

Sydney Striders

*Road Runners' Club
Australia*



Edition No. 88: January - April 2003

Senshu Marathon - Memoirs of a Sydney Striders Geisha

By Tracey Love

It's amazing how positive physiotherapists can be when they have to be. I found myself having serious 'physio' in September 2002 after tearing my hamstring in the Sydney Marathon. My first major injury and I was not particularly happy about it. However Ludo, my physio, was more positive than I was about rehabilitation - if I was patient and if I took it easy. Two things that I am not particularly good at. As I limp in to yet another session, Ludo announces to me that he has good news for me. Firstly, he thinks I can start running on the flat for five minutes, but secondly, he's found my next marathon!

Not something I expected to hear from a physio when he is treating me for an injury that took place at the 20km mark of a marathon, which I pushed on and finished! (Not something I recommend to anyone - I experienced several moments of total insanity trying to push through to the finish).

Ludo's good news consisted of a tiny advertisement in the Pittwater Council Mayoral Column in our local newspaper "The Manly Daily". Pittwater Council was looking for two local marathon runners to run the Senshu International Marathon in Osaka, Japan in February 2003. Pittwater has a sister city relationship with a little town in Osaka called Tadaoka Town and each year Tadaoka Town sponsors two athletes (and their partners) to the Senshu marathon. Tadaoka Town is one of the major

sponsors in the marathon in that it supplies a substantial amount of water to the marathon along the course.

After a few days tossing around the idea I finally decided 'You've got to be in it' so I rang Pittwater Council to obtain an application form. There wasn't much to the form that would make me stand out amongst faster marathoners so I put together a covering letter which focused on my love for the Pittwater area, 'God's Country', and also the benefits I could bring to the Japanese by educating them about our beautiful area.



Tracey the 'Geisha'

The Blister

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Club Phone Contacts

0500 – JOGGER (0500-564437)

President: Jim Screen	9402-7947
Secretary: Tracey Love	9997-6536
Treasurer: Charles King	9816-5593
Database Manager: Richard Wassell	9799-5351
Uniform Director: Gavin Morriset	9451-1434
Calendar Manager: Brad Renshaw	9975-2915
Super Series & Race Results:	
Stephen Jackson	9568-4400
10k Series Director 03: Joe Degabriele	9344 4942
Marathon Training Group:	
George Herisson	9888-2490
James Moody	9888-9333
New Members: Sue Hill	9428-3395
Internal Events and Social:	
Mike Hansen	9449-5256
Michael Bailey	9713-2897
STaR Maps: Joel Mackay	9517-3042
Blister Editor: Andrew Smith	9427-2794

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

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

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

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

Blister Contributions

Blister@sydneystriders.org.au

(or Striders PO Box)

Next Deadline Date

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Club Email Contacts

The LiSSt: info@sydneystriders.org.au
(General exchange of running and club related information).

To join the LiSSt contact: rwassell@primus.com.au

President: president@sydneystriders.org.au

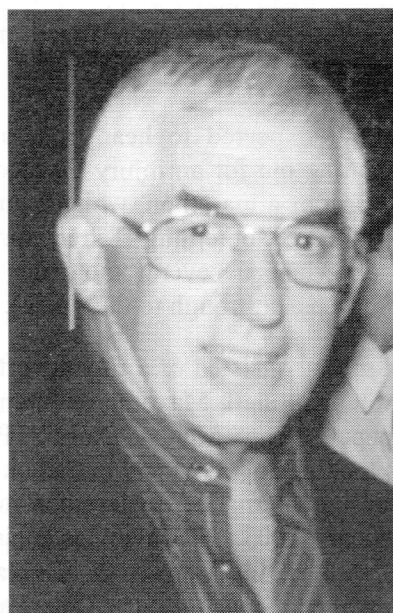
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President Jim Screen – report on opposite page

President's Report

From Jim Screen

As it is now five minutes or more correctly four months since the start of 2003 I thought I would start this report off with a little quote about time and time management. So out came the book of quotes and looking up the index I found so many interesting quotes about time that I wasted an hour reading them all and ended up not being able to choose one for the purpose intended. Hmmm.

So remembering one written by Edward Young, 1663-1765, "procrastination is the thief of time" it seemed best just to get on with the task at hand albeit an hour later than intended.

Athletics New South Wales

During March I was pleased to let you know that the Club is now fully affiliated with Athletics New South Wales. This was a carefully considered move and one which should benefit the Club greatly in the years to come. To date we have 16 members who have acquired 'registered athlete status' and are now eligible to enter ANSW events wearing the Club's colours and competing as Sydney Striders.

If you are interested in becoming registered please take heed of Edward Young's quotation and send your application form in to the Club with the appropriate payment as soon as possible. Please do not leave it to the last minute.

Running Activities

Club members have been particularly active over the past couple of months. Some 87 members started in the Six Foot Track Marathon in March with many PBs and great efforts. This was followed up by 69 starters in the Canberra Marathon. Members have also competed in events such as the Boston Marathon and Marathon de Sables in Morocco. The 10k Series has started with a huge "bang" with the largest attendance ever recorded for the first three events. The 10k Series continues to present problems every month in obtaining enough marshals to meet our obligations to provide a safe, well-conducted event for competitors and the public. However, there is little doubt that the Club and distance running are alive and well.

1000th STaR

Perhaps the highlight of 2003 will be the running of the 1000th STaR, scheduled to be held on Sunday 6 July. The Club is planning to have a 'super' breakfast after the STaR. Details and venues are still being worked out. There will be a special 'Polar Fleece' warm-up jacket available for purchase, plus one or two other items which will be produced for this one-off event. For the time being please diarise 6th July as a 'must attend'.

Annual General Meeting.

This year's AGM will be held at North Narrabeen Surf Club on the 18th of May immediately after the Church Point Challenge. The notice of the meeting will be issued shortly. Some of the present committee who have done a great job over the past year will be retiring from active duty. This will present a great opportunity for some members to be elected on to the Committee and for their new ideas and energy to be used to further Sydney Striders.

Sydney Running Centre

This year we are most fortunate to have the Sydney Running Centre as sponsor of the 10K Series. As well as providing support for the races, Sydney Running Centre is a specialist running shop which offers very worthwhile discounts to Sydney Striders. So do the right thing and make sure your next pair of shoes comes from the right place. The store manager Damian Tancred is a very good and experienced runner who is able to give expert advice. The centre is conveniently located at the Edgecliff Centre, Shop 21, 203-233 New South Head Rd Edgecliff (right above Edgecliff railway station). *(The parking is pretty easy too. If coming from the City, just turn right into New McLean Street from New South Head Road and then immediately left into the underground car park. I've always found a space. Ed)*

Senshu Marathon Memoirs of a Sydney Striders Geisha

By Tracey Love

Continued from front page

After a few weeks I hadn't received any news so rang to get an update. I was told that usually they only receive two or three applications but this year they had received 25, so they were being scrutinized closely. With that in mind, I didn't hold out any more hope of being selected. But, to my amazement, a few days later I received a facsimile at work informing me that I had been selected, my details had been forwarded to the Japanese, and that I would hear from them in the next month or so. I think that was one of the most exciting moments in my life.

Ordinarily, the STaRs through summer are taken easy by my Sunday morning group however 'we' had to get down to serious business this year because I was now running a February marathon! It's just amazing how much bribery can be bought with one little Gu pack. I made a deal with my Sunday run buddies that I would supply Gu to those who ran the 30kms distance with me through the summer heat and to my amazement I never had to do a solo 30kms. In fact I managed to drum up supporters for the 37kms runs as well. A huge thank you to all my Sunday running buddies for hanging in there with me to enjoy the heat. I don't think those 30kms would have been possible without you.

DAY 1

Finally 13 February 2003 arrives and Rob and I are off to Japan. We were a little uncertain about the trip as neither of us had been to Japan before and despite our good intentions of learning the Japanese language and buying the 'Japanese Phrase Book' and 'Japanese for Dummies' we were way behind our schedule of learning key words and phrases. We hoped that the Japanese would be able to speak more English than we could Japanese. We arrived at Senshu Airport to a greeting party of seven, which thankfully included an interpreter. As luck would have it, our interpreter turned out to be Miyuki Masaki who was the eldest daughter of the host family we would stay with from the Monday after the marathon. This was part of the sponsorship for accommodation, which was four nights at the ANA hotel and three nights with a host family. So our language barrier concerns were now erased, as long as we had Miyuki with us we would be okay.



Tracey in that raincoat

DAY 2

Our main contact for the event was Suzuki-san and he had put together a schedule for us for each day leading up to the marathon. We were lucky enough to have free time until midday, which gave us a chance to look around the local area. We were right on the harbour so we went for a walk down to the water, which seemed like a good idea, until we stepped out of the hotel. It was freezing. The beanie, scarf and thermo mittens were quickly added to overcoat, which made the cold bearable. Not a good sign for the marathon, especially since I had been training through the hot Sydney summer and also wasn't particularly fond of winter running at home which was not nearly as cold as this.

Our greeting party picked us up on schedule and drove us around the Senshu area and then took us to meet the Mayor of Tadaoka Town. This was a great meeting and many laughs were had due to the language barrier and mix-ups in the translations. Photos were taken and then we were taken to see two paved maps in a park in Tadaoka Town. One map is of Australia and it has the Pittwater area marked on it. The second map is of Osaka and it has Tadaoka Town marked on it. The maps stand side by side and it is extremely symbolic of the importance to the Japanese of this sister city relationship.

The council chambers of Tadaoka Town also have a sports complex, which is an extremely prestigious facility for a council to have. We were offered the opportunity to use the complex and our greeting party were keen for us to use it, so Rob and I spent half an

hour or so doing laps in the pool and making the most of the warmth of the spa.

DAY 3

Again we had free time until 12.00pm so it was another sleep-in, resting up for tomorrow. As we were now well aware of how cold it was outside we spent the morning lounging in the breakfast room, enjoying the warmth.

Our greeting party arrived and we all piled into the mini-bus for a tour of the marathon course. This was what we had been waiting for. The course starts at Hamadera Park in a town approximately 10kms from Tadaoka Town. The course heads away from Tadaoka Town for a couple of kms then does a u-turn, retraces steps then heads out of Tadaoka which is at the 16km mark of the marathon. It continues on a road pretty much long, straight and flat to around 24kms then underneath an expressway, running parallel to it, another u-turn, retracing our steps. Then out towards two bridges which are up and over, then another u-turn, retrace our steps up and over the same two bridges, then to the finish line. Looks to be quite a fast course except for the two bridges at the end, which would be something similar to the Western Distributor/Anzac Bridge section of the Sydney Marathon. Now the butterflies start to spin somewhere in the pit of my tummy as Dave Rissick (the other Pittwater athlete) and I start to discuss the course between ourselves. It's also starting to get dark and overcast outside and the Japanese are talking about rain for tomorrow, and also looking very concerned.

The mini-bus then arrives back at the ANA hotel and then we're all off to the 'International Athlete' briefing. We're given another run-down about the course, reminded to put our computer chips on our shoes and advised what to do with our baggage at the start. Thankfully all this is translated! At the briefing there is talk of rain for the day and those butterflies are really starting to spin. I've read a bit about cold weather marathoning. Cold weather in itself is okay and wet weather in itself is okay. A combination of both is not good and makes the event even tougher. Rain was the last thing that I wanted.

The Marathon Eve Party followed the briefing. All the sponsors of the event were there together with the 'famous' Japanese athletes and the international athletes. The internationals consisted of athletes from California and New York in the US, Sweden, England, Korea, China and of course, Australia

(Sydney, Gold Coast and Victoria). The evening consisted of thanking the Mayors of all the towns that the marathon passes through, introducing the famous athletes and feasting on fine Japanese cuisine. A band played and fun was had by all. Then it was off to bed for an early evening with thoughts of what was to come tomorrow.

DAY 4

Marathon day – here we come. Unfortunately for us, the Japanese were right with their prediction of rain. We woke at 5am to find a shroud of white fog surrounding the ANA hotel and from what we could see from the windows it was very wet outside. The butterflies really started to buzz with the thought of being not only cold but now it looked to be a very wet marathon. Anyway, not to worry, (famous last words) no time to waste, we'll deal with the weather when we get to Hamadera Park.

It's amazing how busy the breakfast buffet can be at 7am when there's a marathon on. The place was packed with athletes and their supporters, all looking a tad anxious. We all wished each other good luck and then retreated to our rooms to pack the bag for the start and we also had to pack up our room as we were told last night that we would be staying with our host family straight after the marathon.

Our greeting party arrived at 8.30am and the first thing they handed us was a full-length raincoat. This did not help the anxiety both Dave and I were experiencing in relation to a wet marathon. It obviously wasn't going to clear to a dry day, going by the predictions of the Japanese. Into the mini-bus, luggage and all, and off to Hamadera Park.

On arrival at the park there were athletes with umbrellas and raincoats a-plenty. Many people were sheltered under the trees with the biggest canopies, but the majority of the athletes were out in the open, completely drenched. Before Dave and I got out of the bus we made sure the full-length raincoats were well buttoned and the hoods were on. Out into the rain we go. Suzuki-san, the head of our greeting party was leading us through the park and the rain was getting heavier. Thankfully the rest of the greeting party were busy keeping umbrellas over us to keep us dry. Both Dave and I were uncertain as to which tree we would be parked under. Before too long we reached something like a hall where Suzuki-san chatted with the attendees on the door and then, lo and behold, we were allowed in. Unbeknown to us, all international athletes were provided with shelter in



Where's my hot soup?

this hall with the males in one room and the females in another where we could relax in warmth, drinking water and green tea to our heart's content. Luckily for me, being a novice, I had the opportunity to meet and chat to the Kenyan runner who came second in the Sydney marathon and Helen Tolhurst from the Gold Coast, who was the first Australian in the 2002 Gold Coast Marathon. I managed to get a few 'race tips' from them but unfortunately they backfired due to the conditions.

Anyway, off to the start surrounded by our greeting party with umbrellas and still wearing the full-length raincoat. My plan was to race with it on as long as I could. I wasn't out to win this marathon so I didn't see it as a problem. The next excitement was our starting position. Preferential start, right at the front under the 'Start' banner. All the internationals were introduced to the crowd with lots of cheering received. The high profile Japanese athletes were then brought in and they started beside the international bunch. Yet another highlight for this novice athlete!

The start gun went and we were off. My plan was to keep the pace slow (my aim was 3:25) and given that the rain was now teeming, keep the raincoat on as long as I could. It was absolutely freezing and estimated to be around 5 degrees, which was far from pleasant for someone who doesn't enjoy the winter running! Anyway I hoped that I would warm up. Unfortunately that never happened. My muscles seemed to tighten with every step and, added to that, the raincoat caused difficulty with my stride so gradually the buttons were undone. Around 11kms with several buttons undone on the raincoat, it started flapping in the breeze and then twisted around my legs. After one too many near misses of coming in complete contact with the road I decided that the

raincoat had to go. So, at 12kms, begrudgingly, I pulled it off, wrapped it in a ball and tossed it in the crowd. The crowd loved it but the rain increased and I'm certain that by 12.5kms I was totally drenched. The temperature seemed to get colder and at the finish I was told that it had dropped to 3 degrees – no wonder my hands became claws and I could no longer clock my km times.

Anyway, by 24kms I really felt that it was all over and that I just couldn't go on, but I gave myself permission to reassess my time and changed it to 3:40. I pushed on, simply one foot after the other and before I knew (I think I zoned out from brain numbness) I was at the start of the two bridges. On went the climb until we were back on the flat, which seemed to take forever and then it was the u-turn back to the bridges. The one sight that kept me going was the numerous Japanese pulled over trying to stretch their bodies out to keep themselves going. Some were even sitting on the ground. I decided that there was no way I was stopping. On down the final bridge and back to the flat where it was time to push as hard as I could so that this agony was over! To see the finish line, as tortured as I had been, was an absolute vision. I staggered and wobbled towards the goal and, once I knew it was over, collapsed with not a scrap of energy left with a time of 3:39. The Japanese pulled me up, passed me to my dear husband Rob, who then shuffled me to a warm tent where bowls of miso soup abounded. It's amazing how good something hot is when you are freezing. I'm not a particular fan of miso soup but that bowl of soup was the one thing that I held on to.

After the finish it was off to meet our host family who we stayed with until Thursday. We experienced a fantastic time with them and learnt a great deal about Japanese life.

The winning female time for the marathon was 2:42 and I've always managed to be close to one hour behind the winner in previous marathons. This time I finished 57 minutes behind so I'm pleased with my run in my first overseas marathon. Believe it or not, despite the conditions, I would like to go back and try it again - as long as the Japanese guarantee no rain. A big thank you to all my Striders buddies who got me through the hard summer runs, as I think that is what got me through the hard conditions in Osaka. A big thank you also to Kevin 'The Fox' O'Kane who never failed to keep me focused in a positive and realistic direction, despite our Super Series/10km Series challenge last year. I guess it was lucky that challenge was a draw!

