

Sydney Striders

**Road Runners
Club
Australia**



Edition No. 85: April - July 2002

Sydney Striders at Trailwalker 100k

Twenty-one Striders took part in the 2002 Oxfam Trailwalker 100k including four all-Strider teams. The 'Pommie Granites' (Dawn Tiller, Jonathon Worswick, Steve Urwin, Phil Hugill) were first Striders across the line in 7th place overall and 2nd mixed team to finish. Their time - 15hours 46 minutes.

Kelvin Marshall was in the 9th placed team and another Striders team were 11th to finish (Joel Mackay, Neil Barker and David Clear, while Stephen Jackson dropped out at Berowra).

'Go Sydney Striders' were the first Over-40s team to finish and took 14th place overall (Adrian Spragg, David King, Warwick Selby, Martin Fryer).

Keith White and Iain Martin were in the 19th and 25th placed teams, with times of 18h 51m and 19h 47m respectively. Sean Greenhill, who tells his tale inside, ran 21h 46m to finish in 38th place with his Fat Arsed Running Team.

Margaret White, who also tells her story of the race, ran with George Herisson and Lesley Clarke as the 'Easy Striders', finishing 73rd in 25h 53m.

Roger Rigby took part but was a DNF, bowing out at Crosslands (the 56k mark). Roger does not recommend a ten day bushwalk immediately before Trailwalker as being ideal preparation. Two of his team continued to finish in 21h 15m.

The race winners in a new record of 12 hours 41 mins were the 'RG Rifles, a UK team. Second were a Gurkha team in 13h 3m. Times, photos and two race reports inside.



'Go Sydney Striders' the first over-40s team. L to R, Adrian Spragg, David King, Warwick Selby, Martin Fryer.

Inside Blister No 85:

- ◆ Trailwalker from Margaret White and Sean Greenhill
- ◆ 'The Gong' remembered by Steve Cornelius
- ◆ Medical column from Dr. Paul Russell
- ◆ James Moody at the Gold Coast
- ◆ Comrades, SMH Half results and photos
- ◆ 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: We can scan photos or use **jpg 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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**Brad Renshaw's Paper Tiger Printing
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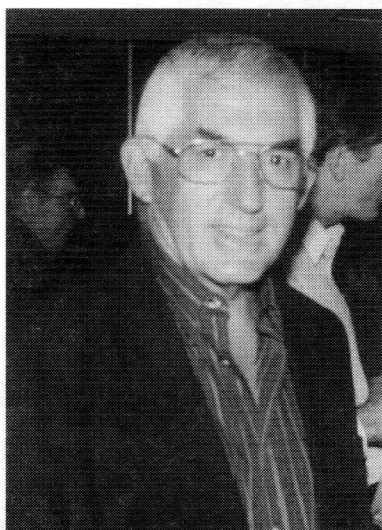
Photos – Jim Screen, Jim Moody, Sean Greenhill.
Proof-reading – Penny Smith. Results – Charles Coville, Sean Greenhill, Adrian Spragg. Sean even colour-coded the Trailwalker teams in the submitted results – 'Full' Striders teams a patriotic rich green and the ersatz part-Striders teams a khaki colour'.



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President's Report

By Jim Screen



President Jim Screen

A big thanks to all those willing Striders who stayed around for the Annual General meeting on 19 May. It was most heartening to see so many members stay on for this important part of our Club's annual activities. No matter whether we like AGMs or not they have to be held in which case we should put the time to the best use.

It is important to point out that the AGM is not the only time during the year that good ideas can be trotted out and discussed. The committee members do not have a monopoly on good ideas and any member with a suggestion to make for the improvement of the Club can be assured that it will be properly debated and discussed before it is either declined or accepted. All you need do is talk to one of the committee members about your idea and they will make sure it goes on the next committee meeting agenda. It would be appropriate on some occasions for the person making the suggestion to also attend the meeting.

The Club has had a good year with both finances and membership numbers in good shape. A full report appears later in this edition. Our long standing affiliation with Athletics NSW smoothed the way for our public risk insurance which is a must if we are to continue as a club. We did face a few problems with the 10 K series but these were eventually overcome and the series commenced one month late.

Although the 10 K series is attracting excellent numbers this in itself means that the race is becoming more and more demanding to stage. The Domain/Mrs. Macquaries Chair course is particularly worrying as it is resource hungry and requires some 18 volunteers. This course must be supervised and monitored at a higher level than our other locations and if there is an occasion when we do not have enough help then we will not be able to conduct the race.

Which brings me to perhaps the most important aspect of our Sunday STaRs and that is road safety. On the last couple of STaRs I noticed that once again some runners relinquish all responsibility for their personal safety and hand that responsibility over to an unknown person driving a motor vehicle. Why is this so? Some of us get up to all the usual tricks like not running on the side of the road facing oncoming traffic, or not using the footpath, or crossing against red lights, or running down the centre of the road seemingly unaware of cars approaching from behind. Thankfully not every one does these things but if your running companion does then give them a not so gentle reminder to do the right thing by themselves and other road users.

Talking about doing the right thing reminds me of the problem of members not wearing Striders uniform in Club Championship events. For as long as I can remember to be eligible to win either of the Club's Half Marathon or Marathon Championships it has been necessary to wear Striders uniform. Exceptions are where genuine sponsors are involved, where members are part of a NSW State team and are obliged to wear that uniform, or new members who simply have not yet had time to be supplied. Most of us are proud to wear the Club's uniform and be identified as Sydney Striders. However because some individuals prefer not to wear Striders gear the committee is considering ways around the problem to ensure that any member not running in uniform does so knowing that they will not be eligible for any of the awards.

Trailwalker 100k, 24th-25th May



'The Pommie Granites' L to R, Jonathan Worswick, Dawn Tiller, Phil Hugill, Steve Urwin (David King & Adrian Spragg in background)

7th (2nd Mixed Team) The Pommie Granites

9th The Club

11th Sydney Striders

14th (1st Over 40s) Go Sydney Striders

19th Four Decades

25th (20th full team) Berowa Bush Runners II

38th Fat Arsed Running Team

73rd Easy Striders



Phil Hugill and Jonathan Worswick power into the Rosemead Road checkpoint



Team 'Sydney Striders', L to R, Neil Barker, Stephen Jackson, Joel Mackay, Dave Clear. (Sean Greenhill in background)

15h 46m Dawn Tiller, Jonathan Worswick, Steve Urwin, Phil Hugill

15h 59m Incl Kelvin Marshall

16h 39m Joel Mackay, Neil Barker, David Clear, Stephen Jackson (dnf)

17h 48m Adrian Spragg, David King, Warwick Selby, Martin Fryer

18h 51m Keith White

19h 47m Included Iain Martin

21h 46m Included Sean Greenhill

25h 53m George Herisson, Margaret White, Lesley Clarke, Breeda Kelly (dnf)



Smiles all round as David King and Adrian Spragg trot into Rosemead checkpoint

Trailwalker with the 'Easy Striders'

By Margaret White

The team – Margaret White, Lesley Maher, George Herisson, Rod Lovell/Breeda Kelly

The early signs for this year's Trailwalker weren't good. Apart from the increasingly gloomy weather forecast, Rod had called the morning before to enquire as to whether or not we had a reserve – in case he got sick.

Still, we had done the work. Week after week we ran and scrambled over sections of the Great North Walk until we knew it like the back of our hands – almost.

Black dog

We'd proved our strength and adaptability. One Sunday, we found a grossly obese, black Labrador dog, wearing a fetching quilted jacket. He was marooned on a rock in the wild gorge country between Berowra Waters and Cowan. Rod and George hauled the gasping 'Buster' up several rockfaces until we left him with a rather startled householder at the top of the third hill (mountain, cliff face?).

Trailwalker Eve

Rod confirmed that he had indeed got sick, all over the place in fact, and he might not be able to make it. I told him that "tummy bugs" usually only last 24 hours and that if he started, he would probably get better during the day. He said he'd try.

Just in case, Lesley lined up Breeda. Willing to start and thus get us started on the 100km Trailwalker adventure, but not able to finish.

Nothing more to do than to get out my gear - headlight, torches, batteries, bulbs, band-aids, painkillers, anti-inflammatories, band-aids, Gu's, energy bars, spare socks, more band-aids etc., etc., etc. – all removed from its' packaging, sorted, checked and rechecked the previous weekend.

The bag I opened, however, did not contain my precious, life preserving gear. It was full of the packaging from whence it had come. I'd put the wrong bag in the garbage! Never mind. A quick but intense wobbly, then Keith gave me a torch he didn't need and a few Gu's and I was ready.

We're off!

The big day dawned cold and dull and I didn't want

to do it. Lesley didn't either. George did want to do it, I think, but he's a modest man and not one to brag. Rod didn't even try – he reckoned he couldn't get out of bed.

Once underway, things got better. Breeda pulled out at the top of the first hill but Lesley set a cracking pace. George dutifully brought up the rear. Both he and Rod had been carefully trained in the art of running very slowly.

By Checkpoint 1, Lane Cove, I was ecstatic. I was well prepared and it felt great. The first 40 kms passed quickly, if a bit wetly, and George and I hardly heard Lesley saying that her shin was sore.



Team of three: George Herisson, Lesley Clarke, Margaret White still smiling on the way to checkpoint 2 at Thornleigh.

By Crosslands, the rain had become torrential. Soup and baked potatoes went down well, however, and I managed to do some stretching under an umbrella while Lesley looked for George. A close eye had to be kept on him at all times, or he'd wander off. Lesley decided not to visit the physiotherapist's tent in case they told her to pull out, and George and I were glad – it would have cost us time.

The big wet

Then on into the long, wet night. It bucketed down. Pelted, poured and teemed. The many creeks between Crosslands and Mt Kur-ing-gai started to rise.

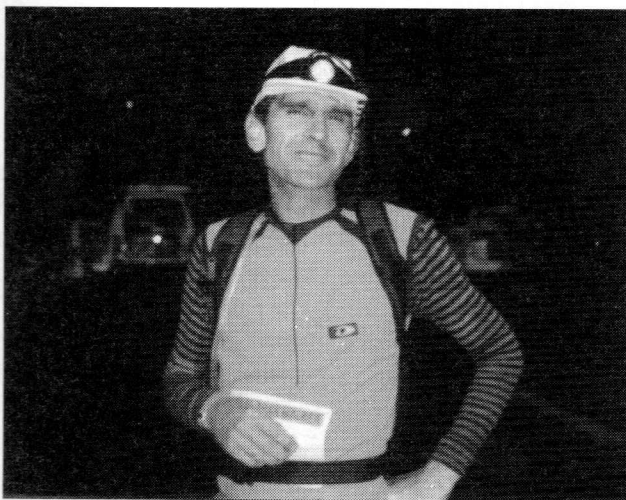
We 'Easy Striders' kept busy. When Lesley fell off the track she was able to break her fall into the unknown, black abyss by hanging on to the fernery. George lowered himself down so that she could take hold of his feet and a member of a passing team and I had them both back on solid ground in no time. Lesley led the way when George fell and lost his headlight and my torch batteries went flat (yet again) due to constant immersion in water.

After porridge at Berowra Waters (we had two wonderful support teams) we commenced the arduous climb up, then down, then up again, and down again, then up once more to Cowan. A snack served in a giant marquee at Cowan station (set up for the convenience of rail passengers forced by trackwork to alight and catch a bus) set us up for the final 13kms to Brooklyn.

Despite the fact that Lesley wouldn't run, using her shin again as an excuse, we reached the end in reasonable time - 25 hours and 53 minutes. Not quite what we'd aimed for; but not bad, all things considered. We were met at the Finish by Rod and various friends and relatives; and we downed a well-earned glass of champagne.

Lesley took her, by now, black and blue and grossly swollen lower leg off to the physio, then vomited all the way home. Some people will do anything to get attention!

We've decided we'll do it next year. But Lesley, after three finishes, wants to be our support crew and George wants a faster team. Any volunteers?



On the road at Trailwalker - Kelvin Marshall at Berowra - he doesn't look too concerned about the weather.

Sean Greenhill's Trailwalker

The concept of Trailwalker- a 100K off-road event involving teams of four running or walking together the whole way- began as a British Army training exercise for its Gurkha units. In Hong Kong it became a public event to raise funds for Oxfam; since then 'Trailwalkers' have been set up in Sydney, Adelaide and the UK.

The organisers of the Sydney event could not have chosen a more gnarly piece of trail if they'd tried. The Great North Walk and related trails are not recommended for running. Some sections are good single tracks but most are highly rocky and root covered, some to an extreme degree; the sections in Sydney's northern suburbs also have quite a bit of elevation change, all of it steep. The Sydney Trailwalker starts in Hunters Hill and wends its way northwards through the suburbs to finish on the banks of the Hawkesbury River at Brooklyn after 100km.

In last year's Sydney event I had teamed up as the Fat Ass Racing Team with Nick Drayton, Jan Herrmann and Strider Kevin Tiller. Kevin had dropped at Berowra and the rest of us finished in 22 hours 29 mins, 24th place. This year Kevin was crewing for wife Dawn so we recruited Stewart Vincent. My mother Gayl with Nick's son Andrew were support crew.

The weather forecast showed pretty dispiriting conditions 16 degrees C maximum in Sydney and rain. It was spot on too, as race day dawned grey and gusty.

Walkers!

At the start at 10am a wave of people charged out in front of us; we were running at a steady pace, I didn't expect to see so many people in front, especially as most of the competitors here were meant to be walkers. We headed off into the hilly backstreets of Gladesville, then the course wound its way through parkland, duckboard and muddy trails alongside the Lane Cove River.

When the race settled onto narrow, single tracks we were too often caught behind people who had obviously run hard for the first few kilometres then slowed down to walk. Frustrated, I pushed past as many competitors as I could; pumped up in annoyance, that I couldn't run at my desired pace.

Then the rain came. With the first checkpoint a couple of minutes away, I heard Gayl's voice – we ran in out of the rain and I glanced at my watch-1h16m elapsed time, a minute off my projection for the first section. Not bad despite the frustrations of being caught behind all those walkers. I wolfed down creamed rice, muesli bar and a carton of Milo. After some confusion over where to go when leaving the checkpoint, Jan pointed us in the right direction, mentioning that this was his lunchtime run. His lunch trails were now covered in water and mud, which we thought wouldn't impress the EPA when they did their assessment of the race's environmental impact.

Lane Cove to Thornleigh

The trail to Thornleigh is run on rough rocky trails most of the way, before diverting down a concrete bike path and then on a good dirt trail which follows the infant Lane Cove River and fords it several times. You can keep your feet dry at these crossings, but there didn't seem much point given the rain. Finally we climbed a switchback trail out of the river valley towards the Scout Centre and checkpoint two at 26.5km. We arrived at 1.36pm, just behind our projected 20 hour pace.

Gayl had prepared hot noodles which went down well in the wet and cold. I was shivering within minutes of stopping, but eating something hot made a difference. We ran hard out of Thornleigh just to warm up.

To Cherrybrook and Ginger Meggs Park

The trail to Cherrybrook was good, smooth single track all the way with a few short, steep, uphill pitches and we made up plenty of time in this section. We passed several teams, which was unusual, as by this time last year the order of teams had more or less sorted itself out. Nick was grumbling that I was picking the pace up whenever a team appeared in front of us - and usually on an uphill. Teams in front of us became known, in a running joke, as 'fresh meat'.

We chugged into the Cherrybrook checkpoint to fill up more hot food and were doing the "winter waltz" of foot stamping and hand rubbing, urging each other to finish up so we could get moving again and thus stay warm. The next section to Rosemead was more good trail, climbing gradually over several fern-covered ridges before a final long downhill to the checkpoint at Ginger Meggs Park, in rain that was getting steadily heavier. It was 4pm and we were still on the 20 hour schedule.

I pulled off my shoes and socks to reveal shrivelled, white skin; I reapplied another layer of Vaseline and swapped socks to prevent the onset of blisters, then, like the rest of the guys, donned night gear - tights and a Striders thermal longsleeve, LED headlamp and big Coleman torch. When we came in, we had seen our – now - arch enemies, the 'USD' team, still in the checkpoint; I looked around and they were gone. My blood was up; they were only a few minutes ahead, so chances were good we'd run them down in the following section or two. The next leg to Crosslands would take at least three hours, at least half of this would be in darkness.

No fire at Crosslands

Nick, an astute judge of pace, said I should lead in this section as I was a 'cautious' runner and unlikely to push too hard on this long section. The trail was becoming more technical, and Nick noted from last year that I'm very wary on rough terrain. At first scrambling over rough stuff and crossing several waterways, we then swung onto an old firetrail climbing steadily to the top of Galston Gorge. Because of the rain and pervasive cloud cover, our lights were switched on before 5pm- an hour earlier than last year.

As we climbed, we could look across towards the Berowra Creek Valley and see a thick bank of fog developing. Not a good sign for conditions that night!

We barrelled along the fire trail in the rain until, in near total darkness, we reached the descent of Galston Gorge. Again, Nick insisted that I go first, he was still concerned about pace, and having a big ungainly character such as me in front seemed the best way to go. *(Also good for detecting low branches! Ed)*

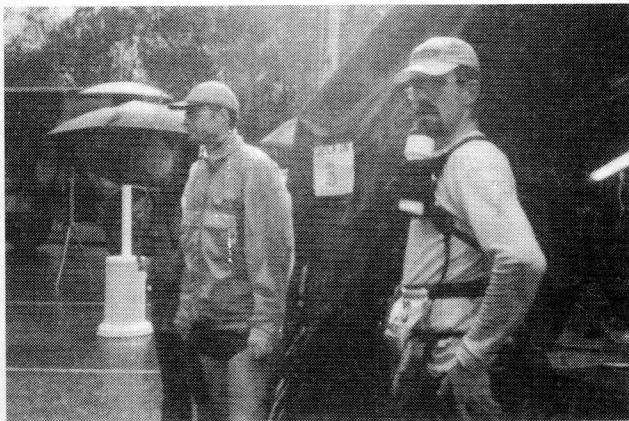
It was a precipitous descent, dropping down bolts hammered into the rock, skipping from ledge to ledge, following a fluorescent clothesline and the odd glowstick. From there, it was onto the single track en route to Crosslands. We got some good running happening here. After a lot of cursing when landmarks took longer than expected to appear we hove into Crosslands about 7.10pm, when I was hoping for 7 o'clock.

Last year Gayl had set up a blazing bonfire but this year fell foul of race officials - no open fires allowed. However, Gayl's gas stove soon had us hoeing into hot pizza and yet more chips. 'USD' left before us, I peered at their support crew, "we'll see you at

Kuringai before you see your own guys," which produced sceptical laughter.

To Kuringai

From Crosslands the trail, covered in roots, wends its way next to the creek, climbing and becoming decidedly technical again, before descending to a narrow, shaky bridge over the water, crossing a flooded section and then over and under trees, roots and rocks. Very slow going, in fact probably the worst terrain of the race. Our feet got wetter from minor creek crossings. It took quite a while before there was any perceptible climb up to Mt Kuringai, but when it did, I distinguished myself by steaming headfirst into a rock overhang and dropping to the ground as though shot. (*See! Ed.*) "I thought about saying 'duck'", Jan, said. "Well, next year, just think louder!" We crossed the highway into Mt Kuringai school about 9.20pm.



Sean at the finish – and it's still raining!

I had felt hot spots on my left foot, no doubt a product of the wet, reapplied Vaseline to my feet and changed socks for heavy-duty wool ones from Mountain Designs. I rationalised that my feet were going to be wet no matter what, so it made sense to wear thicker, better cushioned socks than thinner ones that dried faster. I was shaking from cold; we all needed activity to keep warm so started to urge each other to get ready faster. As we left we passed 'USD'; we exchanged hand gestures on the way out.

To Berowra and Berowra Waters

The leg to Berowra was my mental trough; rough, root and rock covered singletrack, badly eroded and right on the edge of the water. I slogged along, making painfully slow progress - this rough stuff just is not my forte. Plenty of times I slipped or tripped and ended up on my knees, teeth gnashing in

frustration. To complicate things, my feet were deteriorating. My mood was not improved on the climb to Berowra which seemed a lot longer and rougher going than last year, but finally we hove into Berowra at midnight, still on 20 hour pace, having made up 20 minutes over that section despite the frustration.

The rain was pretty heavy - everyone ducked into the cosy community hall in an effort to keep dry. There were food facilities, heaters etc. I figured it'd be a bit of a black hole - once people arrived they wouldn't want to leave again. I found out later that Stephen Jackson had dropped here earlier on. I rummaged for a tube of hydropel - silicone gel but not tested in "field conditions". No better chance! I lathered it on, put on new wool socks, and changed shoes.

We took 40 minutes at Berowra- between my feet and Stewart nursing a damaged hip muscle, finally we were off again, peanut-butter sandwich in hand, well behind 20 hour pace. We started dropping to Berowra Waters when the rain started thumping down - a very solid downpour.

The descent to the fire trail was monotonous walking track with a few metal ladders scaling the steeper bits. We hit the fire trail and then the Great North Walk, winding its rugged way down to the waterline. Stewart started to drop back, restricted by his hip muscle, so I elected to keep him company as the other two went ahead. Walking down a stone staircase, I glanced back and saw the lights of pursuers through the dark and rain. Several teams arrived in Berowra Waters simultaneously - the 78km point.

Nick made a beeline for St John's Ambulance staff, while the rest gathered round a roaring bonfire to keep warm. I ate more creamed rice and applied more hydropel to my feet; they felt quite a bit better than they did before Berowra. When Nick rose from the tent, he was quiet and speaking little; later it came out that he'd vomited and then been unable to get any food down.

To Cowan

The leg to Cowan consists of three tough climbs out of gullies. We benefited from having run it last year - we didn't have any route finding issues although in several sections the footing was treacherously slippery in the rain. Stewart was off the back, still affected by his hip muscle, and probably just as much the need to nurse the injury as well as he could, seeing as he was running Comrades three weeks after

Trailwalker. Descending into the last gully before Cowan, we saw a group of lights huddled below us - at least two teams had stopped. When we neared, we could see why - a creek crossing which was normally negotiable with stepping stones and dry feet had risen to the point where it was knee deep at least. I glanced over my shoulder, worried that the 'USD' team would appear while we debated things. Eventually everyone got their act together and went in single file. I ended up hip deep in decidedly chilly, fast-flowing water, but then we got some good running going leading into Cowan. It was 4am- we were now on about 21 hour pace.

Gayl and Andy were there but with hardly any food for us - the officials running the checkpoint had not let anyone drive right in, so Gayl and Andy had to park on the highway and walk in with rudimentary stuff. I could hardly eat anything anyway - what I had eaten at Berowra Waters was still in my stomach, but it was a hassle we could have done without.

More hydropel (feet feeling really good by now), a cup of coffee, and I filled my bum bag with condensed milk and muesli bars for the last 16km leg to Brooklyn, a tough mixture of steep trails and rolling fire roads. I informed Stewart between chattering teeth that it was three hours from here based on last year's times and he nodded quietly.

To Brooklyn (the finish)

We plunged back into the darkness, descending the rough track that is actually a riverbed part of the way. I fell in with Stewart, and we talked about his ambitions for Comrades. He suffered on the climb out of Jerusalem Bay, groaning with pain on some of the steeper sections. Then it was down again to Campbell Creek, and an interminable climb up to the fire trail. I had eaten all my food but was starting to feel light-headed; last year I had completely fallen apart on the same climb after not eating enough. I walked with Nick and asked if he had any food, he produced a tube of condensed milk, which we shared. Nick was fairly unresponsive and had developed a thousand-yard stare, focussed only on the horizon. He was obviously digging VERY deep. I jogged ahead to Jan, who was quite unflustered, and for much of the last section the Fat Arsed Running Team was two pairs, Jan and I, and Stewart and Nick. The sun was coming up as we trotted along the trail. Now and then we saw a team in front; they looked like Army guys. I floated the prospect of catching them, but Jan pointed out pragmatically that the other two were doing it hard and for us to scoot ahead would be a waste of energy.



