

# Sydney Striders

**Road Runners' Club  
Australia**



Edition No. 86: July - October 2002

## Sub 2:30 for Chris Truscott

Chris Truscott recorded 2:29:44 at the Berlin marathon to join a select group of Striders who have beaten 2:30. According to the records, only Phil Garvin (2:21:56, Bathurst 1986), Stuart Greaves (2:29:18, 1989) and Godfrey Franz (2:29:38, Johannesburg 1983) have run a sub 2:30 marathon as Striders. Chris McLean (2:27:31, Australian marathon 1983) and John Young (2:29:11, Gold Coast, 1998) both beat the mark as non-Striders.

Both Godfrey (2:21:36, Buffalo, 1982) and Stuart (2:22:54, Kyoto, 1987) also had better pre-Striders marathon times.

## Berlin Revisited

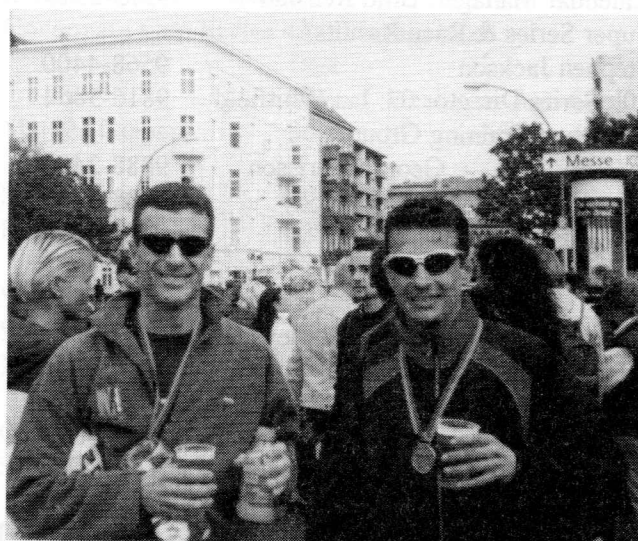
By Chris Truscott

*'Never again, this is definitely my last competitive marathon ever and my last marathon in Germany!' - Chris Dwyer on his 2001 Berlin Marathon excursion.*

Some of you may remember a small party of four ventured to Europe last year to compete in both the Zofingen Duathlon (Andrew Gibbons) and the Berlin Marathon - Superstar (Chris Dwyer), Smashman (Andrew Gibbons) and No1 and No2 Guns (the Truscott brothers Pete and myself). Well we all thought that was the end of it until I decided to go on a holiday to Europe with some mates in Sept/Oct '02.

Suddenly from out of nowhere, the 'Berlin Boys'

emerged with a new lease of life and a solid running goal to work for. (Continued page 4....)



**Chris and Peter Truscott after the Berlin Marathon**

## Inside Blister No 86:

- ◆ Mudgee Marathon - Xandra Dunn runs with bulls
- ◆ Willy-Billy - Randy Brophy runs with Elvis
- ◆ Spartathlon - David Sill runs with Pheidippides
- ◆ James Moody's Sydney Marathon
- ◆ Steve Hume's Cities Marathon
- ◆ Sean Greenhill's Katoomba to Mittagong
- ◆ 10k and Super Series results

**AND MUCH, MUCH MORE !**

## The Blister

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

Opinions published in this journal, whether expressed by members or non-members, do not necessarily represent the official policy of the club.

**Advertising Rates:** \$100 per edition per page, ½ page \$50, ¼ page \$25. Classifieds: \$5 per edition, full year \$25. Circulation: approx. 400.

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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.

## Blister Contributions

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## Next Deadline Date

**SUNDAY 5th JAN 2003**

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## Blister Printing

**Brad Renshaw's Paper Tiger Printing  
at Chippendale.**

## Credits

Photos – Jim Moody, Sean Greenhill, John Ayliffe, Peter Truscott, David Sill. Jim Screen. Proof-reading – Penny Smith. Results – Stephen Jackson, Frances Brown, Caroline Yarnell, Jo Cowan, Sean Greenhill.



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## RESULTS ROUNDUP

### Does Richard Wassell know your times??

'The time is drawing near for the annual Awards brunch, I need anyone who has competed this year to send me (if you haven't already) your fastest 10km, 1/2 marathon, marathon, City to Surf times. Also any ultras or triathlons competed in. Please say if it was a PB and by how much.' RW (phone number opposite)

**Nike Women's Classic** 16<sup>th</sup> June (results too late for last 'Blister'). This event, formerly the Sussan Women's Classic, was held in warm conditions with a turnout of 1800 runners (25% up on previous year)

#### 5.4K

|                  |                           |
|------------------|---------------------------|
| Caroline Yarnell | 22:39 (1st 40-44 age grp) |
| Heather Forster  | 26:13                     |
| Frances Brown    | 27:18                     |

#### 10k

|                    |       |
|--------------------|-------|
| Joanne Barton      | 42:35 |
| Lisa Carroli       | 45:37 |
| Bernadette Boulous | 46:34 |
| Caroline Yarnell   | 50:12 |
| Leigh MacRitchie   | 50:24 |

### Lake Macquarie Rogaine, August 24<sup>th</sup>

6 Hour Event - Joel Mackay was in 4th placed team (of 79 teams) and in the 12 Hour Event - Sean Greenhill was in the 15th placed team (of 66).

**Pub to Pub Race (14km)** Sunday 25 August - David Ritchie finished in 64 min. 57 sec

### World Masters' Games in Melbourne in October

Joanne Cowan won 3 gold medals (10km road-race, 8km cross country and the 5km track) and a silver in the half marathon. - 'I was winning until last 4 kms but had diarrhoea during the race and at the last loop stop the Hong Kong runner got ahead and I couldn't pull her back. Times in all races were good as there was only two days in between each race. 10km - 37.11, 8km - 31.00 (huge head winds), 5km - 18.20 (on my own) 21km - 83.00. So I am very happy.'

Caroline Yarnell got a silver for the 2000m steeple chase and a bronze in the 5K track for her age group.

### Melbourne Marathon 13<sup>th</sup> October

Kelvin Marshall 3:00:45, Frances Brown 4:52:22.

### State 10km track

Jenny Truscott 1<sup>st</sup> in an unconfirmed 36m20s

Jo Cowan 5<sup>th</sup> (1<sup>st</sup> in 45+ age group) 'Well I ran it, but only jogged last half as was still really tired from all the racing'.

Dean Degan came 5<sup>th</sup> in Men's 10k in an unconfirmed 32m 44s.

### Fitzroy Falls Trail Marathon Sat. October 19th

|                   |                       |
|-------------------|-----------------------|
| Jonathan Worswick | 3h07m (Winner)        |
| Warwick Selby     | 3h24m (4th outright)  |
| Kelvin Marshall   | 3h 27m (7th outright) |
| Adrian Spragg     | 3h50m                 |
| Michael Bailey    | 5h14m                 |

Apparently quite a hot day, note that for Kelvin it was a week after running a 3h Melbourne Marathon and 24.58 at Glasshouse 100 Mile a fortnight prior to that.

### NSW Rogaine Championships October 19-20

24 hour event - Joel Mackay and Jacqui Matthews finished 13th of 38 teams.

### Corporate Cup Series 43 - Placegetters

|                 | Best  |                    |       |
|-----------------|-------|--------------------|-------|
|                 | Time  | Placing in Age-Grp |       |
| Marlies Laaper  | 30:30 | 8 <sup>th</sup>    | 35+   |
| Steve Hume      | 22:50 | 4 <sup>th</sup>    | 35-39 |
| Richard Briscoe | 23:25 | 8 <sup>th</sup>    |       |
| Stephen Jackson | 22:00 | 3 <sup>rd</sup>    | 40-49 |
| Stephen Urwin   | 23:10 | 8 <sup>th</sup>    |       |
| John Hamilton   | 23:20 | 9 <sup>th</sup>    |       |
| Charles Coville | 24:30 | 4 <sup>th</sup>    | 50+   |
| Scott Smiles    | 25:05 | 8 <sup>th</sup>    |       |

Dan Leavy is looking for runners for his team - Workcover NSW - in the Corporate Cup, which takes place in the Domain on alternate Wednesdays throughout the year. 'WorkCover NSW has been in the Cup for the past few years. However, due to our head office relocating to Gosford, we find ourselves in desperate need of runners to join the Team for the series beginning in the new year. All that is required is to run a minimum of three times per series of six runs; there are a three series in the year. The runs, over a 6km course in the Domain, are on a handicap basis and points are scored depending upon how you fare against your handicap. The start/finish time can be staggered between 12.00pm and 1.30pm. Changing facilities are available in the WorkCover Kent Street office. If interested, please contact the current Team Captain, Chris Turner, on 9370 5405.'



## Berlin Revisited

(continued from front page)

By Chris Truscott

Minus Andrew Gibbons for the 2002 campaign, bookings were made, post-race travel itineraries sorted and, of course, marathon time speculation and predictions began.



**The 'Berlin Boys' last year - L to R Chris Truscott, Chris Dwyer, Andrew Gibbons (missing this year) and Peter Truscott**

Touching down four days prior to the race was always going to be a slight gamble as they recommend one day for every hour's time difference. However with the help of flight socks, a lot of water and no alcohol (boy that was hard) and a lot of standing on the plane, we fortunately did not suffer jetlag.

It is a very frustrating experience being overseas on holiday but not being able to enjoy the experience fully because of the looming marathon. Minimal walking and running, lots of carbs and lots of lying around watching the sun come and go. However the thoughts of twelve weeks of hard training and the financial commitment overcome the frustration. Besides, we had our capital city transport expert on board to help with easing the burden of walking too much. Chris Dwyer's knowledge and understanding extended from the underground train system and trolley buses (which to you and me are trams), to the bus and ferry network, the local taxi services and even the travelators at the airport. We were never ever lost .....were we Chris?

We all know what constitutes great running conditions so I won't bother being a weatherman. Suffice to say, once again it would be a 'no excuse' race in 2002. My plan, personally, was to run as even as possible throughout the entire race and maybe, just maybe, I could scrape over the line in under 2hrs 30 minutes. Whilst Pete took care of pre-race photos and Chris took care of rushing the portaloos along, I took time to relax and think about what was lying ahead. I had trained longer and harder than ever before. I had run PBs in the City-to-Surf and Bilpin races, I had tapered very well and I had fronted to the start line with no injury or illness. Why the hell shouldn't I run what I want today?

Watching Naoko Takahashi take off was, I admit, inspiring and for a moment I thought about following, however common sense prevailed. A pack of fifteen of us formed and included two tiny (and I mean 4ft/40kg) African girls who made my own physique seem as though it belonged ten metres to the left or right waving a flag.

First 10km, 34:13 feeling great. Second 10km, 34:22 feeling even better. Halfway 72:23 and on target for a great time. Third 10km, 34:45 and just starting to lose touch with the pack as it began dissolving at that magical 30km mark.

There are those of you that invest money in the various carbo shots that are on the market these days. Personally I cannot stomach the stuff and it was not exactly a relaxing experience trying to get it down with a cup of water on the fly. So at 32km when I started feeling a little off, out came the good old jellybeans that I had wrapped in foil and stored in my pocket. Within 1500 metres, I had lifted my pace and passed a runner and was once again in control. The 5km split to 35km, 18:36, so not completely out of it yet.

The key to running a personal best in a marathon is preparing your body for the shock it will receive on race day and that means extending yourself beyond current boundaries. Sunday morning long runs are great in that you can enjoy an essential workout with friends, however if it is a marathon you intend to do, how can you forget about the additional 12km that awaits you after the 30km mark on race day? You must run at least six 35km plus runs to help reduce



the chance of hitting the wall. That, coupled with consistent 25km Wednesday runs, is what I believe helped me reach a level I had yet to explore in the race. 39km at the Royal National Park, 40km on Wilson to Bilpin day and the like really helped me. Even though at 38km I needed to dig in once again, I did not hit the wall and I was stoked. My 35-40km split was 19:31 and I knew it was going to be close. As I slowly made my way down the Kurfendenstam with thousands cheering along, I looked up to see the '500m To Go' banner. A look at my watch revealed that I needed to run 2mins 7secs to break 2:30.

Only a very short moment of reflection was needed for my brain to pass the orders along for my legs to get going. I was not going to cross in 2:29:59 not knowing for sure. I crossed in 2:29:44 with a second half of 77:21 and was already on the massage table by the time most of what I had accomplished hit me.

Pete's finish time of 2:55 can be best described as satisfying to him, although many would, and did, assume that off his Half Marathon time he was capable of a low 2:40s result. But many make the mistake of comparing the two distances side by side when clearly they should be taken solely on their own merit. Let's face it, the marathon is a bloody long way (stay out of it Mr. Worswick). Chris Dwyer ran a time of 2:57 after gutsing it out, as we know only he can do. I think he has since booked himself in for a whole body repair. There are even rumours that he has shaved his 30 year old beard off to try and cut down his race weight.

Not twenty minutes after I had finished, I had a Berliner beer in hand waiting for Pete to stagger along. Let's just say that over the next week between the Berlin after-party, Prague and Oktoberfest in Munich, a staggering number of beers were consumed. Chris' antics on the tables at Oktoberfest only proved he had further to fall. Pete met a lovely young German girl in traditional attire. And me....that's for another time!

## **'And how long have you been a Strider?'**

**From Jim Screen**

This is a common enough question when Striders chat over a post STaR breakfast or when a newcomer to the club first meets one of the old hands (or should that read "feet") who seem to have been around forever.

Indeed we have twelve members who have more than 20 years membership. There are 67 members with more than 5 years under their feet, 33 over 10 years, and 37 with more than 15 years.

This is impressive when one pauses to consider how far these people have run over that period of time. How many pairs of running shoes they have used, the changes in fashion they have witnessed, the improvements in training techniques and diet they have experienced, how many injuries they have overcome and how many personal goals have been achieved by them during their membership.

Well, we think the efforts of all members of Sydney Striders are pretty fantastic when compared with many others so we have decided to introduce a small acknowledgement to as many members as possible as an ongoing part of the Club's culture.

Starting with those who have managed 5 years continuous membership it has been agreed by the committee to present to each of those members an embroidered track suit badge which features the Club's name and the Cheetah and states "5 years membership".

Similar badges will be presented to members with more than 10 years, 15 years and 20 years with the Club. Life Members will also receive a badge showing their special status.

Just think, it will only be another couple of years and our first 25 years membership badges will be presented.

It is proposed that the first badges will be presented at the Christmas Awards Brunch on 15 December. Hopefully in addition to our newer members we will have on hand as many members as possible with over five years membership including some of our "living legends". Distribution of the badges will be made on a personal basis wherever possible but for those where this is not possible other arrangements will be made.

Badges will then be presented progressively as individual members reach the next milestone. Some members will receive their second badge soon after receiving the initial one.

We will be in touch with all those who are eligible for a badge prior to the Presentation Brunch. Most of you though will know which badge you are going to receive.

# SPARTATHLON

By David Sill

*Spartathlon is a race of 246 kilometres from Athens to Sparta in Greece. This was David's third attempt at the race.*

## The history

The battle of Marathon in 490 B.C. was one of the most famous battles in history where the Greeks repelled the Persian barbarian invaders thus preserving their civilisation. Herodotus wrote an account of the battle of Marathon at the time in which he described the battle in detail and mentioned the deeds of Pheidippides, an Athenian messenger, sent by his generals to Sparta to secure reinforcements. Spartathlon was born from this account of Pheidippides' epic journey. He arrived in Sparta "on the next day of his departure" from Athens, thus the time limit for the race is 36 hours. Spartathlon takes place on the last Friday of September as the historic mission to Sparta was made at that time.

## The race route

The race follows the route which Pheidippides took. It runs over roads, tracks and paths, crosses vineyards and olive groves, climbs steep hillsides and takes the runners on the ascent and descent of Mount Parthenio in the dead of night. This is the mountain, covered with rocks and brambles, on which Pheidippides met the god Pan. Two and a half thousand years have passed but there is still no pathway over the treacherous final 1200 metre ascent to the top of the mountain, which is swept by strong winds with night temperatures close to zero.

## The start

It is Friday 27 September and 190 athletes are milling around at the foot of the Acropolis at dawn. There is nervous chatter, well-wishing and quick trips behind bushes. First timers are asking the old timers what is ahead. They will soon find out for themselves! It is hot in Greece at this time of year and it usually gets worse on the second day for those who get across the mountain and continue inland. I am not feeling confident as my training has not gone well and all I can do is simply hope that I get lucky!

The gun goes off at 7 am and we battle our way through the early morning traffic and down the

historic Sacred Way. After a few hours we are out of the noise and pollution and can see the sea. The temperature is rising and we are working our way around the coast road in the direction of Corinth. The scenery is wonderful but we have to watch our pace as time cut-off elimination points apply at every one of the 75 drink stops. The race director requires a solid pace for the first 8 hours and this is a testing time. We have to pass the marathon mark in 4 hours 30 minutes to stay head of the cut, and there is still 204 kilometres to go!



David, crowned with laurels, at the finish below the statue of King Leonidas

## Corinth is the first target

My race plan for the first 9 hours to the Corinth Canal is to run conservatively and simply stay a few minutes within the cut-offs. I am feeling quite good so far and chat for a minute with the only other Australian in the field at about 50km. I always love to cross the canal at about 80 kilometres as it is a milestone and also the cut-off pace eases from here. I am feeling comfortable and now have a 20 minute margin. I am using my usual Leppin powder drink for fuel, but I risk a few mouthfuls of pasta from the well-stocked drink station with no ill effects. I am feeling better than I have in previous races and move comfortably on for the next few hours. It is getting cooler now as sundown approaches.

## **The course gets tougher**

I usually find it difficult from 110 to 140 kms as the narrow roads wind continuously and gradually uphill. One year I was eliminated at 139km. It is dark now and we are navigating the unlit roads with torches. I reach Ancient Nemea at 124 km feeling surprisingly good and now have 50 minutes to spare. I am starting to feel confident and very happy to leave the 139km mark behind me at midnight!

The next section is a welcome gradual downhill but it does not last. Shortly after 150 km we start the ascent of Mount Parthenio and have no choice but to walk as it is quite steep. This goes on for about 10 km and gets steeper and steeper. I am still feeling inexplicably good and enjoying the continuous walking as a break from running. Near the top I overtake quite a few runners who are having trouble with the severity of the incline.

## **Top of the mountain**

Eventually I reach the drink stop at the foot of the final climb. I look up at the mountain in the dark and resolutely walk towards it. There is a trail of battery-driven flashing lights that will guide me the 1200 metres to the top. There is no path and we just have to continuously zigzag over rocks and bits of vegetation, sometimes too steep to stand upright. I have to be careful not to over-balance, because a fall over the side could be fatal. I find it much harder than I remember last time but eventually stagger to the top at the 162 km mark just before 5 am. At this point champion British trail runner, Mark Williams, shoots past me and flies down the other side of the mountain. He is almost out of sight before I make any impression on the down slope towards Sangas. I am no good at steep downhill trails and lose a lot of time as well as falling several times and cutting my hand. Where is Pan when you need him? Another runner goes past me on the downhill too.

## **Then I start to worry**

The running is quite easy on the flat at the bottom but I am starting to feel weary and walk more. I am now an hour inside the cut but it is getting very cold just before dawn so I put on gloves and hat. I am starting to worry as I am having trouble maintaining my pace and the margin with those dreaded cut-offs! As the sun starts to rise I am struggling and deliberately walking up all the hills. There is a group of French runners ahead, also struggling. A support car arrives and someone starts shouting – they are

obviously worried about the time situation too. The French guys start running up the hills but I am still holding to my plan of walking all hills so as to conserve some energy for the remaining 12 hours. I am oblivious to the fact that the race winner is already in Sparta having finished in 23 hours 48 while I plod on!

The sun is up now but it is still quite cold. This was actually wonderful news as it stayed relatively cool until midday instead of the merciless heat that usually beats down on us in this period. Within an hour I get past the French guys and, whilst I feel as if I am moving pretty slowly, I am managing to retain the one hour margin. What a relief! Now on to the next major hurdle, the big hill which starts after Tegea at about 200 km. It is nothing like the mountain but this hill finished me off last time I went up it! Thankfully it is still not very hot and I get to the top with my precious one hour margin intact! I do not have much energy left in the tank now and will only be able to run the down hills from here.

## **Almost a marathon to go**

It is tough going and the temperature is really starting to rise. I still have almost a marathon to go so this race is not over yet. I slog on from drink stop to drink stop, every one of which seems to take a life-time, and I desperately check the time at each. It is hard to believe but I am managing to hold that precious one hour even though the brain is barely functioning and I'm on auto pilot. Now its 3 o'clock as I work my way up the hill after the Monument of the Executed at 222km and am roasting under the Greek afternoon sun. I finally get to check point 70 at 230 km and am now confident that I can hang on to finish.

## **I can see Sparta**

It is mostly down hill from here but my quads are so tight that I am no longer able to run down hills. Fit runners make up good time in this section and at least 20 runners overtake me, but I know I will finish from here and happily (well almost!) watch them go past. I can see Sparta down in the distance but my one hour margin is slipping away as I am unable to maintain even 10 minutes per km going down the steep slopes of the Evrotas Valley. At last I get to the bottom of the hill with only 3 km to go only to find that, on the flat, I am having real trouble just keeping moving.



With 2 kms to go the local lad whose job it is to guide me into the centre of Sparta joins me. I am disappointed to be overtaken yet again though I can't do anything about it. The atmosphere of Sparta is building up. People are hanging out of windows and lining the streets cheering each one of us as we near the finish. It is a humbling experience to acknowledge them as I stumble on. At last we turn the corner into the main street of Sparta and I am now protected from the traffic by an accompanying police car.

### King Leonidas Statue

In the distance I can just see all the flags and the statue of King Leonidas, ancient leader of the Spartans. The streets are now packed with people and the cheering is getting louder. It is a very emotional experience as I make my way up the street and eventually come to the finish of this great race. The finish occurs when the runner touches the foot of Leonidas statue. I eventually reach the statue with just 23 minutes and 35 seconds to spare! I kiss the foot and then the ritual is fulfilled as I am given a wreath made from an olive branch and a cup of water from the Evrotas River. The feeling cannot be explained.



**David kisses the foot of the Leonidas statue to signify completion of the race**

*And the story goes that Pheidippides returned to Marathon from Sparta and then raced a mere 40kms to Athens to report the victory lest the city surrender to another Persian force. He expired after delivering his message thus demonstrating the wisdom of not running races too close together.*

*Well done David, a time of 35h 36m 25s. As far as we know the first Strider to complete the race. Ed*

## New Members STaR: - 7 am, Sunday 24 November 2002

From Jim Screen

"They never had one of those when I joined. What's it for?" "They" have carefully looked at the joining procedures for the Club and have generally agreed that the self sufficient, independent, disciplined types of people who fit the profile of a Sydney Strider do not generally need mollycoddling. These people can manage to find their own "feet" within the Club with just a little help from the STaR Host of the day and the kind hearted souls who make up Sydney Striders.

Well nothing much is going to change. However, we thought it might be appropriate for new Striders to get to meet members of the Committee (you know those people who are not happy with just running the streets but also need to run the club's organisational and administrative affairs!).

So the concept of a stock standard STaR where on one occasion all members who have joined the club in the previous 12 months can run with both elected and co-opted committee members was agreed. This way new members will be given an opportunity to come face to face with some of those who currently help make the Club the great organisation it happens to be.

On the other hand some of the new members might be able to make a few suggestion to committee members during the run. Hopefully it's safe to assume that new members will know if they joined during 2002 and consequently will make every effort to be at the Bobbin Head Revisited STaR at 7am 24th Nov 2002.

## Roll of Honour

### Congratulations on Striders membership for

#### 10 years

Stephen Jackson

Grahame Murphy

#### 5 years

Bronwyn Wassell  
Hamish Sutherland  
Andrew Gibbons

Richard Wassell  
Charles Leahy  
Robert Chalmers

**City-to-Surf 11<sup>th</sup> August 2003**

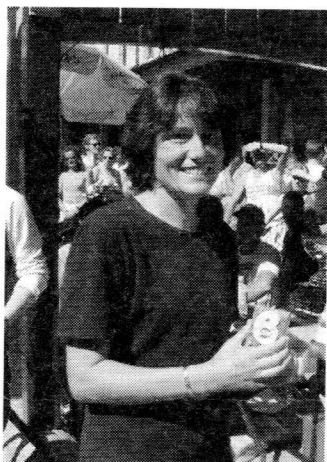
|                    |        |    |
|--------------------|--------|----|
| Chris Truscott     | .46.31 | PB |
| Andrew Knox        | .47.22 |    |
| John Young         | .48.52 |    |
| Dean Degan         | .48.53 |    |
| Andrew Gibbons     | .50.43 |    |
| Sam Vella          | .50.46 |    |
| Christopher Dwyer  | .51.23 |    |
| Randall Brophy     | .51.55 |    |
| Sean Ryan          | .52.51 |    |
| Ross Sinclair      | .53.17 |    |
| Peter Truscott     | .53.21 |    |
| Greg Coy           | .53.32 |    |
| Stephen Jackson    | .53.34 |    |
| Peter Cremen       | .53.53 |    |
| Anthony Wong       | .54.24 |    |
| Mark Wilson        | .54.36 |    |
| Ian Henderson      | .54.47 |    |
| Ron Schwebel       | .54.51 |    |
| Joanne Cowan       | .55.18 |    |
| Greg Donovan       | .55.52 |    |
| Ray Doran          | .56.15 |    |
| John Van Yzendoorn | .56.16 |    |
| Keith Bateman      | .56.53 |    |
| Neil Barker        | .56.56 |    |
| Paul Jackson       | .56.57 |    |
| Godfrey Franz      | .57.38 |    |
| Jenny Wickham      | .58.25 |    |
| Jeff Gissing       | .58.31 |    |
| Charles Coville    | .58.50 |    |
| Darren Goodsir     | .59.16 |    |
| Philip Boswell     | .59.23 |    |
| Kendall Waller     | .59.27 |    |
| Mark Robinson      | .59.55 |    |
| James Cryer        | .60.27 |    |
| David Quinn        | .60.37 |    |
| Joanne Barton      | .60.51 |    |
| Stephen Ball       | .61.00 |    |
| Gregory Mackay     | .61.06 |    |
| Alex Whitworth     | .61.55 |    |
| Lachlan Renshaw    | .62.07 |    |
| Mark Davis         | .62.29 |    |
| Gregory Prerau     | .63.44 |    |
| John Frykberg      | .64.18 |    |
| Mike Hansen        | .64.28 |    |
| Dean Gardiner      | .64.40 |    |
| Adam Cresswell     | .65.08 |    |
| Charles King       | .65.57 |    |
| Stephen Bodnar     | .66.04 |    |
| Paul Glare         | .66.27 |    |
| Dennis Nel         | .68.16 |    |
| David Lancaster    | .68.24 |    |

|                    |         |
|--------------------|---------|
| Alastair Wallace   | .68.26  |
| Paul Trainor       | .68.50  |
| Bernadette Boulous | .69.07  |
| Graham Willis      | .69.14  |
| David Adler        | .69.19  |
| Lisa Carroli       | .69.28  |
| Scott Smiles       | .69.32  |
| Michael Rees-Evans | .69.36  |
| Kevin O'Kane       | .69.52  |
| Bronwyn Adams      | .71.29  |
| Dennis Nelson      | .71.31  |
| Elizabeth Woodhams | .72.17  |
| James Moody        | .72.47  |
| Phil Garvin        | .72.47  |
| Mario Torresan     | .73.00  |
| Jon Patrick        | .73.02  |
| Manfred Fiedler    | .73.06  |
| Heiko Schaefer     | .73.06  |
| Lea Molina         | .73.25  |
| Ted Brailey        | .73.39  |
| Victoria Pilkerton | .73.40  |
| Paul Thompson      | .74.52  |
| Steve Packer       | .75.28  |
| Glenda Mitchell    | .76.06  |
| Walter Mitchell    | .76.10  |
| Emma Anderson      | .76.26  |
| Benny Gauci        | .76.29  |
| Sarah Brown        | .76.43  |
| Sarah Braund       | .76.44  |
| Anton Kapel        | .77.21  |
| Mercy Samia        | .78.30  |
| Jeff Morunga       | .78.39  |
| Rachele Lazzara    | .79.36  |
| Neil McPherson     | .80.22  |
| Kate LaKiss        | .80.48  |
| John Simmonds      | .81.32  |
| Frank Dearn        | .82.44  |
| Peter Grunfeld     | .83.02  |
| Frances Brown      | .83.03  |
| Brad Renshaw       | .83.04  |
| Allison Lilley     | .84.52  |
| Jurg Kunzle        | .85.01  |
| Mary Barnes        | .86.05  |
| Ian Walker         | .87.48  |
| Lesley Maher       | .88.29  |
| Lisa Gallate       | .90.52  |
| Lynn Herisson      | .92.36  |
| Joe Flinn          | .94.34  |
| Megan Jackson      | .95.16  |
| Melissa Wightman   | .96.21  |
| John Sparks        | .102.33 |
| Heather Forster    | .158.19 |

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## MUDGEES MARATHON

By Xandra Dunn



Chatting to Derek Foley after the 2000 Jindabyne marathon, he mentioned casually that I might like to run the inaugural Mudgee marathon the following year. Mudgee! I had never even heard of the place – didn't know where it was, didn't even know how to spell it. However it would not be the first time, since arriving in Sydney four years ago, that running was to open up a whole new area of Australia for me. In fact, after running with the Sydney Striders for less than a year, I reckoned I could show the average Sydneyite (especially the coffee-shopping eastern suburbs variety) more about their city than they could show me. I am talking here about the important bits, i.e. not the shopping centres, but the national parks and the many other scenic areas in and around Sydney (thanks Jonathon Trope and the Saturday bush runners). Derek Foley organises the annual Jindabyne marathon and is also involved with Six Foot Track, both pretty exceptional races, so I was happy to take a chance on Mudgee.

Rightly so as it turned out. Even if you aren't a self-confessed wino, running between vineyards, alongside farms on almost traffic-free roads is a very pleasant way to spend a couple of hours. After all, if you are going to put your body through 42.2kms, you might as well try and make the surroundings as distracting as possible. The course is relatively easy with a couple of undulations and is approximately one third on dirt and two thirds on tar. The only traffic, apart from the last 2 kms, consisting almost entirely of support vehicles.

Last year I think I was the only Strider doing the race. This year things were different in that I had managed to persuade George Lisson and Sean Greenhill to come along as well. Typically Sean had

run the Cities marathon the week before and was just using Mudgee as a short training run before the 12 Foot Track the following weekend. Training run or not, he came first in his age group. George also had a good run, cruising in seconds behind last year's winner in 3 hours 1 minute and easily winning his age group. I can't help wondering how much faster George could have gone if he had woken up before the half-way mark. The race at around the 16km mark, having forced you up a hill, then takes you down the other side for just over a km before you get turned around and sent back up it again (Derek can never resist a hill). The good thing about all this is that you get a chance to see the other runners and get an idea of how you are doing. So I could see that George, at around the 17km mark, was only about half a km i.e. three minutes max, in front of me. By the end of the race he had increased that margin to 21 minutes. I ran even splits so it's evident that he only decided to start running relatively late in the race (I think he was still marveling over that last penalty that won the Bledisloe cup for the Wallabies the night before).

I had actually decided not to run due to a hip injury that has been bothering me for a couple of months – 42kms of discomfort/pain did not appeal. However, having booked accommodation months previously and having enjoyed the occasion so much the year before, I thought I would still go along to enjoy an out of town weekend and support George and Sean. It's amazing what a busy day wine-tasting can do though. At the end of the afternoon it suddenly seemed like a good idea to just start the run – after all, the course, at around the 8km mark, would take me past the cottage where we were staying and I could always take a left and head back to bed. Last year I was a bundle of nerves - this year having decided I wasn't going to finish the race anyway I just relaxed and made the most of being in the wine area – one bottle of wine and two large ports later I slept very well. The conditions this year were perfect for me as I hate the heat – it was cool and windy – even a bit of rain and everything except my hip felt great. Last year, I was relatively fit and healthy and had a very average run, this year when I wasn't even expecting to finish, I felt better than usual. Mind you there was a lot going on to take my mind off the pain. At around the 13 km mark I was jogging past a lovely pastoral scene – picture grey/green fields backed by storm-smothered hills - picture the



occasional ray of sunshine piercing through the clouds to light up the herd of young bulls in the field. I was just thinking that they were probably about ready to be carted off to beef up McDonald's, when one animal got carried away by the excitement of the day (had probably never seen even one runner before) and tore across the field neatly hurdling the fence between us and landing about 50metres in front of me. He was having a great time and flicked up his heels, put his head down and charged. Now I know all of you would have just carried on running unperturbed, but I am afraid to say that I sprinted at what I reckon was a very creditable pace – straight for the nearest tree. Luckily the runner in front of me was a local and had no interest in tree climbing – he waved and shouted at the bull which, after considering the situation for a second or two, barreled straight back over the fence and tore off to join his mates. So Pamplona eat your heart out, Mudgee has its own bull run.

Just generally, from a support point of view, it's a really friendly race and I think the numbers of runners must have nearly doubled this year compared with last. The finish has changed from last year, and now ends with a circuit of a sports field. The course is cunningly designed so that you can see the finish as you leave the road and then, just when you think you have only about five steps to go, you discover that there is still the entire sports field to run around before crossing the line from the opposite side. This might sound trivial but after 41.8kms every step counts.

I think the race this year was distinguished by two things – the winners time of 2 hours 44, which was a substantial improvement on the previous year and also the presence of three runners raising money for cystic fibrosis. The prize giving afterwards was held in the local pub – bottles of tawny port, a great substitute for the normal trophies. It was a good moment to see Derek handing over a cheque to the cystic fibrosis team.

For all you guys who usually do the Cities Marathon, why not make a change next year (unless your name is Sean in which case you will no doubt want to do both) – try running Mudgee instead. Your lungs if not your liver will thank you.

*Xandra modestly failed to mention that she also won the race last year with a time of 3:23. Ed*

### And from Sean Greenhill :

If I hadn't injured myself at the start of July, I'd probably not have run Mudgee. But I found myself okay to run in late July with only one run longer than 22km since Trailwalker two months earlier, and three weekends till Twelve Foot Track and only two months till Glasshouse. So I jogged through Cities in 3.58 and fronted up at Mudgee with the same objective- to run even splits all the way and never push hard. A training run. Xandra's lobbying efforts for Mudgee on cold Wednesday mornings in Centennial Park also influenced my decision to run.

