

Sydney Striders

**Road Runners
Club
Australia**



Edition No. 82: July-September 2001

City to Surf 2001



Joel MacKay (in fancy dress). We reckon he was first gorilla across the line.

Joel ran the SMH Half juggling the whole way – so why not a juggling ape? No peripheral vision!



Grahame Murphy relaxes on the finishing line of the City-to-Surf with an official time of 52:40.... but the clock shows it was faster than that.

Photo courtesy of: Steve Lunam,
with permission of Sydney Morning Herald

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- ◆ David Sill Races Across France
 - ◆ Jenny Truscott – Personal Profile
 - ◆ Andrew Gibbon's PB Berlin Marathon
 - ◆ Glasshouse results – Jonathan Worswick sets course record
 - ◆ Steve Jackson's Fave Run
 - ◆ Six Foot Track – Nick Themsen hikes it, Sean Greenhill runs it there & back.
 - ◆ Getting on Track with Matt Kaley
 - ◆ Results – City Surf, 10k series, Half Ladder
- AND MUCH, MUCH MORE !**

The Blister

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Copy Preferences

How many words? As a guide, 1300 words seems to roughly translate into two pages of Blister (including your happy smiling photo) which is a good size. Smaller items and letters are most welcome.

How to send? Email to Blister address (Blister@sydneystriders.org.au) or phone Editor to arrange sending of disk or written copy.

Word document or email text? – Preferably write your piece in a Word document and attach to your email. It is easier for me to cut-and-paste from Word than email text.

Font? Whatever you send will be converted to Blister font of Times New Roman 11 (in case you want to size it just right).

Photos: I like to have a picture of every contributor in their article –colour or B&W, we can scan photos or use **jpeg files**. We endeavour to return photos but it is best not to send your only copy. Drawings, cartoons also welcome. Members' contributions given priority, but non-members' welcome too.

Blister Contributions

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(or Striders PO Box)

Next Deadline Date

**SUNDAY 6th JANUARY
2002**

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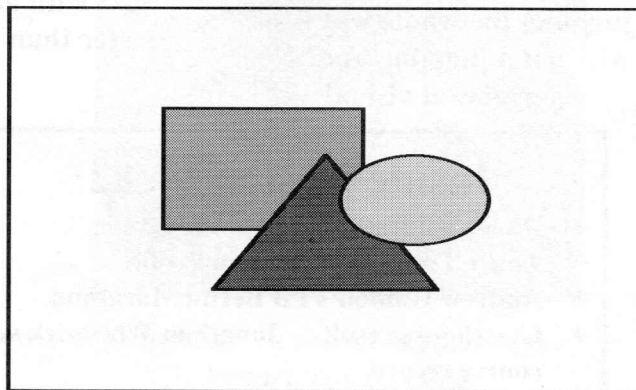
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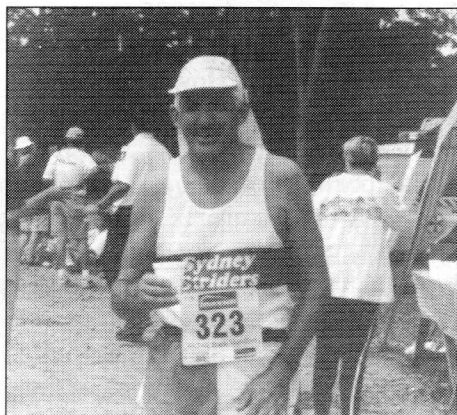
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Randwick Runners Shop Fred & Lainie Howe

PRESIDENT'S REPORT

By Jim Screen



The world is still in a state of shock following the incredible events which took place in the USA on September 11. The impact of those dreadful actions will be felt by all of us for a long time to come. Our deepest sympathy goes to all those who lost loved ones in the attacks. It is more than difficult to understand the reasons behind the actions of September 11. But whatever they are let's hope the problems are quickly resolved so that we can again assume the level of personal safety we once felt when trusting ourselves into the hands of others in activities such as travel and public health.

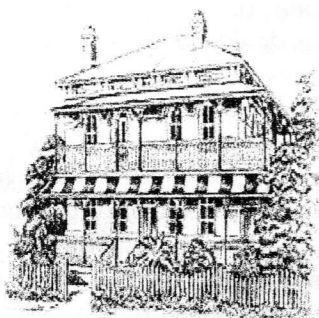
The Club still needs the involvement of many more of its members to act as volunteers from time to time in order to successfully and professionally conduct its affairs. Consequently the Committee has agreed

that a scheme should be put in place to enable members to nominate an activity or event at which they will provide assistance probably no more than once a year. Membership renewal forms will in future contain provision for you to nominate the club activity at which you would be prepared to provide assistance.

Sydney Striders has much to offer the long distance runner but from time to time we receive enquiries about such things as walking and cycling groups as well as becoming directly involved in competitive events such as those conducted by Athletics NSW. It would be most difficult for the Club to be all things to all people (for a start we never have enough volunteers) but if you have a view on a pet topic which involves the Club or a suggestion which could improve something we are already doing, then please don't phone but gather your thoughts and drop me a line -

Email:- president@sydneystriders.org.au or the old fashioned way to P.O.Box 87 Killara 2071. (Or to 'The Blister' if you want a soapbox, Ed.)

Good luck to all those who have entered the Sydney Marathon. I hope you all have a PB. I know you will have plenty of support out on the road from all those members who are on drink stations and doing other tasks to help ensure this event is a huge success.



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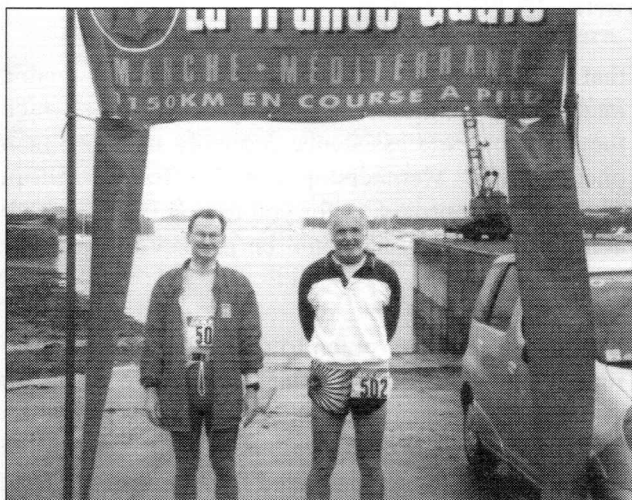
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The Race Across France

By David Sill



David (left) at the English Channel with American ultra legend Don Winkley. Will 1145 kms wipe the smile from my face?

The inaugural running of *La Transe Gaule* was completed on 16 September. This is the longest race in Europe and is a coast-to-coast race from Roscoff in Brittany on the English Channel to Narbonne Plage on the Mediterranean. The race is an 18-day stage race of 1145 kilometres with an average daily distance of 64 kilometres. France is a beautiful country and the course traversed 7 provinces: Brittany, Pays de Loire, Anjou, Limousin, Auvergne, Midi-Pyrenees and Languedoc-Roussillon. I had seen many of these words on wine bottles, so they must be good, but aren't the Pyrenees mountains?

The race was the fulfillment of a dream of a Frenchman who had read about the Bunion Derby races across America in 1928 and 1929 (The book *Flanagan's Run* is about those races). Jean-Benoit Jaouen had tried to enter the revived TransAm races in the 1990's but they were frequently cancelled. He wanted to enter the Trans Australia Race of Fire earlier this year but could not get crew. So he ran across France. Then he decided to share his dream with others and *La Transe Gaule* was a born with him as race director using the route he himself had run.

Fourteen runners and a wheelchair athlete were on the start line on the misty morning of 30 August. There were 11 French runners, an American, a Swiss and a Sydney Strider! There were some accomplished runners in the field: Jacques Martin had run across the Sahara, whilst the eventual race winner, Maurice Mondon, had a 100km PB of 6 hr 58

min. American ultra legend Don Winkley was there. He had finished TransAm in 1995 and is the current world record holder in his age group for the 48-hour race with 323 kilometres. However, I was the only one to have completed the Wahooonga Wobble!

Malcolm Campbell, President of the International Association of Ultra Runners, himself a TransAm finisher, stayed in France for four days after the 100km World Championship just to act as starter of the race. Gerard Stenger, President of the French Ultra Association travelled the 500km from Paris just to see the start. These two champions of the past saw this as important. We all dipped a finger in the English Channel and hoped to be doing the same in the Mediterranean 18 days later. 18 long days later.

The first stage was 57 kilometres and even though the second half was up hill in pouring rain all the warriors handled it well. The next two daily stages, however, were the longest of the race at 78 and 75 kms respectively after which we all then knew the reality of what lay ahead. At the end of day 4, which was of 68 kilometres, three warriors had fallen and most of those that remained were starting to feel some aches and pains. Days 6 and 7 were shorter at 53 and 52 kilometres, which were welcome relief as well as providing variety. By now we were all in a routine - just like going to work each day for 8 hours followed by icing the legs, treating the injuries, having dinner then off to bed until the next day.

I was tending to have alternate good and bad days, as the legs required a slower day after each better one. By stage 9 the good runners were running less consistently and I was delighted to finish that stage in 5th place, two positions higher than ever before. We were now in central France and quite high up. It was hilly and cool - on several days we had to start running in the mornings with gloves and hats. In stage 12 we lost another warrior, forced out with swollen ankles and knees, and 10 runners remained with their sights firmly set on seeing *la mer*. By this time the overall positions of the runners in the field were pretty well final as the runners performances were spread sufficiently widely that none of us was going to catch the one in front. In stage fourteen I made my only navigational error and did an extra 3-4 kilometres which did not matter overall (truth on the day: curse, swear, spit dummy, etc!!!). By this time those of us in the back half of the field were pretty

much in survival mode though I did have one more good day when I surprisingly finished 4th in the 15th stage - but it was back to 8th the next day. In the 16th stage we passed the 1000km mark.

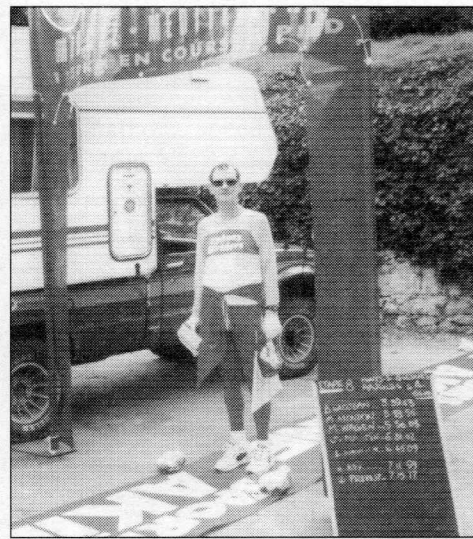
Stage 17 was my worst. On another hilly day we crossed the edge of the Pyrenees (yes they are mountains!) and went over the highest point on the course. The terrain was tough that day. We started at 300metres above sea level, rose to 999m, then back to 800m, then up to 1004, down to 700, back up to 900 and then finished at 320m. It was the only day where I took over 10 hours, which was disappointing. In those final days the fatigue was accumulating and many of us were having trouble finding the energy to do anything more than a slow jog up the hills, but if we strode out down hills our shins soon reminded us they were sore.

All this was forgotten the next magic day as we headed off towards the beach. Everyone was in high spirits as this was the final day. This was an emotional day for me and the fulfillment of a dream. My adventure was nearly over. The race director stopped us at Narbonne city to meet the mayor, then a police escort led us to the road down to the beach. With 1134 kilometres gone and 11 remaining we got our first glimpse of the Mediterranean. We wound our way down the hill for what seemed like forever and then eventually I passed the sign with the words I had read hundreds of times over the previous months: *Narbonne Plage*. Every minute seemed like an hour as I ran through the town wondering how far it was to the beachfront, but then the finishing line was in sight surrounded by crowds of cheering people. I was soon over the line and was taken onto the sand by the other runners where, as if in a dream, I placed that finger in the Mediterranean. The final stage was 70km and I was very happy to finish it in 8 hours 11 minutes to be sixth that day. The 10 warriors all got there along with the wheelchair athlete.

Among my many enjoyable experiences was that I ran quite a lot with Don Winkley. Don is from Texas (yes, everything was bigger there according to Don!). He is an ultramarathon legend and raconteur. His stories helped me through some rough patches in the race. Don was determined to enjoy the trip and sampled all the local delights. His crew would visit the boulangerie for him during the race (well a calorie is a calorie!), occasionally supply him with such well know pain killers as cognac or white wine to help him through the race when the going got tough and arrange a cold beer at the finish line every day. Each evening he enjoyed the local food and wine of the

many districts we traversed. Whilst I would not drink cognac during a race, I would not question the methods of a man with his running achievements.

We were promised spectacular scenery to make the race more enjoyable and we were not disappointed. There were days of continuous sunflowers and others of vineyards. My favourite day was when we crossed the bridges over the Loire river surrounded by a great variety in agriculture followed by more vineyards. Later in the race, in the higher ground, there was the sound of cowbells all day long as we wound our way along the roads between the fields. One day we passed a series of beautiful lakes as well as more rivers and gorges.



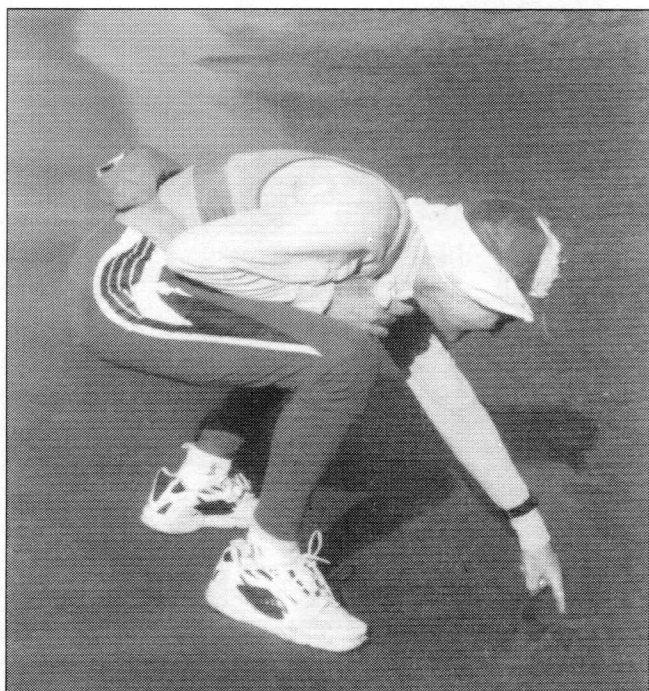
Stage 8 was 64km finishing at Angles-sur-I'Anglin, I finished 7th

The race winner was Frenchman Maurice Mondon who covered the 1145 kilometres in 96 hours 16 minutes for an average of 11.89 kilometres per hour. I was seventh in 149:46 with an average of 7.65 km/h whilst Don Winkley finished eighth in 156:11 for an average of 7.33 km/h. Yes I know that 7.65 is pretty slow but there were times when I was at the bottom of yet another big hill, it was pouring with rain, the course direction sheet was in French, the sheet was soaking wet and I said to myself " what the hell am I doing here?" and I walked! Well, that's my excuse anyway - I won't mention that I didn't do enough training beforehand! This race cannot be compared to the Trans Australia Race which was four times as long and way beyond my capabilities, but Anatoliy Kruglikov won that race earlier this year in 14.3 km/hr whilst the slowest finisher averaged 8.3 km/hr. That was obviously a tougher race and the quality of the runners was high. But the French race was hilly and I would estimate that 60% of the whole

course would have had a Striders hill rating of H4 or H5. I wonder what effect the hills had on everyone's times? Surprisingly the weather was quite good throughout and my fear of high temperatures, especially near the end, did not eventuate.

Nine days after the race I weighed myself and found that I had lost a 6 kilos during the race. Do you think this weight loss system is saleable?

By the way, can someone tell me if this race qualifies as 27 marathons towards my 100?



**I ran 1145 kms to touch the Mediterranean –
maybe there is an easier way.**

Strider at 100km World Championship

By David Sill

This event was held in Cleder, France on 26 August under the Patronage of the IAAF. I was there but not as a runner. Very unexpectedly I had been asked by the Australian Ultra Runners Association to act as official Team Manager of the Australian national team at the championship. I was duly appointed by Athletics Australia and acted as an Australian official for the first time in my life. Pretending to know what I was doing I registered the team when I arrived, attended briefing meetings lead by the IAAF and the President of the French Athletic Federation, collected the financial support for the Australian team from

both the race organising committee and the IAAF and got the team to the start line. Before the event I had to study the IAAF rules as I was told that I was the person responsible for lodging a protest if needed! - Thank goodness it was not.

It was a great event. The race director closed entries at 1800, which meant that several hundred entries were refused. Not bad participation for a 100km race! The Cleder race is one of the great traditional ultramarathons in Europe. It a great spectacle on a wonderful Brittany course. The Aussie team did not produce its best performance, finishing 17th, but nevertheless the national flag was flying. Next year's world championship will be held in Torhout in Belgium at another of Europe's great 100km events "The Night of Flanders" in June, 2002. Yes, that's right, it is a night race starting at 8pm so could suit Aussies as this is their day time. If anyone is interested book early as entries will close on this one too.

Results

Hardrock Hundred Mile 15th July

Jonathan Worswick came fifth overall at the supremely tough run in Colorado in a time of 30.12.

Central Coast Father's Day Run

Heiko and Mark Schaefer won their combined 'Father and Son' age-group.

10k Berowra Bush Bash 9 September

Ray Doran - 1st >60, 20th overall - 40.42

Jenny Truscott - 1st 20 to 30; 22nd overall; 2nd female - 41.10

Charles Coville - 3rd 50 to 60; 28th overall - 42.12

Dawn Tiller - 2nd 30 to 40; 34th overall; 3rd female - 43.01

10k SAN Hospital 23 September

Charles Coville - 2nd 50 to 60 - 41.52

Berlin Marathon 30th September

191st Chris Truscott	2.41.34	
248th Andrew Gibbons	2.43.52	PB
337th Chris Dwyer	2.47.29	
781st Peter Truscott	2.56.11	
5666th Peter Hammerschmidt	3.31.07	

GLASSHOUSE 50 AND 100 MILE

From Sean Greenhill

100 and 50 mile trail runs were held at the Glasshouse Mountains in Queensland and quite a Striders contingent dared to show their faces....

Jonathan broke Paul Every's course record for the 100 Mile by 2 3/4 hours, and the next day didn't even look tired. Martin Fryer was unlucky to run behind a guy who set a new 50 mile course record. Kelvin ran solo through the night to take three hours off his previous time in the 100 - very gutsy. Warwick and Dave pushed Martin all the way.

Sean Greenhill dropped at the 110km checkpoint with a combination of sickness and badly blistered feet, getting to the checkpoint after 17 and a half hours running, and Kevin Tiller dropped at the same checkpoint not long afterwards with feet that looked even worse than Sean's. At least he wasn't sick.

100 Miles (162km)

Place Name	No.	Age	Sex	Time
1 JONATHAN WORSWICK (Sydney Strider)	7	38	M	17:43:20
2 KIERON THOMPSON	4	37	M	20:43:29
3 KELVIN MARSHALL (Sydney Strider)	13	37	M	22:34:50
4 BILL THOMPSON	8	58	M	28:04:52
5 CAROL LA PLANT	10	54	F	28:27:11
SEAN GREENHILL (DNF) (Sydney Strider)	3	23	M	
KEVIN TILLER (DNF) (Sydney Strider)	14	35	M	
LAWRENCE MEAD (DNF)	5	33	M	
KERRIE HALL (DNF)	6	40	F	
MARK HOLLEY (DNF)	2	23	M	
PHILLIPA BOLT (DNF)	11	45	F	

50 Miles (83km)

Place Name	No.	Age	Sex	Time
1 DARREN SKILLICORN	54	35	M	07:41:06
2 MARTIN FRYER (Sydney Strider)	55	40	M	08:29:55
3 WARWICK SELBY (Sydney Strider)	53	51	M	08:40:02
4 GEOFF PECK	59	52	M	08:58:44
5 DAVID KING (Sydney Strider)	51	53	M	09:48:27
6 NIC LOUW	58	47	M	10:21:01
7 BERNADETTE ROBARDS - 1F	57	31	F	13:11:21
7 JOAN ROBARDS - 1F	56	66	F	13:11:21
9 BRUCE HARGREAVES (DNF)	52	48	M	

Results from coolrunning.

Marathon Training Group

From Michael Bailey

The Marathon Training Group (MTG) will start again at 7.00am at the Rotunda, Balmoral Beach on November 4 - 'Mosman Reversed'. There are 12km and 16km options.

What is the MTG and what is the goal?

The MTG is a sub group within Sydney Striders - a group of runners intending to train and support each other to complete the Canberra Marathon in April 2002. Note, you don't have to want to run the Canberra event to train with us - you may want to train for the Six Foot Track in March or may simply want to do some long runs with a group. We aim to enjoy our long runs and get back in reasonable shape and have some fun on the way.

Who should join?

The MTG is for the slower runners amongst us. An indicated marathon speed would be something between 3hrs 45mins and 4hrs 30mins or longer. I'm told there are a number of Striders members who seldom run at STaRs because we go too fast. The MTG will not be too fast for you so please join us. Our STaR speed will be to run 8.5-9kms per hour including drink stops and re-grouping. This means our actual running speed will be about 6min/kilometres.

