing 2.88 kg (or 6 pounds 10 ounces). Dawn kept up training of ninety minutes per day until the last day, but is now likely to have a couple of weeks off!

PARIS MARATHON

By Gordon Forsyth

The 25th running of this race was held on Sunday 8 April 2001. With 27,000 competitors it is one of the larger marathons, however does not seem to get much publicity. I found it to be very well organised from the time I entered (via the internet) to the finish.

The organisers run an Expo for several days prior to the race at the Paris Exhibition Centre with a metro/train station 100m away. You never seem to wait more than a minute for a train in Paris, the service is amazing. The Expo wasn't anything special, the usual collection spot to get your race number and timing chip, a bag of goodies which contained a marathon T shirt, which I don't agree with. Marathon T-shirts should be finishers T-shirts handed to you when you complete the race. However that's just my opinion. There were also a number of stands with running gear and entry forms to marathons all over Europe, a real smorgasbord for someone like Kelvin Marshall.

Frenchman to coach Wallabies!

The best value in the goodies bag was a pass for two to the Pasta Party the night before the race. My wife (i.e. support team) and I arrived at the party to find one of the Exhibition Halls full of long rows of tables and chairs and packed with people. There was a band playing, as much pasta as you could eat and an unlimited supply of bananas and Vittel water (all healthy stuff). We sat with a couple of young French guys from the Bordeaux region who spoke a "little" English, our French is zero. They were in Paris to run their first marathon. They even told us there was a strong rumour that the French Rugby Union coach was going to take over from Rod McQueen coaching the Wallabies later this year. After I picked myself up off the floor I told them it sounded like a rumour all right.

Anyhow to the race. The organisers said to get to the start at least 1 hour before the commencement. With a rumoured 30,000 competitors, I was thinking of the City to Surf start. So arriving at the Arc de Triomphe at 8 am we found very few competitors. This area is the intersection of twelve roads and is the busiest roundabout I have seen. However on race day most of these roads are closed off for the runners to assemble. At 8.15 am everyone seem to arrive at once, delaying waiting in the conditions for as long as possible. To the weather, a good talking point in Europe. It was cold, about 6 degrees with a breeze to cool things down further and light rain. I started to think that

hypothermia could be a consideration later in the race. Like the Comrades run in South Africa Chariots of Fire is played just prior to the start, then at 9 am the race begins.

Eight lanes wide

It is a good start down the Champs Elysees as it eight lanes wide. Over the line in 2 mins. 16 seconds but with timing chips your time is recorded at the start, the halfway, 30 km and the finish. The first 1.5 km is over cobblestones which fortunately gives way to smooth bitumen. We run past the Louvre Art Museum and head east across the city. Seventy bands line the route along with many supporters. Hardly any of the competitors are wearing running singlets at this stage as the wind and drizzle continues. T-shirts (short and long sleeved) and tights for the legs are the go. To think I left sunny Australia for this. There are drink stations at every 5 km with Vittel bottled water, raisins, oranges and bananas. Sports drinks are located from the 25 km drink station to the finish. Again the drink stations are very well organised, lots of helpers and lots of road marshals.

Mexican Roar

After 15 km we turn and head back toward the start however we run along side the Seine River past Notre Dame Cathedral and the Eiffel Tower. It's just like the City to Surf, i.e. wall to wall runners for the whole race. The entire course is flat with some small rises coming out of the road tunnels next to the river. In these tunnels I get my first experience of the Mexican roar. Like the Mexican wave the runners at the beginning of the tunnel roar/yell loudly and the sound goes through like a jet plane with the competitors yelling out as the sound comes to them. It's an incredible experience.

After reaching the western edge of the City we return to the finish at Avenue Foch (careful how you pronounce that) at the Arc de Triomphe. As you go over the line every competitor is given a finisher's medal and space blanket, which I found out about five minutes later is a lifesaver. It should come in handy for the start of the next Brindabella race. It is quite a bizarre scene watching all these runners walking along with a rustling sound covered in their silver space blankets. I found my support team/wife amongst the masses and asked her where is everyone getting changed to which she answered "Right here". No one knows me in Paris so it's all gear off and warm clothes on. It had actually stopped raining at the finish so it only rained for all but twenty minutes

of the race.

I was happy to finish in 3 hrs 53mins(10,424 out of 27,000) as injuries had restricted my training to 20km average per week plus some cycling for the 4 months prior to the race.

Surprise, surprise the winners were the Kenyans.

Males

1st Simon BIWOTT (2.09.40) Kenya
2nd David KIRUI (2.09.40) Kenya-Given the same time as the winner but declared 2nd.

3rd Fred KIPROP (2.09.43) Kenya

Females

1st Florence BARSOSIO (2.27.53) Kenya
2nd Ruth KUTOL (2.27.54) Kenya
3rd Alina TECUTA (2.29.16) Romania

It was then on to London to watch my son in the London Marathon. He ran 2 hrs 54 mins (550 Out of 35,000 approx.). The advantages of youth.

New Members this Year

Welcome to the Striders. We hope you get great enjoyment from your membership over many years, attain your running goals, make new friends and contribute to making the Club even better.

Lin	Bowden	Darren	Beard	Mandy	Huppert
Ian	Singer	John	Frykberg	Nigel	Phillips
Tony	Mitchell	Chris	Foster	Julie	McGaw
Kendall	Waller	Todd M	Stephens	Alistair	Cooke
James	Brooks	Peter	Grunfield	David	Crampton
Mark	Wieland	Peter	Heidegger	Denis	Naughton
Iain	Martin	Wylie	Breckenridge	Dennis	Nel
Chris	Ivin	Alanna	White	Carolyn	Travers
Nick	Halpin	Keith	Bateman	Eliza	Rayward
George	Toskas	Julian J.	Wright	Tania	Newsome
Uwe Kurt	Menzel	Sarah	McElhone	Terence	Dorahy
Mark	Schaefer	Jeff	Morunga	Greg	Knipe
Don	Woods	Michael	Sharp	Scott	Smiles
Heather	Forster	Michael	Peters	David	Smith
Mike	Roach	John	Lawrie	David	Loader
Greg	Coy	Mark	Wilson	John	Pye
Ronald	Stevens	William	Kimber	Margaret	McCabe
Stephen	Bodnar	Pete	Bennett	Michael	Carter
Ken	Harris	Kelly	Chambliss	Gary	Delpert

TRAVELLING NORTH

World Veteran Games, Brisbane, 8th July

Jo Cowan won individual Silver and a team Gold in the 5000m in her age-group. That's after winning an individual Silver in the 8km Cross-country two days before.

Gold Coast Results

As the song goes – 'Anything you can do I can do better...'. Peter was the star turn of the Truscott family in the SMH Half with his two minute PB.

Then brother Chris went out and ran a 68:58 PB at Gold Coast to establish what we believe to be a new Striders record. Over to you Peter.

Gold Coast Half Marathon

Chris Truscott 68:58
John Young 71:25
Chris Dwyer 76:50

Gold Coast 10km

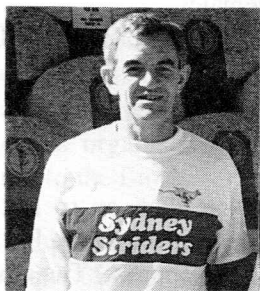
Peter Truscott 34:43

Chris Truscott also ran a new 10k road PB of 31:50 at the NSW Novices race in May.

COMRADES MARATHON 2001

By Alf Field

Sydney Striders were rather thin on the ground at the Comrades Marathon this year. In fact, only two of us, Dick Bartlett and myself.



There were plenty of Aussies, about 46 I believe. Quite a big contingent from Western Australia, a group that has become a big supporter of Comrades. There were also a number of Sydney runners from Unlimited Fitness who were trained by Sue Griffiths.

Dick Bartlett trying for 10th

Dick Bartlett had focused very strongly on Comrades this year, as it was to be his 10th Comrades and would earn his permanent green number when he finished. His entire training in 2001 was directed towards being perfectly fit for this event.

My approach was far more casual as it was my 11th run, the run to enjoy the green number status. Due to a great deal of travelling this year and difficulties in finding suitable hill training runs in the UK as a result of restrictions imposed during the foot and mouth epidemic, I was considerably under trained for this year's Comrades.

Comrades was a down run this year, from Pietermaritzburg to Durban. It is normally freezing at the start in PMB, often only 2 or 3 degrees. This year it was 8 degrees at the start, a bad omen for what was to come. The day before the temperature in Durban was over 30C and the forecast for Comrades was a high of 28C. I'm not sure what the temperature was on the run, but it was very hot and dry.

There was no humidity, rather like conditions at the Gold Coast marathon in winter. Perspiration evaporates instantly and runners are not conscious of how much liquid they are losing because they do not feel the sweat. The result was an exceptionally high number of DNF's.

Usually there is an extremely high finish rate at Comrades, often 95% of starters. This year of the 14,125 runners who registered only 11,076 finished, around 78%. Most people at the back of the pack suffered as there was continuous talk about being very slow this year.

Picture of fitness

Dick passed me shortly after half way as I was

strolling up a hill. Dick was power walking and looked a picture of fitness. I did not expect to see him again but to my surprise I passed him on a downhill a little later.

Unfortunately Dick was one of those who fell victim to the conditions as he began cramping with 35k to go. He struggled on until it became apparent that he was not going to make the 11-hour cut off time, so he sensibly baled out and took a lift to the finish. I think everyone felt great sympathy for Dick as he had put in such a huge training effort and deserved to get his green number.

I also found the conditions very tough, but kept thinking that I was just getting what I deserved for not being properly prepared for quite an arduous event. I won't go into all the gory details, but I came to the conclusion that if I didn't reach Pinetown (22k to go) in under 8 hours, I would bale out because I didn't think that I could do the last 22k in under 3 hours as I felt it would largely have to be a walk to the finish.

Fortunately I got to Pinetown with 10 minutes to spare, so carried on. I had a long walk up Cowies Hill, which restored some energy, enough to run the downhills from there. I ended up being able to run quite a bit more than I expected and finished in 10.32. This is my slowest time (by 25 minutes) and only the second time in 11 runs that I have been over 10 hours. I was very happy with this result in the circumstances.

Not enough liquid

Discussing what happened with Dick at lunch after Comrades, we established that Dick was consuming about 500ml of liquid per hour in the form of dissolved sports drink, whereas I was consuming a full litre of water per hour together with a Squeezy every 30 minutes. The conclusion seemed to be that Dick had not consumed enough liquid for the dry hot conditions, cramp often being caused by dehydration. Maybe next time.