It started cool and humid, and I was sweating freely in my longleeve, but soon a chilly wind swept in and blew the humidity away. The course describes a big loop north of the town, and the surface is roughly half bitumen country roads and half dirt roads. There's a significantly hilly section from 10-14K where you run to the top of a ridge, down the other side, then turn and come back up, and another up and down section from 34- 38k on dirt roads through the vineyards. Apart from that, all gradients are long but fairly gentle.

Xandra had complained before the start that she had a dodgy hip and would run to halfway and drop, but she was moving uphill fairly quickly when I saw her on the out and back described earlier, and when I reached halfway in 1.56 she was nowhere to be seen. Turns out she kept going and broke the female course record she set last year. I kept on low-mid 3.50s pace from the first km and never felt tired.

At the awards lunch afterwards (held in the hotel where I'd watched the Bledisloe Cup the night before over a few beers) I was surprised to hear my name read out as winner of the under 25s Age Group- obviously not much competition- and won a bottle of port for the trouble.

It's nice to do smallish, low-key events and Derek Foley has crafted a pretty good one. The surrounds are pleasant farmlands with mountain backdrops, and there are plenty of aid stations, all of which can be used for special drinks/food.

### Results

1<sup>st</sup> - Guy Dorman 2.44  
 3rd- George Lisson 3.01 (First Strider)  
 Ray James 3.19 (2nd in age group)  
 Xandra Dunn 3.22 (1<sup>st</sup> female)  
 Sean Greenhill 3.54 (1st in age group)

## Elevation, Energy and Elvis (Mount Wilson – Bilpin 35km)

By Randy Brophy

It was about as perfect a day weatherwise as one could expect for a 35K run in the bush: clear and crisp. I went out for a warm-up jog and a stretch, but didn't see anybody else doing that, although a few laughed at the concept. At 10 am, a record field of approximately 250 of us huddled on Silva Plana field at Mt. Wilson before the start. To my right was Elvis. I considered looking at my PowerBar ingredients list.

The group went out quite slowly this year. I progressively dropped my pace but could not stay out of the front. We descended steeply into the bush after a km of bitumen. 3K and still in the lead. Did I go the wrong way?

It was almost reassuring to hear the stomping footsteps of last year's winner Damian Tancred coming up behind me. We chatted a bit and he alerted me that Jussi Utriainen, first place finish of this year's Sydney City to Surf, was behind us and was aiming to do about 2:31. Damien pulled ahead as can be expected and disappeared around the bend.

At about 4.5K, at a fork in the path and in 2nd place, I obeyed a spectator who shooed me away from the marked trail and up what I feared might be the wrong way. This time it was. I turned back 90 seconds later upon hearing the shouting and seeing the all-terrain vehicle speeding toward me. Oops. Damian had gone the wrong way as well, and was at least a minute ahead of me, still going strong.

Suddenly my 2nd place had deteriorated to 25th or something like that. More puzzling, there was Elvis chasing me down. No, I wasn't hallucinating. From the black wig to the gold-trimmed white suit, he was authentic except for the running shoes and lack of song. What was Elvis doing running four-minute K's? I was soaked with sweat in my tanktop and shorts...how would he survive in that outfit? I shouted back to him "Not a bad pace for a guy who's been dead for 25 years!" He claimed it was just a long recovery period and now he was really ready to rock. I later found out the speedy runner under the costume was Steve Cunningham, who has been known to finish the race in under 2:23.

The trail turned rugged and the going tougher. I

tripped on branches and rocks as I sped toward the top of the hill. Elvis was only a few metres behind me at 8K, and still there at 13K. He could pass me, or worse yet, he could sing. Then at about 14K, I heard a loud "thraatchhh fooommmfff!" immediately recognisable as the sound of a large runner tripping over sticks and branches and falling face-first into the shrubs. Stopping, I turned to ask if he was OK. The King picked himself up, dusted off his white trousers, reset his wig, and resumed running, still on my tail. Damian went past, a certain determination in his gait. He'd pass everybody except Chris Truscott, who clocked in at a lightning-fast 2:16.

Finally we hit a 5K stretch of paved road which is my stronger point, and I put some distance on Elvis. Not much distance, as I could hear people cheering him on at the water stops behind me just a minute or so after I passed through. The surrounding valley and cliffs were immensely beautiful and on this clear day they looked like something from an Imax movie. There was a 7K downhill then a 5K uphill, where I finally caught up to and passed some of those people who'd gotten ahead of me during my "detour" earlier. The uphill intersected with Bells Line of Road finally (a mile go), and I fought back the urge to "cheat" by running on the road shoulder instead of the more undulating side track. Passing Bilpin's apple country with fruit orchards in spring bloom (about the only thing I could have passed at that point), I saw the finish clock ahead. A few minutes later came Elvis, drawing a big cheer from the crowd and finishing in 2:37. Jussi Utriainen had indeed finished in 2:31:15, finding his Aussie bush running debut to be a new challenge, yet a phenomenal 5th place among some seasoned veterans of the Blue Mountains fire roads. All in all a fun day out there; well done to all who ran.

### Willy to Billy 24th August 2002

|                 | h.m.s   | cat   |
|-----------------|---------|-------|
| Chris Truscott  | 2.16.00 | M Opn |
| John Young      | 2.30.23 | M Opn |
| Peter Truscott  | 2.31.27 | M Opn |
| Randall Brophy  | 2.34.51 | M Vet |
| George Lisson   | 2.36.48 | M Vet |
| Keith Bateman   | 2.48.20 | M Vet |
| Stephen Jackson | 2.49.58 | M Vet |
| Barry Rutter    | 2.52.24 | M Mst |

|                    |         |       |
|--------------------|---------|-------|
| John Van Yzendoorn | 2.55.08 | M Opn |
| Adrian Spragg      | 2.59.23 | M Vet |
| Nick Adams         | 3.00.21 | M Opn |
| James Cryer        | 3.01.13 | M Mst |
| Kendall Waller     | 3.03.51 | M Opn |
| Jeff Morehen       | 3.05.56 | M Vet |
| Bruce Craven       | 3.06.39 | M Opn |
| Chris Thompson     | 3.09.19 | M Opn |
| Lance White        | 3.10.06 | M Opn |
| Tracey Love        | 3.14.09 | F Vet |
| Ron Wilson         | 3.16.21 | M Mst |
| Rod Lovel          | 3.18.03 | M Mst |
| Sharon Callister   | 3.18.10 | F Vet |
| James Bond         | 3.20.53 | M Opn |
| Sarah Brown        | 3.20.58 | F Opn |
| Paula Mcgee        | 3.21.05 | F Vet |
| Graham Butler      | 3.22.56 | M Mst |
| Fiero Mammone      | 3.24.07 | M Vet |
| Andrew Jordan      | 3.24.13 | M Opn |
| Ralph Melano       | 3.25.22 | M Vet |
| Graham Willis      | 3.25.36 | M Mst |
| Kevin O'Kane       | 3.26.18 | M Mst |
| Hugh Spencer       | 3.26.28 | M Snr |
| David Lancaster    | 3.28.17 | M Vet |

|                    |         |       |
|--------------------|---------|-------|
| James Moody        | 3.31.45 | M Mst |
| Manfred Fiedler    | 3.32.46 | M Snr |
| Heiko Schaefer     | 3.39.23 | M Snr |
| Rod Smart          | 3.40.11 | M Mst |
| Dennis Nel         | 3.47.10 | M Vet |
| Mukesh Kerae       | 3.49.12 | M Opn |
| Tina Campbell      | 3.50.26 | F Mst |
| Heather Forster    | 3.50.26 | F Vet |
| Michael Bailey     | 3.52.30 | M Mst |
| Michael Wilson     | 3.56.09 | M Mst |
| Victoria Pilkerton | 3.56.15 | F Opn |
| Allison Lilley     | 3.56.15 | F Opn |
| Bronwyn Wassell    | 3.59.34 | F Opn |
| Frances Brown      | 3.59.34 | F Vet |
| Brad Renshaw       | 3.59.34 | M Mst |
| Mercy Samia        | 3.59.36 | F Vet |
| Ted Brailey        | 3.59.40 | M Mst |
| Carol Taylor       | 4.06.04 | F Mst |
| Beryl Wilson       | 4.06.04 | F Mst |
| Allan Marks        | 4.10.32 | M Mst |
| Frank Dearn        | 4.13.08 | M Snr |
| Roger Rigby        | 4.19.52 | M Mst |
| Wayne Mccarthy     | dnf     | M Snr |

# 13 APRIL 2003

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## Sydney Marathon 2002

By James Moody

You've probably heard that I didn't win the 2002 Sydney Marathon so I thought I would at least explain such an unexpected result. It wasn't as if I couldn't run 42 k's in 2:16, however there were a series of events that all contributed to my rather sad downfall. The first is being born 30 years too early but that is only a minor concern.

The event was described by any number of people as being flat, hilly, easy, tough and bloody near impossible for a silly old bugger like me and as usual I took all of these comments into consideration (and ignored the lot) and thought that I would run this race as I do all others, i.e. completely oblivious of all external sources of information and run it based on no real understanding of the course or the conditions which may prevail. Nothing unusual in that you say, you're probably right, I never was one for listening to advice, good or otherwise (I can hear the comments from here).

Just recently I ran Willy to Billy in 3 ½ hrs which even I was pleased with as I expected 4 hrs minimum. This run may have had a greater effect on my body than I had thought and although I felt OK for the two weeks preceding the marathon I should have listened to others who advised an easier approach to this run, like "give it away you're too bloody old for this sort of thing". But me being a runner I thought "I can do it" and proceeded to believe that I could and no matter how bad I felt after the Willie to Billie this couldn't be any worse. This was probably the first major mistake I made, I must admit the encouragement I received from various members of the club assisted in me believing in my rather uncertain ability to complete this run however I can't blame that on them as I have a strong sense of invulnerability and pushed on regardless.

One of the first things a runner who proposes to train up for this particular type of event learns is that you must do the miles, to complete a marathon you should be doing about a minimum of 80 k's per week in your lead up to the run. I had completed the Canberra Marathon and the Gold Coast Marathon earlier this year and had done the preparation required for that and believed that I could rely on my previous training and it would get me there, this was major mistake number two. The next thing a trainee marathoner learns is to plan the race and to stick to

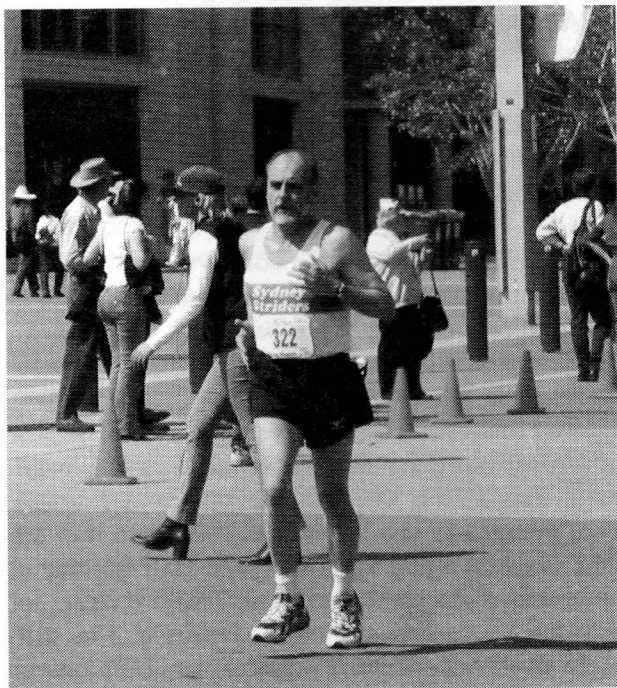
the plan no matter what. I had a great plan, basically 6 min per K for the first twenty and then adjust to a slower pace if required or try and hold at that level if I could see myself holding up for the next 5 K's and then readjust accordingly at each 5K. I even had grandiose ideas of picking up the pace should I be feeling alright. The third major mistake was in not following the plan. I managed to get to the half marathon point in a time that bettered my race time for that distance, I was effectively ten minutes ahead of schedule, that was a very bad sign.

The race itself took 4 hrs and 20 minutes and consisted 20 k's of feeling OK and then misery and pain. There were kilometre signs posted throughout (except at 41K) as well as drink stations and first aid stations and a good number of friends and club members who provided encouragement to those of us running. The general feeling throughout the run was great, if I had been feeling even remotely human I would have appreciated their efforts. As it was, I was continuously thinking "I'll pull out at the next drink stop" or some such, and next thing friendly faces would pop up (Heiko who ran with me for 100 metres or so) and on I went at least partially enthused until it all became too much again. The kilometre signs were an indicator as to how much more pain I was facing. The basic formula went something like this, speed = 6.5 mins per k, multiply by no. k's left = too bloody much, but still I managed to keep going. I have now idea how perverse your mind can become, the only thing I registered was does it hurt more here than it did 2 k's ago and if there was no quantifiable amount then on I went.

For 4 hours and 19 minutes I kept at it, I had passed the 40K sign an unknown period of time previously and was looking for the 41K. I had been running between these signs for what seemed like hours and as I turned the corner into Olympic Boulevard I could see a good distance, albeit blurred by sweat, and thought that I had at least 1K or more to go as I hadn't passed the 41K sign. This was probably the most disheartening part of the run, I hurt big time, I was starting to cramp in my thighs and I thought I still had a K or more to go. At that point Ivan ran in alongside me and advised me that the end was just over the hill. He ran with me for a 100m which helped the resolve, about another 200m further Michael Bailey pulled in alongside and pointed out

the finish chute all of 200 m ahead. At that point I had another cramp problem and could just see myself pulling out 100 from the end. At 100m from the end Rob (my wife) was there (with camera) to catch the final moment of the great triumph, this gave me the last burst I needed to get over the line. When I passed the line I just stood there, helpers gave me water (or electrolyte) and pointed me to a chair into which I collapsed. Here all the cramps and pain caught up. I sat there for about ten minutes before I was game to stand up and "walk" to get the "finishers tee shirt" and my medal. I then walked over to the support team (long suffering wife again), Rob had drinks and a cool towel, clean clothes and a massage for the poor old legs. I took nearly half an hour to be able to walk to the car and then drive home. I'm still walking like somebody with an unmentionable social disease but at least the pain has subsided, I'm now planning my next piece of idiocy.

Many have asked me why I do it and I must admit I haven't the foggiest notion, it requires me to get up at 4:30 on Sunday mornings, run in the dark during the winter months and go through tortures the Inquisition could never have thought up. Even though it is only the day after the run the memory of the pain has lessened, the thoughts about never doing it again have gone completely and next year looms in the background and how will I get there and do a PB.



**Jim Moody completes the 2002 Sydney Marathon – looking better than he feels!**

## Sydney Marathon 15<sup>th</sup> September 2002

|                    | <b>h.m.s</b> | <b>cat</b> |
|--------------------|--------------|------------|
| Kelvin Marshall    | 2.58.18      | M Opn      |
| George Lisson      | 2.59.14      | M Vet      |
| Warwick Selby      | 3.04.20      | M Mst      |
| John Van Yzendoorn | 3.07.23      | M Opn      |
| Gary Aitkenhead    | 3.08.22      | M Vet      |
| Greg Donovan       | 3.10.52      | M Vet      |
| Barry Rutter       | 3.15.17      | M Mst      |
| Graham Farnsworth  | 3.17.48      | M Opn      |
| Jeff Morehen       | 3.19.49      | M Vet      |
| Lance White        | 3.21.14      | M Opn      |
| Bruce Craven       | 3.25.14      | M Opn      |
| Scott Smiles       | 3.29.07      | M Mst      |
| Darren Goodsir     | 3.30.33      | M Opn      |
| Andrea McDonald    | 3.30.36      | F Opn      |
| Andrew Jordan      | 3.31.16      | M Opn      |
| James Cryer        | 3.33.25      | M Mst      |
| Sharon Callister   | 3.34.35      | F Vet      |
| Lisa Carroli       | 3.37.50      | F Vet      |
| Roland Hassall     | 3.37.50      | M Opn      |
| Estelle Visser     | 3.39.06      | F Vet      |
| Jose Vilar         | 3.40.25      | M Vet      |
| Victor Donovic     | 3.40.47      | M Vet      |
| Joanne Barton      | 3.41.22      | F Vet      |
| Bronwyn Adams      | 3.41.34      | F Opn      |
| MahmoudEl-Khansa   | 3.41.54      | M Mst      |
| David Adler        | 3.42.18      | M Vet      |
| Dennis Nelson      | 3.45.12      | M Vet      |
| Charles King       | 3.46.20      | M Vet      |
| Simon Riordan      | 3.49.59      | M Opn      |
| Tracey Love        | 3.50.47      | F Vet      |
| Michael Rees-Evans | 3.53.58      | M Opn      |
| Graham Willis      | 3.54.25      | M Mst      |
| Andrew Bilsdon     | 3.56.32      | M Opn      |
| Anton Kapel        | 3.58.25      | M Opn      |
| Michael Wilson     | 4.02.25      | M Mst      |
| Derek Smith        | 4.02.50      | M Snr      |
| Ruth McColl        | 4.06.47      | F Mst      |
| Victoria Pilkerton | 4.09.19      | F Opn      |
| Manfred Fiedler    | 4.10.22      | M Snr      |
| Mario Torresan     | 4.12.35      | M Opn      |
| James Moody        | 4.19.26      | M Mst      |
| Steven Norden      | 4.23.50      | M Vet      |
| Emma Anderson      | 4.26.25      | F Opn      |
| Rod Smart          | 4.26.44      | M Mst      |
| Martin Fisk        | 4.33.30      | M Opn      |
| Ted Brailey        | 4.35.27      | M Mst      |
| Mark Wilson        | 4.36.47      | M Opn      |
| Jeff Morunga       | 4.40.35      | M Vet      |
| Philip Kennedy     | 4.43.53      | M Vet      |
| Allison Lilley     | 4.47.58      | F Opn      |
| Norman Kang        | 4.58.46      | M Opn      |
| Pamela Scott       | 4.59.14      | F Vet      |
| Elizabeth Taylor   | 5.22.17      | F Vet      |



## Cities Marathon and Cities Half Marathon Relay

### Sunday July 28<sup>th</sup> 2002

By Steve Hume

Striders running in this year's Cities Marathon were joined at the start line by a couple of Striders in teams for the Cities Half Marathon Relay Challenge. While the Cities Marathon was being staged for the 22<sup>nd</sup> time, it was the first time the Cities Half Marathon Relay Challenge had been run. 'The Challenge' involved teams of two runners, the first runner completing the distance from Sydney's Town Hall to Parramatta. The second runner would then run from Parramatta to the finish line at Blacktown Olympic stadium.

A good contingent of Striders lined up for the morning's challenges, including ultra-marathoners Kelvin Marshall and Sean Greenhill who were running the marathon. Gary Aitkenhead was running his 11<sup>th</sup> Cities marathon and had organised a mixed Strider's team with Estelle Visser and myself. I felt privileged to be joining two such experienced runners. I had met Estelle at the Cherrybrook STaR and was amazed by her list of running achievements. Some of which include 9 Comrades marathons and countless standard marathons, with a marathon PB of 2:41. The Cities was to be Estelle's 3<sup>rd</sup> marathon since arriving from South Africa, having competed at Canberra and the Gold Coast marathons earlier in the year. Amongst the Half Marathon teams Dean Degan and Neil Barker were racing. (Apologies to anybody else I have missed).

Temperatures around 8C at Town Hall meant that most runners conducted their last minute preparations inside the considerably warmer Sydney Town Hall. At 6:30 we lined up in the middle of George St to await the gun. As a runner it makes you feel a bit special to run on the city's major roads, having the police blocking traffic for your benefit and escorting you throughout much of the course. In the Cities marathon the help of the police, RTA and other volunteers is essential to make the course safe and they do a fantastic job.

The first notable incident occurred within the first kilometer at the Haymarket. A motorcycle policeman who had slowed to see us safely through an intersection was set upon by a drunk, who ran into the middle of the road and began to assault the officer with a lung full of abuse and his sports bag. The policeman seemed torn between continuing with

the runners or turning to give chase to the inebriated fool who had fallen over after just whacking him. After hesitating briefly the policeman decided to ride on towards Blacktown.

Unfortunately, the poor officer was not in for a good day. Around the corner as we made our way past the old Grace Bros building at Broadway the officer had stopped once again to see us safely through the intersection. This time a young lady failed to see him (and his bike's flashing lights!!) and nudged her car into his bike, knocking him and the bike onto Parramatta Rd. He was not a happy man!!

Runners had been instructed to keep to the left hand lane so as to allow vehicles and other traffic to use the other lanes. Thankfully the roads were not carrying anywhere near the normal volume of traffic. Mostly traffic consisted of the police vehicles assigned to accompany the race and the odd car with family or friends of runners yelling encouragement. As we continued along Parramatta Rd runners began to settle into the race, gradually separating as the kilometers accumulated. After the first 10km or so it became difficult to tell that a major race was underway except for the groups of SES volunteers, RTA and police who were blocking the traffic at each intersection. The runners in front of me had cleared out and I could only see a handful in the distance ahead of me despite the long straight stretches of road.

Prior to the race I thought the course would be fairly flat and uninteresting. Instead it proved to be quite a bit more challenging, with barely a flat section anywhere on the course. However, the toughest hills occur late in the course along the Great Western Highway (between 21km & 35km into the race). The changeover point for the Half Marathon challenge was at May's Hill, which is just up the first tough hill of the race as you leave Auto Alley and turn on to the Great Western Highway. The Half Marathon changeover point seemed to be somewhere closer to the 25km mark than it should have been. I'm still unsure whether the distance markers had been out or whether it was just me getting tired.

The undulating terrain seemed to get tougher towards the end of the Great Western Highway. The



distance between intersections also increased. So it was beginning to seem as if the number of volunteers and police were thinning out along with the other runners. With no other runners around, I often expected the police would stop me and ask me to wait for the vehicles to pass. Fortunately for me and most runners we were given priority throughout the course of the race. At one stage late in the race I went through a fairly large intersection where a single policeman had stopped dozens of cars. The people who had been stopped in the front rows cheered me on and honked their horns, encouraging me to quicken the pace at least until I had passed the intersection.

Skies were clear and sunny and the temperature had warmed to around 15C as we ran the final kilometers to the Blacktown Olympic Centre. Around this stage I heard a runner coming up at a great pace behind me. After not having seen a runner pass me since half-way I was quite distressed that I could not increase my pace to hold off their advance. As the runner flashed passed me he said "Don't worry I'm in the Half Marathon". I was too stuffed to reply but I did feel relieved that I wasn't slowing down as much as it first appeared. I attempted to keep up with him but this proved impossible in my exhausted state.

Notable performances came from Dean Degan and his team-mate who won the Half Marathon Challenge. Estelle Visser was the 2<sup>nd</sup> woman to finish and was awarded a very large trophy by the mayor of Blacktown. The Mixed Striders team of Gary Aitkenhead, Estelle and myself also finished strongly with a combined time that would have earned a place in the Men's team competition. Unfortunately for us, they failed to award the prize, possibly because there were not enough other Mixed teams to justify the award.

Another minor disappointment was caused by the delayed issuing of the race results, so I am unable to identify all Striders who competed or their finishing times. Apart from this, the race was very well run and I was able to see why many runners continue to run this race year after year.

### Cities Half Marathon Relay Challenge

Dean Degan in winning two-runner team.

*(If the name of the marathon winner in the next column looks familiar, he has competed in some of the Striders 10k Series this year. Ed)*

### Cities Marathon 2002

|                  |                   |                                   |
|------------------|-------------------|-----------------------------------|
| 1 <sup>st</sup>  | Hamadi Lazhar     | 2:36:54                           |
| 10 <sup>th</sup> | Steve Hume        | 3:01:58 (1 <sup>st</sup> Strider) |
| 18 <sup>th</sup> | Kelvin Marshall - | 3:09:19                           |
| 26 <sup>th</sup> | Gary Aitkenhead - | 3:20:26                           |
| 39 <sup>th</sup> | Estelle Visser -  | 3:32:35 (2 <sup>nd</sup> Woman)   |
|                  | Sean Greenhill -  | 3:58:00                           |

\*\*\*\*\*

### Handicap Half

20th October 2002

| Pl | Strider             | h.mm.ss | cat   |
|----|---------------------|---------|-------|
| 1  | Allison Lilley      | 1.59.30 | F Opn |
| 2  | Mary Barnes         | 1.50.35 | F Vet |
| 3  | James Moody         | 1.49.07 | M Mst |
| 4  | Iain Martin         | 1.39.48 | M Opn |
| 5  | Kevin O'Kane        | 1.44.21 | M Mst |
| 6  | Lesley Maher        | 1.53.54 | F Vet |
| 7  | Norman Kang         | 2.01.45 | M Opn |
| 8  | Michael Wilson      | 1.48.04 | M Mst |
| 9  | Lance White         | 1.32.20 | M Opn |
| 10 | Salvador Gala       | 1.33.43 | M Vet |
| 11 | Frank Dearn         | 2.03.53 | M Snr |
| 12 | Melissa Treloar     | 2.11.00 | F Opn |
| 13 | Nick Adams          | 1.30.28 | M Opn |
| 14 | Steve Hume          | 1.27.15 | M Opn |
| 15 | Stephen Bodnar      | 1.36.14 | M Vet |
| 16 | Graham Butler       | 1.43.38 | M Mst |
| 17 | Victoria Pilkerton  | 1.55.43 | F Opn |
| 18 | Lisa Gallate        | 2.07.49 | F Opn |
| 19 | Keith White         | 1.43.06 | M Mst |
| 20 | Bruce Craven        | 1.34.14 | M Opn |
| 21 | Ronald Stolk        | 1.34.43 | M Opn |
| 22 | Robert Wawrzyniak   | 1.45.59 | M Vet |
| 23 | Roland Hassall      | 1.41.00 | M Opn |
| 24 | Helen Wilson        | 2.00.11 | F Mst |
| 25 | David East          | 2.00.24 | M Opn |
| 26 | Clara Vucetic       | 1.46.41 | F Vet |
| 27 | Kendall Waller      | 1.33.50 | M Opn |
| 28 | Keith Bateman       | 1.25.51 | M Vet |
| 29 | Lorraine Spanton    | 1.50.52 | F Mst |
| 30 | Barry Rutter        | 1.32.01 | M Mst |
| 31 | Margaret White      | 2.12.09 | F Vet |
| 32 | Stephen Jackson     | 1.26.15 | M Vet |
| 33 | Gary Aitkenhead     | 1.32.39 | M Vet |
| 34 | Patricia Pittorino  | 2.07.57 | F Mst |
| 35 | Brian O'Dea         | 1.45.59 | M Mst |
| 36 | Peter Hammerschmidt | 1.47.02 | M Snr |
| 37 | John Kerr           | 1.53.07 | M Mst |
| 38 | Stuart Chellis      | 1.21.13 | M Opn |
| 39 | Tim Austin          | 1.37.50 | M Opn |
| 40 | Steven Norden       | 2.01.55 | M Vet |

|    |                      |         |       |    |                    |         |       |
|----|----------------------|---------|-------|----|--------------------|---------|-------|
| 41 | Andrew Bryan         | 1.37.58 | M Vet | 58 | Graham Sharp       | 1.49.35 | M Vet |
| 42 | Charles King         | 1.45.59 | M Vet | 59 | Heather Forster    | 1.56.52 | F Vet |
| 43 | Graham Willis        | 1.47.00 | M Mst | 60 | Martin Matthews    | 1.30.26 | M Opn |
| 44 | Sharon Callister     | 1.48.01 | F Vet | 61 | Steve Packer       | 1.50.41 | M Vet |
| 45 | Elizabeth Woodhams   | 1.52.02 | F Mst | 62 | George Herisson    | 1.53.50 | M Vet |
| 46 | John Zahra           | 1.44.39 | M Opn | 63 | David Gayford      | 1.39.06 | M Vet |
| 47 | Rod Lovel            | 1.39.45 | M Mst | 64 | Hans Pandeya       | 1.54.07 | M Opn |
| 48 | Stuart Crichton      | 1.33.50 | M Opn | 65 | John Van Yzendoorn | 1.35.47 | M Opn |
| 49 | Fernando Santisteban | 1.49.07 | M Opn | 66 | George Lisson      | 1.32.30 | M Vet |
| 50 | Tina Campbell        | 2.01.08 | F Mst | 67 | Leigh MacRitchie   | 1.59.28 | F Opn |
| 51 | Gregory Prerau       | 1.39.13 | M Vet | 68 | Rod Ross           | 2.26.13 | M Mst |
| 52 | David King           | 1.39.16 | M Mst | 69 | Gillian Klevansky  | 2.18.15 | F Vet |
| 53 | Heiko Schaefer       | 1.53.28 | M Snr | 70 | Frances Brown      | 2.16.57 | F Vet |
| 54 | Lilian Chuah         | 2.14.30 | F Opn | 71 | Ted Brailey        | 2.25.15 | M Mst |
| 55 | Dennis Nel           | 1.45.36 | M Vet | 72 | David Camm         | dnf     | M Vet |
| 56 | Andrea McDonald      | 1.45.08 | F Opn | 73 | Neil Barker        | dnf     | M Opn |
| 57 | Sam Chuah            | 2.15.26 | M Mst | 74 | Ivan Freys         | dnf     | M Mst |

## Do some of us have a life? (Or a celebration of MTG runner achievements)

By Michael Bailey

A frequently posed question is "how much running is too much?"

It's incredibly pleasing in many ways to note just how enthusiastic about long distance running several members of the previous Marathon Training Group have become.

Jim Moody, the co-leader of the new MTG and stalwart to the previous group has, for example, run two subsequent marathons to his debut in Canberra. 'Mr. Consistency' ran all three within one minute of each other! Jim has not yet run anywhere near his potential and will run sub-4 next year and maybe sub 3.50 - go Jim!

Rachelle Lazzara wasn't satisfied with her 4.06 debut and ran a fantastic 3.52 at Gold Coast but hasn't been seen since. Very sensibly, I think she's taken a bit of a break from anything too long.

Sarah Brown prefers to forget her real debut at the Host City event in April 2000 (she says she had a shocker) and regards Canberra this year as her introduction to Marathon running. She went on to run the Gold Coast in an even better time than Canberra. Sarah is a fabulous runner, particularly in the bush and watch out for her at next year's Six Foot - she ran 3.20 on her Willy to Billy debut.

Then there's Allison Lilley. I know Allison well enough to say she couldn't run to save herself a year

ago!. Since then, with great dedication and a happy and positive attitude, she ran Six Foot Track as her debut event, Canberra as her debut 42.195, Mount Wilson followed by the Sydney marathon. And then to cap it all, she won the Striders Handicap Half - what a year for Allison, she's a star!

Frances Brown - Canberra was her debut. Frances has a curious habit of getting bored with the slowness of a 30k training run and will suddenly 'take off' at 25kms for 1 or 2 kms before letting the rest of us catch her up again. Not satisfied with Canberra, she went on to run Willy to Billy and her second marathon in Melbourne before backing up with the Club Handicap Half a week later.

And Vicky Pilkerton - "I just want to run one marathon, I've no intention of doing another, just want to prove a point". She did run one marathon (Canberra), then another (Gold Coast), then another (Sydney) - she had an uncomfortable jogalong from Mount Wilson to Bilpin but she was still smiling as usual. One of her best comments having run a PB 3.52 at the Gold Coast "I thought I'd better run fast 'cos I wanted a few beers before catching the 'plane!'"

'Long live the MTG!' - it clearly breeds a keen interest in long distance running. I seriously hope we are not encouraging people to run too much - I hear a lot about over-training injury and burn out and we should all be aware of such possibility.

## Upcoming Events

**30<sup>th</sup> November Striders 10k Series – Last Race of Year – The Domain. 7am**

**7<sup>th</sup> December Blue Labyrinth Fat Ass Run.** 14km, 45km, 54km, 90km. firetrails and single track runs in the Blue Mountains. All off road. No Fees, No Awards, No Aid, No Wimps ! [www.fatassworld.com](http://www.fatassworld.com) for info or Kevin Tiller phone 0419-244-406.

**8<sup>th</sup> December Central Coast Half.** 21km. Starts 7.00am from Memorial Park, The Entrance. Contact Ian Morgan on (02) 4322-4174 or via coolrunning.

**Sat 11<sup>th</sup> - Sat 18<sup>th</sup> January 2003. Thredbo National Running Week.** Races every day. Enquiries – Brian Lenton, PO Box 5, Duffy ACT 2611. (Truscotts, Kevin O'Kane, George Herisson have all taken part in this event in the past).

**8<sup>th</sup> March 2003 Six Foot Track** 46km mountain trail run, 8am start from Katoomba to Jenolan Caves, time limit 7 hrs, contact Race Organiser, Six Foot Track Marathon, GPO Box 2473, SydneyNSW 2001

**13<sup>th</sup> April Canberra Marathon (Striders Marathon Championship).** See ad page 13



**May 2003 Lord Howe Island Peaks race.** 'Thought the keenest might like to know that Lord Howe Island staged its first "Peaks Race" last May. Seven up and downs, including both the mountains in the photo above, plus about 15 or so ks on the flat and undulating. Having won the inaugural "Peaks" in a touch over four hours, a few weeks later the winner

blew away the larger beauty, Mt Gower, in an hour and forty five minutes. Of course, that's where the difficult ropery bits are, and I'm sure Tina Campbell and Roger Rigby will agree with me that Gower is one of the great walks in these climes; but, at the very least, it is important to take the time to smell the mountain roses and other unique things growing up there! Anyway, the aim is to stage it all again next year, and intending doers could go into the Lord Howe Island web site, and send a message to Jim Whistler at Capella South for info'. (John Ayliffe)

**16<sup>th</sup> – 18<sup>th</sup> May 2003 Trailwalker** – teams of four [www.caa.org.au/trailwalker/](http://www.caa.org.au/trailwalker/)

**15<sup>th</sup> June Nike Women's Classic.** See this year's results - Striders teams next year?

**16<sup>th</sup> June Comrades** - Comrades Marathon Association announced that the 2003 Comrades cut-off time will be 12 hours! Qualifying time for a marathon has been relaxed to 5 hours to accommodate this change - which is similar to the 75th race in 2000. There is plenty of time to prepare for Comrades - so I hope we will have a big contingent of Striders at the 2003 event. This year there were 19 runners from Brisbane - surely we can do better than that from Sydney? (Pierre van Heerden)

**18/19<sup>th</sup> October Warrumbungle Marathon, 50k, Ultra, 10k and 5k runs** at the Warrumbungle National Park (near Coonabarabran). The 5k run/walk will be 4:00pm Saturday 18 Oct and all other runs on Sunday 19<sup>th</sup> morning. Course for the marathon and ultra is similar to the Six Foot Track for the first 20 odd k's and the second half, although hilly, is a bit easier. Categories for both runners and walkers in the long runs and no cut-off times. All finishers receive souvenir of volcanic rock/petrified wood mounted with the event logo. Each piece will come from the local area and is dated back to over 2.5 million years. Trophies larger versions of the same. The 5k and 10k will be run around the camp sites in the park. Entry fees expected to be around one dollar per km. Camping facilities include hot showers, powered sites or if you prefer there is accommodation in nearby Coonabarabran. Preliminary race information available at [www.funrun.au.nu](http://www.funrun.au.nu). The event coincides with the Festival of the Stars, and the 50th anniversary of the national park, so there will be plenty to see and do. Coonabarabran is about a six to seven hour drive from Sydney on sealed roads. (Sean Greenhill).