Several original MTG members have told me that despite now running with faster groups, they quite enjoy receiving the MTG newsletters and other communications - that's good news! If you would like to continue receiving MTG newsletters etc, we'd be very pleased to send them to you (and to receive your input), all you have to do is to let me know. What's important though is that runners who have become faster than in previous years don't try to drag our group along faster than it should go. The speed of the MTG's running will be strictly 'dictated'!

What are the 'rules'?

The most important word in Marathon Training Group is 'GROUP'. The whole purpose is to support each other and to run as a group (or two groups, but still GROUPS). The rationale is that people don't drive half way across Sydney to run alone and also to remember that anyone of us can 'have a bad day' or struggle a bit for a few kms in the middle of a run. The group should wait for any stragglers. Obviously members must do their mid week training.

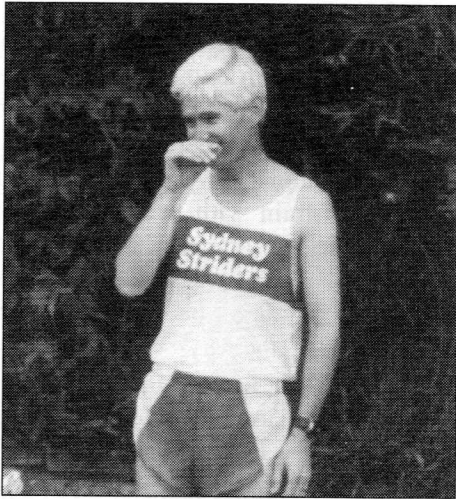
How can you join?

Please communicate with the MTG co-ordinator, Michael Bailey. e-mail michael_bailey@mlc.com.au or 0412 212 427.

FAVOURITE SHORT RUNS

The Bay Run

By Steve Jackson



Steve Jackson tries to look worried that your Editor is back in training.

I moved to Leichhardt three years ago from the hills of Neutral Bay. One of the factors in the move was the proximity to the Iron Cove Bay run, a couple of hundred metres down the road. It has proved to be the basic unit of my training, and with the current upgrading is improving month by month as the three or four different councils with responsibility for its upkeep seem to be trying to outdo each other.

The Bay Run is exactly 7.0km around, so long as you stick to the path at the northern end of Iron Cove Bridge and run the bike path at the Lilyfield Rd bridge (don't use the stone steps). There are many, many places to park and run around the Bay and it is quite acceptable to run clockwise or anticlockwise, although prevailing westerly winds can make anticlockwise (Bay on your left) quite a chore along the northern (Drummoyne) side. My usual start point is at the bottom of Lilyfield Rd where there is a right hand turn into parking outside the old Apia Club (now Montagne Restaurant). The post in the bike path turn is 0km. Heading across Lilyfield Rd bridge (which is now a grassed pedestrian bridge), you proceed along a lovely new wide bitumen path with the new City West link on the left. Don't worry, we leave the traffic behind after about 700m. Past the Haberfield Rowers Club (500m), there is ample grass to run on if the legs need some rest from the bitumen. 1km comes up at the second last light post on the left.

Turn right across the canal at the lights - there are no

roads to cross on the Bay Run - and continue onto the new concrete path. There are lovely views to the city, and at sunrise the sun over the city can be spectacular. On the left, across the road, is Timbrell Park. If you are interested in a rep session, there is a 1200m cycleway around the park, with an accurate 1000m marked out. It makes for a marvellous 1k rep session for those silly enough - or a quiet lap will push the Bay run up to 8km. As the path curves to the right it changes councils and surfaces - the concrete becomes very nice packed gravel - this is 1.5km.

Trees and a nice surface, sometimes jumping fish can be spotted, and often large pelicans sit on top of the light poles. The path starts to turn left to cross Rodd Point. The first of 4 drink stops is here at 2km - even the dog is catered for with a trough next to the bubbler. Stay on the path, admire the scenery, and just keep the water on your right. As you round this part of the bay there is a rock with a plaque - that particular council congratulating itself on a Bay job well done - this is 2.5km. Heading due east now, a tailwind to help if the wind is a west or south westerly, a glance across the water will reveal Rodd Island, the site of the first testing of the rabbit control disease myxomatosis in Australia and where my lovely wife, Megan, and I got married - these two events were not necessarily related! For a short stretch the gravel path gives way to a concrete patch over a drain - this is 3km.

The path narrows and turns to concrete with trees and water and boatsheds on the right and guard rails and road on the left - however, there isn't much traffic, so it is still a quiet run. It has a few minor undulations along this stretch, and the half way point (3.5km) comes up as a wall of garages with houses above them appears across the road on the left. More boatsheds on the right, with a couple of picnic spots, and great places to plane spot directly under the flight path for the main north/south runway at Mascot! A long gradual uphill with a park on the left and views to the Drummoyne pool on the right turns at the 4km point. past a fitness club, often with rowing shells littering the area, there is a bubbler outside the club - or a beer inside. On the left, across the road, is Brett Park, the start point of a number of STaRs including the Western Wanderer and Iron Cove Bolter.

Over the hill with the Drummoyne pool on the right - and I lied earlier - you have to cross the road here to get up onto Iron Cove Bridge. Stay on the path - no short cuts up the embankment - the 4.5km mark is the telegraph pole at the start of the bridge. This can be a nasty stretch if you hit it during the week between 7:30 and 9:00 - traffic is usually at a standstill and unless the wind is from the east the fumes can be quite, well, yuk. Not for long though - the bridge is only 500m across, 5km is at the top of the stairs which you go down - and under the bridge. Watch out for other runners / walkers / bikes / prams / dogs / children as the path under the bridge is narrow and tight. As you pass under the bridge look down to the water's edge - the new path there will eventually loop up through the new development behind you and eliminate the stairs, adding about a kilometre to the run. There is yet another drink point on your left as you go down the hill towards the oval - there is also exercise equipment and a 400m grass athletic track for the serious runner. Follow the path up into historic Callan Park.

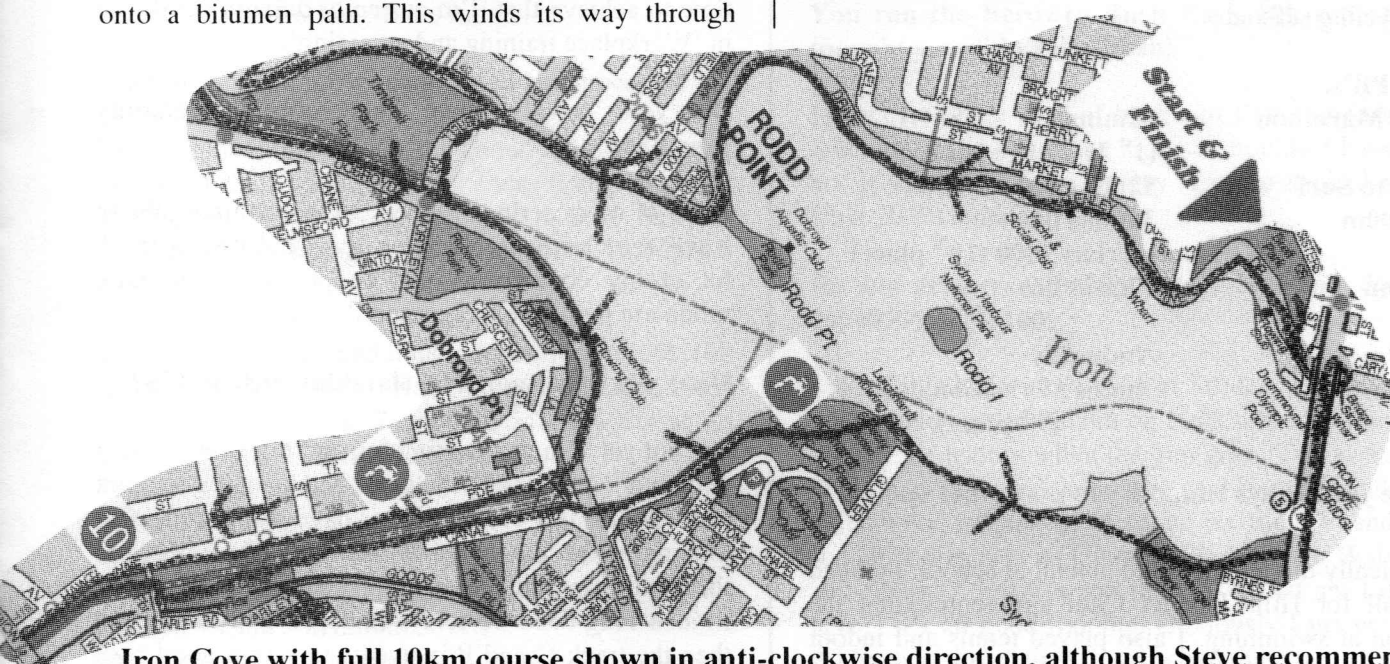
The path stops at the road (this is 5.5km) and you continue down the road, although you can cross to the left and run on the grass of the oval. The road rounds the oval to the left and this is where you go a little cross country under a stand of big trees close to the water's edge. I guess we will have to wait until the sale or not of Callan Park before this stretch is upgraded. About half way along the open area - a favourite spot for dogs - is 6km. A bit of a rough path and some steps takes you around the back of yet another rowing club and you return through trees onto a bitumen path. This winds its way through

Leichhardt park below Leichhardt Oval (once the home of the now defunct Balmain Tigers) and Leichhardt Aquatic Centre. The aquatic centre is open all year round with its pools heated - even the 50m outdoor pool is kept in the low to mid 20's at all times. 6.5km comes up as you reach the car park and waters edge - yet another drink stop just at the small pier. Lots of boats moored here, even some old fishing boats that still go out with their ancient Italian skippers who often sit around the water's edge discussing the catch as they mend their nets - or recover their, often, sunken antique dinghies.

The end is in sight - as you approach the bridge follow the path to the left and finish 7.0k at the road (and start point). Up the stone steps onto the bridge gives you a lap of 6960m, so no shortcuts!

Variations? Lots. The basic ones make the Bay Run 8, 9 or 10km. To make it 8k add the loop around Timbrell mentioned earlier. The 9k extension involves a loop up the Hawthorn Canal which is the canal under the Lilyfield Bridge right at the start of my run. Instead of going over the bridge at the start, take the stone steps down and go under the bridge. Keep the canal on your right until you reach the footbridge (about 1km) and come back down the other side. Rejoin the Bay run on the other side of Lilyfield Rd bridge and continue around the bay. 10k? do the 9k loop and then do Timbrell.

I will be re-marking the km's in bright yellow paint just as soon as the councils stop their current spate of improvements.



Iron Cove with full 10km course shown in anti-clockwise direction, although Steve recommends running clockwise.

PERSONAL PROFILE

JENNY TRUSCOTT



Jenny at this year's Sussan Women's Classic

Jenny Truscott is 24 years old, lives with Dad and brothers Chris and Peter, and has a career in Human Resources. She has recently returned from travelling in Europe and supporting Darren Benson at the end of his cycling season.

The PB's.

Half Marathon	82mins 29s	SMH, 2001 (1 st 21-24 age-group)
City to Surf	52mins 50s	2000
10,000m	36mins 06s	
	Olympic Trials 2000 (10 th place)	
5000m	17mins 06s	
	2001 4 th in NSW	
3000m	9mins50s	
1500m	4mins 27s	Nationals 2000 (9 th place)

Have you always run, did you play other sports?

I basically did athletics and netball at school. I played netball for Hills District Club and represented the region at swimming. I also played tennis and indoor cricket. After leaving school I decided to give running a go and every year have got more dedicated

and focussed, especially after getting to senior level (that's at 21 years).

Did you follow your brothers into running?

My older brothers ran and I won my first race aged four - I still have the certificate. A lot has to do with heredity - we're all pretty coordinated at sports. I started Little Athletics at six and worked away from there. Dad was a swimmer, which wasn't really passed on, Chris is not good and Pete drowns. Mum was a sprinter.

What are your favourite/strongest distances?

I'm strongest and quickest over the 3000m and 5000m. It used to be the 1500m. I like the 5000m and 10,000m. I have more control over the 5000m. I'm a better runner on track so aim for that.

How difficult is it to have a full-time job, study and do adequate training?

Pretty difficult. I had a good manager who let me leave work early on a couple of days. On Tuesdays I left at 4pm to do track training at Homebush then go straight to Meadowbank TAFE for my certificate in HR. I managed that for a year. I hope to continue studies while I have the opportunity and work part-time to achieve that. I'm currently doing a certificate in 'Workplace training and assessing'.

Do your rivals have the same work/study pressures?

A lot of more serious runners have part-time jobs to leave work early for training, gym and treatment. A lot of my competitors and people in my training group are part-time or sponsored.

Have you tried sports scholarships such as AIS?

No, not yet. I'm just waiting for my 'big race' to get a good one on the track, I haven't had anything to point to in the last few years. Injuries have stopped me. I'm looking at the Zatopek 10k this year (December) as the starting point, then to represent Australia in the Ekiden long-distance relays in Japan and Korea and then the track Grand Prix events to give a good base to show what I've done.

What goals do you have, target times to achieve? Will you represent Australia?

I want to break 36 minutes and get down to 35 ½ in the Zatopek, then be close to 35 minutes by the National 10k Championships in Brisbane in April.

I want to do as many of the track Grand Prix as possible in Newcastle, Sydney and Canberra. I want to break 17 minutes for the 5000m and get down to 16m 40s, for the 3000m to 9m 30s and 4m 20s for the 1500m.

If I do the Ekiden races I'll be one of ten females representing Australia. It would be a nice bonus to represent Australia in an individual event. I think I have a better chance at the 10,000m mark. If I can knock a couple of minutes off the 10,000m and break 34 minutes in the next couple of years, then be running low 34 mins/high 33 mins at my peak (age 26 – 27) something might happen.

I'll go over to Europe for a few months after our track season is over in April to support Darren Benson's cycling and to run some of my own races.

What are you doing to improve?

I've just started with Joanne Cowan's coach – John Atterton. He's changed my program so I'm doing less distance and more speedwork. I coached myself before with influence from my brothers. John seems a good middle-distance coach and I saw what he'd done for a rival who I used to beat and now flies past me. It's also good to train with other people when running to times on the track, it's less boring. I'm constantly tired getting used to the program so it's good not to be working at the moment.

What is your training program at the moment?

I'm doing less distance – only about 90-95km a week instead of the 130km per week I was doing last year. That distance improved my City-to-Surf but my 1500m was suffering. I do three speed sessions a week.

Monday is fartlek.

Tuesday is longer endurance repetitions at 5k/10k speed. 16 x 400m with 150/200m recovery, the 400m averaging 76/77s. Or 7 x 800m in two sets at an average of 2m35s with 100m recovery.

Thursday is usually short, sharp repetitions at 800m/1500m speed with shorter recoveries. This might be 300/400m repetitions or last week we did a 'ladder' – doing 100m, 120m, 130m up to 200m. Tonight we did 5 x 1200m.

Saturday is hills or sandhills.

John gives the training variety so we don't get bored

and the guidance to stop doing the 100km+ weeks. I never stretched before. Now I'm doing stretching, having regular treatments for injuries, massages, and new orthotics to correct not running properly. I have had the knee rolling inwards so the orthotics should fix the mechanics of the way I plant my foot. Also my feet have been constantly burning – the ball of the foot burns and the toes go numb.

Is there a stronger part of your race or a part you need to improve upon?

I am strong at the beginning – I go out too fast and blow up in the middle at all distances. That's at 6-7 km in the 10k, but I can come home OK. In the 1500m I need to be up front and close to the lead as my finishing kick isn't good. I'm coming through a lot more at the end of the 10k – it depends how determined you are to win or do well.

How often do you race?

I used to race every week. I will continue to during the Interclub competition in summer, but will try to avoid fun runs and cross-country races that are not necessary, to focus on specific events.

The next target is the Bridge Run 10km on October 29th, so the next Striders 10k I won't go hard – just a comfortable 38 minutes.

I'll do a couple of 5km races before Zatopek and might fit in a few fun runs I've done before.

You ran the Berowra Bush Bash 10k recently. I thought you didn't like bush!

I don't. It's only 6km of bush and I've come second twice before. I was quite sick so shouldn't have run but it was good prize money. I came second again (first 20-30 female).

Do you get nerves before a race and how do you cope?

I get a little bit nervous even at Striders 10k races but not as much as for 1500m on track when you have to go hell for leather when the gun goes. The nerves go as soon as the race starts. Last year in the Grand Prix there were camera shots of us on the TV and big screen. I was next to Georgie Clark, Suzie Walsham and Sonia O'Sullivan and thought 'What am I doing here?' It's all good training. Obviously I get nervous if I have to run against runners like them.

I worry in case I get sick before a race. I like to be by

myself. My coach, John, says go through your race and tactics before, but I try not to think about it. I try to relax and not think about the race, but I have got to the start-line too relaxed and yawning. I warm up, stretch, talk to people.

Do you reward yourself for a good race?

Eat chocolate, have a day off training or eat a big meal. I get a lot of praise from my family if I do a good race.

And how about the disappointments?

I dwell on it for a while, get upset and might cry. I was quite angry at doing a minute worse in my City-to-Surf. I get over it within the day. You get back up again and don't let it defeat you. You've got to prove it next time.

I normally get disappointed from aiming too high. In the SMH Half I wanted to get close to 80 minutes but I said to myself afterwards 'I'm at 82 minutes at the moment and I don't train for half-marathons'.

Ever fancy a marathon?

I probably won't jump to a marathon for a while, but one day will try to see what the fuss and pain is all about. I hit the wall in half marathons, so I'll stick to those for a while.

Which athletes inspire you?

Gabrielle Szabo and Paula Radcliffe are good, gutsy runners. I would like to be at their level one day.

What has been your best running moment to date?

The 10,000m Olympics Trial last year. The stadium, the crowd, I ran a perfect race and took 1 ½ minutes off my best. I wasn't stressed because there was no chance of making the top two. I was just there to have a good run. I hooked on to someone and we pushed each other.

Andrew Smith

Hatch, Match and Dispatch

Richard and Nicci Frykberg have a baby boy, Erik, born on the 24 August. The baby jogger is all ready and set to go...

STaR NEWS

From Penny Smith

The Barrenjoey Bash is in need of a new host – John Ayliffe did a great job hosting it for 10 years - would anyone like to take it over? We haven't run this STaR since June last year, over a year ago, and it would be a shame to lose such a scenic run.

We are always looking for new STaR hosts, so if you would like to host an existing STaR, or maybe design and host a new one, we'd love to hear from you!

In arranging the 7 a.m. host list, a request is circulated via the Striders e-mail list. If anyone is not on this list or does not have access to e-mail and would like to host a 7 a.m. group, let us know and we will contact you when arranging the next calendar.

And a suggestion from Bronwyn Wassell – does anyone like the idea of a Saturday evening STaR one night during the summer? We could start at (say) 4.00pm in a park with BBQ facilities. After the run, everyone could stay around for the BBQ and then sleep in on the Sunday. Any interest? Please send comments or suggested venues to Blister/LiSSt or Calendar Manager.

Broken Wing Club

Jim Screen is still out with his Achilles tendon and heel combo injury. **George Lisson** was spotted taking a stroll in Lane Cove River Park during the last Striders 10k – (plantia fascia). **Mary Stringer** has also been out with the same. Hope to see Mary back running at the November 10k. **Barry Rutter**'s medial cartilage knee problem has healed up – he's now running short and slow but has a new problem in a different part of the knee. **Andrew Smith**'s Achilles healed but then immediately out with a medial ligament problem caused by increased pronation. – changed type of shoe, got custom orthotics and it's now slow circuits of grass ovals. And **Rozanne Green** is due to have a foot operation – good luck!