Six Foot Track 8th March 2003

Pl.	Name	h.m.s	cat
1	Jonathan Worswick	3.50.56	M Vet
2	Martin Fryer	4.15.01	M Vet
3	Martin Matthews	4.18.17	M Pre
4	Joel Mackay	4.22.15	M Pre
5	Dawn Tiller	4.23.23	F Vet
6	Ronald Stolk	4.25.24	M Pre
7	Greg Donovan	4.25.51	M Vet
8	Kelvin Marshall	4.27.11	M Pre
9	Lance White	4.33.34	M Pre
10	Warwick Selby	4.38.11	M Mst
11	Steve Hume	4.41.01	M Pre
12	Adrian Spragg	4.48.07	M Vet
13	David Clear	4.48.21	M Vet
14	James Cryer	4.49.35	M Mst
15	Paul Jackson	4.49.46	M Pre
16	John Young	4.58.40	M Pre
17	Darren Benson	4.58.40	M Pre
18	Jeff Morehen	4.59.20	M Vet
19	Benny Hagberg	4.59.52	M Vet
20	Barry Rutter	5.01.00	M Mst
21	Bruce Craven	5.07.08	M Pre
22	Stephen Urwin	5.13.27	M Vet
23	Mark Wilson	5.14.08	M Pre
24	Ross Sinclair	5.14.12	M Vet
25	Greg Coy	5.15.14	
26	John Van Yzendoorn	5.15.59	M Pre
27	John Sneddon	5.17.52	M Mst
28	Andrew Bilsdon	5.24.03	M Pre
29	Rod Lovel	5.24.28	M Mst
30	David King	5.28.13	M Mst
31	Dennis Nel	5.28.53	M Vet
32	Gregory Prerau	5.31.19	M Vet
33	Roland Hassall	5.31.27	M Pre
34	Pierre Van Heerden	5.32.57	M Vet
35	Mike Ward	5.33.46	M Mst
36	Bronwyn Adams	5.35.46	
37	David Gayford	5.36.43	M Vet
38	Robin Cameron	5.37.28	F Vet
39	David Lancaster	5.38.38	M Vet
40	Mike Hansen	5.41.08	M Vet
41	Gavin Morisset	5.41.42	M Mst
42	Sean Greenhill	5.44.37	M Pre
43	Stephen Bodnar	5.47.20	M Vet
44	Tim Austin	5.47.42	M Pre
45	Ralph Melano	5.52.35	M Vet
46	Keith White	5.53.36	M Mst
47	Tony Crosby	5.54.52	
48	Graham Willis	5.55.19	M Mst
49	Grahame Murphy	5.56.01	M Vet
50	Yvonne Sobolewski	5.56.35	
51	Joanne Barton	5.56.50	F Vet
52	Mary Stringer	5.59.29	F Vet
53	Graham Sharp	6.01.10	M Vet
54	George Herisson	6.10.55	M Vet
55	Susan Palmer	6.11.20	
56	Allison Lilley	6.14.23	F Pre
57	Philip Kennedy	6.15.14	M Vet
58	Tina Campbell	6.16.14	F Mst
59	Heather Forster	6.16.14	F Vet
60	Eric Schmierer	6.27.17	M Mst
61	George Lisson	6.34.43	M Mst
62	Brad Renshaw	6.35.36	M Mst
63	Michael Bailey	6.37.39	M Mst
64	Derek Smith	6.38.39	
65	Jim Screen	6.44.00	M Snr
66	James Moody	6.47.19	M Mst
67	Jurg Kunzle	6.48.14	M Mst
68	Manfred Fiedler	6.50.17	M Snr
69	Stuart Crichton	6.50.30	M Pre
70	Mercy Samia	6.52.58	F Mst
71	Ian Singer	6.54.20	M Vet
72	Kevin O'Kane	6.59.44	M Mst
73	Stephen Jackson	7.00.07	M Vet
74	Frank Dearn	7.02.00	M SSr
75	Brian Ogilwy	7.12.43	M Snr
76	Robi Russell	dnf	F Mst
77	Alf Field	dnf	M Snr
78	Keith Bateman	dnf	M Vet
79	Philip Hugill	dnf	
80	Megan Jackson	help	F Vet
81	Jacqui Matthews	help	F Vet
82	Kevin Tiller	help	M Pre

Before Six Foot Track (L to R) Mary
Frank Dearn, Kevin O'Kane, Jurg



Before Six Foot Track (L to R) Mary Stringer, Frank Dearn, Kevin O'Kane, Jurg Kunzle

Mt Bogong-Mt Hotham 60K, 5th January 2003

By Sean Greenhill

"You know, Bogong was the one time I questioned my sanity..."

- Malcolm Satchell, former Six Foot Track winner, on his Bogong run in 1997

You won't see any Bogong-Hotham t-shirts. This is a genuine niche event, usually attracting no more than twenty competitors looking to face the most gruelling course, mile for mile, in Australia. Competitors start by climbing the highest peak in Victoria, Mt Bogong (1986 metres) via the 8km long Staircase Spur, then following the snow poles of the Australian Alps Walking Track to descend T Spur and cross the Mitta Mitta River; then ascending Duane Spur to Mt Nelse, a sub peak of which is the third highest in Victoria at 1891m. The halfway point at Langford Gap is then accessed over undulating vehicle tracks and walking path. The cutoff time here of 5 hours 30 is considered quite aggressive and is the main cause of attrition amongst the race field. Typically fewer than half the starters complete the full trek.

The second half of the race still follows the Australian Alps Walking Track across the Bogong High Plains, above the treeline, before dropping into Cobungra Gap and then ascending Swindlers Spur to the Hotham Ski fields, and on to the summit of Mt Hotham (1860m) and the finish.

I travelled down from Sydney on the Saturday with my mother Gayl and Jonathan Worswick, who has won this race twice as well as having the course record at the Glasshouse 100 Miler. I was pretty confident about making the cutoff - I had been doing a lot of double days in the previous six weeks. Doing speedwork on Tuesday nights with the Lane Cove Striders, and quality weekends consisting of a fast and hilly 28K on Saturdays with Stephen Jackson, backing up with another fast 25-30K with the Striders on Sundays, with second sessions on either one or both days. The weekend before the race, Stephen and I ran 2.17 for our 28K loop, which was a great confidence builder. A 25 minute run through the streets of Tawonga and Mt Beauty on Saturday night confirmed this impression - I had to hold myself back, I was pumped up and ready to let fly, full of energy. I had only experienced that feeling before one or two other races.

Mountain Creek camp ground was cool and smelling richly of the thick eucalypts standing on all sides. A

river was gushing over the background noise of runners murmuring. A beautiful place to be.

"Time, gentlemen, please!". Race Director, Mike Grayling issued last minute instructions. And we were off. We ascended a gently sloping 4WD track that forded several creeks at wooden bridges; I was running with Jonathan Worswick and a few others.

We reached the bottom of Staircase Spur and started the real climb. The guns (Jonathan etc) took off and I was left to my own devices, zigzagging up and up and up through dense forest. I was checking the heights indicated on the altimeter against my anticipated schedule. When I passed 1300m elevation in not much short of an hour I knew I'd reach Bivouac Hut at 1400m on my 60 minute schedule, and so it was. Pushing through thick shrubbery (the forest had started to thin out) and over a distinctly rocky surface, for a moment I was in the clear, with sweeping views to the north-east. Magnificent stuff.

Above the treeline is my favourite type of running, not common in Australia, so under normal circumstances I'd be soaking it up. But I was pushing too hard to really take too much notice once I got out of the trees and ascending the grassy knolls leading to Bogong summit. I'd fallen off the pace a bit; I'd projected reaching the summit in 1.40 but it wasn't going to happen. I could see no runners above me when I passed the 'Skiers Monument'.

Reached the summit in 1.45. Hmm, that cutoff loomed very close now. I pushed as hard as possible - almost a sprint - over some deeply rutted tracks paralleling the snow poles, and scattered with loose rocks. Not good terrain for fast running. I descended to Hell Gap, climbed up over Lendenfeld Point and descended towards Cleve Cole Hut.

Reached Cleve Cole Hut in 2.08. My splits had projected 2.05, so I'd made up two minutes on the five minute deficit at Bogong Summit. At Cleve Cole there was a table set up with Gatorade, and several types of food. Excellent, anything more than just water is a bonus in this type of low key race.

Another descent through thickening stands of trees before we emerged into an alpine plain bisected by creeks - Maddisons Hut Site. We were back on schedule. From here it was a hard 'right up and over

climb'. Then starting a gradual descent. I did a faceplant, cutting my right shin but was otherwise unscathed.

The descent was steep but not too difficult - the likes of Mike Ward and Kevin Tiller told me about running down T Spur and constantly looking for the route. Reached Big River (also called the Mitta Mitta River) right on three hours. Normally this is at least waist deep but due to current drought conditions we were able to cross without getting our feet wet.

The climb up and out is a 700m ascent in 3k. It was getting warm. It's a steeper grade than Staircase Spur but this one troubled me less. I think because the switchbacks were longer, I was able to get a better walking rhythm going. At a col, the trail continued to the right. In front of me some massive spurs ran down from Mt Nelse into the Mitta Mitta valley. I smiled at the memory from when I ran here with Jim Screen a few years back. At this same location I had joked "This is good training for Pluviometer." Jim waved a weary arm at the same mighty spurs and declared with finality, "Pluviometer was in nappies when these were old men!"

The trail dropped briefly, flattened out (I was able to run for a bit!), then resumed climbing to Ropers Hut, where I was checked in and filled my bottles at 4.03. All right! I was seven minutes ahead of schedule.

Mixing running and walking when buggered, hauled into Langford Gap and the halfway in 5.17, thirteen minutes before the cutoff. It had been mostly rolling, rutted 4WD track after Ropers, with a fine scattering of loose rocks; and then rough foot track followed by excellent running along the Aqueduct.

Jonathan had been first man to Langfords. I shuffled out of Langfords and along the access trail next to the Aqueduct. I managed about 90 seconds of running before being reduced to a walk; I was still stuffed from pushing it to halfway.

A few glances at the crystal clear water of the Aqueduct revealed fish were living contentedly there; it was warm in the sun and I considered jumping in to cool off. I probably wouldn't climb out again I rationalised, and started to alternate running and walking; I'd run three snow poles and walk one, run three, walk one. The snow poles from Bogong Summit to Hotham Summit are 40 metres apart and numbered; once you start counting snow pole numbers and doing the maths on how far to go, one's sanity can start to slip alarmingly. Death marched up

the hill to Cope Hut and the Omeo Road crossing and the next aid station. Rudi Kinshofer was only a few minutes in front and walking, which excited me through the lethargy; Rudi came second here a few years ago and has some killer results in 24 hour races, so it'd be nice to reel him in.

After Omeo Rd there is no trail, merely a snow pole line across rocky alpine moorland. Started 'pole hopping' once more, running three to five poles (as best as we could run on this rough terrain) and walking one. Cattle graze on the high plains in summer; we passed several herds of cows gazing at us with a detached "And what the hell are you guys up to?" expression on their faces. I conversed with them through my delirium. Reached the SEC Hut at Aqueduct Junction on roughly 10.20 finishing pace. I'd projected a 10 hour finish after a 5.25 halfway, which shows you what a sorry state we were in. But a finish was accomplishment enough in this race; we'd take any time we could get. We were already producing lists of reasons as to why we'd never do this bloody race ever again.

After Aqueduct Junction the terrain got worse, more rocks, less discernible trail, and endless snow poles vanishing away over the moorlands to the horizon. No longer ran but power walked over the rough as best we could; the demoralising effect of seeing the snow pole line heading away and out of sight had taken all fight out of us. The aid station guy gave us fruit and lollies and let us borrow his Rid spray to combat the swarms of flies that plagued the high plains. Got some running going, dropping into the trees and down a good dirt path towards the Cobungra River. Across, the high summit of Mt Loch loomed direct ahead, to the left, the slightly lower summit of Mt Hotham and its buildings and antennas, our final destination, still a couple of hours away.

We hit the bottom at the Cobungra River and Dibbins Hut. Here were two more aid people wearing full body nets to ward off the flies. A bottle refill, some more sweets and the hot, debilitating climb up Swindlers Spur began. It was hot on this climb; the sweat was pouring off me, but what was worse was that the damn climb to Derrick Hut just went on and on and on. Came out of the trees and onto a long flat spur, not far to Derrick Hut now. Then we dropped down again, and commenced another climb. I'm sure it wasn't a major drop or climb but it felt like K2. More reasons for never doing this race again were produced, and we were reduced to counting down more numbers on the snow poles and doing more maths.

Finally we were at Derrick Hut, last aid station on the course. It didn't help, after we left the hut and climbed across the Hotham ski runs, that the Derrick Hut guy hiked past us with his backpack lightened after dumping his remaining water. However after the snow pole line left the ski runs and reached a dirt road we got some running happening again and passed the Derrick Hut guy. We reached Derrick Col and saw the rest of the course; a descent, then another long climb along Loch Spur to the Loch Car Park; then a haul up the Alpine Road and a final climb to the summit tower of Hotham. It looked so far away, so high...

A mixture of jogging and walking got us to the road and we started powerwalking to the Hotham Summit walking trail. To lighten the final approach to the summit; we left our packs and walked up the path. Two people standing and watching were Jonathan Worswick and my mum Gayl. Jonathan said "It's considered cheating to drop your packs below the summit" to which I gave him the finger in mock anger. "I hear congratulations are in order, Jonathan," I replied. The Derrick Hut guy had told us Mr Worswick had been well in front at that point ("the only guy who was still running at this point") so it was obvious he'd won. "I'm NEVER doing this race again!" I declared to Gayl and Jonathan with utter finality; Jonathan's response was just to laugh as we headed over towards the summit tower.

Other finishers? Only six men from the 17 who had started at Mountain Creek had got to Hotham. We wearily collapsed into Gayl's station wagon and headed back to Mt Beauty, stopping en route at Bright to pick up some beers. That night it was weary ultra runners who worked through pizza and beer in Mt Beauty. In the back of my head I was reflecting over where I could improve my time next year; no other race in Australia has such challenging terrain as this one. Jonathan was emphatic, "It's the best race in Australia."

RESULTS

17 starters.

1 Jonathan Worswick	07:54:26
2 Kevin Tory	08:43:50
3 Richard Rossiter	08:54:01
4 Rudi Kinshofer	10:14:40
=5 Andrew Hewat	10:39:25
=5 Sean Greenhill	10:39:25

Upcoming Events

11th May Mothers Day Fun Run Domain. 8km at 7:30, 4km at 9:30. Info Susan Griffith, 9439-6060

25th May SMH Half Marathon (Super Series event and Club Championship). Entries closed.

15th June Nike Women's Classic. 9:00am 5km/10km. Info Joe Murphy (03) 9381-4666 or www.kinscrest.com.au/Nike. Team event also.

14th June Poor Man's Comrades Fat Ass Run 96km road run from Gosford Rail Station to the Opera House. See www.fatassworld.com/poormans or phone Kevin Tiller 0419-244-406.

22nd June Mini-Mos Marathon 10km (Super Series Event). 8:45am Allan Border Oval, Mosman. <http://www.minimosmarathon.com/>. or 0414 207 910 Register online for this race or Bilpin at www.coolrunnuning.com.au see right hand side for links in online rego section. Also 2km for the nippers.

29th June Woodford to Glenbrook 25km bush run. 10:15am from Woodford Railway Station, Blue Mountains. Phyl Hodgkinson on (02) 9689-8124.

6th July 1000th STaR

6th July Gold Coast Marathon. 07-5564-8766 or www.goldcoastmarathon.com.au

20th July Equaliser Internal Cross-Country (STRIDERS ONLY) - Super Series Event

27th July Cities Marathon 6:30am Sydney Town Hall to Rooty Hill. Phone (02) 9839-6075 or email Mark.Gibson@blacktown.nsw.gov.au. Remember there is a 21k Team Race also.

August 10th City-to-Surf, 14km. (Super Series Event) Entry forms available from June.

August 23rd Mt. Wilson - Bilpin 35k. (Super Series Event) Limited to 300 runners. Entry forms available now. Call Margaret Tadrose 0245-671262 or email fruit@hawknet.com.au.

Rest of Super Series Events for 2003

Sept 14th Sydney Marathon, Half or 10k.

October 19th Internal Handicap Half (STRIDERS ONLY).

November 1st Striders 10k, Lane Cove

Canberra Marathon 2003

Pl	Name	42.2k	Pl	50k	pl			
1	Jonathon Craig	2:39:43	9			51	Terri Vincelli	4:11:14 501
2	Christopher Dwyer	2:51:44	23			52	David Lancaster	4:11:33 503 5:08:02 38
3	Martin Matthews	2:56:14	36			53	Richard Tait	4:16:11 527
4	Gerry Arthur	2:59:23	48			54	Victoria Pilkerton	4:16:51 531
5	Stuart Chellis	2:59:37	52			55	Tim Schafer	4:17:21 534
6	Kelvin Marshall	3:04:29	66	3:44:25	7	56	Melissa Treloar	4:19:32 542
7	Lance White	3:06:20	74			57	Scott Treloar	4:19:33 543
8	Joel Mackay	3:07:59	78			58	Julie McGaw	4:24:24 558
9	Keith Bateman	3:08:29	81			59	Lilian Chuah	4:24:30 560
10	Ben McSweeney	3:08:39	82			60	James Moody	4:24:37 561
11	Catriona Cater	3:12:12	94			61	Fulvio Fabreschi	4:25:01 563 5:41:46 44
12	Gerard Donnan	3:13:34	100			62	Allison Lilley	4:25:06 566
13	Pierre Van Heerden	3:15:40	111	3:59:10	13	63	Rick Collins	4:30:21 590
14	Dawn Tiller	3:17:12	123			64	Kevin Tiller	4:32:04 593
15	Adrian Spragg	3:17:16	124			65	David East	4:32:59 596
16	Kendall Waller	3:18:31	134			66	Karey Millar	4:35:05 603
17	Barry Rutter	3:20:53	147			67	Frank Dearn	4:54:55 656
18	David Gayford	3:21:20	151			68	Michael Bailey	4:58:15 659
19	Stephen Jackson	3:22:57	160	4:05:56	18	69	Richard Wassell	4:58:15 660
20	Michael Sharp	3:26:11	177			70	Sam Chuah	dnf dnf
21	Andrew Bilsdon	3:26:11	178			71	Megan Jackson	hlp help
22	Mahmoud El-Khansa	3:26:48	184					
23	Paul Glare	3:29:07	215					
24	Scott Smiles	3:29:36	219					
25	Jose Vilar	3:31:48	239					
26	James Cryer	3:36:28	267					
27	Mike Hansen	3:36:48	270					
28	Peter Hammerschmidt	3:37:26	277					
29	Alan Smith	3:46:53	330					
30	Roland Hassall	3:47:36	335					
31	Paula Shingler	3:49:11	345					
32	Jeff Morunga	3:49:30	348					
33	Robin Cameron	3:51:07	355					
34	Graham Sharp	3:51:27	360					
35	Brian O'Dea	3:51:37	363					
36	Charles King	3:52:08	367					
37	Adrian Krahn	3:53:56	383					
38	Robert Wawrzyniak	3:55:16	400					
39	Ralph Melano	3:56:43	413					
40	Kevin O'Kane	3:57:33	418					
41	Mike Elliott	3:58:56	431					
42	Manuela Sumetzberger	4:00:22	431					
43	Ian Singer	4:01:05	448					
44	Graham Butler	4:02:45	457					
45	George Herisson	4:04:39	467					
46	Steve Packer	4:04:39	468					
47	Erica Morgan	4:06:47	482					
48	Stephen Kibble	4:07:33	488					
49	Steven Norden	4:07:37	489					
50	Manfred Fiedler	4:09:04	496					



Team picture of the MTG

What the MTG did !

By James Moody

It sounds like some sort of whodunnit, however I thought it might be of interest to let everybody know just what the MTG accomplished this year as part of their training for the Canberra Marathon.

At the annual general meeting this year the club elected George Herisson as the Director of the MTG. The MTG membership is open to all members of the club and has proved a worthwhile subgroup within the club. It has encouraged a number of new runners to join the club and expand their running horizons to include the 'Holy Grail' of running 'The Marathon'.

This year there are 16 first time marathoners in the MTG as well as a number of previously experienced runners who at the start of the season were not feeling up to the usual 6:00 AM group's speeds. This brought the total up to around 25 although on some Sunday mornings the group started with anything up to 35, some of whom started with the MTG and then took off with the faster groups as they came past.