## Striders 10 K Series 2002

By Ian Whitfield

First Saturday in March, the alarm clock goes off at an ungodly hour and I think about another hour or so to slumber away. But unfortunately for me it is 10K time again and I have to get the body moving and down to North Head for the first race of the season.

Well, it's a fairly warm morning but not as warm and humid as it would have been a month earlier when we were scheduled to have our first race. Unfortunately we were unable to start as scheduled in February due to problems getting approval from The Domain and Botanical Gardens Trust.

We proceeded with the first race, at North Head, on the 9<sup>th</sup> of March, a race that provided some excellent performances from both the men and the ladies with Hamadi Lazhar winning in 32.49 from Andrew Knox and Matt Lennon. For the ladies we had Liz Miller winning the race in a good time of 34.56 from Jenny Truscott and Jo Cowan. A feature of the race was the bigger than expected attendance - 156 compared to about 130 the previous year, this trend was to continue for the rest of the season.

April saw us at Lane Cove with a good attendance of 154 to see Strider victories in both men's and women's races, Jo Cowan winning the women's race in 37.31 from Sarah Fien and Rowena Walker. The men's race saw Chris Truscott have a good win from Matt Lennon and Andrew Knox with Chris winning in 32.41. Needless to say apart from the leaders there was a fierce spirit of competition in the Handicap section, particularly with one or two people having their own private duel - none more so than Tracey Love and Kevin O'Kane. Must be a good bottle of wine riding on that. Oh, what would I give to take O'Kane on as I used to, prior to crook knees, and win a bottle of wine off him.

We move on to The Domain on 4<sup>th</sup> May and a massive turnout of 180. It wasn't quite expected but we coped - and with a new course as well, due to some of the changes we had to make to comply with the requirements of the Domain Trust. However we had another good race with all three leaders in the men's category finishing under the 33 minute mark, Damon Harris, the winner in 32.18 from Damian Tancred and Hamadi Lazhar. The women's race saw Jenny Wickham winning in 39.14 from Megan Hall and Jo Cowan. Because it was a new course we got the inevitable complaints about it being tougher than

the old one, and maybe it was or maybe it was just in the mind. Anyhow one of the very few privileges of being Race Director is that you can redirect that sort of stuff to the course designer and handicapper Stephen Jackson, who is never stuck for an answer. So complaints about the severity of the course usually fall on deaf ears. After all, half the challenge is to race on a testing course.

Next race back at Lane Cove on a fairly cool morning. A win to Paul Arthur 33.18 from Chris Truscott and Jock Davis both with respectable times. The women's race was won by Sarah Mycroft in 37.48 from Jo Cowan and Kate Maslin.

On the 3rd July back at North Head it's the halfway mark of the season. Even though it's a drizzly sort of day with a definite threat of rain which doesn't materialise, 135 brave souls turn up to race. Again we have a fairly evenly contested races with Jo Cowan winning from Jenny Wickham and Sadie Bolton in the women's race in a time of 38.32. Andrew Knox won outright in 33.35 from Sean Fitzpatrick in 33.39, probably the closest result so far, and Jonathon Craig coming in third.

Back at the Domain for the August 10K, and a couple of dramas unfolded, one that we would have preferred not to, with a case of misdirection on the first short lap. But as someone once said 'shit happens' -sometimes with the best will in the world there will be problems, maybe with interpretation of instructions. We have to learn from those mistakes and try to ensure we eliminate potential problems from future races. The second unexpected event was the appearance of an unknown, at least until after the City To Surf, Finnish runner who proceeded to wipe the floor with our regular gun runners, finishing a good minute or two ahead of anyone else. I certainly heard a few comments about "Who is this guy". Well we were to find out well and truly the next weekend when Jussi Utriainen won the City to Surf. Just a pity we didn't sign him up as a Strider that weekend. Anyhow Jussi won our 10/11k race in a time of 33.60 with Chris Truscott and Andrew Knox finishing behind him. For the women we had Colleen McCarthy coming in first in 44.26 with Sadie Bolton not far behind and then Lucy Anderson in third. Then that ever-competitive Tracey Love trying to extend the gap in her private duel with Kevin O'Kane and finishing 4<sup>th</sup>.

September and we're back at Lane Cove again. Andrew Knox, consistent as ever, pops up with a win in 33.08, followed by John Young and Shane Con. Then we have the reappearance of Jenny Truscott, back from overseas travels, to win the women's race in 37.31 with Jo Cowan and Sadie Bolton coming in behind.

October - race 8, only two to go before my tenure as Race Director expires and I can go back to sleeping in on Saturday mornings. (*You hope!! Ed*) We have already had the news a few weeks earlier that Race Director Elect Joe Degabriele has, for his sins, had to go and work in Melbourne. (*No, becoming 10k Race Director is what you get for your sins, Melbourne is a soft option.*) So no Race Director Elect now and a job available for anyone that wants it. I haven't been offered any bribes to stay on so I guess my sleep-ins next year are safe. For those interested, apply to Jim Screen.

Well, we have a new outright winner - Matt McDonough who more or less blitzed the field in a time of 31.32 followed by the consistent Andrew Knox, and John Young. The women's race is won by Jenny Truscott again with Jan Phillips and Jo Pai following. So we roll on to the final two races of the year where all will be revealed as to the final outcome of the series

Without the the help of the band of helpers who turn up to help out with marshalling, timekeeping, recording and taking entries, we couldn't put on the race series that we do. It's amongst the best in Sydney as evidenced by the numbers we get for each race. Many of the people who help, turn out for more than one race during the year, which means that they are doing a disproportionate share of the work. In fact there have been times that the only reason we could stage the race was due to the help of their families and friends who have rendered invaluable assistance throughout this series.

We have found that only around 25% of our membership running in the 10k series feel obliged to assist with the Series at any stage. It would only involve having to help out at one race per season for most people. I don't think that is such an onerous task, and maybe we might have to look at some form of roster to make things a bit fairer and allow some of our helpers who are helping out several times a year to race if they want to.

With that I would like to thank all those members who have helped unstintingly, and sometimes

dragged along husbands, wives, children and friends to help - a big thank-you to you all.

One thing that has struck me this year is the variety of winners. There has been no single person dominating either category so it makes for an interesting finish to the series.

## New Members – July to September

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

|           |               |
|-----------|---------------|
| Norman    | Kang          |
| Anna      | Midley        |
| Lucy      | Anderson      |
| Mary      | Barnes        |
| Samantha  | Glenney       |
| Robert    | ten Kate      |
| Daniel    | Altshuler     |
| Rebecca   | Hornsby       |
| Steve     | Packer        |
| Tim       | Finnigan      |
| Lea       | Molina        |
| Lance     | White         |
| Andrew    | Jordan        |
| Joanna    | Henao         |
| Matthew   | Johan         |
| Rachel    | Johnson-Kelly |
| Manuela   | Sumetzberger  |
| Jennifer  | Crombie       |
| Timothy   | Thompson      |
| David     | Cooke         |
| George    | Toskas        |
| John      | Zahra         |
| Stuart    | Crichton      |
| Stuart    | Chellis       |
| Melissa   | Treloar       |
| Scott     | Treloar       |
| Fernando  | Santisteban   |
| David     | East          |
| Brian     | Ogilwy        |
| Robert    | Wawrzyniak    |
| Lilian    | Chuah         |
| Chong San | Chuah         |
| Hans      | Pandeya       |
| Ronald    | Stolk         |
| David     | Gayford       |
| Martin    | Matthews      |

## Goodbye !!

A few departures from Striderland were announced last quarter:

Joe and Deborah Degabriele are moving to Melbourne where Joe has a new job. Joe was a winner of the 10k Handicap Series in 1995 (in the days when the prize was a flight to South Africa - and if you think the competition is tough now...) and has been a stalwart of the 10k support team, doing the timekeeping in nearly all of last year's 10k races, with Deborah also helping out on many occasions. This is particularly unfortunate for the Striders as Joe had volunteered for the ever-popular job of 10k Series Director for 2003. So get your nomination in early to avoid being trampled in the expected rush!

Long time friends of the Striders - Fred and Lainie Howe of the Randwick Runners Shop have sold their shop and are moving to Noosa in November. They will be around for a handover. Many Striders have enjoyed the excellent service and club discounts over the years and the Club has benefitted from the sponsorship of the 10k Series. In the past, Fred has also supported the Corporate Cup Series, which many Striders run in. Apparently the new owner will be taking over the sponsorship of the 10k Series and continue to provide Striders with discounts for the remainder of the year. Fred's illustrious running career included representing Great Britain, setting a world record of 2:48:06 for 30 miles back in 1963, running a PB marathon of 2:22:18 in 1965 which was the second fastest in Australia that year.

Also Nick and Kirsten Themsen are moving up to Forster (see 'Letters to Editor' in next column). The pair have put in a lot of work for the club over the years. Nick was part of the 'Blister' team that won the President's Award for Excellence in 1996 and went on to become Editor. As STaR hosts, the Themsens created the popular 'Cherrybrook Circuit', winning the 'STaR Host of the Year' award for the last two years. (I still rate those egg muffins as my favourite post-STaR breakfast). And not least, as a runner, Kirsten was winner of the Masters Marathon award in 2001.

Good luck to all and many thanks from the Striders for your contributions over the years.

Ed

## Letters to the Editor

### Nick and Kirsten farewell

Dear fellow Striders,

As some of you are already aware, Kirsten and I have made the decision to pull up the pegs from the city with the most beautiful harbour in the world. We're going to sunny Forster, where several Striders every year battle out either a half or full Ironman. As a matter of fact we're located just 500 meters from the swim/bike transition, so we'll be cheering you on when you pass - if not posted at another location on the course as volunteers.

We've had a wonderful time with Striders over the years and want to thank all the lovely people we've met running on Sunday mornings, Saturday mornings, Thursday nights and whenever else there was an opportunity. None mentioned, none forgotten - but a special thank shall go to Kevin O'Kane and Michael Bailey for their involvement in MTG and our marathon experiences (so far), spanning from the Gold Coast to Melbourne and Copenhagen.

Are we now going to give up running?? Not at all, Kirsten will still do the k's and I'll probably see if I can get to the local bakery on a Sunday morning before the coffee is brewed.

Will we still be members of Striders?? Absolutely, wouldn't miss the Blister for anything.

Although our "brick cottage" is sized with a fast-aging middle-aged couple in mind, we still have room for max. two competitors in the triathlon or any visiting family, provided it doesn't exceed four members. For larger families alternative external accommodation can be arranged. So if you are in the area or competing in one of the triathlons, please contact us. Your Database Manager has our contact details.

Once again, thanks to everyone we've met - and been supported by - during our "running career" in Sydney. May you achieve all your goals.

Kirsten & Nick Themsen



## Below - Nick and Kirsten Themsen win their second STaR Host of the Year Award 2002



**Sydney Marathon Memorabilia**

Dear Editor

Notwithstanding the fact that most of them were stationed miles from the finish, volunteers in the 2002 Sydney Marathon were over the moon when they received a generous meal voucher from the organisers (see below)

|                                                                                                                                                                                                                                                                                            |                                                             |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|
|                                                                                                                                                                                                                                                                                            | <p><b>FREE SAUSAGE SANDWICH<br/>SYDNEY OLYMPIC PARK</b></p> |
| <p>This voucher entitles a Volunteer to one free sausage sandwich, at the Flora area in Overflow Park, Sydney Olympic Park, at the conclusion of the Marathon.<br/>Lipton Ice will be handing out free drinks during the day, please make your way to the Lipton Ice Tent for a drink.</p> |                                                             |

Regards  
Phantom Strider  
The Ghost who Runs

*Thank-you Phant. It obviously meant a great deal to you. I wasn't aware you ran - please be aware that to score Super Series points you must incorporate Striders colours into your purple suit. Ed.*

## Heinous Editorial Mistake

Dear Sir,

I am writing to correct the false impression given by your sub-heading "Terry McIver record", which was added to my retrospective about the Sydney-Wollongong 50-miler in Blister 85. Mr McIver's excellent 1988 time of 7:00:00 was noteworthy for a number of reasons (it was his first run of more than a standard marathon, he had the second best support crew of all time, the finishing time was a nice round number, and perhaps most satisfying of all, it beat Nobby Young's best by 50 seconds and made him stop babbling for every bit of 10 seconds) but it wasn't a club record for the race. In the same race in the same year, Martin Thompson set a time of 6:37:11 which has of course stood as the Striders' record ever since, as the race was never run again.

I will also admit to a mistake of my own in the same article, namely my multiplication of 51 by 5 to produce a result of 205. I deeply apologise to the 50 runners thus slighted, and plead in mitigation (a) that I am demonstrably closer to geezerhood than ever before, and (b) it is probably my first error in 20 years of Blister contributions. I take comfort in the certainty that at least the numerically challenged Nobby Young wouldn't have noticed if I hadn't pointed it out.

Sincerely

Steve Cornelius  
aka S.W.Bag

*Steve, I must offer abject apologies for creating the appearance of a mistake on your part. Silly old Ed saw the reference to Terry McIver's time in the same sentence as Nobby Young's record and deduced it was Terry's time that overshadowed Nobby's. Ah well, at least it gives the real Striders record holder, Martin Thompson, a mention he missed out on previously.*

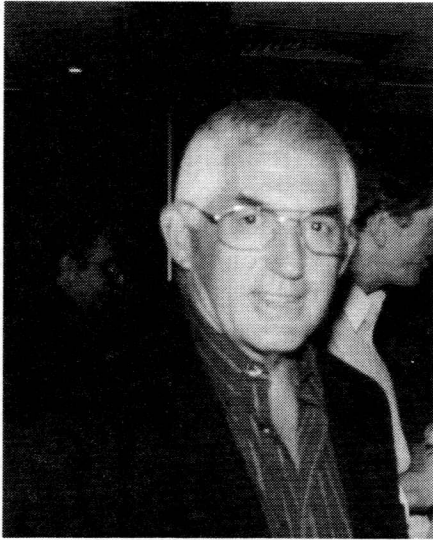
*Re your problems with simple multiplication - being unaware of your descent into geezerhood, I had simply assumed that 205 runners was the WAVA adjusted number.*

Ed

\*\*\*

## President's Report

From Jim Screen



On behalf of Sydney Striders we extend to all those caught up in the Bali atrocities our deepest sympathy and expressions of sorrow. We wonder why such evil acts against innocent people continue. It is hoped that those responsible are found soon and brought to justice.

On the home front there have been plenty of challenges especially regarding public liability insurance. Unless the proposed amendments to public liability insurance are put into action soon many of the regular running events around Sydney will disappear. At least one insurance company has a lot to answer for as a consequence of increasing its premium for a well known Sydney running club from \$1,500 to \$11,000, even though that club has been insuring with them for over 20 years without a claim.

That club's events and activities are at risk of having to be shut down. We are not immune from this situation and we need to make sure that reasonably priced cover remains available.

### Athletics N.S.W.

Every year when the NSW Marathon and Half Marathon championships are held we receive lots of enquiries from members filling out the forms as to whether or not they are registered athletes. The answer is always 'No, if you would like to compete in those championships you have to join a club which is fully affiliated with ANSW.' *(The marathon and Half are open events which are used by ANSW for their championships. Ed).*

To be eligible to compete in ANSW events members of Sydney Striders must join or already belong to another athletics club which is fully affiliated. Registered athlete status is obtained by joining a fully affiliated club and paying the appropriate registration fee.

### Affiliation

Sydney Striders has been affiliated with ANSW as a 'Specialist Club' since 1987. As such we have no voting rights and no say in the conduct of mainstream running in New South Wales. Our members are not entitled to compete in any ANSW State Championships, Athletics Australia events or selection to any national teams. Our affiliation allows us to shelter under public liability insurance held by ANSW, to receive circulars and to be listed in the summer and winter handbooks.

### Full Affiliation.

Athletics NSW has courteously approved in principle the inclusion of Sydney Striders as a fully affiliated club subject to some minor changes to the Club's constitution. These changes, mostly of an administrative nature can only be approved by club members at a Special General Meeting. The notice of this meeting will be posted to all members in the near future. It is hoped that as many members as possible will attend the meeting and help decide whether or not we should become fully affiliated to ANSW.

### Benefits to members of Full Affiliation.

Quarterly magazine "Athletics"; Summer and/ or Winter Handbook; eligibility to compete in ANSW state championships, Athletics Australia events and for selection to National Teams; Public and Products Liability Insurance whilst participating or officiating in ANSW activities; Sports Injury and Personal Accident insurance whilst participating or officiating in ANSW activities; Professional Indemnity insurance whilst officiating, coaching or administrating ANSW activities; Directors and Officers insurance for club office bearers.

Perhaps of particular interest to Sydney Striders is the right to compete in the cross-country and road-running events held by ANSW during the winter season. These include the marathon and half

marathon championships, cross-country events, road relays, 10K road championship and other ANSW events.

### Costs

It is not envisaged that the Club will incur any additional costs. Individual members will however have to pay the appropriate registration fee to ANSW. For example the winter registration fee for 2002 was \$35. Masters for a full year (men and women over 30 years) was \$60.

### Sydney Striders Constitution

Sydney Striders is an incorporated association under the Associations Incorporation Act 1984. The main benefit of incorporation is that it provides limited liability to its members. The Club is a legal entity separate from the individual members. If the Club wasn't incorporated legal rights and obligations may rest with individual members.

Every incorporated club must have documented rules and ours are represented by the Club's constitution. The constitution sets out what the Club can and cannot do and is the strict guideline for the office bearers and committee members to abide by when administering the Club's affairs. The constitution may only be altered by a special resolution of the Club. A copy of the Club's constitution as it currently stands is available on our website.

In addition to the alterations required for full affiliation with ANSW there are some outstanding matters relating to the Club's Life Members which need to be included in the constitution. These matters will also be addressed in the notices.

### Summary

The opportunity to improve our relationship with Athletics NSW will provide members with many worthwhile benefits not currently available. Full affiliation will also ensure continuing cover for our public liability insurance obligations without which the club could not safely operate and which would preclude us from conducting the 10K Series and other events.

It is hoped that arrangements for the special general meeting can be put in place as soon as possible. Individual notices will be posted to all financial members in the near future.

## STaRs

The heart and soul of the everyday life in Sydney Striders is surely the Sunday Training Run. This is the core activity which draws together on a weekly basis those wonderful people who make up Sydney Striders. The Club's founders thought that 'Sunday Training Runs' was too much of a mouthful, so "STaRs" became the practical replacement.

When it's as dark as the inside of a wolf, the cold biting into to your very being, you are being chatted at by some over-excited runner who obviously did not have that last glass of port a few hours before and you are being mildly bemused by some poor innocent trying to do the 'right thing', i.e. stretching against the side of someone else's car - where else on earth would you rather be? Yes, yes, yes, I know there are lots of places but none are as good as or will be better for you than a STaR.

Great friendships and rivalries have been forged at STaRs over the years. Even though you might only see your running companions once a week there is little doubt that you get to know a lot about them after regularly running three hours every Sunday morning over a long period. These friendships are based purely on one person's ability to interact with another. It matters not what walk of life you are from, what your occupation happens to be, where you live or how good a runner you happen to be. Stripped down to the bare essentials of singlets, shorts, and runners (and whatever else) we are all equal and the only thing that will keep you equal is how much you are prepared to put in on the next long hill.

Then there is the STaR breakfast, put on in rain, hail or storm, summer and winter, hot or cold, for our personal benefit. The Paul Lunsman carrot cake on the Great North Walk, the O' Kane plum pudding when it is 40 plus in the shade, the Themsen 'McDonalds' at Cherrybrook, the Bronwyn Wassell cake at a couple of STaRs - just to name a few of the regular traditions which surround the STaR breakfast.

STaRs are hosted by regular Club members who contribute their most valuable time and generosity once or twice a year so that we can participate in perhaps the best organised regular training run conducted by any club anywhere.

Unfortunately good things cannot go on forever unless we are prepared to make a few contributions of our own. We are always in need of new STaR Hosts



to take over where for one reason or another others have left off. With the passing of time many things impact upon us and although some of our hosts seem to have become institutions in their own right others have had to give up their STaRs and move on to other pursuits.

No STaR would be complete without our personal map of the course, which for many of us is used only in cases of extreme emergency - like when you become lost. Others treat the map as something the other person uses to guide you around Sydney every Sunday. Traditionally the STaR host was responsible for the map. However over recent years we have had an ongoing project to standardise and update the format of the maps. This is still being done and although it is a job that will always need attention and the Host is still responsible for having a map, we have come along way since the project started. Many maps are available on our website in living colour and I'm sure are being used by more than only Sydney Striders.

The Club covers all of the costs associated with the STaRs with that cost being offset by our personal contribution of \$3.00 which we pay on an honour system. Hosts are not expected to be out of pocket in any way. Their time and effort is invaluable so the least we can do is make sure that all the costs are covered.

There are one or two STaRs in urgent need of new Hosts. If you would like to be involved in this most important of Club activities please give Brad Renshaw a ring on 9975-2915 (H) or 9699-1788 (W). On behalf of all of the Club's members he will be delighted to hear from you.

## Broken Wing Club

Mat Kaley - unfortunately, I qualify for the broken wing club. I started to experience pain in both knees and down the outside of my legs in December last year. I took a break over most of the summer. When the problem did not disappear, I started to visit doctors, physios and a podiatrist. While various views have been expressed, the preferred one is that I have developed tight illiotibial bands which are causing my knees to pull out of alignment, thereby causing pain.

I had been picked to represent my company in a corporate track meet in Italy in July and so desperately needed to get training again. With the

help of the physios and more stretching than I ever imagined having to do, I managed to get back to enough training to reach a modicum of fitness (about 30km/week). It was enough to let me compete in the track meet, where I was pleased to be able to run the 1500m in 4.21 for 5th place.

With that done, I have stopped running altogether to give my legs an opportunity to recover. I am doing some cycling in the meantime, which doesn't seem to irritate the injury, and am enjoying it. I am looking forward to getting back to running, but am fairly comfortable trying another sport until then. Given that I do not expect a sudden improvement, I wish Striders all the best for Christmas and the summer season.

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## The Black Art and Weird Science of Handicapping

By Stephen Jackson

Striders have two series and an event that require handicapping each year. One is the 10k Series with its own peculiar handicapping system, which is steeped in South African Strider tradition (note that lots and lots of running clubs in South Africa have various prenomes to the title Strider). Another is the Handicap Half Marathon, resurrected in 2001 by the sterling efforts of one John Whealy, a long standing Strider. The third handicap is the WAVA points score used in the Super Series, which is based on the World Amateur Veteran Association's tables of age and gender world records at all sorts of distances.

### The 10k Series (science)

The 10k Series handicap system is quite straightforward, quite brutal, and has absolutely no time for injuries or even death. It is a formula that is black and white, no correspondence entered into. A runner must complete a 10k Series race to affect their handicap, and even the annual automatic Christmas adjustment can only be gained by running at least one race in that year. The handicap decreases by 80% of an improvement, so if you run fast your handicap gets clobbered. However, somewhat sadistically, run a lousy one and the most your handicap will move out is the lesser of 10% or 15 seconds. The last few years has seen a couple of smart runners "work the system" to do well in the 10k Handicap competition. 2003 may see some changes to maintain the integrity and masochistic nature of the 10k handicap competition.

## Handicapper at work – Stephen Jackson



### The Super Series (science and art)

Not as nasty as the 10k system is the Super Series WAVA handicap system. It is made up of tables of points indexed by age, gender, and distance. Both sexes, ages from 15 through to 100, and distances from 100m to marathon are covered. The resulting score is out of 1000 where 1000 is the world record at that age, distance, and sex. Confused? An example may help. For WAVA purposes, the world record for the marathon sits at 2:06 for the blokes, and 2:20 for the ladies. (Ok, Paula Radcliffe blew that away recently in Chicago) Statistics show that optimal marathon ages for males are from 20 to 37 years old. So, if a male runs 2:06 for the marathon then he would score 1000. Similarly, a female running a 2:20 will score 1000 – so long as she is between 20 and 36. A male at 38 is allowed to slow down 21 seconds and still score that magical 1000 points. A lady at 40 can slow down 2 minutes 38 seconds and still score 1000. So, what does that mean to us mere mortals? Our times are reduced to a percentage of the world record for that distance, age and gender. That is your score.

A side benefit is that anyone can compare their time over any distance at any time in the past with their times today and see if they are still performing as well as years ago.

Now for the art. Unfortunately, Striders compete over all sorts of distances and terrains. The WAVA tables are for flat road races over standard distances, so the Strider's version of the tables uses statistical methods to extrapolate point scores for odd distances and difficult terrains. Examples are the 46k Six Foot Track – it equates to a 60km road race, and City to Surf which matches a 15k race without the hills.

How well does it work? As I write this the top four positions in the WAVA points score are, in order, a Female Vet, Male Vet, Male Master, and Male Open – certainly makes for an even contest.

### The Handicap Half – (art and science)

Now for the third system. The Handicap Half handicap system starts off as a science with a strict formula, but rapidly degenerates into negotiation, claim, and counter claim which, I am sure, will soon see the first QC engaged to obtain a more favourable handicap. The first round of handicaps are calculated by a strict formula which starts with all results on file for the year extrapolated to estimated half marathon times. 10k times are multiplied by 2.2, marathon times multiplied by 0.47, and all other distances adjusted accordingly. Those times are then weighted with more recent times counting more heavily than times from earlier in the year. All those times are then averaged and a half marathon handicap emerges. So far it is all science.

The black art then emerges to manipulate those handicaps. Times which are well away from a Strider's average are reviewed and, if warranted, removed from the equation. For example, walking a City to Surf in 150 minutes with the kids when a 90 minute SMH Half was only a few months before will see the C2S dropped from the equation. Finishing the Sydney Marathon despite a torn hamstring, and hence a notional 120 minute half marathon rather than probable 95 minute half will see the marathon removed. On the other hand, an estimate of 85 based on 10k times from early in the year, but a string of injuries and bugger all running since then will see an allowance made – how much of an allowance depends on discussions / negotiations / bribery with the handicapper.

### ...and finally

Oh yes, the handicapper reserves the right to cancel a handicap or vary it if the wool has been pulled over the handicappers eyes – or an honest error has been made. Last year a late handicap at the Half was set when the runner said "I think I will run a one twenty one". This was heard as a 121 minute half, but was meant as a 1 hour 21 minute half... oops.

You would think the handicapper would do well in the Handicap Half. Not so, in fact 62<sup>nd</sup> last year, and lucky last in the previous one.. perhaps this year!

(Nope, middle of the pack).

## Katoomba – Mittagong Run 137km 31<sup>st</sup> Aug 02

By Sean Greenhill

The Katoomba – Mittagong, a route through the best of the southern Blue Mountains, was one we'd thought about for a while. It called for almost complete self-sufficiency. There would be water to drink from tanks or creeks every few hours, but we couldn't count on any food drops, as Yerranderie - the only access point by road - involved a 6 hour drive from Sydney. It ended up on the Fat Ass schedule last weekend due a need for a long run before Glasshouse and the route had been done twice - as a mountain-bike ride, then as a three day run (camping out) so we knew it was feasible.

The best runs are those that involve a 'total running weekend' - getting together the night before with fellow campaigners to trade war stories, talk training, and prepare for 'going over the top' the next morning. Starters for this run would include Martin Fryer and Kevin Tiller. Thomas Schattovits was going to Yerranderie only, where his family were staying. He offered to have stuff transported there, but only Jan Herrmann took up the offer, ducking down to Coles to come back with food and a six pack of James Boag's finest.

### Down Narrowneck and the Taros Ladder

We were at Katoomba station not long after 5.30. The morning was clear and cool, but not too chill by Katoomba August standards. We ran down the main drag of Katoomba and onto Glenraphael Drive which runs the length of Narrowneck. Seeing Narrowneck itself stretch into the distance was impressive enough, but looking at the south face of Mt Solitary was remarkable. Off to the west, we could see Mt Cloudmaker, a high massif towering over the rest of the Kanangra area.

After passing Clear Hill at the end of Narrowneck, we could see almost all the way to Mittagong. "Ohh shit," I muttered, for through the blue haze we could see range after range, stretching away to the horizon, and we would cover all of that, plus more.

We descended a narrow cleft in the cliff face to Taros Ladder, a series of bolts hammered into the steepest section of the rock face. I was getting the shakes whilst hanging into space, searching for a footrest, and my quads started to cramp from the stop-start movement.

We ran over a decent footpath over Mt Debert and dropped to Medlow Gap; from there down a fire trail dropping steeply along White Dog Ridge to the Coxs River. The sun came out as we descended and I removed my gloves and thermals; it would be a hot day today.

The trail dropping off the White Dog firetrail to the bank of the Coxs was precipitously steep and dry, loose soil and rocks making the footing treacherous. My cramp got worse, and I was walking like a tin man when we hit the Coxs. Shoes, socks came off, we went over (damned cold!) and then walked upstream to the foot of the Mt Cookem trail.

### Up Mount Cookem

This is one of the worst hills in the world. Steep, loose, rocky, winding round the face, it took forever to get there. I admired the view from the lookout, picked out a few landmarks (Narrowneck seemed a long way away) and set off just as Kev motored into sight.

The trail was quite pleasant, rolling undulations covered in leaves until it ran out onto the Old Cedar Road which used to connect Camden to Wentworth Falls before the Warragamba Dam. It became a wide, graded dirt road which radiated the sun's heat. We could still pick landmarks between the trees; the Blue Breaks were prominent on the left. It was noon when we jogged down a side trail to New Yards Hut.

### To Yerranderie 'Ghost-Town'..and a beer

The next section had some good views in the direction we were going - the Axehead Range and Kowmung Peak. There wasn't a flat section. We were getting dry; water was scarce along the range. There were some water holes put in by the Water Board but all looked very murky... which begs the question, why not put in tanks rather than waterholes?

Our objective was Byrnes Gap, where the next hut with water tanks was. We crossed the dry Butchers Creek, and after a few more ups and downs we reached the hut around 4.30pm. We had a meal stop, and set out to jog to Yerranderie about 5km away. We passed under looming Yerranderie Peak, crossed the slow-flowing Tonalli River in a pleasant meadow, and jogged up the road to the old ghost town of



Yerranderie at 5.30pm, to find Jan waiting on the verandah of Thomas' family's hut. He was hoeing into the food and beer that he'd had driven in for him, so Lawrence Mead and I finished off the last two James Boag's. (*Lawrence and Sean ran together on this run, Twelve Foot Track and Glasshouse 100*).

Fuelled by chips and beer, we steamed into the night. It was relatively warm and we flew down the trail to the Wollondilly two hours away. The terrain changed from dry Australian forest to open savannah plains; occasionally our lights would spotlight kangaroos off in the fields, and a couple of wombats dashed across the trail. It was a rockier trail, but my feet still felt good on the downhill. I remarked on how good they felt after some 80kms. Must have been the hydropel I was using.

### To Wollondilly Creek

At the Wollondilly it was shoes and socks off again. We were eating and refilling bottles on the far side of the bank not long after 8pm. Food was running low after our meal stops. We estimated eight hours to go; three hours to Burnt Flat, so our next meal stop would be there.

The run from the Wollondilly to Burnt Flat was over two types of terrain; undulating firetrail above the river, heading down towards Fowlers Flat; and more steeply undulating firetrail around the base of Wanganderry Tableland and Bonnum Pic. The surface was very loose and dusty and peppered with rocks. I was mentally bummed - eight hours to go (?) and over very steep terrain. I also had a hypoglycaemic episode above the river; after running to the top of a rise my vision blurred and I became dizzy. I ate a muesli bar, and recovered in a few minutes. We were at our limit.

The next meal break was forced on us sooner than planned; we had not yet reached the foothills of Bonnum Pic when fatigue forced us to stop and eat more. While running along here, we experienced the same phenomenon we felt at Twelve Foot Track; occasional warm walls of air which we passed through, even with no wind around - weird!

### Up and up Mt Wanganderry Road

We stopped at the foot of Mt Wanganderry Road. This is the world's steepest road. Straight up the escarpment, no switchbacks, rising 300m in a kilometre... a 30% grade. We refilled our bottles when we crossed Burnt Flat Creek.

It was bitterly cold, so when I had another hypoglycaemic episode, vision blurring and weaving across the road, we donned our spray jackets and gloves to keep the wind out and body heat in. I walked for a while, but found my feet were more painful walking than running, so we picked it up again and got to the turnoff to Wombeyan Caves Rd. at about 3.15am. There was 22km of bitumen to go. Jan told us that the other three had just left. Yes, he'd talked to them!

### The chase starts

Lawrence Mead and I turned to each other... "Victory!" we exulted. I recited the 'smell of victory' speech Robert Duvall gave in 'Apocalypse Now'. Lawrence suggested I give it to the other three when we caught them. Now, having run further than any of us had before, we were going to start racing. In the back of my head I suspected we might not catch them until after we reached the highway with 5km to go. After all, making up 15 minutes over 22km was a tough ask. Jan, however, insisted they were all buggered and there would be no doubt.