Did we mention it rained? Sean and team trot towards the finish.

We reached the top of the last downhill- from here we switchbacked to a flight of steps, hit the road and ran in to Parsley Bay carpark - about a mile. Jan and I waited for the others; "Want to start-running?" I said, "No," came Nick's reply. Couldn't argue with that. We walked down to the road, then Nick dragged a shuffle out of himself, gradually picking up the pace. We passed the Army guys near the marina, rounded the headland, then jogged in slowly to a 21.46 finish, 38th of 300 teams. The course record had been taken down to 12.41 and the top 5 teams had all broken the old course record- truly remarkable given the non-stop rain during the event.

Nick ended up in Hornsby Hospital suffering from hypothermia - no doubt partly as a result of his inability to eat during the morning - but was okay that afternoon. Stewart finished Comrades in 10.39 three weeks later.

I can't speak highly enough of the support crews - driving and waiting through rain and night and morning for irritable, wet, smelly runners is a pretty thankless task and Gayl and Andy did a great job. As for the event itself, it's professionally done apart from the issues our crew had at Crosslands and Cowan. I'm not sure about next year's event however, as this is a race where I will never truly run well- so much is rough trail which just does not suit a runner like me. The \$330 in entry fees and sponsorship is also pretty steep, especially the raising of sponsorship from friends and workmates, which is always difficult. Having said that, it's THE big ultra in the Sydney area. I've got until next February before making up my mind on Trailwalker 2003.

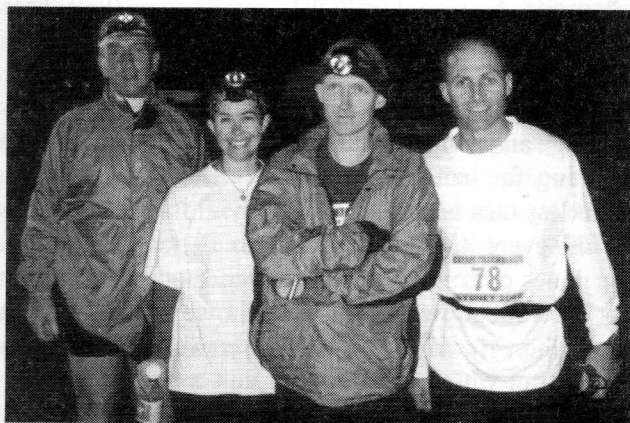
Trailwalker Photos



**Refreshments at Cherrybrook – (L to R)
Martin Fryer, Adrian Spragg, David King
and Warwick Selby**



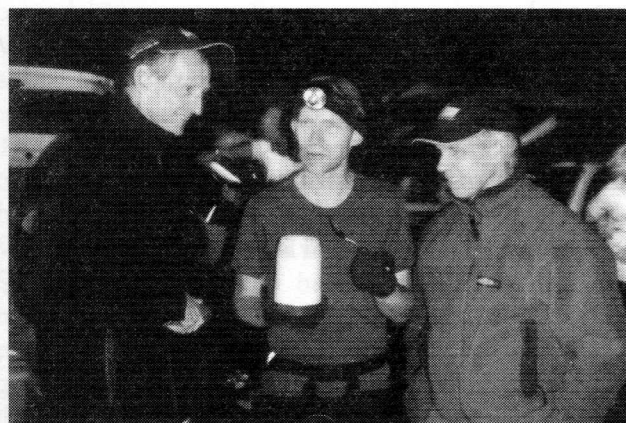
**Warwick Selby and Martin Fryer arrive at
Rosemead (Adrian and David in background)**



**Ready to leave Berowra (L to R) David Clear,
Jacqui Matthews (who joined in for a late
night run (*What!! Ed.*)), Joel Mackay and Neil
Barker.**



**Looking fresh - Neil Barker and David Clear
arrive at Rosemead Rd checkpoint, Hornsby.**



**Joel Mackay (centre) receives some late night
support from Mike Ward and Gary Leahey at
Berowra.**



**Warwick Selby shows off his waterproof
gloves as he leaves Berowra with Martin
Fryer and David King.**

ANNUAL AWARDS BRUNCH- IMPORTANT CHANGE

By Jim Screen

For many years the best supported social activity conducted by the club has been the annual awards Brunch held at the Middle Harbour Yacht Club. This has always been a most pleasant morning for socialising, having breakfast and acknowledging those members who have recorded the best times or scored the most points in the various events recognised by the club.

For those on the committee involved in trying to sort out just who has won a particular award, this time of year is anything but festive. There are lots of categories and awards going back over the previous 12 months. As usual members have birthdays during the year and sometimes this leads to a change in category thus adding to the excitement. The best bit though is trying to make sure that we have all the information upon which to base the decisions.

Unfortunately, many members "expect" a good fairy will somehow know that somewhere on the planet, they have performed extremely well in a race. This information will have been passed on to the club so that hardworking committee members can make sure the right people win the awards. This of course saves individual members from taking on the responsibility for themselves to inform the club of their achievements.

The good news is that most members do update their records and tell the Club in writing just what they have been up to during the previous 12 months. The bad news is that this update takes place on the membership renewal forms which are not distributed or returned until well after the awards have been presented.

Now mistakes, through a combination of good management and luck, have been very rare in the past. But as the Club grows the chances we will not recognise the correct winners will become more of a reality. However, there are some events such as the 10K Series for which we know all the results, categories and so on.

Therefore for all events where we can be sure we have the correct results, those awards will be presented at the brunch. This includes the 10 K Series, Super Series, and the half marathon and marathon championships.

For all the other awards such as fastest marathon during the year or the sub three hour and sub four hour marathon improver awards, the times for which can be verified from the membership renewal forms, trophies for those and other similar events will be presented at the outstanding achievement awards dinner conducted during March or April.

In agreeing to these changes the committee was keen to retain the Brunch at the same time of year as in the past but at the same time it recognised the need to make sure the integrity of the awards was protected. In addition there are numerous new awards for age categories in both the Super Series and 10K Series. These would have overloaded the presentations at the Brunch making it necessary in any case to change the timing of at least some of the awards.

The committee feels sure that the changes will enhance both the Brunch and the Awards Dinner and make them both more enjoyable for members and their guests.

Committee Ramblings

Sydney Marathon requires volunteer marshals. Any Striders who can help please contact President Jim Screen for details.

April meeting – Expenditure approved for a bar coding system to improve speed and accuracy of registration and results. Also discussed and approved speaker for Outstanding Achievements Dinner, the culling of STaR equipment to make transport easier for hosts, AGM and fixing the club clock.

June meeting – Striders' long-standing sponsorship of a Taronga Zoo cheetah was renewed and free passes received which will be used as prizes in the Xmas Brunch raffle. In STaR organisation – Joel Mackay is now processing the 15k STaR maps, hosts to be encouraged to wear name tags with Brad Renshaw organising. Also insurance and uniforms discussed.

July meeting – Annual 10k Series charity run to be for 'Friends of Lane Cove National Park' enabling equipment purchases for the volunteers working on bush regeneration, organisation of Striders teams for future events (SMH, City to Surf etc.).

SMH Half Marathon

Pl	Name	H.m.s	Category			
1	Chris Truscott	1.12.26	M Opn	52	David Lancaster	1.42.20 M Vet
2	John Young	1.15.40	M Opn	53	Graham Willis	1.42.24 M Mst
3	Andrew Gibbons	1.15.56	M Opn	54	Kevin O'Kane	1.42.32 M Mst
4	Ross Sinclair	1.20.52	M Vet	55	Tracey Love	1.45.00 F Vet
5	Greg Coy	1.21.06	M Vet	56	Michael Wilson	1.46.48 M Mst
6	Mark Wilson	1.21.10	M Opn	57	Heiko Schaefer	1.47.10 M Snr
7	Greg Donovan	1.22.16	M Vet	58	David Adler	1.47.26 M Vet
8	Joanne Cowan	1.23.30	F Vet	59	Andrew Knox	1.47.38 M Opn
9	Steve Hume	1.24.46	M Opn	60	Tina Campbell	1.48.22 F Mst
10	Keith Bateman	1.25.34	M Vet	61	Philip Kennedy	1.48.42 M Vet
11	Grahame Murphy	1.25.36	M Vet	62	Victoria Pilkerton	1.49.10 F Opn
12	John Van Yzendoorn	1.26.22	M Opn	63	Rachele Lazzara	1.49.40 F Opn
13	Ron Schwebel	1.26.36	M Mst	64	Leigh MacRitchie	1.49.58 F Opn
14	Ray Doran	1.27.16	M Snr	65	Mary Stringer	1.50.02 F Vet
15	David Loader	1.27.30	M Opn	66	Sharon Callister	1.50.28 F Vet
16	Mark Schaefer	1.27.56	M Opn	67	James Moody	1.50.32 M Mst
17	Charles Coville	1.28.12	M Mst	68	Denis Speyer	1.51.14 M Vet
18	Gary Aitkenhead	1.28.14	M Vet	69	Michael Rees-Evans	1.52.03 M Opn
19	Paul Jackson	1.29.02	M Opn	70	Michael Bailey	1.52.30 M Mst
20	Joel Mackay	1.29.34	M Opn	71	Elizabeth Woodhams	1.52.34 F Mst
21	Mark Robinson	1.29.48	M Vet	72	Ruth McColl	1.54.28 F Mst
22	Mike Hansen	1.30.38	M Vet	73	Jim Screen	1.54.34 M Mst
23	Michael Sharp	1.31.30	M Opn	74	Brian O'Dea	1.55.02 M Mst
24	Joanne Barton	1.31.40	F Vet	75	Frances Brown	1.55.30 F Vet
25	Peter Woods	1.32.26	M Vet	76	Brad Renshaw	1.56.18 M Mst
26	Peter Cremen	1.33.02	M Opn	77	Jeff Morunga	1.57.10 M Vet
27	Gregory Mackay	1.33.02	M Vet	78	Graham Osborn	1.57.38 M Mst
28	Mark Davis	1.33.06	M Vet	79	Julie McGaw	1.57.58 F Vet
29	Philip Boswell	1.33.18	M Vet	80	John Simmonds	1.57.58 M Mst
30	Stephen Jackson	1.33.36	M Vet	81	Bronwyn Wassell	1.59.12 F Opn
31	Stephen Ball	1.34.26	M Vet	82	Jurg Kunzle	1.59.12 M Mst
32	Gregory Prerau	1.34.56	M Vet	83	Robi Russell	1.59.28 F Mst
33	Alex Whitworth	1.35.34	M Snr	84	Heather Forster	2.00.16 F Vet
34	Ralph Melano	1.36.14	M Vet	85	Lisa Gallate	2.02.00 F Opn
35	Lisa Carroli	1.36.36	F Vet	86	Gill Cavenagh	2.02.31 F Vet
36	Kelvin Marshall	1.36.36	M Opn	87	Richard Wassell	2.02.40 M Opn
37	Arthur Huxtable	1.36.48	M Mst	88	Allison Lilley	2.02.46 F Opn
38	Charles King	1.36.52	M Vet	89	Frank Dearn	2.08.50 M Snr
39	Nick Adams	1.36.54	M Opn	90	Alistair Cooke	2.09.43 M Opn
40	Dennis Nel	1.36.56	M Vet	91	Patricia Pittorino	2.13.04 F Mst
41	Peter Grunfeld	1.37.00	M Vet	92	Rod Ross	2.18.36 M Mst
42	Victor Donovic	1.37.28	M Vet	93	Elizabeth Taylor	2.21.04 F Vet
43	Darren Goodsir	1.37.44	M Opn	94	Derek Smith	3.00.00 M Snr
44	Andrew Smith	1.37.52	M Vet	95	Christopher Dwyer	dnf M Mst
45	Garry Maddox	1.38.56	M Vet	96	Peter Truscott	dnf M Opn
46	Jon Patrick	1.39.44	M Mst	97	Steven Norden	dnf M Vet
47	Graham Sharp	1.40.08	M Vet			
48	Adam Cresswell	1.41.22	M Opn			
49	Ian Singer	1.41.48	M Vet			
50	Roland Hassall	1.41.56	M Opn			
51	Feisar Joya	1.41.58	M Opn			

Remember you need to wear Striders uniform for Super Series points and Striders Half Marathon Championship awards – also have your own registered number.

Striders in the Half Marathon Awards

John Young	3 rd	35 - 39
Ray Doran	1 st	60 - 64
Alex Whitworth	3 rd	60 - 64
Neil McPherson	2 nd	65 - 69
Joanne Cowan	1 st	45 - 49
Tina Campbell	2 nd	55 - 59

Ross Sinclair and Greg Coy (3 Burley Blokes) were two of the 1st Veterans (40+) team.

Peter Woods was in the 3rd Corporate Team to finish (AAP Pacers)

Grahame Murphy was in the 3rd placed Male team (Hills District Joggers 3)

Below: Enjoying the hospitality of Keith and Margaret White after the SMH Half.

L to R, Michael Bailey, Jurg Kunzle, Mike Hansen, Bronwyn Wassell.

**Minimosmarathon 10k****23rd June**

Pl	Name	Time	Category
1	Andrew Gibbons	36.44	M Opn
2	Stephen Jackson	37.04	M Vet
3	Mark Wilson	37.16	M Opn
4	Randall Brophy	38.20	M Vet
5	Keith Bateman	39.00	M Vet
6	Steve Hume	39.04	M Opn
7	Greg Coy	39.08	M Vet
8	Ron Schwebel	39.34	M Mst
9	Joanne Cowan	39.36	F Vet
10	Greg Donovan	39.42	M Vet

11	Jenny Wickham	40.24	F Opn
12	Neil Barker	40.26	M Opn
13	Nathan Vass	40.46	M Opn
14	Graham Farnsworth	41.08	M Opn
15	Mark Schaefer	41.10	M Opn
16	John Van Yzendoorn	41.12	M Opn
17	Paul Jackson	41.52	M Opn
18	Anthony Carpenter	42.18	M Opn
19	Michael Sharp	42.48	M Opn
20	Mark Davis	43.44	M Vet
21	Barry Rutter	43.50	M Mst
22	Salvador Gala	43.52	M Vet
23	Darren Goodsir	43.56	M Opn
24	Peter Woods	43.58	M Vet
25	Victor Donovic	44.02	M Vet
26	Mike Hansen	44.14	M Vet
27	Ralph Melano	44.20	M Vet
28	Alex Whitworth	44.34	M Snr
29	Nigel Phillips	45.32	M Vet
30	Simon Kent-Jones	45.46	M Opn
31	Adam Cresswell	45.50	M Opn
32	Arthur Huxtable	46.24	M Mst
33	Paul Trainor	46.24	M Opn
34	Jeff Morehen	47.00	M Vet
35	Mark Wieland	47.06	M Vet
36	Andrea McDonald	47.08	F Opn
37	Kevin O'Kane	47.14	M Mst
38	Bernadette Boulous	47.30	F Opn
39	Andrew Smith	47.32	M Vet
40	Tracey Love	47.48	F Vet
41	Ron Wilson	48.08	M Mst
42	Graham Willis	48.22	M Mst
43	Peter Copley	48.50	M Mst
44	George Herisson	49.12	M Vet
45	Paul Thompson	49.32	M Vet
46	Heiko Schaefer	49.56	M Snr
47	James Moody	50.40	M Mst
48	Clara Vucetic	50.42	F Vet
49	Marlies Laaper	50.48	F Vet
50	Leigh MacRitchie	51.24	F Opn
51	Michael Bailey	52.06	M Mst
52	Elizabeth Woodhams	52.10	F Mst
53	Mukesh Kerae	52.40	M Opn
54	John Kerr	52.56	M Mst
55	Heather Forster	53.00	F Vet
56	John Simmonds	54.28	M Mst
57	Andrew Horsley	56.18	M Mst
58	Paul Munro	57.38	M Snr
59	Beryl Wilson	58.08	F Mst
60	Frances Brown	59.02	F Vet
61	Ian Walker	59.42	M Vet
62	Frank Dearn	60.08	M Snr
63	Megan Jackson	62.34	F Opn
64	Patricia Pittorino	62.40	F Mst
65	Rod Ross	64.26	M Mst

The 'Gong – A Classic Road Race of Australia

by Steve Cornelius

For some Striders' old-timers, the recent demise of Harbord Diggers' much-loved Palm Beach to Manly 30k race triggered a shiver of nostalgia for another late great Australian road race – the Sydney-Wollongong 50-miler, commonly known in the 1980s as the "Gong".

Point-to-point races, for me, always generated a special feeling of accomplishment which more than compensated for the inevitable logistical inconvenience. Manly always looked more attractive for being somewhere other than Palm Beach, those first Saturdays of January. And similarly, finishing the Gong brought with it the satisfaction of having gone somewhere for a day out instead of just running around pointlessly in circles or out-somewhere-and-back.

Although billed, grandiosely, as the New South Wales Road Runners' Club (NSWRRC) 50-mile Road Running Championship, the reality of the Gong's profile and organisation was much more prosaic. The NSWRRC, one was eventually forced to conclude in view of undeniable evidence, was a virtual entity, a shadowy, make-believe "club". Its only "member", the equally tenebrous race "organiser" Tom Gillis, surfaced annually for the sole purpose of staging the Gong, after which he would again vanish into the depths of obscurity whence he came.

Notoriously difficult to contact owing to the fact that "his" phone was in someone else's flat, where he conveniently didn't happen to live, Tommy Gillis' approach to the complexities of race organisation was that of Alfred E. Neumann – not to worry about them at all. Everything about the Gong, not excluding Tom himself, redefined "low-key". Race instructions to runners and helpers were usually verbal and delivered in 30 seconds, maps non-existent, the winner's trophy an avant-garde but dilapidated wooden affair seemingly cobbled together from objets trouvés by a prentice carpentry class.

BYO everything

It was BYO food, BYO drink, BYO car driven by a long-suffering "second" (read: spouse, generally). Raggy old chest numbers recycled from a bygone age were chaotically, alphabetically distributed from a shop doorway in the dark just before the 5am (in later

years, 4am) start. Race marshals were deemed unnecessary – everyone, went the reasoning, knew how to get to Wollongong, you just had to keep putting one foot in front of the other until you were there. The starting "gun" was Tommy shouting out "Ready, GO", usually before you were ready, but it didn't matter. For all its faults and frustrations the race had an unequalled atmosphere about it which brought its hard-core aficionados trundling back year after year.

Australian 'first' by Sue Hill

In the late 1970s, this 50-mile race had been born in a vaguely out-and-back format. Punters circled Centennial Park a few times until moderately confused, then went spinning down to Sutherland and back before completing the distance with yet more laps of the park. It was during this pre-Gong period just prior to Sydney Striders' foundation that the immortal Sue Hill, who in 1980 would become the first female Strider, ran the event. Intending only to pace a friend for the first 42k or so then drop out, Sue continued running back from Sutherland only because her promised bale-out lift didn't materialise. Finishing the race, Sue achieved, with characteristic modesty and entirely by accident, the distinction of becoming the first Australian woman ever to complete a 50-miler. What she later said to her unreliable lift-promiser was, perhaps fortunately, not recorded for posterity.

Around 1980, however, the race morphed into its more inspiring inter-city format, and the legend of the Gong began. Like South Africa's Comrades, the direction alternated, southbound one year, northbound the next. However, apart from its distance (about 83km) there were precious few other similarities with the South African classic, or even with the UK equivalent, the London-to-Brighton.

Abducted by aliens?

Rarely patronised by more than 60 or 70 starters, and on at least one occasion attracting fewer than 40, to run the Gong was to know intimately that infamous long-distance loneliness. In the later stages, more often than not, the nearest runner ahead of you or behind could be out of your sight. You could run the entire second half without seeing another runner, an experience which raised irrational but nagging

doubts, not only about whether the race had been mysteriously abandoned, but sometimes (southbound) even whether the entire population of New South Wales apart from yourself had been abducted by aliens. If it were not for the regular contact with your support crew every few kilometres, you might have gradually surrendered to insanity, even in the unlikely event that your mental health wasn't a problem before you started.

1980, of course, marked the foundation of Sydney Striders, and the beginning of the so-called "Marathon Boom". There was very little interest in the Gong from Striders in the early years, as the club was seriously focussed on the 42.2k event. You may recall that these were the days before Striders decided to delete the words "Marathon and" from the club's name, and stick with simply "Road Runners' Club".

Many of the early South African exile Striders, including founder Charles Coville, had run numerous Comrades, sometimes (curiously, it seemed to me at the time) to the exclusion of the standard marathon. I remember Charles commenting once that he felt his marathon performance had been adversely affected by overly concentrating on the longer distance, and that he wouldn't be bothering with the Gong, or anything like it, in the foreseeable future. He was as good as his word. As a result, those few Striders whose fancy turned to a longer challenge after several marathons were regarded as somewhat eccentric, perhaps to be approached with caution and addressed in gentle, soothing tones. Quite what the 1982 Striders would have thought of their 2002 counterparts, some of whom reportedly fly annually to Africa for their 90k ultra fix, is difficult to imagine.

Triumph over adversity

I joined Striders in February 1982, but several months earlier, I had stood on George Street outside Sydney Town Hall and watched the frontrunning finishers in the 1981 Gong, northbound that year. It was a day when the supernatural Hughie, whoever or wherever He is, had "Sent Her Down" like rarely before. From the start in the dark at Wollongong Town Hall, all the way to the finish where I stood at lunchtime minimally protected by a disintegrating umbrella, the runners had been mercilessly lashed by relentless near-horizontal rain of barely describable intensity. It was one of those days when the NRMA asks radio stations to announce their current waiting time for road service is 8 hours and counting.

The runners' fortitude in such conditions made quite an impression on me, as they had clearly triumphed over some considerable adversity, both physical and psychological. Masochistically, I looked forward to giving this race a try in a subsequent year, although reasoning that the distance alone couldn't possibly present a comparably difficult challenge, as long as it didn't rain as hard again, a prospect which seemed unlikely in the next 400 years.

First Strider ultra

When the 1982 race came around, as it happened, I wasn't yet ready to take it on, and the general mood of Strider indifference to the event didn't help, but one diehard Strider trailblazer did decide to give it a bash regardless. He was Derek White, who chronicled his monumental "Super-Stagger" in Blister #12. Whatever organisational qualities Tommy Gillis lacked, he more than made up for in unequivocal goodwill, waiting at the finishing line in Wollongong more than three hours beyond the official time-limit to clock Derek at 13 hours 35 minutes 40 seconds, thereby writing him into the record book as the first Strider to complete an ultramarathon of any description while a member. This was one of the early, but largely unrecognised, turning-points of our club's history.

With the Gong Northbound again in October 1983, I finally rustled up the courage to take it on, accompanied by two other Strider trendsetters, Dave Williams and Laurie King. Frankly, our training was haphazard by modern standards, more for lack of information than lack of motivation.



Steve Cornelius receives the baton from Steve Nordish for the Striders 'E' team at the final change-over point (top of Bulli Pass) in the 1987 Sydney-Wollongong relay.

