

Sydney Striders

**Road Runners
Club
Australia**



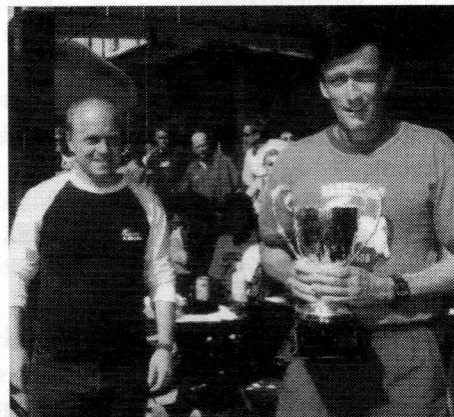
Edition No. 84: January - April 2002

Fifth Six Foot Track Win for Dawn Tiller



Dawn Tiller on the way to her 5th Six Foot Track win in 4:29:05

Sydney Striders win Six-Foot Track 'Mob Run' Trophy



George Lisson collects the Six Foot Track 'Mob Run' trophy for the Best Team on behalf of the Sydney Striders from Race Director Kevin Tiller. Well done all Striders who participated.

Inside Blister No 84:

- ◆ Striders' Awards Dinner
- ◆ Alf of the Antarctic – Alf Field runs the most southerly Marathon
- ◆ Jo Cowan on 'Running when pregnant'
- ◆ 'Lost Long Runs' – 'the marathons that disappeared' - by Kevin O'Kane
- ◆ Cradle Mountain with Sean Greenhill
- ◆ 10k and Super Series results

AND MUCH, MUCH MORE !

The Blister

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Copy Preferences

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

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

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

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

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

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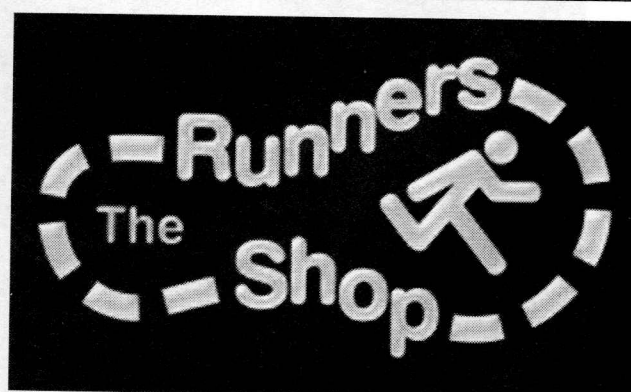
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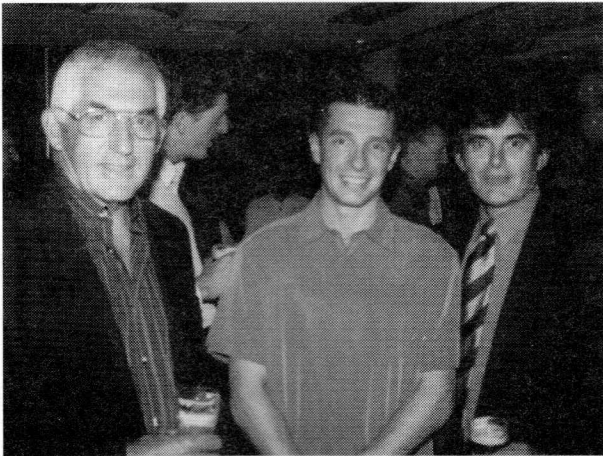
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President's Report

By Jim Screen



(L to R) President Jim Screen, Chris Truscott and guest speaker Dave Cundy at the Striders Awards Dinner.

Well, another twelve months in Striderland have come and gone. Our financial year ended on 31 March and the Annual General Meeting is scheduled for 19 May 2002. We need at least 33 financial members to attend the AGM so grab your diary and make sure you make time to attend. Even if you are unable to help out in any of the Club's activities throughout the year, this is one activity where you can make a really positive contribution by just being there. I know its not the social event of the year but who knows, if you attend you might even feel moved enough to volunteer for one of the vacant committee positions or perhaps make a positive contribution to some of the discussions which generally take place.

As this edition of the Blister is being prepared I note with much dismay that the annual illegal, immoral and downright wrong bun fight for entries in the Sydney Morning Herald Half Marathon is taking place on our email LiSSt. It is simply not on to run in a number allocated to another person and you are not doing the "right thing" by using the Club's email to solicit numbers from other members or to sell or give your number to someone. Disappointment can easily be avoided by simply submitting your entry as soon as they become available. This year there was a facility provided by the SMH where you could make sure you received an entry form and this was by phoning in and leaving your details. The service was publicised on our email list. There was also a website from which you could obtain entry forms at a very early time.

After the disappointment of not being able to conduct our first 10K Race of the year at the traditional venue of the Domain it is pleasing to note that the March and April races had near record attendances. The Domain and Botanic Gardens staff have helped us meet their new guidelines and with a little bit of luck we will have had our first race for 2002 in the Gardens by the time this Blister is published. From our point of view we have complied with everything requested and hopefully between now and race date nothing new will surface.

The Outstanding Achievement Award Presentation Dinner was held on 19 April and our sincere thanks go to George Herisson for organising the occasion. Congratulations to all those who were nominated for the Awards. What a pity that so many members stay away from this particular function. It was a good night out, the food was good, the venue was good, the guest speaker was good but the Club support was not good. All of the nominees deserve to be acknowledged for their achievements and there is no better way of doing this than by attending the dinner. Perhaps we will see you there next year.

See you at the AGM

From the Editor

Last year the SMH Half Marathon organisers provided a facility to transfer race numbers. It was not unreasonable for members to assume that the same service would be available this year and to seek an unused number. Based on last year's experience members were not doing anything illegal, immoral or wrong. Kevin Tiller informed Striders through the email LiSSt that the transfer facility would not be available this year. If anyone continued to request a number after Kevin's notice there would be reason to question their behaviour but in fact the requests stopped. If race rules forbid it, then perhaps we need to publicise to members the reason why numbers should not be swapped.

(Oh and yes, after last year's furore, I too am amazed that anyone left their entry so late).

Sydney Striders Annual Awards Dinner

Fifty-five Striders gathered at Gordon Rugby Club to celebrate the achievements and service of fellow Striders. George Herisson organised an excellent night which featured Olympic and Canberra Marathon Organiser Dave Cundy as guest speaker.



Dean Degan receives the Maria Gemenis Cruikshank Award from President Jim Screen

Dean Degan was voted 'Outstanding Strider' of 2001 by Sydney Striders members, adding his name to that of some illustrious Striders on the **Maria Gemenis-Cruikshank 'Outstanding Achievement'** trophy. Dean's achievements were: fastest Strider marathon time (2:30:59 in Osaka), winner of the Club Cross-Country, winner of the Club Half-marathon and first Strider in all seven Super Series events in which he participated.

Dean faced some particularly tough competition this year. In second place was ultra-runner Jonathan Worswick, Glasshouse 100 mile record smasher and placed 5th in Colorado's Hardrock 100 miler. Third was Chris Truscott who had set a new Striders Half-Marathon record in 2001.

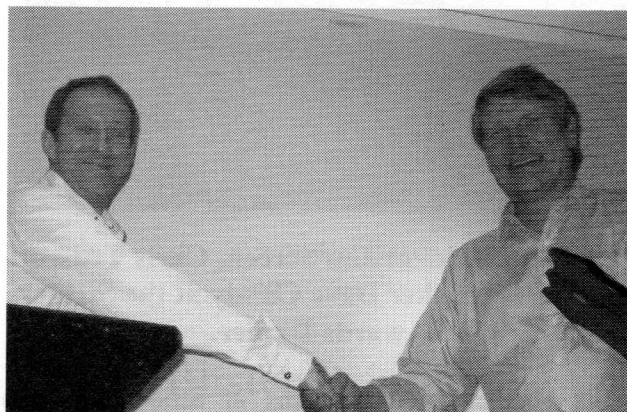
Other nominees were Chris Dwyer, Jenny Truscott, Joanne Cowan, Kelvin Marshall and Stephen Jackson.

Nick Themsen's 'Unbelievable Six Foot Track' article was voted 'Best of the Blister' for 2001 winning the **Brian Tailford 'Best of the Blister' Award**. The former Blister Editor told us of the joys and perils of *walking* the Six Foot Track.

In second place was a man who ran it there and back in the day – Sean Greenhill's 'Twelve-Foot Track'.

Third was 'Race Across France' from our UK correspondent, David Sill. And fourth Kevin O'Kane's 'Bathurst Bus Trips'.

Honourable mentions went to Kevin Tiller's 'Bogong to Hotham (Nearly)', Brad Renshaws's 'Fun Running in Medoc' and Mark Fiore's 'Passion for Ironman'.



Nick Themsen receives the 'Best of the Blister' award from the Blister Editor

The last of the awards voted on by Striders membership was the **STaR Host of the Year**. This award gives members chance to show their appreciation of the efforts made by the hosts of the thirty-two STaRs. The winners receive a trophy and a dinner for two.

Winning for the second year in succession were 'Cherrybrook Circuit' hosts Nick and Kirsten Themsen (oh those egg muffins!). STaR Calendar Manager Penny Smith presented the award.



Nick and Kirsten Themsen receive the STaR Host of the Year Award from Penny Smith

Joint second were Richard Wassell and Brad Renshaw's 'Iron Cove Bolter' and Penny and Andrew Smith's 'Ten Bridges Classic'. Fourth were Keith and Margaret White for hosting 'The Equaliser' and the SMH Half.

Honourable mentions also went to the Kevin O'Kane, Mary Stringer and Greg Prerau combo hosting the 'Clovelly Canter', to Manfred Fiedler's 'Chatswood Chase' and John Simmons' 'Mosman Reversed'.



Guest Speaker - Dave Cundy

The guest speaker for the evening was Dave Cundy – an old friend of the Striders as, with partner Fran Seton, organiser of the Canberra Marathon for many years. Dave's organisational ability got the ultimate accolade in Australia when he was made Race Director of the Olympic Marathons and Host City Marathon. Dave and Fran also work on the Gold Coast Marathon.

Dave took us behind the scenes of putting on a marathon, suiting the event to the resources available, the attention to detail and the training of the volunteers. He told us a few stories of what can go wrong at the last minute – but how good planning and resourceful, well-trained volunteers can ensure no disruption to the runners' day. I particularly liked his story of the leading Olympic wheelchair athlete hitting 70km/h and overtaking the organiser's heavily-laden van.

The **President's Award for Excellence** went to Keith and Margaret White for their many years of putting on Striders events. We are always very grateful for their throwing open their Lower Fort Street home to fifty-odd sweaty runners at the SMH Half Marathon. "Trust the Sydney Striders to have their club-house next to the start-line", one jealous runner from another club was heard to remark.

A further award of a trophy was made to Kirsten Themsen for 2001's fastest Masters Marathon with her 3:59:59 in Copenhagen. The award should have been presented to Kirsten at the Xmas Awards Brunch but owing to an administrative mix-up went to the (surprised) second fastest in the category.



Kirsten Themsen receives the 2001 Masters Marathon Award

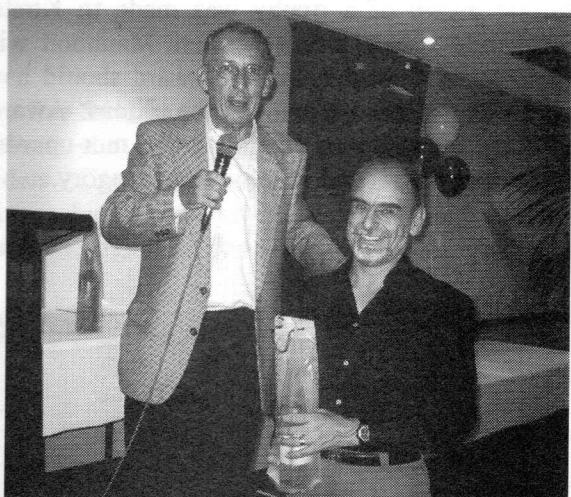
Michael Bailey awarded the prizes for the **St Henri Challenge** - a fun competition introduced for the 2001 Club Marathon Championship and repeated for this year's event which was held at the Canberra Marathon on April 14th. Let Michael explain.....

The idea is to guess our finishing time in the marathon - closest wins, simple as that!

As debut marathon runners have little idea how fast they will run, one prize is offered for debut runners and one for those who had run a marathon previously. 'Debut Prize' went to Jim Moody who ran within 1min 17seconds of his estimate, the 'Experienced Runner Prize' to Tina Campbell who ran within 8 seconds of her estimate! The winners were presented with their bottles of 1997 St Henri Shiraz.....(cont).



Striders sit back to listen to Dave Cundy



I always said Michael Bailey was head and shoulders above other runners! James Moody receives the 'St. Henri Challenge' award

A few people however did try to rot the system but the system was foolproof! Certain gun runners who shall remain nameless estimated times for themselves which were far in excess of any reasonable guess. It was only when they learned that the Club's chief spy/adjudicator would be positioned close to the finishing chute and watching specifically for this disgraceful skulduggery that they decided to play the game. The under-over agent was looking out for any Striders apparently hovering in the chute studiously looking at their watches before quite coincidentally crossing the finishing line in exactly their predicted times.

Finally, Jim Screen gave everyone's thanks to George Herisson for his organisation of the event.



An endurance trio – L to R, Ironman regulars Mark Fiore and Gary Leahey with ultra-runner Jonathan Worswick

Volunteers

To operate, the Sydney Striders requires:

- 14 Committee Members
- 32 STaR hosts (some host twice a year)
- 32 x 7am hosts (ditto)
- 144 (12 per event x 12 events) timekeepers, marshals and entry registrars for 10k Series, Internal Half, Equaliser.
- 3 French hens, 2 turtle-doves.....

Total 222 bodies to find from a current financial membership of 304.

There was a question on the renewal form about which area you would help out with in 2002 – 7am STaR Hosting, 10k Race assistance, or Equaliser or Internal Half. Thank-you to the 78 who answered, especially the 16 who ticked more than one area.

What question? Ah yes, if you are on a two-year membership or a new member you would not have got the question but feel free to respond now.

Didn't tick a box? You don't think you have enough experience to do the jobs? You're going to fit it in to your 2002 race program - which wasn't finalised at that time? You'll help out with the 10k Series when you get your annual injury? You're already running your local Little Aths and Scout Troop on your own and sent out a similar message yourself last week!

Hopefully you get something out of Striders and we just need everyone to contribute on one day. You may not have to give up your own training – it is possible to take registrations and then race 10k or you could time your 7am hosting for your post-marathon recovery weeks.

The jobs are not hard - race marshalling only involves standing and pointing. Please don't get to the end of the year and find you haven't helped the running community.

The major volunteer requirements are for the 10k Series and 7am Hosting. (The volunteer list for the Internal Half looked good and the Equaliser only needs another half dozen).

The 10k Race Director and Calendar Manager shouldn't have to appeal several times for volunteers and end up accepting offers from Striders who already host StaRs or have done the job more than once already in the year.

ED.