Every time a roadside reflector shone, we'd get excited - was it them? We'd dip our lights and the glow would fade. It got colder. Our breath came in huge white bursts of mist that were picked up in each others lights, flickering in and out of view like ghosts. We all had jackets on to keep out the cold. Banks of fog rolled in. At the top of a hill, Jan declared "they are not far in front... I've seen their lights." We saw a light within a few minutes, flickering back and forth - Martin Fryer. It was almost 5am and Martin was reduced to walking only on badly battered feet. He was cursing himself as we ran past. Just around the next corner, more lights; Kieron Thompson and Ian Wright.

We ran past them as hard as we could - that might convince them not to come back at us. Lawrence and I switched off our lights so they couldn't see us either. We ran by light from a sliver of moon only. Looking back, the lights of Ian and Kieron were persistent; it would take a while to shake them.

### Mittagong

We reached the freeway overpass; 6km to go by the sign. About 5.45am and the grey dawn was accentuated by the blazing lights of the road. The climb up the overpass seemed the longest hill in the world; I had no food left except a part-empty condensed milk tube. The last contents were

extracted and the Mittagong limits sign was passed- 3km to city centre. Fastest 3km I'd ever run - sign must be wrong.

All three of us were strung out along the road. 6.06am passed; we had been going 24 hours. Running up the deserted main street, we heard a train pull into the station. It was 6.17 when we turned a corner, and, as a trio, jogged to the steps of the train station. Yeeees! 137 very tough kms in 24 hours 11 minutes. We took a few photos to prove we'd really made it to Mittagong. Ian and Kieron came running in, looking shattered. They had finished 11 minutes behind us, although Kieron had the fastest elapsed time of all with his late start taken into account.

Armed with hot pies and milkshakes, we saw Martin come in after 24.45. He later said that overall, with the effects of terrain and self support taken into account, this run was tougher than Glasshouse.

### The Lesson Learnt

Good beer makes you run faster and longer.

\*\*\*\*\*



Sean Greenhill finishes Glasshouse 100 mile

### Glasshouse 100 mile

|                 |                 |           |                         |
|-----------------|-----------------|-----------|-------------------------|
| 1 <sup>st</sup> | Kieron Thompson | 21h53m28s |                         |
| 3 <sup>rd</sup> | Kelvin Marshall | 24h58m42s | 1 <sup>st</sup> Strider |
| 7 <sup>th</sup> | Sean Greenhill  | 27h39m26s |                         |

Sean completed the race on his third attempt and may be back next year to try and break 24hrs. 18 runners started the race with 10 finishing. There is also a 50

mile event and a relay. Jonathan Worswick wasn't in the field after setting a 17 hour course record last year. Sean's battered feet were documented for posterity by a documentary film crew. Sean says there may be a course change next year and an earlier date - maybe late August to escape the hot spring weather. Full report was on the LiSSt - sorry not room in this 'Blister' but can make copies available.

## Twelve Foot Track

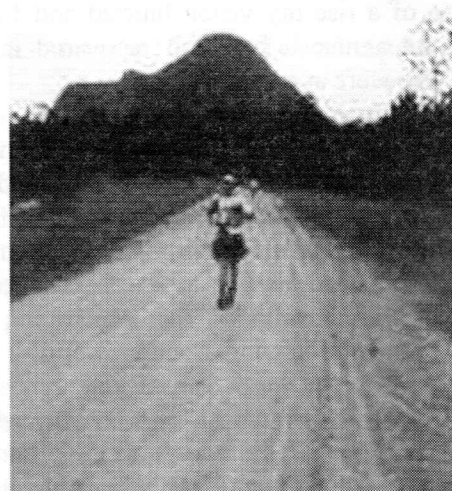
### August 10th

The second running of Twelve Foot Track (that's Six Foot Track there-and-back) saw a race record from Jonathan Worswick - in spite of taking a wrong turn. The Six Foot Track times, i.e. halfway, were 4h 50m for Jonathan, 6h15m for Sean and 6h 45m for Kevin.

"You're going back to Katoomba? Tonight???" - Camper at Cox's River campground, 6pm

"If someone said I could only do one race a year, this would be the one." - Kevin Tiller

|                   |                          |
|-------------------|--------------------------|
| Jonathan Worswick | 10h 36m (record) Strider |
| Kieron Thompson   | 10hr50m                  |
| Jan Herrman       | 13hs 55m                 |
| Lawrence Mead     | 14h 25m                  |
| Sean Greenhill    | 14h25m Strider           |
| Kevin Tiller      | 17h 37m Strider          |
| Peter Armistead   | Ran course variant       |
| Ross Yates        | Ditto                    |



Glasshouse - Sean coming back from Mt Beerwah, 6.20am Sunday. 148km under the belt. Hey, I can still run!

## Sydney Striders 10k Series

Sponsored by the Randwick Runners Shop

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Remember - Striders get a discount !!

### Races 6, 7 and 8 – Domain, Lane Cove, North Head

#### Race 6 Domain 3<sup>rd</sup> August 2002 Outright Results

| Open Men |                 |       |                         |
|----------|-----------------|-------|-------------------------|
| 1        | Jussi Utriainen | 30.27 |                         |
| 2        | Chris Truscott  | 32.58 | 1 <sup>st</sup> Strider |
| 3        | Andrew Knox     | 33.03 | 2 <sup>nd</sup> Strider |

| Open Women |                  |       |  |
|------------|------------------|-------|--|
| 1          | Colleen McCarthy | 40.23 |  |
| 2          | Sadie Bolton     | 40.30 |  |
| 3          | Sally Doppler    | 43.08 |  |

| Pl. | Striders           | mm.ss |
|-----|--------------------|-------|
| 1   | Chris Truscott     | 32.58 |
| 2   | Andrew Knox        | 33.03 |
| 3   | Jonathon Craig     | 34.24 |
| 4   | Andrew Gibbons     | 34.54 |
| 5   | John Young         | 35.12 |
| 6   | Ross Sinclair      | 36.49 |
| 7   | Greg Coy           | 37.36 |
| 8   | Peter Cremen       | 37.48 |
| 9   | Ron Schwebel       | 38.28 |
| 10  | Jonathan Worswick  | 38.29 |
| 11  | Neil Barker        | 38.48 |
| 12  | Greg Donovan       | 39.06 |
| 13  | John Van Yzendoorn | 39.10 |
| 14  | Paul Jackson       | 39.20 |
| 15  | Philip Boswell     | 40.31 |
| 16  | Simon Kent-Jones   | 40.36 |
| 17  | Charles Coville    | 41.03 |
| 18  | Darren Goodsir     | 41.15 |
| 19  | Kendall Waller     | 41.43 |
| 20  | Barry Rutter       | 41.45 |
| 21  | Peter Woods        | 43.02 |
| 22  | Alex Whitworth     | 43.13 |
| 23  | Gary Aitkenhead    | 43.18 |
| 24  | Tim Austin         | 43.36 |

|    |                    |       |   |
|----|--------------------|-------|---|
| 25 | Charles King       | 43.37 |   |
| 26 | Nigel Phillips     | 43.40 |   |
| 27 | Melanie Watson     | 43.47 | F |
| 28 | Mike Hansen        | 43.54 |   |
| 29 | Mark Davis         | 44.20 |   |
| 30 | Salvador Gala      | 44.23 |   |
| 31 | Paul Trainor       | 44.31 |   |
| 32 | Lucy Anderson      | 44.44 | F |
| 33 | Lisa Carroli       | 45.09 | F |
| 34 | David Ritchie      | 45.11 |   |
| 35 | Stephen Bodnar     | 45.15 |   |
| 36 | Tracey Love        | 45.22 | F |
| 37 | Dennis Nel         | 46.06 |   |
| 38 | Clara Vucetic      | 46.14 | F |
| 39 | Brian O'Dea        | 46.26 |   |
| 40 | David Adler        | 46.27 |   |
| 41 | Paul Thompson      | 46.36 |   |
| 42 | Glenda Mitchell    | 46.40 | F |
| 43 | Bernadette Boulous | 46.50 | F |
| 44 | Emma Anderson      | 46.59 | F |
| 45 | George Herisson    | 47.02 |   |
| 46 | Tony Mitchell      | 47.08 |   |
| 47 | Daniel Altshuler   | 47.13 |   |
| 48 | Sharon Callister   | 47.24 | F |
| 49 | Heiko Schaefer     | 47.30 |   |
| 50 | Manfred Fiedler    | 47.47 |   |
| 51 | Denis Speyer       | 47.58 |   |
| 52 | Bronwyn Adams      | 47.59 | F |
| 53 | John Kerr          | 48.00 |   |
| 54 | Victoria Pilkerton | 48.07 | F |
| 55 | Leigh MacRitchie   | 48.19 | F |
| 56 | Sarah Braund       | 48.30 | F |
| 57 | Steve Packer       | 48.45 |   |
| 58 | Ted Brailey        | 48.50 |   |
| 59 | Tina Campbell      | 49.10 | F |
| 60 | Sarah Brown        | 49.29 | F |
| 61 | Elizabeth Woodhams | 49.31 | F |
| 62 | Jeff Morunga       | 49.40 |   |



|    |                  |       |   |
|----|------------------|-------|---|
| 63 | Mary Barnes      | 49.56 | F |
| 64 | Robert Chalmers  | 50.04 |   |
| 65 | Kevin O'Kane     | 50.13 |   |
| 66 | Samantha Glenney | 50.19 | F |
| 67 | Robert Inglis    | 50.35 |   |
| 68 | Michael Wilson   | 50.40 |   |
| 69 | Jack Leigh       | 51.25 |   |
| 70 | Norman Kang      | 51.42 |   |
| 71 | Benny Gauci      | 52.08 | F |
| 72 | Allison Lilley   | 52.26 | F |
| 73 | Alastair Wallace | 52.29 |   |
| 74 | Jurg Kunzle      | 55.33 |   |
| 75 | Frank Dearn      | 56.15 |   |
| 76 | John Sparks      | 66.28 |   |
| 77 | Frances Brown    | dnf   | F |
| 78 | Walter Mitchell  | dnf   |   |
| 79 | Mark Davis       | dnf   |   |
| 80 | Mike Ward        | dnf   |   |

**Race 7 Lane Cove 7<sup>th</sup> September 2002**  
**Outright Results**

**Open Men**

|   |             |       |                         |
|---|-------------|-------|-------------------------|
| 1 | Andrew Knox | 33.08 | 1 <sup>st</sup> Strider |
| 2 | John Young  | 34.13 | 2 <sup>nd</sup> Strider |
| 3 | Shane Con   | 35.41 |                         |

**Open Women**

|   |                |       |                         |
|---|----------------|-------|-------------------------|
| 1 | Jenny Truscott | 37.31 | 1 <sup>st</sup> Strider |
| 2 | Joanne Cowan   | 39.08 | 2 <sup>nd</sup> Strider |
| 3 | Sadie Bolton   | 42.28 |                         |

**Pl. Striders mm.ss**

|    |                    |       |   |
|----|--------------------|-------|---|
| 1  | Andrew Knox        | 33.08 |   |
| 2  | John Young         | 34.13 |   |
| 3  | Stuart Chellis     | 35.48 |   |
| 4  | Jonathon Craig     | 36.31 |   |
| 5  | Ross Sinclair      | 36.41 |   |
| 6  | Stephen Jackson    | 36.44 |   |
| 7  | Greg Coy           | 37.14 |   |
| 8  | Jenny Truscott     | 37.31 | F |
| 9  | Mark Wilson        | 37.46 |   |
| 10 | Keith Bateman      | 38.00 |   |
| 11 | Mark Fiore         | 38.23 |   |
| 12 | Ray Doran          | 38.50 |   |
| 13 | Joanne Cowan       | 39.08 | F |
| 14 | John Van Yzendoorn | 39.13 |   |
| 15 | Anthony Carpenter  | 39.18 |   |
| 16 | Greg Donovan       | 39.37 |   |
| 17 | Neil Barker        | 40.18 |   |
| 18 | John Hamilton      | 40.33 |   |
| 19 | Ken Harris         | 41.05 |   |
| 20 | Gary Aitkenhead    | 41.12 |   |
| 21 | Charles Coville    | 41.37 |   |
| 22 | Walter Mitchell    | 41.48 |   |

|    |                    |       |   |
|----|--------------------|-------|---|
| 23 | Stephen Ball       | 41.56 |   |
| 24 | Rod Lovel          | 42.02 |   |
| 25 | Barry Rutter       | 42.33 |   |
| 26 | Kendall Waller     | 42.44 |   |
| 27 | Bruce Craven       | 42.45 |   |
| 28 | Mark Davis         | 43.36 |   |
| 29 | Paul Trainor       | 43.38 |   |
| 30 | Gregory Prerau     | 43.44 |   |
| 31 | Peter Woods        | 43.49 |   |
| 32 | Charles King       | 44.06 |   |
| 33 | Salvador Gala      | 44.14 |   |
| 34 | Fiero Mammone      | 44.24 |   |
| 35 | Mike Hansen        | 44.36 |   |
| 36 | Daniel Altshuler   | 44.39 |   |
| 37 | Ian Singer         | 45.29 |   |
| 38 | Dennis Nel         | 45.52 |   |
| 39 | David Adler        | 46.37 |   |
| 40 | Bernadette Boulous | 46.49 | F |
| 41 | Sean Greenhill     | 46.59 |   |
| 42 | Paul Thompson      | 47.09 |   |
| 43 | Mario Torresan     | 47.10 |   |
| 44 | Glenda Mitchell    | 47.11 | F |
| 45 | Brian O'Dea        | 47.12 |   |
| 46 | Matthew Johan      | 47.21 |   |
| 47 | Mike Ward          | 47.42 |   |
| 48 | Graham Willis      | 47.46 |   |
| 49 | David Ritchie      | 47.58 |   |
| 50 | Clara Vucetic      | 48.11 | F |
| 51 | Steve Packer       | 48.20 |   |
| 52 | Michael Wilson     | 48.33 |   |
| 53 | John Kerr          | 49.24 |   |
| 54 | Leigh MacRitchie   | 49.41 | F |
| 55 | Heiko Schaefer     | 49.44 |   |
| 56 | Simon Apter        | 49.46 |   |
| 57 | Elizabeth Woodhams | 50.27 | F |
| 58 | Manfred Fiedler    | 50.28 |   |
| 59 | Alastair Wallace   | 51.11 |   |
| 60 | Norman Kang        | 51.29 |   |
| 61 | Benny Gauci        | 51.46 | F |
| 62 | Robert Chalmers    | 51.47 |   |
| 63 | Frances Brown      | 53.22 | F |
| 64 | Geoff Taylor       | 55.37 |   |
| 65 | Frank Dearn        | 56.10 |   |
| 66 | Kevin O'Kane       | 56.11 |   |
| 67 | Mercy Samia        | 56.54 | F |
| 68 | Beryl Wilson       | 57.23 | F |
| 69 | Jo Bourke          | 58.34 | F |
| 70 | Megan Jackson      | 60.40 | F |
| 71 | Ted Brailey        | 65.27 |   |
| 72 | Allison Lilley     | 65.34 | F |
| 73 | John Sparks        | 68.56 |   |
| 74 | Jack Leigh         | dnf   |   |

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**Race 8 North Head 5<sup>th</sup> October 2002****Outright Results****Open Men**

|   |                |       |                         |
|---|----------------|-------|-------------------------|
| 1 | Matt McDonough | 31.32 |                         |
| 2 | Andrew Knox    | 32.45 | 1 <sup>st</sup> Strider |
| 3 | John Young     | 33.42 | 2 <sup>nd</sup> Strider |

**Open Women**

|   |                |       |                         |
|---|----------------|-------|-------------------------|
| 1 | Jenny Truscott | 37.32 | 1 <sup>st</sup> Strider |
| 2 | Jan Phillips   | 42.01 |                         |
| 3 | Jo Pai         | 42.30 |                         |

**Pl Striders mm.ss**

|    |                    |       |   |
|----|--------------------|-------|---|
| 1  | Andrew Knox        | 32.45 |   |
| 2  | John Young         | 33.42 |   |
| 3  | Stuart Chellis     | 35.34 |   |
| 4  | Ross Sinclair      | 36.51 |   |
| 5  | Greg Coy           | 37.16 |   |
| 6  | David Burgess      | 37.25 |   |
| 7  | Jenny Truscott     | 37.32 | F |
| 8  | Stephen Jackson    | 37.34 |   |
| 9  | Keith Bateman      | 37.38 |   |
| 10 | Peter Cremen       | 37.46 |   |
| 11 | Wayne Stanton      | 38.03 |   |
| 12 | Martin Matthews    | 38.28 |   |
| 13 | Ray Doran          | 38.33 |   |
| 14 | Mark Fiore         | 38.51 |   |
| 15 | Grahame Murphy     | 39.40 |   |
| 16 | Graham Farnsworth  | 40.20 |   |
| 17 | Ken Harris         | 40.25 |   |
| 18 | Ron Schwebel       | 40.31 |   |
| 19 | Charles Coville    | 40.34 |   |
| 20 | Gary Aitkenhead    | 40.41 |   |
| 21 | Barry Rutter       | 40.54 |   |
| 22 | Steve Hume         | 41.06 |   |
| 23 | Kendall Waller     | 41.22 |   |
| 24 | Gregory Prerau     | 42.15 |   |
| 25 | Rod Lovel          | 42.33 |   |
| 26 | Tim Austin         | 42.46 |   |
| 27 | Caroline Yarnell   | 42.47 | F |
| 28 | Ian Singer         | 42.48 |   |
| 29 | Mark Davis         | 43.13 |   |
| 30 | Stephen Bodnar     | 43.26 |   |
| 31 | Salvador Gala      | 43.32 |   |
| 32 | Mike Hansen        | 43.45 |   |
| 33 | Paul Thompson      | 45.03 |   |
| 34 | Michael Rees-Evans | 45.48 |   |
| 35 | Bernadette Boulous | 46.07 | F |
| 36 | Dennis Nel         | 46.08 |   |
| 37 | Brian O'Dea        | 46.09 |   |
| 38 | Lucy Anderson      | 46.10 | F |
| 39 | John Van Yzendoorn | 46.11 |   |
| 40 | Graham Willis      | 46.34 |   |
| 41 | Mario Torresan     | 46.40 |   |

|    |                     |       |   |
|----|---------------------|-------|---|
| 42 | Brian Ogilwy        | 46.51 |   |
| 43 | Steve Packer        | 46.55 |   |
| 44 | Clara Vucetic       | 47.03 | F |
| 45 | Sharon Callister    | 47.32 | F |
| 46 | Graham Sharp        | 48.11 |   |
| 47 | George Herisson     | 48.20 |   |
| 48 | David Adler         | 48.32 |   |
| 49 | Elizabeth Woodhams  | 48.33 | F |
| 50 | Peter Hammerschmidt | 48.43 |   |
| 51 | Heiko Schaefer      | 48.46 |   |
| 52 | Ted Brailey         | 48.55 |   |
| 53 | John Kerr           | 49.22 |   |
| 54 | Kevin O'Kane        | 49.26 |   |
| 55 | Heather Forster     | 49.31 | F |
| 56 | David Cooke         | 50.09 |   |
| 57 | Benny Gauci         | 50.33 | F |
| 58 | Timothy Thompson    | 50.55 |   |
| 59 | Duncan Scott        | 51.48 |   |
| 60 | Frances Brown       | 52.47 | F |
| 61 | Patricia Pittorino  | 54.58 | F |
| 62 | Frank Dearn         | 55.09 |   |
| 63 | Rod Ross            | 58.20 |   |
| 64 | Tina Campbell       | dnf   | F |

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**10k Handicap Placings***Best eight races count at the end of the Series*

|                    | NH | LC | Do | LC | NH | Do | LC | NH | Tot |
|--------------------|----|----|----|----|----|----|----|----|-----|
|                    | m  |    |    | m  |    |    |    |    |     |
| Salvador Gala      | 2  | 40 | 47 | 41 | 46 | 49 | 43 | 46 | 314 |
| Paul Trainor       | 2  | 43 | 45 | 43 | 42 | 27 | 46 | 0  | 248 |
| Glenda Mitchell    | 44 | 19 | 36 | 31 | 49 | 37 | 28 | 0  | 244 |
| Paul Thompson      | 2  | 50 | 39 | 30 | 0  | 35 | 25 | 49 | 230 |
| Frank Dearn        | 26 | 31 | 13 | 33 | 29 | 14 | 29 | 45 | 220 |
| Keith Bateman      | 35 | 26 | 40 | 40 | 24 | 0  | 21 | 25 | 211 |
| Elizabeth Woodhams | 47 | 0  | 0  | 8  | 50 | 22 | 19 | 47 | 193 |
| Walter Mitchell    | 19 | 32 | 20 | 38 | 37 | 2  | 38 | 0  | 186 |
| Clara Vucetic      | 45 | 21 | 27 | 22 | 9  | 32 | 4  | 19 | 179 |
| Frances Brown      | 39 | 8  | 29 | 2  | 45 | 2  | 13 | 20 | 158 |
| David Adler        | 2  | 25 | 2  | 35 | 0  | 46 | 37 | 7  | 154 |
| Andrew Knox        | 2  | 4  | 0  | 13 | 23 | 34 | 36 | 39 | 151 |
| Kendall Waller     | 37 | 36 | 8  | 0  | 0  | 18 | 15 | 35 | 149 |
| Charles King       | 20 | 24 | 2  | 24 | 20 | 30 | 27 | 0  | 147 |
| Gregory Prerau     | 10 | 2  | 0  | 29 | 40 | 0  | 16 | 42 | 139 |
| Heiko Schaefer     | 33 | 2  | 43 | 3  | 19 | 24 | 2  | 12 | 138 |
| John Van           | 34 | 37 | 2  | 2  | 13 | 16 | 30 | 2  | 136 |
| Yzendoorn          |    |    |    |    |    |    |    |    |     |
| Jack Leigh         | 2  | 46 | 2  | 48 | 32 | 2  | 2  | 0  | 134 |
| Ted Brailey        | 2  | 2  | 7  | 26 | 30 | 29 | 2  | 33 | 131 |
| Gary Aitkenhead    | 2  | 0  | 41 | 2  | 17 | 2  | 32 | 34 | 130 |
| Allison Lilley     | 2  | 23 | 46 | 10 | 2  | 43 | 2  | 0  | 128 |
| Leigh MacRitchie   | 49 | 2  | 2  | 44 | 11 | 13 | 7  | 0  | 128 |
| Sharon Callister   | 0  | 30 | 2  | 17 | 26 | 25 | 0  | 28 | 128 |
| Michael Sharp      | 42 | 38 | 15 | 2  | 27 | 0  | 2  | 0  | 126 |

|                    |    |    |    |    |    |    |    |    |     |
|--------------------|----|----|----|----|----|----|----|----|-----|
| Stephen Jackson    | 3  | 15 | 12 | 20 | 34 | 0  | 31 | 11 | 126 |
| Ken Harris         | 2  | 2  | 38 | 0  | 0  | 0  | 39 | 44 | 125 |
| Neil Barker        | 0  | 16 | 14 | 39 | 0  | 44 | 12 | 0  | 125 |
| Julian Wright      | 25 | 48 | 49 | 2  | 0  | 0  | 0  | 0  | 124 |
| Sean Ryan          | 46 | 29 | 0  | 0  | 48 | 0  | 0  | 0  | 123 |
| Darren Goodsir     | 0  | 0  | 26 | 0  | 44 | 47 | 0  | 0  | 117 |
| Charles Coville    | 15 | 9  | 30 | 2  | 0  | 11 | 18 | 30 | 115 |
| Peter Cremen       | 0  | 0  | 44 | 0  | 0  | 40 | 0  | 31 | 115 |
| Ron Schwebel       | 38 | 17 | 17 | 19 | 12 | 8  | 2  | 2  | 115 |
| Mario Torresan     | 0  | 0  | 2  | 49 | 47 | 0  | 6  | 10 | 114 |
| Tracey Love        | 6  | 34 | 2  | 4  | 38 | 26 | 2  | 2  | 114 |
| Graham Willis      | 18 | 0  | 9  | 21 | 33 | 0  | 8  | 24 | 113 |
| David Burgess      | 2  | 2  | 0  | 42 | 25 | 0  | 0  | 38 | 109 |
| Dennis Nel         | 8  | 45 | 2  | 47 | 0  | 2  | 2  | 2  | 108 |
| Simon Kent-Jones   | 0  | 2  | 2  | 46 | 43 | 15 | 0  | 0  | 108 |
| Mark Davis         | 4  | 2  | 21 | 2  | 0  | 6  | 35 | 37 | 107 |
| Ross Sinclair      | 32 | 2  | 0  | 7  | 18 | 7  | 22 | 18 | 106 |
| John Young         | 11 | 2  | 16 | 0  | 0  | 2  | 33 | 41 | 105 |
| Bernadette Boulous | 0  | 0  | 2  | 37 | 0  | 10 | 23 | 32 | 104 |
| Greg Coy           | 13 | 7  | 18 | 14 | 0  | 5  | 26 | 21 | 104 |
| Rod Lovel          | 2  | 13 | 0  | 2  | 22 | 0  | 42 | 22 | 103 |
| Chris Truscott     | 0  | 35 | 28 | 11 | 0  | 28 | 0  | 0  | 102 |
| Barry Rutter       | 16 | 5  | 2  | 2  | 21 | 9  | 9  | 36 | 100 |
| Caroline Yarnell   | 36 | 0  | 10 | 0  | 39 | 2  | 0  | 13 | 100 |
| Joanne Cowan       | 31 | 22 | 2  | 9  | 14 | 2  | 17 | 0  | 97  |
| Michael Rees-Evans | 0  | 0  | 2  | 45 | 0  | 0  | 0  | 50 | 97  |
| Steve Packer       | 0  | 0  | 0  | 0  | 0  | 2  | 45 | 48 | 95  |
| Mark Wilson        | 29 | 10 | 2  | 12 | 31 | 0  | 10 | 0  | 94  |
| Jenny Truscott     | 30 | 0  | 0  | 0  | 0  | 0  | 34 | 29 | 93  |
| Paul Jackson       | 22 | 44 | 2  | 0  | 2  | 19 | 0  | 0  | 89  |
| David Camm         | 0  | 2  | 50 | 36 | 0  | 0  | 0  | 0  | 88  |
| Peter Woods        | 41 | 28 | 2  | 6  | 4  | 2  | 2  | 2  | 87  |
| Greg Donovan       | 23 | 18 | 0  | 18 | 16 | 2  | 5  | 0  | 82  |
| Wayne Stanton      | 0  | 2  | 25 | 28 | 0  | 0  | 0  | 27 | 82  |
| Jeff Morunga       | 0  | 2  | 31 | 0  | 0  | 48 | 0  | 0  | 81  |
| Mark Schaefer      | 2  | 41 | 32 | 0  | 0  | 0  | 2  | 2  | 79  |
| Steve Hume         | 2  | 27 | 42 | 0  | 2  | 0  | 0  | 4  | 77  |
| Mike Hansen        | 0  | 3  | 37 | 15 | 0  | 2  | 3  | 15 | 75  |
| Alastair Wallace   | 0  | 0  | 0  | 0  | 2  | 23 | 47 | 0  | 72  |
| Peter Truscott     | 2  | 0  | 35 | 34 | 0  | 0  | 0  | 0  | 71  |
| Jonathon Craig     | 0  | 0  | 0  | 2  | 28 | 38 | 2  | 0  | 70  |
| Sarah Brown        | 0  | 0  | 2  | 50 | 0  | 17 | 0  | 0  | 69  |
| Benny Gauci        | 0  | 0  | 0  | 0  | 2  | 2  | 20 | 40 | 64  |
| George Lisson      | 0  | 0  | 0  | 27 | 36 | 0  | 0  | 0  | 63  |
| Joe Degabriele     | 43 | 12 | 2  | 2  | 2  | 2  | 0  | 0  | 63  |
| Mark Fiore         | 0  | 0  | 0  | 0  | 0  | 0  | 40 | 23 | 63  |
| Dean Gardiner      | 40 | 20 | 0  | 0  | 0  | 2  | 0  | 0  | 62  |
| John Kerr          | 0  | 2  | 2  | 2  | 3  | 33 | 11 | 9  | 62  |
| David Ritchie      | 28 | 0  | 0  | 0  | 10 | 21 | 2  | 0  | 61  |
| Denis Speyer       | 2  | 39 | 0  | 0  | 0  | 20 | 0  | 0  | 61  |
| Heather Forster    | 2  | 47 | 2  | 2  | 0  | 0  | 0  | 8  | 61  |
| Victoria Pilkerton | 0  | 0  | 2  | 16 | 0  | 39 | 0  | 0  | 57  |
| Duncan Scott       | 14 | 2  | 34 | 2  | 0  | 0  | 0  | 3  | 55  |
| Joanna White       | 48 | 2  | 3  | 2  | 0  | 0  | 0  | 0  | 55  |
| Andrew Gibbons     | 0  | 11 | 0  | 0  | 0  | 42 | 0  | 0  | 53  |
| Sean Greenhill     | 0  | 49 | 0  | 0  | 2  | 0  | 2  | 0  | 53  |

|                   |    |    |    |    |    |    |    |    |    |
|-------------------|----|----|----|----|----|----|----|----|----|
| Emma Anderson     | 0  | 0  | 0  | 2  | 0  | 50 | 0  | 0  | 52 |
| Graham Sharp      | 27 | 2  | 19 | 0  | 2  | 0  | 0  | 2  | 52 |
| Simon Apter       | 0  | 0  | 0  | 2  | 0  | 0  | 50 | 0  | 52 |
| Daniel Altshuler  | 0  | 0  | 0  | 0  | 0  | 2  | 49 | 0  | 51 |
| Philip Hodgkinson | 50 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 50 |
| Fiero Mammone     | 0  | 0  | 0  | 0  | 0  | 0  | 48 | 0  | 48 |
| Joel Mackay       | 0  | 0  | 48 | 0  | 0  | 0  | 0  | 0  | 48 |
| Melanie Watson    | 0  | 0  | 0  | 0  | 2  | 45 | 0  | 0  | 47 |
| Norman Kang       | 0  | 0  | 0  | 0  | 0  | 2  | 44 | 0  | 46 |
| Stuart Chellis    | 0  | 0  | 0  | 0  | 0  | 0  | 2  | 43 | 45 |
| David Lancaster   | 0  | 42 | 0  | 0  | 0  | 2  | 0  | 0  | 44 |
| Kevin O'Kane      | 0  | 2  | 11 | 23 | 2  | 2  | 2  | 2  | 44 |
| Jenny Wickham     | 0  | 0  | 2  | 0  | 41 | 0  | 0  | 0  | 43 |
| Megan Jackson     | 0  | 2  | 2  | 2  | 35 | 0  | 2  | 0  | 43 |
| Nigel Phillips    | 0  | 0  | 0  | 0  | 2  | 41 | 0  | 0  | 43 |
| Bruce Craven      | 0  | 0  | 0  | 0  | 0  | 0  | 41 | 0  | 41 |
| Ralph Melano      | 2  | 0  | 4  | 32 | 0  | 0  | 0  | 2  | 40 |
| Manfred Fiedler   | 0  | 2  | 2  | 0  | 0  | 31 | 2  | 2  | 39 |
| Mary Barnes       | 0  | 0  | 0  | 0  | 2  | 36 | 0  | 0  | 38 |
| Ray Doran         | 0  | 2  | 2  | 2  | 0  | 0  | 14 | 16 | 36 |
| John Hamilton     | 12 | 14 | 5  | 2  | 0  | 0  | 2  | 0  | 35 |
| Mark Robinson     | 0  | 2  | 33 | 0  | 0  | 0  | 0  | 0  | 35 |
| Mark Shingler     | 0  | 33 | 0  | 0  | 0  | 0  | 0  | 0  | 33 |
| Beryl Wilson      | 0  | 2  | 0  | 2  | 0  | 0  | 24 | 0  | 28 |
| Rachele Lazzara   | 0  | 2  | 24 | 0  | 0  | 2  | 0  | 0  | 28 |
| Stephen Bodnar    | 0  | 0  | 0  | 0  | 0  | 2  | 0  | 26 | 28 |
| Tim Ashby         | 24 | 2  | 0  | 0  | 0  | 0  | 0  | 0  | 26 |
| Godfrey Franz     | 0  | 0  | 0  | 25 | 0  | 0  | 0  | 0  | 25 |
| Roland Hassall    | 2  | 0  | 23 | 0  | 0  | 0  | 0  | 0  | 25 |
| Brian O'Dea       | 0  | 2  | 0  | 0  | 0  | 2  | 2  | 17 | 23 |
| George Herisson   | 2  | 2  | 2  | 2  | 8  | 2  | 2  | 2  | 22 |
| Scott Smiles      | 0  | 0  | 22 | 0  | 0  | 0  | 0  | 0  | 22 |
| Christopher Dwyer | 21 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 21 |
| Jonathan Trope    | 17 | 2  | 0  | 0  | 0  | 0  | 0  | 0  | 19 |
| Michael Wilson    | 0  | 2  | 2  | 2  | 7  | 2  | 2  | 0  | 17 |
| Ian Whitfield     | 2  | 2  | 2  | 2  | 2  | 2  | 2  | 2  | 16 |
| Lucy Anderson     | 0  | 0  | 0  | 0  | 0  | 2  | 0  | 14 | 16 |
| Stephen Urwin     | 0  | 0  | 0  | 0  | 15 | 0  | 0  | 0  | 15 |
| Jonathan Worswick | 0  | 0  | 2  | 0  | 0  | 12 | 0  | 0  | 14 |
| Peter Grunfeld    | 5  | 6  | 2  | 0  | 0  | 0  | 0  | 0  | 13 |
| Robert Chalmers   | 2  | 0  | 2  | 2  | 2  | 2  | 2  | 0  | 12 |
| Tim Austin        | 2  | 0  | 2  | 2  | 2  | 2  | 0  | 2  | 12 |
| Adrian Spragg     | 9  | 0  | 0  | 0  | 0  | 2  | 0  | 0  | 11 |
| Peter             | 7  | 2  | 0  | 0  | 0  | 0  | 0  | 2  | 11 |
| Hammerschmidt     |    |    |    |    |    |    |    |    |    |
| Ian Singer        | 2  | 0  | 0  | 0  | 0  | 0  | 2  | 6  | 10 |
| Jurg Kunzle       | 0  | 2  | 0  | 0  | 6  | 2  | 0  | 0  | 10 |
| Mike Ward         | 0  | 2  | 2  | 2  | 0  | 2  | 2  | 0  | 10 |
| Mary Stringer     | 0  | 0  | 2  | 2  | 5  | 0  | 0  | 0  | 9  |
| Geoff Taylor      | 0  | 0  | 6  | 0  | 0  | 0  | 2  | 0  | 8  |
| John Sparks       | 0  | 2  | 0  | 0  | 2  | 2  | 2  | 0  | 8  |
| Tina Campbell     | 2  | 0  | 0  | 2  | 0  | 2  | 0  | 2  | 8  |
| Grahame Murphy    | 0  | 2  | 0  | 0  | 0  | 0  | 0  | 5  | 7  |
| John Whealy       | 0  | 2  | 0  | 5  | 0  | 0  | 0  | 0  | 7  |
| Andrew Smith      | 2  | 2  | 2  | 0  | 0  | 0  | 0  | 0  | 6  |
| David Loader      | 2  | 0  | 2  | 2  | 0  | 0  | 0  | 0  | 6  |
| Graham Osborn     | 2  | 2  | 0  | 0  | 0  | 2  | 0  | 0  | 6  |



