

Sydney Striders

**Road Runners
Club
Australia**



Edition No. 87: October - December 2002

World Championship Triathlon Win - Mark Preston

The 2002 ITU World Triathlon Championships took place in November at Cancun in Mexico. Mark Preston, a Strider for over twelve years, won the Over 40 Clydesdale (90kg +) division for Australia in a time of 2hrs 17m 5s.

Mark writes: "In 2001 the International Triathlon Union introduced the Clydesdale (men over 90kg) and Athena (women over 70kg) to its World Championships in Edmonton. Being around the 100kg mark myself and relatively competitive in my 45-49 age group, except when I came up against sub-40min 10k off-the-bike runners, I decided to set myself the goal of representing Australia at the 2002 ITU World Championships in Cancun, Mexico as a Clydesdale.

During 2002 I had some success along the way by winning the Tri NSW Kurnell Sprint Series at Kurnell and the Australian Championships at Mooloolaba in the Clydesdale category. I also won the Port Stephen Olympic distance and Cairns Half Ironman triathlons in my age group and was selected for the Australian team for Mexico.

In November at Cancun I competed in the Clydesdale category with 70 other competitors from around the world. Contrary to popular opinion the Clydesdales were far from big fat guys but rather all quite tall and solid with strong swimming and cycling pedigrees. In fact at 184cm height I was one of the shorter competitors. Conditions were hot and

humid at around 35 degrees and 95% humidity. Not even the Caribbean Sea was cool at 28 degrees.

In the race I was placed 4th outright, in 2hrs 17min beaten by three guys in their twenties and first Clydesdale Master (over 40), winning that category by over 8 minutes. I also had my weight around 93kg on the day, which was very beneficial during the run

I still do a few StaRs although lately have concentrated on Triathlon. I cycle with some other well-seasoned Strider triathletes such as Alex and Brenda Hamill and John Simmonds".

Prescott1



2002 ITU World Triathlon Championships



Clydesdale Masters (040)

1st M Preston Australia 2:17.05 2nd D Fletcher USA 2:25.16 3rd R Manning Canada 2:28.13

**Mark Prescott finishes the swim leg of the
World Championship Triathlon course**

The Blister

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Copy Preferences

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

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

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

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

Photos: We can scan photos or use jpg files. We endeavour to return photos but it is best not to send your only copy. Drawings, cartoons also welcome. Members' contributions given priority, but non-members' welcome too.

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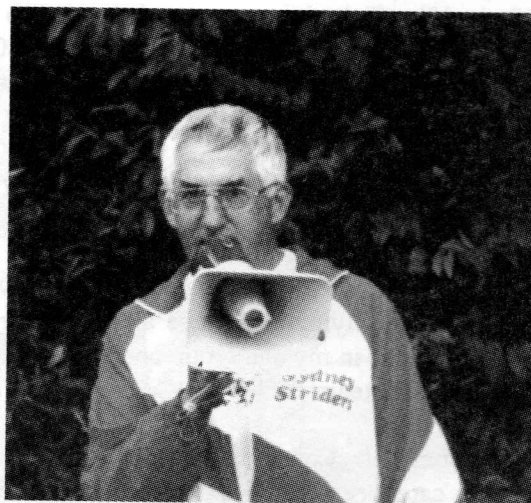
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Photos – Kevin O'Kane, Ian Whitfield, Andrew Smith and a 'Friend of the Blister'. Proof-reading – Penny Smith. Results – Stephen Jackson, Charles Coville, Allan Marks, Caroline Yarnell.



President Jim Screen – report on opposite page

President's Report

From Jim Screen

Well, it's been good to be back on the road again. I have managed a couple of STaRs and have thoroughly enjoyed myself. My troublesome Achilles seems to be about 100% OK and has handled mid-week running and the last couple of STaRs with flying colours. I am even romancing the idea of running the Six Foot Track again seeing that the 1.6kms which have been removed from it were the bits where I used to get attacks of cramps (hmmm).

Groups

The only storm cloud on my horizon is one which relates to me running in a STaR Group. "What's he on about?" I hear someone say. I said "running in a STaR Group". Today's version of a STaR Group seems to be the thing you do at the start of the STaR, i.e. meet up, form a group, and then head off at the appropriate time. Then as soon as possible see how far you can stretch the group over the first couple of kilometers. At least a few hundred meters seems to be the norm and it only gets further as the run unfolds.

Come on everyone. Let's make a big effort to run in the right groups, at the right time, at the right pace.

Motorists

I also could not help but notice there are still motorists out there who want to drive on our roads. Gosh some of the drivers are unreasonable. They drive down the left-hand side, just exactly where we run on the odd occasion when we run as a group, six or seven spread out across the road and then they do not want to wait. But we seem to have the right answer. Cover both sides of the road, don't worry about the possibility of two-way traffic and let them all use the bit in the middle. We are indestructible.

Golden Rule: Give way to big moving mechanical things and use your brains. Where possible run on the footpath or where that is not possible run on the side of the road facing the oncoming traffic.

Other runners and pedestrians

Which brings me to my last gripe. Using our brains is not all that hard. But let's use them to the advantage of everyone including other runners and pedestrians. As we know from newspapers and TV when something happens it's never our personal fault. The

fault in Australia always rests with someone else. So when we run on a path meant for bike riders, dog walkers, other runners and simply those folk just out for a morning walk, let's make sure that we are the ones to make a bit of extra room and not wait for the other person to get out of our way. I know if someone collides with another road user it would be the other road user's fault but if we happen to hurt someone or injure ourselves then that is a disaster no matter how the accident occurs.

10 K Series

Now for some good news and a little less cynicism. I am happy to say that Joe Degabriele has returned from Melbourne and has reoffered to be the 10k Director for 2003. Many thanks Joe. Your offer was readily accepted and we wish you all the best for the first race on 1st February. Sincere thanks once again to Ian Whitfield for doing such a good job over the last couple of years.

Rules

A set of rules as they apply to the Club's activities in general, the 10k series and the Super Series appears elsewhere in this issue. Please check them and if you do not understand anything do not hesitate to let me know (phone or email.). The Clubs awards will go to those who are seen to be Striders although we will still readily acknowledge the efforts of any member. In the past we have had many great efforts from members who prefer to run in sports manufacturers clothing rather than the Club's colours. So from now on, as a general rule, members not running in Striders uniform as set out in the rules will be disadvantaged.

Annual Membership Fees

These are now due. Costs have been held to the same as last year. So please send in your renewal as soon as possible as it helps the Committee to be more effective in handling the transactions, updating the data base and completing a lot of work quickly without drawing the process out over a long period.

**'More from the Pres' on inside back page –
1000th STaR and Special General Meeting**

The Awards Brunch – December 15th 2002

From Michael Bailey, Internal Events and Social Organiser (and MC on the day)

Immediately following the Christmas STaR, which was run from the Spit on December 15, the traditional Awards Brunch was held at Middle Harbour Yacht Club.

The President was unable to attend this year – Jim Screen's wife Annette was celebrating a significant birthday and Jim considered that in his own best interests, his rightful place was at home!

The relatively strong financial position of the Club enabled a part of the cost of this event could be met from Club resources. This provided all members with an opportunity of sharing some of the small profit the Club can make under certain circumstances. Basically this profit can occur when financial members are sufficient in number to provide a surplus after covering our costs.

Brian Taylor again very generously donated a Breville Juicer which was won by Ron Daly. Many will recall Ron's most extraordinary run in the Host City Marathon in April 2000 – 3hrs 55minutes isn't a bad time for a 75 year old who's had heart surgery! Ron was a popular and deserving winner.

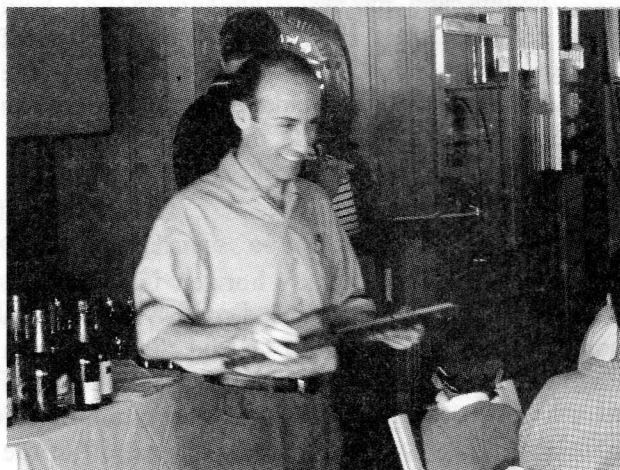
Several Club members kindly donated bottles of wine for the raffle as a result of which there were six prizes of 4 bottles each which were won by lucky ticket holders drawn out of the hat by Tracey Love.

A total of 95 members, partners and friends attended the function – this is a higher number than in recent years. Everybody seemed to enjoy the choice of a cooked or a more healthy fruit breakfast. A few members were even spotted drinking an early morning glass of champagne. Several people remarked that the function presented a great opportunity to chat to fellow runners who they normally saw only fleetingly as they passed one another mid-run.

The master of ceremonies regretted that he omitted to publicly acknowledge the considerable efforts of a couple of key people who did a great deal of the necessary work for the event to happen in the first place.

Jim Screen organised the engraving of the many trophies and Stephen Jackson spent countless hours calculating the winners and placegetters in all the

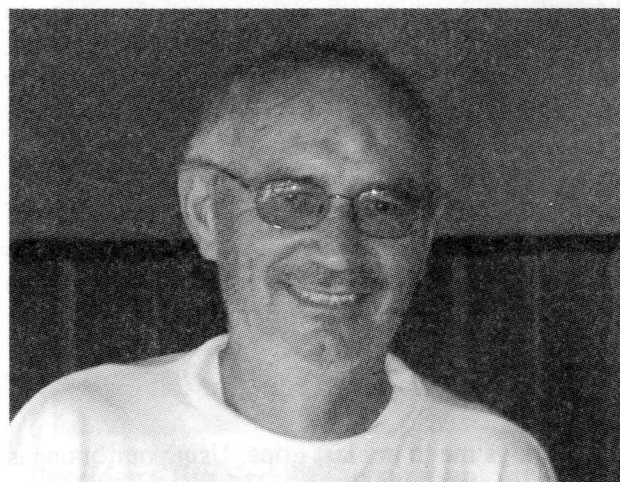
various age and gender adjusted categories (curious that he was the winner of a trophy or two himself!) Our special thanks are due to these guys.



10k Handicap winner - Salvador Gala

Ian Whitfield, the Club's 10km race director for the past two years, presented the various awards for that series and Kevin O'Kane, the originator of the Super Series, announced the awards for the Series. Stephen Jackson then presented the winners with their trophies in the various open, age group and age/gender adjusted categories in the Club marathon and half marathon championships.

Particularly to Jo Cowan who won awards in five categories, congratulations to all trophy winners!

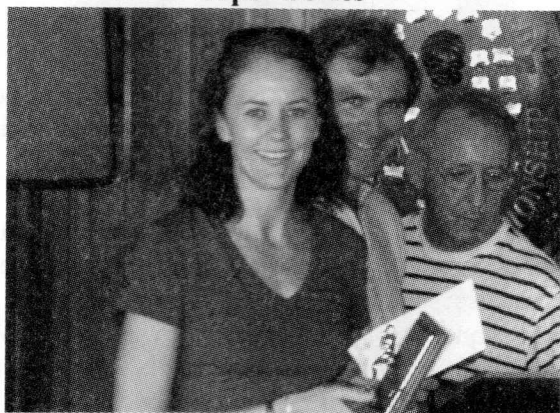


Heiko Schaefer – Seniors winner in 10k, Super Series and Club Marathon C'ship

10 K Series

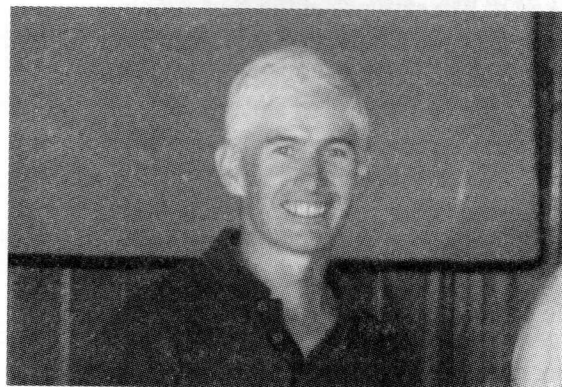
Handicap Competition	Salvador Gala
Age and Gender adjusted	Joanne Cowan
Female Open	Joanne Cowan
Male Open	Andrew Knox
Female Pre Veteran	Glenda Mitchell
Female Veteran	Joanne Cowan
Female Masters	Elizabeth Woodhams
Male Pre Veteran	Andrew Knox
Male Veteran	Ross Sinclair
Male Masters	Ron Schwebel
Male Seniors	Heiko Schaefer

Super Series



Tracey Love - Super Series winner, Open and Veteran

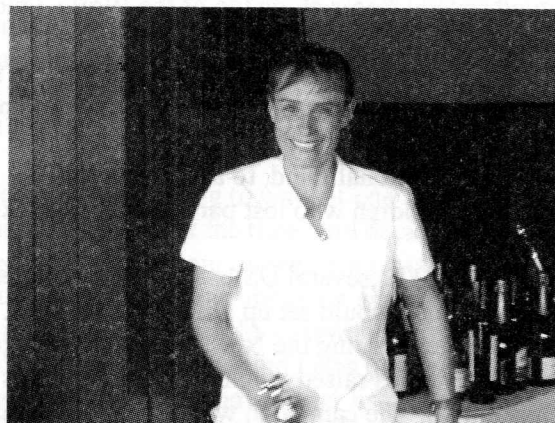
Age and Gender adjusted	Stephen Jackson
Female Open	Tracey Love
Male Open	Stephen Jackson
Female Pre Veteran	Allison Lilley
Female Veteran	Tracey Love
Female Masters	Tina Campbell
Male Pre Veteran	John Van Yzendoorn
Male Veteran	Stephen Jackson
Male Masters	Barry Rutter
Male Senior	Heiko Schaefer



Stephen Jackson - Super Series winner, Open, Veteran and Age/Sex Adj

Half Marathon Championships

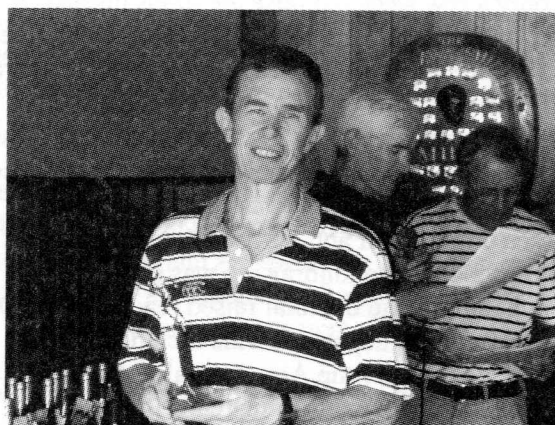
Female Open	Joanne Cowan	1.23.30
Female Veteran	Joanne Cowan	1.23.30
Female Masters	Tina Campbell	1.48.22
Male Open	Chris Truscott	1.12.26
Male Veteran	Greg Donovan	1.22.16
Male Masters	Ron Schwebel	1.26.36
Male Senior	Ray Doran	1.27.16



Dawn Tiller - Club Marathon Championship winner, Open and Veteran

Marathon Championships

Female Open	Dawn Tiller	3.14.08
Female Veteran	Dawn Tiller	3.14.08
Female Masters	Tina Campbell	3.48.11
Male Open	Greg Donovan	2.55.04
Male Veteran	Greg Donovan	2.55.04
Male Masters	Barry Rutter	3.18.28
Male Senior	Heiko Schaefer	3.43.16



Barry Rutter - Masters winner in Super Series and Club Marathon Championship

Running to Remember – New York Marathon

By Greg Donovan

I ran the New York Marathon on 3rd November 2002, as a fundraiser for the future education of children who lost parents in the World Trade Centre attacks.

Our company, Aon, had New York offices that occupied several floors at the top of the World Trade Centre. On September 11, Aon lost a total of 175 employees, including one expatriate Australian, in the terrorist attacks. Aon established emergency funding relief for those families impacted, including a Memorial Educational Fund, to assist with the education of children who lost parents in the attacks.

During early 2002, several US based Aon employees decided that they would set up a fundraising event, with employees running the New York and Chicago marathons. Monies raised would be donated to this memorial fund. The campaign was called "Running to Remember".

In August 2002, the CEO of Aon in Australia, knowing that I was a marathon runner, asked if I would like to represent Aon Australia in this fundraising effort, by participating in the New York Marathon. After much consideration (about 10 seconds!), I agreed to the request. Luckily I was able to secure the last Australian New York Marathon entry through a tour group and then set about organising the fund raising.

Unfortunately red tape (i.e. legal clearance, fundraising licences, tax issues etc) held up the launch of the fund raising until early October, which left only a few weeks to raise the funds needed. A target of \$100,000 was set. Due to the limited time involved the fundraising was limited to Aon Australia staff, business partners and suppliers. A Web site promoting the run was established which kept a live tally of all donors names, and the total monies raised. All major business partners and suppliers were contacted by myself and our CEO seeking support. The response to the fundraising was quite overwhelming, and the total raised reached \$131,000 on the eve of my departure. This included about \$42,000 donated by the Aon Australia staff. Aon Corporation in the US then matched the staff component of our donation dollar for dollar. With the fundraising activities finalised and many last minute work issues tidied up I packed at the last minute. I arrived in New York on the Wednesday eve after a

20 hour trip, with a bit of a shock to the system on landing - 7degrees and raining!

The three days prior to Sunday marathon were spent organising my race registration, getting over jet lag, meeting some of the other forty Aon runners and seeing some of the many New York sights. With the amount of walking around New York it felt like I had done a marathon at the end of each day, falling into bed only to wake up at 2am as I my body was not used to the time zone.

The night before the Marathon I attended an Aon dinner for the runners, and was proud to accept an award of a lovely inscribed crystal vase on behalf of Aon Australia for being the highest fundraiser in the campaign.

The day of the marathon was bitterly cold, with an icy breeze. Only 2 degrees at 6 am when we headed for the buses which transported us to the start area on Staten Island, about 1/2 hour drive from the city. We arrived at Staten Island at 7 am, four hours before the start of the race, and had to find ways to keep occupied and warm before the 11 am start. It was interesting to battle with 32,000 other runners for the small patches of sunshine in the marshalling area. Many interesting conversations were had with runners from all over the world, including the UK, Ireland, NZ, Canada, Thailand and US locals. Much time was spent queuing for the loos and for coffee. The coffee line was over 500metres long!

Race time at last and the temp had warmed up to 5 degrees (the maximum for the day!). I ran with two long sleeve running shirts, and a beanie and gloves. The first time I have raced with so much on. We were packed in like sardines at the start for about half hour, (which kept me a bit warm) and after listening to the speeches at the start followed by the American anthem, the gun was fired and we were off. Scores of helicopters buzzed overhead as we started our slow shuffle up the Verrezano Bridge, which took us from Staten Island over to Brooklyn. The bridge is well over 2 km long and by the time we descended down off the bridge the field was starting to string out a little so I could run more freely.

By this time I was into a rhythm and the heart rate was up to speed. I was keeping fingers crossed that my leg injury (stress fracture picked up 6 weeks

earlier that really needed 10 weeks rest!) would hang out for the next 40km. I am used to running km split times, but in the US everything is in miles. To make things easy I decided to aim for 7 minute miles, which would give me a 3 hr 3 minute finish time. I knew under 3 hours was right out of the question due to virtually no training in the 6 weeks prior. Although the start was slow, I was back onto 7 minute pace by mile 5 (35 minutes), and I managed to maintain this pace until Mile 22.



Greg Donovan with his finisher's medal

The crowds lining the course were unbelievable, with people on both sides of the street yelling, cheering, clapping, and waving banners and signs around. The crowds continued mile after mile, some sections were full of horn blowers, others had jazz bands, then rock bands, bongo drummers, and all other manner of noise making devices. At some parts the crowds converged right in off the side of the road and it felt like you were running right through the middle of them. I was wearing the Aon shirt and I couldn't tell you how many times I heard "Go Aon". By Mile 10 I could feel the legs getting a bit sore which was unusual so early in the race - I knew then I was in for a tough finish. The lack of training and the cold weather I think were the problem. I passed halfway (13.1 miles) in 91.5 mins (exactly on 3 hr 3 min pace), and was stilling running a consistent pace, even though the legs were deteriorating, and my stress fracture was niggling away at me.

Although I had discarded my beanie at about seven miles, the cold was also a worry as I felt it drain my energy reserves. The wind felt harsh as it blew onto my sweat-covered face and body. The clouds were

now gathering blocking the little warmth available from the sun. If you can keep the same pace in the second half of a marathon you end up passing many runners, and this helped to spur me on as well. I passed hundreds of runners after half way, and could only recall being passed by less than five others.

We continued through Brooklyn, then through Queens and then over the Queensboro Bridge onto Manhattan Island. The reception by the huge crowd as you entered Manhattan Island was awesome. I think the tremendous crowd support through Manhattan helped me to continue my same pace right up to Mile 22, even though my legs were rapidly deteriorating.

I considered stopping to walk at one stage, but as I was in the Bronx at the time, and decided this was not a good move, so I put up with the pain and battled on. With the end only four miles (or about half hour) away is when you get the overwhelming urge to stop and lay down, but the mind takes over and somehow keeps you moving. I have never heard so many liars in one place. Everyone in the crowd was yelling - "Looking good, looking strong", - but I knew I looked like shit by now and felt very weak! We entered Central Park with three miles to go, and the terrain became undulating. The little rises felt like mountains, but the huge crowds near the end kept you going. My pace was still reasonable considering I was dragging one leg along behind me by now. I picked up the pace when a squirrel darted out in front of me in Central Park and I tried to chase it down the road to the cheers from the crowd. I didn't realise squirrels were so fast and it quickly pulled away and darted back into the trees.

The end was now in sight, and my run was starting to become a shuffle. I looked at my watch and knew my time was going to be good. I crossed the line in 3.04.50, having dropped 1 min 50sec in the last four miles (over my 3 hr 3 min plan pace), which was not too bad considering how the legs felt.

