Sydney Striders

Road Runners Club Australia

Edition No. 83: October - December 2001

New York City Marathon

By George Herisson

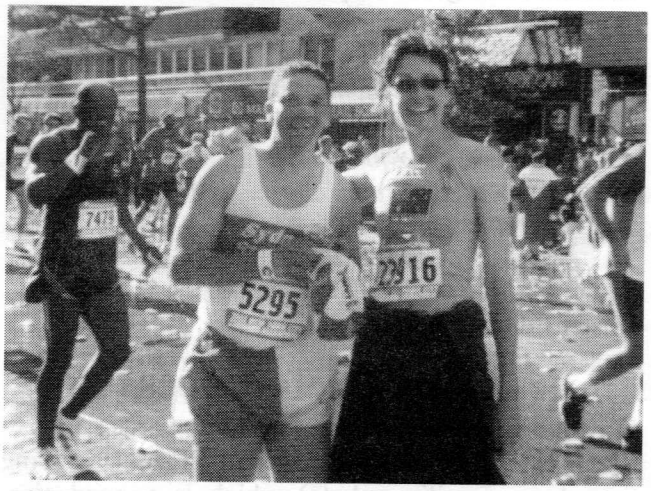
Unlike Lleyton Hewitt, I arrived in New York City as an underdog. He left with a Grand Slam, I with my PW.

I arrived on the night of the 31st of October - I had just enough time to check in and race down to Sixth Avenue for the Halloween Parade.

On Thursday morning I caught a ferry to Staten Island and arrived back in Manhattan to visit Ground Zero at 1pm. As I arrived, the workmen were leaving the site for lunch and a group of around sixty people (families and friends) walked onto the site to pray for the victims. It was sad, especially when you saw children with signs that read "Daddy, please come home" and "We miss you Daddy".

It was also a great time to be in New York, with the World Series final at Yankee Stadium. I was hoping the Yankees would lose so I could get a few good nights sleep before the marathon. Not a chance - they won all three games, New Yorkers partied all night and I managed around 3 1/2 to 4 hours sleep every night before the run. I was unfit and carrying a knee injury, hence my PW.
The Friday before the race I went to the Runner's Expo to pick up my chest number and meet the other runners.

(Continued page 3)



George Herisson and Marlies Laaper at the 32km water stop

Inside Blister No 83:

- **John Sparks conquers Kilimanjaro**
- **Brad Renshaw's Medoc Marathon**
- **Sean Greenhill runs up Centrepoint**
- **Phil Kennedy's Fitzroy Falls Marathon**
- **Alf Field and Manfred Fiedler at Lake Tahoe Marathon**
- **Kevin O'Kane remembers the Mona Vale Marathon**
- **2001 Awards, full 10k and Super Series results**

AND MUCH, MUCH MORE !

The Blister

Quarterly Journal of Sydney Striders Road Runners' Club, Inc. (Founded 1980). **P.O. Box 87, Killara, NSW 2071, Australia.**

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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 retum 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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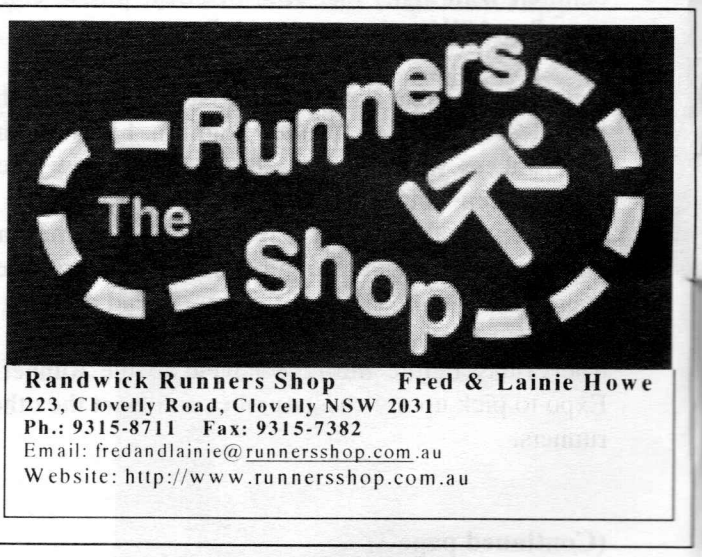

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New York City Marathon (continued)

By George Herisson

On Saturday morning I ran 6 kilometres from the United Nations Building to Central Park. The run was called "United We Run" everyone ran carrying their country's flag. I was proud carrying my Aussie flag amongst all the other flags.

Then I had lunch with the Australian Consular General - with all the other Australian runners, including Marlies Laaper, who had only decided to run two weeks earlier. We all went to Central Park for the Marathon Pasta Dinner at 6.30pm and were in bed by 9.00pm.

'You will see a hole there'

Doves were released before the start of the marathon. It's one of the changes the organisers introduced and want to keep - they wanted to created a depth of emotions, sorrow mixed in with hope and determination. The race director told the runners to gain strength and inspiration from what they would see as well from what they wouldn't see on the bridge. 'You will see the Statue of Liberty, you will not see the World Trade Centre - you will see a hole there; you are going to feel that hole in your heart. Then you are going to start running, and when you finish it will be the greatest experience in the world'. He was right - a lot of runners couldn't hide their tears.

Policemen and firefighters linked arms to lead the 34,000 runners onto the bridge. They wore race numbers and wore photographs of their fallen colleagues and relatives on their backs and their names on their arms.

From the time the cannon was fired I didn't feel comfortable. It was hard to get into a rhythm and concentrate; everyone was talking and cutting in front of me. It was my slowest 5 kilometre time. I didn't care; no one did. I was here to be part of their recovery, their celebration of life in the wake of September 11.

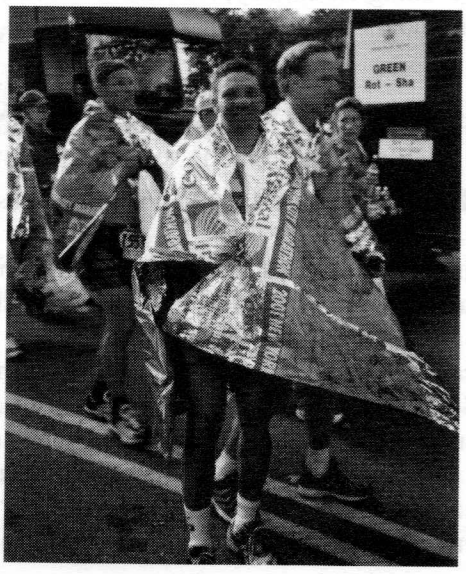
The mood at the start was subdued. An elderly gentleman held a sign "It's a race of the absent 5000 lives", yet the mood lightened as the race went on. The reported 2.5 million spectators were in a festive mood. It was positive, the cheers grew louder as I entered First Avenue and Central Park. My time and almost everyone's times were not important, we all just wanted to be part of this marathon. The times that were important were from Ethiopian, Tesfaye Jifar who ran a course record time of 2 hours 7 minutes 43 seconds, and Kenya's Margaret Okayo also with a course record of 2hr.24.21. This broke the woman's course record of 2.24.40 set by Australia's own Lisa Ondieki in 1992.

"His friend is walking with Kevin's number"

At the 35 kilometre mark I stopped for a drink and a lady was holding a sign that read "Go Kevin". I asked her if Kevin has gone past, she said "No, I lost Kevin on September 11; his friend is walking with Kevin's chest number".

The New York Marathon is, by far, the greatest running experience I have been involved in.

Happy Running,
George



Run for America

From Fiero Mammone

While most people were still recovering from the Sydney Marathon I ran a second marathon. The run was solo and unassisted and I ran it on behalf of my brothers in the FDNY and victims of September 11th in a world-wide event called 'Run for America'.

I ran at the same time as the NY City Marathon starting from my fire station at Liverpool at 0250am Monday 5th and finishing at the US Consulate, Martin Place 0645am. I ran along the Hume Highway, Parramatta Rd, Broadway and George St.

The Sydney Marathon was my first race since the Gold Coast in June as I was off due to injuries. I only had about six weeks training for the Sydney and my time was 3hrs43mins. The Run for America was about the same, as I had to stop to refill my water supply, which was time consuming.

The press release from USA Track & Field mentioning my run follows:

Fiero Mammone, a volunteer firefighter with the New South Wales Rural Fire Service in Sydney, Australia, will run 45 to 50 kilometers at the same time the New York City Marathon is being held "to run in memory of my brothers in the FDNY and the victims of September 11." Mammone will run from his fire station at Liverpool to the U.S. Consulate. As if running more than a marathon weren't sacrifice enough, he will be going on his run at a less-than-traditional time to ensure that he is on the road at the same moment as the New York City Marathoners. "Due to the time difference, my run will take place in the evening on Sunday, November 4 and finish in the early hours of November 5."

UPCOMING EVENTS

2nd March Six Foot Track, 46.6km. 8am start.

This is a Super Series event. Kevin Tiller is again the Race Director. The route is the same as last year. Entry fee is $50 (plus $10 late entry fee if applicable). The proceeds of the race go to the Rural Fire Service (God bless 'em) who put a lot of work into supporting the run. There will be photographs taken of runners available for purchase later. There is a team trophy this year so ensure you put 'Sydney Striders' as your club on the application form.

Entry forms have been mailed out to competitors from the last three years and are also available on the Six Foot Track website at http://www.sixfoot.com, you can also get put on their email newsletter list.

Entry cutoff is 18th February (there's a late entry fee if you didn't enter before the end of January). There are no entries on the day.

9th March First Striders 10k for 2002, North Head. 7am start. The location is subject to confirmation. See the Striders website for updates.

29th March to 1st April, 2002 Masters Athletics Championships, Adelaide. For over 30s, medals awarded in five-year age groups. Events include track running and cross-country. Entry forms from Frank Rodgers on 08-8332-8815 or email frogers@bigpond.com.

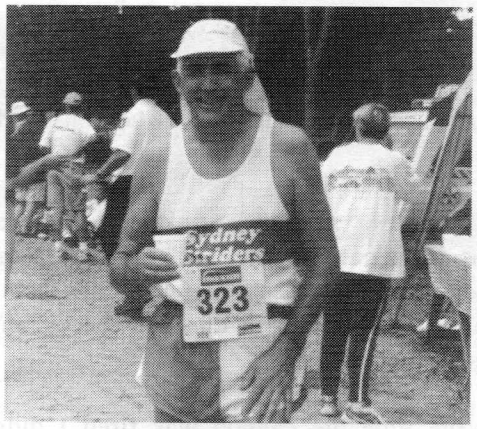
14th April Canberra Marathon. This is the Club Marathon Championship and a Super Series Event.

4th May. Thin Blue Line – Sydney Harbour ultramarathon. 88km round the harbour foreshore, with 44km option. 100% Fat-Ass event. Details at http://www.fatassworld.com/thinblueline

15th June. Poor Man's Comrades 96km
If you haven't got the airfare to South Africa, Kevin Tiller has got a Fat-Ass event from Sydney Opera House to Gosford.

17th June Comrades 87km Durban to Pietermaritzburg. Strider Pierre van Heerden will be running. He has sent links to training advice sites round the LiSSt.

15th September Sydney Marathon. Yes it's on. Date 90% certain.



Jim Screen – President's Report opposite

President's Report

By Jim Screen

It has been a tough finish to 2001 and just as equally a rough start to 2002. Our sympathy goes out to all those who suffered as a result of the bush fires .Our sincere thanks goes to the professionals and volunteers who gave so much in saving property and life. Makes our problems seem a bit ordinary, doesn't it?

It was most disappointing to have to defer the start of the 10K Series. The people currently in charge of the venue have seen things differently to their predecessors and withheld their approval to our application. Although we never assume we have approvals until they are in our hands it did surprise us, especially seeing that nothing we have been told or know about is different from previous years.

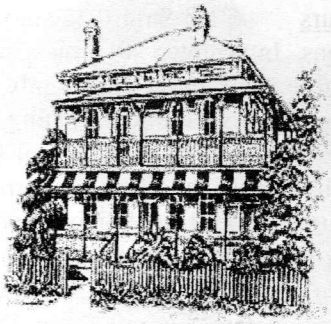
We are more than happy to fit in with the new demands made of us as we are anxious to continue our good relationship with the Botanic Gardens & Domain Trust. If all goes well we will be back on the road around the Gardens and the Domain later in the year but with a new course and some new signs.

According to Wally Hayward (South Africa), one of the greatest distance runners of all times, it is a mistake to allow any mechanical object to realise you are in a hurry. I'm not sure what prompted Wally to say that but perhaps at the time he was thinking of insurance. More and more it would seem that many Australians are willing to shift the blame for any misfortune from themselves to others (preferably those with deep pockets). The media is full of reports on litigation and huge pay-outs for injuries sustained. I know I sometimes have great difficulty in relating the remedy to the cause and wonder how it is that our legal system can so neatly shift the responsibility from ourselves to someone else.

Every member has a personal responsibility to ensure that they are adequately covered by insurance to cover their individual needs. The Club itself has Broadform Public & Products Liability Insurance under a policy arranged by Athletics Australia. The cost of this is manageable at present but in percentage terms last year the premium was increased by some 1500%. We do not know yet what the cost for 2002/3 will be. There have been reports of many community events being cancelled because of the cost of this type of insurance.

The Club is also a member of the NSW Sporting Injuries Scheme. This provides insurance cover for injuries to registered Club members which result in the permanent loss of a prescribed faculty or the use of some prescribed part of the body as well as death cover. For example, the permanent loss of not less than the percentage prescribed by the regulations of the use of a great toe is valued at $10,715 and so on for various parts of the body. The benefits under this scheme are payable if the injury is sustained in an authorised activity which usually covers events and official training.

Finally please send in your membership renewals as soon as possible.



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The Mona Vale Marathon

By Kevin O'Kane

This is the second in a series of retrospective articles.

GO minus 7 months 1997 Marathon Training Group starts, aiming for August Sydney Marathon.

GO minus 6 months, 5 months, 4, 3 months Rumours of cancellation. Athletics NSW confirm a definite Sydney Marathon on August 31, 1997.

GO minus 7 weeks Contact Athletics NSW. They will send forms, no mention of problems. No forms arrive. Rumblings of cancellation after Gold Coast. Tell Group I'll try to organise one if it is.

Go minus 6 weeks Sun-Herald says Sydney Marathon may be cancelled. No information.

GO minus 31 days Announcement that Sydney Marathon cancelled.

GO minus 30 days Read in Sydney Morning Herald that Sydney Striders considering running a marathon on the same course. News to me.

GO minus 29 days Reaction of members of Marathon Training Group ranges from flat to suicidal. Striders Marathon story unfounded.

GO minus 28 days Tell Group members I'll try to organise a Marathon on August 31 to take the place of Sydney. Pauline Flanagan off to Noosa instead.

GO minus 26 days Ted Brailey says he'll wait for a big marathon to make his debut.

GO minus 25 days Marathon Bulletin to active Marathon Training Group members. Response underwhelming. After one week, three runners, and a few maybe/maybe nots. Won't bother if no-one's interested, but I'll wait a few more days.

GO minus - 20 days Rozanne Green says she, Elana Leigh, Cathy Dunworth and Michelle Baskin will definitely run. That takes me up to seven, so I'll push on - I'll probably get a few more. Start work on race concept to include in August newsletter - three support cars, plus marshals and photographers.

GO minus 17 days August newsletter with course map – basically the old Harbord Diggers Marathon course from Manly to Mona Vale and return. 5.00 am start to avoid traffic and crowds. Need 15 to 20 runners to make it viable. "No runners, no run." Plenty to help, not many to run.

GO minus 16 days Rozanne phones. She's going to New York instead (half her luck) and probably Michelle won't run either. Back down to five runners. Looking doubtful again.

GO minus 11 days Brian Grant working hard. Might be up to ten now. On Equaliser training run, I tear a calf muscle. No sweat. It only feels minor.

GO minus 10 days Thursday night group firming up. Heading for fifteen runners. Rip formerly minor calf muscle tear. Now major. Very painful half-hour hobble back. Three days of ice and stretching ahead.

GO minus 9 days Drive over the course. 42.5 on odometer. Should be OK, allowing for a little extra. I can't walk without severe pain.

GO minus 8 days. Wendy Downes phones. She has two runners in our time range who want to run. OK. Still can't get any runners from the rest of the Club. Must be the time limit I put on to keep down the need for support crew.

GO minus 7 days After the STaR, numbers up to 20 or 21. Ideal. Hope we don't lose any. Ron Stitzinger and Benny Gauci say Sunday's run too hard, may not run. I try to persuade myself my leg's right, but it's not.

GO minus 5,4 days Drive over course twice more after work, checking corners, distances, danger points, places to get lost etc.

GO minus 3 days Finalise maps to hand out at the Waverton run tonight. Fax Jim Screen a list for insurance purposes. At Waverton run, still 19 or 20 confirmed runners. My leg is now sore, but not stiff. I'll run. Working on Ron, Benny will run. Go home to start work on instructions to all helpers.

GO minus 2 days Steve Cornelius thinks I should add a little to the course in case my odometer was out. Good advice, but I'll have to organise it on the day.

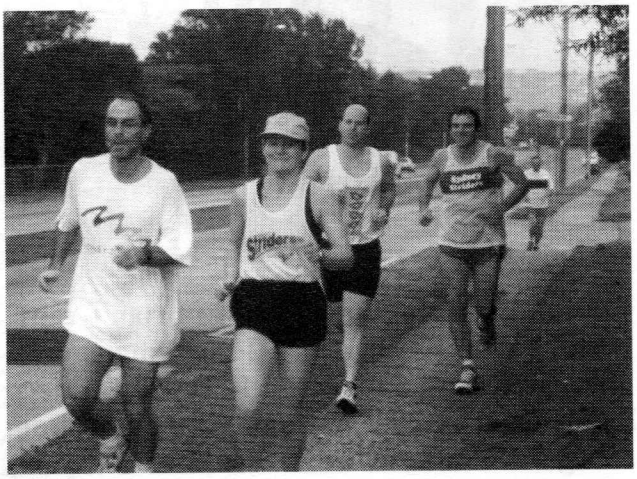
GO minus- 1¼ days 10 pm Friday night, after long week, start typing 18 pages of instructions to workers. At midnight, still twelve pages to go. God knows when I'll get to do it tomorrow.

GO minus 23 hours 6 am Saturday, start work on rest of instructions. Interrupted 48 times in the one hour I had available. Two more pages only. Stepson moving out today. Then seven hours lifting furniture etc. out of two houses into flat up several flights of stairs. Preparing back, arms and legs for marathon.

GO minus 13 hours 4.00 pm Arrive back home, locate everything I need for helpers tomorrow - what have I forgotten? Load up car. Tables, drinks, witches' hats, cups, water, "Energise" etc. Start work on remaining pages of instructions.

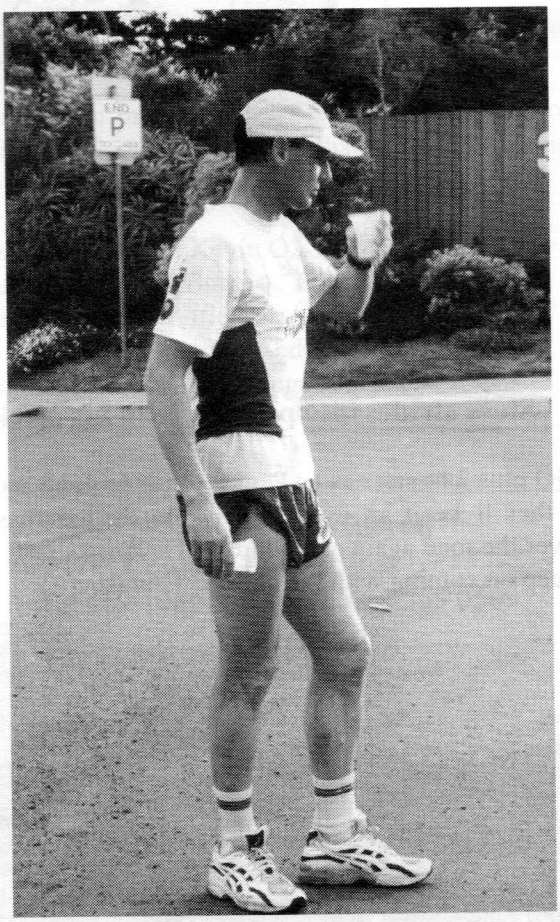
GO minus 9½ hours 7.30 pm finish last of typing. 7.31 pm leave for stepson's buck's night (great timing!) 30 minutes away. Huge fire on the way. It takes an hour.

GO minus 4 hrs 20 mins 12.40 am arrive home. Dog maniacal. Walk dog - very quickly.
GO - 4 hrs 15 mins 12.45 am. Head hits pillow. Unconscious instantly.
GO - 1 hour 20 mins 3.40 am. Alarm pierces brain. Oh, God! Stagger into clothes.
GO minus 1 hour 4.00 am leave for Manly, arrive at 4.35 am to meet helpers at 4.45 am.
GO minus 15 mins Plenty of runners, but still six or seven helpers short.
GO minus 10 mins Tina Campbell arrives to take names. I've only got one of six support car people. Panic!!!!!!
GO minus 5 minutes Fifteen helpers arrive. Extras replace most of those who don't arrive. Give each a folder with map and instructions. They'll have to read them. No time now for much of a briefing.
5.00 am Helpers mainly sorted out. Dash to car, drink stop materials etc. handed out. Last minute photos. "Cheese". Now Steve wants an extra clock – insists it's not official unless you have three. Damn, I forgot it! I hand him my watch. Pedant!
5.05 am Ron's not here - no surprise. Neither are Wendy's runners. Where are Elana and Cathy? Oh well, we have sixteen and we'll have to start.
GO GO GO What? I'm running a marathon? Now? I shuffle off. It's out of my hands now.
To deal with the inevitable glitches which I hadn't anticipated, Course Troubleshooters Nick and Kirsten Themsen were on patrol. From Tina's first drink stop at 5kms onwards, the fluids just kept on coming. No one lost yet. So far, so good.
GO plus 53 minutes Why is Steve calling the 10k splits more than half a km late? Oops, I think I said "Leagues Club" not "Football Ground". Why is Ian Whitfield here and not up with the leaders? Maybe I forgot to tell him to go straight to their 10k drink stop. Nick grabs the leaders' drinks and zooms off.