The chart on the right is the basic data from the training program the MTG followed this year. It was designed with the assistance of a number of club members and previous MTG Directors. The training program called for a total of 1,474 kilometres to be run over a period of 24 weeks, I'm not sure how many actually completed this distance but there are a number who definitely did. The program encouraged the newer members of the MTG to join in other club runs for the mid-week kilometres they would need to make up the distances and most did so. Many of the MTG had never run further than 10 to 14 k's (you guessed it! The City-Surf) and to their credit they have turned up on Sunday mornings come rain, hail or shine to run and prepare for their first Marathon.

During the last 24 weeks we have seen the MTG transform from a group of middle distance runners into competent long distance runners, and while not yet sub 3 hour marathoners they have all started down the track to become Sydney Strider marathoners and even ultra marathoners of the future.

At the time of writing the MTG is one week away from Canberra and, after substantial bullying, have all submitted their expected times for the race. Interestingly enough they vary from 3:40 to 4:55 and it can be expected that they will all achieve their goals.

Many thanks to James and George for their great efforts every week to prepare the MTG for their marathon. Ed.

Week	Weekly kms	Sun run	Sun run date
1	40	15	3-Nov-2002
2	45	15	10-Nov-2002
3	46	15	17-Nov-2002
4	48	15	24-Nov-2002
5	48	15	1-Dec-2002
6	54	20	8-Dec-2002
7	54	20	15-Dec-2002
8	54	20	22-Dec-2002
9	60	20	29-Dec-2002
10	60	20	5-Jan-2003
11	60	25	12-Jan-2003
12	65	25	19-Jan-2003
13	65	25	26-Jan-2003
14	70	25	2-Feb-2003
15	70	30	9-Feb-2003
16	75	30	16-Feb-2003
17	75	30	23-Feb-2003
18	80	30	2-Mar-2003
19	80	30	9-Mar-2003
20	85	30	16-Mar-2003
21	70	35	23-Mar-2003
22	50	25	30-Mar-2003
23	40	20	6-Apr-2003
24	50	RACE	13-Apr-2003

Lost and Found

One Strider got a bit lost at the end of a recent STaR and wrote later to thank the hosts for waiting and sending search-parties - *'thank you for remaining at your post while the lame and halt returned. Your sacrifice was brought sharply into focus just this morning when one of the U.S. generals declared on the rescue of the young private in Iraq: "We will never give up on our own!"'* Is this to be the mission statement of STaR hosts?

Results

Open 3000m State Steeplechase C'ship, 8th March
 From **Caroline Yarnell**: Jo Cowan and I both ran in the championship at Homebush. Before the start we suffered numerous taunts from crusty old officials about how they had the ambulance crews on standby, how they'd thought this was an open event, not vets etc etc. We were unmoved. There were only two others in the race - young girls with ponytails. Well, they were 1st and 2nd needless to say. However, I think we both did VERY well. Jo was 3rd with 12:47 and I was 4th with 13:04. I'll certainly do it again, and would like to get in some training on the water jump, which needs some serious attention. So, there's an event for you all to consider, now Striders can register for track athletics!

Lindfield 10k Fun Run 23rd March

Randy Brophy	37:48	1st in age group
Ron Schwebel	40:11	1st in age group
Barry Rutter	43:26	2nd in age group
Jo Barton	43:29	1st in age group
Vivienne Kartsounis		2nd in age group

Marathon de Sables 6th-12th April

Last Blister we reported that Steve Urwin and Phil Hugill were racing 235km across the Sahara over seven days carrying their food and gear. They finished - Steve in 31:02:52 in 74th place, Phil in 57:45:55 in 544th place. Well done fellas!

Forster Iron Man 6th April

(3.8km swim, 180km bike, 42km run)

Sam Vella	10:29	
Mark Fiore	10:48	
Gary Aitkenhead	11:03	
David Clear	11:06	
Gillian Boshell	11:26	
Charles Coville	12:43	
Brenda Hamill	14:13	1 st 55-59 age grp

Boston Marathon 21st April

Craig Dunn	3:00:44	643 rd /17046 finishers
Heiko Schaefer	4:03:57	In 60-69 age grp 100 th /500

And some 2002 Results that didn't make last 'Blister'...

Zatopek 10k Melbourne 14th December

Jenny Truscott	35:52	11th
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Brindabella 46km 10th Nov

An improvised course as a result of bushfires.

Kelvin Marshall	3:47:46	6 th overall
Warwick Selby	3:49:25	2 nd M50, 7 th overall
Xandra Dunn	4:12:00	1 st Female, 10 th
Joanne Barton	4:44:02	3 rd Female, 19 th
Graham Butler	5:02:43	22 nd overall

Kelvin Marshall ran the **12 Hour Coastal Classic** on 5th Jan 2003 at Gosford completing 102.5 kms in the time which put him 3rd of 22 starters. The winner did 119km. He also ran in **Melbourne Trailwalker**, his team was 3rd to finish in 13:04 although one team member dropped out. (The Gurkhas won in 11 hrs).

Other News

David Sill has been admitted as a member of the UK '100 Marathon Club'.

Six Foot Track '12 Hard Finishes' Belt - Kelvin Marshall

Six Foot Track Buckles (6 finishes) - Tina Campbell, Sean Greenhill, George Lisson.

Cedric Sidebotham, a Strider in the 1980s and early 1990s passed away in February. Cedric had four Six Foot Track finishes with a PB of 4:59 and did timekeeping at the Vets Time Trials at Hensley field for many years.

Training Tip?

Richard Wassell checked out a training website recommended by Jim Moody and found this:

"Sprinting speed can be developed in a number of ways:

Towing - the athlete is towed behind a motor cycle at a speed of 0.1 to 0.3 secs faster than the athlete's best for a rolling 30m. This pace is held for 20m to 30m following a gradual build up to max speed over 60m to 70m

Elastic Pull - two tubular elastic ropes are attached to the athlete - two coaches, positioned forward and to each side of the athlete, extend the elastic to full stretch and the athlete is virtually catapulted over the first 10m from a standing or crouched start

I am sure you can appreciate the potential dangers with these methods." 'My sentiments exactly!!' said Richard.

(If any Striders are game enough to make use of these interesting methods please send photographs, Ed.)

Sydney Striders Annual Awards Dinner 1st May

From Michael Bailey

Striders gathered at Gordon Rugby Club for the Annual Awards Dinner to applaud the outstanding performances and contributions of 2002. Social Events Organizer, Michael Bailey, organised the evening and acted as MC.

The dilemma is "do we hold the function or not?"

As a committee member and organizer of the event, I believe it to be vitally important for the future success of the Club, to continually recognize the outstanding achievements of members. Every member is eligible for at least one award – by that I mean that the slower runners amongst us are by no means excluded – even I won the 'Improver of the Year Award' once!

The other side of the equation is that members don't seem very keen to attend. I quite accept the right of everyone to choose to attend or not. But, when so much effort goes in to the organising (not just by me), one does wonder if it's all worth it.

As a result of the Club's success in attracting more than the break-even numbers of financial members required to cover annual expenses, there is small surplus funding available to subsidize events such as this. The benefit of this surplus naturally has to be made available to all Club members equally and that is why your Committee allocates it in the way it does.

The result is that the Committee budgeted for a small loss this dinner. The outcome being that members pay less than the cost of the function and enables us to provide excellent value.

Suggestions for an event more likely to attract the attendance of greater numbers of members would be gratefully received by the Committee.

Having said that, the evening was terrific! The Gordon Club, it is generally agreed, is a particularly good venue for our dinners, the food is good, plentiful and with variety, it is reasonably priced, the staff are willing, helpful and flexible, what more could we ask?

Listed below are the individual winners of the many categories of awards won, congratulations to all.

Two awards deserve individual mention. Firstly, the President's Award for Excellence went this year to Stephen Jackson. Many of us take for granted the almost instantaneous publication of results of all the various races we run. The results are categorized as age and gender adjusted, age grouped, outright etc, etc – all this involves an enormous amount of effort and Stephen is a most deserving winner of this important award.

The Maria Gemenis-Cruickshank Award is voted by the members and is awarded for the most outstanding achievement by a Club member in an absolute sense in the past year. Chris Truscott's 2 hours 29 minutes Berlin Marathon was indeed an absolutely outstanding run. Chris had a long-standing previous engagement (a family wedding) in Queensland and unfortunately wasn't present to receive the applause on the night, but our congratulations are well deserved.

The Club Championship awards had been presented at the Xmas Brunch. Tonight's awards were for the fastest run of the year and have been moved from the Brunch to give time for all results to be collected.

Debut Marathon Award (athlete's first ever marathon, not just their first marathon as a Strider)

Male	Victor Donovic	3.40.47 Sydney
Female	Andrea McDonald	3.39.36 Canberra

Sub 3 Hour Marathon Improver Award

Chris Truscott From 2.36.19 in Rotterdam to 2.29.44 in Berlin. 4.21% improvement

Sub 4 Hour Marathon Improver Award

Martin Matthews From 4.02.00 to 3.18.26 at Sydney. 18% improvement

Open Marathon Award

Male	Chris Truscott	2.29.44 Berlin.
	(Only the 4 th Strider to run under 2:30:00)	
Female	Dawn Tiller	3.14.08 Canberra

Veteran Marathon Award

Male (40-49)	Greg Donovan	2.55.04 Canberra
Female (35-49)	Dawn Tiller	3.14.08 Canberra

Masters Marathon Award (50-59)

Male Chris Dwyer 2.57.09 Berlin
Female Tina Campbell 3.48.11 Canberra

Seniors Marathon Award (60-69)

Male Peter Hammerschmidt 3.22.00 Boston
Female No Award

Open Half Marathon Award

Male Chris Truscott 1.10.20 Gold Coast
Female Jo Cowan 1.23.30 SMH Half

Veterans Half Marathon Award

Male Greg Donovan 1.22.16 SMH Half
Female Jo Cowan 1.23.30 SMH Half

Masters Half Marathon Award

Male Ron Schwebel 1.26.36 SMH Half
Female Tina Campbell 1.48.22 SMH Half

Seniors Half Marathon Award

Male Ray Doran 1.27.16 SMH Half
Female No Award

Ultra Runner Of The Year

Male Kelvin Marshall
Female Dawn Tiller

Improver Of The Year

John Van Yzendoorn for Personal Bests: 10k 38.22,
City to Surf 56.16, SMH 1.26.22
Sydney Marathon 3.07.22

Encouragement Award

Allison Lilley. For her all-round good efforts

Triathlete Of The Year Award

Mark Preston. For winning the Clydesdale Masters (40+) section of the ITU World Championships.

STaR Host Of The Year Award

Richard Wassell and Brad Renshaw for the 'Iron Cove Bolter'.

Honourable mentions to 'Bobbin Head Revisited' – Kevin O'Kane, 'Ten Bridges Classic' – Andrew & Penny Smith, 'SMH Half' – Keith & Margaret White, 'City-to-Surf' – Bronwyn Wassell & Judy Hansen, 'Cherrybrook Circuit' – Kirsten and Nick Themsen, 'Mosman Reversed' – John Simmons.

Best of the Blister

Michael Bailey 'My Journey to the Kepler Challenge'.

2nd was David Sill's 'Spartathlon' and 3rd Steve Cornelius' 'The Gong – A Classic Road Race of Australia'.



Michael Bailey (R) receives 'Best of the Blister' award from the Editor.

President's Award For Excellence

Stephen Jackson

Maria Gemenis-Cruickshank Outstanding Achievement Award

Chris Truscott

Joanne Cowan was 2nd and Jenny Truscott 3rd.

St.Henri Challenge

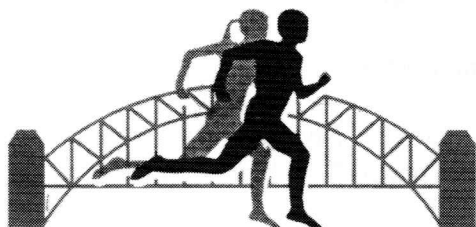
For the Striders whose predicted Canberra Marathon time came closest to their result. The prize – a bottle of St.Henri Shiraz.

Experienced Runner category Kevin O'Kane
Debut Runner category Gerry Arthur

Kevin predicted a time of 3:57:30 and ran 3:57:33 – only 3 seconds out. Gerry predicted 2:57:20 and ran 2:59:23, 2m 3s out.

Sydney Striders 10k Series 2003

Sponsored by Sydney Running Centre



SYDNEY RUNNING CENTRE

Edgecliff Centre, Shop 21, 203-233 New South Head Road
Edgecliff Telephone: 9362 0422

Race 1 Lane Cove 1st February 2003 Outright Results

Open Men

1	Dean Degan	33.23	1 st Strider
2	Damien Tancred	33.29	
3	John Young	34.28	2 nd Strider

Open Women

1	Joanne Cowan	38.42	1 st Strider
2	Barbara Hill	40.50	
3	Catriona Cater	41.30	2 nd Strider

Pl		H:m:s
1	Dean Degan	0.33.23
2	John Young	0.34.20
3	Darren Benson	0.34.28
4	Andrew Gibbons	0.34.53
5	Jonathon Craig	0.35.48
6	Ross Sinclair	0.36.34
7	Stuart Chellis	0.36.43
8	Randall Brophy	0.36.45
9	Mark Wilson	0.36.50
10	Peter Truscott	0.37.11
11	David Burgess	0.37.14
12	Martin Matthews	0.37.37
13	Keith Bateman	0.38.25
14	Joanne Cowan	0.38.42
15	Steve Hume	0.38.51
16	Greg Donovan	0.39.05
17	Joel Mackay	0.39.24
18	Lance White	0.39.48
19	Grahame Murphy	0.39.50
20	George Lisson	0.40.20
21	Richard Deutsch	0.40.34

22	Nick Adams	0.40.42
23	Ron Schwebel	0.40.43
24	John Van Yzendoorn	0.40.45
25	Adrian Spragg	0.40.57
26	Ray Doran	0.40.58
27	Mark Robinson	0.41.09
28	Neil Barker	0.41.28
29	Catriona Cater	0.41.30
30	Tim Austin	0.41.37
31	Victor Donovic	0.41.41
32	Jonathan Gliksten	0.42.20
33	Kendall Waller	0.42.26
34	Karen Van Esveld	0.42.28
35	Caroline Yarnell	0.42.38
36	James Cryer	0.42.39
37	Barry Rutter	0.42.50
38	Alex McAlister	0.43.07
39	Rod Lovel	0.43.12
40	David Gayford	0.43.13
41	Mark Davis	0.43.14
42	Gary Aitkenhead	0.43.15
43	Michael Sharp	0.43.25
44	Peter Hammerschmidt	0.43.35
45	Adam Cresswell	0.43.51
46	Salvador Gala	0.43.56
47	John Sneddon	0.44.13
48	Mark Schaefer	0.44.34
49	Ralph Melano	0.44.48
50	Jeff Morehen	0.44.53
51	Mike Hansen	0.45.06
52	Graham Butler	0.45.12
53	Lisa Carroli	0.45.13
54	Luke Peterson	0.45.19
55	Tracey Halliday	0.45.23
56	Tim Deane	0.45.30
57	Charles King	0.45.47
58	Gregory Prerau	0.45.52
59	Iain Martin	0.46.12
60	Campbell Reid	0.46.13
61	David Camm	0.46.15
62	Gavin Morisset	0.46.25
63	George Herisson	0.46.29
64	Brian O'Dea	0.46.31
65	Graham Sharp	0.46.34
66	Robert Wawrzyniak	0.46.41
67	Mike Ward	0.46.48
68	Giselle Larcombe	0.46.49
69	Dean Gardiner	0.46.52
70	David Ritchie	0.46.55
71	Glenda Mitchell	0.46.56

72	Walter Mitchell	0.46.57
73	Jim Screen	0.47.04
74	Olivia Collier	0.47.07
75	Nick Woodhams	0.47.21
76	Fernando Santisteban	0.47.27
77	Manuela Sumetzberger	0.47.28
78	Philip Kennedy	0.47.34
79	Jacqui Matthews	0.47.46
80	David Lancaster	0.47.57
81	Stephen Kibble	0.48.06
82	Tracey Love	0.48.08
83	Erica Morgan	0.48.22
84	Mary Stringer	0.48.24
85	Kevin O'Kane	0.48.32
86	Dennis Nel	0.48.33
87	Paul Thompson	0.48.36
88	Graham Willis	0.48.41
89	Heiko Schaefer	0.48.46
90	Clara Vucetic	0.49.06
91	John Kerr	0.49.34
92	Ross McCarty	0.49.35
93	Paul Trainor	0.49.43
94	Patricia Twaalfhoven	0.49.46
95	Manfred Fiedler	0.49.56
96	David East	0.49.57
97	Rebecca Deane	0.50.04
98	Elizabeth Woodhams	0.50.18
99	Ruth McColl	0.50.22
100	Hans Pandeya	0.50.34
101	Steve Packer	0.51.01
102	Jeff Morunga	0.51.15
103	Peter Woods	0.51.27
104	Alastair Wallace	0.52.25
105	James Moody	0.52.43
106	Frances Brown	0.52.46
107	Denis Speyer	0.53.12
108	Benny Gauci	0.53.24
109	Leigh MacRitchie	0.53.37
110	Allison Lilley	0.54.04
111	Eliza Rayward	0.54.43
112	Jurg Kunzle	0.54.50
113	Richard Wassell	0.55.19
114	Mercy Samia	0.55.20
115	Eric Schmierer	0.56.40
116	Beryl Wilson	0.57.19
117	Frank Dearn	0.57.52
118	Kerryn Parkinson	0.58.46
119	Alistair Cooke	1.00.44
120	Megan Jackson	1.03.20

Race 2 North Head 1st March 2003**Outright Results****Open Men**

1	Martin Considine	33.06	
2	Darren Benson	33.13	1 st Strider
3	Patrick Hay	33.20	

Open Women

1	Joanne Cowan	38.10	1 st Strider
2	Jenny Truscott	39.18	2 nd Strider
3	Catriona Cater	41.37	3 rd Strider

1	Darren Benson	0.33.13
2	John Young	0.34.37
3	Jonathon Craig	0.34.44
4	Stuart Chellis	0.35.43
5	Christopher Dwyer	0.35.46
6	Peter Truscott	0.35.48
7	Ross Sinclair	0.36.00
8	Anthony Wong	0.36.21
9	Gerry Arthur	0.36.31
10	Mark Wilson	0.36.34
11	Randall Brophy	0.36.48
12	Greg Coy	0.37.38
13	Steve Hume	0.38.06
14	Joanne Cowan	0.38.10
15	Craig Dunn	0.38.22
16	Joel Mackay	0.38.36
17	Greg Donovan	0.38.46
18	Jenny Truscott	0.39.18
19	Ron Schwebel	0.39.23
20	Grahame Murphy	0.39.38
21	Stephen Bodnar	0.40.02
22	Jaap Bakker	0.40.22
23	Stephen Jackson	0.40.39
24	Walter Mitchell	0.40.42
25	Adrian Spragg	0.40.50
26	Alex McAlister	0.40.57
27	Mark Robinson	0.41.01
28	Luke Peterson	0.41.07
29	Michael Sharp	0.41.14
30	Kendall Waller	0.41.18
31	Barry Rutter	0.41.36
32	Catriona Cater	0.41.37
33	James Cryer	0.41.45
34	Rod Lovel	0.42.12
35	Simon Kent-Jones	0.42.13
36	David Gayford	0.42.21
37	Richard Deutsch	0.42.54
38	James Woodhams	0.42.56
39	Alex Whitworth	0.43.05
40	Salvador Gala	0.43.12
41	Mark Schaefer	0.43.15
42	Ralph Melano	0.43.37
43	Mohammed Alkhub	0.43.41

Race Officials: Heather Forster, Tony Partridge, Joe Degabriele, John Sauer, Robert Chalmers, Stephen Jackson, Mary Barnes, Shirley Rutter, Michael Wilson.