|                    |   |   |   |   |   |   |   |   |   |
|--------------------|---|---|---|---|---|---|---|---|---|
| Gregory Mackay     | 2 | 0 | 0 | 2 | 2 | 0 | 0 | 0 | 6 |
| Mathew Kaley       | 0 | 2 | 2 | 0 | 2 | 0 | 0 | 0 | 6 |
| Michael Christie   | 0 | 2 | 0 | 0 | 0 | 0 | 2 | 2 | 6 |
| Penny Smith        | 2 | 2 | 2 | 0 | 0 | 0 | 0 | 0 | 6 |
| Richard Wassell    | 2 | 2 | 2 | 0 | 0 | 0 | 0 | 0 | 6 |
| Philip Boswell     | 0 | 0 | 2 | 0 | 0 | 3 | 0 | 0 | 5 |
| Alex Whitworth     | 0 | 0 | 0 | 0 | 0 | 4 | 0 | 0 | 4 |
| Feisar Joya        | 2 | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 4 |
| James Moody        | 0 | 0 | 0 | 0 | 0 | 2 | 2 | 0 | 4 |
| Joanne Barton      | 2 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 4 |
| Keith White        | 0 | 0 | 2 | 2 | 0 | 0 | 0 | 0 | 4 |
| Lesley Maher       | 0 | 2 | 2 | 0 | 0 | 0 | 0 | 0 | 4 |
| Margaret White     | 0 | 0 | 2 | 2 | 0 | 0 | 0 | 0 | 4 |
| Mary Wilson        | 0 | 0 | 2 | 0 | 0 | 2 | 0 | 0 | 4 |
| Mercy Samia        | 0 | 0 | 0 | 0 | 2 | 0 | 2 | 0 | 4 |
| Mike Roach         | 0 | 2 | 2 | 0 | 0 | 0 | 0 | 0 | 4 |
| Nick Adams         | 2 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 4 |
| Patricia Pittorino | 0 | 0 | 2 | 0 | 0 | 0 | 0 | 2 | 4 |
| Stephen Ball       | 0 | 0 | 2 | 0 | 0 | 0 | 2 | 0 | 4 |
| Tony Mitchell      | 0 | 0 | 0 | 0 | 2 | 2 | 0 | 0 | 4 |
| Adam Cresswell     | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 |
| Andrew Bilsdon     | 0 | 0 | 0 | 0 | 2 | 0 | 0 | 0 | 2 |
| Andrew Bryan       | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 0 | 2 |
| Ann Muras          | 0 | 0 | 0 | 2 | 0 | 0 | 0 | 0 | 2 |
| Anthony Carpenter  | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 2 |
| Anton Kapel        | 0 | 0 | 0 | 2 | 0 | 0 | 0 | 0 | 2 |
| Arthur Huxtable    | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 2 |
| Brad Renshaw       | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 2 |
| Brendan Mason      | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 2 |
| Brian Ogilwy       | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 2 |
| Bronwyn Adams      | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 0 | 2 |
| Carol Taylor       | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 2 |
| Darryl Chrisp      | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 2 |
| David Cooke        | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 2 |
| David King         | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 2 |
| Don Johnstone      | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 |
| Garry Maddox       | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 2 |
| Gill Cavenagh      | 0 | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 2 |
| Graham Farnsworth  | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 2 |
| Helen Ritchie      | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 |
| Iain Martin        | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 0 | 2 |
| Jeff Morehen       | 0 | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 2 |
| Jim Screen         | 0 | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 2 |
| Jo Bourke          | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 2 |
| Joe Flinn          | 0 | 0 | 0 | 0 | 2 | 0 | 0 | 0 | 2 |
| John Ayliffe       | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 |
| Jonathan Gliksten  | 0 | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 2 |
| Julie McGaw        | 0 | 0 | 0 | 2 | 0 | 0 | 0 | 0 | 2 |
| Kylie Catchpole    | 0 | 0 | 0 | 0 | 2 | 0 | 0 | 0 | 2 |
| Lisa Carroli       | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 0 | 2 |
| Lisa Gallate       | 0 | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 2 |
| Lorraine Spanton   | 0 | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 2 |
| Martin Matthews    | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 2 |
| Matthew Johan      | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 2 |
| Mervyn Cohen       | 0 | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 2 |
| Michael Free       | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 2 |

|                      |   |   |   |   |   |   |   |   |   |
|----------------------|---|---|---|---|---|---|---|---|---|
| Michael Johnstone    | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 |
| Neil McPherson       | 0 | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 2 |
| Patricia Twaalfhoven | 0 | 0 | 0 | 2 | 0 | 0 | 0 | 0 | 2 |
| Paul Bullas          | 0 | 0 | 0 | 0 | 2 | 0 | 0 | 0 | 2 |
| Robert Inglis        | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 0 | 2 |
| Robi Russell         | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 2 |
| Rod Ross             | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 2 |
| Ron Daly             | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 2 |
| Ron Wilson           | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 2 |
| Samantha Glenney     | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 0 | 2 |
| Sarah Braund         | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 0 | 2 |
| Sean Hart            | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 2 |
| Steven Norden        | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 |
| Timothy Thompson     | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 2 |
| Victor Donovic       | 0 | 0 | 0 | 2 | 0 | 0 | 0 | 0 | 2 |

## 10k Female Outright

*Best eight races count at the end of the Series*

|                    | D  |    |    |    | D  |    |    |    |     |
|--------------------|----|----|----|----|----|----|----|----|-----|
|                    | NH | LC | M  | LC | NH | M  | LC | NH | Tot |
| Clara Vucetic      | 47 | 47 | 46 | 47 | 43 | 46 | 46 | 46 | 368 |
| Glenda Mitchell    | 44 | 44 | 43 | 42 | 44 | 45 | 47 | 0  | 309 |
| Joanne Cowan       | 49 | 50 | 49 | 50 | 50 | 2  | 49 | 0  | 299 |
| Leigh MacRitchie   | 45 | 42 | 39 | 44 | 41 | 39 | 45 | 0  | 295 |
| Tracey Love        | 46 | 49 | 45 | 46 | 46 | 47 | 2  | 2  | 283 |
| Sharon Callister   | 0  | 46 | 40 | 43 | 42 | 42 | 0  | 45 | 258 |
| Elizabeth Woodhams | 41 | 0  | 0  | 36 | 40 | 35 | 44 | 44 | 240 |
| Frances Brown      | 40 | 39 | 32 | 2  | 38 | 2  | 42 | 41 | 236 |
| Bernadette Boulous | 0  | 0  | 47 | 48 | 0  | 44 | 48 | 48 | 235 |
| Allison Lilley     | 2  | 38 | 33 | 35 | 34 | 31 | 37 | 0  | 210 |
| Caroline Yarnell   | 48 | 0  | 48 | 0  | 48 | 2  | 0  | 49 | 195 |
| Benny Gauci        | 0  | 0  | 0  | 0  | 37 | 32 | 43 | 42 | 154 |
| Joanna White       | 42 | 40 | 35 | 34 | 0  | 0  | 0  | 0  | 151 |
| Jenny Truscott     | 50 | 0  | 0  | 0  | 0  | 0  | 50 | 50 | 150 |
| Heather Forster    | 2  | 45 | 41 | 2  | 0  | 0  | 0  | 43 | 133 |
| Mary Stringer      | 0  | 0  | 42 | 45 | 45 | 0  | 0  | 0  | 132 |
| Victoria Pilkerton | 0  | 0  | 44 | 40 | 0  | 40 | 0  | 0  | 124 |
| Tina Campbell      | 43 | 0  | 0  | 39 | 0  | 37 | 0  | 2  | 121 |
| Sarah Brown        | 0  | 0  | 34 | 41 | 0  | 36 | 0  | 0  | 111 |
| Beryl Wilson       | 0  | 36 | 0  | 33 | 0  | 0  | 40 | 0  | 109 |
| Jenny Wickham      | 0  | 0  | 50 | 0  | 49 | 0  | 0  | 0  | 99  |
| Melanie Watson     | 0  | 0  | 0  | 0  | 47 | 50 | 0  | 0  | 97  |
| Lucy Anderson      | 0  | 0  | 0  | 0  | 0  | 49 | 0  | 47 | 96  |
| Emma Anderson      | 0  | 0  | 0  | 38 | 0  | 43 | 0  | 0  | 81  |
| Lesley Maher       | 0  | 43 | 37 | 0  | 0  | 0  | 0  | 0  | 80  |
| Rachele Lazzara    | 0  | 41 | 36 | 0  | 0  | 2  | 0  | 0  | 79  |
| Mercy Samia        | 0  | 0  | 0  | 0  | 36 | 0  | 41 | 0  | 77  |
| Megan Jackson      | 0  | 2  | 2  | 2  | 33 | 0  | 38 | 0  | 77  |
| Mary Barnes        | 0  | 0  | 0  | 0  | 39 | 34 | 0  | 0  | 73  |
| Penny Smith        | 2  | 37 | 31 | 0  | 0  | 0  | 0  | 0  | 70  |
| Joanne Barton      | 2  | 48 | 0  | 0  | 0  | 0  | 0  | 0  | 50  |
| Ann Muras          | 0  | 0  | 0  | 49 | 0  | 0  | 0  | 0  | 49  |
| Lisa Carroli       | 0  | 0  | 0  | 0  | 0  | 48 | 0  | 0  | 48  |

|                    |   |   |    |    |    |    |    |    |    |
|--------------------|---|---|----|----|----|----|----|----|----|
| Patricia Pittorino | 0 | 0 | 2  | 0  | 0  | 0  | 0  | 40 | 42 |
| Bronwyn Adams      | 0 | 0 | 0  | 0  | 0  | 41 | 0  | 0  | 41 |
| Jo Bourke          | 0 | 0 | 0  | 0  | 0  | 0  | 39 | 0  | 39 |
| Lorraine Spanton   | 0 | 0 | 38 | 0  | 0  | 0  | 0  | 0  | 38 |
| Sarah Braund       | 0 | 0 | 0  | 0  | 0  | 38 | 0  | 0  | 38 |
| Patricia           |   |   |    |    |    |    |    |    |    |
| Twaalfhoven        | 0 | 0 | 0  | 37 | 0  | 0  | 0  | 0  | 37 |
| Kylie Catchpole    | 0 | 0 | 0  | 0  | 35 | 0  | 0  | 0  | 35 |
| Samantha Glenney   | 0 | 0 | 0  | 0  | 0  | 33 | 0  | 0  | 33 |
| Mary Wilson        | 0 | 0 | 2  | 0  | 0  | 2  | 0  | 0  | 4  |
| Margaret White     | 0 | 0 | 2  | 2  | 0  | 0  | 0  | 0  | 4  |
| Carol Taylor       | 0 | 0 | 0  | 0  | 0  | 0  | 0  | 2  | 2  |
| Robi Russell       | 0 | 2 | 0  | 0  | 0  | 0  | 0  | 0  | 2  |
| Helen Ritchie      | 2 | 0 | 0  | 0  | 0  | 0  | 0  | 0  | 2  |
| Gill Cavenagh      | 0 | 0 | 2  | 0  | 0  | 0  | 0  | 0  | 2  |
| Julie McGaw        | 0 | 0 | 0  | 2  | 0  | 0  | 0  | 0  | 2  |
| Lisa Gallate       | 0 | 0 | 2  | 0  | 0  | 0  | 0  | 0  | 2  |

## 10k Male Outright

*Best eight races count at the end of the Series*

|                    | N  |    | D  |    | N  |    | D  |    | N |  | Tot |
|--------------------|----|----|----|----|----|----|----|----|---|--|-----|
| OPEN MEN           | H  | LC | M  | LC | H  | M  | LC | H  |   |  |     |
| Andrew Knox        | 50 | 49 | 0  | 49 | 50 | 49 | 50 | 50 |   |  | 347 |
| Ross Sinclair      | 47 | 45 | 0  | 46 | 47 | 45 | 46 | 47 |   |  | 323 |
| Stephen Jackson    | 40 | 41 | 45 | 45 | 45 | 0  | 45 | 44 |   |  | 305 |
| Greg Coy           | 43 | 40 | 46 | 42 | 0  | 44 | 44 | 46 |   |  | 305 |
| Keith Bateman      | 38 | 37 | 44 | 44 | 44 | 0  | 42 | 43 |   |  | 292 |
| John Young         | 49 | 48 | 49 | 0  | 0  | 46 | 49 | 49 |   |  | 290 |
| Ron Schwebel       | 42 | 39 | 42 | 39 | 41 | 42 | 2  | 34 |   |  | 281 |
| Mark Wilson        | 45 | 43 | 47 | 43 | 46 | 0  | 43 | 0  |   |  | 267 |
| Greg Donovan       | 41 | 38 | 0  | 38 | 42 | 39 | 37 | 0  |   |  | 235 |
| John Van Yzendoorn | 36 | 33 | 29 | 2  | 38 | 38 | 39 | 16 |   |  | 231 |
| Gary Aitkenhead    | 19 | 0  | 32 | 28 | 36 | 28 | 33 | 32 |   |  | 208 |
| Barry Rutter       | 30 | 20 | 7  | 23 | 34 | 31 | 28 | 31 |   |  | 204 |
| Chris Truscott     | 0  | 50 | 50 | 50 | 0  | 50 | 0  | 0  |   |  | 200 |
| David Burgess      | 39 | 31 | 0  | 41 | 43 | 0  | 0  | 45 |   |  | 199 |
| Jonathon Craig     | 0  | 0  | 0  | 48 | 49 | 48 | 47 | 0  |   |  | 192 |
| Charles Coville    | 29 | 22 | 30 | 2  | 0  | 34 | 32 | 33 |   |  | 182 |
| John Hamilton      | 37 | 36 | 38 | 31 | 0  | 0  | 35 | 0  |   |  | 177 |
| Ray Doran          | 0  | 28 | 33 | 33 | 0  | 0  | 40 | 39 |   |  | 173 |
| Paul Jackson       | 33 | 32 | 31 | 0  | 33 | 37 | 0  | 0  |   |  | 166 |
| Peter Woods        | 26 | 19 | 16 | 24 | 26 | 30 | 22 | 2  |   |  | 165 |
| Neil Barker        | 0  | 25 | 28 | 34 | 0  | 40 | 36 | 0  |   |  | 163 |
| Wayne Stanton      | 0  | 34 | 41 | 40 | 0  | 0  | 0  | 41 |   |  | 156 |
| Kendall Waller     | 21 | 17 | 24 | 0  | 0  | 32 | 27 | 29 |   |  | 150 |
| Walter Mitchell    | 14 | 14 | 18 | 27 | 31 | 2  | 31 | 0  |   |  | 137 |
| Sean Ryan          | 44 | 42 | 0  | 0  | 48 | 0  | 0  | 0  |   |  | 134 |
| Tim Austin         | 4  | 0  | 20 | 25 | 28 | 27 | 0  | 26 |   |  | 130 |
| Gregory Prerau     | 16 | 10 | 0  | 22 | 29 | 0  | 23 | 28 |   |  | 128 |
| Peter Cremen       | 0  | 0  | 43 | 0  | 0  | 43 | 0  | 42 |   |  | 128 |
| Mark Davis         | 11 | 9  | 15 | 17 | 0  | 23 | 25 | 24 |   |  | 124 |
| Rod Lovel          | 6  | 15 | 0  | 18 | 27 | 0  | 29 | 27 |   |  | 122 |
| Simon Kent-Jones   | 0  | 2  | 14 | 32 | 37 | 35 | 0  | 0  |   |  | 120 |
| Mike Hansen        | 0  | 13 | 22 | 21 | 0  | 24 | 18 | 21 |   |  | 119 |

|                   |    |    |    |    |    |    |    |    |     |
|-------------------|----|----|----|----|----|----|----|----|-----|
| Charles King      | 10 | 7  | 9  | 19 | 23 | 26 | 21 | 0  | 115 |
| Steve Hume        | 12 | 30 | 40 | 0  | 2  | 0  | 0  | 30 | 114 |
| David Loader      | 32 | 0  | 37 | 35 | 0  | 0  | 0  | 0  | 104 |
| Michael Sharp     | 24 | 18 | 25 | 2  | 32 | 0  | 2  | 0  | 103 |
| Ken Harris        | 2  | 2  | 27 | 0  | 0  | 0  | 34 | 35 | 100 |
| Dennis Nel        | 3  | 11 | 8  | 26 | 0  | 18 | 15 | 18 | 99  |
| Peter Truscott    | 2  | 0  | 48 | 47 | 0  | 0  | 0  | 0  | 97  |
| Stuart Chellis    | 0  | 0  | 0  | 0  | 0  | 0  | 48 | 48 | 96  |
| Tim Ashby         | 48 | 47 | 0  | 0  | 0  | 0  | 0  | 0  | 95  |
| Andrew Gibbons    | 0  | 46 | 0  | 0  | 0  | 47 | 0  | 0  | 93  |
| Salvador Gala     | 2  | 2  | 2  | 6  | 15 | 22 | 20 | 22 | 91  |
| Paul Trainor      | 2  | 2  | 3  | 16 | 22 | 21 | 24 | 0  | 90  |
| Gregory Mackay    | 22 | 0  | 0  | 30 | 35 | 0  | 0  | 0  | 87  |
| Mark Schaefer     | 20 | 29 | 34 | 0  | 0  | 0  | 2  | 2  | 87  |
| Darren Goodsir    | 0  | 0  | 19 | 0  | 30 | 33 | 0  | 0  | 82  |
| Mark Fiore        | 0  | 0  | 0  | 0  | 0  | 0  | 41 | 38 | 79  |
| George Lisson     | 0  | 0  | 0  | 36 | 40 | 0  | 0  | 0  | 76  |
| Ian Singer        | 34 | 0  | 0  | 0  | 0  | 0  | 16 | 25 | 75  |
| Andrew Smith      | 23 | 24 | 26 | 0  | 0  | 0  | 0  | 0  | 73  |
| Grahame Murphy    | 0  | 35 | 0  | 0  | 0  | 0  | 0  | 37 | 72  |
| Mathew Kaley      | 0  | 27 | 36 | 0  | 2  | 0  | 0  | 0  | 65  |
| Paul Thompson     | 2  | 2  | 2  | 10 | 0  | 15 | 12 | 20 | 63  |
| Mark Robinson     | 0  | 26 | 35 | 0  | 0  | 0  | 0  | 0  | 61  |
| Mario Torresan    | 0  | 0  | 2  | 13 | 21 | 0  | 11 | 14 | 61  |
| Graham Sharp      | 13 | 6  | 12 | 0  | 18 | 0  | 0  | 11 | 60  |
| George Herisson   | 2  | 2  | 2  | 9  | 17 | 14 | 2  | 10 | 58  |
| Graham Willis     | 2  | 0  | 2  | 12 | 19 | 0  | 7  | 15 | 57  |
| Jonathan Trope    | 35 | 21 | 0  | 0  | 0  | 0  | 0  | 0  | 56  |
| David Ritchie     | 7  | 0  | 0  | 0  | 20 | 20 | 6  | 0  | 53  |
| Stephen Ball      | 0  | 0  | 23 | 0  | 0  | 0  | 30 | 0  | 53  |
| David Adler       | 2  | 2  | 2  | 8  | 0  | 16 | 14 | 9  | 53  |
| Nigel Phillips    | 0  | 0  | 0  | 0  | 25 | 25 | 0  | 0  | 50  |
| Nick Adams        | 27 | 23 | 0  | 0  | 0  | 0  | 0  | 0  | 50  |
| Brian O'Dea       | 0  | 2  | 0  | 0  | 0  | 17 | 10 | 17 | 46  |
| Christopher Dwyer | 46 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 46  |
| Philip Boswell    | 0  | 0  | 10 | 0  | 0  | 36 | 0  | 0  | 46  |
| Mark Shingler     | 0  | 44 | 0  | 0  | 0  | 0  | 0  | 0  | 44  |
| Jonathan Worswick | 0  | 0  | 2  | 0  | 0  | 41 | 0  | 0  | 43  |
| Dean Gardiner     | 25 | 16 | 0  | 0  | 0  | 2  | 0  | 0  | 43  |
| Stephen Bodnar    | 0  | 0  | 0  | 0  | 0  | 19 | 0  | 23 | 42  |
| Heiko Schaefer    | 2  | 2  | 2  | 3  | 12 | 11 | 2  | 7  | 41  |
| Martin Matthews   | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 40 | 40  |
| Stephen Urwin     | 0  | 0  | 0  | 0  | 39 | 0  | 0  | 0  | 39  |
| Joel Mackay       | 0  | 0  | 39 | 0  | 0  | 0  | 0  | 0  | 39  |
| Anthony Carpenter | 0  | 0  | 0  | 0  | 0  | 0  | 38 | 0  | 38  |
| Godfrey Franz     | 0  | 0  | 0  | 37 | 0  | 0  | 0  | 0  | 37  |
| Graham Farnsworth | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 36 | 36  |
| Ralph Melano      | 2  | 0  | 11 | 20 | 0  | 0  | 0  | 2  | 35  |
| Peter             |    |    |    |    |    |    |    |    |     |
| Hammerschmidt     | 18 | 8  | 0  | 0  | 0  | 0  | 0  | 8  | 34  |
| Kevin O'Kane      | 0  | 2  | 2  | 14 | 7  | 3  | 2  | 4  | 34  |
| Ted Brailey       | 2  | 2  | 2  | 2  | 11 | 6  | 2  | 6  | 33  |
| Sean Greenhill    | 0  | 5  | 0  | 0  | 14 | 0  | 13 | 0  | 32  |
| Philip Hodgkinson | 31 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 31  |
| John Kerr         | 0  | 2  | 2  | 2  | 8  | 8  | 3  | 5  | 30  |

|                    |    |    |    |    |    |    |    |    |    |
|--------------------|----|----|----|----|----|----|----|----|----|
| Adrian Spragg      | 28 | 0  | 0  | 0  | 0  | 2  | 0  | 0  | 30 |
| Roland Hassall     | 17 | 0  | 13 | 0  | 0  | 0  | 0  | 0  | 30 |
| Alex Whitworth     | 0  | 0  | 0  | 0  | 0  | 29 | 0  | 0  | 29 |
| Victor Donovic     | 0  | 0  | 0  | 29 | 0  | 0  | 0  | 0  | 29 |
| Daniel Altschuler  | 0  | 0  | 0  | 0  | 0  | 12 | 17 | 0  | 29 |
| Michael Wilson     | 0  | 2  | 2  | 5  | 13 | 2  | 4  | 0  | 28 |
| Julian Wright      | 2  | 2  | 21 | 2  | 0  | 0  | 0  | 0  | 27 |
| Bruce Craven       | 0  | 0  | 0  | 0  | 0  | 0  | 26 | 0  | 26 |
| Michael Rees-Evans | 0  | 0  | 2  | 4  | 0  | 0  | 0  | 19 | 25 |
| Steve Packer       | 0  | 0  | 0  | 0  | 0  | 7  | 5  | 12 | 24 |
| Andrew Bilsdon     | 0  | 0  | 0  | 0  | 24 | 0  | 0  | 0  | 24 |
| Tony Mitchell      | 0  | 0  | 0  | 0  | 10 | 13 | 0  | 0  | 23 |
| David Camm         | 0  | 2  | 5  | 15 | 0  | 0  | 0  | 0  | 22 |
| Jack Leigh         | 2  | 2  | 2  | 2  | 9  | 2  | 2  | 0  | 21 |
| Mike Ward          | 0  | 2  | 2  | 7  | 0  | 2  | 8  | 0  | 21 |
| Fiero Mammone      | 0  | 0  | 0  | 0  | 0  | 0  | 19 | 0  | 19 |
| Feisar Joya        | 15 | 0  | 4  | 0  | 0  | 0  | 0  | 0  | 19 |
| Manfred Fiedler    | 0  | 2  | 2  | 0  | 0  | 10 | 2  | 2  | 18 |
| Joe Degabriele     | 8  | 2  | 2  | 2  | 2  | 2  | 0  | 0  | 18 |
| Frank Dearn        | 2  | 2  | 2  | 2  | 3  | 2  | 2  | 2  | 17 |
| Scott Smiles       | 0  | 0  | 17 | 0  | 0  | 0  | 0  | 0  | 17 |
| Ian Whitfield      | 2  | 2  | 2  | 2  | 2  | 2  | 2  | 2  | 16 |
| Paul Bullas        | 0  | 0  | 0  | 0  | 16 | 0  | 0  | 0  | 16 |
| Peter Grunfeld     | 5  | 4  | 6  | 0  | 0  | 0  | 0  | 0  | 15 |
| Robert Chalmers    | 2  | 0  | 2  | 2  | 2  | 4  | 2  | 0  | 14 |
| Keith White        | 0  | 0  | 2  | 11 | 0  | 0  | 0  | 0  | 13 |
| Denis Speyer       | 2  | 2  | 0  | 0  | 0  | 9  | 0  | 0  | 13 |
| Brian Ogilwy       | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 13 | 13 |
| David King         | 0  | 12 | 0  | 0  | 0  | 0  | 0  | 0  | 12 |
| Duncan Scott       | 2  | 2  | 2  | 2  | 0  | 0  | 0  | 2  | 10 |
| Alastair Wallace   | 0  | 0  | 0  | 0  | 5  | 2  | 2  | 0  | 9  |
| Jeff Morunga       | 0  | 2  | 2  | 0  | 0  | 5  | 0  | 0  | 9  |
| Adam Cresswell     | 9  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 9  |
| Matthew Johan      | 0  | 0  | 0  | 0  | 0  | 0  | 9  | 0  | 9  |
| John Sparks        | 0  | 2  | 0  | 0  | 2  | 2  | 2  | 0  | 8  |
| Jurg Kunzle        | 0  | 2  | 0  | 0  | 4  | 2  | 0  | 0  | 8  |
| Michael Christie   | 0  | 2  | 0  | 0  | 0  | 0  | 2  | 2  | 6  |
| Graham Osborn      | 2  | 2  | 0  | 0  | 0  | 2  | 0  | 0  | 6  |
| Joe Flinn          | 0  | 0  | 0  | 0  | 6  | 0  | 0  | 0  | 6  |
| Richard Wassell    | 2  | 2  | 2  | 0  | 0  | 0  | 0  | 0  | 6  |
| John Whealy        | 0  | 2  | 0  | 2  | 0  | 0  | 0  | 0  | 4  |
| James Moody        | 0  | 0  | 0  | 0  | 0  | 2  | 2  | 0  | 4  |
| David Lancaster    | 0  | 2  | 0  | 0  | 0  | 2  | 0  | 0  | 4  |
| Geoff Taylor       | 0  | 0  | 2  | 0  | 0  | 0  | 2  | 0  | 4  |
| Norman Kang        | 0  | 0  | 0  | 0  | 0  | 2  | 2  | 0  | 4  |
| Mike Roach         | 0  | 2  | 2  | 0  | 0  | 0  | 0  | 0  | 4  |
| Simon Apter        | 0  | 0  | 0  | 2  | 0  | 0  | 2  | 0  | 4  |
| Garry Maddox       | 0  | 3  | 0  | 0  | 0  | 0  | 0  | 0  | 3  |
| David Cooke        | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 3  | 3  |
| Ron Daly           | 0  | 2  | 0  | 0  | 0  | 0  | 0  | 0  | 2  |
| Neil McPherson     | 0  | 0  | 2  | 0  | 0  | 0  | 0  | 0  | 2  |
| Jim Screen         | 0  | 0  | 2  | 0  | 0  | 0  | 0  | 0  | 2  |
| John Ayliffe       | 2  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 2  |
| Brad Renshaw       | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 2  | 2  |
| Arthur Huxtable    | 0  | 2  | 0  | 0  | 0  | 0  | 0  | 0  | 2  |

|                   |   |   |   |   |   |   |   |   |   |
|-------------------|---|---|---|---|---|---|---|---|---|
| Darryl Chrisp     | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 2 |
| Rod Ross          | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 2 |
| Ron Wilson        | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 2 |
| Robert Inglis     | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 0 | 2 |
| Andrew Bryan      | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 0 | 2 |
| Mervyn Cohen      | 0 | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 2 |
| Jeff Morehen      | 0 | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 2 |
| Steven Norden     | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 |
| Jonathan Gliksten | 0 | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 2 |
| Brendan Mason     | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 2 |
| Michael Free      | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 2 |
| Iain Martin       | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 0 | 2 |
| Michael Johnstone | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 |
| Don Johnstone     | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 |
| Anton Kapel       | 0 | 0 | 0 | 2 | 0 | 0 | 0 | 0 | 2 |
| Sean Hart         | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 2 |
| Timothy Thompson  | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 2 |