Graham Holton, Julie Wessels, Mike Hansen, Kevin O'Kane and Pete Baker at about 12kms

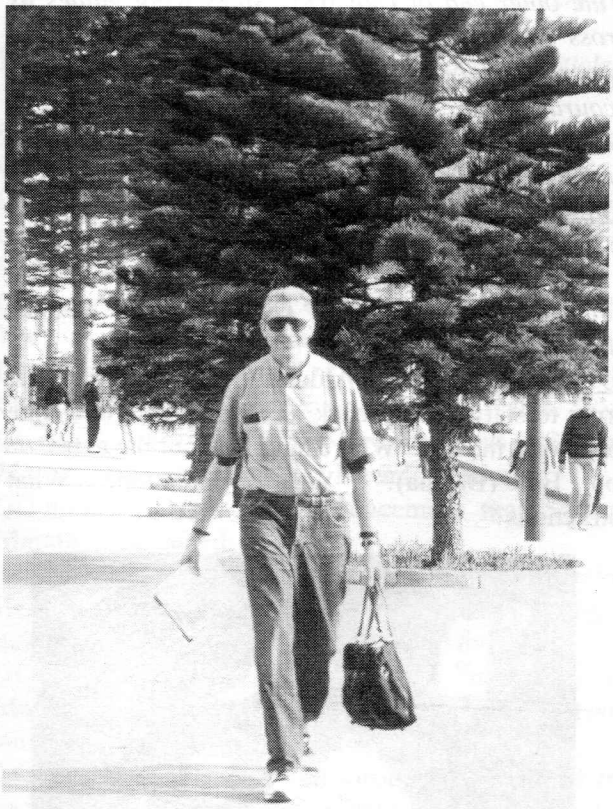
GO plus 1 hour Tina shepherds us up and over the dangerous Dee Why hill.
At the other end of Dee Why, Mary King guides us across the road to miss the hairy bend at Collaroy. Support cars always there with fistfuls of drinks and encouragement. Ian has caught the leaders and is back on schedule. The second and third groups are bunching, so the support cars leapfrog each other.
GO plus 1 hour 55 Steve seems a little confused. He thinks the halfway point is the 20km mark. Why? *[I later remember this is about double the 10.6 km point where he thought 10 km was. So he doesn't believe the map.]*
GO plus 2 hours 5 Around the Mona Vale corner to start the trip back to Manly. It's going like clockwork, mostly. "Where have you put the extra loop, Bill (Blecha)?" "What extra loop?" What instructions?"



Keith White takes a drink for the run home

GO plus 2 hours 15 We do the loop, but I realise the leading four didn't. Tell Nick. No worries, he'll have them do it later. Thanks, Nick.
GO plus 2 hours 40 Steve's in a bit of a flap - the times don't add up. Thirty minutes after he's gone, I remember that it's still because of the 10 km/halfway problem, as well as the likelihood that the 30km point

was a little early. Amazing how "Leagues Club" can cause three hours of confusion.



Steve strides into position with his clocks

GO plus 3 hours Pam Scott's looking wobbly - they'll keep an eye on her. Marshalled fuss-free over the road again at Collaroy. The drinks just keep on coming with the cheers. Fantastic!

Brian Grant makes the decisive break with10k to go

GO plus 3 hours 30 4k to go, and Bill drives past with Pam in the back.

GO plus 3¾ hours Off Pittwater Road with one last drink. Benny 200 metres back and closing.

GO plus 3 hours 55 Inside the last kilometer with the mobs of supporters and passers-by cheering everyone in, cameras clicking. Steve notes the times to the split second with the three bloody clocks.

GO plus 3 hours 59 The clocks tick like a bomb towards the 4-hour mark, marathon drama time. Fight to keep mind and body together, finally across the line in 3.59.12, Benny just six seconds back.

GO plus 3.59.30 Brad Renshaw and Margaret White, the magic sub-4 within reach, lift bone weary legs in one last painful sprint. Catastrophe! Margaret head first onto hard concrete. Brad sprouts wings on his rubber legs - 3.59.44, a half-hour PB.

GO plus 4 hours Gill Elyan flies past Margaret, now spurting "claret" and still fighting off well-intentioned bystanders. Gill home in 4.00.12.

GO plus 4.00.44 Margaret, screamed on by the rest of us, surges, wounded but unbeaten, to the finish.. She didn't realise until she saw the photos two weeks later that husband Keith ran across the line with her.

GO plus 4.13.03 Carol Taylor honourably brings up the rear, commenting "The marathon is an interesting little run, isn't it."

Brian Grant	3.08.22	Kevin O'Kane	3.59.12
David Loader	3.33.35	Benny Gauci	3.59.18
Keith White	3.41.57	Brad Renshaw	3.59.42
Mike Hansen	3.44.44	Gillian Elyan	4.00.12
Pete Baker	3.50.50	Margaret White	4.00.44
Julie Wessels	3.52.11	John Simmonds	4.11.26
Graham Holton	3.52.12	Carol Taylor	4.13.03
Bruce Murray	3.55.32	Pamela Scott	DNF

Finishers still standing (from L) Brian Grant, Pete Baker, Keith White, John Simmonds, Brad Renshaw, Julie Wessels, David Loader, Benny Gauci, Kevin O'Kane, Graham Holton, Margaret White, Mike Hansen, Carol Taylor, Bruce Murray, Gillian Elyan

GO plus 4 days Brad wants to know when the Mona Vale Marathon is on next year. AAAAGH!

The Equaliser

From Race Organiser Mike Hansen

The first finishers in the Equaliser Cross Country event:

Open
1st overall male: Dean Degan 54:51 1st
1st overall female: Jo Cowan 1:09 20th

Veterans
1st male: Stephen Jackson 59:46 7th
1st female: Tracey Love 1:27 40th

Masters
1st male: Warwick Selby 1:07 16th
1st female: Tina Campbell 1:28 42nd

Seniors
1st male: Frank Dearn 1:40 48th
1st female: no entries

place	name	mm.ss
1	Dean Degan	54.51
2	Chris Truscott	55.52
3	John Young	58.36
4	Stephen Jackson	59.46
5	Peter Truscott	61.21
6	David Loader	63.30
7	Mark Fiore	63.42
8	Wayne Stanton	63.47
9	Steve Hume	64.27
10	Peter Cremen	65.49
11	Adrian Spragg	66.52
12	David Burgess	67.20
13	Warwick Selby	67.25
14	Greg Donovan	68.10
15	Joanne Cowan	69.20
16	John Hodges	69.41
17	Nick Adams	71.33
18	Andrew Bryan	71.50
19	John Pye	71.52
20	David King	72.03
21	Rod Lovel	74.23
22	Ralph Melano	75.03
23	Keith White	75.07
24	Charles King	75.13
25	Kevin O'Kane	76.43
26	Gregory Prerau	76.50
27	Mark Schaefer	77.39
28	Melissa Selby	78.11
29	MichaelJohnstone	79.01
30	Ron Wilson	79.05
31	Ian Singer	83.28
32	Tracey Love	87.35
33	Joe Degabriele	87.59
34	Tina Campbell	88.11
35	Sharon Callister	91.20
36	Michael Christie	94.42
37	Julie McGaw	95.10
38	John Ayliffe	100.05
39	Beryl Wilson	100.06
40	Frank Dearn	100.17
41	Penny Smith	100.28
42	Brad Renshaw	101.29
43	John Kerr	106.29
44	Michael Bailey	107.13
45	Caroline Yarnell	111.22
46	Carol Taylor	113.04
47	Margaret White	113.05

Putting on an internal event requires a great deal of assistance. I would like to thank the following people who helped with the event:

Marking the course: Kevin O'Kane, Jim Screen
Registration: David Burgess, Julie McGaw
Water Stop: Ian Whitfield
Timing: Amanda Loader, Andrew Smith
Results: Heiko Schaefer, Megan Jackson
Marshals: Jim Screen, Mike Ward

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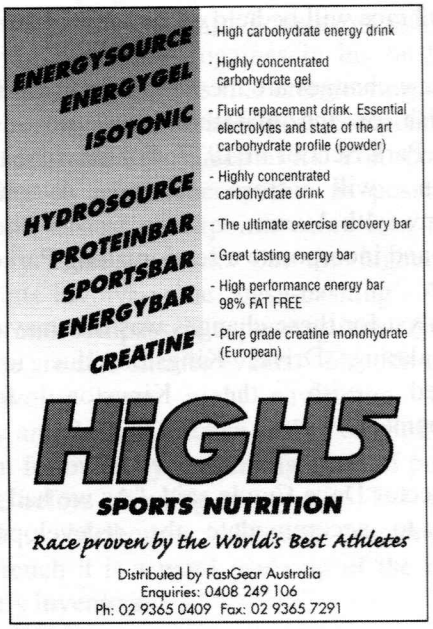
Contact John Hill at
fastgear@bigpond.com...or 9365 0509



CHANGE OF COURSE FOR 26th CANBERRA MARATHON

From Dave Cundy, Race Director

An opportunity to run on a revised course is expected to attract hundreds of interstate and overseas runners to the 2002 New Balance Canberra Marathon, as well as encouraging many local runners to attempt the challenge of the 42.195 km marathon.

The 2002 race will be held on Sunday 14 April.

The course changes are the most significant since the start/finish of the marathon was moved to the Telopea Park School in 1977. For the first time, the marathon will cross Kings Avenue and Commonwealth Avenue
Bridges and incorporate a section along Parkes Way.

The catalyst for these changes was the unavailability of Mundaring Drive, Kingston due to works associated with the Kingston foreshore redevelopment.

Race director Dave Cundy said, "As we had to make changes to accommodate the redevelopment at Mundaring Drive, we worked with the local authorities, including Canberra Tourism and Events, to develop a revised course that will remain one of the fastest in Australia while providing runners with many scenic highlights of the national capital."

The configuration of the course is a 10 km loop at the start , which includes a lap around Parliament House, followed by a double out-and-back section between Bowen Park and the Glenloch Interchange, crossing Kings Avenue Bridge on the way out and Commonwealth Avenue Bridge on the return.

Numbers in the marathon have increased 75 per cent since current sponsor New Balance came on board in 1997. This year's event attracted 706, the largest field since 1986. The attraction of the new course is expected to see numbers continue to grow.

Entry forms are now available, all details are on the web site www.canberramarathon.com.au

As usual, the marathon will be preceded on Saturday 13 April by the Marathon Eve 5 km and 10 km Fun Run.

The 2002 event will be supported by Canberra Tourism and Events Corporation.

FITZROY FALLS FIRE TRAIL MARATHON

By Phil Kennedy

Mark this one in your calendars for next year- an enjoyable alternative to the bitumen-pounding street/city marathon.

Approximately 90% of this race is run on well-defined and reasonably 'smooth' fire trails/gravel roads. It is a challenging run without any horror contours. No Pluviometers here. The post-race report posted to the race web-site suggests that an equivalent road marathon time would be 15-20 minutes faster, citing the performances of the winner Andrew Godsman (3:02) and of "Mr. Consistency", Kelvin Marshall (3:11) in comparison with their Melbourne marathon times a week earlier (2:48 and 2:57 respectively).

The route is well marked with plenty of cheerful volunteer helpers supplying water & fruit roughly every 5 kms. In only its second year, numbers were up from under 50 to 88 finishers. Heather Turland saw us off at the start after damper & tea/coffee, and pointed out the significant increase in female participants – only one competitor of the female persuasion in 2000 while 16+ finished in 2001. (The race was run a week before the Sydney marathon).

The run starts at 8:00am which is (at least) an hour too late by my way of thinking – fortunately the weather could not have been better – cool and sunny. The late start does accommodate runners arriving from far afield. Of course, the venue is ideal for a weekend away – we stayed over at Kangaroo Valley for the weekend and will do the same next year (and try what looks like decent canoeing down river).

The race ends at the venue for the Waratah Fair, held in 'prize-winning' private gardens (Prittlewell Gardens)– so while dad was out bush, the kids were entertained with pony and tractor rides, local musicians, etc. Helicopter rides were also available. They even laid on cow-patty lotto (one well-fed cow set free on a field divided into a grid – predict the location of the inevitable splat & collect your prize). The final km wound across very uneven cow paddocks and was probably the toughest of the course. Welcome relief at the end was made available in the form of hay bales – quite comfortable as chairs/props after 42kms.

Definitely an enjoyable marathon/event in a rustic setting for those looking for something a little different.

By my count there were five or six Striders, but I could have missed some.

Wayne Stanton	3:08 (2nd)
Kelvin Marshall	3:11
Mike Hansen	3:48
Phil Kennedy	4:09
Sean Greenhill	4:13

Results

Melbourne Marathon October 2001. Louisa Wawn completed her first marathon in 3hrs 55mins.

Missed result in the City-to-Surf Caroline Yarnell with husband Anthony Wong came 3rd in the 'Husband & Wife 35 and Over' category as 'Family from Fairlite' in a combined time of 121m 59s. Caroline's time was 63m 25s, Anthony's 58m 34s.

Adelaide Trailwalker October 2001. Kelvin Marshall was in a four man team that came 3rd (2nd complete team to finish) in a time of 12:58:43.

NSW 24 hour Rogaining Championships. In their rogaining debuts Joel Mackay's two-person team finished 19th, Sean Greenhill's 26th in a field of 72 teams.

Heiko Schaefer is also a rogainer, so if you are interested in trying this pastime, talk to one of these guys. Or try website http://www.nswrogaining.org. Your editor did a few rogaines in his bushwalking days. I thought of them as like orienteering, only you design your own course and most competitors walk (the winners would run much of it). You score points by visiting as many checkpoints as possible. The closest and easiest checkpoints score less. You can stay pretty close to tracks but the higher scoring checkpoints involve some 'bush-bashing'. Ability to use map and compass is a pre-requisite. As well as 24hr there are also shorter events – 6hr, 8hr and 12hr. Most involve some night navigation. There is normally an all-night kitchen at the 'base'. I liked the 8hr event followed by a warming glass of port by the campfire before crawling to my tent. The sport was invented in Melbourne, although 'rogaine' might sound French it is a word made up of the initials of the sport's inventors.

1550 Steps to the Top! - Centrepoint Run Up

By Sean Greenhill

After Glasshouse, I went through a lengthy recovery phase where I would do just one, maybe two runs a week for something like seven weeks.
On Friday November 9th I was able to add some variety to those meagre pickings- the AMP Tower/ Centrepoint Run Up was conducted in the heart of the city. I found out about it the Wednesday before from the web at http://www.supersprint.com.au/events/ 2001/amptowerrun.htm, faxed off my entry form pronto, then negotiated a 3-hour lunch for race day with my manager. The idea of running up the tallest building in Sydney seemed just crazy enough to work, as one of the guys from Fatass might say.

When I spoke to the organisers over the phone they said that over 100 people were doing it, which was a comfort to me... it was unlikely I'd be last.
However, when I turned up on the day I found out that most of those numbers were in various charity division events that ran up before the open event - police, footballers, firefighters etc. The open, public event would have just 23 entrants, whereupon I freaked out, knowing that gun runners like Paul Crake and Jeremy Horne were in the running- all of a sudden it seemed certain I was going to be last.

I was able to ease the nerves by chatting to a few faces I recognised in the crowd- Max Bogenhuber, Liz Short, John Frykberg, Derek Foley. One competitor had come up from Melbourne. The runners lined up in Pitt St Mall, put on the race singlet (which we had to wear), and were interviewed by the promoters, our stories being broadcast over the PA system to the lunchtime public. We were sent on our way at 1pm. A light rain was falling. Twenty metres on the flat, then a left-hand turn and we were going through a door and up the stairs.

I assumed that the best technique was to take single steps and aim for fast leg turnover, just as I do on steep hills- as opposed to taking the steps two or three at a time. I wasn't entirely sure of that however, so I had rung Martin Fryer on Wednesday night, bounced my theory off him, and he agreed that it seemed to make sense.

My legs didn't actually hurt that much, but quickly my throat became like hot sandpaper from the exertion and the bad air in the stairwell- I noticed condensation forming on the walls and floor from people's breath and sweat - slipping always seemed a risk. We climbed several floors to reach the top of the Centrepoint shopping complex, then ran for a few dozen metres on the flat through corridors to reach the base of the tower itself. After the stairs, the flat felt quite strange... my legs had become numb blocks of wood. We passed a volunteer at the entrance to the tower stairs- the last bail-out point- and went on upwards. From there, the stairs would climb for about twelve steps, reach a landing, turn 180 degrees, repeat the process.

Mentally it was not tough, however, because I knew Paul Crake's winning times were around 7 minutes, so I figured no more than 15 minutes for me. I'd look at my watch and see 5 minutes already gone- "not far to go now"- it was possible to break it up mentally. Also, each landing had a fire hose door with the flight number painted on, so I was able to count down- there were 95 flights in the tower, and 1550 steps total in the race.

I had been in second last place when we hit the stairs, but once I was halfway up I started to haul in a few people- a couple of whom had taken the stairs three at a time, and were now paying the price in no uncertain terms. Not long before the finish I could hear the crowd - I was running with a guy from the Army at that point - pushed past him (finally taking the steps two at a time), then ran over 15 metres of carpet on the observation deck to reach the finish barrier in 12 minutes, 28 seconds, approx. 18th place of 23. Shortest race I'd ever done. Much Gatorade was then drunk to ease the burning in my throat.

Paul Crake won in 7.01, 11 seconds off the course record he set last year, Jeremy Horne was second. The one female competitor in the Open category came last. I went back to the office that afternoon wearing the race T shirt, got some disbelieving looks, and enjoyed a fast recovery. I'll be back next time for certain- and having done Centrepoint, what do I have to fear from the likes of Staircase Spur and Pluviometer?

****

Broken Wing Club

Derek Smith took a tumble from his bike and is nursing a fractured shoulder plus various cuts and bruises – but still fronted to host his STaR at North Head.

Fun Running In Medoc

By Brad Renshaw

On September the 8th last year David Dunstall and I ran "Le Marathon des Chateaux du Medoc, le plus long du monde."

If your aim is to run a PB when you compete in a marathon then this event is probably not for you. However, if you like going the distance for fun then put this one down as a must do.

This is not just another marathon; it is a three-day festival, a celebration of running, of friendship, good health, good food and good wine. It all begins on Friday with a Running Expo and in the evening a Pasta Party for 1500. There is more food and wine than you can consume, mixed with fabulous entertainment, great music and dancing. Runners from every corner of the world are represented and are invited to perform a song or dance of national identity. David and I joined with other Australians (14 in all) to sing (you guessed it)...that song about the jolly jumbuck. It is a special night with plenty of opportunities to make friends with runners of other nationalities who have a love for running.

Saturday is Marathon day. It starts in Pauillac at 9.30am. Fancy dress is encouraged and the majority of the 7500 competitors joined in the fun of dressing up. Ahead is 42.2km of country roads, paths through vineyards, up gravel driveways and across lawns of

One of 42 Orchestras

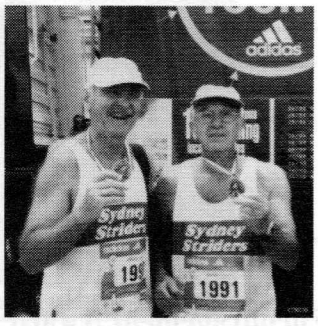
22 chateaux and all the while runners are entertained by the 42 bands and orchestras spread along the route. Refreshments are available every 2½ km and include bottled water, fruit, biscuits, diced ham and cheese and a variety of lollies. At one chateau there was a side of beef on the spit. It was difficult to run

Just like a Striders STaR

on, just proves our strength of character. At 37km, for those who are interested, there are oysters available.

The course is picturesque to the extreme. The spectators, officials and helpers are all friendly and generous with their applause and assistance. All competitors who finish receive a bag of goodies and souvenirs which includes some local produce and a bottle of Medoc region wine. Those competitors who participated in costume receive an extra gift. We ran in Striders gear, which didn't qualify for the extra gift, but it was fun to be recognized around the course by other runners and spectators as Australian from "Sydney". After the marathon, if you're up to it, there's a Ball and entertainment which continues all night. We opted for a celebratory dinner at our hotel and an early night.

On Sunday the fun continues with a 10k walk through a number of chateaux, wine tasting and entertainment at each and then as a finale to the celebrations there's lunch for 1500 people and another huge party, the culmination of a great time which sadly has to come to an end. The verdict, - you have to run at Medoc, the most fun you can have whilst marathoning. For the record we took 5h 9m and finished 4019th and 4020th.



Fun to Run & Happy to Finish

("Le plus long du monde" is a reference to the number of participants who over-indulge in the nectar of the grape and run a zigzag course, hence the longest 42.2km marathon in the world.)

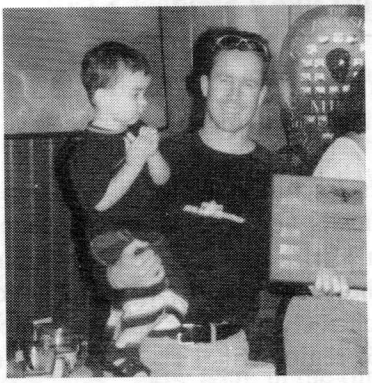
Sydney Striders' 2001 Annual Awards

The Annual Awards brunch at Middle Harbour Yacht Club on 9th December 2001 was again the venue for presentation of trophies and awards. A full house enjoyed brunch after the Christmas STaR. Congratulations to all those who received awards for achievements during 2001.

A special mention for a new Half Marathon Record by Chris Truscott of 1:08:58.