The slow times did not apply to the lead runners who finished long before the worst heat of the day. The times of the lead runners were really exceptional. Most years a time of under 5.30 would win Comrades. This year there were 4 runners under 5.28. A black South African runner, Andrew Kelehe, who missed Bruce Fordyce's down record by barely a

minute, won the race. The first male finishers were:

1. Andrew Kelehe	South Africa
5.25.51	
2. Leonid Shvetsov	Russia
5.26.28	
3. Vladimir Kotov	Poland
5.27.21	
4. Alexei Volgin	Russia
5.27.40	
5. Fusi Nhlapo	South Africa
5.30.38	

The ladies division was won by the Russian Elvira Kolpakova in 6.13.53 followed by Deborah Mattheus of South Africa in 6.23.04.

Don Wallace was the leading Australian. His great time of 5.47.18 could only get him into 15th place.

Full results may be viewed at <http://www.coolrunning.com.au>

SUPER SERIES UPDATE

By Stephen Ball

Six races in the 2001 Super Series are now complete. Results on the Strider's Website. Attendance this year has been very good.

Palm Beach to Manly	62
Race 1/10k series	98
Six Foot Track	39
Canberra Marathon	64
SMH Half	84
Handicap Half	77

The Sydney Marathon will now be run in October, **it will not be part of our 2001 series**. Should it have Good support this year and looks like continuing for the next couple of years; it could well be included in the 2002 series.

Not all the categories have been updated yet, probably by mid July the update will be on our Website (*and in the September Blister, Ed*). The following categories have been updated for the first six races.

60+ WOMEN To date no competitors have completed a race.

50+WOMEN

Penny Smith	252
Carol Taylor	82
Tina Campbell	41

Penny has a seemingly insurmountable lead.

40+WOMEN

Mary Stringer	204(1 race out)
Joanne Cowan	165(2 races out)
Caroline Yarnell	123(3 races out)

This will be very close at the end if the leaders can run their 9/11 races.

OPEN WOMEN

Penny Smith	202(0 races out)
Mary Stringer	186(1 race out)
Marlene Taylor	181(1 race out)
Sharon Callister	181(1 race out)
Marie O'Connell	165(2 races out)
Joanne Cowan	162(2 races out)

This will be a thriller. It will depend on who can complete their 9/11 races and STaR attendance.

60+ MEN

Heiko Schaefer	250(0 races out)
Frank Dearn	200(1 race out)

Super Series events for the next quarter are:

Sun 22 July 2001 25km Woodford-Glenbrook,
10:15am start. Entry forms at www.careflight.org

Sun 12 Aug 2001 City to Surf

Sat 25 Aug 2001 Mount Wilson to Bilpin

27th GREAT NOSH FOOTRACE 14km Sunday 8th July (Australia's Oldest Off-Road Race)

Chris Truscott	55:46 (Winner)
Steve Urwin	66:51
Charles Colville	68:52 (3 rd Over 50)
David King	72:31
Alex Whitworth	73:26
Mike Free	75:13
Rod Lovel	76:22

It's on again first Sunday of July 2002.

Wonderful Copenhagen Marathon, 20th May 2001

By Nick Themsen

It all began in November 2000, when our daughter in Denmark rang and told she was going to get married in May 2001. Obviously we would do the trip and co-incidentally it was possible to sneak the Copenhagen marathon in as well.

I hadn't been doing much – as a matter of fact anything at all – since SMH Half in May 2000. I basically didn't get into the monotonous training-regime until after New Year, whereas my better half had been going on continuously – not severely, but certainly enough to leave me far behind. Her latest marathon was Melbourne in October and before that Host City marathon, where she beat me by about an hour.

The turning point

There was a time back in 1998, where I challenged her at the start of Six Foot Track – being confident that I would win – to who would carry the pants in our household. In typical female fashion, she didn't take up the challenge, but that was the last time I finished in front of her – and by only 17 minutes. After all the “beating” I've had to tolerate since then, Copenhagen was going to be the turning point – in my imagination anyway.

The training went well – everything taken into consideration. Naturally not enough time to build up, but my 10K times improved one to two minutes every month from March through to May. You look it up on the internet – www.marathonguide.com – and use one of their calculators to find that my latest 10-k time should give a marathon finish in around 3.52. That was perhaps not enough to get her, but on the other hand her PB was 3.55. I believed she was fit enough to go close to, if not better than her PB, but that of course all depend on the circumstances on the day. Wind, rain, we didn't know the course, possibly jetlag, only arriving 4 days before the event and so on. All in all it looked like a possible even four hours battle – and may the best win on the day.

Husband-wife battle

We had received a couple of encouraging e-mails from Striders wishing us all the best for the race – and that was really an inspiration, so thank you to your all for the interest. It was even published on the LiSt, when Richard Wassell made everyone aware of the husband-wife battle. The pressure was applied – all of course in a very friendly way.

On Saturday we picked up our bibs, T-shirts etc. The weather was absolutely appalling. It was blowing a gale with temperatures around 8-10



Outgoing Blister Editor, Nick Themsen shown marshalling the Olympic Marathon.

degrees. Because of the wind it felt like frost. We found the expo very useful, as a lot of manufacturers were displaying their products – inclusive of thermal underwear with in-built wind-breaker. We bought one singlet each on the spot. The outfit for the following days battle was then decided. Tights, thermal top with wind-breaker, T-shirt and long sleeve Striders 20th-anniversary top – ‘1980-2000 – And still running’.

Race day arrived and the weather was a little bit better than the day before. With about 6000 participants it was a bit crowded at the start, but we found a little corner to tuck into with a couple of friends who had taken up the challenge of their first marathon. The start pistol went off – and so did we. Kirsten disappeared after about 400 meters, but stick to your race plan. So I did and didn't see her until an hour after she had finished.

At the first aid station it became obvious that the 3-layer outfit was going to be too much and off went the T-shirt. The first-timers had dropped off a bit, obeying the advice of starting very slowly. The first of them passed me at around the 12 k mark with a comment along the lines: “This is a very different way of running. You don't even lose your breath.” Yeahhh. Thank you very much. He finished in 4.01 and I caught up with him again after the finish.

“Are you all right?”

The second of the newcomers to the marathon to show passed me at around 20k. He too had a very encouraging comment along the lines: “Are you all right?”. I assured him of my sincere intentions of beating him to the finishing line by telling him that a marathon was only half finished at the 32k mark –

and by the way I stuck to my time schedule. You just wait – I'll get you. He finished in 4.19 after battling a lot during the last 10k, so at least one of my predictions was right. However I didn't see him until after the finish either.

What went wrong? It was a reasonable day, pretty windy, but mostly sheltered. The temperature was OK, around the 12-14 degree mark and it didn't rain. Although the course wasn't closed for traffic, the officials (around 900 I believe) did a terrific job and only once did I have to wait 20 seconds to cross a street before I could continue. There were aid stations every 4 k with drinks etc on all of them and food and showers etc on every second. They even handed out lollies, chocolate and what have you. Couldn't blame the weather or the organisation, so there is not much left except your self. And that is probably correct

Cramps started

I came through the half way mark in 2.01 and the 30K mark in 3.00. Only two minutes out at halfway and only 4 minutes away from target at 30k. Then the cramps started in the groin. You walk a bit, start shuffling again until the pain disappears only to come back twofold to hit you again. That went on for about 3-4 k. I found a reasonable way of moving forward without too much agony.

At this section of the course there was assembled a large crowd, which I hardly noticed. There was some family and friends making distinct noises from various instruments. I heard them and tried to smile to them, but that didn't make the problems disappear. At 35k the shuffling had to stop. The outside of my knee (ITB?) started to hurt severely. Obviously trying to get along without disturbing the groin muscles too much put some strain somewhere else in the system. It had been obviously clear from shortly after the 30k mark, that I wasn't going to catch any of the newcomers and I had again lost the battle with my better half. The ultimate humiliation came when walking at around 38k, a runner came up from behind and in passing me said: "– and still running??"

I finished in 4.39, "only" 40 minutes outside my goal. Was I angry and disappointed – you bet! Looking at the event in hindsight, what happened on the day, is probably experienced by a million other marathoner's in the world. You go into the event under-prepared, hit the wall and run out of energy. Can I remember this next time?? Maybe. And for the 4-hour battle?? Kirsten finished in 3.59.59.

(What's the best thing an outgoing Blister editor can give to the new one - COPY !! Thanks Nick and best of luck with the next Marathon. Ed)

New Ed on the Block

By Andrew Smith

Hello Striders. It seemed appropriate to follow in Nick's footsteps on this page. The baton (in this case a rolled up Blister) has been passed on and Nick, the Blister Man has retired to concentrate on his running. Why volunteer? I was getting lonely while my wife was off at Striders Committee meetings. OK, at first I could listen to my Led Zeppelin and Sinatra records, which Penny hates. But I was starting to get bored on my own and the cat doesn't have much conversation. Then Jim Screen told me about committee meetings in a plush club with the free bar and the limo ride home. He mentioned the pay, the perks. I realised too late that he was talking about his golf club.

Intentions for Blister

What are my intentions for the Blister? For this first issue it has been a matter of getting enough copy (thanks all, particularly Jim!) and mastering columns and unformatted text, etc. John Hamilton has introduced the 'Fave Runs' column, which is intended to be a regular feature. Kevin O'Kane has contributed the first in a series of retrospective articles on Striders history. 'Personal Profile' will return. I'd like regular columns (and contributors) on what Striders are doing in triathlons, in ultras, on track/X-country. 'New Member' and 'Roll of Honour' have been re-introduced and results published.

e-Blister

Last year Nick Themsen suggested replacing the printed Blister with an e-Blister on the Striders Website. A list of contents would be distributed with the quarterly Calendar so those members without Web access could request a printed copy of anything that interested them. This would be mailed out by the Database Manager. Nick saw this strategy as providing quicker communication and also cost savings to the Club membership. Nick tried to generate a debate on the subject and that is where the matter rests.

Running resource

Even if we make no changes and continue printing the Blister, I want to see it appearing on the Website. While some articles are only topical for a limited period of time, others are well worth reading again or are useful for reference. Fiona Pelly's articles on nutrition and Steve Cornelius' articles on WAV immediately spring to mind. A constantly updated database of the Blister, that is indexed or can be searched on, would be a valuable running resource for all members, particularly newer ones who have no access to Blisters of the past. And how many members have thumbled through a stack of old

Blisters trying to find a particular article they remember? Also I think it will enable prospective members to see a bit more of what the Club does.