44	John Sneddon	0.43.45
45	Scott Smiles	0.43.46
46	Sean Greenhill	0.43.49
47	Ken Harris	0.43.50
48	Dean Gardiner	0.43.52
49	George Lisson	0.43.53
50	Lisa Carroli	0.43.57
51	Iain Martin	0.44.06
52	Mark Davis	0.44.11
53	Peter Hammerschmidt	0.44.12
54	Brian O'Dea	0.45.00
55	Olivia Collier	0.45.13
56	Tim Deane	0.45.15
57	Darren Goodsir	0.45.24
58	Gavin Morisset	0.45.40
59	Charles King	0.45.57
60	Keith White	0.46.04
61	Mary Stringer	0.46.10
62	Robert Wawrzyniak	0.46.18
63	Paula Shingler	0.46.21
64	Mark Shingler	0.46.22
65	Campbell Reid	0.46.23
66	Paul Bullas	0.46.40
67	Glenda Mitchell	0.46.45
68	Stephen Kibble	0.46.59
69	Paul Thompson	0.47.03
70	Nick Woodhams	0.47.05
71	Jacqui Matthews	0.47.07
72	Michael Rees-Evans	0.47.13
73	Amy Fisher	0.47.24
74	Ross McCarty	0.47.34
75	George Herisson	0.47.36
76	Heiko Schaefer	0.47.41
77	David Lancaster	0.48.11
78	Steve Stewart	0.48.21
79	Jeff Morunga	0.48.42
80	Quinn Askeland	0.48.43
81	Graham Willis	0.49.01
82	Steve Packer	0.49.02
83	Elizabeth Woodhams	0.49.08
84	John Kerr	0.49.27
85	Manfred Fiedler	0.49.39
86	Patricia Twaalfhoven	0.49.54
87	Joanna Henao	0.50.10
88	Mary Barnes	0.50.19
89	Amanda Garland	0.50.23
90	Lesley Maher	0.50.34
91	Kevin O'Kane	0.50.35
92	Rebecca Deane	0.50.55
93	Eric Schmierer	0.50.58
94	Michael Free	0.51.00
95	Rachel Johnson-Kelly	0.51.15
96	Denis Speyer	0.51.36
97	Hans Pandeya	0.51.44
98	Kylie Catchpole	0.52.19

99	Marcus Juhasz	0.52.35
100	Benny Gauci	0.52.45
101	David Cooke	0.53.08
102	Ted Brailey	0.53.12
103	Jurg Kunzle	0.53.17
104	Allison Lilley	0.54.29
105	Geoffery Crowther	0.54.59
106	Richard Crnek	0.55.43
107	Alf Field	0.56.21
108	Sue Hill	0.57.55
109	Joanna White	0.58.02
110	Frank Dearn	0.58.38
111	Penny Smith	0.58.40
112	Megan Jackson	0.58.51
113	Tony Partridge	1.02.13
114	David Burgess	dnf
115	Victor Donovic	dnf
116	Keith Bateman	dnf

Race Officials: Tina Campbell, Heather Forster, Tracey Love, David Ritchie, Gordon Forsyth, Jim Screen, Peter Woods, Joe Degabriele, Sue Partridge, Helen Forsyth, Shirley Rutter, Deborah Degabriele.

Race 3 Lane Cove 5th April 2003 Outright Results

Open Men

1	Darren Benson	34.19	1 st Strider
2	Jonathon Craig	34.22	2 nd Strider
3	John Young	35.00	3 rd Strider

Open Women

1	Jenny Truscott	37.32	1 st Strider
2	Joanne Cowan	39.12	2 nd Strider
3	Catriona Cater	40.50	3 rd Strider

1	Darren Benson	0.34.19
2	Jonathon Craig	0.34.22
3	John Young	0.35.00
4	Peter Truscott	0.35.13
5	Mark Wilson	0.36.14
6	David Burgess	0.36.16
7	Ross Sinclair	0.36.19
8	Gerry Arthur	0.36.34
9	Martin Matthews	0.37.05
10	Keith Bateman	0.37.13
11	Greg Coy	0.37.17
12	Stephen Jackson	0.37.27
13	Jenny Truscott	0.37.32
14	Steve Hume	0.37.42
15	Joel Mackay	0.38.24
16	Ron Schwebel	0.38.45
17	Joanne Cowan	0.39.12
18	Benjamin McSweeney	0.39.22

19	Lance White	0.39.34
20	Jaap Bakker	0.39.36
21	Ray Doran	0.39.42
22	Stephen Bodnar	0.39.46
23	Greg Donovan	0.39.49
24	Adrian Spragg	0.39.52
25	John Van Yzendoorn	0.40.11
26	Michael Sharp	0.40.28
27	Victor Donovic	0.40.29
28	Kendall Waller	0.40.33
29	Tim Austin	0.40.40
30	Catriona Cater	0.40.50
31	Luke Peterson	0.40.51
32	Ken Harris	0.41.03
33	Bruce Craven	0.41.54
34	Alex Jensen	0.41.56
35	Cameron Arnold	0.42.22
36	Dean Gardiner	0.42.23
37	Jeff Morehen	0.42.36
38	Salvador Gala	0.42.38
39	Mohammed Alkhub	0.42.39
40	John Sneddon	0.42.45
41	Andrew Smith	0.42.50
42	Caroline Yarnell	0.43.17
43	Ralph Melano	0.43.39
44	Vivienne Kartsounis	0.43.49
45	Tim Deane	0.43.59
46	Rod Lovel	0.44.00
47	Rachel Smith	0.44.06
48	Mark Shingler	0.44.07
49	Ian Singer	0.44.17
50	Paul Glare	0.44.55
51	Mark Davis	0.45.02
52	Graham Sharp	0.45.04
53	Campbell Reid	0.45.09
54	Mike Hansen	0.45.14
55	Charles King	0.45.29
56	Jeff Morunga	0.45.43
57	Paul Thompson	0.45.45
58	Mike Ward	0.45.46
59	Jacqui Matthews	0.45.51
60	David Camm	0.45.57
61	Kevin O'Kane	0.46.25
62	Heiko Schaefer	0.46.27
63	Keith White	0.46.48
64	Mario Torresan	0.46.50
65	James Moody	0.46.55
66	Paula Shingler	0.47.03
67	Quinn Askeland	0.47.09
68	Nick Woodhams	0.47.29
69	Peter Hammerschmidt	0.47.34
70	David Bray	0.47.37
71	Hans Pandeya	0.47.44
72	Clara Vucetic	0.47.59
73	Neil McPherson	0.48.05

74	Rebecca Deane	0.48.17
75	George Lisson	0.48.20
76	Denis Speyer	0.48.31
77	Tina Campbell	0.48.48
78	Brian Ogilwy	0.48.49
79	Manfred Fiedler	0.49.03
80	Ted Brailey	0.49.10
81	Amanda Garland	0.49.17
82	Michael Free	0.49.32
83	Heather Forster	0.49.45
84	David Cooke	0.50.04
85	Sharon Callister	0.50.16
86	George Herisson	0.50.17
87	Joe Flinn	0.50.59
88	Jurg Kunzle	0.53.00
89	Eric Schmierer	0.53.12
90	Per Jensen	0.54.14
91	Richard Crnek	0.55.14
92	Mary Barnes	0.55.15
93	Allison Lilley	0.55.31
94	Kerryn Parkinson	0.56.19
95	Geoffery Crowther	0.56.55
96	Tracey Love	0.57.25
97	Frank Dearn	0.58.25
98	Penny Smith	0.59.11

Race Officials: Elizabeth Woodhams, Robin Cameron, Shirley Rutter, Megan Jackson, Ian Whitfield, Brian O'Dea, Barry Rutter, Gavin Morisset, Mark Schaefer, David Gayford, Peter Woods, Joe Degabriele

10k Female Outright

Pl	Name	LC	NH	LC	Tot
1	Joanne Cowan	60	61	57	178
2	Catriona Cater	56	53	43	152
3	Jacqui Matthews	45	46	48	139
4	Allison Lilley	35	36	39	110
5	Elizabeth Woodhams	38	44	26	108
6	Rebecca Deane	29	30	45	104
7	Caroline Yarnell	51	0	51	102
8	Jenny Truscott	0	46	50	96
9	Glenda Mitchell	48	47	0	95
10	Mary Stringer	42	49	0	91
11	Megan Jackson	31	33	26	90
12	Clara Vucetic	41	0	46	87
12	Olivia Collier	47	40	0	87
14	Tracey Love	44	2	37	83
15	Lisa Carroli	40	41	0	81
16	Paula Shingler	0	38	37	75
16	Amanda Garland	0	42	33	75
18	Penny Smith	0	33	36	69
19	Heather Forster	20	2	42	64

44	John Sneddon	0.43.45
45	Scott Smiles	0.43.46
46	Sean Greenhill	0.43.49
47	Ken Harris	0.43.50
48	Dean Gardiner	0.43.52
49	George Lisson	0.43.53
50	Lisa Carroli	0.43.57
51	Iain Martin	0.44.06
52	Mark Davis	0.44.11
53	Peter Hammerschmidt	0.44.12
54	Brian O'Dea	0.45.00
55	Olivia Collier	0.45.13
56	Tim Deane	0.45.15
57	Darren Goodsir	0.45.24
58	Gavin Morisset	0.45.40
59	Charles King	0.45.57
60	Keith White	0.46.04
61	Mary Stringer	0.46.10
62	Robert Wawrzyniak	0.46.18
63	Paula Shingler	0.46.21
64	Mark Shingler	0.46.22
65	Campbell Reid	0.46.23
66	Paul Bullas	0.46.40
67	Glenda Mitchell	0.46.45
68	Stephen Kibble	0.46.59
69	Paul Thompson	0.47.03
70	Nick Woodhams	0.47.05
71	Jacqui Matthews	0.47.07
72	Michael Rees-Evans	0.47.13
73	Amy Fisher	0.47.24
74	Ross McCarty	0.47.34
75	George Herisson	0.47.36
76	Heiko Schaefer	0.47.41
77	David Lancaster	0.48.11
78	Steve Stewart	0.48.21
79	Jeff Morunga	0.48.42
80	Quinn Askeland	0.48.43
81	Graham Willis	0.49.01
82	Steve Packer	0.49.02
83	Elizabeth Woodhams	0.49.08
84	John Kerr	0.49.27
85	Manfred Fiedler	0.49.39
86	Patricia Twaalfhoven	0.49.54
87	Joanna Henao	0.50.10
88	Mary Barnes	0.50.19
89	Amanda Garland	0.50.23
90	Lesley Maher	0.50.34
91	Kevin O'Kane	0.50.35
92	Rebecca Deane	0.50.55
93	Eric Schmierer	0.50.58
94	Michael Free	0.51.00
95	Rachel Johnson-Kelly	0.51.15
96	Denis Speyer	0.51.36
97	Hans Pandeya	0.51.44
98	Kylie Catchpole	0.52.19

99	Marcus Juhasz	0.52.35
100	Benny Gauci	0.52.45
101	David Cooke	0.53.08
102	Ted Brailey	0.53.12
103	Jurg Kunzle	0.53.17
104	Allison Lilley	0.54.29
105	Geoffery Crowther	0.54.59
106	Richard Crnek	0.55.43
107	Alf Field	0.56.21
108	Sue Hill	0.57.55
109	Joanna White	0.58.02
110	Frank Dearn	0.58.38
111	Penny Smith	0.58.40
112	Megan Jackson	0.58.51
113	Tony Partridge	1.02.13
114	David Burgess	dnf
115	Victor Donovic	dnf
116	Keith Bateman	dnf

Race Officials: Tina Campbell, Heather Forster, Tracey Love, David Ritchie, Gordon Forsyth, Jim Screen, Peter Woods, Joe Degabriele, Sue Partridge, Helen Forsyth, Shirley Rutter, Deborah Degabriele.

Race 3 Lane Cove 5th April 2003 Outright Results

Open Men

1	Darren Benson	34.19	1 st Strider
2	Jonathon Craig	34.22	2 nd Strider
3	John Young	35.00	3 rd Strider

Open Women

1	Jenny Truscott	37.32	1 st Strider
2	Joanne Cowan	39.12	2 nd Strider
3	Catriona Cater	40.50	3 rd Strider

1	Darren Benson	0.34.19
2	Jonathon Craig	0.34.22
3	John Young	0.35.00
4	Peter Truscott	0.35.13
5	Mark Wilson	0.36.14
6	David Burgess	0.36.16
7	Ross Sinclair	0.36.19
8	Gerry Arthur	0.36.34
9	Martin Matthews	0.37.05
10	Keith Bateman	0.37.13
11	Greg Coy	0.37.17
12	Stephen Jackson	0.37.27
13	Jenny Truscott	0.37.32
14	Steve Hume	0.37.42
15	Joel Mackay	0.38.24
16	Ron Schwebel	0.38.45
17	Joanne Cowan	0.39.12
18	Benjamin McSweeney	0.39.22

19	Lance White	0.39.34
20	Jaap Bakker	0.39.36
21	Ray Doran	0.39.42
22	Stephen Bodnar	0.39.46
23	Greg Donovan	0.39.49
24	Adrian Spragg	0.39.52
25	John Van Yzendoorn	0.40.11
26	Michael Sharp	0.40.28
27	Victor Donovic	0.40.29
28	Kendall Waller	0.40.33
29	Tim Austin	0.40.40
30	Catriona Cater	0.40.50
31	Luke Peterson	0.40.51
32	Ken Harris	0.41.03
33	Bruce Craven	0.41.54
34	Alex Jensen	0.41.56
35	Cameron Arnold	0.42.22
36	Dean Gardiner	0.42.23
37	Jeff Morehen	0.42.36
38	Salvador Gala	0.42.38
39	Mohammed Alkhub	0.42.39
40	John Sneddon	0.42.45
41	Andrew Smith	0.42.50
42	Caroline Yarnell	0.43.17
43	Ralph Melano	0.43.39
44	Vivienne Kartsounis	0.43.49
45	Tim Deane	0.43.59
46	Rod Lovel	0.44.00
47	Rachel Smith	0.44.06
48	Mark Shingler	0.44.07
49	Ian Singer	0.44.17
50	Paul Glare	0.44.55
51	Mark Davis	0.45.02
52	Graham Sharp	0.45.04
53	Campbell Reid	0.45.09
54	Mike Hansen	0.45.14
55	Charles King	0.45.29
56	Jeff Morunga	0.45.43
57	Paul Thompson	0.45.45
58	Mike Ward	0.45.46
59	Jacqui Matthews	0.45.51
60	David Camm	0.45.57
61	Kevin O'Kane	0.46.25
62	Heiko Schaefer	0.46.27
63	Keith White	0.46.48
64	Mario Torresan	0.46.50
65	James Moody	0.46.55
66	Paula Shingler	0.47.03
67	Quinn Askeland	0.47.09
68	Nick Woodhams	0.47.29
69	Peter Hammerschmidt	0.47.34
70	David Bray	0.47.37
71	Hans Pandeya	0.47.44
72	Clara Vucetic	0.47.59
73	Neil McPherson	0.48.05

74	Rebecca Deane	0.48.17
75	George Lisson	0.48.20
76	Denis Speyer	0.48.31
77	Tina Campbell	0.48.48
78	Brian Ogilwy	0.48.49
79	Manfred Fiedler	0.49.03
80	Ted Brailey	0.49.10
81	Amanda Garland	0.49.17
82	Michael Free	0.49.32
83	Heather Forster	0.49.45
84	David Cooke	0.50.04
85	Sharon Callister	0.50.16
86	George Herisson	0.50.17
87	Joe Flinn	0.50.59
88	Jurg Kunzle	0.53.00
89	Eric Schmierer	0.53.12
90	Per Jensen	0.54.14
91	Richard Crnek	0.55.14
92	Mary Barnes	0.55.15
93	Allison Lilley	0.55.31
94	Kerryn Parkinson	0.56.19
95	Geoffery Crowther	0.56.55
96	Tracey Love	0.57.25
97	Frank Dearn	0.58.25
98	Penny Smith	0.59.11

Race Officials: Elizabeth Woodhams, Robin Cameron, Shirley Rutter, Megan Jackson, Ian Whitfield, Brian O'Dea, Barry Rutter, Gavin Morisset, Mark Schaefer, David Gayford, Peter Woods, Joe Degabriele

10k Female Outright

Pl	Name	LC	NH	LC	Tot
1	Joanne Cowan	60	61	57	178
2	Catriona Cater	56	53	43	152
3	Jacqui Matthews	45	46	48	139
4	Allison Lilley	35	36	39	110
5	Elizabeth Woodhams	38	44	26	108
6	Rebecca Deane	29	30	45	104
7	Caroline Yarnell	51	0	51	102
8	Jenny Truscott	0	46	50	96
9	Glenda Mitchell	48	47	0	95
10	Mary Stringer	42	49	0	91
11	Megan Jackson	31	33	26	90
12	Clara Vucetic	41	0	46	87
12	Olivia Collier	47	40	0	87
14	Tracey Love	44	2	37	83
15	Lisa Carroli	40	41	0	81
16	Paula Shingler	0	38	37	75
16	Amanda Garland	0	42	33	75
18	Penny Smith	0	33	36	69
19	Heather Forster	20	2	42	64