Debut Marathon Award

Male	Peter Cremen	3.04.56	Canberra
Female	Anne Muras	3.28.56	Canberra



Sub 3-Hour Marathon Improver Award

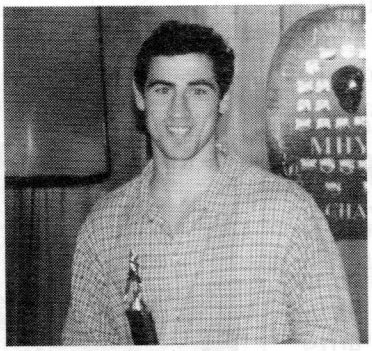
Andrew Gibbons, (above) from **2.48.54** to **2.43.52**, an improvement of **10.4%**

Sub 4-Hour Marathon Improver Award

Ralph Melano, from **4.34.04** to **3.35.41**, an improvement of **18.5%**

Improver Of The Year Award

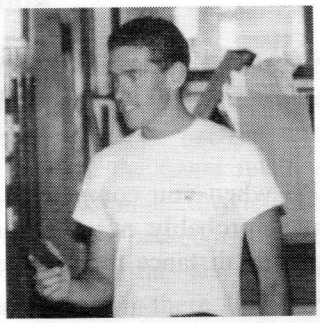
Ralph Melano



Encouragement Award Nicholas Whealy(above)

Equaliser Cross-Country Award

Dean Degan



Dean Degan – Winner of Open Marathon, X-country and Club Half Championship

Open Marathon Award

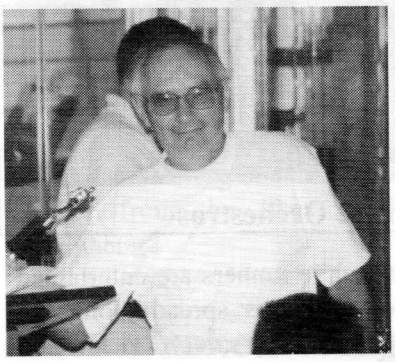
Male	1st	Dean Degan	2.30.59	Osaka
	2nd	Chris Truscott	2.41.34	Berlin
	3rd	Andrew Gibbons	2.43.52	Berlin
Female	1st	Marie O'Connell	3.17.55	Canberra
	2nd	Anne Muras	3.28.56	Canberra
	3rd	Marie Bleakey	3.32.51	Sydney

Veteran Marathon Award

Male	1st	Chris Dwyer	2.43.53	Canberra
	2nd	Barry Rutter	3.04.26	Canberra
	3rd	Andrew Smith	3.09.07	Canberra
Female	1st	Tracey Love	3.35.15	Canberra
	=2nd	Mary Stringer	3.37.29	Canberra
	=2nd	Sharon Callister	3.37.29	Canberra

Masters Marathon Award

Male	1st	Peter Hammerschmidt	3.20.32	Canberra
	2nd	Michael Wilson	3.52.39	Canberra
	3rd	Derek Smith	3.52.48	Canberra
Female	1st	Kirsten Themsen	3.59.59	Copenhagen
	2nd	Penny Smith	4.26.33	Canberra



Heiko Schaefer Winner of Senior Marathon and Super Series Awards and Snr Club Marathon C'ship

Senior Marathon Award

Male	1st	Heiko Schaefer	3.56.25	Canberra
	2nd	Peter Ford	4:00:15	Canberra
	3rd	Frank Dearn	4.45.54	Canberra

Club Marathon Championships

Open Male	Chris Dwyer	2.43.53
Open Female	Marie O'Connell	3.17.55
Veteran Male	Chris Dwyer	2.43.53
Veteran Female	Tracey Love	3.35.15
Masters Male	Peter Hammerschmidt	3.20.32
Masters Female	Penny Smith	4.26.33
Seniors Male	Heiko Schaefer	3.36.25

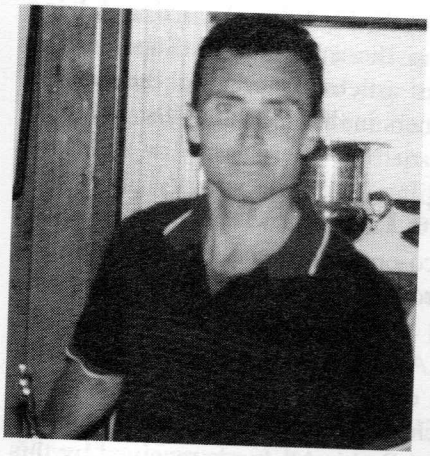
Penny Smith – Masters winner, Club Marathon Championship

Ultra Runner Of The Year Award

Jon Worswick

Triathlete Of The Year Award

Sarah Entwistle



10k Series Winner - John Young

The 10 Km Series Awards

Middle Harbour Yacht Club Perpetual Trophy

Handicap	1st	Mark Schaefer
	2nd	Peter Grunfield
	3rd	Michael Christie
Male Outright	1st	John Young
	2nd	Tim Ashby
	3rd	Peter Truscott
Female Outright	1st	Jenny Truscott
	2nd	Joanne Cowan
	3rd	Caroline Yarnell

Chris Truscott, winner of the Open Half Marathon Award in a new club record of 1:08:58

Open Half-Marathon Award

Male	1st	Chris Truscott	1:08:58	Gold Coast
	2nd	Dean Degan	1:09:54	SMH
	3rd	John Young	1:11:42	SMH
Female	1st	Jenny Truscott	1:22.29	SMH
	2nd	Joanne Cowan	1:22:48	SMH
	3rd	Marie O'Connell	1:32:24	SMH

Jenny Truscott – 10k Series and Open Half Marathon Winner

Veteran Half-Marathon Award

Male	1st	Chris Dwyer	1.17.24	SMH
	2nd	Ross Sinclair	1.18.06	SMH
	3rd	Greg Coy	1.19.12	SMH
Female	1st	Joanne Cowan	1.22.48	SMH
	2nd	Mary Stringer	1.38.28	SMH

Masters Half-Marathon Award

Male	1st	Peter Hammerschmidt	1.35.02	SMH
	2nd	Alex Whitworth	1.36.26	SMH
	3rd	Peter Cookson	1.44.08	SMH
Female	1st	Tina Campbell	1.46.00	SMH
	2nd	Robi Russell	2.00.52	SMH

Seniors Half-Marathon Award

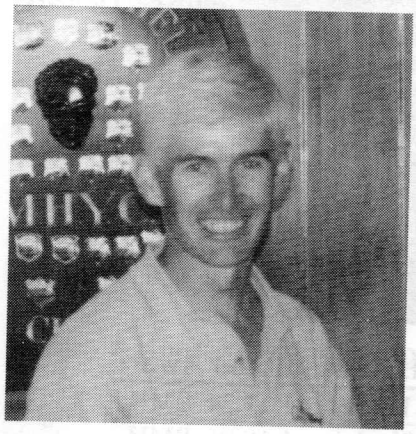
Male	1st	Ray Doran	1.25.08	SMH
	2nd	Neil McPherson	1.42.56	SMH
	3rd	Heiko Schaefer	1.47.04	SMH

Tina Campbell, Masters Half Marathon and Club Half Marathon Championship Winner

Club Half Marathon Championships

This year it was held at the Sydney Morning Herald Half in May

Open	Male	Dean Degan	1.09.54
	Female	Jenny Truscott	1.22.29
Veteran	Male	Chris Dwyer	1.17.24
	Female	Joanne Cowan	1.22.48
Masters	Male	Peter Hammerschmidt	1.35.02
	Female	Tina Campbell	1.46.00
Seniors	Male	Ray Doran	1.25.08

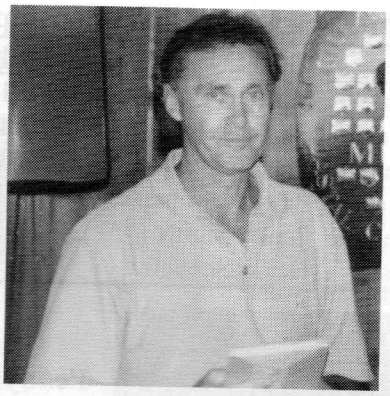


Stephen Jackson Super Series Winner (Masters and Open) and First on Age/Gender Adjusted Score

Super Series

11 events, 10k to 47k, from January to November

Open	Male	Stephen Jackson
	Female	Joanne Cowan
Veteran	Male	Stephen Jackson
	Female	Joanne Cowan
Masters	Male	David King
	Female	Penny Smith
Seniors	Male	Heiko Schaefer
Age & Gender	1st	Stephen Jackson
	2nd	Greg Donovan
	3rd	Adrian Spragg



David King, Winner of Super Series Masters Award.

David was also presented with a Special Award inscribed: 'Presented to David King. In recognition of his bravery, quick thinking and disregard for his personal safety in rescuing a fellow club member from the treacherously flooded Waitare Creek, Hornsby on 21 April, 2001.'

Highest Age and Gender Adjusted Score for the year (in an individual race)

Joanne Cowan (874 points City to Surf)

Oh, the **Blister** gives the **Sledging Award** to **Adrian Spragg** for drawing the attention of Super Series rivals to a dubious article concerning the risk of heart-attacks to runners in their 30s and 40s. Subtle!!

COMMITTEE RAMBLINGS

Stephen Jackson co-opted on to the Committee as Race Results Co-ordinator, 10k and Super Series.

10k Charity Run. As a result of our Annual Charity Run at Lane Cove on 3rd November, Jim Screen was able to present a cheque for $500 to 'The Friends of Lane Cove National Park'. All funds received by this group go directly to work in the Park and are not lost in the State "system". As frequent users of the Park we thought it appropriate to show our appreciation by way of a donation to the "Friends" to help them continue their good work with native bush regeneration, information activities, and general improvements. A letter of thanks was received from the 'Friends' and Sue Hill, who is a volunteer in bush regeneration work reported that the "Friends" were delighted with the donation.

It was decided that membership fees could be kept the same for 2002. The Club Marathon Championship for 2002 is the Canberra Marathon.

Striders Training Groups

From Keith Bateman, Kevin O'Kane, Michael Bailey

Mid-week training Centennial Park

We now have a regular group of eight

Meet 6am every Wednesday at Centennial Park (Paddington entrance - intersection of Moore Park Road, Oxford Street and Lang Road – by the map next to the gates).

Speed training and hill training - alternate weeks

Designed to suit all speeds and fitness so everyone can go at their own pace

Warm-up run and cool-down run at a gentle pace

Timed session*,

Home by 7am refreshed and ready for the day ahead

Main contact **Keith Bateman** phone & fax 9331 0918 - email keith@ctcwebdesign.com.au or meet there in the morning.

* speed work - = all warm up to starting point and do intervals for a timed period in one direction and same back, regroup and cool off run back to park gates together (probably 10 seconds fast, 10 second jog, 20,20,30,30,40,40,50,50,60,60, 2 min rest, reverse route, 60,60,50,50,40,40,30,30,20,20,10,10) That way we can stay as a group regardless of speed.

* hills - all start at same location as with speed work and repeat hill climb and jog back for a period of time, regroup and cool off run back to park gates. Hill locations will be varied - perhaps in Centennial Park or outside (Atunga Street, Edgecliff is my favourite!) Perhaps we should call it the ODT group (oxygen debt tolerance group)!

There are bound to be some other ideas once we get going but at least we have a basic plan to build on for now.

And from **Kevin O'Kane**...(02) 9283-3355

Now that summer is here, it seems to me that we should be putting in an effort to make sure that there's something there in the New Year. Numbers seem to be dwindling at present. How about joining the Sunday runs, or one of the mid-week training sessions.

Runs where we could do with some new blood are:

Wednesdays 5.30 am, Acron Oval, Acron Road, St.Ives

Tough but scenic bush run on "The Equaliser", about 12kms. Paced for sub 52 minute 10k runners, but we don't run quite that fast.

Thursdays 5.50 to 6.00 pm Waverton Bowling Club (near Waverton Station)

Interesting 9.5km run around the harbour, with a few hills for training. 6 minute k group at 5.50pm, 5 minute group at 6.00. Last week it was just me and eight or nine women. Help!

Friday 6.00 am, Acron Oval again

Speedwork session, 12 times 90 seconds around the Oval, 1 minute rests. Do as many as you can do for a start. Get fast quick. Slower runners on inside of circle, faster runners on outside.

The **Marathon Training Group (MTG)** is organising a longish mid-week run on **Wednesday evenings** starting January 30 from the **City**.

For two Wednesdays we'll run 13kms and then for eight Wednesdays the course will be about 17.5kms (or the 13km option).

Our speed will be MTG pace (6 min/km) but sufficient numbers of course allow more than one group. All Striders are most welcome - the more the merrier.

Where: The ramp to the Australia Square Car Park, Bond Street, City. When: 5.45pm sharp.
The Course: Australia Square, up to Macquarie Street, College Street, Oxford Street, Anzac Parade, Lang Road, to and around Centennial Park and back the same way = 13kms - the above plus Mrs Macquarie's Chair, Farm Cove and round the Opera House and back to Australia Square adds about 4.5kms. (Note: Taps are fairly rare on this course so BYO is suggested).
Contact: **Michael Bailey - MTG Co-ordinator.**

Other Groups –<u>call the contact first</u>– runs change!

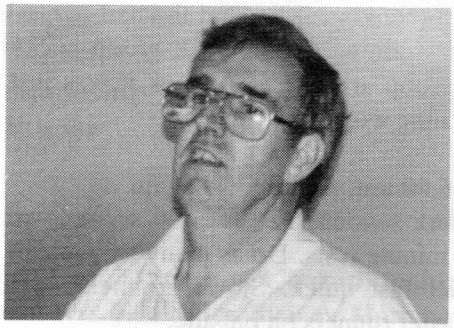
Lane Cove River Runners, Tues and Fri 17:45 - 10 km. Contact: Richard Wassell (02) 8870-6624(w) Location: Lane Cove Park, Fullers Bridge Entrance.

Wahroonga Wanderers – Wed. 5.30am - 12 km Contact: Richard Briscoe (02) 9266-5862 (w) or 9487 5862 (h) Location: Wahroonga Village Car Park

Bush Group – 6.30 am summer, 7am winter. Bush runs on singletrack/firetrail, duration 60 to 100 minutes. Various locations, mainly upper North Shore. Suited to experienced, self-sufficent runners. Contact: Jonathan Trope 02 9999-0743

10k Series Report

From Ian Whitfield, Race Director



10k Race Director – Ian Whitfield

The first race was held at the Domain on a typical warm steamy Sydney morning. Dean Degan won in an excellent time of 33.10 followed by John Young in 34.14. First female was Joanne Cowan in 37.44 followed by Cindy King. There were 149 competitors including 101 Striders, the best attendance of the series.

Race 2 was at North Head on an overcast March morning with more than a hint of rain. However the weather held and the race was run in dry conditions. Once again we had a good turnout with 148 starters including 81 Striders. Damian Tancred won in 33.01, followed very closely by Sean Williams in 33.13 with Chris Truscott 33.56 and John Young 34.10. Joanne had a challenge this time with Jenny Truscott coming through in 37.16 for her first win of the year with Joanne in 39.38 and Cindy King 39.57.

The third race of the series was held at Lane Cove on a mild morning at the end of March and resulted in some close racing. Jenny Truscott had her second win of the series in 37.23 with Joanne Cowan 11 seconds behind in 37.34. The men also had a close race with John Young getting his first win of the year in 33.14, Chris Truscott second in 33.37. All in all a good race in the pleasant surrounds of Lane Cove Park.

Race 4 was back at the Domain with some pretty fierce competition. Damian Tancred again won in 32.34 from John Young in 33.13. Jenny Truscott was first woman in 37.59 for her third win of the series, followed by Joanne Cowan in 39.05.

Race 5 at Lane Cove marked the halfway point of the series. This race happened whilst I was overseas but by all accounts was another close one. Once again Jenny Truscott won in a time of 38.12 , with Joanne not far behind in 38.26. Thus far a keenly fought series for the top spot. The men's race was not quite as close with John Young a clear winner in 33.54, followed by Stuart Reid, a visitor, and Tim Ashby.

Halfway Results

Women's Outright

Joanne Cowan	106
Jenny Truscott	88
Caroline Yarnell	75
Mary Stringer	75
Ann Osborn	71

Men's Outright

John Young	105
Tim Ashby	90
Peter Truscott	77
Ross Sinclair	60
Chris Truscott	53

Handicap

Peter Grunfeld	65 points
John Kerr	47 points
Brendan Mason	45 points
Mike Roach	45 points
Mary Stringer	45 points

In the Male Outright there was a clear leader in John Young. In the Female Outright, despite winning four races entered, Jenny Truscott was trailing Joanne Cowan as a result of Joanne's participation in all five races and a consistent level of points. Lurking in the background of the Handicap, a point away in sixth place, was my old adversary Kevin O'Kane. Could the wily fox make up the difference in the second half of the season? Or would the inevitable aches and strains of an aging runner take its toll?

The second half of the series started at North Head on July 7th with some new names on the winners' lists. Jock Davis first in a time of 33.21 ahead of John Young in 33.27 and Sean Fitzpatrick in 33.53, another close race. In the women's event Marie Bleakley won in 44.21, Maggie Bennett second in 45.22 and the evergreen Tina Campbell third in 46.02.

Race 7 was at the Domain, and again saw different names leading on the results sheet, Tim Ashby, first with a time of 34.50, followed by Craig Johnson in

35.31 and Steve Plain 36.08. The women's event saw Teresa Rider first in 38.02 followed by Jenny Truscott and Joanne Cowan, both on 40.02. You don't get them any closer than that.

To Lane Cove for Race 8 on a mild spring morning. In a reversal of positions from previous races, first lady was Joanne Cowan in a time of 38.25, Jenny Truscott in 39.25 and Caroline Yarnell third in 43.14. For the men Chris Truscott took first in 34.06 with John Young, a model of consistency, in 34.16 and Tim Ashby in 34.27. Again another close-run race.
At the conclusion of race 8 the Handicap event was taking shape with Peter Grunfield still well ahead of Michael Christie and John Kerr but another challenger was emerging in Mark Schaefer.

Race 9 and North Head on another relatively mild day - perfect for running. First was visitor Phil Bradshaw in 33.48, from Tim Ashby 34.47 and Sean Fitzpatrick 34.54. The women's event saw Jenny Truscott return to the winners' list. Caroline Yarnell and Ann Osborne followed with times of 42.22 and 43.36 respectively. It was shaping up as a close race for number one for the series, with Jenny holding a slight lead over Joanne Cowan, 151.5 points to 148.5. John Young held a handy lead over Tim Ashby 147 points to 139; the Handicap section had also reached an interesting stage with Mark Schaefer making up a lot of ground on Peter Grunfield.

The final race of the series and no category was a totally foregone conclusion. In the women's event, with two fine competitors in Jenny and Joanne vying for the series title, Jenny won the final race in a time of 38.24 from Joanne. In the men's category the Race One winner Dean Degan came back to the winner's circle, winning in a time of 33.06 which was the quickest time of the series. One can only reflect on what might have been had Dean contested most of the series. Certainly given his fine form in the first and last races it would have been very interesting. Maybe we'll find out next series. In the handicap category we saw an interesting finale with Mark Schaefer passing Peter Grunfield in the final race; this certainly proved to be a series of two halves.

Only one Strider ran every race - Tim Ashby.
The fastest male was Dean Degan in 33.06 in Race 10 at Lane Cove. The fastest female was Jenny Truscott with 37.16 in Race 2 at North Head.
We had 487 runners or a total of 1,234 entries.
Jenny Truscott won six races, Joanne Cowan two and Teresa Rider and Marie Bleakley one each.
Dean Degan, Damian Tancred and John Young each won two races, Jock Davis, Phil Bradshaw, Chris Truscott and Tim Ashby each won one race.

I would like to congratulate Stephen Jackson on a job well done in compiling the points score on the Striders web site, as well as marking each of our courses prior to each race.

Congratulations to all competitors in this series, making it the best in Sydney. Particular congratulations to the category winners and a special vote of thanks to my team of helpers, without whom this series wouldn't happen. To all competitors and helpers let's make the 2002 series even better than the one we have just completed.

Final Placings 2001 Striders 10k Race Series

Male Outright

1. John Young	189 points
2. Tim Ashby	177
3. Peter Truscott	138
4. Ross Sinclair	125
5. Greg Coy	102
6. Matthew Kaley	84
7. Steve Plain	81
8. Chris Truscott	75
9. Stephen Jackson	73
10. Dean Degan	66

Female Outright

1. Jenny Truscott	195.5 points
2. Joanne Cowan	190.5
3. Caroline Yarnell	175
4. Mary Stringer	110
5. Alanna White	107
6. Ann Osborne	91
7. Debbie Richards	84
8. Sharon Callister	81.5
9. Maggie Bennett	65
10. Tracey Love	63

Handicap

1. Mark Schaefer	128 points
2. Peter Grunfield	111
3. Michael Christie	73
4. John Kerr	72
5. Dennis Nel	67
6. Graham Willis	65
7. Mary Stringer	64
8. Mike Hansen	63
9. Ken Harris	61
10. Tim Ashby	60
Mike Roach	60

Super Series 2002

By Stephen Jackson

The 2001 Super Series has been run and won, and now we embark on the 2002 version. This year it is down from 11 to 10 events, and has had a few other tweaks as it enters its 4th year. These are detailed below. The objective of the Super Series is to provide a measure of Striders performance across a range of events during the entire year.

Striders compete and excel in many fitness activities. Previously the Club has recognized individuals for their achievements in specific areas. However, there is always the argument over which is better - number of events contested, number of high placing, difficulty of individual events etc. While those arguments can never really be resolved, the Club has decided to look at achievements in diverse events throughout the year. The "Super Series" concept aims to recognize and reward the consistent performers for their efforts and their versatility.

Events range from 10k through to 47k, road and trail, flat and mountainous. Consistency and sustained effort are the key to success, and with the "Age and Gender Adjusted" Category, it gives a good measure of all Striders, regardless of years or sex.

We are always looking to improve all Striders events, and therefore discussion, criticism (of the constructive variety), and comments are most welcome at any time.

Changes for 2002

Dropped.....

The demise of the January Palm Beach to Manly 30k has reduced the 2002 Super Series to 10 events. No suitable alternative event could be tracked down. The City to Surf has been "retired" due to a high level of feedback relating to problems with everyone gaining an even start and contending with the crowded run, and the Woodford to Glenbrook has been put on the shelf due to logistical problems and poor Striders attendance.

Changes....

The Internal Half has been moved to October so that those Striders with long handicaps do not have to start in the pre-dawn darkness of Lane Cove Park. The added bonus is that the nasty loop across the weir at the end of the 2001 Internal Half can be moved to the start to get it over with early.

The Internal Half date change brings the Equaliser back to the middle of the year.

New.....

Current rumours (fairly reliable, but not set in concrete yet...) have it that the Sydney Marathon with be on in mid September, so that has been included for that month. *(It's on)*

Age Groupings

After much discussion and debate, the age groups are being brought into line across all Striders awards and with the World Veterans Athletics standards. The only material change is that the Women's Veteran category now starts at 35 rather than 40. Men's Vets remain at 40.

Points Scoring

Once again, fine tuning in this area. Points for running the weekly STaR event have been removed. This has occurred primarily due to the difficulty in tracking and scoring the points each week. When someone volunteers to record the points at every STaR and ensure they are a complete and accurate record throughout the year we will reconsider this method of points scoring.

Striders can earn points in several ways. The standard method is placing in Super Series events (42 for first Strider home, reducing by 1 until the 41st Strider is home, then every Strider after that gets 2 points. These points are accumulated in the Open category and then each person's particular age category. Male and females are scored separately as well. Assisting at Striders events, such as the 10k series, gains 2 points, so if you cannot run for some reason then help out and still get a couple of points. Those good enough to host a STaR (either full STaR or 7am STaR) will gain 5 points and 2 points respectively, and finally, running any Striders 10k Event (from March through to October) gains 2 points regardless of place. The November 10k is a Super Series event and gets the full scoring treatment.

The other points scoring competition is the Age and Gender Adjusted one. Points are awarded to every

Strider based on a table of points produced by the World Veteran Athletic Association (http://www.wava.org). This puts everyone on an even playing field.

Place points and Age/Gender points only include the best 8 event results for the year, so you can miss two events and it makes no material difference to your scores.

Points are available during the entire calendar year, so some are already in the points because of STaR host and 7am host commitments!

Points are reported on the Striders web site as soon as we can collate them.
http://www.sydneystriders.org.au/superseries.shtml

Uniform - very important.....

There is no change to the rule that Striders must wear the Striders uniform to gain race points. Without an exemption sought well before race day, a Strider not in uniform will not score points. Exemptions from this rule can only be obtained from the President, and he is a hard man to convince! – New members awaiting uniform are a clear exemption.

Results

If the Results Co-ordinator does not know about your result then he cannot include it. If you have any doubt that your result in any event was missed – a common problem in the bigger events – then please, please, please email or phone your result in. If it seems that a result is recorded incorrectly please let us know.