We simply had very little idea how to tackle it, but did manage a couple of marathon-plus training jaunts including a long slow 66km jog from Sydney's northernmost beach to its southernmost – Palm Beach to Cronulla.

Career peak

On the day, Dave's "stop and look at the flowers" approach, which at one stage saw him trailing almost 5k behind me, proved the most efficient, but I just managed to shade him by a negligible 63 seconds in 8:21:19. "Hitting the wall" hardly described my feeling as I dodged buses and pedestrians to stagger up George Street to the finish, but the euphoria on crossing the line was indescribable. Few moments in my running career could come close to rivalling this one. Arriving at Town Hall only a minute later, Dave looked as if he had been relaxing in an armchair all morning, and Laurie rolled in around 20 minutes later, also in good condition. I claimed the unlikely and highly contrived honour of being first-ever Strider to finish any ultra within the official time-limit, and the rest of my glorious running career was largely downhill from then on.

However, inspired by the great Derek White the year before, we three musketeers had started something. What exactly it was, and whether it was good for Sydney Striders, we weren't entirely sure, but the club would never be the same again. What we had started turned out to be called "diversity". Never again would the entire club focus on races of a uniform distance. Sub-groups within the club started orienteering and track-racing, others took up half-marathoning in earnest, some whackos endowed with lots more money than sense bought bicycles, earplugs and gaudy lycra gear, and threw themselves at (shudder!) triathlons. And increasingly, others began to look at distances Beyond The Big Forty-Two.

The 'Southbound'

Those of us who backed up for a second shot in 1984 found out, slowly and painfully, that the Southbound run, although equidistant, was harder. This was counter-intuitive, as it would seem natural that the 5-kilometre northbound climb up Mount Ousley is a tough start to a 50-miler. Well it is, but not nearly as tough as dealing with hamstrings on the way DOWN Ousley after 75km on the road! Ah, the Gong – challenging one year, an absolute bastard the next. The more we ran, the more we learned, in that great but unforgiving classroom for runners, The Road.

The Gong's course followed the old Princes Highway through Newtown, Rockdale and Blakehurst, across Tom Ugly's to Sutherland, Engadine and Waterfall, then onto the narrow and winding Old Highway all the way until it rejoined the freeway just north of the Bulli turn-off. The road then did a roller-coaster imitation until the bitter-sweet, exhilarating but exhausting, descent of Ousley a few kilometres before the finish.

Terry McIver record

As the 1980s progressed, there were moments to treasure on the road to and from the Gong. Bryce Courtenay was stoked to complete his "50 at the age of 50" in the 1984 run. The same year, Brenda Hamill became the only female Strider ever to complete the race. Graham Firkin started a four-year finishing sequence in 1985, an early preparatory step on what was to become his monumental journey to the Westfield Sydney-to-Melbourne. Cedric Sidebottom led the Striders' attack and was first to finish in 1986, Nobby Young set a Striders' record just over 7 hours the year before, and Terry McIver, with myself as his support crew, crashed over the line in exactly 7:00:00 in the 1988 swansong of the Gong.

As for me, I ran four consecutive Gongs, including what I still regard as my best-ever run at any distance – my 7:29:02 in the 1985 northbound. That same year, TV cameras filmed the finish of the race for probably the only time in its history, but their interest was reserved for the man who finished eighth – ultramarathon hero Cliff Young, then in his sixties. Predictably, the media hacks failed to notice the lower-profile, but equally noteworthy, 63-year-old legend Gentleman George McGrath, who quietly and unobtrusively finished third.

After my barely-fit 1986 southbound stroll in just under 10 hours, I discovered that the race winner, New Zealander Dick Tout, had bludged a lift back to Mascot straight after the finish, caught his flight, and hit the tarmac at Auckland airport before my arrival at Wollongong Town Hall. This unwanted distinction caused me to retire from ultramarathoning on the spot rather than risk further embarrassment.

Striders relay win

I had no regrets about this, because there was still plenty to do on Gong day even for those not doing the 50-miler – you could join a support crew or a relay team. In an inspired attempt to broaden the event's appeal in 1985, Tom Gillis had introduced a relay

option for five-person teams, in which each participant had to cover, give or take a little, 10 miles, starting an hour after the ultra. The popularity of this option exceeded even Tom's wildest dreams, and the relay was fiercely contested for the four years of its existence from 1985 to 1988.

Overcoming some initial reluctance with considerable cajoling, we put together a Striders team of Gun-Runners for the inaugural relay in 1985. Bernie "Exocet" Corden ran the hard and hilly first leg from Wollongong Town Hall, up Mount Ousley to the top of Bulli, Scott Lawrence (by preference an 800 metre runner!) took the baton to the Helensburg turn-off, and Derek Liebenberg blasted the central sector from there to Engadine. Phil Garvin sprinted the fourth leg to Blakehurst, and anchor-man Wayne Stanton squeaked into the finish at Sydney Town Hall only 51 seconds ahead of Eastern Suburbs AAC in one of Striders' most famous victories.

Although numerous Striders teams performed well over the following three years, there was no repetition of this win, but the 5x10-mile relay provided a lot of fun, and no small logistical challenge, to more club members than ever ran the ultra.

Demise of the 'Gong'

Regrettably the relay, which had given the Gong a new lease of life in 1985, was a significant contributor to its total downfall after 1988. Police had been monitoring the erratic, and sometimes frankly dangerous, behaviour of support crews for a while, but generally turned a benevolent blind eye to 50 or 60 ultra freaks, most of whom made a genuine effort to remain inconspicuous and cause no trouble. However, the 13 teams which contested the inaugural relay had exploded to 38 by 1987 and 51 by 1988. 205 relay runners, strewn along a 50-mile stretch of road, with countless intersections, cars all over the place, supporters straying onto the road – it was a disaster waiting to happen, and the authorities could no longer ignore it.

Actually, it was only 204, because that year Tina Campbell quietly ran two separate 10-mile stints for two separate Striders teams. This was a heroic effort on her part, but not enough to make the critical difference which might have saved the race. If a 1989 Gong was going to take place, the Wallopers demanded, among other guarantees, a marshal on every intersection from George and Bathurst to Wollongong Town Hall. To minimise traffic hassles, Tom Gillis had introduced 4am starts in 1985 and

made the race permanently southbound in 1986, but in vain. It all became too hard, and the demise of one of Australia's classic road races had arrived. Much to the regret of all concerned, the Gong had itself been Gonged.

Thanks for the memories, Tommy. In these litigious times, we may not see the likes of you or your race again for a while.

NOTICES

Hosts required !

From new Calendar Manager, Brad Renshaw

Hi Striders, I am seeking some help.

If you are willing to act as 7am Host at one of our Sunday STaRs during the next calendar period, (Oct / Nov /December), I would like to hear from you. Give me a call to discuss a suitable date on 9975 2915 (h) or 9699 1788 (w) or email me with your preferences at "printed@papertiger.aust.com".

I would also like to hear from anyone who would be willing to act as Host for this year's City to Surf on Sunday 11th August, if you are not running for some reason but would like to be part of the excitement at Bondi give me a call. It's a job that would suit one or more persons. I will co-ordinate any group.

Just one more request and I'm done. Ian Whitfield is still seeking a host for "The Domain" 10 km series. If you think it's a task that you can do, contact me by one of the above means. Your assistance will be greatly appreciated.

Marathon Training Group

The MTG has begun training again - with two groups. One, for runners already doing good mileage (long training run 15km at 6 minute k's), is targeting the Sydney Marathon in September. The other group for new runners is targeting the 2003 Canberra Marathon. It's now too late to 'start from new' for Sydney, but if the Sydney Marathon is too soon for you don't let the time go to waste - come and join us and get started sooner rather than later for Canberra.

Before running with the MTG at a STaR, we suggest you call **George Herisson** or **James Moody** (phone numbers inside front page) to check the MTG start time (it may be 6am or 7am). And tell them what training you have been doing so they can make sure you run with the right group.

Gold Coast Marathon

By James Moody

The day started out as perfect for distance running, cool and clear skies which all contributed to the atmosphere. There were five events, the Marathon, a half Marathon, a 10K Run, a 10K Walk and a 2.5K Junior Dash. The first off were the half marathon at 6:30 heading north on the Gold Coast highway, twenty minutes later the Marathon left heading south, the 10K runners left at 10:00 and the 10K walkers at 10:30. There were about 1,746 entrants for the marathon, 3,599 for the half, 1,896 for the 10K and 1,865 in the 10K walk and 376 in the Junior Dash. The Marathon uses chips attached to runners' shoes to give a net time from crossing the start line.

The marathon started at Southport with a 13K return trip down the south coast to Miami, the 26K point passed the start and headed north for another 8K return trip to Runaway Bay on the Gold Coast Highway. The run is very flat the only rises being a couple of bridges over various waterways. The run south veered off the Highway and followed the water, going past parks, beaches with the magnificent ocean/highrise panoramas in the background. The north section passed between resorts, shopping centres houses, cafes and apartment blocks. There were abundant water stops and first aid stations and the crowd helped along the way (even a few "Go Striders").

This event is very popular in Japan as JAL used to be the main sponsor hence about 700 Japanese runners and a number of first places were taken by them. The Japanese contingent also included members of a Hiroshima Seniors Running club with an average age above 70 and a group of 170 competing under the banner "Running Around the World"!

We were entertained along the way by various bands, party groups and other well intentioned types including a gentleman dressed in dinner suit, top hat and no trousers partying in his front yard. At the start/finish area supporters were kept entertained all day with music and celebrities.

The Recovery Area included helpers to assist those who couldn't reach their shoes to cut off the timer chips. The Massage tent had about 20 plus tables and a medium length queue, at that time however my legs were taking control of most bodily functions and standing in a queue was not on the agenda. It was interesting to note that a medium T-shirt actually

fitted my (sometimes) medium sized body! Unlike most running event T-shirts, the sleeves didn't trail along the ground nor the shoulders droop to my elbows and the waist didn't dangle about my knees.

All in all it was a great, if painful run, the organisation was first class, the marshals and helpers at the various points along the course were helpful (comments like "not far now" at the first 5K mark) and the overall event rated an 'A' Plus.

Net times and age-group placings are given below. Particular congratulations to Jenny Truscott – 2nd overall to Kylie Risk in the 10k and to Chris Dwyer – 1st in the M50-55 Ed.

Marathon

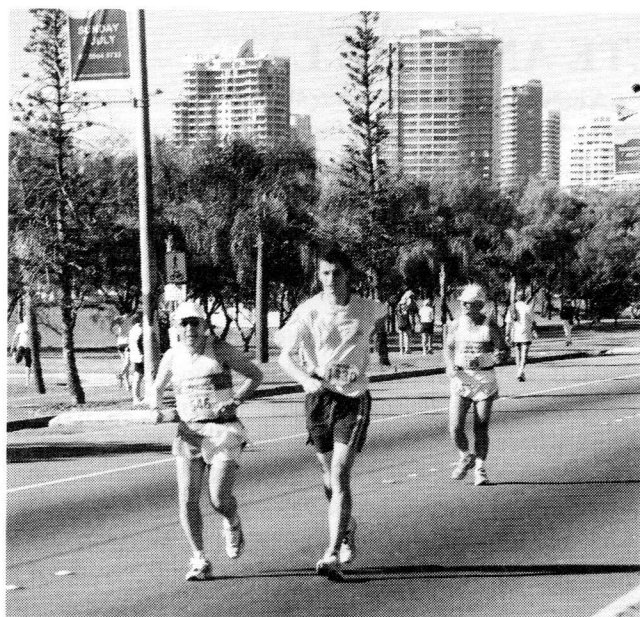
Neil Barker	3:06:25
Pierre van Heerden	3:26:54
Scott Smiles	3:28:48
Joanne Barton	3:34:02
Mahmoud El-Khansa	3:37:31
Derek Smith	3:45:44
David Adler	3:48:29
Rachele Lazzara	3:52:35
Vicky Pilkerton	3:52:42
Sarah Brown	4:04:21
Marlene Taylor	4:09:58
James Moody	4:18:53
Michael Bailey	4:27:06
Brad Renshaw	4:34:24

Half

Chris Truscott	1:10:30	
John Young	1:13:30	3 rd 35-39
Peter Truscott	1:14:35	5 th 30-34
Randy Brophy	1:17:51	4 th 40-44
Chris Dwyer	1:18:46	1 st 50-54
Brian O'Dea	1:41:03	
Sarah Braund	1:42:32	
Gillian Cavenagh	1:54:40	

10k

Jenny Truscott	36:20	2 nd overall
Lachlan Renshaw	39:29	Brad Renshaw's son
Lachlan was 5 th in 05-15 age-group - and Lachlan is a 400m/800m specialist.		



Gold Coast Marathon - Michael Bailey edges round an obstruction and gets a lead on Brad Renshaw

Equaliser 14th July

Pl	Name	Time	Category
1	Dean Degan	0.55.22	M Opn
2	Stephen Jackson	0.58.00	M Vet
3	Steve Hume	0.59.50	M Opn
4	Mark Fiore	1.01.15	M Vet
5	Keith Bateman	1.01.21	M Vet
6	Nathan Vass	1.03.05	M Opn
7	Joel MacKay	1.03.38	M Opn
8	Ron Schwebel	1.03.55	M Mst
9	Peter Cremen	1.04.18	M Opn
10	Gregory Mackay	1.04.40	M Vet
11	Adrian Spragg	1.04.57	M Vet
12	John Van Yzendoorn	1.05.04	M Opn
13	Mark Schaefer	1.05.13	M Opn
14	Mark Robinson	1.06.03	M Vet
15	Joanne Cowan	1.06.35	F Vet
16	Barry Rutter	1.07.29	M Mst
17	Jeff Gissing	1.07.54	M Vet
18	Ken Harris	1.08.05	M Opn
19	Peter Woods	1.08.11	M Vet
20	Stephen Ball	1.08.20	M Vet
21	Michael Sharp	1.08.36	M Opn
22	Gary Aitkenhead	1.08.43	M Vet
23	Rod Lovel	1.10.07	M Mst
24	James Cryer	1.10.24	M Mst
25	Tim Austin	1.11.19	M Opn
26	Nigel Phillips	1.11.35	M Vet
27	Ralph Melano	1.11.37	M Vet
28	Darren Goodsir	1.12.01	M Opn

29	Nicholas Whealy	1.12.13	Non-Strider
30	Paula McGee	1.12.25	F Vet
31	Charles King	1.12.36	M Vet
32	Jeff Morehen	1.12.55	M Vet
33	James Bond	1.13.20	M Vet
34	Joanne Barton	1.13.48	F Vet
35	Stephen Bodnar	1.13.52	M Vet
36	Salvador Gala	1.14.15	M Vet
37	Caroline Yarnell	1.14.19	F Vet
38	Kevin O'Kane	1.14.36	M Mst
39	Bronwyn Adams	1.14.57	Non-Strider
40	Ron Wilson	1.15.15	M Mst
41	David Ritchie	1.15.32	M Mst
42	Graham Willis	1.15.39	M Mst
43	Arthur Huxtable	1.16.18	M Mst
44	Mario Torresan	1.16.30	M Opn
45	David Lancaster	1.16.38	M Vet
46	Tracey Love	1.16.42	F Vet
47	Neil McPherson	1.17.16	M Snr
48	Keith White	1.17.35	M Mst
49	Mike Ward	1.18.14	M Vet
50	Manfred Fiedler	1.19.23	M Snr
51	George Herisson	1.20.06	M Vet
52	Heiko Schaefer	1.21.02	M Snr
53	James Moody	1.21.48	M Mst
54	Robert Inglis	1.22.57	M Mst
55	Ian Singer	1.23.58	M Vet
56	Peter Cookson	1.24.03	M Mst
57	Jacqui Matthews	1.24.42	F Opn
58	George Lisson	1.25.19	M Vet
59	Clara Vucetic	1.25.20	F Vet
60	Mary Barnes	1.25.48	F Vet
61	Mark Geeves	1.25.50	Non-Strider
62	Julie McGaw	1.25.53	F Vet
63	John Kerr	1.26.43	M Mst
64	Joe Flinn	1.26.55	M Vet
65	Michael Bailey	1.27.03	M Mst
66	Allison Lilley	1.28.10	F Opn
67	Elizabeth Woodhams	1.28.12	F Mst
68	Paul Lunsmann	1.28.40	M Snr
69	Mercy Samia	1.29.57	F Vet
70	Frances Brown	1.30.07	F Vet
71	Robert Chalmers	1.30.22	M Vet
72	John Simmonds	1.30.35	M Mst
73	Jurg Kunzle	1.30.58	M Mst
74	Alastair Wallace	1.32.10	M Vet
75	Margaret White	1.33.26	F Vet
76	Frank Dearn	1.33.46	M Snr
77	Beryl Wilson	1.33.53	F Mst
78	Tina Campbell	1.34.58	F Mst
79	Melissa Wightman	1.37.28	Non-Strider
80	Rod Ross	1.38.03	M Mst
81	Patricia Pittorino	1.41.21	F Mst
82	Carol Taylor	1.42.50	F Mst

THE PREGNANT ATHLETE AND THE LAW

Supplied by Jim Screen from Active Australia

Until recently it was unusual for a woman to continue her sporting activities during pregnancy. With changes to social attitudes and advances in medicine, women are becoming more active during pregnancy and want to continue to participate in sport.

There are no absolute rules available regarding the legal implications of pregnant or unknowingly pregnant women participating in sport. This article is designed to outline the relevant legal rights and liability of the athlete, coach or fitness leader, official, administrator and facility manager.

For further information contact Active Australia- Programs- Women and Sport at the Australian Sports Commission, P. O. Box 176, Belconnen ACT, 2616. Telephone 02-6214-1111, Facsimile 02-6251-2680 or visit the web site :-
<http://www.activeaustralia.org/women/pregnancy.htm>

Summary of the Laws

Liability of the mother for injuries to the unborn child.

There is case law that a child can sue their mother if it can be proven the mother was negligent in the care of her unborn child.

In the case of *Lynch v Lynch*(1991) a child successfully sued her mother for pre-natal injury claiming her mother was negligent. This case arose out of a motor vehicle accident, but the same argument may be used where a child is born with injuries resulting from the mother's involvement in sport. The court said that a child can sue because there is a duty of care owed to the unborn child, and that this duty can be breached by pre-natal neglect or carelessness causing injury. There is no parental immunity. This means that a pregnant woman is personally responsible for her health and that of her unborn child.

Liability of persons other than the mother for injuries to the unborn child

A person whether it be another player, coach, umpire/referee, fitness leader or organiser, owes an unborn child a duty to avoid causing it harm. They cannot escape that duty by claiming the child's mother accepted all the responsibility for their negligent acts

or omission. A mother cannot waive the rights of the child to sue third parties where an injury arises.

Law of tort

Sporting participants can sue each other for injuries caused during play which result from reckless or grossly negligent conduct. Players can only sue other players where the conduct is outside the rules of the game, e.g. spear tackling in rugby. If the injury arises out of the normal conduct of the game the pregnant player would not be entitled to sue, but arguably the child might be entitled to seek action.

The relevant part of the law which governs such actions is the law of torts. A tort is broadly defined as a wrong done by one party to another.

When dealing with a pregnant athlete in sport, the law requires that everybody act in a reasonable way to avoid causing injury to the athlete or unborn child. What is meant by "reasonable" depends on the circumstances. Strict application of the law of tort is highly dependant on the specific circumstances, including the sport, the individual and the nature of the risk.

The "bottom line" in this area of law is common sense and reasonableness. Where the risk of injury exists the law requires every person to consider how best to avoid or reduce that risk.

Anti - discrimination law

In general, it is unlawful to discriminate either directly or indirectly against a female athlete on the basis of pregnancy or potential pregnancy. Any person has the right to participate in their chosen sport. There are limited exceptions to this.

Discrimination on the grounds of pregnancy can occur if a woman is treated unfavourably because she is pregnant or potentially pregnant. If, for example, team selection or omission is based on anything other than merit, then the pregnant woman could allege that the selection was discriminatory.

Fellow competitors cannot refuse to play a team on the basis that they are inhibited when playing against pregnant players.

Implications for sport

Clubs, coaches and players can be held to be legally liable for injuries suffered by unborn children during sporting contact as a result of their reckless or negligent behaviour. This is usually behaviour which is outside the rules of the sport or where there has been reckless disregard for human life.

Coaches, trainers and others who give pregnant athletes advice on how to train during their pregnancy must be very careful that they are not placing themselves in the position of medical experts. They should not speak outside their scope of knowledge as they could face legal action for negligent advice. A consultative approach between athlete, coach and medical expert is recommended.

Conclusion

Pregnancy is a normal condition but society is still coming to terms with pregnant women participating in sport. Clubs and competitors need to discuss these issues and make sure they have clear guidelines on how to limit their legal liabilities while ensuring pregnant women can enjoy their sport.

To ensure safe participation in sport the pregnant athlete should :

Obtain expert medical advice, understand that advice and where necessary question the advice until they are sure they understand the risks they face in playing a particular sport;

Use common sense and not take unnecessary risks;

Take account of their changed physical condition;

Not attempt to increase the level of training or exercise at any stage during pregnancy;

Advise their coach, trainer or fitness leader of their pregnancy so that training can be modified accordingly; and remember that the ultimate decision to participate in sport will always be the women's having regard to all the circumstances.

It is up to the individual athlete to weigh up the benefits of exercising during pregnancy with any perceived risk of injury to herself or her unborn child.

This information is intended as a summary guide only and should not be used or relied upon as a substitute for professional advice. For further information contact Active Australia at address at start of article.

SMH - Number swapping

From Stephen Jackson

There seems to be a need for all to understand why race numbers are not transferable and the race size is limited.

For the last two years the organisers had a transfer system in place whereby numbers could be traded and the entry system adjusted to reflect the new runner. The problem was that whilst many runners transferred numbers, few notified the organisers. The end result was age group and team runners missing out on awards (or getting the wrong ones) because, for example, 33yo blokes were running in the over 60yo female category. A number of people missed awards and the entire results were left in question to this day. As so few were considerate enough to advise the organisers that they had sold or bought a number, the organisers elected not to offer number transfers this year - there was little point. Another issue is that numbers are linked to the individual and their emergency contact numbers (and special medical needs). Obviously in these days of insurance issues this raises a nasty problem.

So, the bottom line is that if you are selling or buying a number, please be aware that you may well cause grief to a number of your fellow runners.

On the issue of restricted field sizes, that is not the organiser's choice. The field is limited by police, RTA, and council requirements for safety, road closures, and that dreaded public liability insurance. There is always the option to move the race out of the city, but that would detract greatly from the interest and the fact that it is the "Sydney Half".