The results released the next day showed I finished 764th from 32,000 runners, and 6th Aussie home out of just over 200 (and a respectable 150th odd in the 'old farts' over 40 category!). I also understand I was the first Aon runner past the post.

What a race, what a crowd, what a city! What an experience to see the incredible sights of New York from a runners view. If anyone is after the challenge and an experience, I would recommend this run as an experience of a lifetime.

After the race there was about a mile walk to retrieve my gear and then another mile walk (Hobble!) back to the Hotel for a well deserved shower, followed soon after by replenishing the body with the essential nutrients lost during the run. We went straight out for a couple of beers and a pizza - which go down so well after 42 gruelling kilometres).

The next couple of days were spent doing more walking around the New York tourist traps, including the 'Macys marathon', i.e. being dragged from one end of Macys to the other! By the end of this I was actually looking forward to the long flight home so I could sit still for an extended period.

All in all I was extremely proud to represent Aon Australia in this event, and even more proud that we were recognised as the leading fundraisers through the generous contributions from our staff and many of our valued business partners and suppliers. Our American colleagues were extremely thankful and impressed at the efforts of all of those at Aon Australia in raising the amount of funds that we did.



Greg approaching the finish and crossing the line

Point to Pinnacle, Hobart

By Julie McGaw

Just in case any other Striders are harbouring thoughts about doing the Point to Pinnacle run next year - the one in Hobart, that goes up Mt. Wellington - I did it on Sunday 17th November and it was fabulous.

We were lucky, we had gorgeous weather (although the locals thought it was a bit hot - 25 degrees) and the views were just amazing. The run starts from the Wrest Point Casino and the whole 21.4km is uphill, but it's not as bad as it sounds.

We'd done a recon drive the day before, and I'd decided to run to the 11km mark and walk (quickly!) from there. There's a time limit of 3hrs 20mins for runners, and I must admit that I was worried I wouldn't make it. My usual 'half' time is about 1.58, but I figured one that went up a mountain would take a lot longer!

Anyway, there were 900 walkers and 400 runners, everyone was very friendly and when I got to the 11km I still felt good, so continued to run until 6km from the top - when it got a lot steeper! I slowed to a fast walk, and even though I would barely have run 800m of the last 6km, I was less than 300m behind my 'marker' runner (a runner who looked faster than me, and whom I tried to keep up with - unbeknown to him!), although he jogged the whole way. It took me 2hrs and 46mins, but the bit I was most pleased with - apart from the medallion! - was that my legs didn't hurt at all and I was able to do an 8km walk the next day. Okay, it's because I walked the steepest part, but my aim was only ever to finish - I know I'm a bit of a snail!

I tied a disposable camera to my water carrier and got some great photos of the views on the way up. The organisation of the run was excellent, there were buses that ferried extra clothing to the top (last year they had horizontal sleet), and there were biscuits and drinks at the pinnacle. There were loads of buses waiting to take us back down to the Casino, and the wait was less than five minutes. In all, I had a great time, and if anyone else is thinking of trading in some Frequent Flyer points and going there next year, I say, do it!

10 K Series 2002 Final Wrap Up

By Ian Whitfield, 10k Series Director

Well the 2002 series is finally over. Victory to the victors in each of the various categories, and now you can think about turning around and doing it all again in the 2003 series with your new Race Director Joe Degabriele at the helm. I'm sure Joe will take the series to new heights, so good luck to Joe and his team for the 2003 series.

The second last race at Lane Cove was also our charity donation race, proceeds of which were donated to the Friends of Lane Cove Park, in recognition of the support shown to us by the Lane Cove authorities in allowing us to hold our races in the park for a very nominal fee. Well we had a new outright winner, Damian Tancred, who has also figured in some of the placings in earlier races. Damian finished in a respectable time of 34:58 followed by Richard High 35:22 and Darren Benson 35:51. For the ladies we had Jenny Truscott posting a third win for the series, closely followed by Jo Cowan, and then visitor Jo Pai. Again we had a fairly solid turn out with an attendance of 134 with a fairly even split between Striders and visitors.

The last race of the series was at the Domain on another of those perfect Sydney mornings, although some did complain of the humidity as the race neared its end. We had another new outright winner in Garry McGregor in a time of 33:47, another fairly smart time, followed by Damian Tancred 34:07 and Andrew Knox 34:20. The ladies were also having a fair old tussle with the two outstanding ladies of the series, Jenny Truscott finishing 1st in 38:29 and Jo Cowan not far behind in 38:32. Caroline Yarnell was third in 43:10. Whilst this was going on there were some other individual challenges being played out on the race course, notably a challenge series between Kevin O'Kane and Tracey Love. Well the outcome was Tracy by a short head, which made their series a draw, so I suppose they'll fight it out all again this year. Knowing my old sparring partner K O'K it's all very much a case of 'take no prisoners'.

Some final statistics for the series we had an average attendance of 148 with a high of 180 at the Domain on the 4th May and a low of 123 at Lane Cove on 7th September. All in all even the low of 123 was a respectable attendance and all augurs well for the future. The 10k series is in a solid position paying for itself and giving a small surplus, a healthy

situation to be in.

With the outright winners, the mens category provided a multitude of individual winners throughout the series. The ladies category was dominated by Jo Cowan, the eventual outright winner, and Jenny Truscott. But had Jenny been there for the full series it would have been interesting as to who would have won the series. Jo was the model of consistency throughout the Series, so well done Jo on another Series win.

The men's category was won by Andrew Knox who only joined at the first race of the series and finished 2nd in that race. Again Andrew's win was down to consistency always being thereabouts and not often out of the first three in each race. So congratulations Andrew on a good win.

The handicap series was won by Salvador Gala on 406 points, followed by Walter Mitchell on 322 and a very creditable third in Frank Dearn 316. Salvador pretty well dominated the handicap throughout, so congratulations on a good Series, Salvador.

Well that's it from myself. I guess I can now retire and sleep in on 10k mornings. But in, truth what wouldn't I give to be out there racing against my old adversary KO'K and others, if the old knees would let me. But you never know..... if, as is already happening, they perfect transplanting new cartilage into knees, you could see an old grey ghost return to the fray.

Many thanks to the team who supported me in the series, I couldn't have done it without you guys and girls. Particularly I would like to thank the hosts for Lane Cove and North Head along with Peter Woods and Stephen Jackson, whether you helped in one race or in multiple races thank you one and all.

Roll of Honour

Congratulations on Striders membership for

10 years

Brad Renshaw

15 years

John Hamilton

Paul Lunsman

Roger Rigby

My journey to 'The Kepler Challenge' – 7 December 2002

By Michael Bailey



Michael finishing the 2002 Canberra Marathon

It was in 1995 that I read a notice in my local gym. The notice was a description of the 'Six Foot Track' running race. I read about the extreme difficulty of the run, the enormity of the hills, the necessary training program to have a chance of completing the course and the standard of runner who was permitted to enter the event. As I had done no exercise of note and literally no running for more than 30 years since leaving school, my internalised response was "that sounds great, if only I could have done that". The rest as they say is history. Nine marathons (PB 3h 54m) and two Six Foot Tracks (PB 6h 17m) feels like a good achievement.

And then, in November 2001, almost the same thing happened again. I read in 'Runners World' about the Kepler Challenge, a 67km mountain run in the South Island of New Zealand. My response this time was "I will do that" and in December 2002 I did!

The Kepler is an extraordinary event! The race starts in Fiordland on the shores of the beautiful lake Te Anau. The start had far more tension about it than I'd experienced before at marathon starts. My wife

Roslyn rang me to wish me luck whilst I was walking the 500 metres to the start from the car and as it was only 3.30am Sydney time, I appreciated her effort. I felt quite 'emotional' before the run and a bit scared, what the hell have I let myself in for?

Due to the first 5.6kms of the race being a narrow track through rain forest, the race director was quite firm about self-seeding at the start to avoid slower runners blocking faster guys. I stood at the 9-1/2 hour sign - I didn't have a clue what I would run but this proved to be just about spot on. Although I'd trained carrying the compulsory storm gear in a big bum bag, it was uncomfortable. Polyprop top and tights, woollen hat and gloves, wind and waterproof overpants and jacket and a survival blanket when added to two full water bottles weigh quite enough, my back ached by the finish.

Away we went at 6.00am promptly, 5.6kms to Brod Bay, a quick drink stop then the climb up, and up and up. As soon as we emerged from the forest above the tree line after about 12kms the temperature dropped dramatically and the wind howled, no shelter now! Time to don the wind proof jacket - to get cold this early in the run would have been asking for trouble.

At 14kms is the second checkpoint, Luxmore Hut. Here the organisers check that all competitors are carrying all the compulsory gear. It was made abundantly clear at the pre-race briefing the night before that anything missing does result in disqualification and runners are 'turned round' and sent back to the start. The weather conditions on these mountains they stressed, can change very suddenly. At Luxmore Hut I fed and watered well. Up and up to 1470 metres, then down a fair bit before climbing again to about the same altitude. This was energy sapping stuff, it was cold and blowing a gale whilst we ran across the several kms of the ridge to the Hanging Valley drink and food stop. Support crews and photographers had been flown in by helicopter to several remote checkpoints. Runners' numbers were recorded as they went through these checkpoints and radioed back to race HQ.

The views up top were quite amazing and exhilarating. I stopped occasionally to admire the sights. 4000 feet below was the beautiful south arm

of Lake Te Anau and above were the snow capped peaks of these beautiful mountains. At the Hanging Valley stop I had been going for exactly four hours. 25 kms gone and now there was just the little matter of a marathon run, yes 42kms to go!

And what a start to this marathon! - the most spectacular of quad quivering descents imaginable to 'Iris Burn Hut'. Great concentration was needed now. The downhill was quite rough going as well as steep. This was not the time to sprain an ankle or to render the quads un-serviceable for the rest of the day. Down and down till quite suddenly we were back in the shelter of trees and a warmer climate but as I knew Iris Burn Hut couldn't be too far away I waited till then to re-pack my storm jacket back into my bum bag. Five hours gone and I felt good.

I had been afraid of having painful and 'trashed' legs by the bottom of the descent but my training on down hills seemed to have paid dividends. I had a bit of a 'high' sometime around then as by Iris Burn Hut I felt I had broken the back of the run although still only half way in distance, 34kms to go. The race plan needed to be steadfastly followed here. Despite feeling strong, I recognised that 34kms after what we'd already covered was a big ask for us ordinary mortals. The plan was to run for 25 minutes and walk for 5 minutes, strictly by the clock and that is what I did.

The next significant checkpoint (there was an intermediate one at 'Rocky Point') was Moturau Hut which was 17kms down the Iris Burn. The Iris Burn is a fast flowing, ever widening gin clear river no doubt teeming with huge trout. I reckoned on getting to Moturau from Iris Burn Hut inside two hours, i.e. 4 sets of 25+5minutes. But after four sets I wasn't there, maybe it was more than 17kms, maybe I was running slower than I thought, but either way I now felt quite deflated. I got to Moturau 20 minutes behind that artificial schedule.

Roslyn had impressed upon me earlier in the day in her phone call that if at any time I felt bad, I was to "look around me, admire the scenery and enjoy the journey". I was glad to remember her wise words and things soon felt better.

From Moturau, only 6.2 kms of relatively easy trail to Rainbow Reach. The time allowed for the total 67km trip is 11 hours and runners failing to pass the Rainbow Reach checkpoint in 10 hours would be withdrawn as would anyone else deemed in the opinion of race officials to be unfit to continue. I was OK, I was there in 8hrs 20mins. This was new

territory for me, 6 hrs 32mins on my Six Foot debut was the nearest I'd been to this. Apart from the intellectual knowledge that the wheels could still fall off in the last 10.9kms, I was certain I'd make it now, I could surely crawl the remaining distance in 2 hours 40 minutes if I had to!

The time went quickly to the next drink stop after 5.6kms - "5.3 to go" they said. The track was now sublime and ridiculous. Ridiculous because of tree roots making it difficult for those of us who don't lift our feet very high (particularly after 60+kms running) and sublime in the sections of track which were in amazingly soft beech forest - so gentle on the feet, pure luxury!

I continued to run/walk because, vainly, I wanted to have enough strength to have a 'big finish' in front of the crowd - I did just that as the clock ticked over to 9hrs 50minutes. During marathon runs I've often wondered what makes me embark upon such things, the answer always becomes very clear in the finishing chute - that sense of enormous satisfaction and elation.

Yes - this is certainly an extraordinary event, far more challenging and difficult than I had expected - hence it was also far more rewarding.

The organisers could have said, "Off you go, take some food, drink from the clean crystal clear streams, see you when/if you get back"! But instead, they thought of everything to make the race as enjoyable and safe as possible. There were numerous teams of helpers deposited (and presumably collected again) by helicopter in the most remote alpine wilderness country. Each team was armed with bananas, water and sports drink, watermelon, jellybeans, cameras etc etc, - quite a show.

As usual, Striders long runs were the backbone of my training and my special thanks go to Sean Greenhill and Kevin Tiller for their advice on 'ultra' running. Also, there aren't many people who would give up a Saturday to run for six and a half hours up and down the hills of Bobbin Head on a very hot day in support of a mate wanting to achieve a particular goal. Allison Lilley and Mike Elliott did exactly that and I'm extremely grateful to them.

The commentator/race caller interviewed me almost immediately after I'd finished. He asked me if I'd be back next year. "Wrong time to ask," I said, but I've a feeling I shall be.

The Rules as at 1st January, 2003

By Stephen Jackson, Super Series and Results Coordinator

Overview

The Sydney Striders has many awards and a couple of racing series that are becoming more and more popular. With that popularity comes the responsibility that all Striders know and understand the rules that govern each award and race that contribute to the recognition of performances by the Sydney Striders. This paper has been compiled to provide a single point of reference to those rules. There are two levels of rules. The first being overall rules governing all events that contribute to Striders awards or results. The second level are rules that govern specific awards or series. Overall rules are just that, rules that apply at all times.

NOTE: As of the date of this paper, all previous rules, exemptions, special cases, or interpretations are overridden by the rules listed here.

Overall Rules

1. Striders must be Financial at the time of the event to qualify for any award or series points from that event. Retrospectivity does not apply.
2. Striders uniform must be worn to qualify for any club award. Uniform is defined as at least a Striders top.
3. Striders must be legally entered in an event to qualify for any club award or score points in any Striders Series.
4. For single event awards, a Striders age on the day of the event applies in determining Age Group awards.
5. Races for any award or series may be changed at the discretion of the Committee.
6. The onus is with each Strider to ensure that results are provided to the Committee for consideration for any award.

Series Rules (both Super and 10k series)

1. All Overall Rules apply.
2. For Series events, a Striders age as at 30th June will apply for the entire series.
3. Categories will be
 - Age and Gender Adjusted (everyone).
 - Open (Male and Female all ages),

- PreVet (Male under 40, Female under 35),
 - Veterans (Male 40-under 50, Female 35-under 50),
 - Masters (Male and Female 50-under 60),
 - Seniors (Male and Female 60-under 70),
 - Super Seniors (Male and Female 70+).
4. Placings in each category will earn points:
 - 1st – 50 points
 - 2nd – 46 points
 - 3rd – 43 points
 - 4th – 41 points
 - 5th – 40 points
 - reducing by 1 for each place with a minimum of 2 points being scored.
 - Age and Gender Adjusted points will be awarded separately
 5. Bonus points:
 - Striders uniform (as defined in Overall Rules) gains 10 points per race
 - Official marshalling gains 10 points less than last runner with a minimum of 2 points.

10k Series rules

1. Overall and Series rules apply.
2. There are 10 races in the 2003 Series.
3. The best 8 results count towards final points scores.
4. The last race of the Series is double points (except for Age and Gender Adjusted).

Super Series rules

1. Overall and Series rules apply.
2. There are 11 Races in the 2003 Super Series.
3. The best 9 results count towards the final points scores.
4. Bonus points:
 - 10 points for Hosting a STaR
 - 5 points for Hosting a 7am STaR
 - 2 points for running a Striders 10k Series race (non Super Series event).
5. Distance bonus:
 - 0-10k no bonus,
 - 11-20k 1 point,
 - 21-30k 2 points,
 - 31-40k 3 points,

- 41-45k 4 points,
 - 45k+ 5 points.
6. The results of the three September 2003 Super Series events will be equalised based on the distance component of the Age and Gender tables and points awarded accordingly.

The Races for 2003

1. 10k Series
 - 1st Saturday of each month from February to November starting at 7am.
 - Three courses used, Lane Cove, The Domain, and North Head.
 - Race 1 – Lane Cove
 - Race 2 – North Head
 - Race 3 – The Domain
 - Races 4-9 location to be advised.
 - Race 10 – Lane Cove
2. Super Series
 - February Striders 10k at Lane Cove
 - March 6ft Track
 - April Canberra Marathon
 - May SMH Half Marathon
 - June Mini Mos Marathon
 - July Equaliser Cross Country
 - August 1 City to Surf
 - August 2 Willy to Billy
 - September Sydney 10k, Half Marathon, or Marathon
 - October Internal Half Marathon
 - November Striders 10k at Lane Cove



Stephen in his official 'Course Measurers' uniform. This is worn while at work so as not to alarm the general public.

Six Foot Track - Short Course!!

From Ed

As I run down the goat-track at the end of the 'Six Foot Track' race I have always had the same thought on my mind. Not 'My quads are burning!', not 'I wish I'd emptied the pebbles out of my shoes at the river crossing!', not 'Was that a green-and-white shirt rounding the corner behind me!' No, my foremost thought has always been 'This is only 45km – I don't feel tired enough to have run 46km.' Doubtless you were thinking the same thing. And now Course Measurer par excellence, Stephen Jackson, has proved it...

Just in case you thought Stephen had been lazing around, he informed us on the LiSSt..... *'one Sunday an intrepid band of five – myself, Kevin Tiller (Six Foot Track Race Director), Joel Mackay, David Lancaster and Megan Jackson - spent nearly nine hours measuring the Track. With mountain bikes, GPS, Jones Counter, altimeter and map work the following official figures have been determined:*

*1.7k bottom of Nellies Glen
8.0k Megalong Valley Rd
14.4k Swing Bridge
15.5k Coxs River
20.0k Mini Mini Saddle
26.0k Pluviometer
34.4k old "9k to go" corner
34.7k new deviation at Black Range Camping
37.9k Caves Rd crossing
45.0k outside Trails Bistro at Caves House*

Ignore the large official markers that are every 5k or so - they are reasonably close until the Pluviometer, then they are dead wrong.

Yes, it is 45.0km long, and anyone who knows my desire for accurate courses will understand that this is very, very, very close to exact. A more detailed report with profile, course description, and methods used to measure it will be posted on www.sixfoot.com.

Seriously – thanks to Stephen and his crew for their efforts. The information on the intervening distances and that the official markers in the second half are dodgy will be invaluable for runners.

Oh, and Heiko Schaefer wanted to know if Stephen had also checked whether the Track was really six feet wide.

MUDGEES MARATHON

By Xandra Dunn

Due to a printing problem some copies of last 'Blister' lost the second page of this article, so here it is again. Enjoy. Ed

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 in 2001 with a time of 3:23. Ed

Results

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

Upcoming Events

8th March 2003 Six Foot Track (Super Series event) 45km mountain trail run, 8am start from Katoomba to Jenolan Caves, time limit 7 hrs, contact

Race Organiser, Six Foot Track Marathon, GPO Box 2473, Sydney NSW 2001 or at www.sixfoot.com
 Note: To be counted in the Striders team for the 'Mob Run' trophy please mark yourself as a Strider on the entry form.

13th April Canberra Marathon (Striders Marathon Championship and Super Series Event)

May 2003 Lord Howe Island Peaks race. Seven up and downs, including both mountains plus 15 kms on the 'flat'. Info Lord Howe Island web site, send a message to Jim Whistler at Capella South.

11th May Mothers Day Classic Fun Run at the Domain. 8km at 7:30, 4km run/walk 9:30. Contact Susan Griffith, Sporting Spectrum, 9439-6060

16th – 18th May 2003 Trailwalker – teams of four
www.caa.org.au/trailwalker/

25th May SMH Half Marathon (Super Series event and Club Championship). Forms will be available in February. Remember - this race closes off entries.

15th June Nike Women's Classic. Striders teams ?

16th June Comrades - cut-off time 12 hours this year! Marathon qualifying time relaxed to 5 hours.

For up-to-date information on running events,
www.coolrunning.com.au

New Members – October to December

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.

Olivia	Collier
Daniel	Robolakis
Amanda	Garland
Karey	Millar
Karel	Pavich
Gillian	Boshell
Erica	Morgan
Adrian	Krahn
Gina	Ketelhohn
Giselle	Larcombe
Tracey	Halliday

MTG Report

From George Harrison and Jim Moody

This is a brief rundown on progress of the MTG currently in training for Canberra in April 2003. The aim is to let the members of the club know where and what the MTG is doing as well as asking for some assistance from any of the experienced marathoners in the club.

We began the training program a couple of months ago and are currently (end December) running about 55 kms/week with an expected maximum peaking at 80kms three weeks prior to Canberra. On Sundays we are currently running 20 kms, this can be a variable depending on the 'short' cuts we have tried which usually result in anywhere up to 25 kms. The famous 'Bourke and Wills' award is alive and kicking in the MTG in line with club traditions (no names given).

The group starts its runs together and will usually split into two. We have found that there are always a number of faster runners who feel comfortable at the quicker pace so we try to cater for both, with two of us leading the group we have found that this works well for various levels fitness.

The number of members of the MTG training for their first Marathon is about 15 and varies from week to week although my weekly emails are sent to about 40 members of the club. The maximum in the group to date has been 20 and we now have a solid core of about 10 who are turning up regularly.

We also have the pleasure of a being joined by a number of runners who have previously completed the marathon distance and are joining in to rebuild some lost condition as well as enjoying the somewhat slower runs. The MTG is planning on joining the 6:00AM group for their 30 kms in the not too far distant future.

The ability of the MTG in general has improved dramatically since we started. The 20 km runs would have been impossible two months ago and now we are looking at extending to 25 and then 30 (we have already managed at least one 25 due to being orientationally disadvantaged).

Now for the assistance....