The Races 2002

Month	Race	Distance
2nd March	Six Foot Track Marathon	46k
14th April	Canberra Marathon	42k
26th May	SMH Half Marathon	21k
23rd June	Mini-MosMarathon	9.7k
14th July	The Equaliser	15k
24th Aug	Mt Wilson to Bilpin	35k
15th Sept	Sydney Marathon (likely date)	42k
20th Oct	Internal Handicap Half Marathon	21k
2nd Nov	Sydney Striders 10k Lane Cove	10k

The Awards

Awards will be made to the person with the highest accumulated points (less their 2 lowest event results) after the final race of the Super Series.

Open Male
Open Female
Over 40 Male (Veterans)
Over 35 Female (Veterans)
Over 50 Male (Masters)
Over 50 Female (Masters)
Over 60 Male (Seniors)
Over 60 Female (Seniors)
Age and Gender Adjusted
Age and Gender Highest Score

Sydney Trailwalker – Runners Wanted

From **Iain Martin** 'I'm looking to form or join a team to do about 20-22 hours. I did the event in 23.36 in 2000 and 28.30 in 2001 after two of my team-mates broke down at various points. Any takers?

I've spoken to the Trailwalker organisers and they are holding a spot for me without having a team finalised. I'd like to have a full team of Striders but the other member of my team that finished last year (he's a Berowra Bush Runner) would do it again if necessary'.

Joel Mackay is also thinking about Trailwalker - Well, I think it has come around to that time of the year where there is general confusion about who is going to run in whose team for the Trailwalker. I am keen to run this year and was thinking of running with Dave King and Warwick Selby (like last year). Our fourth from last year, Gary Leahey, is rumoured not to be running this year due to Ironman commitments [is this true Gary?]. I recruited Gerry Quinn to be the fourth the other day, but now there is talk of an over-50's team, which could remove half of my team. Essentially, can we sort out whether there is going to be an over 50's team (i.e., are there two other over 50's out there that want to run for about 18-19 hours with Warwick and Dave?). It would be good to sort this out relatively soon so that we don't miss out...If there is going to be an over 50's team, then I wonder if there are any other people out there that would be prepared to run with Gerry and me (about 18-19 h).

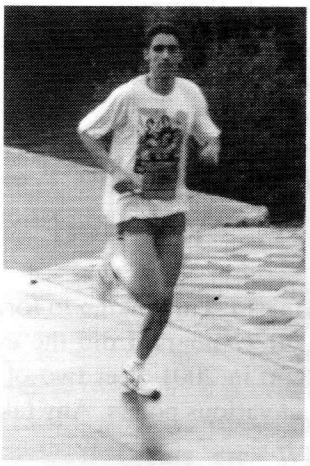
****

Running and Sex

Exercise gives older men the sex drive of a bloke 20 years younger! Researchers at Newcastle University, UK, discovered higher levels of testosterone in men who exercise regularly than in those who don't and reckon it gives older men the sex drive of a young'un. Well we always knew that, didn't we fellas!

Striders on Track

By Matt Kaley



The City to Surf and Sydney Marathon are over. The last 10km Series race has been run. No races for a while, time to tone down the training... How wrong you are. The track season has started, and Striders have been out there putting in some great performances.

There is no doubt that **Jenny Truscott** has been Striders most constant competitor on the track this season and has produced some great results. She's also run the range of distances. Working on her speed, she ran a 63.3 400m in November and followed that up with a strong 2.15.6 for 8th in an A Grade race in January. Her end of year goal was to run well in the Zatopek 10km in Melbourne and in the lead-up she was looking strong. She ran a solid 4.40.8 for 1500m, a 10.24.3 for 3000m and a great 17.17 for 5000m. Unfortunately, Jenny was a bit off colour for Zatopek itself but in true Truscott style doggedly battled through the 25 laps to place 18th in 37.50. Well done Jen. Look out for some strong results from Jenny as the big races come along late in the season.

Then there is Jenny's quiet and unassuming brother **Peter Truscott**. If you visited track last year, you would know Peter as the guy in front through the first kilometre in 2.55. To our dismay, he has been less prominent so far this season, but has still run some interesting efforts. In November, for instance, he gave the 2km Steeplechase a try and scored a time of 7.08. He backed up the same afternoon for a 2.12.7 in the 800m, which is no mean feat, though I am still looking for him to have a go at the full distance Steeple later in the year (i.e. the 3000m Steeple, where by the last lap the steeples feel about 2 metres high). Peter has also registered a 4.24 in the 1500m and a 60 second 400m, though I think those are more indicative of his support of a little known German beer festival than hard training.

Jo Cowan has also been pretty quiet on the track this year. The only result I am aware of for her is a strong 18.23 5000m performance in October. That placed her 2nd in A grade at Homebush. Well done Jo, but what have you been doing for the rest of the summer?

Dean Degan interrupted his distance training to race once on the track this season, last November at Homebush. In doing so, he put in Striders' fastest 3000m run of the summer with a 9.08.6. Good work Dean, but would love to see some more in the next couple of months.

Chris Truscott and **John Young** have also been out at Homebush, though I am only aware of them each having raced once. Chris ran a 1500m in October in 4.13, for a good season opener but yet to be followed up. And John produced a solid 15.54 for 5000m in his only run, also in October, which so far is the Striders' best for that distance this season.

Finally, my own efforts have been middling. I got out to Kensington for a season opener in early November and ran with a few mistakes for 4.15.5. Keen to do better, I ran another 1500m at Homebush the following week and brought that down to 4.10.6. That was just a second off my best for last season and 10 seconds off my PB, so things were looking good. But, as so many of us have done before, and after 20 years running I really should know better than to do again, I put in some really hard training after that and broke down. No matter, there's always plenty of time to get better and try again.

I know there are other Striders who have been on the track in the last couple of months. If you are one of them, please send me your results and experiences (orbitsearch@dingoblue.net.au) so that I can report on them an end of season article in the next Blister. Until then, if you're pondering where to run next Saturday, get out to Kensington or Homebush and get racing on the track.

Another Strider gracing the track has been Steve Ball. Steve won a bronze medal in the State Relay Championships representing UTS Northern Suburbs in the 4 x 1500m. Ed.

Into the Unknown - Climbing Mt. Kilimanjaro

By John Sparks

As Emirates flight EK67 pushed its way into the darkening northern sky towards Singapore, I reflected on the weeks of preparation between the first crazy thought to climb Mt Kilimanjaro and the start of this journey.

Altitude climbs are never easy but like so many things, good preparation ensures success. To climb higher than I had been before, to see another continent and experience the climatic diversity of the transitional zones of Kilimanjaro was too strong to resist. Kilimanjaro is the highest mountain on the African continent. It is composed of three extinct volcanoes: Kibo 5895m (19340ft), Mawenzi 5149m (16896ft); and Shira 3962m (13000ft). It is also one of the world's highest free standing mountains, its bulk looming 4800m above an undulating plain that averages around 1000m above sea level.

And so it was that the thought became reality as preparations started for a walk up the big hill.

Days 1 and 2

At the Machame gate to the National Park we got our park permits, unloaded the gear, met our four porters plus the cook – Isaac and guide Fred, said goodbye to Wilson our driver and we're off about 10.20 a.m.

The path climbed through rainforest and soon turned to ankle-deep mud, from the recent rains, which is why it's called a rainforest – obvious.

Hard going trying to jump between tree roots and lumps of wood thrown into the mire without filling your boots with watery mud.

Very slow going and so slippery on the steep sections.

Just after our lunch stop a thunderstorm moved in and turned the bogs into gushing rivers following the least point of resistance on their rush downhill.

Got the mud off our boots but soon filled them with water and made the path even more slippery.

At this stage the question of 'why am I doing this"' did arise as the torrential rain ran off my jacket onto sloppy trousers and into my boots.

An hour later the sun was out. The rivers turned to fresh bogs and I sweated, slipped and climbed uphill to our first campsite. The porters passed regularly with huge loads on their heads and an occasional smile.

The next day is serious climbing. We trek from the Machame hut at 3200m to about 3800m for lunch then up to about 4000m and down to 3,850m at the Shira hut for our camp tonight.

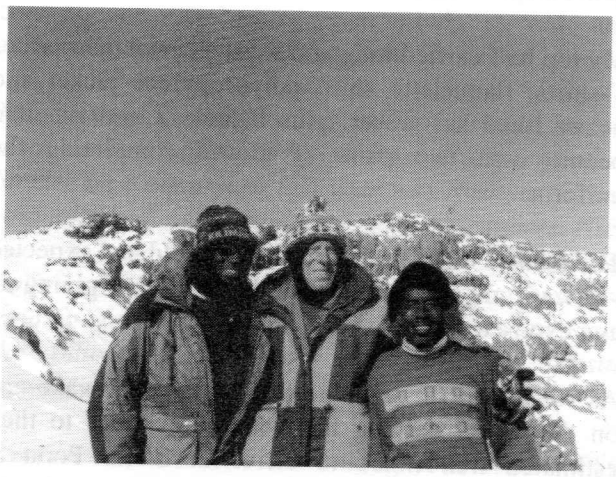
Days 3, 4 and 5

The walk from Shira was a good day of acclimatisation as we climb high and sleep low at Barranco campsite at 3950m.

Supposed to get great views and spectacular sunset. Reality was it started to sleet after three hours, just before lunch. Got colder and colder as the clouds moved in and for the next four hours we were in cloud and sleet.

The sleet whitened the ground in between the robust alpine scrub as a spectacular reminder of the many climatic conditions this mountain would throw at us.

Left next morning about 9.15 a.m. to cross the creek and hit the vertical path that zig-zagged up the Barranco wall for about 250m, before becoming the usual 'steep' grade we used to think was bad.



John with his expedition guide, Fred, and cook Isaac at Stella Peak

Most of this path was just climbing up rocks, making sure of good handgrips to pull yourself up. Or a solid push up with my trusty stick, being careful not to lean back and overbalance. No second chances in this place.

We climb to about 4300m before an alternately gentle and steep descent down into the Karanga Valley for lunch before our steep afternoon climb through the alpine desert.

The thinning air substantially increased the effort for every step and we speculated that yesterday required 120% effort, today needed 150% exertion to slowly move our weary frames closer to the heights we aspired to.
The last steep rise to Barafu camp at 4550m was a killer and every step hurt.

It was about 5.15 and the walk had taken about eight hours including lunch – simple at sea level but a marathon at altitude.

Days 6, 7 & 8

'Hallo Mr. John. Hallo, hallo, tea, tea' came the call at 11.15 p.m. to unzip our tent flaps and receive the cup of tea offered.

Waking from a deep sleep and feeling rotten I mechanically dressed as rehearsed with all the gear set out a few hours earlier.

On my lower half I had underwear, thermal long johns, trousers and waterproof over trousers, one pair of normal socks plus two pairs of thermal socks plus gaiters and boots.

My top half carried long and short sleeved thermal T-shirts, flannelette shirt, polypropylene jacket and heavy lined ski jacket, plus balaclava and woollen beanie with two pairs of gloves completing the uniform.

The outside temperature was not as cold as I expected – it was only about minus 5°C but still unforgiving on any exposed skin.

As we joined the trail the full camp was awake and on the move, varying their departure times to their estimated trek times to arrive at Stella Point at sunrise.

Zig-zagging up the steep slippery track I looked down to the camp to see the path lined with the lights of climbers still coming, and above, the slowly moving trail of those ahead disappearing into the blackness of the mountain. It was a magic sight and it felt good to be part of it. There would have been about 150 people going for the summit tonight – where did they all come from?

Step by step we climbed trying to keep going slowly, alternately passing groups that had stopped to rest or allowing others to pass as we had a drink stop.

As we ascended the air thinned and the effort to take each step had to be modulated to the amount of air available.

It was a slow process and I tried to take as many slow steps as possible without stopping. This reduced to two steps, then stop, get some air, two steps more and breath, but just keep going.

My chest ached, needed constant water to quench my gasping dry throat and I felt so light headed at one stage all I wanted to do was just go to sleep.

About two thirds of the way up the steep slope of the volcano to Stella Point, the morning sky deepened in colour with the approach of dawn with a spectacular deep red and blue and orange line behind Mawenzi peak to the east.

We still had to reach the top of this unrelenting steepness and as I cursed each slip because of the extra effort it took to recover and pushed single steps towards the top.

Looking towards the glacier on the crater rim with clouds below

This area is characterised by freezing cold arctic conditions at night and burning sun during the day. Oxygen is about half that at sea level and there is little atmosphere to protect you from the sun's

radiation. There is virtually no liquid surface water. Rain enters the porous rock immediately, but the rest of the moisture is locked up in snow and ice.
Part of the volcanic rim extends to three higher peaks and the highest is Uhuru which rises to 5895 m.

With about 350m to climb from Stella Point we trekked through the snow to arrive at Uhuru Peak at 9.50 a.m.

The top of Kilimanjaro! John Sparks stands on Uhuru Peak

Apart from the sign that said 'You are now at the highest point' and the National Parks guy with the visitors book to sign, it was such a great feeling to have finally made it.

To plan, to push, to drive, to focus and succeed, to reach this spectacular height and experience this overwhelming beauty is just reward.

With Isaac's constant reminder that time was not on our side I took photos and sat for a few minutes to remember others and be grateful for this unique personal experience.

After ten hours of extreme effort and having reached our goal you are then reminded that you have come half way – now we have to get down before nightfall or the afternoon cloud cover. Many lives have been lost by those who have reached the summit too late to return to the safety of lower altitudes.

When we finally started our descent through the snow to Stella Point we branched off to a different track. The 'track' was a steep mountainside of deep gravel which we sank into with every step.
Impatient to get back quickly we took larger steps which got faster with the steep slope until you broke into a run and then couldn't stop, so just tumbled and rolled until you got slow enough to stand up again. The full clothing and gloves minimised gravel rash and grazes but many bruises appear later.

Looking into the crater -above the clouds the sky is a rich dark blue

The piercing sun attacked any exposed skin in the rarefied atmosphere and my blockout was frozen in the tube – I guess it's made for hot climates.

My face was badly sunburnt from the snow and I borrowed some blockout from people on the summit. Now I was trying not to break anything with constant falls on this slippery volcanic rock.

The next day we descended the Mweka track to the park gate for our welcome ride back to the hot shower, clean clothes and cold beer at our hotel.

The scratches, bumps and bruises have now gone, the photos evoke many fond memories, yet the peace and contentment of having committed, strived and achieved another goal, is priceless.

This was not John's first trek at high altitude, he has also walked beyond Everest Base Camp. Another Strider on Kilimanjaro last year was Rozanne Green who climbed as a guide to Achilles runners Nick Gleeson and Charlie McConnell in the 'Blind Ambition' Expedition. Ellis Janks, a familiar face guiding Achilles runners at Striders 10k races was the other guide. Photos etc. are on website www.blindclimb.org . Ed.

Everest Marathon... and talking of Everest – Phil Hugill and Steve Urwin are going to Nepal in May. Both have been on a fitness/injury knife-edge for the last 4-5 months. Now nominally running but with a lot of work to do.

LAKE TAHOE MARATHON

By Alf Field

It all started with an email from Manfred Fiedler:

Hi Alf,
I will skip all the formalities and come straight to my questions. Have you ever done the Lake Tahoe Marathon or would you be interested in doing it? It is held on 14 October, the altitude is between 6200 feet and 7000 feet and it might be quite cool in October. This brings me to my main question - is it 'do-able'? They have a website www.laketahoemarathon.com. Manfred.

I checked the web site. The course profile revealed some serious hills in the second half but the scenery around the lake looked fantastic. As I had never been to Lake Tahoe, it seemed like a good idea. I responded to Manfred along the lines that the only way to find out whether it was "do-able" was to do it.

We were planning to return to Australia via the USA, so all that was needed was to arrange our itinerary to ensure that we were in Lake Tahoe on 14 October.

It transpired that it was Peter and Cathy Baker who were behind Manfred's interest in this event. Peter and Cathy, who were enthusiastic Striders during their sojourn in Sydney working on the Olympic computers, now live at Lake Tahoe and had persuaded Manfred to make the trip.

So it transpired that three Sydney Striders completed last year's Lake Tahoe marathon, Peter, Manfred and myself. Cathy ran the half marathon with her mother! Far from being cool, the temperature was pleasantly warm on a beautifully clear day and the lake was cobalt blue. Although the hills in the second half were troublesome, the spectacular views more than made up for any discomfort.

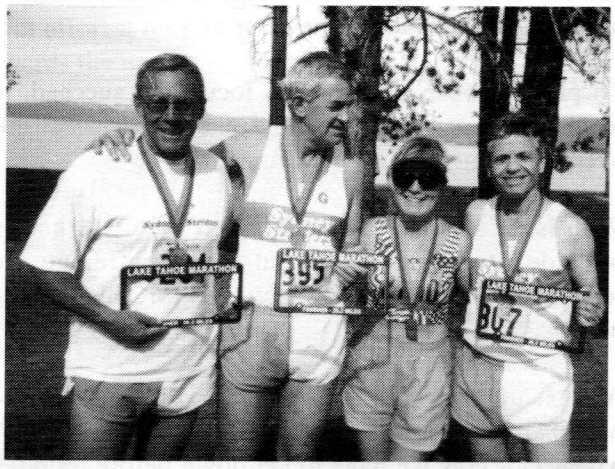
My main problem was the altitude. I had never run at 6,800 feet before and started at my normal pace. It did not take long before I was breathing heavily and when I discovered that I was puffed on downhill sections, I realised that I had better slow down to a more sedate pace. I kept going slower and slower, trying to get to a point where I could breathe normally. It was not long before Manfred and Peter breezed past me.

Manfred was very smart and had arrived a few days before the marathon to acclimatise to the higher altitude. Peter, of course, had acclimatised as he was living there. Next time, (if there is a next time), I will make sure that I have several days acclimatisation before the event.

By the time I got to 32k I was bushed. The altitude had knocked me for six. Any sort of jog or shuffle seemed to require an extraordinary effort and I was reduced to alternating shuffling and walking every 200 metres or so. The last 10k seemed to take forever and I was very, very happy to see the finish. My time was awful – 4.46 – a personal worst by an enormous 33 minutes!

To make me feel even more of a wimp, there is a triple marathon run in conjunction with the Lake Tahoe marathon. The distance around the lake is 72 miles and the idea is to run around the lake in three sections of 26 miles each on consecutive days, i.e. three marathons in 3 days. The final section was the marathon that we ran. There were only 12 entrants for this event, but they all finished the three marathons in quite respectable times.

It was a fun place to visit and I would happily do the marathon again. If you ever decide to do it, leave plenty of time to acclimatise to the altitude!



L to R Pete Baker, Alf Field, Cathy Baker, Manfred Fiedler

And from Manfred

Acclimatisation

I had talked to a number of runners about

acclimatisation and the general consensus was that you need a few weeks as a minimum. As this was not possible I did the best I could and arrived on the Wednesday before the Sunday Marathon in Lake Tahoe. This gave me three full days at the 6200 feet altitude. During this time I had one slow run of approx. 8km over hilly terrain.
After studying the race results from the previous year. I had put my expected finish time at 4:59:59h on the entry form, which necessitated a pace of 11:26 per mile. Over the first 16miles I was doing 9min/mile like clockwork without any breathing problems. I knew that I had to slow down and this happened quite naturally when we reached the major hills. It was on the first long hill when Pete passed me and was never seen again. My pace dropped now to approx. 12m/mile for the rest of the race. This gave me plenty of time to appreciate the stunning scenery. The end of the race was painful like most marathons are for me. It was my first marathon with indications in miles and it is quite amazing how long a mile really is at the end of a marathon. In retrospect I have to say that even the three days of acclimatisation before the race helped me a lot to overcome major breathing problems.
For the record Pete came in at 4:26h and myself 2 minutes later. Under the circumstances I was quite pleased with myself. For anybody interested in a scenic run I can highly recommend it. And the hills are not nearly as bad as they look on the marathon route profile shown on the website.

MARATHON TRAINING GROUP

From Michael Bailey

The latest version of the Marathon Training Group (MTG) re-formed in early November and has been going strong ever since. Most 'members' are on track with the required training for the planned 42.2km journey on April 14 in Canberra.

What's been particularly pleasing this time around has been the pleasure we have all gained from running more as a group than ever before. We religiously stick together and re-group at the tops of hills and at drink stops. We have very few 'rules' although we sometimes 'encourage' our runners to promote themselves to KOK's slightly faster 6 o'clock mob!

It's amazing how much difference 10-15 seconds/kilometre can make on a long run. Most of the MTG is perfectly capable of running a bit quicker than we do for the first part of the run. The question though is what effect that would have on the latter stages of the run. One of the things I keep banging on about is the good intention to feel good (relatively!) at the end of a 30kms STaR so as not to feel flat for the necessary mid week training to follow.

In the past, the difficulty the MTG has experienced has not been slow runners as one might imagine but runners too fast for the group. The MTG specifically caters for first timers and slow marathon times of 4 hours plus. One person going to the front of the group and dragging it along at a pace even only marginally faster than is comfortable for the others, inevitably leads to a splitting of the group and demotivated runners falling off the back towards the end - precisely what we don't want!

Almost without exception MTG runners now carry drink bottles and that habit has to be applauded. It seems to me that it's not always appreciated just how easy it is to dehydrate and to experience far more hardship than necessary on a long run.

Let's face it there's plenty of time for chat on a STaR and one of the topics of conversation has been the need to feed ourselves adequately prior to a 25 or 30 kms run. So, we're now all carbo loading even for a Sunday run! One of us remarked that as cars need petrol, sports cars need 'super'.

So, it's mid January, the MTG has the hydration handled, the food intake is handled, we're 'rehearsing' taking Gu, the weekly total mileage is rising steadily and thankfully there have been only a handful of injuries, mainly due I think to our very gradual increase of distance. Lots more hard work to do yet but we're in good shape for fantastic day on April 14.

New Members – Sept - Dec

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.

Leigh MacRitchie
Arthur Huxtable
David Burgess
David Lancaster
Garry Maddox
Patricia Pittorino
Rod Ross
Rachele Lazzara
Victoria Pilkerton
Sean Hart
Jason Bennet

SYDNEY MARATHON - 28th October 2001

The Invitation

To all Striders running that Margarine marathon this Sunday:

You are cordially invited to drop into our excellent aid station for refreshments on the way to Homebush.

We can offer you:
Chateau le Tap, the best Sydney Water has to offer
Freshly soaked sponges to wipe that sweat off your brow (warm weather forecast)
Miscellaneous medical supplies to alleviate small pains and inconveniences
Spectacular waterviews
Friendly encouragement (but no money lent!)
And last but not least the latest in Portaloo facilities

Where:
Aid Station #10 on the Anzac Bridge at the 27.5k mark (right next to the ANZAC soldier statue on the right hand side of the road). Look for tables laden with cups of water and sponges, you can't miss it.