SIX FOOT TRACK 2nd March 2002



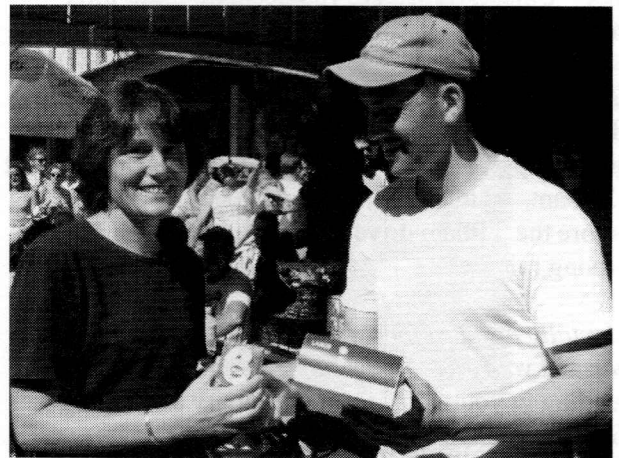
The start of the 2002 Six Foot Track (at far left wearing No.9 is Randy Brophy)

Pl	Name	H.mm.ss	
1	Jonathan Worswick	4.00.08	10 th overall
2	Greg Donovan	4.07.42	2 nd 40+/12 th overall
3	Randall Brophy	4.12.13	3 rd 40+/13 th overall
4	Martin Fryer	4.19.26	
5	Kelvin Marshall	4.25.05	
6	Dawn Tiller	4.29.05	Winner
7	David Clear	4.29.27	
8	Bruce Inglis	4.34.01	
9	Alexandra Dunn	4.36.51	2 nd overall/1 st 40+
10	Stephen Urwin	4.38.54	
11	Chris Thompson	4.44.52	
12	Gary Aitkenhead	4.49.45	
13	Sean Greenhill	4.50.41	
14	Joel Mackay	4.54.06	
15	Adrian Spragg	4.56.13	
16	George Lisson	4.58.36	
17	Philip Hugill	5.00.56	
18	Neil Barker	5.06.06	
19	Barry Rutter	5.10.38	
20	Paula McGee	5.13.30	
21	David King	5.14.21	
22	Tracey Love	5.14.43	
23	Mike Hansen	5.14.44	
24	Ralph Melano	5.15.39	
25	Joshua Burns	5.18.33	
26	Tania Newsome	5.20.58	
27	Keith Bateman	5.25.12	
28	Simon Riordan	5.27.32	
29	Graham Willis	5.27.51	
30	Robin Cameron	5.27.53	
31	David Loader	5.31.09	
32	Iain Martin	5.36.10	
33	Joe Degabriele	5.42.09	
34	Dennis Nel	5.43.06	

35	Rod Lovel	5.46.20
36	Stephen Jackson	5.47.12
37	Grahame Murphy	5.47.12
38	David Lancaster	5.49.05
39	Andrew Bryan	5.49.11
40	Joanne Barton	5.51.27
41	Keith White	5.53.44
42	Kevin O'Kane	5.54.54
43	Robert Inglis	6.01.37
44	Tina Campbell	6.03.20
45	Roger Rigby	6.04.14
46	Darryl Chrisp	6.06.37
47	Simon Kent-Jones	6.09.30
48	Darren Goodsir	6.09.39
49	Michael Bailey	6.17.27
50	Allison Lilley	6.22.26
51	Heather Forster	6.23.06
52	Steven Norden	6.24.44
53	Robi Russell	6.29.17
54	Dick Bartlett	6.37.10
55	Jon Patrick	6.41.18
56	Michael Christie	6.47.37

Top runs from first Strider home Jonathan and place-getters Dawn, Xandra, Greg and Randy. Stephen Urwin spoke for many Striders in hailing the 'stupendous' organisation by Race Director Kevin Tiller. There were many other favourable comments in the same vein. And not just the organisation on the day – there was an excellent website and Kev's regular email bulletins in the months before the event.

Six Foot Track Buckles (6 runs) went to Gary Aitkenhead, Dick Bartlett, Martin Fryer, Dawn Tiller and Jonathan Worswick.



Xandra Dunn receives award as first 40+ woman (also 2nd woman overall)

Rules? What Rules

by Kevin O'Kane

I always used to say to the MTG that there are certain rules that govern how you approach the marathon. So, in the Canberra Marathon, I had an opportunity to test this approach – in reverse. What would happen if one broke all the rules at the same time?

Build up training gradually, increasing distance by no more than 10% a week. A January start to the marathon preparation, the weekly k's for the month being 0, 0, 35, and 95.

Aim for one race only, so that your focus is not distracted. So I ran my best 6 Foot Track a few weeks before Canberra.

Get down to your fighting weight? Which this year was 7 or 8 kilograms heavier than last year's.

Care for your health. Surprisingly suffering from a virus after 6 Foot Track and another no sleep week, I feel really ill one Saturday. Naturally, the next day I ran a 37k training run starting at 5.00am. I did go and see a doctor, although it might have been a couple of sniffing and croaking weeks later. He said to have a week off, but 95k's near a marathon is almost a week off, anyway. Wonder why my training was so bad?

Work on your flexibility. Having had most trouble in marathons when I tighten up, a couple of weeks of busy work helped me to forget stretching completely. I remembered just in time for a ten second quad stretch after the three hour drive.

Taper gradually over two or three weeks before the race. Unless, of course, you need the miles after three weeks' lousy training with that bug.

Get plenty of rest and relaxation the day before? How about a combined engagement and twenty first birthday party on the Saturday night, arriving home at 12.30am. Followed by almost two hours' sleep, before the 3.00am drive to Canberra through fog and driving rain.

Mentally prepare for the run and visualising the key parts of your race. This probably means more than sending in your entry form in January and telling Graham Willis I'm going to beat him.

Eat a high carbohydrate diet for 3 days before the marathon. There were carbohydrates on Friday's pizza and anyway alcohol is a sort of carbohydrate. And the roast beef went better with Saturday night's house red than boring old pasta.

Arrive a couple of days early, to acclimatise and get over the trip. Well, I was there by 6.15am.

Don't wear any new clothing. Apart from a new pair of my favourite brand of socks which I found on Saturday. How was I to know the elastic was gone until they bunched up at halfway? Blisters heal, anyway.

Select a realistic pace. Maybe five minutes slower for the first half than last year's fastest time for 14 years was a little optimistic in the circumstances.

Be flexible if conditions dictate it. I wonder if just swearing at the pelting rain, but not changing pace, counts as flexibility. I did use a wide variety of phrases.

The marathon is something of an untamed beast, and you can never be sure that you will achieve the result you deserve, even if you do everything right. In Canberra, however, I had nothing to worry about. I got what I deserved all right. After 15 years of trying since my dismal 4.17 in 1987, I finally have a new Personal Worst of 4.28, only about an hour slower than last year. Just shows you the benefit of knowing the rules. How else could you break them all simultaneously?

And to think we took this man's advice once !! Ed



'At least Whitfield's not running!' K O'K before the Canberra start

SYDNEY STRIDERS MARATHON CHAMPIONSHIP 2002 - CANBERRA

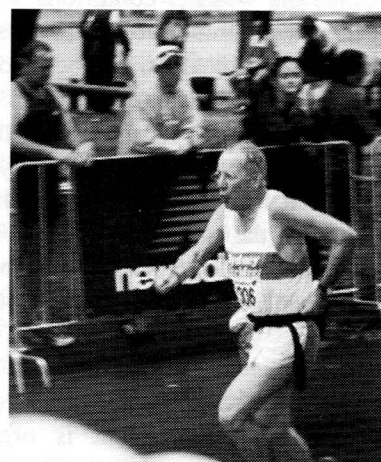


Team photo before the start

Place	Name	H.mm.ss	50km
1	Greg Donovan	2.55.04	
2	Jonathan Worswick	2.56.13	3.30.11 (5 th)
3	Sean Ryan	2.58.31	
4	Stephen Jackson	3.08.21	
5	John Van Yzendoorn	3.08.46	
6	Dawn Tiller	3.14.08	
7	Philip Hugill	3.14.08	
8	Paul Jackson	3.14.10	
9	Barry Rutter	3.18.28	
10	Grahame Murphy	3.19.21	
11	Pierre van Heerden	3.20.28	4.04.59
12	Peter Woods	3.21.37	
13	Mike Hansen	3.26.29	
14	Mark Davis	3.28.57	
15	Ralph Melano	3.31.04	
16	Michael Sharp	3.31.16	
17	Tracey Love	3.34.27	
18	Estelle Visser	3.35.03	
19	Joanne Barton	3.36.29	
20	Jose Vilar	3.37.46	
21	Graham Willis	3.42.19	
22	Jon Patrick	3.42.42	4.25.29
23	Heiko Schaefer	3.43.16	
24	Mahmoud El-Khansa	3.44.42	
25	Dennis Nel	3.45.25	4.38.22
26	Tina Campbell	3.48.11	
27	David Lancaster	3.48.38	
28	William Kimber	3.50.44	
29	Charles King	3.51.12	
30	Darren Goodsir	3.51.41	
31	Joe Degabriele	3.54.21	
32	Peter Grunfeld	3.54.43	
33	Heather Forster	3.57.50	

34	Steven Norden	3.58.05	
35	Kirsten Themsen	3.58.17	
36	Ken Harris	4.00.39	
37	Rachele Lazzara	4.06.15	
38	Michael Bailey	4.06.52	
39	Dick Bartlett	4.08.06	4.54.57
40	Ian Singer	4.09.26	
41	Sarah Brown	4.13.28	
42	Wylie Breckenridge	4.13.51	4.58.28
43	Eliza Rayward	4.15.28	
44	James Moody	4.18.43	
45	Ruth McColl	4.19.33	
46	Jenny Ferber	4.19.41	
47	Victoria Pilkerton	4.20.01	
48	Duncan Scott	4.22.26	
49	Michael Johnstone	4.23.01	
50	Jeff Morunga	4.25.55	5.27.13
51	Gill Cavenagh	4.27.21	
52	Kevin O'Kane	4.28.08	
53	Lisa Gallate	4.29.18	
54	Allison Lilley	4.30.24	
55	Frances Brown	4.33.00	
56	Kevin Tiller	4.34.25	
57	Ian Walker	4.39.31	
58	Mercy Samia	4.52.01	
59	Frank Dearn	5.01.07	

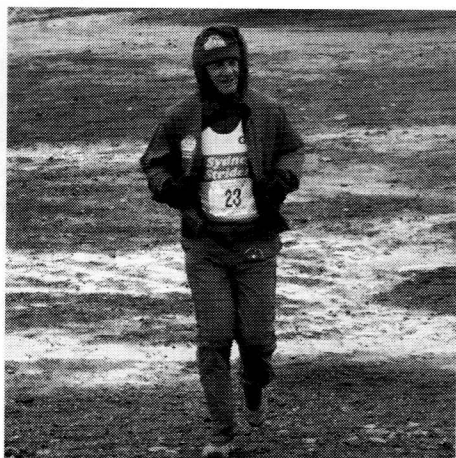
Congratulations to first-time marathoners Jim Moody, Rachele Lazzara, Allison Lilley, Lisa Gillate, David Lancaster, Frances Brown, Gill Cavenagh, Vicky Pilkerton, Megan Mead, Jenny Ferber.



Michael Bailey, MTG Coordinator, storms home at Canberra. He looks determined enough to run through a brick wall !

ANTARCTICA MARATHON 2002

By Alf Field



Alf at the finish

For someone wishing to run a marathon on all seven continents, the Antarctica Marathon is a "must" as it is the only marathon on the seventh continent. I was also motivated by concern that marathons requiring a high level of organisation sometimes have continuity problems. Better do it while it is still there.

I tried to enter the 2001 event but it was already fully booked and they were not even taking names for the waiting list. So 18 months ago I paid my deposit and was accepted for the 2002 running of the Antarctica Marathon. As far as I know, I am the first Sydney Strider to attempt this marathon, an event that had only taken place on five previous occasions.

Missing the 2001 trip turned out to be a blessing in disguise because the weather conditions were so bad in 2001 that they were unable to get anyone on shore. Transport from the ship is by rubber Zodiacs that have to be loaded from the end of the gangway. When the waves are big, it is impossible to keep the Zodiacs level with the end of the gangway and is an extremely dangerous manoeuvre in those near freezing waters. So the attempt to run on shore was abandoned and they sailed south to find a calm bay where the race was held on board ship. Four hundred times around the deck equalled the marathon distance!

I should mention that this event is organised by Marathon Tours of Boston USA. They charter a Russian ice-strengthened research vessel that sails from the port of Ushuaia at the southernmost tip of Argentina. The number of runners is limited to the berths available on the ship (about 100) hence the

problem of getting into the field. The round trip from Ushuaia takes 13 days.

The first two days of the voyage is across the much-feared Drake Passage to the Shetland Islands just off the Antarctica Peninsula. The marathon is run on King George Island where a number of countries have research stations, which is the first port of call to drop off the organising team who were given the task of marking out the course.

Next day, while the course was being set up, we sailed to Deception Island for a visit. Overnight we sailed back to King George Island for the marathon the next day. I admit to being scared witless. I had no idea what to expect. What if there was a "white-out" making the course markers invisible? What should I wear? I had never run in such extreme weather conditions.

The following is an extract from the journal that I kept during the voyage for the day of the marathon:

Saturday 2 March

Day 6. Race day! I wake at 5.15am. Wind is howling outside and the swell is big, possibly too big to get the Zodiacs away. Fortunately in Maxwell Bay, near the Russian base, there is a lee shore and the swell is small enough to get us ashore. Conditions are abysmal. A 35-40 knot gale is blowing out of the east, it is snowing and the gauge on the Bridge says the temperature is -0.6C. With the wind chill factor it must be much, much lower. Don't know what to wear. Never run in such extreme conditions. Decide to don all the cold weather gear that I have. Thermals, two tights and wind-cheater trousers on my legs. Upper body: thermals, polypropylene top, two long-sleeved winter running tops, my Sydney Striders' running singlet and a waterproof, windproof running top with a hood. Plus gloves and polypropylene headgear. An ATV (All Terrain Vehicle) has broken an axle and water cannot be transported to the first drink stop, which is also the 2nd, 7th and 8th drink stop. We carry our own supplies for the first 4km to the drink station. I have a 2-litre bottle to carry. Race starts on a rutted, muddy track directly into the teeth of the wind. Soon hit the hills. The Striders' hill scale runs from 0-5. This is a 15! After a couple of kms the water is dragging my arm off. Glad to get to the drink station to drop it off. It is

on a rocky, pebble beach that we have to traverse. Scared that my water will freeze so put my bottle in the lee of a large piece of driftwood. After the beach comes the glacier. Ascend in a northerly direction. Wind from right to left now. Snow is blowing horizontally across the glacier. It was checked to be crevasse free yesterday. Very steep climb. Similar or worse than Pluviometer hill in the Six Foot Track. Goes on endlessly. Shocked to find I have done only 5.6km in the first hour. Able to run down the glacier by avoiding bare icy patches. Good grip on the hardened snowy sections. Make better progress with tail wind and no bottle to carry. Starting to get concerned that I might not make the three and a half hour cut off at half way. Difficult to stride out properly with all the gear that I am wearing. Have to regulate speed so as not to overheat and perspire too much. Water at drink station is very cold, not far off freezing. Difficult to drink. Get back to the start (11.2k) in 1.45. Cut off time looks too close for comfort. Knee hurting, take pain tablet. Second loop is out to the Chinese "Great Wall of China" base. Still undulating but not as bad as the first loop and no glacier. Make much better time. Reach halfway in 2.57, comfortably inside the cut-off. Can now take it easy and smell the penguins. Start/Finish/Halfway is at the Russian base. The muddy road we follow leads out to the Uruguayan base through scenically beautiful but desolate countryside. This is real Antarctica, man. The Uruguayans are out in force (three people) to cheer us on. Thence onto the pebble beach and finally the glacier for the second time. Stopped snowing and the wind speed perceptively lower. Awesome view from the top. Get a little bit off course at the foot of the glacier and am into some mud. Start sinking. Do a sort of wheel-spin and manage to get one foot onto some rock and extricate myself. Quicksand. Forgot about it. In yesterday's briefing we were warned about it. One of the guys marking the course got stuck in it. They got him out but his boots are still in there. After 4 hours don't notice my knee hurting anymore. Too many other aches and pains. My new zip-up waterproof Nike shoes are fantastic. Kept my feet warm and dry throughout. Ideal for wet, cold events. Know that I have it licked now, so do plenty of walking and absorb the scene and atmosphere. Take a few photos. Finish in 6.24. HEY, I DID IT! By the time we get back to the ship the wind has dropped completely and the sun comes out. Everyone on a big high at dinner. Winner's time

4.09. Only first four under 4.30. Gives some idea of degree of difficulty. 85 people started the marathon and 84 finished. I am 3rd in age group (out of 13). Over 60 winner is a Russian in 5.19. This is really the gathering of the crazies. Sign on a guy's shirt reads: "A 26.2 mile Marathon in all 50 states of the USA and D.C. plus all 13 Canadian Provinces" and underneath in red letters: **TWO TIMES**. He has completed 174 marathons. The doyen is Ray Schoenenberg from the USA who has done 433 marathons but failed to make it 434 this time, being the only DNF. (Injuries.)