Kevin Tiller and Richard Wassell are already gradually adding articles from past Blisters to the Web site. I will supply new Blisters to them in electronic format. Both do a lot for the Club already, so I hope they can find volunteer assistance if they require it.

'Results-free' Blister?

It is possible to change the way we deliver the Blister. But our database indicates that a third of the membership rely on the printed Blister for results and Club News. Therefore until any alternative delivery structure is in place I intend to publish the fullest possible race results and, perhaps race reports, that have already appeared on the LiSSt. This is duplication of information for Striders with Web access, but is necessary to keep all members informed.

Lack of data

I believe that to move forward, the first thing we need is better information about our membership's access to the Web. The database shows that currently two-thirds of Striders have given us email addresses. But, since many are work addresses, we don't know if all are comfortable with viewing and printing from the Striders Website. Perhaps a question on the next membership renewal would give us better data.

The cost of the Blister in the last year (printing and distribution) was \$6085 – about 25% of Club Expenses. That's about \$20 per member. So yes, there looks like a bit of a cost saving if we ceased printing the Blister. However this must be balanced against other costs (postage of articles to members without Web access, any increased cost of Web site) and ensuring that no members are left out of receiving Club information.

As all Striders work is undertaken voluntarily in our spare time we must ensure that we do not set up a system that places impossible demands on a Database Manager or Blister Editor. In the absence of a printed Blister, the ad hoc printing and posting of articles to large numbers of members without Web access could so easily become a sufficiently large task that it failed to happen.

If you have any views on the issue please write or accost me after a STaR. It is the committee's responsibility to look at alternatives to provide the best value for members. In this case I will continue with the process Nick has started.

I look forward to your contributions and any ideas to make Blister even better.

UPCOMING EVENTS

Cities Marathon, Sunday 29 July. Starts Sydney Town Hall, finish Aquilina Reserve, (Blacktown Olympic Venue), Eastern Rd, Rooty Hill.

1st Annual Mudgee Marathon - Sunday 5th August. 7am start

It's not often that we get the chance to run in the first of anything. Now here's your chance. If you fancy a quick trip out to Mudgee to pick up a few bottles of wine or honey and take in some of the most historic places in NSW, stay over Saturday night and run in the first annual Mudgee Marathon. The race has been put together by the Mudgee Tri Club and The Right Track. They have gathered a keen bunch of sponsors and have good local support. It's not every day that a new marathon comes our way, so if at all possible we should lend our support by competing in the race.

Lake Macquarie Half Marathon 30th Sept

Also a quarter marathon, kids 5k and a walk. Call Chad Griffith on 02-4297-6340.

Sydney Marathon, 28th October

Yes it's on. Sporting Spectrum headed by Chris Robb has been appointed as the administrator of the 2001 Sydney Marathon. The event will follow the famous blue line of Olympic fame. Further information contact Sporting Spectrum during business hours on (02) 9439-6060. Entry forms are out soon.

Ultras

Sat 11th August 2001 Twelve Foot Track
93km. Six Foot Track there and back.

Sat 8th September 2001 Royal National Park
50km and 80km

Sat. 29th September 2001 Glasshouse Mountains Trail 55km, 80km, 160km.

11th November 2001 Brindabella Classic 56km or run in a relay team of up to 4. A good number of Striders always travel to Canberra for this one.

www.coolrunning.com.au for more event details.

Handicap Half Marathon

By Jim Screen

If persistence is a virtue, and some say it is, then John Whealy should be regarded as most virtuous. Early last year John suggested that we resurrect the Handicap Half Marathon. He did some work on the logistics and convinced himself that the event was a "goer." The rest is now history.

Sunday the 17th of June was cold and at 6am it was as dark as the inside of a wolf. The only movement was from a few "officials" setting up shop. The Lane Cove ducks were not even up and about. The first runner was due out at 6.18 am and sure enough out of the dark just prior to start time came a smiling John Sparkes all prepared for his maiden half marathon.

We had two other early birds who were not handicapped. Helen Wilson, a veteran of many Comrades and very modest about her own ability did not think she could finish in much under 150.00 mins and a non-member Malcolm Hall. The number of enquiries received from non-members wanting to enter the race was amazing. We had six new members join by arrangement on the morning and many others did not show up after they were told they had to join to compete.

Helen was allowed to start at 6.18. Helen then went on to run a blinder in 120.04. Unfortunately the first to congratulate her were the race stewards and her win could not be allowed. Malcolm also put in a fine personal effort of 113.05 but as he was a non-member his result could not be included in the official results. The good news for Helen is that we now have an indicative handicap time for next year.

The integrity of the Handicap half totally depended on the handicaps allocated. The handicaps were calculated using 10k results over the past two years. The reason for this was to handicap as many members as possible using the same criteria. For new members we took into account current race times and allocated a handicap in line with all the others. This system produced many tussles on the day. The finish time was set at 8.45 am. The winner came in at 8.32 am and the last runner home came in at 8.52 am. Unfinancial runners were not considered for any of the prizes.

Official winner was Brad Renshaw in 117.34 (Handicap 130) closely followed by Graham Willis making a great comeback from injury in 107.14

(Handicap 119). Third place went to Mark Schaefer in 96.27 (Handicap 107).

The fastest time on the day was Chris Truscott with a great 76.42 followed by Matthew Kaley in 81.54 and Greg Donovan in 83.23. Chris finished 28th from a field of 77 just nine minutes behind Brad.

Winner of the Male Veteran Section was Gary Aitkenhead in 89.52 (Handicap 100) and Female Veteran winner was Beryl Wilson in 125.58 (Handicap 135).

Penny Smith ran a smart time of 115.21 (Handicap 124) to win the Female Masters with Jurg Kunzle winning the Male Masters in 114.14 (Handicap 121).

Paul Lunsmann was the winner of the Male Seniors in 114.10 (Handicap 120). We did not have a Seniors Lady on the day.

Mike Ward ran closest to his handicap time of 99 minutes with a time of 102.09.

Special thanks to Brian Taylor for making available some great prizes.

In summary we think the event was very successful and extend our thanks to John Whealy, Stephen Ball, Stephen & Megan Jackson, Barry Rutter and Sue Hill for organising, registration, time keeping and marshalling.

Order of finishing and actual time

Surname	First Name	Age	Time
WILSON	HELEN	55	120.04
HALL	MALCOLM	37	113.05
RENSHAW	BRAD	54	117.34
WILLIS	GRAHAM	52	107.14
SCHAEFER	MARK	22	96.27
AITKENHEAD	GARY	43	89.52
WILSON	BERYL	49	125.58
SMITH	PENNY	57	115.21
WOODS	PETER	45	92.45
HANSEN	MIKE	43	94.27
KUNZLE	JURG	51	114.14
BRISCOE	RICHARD	36	85.18
STRINGER	MARY	44	98.38
NEWSOME	TANIA	30	95.05

LUNSMANN	PAUL	61	114.10
VAN YZENDOORN	JOHN	37	90.11
MELANO	RALPH	47	95.12
WOODS	DON	46	100.29
TAYLOR	MARLENE	38	108.32
SCHAEFER	HEIKO	61	109.35
CREMEN	PETER	38	84.12
FIGORE	MARK	38	86.21
WASSELL	RICHARD	35	110.36
KING	DAVID	53	95.36
LAWRIE	JOHN	33	106.00
COVILLE	CHARLES	52	92.07
CARTER	MICHAEL	43	98.10
DONOVAN	GREG	39	83.23
SCHWEBEL	RON	49	93.39
TRUSCOTT	CHRIS	26	76.42
WHITE	KEITH	50	98.45
CALLISTER	SHARON	40	106.51
FREYS	IVAN	49	96.56
COWAN	JO	45	85.57
JACKSON	PAUL	37	103.2
SHARP	MICHAEL	36	100.25
CHALMERS	ROBERT	41	102.30
PERAU	GREG	42	97.46
NEL	DENNIS	46	104.50
KALEY	MATTHEW	33	81.54
GOODSIR	DARREN	34	99.02
SINGER	IAN	44	96.08
SAUNDERS	TONY	51	102.13
HERRISON	GEORGE	40	102.18
KERR	JOHN	54	113.20
SPRAGG	ADRIAN	44	92.21
WHITWORTH	ALEX	59	97.27
SMITH	ANDREW	42	85.33
WALLER	KENDALL	37	100.37
MOREHEN	JEFF	39	92.38
NORDEN	STEVE	39	110.44
BAILEY	MICHAEL	57	120.09
MORRIS	PAT	42	112.12
FORSTER	HEATHER	47	112.18
GREAVES	STUART	43	79.19
SAMIA	MERCI	48	119.27
KING	CHARLES	42	102.31
SATCHELL	MALCOLM	50	91.13
MITCHELL	TONY	44	104.09
BODNAR	STEPHEN	41	97.39
SMITH	DAVID	32	91.44
SPARKS	JOHN	60	147.46
LOADER	DAVID	37	87.57
ADLER	DAVID	44	110.05
MURRAY	ALLAN	53	110.05
JACKSON	STEPHEN	43	92.32
ADAMS	NICK	30	92.32
WILSON	MARK	36	89.44
DEARN	FRANK	68	135.53

CAMPBELL	TINA	54	110.54
SMITH	DEREK	60	97.54
LOVEL	ROD	50	104.06
WARD	MIKE	48	102.09
SHARP	GRAHAM	45	101.18
MITCHELL	WALTER	34	102.30
LEAHEY	GARY	48	104.39
LOVE	TRACEY	35	112.18
O'KANE	KEVIN	49	DNF
QUINN	GERRY	35	DNF