When:
From: 8.30 am (You're probably in the lead at this stage)
To: 10.40 am (Later and you'll probably be taken off the course at the next checkpoint)

RSVP Saturday 27 Oct –

Good Luck!!! Heiko & Mark Schaefer

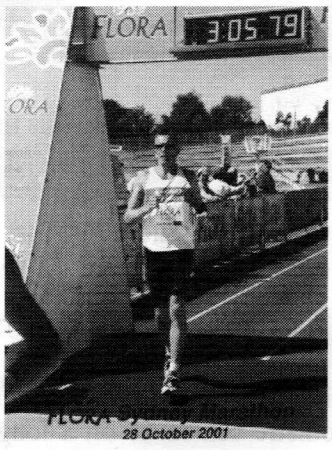
PS If you have any special requirements we may be able to keep them under the table for you.

Mark Wilson RSVP'd.....

Well, I've done the Sydney Marathon. I was a little disappointed at my time of 3:05. I was hoping for under 2:50 and was well on target till about 33km. I started cramping up in my hamstrings just after the Anzac bridge and it kept returning as the hills progressed in the second half of the race. First one leg then two legs. I had to walk on three occasions. It was also pretty warm out there. Enough of the excuses. I really enjoyed the race, just wish I had a better time. I think this will be my 5th and last Marathon. Too much body stress. I'll stick to the 10k races and cycling from now on.....but then I have said that before !

As did some others...

David LOADER	3:01:21	
Mark WILSON	3:05:17	
Mark FIORE	3:08:04	
Gary AITKENHEAD	3:11:12	
Nicholas WHEALY	3:11:23	
Grahame MURPHY	3:15:17	
Charles LEAHY	3:15:23	
Adrian SPRAGG	3:15:49	
Ivan FREYS	3:19:18	
Ron SCHWEBEL	3:20:49	
John van YZENDOORN	3:26:07	
Stephen BALL	3:34:45	
Marie BLEAKLEY	3:34:54	
Arthur HUXTABLE	3:35:35	
Dennis NEL	3:38:56	
Fiero MAMMONE	3:45:40	
Peter GRUNFELD	3:52:22	
Clara VUCETIC	3:53:03	7th 41-50
Derek SMITH	3:57:19	
Charles KING	4:01:08	
Graham WILLIS	4:02:33	
Benny GAUCI	4:05:22	
Brenda HAMILL	4:12:00	3rd 51-60
Alex HAMILL	4:19:35	
Roger RIGBY	4:19:35	
Graham BUTLER	4:23:35	
Alf FIELD	4:24:09	5th 61-70
Heather FORSTER	4:24:50	
Mercy SAMIA	4:36:15	
Kirsten THEMSEN	4:47:57	10th 51-60
Brad RENSHAW	4:47:57	
Jurg KUNZLE	5:06:42	
Charlie MCCONNELL	4:48:38	Achilles
Nick GLEESON	5:18:07	Achilles



Mark Wilson 2nd Strider home in the Sydney Marathon

And the 10k

Dean DEGAN	31:59	14th overall
Chris TRUSCOTT	32:04	15th overall
Randy BROPHY	35:05	3rd 41-50
Peter TRUSCOTT	35:27	8th 31-40
Jenny TRUSCOTT	36:16	3rd overall
Joanne COWAN	38:13	1st 41-50
Caroline YARNELL	42:15	4th 41-50
Mathew KALEY	43:59	*(Bit slow Matt!)*
Cameron KALEY	43:59	1st U-5 *(Ah!!)*
Rozanne GREEN	54:44	

BRINDABELLA 54km - 11th November

2nd	Trevor Jacobs	3:47:05	1st M45+
4th	Jonathon Worswick	4:03:15	
10th	Warwick Selby	4:35:33	1st M50+
17th	David King	5:00:49	2nd M50+
29th	Derek Smith	5:46:54	1st M60+
37th	Roger Rigby	6:05:22	2nd M55+

There were teams completing Brindabella as a relay but team members were not listed.
No results were received by our Results Manager for Sydney Marathon or Brindabella, therefore the above is a result of your Editor's late-night trawl of the websites. Please notify any errors or omissions for correction in next Blister.

Sussan Women's Classic

The Domain, 17 June 2001

By Frances Brown

A cold but sunny winter morning in Sydney saw over 1000 women (and girls) turn out for 5K and 10K events.

556 runners finished the 5K event, which was won by Lauren Palmer in a time of 21:17. Strider **Caroline Yarnell** took out 3rd place overall for the 5km event (22:43) and was the winner of her age division.

I myself was none too pleased with a personal worst time of over 28 minutes, but later found out that the 5km course had actually been changed to 5.4 km due to "safety reasons", so didn't feel quite so badly about it.

The runners who had finished the 5K then had the chance to see Susie Power and Kerryn McCann battle for supremacy in the 10K. The marquees, tables etc were set up in the centre of the Domain, and spectators had a great view of the race.

Susie Power eventually won the 10K in 33:23, but Strider **Jenny Truscott** was not that far behind, in sixth place, time 38:40. I also spotted Gill Cavenagh and some other familiar faces in the field of 677 that finished the 10K.

The 10K event is not a bad opportunity for women runners to see how they compare to the field in Sydney (as well as to run against top runners like Susie Power of course!). A 10K time of 40 minutes would be 11th place, 45 minutes about 29th place, 50 minutes about 77th place, and 55 minutes about 155th place. Girls, you may be better than you think!

The race was very well organised – there was only one person in the queue when I collected my backpack from the check in. The goodie bags weren't bad either, featuring pouches of tuna, peach and fruit salad snack packs, yoghurts and bottled water. Not too much in the way of carbohydrates, though. Just as well I remembered to pack a muesli bar.

Sussan Women's Classic 2002 is scheduled for Sunday 16th June 2002.

5.4K

1st	Lauren Palmer	21:17	
2nd	Sylvia Rose	21:24	
3rd	Caroline Yarnell	22:43	1st Strider and Winner 40-44 Age Award
70th	Frances Brown	28:46	
	556 finishers		

10K

1st	Susie Power	33:23	
2nd	Kerryn McCann	34:26	
3rd	Angela Sheean	36:20	
5th	Jenny Truscott	38:40	1st Strider
37th	Marie Bleakley	45:57	
59th	Caroline Yarnell	48:08	
93rd	Benny Gauci	51:14	
100th	Julie McGaw	51:46	
135th	Gill Cavenagh	53:51	
148th	Kirsten Themsen	54:23	
	677 finishers		

Report was too late for last Blister but good to see so many Striders attending and finishing up the front. And yes, Caroline Yarnell did back up in the 10k after coming 3rd in the 5k.That's keen. Ed

Patched Wing Club

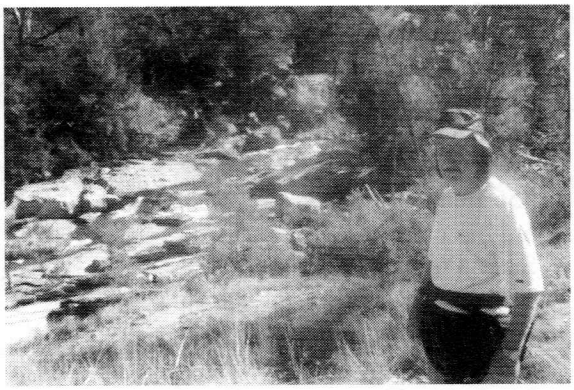
Back on the road are **Richard Wassell**, after breaking his ankle in two places at Woodford-Glenbrook, and **Phil Boswell,** who had problems in the City-to-Surf and needed surgery to remove burrs from his heel.

Frank Dearn's Six Foot Track

Photos from Kevin O'Kane

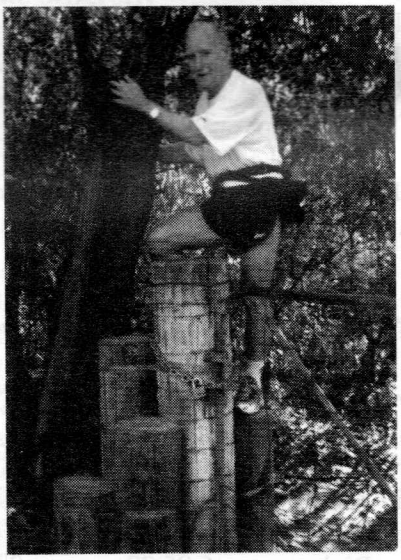
Frank Dearn wanted to run Six Foot Track but didn't think he could make the cutoff for the March race. So assisted by Kevin O'Kane, Steve Nordern and Michael Bailey, a special event was scheduled – the run was completed in a comfortable nine hours.

In full flight – Frank with Steve and Michael in the Megalong Valley



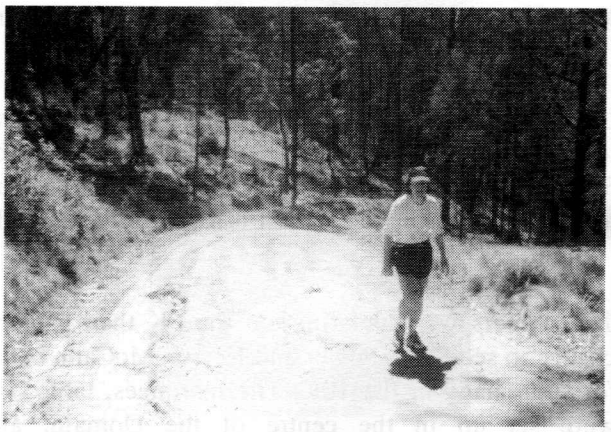
Frank at the Cox's River

The water jump with Steve Nordern – near Little River



Climbing the stile in the Megalong Valley

The hills just keep coming! After the cattleyards



Up to the Pluviometer

10k Series Races 9 and 10

Striders results only – the only non-Striders shown are finishers in top three

Race 9 North Head 6th October 2001

Outright Results Male

First Name	Surname	Strider S/N	Time	Points
Phil	Bradshaw	N	33.48	22
Tim	Ashby	S	34.47	21
Sean	Fitzpatrick	N	34.54	20
Matt	Fitz-Gerald	S	35.11	19
Ross	Sinclair	S	36.07	18
Stephen	Jackson	S	36.19	15
Mark	Wilson	S	36.28	14
Greg	Coy	S	36.32	13
David	Loader	S	36.44	11
Mathew	Kaley	S	36.56	9
Wayne	Stanton	S	37.48	6
Mark	Fiore	S	38.10	5
Nick	Halpin	S	38.46	2
Stephen	Ball	S	39.11	2
Mark	Robinson	S	39.12	2
Steve	Hume	S	39.19	2
Paul	Jackson	S	39.52	2
Adrian	Spragg	S	39.53	2
Gary	Aitkenhead	S	39.55	2
Charles	Coville	S	40.13	2
John	Hodges	S	40.34	2
Jonathan	Trope	S	40.43	2
John	Van Yzendoorn	S	41.00	2
Mark	Schaefer	S	41.58	2
Mike	Hansen	S	42.04	2
John	Frykberg	S	42.17	2
Mark	Davis	S	42.28	2
Gregory	Prerau	S	42.29	2
Michael	Free	S	42.40	2
Dean	Gardiner	S	43.06	2
Graham	Sharp	S	43.26	2
Ralph	Melano	S	43.29	2
Robert	Inglis	S	43.30	2
Rod	Lovel	S	43.31	2
Tony	Mitchell	S	43.44	2
Peter	Grunfield	S	43.47	2
Charles	King	S	44.49	2
Peter	Woods	S	45.00	2
Dennis	Nel	S	45.03	2
George	Herisson	S	45.24	2
Ron	Wilson	S	45.32	2
Graham	Willis	S	45.36	2
John	Kerr	S	46.50	2
David	Adler	S	47.35	2
David	Ritchie	S	47.51	2
Heiko	Schaefer	S	48.00	2
Duncan	Scott	S	48.17	2
Graham	Osborn	S	48.46	2
Mike	Roach	S	49.28	2
Ted	Brailey	S	49.44	2
David	Harris	S	50.55	2
Michael	Christie	S	51.37	2
John	Sparks	S	63.32	2

Outright Results Female

First Name	Surname	Strider S/N	Time	Points
Jenny	Truscott	S	37.25	22
Caroline	Yarnell	S	42.22	21
Ann	Osborne	N	43.36	20
Christine	McBrearty	S	45.19	17
Alanna	White	S	48.06	13
Clara	Vucetic	S	48.14	12
Tina	Campbell	S	49.33	9
Benny	Gauci	S	50.39	8
Marie	Bleakley	S	50.54	7
Mercy	Samia	S	50.59	5
Joanne	White	S	51.56	3
Marlene	Taylor	S	52.37	2
Robi	Russell	S	53.15	2
Beryl	Wilson	S	56.26	2
Megan	Jackson	S	56.42	2

Race 10 Lane Cove 3rd November 2001

Outright Results All

First Name	Surname	Strider S/N	Time
Dean	Degan	S	33.06
John	Young	S	34.12
Gregory	Macks	N	34.16
Tim	Ashby	S	34.21
Mathew	Kaley	S	34.30
Peter	Truscott	S	35.41
Ross	Sinclair	S	36.22
Stephen	Jackson	S	36.33
Greg	Coy	S	36.55
David	Loader	S	38.08
Jenny	Truscott	S	38.24
Mark	Robinson	S	39.20
John	Hamilton	S	39.30
Mark	Schaefer	S	40.08
Greg	Donovan	S	40.15
Jonathan	Trope	S	41.18
Adrian	Spragg	S	41.27
Mike	Hansen	S	42.07
Michael	Free	S	42.18
Joanne	Cowan	S	42.44
Nick	Adams	S	42.50
Gregory	Prerau	S	43.15
Gary	Aitkenhead	S	43.23
David	King	S	43.36
Peter	Grunfield	S	43.41

Caroline	Yarnell	S	43.50
Peter	Woods	S	43.51
Michael	Sharp	S	44.00
Keith	White	S	44.05
Robert	Inglis	S	44.11
Ralph	Melano	S	44.25
Mark	Davis	S	44.34
Dennis	Nel	S	44.52
John	VanYzendoorn	S	45.24
Charles	King	S	45.33
Graham	Willis	S	45.38
Barry	Rutter	S	46.06
Rod	Lovel	S	46.14
Philip	Hodgkinson	S	46.49
John	Kerr	S	47.44
Alanna	White	S	47.50
Kevin	O'Kane	S	48.33
Geoff	Taylor	S	48.36
Graham	Osborn	S	48.37
Ted	Brailey	S	49.07
Sharon	Callister	S	49.40
Michael	Wilson	S	49.50
Leigh	Mac Ritchie	S	50.03
John	Ayliffe	S	50.19
Heiko	Schaefer	S	51.04
Tracey	Love	S	51.09
Elizabeth	Woodhams	S	53.30
Allan	Murray	S	53.31
Penny	Smith	S	55.34
Frances	Brown	S	55.39
Megan	Jackson	S	56.54
Frank	Dearn	S	57.20
Joanna	White	S	57.59
John	Sparks	S	65.04

Final 10k Handicap Placings

Striders only event, two lowest scoring races do not count to total points

First Name	Surrname	R 1	R 2	R 3	R 4	R 5	R 6	R 7	R 8	R 9	R 10	
Mark	Schaefer	2	0	5	0	15	10	18	18	16	44	128
Peter	Grunfield	2	0	22	21	20	15	2	9	2	20	111
Michael	Christie	2	0	0	2	22	22	21	2	2	0	73
John	Kerr	0	2	18	19	8	17	2	2	2	4	72
Dennis	Nel	0	0	0	0	0	2	5	14	8	38	67
Graham	Willis	0	0	2	2	2	2	0	2	19	36	65
Mary	Stringer	16	15	10	2	2	0	2	17	0	0	64
Mike	Hansen	2	2	2	2	2	0	2	8	11	34	63
Ken	Harris	2	0	20	17	0	0	20	2	0	0	61
Tim	Ashby	9	5	2	2	5	2	2	3	2	32	60
Mike	Roach	19	2	2	22	0	0	11	2	2	0	60
Frances	Brown	2	2	17	15	4	11	2	0	0	4	57
Paul	Jackson	0	0	0	2	2	18	2	22	10	0	56
Graham	Osborn	2	20	2	0	0	2	2	0	2	24	54
Nick	Halpin	2	0	0	0	0	0	22	15	14	0	53
Kevin	O'Kane	12	12	16	2	2	2	2	2	0	4	52
Michael	Sharp	0	2	14	9	0	0	10	0	0	16	51
Mathew	Kaley	2	0	0	2	2	0	0	0	2	42	50
Stephen	Jackson	2	2	0	0	2	2	12	5	3	22	50
Neil	Barker	2	0	21	0	17	0	0	10	0	0	50
Mark	Robinson	2	2	2	2	2	5	2	0	6	28	49
Mercy	Samia	4	0	0	0	0	21	0	2	21	0	48
Keith	White	0	2	2	2	0	0	0	0	0	40	46
Brendan	Mason	2	22	19	2	0	0	0	0	0	0	45
Beryl	Wilson	2	14	3	0	18	0	2	0	2	0	41
Michael	Free	2	0	2	2	2	2	2	2	2	26	40
Robert	Inglis	0	0	0	0	0	0	0	0	22	18	40
Greg	Coy	2	7	2	3	0	13	0	2	2	8	39
Ralph	Melano	17	0	0	0	9	7	0	0	2	4	39
Tony	Mitchell	0	0	0	0	0	0	2	19	18	0	39
Joe	Flinn	0	0	0	20	19	0	0	0	0	0	39
Graham	Sharp	0	0	0	2	21	9	2	2	2	0	38
Keith	Bateman	0	2	0	12	0	20	2	0	2	0	38
Steven	Norden	2	21	15	0	0	0	0	0	0	0	38
David	Loader	0	0	0	0	0	2	9	2	20	4	37
Peter	Cremen	22	4	2	2	2	2	2	0	0	0	36
Duncan	Scott	0	0	0	0	0	0	2	21	13	0	36
Dean	Degan	5	0	0	0	0	0	0	0	0	30	35
Alanna	White	2	16	7	2	0	0	0	2	2	4	35
Ross	Sinclair	2	2	2	4	2	6	0	2	2	14	34
Caroline	Yarnell	2	18	0	2	2	0	2	2	2	4	34
Grahame	Murphy	2	2	9	7	0	0	14	0	0	0	34
Peter	Truscott	2	2	2	8	2	2	0	2	0	12	32
Gregory	Prerau	0	10	0	6	2	0	0	6	2	6	32
John	Hamilton	2	2	2	2	2	0	15	2	0	4	31
Peter	Woods	0	0	0	0	2	19	2	2	2	4	31
Mark	Fiore	0	0	0	0	12	0	0	12	7	0	31
John	vanYzendoorn	2	2	0	2	2	12	4	2	2	4	30
Joanne	Cowan	14	2	2	2	2	0	2	2	0	4	30
Adrian	Spragg	10	2	0	0	0	0	2	0	12	4	30
Charles	King	2	2	0	13	2	2	2	2	2	4	29
Heiko	Schaefer	2	2	2	0	11	2	2	0	4	4	29
Tracey	Love	11	6	8	0	0	0	0	0	0	4	29
Jenny	Truscott	0	11	2	2	2	0	2	2	2	4	27
Sharon	Callister	7	0	12	0	0	2	0	2	0	4	27
Stephen	Ball	8	13	0	0	0	2	2	0	2	0	27
Robert	Chalmers	0	2	2	2	0	14	0	7	0	0	27
Stephen	Urwin	0	0	0	2	10	0	2	13	0	0	27
Jurg	Kunzle	2	2	0	2	14	2	2	2	0	0	26
Ron	Schwebel	2	0	2	0	0	2	0	20	0	0	26
Lesley	Maher	0	0	0	0	16	3	7	0	0	0	26
Matt	Fitz-Gerald	21	0	0	0	0	0	0	0	5	0	26
John	Hodges	2	2	0	0	2	0	17	0	2	0	25
Joanna	White	0	0	0	0	0	2	2	0	15	4	23
Mark	Wilson	0	0	0	0	2	4	0	0	17	0	23
Marie	O'Connell	18	2	2	0	0	0	0	0	0	0	22
Greg	Donovan	0	2	2	2	7	2	2	0	0	4	21
Charles	Coville	2	2	11	0	0	0	2	2	2	0	21
George	Lisson	13	2	2	2	2	0	0	0	0	0	21

Sarah	Braund	2	19	0	0	0	0	0	0	0	0	21
Mark	Davis	2	3	2	0	3	2	2	2	2	4	20
Peter	Hammer-schmidt	0	2	2	14	2	0	0	0	0	0	20
James	Brooks	0	0	0	2	0	2	16	0	0	0	20
Alistair	Millar	0	0	2	18	0	0	0	0	0	0	20
Carol	Taylor	20	0	0	0	0	0	0	0	0	0	20
Ron	Wilson	2	2	13	0	0	0	0	0	2	0	19
Mark	Gardiner	2	17	0	0	0	0	0	0	0	0	19
Joel	Mackay	0	0	0	0	0	0	19	0	0	0	19
Megan	Jackson	0	0	0	0	0	2	2	2	2	10	18
John	Young	2	2	2	2	2	2	0	2	0	4	18
Allan	Murray	2	2	2	2	2	2	2	2	0	4	18
John	Sparks	0	2	2	2	2	2	2	2	2	4	18
Frank	Dearn	2	2	2	2	2	0	2	2	0	4	18
Stephen	Bodnar	2	0	0	16	0	0	0	0	0	0	18
Bruce	Craven	2	0	0	0	0	16	0	0	0	0	18
Wayne	Stanton	2	0	0	5	0	2	6	0	2	0	17
Andrew	Gibbons	15	0	0	0	0	0	0	2	0	0	17
Ted	Brailey	0	2	2	2	2	0	0	2	2	4	16
Rod	Lovel	2	0	2	2	0	0	2	2	2	4	16
Tony	Saunders	2	2	6	2	2	2	0	0	0	0	16
Andrew	Waudby	0	0	0	10	0	0	2	4	0	0	16
Melissa	Selby	0	0	0	0	0	0	0	16	0	0	16
Neil	McPherson	0	0	0	2	0	0	0	2	0	0	4
Brian	O'Dea	0	0	0	0	0	2	2	0	0	0	4
Andrew	Smith	2	0	0	2	0	0	0	0	0	0	4
Nick	Themsen	0	0	2	2	0	0	0	0	0	0	4
Richard	Wassell	0	0	0	0	2	2	0	0	0	0	4
Joanne	Barton	0	2	0	0	0	0	0	0	0	0	2
Malcolm	Campkin-Smith	0	0	2	0	0	0	0	0	0	0	2
Michael	Carter	0	0	0	0	0	0	2	0	0	0	2
Peter	Cobley	0	0	2	0	0	0	0	0	0	0	2
Ray	Doran	0	0	0	0	2	0	0	0	0	0	2
Ivan	Freys	0	0	2	0	0	0	0	0	0	0	2
Lisa	Gallate	0	0	0	0	0	0	0	2	0	0	2
Jonathan	Gliksten	0	2	0	0	0	0	0	0	0	0	2
Rozanne	Green	0	0	0	0	0	2	0	0	0	0	2
Ian	Henderson	0	0	0	0	0	0	2	0	0	0	2
Philip	Hugill	2	0	0	0	0	0	0	0	0	0	2
Chris	Ivin	2	0	0	0	0	0	0	0	0	0	2
Greg	Jamieson	2	0	0	0	0	0	0	0	0	0	2
Simon	Kent-Jones	2	0	0	0	0	0	0	0	0	0	2
Margareta	Langsworth	0	0	2	0	0	0	0	0	0	0	2
Fiero	Mammone	2	0	0	0	0	0	0	0	0	0	2
Jacqui	Matthews	0	2	0	0	0	0	0	0	0	0	2
Christine	McBrearty	0	0	0	0	0	0	0	0	2	0	2
Julie	McGaw	0	0	0	0	2	0	0	0	0	0	2
Mike	Migdoll	2	0	0	0	0	0	0	0	0	0	2
Glenda	Mitchell	2	0	0	0	0	0	0	0	0	0	2
Janis	Priest	0	2	0	0	0	0	0	0	0	0	2
Nick	Reed	0	0	0	2	0	0	0	0	0	0	2
Robi	Russell	0	0	0	0	0	0	0	0	2	0	2
Warwick	Selby	0	0	0	0	0	2	0	0	0	0	2
Denis	Speyer	0	0	0	2	0	0	0	0	0	0	2
Todd	Stephens	2	0	0	0	0	0	0	0	0	0	2
Clara	Vucetic	0	0	0	0	0	0	0	0	2	0	2
Ian	Walker	0	0	0	0	0	0	2	0	0	0	2
Mike	Ward	0	0	0	0	0	2	0	0	0	0	2
Alex	Whitworth	0	0	0	0	2	0	0	0	0	0	2
Helen	Wilson	0	0	0	0	0	0	0	2	0	0	2
Julian	Wright	0	0	0	0	2	0	0	0	0	0	2

Final 10k Female Outright

Only Striders results are listed, again two lowest scoring races do not count in points total.