Prince of the crazies for my money is Peter Ferris from Northern Island who looks younger than his 46 years. The Antarctica Marathon was his 100th marathon **run in the same pair of shoes!** Saucony Grids; he only used them for marathons. I have photographs showing holes in the heels and virtually no tread. How did he get up and down the glacier? His feet must have been nearly frozen. Said his shoes **and** socks came off twice during the race. He was 4th in 4.31. Has been running for 20 years and has a total of 207 standard marathons (PB 2.47) plus assorted ultras. Obvious questions: Money? Family? Injuries? Works at the University in Belfast helping students with computers. Relies on sponsors for the costlier events. Clark Shoes funded his trip to Antarctica. What had he done for Clark's? He ran the Marathon de Sables, a series of marathons and double marathons on consecutive days through the Sahara desert, **in a pair of Clark's open sandals!** Family? Peter has been happily married for 22 years and has two children. Says that his wife is very supportive of what he does. Injuries? Claims to have had no running injuries but had an appendix operation five weeks before the Antarctica Marathon. Doctor said not to run for eight weeks, so Peter didn't train during the month before Antarctica. Plenty of other amazing stories. With my total of 107 marathons and ultras, I barely scrape into the "Novice" category in this company. And there is a whole group of young crazies coming along. Five people chose to do Antarctica as their first ever marathon. With a start like that, just imagine what they will eventually achieve!

On the return trip across Drake Passage I typed the following:

I am struggling to find the words to describe this incredible and unusual trip to Antarctica that I have

just experienced. The Drake Passage from Cape Horn to the South Shetland Islands has been extremely rough all season. The crew said that during the first crossing of the season the troughs were 25 meters deep and didn't improve much after that. Yet on our outward trip the Drake was like a millpond. The wind did not get above five knots for the entire two days of the crossing. We are now 75% of the way through our return crossing and it has been equally smooth. The crew cannot believe it! Generally the weather has been very good. Ironically, the only day of really foul weather was the day of the marathon. Perhaps that is as it should be. The images of our final day on the Antarctica continent will remain with me forever. It was a brilliantly sunny, windless day. The vessel was anchored in a channel near Danco Island and was surrounded by huge snow capped mountains rising straight out of the water. The water was glassy and crystal clear, as was the air. Several penguin rookeries were nearby. There were masses of small icebergs and ice floes in the channel, shimmering blue in the sunlight, many of them covered with huge crabeater seals. It seemed like some special blessing was being bestowed on us. The crew, for whom it was the last day in Antarctica of their last cruise of the season, were also moved by it. Even the animals seemed to respond to this special day. There was a school of Minkie whales that breached and frolicked around. The Nature experts on the crew had never seen or heard of behaviour like this. Minkies are normally very shy and scurry away. It is calculated that throughout history not many more than 100,000 people have set foot on Antarctica and certainly fewer than 500 have ever run a marathon there. I feel humble - and privileged - to be one of those people.

Roll of Honour

Congratulations on Striders membership for :

15years	
John Ayliffe	David Sill
10 years	
Geoff Caban	Derek Smith
5 years	
Lynn Herisson	Jenny Truscott
Brian Grant	Tim Austin
Gary Aitkenhead	Jacques Laurent
Ross Sinclair	Carol Taylor
Dan Leavy	Paula Leavy
Charles King	Dean Degan
Pamela Scott	

SMH Half Marathon

Once again Keith and Margaret White have kindly offered their home at 37, Lower Fort Street as Striders Base before and after the race. You can leave your gear, experience the shortest loo queues and get a top STaR breakfast there afterwards. But please leave adequate time to get round to the start line as joining from the front five minutes before the start ain't allowed.

Entries closed early again this year on 28th March when the field reached 4000. Unfortunately the organisers are not operating the transfer service this year which allowed injured runners to transfer their number to a needy numberless runner. Kevin Tiller drew our attention to a statement from Jenny Barker, the race organiser: "Please be advised that the Sydney Morning Herald Half Marathon will not be transferring race details. We would caution that you face disqualification from future events and the worst scenario is you risk the future of the event."

There was some discussion in the LiSSt about enlarging the event with one Strider pointing out that the Bolder Boulder in Colorado copes with 45,000 runners in 68 separate time-seeded waves. Another noted that the SMH Half being run in the CBD limits the disruption a race can cause, that the limit on field size comes from the police and that the only solution would be a change of venue. I'm not sure that with the time cut-off preventing waves of runners, the present course can take any more bodies. - looks pretty packed going down to Mrs. Macquaries's Chair. Why start in the dangerous bottleneck of Lower Fort St. when there is four-lane Hickson Rd below? Does the limited entry and packed start make this a good Super Series event? What do other Striders think?

(Also see the coolrunning website for a good, wide-ranging debate around the whole subject). ED

Hatch, Match and Dispatch

Phil and Sally Boswell wish to announce the birth of daughter Sophie Lyn on 23rd February. The proud father is hoping to appear at the May 10k.

Correction - Striders Training Groups

The Wahroonga Wanderers run on Thursday 5.30am, not Wednesday as stated in last Blister. Contact is Richard Briscoe, 9487-5862 (h).

To Run or Not to Run...That is the Question!

By Jo Cowan



Many women are in a quandary as to whether they should run during pregnancy. I was asked to share my experiences and feelings with you.

I found out I was three weeks pregnant after running the Canberra Marathon in April 1995. I had just run 2:41 in howling winds and was the fittest I had been. I couldn't run any harder. I was very concerned when I found out I was pregnant, however my doctor put my mind at rest and said the baby would be okay and of course she was.

Should I continue to run? What should I do? I had always run and all the books that I had read, which include a section in Robert De Castella's book (which was my running bible) stated that it was okay, if you had previously been a runner.

I have a lot of running friends, all of whom ran right up to 7 months and some even longer (Dawn Tiller) and had no problems, so I kept on running. In the early months I still ran twice a day, keeping up my track training twice a week. I remember John Atterton, my coach saying, "You will have this baby on the track" I guess I just felt great and believe it or not still ran a PB 300m of 49 secs at 3 months pregnant.

Now I don't suggest this for everyone. The key to running when you are pregnant is...what works for you! I learnt to listen to my body more than ever. If I felt tired, I did not run. If I felt great I did what suited me. So the advice that I can give to any of you thinking about running and pregnancy, is do what suits you. Read up about it...there is lots of advice in books, ask other female runners and talk to your obstetrician. They know best!

When did I stop running? The day before Nicola was born...however Nicola was 7 weeks premature, as I caught an infection. I was at that stage mainly swimming, as I found running and my bladder control not a good combination...never did recover from all that loo stopping...just ask the boys in the 6.20am group!

I must comment that nothing prepared me better for birth than running. You have your own marathon at birth and my running gave me the stamina and the mental strength to cope with it beautifully. Jim, my husband, was astounded how quickly I recovered afterwards.

Another exciting point is that I gave birth to a very fit preemie baby. Nicola was well covered with fat, had a very low resting heart rate, the same as I did and was only in hospital due to her weight and inability to suck at an early age.

I hope this helps you with your decision. Running is wonderful but always remember, you are growing a special new person inside and never compromise their health during this very special time. Listen to your body and seek the right advice! Thanks for reading this.

****By the way there is a great article in this month's Runners World on running Mum's and what they did after they gave birth. I did try to run about a week after and decided that another three weeks on a rowing machine would be better!**

So John Attwood reckoned Jo would give birth on the track eh? The Bondi Lifesaver looked a good bet at one stage! John Hamilton and myself still have vivid memories of Jo's last STaR before the birth. Ed

Forster Ironman

Roger Casey, 10.13.02, 199th overall
Elizabeth Edmonds, 10.45.58, 403rd overall
David Clear, 11.10.15, 550th overall
Gary Leahey, 11.15.52, 579th overall
Mark Fiore, 11.22.36, 632nd overall
Gary Aitkenhead, 12.25.53, 976th overall
Brenda Hamill, 13.31.36, 1179th and age group winner.

Lost Long Runs

by Kevin O'Kane

[Another in our series of retrospective articles.]

It's said that we always misread the pace of change. We overestimate how much will happen in two years, and underestimate the amount which will happen in five years. So how about 22 years back?

Before the City to Surf, Australian distance running (anything over 1500 metres) was for the elite only. As in the USA, the late 70s saw a proliferation of running clubs, community runs etc. By 1980, many runners were seeking something more.

The running world of 1980 was about to enter what in hindsight was our "golden age" of marathoning. I've set out to let you know about (or remember) a few of the runs which came and went so quickly over the last 20 years. I can't say the list is exhaustive, or that I have everything right, particularly the years. They're gone now, but not (completely) forgotten.

Just as the past is a foreign country, so the running landscape of the 1980s is unrecognisable to today's new runners. In the halcyon "Life, be in it" days of the early 80s, the police, government and the community saw the promotion of physical fitness as a plus for society. Weird indeed it now seems in these times of user pays, a horn-blasting public, multiple permits and uninsurable risks.

Avon Women's Marathon 1979 to 1981 (May)

This run was part of Avon's ambitious but ultimately premature attempt to kick start women's marathoning. The course was on the Harbord Diggers Marathon course, from Manly to Bayview.

Today's female runners might find it hard to believe that there was no Olympic Marathon (or indeed any distance race) at the Olympics until 1984, because it was argued that women were not able to cope physically with the distances. That didn't stop the pioneers, like original Strider Sue Hill and the Avon people who had the rather odd idea that women could run further than 400 metres. Anyway, the Sydney run disappeared because of the economics of trying to run a race on Sydney roads with 40 runners. Avon hung on in name only as part of the Canberra Marathon for a little longer.

NSW State Marathon 1980 to 1984 (June)

In the early days of Striders, this event was the marathon most run by members. Legend has it that it was dissatisfaction with the organisation of the 1980 version of this run which provided the impetus for the formation of Sydney Striders. In the infancy of the marathon boom, the fun run formula of a few marshals, a drink stop and a start/finish line was what we got. The course was in the Holsworthy area, and was flat and uninteresting, although potentially quick. It achieved more success for a time when it moved east and became the Anzac Day Marathon from 1985 on.

Harbord Diggers Marathon 1979 to 1983 (May)

While I was stuffing down Kentucky Fried Chicken, complete with, as my father put it, eleven different oils and greases, one day in April, 1980, my life changed. There was a flyer in the store for "The Colonel's Marathon" to be run by Harbord Diggers a month later. It did not seem incongruous then to associate fast food and marathons. Running guru Jim Fixx, in "The Complete Book of Running" promulgated the theory that all we had to do was to run a marathon, and we would be immune from heart disease. We only worried about diet after he died from a heart attack. As I had always run the 14km City to Surf (my longest ever run to that point) on a month's training, I thought "Why not? I've still got a month." The answer to that question came to me during the 90 minutes it took me to run the last 10 kms. Runners wound their way from Manly to and from Bayview (in later runs Mona Vale) with cheerful if sparse support from spectators. The run was well organised by the enthusiastic Harbord Diggers, and was quite successful over a few years until it was killed off by the 1983 Wang juggernaut.

Lake Gillawarna Marathon 1980 to 1986 (August)

This marathon was run in conjunction with a half marathon. Originally, marathoners outnumbered the wimps doing the Half by 3 to 1, and those pulling out had to be ferried across a lake by boat. In later years, it was a two lap course, and one had an easy option to pull out at halfway, or continuing on with

the full one. The temptation was way too strong for most, with the Half usually much more popular. This run was a great example of a local Club running a successful low-key event, with the Western Districts members really turning on the support, particularly for Striders. The course was in and about the Lake Gillawarna area, at Georges Hall, mainly on roads, although there were some sections of dirt track. At least it was a fairly flat course, rare for Sydney. It was probably a bit too much work for the numbers competing, particularly when the Club already had a successful 10k series.

Palm Beach to Manly 30k (Winter) 1981 to 1986 (June)

Those bemoaning the loss of the year's opening fixture this year might be surprised to learn that there used to be two such runs a year. The Manly Daily "Giant Jog" was the longest of a series of simultaneous races over varying distances, all finishing at Manly, but mercifully not at the same time. The Sydney Marathon/10k organisers should have the same foresight. If you think it's tough at Palm Beach in January, you should try standing around in a dark June dawn. Brrrrrrrr. The point to point courses should have made for easy organisation. However, they vanished.

Campbelltown Marathon 1982 to 1986 (July)

The organisers of this one had the idea of a rustic country marathon just outside the suburban belt. It was certainly rustic. The "delightfully rural scent of cow dung", as Derek White put it, pursued the field past the milking sheds, and the attacks of the local birdlife added an amusing touch, as long as it was someone else. A special touch was the very steep 400 metre hill at about the 36k mark. The organisation was friendly and personal – there weren't enough runners to be anything else. If a runner comes along only every five minutes or so, you have time to be friendly. In the years when it followed a few weeks after the Wang, the contrast was striking. Although it was described by Striders at the time as a cult run, numbers were always too low to sustain it in the long term.

Sydney Striders Half Marathon 1982 to 1992 (March)

New Striders may only be dimly aware, if at all, that our Club was once renowned for the quality of the organisation of its Half Marathon in and around Lane Cove River Park. Without exaggeration,

it marked the first professionally organised distance run in Sydney. Like many others, I ultimately joined Striders because of this event. After the first event in 1982, I was so impressed that I wrote and congratulated the Club on the first event I had run which was clearly organised 'by runners, for runners'. I thought this summed up the event in a nutshell. Someone agreed, as the phrase turned up in the publicity or the next event. In its peak year, 1985, there were 1497 finishers. Unfortunately, the race fell victim to the loss of interest in long races in the early 1990s, and numbers continued to fall, no matter how well it was organised. The M2 construction through the middle of the course provided a convenient full stop to the event.