## 10k Age Group Placings

(New Awards for 2002)

| FEMALE<br>MASTERS  | N<br>H | D<br>LC M |    | N<br>LC | D<br>H | M  | N<br>LC H |    | Tot |
|--------------------|--------|-----------|----|---------|--------|----|-----------|----|-----|
| Elizabeth          |        |           |    |         |        |    |           |    |     |
| Woodhams           | 49     | 0         | 0  | 49      | 50     | 49 | 50        | 50 | 297 |
| Tina Campbell      | 50     | 0         | 0  | 50      | 0      | 50 | 0         | 2  | 152 |
| Beryl Wilson       | 0      | 49        | 0  | 48      | 0      | 0  | 49        | 0  | 146 |
| Penny Smith        | 2      | 50        | 49 | 0       | 0      | 0  | 0         | 0  | 101 |
| Patricia Pittorino | 0      | 0         | 2  | 0       | 0      | 0  | 0         | 49 | 51  |
| Lorraine Spanton   | 0      | 0         | 50 | 0       | 0      | 0  | 0         | 0  | 50  |
| Mary Wilson        | 0      | 0         | 2  | 0       | 0      | 2  | 0         | 0  | 4   |
| Carol Taylor       | 0      | 0         | 0  | 0       | 0      | 0  | 0         | 2  | 2   |
| Helen Ritchie      | 2      | 0         | 0  | 0       | 0      | 0  | 0         | 0  | 2   |
| Robi Russell       | 0      | 2         | 0  | 0       | 0      | 0  | 0         | 0  | 2   |
| FEMALE VET         | N<br>H | D<br>LC M |    | N<br>LC | D<br>H | M  | N<br>LC H |    | Tot |
| Clara Vucetic      | 48     | 47        | 48 | 49      | 46     | 48 | 49        | 46 | 381 |
| Joanne Cowan       | 50     | 50        | 50 | 50      | 50     | 2  | 50        | 0  | 302 |
| Tracey Love        | 47     | 49        | 47 | 48      | 48     | 49 | 2         | 2  | 292 |
| Sharon Callister   | 0      | 46        | 44 | 46      | 45     | 47 | 0         | 45 | 273 |
| Frances Brown      | 46     | 43        | 42 | 2       | 43     | 2  | 47        | 42 | 267 |
| Caroline Yarnell   | 49     | 0         | 49 | 0       | 49     | 2  | 0         | 47 | 196 |
| Benny Gauci        | 0      | 0         | 0  | 0       | 42     | 45 | 48        | 43 | 178 |
| Mary Stringer      | 0      | 0         | 46 | 47      | 47     | 0  | 0         | 0  | 140 |
| Heather Forster    | 2      | 45        | 45 | 2       | 0      | 0  | 0         | 44 | 138 |
| Mary Barnes        | 0      | 0         | 0  | 0       | 44     | 46 | 0         | 0  | 90  |
| Lesley Maher       | 0      | 44        | 43 | 0       | 0      | 0  | 0         | 0  | 87  |
| Mercy Samia        | 0      | 0         | 0  | 0       | 41     | 0  | 46        | 0  | 87  |
| Joanne Barton      | 2      | 48        | 0  | 0       | 0      | 0  | 0         | 0  | 50  |
| Lisa Carroli       | 0      | 0         | 0  | 0       | 0      | 50 | 0         | 0  | 50  |
| Jo Bourke          | 0      | 0         | 0  | 0       | 0      | 0  | 45        | 0  | 45  |
| Margaret White     | 0      | 0         | 2  | 2       | 0      | 0  | 0         | 0  | 4   |
| Gill Cavenagh      | 0      | 0         | 2  | 0       | 0      | 0  | 0         | 0  | 2   |
| Julie McGaw        | 0      | 0         | 0  | 2       | 0      | 0  | 0         | 0  | 2   |



|                   | N  |    | D  |    | N  | D  |    | N  |     |
|-------------------|----|----|----|----|----|----|----|----|-----|
| MALE MASTERS      | H  | LC | M  | LC | H  | M  | LC | H  | Tot |
| Barry Rutter      | 47 | 47 | 47 | 49 | 49 | 48 | 48 | 48 | 383 |
| Ron Schwebel      | 49 | 50 | 50 | 50 | 50 | 50 | 2  | 50 | 351 |
| Ted Brailey       | 40 | 39 | 42 | 43 | 44 | 44 | 41 | 44 | 337 |
| Kevin O'Kane      | 0  | 42 | 45 | 47 | 41 | 43 | 42 | 42 | 302 |
| Charles Coville   | 46 | 49 | 49 | 2  | 0  | 49 | 50 | 49 | 294 |
| John Kerr         | 0  | 35 | 40 | 40 | 42 | 45 | 43 | 43 | 288 |
| Rod Lovel         | 44 | 46 | 0  | 48 | 48 | 0  | 49 | 47 | 282 |
| Graham Willis     | 43 | 0  | 43 | 46 | 46 | 0  | 46 | 45 | 269 |
| Michael Wilson    | 0  | 40 | 44 | 44 | 45 | 41 | 44 | 0  | 258 |
| Jack Leigh        | 41 | 36 | 41 | 41 | 43 | 40 | 2  | 0  | 244 |
| David Ritchie     | 45 | 0  | 0  | 0  | 47 | 47 | 45 | 0  | 184 |
| Brian O'Dea       | 0  | 41 | 0  | 0  | 0  | 46 | 47 | 46 | 180 |
| Jurg Kunzle       | 0  | 34 | 0  | 0  | 40 | 39 | 0  | 0  | 113 |
| Jonathan Trope    | 48 | 48 | 0  | 0  | 0  | 0  | 0  | 0  | 96  |
| Keith White       | 0  | 0  | 46 | 45 | 0  | 0  | 0  | 0  | 91  |
| John Whealy       | 0  | 37 | 0  | 42 | 0  | 0  | 0  | 0  | 79  |
| Christopher Dwyer | 50 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 50  |
| Scott Smiles      | 0  | 0  | 48 | 0  | 0  | 0  | 0  | 0  | 48  |
| David King        | 0  | 45 | 0  | 0  | 0  | 0  | 0  | 0  | 45  |
| Ron Wilson        | 0  | 44 | 0  | 0  | 0  | 0  | 0  | 0  | 44  |
| Arthur Huxtable   | 0  | 43 | 0  | 0  | 0  | 0  | 0  | 0  | 43  |
| Graham Osborn     | 2  | 38 | 0  | 0  | 0  | 2  | 0  | 0  | 42  |
| John Ayliffe      | 42 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 42  |
| Robert Inglis     | 0  | 0  | 0  | 0  | 0  | 42 | 0  | 0  | 42  |
| Rod Ross          | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 41 | 41  |
| Ian Whitfield     | 2  | 2  | 2  | 2  | 2  | 2  | 2  | 2  | 16  |
| Michael Christie  | 0  | 2  | 0  | 0  | 0  | 0  | 2  | 2  | 6   |
| James Moody       | 0  | 0  | 0  | 0  | 0  | 2  | 2  | 0  | 4   |
| Brad Renshaw      | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 2  | 2   |
| Darryl Chrisp     | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 2  | 2   |
| Jim Screen        | 0  | 0  | 2  | 0  | 0  | 0  | 0  | 0  | 2   |

|                     | N  |    | D  |    | N  | D  |    | N  |     |
|---------------------|----|----|----|----|----|----|----|----|-----|
| MALE SENIOR         | H  | LC | M  | LC | H  | M  | LC | H  | Tot |
| Frank Dearn         | 48 | 47 | 47 | 48 | 49 | 47 | 47 | 47 | 380 |
| Heiko Schaefer      | 49 | 2  | 49 | 49 | 50 | 49 | 49 | 48 | 345 |
| Ray Doran           | 0  | 50 | 50 | 50 | 0  | 0  | 50 | 50 | 250 |
| Manfred Fiedler     | 0  | 48 | 2  | 0  | 0  | 48 | 48 | 2  | 148 |
| Peter Hammerschmidt | 50 | 49 | 0  | 0  | 0  | 0  | 0  | 49 | 148 |
| John Sparks         | 0  | 2  | 0  | 0  | 2  | 46 | 46 | 0  | 96  |
| Alex Whitworth      | 0  | 0  | 0  | 0  | 0  | 50 | 0  | 0  | 50  |
| Neil McPherson      | 0  | 0  | 48 | 0  | 0  | 0  | 0  | 0  | 48  |
| Ron Daly            | 0  | 2  | 0  | 0  | 0  | 0  | 0  | 0  | 2   |

|                 | N  |    |    | D  |    |    | N  |    |     |  |
|-----------------|----|----|----|----|----|----|----|----|-----|--|
| MALE VET        | H  | LC | M  | LC | H  | M  | LC | H  | Tot |  |
| Ross Sinclair   | 50 | 50 | 0  | 50 | 50 | 50 | 50 | 50 | 350 |  |
| Greg Coy        | 49 | 47 | 50 | 47 | 0  | 49 | 48 | 49 | 339 |  |
| Stephen Jackson | 47 | 48 | 49 | 49 | 49 | 0  | 49 | 48 | 339 |  |
| Keith Bateman   | 46 | 45 | 48 | 48 | 48 | 0  | 47 | 47 | 329 |  |
| Gary Aitkenhead | 39 | 0  | 44 | 39 | 44 | 45 | 43 | 43 | 297 |  |
| Peter Woods     | 42 | 39 | 40 | 37 | 41 | 46 | 39 | 2  | 286 |  |
| Greg Donovan    | 48 | 46 | 0  | 45 | 47 | 48 | 45 | 0  | 279 |  |

|                   |    |    |    |    |    |    |    |    |     |
|-------------------|----|----|----|----|----|----|----|----|-----|
| Mark Davis        | 36 | 35 | 39 | 32 | 0  | 41 | 41 | 40 | 264 |
| Charles King      | 35 | 34 | 35 | 33 | 39 | 44 | 38 | 0  | 258 |
| Salvador Gala     | 28 | 23 | 30 | 26 | 35 | 40 | 37 | 38 | 257 |
| Dennis Nel        | 32 | 37 | 34 | 38 | 0  | 38 | 33 | 35 | 247 |
| Gregory Prerau    | 38 | 36 | 0  | 36 | 42 | 0  | 40 | 42 | 234 |
| Mike Hansen       | 0  | 38 | 41 | 35 | 0  | 42 | 35 | 37 | 228 |
| Paul Thompson     | 30 | 28 | 31 | 30 | 0  | 36 | 31 | 36 | 222 |
| John Hamilton     | 45 | 44 | 46 | 42 | 0  | 0  | 44 | 0  | 221 |
| George Herisson   | 31 | 27 | 2  | 29 | 37 | 35 | 2  | 32 | 195 |
| David Adler       | 26 | 25 | 2  | 28 | 0  | 37 | 32 | 31 | 181 |
| Wayne Stanton     | 0  | 42 | 47 | 46 | 0  | 0  | 0  | 46 | 181 |
| Graham Sharp      | 37 | 33 | 38 | 0  | 38 | 0  | 0  | 33 | 179 |
| Robert Chalmers   | 29 | 0  | 27 | 25 | 2  | 30 | 27 | 0  | 140 |
| Andrew Smith      | 41 | 40 | 43 | 0  | 0  | 0  | 0  | 0  | 124 |
| Gregory Mackay    | 40 | 0  | 0  | 41 | 43 | 0  | 0  | 0  | 124 |
| Ian Singer        | 44 | 0  | 0  | 0  | 0  | 0  | 34 | 41 | 119 |
| Peter Grunfeld    | 33 | 32 | 33 | 0  | 0  | 0  | 0  | 0  | 98  |
| Steve Packer      | 0  | 0  | 0  | 0  | 0  | 32 | 29 | 34 | 95  |
| Mark Fiore        | 0  | 0  | 0  | 0  | 0  | 0  | 46 | 45 | 91  |
| Alastair Wallace  | 0  | 0  | 0  | 0  | 32 | 29 | 28 | 0  | 89  |
| George Lisson     | 0  | 0  | 0  | 43 | 46 | 0  | 0  | 0  | 89  |
| David Camm        | 0  | 24 | 32 | 31 | 0  | 0  | 0  | 0  | 87  |
| Grahame Murphy    | 0  | 43 | 0  | 0  | 0  | 0  | 0  | 44 | 87  |
| Denis Speyer      | 27 | 26 | 0  | 0  | 0  | 33 | 0  | 0  | 86  |
| Mark Robinson     | 0  | 41 | 45 | 0  | 0  | 0  | 0  | 0  | 86  |
| Stephen Ball      | 0  | 0  | 42 | 0  | 0  | 0  | 42 | 0  | 84  |
| Nigel Phillips    | 0  | 0  | 0  | 0  | 40 | 43 | 0  | 0  | 83  |
| Philip Boswell    | 0  | 0  | 36 | 0  | 0  | 47 | 0  | 0  | 83  |
| Jeff Morunga      | 0  | 22 | 28 | 0  | 0  | 31 | 0  | 0  | 81  |
| Stephen Bodnar    | 0  | 0  | 0  | 0  | 0  | 39 | 0  | 39 | 78  |
| Ralph Melano      | 2  | 0  | 37 | 34 | 0  | 0  | 0  | 2  | 75  |
| Joe Degabriele    | 34 | 30 | 2  | 2  | 2  | 2  | 0  | 0  | 72  |
| Tony Mitchell     | 0  | 0  | 0  | 0  | 34 | 34 | 0  | 0  | 68  |
| Mike Ward         | 0  | 2  | 2  | 27 | 0  | 2  | 30 | 0  | 63  |
| Geoff Taylor      | 0  | 0  | 29 | 0  | 0  | 0  | 26 | 0  | 55  |
| Mark Shingler     | 0  | 49 | 0  | 0  | 0  | 0  | 0  | 0  | 49  |
| Adrian Spragg     | 43 | 0  | 0  | 0  | 0  | 2  | 0  | 0  | 45  |
| Stephen Urwin     | 0  | 0  | 0  | 0  | 45 | 0  | 0  | 0  | 45  |
| Godfrey Franz     | 0  | 0  | 0  | 44 | 0  | 0  | 0  | 0  | 44  |
| Victor Donovic    | 0  | 0  | 0  | 40 | 0  | 0  | 0  | 0  | 40  |
| Fiero Mammone     | 0  | 0  | 0  | 0  | 0  | 0  | 36 | 0  | 36  |
| Paul Bullas       | 0  | 0  | 0  | 0  | 36 | 0  | 0  | 0  | 36  |
| David Cooke       | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 35 | 35  |
| Joe Flinn         | 0  | 0  | 0  | 0  | 33 | 0  | 0  | 0  | 33  |
| David Lancaster   | 0  | 29 | 0  | 0  | 0  | 2  | 0  | 0  | 31  |
| Garry Maddox      | 0  | 31 | 0  | 0  | 0  | 0  | 0  | 0  | 31  |
| Mervyn Cohen      | 0  | 0  | 26 | 0  | 0  | 0  | 0  | 0  | 26  |
| Steven Norden     | 25 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 25  |
| Brendan Mason     | 0  | 21 | 0  | 0  | 0  | 0  | 0  | 0  | 21  |
| Andrew Bryan      | 0  | 0  | 0  | 0  | 0  | 2  | 0  | 0  | 2   |
| Jeff Morehen      | 0  | 0  | 2  | 0  | 0  | 0  | 0  | 0  | 2   |
| Jonathan Gliksten | 0  | 0  | 2  | 0  | 0  | 0  | 0  | 0  | 2   |

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# 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.

| Age/Gender Adj   | NH  | LC  | DM  | LC  | NH  | DM  | LC  | NH  | Tot  |
|------------------|-----|-----|-----|-----|-----|-----|-----|-----|------|
| Barry Rutter     | 738 | 740 | 665 | 706 | 735 | 725 | 712 | 740 | 5761 |
| Andrew Knox      | 817 | 808 | 0   | 794 | 804 | 816 | 814 | 824 | 5677 |
| Clara Vucetic    | 711 | 709 | 703 | 710 | 699 | 716 | 687 | 704 | 5639 |
| Ron Schwebel     | 797 | 802 | 784 | 790 | 784 | 781 | 0   | 747 | 5485 |
| Stephen Jackson  | 755 | 786 | 767 | 776 | 787 | 0   | 787 | 769 | 5427 |
| Keith Bateman    | 754 | 766 | 771 | 786 | 788 | 0   | 772 | 780 | 5417 |
| Ross Sinclair    | 785 | 781 | 0   | 760 | 781 | 768 | 771 | 767 | 5413 |
| Greg Coy         | 772 | 780 | 763 | 766 | 0   | 757 | 765 | 764 | 5367 |
| Frank Dearn      | 626 | 644 | 633 | 645 | 646 | 640 | 641 | 653 | 5128 |
| Joanne Cowan     | 861 | 875 | 811 | 845 | 852 | 0   | 846 | 0   | 5090 |
| Heiko Schaefer   | 699 | 0   | 707 | 685 | 700 | 710 | 678 | 692 | 4871 |
| Gary Aitkenhead  | 662 | 0   | 710 | 683 | 701 | 663 | 696 | 705 | 4820 |
| Peter Woods      | 703 | 713 | 666 | 686 | 683 | 682 | 670 | 0   | 4803 |
| Salvador Gala    | 559 | 570 | 581 | 589 | 598 | 628 | 630 | 645 | 4800 |
| John Van         |     |     |     |     |     |     |     |     |      |
| Yzendoorn        | 695 | 716 | 675 | 0   | 695 | 702 | 701 | 595 | 4779 |
| Ted Brailey      | 354 | 648 | 637 | 650 | 651 | 653 | 487 | 651 | 4731 |
| John Young       | 789 | 792 | 778 | 0   | 0   | 766 | 788 | 800 | 4713 |
| Mark Davis       | 658 | 669 | 664 | 649 | 0   | 657 | 668 | 674 | 4639 |
| Dennis Nel       | 639 | 676 | 651 | 693 | 0   | 637 | 640 | 636 | 4572 |
| Charles Coville  | 754 | 762 | 758 | 0   | 0   | 750 | 740 | 759 | 4523 |
| Charles King     | 636 | 648 | 633 | 649 | 646 | 653 | 646 | 0   | 4511 |
| Mark Wilson      | 746 | 751 | 742 | 736 | 752 | 0   | 728 | 0   | 4455 |
| Glenda Mitchell  | 618 | 617 | 615 | 620 | 638 | 641 | 634 | 0   | 4383 |
| Paul Thompson    | 596 | 625 | 623 | 625 | 0   | 630 | 622 | 651 | 4372 |
| Greg Donovan     | 734 | 743 | 0   | 733 | 733 | 713 | 708 | 0   | 4364 |
| Leigh MacRitchie | 625 | 612 | 595 | 628 | 616 | 619 | 602 | 0   | 4297 |
| Kevin O'Kane     | 0   | 638 | 644 | 658 | 600 | 598 | 535 | 608 | 4281 |
| John Kerr        | 0   | 545 | 564 | 580 | 628 | 652 | 639 | 640 | 4248 |
| Ray Doran        | 0   | 836 | 835 | 831 | 0   | 0   | 860 | 866 | 4228 |
| Paul Trainor     | 570 | 588 | 597 | 607 | 614 | 613 | 625 | 0   | 4214 |
| Rod Lovel        | 672 | 715 | 0   | 684 | 708 | 0   | 720 | 712 | 4211 |
| Elizabeth        |     |     |     |     |     |     |     |     |      |
| Woodhams         | 688 | 0   | 0   | 667 | 699 | 694 | 681 | 707 | 4136 |
| Gregory Prerau   | 655 | 656 | 0   | 664 | 670 | 0   | 651 | 679 | 3975 |
| Mike Hansen      | 0   | 669 | 675 | 666 | 0   | 653 | 643 | 656 | 3962 |
| Graham Willis    | 669 | 0   | 655 | 662 | 669 | 0   | 644 | 661 | 3960 |
| Michael Wilson   | 0   | 665 | 669 | 665 | 673 | 623 | 651 | 0   | 3946 |
| Sharon Callister | 0   | 670 | 627 | 657 | 663 | 664 | 0   | 662 | 3943 |
| Kendall Waller   | 645 | 663 | 649 | 0   | 0   | 659 | 643 | 664 | 3923 |
| Tracey Love      | 642 | 669 | 632 | 644 | 667 | 666 | 0   | 0   | 3920 |
| Walter Mitchell  | 620 | 635 | 623 | 641 | 645 | 0   | 645 | 0   | 3809 |
| Tim Austin       | 593 | 0   | 624 | 636 | 631 | 619 | 0   | 631 | 3734 |
| George Herisson  | 604 | 619 | 0   | 620 | 629 | 624 | 0   | 607 | 3703 |
| John Hamilton    | 751 | 765 | 744 | 714 | 0   | 0   | 724 | 0   | 3698 |
| David Adler      | 573 | 608 | 0   | 612 | 0   | 622 | 620 | 595 | 3630 |
| Frances Brown    | 617 | 602 | 599 | 0   | 611 | 0   | 595 | 606 | 3630 |

|                    |     |     |     |     |     |     |     |     |      |
|--------------------|-----|-----|-----|-----|-----|-----|-----|-----|------|
| David Burgess      | 708 | 690 | 0   | 717 | 713 | 0   | 0   | 724 | 3552 |
| Jack Leigh         | 567 | 586 | 566 | 606 | 604 | 584 | 0   | 0   | 3513 |
| Neil Barker        | 0   | 686 | 671 | 696 | 0   | 713 | 687 | 0   | 3453 |
| Paul Jackson       | 682 | 716 | 679 | 0   | 664 | 704 | 0   | 0   | 3445 |
| Chris Truscott     | 0   | 825 | 812 | 799 | 0   | 818 | 0   | 0   | 3254 |
| Bernadette         |     |     |     |     |     |     |     |     |      |
| Boulous            | 0   | 0   | 655 | 657 | 0   | 639 | 639 | 649 | 3239 |
| Allison Lilley     | 0   | 557 | 568 | 557 | 528 | 571 | 456 | 0   | 3237 |
| Graham Sharp       | 668 | 666 | 657 | 0   | 631 | 0   | 0   | 604 | 3226 |
| Simon Kent-Jones   | 0   | 603 | 613 | 666 | 673 | 664 | 0   | 0   | 3219 |
| Ken Harris         | 582 | 599 | 672 | 0   | 0   | 0   | 674 | 685 | 3212 |
| Jonathon Craig     | 0   | 0   | 0   | 798 | 793 | 804 | 758 | 0   | 3153 |
| Wayne Stanton      | 0   | 752 | 748 | 758 | 0   | 0   | 0   | 760 | 3018 |
| Caroline Yarnell   | 752 | 0   | 740 | 0   | 761 | 0   | 0   | 742 | 2995 |
| Mario Torresan     | 0   | 0   | 563 | 596 | 604 | 0   | 579 | 585 | 2927 |
| Robert Chalmers    | 574 | 0   | 550 | 557 | 0   | 565 | 546 | 0   | 2792 |
| Duncan Scott       | 563 | 548 | 562 | 536 | 0   | 0   | 0   | 534 | 2743 |
| David Ritchie      | 692 | 0   | 0   | 0   | 683 | 693 | 653 | 0   | 2721 |
| Brian O'Dea        | 0   | 675 | 0   | 0   | 0   | 680 | 669 | 684 | 2708 |
| Steve Hume         | 616 | 690 | 698 | 0   | 0   | 0   | 0   | 664 | 2668 |
| Michael Sharp      | 643 | 659 | 642 | 0   | 659 | 0   | 0   | 0   | 2603 |
| Jenny Truscott     | 801 | 0   | 0   | 0   | 0   | 0   | 797 | 797 | 2395 |
| Julian Wright      | 581 | 603 | 627 | 544 | 0   | 0   | 0   | 0   | 2355 |
| Benny Gauci        | 0   | 0   | 0   | 0   | 569 | 575 | 579 | 593 | 2316 |
| Joanna White       | 604 | 591 | 580 | 537 | 0   | 0   | 0   | 0   | 2312 |
| Sean Ryan          | 734 | 740 | 0   | 0   | 758 | 0   | 0   | 0   | 2232 |
| Peter Cremen       | 0   | 0   | 724 | 0   | 0   | 732 | 0   | 733 | 2189 |
| Peter              |     |     |     |     |     |     |     |     |      |
| Hammerschmidt      | 759 | 751 | 0   | 0   | 0   | 0   | 0   | 679 | 2189 |
| Tina Campbell      | 726 | 0   | 0   | 725 | 0   | 726 | 0   | 0   | 2177 |
| Manfred Fiedler    | 0   | 697 | 0   | 0   | 0   | 737 | 698 | 0   | 2132 |
| Andrew Smith       | 674 | 708 | 687 | 0   | 0   | 0   | 0   | 0   | 2069 |
| David Loader       | 679 | 0   | 694 | 696 | 0   | 0   | 0   | 0   | 2069 |
| Heather Forster    | 0   | 709 | 672 | 0   | 0   | 0   | 0   | 675 | 2056 |
| Mary Stringer      | 0   | 0   | 658 | 687 | 705 | 0   | 0   | 0   | 2050 |
| Gregory Mackay     | 668 | 0   | 0   | 689 | 687 | 0   | 0   | 0   | 2044 |
| Ian Singer         | 714 | 0   | 0   | 0   | 0   | 0   | 635 | 675 | 2024 |
| Mark Schaefer      | 629 | 683 | 675 | 0   | 0   | 0   | 0   | 0   | 1987 |
| Darren Goodsir     | 0   | 0   | 626 | 0   | 642 | 657 | 0   | 0   | 1925 |
| Peter Grunfeld     | 636 | 652 | 633 | 0   | 0   | 0   | 0   | 0   | 1921 |
| David Camm         | 0   | 613 | 652 | 649 | 0   | 0   | 0   | 0   | 1914 |
| Victoria Pilkerton | 0   | 0   | 621 | 608 | 0   | 622 | 0   | 0   | 1851 |
| Steve Packer       | 0   | 0   | 0   | 0   | 0   | 602 | 612 | 630 | 1844 |
| Sarah Brown        | 0   | 0   | 580 | 617 | 0   | 605 | 0   | 0   | 1802 |
| Sean Greenhill     | 0   | 616 | 0   | 0   | 576 | 0   | 574 | 0   | 1766 |
| Denis Speyer       | 565 | 595 | 0   | 0   | 0   | 589 | 0   | 0   | 1749 |
| Beryl Wilson       | 0   | 536 | 0   | 575 | 0   | 0   | 599 | 0   | 1710 |
| Michael Rees-      |     |     |     |     |     |     |     |     |      |
| Evans              | 0   | 0   | 555 | 565 | 0   | 0   | 0   | 589 | 1709 |
| Alastair Wallace   | 0   | 0   | 0   | 0   | 561 | 559 | 573 | 0   | 1693 |
| Jeff Morunga       | 0   | 557 | 554 | 0   | 0   | 573 | 0   | 0   | 1684 |
| Jurg Kunzle        | 0   | 525 | 0   | 0   | 567 | 550 | 0   | 0   | 1642 |
| Richard Wassell    | 527 | 544 | 518 | 0   | 0   | 0   | 0   | 0   | 1589 |
| Jonathan Trope     | 792 | 779 | 0   | 0   | 0   | 0   | 0   | 0   | 1571 |
| Tim Ashby          | 781 | 759 | 0   | 0   | 0   | 0   | 0   | 0   | 1540 |
| Andrew Gibbons     | 0   | 757 | 0   | 0   | 0   | 773 | 0   | 0   | 1530 |

|                   |     |     |     |     |     |     |     |     |      |
|-------------------|-----|-----|-----|-----|-----|-----|-----|-----|------|
| Jenny Wickham     | 0   | 0   | 763 | 0   | 764 | 0   | 0   | 0   | 1527 |
| George Lisson     | 0   | 0   | 0   | 760 | 765 | 0   | 0   | 0   | 1525 |
| Peter Truscott    | 0   | 0   | 757 | 767 | 0   | 0   | 0   | 0   | 1524 |
| Grahame Murphy    | 0   | 776 | 0   | 0   | 0   | 0   | 0   | 746 | 1522 |
| Stuart Chellis    | 0   | 0   | 0   | 0   | 0   | 0   | 753 | 758 | 1511 |
| Mark Fiore        | 0   | 0   | 0   | 0   | 0   | 0   | 726 | 717 | 1443 |
| Mark Robinson     | 0   | 718 | 721 | 0   | 0   | 0   | 0   | 0   | 1439 |
| Stephen Ball      | 0   | 0   | 697 | 0   | 0   | 0   | 705 | 0   | 1402 |
| Philip Boswell    | 0   | 0   | 659 | 0   | 0   | 736 | 0   | 0   | 1395 |
| Lesley Maher      | 0   | 694 | 668 | 0   | 0   | 0   | 0   | 0   | 1362 |
| Melanie Watson    | 0   | 0   | 0   | 0   | 677 | 683 | 0   | 0   | 1360 |
| Mathew Kaley      | 0   | 680 | 679 | 0   | 0   | 0   | 0   | 0   | 1359 |
| Ralph Melano      | 0   | 0   | 661 | 681 | 0   | 0   | 0   | 0   | 1342 |
| Dean Gardiner     | 658 | 663 | 0   | 0   | 0   | 0   | 0   | 0   | 1321 |
| Nick Adams        | 653 | 668 | 0   | 0   | 0   | 0   | 0   | 0   | 1321 |
| Penny Smith       | 0   | 652 | 668 | 0   | 0   | 0   | 0   | 0   | 1320 |
| Lucy Anderson     | 0   | 0   | 0   | 0   | 0   | 669 | 0   | 648 | 1317 |
| Keith White       | 0   | 0   | 659 | 648 | 0   | 0   | 0   | 0   | 1307 |
| Joe Degabriele    | 650 | 649 | 0   | 0   | 0   | 0   | 0   | 0   | 1299 |
| Nigel Phillips    | 0   | 0   | 0   | 0   | 645 | 647 | 0   | 0   | 1292 |
| Stephen Bodnar    | 0   | 0   | 0   | 0   | 0   | 625 | 0   | 651 | 1276 |
| Mike Ward         | 0   | 0   | 0   | 630 | 0   | 0   | 625 | 0   | 1255 |
| John Whealy       | 0   | 622 | 0   | 629 | 0   | 0   | 0   | 0   | 1251 |
| Emma Anderson     | 0   | 0   | 0   | 600 | 0   | 637 | 0   | 0   | 1237 |
| Mary Barnes       | 0   | 0   | 0   | 0   | 616 | 615 | 0   | 0   | 1231 |
| Roland Hassall    | 621 | 0   | 610 | 0   | 0   | 0   | 0   | 0   | 1231 |
| Feisar Joya       | 620 | 0   | 594 | 0   | 0   | 0   | 0   | 0   | 1214 |
| Mercy Samia       | 0   | 0   | 0   | 0   | 618 | 0   | 593 | 0   | 1211 |
| Tony Mitchell     | 0   | 0   | 0   | 0   | 584 | 613 | 0   | 0   | 1197 |
| Rachele Lazzara   | 0   | 595 | 585 | 0   | 0   | 0   | 0   | 0   | 1180 |
| Daniel Altshuler  | 0   | 0   | 0   | 0   | 0   | 571 | 604 | 0   | 1175 |
| Mike Roach        | 0   | 551 | 535 | 0   | 0   | 0   | 0   | 0   | 1086 |
| Geoff Taylor      | 0   | 0   | 568 | 0   | 0   | 0   | 501 | 0   | 1069 |
| Simon Apter       | 0   | 0   | 0   | 514 | 0   | 0   | 542 | 0   | 1056 |
| Norman Kang       | 0   | 0   | 0   | 0   | 0   | 522 | 524 | 0   | 1046 |
| Megan Jackson     | 0   | 0   | 0   | 0   | 527 | 0   | 493 | 0   | 1020 |
| John Sparks       | 0   | 0   | 0   | 0   | 0   | 503 | 485 | 0   | 988  |
| Christopher Dwyer | 837 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 837  |
| Mark Shingler     | 0   | 768 | 0   | 0   | 0   | 0   | 0   | 0   | 768  |
| Alex Whitworth    | 0   | 0   | 0   | 0   | 0   | 758 | 0   | 0   | 758  |
| Godfrey Franz     | 0   | 0   | 0   | 755 | 0   | 0   | 0   | 0   | 755  |
| Neil McPherson    | 0   | 0   | 744 | 0   | 0   | 0   | 0   | 0   | 744  |
| Stephen Urwin     | 0   | 0   | 0   | 0   | 740 | 0   | 0   | 0   | 740  |
| Jonathan Worswick | 0   | 0   | 0   | 0   | 0   | 719 | 0   | 0   | 719  |
| David King        | 0   | 718 | 0   | 0   | 0   | 0   | 0   | 0   | 718  |
| Scott Smiles      | 0   | 0   | 707 | 0   | 0   | 0   | 0   | 0   | 707  |
| Adrian Spragg     | 702 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 702  |
| Martin Matthews   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 701 | 701  |
| Ann Muras         | 0   | 0   | 0   | 692 | 0   | 0   | 0   | 0   | 692  |
| Joel Mackay       | 0   | 0   | 689 | 0   | 0   | 0   | 0   | 0   | 689  |
| Anthony Carpenter | 0   | 0   | 0   | 0   | 0   | 0   | 686 | 0   | 686  |
| Arthur Huxtable   | 0   | 683 | 0   | 0   | 0   | 0   | 0   | 0   | 683  |
| Victor Donovic    | 0   | 0   | 0   | 682 | 0   | 0   | 0   | 0   | 682  |

|                      |     |     |     |     |     |     |     |     |     |
|----------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Lorraine Spanton     | 0   | 0   | 676 | 0   | 0   | 0   | 0   | 0   | 676 |
| Ron Wilson           | 0   | 674 | 0   | 0   | 0   | 0   | 0   | 0   | 674 |
| Lisa Carroli         | 0   | 0   | 0   | 0   | 0   | 670 | 0   | 0   | 670 |
| Graham Farnsworth    | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 669 | 669 |
| John Ayliffe         | 666 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 666 |
| Philip Hodgkinson    | 666 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 666 |
| Garry Maddox         | 0   | 653 | 0   | 0   | 0   | 0   | 0   | 0   | 653 |
| Joanne Barton        | 0   | 652 | 0   | 0   | 0   | 0   | 0   | 0   | 652 |
| Bruce Craven         | 0   | 0   | 0   | 0   | 0   | 0   | 638 | 0   | 638 |
| Fiero Mammone        | 0   | 0   | 0   | 0   | 0   | 0   | 637 | 0   | 637 |
| Graham Osborn        | 0   | 635 | 0   | 0   | 0   | 0   | 0   | 0   | 635 |
| Paul Bullas          | 0   | 0   | 0   | 0   | 632 | 0   | 0   | 0   | 632 |
| David Lancaster      | 0   | 626 | 0   | 0   | 0   | 0   | 0   | 0   | 626 |
| Patricia Pittorino   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 625 | 625 |
| Bronwyn Adams        | 0   | 0   | 0   | 0   | 0   | 623 | 0   | 0   | 623 |
| Andrew Bilsdon       | 0   | 0   | 0   | 0   | 622 | 0   | 0   | 0   | 622 |
| Sarah Braund         | 0   | 0   | 0   | 0   | 0   | 617 | 0   | 0   | 617 |
| Adam Cresswell       | 609 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 609 |
| Michael Free         | 0   | 602 | 0   | 0   | 0   | 0   | 0   | 0   | 602 |
| Patricia Twaalfhoven | 0   | 0   | 0   | 595 | 0   | 0   | 0   | 0   | 595 |
| Samantha Glenney     | 0   | 0   | 0   | 0   | 0   | 595 | 0   | 0   | 595 |
| Robert Inglis        | 0   | 0   | 0   | 0   | 0   | 594 | 0   | 0   | 594 |
| Brian Ogilwy         | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 576 | 576 |
| Michael Johnstone    | 574 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 574 |
| David Cooke          | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 572 | 572 |
| Matthew Johan        | 0   | 0   | 0   | 0   | 0   | 0   | 570 | 0   | 570 |
| Don Johnstone        | 556 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 556 |
| Joe Flinn            | 0   | 0   | 0   | 0   | 551 | 0   | 0   | 0   | 551 |
| Mervyn Cohen         | 0   | 0   | 549 | 0   | 0   | 0   | 0   | 0   | 549 |
| Steven Norden        | 547 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 547 |
| Kylie Catchpole      | 0   | 0   | 0   | 0   | 537 | 0   | 0   | 0   | 537 |
| Timothy Thompson     | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 530 | 530 |
| Rod Ross             | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 523 | 523 |
| Jo Bourke            | 0   | 0   | 0   | 0   | 0   | 0   | 512 | 0   | 512 |
| Brendan Mason        | 0   | 436 | 0   | 0   | 0   | 0   | 0   | 0   | 436 |