Pl	Name	LC	NH	LC	Tot
20	Patricia Twaalfhoven	30	33	0	63
21	Benny Gauci	26	27	0	53
21	Karen Van Esveld	53	0	0	53
23	Tracey Halliday	49	0	0	49
23	Kerryn Parkinson	21	0	28	49
25	Tina Campbell	0	2	44	46
25	Manuela Sumetzberger	46	0	0	46
27	Sharon Callister	0	0	42	42
28	Lesley Maher	0	41	0	41
29	Vivienne Kartsounis	0	0	40	40
30	Rachel Johnson-Kelly	0	39	0	39
30	Rachel Smith	0	0	39	39
32	Kylie Catchpole	0	38	0	38
33	Frances Brown	37	0	0	37
34	Sue Hill	0	35	0	35
34	Amy Fisher	0	35	0	35
36	Joanna White	0	34	0	34
37	Erica Morgan	33	0	0	33
38	Beryl Wilson	32	0	0	32
39	Shirley Rutter	2	2	26	30
39	Mary Barnes	0	0	30	30
41	Robin Cameron	0	0	26	26
42	Eliza Rayward	24	0	0	24
43	Mercy Samia	23	0	0	23

10k Male Outright

Pl	Name	LC	NH	LC	Tot
1	Darren Benson	60	60	60	180
2	Jonathon Craig	53	53	56	162
3	Ross Sinclair	51	48	48	147
4	Mark Wilson	48	45	50	143
5	Steve Hume	44	43	42	129
6	Joel Mackay	42	41	41	124
7	Greg Donovan	43	40	34	117
8	Ron Schwebel	37	39	40	116
9	David Burgess	48	13	50	111
10	Keith Bateman	45	12	45	102
11	Adrian Spragg	35	33	33	101
12	Randall Brophy	49	44	0	93
12	Gerry Arthur	0	46	47	93
14	Peter Truscott	0	39	51	90
15	John Young	0	46	43	89
16	Stephen Jackson	2	36	44	82
17	Michael Sharp	21	29	31	81
17	Stuart Chellis	40	41	0	81
19	Lance White	41	0	38	79
20	Victor Donovic	30	12	30	72
20	Stephen Bodnar	0	37	35	72
20	Martin Matthews	36	0	36	72
23	Ray Doran	34	0	36	70
24	Luke Peterson	12	30	27	69
25	John Van Yzendoorn	36	0	32	68
26	Rod Lovel	25	26	14	65

26	George Lisson	40	13	12	65
28	Mark Robinson	33	31	0	64
29	Jaap Bakker	0	26	37	63
30	Tim Austin	31	0	28	59
31	Barry Rutter	28	28	2	58
31	Salvador Gala	18	20	20	58
33	Andrew Gibbons	56	0	0	56
34	James Cryer	28	27	0	55
35	David Gayford	24	24	2	50
36	Ralph Melano	15	18	16	49
37	Dean Gardiner	12	14	22	48
38	Mark Davis	23	12	12	47
39	Walter Mitchell	12	34	0	46
40	Peter Hammerschmidt	20	12	12	44
40	Greg Coy	0	0	44	44
42	Richard Deutsch	29	13	0	42
43	Christopher Dwyer	0	40	0	40
44	Grahame Murphy	0	38	0	38
44	Nick Adams	38	0	0	38
44	Alex McAlister	16	22	0	38
47	Anthony Wong	0	37	0	37
47	Mark Schaefer	16	19	2	37
49	Frank Dearn	12	12	12	36
49	Manfred Fiedler	12	12	12	36
49	Heiko Schaefer	12	12	12	36
49	Jurg Kunzle	12	12	12	36
49	Kevin O'Kane	12	12	12	36
49	Paul Thompson	12	12	12	36
49	George Herisson	12	12	12	36
49	Mohammed Alkhub	0	17	19	36
49	Charles King	12	12	12	36
49	Jeff Morunga	12	12	12	36
49	Denis Speyer	12	12	12	36
60	Jeff Morehen	14	0	21	35
61	Craig Dunn	0	32	0	32
62	John Sneddon	17	6	8	31
63	Jonathan Gliksten	29	0	0	29
63	Benjamin McSweeney	0	0	29	29
65	Gavin Morisset	12	12	2	26
65	Brian O'Dea	12	12	2	26
65	Nick Woodhams	12	2	12	26
65	Eric Schmierer	2	12	12	26
65	Ken Harris	0	0	26	26
70	Mike Hansen	13	0	12	25
70	Mark Shingler	0	12	13	25
70	Bruce Craven	0	0	25	25
70	Simon Kent-Jones	0	25	0	25
74	Ted Brailey	0	12	12	24
74	Graham Willis	12	12	0	24
74	James Moody	12	0	12	24
74	Mike Ward	12	0	12	24
74	David Camm	12	0	12	24
74	Steve Packer	12	12	0	24
74	Graham Sharp	12	0	12	24
74	Robert Wawrzyniak	12	12	0	24

Pl	Name	LC	NH	LC	Tot
74	Iain Martin	12	12	0	24
83	Gary Aitkenhead	22	0	0	22
83	Neil Barker	22	0	0	22
85	Alex Whitworth	0	21	0	21
86	Kendall Waller	0	0	19	19
86	Adam Cresswell	19	0	0	19
86	Tim Deane	2	2	15	19
89	Peter Woods	13	2	2	17
89	Andrew Smith	0	0	17	17
91	Campbell Reid	2	12	2	16
92	Tony Partridge	3	12	0	15
93	Jim Screen	12	2	0	14
93	David Ritchie	12	2	0	14
93	Keith White	0	12	2	14
93	David Cooke	0	2	12	14
93	Richard Crnek	0	2	12	14
93	Geoffery Crowther	0	2	12	14
93	Alex Jensen	0	0	14	14
100	Cameron Arnold	0	0	13	13
101	Neil McPherson	0	0	12	12
101	Alf Field	0	12	0	12
101	Graham Butler	12	0	0	12
101	Ross McCarty	0	12	0	12
101	Paul Bullas	0	12	0	12
101	David Lancaster	0	12	0	12
101	Ian Singer	0	0	12	12
101	Paul Glare	0	0	12	12
101	Gregory Prerau	12	0	0	12
101	Joe Flinn	0	0	12	12
101	David East	12	0	0	12
101	Philip Kennedy	12	0	0	12
101	Steve Stewart	0	12	0	12
101	Fernando Santisteban	12	0	0	12
101	Mario Torresan	0	0	12	12
101	Paul Trainor	12	0	0	12
101	Darren Goodsir	0	12	0	12
101	Richard Wassell	12	0	0	12
101	David Bray	0	0	12	12
101	Michael Rees-Evans	0	12	0	12
101	James Woodhams	0	12	0	12
101	Brian Ogilwy	0	0	12	12
123	Joe Degabriele	2	2	2	6
124	Scott Smiles	0	5	0	5
125	Hans Pandeya	0	2	2	4
125	Stephen Kibble	2	2	0	4
125	Michael Free	0	2	2	4
125	Quinn Askeland	0	2	2	4
129	Gordon Forsyth	0	2	0	2
129	Ian Whitfield	0	0	2	2
129	Alastair Wallace	2	0	0	2
129	John Sauer	2	0	0	2
129	Robert Chalmers	2	0	0	2
129	Alistair Cooke	2	0	0	2
129	Per Jensen	0	0	2	2

10K Handicap

Pl	Name	LC	NH	LC	Tot
1	Jeff Morunga	24	48	56	128
2	Heiko Schaefer	33	35	40	108
3	Victor Donovic	49	12	46	107
4	Luke Peterson	12	56	36	104
5	Steve Hume	46	37	19	102
6	Joel Mackay	44	39	13	96
7	David Burgess	41	13	40	94
8	James Cryer	50	40	0	90
9	Stephen Bodnar	0	53	33	86
10	Michael Sharp	12	41	32	85
11	Mark Wilson	41	20	14	75
12	Rod Lovel	26	36	12	74
12	Eric Schmierer	2	60	12	74
12	David Gayford	39	33	2	74
15	Brian O'Dea	27	43	2	72
15	James Moody	12	0	60	72
15	Keith Bateman	22	12	38	72
15	Lisa Carroli	38	34	0	72
19	Darren Benson	12	46	12	70
20	Kevin O'Kane	12	12	45	69
20	Mark Davis	45	12	12	69
20	Ross Sinclair	30	27	12	69
20	Salvador Gala	23	25	21	69
24	Joanne Cowan	32	23	13	68
25	Martin Matthews	46	0	20	66
26	Jeff Morehen	12	0	53	65
27	Iain Martin	12	50	0	62
28	George Herisson	36	12	12	60
28	Jonathon Craig	12	30	18	60
30	John Sneddon	12	21	24	57
30	Walter Mitchell	12	45	0	57
32	Tim Deane	2	13	41	56
33	Mohammed Alkhub	0	12	43	55
34	Ralph Melano	13	29	12	54
34	Glenda Mitchell	38	16	0	54
36	Peter Hammerschmidt	29	12	12	53
36	Adam Cresswell	53	0	0	53
36	Rebecca Deane	2	2	49	53
39	Paul Thompson	12	12	28	52
39	Robert Wawrzyniak	34	18	0	52
41	Kylie Catchpole	0	51	0	51
42	Denis Speyer	12	12	26	50
42	Erica Morgan	50	0	0	50
44	Ross McCarty	0	49	0	49
44	Allison Lilley	25	12	12	49
44	Olivia Collier	12	37	0	49
47	David Camm	35	0	12	47
47	Adrian Spragg	2	14	31	47
47	Bruce Craven	0	0	47	47
47	Andrew Gibbons	47	0	0	47
51	Ron Schwebel	12	12	22	46

P1	Name	LC	NH	LC	Tot				
51	David Cooke	0	2	44	46	106	Peter Woods	13	2 2 17
53	Jurg Kunzle	12	21	12	45	106	Kendall Waller	0	0 17 17
54	Elizabeth Woodhams	16	26	2	44	108	David Ritchie	14	2 0 16
54	George Lisson	20	12	12	44	108	Heather Forster	2	2 12 16
54	Catriona Cater	12	17	15	44	108	Ken Harris	0	0 16 16
54	Amanda Garland	0	12	32	44	111	Jim Screen	12	2 0 14
54	Patricia Twaalfhoven	41	3	0	44	111	Tony Partridge	2	12 0 14
59	Frances Brown	43	0	0	43	111	Tina Campbell	0	2 12 14
59	Caroline Yarnell	31	0	12	43	111	Keith White	0	12 2 14
59	Hans Pandeya	0	2	41	43	111	Geoffery Crowther	0	2 12 14
62	Campbell Reid	2	15	25	42	116	Sharon Callister	0	0 13 13
62	David East	42	0	0	42	117	Neil McPherson	0	0 12 12
62	Peter Truscott	0	18	24	42	117	Alf Field	0	12 0 12
62	Kerryn Parkinson	2	0	40	42	117	Alex Whitworth	0	12 0 12
66	Ted Brailey	0	12	29	41	117	Sue Hill	0	12 0 12
67	Quinn Askeland	0	2	38	40	117	Graham Butler	12	0 0 12
68	Greg Donovan	15	12	12	39	117	Lesley Maher	0	12 0 12
68	Jaap Bakker	0	2	37	39	117	Grahame Murphy	0	12 0 12
70	Nick Woodhams	12	14	12	38	117	David Lancaster	0	12 0 12
70	Paul Bullas	0	38	0	38	117	Ian Singer	0	0 12 12
72	Fernando Santisteban	37	0	0	37	117	Gary Aitkenhead	12	0 0 12
73	Frank Dearn	12	12	12	36	117	Paul Glare	0	0 12 12
73	Manfred Fiedler	12	12	12	36	117	Gregory Prerau	12	0 0 12
73	Charles King	12	12	12	36	117	Greg Coy	0	0 12 12
73	Dean Gardiner	12	12	12	36	117	Joe Flinn	0	0 12 12
73	Jacqui Matthews	12	12	12	36	117	Andrew Smith	0	0 12 12
78	Barry Rutter	13	19	2	34	117	Philip Kennedy	12	0 0 12
78	Stephen Kibble	2	32	0	34	117	Steve Stewart	0	12 0 12
80	Randall Brophy	21	12	0	33	117	Jonathan Gliksten	12	0 0 12
81	Lance White	12	0	20	32	117	Mario Torresan	0	0 12 12
82	Stephen Jackson	2	13	16	31	117	Paul Trainor	12	0 0 12
82	Mark Robinson	19	12	0	31	117	Tracey Halliday	12	0 0 12
84	Graham Sharp	12	0	17	29	117	Darren Goodsir	0	12 0 12
84	Stuart Chellis	7	22	0	29	117	Richard Wassell	12	0 0 12
86	Megan Jackson	13	13	2	28	117	David Bray	0	0 12 12
87	Gavin Morisset	12	12	2	26	117	Simon Kent-Jones	0	12 0 12
87	Tracey Love	12	2	12	26	117	Rachel Johnson-Kelly	0	12 0 12
87	Mark Schaefer	12	12	2	26	117	Joanna White	0	12 0 12
90	Richard Crnek	0	2	23	25	117	Michael Rees-Evans	0	12 0 12
91	Ray Doran	12	0	12	24	117	Nick Adams	12	0 0 12
91	Penny Smith	0	12	12	24	117	Manuela Sumetzberger	12	0 0 12
91	Graham Willis	12	12	0	24	117	Karen Van Esveld	12	0 0 12
91	Christopher Dwyer	0	24	0	24	117	Brian Ogilwy	0	0 12 12
91	Mike Ward	12	0	12	24	149	Joe Degabriele	2	2 2 6
91	Steve Packer	12	12	0	24	149	Shirley Rutter	2	2 2 6
91	Clara Vucetic	12	0	12	24	151	Paula Shingler	0	2 2 4
91	Mary Stringer	12	12	0	24	151	Michael Free	0	2 2 4
91	Mike Hansen	12	0	12	24	151	Benny Gauci	2	2 0 4
91	Mark Shingler	0	12	12	24	151	John Young	0	2 2 4
91	John Van Yzendoorn	12	0	12	24	151	Richard Deutsch	2	2 0 4
91	Tim Austin	12	0	12	24	151	Jenny Truscott	0	2 2 4
91	Gerry Arthur	0	12	12	24	151	Alex McAlister	2	2 0 4
104	Beryl Wilson	18	0	0	18	158	Gordon Forsyth	0	2 0 2
104	Alastair Wallace	18	0	0	18	158	Ian Whitfield	0	0 2 2
						158	Scott Smiles	0	2 0 2

Pl	Name	LC	NH	LC	Tot
158	Mercy Samia	2	0	0	2
158	John Sauer	2	0	0	2
158	Robin Cameron	0	0	2	2
158	Robert Chalmers	2	0	0	2
158	Neil Barker	2	0	0	2
158	Anthony Wong	0	2	0	2
158	Mary Barnes	0	0	2	2
158	Eliza Rayward	2	0	0	2
158	Amy Fisher	0	2	0	2
158	Benjamin McSweeney	0	0	2	2
158	Alistair Cooke	2	0	0	2
158	Craig Dunn	0	2	0	2
158	Cameron Arnold	0	0	2	2
158	James Woodhams	0	2	0	2
158	Vivienne Kartsounis	0	0	2	2
158	Alex Jensen	0	0	2	2
158	Rachel Smith	0	0	2	2
158	Per Jensen	0	0	2	2

10k Age Group Placings

	Women Senior	LC	NH	LC	Tot
1	Penny Smith	0	56	60	116
2	Sue Hill	0	60	0	60

	Women Masters	LC	NH	LC	Tot
1	Elizabeth Woodhams	60	60	50	170
2	Tina Campbell	0	2	60	62
3	Lesley Maher	0	56	0	56
4	Beryl Wilson	53	0	0	53
5	Mercy Samia	46	0	0	46

	Women Vets	LC	NH	LC	Tot
1	Joanne Cowan	60	61	61	182
2	Catriona Cater	56	56	46	158
3	Jacqui Matthews	48	48	50	146
4	Megan Jackson	42	45	33	120
5	Caroline Yarnell	53	0	53	106
6	Glenda Mitchell	49	49	0	98
7	Mary Stringer	46	51	0	97
8	Clara Vucetic	45	0	48	93
9	Tracey Love	47	2	43	92
10	Lisa Carroli	41	43	0	84
11	Amanda Garland	0	46	37	83
12	Heather Forster	31	2	46	79
12	Paula Shingler	0	40	39	79
14	Patricia Twaalfhoven	34	37	0	71
15	Benny Gauci	32	35	0	67
16	Tracey Halliday	50	0	0	50
17	Sharon Callister	0	0	46	46
18	Frances Brown	43	0	0	43
19	Vivienne Kartsounis	0	0	41	41
20	Shirley Rutter	2	2	33	37

21	Mary Barnes	0	0	34	34
22	Robin Cameron	0	0	33	33

Women Pre-Vets

1	Allison Lilley	49	48	51	148
2	Rebecca Deane	40	41	53	134
3	Olivia Collier	56	46	0	102
4	Jenny Truscott	0	50	50	100
5	Kerryn Parkinson	37	0	40	77
6	Karen Van Esveld	60	0	0	60
7	Manuela Sumetzberger	53	0	0	53
8	Rachel Johnson-Kelly	0	50	0	50
9	Kylie Catchpole	0	49	0	49
10	Joanna White	0	47	0	47
11	Rachel Smith	0	0	46	46
12	Amy Fisher	0	43	0	43
13	Erica Morgan	41	0	0	41
14	Eliza Rayward	38	0	0	38

Men Super Senior

1	Frank Dearn	60	60	60	180
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Men Senior

1	Peter Hammerschmidt	56	56	53	165
2	Heiko Schaefer	51	53	56	160
3	Manfred Fiedler	50	51	49	150
4	Ray Doran	60	0	60	120
5	Alex Whitworth	0	60	0	60
6	Jim Screen	53	2	0	55
7	Neil McPherson	0	0	51	51
8	Alf Field	0	50	0	50
8	Brian Ogilwy	0	0	50	50

Men Masters

1	Ron Schwebel	56	56	60	172
2	Rod Lovel	50	50	53	153
2	George Lisson	60	47	46	153
4	Barry Rutter	52	53	32	137
5	John Sneddon	49	39	46	134
6	Kevin O'Kane	42	40	50	132
7	Gavin Morisset	47	45	32	124
7	Brian O'Dea	46	46	32	124
9	Nick Woodhams	43	33	47	123
10	Jurg Kunzle	39	37	44	120
11	Eric Schmierer	28	39	43	110
12	James Cryer	53	51	0	104
13	Mike Ward	45	0	51	96
14	James Moody	40	0	48	88
15	Ted Brailey	0	38	45	83
15	Keith White	0	44	39	83
17	Graham Willis	41	41	0	82
18	Tony Partridge	29	36	0	65
19	Christopher Dwyer	0	50	0	50
20	Graham Butler	48	0	0	48
21	David Ritchie	44	2	0	46