Super-Derek

Well done **Derek Smith**, two marathons in two weeks! Ironman Derek completed the Gold Coast Marathon, in 3 hrs 47 mins, followed two weeks later in the World Veterans Games in a time of 3hrs40

Woodford-Glenbrook 25km, 22 July

	Name	Time	Age Group	Age Place
1	Dean Degan	01:25:42	30+	1
6	Randy Brophy	01:34:14	40+	2
7	Matt Fitz-Gerald	01:36:28	30+	3
8	Greg Donovan	01:36:33	30+	4
9	Jonathan Worswick	01:36:43	30+	5
12	Stephen Jackson	01:41:20	40+	3
14	David Loader	01:43:12	30+	7
17	Stephen Urwin	01:44:12	40+	6
23	Keith Bateman	01:47:27	40+	9
26	John Van Ysendoorn	01:48:03	30+	11
27	Adrian Spragg	01:48:25	40+	11
30	Wylie Breckenridge	01:49:08	30+	12
41	Bruce Craven	01:54:26	30+	17
42	John Hodges	01:54:42	50+	3
43	David King	01:54:57	50+	4
46	Ralph Melano	01:56:51	40+	15
47	Rod Lovel	01:57:20	50+	5
50	John Frykberg	01:59:06	40+	16
58	Charles King	02:00:54	40+	20
59	Mark Schaefer	02:01:27	30-	7

60	Christine Brearty	02:01:52	30-F	1
62	James Bond	02:02:25	30+	22
65	George Herisson	02:03:03	40+	22
75	Tina Campbell	02:05:46	50+F	2
78	Kevin O'Kane	02:07:08	40+	24
88	Heiko Schaefer	02:10:54	60+	2
93	Brian Colwell	02:11:51	50+	8
100	Sharon Callister	02:14:09	40+F	7
104	Manfred Fiedler	02:14:58	60+	3
113	Lisa Gallate	02:18:48	30+F	15
122	Eliza Rayward	02:22:20	30+F	19
123	Gill Cavenagh	02:22:27	40+F	8
132	Brad Renshaw	02:28:50	50+	16
134	Helen Wilson	02:29:51	50+F	7
138	Neil McPherson	02:31:49	60+	8
139	Richard Wassell	02:31:50	30+	28
140	Robi Russell	02:31:51	50+F	8
143	Michael Christie	02:34:41	50+	17

Mount Wilson - Bilpin 35km



Team
photo
before
Mt.
Wilson -
Bilpin

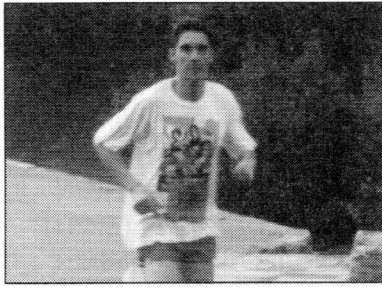
First Name	Surname	Time
Randall	Brophy	2:29:29
Matt	Fitz-Gerald	2:32:45
Jonathan	Worswick	2:32:45
David	Loader	2:39:25
Stephen	Jackson	2:39:35
Peter	Truscott	2:40:18
Stephen	Urwin	2:46:07
Chris	Thomson	2:48:45
Adrian	Spragg	2:51:21
Malcolm	Satchell	2:53:58
David	Smith	2:59:23
Nick	Halpin	2:59:30
David	King	3:02:09

Bruce	Craven	3:04:29
Marie	Bleakley	3:14:07
Iain	Martin	3:17:40
Wylie	Breckenridge	3:17:46
Sean	Greenhill	3:18:37
Kevin	O'Kane	3:24:54
Ralph	Melano	3:25:21
Ron	Wilson	3:29:39
Peter	Hammerschmidt	3:30:03
Manfred	Fiedler	3:34:18
George	Herisson	3:39:39
Graham	Willis	3:42:12
Heiko	Schaefer	3:46:33
Michael	Christie	3:49:10

Benny	Gauci	3:49:11
Tina	Campbell	3:51:59
Wayne	McCarthy	3:53:53
Roger	Rigby	3:53:55
Heather	Forster	3:56:47
Michael	Bailey	4:08:03
Robi	Russell	4:16:18
Gillian	Elyan	4:23:10
Jurg	Kunzle	4:29:04
Beryl	Wilson	4:30:00
Frank	Dearn	4:34:55
Philip	Hugill	DNF

GETTING ON TRACK

By Mathew Kaley



One of the many strengths of Strider members is their preparedness to try a wide variety of events. They participate in road runs and trail runs, fun runs and marathons, ultramarathons and triathlons. When a new type of event is announced there is, invariably, a Strider on the starting line. Which led me to wonder why so few Striders compete on the track.

I have participated in a range of events over the years and have enjoyed just about all of them (a comment made in retrospect, of course). Certainly amongst my favourites, though, have been my races on the track. They are events of precision and purity. The distances are exact (something even Steve Jackson can only dream about), the course is flat and the timing is unerring. In short, it takes as many variables out of the running equation as possible.

Now, I'm not saying that is all there is to running. I have had the same thrills as the rest of you in running through the unexpected (e.g. coming out of the Megalong Valley on Six Foot to see the Cox's River in flood). But it is a great thing to try.

The other thing I love about track running is that, generally, it is short. Most Striders recognise the benefits that racing 10km's has for their marathon times. It's my view that you shouldn't stop there, but work at your speed down to distances as short as 1500m. The problem is that few road races accommodate those shorter distances. Track does. And frankly, running the shorter distances, and therefore running faster, is quite something.

If none of these things tweak your interest, then read no further. However, if you have wondered (or are now wondering) about running some races on the track, but weren't sure how to go about it, I hope the following information will allow you to give it a try this summer.

Giving it a try

For those who are interested in trying some track racing without cost, pressure or more than friendly competition, there are a number of clubs around Sydney which organise good competitions over the summer.

For Striders, I would recommend the Golden Eagles track competition, which is organised by an athletic club called Randwick Botany Harriers. It is held at Sydney Athletics Field at Kensington (near the corner of Anzac Parade and Alison Road) from 12.30pm - 2.30pm on most Saturdays from 13 October 2001 to 23 March 2002. The program schedules a 1500m and 5000m race on one Saturday and then a 800m and 3000m race on the following Saturday. I normally focus on one race seriously, and then do another one or two for fun. I even entered a 100m last year just to see what it was like (very easy actually – sprinters are kidding themselves).

Golden Eagles attracts a wide variety of standards and is certainly open to allcomers. There are normally a number of graded races held on the day, the marshals simply asking you to put yourself in the one that is right for you. They are also always happy to help if you are not sure.

It costs just \$4 to enter at Golden Eagles and, for that, you can run in as many events as you like. You do not need to be registered with Athletics New South Wales or even with a club to have a run. You just have to turn up and have a go. For more information, and results after the event, have a look at the Randwick Botany website at www.randwick-botany.org.au.

There will be a lot of other good low key track meets around Sydney this summer. There are, for instance, Friday night events at Homebush and Narrabeen. Most have a similar approach to Golden Eagles, offering a simple well-run opportunity to race a variety of track distances.

Becoming a registered athlete

If you are looking to become a bit more involved in track running, the best bet is to register with Athletics New South Wales. By doing that, you become eligible to compete in the many track events organised by that body. Registration for a full year is \$75 for those in the open category and \$60 for those over 35. Discounts can be had for junior and family memberships. The fee gains you access to all Athletics New South Wales events, including a range of winter events.

There is no need for you to join another club in order to register. That can be done through Sydney Striders. There are some benefits in joining other "athletic" clubs, though, such as training, entry in team competitions and the like, and many Striders have done that. A number of Striders, for instance, are members of Randwick Botany Harriers, Sydney

Pacific and Athletics East. Most clubs also have an annual fee, though these are generally quite low, about \$30. All together, annual membership of a club, with registration is just over \$100.

Interclub

Registration allows you to enter Athletics New South Wales events. Interclub is the mainstay of those events. It is a series of about a dozen meets over the summer season, this year running on most Saturdays (but not all) between 20 October 2001 and 23 February 2002. Competition is held at the Sydney Athletic Centre at Homebush, which is an excellent venue. The standard is fairly high, but a system of graded races allows runners to race against others of their own level.

Like Golden Eagles, Interclub runs two series of events on alternating Saturdays, though the choice at Interclub is much broader (if you want to run Steeplechase or do the Triple Jump, then I'm afraid Golden Eagles is not for you).

Short of State Championships and invitation meets, Interclub is the highest level of track competition in New South Wales. For that reason, it is not for everyone. Having said that, it is probably perceived to be far more competitive than it actually is. In order to run at Interclub, you need to be able to achieve the "ground entry" time for the event you wish to enter. The ground entry times for men and women (respectively) in events that Striders might be interested in are, for 5000m (19.00/23.00), for 3000m (11.00/13.00), for 1500m (4.50/5.40) and for 800m (2.20/2.45).

If you think you can run these times, and I know there are a large number of Striders who can, Interclub could be for you.

Once you are registered, actually running at Interclub is very simple. You just need to turn up before your race, pay the \$5 fee to enter the ground and then check in with the starter on the track about 15 minutes prior to race start. There is no pre-registration or forms to fill out. The starter will normally ask you to give an estimate of the time you think you will run for the race, which he or she will use to grade the races.

There are normally a number of Striders at Interclub. Regular competitors include Jenny, Chris and Peter Truscott, Jo Cowan, Andrew Smith, John Young, Dean Degan and myself.

State Track and Field Championships

The New South Wales Track Championships will be held this season between 1 and 3 February 2002. The meet includes a full program of fairly competitive open events, which might be of interest to only a few of the faster Striders, but it also includes the State Veteran's Championships which are a great chance

for the rest of Striders to compete on the track against runners their own age. There were a number of Striders entering Veteran's events last year, some winning medals in their age categories. Entries for Championship races need to be sent to Athletics New South Wales prior to their deadline, which is normally about 2 weeks prior to the event, so if you are interested you will need to decide by mid January 2002 at the latest.

State 10,000m

For reasons known only to itself, Athletics New South Wales holds the State 10,000m race separately to the State Track Championships. The race will be held this year on the evening of Friday 19 October 2001 at Bankstown. (*Sorry this edition missed that one. Ed.*) While Bankstown has a good track, the decision to hold the event there makes it quite difficult to get to for a Friday evening event. Still, it is a good event and I would recommend giving it a go. Running 10km on the track is certainly a different experience. Many have pulled out PB's, presumably as a result of the perfectly flat course. Others, myself included, have never really nailed it. In this event, men and women run separate races. While each race is normally won in a fairly fast time, the race has always attracted a diverse field. Certainly, men who can run under 40 minutes and women who can run under about 45 minutes should consider themselves eligible to run. You can enter the State 10,000m on the day.

State Relays

Finally, I want to make a quick mention of this fun event, to be held this year at Homebush on 15 and 16 December 2001. The State Relays are a wide array of races, including both a 4x800m and 4x1500m. Teams compete in these events in both open and veteran age categories and team members tend to include a variety of standards. Last year, I ran with a number of Striders registered with Randwick Botany (who may not have me back this year, as I arrived late for one race, after John Young had already started – only a quick change saved him from having to run a second leg). Certainly, Striders could cobble together a team or two with a bit of organisation (note that entries close a few weeks prior).

Is it for you?

Track running might not be for everyone, but if you're not sure, I urge you to give it a try. You may find, as do I, that it becomes a really exciting part of your running.

Please feel free to pick me out at Striders' events, if you want any more information. Otherwise, I plan to send a few notes to the Striders' email list over the summer highlighting upcoming events and reporting on Striders running track.

HardRock 100 miles, July 13th-14th

By Jonathan Worswick

The Run

- ◆ Location – Silverton, Colorado, USA
- ◆ Over 66,000 feet of elevation change, average elevation – 11,000 feet
- ◆ 6 passes above 12,000 ft, 5 passes above 13,000 ft, 1 pass above 14,000 ft.
- ◆ Highest point Handies peak 14,048 ft, lowest point Ouray 7,870 ft.
- ◆ Average finishing time – 40 hours and 29 minutes, 14 checkpoints

Highlights

- ◆ Race entry filled up within a week of opening, 110 runners.
- ◆ Very little snow due to high temperatures in the month prior to the race. Good and fast conditions on race day.
- ◆ Male and Female records shattered.
- ◆ Media coverage by National Geographic (film crew), Sports Illustrated and Outside magazine.

The race in brief

The weather was ideal for the front-runners; on the second night a hailstorm dropped temperatures and caused problems for the latter half of the field.

Carl Meltzer and Curtis Anderson set a blistering pace until 50 miles when Curtis dropped at Grouse Gulch. Meltzer continued and obliterated the previous record in a time of 26:36. Carl was so fast that he woke up some of the aid stations as he was so far ahead of the expected time. Hans Put followed not far behind, dropping back slightly later in the race but still under the old course record. The times for the whole chasing group were also fast. The lead women also had a fast race with two in the top 7, Betsy Kalmeyer breaking her own course record.

Runners succumbed to various ailments such as altitude sickness, dehydration (a runner was evacuated by helicopter) and hypothermia. The race organization lead by Dale Garland was excellent as usual, the town of Silverton being great hosts and sponsors such as Montrail and Patagonia donating quality product.

Preparation

This was my third attempt at this epic race having also completed the course in 1998 and 2000. On each of the previous occasions I had been afflicted by altitude problems of one sort or another. This year, although not as fit as I had been, I was determined to get acclimatised.

My alternatives were hiring an altitude tent, which are available for hire from the Australian Institute of Sport or purchasing one. Both of these alternatives being rather expensive I decided that it would be much more fun to spend the time at altitude and around the course.

As it worked out I managed to get two months off work. I first flew to Washington and ran the Massanutten 100 miler on the east coast of the States as a training run. I then spent a few days in the UK for a cousin's wedding, returning to the States to spend the rest of the time in Colorado training and acclimatising.

This turned out to be great, as the San Juan Mountains in Colorado are spectacular, especially when I first arrived, as there was still snow above the tree line (about 7,500ft).

So after a week at Telluride watching their Mountain film festival and getting to meet mountaineering greats such as Sir Chris Bonington and David Breashears I arrived in Silverton where the race starts and finishes. I then spent the next month hiking, camping and generally having a good time.

Race Account

The race started at 6:00am Friday morning in the semi-darkness. We trotted out of Silverton, crossed a waist high and fast flowing river, then followed a very picturesque climb up a long valley to Putnam Basin. We then traversed a plateau, finally dropping down to the 1st aid station, Kamm Traverse. I was just ahead of my 3-hour schedule and in the top 15, not far behind the chasing pack. My partner Kate and my mother, who were crewing for me, gave me a surprise by hiking to the aid station.

On the next section I had a chat to some runners going up to US Grant Swamp Pass, paid my respects to Joel Zucker at his memorial plaque, had fun going down the steep scree and rock on the other side and arrived at the Chapman aid station feeling relaxed. By this stage the temperature had warmed up so I had begun to take salt tablets every hour.

I headed up Oscars, which was a very steep and rocky 4wd road, joining a group consisting of Randy Isler, Scott Gordon, Robb Reece, Ken Jensen and Kirk Apt. By now the leaders Curtis Anderson, Karl Meltzer and Hans Put had 15-30 minutes lead on us. I pushed

a little too hard up Oscars although hit the downhill, passing meadows of beautiful mountain flowers, managing to pull away from the group along the Wasatch trail into the picturesque ski town of Telluride. I arrived with Jan Fiala in 5th place. Kate and Mum looked after me again, I had a change of shoes and socks and a very tasty banana smoothie.

I headed out of Telluride arriving at Virginius Pass just in front of Ken Jensen and Jan Fiala. The small and remote aid station perched in a little pass on a high ridge was full with aid station volunteers. I had some orange and banana then headed down the other side using the rope as support. I was hoping to be able to glissade this section but most of the snow had melted. This made it a scree and Talus descent that was still exhilarating and also a little treacherous.

I arrived at Governor Basin, the next aid station, as a storm hit. The lightning strikes appeared to be right behind us and over the Virginius aid station. I put on my Gortex jacket and continued down after a short rest. The temperature had dropped, although it rained only for a short time. This next section was easy downhill running on 4WD road in a narrow canyon. I pulled away from Jan and Ken arriving at the village of Ouray in 3rd place crossing paths with Hans Put who was on his way out and about 15 minutes ahead. I met my crew again at this major aid station 43 miles into the course and the lowest point at 7,870ft. I had some oatmeal and fruit then spent ten minutes in the bathroom! I left with Scott Gordon and his pacer Eric Clifton. I had lost a number of places as most other runners had only spent a few minutes here.

The next section was pretty tough as it was a constant climb up to Engineer Pass at 12,910 ft, initially through a narrow rocky canyon covered with pine and several old mine buildings. It then continued up to an open alpine meadow above tree line to the head of the valley. We set off at a fast walk/run crossing the river, wet again! I struggled to keep up as we went up the canyon as dusk approached. We occasionally caught glimpses of Ken Jensen and pacer Brandon Sybrowski a few switchbacks ahead. The Engineer aid station was situated at the tree line about 30 minutes from the pass. It became quite busy as Ken & Brandon, Scott and Eric and myself were joined by Kirk Apt and his pacer, with Ruth Zollinger not far behind.

I wasn't feeling too good at this stage, losing some ground to the others on the climb to the pass although I overtook Ken who was vomiting just prior to the top (probably due to the altitude), he later dropped at

Grouse. The National Geographic camera crew was at the junction of the trail and the 4WD road we were to take down to Grouse Gulch. They would have some spectacular footage of the sunset as the Engineer ridge gave a great view of the surrounding mountain ranges in the reddening sky. I ran slowly down to Grouse accompanied by Randy Isler turning on our flashlights just before we arrived, although we had a little light from the clear night sky even though the moon was not visible. In the darkness we could see flashlights going up the valley out of Grouse towards American Basin.

Kate and my mother met me again. It was just before 10:00pm and they had also had a long day, this would be the last time they saw me until Cunningham Gulch the final aid station at mile 93 the following day. I was feeling pretty awful but had some coke and bananas and custard, chatted to "Silvertonians" Ellie and Mike Cote (Mike was waiting to pace another runner). My mother was worried and kept trying to prop my head up when I closed my eyes and leant back into my chair. Kate was a more experienced hand and knew this was what crewing for a 100-miler was all about ... the "bad" times. I set off into the darkness a few minutes later with an anxious goodbye. The long hard climb to American Basin, then on to the high point of the course - Handies Peak, was waiting ahead of me with the dark onset of night.

Shortly after starting I met Curtis Anderson coming down, our headlights blinding each other as we exchanged a few words. He complained about "having problems up there" and was unable to continue. The course was marked with metal flags about knee high placed about 50 yards apart. They had a reflective band which assisted locating them in the dark.

In American Basin there was very little snow, which was a vast difference to when I had hiked through there weeks earlier with Chuck Kroger and friends from Telluride, and later with Lisa Richardson. I managed to reach the top of Handies just behind Scott Gordon and Ruth Zollinger, at that point the leading lady. I had some difficulty as the altitude had begun to take its toll, forcing me to rest every few minutes.

The temperature fallen considerably and I felt cold even with a thermal top, Gortex jacket, gaiters and gloves. I had a woollen cap in my Camelbak but couldn't be bothered getting it out and my gloves really weren't warm enough. With hindsight another thermal layer on my upper body and thicker gloves

would also have been better.

The descent down Grizzly Gulch was slow, as it was a narrow and winding trail. I was feeling decidedly fragile, although I again caught Ruth and Scott, getting to Cinnamon Pass 4WD road just in front of them.

The road section was dull and uneventful, except for when I saw eyes peering at me from the wooded area by the side of the road. It was a clear night but with little moonlight, so all I saw were two bright lights about a foot apart completely motionless. As I got closer they suddenly moved and I heard a crash through the undergrowth seeing the silhouette of a deer moving quickly away. Arriving at Sherman aid station at 70.7 miles was a mental relief even though I was still feeling pretty groggy. I hadn't eaten any solid food for a few hours; I felt nauseous and had stomach cramp.

Carolyn Erdman, a friend from Silverton, was there waiting. She force fed me with potato and noodle soup and also handed me a cheese sandwich. The aid station was full of runners, as well as Scott and Ruth, Kirk Apt and Jan Fiala were already there. Betsy Kalmeyer arrived just behind us. After a few minutes rest I set off up the next short climb, slightly revived but a little behind most of the others. As I got into a rhythm I seemed to improve and managed to eat the sandwich I had carried out.

The next few hours I spent with Scott and his pacer Tom, we swapped places with Jan arriving just in front of him into the Pole Creek aid station where Kirk had just arrived before us. Betsy was moving really well and had gained a few minutes on us.

We moved off chasing Betsy towards Maggie aid at 84.6 miles. We didn't catch her although we were going at a good pace as dawn came upon us.

The climb out of Maggie was steep and off trail. The course then followed the ridge at 13,060ft dropping down to the Buffalo Boy Mine and Tram Shed. The remaining route to Cunningham was a 4WD mine road. The 4WD road wasn't that easy to run on as there were big rocks on the road making it uncomfortable and tough for the quads. At the valley bottom we joined another mine road that took us to the last aid station at Cunningham Gulch. Only nine miles to go.

I was feeling a little more confident by this stage so I lightened my load by removing my Camelbak and night gear and setting off with only a hand held bottle.

Kate and my mother were pleased to see I had recovered from the previous evening.

I set up the next climb feeling good and gunning for the three runners in front of me. Just below the summit I had reduced the gap to only a few minutes before disaster struck. I had to sit down and almost immediately I started vomiting liquid. I presumed this was undigested coke. This episode lost me quite a bit of ground. When I arrived at Little Giant Saddle at 13,000 ft I could now only see Scott Gordon going down the rocky trail in front of me. I headed off at top speed, catching him just before Little Giant Jeep road. I then started chasing Jan and Betsy. After crossing the creek I had a bathroom stop to relieve stomach problems. The sting taken out of my pace, I continued but made little headway on the two runners ahead of me.

I trotted into the finish at Silverton quite happy with my time of 30:12 and 5th place. Jan was 7 minutes ahead and Betsy a further 7 ahead of Jan. I was amazed to hear that Karl Meltzer had smashed the old record with a time of 26:36.

Thanks to Kate and my mother for crewing, and Silvertonians Lisa, Carolyn and Charlie for their friendship and generosity.

What to wear and eat

I began the race wearing Nike trail shoes that had studs, preferring these to my Montrail, which although more sturdy, had less of a grip. I also carried a small Camelbak with a small amount of water, which held my Gortex jacket and some food and a handheld containing Succeed, running gaiters and a long sleeved, high necked top.

At Telluride I changed to my Montrail due to the rocky and 4WD road sections that I would encounter until Grouse Gulch, I wore them for the rest of the race.

On the night section I carried a head torch and spare maglite. I also changed from a lightweight polypropylene to a thermal top and carried gloves.