City of Sydney Half Marathon 1985 to 1986 (May)

A race around the city and east which started with good numbers and enthusiasm, but quickly petered out. There was a lot of competition at the time, including the big Striders run a few weeks earlier, and the Wang a month later. The later version of this race was one of the earliest attempts by a professional organisation (AZMAK) to conduct a distance run in Sydney. They moved back to shorter runs after that.

Cooranbong Half Marathon 1983 to 1984 (April)

A few Striders fronted up in 1983 to Cooranbong, near the Central Coast in 1983, and returned with glowing reports of the course and the organisation. The race headed out of the town and along an undulating course through the countryside. The grapevine worked, and a blitz of Striders arrived in 1984. For whatever reason, that was it, and many Striders were saddened.

Sydney Marathon Version 1 1982 to 1984 (September)

This run from the Opera House was billed as a showcase for the city and Sydney's tourist spots, particularly in the east. In its first year, a couple of ks were cut during the race because of traffic congestion around Moore Park. Rumours also abounded that the course in later years was short, this being only one of many courses which were suspect as to the exact distance. As a result, those who managed to run PB's (or their only marathon) had to face that fact that their races might not be counted as a full marathon. The "organisation", as with many runs at the time, was

patchy, with shortages of marshals at intersections, and distance markers only every 5ks, and then they were wrong. The later stages followed the first part of the City to Surf in reverse. You'd have to like hills. The run was "suspended" due to work at the Opera House, and, not unexpectedly, never returned.

Do it Yourself Nocturnal Marathon (December)

This would have to be the weirdest of marathons. You showed up at midnight, deep in a dark Canberra December, then ran 13 laps of a 2 mile course (one mile out, one mile back), providing all of your own support. There was a groin high concrete post in the middle of the course. Organiser Brian Lenton was quoted as saying "run to that chair over there and back to make up the extra 385 yards" (runners talked in miles and yards then). That probably sums up the race. They even had wheelchair competitors, which must have made it interesting on the short loops with runners scattered everywhere in the dark. Noel Barton described race tactics thus "Run like blazes, dodge the other runners, make frantic movements every now and then to avoid the wheelie and hope the post doesn't move". Not many finishers, and not many PB's resulted. If you thought that it required mental toughness to do a second loop when you have a chance to pull out halfway, imagine what it was like to have 13 such opportunities.

Australian Marathon 1983 to 1987 (June)

Big time marathoning hit Sydney with the large scale Wang Australian Marathon in 1983, known universally as the Wang, although the sponsor only lasted 3 years. It had glossy books, international stars, live television coverage and blanket publicity. The first run attracted about 5,000 entrants, and there was talk of a 10,000 limit for 1984. This proved



Frank Gallagher leads Alex Hamill and Graham Butler in the 1986 Wang

wishful thinking, and the numbers and the quality of the race gradually fell off. Striders interest peaked in 1984, with just over 100 members finishing the race, a record which lasted until the 2000 Host City Marathon on the Olympic course.

By 1987, Wang was long gone, and the race that year was held in miserable rain, badly disrupting the television coverage. The television expert team consisted of Billy J. Smith, the rotund compere of "It's a Knockout", the sprinter Raelene Boyle, and a rugby league player out on the course. Predictably, they stuffed up, with Ms. Boyle's hysterical complaints about "pacing" causing women's winner Tani Ruckle to be unfairly disqualified for being paced, because a publicity seeking male ran with her for part of the race to get his face on TV. Fortunately she was reinstated, but the negative publicity was probably a large part of the reason that Channel 10 pulled the plug, and the race was finished.

Unfortunately, by then, many of the smaller runs in the cooler months had been crushed out of existence, and there was no going back.

Bathurst Marathon 1984 to 1999 (July)

Bathurst has a special place in the memory for an earlier generation of Striders, mainly due to Bernie King's rollicking bus trips in the early 1980s and to Phil Garvin's 1986 Club marathon record. It was held in conjunction with a Half Marathon, which still continues. As with Lake Gillawarna and others, the opportunity to stop after 21kms was too strong for most. The marathon was finally canned a couple of years ago, having never achieved large fields, although it was police rules which brought about the end.



Bill Blecha in the 1989 Bathurst Marathon

Anzac Day Marathon 1985 to 1990 (April)

The State Marathon became the Anzac Day Marathon in 1985 and a Half Marathon was added in later years. The race never seemed to quite get on top of the organisation necessary to successfully run a top class event. In its first year, it was held in wet conditions, prompting those manning the completely dry drink stations in the first 15kms to tell the runners that they thought drinks were not necessary because it was wet. It was no better in the Half Marathon. On one occasion, when I ran about 100 minutes, and there was no water or any other fluid until the 19km mark. Pity those who were further back in the field, as it was quite a hot day. I'm told that some managed to run well after breaking into a factory. The marathon course was fairly open, much of it along the side of Botany Bay. The Half was point to point, with predictable transport hassles every year. Because it was held on Anzac Day, spectators were few, and the traffic less patient than for other runs. The April weather always seemed to be wet or hot, both problems for such an exposed course. When the run ended in 1990, it served as a rather sad marker that the marathon boom was dead.

Combination Marathon 1987 to 1989 (August)

In 1987, the organisers of the Campbelltown and Lake Gillawarna Marathons combined their resources for the imaginatively named "Combination Marathon", in conjunction with a Half Marathon. It was run on an open, boring course at Holsworthy, the same course as the old State Marathon. The marriage petered out after a couple of years, and the run vanished from the calendar.

Sydney Marathon Version 2 1995 to 1998 (September)

This attempt to again give Sydney a major marathon was, unfortunately, all too familiar for those who remembered the Anzac Day problems. Numbers were always so low that sponsors were hard to get. There was no television coverage, and the problems with road closures pushed runners into a winding and difficult course through suburbia. The 1997 race was cancelled at short notice, after repeated assurances that it would proceed, and the 1998 race was a return to Anzac Day tradition. A couple of minutes before starting time, the runners were told that there would be a short delay. This continued for almost an hour, as it became clear that those at the start had no idea what was happening. When the runners were finally let loose, the cool early morning

had been wasted, condemning the field to bake in the rapidly warming sun. As the race was on Father's Day (another bright idea), and midday was approaching because of the late start, runners had to run the gauntlet of increasingly irate drivers at the intersections. Unsurprisingly, the race was canned for 1999, and we can only thank Dave Cundy's superbly organised Host City Marathon in 2000 for showing what can be done, but also how hard it is to do it right.

Back to 2002

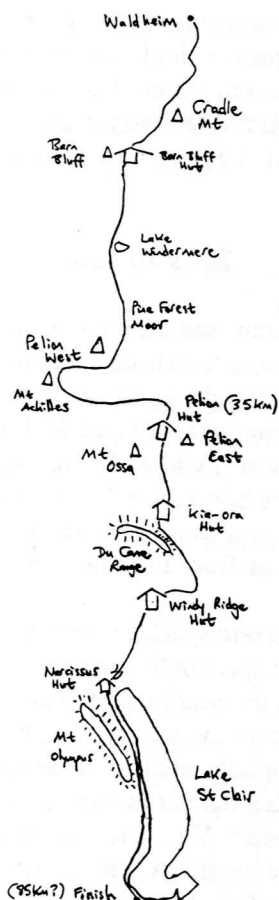
Back in the present, and the small runs have all gone. It's no longer possible to hold a marathon or half with only a couple of hundred people. Society is now all about the big experience, so that the huge races are bursting at the seams while all else withers. In 1984, the Striders marathon survey listed entry fees for a dozen marathons, with all between \$3 and \$10. Now there is no change from \$100.00! And we pay.

An interesting point is that almost all of the 1980s long runs were in the cooler months, May to August, clearly the best time of year in Sydney. It is indicative of how runners' interests have been subverted to big business that we are prepared to tolerate a mid-September marathon, just because it suits the organisers. Who knows how many potential long term marathoners gave it up after the baking heat of the Host City Marathon (no doubt the date in that case was Olympic dictated) or last year's ridiculously late October Sydney Marathon. A perfect example of how today's world works. No competition and you can do what you like. No doubt the more popular shorter events like the City to Surf and the SMH Half Marathon won't move, so that organisers won't run another high profile event in the cooler months. An April City to Surf, May or June Half and July marathon would be ideal for runners, but will never happen.

The new world is not all bad. At the 1982 Harbord Diggers Marathon, seven women finished out of 398 (2.26%). Twenty years later at Canberra, 22.5% of entrants were women. Female finishers in the Striders Half in the 1980s averaged around 10% of the field. In this year's SMH Half, women make up 27%. Also, the joys of participation are much more of an emphasis now than in time obsessed 1980. 3:28 won't leave you the last Strider home in Canberra any more, as I was in 1987. So, as you fork out for the next mega race (if you can get in), perhaps you might pause for just a moment and reflect how we, as runners and a society, got here.

CRADLE MOUNTAIN, TASMANIA, FEB 2002

By Sean Greenhill



Rough sketch map of route from Ed

Probably the oldest trail ultra in Australia, the Cradle Mountain run, traverses the Cradle Mountain - Lake St Clair National Park in Tasmania's glacier-ravaged high country. It follows the historic Overland Track for its full length from Waldheim Chalet in the north to Cynthia Bay Visitors Centre on the shore of Lake St Clair in the south. It can and does snow here in summer; it can also be fiercely hot.

Competitors are limited to 50 and strongly vetted for their suitability to run a full day unsupported in isolated country. There is no vehicular access inside the park; runners must be entirely self sufficient and carry suitable alpine gear; the only aid being at Narcissus Hut, approximately the 67km mark, where some volunteers bring in food on a ferry.

Thanks to the strict qualifying criteria, usually only a couple of runners DNF each year; however last year on a clear day in a drought ridden summer, the temperature hit 37 C and almost half the field, including myself, failed to finish. This year, when

talking to veteran runners, the mere mention of the 2001 race would induce a long intake of breath, and a drawn out "yeah.... last year!"

This year it promised to be different after very high rainfall in the previous few months, including snow on the trail in December. More like the traditional conditions for the Tasmanian high country. I was the only runner from NSW, though I wasn't alone; Canberra-based Strider Martin Fryer had come down to race. Paul Ashton, Race Director of the Wilson's Promontory ultra, was also there. Paul's done this trail quite a few times and is a runner of my own mid-pack skills, so I was anticipating running with him for a good while.

As we drove into the high country, thick mist and fog descended; rather than enjoy views of Cradle Mountain from the road near Daisy Dell, we instead saw vistas of grey and soaked ground on all sides. At the pre-race briefing there was an equipment check to verify we had all the required alpine gear- thermal tops, waterproof jackets, sufficient food, compass, lighter, map etc. Including water, my Karrimor Mountain Marathon pack weighed just over 5 kilos.

Martin and I rose at 3.30 next morning for Bob Richards, former Race Director, to drive us through a light drizzle to Waldheim Chalet for the 6am start. I asked Bob just how long this race was. "I believe it's 85K," he replied, "but we put 80K on the T shirts." Sounds like the 30K runs we do in Sydney Striders that always seem a bit longer than that.

The start was low key - we lined up on duckboard at the trailhead. At 5.58 the front runner started to move. "Have they started?" asked one runner. We all hit our stopwatches and strung out in single file on the duckboard as the drizzle thickened. For the first five minutes we were in strict single file as the duckboard was too narrow for any passing; then we started heading upwards towards Crater Falls and Crater Lake. I was right behind Paul Ashton, who was not having a good day, breathing harshly as we ran up a flight of wooden stairs next to the spectacular falls. At the top of that ridge we ran into thick mist. Normally one could see the valley Crater Lake resides in - sheer rock walls carved out by glaciers. But today we couldn't see the cliffs, we could hardly see the lake itself! The climb resumed, very steep now, hands were required on some of the

steeper rocky sections. I was still right behind Paul; in fact I had trouble seeing as my glasses had fogged up badly in the humidity, so I figured I'd step where Paul's feet stepped.

On this climb to Marion's Lookout, Paul offered to let me (and anyone else) pass; others did, but I felt half an hour into a 53 miler was too soon to be pushing the pace! We reached Marion's Lookout, perched above Crater Lake, to be greeted by more drizzle and mist and a strong wind. I was glad I had my thermal long-sleeve on under my coolmax shirt. Normally at Marion's Lookout you confront, for the first time, the massive blade of shattered dolerite that is Cradle Mountain. Today it was hidden from view. Running on a mixture of rocky trail and duckboard, we reached Kitchen Hut after 50 minutes; right on 13 hour pace. Paul left me behind as the going got much rougher - he moves better on technical surfaces than I. The trail was now going right round the base of Cradle Mountain but there was still nothing to see apart from the rocks underfoot; certainly not the bulk of Barn Bluff, Cradle Mountain's higher sibling, also hidden by the rain and fog.

After about 75 minutes the technical rocks gave way to extended stretches of duckboard, so I ran hard along the rim of Cradle Cirque, dropping away steeply on my left. The winds picked right up and the rain was driven hard against our skin and clothes; we jammed our caps lower on our heads and kept going. I was running with a small group which dropped down steep switchbacks into Waterfall Valley; from here the trail would be a mixture of rocky stuff and duckboards over rolling terrain until hitting Pine Forest Moor, about 8km away. I ran into Windermere Hut to refill bottles from the rainwater tanks after about two and a quarter hours; 17km had passed by. I was now running with Malcolm Strohfeld and one or two others as the trail crossed Pine Forest Moor. The massive cliffs of Mt Pelion West - third highest mountain in Tasmania - were hidden from view on our right by the weather. Last year when passing through here, the cliffs were truly imposing despite being quite some distance away. We dropped steeply to Pelion Creek, climbed up the other side, then began the long descent to Frog Flats.

For me, the Pelion Creek - Pelion Hut section was the worst of the run, as the terrain definitely is not my best and the weather was at its most arduous. I'm not a good downhill runner at all, nor am I any good on technical terrain. This length of trail was covered in tree roots and the rain had turned the earth to mud that I would sink ankle deep in. Was it Dick Bartlett

talked about runner stepping in mud, stepping out and leaving a shoe behind? Malcolm and the other runners passed me as I slogged downhill; on my left was a steep embankment to the Forth River; on my right a steep grade upwards covered in tangled rainforest. But my concentration was pretty much focussed on where my feet were going. It seemed forever before I reached Frog Flats, the lowest point on the course, and turned east towards Pelion Hut. I ate another Powerbar (diet was a combination of Protein Plus Powerbars, mega Kit Kats, and a couple of tubes of condensed milk) and took advantage of my long walking stride to set some pace as the trail - still highly technical and muddy - sloped upwards.

By now it was after 10am and the rain was really coming down. At least it seemed to drive away the fog, because when I reached the clear on the Pelion Plains, I could look into the distance for the first time all day. I arrived at Pelion Hut, the first of two cutoff points, just after 11am and 35K of racing. Volunteers park a car and walk three hours in to ensure everyone comes through before 12pm. Any runners who do miss the cut have a three hour walk out. I was amazed when they told me I was 47th - that was just behind 13 hour pace and I thought I was doing okay. I left quickly, passed two runners just out of the checkpoint, refilled bottles at a creek crossing, then began the climb to Pelion Gap as the sun briefly came out. Not wanting to overheat, I stopped, removed my thermal undershirt, replaced the coolmax shortsleeve, then continued on the long but not especially steep climb (again, over highly technical terrain).