As we run the longer distances George and I are being asked the usual questions, "What exactly is the 'Wall'?", "Should I use GU or some equivalent?", "How much should I drink and how often?", these are

questions that only experience can really answer and there is never one response that will answer all situations.

The great depth of knowledge collectively held by the members of the club is a resource that we would like to tap into, not as a formal discussion but during the STARS.

Next time you run a STAR how about starting your run with the MTG and run with us for a while, say hello and maybe offer your experience, advice and encouragement to some of those who are just beginning their journey towards a first Marathon and help ease their anxieties. When 'your' speed or group runs past us, tag on to them.

What some of you are doing in 2003

Tony Wong is aiming to break three hours for the Marathon – maybe at Canberra...

Pierre van Heerden and Dick Bartlett aim to finish their 10th Comrades.

Phil Hugill and Steve Urwin have entered the approx. 235km, 7-day, 6-stage race across the Sahara in Morocco, from 6th to 12th April. Steve says 'Basically you must carry everything (sleeping bag, clothes, food etc) for the week (anything from 8-15kg, depending how frugal you are). You are given 9 litres of water a day, at various checkpoints and at the finish of each stage. They also provide something laughably described as a berber tent which is a crude two-sided structure of old hessian sacks sewn together. Nine competitors share each tent. The race limit of 600 is filled 10 months out, each year. The best website is www.sandmarathon.com. Stage results and race reports can be viewed on www.darbaroud.com'

And a suggestion from Jim Screen – 'If you find that the Fat Ass schedule is not romantic enough for you check out the following web site <http://www.andesadventures.com/runadv.htm>. This gives details of running adventures for all ages and abilities through Peru and Patagonia'.

Results Roundup

New York Marathon 3rd November 2002

Greg Donovan	3:04
Peter Hammerschmidt	3:47
Allan Marks	4:10

Narrabeen 3k , November 23rd 2002

Caroline Yarnell 11m 31s

Sydney – Hobart Yacht Race

Alex Whitworth in 'Berrimilla' was 3rd in the PHS category after winning it last year.

Canberra Ironman Triathlon - December 2002

(Age Category, Time and Placing in Age Category)

Gary Aitkenhead	40 – 44	5.58.53	52 / 74
Charles Coville	50 - 54	6.03.25	14 / 22
Gary Leahy	50 - 54	6.11.21	17 / 22

Swim

Time	Position in Age Cat
1.8k	
Gary A.	37.47 56 / 74
Charles	43.31 19 / 22
Gary L.	34.38 4 / 22

Cycle

Time	Position in Age Cat
90k	
Gary A.	3.31.23 65 / 74
Charles	3.34.03 19 / 22
Gary L.	3.28.48 16 / 22

Run

Time	Position in Age Cat
21.1k	
Gary A.	1.49.45 35 / 74
Charles	1.45.54 5 / 22
Gary L.	2.07.58 17 / 22

7th World Firefighters Games, Christchurch, NZ

From Fiero Mammone

In four days I ran the 12k cross country, 5,000m and 10,000m track plus the marathon, racing against firefighters that represented their countries in the Olympics, Commonwealth and European Champions. My cross-country was average and I came last in both my track races. Running track was not fun. Why don't they serve water during the 10000m and where can I purchase spike shoes? I ran the 10,000m track the afternoon before the marathon, and I sure ate well and rested that evening.

Thirty firefighters lined up for the marathon and they were all fresh as not one of them ran any previous races during the week. Most of the other runners opted to do the Half Marathon instead because of the hot conditions.

The start of the marathon was at 0900hrs and the conditions were very poor with high temperatures and strong hot head wind burning both your throat and lungs. Also on most parts of the course there was no water and the course was not marked so you had no idea of distance and bearings. I ran an average race 3hrs25min and came 7th overall and 2nd in my age group. Not bad as I just ran three long races and it was the first time ever that I won a medal.

Legal Eagles Win 'Corporate Cup' for the 2nd time

From Charles Coville

Legal Eagles comfortably won the Fastest Team competition out of 32 teams in the 3rd and final series for 2002. This is only the 2nd time in their nine year history the Legal Eagles have won this prestigious award.

Five Striders members were rated in the top 10 in their age categories on the 5.9k Botanic Gardens course:

35 – 39 10 th	Richard Briscoe	23.45
40 – 49 1 st	Stephen Jackson	22.30
5 th	Mark Fiore	23.05
9 th	Graeme Murphy	23.30
50 + 5 th	Charles Coville	25.10

Other Striders members in the successful 15 man team included Nick Adams, John Hamilton, Peter Cobley and Stephen Urwin

Fastest Teams

Legal Eagles	50 points
BT Warriors	40 points
Westpac Harriers	32 points
Sydney Water Sewer Rats	32 points

Legal Eagles came 6th in the Handicap Pointscore competition and 9th in the Team Representation (attendance) competition.

Sydney Striders 10k Series 2002

Sponsored by the Randwick Runners Shop

Races 9 and 10 –Lane Cove and Domain

Race 9 Lane Cove 2nd November 2002

Outright Results

Open Men

1	Damien Tancred	34.58
2	Richard High	35.22
3	Darren Benson	35.51

Open Women

1	Jenny Truscott	36.15	1 st Strider
2	Joanne Cowan	38.05	2 nd Strider
3	Jo Pai	41.04	

Congratulations Jenny! Not only did Jenny Truscott beat all the male Striders, she was also placed first in the Handicap results for this race.

Striders Time

Jenny Truscott	F	36.15
Ross Sinclair		36.44
Greg Coy		37.15
David Burgess		37.38
John Young		37.43
Mark Wilson		37.53
Stephen Jackson		37.57
Joanne Cowan	F	38.05
Keith Bateman		38.17
Ray Doran		38.23
Peter Truscott		38.36
Martin Matthews		38.54
Steve Hume		39.05
Grahame Murphy		39.17
John Hamilton		39.25
Ken Harris		40.27
Ron Schwebel		40.34
Charles Coville		40.35
Gary Aitkenhead		40.37
Mark Robinson		40.45
Richard Briscoe		40.53
Walter Mitchell		40.57
Barry Rutter		41.09
Kendall Waller		41.11
Stuart Crichton		41.33
Tim Austin		41.35
John Van Yzendoorn		41.53
David Gayford		42.30

Michael Sharp		43.04
Rod Lovel		43.29
George Lisson		43.42
James Cryer		43.55
Salvador Gala		44.45
Mike Hansen		45.16
Dennis Nel		45.22
Robert Wawrzyniak		45.37
Bernadette Boulous	F	45.40
Brian O'Dea		46.13
Graham Willis		46.23
Paul Trainor		46.24
Glenda Mitchell	F	46.25
Sharon Callister	F	46.27
Charles King		46.39
Fernando Santisteban		46.52
Graham Sharp		46.55
George Herisson		46.59
Kevin O'Kane		47.07
Neil McPherson		47.08
Clara Vucetic	F	47.24
Leigh MacRitchie	F	48.11
Hans Pandeya		48.42
Heather Forster	F	48.53
Tracey Love	F	49.12
David East		49.15
Heiko Schaefer		49.27
Tina Campbell	F	49.28
John Kerr		49.35
Ted Brailey		50.01
Michael Wilson		50.12
Elizabeth Woodhams	F	50.21
Jeff Morunga		51.05
Norman Kang		51.33
Alastair Wallace		51.41
Denis Speyer		51.53
Allison Lilley	F	53.54
Frances Brown	F	54.54
Frank Dearn		54.57
Richard Wassell		57.02
David Adler		dnf

Race Officials: Megan Jackson, Mario Torresan, Michael Christie, Margaret White, Manfred Fiedler, Peter Woods, Chris Dwyer, Chris Truscott, Mark Schaefer, Ian Whitfield, Jim Screen.

Race 10 Domain 30th November 2002 Outright Results

Open Men

1	Gary McGregor	33.45	
2	Damien Tancred	34.08	
3	Andrew Knox	34.20	1 st Strider

Open Women

1	Joanne Cowan	38.29	1 st Strider
2	Jenny Truscott	38.32	2 nd Strider
3	Caroline Yarnell	43.10	3 rd Strider

Striders Time

Andrew Knox	.34.20
Tim Ashby	.35.48
Stuart Chellis	.36.00
John Young	.36.29
Peter Truscott	.36.35
Ross Sinclair	.36.59
Mark Wilson	.37.27
Greg Coy	.37.49
Stephen Jackson	.38.15
Joanne Cowan	F .38.29
Jenny Truscott	F .38.32
Keith Bateman	.38.44
Ronald Stolk	.38.55
Martin Matthews	.38.59
Nick Adams	.39.31
Steve Hume	.39.49
Grahame Murphy	.39.55
Graham Farnsworth	.39.56
Simon Kent-Jones	.40.16
Stephen Urwin	.40.25
George Lisson	.40.39
Andrew Jordan	.40.45
Ken Harris	.40.56
Walter Mitchell	.41.05
Ron Schwebel	.41.12
Tim Austin	.41.36
Charles Coville	.41.41
John Hamilton	.41.59
Barry Rutter	.42.10
Gary Aitkenhead	.42.20
Kendall Waller	.42.43
Mark Robinson	.42.59
Salvador Gala	.43.00
David Gayford	.43.04
James Cryer	.43.07
Caroline Yarnell	F .43.10
Rod Lovel	.43.53
Stuart Crichton	.44.28
Mark Davis	.44.31
Dennis Nel	.45.09
Mike Hansen	.45.53

Sharon Callister	F	.46.04
Charles King		.46.43
Graham Sharp		.46.56
Ian Singer		.47.06
Brian O'Dea		.47.22
George Herisson		.47.35
Glenda Mitchell	F	.47.48
Michael Wilson		.48.18
Tracey Love	F	.48.31
Kevin O'Kane		.48.32
Clara Vucetic	F	.48.46
Heiko Schaefer		.48.49
Brian Ogilwy		.49.03
Geoff Taylor		.49.50
David Ritchie		.49.51
David East		.49.52
Ted Brailey		.49.58
Amanda Garland	F	.50.52
Karel Pavich		.50.56
Steve Packer		.51.16
Scott Treloar		.51.19
Melissa Treloar	F	.51.20
Lesley Maher	F	.51.28
Jeff Morunga		.51.40
Erica Morgan		.51.58
Heather Forster	F	.52.21
Alastair Wallace		.52.34
Paul Thompson		.52.35
John Kerr		.52.40
Tina Campbell	F	.52.55
Duncan Scott		.53.16
Norman Kang		.53.34
Frances Brown	F	.53.39
Allison Lilley	F	.53.53
Hans Pandeya		.54.25
Frank Dearn		.55.20
Beryl Wilson	F	.55.32
Sam Chuah		.57.31
Mary Stringer	F	.58.49
Lilian Chuah	F	.60.51

Race Officials: Megan Jackson, Jim Moody,
Manfred Fiedler, Michael Bailey, Peter Woods,
Michael Christie, David Loader, Joe DeGabrielle,
Paul Trainor, Adrian Spragg, Ian Whitfield.

Final 10k Handicap Placings

Total from your best eight races.

	NH	LC	Do m	NH	Do m	LC	NH	LC	Do m	Tot
Salvador Gala	2	40	47	41	46	49	43	46	20	94
Walter Mitchell	19	32	20	38	37	2	38	0	48	90

	NH	LC	Do	NH	LC	Do	NH	LC	Do	Tot		NH	LC	Do	NH	LC	Do	NH	LC	Do	Tot		
Frank Dearn	26	31	13	33	29	14	29	45	45	78	316	James Cryer	0	0	0	0	0	0	0	2	98	100	
Glenda Mitchell	44	19	36	31	49	37	28	0	46	42	313	Steve Packer	0	0	0	0	0	2	45	48	0	4	99
Sharon Callister	0	30	2	17	26	25	0	28	49	92	269	Graham Farnsworth	0	0	0	0	0	0	2	0	96	98	
Keith Bateman	35	26	40	40	24	0	21	25	23	40	253	Michael Rees-Evans	0	0	2	45	0	0	0	50	0	0	97
Paul Trainor	2	43	45	43	42	27	46	0	2	4	252	Heather Forster	2	47	2	2	0	0	0	8	24	4	89
Ken Harris	2	2	38	0	0	0	39	44	42	74	241	Norman Kang	0	0	0	0	0	2	44	0	39	4	89
Paul Thompson	2	50	39	30	0	35	25	49	0	4	234	Paul Jackson	22	44	2	0	2	19	0	0	0	0	89
Kendall Waller	37	36	8	0	0	18	15	35	44	36	229	Peter Woods	41	28	2	6	4	2	2	2	2	4	89
Joanne Cowan	31	22	2	9	14	2	17	0	41	76	212	David Camm	0	2	50	36	0	0	0	0	0	0	88
Heiko Schaefer	33	2	43	3	19	24	2	12	9	68	211	David East	0	0	0	0	0	0	0	0	2	86	88
Frances Brown	39	8	29	2	45	2	13	20	2	52	208	David Gayford	0	0	0	0	0	0	0	0	2	84	86
Allison Lilley	2	23	46	10	2	43	2	0	21	60	207	Greg Donovan	23	18	0	18	16	2	5	0	0	0	82
Charles Coville	15	9	30	2	0	11	18	30	38	56	207	Mike Hansen	0	3	37	15	0	2	3	15	3	4	82
Ted Brailey	2	2	7	26	30	29	2	33	18	62	207	Wayne Stanton	0	2	25	28	0	0	0	27	0	0	82
Ross Sinclair	32	2	0	7	18	7	22	18	30	70	204	Mark Schaefer	2	41	32	0	0	0	2	2	2	0	81
Elizabeth Woodhams	47	0	0	8	50	22	19	47	10	0	203	John Kerr	0	2	2	2	3	33	11	9	15	4	79
Clara Vucetic	45	21	27	22	9	32	4	19	25	4	200	Kevin O'Kane	0	2	11	23	2	2	2	2	28	8	78
Simon Kent-Jones	0	2	2	46	43	15	0	0	0	88	196	Tim Ashby	24	2	0	0	0	0	0	0	0	50	76
Greg Coy	13	7	18	14	0	5	26	21	31	64	194	Jonathon Craig	0	0	0	2	28	38	2	0	0	0	70
Gary Aitkenhead	2	0	41	2	17	2	32	34	43	20	191	Sarah Brown	0	0	2	50	0	17	0	0	0	0	69
Steve Hume	2	27	42	0	2	0	0	4	40	72	189	Joe Degabriele	43	12	2	2	2	2	0	0	0	4	67
Andrew Knox	2	4	0	13	23	34	36	39	0	32	183	John Hamilton	12	14	5	2	0	0	2	0	27	4	66
Barry Rutter	16	5	2	2	21	9	9	36	33	48	177	David Ritchie	28	0	0	0	10	21	2	0	0	4	65
Mark Wilson	29	10	2	12	31	0	10	0	12	66	172	Ray Doran	0	2	2	2	0	0	14	16	29	0	65
Stephen Jackson	3	15	12	20	34	0	31	11	13	34	170	Benny Gauci	0	0	0	0	2	2	20	40	0	0	64
Leigh MacRitchie	49	2	2	44	11	13	7	0	36	0	164	Denis Speyer	2	39	0	0	0	20	0	0	2	0	63
Alastair Wallace	0	0	0	0	2	23	47	0	32	54	158	Mark Fiore	0	0	0	0	0	0	40	23	0	0	63
David Adler	2	25	2	35	0	46	37	7	2	0	156	Dean Gardiner	40	20	0	0	0	2	0	0	0	0	62
Mark Davis	4	2	21	2	0	6	35	37	0	46	153	Mark Robinson	0	2	33	0	0	0	0	0	22	4	61
Bernadette Boulous	0	0	2	37	0	10	23	32	47	0	151	Brian O'Dea	0	2	0	0	0	2	2	17	26	10	59
Charles King	20	24	2	24	20	30	27	0	2	4	151	Duncan Scott	14	2	34	2	0	0	0	3	0	4	59
Graham Willis	18	0	9	21	33	0	8	24	35	0	148	Graham Sharp	27	2	19	0	2	0	0	2	2	4	58
Jenny Truscott	30	0	0	0	0	0	34	29	50	4	147	Victoria Pilkerton	0	0	2	16	0	39	0	0	0	0	57
Caroline Yarnell	36	0	10	0	39	2	0	13	0	44	144	Joanna White	48	2	3	2	0	0	0	0	0	0	55
David Burgess	2	2	0	42	25	0	0	38	34	0	143	Andrew Gibbons	0	11	0	0	0	42	0	0	0	0	53
Rod Lovel	2	13	0	2	22	0	42	22	14	26	143	Sean Greenhill	0	49	0	0	2	0	2	0	0	0	53
Dennis Nel	8	45	2	47	0	2	2	2	6	30	142	Emma Anderson	0	0	0	2	0	50	0	0	0	0	52
Gregory Prerau	10	2	0	29	40	0	16	42	0	0	139	George Herisson	2	2	2	2	8	2	2	2	16	18	52
John VanZendoorn	34	37	2	2	13	16	30	2	2	0	136	Simon Apter	0	0	0	2	0	0	50	0	0	0	52
Jack Leigh	2	46	2	48	32	2	2	0	0	0	134	Daniel Altshuler	0	0	0	0	0	2	49	0	0	0	51
Michael Sharp	42	38	15	2	27	0	2	0	8	0	134	Philip Hodgkinson	50	0	0	0	0	0	0	0	0	0	50
Peter Truscott	2	0	35	34	0	0	0	0	2	58	131	Megan Jackson	0	2	2	2	35	0	2	0	2	4	49
Beryl Wilson	0	2	0	2	0	0	24	0	0	100	128	Fiero Mammone	0	0	0	0	0	0	48	0	0	0	48
Neil Barker	0	16	14	39	0	44	12	0	0	0	125	Joel Mackay	0	0	48	0	0	0	0	0	0	0	48
Stuart Chellis	0	0	0	0	0	0	2	43	0	80	125	Melanie Watson	0	0	0	0	2	45	0	0	0	0	47
Julian Wright	25	48	49	2	0	0	0	0	0	0	124	Tim Austin	2	0	2	2	2	2	0	2	7	28	47
Sean Ryan	46	29	0	0	48	0	0	0	0	0	123	Manfred Fiedler	0	2	2	0	0	31	2	2	2	4	45
Jeff Morunga	0	2	31	0	0	48	0	0	17	24	122	David Lancaster	0	42	0	0	0	2	0	0	0	0	44
Martin Matthews	0	0	0	0	0	0	0	2	37	82	121	Jenny Wickham	0	0	2	0	41	0	0	0	0	0	43
Darren Goodsir	0	0	26	0	44	47	0	0	0	0	117	Nigel Phillips	0	0	0	0	2	41	0	0	0	0	43
Ron Schwebel	38	17	17	19	12	8	2	2	2	4	117	Bruce Craven	0	0	0	0	0	0	41	0	0	0	41
Mario Torresan	0	0	2	49	47	0	6	10	2	0	116	Michael Wilson	0	2	2	2	7	2	2	0	2	22	41
Tracey Love	6	34	2	4	38	26	2	2	2	4	116	Ralph Melano	2	0	4	32	0	0	0	2	0	0	40
Peter Cremen	0	0	44	0	0	40	0	31	0	0	115	Mary Barnes	0	0	0	0	2	36	0	0	0	0	38
John Young	11	2	16	0	0	2	33	41	2	4	111	Mark Shingler	0	33	0	0	0	0	0	0	0	0	33
Chris Truscott	0	35	28	11	0	28	0	0	2	0	104	Stephen Urwin	0	0	0	0	15	0	0	0	0	16	31
George Lisson	0	0	0	27	36	0	0	0	2	38	103	Rachele Lazzara	0	2	24	0	0	2	0	0	0	0	28
												Stephen Bodnar	0	0	0	0	0	2	0	26	0	0	28