First Name	Surrname	R 1	R 2	R 3	R 4	R 5	R 6	R 7	R 8	R 9	R 10	
Jenny	Truscott	0	22	22	22	22	0	21	21	22	44	196
Joanne	Cowan	22	21	21	21	21	0	21	22	0	42	191
Caroline	Yarnell	19	17	0	20	19	0	19	20	21	40	175
Mary	Stringer	13	9	17	18	18	0	16	19	0	0	110
Alanna	White	17	13	19	2	0	0	0	7	13	36	107
Sharon	Callister	10	0	12	0	0	15	0	13	0	32	82
Tracey	Love	14	8	15	0	0	0	0	0	0	26	63
Tina	Campbell	0	0	0	16	2	20	12	0	9	0	59
Marie	O'Connell	20	18	20	0	0	0	0	0	0	0	58
Joanna	White	0	2	0	7	5	11	5	0	3	12	45
Benny	Gauci	3	3	7	11	0	12	0	0	8	0	44
Frances	Brown	2	2	2	3	4	8	6	0	0	16	43
Marlene	Taylor	9	3	8	8	0	13	0	0	2	0	43
Lesley	Maher	0	0	0	0	14	16	13	0	0	0	43
Marie	Bleakley	0	2	6	0	0	22	0	0	7	0	37
Kelly	Chambliss	0	0	0	0	0	18	14	0	0	0	32
Penny	Smith	2	0	2	5	0	0	0	4	0	18	31
Leigh	Mac Ritchie	0	0	0	0	0	0	0	0	0	30	30
Sarah	Braund	15	12	0	0	0	0	0	0	0	0	27
Megan	Jackson	0	0	0	0	0	5	2	3	2	14	26
Heather	Forster	0	0	10	0	12	0	2	0	0	0	24
Elizabeth	Woodhams	0	0	0	0	0	0	0	0	0	22	22
Mercy	Samia	2	0	0	0	0	9	0	2	5	0	18
Christine	McBrearty	0	0	0	0	0	0	0	0	17	0	17
Beryl	Wilson	2	2	2	0	3	0	2	0	2	0	13
Clara	Vucetic	0	0	0	0	0	0	0	0	12	0	12
Nicole	Frykberg	7	2	2	0	0	0	0	0	0	0	11
Helen	Wilson	0	0	0	0	0	0	0	11	0	0	11
Jacqui	Matthews	0	10	0	0	0	0	0	0	0	0	10
Julie	McGaw	0	0	0	0	10	0	0	0	0	0	10
Rozanne	Green	0	0	0	0	0	7	0	0	0	0	7
Marlies	Laaper	0	2	4	0	0	0	0	0	0	0	6
Lisa	Gallate	0	0	0	0	0	0	0	6	0	0	6
Glenda	Tumbrell	5	0	0	0	0	0	0	0	0	0	5
Gill	Cavenagh	2	0	0	0	0	0	2	0	0	0	4
Joanne	Barton	0	2	0	0	0	0	0	0	0	0	2
Margareta	Langsworth	0	0	2	0	0	0	0	0	0	0	2
Janis	Priest	0	2	0	0	0	0	0	0	0	0	2
Robi	Russell	0	0	0	0	0	0	0	0	2	0	2
Carol	Taylor	2	0	0	0	0	0	0	0	0	0	2

Final 10k Male Outright

First Name	Surname	R 1	R 2	R 3	R 4	R 5	R 6	R 7	R 8	R 9	R 10	
John	Young	21	19	22	21	22	21	0	21	0	42	189
Tim	Ashby	16	17	19	18	20	19	22	20	21	38	177
Peter	Truscott	15	13	18	19	12	13	0	14	0	34	138
Ross	Sinclair	8	12	13	13	14	16	0	11	18	28	125
Greg	Coy	7	11	12	10	0	15	0	10	13	24	102
Mathew	Kaley	14	0	0	7	18	0	0	0	9	36	84
Chris	Truscott	12	20	21	0	0	0	0	22	0	0	75
Stephen	Jackson	3	2	0	0	2	2	16	7	15	26	73
Dean	Degan	22	0	0	0	0	0	0	0	0	44	66
Greg	Donovan	0	7	17	2	15	9	6	0	0	4	60
Mark	Wilson	0	0	16	0	11	8	0	0	14	0	49
Grahame	Murphy	2	2	14	9	0	0	17	0	0	0	44
David	Loader	0	0	0	0	0	2	4	2	11	18	37
Matt	Fitz-Gerald	17	0	0	0	0	0	0	0	19	0	36
John	Hamilton	2	2	2	2	5	0	12	2	0	8	35
Wayne	Stanton	2	0	0	4	0	7	14	0	6	0	33
Peter	Cremen	4	5	9	3	7	2	2	0	0	0	32
Christopher	Dwyer	0	16	0	14	0	0	0	0	0	0	30
Andrew	Gibbons	18	0	0	0	0	0	0	12	0	0	30
Mark	Robinson	2	2	2	2	2	2	2	0	2	10	24
Mark	Schaefer	2	0	2	0	2	2	2	2	2	6	20
John	Kerr	2	2	2	2	2	2	2	2	2	4	18
Mark	Davis	2	2	2	0	2	2	2	2	2	4	18
Michael	Free	2	0	2	2	2	2	2	2	2	4	18
Peter	Grunfield	2	0	2	2	2	2	2	2	2	4	18
Mike	Hansen	2	2	2	2	2	0	2	2	2	4	18
Charles	King	2	2	0	2	2	2	2	2	2	4	18
Allan	Murray	2	2	2	2	2	2	2	2	0	4	18
Kevin	O'Kane	2	2	2	2	2	2	2	2	0	4	18
John	Sparks	0	2	2	2	2	2	2	2	2	4	18
John	van Yzendoorn	2	2	0	2	2	2	2	2	2	4	18
Frank	Dearn	2	2	2	2	2	0	2	2	0	4	18
Heiko	Schaefer	2	2	2	0	2	2	2	0	2	4	18
Godfrey	Franz	0	2	10	2	4	0	0	0	0	0	18
George	Herisson	2	2	2	2	2	2	2	0	2	0	16
Ted	Brailey	0	2	2	2	2	0	0	2	2	4	16
Rod	Lovel	2	0	2	2	0	0	2	2	2	4	16
Graham	Osborn	2	2	2	0	0	2	2	0	2	4	16
Graham	Willis	0	0	2	2	2	2	0	2	2	4	16
Mark	Shingler	0	0	0	0	16	0	0	0	0	0	16
George	Lisson	2	2	7	2	2	0	0	0	0	0	15
Michael	Christie	2	0	0	2	2	2	2	2	2	0	14
Jurg	Kunzle	2	2	0	2	2	2	2	2	0	0	14
David	Ritchie	0	2	2	2	2	2	2	0	2	0	14
Mike	Roach	2	2	2	2	0	0	2	2	2	0	14
Kendall	Waller	0	2	2	2	2	2	2	2	0	0	14
Gary	Aitkenhead	2	2	0	0	0	2	0	2	2	4	14
Gregory	Prerau	0	2	0	2	2	0	0	2	2	4	14
Peter	Woods	0	0	0	0	2	2	2	2	2	4	14
Stephen	Urwin	2	0	0	2	6	0	2	2	0	0	14
Keith	Bateman	2	2	0	2	0	2	2	0	2	0	12
Charles	Coville	2	2	2	0	0	0	2	2	2	0	12
Paul	Jackson	0	0	0	2	2	2	2	2	2	0	12
Tony	Saunders	2	2	2	2	2	2	0	0	0	0	12
Duncan	Scott	2	0	0	2	2	0	2	2	2	0	12
Graham	Sharp	0	0	0	2	2	2	2	2	2	0	12
John	Whealy	2	2	2	2	0	2	0	2	0	0	12
Ralph	Melano	2	0	0	0	2	2	0	0	2	4	12
Dennis	Nel	0	0	0	0	0	2	2	2	2	4	12
Michael	Sharp	0	2	2	2	0	0	2	0	0	4	12
Adrian	Spragg	2	2	0	0	0	0	2	0	2	4	12
Philip	Boswell	2	2	4	0	0	2	2	0	0	0	12
Stephen	Ball	2	2	0	0	0	2	2	0	2	0	10
Robert	Chalmers	0	2	2	2	0	2	0	2	0	0	10
Ken	Harris	2	0	2	2	0	0	2	2	0	0	10
John	Hodges	2	2	0	0	2	0	2	0	2	0	10
Tony	Mitchell	0	0	0	2	2	0	2	2	2	0	10
Barry	Rutter	2	2	2	0	0	0	0	0	0	4	10
Geoff	Taylor	0	0	2	2	0	0	2	0	0	4	10
Jonathan	Trope	0	2	0	0	0	2	0	0	2	4	10
Keith	White	0	2	2	2	0	0	0	0	0	4	10
Andrew	Smith	5	0	0	5	0	0	0	0	0	0	10
Mark	Fiore	0	0	0	0	2	0	0	2	5	0	9
David	Adler	0	0	0	2	0	2	2	0	2	0	8
Neal	Barker	2	0	2	0	2	0	0	2	0	0	8
Nick	Halpin	2	0	0	0	0	0	2	2	2	0	8
Peter	Hammer-schmidt	0	2	2	2	2	0	0	0	0	0	8
David	Harris	0	2	2	2	0	0	0	0	2	0	8
Brendan	Mason	2	2	2	2	0	0	0	0	0	0	8
Ron	Schwebel	2	0	2	0	0	2	0	2	0	0	8
David	Solomon	2	2	2	0	2	0	0	0	0	0	8
Ron	Wilson	2	2	2	0	0	0	0	0	2	0	8
David	King	2	0	2	0	0	0	0	0	0	4	8
Michael	Wilson	2	0	2	0	0	0	0	0	0	4	8
Leon	Walker	0	2	3	2	0	0	0	0	0	0	7
James	Brooks	0	0	0	2	0	2	2	0	0	0	6
Peter	Cookson	2	2	0	0	0	0	0	2	0	0	6
John	Frykberg	2	0	2	0	0	0	0	0	2	0	6
Richard	Frykberg	2	2	2	0	0	0	0	0	0	0	6
Neville	Gafen	2	2	2	0	0	0	0	0	0	0	6
Darren	Goodsir	0	0	2	2	2	0	0	0	0	0	6
Steve	Hume	0	0	0	0	0	0	2	2	2	0	6
Michael	Johnstone	0	2	2	2	0	0	0	0	0	0	6
Steven	Norden	2	2	2	0	0	0	0	0	0	0	6
Scott	Smiles	2	2	0	2	0	0	0	0	0	0	6
Andrew	Waudby	0	0	0	2	0	0	2	2	0	0	6
Nick	Adams	0	0	0	0	2	0	0	0	0	4	6
Gregory	Mackay	2	3	0	0	0	0	0	0	0	0	5
Stephen	Bodnar	2	0	0	2	0	0	0	0	0	0	4
Richard	Briscoe	2	2	0	0	0	0	0	0	0	0	4
Bruce	Craven	2	0	0	0	0	2	0	0	0	0	4
Ken	Edmondson	0	0	2	2	0	0	0	0	0	0	4
Manfred	Fiedler	0	0	0	0	0	2	0	2	0	0	4
Joe	Flinn	0	0	0	2	2	0	0	0	0	0	4

Dean	Gardiner	2	0	0	0	0	0	0	0	2	0	4
Mark	Gardiner	2	2	0	0	0	0	0	0	0	0	4
Sean	Greenhill	0	2	0	0	0	2	0	0	0	0	4
Jurgen	Joester	0	0	0	2	2	0	0	0	0	0	4
David	Lancaster	0	0	0	2	0	2	0	0	0	0	4
Richard	Lane	2	0	0	0	0	0	2	0	0	0	4
Neil	McPherson	0	0	0	2	0	0	0	2	0	0	4
Alistair	Millar	0	0	2	2	0	0	0	0	0	0	4
Walter	Mitchell	2	0	0	0	0	2	0	0	0	0	4
Brian	O'Dea	0	0	0	0	0	2	2	0	0	0	4
Nick	Themsen	0	0	2	2	0	0	0	0	0	0	4
Richard	Wassell	0	0	0	0	2	2	0	0	0	0	4
Julian	Wright	2	0	0	0	2	0	0	0	0	0	4
Philip	Hodgkinson	0	0	0	0	0	0	0	0	0	4	4
John	Ayliffe	0	0	0	0	0	0	0	0	0	4	4
Ray	Doran	0	0	0	0	3	0	0	0	0	0	3
Malcolm	Campkin-Smith	0	0	2	0	0	0	0	0	0	0	2
Michael	Carter	0	0	0	0	0	0	2	0	0	0	2
Peter	Cobley	0	0	2	0	0	0	0	0	0	0	2
Ivan	Freys	0	0	2	0	0	0	0	0	0	0	2
Jonathan	Gliksten	0	2	0	0	0	0	0	0	0	0	2
Philip	Hugill	2	0	0	0	0	0	0	0	0	0	2
Chris	Ivin	2	0	0	0	0	0	0	0	0	0	2
Greg	Jamieson	2	0	0	0	0	0	0	0	0	0	2
Simon	Kent-Jones	2	0	0	0	0	0	0	0	0	0	2
Joel	Mackay	0	0	0	0	0	0	2	0	0	0	2
Fiero	Mammone	2	0	0	0	0	0	0	0	0	0	2
Mike	Migdoll	2	0	0	0	0	0	0	0	0	0	2
Michael	Peters	2	0	0	0	0	0	0	0	0	0	2
Gerry	Quinn	0	0	0	0	2	0	0	0	0	0	2
Nick	Reed	0	0	0	2	0	0	0	0	0	0	2
Warwick	Selby	0	0	0	0	0	2	0	0	0	0	2
Denis	Speyer	0	0	0	2	0	0	0	0	0	0	2
Todd	Stephens	2	0	0	0	0	0	0	0	0	0	2
Mike	Ward	0	0	0	0	0	2	0	0	0	0	2
Alex	Whitworth	0	0	0	0	2	0	0	0	0	0	2

Final Super Series Male Outright

Total scores less two lowest scored races. Stars and hostings included to confirm top 3 in each category.

Name	1 P B	2 D O m	3 6 F	4 C M	5 S M H	6 Int H	7 W 2 G	8 C 2 S	9 W 2 B	10 E q	11 L C	
Stephen Jackson	28	30	28	0	20	2	37	34	38	39	36	301
Dean Degan	42	42	0	0	42	0	42	42	0	42	42	298
Greg Donovan	15	0	37	41	35	22	39	30	0	29	30	278
John Young	41	41	0	0	40	0	0	41	0	40	41	244
Adrian Spragg	29	19	30	33	0	6	32	0	34	32	28	243
Peter Truscott	0	37	0	0	39	0	0	38	37	38	38	227
Peter Cremen	35	31	0	36	28	29	0	28	0	33	0	220
Andrew Smith	36	32	36	34	32	4	0	16	0	2	0	200

Randy Brophy	39	0	42	0	0	0	41	36	42	0	0	200
Ralph Melano	16	6	25	15	2	32	27	2	24	22	16	183
Chris Truscott	0	35	0	0	41	20	0	40	0	41	0	177
John VanYzendoorn	11	8	0	30	26	33	33	21	0	0	13	175
David King	17	2	22	0	0	26	28	0	30	24	22	171
Stephen Urwin	33	24	39	0	0	0	35	0	36	0	0	167
Greg Coy	32	33	0	0	36	0	0	29	0	0	35	165
David Loader	0	0	0	0	0	2	36	0	39	37	34	148
Richard Briscoe	27	18	0	0	34	35	0	24	0	0	0	146
Ross Sinclair	38	34	0	0	37	0	0	0	0	0	37	146
Mike Hansen	19	2	0	25	16	37	0	5	0	2	27	141
Jonathan Worswick	0	0	24	39	0	0	38	0	40	0	0	141
Barry Rutter	31	21	33	37	0	2	0	2	0	0	10	140
Gary Aitkenhead	0	2	23	23	27	39	0	0	0	0	23	137
George Lisson	37	29	38	31	2	0	0	0	0	0	0	137
Mark Schaefer	0	2	0	0	13	40	23	10	0	17	31	136
Philip Boswell	30	25	0	32	29	0	0	20	0	0	0	136
Wayne Stanton	34	27	35	0	0	0	0	0	0	35	0	131
Matt Fitz-Gerald	0	39	0	0	0	0	40	0	41	0	0	120
Kevin O'Kane	14	2	0	20	0	2	20	2	25	19	6	118
Mathew Kaley	0	36	0	0	0	12	0	31	0	0	39	118
Tim Ashby	40	38	0	0	0	0	0	0	0	0	40	118
Christopher Dwyer	0	0	0	42	38	0	0	37	0	0	0	117
Stephen Bodnar	21	9	20	29	23	2	0	7	0	0	0	111
Ron Schwebel	22	15	0	0	25	21	0	25	0	0	0	108
Charles King	18	2	19	8	2	2	24	2	0	20	12	107
Gregory Prerau	0	0	0	21	17	14	0	9	0	18	24	103
Peter Woods	12	0	0	24	6	38	0	0	0	0	20	100
George Herisson	13	2	18	2	0	8	21	2	19	0	0	97
Heiko Schaefer	4	2	10	6	2	30	19	2	17	2	2	94
Chris Thompson	23	0	34	0	0	0	0	0	35	0	0	92
Brad Renshaw	0	0	11	2	0	42	16	0	0	9	0	90
Mark Fiore	26	0	0	0	0	28	0	0	0	36	0	90
Grahame Murphy	0	23	0	0	33	0	0	33	0	0	0	89
Rod Lovel	0	2	0	0	0	2	26	0	23	23	9	85
John Frykberg	0	16	14	0	15	0	25	14	0	0	0	84
Keith White	0	0	15	0	0	19	0	0	0	21	18	81
Kelvin Marshall	0	0	40	38	0	0	0	0	0	0	0	78
Graham Willis	0	0	0	0	0	41	0	2	18	0	11	72
Mark Robinson	0	14	0	0	24	0	0	0	0	0	33	71
Wylie Breckenridge	0	0	0	11	0	0	31	0	27	0	0	69
Mark Wilson	0	0	0	40	0	2	0	23	0	0	0	65
Bruce Craven	0	5	0	0	0	0	30	0	29	0	0	64
Peter Hammer-schmidt	0	0	0	28	14	0	0	0	21	0	0	63
Philip Hugill	0	22	32	0	0	0	0	0	8	0	0	62
Andrew Gibbons	0	40	0	0	0	0	0	22	0	0	0	62
Sean Greenhill	0	0	21	13	0	0	0	0	26	0	0	60
John Hodges	0	3	0	0	0	0	29	0	0	28	0	60
Jurg Kunzle	2	2	0	2	2	36	0	2	12	0	0	58
Ron Wilson	0	2	0	0	18	0	0	0	22	15	0	57
Stephen Ball	0	26	0	0	12	2	0	12	0	0	0	56
Ray Doran	0	0	0	0	30	0	0	26	0	0	0	56
Richard Wassell	2	0	0	2	2	27	14	0	0	0	0	55
Nick Adams	0	0	0	0	0	2	0	0	0	27	25	54