FASTEST TIMES

Surname	First Name	Age	Time
TRUSCOTT	CHRIS	26	76.42
GREAVES	STUART	43	79.19
KALEY	MATTHEW	33	81.54
DONOVAN	GREG	39	83.23
CREMEN	PETER	38	84.12
BRISCOE	RICHARD	36	85.18
SMITH	ANDREW	42	85.33
COWAN	JO	45	85.57
FIGORE	MARK	38	86.21
LOADER	DAVID	37	87.57
WILSON	MARK	36	89.44
AITKENHEAD	GARY	43	89.52
VAN YZENDOORN	JOHN	37	90.11
SATCHELL	MALCOLM	50	91.13
SMITH	DAVID	32	91.44
COVILLE	CHARLES	52	92.07
SPRAGG	ADRIAN	44	92.21
JACKSON	STEPHEN	43	92.32
ADAMS	NICK	30	92.32
MOREHEN	JEFF	39	92.38
WOODS	PETER	45	92.45
SCHWEBEL	RON	49	93.39
HANSEN	MIKE	43	94.27
NEWSOME	TANIA	30	95.05
MELANO	RALPH	47	95.12
KING	DAVID	53	95.36
SINGER	IAN	44	96.08
SCHAEFER	MARK	22	96.27
FREYS	IVAN	49	96.56
WHITWORTH	ALEX	59	97.27
BODNAR	STEPHEN	41	97.39
PERAU	GREG	42	97.46
SMITH	DEREK	60	97.54
CARTER	MICHAEL	43	98.10
STRINGER	MARY	44	98.38
WHITE	KEITH	50	98.45
GOODSIR	DARREN	34	99.02
SHARP	MICHAEL	36	100.25
WOODS	DON	46	100.29
WALLER	KENDALL	37	100.37
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CHALMERS	ROBERT	41	102.30
MITCHELL	WALTER	34	102.30
KING	CHARLES	42	102.31
JACKSON	PAUL	37	103.20
LOVEL	ROD	50	104.06
MITCHELL	TONY	44	104.09
LEAHEY	GARY	48	104.39
NEL	DENNIS	46	104.50
LAWRIE	JOHN	33	106.00
CALLISTER	SHARON	40	106.51
WILLIS	GRAHAM	52	107.14
TAYLOR	MARLENE	38	108.32
SCHAEFER	HEIKO	61	109.35
ADLER	DAVID	44	110.05
MURRAY	ALLAN	53	110.05
WASELL	RICHARD	35	110.36
NORDEN	STEVE	39	110.44
CAMPBELL	TINA	54	110.54
MORRIS	PAT	42	112.12
FORSTER	HEATHER	47	112.18
LOVE	TRACEY	35	112.18
HALL	MALCOLM	37	113.05
KERR	JOHN	54	113.20
LUNSMANN	PAUL	61	114.10
KUNZLE	JURG	51	114.14
SMITH	PENNY	57	115.21
RENSHAW	BRAD	54	117.34
SAMIA	MERCI	48	119.27
WILSON	HELEN	55	120.04
BAILEY	MICHAEL	57	120.09
WILSON	BERYL	49	125.58
DEARN	FRANK	68	135.53
SPARKS	JOHN	60	147.46
O'KANE	KEVIN	49	DNF
QUINN	GERRY	35	DNF

Roll of Honour

Congratulations on Striders membership for:

15 YEARS

Tina Campbell
Gavin Morisset
Ross Betts
William Thompson

Alf Field
Alan Phillips
Dawn Shaw
John Whealy

10 YEARS

David Fahey
John Gilpin
Jeremy Lowes
Hugh Spencer

Mark Fiore
Paul Glare
Jim Screen
Dawn Tiller

5 YEARS

Mahmoud El-Khansa	Kirsten Themsen
John Simmonds	Tony Hatch
Ted Brailey	Joanne Barton
Megan Jackson	Jean-Louis Didomenico
Julie Wessels	Richard Briscoe
Osten Hansson	Mark Preston
Martin Fryer	Darren Goodsir

MARATHON TRAINING GROUP

By Michael Bailey

Same as before or a new look?

THE PAST

Kevin O'Kane's original idea for the MTG was immeasurably successful.

What worked so well?

It embraced the idea that there were plenty of people 'out there' who were keen to run a first marathon and that the long training runs necessary to run that twenty six miler were best done with the support of a group. He also knew that there were many Striders who were falling off the back of the 6 o'clock group and who had become disillusioned. Kevin wanted to attract them back and personally ensure that he ran at a pace at which everyone could keep up. In addition he realised that most of his fellow Striders had moved on from wanting to run with comparatively slow runners - fair enough. He recognised that the 'group thing' was especially important for slower runners and that these runners would be lost to Striders forever if someone didn't cater for their needs.

There are many of us who ran our first and subsequent marathons directly as a result of KOK's efforts with the MTG. Its great successful events were several Canberra Marathons followed by a huge contingent of runners training for and completing the 2000 Host City Marathon.

KOK put in many years of hard work for the MTG - his success is well known and appreciated by a great many of us. He decided however that after Sydney, enough was enough and the lot fell upon me!

THE PRESENT

So the Mark 2 version of MTG was born just under a year ago and my goal was to encourage as many first time prospective marathon runners as possible to compete in Canberra 2001. It was emphasised that

any Strider was welcome to run with the MTG - many of KOK's former devotees continued to be part of it and most welcome they were too.

We did attract a few new members to Striders in addition to those who ran with the MTG - we did not however attract the numbers of new runners I had hoped. Only a very few of the 35 or so of us who ran in Canberra were novices.

After the Marathon we enjoyed a successful celebratory dinner, 40 people were present and a good time was had by all. MTG members seemed to have enjoyed the group, many have said they appreciated the newsletters and e-mails and I'm satisfied that my efforts were not in vain.

However, for the next round, I want to be more specific in some aspects of the Marathon Training Group - I need your help!

THE FUTURE - WHAT WILL THE MTG LOOK LIKE?

Many of the former MTG members will 'promote' themselves to faster STaR groups. The STaR 6.00am group will basically be the MTG and its speed on Sunday STaRs will be to run at about 6 minute/km - with drink stops and regrouping at the tops of hills etc, we'll cover 9kms per hour. That means finishing our 30km runs at about 9.20.

The next goal for MTG is the Canberra Marathon in April 2002.

The great emphasis will again be on the 'group thing' - faster runners should run with faster groups. Run with the MTG only if willing to run at the speed of the group. Runners trying to pull the MTG along at a faster pace than 6min/km do it a disservice - please run with later groups if you want to run quicker than this. What happens is that inexperienced runners discover that they can keep up with a faster pace for 15-20kms - but that pace exhausts them and the remainder of their run is a painful experience - inevitably they get injured or disenchanted with the whole idea and stop running.

How can you help?

Striders is a thriving Club which currently has about 400 members by no means all of whom are 'active' despite being financial members. Each year some fall by the way side and new runners join us but many inactive members I'm sure would dearly love to run with a group which will definitely support them. You can help increasing our numbers by positively doing something to attract these people to the MTG as well

as to Striders. One idea to promote us is that you could put a notice on your company noticeboard, staff magazine or e-mail.

The challenge might look something like: -

DO YOU WANT TO RUN A MARATHON?

There are very few "Everests" available for the ordinary person to conquer. The Marathon provides just such a challenge. Running 42.195kms isn't easy -however it is an achievable goal for most of us. (Are you making excuses already?!)

If you have in mind the dream of running a marathon and if you are prepared to stick to the rules, then you too can complete such an event. But you must have faith - faith in yourself and faith that your training program will get you there - in Canberra, April 2002.

Crossing the finishing line of your first marathon will be one of your life's great thrills - a thrill, which is certain to make the effort and dedication of your training feel worthwhile.

The running club I belong to has formed a dedicated Marathon Training Group for novice runners - specifically aiming to run the Canberra Marathon in April 2002 in a time between 3hrs 45mins and 4hrs 30mins. A training program will be suggested and group runs - especially for the essential long runs - will be organised.

Currently your running profile looks something like.

Male or female - almost any age.

By November 1 2001, you will be capable of running 10kms in about 55 minutes and 15 ms at a slightly slower pace.

You may have run the City to Surf - this may have been the greatest distance you have yet covered.

Please ring me or contact the Sydney Striders Marathon Training Group coordinator by e-mail at: -michael_bailey@mlc.com.au

(Thanks to Michael for organizing the well-attended MTG Dinner in May at the Bai Yok Thai restaurant in Crows Nest. All Striders are welcome and I had a good evening in excellent company. Ed.)

FAVOURITE SHORT RUNS

The Blues Point

By John Hamilton

This is the first of a new column, from an idea of John's, designed to share favourite short runs – ones you can undertake in under an hour. It could be a lunchtime run in the City or an area of bush not covered by any STaR. Other Striders are encouraged to describe their favourite short runs and submit them to the editor for publication.

So, here's the first **FAVOURITE SHORT RUN**:

Get yourself onto York Street and run north. Cross into Cumberland Street and continue north.

Go up the south eastern stairs onto the Sydney Harbour Bridge and run north across the Bridge. Admire the view down the most beautiful Harbour in the world and also have a look across Circular Quay to the Opera House and the Botanical Gardens.

Run down the stairs off the Sydney Harbour Bridge and at the bottom, do a U-turn onto Broughton Street. Run south down Broughton Street, that is down the hill, which will take you onto Olympic Drive.

Olympic Drive takes you under the Sydney Harbour Bridge to North Sydney Olympic Pool.

You are now on the foreshore of Sydney Harbour and you are going to follow it around past North Sydney Olympic Pool, past Luna Park, past Milson's Point train marshalling yards. That is, you are going to run around Lavender Bay. At the end of the path you should now be on, you will come to a sailing school and a set of stairs up. Take the stairs up. Turn left at the top of the stairs onto Bay View Street.

Run south along Bay View Street.

This will take you onto East Crescent Street. Run south down it to the end.

At end turn left and go all the way down the stairs. At the bottom of the stairs is Sails Restaurant. Stop and have lunch if it takes your fancy, or just admire the view.

Go onto the parkland between Henry Lawson Avenue and the Harbour. Follow the water's edge all the way around the peninsula to Blues Point.

Run up the stairs to Blues Point Towers.

Run onto Blues Point Road and continue up the hill past the pub (which contains a delightful restaurant named "The Two Goats").

When you come to the traffic lights at Lavender Street, turn right.

Follow Lavender Street to nearly the end where you

will encounter a roundabout.

Turn right and run south along Alfred Street South.

After you pass the entrance to Milson's Point Station, turn right into Burton Street and run through the tunnel under the Bradfield Highway.

Turn right when daylight breaks and go up the stairs onto the Sydney Harbour Bridge and run south across the Bridge.

Go down the south eastern stairs onto Cumberland Street. Turn right and run south which should lead you to York Street.

Run back to the office.

Stretch, shower, dress and grab a bite to eat. Enjoy the rest of the afternoon at work!