Inevitably, at the top of Pelion Gap - a broad, duckboarded pass between Mt Pelion East and Mt Ossa, Tasmania's highest peak - I met thick mist, rain and powerful cold winds. Mt Ossa was not discernible; Mt Pelion East could be glimpsed occasionally through the clouds. I descended fast down trails that were fairly rough, but nowhere near as difficult as what I had encountered on the north side of the Gap. I passed two runners then jogged into Kia Ora Hut. I was now on about 13 1/2 hour pace, but felt strong, so ran hard from there to Du Cane Hut over better trails.

The 13 hour split times supplied by the race organisers allow for 30 minutes from Kia Ora to Du Cane; I did it in 24. Then I headed into dense forest en route to Du Cane Gap. This trail was also rough and muddy, but I was able to get a good jog-trot going - not as difficult as earlier on. There was some duckboarding over the most difficult areas, but the dominant feature was the darkness from the low,

dense tree canopy. Although the climb to Du Cane Gap wasn't particularly difficult, I passed quite a few runners here, including Paul Ashton. He asked if I could carry him up the hill, I told him to mentally play a few Led Zeppelin songs, that'd keep him going!

Unlike Pelion Gap, Du Cane Gap is densely forested and without significant views, although the Acropolis looms overhead, and the clouds parted occasionally to show up great views of the ancient rock columns that make up its walls. The trail dropped steeply then wound its way through dense forest to the incongruously named Windy Ridge Hut; which lies in the Narcissus River Valley. Another bottle refill from the water tanks and I was on my way, passing two more runners, pushing it as hard as I could.



Different race – same finishing style - Sean crosses the line at Six Foot Track 2002

Mentally the 9km from Windy Ridge to Narcissus was very tough. A twisting trail winding in and out of trees, passing over plenty of waterways, it had a sameness that made it hard to judge one's progress. The sun threatened to emerge briefly, but when I ran into Narcissus the sky had steered over again and the wind had picked up. A few minutes before Narcissus Hut, the trail firms to duckboard and crosses a bridge over the Narcissus River, only a few metres wide. However, this is the main feeder river for Lake St Clair, from which emerges the mighty Derwent River; so to cross the smaller Narcissus is quite a buzz.

"Thank God for the Salvos!" I declared as I ran into Narcissus at 3.42; still on 13 hour pace; I had run strong, but my legs were now feeling a little heavy from the effort since Pelion; and especially since Windy Ridge. Sue Drake gave me coke and fussed over my gear; the wind was really blowing and ice cold, so I donned my long-sleeve thermal again, slipped my coolmax shirt over the top, then left

Narcissus with the possibility of a sub 13 hour finish in the back of my mind.

When leaving Narcissus you actually run away from the Lake briefly, then gradually curve around past a few side trails until you strike the rough stuff that will be yours for the next 16km or so. It drops right to the water's edge, then rises up around the foot of Mt Olympus, crosses plenty of creeks, winds in and out of trees, passes through dense patches of ferns. Around 6K after leaving Narcissus you pass Echo Point Hut. I reached it right on 5pm, still exactly on 13 hour pace. I passed three more runners along this trail, and around 6pm the trail swung around so I could look across and see the boat ramp at Cynthia Bay, right next to the finish. From then that was my focus, when I could afford to lift my concentration from the trail.

At around 6.30pm the forest quickly thinned and the trail began to rise. Down to the left I could see a small beach; I assumed that was the mouth of the Hugel River at Watersmeet, around 10 - 15 minutes from the finish. I ran hard on muddy but smooth trail which, frustratingly, swung away from the shoreline. Where was the damn river crossing? I passed a walker who said the finish was about a mile away; then the trail swung back towards the shore and started to descend. Sprinting, I passed over the bridge at Watersmeet at 6.39pm, turned left and followed a smooth dirt walking path through well groomed trees. I passed several walkers, then rounded a corner and emerged at the Visitor Centre car park. On the far side was the finish; there were plenty of people standing around, including Martin Fryer. In Greg Welch style, I leapt across the finish line with both fists pumping, finishing at 6.48pm, a time of 12 hours 50 minutes.

I had a few minutes to talk to Martin about his impressive 11.06 finish (his split round the lake was third fastest of anyone) before the heavens opened.

Next morning the awards were handed out over breakfast; Mark Guy, a triathlete who hadn't done the event before, was first in 8.58. Imogen Pearce and Genevieve Duncan tied for first woman in slightly over 10 hours.

As a weekend, it's a good running experience. There aren't many chances to cross a major National Park in a day - but be warned, the trails are highly technical and the weather might not be favourable! Thanks to Sue Drake, Bob Richards, Doug Strohfeld and the others who put the effort into this "running weekend".

STRIDERS ON TRACK: 2002 REPORT

By Mat Kaley

Commonwealth Games Trial

The highlight of the last few months was **Jenny Truscott's** superb 1500m race at the Brisbane Commonwealth Games Trial in mid April. When you see the selection criteria (eg. 31.00 and 38.30 for the mens/womens 10km), it is pretty impressive that a Strider even got into the meet. But Jenny made the most of the opportunity and ran a stunning time of 4.26 for 9th place. To put that result in perspective, consider that the race was won by Australian Olympic representative Georgie Clarke in 4.14 who, along with second and third, have now got tickets to the Commonwealth Games in Manchester. Or in other terms, Jenny was running at 2.57 min km pace. Well done Jenny.

State Championships

The other big event was the NSW State Championships, which were held over the weekend commencing 2 March 2002.

Striders women again made their mark. **Jenny Truscott** ran in both the Open 1500m and 5000m events. She placed 5th in the 1500m in 4.34 and 4th in the 5000m in what, for her, was a cruisy 17.52. Great running but unlucky to be just outside the medals.

Both **Jo Cowan** and **Caroline Yarnell** won medals; Jo won the 45-50 age category in both the Veterans 800m in 2.33 and the Veterans 1500m in 5.06 (she also ran 18.46 in the Open 5000m for 8th). Caroline ran three events in one day, winning the 40-45 age category of the Veterans 2000m Steeplechase in 8.42, coming second in her age category in the Veterans 5000m in 21.00 and also having a go at the 1500m, running 5.18.

The men were not to be outdone, though. **Dean Degan** and **Chris Truscott** put on a great show in the Open 5000m. After a close tussle, Chris led into the final straight but was taken by Dean in a sprint finish. Chris asserts he was distracted by Darren Benson who was yelling from the sidelines just as Dean was coming up on him (I can picture the scene). In any event, Dean came in 10th and Chris 11th, both with the very respectable time of 15.19. Well done guys. Dean also ran the Veterans 1500m and came second in the 30 - 34 category in 4.16.

Interclub

The Interclub competition out at Homebush took a break over Christmas and started back on 12 January. **Jenny Truscott** was the most frequent competitor from Striders (perhaps part of the reason for her performance in Brisbane). Obviously working on her speed, she ran 800m races on 12 January (2.15), 9 February (2.14) and then a breakthrough on 23 February with a 2.12. She also ran a 10.07 for the 3000m on 9 February and a 4.35 1500m on 16 February.

Jo Cowan and **Peter Truscott** have also been out at Interclub a few times. Jo ran a 3000m in 10.55 on 9 February and a 1500m in 5.08 on 16 February. Peter ran an 800m on 9 February in a pretty speedy 2.09, which indicates to me that he is getting back into form after a bit of a break.

Other Meets

Striders have been racing at other track meets around Sydney - those we have news of are:

Dean Degan and **Jenny Truscott** have been out to Homebush for the Friday night 'PB meet'. Jenny ran a 4:34 1500m on 15 March and Dean ran a 15.31 for 5000m on 22 March.

Phil Boswell also tells me he is getting back into some track work with the Sydney Aquatic Centre Triathlon Club, after getting over some heel burrs. The Club runs distances between 200m and 3000m on Thursday nights, which Phil is using to build strength for the SMH Half Marathon.

And for me, in case you think it is false modesty that prevents me from listing a string of spectacular PB's, I haven't been on the track since December due to a very persistent knee/ITB injury!

Anyway, that's that for the 2001/2002 track season. I know its going to be hard to get through those long winter months with only road running to keep you amused, but fear not, it will all get going again in September...

Thanks Mat. The idea of Dean Degan running as a veteran is a frightening prospect. Ed

Legal Eagles (with the help of Striders runners) finally win the Fastest Team Competition in Series 42 of the Corporate Cup (after trying in 162 races in 27 series over 9 years)

By Charles Coville

The Corporate Cup is an institution in the Botanic Gardens. The 5.9k race started in the late 70s and in June 1988 changed direction to become a more formal event with a new structure and new course.

Every year 3 series of 6 races per series are run around the foreshore of the Botanic Gardens. Teams such as BT, Westpac, NRMA, Energy Australia, State Treasury make up the 32 teams of 15 persons per team that race against each other in the 4 corporate competitions. (Fastest Team, Representation, Handicap and Knock Out)

The race starts at 12 pm every second Wednesday outside the toilet blocks in the Domain and concludes at 1.30 pm. There is a start every minute, which spreads out the field endeavoring to ensure that tourists, city workers and runners coexist in the Botanic Gardens. However, recent complaints by non runners accusing runners of disregarding other Botanic Garden users (e.g. bumping into them) has resulted in Corporate Cup runners having to wear race numbers. This is in an attempt to prove that the problem runners are not Corporate Cup runners. 10 pages of race results, detailing the 32 teams' performances in each of the competitions, are emailed following each race.

The event attracts a cross section of runners from joggers to top class athletes. Damon Harris of the Sydney Water Sewer Rats has been the fastest male runner in 14 of the last 21 races, won the last Sydney Marathon and was placed 19th in the 2002 London Marathon in 2.20.42. Marlies Laaper, in her heyday and running for CABS, was the fastest female runner in 10 of the first 24 series. Ex Strider Geoff Large held the old course record of 18.45 back in 1990. Current course records on the 5.9k course are Jane Despas of OTC Telstra in 21.15 and Damon Harris in 18.30

Enter the Legal Eagles

I formed Legal Eagles in late 1992 at the start of series 14, after a stint with the successful BT Warriors who had swept all before them in the Fastest Team Competition. Some new competition was needed for BT Warriors, so I jumped ship to bring

together a team from the legal industry in which I then worked. 2 teams were initially formed due to the high level of interest in the competition from the legal industry, including a merger with 3 remaining members of the Civil Aviation Authority. The Authority had relocated to Mascot. The teams were soon reduced to 1 team 4 series later through a lack of interest from non-committed runners.

There were brief moments of semi glory for the Legal Eagles when Richard Heath was our fastest runner in series 19 in 18.55 and in series 20 in 19.25. In the exclusive Fastest Teams competition Legal Eagles came 3rd on 7 occasions between September 1992 and August 1996, but was always edged out of the top 2 by BT Warriors (who continued to dominate), Awesome Midday Pacers (AMP) or the Sydney Water Sewer Rats.

There was also some success in the second competition, Team Representation, in series 25 in July 1996, when Legal Eagles achieved a 3rd place.

Different members came and went in each series. This disrupted the team and we lacked a dedication to succeed. This was until a new strategy for the team was employed. Teams that were successful had groups of consistent and committed runners. It seemed logical that what the team needed was to replace retiring members with members who would be consistent in attending at least 5 of the 6 races and who were also committed to the cause of seeking a top 3 placing in each of the competitions. Why not Sydney Striders members who worked in the city? To also have "fast" Sydney Striders runners within their age categories would be a bonus and make the team competitive in the exclusive Fastest Team Competition. So the recruitment campaign began over a number of series. Steve Urwin, Richard Briscoe and Peter Cobley were initially recruited and were later followed by Mat Kaley, Nick Adams, Steve Jackson, Graeme Murphy and finally Ken Read. These members were "solid" Striders with a reputation for reliability. Success had to follow. It must be noted that all teams are open to, and do recruit, ring ins. We had operated within the rules. Series 41, between August 2001 and November 2001, finally saw us turn the corner. 2 second places, in the

Handicap (similar to the SS 10k Series) and Representation (1 point for each runner who runs a race) Competitions, proved that we finally had a team of reliable and competitive members. However, winning the elusive Fastest Team Competition still beckoned with yet another 3rd placing. But the groundwork had been done.

Finally the contentious Fastest Team Competition rules, which had always worked against us, were changed. Instead of 1 point being awarded for a runner under 50 years old who broke 25 minutes or a runner over 50 years old who broke 27 minutes, a sliding scale of target times for age groups banded in 5 years was introduced. For example: under 25 years old - target time 23.45 minutes; 46 to 49 years old - target time 26.00 minutes. This suited us, as it was fairer to teams like ours that had fast "older runners". Why should a 49-year-old have to run the same target time as a 19-year-old to score a point in a Fastest Team Competition? We had been discriminated against because our average age was in the high 40s.

When series 42 concluded on 17 April 2002, the mighty Legal Eagles had become the most versatile team of the 32 teams winning the Fastest Team Competition, coming 2nd in the Representation Competition and 3rd in the Handicap Competition. No team in the history of the Corporate Cup had ever achieved this combination of placings. The "slower teams" who have a greater latitude in accumulating points for improvement invariably take top placings in the Handicap Competition. The margin of improvement for "faster runners" is less. Our 3rd placing was remarkable.

So the Corporate Cup has been "revolutionised" by Legal Eagles, succeeding in all three competitions with a little help from Sydney Striders

Series 42

In the 'Top 10' fastest runners by age group

30 - 34	Mat Kaley	9 th - 22m35
35 - 39	Richard Briscoe	4 th - 23m25
	Ken Read	7 th - 23m35
45 - 49	Stephen Jackson	2 nd - 22m00
	John Hamilton	5 th - 23m15
	Graeme Murphy	7 th - 23m30
50+	Mark Langworthy	3 rd - 23m15
	Charles Coville	4 th - 24m30
	Scott Smiles	9 th - 25m40

Total number of runs in Corporate Cup
Vic Anderson (State Audit) 238 runs - record

Legal Eagles:

(Fastest time in series 42 in brackets)

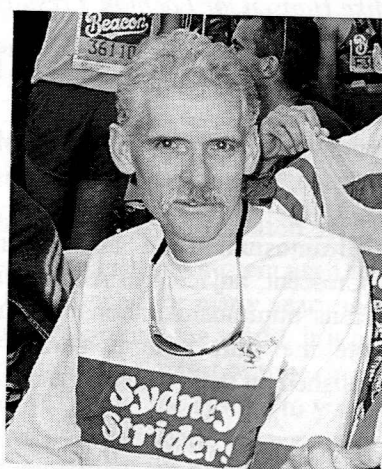
STRIDERS

Charles Coville 134 runs (24.30)
John Hamilton 126 runs (Part run for Com Bank Harriers) (23.15)
Peter Cobley 90 runs (26.50)
Richard Briscoe 81 runs (23.25)
Steve Urwin 61 runs (24.20)
Steve Jackson 50 runs (22.00)
Mat Kaley 41 runs (22.35)
Nick Adams 27 runs (24.20)
Graeme Murphy 22 runs (23.30)
Ken Read 11 runs (23.35)

FRIENDS OF STRIDERS

Bob Stewart 238 runs (30.35)
Peter Hennessy 132 runs (29.35)
Derek Hamill 126 runs (24.45)
Mark Langworthy 31 runs (23.15)
Scott Smiles 29 runs (25.40)

PS Andrew Smith (Blister Editor) (74 runs with other teams) replaces injured Mat Kaley for series 43.