Name	1 PB	2 Dm	3 OF	4 CM	5 SH	6 IntH	7 WG	8 C2S	9 W2B	10 Eq	11 LC	
David Smith	0	0	0	0	0	2	0	19	32	0	0	53
Mark Davis	0	2	0	0	22	0	0	13	0	0	15	52
Charles Coville	0	11	0	0	0	24	0	17	0	0	0	52
Keith Bateman	0	0	0	0	0	0	34	18	0	0	0	52
John Hamilton	0	20	0	0	0	0	0	0	0	0	32	52
Manfred Fiedler	0	0	0	0	0	0	17	2	20	0	0	51
Darryl Chrisp	24	0	27	0	0	0	0	0	0	0	0	51
Michael Bailey	8	0	0	5	2	2	0	0	13	7	0	47
Todd Stephens	0	4	13	26	0	0	0	3	0	0	0	46
Nick Halpin	0	13	0	0	0	0	0	0	31	0	0	44
Derek Smith	20	0	12	9	0	2	0	0	0	0	0	43
Paul Jackson	6	0	0	0	5	17	0	15	0	0	0	43
Michael Christie	0	2	0	0	0	0	13	0	16	12	0	43
Michael Sharp	0	0	0	0	2	16	0	6	0	0	19	43
Michael Johnstone	10	0	0	17	0	0	0	0	0	16	0	43
Malcolm Satchell	0	0	0	0	0	2	0	0	33	0	0	43
Martin Fryer	0	0	41	0	0	0	0	0	0	0	0	41
James Brooks	0	0	0	18	21	0	0	0	0	0	0	39
Sam Vella	0	0	0	0	0	0	0	39	0	0	0	39
Michael Wilson	2	2	0	10	2	0	0	0	10	0	2	38
Paul Lunsmann	0	0	0	0	0	34	0	0	0	0	0	38
Warwick Selby	0	0	0	0	0	0	0	0	0	30	0	38
Chris Foster	0	0	0	35	0	0	0	0	0	0	0	35
Mark Shingler	0	0	0	0	0	0	0	35	0	0	0	35
Chris Ivin	0	17	17	0	0	0	0	0	0	0	0	34
Steve Hume	0	0	0	0	0	0	0	0	0	34	0	34
Joel Mackay	0	0	29	0	2	0	0	2	0	0	0	33
Gary Leahey	0	0	31	0	0	2	0	0	0	0	0	33
Jonathan Trope	0	0	0	0	0	0	0	0	0	0	29	33
Brendan Mason	0	2	26	0	2	0	0	0	0	0	0	32
Ian Henderson	0	0	0	0	0	0	0	32	0	0	0	32
Gregory Mackay	0	28	0	0	0	0	0	0	0	0	0	32
Frank Dearn	2	2	0	2	0	2	0	0	11	10	2	31
Dennis Nel	0	0	0	0	2	13	0	2	0	0	14	31
Mark Gardiner	0	2	0	27	0	0	0	2	0	0	0	31
Bastiaan De Leeuw	0	0	0	0	31	0	0	0	0	0	0	31
Don Woods	0	0	0	0	0	31	0	0	0	0	0	31
David Burgess	0	0	0	0	0	0	0	0	0	31	0	31
Walter Mitchell	0	12	0	14	0	2	0	2	0	0	0	30
Michael Free	0	2	0	0	0	0	0	2	0	0	26	30
Darren Goodsir	0	0	0	0	7	11	0	11	0	0	0	29
Jose Vilar	0	0	0	19	9	0	0	0	0	0	0	28
Ivan Freys	0	0	0	0	0	18	0	2	0	0	0	28
Iain Martin	0	0	0	0	0	0	0	0	28	0	0	28
Ken Harris	25	2	0	0	0	0	0	0	0	0	0	27
Jeff Gissing	0	0	0	0	0	0	0	27	0	0	0	27
Andrew Bryan	0	0	0	0	0	0	0	0	0	26	0	26
Peter Grunfield	0	2	0	0	2	0	0	0	0	0	21	25
John Lawrie	0	0	0	0	0	25	0	0	0	0	0	25
John Pye	0	0	0	0	0	0	0	0	0	25	0	25
John Kerr	2	0	0	0	0	7	0	0	0	8	7	24
Ian Singer	0	0	0	0	0	10	0	0	0	14	0	24
Wayne McCarthy	0	0	8	0	0	0	0	0	15	0	0	23
Michael Carter	0	0	0	0	0	23	0	0	0	0	0	23
Joe Degabriele	0	0	0	0	0	0	0	0	0	13	0	23
James Bond	0	0	0	0	0	0	22	0	0	0	0	22
Simon Riordan	0	0	0	22	0	0	0	0	0	0	0	22
Jeff Morehen	0	0	0	0	19	2	0	0	0	0	0	21
John Ayliffe	0	0	0	0	0	0	0	0	0	11	2	21
Neil McPherson	0	0	0	0	2	0	15	2	0	0	0	19
Robert Inglis	0	2	0	0	0	0	0	0	0	0	17	19
Robert Chalmers	0	0	0	0	0	15	0	0	0	0	0	19
Brian Colwell	0	0	0	0	0	0	18	0	0	0	0	18
Alf Field	0	0	16	0	0	0	0	0	0	0	0	16
William Kimber	0	0	0	16	0	0	0	0	0	0	0	16
Steve Norden	0	2	0	7	2	2	0	2	0	0	0	15
Alex Whitworth	0	0	0	0	10	5	0	0	0	0	0	15
Andrew Waudby	0	0	0	12	2	0	0	0	0	0	0	14
Roger Rigby	0	0	0	0	0	0	0	0	14	0	0	14
John Simmonds	2	0	0	0	0	0	0	2	0	0	0	12
Nick Themsen	0	0	0	0	0	0	0	2	0	0	0	12
Graham Butler	0	0	9	2	0	0	0	0	0	0	0	11
Fiero Mammone	9	2	0	0	0	0	0	0	0	0	0	11
David Solomon	0	2	0	0	0	0	0	0	9	0	0	11
Tony Saunders	0	2	0	0	0	9	0	0	0	0	0	11
Malcolm Campkin -Smith	0	0	0	0	11	0	0	0	0	0	0	11
Simon Kent-Jones	0	10	0	0	0	0	0	0	0	0	0	10
Philip Kennedy	0	0	0	0	2	0	0	0	0	0	0	10
John Whealy	0	2	0	0	0	0	0	0	0	0	0	10
Brian Taylor	0	0	0	0	0	0	0	0	0	0	0	10
Dean Gardiner	0	2	0	2	2	0	0	2	0	0	0	8
Allan Murray	0	2	0	0	0	2	0	2	0	0	2	8
Graham Osborn	0	2	0	2	0	0	0	0	0	0	4	8
Phil Garvin	0	0	0	0	0	0	0	8	0	0	0	8
Christian Sellars	0	0	0	0	8	0	0	0	0	0	0	8
Philip Hodgkinson	0	0	0	0	0	0	0	0	0	0	8	8
Ted Brailey	2	0	0	0	2	0	0	0	0	0	3	7
Peter Ford	3	0	0	4	0	0	0	0	0	0	0	7
Geoff Taylor	0	0	0	0	2	0	0	0	0	0	5	7
Neil Barker	0	7	0	0	0	0	0	0	0	0	0	7
David Camm	7	0	0	0	0	0	0	0	0	0	0	7
Tim Austin	0	0	0	0	0	0	0	2	0	0	0	6
Kendall Waller	0	0	0	0	0	3	0	2	0	0	0	5
John Olsen	5	0	0	0	0	0	0	0	0	0	0	5
Graham Sharp	0	0	0	0	2	2	0	0	0	0	0	4
David Adler	0	0	0	0	2	2	0	0	0	0	0	4
Richard Frykberg	0	2	0	0	2	0	0	0	0	0	0	4
Paul Glare	0	0	0	0	2	0	0	2	0	0	0	4
Jeff Morunga	0	0	0	2	2	0	0	0	0	0	0	4
Mike Ward	0	0	0	0	0	2	0	0	0	2	0	4
John Sparks	0	0	0	0	0	2	0	0	0	0	2	4
Shane Harvey	0	0	0	0	0	0	0	4	0	0	0	4
Peter Tedesco	0	0	0	0	4	0	0	0	0	0	0	4

Final Super Series Female Outright

Name	1 P B	2 D o M	3 6 F	4 C M	5 S M H	Int H	7 W G 2	8 C S 2	9 W B 2	10 E q	11 L C	
Joanne Cowan	42	42	0	0	41	36	0	41	0	42	41	289
Penny Smith	33	28	41	34	0	41	0	27	0	35	34	281
Sharon Callister	36	35	0	38	0	37	40	0	0	38	38	262
Mary Stringer	35	36	0	39	37	40	0	38	0	0	0	225
Caroline Yarnell	34	40	0	0	36	0	0	39	0	34	40	223
Tracey Love	0	37	0	40	0	32	0	34	0	40	36	219
Marie O'Connell	41	41	0	42	40	0	0	40	0	0	0	204
Tina Campbell	0	0	0	0	34	33	41	0	40	39	0	195
Beryl Wilson	0	25	0	0	31	42	0	0	36	36	0	170
Marlene Taylor	38	34	0	37	0	38	0	0	0	0	0	147
Jenny Truscott	0	0	0	0	42	0	0	42	0	0	42	126
Frances Brown	0	27	0	0	28	0	0	26	0	0	33	114
Heather Forster	0	0	0	0	0	35	0	35	39	0	0	109
Robi Russell	0	0	0	0	29	0	35	0	38	0	0	106
Glenda Mitchell	0	32	0	36	0	0	0	31	0	0	0	99
Mercy Samia	31	29	0	0	0	34	0	0	0	0	0	94
Carol Taylor	0	26	0	0	0	0	0	25	0	33	0	84
Paula Whitehouse	39	0	42	0	0	0	0	0	0	0	0	81
Bronwyn Wassell	0	0	40	33	0	0	0	0	0	0	0	81
Ann Muras	0	0	0	41	39	0	0	0	0	0	0	80
Marie Bleakley	0	0	0	0	38	0	0	0	42	0	0	80
Margaret White	0	0	39	0	0	0	0	0	0	32	0	79
Alanna White	0	39	0	0	0	0	0	0	0	0	39	78
Benny Gauci	0	31	0	0	0	0	0	0	41	0	0	72
Helen Wilson	0	0	0	0	0	31	36	0	0	0	0	71
Eliza Rayward	0	0	0	0	32	0	38	0	0	0	0	70
Gill Cavenagh	0	30	0	0	0	0	37	0	0	0	0	69
Jacqui Matthews	0	0	0	0	35	0	0	29	0	0	0	68
Julie McGaw	0	0	0	0	30	0	0	0	0	37	0	67
Karin Conn	0	0	0	35	0	0	0	28	0	0	0	63
Megan Jackson	0	0	0	0	0	2	0	24	0	2	32	60
Christine McBrearty	0	0	0	0	0	0	42	0	0	0	0	42
Melissa Selby	0	0	0	0	0	0	0	0	0	41	0	41
Catriona Cater	40	0	0	0	0	0	0	0	0	0	0	40
Tania Newsome	0	0	0	0	0	39	0	0	0	0	0	39
Lisa Gallate	0	0	0	0	0	0	39	0	0	0	0	39
Sarah Braund	0	38	0	0	0	0	0	0	0	0	0	38
Kirsten Themsen	0	0	0	0	0	0	0	30	0	0	0	38
Joanne Barton	0	0	0	0	0	0	0	37	0	0	0	37
Gillian Elyan	0	0	0	0	0	0	0	0	37	0	0	37
Jean Schaffler	37	0	0	0	0	0	0	0	0	0	0	37
Leigh Mac Ritchie	0	0	0	0	0	0	0	0	0	0	37	37
Paula Shingler	0	0	0	0	0	0	0	36	0	0	0	36
Elizabeth Woodhams	0	0	0	0	0	0	0	0	0	0	35	35
Louisa Wawn	0	0	0	0	0	0	0	32	0	0	0	34
Kelly Chambliss	0	0	0	0	0	0	0	33	0	0	0	33
Nicole Frykberg	0	33	0	0	0	0	0	0	0	0	0	33
Janis Priest	0	0	0	0	33	0	0	0	0	0	0	33
Michelle Boot	32	0	0	0	0	0	0	0	0	0	0	32
Joanna White	0	0	0	0	0	0	0	0	0	0	31	31
Lynn Herisson	0	0	0	0	0	0	0	23	0	0	0	23

Final Super Series Age Groups

Women 40+

Joanne Cowan	42	42	0	0	42	39	0	42	0	42	42	295
Sharon Callister	41	39	0	41	0	40	42	0	0	41	40	284
Mary Stringer	40	40	0	42	41	41	0	40	0	0	0	244
Caroline Yarnell	39	41	0	0	40	0	0	41	0	39	41	241
Beryl Wilson	0	35	0	0	39	42	0	0	40	40	0	196
Frances Brown	0	36	0	0	38	0	0	38	0	0	38	150
Heather Forster	0	0	0	0	0	38	0	39	42	0	0	119
Mercy Samia	38	37	0	0	0	37	0	0	0	0	0	112
Margaret White	0	0	42	0	0	0	0	0	0	38	0	88
Gill Cavenagh	0	38	0	0	0	0	41	0	0	0	0	81
Gillian Elyan	0	0	0	0	0	0	0	0	41	0	0	41
Elizabeth Woodhams	0	0	0	0	0	0	0	0	0	0	39	39

Women 50+

Penny Smith	42	42	42	42	0	42	0	41	0	41	42	342
Tina Campbell	0	0	0	0	42	41	42	0	42	42	0	217
Robi Russell	0	0	0	0	41	0	40	0	41	0	0	126
Carol Taylor	0	41	0	0	0	0	0	40	0	40	0	121
Helen Wilson	0	0	0	0	0	40	41	0	0	0	0	85
Kirsten Themsen	0	0	0	0	0	0	0	42	0	0	0	50

Men 40+

Stephen Jackson	33	39	34	0	32	23	41	41	41	42	41	355
Adrian Spragg	34	29	35	40	0	29	38	0	39	40	37	321
Ralph Melano	28	24	33	30	21	39	37	24	37	38	30	296
Andrew Smith	39	40	39	41	39	28	0	34	0	2	0	270
Charles King	29	21	30	29	22	27	35	25	0	37	27	261
Kevin O'Kane	27	19	0	32	0	19	33	23	38	36	26	261
George Herisson	26	23	29	27	0	30	34	27	36	0	0	244
Mike Hansen	30	18	0	36	30	40	0	28	0	2	36	228
Stephen Bodnar	31	25	31	37	34	25	0	29	0	0	0	212
Randy Brophy	42	0	42	0	0	0	42	42	42	0	0	210
Gregory Prerau	0	0	0	33	31	33	0	30	0	35	35	197
Greg Coy	36	41	0	0	41	0	0	38	0	0	40	196
Gary Aitkenhead	0	16	32	34	37	42	0	0	0	0	34	195
Stephen Urwin	37	33	41	0	0	0	40	0	40	0	0	191
Philip Boswell	35	34	0	39	38	0	0	36	0	0	0	182
George Lisson	40	38	40	38	19	0	0	0	0	0	0	175
Ron Schwebel	32	27	0	0	36	36	0	37	0	0	0	168
Ross Sinclair	41	42	0	0	42	0	0	0	0	0	42	167
Peter Woods	25	0	0	35	26	41	0	0	0	0	32	159
John Frykberg	0	28	28	0	29	0	36	33	0	0	0	154
Wayne Stanton	38	36	38	0	0	0	0	0	0	41	0	153
Mark Davis	0	22	0	0	33	0	0	32	0	0	29	116
Grahame Murphy	0	32	0	0	40	0	0	40	0	0	0	112
Philip Hugill	0	31	37	0	0	0	0	0	35	0	0	103
Stephen Ball	0	35	0	0	28	2	0	31	0	0	0	100
Mark Robinson	0	26	0	0	35	0	0	0	0	0	39	100

Name	1 P B	2 D O m	3 6 F	4 C M	5 S M H	6 Int H	7 W G	8 C S	9 W B	10 E q	11 L C	
Dennis Nel	0	0	0	0	17	32	0	22	0	0	28	99
Keith Bateman	0	0	0	0	0	0	39	35	0	0	0	74
Peter Grunfield	0	15	0	0	24	0	0	0	0	0	33	72
John Hamilton	0	30	0	0	0	0	0	0	0	0	38	68
Ian Singer	0	0	0	0	0	31	0	0	0	34	0	65
Ivan Freys	0	0	0	0	0	35	0	21	0	0	0	64
Jose Vilar	0	0	0	31	27	0	0	0	0	0	0	58
Gary Leahey	0	0	36	0	0	20	0	0	0	0	0	56
Jeff Morunga	0	0	0	28	20	0	0	0	0	0	0	48
Robert Inglis	0	17	0	0	0	0	0	0	0	0	31	48
Graham Sharp	0	0	0	0	23	21	0	0	0	0	0	44
Fiero Mammone	24	20	0	0	0	0	0	0	0	0	0	44
Joe Degabriele	0	0	0	0	0	0	0	0	0	33	0	43
Chris Foster	0	0	0	42	0	0	0	0	0	0	0	42
Gregory Mackay	0	37	0	0	0	0	0	0	0	0	0	41
Ian Henderson	0	0	0	0	0	0	0	39	0	0	0	39
Andrew Bryan	0	0	0	0	0	0	0	0	0	39	0	39
Paul Glare	0	0	0	0	18	0	0	20	0	0	0	38
David Adler	0	0	0	0	14	24	0	0	0	0	0	38
Don Woods	0	0	0	0	0	38	0	0	0	0	0	38
Robert Chalmers	0	0	0	0	0	34	0	0	0	0	0	38
Michael Carter	0	0	0	0	0	37	0	0	0	0	0	37
Nick Themsen	0	0	0	0	0	0	0	19	0	0	0	29
Mark Preston	0	0	0	0	0	0	0	26	0	0	0	26
Tony Mitchell	0	0	0	0	0	26	0	0	0	0	0	26
Peter Tedesco	0	0	0	0	25	0	0	0	0	0	0	25
Mike Ward	0	0	0	0	0	22	0	0	0	2	0	24
David Camm	23	0	0	0	0	0	0	0	0	0	0	23
Ronald Stevens	0	0	0	0	16	0	0	0	0	0	0	16
Joe Flinn	0	0	0	0	15	0	0	0	0	0	0	15
Neville Gafen	0	14	0	0	0	0	0	0	0	0	0	14
Greg Jamieson	0	13	0	0	0	0	0	0	0	0	0	13
Men 50+												
David King	40	39	40	0	0	39	41	0	41	40	41	321
Jurg Kunzle	38	30	0	35	35	40	0	35	33	0	0	246
Barry Rutter	42	42	42	41	0	2	0	31	0	0	38	242
Rod Lovel	0	36	0	0	0	30	40	0	40	39	37	222
Michael Bailey	39	0	0	39	34	33	0	0	34	32	0	221
Michael Wilson	35	31	0	40	37	0	0	0	32	0	33	218
Brad Renshaw	0	0	38	36	0	42	38	0	0	34	0	198
Keith White	0	0	39	0	0	37	0	0	0	38	40	162
Graham Willis	0	0	0	0	0	41	0	38	38	0	39	156
Ron Wilson	0	35	0	0	41	0	0	0	39	37	0	152
Michael Christie	0	29	0	0	0	0	37	0	37	36	0	139
John Kerr	34	0	0	0	0	35	0	0	0	33	36	138
Allan Murray	0	33	0	0	0	31	0	37	0	0	31	132
Christopher Dwyer	0	0	0	42	42	0	0	42	0	0	0	126
John Hodges	0	40	0	0	0	0	42	0	0	41	0	123
Charles Coville	0	41	0	0	0	38	0	41	0	0	0	120
Ted Brailey	37	0	0	0	36	0	0	0	0	0	34	107
Graham Osborn	0	32	0	34	0	0	0	0	0	0	35	101
Darryl Chrisp	41	0	41	0	0	0	0	0	0	0	0	82
Malcolm Satchell	0	0	0	0	0	32	0	0	42	0	0	82
John Simmonds	36	0	0	0	0	0	0	34	0	0	0	78
John Ayliffe	0	0	0	0	0	0	0	0	0	35	32	75
Alex Whitworth	0	0	0	0	40	34	0	0	0	0	0	74
Tony Saunders	0	38	0	0	0	36	0	0	0	0	0	74
Graham Butler	0	0	37	37	0	0	0	0	0	0	0	74
Wayne McCarthy	0	0	36	0	0	0	0	0	36	0	0	72
David Solomon	0	37	0	0	0	0	0	0	31	0	0	68
Warwick Selby	0	0	0	0	0	0	0	0	0	42	0	50
Jonathan Trope	0	0	0	0	0	0	0	0	0	0	42	46
John Whealy	0	34	0	0	0	0	0	0	0	0	0	42
Phil Garvin	0	0	0	0	0	0	0	40	0	0	0	40
Brian Colwell	0	0	0	0	0	0	39	0	0	0	0	39
Peter Cookson	0	0	0	0	39	0	0	0	0	0	0	39
John Shepherd	0	0	0	0	0	0	0	39	0	0	0	39
Dick Bartlett	0	0	0	38	0	0	0	0	0	0	0	38
Brian O'Dea	0	0	0	0	38	0	0	0	0	0	0	38
John Ross	0	0	0	0	0	0	0	36	0	0	0	36
Roger Rigby	0	0	0	0	0	0	0	0	35	0	0	35
Ross Betts	0	0	0	0	0	0	0	33	0	0	0	33
John Singleton	0	0	0	0	33	0	0	0	0	0	0	33
Jim Donovan	0	0	0	0	0	0	0	32	0	0	0	32
Andrew Joseph	0	0	0	0	32	0	0	0	0	0	0	32
Men 60+												
Heiko Schaefer	41	42	40	40	39	41	42	39	40	2	42	369
Frank Dearn	39	41	0	38	0	39	0	0	39	42	41	279
Derek Smith	42	0	41	41	0	38	0	0	0	0	0	162
Manfred Fiedler	0	0	0	0	0	0	41	40	41	0	0	134
Peter Hammerschmidt	0	0	0	42	41	0	0	0	42	0	0	125
Neil McPherson	0	0	0	0	40	0	40	41	0	0	0	121
Ray Doran	0	0	0	0	42	0	0	42	0	0	0	84
John Sparks	0	0	0	0	0	40	0	0	0	0	40	80
Peter Ford	40	0	0	39	0	0	0	0	0	0	0	79
Paul Lunsmann	0	0	0	0	0	42	0	0	0	0	0	46
Alf Field	0	0	42	0	0	0	0	0	0	0	0	42

Your Super Series results – adjusted for Age and Gender – start opposite. The adjustment is done using WAVA (World Veterans) tables which give you a points score for your time at that distance compared to a WAVA standard which represents the results of others in your gender and birth year. So some young 'un may have crossed the line ahead of you, but if you have a better WAVA score, you could have beaten them when you were their age!

So what do the scores mean? According to Steve Cornelius, WAVA suggest that a score in the 900s is 'World Class', in the 800s (some Striders got there) is 'National Class', in the 700s 'Regional Class', 600s 'Local Class'. If you have a score of a 1000 it means you are either the World Record holder or that the Results Coordinator has a new car!