I carried Cliff bars all day, also dried fruit such as apricots and raisins. I only had one gel as they make me feel sick. I had solid food at the aid stations, whenever I didn't feel nauseous, supplementing with potato or noodle soup.

My liquid consumption consisted of Succeed, water and coke and a banana smoothie.

City-to-Surf Results

First Name	Surname	Time	Phil	Garvin	62.17	Tony	Mitchell	76.32
Dean	Degan	46.22	Stephen	Bodnar	62.25	John	Ross	76.42
John	Young	46.37	Michael	Sharp	62.42	Gill	Cavenagh	77.12
Sam	Vella	48.28	Mike	Hansen	62.54	Glenda	Mitchell	77.55
Peter	Truscott	49.32	George	Herisson	63.21	Jurg	Kunzle	78.41
Chris	Dwyer	49.33	Caroline	Yarnell	63.25	John	Simmonds	80.49
Randy	Brophy	50.44	Walter	Mitchell	63.37	Kirsten	Themsen	80.55
Mark	Shingler	52.02	Mark	Gardiner	63.39	Ian	Walker	82.02
Stephen	Jackson	52.21	Mark	Preston	63.42	Steve	Norden	82.30
Grahame	Murphy	52.40	Mary	Stringer	64.01	Ross	Betts	83.00
Ian	Henderson	52.45	Charles	King	64.12	Joel	MacKay	83.04
Matthew	Kaley	52.53	Kendall	Waller	64.14	Megan	Jackson	83.06
Greg	Donovan	53.17	Roland	Hassell	64.42	Jacqui	Matthews	83.06
Greg	Coy	53.47	Ralph	Melano	66.20	Karin	Conn	84.15
Jenny	Truscott	53.50	Kevin	O'Kane	66.37	Dean	Gardiner	84.15
Jo	Cowan	53.55	Michael	Free	67.07	Penny	Smith	85.00
Ray	Doran	54.54	Dennis	Nel	67.46	Frances	Brown	88.14
Ron	Schwebel	55.38	Ivan	Freys	67.49	Frank	Dearn	89.02
Richard	Briscoe	55.41	Graham	Sharp	67.57	Carol	Taylor	93.00
Mark	Wilson	56.14	Neil	McPherson	71.05	Nick	Themsen	99.39
John	Van	56.37	John	Shepherd	71.07	Jim	Donovan	101.41
Philip	Yzendoorn	56.41	Manfred	Fiedler	71.21	Gary	Aitkenhead	173.33
David	Boswell	56.41	Graham	Willis	71.42	Barry	Rutter	179.24
David	Smith	56.58	Paula	Shingler	71.58			
Charles	Coville	58.39	Heather	Forster	72.18			
Mark	Robinson	59.16	Tracey	Love	72.30			
Paul	Jackson	60.07	Heiko	Schaefer	72.30			
Stephen	Ball	60.24	Alan	Murray	73.09			
Mark	Schaefer	61.00	David	Adler	75.08			
Greg	Prerau	62.06	Graham	Osborn	75.10			

Division winners

1st place in Women 45-49 Joanne Cowan
 2nd place Men 50-54 Chris Dwyer
 3rd place Men 60-64 Ray Doran
 1st place Men 30+ team - 'We're Back Baby' - Dean Degan, John Young and Peter Truscott.
 Mathew Kaley's work team Clayton Utz Dynamos came 3rd in Insurance, Banking, Finance, Legal & Accounting Corporate Division

Thanks to Mike Hansen and family for hosting the STaR breakfast.

Former Strider Andy Hallam, down from Queensland, came over to the Striders 'camp' to catch up. Andy is not as fit as he once was. Overseas service in Bougainville and East Timor probably place limitations on the training schedule. Ed.

Liz Taylor's City-to-Surf

Some Striders may remember reading in last year's 'Blister' how my sister Ginny in the UK and I had made a "Millenium Pact" to run the London Marathon in 2000. Then she would come to Sydney and do the City To Surf this year as her part of the

bargain.

As you may recall, having never run before, apart from on the treadmill at the gym, I started training in September 1999 for the 2000 London Marathon. I had a long conversation with Jim Screen who was

most helpful and generous with advice. I joined the Sydney Striders and became what I call a "silent member". To this day I have yet to run with you, but as I mentioned it's damn hard to get up that early when you're a professional entertainer and work late nights. But you have no idea how much reading the emails and stories made me feel motivated and so I trained with Ginny on opposite sides of the globe - thank heavens for phones, faxes and emails! Already having four Marathons behind her, Ginny was 'Coach'. The elation and bond between us changed the moment we went through that finish line together. All our hard work, and her constant belief and encouragement as I went through the pain barriers time and time again in the lead up, let alone on the day, brought us so much closer together. And as many of you would know, life is a little different when you've completed a Marathon. (5 hours and 42 mins if you were wondering).

So August came along, Ginny boarded the plane and arrived in Sydney for the very first time - I emigrated from the U.K. 20 years ago. We went for runs around Leichhardt Bay, Centennial Park, Cronulla and also along the Cooks River. And then the City to Surf, it was a great day and we did it in 94 minutes running

through the finish hand in hand!

It has been a wonderful experience and created a very special bond between two sisters. When we wrote to the Sun Herald to ask that they please put us in the same running group and ensure Ginny would get an entry into the race, explaining about our pact, they rang me and did an article! They loved our story. And one other thing - this year Ginny did the London Marathon again. This time joined by her 20 year old daughter Louise, who inspired by her wacky Auntie Liz's efforts the previous year, asked me to help her with the training until she could surprise her mum on her birthday with her acceptance to run in the Marathon. And yes, she did the whole distance too!

Thank-you Striders, Just being a part of the Club has kept me going and made me achieve goals I thought were just wild dreams. Reading other peoples stories and hearing of such brave efforts and even madder people who do ultra marathons etc has made me feel like a part of something special. I hope to meet with you in the future and share some stories in person, thank-you for letting me share mine with you once again.

Oh, my website is: www.liztaylor.com.au You may be surprised!!!

New Members July - September

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.

Lisa	Gallate
Andrew	Williams
Gerry	Quinn
David	Clear
Joanne	White
Susanne	Stokes
Illana	Sussman
Peter	Hammond
Allan	Wotherspoon
Roland	Hassall
Christine	McBrearty
James	Moody
Ian H. C.	Walker

Robert	Inglis
Shaun J	Smith
David C	Dunstall
Niranjan	Arasaratnam
Deborah	Arasaratnam
Ian	Henderson
Duncan	Scott
Peter	Leis
Tim	Woodhouse
Jane	Sumner
Lisa	Karleusa
Philip	Hodgkinson
Martin	Carrie

Melissa	Selby
Grahame	Deacon
Andrew	Duncan
Elizabeth	Te Amo
Nicholas	Whealy
Tamara	Pitelen
Leigh	Mac Ritchie
Arthur	Huxtable
David	Burgess
Steve	Hume

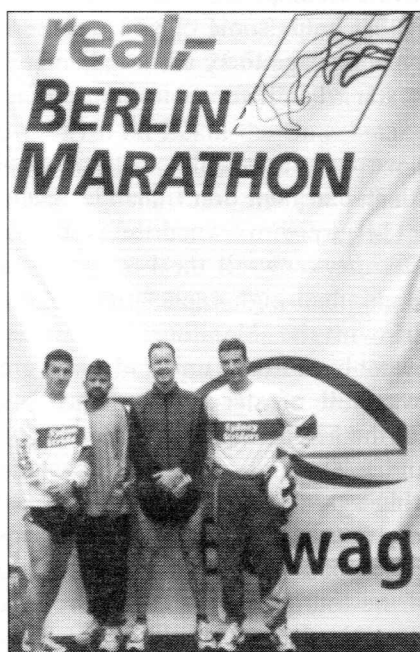
South Pole Marathon

According to the SMH, the first South Pole Marathon is to take place in January with a \$51,000 entry fee and an expected field of 75. Any Striders up for this? Surely Grahame Murphy would be a certainty to win, a mere 42km in the Antarctic would be like a stroll round the block after his 1150km trek to the South

Pole. And after missing Grahame's last adventure, Steve Jackson might want to ensure the course is accurate - crevasses on the course might add a new dimension (vertical?) to the job. And no, it does not sound like a good run to start the 2002 Super Series. Ed.

Berlin Marathon 30th September 2001

By Andrew Gibbons



L to R Chris Truscott, Chris Dwyer, Andrew Gibbons and Peter Truscott.

Four Sydney Striders went across to Germany this year to run the Real Berlin Marathon (Real being the sponsors) and this is their story.

Firstly, let me introduce you to the competitors The No 1 Gun – Chris Truscott, The No 2 Gun - Peter Truscott, The Superstar - Chris Dwyer and The Smashman – Andrew Gibbons.

The tour started in a little town 50km south-west of Zurich Switzerland, called Zofingen. The No 1 & 2 Guns and the Superstar had come one week early to support the Smashman in a race called the Zofingen Powerman Duathlon. This race was the final race in the world Duathlon cup series and consisted of an 8.5km run, 150km bike and a 30km run. The feature of this event were hills and running on mountain trails.

The Smashman arrived on the Tuesday without his bike, which went missing in action at Heathrow so he had to quickly hire a bike for the event. The boys arrived on Saturday with a few bits and pieces like a helmet some carbo shotz etc. The countryside was really great and so lush, straight out of a magazine. Plenty of cows with their bells ringing away each time they moved and more chocolate than you could

poke a stick at (much to the delight of the No 2 Gun).

The Duathlon race was Sunday morning and the boys had the video ready to get some good footage of the Smashman doing his thing. Unfortunately race day was wet and cold and I think the spectators did it tougher than the 550 competitors. After the first run and the bike the Smashman was pretty freezing cold going into the second run but the boys were there to rev him up for the arduous 30km final run which started with a 3 km hill climb. The Smashman was in about 60th spot off the bike and the boys estimated his run time to be about 2.30 for the final run. The Smashman finished the run 34th overall and his run time 2.13 (11th fastest run time overall) and the boys missed his finish. Oh well, that's life. Cold and covered in mud from the trail running and a space blanket the Smashman couldn't find the boys so he got on his bike and rode the 5km to their hotel for a hot bath. An hour later the boys worked it out and arrived at the hotel and for the next week told the Smashman how they couldn't believe they missed his finish. All was forgiven and the next day the boys moved on to Interlaken via Lucern. The countdown to the marathon had started.

We found out in Lucern just how much prices differed from tourist stalls to actual shops within the town. The No 2 Gun made a hasty purchase and was to receive a fair bit of flack for the rest of the trip paying \$30 for a little fold up umbrella with 'Switzerland' on it. The No 1 Gun purchased a much larger and more credible umbrella for about \$12 within 500m of the No 2 Gun's hasty purchase.

The Smashman's legs were shattered so he could only watch the boys as they took off on their run that afternoon around the picturesque lake that surrounds Interlaken. The place we were staying had a spa, sauna and washing facilities. Ever tried to use a high tech washing machine that only has instructions in German? It is fair to say that the Smashman turned whites to grey and stuffed up a few clothes that day. The spa was great and we cranked the Sauna up to 70C. That was a mean feat, but just what we needed after some beers that afternoon and wine that night! The weather was still wet and I suppose that is why the Yatzee came out. Whilst the No 1 Gun taught us how to play it was fair to say that's about all he did for the next 6 games of Yatzee (the only one not to get a Yatzee).

Interlaken to Basle, then the Black Forest in Germany, and yes the sun had finally come out. The Smashman was running now and his legs recovering well. The No 2 Gun was up a 3am each morning - just couldn't get over the jet lag and as for the Superstar he was always up first planning out the day ahead with Estimated Times of Departure, Estimated Times of Arrival and more. It is fair to say though the No 2 Gun's bladder often affected the ETA's as he was hydrating for the big race! The place we stayed at Hintergarten was really beautiful. We ran on these great trails in the woods and they even had a large ski jump that was used for winter and summer training. We watched some of the young jumpers go up to 100m landing on a astro turf area that is covered in snow in winter. The next morning when we went for a run the people we were staying with thought we were doing the runner and waited apprehensively at the bottom of the stairs until we paid, they relaxed a little after that.

Thursday morning, we travelled from the Black Forest to Stuttgart where we would catch a plane to Berlin and the Marathon. This trip saw the Opel set a new autobahn record of 180 (sounds like a game of darts) whilst I can't say who was driving, the No 1 Gun had the biggest smile. The No 1 & 2 Gun and the Superstar went in an advance party to Berlin that night as the Smashman had to spend a night in Stuttgart due to a ticketing mix-up.

The next morning we all met up at Zoo Garten (the main station), had a pasta feed and then off to the Marathon expo to collect our numbers and buy some gear. It is fair to say the No 2 Gun was the big shopper amongst the group. When revelations came out about how much gear was purchased by No 2 gun at the New York Marathon, we knew we had to ensure we could help carry some extra baggage home. The Superstar, who had run Berlin twice, knew the right bus to get. But that was about all, we missed the stop, did some extra walking, but finally made the expo. (That was after the Superstar told us about a great pasta restaurant that we looked for but never found and questioned whether it ever really existed - after all Berlin is a large city. He just had a bad day). The expo was great about 100-150 stalls and as always in Germany a bar where a number of people were getting stuck in to some brews. At the request of the No 1 & 2 Guns we stayed at the expo an extra ½ hour that was really an hour due to the great shopping. We all purchased some gear from the expo but not as much as the No. 2 Gun. (did you really bring that cardboard photo frame back to Australia No 2 Gun?). That afternoon we found out the secret

of the Superstar's running ability, it was Campbell's veggie soup. Thinking about food, the Superstar brought more food in his luggage than clothes. There was milk, muesli and of course the magic soup. The soup was eaten on at least four or five occasions pre-race - so if that helps some of you out there, have a try. At 50 years of age there are not as many as good as the Superstar when it comes to running fast times.

That night we went to our favourite pasta place just up the road. Italian men don't change much all over the world. The guy who owned the place was telling us about how he knew all the best nightclubs, girls etc. and he also had high expectations that the No 1 Gun would win the Marathon on Sunday. After dinner we went back to our unit and had a great sleep. Saturday was full of sleep, water and food as we prepared for the Marathon. We all did a light run that morning and felt great - even the Smashman's legs were working again. Lunch again at the pasta place, then sleeping, reading and a few predictions for the marathon. Each person got to estimate their own time and that of the touring party. The general consensus was that The No 1 Gun would be around the low 2.30's, the Superstar around the low 2.40's, the No 2 Gun mid to late 2.40's and the Smashman around the mid 2.50's. That night all but the Smashman went out for dinner, we all had to have our bags packed for the next morning as we would be putting them in a locker at the station to be collected after the race.

The morning finally arrived as it always does and each person has their own routine, though one thing in common was the toilet. We got away nice and early, it was cool and a little drizzle looked likely. There were plenty of people up ready to race as there were 37,000 entrants. There was a roller blade section and also a wheelchair class. The race in the women's event saw Takahashi against Louroup - a real contest. The men's race was a lot more open as there were heaps of sub 2.10 runners. The bags were dropped at the station, a coffee, then we headed to the start to drop off our race-bags and warm up. We were all preferred runners starting in the group behind the pro men - two metres off the start line - great spot - so we were all very relaxed about the start. The organisers had an aerobics warm up session that at least 5000 people were doing. I thought they would later regret the excessive warm up prior to 42km of running. The intro of the top three men and women, a few words from the New York marathon organiser and the playing of 'New York, New York', which finished twenty seconds before the start, left just enough time for a quick 'Aussie, Aussie, Aussie', then bang, we were off. The No 1 Gun and Superstar were off. The

No 2 Gun and Smashman a lot more conservatively. The crowds were enormous, lining the route, clapping and cheering all runners. After the first 5 km the No 1 Gun led Superstar, No. 2 Gun and Smashman. Through the first 10km the splits were No 1 Gun 34.30, Superstar 37.30, No 2 Gun 38.03 and the Smashman 38.58. At the 21.5km mark the No 1 Gun 72mins, Superstar 78.40, No 2 Gun 79.55 and the Smashman 80.10. At 22km the Smashman and No 2 Gun ran together for a little while then split up. The Smashman hit 32km in 2.03 and knew that he was on target for a PB. At the 36km mark the Smashman caught the Superstar who was really suffering with a sciatic nerve flare up, but he was hanging on there as he always does. The crowds were great and the Smashman was clicking the heels together at every opportunity (at least 16 times during the race) skipping and having a bit of fun which took the mind off the pain the body was going through. Then, at last, the finish. It came around so quickly but was now finally in sight, the goal complete, time to rest and relax. It is funny, when you stop, you start limping and hobbling, wondering how you just did a 42km race. I bumped into the No 1 Gun who, after 30km, went into body shutdown mode. Something caused some pins and needles and nauseous feelings in the stomach but he hung in there against his mind that said 'Stop' and he went on to finish. The final times were No 1 Gun 2.41.34, Smashman 2.43.52, Superstar 2.47.29 and the No 2 Gun 2.56.11.

The women's race saw a new world record with Takahashi being the first women to go under 2h20m. Well, the Smashman had to hop on a plane, the No 1, 2 Guns and the Superstar were off to Munich for Oktoberfest, and it is probably better we finish the story here and let your imaginations run wild – 'cause after all, they are a wild bunch of boys!

Upcoming Events

Sun 11th November 2001 Brindabella Classic
54km or run in a relay team of up to 4. A good number of Striders always travel to Canberra for this one.

Sat 1st December 2001 The Blue Labyrinth
FAT ASS 14km, 45km, 54km, 90km
The 2nd running of this very demanding but spectacular run in the Blue Mountains. 100% off-road on firetrail and single tracks.

FAVOURITE SHORT RUNS

Two favourite short runs in this issue. Ed.

This is the second fave short run. This one's a bit longer than the previous fave short run published in the last Blister. Nevertheless it can be accomplished in well under an hour, enabling you to stretch, shower, dress (if you want to) and get back to the office in a lunchtime.

Since you are not far removed from civilization during any part of this run, you'll always be able to turn to a member of the general public if you get lost and ask them where you should go confident in the knowledge that they'll surely tell you!

So, here's the second FAVOURITE SHORT RUN:

Distance: Somewhere around 12km. As before though, all distances are best guesses

Bush: There is no bush. If you find any you've gone seriously wrong!

Traffic: Low to moderate road runners' rage should be encountered.

Hills: For Sydney, virtually none.

The Pyrmont

Get yourself to Wynyard Park, the corner of Erskine and York Streets to be precise. Start your watches and go.

Run west down Erskine Street. Keep going all the way to the King Street Wharves. Turn left, run towards the Sydney Aquarium and continue around it. Keep going around Cockle Bay in Darling Harbour and you'll eventually come to the Australian Maritime Museum. Staying close to the water, run around the Museum.

Run past Fox Studios (on your right) and Star City Casino (on your left), through Pyrmont Bay Park. At the end of this small Park turn right and with the old Casino and Doltone House on your left, follow the water's edge to the end of the point. This is Darling Point, run around it and head towards a multi-story brick building - Australian Naval Support Command Head Quarters. Keep this on your right. Next you'll come to a roundabout and turn right onto Pirrama Road again.

Run along Pirrama Road and turn right into Pyrmont Point Park. Run along all the boardwalks keeping the water on your right. Eventually, you'll come out on Pirrama Road again. Follow this to Harris Street (in front of you will be the apartment complex Jackson's Landing). Turn left and go up Harris Street.

Continue along Harris Street. Turn right at Miller

Street, run two blocks and turn right at Bulwara Road. Carefully cross Pymont Bridge Road and continue along Bulwara Road. Carefully cross Allen Street and continue along Bulwara Road. Run down Bulwara Road to the end and turn left into Mary Ann Street. Quickly turn right into Harris Street and just as quickly, turn left into Ultimo Road (Duke of Cornwall Pub is on this corner).

Go under the old railway bridge and turn left into Darling Drive behind UTS. Run along Darling Drive and after you've gone the entire length of the Entertainment Centre Car Park turn right.

Turn left under the Pier Street Overpass and veer left so as to run along the front of the Exhibition Centre. Run under the Western Distributor Overpasses and then turn right to run around Cockle Bay in Darling Harbour. Run towards the Sydney Aquarium and once there go left and continue around the Aquarium. Keep going and you'll soon be running along the King Street Wharves. At about Jetty 3, turn right, go up the stairs onto Erskine Street.