Roll of Honour

Congratulations on Striders membership for :

15years

Jeff Gissing
Raymond Skinner

Warwick Selby

10 years

Philip Hugill

5 years

David King
Mark Davis

Mike Hansen

New Members January - July

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

Ann	Humiston	Pip	Wieland	Victor	Donovic
Maya	Avram	Jack	Wieland	Jonathon	Craig
James	Cryer	Ned	Wieland	Emma	Anderson
Salvador	Gala	Anthony	Carpenter	Mario	Torresan
Sarah	Brown	Donald	Stewart	Simon	Apter
Allison	Lilley	Estelle	Visser	Graham	Farnsworth
Richard	McMahon	Don	Johnstone	Jack	Leigh
Feisar	Joya	Benjamin	Vietnieks	Andrea	McDonald
Lisa	Carroli	Jenny	Ferber	Anthony	Wam
Keegan	Ridings	Sean	Ryan	Kylie	Catchpole
Barry	Rutledge	Andrew	Knox	Paul	Bullas
Allan	Marks	Mervyn	Cohen	Mukesh	Kerae
Evonne	Kent	Paul	Munro	Sharon	Koster
Anton	Kapel	Rod	Smart	Anthony	Wong
Stuart	Cosgriff	Jenny	Wickham	Melanie	Watson
David	Quinn	Bernadette	Boulous	Phillip	Tunstall
Paul	Thompson	Dennis	Nelson	Michael	MacRitchie
Paul	Trainor	Kellie	Cawthorne	Matt	Robertson
Adam	Cresswell	Kate	Lakiss	Peter	Firley
Martin	Fisk	Patricia	Twaalfhoven	Jo	Bourke
Teresa	Lee	Michael	Rees-Evans	Alastair	Wallace
Chris	Lee	Lorraine	Spanton		

RESULTS

28th Great NOSH 15km – 7th July 2002

After many years of hosting a shortened course, NOSH organisers reverted to the original, but longer, pre-rock slide Roseville bush tracks. Great 15k bush run from Lindfield Oval to Seaforth Oval, but a disappointing Striders turn out. To those who have not run it before it's a challenging run with a motto "When the going gets tough, the tough get going". The 10.00am start means that you also get to sleep in for once on a Sunday !

Warwick Selby – 1.12.36 - 1st 50 -55
 Dave Burgess – 1.13.00
 Mark Robinson – 1.14.01
 Charles Coville – 1.14.24 - 3rd 50 –55
 David Lancaster - 1.29.00
 Peter Cookson - 1.38.02
 Helen Wilson - 1.45.00
 Mike Wilson - 1.55.40

Walkers
 Melissa Selby

Boston listens to Bailey

From Heiko Schaefer

The Boston Athletics Association controls the Boston Marathon and sets the qualifying times. Having run Canberra this year and missing qualifying by a miserable three minutes in the equally miserable conditions, Michael Bailey commiserated with me and was adamant that the qualifying bar was much to high for old geezers like me (he didn't seem to include himself in that category). He also said that somebody should do something about it.

Unbeknown to me Michael must have followed through because the BAA has announced new lower qualifying times for anybody over 45, the older you are the greater the reduction. Thanks Michael!!!

Number of acceptances has also been increased from 15,000 to 20,000. First come best dressed. Like to hear from anybody who might be thinking about going in 2003. For details:
www.runningtimes.com/special/bostontimes.htm

Annual Report 2001/2002

Last year this report commented that few years would ever equal the year the Olympic Games came to Sydney. All that changed on September 11, 2001. In 2000 representatives from most of the world's nations gathered in Sydney in a tremendous spirit of competition, goodwill and fellowship. In 2001 most of the world's nations were shocked and horrified at the acts of terrorism carried out in the United States. The world community is still coming to grips with the consequences of that dreadful day and unfortunately it would seem that the on-going effects of those terrorist acts will be with us for a very long time into the future.

Sydney Striders has fared somewhat better than many organizations over the past 12 months. Membership numbers have held up with lots of new members joining. Our finances are also in good shape.

Our events such as the 10K Series and the Super Series are attracting more and more interest and the Marathon Training Group was very well supported. Sydney Striders are well represented in all of the major events around Sydney and many further afield.

Most importantly the Club provides a great facility through its Sunday Training Runs and mid week training sessions for anyone who wants to get off their behind and improve their health and well being.

MEMBERSHIP

Membership numbers have continued to hold up very well after the interest generated in 2000 by the Olympics and the Host City Marathon.

Annual Membership as at 31st March.

	Financial	Total Members
2000	322	425
2001	308	455
2002	320	445

FINANCE

The Club's financial position is sound and this year an operating surplus of \$8037 was achieved. (Operating surplus for 2001 was \$2236 and for 2000 was \$4037. An operating loss of \$3106 was recorded in 1999.) Cash position as at 31/3/02 is also sound at \$27,654. (As at 31/3/01 \$18,822 and 31/3/00 \$15,468.)

We have basically budgeted for a break-even result

for 2002/03 as it is intended to invest in some new equipment for the 10K Series and to cover increased costs in insurance and other operating expenses. Sincere thanks to our Treasurer, Charles King who continues to do an outstanding job for the Club. Financial reports are on subsequent pages.

StaRs

We have had another great year of StaRs under the expert guidance of Penny Smith. Our sincere thanks to Penny for her terrific contribution over the past two years.

Those wonderful members who take on the task of being STaR Hosts deserve the highest praise we can offer. The general standard of the breakfasts in particular have been excellent. Not many of us have been lost on a STaR which also means that courses in the majority of cases have been well marked.

The STaR Map project under the control of Kevin Tiller has made some good progress. Many STaR maps have been updated and as well as being produced on hard copy the new maps also appear on the Club's website. Many thanks to Kev for all the work he has put into this exercise. Kev has decided to "try" and take a rest this year and the project will be continued by Joel MacKay. The continuing challenge facing us with the STaRs is to try and get members to run with the correct group. Please refer to the Pace Guide on the back of the STaR Calendar.

10 K SERIES

There is a lot of work in organising this particular series. It is administratively demanding. Some venue operators are becoming more and more difficult and the task of obtaining adequate insurance cover seems to grow greater every year. Retaining our existing three courses has also been a challenge this year. Despite these behind the scenes problems the races continue to be popular and make a positive contribution to the Club's bottom line.

Total number of entrants for 2001 was 1235. (1086 in 2000 and 1121 in 1999) Changes made for the 2002 Series include the introduction of age group awards for Striders Members (Veterans, Seniors, Masters) and restricting eligibility for the open point score awards (male and female) to members only. The handicap award for Club members remains

unchanged.

Our very sincere thanks go to Fred & Lainie Howe of the Runners Shop Randwick for their continued sponsorship of the 10K Series and also for their personal support to all those members who visit the shop. A big well done to race director Ian Whitfield and his fantastic team of helpers without whose assistance, month after month, there would not be a 10K Series. Lots of thanks also to Stephen Jackson for his input into the rules and regulations of the series and for the very quick publication of the results.

SUPER SERIES

The Super Series has become one of the Club's feature activities. Like many things in life the Series has been subjected to some fine-tuning. The points score system has been better defined and the age grouping rules clearly stipulated. The events for 2002 have also changed owing to the demise of some events and in the case of the City to Surf because it was becoming very difficult to ensure all members competed on even terms. Many thanks to Stephen Ball for his efforts as Series Director and a special thanks to Stephen Jackson for taking hold of the results and for producing them in such a professional and timely manner and for spending so much time energy and effort on cleaning up the series rules, regulations and conditions.

MARATHON TRAINING GROUP

The MTG under the watchful and enthusiastic eye of Michael Bailey has become a firm fixture within the Club's activities. The aim of the group is to help first time marathoners achieve their goal with the aid of a motivated group of people all with similar aims. So successful has been the MTG formula that having completed their first marathon many members want to stay on as part of the group. This desire tends to defeat the purpose of the MTG. With a little bit of disappointment for some members the emphasis for 2002 was re-directed to first timers. Running in most difficult conditions ten first time marathoners successfully completed the 2002 Canberra Marathon. Sincere thanks to Michael for putting so much effort into making sure the MTG continued on its most successful way in helping members lift themselves to a new level of personal achievement.

DATABASE

For better (or worse) the administrative heart and soul of the Club revolves around the database, email

LiSSt, and the website. It is no easy task to effectively operate this aspect of the Club. As more and more members take advantage of the "wonders" of email etc., up goes the workload involved in maintaining our records, answering numerous email enquiries, entering data and generally making sure things work. The website is very popular and also takes a considerable effort in time and expertise to keep it relevant and informative. We sincerely thank Richard Wassell for his tremendous input into this area of the Club. Many thanks also to Kevin Tiller and Stephen Jackson for their great support.

UNIFORMS

Over the past few years we have been able to ensure the supply of high quality clothing three or four times a year with some items being supplied in production runs of just one article. Times change and our manufacturer Hot Design has reluctantly informed us that it can no longer supply orders below certain minimum numbers. This means that apart from singlets and shorts, stocks of which will be kept on hand by the Uniform Manager, all of the other items will only be available once a year and then only if we can generate enough demand to satisfy the minimum order size. The majority of uniform orders are satisfied without problems of any sort. We have however had one or two occasions where we have not been able to meet the requirements of some members and this has resulted in some disappointment. Our Club uniform is a most important aspect of Sydney Striders and our distinctive green and white uniforms are highly visible and extremely well known. Special thanks to Gavin Morisset for handling this demanding portfolio. It should also be noted that the sale of performance-enhancing substances, namely "Gu" has been ably carried out by Tina Campbell for the past couple of years. Thank you Tina for your help.

NEW MEMBERS

The Club continues to attract new members from all walks of life and all levels of athletic ability. We are highly conscious of the need to look after new members and make sure they are welcomed into the Club and that we as existing members help them realize their expectations. The online joining facility has brought with it some new difficulties in so much as some new members join but do not get the benefit of any personal contact until they turn up for their first STaR. We know of some instances where new members have taken on training distances well in excess of their current ability and as a consequence have not enjoyed their first running experience with

the Club. All new members receive a welcome kit of material and we would encourage them to make contact with our New Members Manager, Sue Hill and provide her with any feedback which we can use to help future new members. Sue is a very experienced marathon runner and a long time member of Striders. Thank you Sue for doing such a great job for our new members.

SOCIAL EVENTS

Where do all the Striders go when the Club has a social function? We understand why people go underground at AGM time (but do not excuse them) but we have not yet managed to figure out why only the truly faithful turn up year after year to the Awards Brunch and the Outstanding Achievement Awards Dinner. Both functions are well organized and, with the Club subsidizing the cost, are value for money. Many thanks to George Herisson for all the work he put into the events to make them very pleasant and happy nights for those who attended.

INTERNAL EVENTS

This year saw the re-introduction of the once very popular Internal Handicap Half Marathon. It was as expected a most successful event. Lane Cove turned on some great running weather and the handicap system under the guidance of Stephen Jackson worked very well. Stephen Ball did a great job with the organisation. Thanks also to the "prodding" force behind the committee's decision to run the event. I refer to John Whealy who for the previous year had started every conversation off with the words:- "Wouldn't it be nice if we had a handicap half marathon; by the way, how are you today." We had some great prizes donated for the winners and very special thanks go to Brian Taylor for making them available. The Equaliser was also held in great weather conditions. The course was well marked but we still managed to have one or two runners follow their instincts rather than the ribbons and arrows. Many thanks to Mike Hansen for organizing the day. The numbers competing in this event do not reflect how good the course is and once again we wonder how we can get more people to compete. I know if this event was opened to the general running public we would be swept off our feet. Thanks again to Brian Taylor for making some great prizes available to the winners.

BLISTER

Last year saw the retirement from the Blister of its

editor Nick Themsen. His replacement was going to have to be very good to continue on the very high standard which we have come to expect of our magazine. Well I am pleased to say that the tradition continues. We have a very keen and involved person in Andrew Smith. The Blisters produced by Andrew have been great reading and for this we also need to thank those who have taken the time to contribute articles and photos. Many thanks Andrew. We look forward to many more editions of the Blister under your guidance and control.

Sincere thanks also to Club Member Brad Renshaw whose company Paper Tiger Printing does the printing for us. His professional help and advice are invaluable.

RACING AND RESULTS

During the year we were fortunate to have Stephen Jackson join the committee. Stephen produces the 10K and Super Series results as well as compiling and publishing most of the other race results in which we are involved. His expertise has lifted this aspect of the Club to a new level. Stephen also helps out on the website side of things. We also need to readily acknowledge the contribution made by Megan Jackson who apart from keeping a watchful eye on Stephen, seems to turn up at all sorts of places making a great contribution to the success of Sydney Striders.

COMMITTEE

We have been very well served over the past twelve months by a group of people who have served this club extremely well. Everyone on the committee is a volunteer and all lead busy lives. We owe everyone of them a sincere vote of thanks for their involvement. They are all self-starters and take responsibility for their particular jobs. We have been very fortunate indeed to have a committee which is not frightened to debate an issue and then make sure the agreed outcome is achieved.

It is always sad to see effective people retire from committee positions. This continuing process however, provides an opportunity for other keen members to take on jobs and put their stamp on various activities which in turn presents the Club with the opportunity to progress and to change with the times.

This year Penny Smith, George Herisson, Ian Whitfield, Michael Bailey and Kevin Tiller have

decide to retire. They will all be missed from the jobs they have done so well. Special mention needs to be made of the direct contribution Kevin Tiller has made to Sydney Striders as a valuable committee member and vice-president over a period of ten very active years. Fortunately Kev is not leaving town and although he will not be involved on the Committee he will still be closely involved with the Club's computer activities.

The Club does not exist solely on the efforts of its committee members as there are many members in the wings whose contribution on many occasions are above and beyond the call of normal membership. It is not possible to name everyone but it would be equally remiss not to mention some names as representatives of all those who put in that bit extra to make our Club one of the best.

Many thanks to all the STaR Hosts for getting us on the road every Sunday in rain, hail or shine. To Keith & Margaret White for the incredibly generous use of their home on Half Marathon day; to Margaret and Mike Ward for making sure all of our mail-outs are done properly and on time; to Brad Renshaw for printing the Blister and for helping to put on some of the great STaR breakfasts, to Bronwyn Wassell for helping Richard; to Megan Jackson for helping all over the place; to all those who keep helping out at the 10K Series including Barry & Shirley Rutter, Joe Degabriele, Helen & David Ritchie and many many others; and to Fred & Lainie Howe for being such good friends of Striders, we say a great big thanks to all of you.

Finally a big thank you to every member who pulled on a Sydney Strider singlet this year and helped further the history of this great running club.

Jim Screen
President.

Treasurer's Report

Please find following a copy of the Balance Sheet as at 31 March 2002 and Profit & Loss statement for the 12 months ending 31 March 2002.

Financially the year has been a good one for the Club with income exceeding expenses by \$8,038.

Membership numbers for the Club have continued at record levels. The continuance of the high level of

membership renewals is the foundation for the result for the year and the current strong financial position of the Club.

The gain this year was higher than budget due to lower costs for printing (one less 'Blister' this year), and lower costs associated with the Super Series and the Marathon Training Group than was budgeted.

The net result from the 10k Series was higher than budget and made a substantial contribution to the result for the year.

The Committee is budgeting for the Club to run a small deficit (\$630) for the year.

The Committee is budgeting for:

- 4 x Blisters for the year
- New chest numbers for the 10k series
- Expenditure to use bar coding technology to improve the recording and processing of 10k Series results.

The Club is required to maintain insurance for its many activities. At this stage the Committee is unaware of the full extent of the insurance cost increase for 2002/03.

Given this uncertainty the Committee has budgeted for a substantial increase for insurance cost.

New Committee

Before the Treasurer's figures, a postscript to the AGM – the new committee. Nine committee posts are unchanged – President - Jim Screen, Secretary - Tracey Love, Treasurer – Charles King, Database Manager – Richard Wassell, Uniform Director – Gavin Morisset, New Members – Sue Hill, Internal Events – Mike Hansen, Blister Editor – Andrew Smith, Stephen Jackson continues as Race Results and Super Series coordinator and is our new Vice-President. Michael Bailey and George Herisson remain on the Committee but swapped places – George taking over the Marathon Training Group and Michael taking over Social Events.

Ian Whitfield remains as 10k Director until the end of the 2002 Series – Joe Degabriele takes over for 2003.

We welcome Brad Renshaw to the committee as Calendar Manager and Joel Mackay is responsible for STaR Maps.

Profit & Loss Statement

01/04/01 Through 31/03/02 (in \$s)

Category Description	01/04/'01- 31/03/'02
INCOME	
Income:	
10 KM Series	8,174.90
Donations Rec.	85.00
Interest Rec.	550.02
Membership	18,574.00
STaR Net Procs.	689.57
TOTAL Income	28,073.49
TOTAL INCOME	28,073.49
EXPENSES	
Expenses:	
10km other	1,906.34
10km prizes	2,550.00
10km venue fees	500.00
Awards Brunch	447.60
Awards Night	248.00
Bank Charges	1,075.27
Blister - post	1,161.66
Blister - print	3,284.05
Blister-dist'n	149.82
Calendars-Post	925.91
Calender-Dist'n	247.60
Calender-print	357.80
Donations	770.00
Gen admin phone	243.11
Gen admin post	300.92
Gen admin print	1,144.70
Gen admin stat	19.95
Insurance	1,987.99
Lodgement Fees	59.00
Meetings	728.89
Notices - post	191.10
Notices -dist'n	58.78
Notices-print	110.00
S'Series Prizes	150.00
Trophies	993.70
Web	423.50
TOTAL Expenses	20,035.69
Uncategorised Expenses	0.00
TOTAL EXPENSES	20,035.69
TOTAL INCOME - EXPENSES	8,037.80

Balance Sheet

As of 31/03/02 (in Aus. Dollars)

Acct	31/03/02 Balance
ASSETS	
Cash and Bank Accounts	
Sydney Striders	12,044.51
TOTAL Cash and Bank Accounts	12,044.51
Other Assets	
IBD1	10,198.02
IBD2	5,411.88
Life Membership	0.00
Outst. cheques	0.00
Prepaid Venue Fees	0.00
Refundable Bond	750.00
Stock - 10 km shirts	0.00
Stock on Hand	4,690.32
Stock on Hand 800th	0.00
Sundry Debtors	0.00
TOTAL Other Assets	21,050.22
TOTAL ASSETS	33,094.73
LIABILITIES & EQUITY	
LIABILITIES	
Other Liabilities	
Creditors	0.00
Liability	0.00
Prep. Don. 1997	0.00
Prep. Don. 1998	0.00
Prep. Fees 1997	0.00
Prep. Fees 1998	0.00
Prep. Fees 1999	0.00
Prep. Fees 2000	0.00
Prep. Fees 2001	0.00
Prep. Fees 2002	10,528.00
Prep. Fees 2003	720.00
Prep. New Gear	0.00
Prepaid Brunch	0.00
TOTAL Other Liabilities	11,248.00
TOTAL LIABILITIES	11,248.00
EQUITY	21,846.73
TOTAL LIABILITIES & EQUITY	33,094.73

Sydney Striders Road Runners Club Inc.**Balance Sheet as at 31 March**

	Year to March ' 02	Year to March ' 01	Year to March ' 00	Year to March ' 99
Current assets				
Cash at bank	12,045	3,680	5,468	12,139
Interest bearing deposits	15,610	15,142	10,000	0
Stock on hand - (at cost)	4,690	5,983	5,105	5,597
Prepaid venue fees	0	0	700	200
Refundable bonds	750	750	750	0
Total assets	33,095	25,555	22,023	17,936
Current liabilities				
Members fees - this year	10,528	10,471	10,100	10,400
Members fees - next year	720	1,275	350	0
Total liabilities	11,248	11,746	10,450	10,400
Members equity				
Opening balance	13,809	11,573	7,536	10,642
Surplus / (deficit)	8,037	2,236	4,037	(3,106)
Net assets	\$21,846	\$13,809	\$11,573	\$7,536

Medical Advice

By Dr. Paul Russell

Paul has submitted three short items about the impact of exercise on health:

Exercise and immune system

The first piece is probably no great news to many of our running brethren and that is that intense exercise may induce immune suppression and increase the risk of upper respiratory tract infections.

It has been shown that intense exercise, that is, exercise above 60% of the maximal oxygen uptake, results in increases in adrenaline and cortisol and decreases the ability of T cells, which are the cells that we are reliant on to eradicate viruses. It decreases their ability to proliferate and also their ability to detect and kill viruses and also reduces the activity of neutrophils, which are white cells that attack bacteria. These changes occur for about nine hours after an intense period of exercise as defined above. So the message is, after an intense period of exercise, no kissing and cuddling and stay at least two metres away from anybody else, particularly anyone else who seems to have a cold.

Calcium intake

A second item comes from US research that suggests that people who indulge in prolonged intense exercise, particularly in warm weather, lose large amounts of calcium in their sweat. This can amount to as much as 400mg of calcium in a two hour training session. People who exercise for this period of time twice a week can lose up to 6% of their bone mineral density in a year. It is therefore advisable for people exercising at this level to have a dietary calcium intake of 2000mg or more per day. A complete copy of the list is available – an extract is printed at the bottom of the article.

Fat in your diet

A third item is on low fat diets – bad in the long run. Recent research from the University of Buffalo in New York has found that low fat diets are disadvantaging long distance runners. They have better endurance after being on moderate or high fat diets. It was shown that for runners who are averaging 64 km a week, that they had a 14% increase in their endurance on a fat diet consisting of 30% fat than a diet consisting of 15% fat. Those that

then spent 4 weeks on a high fat, that is 45% fat, diet had no further improvement in endurance, but their lactic acid levels decreased, indicating that they had more efficient energy metabolism. Additional benefits were that the higher fat diets provided more immunity against disease with evidence that their white cell counts were better able to multiply and respond to infection. The downside was that although the total cholesterol levels remained the same, the levels of HDL cholesterol fell for those on medium and high fat diets.

A good compromise may be a diet of 22% fat, which is found in the Palaeolithic diet.

Do any other medical/paramedical members have any items of interest to Striders to benefit their health and keep them alive to run longer? Please feel free to follow on from Paul's initiative.

Calcium mg per 100gms portion – *(Full list available from me. Have omitted items I've never seen at the supermarket! Ed)*

1093	Kelp
925	Swiss Cheese
750	Cheddar cheese
245	Molasses
234	Almonds
210	Brewer's Yeast
203	Parsley
200	Corn Tortillas
186	Brazil nuts
151	Watercress
128	Tofu
126	Dried figs
121	Buttermilk
120	Sunflower seeds
120	Yoghurt
119	Wheat Bran
118	Whole milk
110	Hulled sesame seeds
106	Ripe olives
103	Broccoli
99	Walnuts
94	Cottage cheese
93	Spinach
73	Cooked soybeans
73	Pecans
72	Wheatgerm
68	Peanuts

SUPER SERIES RACES

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

All races have details on coolrunning website – which has a link from Striders website.

Next Club 10k Series race 3rd August Domain, then 7th Sept at Lane Cove River Park

10th August Twelve-Foot Track 93km, as reviewed by Sean Greenhill in Blister #82. Contact 0419-244-406

11th August, City-to-Surf, 14km, entry form in Sun-Herald.

18th August. Bankstown Half. 8am, Lake Gillawarna, Georges Hall. Contact Joan 02-9724-4729

25th August Pub-to-Pub 14km, Dee Why to Newport. 8.30am Dee Why Hotel, Sturdee Parade. Contact Jo Cale, Dee Why Hotel, 02-9981-1166. (Super Series MtWilson-Bilpin is previous day – but just in case you're not up to 36km)

1st Sept Hope & Charity Relay Run (formerly Hope Town) at Sydney Olympic Park. 50k and 100k relays with legs of 5k to 15k on a 5km course. Want to organise a Striders team(s)? Best to check the website for options.

12th- 15th Sept. NSW Masters Games, Coffs Harbour. Enquiries nswmasters@chcc.nsw.gov.au. No phone contact given.