Simpson Desert Challenge

Kelvin Marshall came third in this six day race across the Simpson Desert to Birdsville and is only the 7th runner ever to complete the course. Kelvin says that could not wear the Striders singlet because of sponsorship commitments but he was wearing Striders shorts on the last day when they finished at Birdsville pub with national TV cameras.

Striders in the News

Guy Griffin was the subject of an article in the Sydney Morning Herald related to the Half Marathon. Guy's was the first entry received by the organisers. This will be his sixth SMH Half.

Not yet a Strider himself – **Lachlan Renshaw**, son of Brad (our printer and host of the 'Iron Cove Bolter' and 'Vaucluse Variation') has been tearing up the track at 400m and 800m. At the NSW Youth Championships at Homebush in March, 14-year old Lachlan won gold in the U-16 800m in a time of 1:59:76. He also won silver in the 400 meters with a time of 51.91.

He continued his outstanding running in Adelaide in the IGA Australian Youth Athletics Championships in late March. Lachlan won the both the U-16 800m, with a time of 1:59:87, and 400m, with a time of 51:59:2.

It was a new PB for Lachlan in the first athletics carnival of the GPS season - 1:56 in the U-18 division.

Thanks to Mike Hansen for Lachlan's results. Ed.

SUPER SERIES RACES

26th May Sydney Morning Herald Half Marathon. Entries now closed. No number transfers this year.

23rd June Minimosmarathon Super Series event 8:45am The Crescent, adjacent to Allan Border Oval, Mosman. Details minimosmarathon.com.au or 0414-210-332. Note the start time is earlier than that originally published on their website (and therefore in last Calendar).

14th July. Equaliser 15km– Club Internal Cross-country Championship. Striders-only event.

24th August Mt Wilson to Bilpin 36km Entry forms and information on race website. Link from coolrunning.com.au or from Striders website (click on Super Series, then on 'Races'). Phone Margaret Tadrosse (02) 45 67 1262.

15th September Sydney Marathon. www.sydneymarathon.org

20th October Internal Handicap Half. Striders-only event.

2nd November Striders 10k Lane Cove

Details of all Super Series events are in the STaR Calendar and on the Striders website.

OTHER EVENTS

Next Club 10k Series race 1st June Lane Cove

15th June. Poor Man's Comrades 96km

Fat-Ass event from Sydney Opera House to Gosford, 0419-244-406 or link from coolrunning.com.au

30th June, Woodford to Glenbrook 25km This is not a Super series event. www.careflight.org or (02) 9689-8124 - Phyl Hodgkinson.

7th July Gold Coast Marathon. 07-5564-0640 or www.goldcoastmarathon.com.au

28th July Cities Marathon, Sydney. 02-9839-6075 or email Mark.Gibson@blacktown.nsw.gov.au

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Watford Half Marathon (UK)

Pierre Van Heerden finished the Watford Half in 1.37.50. Pierre was taking it quite easy and not pushing himself. It was an attractive but difficult course and was run in cold, windy, rainy conditions. Actually it was quite a nice day for England! It was great to see a Strider in one of my local races (from David Sill).

Results Ravings

By Stephen Jackson

Stephen sheds some light on what the rules are... and you thought it was easy!!

Age Groupings

What Age Group am I in?

This question is asked many, many times, and unfortunately, the answer is not a simple one. In fact, it is possible for one person to score points in two different age groups in the same event depending on a couple of different factors. So, after much research, many long and robust discussions at Striders Committee Meetings, we hope that this article will explain and define age groups for the foreseeable future.... that is, until someone else wants to join the committee and argue a different approach!

Striders Age Groupings

SEX: All age groups are split into Men and Women - at least there is little argument about that split.

OPEN: All runners regardless of age are in this category. There is a degree of bias towards the older competitors, as a Vet, Master, or Senior runner can take out both their Age Group and Open awards, but an Open runner can only collect the Open prize.

VETERANS: Women become Veterans when they turn 35, men when they turn 40. The World Masters Athletics Association attempted to align the Men's and Women's age for Veterans last year, but the vote was narrowly lost. So, until the WMA lines up the ages Striders will abide by the 35/40 ruling.

MASTERS: Both men and women become Masters runners as they turn 50.

SENIORS: When men and women turn 60 they become Senior runners.

But my birthday is....

Every year there are Striders moving from one age group to the next. This is where the difficulty arises. So, the following rules apply when working out what age group you are in when you run a particular race or series:

Single events: This is fairly straight-forward. Your age on race day defines your age group.

Best performance during the year: Again, your age on race day defines your age group.

Club Championships: Same as Single events, age on race day.

10k and Super Series: The tricky one. As these events are run from February to November each year, an arbitrary date has been selected to categorise all runners for both Series. That date is 30th June. Why that date? It places everyone within six months of

their birthday for that Series. Any other date would bias late in the year or early in the year birthdays.

Age & Gender Adjusted: There is always an exception, isn't there? The Age and Gender adjusted competition for the Super Series is based on a table of points produced by the World Masters Athletics Association and modified to reflect odd distances and off road races. These tables list points for each year of age, so your points are calculated for your age on the day of the race.

No birthdate on file: Some members are a little reticent to divulge their birthdate, so they are assumed to be in the Open category and score points as a 20 year old for the Age and Gender Adjusted points score.

Are you trying to discourage new committee members Stephen? Prospective functionaries will be pleased to know that these riveting matters occupy little of the committee's time as they considered best left to consenting adults in private. Those who get excited about such matters - Smith and Jackson - are allowed a vigorous email debate under the ever-watchful, guiding eye of Uncle Jim. Anyone else with an opinion is always welcome.

10k Handicapping

How the handicaps are calculated

The Striders handicapping system used for the 10k series has been around for many years and is in use by running clubs around the world. It is a robust system and has stood the test of time. It is difficult to beat (you can't "work" the system to your advantage), and as shown over the years, the winner of the handicap competition can be any member of the club.

It works like this:

The two key elements in each race are your race time and your handicap. The handicap competition places are decided based on how much better than your handicap is your race time. In the event of ties (i.e. 2 runners beating their handicap by 10 seconds), the placings are decided in the favour of the faster runner. This is because the faster runner has to beat their handicap by a larger percentage to achieve the same margin as the slower runner.

If you don't have a handicap then you end up on the bottom of the results for that one race, but you still

get points for running. You also get a brand new handicap for next time!

Once the Handicap results are decided, the new handicap is determined. There are four possible situations:

1) no previous handicap:

New Handicap = Race time + 1%

2) race time equals handicap:

New Handicap = Old Handicap

3) race time faster than handicap:

New Handicap = Old Handicap less (80% of difference between Race time and Old Handicap)

4) race time slower than handicap:

New Handicap = Old Handicap plus (10% of difference (to a max of 15 secs) between Race time and Old Handicap)

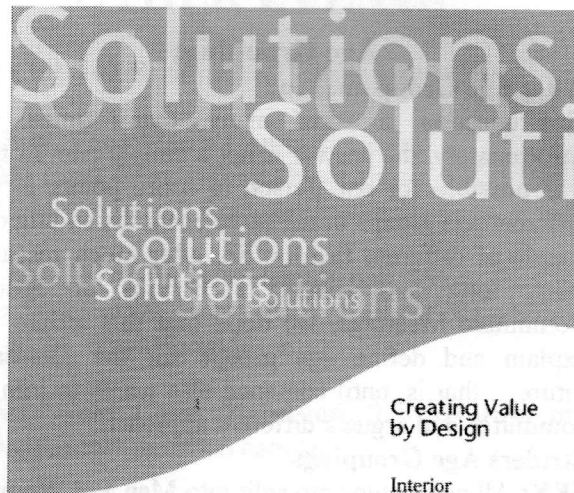
and finally....

At the end of each year everyone who has run a 10k in that year gets 2% added to their handicap for the new year.

Key points to remember:

- ☐ A handicap will only change if you run and complete a race (DNF does not count).
- ☐ No matter how slowly you run, your handicap will only move out a maximum of 15 seconds per race.
- ☐ Run at least once in a year to get the end of year bonus added to your handicap.
- ☐ Consistency is more important than a once off great performance. Improving throughout the year has the best chance of doing well in the competition.
- ☐ The points score competition is the best 8 out of 10 results, although your handicap will be recalculated every time you race
- ☐ The last race of the season is for double points, so make sure you run a PB in that race!
- ☐ The handicapping system brings your handicap crashing down fast, but it takes forever to move out again - and there is nothing you can do about it, so enjoy!

Nice try Stephen. No one will believe you. Especially since there is no mention of ancient Mayan astrological tables, Random Number Generators or the 1936 NSW Railway Timetable – which older Striders know to be fundamental reference works in the handicapper's art.



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Sydney Striders 10k Series

Sponsored by the Randwick Runners Shop

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Races 1 and 2 – North Head and Lane Cove

As reported in last Blister, the February 10k at the Domain did not get permission. Many thanks to Megan Jackson, who turned up to explain the situation to those that the email, web, STaRs and bush telegraph had missed. They only numbered five.

Race 1 North Head 9th March 2002 Outright Results

Place	OPEN MEN	mm.ss	
1	Hamadi Lazhar	32.49	
2	Andrew Knox	33.01	1 st Strider
3	Matt Lennon	33.53	

	OPEN WOMEN	
1	Liz Miller	34.56
2	Jenny Truscott	37.22 1 st Strider
3	Joanne Cowan	38.08 2nd Strider

Results following are Striders only

Place	Name	mm.ss
1	Jenny Truscott	37.22
2	Joanne Cowan	38.08
3	Caroline Yarnell	41.51
4	Clara Vucetic	46.12
5	Tracey Love	47.04
6	Leigh MacRitchie	47.52
7	Glenda Mitchell	48.25
8	Tina Campbell	49.12
9	Joanna White	49.32
10	Elizabeth Woodhams	49.56
11	Frances Brown	51.25

1	Andrew Knox	33.01
2	John Young	34.11
3	Tim Ashby	34.31
4	Ross Sinclair	35.45

5	Christopher Dwyer	35.52
6	Mark Wilson	36.35
7	Sean Ryan	36.45
8	Greg Coy	36.54
9	Ron Schwebel	37.41
10	Greg Donovan	37.57
11	Stephen Jackson	38.01
12	David Burgess	38.06
13	Keith Bateman	38.36
14	John Hamilton	38.47
15	John Van Yzendoorn	39.32
16	Jonathan Trope	39.54
17	Ian Singer	40.11
18	Paul Jackson	40.18
19	David Loader	40.29
20	Philip Hodgkinson	40.30
21	Barry Rutter	40.42
22	Charles Coville	40.49
23	Adrian Spragg	41.11
24	Nick Adams	41.17
25	Peter Woods	41.25
26	Dean Gardiner	41.45
27	Michael Sharp	42.09
28	Andrew Smith	42.14
29	Gregory Mackay	42.18
30	Kendall Waller	42.19
31	Mark Schaefer	42.53
32	Gary Aitkenhead	43.03
33	Peter Hammerschmidt	43.10
34	Roland Hassall	43.25
35	Gregory Prerau	43.28
36	Feisar Joya	43.29
37	Walter Mitchell	43.30
38	Graham Sharp	43.34
39	Steve Hume	43.59
40	Mark Davis	44.16
41	Charles King	44.26
42	Adam Cresswell	44.31
43	Joe Degabriele	44.48

44	David Ritchie	44.53
45	Rod Lovel	45.03
46	Peter Grunfeld	45.05
47	Tim Austin	45.30
48	Dennis Nel	45.56
49	Graham Willis	46.02
50	Julian Wright	46.27
51	Michael Johnstone	47.01
52	Ken Harris	47.14
53	Heiko Schaefer	47.49
54	Paul Trainor	47.50
55	George Herisson	48.12
56	John Ayliffe	48.17
57	Don Johnstone	48.31
58	Duncan Scott	49.08
59	Paul Thompson	49.13
60	Robert Chalmers	49.14
61	Salvador Gala	49.49
62	Denis Speyer	50.00
63	David Adler	50.24
64	Steven Norden	50.56
65	Richard Wassell	51.13
66	Frank Dearn	56.52
67	Ted Brailey	90.00

Race 2 Lane Cove 2nd April 2002 Outright Results

Place	OPEN MEN	mm.ss	
1	Chris Truscott	32.41	1 st Strider
2	Matt Lennon	32.55	
3	Andrew Knox	33.22	2 nd Strider

OPEN WOMEN			
1	Joanne Cowan	37.31	1 st Strider
2	Sarah Fien	38.21	
3	Rowena Walker	44.11	

Results following are Striders only

Place	Name	mm.ss
1	Joanne Cowan	37.31
2	Tracey Love	45.11
3	Joanne Barton	45.59
4	Clara Vucetic	46.17
5	Sharon Callister	46.59
6	Heather Forster	47.10
7	Glenda Mitchell	48.29
8	Lesley Maher	48.35
9	Leigh MacRitchie	48.54
10	Rachele Lazzara	50.17
11	Joanna White	50.35
12	Frances Brown	52.43
13	Allison Lilley	53.45
14	Penny Smith	56.28

15	Beryl Wilson	63.30

1	Chris Truscott	32.41
2	Andrew Knox	33.22
3	John Young	34.04
4	Tim Ashby	35.33
5	Andrew Gibbons	35.38
6	Ross Sinclair	35.57
7	Mark Shingler	36.17
8	Mark Wilson	36.21
9	Sean Ryan	36.26
10	Stephen Jackson	36.31
11	Greg Coy	36.32
12	Ron Schwebel	37.28
13	Greg Donovan	37.29
14	Keith Bateman	38.00
15	John Hamilton	38.04
16	Grahame Murphy	38.07
17	Wayne Stanton	38.08
18	John Van Yzendoorn	38.22
19	Paul Jackson	38.23
20	David Burgess	39.04
21	Steve Hume	39.16
22	Mark Schaefer	39.31
23	Ray Doran	39.35
24	Mathew Kaley	39.40
25	Mark Robinson	39.57
26	Neil Barker	40.05
27	Andrew Smith	40.12
28	Nick Adams	40.22
29	Charles Coville	40.25
30	Jonathan Trope	40.32
31	Barry Rutter	40.36
32	Peter Woods	40.50
33	Michael Sharp	41.09
34	Kendall Waller	41.11
35	Dean Gardiner	41.26
36	Rod Lovel	42.21
37	Walter Mitchell	42.29
38	Mike Hansen	42.36
39	David King	43.15
40	Dennis Nel	43.25
41	Gregory Prerau	43.26
42	Mark Davis	43.30
43	Peter Hammerschmidt	43.38
44	Charles King	43.39
45	Graham Sharp	43.45
46	Sean Greenhill	43.47
47	Peter Grunfeld	44.01
48	Garry Maddox	44.16
49	Julian Wright	44.43
50	Simon Kent-Jones	44.44
51	Joe Degabriele	44.53
52	Ron Wilson	44.54
53	Michael Free	44.59