Turn left at Sussex Street, which becomes Hickson Road. Follow Hickson Road all the way round past

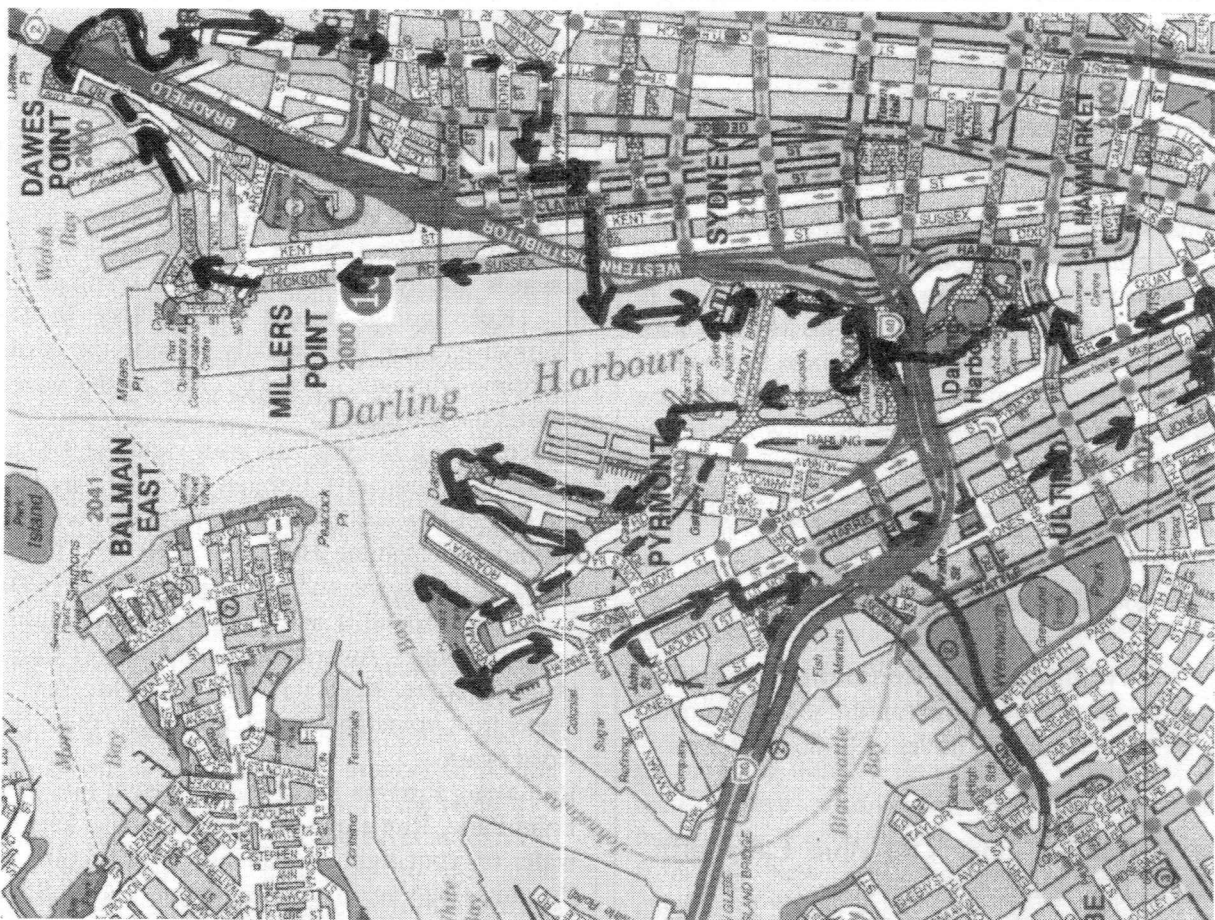
the Walsh Bay Wharves. Run under the Bradfield Highway/Sydney Harbour Bridge to Dawes Point Reserve. Go into the Reserve and onto the boardwalk in front of the Park Hyatt.

This is Circular Quay West and you're going to go along Circular Quay West to the ferry terminals. (That is, follow the brick paving past the Overseas Passenger Terminal and then past the Museum of Contemporary Art.)

Run under the Cahill Expressway and into Pitt Street. Go south along Pitt Street. Carefully cross Bridge Street. Turn right at Hunter Street. Turn right at George Street. Quickly turn left at Margaret Street. Turn left at York Street. Run along York Street to the corner of Erskine Street. Stop watch; rejoice in a great run.

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

Until we next meet again,
ON THEROAD



The unbelievable "Six Foot Track"

By Nick Themsen

Saturday, 29th September

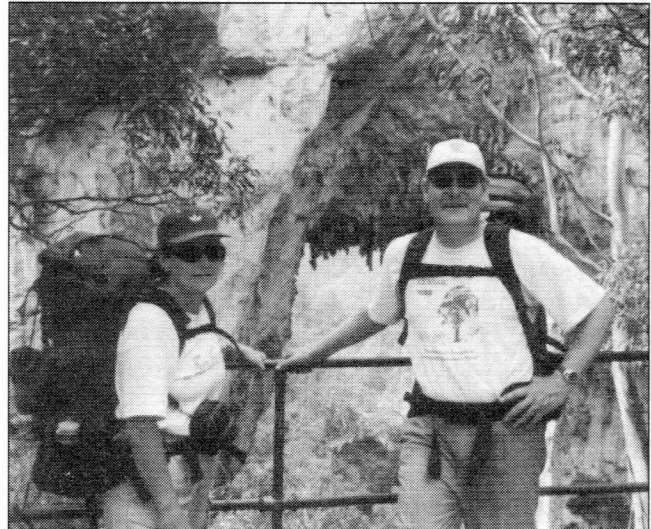
The alarm clock went off at 5.00 AM – in the middle of the night. The packs were stuffed the night before, only the last minute items like money, ID etc were missing being packed. Breakfast was consumed in normal rush-hour fashion, the fish were fed and the timer set so they would get the light they deserved during the next three days. Teeth brushed and the last minute watering of the plants on the front and back terrace, backpacks on the shoulders and off we went for Pennant Hills station, approx. 2 km, to catch the 6.49 for Strathfield.

It was a beautiful morning, sun was rising, the birds had been making morning noises for a while and the traffic was very limited at that time of the day. The packs were a bit heavy, but we had plenty of time – until Kirsten realized we had forgotten our drink bottles, left in the fridge overnight to stay cool. After a twenty second debate we decided Kirsten was going to run back and fetch the bottles while I was continuing up the hill to the station with two backpacks. One on the back, 30 kg, and shifting the other, 20 kg, from one hand to the other. It didn't take long before the sweat starting pouring from almost every pore in my body, but we didn't want to miss the train. Kirsten's running back home, opening the front door, resetting the alarm, packing the four bottles in a plastic bag so she could carry them, activating the alarm, locking up again and running back up the hill in walking boots to catch me probably took no more than fifteen minutes altogether. She was perspiring like a marathon runner and couldn't see a thing, because her sunglasses were fogging up. Running in walking boots proved to be very costly later.

It was two very sweaty people entering the station ten minutes before the train was due, swallowing the first half-litre of our premixed sports drink. We had made the first hurdle.

At the change at Strathfield, we had time for a cup of coffee and a last visit to the toilet before embarking on a lovely train ride to Katoomba. We really enjoyed the ride up the mountains and the breathtaking views from the train. Neither of us had done that trip before. Arriving in Katoomba, we walked the 2.5 km to "Explorers Tree" the start of the track. Both of us had run the track before and the first steep down hill and the steps down to "Nellies Glen" went without any serious problems apart from my boots being a bit too narrow in the front, which typically only was felt

after a couple of hours walking. That was without a pack and without any steep downhill walking. Now doing both, they felt too narrow all the time and the toes didn't like it.



Nick and Kirsten Themsen approach journey's end

We had morning break on Nellies Glen Road and inspected the damage. We both had blisters and commenced the three-day long treatment of blisters and sore feet. Kirsten was worse effected due to the band-aids applied before departure being pulled away and clogging in her socks with unavoidable blisters on the heels as a result. So much for running in boots. It had never happened before when just walking with the band-aids.

Well, spirits were high and the day glorious, so we continued towards Megalong Vally, where we planned to have lunch at the cemetery. The packs were a bit heavy, but nothing that couldn't be fixed with a little adjustment of the carrying heights, however my boots seemed to be narrower and narrower. My toes were screaming at every step, it was such a relief just to get the boots off during lunch break. Lunch consisted of "burritos" with tuna and a bit of cheese. Wonderful. At that time I could have chewed the leg off a low-flying duck.

Paradise didn't last long enough and we had to put the boots back on and continued our descent to Cox's River. It all went well, except for the mountain bikes they have now allowed on the track. They scare the sh... out of you when they come up from behind and you can't move over fast enough because of the weight of the pack – or they come around a corner towards you with basically the same result. I have no

doubt that riding the track is fun, but it seems that the narrowness of the track should be taken into consideration – at least at this particular part of the track.

Kirsten's blisters were getting bigger, my boots were getting narrower and the packs were getting heavier. I believe we hit "the wall", as we would say in running circles. No more energy left, except what the body could extract from our fat deposits. Probably also a bit dehydrated – it was a warm day and you simply couldn't keep up the fluid intake at the rate it evaporated from your body. But the various troubles aside, the views were spectacular, plenty of wildlife, and the water in Cox's was plentiful.

We didn't cross at the bridge, but went on to the "normal" crossing where the boots came off for the last time this day and a walk across the river was pure manna for the feet. The camp was set at around 4.30 PM, dinner consumed before 7.00, at exactly 7.58 PM the light went out in the little tent and at 7.59PM you could hear snoring noises from my side of the tent.

Sunday, 30th September

We knew that this day, with the two steep climbs, were going to be very hard. The new information board at 'Cox's River Camp Ground' estimated 8.5 hours walk out to "Black Range Camp Ground", very close to the Caves Road - consisting of 2.5 hours to Alum Creek, another 2.5 hours to Pluviometer and finally 3.5 hours to the camp site.

Before getting dressed we started the day by nursing all the blisters and foot problems we had. Not a nice way to start the day. That was followed by porridge for breakfast, only digestible due to a nice warm cup of coffee. What kind of day was it going to be? Grand Final Day.

The first walkers disappeared along the track while we were packing. "A long day ahead of us, better start early". Yeah, we know. Packed-up and finally reached the unavoidable stage, where we had to put the boots on again. That was nearly too much, on top of blisters and porridge, but on they went and so did we.

It actually felt pretty good – to start with. We decided for the 'better be-slow-and get-there approach' with two five minutes breaks per hour plus morning tea and lunch break.

After the first hour all the energy seemed to disappear into the air. We were not even at the top of 'the Saddle' but the climb had just taken it out of us. That was the first time we discussed what was hardest; to walk the track with a pack or run it? At the last couple of ascents, I had to stop every 50-80 meters

and rest my back which was in spasms and also to get a little bit of oxygen back in the system.



A well-earned drink for Nick

The descent to Little River went well apart from the narrow boots. We met a guy coming from the opposite direction, who supposedly had broken his wrist slipping on a rock whilst crossing the river. Encouraging news, but we crossed the three streams with the help of a couple of young guys, who led the way and dragged us over when needed – literally! They pulled and because of the weight of the pack you just tumbled over, hurt your knee, bruising your arm and thanked them for all the help they provided. The climb towards Pluviometer continued.

After a couple of hours we decided to have lunch just next to the track, only disturbed by approximately 25-30 trail bikes and seven 4WD's. The cars were OK, they moved slowly and raised a bit of dust, but the motor bikes charged by, leaving stinking fumes, dust clouds and shooting pebbles from their tyres in every conceivable direction. That went on for the rest of the day. I don't know why they allow trail bikes on a hiking track. As one of the many walkers we met expressed: "If they can legislate against jetskis in Sydney Harbour, they surely can prevent trail bikes here."

It took us another hour to reach Pluviometer and time-wise we were spot on the estimate displayed on the notice board. Consequently we still had around 3.5 hours to the camp. That was 3.5 very long hours walking along the Black Range, but we arrived at exactly the predicted time, without making any particular effort to meet the specified time. We couldn't produce any more effort. My feet were killing me and Kirsten had to walk the last two hours in slippers she had brought with her for moving around the camp. Even in slippers she was walking

faster than I did.

Despite a very warm day, the trail bikes, the pain and the lack of energy, we enjoyed the scenery, the views and the "being tired out" feeling. Also the help of fellow walkers who came with additional bandages, antiseptic powder and what-have-you to ease the pain of the damage we had imposed on our feet.

Camp was set and dinner consumed lying on the ground as both my hands and feet were cramping up with the slightest movement. In the meantime a lot of young people arriving from Jenolan Caves on their way to Katoomba, put up their camp sites and entertained the whole ground for a couple of hours – even into the first half of the Grand Final. The last I heard was Newcastle leading by 10-0, next thing it was morning again. I remember thinking just before falling asleep: "I'm glad I'm not ending my trip climbing all those stairs in Katoomba". With the condition of my feet and the ever increasing narrowness of my boots, I was not to know what the descent to Jenolan Caves was going to be like the next day!!

Monday, 1st October

We woke up to the noises from the youngsters starting to make their way to the morning toilet ritual. It had been quite a windy night and we had been awake a couple of times during the night, just registering the fact that it was blowing a gale, sipping a sports drink and then back to sleep.

We examined the damage to our feet and –like the morning before – started the day by putting on bandages, band aid, antiseptic powder and what ever else was in our first aid kit to try and prepare our walking medium for the day ahead.

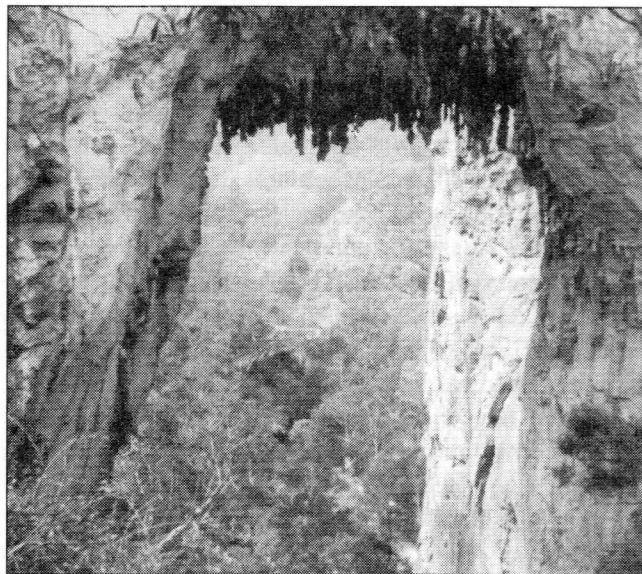
Breakfast was not going to be porridge again, but consisted of burritos with a little cheese and coffee. My decision, Kirsten went for the porridge.

We learnt the result of the Grand Final and I thought myself lucky not to have watched it on TV. I would have been so mad and disappointed, whereas out here in the bush, it was just something that had happened somewhere else out there in the big wide world of sport. I had my own problems to battle.

Kirsten decided to continue in slippers for the last nine or so km to Jenolan Caves and off we went before 7.30AM.

We had plenty of time and except for the trouble and difficulties caused by my narrow boots and forever-hurting toes, the descent went very well and was enjoyed tremendously. We saw black cockatoos, lizards and had some magnificent views climbing down to the caves –views that I don't recall when running the track. We arrived at the Caves around

11.00 AM after Kirsten had been hanging on to a stick in her slippers on the sharp descent. What an effort! The last 12-13kms in a pair of slippers.



Carlotta's Arch close to the Jenolan Caves.

Although the start of the day had been a bit cloudy and cool, the weather improved and with my boots back on the pack, I enjoyed a couple of foccacias followed by a couple of cans of soft drink – couldn't stand any more Isosport – followed by a nice cup of coffee. We sat in the sun enjoying the people arriving down the track and noticed they all seemed to walk a bit stiffly and with very short steps. No doubt I'd been looking funny too from a spectator's view – with the pain in the feet, I would probably have looked like a person walking on hot coals without the strength to lift his feet fast enough.

We consumed an unhealthy lunch, a cold ale or two and caught the bus back to Katoomba, train to Parramatta and a cab home just in time to order a pizza, have a shower and get into dream world.

The following day I counted the tablets we had used for sterilizing the water we drank, one tablet per litre, and with the 6 litres we had in our packs from the start, we had "produced" 17 litres of drinking water to which we had added Isosport powder. Despite consuming this amount of fluid, I'd only had one leak every morning and one every evening during the whole trip and on top of that I consumed another 3-4 litres of fluid during the following 18 hours after finishing in Jenolan Caves in order to get partly hydrated.

What is the hardest, to walk with a backpack or run in the 'Six Foot Track' in March?? We have no difficulties answering that question. Running in March is definitely a breeze – hope to see you there next year.

And More Six Foot Track!

Six Foot Track – it seems Striders just can't get enough of it! The preceding article was Nick Themsen's account of hiking the Track, following is Sean Greenhill's story of the first 'Twelve Foot Track' – Katoomba to Jenolan Caves return in one day. In another Blue Mountains trip, Frank Dearn ran his first Six Foot Track. Frank reckoned he would never make the cut off in the March race so in the company of Kevin O'Kane and Steve Nordern covered the distance in a comfortable nine hours. Well run, Frank! I hope to have an account of that run and some photos for the next Blister.

First a contribution from Sean Greenhill,

Six Foot Track At Risk

From a September Blue Mountains Gazette. (*it was also covered in the Sydney Morning Herald, Ed.*)

Government called on to save Mountains' Six Foot Track

The popular Six Foot Track could be lost to the public if land in the Kanimbla Valley through which the track passes is sold for residential development, the Colong Foundation warned last week. The walking track runs from Katoomba to the Jenolan Caves.

The foundation is calling on the Minister for the Environment and Blue Mountains MP Bob Debus to buy the 16.2 ha segment of land, which is currently for sale, to ensure the future of one of the most popular walking trails in the Blue Mountains.

"The minister urgently needs to buy this land to save this historic track for the public," said Colong Foundation project officer Louise Micallef. "If he fails to do so this segment of the track will become a road into a residential estate ruining the aesthetic, recreational and environmental appeal of the area. The site is also located at the junction of two rivers adjacent to a popular camping area, so if development does occur it will impact on water quality and recreational activities as well as walkers using the track."

"We appeal to Bob Debus to not allow this area of natural and cultural heritage to be spoilt, so that this and future generations may experience this unique walk."

Bob Debus, Member for the Blue Mountains and Environment Minister, said he welcomed the representations from the Colong Foundation. "Like the Colong Foundation, I am eager to ensure that the Six Foot Track remains accessible to bushwalkers and visitors to the Blue Mountains National Parks."

"The land in question is separated from both Kanangra Boyd and Blue Mountains National Parks by Crown land currently under two grazing licences. Purchase of the land would only be viable if the Crown land could be added to the National Park to assist with management and access. The National Parks and Wildlife Service will enter into discussions with the holder of the renewable grazing licence in the Kanimbla Valley to look at possible options for acquiring the land," Mr Debus said.

Kevin Tiller, Six Foot Track Race Director, has been going to meetings in the Blue Mountains to organise next year's race. He says that nobody is too worried at the moment. There are not yet any plans or proposals for the land and even when there are, they will be subject to appeal. Kevin does not think there is any likelihood of Six Foot Track being cancelled as there would still be a right of way. He will be posting news of any developments on the Six Foot Track race website. (<http://www.sixfoot.com>) And the 2002 is definitely on! Ed.



Start of 12 Foot Track - at the Explorers Tree – Striders Jonathan Worswick (standing 2nd left), Kevin Tiller (3rd left), Sean Greenhill (3rd right), Martin Fryer (squatting 2nd left).

(The inaugural) Twelve Foot Track 93km, 11 August 2001

By Sean Greenhill

"I'm not doing the City to Surf! That's just bullshit!" Dave King probably expressed the thoughts of all those tired of the bustling crowds and road-cone dodging inherent in Australia's largest fun run. For the trail nazis and adventure runners, there was something different being offered the same weekend... an out and back, double version of Australia's most popular ultra, the Six Foot Track. Done in the best Fat Ass minimal aid, self sufficient style, it promised 93km of tough bush and escarpment running.

Kevin Tiller (Race Director of the Six Foot Track) and I had nurtured the idea for a few years separately, then we'd gotten together and mooted it in public. Martin Fryer was the guy who prodded us into setting a firm date for this lark. In the days leading up there was a lot of stuff flying around on the emails, to the point where I was at work Friday afternoon but not focussing on what I was doing - my mind was several bucketfuls of sweat away, somewhere on Pinnacle Ridge or Pluviometer or Black Range. We were all pumped up to fever pitch, and the volume of email in the week and a half leading up surely was the difference for Telstra when they cracked a big profit.

I crashed at my mum's place Friday night (30 minutes drive from the start) as did Martin. Over a spicy rice and chicken dish we traded war stories and thoughts on training (the analysis of which Martin has down to a fine art) before retiring.

Twelve desperadoes fronted at the Explorers Tree, Katoomba on Saturday morning, ready to go. Most of them were regulars on the long distance, Fat Ass circuit... guys (all were men) whom I'd call "my unit" if we were a military outfit.

Meant to start at 7am, we didn't get moving till 7.32 with Dave's fussing over his hair, people going back for seconds and thirds from Ross' most excellent complimentary breakfast, farting around with drop bags, and the fashionably late arrival of Jonathan "Young Stud" Worswick (well, that's what 'Outside Magazine' called him).

Tiller decided to actually start from the Explorers Tree itself rather than the clearing 50m along where the Six Foot Track starts- which he called the "weenie" option. So we jogged along the bitumen for

a minute or two, then hit the clearing amongst the eucalypts, and the few hundred metres of downhill fire trail to the top of the precipitously steep Nellies Glen staircase. I was boosted down this fire trail by Jonathan's hand, planted squarely in the middle of my backpack.... and I had grand visions for a fleeting moment. "Is this a Hardrock or Bogong- Hotham winning pace?" Sadly my delusions of grandeur were cut short by the arrival of the stairs... steep, wet and slippery, I negotiated these 2km slowly. Tiller and Worswick took off and I was in the company of Lawrence Mead and Dave Flimpyhead. We ran together from the bottom of the stairs on dirt roads and through farms for a while, climbing over stiles. It was a clear, cool day. I had started wearing a coolmax polo shirt and tights over my shorts, knowing that it would get warm soon and the tights would come off. It was a warmer morning than expected - Katoomba in winter often descends to below zero in the early morning, but these conditions were mild by comparison.