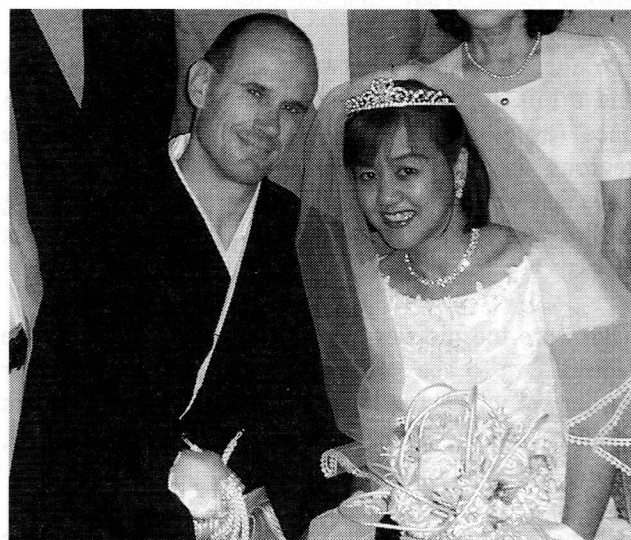
22nd Sept. Run for Life 5/10km – fundraiser for Sydney Adventist Hospital, Wahroonga. 8am start.

28th/29th September Glasshouse 50 and 100 milers (Qld). Ian Javes, 07-5495-4334. Sean Greenhill is a real enthusiast for these runs.

4th – 12th Oct World Masters' Games, Melbourne. Includes 10km, Half Marathon, X-country. Registration closes 5th August. 03-8620-2002

HATCH, MATCH AND DISPATCH

You Only Wed Twice - Carl Barker, one of our UK based Striders, married Emi twice. First at a ceremony in England, then one in Japan. Photo from Japanese ceremony below. Congratulations Carl and Emi!!!



Training Groups

Pain in the park (in the dark) From Keith Bateman

Wed 6am, Centennial Park, Paddington Gates,
(02 9331 6598)

If you ever wondered what to do on a dark mid-week winter morning at 6am then we have seen the light! Actually, we don't see the light (of day) for the first 20 minutes or so but at that time of morning there are few people around to bump into!

Our speed training sessions are now attracting a regular band of about 10 runners usually with a few more girls than guys. The training is hard but the rewards are starting to show in our race times (for me the best 10K times for over 10 years!). The knowledge that others will be waiting is a great help in the removal of the bed covers and fortunately the memory of the previous week's efforts fades between sessions. But at the end of each session someone always seems to say 'that was great'!

We alternate weekly between speedwork on the flat and a hill. In both cases everyone runs at their own pace (usually in groups of two or three) and we regroup for each recovery period. It doesn't matter how fast or slow you are - you are always working within (but often at the limit of) your current fitness levels.

The more the merrier, so if you want to join us we would love to see you and now it is getting lighter earlier we will actually be able to see you! Regulars include Xandra Dunn, Greg Prerau, Roland Hassall, Sean Greenhill, Lisa Carroli

We meet just before 6am inside the Paddington Gates at Centennial Park - we leave at 6am sharp and are usually back by 7am - see you there!

Thursday night run From Kevin O'Kane

A remind to Striders that we have a training run at comfortable pace (just under 10k) each Thursday evening, year round. It starts at 6.00 p.m. sharp just outside Waverton Bowling Club. The run is open to anyone - all you have to do is turn up. We hope to see a host of "lapsed" Thursday nighters soon, as well as plenty of new ones. There are rumours of a post-run drink once a month. If you're a little unfit, there are

several places to shortcut the course.

While I'm at it, we also have a speed session at 6.00 a.m. each Friday morning at Acron Oval, Acron Road (near cnr Douglas Street) St. Ives. We run timed bursts, not necessarily distance, so if you're dropping off, just cut across the oval. The workout varies. At present we're stepping up and down. 1 minute hard, then 2, then 4, then 8 and back down again. Once again, all welcome.

Our President showed up for the Friday morning session on 12th July - a bitterly cold morning, apparently Shackleton's journey did not rate by comparison.

Fun Runs From Caroline Yarnell

On July 7th I ran in a new fun run on the race calendar - the Fraser Park 6K. This was held at the Sydney Portugal Community Club in Marrickville. Carlos Lopez started the race and awarded the prizes. I seemed to be the only Strider there, but I know it clashed with the Great Nosh (*they weren't there either, Ed*). Anyway, it was flat, fast and very well organised, with great prizes and spot prizes. I was 2nd lady, which I'm sure won't be the case next year. I'd highly recommend this race to anyone who prefers flatter and shorter runs - there must be some - other than me!

As a committed 'fun-runner' I was pleased to see that the Minimosmarathon was a Super Series event this year. Quite a few of us with families like a race that can be combined with a family day out. I didn't actually run this race, my husband Tony did. He has now joined the Striders and will do as much of the Super Series as he can next year. One of our sons, Gus (age five) ran the 2K in 11:26 - so a good time was had by all.

Other really good fun runs are The Mothers' Day Classic and Nike Womens' classic - both held in the Domain - we had a Striders 'presence' at the latter.

If you're not currently training for a marathon why not try a short race for a change? Caroline's next run is Northbridge on August 4th. See the coolrunning website (links from Striders website) for upcoming runs.

Also, if there are any runs you recommend in October - December, let me know for the next Blister. Ed.

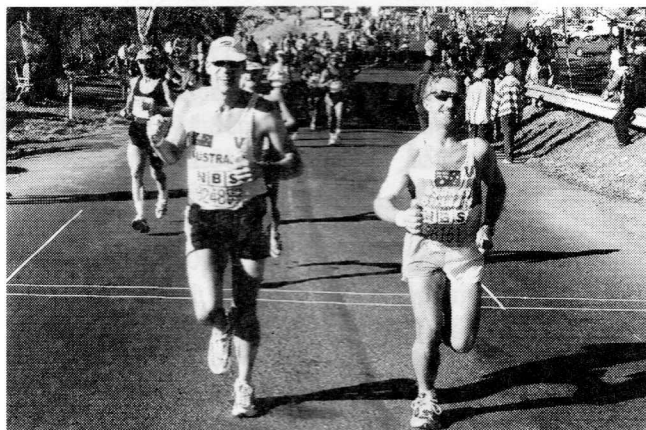
Comrades 2002

Striders results

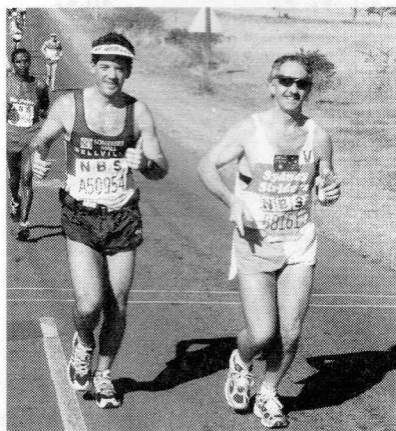
Pierre van Heerden	8.50.39	
Dennis Nel	10.30.26	
Allan Wotherspoon	10.51.28	
Dick Bartlett	DNF (somewhere after Drummond)	
Alf Field	DNS	

The winner was Vladimir Kotov in 5.30.38 with Don Wallace 5.44.19 the 1st Australian in 8th place.

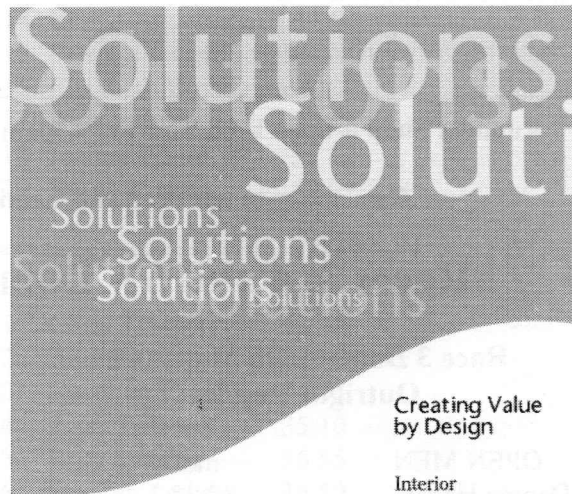
Pierre van Heerden ran his 9th Comrades and got a Bill Rowan medal (silver bronze). Next year is the down run and Pierre says it will be the 10th run for both him and Dick Barlett in which they WILL qualify for their permanent green numbers.



Pierre van Heerden (right) running with Rob Scoines of Terrigal Trotters at Cowies - only 60km to go.



Only 12km to go! Only problem is that Polly Shortts is in the last 12km!



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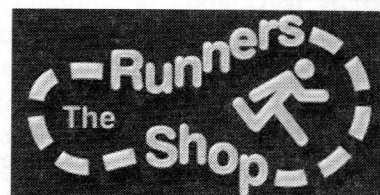
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Remember to tell Fred and Lainie you are a Strider to get your discount !!

Races 3, 4 and 5 – Domain, Lane Cove, North Head

Race 3 Domain 4th May 2002 Outright Results

OPEN MEN		mm.ss
1	Damon Harris	32.18
2	Damian Tencred	32.41
3	Hamadi Lazhar	32.59

OPEN WOMEN		
1	Jenny Wickham	39.14 1 st Strider
2	Megan Hall	39.55
3	Joanne Cowan	40.29 2 nd Strider

Results following are Striders only

Place	Name	mm.ss
1	Jenny Wickham	39.14
2	Joanne Cowan	40.29
3	Caroline Yarnell	42.53
4	Bernadette Boulous	45.42
5	Clara Vucetic	46.42
6	Tracey Love	47.49
7	Victoria Pilkerton	48.09
8	Glenda Mitchell	48.38
9	Mary Stringer	49.27
10	Heather Forster	49.45
11	Sharon Callister	50.11
12	Leigh MacRitchie	50.17
13	Lorraine Spanton	50.18
14	Lesley Maher	50.28
15	Rachele Lazzara	51.09
16	Joanna White	51.33
17	Sarah Brown	51.35
18	Allison Lilley	52.42
19	Frances Brown	52.57
20	Penny Smith	55.05
21	Lisa Gallette	DNF
22	Gill Cavenagh	DNF

1	Chris Truscott	33.13
2	John Young	34.39
3	Peter Truscott	35.39
4	Mark Wilson	36.48
5	Greg Coy	37.19
6	Stephen Jackson	37.23
7	Keith Bateman	37.47
8	Peter Cremen	38.12
9	Ron Schwebel	38.19
10	Wayne Stanton	38.20
11	Steve Hume	38.50
12	Joel MacKay	39.08
13	John Hamilton	39.09
14	David Loader	39.36
15	Mathew Kaley	39.42
16	Mark Robinson	39.49
17	Mark Schaefer	39.56
18	Ray Doran	40.00
19	Gary Aitkenhead	40.26
20	Paul Jackson	40.28
21	Charles Coville	40.38
22	John Van Yzendoorn	40.43
23	Neil Barker	40.56
24	Ken Harris	41.12
25	Andrew Smith	41.29
26	Michael Sharp	42.12
27	Kendall Waller	42.20
28	Stephen Ball	42.26
29	Mike Hansen	42.29
30	Julian Wright	43.03
31	Tim Austin	43.15
32	Darren Goodsir	43.17
33	Walter Mitchell	43.19
34	Scott Smiles	43.31
35	Peter Woods	43.44
36	Mark Davis	43.52
37	Simon Kent-Jones	43.59
38	Roland Hassall	44.13
39	Graham Sharp	44.19

40	Ralph Melano	44.43
41	Philip Boswell	44.53
42	Charles King	44.59
43	Dennis Nel	45.04
44	Barry Rutter	45.12
45	Peter Grunfeld	45.19
46	David Camm	45.20
47	Feisar Joya	45.23
48	Paul Trainor	45.44
49	Keith White	45.58
50	Kevin O'Kane	46.17
51	Unknown Runner	46.34
52	Michael Wilson	46.48
53	Graham Willis	46.59
54	Paul Thompson	47.08
55	Heiko Schaefer	47.15
56	Neil McPherson	47.53
57	Salvador Gala	47.57
58	Michael Rees-Evans	48.36
59	Geoff Taylor	48.41
60	Duncan Scott	49.14
61	Ted Brailey	50.00
62	Mike Roach	50.25
63	Jeff Morunga	51.23
64	Robert Chalmers	51.24
65	Richard Wassell	52.22
66	Mervyn Cohen	52.37
67	Jack Leigh	52.38
68	John Kerr	55.30
69	Frank Dearn	56.55
70	Jonathan Gliksten	DNF
71	David Adler	DNF

Race 4 Lane Cove 1st June 2002
Outright Results

OPEN MEN		mm.ss	
1	Paul Arthur	33.18	
2	Chris Truscott	33.45	1 st Strider
3	Jock Davis	33.53	

OPEN WOMEN			
1	Sarah Mycroft	37.48	
2	Joanne Cowan	38.50	1 st Strider
3	Kate Maslen	39.09	

Results following are Striders only

1	Joanne Cowan	38.50
2	Ann Muras	43.15
3	Bernie Boulous	45.31
4	Clara Vucetic	46.40
5	Tracey Love	46.56
6	Mary Stringer	47.22
7	Sarah Braund	47.33

8	Leigh Macritchie	47.38
9	Sharon Callister	47.55
10	Glenda Mitchell	48.13
11	Sarah Brown	48.31
12	Victoria Pilkerton	49.10
13	Tina Campbell	49.14
14	Emma Anderson	49.52
15	Patricia Twaalfhoven	50.18
16	Elizabeth Woodhams	51.32
17	Allison Lilley	53.43
18	Joanna White	55.42
19	Beryl Wilson	59.09

1	Chris Truscott	33.45
2	Andrew Knox	33.59
3	Jonathon Craig	34.41
4	Peter Truscott	35.10
5	Ross Sinclair	36.55
6	Stephen Jackson	36.57
7	Keith Bateman	37.02
8	Mark Wilson	37.05
9	Greg Coy	37.12
10	David Burgess	37.36
11	Wayne Stanton	37.50
12	Ron Schwebel	38.00
13	Greg Donovan	38.02
14	Godfrey Franz	38.33
15	George Lisson	39.13
16	David Loader	39.28
17	Neil Barker	39.29
18	Ray Doran	40.12
19	Simon Kent-Jones	40.29
20	John Hamilton	40.48
21	Gregory Mackay	41.03
22	Victor Donovic	41.46
23	Gary Aitkenhead	42.01
24	Walter Mitchell	42.06
25	Dennis Nel	42.21
26	Tim Austin	42.23
27	Peter Woods	42.26
28	Barry Rutter	42.31
29	Gregory Prerau	42.55
30	Mike Hansen	43.03
31	Ralph Melano	43.24
32	Charles King	43.51
33	Rod Lovel	44.15
34	Mark Davis	44.52
35	Paul Trainor	44.57
36	David Camm	45.32
37	Kevin O'Kane	45.38
38	Mario Torresan	45.49
39	Graham Willis	46.29
40	Keith White	46.45

41	Paul Thompson	46.55
42	George Herisson	46.59
43	David Adler	47.15
44	Mike Ward	47.17
45	Salvador Gala	47.18
46	Michael Wilson	47.28
47	Michael Rees-Evans	47.44
48	Heiko Schaefer	48.47
49	John Whealy	49.21
50	Jack Leigh	49.35
51	Julian Wright	49.36
52	Robert Chalmers	50.48
53	Duncan Scott	51.36
54	Simon Apter	52.28
55	John Kerr	53.59
56	Frank Dearn	55.48
57	Charles Coville	dnf

Race 5 North Head 6th July 2002**Outright Results**

OPEN MEN		mm.ss	
1	Andrew Knox	33.34	1 st Strider
2	Sean Fitzpatrick	33.39	
3	Jonathon Craig	34.55	2 nd Strider

OPEN WOMEN			
1	Joanne Cowan	38.32	1 st Strider
2	Jenny Wickham	39.09	2 nd Strider
3	Sadie Bolton	40.50	

Results following are Striders only

	Name	mm.ss
1	Joanne Cowan	38.32
2	Jenny Wickham	39.09
3	Caroline Yarnell	41.42
4	Melanie Watson	44.13
5	Tracey Love	45.21
6	Mary Stringer	46.10
7	Glenda Mitchell	46.54
8	Clara Vucetic	47.23
9	Sharon Callister	47.28
10	Leigh MacRitchie	48.34
11	Elizabeth Woodhams	49.08
12	Mary Barnes	49.53
13	Frances Brown	51.55
14	Benny Gauci	52.45
15	Mercy Samia	54.35
16	Kylie Catchpole	55.40
17	Allison Lilley	56.37
18	Megan Jackson	56.44

1	Andrew Knox	33.34
2	Jonathon Craig	34.55
3	Sean Ryan	35.35
4	Ross Sinclair	36.13
5	Mark Wilson	36.18
6	Stephen Jackson	36.26
7	Keith Bateman	37.14
8	David Burgess	37.49
9	Greg Donovan	38.00
10	Ron Schwebel	38.20
11	George Lisson	38.56
12	Stephen Urwin	39.04
13	John Van Yzendoorn	39.31
14	Simon Kent-Jones	40.03
15	Gary Aitkenhead	40.57
16	Gregory Mackay	41.08
17	Barry Rutter	41.12
18	Paul Jackson	41.22
19	Michael Sharp	41.25
20	Walter Mitchell	41.49
21	Darren Goodsir	42.14
22	Gregory Prerau	42.30
23	Tim Austin	42.45
24	Rod Lovel	42.46
25	Peter Woods	42.58
26	Nigel Phillips	43.51
27	Andrew Bilsdon	43.54
28	Charles King	44.05
29	Paul Trainor	44.27
30	Mario Torresan	45.10
31	David Ritchie	45.52
32	Graham Willis	45.59
33	Graham Sharp	46.09
34	George Herisson	46.18
35	Paul Bullas	46.26
36	Salvador Gala	46.37
37	Sean Greenhill	46.52
38	Michael Wilson	46.55
39	Heiko Schaefer	47.45
40	Ted Brailey	48.55
41	Tony Mitchell	49.27
42	Jack Leigh	49.46
43	John Kerr	49.50
44	Kevin O'Kane	50.03
45	Joe Flinn	51.43
46	Alistair Wallis	51.54
47	Jurg Kunzle	53.50
48	Frank Dearn	55.45
49	Mathew Kaley	DNF

10k Handicap Placings

Scores are totalled in 'sub' column then lowest scoring run deducted to get 'Total'.

pl	Prog Handicap	NH	LC	DmLC	NH	sub	less 1	Tot
1	Salvador Gala	2	40	47	41	46	176	2 174
2	Paul Trainor	2	43	45	43	42	175	2 173
3	Glenda Mitchell	44	19	36	31	49	179	19 160
4	Keith Bateman	35	26	40	40	24	165	24 141
5	Jack Leigh	2	46	2	48	32	130	2 128
6	Walter Mitchell	19	32	20	38	37	146	19 127
7	Julian Wright	25	48	49	2	0	124	0 124
8	Sean Ryan	46	29	0	0	48	123	0 123
9	Michael Sharp	42	38	15	2	27	124	2 122
10	Frances Brown	39	8	29	2	45	123	2 121
10	Paul Thompson	2	50	39	30	0	121	0 121
12	Frank Dearn	26	31	13	33	29	132	13 119
13	Clara Vucetic	45	21	27	22	9	124	9 115
14	Leigh MacRitchie	49	2	2	44	11	108	2 106
15	Elizabeth Woodhams	47	0	0	8	50	105	0 105
16	Dennis Nel	8	45	2	47	0	102	0 102
17	Heiko Schaefer	33	2	43	3	19	100	2 98
17	Mario Torresan	0	0	2	49	47	98	0 98
19	Simon Kent-Jones	0	2	2	46	43	93	0 93
20	Ron Schwebel	38	17	17	19	12	103	12 91
21	Charles King	20	24	2	24	20	90	2 88
21	David Camm	0	2	50	36	0	88	0 88
23	John Van Yzendoorn	34	37	2	2	13	88	2 86
24	Caroline Yarnell	36	0	10	0	39	85	0 85
25	Mark Wilson	29	10	2	12	31	84	2 82
25	Tracey Love	6	34	2	4	38	84	2 82
27	Allison Lilley	2	23	46	10	2	83	2 81
27	Graham Willis	18	0	9	21	33	81	0 81
27	Gregory Prerau	10	2	0	29	40	81	0 81
27	Kendall Waller	37	36	8	0	0	81	0 81
27	Stephen Jackson	3	15	12	20	34	84	3 81
32	Peter Woods	41	28	2	6	4	81	2 79
33	Joanne Cowan	31	22	2	9	14	78	2 76
34	Greg Donovan	23	18	0	18	16	75	0 75
34	Mark Schaefer	2	41	32	0	0	75	0 75
34	Sharon Callister	0	30	2	17	26	75	0 75
37	Chris Truscott	0	35	28	11	0	74	0 74
38	David Burgess	2	2	0	42	25	71	0 71
38	Peter Truscott	2	0	35	34	0	71	0 71
38	Steve Hume	2	27	42	0	0	71	0 71
41	Darren Goodsir	0	0	26	0	44	70	0 70
41	Paul Jackson	22	44	2	0	2	70	0 70
43	Neil Barker	0	16	14	39	0	69	0 69
44	Ted Brailey	2	2	7	26	30	67	2 65
45	David Adler	2	25	2	35	0	64	0 64
46	George Lisson	0	0	0	27	36	63	0 63
47	Gary Aitkenhead	2	0	41	2	17	62	0 62
48	Dean Gardiner	40	20	0	0	0	60	0 60
49	Joe Degabriele	43	12	2	2	0	59	0 59
49	Ross Sinclair	32	2	0	7	18	59	0 59
51	Charles Coville	15	9	30	2	0	56	0 56
52	Joanna White	48	2	3	2	0	55	0 55
52	Mike Hansen	0	3	37	15	0	55	0 55
52	Wayne Stanton	0	2	25	28	0	55	0 55
55	Heather Forster	2	47	2	2	0	53	0 53
56	Duncan Scott	14	2	34	2	0	52	0 52
56	Greg Coy	13	7	18	14	0	52	0 52
56	Sarah Brown	0	0	2	50	0	52	0 52
59	Sean Greenhill	0	49	0	0	2	51	0 51
60	Graham Sharp	27	2	19	0	2	50	0 50
60	Philip Hodgkinson	50	0	0	0	0	50	0 50
62	Joel MacKay	0	0	48	0	0	48	0 48
63	Michael Rees-Evans	0	0	2	45	0	47	0 47
64	Barry Rutter	16	5	2	2	21	46	2 44
64	Peter Cremen	0	0	44	0	0	44	0 44
66	Jenny Wickham	0	0	2	0	41	43	0 43
67	Andrew Knox	2	4	0	13	23	42	0 42
67	David Lancaster	0	42	0	0	0	42	0 42
67	Ken Harris	2	2	38	0	0	42	0 42
70	Denis Speyer	2	39	0	0	0	41	0 41
70	Megan Jackson	0	2	2	2	35	41	0 41
72	Bernadette Boulous	0	0	2	37	0	39	0 39
72	Rod Lovel	2	13	0	2	22	39	0 39
74	David Ritchie	28	0	0	0	10	38	0 38
74	Kevin O'Kane	0	2	11	23	2	38	0 38
74	Ralph Melano	2	0	4	32	0	38	0 38
77	Mark Robinson	0	2	33	0	0	35	0 35
78	Jeff Morunga	0	2	31	0	0	33	0 33
78	John Hamilton	12	14	5	2	0	33	0 33
78	Mark Shingler	0	33	0	0	0	33	0 33
81	Jenny Truscott	30	0	0	0	0	30	0 30
81	Jonathon Craig	0	0	0	2	28	30	0 30
83	John Young	11	2	16	0	0	29	0 29
83	Mark Davis	4	2	21	2	0	29	0 29
85	Rachele Lazzara	0	2	24	0	0	26	0 26
85	Tim Ashby	24	2	0	0	0	26	0 26
87	Godfrey Franz	0	0	0	25	0	25	0 25
87	Roland Hassall	2	0	23	0	0	25	0 25
89	Scott Smiles	0	0	22	0	0	22	0 22
90	Christopher Dwyer	21	0	0	0	0	21	0 21
91	Jonathan Trope	17	2	0	0	0	19	0 19
92	Victoria Pilkerton	0	0	2	16	0	18	0 18
93	Stephen Urwin	0	0	0	0	15	15	0 15
94	George Herisson	2	2	2	2	8	16	2 14
95	Michael Wilson	0	2	2	2	7	13	0 13
95	Peter Grunfeld	5	6	2	0	0	13	0 13
97	Andrew Gibbons	0	11	0	0	0	11	0 11
98	Adrian Spragg	9	0	0	0	0	9	0 9
98	John Kerr	0	2	2	2	3	9	0 9
98	Mary Stringer	0	0	2	2	5	9	0 9
98	Peter Hammerschmidt	7	2	0	0	0	9	0 9
102	Ian Whitfield	2	2	2	2	0	8	0 8
102	Jurg Kunzle	0	2	0	0	6	8	0 8
102	Tim Austin	2	0	2	2	2	8	0 8
105	John Whealy	0	2	0	5	0	7	0 7
106	Andrew Smith	2	2	2	0	0	6	0 6
106	David Loader	2	0	2	2	0	6	0 6
106	Geoff Taylor	0	0	6	0	0	6	0 6
106	Gregory Mackay	2	0	0	2	2	6	0 6
106	Mathew Kaley	0	2	2	0	2	6	0 6
106	Mike Ward	0	2	2	2	0	6	0 6
106	Penny Smith	2	2	2	0	0	6	0 6
106	Ray Doran	0	2	2	2	0	6	0 6