		LC	NH	LC	Tot
22	Ross McCarty	0	42	0	42
23	Scott Smiles	0	38	0	38
24	Ian Whitfield	0	0	32	32
24	Per Jensen	0	0	32	32
26	Gordon Forsyth	0	2	0	2

Men Vets

1	Jonathon Craig	60	56	60	176
2	Ross Sinclair	56	53	56	165
3	Greg Donovan	50	50	48	148
4	Adrian Spragg	49	46	47	142
5	Salvador Gala	42	43	42	127
6	Ralph Melano	41	42	39	122
7	Mark Davis	44	39	35	118
8	Keith Bateman	51	12	53	116
9	Dean Gardiner	31	40	44	115
10	Stephen Jackson	13	48	51	112
11	Charles King	38	38	31	107
12	Victor Donovic	47	12	46	105
13	Randall Brophy	53	51	0	104
14	David Gayford	45	44	13	102
15	Stephen Bodnar	0	48	49	97
16	Mark Robinson	48	45	0	93
17	Paul Thompson	29	33	29	91
18	George Herisson	34	32	24	90
19	Jeff Morunga	26	29	30	85
20	Campbell Reid	26	35	23	84
21	Jeff Morehen	40	0	43	83
22	Mohammed Alkhub	0	41	41	82
23	Denis Speyer	23	27	26	76
24	Mark Shingler	0	36	38	74
25	Mike Hansen	39	0	32	71
26	Robert Wawrzyniak	32	37	0	69
27	Graham Sharp	33	0	34	67
28	David Camm	35	0	28	63
29	Steve Packer	27	28	0	55
30	Greg Coy	0	0	51	51
31	Grahame Murphy	0	49	0	49
32	Jonathan Gliksten	46	0	0	46
33	Ken Harris	0	0	45	45
34	Gary Aitkenhead	43	0	0	43
35	Peter Woods	26	2	13	41
36	David Cooke	0	15	25	40
36	Andrew Smith	0	0	40	40
38	Ian Singer	0	0	37	37
38	Gregory Prerau	37	0	0	37
40	Paul Glare	0	0	36	36
41	Paul Bullas	0	34	0	34
42	Hans Pandeya	0	16	17	33
43	David Lancaster	0	31	0	31
44	Philip Kennedy	30	0	0	30
44	Steve Stewart	0	30	0	30
46	Joe Degabriele	13	2	13	28
46	David East	28	0	0	28

48	Joe Flinn	0	0	23	23
49	Alastair Wallace	14	0	0	14
50	John Sauer	13	0	0	13
50	Robert Chalmers	13	0	0	13

Men Pre-Vets

1	Darren Benson	60	60	60	180
2	Mark Wilson	51	48	51	150
3	Steve Hume	48	47	47	142
4	Joel Mackay	47	45	46	138
5	Michael Sharp	39	40	41	120
6	David Burgess	51	13	51	115
6	Luke Peterson	36	41	38	115
8	Gerry Arthur	0	49	49	98
9	Peter Truscott	0	41	53	94
10	John Young	0	46	46	92
11	Mark Schaefer	37	36	18	91
12	Lance White	46	0	44	90
13	Stuart Chellis	43	43	0	86
14	John Van Yzendoorn	43	0	42	85
15	Tim Deane	25	24	34	83
16	Tim Austin	41	0	39	80
17	Jaap Bakker	0	34	43	77
17	Martin Matthews	39	0	38	77
19	Walter Mitchell	33	43	0	76
20	Iain Martin	34	35	0	69
21	Richard Deutsch	35	28	0	63
22	Alex McAlister	30	32	0	62
23	Andrew Gibbons	56	0	0	56
24	Richard Crnek	0	16	29	45
24	Geoffery Crowther	0	17	28	45
26	Nick Adams	44	0	0	44
27	Stephen Kibble	21	22	0	43
28	Quinn Askeland	0	20	22	42
29	Anthony Wong	0	40	0	40
30	Michael Free	0	19	20	39
30	Simon Kent-Jones	0	39	0	39
32	Adam Cresswell	38	0	0	38
33	Bruce Craven	0	0	37	37
34	Craig Dunn	0	36	0	36
35	Benjamin McSweeney	0	0	35	35
36	Mario Torresan	0	0	33	33
36	Darren Goodsir	0	33	0	33
38	Neil Barker	32	0	0	32
38	Fernando Santisteban	32	0	0	32
40	David Bray	0	0	31	31
40	Michael Rees-Evans	0	31	0	31
42	Kendall Waller	0	0	30	30
42	Paul Trainor	30	0	0	30
44	Richard Wassell	29	0	0	29
45	James Woodhams	0	27	0	27
46	Alex Jensen	0	0	26	26
47	Cameron Arnold	0	0	25	25
48	Alistair Cooke	18	0	0	18

10k Age & Gender Adj

	LC	NH	LC	Tot
Joanne Cowan	856	868	845	2569
Darren Benson	783	812	786	2381
Jonathon Craig	773	797	805	2375
Ross Sinclair	773	785	778	2336
Ron Schwebel	744	769	781	2294
Catrina Cater	752	750	764	2266
Mark Wilson	746	751	758	2255
Peter Hammerschmidt	759	748	695	2202
Adrian Spragg	711	713	730	2154
Greg Donovan	718	724	705	2147
Steve Hume	702	716	724	2142
Manfred Fiedler	705	709	718	2132
Heiko Schaefer	692	708	726	2126
Rod Lovel	707	723	694	2124
John Sneddon	691	698	714	2103
Joel Mackay	685	699	702	2086
George Lisson	745	684	621	2050
Ralph Melano	665	683	683	2031
Mark Davis	679	664	652	1995
Michael Sharp	629	662	674	1965
Salvador Gala	639	650	658	1947
Nick Woodhams	640	643	638	1921
Jacqui Matthews	626	635	652	1913
Luke Peterson	595	656	660	1911
Paul Thompson	608	629	646	1883
Campbell Reid	621	619	635	1875
Dean Gardiner	590	631	653	1874
Charles King	622	620	626	1868
Kevin O'Kane	619	594	647	1860
Frank Dearn	622	614	617	1853
George Herisson	631	616	584	1831
Rebecca Deane	598	588	620	1806
Tim Deane	593	596	613	1802
Jeff Morunga	556	585	623	1764
Jurg Kunzle	557	578	581	1716
Eric Schmierer	530	589	565	1684
Denis Speyer	535	552	587	1674
Ray Doran	815	0	841	1656
Allison Lilley	553	549	539	1641
Randall Brophy	781	780	0	1561
Jenny Truscott	0	761	797	1558
John Young	0	783	774	1557
Keith Bateman	764	0	788	1552
Greg Coy	0	762	769	1531
Peter Truscott	0	753	766	1519
James Cryer	741	757	0	1498
Stuart Chellis	735	755	0	1490
Stephen Jackson	0	711	772	1483
Caroline Yarnell	744	0	739	1483
Gerry Arthur	0	739	738	1477
David Burgess	728	0	747	1475

Martin Matthews	717	0	727	1444
Barry Rutter	707	728	0	1435
Stephen Bodnar	0	711	716	1427
Gavin Morisset	699	711	0	1410
Mark Robinson	697	699	0	1396
Victor Donovic	683	0	709	1392
Elizabeth Woodhams	683	706	0	1389
Mary Stringer	678	711	0	1389
Brian O'Dea	679	702	0	1381
John Van Yzendoorn	679	0	689	1368
Clara Vucetic	675	0	690	1365
Lance White	678	0	682	1360
Lisa Carroli	669	688	0	1357
Jaap Bakker	0	668	681	1349
Kendall Waller	0	665	678	1343
David Gayford	659	672	0	1331
Mohammed Alkhub	0	657	673	1330
Paula Shingler	0	668	658	1326
Keith White	0	663	652	1315
Tim Austin	648	0	663	1311
Ken Harris	0	631	679	1310
Mike Ward	642	0	656	1298
Olivia Collier	635	662	0	1297
Richard Deutsch	665	629	0	1294
David Camm	644	0	649	1293
Alex McAlister	626	659	0	1285
Jeff Morehen	625	0	659	1284
Graham Sharp	630	0	651	1281
Glenda Mitchell	637	640	0	1277
Mike Hansen	636	0	634	1270
Graham Willis	632	633	0	1265
Penny Smith	0	634	629	1263
Ted Brailey	0	604	654	1258
Robert Wawrzyniak	619	624	0	1243
Walter Mitchell	575	663	0	1238
Mark Shingler	0	601	636	1237
Amanda Garland	0	610	623	1233
James Moody	579	0	651	1230
Mark Schaefer	605	624	0	1229
Patricia Twaalfhoven	601	600	0	1201
Iain Martin	584	612	0	1196
Steve Packer	580	603	0	1183
Mary Barnes	0	615	560	1175
Stephen Kibble	575	589	0	1164
Tracey Love	633	0	531	1164
Benny Gauci	566	573	0	1139
Quinn Askeland	0	554	572	1126
Hans Pandeya	0	539	584	1123
David Cooke	0	544	577	1121
Michael Free	0	531	547	1078
Kerryn Parkinson	509	0	531	1040
Megan Jackson	474	510	0	984
Richard Crnek	0	484	488	972
Geoffery Crowther	0	491	474	965
Christopher Dwyer	0	847	0	847

	LC	NH	LC	Tot
Andrew Gibbons	773	0	0	773
Anthony Wong	0	761	0	761
Alex Whitworth	0	760	0	760
Neil McPherson	0	0	749	749
Grahame Murphy	0	746	0	746
Tina Campbell	0	0	739	739
Scott Smiles	0	709	0	709
Karen Van Esveld	704	0	0	704
Craig Dunn	0	703	0	703
Vivienne Kartsounis	0	0	701	701
Jim Screen	696	0	0	696
Graham Butler	687	0	0	687
Benjamin McSweeney	0	0	685	685
Heather Forster	0	0	678	678
Rachel Smith	0	0	678	678
Lesley Maher	0	673	0	673
Tracey Halliday	671	0	0	671
Brian Ogilwy	0	0	671	671
Andrew Smith	0	0	670	670
David Ritchie	667	0	0	667
Neil Barker	667	0	0	667
Gary Aitkenhead	663	0	0	663
Nick Adams	663	0	0	663
Jonathan Gliksten	658	0	0	658
Bruce Craven	0	0	656	656
Ian Singer	0	0	653	653
Sue Hill	0	649	0	649
Ross McCarty	0	647	0	647
Alex Jensen	0	0	643	643
John Kerr	0	639	0	639
Paul Glare	0	0	639	639
Simon Kent-Jones	0	639	0	639
Cameron Arnold	0	0	637	637
Paul Bullas	0	634	0	634
James Woodhams	0	633	0	633
Sharon Callister	0	0	631	631
Amy Fisher	0	631	0	631
Manuela Sumetzberger	630	0	0	630
Gregory Prerau	625	0	0	625
Adam Cresswell	622	0	0	622
Erica Morgan	619	0	0	619
Sean Greenhill	0	616	0	616
Mercy Samia	615	0	0	615
Frances Brown	606	0	0	606
David Lancaster	0	604	0	604
Darren Goodsir	0	601	0	601
Beryl Wilson	599	0	0	599
Alf Field	0	593	0	593
Philip Kennedy	590	0	0	590
Mario Torresan	0	0	587	587
Rachel Johnson-Kelly	0	584	0	584
Steve Stewart	0	581	0	581
Fernando Santisteban	579	0	0	579
Kylie Catchpole	0	572	0	572

Michael Rees-Evans	0	571	0	571
Peter Woods	570	0	0	570
David Bray	0	0	569	569
Per Jensen	0	0	568	568
Joe Flinn	0	0	563	563
David East	562	0	0	562
Alastair Wallace	560	0	0	560
Paul Trainor	549	0	0	549
Eliza Rayward	547	0	0	547
Tony Partridge	0	522	0	522
Joanna White	0	516	0	516
Richard Wassell	490	0	0	490
Alistair Cooke	444	0	0	444

Super Series Male Outright

Bonus for hosting, volunteering, uniform, etc.

Name	LC	6F	CM	Bon	Tot
Joel Mackay	41	56	51	19	167
Lance White	40	52	52	2	146
Adrian Spragg	34	49	46	4	133
Martin Matthews	35	48	47	2	132
Jonathon Craig	53	0	64	4	121
Barry Rutter	27	41	44	9	121
James Cryer	27	47	35	2	111
Darren Benson	60	44	0	4	108
Kelvin Marshall	0	53	53	0	106
Keith Bateman	44	7	50	4	105
Greg Donovan	42	54	0	4	100
Steve Hume	43	50	0	4	97
Stuart Chellis	40	0	44	2	86
David Gayford	23	26	33	4	86
Mike Hansen	12	24	34	12	82
Ross Sinclair	51	27	0	4	82
Mark Wilson	48	28	0	4	80
John Van Yzendoorn	35	36	0	7	78
Pierre Van Heerden	0	28	47	0	75
Stephen Jackson	2	18	42	9	71
Ralph Melano	14	19	24	9	66
Michael Sharp	20	0	41	4	65
Jonathan Worswick	0	65	0	0	65
Tim Austin	30	20	0	12	62
Christopher Dwyer	0	0	60	2	62
Martin Fryer	0	61	0	0	61
George Herisson	12	17	18	14	61
Rod Lovel	24	33	0	4	61
Kevin O'Kane	12	17	23	9	61
George Lisson	39	17	0	4	60
Graham Sharp	12	17	29	2	60
Gerry Arthur	0	0	55	4	59
Manfred Fiedler	12	17	16	14	59
Jeff Morehen	13	43	0	2	58
Gregory Prerau	12	30	0	15	57
Andrew Gibbons	56	0	0	0	56
Peter Hammerschmidt	19	0	33	4	56
Ronald Stolk	0	55	0	0	55

Name	LC	6F	CM	Bon	Tot
Andrew Bilsdon	0	24	30	0	54
Randall Brophy	49	0	0	2	51
David Burgess	47	0	0	4	51
Warwick Selby	0	51	0	0	51
Frank Dearn	12	17	16	4	49
Ben McSweeney	0	0	49	0	49
John Young	0	45	0	4	49
David Clear	0	48	0	0	48
Richard Wassell	12	0	16	20	48
James Moody	12	17	16	2	47
Paul Jackson	0	46	0	0	46
Jeff Morunga	12	0	30	4	46
John Sneddon	16	25	0	4	45
Brian O'Dea	12	0	28	4	44
Charles King	12	0	27	4	43
David Lancaster	0	25	16	2	43
Bruce Craven	0	40	0	2	42
Brad Renshaw	0	17	0	25	42
Dennis Nel	0	31	0	10	41
Peter Truscott	37	0	0	4	41
Mike Ward	12	27	0	2	41
Graham Willis	12	17	0	12	41
Paul Glare	0	0	38	2	40
Ron Schwebel	36	0	0	4	40
Ian Singer	0	17	21	2	40
Mahmoud El-Khansa	0	0	39	0	39
Gavin Morisset	12	23	0	4	39
Scott Smiles	0	0	37	2	39
Robert Wawrzyniak	12	0	25	2	39
Gerard Donnan	0	0	38	0	38
Nick Adams	37	0	0	0	37
Kendall Waller	0	0	35	2	37
Jose Vilar	0	0	36	0	36
Stephen Bodnar	0	21	0	14	35
Ray Doran	33	0	0	2	35
Mark Robinson	32	0	0	2	34
Michael Bailey	0	17	16	0	33
Victor Donovic	29	0	0	4	33
Jurg Kunzle	12	17	0	4	33
Steve Packer	12	0	19	2	33
Graham Butler	12	0	20	0	32
Benny Hagberg	0	32	0	0	32
David King	0	32	0	0	32
Alan Smith	0	0	32	0	32
Keith White	0	18	0	14	32
Jim Screen	12	17	0	2	31
Richard Deutsch	28	0	0	2	30
Philip Kennedy	12	17	0	0	29
Stephen Urwin	0	29	0	0	29
David East	12	0	16	0	28
Jonathan Gliksten	28	0	0	0	28
Mark Davis	22	0	0	4	26
Adrian Krahn	0	0	26	0	26
Paul Thompson	12	0	0	14	26

Kevin Tiller	0	8	16	0	24
Eric Schmierer	2	17	0	4	23
Sean Greenhill	0	22	0	0	22
Gary Aitkenhead	21	0	0	0	21
Neil Barker	21	0	0	0	21
Salvador Gala	17	0	0	4	21
Roland Hassall	0	0	21	0	21
Stephen Kibble	2	0	17	2	21
Grahame Murphy	0	17	0	2	19
Brian Ogilwy	0	17	0	2	19
Mark Schaefer	15	0	0	4	19
Adam Cresswell	18	0	0	0	18
Stuart Crichton	0	17	0	0	17
Alex McAlister	15	0	0	2	17
Rick Collins	0	0	16	0	16
Dean Gardiner	12	0	0	4	16
Steven Norden	0	0	16	0	16
Luke Peterson	12	0	0	4	16
Heiko Schaefer	12	0	0	4	16
Denis Speyer	12	0	0	4	16
Scott Treloar	0	0	16	0	16
Nick Woodhams	12	0	0	4	16
Peter Woods	12	0	0	4	16
David Camm	12	0	0	2	14
Iain Martin	12	0	0	2	14
Walter Mitchell	12	0	0	2	14
David Ritchie	12	0	0	2	14
Robert Chalmers	2	0	0	10	12
Mike Elliott	0	0	12	0	12
Fernando Santisteban	12	0	0	0	12
Paul Trainor	12	0	0	0	12
Alf Field	0	7	0	2	9
Sam Chuah	0	0	6	0	6
Joe Degabriele	2	0	0	4	6
Campbell Reid	2	0	0	4	6
Tim Schafer	0	0	6	0	6
Richard Tait	0	0	6	0	6
Fulvio Fabreschi	0	0	6	0	6
Tony Partridge	2	0	0	2	4
Alistair Cooke	2	0	0	0	2
John Sauer	2	0	0	0	2
Alastair Wallace	2	0	0	0	2

Super Series Female Outright

	LC	SF	CM	Bon	Tot
Allison Lilley	35	55	47	4	141
Catriona Cater	56	0	64	4	124
Robin Cameron	0	61	55	2	118
Dawn Tiller	0	65	50	0	115
Megan Jackson	31	42	36	4	113
Mary Stringer	42	56	0	12	110
Jacqui Matthews	45	42	0	14	101
Manuela Sumetzberger	46	0	54	0	100
Erica Morgan	33	0	53	0	86