I chatted to Lawrence about gear. Nigh on everyone doing these Fat Ass runs wears Camelbaks. I had forsaken my Camelbak Rim Runner for a Karrimor Victory pack, top of the range, all mod cons, and my own modifications (bottle holders on the shoulder straps. Lawrence had a very fancy set up of a backpack that he swore only cost about 30 bucks. Max Bogenhuber, who was helping with the drop bags, is of the opinion that most of us carry too much stuff. Maybe - I had four 800ml bottles in my pack (two on the straps, two in the body of the pack) which certainly weren't light. But as Lawrence would note later on, when the perspiration had drenched my shirt and dripping steadily to earth, I sweat more than most people.

In not much time at all we hit the Megalong Valley Rd crossing (8km) where Gayl was waiting with drop bags and Tiller and Worswick were standing around finishing some drinks. Jonathan declared that time for "race mode" had come, and he steamed away down the dirt road in pursuit of Kieron, Martin and Peter Goonpan. We tagged along behind accompanied by Bill Tomiczek, watching Jonathan's back vanish into the distance at speed.

Reaching one of the steep pitches of single track approaching Pinnacle Ridge, I remarked that, back in 1998 when running Six Foot Track for the first time

(first time I'd done a race longer than 14km) I WALKED this rise, and was horrified. I'd never walked in a run before and was certain I was about to fall apart. In the end, I ran 5.44 that year. The run to Coxs River was like that. We were a sociable group, taking a steady pace, more interested in talk at this stage, negotiating the rocky section between Pinnacle Ridge and Coxs River, crossing at a much more sensible pace than the frenetic efforts you see in the Six Foot Track- the reason there are a lot of falls in this section.

A mile before Coxs River crossing, Dave, Lawrence and Bill veered off to the bridge crossing, which is not part of the Six Foot Track race course. Conversation turned to savage bagging and questioning of the size of certain individuals cojones as purists Tiller and I soldiered on over the rough stuff and crossed the river, scrambling over rocks, almost but not quite keeping our feet dry. As Kevin and I walked up the rise to the campground the others ran in. I took a little time to remove my tights and change my socks, so the others left a minute or so ahead of me.

Looking round, I noticed a big water tank that I never noticed during the Six Foot Track race. This was a theme that would occur over and over again during the day- seeing things on the course I had never seen during my previous four sojourns down the trail while moving at a more frenetic pace.

It was getting hot now, but I set a steady pace trudging up Mini Mini Saddle in pursuit of the others. Running some of it, walking the steeper pitches, I caught the guys and kept going. Lawrence went with me and we opened a gap from the other three.

Mini Mini Saddle is actually two rises, something you can forget. After switchbacking up the escarpment you wind through a farm, drop into a small gully (carved by Alum Creek, forded again a couple of km upstream) and then embark on a long straight rise next to a gully, out in the open, before hitting the top of the rise and re entering the shelter of the trees. This open section is pretty tough when it's hot... in 1999 it turned on 30 degrees and I was climbing this section passing people slumped on either side of the fire road, done in by the exposure to the sun and heat.

By the time we reached the trees we were five again.. We crossed Alum Creek again, then Little River twice within a minute or so. This was farmland populated by grazing cattle who contemplated us

curiously but didn't move from their spots in the fields. At the second crossing of Little River I stopped to fill all four of my bottles, mixing in Gatorade and Sustagen powders; by the time I finished, Lawrence had gone, Dave and Bill had passed, but Kevin hadn't come along.

I caught Bill and Dave on the steep climb up Pluviometer. I thought the top of this pitch was one of the areas where it was possible to get lost on the return. Contrary to the belief of most Six Foot Track runners, the Pluviometer trail does not climb up the end of the range, and the Black Range Rd we run along is not a continuation of Pluviometer trail. Pluviometer is a side trail which drops off the side of the escarpment, while Black Range Rd keeps going on towards Cronje Mountain. I suppose this is because the aid marquee at Six Foot Track blocks the Cronje Mountain trail from view, and runners are in too much of a hurry to look at the scenery. The potential was there to come running down Black Range Rd, miss the Pluviometer turnoff, and keep going into Kanangra Boyd National Park. So I committed the details to memory and set off down Black Range Rd, leaving Dave and Bill behind.

Black Range Rd is thought of, during Six Foot Track, as pretty boring, but jogging along here at lunchtime, there seemed a lot to recommend it. Off to the left, though the trees, a mighty rock wall was visible, quite a way in the distance, but still impressive. "Is that Kanangra Walls? Yes, it's got to be." On my right, the gorge cut by Little River thousands of years ago when it wasn't... err... so little. I was jogging a bit, walking some (the trail rises around 150m overall in around 10km) and not feeling that good... but soon enough I reached the Kanangra Boyd National park sign signalling that the end of the trail wasn't far off, then I reached the pine plantations of Jenolan State Forest.

A voice called my name. I looked up to see Jonathan pedalling down towards me on a mountain bike. Turns out he was only looking for a training hit, and had run down to the Caves Rd crossing, then run back up the bitumen to Black Range Rd campground, which was only a couple of minutes distant, where he was met by girlfriend Kate. He said I was looking good (I didn't feel it) and remarked that he had had a lot of trouble catching Kieron, Martin and Peter, who were going more than twice as far! He rode with me into the campground, where I was met by Gayl and Kate, took on supplies, then set off again on the "new section" of 4WD track, dipping and rising steeply to hit Caves Rd, cross over, and follow a narrow track

by the road, before reaching the turnoff to Binda Cabins.

Lo, there was Max parked on the side of the road, talking to a slight, grey-haired figure... Kieron Thompson. I jogged up, sank to my haunches, and bowed down in front of Kieron, who was already on the way back. "I'm not worthy! I'm not worthy!" I chanted. Kieron looked like he had been out on a casual 30 minute jog around the block. He went his way, I talked briefly to Max, then kept on, within a couple of minutes Martin and Peter came running up. I repeated my "I'm not worthy" act, then exchanged high fives with both of them. Martin had a broad smile, and looked full of enough running to give Kieron some trouble, as well as seeming ultra cool behind his sunglasses. Peter looked strong and determined... a good match up, these two.

Down, down the last descent from Mt George to the Caves. Quite a few tourists and casual walkers were passed in these last few kilometres.... on Six Foot Track day there are banners, announcers, all the paraphernalia, there's no doubt what's going on. But these guys today must have wondered what the story was with all these guys running down the hill... then going back up. Thomas, Jan and Lawrence I passed a couple of minutes before reaching Caves House; they were on their way back up. More greetings and high fives were exchanged, then I descended the stairs at the end of the path, and ran down the route you'd take to hit the finish chute at Six Foot Track, in front of the tavern verandah. A clenched fist and glance at the Watch - 6.25, better than two of my official Six Foot Track times!

I felt quite ill, so spent a long time in the bathroom, then bought some drinks and food, chatted to the girl at the service counter (turning on my casual machismo routine... "yeah, I came from Katoomba this morning, so I'm a little hungry") and set off after about 6.45 elapsed time. Bill came running down past me almost right away - he was only going one way - then Dave, walking down casually, and Kevin sprinting hard a couple of minutes after that. Getting congested around here!

The climb up Mt George was a real bastard, and I was still feeling sick...couldn't do anything more than a slow trudge, and suck copiously at the Mt Dew and iced coffee I'd bought at Caves House. I reached Binda Cabins after a real battle (lots of roos chewing on the grass next to the huts), refilled bottles, started jogging along the flats, and ran out of energy after 15 minutes. I more or less walked from there back to

Black Range Rd campground. Just before reaching that campground, my feeling of sickness became a wrenching pain through my gut and I frantically ducked into the trees for a violent pitstop. I met Max at the campground a few minutes later feeling a little better, but not too good. Competitive instincts were surfacing; why hadn't Dave and Kevin come along, seeing as I'd gone so poorly from Binda Cabins? It had taken me two hours to get from Jenolan Caves to here! From Max came my Mag Lite torch, some food, a long-sleeve top, and a pep talk. Off I went as the shadows lengthened, determined to open up a gap from Dave and Kevin who were surely close.

I covered the 10km from the campground to Pluviometer in 58 minutes, better than I did on the way out (okay, I know it's overall downhill, but still not too bad after 60km), starting my descent as twilight set in. The orange light of the setting sun on the rock faces visible from either side of the trail was dramatic stuff.

Halfway down Pluviometer (and feeling much better by now) several 4WD vehicles came thundering down the trail in the same direction as I was going. There was still, plenty of light to see the trail by, but the Mag Lite and LED headlamp were turned on anyway, just to make sure I was visible to the drivers.

Lawrence remarked later that the descent of Pluviometer (a novel experience!) felt a lot like Brindabella. He's right, the switchbacking downhill fire trails are reminiscent of the Canberra Classic. Bet money also that the downhills at both would stuff up the legs equally well.

Little River was reached just as it went fully dark, sometime after 6pm. I refilled two bottles, so I had drunk nearly six litres of Little River water in this run - as it turned out, really not healthy! Then it was time to run through the cattle grazing grounds, up winding dirt roads as I approached the top of Mini Mini Saddle from the "wrong" side. Part way up, I was walking fast with just the headlamp on (most of the time the surface was good enough that I didn't need the extra power of the Mag Lite) when there was a scraping noise and the headlamp showed up something large and white moving right in front of me. I almost shat myself I freaked out so badly. A few tentative steps closer and I realised I was looking at the white head and shoulders of a cow that was otherwise deep brown; he was shuffling off the trail to make room for me.

At that point, it really did hit that I was in the dark, I

was alone, and there wasn't anyone near me. Dave and Kevin were obviously a long way back. Who knew how far ahead Jan, Lawrence and Thomas were. It might have been a harmless distraction, but my nerves were not settled at all after I had moved on.

Down the long stretch of Mini Mini Saddle, with farms on either side. No trail markings, geez this had better still be the right course - there's a network of side trails between Little River and Mini Mini Saddle and for a few minutes I wondered if I'd ended up on one of those. Far, far away, I could see lights on top of the main escarpment - either of Katoomba, or one of the smaller villages on the line such as Blackheath or Medlow Bath. Somehow it just compounded the sense of isolation. Reassurance was at hand when I reached the familiar bend in the trail before descent to Coxs River and also a trail marker.

Down the switchbacks and I reached Coxs River campground a few minutes after 7pm. The night was magnificent, the stars outstanding in a clear sky; the dark oppressive, the cold starting to bite. I pulled my tights on again, refilled two bottles at the tank, and watched the 4WDs that had passed me on Pluviometer head back the other way.

Now, to cross the river. I didn't know the way to the bridge in the dark, and I was going to do it pure, damn it. I'd cross the water myself. By the light of the headlamp, I worked my way across the rocks 'Spiderman' style, aware that, if I fell, I could be in serious trouble, and came up on the other side with feet bone dry.

That was a morale booster, and I was pumped enough to start running up the hill at good speed. Thankfully this section of trail was well marked! At the junction with the bridge track I looked at the watch - this was the 80km point - and saw 7.17pm, so I'd brought up a new PB for 50 miles - 11.45 - better than the 12.21 50 mile split I did at Glasshouse 100 last year. Pretty good going over such tough terrain. Keep at it Greenhill, this is good going, you might catch the other three yet.

On the climb to Pinnacle Ridge, though, the darkness might have started to get to me again... the run seemed as cold as the blue - white light beaming from my Lucido. Seemed a pretty long 7km to the top of Pinnacle Ridge and the open farmland. As I jogged down the fire road, free of the tree coverage and with the magnificent clear sky open above me again, I saw a light on the move, switching back and forth, over

towards the main range. I knew it must have been one of the others (as it turned out, it must have been Jan and Thomas) and the effect of running for over four hours in the dark without seeing any people welled up; I almost cried - I wasn't alone out here. The team was still with me.

Twenty minutes later I was running up the hill over the cattle grids to Megalong Valley Rd junction. A torch beam flashed on above me but I couldn't see who held it. "Keep that light on!" I bellowed to my unseen benefactor. As I approached I saw it was my mum Gayl. "You're the first person I've seen in nearly five hours!" were my first words, then I climbed into her car where she switched on the heater and produced a pizza she'd bought in Blackheath. I spent 10 or 15 minutes eating and getting my act together for the last 8km. Leaving the car and heading into the bush again was tough - another two or so hours by myself in the night, I reasoned. But, there could be no piking now, this close, especially as physically I was just fine.

Back through the farmlands we'd covered over 12 hours before. Across several stiles and onto the Nellies Glen trail. Straightforward enough from here I thought. Steady running on dirt road for a while, then I reached a fence, locked gate and stile. All previous stiles had Six Foot Track markers on them, but not this one. The gate had a PRIVATE PROPERTY sign. I realised I hadn't seen a marker for a while. Shit! I've taken the wrong road in the dark! I turned and walked back. Now Dave and Kevin will catch me, I thought. I was pissed off.

After 20 minutes walking I reached a marker. No obvious side trails had been passed - that stile must have been on the official course. I went back to it again, climbed half over, and shone my Mag Lite up the trail. A few metres further on was a trail marker. I had been on the right route all along! Now I was properly pissed off - I had lost close to 40 minutes farting around for no good reason.

Nellies Glen Trail steepens as it approaches the stairs, and I was feeling a little tired by now, walking a lot, as the trail degenerated. Finally I pushed through some close pressing vegetation, scabbled across some wet rocks and stood at the foot of the staircase. I was only about a mile from consummation, but it was a bastard mile.

As with so much else on this trip, I appreciated something new. When going down these stairs, you're only looking at your footfall, Going up, I could stare into the heavens and admire the constellations. Closer

at hand were the rock formations that defined this niche in the escarpment and some dense fern thickets by the trailside.

I got to the top in better shape than I thought, and even jogged some of the climb up to the clearing where Six Foot Track starts. My mum had driven down to meet me at the clearing, but I waved her away. "I'm going to finish at the tree," I said. "Stay here, back in a few minutes." She didn't stay, driving slowly behind me as I ran down the stretch of bitumen, and by the light of her headlamps I ran down to the tree, leaned over the fence and touched it, then raised two fists skyward in celebration. Felt pretty good after 93km and over 4000m elevation change. I had done the 93km in 15 hours 44 minutes. I walked over to Gayl's car and finished the pizza; then we drove back to her place, to which Martin had already returned. When we walked in, he was already asleep, but had left out a charming note for me. I left a note for him to read in the morning, should he rise before me, and crashed out.

I was pretty sick for the next few days from the Little River water, but the buzz of the finish stuck with me for weeks. Dave King was right - the biggest fun run in Australia would have been no contest - something for others to bear in mind next year when it's on again. Don't be surprised if there's an 18 Foot Track option then, as well.

Full results and photos at www.fatassworld.com

Committee Ramblings

30th August meeting

- Agreed to sponsor Six Foot Track Race by providing \$250 for a trophy for first placed team (we expect to win it!) There are four or five clubs with significant representation at the race.
- Cost of STaR breakfast discussed following a suggestion it be lowered to \$2. Decided to leave it at \$3.
- Super Series - discussion on events for next year. Agreement that City-to-Surf should be dropped as a Super Series event due to difficulty of providing a 'level playing-field' for all Striders. It is still seen as a Strider supported event but getting a host has not proved easy. Successor for Palm Beach to Manly required as that race will not be continuing - suggestions of Sydney Marathon Clinic event and Bogong-Hotham (a joke I think) - to be decided.

City 2 Surf - Get up the front

From Steve Jackson:

The cut-off for preferred starts varies each year depending on how fast the field ran - there are a limited number of slots. A sub 53 has got preferred just about every year and from this year's results, should do it. You will have to wait until next year to see if you get an invite. The final numbers are not calculated until all applications are in. It doesn't hurt to submit an application with supporting race results (accurate courses) when entries open next year.

And further from Greg Donovan:

Sub 52 was the mark for 2001. If you are given a start based on a preferred time in the C to S, it lasts for two years (you don't need to run a qualifying time to be preferred the next year), if based on other events it only lasts for one year. The times in 2001 look better than 2000, so I would expect that sub 52 may well be the mark used for 2002.

Why Striders get lost?

By Andrew Smith

It has always been a source of amazement to the less geographically challenged Striders that other club members in possession of a map can get so badly lost in the streets of Sydney. Wonder no more. The July 7th Sydney Morning Herald revealed that UBD and Gregory's both have a policy of placing a deliberate mistake on every page to trap those breaching copyright. The intentional errors mainly seem to be fictitious streets, but also non-existent parks and telephone boxes. Obviously it is these snares that are responsible for innocent Striders ending up several suburbs away from their goal, rather than any inability to read a map. So the one time (ahem) I was lost-ish, the last Strider at large on the Pymble Pushover, found wandering down the Comenarra Parkway - I must have gone wrong at one of these non-existent streets. I feel better about myself already.

Music while you run

By Andrew Smith

In September, that great source of athletic trivia, the SMH, reported that the Australian Institute of Sport was using composers and musicians from the Australian National Academy of Music to create training soundtracks to stimulate and relax as required.

I look forward to Ian Whitfield supplying a string quartet at the next 10k or perhaps our President driving alongside the STaR group blasting out a little rap from the sound system.

All - time Striders Half Marathon Ladder

Supplied by Richard Wassell

Name	Time	Event	Date
Chris Truscott	1:08:58	Gold Coast	07/01
John Young	1:09:16	SMH	05/95
Phil Garvin	1:09:22	Sydney	05/87
Dean Degan	1:09:54	SMH	05/01
Godfrey Franz	1:12:48	SMH	05/93
Mathew Kaley	1:13:20	Lane Cove	06/90
Alex Whitworth	1:14:30	Internal	
Wayne Stanton	1:14:30	Coranbong	04/85
Stephen Jackson	1:14:50	Newcastle	04/93
Geoff Cox	1:14:58	Bathurst	06/88
Christopher Dwyer	1:15:11	Nabiac	06/94
Jeff Gissing	1:15:12	Internal	08/90
Ray Doran	1:15:17	Sydney	06/87
Peter Truscott	1:15:40	SMH	05/01
Bruce Inglis	1:15:44	SMH	05/92
John Hamilton	1:16:01	Sutherland	06/90
Joanne Cowan (F)	1:16:17	Tokyo	01/92
Terry McIver	1:16:23	Bathurst	07/86
David Sill	1:16:36	Sutherland	06/88
Richard Briscoe	1:16:45	SMH	05/97
Andrew Gibbons	1:17:01	SMH	05/97
Warwick Selby	1:17:14	SMH	05/92
Malcolm Satchell	1:17:59	Internal	08/90
Ross Sinclair	1:18:06	SMH	05/01
Grahame Murphy	1:18:10	SMH	05/93
Mark Fiore	1:18:22	Sutherland	06/91
Charles Coville	1:18:23	Randwick	07/80
Andrew Smith	1:18:25	SMH	05/96
John Hodges	1:18:47	Bathurst	07/87
Kevin Tiller	1:18:47	Sutherland	06/91
Nick Adams	1:19:03	SMH Half	05/99
Paul Russell	1:19:08	Striders	06/85
Greg Coy	1:19:12	SMH	05/01
Tim Ashby	1:19:36		
Greg Donovan	1:19:44	SMH	05/01
Crispin Gardner	1:19:50	Striders	09/92
Kelvin Marshall	1:19:55	H'f on park	08/98
Marlies Laaper (F)	1:20:18	SMH	05/93
Jonathan Trope	1:20:35	Internal	03/92
Stephen Urwin	1:20:36	Lk Macq	06/92
William Thompson	1:20:46	C'binaton	07/88
Brian Colwell	1:20:48		
Tim Austin	1:20:48	Kombucha	09/97
Scott Crawford	1:21:02	Striders	07/90
Peter Cobley	1:22:13	Cities	05/86
Brian Grant	1:22:26	Lk Macq	06/97
Mark Robinson	1:22:27	Sutherland	06/91
Jenny Truscott (F)	1:22:29	SMH	05/01
Alf Field	1:22:32	Internal	08/90
David Ritchie	1:22:34	Sutherland	06/91
Steve Cornelius	1:22:40	North Ryde	03/88
Philip Boswell	1:22:49	Sutherland	06/99
John Ayliffe	1:22:54	Lane Cove	07/90
Philip Hugill	1:23:09	SMH	05/93
Mike Ward	1:23:18	City Syd	05/87
Dan Leavy	1:23:46	Melbourne	10/97
Ian Singer	1:23:50	Striders	06/88
Bastiaan De Leeuw	1:23:53	SMH	05/01
Martin Fryer	1:23:58	S Chinmoy	07/99
Graham Butler	1:23:59	City Syd	05/86
Raymond Skinner	1:24:01	Internal	09/88
Peter Cremen	1:24:12	Striders	06/01