106 Richard Wassell	2	2	2	0	0	6	0	6
106 Robert Chalmers	2	0	2	2	0	6	0	6
116 Beryl Wilson	0	2	0	2	0	4	0	4
116 Feisar Joya	2	0	2	0	0	4	0	4
116 Graham Osborn	2	2	0	0	0	4	0	4
116 Joanne Barton	2	2	0	0	0	4	0	4
116 Keith White	0	0	2	2	0	4	0	4
116 Lesley Maher	0	2	2	0	0	4	0	4
116 Manfred Fiedler	0	2	2	0	0	4	0	4
116 Margaret White	0	0	2	2	0	4	0	4
116 Mike Roach	0	2	2	0	0	4	0	4
116 Nick Adams	2	2	0	0	0	4	0	4
116 Tina Campbell	2	0	0	2	0	4	0	4
127 Adam Cresswell	2	0	0	0	0	2	0	2
127 Alistair Wallis	0	0	0	0	2	2	0	2
127 Andrew Bilsdon	0	0	0	0	2	2	0	2
127 Ann Muras	0	0	0	2	0	2	0	2
127 Anton Kapel	0	0	0	2	0	2	0	2
127 Arthur Huxtable	0	2	0	0	0	2	0	2
127 Benny Gauci	0	0	0	0	2	2	0	2
127 Brendan Mason	0	2	0	0	0	2	0	2
127 Brian O'Dea	0	2	0	0	0	2	0	2
127 David King	0	2	0	0	0	2	0	2
127 Don Johnstone	2	0	0	0	0	2	0	2
127 Emma Anderson	0	0	0	2	0	2	0	2
127 Garry Maddox	0	2	0	0	0	2	0	2
127 Gill Cavenagh	0	0	2	0	0	2	0	2
127 Grahame Murphy	0	2	0	0	0	2	0	2
127 Helen Ritchie	2	0	0	0	0	2	0	2
127 Ian Singer	2	0	0	0	0	2	0	2
127 Jeff Morehen	0	0	2	0	0	2	0	2
127 Jim Screen	0	0	2	0	0	2	0	2
127 Joe Flinn	0	0	0	0	2	2	0	2
127 John Ayliffe	2	0	0	0	0	2	0	2
127 John Sparks	0	2	0	0	0	2	0	2
127 Jonathan Gliksten	0	0	2	0	0	2	0	2
127 Jonathan Worswick	0	0	2	0	0	2	0	2
127 Julie McGaw	0	0	0	2	0	2	0	2
127 Kylie Catchpole	0	0	0	0	2	2	0	2
127 Lisa Gallate	0	0	2	0	0	2	0	2
127 Lorraine Spanton	0	0	2	0	0	2	0	2
127 Mary Barnes	0	0	0	0	2	2	0	2
127 Mary Wilson	0	0	2	0	0	2	0	2
127 Melanie Watson	0	0	0	0	2	2	0	2
127 Mercy Samia	0	0	0	0	2	2	0	2
127 Mervyn Cohen	0	0	2	0	0	2	0	2
127 Michael Christie	0	2	0	0	0	2	0	2
127 Michael Free	0	2	0	0	0	2	0	2
127 Michael Johnstone	2	0	0	0	0	2	0	2
127 Neil McPherson	0	0	2	0	0	2	0	2
127 Nigel Phillips	0	0	0	0	2	2	0	2
127 Patricia Pittorino	0	0	2	0	0	2	0	2
127 Patricia Twaalfhoven	0	0	0	2	0	2	0	2
127 Paul Bullas	0	0	0	0	2	2	0	2
127 Philip Boswell	0	0	2	0	0	2	0	2
127 Robi Russell	0	2	0	0	0	2	0	2
127 Ron Daly	0	2	0	0	0	2	0	2
127 Ron Wilson	0	2	0	0	0	2	0	2
127 Sean Hart	0	2	0	0	0	2	0	2
127 Simon Apter	0	0	0	2	0	2	0	2

127 Stephen Ball	0	0	2	0	0	2	0	2
127 Steven Norden	2	0	0	0	0	2	0	2
127 Tony Mitchell	0	0	0	0	2	2	0	2
127 Victor Donovic	0	0	0	2	0	2	0	2

10k Female Outright

Pl	Name	NH	LC	Dm	LC	NH	sub T	less 1	Tot
1	Joanne Cowan	49	50	49	50	50	248	49	199
2	Clara Vucetic	47	47	46	47	43	230	43	187
2	Tracey Love	46	49	45	46	46	232	45	187
4	Glenda Mitchell	44	44	43	42	44	217	42	175
5	Leigh MacRitchie	45	42	39	44	41	211	39	172
6	Sharon Callister	0	46	40	43	42	171	0	171
7	Joanna White	42	40	35	34	0	151	0	151
8	Frances Brown	40	39	32	2	38	151	2	149
9	Caroline Yarnell	48	0	48	0	48	144	0	144
10	Allison Lilley	2	38	33	35	34	142	2	140
11	Mary Stringer	0	0	42	45	45	132	0	132
12	Elizabeth Woodhams	41	0	0	36	40	117	0	117
13	Jenny Wickham	0	0	50	0	49	99	0	99
14	Bernadette Boulous	0	0	47	48	0	95	0	95
15	Heather Forster	2	45	41	2	0	90	0	90
16	Victoria Pilkerton	0	0	44	40	0	84	0	84
17	Tina Campbell	43	0	0	39	0	82	0	82
18	Lesley Maher	0	43	37	0	0	80	0	80
19	Rachele Lazzara	0	41	36	0	0	77	0	77
20	Sarah Brown	0	0	34	41	0	75	0	75
21	Penny Smith	2	37	31	0	0	70	0	70
22	Beryl Wilson	0	36	0	33	0	69	0	69
23	Jenny Truscott	50	0	0	0	0	50	0	50
23	Joanne Barton	2	48	0	0	0	50	0	50
25	Ann Muras	0	0	0	49	0	49	0	49
26	Melanie Watson	0	0	0	0	47	47	0	47
27	Megan Jackson	0	2	2	2	33	39	0	39
27	Mary Barnes	0	0	0	0	39	39	0	39
29	Emma Anderson	0	0	0	38	0	38	0	38
29	Lorraine Spanton	0	0	38	0	0	38	0	38
31	Benny Gauci	0	0	0	0	37	37	0	37
31	Patricia Twaalfhoven	0	0	0	37	0	37	0	37
33	Mercy Samia	0	0	0	0	36	36	0	36
34	Kylie Catchpole	0	0	0	0	35	35	0	35
35	Margaret White	0	0	2	2	0	4	0	4
36	Gill Cavenagh	0	0	2	0	0	2	0	2
36	Helen Ritchie	2	0	0	0	0	2	0	2
36	Julie McGaw	0	0	0	2	0	2	0	2
36	Lisa Gallate	0	0	2	0	0	2	0	2
36	Mary Wilson	0	0	2	0	0	2	0	2
36	Patricia Pittorino	0	0	2	0	0	2	0	2
36	Robi Russell	0	2	0	0	0	2	0	2

10k Male Outright

Pl	Name	NH	LC	Dm	LC	NH	sub T	less 1	Tot
1	Andrew Knox	50	49	0	49	50	198	0	198
2	Ross Sinclair	47	45	0	46	47	185	0	185
3	Mark Wilson	45	43	47	43	46	224	43	181

4	Stephen Jackson	40	41	45	45	45	216	40	176	63	Philip Hodgkinson	31	0	0	0	0	31	0	31
5	Greg Coy	43	40	46	42	0	171	0	171	65	Roland Hassall	17	0	13	0	0	30	0	30
6	Keith Bateman	38	37	44	44	44	207	37	170	65	George Herisson	2	2	2	9	17	32	2	30
7	Ron Schwebel	42	39	42	39	41	203	39	164	67	Victor Donovic	0	0	0	29	0	29	0	29
8	Greg Donovan	41	38	0	38	42	159	0	159	68	Adrian Spragg	28	0	0	0	0	28	0	28
9	David Burgess	39	31	0	41	43	154	0	154	69	Julian Wright	2	2	21	2	0	27	0	27
10	Chris Truscott	0	50	50	50	0	150	0	150	69	David Ritchie	7	0	0	0	20	27	0	27
11	John Young	49	48	49	0	0	146	0	146	71	Peter Hammerschmidt	18	8	0	0	0	26	0	26
12	John Hamilton	37	36	38	31	0	142	0	142	72	Salvador Gala	2	2	2	6	15	27	2	25
13	John VanYzendoorn	36	33	29	2	38	138	2	136	72	Nigel Phillips	0	0	0	0	25	25	0	25
14	Sean Ryan	44	42	0	0	48	134	0	134	72	Kevin O'Kane	0	2	2	14	7	25	0	25
15	Paul Jackson	33	32	31	0	33	129	0	129	75	Andrew Bilsdon	0	0	0	0	24	24	0	24
16	Wayne Stanton	0	34	41	40	0	115	0	115	76	Stephen Ball	0	0	23	0	0	23	0	23
16	Gary Aitkenhead	19	0	32	28	36	115	0	115	77	David Camm	0	2	5	15	0	22	0	22
18	Barry Rutter	30	20	7	23	34	114	7	107	77	Michael Wilson	0	2	2	5	13	22	0	22
19	David Loader	32	0	37	35	0	104	0	104	79	Feisar Joya	15	0	4	0	0	19	0	19
20	Michael Sharp	24	18	25	2	32	101	2	99	79	Sean Greenhill	0	5	0	0	14	19	0	19
21	Peter Truscott	2	0	48	47	0	97	0	97	79	Heiko Schaefer	2	2	2	3	12	21	2	19
21	Jonathon Craig	0	0	0	48	49	97	0	97	82	Scott Smiles	0	0	17	0	0	17	0	17
23	Tim Ashby	48	47	0	0	0	95	0	95	82	Ted Brailey	2	2	2	2	11	19	2	17
23	Peter Woods	26	19	16	24	26	111	16	95	84	Paul Thompson	2	2	2	10	0	16	0	16
25	Ray Doran	0	28	33	33	0	94	0	94	84	Paul Bullas	0	0	0	0	16	16	0	16
26	Walter Mitchell	14	14	18	27	31	104	14	90	86	Peter Grunfeld	5	4	6	0	0	15	0	15
27	Neil Barker	0	25	28	34	0	87	0	87	86	Jack Leigh	2	2	2	2	9	17	2	15
27	Gregory Mackay	22	0	0	30	35	87	0	87	88	David Adler	2	2	2	8	0	14	0	14
29	Simon Kent-Jones	0	2	14	32	37	85	0	85	88	Joe Degabriele	8	2	2	2	0	14	0	14
30	Charles Coville	29	22	30	2	0	83	0	83	88	John Kerr	0	2	2	2	8	14	0	14
30	Mark Schaefer	20	29	34	0	0	83	0	83	91	Keith White	0	0	2	11	0	13	0	13
32	Steve Hume	12	30	40	0	0	82	0	82	92	David King	0	12	0	0	0	12	0	12
33	Tim Austin	4	0	20	25	28	77	0	77	93	Mike Ward	0	2	2	7	0	11	0	11
33	Gregory Prerau	16	10	0	22	29	77	0	77	94	Philip Boswell	0	0	10	0	0	10	0	10
35	George Lisson	0	0	0	36	40	76	0	76	94	Tony Mitchell	0	0	0	0	10	10	0	10
36	Andrew Smith	23	24	26	0	0	73	0	73	96	Adam Cresswell	9	0	0	0	0	9	0	9
37	Rod Lovel	6	15	0	18	27	66	0	66	96	Frank Dearn	2	2	2	2	3	11	2	9
38	Mathew Kaley	0	27	36	0	2	65	0	65	98	Duncan Scott	2	2	2	2	0	8	0	8
39	Kendall Waller	21	17	24	0	0	62	0	62	98	Ian Whitfield	2	2	2	2	0	8	0	8
40	Mark Robinson	0	26	35	0	0	61	0	61	100	Michael Rees-Evans	0	0	2	4	0	6	0	6
40	Charles King	10	7	9	19	23	68	7	61	100	Richard Wassell	2	2	2	0	0	6	0	6
42	Jonathan Trope	35	21	0	0	0	56	0	56	100	Robert Chalmers	2	0	2	2	0	6	0	6
42	Mike Hansen	0	13	22	21	0	56	0	56	100	Jurg Kunzle	0	2	0	0	4	6	0	6
44	Mark Davis	11	9	15	17	0	52	0	52	100	Joe Flinn	0	0	0	0	6	6	0	6
45	Nick Adams	27	23	0	0	0	50	0	50	105	Alistair Wallis	0	0	0	0	5	5	0	5
46	Graham Sharp	13	6	12	0	18	49	0	49	106	Denis Speyer	2	2	0	0	0	4	0	4
46	Darren Goodsir	0	0	19	0	30	49	0	49	106	Graham Osborn	2	2	0	0	0	4	0	4
48	Dennis Nel	3	11	8	26	0	48	0	48	106	Jeff Morunga	0	2	2	0	0	4	0	4
49	Andrew Gibbons	0	46	0	0	0	46	0	46	106	John Whealy	0	2	0	2	0	4	0	4
49	Christopher Dwyer	46	0	0	0	0	46	0	46	106	Manfred Fiedler	0	2	2	0	0	4	0	4
51	Mark Shingler	0	44	0	0	0	44	0	44	106	Mike Roach	0	2	2	0	0	4	0	4
52	Peter Cremen	0	0	43	0	0	43	0	43	112	Garry Maddox	0	3	0	0	0	3	0	3
52	Paul Trainor	2	2	3	16	22	45	2	43	113	Neil McPherson	0	0	2	0	0	2	0	2
54	Dean Gardiner	25	16	0	0	0	41	0	41	113	Anton Kapel	0	0	0	2	0	2	0	2
55	Joel MacKay	0	0	39	0	0	39	0	39	113	Arthur Huxtable	0	2	0	0	0	2	0	2
55	Stephen Urwin	0	0	0	0	39	39	0	39	113	Brendan Mason	0	2	0	0	0	2	0	2
57	Godfrey Franz	0	0	0	37	0	37	0	37	113	Brian O'Dea	0	2	0	0	0	2	0	2
58	Mario Torresan	0	0	2	13	21	36	0	36	113	David Lancaster	0	2	0	0	0	2	0	2
59	Grahame Murphy	0	35	0	0	0	35	0	35	113	Don Johnstone	2	0	0	0	0	2	0	2
59	Graham Willis	2	0	2	12	19	35	0	35	113	Geoff Taylor	0	0	2	0	0	2	0	2
61	Ian Singer	34	0	0	0	0	34	0	34	113	Jeff Morehen	0	0	2	0	0	2	0	2
62	Ralph Melano	2	0	11	20	0	33	0	33	113	Jim Screen	0	0	2	0	0	2	0	2
63	Ken Harris	2	2	27	0	0	31	0	31										

113 John Ayliffe	2	0	0	0	0	2	0	2
113 John Sparks	0	2	0	0	0	2	0	2
113 Jonathan Gliksten	0	0	2	0	0	2	0	2
113 Jonathan Worswick	0	0	2	0	0	2	0	2
113 Mervyn Cohen	0	0	2	0	0	2	0	2
113 Michael Christie	0	2	0	0	0	2	0	2
113 Michael Free	0	2	0	0	0	2	0	2
113 Michael Johnstone	2	0	0	0	0	2	0	2
113 Ron Daly	0	2	0	0	0	2	0	2
113 Ron Wilson	0	2	0	0	0	2	0	2
113 Sean Hart	0	2	0	0	0	2	0	2
113 Simon Apter	0	0	0	2	0	2	0	2
113 Steven Norden	2	0	0	0	0	2	0	2

10k Age Group Placings (New Awards for 2002)

Veteran Women (35+)

Pl	Prog Vet Women	NH	LC	Dm	LC	NH	sub T	less I	Tot
1	Joanne Cowan	50	50	50	50	50	250	50	200
2	Clara Vucetic	48	47	48	49	46	238	46	192
2	Tracey Love	47	49	47	48	48	239	47	192
4	Sharon Callister	0	46	44	46	45	181	0	181
5	Frances Brown	46	43	42	2	44	177	2	175
6	Caroline Yarnell	49	0	49	0	49	147	0	147
7	Mary Stringer	0	0	46	47	47	140	0	140
8	Heather Forster	2	45	45	2	0	94	0	94
9	Lesley Maher	0	44	43	0	0	87	0	87
10	Joanne Barton	2	48	0	0	0	50	0	50
11	Benny Gauci	0	0	0	0	43	43	0	43
12	Mercy Samia	0	0	0	0	42	42	0	42
13	Margaret White	0	0	2	2	0	4	0	4
14	Gill Cavenagh	0	0	2	0	0	2	0	2
14	Julie McGaw	0	0	0	2	0	2	0	2

Masters Women (50+)

1	Elizabeth Woodhams	49	0	0	49	50	148	0	148
2	Penny Smith	2	50	49	0	0	101	0	101
3	Tina Campbell	50	0	0	50	0	100	0	100
4	Beryl Wilson	0	49	0	48	0	97	0	97
5	Lorraine Spanton	0	0	50	0	0	50	0	50
6	Helen Ritchie	2	0	0	0	0	2	0	2
6	Mary Wilson	0	0	2	0	0	2	0	2
6	Patricia Pittorino	0	0	2	0	0	2	0	2
6	Robi Russell	0	2	0	0	0	2	0	2

Veteran Men (40+)

1	Ross Sinclair	50	50	0	50	50	200	0	200
2	Stephen Jackson	47	48	49	49	49	242	47	195
3	Greg Coy	49	47	50	47	0	193	0	193
4	Keith Bateman	46	45	48	48	48	235	45	190
5	Greg Donovan	48	46	0	45	47	186	0	186
6	John Hamilton	45	44	46	42	0	177	0	177

7	Gary Aitkenhead	39	0	44	39	44	166	0	166
8	Peter Woods	42	39	40	37	41	199	37	162
9	Gregory Prerau	38	36	0	36	42	152	0	152
10	Graham Sharp	37	33	38	0	38	146	0	146
11	Charles King	35	34	35	33	39	176	33	143
12	Mark Davis	36	35	39	32	0	142	0	142
13	Dennis Nel	32	37	34	38	0	141	0	141
14	Wayne Stanton	0	42	47	46	0	135	0	135
15	Andrew Smith	41	40	43	0	0	124	0	124
15	George Herisson	31	27	2	29	37	126	2	124
15	Gregory Mackay	40	0	0	41	43	124	0	124
18	Paul Thompson	30	28	31	30	0	119	0	119
18	Salvador Gala	28	23	30	26	35	142	23	119
20	Mike Hansen	0	38	41	35	0	114	0	114
21	Peter Grunfeld	33	32	33	0	0	98	0	98
22	George Lisson	0	0	0	43	46	89	0	89
23	David Camm	0	24	32	31	0	87	0	87
24	Mark Robinson	0	41	45	0	0	86	0	86
25	David Adler	26	25	2	28	0	81	0	81
25	Robert Chalmers	29	0	27	25	0	81	0	81
27	Ralph Melano	2	0	37	34	0	73	0	73
28	Joe Degabriele	34	30	2	2	0	68	0	68
29	Denis Speyer	27	26	0	0	0	53	0	53
30	Jeff Morunga	0	22	28	0	0	50	0	50
31	Mark Shingler	0	49	0	0	0	49	0	49
32	Stephen Urwin	0	0	0	0	45	45	0	45
33	Godfrey Franz	0	0	0	44	0	44	0	44
33	Ian Singer	44	0	0	0	0	44	0	44
35	Adrian Spragg	43	0	0	0	0	43	0	43
35	Grahame Murphy	0	43	0	0	0	43	0	43
37	Stephen Ball	0	0	42	0	0	42	0	42
38	Nigel Phillips	0	0	0	0	40	40	0	40
38	Victor Donovic	0	0	0	40	0	40	0	40
40	Paul Bullas	0	0	0	0	36	36	0	36
40	Philip Boswell	0	0	36	0	0	36	0	36
42	Tony Mitchell	0	0	0	0	34	34	0	34
43	Joe Flinn	0	0	0	0	33	33	0	33
44	Garry Maddox	0	31	0	0	0	31	0	31
44	Mike Ward	0	2	2	27	0	31	0	31
46	David Lancaster	0	29	0	0	0	29	0	29
46	Geoff Taylor	0	0	29	0	0	29	0	29
48	Mervyn Cohen	0	0	26	0	0	26	0	26
49	Steven Norden	25	0	0	0	0	25	0	25
50	Brendan Mason	0	21	0	0	0	21	0	21
51	Jeff Morehen	0	0	2	0	0	2	0	2
51	Jonathan Gliksten	0	0	2	0	0	2	0	2

Masters Men (50+)

1	Ron Schwebel	49	50	50	50	50	249	49	200
2	Barry Rutter	47	47	47	49	49	239	47	192
3	Rod Lovel	44	46	0	48	48	186	0	186
4	Graham Willis	43	0	43	46	46	178	0	178
5	Kevin O'Kane	0	42	45	47	41	175	0	175
6	Michael Wilson	0	40	44	44	45	173	0	173
7	Ted Brailey	40	39	42	43	44	208	39	169
8	Jack Leigh	41	36	41	41	43	202	36	166
9	Charles Coville	46	49	49	2	0	146	0	146
10	John Kerr	0	2	40	40	42	124	0	124