	NH	LC	Do m	LC	NH	Do m	LC	NH	LC	Do m	Tot		NH	LC	Do m	LC	NH	Do m	LC	NH	LC	Do m	Tot	
Godfrey Franz	0	0	0	25	0	0	0	0	0	0	25	Scott Treloar	0	0	0	0	0	0	0	0	0	4	4	
Roland Hassall	2	0	23	0	0	0	0	0	0	0	25	Stephen Ball	0	0	2	0	0	0	2	0	0	0	4	
Grahame Murphy	0	2	0	0	0	0	0	5	11	6	24	Tony Mitchell	0	0	0	0	2	2	0	0	0	0	4	
Christopher Dwyer	21	0	0	0	0	0	0	0	2	0	23	Adam Cresswell	2	0	0	0	0	0	0	0	0	0	2	
Scott Smiles	0	0	22	0	0	0	0	0	0	0	22	Andrew Bilsdon	0	0	0	0	2	0	0	0	0	0	2	
Neil McPherson	0	0	2	0	0	0	0	0	0	19	0	21	Andrew Bryan	0	0	0	0	0	2	0	0	0	0	2
Geoff Taylor	0	0	6	0	0	0	2	0	0	12	20	Ann Muras	0	0	0	2	0	0	0	0	0	0	2	
Jonathan Trope	17	2	0	0	0	0	0	0	0	0	19	Anthony Carpenter	0	0	0	0	0	0	2	0	0	0	2	
Ian Whitfield	2	2	2	2	2	2	2	2	2	4	18	Anton Kapel	0	0	0	2	0	0	0	0	0	0	2	
Brian Ogilwy	0	0	0	0	0	0	0	2	0	14	16	Arthur Huxtable	0	2	0	0	0	0	0	0	0	0	2	
Lucy Anderson	0	0	0	0	0	2	0	14	0	0	16	Brad Renshaw	0	0	0	0	0	0	0	2	0	0	2	
Tina Campbell	2	0	0	2	0	2	0	2	4	4	16	Brendan Mason	0	2	0	0	0	0	0	0	0	0	2	
Adrian Spragg	9	0	0	0	0	2	0	0	0	4	15	Bronwyn Adams	0	0	0	0	0	2	0	0	0	0	2	
Ian Singer	2	0	0	0	0	0	2	6	0	4	14	Carol Taylor	0	0	0	0	0	0	0	2	0	0	2	
Jonathan Worswick	0	0	2	0	0	12	0	0	0	0	14	Darryl Chrisp	0	0	0	0	0	0	0	2	0	0	2	
Mary Stringer	0	0	2	2	5	0	0	0	0	4	13	David Cooke	0	0	0	0	0	0	0	2	0	0	2	
Peter Grunfeld	5	6	2	0	0	0	0	0	0	0	13	David King	0	2	0	0	0	0	0	0	0	0	2	
Michael Christie	0	2	0	0	0	0	2	2	2	4	12	Don Johnstone	2	0	0	0	0	0	0	0	0	0	2	
Robert Chalmers	2	0	2	2	2	2	2	0	0	0	12	Fernando	0	0	0	0	0	0	0	0	2	0	2	
Peter Hammerschmidt	7	2	0	0	0	0	0	2	0	0	11	Santisteban	0	0	0	0	0	0	0	0	2	0	2	
David Loader	2	0	2	2	0	0	0	0	0	4	10	Garry Maddox	0	2	0	0	0	0	0	0	0	0	2	
Jurg Kunzle	0	2	0	0	6	2	0	0	0	0	10	Gill Cavenagh	0	0	2	0	0	0	0	0	0	0	2	
Mike Ward	0	2	2	2	0	2	2	0	0	0	10	Helen Ritchie	2	0	0	0	0	0	0	0	0	0	2	
James Moody	0	0	0	0	0	2	2	0	0	4	8	Iain Martin	0	0	0	0	0	2	0	0	0	0	2	
John Sparks	0	2	0	0	2	2	2	0	0	0	8	Jeff Morehen	0	0	2	0	0	0	0	0	0	0	2	
Lesley Maher	0	2	2	0	0	0	0	0	0	4	8	Jo Bourke	0	0	0	0	0	0	2	0	0	0	2	
Nick Adams	2	2	0	0	0	0	0	0	0	4	8	Joe Flinn	0	0	0	0	2	0	0	0	0	0	2	
Richard Wassell	2	2	2	0	0	0	0	0	2	0	8	John Ayliffe	2	0	0	0	0	0	0	0	0	0	2	
John Whealy	0	2	0	5	0	0	0	0	0	0	7	Jonathan Gliksten	0	0	2	0	0	0	0	0	0	0	2	
Andrew Smith	2	2	2	0	0	0	0	0	0	0	6	Julie McGaw	0	0	0	2	0	0	0	0	0	0	2	
Graham Osborn	2	2	0	0	0	2	0	0	0	0	6	Kylie Catchpole	0	0	0	0	2	0	0	0	0	0	2	
Gregory Mackay	2	0	0	2	2	0	0	0	0	0	6	Lisa Carroli	0	0	0	0	0	2	0	0	0	0	2	
Hans Pandeya	0	0	0	0	0	0	0	0	2	4	6	Lisa Gallate	0	0	2	0	0	0	0	0	0	0	2	
Margaret White	0	0	2	2	0	0	0	0	2	0	6	Lorraine Spanton	0	0	2	0	0	0	0	0	0	0	2	
Mathew Kaley	0	2	2	0	2	0	0	0	0	0	6	Matthew Johan	0	0	0	0	0	0	2	0	0	0	2	
Penny Smith	2	2	2	0	0	0	0	0	0	0	6	Mervyn Cohen	0	0	2	0	0	0	0	0	0	0	2	
Stuart Crichton	0	0	0	0	0	0	0	0	2	4	6	Michael Free	0	2	0	0	0	0	0	0	0	0	2	
Philip Boswell	0	0	2	0	0	3	0	0	0	0	5	Michael Johnstone	2	0	0	0	0	0	0	0	0	0	2	
Richard Briscoe	0	0	0	0	0	0	0	0	5	0	5	Patricia	0	0	0	2	0	0	0	0	0	0	2	
Alex Whitworth	0	0	0	0	0	4	0	0	0	0	4	Twaalfhoven	0	0	0	0	0	0	0	0	0	0	2	
Amanda Garland	0	0	0	0	0	0	0	0	0	4	4	Paul Bullas	0	0	0	0	2	0	0	0	0	0	2	
Andrew Jordan	0	0	0	0	0	0	0	0	0	4	4	Robert Inglis	0	0	0	0	0	2	0	0	0	0	2	
Erica Morgan	0	0	0	0	0	0	0	0	0	4	4	Robert Wawrzyniak	0	0	0	0	0	0	0	0	2	0	2	
Feisar Joya	2	0	2	0	0	0	0	0	0	0	4	Robi Russell	0	2	0	0	0	0	0	0	0	0	2	
Jim Screen	0	0	2	0	0	0	0	0	2	0	4	Rod Ross	0	0	0	0	0	0	0	2	0	0	2	
Joanne Barton	2	2	0	0	0	0	0	0	0	0	4	Ron Daly	0	2	0	0	0	0	0	0	0	0	2	
Karel Pavich	0	0	0	0	0	0	0	0	0	4	4	Ron Wilson	0	2	0	0	0	0	0	0	0	0	2	
Keith White	0	0	2	2	0	0	0	0	0	0	4	Samantha Glenney	0	0	0	0	0	2	0	0	0	0	2	
Lilian Chuah	0	0	0	0	0	0	0	0	0	4	4	Sarah Braund	0	0	0	0	0	2	0	0	0	0	2	
Mary Wilson	0	0	2	0	0	2	0	0	0	0	4	Sean Hart	0	2	0	0	0	0	0	0	0	0	2	
Melissa Treloar	0	0	0	0	0	0	0	0	0	4	4	Steven Norden	2	0	0	0	0	0	0	0	0	0	2	
Mercy Samia	0	0	0	0	2	0	2	0	0	0	4	Victor Donovic	0	0	0	2	0	0	0	0	0	0	2	
Michael Bailey	0	0	0	0	0	0	0	0	0	4	4													
Mike Roach	0	2	2	0	0	0	0	0	0	0	4													
Patricia Pittorino	0	0	2	0	0	0	0	2	0	0	4													
Ronald Stolk	0	0	0	0	0	0	0	0	0	4	4													
Sam Chuah	0	0	0	0	0	0	0	0	0	4	4													

Final 10k Female Outright

Total from your best eight races

	NH		LC		Do m		NH		Do m		LC		NH		Do m		LC		Do m		Tot	
Joanne Cowan	49	50	49	50	50	2	49	0	49	100	446											
Clara Vucetic	47	47	46	47	43	46	46	46	45	88	413											
Tracey Love	46	49	45	46	46	47	2	2	42	90	411											
Glenda Mitchell	44	44	43	42	44	45	47	0	47	92	406											
Sharon Callister	0	46	40	43	42	42	0	45	46	94	398											
Frances Brown	40	39	32	2	38	2	42	41	38	72	342											
Leigh MacRitchie	45	42	39	44	41	39	45	0	44	0	339											
Allison Lilley	2	38	33	35	34	31	37	0	39	70	317											
Jenny Truscott	50	0	0	0	0	0	50	50	50	98	298											
Caroline Yarnell	48	0	48	0	48	2	0	49	0	96	291											
Bernadette Boulous	0	0	47	48	0	44	48	48	48	0	283											
Elizabeth Woodhams	41	0	0	36	40	35	44	44	40	0	280											
Heather Forster	2	45	41	2	0	0	0	43	43	76	252											
Tina Campbell	43	0	0	39	0	37	0	2	41	74	236											
Mary Stringer	0	0	42	45	45	0	0	0	0	66	198											
Beryl Wilson	0	36	0	33	0	0	40	0	0	68	177											
Lesley Maher	0	43	37	0	0	0	0	0	0	80	160											
Benny Gauci	0	0	0	0	37	32	43	42	0	0	154											
Joanna White	42	40	35	34	0	0	0	0	0	0	151											
Victoria Pilkerton	0	0	44	40	0	40	0	0	0	0	124											
Sarah Brown	0	0	34	41	0	36	0	0	0	0	111											
Jenny Wickham	0	0	50	0	49	0	0	0	0	0	99											
Melanie Watson	0	0	0	0	47	50	0	0	0	0	97											
Lucy Anderson	0	0	0	0	0	49	0	47	0	0	96											
Amanda Garland	0	0	0	0	0	0	0	0	0	86	86											
Karel Pavich	0	0	0	0	0	0	0	0	0	84	84											
Megan Jackson	0	2	2	2	33	0	38	0	2	4	83											
Melissa Treloar	0	0	0	0	0	0	0	0	0	82	82											
Emma Anderson	0	0	0	38	0	43	0	0	0	0	81											
Rachele Lazzara	0	41	36	0	0	2	0	0	0	0	79											
Erica Morgan	0	0	0	0	0	0	0	0	0	78	78											
Mercy Samia	0	0	0	0	36	0	41	0	0	0	77											
Mary Barnes	0	0	0	0	39	34	0	0	0	0	73											
Penny Smith	2	37	31	0	0	0	0	0	0	0	70											
Lilian Chuah	0	0	0	0	0	0	0	0	0	64	64											
Joanne Barton	2	48	0	0	0	0	0	0	0	0	50											
Ann Muras	0	0	0	49	0	0	0	0	0	0	49											
Lisa Carroli	0	0	0	0	0	48	0	0	0	0	48											
Patricia Pittorino	0	0	2	0	0	0	0	40	0	0	42											
Bronwyn Adams	0	0	0	0	0	41	0	0	0	0	41											
Jo Bourke	0	0	0	0	0	0	39	0	0	0	39											
Sarah Braund	0	0	0	0	0	38	0	0	0	0	38											
Lorraine Spanton	0	0	38	0	0	0	0	0	0	0	38											
Patricia Twaalfhoven	0	0	0	37	0	0	0	0	0	0	37											
Kylie Catchpole	0	0	0	0	35	0	0	0	0	0	35											
Samantha Glenney	0	0	0	0	0	33	0	0	0	0	33											
Margaret White	0	0	2	2	0	0	0	0	2	0	6											
Mary Wilson	0	0	2	0	0	2	0	0	0	0	4											
Gill Cavenagh	0	0	2	0	0	0	0	0	0	0	2											
Lisa Gallate	0	0	2	0	0	0	0	0	0	0	2											
Julie McGaw	0	0	0	2	0	0	0	0	0	0	2											
Helen Ritchie	2	0	0	0	0	0	0	0	0	0	2											

Robi Russell	0	2	0	0	0	0	0	0	0	0	2
Carol Taylor	0	0	0	0	0	0	0	2	0	0	2

Final 10k Male Outright

Total from your best eight races

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	NH	LC	Do	NH	LC	Do	NH	LC	Do	Tot		NH	LC	Do	NH	LC	Do	Tot		
Andrew Gibbons	0	46	0	0	0	47	0	0	0	93	Mike Ward	0	2	2	7	0	2	8	0	21
Mark Schaefer	20	29	34	0	0	0	2	2	2	89	Frank Dearn	2	2	2	2	3	2	2	2	19
Gregory Mackay	22	0	0	30	35	0	0	0	0	87	Feisar Joya	15	0	4	0	0	0	0	0	19
Darren Goodsir	0	0	19	0	30	33	0	0	0	82	Fiero Mammone	0	0	0	0	0	19	0	0	19
George Herisson	2	2	2	9	17	14	2	10	10	80	Ian Whitfield	2	2	2	2	2	2	2	2	18
Brian O'Dea	0	2	0	0	0	17	10	17	16	80	Scott Smiles	0	0	17	0	0	0	0	0	17
Ronald Stolk	0	0	0	0	0	0	0	0	0	80	Robert Wawrzyniak	0	0	0	0	0	0	0	17	17
Mark Fiore	0	0	0	0	0	41	38	0	0	79	Paul Bullas	0	0	0	0	16	0	0	0	16
Andrew Smith	23	24	26	0	0	0	0	0	0	73	Jeff Morunga	0	2	2	0	0	5	0	2	15
Graham Willis	2	0	2	12	19	0	7	15	15	72	Alastair Wallace	0	0	0	0	5	2	2	0	15
Paul Thompson	2	2	2	10	0	15	12	20	0	67	Denis Speyer	2	2	0	0	0	9	0	2	15
Mathew Kaley	0	27	36	0	2	0	0	0	0	65	Peter Grunfeld	5	4	6	0	0	0	0	0	15
David Gayford	0	0	0	0	0	0	0	0	25	63	Robert Chalmers	2	0	2	2	2	4	2	0	14
Mario Torresan	0	0	2	13	21	0	11	14	2	63	Duncan Scott	2	2	2	2	0	0	2	0	14
Andrew Jordan	0	0	0	0	0	0	0	0	0	62	Keith White	0	0	2	11	0	0	0	0	13
Stuart Crichton	0	0	0	0	0	0	0	0	28	60	Michael Christie	0	2	0	0	0	0	2	2	12
David Ritchie	7	0	0	0	20	20	6	0	0	57	David King	0	12	0	0	0	0	0	0	12
James Cryer	0	0	0	0	0	0	0	0	21	57	Fernando	0	0	0	0	0	0	0	12	12
Jonathan Trope	35	21	0	0	0	0	0	0	0	56	Santisteban	0	0	0	0	0	0	0	12	12
David Adler	2	2	2	8	0	16	14	9	2	55	Hans Pandeya	0	0	0	0	0	0	0	7	11
Kevin O'Kane	0	2	2	14	7	3	2	4	9	53	Geoff Taylor	0	0	2	0	0	0	2	0	10
Stephen Ball	0	0	23	0	0	0	30	0	0	53	Norman Kang	0	0	0	0	0	2	2	0	10
Heiko Schaefer	2	2	2	3	12	11	2	7	5	52	David East	0	0	0	0	0	0	0	6	10
Nigel Phillips	0	0	0	0	25	25	0	0	0	50	Neil McPherson	0	0	2	0	0	0	0	8	10
Christopher Dwyer	46	0	0	0	0	0	0	0	2	48	Adam Cresswell	9	0	0	0	0	0	0	0	9
Philip Boswell	0	0	10	0	0	36	0	0	0	46	Matthew Johan	0	0	0	0	0	9	0	0	9
Michael Wilson	0	2	2	5	13	2	4	0	2	44	John Sparks	0	2	0	0	2	2	2	0	8
Mark Shingler	0	44	0	0	0	0	0	0	0	44	Richard Wassell	2	2	2	0	0	0	0	2	8
Dean Gardiner	25	16	0	0	0	2	0	0	0	43	Jurg Kunzle	0	2	0	0	4	2	0	0	8
Jonathan Worswick	0	0	2	0	0	41	0	0	0	43	James Moody	0	0	0	0	0	2	2	0	8
Stephen Bodnar	0	0	0	0	0	19	0	23	0	42	Graham Osborn	2	2	0	0	0	2	0	0	6
Joel Mackay	0	0	39	0	0	0	0	0	0	39	Joe Flinn	0	0	0	0	6	0	0	0	6
Anthony Carpenter	0	0	0	0	0	0	38	0	0	38	Simon Apter	0	0	0	2	0	0	2	0	4
Godfrey Franz	0	0	0	37	0	0	0	0	0	37	David Lancaster	0	2	0	0	0	2	0	0	4
Ted Brailey	2	2	2	2	11	6	2	6	3	36	Mike Roach	0	2	2	0	0	0	0	0	4
John Kerr	0	2	2	2	8	8	3	5	4	36	Jim Screen	0	0	2	0	0	0	0	2	4
Ralph Melano	2	0	11	20	0	0	0	2	0	35	John Whealy	0	2	0	2	0	0	0	0	4
Peter Hammerschmidt	18	8	0	0	0	0	0	8	0	34	Michael Bailey	0	0	0	0	0	0	0	0	4
Adrian Spragg	28	0	0	0	0	2	0	0	0	34	Sam Chuah	0	0	0	0	0	0	0	0	4
Sean Greenhill	0	5	0	0	14	0	13	0	0	32	Scott Treloar	0	0	0	0	0	0	0	0	4
Richard Briscoe	0	0	0	0	0	0	0	0	32	0	David Cooke	0	0	0	0	0	0	3	0	3
Philip Hodgkinson	31	0	0	0	0	0	0	0	0	31	Garry Maddox	0	3	0	0	0	0	0	0	3
Roland Hassall	17	0	13	0	0	0	0	0	0	30	John Ayliffe	2	0	0	0	0	0	0	0	2
Daniel Altshuler	0	0	0	0	0	12	17	0	0	29	Andrew Bryan	0	0	0	0	0	2	0	0	2
Victor Donovic	0	0	0	29	0	0	0	0	0	29	Darryl Chrisp	0	0	0	0	0	0	2	0	2
Alex Whitworth	0	0	0	0	0	29	0	0	0	29	Mervyn Cohen	0	0	2	0	0	0	0	0	2
Steve Packer	0	0	0	0	0	7	5	12	0	28	Ron Daly	0	2	0	0	0	0	0	0	2
Julian Wright	2	2	21	2	0	0	0	0	0	27	Michael Free	0	2	0	0	0	0	0	0	2
Bruce Craven	0	0	0	0	0	0	26	0	0	26	Jonathan Gliksten	0	0	2	0	0	0	0	0	2
Michael Rees-Evans	0	0	2	4	0	0	0	19	0	25	Sean Hart	0	2	0	0	0	0	0	0	2
Manfred Fiedler	0	2	2	0	0	10	2	2	2	24	Arthur Huxtable	0	2	0	0	0	0	0	0	2
Andrew Bilsdon	0	0	0	0	24	0	0	0	0	24	Robert Inglis	0	0	0	0	0	2	0	0	2
Tony Mitchell	0	0	0	0	10	13	0	0	0	23	Don Johnstone	2	0	0	0	0	0	0	0	2
Joe Degabriele	8	2	2	2	2	2	0	0	0	22	Michael Johnstone	2	0	0	0	0	0	0	0	2
David Camm	0	2	5	15	0	0	0	0	0	22	Anton Kapel	0	0	0	2	0	0	0	0	2
Brian Ogilwy	0	0	0	0	0	0	0	13	0	21	Iain Martin	0	0	0	0	0	2	0	0	2
Jack Leigh	2	2	2	2	9	2	2	0	0	21	Brendan Mason	0	2	0	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	0	0	2
Brad Renshaw	0	0	0	0	0	0	0	2	0	0	2
Rod Ross	0	0	0	0	0	0	0	2	0	0	2
Ron Wilson	0	2	0	0	0	0	0	0	0	0	2

Final 10k Age Group Placings

(New Awards for 2002)

Total from your best eight races

Women Masters	NH	LC	Do m	LC	NH	Do m	LC	NH	LC	Do m	Tot
Elizabeth Woodhams	49	0	0	49	50	49	50	50	49	0	346
Tina Campbell	50	0	0	50	0	50	0	2	50	100	302
Beryl Wilson	0	49	0	48	0	0	49	0	0	98	244
Penny Smith	2	50	49	0	0	0	0	0	0	0	101
Patricia Pittorino	0	0	2	0	0	0	0	49	0	0	51
Lorraine Spanton	0	0	50	0	0	0	0	0	0	0	50
Mary Wilson	0	0	2	0	0	2	0	0	0	0	4
Carol Taylor	0	0	0	0	0	0	0	2	0	0	2
Helen Ritchie	2	0	0	0	0	0	0	0	0	0	2
Robi Russell	0	2	0	0	0	0	0	0	0	0	2

Women Vets	NH	LC	Do m	LC	NH	Do m	LC	NH	LC	Do m	Tot
Joanne Cowan	50	50	50	50	50	2	50	0	50	100	450
Clara Vucetic	48	47	48	49	46	48	49	46	48	92	429
Tracey Love	47	49	47	48	48	49	2	2	46	94	428
Sharon Callister	0	46	44	46	45	47	0	45	49	96	418
Frances Brown	46	43	42	2	43	2	47	42	45	82	390
Caroline Yarnell	49	0	49	0	49	2	0	47	0	98	294
Heather Forster	2	45	45	2	0	0	0	44	47	84	269
Mary Stringer	0	0	46	47	47	0	0	0	0	80	220
Benny Gauci	0	0	0	0	42	45	48	43	0	0	178
Lesley Maher	0	44	43	0	0	0	0	0	0	86	173
Amanda Garland	0	0	0	0	0	0	0	0	0	90	90
Mary Barnes	0	0	0	0	44	46	0	0	0	0	90
Karel Pavich	0	0	0	0	0	0	0	0	0	88	88
Mercy Samia	0	0	0	0	41	0	46	0	0	0	87
Joanne Barton	2	48	0	0	0	0	0	0	0	0	50
Lisa Carroli	0	0	0	0	0	50	0	0	0	0	50
Jo Bourke	0	0	0	0	0	0	45	0	0	0	45
Margaret White	0	0	2	2	0	0	0	0	2	0	6
Gill Cavenagh	0	0	2	0	0	0	0	0	0	0	2
Julie McGaw	0	0	0	2	0	0	0	0	0	0	2

Women Pre Vets	NH	LC	Do m	LC	NH	Do m	LC	NH	LC	Do m	Tot
Glenda Mitchell	48	50	47	47	48	48	48	0	48	98	435
Allison Lilley	2	46	42	42	45	39	45	0	46	92	397
Leigh MacRitchie	49	49	46	48	47	43	47	0	47	0	376
Jenny Truscott	50	0	0	0	0	0	50	50	50	100	300
Bernadette Boulous	0	0	49	49	0	47	49	49	49	0	292
Joanna White	47	47	44	41	0	0	0	0	0	0	179
Victoria Pilkerton	0	0	48	45	0	44	0	0	0	0	137
Sarah Brown	0	0	43	46	0	41	0	0	0	0	130
Megan Jackson	0	2	2	2	44	0	46	0	2	4	102
Jenny Wickham	0	0	50	0	50	0	0	0	0	0	100
Melanie Watson	0	0	0	0	49	50	0	0	0	0	99

Lucy Anderson	0	0	0	0	0	49	0	48	0	0	97
Melissa Treloar	0	0	0	0	0	0	0	0	0	96	96
Rachele Lazzara	0	48	45	0	0	2	0	0	0	0	95
Erica Morgan	0	0	0	0	0	0	0	0	0	94	94
Emma Anderson	0	0	0	44	0	46	0	0	0	0	90
Lilian Chuah	0	0	0	0	0	0	0	0	0	90	90
Ann Muras	0	0	0	50	0	0	0	0	0	0	50
Kylie Catchpole	0	0	0	0	46	0	0	0	0	0	46
Bronwyn Adams	0	0	0	0	0	45	0	0	0	0	45
Patricia Twaalfhoven	0	0	0	43	0	0	0	0	0	0	43
Sarah Braund	0	0	0	0	0	42	0	0	0	0	42
Samantha Glenney	0	0	0	0	0	40	0	0	0	0	40
Lisa Gallate	0	0	2	0	0	0	0	0	0	0	2