Distance: Somewhere around 9km.

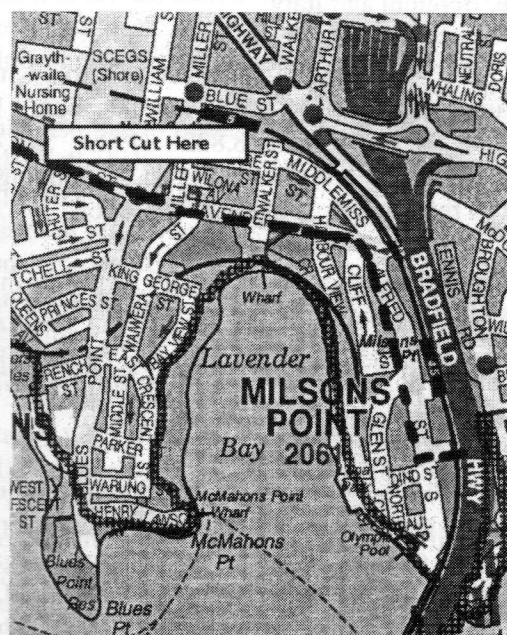
Bush: I defy you to find any!

Traffic: Nil to very low road runners' rage should be encountered.

Hills: For Sydney, moderately challenging.

Whilst the route of the run may be described in some detail this does not mean it can withstand the Strider's legendary ability to find interesting deviations. Consequently, no responsibility can be accepted should you get lost on this run.

(On the map follow solid line to Blues Pt Rd (don't forget to run round the point), run north then follow dotted line back to Bridge)



Sydney Striders Annual Report 2000 / 2001

From President Jim Screen

Few years will ever equal the year the Olympic Games came to Sydney. Striders were represented in a wide range of activities such as the Olympic Torch Relay, Athletes Family Host Program, marshalling the Men's and Women's Marathons, Walking Events and Triathlons, as guide runners in the Paralympic Games, helping out with the NBC broadcasts of the marathons, drug testing and crowd control. It was a great voluntary effort and many Striders put in an enormous amount of time to help Sydney put on the best Olympics ever.

20th Anniversary

Not only was 2000 the Olympic year, it was also the 20th anniversary of the founding of the Club. One hundred and thirty eight members enjoyed a picnic lunch held in Bicentennial Park after the Host City Marathon to celebrate the occasion. The Club's first president Charles Colville cut a special birthday cake while the rest of us baked in an unusually warm autumn day. The Outstanding Achievement Awards Presentations were held in conjunction with the picnic. 185 Striders started in the Host City Marathon. This was a great effort and even though there were five thousand plus runners there were many comments made about "green and white everywhere". We also had members achieving outstanding results in the Sydney Trailwalker 2000 with teams in 3rd, 5th and 6th places. Eleven Striders ran in the 75th running of the 90km Comrades Marathon. We also had members competing in international marathons in the USA, England, New Zealand, France, Belgium and Italy.

Finance

The Club is in a sound financial position with an operating surplus of \$2,236 for the year. Bank accounts amount to \$18,822 (1999 \$15,468). Treasurer Charles King has done an outstanding job. Financial reports follow in the next section.

Membership

The Club set another membership record with 455 members (308 financial) as at 31 March. (425 in 1999 with 322 financial). Unfinancial members received final notices during the first week in May and will be dropped from the list as at 31st May 2001.

STaRs

Penny Smith has continued the tradition of producing a first class program of STaRs. The Olympics proved to be a most difficult time to plan STaRs and organise hosts but Penny managed to keep us on the road. The STaR map project under Kevin Tiller's "Mouse hand" continues slowly but surely. In due course we will

have all maps updated and available on our Web site. Perhaps the biggest challenge facing us with the STaRs is how to overcome the apathy and lack of co-operation by some who continue to run in the slower groups when they know they should be in a faster group. Suggestions will be welcomed.

10 K Series

In marketing terms the 10 K Series is the Club's problem child. In many ways it is popular with Club members and a hand full of non-members who regularly turn up to race in a properly timed event on an accurately measured course. It is becoming more and more expensive to book venues and third party insurance is about to double in price. This is because of changes taking place in Athletics NSW and Athletics Australia and the way they view specialist clubs like Sydney Striders and also because of the pressure being placed on insurers by an overly litigious public. Total number of entrants for 2000 was 1086.(1121 in 1999) Our sincere thanks to Mike Hansen for his efforts during 1999/2000 and to our new Director, Ian Whitfield.

Super Series

The Super Series continues to attract interest as evidenced by the numbers of Striders turning up at the nominated events. The conduct of the Series is made more difficult than it should be because of delays in receiving race results, scanning lists for unfinancial members, monitoring those who do not run in Striders Uniform, continual changes to dates and identifying which events should be included in the program. Our sincere thanks to Kevin O'Kane for establishing the series and to Stephen Ball for taking on the 2001 Super Series.

Marathon Training Group

The Marathon Training Group continues to play an important role within the Club. Its main reason for existence is to give specific help and encouragement to those wanting to run their first marathon. The group is open to anyone in the Club. All 67 members of the group who started the Host City Marathon finished. Many thanks again to Kevin O'Kane for setting up the MTG and for the help and assistance he has given to so many members. The 2001 MTG Director is Michael Bailey and the goal marathon was the 2001 Canberra Marathon.

Database Manager

Many things in this world seem to spin around a computer. We are no exception and without the great efforts of Richard Wassell, our records, results and database might not be in as good a condition as they

are. The Email LiSSt and Web Site are integral parts of the Club and will become even more important in the future as better and easier ways of accessing the information are introduced. Thanks also to 'behind the scenes' man Kevin Tiller for his continued support in this specialist area.

Uniform Manager

Thankfully, this aspect of the Club is running smoothly. Apart from the odd problem with Aust. Post and a few runners who seem to think one size fits all, Gavin Morisset has things under control. Uniform sales have been at record levels. During the year Gavin arranged a special, once only, long sleeve top to mark the Clubs 20th Anniversary. A running cap was also introduced and is available from Gavin. Because of the relatively small number of individual clothing items which make up a typical order our manufacturer (Hot Designs) have been obliged to increase the price of many garments because of the high labour costs involved. We are keeping the situation monitored and will take any action necessary to ensure we continue to have a quality uniform available at a reasonable price

New Members.

When a new member first makes contact with the Club it is often by way of our Web Site. The new member is posted a kit of material containing information about the club, a copy of the latest Blister, uniform catalogue, 10k Fixtures and a STaR Calendar etc. However this usually means that the new member has not spoken with any one in the Club. To overcome this we have introduced a system of contacting new members a few months after they have joined to see how things are going. Many thanks to Carol Taylor for her help and assistance in this important area of the Club.

Internal Events and Social

Many thanks to George Herisson and Nick Adams for their successes with our social functions. The 20th Anniversary Picnic was attended by 138 members and friends and the Presentation Brunch held at Middle Harbour Yacht Club attracted 90 members. Of special interest was the Distance Running Seminar held at Norths Rugby Club. 100 members and friends turned up to hear the three speakers. This was a huge success as we originally thought we would attract the usual suspects - about 30. Because of the popularity of seminar it has been agreed to hold at least two similar functions each year. Keith and Margaret White and family deserve yet another round of applause for running the Equaliser Cross Country Event for the umpteenth time. This is a great run and deserves more support from members.

Blister

This was a topsy-turvy year for the Blister. Three

editions instead of the usual four were produced. Edition No 78 in June ran to a huge 56 pages but a shortage of material from members meant that the July/Sept edition was not produced. Edition 79 covering July/Dec was published in December. The success of the Blister depends not only on the enthusiasm of the editor but on a continual stream of articles and information, race results, births, deaths and marriages, Broken Wing Club information and so on, which members MUST provide. Without this type of support it is impossible to produce a magazine.

During the year we sought feedback on an 'Electronic Blister' to be made available on the Web Site. The response to this was underwhelming to say the least. About 75% of the Club's members are on the email LiSSt so as this number increases, the cheapest and fastest way by far to communicate within the Club will be by way of the Internet. Many members have yet to make the transition to the Internet but the time will come when members may elect how they wish to receive future Blisters, Calendars and Notices, a paper copy or by the Web. Sincere thanks to the Blister Man, Nick Themsen who has retired from the position of Editor.

Committee

The committee has in my opinion performed extremely well over the last 12 months. It is never easy taking on extra responsibilities in life, and to do so usually means not much thanks and a bit of criticism. We are fortunate that most of the present Committee have agreed to stay on for another year. Unfortunately we have lost the services of Nick Themsen (Blister), Carol Taylor (New Members), Gill Cavenagh (Secretary) and Nick Adams (Internal Events/ Social). On behalf of all the members I would like to thank each one of them for the contribution they have made to the success of Sydney Striders.

I would also like to place on record the Club's sincere thanks to all of those members who help out to make the Club tick along.

At risk of not naming everyone who deserves personal recognition, I refer to people such as Margaret and Mike Ward for handling our mail distribution. Margaret and Keith White for the Equaliser and their super-human kindness at the SMH Half Marathon. Brad Renshaw for his valuable assistance with printing. All the volunteers who make the 10k series a success. The STaR Hosts, for without them we would not be Sydney Striders.

And especially Fred and Lainie Howe of the Runners Shop, Randwick. They not only provide great sponsorship support for the 10K Series but also give us plenty of advice and a great discount whenever we

visit their shop. Last but not least I would like to thank every Sydney Strider for belonging to a great

running club and for bringing to it their own special brand of support and friendship.

Treasurer's report

Following is a copy of the Balance Sheet as at 31 March 2001 and Profit & Loss statement for the 12 months ended 31 March 2001.

Financially the year has been a good one for the Club, with income exceeding expenses by \$2,236. The gain this year was lower than budget and lower than the result for last year – (a gain of \$4,036), primarily due to subsidies recorded for club functions. The losses recorded for functions were generally within budget except for the most recent awards function held in March '01. The committee has received a strategy paper setting out options to increase the appeal and attendance for club functions.

The impact of the GST on the club has been small. The club's only real exposure being its printing costs, food purchased for STaRs and the 10k series being GST free. With regard to uniforms the GST is recovered in the price charged.

The balance sheet for the club is strong – (see following comparison for the last three years), with \$18,822 in the bank earning interest.