11	Jonathan Trope	48	48	0	0	0	96	0	96
12	David Ritchie	45	0	0	0	47	92	0	92
13	Keith White	0	0	46	45	0	91	0	91
14	John Whealy	0	37	0	42	0	79	0	79
15	Jurg Kunzle	0	35	0	0	40	75	0	75
16	Christopher Dwyer	50	0	0	0	0	50	0	50
17	Scott Smiles	0	0	48	0	0	48	0	48
18	David King	0	45	0	0	0	45	0	45
19	Ron Wilson	0	44	0	0	0	44	0	44
20	Arthur Huxtable	0	43	0	0	0	43	0	43
21	John Ayliffe	42	0	0	0	0	42	0	42
22	Brian O'Dea	0	41	0	0	0	41	0	41
23	Graham Osborn	2	38	0	0	0	40	0	40
24	Ian Whitfield	2	2	2	2	0	8	0	8
25	Jim Screen	0	0	2	0	0	2	0	2
25	Michael Christie	0	2	0	0	0	2	0	2

Senior Men (60+)

1	Heiko Schaefer	49	2	49	49	50	199	2	197
2	Frank Dearn	48	47	47	48	49	239	47	192
3	Ray Doran	0	50	50	50	0	150	0	150
4	Peter Hammerschmidt	50	49	0	0	0	99	0	99
5	Manfred Fiedler	0	48	2	0	0	50	0	50
6	Neil McPherson	0	0	48	0	0	48	0	48
7	John Sparks	0	2	0	0	0	2	0	2
7	Ron Daly	0	2	0	0	0	2	0	2

10k Progressive Results Adjusted for Age and Gender

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

Name	NH	LC	DM	LC	NH	Tot
Joanne Cowan	861	875	811	845	852	3433
Andrew Knox	817	808	0	794	804	3223
Ron Schwebel	797	802	784	790	784	3173
Stephen Jackson	755	786	767	776	787	3116
Keith Bateman	754	766	771	786	788	3111
Ross Sinclair	785	781	0	760	781	3107
Greg Coy	772	780	763	766	0	3081
Mark Wilson	746	751	742	736	752	2991
John Hamilton	751	765	744	714	0	2974
Greg Donovan	734	743	0	733	733	2943
Barry Rutter	738	740	665	706	735	2919
Clara Vucetic	711	709	703	710	699	2833
David Burgess	708	690	0	717	713	2828
Heiko Schaefer	699	0	707	685	700	2791
Peter Woods	703	713	666	686	683	2785
John	695	716	675	0	695	2781
Van Yzendoorn	672	715	0	684	708	2779
Rod Lovel	662	0	710	683	701	2756
Gary Aitkenhead	662	0	710	683	701	2756
Paul Jackson	682	716	679	0	664	2741

Michael Wilson	0	665	669	665	673	2672
Dennis Nel	639	676	651	693	0	2659
Graham Willis	669	0	655	662	669	2655
Gregory Prerau	655	656	0	664	670	2645
Mark Davis	658	669	664	649	0	2640
Graham Sharp	668	666	657	0	631	2622
Tracey Love	642	669	632	644	667	2622
Sharon Callister	0	670	627	657	663	2617
Michael Sharp	643	659	642	0	659	2603
Ted Brailey	354	648	637	650	651	2586
Charles King	636	648	633	649	646	2579
Frank Dearn	626	644	633	645	646	2568
Simon Kent-Jones	0	603	613	666	673	2555
Walter Mitchell	620	635	623	641	645	2544
Kevin O'Kane	0	638	644	658	600	2540
Ray Doran	0	836	835	831	0	2502
Glenda Mitchell	618	617	615	620	638	2493
Tim Austin	593	0	624	636	631	2484
Leigh MacRitchie	625	612	595	628	616	2481
George Herisson	604	619	0	620	629	2472
Paul Thompson	596	625	623	625	0	2469
Chris Truscott	0	825	812	799	0	2436
Frances Brown	617	602	599	0	611	2429
Paul Trainor	570	588	597	607	614	2406
Jack Leigh	567	586	566	606	604	2363
John Young	789	792	778	0	0	2359
Julian Wright	581	603	627	544	0	2355
Salvador Gala	559	570	581	589	598	2338
Joanna White	604	591	580	537	0	2312
Charles Coville	754	762	758	0	0	2274
Wayne Stanton	0	752	748	758	0	2258
Caroline Yarnell	752	0	740	0	761	2253
Sean Ryan	734	740	0	0	758	2232
Allison Lilley	0	557	568	557	528	2210
Duncan Scott	563	548	562	536	0	2209
Andrew Smith	674	708	687	0	0	2069
David Loader	679	0	694	696	0	2069
Elizabeth Woodhams	688	0	0	667	699	2054
Neil Barker	0	686	671	696	0	2053
Mary Stringer	0	0	658	687	705	2050
Gregory Mackay	668	0	0	689	687	2044
Mike Hansen	0	669	675	666	0	2010
Steve Hume	616	690	698	0	0	2004
Mark Schaefer	629	683	675	0	0	1987
Kendall Waller	645	663	649	0	0	1957
Peter Grunfeld	636	652	633	0	0	1921
David Camm	0	613	652	649	0	1914
Ken Harris	582	599	672	0	0	1853
David Adler	573	608	0	612	0	1793
John Kerr	0	0	564	580	628	1772
Mario Torresan	0	0	563	596	604	1763
Robert Chalmers	574	0	550	557	0	1681
Jonathon Craig	0	0	0	798	793	1591
Richard Wassell	527	544	518	0	0	1589

Jonathan Trope	792	779	0	0	0	1571
Tim Ashby	781	759	0	0	0	1540
Jenny Wickham	0	0	763	0	764	1527
George Lisson	0	0	0	760	765	1525
Peter Truscott	0	0	757	767	0	1524
Peter Hammerschmidt	759	751	0	0	0	1510
Tina Campbell	726	0	0	725	0	1451
Mark Robinson	0	718	721	0	0	1439
Heather Forster	0	709	672	0	0	1381
David Ritchie	692	0	0	0	683	1375
Lesley Maher	0	694	668	0	0	1362
Mathew Kaley	0	680	679	0	0	1359
Ralph Melano	0	0	661	681	0	1342
Dean Gardiner	658	663	0	0	0	1321
Nick Adams	653	668	0	0	0	1321
Penny Smith	0	652	668	0	0	1320
Bernadette Boulous	0	0	655	657	0	1312
Keith White	0	0	659	648	0	1307
Joe Degabriele	650	649	0	0	0	1299
Darren Goodsir	0	0	626	0	642	1268
John Whealy	0	622	0	629	0	1251
Roland Hassall	621	0	610	0	0	1231
Victoria Pilkerton	0	0	621	608	0	1229
Feisar Joya	620	0	594	0	0	1214
Sarah Brown	0	0	580	617	0	1197
Sean Greenhill	0	616	0	0	576	1192
Rachele Lazzara	0	595	585	0	0	1180
Denis Speyer	565	595	0	0	0	1160
Michael Rees-Evans	0	0	555	565	0	1120
Beryl Wilson	0	536	0	575	0	1111
Jeff Morunga	0	557	554	0	0	1111
Jurg Kunzle	0	525	0	0	567	1092
Mike Roach	0	551	535	0	0	1086
Christopher Dwyer	837	0	0	0	0	837
Jenny Truscott	801	0	0	0	0	801
Grahame Murphy	0	776	0	0	0	776
Mark Shingler	0	768	0	0	0	768
Andrew Gibbons	0	757	0	0	0	757
Godfrey Franz	0	0	0	755	0	755
Neil McPherson	0	0	744	0	0	744
Stephen Urwin	0	0	0	0	740	740
Peter Cremen	0	0	724	0	0	724
David King	0	718	0	0	0	718
Ian Singer	714	0	0	0	0	714
Scott Smiles	0	0	707	0	0	707
Adrian Spragg	702	0	0	0	0	702
Manfred Fiedler	0	697	0	0	0	697
Stephen Ball	0	0	697	0	0	697
Ann Muras	0	0	0	692	0	692
Joel MacKay	0	0	689	0	0	689
Arthur Huxtable	0	683	0	0	0	683
Victor Donovic	0	0	0	682	0	682
Melanie Watson	0	0	0	0	677	677

Lorraine Spanton	0	0	676	0	0	676
Brian O'Dea	0	675	0	0	0	675
Ron Wilson	0	674	0	0	0	674
John Ayliffe	666	0	0	0	0	666
Philip Hodgkinson	666	0	0	0	0	666
Philip Boswell	0	0	659	0	0	659
Garry Maddox	0	653	0	0	0	653
Joanne Barton	0	652	0	0	0	652
Nigel Phillips	0	0	0	0	645	645
Graham Osborn	0	635	0	0	0	635
Paul Bullas	0	0	0	0	632	632
Mike Ward	0	0	0	630	0	630
David Lancaster	0	626	0	0	0	626
Andrew Bilsdon	0	0	0	0	622	622
Mercy Samia	0	0	0	0	618	618
Adam Cresswell	609	0	0	0	0	609
Michael Free	0	602	0	0	0	602
Emma Anderson	0	0	0	600	0	600
Mary Barnes	0	0	0	0	600	600
Patricia Twaalfhoven	0	0	0	595	0	595
Tony Mitchell	0	0	0	0	584	584
Michael Johnstone	574	0	0	0	0	574
Benny Gauci	0	0	0	0	569	569
Geoff Taylor	0	0	568	0	0	568
Don Johnstone	556	0	0	0	0	556
Joe Flinn	0	0	0	0	551	551
Mervyn Cohen	0	0	549	0	0	549
Steven Norden	547	0	0	0	0	547
Kylie Catchpole	0	0	0	0	537	537
Megan Jackson	0	0	0	0	527	527
Alistair Wallis	0	0	0	0	520	520
Simon Apter	0	0	0	514	0	514
Brendan Mason	0	436	0	0	0	436

Super Series Outright Rankings

Scores are totalled in 'sub' column then lowest scoring run deducted and bonus points added to get 'Total'. Bonus points are from hosting StaRs, assisting at 10k, Equaliser, Internal Half.

Open Women

	6 F	Ca M	Do m	S M H	M mo s	E q	Sub T	Le ss l	Bo nus	Tot
Tracey Love	47	49	45	47	46	47	281	45	12	248
Joanne Cowan	0	0	49	50	50	50	199	0	13	212
Heather Forster	42	46	41	35	41	0	205	0	6	211
Allison Lilley	43	37	33	34	0	43	190	0	8	198
Frances Brown	0	36	32	38	39	42	187	0	9	196
Joanne Barton	45	48	0	49	0	48	190	0	4	194
Tina Campbell	44	47	0	46	0	40	177	0	10	187
Leigh MacRitchie	0	0	39	43	43	0	125	0	8	133

Victoria Pilkerton	0	40	44	45	0	0	129	0	2	131	Mark Schaefer	0	0	36	38	40	38	152	0	4	156
Rachele Lazzara	0	44	36	44	0	0	124	0	2	126	Mark Wilson	0	0	48	47	48	0	143	0	8	151
Patricia Pittorino	0	0	2	33	37	39	111	0	0	111	Gary Aitkenhead	44	0	34	36	0	30	144	0	6	150
Jenny Wickham	0	0	50	0	49	0	99	0	2	101	Joel MacKay	43	0	41	0	0	44	128	0	9	137
Dawn Tiller	50	50	0	0	0	0	100	0	0	100	Darren Goodsir	15	27	21	18	32	26	139	15	2	126
Clara Vucetic	0	0	46	0	45	0	91	0	8	99	Mark Davis	0	38	17	29	35	0	119	0	6	125
Paula McGee	48	0	0	0	0	49	97	0	0	97	Neil Barker	39	0	30	0	43	0	112	0	4	116
Mary Stringer	0	0	42	42	0	0	84	0	11	95	Graham Willis	31	34	2	0	16	20	103	0	12	115
Bernadette Boulous	0	0	47	0	47	0	94	0	0	94	David Loader	30	0	39	39	0	0	108	0	4	112
Elizabeth Woodhams	0	0	0	40	42	0	82	0	9	91	Grahame Murphy	24	42	0	43	0	0	109	0	2	111
Sharon Callister	0	0	40	41	0	2	83	0	7	90	Mark Robinson	0	0	37	34	0	37	108	0	2	110
Robi Russell	41	0	0	36	0	0	77	0	8	85	John Young	0	0	50	49	0	0	99	0	4	103
Julie McGaw	0	0	0	37	0	44	81	0	2	83	Andrew Gibbons	0	0	0	48	50	0	98	0	2	100
Ruth McColl	0	42	0	39	0	0	81	0	0	81	Kevin O'Kane	20	15	3	10	19	22	89	3	12	98
Sarah Brown	0	43	34	0	0	0	77	0	2	79	Dennis Nel	27	30	10	21	0	0	88	0	6	94
Glenda Mitchell	0	0	43	0	0	2	45	0	8	53	Charles King	0	28	11	22	0	25	86	0	8	94
Caroline Yarnell	0	0	48	0	0	0	48	0	4	52	Ken Harris	0	23	29	0	0	34	86	0	4	90
Jacqui Matthews	0	0	0	0	0	46	46	0	6	52	Stephen Ball	0	0	25	26	0	32	83	0	6	89
Kirsten Themsen	0	45	0	0	0	0	45	0	6	51	Peter Cremen	0	0	45	0	0	42	87	0	0	87
Margaret White	0	0	2	0	0	41	43	0	8	51	Nathan Vass	0	0	0	0	42	45	87	0	0	87
Alexandra Dunn	49	0	0	0	0	0	49	0	0	49	Philip Hugill	40	45	0	0	0	0	85	0	0	85
Robin Cameron	46	0	0	0	0	0	46	0	3	49	Adrian Spragg	42	0	0	0	0	40	82	0	2	84
Andrea McDonald	0	0	0	0	48	0	48	0	0	48	Ray Doran	0	0	35	40	0	0	75	0	4	79
Lisa Carroli	0	0	0	48	0	0	48	0	0	48	Heiko Schaefer	0	32	2	9	12	13	68	0	11	79
Megan Jackson	0	0	2	0	38	2	42	0	6	48	Gregory Mackay	0	0	0	30	0	41	71	0	6	77
Mary Barnes	0	0	0	0	0	45	45	0	2	47	Charles Coville	0	0	32	37	0	0	69	0	6	75
Marlies Laaper	0	0	0	0	44	0	44	0	0	44	Andrew Smith	0	0	28	17	18	0	63	0	10	73
Beryl Wilson	0	0	0	0	40	0	40	0	4	44	David Lancaster	23	29	0	0	0	18	70	0	2	72
Joanna White	0	0	35	0	0	2	37	0	6	43	Simon Kent-Jones	16	0	16	0	25	0	57	0	9	66
Gill Cavenagh	0	39	2	0	0	0	41	0	0	41	Joe Degabriele	28	26	2	0	0	0	56	0	8	64
Jenny Ferber	0	41	0	0	0	0	41	0	0	41	Rod Lovel	26	0	0	0	0	29	55	0	8	63
Penny Smith	0	0	31	0	0	0	31	0	10	41	Tim Austin	0	0	22	0	0	28	50	0	12	62
Lisa Gallate	0	38	2	0	0	0	40	0	0	40	Michael Bailey	14	22	0	4	10	7	57	0	3	60
Lesley Maher	0	0	37	0	0	0	37	0	2	39	Peter Grunfeld	0	25	8	20	0	0	53	0	4	57
Lorraine Spanton	0	0	38	0	0	0	38	0	0	38	Peter Truscott	0	0	49	2	0	0	51	0	4	55
Carol Taylor	0	0	0	0	0	38	38	0	0	38	Chris Truscott	0	0	0	50	0	0	50	0	4	54
Mercy Samia	0	35	0	0	0	0	35	0	2	37	Sean Ryan	0	48	0	0	0	0	48	0	6	54
Estelle Visser	0	35	0	0	0	0	35	0	0	35	George Lisson	41	0	0	0	0	9	50	0	4	54
Elizabeth Taylor	0	0	0	32	0	0	32	0	0	32	Bruce Inglis	46	0	0	0	0	0	46	0	6	52
Sue Hill	0	0	0	0	0	2	2	0	6	8	Jonathan Worswick	0	49	2	0	0	0	51	0	0	51
Mary Wilson	0	0	2	0	0	0	2	0	0	2	Victor Donovic	0	0	0	19	30	0	49	0	2	51
Open Men											Dean Degan	0	0	0	0	0	50	50	0	0	50
	6	Ca	Do	S	M	E	sub	Le	Bo	Tot	Martin Fryer	49	0	0	0	0	0	49	0	0	49
	F	M	M	H	Mo	q	T	ss	nus		Kelvin Marshall	48	0	0	0	0	0	48	0	0	48
Stephen Jackson	25	47	47	27	49	49	244	25	16	235	Arthur Huxtable	0	0	0	23	23	0	46	0	2	48
Keith Bateman	33	0	46	44	47	46	216	0	8	224	James Moody	0	19	0	6	11	12	48	0	0	48
John	0	46	31	42	39	39	197	0	11	208	David Clear	47	0	0	0	0	0	47	0	0	47
Van Yzendoorn	0	46	31	42	39	39	197	0	11	208	Stephen Urwin	45	0	0	0	0	0	45	0	2	47
Greg Donovan	50	50	0	46	44	0	190	0	8	198	Wayne Stanton	0	0	43	0	0	0	43	0	4	47
Steve Hume	0	0	42	45	46	48	181	0	6	187	Jeff Morehen	0	0	2	0	21	24	47	0	0	47
Ron Schwebel	0	0	44	41	45	43	173	0	8	181	Mark Fiore	0	0	0	0	0	47	47	0	0	47
Mike Hansen	36	39	24	33	29	0	161	0	16	177	John Hamilton	0	0	40	0	0	0	40	0	6	46
Barry Rutter	38	43	9	0	34	36	160	0	14	174	Ian Singer	0	20	0	13	0	11	44	0	2	46
Michael Sharp	0	36	27	32	36	31	162	0	8	170	Jon Patrick	11	33	0	0	0	0	44	0	0	44
Peter Woods	0	40	18	31	31	33	153	0	10	163	George Herisson	0	0	2	0	14	14	30	0	14	44
Ralph Melano	35	37	13	24	28	27	164	13	7	158	Salvador Gala	0	0	2	0	33	0	35	0	8	43
Paul Jackson	0	44	33	35	38	0	150	0	6	156	Mathew Kaley	0	0	38	0	0	0	38	0	4	42
											Graham Farnsworth	0	0	0	0	41	0	41	0	0	41
											Pierre	0	41	0	0	0	0	41	0	0	41
											Van Heerden	0	41	0	0	0	0	41	0	0	41

Steven Norden	13	24	0	2	0	0	39	0	2	41
Philip Boswell	0	0	12	28	0	0	40	0	0	40
Adam Cresswell	0	0	0	14	24	0	38	0	2	40
Ron Wilson	0	0	0	0	17	21	38	0	2	40
David King	37	0	0	0	0	0	37	0	2	39
Gregory Prerau	0	0	0	25	0	0	25	0	14	39
Anthony Carpenter	0	0	0	0	37	0	37	0	0	37
Graham Sharp	0	0	14	15	0	0	29	0	6	35
Paul Trainor	0	0	5	0	22	0	27	0	8	35
Jeff Gissing	0	0	0	0	0	35	35	0	0	35
Joshua Burns	34	0	0	0	0	0	34	0	0	34
Dick Bartlett	12	21	0	0	0	0	33	0	0	33
Keith White	21	0	4	0	0	0	25	0	8	33
Simon Riordan	32	0	0	0	0	0	32	0	0	32
Mahmoud	0	31	0	0	0	0	31	0	0	31
El-Khansa	0	12	2	2	3	4	23	0	8	31
Frank Dearn	0	0	26	0	0	0	26	0	4	30
Kendall Waller	0	0	20	0	0	2	22	0	8	30
Walter Mitchell	29	0	0	0	0	0	29	0	0	29
Iain Martin	0	0	15	12	0	0	27	0	2	29
Roland Hassall	0	0	23	0	0	0	23	0	6	29
Julian Wright	0	0	0	0	26	0	26	0	2	28
Nigel Phillips	0	0	0	0	27	0	27	0	0	27
Alex Whitworth	0	18	2	0	0	0	20	0	6	26
Duncan Scott	0	0	2	0	0	15	17	0	8	25
Manfred Fiedler	0	0	0	0	0	23	23	0	0	23
Stephen Bodnar	0	0	0	0	0	19	19	0	4	23
Mario Torresan	22	0	0	0	0	0	22	0	0	22
Andrew Bryan	0	16	2	2	0	0	20	0	2	22
Jeff Morunga	0	0	2	0	0	16	18	0	4	22
Mike Ward	0	0	2	0	13	0	15	0	6	21
Paul Thompson	0	0	0	2	7	6	15	0	6	21
John Simmonds	0	0	0	0	20	0	20	0	0	20
Mark Wieland	19	0	0	0	0	0	19	0	0	19
Robert Inglis	0	0	19	0	0	0	19	0	0	19
Scott Smiles	0	0	6	11	0	0	17	0	2	19
Feisar Joya	0	17	0	0	0	0	17	0	2	19
Michael Johnstone	0	0	2	0	0	17	19	0	0	19
Neil McPherson	18	0	0	0	0	0	18	0	0	18
Roger Rigby	0	0	0	16	0	0	16	0	2	18
Garry Maddox	17	0	0	0	0	0	17	0	0	17
Darryl Chrisp	0	13	0	0	4	0	17	0	0	17
Ian Walker	0	0	2	8	0	0	10	0	6	16
David Adler	0	0	0	0	15	0	15	0	0	15
Peter Cobley	0	0	0	7	0	0	7	0	8	15
Andrew Knox	0	0	0	0	0	2	2	0	13	15
John Whealy	0	14	0	0	0	0	14	0	0	14
Kevin Tiller	0	0	0	0	8	0	8	0	6	14
John Kerr	0	0	2	2	0	0	4	0	10	14
Richard Wassell	0	0	2	0	0	0	2	0	12	14
Robert Chalmers	10	0	0	0	0	0	10	0	2	12
Michael Christie	0	0	2	0	0	2	4	0	8	12
Ian Whitfield	0	0	7	0	0	0	7	0	4	11
David Camm	0	0	0	2	0	0	2	0	9	11
Brad Renshaw	0	0	2	0	0	0	2	0	9	11
Michael Wilson	0	0	0	2	0	5	7	0	4	11
Jurg Kunzle	0	0	2	0	0	0	2	0	8	10
Jack Leigh	0	0	2	0	0	0	2	0	8	10
Ted Brailey	0	0	0	0	0	10	10	0	0	10
Peter Cookson	0	0	0	0	0	0	0	0	0	10

Joe Flinn	0	0	0	0	0	8	8	0	2	10
Mukesh Kerae	0	0	0	0	9	0	9	0	0	9
Denis Speyer	0	0	0	5	0	0	5	0	4	9
Jim Screen	0	0	2	3	0	2	7	0	0	7
Rod Ross	0	0	0	2	2	3	7	0	0	7
Andrew Horsley	0	0	0	0	6	0	6	0	0	6
Graham Osborn	0	0	0	2	0	0	2	0	4	6
Paul Munro	0	0	0	0	5	0	5	0	0	5
Brian O'Dea	0	0	0	2	0	0	2	0	2	4
Christopher Dwyer	0	0	0	2	0	0	2	0	2	4
Michael	0	0	2	0	0	0	2	0	2	4
Rees-Evans	0	0	2	0	0	0	2	0	2	4
Mike Roach	0	0	2	0	0	0	2	0	2	4
Geoff Taylor	0	0	2	0	0	0	2	0	0	2
Jonathan Gliksten	0	0	2	0	0	0	2	0	0	2
Mervyn Cohen	0	0	2	0	0	0	2	0	0	2