Men Seniors	NH	LC	Do m	LC	NH	Do m	LC	NH	LC	Do m	Tot
Heiko Schaefer	49	2	49	49	50	49	49	48	48	100	443
Frank Dearn	48	47	47	48	49	47	47	47	47	98	431
Ray Doran	0	50	50	50	0	0	50	50	50	0	300
Manfred Fiedler	0	48	2	0	0	48	48	2	2	4	154
Peter Hammerschmidt	50	49	0	0	0	0	0	49	0	0	148
Neil McPherson	0	0	48	0	0	0	0	0	49	0	97
John Sparks	0	2	0	0	2	46	46	0	0	0	96
Alex Whitworth	0	0	0	0	0	50	0	0	0	0	50
Ron Daly	0	2	0	0	0	0	0	0	0	0	2

Men Masters	NH		LC	Do m	LC	NH	Do m	LC	NH		LC	Do m	Tot
Ron Schwebel	49	50	50	50	50	50	2	50	50	50	100	450	
Charles Coville	46	49	49	2	0	49	50	49	49	98	439		
Barry Rutter	47	47	47	49	49	48	48	48	48	96	433		
Rod Lovel	44	46	0	48	48	0	49	47	47	92	421		
Kevin O'Kane	0	42	45	47	41	43	42	42	43	86	390		
Michael Wilson	0	40	44	44	45	41	44	0	40	88	386		
Ted Brailey	40	39	42	43	44	44	41	44	41	82	381		
John Kerr	0	35	40	40	42	45	43	43	42	80	375		
Brian O'Dea	0	41	0	0	0	46	47	46	45	90	315		
Graham Willis	43	0	43	46	46	0	46	45	44	0	313		
David Ritchie	45	0	0	0	47	47	45	0	0	84	268		
Jack Leigh	41	36	41	41	43	40	2	0	0	0	244		
James Cryer	0	0	0	0	0	0	0	0	46	94	140		
Jurg Kunzle	0	34	0	0	40	39	0	0	0	0	113		
Jonathan Trope	48	48	0	0	0	0	0	0	0	0	96		
Keith White	0	0	46	45	0	0	0	0	0	0	91		
John Whealy	0	37	0	42	0	0	0	0	0	0	79		
Sam Chuah	0	0	0	0	0	0	0	0	0	78	78		
Christopher Dwyer	50	0	0	0	0	0	0	0	2	0	52		
Scott Smiles	0	0	48	0	0	0	0	0	0	0	48		
David King	0	45	0	0	0	0	0	0	0	0	45		
Ron Wilson	0	44	0	0	0	0	0	0	0	0	44		
Arthur Huxtable	0	43	0	0	0	0	0	0	0	0	43		
Graham Osborn	2	38	0	0	0	2	0	0	0	0	42		
John Ayliffe	42	0	0	0	0	0	0	0	0	0	42		
Robert Inglis	0	0	0	0	0	42	0	0	0	0	42		
Rod Ross	0	0	0	0	0	0	0	41	0	0	41		
Ian Whitfield	2	2	2	2	2	2	2	2	2	4	18		
Michael Christie	0	2	0	0	0	0	2	2	2	4	12		
James Moody	0	0	0	0	0	2	2	0	0	4	8		
Jim Screen	0	0	2	0	0	0	0	0	2	0	4		

	NH	LC	Do	NH	LC	Do	NH	LC	Do	Tot		NH	LC	Do	NH	LC	Do	Tot			
Michael Bailey	0	0	0	0	0	0	0	0	4	4	David Lancaster	0	29	0	0	0	2	31			
Brad Renshaw	0	0	0	0	0	0	0	2	0	2	Garry Maddox	0	31	0	0	0	0	31			
Darryl Chrisp	0	0	0	0	0	0	0	2	0	2	David Cooke	0	0	0	0	0	30	30			
											Mervyn Cohen	0	0	26	0	0	0	26			
Men Vets	NH	LC	Do	NH	LC	Do	NH	LC	Do	Tot	Steven Norden	25	0	0	0	0	0	25			
Ross Sinclair	50	50	0	50	50	50	50	50	100	450	Brendan Mason	0	21	0	0	0	0	21			
Greg Coy	49	47	50	47	0	49	48	49	98	439	Andrew Bryan	0	0	0	0	2	0	2			
Stephen Jackson	47	48	49	49	0	49	48	48	96	436	Jeff Morehen	0	0	2	0	0	0	2			
Keith Bateman	46	45	48	48	0	47	47	47	94	425	Jonathan Gliksten	0	0	2	0	0	0	2			
Gary Aitkenhead	39	0	44	39	44	45	43	43	84	386	Men Pre Vets	NH	LC	Do	NH	LC	Do	Tot			
John Hamilton	45	44	46	42	0	44	0	45	86	352	Andrew Knox	50	49	0	49	50	50	100	447		
Mark Davis	36	35	39	32	0	41	41	40	76	340	John Young	49	48	49	0	46	49	49	94	433	
Mike Hansen	0	38	41	35	0	42	35	37	72	339	Mark Wilson	47	45	47	46	47	0	48	90	416	
Charles King	35	34	35	33	39	44	38	0	70	331	John VanYzendoorn	44	43	39	2	45	42	38	80	334	
Dennis Nel	32	37	34	38	0	38	33	35	74	327	Kendall Waller	37	34	35	0	38	40	41	68	334	
Salvador Gala	28	23	30	26	35	40	37	38	80	326	Walter Mitchell	33	32	31	41	41	2	42	72	333	
George Herisson	31	27	2	29	37	35	2	32	64	289	Tim Austin	30	0	33	40	39	37	0	70	328	
Peter Woods	42	39	40	37	41	46	39	2	4	288	Ken Harris	27	27	37	0	0	42	43	74	294	
Graham Sharp	37	33	38	0	38	0	0	33	68	282	Steve Hume	32	40	45	0	2	0	42	82	288	
Greg Donovan	48	46	0	45	47	48	45	0	0	279	David Burgess	45	41	0	45	46	0	47	50	274	
Paul Thompson	30	28	31	30	0	36	31	36	52	274	Paul Trainor	26	26	27	39	37	36	38	4	265	
Gregory Prerau	38	36	0	36	42	0	40	42	0	234	Simon Kent-Jones	0	29	30	42	44	40	0	78	263	
Grahame Murphy	0	43	0	0	0	0	44	46	92	225	Peter Truscott	2	0	48	47	0	0	47	92	236	
George Lisson	0	0	0	43	46	0	0	41	88	218	Paul Jackson	43	42	40	0	43	41	0	209		
Mark Robinson	0	41	45	0	0	0	0	43	82	211	Neil Barker	0	37	38	43	0	43	43	0	204	
Ian Singer	44	0	0	0	0	0	34	41	66	185	Chris Truscott	0	50	50	50	0	50	0	2	202	
David Adler	26	25	2	28	0	37	32	31	2	183	Duncan Scott	24	23	24	35	0	0	35	60	201	
Wayne Stanton	0	42	47	46	0	0	46	0	0	181	Tim Ashby	48	47	0	0	0	0	0	98	193	
Alastair Wallace	0	0	0	0	32	29	28	0	32	175	Jonathon Craig	0	0	0	48	49	48	47	0	192	
Jeff Morunga	0	22	28	0	0	31	0	0	33	170	Michael Sharp	38	35	36	2	42	0	2	37	192	
Steve Packer	0	0	0	0	0	32	29	34	0	153	Stuart Chellis	0	0	0	0	0	48	48	0	96	192
Robert Chalmers	29	0	27	25	2	30	27	0	0	140	Martin Matthews	0	0	0	0	0	0	45	46	86	177
Stephen Urwin	0	0	0	0	45	0	0	0	90	135	Mario Torresan	0	0	26	38	36	0	35	37	2	174
Andrew Smith	41	40	43	0	0	0	0	0	0	124	Nick Adams	40	36	0	0	0	0	0	0	84	160
Gregory Mackay	40	0	0	41	43	0	0	0	0	124	Norman Kang	0	0	0	0	0	34	32	0	58	156
David Gayford	0	0	0	0	0	0	0	42	78	120	Sean Ryan	46	44	0	0	48	0	0	0	0	138
Denis Speyer	27	26	0	0	0	33	0	0	31	117	Peter Cremen	0	0	46	0	45	0	46	0	137	
Geoff Taylor	0	0	29	0	0	26	0	0	62	117	David Loader	42	0	43	44	0	0	0	0	4	133
Peter Grunfeld	33	32	33	0	0	0	0	0	0	98	Julian Wright	29	30	34	36	0	0	0	0	0	129
David East	0	0	0	0	0	0	0	33	60	93	Graham Farnsworth	0	0	0	0	0	0	44	0	80	124
Mark Fiore	0	0	0	0	0	46	45	0	0	91	Mark Schaefer	36	39	41	0	0	2	2	2	0	122
David Camm	0	24	32	31	0	0	0	0	0	87	Darren Goodsir	0	0	32	0	40	39	0	0	0	111
Stephen Ball	0	0	42	0	0	42	0	0	0	84	Stuart Crichton	0	0	0	0	0	0	0	40	66	106
Nigel Phillips	0	0	0	0	40	43	0	0	0	83	Sean Greenhill	0	31	0	0	35	0	36	0	0	102
Philip Boswell	0	0	36	0	0	47	0	0	0	83	Michael Rees-Evans	0	0	25	37	0	0	39	0	0	101
Stephen Bodnar	0	0	0	0	39	0	39	0	0	78	Brian Ogilwy	0	0	0	0	0	0	36	0	64	100
Joe Degabriele	34	30	2	2	2	2	0	0	4	76	Richard Wassell	23	24	22	0	0	0	0	31	0	100
Ralph Melano	2	0	37	34	0	0	2	0	0	75	Andrew Gibbons	0	46	0	0	47	0	0	0	0	93
Tony Mitchell	0	0	0	0	34	34	0	0	0	68	Hans Pandeya	0	0	0	0	0	0	0	34	56	90
Mike Ward	0	2	2	27	0	2	30	0	0	63	Ronald Stolk	0	0	0	0	0	0	0	0	88	88
Adrian Spragg	43	0	0	0	0	2	0	0	4	49	Mathew Kaley	0	38	42	0	2	0	0	0	0	82
Mark Shingler	0	49	0	0	0	0	0	0	0	49	Andrew Jordan	0	0	0	0	0	0	0	0	76	76
Godfrey Franz	0	0	0	44	0	0	0	0	0	44	Dean Gardiner	39	33	0	0	2	0	0	0	0	74
Victor Donovic	0	0	0	40	0	0	0	0	0	40	Daniel Altshuler	0	0	0	0	35	37	0	0	0	72
Robert Wawrzyniak	0	0	0	0	0	0	0	37	0	37	Simon Apter	0	0	0	34	0	0	33	0	0	67
Fiero Mammone	0	0	0	0	0	36	0	0	0	36	Roland Hassall	35	0	29	0	0	0	0	0	0	64
Paul Bullas	0	0	0	0	36	0	0	0	0	36	Feisar Joya	34	0	28	0	0	0	0	0	0	62
Joe Flinn	0	0	0	0	33	0	0	0	0	33	Scott Treloar	0	0	0	0	0	0	0	0	62	62

Men Pre Vets	NH	LC	Do m	LC	NH	Do m	LC	NH	LC	Do m	Tot
Mike Roach	0	25	23	0	0	0	0	0	0	0	48
Jonathan Worswick	0	0	2	0	0	44	0	0	0	0	46
Anthony Carpenter	0	0	0	0	0	0	44	0	0	0	44
Joel Mackay	0	0	44	0	0	0	0	0	0	0	44
Richard Briscoe	0	0	0	0	0	0	0	0	43	0	43
Philip Hodgkinson	41	0	0	0	0	0	0	0	0	0	41
Bruce Craven	0	0	0	0	0	0	39	0	0	0	39
Andrew Bilsdon	0	0	0	0	38	0	0	0	0	0	38
Fernando Santisteban	0	0	0	0	0	0	0	0	35	0	35
Matthew Johan	0	0	0	0	0	0	34	0	0	0	34
Adam Cresswell	31	0	0	0	0	0	0	0	0	0	31
Michael Free	0	28	0	0	0	0	0	0	0	0	28
Michael Johnstone	28	0	0	0	0	0	0	0	0	0	28
Don Johnstone	25	0	0	0	0	0	0	0	0	0	25
Anton Kapel	0	0	0	2	0	0	0	0	0	0	2
Iain Martin	0	0	0	0	0	2	0	0	0	0	2
Sean Hart	0	2	0	0	0	0	0	0	0	0	2

10k Progressive Results Adjusted for Age and Gender

Total from your best eight races.

Age & Gender Adj	NH	LC	Do m	LC	NH	Do m	LC	NH	LC	Do m	Tot
Joanne Cowan	861	875	811	845	852	0	846	0	870	861	6821
Andrew Knox	817	808	0	794	804	816	814	824	0	786	6463
Ron Schwebel	797	802	784	790	784	781	0	747	746	735	6231
Stephen Jackson	755	786	767	776	787	0	787	769	762	756	6190
Keith Bateman	754	766	771	786	788	0	772	780	767	758	6188
Ross Sinclair	785	781	0	760	781	768	771	767	770	764	6183
John Young	789	792	778	0	0	766	788	800	715	743	6171
Greg Coy	772	780	763	766	0	757	765	764	770	759	6139
Charles Coville	754	762	758	0	0	750	740	759	759	739	6021
Mark Wilson	746	751	742	736	752	0	728	0	725	734	5914
Barry Rutter	738	740	665	706	735	725	712	740	736	718	5844
Clara Vucetic	711	709	703	710	699	716	687	704	699	679	5651
Rod Lovel	672	715	0	684	708	0	720	712	696	690	5597
Heiko Schaefer	699	0	707	685	700	710	678	692	682	691	5566
Gary Aitkenhead	662	0	710	683	701	663	696	705	706	678	5542
John VanYendoorn	695	716	675	0	695	702	701	595	661	0	5440
Sharon Callister	0	670	627	657	663	664	0	662	678	683	5304
Mark Davis	658	669	664	649	0	657	668	674	0	659	5298
Dennis Nel	639	676	651	693	0	637	640	636	647	650	5233
Kendall Waller	645	663	649	0	0	659	643	664	667	643	5233
Michael Wilson	0	665	669	665	673	623	651	0	629	654	5229
Mike Hansen	0	669	675	666	0	653	643	656	634	625	5221
Frank Dearn	626	644	633	645	646	640	641	653	655	651	5175
Tracey Love	642	669	632	644	667	666	0	0	619	628	5167
Ted Brailey	354	648	637	650	651	653	487	651	637	638	5165
John Hamilton	751	765	744	714	0	0	724	0	744	699	5141
Walter Mitchell	620	635	623	641	645	0	645	0	659	657	5125
Charles King	636	648	633	649	646	653	646	0	610	610	5121
Ray Doran	0	836	835	831	0	0	860	866	870	0	5098
Glenda Mitchell	618	617	615	620	638	641	634	0	645	626	5039

	NH	LC	Do m	LC	NH	Do m	LC	NH	LC	Do m	Tot
Tim Austin	593	0	624	636	631	619	0	631	649	648	5031
Kevin O'Kane	0	638	644	658	600	598	535	608	637	619	5002
Salvador Gala	559	570	581	589	598	628	630	645	627	653	4951
George Herisson	604	619	0	620	629	624	0	607	625	617	4945
John Kerr	0	545	564	580	628	652	639	640	637	600	4940
Paul Thompson	596	625	623	625	0	630	622	651	0	562	4934
Leigh MacRitchie	625	612	595	628	616	619	602	0	621	0	4918
Elizabeth Woodhams	688	0	0	667	699	694	681	707	682	0	4818
Frances Brown	617	602	599	0	611	0	595	606	583	596	4809
Peter Woods	703	713	666	686	683	682	670	0	0	0	4803
Paul Trainor	570	588	597	607	614	613	625	0	588	0	4802
Graham Willis	669	0	655	662	669	0	644	661	664	0	4624
Ken Harris	582	599	672	0	0	0	674	685	684	676	4572
Graham Sharp	668	666	657	0	631	0	0	604	621	620	4467
Greg Donovan	734	743	0	733	733	713	708	0	0	0	4364
Allison Lilley	0	557	568	557	528	571	456	0	555	555	4347
David Burgess	708	690	0	717	713	0	0	724	720	0	4272
Brian O'Dea	0	675	0	0	0	680	669	684	683	667	4058
Steve Hume	616	690	698	0	0	0	0	664	698	685	4051
Jenny Truscott	801	0	0	0	0	0	797	797	825	776	3996
Gregory Prerau	655	656	0	664	670	0	651	679	0	0	3975
Bernadette Boulous	0	0	655	657	0	639	639	649	655	0	3894
Simon Kent-Jones	0	603	613	666	673	664	0	0	0	670	3889
Caroline Yamell	752	0	740	0	761	0	0	742	0	735	3730
David Adler	573	608	0	612	0	622	620	595	0	0	3630
Tina Campbell	726	0	0	725	0	726	0	0	722	675	3574
Jack Leigh	567	586	566	606	604	584	0	0	0	0	3513
Neil Barker	0	686	671	696	0	713	687	0	0	0	3453
Paul Jackson	682	716	679	0	664	704	0	0	0	0	3445
Heather Forster	0	709	672	0	0	0	0	675	690	644	3390
David Ritchie	692	0	0	0	683	693	653	0	0	628	3349
Duncan Scott	563	548	562	536	0	0	0	534	0	519	3262
Chris Truscott	0	825	812	799	0	818	0	0	0	0	3254
Michael Sharp	643	659	642	0	659	0	0	634	0	0	3237
Jonathon Craig	0	0	0	798	793	804	758	0	0	0	3153
Wayne Stanton	0	752	748	758	0	0	0	760	0	0	3018
Grahame Murphy	0	776	0	0	0	0	0	746	753	741	3016
Peter Truscott	0	0	757	767	0	0	0	699	737	2960	
George Lisson	0	0	0	760	765	0	0	682	733	2940	
Mario Torressan	0	0	563	596	604	0	579	585	0	0	2927
Alastair Wallace	0	0	0	0	561	559	573	0	568	558	2819
Mark Robinson	0	718	721	0	0	0	0	704	667	2810	
Robert Chalmers	574	0	550	557	0	565	546	0	0	0	2792
Jeff Morunga	0	557	554	0	0	573	0	0	557	551	2792
Ian Singer	714	0	0	0	0	0	635	675	0	614	2638
Mary Stringer	0	0	658	687	705	0	0	0	0	553	2603
Steve Packer	0	0	0	0	0	602	612	630	0	577	2421
Julian Wright	581	603	627	544	0	0	0	0	0	0	2355
Beryl Wilson	0	536	0	575	0	0	599	0	0	619	2329
Benny Gauci	0	0	0	0	569	575	579	593	0	0	2316
Joanna White	604	591	580	537	0	0	0	0	0	0	2312
Denis Speyer	565	595	0	0	0	589	0	0	545	0	2294
Tim Ashby	781	759	0	0	0	0	0	0	0	753	2293
Stuart Chellis	0	0	0	0	0	0	753	758	0	749	2260
Sean Ryan	734	740	0	0	758	0	0	0	0	0	2232
Peter Cremen	0	0	724	0	0	732	0	733	0	0	2189
Peter Hammerschmidt	759	751	0	0	0	0	0	679	0	0	2189
Manfred Fiedler	0	697	0	0	0	737	698	0	0	0	2132
Martin Matthews	0	0	0	0	0	0	0	701	693	692	2086
Norman Kang	0	0	0	0	0	522	524	0	523	504	2073
Andrew Smith	674	708	687	0	0	0	0	0	0	0	2069
David Loader	679	0	694	696	0	0	0	0	0	0	2069