The budget for the 12 months ending 31 March 2002 has been drafted. The budget indicates that income is again expected to exceed expenses. The budget has been framed on the basis of a club financial year ending 31 March 2002. Consensus exists on the committee to change the club's financial year to match the membership year ended 31 December 2001. The club's constitution is being reviewed to ascertain the process required to effect this change. If the change is effected, the financial numbers next submitted will be for the 9 months ended 31 December 2001, with a proportionately lower surplus to be expected.

Balance Sheet as at 31st March

	<u>Year to</u> <u>March ' 01</u>	<u>Year to</u> <u>March ' 00</u>	<u>Year to</u> <u>March ' 99</u>
<u>Current assets</u>			
Cash at bank	3,680	5,468	12,139
Interest bearing deposits	15,142	10,000	0
Stock on hand - (at cost)	5,983	5,105	5,597
Prepaid venue fees	0	700	200
Refundable bonds	750	750	0
Total assets	25,555	22,023	17,936
<u>Current liabilities</u>			
Members fees - this year	10,471	10,100	10,400
Members fees - next year	1,275	350	0
Total liabilities	11,746	10,450	10,400
<u>Members equity</u>			
Opening balance	11,573	7,536	10,642
Surplus / (deficit)	2,236	4,037	-3,106
Net assets	\$13,809	\$11,573	\$7,536

Profit & Loss Comparison

01/04/99 Through 31/03/01 (in Aus. Dollars)

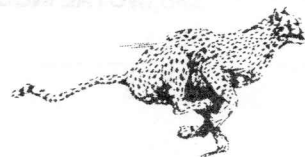
Category Description	01/04/00- 31/03/01	01/04/99- 31/03/00
INCOME		
Income:		
10 KM Series	8,329.20	6,688.95
Donations Rec.	100.00	0.00
Interest Rec.	312.51	4.07
Membership	16,664.00	15,112.00
STaR Net Procs.	1,035.66	1,209.45
TOTAL Income	26,441.37	23,014.47
TOTAL INCOME	26,441.37	23,014.47
EXPENSES		
Expenses:		
10km flyers	330.00	120.00
10km other	2,573.35	779.90
10km prizes	2,400.00	3,000.00
10km stop watch	0.00	463.00
10km venue fees	1,056.00	1,140.00
Awards Brunch	3,018.04	1,255.60
Bank Charges	1,374.18	1,118.03
Blister - post	1,504.79	824.35
Blister - print	4,417.00	2,830.00
Blister-dist'n	164.05	123.33
Calendars-Post	687.08	681.00
Calender-Dist'n	184.77	277.45
Calender-print	315.53	597.55
Donations	575.00	880.00
Gen admin phone	439.90	48.45
Gen admin post	465.70	885.17
Gen admin print	1,552.59	371.89
Insurance	519.29	428.67
Lodgement Fees	115.00	55.00
Loss on gear	-264.04	-1,211.15
M'thon Train Gp	888.30	847.65
Meetings	1,137.20	1,133.00
New gear	122.80	0.00
Notices - post	40.92	458.00
Notices -dist'n	169.37	112.86
Notices-print	0.00	443.00
S'Series Prizes	0.00	150.00
Subscriptions	0.00	130.00
Sundry Equipt.	0.00	240.00
Sundry Expenses	0.00	351.00
Web	418.45	444.00
TOTAL Expenses	24,205.27	18,977.75
Uncategorised Expenses	0.00	0.00
TOTAL EXPENSES	24,205.27	18,977.75
TOTAL INCOME - EXPENSES	2,236.10	4,036.72

10k Striders' Series Races 3, 4 and 5

Race 3 Lane Cove River Park 31 March 2001 Outright Results Male

Place	First Name	Surname	Strider	Time	Pts
1	John	Young	S	33.14	22
2	Chris	Truscott	S	33.37	21
3	Matt	Palmer	N	34.52	20
4	Tim	Ashby	S	34.53	19
5	Peter	Truscott	S	34.59	18
6	Greg	Donovan	S	37.43	17
7	Mark	Wilson	N	37.44	16
8	Robert	Liebman	N	37.45	15
9	Grahame	Murphy	S	37.46	14
10	Ross	Sinclair	S	37.57	13
11	Greg	Coy	S	37.58	12
12	Andrew	Graham	N	37.59	11
13	Godfrey	Franz	S	38.14	10
14	Peter	Cremen	S	38.25	9
15	Peter	Olds	N	38.58	8
16	George	Lisson	S	39.04	7
17	Doug	Kellock	N	39.11	6
18	Keith	Mayhew	N	39.28	5
19	Philip	Boswell	S	39.29	4
20	Leon	Walker	S	39.43	3
21	David	Jensen	N	39.46	2
22	John	Hamilton	S	39.49	2
23	Barry	Rutter	S	39.56	2
24	Mark	Robinson	S	40.16	2
25	Charles	Colville	S	40.19	2
26	Ben	McSweeney	N	40.54	2
27	Neil	Barker	S	41.30	2
28	John	Frykberg	S	41.40	2
29	Gary	Womsley	N	41.41	2
30	Evan	Hoskins	N	42.07	2
31	Peter	Heeley	N	42.16	2
32	Michael	Free	S	42.19	2
33	Peter	Dulson	N	42.36	2
34	William	Palmer	N	42.38	2
35	Ken	Harris	S	42.51	2
36	Peter	Hammer- schmidt	S	43.02	2
37	David	King	S	43.07	2
38	Kevin	O'Kane	S	43.19	2
39	Malcolm	Campkin- Smith	S	43.26	2
40	Stuart	Crichton	N	43.30	2
41	Brendan	Mason	S	43.41	2
42	Ron	Wilson	S	43.46	2
43	Mark	Davis	S	43.56	2
44	Tony	Saunders	S	44.00	2
45	Ron	Schwebel	S	44.07	2
46	Michael	Johnstone	S	44.13	2

47	Peter	Cobley	S	44.15	2
48	Rod	Lovel	S	44.20	2
49	David	Solomon	S	44.23	2
50	Michael	Sharp	S	44.25	2
51	Ivan	Freys	S	44.28	2
52	Tiemann	Sabrina	N	44.33	2
53	David	Ritchie	S	44.43	2
54	Mike	Hansen	S	44.47	2
55	George	Herrisson	S	44.53	2
56	Darren	Goodsir	S	44.55	2
57	Keith	White	S	45.49	2
58	Robert	Chalmers	S	45.56	2
59	Richard	Frykberg	S	46.16	2
60	Mark	Schaefer	S	46.56	2
61	Allan	Murray	S	47.18	2
62	John	Whealy	S	47.22	2
63	Phillip	Hoare	N	47.31	2
64	Geoff	Taylor	S	47.48	2
65	Kendall	Waller	N	47.49	2
66	Steven	Norden	S	47.54	2
67	Mervyn	Cohen	N	48.03	2
68	Robert	Bain	N	48.29	2
69	Eric	Schmierer	N	48.34	2
70	Roger	Mar	N	48.38	2
71	Michael	Wilson	S	48.39	2
72	Ted	Brailey	S	48.45	2
73	Ken	Edmondson	S	48.56	2
74	Peter	Grunfield	S	49.03	2
75	Craig	Johnson	N	49.16	2
76	Graham	Osborn	S	50.03	2
77	John	Kerr	S	50.16	2
78	Simon	Fagg	N	50.53	2
79	Alistair	Millar	S	51.29	2
80	Heiko	Schaefer	S	51.40	2
81	Neville	Gafen	S	51.57	2
82	Nick	Themsen	S	53.03	2
83	Mike	Roach	S	53.39	2
84	Greg	Coy	S	53.41	2
85	David	Harris	S	53.42	2
86	Frank	Dearn	S	56.04	2
87	Ellis	Janks	N	56.12	2
88	Nick	Gleeson	N	56.13	2
89	Graham	Willis	S	57.53	2
90	John	Sparks	S	62.48	2
91	Bill	Brennan	N	63.17	2
92	Charlie	McCommell	N	63.18	2
93	Jonathan	Giddy	N	64.16	2



Outright Results Female

Place	First Name	Surname	Strider	Time	Pts
1	Jenny	Truscott	S	37.23	22
2	Joanne	Cowan	S	37.34	21
3	Marie	O'Connell	S	42.24	20
4	Alanna	White	S	43.20	19
5	Christine	Curtin	N	44.21	18
6	Mary	Stringer	S	44.26	17
7	Jo	Pai	N	44.54	16
8	Tracey	Love	S	45.23	15
9	Debbie	Richards	N	46.29	14
10	Samantha	Brown	N	47.04	13
11	Sharon	Callister	S	47.12	12
12	Sally	Timbrell	N	47.27	11
13	Heather	Forster	S	48.51	10
14	Janet	Nixon	N	49.07	9
15	Marlene	Taylor	S	49.30	8
16	Benny	Gauci	S	50.20	7
17	Marie	Bleakley	S	50.21	6
18	Kirsten	Duerig	N	51.11	5
19	Marlies	Laaper	S	51.33	4
20	Nathalie	Massa	N	51.35	3
21	Katarina	Smelikova	N	52.02	2
22	Deborah	Church	N	52.53	2
23	Nicole	Frykberg	S	53.11	2
24	Penny	Smith	S	53.40	2
25	Frances	Brown	S	55.10	2
26	Beryl	Wilson	S	56.40	2
27	Amanda	Gording	N	57.11	2
28	Gretchen	Williamson	N	57.12	2
29	Margareta	Langsworth	S	69.06	2

Race 4 Mrs Macquarie's Chair 05 May 2001**Outright Results Female**

Place	First Name	Surname	Strider	Time	Pts
1	Jenny	Truscott	S	37.59	22
2	Joanne	Cowan	S	39.05	21
3	Caroline	Yarnell	S	42.46	20
4	Ann	Osborne	N	43.17	19
5	Mary	Stringer	S	44.57	18
6	Debbie	Richards	N	46.02	17
7	Tina	Campbell	S	47.26	16
8	Maggi	Bennett	N	47.39	15
9	Julianne	Bean	N	48.21	14
10	Estelle	Visser	N	48.23	13
11	Fiona	Shand	N	49.21	12
12	Benny	Gauci	S	50.19	11
13	Mirjam	Zwaal	N	50.30	10
14	Helen	Myles	N	50.52	9
15	Marlene	Taylor	S	51.03	8
16	Joanna	White	N	52.12	7
17	Kristen	Howe	N	52.59	6
18	Penny	Smith	S	53.37	5