Hugh Spencer	1:24:40	City Syd	05/86
Rod Lovel	1:24:52	SMH	05/96
Dawn Tiller (F)	1:24:58	SMH	05/99
Derek Smith	1:25:39	Canberra	05/92
Gary Aitkenhead	1:25:50	SMH	05/00
George Lisson	1:26:08	SMH	05/00
Tony Crosby	1:26:15	Internal	06/88
Mark Preston	1:26:22	Gold Coast	07/98
Chris Thompson	1:26:49	SMH	05/00
John Preston	1:27:44	SMH	05/93
Bruce Murray	1:27:54	WDJH Half	07/85
Brian Tailford	1:27:57	Gillawarna	06/85
David Loader	1:27:57	Striders	06/01
Michael Free	1:28:00	S Chinmoy	05/00
Clara Vucetic (F)	1:28:00	SMH	05/96
Gary Leahey	1:28:15	Internal	08/92
John Whealy	1:28:19	C'binaton	07/88
Tina Campbell (F)	1:28:26	City of Syd	06/87
Sue Hill (F)	1:28:30	Greenbelt	05/83
Geoff Taylor	1:28:37	Gold Coast	07/93
Ian Whitfield	1:28:49	Gold Coast	07/88
Geoffrey Caban	1:28:57	SMH	05/95
Kevin O'Kane	1:29:10	Internal	03/87
Stephen Roach	1:29:13	Sutherland	06/86
Barry Rutter	1:29:18	SMH	05/00
Ray Reid	1:29:35	Mt Pritch'd	06/85
George Herisson	1:29:40	SMH	05/96
Mark Wilson	1:29:44	Striders	06/01
Jonathan Gliksten	1:29:50	SMH	05/99
Mark Davis	1:29:56	S Chinmoy	11/97
John Van Yzendoorn	1:30:11	Striders	06/01
Pierre Van Heerden	1:30:17	SMH	05/00
Malcolm Campkin-Smith	1:30:18	SMH	05/99
Christian Sellars	1:30:30	SMH	05/00
Joanne Barton (F)	1:30:54	SMH	05/99
Ron Schwebel	1:30:59	SMH	05/01
Roger Rigby	1:31:00	Internal	06/89
Tony Hatch	1:31:10	SMH	05/00
Peter Hammerschmidt	1:31:20	SMH	05/94
Nicole Frykberg (F)	1:31:26	SMH	05/00
Bruce Craven	1:31:30	SMH	05/00
John Plummer	1:31:35	Sutherland	06/87
David Smith	1:31:44	Striders	06/01
Sarah Entwistle (F)	1:31:47	Anzac	04/90
Stephen A. Bodnar	1:31:48	SMH	05/01
Marie O'Connell (F)	1:32:00	SMH	05/00
Keith White	1:32:00	SMH	05/95
Ian MacArthur	1:32:09		
Adrian Spragg	1:32:21	Striders	06/01
Paul Glare	1:32:28	Melbourne	10/97
Jeff Morehen	1:32:38	Striders	06/01
Ken Edmondson	1:32:38	SMH	05/94
Jeff Morunga	1:32:40	SMH	05/01
Peter Woods	1:32:45	Striders	06/01
Catriona Cater (F)	1:32:48	SMH	05/99
James Brooks	1:32:52	SMH	05/01
Jacqui Matthews (F)	1:32:56	SMH	05/01
Benny Hagberg	1:33:04	Anzac	04/90
John Shepherd	1:33:08	SMH	05/96
Darren Goodsir	1:33:10	SMH	05/00
David Fahey	1:33:19	Striders	09/91
John Ross	1:33:20	Internal	07/90
Neil McPherson	1:33:23	Ekura	06/98

Ross Betts	1:33:24	Lane Cove	03/88
Edward Sharp	1:33:30	SMH	05/94
David Solomon	1:33:40	SMH	05/95
Mike Hansen	1:33:46	SMH	05/99
Ann Muras (F)	1:34:00	SMH	05/01
Michael Wilson	1:34:00	SMH	05/93
John Frykberg	1:34:38	SMH	05/01
Ron Daly	1:34:50	SMH	05/93
Jurgen Joester	1:34:51	Sutherland	05/99
Jim Screen	1:34:54	SMH	05/98
Jeremy Lowes	1:35:00	SMH	06/95
Heather Forster (F)	1:35:02	SMH	05/01
Paul Lunsman	1:35:04	SMH	05/92
Tania Newsome (F)	1:35:05	Striders	06/01
Alex Hamill	1:35:12	SMH	05/92
Ralph Melano	1:35:12	Striders	06/01
Mark Schaefer	1:35:14	SMH	05/01
Manfred Fiedler	1:35:15	SMH	05/97
Gregory Prerau	1:35:26	SMH	05/00
Gavin Morisset	1:35:34	SMH	05/99
David King	1:35:36	Striders	06/01
Stephen Ball	1:35:40	SMH	05/01
Ted Brailey	1:36:00	Newport	05/97
Paula Leavy (F)	1:36:00	Newport	09/97
Amanda Taylor (F)	1:36:22	SMH	05/96
Ivan Freys	1:36:46	Internal	08/92
Mike Migdoll	1:37:00	Kombucha	09/97
Philip Kennedy	1:37:00	SMH	05/96
Simon Voysey	1:37:00	SMH	05/99
Jose Vilar	1:37:06	SMH	05/01
Lesley Maher (F)	1:37:08	SMH	05/92
Robert Chalmers	1:37:13	SMH	05/97
Marie Bleakley (F)	1:37:34	SMH	05/01
Joe Degabriele	1:37:36	SMH	05/95
Brenda Hamill (F)	1:37:58	SMH	05/95
Dean Gardiner	1:38:00	SMH	05/98
John Boakes	1:38:00	SMH	05/99
Michael Carter	1:38:10	Striders	06/01
Paul Jackson	1:38:20	SMH	05/01
Mary Stringer (F)	1:38:28	SMH	05/01
Hugh Langshaw	1:38:32	SMH	05/98
Peter Tedesco	1:38:56	SMH	05/01
Brian Taylor	1:38:59	Anzac	04/90
John Singleton	1:39:00		
Hamish Sutherland	1:39:03	Stockholm	09/97
David Crampton	1:39:08	SMH	05/01
Caroline Yarnell (F)	1:39:22	SMH	05/01
Peter Grunfield	1:39:22	SMH	05/01
Elizabeth Edmonds (F)	1:39:28	SMH	05/99
Graham Sharp	1:39:30	SMH	05/01
Charles King	1:39:32	SMH	05/00
Graham Willis	1:39:42	SMH	05/00
Jacques Laurent	1:40:00	SMH	05/97
Brad Renshaw	1:40:12	Gold Coast	07/97
Allan Murray	1:40:22	SMH	05/98
Dick Bartlett	1:40:29	Internal	08/92
Don Woods	1:40:29	Striders	06/01
Kendall J Waller	1:40:37	Striders	06/01
Michael Sharp	1:40:45	Striders	06/01
Steven Norden	1:40:56	SMH	05/00
Michael Johnstone	1:41:08	SMH	05/00
Andrew Waudby	1:41:58	SMH	05/00
Julie Wessels (F)	1:42:00	SMH	05/97
Tony Saunders	1:42:13	Striders	06/01
Alan Phillips	1:42:24	SMH	05/93
Peter Cookson	1:42:48	SMH	05/95
Walter Mitchell	1:42:50	Striders	06/01

Brian ODea	1:43:12	SMH	05/00
Richard Wassell	1:43:15	Randwick	06/98
Nick Thomsen	1:43:22	SMH	05/97
Tracey Love (F)	1:43:22	SMH	05/00
John Olsen	1:43:34	SMH	05/00
Tony Mitchell	1:44:09	Striders	06/01
Beth Reid (F)	1:44:46	Canberra	05/87
Dennis Nel	1:44:50	Striders	06/01
Bryce Courtenay	1:44:52	SMH	05/92
Brendan Mason	1:44:58	SMH	05/01
John Lawrie	1:46:00	Striders	06/01
Sharon Callister (F)	1:46:51	Striders	06/01
Marlene Taylor (F)	1:47:22	SMH	05/00
Lesley Clarke (F)	1:47:45	Cocoa Riv.	01/92
Richard Frykberg	1:47:56	SMH	05/01
Jean Schaffler (F)	1:48:00	SMH	05/00
Graham Holton	1:48:02	SMH	05/99
Robi Russell (F)	1:48:12	Internal	05/92
Peter Butcher	1:48:22	Sunrider	09/94
Ronald Stevens	1:48:32	SMH	05/01
Janis Priest (F)	1:49:10	SMH	05/01
Heiko Schaefer	1:49:35	Striders	06/01
Michael Bailey	1:49:50	Sutherland	06/99
Kirsten Thomsen (F)	1:49:50	SMH	05/97
Eliza Rayward (F)	1:50:00	SMH	05/01
David Adler	1:50:05	Striders	06/01
Joe Flinn	1:50:10	SMH	05/01
Penny Smith (F)	1:50:22	SMH	05/96
Elizabeth Woodhams (F)	1:51:00		06/00
Rozanne Green (F)	1:51:02	Sutherland	06/96
Pamela Scott (F)	1:51:10	SMH	05/99
Margaret White (F)	1:52:10	SMH	05/97
Julia Stenton (F)	1:52:31	Sutherland	06/91
Sean Greenhill	1:53:00	SMH	05/99
Jurg Kunzle	1:53:06	SMH	05/01
John Kerr	1:53:20	Striders	06/01
John Simmonds	1:54:22	SMH	05/98
David Dowe	1:56:02	SMH	05/00
Andrew Joseph	1:56:14	SMH	05/00
Bronwyn Wassell (F)	1:57:00	SMH	05/98
Jean-Louis Didomenico	1:57:08	SMH	05/99
Mercy Samia (F)	1:58:00		
Julie McGaw (F)	1:59:38	SMH	05/01
Carol Taylor (F)	2:00:00		
Glenda Mitchell (F)	2:01:00		
Bev Durston (F)	2:02:10		06/00
Frank Dearn	2:05:45	Thornleigh	05/91
Beryl Wilson (F)	2:05:58	Striders	06/01
Frances Brown (F)	2:08:18	SMH	05/01
Denise Gardiner (F)	2:15:02	Gold Coast	07/99
Patti Crummack (F)	2:16:32	SMH	05/99
Alistair Cooke	2:16:32	SMH	05/01
Alan Tonge	2:23:39	Adelaide	06/88
John Sparks	2:27:46	Striders	06/01

If the records are wrong – you've done a better time
- or incomplete (no date or event name) please email
info@sydneystriders with the correction.

Super Series to Event 9

Results from Steve Jackson

Female – Open Category

		R1 PB	R2 D 10 k	R3 6F	R4 C M	R5 S M H	R6 Int Hf	R7 W oo d	R8 C2 S	R9 Wi lly	
Mary	Stringer	35	36	0	39	36	40	0	38	0	224
Joanne	Cowan	42	42	0	0	41	42	0	41	0	208
Marie	O'Connell	41	41	0	42	40	0	0	40	0	204
Penny	Smith	33	28	41	34	0	34	0	27	0	197
Sharon	Callister	36	35	0	38	0	39	40	0	0	188
Tina	Campbell	0	0	0	0	33	37	41	0	40	151
Heather	Forster	0	0	0	0	38	36	0	35	39	148
Caroline	Yarnell	34	40	0	0	35	0	0	39	0	148
Marlene	Taylor	38	34	0	37	0	38	0	0	0	147
Tracey	Love	0	37	0	40	0	35	0	34	0	146
Beryl	Wilson	0	25	0	0	30	31	0	0	36	122
Robi	Russell	0	0	0	0	28	0	35	0	38	101
Glenda	Mitchell	0	32	0	36	0	0	0	31	0	99
Mercy	Samia	31	29	0	0	0	33	0	0	0	93
Jenny	Truscott	0	0	0	0	42	0	0	42	0	84

Male – Open Category

Greg	Donovan	15	0	37	41	35	40	39	30	0	237
Andrew	Smith	36	32	36	34	32	37	0	16	0	223
Stephen	Jackson	28	30	28	0	20	27	37	34	38	242
Dean	Degan	42	42	0	0	42	0	42	42	0	210
Adrian	Spragg	29	19	30	33	0	28	32	0	34	205
Randy	Brophy	39	0	42	0	0	0	41	36	42	200
Peter	Cremen	35	31	0	36	28	39	0	28	0	197
Stephen	Urwin	33	24	39	0	0	0	35	0	36	167
John	Young	41	41	0	0	40	0	0	41	0	163
John	Van Yzendoorn	11	8	0	30	26	32	33	21	0	161
Chris	Truscott	0	35	0	0	41	42	0	40	0	158
Peter	Truscott	0	37	0	0	39	0	0	38	37	151
Richard	Briscoe	27	18	0	0	34	38	0	24	0	141
Jonathan	Worswick	0	0	24	39	0	0	38	0	40	141
George	Lisson	37	29	38	31	2	0	0	0	0	137

Total score shown but runners ranked by total less two races which makes no difference except to Steve

Female 40+

Mary	Stringer	40	40	0	42	40	41	0	40	0	243
Joanne	Cowan	42	42	0	0	42	42	0	42	0	210
Sharon	Callister	41	39	0	41	0	40	42	0	0	203
Heather	Forster	0	0	0	0	41	39	0	39	42	161

Female 50+

Penny	Smith	42	42	42	42	0	41	0	41	0	250
Tina	Campbell	0	0	0	0	42	42	42	0	42	168
Robi	Russell	0	0	0	0	41	0	40	0	41	122
Helen	Wilson	0	0	0	0	0	40	41	0	0	81

Male 40+

Andrew	Smith	39	40	39	41	39	42	0	34	0	274
Stephen	Jackson	33	39	34	0	32	39	41	41	41	300
Adrian	Spragg	34	29	35	40	0	40	38	0	39	255
Ralph	Melano	28	24	33	30	21	35	37	24	37	269

Male 50+

David	King	40	39	40	0	0	40	41	0	41	241
Jurg	Kunzle	38	30	0	35	35	32	0	35	33	238
Barry	Rutter	42	42	42	41	0	0	0	31	0	198
Michael	Bailey	39	0	0	39	34	30	0	0	34	176

Male 60+

Heiko	Schaefer	41	42	40	40	39	41	42	39	40	364
Frank	Dearn	39	41	0	38	0	39	0	0	39	196
Derek	Smith	42	0	41	41	0	42	0	0	0	166
Peter	Hammer-schmidt	0	0	0	42	41	0	0	0	42	125

Results adjusted for age and gender

		Total	Total less two races
Stephen	Jackson	5430	4955
Andrew	Smith	4864	4864
Greg	Donovan	4828	4828
Adrian	Spragg	4606	4606
Heiko	Schaefer	5600	4582
Ralph	Melano	5521	4486
John	Van Yzendoorn	4484	4484
Stephen	Bodnar	4279	4279
Joanne	Cowan	4244	4244
Charles	King	4661	4226
Peter	Cremen	4226	4226
Dean	Degan	4170	4170
Mary	Stringer	4124	4124
George	Herisson	4081	4081
David	King	3859	3859

10k Striders' Series Races 6, 7 and 8

Race 6 North Head 7 July 2001

Outright Results Female

First Name	Surname	Strider S/N	Time	Points
Marie	Bleakley	S	44.21	22
Maggie	Bennett	N	45.22	21
Tina	Campbell	S	46.02	20
Debbie	Richards	N	46.18	19
Kelly	Chambliss	S	46.22	18
Melissa	Selby	N	46.27	17
Lesley	Maher	S	46.35	16
Sharon	Callister	S	46.52	15
Tara	Shand	N	48.30	14
Marlene	Taylor	S	49.00	13
Benny	Gauci	S	50.30	12
Joanna	White	S	52.31	11
Alison	Christie	N	52.35	10
Mercy	Samia	S	52.39	9
Frances	Brown	S	53.10	8
Rozanne	Green	S	53.11	7
Louise	Chapman	N	56.37	6
Megan	Jackson	S	60.19	5
Anne	Gallivan	N	DNF	4

Outright Results Male

First Name	Surname	Strider S/N	Time	Points
Jock	Davis	N	33.21	22
John	Young	S	33.27	21
Sean	Fitzpatrick	N	33.53	20
Tim	Ashby	S	34.20	19
Stuart	Greaves	N	35.28	18
Jonathon	Craig	N	35.44	17
Ross	Sinclair	S	35.51	16
Greg	Coy	S	35.55	15
Steve	Plain	N	36.02	14
Peter	Truscott	S	36.22	13
Ian	Bowsher	N	36.29	12
P	Peterie	N	36.40	11
Richard	Green	N	36.54	10
Greg	Donovan	S	37.25	9
Mark	Wilson	S	37.40	8
Wayne	Stanton	S	37.48	7
Shaun	Atchison	N	37.56	6
Peter	Olds	N	37.57	5
Luke	O'Brien	N	38.00	4
Ian	Henderson	N	38.07	3
Peter	Walker	N	38.32	2
Philip	Boswell	S	38.36	2
Keith	Bateman	S	38.41	2
Warwick	Selby	S	38.46	2
David	Loader	S	38.55	2
Stephen	Jackson	S	38.59	2
G	Bylmakers	N	39.25	2
James	Blanton	N	39.36	2

Mark	Robinson	S	39.40	2
John	VanYzendoorn	S	39.46	2
Ron	Schwebel	S	40.07	2
Gary	Aitkenhead	S	40.19	2
Peter	Cremen	S	40.27	2
Ben	McSweeney	N	40.37	2
Jonathan	Trope	S	41.03	2
Stephen	Ball	S	41.26	2
Peter	Woods	S	41.28	2
Paul	Jackson	S	42.05	2
Andrew	Harrison	N	42.11	2
Bruce	Craven	S	42.24	2
Peter	Heeley	N	42.44	2
Mark	Davis	S	42.45	2
James	Brooks	S	42.48	2
Mark	Divola	N	42.54	2
Ralph	Melano	S	42.58	2
Graham	Sharp	S	43.05	2
Michael	Free	S	43.11	2
Kendall	Waller	S	43.18	2
Peter	Grunfield	S	43.24	2
Charles	King	S	43.41	2
Robert	Chalmers	S	43.44	2
Michael	Connell	N	43.51	2
David	Ritchie	S	44.36	2
Walter	Mitchell	S	44.54	2
John	Thornhill	N	45.09	2
George	Herisson	S	45.11	2
Mark	Schaefer	S	45.12	2
Brian	O'Dea	S	45.20	2
Mike	Ward	S	45.31	2
Tony	Saunders	S	45.32	2
Clive	Bennett	N	45.40	2
Allan	Murray	S	46.00	2
Kevin	O'Kane	S	46.08	2
Dennis	Nel	S	46.25	2
John	Kerr	S	46.29	2
Sean	Greenhill	S	46.37	2
Darryn	Brown	N	46.44	2
Robert	Bain	N	46.53	2
David	Lancaster	N	47.00	2
David	Adler	S	47.30	2
Rob	Pegley	N	47.43	2
John	Whealy	S	47.56	2
Eric	Schmierer	N	48.07	2
Graham	Willis	S	48.19	2
Insook	Choi	N	48.29	2
Mario	Torresan	N	48.43	2
Heiko	Schaefer	S	48.46	2
Richard	Wassell	S	48.55	2
Manfred	Fiedler	S	49.09	2
Graham	Osborn	S	49.18	2

Chris	Miles	N	42.17	2
Peter	Woods	S	42.42	2
Mark	Davis	S	42.53	2
Athur	Huxtable	N	42.54	2
Gregory	Prerau	S	42.56	2
Mark	Schaefer	S	42.57	2
Kendall	Waller	S	42.59	2
Mike	Hansen	S	43.02	2
Rod	Lovel	S	43.15	2
Peter	Grunfield	S	43.27	2
Michael	Free	S	43.44	2
Robert	Chalmers	S	43.45	2
Andrew	Waudby	S	43.51	2
Charles	King	S	44.18	2
Martin	Banfield	N	44.22	2
David	Elliott	N	44.24	2
Tony	Mitchell	S	44.52	2
Todd	Benoheil	N	45.28	2
Dennis	Nel	S	45.40	2
Allen	Chimes	N	45.54	2
Kevin	O'Kane	S	46.13	2
Ali	Dalkic	N	46.15	2
Graham	Sharp	S	46.19	2
Neil	McPherson	S	47.19	2
John	Kerr	S	47.30	2
Allan	Murray	S	47.32	2
John	Whealy	S	47.44	2
Graham	Willis	S	47.49	2
Mike	Roach	S	48.07	2
Peter	Cookson	S	48.16	2
Manfred	Fiedler	S	48.18	2
Robert	Bain	N	48.45	2
Eric	Schmierer	N	48.46	2
Simon	Butler-White	N	48.47	2
Craig	Miller	N	48.49	2
Duncan	Scott	S	48.58	2
Mario	Torresan	N	49.58	2
Tony	Fitzgerald	N	52.21	2
Maria	DiMarco	N	52.44	2
Neill	McCarthy	N	52.58	2
Charlie	McConnell	N	52.58	2
Jack	Leigh	N	53.11	2
Chris	Meehan	N	53.13	2
Michael	Christie	S	53.18	2
Jurg	Kunzle	S	54.57	2
Ted	Brailey	S	56.31	2
Andre	Merbold	N	57.21	2
Frank	Dearn	S	60.10	2
John	Sparks	S	64.44	2