54	Arthur Huxtable	45.26
55	David Lancaster	46.09
56	Ken Harris	46.10
57	Paul Trainor	46.25
58	Kevin O'Kane	46.41
59	Brian O'Dea	46.48
60	Paul Thompson	46.58
61	George Herisson	47.01
62	Michael Wilson	47.03
63	Denis Speyer	47.31
64	David Adler	47.33
65	David Camm	48.14
66	Salvador Gala	48.51
67	Mike Roach	48.56
68	Ted Brailey	49.10
69	Graham Osborn	49.20
70	Richard Wassell	49.51
71	John Whealy	49.55
72	Manfred Fiedler	49.56
73	Duncan Scott	50.31
74	Jeff Morunga	50.46
75	Frank Dearn	55.56
76	Jurg Kunzle	58.12
77	Brendan Mason	63.31

10k Handicap Placings

This is a Striders only award

Place	Name	1 NH	2 LC	Tot
1	Michael Sharp	42	39	81
2	Sean Ryan	46	30	76
3	Kendall Waller	37	37	74
4	Julian Wright	25	48	73
5	John Van Yzendoorn	34	38	72
6	Peter Woods	41	29	70
7	Clara Vucetic	45	22	67
7	Paul Jackson	22	45	67
9	Glenda Mitchell	44	20	64
10	Keith Bateman	35	27	62
11	Dean Gardiner	40	21	61
12	Frank Dearn	26	32	58
13	Joe Degabriele	43	13	56
13	Ron Schwebel	38	18	56
15	Dennis Nel	8	46	54
15	Joanne Cowan	31	23	54
17	Paul Thompson	2	50	52
17	Walter Mitchell	19	33	52
19	Joanna White	48	2	50
20	Heather Forster	2	47	49
21	Frances Brown	39	9	48
22	Elizabeth Woodhams	47	0	47
23	Paul Trainor	2	44	46
24	Charles King	20	25	45
25	Mark Schaefer	2	42	44

26	David Lancaster	0	43	43
26	Salvador Gala	2	41	43
28	Denis Speyer	2	40	42
28	Greg Donovan	23	19	42
28	Tracey Love	7	35	42
31	Caroline Yarnell	36	0	36
31	Chris Truscott	0	36	36
33	Heiko Schaefer	33	2	35
34	Mark Shingler	0	34	34
34	Ross Sinclair	32	2	34
36	Sharon Callister	0	31	31
37	Jenny Truscott	30	0	30
37	Steve Hume	2	28	30
39	Graham Sharp	27	2	29
40	David Adler	2	26	28
40	David Ritchie	28	0	28
40	John Hamilton	13	15	28
43	Allison Lilley	2	24	26
43	Tim Ashby	24	2	26
45	Charles Coville	15	10	25
46	Barry Rutter	16	7	23
47	Christopher Dwyer	21	0	21
48	Stephen Jackson	4	16	20
49	Jonathan Trope	17	2	19
50	Graham Willis	18	0	18
51	Neil Barker	0	17	17
52	Duncan Scott	14	2	16
52	Rod Lovel	2	14	16
54	John Young	12	2	14
54	Peter Grunfeld	6	8	14
56	Gregory Prerau	11	2	13
57	Andrew Gibbons	0	12	12
58	Peter Hammerschmidt	9	2	11
59	Adrian Spragg	10	0	10
60	Andrew Knox	2	6	8
61	Mark Davis	5	2	7
62	Ted Brailey	2	4	6
63	Mike Hansen	0	5	5
64	Andrew Smith	2	2	4
64	David Burgess	2	2	4
64	George Herisson	2	2	4
64	Graham Osborn	2	2	4
64	Ian Whitfield	2	2	4
64	Joanne Barton	2	2	4
64	Ken Harris	2	2	4
64	Nick Adams	2	2	4
64	Penny Smith	2	2	4
64	Richard Wassell	2	2	4
74	David King	0	3	3
74	John Ayliffe	3	0	3
76	Adam Cresswell	2	0	2
76	Arthur Huxtable	0	2	2
76	Beryl Wilson	0	2	2
76	Brendan Mason	0	2	2
76	Brian O'Dea	0	2	2

76	David Camm	0	2	2
76	David Loader	2	0	2
76	Don Johnstone	2	0	2
76	Feisar Joya	2	0	2
76	Garry Maddox	0	2	2
76	Gary Aitkenhead	2	0	2
76	Grahame Murphy	0	2	2
76	Gregory Mackay	2	0	2
76	Helen Ritchie	2	0	2
76	Ian Singer	2	0	2
76	Jeff Morunga	0	2	2
76	John Sparks	0	2	2
76	John Whealy	0	2	2
76	Jurg Kunzle	0	2	2
76	Kevin O'Kane	0	2	2
76	Lesley Maher	0	2	2
76	Manfred Fiedler	0	2	2
76	Mark Robinson	0	2	2
76	Megan Jackson	0	2	2
76	Michael Christie	0	2	2
76	Michael Free	0	2	2
76	Michael Johnstone	2	0	2
76	Michael Wilson	0	2	2
76	Mike Roach	0	2	2
76	Mike Ward	0	2	2
76	Peter Truscott	2	0	2
76	Rachele Lazzara	0	2	2
76	Ralph Melano	2	0	2
76	Ray Doran	0	2	2
76	Robert Chalmers	2	0	2
76	Robi Russell	0	2	2
76	Roland Hassall	2	0	2
76	Ron Daly	0	2	2
76	Ron Wilson	0	2	2
76	Sean Hart	0	2	2
76	Simon Kent-Jones	0	2	2
76	Steven Norden	2	0	2
76	Tim Austin	2	0	2
76	Tina Campbell	2	0	2
76	Wayne Stanton	0	2	2

10k Female Outright

Outright awards are Striders-only from 2002

Place	Name	1	NH	2	LC	Tot
1	Joanne Cowan	49	50	99		
2	Tracey Love	46	49	95		
3	Clara Vucetic	47	47	94		
4	Glenda Mitchell	44	44	88		
5	Joanna White	42	40	82		
6	Frances Brown	40	39	79		
7	Jenny Truscott	50	0	50		
7	Joanne Barton	2	48	50		
9	Caroline Yarnell	48	0	48		
10	Heather Forster	2	45	47		

11	Sharon Callister	0	46	46
12	Lesley Maher	0	43	43
12	Tina Campbell	43	0	43
14	Elizabeth Woodhams	41	0	41
14	Rachele Lazzara	0	41	41
16	Allison Lilley	2	38	40
17	Penny Smith	2	37	39
18	Beryl Wilson	0	36	36
19	Helen Ritchie	2	0	2
19	Megan Jackson	0	2	2
19	Robi Russell	0	2	2

10k Male Outright

Place	Name	1	NH	2	LC	Tot
1	Andrew Knox	50	49	99		
2	John Young	49	48	97		
3	Tim Ashby	48	47	95		
4	Ross Sinclair	47	45	92		
5	Sean Ryan	44	42	86		
6	Ron Schwebel	43	40	83		
7	Stephen Jackson	41	41	82		
8	Greg Donovan	42	39	81		
9	Keith Bateman	39	38	77		
10	John Hamilton	38	37	75		
11	David Burgess	40	32	72		
12	John Van Yzendoorn	37	34	71		
13	Paul Jackson	34	33	67		
14	Jonathan Trope	36	22	58		
15	Charles Coville	30	23	53		
16	Barry Rutter	31	21	52		
16	Nick Adams	28	24	52		
18	Mark Schaefer	21	30	51		
19	Chris Truscott	0	50	50		
20	Andrew Smith	24	25	49		
21	Peter Woods	27	20	47		
22	Andrew Gibbons	0	46	46		
22	Christopher Dwyer	46	0	46		
24	Mark Shingler	0	44	44		
24	Michael Sharp	25	19	44		
24	Steve Hume	13	31	44		
27	Dean Gardiner	26	17	43		
28	Kendall Waller	22	18	40		
29	Grahame Murphy	0	36	36		
30	Ian Singer	35	0	35		
30	Wayne Stanton	0	35	35		
32	David Loader	33	0	33		
33	Walter Mitchell	15	15	30		
34	Adrian Spragg	29	0	29		
34	Ray Doran	0	29	29		
36	Gregory Prerau	17	11	28		
36	Peter Hammerschmidt	19	9	28		
38	Mark Robinson	0	27	27		
39	Neil Barker	0	26	26		
40	Gregory Mackay	23	0	23		

40	Rod Lovel	7	16	23
42	Mark Davis	12	10	22
43	Graham Sharp	14	7	21
44	Gary Aitkenhead	20	0	20
45	Charles King	11	8	19
46	Roland Hassall	18	0	18
47	Dennis Nel	4	12	16
47	Feisar Joya	16	0	16
49	Mike Hansen	0	14	14
50	David King	0	13	13
51	Joe Degabriele	9	2	11
51	Peter Grunfeld	6	5	11
53	Adam Cresswell	10	0	10
54	David Ritchie	8	0	8
55	Julian Wright	2	3	5
55	Tim Austin	5	0	5
57	David Adler	2	2	4
57	Denis Speyer	2	2	4
57	Duncan Scott	2	2	4
57	Frank Dearn	2	2	4
57	Garry Maddox	0	4	4
57	George Herisson	2	2	4
57	Graham Osborn	2	2	4
57	Heiko Schaefer	2	2	4
57	Ian Whitfield	2	2	4
57	Ken Harris	2	2	4
57	Paul Thompson	2	2	4
57	Paul Trainor	2	2	4
57	Richard Wassell	2	2	4
57	Salvador Gala	2	2	4
57	Ted Brailey	2	2	4
72	Graham Willis	3	0	3
73	Arthur Huxtable	0	2	2
73	Brendan Mason	0	2	2
73	Brian O'Dea	0	2	2
73	David Camm	0	2	2
73	David Lancaster	0	2	2
73	Don Johnstone	2	0	2
73	Jeff Morunga	0	2	2
73	John Ayliffe	2	0	2
73	John Sparks	0	2	2
73	John Whealy	0	2	2
73	Jurg Kunzle	0	2	2
73	Kevin O'Kane	0	2	2
73	Manfred Fiedler	0	2	2
73	Michael Christie	0	2	2
73	Michael Free	0	2	2
73	Michael Johnstone	2	0	2
73	Michael Wilson	0	2	2
73	Mike Roach	0	2	2
73	Mike Ward	0	2	2
73	Peter Truscott	2	0	2
73	Ralph Melano	2	0	2
73	Robert Chalmers	2	0	2
73	Ron Daly	0	2	2

73	Ron Wilson	0	2	2
73	Sean Hart	0	2	2
73	Simon Kent-Jones	0	2	2
73	Steven Norden	2	0	2

10k Age Group Placings

(New Awards for 2002)

Veteran Women (35+)

Place	Name	1 NH	2 LC	Tot
1	Joanne Cowan	50	50	100
2	Tracey Love	47	49	96
3	Clara Vucetic	48	47	95
4	Frances Brown	46	43	89
5	Joanne Barton	2	48	50
6	Caroline Yarnell	49	0	49
7	Heather Forster	2	45	47
8	Sharon Callister	0	46	46
9	Lesley Maher	0	44	44

Masters Women (50+)

1	Penny Smith	2	50	52
2	Tina Campbell	50	0	50
3	Beryl Wilson	0	49	49
3	Elizabeth Woodhams	49	0	49
5	Helen Ritchie	2	0	2
5	Robi Russell	0	2	2

Veteran Men (40+)

1	Ross Sinclair	50	50	100
2	Greg Donovan	49	47	96
2	Stephen Jackson	48	48	96
4	Keith Bateman	47	46	93
5	John Hamilton	46	45	91
6	Andrew Smith	42	41	83
6	Peter Woods	43	40	83
8	Gregory Prerau	39	37	76
9	Mark Davis	37	36	73
10	Graham Sharp	38	34	72
11	Charles King	36	35	71
11	Dennis Nel	33	38	71
13	Peter Grunfeld	34	33	67
14	Joe Degabriele	35	31	66
15	George Herisson	32	28	60
15	Paul Thompson	31	29	60
17	Denis Speyer	28	27	55
18	David Adler	27	26	53
18	Salvador Gala	29	24	53
20	Mark Shingler	0	49	49
21	Ian Singer	45	0	45
22	Adrian Spragg	44	0	44
22	Grahame Murphy	0	44	44

24	Wayne Stanton	0	43	43
25	Mark Robinson	0	42	42
26	Gregory Mackay	41	0	41
27	Gary Aitkenhead	40	0	40
28	Mike Hansen	0	39	39
29	Garry Maddox	0	32	32
30	David Lancaster	0	30	30
30	Robert Chalmers	30	0	30
32	Steven Norden	26	0	26
33	David Camm	0	25	25
34	Jeff Morunga	0	23	23
35	Brendan Mason	0	22	22
36	Mike Ward	0	2	2
36	Ralph Melano	2	0	2

Masters Men (50+)

1	Ron Schwebel	49	50	99
2	Jonathan Trope	48	48	96
3	Charles Coville	46	49	95
4	Barry Rutter	47	47	94
5	Rod Lovel	44	46	90
6	Ted Brailey	41	39	80
7	Christopher Dwyer	50	0	50
8	David King	0	45	45
8	David Ritchie	45	0	45
10	Ron Wilson	0	44	44
11	Arthur Huxtable	0	43	43
11	Graham Willis	43	0	43
13	John Ayliffe	42	0	42
13	Kevin O'Kane	0	42	42
15	Brian O'Dea	0	41	41
16	Graham Osborn	2	38	40
16	Michael Wilson	0	40	40
18	John Whealy	0	37	37
19	Jurg Kunzle	0	36	36
20	Ian Whitfield	2	2	4
21	Michael Christie	0	2	2

Senior Men (60+)

1	Peter Hammerschmidt	50	49	99
2	Frank Dearn	48	47	95
3	Heiko Schaefer	49	2	51
4	Ray Doran	0	50	50
5	Manfred Fiedler	0	48	48
6	John Sparks	0	2	2
6	Ron Daly	0	2	2

10k Progressive Results Adjusted for Age and Gender

This data is provided by the Results Coordinator for information only and there is currently no award in the 10k Series for this category.