19	Jackie	Sharp	N	54.17	4
20	Frances	Brown	S	54.22	3
21	Amanda	Cording	N	57.30	2
22	Gretchen	Williamson	N	57.43	2
23	Katherine	Kergas	N	58.42	2
24	Alison	Christie	N	59.11	2
25	Danielle	Whittlesea	N	60.50	2
26	Alanna	White	S	DNF	2

Outright Results Male

Place	First Name	Surname	Strider	Time	Pts
1	Damian	Tancred	N	32.34	22
2	John	Young	S	33.13	21
3	Richard	Sarkies	N	34.31	20
4	Peter	Truscott	S	34.42	19
5	Tim	Ashby	S	35.11	18
6	Jim	Owen	N	35.18	17
7	Gary	Cox	N	35.29	16
8	Simon	Hedger	N	35.40	15
9	Christopher	Dwyer	S	36.17	14
10	Ross	Sinclair	S	36.25	13
11	Silvano	Cadalt	N	36.30	12
12	Richard	Green	N	36.38	11
13	Greg	Coy	S	37.14	10
14	Grahame	Murphy	S	37.37	9
15	Andrew	Graham	N	37.45	8
16	Mathew	Kaley	S	38.02	7
17	Andrew	McGaffney	N	38.03	6
18	Andrew	Smith	S	38.06	5
19	Wayne	Stanton	S	38.15	4
20	Peter	Cremen	S	38.37	3
21	Chris	Ellis-Allan	N	38.44	2
22	Andrew	McNamara	N	38.45	2
23	Godfrey	Franz	S	38.51	2
24	Greg	Donovan	S	38.57	2
25	Robert	Fredericks	N	39.01	2
26	George	Lisson	S	39.06	2
27	John	Hamilton	S	39.18	2
28	Stephen	Urwin	S	39.25	2
29	Keith	Mayhew	N	39.33	2
30	Paul	Byleveld	N	39.35	2
31	Leon	Walker	S	40.06	2
32	Sean	Ryan	S	40.21	2
33	Charles	Nicoll	N	40.31	2
34	Mark	Robinson	S	40.50	2
35	Keith	Bateman	S	40.52	2
36	Peter	Annetts	N	40.56	2
37	Garry	Womsley	N	40.57	2
38	Dallas	Pearce	N	41.13	2
39	John	Van Yzendoorn	S	41.28	2
40	James	Brooks	S	41.34	2
41	Ken	Harris	S	41.39	2
42	Michael	Hirner	S	41.43	2
43	Peter	Dulson	N	41.47	2

44	Peter	Hammer-schmidt	S	41.51	2
45	Ben	McSweeney	N	41.56	2
46	Stephen	Bodnar	S	42.10	2
47	Scott	Smiles	S	42.28	2
48	Peter	Heeley	N	42.35	2
49	Michael	Free	S	42.37	2
50	Gregory	Prerau	S	43.16	2
51	Martin	Banfield	N	43.37	2
52	Mike	Hansen	S	43.39	2
53	Rod	Lovel	S	43.46	2
54	Jeremy	Curtin	N	43.50	2
55	Andrew	Waudby	S	43.53	2
56	Charles	King	S	44.01	2
57	Michael	Sharp	S	44.07	2
58	Darren	Goodsir	S	44.20	2
59	Scott	MacGraw	N	44.33	2
60	Kendall	Waller	N	44.45	2
61	Michael	Johnstone	S	44.55	2
62	David	Elliott	N	45.16	2
63	Graham	Sharp	S	45.25	2
64	Robert	Chalmers	S	45.29	2
65	Brendan	Mason	S	45.30	2
66	Keith	White	S	45.46	2
67	Nick	Reed	S	45.57	2
68	Peter	Grunfield	S	46.14	2
69	Austin	Curtin	N	46.16	2
70	Kevin	O'Kane	S	46.21	2
71	Alan	Levin	N	46.26	2
72	Neil	McPherson	S	46.46	2
73	George	Herrisson	S	46.49	2
74	Allan	Murray	S	46.57	2
75	Alex	Rubin	S	46.58	2
76	Geoff	Taylor	S	47.29	2
77	Tony	Saunders	S	47.47	2
78	Tony	Mitchell	N	47.50	2
79	Andrew	Hayim	N	47.52	2
80	Mike	Roach	S	47.53	2
81	Paul	Jackson	S	48.01	2
82	Joe	Flinn	S	48.02	2
83	John	Whealy	S	48.20	2
84	Ted	Brailey	S	48.27	2
85	John	Kerr	S	48.35	2
86	Ken	Edmondson	S	48.36	2
87	Denis	Speyer	S	48.48	2
88	Darryn	Brown	N	48.52	2
89	Steven	Sher	N	48.57	2
90	David	Adler	N	49.02	2
91	Roger	Mar	N	49.11	2
92	Eric	Schmierer	N	49.19	2
93	Jurgen	Joester	S	49.34	2
94	Bob	McNamara	N	49.52	2
95	Duncan	Scott	N	50.12	2
96	Alistair	Millar	S	50.15	2
97	Karl	Shea	N	50.44	2

98	Nick	Themsen	S	50.47	2
99	Graham	Willis	S	50.50	2
100	David	Lancaster	N	51.30	2
101	Sharif	Hansa	N	51.41	2
102	David	Harris	S	51.42	2
103	Hamish	Bamford	N	51.46	2
104	Ted	Magen	N	52.09	2
105	Jurg	Kunzle	S	52.43	2
106	James	Carroll	N	53.00	2
107	Sean	Kelly	N	54.21	2
108	Ian	Walker	N	55.22	2
109	Michael	Christie	S	59.12	2
110	Frank	Dearn	S	61.03	2
111	John	Sparks	S	63.38	2
112	David	Ritchie	S	DNF	2
113	Stuart	Greaves	S	DNF	2

Race 5 Lane Cove River Park 02 June 2001**Outright Results Male**

Place	First Name	Surname	Strider	Time	Pts
1	John	Young	S	33.54	22
2	Stuart	Reid	N	34.16	21
3	Tim	Ashby	S	34.38	20
4	Jock	Davis	N	34.55	19
5	Mathew	Kaley	S	35.57	18
6	Stuart	Greaves	N	36.00	17
7	Mark	Shingler	S	36.52	16
8	Greg	Donovan	S	37.22	15
9	Ross	Sinclair	S	37.29	14
10	Andrew	Graham	N	37.36	13
11	Peter	Truscott	S	37.52	12
12	Mark	Wilson	S	37.58	11
13	Andrew	McGaffney	N	38.06	10
14	Andy	Kervell	N	38.08	9
15	Peter	Walker	N	38.20	8
16	Peter	Cremen	S	38.32	7
17	Stephen	Urwin	S	38.52	6
18	John	Hamilton	S	38.58	5
19	Godfrey	Franz	S	39.08	4
20	Ray	Doran	S	39.12	3
21	George	Lisson	S	39.15	2
22	Mark	Fiore	S	39.30	2
23	Luke	O'Brien	N	39.35	2
24	David	Jensen	N	39.45	2
25	Glen	Morris	N	40.37	2
26	Stephen	Firth	N	40.38	2
27	Neil	Barker	S	40.46	2
28	John	VanYendoorn	S	41.12	2
29	Peter	Heeley	N	41.40	2
30	John	Hodges	S	42.20	2
31	Peter	Hammer-schmidt	S	42.26	2
32	Michael	Connell	N	42.34	2
33	Gerry	Quinn	N	42.35	2

34	Stephen	Jackson	S	42.42	2
35	Michael	Free	S	43.02	2
36	Darren	Goodsir	S	43.06	2
37	Mark	Davis	S	43.07	2
38	Gregory	Prerau	S	43.13	2
39	Nick	Adams	S	43.16	2
40	Graham	Sharp	S	43.40	2
41	Mike	Hansen	S	43.45	2
42	Peter	Woods	S	43.47	2
43	Ralph	Melano	S	43.48	2
44	Kendall	Waller	N	44.09	2
45	Tony	Saunders	S	44.15	2
46	Alex	Whitworth	S	44.20	2
47	Charles	King	S	44.33	2
48	David	Solomon	S	44.42	2
49	Peter	Grunfield	S	44.57	2
50	David	Ritchie	S	45.15	2
51	Paul	Jackson	S	45.29	2
52	Tony	Mitchell	N	45.53	2
53	Robert	Bain	N	46.00	2
54	Mark	Schaefer	S	46.04	2
55	Kevin	Ansen-Smith	N	46.05	2
56	Paul	Morgan	N	46.18	2
57	Julian	Wright	S	46.20	2
58	Darryn	Brown	N	46.24	2
59	Jurgen	Joester	S	46.28	2
60	Allan	Murray	S	46.32	2
61	Joe	Flinn	S	47.01	2
62	George	Herrisson	S	47.40	2
63	Kevin	O'Kane	S	48.13	2
64	Heiko	Schaefer	S	48.21	2
65	John	Kerr	S	48.35	2
66	Ted	Brailey	S	48.37	2
67	Eric	Schmierer	N	48.40	2
68	Andrew	McNamara	N	48.41	2
69	Duncan	Scott	S	48.52	2
70	Richard	Wassell	S	50.39	2
71	Jurg	Kunzle	S	51.15	2
72	Allen	Chimes	N	51.37	2
73	Jack	Leigh	N	51.38	2
74	Graham	Willis	S	52.03	2
75	Ian	Walker	N	53.28	2
76	Michael	Christie	S	54.47	2
77	Frank	Dearn	S	59.46	2
78	Jim	Kalothos	N	59.58	2
79	Ben	Thomson	N	64.57	2
80	John	Sparks	S	65.54	2
81	Mark	Robinson	S	99.99	2

Outright Results Female

Place	First Name	Surname	Strider	Time	Pts
1	Jenny	Truscott	S	38.12	22
2	Joanne	Cowan	S	38.26	21
3	Ann	Osborne	N	42.57	20

4	Caroline	Yarnell	S	43.08	19
5	Mary	Stringer	S	44.44	18
6	Debbie	Richards	N	45.25	17
7	Kim	Todkill	N	46.45	16
8	Maggi	Bennett	N	46.52	15
9	Lesley	Maher	S	46.56	14
10	Rowena	Walker	N	48.12	13
11	Heather	Forster	S	48.57	12
12	Fiona	Shand	N	49.07	11
13	Julie	McGaw	S	50.16	10
14	Deborah	Church	N	51.56	9
15	Jane	Woodworth	N	52.19	8
16	Alissa	Manwaring	N	53.16	7
17	Louise	Guilfoyle	N	53.52	6
18	Joanna	White	N	54.12	5
19	Frances	Brown	S	54.16	4
20	Beryl	Wilson	S	55.19	3
21	Tina	Campbell	S	60.07	2
22	Kylie	Rutter	N	64.56	2