	NH	LC	Do m	LC	NH	Do m	LC	NH	LC	Do m	Tot		NH	LC	Do m	LC	NH	Do m	LC	NH	LC	Do m	Tot
Richard Wassell	527	544	518	0	0	0	0	0	0	475	0	2064	Ann Muras	0	0	0	692	0	0	0	0	0	692
Gregory Mackay	668	0	0	689	687	0	0	0	0	0	0	2044	Joel Mackay	0	0	689	0	0	0	0	0	0	689
Lesley Maher	0	694	668	0	0	0	0	0	0	0	661	2023	Anthony Carpenter	0	0	0	0	0	0	686	0	0	686
Nick Adams	653	668	0	0	0	0	0	0	0	0	683	2004	Arthur Huxtable	0	683	0	0	0	0	0	0	0	683
Mark Schaefer	629	683	675	0	0	0	0	0	0	0	0	1987	Victor Donovic	0	0	0	682	0	0	0	0	0	682
Darren Goodsir	0	0	626	0	642	657	0	0	0	0	0	1925	Ron Wilson	0	674	0	0	0	0	0	0	0	674
Peter Grunfeld	636	652	633	0	0	0	0	0	0	0	0	1921	Richard Briscoe	0	0	0	0	0	0	0	672	0	672
David Camm	0	613	652	649	0	0	0	0	0	0	0	1914	Lisa Carroli	0	0	0	0	0	670	0	0	0	670
Victoria Pilkerton	0	0	621	608	0	622	0	0	0	0	0	1851	John Ayliffe	666	0	0	0	0	0	0	0	0	666
Sarah Brown	0	0	580	617	0	605	0	0	0	0	0	1802	Philip Hodgkinson	666	0	0	0	0	0	0	0	0	666
Sean Greenhill	0	616	0	0	576	0	574	0	0	0	0	1766	Andrew Jordan	0	0	0	0	0	0	0	0	662	662
Michael Rees-Evans	0	0	555	565	0	0	0	589	0	0	0	1709	Garry Maddox	0	653	0	0	0	0	0	0	0	653
Jurg Kunzle	0	525	0	0	567	550	0	0	0	0	0	1642	Joanne Barton	0	652	0	0	0	0	0	0	0	652
Geoff Taylor	0	0	568	0	0	0	501	0	0	559	0	1628	Bruce Craven	0	0	0	0	0	0	638	0	0	638
Jonathan Trope	792	779	0	0	0	0	0	0	0	0	0	1571	Fiero Mammone	0	0	0	0	0	0	637	0	0	637
Andrew Gibbons	0	757	0	0	0	773	0	0	0	0	0	1530	Graham Osborn	0	635	0	0	0	0	0	0	0	635
Jenny Wickham	0	0	763	0	764	0	0	0	0	0	0	1527	Robert	0	0	0	0	0	0	0	634	0	634
Neil McPherson	0	0	744	0	0	0	0	0	755	0	0	1499	Wawrzyniak	0	0	0	0	632	0	0	0	0	632
Stephen Urwin	0	0	0	0	740	0	0	0	0	715	0	1455	Paul Bullas	0	626	0	0	0	0	0	0	0	626
Mark Fiore	0	0	0	0	0	0	726	717	0	0	0	1443	David Lancaster	0	0	0	0	0	0	0	625	0	625
James Cryer	0	0	0	0	0	0	0	0	713	726	0	1439	Patricia Pittorino	0	0	0	0	0	0	0	623	0	623
Stephen Ball	0	0	697	0	0	0	705	0	0	0	0	1402	Bronwyn Adams	0	0	0	0	0	623	0	0	0	623
Philip Boswell	0	0	659	0	0	736	0	0	0	0	0	1395	Andrew Bilsdon	0	0	0	0	622	0	0	0	0	622
Melanie Watson	0	0	0	0	677	683	0	0	0	0	0	1360	Karel Pavich	0	0	0	0	0	0	0	0	618	618
Mathew Kaley	0	680	679	0	0	0	0	0	0	0	0	1359	Sarah Braund	0	0	0	0	0	617	0	0	0	617
Graham Farnsworth	0	0	0	0	0	0	0	669	0	679	0	1348	Adam Cresswell	609	0	0	0	0	0	0	0	0	609
Ralph Melano	0	0	661	681	0	0	0	0	0	0	0	1342	Amanda Garland	0	0	0	0	0	0	0	0	604	604
David Gayford	0	0	0	0	0	0	0	0	670	661	0	1331	Michael Free	0	602	0	0	0	0	0	0	0	602
Dean Gardiner	658	663	0	0	0	0	0	0	0	0	0	1321	Patricia	0	0	0	595	0	0	0	0	0	595
Penny Smith	0	652	668	0	0	0	0	0	0	0	0	1320	Twaalfhoven	0	0	0	0	0	595	0	0	0	595
Lucy Anderson	0	0	0	0	0	669	0	648	0	0	0	1317	Samantha Glenney	0	0	0	0	0	594	0	0	0	594
Keith White	0	0	659	648	0	0	0	0	0	0	0	1307	Robert Inglis	0	0	0	0	0	594	0	0	0	594
Joe Degabriele	650	649	0	0	0	0	0	0	0	0	0	1299	Fernando	0	0	0	0	0	0	0	586	0	586
Nigel Phillips	0	0	0	0	645	647	0	0	0	0	0	1292	Santisteban	0	0	0	0	0	0	0	0	583	583
Stephen Bodnar	0	0	0	0	0	625	0	651	0	0	0	1276	Melissa Treloar	0	0	0	0	0	0	0	0	576	576
Stuart Crichton	0	0	0	0	0	0	0	0	649	607	0	1256	Erica Morgan	0	0	0	0	0	0	0	0	574	574
Mike Ward	0	0	0	630	0	0	625	0	0	0	0	1255	Michael Johnstone	574	0	0	0	0	0	0	0	0	574
John Whealy	0	622	0	629	0	0	0	0	0	0	0	1251	David Cooke	0	0	0	0	0	0	0	572	0	572
Emma Anderson	0	0	0	600	0	637	0	0	0	0	0	1237	Matthew Johan	0	0	0	0	0	0	570	0	0	570
Mary Barnes	0	0	0	0	616	615	0	0	0	0	0	1231	Don Johnstone	556	0	0	0	0	0	0	0	0	556
Roland Hassall	621	0	610	0	0	0	0	0	0	0	0	1231	Joe Flinn	0	0	0	0	551	0	0	0	0	551
Feisar Joya	620	0	594	0	0	0	0	0	0	0	0	1214	Mervyn Cohen	0	0	549	0	0	0	0	0	0	549
Mercy Samia	0	0	0	0	618	0	593	0	0	0	0	1211	Steven Norden	547	0	0	0	0	0	0	0	0	547
Tony Mitchell	0	0	0	0	584	613	0	0	0	0	0	1197	Kylie Catchpole	0	0	0	0	537	0	0	0	0	537
Rachele Lazzara	0	595	585	0	0	0	0	0	0	0	0	1180	Sam Chuah	0	0	0	0	0	0	0	0	531	531
Daniel Altshuler	0	0	0	0	0	571	604	0	0	0	0	1175	Scott Treloar	0	0	0	0	0	0	0	0	528	528
David East	0	0	0	0	0	0	0	0	570	563	0	1133	Rod Ross	0	0	0	0	0	0	523	0	0	523
Brian Ogilwy	0	0	0	0	0	0	0	576	0	550	0	1126	Jo Bourke	0	0	0	0	0	0	512	0	0	512
Mike Roach	0	551	535	0	0	0	0	0	0	0	0	1086	Lilian Chuah	0	0	0	0	0	0	0	0	492	492
Hans Pandeya	0	0	0	0	0	0	0	0	568	512	0	1080	Brendan Mason	0	436	0	0	0	0	0	0	0	436
Simon Apter	0	0	0	514	0	0	542	0	0	0	0	1056											
Megan Jackson	0	0	0	0	527	0	493	0	0	0	0	1020											
John Sparks	0	0	0	0	0	503	485	0	0	0	0	988											
Christopher Dwyer	837	0	0	0	0	0	0	0	0	0	0	837											
Mark Shingler	0	768	0	0	0	0	0	0	0	0	0	768											
Alex Whitworth	0	0	0	0	0	758	0	0	0	0	0	758											
Godfrey Franz	0	0	0	755	0	0	0	0	0	0	0	755											
Jonathan Worswick	0	0	0	0	0	719	0	0	0	0	0	719											
David King	0	718	0	0	0	0	0	0	0	0	0	718											
Ronald Stolk	0	0	0	0	0	0	0	0	0	711	0	711											
Scott Smiles	0	0	707	0	0	0	0	0	0	0	0	707											
Adrian Spragg	702	0	0	0	0	0	0	0	0	0	0	702											

Super Series Race 10

Lane Cove 10k

Placings differ from 10k Series results due to uniform rule in Super Series events.

	Time	Cat
David Burgess	37.38	M Pre
Mark Wilson	37.53	M Pre

Stephen Jackson	37.57	M Vet
Joanne Cowan	38.05	F Vet
Keith Bateman	38.17	M Vet
Ray Doran	38.23	M Snr
Martin Matthews	38.54	M Pre
Steve Hume	39.05	M Pre
Grahame Murphy	39.17	M Vet
John Hamilton	39.25	M Vet
Ken Harris	40.27	M Pre
Ron Schwebel	40.34	M Mst
Charles Coville	40.35	M Mst
Gary Aitkenhead	40.37	M Vet
Mark Robinson	40.45	M Vet
Richard Briscoe	40.53	M Pre
Walter Mitchell	40.57	M Pre
Barry Rutter	41.09	M Mst
Kendall Waller	41.11	M Pre
Stuart Crichton	41.33	M Pre
Tim Austin	41.35	M Pre
John Van Yzendoorn	41.53	M Pre
David Gayford	42.30	M Vet
Michael Sharp	43.04	M Pre
Rod Lovel	43.29	M Mst
George Lisson	43.42	M Vet
James Cryer	43.55	M Mst
Salvador Gala	44.45	M Vet
Mike Hansen	45.16	M Vet
Dennis Nel	45.22	M Vet
Robert Wawrzyniak	45.37	M Vet
Bernadette Boulous	45.40	F Pre
Brian O'Dea	46.13	M Mst
Graham Willis	46.23	M Mst
Paul Trainor	46.24	M Pre
Glenda Mitchell	46.25	F Pre
Sharon Callister	46.27	F Vet
Charles King	46.39	M Vet
Fernando Santisteban	46.52	M Pre
Graham Sharp	46.55	M Vet
George Herisson	46.59	M Vet
Kevin O'Kane	47.07	M Mst
Neil McPherson	47.08	M Snr
Clara Vucetic	47.24	F Vet
Leigh MacRitchie	48.11	F Pre
Hans Pandeya	48.42	M Pre
Heather Forster	48.53	F Vet
Tracey Love	49.12	F Vet
David East	49.15	M Vet
Heiko Schaefer	49.27	M Snr
Tina Campbell	49.28	F Mst
Ted Brailey	50.01	M Mst
Michael Wilson	50.12	M Mst
Elizabeth Woodhams	50.21	F Mst
Jeff Morunga	51.05	M Vet
Norman Kang	51.33	M Pre
Alastair Wallace	51.41	M Vet

Denis Speyer	51.53	M Vet
Allison Lilley	53.54	F Pre
Frances Brown	54.54	F Vet
Frank Dearn	54.57	M Snr
Richard Wassell	57.02	M Pre
David Adler	dnf	M Vet
Megan Jackson	hlp	F Pre
Margaret White	hlp	F Vet
Michael Christie	hlp	M Mst
Christopher Dwyer	hlp	M Mst
Ian Whitfield	hlp	M Mst
Jim Screen	hlp	M Mst
Mario Torresan	hlp	M Pre
Chris Truscott	hlp	M Pre
Mark Schaefer	hlp	M Pre
Manfred Fiedler	hlp	M Snr
Peter Woods	hlp	M Vet

Final Super Series Rankings

Total from your best eight races. Bonus points are for hosting STaRs, assisting at 10k/Equaliser/Internal Half. Events were Six Foot Track, Canberra Marathon, Domain 10k, SMH Half, Mini-Mosman 10k, Equaliser Club X-Country, Mount Wilson to Bilpin, Sydney Marathon, Striders Internal Half, Lane Cove 10k.

Female Outright

	6F	Ca	Do	S	Mo	W	Sy	Int	L	bo	
	nb	m	m	M	s	B	d	Ha	Co	nus	Tot
				H				If	ve		
Tracey Love	47	49	45	47	46	47	50	44	2	43	23 441
Heather Forster	42	45	41	35	41	0	47	0	42	44	10 347
Allison Lilley	43	35	33	34	0	43	45	40	40	40	14 334
Frances Brown	0	34	32	38	39	41	43	0	32	39	23 321
Tina Campbell	44	46	0	46	0	39	48	0	38	42	16 319
Sharon Callister	0	0	40	41	0	2	49	49	48	47	13 289
Joanne Cowan	0	0	49	50	50	50	0	0	50	30	279
Victoria Pilkerton	0	38	44	45	0	0	46	42	43	0	4 262
Joanne Barton	45	47	0	49	0	48	0	46	0	0	4 239
Elizabeth Woodhams	0	0	0	40	42	42	0	0	45	41	15 225
Leigh MacRitchie	0	0	39	43	43	0	0	0	41	45	12 223
Clara Vucetic	0	0	46	0	45	0	0	0	49	46	16 202
Bernadette Boulous	0	0	47	0	47	0	0	0	49	6	149
Patricia Pittorino	0	0	2	33	37	38	0	0	36	0	2 148
Andrea McDonald	0	0	0	0	48	0	0	50	50	0	0 148
Rachele Lazzara	0	43	36	44	0	0	0	0	0	0	4 127
Ruth McColl	0	40	0	39	0	0	0	43	0	0	0 122
Glenda Mitchell	0	0	43	0	0	2	0	0	48	14	107
Mary Stringer	0	0	42	42	0	0	0	0	0	0	19 103
Jenny Wickham	0	0	50	0	49	0	0	0	0	0	2 101
Dawn Tiller	50	50	0	0	0	0	0	0	0	0	0 100
Lisa Carroli	0	0	0	48	0	0	0	48	0	0	2 98
Paula McGee	48	0	0	0	0	49	0	0	0	0	0 97
Mary Barnes	0	0	0	0	0	45	0	0	47	0	4 96

	6F	Ca	Do	S	Mo	EQ	W	Sy	Int	L	bo	
	nb	m	M	s	B	d	Ha	Co	ve	nus	Tot	
Estelle Visser	0	48	0	0	0	0	0	47	0	0	0	95
Margaret White	0	0	2	0	0	40	0	0	34	2	14	92
Robi Russell	41	0	0	36	0	0	0	0	0	0	14	91
Beryl Wilson	0	0	0	0	40	0	40	0	0	0	6	86
Lorraine Spanton	0	0	38	0	0	0	0	0	46	0	0	84
Julie McGaw	0	0	0	37	0	44	0	0	0	0	2	83
Carol Taylor	0	0	0	0	0	37	41	0	0	0	2	80
Sarah Brown	0	42	34	0	0	0	0	0	0	0	4	80
Mercy Samia	0	33	0	0	0	0	42	0	0	0	4	79
Lisa Gallate	0	36	2	0	0	0	0	0	37	0	3	78
Elizabeth Taylor	0	0	0	32	0	0	0	38	0	0	0	70
Gillian Klevansky	0	0	0	0	0	36	0	0	31	0	0	67
Megan Jackson	0	0	2	0	38	2	2	0	2	2	12	60
Caroline Yarnell	0	0	48	0	0	0	0	0	0	0	10	58
Jacqui Matthews	0	0	0	0	0	46	0	0	0	0	6	52
Kirsten Thomsen	0	44	0	0	0	0	0	0	0	0	6	50
Bronwyn Wassell	0	0	0	0	0	0	44	0	0	0	6	50
Alexandra Dunn	49	0	0	0	0	0	0	0	0	0	0	49
Robin Cameron	46	0	0	0	0	0	0	0	0	0	3	49
Bronwyn Adams	0	0	0	0	0	0	0	45	0	0	2	47
Gill Cavenagh	0	37	2	0	0	0	0	0	0	0	6	45
Emma Anderson	0	0	0	0	0	0	0	41	0	0	4	45
Helen Wilson	0	0	0	0	0	0	0	39	0	0	6	45
Marlies Laaper	0	0	0	0	44	0	0	0	0	0	0	44
Joanna White	0	0	35	0	0	2	0	0	0	0	6	43
Eliza Rayward	0	41	0	0	0	0	0	0	0	0	0	41
Penny Smith	0	0	31	0	0	0	0	0	0	0	10	41
Jenny Ferber	0	39	0	0	0	0	0	0	0	0	0	39
Pamela Scott	0	0	0	0	0	0	0	39	0	0	0	39
Melissa Treloar	0	0	0	0	0	0	0	0	35	0	2	37
Lilian Chuah	0	0	0	0	0	0	0	0	33	0	2	35
Sue Hill	0	0	0	0	0	2	0	0	0	0	6	8
Mary Wilson	0	0	2	0	0	0	0	0	0	0	2	4

Male Outright

	6F	Ca	Do	S	Mo	EQ	W	Sy	Int	L	bo	
	nb	m	M	s	B	d	Ha	Co	ve	nus	Tot	
Stephen Jackson	26	47	47	26	49	49	45	0	48	48	24	383
Keith Bateman	34	0	46	44	47	46	46	0	49	47	14	373
Barry Rutter	39	43	9	0	34	36	44	44	45	34	26	345
John	0	46	31	42	39	39	43	47	37	30	17	341
VanYzendoorn	0	46	31	42	39	39	43	47	37	30	17	341
Gary Aitkenhead	45	0	34	36	0	30	0	46	42	38	14	285
Steve Hume	0	0	42	45	46	48	0	0	47	44	13	285
Greg Donovan	50	50	0	46	44	0	0	45	0	0	12	247
Ron Schwebel	0	0	44	41	45	43	0	0	0	40	16	229
George Lisson	42	0	0	0	0	7	47	49	43	26	6	220
Mark Wilson	0	0	48	47	48	0	0	14	0	49	12	218
Graham Willis	32	35	2	0	16	18	32	26	19	19	16	213
Mike Hansen	37	39	24	33	29	0	0	0	2	23	24	211
Ralph Melano	36	37	13	23	28	26	33	0	2	0	9	207
Michael Sharp	0	36	27	32	36	31	0	0	2	28	10	202
Kevin O'Kane	21	16	3	9	19	20	31	0	25	13	29	183
Darren Goodsir	16	28	21	17	32	25	0	38	0	0	4	181
Peter Woods	0	40	18	31	31	33	0	0	2	2	18	175

	6F	Ca	Do	S	Mo	EQ	W	Sy	Int	L	bo	
	nb	m	M	s	B	d	Ha	Co	ve	nus	Tot	
Dennis Nel	28	31	10	20	0	0	24	0	23	22	14	172
Charles King	0	29	11	21	0	24	0	29	21	17	14	166
Mark Schaefer	0	0	36	38	40	38	0	0	2	2	9	165
Rod Lovel	27	0	0	0	0	29	36	0	30	27	14	163
John Young	0	0	50	49	0	0	49	0	0	0	12	160
Grahame Murphy	25	42	0	43	0	0	0	0	0	43	6	159
Paul Jackson	0	44	33	35	38	0	0	0	0	0	8	158
Bruce Craven	0	0	0	30	0	0	39	40	39	0	2	150
Mark Robinson	0	0	37	34	0	37	0	0	0	37	4	149
Tim Austin	0	0	22	0	0	27	0	0	35	31	24	139
Ken Harris	0	24	29	0	0	34	0	0	0	41	10	138
Joel Mackay	44	0	41	0	0	44	0	0	0	0	9	138
Heiko Schaefer	0	33	2	8	12	11	26	0	11	9	22	134
James Cryer	0	0	0	0	0	28	41	36	0	25	2	132
Mark Davis	0	38	17	28	35	0	0	0	0	0	14	132
Jeff Morehen	0	0	2	0	21	23	40	42	0	0	3	131
Adrian Spragg	43	0	0	0	0	40	42	0	0	0	6	131
Ray Doran	0	0	35	40	0	0	0	0	0	46	8	129
Neil Barker	40	0	30	0	43	0	0	0	2	0	8	123
Lance White	0	0	0	0	0	0	38	41	44	0	0	123
Charles Coville	0	0	32	37	0	0	0	0	0	39	14	122
Salvador Gala	0	0	2	0	33	0	0	0	41	24	16	116
James Moody	0	20	0	5	11	10	28	19	16	0	6	115
David Loader	31	0	39	39	0	0	0	0	0	0	6	115
Chris Truscott	0	0	0	50	0	0	50	0	0	2	6	108
Peter Truscott	0	0	49	2	0	0	48	0	0	0	6	105
David Lancaster	24	30	0	0	0	16	29	0	0	0	4	103
Andrew Gibbons	0	0	0	48	50	0	0	0	0	0	4	102
Martin Matthews	0	0	0	0	0	0	0	0	46	45	4	95
John Hamilton	0	0	40	0	0	0	0	0	0	42	10	92
Michael Wilson	0	0	2	0	0	0	21	23	17	7	21	91
Roland Hassall	0	0	15	11	0	0	0	35	28	0	2	91
Peter Cremen	0	0	45	0	0	42	0	0	0	0	4	91
Stephen Ball	0	0	25	25	0	32	0	0	0	0	8	90
Graham Farnsworth	0	0	0	0	41	0	0	43	0	0	4	88
Nathan Vass	0	0	0	0	42	45	0	0	0	0	0	87
Philip Hugill	41	45	0	0	0	0	0	0	0	0	0	86
Michael Bailey	15	23	0	3	10	5	22	0	0	0	5	83
Victor Donovic	0	0	0	18	30	0	0	33	0	0	2	83
Manfred Fiedler	0	0	2	0	0	13	27	21	0	2	16	81
Gregory Prerau	0	0	0	24	0	0	0	0	32	0	24	80
Gregory Mackay	0	0	0	29	0	41	0	0	0	0	6	76
Ron Wilson	0	0	0	0	17	19	37	0	0	0	2	75
George Herisson	0	0	2	0	14	12	0	0	10	14	22	74
Simon Kent-Jones	17	0	16	0	25	0	0	0	0	0	16	74
Stuart Crichton	0	0	0	0	0	0	0	0	40	32	2	74
Joe Degabriele	29	27	2	0	0	0	0	0	0	0	15	73
Andrew Smith	0	0	28	16	18	0	0	0	0	0	10	72
Walter Mitchell	0	0	20	0	0	2	0	0	0	35	14	71
David King	38	0	0	0	0	0	0	0	31	0	2	71
Kendall Waller	0	0	26	0	0	0	0	0	0	33	12	71
Steven Norden	14	25	0	2	0	0	0	18	6	0	2	67
Graham Sharp	0	0	14	14	0	0	0	0	14	15	10	67
Keith White	22	0	4	0	0	0	0	0	27	0	14	67
Mahmoud El-Khansa	0	32	0	0	0	0	0	32	0	0	0	64
David Gayford	0	0	0	0	0	0	0	0	33	29	2	64