Place	Name	NH	LC	Tot
1	Joanne Cowan	861	875	1736
2	Andrew Knox	817	808	1625
3	Ron Schwebel	797	802	1599
4	John Young	789	792	1581
5	Jonathan Trope	792	779	1571
6	Ross Sinclair	785	781	1566
7	Greg Coy	772	780	1552
8	Stephen Jackson	755	786	1541
9	Tim Ashby	781	759	1540
10	Keith Bateman	754	766	1520
11	Charles Coville	754	762	1516
11	John Hamilton	751	765	1516
13	Peter Hammerschmidt	759	751	1510
14	Mark Wilson	746	751	1497
15	Barry Rutter	738	740	1478
16	Greg Donovan	734	743	1477
17	Sean Ryan	734	740	1474
18	Clara Vucetic	711	709	1420
19	Peter Woods	703	713	1416
20	John Van Yzendoorn	695	716	1411
21	David Burgess	708	690	1398
21	Paul Jackson	682	716	1398
23	Rod Lovel	672	715	1387
24	Andrew Smith	674	708	1382
25	Graham Sharp	668	666	1334
26	Mark Davis	658	669	1327
27	Dean Gardiner	658	663	1321
27	Nick Adams	653	668	1321
29	Dennis Nel	639	676	1315
30	Mark Schaefer	629	683	1312
31	Gregory Prerau	655	656	1311
31	Tracey Love	642	669	1311
33	Kendall Waller	645	663	1308
34	Steve Hume	616	690	1306
35	Michael Sharp	643	659	1302
36	Joe Degabriele	650	649	1299
37	Peter Grunfeld	636	652	1288
38	Charles King	636	648	1284
39	Frank Dearn	626	644	1270
40	Walter Mitchell	620	635	1255
41	Leigh MacRitchie	625	612	1237
42	Glenda Mitchell	618	617	1235
43	George Herisson	604	619	1223
44	Paul Thompson	596	625	1221
45	Frances Brown	617	602	1219
46	Joanna White	604	591	1195
47	Julian Wright	581	603	1184
48	David Adler	573	608	1181
48	Ken Harris	582	599	1181
50	Denis Speyer	565	595	1160
51	Paul Trainor	570	588	1158
52	Salvador Gala	559	570	1129
53	Duncan Scott	563	548	1111
54	Richard Wassell	527	544	1071

55	Ted Brailey	354	648	1002
56	Christopher Dwyer	837	0	837
57	Ray Doran	0	836	836
58	Chris Truscott	0	825	825
59	Jenny Truscott	801	0	801
60	Grahame Murphy	0	776	776
61	Mark Shingler	0	768	768
62	Andrew Gibbons	0	757	757
63	Caroline Yarnell	752	0	752
63	Wayne Stanton	0	752	752
65	Tina Campbell	726	0	726
66	David King	0	718	718
66	Mark Robinson	0	718	718
68	Ian Singer	714	0	714
69	Heather Forster	0	709	709
70	Adrian Spragg	702	0	702
71	Heiko Schaefer	699	0	699
72	Manfred Fiedler	0	697	697
73	Lesley Maher	0	694	694
74	David Ritchie	692	0	692
75	Elizabeth Woodhams	688	0	688
76	Neil Barker	0	686	686
77	Arthur Huxtable	0	683	683
78	Mathew Kaley	0	680	680
79	David Loader	679	0	679
80	Brian O'Dea	0	675	675
81	Ron Wilson	0	674	674
82	Sharon Callister	0	670	670
83	Graham Willis	669	0	669
83	Mike Hansen	0	669	669
85	Gregory Mackay	668	0	668
86	John Ayliffe	666	0	666
86	Philip Hodgkinson	666	0	666
88	Michael Wilson	0	665	665
89	Gary Aitkenhead	662	0	662
90	Garry Maddox	0	653	653
91	Joanne Barton	0	652	652
91	Penny Smith	0	652	652
93	Kevin O'Kane	0	638	638
94	Graham Osborn	0	635	635
95	David Lancaster	0	626	626
96	John Whealy	0	622	622
97	Roland Hassall	621	0	621
98	Feisar Joya	620	0	620
99	Sean Greenhill	0	616	616
100	David Camm	0	613	613
101	Adam Cresswell	609	0	609
102	Simon Kent-Jones	0	603	603
103	Michael Free	0	602	602
104	Rachele Lazzara	0	595	595
105	Tim Austin	593	0	593
106	Michael Johnstone	574	0	574
106	Robert Chalmers	574	0	574
108	Allison Lilley	0	557	557
108	Jeff Morunga	0	557	557

110	Don Johnstone	556	0	556
111	Mike Roach	0	551	551
112	Steven Norden	547	0	547
113	Beryl Wilson	0	536	536
114	Jurg Kunzle	0	525	525
115	Brendan Mason	0	436	436

Super Series Outright Rankings

In the following rankings, only financial members who have run in a Super Series event are listed (Striders with bonus points alone are not listed).

Open Women

Place	Name	6F	CM	Bonus	Tot
1	Dawn Tiller	50	50	0	100
1	Tracey Love	47	49	4	100
3	Tina Campbell	44	47	8	99
4	Joanne Barton	45	48	2	95
5	Heather Forster	42	46	2	90
6	Allison Lilley	43	37	4	84
7	Alexandra Dunn	49	0	0	49
7	Robi Russell	41	0	8	49
9	Paula McGee	48	0	0	48
10	Rachele Lazzara	0	44	2	46
10	Robin Cameron	46	0	0	46
12	Kirsten Thomsen	0	45	0	45
13	Sarah Brown	0	43	0	43
14	Ruth McColl	0	42	0	42
15	Jenny Ferber	0	41	0	41
16	Frances Brown	0	36	4	40
16	Victoria Pilkerton	0	40	0	40
18	Gill Cavenagh	0	39	0	39
19	Lisa Gallate	0	38	0	38
20	Mercy Samia	0	35	0	35

Open Men

1	Greg Donovan	50	50	4	104
2	Barry Rutter	38	43	7	88
3	Philip Hugill	40	45	0	85
4	Mike Hansen	36	39	8	83
5	Stephen Jackson	25	47	7	79
6	Ralph Melano	35	37	0	72
7	Grahame Murphy	24	42	2	68
8	Graham Willis	31	34	2	67
9	Dennis Nel	27	30	4	61
10	Joe Degabriele	28	26	4	58
11	David Lancaster	23	29	2	54
12	Bruce Inglis	46	0	6	52
12	Joel Mackay	43	0	9	52

12	Sean Ryan	0	48	4	52
15	John Van Yzendoorn	0	46	4	50
16	Jonathan Worswick	0	49	0	49
16	Martin Fryer	49	0	0	49
18	Kelvin Marshall	48	0	0	48
18	Paul Jackson	0	44	4	48
20	David Clear	47	0	0	47
21	Gary Aitkenhead	44	0	2	46
22	Stephen Urwin	45	0	0	45
23	Adrian Spragg	42	0	2	44
23	Jon Patrick	11	33	0	44
23	Peter Woods	0	40	4	44
26	Kevin O'Kane	20	15	8	43
27	Darren Goodsir	15	27	0	42
27	Mark Davis	0	38	4	42
29	George Lisson	41	0	0	41
29	Neil Barker	39	0	2	41
29	Pierre Van Heerden	0	41	0	41
32	Michael Sharp	0	36	4	40
33	David King	37	0	2	39
33	Heiko Schaefer	0	32	7	39
33	Michael Bailey	14	22	3	39
33	Steven Norden	13	24	2	39
37	Keith Bateman	33	0	4	37
38	Estelle Visser	0	35	0	35
39	Joshua Burns	34	0	0	34
40	Dick Bartlett	12	21	0	33
41	Charles King	0	28	4	32
41	David Loader	30	0	2	32
41	Simon Riordan	32	0	0	32
44	Mahmoud El-Khansa	0	31	0	31
45	Rod Lovel	26	0	4	30
46	Iain Martin	29	0	0	29
46	Peter Grunfeld	0	25	4	29
48	Ken Harris	0	23	4	27
49	Andrew Bryan	22	0	0	22
49	Duncan Scott	0	18	4	22
49	Ian Singer	0	20	2	22
52	Keith White	21	0	0	21
53	James Moody	0	19	0	19
53	Michael Johnstone	0	17	2	19
53	Robert Inglis	19	0	0	19
56	Jeff Morunga	0	16	2	18
56	Roger Rigby	18	0	0	18
56	Simon Kent-Jones	16	0	2	18
59	Darryl Chrisp	17	0	0	17
60	Frank Dearn	0	12	4	16
61	Kevin Tiller	0	14	0	14
62	Ian Walker	0	13	0	13
63	Michael Christie	10	0	2	12

Super Series Age Groups

Women 35+

Place	Name	6F	CM	Bonus	Tot
1	Dawn Tiller	50	50	0	100
1	Tracey Love	47	49	4	100
3	Joanne Barton	45	48	2	95
4	Heather Forster	44	47	2	93
5	Alexandra Dunn	49	0	0	49
5	Frances Brown	0	45	4	49
7	Paula McGee	48	0	0	48
8	Gill Cavenagh	0	46	0	46
8	Robin Cameron	46	0	0	46
10	Mercy Samia	0	44	0	44

Women 50+

1	Tina Campbell	50	50	8	108
2	Robi Russell	49	0	8	57
3	Kirsten Themsen	0	49	0	49
4	Ruth McColl	0	48	0	48
5	Jenny Ferber	0	47	0	47

Men 40+

1	Greg Donovan	50	50	4	104
2	Mike Hansen	41	44	8	93
3	Stephen Jackson	36	49	7	92
4	Philip Hugill	42	48	0	90
5	Grahame Murphy	35	47	2	84
6	Ralph Melano	40	42	0	82
7	Dennis Nel	37	40	4	81
8	Joe Degabriele	38	37	4	79
9	David Lancaster	34	39	2	75
10	Steven Norden	32	35	2	69
11	Bruce Inglis	47	0	6	53
12	Martin Fryer	49	0	0	49
12	Peter Woods	0	45	4	49
14	David Clear	48	0	0	48
15	Gary Aitkenhead	45	0	2	47
15	Mark Davis	0	43	4	47
17	Adrian Spragg	44	0	2	46
17	Pierre Van Heerden	0	46	0	46
17	Stephen Urwin	46	0	0	46
20	George Lisson	43	0	0	43
20	Keith Bateman	39	0	4	43
22	Charles King	0	38	4	42
23	Estelle Visser	0	41	0	41
24	Peter Grunfeld	0	36	4	40
25	Ian Singer	0	34	2	36
26	Jeff Morunga	0	33	2	35
27	Andrew Bryan	33	0	0	33
28	Ian Walker	0	32	0	32

Men 50+

1	Barry Rutter	50	50	7	107
2	Graham Willis	48	49	2	99
3	Kevin O'Kane	45	43	8	96
4	Michael Bailey	41	46	3	90
5	Jon Patrick	39	48	0	87
6	Dick Bartlett	40	45	0	85
7	David King	49	0	2	51
7	Rod Lovel	47	0	4	51
9	Mahmoud El-Khansa	0	47	0	47
10	Keith White	46	0	0	46
11	James Moody	0	44	0	44
11	Robert Inglis	44	0	0	44
13	Roger Rigby	43	0	0	43
14	Darryl Chrisp	42	0	0	42
15	Michael Christie	38	0	2	40

Men 60+

1	Heiko Schaefer	0	50	7	57
2	Frank Dearn	0	49	4	53

Super Series Scores Adjusted for Age and Gender

Place		6F	CM	Tot
1	Greg Donovan	771	737	1508
2	Dawn Tiller	765	715	1480
3	Tina Campbell	662	713	1375
4	Barry Rutter	663	700	1363
5	Philip Hugill	649	684	1333
6	Tracey Love	654	649	1303
7	Ralph Melano	642	648	1290
8	Graham Willis	643	640	1283
9	Stephen Jackson	566	705	1271
10	Grahame Murphy	579	686	1265
11	Mike Hansen	620	638	1258
12	Heather Forster	588	641	1229
13	Joanne Barton	586	641	1227
14	Dennis Nel	586	602	1188
15	Michael Bailey	584	602	1186
16	Jon Patrick	530	645	1175
17	Joe Degabriele	583	579	1162
18	David Lancaster	568	585	1153
19	Dick Bartlett	540	583	1123
20	Kevin O'Kane	576	514	1090
21	Darren Goodsir	510	547	1057
22	Allison Lilley	539	513	1052
23	Steven Norden	497	542	1039
24	Alexandra Dunn	780	0	780
25	Martin Fryer	737	0	737
26	David Clear	730	0	730
27	Jonathan Worswick	0	727	727
28	Bruce Inglis	723	0	723

29	Kelvin Marshall	711	0	711
30	Sean Ryan	0	710	710
30	Stephen Urwin	710	0	710
32	Heiko Schaefer	0	691	691
33	George Lisson	684	0	684
34	Gary Aitkenhead	674	0	674
34	John Van Yzendoorn	0	674	674
36	Paula McGee	672	0	672
37	David King	671	0	671
38	Adrian Spragg	669	0	669
39	Peter Woods	0	668	668
40	Pierre Van Heerden	0	662	662
41	Kirsten Themsen	0	657	657
42	Paul Jackson	0	655	655
43	Robin Cameron	653	0	653
44	Mark Davis	0	645	645
45	Joel Mackay	641	0	641
46	Mahmoud El-Khansa	0	623	623
47	Neil Barker	616	0	616
48	Keith Bateman	614	0	614
49	Roger Rigby	610	0	610
50	Jenny Ferber	0	609	609
51	Estelle Visser	0	608	608
52	Ruth McColl	0	603	603
53	Michael Sharp	0	600	600
53	Robi Russell	600	0	600
55	Rod Lovel	599	0	599
56	Joshua Burns	591	0	591
57	Keith White	587	0	587
58	Darryl Chrisp	575	0	575
58	Simon Riordan	575	0	575
60	David Loader	569	0	569
61	Andrew Bryan	567	0	567
62	Charles King	0	566	566
62	Peter Grunfeld	0	566	566
64	Robert Inglis	565	0	565
65	Rachele Lazzara	0	564	564
66	Iain Martin	560	0	560
67	Frank Dearn	0	552	552
68	Gill Cavenagh	0	551	551
69	Sarah Brown	0	548	548
70	Michael Christie	545	0	545
71	James Moody	0	541	541
72	Victoria Pilkerton	0	534	534
73	Ian Singer	0	532	532
73	Ken Harris	0	532	532
75	Frances Brown	0	531	531
76	Mercy Samia	0	527	527
77	Lisa Gallate	0	516	516
78	Simon Kent-Jones	510	0	510
79	Jeff Morunga	0	496	496
80	Duncan Scott	0	488	488
81	Michael Johnstone	0	482	482
82	Ian Walker	0	471	471
83	Kevin Tiller	0	462	462

Blister Photo Gallery

Canberra Marathon – at the finish



James Moody and Ruth McColl



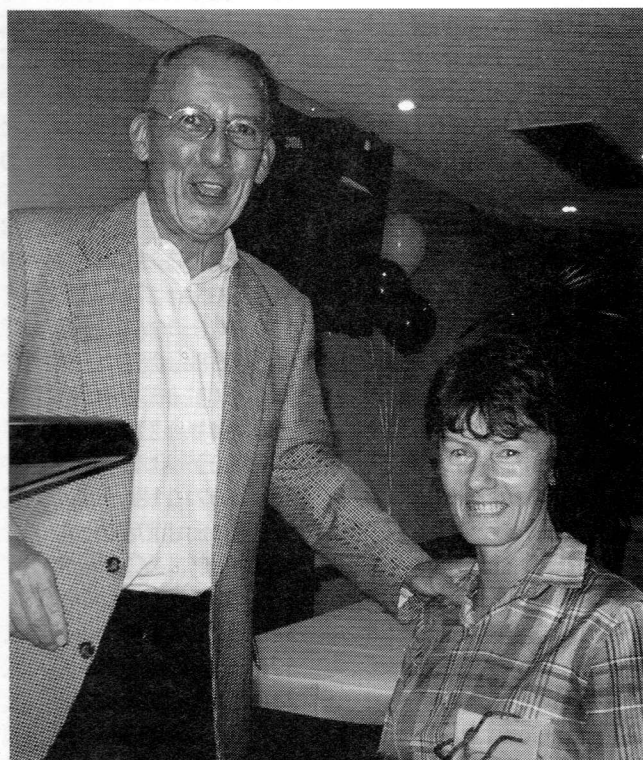
Gill Cavenagh



Lisa Gallette



Allison Lilley



Michael Bailey presents Tina Campbell with the 'St. Henri Challenge' award (Experienced Runner Division) for predicting her Canberra Marathon time within 8 seconds