	LC	SF	CM	Bon	Tot
Heather Forster	19	54	0	4	77
Mercy Samia	23	42	0	0	65
Joanne Cowan	60	0	0	4	64
Joanne Barton	0	58	0	5	63
Tina Campbell	0	53	0	9	62
Tracey Love	44	0	0	9	53
Karen Van Esveld	53	0	0	0	53
Caroline Yarnell	51	0	0	2	53
Victoria Pilkerton	0	0	51	0	51
Paula Shingler	0	0	47	4	51
Glenda Mitchell	48	0	0	2	50
Melissa Treloar	0	0	50	0	50
Olivia Collier	47	0	0	2	49
Tracey Halliday	49	0	0	0	49
Julie McGaw	0	0	49	0	49
Lilian Chuah	0	0	48	0	48
Elizabeth Woodhams	38	0	0	9	47
Karey Millar	0	0	46	0	46
Clara Vucetic	41	0	0	2	43
Frances Brown	37	0	0	5	42
Lisa Carroli	40	0	0	2	42
Terri Vincelli	0	0	42	0	42
Rebecca Deane	29	0	0	4	33
Patricia Twaalfhoven	30	0	0	2	32
Beryl Wilson	32	0	0	0	32
Benny Gauci	26	0	0	2	28
Eliza Rayward	24	0	0	0	24
Kerryn Parkinson	21	0	0	2	23
Robi Russell	0	7	0	10	17

Super Series Age Groups

Women Masters	LC	6F	CM	Bon	Tot
Mercy Samia	46	51	0	0	97
Tina Campbell	0	65	0	9	74
Elizabeth Woodhams	60	0	0	9	69
Beryl Wilson	53	0	0	0	53
Robi Russell	0	7	0	10	17

Women Vets					
Megan Jackson	42	45	43	4	134
Catriona Cater	56	0	64	4	124
Robin Cameron	0	61	55	2	118
Dawn Tiller	0	65	50	0	115
Mary Stringer	46	56	0	12	114
Jacqui Matthews	48	45	0	14	107
Heather Forster	30	55	0	4	89
Joanne Cowan	60	0	0	4	64
Joanne Barton	0	58	0	5	63
Tracey Love	47	0	0	9	56
Caroline Yarnell	53	0	0	2	55
Melissa Treloar	0	0	54	0	54
Julie McGaw	0	0	53	0	53

Glenda Mitchell	49	0	0	2	51
Paula Shingler	0	0	47	4	51
Tracey Halliday	50	0	0	0	50
Frances Brown	43	0	0	5	48
Clara Vucetic	45	0	0	2	47
Lisa Carroli	41	0	0	2	43
Patricia Twaalfhoven	34	0	0	2	36
Benny Gauci	32	0	0	2	34

Pre-Vets

Allison Lilley	49	65	53	4	171
Manuela Sumetzberger	53	0	64	0	117
Erica Morgan	41	0	60	0	101
Karen Van Esveld	60	0	0	0	60
Olivia Collier	56	0	0	2	58
Victoria Pilkerton	0	0	55	0	55
Lilian Chuah	0	0	54	0	54
Karey Millar	0	0	52	0	52
Terri Vincelli	0	0	47	0	47
Rebecca Deane	40	0	0	4	44
Kerryn Parkinson	37	0	0	2	39
Eliza Rayward	38	0	0	0	38

Men Super Seniors

Frank Dearn	60	65	64	4	193
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Men Seniors

Manfred Fiedler	50	61	60	14	185
Peter Hammerschmidt	56	0	64	4	124
Jim Screen	53	65	0	2	120
Ray Doran	60	0	0	2	62
Brian Ogilwy	0	58	0	2	60
Heiko Schaefer	51	0	0	4	55
Alf Field	0	7	0	2	9

Men Masters

Barry Rutter	52	58	60	9	179
James Cryer	53	61	54	2	170
Kevin O'Kane	42	43	52	9	146
James Moody	40	45	50	2	137
George Lisson	60	48	0	4	112
Rod Lovel	50	55	0	4	109
Gavin Morisset	47	52	0	4	103
Brian O'Dea	46	0	53	4	103
Graham Willis	41	50	0	12	103
Mike Ward	45	53	0	2	100
Graham Butler	48	0	51	0	99
John Sneddon	49	46	0	4	99
Michael Bailey	0	46	47	0	93
Jurg Kunzle	39	44	0	4	87
Eric Schmierer	28	49	0	4	81
Brad Renshaw	0	47	0	25	72
Christopher Dwyer	0	0	64	2	66
Warwick Selby	0	65	0	0	65
Keith White	0	51	0	14	65

	LC	6F	CM	Bon	Tot
Ron Schwebel	56	0	0	4	60
Mahmoud El-Khansa	0	0	57	0	57
Scott Smiles	0	0	55	2	57
David King	0	54	0	0	54
Rick Collins	0	0	48	0	48
Nick Woodhams	43	0	0	4	47
David Ritchie	44	0	0	2	46
Fulvio Fabreschi	0	0	39	0	39
Tony Partridge	27	0	0	2	29
Sam Chuah	0	0	6	0	6

Men Vets

Adrian Spragg	49	56	55	4	164
Mike Hansen	39	45	50	12	146
David Gayford	45	47	44	4	140
Ralph Melano	41	43	44	9	137
Jonathon Craig	60	0	64	4	128
George Herisson	34	40	40	14	128
Graham Sharp	33	41	47	2	123
Keith Bateman	51	7	60	4	122
Stephen Jackson	13	38	53	9	113
Greg Donovan	50	58	0	4	112
Pierre Van Heerden	0	48	57	0	105
Gregory Prerau	37	49	0	15	101
Ross Sinclair	56	41	0	4	101
Jeff Morehen	40	54	0	2	96
Charles King	38	0	46	4	88
David Lancaster	0	46	38	2	86
Ian Singer	0	38	42	2	82
Robert Wawrzyniak	32	0	45	2	79
Jeff Morunga	26	0	48	4	78
Steve Packer	27	0	41	2	70
Philip Kennedy	30	39	0	0	69
Jonathan Worswick	0	65	0	0	65
David East	28	0	36	0	64
Martin Fryer	0	61	0	0	61
Dennis Nel	0	50	0	10	60
Stephen Bodnar	0	44	0	14	58
Randall Brophy	53	0	0	2	55
David Clear	0	55	0	0	55
Paul Glare	0	0	52	2	54
Victor Donovic	47	0	0	4	51
Jose Vilar	0	0	51	0	51
Mark Robinson	48	0	0	2	50
Alan Smith	0	0	49	0	49
Mark Davis	44	0	0	4	48
Salvador Gala	42	0	0	4	46
Jonathan Gliksten	46	0	0	0	46
Grahame Murphy	0	42	0	2	44
Gary Aitkenhead	43	0	0	0	43
Benny Hagberg	0	43	0	0	43
Paul Thompson	29	0	0	14	43
Stephen Urwin	0	42	0	0	42
Steven Norden	0	0	39	0	39

David Camm	35	0	0	2	37
Dean Gardiner	31	0	0	4	35
Mike Elliott	0	0	33	0	33
Campbell Reid	26	0	0	4	30
Peter Woods	25	0	0	4	29
Tim Schafer	0	0	27	0	27
Denis Speyer	23	0	0	4	27
Robert Chalmers	13	0	0	10	23
Joe Degabriele	13	0	0	4	17
Alastair Wallace	14	0	0	0	14
John Sauer	13	0	0	0	13

Men Pre-Vets

Joel Mackay	46	61	53	19	179
Lance White	45	55	54	2	156
Martin Matthews	38	55	54	2	149
Darren Benson	60	51	0	4	115
Kelvin Marshall	0	56	55	0	111
Steve Hume	47	54	0	4	105
John Van Yzendoorn	42	48	0	7	97
Tim Austin	40	44	0	12	96
Mark Wilson	51	39	0	4	94
Stuart Chellis	43	0	47	2	92
Michael Sharp	38	0	49	4	91
Richard Wassell	29	0	41	20	90
Andrew Bilsdon	0	37	38	0	75
Kevin Tiller	0	33	42	0	75
Stephen Kibble	21	0	45	2	68
Gerry Arthur	0	0	60	4	64
Ronald Stolk	0	58	0	0	58
Andrew Gibbons	56	0	0	0	56
John Young	0	52	0	4	56
David Burgess	50	0	0	4	54
Paul Jackson	0	53	0	0	53
Bruce Craven	0	50	0	2	52
Ben McSweeney	0	0	52	0	52
Adrian Krahn	0	0	46	0	46
Sean Greenhill	0	45	0	0	45
Peter Truscott	40	0	0	4	44
Nick Adams	43	0	0	0	43
Stuart Crichton	0	43	0	0	43
Scott Treloar	0	0	43	0	43
Kendall Waller	0	0	40	2	42
Gerard Donnan	0	0	41	0	41
Mark Schaefer	36	0	0	4	40
Luke Peterson	35	0	0	4	39
Adam Cresswell	37	0	0	0	37
Roland Hassall	0	0	37	0	37
Richard Deutsch	34	0	0	2	36
Iain Martin	34	0	0	2	36
Walter Mitchell	33	0	0	2	35
Richard Tait	0	0	34	0	34
Fernando Santisteban	32	0	0	0	32
Neil Barker	31	0	0	0	31
Alex McAlister	29	0	0	2	31

Paul Trainor	30	0	0	0	30
Alistair Cooke	18	0	0	0	18

Super Series Age and Gender Adjusted

	cat	LC	6F	CM	Tot
Martin Matthews	M Pre	717	729	720	2166
James Cryer	M Mst	741	747	675	2163
Barry Rutter	M Mst	707	689	697	2093
Adrian Spragg	M Vet	711	693	683	2087
Joel Mackay	M Pre	685	718	675	2078
Lance White	M Pre	678	689	681	2048
Manfred Fiedler	M Snr	705	587	653	1945
David Gayford	M Vet	659	580	654	1893
Mike Hansen	M Vet	636	577	617	1830
Ralph Melano	M Vet	665	579	582	1826
Frank Dearn	M SSr	622	584	570	1776
Graham Sharp	M Vet	630	557	587	1774
George Herisson	M Vet	631	542	555	1728
Kevin O'Kane	M Mst	619	490	585	1694
Allison Lilley	F Pre	553	550	524	1627
James Moody	M Mst	579	514	534	1627
Jonathon Craig	M Vet	773	0	807	1580
Catriona Cater	F Vet	752	0	741	1493
Dawn Tiller	F Vet	0	782	706	1488
Keith Bateman	M Vet	764	0	720	1484
Peter Hammerschmidt	M Snr	759	0	703	1462
Greg Donovan	M Vet	718	724	0	1442
Stuart Chellis	M Pre	735	0	706	1441
Darren Benson	M Pre	783	631	0	1414
Kelvin Marshall	M Pre	0	705	689	1394
Ross Sinclair	M Vet	773	617	0	1390
Steve Hume	M Pre	702	670	0	1372
Rod Lovel	M Mst	707	645	0	1352
Gavin Morisset	M Mst	699	650	0	1349
John Sneddon	M Mst	691	658	0	1349
Mark Wilson	M Pre	746	600	0	1346
Brian O'Dea	M Mst	679	0	636	1315
Mary Stringer	F Vet	678	616	0	1294
John Van Yzendoorn	M Pre	679	601	0	1280
Graham Butler	M Mst	687	0	591	1278
Robin Cameron	F Vet	0	640	637	1277
Pierre Van Heerden	M Vet	0	591	678	1269
Jeff Morehen	M Vet	625	643	0	1268
George Lisson	M Mst	745	522	0	1267
Mike Ward	M Mst	642	617	0	1259
Jim Screen	M Snr	696	555	0	1251
Michael Sharp	M Pre	629	0	615	1244
Graham Willis	M Mst	632	599	0	1231
Gregory Prerau	M Vet	625	594	0	1219
Manuela Sumetzberger	F Pre	630	0	578	1208
Andrew Bilsdon	M Pre	0	581	615	1196
Tim Austin	M Pre	648	542	0	1190

Charles King	M Vet	622	0	568	1190
Robert Wawrzyniak	M Vet	619	0	568	1187
Erica Morgan	F Pre	619	0	563	1182
Mercy Samia	F Mst	615	556	0	1171
Steve Packer	M Vet	580	0	559	1139
Stephen Jackson	M Vet	0	472	659	1131
Jeff Morunga	M Vet	556	0	574	1130
David Lancaster	M Vet	0	590	536	1126
Roland Hassall	M Pre	0	568	557	1125
Philip Kennedy	M Vet	590	513	0	1103
Stephen Kibble	M Pre	575	0	517	1092
Jurg Kunzle	M Mst	557	517	0	1074
Michael Bailey	M Mst	0	559	503	1062
Eric Schmierer	M Mst	530	532	0	1062
David East	M Vet	562	0	479	1041
Ian Singer	M Vet	0	478	555	1033
Richard Wassell	M Pre	490	0	425	915
Joanne Cowan	F Vet	856	0	0	856
Jonathan Worswick	M Vet	0	822	0	822
Christopher Dwyer	M Mst	0	0	816	816
Ray Doran	M Snr	815	0	0	815
Randall Brophy	M Vet	781	0	0	781
Andrew Gibbons	M Pre	773	0	0	773
Warwick Selby	M Mst	0	758	0	758
Martin Fryer	M Vet	0	755	0	755
Ron Schwebel	M Mst	744	0	0	744
Caroline Yarnell	F Vet	744	0	0	744
David Burgess	M Pre	728	0	0	728
Peter Truscott	M Pre	725	0	0	725
Ronald Stolk	M Pre	0	715	0	715
Gerry Arthur	M Pre	0	0	707	707
Karen Van Esveld	F Pre	704	0	0	704
Mark Robinson	M Vet	697	0	0	697
Heiko Schaefer	M Snr	692	0	0	692
David Clear	M Vet	0	687	0	687
Scott Smiles	M Mst	0	0	685	685
Victor Donovic	M Vet	683	0	0	683
Mahmoud El-Khansa	M Mst	0	0	683	683
Elizabeth Woodhams	F Mst	683	0	0	683
Mark Davis	M Vet	679	0	0	679
Clara Vucetic	F Vet	675	0	0	675
Ben McSweeney	M Pre	0	0	672	672
Tracey Halliday	F Vet	671	0	0	671
Lisa Carroli	F Vet	669	0	0	669
Neil Barker	M Pre	667	0	0	667
David Ritchie	M Mst	667	0	0	667
Benny Hagberg	M Vet	0	666	0	666
Richard Deutsch	M Pre	665	0	0	665
Nick Adams	M Pre	663	0	0	663
Gary Aitkenhead	M Vet	663	0	0	663
Jonathan Gliksten	M Vet	658	0	0	658
Gerard Donnan	M Pre	0	0	655	655
Paul Jackson	M Pre	0	655	0	655
David King	M Mst	0	648	0	648
Tina Campbell	F Mst	0	646	0	646

	cat	LC	6F	CM	Tot
David Camm	M Vet	644	0	0	644
Kendall Waller	M Pre	0	0	641	641
Nick Woodhams	M Mst	640	0	0	640
Salvador Gala	M Vet	639	0	0	639
Glenda Mitchell	F Vet	637	0	0	637
Stephen Urwin	M Vet	0	637	0	637
Olivia Collier	F Pre	635	0	0	635
Paul Glare	M Vet	0	0	635	635
Tracey Love	F Vet	633	0	0	633
Jose Vilar	M Vet	0	0	631	631
John Young	M Pre	0	631	0	631
Jacqui Matthews	F Vet	626	0	0	626
Alex McAlister	M Pre	626	0	0	626
Adam Cresswell	M Pre	622	0	0	622
Campbell Reid	M Vet	621	0	0	621
Paula Shingler	F Vet	0	0	617	617
Dennis Nel	M Vet	0	616	0	616
Bruce Craven	M Pre	0	614	0	614
Paul Thompson	M Vet	608	0	0	608
Frances Brown	F Vet	606	0	0	606
Mark Schaefer	M Pre	605	0	0	605
Heather Forster	F Vet	0	604	0	604
Patricia Twaalfhoven	F Vet	601	0	0	601
Beryl Wilson	F Mst	599	0	0	599
Rebecca Deane	F Pre	598	0	0	598
Luke Peterson	M Pre	595	0	0	595
Keith White	M Mst	0	592	0	592
Dean Gardiner	M Vet	590	0	0	590
Iain Martin	M Pre	584	0	0	584
Fernando Santisteban	M Pre	579	0	0	579
Joanne Barton	F Vet	0	577	0	577
Alan Smith	M Vet	0	0	577	577
Walter Mitchell	M Pre	575	0	0	575
Peter Woods	M Vet	570	0	0	570
Grahame Murphy	M Vet	0	569	0	569
Benny Gauci	F Vet	566	0	0	566
Stephen Bodnar	M Vet	0	562	0	562
Alastair Wallace	M Vet	560	0	0	560
Terri Vincelli	F Pre	0	0	553	553
Rick Collins	M Mst	0	0	550	550
Paul Trainor	M Pre	549	0	0	549
Mike Elliott	M Vet	0	0	548	548
Sean Greenhill	M Pre	0	547	0	547
Eliza Rayward	F Pre	547	0	0	547
Brad Renshaw	M Mst	0	547	0	547
Adrian Krahn	M Pre	0	0	542	542
Victoria Pilkerton	F Pre	0	0	541	541
Fulvio Fabreschi	M Mst	0	0	537	537
Denis Speyer	M Vet	535	0	0	535
Melissa Treloar	F Vet	0	0	535	535
Tim Schafer	M Vet	0	0	532	532
Julie McGaw	F Vet	0	0	526	526
Lilian Chuah	F Pre	0	0	525	525

Steven Norden	M Vet	0	0	525	525
Brian Ogilwy	M Snr	0	514	0	514
Kerryn Parkinson	F Pre	509	0	0	509
Karey Millar	F Pre	0	0	505	505
Richard Tait	M Pre	0	0	495	495
Scott Treloar	M Pre	0	0	489	489
Megan Jackson	F Vet	474	0	0	474
Kevin Tiller	M Pre	0	0	466	466
Stuart Crichton	M Pre	0	459	0	459
Alistair Cooke	M Pre	444	0	0	444

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New Members – January to April

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.