Super Series Age Groups

Women 35+

Tracey Love	47	49	47	47	49	47	286	47	12	251
Heather Forster	44	47	45	42	46	0	224	0	6	230
Frances Brown	0	45	42	44	45	44	220	0	9	229
Joanne Cowan	0	0	50	50	50	50	200	0	13	213
Joanne Barton	45	48	0	49	0	48	190	0	4	194
Clara Vucetic	0	0	48	0	48	0	96	0	8	104
Mary Stringer	0	0	46	46	0	0	92	0	11	103
Dawn Tiller	50	50	0	0	0	0	100	0	0	100
Sharon Callister	0	0	44	45	0	2	91	0	7	98
Paula McGee	48	0	0	0	0	49	97	0	0	97
Julie McGaw	0	0	0	43	0	45	88	0	2	90
Caroline Yarnell	0	0	49	0	0	0	49	0	4	53
Margaret White	0	0	2	0	0	43	45	0	8	53
Alexandra Dunn	49	0	0	0	0	0	49	0	0	49
Robin Cameron	46	0	0	0	0	0	46	0	3	49
Mary Barnes	0	0	0	0	0	46	46	0	2	48
Gill Cavenagh	0	46	2	0	0	0	48	0	0	48
Lisa Carroli	0	0	0	48	0	0	48	0	0	48
Marlies Laaper	0	0	0	0	47	0	47	0	0	47
Mercy Samia	0	44	0	0	0	0	44	0	2	46
Lesley Maher	0	0	43	0	0	0	43	0	2	45
Elizabeth Taylor	0	0	0	41	0	0	41	0	0	41
Estelle Visser	0	41	0	0	0	0	41	0	0	41

Women 50+

Tina Campbell	50	50	0	50	0	50	200	0	10	210
Patricia Pittorino	0	0	2	46	48	49	145	0	0	145
Elizabeth	0	0	0	49	50	0	99	0	9	108
Woodhams	49	0	0	47	0	0	96	0	8	104
Robi Russell	0	48	0	48	0	0	96	0	0	96
Ruth McColl	0	0	49	0	0	0	49	0	10	59
Penny Smith	0	49	0	0	0	0	49	0	6	55
Kirsten Themsen	0	0	0	0	49	0	49	0	4	53
Beryl Wilson	0	0	50	0	0	0	50	0	0	50
Lorraine Spanton	0	0	0	0	0	48	48	0	0	48
Carol Taylor	0	47	0	0	0	0	47	0	0	47
Jenny Ferber	0	0	0	0	0	2	2	0	6	8
Sue Hill	0	0	2	0	0	0	2	0	0	2
Mary Wilson	0	0	2	0	0	0	2	0	0	2

Men 40+

Stephen Jackson	36	49	50	40	50	50	275	36	16	255
Keith Bateman	39	0	49	49	49	48	234	0	8	242
Mike Hansen	41	44	42	45	43	0	215	0	16	231
Peter Woods	0	45	41	44	45	43	218	0	10	228
Ralph Melano	40	42	38	37	42	40	239	37	7	209
Greg Donovan	50	50	0	50	48	0	198	0	8	206
Gary Aitkenhead	45	0	45	47	0	41	178	0	6	184
Mark Davis	0	43	40	42	47	0	172	0	6	178
Charles King	0	38	36	36	0	39	149	0	8	157
Dennis Nel	37	40	35	35	0	0	147	0	6	153
Mark Robinson	0	0	46	46	0	45	137	0	2	139
Grahame Murphy	35	47	0	48	0	0	130	0	2	132
Stephen Ball	0	0	43	39	0	42	124	0	6	130
Andrew Smith	0	0	44	32	38	0	114	0	10	124
David Lancaster	34	39	0	0	0	36	109	0	2	111
Peter Grunfeld	0	36	34	34	0	0	104	0	4	108
Ian Singer	0	34	0	29	0	33	96	0	2	98
Gregory Mackay	0	0	0	43	0	47	90	0	6	96
Adrian Spragg	44	0	0	0	0	46	90	0	2	92
Philip Hugill	42	48	0	0	0	0	90	0	0	90
Jeff Morunga	0	33	29	26	0	0	88	0	2	90
George Herisson	0	0	2	0	37	34	73	0	14	87
Salvador Gala	0	0	31	0	46	0	77	0	8	85
Joe Degabriele	38	37	2	0	0	0	77	0	8	85
Jeff Morehen	0	0	2	0	40	38	80	0	0	80
Victor Donovic	0	0	0	33	44	0	77	0	2	79
George Lisson	43	0	0	0	0	32	75	0	4	79
Philip Boswell	0	0	37	41	0	0	78	0	0	78
Graham Sharp	0	0	39	30	0	0	69	0	6	75
Paul Thompson	0	0	32	0	36	0	68	0	6	74
Steven Norden	32	35	0	2	0	0	69	0	2	71
Ian Walker	0	32	0	0	35	0	67	0	0	67
Bruce Inglis	47	0	0	0	0	0	47	0	6	53
John Hamilton	0	0	47	0	0	0	47	0	6	53
Wayne Stanton	0	0	48	0	0	0	48	0	4	52
Gregory Prerau	0	0	0	38	0	0	38	0	14	52
Martin Fryer	49	0	0	0	0	0	49	0	0	49
Mark Fiore	0	0	0	0	0	49	49	0	0	49
David Clear	48	0	0	0	0	0	48	0	0	48
Stephen Urwin	46	0	0	0	0	0	46	0	2	48
Pierre Van Heerden	0	46	0	0	0	0	46	0	0	46
Jeff Gissing	0	0	0	0	0	44	44	0	0	44
Nigel Phillips	0	0	0	0	41	0	41	0	2	43
Mike Ward	0	0	2	0	0	35	37	0	4	41
Robert Chalmers	0	0	28	0	0	0	28	0	12	40
Mark Wieland	0	0	0	0	39	0	39	0	0	39
David Camm	0	0	33	0	0	0	33	0	4	37
Stephen Bodnar	0	0	0	0	0	37	37	0	0	37
David Adler	0	0	2	28	0	0	30	0	6	36
Andrew Bryan	33	0	0	0	0	0	33	0	0	33
Garry Maddox	0	0	0	31	0	0	31	0	2	33
Joe Flinn	0	0	0	0	0	31	31	0	2	33
Denis Speyer	0	0	0	27	0	0	27	0	4	31
Geoff Taylor	0	0	30	0	0	0	30	0	0	30
Mervyn Cohen	0	0	27	0	0	0	27	0	0	27
Jonathan Gliksten	0	0	2	0	0	0	2	0	0	2

Men 50+

Barry Rutter	50	50	47	0	49	49	245	0	14	259
Kevin O'Kane	45	43	45	47	47	47	274	43	12	243
Graham Willis	48	49	43	0	45	45	230	0	12	242
Michael Bailey	41	46	0	45	42	42	216	0	3	219
Ron Schwebel	0	0	50	50	50	50	200	0	8	208
James Moody	0	44	0	46	43	44	177	0	0	177
John Simmonds	0	0	0	40	40	41	121	0	6	127
Rod Ross	0	0	0	38	38	39	115	0	0	115
Charles Coville	0	0	49	49	0	0	98	0	6	104
Rod Lovel	47	0	0	0	0	48	95	0	8	103
Keith White	46	0	46	0	0	0	92	0	8	100
Arthur Huxtable	0	0	0	48	48	0	96	0	2	98
Ron Wilson	0	0	0	0	46	46	92	0	2	94
Jon Patrick	39	48	0	0	0	0	87	0	0	87
Dick Bartlett	40	45	0	0	0	0	85	0	0	85
Jurg Kunzle	0	0	0	39	0	40	79	0	4	83
Michael Wilson	0	0	44	0	0	0	44	0	9	53
David King	49	0	0	0	0	0	49	0	2	51
Brad Renshaw	0	0	0	42	0	0	42	0	9	51
Ted Brailey	0	0	42	0	0	0	42	0	8	50
Jack Leigh	0	0	41	0	0	0	41	0	8	49
Scott Smiles	0	0	48	0	0	0	48	0	0	48
Jim Screen	0	0	2	44	0	2	48	0	0	48
Mahmoud El-Khansa	0	47	0	0	0	0	47	0	0	47
John Kerr	0	0	0	0	41	0	41	0	6	47
Brian O'Dea	0	0	0	43	0	0	43	0	2	45
Graham Osborn	0	0	0	41	0	0	41	0	4	45
Peter Cobley	0	0	0	0	44	0	44	0	0	44
Robert Inglis	44	0	0	0	0	0	44	0	0	44
Roger Rigby	43	0	0	0	0	0	43	0	0	43
Peter Cookson	0	0	0	0	0	43	43	0	0	43
Darryl Chrisp	42	0	0	0	0	0	42	0	0	42
Michael Christie	38	0	0	0	0	0	38	0	2	40
Andrew Horsley	0	0	0	0	39	0	39	0	0	39
John Whealy	0	0	0	0	0	2	2	0	13	15
Ian Whitfield	0	0	2	0	0	2	4	0	8	12
Christopher Dwyer	0	0	0	2	0	0	2	0	2	4

Men 60+

Heiko Schaefer	0	50	49	49	49	48	245	0	11	256
Frank Dearn	0	49	47	48	47	47	238	0	8	246
Ray Doran	0	0	50	50	0	0	100	0	4	104
Neil McPherson	0	0	48	0	0	50	98	0	0	98
Manfred Fiedler	0	0	2	0	0	49	51	0	8	59
Alex Whitworth	0	0	0	0	50	0	50	0	0	50
Paul Munro	0	0	0	0	48	0	48	0	0	48

Super Series Scores Adjusted for Age and Gender

Totals are less lowest scoring run, no bonus points included in this category – it is just adjusted race times.

Stephen Jackson	566	705	767	673	774	782	3701
Keith Bateman	614	0	771	747	747	756	3635
Barry Rutter	663	700	665	0	691	709	3428

Heiko Schaefer	0	691	707	684	669	658	3409
John							
Van Yzendoorn	0	674	675	698	667	668	3382
Peter Woods	0	668	666	691	662	680	3367
Ralph Melano	642	648	661	674	667	653	3303
Joanne Cowan	0	0	811	858	829	778	3276
Graham Willis	643	640	655	0	636	644	3218
Tracey Love	654	647	632	629	632	622	3187
Michael Sharp	0	600	642	655	638	629	3164
Kevin O'Kane	576	514	644	643	636	637	3136
Ron Schwebel	0	0	784	761	759	743	3047
Michael Bailey	584	602	0	627	617	584	3014
Frank Dearn	0	552	633	613	599	607	3004
Darren Goodsir	510	547	626	610	617	595	2995
Greg Donovan	771	737	0	744	702	0	2954
Frances Brown	0	531	599	600	538	555	2823
Steve Hume	0	0	698	704	694	721	2817
Gary Aitkenhead	674	0	710	714	0	660	2758
Allison Lilley	539	513	568	536	0	537	2693
Tina Campbell	662	713	0	719	0	593	2687
Paul Jackson	0	655	679	677	656	0	2667
Mark Schaefer	0	0	675	678	655	656	2664
Mark Davis	0	645	664	687	666	0	2662
Mike Hansen	620	643	675	695	649	0	2662
Joanne Barton	586	641	0	718	0	642	2587
Heather Forster	588	641	672	606	631	0	2550
Dennis Nel	586	602	651	664	0	0	2503
Charles King	0	570	633	645	0	620	2468
James Moody	0	541	0	601	598	585	2325
Mark Wilson	0	0	742	738	732	0	2212
Mark Robinson	0	0	721	701	0	687	2109
Stephen Ball	0	0	697	687	0	684	2068
Grahame Murphy	579	686	0	758	0	0	2023
Joel MacKay	641	0	689	0	0	673	2003
Neil Barker	616	0	671	0	680	0	1967
David Loader	569	0	694	689	0	0	1952
Andrew Smith	0	0	687	639	599	0	1925
Peter Grunfeld	0	566	633	649	0	0	1848
Ken Harris	0	532	672	0	0	643	1847
Leigh MacRitchie	0	0	595	598	582	0	1775
John Simmonds	0	0	0	598	596	566	1760
Victoria Pilkerton	0	534	621	603	0	0	1758
Rachele Lazzara	0	564	585	600	0	0	1749
David Lancaster	568	585	0	0	0	596	1749
Simon Kent-Jones	510	0	613	0	589	0	1712
Ian Singer	0	532	0	623	0	544	1699
Ray Doran	0	0	835	839	0	0	1674
Patricia Pittorino	0	0	0	563	548	534	1645
Jeff Morunga	0	492	554	533	0	0	1579
John Young	0	0	778	788	0	0	1566
Charles Coville	0	0	758	766	0	0	1524
Andrew Gibbons	0	0	0	786	734	0	1520
Jenny Wickham	0	0	763	0	741	0	1504
Dawn Tiller	765	715	0	0	0	0	1480
Neil McPherson	0	0	744	0	0	729	1473
Rod Ross	0	0	0	483	474	492	1449
Peter Cremen	0	0	724	0	0	681	1405
Arthur Huxtable	0	0	0	704	675	0	1379
Adrian Spragg	669	0	0	0	0	704	1373
Gregory Mackay	0	0	0	667	0	691	1358

Clara Vucetic	0	0	703	0	653	0	1356
Philip Boswell	0	0	659	696	0	0	1355
Paula McGee	672	0	0	0	0	680	1352
Nathan Vass	0	0	0	0	662	679	1341
Philip Hugill	649	679	0	0	0	0	1328
Elizabeth Woodhams	0	0	0	666	658	0	1324
Mary Stringer	0	0	658	646	0	0	1304
Graham Sharp	0	0	657	638	0	0	1295
Victor Donovic	0	0	0	641	647	0	1288
Bernadette Boulous	0	0	655	0	630	0	1285
Rod Lovel	599	0	0	0	0	683	1282
Ron Wilson	0	0	0	0	629	636	1265
Ruth McColl	0	603	0	655	0	0	1258
Sharon Callister	0	0	627	622	0	0	1249
Keith White	587	0	659	0	0	0	1246
George Lisson	684	0	0	0	0	552	1236
Robi Russell	600	0	0	633	0	0	1233
Tim Austin	0	0	624	0	0	600	1224
Salvador Gala	0	0	581	0	635	0	1216
Paul Thompson	0	0	623	0	592	0	1215
Jeff Morehen	0	0	0	0	593	604	1197
Roland Hassall	0	0	610	585	0	0	1195
Paul Trainor	0	0	597	0	588	0	1185
Adam Cresswell	0	0	0	588	595	0	1183
Feisar Joya	0	0	594	585	0	0	1179
Jon Patrick	530	645	0	0	0	0	1175
George Herisson	0	0	0	0	592	575	1167
Joe Degabriele	583	575	0	0	0	0	1158
Sarah Brown	0	548	580	0	0	0	1128
Julie McGaw	0	0	0	564	0	560	1124
Dick Bartlett	540	583	0	0	0	0	1123
Jurg Kunzle	0	0	0	562	0	531	1093
Duncan Scott	0	488	562	0	0	0	1050
Steven Norden	497	542	0	0	0	0	1039
Richard Wassell	0	0	518	486	0	0	1004
Ian Walker	0	471	0	0	481	0	952
Chris Truscott	0	0	0	824	0	0	824
Alexandra Dunn	780	0	0	0	0	0	780
Dean Degan	0	0	0	0	0	773	773
Peter Truscott	0	0	757	0	0	0	757
Wayne Stanton	0	0	748	0	0	0	748
John Hamilton	0	0	744	0	0	0	744
Caroline Yarnell	0	0	740	0	0	0	740
Martin Fryer	737	0	0	0	0	0	737
Alex Whitworth	0	0	0	0	735	0	735
David Clear	730	0	0	0	0	0	730
Jonathan Worswick	0	727	0	0	0	0	727
Bruce Inglis	723	0	0	0	0	0	723
Mark Fiore	0	0	0	0	0	720	720
Kelvin Marshall	711	0	0	0	0	0	711
Stephen Urwin	710	0	0	0	0	0	710
Sean Ryan	0	710	0	0	0	0	710
Scott Smiles	0	0	707	0	0	0	707
Manfred Fiedler	0	0	0	0	0	701	701
Lisa Carroli	0	0	0	683	0	0	683
Mathew Kaley	0	0	679	0	0	0	679
Lorraine Spanton	0	0	676	0	0	0	676

Estelle Visser	0	673	0	0	0	0	673
David King	671	0	0	0	0	0	671
Michael Wilson	0	0	669	0	0	0	669
Lesley Maher	0	0	668	0	0	0	668
Penny Smith	0	0	668	0	0	0	668
Gregory Prerau	0	0	0	658	0	0	658
Pierre	0	657	0	0	0	0	657
Van Heerden	0	657	0	0	0	0	657
Kirsten Themsen	0	657	0	0	0	0	657
Graham	0	0	0	0	656	0	656
Farnsworth	0	0	0	0	656	0	656
Robin Cameron	653	0	0	0	0	0	653
David Camm	0	0	652	0	0	0	652
Kendall Waller	0	0	649	0	0	0	649
Jeff Gissing	0	0	0	0	0	649	649
Garry Maddox	0	0	0	641	0	0	641
Anthony	0	0	0	0	638	0	638
Carpenter	0	0	0	0	638	0	638
Ted Brailey	0	0	637	0	0	0	637
Andrea McDonald	0	0	0	0	635	0	635
Julian Wright	0	0	627	0	0	0	627
Peter Cobley	0	0	0	0	625	0	625
Mahmoud	0	623	0	0	0	0	623
El-Khansa	0	0	623	0	0	0	623
Walter Mitchell	0	0	0	621	0	0	621
Jim Screen	0	0	0	0	621	0	621
Nigel Phillips	0	0	0	0	621	0	621
Glenda Mitchell	0	0	615	0	0	0	615
Jenny Ferber	0	614	0	0	0	0	614
Roger Rigby	610	0	0	0	0	0	610
Marlies Laaper	0	0	0	0	609	0	609
Stephen Bodnar	0	0	0	0	0	605	605
Brian O'Dea	0	0	0	602	0	0	602
Mike Ward	0	0	0	0	0	602	602
Mark Wieland	0	0	0	0	592	0	592
Joshua Burns	591	0	0	0	0	0	591
John Kerr	0	0	0	0	591	0	591
Brad Renshaw	0	0	0	591	0	0	591
David Adler	0	0	0	590	0	0	590
Beryl Wilson	0	0	0	0	585	0	585
Graham Osborn	0	0	0	584	0	0	584
Paul Munro	0	0	0	0	580	0	580
Joanna White	0	0	580	0	0	0	580
Darryl Chrisp	575	0	0	0	0	0	575
Simon Riordan	575	0	0	0	0	0	575
Peter Cookson	0	0	0	0	0	570	570
Geoff Taylor	0	0	568	0	0	0	568
Andrew Bryan	567	0	0	0	0	0	567
Jack Leigh	0	0	566	0	0	0	566
Robert Inglis	565	0	0	0	0	0	565
Mary Barnes	0	0	0	0	0	565	565
Mario Torresan	0	0	0	0	0	564	564
Margaret White	0	0	0	0	0	564	564
Iain Martin	560	0	0	0	0	0	560
Jacqui Matthews	0	0	0	0	0	559	559
Denis Speyer	0	0	0	558	0	0	558
Michael	0	0	555	0	0	0	555
Rees-Evans	0	0	555	0	0	0	555
Andrew Knox	0	0	0	554	0	0	554
Gill Cavenagh	0	551	0	0	0	0	551

Robert Chalmers	0	0	550	0	0	0	550
Mervyn Cohen	0	0	549	0	0	0	549
Carol Taylor	0	0	0	0	0	547	547
Michael Christie	545	0	0	0	0	0	545
Andrew Horsley	0	0	0	0	542	0	542
Mike Roach	0	0	535	0	0	0	535
Mercy Samia	0	527	0	0	0	0	527
Joe Flinn	0	0	0	0	0	518	518
Lisa Gallate	0	516	0	0	0	0	516
Mukesh Kerae	0	0	0	0	512	0	512
Elizabeth Taylor	0	0	0	495	0	0	495
Michael Johnstone	0	482	0	0	0	0	482
Megan Jackson	0	0	0	0	478	0	478
Kevin Tiller	0	462	0	0	0	0	462

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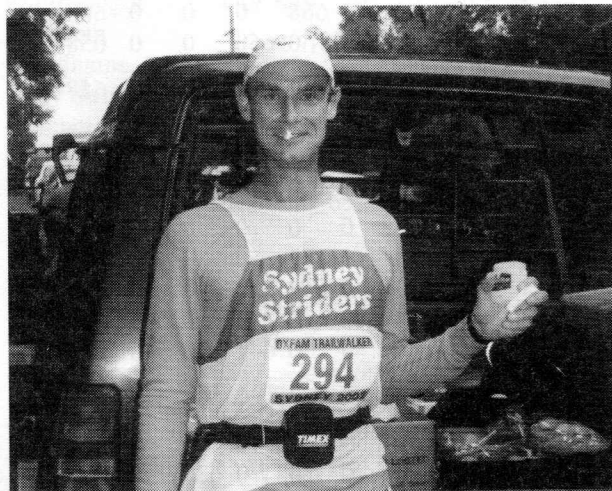
Ph: 02 9365 0409 Fax: 02 9365 7291

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

Blister Photo Gallery



**Believe me son, it's character-building !
Mike Ward encourages Adrian Spragg out
into the rain on Trailwalker**



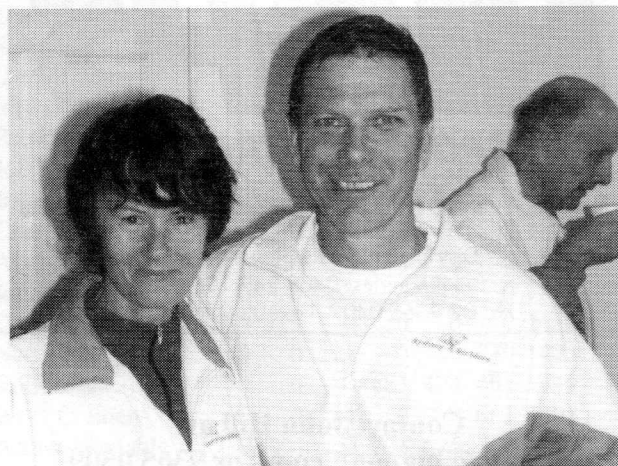
**Keith White prepares to demonstrate the art
of Vaseline application**



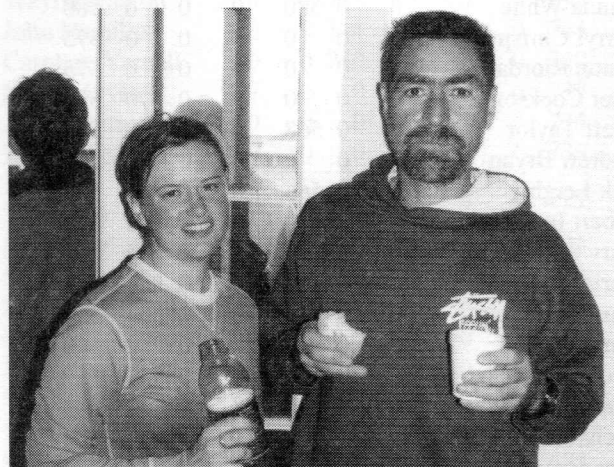
**After the SMH Half – (L to R) Jurg Kunzle,
Charles Coville and John Simmonds**



John Simmonds and Graham Willis



Tina Campbell and Graham Willis



Sarah Braund and Peter Woods