	6F	Ca nb	Do m	S M H	Mo s	EQ	W B	Sy d	Int Ha lf	L Co ve	bo nus	Tot		6F	Ca nb	Do m	S M H	Mo s	EQ	W B	Sy d	Int Ha lf	L Co ve	bo nus	Tot
Ted Brailey	0	0	2	0	0	0	19	15	3	8	16	63	Dennis Nelson	0	0	0	0	0	0	0	30	0	0	0	30
David Burgess	0	0	0	0	0	0	0	0	0	50	13	63	Hugh Spencer	0	0	0	0	0	0	30	0	0	0	0	30
Frank Dearn	0	13	2	2	3	2	17	0	5	2	16	62	Nigel Phillips	0	0	0	0	26	0	0	0	0	0	4	30
Simon Riordan	33	0	0	0	0	0	0	28	0	0	0	61	Neil McPherson	0	0	2	0	0	15	0	0	0	12	0	29
Iain Martin	30	0	0	0	0	0	0	0	29	0	2	61	Norman Kang	0	0	0	0	0	0	0	11	7	5	6	29
Stephen Bodnar	0	0	0	0	0	21	0	0	36	0	4	61	Alex Whitworth	0	0	0	0	27	0	0	0	0	0	2	29
Graham Butler	0	0	0	0	0	0	34	0	26	0	0	60	Julian Wright	0	0	23	0	0	0	0	0	0	0	6	29
Paul Trainor	0	0	5	0	22	0	0	0	0	18	14	59	Andrew Bilsdon	0	0	0	0	0	0	0	25	0	0	2	27
Andrew Bryan	23	0	0	0	0	0	0	0	34	0	2	59	Anton Kapel	0	0	0	0	0	0	0	24	0	0	2	26
Bruce Inglis	47	0	0	0	0	0	0	0	0	0	12	59	John Simmonds	0	0	0	2	7	4	0	0	0	0	12	25
Scott Smiles	0	0	19	0	0	0	0	39	0	0	0	58	Mike Ward	0	0	2	0	0	14	0	0	0	0	8	24
Peter Grunfeld	0	26	8	19	0	0	0	0	0	0	4	57	John Zahra	0	0	0	0	0	0	0	0	24	0	0	24
James Bond	0	0	0	0	0	22	35	0	0	0	0	57	Peter Hammerschmidt	0	0	0	0	0	0	0	0	18	0	6	24
Jonathan Worswick	0	49	2	0	0	0	0	0	0	0	5	56	Ian Whitfield	0	0	2	0	0	2	0	0	2	2	14	22
Stuart Chellis	0	0	0	0	0	0	0	0	50	0	6	56	Richard Wassell	0	0	2	2	0	0	0	0	0	2	16	22
David Adler	0	0	2	7	0	0	0	31	0	2	12	54	Darryl Chrisp	18	0	0	0	0	0	0	0	2	0	2	22
Brian O'Dea	0	0	0	2	0	0	0	0	22	20	10	54	Michael Christie	11	0	0	0	0	0	0	0	0	2	9	22
Sean Ryan	0	48	0	0	0	0	0	0	0	0	6	54	Robert Inglis	20	0	0	0	0	0	0	0	0	0	2	22
Warwick Selby	0	0	0	0	0	0	0	48	0	0	6	54	Andrew Knox	0	0	0	6	0	0	0	0	0	0	16	22
Mark Fiore	0	0	0	0	0	47	0	0	0	0	4	51	Hans Pandeya	0	0	0	0	0	0	0	0	9	11	2	22
Ian Singer	0	21	0	12	0	9	0	0	0	0	8	50	Kevin Tiller	0	15	0	0	0	0	0	0	0	0	6	21
Dean Degan	0	0	0	0	0	50	0	0	0	0	0	50	Steve Packer	0	0	0	0	0	0	0	0	13	0	8	21
Kelvin Marshall	0	0	0	0	0	0	0	50	0	0	0	50	David East	0	0	0	0	0	0	0	0	8	10	2	20
Stephen Urwin	46	0	0	0	0	0	0	0	0	0	4	50	Mark Wieland	0	0	0	0	20	0	0	0	0	0	0	20
Arthur Huxtable	0	0	0	22	23	0	0	0	2	0	2	49	Michael Johnstone	0	18	0	0	0	0	0	0	0	0	2	20
Martin Fryer	49	0	0	0	0	0	0	0	0	0	0	49	Ian Walker	0	14	0	0	4	0	0	0	0	0	0	18
Wayne Stanton	0	0	43	0	0	0	0	0	0	0	6	49	Feisar Joya	0	0	6	10	0	0	0	0	0	0	2	18
David Clear	48	0	0	0	0	0	0	0	0	0	0	48	Allan Marks	0	0	0	0	0	0	18	0	0	0	0	18
Mario Torresan	0	0	0	0	0	17	0	20	0	2	8	47	Philip Kennedy	0	0	0	0	0	0	0	12	0	0	6	18
Jeff Morunga	0	17	2	2	0	0	0	13	0	6	6	46	Robert Chalmers	0	0	2	0	0	0	0	0	0	0	16	18
Jon Patrick	12	34	0	0	0	0	0	0	0	0	0	46	John Whealy	0	0	0	0	2	0	0	0	2	0	13	17
Rod Smart	0	0	0	0	0	0	25	17	0	0	0	42	Garry Maddox	0	0	0	15	0	0	0	0	0	0	2	17
Brad Renshaw	0	0	0	2	0	0	20	0	0	0	20	42	Martin Fisk	0	0	0	0	0	0	0	16	0	0	0	16
Mathew Kaley	0	0	38	0	0	0	0	0	0	0	4	42	Peter Cobley	0	0	0	0	15	0	0	0	0	0	0	15
Richard Briscoe	0	0	0	0	0	0	0	0	0	36	6	42	Jack Leigh	0	0	2	0	0	0	0	0	0	0	12	14
Robert Wawrzyniak	0	0	0	0	0	0	0	0	20	21	0	41	Jim Screen	0	0	2	2	0	2	0	0	2	2	3	13
Philip Boswell	0	0	12	27	0	0	0	0	0	0	2	41	David Camm	0	0	7	0	0	0	0	0	2	0	4	13
Pierre VanHeerden	0	41	0	0	0	0	0	0	0	0	0	41	Denis Speyer	0	0	0	4	0	0	0	0	0	3	6	13
Ronald Stolk	0	0	0	0	0	0	0	0	38	0	2	40	Alastair Wallace	0	0	0	0	0	0	0	0	0	4	8	12
Adam Cresswell	0	0	0	13	24	0	0	0	0	0	2	39	Jurg Kunzle	0	0	0	2	0	3	0	0	0	0	6	11
Anthony Carpenter	0	0	0	0	37	0	0	0	0	0	2	39	Rod Ross	0	0	0	2	2	2	0	0	2	0	2	10
Andrew Jordan	0	0	0	0	0	0	0	37	0	0	2	39	Peter Cookson	0	0	0	0	0	8	0	0	0	0	0	8
Michael Rees-Evans	0	0	2	2	0	0	0	27	0	0	5	36	Joe Flinn	0	0	0	0	0	6	0	0	0	0	2	8
John Kerr	0	0	2	0	8	0	0	0	12	0	14	36	Ivan Freys	0	0	0	0	0	0	0	0	2	0	6	8
Dick Bartlett	13	22	0	0	0	0	0	0	0	0	0	35	Graham Osborn	0	0	0	2	0	0	0	0	0	0	6	8
Roger Rigby	19	0	0	0	0	0	16	0	0	0	0	35	Christopher Dwyer	0	0	0	2	0	0	0	0	0	2	2	6
Joshua Burns	35	0	0	0	0	0	0	0	0	0	0	35	Andrew Horsley	0	0	0	0	6	0	0	0	0	0	0	6
Jeff Gissing	0	0	0	0	0	35	0	0	0	0	0	35	Sam Chuah	0	0	0	0	0	0	0	0	4	0	2	6
Jose Vilar	0	0	0	0	0	0	0	34	0	0	0	34	Geoff Taylor	0	0	2	0	0	0	0	0	0	0	4	6
Derek Smith	0	0	0	0	0	0	0	22	0	0	12	34	Paul Munro	0	0	0	0	5	0	0	0	0	0	0	5
Mukesh Kerae	0	0	0	0	9	0	23	0	0	0	0	32	Mike Roach	0	0	2	0	0	0	0	0	0	0	2	4
Paul Thompson	0	0	2	0	13	0	0	0	0	0	17	32	Mervyn Cohen	0	0	2	0	0	0	0	0	0	0	0	2
Fernando Santisteban	0	0	0	0	0	0	0	0	15	16	0	31	Jonathan Gliksten	0	0	2	0	0	0	0	0	0	0	0	2
Duncan Scott	0	19	2	0	0	0	0	0	0	0	10	31	Wayne McCarthy	0	0	0	0	0	0	2	0	0	0	0	2

Super Series Age Groups

Womens Masters	6F	Ca nb	Do m	S M H	Mo s	EQ	W B	Sy d	Int Ha lf	L Co ve	bo nus	Tot
Tina Campbell	50	50	0	50	0	49	50	0	47	50	16	362
Elizabeth Woodhams	0	0	0	49	50	50	0	0	49	49	15	262
Patricia Pittorino	0	0	2	46	48	48	0	0	46	0	2	192
Robi Russell	49	0	0	47	0	0	0	0	0	0	14	110
Beryl Wilson	0	0	0	0	49	0	48	0	0	0	6	103
Lorraine Spanton	0	0	50	0	0	0	0	0	50	0	0	100
Ruth McColl	0	48	0	48	0	0	0	50	0	0	0	146
Carol Taylor	0	0	0	0	0	47	49	0	0	0	2	98
Penny Smith	0	0	49	0	0	0	0	0	0	0	10	59
Kirsten Themsen	0	49	0	0	0	0	0	0	0	0	6	55
Helen Wilson	0	0	0	0	0	0	0	0	48	0	6	54
Jenny Ferber	0	47	0	0	0	0	0	0	0	0	0	47
Sue Hill	0	0	0	0	0	2	0	0	0	0	6	8
Mary Wilson	0	0	2	0	0	0	0	0	0	0	2	4

Womens Vets	6F	Ca nb	Do m	S M H	Mo s	EQ	W B	Sy d	Int Ha lf	L Co ve	bo nus	Tot
Tracey Love	47	49	47	47	49	47	50	46	2	46	23	405
Frances Brown	0	44	42	44	45	44	47	0	44	45	23	378
Heather Forster	44	46	45	42	46	0	48	0	46	47	10	374
Sharon Callister	0	0	44	45	0	2	49	50	49	49	13	301
Joanne Cowan	0	0	50	50	50	50	0	0	0	50	30	280
Joanne Barton	45	47	0	49	0	48	0	47	0	0	4	240
Clara Vucetic	0	0	48	0	48	0	0	0	50	48	16	210
Mary Stringer	0	0	46	46	0	0	0	0	0	0	19	111
Margaret White	0	0	2	0	0	43	0	0	45	2	14	106
Dawn Tiller	50	50	0	0	0	0	0	0	0	0	0	100
Lisa Carroli	0	0	0	48	0	0	0	49	0	0	2	99
Mary Barnes	0	0	0	0	0	46	0	0	48	0	4	98
Estelle Visser	0	48	0	0	0	0	0	48	0	0	0	96
Lesley Maher	0	0	43	0	0	0	0	0	47	0	4	94
Mercy Samia	0	43	0	0	0	0	46	0	0	0	4	93
Julie McGaw	0	0	0	43	0	45	0	0	0	0	2	90
Gillian Klevansky	0	0	0	0	0	42	0	0	43	0	0	85
Elizabeth Taylor	0	0	0	41	0	0	0	44	0	0	0	85
Caroline Yarnell	0	0	49	0	0	0	0	0	0	0	10	59
Paula McGee	48	0	0	0	0	49	0	0	0	0	0	54
Gill Cavenagh	0	45	2	0	0	0	0	0	0	0	6	53
Alexandra Dunn	49	0	0	0	0	0	0	0	0	0	0	49
Robin Cameron	46	0	0	0	0	0	0	0	0	0	3	49
Marlies Laaper	0	0	0	0	47	0	0	0	0	0	0	47
Pamela Scott	0	0	0	0	0	0	0	45	0	0	0	45

Womens Pre Vets	6F	Ca nb	Do m	S M H	Mo s	EQ	W B	Sy d	Int Ha lf	L Co ve	bo nus	Tot
Allison Lilley	50	45	42	47	0	49	49	46	47	47	14	394
Victoria Pilkerton	0	47	48	50	0	0	50	48	49	0	4	296
Leigh MacRitchie	0	0	46	48	47	0	0	0	48	48	12	249
Bernadette Boulous	0	0	49	0	48	0	0	0	0	50	6	153
Rachele Lazzara	0	50	45	49	0	0	0	0	0	0	4	148
Glenda Mitchell	0	0	47	0	0	2	0	0	0	49	14	112
Andrea McDonald	0	0	0	0	49	0	0	50	50	0	0	149

Jenny Wickham	0	0	50	0	50	0	0	0	0	0	2	102
Lisa Gallate	0	46	2	0	0	0	0	0	46	0	3	97
Sarah Brown	0	49	43	0	0	0	0	0	0	0	4	96
Megan Jackson	0	0	2	0	46	2	2	0	2	2	12	68
Jacqui Matthews	0	0	0	0	0	50	0	0	0	0	6	56
Bronwyn Wassell	0	0	0	0	0	0	48	0	0	0	6	54
Joanna White	0	0	44	0	0	2	0	0	0	0	6	52
Bronwyn Adams	0	0	0	0	0	0	0	49	0	0	2	51
Emma Anderson	0	0	0	0	0	0	0	47	0	0	4	51
Eliza Rayward	0	48	0	0	0	0	0	0	0	0	0	48
Melissa Treloar	0	0	0	0	0	0	0	0	45	0	2	47
Lilian Chuah	0	0	0	0	0	0	0	0	44	0	2	46

Mens Seniors	6F	Ca nb	Do m	S M H	Mo s	EQ	W B	Sy d	Int Ha lf	L Co ve	bo nus	Tot
Heiko Schaefer	0	50	49	49	49	48	48	0	49	48	22	412
Frank Dearn	0	49	47	48	47	47	47	0	48	47	16	396
Manfred Fiedler	0	0	2	0	0	49	49	49	0	2	16	167
Ray Doran	0	0	50	50	0	0	0	0	0	50	8	158
Neil McPherson	0	0	48	0	0	50	0	0	0	49	0	147
Derek Smith	0	0	0	0	0	0	0	50	0	0	12	62
Peter Hammerschmidt	0	0	0	0	0	0	0	0	50	0	6	56
Alex Whitworth	0	0	0	0	50	0	0	0	0	0	2	52
Hugh Spencer	0	0	0	0	0	0	50	0	0	0	0	50
Paul Munro	0	0	0	0	48	0	0	0	0	0	0	48
Wayne McCarthy	0	0	0	0	0	0	2	0	0	0	0	2

Mens Masters	6F	Ca nb	Do m	S M H	Mo s	EQ	W B	Sy d	Int Ha lf	L Co ve	bo nus	Tot
Barry Rutter	50	50	47	0	49	49	50	49	50	48	26	420
Kevin O'Kane	45	43	45	47	47	46	44	0	45	43	29	391
Graham Willis	48	49	43	0	45	44	45	45	43	44	16	379
James Moody	0	44	0	46	43	43	43	43	41	0	6	309
Ron Schwebel	0	0	50	50	50	50	0	0	0	50	16	266
Michael Bailey	41	46	0	45	42	41	41	0	0	0	5	261
Rod Lovel	47	0	0	0	0	48	47	0	48	47	14	251
Michael Wilson	0	0	44	0	0	0	40	44	42	41	21	232
Ted Brailey	0	0	42	0	0	0	38	41	38	42	16	217
James Cryer	0	0	0	0	0	47	49	47	0	46	2	191
Charles Coville	0	0	49	49	0	0	0	0	0	49	14	161
Rod Ross	0	0	0	38	38	38	0	0	37	0	2	153
Keith White	46	0	46	0	0	0	0	0	47	0	14	153
Brian O'Dea	0	0	0	43	0	0	0	0	44	45	10	142
Ron Wilson	0	0	0	0	46	45	48	0	0	0	2	141
John Kerr	0	0	40	0	41	0	0	0	40	0	14	135
John Simmonds	0	0	0	40	40	40	0	0	0	0	12	132
Brad Renshaw	0	0	0	42	0	0	39	0	0	0	20	101
Arthur Huxtable	0	0	0	48	48	0	0	0	2	0	2	100
David King	49	0	0	0	0	0	0	0	49	0	2	100
Scott Smiles	0	0	48	0	0	0	0	48	0	0	0	96
Mahmoud El-Khansa	0	47	0	0	0	0	0	46	0	0	0	93
Graham Butler	0	0	0	0	0	0	46	0	46	0	0	92
Jon Patrick	39	48	0	0	0	0	0	0	0	0	0	87
Dick Bartlett	40	45	0	0	0	0	0	0	0	0	0	85
Rod Smart	0	0	0	0	0	0	42	42	0	0	0	84
Jurg Kunzle	0	0	0	39	0	39	0	0	0	0	6	84
Roger Rigby	43	0	0	0	0	0	36	0	0	0	0	79

Warwick Selby	0	0	0	0	0	0	0	50	0	0	6	56	Denis Speyer	0	0	0	27	0	0	0	0	0	32	6	65	
Jim Screen	0	0	2	44	0	2	0	0	2	2	3	55	Bruce Inglis	47	0	0	0	0	0	0	0	0	12	59		
Jack Leigh	0	0	41	0	0	0	0	0	0	0	12	53	Wayne Stanton	0	0	48	0	0	0	0	0	0	6	54		
Michael Christie	38	0	0	0	0	0	0	0	0	2	9	49	Mark Fiore	0	0	0	0	0	49	0	0	0	4	53		
Graham Osborn	0	0	0	41	0	0	0	0	0	0	6	47	Stephen Urwin	46	0	0	0	0	0	0	0	0	4	50		
Darryl Chrisp	42	0	0	0	0	0	0	0	2	0	2	46	Martin Fryer	49	0	0	0	0	0	0	0	0	0	49		
Robert Inglis	44	0	0	0	0	0	0	0	0	0	2	46	David Clear	48	0	0	0	0	0	0	0	0	0	48		
Peter Cobley	0	0	0	0	44	0	0	0	0	0	0	44	Pierre VanHeerden	0	46	0	0	0	0	0	0	0	0	46		
Peter Cookson	0	0	0	0	0	42	0	0	0	0	0	42	Jose Vilar	0	0	0	0	0	0	0	46	0	0	46		
Sam Chuah	0	0	0	0	0	0	0	39	0	2	41	Mike Ward	0	0	2	0	0	35	0	0	0	8	45			
Andrew Horsley	0	0	0	0	39	0	0	0	0	0	0	39	Nigel Phillips	0	0	0	0	41	0	0	0	0	4	45		
Allan Marks	0	0	0	0	0	0	37	0	0	0	0	37	Philip Kennedy	0	0	0	0	0	0	39	0	0	6	45		
Ian Whitfield	0	0	2	0	0	2	0	0	2	2	14	22	Steve Packer	0	0	0	0	0	0	0	37	0	8	45		
John Whealy	0	0	0	0	0	2	0	0	2	0	13	17	Jeff Gissing	0	0	0	0	0	44	0	0	0	0	44		
Ivan Freys	0	0	0	0	0	0	0	0	2	0	6	8	Robert Chalmers	0	0	28	0	0	0	0	0	0	16	44		
Christopher Dwyer	0	0	0	2	0	0	0	0	0	2	2	6	Dennis Nelson	0	0	0	0	0	0	0	43	0	0	43		
													Alastair Wallace	0	0	0	0	0	0	0	0	33	8	41		
Mens Vets	6F	Ca nb	Do m	S M H	Mo s	EQ	W B	Sy d	Int Ha lf	L Co ve	bo nus	Tot	David Camm	0	0	33	0	0	0	0	2	0	4	39		
													Mark Wieland	0	0	0	0	39	0	0	0	0	0	39		
													Geoff Taylor	0	0	30	0	0	0	0	0	0	4	34		
													Joe Flinn	0	0	0	0	0	31	0	0	0	2	33		
													Garry Maddox	0	0	0	31	0	0	0	0	0	2	33		
													Mervyn Cohen	0	0	27	0	0	0	0	0	0	0	27		
													Jonathan Gliksten	0	0	2	0	0	0	0	0	0	0	2		
Mens Pre Vets	6F	Ca nb	Do m	S M H	Mo s	EQ	W B	Sy d	Int Ha lf	L Co ve	bo nus	Tot	John Van	0	48	40	45	43	45	47	49	43	40	17	377	
													Yzendoorn													
													Steve Hume	0	0	46	46	48	49	0	0	49	47	13	298	
													Darren Goodsir	43	45	33	39	39	40	0	45	0	4	288		
													Michael Sharp	0	46	37	41	40	42	0	0	2	39	10	257	
													Mark Wilson	0	0	48	47	49	0	0	36	0	49	12	241	
													Mark Schaefer	0	0	42	43	44	44	0	0	2	2	9	186	
													Tim Austin	0	0	34	0	0	41	0	0	42	41	24	182	
													Ken Harris	0	44	38	0	0	43	0	0	0	46	10	181	
													Paul Jackson	0	47	41	42	42	0	0	0	0	8	180		
													Bruce Craven	0	0	0	40	0	0	46	46	45	0	2	179	
													John Young	0	0	50	49	0	0	49	0	0	0	12	160	
													Roland Hassall	0	0	30	37	0	0	0	43	40	0	2	152	
													Joel Mackay	50	0	45	0	0	47	0	0	0	0	9	151	
													Neil Barker	49	0	39	0	47	0	0	0	2	0	8	145	
													David Loader	46	0	44	44	0	0	0	0	0	0	6	140	
													Lance White	0	0	0	0	0	0	45	47	47	0	0	139	
													Simon Kent-Jones	44	0	31	0	38	0	0	0	0	0	16	129	
													Paul Trainor	0	0	28	0	36	0	0	0	0	38	14	116	
													Norman Kang	0	0	0	0	0	0	0	35	35	35	6	111	
													Chris Truscott	0	0	0	50	0	0	50	0	0	2	6	108	
													Michael Rees-	0	0	27	34	0	0	0	41	0	0	5	107	
													Evans													
														Richard Wassell	0	0	24	33	0	0	0	0	0	34	16	107
														Peter Truscott	0	0	49	2	0	0	48	0	0	0	6	105
														Andrew Gibbons	0	0	0	48	50	0	0	0	0	4	102	
														Martin Matthews	0	0	0	0	0	0	0	0	48	48	4	100
														Peter Cremen	0	0	47	0	0	46	0	0	0	4	97	
														Graham												
														Farnsworth	0	0	0	0	45	0	0	48	0	0	4	97
													Nathan Vass	0	0	0	0	46	48	0	0	0	0	94		
													Walter Mitchell	0	0	32	0	0	2	0	0	0	44	14	92	
													Kendall Waller	0	0	36	0	0	0	0	0	0	43	12	91	