## Super Series Outright Rankings

*Best eight races count at the end of the Series. Bonus points are for hosting STaRs, assisting at 10k/Equaliser/Internal Half.*

| Open Women      | 6F | C  | D  | S  | M  | E  | W  | S  | IH | bo | Tot |
|-----------------|----|----|----|----|----|----|----|----|----|----|-----|
|                 | M  | M  | H  | M  | Q  | B  | M  |    |    | nu | s   |
| Tracey Love     | 47 | 49 | 45 | 47 | 46 | 47 | 50 | 44 | 2  | 21 | 396 |
| Allison Lilley  | 43 | 35 | 33 | 34 | 0  | 43 | 45 | 40 | 40 | 12 | 325 |
| Heather Forster | 42 | 45 | 41 | 35 | 41 | 0  | 47 | 0  | 42 | 8  | 301 |
| Frances Brown   | 0  | 34 | 32 | 38 | 39 | 41 | 43 | 0  | 32 | 21 | 280 |
| Tina Campbell   | 44 | 46 | 0  | 46 | 0  | 39 | 48 | 0  | 38 | 14 | 275 |



|                    |    |    |    |    |    |    |    |    |    |    |            |
|--------------------|----|----|----|----|----|----|----|----|----|----|------------|
| Victoria Pilkerton | 0  | 38 | 44 | 45 | 0  | 0  | 46 | 42 | 43 | 4  | <b>262</b> |
| Sharon Callister   | 0  | 0  | 40 | 41 | 0  | 2  | 49 | 49 | 48 | 11 | <b>240</b> |
| Joanne Barton      | 45 | 47 | 0  | 49 | 0  | 48 | 0  | 46 | 0  | 4  | <b>239</b> |
| Joanne Cowan       | 0  | 0  | 49 | 50 | 50 | 50 | 0  | 0  | 0  | 28 | <b>227</b> |
| Elizabeth Woodhams | 0  | 0  | 0  | 40 | 42 | 42 | 0  | 0  | 45 | 15 | <b>184</b> |
| Leigh MacRitchie   | 0  | 0  | 39 | 43 | 43 | 0  | 0  | 0  | 41 | 12 | <b>178</b> |
| Clara Vucetic      | 0  | 0  | 46 | 0  | 45 | 0  | 0  | 0  | 49 | 14 | <b>154</b> |
| Patricia Pittorino | 0  | 0  | 2  | 33 | 37 | 38 | 0  | 0  | 36 | 2  | <b>148</b> |
| Andrea McDonald    | 0  | 0  | 0  | 0  | 48 | 0  | 0  | 50 | 50 | 0  | <b>148</b> |
| Rachele Lazzara    | 0  | 43 | 36 | 44 | 0  | 0  | 0  | 0  | 0  | 4  | <b>127</b> |
| Ruth McColl        | 0  | 40 | 0  | 39 | 0  | 0  | 0  | 43 | 0  | 0  | <b>122</b> |
| Mary Stringer      | 0  | 0  | 42 | 42 | 0  | 0  | 0  | 0  | 0  | 17 | <b>101</b> |
| Jenny Wickham      | 0  | 0  | 50 | 0  | 49 | 0  | 0  | 0  | 0  | 2  | <b>101</b> |
| Dawn Tiller        | 50 | 50 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | <b>100</b> |
| Bernadette Boulous | 0  | 0  | 47 | 0  | 47 | 0  | 0  | 0  | 0  | 6  | <b>100</b> |
| Lisa Carroli       | 0  | 0  | 0  | 48 | 0  | 0  | 0  | 48 | 0  | 2  | <b>98</b>  |
| Paula McGee        | 48 | 0  | 0  | 0  | 0  | 49 | 0  | 0  | 0  | 0  | <b>97</b>  |
| Mary Barnes        | 0  | 0  | 0  | 0  | 0  | 45 | 0  | 0  | 47 | 4  | <b>96</b>  |
| Estelle Visser     | 0  | 48 | 0  | 0  | 0  | 0  | 0  | 47 | 0  | 0  | <b>95</b>  |
| Robi Russell       | 41 | 0  | 0  | 36 | 0  | 0  | 0  | 0  | 0  | 14 | <b>91</b>  |
| Margaret White     | 0  | 0  | 2  | 0  | 0  | 40 | 0  | 0  | 34 | 14 | <b>90</b>  |
| Beryl Wilson       | 0  | 0  | 0  | 0  | 40 | 0  | 40 | 0  | 0  | 6  | <b>86</b>  |
| Lorraine Spanton   | 0  | 0  | 38 | 0  | 0  | 0  | 0  | 0  | 46 | 0  | <b>84</b>  |
| Lesley Maher       | 0  | 0  | 37 | 0  | 0  | 0  | 0  | 0  | 44 | 2  | <b>83</b>  |
| Julie McGaw        | 0  | 0  | 0  | 37 | 0  | 44 | 0  | 0  | 0  | 2  | <b>83</b>  |
| Carol Taylor       | 0  | 0  | 0  | 0  | 0  | 37 | 41 | 0  | 0  | 2  | <b>80</b>  |
| Sarah Brown        | 0  | 42 | 34 | 0  | 0  | 0  | 0  | 0  | 0  | 4  | <b>80</b>  |
| Mercy Samia        | 0  | 33 | 0  | 0  | 0  | 0  | 42 | 0  | 0  | 4  | <b>79</b>  |
| Lisa Gallate       | 0  | 36 | 2  | 0  | 0  | 0  | 0  | 0  | 37 | 3  | <b>78</b>  |
| Elizabeth Taylor   | 0  | 0  | 0  | 32 | 0  | 0  | 0  | 38 | 0  | 0  | <b>70</b>  |
| Gillian Klevansky  | 0  | 0  | 0  | 0  | 0  | 36 | 0  | 0  | 31 | 0  | <b>67</b>  |
| Glenda Mitchell    | 0  | 0  | 43 | 0  | 0  | 2  | 0  | 0  | 0  | 12 | <b>57</b>  |
| Caroline Yarnell   | 0  | 0  | 48 | 0  | 0  | 0  | 0  | 0  | 0  | 8  | <b>56</b>  |
| Megan Jackson      | 0  | 0  | 2  | 0  | 38 | 2  | 2  | 0  | 2  | 10 | <b>56</b>  |
| Jacqui Matthews    | 0  | 0  | 0  | 0  | 0  | 46 | 0  | 0  | 0  | 6  | <b>52</b>  |
| KirstenThemsen     | 0  | 44 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 6  | <b>50</b>  |
| Bronwyn Wassell    | 0  | 0  | 0  | 0  | 0  | 0  | 44 | 0  | 0  | 6  | <b>50</b>  |
| Alexandra Dunn     | 49 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | <b>49</b>  |
| Robin Cameron      | 46 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 3  | <b>49</b>  |
| Bronwyn Adams      | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 45 | 0  | 2  | <b>47</b>  |
| Helen Wilson       | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 39 | 6  | <b>45</b>  |
| Gill Cavenagh      | 0  | 37 | 2  | 0  | 0  | 0  | 0  | 0  | 0  | 6  | <b>45</b>  |
| Emma Anderson      | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 41 | 0  | 4  | <b>45</b>  |
| Marlies Laaper     | 0  | 0  | 0  | 0  | 44 | 0  | 0  | 0  | 0  | 0  | <b>44</b>  |
| Joanna White       | 0  | 0  | 35 | 0  | 0  | 2  | 0  | 0  | 0  | 6  | <b>43</b>  |
| Penny Smith        | 0  | 0  | 31 | 0  | 0  | 0  | 0  | 0  | 0  | 10 | <b>41</b>  |
| Eliza Rayward      | 0  | 41 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | <b>41</b>  |
| Jenny Ferber       | 0  | 39 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | <b>39</b>  |
| Pamela Scott       | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 39 | 0  | 0  | <b>39</b>  |
| Melissa Treloar    | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 35 | 0  | <b>35</b>  |

|                 |           |          |          |          |          |          |          |          |           |           |            |
|-----------------|-----------|----------|----------|----------|----------|----------|----------|----------|-----------|-----------|------------|
| Lilian Chuah    | 0         | 0        | 0        | 0        | 0        | 0        | 0        | 0        | 33        | 0         | <b>33</b>  |
| Sue Hill        | 0         | 0        | 0        | 0        | 0        | 2        | 0        | 0        | 0         | 6         | <b>8</b>   |
| Mary Wilson     | 0         | 0        | 2        | 0        | 0        | 0        | 0        | 0        | 0         | 2         | <b>4</b>   |
| <b>Open Men</b> | <b>6F</b> | <b>C</b> | <b>D</b> | <b>S</b> | <b>M</b> | <b>E</b> | <b>W</b> | <b>S</b> | <b>IH</b> | <b>bo</b> | <b>Tot</b> |
|                 | <b>M</b>  | <b>M</b> | <b>H</b> | <b>M</b> | <b>Q</b> | <b>B</b> | <b>M</b> |          |           | <b>nu</b> |            |
| Stephen Jackson | 26        | 47       | 47       | 26       | 49       | 49       | 45       | 0        | 48        | 25        | <b>362</b> |
| John Van        | 0         | 46       | 31       | 42       | 39       | 39       | 43       | 47       | 37        | 17        | <b>341</b> |
| Yzendoorn       |           |          |          |          |          |          |          |          |           |           |            |
| Keith Bateman   | 34        | 0        | 46       | 44       | 47       | 46       | 46       | 0        | 49        | 12        | <b>324</b> |
| Barry Rutter    | 39        | 43       | 9        | 0        | 34       | 36       | 44       | 44       | 45        | 24        | <b>318</b> |
| Greg Donovan    | 50        | 50       | 0        | 46       | 44       | 0        | 0        | 45       | 0         | 12        | <b>247</b> |
| Gary Aitkenhead | 45        | 0        | 34       | 36       | 0        | 30       | 0        | 46       | 42        | 12        | <b>245</b> |
| Steve Hume      | 0         | 0        | 42       | 45       | 46       | 48       | 0        | 0        | 47        | 11        | <b>239</b> |
| Ralph Melano    | 36        | 37       | 13       | 23       | 28       | 26       | 33       | 0        | 2         | 9         | <b>207</b> |
| Graham Willis   | 32        | 35       | 2        | 0        | 16       | 18       | 32       | 26       | 19        | 16        | <b>196</b> |
| George Lisson   | 42        | 0        | 0        | 0        | 0        | 7        | 47       | 49       | 43        | 4         | <b>192</b> |
| Ron Schwebel    | 0         | 0        | 44       | 41       | 45       | 43       | 0        | 0        | 0         | 14        | <b>187</b> |
| Mike Hansen     | 37        | 39       | 24       | 33       | 29       | 0        | 0        | 0        | 2         | 22        | <b>186</b> |
| Darren Goodsir  | 16        | 28       | 21       | 17       | 32       | 25       | 0        | 38       | 0         | 4         | <b>181</b> |
| Michael Sharp   | 0         | 36       | 27       | 32       | 36       | 31       | 0        | 0        | 2         | 10        | <b>174</b> |
| Peter Woods     | 0         | 40       | 18       | 31       | 31       | 33       | 0        | 0        | 2         | 16        | <b>171</b> |
| Kevin O'Kane    | 21        | 16       | 3        | 9        | 19       | 20       | 31       | 0        | 25        | 27        | <b>171</b> |
| Mark Wilson     | 0         | 0        | 48       | 47       | 48       | 0        | 0        | 14       | 0         | 10        | <b>167</b> |
| Mark Schaefer   | 0         | 0        | 36       | 38       | 40       | 38       | 0        | 0        | 2         | 9         | <b>163</b> |
| Paul Jackson    | 0         | 44       | 33       | 35       | 38       | 0        | 0        | 0        | 0         | 8         | <b>158</b> |
| John Young      | 0         | 0        | 50       | 49       | 0        | 0        | 49       | 0        | 0         | 10        | <b>158</b> |
| Bruce Craven    | 0         | 0        | 0        | 30       | 0        | 0        | 39       | 40       | 39        | 2         | <b>150</b> |
| Dennis Nel      | 28        | 31       | 10       | 20       | 0        | 0        | 24       | 0        | 23        | 12        | <b>148</b> |
| Charles King    | 0         | 29       | 11       | 21       | 0        | 24       | 0        | 29       | 21        | 12        | <b>147</b> |
| Joel Mackay     | 44        | 0        | 41       | 0        | 0        | 44       | 0        | 0        | 0         | 9         | <b>138</b> |
| Rod Lovel       | 27        | 0        | 0        | 0        | 0        | 29       | 36       | 0        | 30        | 12        | <b>134</b> |
| Jeff Morehen    | 0         | 0        | 2        | 0        | 21       | 23       | 40       | 42       | 0         | 3         | <b>131</b> |
| Mark Davis      | 0         | 38       | 17       | 28       | 35       | 0        | 0        | 0        | 0         | 12        | <b>130</b> |
| Adrian Spragg   | 43        | 0        | 0        | 0        | 0        | 40       | 42       | 0        | 0         | 4         | <b>129</b> |
| Heiko Schaefer  | 0         | 33       | 2        | 8        | 12       | 11       | 26       | 0        | 11        | 20        | <b>123</b> |
| Neil Barker     | 40        | 0        | 30       | 0        | 43       | 0        | 0        | 0        | 2         | 8         | <b>123</b> |
| Lance White     | 0         | 0        | 0        | 0        | 0        | 0        | 38       | 41       | 44        | 0         | <b>123</b> |
| Grahame Murphy  | 25        | 42       | 0        | 43       | 0        | 0        | 0        | 0        | 0         | 4         | <b>114</b> |
| James Moody     | 0         | 20       | 0        | 5        | 11       | 10       | 28       | 19       | 16        | 4         | <b>113</b> |
| David Loader    | 31        | 0        | 39       | 39       | 0        | 0        | 0        | 0        | 0         | 4         | <b>113</b> |
| Mark Robinson   | 0         | 0        | 37       | 34       | 0        | 37       | 0        | 0        | 0         | 2         | <b>110</b> |
| Chris Truscott  | 0         | 0        | 0        | 50       | 0        | 0        | 50       | 0        | 0         | 6         | <b>106</b> |
| Tim Austin      | 0         | 0        | 22       | 0        | 0        | 27       | 0        | 0        | 35        | 22        | <b>106</b> |
| James Cryer     | 0         | 0        | 0        | 0        | 0        | 28       | 41       | 36       | 0         | 0         | <b>105</b> |
| Peter Truscott  | 0         | 0        | 49       | 2        | 0        | 0        | 48       | 0        | 0         | 4         | <b>103</b> |
| David Lancaster | 24        | 30       | 0        | 0        | 0        | 16       | 29       | 0        | 0         | 4         | <b>103</b> |
| Andrew Gibbons  | 0         | 0        | 0        | 48       | 50       | 0        | 0        | 0        | 0         | 4         | <b>102</b> |
| Ken Harris      | 0         | 24       | 29       | 0        | 0        | 34       | 0        | 0        | 0         | 8         | <b>95</b>  |
| Peter Cremen    | 0         | 0        | 45       | 0        | 0        | 42       | 0        | 0        | 0         | 4         | <b>91</b>  |
| Roland Hassall  | 0         | 0        | 15       | 11       | 0        | 0        | 0        | 35       | 28        | 2         | <b>91</b>  |
| Stephen Ball    | 0         | 0        | 25       | 25       | 0        | 32       | 0        | 0        | 0         | 8         | <b>90</b>  |
| Salvador Gala   | 0         | 0        | 2        | 0        | 33       | 0        | 0        | 0        | 41        | 14        | <b>90</b>  |

|                   |    |    |    |    |    |    |    |    |    |    |    |
|-------------------|----|----|----|----|----|----|----|----|----|----|----|
| Nathan Vass       | 0  | 0  | 0  | 0  | 42 | 45 | 0  | 0  | 0  | 0  | 87 |
| Graham            | 0  | 0  | 0  | 0  | 41 | 0  | 0  | 43 | 0  | 2  | 86 |
| Farnsworth        |    |    |    |    |    |    |    |    |    |    |    |
| Philip Hugill     | 41 | 45 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 86 |
| Ray Doran         | 0  | 0  | 35 | 40 | 0  | 0  | 0  | 0  | 0  | 8  | 83 |
| Victor Donovic    | 0  | 0  | 0  | 18 | 30 | 0  | 0  | 33 | 0  | 2  | 83 |
| Michael Wilson    | 0  | 0  | 2  | 0  | 0  | 0  | 21 | 23 | 17 | 19 | 82 |
| Charles Coville   | 0  | 0  | 32 | 37 | 0  | 0  | 0  | 0  | 0  | 12 | 81 |
| Michael Bailey    | 15 | 23 | 0  | 3  | 10 | 5  | 22 | 0  | 0  | 3  | 81 |
| Gregory Prerau    | 0  | 0  | 0  | 24 | 0  | 0  | 0  | 0  | 32 | 24 | 80 |
| Manfred Fiedler   | 0  | 0  | 2  | 0  | 0  | 13 | 27 | 21 | 0  | 14 | 77 |
| Gregory Mackay    | 0  | 0  | 0  | 29 | 0  | 41 | 0  | 0  | 0  | 6  | 76 |
| Ron Wilson        | 0  | 0  | 0  | 0  | 17 | 19 | 37 | 0  | 0  | 2  | 75 |
| Andrew Smith      | 0  | 0  | 28 | 16 | 18 | 0  | 0  | 0  | 0  | 10 | 72 |
| Simon Kent-Jones  | 17 | 0  | 16 | 0  | 25 | 0  | 0  | 0  | 0  | 14 | 72 |
| Joe Degabriele    | 29 | 27 | 2  | 0  | 0  | 0  | 0  | 0  | 0  | 13 | 71 |
| David King        | 38 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 31 | 2  | 71 |
| Steven Norden     | 14 | 25 | 0  | 2  | 0  | 0  | 0  | 18 | 6  | 2  | 67 |
| Keith White       | 22 | 0  | 4  | 0  | 0  | 0  | 0  | 0  | 27 | 14 | 67 |
| Mahmoud El-Khansa | 0  | 32 | 0  | 0  | 0  | 0  | 0  | 32 | 0  | 0  | 64 |
| Simon Riordan     | 33 | 0  | 0  | 0  | 0  | 0  | 0  | 28 | 0  | 0  | 61 |
| Stephen Bodnar    | 0  | 0  | 0  | 0  | 0  | 21 | 0  | 0  | 36 | 4  | 61 |
| Iain Martin       | 30 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 29 | 2  | 61 |
| Graham Butler     | 0  | 0  | 0  | 0  | 0  | 0  | 34 | 0  | 26 | 0  | 60 |
| Bruce Inglis      | 47 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 12 | 59 |
| Andrew Bryan      | 23 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 34 | 2  | 59 |
| Frank Dearn       | 0  | 13 | 2  | 2  | 3  | 2  | 17 | 0  | 5  | 14 | 58 |
| George Herisson   | 0  | 0  | 2  | 0  | 14 | 12 | 0  | 0  | 10 | 20 | 58 |
| Scott Smiles      | 0  | 0  | 19 | 0  | 0  | 0  | 0  | 39 | 0  | 0  | 58 |
| Peter Grunfeld    | 0  | 26 | 8  | 19 | 0  | 0  | 0  | 0  | 0  | 4  | 57 |
| James Bond        | 0  | 0  | 0  | 0  | 0  | 22 | 35 | 0  | 0  | 0  | 57 |
| Jonathan Worswick | 0  | 49 | 2  | 0  | 0  | 0  | 0  | 0  | 0  | 5  | 56 |
| Warwick Selby     | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 48 | 0  | 6  | 54 |
| Sean Ryan         | 0  | 48 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 6  | 54 |
| Stuart Chellis    | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 50 | 4  | 54 |
| Ted Brailey       | 0  | 0  | 2  | 0  | 0  | 0  | 19 | 15 | 3  | 14 | 53 |
| David Adler       | 0  | 0  | 2  | 7  | 0  | 0  | 0  | 31 | 0  | 12 | 52 |
| Mark Fiore        | 0  | 0  | 0  | 0  | 0  | 47 | 0  | 0  | 0  | 4  | 51 |
| Graham Sharp      | 0  | 0  | 14 | 14 | 0  | 0  | 0  | 0  | 14 | 8  | 50 |
| Kelvin Marshall   | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 50 | 0  | 0  | 50 |
| Dean Degan        | 0  | 0  | 0  | 0  | 0  | 50 | 0  | 0  | 0  | 0  | 50 |
| Arthur Huxtable   | 0  | 0  | 0  | 22 | 23 | 0  | 0  | 0  | 2  | 2  | 49 |
| Wayne Stanton     | 0  | 0  | 43 | 0  | 0  | 0  | 0  | 0  | 0  | 6  | 49 |
| Martin Fryer      | 49 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 49 |
| John Hamilton     | 0  | 0  | 40 | 0  | 0  | 0  | 0  | 0  | 0  | 8  | 48 |
| Ian Singer        | 0  | 21 | 0  | 12 | 0  | 9  | 0  | 0  | 0  | 6  | 48 |
| Stephen Urwin     | 46 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 2  | 48 |
| David Clear       | 48 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 48 |
| Martin Matthews   | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 46 | 0  | 46 |
| Jon Patrick       | 12 | 34 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 46 |
| Mario Torresan    | 0  | 0  | 0  | 0  | 0  | 17 | 0  | 20 | 0  | 8  | 45 |
| Brad Renshaw      | 0  | 0  | 0  | 2  | 0  | 0  | 20 | 0  | 0  | 20 | 42 |
| Rod Smart         | 0  | 0  | 0  | 0  | 0  | 0  | 25 | 17 | 0  | 0  | 42 |

|                     |    |    |    |    |    |    |    |    |    |    |    |
|---------------------|----|----|----|----|----|----|----|----|----|----|----|
| Mathew Kaley        | 0  | 0  | 38 | 0  | 0  | 0  | 0  | 0  | 0  | 4  | 42 |
| Philip Boswell      | 0  | 0  | 12 | 27 | 0  | 0  | 0  | 0  | 0  | 2  | 41 |
| Pierre Van Heerden  | 0  | 41 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 41 |
| Stuart Crichton     | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 40 | 0  | 40 |
| Paul Trainor        | 0  | 0  | 5  | 0  | 22 | 0  | 0  | 0  | 0  | 12 | 39 |
| Adam Cresswell      | 0  | 0  | 0  | 13 | 24 | 0  | 0  | 0  | 0  | 2  | 39 |
| Anthony Carpenter   | 0  | 0  | 0  | 0  | 37 | 0  | 0  | 0  | 0  | 2  | 39 |
| Jeff Morunga        | 0  | 17 | 2  | 2  | 0  | 0  | 0  | 13 | 0  | 4  | 38 |
| Ronald Stolk        | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 38 | 0  | 38 |
| Andrew Jordan       | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 37 | 0  | 0  | 37 |
| Kendall Waller      | 0  | 0  | 26 | 0  | 0  | 0  | 0  | 0  | 0  | 10 | 36 |
| Michael Rees-Evans  | 0  | 0  | 2  | 2  | 0  | 0  | 0  | 27 | 0  | 5  | 36 |
| Jeff Gissing        | 0  | 0  | 0  | 0  | 0  | 35 | 0  | 0  | 0  | 0  | 35 |
| Roger Rigby         | 19 | 0  | 0  | 0  | 0  | 0  | 16 | 0  | 0  | 0  | 35 |
| Dick Bartlett       | 13 | 22 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 35 |
| Joshua Burns        | 35 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 35 |
| John Kerr           | 0  | 0  | 2  | 0  | 8  | 0  | 0  | 0  | 12 | 12 | 34 |
| Derek Smith         | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 22 | 0  | 12 | 34 |
| Jose Vilar          | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 34 | 0  | 0  | 34 |
| Walter Mitchell     | 0  | 0  | 20 | 0  | 0  | 2  | 0  | 0  | 0  | 12 | 34 |
| David Gayford       | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 33 | 0  | 0  | 33 |
| Mukesh Kerae        | 0  | 0  | 0  | 0  | 9  | 0  | 23 | 0  | 0  | 0  | 32 |
| Brian O'Dea         | 0  | 0  | 0  | 2  | 0  | 0  | 0  | 22 | 8  | 0  | 32 |
| Hugh Spencer        | 0  | 0  | 0  | 0  | 0  | 0  | 30 | 0  | 0  | 0  | 30 |
| Paul Thompson       | 0  | 0  | 2  | 0  | 13 | 0  | 0  | 0  | 0  | 15 | 30 |
| Dennis Nelson       | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 30 | 0  | 0  | 30 |
| Nigel Phillips      | 0  | 0  | 0  | 0  | 26 | 0  | 0  | 0  | 0  | 4  | 30 |
| Alex Whitworth      | 0  | 0  | 0  | 0  | 27 | 0  | 0  | 0  | 0  | 2  | 29 |
| Duncan Scott        | 0  | 19 | 2  | 0  | 0  | 0  | 0  | 0  | 0  | 8  | 29 |
| Julian Wright       | 0  | 0  | 23 | 0  | 0  | 0  | 0  | 0  | 0  | 6  | 29 |
| Andrew Bilsdon      | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 25 | 0  | 2  | 27 |
| Anton Kapel         | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 24 | 0  | 2  | 26 |
| John Simmonds       | 0  | 0  | 0  | 2  | 7  | 4  | 0  | 0  | 0  | 12 | 25 |
| Peter Hammerschmidt | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 18 | 6  | 0  | 24 |
| Mike Ward           | 0  | 0  | 2  | 0  | 0  | 14 | 0  | 0  | 0  | 8  | 24 |
| John Zahra          | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 24 | 0  | 0  | 24 |
| Norman Kang         | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 11 | 7  | 4  | 22 |
| Darryl Chrisp       | 18 | 0  | 0  | 0  | 0  | 0  | 0  | 2  | 2  | 0  | 22 |
| Robert Inglis       | 20 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 2  | 22 |
| Kevin Tiller        | 0  | 15 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 6  | 21 |
| Mark Wieland        | 0  | 0  | 0  | 0  | 20 | 0  | 0  | 0  | 0  | 0  | 20 |
| Richard Wassell     | 0  | 0  | 2  | 2  | 0  | 0  | 0  | 0  | 0  | 16 | 20 |
| Michael Johnstone   | 0  | 18 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 2  | 20 |
| Andrew Knox         | 0  | 0  | 0  | 6  | 0  | 0  | 0  | 0  | 0  | 14 | 20 |
| Robert Wawrzyniak   | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 20 | 0  | 0  | 20 |
| Steve Packer        | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 13 | 6  | 0  | 19 |
| Ian Whitfield       | 0  | 0  | 2  | 0  | 0  | 2  | 0  | 0  | 2  | 12 | 18 |
| Allan Marks         | 0  | 0  | 0  | 0  | 0  | 0  | 18 | 0  | 0  | 0  | 18 |
| Ian Walker          | 0  | 14 | 0  | 0  | 4  | 0  | 0  | 0  | 0  | 0  | 18 |
| Robert Chalmers     | 0  | 0  | 2  | 0  | 0  | 0  | 0  | 0  | 0  | 16 | 18 |
| Philip Kennedy      | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 12 | 0  | 6  | 18 |

|                      |    |   |   |    |    |    |   |    |    |    |    |
|----------------------|----|---|---|----|----|----|---|----|----|----|----|
| Feisar Joya          | 0  | 0 | 6 | 10 | 0  | 0  | 0 | 0  | 0  | 2  | 18 |
| Michael Christie     | 11 | 0 | 0 | 0  | 0  | 0  | 0 | 0  | 0  | 7  | 18 |
| Neil McPherson       | 0  | 0 | 2 | 0  | 0  | 15 | 0 | 0  | 0  | 0  | 17 |
| John Whealy          | 0  | 0 | 0 | 0  | 0  | 2  | 0 | 0  | 2  | 13 | 17 |
| Garry Maddox         | 0  | 0 | 0 | 15 | 0  | 0  | 0 | 0  | 0  | 2  | 17 |
| Martin Fisk          | 0  | 0 | 0 | 0  | 0  | 0  | 0 | 16 | 0  | 0  | 16 |
| Fernando Santisteban | 0  | 0 | 0 | 0  | 0  | 0  | 0 | 0  | 15 | 0  | 15 |
| Peter Cogley         | 0  | 0 | 0 | 0  | 15 | 0  | 0 | 0  | 0  | 0  | 15 |
| Jack Leigh           | 0  | 0 | 2 | 0  | 0  | 0  | 0 | 0  | 0  | 12 | 14 |
| David Camm           | 0  | 0 | 7 | 0  | 0  | 0  | 0 | 0  | 2  | 4  | 13 |
| Jim Screen           | 0  | 0 | 2 | 2  | 0  | 2  | 0 | 0  | 2  | 3  | 11 |
| Jurg Kunzle          | 0  | 0 | 0 | 2  | 0  | 3  | 0 | 0  | 0  | 6  | 11 |
| Rod Ross             | 0  | 0 | 0 | 2  | 2  | 2  | 0 | 0  | 2  | 2  | 10 |
| Denis Speyer         | 0  | 0 | 0 | 4  | 0  | 0  | 0 | 0  | 0  | 6  | 10 |
| Hans Pandeya         | 0  | 0 | 0 | 0  | 0  | 0  | 0 | 0  | 9  | 0  | 9  |
| David East           | 0  | 0 | 0 | 0  | 0  | 0  | 0 | 0  | 8  | 0  | 8  |
| Graham Osborn        | 0  | 0 | 0 | 2  | 0  | 0  | 0 | 0  | 0  | 6  | 8  |
| Peter Cookson        | 0  | 0 | 0 | 0  | 0  | 8  | 0 | 0  | 0  | 0  | 8  |
| Ivan Freys           | 0  | 0 | 0 | 0  | 0  | 0  | 0 | 0  | 2  | 6  | 8  |
| Joe Flinn            | 0  | 0 | 0 | 0  | 0  | 6  | 0 | 0  | 0  | 2  | 8  |
| Andrew Horsley       | 0  | 0 | 0 | 0  | 6  | 0  | 0 | 0  | 0  | 0  | 6  |
| Paul Munro           | 0  | 0 | 0 | 0  | 5  | 0  | 0 | 0  | 0  | 0  | 5  |
| Sam Chuah            | 0  | 0 | 0 | 0  | 0  | 0  | 0 | 0  | 4  | 0  | 4  |
| Christopher Dwyer    | 0  | 0 | 0 | 2  | 0  | 0  | 0 | 0  | 0  | 2  | 4  |
| Geoff Taylor         | 0  | 0 | 2 | 0  | 0  | 0  | 0 | 0  | 0  | 2  | 4  |
| Mike Roach           | 0  | 0 | 2 | 0  | 0  | 0  | 0 | 0  | 0  | 2  | 4  |
| Wayne McCarthy       | 0  | 0 | 0 | 0  | 0  | 0  | 2 | 0  | 0  | 0  | 2  |
| Mervyn Cohen         | 0  | 0 | 2 | 0  | 0  | 0  | 0 | 0  | 0  | 0  | 2  |
| Jonathan Gliksten    | 0  | 0 | 2 | 0  | 0  | 0  | 0 | 0  | 0  | 0  | 2  |

## Super Series Age Groups

| Female Vets       | 6F | C  | D  | S  | M  | E  | W  | S  | IH | bo | Tot |
|-------------------|----|----|----|----|----|----|----|----|----|----|-----|
|                   | M  | M  | H  | M  | Q  | B  | M  |    |    | nu |     |
| Tracey Love       | 47 | 49 | 47 | 47 | 49 | 47 | 50 | 46 | 2  | 21 | 403 |
| Frances Brown     | 0  | 44 | 42 | 44 | 45 | 44 | 47 | 0  | 44 | 21 | 331 |
| Heather Forster   | 44 | 46 | 45 | 42 | 46 | 0  | 48 | 0  | 46 | 8  | 325 |
| Sharon Callister  | 0  | 0  | 44 | 45 | 0  | 2  | 49 | 50 | 49 | 11 | 260 |
| Joanne Barton     | 45 | 47 | 0  | 49 | 0  | 48 | 0  | 47 | 0  | 4  | 240 |
| Joanne Cowan      | 0  | 0  | 50 | 50 | 50 | 50 | 0  | 0  | 0  | 28 | 228 |
| Clara Vucetic     | 0  | 0  | 48 | 0  | 48 | 0  | 0  | 0  | 50 | 14 | 160 |
| Mary Stringer     | 0  | 0  | 46 | 46 | 0  | 0  | 0  | 0  | 0  | 17 | 109 |
| Margaret White    | 0  | 0  | 2  | 0  | 0  | 43 | 0  | 0  | 45 | 14 | 104 |
| Dawn Tiller       | 50 | 50 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 100 |
| Lisa Carroli      | 0  | 0  | 0  | 48 | 0  | 0  | 0  | 49 | 0  | 2  | 99  |
| Mary Barnes       | 0  | 0  | 0  | 0  | 0  | 46 | 0  | 0  | 48 | 4  | 98  |
| Paula McGee       | 48 | 0  | 0  | 0  | 0  | 49 | 0  | 0  | 0  | 0  | 97  |
| Estelle Visser    | 0  | 48 | 0  | 0  | 0  | 0  | 0  | 48 | 0  | 0  | 96  |
| Mercy Samia       | 0  | 43 | 0  | 0  | 0  | 0  | 46 | 0  | 0  | 4  | 93  |
| Lesley Maher      | 0  | 0  | 43 | 0  | 0  | 0  | 0  | 0  | 47 | 2  | 92  |
| Julie McGaw       | 0  | 0  | 0  | 43 | 0  | 45 | 0  | 0  | 0  | 2  | 90  |
| Gillian Klevansky | 0  | 0  | 0  | 0  | 0  | 42 | 0  | 0  | 43 | 0  | 85  |

|                  |    |    |    |    |    |   |   |    |   |   |    |
|------------------|----|----|----|----|----|---|---|----|---|---|----|
| Elizabeth Taylor | 0  | 0  | 0  | 41 | 0  | 0 | 0 | 44 | 0 | 0 | 85 |
| Caroline Yarnell | 0  | 0  | 49 | 0  | 0  | 0 | 0 | 0  | 0 | 8 | 57 |
| Gill Cavenagh    | 0  | 45 | 2  | 0  | 0  | 0 | 0 | 0  | 0 | 6 | 53 |
| Alexandra Dunn   | 49 | 0  | 0  | 0  | 0  | 0 | 0 | 0  | 0 | 0 | 49 |
| Robin Cameron    | 46 | 0  | 0  | 0  | 0  | 0 | 0 | 0  | 0 | 3 | 49 |
| Marlies Laaper   | 0  | 0  | 0  | 0  | 47 | 0 | 0 | 0  | 0 | 0 | 47 |
| Pamela Scott     | 0  | 0  | 0  | 0  | 0  | 0 | 0 | 45 | 0 | 0 | 45 |

## Female Masters

|                    | 6F | C  | D  | S  | M  | E  | W  | S  | IH | bo | Tot |
|--------------------|----|----|----|----|----|----|----|----|----|----|-----|
|                    | M  | M  | H  | M  | Q  | B  | M  |    |    | nu |     |
| Tina Campbell      | 50 | 50 | 0  | 50 | 0  | 49 | 50 | 0  | 47 | 14 | 310 |
| Elizabeth Woodhams | 0  | 0  | 0  | 49 | 50 | 50 | 0  | 0  | 49 | 15 | 213 |
| Patricia Pittorino | 0  | 0  | 2  | 46 | 48 | 48 | 0  | 0  | 46 | 2  | 192 |
| Ruth McColl        | 0  | 48 | 0  | 48 | 0  | 0  | 0  | 50 | 0  | 0  | 146 |
| Robi Russell       | 49 | 0  | 0  | 47 | 0  | 0  | 0  | 0  | 0  | 14 | 110 |
| Beryl Wilson       | 0  | 0  | 0  | 0  | 49 | 0  | 48 | 0  | 0  | 6  | 103 |
| Lorraine Spanton   | 0  | 0  | 50 | 0  | 0  | 0  | 0  | 0  | 50 | 0  | 100 |
| Carol Taylor       | 0  | 0  | 0  | 0  | 0  | 47 | 49 | 0  | 0  | 2  | 98  |
| Penny Smith        | 0  | 0  | 49 | 0  | 0  | 0  | 0  | 0  | 0  | 10 | 59  |
| Kirsten Themsen    | 0  | 49 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 6  | 55  |
| Helen Wilson       | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 48 | 6  | 54  |
| Jenny Ferber       | 0  | 47 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 47  |
| Sue Hill           | 0  | 0  | 0  | 0  | 0  | 2  | 0  | 0  | 0  | 6  | 8   |
| Mary Wilson        | 0  | 0  | 2  | 0  | 0  | 0  | 0  | 0  | 0  | 2  | 4   |