Handicap Placings to Race 8

Minimum points for inclusion: 13

First Name	Surname	R 1	R 2	R 3	R 4	R 5	R 6	R 7	R 8	
Peter	Grunfield	2	0	22	21	20	15	2	9	91
Michael	Christie	2	0	0	2	22	22	21	2	71
John	Kerr	0	2	18	19	8	17	2	2	68
Mark	Schaefer	2	0	5	0	15	10	18	18	68
Mary	Stringer	16	15	10	2	2	0	2	17	64
Ken	Harris	2	0	20	17	0	0	20	2	61
Mike	Roach	19	2	2	22	0	0	11	2	58
Frances	Brown	2	2	17	15	4	11	2	0	53
Neil	Barker	2	0	21	0	17	0	0	10	50
Kevin	O'Kane	12	12	16	2	2	2	2	2	50
Paul	Jackson	0	0	0	2	2	18	2	22	46
Brendan	Mason	2	22	19	2	0	0	0	0	45
Joe	Flinn	0	0	0	20	19	0	0	0	39
Nick	Halpin	2	0	0	0	0	0	22	15	39
Beryl	Wilson	2	14	3	0	18	0	2	0	39
Steven	Norden	2	21	15	0	0	0	0	0	38
Keith	Bateman	0	2	0	12	0	20	2	0	36
Peter	Cremen	22	4	2	2	2	2	2	0	36
Graham	Sharp	0	0	0	2	21	9	2	2	36
Michael	Sharp	0	2	14	9	0	0	10	0	35
Grahame	Murphy	2	2	9	7	0	0	14	0	34
Ralph	Melano	17	0	0	0	9	7	0	0	33
Tim	Ashby	9	5	2	2	5	2	2	3	30
Greg	Coy	2	7	2	3	0	13	0	2	29
Alanna	White	2	16	7	2	0	0	0	2	29
Graham	Osborn	2	20	2	0	0	2	2	0	28
Caroline	Yarnell	2	18	0	2	2	0	2	2	28
Robert	Chalmers	0	2	2	2	0	14	0	7	27
John	Hamilton	2	2	2	2	2	0	15	2	27
Mercy	Samia	4	0	0	0	0	21	0	2	27
Stephen	Urwin	0	0	0	2	10	0	2	13	27
Joanne	Cowan	14	2	2	2	2	0	2	2	26
Jurg	Kunzle	2	2	0	2	14	2	2	2	26
Lesley	Maher	0	0	0	0	16	3	7	0	26
Ron	Schwebel	2	0	2	0	0	2	0	20	26
John	VanYzendoorn	2	2	0	2	2	12	4	2	26
Stephen	Ball	8	13	0	0	0	2	2	0	25
Stephen	Jackson	2	2	0	0	2	2	12	5	25
Charles	King	2	2	0	13	2	2	2	2	25
Tracey	Love	11	6	8	0	0	0	0	0	25
Peter	Woods	0	0	0	0	2	19	2	2	25
Mark	Fiore	0	0	0	0	12	0	0	12	24

Gregory	Prerau	0	10	0	6	2	0	0	6	24
Sharon	Callister	7	0	12	0	0	2	0	2	23
John	Hodges	2	2	0	0	2	0	17	0	23
Duncan	Scott	0	0	0	0	0	0	2	21	23
Marie	O'Connell	18	2	2	0	0	0	0	0	22
Sarah	Braund	2	19	0	0	0	0	0	0	21
Matt	Fitz-Gerald	21	0	0	0	0	0	0	0	21
George	Lisson	13	2	2	2	2	0	0	0	21
Tony	Mitchell	0	0	0	0	0	0	2	19	21
Dennis	Nel	0	0	0	0	0	2	5	14	21
Heiko	Schaefer	2	2	2	0	11	2	2	0	21
Jenny	Truscott	0	11	2	2	2	0	2	2	21
James	Brooks	0	0	0	2	0	2	16	0	20
Peter	Hammerschmidt	0	2	2	14	2	0	0	0	20
Mike	Hansen	2	2	2	2	2	0	2	8	20
Alistair	Millar	0	0	2	18	0	0	0	0	20
Ross	Sinclair	2	2	2	4	2	6	0	2	20
Carol	Taylor	20	0	0	0	0	0	0	0	20
Peter	Truscott	2	2	2	8	2	2	0	2	20
Charles	Coville	2	2	11	0	0	0	2	2	19
Mark	Gardiner	2	17	0	0	0	0	0	0	19
Joel	Mackay	0	0	0	0	0	0	19	0	19
Stephen	Bodnar	2	0	0	16	0	0	0	0	18
Bruce	Craven	2	0	0	0	0	16	0	0	18
Greg	Donovan	0	2	2	2	7	2	2	0	17
Andrew	Gibbons	15	0	0	0	0	0	0	2	17
Mark	Robinson	2	2	2	2	2	5	2	0	17
Ron	Wilson	2	2	13	0	0	0	0	0	17
Mark	Davis	2	3	2	0	3	2	2	2	16
Allan	Murray	2	2	2	2	2	2	2	2	16
Tony	Saunders	2	2	6	2	2	2	0	0	16
Melissa	Selby	0	0	0	0	0	0	0	16	16
Andrew	Waudby	0	0	0	10	0	0	2	4	16
Kelly	Chambliss	0	0	0	0	0	2	13	0	15
Wayne	Stanton	2	0	0	5	0	2	6	0	15
Kendall	Waller	0	0	0	0	0	2	2	11	15
Frank	Dearn	2	2	2	2	2	0	2	2	14
Michael	Free	2	0	2	2	2	2	2	2	14
George	Herisson	2	2	2	2	2	2	2	0	14
John	Sparks	0	2	2	2	2	2	2	2	14
Adrian	Spragg	10	2	0	0	0	0	2	0	14
John	Young	2	2	2	2	2	2	0	2	14
David	Loader	0	0	0	0	0	2	9	2	13
Mark	Shingler	0	0	0	0	13	0	0	0	13
Leon	Walker	0	9	2	2	0	0	0	0	13

Outright Female after 8 Races

Minimum points for inclusion: 13

First Name	Surname	R 1	R 2	R 3	R 4	R 5	R 6	R 7	R 8	
Joanne	Cowan	22	21	21	21	21	0	20.5	22	148.5
Jenny	Truscott	0	22	22	22	22	0	20.5	21	129.5
Caroline	Yarnell	19	17	0	20	19	0	19	20	114
Mary	Stringer	13	9	17	18	18	0	16	19	110
Debbie	Richards	0	6	14	17	17	19	11	0	84
Ann	Osborne	18	14	0	19	20	0	0	0	71
Marie	O'Connell	20	18	20	0	0	0	0	0	58
Alanna	White	17	13	19	2	0	0	0	7	58
Maggie	Bennett	0	0	0	15	15	21	0	0	51
Melissa	Selby	0	0	0	0	0	17	16	18	51
Tina	Campbell	0	0	0	16	2	20	12	0	50
Sharon	Callister	10	0	12	0	0	15	0	12.5	49.5
Lesley	Maher	0	0	0	0	14	16	13	0	43
Cindy	King	21	20	0	0	0	0	0	0	41
Marlene	Taylor	9	3	8	8	0	13	0	0	41
Tracey	Love	14	8	15	0	0	0	0	0	37
Benny	Gauci	3	3	7	11	0	12	0	0	36
Fiona	Shand	0	0	0	12	11	0	10	0	33
Kelly	Chambliss	0	0	0	0	0	18	14	0	32
Marie	Bleakley	0	2	6	0	0	22	0	0	30
Joanna	White	0	2	0	7	5	11	5	0	30
Sarah	Braund	15	12	0	0	0	0	0	0	27
Frances	Brown	2	2	2	3	4	8	6	0	27
Alison	Christie	2	0	0	2	0	10	7	5	26
Catherine	Clements	0	0	0	0	0	0	9	16	25
Heather	Forster	0	0	10	0	12	0	2	0	24
Teresa	Rider	0	0	0	0	0	0	22	0	22
Jo	Pai	0	4	16	0	0	0	0	0	20
Jan	Phillips	0	19	0	0	0	0	0	0	19
Christine	Curtin	0	0	18	0	0	0	0	0	18
Louise	Walker	0	0	0	0	0	0	18	0	18
Carol	Melville	0	0	0	0	0	0	17	0	17
Ruth	Miles	0	0	0	0	0	0	0	17	17
Joanna	Burke	16	0	0	0	0	0	0	0	16
Ann	Gillies	0	16	0	0	0	0	0	0	16
Kim	Todkill	0	0	0	0	16	0	0	0	16
Annette	Chase	0	15	0	0	0	0	0	0	15
Sophie	Nicoll	0	0	0	0	0	0	15	0	15
A	Quass	0	0	0	0	0	0	0	15	15
Ranya	AlKhoshabi	0	0	0	0	0	0	0	14	14

Julianne	Bean	0	0	0	14	0	0	0	0	14
Tara	Shand	0	0	0	0	0	14	0	0	14
S	Brown	0	0	13	0	0	0	0	0	13
Mercy	Samia	2	0	0	0	0	9	0	2	13
Penny	Smith	2	0	2	5	0	0	0	4	13
Estelle	Visser	0	0	0	13	0	0	0	0	13
Rowena	Walker	0	0	0	0	13	0	0	0	13

Outright Male after 8 Races

Minimum points for inclusion: 13

First Name	Surname	R 1	R 2	R 3	R 4	R 5	R 6	R 7	R 8	
John	Young	21	19	22	21	22	21	0	21	147
Tim	Ashby	16	17	19	18	20	19	22	20	151
Peter	Truscott	15	13	18	19	12	13	0	14	104
Ross	Sinclair	8	12	13	13	14	16	0	11	87
Chris	Truscott	12	20	21	0	0	0	0	22	75
Greg	Coy	7	11	12	10	0	15	0	10	65
Jock	Davis	0	18	0	0	19	22	0	0	59
Greg	Donovan	0	7	17	2	15	9	6	0	56
Steve	Plain	0	0	0	0	0	14	20	17	51
Simon	Hedger	19	15	0	15	0	0	0	0	49
Grahame	Murphy	2	2	14	9	0	0	17	0	44
Damian	Tancred	0	22	0	22	0	0	0	0	44
Gary	Cox	0	0	0	16	0	0	18	6	40
Mathew	Kaley	14	0	0	7	18	0	0	0	39
Stuart	Greaves	0	0	0	2	17	18	0	0	37
Ian	Bowsher	0	0	0	0	0	12	15	9	36
Jonathon	Craig	0	0	0	0	0	17	19	0	36
Sean	Fitzpatrick	0	0	0	0	0	20	0	16	36
Andrew	Graham	0	2	11	8	13	0	0	2	36
Mark	Wilson	0	0	16	0	11	8	0	0	35
Silvano	Cadalt	6	9	0	12	0	0	0	5	32
Peter	Cremen	4	5	9	3	7	2	2	0	32
Stephen	Jackson	3	2	0	0	2	2	16	7	32
Chris	Dwyer	0	16	0	14	0	0	0	0	30
Andrew	Gibbons	18	0	0	0	0	0	0	12	30
Richard	Green	0	8	0	11	0	10	0	0	29
Matt	Palmer	9	0	20	0	0	0	0	0	29
John	Hamilton	2	2	2	2	5	0	12	2	27
Wayne	Stanton	2	0	0	4	0	7	14	0	27
Andrew	McGaffney	0	2	0	6	10	0	5	2	25
Jonathon	Clennar	10	14	0	0	0	0	0	0	24
Craig	Johnson	0	0	2	0	0	0	21	0	23
Dean	Degan	22	0	0	0	0	0	0	0	22
Andrew	McNamara	0	0	0	2	2	0	9	8	21
Stuart	Reid	0	0	0	0	21	0	0	0	21

Sean	Williams	0	21	0	0	0	0	0	0	21
Steven	McGuigan	20	0	0	0	0	0	0	0	20
Richard	Sarkies	0	0	0	20	0	0	0	0	20
Andrew	Knox	0	0	0	0	0	0	0	19	19
Godfrey	Franz	0	2	10	2	4	0	0	0	18
Timothy	Neil	0	0	0	0	0	0	0	18	18
Peter	Olds	2	0	8	0	0	5	3	0	18
Peter	Walker	0	0	0	0	8	2	8	0	18
Matt	Fitz-Gerald	17	0	0	0	0	0	0	0	17
Robert	Liebman	0	2	15	0	0	0	0	0	17
Jim	Owen	0	0	0	17	0	0	0	0	17
Ian	Henderson	0	0	0	0	0	3	13	0	16
Mark	Shingler	0	0	0	0	16	0	0	0	16
George	Lisson	2	2	7	2	2	0	0	0	15
Gregory	Macks	0	0	0	0	0	0	0	15	15
Mark	Davis	2	2	2	0	2	2	2	2	14
Frank	Dearn	2	2	2	2	2	0	2	2	14
Michael	Free	2	0	2	2	2	2	2	2	14
Peter	Grunfield	2	0	2	2	2	2	2	2	14
Mike	Hansen	2	2	2	2	2	0	2	2	14
George	Herisson	2	2	2	2	2	2	2	0	14
John	Kerr	2	2	2	2	2	2	2	2	16
Charles	King	2	2	0	2	2	2	2	2	14
Jurg	Kunzle	2	2	0	2	2	2	2	2	14
Allan	Murray	2	2	2	2	2	2	2	2	16
Kevin	O'Kane	2	2	2	2	2	2	2	2	16
Mark	Robinson	2	2	2	2	2	2	2	0	14
Eric	Schmierer	2	2	2	2	2	2	2	2	16
John	Sparks	0	2	2	2	2	2	2	2	14
Stephen	Urwin	2	0	0	2	6	0	2	2	14
John	VanYendoorn	2	2	0	2	2	2	2	2	14
Kendall	Waller	0	2	2	2	2	2	2	2	14
Keith	Mayhew	2	2	5	2	0	0	0	2	13
Eric	McKenna	13	0	0	0	0	0	0	0	13
Kris	Plain	0	0	0	0	0	0	0	13	13

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RESULTS - STOP PRESS

Since Blister 82 deadline date we have had the October 10k and the Equaliser. Complete results are not ready to be published but Steve Jackson has enabled us to see the top placings going into the last event. I have printed all with even an outside chance of winning a division.

The Lane Cove 10k counts for both 10k Series and Equaliser. But remember double points for 10k only, NOT for Super Series.

While the 10k placings are completely accurate, the Super Series placings are for races only and do not yet include points for attending and hosting StaRs. All point totals are shown less the lowest scoring two races.

North Head 10k Male Placings

First Name	Surname	S?	Time
Phil	Bradshaw	N	33.48
Tim	Ashby	S	34.47
Sean	Fitzpatrick	N	34.54

North Head 10k Female Placings

First Name	Surname	S?	Time
Jenny	Truscott	S	37.25
Caroline	Yarnell	S	42.22
Ann	Osborne	N	43.36

10k Outright Placings Female

First Name	Surname	S?	Less 2
Jenny	Truscott	S	151.5
Joanne	Cowan	S	148.5
Caroline	Yarnell	S	135
Mary	Stringer	S	110

10k Outright Placings Male

John Young	147
Tim Ashby	139
Peter Truscott	104

10k Handicap Competition

Peter	Grunfield	93
Mark	Schaefer	84
Michael	Christie	73
John	Kerr	70
Mary	Stringer	64
Ken	Harris	61
Mike	Roach	60
Paul	Jackson	56
Frances	Brown	53
Nick	Halpin	53
Neil	Barker	50
Kevin	O'Kane	50

Equaliser First three men

First name	Surname	Time
Dean	Degan	54.51
Chris	Truscott	55.52
John	Young	58.36

Equaliser First three ladies

Joanne	Cowan	69.20
Melissa	Selby	78.11
Tracey	Love	87.35

Super Series Results adjusted for Age & Gender

Name	less 2
Stephen Jackson	5690
Greg Donovan	5454
Adrian Spragg	5268
Heiko Schaefer	5148
Ralph Melano	5084
Joanne Cowan	4967
Dean Degan	4925
Peter Cremen	4865
Andrew Smith	4864
Charles King	4801
David King	4513

Super Series 40+ Female

Joanne Cowan	249
Sharon Callister	244
Mary Stringer	243
Caroline Yarnell	199
Beryl Wilson	195

Super Series 50+ Female

Penny Smith	292
Tina Campbell	209

Super Series 40+ Male

Stephen Jackson	303
Adrian Spragg	284
Ralph Melano	266
Andrew Smith	262
Charles King	234
George Herisson	232
Kevin O'Kane	227

Super Series 50+ Male

David King	280
Jurg Kunzle	246
Michael Bailey	211
Barry Rutter	200

Super Series 60+ Male

Heiko Schaefer	327
Frank Dearn	238

Super Series Open Female

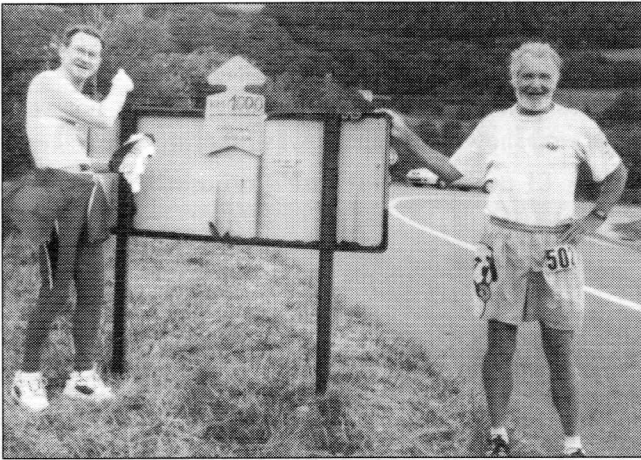
Joanne Cowan	244
Penny Smith	239
Mary Stringer	224
Sharon Callister	224
Marie O'Connell	204
Tina Campbell	186
Tracey Love	183
Caroline Yarnell	182
Beryl Wilson	169

Super Series Open Male

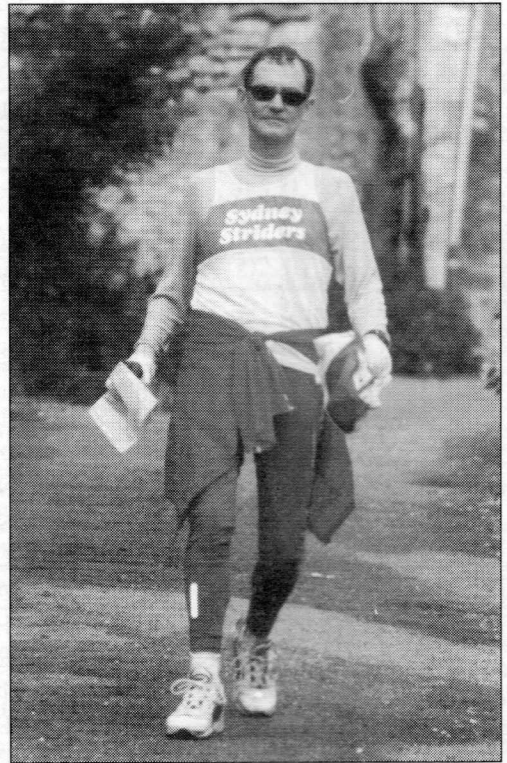
Stephen Jackson	254
Dean Degan	252
Greg Donovan	248
Peter Cremen	220
Adrian Spragg	215
John Young	203
Randy Brophy	200
Andrew Smith	190
Peter Truscott	189
Chris Truscott	177

Blister Photo Gallery

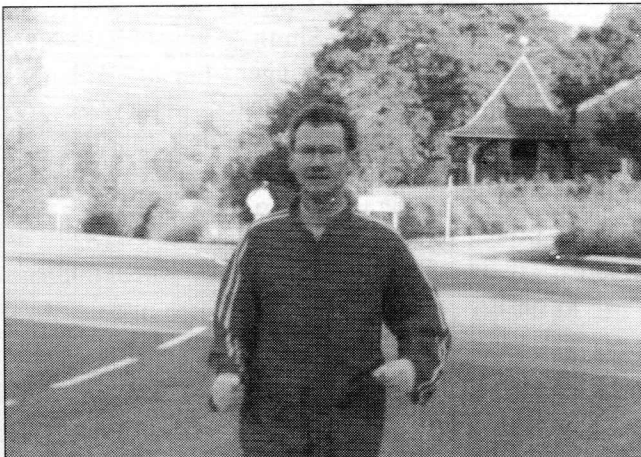
To start this new section off – some more of David Sill's Race Across France



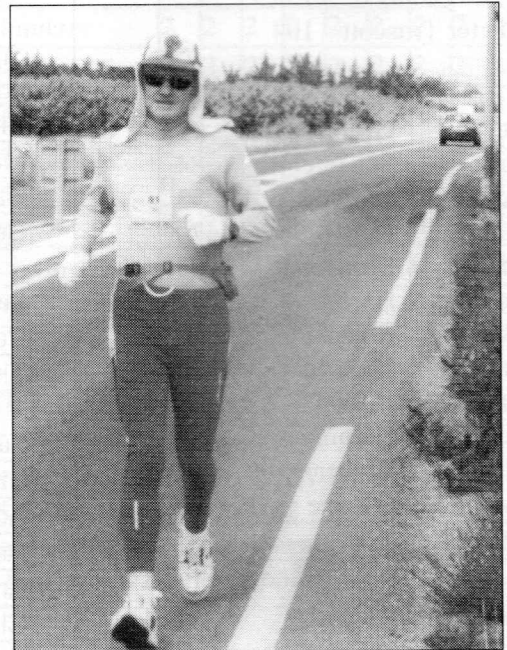
1000 kms down – 145 to go! With American ultra legend Don Winkley.



The end of a tough day in the mountains



A cold morning in the mountains. Warm top and gloves required.



A hot day on the open road in the French countryside