Pre-Vets cont.	6F	Ca nb	Do m	S M H	Mo s	EQ	W B	Sy d	Int H lf	L Co ve	bo nus	Tot		6F	Ca nb	Do m	SM H	Mos	EQ	WB	Sy d	Int H	LCo ve	Tot
Stuart Crichton	0	0	0	0	0	0	0	0	46	42	2	90	Dennis Nel	586	602	651	664	0	0	546	0	610	647	4306
Simon Riordan	47	0	0	0	0	0	0	42	0	0	0	89	Charles King	0	570	633	645	0	620	0	582	590	610	4250
Iain Martin	45	0	0	0	0	0	0	0	41	0	2	88	Steve Hume	0	0	698	704	694	721	0	0	687	698	4202
Mario Torresan	0	0	0	0	0	38	0	38	0	2	8	86	George Lisson	684	0	0	0	0	552	803	769	707	682	4197
James Bond	0	0	0	0	0	39	44	0	0	0	0	83	Joanne Cowan	0	0	811	858	829	778	0	0	0	870	4146
Duncan Scott	0	43	26	0	0	0	0	0	0	0	10	79	Darren Goodsir	510	547	626	610	617	595	0	602	0	0	4107
Mukesh Kerae	0	0	0	0	35	0	43	0	0	0	0	78	James Moody	0	541	0	601	598	585	604	540	609	0	4078
Adam Cresswell	0	0	0	38	37	0	0	0	0	0	2	77	Mike Hansen	620	643	675	695	649	0	0	0	0	634	3916
Fernando	0	0	0	0	0	0	0	0	38	37	0	75	Sharon Callister	0	0	627	622	0	0	662	669	636	678	3894
Santisteban	0	0	0	0	0	0	0	0	37	36	2	75	Michael Sharp	0	600	642	655	638	629	0	0	0	634	3798
Hans Pandeya	0	0	0	0	0	0	0	0	37	36	2	75	Ron Schwebel	0	0	784	761	759	743	0	0	0	746	3793
Feisar Joya	0	0	29	36	0	0	0	0	0	0	2	67	Greg Donovan	771	737	0	744	702	0	0	676	0	0	3630
David Burgess	0	0	0	0	0	0	0	0	0	50	13	63	Michael Bailey	584	602	0	627	617	584	584	0	0	0	3598
Jonathan	0	50	2	0	0	0	0	0	0	0	5	57	Victoria Pilkerton	0	534	621	603	0	0	537	557	569	0	3421
Worswick	0	0	0	0	0	0	0	0	50	0	6	56	Mark Wilson	0	0	742	738	732	0	0	460	0	725	3397
Stuart Chellis	0	49	0	0	0	0	0	0	0	0	6	55	Peter Woods	0	668	666	691	662	680	0	0	0	0	3367
Sean Ryan	0	0	0	0	0	0	0	0	0	0	45	51	Rod Lovel	599	0	0	0	0	683	646	0	666	696	3290
Richard Briscoe	0	0	0	0	0	0	0	0	0	0	16	51	Elizabeth	0	0	0	666	658	614	0	0	669	682	3289
Andrew Knox	0	0	0	35	0	0	0	0	0	0	16	51	Woodhams	0	0	0	666	658	614	0	0	669	682	3289
Dean Degan	0	0	0	0	0	50	0	0	0	0	0	50	Joanne Barton	586	641	0	718	0	642	0	627	0	0	3214
Kelvin Marshall	0	0	0	0	0	0	0	50	0	0	0	50	Michael Wilson	0	0	669	0	0	0	565	602	641	629	3106
Joshua Burns	48	0	0	0	0	0	0	0	0	0	0	48	Leigh MacRitchie	0	0	595	598	582	0	0	0	551	621	2947
Mathew Kaley	0	0	43	0	0	0	0	0	0	0	4	47	Ted Brailey	0	0	637	0	0	0	561	535	481	637	2851
Kevin Tiller	0	41	0	0	0	0	0	0	0	0	6	47	James Cryer	0	0	0	0	0	703	729	678	0	713	2823
Andrew Jordan	0	0	0	0	0	0	0	44	0	0	2	46	Mark Robinson	0	0	721	701	0	687	0	0	0	704	2813
Ronald Stolk	0	0	0	0	0	0	0	44	0	2	46	46	Grahame Murphy	579	686	0	758	0	0	0	0	0	753	2776
Michael Johnstone	0	42	0	0	0	0	0	0	0	0	2	44	Clara Vucetic	0	0	703	0	653	0	0	0	0	678	2733
Anthony Carpenter	0	0	0	0	41	0	0	0	0	0	2	43	Paul Jackson	0	655	679	677	656	0	0	0	0	0	2667
Andrew Bilsdon	0	0	0	0	0	0	0	40	0	0	2	42	Mark Schaefer	0	0	675	678	655	656	0	0	0	0	2664
Anton Kapel	0	0	0	0	0	0	0	39	0	0	2	41	Mark Davis	0	645	664	687	666	0	0	0	0	0	2662
Julian Wright	0	0	35	0	0	0	0	0	0	0	6	41	Jeff Morunga	0	492	554	533	0	0	0	470	0	557	2606
John Zahra	0	0	0	0	0	0	0	39	0	0	0	39	Ray Doran	0	0	835	839	0	0	0	0	0	870	2544
Martin Fisk	0	0	0	0	0	0	0	37	0	0	0	37	Ken Harris	0	532	672	0	0	643	0	0	0	684	2531
Mike Roach	0	0	25	0	0	0	0	0	0	0	2	27	Bruce Craven	0	0	0	646	0	0	620	618	636	0	2520
													Salvador Gala	0	0	581	0	635	0	0	0	657	627	2500
													Graham Sharp	0	0	657	638	0	0	0	0	583	621	2499
													Jeff Morehen	0	0	0	0	593	604	638	650	0	0	2485
													Tim Austin	0	0	624	0	0	600	0	0	610	649	2483
													Roland Hassall	0	0	610	585	0	0	0	582	591	0	2368
													George Herisson	0	0	0	0	592	575	0	0	566	625	2358
													David Lancaster	568	585	0	0	0	596	591	0	0	0	2340
													John Young	0	0	778	788	0	0	770	0	0	0	2336
													Charles Coville	0	0	758	766	0	0	0	0	0	759	2283
													Patricia Pittorino	0	0	0	563	548	534	0	0	586	0	2231
													Neil McPherson	0	0	744	0	0	729	0	0	0	755	2228
													Stephen Ball	0	0	697	687	0	684	0	0	0	0	2068
													Adrian Spragg	669	0	0	0	0	704	681	0	0	0	2054
													Manfred Fiedler	0	0	0	0	0	701	698	649	0	0	2048
													Steven Norden	497	542	0	0	0	0	0	489	502	0	2030
													Joel Mackay	641	0	689	0	0	673	0	0	0	0	2003
													Neil Barker	616	0	671	0	680	0	0	0	0	0	1967
													David Loader	569	0	694	689	0	0	0	0	0	0	1952
													Bernadette	0	0	655	0	630	0	0	0	0	655	1940
													Boulous	0	0	0	602	0	0	0	0	654	683	1939
													Brian O'Dea	0	0	0	687	639	599	0	0	0	0	1925
													Andrew Smith	0	0	0	0	635	0	0	659	626	0	1920
													Andrea McDonald	0	0	0	0	629	636	651	0	0	0	1916
													Ron Wilson	0	0	0	483	474	492	0	0	458	0	1907
													Rod Ross	0	603	0	655	0	0	0	640	0	0	1898
													Ruth McColl	587	0	659	0	0	0	0	0	645	0	1891
													Keith White	0	0	0	0	0	0	609	630	646	0	1885
													Lance White	0	0	0	641	647	0	0	597	0	0	1885
													Victor Donovic	0	566	633	649	0	0	0	0	0	0	1848
													Peter Grunfeld	0	0	597	0	588	0	0	0	0	588	1773
													Paul Trainor	0	0	597	0	588	0	0	0	0	588	1773

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.

	6F	Can b	Do m	SM H	Mos	EQ	WB	Syd	Int H	LCo ve	Tot																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																			
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	6F	Can b	Do m	SM H	Mos	EQ	WB	Syd	Int H	LCo ve	Tot		6F	Can b	Do m	SM H	Mos	EQ	WB	Syd	Int H	LCo ve	Tot
John Kerr	0	0	564	0	591	0	0	0	612	0	1767	Margaret White	0	0	0	0	0	564	0	0	552	0	1116
John Simmonds	0	0	0	598	596	566	0	0	0	0	1760	Mercy Samia	0	527	0	0	0	0	586	0	0	0	1113
Rachele Lazzara	0	564	585	600	0	0	0	0	0	0	1749	Rod Smart	0	0	0	0	0	0	581	525	0	0	1106
Simon Kent-Jones	510	0	613	0	589	0	0	0	0	0	1712	Denis Speyer	0	0	0	558	0	0	0	0	0	545	1103
Ian Singer	0	532	0	623	0	544	0	0	0	0	1699	Hans Pandeya	0	0	0	0	0	0	0	0	532	568	1100
Chris Truscott	0	0	0	824	0	0	851	0	0	0	1675	Jurg Kunzle	0	0	0	562	0	531	0	0	0	0	1093
Michael Rees-Evans	0	0	555	529	0	0	0	542	0	0	1626	David East	0	0	0	0	0	0	0	0	512	570	1082
Peter Truscott	0	0	757	0	0	0	764	0	0	0	1521	Mario Torresan	0	0	0	0	0	564	0	502	0	0	1066
Andrew Gibbons	0	0	0	786	734	0	0	0	0	0	1520	Duncan Scott	0	488	562	0	0	0	0	0	0	0	1050
Jenny Wickham	0	0	763	0	741	0	0	0	0	0	1504	Gillian Klevansky	0	0	0	0	0	517	0	0	532	0	1049
John Hamilton	0	0	744	0	0	0	0	0	0	744	1488	Lisa Gallate	0	516	0	0	0	0	0	0	515	0	1031
Dawn Tiller	765	715	0	0	0	0	0	0	0	0	1480	Mukesh Kerae	0	0	0	0	512	0	505	0	0	0	1017
Richard Wassell	0	0	518	486	0	0	0	0	0	475	1479	Ian Walker	0	471	0	0	481	0	0	0	0	0	952
Norman Kang	0	0	0	0	0	0	0	425	490	523	1438	Elizabeth Taylor	0	0	0	495	0	0	0	453	0	0	948
Peter Cremen	0	0	724	0	0	681	0	0	0	0	1405	Alexandra Dunn	780	0	0	0	0	0	0	0	0	0	780
Scott Smiles	0	0	707	0	0	0	0	681	0	0	1388	Dean Degan	0	0	0	0	0	773	0	0	0	0	773
Arthur Huxtable	0	0	0	704	675	0	0	0	0	0	1379	Warwick Selby	0	0	0	0	0	0	0	766	0	0	766
Gregory Mackay	0	0	0	667	0	691	0	0	0	0	1358	Wayne Stanton	0	0	748	0	0	0	0	0	0	0	748
David King	671	0	0	0	0	0	0	0	686	0	1357	Caroline Yarnell	0	0	740	0	0	0	0	0	0	0	740
Philip Boswell	0	0	659	696	0	0	0	0	0	0	1355	Martin Fryer	737	0	0	0	0	0	0	0	0	0	737
Martin Matthews	0	0	0	0	0	0	0	0	660	693	1353	Alex Whitworth	0	0	0	0	735	0	0	0	0	0	735
Paula McGee	672	0	0	0	0	680	0	0	0	0	1352	Stuart Chellis	0	0	0	0	0	0	0	734	0	0	734
Lorraine Spanton	0	0	676	0	0	0	0	0	670	0	1346	David Clear	730	0	0	0	0	0	0	0	0	0	730
Nathan Vass	0	0	0	0	662	679	0	0	0	0	1341	Jonathan	0	727	0	0	0	0	0	0	0	0	727
Estelle Visser	0	673	0	0	0	0	0	667	0	0	1340	Worswick	0	0	0	0	0	0	0	0	0	0	723
Philip Hugill	649	679	0	0	0	0	0	0	0	0	1328	Bruce Inglis	723	0	0	0	0	0	0	0	0	0	723
Lisa Caroli	0	0	0	683	0	0	0	637	0	0	1320	Mark Fiore	0	0	0	0	0	720	0	0	0	0	720
Lesley Maher	0	0	668	0	0	0	0	0	652	0	1320	David Burgess	0	0	0	0	0	0	0	0	0	720	720
Kendall Waller	0	0	649	0	0	0	0	0	0	667	1316	Kelvin Marshall	0	0	0	0	0	0	0	713	0	0	713
Mary Stringer	0	0	658	646	0	0	0	0	0	0	1304	Stephen Urwin	710	0	0	0	0	0	0	0	0	0	710
Graham Butler	0	0	0	0	0	0	646	0	657	0	1303	Sean Ryan	0	710	0	0	0	0	0	0	0	0	710
David Gayford	0	0	0	0	0	0	0	0	631	670	1301	Hugh Spencer	0	0	0	0	0	0	683	0	0	0	683
Graham Farnsworth	0	0	0	0	656	0	0	641	0	0	1297	Mathew Kaley	0	0	679	0	0	0	0	0	0	0	679
Gregory Prerau	0	0	0	658	0	0	0	0	635	0	1293	Peter Hammerschmidt	0	0	0	0	0	0	0	0	678	0	678
Stuart Crichton	0	0	0	0	0	0	0	0	636	649	1285	Richard Briscoe	0	0	0	0	0	0	0	0	0	672	672
Walter Mitchell	0	0	623	0	0	0	0	0	0	659	1282	Penny Smith	0	0	668	0	0	0	0	0	0	0	668
Glenda Mitchell	0	0	615	0	0	0	0	0	0	645	1260	Pierre Van Heerden	0	657	0	0	0	0	0	0	0	0	657
Mahmoud El-Khansa	0	623	0	0	0	0	0	636	0	0	1259	Kirsten Themsen	0	657	0	0	0	0	0	0	0	0	657
Stephen Bodnar	0	0	0	0	0	605	0	0	645	0	1250	Helen Wilson	0	0	0	0	0	0	0	0	655	0	655
Robert Wawrzyniak	0	0	0	0	0	0	0	0	599	634	1233	Robin Cameron	653	0	0	0	0	0	0	0	0	0	653
Robi Russell	600	0	0	633	0	0	0	0	0	0	1233	David Camm	0	0	652	0	0	0	0	0	0	0	652
Andrew Bryan	567	0	0	0	0	0	0	0	652	0	1219	Jeff Gissing	0	0	0	0	0	649	0	0	0	0	649
Paul Thompson	0	0	623	0	592	0	0	0	0	0	1215	Garry Maddox	0	0	0	641	0	0	0	0	0	0	641
David Adler	0	0	0	590	0	0	0	601	0	0	1191	Anthony Carpenter	0	0	0	0	638	0	0	0	0	0	638
Adam Cresswell	0	0	0	588	595	0	0	0	0	0	1183	Ronald Stolk	0	0	0	0	0	0	0	0	637	0	637
Feisar Joya	0	0	594	585	0	0	0	0	0	0	1179	Derek Smith	0	0	0	0	0	0	0	629	0	0	629
Jon Patrick	530	645	0	0	0	0	0	0	0	0	1175	Bronwyn Adams	0	0	0	0	0	0	0	627	0	0	627
Mary Barnes	0	0	0	0	0	565	0	0	606	0	1171	Julian Wright	0	0	627	0	0	0	0	0	0	0	627
Beryl Wilson	0	0	0	0	585	0	581	0	0	0	1166	Peter Cobley	0	0	0	0	625	0	0	0	0	0	625
James Bond	0	0	0	0	0	589	576	0	0	0	1165	Jim Screen	0	0	0	621	0	0	0	0	0	0	621
Iain Martin	560	0	0	0	0	0	0	0	598	0	1158	Nigel Phillips	0	0	0	0	621	0	0	0	0	0	621
Joe Degabriele	583	575	0	0	0	0	0	0	0	0	1158	Jenny Ferber	0	614	0	0	0	0	0	0	0	0	614
Carol Taylor	0	0	0	0	0	547	604	0	0	0	1151	Marlies Laaper	0	0	0	0	609	0	0	0	0	0	609
Brad Renshaw	0	0	0	591	0	0	552	0	0	0	1143	Jose Vilar	0	0	0	0	0	0	0	602	0	0	602
Fernando Santisteban	0	0	0	0	0	0	0	0	553	586	1139	Mike Ward	0	0	0	0	0	602	0	0	0	0	602
Roger Rigby	610	0	0	0	0	0	527	0	0	0	1137	Andrew Jordan	0	0	0	0	0	0	0	600	0	0	600
Sarah Brown	0	548	580	0	0	0	0	0	0	0	1128	Dennis Nelson	0	0	0	0	0	0	0	598	0	0	598
Simon Riordan	575	0	0	0	0	0	0	551	0	0	1126	Mark Wieland	0	0	0	0	592	0	0	0	0	0	592
Julie McGaw	0	0	0	564	0	560	0	0	0	0	1124	Joshua Burns	591	0	0	0	0	0	0	0	0	0	591
Dick Bartlett	540	583	0	0	0	0	0	0	0	0	1123	Steve Packer	0	0	0	0	0	0	0	0	586	0	586
												Graham Osborn	0	0	0	584	0	0	0	0	0	0	584
												Paul Munro	0	0	0	0	580	0	0	0	0	0	580
												Joanna White	0	0	580	0	0	0	0	0	0	0	580

	6F	Can b	Do m	SM H	Mos	EQ	WB	Syd	Int H	LC ve	Tot
John Zahra	0	0	0	0	0	0	0	0	576	0	576
Darryl Chrisp	575	0	0	0	0	0	0	0	0	0	575
Peter Cookson	0	0	0	0	0	570	0	0	0	0	570
Geoff Taylor	0	0	568	0	0	0	0	0	0	0	568
Alastair Wallace	0	0	0	0	0	0	0	0	0	568	568
Jack Leigh	0	0	566	0	0	0	0	0	0	0	566
Robert Inglis	565	0	0	0	0	0	0	0	0	0	565
Jacqui Matthews	0	0	0	0	0	559	0	0	0	0	559
Andrew Knox	0	0	0	554	0	0	0	0	0	0	554
Gill Cavenagh	0	551	0	0	0	0	0	0	0	0	551
Robert Chalmers	0	0	550	0	0	0	0	0	0	0	550
Mervyn Cohen	0	0	549	0	0	0	0	0	0	0	549
Michael Christie	545	0	0	0	0	0	0	0	0	0	545
Eliza Rayward	0	544	0	0	0	0	0	0	0	0	544
Andrew Horsley	0	0	0	0	542	0	0	0	0	0	542
Andrew Bilsdon	0	0	0	0	0	0	0	536	0	0	536
Mike Roach	0	0	535	0	0	0	0	0	0	0	535
Anton Kapel	0	0	0	0	0	0	0	532	0	0	532
Bronwyn Wassell	0	0	0	0	0	0	529	0	0	0	529
Emma Anderson	0	0	0	0	0	0	0	521	0	0	521
Joe Flinn	0	0	0	0	0	518	0	0	0	0	518
Allan Marks	0	0	0	0	0	0	511	0	0	0	511
Melissa Treloar	0	0	0	0	0	0	0	0	502	0	502
Lilian Chuah	0	0	0	0	0	0	0	0	496	0	496
Sam Chuah	0	0	0	0	0	0	0	0	495	0	495
Pamela Scott	0	0	0	0	0	0	0	488	0	0	488
Michael Johnstone	0	482	0	0	0	0	0	0	0	0	482
Megan Jackson	0	0	0	0	478	0	0	0	0	0	478
Martin Fisk	0	0	0	0	0	0	0	464	0	0	464
Kevin Tiller	0	462	0	0	0	0	0	0	0	0	462
Philip Kennedy	0	0	0	0	0	0	0	458	0	0	458

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More from the Pres

From Jim Screen

Special General Meeting

A Special General Meeting was held after the STaR on 19 January 2003. The purpose of the meeting was to amend the constitution and to tidy up a few loose ends as they apply to Life Members of the Club.

The three proposals outlined in the notice of the meeting were all passed by a significant majority of the 51 members who attended.

Perhaps the main benefit to come from the meeting is that Sydney Striders is now in a position to become a fully affiliated club with Athletics NSW and if finally accepted as such, our members will be able to seek registered athlete status which will allow them to compete in and be eligible for awards in many events sanctioned by Athletics NSW.

Much more information will be distributed on this matter as soon as possible.

1000th STaR

A very special occasion is coming soon. It will be the running of the Club's 1000th STaR. The date as worked out with great care and skill is expected to be Sunday 6th of July 2003.

So the very first thing that every member needs to do is to put the date in the diary - now. Good, now that it's in your diary we will let you know in due course what is planned.

At present we are thinking that some sort of a special celebration such as a picnic, or a dinner, or whatever, would be appropriate in addition to the running of the STaR. No doubt a special garment will be produced for the occasion and perhaps some other items for sale will be available to mark the occasion.

If you have any suggestions for an event or a happening to mark this very special day then we would like to hear from you as soon as possible.

Whatever we do it will need to be good as the 1000th STaR will be a little bit of Sydney Strider history in which all of us of will be able to participate and remember for many years.

Blister Photo Gallery



At the Xmas Brunch, Graham Willis, Sharon Callister and Tracey Love.



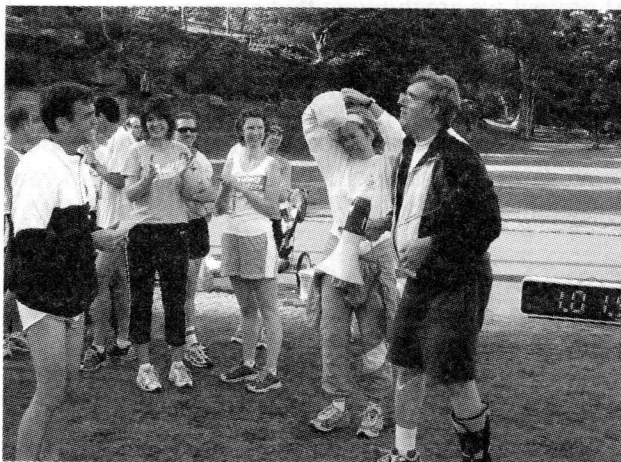
The 'Equaliser' training group after their Xmas run



Start of the Lane Cove 10k, November 2nd



Domain 10k, November 30th



Retiring 10k Series Director, Ian Whitfield and Megan Jackson do the lucky draw.



Kevin O'Kane, Tracey Love and Frank Dearn host the Bobbin Head STaR