## Male Masters

|                   | 6F | C  | D  | S  | M  | E  | W  | S  | IH | bo | Tot |
|-------------------|----|----|----|----|----|----|----|----|----|----|-----|
|                   | M  | M  | H  | M  | Q  | B  | M  |    |    | nu |     |
| Barry Rutter      | 50 | 50 | 47 | 0  | 49 | 49 | 50 | 49 | 50 | 24 | 418 |
| Kevin O'Kane      | 45 | 43 | 45 | 47 | 47 | 46 | 44 | 0  | 45 | 27 | 389 |
| Graham Willis     | 48 | 49 | 43 | 0  | 45 | 44 | 45 | 45 | 43 | 16 | 378 |
| James Moody       | 0  | 44 | 0  | 46 | 43 | 43 | 43 | 43 | 41 | 4  | 307 |
| Michael Bailey    | 41 | 46 | 0  | 45 | 42 | 41 | 41 | 0  | 0  | 3  | 259 |
| Ron Schwebel      | 0  | 0  | 50 | 50 | 50 | 50 | 0  | 0  | 0  | 14 | 214 |
| Rod Lovel         | 47 | 0  | 0  | 0  | 0  | 48 | 47 | 0  | 48 | 12 | 202 |
| Michael Wilson    | 0  | 0  | 44 | 0  | 0  | 0  | 40 | 44 | 42 | 19 | 189 |
| Ted Brailey       | 0  | 0  | 42 | 0  | 0  | 0  | 38 | 41 | 38 | 14 | 173 |
| Rod Ross          | 0  | 0  | 0  | 38 | 38 | 38 | 0  | 0  | 37 | 2  | 153 |
| Keith White       | 46 | 0  | 46 | 0  | 0  | 0  | 0  | 0  | 47 | 14 | 153 |
| James Cryer       | 0  | 0  | 0  | 0  | 0  | 47 | 49 | 47 | 0  | 0  | 143 |
| Ron Wilson        | 0  | 0  | 0  | 0  | 46 | 45 | 48 | 0  | 0  | 2  | 141 |
| John Kerr         | 0  | 0  | 40 | 0  | 41 | 0  | 0  | 0  | 40 | 12 | 133 |
| John Simmonds     | 0  | 0  | 0  | 40 | 40 | 40 | 0  | 0  | 0  | 12 | 132 |
| Charles Coville   | 0  | 0  | 49 | 49 | 0  | 0  | 0  | 0  | 0  | 12 | 110 |
| Brad Renshaw      | 0  | 0  | 0  | 42 | 0  | 0  | 39 | 0  | 0  | 20 | 101 |
| Arthur Huxtable   | 0  | 0  | 0  | 48 | 48 | 0  | 0  | 0  | 2  | 2  | 100 |
| David King        | 49 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 49 | 2  | 100 |
| Scott Smiles      | 0  | 0  | 48 | 0  | 0  | 0  | 0  | 48 | 0  | 0  | 96  |
| Brian O'Dea       | 0  | 0  | 0  | 43 | 0  | 0  | 0  | 0  | 44 | 8  | 95  |
| Mahmoud El-Khansa | 0  | 47 | 0  | 0  | 0  | 0  | 0  | 46 | 0  | 0  | 93  |
| Graham Butler     | 0  | 0  | 0  | 0  | 0  | 0  | 46 | 0  | 46 | 0  | 92  |
| Jon Patrick       | 39 | 48 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 87  |
| Dick Bartlett     | 40 | 45 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 85  |



| Male Vets       | 6F | C  | D  | S  | M  | E  | W  | S  | IH | bo | Tot |
|-----------------|----|----|----|----|----|----|----|----|----|----|-----|
|                 | M  | M  | M  | M  | Q  | B  | M  |    | nu | s  |     |
| Stephen Jackson | 36 | 49 | 50 | 40 | 50 | 50 | 48 | 0  | 49 | 25 | 397 |
| Keith Bateman   | 39 | 0  | 49 | 49 | 49 | 48 | 49 | 0  | 50 | 12 | 345 |
| Ralph Melano    | 40 | 42 | 38 | 37 | 42 | 40 | 45 | 0  | 2  | 9  | 295 |
| Gary Aitkenhead | 45 | 0  | 45 | 47 | 0  | 41 | 0  | 49 | 47 | 12 | 286 |
| Greg Donovan    | 50 | 50 | 0  | 50 | 48 | 0  | 0  | 48 | 0  | 12 | 258 |
| Dennis Nel      | 37 | 41 | 35 | 35 | 0  | 0  | 43 | 0  | 41 | 12 | 244 |
| Charles King    | 0  | 39 | 36 | 36 | 0  | 39 | 0  | 42 | 40 | 12 | 244 |
| Mike Hansen     | 41 | 44 | 42 | 45 | 43 | 0  | 0  | 0  | 2  | 22 | 239 |
| Peter Woods     | 0  | 45 | 41 | 44 | 45 | 43 | 0  | 0  | 2  | 16 | 236 |
| George Lisson   | 43 | 0  | 0  | 0  | 0  | 32 | 50 | 50 | 48 | 4  | 227 |
| Mark Davis      | 0  | 43 | 40 | 42 | 47 | 0  | 0  | 0  | 0  | 12 | 184 |
| Jeff Morehen    | 0  | 0  | 2  | 0  | 40 | 38 | 46 | 47 | 0  | 3  | 176 |
| David Lancaster | 34 | 40 | 0  | 0  | 0  | 36 | 44 | 0  | 0  | 4  | 158 |
| Steven Norden   | 32 | 36 | 0  | 2  | 0  | 0  | 0  | 41 | 35 | 2  | 148 |

44

# Super Series Scores Adjusted for Age and Gender

*No bonus points included in this category – it is just adjusted race times, best eight to count.*

| Prog Age & Gender Adj | 6F  | CM  | DM  | SH  | M   | EQ  | WB  | SM  | IH  | Tot  |
|-----------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|
| Stephen Jackson       | 566 | 705 | 767 | 673 | 774 | 782 | 718 | 0   | 735 | 5720 |
| Barry Rutter          | 663 | 700 | 665 | 0   | 691 | 709 | 742 | 717 | 722 | 5609 |
| John Van Yzendoom     | 0   | 674 | 675 | 698 | 667 | 668 | 663 | 679 | 634 | 5358 |
| Keith Bateman         | 614 | 0   | 771 | 747 | 747 | 756 | 737 | 0   | 750 | 5122 |
| Graham Willis         | 643 | 640 | 655 | 0   | 636 | 644 | 632 | 607 | 631 | 5088 |
| Tracey Love           | 654 | 647 | 632 | 629 | 632 | 622 | 655 | 603 | 0   | 5074 |
| Kevin O'Kane          | 576 | 514 | 644 | 643 | 636 | 637 | 615 | 0   | 632 | 4897 |
| Heiko Schaefer        | 0   | 691 | 707 | 684 | 669 | 658 | 649 | 0   | 652 | 4710 |
| Ralph Melano          | 642 | 648 | 661 | 674 | 667 | 653 | 608 | 0   | 0   | 4553 |
| Heather Forster       | 588 | 641 | 672 | 606 | 631 | 0   | 604 | 0   | 630 | 4372 |
| Allison Lilley        | 539 | 513 | 568 | 536 | 0   | 537 | 537 | 482 | 551 | 4263 |
| Frank Dearn           | 0   | 552 | 633 | 613 | 599 | 607 | 600 | 0   | 637 | 4241 |
| Gary Aitkenhead       | 674 | 0   | 710 | 714 | 0   | 660 | 0   | 705 | 680 | 4143 |
| Darren Goodsir        | 510 | 547 | 626 | 610 | 617 | 595 | 0   | 602 | 0   | 4107 |
| James Moody           | 0   | 541 | 0   | 601 | 598 | 585 | 604 | 540 | 609 | 4078 |
| Tina Campbell         | 662 | 713 | 0   | 719 | 0   | 593 | 645 | 0   | 643 | 3975 |
| Frances Brown         | 0   | 531 | 599 | 600 | 538 | 555 | 552 | 0   | 510 | 3885 |
| Dennis Nel            | 586 | 602 | 651 | 664 | 0   | 0   | 546 | 0   | 610 | 3659 |
| Charles King          | 0   | 570 | 633 | 645 | 0   | 620 | 0   | 582 | 590 | 3640 |
| Greg Donovan          | 771 | 737 | 0   | 744 | 702 | 0   | 0   | 676 | 0   | 3630 |
| Michael Bailey        | 584 | 602 | 0   | 627 | 617 | 584 | 584 | 0   | 0   | 3598 |
| George Lisson         | 684 | 0   | 0   | 0   | 0   | 552 | 803 | 769 | 707 | 3515 |
| Steve Hume            | 0   | 0   | 698 | 704 | 694 | 721 | 0   | 0   | 687 | 3504 |
| Victoria Pilkerton    | 0   | 534 | 621 | 603 | 0   | 0   | 537 | 557 | 569 | 3421 |
| Peter Woods           | 0   | 668 | 666 | 691 | 662 | 680 | 0   | 0   | 0   | 3367 |
| Mike Hansen           | 620 | 643 | 675 | 695 | 649 | 0   | 0   | 0   | 0   | 3282 |
| Joanne Cowan          | 0   | 0   | 811 | 858 | 829 | 778 | 0   | 0   | 0   | 3276 |
| Sharon Callister      | 0   | 0   | 627 | 622 | 0   | 0   | 662 | 669 | 636 | 3216 |
| Joanne Barton         | 586 | 641 | 0   | 718 | 0   | 642 | 0   | 627 | 0   | 3214 |
| Michael Sharp         | 0   | 600 | 642 | 655 | 638 | 629 | 0   | 0   | 0   | 3164 |
| Ron Schwebel          | 0   | 0   | 784 | 761 | 759 | 743 | 0   | 0   | 0   | 3047 |
| Mark Wilson           | 0   | 0   | 742 | 738 | 732 | 0   | 0   | 460 | 0   | 2672 |
| Paul Jackson          | 0   | 655 | 679 | 677 | 656 | 0   | 0   | 0   | 0   | 2667 |
| Mark Schaefer         | 0   | 0   | 675 | 678 | 655 | 656 | 0   | 0   | 0   | 2664 |
| Mark Davis            | 0   | 645 | 664 | 687 | 666 | 0   | 0   | 0   | 0   | 2662 |
| Elizabeth Woodhams    | 0   | 0   | 0   | 666 | 658 | 614 | 0   | 0   | 669 | 2607 |
| Rod Lovel             | 599 | 0   | 0   | 0   | 0   | 683 | 646 | 0   | 666 | 2594 |
| Bruce Craven          | 0   | 0   | 0   | 646 | 0   | 0   | 620 | 618 | 636 | 2520 |
| Jeff Morehen          | 0   | 0   | 0   | 0   | 593 | 604 | 638 | 650 | 0   | 2485 |
| Michael Wilson        | 0   | 0   | 669 | 0   | 0   | 0   | 565 | 602 | 641 | 2477 |
| Roland Hassall        | 0   | 0   | 610 | 585 | 0   | 0   | 0   | 582 | 591 | 2368 |
| David Lancaster       | 568 | 585 | 0   | 0   | 0   | 596 | 591 | 0   | 0   | 2340 |
| John Young            | 0   | 0   | 778 | 788 | 0   | 0   | 770 | 0   | 0   | 2336 |
| Leigh MacRitchie      | 0   | 0   | 595 | 598 | 582 | 0   | 0   | 0   | 551 | 2326 |

|                    |     |     |     |     |     |     |     |     |     |      |
|--------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|
| Patricia Pittorino | 0   | 0   | 0   | 563 | 548 | 534 | 0   | 0   | 586 | 2231 |
| Ted Brailey        | 0   | 0   | 637 | 0   | 0   | 0   | 561 | 535 | 481 | 2214 |
| James Cryer        | 0   | 0   | 0   | 0   | 0   | 703 | 729 | 678 | 0   | 2110 |
| Mark Robinson      | 0   | 0   | 721 | 701 | 0   | 687 | 0   | 0   | 0   | 2109 |
| Stephen Ball       | 0   | 0   | 697 | 687 | 0   | 684 | 0   | 0   | 0   | 2068 |
| Adrian Spragg      | 669 | 0   | 0   | 0   | 0   | 704 | 681 | 0   | 0   | 2054 |
| Jeff Morunga       | 0   | 492 | 554 | 533 | 0   | 0   | 0   | 470 | 0   | 2049 |
| Manfred Fiedler    | 0   | 0   | 0   | 0   | 0   | 701 | 698 | 649 | 0   | 2048 |
| Clara Vucetic      | 0   | 0   | 703 | 0   | 653 | 0   | 0   | 0   | 678 | 2034 |
| Steven Norden      | 497 | 542 | 0   | 0   | 0   | 0   | 0   | 489 | 502 | 2030 |
| Grahame Murphy     | 579 | 686 | 0   | 758 | 0   | 0   | 0   | 0   | 0   | 2023 |
| Joel Mackay        | 641 | 0   | 689 | 0   | 0   | 673 | 0   | 0   | 0   | 2003 |
| Neil Barker        | 616 | 0   | 671 | 0   | 680 | 0   | 0   | 0   | 0   | 1967 |
| David Loader       | 569 | 0   | 694 | 689 | 0   | 0   | 0   | 0   | 0   | 1952 |
| Andrew Smith       | 0   | 0   | 687 | 639 | 599 | 0   | 0   | 0   | 0   | 1925 |
| Andrea McDonald    | 0   | 0   | 0   | 0   | 635 | 0   | 0   | 659 | 626 | 1920 |
| Ron Wilson         | 0   | 0   | 0   | 0   | 629 | 636 | 651 | 0   | 0   | 1916 |
| Rod Ross           | 0   | 0   | 0   | 483 | 474 | 492 | 0   | 0   | 458 | 1907 |
| Ruth McColl        | 0   | 603 | 0   | 655 | 0   | 0   | 0   | 640 | 0   | 1898 |
| Keith White        | 587 | 0   | 659 | 0   | 0   | 0   | 0   | 0   | 645 | 1891 |
| Victor Donovic     | 0   | 0   | 0   | 641 | 647 | 0   | 0   | 597 | 0   | 1885 |
| Lance White        | 0   | 0   | 0   | 0   | 0   | 0   | 609 | 630 | 646 | 1885 |
| Graham Sharp       | 0   | 0   | 657 | 638 | 0   | 0   | 0   | 0   | 583 | 1878 |
| Salvador Gala      | 0   | 0   | 581 | 0   | 635 | 0   | 0   | 0   | 657 | 1873 |
| Peter Grunfeld     | 0   | 566 | 633 | 649 | 0   | 0   | 0   | 0   | 0   | 1848 |
| Ken Harris         | 0   | 532 | 672 | 0   | 0   | 643 | 0   | 0   | 0   | 1847 |
| Tim Austin         | 0   | 0   | 624 | 0   | 0   | 600 | 0   | 0   | 610 | 1834 |
| John Kerr          | 0   | 0   | 564 | 0   | 591 | 0   | 0   | 0   | 612 | 1767 |
| John Simmonds      | 0   | 0   | 0   | 598 | 596 | 566 | 0   | 0   | 0   | 1760 |
| Rachele Lazzara    | 0   | 564 | 585 | 600 | 0   | 0   | 0   | 0   | 0   | 1749 |
| George Herisson    | 0   | 0   | 0   | 0   | 592 | 575 | 0   | 0   | 566 | 1733 |
| Simon Kent-Jones   | 510 | 0   | 613 | 0   | 589 | 0   | 0   | 0   | 0   | 1712 |
| Ian Singer         | 0   | 532 | 0   | 623 | 0   | 544 | 0   | 0   | 0   | 1699 |
| Chris Truscott     | 0   | 0   | 0   | 824 | 0   | 0   | 851 | 0   | 0   | 1675 |
| Ray Doran          | 0   | 0   | 835 | 839 | 0   | 0   | 0   | 0   | 0   | 1674 |
| Michael Rees-Evans | 0   | 0   | 555 | 529 | 0   | 0   | 0   | 542 | 0   | 1626 |
| Charles Coville    | 0   | 0   | 758 | 766 | 0   | 0   | 0   | 0   | 0   | 1524 |
| Peter Truscott     | 0   | 0   | 757 | 0   | 0   | 0   | 764 | 0   | 0   | 1521 |
| Andrew Gibbons     | 0   | 0   | 0   | 786 | 734 | 0   | 0   | 0   | 0   | 1520 |
| Jenny Wickham      | 0   | 0   | 763 | 0   | 741 | 0   | 0   | 0   | 0   | 1504 |
| Dawn Tiller        | 765 | 715 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 1480 |
| Neil McPherson     | 0   | 0   | 744 | 0   | 0   | 729 | 0   | 0   | 0   | 1473 |
| Peter Cremen       | 0   | 0   | 724 | 0   | 0   | 681 | 0   | 0   | 0   | 1405 |
| Scott Smiles       | 0   | 0   | 707 | 0   | 0   | 0   | 0   | 681 | 0   | 1388 |
| Arthur Huxtable    | 0   | 0   | 0   | 704 | 675 | 0   | 0   | 0   | 0   | 1379 |
| Gregory Mackay     | 0   | 0   | 0   | 667 | 0   | 691 | 0   | 0   | 0   | 1358 |
| David King         | 671 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 686 | 1357 |
| Philip Boswell     | 0   | 0   | 659 | 696 | 0   | 0   | 0   | 0   | 0   | 1355 |
| Paula McGee        | 672 | 0   | 0   | 0   | 0   | 680 | 0   | 0   | 0   | 1352 |
| Lorraine Spanton   | 0   | 0   | 676 | 0   | 0   | 0   | 0   | 0   | 670 | 1346 |
| Nathan Vass        | 0   | 0   | 0   | 0   | 662 | 679 | 0   | 0   | 0   | 1341 |
| Estelle Visser     | 0   | 673 | 0   | 0   | 0   | 0   | 0   | 667 | 0   | 1340 |

|                  |     |     |     |     |     |     |     |     |     |      |                 |     |     |     |     |     |     |     |     |     |     |
|------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|-----------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Philip Hugill    | 649 | 679 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 1328 | Stuart Chellis  | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 734 | 734 |
| Lesley Maher     | 0   | 0   | 668 | 0   | 0   | 0   | 0   | 0   | 652 | 1320 | David Clear     | 730 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 730 |
| Lisa Carroli     | 0   | 0   | 0   | 683 | 0   | 0   | 0   | 637 | 0   | 1320 | Jonathan        |     |     |     |     |     |     |     |     |     |     |
| Mary Stringer    | 0   | 0   | 658 | 646 | 0   | 0   | 0   | 0   | 0   | 1304 | Worswick        | 0   | 727 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 727 |
| Graham Butler    | 0   | 0   | 0   | 0   | 0   | 0   | 646 | 0   | 657 | 1303 | Bruce Inglis    | 723 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 723 |
| Graham           |     |     |     |     |     |     |     |     |     |      | Mark Fiore      | 0   | 0   | 0   | 0   | 0   | 720 | 0   | 0   | 0   | 720 |
| Farnsworth       | 0   | 0   | 0   | 0   | 656 | 0   | 0   | 641 | 0   | 1297 | Kelvin Marshall | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 713 | 0   | 713 |
| Gregory Prerau   | 0   | 0   | 0   | 658 | 0   | 0   | 0   | 0   | 635 | 1293 | Stephen Urwin   | 710 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 710 |
| Bernadette       |     |     |     |     |     |     |     |     |     |      | Sean Ryan       | 0   | 710 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 710 |
| Boulous          | 0   | 0   | 655 | 0   | 630 | 0   | 0   | 0   | 0   | 1285 | Hugh Spencer    | 0   | 0   | 0   | 0   | 0   | 0   | 683 | 0   | 0   | 683 |
| Mahmoud El-      |     |     |     |     |     |     |     |     |     |      | Mathew Kaley    | 0   | 0   | 679 | 0   | 0   | 0   | 0   | 0   | 0   | 679 |
| Khansa           | 0   | 623 | 0   | 0   | 0   | 0   | 0   | 636 | 0   | 1259 | Peter           |     |     |     |     |     |     |     |     |     |     |
| Brian O'Dea      | 0   | 0   | 0   | 602 | 0   | 0   | 0   | 0   | 654 | 1256 | Hammerschmidt   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 678 | 678 |
| Stephen Bodnar   | 0   | 0   | 0   | 0   | 0   | 605 | 0   | 0   | 645 | 1250 | Penny Smith     | 0   | 0   | 668 | 0   | 0   | 0   | 0   | 0   | 0   | 668 |
| Robi Russell     | 600 | 0   | 0   | 633 | 0   | 0   | 0   | 0   | 0   | 1233 | Martin Matthews | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 660 | 660 |
| Andrew Bryan     | 567 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 652 | 1219 | Kirsten Thomsen | 0   | 657 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 657 |
| Paul Thompson    | 0   | 0   | 623 | 0   | 592 | 0   | 0   | 0   | 0   | 1215 | Pierre Van      |     |     |     |     |     |     |     |     |     |     |
| David Adler      | 0   | 0   | 0   | 590 | 0   | 0   | 0   | 601 | 0   | 1191 | Heerden         | 0   | 657 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 657 |
| Paul Trainor     | 0   | 0   | 597 | 0   | 588 | 0   | 0   | 0   | 0   | 1185 | Helen Wilson    | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 655 | 655 |
| Adam Cresswell   | 0   | 0   | 0   | 588 | 595 | 0   | 0   | 0   | 0   | 1183 | Robin Cameron   | 653 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 653 |
| Feisar Joya      | 0   | 0   | 594 | 585 | 0   | 0   | 0   | 0   | 0   | 1179 | David Camm      | 0   | 0   | 652 | 0   | 0   | 0   | 0   | 0   | 0   | 652 |
| Jon Patrick      | 530 | 645 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 1175 | Kendall Waller  | 0   | 0   | 649 | 0   | 0   | 0   | 0   | 0   | 0   | 649 |
| Mary Barnes      | 0   | 0   | 0   | 0   | 0   | 565 | 0   | 0   | 606 | 1171 | Jeff Gissing    | 0   | 0   | 0   | 0   | 0   | 649 | 0   | 0   | 0   | 649 |
| Beryl Wilson     | 0   | 0   | 0   | 0   | 585 | 0   | 581 | 0   | 0   | 1166 | Garry Maddox    | 0   | 0   | 0   | 641 | 0   | 0   | 0   | 0   | 0   | 641 |
| James Bond       | 0   | 0   | 0   | 0   | 0   | 589 | 576 | 0   | 0   | 1165 | Anthony         |     |     |     |     |     |     |     |     |     |     |
| Joe Degabriele   | 583 | 575 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 1158 | Carpenter       | 0   | 0   | 0   | 0   | 638 | 0   | 0   | 0   | 0   | 638 |
| Iain Martin      | 560 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 598 | 1158 | Ronald Stolk    | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 637 | 637 |
| Carol Taylor     | 0   | 0   | 0   | 0   | 0   | 547 | 604 | 0   | 0   | 1151 | Stuart Crichton | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 636 | 636 |
| Brad Renshaw     | 0   | 0   | 0   | 591 | 0   | 0   | 552 | 0   | 0   | 1143 | David Gayford   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 631 | 631 |
| Roger Rigby      | 610 | 0   | 0   | 0   | 0   | 0   | 527 | 0   | 0   | 1137 | Derek Smith     | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 629 | 0   | 629 |
| Sarah Brown      | 0   | 548 | 580 | 0   | 0   | 0   | 0   | 0   | 0   | 1128 | Bronwyn Adams   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 627 | 0   | 627 |
| Simon Riordan    | 575 | 0   | 0   | 0   | 0   | 0   | 0   | 551 | 0   | 1126 | Julian Wright   | 0   | 0   | 627 | 0   | 0   | 0   | 0   | 0   | 0   | 627 |
| Julie McGaw      | 0   | 0   | 0   | 564 | 0   | 560 | 0   | 0   | 0   | 1124 | Peter Cobley    | 0   | 0   | 0   | 0   | 625 | 0   | 0   | 0   | 0   | 625 |
| Dick Bartlett    | 540 | 583 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 1123 | Walter Mitchell | 0   | 0   | 623 | 0   | 0   | 0   | 0   | 0   | 0   | 623 |
| Margaret White   | 0   | 0   | 0   | 0   | 0   | 564 | 0   | 0   | 552 | 1116 | Jim Screen      | 0   | 0   | 0   | 621 | 0   | 0   | 0   | 0   | 0   | 621 |
| Mercy Samia      | 0   | 527 | 0   | 0   | 0   | 0   | 586 | 0   | 0   | 1113 | Nigel Phillips  | 0   | 0   | 0   | 0   | 621 | 0   | 0   | 0   | 0   | 621 |
| Rod Smart        | 0   | 0   | 0   | 0   | 0   | 0   | 581 | 525 | 0   | 1106 | Glenda Mitchell | 0   | 0   | 615 | 0   | 0   | 0   | 0   | 0   | 0   | 615 |
| Jurg Kunzle      | 0   | 0   | 0   | 562 | 0   | 531 | 0   | 0   | 0   | 1093 | Jenny Ferber    | 0   | 614 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 614 |
| Mario Torresan   | 0   | 0   | 0   | 0   | 0   | 564 | 0   | 502 | 0   | 1066 | Marlies Laaper  | 0   | 0   | 0   | 0   | 609 | 0   | 0   | 0   | 0   | 609 |
| Duncan Scott     | 0   | 488 | 562 | 0   | 0   | 0   | 0   | 0   | 0   | 1050 | Mike Ward       | 0   | 0   | 0   | 0   | 0   | 602 | 0   | 0   | 0   | 602 |
| Gillian          |     |     |     |     |     |     |     |     |     |      | Jose Vilar      | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 602 | 0   | 602 |
| Klevansky        | 0   | 0   | 0   | 0   | 0   | 517 | 0   | 0   | 532 | 1049 | Andrew Jordan   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 600 | 0   | 600 |
| Lisa Gallate     | 0   | 516 | 0   | 0   | 0   | 0   | 0   | 0   | 515 | 1031 | Robert          |     |     |     |     |     |     |     |     |     |     |
| Mukesh Kerae     | 0   | 0   | 0   | 0   | 512 | 0   | 505 | 0   | 0   | 1017 | Wawrzyniak      | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 599 | 599 |
| Richard Wassell  | 0   | 0   | 518 | 486 | 0   | 0   | 0   | 0   | 0   | 1004 | Dennis Nelson   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 598 | 0   | 598 |
| Ian Walker       | 0   | 471 | 0   | 0   | 481 | 0   | 0   | 0   | 0   | 952  | Mark Wieland    | 0   | 0   | 0   | 0   | 592 | 0   | 0   | 0   | 0   | 592 |
| Elizabeth Taylor | 0   | 0   | 0   | 495 | 0   | 0   | 0   | 453 | 0   | 948  | Joshua Burns    | 591 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 591 |
| Norman Kang      | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 425 | 490 | 915  | Steve Packer    | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 586 | 586 |
| Alexandra Dunn   | 780 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 780  | Graham Osborn   | 0   | 0   | 0   | 584 | 0   | 0   | 0   | 0   | 0   | 584 |
| Dean Degan       | 0   | 0   | 0   | 0   | 0   | 773 | 0   | 0   | 0   | 773  | Paul Munro      | 0   | 0   | 0   | 0   | 580 | 0   | 0   | 0   | 0   | 580 |
| Warwick Selby    | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 766 | 0   | 766  | Joanna White    | 0   | 0   | 580 | 0   | 0   | 0   | 0   | 0   | 0   | 580 |
| Wayne Stanton    | 0   | 0   | 748 | 0   | 0   | 0   | 0   | 0   | 0   | 748  | John Zahra      | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 576 | 576 |
| John Hamilton    | 0   | 0   | 744 | 0   | 0   | 0   | 0   | 0   | 0   | 744  | Darryl Chrisp   | 575 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 575 |
| Caroline Yarnell | 0   | 0   | 740 | 0   | 0   | 0   | 0   | 0   | 0   | 740  | Peter Cookson   | 0   | 0   | 0   | 0   | 0   | 570 | 0   | 0   | 0   | 570 |
| Martin Fryer     | 737 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 737  | Geoff Taylor    | 0   | 0   | 568 | 0   | 0   | 0   | 0   | 0   | 0   | 568 |
| Alex Whitworth   | 0   | 0   | 0   | 0   | 735 | 0   | 0   | 0   | 0   | 735  | Jack Leigh      | 0   | 0   | 566 | 0   | 0   | 0   | 0   | 0   | 0   | 566 |
|                  |     |     |     |     |     |     |     |     |     |      | Robert Inglis   | 565 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 565 |



|                      |     |     |     |     |     |     |     |     |     |     |
|----------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Jacqui Matthews      | 0   | 0   | 0   | 0   | 0   | 559 | 0   | 0   | 0   | 559 |
| Denis Speyer         | 0   | 0   | 0   | 558 | 0   | 0   | 0   | 0   | 0   | 558 |
| Andrew Knox          | 0   | 0   | 0   | 554 | 0   | 0   | 0   | 0   | 0   | 554 |
| Fernando Santisteban | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 553 | 553 |
| Gill Cavenagh        | 0   | 551 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 551 |
| Robert Chalmers      | 0   | 0   | 550 | 0   | 0   | 0   | 0   | 0   | 0   | 550 |
| Mervyn Cohen         | 0   | 0   | 549 | 0   | 0   | 0   | 0   | 0   | 0   | 549 |
| Michael Christie     | 545 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 545 |
| Eliza Rayward        | 0   | 544 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 544 |
| Andrew Horsley       | 0   | 0   | 0   | 0   | 542 | 0   | 0   | 0   | 0   | 542 |
| Andrew Bilsdon       | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 536 | 0   | 536 |
| Mike Roach           | 0   | 0   | 535 | 0   | 0   | 0   | 0   | 0   | 0   | 535 |
| Hans Pandeya         | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 532 | 532 |
| Anton Kapel          | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 532 | 0   | 532 |
| Bronwyn Wassell      | 0   | 0   | 0   | 0   | 0   | 0   | 529 | 0   | 0   | 529 |
| Emma Anderson        | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 521 | 0   | 521 |
| Joe Flinn            | 0   | 0   | 0   | 0   | 0   | 518 | 0   | 0   | 0   | 518 |
| Allan Marks          | 0   | 0   | 0   | 0   | 0   | 0   | 511 | 0   | 0   | 511 |
| Melissa Treloar      | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 502 | 502 |
| David East           | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 501 | 501 |
| Lilian Chuah         | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 496 | 496 |
| Sam Chuah            | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 495 | 495 |
| Pamela Scott         | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 488 | 488 |
| Michael Johnstone    | 0   | 482 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 482 |
| Megan Jackson        | 0   | 0   | 0   | 0   | 478 | 0   | 0   | 0   | 0   | 478 |
| Martin Fisk          | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 464 | 464 |
| Kevin Tiller         | 0   | 462 | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 462 |
| Philip Kennedy       | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 0   | 458 | 458 |

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# HIGH5

## SPORTS NUTRITION

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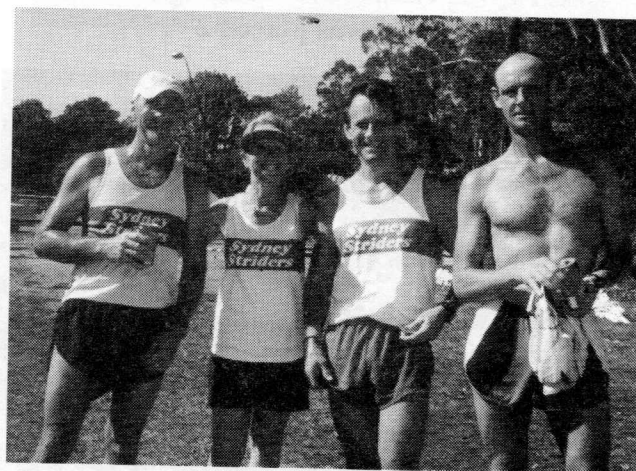
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Before the Sydney Marathon (L to R) Mario Torresan, Vicki Pilkerton, Frances Brown, Michael Bailey and James Moody



After the Internal Handicap Half (L to R) David King, Heather Forster, Dennis Nel and Keith White

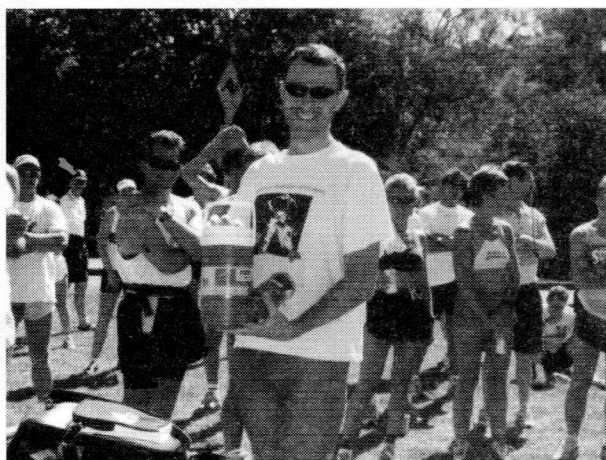
## Blister Photo Gallery



**Allison Lilley crosses the line in 1<sup>st</sup> place in the Internal Handicap Half**



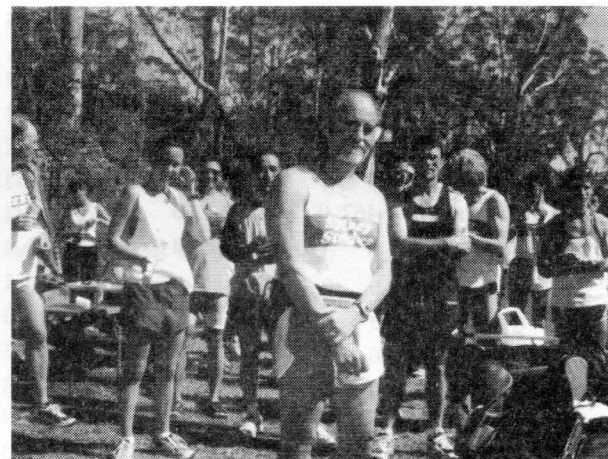
**Mary Braun joined the Striders in July and hasn't wasted any time making her mark. Mary was placed 2<sup>nd</sup>.**



**Iain Martin came in 4<sup>th</sup>**



**....And Allison is presented with her prize by Mike Hansen, Internal Events Organiser**



**James Moody, one of our MTG Coordinators, was 3<sup>rd</sup> to finish**



**Ivan Freys (L) and Peter Hammerschmidt**