Handicap Placings to Race 5

Minimum points for inclusion: 8

First Name	Surname	R1	R2	R3	R4	R5	TOTAL
Peter	Grunfield	2		22	21	20	65
John	Kerr		2	18	19	8	47
Brendan	Mason	2	22	19	2		45
Mike	Roach	19	2	2	22		45
Mary	Stringer	16	15	10	2	2	45
Kevin	O'Kane	12	12	16	2	2	44
Neil	Barker	2		21		17	40
Frances	Brown	2	2	17	15	4	40
Joe	Flinn				20	19	39
Ken	Harris	2		20	17		39
Steven	Norden	2	21	15			38
Beryl	Wilson	2	14	3		18	37
Peter	Cremen	22	4	2	2	2	32
Alanna	White	2	16	7	2		27
Michael	Christie	2			2	22	26
Ralph	Melano	17				9	26
Tracey	Love	11	6	8			25
Michael	Sharp		2	14	9		25
Graham	Osborn	2	20	2			24
Caroline	Yarnell	2	18		2	2	24
Tim	Ashby	9	5	2	2	5	23
Graham	Sharp				2	21	23
Joanne	Cowan	14	2	2	2	2	22
Marie	O'Connell	18	2	2			22
Mark	Schaefer	2		5		15	22
Stephen	Ball	8	13				21

Sarah	Braund	2	19				21
Matt	Fitz-Gerald	21					21
George	Lisson	13	2	2	2	2	21
Peter	Hammerschmidt		2	2	14	2	20
Jurg	Kunzle	2	2		2	14	20
Alistair	Millar			2	18		20
Grahame	Murphy	2	2	9	7		20
Carol	Taylor	20					20
Sharon	Callister	7		12			19
Mark	Gardiner	2	17				19
Charles	King	2	2		13	2	19
Stephen	Bodnar	2			16		18
Gregory	Prerau		10		6	2	18
Heiko	Schaefer	2	2	2		11	17
Jenny	Truscott		11	2	2	2	17
Ron	Wilson	2	2	13			17
Lesley	Maher					16	16
Peter	Truscott	2	2	2	8	2	16
Charles	Colville	2	2	11			15
Andrew	Gibbons	15					15
Keith	Bateman		2		12		14
Greg	Coy	2	7	2	3		14
Tony	Saunders	2	2	6	2	2	14
Greg	Donovan		2	2	2	7	13
Mark	Shingler					13	13
Leon	Walker		9	2	2		13
Mark	Fiore					12	12
Ross	Sinclair	2	2	2	4	2	12
Adrian	Spragg	10	2				12
Stephen	Urwin				2	10	12
Scott	Smiles				11		11
Mark	Davis	2	3	2		3	10
Frank	Dearn	2	2	2	2	2	10
Christopher	Dwyer		8		2		10
John	Hamilton	2	2	2	2	2	10
Mike	Hansen	2	2	2	2	2	10
George	Herrisson	2	2	2	2	2	10
Allan	Murray	2	2	2	2	2	10
Mark	Robinson	2	2	2	2	2	10
Andrew	Waudby				10		10
John	Young	2	2	2	2	2	10
Ted	Brailey		2	2	2	2	8
Heather	Forster			2		6	8
Godfrey	Franz		2	2	2	2	8
Michael	Free	2		2	2	2	8
Benny	Gauci	2	2	2	2		8
David	Ritchie		2	2	2	2	8

David	Solomon	2	2	2		2	8
John	Sparks		2	2	2	2	8
Marlene	Taylor	2	2	2	2		8
John	VanYzendoorn	2	2		2	2	8
John	Whealy	2	2	2	2		8

Outright Female after 5 Races

Minimum points for inclusion: 8

First Name	Surname	R1	R2	R3	R4	R5	TOTAL
Joanne	Cowan	22	21	21	21	21	106
Jenny	Truscott		22	22	22	22	88
Caroline	Yarnell	19	17		20	19	75
Mary	Stringer	13	9	17	18	18	75
Ann	Osborne	18	14		19	20	71
Marie	O'Connell	20	18	20			58
Debbie	Richards		6	14	17	17	54
Alanna	White	17	13	19	2		51
Cindy	King-Williams	21	20				41
Tracey	Love	14	8	15			37
Maggi	Bennett				15	15	30
Marlene	Taylor	9	3	8	8		28
Sarah	Braund	15	12				27
Benny	Gauci	3	3	7	11		24
Fiona	Shand				12	11	23
Heather	Forster			10		12	22
Sharon	Callister	10		12			22
Jo	Pai		4	16			20
Jan	Phillips		19				19
Tina	Campbell				16	2	18
Christine	Curtin			18			18
Kim	Todkill					16	16
Joanna	Burke	16					16
Ann	Gillies		16				16
Annette	Chase		15				15
Lesley	Maher					14	14
Joanna	White		2		7	5	14
Julianne	Bean				14		14
Rowena	Walker					13	13
Frances	Brown	2	2	2	3	4	13
Samantha	Brown			13			13
Estelle	Visser				13		13
Kristy	Humphrey	12					12
Deborah	Church			2		9	11
Belinda	Dent	11					11
Nicole	Frykberg	7	2	2			11

Alexandra	Lang		11				11
Sally	Timbrell			11			11
Julie	McGaw					10	10
Kristen	Howe	4			6		10
Jacqui	Matthews		10				10
Mirjam	Zwaal				10		10
Beryl	Wilson	2	2	2		3	9
Helen	Myles				9		9
Janet	Nixon			9			9
Penny	Smith	2		2	5		9
Jane	Woodworth					8	8
Marie	Bleakley		2	6			8
Anita	Tymkiw	8					8

Outright Male after 5 Races

Minimum points for inclusion: 8

First Name	Surname	R1	R2	R3	R4	R5	TOTAL
John	Young	21	19	22	21	22	105
Tim	Ashby	16	17	19	18	20	90
Peter	Truscott	15	13	18	19	12	77
Ross	Sinclair	8	12	13	13	14	60
Chris	Truscott	12	20	21			53
Simon	Hedger	19	15		15		49
Damian	Tancred		22		22		44
Greg	Donovan		7	17	2	15	41
Greg	Coy	7	11	12	10		40
Mathew	Kaley	14			7	18	39
Jock	Davis		18			19	37
Andrew	Graham		2	11	8	13	34
Christopher	Dwyer		16		14		30
Matt	Palmer	9		20			29
Peter	Cremen	4	5	9	3	7	28
Silvano	Cadalt	6	9		12		27
Grahame	Murphy	2	2	14	9		27
Mark	Wilson			16		11	27
Jonathon	Clennar	10	14				24
Dean	Degan	22					22
Stuart	Reid					21	21
Sean	Williams		21				21
Steven	McGuigan	20					20
Richard	Sarkies				20		20
Stuart	Greaves				2	17	19
Richard	Green		8		11		19
Godfrey	Franz		2	10	2	4	18
Andrew	Gibbons	18					18
Andrew	McGaffney		2		6	10	18

Matt	Fitz-Gerald	17					17
Robert	Liebman		2	15			17
Jim	Owen				17		17
Gary	Cox				16		16
Mark	Shingler					16	16
George	Lisson	2	2	7	2	2	15
John	Hamilton	2	2	2	2	5	13
Eric	McKenna	13					13
Keith	Mayhew	2	2	5	2		11
Judd	McBurney	11					11
Frank	Dearn	2	2	2	2	2	10
Mike	Hansen	2	2	2	2	2	10
Peter	Heeley	2	2	2	2	2	10
George	Herrisson	2	2	2	2	2	10
Doug	Kellock	2	2	6			10
John	Kerr	2	2	2	2	2	10
Allan	Murray	2	2	2	2	2	10
Kevin	O'Kane	2	2	2	2	2	10
Peter	Olds	2		8			10
Mark	Robinson	2	2	2	2	2	10
Tony	Saunders	2	2	2	2	2	10
Eric	Schmierer	2	2	2	2	2	10
Andrew	Smith	5			5		10
Stephen	Urwin	2			2	6	10
Tony	Wong		10				10
Andy	Kervell					9	9
Philip	Boswell	2	2	4			8
Ted	Brailey		2	2	2	2	8
Mark	Davis	2	2	2		2	8
Peter	Dulson	2	2	2	2		8
Michael	Free	2		2	2	2	8
Peter	Grunfield	2		2	2	2	8
Peter	Hammerschmidt		2	2	2	2	8
Charles	King	2	2		2	2	8
Jurg	Kunzle	2	2		2	2	8
Brendan	Mason	2	2	2	2		8
Dallas	Pearce		6		2		8
David	Ritchie		2	2	2	2	8
Mike	Roach	2	2	2	2		8
Heiko	Schaefer	2	2	2		2	8
David	Solomon	2	2	2		2	8
John	Sparks		2	2	2	2	8
John	VanYendoorn	2	2		2	2	8
Peter	Walker					8	8
Kendall	Waller		2	2	2	2	8
John	Whealy	2	2	2	2		8



Sydney Striders

2001 10Km RACE SERIES

Three Scenic Certified 10Km Courses

Start 7:00 AM Sharp

Registration from 6.15.AM

Entry fees for 2001 : Striders \$5, non-Striders \$10

Entry fee includes refreshments

Enquiries: Sydney Striders 0500-JOGGER or

www.sydneystriders.org.au

Race 1	03 February	Mrs Macquaries Chair, The Domain
Race 2	10 March	North Head Sydney Harbour National Park
Race 3	31 March	Lane Cove National Park Delhi Rd Entrance
Race 4	05 May	Mrs Macquaries Chair, The Domain
Race 5	02 June	Lane Cove National Park Delhi Rd Entrance
Race 6	07 July	North Head Sydney Harbour National Park
Race 7	04 Aug	Mrs Macquaries Chair, The Domain
Race 8	01 Sept	Lane Cove National Park Delhi Rd Entrance
Race 9	06 Oct	North Head Sydney Harbour National Park
Race 10	03 Nov	Lane Cove National Park Delhi Rd Entrance

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