Super Series Scores adjusted for Age and Gender

plc		1 PB	2 DM	3 6F	4 CM	5 SMH	6 IntH	7 W2G	8 C2S	9 W2B	10 Eq	11LC	
1	Stephen Jackson	660	734	475	0	668	675	739	788	691	735	785	6475
2	Greg Donovan	562	0	540	734	762	729	754	747	0	626	692	6146
3	Adrian Spragg	673	697	514	701	0	682	696	0	643	662	697	5965
4	Heiko Schaefer	592	672	452	646	677	662	671	662	566	0	654	5802
5	Ralph Melano	592	665	486	629	628	676	660	636	549	598	661	5745
6	Dean Degan	829	813	0	0	853	0	835	840	0	755	815	5740
7	Joanne Cowan	824	862	0	0	858	826	0	874	0	723	768	5735
8	Charles King	585	614	435	553	621	605	615	633	0	575	621	5422
9	David King	626	675	498	0	0	707	704	0	649	654	706	5219
10	John Van Yzendoorn	538	623	0	643	659	664	664	693	0	0	605	5089
11	Penny Smith	653	639	511	623	0	689	0	621	0	559	663	4958
12	Kevin O'Kane	600	641	0	647	0	0	616	643	559	594	614	4914
13	Peter Cremen	694	705	0	688	697	716	0	726	0	639	0	4865
14	Andrew Smith	729	739	544	692	748	725	0	687	0	0	0	4864
15	John Young	761	788	0	0	832	0	0	835	0	707	789	4712
16	Mike Hansen	590	611	0	641	663	662	0	651	0	0	676	4494
17	Peter Truscott	0	749	0	0	788	0	0	786	656	675	756	4410
18	Sharon Callister	593	639	0	655	0	638	607	0	0	522	628	4282
19	Stephen Bodnar	596	641	439	654	671	631	0	647	0	0	0	4279
20	Mark Schaefer	0	571	0	0	626	618	590	638	0	534	672	4249
21	Mary Stringer	608	687	0	677	715	714	0	723	0	0	0	4124
22	George Herisson	582	645	446	0	0	620	618	661	509	0	0	4081
23	Frank Dearn	561	584	0	575	0	574	0	0	497	543	621	3955
24	Chris Truscott	0	734	0	0	835	778	0	820	0	742	0	3909
25	Caroline Yarnell	583	713	0	0	691	0	0	712	0	431	718	3848
26	Gregory Prerau	0	0	0	634	659	635	0	655	0	567	658	3808
27	Rod Lovel	0	659	0	0	0	633	673	0	558	618	650	3791
28	Greg Coy	690	751	0	0	783	0	0	756	0	0	771	3751
29	Gary Aitkenhead	0	594	462	636	707	695	0	0	0	0	656	3750
30	Jurg Kunzle	504	521	0	511	588	582	0	554	432	0	0	3692
31	Randy Brophy	749	0	623	0	0	0	789	802	727	0	0	3690
32	Philip Boswell	713	730	0	706	754	0	0	750	0	0	0	3653
33	Barry Rutter	727	728	540	747	0	0	0	241	0	0	652	3635
34	Tracey Love	0	639	0	645	0	588	0	598	0	527	591	3588
35	Ron Schwebel	641	708	0	0	719	698	0	770	0	0	0	3536
36	Marie O'Connell	674	723	0	702	712	0	0	704	0	0	0	3515
37	George Lisson	768	756	578	711	620	0	0	0	0	0	0	3433
38	Richard Briscoe	632	656	0	0	726	699	0	700	0	0	0	3413
39	David Loader	0	0	0	0	0	681	696	0	660	658	716	3411
40	Stephen Urwin	704	712	561	0	0	0	724	0	663	0	0	3364
41	Michael Bailey	600	0	0	621	611	582	0	0	493	455	0	3362
42	Michael Wilson	489	614	0	617	646	0	0	0	355	0	628	3349
43	Tina Campbell	0	0	0	0	728	695	733	0	577	612	0	3345
44	Peter Woods	570	0	0	653	651	684	0	0	0	0	664	3222
45	John Frykberg	0	668	419	0	651	0	620	674	0	0	0	3032
46	Ross Sinclair	732	745	0	0	783	0	0	0	0	0	772	3032
47	Mathew Kaley	0	744	0	0	0	728	0	736	0	0	782	2990
48	Beryl Wilson	0	535	0	0	617	584	0	0	477	519	0	2732
49	Mark Davis	0	644	0	0	685	0	0	688	0	0	653	2670
50	Steve Norden	0	532	0	544	555	549	0	483	0	0	0	2663

plc		1 PB	2 DM	3 6F	4 CM	5 SMH	6 Int H	7 W2G	8 C2S	9 W2B	10 Eq	11 LC	
51	Wayne Stanton	707	722	533	0	0	0	0	0	0	688	0	2650
52	Jonathan Worswick	0	0	454	725	0	0	747	0	691	0	0	2617
53	Brad Renshaw	0	0	439	550	0	579	548	0	0	468	0	2584
54	Christopher Dwyer	0	0	0	841	845	0	0	872	0	0	0	2558
55	Derek Smith	685	0	466	644	0	734	0	0	0	0	0	2529
56	Ron Wilson	0	656	0	0	701	0	0	0	550	581	0	2488
57	Dennis Nel	0	0	0	0	600	610	0	618	0	0	649	2477
58	Richard Wassell	442	0	0	446	540	539	472	0	0	0	0	2439
59	Marlene Taylor	599	621	0	600	0	618	0	0	0	0	0	2438
60	Graham Willis	0	0	0	0	0	625	0	612	528	0	669	2434
61	Allan Murray	0	636	0	0	0	614	0	605	0	0	575	2430
62	Keith White	0	0	450	0	0	668	0	0	0	612	681	2411
63	Michael Sharp	0	0	0	0	576	594	0	622	0	0	616	2408
64	Walter Mitchell	0	629	0	583	0	582	0	612	0	0	0	2406
65	Jenny Truscott	0	0	0	0	798	0	0	801	0	0	779	2378
66	Paul Jackson	507	0	0	0	609	580	0	653	0	0	0	2349
67	Grahame Murphy	0	719	0	0	781	0	0	801	0	0	0	2301
68	Tim Ashby	742	750	0	0	0	0	0	0	0	0	785	2277
69	Todd Stephens	0	610	410	631	0	0	0	615	0	0	0	2266
70	Matt Fitz-Gerald	0	759	0	0	0	0	742	0	689	0	0	2190
71	Charles Coville	0	702	0	0	0	727	0	749	0	0	0	2178
72	John Kerr	466	0	0	0	0	601	0	0	0	450	656	2173
73	Frances Brown	0	541	0	0	535	0	0	512	0	0	570	2158
74	Michael Christie	0	523	0	0	0	0	546	0	539	520	0	2128
75	Dean Gardiner	0	575	0	482	604	0	0	466	0	0	0	2127
76	Stephen Ball	0	733	0	0	673	0	0	699	0	0	0	2105
77	Peter Hammerschmidt	0	0	0	748	749	0	0	0	598	0	0	2095
78	Mark Wilson	0	0	0	723	0	665	0	698	0	0	0	2086
79	Mark Robinson	0	668	0	0	685	0	0	0	0	0	724	2077
80	Neil McPherson	0	0	0	0	752	0	609	712	0	0	0	2073
81	John Hodges	0	680	0	0	0	0	694	0	0	665	0	2039
82	Manfred Fiedler	0	0	0	0	0	0	678	702	623	0	0	2003
83	Mark Fiore	636	0	0	0	0	699	0	0	0	665	0	2000
84	David Smith	0	0	0	0	0	650	0	684	587	0	0	1921
85	Darren Goodsir	0	0	0	0	614	602	0	639	0	0	0	1855
86	Nick Adams	0	0	0	0	0	645	0	0	0	579	630	1854
87	Mark Gardiner	0	593	0	631	0	0	0	617	0	0	0	1841
88	Peter Grunfield	0	550	0	0	629	0	0	0	0	0	657	1836
89	Heather Forster	0	0	0	0	0	644	0	657	530	0	0	1831
90	Michael Free	0	601	0	0	0	0	0	580	0	0	638	1819
91	Bruce Craven	0	614	0	0	0	0	626	0	570	0	0	1810
92	Ted Brailey	506	0	0	0	624	0	0	0	0	0	643	1773
93	Wylie Breckenridge	0	0	0	555	0	0	656	0	532	0	0	1743
94	Chris Thompson	597	0	513	0	0	0	0	0	626	0	0	1736
95	Robi Russell	0	0	0	0	620	0	596	0	512	0	0	1728
96	Ray Doran	0	0	0	0	852	0	0	866	0	0	0	1718
97	Mercy Samia	502	596	0	0	0	611	0	0	0	0	0	1709
98	Glenda Mitchell	0	572	0	563	0	0	0	553	0	0	0	1688
99	Michael Johnstone	534	0	0	592	0	0	0	0	0	524	0	1650
100	Carol Taylor	0	600	0	0	0	0	0	545	0	477	0	1622
101	Brendan Mason	0	547	455	0	579	0	0	0	0	0	0	1581
102	Sean Greenhill	0	0	446	575	0	0	0	0	530	0	0	1551
103	Joel Mackay	0	0	489	0	534	0	0	469	0	0	0	1492
104	Alex Whitworth	0	0	0	0	738	730	0	0	0	0	0	1468

plc	1 PB	2 DM	3 6F	4 CM	5 SMH	6 Int H	7 W2G	8 C2S	9 W2B	10 Eq	11 LC	
105 Andrew Gibbons	0	761	0	0	0	0	0	692	0	0	0	1453
106 Keith Bateman	0	0	0	0	0	0	713	734	0	0	0	1447
107 John Hamilton	0	706	0	0	0	0	0	0	0	0	737	1443
108 Malcolm Satchell	0	0	0	0	0	723	0	0	663	0	0	1386
109 Ann Muras	0	0	0	665	700	0	0	0	0	0	0	1365
110 Tony Saunders	0	668	0	0	0	650	0	0	0	0	0	1318
111 Robert Inglis	0	634	0	0	0	0	0	0	0	0	675	1309
112 Ivan Freys	0	0	0	0	0	675	0	632	0	0	0	1307
113 Jeff Morehen	0	0	0	0	650	656	0	0	0	0	0	1306
114 Alanna White	0	656	0	0	0	0	0	0	0	0	625	1281
115 Marie Bleakley	0	0	0	0	674	0	0	0	594	0	0	1268
116 Jose Vilar	0	0	0	623	644	0	0	0	0	0	0	1267
117 Graham Sharp	0	0	0	0	638	626	0	0	0	0	0	1264
118 Graham Osborn	0	620	0	0	0	0	0	0	0	0	644	1264
119 Kelvin Marshall	0	0	553	707	0	0	0	0	0	0	0	1260
120 Helen Wilson	0	0	0	0	0	642	615	0	0	0	0	1257
121 Peter Ford	600	0	0	655	0	0	0	0	0	0	0	1255
122 James Brooks	0	0	0	593	642	0	0	0	0	0	0	1235
123 Ken Harris	624	606	0	0	0	0	0	0	0	0	0	1230
124 Nick Halpin	0	634	0	0	0	0	0	0	586	0	0	1220
125 Kendall Waller	0	0	0	0	0	595	0	611	0	0	0	1206
126 Philip Hugill	0	695	510	0	0	0	0	0	0	0	0	1205
127 Darryl Chrisp	682	0	509	0	0	0	0	0	0	0	0	1191
128 Paul Glare	0	0	0	0	593	0	0	598	0	0	0	1191
129 Ian Singer	0	0	0	0	0	655	0	0	0	526	0	1181
130 Gill Cavenagh	0	594	0	0	0	0	586	0	0	0	0	1180
131 Paula Whitehouse	634	0	524	0	0	0	0	0	0	0	0	1158
132 Jacqui Matthews	0	0	0	0	639	0	0	519	0	0	0	1158
133 Eliza Rayward	0	0	0	0	598	0	554	0	0	0	0	1152
134 Fiero Mammone	544	607	0	0	0	0	0	0	0	0	0	1151
135 Gary Leahey	0	0	531	0	0	620	0	0	0	0	0	1151
136 Geoff Taylor	0	0	0	0	581	0	0	0	0	0	569	1150
137 David Adler	0	0	0	0	566	572	0	0	0	0	0	1138
138 John Ayliffe	0	0	0	0	0	0	0	0	0	492	639	1131
139 Jeff Morunga	0	0	0	512	604	0	0	0	0	0	0	1116
140 Richard Frykberg	0	547	0	0	553	0	0	0	0	0	0	1100
141 Chris Ivin	0	662	416	0	0	0	0	0	0	0	0	1078
142 John Simmonds	506	0	0	0	0	0	0	572	0	0	0	1078
143 Andrew Waudby	0	0	0	569	500	0	0	0	0	0	0	1069
144 Benny Gauci	0	566	0	0	0	0	0	0	503	0	0	1069
145 Karin Conn	0	0	0	540	0	0	0	512	0	0	0	1052
146 Julie McGaw	0	0	0	0	552	0	0	0	0	485	0	1037
147 David Solomon	0	671	0	0	0	0	0	0	350	0	0	1021
148 Graham Butler	0	0	412	582	0	0	0	0	0	0	0	994
149 John Sparks	0	0	0	0	0	486	0	0	0	0	508	994
150 Wayne McCarthy	0	0	433	0	0	0	0	0	532	0	0	965
151 Bronwyn Wassell	0	0	415	520	0	0	0	0	0	0	0	935
152 Megan Jackson	0	0	0	0	0	0	0	359	0	0	526	885
153 Margaret White	0	0	426	0	0	0	0	0	0	447	0	873
154 Sam Vella	0	0	0	0	0	0	0	816	0	0	0	816
155 Mark Shingler	0	0	0	0	0	0	0	765	0	0	0	765
156 Ian Henderson	0	0	0	0	0	0	0	765	0	0	0	765
157 Jonathan Trope	0	0	0	0	0	0	0	0	0	0	758	758
158 Jeff Gissing	0	0	0	0	0	0	0	730	0	0	0	730

plc	1 PB	2 DM	3 6F	4 CM	5 SMH	6 Int H	7 W2G	8 C2S	9 W2B	10 Eq	11 LC	
159 Gregory Mackay	0	715	0	0	0	0	0	0	0	0	0	715
160 Bastiaan De Leeuw	0	0	0	0	711	0	0	0	0	0	0	711
161 Phil Garvin	0	0	0	0	0	0	0	699	0	0	0	699
162 Tania Newsome	0	0	0	0	0	692	0	0	0	0	0	692
163 Warwick Selby	0	0	0	0	0	0	0	0	0	687	0	687
164 Chris Foster	0	0	0	683	0	0	0	0	0	0	0	683
165 Catriona Cater	669	0	0	0	0	0	0	0	0	0	0	669
166 Mark Preston	0	0	0	0	0	0	0	663	0	0	0	663
167 Brian O'Dea	0	0	0	0	655	0	0	0	0	0	0	655
168 Christine McBrearty	0	0	0	0	0	0	647	0	0	0	0	647
169 Don Woods	0	0	0	0	0	646	0	0	0	0	0	646
170 Steve Hume	0	0	0	0	0	0	0	0	0	644	0	644
171 Peter Tedesco	0	0	0	0	641	0	0	0	0	0	0	641
172 Sarah Braund	0	640	0	0	0	0	0	0	0	0	0	640
173 John Whealy	0	639	0	0	0	0	0	0	0	0	0	639
174 Michael Carter	0	0	0	0	0	637	0	0	0	0	0	637
175 Elizabeth Woodhams	0	0	0	0	0	0	0	0	0	0	636	636
176 Paul Lunsmann	0	0	0	0	0	635	0	0	0	0	0	635
177 Mike Ward	0	0	0	0	0	635	0	0	0	0	0	635
178 Peter Cookson	0	0	0	0	633	0	0	0	0	0	0	633
179 Malcolm Campkin-Smith	0	0	0	0	623	0	0	0	0	0	0	623
180 Simon Kent-Jones	0	622	0	0	0	0	0	0	0	0	0	622
181 Neil Barker	0	622	0	0	0	0	0	0	0	0	0	622
182 Shane Harvey	0	0	0	0	0	0	0	618	0	0	0	618
183 John Shepherd	0	0	0	0	0	0	0	617	0	0	0	617
184 Simon Riordan	0	0	0	616	0	0	0	0	0	0	0	616
185 Joanne Barton	0	0	0	0	0	0	0	616	0	0	0	616
186 Andrew Bryan	0	0	0	0	0	0	0	0	0	616	0	616
187 David Burgess	0	0	0	0	0	0	0	0	0	615	0	615
188 Christian Sellars	0	0	0	0	614	0	0	0	0	0	0	614
189 Paula Shingler	0	0	0	0	0	0	0	612	0	0	0	612
190 John Singleton	0	0	0	0	612	0	0	0	0	0	0	612
191 Brian Colwell	0	0	0	0	0	0	609	0	0	0	0	609
192 David Crampton	0	0	0	0	608	0	0	0	0	0	0	608
193 Tony Mitchell	0	0	0	0	0	605	0	0	0	0	0	605
194 Kirsten Themsen	0	0	0	0	0	0	0	603	0	0	0	603
195 Janis Priest	0	0	0	0	603	0	0	0	0	0	0	603
196 Roland Hassall	0	0	0	0	0	0	0	602	0	0	0	602
197 Leigh Mac Ritchie	0	0	0	0	0	0	0	0	0	0	602	602
198 Robert Chalmers	0	0	0	0	0	601	0	0	0	0	0	601
199 Nicole Frykberg	0	595	0	0	0	0	0	0	0	0	0	595
200 Dick Bartlett	0	0	0	594	0	0	0	0	0	0	0	594
201 Melissa Selby	0	0	0	0	0	0	0	0	0	593	0	593
202 Kelly Chambliss	0	0	0	0	0	0	0	590	0	0	0	590
203 William Kimber	0	0	0	589	0	0	0	0	0	0	0	589
204 James Bond	0	0	0	0	0	0	585	0	0	0	0	585
205 Jean Schaffler	583	0	0	0	0	0	0	0	0	0	0	583
206 Louisa Wawn	0	0	0	0	0	0	0	582	0	0	0	582
207 John Ross	0	0	0	0	0	0	0	582	0	0	0	582
208 John Pye	0	0	0	0	0	0	0	0	0	577	0	577
209 Philip Hodgkinson	0	0	0	0	0	0	0	0	0	0	576	576
210 Ronald Stevens	0	0	0	0	572	0	0	0	0	0	0	572
211 Martin Fryer	0	0	570	0	0	0	0	0	0	0	0	570
212 Philip Kennedy	0	0	0	0	570	0	0	0	0	0	0	570

plc	1 PB	2 DM	3 6F	4 CM	5 SMH	6 Int H	7 W2G	8 C2S	9 W2B	10 Eq	11 LC	
213 Lisa Gallate	0	0	0	0	0	0	568	0	0	0	0	568
214 John Lawrie	0	0	0	0	0	563	0	0	0	0	0	563
215 Joe Flinn	0	0	0	0	563	0	0	0	0	0	0	563
216 Ross Betts	0	0	0	0	0	0	0	562	0	0	0	562
217 Tim Austin	0	0	0	0	0	0	0	560	0	0	0	560
218 Richard Lane	0	559	0	0	0	0	0	0	0	0	0	559
219 Neville Gafen	0	553	0	0	0	0	0	0	0	0	0	553
220 David Camm	553	0	0	0	0	0	0	0	0	0	0	553
221 Iain Martin	0	0	0	0	0	0	0	0	532	0	0	532
222 Roger Rigby	0	0	0	0	0	0	0	0	528	0	0	528
223 Mike Roach	0	519	0	0	0	0	0	0	0	0	0	519
224 Joanna White	0	0	0	0	0	0	0	0	0	0	516	516
225 Andrew Joseph	0	0	0	0	513	0	0	0	0	0	0	513
226 Joe Degabriele	0	0	0	0	0	0	0	0	0	507	0	507
227 John Olsen	505	0	0	0	0	0	0	0	0	0	0	505
228 Alf Field	0	0	495	0	0	0	0	0	0	0	0	495
229 Michelle Boot	487	0	0	0	0	0	0	0	0	0	0	487
230 Gillian Elyan	0	0	0	0	0	0	0	0	481	0	0	481
231 Leon Walker	0	0	0	0	0	0	0	475	0	0	0	475
232 Jim Donovan	0	0	0	0	0	0	0	439	0	0	0	439
233 Alistair Cooke	0	0	0	0	437	0	0	0	0	0	0	437
234 Nick Themsen	0	0	0	0	0	0	0	424	0	0	0	424
235 Lynn Herisson	0	0	0	0	0	0	0	243	0	0	0	243

Equaliser 14Km Cross Country - Roll of Honour

#	Male Open	Time	Year
1	Jock Davis	53:23	1991
2	Anthony Scott	54:17	1990
3	Dean Degan	54:51	2001
4	Andy Simpson	55:36	1991
5	Chris Truscott	55:52	2001
6	Mike Burton	56:12	1993
7	Darren Benson	56:30	1995
8	Wayne Stanton	57:08	1993
9	Mathew Kaley	57:13	1990
10	Chris McLean	58:16	1993

Female Open

1	Joanne Cowan	62:00	1997
2	Dawn Tiller	65:06	1997
3	Susan Roberts	68:04	1991
4	Clara Vucetic	68:16	1996
5	Catriona Cater	68:30	1997
6	Linda Thompson	69:19	1991
7	Tina Campbell	70:29	1991
8	Jenny Christian	71:12	1996
9	Wendy Downes	71:27	1993
10	Amanda Dawson	72:53	1996

#	Male 40-49	Time	Year
1	Chris McLean	58:16	1993
2	Stephen Jackson	59:46	2001
3	Steve Gill	60:29	1992

Female 40-49

1	Joanne Cowan	62:00	1997
2	Clara Vucetic	68:16	1996
3	Tina Campbell	70:29	1991

Male 50-59

1	Alex Whitworth	61:38	1994
2	Jonathan Trope	64:10	1997
3	Scott Crawford	65:43	1997

Female 50-59

1	Tina Campbell	75:06	1997
2	Wendy Downes	77:01	1994
3	Merri Mack	80:18	1996

Male 60+

1	Bruce Murray	73:34	1993
2	Manfred Fiedler	75:30	1997
3	Adrian Kol	102:22	1990

Blister Photo Gallery

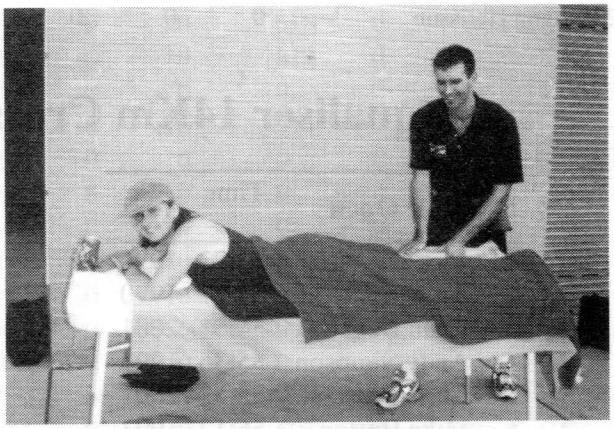
More from the Annual Awards....

Chris Dwyer receives the Veterans Marathon Award from Keith White.....

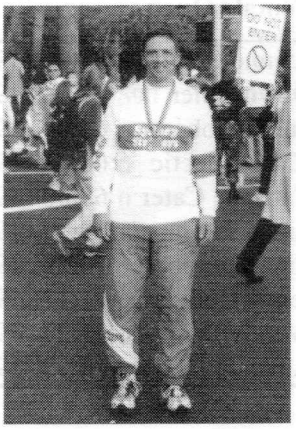
Oh gee, not another one...And the Veteran Half Marathon Award....

Look mate, I'll take two this time, all this walking is tiring me out.....And the Club Marathon Championship (Open and Veteran)

Hamish Sutherland was back in Sydney for a brief holiday. Hamish now lives permanently in Sweden and is seen receiving the 1999 Masters Marathon Award from President Jim Screen for his 3.10.05 Stockholm Marathon



Greg Cawood of 'The Summit Physiotherapy' was providing a trial massage service at StaRs recently. Sharon Callister is seen here enjoying the benefit of a post-run massage.



George Herisson with NYC Marathon Medal