Lachlan	Renshaw	Gerry	Arthur	Rick	Collins
Danielle	Redford	Karin	Kaehne	Mohammed	Alkhub
Rebecca	Deane	Kerry	Ross	Ross	McCarty
Tim	Deane	Eric	Schmierer	Steve	Stewart
Harry	Koster	Geoffery	Crowther	Craig	Dunn
Kenton	Jurgs	Alex	McAlister	Richard	Tait
Gerard	Donnan	Richard	Deutsch	Anne	Tait
Karen	McKillop	John	Sneddon	Shirley	Rutter
Karen	Van Esveld	Mark	McLellan	Jaap	Bakker
Nick	Woodhams	Quinn	Askeland	Tom	Fischer
James	Woodhams	Alan	Smith	Michael	Kaars
Peter	Johnson	Tim	Schafer	Steve	Cohen
Shane	Grobler	Lucy	Dwyer	Vivienne	Kartsounis
Renae	Leary	Stephen	Kibble	Louise	McTernan
Yvette	Willett	Andrew	Robertson	Tom	Silk
Dean	Harris	Tony	Partridge	Dale	Thompson
Aris	Athans	David	Bray	Adam	Barnes
Campbell	Reid	Darren	Benson	Sheena	Duggan
Luke	Peterson	Michelle	Farrar	Andrew	Duggan
Amy	Fisher	Richard	Crnek	Per	Jensen
Paul	Grafen	Marcus	Juhasz	Alex	Jensen
Kerryn	Parkinson	Glenda	Anderson	Rachel	Smith
Terri	Vincelli	Ben	McSweeney	Philip	Fleming
Cameron	Arnold	Mike	Elliott	Jim	Villiers

Striders Marathon Ladder as at end 2002

Members listed who have run a marathon since joining. Please advise Richard Wassell of any errors or omissions.

Name	Sex	Time as a Strider	Venue	Date	Pre-Striders if better	Venue	Date
Phil Garvin	M	2:21:56	Bathurst	1-Jul-86			
Godfrey Franz	M	2:29:38	Johannesburg	1-Oct-83	2:21:36	Buffalo	1-Mar-82
Chris Truscott	M	2:29:44	Berlin	2-Sep-02			
Dean Degan	M	2:30:59	Osaka	18-Feb-01			
Bruce Inglis	M	2:38:11	Newcastle	1-Jul-88			
Jeff Gissing	M	2:38:17	Anzac	1-Apr-88			
Christopher Dwyer	M	2:38:30	Gold Coast	1-Jul-94			
Wayne Stanton	M	2:38:51	Australian	1-Jun-86			
Joanne Cowan	F	2:40:12	Canberra	1-Apr-94			
Warwick Selby	M	2:41:19	Anzac	1-Apr-90			
Alex Whitworth	M	2:41:49	World Veterans	1-Dec-87			
Terry McIver	M	2:42:24	World Veterans	1-Dec-87			
Malcolm Satchell	M	2:42:29	Auckland	1-Nov-92			
Mathew Kaley	M	2:43:13	Melbourne	1-Oct-87			
Andrew Gibbons	M	2:43:52	Berlin	1-Oct-01			
Charles Coville	M	2:45:13	Winstone, NZ	1-Oct-83			
Ivan Freys	M	2:46:54	Canberra	1-Apr-84			
Stephen Jackson	M	2:47:04	Holsworthy	1-Sep-92	2:32:17	NZ	1-Jun-85
Philip Hugill	M	2:47:20	Sydney	1-Aug-96			
John Hamilton	M	2:47:22	Canberra	1-Apr-94			

Paul Russell	M	2:47:53	Canberra	1-Apr-84			
Ray Doran	M	2:48:23	Australian	1-Jun-87			
Andrew Smith	M	2:49:13	Canberra	1-Apr-98			
Jonathan Worswick	M	2:49:20	Alaska	1-May-00			
Kevin Tiller	M	2:49:26	Cities	1-Aug-93			
William Thompson	M	2:49:38	Anzac	1-Apr-88			
Kelvin Marshall	M	2:49:47	Traralgon	1-Jun-97			
Greg Donovan	M	2:49:57	Gold Coast	1-Jul-01			
Peter Cobley	M	2:50:01	Australian	1-Jun-83			
Jonathan Trope	M	2:51:13	Gold Coast	1-Jul-93			
Grahame Murphy	M	2:51:20	Holsworthy	1-Sep-92	2:43:09	Cities	1-Aug-89
Richard Briscoe	M	2:51:49	Canberra	1-Apr-98	2:47:16	Durban	1-Sep-93
Marlies Laaper	F	2:51:53	Canberra	1-Apr-95			
David Sill	M	2:52:54	Hamilton NZ	1-Oct-87			
Peter Truscott	M	2:53:10	Melbourne	1-Oct-98			
George Lisson	M	2:53:12	Sydney	1-Aug-96			
Gavin Morisset	M	2:54:22	Gold Coast	1-Aug-89			
Brian Grant	M	2:54:25	Gold Coast	1-Jul-99			
Stephen Urwin	M	2:54:27	New Caledonia	1-Jul-92			
Mark Wilson	M	2:55:22	Canberra	1-Apr-01	2:48:18	London	1-Apr-00
Gary Aitkenhead	M	2:55:28	Melbourne	1-Oct-97			
Steve Cornelius	M	2:55:31	NSW State	1-Jun-82			
Raymond Skinner	M	2:55:57	Anzac	1-Apr-88			
Geoff Cox	M	2:55:58	Honolulu	1-Dec-91			
Nobby Young	M	2:56:33	NSW State	1-May-84			
Mike Ward	M	2:57:41	Australian	1-Jun-86			
Alf Field	M	2:57:43	South Melbourne	1-Nov-90			
Randall Brophy	M	2:58:30	Rock & Roll	1-Jun-01	2:46:54	New York	1-Nov-94
Mark Fiore	M	2:58:33	Combination	1-Jul-91	2:58:08	Huy Belgium	1-Jun-90
Dick Bartlett	M	2:58:34	Melbourne	1-Oct-85			
Philip Boswell	M	2:58:56	Melbourne	1-Oct-98			
Sue Hill	F	2:59:15	Australian	1-Jun-84	2:52:01	Avon, West Germany	1-Jun-79
Scott Crawford	M	2:59:21	Anzac	1-Apr-90			
Tina Campbell	F	3:00:32	World Veterans	1-Dec-87			
David Loader	M	3:01:05	Sydney	1-Oct-01			
Brian Colwell	M	3:01:47	Melbourne	1-Oct-82			
Steve Hume	M	3:01:58	Cities	1-Jul-02			
John Ayliffe	M	3:02:12	Adelaide	1-Aug-90			
Dawn Tiller	F	3:03:15	Canberra	1-Apr-97			
Tim Austin	M	3:04:11	Canberra	1-Apr-98			
David Ritchie	M	3:04:13	Gold Coast	1-Jul-92			
Barry Rutter	M	3:04:26	Canberra	1-Apr-01			
Chris Thompson	M	3:04:27	New York	1-Nov-01			
Peter Cremen	M	3:04:56	Canberra	1-Apr-01			
Derek Smith	M	3:05:10	Gold Coast	1-Jul-94			
Alex Hamill	M	3:05:15	Gillawarna	1-Aug-84			
Neil Barker	M	3:06:30	Gold Coast	1-Jun-02			
Mark Robinson	M	3:07:14	Gold Coast	1-Jul-91			
John Van Yzendoorn	M	3:07:22	Sydney	1-Sep-02			
Martin Fryer	M	3:08:08	Canberra	1-Apr-99	2:58:37	Adelaide	1-Aug-92
Hugh Spencer	M	3:09:02	Australian	1-Jun-85			
John Hodges	M	3:09:07	Melbourne	1-Oct-84			
Adrian Spragg	M	3:09:15	Canberra	1-Apr-01			

Geoff Taylor	M	3:09:26	Canberra	1-Apr-93			
Gary Leahey	M	3:09:55	Cities	1-Aug-90			
Graham Butler	M	3:10:13	Australian	1-Jun-86			
Mark Shingler	M	3:10:13	Host City	1-Apr-00	2:57:36	London	1-Apr-97
John Whealy	M	3:12:51	Cities	1-Aug-88			
Clara Vucetic	F	3:12:53	Sydney	1-Aug-96			
Alexandra Dunn	F	3:13:52	Cape Town	1-Nov-01			
Bryce Courtenay	M	3:13:58	Canberra	1-Apr-83			
Alan Phillips	M	3:14:02	Australian	1-Jun-87			
Brian Tailford	M	3:14:03	Campbelltown	1-Jul-85			
Peter Hammerschmidt	M	3:14:19	Canberra	1-Apr-96			
Bruce Craven	M	3:14:23	GoldCoast	1-Jul-00			
Kevin O'Kane	M	3:14:38	Australian	1-Jun-85			
Jeremy Lowes	M	3:14:58	Canberra	1-Apr-93	2:24:17	South Africa	1-Jun-83
Catriona Cater	F	3:15:00	Auckland	1-Sep-00			
Charles Leahy	M	3:15:00	Sydney	1-Oct-01	2:59:00	Canberra	1-Apr-96
Keith White	M	3:15:51	Canberra	1-Apr-95			
George Herisson	M	3:16:02	Gold Coast	1-Jul-93	2:56:00	Melbourne	1-Oct-85
David Solomon	M	3:16:30	Sydney	1-Aug-96			
Graham Farnsworth	M	3:17:00	Sydney	1-Sep-02			
Jon Patrick	M	3:17:00	Melbourne	1-Oct-98			
Martin Matthews	M	3:18:26					
Elizabeth Edmonds	F	3:18:27	Host City	1-Apr-00			
Stephen A. Bodnar	M	3:18:45	Canberra	1-Apr-01			
Hamish Sutherland	M	3:19:05	Stockholm	1-Jun-99			
Mahmoud El-Khansa	M	3:19:27	Canberra	1-Apr-99			
Michael Wilson	M	3:19:40	Gold Coast	1-Jul-97			
Joel MacKay	M	3:20:00	Host City	1-Apr-00			
Pierre Van Heerden	M	3:20:17	Lest We Forget	1-Apr-02			
Ron Schwebel	M	3:20:50	Sydney	1-Sep-01			
Mark Gardiner	M	3:20:52	Canberra	1-Apr-01			
Joanne Barton	F	3:20:52	Gold Coast	1-Jul-99			
Paul Lunsman	M	3:20:54	Anzac	1-Apr-89			
Ian Singer	M	3:21:00	Anzac Day Marathon	1-Apr-88			
Paul Glare	M	3:21:15	Gold Coast	1-Jul-99			
Roger Rigby	M	3:21:25	World veterans	1-Dec-87			
Mike Hansen	M	3:22:14	Gold Coast	1-Jul-99			
Ian Whitfield	M	3:22:15	Canberra	1-Apr-87	3:13:06	Australian	1-Jun-83
Bastiaan De Leeuw	M	3:22:30	Host City	1-Apr-00	3:05:00	Gold Coast	1-Jul-99
Ray Mainsbridge	M	3:22:44	Canberra	1-Apr-94			
David King	M	3:22:45	Bathurst	1-May-99	3:14:55	Westfield	1-Jun-87
Ross Betts	M	3:23:28	Cities	1-Aug-88			
Brenda Hamill	F	3:23:38	Sydney	1-Sep-83			
Peter Woods	M	3:24:42	Canberra	1-Apr-01			
Simon Riordan	M	3:25:48	Canberra	1-Apr-01			
Gregory Prerau	M	3:26:22	Canberra	1-Apr-01			
Sarah Braund	F	3:27:00	Boston	30-Apr-01			
Peter Cookson	M	3:27:01	Canberra	1-Apr-98			
Mark Davis	M	3:27:30	Sydney	1-Oct-01	3:15:44	Sun City	1-Jun-86
Ray Reid	M	3:27:57	Australian	1-Jun-86			
Ron Daly	M	3:28:46	Anzac	1-Apr-90			
Ann Muras	F	3:28:56	Canberra	1-Apr-01			
Andrea McDonald	F	3:29:36					

Darren Goodsir	M	3:29:50	Sydney	1-Sep-02			
Amanda Taylor	F	3:30:00	Canberra	1-Apr-96			
Benny Hagberg	M	3:30:29	Macau	1-Nov-98			
Michael Sharp	M	3:31:16	Canberra	1-Apr-02			
Steven Norden	M	3:31:18	Host City	1-Apr-00	3:22:41	Cities	1-Aug-89
Jose Vilar	M	3:31:26	Canberra	1-Apr-01	3:06:00	S.A.	1-Jun-98
Gordon Forsyth	M	3:32:45	Host City	1-Apr-00			
James Cryer	M	3:33:00					
Tracey Love	F	3:33:31	Melbourne	1-Oct-00			
Stephen Ball	M	3:33:34	Sydney	1-Nov-01			
James Brooks	M	3:33:43	Canberra	4-Jan-01			
Nadene Serman	F	3:33:45	Canberra	1-Apr-99	3:31:00		
Michael Johnstone	M	3:34:20	Canberra	1-Apr-01			
Wayne McCarthy	M	3:34:54	World Veterans	1-Dec-87			
Arthur Huxtable	M	3:35:00					
Scott Smiles	M	3:35:00			3:29:00		
Roland Hassall	M	3:35:24	Sydney	1-Oct-01			
Manfred Fiedler	M	3:35:28	Gold Coast	1-Jul-97			
Dennis Nel	M	3:35:37	Sydney	1-Oct-01			
Ralph Melano	M	3:35:41	Canberra	1-Apr-01			
Philip Kennedy	M	3:36:00	Sydney	1-Aug-96	3:15:00	Ellands Valley	1-Jun-94
David Burgess	M	3:36:00					
Jim Screen	M	3:36:55	Canberra	1-Apr-98			
Lisa Carroli	F	3:37:00					
Sharon Callister	F	3:37:29	Canberra	1-Apr-01			
Mary Stringer	F	3:37:29	Canberra	1-Apr-01			
Walter Mitchell	M	3:37:30	Canberra	1-Apr-01			
Phillip Tunstall	M	3:39:00			2:58:00		
Ken Harris	M	3:39:00			2:59:00	Sydney	1-Sep-86
Garry Maddox	M	3:39:50	Sydney	1-Oct-01			
Graham Willis	M	3:39:50	Canberra	1-Apr-99			
Mark Wieland	M	3:40:00	London	1-Apr-01	3:05:30	Melbourne	1-Oct-85
Sean Greenhill	M	3:40:35	Canberra	1-Apr-01			
Victor Donovic	M	3:40:47	Sydney	1-Sep-02			
David Adler	M	3:42:06					
Neil McPherson	M	3:43:12	Sydney	1-Aug-96			
Heiko Schaefer	M	3:43:16	Canberra	1-Apr-02			
Andrew Waudby	M	3:43:29	Canberra	1-Apr-01			
Nick Themsen	M	3:43:52	Canberra	1-Apr-96			
Edwina MacArthur	F	3:44:47	Canberra	1-Apr-86			
Jacqui Matthews	F	3:45:00	Host City	1-Apr-00			
Ken Edmondson	M	3:45:32	Gold Coast	1-Jul-94			
Charles King	M	3:45:46	Cities	1-Aug-00			
Gillian Boshell	F	3:47:00					
Ted Brailey	M	3:47:08	Sydney	1-Sep-98			
Kendall J Waller	M	3:48:14	Sydney	1-Oct-01			
Robi Russell	F	3:49:00	World Veterans	1-Dec-87			
David Lancaster	M	3:49:00					
Brian Taylor	M	3:49:01	Canberra	1-May-92			
Dean Gardiner	M	3:49:11	Gold Coast	1-Jul-99			
Dawn Shaw	F	3:49:47	Anzac	1-Apr-87			
John Singleton	M	3:50:00					
Iain Martin	M	3:51:30					

Marlene Taylor	F	3:51:51	Canberra	1-Apr-01			
Michael Rees-Evans	M	3:53:14					
Lesley Maher	F	3:54:00	Canberra	1-Apr-95			
Jacques Laurent	M	3:54:00	Canberra	1-Apr-97			
Michael Bailey	M	3:54:11	Melbourne	1-Oct-00			
David Fahey	M	3:54:39	Host City	1-Apr-00			
Kirsten Themsen	F	3:55:38	Canberra	1-Apr-99			
Andrew Bilsdon	M	3:56:32					
Paula Mcgee	F	3:56:48	Sydney	1-Aug-96			
Joe Flinn	M	3:56:51	Host City	1-Sep-00			
Heather Forster	F	3:57:00	Canberra	1-Apr-02			
Andrew Horsley	M	3:57:07	Host City	1-Apr-00	3:00:04	Sydney	1-Sep-84
Anton Kapel	M	3:58:08					
David Camm	M	3:58:11	Host City	1-Apr-00			
Brad Renshaw	M	3:58:41	Canberra	1-Apr-98			
Ruth McColl	F	3:59:05	Sydney	1-Aug-95			
Penny Smith	F	3:59:39	Canberra	1-Apr-98			
Michael Free	M	4:00:06	Host City	1-Apr-00			
Robert Chalmers	M	4:00:30	Sydney	1-Oct-01	2:55:00	Wang	1-Jun-86
Margaret White	F	4:00:44	Mona Vale	1-Sep-97			
John Simmonds	M	4:00:53	Melbourne	1-Oct-97			
Bronwyn Wassell	F	4:05:30	Canberra	1-Apr-98			
Glenda Mitchell	F	4:06:33	Canberra	1-Apr-01			
Jim Donovan	M	4:06:57	Canberra	1-Apr-83			
Joe Degabriele	M	4:08:58	Host City	1-Apr-00			
Gillian Klevansky	F	4:11:24	Canberra	1-Apr-98	4:10:00	South Africa	1-Oct-96
Nick Woodhams	M	4:11:49	Host City	1-Apr-00			
James Woodhams	M	4:11:49	Host City	1-Apr-00			
Elizabeth Woodhams	F	4:11:49	Host City	1-Apr-00			
Richard Wassell	M	4:13:07	Canberra	1-Apr-98			
Jeff Morunga	M	4:13:42	Canberra	1-Apr-01	3:57:55	Host City	1-Apr-00
Rozanne Green	F	4:14:54	Canberra	1-Apr-99			
Carol Taylor	F	4:15:00			4:10:00		
John Shepherd	M	4:17:00	Host City	1-Apr-00			
Karin Conn	F	4:17:12	Canberra	1-Apr-01			
James Moody	M	4:18:33					
Tony Mitchell	M	4:23:00					
Andrew Joseph	M	4:24:00					
Gill Cavenagh	F	4:27:21	Canberra	1-Apr-02			
Lisa Gallate	F	4:29:00					
Hugh Langshaw	M	4:32:30	Host City	1-Apr-00			
Mercy Samia	F	4:33:00	Host City	1-Apr-01			
Frances Brown	F	4:33:00	Canberra	1-Apr-02			
Lesley Clarke	F	4:33:30	Canberra	1-Apr-96			
Helen Wilson	F	4:34:00			3:38:00	SA	
Jurg Kunzle	M	4:34:14	Canberra	1-Apr-01			
Ian H. C. Walker	M	4:38:00	Canberra	1-Apr-02			
Frank Dearn	M	4:45:54	Canberra	1-Apr-01			
Norman Kang	M	4:58:46			4:57:00		
David C Dunstall	M	5:10:00	France	1-Nov-01	3:23:00	Canberra	1-Apr-87
Elizabeth Taylor	F	5:22:17					